

MENU ITEM	SERVING SIZE	CAL	FAT CAL	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOLEST (mg)	SODIUM (mg)	TOTAL CARB (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Breakfast												
Bagel w/Egg, Bacon, Tillamook Cheese	188g	520	200	22	9	0	215	1060	52	2	5	27
English Muffin w/Egg, Bacon, Tillamook Cheese	151g	400	200	23	9	0	245	770	27	1	2	20
Bagel w/Egg, Ham, Tillamook Cheese	238g	530	180	21	8	0	235	1630	52	2	5	34
English Muffin w/Egg, Ham, Tillamook Cheese	202g	430	200	22	8	0	270	1500	28	1	2	28
Bagel w/Egg, Sausage, Tillamook Cheese	220g	590	250	28	11	0	250	1050	52	2	5	30
English Muffin w/Egg, Sausage, Tillamook Cheese	182g	470	270	30	11	0	275	730	27	1	1	22
Breakfast Platter/Bacon	230g	580	310	35	8	0	440	960	43	3	1	22
Breakfast Platter Egg only	214g	500	260	29	6	0	430	620	42	3	1	17
Breakfast Platter/Ham	281g	610	310	34	8	0	470	1700	44	3	2	31
Breakfast Platter/Sausage	261g	650	370	42	10	0	470	930	43	3	1	25
Breakfast Burrito/Bacon, each	258g	610	340	38	15	0	465	990	38	1	2	29
Breakfast Burrito/Ham, each	299g	600	320	36	14	0	485	1430	38	1	2	34
Breakfast Burrito/Sausage, each	289g	670	440	45	17	0	500	980	38	1	2	32
Breakfast Burger	154g	430	220	25	8	0	250	730	26	1	3	24
Bob's Red Mill Oatmeal - plain	45g dry, prepared	170	30	3.5	0.5	0	0	25	31	4	3	6
Portion - Brown Sugar	17g	60	0	0	0	0	0	0	17	0	17	0
Portion - Hazelnuts	14g	90	80	9	0.5	0	0	0	2	1	1	2
Portion - Dried Cranberries	16g	50	0	0	0	0	0	0	13	1	12	0
Bagel, plain	100g	260	10	1	0	0	0	550	50	2	4	11
Bacon, 2 slices	16g	80	50	6	2.5	0	10	340	1	0	0	5
Banana, whole	118g	110	5	0	0	0	0	0	27	3	14	1
Butter, 1 pat	7g	50	50	6	4	0	15	65	0	0	0	0
Canadian-style Ham (2 slices)	66g	90	40	5	2	0	35	910	2	0	1	12
Cheese, American, 1 slice	12.5g	45	35	4	2	0	10	230	0	0	0	2
Cheese, Tillamook Cheddar - 1 slice	19g	76	56	6	4	0	18	110	0	0	0	5
Cream Cheese, 1 packet	28g	100	91	10	6	0	30	90	1	0	1	2
Egg, fried (for sandwiches), 1 egg	53g	110	80	9	2.5	0	185	60	1	0	1	6
Eggs, scrambled (for platters), 2 eggs	110g	220	160	18	4.5	0	430	130	2	0	0	12
English Muffin, plain	61g	130	10	1	0	0	0	250	25	1	1	4
Hash Browns - 6 sticks	90g	310	200	23	3.5	0	0	400	24	2	0	2
Jam (Freeserves), 1 each	18g	45	0	0	0	0	0	0	11	0	11	0
Sausage Patty (1 patty)	47g	140	110	12	4.5	0	45	330	1	0	0	8
Yogurt Parfait - Blackberry (airport location only)	263g	320	130	14	9	0	40	90	42	4	37	7
Yogurt Parfait - Raspberry (airport location only)	260g	370	130	15	9	0	40	70	55	4	50	7
Yogurt Parfait - Strawberry (airport location only)	290g	380	130	15	9	0	40	70	59	2	56	7
Burgers												
Classic Hamburger-Single	221g	510	260	28	7	0.5	60	730	36	1	5	26
w/out mayo	207g	410	150	17	7	0.5	50	700	36	1	5	26
Classic Hamburger-Double	288g	720	380	42	13	1.5	110	880	36	1	5	46
w/out mayo	274g	610	280	31	13	1.5	100	850	36	1	5	46
