NUTRITIONAL INFORMATION



FridayssM offers authentic American food and exciting drinks in an atmosphere that provides an energizing Friday feeling – any day of the week.

We focus on fresh, quality ingredients; bold, craveable flavors; and fun, shareable items. We have something for every appetite including Jack Daniel's® glazed items, fresh USDA choice steaks and burgers, all-natural chicken, sweet treats, unique drinks and much more.

At Fridays, we are constantly working with our chefs and mixologists to create and capture emerging food and drink trends that appeal to our Guests.

We happily try to accommodate any special requests and to make substitutions for vegetarian creations (though no meal is vegetarian certified).

Many of our Guests want to know more about the food we serve. Therefore, we provide several types of nutritional information to help our Guests make informed choices.

Participating Fridays[™] will, upon request, provide Guests with a supplemental Gluten Sensitivity Selection menu and an Allergen menu with easy-to-read icons to identify foods that contain wheat, soy, peanuts, shellfish and other allergens. Fridays[™] also provides this online nutritional analysis to help our Guests find the meal that is right for them.

The nutritional information is valid at participating U.S.A. restaurants only. Some items may vary by restaurant and may not be available at all locations. This nutritional information comprises data obtained from our suppliers, a third-party consultant and independent laboratories. We will update this information with the introduction of each new menu. This information is effective on January 26, 2015.

Fridays^{sм} strives to provide complete and accurate nutritional information; however, ingredient variations may occur due to the handcrafted nature of our menu items, Guest substitutions or regional availability of products. All items are listed as served, unless otherwise indicated.

Fridays All-natural Chicken: We add nothing artificial to our chicken breasts. No preservatives, no growth hormones (Federal regulations prohibit the use of hormones), no additives – just chicken with a hint of sea salt. We allow the use of antibiotics to protect the health of the birds and to ensure consistent quality and flavor in every entrée.

Whatever you choose, we promise your dining experience will go from ordinary to extraordinary because "In Here, It's Always Friday.""

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APPETIZERS	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Sesame Jack™ Chicken Strips Mozzarella Sticks Drispy Green Bean Fries Pan-Seared Pot Stickers Buffalo Wings (Boneless) Buffalo Wings (Traditional)	1090 1100 900 590 830-1190 730-970	10 30 21 9 15-24 15-21	0 1 0 0 0-0.5	159 62 69 72 52-101 4-37	2700 2350 1720 2150 2970-4450 2350-3340	39 44 9 18 39-72 39-72	6 3 8 2 1-7 1-7	35 75 65 25 34-87 34-87
Journal Wings (Hautional) Tuscan Spinach Dip Tostado Nachos Warm Pretzels with Craft Beer-Cheese Dipping Sauce Loaded Potato Skins Tack Daniel's® Sampler Tridays™ Pick Three-for-All (no dressing) Spinach Florentine Flatbread	1100 1370 1460 1430 1810 210-1050 540	39 50 32 27 19 3-21	1 0 0 1 0 0-1	86 54 128 131 231 3-91 49	1250 2210 2970 2110 4510 280-4110 1000	22 75 40 36 89 6-44	7 9 6 22 8 1-11 3	72 94 89 78 62 7-79 30
BBQ Chicken Flatbread	620	12	0	64	990	21	3	31
TASTE & SHARE MENU	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Thai Pork Tacos Ahi Tuna Crisps Bacon Mac & Cheese Bites Garlic & Basil Bruschetta Parmesan Meatballs Corned Beef & Swiss Sliders Hibachi Skewers – Chicken Hibachi Skewers – Sirloin	280 330 600 350 790 510 470 490	3.5 4 16 8 17 7 2.5 5	0 0 0 0 0 0	25 15 41 33 39 46 63 58	700 720 1510 900 1930 2090 1620 1510	14 13 20 8 23 24 21 17	2 4 1 2 3 3 4 2	14 24 40 21 61 24 15 20
RIBS	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Baby Back Ribs, Full Rack Memphis Rubbed Ribs, Full Rack Baby Back Ribs, 1/2 Rack Jack Daniel's® Ribs	1240 1200 850 1530	20 25 13 21	0 0 0 0	85 71 68 158	3150 2770 2440 3220	75 65 39 76	4 5 3 4	66 74 47 68
SIZZLING	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g
Sizzling Chicken & Shrimp Sizzling Chicken & Cheese Sizzling Sirloin & Spinach Sizzling Chicken & Spinach	1190 1110 410 410	26 27 8 6	0.5 0.5 0	44 42 11 18	2360 2220 1530 1910	61 59 49 50	6 6 11 13	82 75 19 15
SEAFOOD	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Grilled Norwegian Salmon with Langostino Lobster	440 730	12 15	0	6 53	1480 2870	50 21	1 5	34 48

