

Brand	Menu Slot	Marketing Name	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugar	Protein
B+F Standard	Signature - Frozen	Burger + Cheese	590	40	15	2	85	1120	34	1	6	26
B+F Standard	Signature - Frozen	Burger + Cheese Bowl	450	37	14	2	85	870	7	1	4	22
B+F Standard	Signature - Frozen	Double Burger + Cheese	960	70	28	4	165	1470	36	2	7	47
B+F Standard	Signature - Frozen	Double Burger + Cheese Bowl	820	68	27	4	165	1220	9	2	4	42
B+F Standard	Signature - Frozen	Burger + Bacon + Cheese	750	52	18	2	110	1480	39	2	9	34
B+F Standard	Signature - Frozen	Burger + Bacon + Cheese Bowl	560	46	17	2	110	1230	8	1	5	29
B+F Standard	Signature - Frozen	Burger + Avocado + Pepper Jack	710	51	16	2	95	800	37	3	5	28
B+F Standard	Signature - Frozen	Burger + Avocado + Peppr Jack Bowl	570	49	16	2	95	540	11	3	3	23
B+F Standard	Signature - Fresh	Burger + Cheese	490	27	10	1	85	1150	33	1	6	28
B+F Standard	Signature - Fresh	Burger + Cheese Bowl	340	24	9	1	85	900	7	1	4	24
B+F Standard	Signature - Fresh	Double Burger + Cheese	750	45	18	2	165	1540	35	1	6	51
B+F Standard	Signature - Fresh	Double Burger + Cheese Bowl	600	42	17	2	165	1280	8	1	4	46
B+F Standard	Signature - Fresh	Burger + Bacon + Cheese	650	39	13	1	110	1510	38	2	9	36
B+F Standard	Signature - Fresh	Burger + Bacon + Cheese Bowl	460	33	12	1	110	1260	8	1	5	31
B+F Standard	Signature - Fresh	Burger + Avocado + Pepper Jack	600	38	11	1	90	830	37	3	5	29
B+F Standard	Signature - Fresh	Burger + Avocado + Peppr Jack Bowl	460	36	11	1	90	570	10	3	3	25
B+F Standard	Signature	Chipotle Black Bean + Cheese	470	16	5	0	15	1290	69	11	18	24
B+F Standard	Signature	Chipotle Black Bean + Chz Bwl	330	13	4	0	15	1030	43	11	15	19
B+F Standard	Signature	Beyond® + Cheese Burger	510	27	9	0	15	1280	40	3	7	29
B+F Standard	Signature	Beyond® + Cheese Burger Bowl	360	24	9	0	15	1030	14	3	4	24
B+F Standard	Signature	Grilled Chicken + Bacon	490	22	6	0	100	1080	33	2	6	40
B+F Standard	Signature	Grilled Chicken + Bacon Bowl	340	20	5	0	100	820	5	1	3	35
B+F Standard	Sides	Classic Fries	210	12	2	0	0	270	26	2	Less Than 1g	2
B+F Standard	Sides	Classic Fries, Large	350	20	3	0	0	450	43	3	2	3
B+F Standard	Sides	Ranch Fries	210	12	2	0	0	180	26	2	Less Than 1g	2
B+F Standard	Sides	Ranch Fries, Large	350	20	3	0	0	310	44	3	2	3
B+F Standard	Sides - Fresh Cut	Fresh Cut French Fries	180	0	0	0	0	440	41	4	2	5
B+F Standard	Sides - Fresh Cut	Fresh-Cut French Fries	240	0	0	0	0	580	54	6	3	6
B+F Standard	Sides - Fresh Cut	Fresh-Cut Ranch Fries	180	0	0	0	0	440	41	4	2	5
B+F Standard	Sides - Fresh Cut	Fresh-Cut Ranch Fries, Large	240	0	0	0	0	500	54	6	3	7
B+F Standard	Sides	Sweet Potato Fries	330	19	3	0	0	540	39	2	12	2
B+F Standard	Sides	Sweet Potato Fries, Large	530	30	5	0	0	860	63	3	19	3
B+F Standard	Dessert	Marshmallow Bar	220	5	3	0	15	230	45	0	22	2
B+F Standard	LTO	Burger + Bacon Jam	680	38	15	2	95	790	54	2	26	30