Colossal Cheeseburger-Single	235g	550	260	29	10	0.5	65	1090	41	2	9	29
w/out BV Spread	220g	470	190	21	9	0.5	60	1030	39	2	8	29
Colossal Cheeseburger-Double	314g	800	420	46	18	1.5	125	1460	41	2	9	51
w/out BV Spread	299g	720	340	38	18	1.5	120	1410	39	2	8	51
Original Cheeseburger-Single	123g	360	190	21	6	0	40	630	27	0	5	15
w/o BV Spread	109g	280	120	13	5	0	35	570	25	0	4	15
Original Cheeseburger-Double	155g	460	250	28	9	0	65	710	27	0	5	24
w/o BV Spread	141g	380	180	20	8	0	60	660	25	0	4	24
Original Hamburger-Single	110g	310	150	17	3.5	0	30	400	26	0	4	13

MENU ITEM	SERVING SIZE	CAL	FAT CAL	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOLEST (mg)	SODIUM (mg)	TOTAL CARB (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
w/o BV Spread	96g	230	80	9	3	0	25	340	25	0	4	13
Original Hamburger-Double	142g	410	220	24	6	0	55	480	26	0	4	22
w/o BV Spread	128g	330	140	16	6	0	50	430	25	0	4	22
Pepper Bacon Cheeseburger-Single	253g	670	370	41	14	1	90	1160	37	2	6	36
w/out mayo	239g	560	270	30	13	1	80	1130	37	2	6	36
Pepper Bacon Cheeseburger-Double	319g	870	500	55	20	1.5	140	1300	38	2	5	56
w/out mayo	305g	760	390	43	19	1.5	130	1270	38	2	5	56
Tillamook Cheeseburger®-Single	241g	600	310	35	12	1	80	950	40	2	8	31
w/out mayo	227g	500	210	23	11	1	70	920	40	2	8	31
Tillamook Cheeseburger®-Double	307g	790	440	49	17	1.5	130	990	36	1	6	51
w/out mayo	293g	690	340	37	16	1.5	120	960	36	1	6	51
Veggie Burgers												
Spicy Anasazi Bean Burger	246g	640	310	35	5	0	30	830	60	11	9	22
w/out mayo	218g	460	130	15	3.5	0	20	750	58	11	7	22
w/out mayo & cheese	197g	380	80	8	0	0	0	630	58	11	7	17
Chicken & Turkey												
Chicken Tenders - 3 piece (no dipping sauce)	123g	360	160	18	2.5	0	20	1120	29	1	2	20
Chicken Tenders - 4 piece (no dipping sauce)	164g	480	210	23	3	0	25	1490	39	2	2	27
Crispy Chicken Sandwich	232g	590	260	29	3.5	0	25	1450	58	3	9	27
w/out BV Spread	218g	510	190	21	3	0	20	1400	57	3	8	27
Deluxe Crispy Chicken Sandwich	267g	750	370	41	10	0	55	1900	60	3	9	36
Grilled Chicken Sandwich	239g	360	60	6	0	0	70	1350	43	2	11	38
Rosemary Chicken Sandwich	236g	520	230	25	2	0	90	1160	41	1	1	36
w/out Rosemary Aioli	207g	320	35	4	0	0	70	1070	41	1	1	36
Seasoned Turkey Burger	226g	460	190	21	3.5	0	55	830	41	2	9	25
w/out mayo	212g	360	90	10	2.5	0	50	790	41	2	9	25
Turkey Club Sandwich	226g	610	340	38	8	0	70	1050	36	1	3	35
w/out mayo	198g	410	130	15	6	0	50	990	36	1	3	35
w/out mayo & cheese	177g	330	80	9	2.5	0	30	950	35	1	3	29
w/out mayo, cheese & bacon	161g	250	30	3	0	0	20	610	34	1	3	24
Wild Alaskan Halibut												
Halibut & Chips - 3 piece (fish, fries, tartar & lemon)	294g	840	450	50	6	0	25	950	73	6	2	22
Halibut Fish - 3 piece (fish only, no fries/tartar/lemon)	123g	290	130	14	1.5	0	20	660	23	0	1	17
Halibut & Chips - 4 piece (fish, fries, tartar & lemon)	334g	940	490	54	7	0	30	1170	80	6	2	27