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SALADS	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g
Pecan-Crusted Chicken Salad	1080	16	0	76	1650	39	11	71
unch Pecan-Crusted Chicken Salad	540	8	0	38	830	20	6	36
Grilled Chicken Cobb Salad (add choice of dressing)	590	14	0	17	1230	47	7	39
unch Grilled Chicken Cobb Salad (add choice of dressing)	360	8	0	12	740	24	4	25
Balsamic-Glazed Chicken Caesar Salad	500	7	0	25	1340	34	5	31
unch Balsamic-Glazed Chicken Caesar Salad	380	6	0	20	1020	20	4	25
Chipotle Yucatan Chicken Salad	840	21	0	46	1560	33	10	60
unch Chipotle Yucatan Chicken Salad	420	10	0	23	780	17	5	30
SALAD DRESSINGS (2 0Z.SERVING)	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g
	210		WWITE	3	THE TO			
Avocado Vinaigrette Balsamic Vinaigrette	210 300	3 5	0	7	910 380	0	1 0	22 31
Bleu Cheese	320	7	1	2	500	3	0	34
Caesar Vinaigrette	120	1.5	0	3	580	0	0	12
Honey Mustard	310	4.5	0	12	460	1	0	29
Low Fat Balsamic Vinaigrette	80	0	0	15	290	0	0	3
Ranch	210	3.5	0	2	490	1	0	22
Thousand Island	320	4.5	0	10	460	i	0	31
		ACCT OF			DAG	No.	000	
SOUPS & MORE	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g
Classic Wedge Salad	620	15	1	12	1140	13	3	59
White Chedder Broccoli Cheese	290	11	0	18	1550	11	2	20
French Onion	310	10	0	21	2440	14	1	18
Soup of the Day - New England Clam Chowder	500	18	0	45	1560	14	2	30
Soup of the Day - Tortilla	250	3.5	0	23	1480	15	1	13
Soup of the Day - Chicken Noodle	250	3	1	33	1240	15	2	7
Soup of the Day - Tomato Basil	300	14	0	20	1920	5	4	24
House Salad w/Bread Stick (add choice of dressing) Caesar Salad w/ Bread Stick	210 270	3 4	0	30 30	280 620	8 9	4 3	7 14
zaesar Saiad Wi Bread Stick	270	4	0	30	620	9	3	14
	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g
CHICKEN & PASTA		P. C. C.	0	90	1450	40	6	45
CHICKEN & PASTA Bruschetta Chicken Pasta	930	9			1680	39	8	42
Bruschetta Chicken Pasta Bruschetta Shrimp Pasta	950	8	0	97				
Bruschetta Chicken Pasta Bruschetta Shrimp Pasta Cajun Shrimp & Chicken Pasta	950 1110	8 30	0	86	2410	59	6	59
Bruschetta Chicken Pasta Bruschetta Shrimp Pasta Cajun Shrimp & Chicken Pasta Crispy Chicken Fingers	950 1110 1000	8 30 20	0	86 68	2410 2730	59 36	6 4	59 66
Bruschetta Chicken Pasta Bruschetta Shrimp Pasta Cajun Shrimp & Chicken Pasta	950 1110	8 30	0	86	2410	59	6	59

