



the Habit[®]

BURGER GRILL

"There's No Substitute For Quality!"

Nutritional Information

	Serving Size (g)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (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	260	470	200	22	6	65	1140	43	3	8	23	10%	15%	6%	20%	G E S
on wheat bun	290	520	200	22	6	65	1220	55	4	11	26	10%	15%	8%	25%	G E S
seeded bun, one slice American	278	560	330	36	13	90	1770	34	2	6	23	20%	6%	15%	20%	G D S
Double Charburger on seeded bun	320	640	300	33	10	120	1500	43	3	8	39	10%	15%	8%	30%	G D S E
on wheat bun	345	690	300	33	11	120	1580	56	4	11	42	10%	15%	10%	35%	G D E S
Teriyaki Charburger on seeded bun	300	510	200	22	6	65	1610	52	3	16	23	10%	15%	6%	25%	G D S E
on wheat bun	330	560	200	22	6	65	1690	65	4	19	27	10%	15%	8%	30%	G D S E
BBQ Bacon Charburger on seeded bun	305	630	280	31	9	75	1680	58	3	20	27	10%	15%	6%	25%	G D S E
on wheat bun	330	680	280	31	9	75	1760	70	4	23	30	10%	15%	8%	25%	G D S E
Mushroom Swiss Charburger on seeded bun	283	590	350	39	13	85	1940	36	3	7	26	20%	8%	20%	20%	G D S E
on wheat bun	315	660	350	39	13	85	2020	49	4	8	30	20%	8%	20%	30%	G D S E
Lettuce Wrap Charburger (extra lettuce, no bun)	257	290	170	19	6	65	840	10	3	5	18	15%	15%	4%	10%	S E
Sandwiches																
Chicken Sandwich on French roll	410	730	250	28	7	115	1380	72	4	8	49	25%	25%	20%	30%	G D S E
Chicken Club on sourdough	371	730	350	39	8	110	920	51	7	4	47	50%	30%	4%	25%	G D S E
Tri Tip Sandwich on French roll with teriyaki	335	540	170	19	4	75	1630	53	2	11	41	15%	25%	0%	35%	G D S E
Fresh Albacore Sandwich on seeded bun	233	390	90	10	2	40	860	41	2	8	33	15%	10%	4%	15%	G D S E F
on sourdough with 2 tsp butter spread	260	450	110	12	3	60	1000	48	3	5	36	20%	10%	2%	20%	G D S E F
Pastrami Sandwich on French roll	445	900	440	49	18	125	2640	70	4	7	44	15%	15%	15%	40%	G D S E
on sourdough with 2 tsp butter spread	400	860	470	53	20	125	2470	51	4	6	42	20%	15%	15%	30%	G D S E
Veggie Burger on wheat bun (not vegan)	310	470	120	12	2.5	0	1080	63	8	12	28	20%	15%	15%	25%	G D S E
Salads (shown with dressing if pre-dressed)																
Garden Salad, no dressing	262	100	20	2	0	0	115	19	3	6	4	110%	40%	4%	8%	G D S
Grilled Chicken Salad, no dressing	355	220	40	4.5	1	90	420	8	3	6	35	110%	40%	6%	15%	G D S
Chicken Caesar Salad, with dressing	388	690	350	39	7	120	890	36	4	3	45	250%	70%	30%	25%	G D S E F
BBQ Chicken Salad, no dressing	365	450	170	19	5	100	790	30	3	23	39	65%	30%	6%	15%	—
Santa Barbara Cobb, with 4 Tbsp dressing	490	840	610	67	14	120	1140	15	6	5	47	250%	70%	20%	20%	D S F
Caesar Salad, with 2 Tbsp dressing	269	450	260	29	5	30	720	35	4	2	12	250%	70%	30%	20%	G D S E F
On the Side (as served)																
5.5 oz. French Fries, salt added	156	440	250	27	4.5	0	820	46	4	1	4	0%	20%	0%	10%	G S
4.75 oz. Onion Rings, salt added	135	500	210	24	6	0	990	62	3	28	10	0%	2%	6%	6%	G D S
Sweet Potato Fries	227	374	107	11	0	0	347	64	8	19	3	187%	40%	5%	0%	G S
Side Salad, no dressing	113	45	10	1	0	0	60	9	2	2	2	50%	15%	2%	4%	G D S
Side Caesar Salad, 1 Tbsp dressing	119	220	130	15	3	15	380	16	1	<1	6	120%	30%	15%	10%	G D S E F
Kid's Meals (substitute applesauce for fries to eliminate 130 calories, 12 g fat, 2 g saturated fat, and 375 mg sodium)																
Hamburger with 2.4 oz. Fries	215	590	260	29	9	60	1250	59	3	10	28	2%	8%	6%	25%	G S
Chicken Nuggets(5 pieces) with 2.4 oz. Fries	153	430	250	28	4.5	35	910	30	3	<1	18	0%	8%	0%	8%	G D S
Grilled Cheese with 2.4 oz. Fries	197	570	260	29	11	35	1270	62	4	2	17	10%	8%	45%	15%	G D S