Halibut Fish - 4 piece (fish only, no fries/tartar)	165g	390	170	19	2.5	0	25	880	31	0	2	23
Halibut Fillet Sandwich (sandwich only, no fries)	166g	460	240	27	2.5	0	20	750	38	1	4	14
w/out Tartar Sauce (sandwich only, no fries)	137g	310	100	11	0	0	5	520	38	1	3	14
French Fries												
Salted												
Small (2 3/4 oz)	78g	220	100	11	1.5	0	0	100	28	3	0	3
Regular (5 oz)	142g	400	170	19	2.5	0	0	180	50	6	0	5
Large (6 1/2 oz)	184g	510	230	25	3.5	0	0	240	65	8	0	6
No Added Salt												
Small (2 3/4 oz)	78g	220	100	11	1.5	0	0	30	28	3	0	3
Regular (5 oz)	142g	400	170	19	2.5	0	0	55	50	6	0	5
Large (6 1/2 oz)	184g	510	230	25	3.5	0	0	75	65	8	0	6
Golden Yukon Waffle Fries												
Small (2 oz)	57g	180	80	10	0.5	0	0	250	22	2	0	2
Regular (4 oz)	113g	360	170	19	1.5	0	0	500	45	4	0	4
Large (8.25 oz)	234g	750	350	40	3	0	0	1040	92	9	0	9

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Salads/no dressing												
Side Salad	79g	80	40	4.5	3	0	15	125	3	1	1	4
Blue Cheese & Apple Salad - Entrée	221g	250	70	8	6	0	30	330	36	5	30	7
Blue Cheese & Apple Salad - Half	129g	130	35	4	3	0	15	170	20	3	17	4
Grilled Chicken Club Salad - Entree	269g	360	170	19	8	0	110	1240	7	2	2	42
Grilled Chicken Club Salad - Half	137g	180	80	9	4	0	55	620	4	1	1	21
Smoked Salmon & Hazelnut Salad - Entrée	224g	410	270	30	8	0	75	610	11	5	4	26
w/out hazelnuts	196g	230	110	12	7	0	75	610	6	2	2	22
Smoked Salmon & Hazelnut Salad - Half	112g	210	130	15	4	0	35	310	6	3	2	13
w/out hazelnuts	98g	110	50	6	3.5	0	35	310	3	1	1	11
Salads & Snacks (PDX airport location only)												
Asian Kale Salad - Small (with dressing)	133g	330	240	27	3	0	0	370	19	4	10	6
Asian Kale Salad - Large (with dressing)	270g	660	500	55	6	0	0	750	38	8	19	13
Charcuterie Snack Plate (1 meat & 1 cheese)	227g	430	170	19	8	0	55	2210	33	2	3	28
Charcuterie Supper Plate (2 meat & 2 cheese)	283g	750	350	39	15	0	75	2800	59	3	6	38
Mediterranean Kale Salad - Small (with dressing)	215g	130	60	7	2.5	0	10	510	13	3	5	6
Mediterranean Kale Salad - Large (with dressing)	435g	260	130	14	5	0	25	1030	27	6	10	12
Mixed Green Salad - Small (no dressing)	97g	20	0	0	0	0	0	30	4	1	2	1
Mixed Green Salad - Large (no dressing)	168g	35	0	0	0	0	0	50	7	2	3	1
Salad Dressings (portions as served)												
Balsamic Vinaigrette	43g	180	160	18	1.5	0	0	200	5	0	2	1
Blue Cheese Dressing	43g	180	160	18	2.5	0	10	220	2	0	1	2
Country Ranch Dressing	43g	190	180	20	2	0	15	240	2	0	1	1
Honey Mustard Dressing	43g	200	170	19	1.5	0	15	190	8	0	7	1
Ice Cream Sundaes												
Caramel	184g	420	180	20	12	0.5	80	190	56	0	46	6
Hot Fudge	184g	440	200	22	15	0.5	80	160	53	0	46	7
Triple Berry	206g	380	170	19	12	0.5	80	130	46	1	40	6
YoCream Nonfat Frozen Yogurt Sundaes												
Caramel	170g	260	10	1	0.5	0	10	200	53	0	36	5