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HANDCRAFTED BURGERS	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
All-American Stacked Burger	1460	35	2.5	75	4030	53	4	103
Philly Stacked Burger	1460	34	2.5	76	3300	55	5	102
lleu Cheese Stacked Burger	1530	36	2.5	78	4410	56	6	109
New York Cheddar & Bacon Burger	1480	34	2.5	88	4250	52	5	100
Classic Cheeseburger	1240	27	2	78	3480	41	5	84
lack Daniel's® Burger	1490	27	2.5	132	4040	47	6	86
Turkey Burger	930	12	0	77	2410	35	5	50
Sedona Black Bean Burger	1240	18	0	105	3460	37	15	76
Spicy Craft Beer-Cheese Burger	1360	28	2	80	3040	38	6	97
SANDWICHES	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g
Jack Daniel's® Chicken Sandwich (add choice of side)	1230	19	0	109	2770	48	3	66
French Dip (add choice of side)	740	19	0	49	1490	40	2	43
Rotisserie Chicken Salad Sandwich (add choice of side)	850	9	0.5	58	1510	33	9	57
California Club (add choice of side)	750	13	0.5	41	2810	44	5	46
Friple Stack Reuben (add choice of side)	1040	16	0.0	76	3190	59	8	55
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SANDWICH SIDES	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g
Seasoned Fries	290	4.5	0	21	980	2	2	22
Homestyle Potato Chips	610	7	0	87	1110	7	7	26
Side Salad (add choice of dressing)	40	0.5	0	5	55	2	1	1.5
	40 calories		trans fat (g)	5 carbs (g)	55 sodium (mg)	protein (g)	1 fiber (g)	
FRESH USDA CHOICE STEAKS	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g
FRESH USDA CHOICE STEAKS Rib-Eye (add choice of sides)	calories 560	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g
FRESH USDA CHOICE STEAKS Rib-Eye (add choice of sides) with Grilled Lobster Tail (add additional nutritional values)	calories 560 120	sat fat (g) 12 0	trans fat (g)	carbs (g)	sodium (mg) 870 600	protein (g) 64 23	fiber (g)	total fat (g 32 1.5
FRESH USDA CHOICE STEAKS Rib-Eye (add choice of sides) with Grilled Lobster Tail (add additional nutritional values) with Half-Rack of Ribs (add additional nutritional values)	calories 560 120 480	sat fat (g) 12 0 8	trans fat (g) 0 0 0	carbs (g) 3 3 38	sodium (mg) 870 600 1280	protein (g) 64 23 36	fiber (g)	total fat (g 32 1.5 20
FRESH USDA CHOICE STEAKS Rib-Eye (add choice of sides) with Grilled Lobster Tail (add additional nutritional values) with Half-Rack of Ribs (add additional nutritional values) with Half-Rack of Memphis Rubbed Ribs (add additional nutritional values)	calories 560 120 480 460	sat fat (g) 12 0 8 10	trans fat (g) 0 0 0 0 0	carbs (g) 3 3 38 31	sodium (mg) 870 600 1280 1100	protein (g) 64 23 36 31	fiber (g) 1 1 1 1	total fat (g 32 1.5 20 24
FRESH USDA CHOICE STEAKS Rib-Eye (add choice of sides) with Grilled Lobster Tail (add additional nutritional values) with Half-Rack of Ribs (add additional nutritional values) with Half-Rack of Memphis Rubbed Ribs (add additional nutritional values)	calories 560 120 480	sat fat (g) 12 0 8	trans fat (g) 0 0 0	carbs (g) 3 3 38	sodium (mg) 870 600 1280	protein (g) 64 23 36	fiber (g)	total fat (g 32 1.5 20
FRESH USDA CHOICE STEAKS Rib-Eye (add choice of sides) with Grilled Lobster Tail (add additional nutritional values) with Half-Rack of Ribs (add additional nutritional values) with Half-Rack of Memphis Rubbed Ribs (add additional nutritional values) Flat Iron (add choice of sides)	calories 560 120 480 460 380	sat fat (g) 12 0 8 10 8	trans fat (g) 0 0 0 0 0	carbs (g) 3 3 38 31 3	sodium (mg) 870 600 1280 1100 840	protein (g) 64 23 36 31 38	fiber (g) 1 1 1 1 1	32 1.5 20 24 26
FRESH USDA CHOICE STEAKS Rib-Eye (add choice of sides) with Grilled Lobster Tail (add additional nutritional values) with Half-Rack of Ribs (add additional nutritional values) with Half-Rack of Memphis Rubbed Ribs (add additional nutritional values) Flat Iron (add choice of sides) with Grilled Lobster Tail (add additional nutritional values) with Half-Rack of Ribs (add additional nutritional values)	calories 560 120 480 460 380 120	sat fat (g) 12 0 8 10 8 0	trans fat (g) 0 0 0 0 0 0 0	carbs (g) 3 3 38 31 3 3	sodium (mg) 870 600 1280 1100 840 600	protein (g) 64 23 36 31 38 23	fiber (g) 1 1 1 1 1 1	total fat (g 32 1.5 20 24 26 1.5
FRESH USDA CHOICE STEAKS Rib-Eye (add choice of sides) with Grilled Lobster Tail (add additional nutritional values) with Half-Rack of Ribs (add additional nutritional values) with Half-Rack of Memphis Rubbed Ribs (add additional nutritional values) Flat Iron (add choice of sides) with Grilled Lobster Tail (add additional nutritional values) with Half-Rack of Ribs (add additional nutritional values) with Half-Rack of Memphis Rubbed Ribs (add additional nutritional values)	calories 560 120 480 460 380 120 480	sat fat (g) 12 0 8 10 8 0 8	trans fat (g) 0 0 0 0 0 0 0 0 0	carbs (g) 3 3 38 31 3 3 38	sodium (mg) 870 600 1280 1100 840 600 1280	protein (g) 64 23 36 31 38 23 36	fiber (g) 1 1 1 1 1 1 1	total fat (g 32 1.5 20 24 26 1.5 20
FRESH USDA CHOICE STEAKS Rib-Eye (add choice of sides) with Grilled Lobster Tail (add additional nutritional values) with Half-Rack of Ribs (add additional nutritional values) with Half-Rack of Memphis Rubbed Ribs (add additional nutritional values) Flat Iron (add choice of sides) with Grilled Lobster Tail (add additional nutritional values) with Half-Rack of Ribs (add additional nutritional values) with Half-Rack of Memphis Rubbed Ribs (add additional nutritional values)	calories 560 120 480 460 380 120 480 460	sat fat (g) 12 0 8 10 8 10 8 10	trans fat (g) 0 0 0 0 0 0 0 0 0 0 0 0	carbs (g) 3 3 38 31 3 38 31	sodium (mg) 870 600 1280 1100 840 600 1280 1100	protein (g) 64 23 36 31 38 23 36 31 31	fiber (g) 1 1 1 1 1 1 1 1 1	total fat (g 32 1.5 20 24 26 1.5 20 24