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

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 May, 2013.

The Habit Burger Grill

	Serving Size (g)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)	Allergies/Other
Desserts																
Shakes, with 2 Tbsp Whipped Cream (all 2.25 cups before whipped cream)																
Vanilla	710	260	30	20	100	360	100	0	80	14	0%	2%	6%	0%	0%	D S
Chocolate	820	240	28	19	90	350	133	0	108	12	0%	0%	4%	0%	0%	D S
Strawberry	760	240	27	18	95	350	119	0	98	13	0%	2%	4%	0%	0%	D S
Mocha	760	230	28	19	90	340	117	0	93	12	0%	0%	4%	0%	0%	D S
Coffee	680	240	28	19	90	330	99	0	79	12	0%	0%	4%	0%	0%	D S
Malted Shakes (all 2.25 cups, with 2 Tbsp malted mix)																
Vanilla	750	270	29	20	100	410	110	0	86	16	0%	2%	8%	0%	0%	G D S
Chocolate	860	250	27	19	95	410	142	0	113	14	0%	0%	8%	0%	0%	G D S
Strawberry	800	230	26	20	100	400	128	0	104	15	0%	2%	4%	0%	0%	G D S
Mocha	800	240	27	19	95	400	126	0	98	14	0%	0%	8%	0%	0%	G D S
Coffee	720	250	27	19	95	390	108	0	84	14	0%	0%	8%	0%	0%	G D S
Cone 2.25 cups of Vanilla in a Cone																
Sundaes (all 2.5 cups)	330	100	11	8	45	150	52	0	37	5	6%	2%	20%	2%	0%	G D S
Strawberry Sundae	940	330	37	23	100	345	142	3	106	17	16%	8%	50%	2%	0%	D S N P
Chocolate Sundae	990	330	37	23	100	360	161	3	119	17	16%	8%	50%	2%	0%	D S N P
Vanilla Sundae	840	330	37	23	100	340	125	3	89	17	16%	8%	50%	2%	0%	D S N P
Beverages (per 8 oz. serving)																
Coke™	99	0	0	0	0	2	27	0	27	0	0%	0%	0%	0%	0%	—
Diet Coke™	0.6	0	0	0	0	10	0.1	0	0.1	0	0%	0%	0%	0%	0%	—
Sprite™	97	0	0	0	0	22	26	0	26	0	0%	0%	0%	0%	0%	—
Barq's Root Beer™	111	0	0	0	0	24	30	0	30	0	0%	0%	0%	0%	0%	—
Minute Maid Lemonade™	97	0	0	0	0	41	26	0	25	0	0%	0%	0%	0%	0%	—
Optional Items, Sauces, Dressings																
Teriyaki Sauce (1.5 Tbsp)	34	0	0	0	0	700	8	0	7	0	0%	0%	0%	0%	0%	G S
BBQ Sauce (2 Tbsp)	60	0	0	0	0	240	15	0	12	0	0%	0%	0%	0%	0%	—
Tartar Sauce (2 Tbsp)	160	160	17	2.5	15	190	1	0	0	0	4%	2%	0%	0%	0%	S E F
House Dressing (2 Tbsp)	160	150	17	2.5	0	120	3	0	2	0	0%	0%	0%	0%	0%	F
Ranch Dressing (2 Tbsp)	120	110	12	2	10	210	2	0	<1	<1	0%	0%	0%	0%	0%	D S MSG
Honey Dijon Dressing (2 Tbsp)	140	130	14	2	2	135	6	0	5	0	0%	0%	0%	0%	0%	S E
