




# Nutritional Information

	Serving Weight (oz)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
<b>Protein</b>												
All-natural Beef - (5.3 oz)	3.7	280	170	19	7	1	90	1060	0	0	0	27
All-natural Beef - 1/3 lb	5.3	420	260	28	11	2	135	450	0	0	0	38
All-natural Beef - 1/2 lb	8.3	630	390	42	16	2.5	200	670	0	0	0	58
All-natural Beef - 1 lb	16.0	1250	780	84	33	5	400	1350	0	0	0	115
Turkey - San Diego	3.8	270	160	17	4.5	0	110	320	0	0	0	28
Turkey - 1/3 lb	5.3	370	220	24	6	0	160	450	0	0	0	39
Turkey - 1/2 lb	8.0	560	330	37	9	0.5	235	680	0	0	0	58
Turkey - 1 lb	16.0	1120	660	73	19	1	475	1360	0	0	0	117
Chicken Breast -1/3 lb	4.7	240	80	9	1.5	0	100	390	0	0	0	38
Chicken Breast - 1/2 lb	9.3	480	160	17	3	0	205	770	1	0	0	76
Chicken Breast - 1 lb	14.0	720	240	26	4.5	0	305	1160	2	0	0	114
Vegan Veggie - (San Diego)	4.5	280	160	18	1.5	0	0	690	28	3	5	4
Vegan Veggie- 1/3 lb	5.3	320	150	17	1	0	0	880	38	2	5	6
Vegan Veggie - 1/2 lb	8.0	650	300	34	2	0	0	1760	76	4	10	12
Vegan Veggie -1 lb	16.0	970	450	51	3	0	0	2640	114	6	15	18
Organic Bison - 5.3 oz	4.1	210	80	9	4	0	55	1080	0	0	0	24
Organic Bison - 1/3 lb	5.3	270	120	13	5	0	105	450	0	0	0	38
Organic Bison - 1/2 lb	8.0	400	170	19	8	0	160	670	0	0	0	57
Organic Bison - 1 lb	16.0	810	350	39	16	0	320	1340	0	0	0	115
Southern Fried Chicken - 1/3 lb	5.1	330	150	16	2	0	125	460	5	0	0	39
Southern Fried Chicken - 1/2 lb	10.2	650	300	32	3.5	0	250	910	9	0	0	78
Southern Fried Chicken - 1 lb	15.2	980	440	48	6	0	375	1370	14	0	0	117
Mahi Mahi Fillet - 1/3 lb	4.9	180	50	6	1	0	120	440	0	0	0	30
Mahi Mahi Fillet - 1/2 lb	9.7	360	110	11	2	0	240	880	0	0	0	61
Mahi Mahi Fillet - 1 lb	14.6	540	160	17	3	0	360	1320	1	0	0	91
Impossible Burger - 1/3 lb	5.3	370	220	24	11	0	0	2090	13	3	0	26
Impossible Burger - 1/2 lb	8.3	680	390	43	17	0	0	1960	24	14	2	50
Impossible Burger - 1 lb	16.0	1020	580	65	25	0	0	2450	36	21	3	75
Juicy Lucy - 1/3 lb	5.3	650	430	48	24	1.5	175	2180	3	0	0	50
<b>Cheese</b>												
Tillamook Cheddar ( 1 slice)	0.8	90	60	7	5	0	20	140	0	0	0	6
Tillamook Cheddar ( 2 slices)	1.6	180	130	14	10	0	40	270	0	0	0	11
Tillamook Cheddar ( 3 slices)	2.4	260	190	22	14	0	60	410	0	0	0	17
Provolone (1 slice)	0.8	80	60	6	4	0	15	200	0	0	0	6
Provolone (2 slices)	1.6	160	120	13	8	0	30	400	2	0	0	11
Provolone (3 slices)	2.4	240	170	19	12	0	50	600	2	0	0	17
American (1 Slice)	0.8	80	60	7	4.5	0	15	380	1	0	0	4
American (2 Slices)	1.5	160	120	13	9	0	35	760	2	0	0	9
American (3 Slices)	2.3	240	180	20	13	0	50	1140	3	0	0	13
Swiss (1 slice)	0.8	90	60	6	4	0	20	45	1	0	0	6
Swiss (2 slices)	1.6	170	110	13	8	0	40	85	2	0	0	12
Swiss (3 slices)	2.4	260	170	19	12	0	60	130	4	0	0	18
Smoked Gouda (1 slice)	0.8	80	60	6	4	0	10	300	0	0	0	5
Smoked Gouda (2 slices)	1.6	160	120	13	8	0	25	610	2	0	0	10
Smoked Gouda (3 slices)	2.4	240	170	19	12	0	40	910	2	0	0	14
Feta (1 slice)	1.0	80	50	6	4	0	20	320	0	0	0	5
Feta (2 slices)	2.0	160	110	12	8	0	40	640	1	0	0	10
Feta (3 slices)	3.0	240	160	18	12	0	60	960	2	0	0	15