FRESH USDA CHOICE STEAKS Rib-Eye (add choice of sides) with Grilled Lobster Tail (add additional nutritional values) with Half-Rack of Ribs (add additional nutritional values) with Half-Rack of Memphis Rubbed Ribs (add additional nutritional values) Flat Iron (add choice of sides) with Grilled Lobster Tail (add additional nutritional values) with Half-Rack of Ribs (add additional nutritional values) with Half-Rack of Memphis Rubbed Ribs (add additional nutritional values) 6 oz. Sirloin (add choice of sides)	calories 560 120 480 460 380 120 480 460 370	sat fat (g) 12 0 8 10 8 0 8 10 12	trans fat (g) 0 0 0 0 0 0 0 0 0 0 0 0 0 0	carbs (g) 3 3 38 31 3 38 31 3 38 31 3	870 600 1280 1100 840 600 1280 1100 860	protein (g) 64 23 36 31 38 23 36 31 38 33 36 31 38	fiber (g) 1 1 1 1 1 1 1 1 1 1 1 1	total fat (g 32 1.5 20 24 26 1.5 20 24 23
FRESH USDA CHOICE STEAKS Rib-Eye (add choice of sides) with Grilled Lobster Tail (add additional nutritional values) with Half-Rack of Ribs (add additional nutritional values) with Half-Rack of Memphis Rubbed Ribs (add additional nutritional values) Flat Iron (add choice of sides) with Grilled Lobster Tail (add additional nutritional values) with Half-Rack of Ribs (add additional nutritional values) with Half-Rack of Memphis Rubbed Ribs (add additional nutritional values) with Grilled Lobster Tail (add additional nutritional values)	calories 560 120 480 460 380 120 480 460 370 120	sat fat (g) 12 0 8 10 8 0 8 10 12 0	trans fat (g) 0 0 0 0 0 0 0 0 0 0 0 0 0 0	carbs (g) 3 3 38 31 3 38 31 3 38 31 3 38 31 3	sodium (mg) 870 600 1280 1100 840 600 1280 1100 860 600	protein (g) 64 23 36 31 38 23 36 31 38 23	fiber (g) 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	total fat (g 32 1.5 20 24 26 1.5 20 24 23 1.5
FRESH USDA CHOICE STEAKS Rib-Eye (add choice of sides) with Grilled Lobster Tail (add additional nutritional values) with Half-Rack of Ribs (add additional nutritional values) with Half-Rack of Memphis Rubbed Ribs (add additional nutritional values) Flat Iron (add choice of sides) with Grilled Lobster Tail (add additional nutritional values) with Half-Rack of Ribs (add additional nutritional values) with Half-Rack of Memphis Rubbed Ribs (add additional nutritional values) with Grilled Lobster Tail (add additional nutritional values) with Half-Rack of Ribs (add additional nutritional values) with Half-Rack of Ribs (add additional nutritional values) with Half-Rack of Ribs (add additional nutritional values)	calories 560 120 480 460 380 120 480 460 370 120 480	sat fat (g) 12 0 8 10 8 0 8 10 12 0 8 10 8 10 12 0 8	trans fat (g) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	carbs (g) 3 3 38 31 3 38 31 3 38 31 3 38 31	sodium (mg) 870 600 1280 1100 840 600 1280 1100 860 600 1280	protein (g) 64 23 36 31 38 23 36 31 38 23 36 31 38 23	fiber (g) 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	total fat (g 32 1.5 20 24 26 1.5 20 24 23 1.5 20
FRESH USDA CHOICE STEAKS Rib-Eye (add choice of sides) with Grilled Lobster Tail (add additional nutritional values) with Half-Rack of Ribs (add additional nutritional values) with Half-Rack of Memphis Rubbed Ribs (add additional nutritional values) Flat Iron (add choice of sides) with Grilled Lobster Tail (add additional nutritional values) with Half-Rack of Ribs (add additional nutritional values) with Half-Rack of Memphis Rubbed Ribs (add additional nutritional values) with Grilled Lobster Tail (add additional nutritional values) with Grilled Lobster Tail (add additional nutritional values) with Half-Rack of Ribs (add additional nutritional values)	calories 560 120 480 460 380 120 480 460 370 120 480 460	sat fat (g) 12 0 8 10 8 10 12 0 8 10 12 0 8 10	trans fat (g) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	carbs (g) 3 3 38 31 3 38 31 3 38 31 3 38 31	sodium (mg) 870 600 1280 1100 840 600 1280 1100 860 600 1280 1100	protein (g) 64 23 36 31 38 23 36 31 38 23 36 31 38 23 36 31	fiber (g) 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	total fat (g 32 1.5 20 24 26 1.5 20 24 23 1.5 20 24
FRESH USDA CHOICE STEAKS Rib-Eye (add choice of sides) with Grilled Lobster Tail (add additional nutritional values) with Half-Rack of Ribs (add additional nutritional values) with Half-Rack of Memphis Rubbed Ribs (add additional nutritional values) Flat Iron (add choice of sides) with Grilled Lobster Tail (add additional nutritional values) with Half-Rack of Ribs (add additional nutritional values) with Half-Rack of Memphis Rubbed Ribs (add additional nutritional values) with Grilled Lobster Tail (add additional nutritional values) with Grilled Lobster Tail (add additional nutritional values) with Half-Rack of Ribs (add additional nutritional values) with Half-Rack of Memphis Rubbed Ribs (add additional nutritional values) with Half-Rack of Memphis Rubbed Ribs (add additional nutritional values)	calories 560 120 480 460 380 120 480 460 370 120 480 460 590	sat fat (g) 12 0 8 10 8 10 12 0 8 10 12 0 8 10 17	trans fat (g) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	carbs (g) 3 3 38 31 3 38 31 3 38 31 3 38 31 3 38 31 3	sodium (mg) 870 600 1280 1100 840 600 1280 1100 860 600 1280 1100 840	protein (g) 64 23 36 31 38 23 36 31 38 23 36 31 42	fiber (g) 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	total fat (g 32 1.5 20 24 26 1.5 20 24 23 1.5 20 24

