



NUTRITIONAL INFORMATION

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	Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)	Allergies/Other
Charburgers																
Charburger on seeded bun	260g	470	305	35	9	75	1240	35	1	4	20	10%	15%	6%	20%	G S E
Double Charburger on seeded bun	320g	640	485	55	16	120	2130	35	3	8	39	10%	15%	8%	30%	G S E
BBQ Bacon Charburger on seeded bun	305g	630	310	44	9	85	1780	45	2	17	27	10%	15%	6%	25%	G S E
Teriyaki Charburger on seeded bun	300g	510	308	35	6	65	1610	52	3	16	23	10%	15%	6%	25%	G S E
Portabella Charburger on seeded bun	310g	940	660	76	19	130	2050	39	2	6	33	15%	8%	15%	25%	G D S E
Santa Barbara Charburger on sourdough	341g	930	492	69	21	150	2360	56	7	5	52	28%	23%	26%	34%	G D S E
Lettuce Wrap Charburger (extra lettuce, no bun)	257g	352	170	19	9	65	840	3	3	5	18	15%	15%	4%	10%	S E

Sandwiches																
Chicken Sandwich on French roll	410g	730	250	28	7	115	1710	72	4	8	49	25%	25%	20%	30%	G D S E
Chicken Club on sourdough	371g	730	350	39	8	110	1845	51	7	4	47	50%	30%	4%	25%	G D S E
Tri-Tip Sandwich on French roll with teriyaki	417g	910	410	48	13	115	1810	69	3	14	52	15%	20%	8%	50%	G S E
Chargrilled Tuna Sandwich on seeded bun	233g	390	90	10	2	40	860	51	2	8	28	15%	10%	4%	15%	G S E F
Golden Fried Chicken Sandwich on plain bun	528g	930	360	40	7	120	2760	96	5	14	48	15%	25%	20%	35%	G D S E
Veggie Burger on wheat bun	310g	470	120	12	3	0	1080	63	8	12	28	20%	15%	15%	25%	G S E

Salads																
Grilled Chicken Salad, no dressing	574g	410	130	15	3	95	1000	35	7	13	35	440%	50%	15%	15%	G D S
Super Food Salad, with dressing	518g	780	450	51	9	110	1330	44	8	16	40	300%	180%	30%	20%	D S
Santa Barbara Cobb, with dressing	490g	690	460	50	12	120	1000	14	6	5	47	250%	70%	20%	20%	D S E
Chicken Caesar Salad, with dressing	388g	690	350	39	7	120	890	36	4	3	45	250%	70%	30%	25%	G D S E F
BBQ Chicken Salad, no dressing	365g	450	170	19	5	100	790	30	3	23	39	65%	30%	6%	15%	—
Garden Salad, no dressing	432g	190	40	5	1	0	310	34	7	11	6	440%	45%	10%	15%	G D S
Caesar Salad, with dressing	269g	270	260	29	5	30	720	35	4	2	12	250%	70%	30%	20%	G D S E F

Sides																
French Fries, salt added	5.5oz	440	250	27	5	0	820	60	4	1	4	0%	20%	0%	10%	G S
Onion Rings, salt added	4.75oz	500	210	24	6	0	990	62	3	28	10	0%	2%	6%	6%	G D S
Sweet Potato Fries	5oz	374	107	11	0	0	347	50	8	19	3	187%	40%	5%	0%	G S
Tempura Green Beans, salt added	5oz	250	100	11	1	0	680	34	7	6	3	4%	0%	6%	10%	G S
Side Salad, no dressing	147g	70	15	3	1	0	135	12	3	4	2	150%	15%	4%	6%	G S
Side Caesar Salad, with dressing	119g	220	130	15	3	15	380	16	1	<1	6	120%	30%	15%	10%	G D S E F

Bread Options																
Seeded Bun	65g	160	25	3	<1	0	300	35	1	4	5	0%	0%	2%	10%	G S
Sourdough (2 slices) with 2 tsp butter spread	86g	290	42	5	2	0	400	42	1	1	8	0%	0%	0%	12%	G D S
Wheat Bun	92g	240	25	3	<1	0	380	47	2	7	8	0%	0%	4%	14%	G S
French Roll	132g	290	20	2	<1	0	480	55	2	3	10	0%	0%	0%	20%	G S
Plain Bun	65g	160	20	2	<1	0	280	30	1	4	4	0%	0%	2%	8%	G S
Iceberg Lettuce (for wrap)	3oz	12	0	0	0	0	10	3	1	2	1	8%	4%	0%	2%	—

Kid Favorites (substitute applesauce for fries to eliminate 130 calories, 12g fat, 2g saturated fat, and 375mg sodium)																
Charburger with 2.4 oz. fries	316g	655	230	26	9	80	760	60	4	13	32	2%	15%	4%	30%	G S
Chicken Nuggets (5 pieces) with 2.4 oz. fries	232g	410	160	18	4	40	870	47	5	8	16	0%	15%	2%	6%	G D S
Grilled Cheese with 2.4 oz. fries	304g	650	190	22	10	40	1250	70	5	11	19	8%	20%	20%	25%	G D S

Beverages																
Barq's Root Beer®	8oz	120	0	0	0	0	24	30	0	30	0	0%	0%	0%	0%	—
Black Tea	8oz	2	0	0	0	0	0	<1	0	0	0	0%	0%	0%	0%	—
Citrus Green Tea	8oz	2	0	0	0	0	0	<1	0	0	0	0%	0%	0%	0%	—
Coke®	8oz	110	0	0	0	0	25	29	0	29	0	0%	0%	0%	0%	—
Diet Coke®	8oz	<1	0	0	0	0	10	<1	0	<1	0	0%	0%	0%	0%	—
Glaceau vitaminwater® XXX	8oz	50	0	0	0	0	25	14	0	13	0	0%	0%	0%	0%	—
Minute Maid® Lemonade	8oz	100	0	0	0	0	70	29	0	27	0	0%	0%	0%	0%	—
Minute Maid® Light™ Lemonade	8oz	0	0	0	0	0	30	1	0	0	0	0%	0%	0%	0%	—
Minute Maid® Light™ Pomegranate Lemonade	8oz	0	0	0	0	0	45	1	0	0	0	10%	0%	0%	0%	—
Peach Ginger Nectar Juice	8oz	70	0	0	0	0	10	18	0	17	0	0%	4%	0%	0%	—
Pibb® Xtra	8oz	100	0	0	0	0	40	28	0	28	0	0%	0%	0%	0%	—
POWERRade® Mountain Blast	8oz	60	0	0	0	0	80	16	0	16	0	0%	0%	0%	0%	—
Sprite®	8oz	100	0	0	0	0	22	26	0	26	0	0%	0%	0%	0%	—
Strawberry Limeade	8oz	120	0	0	0	0	0	32	0	31	0	4%	0%	0%	0%	—
Tropical Tea	8oz	<1	0	0	0	0	0	<2	0	0	0	0%	0%	0%	0%	—

Allergy Key: D=Dairy, N=Tree Nuts, S=Soy, G=Gluten, E=Egg, F=Fish, P=Peanut, MSG=Monosodium Glutamate

Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium. Please be aware that due to processing and preparation of our ingredients, The Habit Burger Grill cannot guarantee that allergens do not exist in our food. Individual ingredients may come into contact with one another during preparation. All of the information used herein has been provided by our suppliers and is current as of December 2017.