B+F Standard	LTO	Burger + Bacon Jam	570	25	10	1	95	640	54	2	26	32
B+F Standard	LTO	Beyond Meat® + Bacon Jam	590	25	10	0	25	950	61	4	27	33
B+F Standard	LTO	Chicken + Bacon Jam	440	10	3	0	85	700	54	2	26	36
B+F Standard	LTO	Fries + Bacon	920	66	20	1	85	1890	61	5	13	25
B+F Standard	LTO	Spicy White Queso	2340	180	110	9	595	9190	44	Less Than 1g	31	135
B+F Standard	LTO	Beer-Battered Cod Sandwich	440	26	4	0	30	610	39	2	6	14
B+F Standard	LTO	Burger + BBQ Pork	740	46	17	2	135	1470	42	2	14	40
B+F Standard	LTO	Burger + BBQ Pork	630	33	12	1	135	1310	42	2	14	42
B+F Standard	LTO	Black Bean + BBQ Pork	600	24	7	0	65	1690	68	10	18	37
B+F Standard	LTO	Fries + BBQ	880	56	17	1	105	1800	68	5	19	31
B+F Crispy Chicken	Tenders	3-piece Chicken Tenders	500	31	5	0	80	980	28	Less Than 1g	0	30
B+F Crispy Chicken	Tenders	5-piece Chicken Tenders	840	51	9	0	130	1630	47	1	0	50
B+F Crispy Chicken	Chicken Sandwich	Crispy Chicken Breast Sandwich	570	30	5	0	55	1410	49	2	8	27
B+F Crispy Chicken	Chicken Sandwich (CFA accts)	Crispy Chicken Tender Sandwich	630	36	6	0	60	1350	52	2	7	26
B+F Crispy Chicken	Chicken Sandwich	Crispy Chicken Tender Bowl	420	27	5	0	55	1180	25	2	4	21
B+F Crispy Chicken	Chicken Sandwich	Spicy Chicken Breast Sandwich	590	33	5	0	65	1420	48	2	7	27
B+F Crispy Chicken	Chicken Sandwich (CFA accts)	Spicy Chicken Tender Sandwich	650	39	7	0	65	1360	51	2	7	26
B+F Crispy Chicken	Chicken Bowl	Spicy Chicken Tender Bowl	430	29	5	0	60	1180	24	2	3	21
B+F Crispy Chicken	Sauce/Dressing	Signature Sauce	270	26	4	0	15	470	7	0	6	Less Than 1g
B+F Crispy Chicken	Sauce/Dressing	Honey Mustard	300	27	4	0	20	250	14	0	14	Less Than 1g
B+F Crispy Chicken	Sauce/Dressing	Buttermilk Ranch	260	27	5	0	20	360	3	0	2	Less Than 1g
B+F Crispy Chicken	Sauce/Dressing	Boom Boom Sauce	310	32	5	0	25	490	5	0	4	Less Than 1g
B+F Crispy Chicken	Sauce/Dressing	BBQ Sauce	110	0	0	0	0	450	28	Less Than 1g	26	Less Than 1g
B+F Crispy Chicken	Sauce/Dressing	Buffalo Sauce	40	4	1	0	0	1670	3	Less Than 1g	Less Than 1g	0
B+F Local Favorites	Local Favorites	Grilled Cheese	410	26	16	1	60	620	33	1	5	14
B+F Local Favorites	Local Favorites - Frozen	Patty Melt	800	60	25	2	130	660	36	2	7	32
B+F Local Favorites	Local Favorites - Fresh	Patty Melt	690	47	20	2	130	690	35	2	7	34
B+F Local Favorites	Local Favorites	Philly Cheesesteak Sandwich	520	26	12	0	80	1010	42	Less Than 1g	6	31
B+F Local Favorites	Local Favorites	Chicken Cheesesteak Sandwich	450	17	8	0	85	860	44	Less Than 1g	7	31
B+F Local Favorites	Local Favorites	Beer-Battered Cod Sandwich	440	26	4	0	30	610	39	2	6	14
B+F Local Favorites	Local Favorites	Kosher Hot Dog	490	33	13	2	60	1430	30	2	4	18
B+F Local Favorites	Local Favorites	Mozzarella Sticks & Sauce	370	18	7	0	30	940	36	2	4	16
B+F Breakfast All Day	Breakfast All Day	Egg+Meat+Cheese+Sriracha	610	42	20	1	285	1360	36	1	9	24