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JACK DANIEL'S GRILL®	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g
Jack Daniel's® Rib-Eye (add choice of sides)	690	7	0	57	1320	65	1	22
with Grilled Lobster Tail (add additional nutritional values	120	0	0	3	600	23	1	1.5
with Crispy Jack Daniel's® Shrimp (add additional nutritional values)	200	1.5	0	22	920	13	2	7
with Half-Rack Jack Daniel's® Ribs (add additional nutritional values)	460	8	0	34	1170	36	1	20
Jack Daniel's® Flat Iron (add choice of sides)	500	4	0	57	1290	39	1	16
with Grilled Lobster Tail (add additional nutritional values	120	0	0	3	600	23	1	1.5
with Crispy Jack Daniel's® Shrimp (add additional nutritional values)	200	1.5	0	22	920	13	2	7
with Half-Rack Jack Daniel's® Ribs (add additional nutritional values)	460	8	0	34	1170	36	1	20
Jack Daniel's® Sirloin (add choice of sides)	720	13	0	57	1290	43	1	34
with Grilled Lobster Tail (add additional nutritional values	120	0	0	3	600	23	1	1.5
with Crispy Jack Daniel's® Shrimp (add additional nutritional values)	200	1.5	0	22	920	13	2	7
with Half-Rack Jack Daniel's® Ribs (add additional nutritional values)	460	8	0	34	1170	36	1	20
Jack Daniel's® Chicken & Shrimp (add choice of sides)	530	3	0	65	1680	37	3	14
Jack Daniel's® Chicken (add choice of sides)	540	3	0	56	1220	48	1	15
Jack Daniel's® Mixed Grill (add choice of sides)		1.00					1000	11114
6 oz. Sirloin	440	8	0	45	1190	38	1	13
Half-Rack of Ribs	460	8	0	34	1170	36	1	20
All-Natural Chicken	540	3	0	56	1220	48	1	15
Crispy Shrimp	200	1.5	0	22	920	13	2	7
Jack Daniel's® Ribs & Shrimp (add choice of sides)	1730	22	0	180	4140	89	6	75
Jack Daniel's® Ribs (add choice of sides)	1530	21	0	158	3220	76	4	68
	A Kasa A	100763	10000		0500	No.	1837	District
SIGNATURE SIDES	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g
Fresh Broccoli	50	0	0	10	370	3	5	0.5
Ginger-Lime Slaw	80	0.5	0	9	180	0	0	4.5
Classic Fries	290	4.5	0	21	980	2	2	22
Parmesan Steak Fries		10	0	47	630	8		49
	660						5	H THOUSE
Mashed Potatoes	210	4.5	0	21	540	3	3	10
Mashed Potatoes Sweet Potato Fries	210 390	4.5 9	0	21 50	230	3 3	3	10 20
Mashed Potatoes Sweet Potato Fries Jasmine Rice Pilaf	210 390 420	4.5 9 2.5	0 0 0	21 50 72	230 470	3 3 7	3 6 5	10 20 11
Mashed Potatoes Sweet Potato Fries Jasmine Rice Pilaf Tomato Mozzarella Salad	210 390 420 110	4.5 9 2.5 3.5	0 0 0 0	21 50 72 5	230 470 340	3 3 7 5	3 6 5 1	10 20 11 8
Mashed Potatoes Sweet Potato Fries Jasmine Rice Pilaf Tomato Mozzarella Salad Cheddar Mac & Cheese	210 390 420 110 530	4.5 9 2.5 3.5 15	0 0 0 0	21 50 72 5 43	230 470 340 1240	3 3 7 5 20	3 6 5 1 2	10 20 11 8 31
Mashed Potatoes Sweet Potato Fries Jasmine Rice Pilaf Tomato Mozzarella Salad Cheddar Mac & Cheese	210 390 420 110	4.5 9 2.5 3.5	0 0 0 0	21 50 72 5	230 470 340	3 3 7 5	3 6 5 1	10 20 11 8
Mashed Potatoes Sweet Potato Fries Jasmine Rice Pilaf Tomato Mozzarella Salad Cheddar Mac & Cheese Fresh Spinach	210 390 420 110 530	4.5 9 2.5 3.5 15 5	0 0 0 0	21 50 72 5 43	230 470 340 1240	3 3 7 5 20	3 6 5 1 2	10 20 11 8 31 14
Mashed Potatoes Sweet Potato Fries Jasmine Rice Pilaf Tomato Mozzarella Salad Cheddar Mac & Cheese Fresh Spinach FRIDAYS™ LUNCH	210 390 420 110 530 180	4.5 9 2.5 3.5 15 5	0 0 0 0 0	21 50 72 5 43 8	230 470 340 1240 570	3 3 7 5 20 4	3 6 5 1 2 2	10 20 11 8 31 14
Mashed Potatoes Sweet Potato Fries Jasmine Rice Pilaf Tomato Mozzarella Salad Cheddar Mac & Cheese Fresh Spinach FRIDAYS™ LUNCH Corned Beef & Swiss w/ Fries Only	210 390 420 110 530 180 calories	4.5 9 2.5 3.5 15 5	0 0 0 0 0 0 trans fat (g)	21 50 72 5 43 8	230 470 340 1240 570 sodium (mg)	3 3 7 5 20 4	3 6 5 1 2 2	10 20 11 8 31 14 total fat (g
Mashed Potatoes Sweet Potato Fries Jasmine Rice Pilaf Tomato Mozzarella Salad Cheddar Mac & Cheese Fresh Spinach FRIDAYS™ LUNCH Corned Beef & Swiss w/ Fries Only Ham & Cheddar Sliders w/ Fries Only	210 390 420 110 530 180 calories	4.5 9 2.5 3.5 15 5 sat fat (g)	0 0 0 0 0 0 trans fat (g)	21 50 72 5 43 8 carbs (g)	230 470 340 1240 570 sodium (mg)	3 3 7 5 20 4 protein (g)	3 6 5 1 2 2 fiber (g)	10 20 11 8 31 14 total fat (g
Mashed Potatoes Sweet Potato Fries Jasmine Rice Pilaf Tomato Mozzarella Salad Cheddar Mac & Cheese Fresh Spinach FRIDAYS™ LUNCH Corned Beef & Swiss w/ Fries Only Ham & Cheddar Sliders w/ Fries Only 1/2 Turkey & Swiss w/ Fries Only	210 390 420 110 530 180 calories	4.5 9 2.5 3.5 15 5 sat fat (g)	0 0 0 0 0 0 0 trans fat (g)	21 50 72 5 43 8 carbs (g)	230 470 340 1240 570 sodium (mg)	3 3 7 5 20 4 protein (g)	3 6 5 1 2 2 2	10 20 11 8 31 14 total fat (g
Mashed Potatoes Sweet Potato Fries Jasmine Rice Pilaf Tomato Mozzarella Salad Cheddar Mac & Cheese Fresh Spinach FRIDAYS™ LUNCH Corned Beef & Swiss w/ Fries Only Ham & Cheddar Sliders w/ Fries Only 1/2 Turkey & Swiss w/ Fries Only 1/2 BLT & Avocado w/ Fries Only	210 390 420 110 530 180 calories 630 640 540	4.5 9 2.5 3.5 15 5 sat fat (g)	0 0 0 0 0 0 0 trans fat (g)	21 50 72 5 43 8 carbs (g) 44 60 34	230 470 340 1240 570 sodium (mg) 1900 2320 1840	3 3 7 5 20 4 protein (g) 27 21 23	3 6 5 1 2 2 fiber (g)	10 20 11 8 31 14 total fat (g