Hot Fudge	170g	270	30	3.5	3	0	10	170	50	0	36	6
Triple Berry	192g	210	0	0	0	0	10	140	43	1	31	5
Cones												
Vanilla Ice Cream Cone	118g	250	100	11	7	0	50	100	32	0	26	5
Vanilla YoCream Nonfat Frozen Yogurt Cone	147g	190	0	0	0	0	10	140	38	0	24	5
Cookies												
Chocolate Chunk, 1 each	57g	240	90	10	4.5	0	15	270	37	1	23	3
Lemon White Chocolate, 1 each	57g	240	80	10	4.5	0	20	280	36	1	22	3
Drinks												
Coca Cola®, small	12 fl oz	150	0	0	0	0	0	45	39	0	39	0
Coca Cola®, regular	22 fl oz	270	0	0	0	0	0	85	72	0	72	0
Coca Cola®, large	32 fl oz	390	0	0	0	0	0	125	105	0	105	0
Diet Coke®, small	12 fl oz	0	0	0	0	0	0	45	0	0	0	0
Diet Coke®, regular	22 fl oz	0	0	0	0	0	0	85	0	0	0	0
Diet Coke®, large	32 fl oz	0	0	0	0	0	0	120	0	0	0	0
Caffeine Free Diet Coke®, small	12 fl oz	0	0	0	0	0	0	45	0	0	0	0
Caffeine Free Diet Coke®, regular	20 fl oz	0	0	0	0	0	0	85	0	0	0	0
Caffeine Free Diet Coke®, large	32 fl oz	0	0	0	0	0	0	120	0	0	0	0

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Coke® Zero, small	12 fl oz	0	0	0	0	0	0	40	0	0	0	0
Coke® Zero, regular	20 fl oz	0	0	0	0	0	0	75	0	0	0	0
Coke® Zero, large	32 fl oz	0	0	0	0	0	0	105	0	0	0	0
Fanta®, small	12 fl oz	170	0	0	0	0	0	50	45	0	45	0
Fanta®, regular	22 fl oz	300	0	0	0	0	0	95	82	0	82	0
Fanta®, large	32 fl oz	440	0	0	0	0	0	140	120	0	120	0
Sprite®, small	12 fl oz	150	0	0	0	0	0	70	39	0	39	0
Sprite®, regular	22 fl oz	280	0	0	0	0	0	125	72	0	72	0
Sprite®, large	32 fl oz	400	0	0	0	0	0	180	104	0	104	0
Pibb Xtra®, small	12 fl oz	150	0	0	0	0	0	45	39	0	39	0
Pibb Xtra®, regular	22 fl oz	280	0	0	0	0	0	85	72	0	72	0
Pibb Xtra®, large	32 fl oz	400	0	0	0	0	0	120	104	0	104	0
Barq's Root Beer®, small	12 fl oz	160	0	0	0	0	0	70	45	0	45	0
Barq's Root Beer®, regular	22 fl oz	290	0	0	0	0	0	130	82	0	82	0
Barq's Root Beer®, large	32 fl oz	430	0	0	0	0	0	190	120	0	120	0
Fuze Raspberry Tea®, small	12 fl oz	60	0	0	0	0	0	0	15	0	15	0
Fuze Raspberry Tea®, regular	22 fl oz	110	0	0	0	0	0	0	27	0	27	0
Fuze Raspberry Tea®, large	32 fl oz	160	0	0	0	0	0	0	40	0	40	0
Fresh Brewed Iced Tea, regular	22 fl oz	0	0	0	0	0	0	0	0	0	0	0
Fresh Brewed Iced Tea, large	32 fl oz	0	0	0	0	0	0	0	0	0	0	0
Lemonade, small	12 fl oz	150	0	0	0	0	0	0	36	0	36	2
Lemonade, regular	16 fl oz	200	0	0	0	0	0	0	48	0	48	2
Lemonade, large	24 fl oz	300	0	0	0	0	0	0	72	0	72	3
Portland Roasting Coffee, regular	10 fl oz	5	0	0	0	0	0	5	1	0	0	0
Portland Roasting Coffee, large	16 fl oz	8	0	0	0	0	0	10	1	0	0	0
Ghirardelli Hot Chocolate	16 fl oz	300	100	11	8	0	20	240	50	3	40	4
Orange Juice	12 fl oz	170	0	0	0	0	0	0	39	1	39	3
Bottled Water	16 fl oz	0	0	0	0	0	0	0	0	0	0	0
Milk, 1%	8 fl oz	110	20	2.5	1.5	0	10	125	13	0	12	8
Milk, Chocolate, Fat Free	8 fl oz	140	0	0	0	0	0	190	26	0	24	8
Real Ice Cream Milkshakes												
Vanilla - small	12 fl oz	490	190	21	13	0	80	240	69	0	65	10
