

Fox Nutritional Guidelines - June 2016

Shareables

| | Calories (kcal) | Total Fat | Sat Fat (g) | Trans Fat (g) | Fiber (g) | Carb (g) | Protein (g) | Sodium (mg) |
|--|-----------------|-----------|-------------|---------------|-----------|----------|-------------|-------------|
| BBQ Pulled Pork Pub Rolls | 850 | 34 | 6 | 0 | 4 | 116 | 21 | 2220 |
| Biergarten Pretzels | 1249 | 32 | 12 | 0 | 8 | 191 | 39 | 8018 |
| Boneless Wings (Wing Sauce Not Included) | 850 | 52 | 9 | 1 | 2 | 57 | 35 | 3461 |
| Buffalo Chicken Pub Rolls | 890 | 52 | 13 | 0 | 2 | 56 | 48 | 2210 |
| Chips & Queso | 2659 | 11 | 12 | 0 | 6 | 377 | 10 | 3903 |
| Chips & Salsa | 2169 | 11 | 10 | 0 | 287 | 3162 | 10 | 3162 |
| Classic Wings - Large (Wing Sauce Not Included) | 2874 | 234 | 48 | 0 | 1 | 5 | 176 | 1262 |
| Classic Wings - Medium (Wing Sauce Not Included) | 1437 | 117 | 24 | 0 | 0 | 2 | 88 | 631 |
| Classic Wings - Small (Wing Sauce Not Included) | 810 | 68 | 14 | 0 | 0 | 2 | 45 | 505 |
| Drunken Chicken Tenders | 655 | 15 | 2 | 0 | 1 | 60 | 57 | 1735 |
| Fire Bites | 990 | 65 | 8 | 0 | 7 | 81 | 18 | 1180 |
| Grilled Chicken Quesadilla | 1033 | 60 | 22 | 0 | 8 | 69 | 57 | 3779 |
| Grilled Chicken Tenders | 671 | 42 | 8 | 0 | 2 | 6 | 65 | 2781 |
| Loaded Cheese Fries | 1240 | 95 | 37 | 0 | 5 | 54 | 41 | 2630 |
| Loaded Cheese Fries (Double Order) | 2430 | 185 | 73 | 0 | 11 | 108 | 82 | 5140 |
| Loaded Tater Tots | 1270 | 97 | 37 | 0 | 6 | 56 | 36 | 2750 |
| Loaded Tater Tots (Double Order) | 2440 | 184 | 71 | 0 | 11 | 112 | 72 | 5370 |
| Mozzarella Sticks | 677 | 37 | 13 | 0 | 7 | 55 | 26 | 2360 |
| Nachos Platter w/ Chicken | 2171 | 130 | 55 | 0 | 14 | 154 | 98 | 4322 |
| Nachos Platter w/ Chili | 2294 | 139 | 59 | 0 | 17 | 164 | 95 | 4266 |
| Southwest Chicken Pub Rolls | 800 | 46 | 9 | 0 | 6 | 68 | 27 | 2260 |
| Spinach-Artichoke Dip | 847 | 48 | 26 | 0 | 7 | 81 | 25 | 1488 |
| Ultimate Platter (Wing Sauce Not Included) | 3189 | 161 | 38 | 0 | 20 | 299 | 114 | 9758 |

Flatbreads & Pizzas

| | Calories (kcal) | Total Fat | Sat Fat (g) | Trans Fat (g) | Fiber (g) | Carb (g) | Protein (g) | Sodium (mg) |
|-------------------------------|-----------------|-----------|-------------|---------------|-----------|----------|-------------|-------------|
| Double Pepperoni Pizza | 1350 | 75 | 37 | 2 | 8 | 102 | 63 | 3436 |
| BBQ Chicken Pizza | 1162 | 52 | 14 | 0 | 6 | 129 | 49 | 3809 |
| Sweet & Spicy Bacon Flatbread | 913 | 37 | 15 | 0 | 6 | 110 | 35 | 2590 |
| Tuscan Flatbread | 1009 | 62 | 16 | 1 | 6 | 89 | 30 | 1772 |

Salads & Soups

| | Calories (kcal) | Total Fat | Sat Fat (g) | Trans Fat (g) | Fiber (g) | Carb (g) | Protein (g) | Sodium (mg) |
|--|-----------------|-----------|-------------|---------------|-----------|----------|-------------|-------------|
| Garden Salad (does not include dressing) | 217 | 12 | 7 | 0 | 4 | 16 | 13 | 259 |
| Grilled Chicken Spinach Salad | 889 | 54 | 13 | 1 | 8 | 62 | 41 | 1072 |
| Southwest Cobb Salad | 900 | 68 | 17 | 0 | 10 | 24 | 53 | 1910 |
| Tailgate Chili | 302 | 15 | 6 | 0 | 4 | 15 | 24 | 1131 |
| Tomato Basil Soup | 433 | 20 | 6 | 0 | 2 | 55 | 11 | 1129 |