Mashed Potatoes Sweet Potato Fries Jasmine Rice Pilaf Tomato Mozzarella Salad Cheddar Mac & Cheese Fresh Spinach FRIDAYS LUNCH Corned Beef & Swiss w/ Fries Only Ham & Cheddar Sliders w/ Fries Only 1/2 Turkey & Swiss w/ Fries Only 1/2 BLT & Avocado w/ Fries Only Half Rotisserie Chicken Salad Sandwich w/ Fries Only	210 390 420 110 530 180 calories 630 640 540 600	4.5 9 2.5 3.5 15 5 sat fat (g) 11 9 8 12	0 0 0 0 0 0 0 trans fat (g)	21 50 72 5 43 8 carbs (g) 44 60 34 35	230 470 340 1240 570 sodium (mg) 1900 2320 1840 1510	3 3 7 5 20 4 protein (g) 27 21 23 19	3 6 5 1 2 2 fiber (g) 3 4 3	10 20 11 8 31 14 total fat (g
Mashed Potatoes Sweet Potato Fries Jasmine Rice Pilaf Tomato Mozzarella Salad Cheddar Mac & Cheese Fresh Spinach FRIDAYS LUNCH Corned Beef & Swiss w/ Fries Only Ham & Cheddar Sliders w/ Fries Only 1/2 Turkey & Swiss w/ Fries Only 1/2 BLT & Avocado w/ Fries Only Half Rotisserie Chicken Salad Sandwich w/ Fries Only Half California Club w/ Fries Only	210 390 420 110 530 180 calories 630 640 540 600 650	4.5 9 2.5 3.5 15 5 sat fat (g) 11 9 8 12 8	0 0 0 0 0 0 0 0 0	21 50 72 5 43 8 carbs (g) 44 60 34 35 45	230 470 340 1240 570 sodium (mg) 1900 2320 1840 1510 1600	3 3 7 5 20 4 protein (g) 27 21 23 19 18	3 6 5 1 2 2 fiber (g) 3 4 3 4 6	10 20 11 8 31 14 total fat (g 37 34 34 43 46
Mashed Potatoes Sweet Potato Fries Jasmine Rice Pilaf Tomato Mozzarella Salad Cheddar Mac & Cheese Fresh Spinach FRIDAYS TM LUNCH Corned Beef & Swiss w/ Fries Only Ham & Cheddar Sliders w/ Fries Only 1/2 Turkey & Swiss w/ Fries Only 1/2 BLT & Avocado w/ Fries Only Half Rotisserie Chicken Salad Sandwich w/ Fries Only Half California Club w/ Fries Only Chipotle Yucatan Chicken Salad w/ Breadstick Only	210 390 420 110 530 180 calories 630 640 540 600 650 600	4.5 9 2.5 3.5 15 5 sat fat (g) 11 9 8 12 8 10	0 0 0 0 0 0 0 0 0	21 50 72 5 43 8 carbs (g) 44 60 34 35 45 36	230 470 340 1240 570 sodium (mg) 1900 2320 1840 1510 1600 2140	3 3 7 5 20 4 protein (g) 27 21 23 19 18 24 20	3 6 5 1 2 2 2 fiber (g)	10 20 11 8 31 14 total fat (g 37 34 34 43 46 40
Mashed Potatoes Sweet Potato Fries Jasmine Rice Pilaf Tomato Mozzarella Salad Cheddar Mac & Cheese Fresh Spinach FRIDAYS LUNCH Corned Beef & Swiss w/ Fries Only Ham & Cheddar Sliders w/ Fries Only 1/2 Turkey & Swiss w/ Fries Only 1/2 BLT & Avocado w/ Fries Only Half Rotisserie Chicken Salad Sandwich w/ Fries Only Half California Chicken Salad w/ Breadstick Only Crispy Chicken Fingers w/ Fries Only Half French Dip w/ Fries Only	210 390 420 110 530 180 calories 630 640 540 600 650 600 550	4.5 9 2.5 3.5 15 5 sat fat (g) 11 9 8 12 8 10 12	0 0 0 0 0 0 0 0 trans fat (g)	21 50 72 5 43 8 carbs (g) 44 60 34 35 45 36 43	230 470 340 1240 570 sodium (mg) 1900 2320 1840 1510 1600 2140 950	3 3 7 5 20 4 protein (g) 27 21 23 19 18 24	3 6 5 1 2 2 fiber (g) 3 4 3 4 6 4 6	10 20 11 8 31 14 total fat (g 37 34 34 43 46 40 34
Mashed Potatoes Sweet Potato Fries Jasmine Rice Pilaf Tomato Mozzarella Salad Cheddar Mac & Cheese Fresh Spinach FRIDAYS™ LUNCH Corned Beef & Swiss w/ Fries Only Ham & Cheddar Sliders w/ Fries Only 1/2 Turkey & Swiss w/ Fries Only 1/2 BLT & Avocado w/ Fries Only Half Rotisserie Chicken Salad Sandwich w/ Fries Only Half California Club w/ Fries Only Chipotle Yucatan Chicken Salad w/ Breadstick Only Crispy Chicken Fingers w/ Fries Only	210 390 420 110 530 180 calories 630 640 540 600 650 600 550 720	4.5 9 2.5 3.5 15 5 sat fat (g) 11 9 8 12 8 10 12 14	0 0 0 0 0 0 0 trans fat (g)	21 50 72 5 43 8 carbs (g) 44 60 34 35 45 36 43 47	230 470 340 1240 570 sodium (mg) 1900 2320 1840 1510 1600 2140 950 1900	3 3 7 5 20 4 protein (g) 27 21 23 19 18 24 20 22	3 6 5 1 2 2 2 fiber (g) 3 4 3 4 6 4 6 3	10 20 11 8 31 14 total fat (g 37 34 34 43 46 40 34 50
Mashed Potatoes Sweet Potato Fries Jasmine Rice Pilaf Tomato Mozzarella Salad Cheddar Mac & Cheese Fresh Spinach FRIDAYS™ LUNCH Corned Beef & Swiss w/ Fries Only Ham & Cheddar Sliders w/ Fries Only 1/2 Turkey & Swiss w/ Fries Only 1/2 BLT & Avocado w/ Fries Only Half Rotisserie Chicken Salad Sandwich w/ Fries Only Half California Club w/ Fries Only Chipotle Yucatan Chicken Salad w/ Breadstick Only Crispy Chicken Fingers w/ Fries Only Half French Dip w/ Fries Only Half French Dip w/ Fries Only Fridays™ Shrimp w/ Fries Only	210 390 420 110 530 180 calories 630 640 540 600 650 600 550 720 590	4.5 9 2.5 3.5 15 5 sat fat (g) 11 9 8 12 8 10 12 14 13	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	21 50 72 5 43 8 carbs (g) 44 60 34 35 45 36 43 47 40	230 470 340 1240 570 sodium (mg) 1900 2320 1840 1510 1600 2140 950 1900 1480	3 3 7 5 20 4 protein (g) 27 21 23 19 18 24 20 22 22	3 6 5 1 2 2 fiber (g) 3 4 3 4 6 4 6 3 3	10 20 11 8 31 14 total fat (g 37 34 34 43 46 40 34 50 38
Mashed Potatoes Sweet Potato Fries Jasmine Rice Pilaf Tomato Mozzarella Salad Cheddar Mac & Cheese Fresh Spinach FRIDAYS™ LUNCH Corned Beef & Swiss w/ Fries Only Ham & Cheddar Sliders w/ Fries Only 1/2 Turkey & Swiss w/ Fries Only 1/2 BLT & Avocado w/ Fries Only Half Rotisserie Chicken Salad Sandwich w/ Fries Only Half California Club w/ Fries Only Chipotle Yucatan Chicken Salad w/ Breadstick Only Crispy Chicken Fingers w/ Fries Only Half French Dip w/ Fries Only	210 390 420 110 530 180 calories 630 640 540 600 650 600 550 720 590 550	4.5 9 2.5 3.5 15 5 sat fat (g) 11 9 8 12 8 10 12 14 13 6	0 0 0 0 0 0 0 0 0 0 0 0 0 0	21 50 72 5 43 8 carbs (g) 44 60 34 35 45 36 43 47 40 56	230 470 340 1240 570 sodium (mg) 1900 2320 1840 1510 1600 2140 950 1900 1480 2590	3 3 7 5 20 4 protein (g) 27 21 23 19 18 24 20 22 22 22	3 6 5 1 2 2 fiber (g) 3 4 3 4 6 4 6 3 3 5	10 20 11 8 31 14 total fat (g 37 34 34 43 46 40 34 50 38 27