Fresh Mozzarella (1 slice)	0.8	60	40	4	2	0	15	70	0	0	0	4
Fresh Mozzarella (2 slices)	1.6	110	70	8	5	0	30	140	1	0	1	8
Fresh Mozzarella (3 slices)	2.4	170	110	12	7	0	50	210	2	0	2	12
Herbed Goat Cheese (1 slice)	1.0	60	45	5	3.5	0	10	130	1	0	1	3
Herbed Goat Cheese (2 slices)	2.0	120	90	10	7	0	15	260	2	0	2	7
Herbed Goat Cheese (1 slice)	3.0	180	130	15	10	0	25	390	4	0	3	10
Jalapeno Jack (1 slice)	0.8	90	60	7	4	0	25	140	0	0	0	6
Jalapeno Jack (2 slices)	1.6	180	130	14	8	0	50	270	0	0	0	12
Jalapeno Jack (3 slices)	2.4	260	190	22	12	0	70	410	0	0	0	17
Danish Blue Cheese (1 slice)	1.0	100	70	8	5	0	20	400	0	0	0	6
Danish Blue Cheese (2 slices)	2.0	200	140	16	11	0	40	790	1	0	0	12
Danish Blue Cheese (3 slices)	3.0	300	220	24	16	0	65	1190	2	0	0	18
Pimento Cheese (1 slice)	1.0	110	90	10	4	0	20	170	0	0	0	4
Pimento Cheese (2 slices)	2.0	220	190	20	8	0	40	340	1	0	0	7
Pimento Cheese (3 slices)	3.0	330	280	30	12	0	60	510	2	0	1	11
Vegan Cheese	1.0	60	40	5	2.5	0	0	160	4	0	0	1

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	<b>Style</b>											
Brioche	2.6	210	30	3.5	1.5	0	0	360	40	1	7	7
Brioche (LAX T7)	3.5	290	50	10	5	0	45	350	47	7	8	8
Multigrain / Whole Wheat	2.7	220	30	3.5	0.5	0	0	330	42	3	9	7
Hawaiian	3.8	350	80	9	5	0	60	320	59	2	20	10
English Muffin	3.2	190	10	1.5	0	0	0	310	37	1	2	6
Ciabatta	3.0	230	30	3	0	0	0	410	42	0	0	4
Gluten Free	3.2	230	60	6	0	0	0	440	39	5	6	6
Pretzel Bun	4.3	300	40	4.5	2.5	0	10	560	55	2	2	9
Griddled Sourdough (2 slices)	3.6	260	40	5	3	0	10	390	45	2	0	6
Croissant (Miami)	2.0	240	130	14	6	0	5	200	25	1	4	4
Texas Toast (Miami) - 2 slices	3.8	420	260	30	17	0	85	400	34	2	2	6
Lettuce Blend	1.5	10	0	0	0	0	0	0	2	0	1	0
Organic Mixed Greens	1.5	10	0	0	0	0	0	25	2	0	0	0
Baby Spinach	1.5	10	0	0	0	0	0	35	2	1	0	1
Baby Kale	1.0	15	5	0	0	0	0	10	2	1	<1g	1
<b>Sauce, Aioli, Dressing</b>												
Garlic Aioli (Burger)	1.0	160	150	15	1	0	0	230	2	0	0	0
Garlic Aioli (Salad)	3.0	490	450	46	2.5	0	0	690	7	0	0	1
Creamy Avocado Ranch (Burger)	1.0	80	70	8	1.5	0	5	95	2	1	0	0
Creamy Avocado Ranch (Salad)	3.0	230	210	23	4	0	15	290	5	2	1	1
Chipotle Aioli (Burger)	1.0	140	140	14	0.5	0	0	190	0	0	0	0
Chipotle Aioli (Salad)	3.0	430	420	42	2	0	0	560	2	0	2	0
Horseradish Aioli (Burger)	1.0	150	150	15	1	0	0	160	0	0	0	0
Horseradish Aioli (Salad)	3.0	460	450	46	2.5	0	0	490	2	0	2	0
Hickory BBQ (Burger)	1.0	30	0	0	0	0	0	280	8	0	6	0
Hickory BBQ (Salad)	3.0	90	0	0	0	0	0	840	24	0	18	0
The Counter Relish (Burger)	1.0	35	0	0	0	0	0	310	9	0	9	0
The Counter Relish (Salad)	3.0	105	0	0	0	0	0	930	27	0	27	0
Apricot Sauce (Burger)	1.0	70	0	0	0	0	0	60	18	0	13	0
Apricot Sauce (Salad)	3.0	210	0	0	0	0	0	180	53	0	40	0
Sweet Sriracha (Burger)	1.0	60	0	0	0	0	0	480	13	0	12	0
Sweet Sriracha (Salad)	3.0	170	0	0	0	0	0	1450	40	2	35	0
House Mustard (Burger)	1.0	80	80	6	0	0	0	540	0	0	0	0
House Mustard (Salad)	3.0	240	240	18	0	0	0	1630	0	0	0	0
Hot Wing Sauce (Burger)	1.0	70	70	8	5	0	20	760	0	0	0	0