Vanilla - regular	16 fl oz	650	240	26	16	0	100	300	94	0	88	13
Vanilla - large	24 fl oz	880	320	35	22	0	130	410	130	0	121	17
Chocolate - small	12 fl oz	500	190	21	13	0	80	270	70	0	67	10
Chocolate - regular	16 fl oz	660	240	26	16	0	100	350	96	0	92	13
Chocolate - large	24 fl oz	900	320	35	22	0	130	480	133	0	127	17
Strawberry - small	12 fl oz	490	190	21	13	0	80	240	69	0	65	10
Strawberry - regular	16 fl oz	650	240	26	16	0	100	300	94	0	88	13
Strawberry - large	24 fl oz	880	320	35	22	0	130	410	130	0	121	17
Cherry Chocolate - small	12 fl oz	740	330	36	23	1	150	260	96	1	88	13
Cherry Chocolate - regular	16 fl oz	1000	430	48	30	1.5	200	350	137	1	125	18
Cherry Chocolate - large	24 fl oz	1290	550	61	38	2	255	460	182	2	165	24
Chocolate Monkey - small	12 fl oz	600	240	26	17	1	110	190	83	2	73	10
Chocolate Monkey - regular	16 fl oz	910	350	39	24	1	160	280	130	3	113	15
Chocolate Monkey - large	24 fl oz	1140	440	49	31	1.5	205	370	160	3	140	20
Mocha Perk - small	12 fl oz	590	250	28	18	1	115	200	74	1	67	10
Mocha Perk - regular	16 fl oz	790	350	39	24	1	160	270	96	0	85	15
Mocha Perk - large	24 fl oz	1070	450	50	31	1.5	205	370	139	1	125	20

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Strawberry Splash - small	12 fl oz	410	160	18	11	0	75	110	57	2	47	6
Strawberry Splash - regular	16 fl oz	850	320	37	23	1	155	260	119	3	100	14
Strawberry Splash - large	24 fl oz	1000	390	43	27	1.5	180	310	140	4	117	17
Timber Joey - small	12 fl oz	680	280	32	19	0	110	340	90	0	82	12
Timber Joey - regular	16 fl oz	920	370	41	24	0	140	470	126	1	115	17
Timber Joey - large	24 fl oz	1260	490	55	32	0	185	640	175	1	159	23
Triple Berry Blast - small	12 fl oz	450	190	21	13	0.5	85	150	58	1	51	7
Triple Berry Blast - regular	16 fl oz	850	340	38	24	1	160	300	113	1	100	14
Triple Berry Blast - large	24 fl oz	1080	440	49	31	1.5	205	390	142	1	126	18
YoCream Nonfat Frozen Yogurt Smoothies												
Vanilla - small	12 fl oz	340	0	0	0	0	0	200	70	0	59	8
Vanilla - regular	16 fl oz	440	0	0	0	0	0	260	92	0	77	11
Vanilla - large	24 fl oz	540	0	0	0	0	0	320	114	0	96	14
Chocolate - small	12 fl oz	340	0	0	0	0	0	200	71	0	60	9
Chocolate - regular	16 fl oz	450	0	0	0	0	0	260	93	1	79	12
Chocolate - large	24 fl oz	550	5	0	0	0	0	320	115	1	99	15
Strawberry - small	12 fl oz	340	0	0	0	0	0	190	70	0	59	8
Strawberry - regular	16 fl oz	440	0	0	0	0	0	260	92	0	77	11
Strawberry - large	24 fl oz	540	0	0	0	0	0	320	114	0	96	14
Cherry Chocolate - small	12 fl oz	390	0	0	0	0	0	220	87	1	74	9
Cherry Chocolate - regular	16 fl oz	500	0	0	0	0	0	270	117	1	100	12
Cherry Chocolate - large	24 fl oz	630	0	0	0	0	0	340	151	2	129	15
Chocolate Monkey - small	12 fl oz	300	0	0	0	0	0	150	65	1	53	7
Chocolate Monkey - regular	16 fl oz	460	5	0	0	0	0	210	100	2	81	10