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DESSERTS	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g
Tennessee Whiskey Cake	1110	26	0	151	630	12	4	52
Salted Caramel Cake	750	20	0	199	380	8	0	44
Brownie Obsession®	1200	32	0	153	480	12	4	60
/anilla Bean Cheesecake	920	39	0	88	380	10	2	57
Chocolate Peanut Butter Pie	720	27	0	64	270	10	4	49
Oreo® Madness	500	10	0	76	330	6	3	21
Kid's Dessert - Cup of Dirt	480	9	0	79	300	7	2	16
Kid's Dessert - Orange Sherbet	150	0	0	37	35	1	0	0
Kid's Dessert - Vanilla Ice Cream	460	17	0	49	170	6	0	26
Kid's Sundae	690	20	0	94	240	8	1	31
NON-ALCOHOLIC BEVERAGES	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g
Soda: Coca-Cola®	150	0	0	41	15	0	0	0
Soda: Diet Coke®	0	0	0	0	5	0	0	0
Soda: Dr Pepper®	150	0	0	41	55	0	0	0
Soda: Sprite®	160	0	0	40	35	0	0	0
Fridays sM House-Made Lemonade	140	0	0	38	5	0	0	0
Coffee (Black)	5	0	0	0	5	0	0	0
ced Tea (Unsweetened)	5	0	0	1	10	0	0	0
Mango Passion Smoothie	220	3	0	45	10	0	1	3
Triple Berry Smoothie	210	3	0	48	15	1	3	3.5
Gold Medalist Smoothie	330	0	0	80	25	2	4	0.5
Strawberry Passion Fruit Tea	130	0	0	32	0	1	2	0
Fropical Raspberry Tea	110	0	0	25	0	0	1	0
SIGNATURE SLUSHES								1772
Blue Raspberry	310	0	0	75	35	0	0	0
Mango Peach Lemonade	150	0	0	41	40	0	0	0
Red Bull® Passion	220	0	0	54	200	0	3	0
Red Bull® Ruby	200	0	0	51	210	0	0	0
trawberry Lemonade	200	0	0	58	45	0	1	0.5
CRUSHES								
Cherry Limeade	230	0	0	58	15	0	0	0
Strawberry Lemonade	170	0	0	45	15	1	2	0