Thousand Island Dressing (2 Tbsp)	130	110	13	2	20	210	3	0	2	0	0%	0%	0%	0%	0%	D S E N
Bleu Cheese Dressing (2 Tbsp)	80	70	8	2.5	5	250	1	0	1	1	0%	0%	2%	0%	0%	D S E N
Fat-free Italian Dressing (2 Tbsp)	12	0	0	0	0	280	3	0	1	0	0%	0%	0%	0%	0%	S
Caesar Salad Dressing (2 Tbsp)	180	180	20	3	20	160	1	0	0	<1	0%	0%	0%	0%	0%	E F
Cobb Salad Dressing (2 Tbsp)	150	150	17	2.5	0	140	1	0	0.5	0	0%	0%	0%	0%	0%	S
Mayonnaise (1 Tbsp)	100	100	12	2	10	50	0	0	0	0	0%	0%	0%	0%	0%	S E
Swiss Cheese (1 slice, about 18 g)	70	50	5	3	15	300	0	0	0	4	4%	0%	15%	0%	0%	D S
American Cheese (1 slice, about 18 g)	70	50	6	4	15	340	<1	0	0	4	6%	0%	10%	0%	0%	D S
Crumbled Blue Cheese (2 Tbsp, about 14 g)	50	35	4	2.5	15	190	<1	0	0	3	3%	0%	9%	0%	0%	D
Croutons (12 g, about 6 croutons)	40	13	1	0	0	80	6	0	0	1	0%	0%	2%	2%	0%	G D S
Applesauce Cup, unsweetened	50	0	0	0	0	0	12	2	11	0	0%	100%	0%	0%	0%	—
Juicy Juice box	100	0	0	0	0	15	25	0	23	0	0%	100%	0%	0%	0%	—
Chunky Avocado (1 scoop, about 55 g)	90	75	8	1	0	45	5	4	0	1	2%	8%	0%	2%	0%	—
Bacon (2 strips, about 14 g)	100	85	9	3	10	300	0	0	0	4	0%	0%	0%	2%	0%	—
Caramelized/grilled onions (1 oz.)	14	3	0.5	0	0	150	3	<1	1	0	0%	2%	0%	0%	0%	—
Seasoned, Grilled Beef Patty (55 g cooked)	240	180	20	7	65	890	0	0	0	15	0%	0%	2%	10%	0%	—
Seasoned, Grilled Chicken Breast (100 g cooked)	230	100	11	1	90	1000	2	0	1	30	0%	0%	0%	2%	0%	—
Seasoned, Grilled Albacore (80 g cooked)	130	10	1	0	40	900	7	0	7	23	0%	0%	2%	4%	0%	F
Seasoned, Grilled Tri-Tip (140 g cooked)	260	80	9	3	95	1370	7	0	7	35	0%	0%	2%	10%	0%	G
Butter Blend Spread (2 tsp)	50	42	5	2	0	35	0	0	0	1	4%	0%	0%	0%	0%	D S
Whipped Cream (2 Tbsp)	15	10	1.5	1	0	5	1	0	1	0	0%	0%	0%	0%	0%	D
Bread Options																
Iceberg Lettuce (for wrap: 3 oz.)	85	12	0	0	0	10	3	1	2	1	8%	4%	0%	2%	0%	—
Seeded Bun	65	190	25	3	0.5	0	300	35	1	4	5	0%	0%	2%	10%	G S
Sourdough (2 slices)	86	200	0	0	0	0	400	42	1	1	8	0%	0%	0%	12%	G S
Wheat Bun	92	240	25	3	0.5	0	380	47	2	7	8	0%	0%	4%	14%	G S
French Roll	132	290	10	1	0	0	610	61	2	2	10	0%	0%	0%	20%	G
Plain Bun	65	160	20	2	0.5	0	280	30	1	4	4	0%	0%	2%	8%	G S

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

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 May, 2013.