



# 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
<b>Charburgers</b>																
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

<b>Sandwiches</b>																
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 (Vegan)	310g	470	120	12	3	0	1080	63	8	12	28	20%	15%	15%	25%	G S

<b>Salads</b>																
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

<b>Sides</b>																
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

<b>Bread Options</b>																
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%	—

<b>Kid Favorites</b> (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

<b>Beverages</b>																
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%	—
Glacéau 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%	—
POWERade® 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 April 2018.



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<b>Desserts</b>																
Shakes, with 2 Tbsp whipped cream																
Vanilla	16oz	710	260	30	20	100	360	100	0	80	14	0%	2%	6%	0%	D S
Chocolate	16oz	820	240	28	19	90	350	133	0	108	12	0%	0%	4%	0%	D S
Strawberry	16oz	760	240	27	18	95	350	119	0	98	13	0%	2%	4%	0%	D S
Mocha	16oz	760	230	28	19	90	340	117	0	93	12	0%	0%	4%	0%	D S
Coffee	16oz	680	240	28	19	90	330	99	0	79	12	0%	0%	4%	0%	D S
Malted Shakes, with 2 Tbsp malted mix/2 Tbsp Whipped Cream																
Vanilla	16oz	750	270	29	20	100	410	110	0	86	16	0%	2%	8%	0%	G D S
Chocolate	16oz	860	250	27	19	95	410	142	0	113	14	0%	0%	8%	0%	G D S
Strawberry	16oz	800	230	26	20	100	400	128	0	104	15	0%	2%	4%	0%	G D S
Mocha	16oz	800	240	27	19	95	400	126	0	98	14	0%	0%	8%	0%	G D S
Coffee	16oz	720	250	27	19	95	390	108	0	84	14	0%	0%	8%	0%	G D S
Sundaes																
Chocolate	16oz	990	330	37	23	100	360	161	3	119	17	16%	8%	50%	2%	D S N P
Strawberry	16oz	940	330	37	23	100	345	142	3	106	17	16%	8%	50%	2%	D S N P
Vanilla	16oz	840	330	37	23	100	340	125	3	89	17	16%	8%	50%	2%	D S N P
Cone																
	6oz	330	100	11	8	45	150	52	0	37	5	6%	2%	20%	2%	G D S
<b>Optional Items, Sauces, and Dressings</b>																
American Cheese (1 slice)	18g	70	50	6	4	15	340	<1	0	0	4	6%	0%	10%	0%	D S
Apple Juice	6oz	80	0	0	0	0	15	21	0	19	0	0%	100%	10%	0%	—
Apple Slices	57g	30	0	0	0	0	0	8	2	6	0	0%	20%	2%	0%	—
Applesauce Cup, unsweetened	113g	50	0	0	0	0	0	12	2	11	0	0%	100%	0%	0%	—
Avocado (1 scoop)	55g	90	75	8	1	0	45	5	4	0	1	2%	8%	0%	2%	—
Bacon (2 strips)	14g	100	85	9	3	10	300	0	0	0	4	0%	0%	0%	2%	—
BBQ Sauce	2 Tbsp	60	0	0	0	0	240	15	0	12	0	0%	0%	0%	0%	—
Blue Cheese Dressing	2 Tbsp	80	70	8	3	5	250	1	0	1	1	0%	0%	2%	0%	D S E
Butter Blend Spread	2 Tsp	50	42	5	2	0	35	0	0	0	1	4%	0%	0%	0%	D S
Caesar Salad Dressing	2 Tbsp	180	180	20	3	20	160	1	0	0	<1	0%	0%	0%	0%	E F
Caramelized Onions	1oz	14	3	<1	0	0	150	3	<1	1	0	0%	2%	0%	0%	—
Craisins®	2 Tbsp	40	0	0	0	0	0	8	<1	8	0	0%	0%	0%	0%	—
Croutons (about 6 croutons)	12g	40	13	1	0	0	80	6	0	0	1	0%	0%	2%	2%	G D S
Crumbled Blue Cheese	2 Tbsp	50	35	4	3	15	190	<1	0	0	3	3%	0%	9%	0%	D
Crumbled Feta Cheese	2 Tbsp	70	50	6	4	15	350	1	0	0	4	4%	0%	8%	0%	D
Fat Free Italian Dressing	2 Tbsp	12	0	0	0	0	280	3	0	1	0	0%	0%	0%	0%	S
Hand-Breaded Chicken	227g	460	50	6	2	95	1080	55	2	3	42	2%	0%	10%	25%	G D S
Hidden Valley® Ranch Dressing	2 Tbsp	120	110	12	2	10	210	2	0	<1	<1	0%	0%	0%	0%	D S MSG
Sweet Mustard Dressing (Vegan)	2 Tbsp	140	130	14	2	2	135	6	0	5	0	0%	0%	0%	0%	S
House Dressing (balsamic & olive oil)	2 Tbsp	160	150	17	3	0	120	3	0	2	0	0%	0%	0%	0%	F S
Kale Pesto Vinaigrette	2 Tbsp	130	120	14	2	0	105	<1	0	0	0	10%	4%	2%	0%	D S
Mayonnaise	1 Tbsp	100	100	12	2	10	50	0	0	0	0	0%	0%	0%	0%	S E
Pineapple Slice	23g	10	0	0	0	0	0	3	0	3	0	0%	0%	0%	0%	—
Quinoa	1oz	30	4	<1	0	0	1	5	<1	0	1	0%	0%	0%	2%	—
Red Wine Vinaigrette	2 Tbsp	150	150	17	3	0	140	1	0	<1	0	0%	0%	0%	0%	S
Roasted Garlic Aioli	2 Tbsp	180	180	21	4	20	280	1	0	0	<1	0%	0%	0%	0%	S E
Sauteed Portabella Mushrooms	2oz	120	110	13	2	0	300	2	<1	<1	<1	6%	0%	0%	0%	D S
Seasoned, Chargrilled Tuna	80g	130	10	1	0	40	900	7	0	7	23	0%	0%	2%	4%	F
Seasoned, Grilled Beef Patty	55g	225	180	20	7	65	890	0	0	0	15	0%	0%	2%	10%	—
Seasoned, Grilled Chicken Breast	100g	220	100	11	1	90	1000	2	0	1	30	0%	0%	0%	2%	—
Seasoned, Grilled Tri-Tip	145g	380	190	22	8	95	1500	1	0	1	43	0%	0%	2%	30%	G S
Spicy Red Pepper Sauce	2 Tbsp	150	150	17	3	0	15	3	0	2	0	2%	4%	0%	0%	S E
Tartar Sauce	2 Tbsp	160	160	17	3	15	190	1	0	0	0	4%	2%	0%	0%	S E F
Teriyaki Sauce	2 Tbsp	34	0	0	0	0	700	8	0	7	0	0%	0%	0%	0%	G S
Thousand Island Dressing	2 Tbsp	130	110	13	2	20	210	3	0	2	0	0%	0%	0%	0%	D S E
Whipped Cream	2 Tbsp	15	10	2	1	0	5	1	0	1	0	0%	0%	0%	0%	D
White American Cheese (1 slice)	18g	70	50	5	3	15	300	0	0	0	4	4%	0%	15%	0%	D S

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