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KID'S DRINKS	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g
Kid's Chocolate Milk	230	3	0	36	135	9	1	5
Kid's Milk	130	2.5	0	12	120	8	0	5
Kid's Slush Blue Raspberry	160	0	0	39	20	0	0	0
Kid's Slush Mango Peach Lemonade	70	0	0	20	20	0	0	0
Kid's Slush Strawberry Lemonade	120	0	0	34	20	0	1	0
Kid's Soda: Coca-Cola®	110	0	0	30	10	0	0	0
Kid's Soda: Diet Coke®	0	0	0	0	0	0	0	0
Kid's Soda: Dr Pepper®	110	0	0	30	40	0	0	0
Kid's Soda: Sprite®	120	0	0	30	25	0	0	0
Kid's Lemonade	110	0	0	30	45	0	0	0
	100	0	0	29	5	0	0	0
Kid's Crush: Cherry Limeade	120	U	U					
Kid's Crush: Strawberry Lemonade	60	0	0	15	5	0	1	0
Kid's Crush: Strawberry Lemonade							fiber (g)	0
Kid's Crush: Strawberry Lemonade	60	0	0	15	5	0	1	0
Kid's Crush: Strawberry Lemonade KID'S MENU Burger	calories	o sat fat (g)	0 trans fat (g)	15 carbs (g)	5 sodium (mg)	protein (g)	1	total fat (g
Kid's Crush: Strawberry Lemonade KID'S MENU Burger Chicken Fingers	calories	sat fat (g)	trans fat (g)	15 carbs (g)	sodium (mg)	protein (g)	1	total fat (g
Kid's Crush: Strawberry Lemonade KID'S MENU Burger Chicken Fingers Chicken Skewers with grilled pita	calories 420 500	0 sat fat (g) 9 10	trans fat (g)	15 carbs (g) 25 31	sodium (mg) 770 1160	protein (g)	1 fiber (g)	0 total fat (g
Kid's Crush: Cherry Limeade Kid's Crush: Strawberry Lemonade KID'S MENU Burger Chicken Fingers Chicken Skewers with grilled pita Chicken Sandwich Mac & Cheese	calories 420 500 310	9 10 2	0 trans fat (g) 1 0 0	15 carbs (g) 25 31 33	5 sodium (mg) 770 1160 650	protein (g) 15 20 19	1 fiber (g)	total fat (g
Kid's Crush: Strawberry Lemonade KID'S MENU Burger Chicken Fingers Chicken Skewers with grilled pita Chicken Sandwich Mac & Cheese	calories 420 500 310 320	0 sat fat (g) 9 10 2 4	0 trans fat (g) 1 0 0	15 carbs (g) 25 31 33 25	5 sodium (mg) 770 1160 650 410	protein (g) 15 20 19 16	fiber (g) 1 1 2 1	0 total fat (g
Kid's Crush: Strawberry Lemonade KID'S MENU Burger Chicken Fingers Chicken Skewers with grilled pita Chicken Sandwich Mac & Cheese Pasta & Marinara	calories 420 500 310 320 440	sat fat (g) 9 10 2 4 12	0 trans fat (g) 1 0 0 0 0 0	15 carbs (g) 25 31 33 25 41	5 sodium (mg) 770 1160 650 410 1220	protein (g) 15 20 19 16 16	fiber (g) 1 1 2 1 0	0 total fat (g 29 33 11 17 23
Kid's Crush: Strawberry Lemonade KID'S MENU Burger Chicken Fingers Chicken Skewers with grilled pita Chicken Sandwich	calories 420 500 310 320 440 280	9 10 2 4 12 0	trans fat (g) 1 0 0 0 0 0 0	15 carbs (g) 25 31 33 25 41 54	5 sodium (mg) 770 1160 650 410 1220 190	protein (g) 15 20 19 16 16	fiber (g) 1 1 2 1 0	total fat (g
Kid's Crush: Strawberry Lemonade KID'S MENU Burger Chicken Fingers Chicken Skewers with grilled pita Chicken Sandwich Mac & Cheese Pasta & Marinara Kid's Side - Carrots w/ Ranch	calories 420 500 310 320 440 280 160	9 10 2 4 12 0 2.5	0 trans fat (g) 1 0 0 0 0 0 0 0 0 0 0	15 carbs (g) 25 31 33 25 41 54 7	5 sodium (mg) 770 1160 650 410 1220 190 330	protein (g) 15 20 19 16 16 10 1	fiber (g) 1 1 2 1 0 4 1	total fat (g 29 33 11 17 23 2.5 14
Kid's Crush: Strawberry Lemonade KID'S MENU Burger Chicken Fingers Chicken Skewers with grilled pita Chicken Sandwich Mac & Cheese Pasta & Marinara Kid's Side - Carrots w/ Ranch Kid's Side - Seasoned Fries	calories 420 500 310 320 440 280 160 290	9 10 2 4 12 0 2.5 4.5	0 trans fat (g) 1 0 0 0 0 0 0 0 0 0 0 0	15 carbs (g) 25 31 33 25 41 54 7 21	5 sodium (mg) 770 1160 650 410 1220 190 330 980	protein (g) 15 20 19 16 16 10 1 2	fiber (g) 1 1 2 1 0 4 1	0 total fat (g 29 33 11 17 23 2.5 14 22