Chocolate Monkey - large	24 fl oz	560	5	0.5	0	0	0	260	123	3	101	12
Mocha Perk - small	12 fl oz	300	0	0	0	0	0	160	62	0	52	7
Mocha Perk - regular	16 fl oz	460	5	0	0	0	0	250	95	1	80	11
Mocha Perk - large	24 fl oz	550	5	0	0	0	0	290	115	1	96	14
Strawberry Splash - small	12 fl oz	220	5	0.5	0	0	0	90	50	2	38	5
Strawberry Splash - regular	16 fl oz	380	5	0.5	0	0	0	160	83	3	64	8
Strawberry Splash - large	24 fl oz	560	10	1	0	0	0	250	122	4	95	12
Timber Joey - small	12 fl oz	400	25	3	1	0	15	310	78	0	54	11
Timber Joey - regular	16 fl oz	510	40	4.5	1.5	0	20	390	99	1	70	13
Timber Joey - large	24 fl oz	680	50	6	2	0	25	510	131	1	94	17
Triple Berry Blast - small	12 fl oz	270	0	0	0	0	0	150	55	1	46	6
Triple Berry Blast - regular	16 fl oz	400	0	0	0	0	0	230	83	1	69	9
Triple Berry Blast - large	24 fl oz	560	0	0	0	0	0	320	116	1	96	13
Kids Meals - nutrition information provided for individual Kid's Meal components (sandwich only, entrée only, or sides only)												
Original Hamburger-Single	110g	310	150	17	3.5	0	30	400	26	0	4	13
w/out BV Spread	96g	230	80	9	3	0	25	340	25	0	4	13
Original Cheeseburger	123g	360	190	21	6	0	40	630	27	0	5	15
w/out BV Spread	109g	280	120	13	5	0	35	570	25	0	4	15
Chicken Tenders - 2 pieces	82g	240	110	12	1.5	0	10	750	19	1	1	14
Halibut Fish - 2 pieces	81g	190	90	9	1	0	10	430	15	0	1	11
Kid's French Fries (2 3/4 oz)	78g	220	100	11	1.5	0	0	100	28	3	0	3
Apple Slices	57g	30	0	0	0	0	0	0	8	2	6	0

MENU ITEM	SERVING SIZE	CAL	FAT CAL	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOLEST (mg)	SODIUM (mg)	TOTAL CARB (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Individual Menu Ingredients												
Breads												
Bun, 4 inch Plain	50g	130	15	2	0	0	0	230	24	0	3	4
Bun, 4.5 inch Sesame Seed	71g	190	30	3	0.5	0	0	320	34	1	4	5
Bun, Udi's Gluten Free	90g	250	60	7	0.5	0	0	480	43	5	6	6
Bun, Wheat Kaiser Pub	64g	180	25	2.5	0	0	0	320	33	1	2	6
Hoagie Roll	85g	190	5	0.5	0	0	0	410	40	1	1	7
Tortilla, 10"	62g	190	40	4.5	1.5	0	0	260	33	1	0	5
Cheese												
American Cheese (1 slice)	12.5g	45	35	4	2	0	10	230	0	0	0	2
Rogue River Smokey Blue® Cheese (1 oz)	28g	100	80	8	6	0	30	250	0	0	0	6
Tillamook Cheddar Cheese - 1 slice	19g	76	56	6	4	0	18	110	0	0	0	5
Tillamook Pepper Jack Cheese (1 slice)	21g	77	55	6	3.5	0	20	125	0	0	0	5
Tillamook Swiss Cheese (1 slice)	21g	80	53	6	4	0	22	45	1	0	0	7
Tillamook Shredded Cheddar Cheese (1 oz)	28g	114	85	9	6	0	27	170	0	0	0	7
Rogue River Smokey Blue® Cheese (1 oz)	28g	100	80	8	6	0	30	250	0	0	0	6
Tillamook Cheddar Cheese - 1 slice	19g	76	56	6	4	0	18	110	0	0	0	5
Tillamook Pepper Jack Cheese (1 slice)	21g	77	55	6	3.5	0	20	125	0	0	0	5
Tillamook Swiss Cheese (1 slice)	21g	80	53	6	4	0	22	45	1	0	0	7
Tillamook Shredded Cheddar Cheese (1 oz)	28g	114	85	9	6	0	27	170	0	0	0	7
Meat, Fish and Nuts												