Mains

| | Calories (kcal) | Total Fat | Sat Fat (g) | Trans Fat (g) | Fiber (g) | Carb (g) | Protein (g) | Sodium (mg) |
|---|-----------------|-----------|-------------|---------------|-----------|----------|-------------|-------------|
| 16oz Cowboy Ribeye | 1368 | 32 | 19 | 2 | 5 | 67 | 65 | 3008 |
| Beer-Battered Fish & Chips | 1711 | 69 | 14 | 0 | 1 | 109 | 52 | 3554 |
| Chargrilled Chicken Skewers | 823 | 41 | 8 | 0 | 6 | 56 | 58 | 2288 |
| Drunken Chicken Tender Dinner | 2030 | 75 | 20 | 0 | 8 | 190 | 41 | 3701 |
| Slow Roasted Baby Back Ribs (Full-Rack) | 3429 | 65 | 70 | 1 | 5 | 167 | 90 | 3535 |
| Slow Roasted Baby Back Ribs (Half-Rack) | 2047 | 33 | 38 | 1 | 5 | 12 | 46 | 2597 |

Handhelds (does not include side items)

| | Calories (kcal) | Total Fat | Sat Fat (g) | Trans Fat (g) | Fiber (g) | Carb (g) | Protein (g) | Sodium (mg) |
|--|-----------------|-----------|-------------|---------------|-----------|----------|-------------|-------------|
| Bacon Grilled Cheese & Tomato Soup (includes soup) | 1268 | 57 | 29 | 1 | 2 | 107 | 28 | 2701 |
| Barbacoa Skirt Tacos | 977 | 47 | 16 | 1 | 5 | 68 | 46 | 1369 |
| Black Forest Sandwich | 802 | 38 | 11 | 0 | 5 | 75 | 40 | 1817 |
| Blackened Fish Tacos | 1071 | 28 | 11 | 0 | 0 | 96 | 40 | 2614 |
| Buffalo Chicken Sandwich - Fried | 720 | 24 | 5 | 0 | 1 | 66 | 55 | 1803 |
| Buffalo Chicken Sandwich - Grilled | 710 | 38 | 7 | 2 | 1 | 45 | 48 | 2640 |
| California Chicken Club | 920 | 54 | 14 | 2 | 3 | 49 | 61 | 1592 |
| Chicken Tacos | 935 | 39 | 13 | 0 | 5 | 69 | 41 | 2138 |
| French Dip | 756 | 40 | 10 | 0 | 2 | 47 | 51 | 1929 |
| Philly Cheesesteak | 981 | 65 | 20 | 0 | 3 | 47 | 54 | 2903 |
| Pulled Pork Sandwich | 1122 | 66 | 17 | 0 | 2 | 83 | 46 | 1645 |
| Voodoo Chicken Sandwich | 850 | 48 | 12 | 1 | 3 | 51 | 55 | 1870 |

Burgers (does not include side items)

| | Calories (kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Fiber (g) | Carb (g) | Protein (g) | Sodium (mg) |
|-----------------------------|-----------------|---------------|-------------|---------------|-----------|----------|-------------|-------------|
| Double Stack Burger | 1110 | 62 | 22 | 2 | <1 | 69 | 63 | 2950 |
| Barnyard | 1158 | 80 | 22 | 3 | 0 | 46 | 60 | 1906 |
| Cheeseburger | 870 | 52 | 18 | 0 | 1 | 49 | 49 | 2101 |
| Ranch Hand | 1247 | 67 | 32 | 0 | 1 | 56 | 50 | 2337 |
| Southwest Black Bean Burger | 802 | 38 | 13 | 0 | 8 | 67 | 18 | 1310 |
| Steakhouse Burger | 1137 | 75 | 27 | 0 | 1 | 48 | 63 | 2064 |
| Voodoo Burger | 900 | 60 | 17 | 2 | 3 | 53 | 36 | 1910 |

Desserts

| | Calories (kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Fiber (g) | Carb (g) | Protein (g) | Sodium (mg) |
|------------------|-----------------|---------------|-------------|---------------|-----------|----------|-------------|-------------|
| Cookie Blitz | 772 | 36 | 18 | 0 | 2 | 106 | 9 | 445 |
| Key Lime Parfait | 700 | 36 | 21 | 1 | <1 | 85 | 12 | 340 |
| S'Mores Parfait | 750 | 43 | 25 | 0 | 4 | 92 | 5 | 180 |