B+F Breakfast All Day	Breakfast All Day	Egg+Meat+Cheese+Sriracha	540	35	16	1	270	1250	36	1	9	21
B+F Breakfast All Day	Breakfast All Day	Egg & Cheese Muffin	270	12	5	0	215	400	22	Less Than 1g	1	14
B+F Breakfast All Day	Breakfast All Day	Bacon, Egg & Cheese Muffin	380	21	8	0	240	760	23	Less Than 1g	2	21
B+F Standard	Customization	Iceberg Lettuce	0	0	0	0	0	0	0	0	0	0
B+F Standard	Customization	Tomato	5	0	0	0	0	0	1	0	Less Than 1g	0
B+F Standard	Customization	Sliced Yellow Onions	0	0	0	0	0	0	Less Than 1g	0	0	0

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B+F Standard	Customization	Pickles	0	0	0	0	0	250	Less Than 1g	0	0	0
B+F Standard	Customization	Sriracha Ketchup	20	0	0	0	0	220	4	0	4	0
B+F Standard	Customization	Burger Sauce	70	7	1	0	&lt; 5mg	110	2	0	1	0
B+F Standard	Customization	Chipotle Mayonnaise	110	12	2	0	5	100	Less Than 1g	0	0	0
B+F Standard	Customization	Barbecue Sauce	35	0	0	0	0	140	9	0	8	0
B+F Standard	Customization	Dijon Horseradish Mayonnaise	70	7	1	0	&lt; 5mg	140	Less Than 1g	0	0	0
B+F Standard	Customization	American Cheese	50	4	1	0	10	120	1	0	0	3
B+F Standard	Customization	Pepper Jack Cheese	50	4.5	2.5	0	15	90	0	0	0	3
B+F Standard	Customization	Cheddar Cheese	60	4.5	2.5	0	15	95	0	0	0	3
B+F Standard	Customization	Ketchup	10	0	0	0	0	95	3	0	2	0
B+F Standard	Customization	Mayonnaise	10	1	0	0	0	10	0	0	0	Less Than 1g
B+F Standard	Add On's	Angus Beef Patty	320	27	10	2	70	230	Less Than 1g	0	0	18
B+F Standard	Add On's	Fresh Tri-Blend Burger Patty	210	14	5	1	70	75	0	0	0	20
B+F Standard	Add On's	Chipotle Black Bean Burger	170	5	1	0	0	450	26	9	3	15
B+F Standard	Add On's	Beyond Burger® Patty	230	13	5	0	0	390	7	2	0	20
B+F Standard	Add On's	Bacon	110	9	3	0	25	360	Less Than 1g	0	Less Than 1g	7
B+F Standard	Add On's	Smashed Avocado Spread	40	4	1	0	0	70	2	2	0	0
B+F CYO	CYO	Potato Roll	160	3	1	0	0	260	29	1	4	5
B+F CYO	CYO	Chicken Breast	140	4	1	0	70	230	0	0	0	27
B+F CYO	CYO	Corn Chips	25	1.5	0	0	0	30	3	0	0	0
B+F CYO	CYO	Jalapeno Peppers	5	0	0	0	0	510	1	Less Than 1g	0	0
B+F CYO	CYO	Caramelized Onions	45	3.5	0	0	0	0	4	Less Than 1g	2	Less Than 1g
B+F CYO	CYO	Swiss Cheese	60	4.5	2.5	0	15	25	0	0	0	4
B+F AP Tender	CYO	Chicken Tenders	340	20	4	0	52	650	19	Less Than 1g	0	20
B+F AP Tender	CYO	Crispy Chicken Breast	280	15	3	0	50	710	16	Less Than 1g	Less Than 1g	21
B+F Breakfast	Signature - Salami	Egg+Meat+Cheese+Sriracha	540	35	16	1	270	1250	36	1	9	21
B+F Breakfast	Signature - Pork Roll	Egg+Meat+Cheese+Sriracha	610	42	20	1	285	1360	36	1	9	24
B+F Breakfast	Snack	Hash Brown Potato Patty	130	9	2	0	0	270	12	Less Than 1g	0	Less Than 1g
B+F Breakfast	Snack	French Toast Sticks	300	14	3	0	0	390	39	1	8	5
B+F Breakfast	CYO Breakfast	English Muffin	120	1	0	0	0	115	21	Less Than 1g	Less Than 1g	4
B+F Breakfast	CYO Breakfast	Southern Biscuit	260	12	7	0	0	840	35	Less Than 1g	3	5
B+F Breakfast	CYO Breakfast	Potato Roll	160	3	1	0	0	260	29	1	4	5