Bacon, fried, plain or pepper (1 piece)	8g	40	25	3	1	0	5	170	0.5	0	0	2.5
Hamburger Large Patty - cooked	67g	207	127	14	6	0.7	51	150	0	0	0	20
Hamburger Small Patty - cooked	32g	105	66	7	3	0	25	85	0	0	0	9
Hazelnuts (1 oz)	28g	183	157	18	1	0	0	0	5	3	5	4
Smoked Salmon (2 oz)	57g	90	25	3	1	0	50	400	0	0	0	15
Spicy Anasazi Bean Patty (3.4 oz)	86g	178	36	4	0	0	0	220	29	6	2	7
Turkey Breast (2 oz)	56g	81	12	3	1	0	30	350	0	0	0	15
Turkey Burger Patty - cooked	71g	125	49	5	2	0	59	110	2	0	2	17
Condiments (portions as served on sandwiches)												
BV Spread (0.5 oz)	14g	80	70	8	0	0	5	55	2	0	1	0
Chipotle Mayonnaise (0.5 oz)	14g	90	90	10	1	0	5	40	1	0	1	0
Ketchup, Heinz (0.5 oz)	14g	17	0	0	0	0	0	135	4	0	3	0
Mayonnaise (0.5 oz)	14g	100	100	11	1	0	10	30	0	0	0	0
Mustard (1 packet)	5.5g	0	0	0	0	0	0	65	0	0	0	0
Rosemary Aioli (1 oz)	28g	207	204	23	2	0	10	95	2	0	0	0
Smoky BBQ Sauce (0.5 oz)	14g	25	5	0	0	0	0	180	4	0	4	0
Tartar Sauce (1 oz)	28g	150	150	16	1.5	0	10	125	0	0	0	0
Dipping Sauces (portions as served with chicken tenders or fish & chips)												
Burgerville Spread	43g	240	220	24	1.5	0	15	160	5	0	3	0
Chipotle Mayo	43g	280	280	31	3	0	15	125	3	0	3	0
Garlic Aioli Dipping Sauce	43g	290	280	32	3	0	15	70	3	0	0	0
Smoky BBQ Sauce	43g	70	10	1	0	0	0	560	13	1	12	1
Sweet & Sour Sauce	43g	60	0	0	0	0	0	180	15	0	13	0
Tartar Sauce	43g	230	220	25	2	0	15	190	0	0	0	0

Menu Item	Serving Size	Cal	Fat Cal	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugar (g)	Protein (g)
Vegetables (portions as served on sandwiches)												
Fresh Salsa (1.5 oz.)	43g	15	0	0	0	0	0	150	3	1	1	0
Green Lettuce (1 piece)	15g	2	0	0	0	0	0	5	0	0	0	0
Hot banana peppers (1 oz)	28g	10	0	0	0	0	0	150	1	1	0	1
Kosher Dill Chips (3)	9g	0	0	0	0	0	0	115	0	0	0	0
Onion, chopped (1 Tbs)	10g	4	0	0	0	0	0	0	1	0	0	0
Red onion, slices (1 oz)	28g	10	0	0	0	0	0	0	3	0	1	0
Tomatoes -2 small or 1 large slice	24g	4	0	0	0	0	0	1	1	0	0	0
Abbreviations: Cal = calories, Fat Cal = calories from fat, Sat fat = saturated fat, Cholest = cholesterol, Carb = carbohydrate, g = grams, mg = milligrams, oz = weight ounce, fl oz = fluid ounces, Tbsp = tablespoon Recommended daily values for a 2,000 calorie a day diet are 65 g total fat, 20 g saturated fat, 300 mg cholesterol, 2,400 mg sodium and 25 g dietary fiber. A 2,000 calorie a day diet is used for the basis of general nutrition advice; however individual needs vary. Nutrition information for Burgerville menu items was determined by Registered Dietitians using manufacturer information and ESHA Research database analysis. Information is based on standard recipes; variations may occur due to use of an alternate supplier or differences in product portioning. Customer requests for variations from standard recipes will result in changes to nutritional values.												