Sides

| | Calories (kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Fiber (g) | Carb (g) | Protein (g) | Sodium (mg) |
|------------------------|-----------------|---------------|-------------|---------------|-----------|----------|-------------|-------------|
| Coleslaw | 217 | 18 | 3 | 0 | 2 | 12 | 1 | 538 |
| Grilled Veggies | 163 | 12 | 2 | 0 | 3 | 14 | 2 | 628 |
| Parmesan Crusted Fries | 556 | 38 | 4 | 0 | 5 | 51 | 7 | 1390 |
| Rice | 235 | 9 | 3 | 0 | 2 | 34 | 4 | 1072 |
| Sweet Potato Fries | 300 | 12 | 0 | 0 | 6 | 46 | 4 | 200 |
| Tater Tots | 339 | 38 | 4 | 0 | 7 | 66 | 0 | 1641 |

Dressings (2oz portion size)

| | Calories (kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Fiber (g) | Carb (g) | Protein (g) | Sodium (mg) |
|--------------------------------|-----------------|---------------|-------------|---------------|-----------|----------|-------------|-------------|
| Bleu Cheese | 265 | 28 | 0 | 0 | 0 | 1 | 2 | 342 |
| Chipotle Aioli | 240 | 25 | 3 | 0 | 2 | 3 | 0 | 800 |
| Fat-Free Raspberry Vinaigrette | 70 | 0 | 0 | 0 | 0 | 16 | 0 | 665 |
| Honey Mustard | 302 | 27 | 3 | 0 | 0 | 15 | 0 | 300 |
| House Vinaigrette | 320 | 33 | 5 | 0 | 0 | 7 | 0 | 160 |
| Italian | 140 | 12 | 1 | 0 | 1 | 6 | 0 | 600 |
| Ranch | 212 | 22 | 0 | 0 | 0 | 15 | 1 | 270 |
| Southwest Ranch | 220 | 24 | 3 | 0 | <1 | 2 | <1 | 650 |
| Sweet Sriracha Sauce | 160 | 1 | 0 | 0 | <1 | 40 | <1 | 740 |

Wing Sauces (2oz portion size)

| | Calories (kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Fiber (g) | Carb (g) | Protein (g) | Sodium (mg) |
|------------------|-----------------|---------------|-------------|---------------|-----------|----------|-------------|-------------|
| Classic Buffalo | 156 | 17 | 3 | 0 | 0 | 2 | 1 | 1691 |
| Caribbean Jerk | 122 | 4 | 1 | 0 | 0 | 24 | 1 | 1302 |
| Flamin' Hot | 73 | 7 | 1 | 0 | 1 | 4 | 2 | 1945 |
| Honey BBQ | 123 | 0 | 0 | 0 | 1 | 31 | 0 | 437 |
| Hot Honey | 170 | 7 | 1 | 0 | 0 | 30 | 0 | 818 |
| Parmesan Garlic | 375 | 39 | 8 | 0 | 0 | 4 | 6 | 668 |
| Spicy Garlic | 347 | 38 | 7 | 0 | 1 | 5 | 1 | 778 |
| Teriyaki | 45 | 0 | 0 | 0 | 0 | 6 | 3 | 960 |
| Thai Sweet Chili | 140 | 0 | 0 | 0 | 2 | 34 | 0 | 800 |

Lunch Menu

| | Calories (kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Fiber (g) | Carb (g) | Protein (g) | Sodium (mg) |
|---|-----------------|---------------|-------------|---------------|-----------|----------|-------------|-------------|
| Black Forest Sandwich | 802 | 38 | 11 | 0 | 5 | 75 | 40 | 1817 |
| Buffalo Chicken Sandwich - Fried | 720 | 24 | 5 | 0 | 1 | 66 | 55 | 803 |
| Buffalo Chicken Sandwich - Grilled | 710 | 38 | 7 | 2 | 1 | 45 | 48 | 2640 |
| Cheeseburger | 870 | 52 | 18 | 0 | 1 | 49 | 49 | 2101 |
| Chicken Tacos | 935 | 39 | 13 | 0 | 5 | 69 | 41 | 2138 |
| Drunken Chicken Tender Lunch | 1330 | 75 | 20 | 0 | 8 | 190 | 41 | 3394 |
| Grilled Cheese & Tomato Soup (includes) | 1268 | 57 | 29 | 11 | 2 | 107 | 28 | 2701 |
| Grilled Chicken Quesadilla | 1033 | 60 | 22 | 0 | 8 | 69 | 57 | 3779 |
| Half Flatbread & Side Salad (average of flatbread | 749 | 15 | 16 | 0 | 6 | 59 | 25 | 1879 |

Kids Menu (Select Locations)

| | Calories (kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Fiber (g) | Carb (g) | Protein (g) | Sodium (mg) |
|----------------------------|-----------------|---------------|-------------|---------------|-----------|----------|-------------|-------------|
| Kids Chicken Dinner | 472 | 25 | 5 | 3 | 5 | 37 | 21 | 1268 |
| Kids Grilled Cheese | 631 | 26 | 8 | 1 | 6 | 51 | 20 | 1637 |
| Kids Slider | 574 | 34 | 12 | 0 | 1 | 32 | 32 | 1387 |