B+F Breakfast	CYO Breakfast	Fried Egg	100	8	2	0	205	170	0	0	0	7
B+F Breakfast	CYO Breakfast	American Cheese	50	4	3	0	10	120	1	0	0	3
B+F Breakfast	CYO Breakfast	Bacon	110	9	3	0	25	360	Less Than 1g	0	Less Than 1g	7
B+F Breakfast	CYO Breakfast	Pork Sausage Patty	180	18	6	0	30	170	Less Than 1g	0	0	5
B+F Breakfast	CYO Breakfast	Incogmeato™ Sausage Patty	150	7	1	0	0	400	9	2	Less Than 1g	15
B+F Breakfast	CYO Breakfast	Bagel	170	1	0	0	0	290	34	1	3	6
B+F Breakfast	CYO Breakfast	Ham	70	3	1	0	30	740	2	0	1	9
B+F Breakfast	CYO Breakfast	Turkey Sausage Patty	90	7	2	0	30	280	Less Than 1g	0	0	7
B+F Breakfast	CYO Breakfast	Cheddar Cheese	60	4.5	2.5	0	15	95	0	0	0	3
B+F Breakfast	CYO Breakfast	Scrambled Egg Whites	45	0	0	0	0	160	Less Than 1g	0	0	10
B+F Breakfast	CYO Breakfast	Scrambled Eggs	140	9	3	0	365	320	Less Than 1g	0	0	12
B+F Breakfast	Core	Pork Roll	180	16	7	0	40	590	1	0	1	9
B+F Breakfast	Core	Salami	230	19	7	0	50	960	2	0	1	12
B+F Breakfast	Core	Sriracha Ketchup	20	0	0	0	0	220	4	0	4	0
B+F Breakfast Tender	Breakfast Tender	Crispy Chicken Tender Biscuit	600	32	11	0	50	1490	54	1	3	25
B+F Breakfast Local Favorites	Local Favorites	Biscuit & Gravy	510	31	16	0	45	1180	47	1	9	13
B+F Breakfast Local Favorites	Local Favorites	Buttermilk Pancakes	160	2	0	0	0	500	33	Less Than 1g	6	5
B+F Breakfast Local Favorites	Local Favorites	Bacon Egg & Cheese Pressed Burrito	580	32	10	0	215	1340	50	3	1	21
B+F Breakfast Local Favorites	Local Favorites	Turkey & Egg White Wrap	390	18	7	0	50	820	36	5	5	20
B+F CYO Omelet	CYO Breakfast	Egg	100	6	2	0	235	90	0	0	0	8
B+F CYO Omelet	CYO Breakfast	Egg Whites	45	0	0	0	0	140	Less Than 1g	0	0	9
B+F CYO Omelet	CYO Breakfast	Sliced Mushrooms	0	0	0	0	0	0	Less Than 1g	0	0	Less Than 1g
B+F CYO Omelet	CYO Breakfast	Diced Red Onions	5	0	0	0	0	0	2	0	Less Than 1g	0
B+F CYO Omelet	CYO Breakfast	Sliced Mixed Bell Peppers	0	0	0	0	0	0	Less Than 1g	0	0	0
B+F CYO Omelet	CYO Breakfast	Broccoli	10	0	0	0	0	10	2	Less Than 1g	0	Less Than 1g
B+F CYO Omelet	CYO Breakfast	Baby Spinach	0	0	0	0	0	10	0	0	0	0
B+F CYO Omelet	CYO Breakfast	Diced Tomatoes	0	0	0	0	0	0	Less Than 1g	0	Less Than 1g	0
B+F CYO Omelet	CYO Breakfast	Avocado	30	2.5	0	0	0	0	2	1	0	0
B+F CYO Omelet	CYO Breakfast	Diced Ham	25	1	0	0	10	280	Less Than 1g	0	0	3
B+F CYO Omelet	CYO Breakfast	Diced Pork Sausage Patty	90	9	3	0	15	85	0	0	0	2
B+F CYO Omelet	CYO Breakfast	Turkey Sausage Patty	35	2.5	1	0	10	115	0	0	0	3
B+F CYO Omelet	CYO Breakfast	Incogmeato™ Sausage	30	1.5	0	0	0	90	2	Less Than 1g	0	3
B+F CYO Omelet	CYO Breakfast	Diced Bacon	80	7	2.5	0	20	270	Less Than 1g	0	Less Than 1g	5
B+F CYO Omelet	CYO Breakfast	American Cheese	50	4	3	0	10	120	1	0	0	3
B+F CYO Omelet	CYO Breakfast	Cheddar Cheese	60	4.5	2.5	0	15	95	0	0	0	3
B+F CYO Omelet	CYO Breakfast	Pepper Jack Cheese	50	4.5	2.5	0	15	90	0	0	0	3
B+F CYO Omelet	CYO Breakfast	Swiss Cheese	60	4.5	2.5	0	15	25	0	0	0	4