Hot Wing Sauce (Salad)	3.0	200	200	23	15	1	60	2280	0	0	0	0
Vegan Mayo (Burger)	1.0	200	160	18	1	0	0	140	0	0	0	0
Vegan Mayo (Salad)	3.0	600	490	55	3	0	0	430	0	0	0	0
Mayo (Burger)	1.0	200	200	20	1	0	0	150	0	0	0	0
Mayo (Salad)	3.0	600	600	60	3	0	0	450	0	0	0	0
Dijon Balsamic (Burger)	1.0	130	100	11	1.5	0	0	210	8	0	7	0
Dijon Balsamic (Salad)	3.0	380	290	32	4	0	0	620	24	0	22	0
Lemon Vinaigrette (Burger)	1.0	150	140	16	2.5	0	0	70	3	0	3	0
Lemon Vinaigrette (Salad)	3.0	450	420	49	7	0	0	210	9	0	8	0
Sesame Ginger Vinaigrette (Burger)	1.0	90	80	9	1.5	0	4	200	1	0	0	2
Sesame Ginger Vinaigrette (Salad)	3.0	280	250	28	4	0	11	600	3	1	1	7
Basil Pesto (Burger)	1.0	110	100	10	1	0	0	135	1	0	0	0
Basil Pesto (Salad)	3.0	320	300	30	2.5	0	0	410	3	0	2	1
Tzatziki (Burger)	1.0	30	25	2.5	0	0	0	60	1	0	0	0
Tzatziki (Salad)	3.0	100	80	8	1	0	5	180	3	0	2	2
Buttermilk Ranch (Burger)	1.0	150	110	11	0.5	0	0	210	9	0	9	0
Buttermilk Ranch (Salad)	3.0	450	330	33	1.5	0	0	620	28	0	28	0
Honey Dijon (Burger)	1.0	180	170	17	1	0	0	380	3	0	3	0
Honey Dijon (Salad)	3.0	550	520	51	2.5	0	0	1130	9	0	8	0
Thousand Island (Burger) Russian	1.0	160	150	17	3	0	15	280	2	0	0	0
Thousand Island (Salad) Russian	3.0	480	460	50	8	0.5	40	850	5	0	3	2
Caesar (Burger)	1.0	100	80	8	0.5	0	0	220	4	0	3	0
Caesar (Salad)	3.0	480	460	50	8	0.5	40	850	5	0	3	2
Habanero Salsa (Burger)	1.0	10	0	0	0	0	0	290	2	0	1	0
Habanero Salsa (Salad)	3.0	30	0	0	0	0	0	860	6	1	2	1
Peanut (Burger)	1.0	70	45	5	1	0	0	300	4	0	3	1
Peanut (Salad)	3.0	210	140	15	2.5	0	0	900	13	0	10	3
Ginger Soy Glaze (Burger)	1.0	70	60	6	0	0	0	460	3	0	3	0
Ginger Soy Glaze (Salad)	3.0	210	170	18	1.5	0	0	1370	10	0	8	2
Umami (Burger)	1.0	150	150	16	3	0	15	420	1	0	0	1
Umami (Salad)	3.0	460	440	48	8	0	40	1250	2	0	1	3
Lucy Sauce (Burger)	1.0	110	90	10	1.5	0	10	270	4	0	1	0
Lucy Sauce (Salad)	3.0	330	280	31	5	0	25	800	11	0	2	0
Bacon Aioli (Burger)	1.0	70	60	6	1.5	0	10	210	2	0	1	1
Bacon Aioli (Salad)	3.0	220	170	19	5	0	30	630	7	1	3	4
Garlic Aioli (Burger) San Diego	1.0	170	170	19	3	0	20	115	1	0	0	0
Garlic Aioli (Salad) San Diego	3.0	500	500	56	9	0	60	350	3	0	0	0

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Chipotle Aioli (San Diego)	1.0	180	180	20	3	0	10	240	2	0	0	0
Chipotle Aioli (San Diego)	3.0	550	550	61	9	0	35	730	6	0	0	0
BBQ Sauce (San Diego)	1.0	30	0	0	0	0	0	400	8	0	6	0
BBQ Sauce (San Diego)	3.0	100	0	0	0	0	0	1190	24	0	19	0
Thousand Island (San Diego)	1.0	100	90	9	1.5	0	5	260	5	0	4	4
Thousand Island (San Diego)	3.0	310	260	28	4.5	0	15	790	14	0	11	11
Dijon Balsamic (San Diego)	1.0	80	70	7	1	0	0	280	3	0	3	0
Dijon Balsamic (San Diego)	3.0	250	200	22	2.5	0	0	850	9	0	9	0
Honey Dijon (San Diego)	1.0	90	60	7	1	0	5	230	9	0	8	8
Honey Dijon (San Diego)	3.0	280	180	20	3	0	15	690	26	0	24	1
Ketchup (Burger)	1.0	35	0	0	0	0	0	270	8	0	7	0
Ketchup (Salad)	3.0	100	0	0	0	0	0	800	25	0	20	0
Mustard (Burger)	1.0	0	0	0	0	0	0	310	0	0	0	0
Mustard (Salad)	3.0	0	0	0	0	0	0	1020	0	0	0	0
Nashville Hot Sauce	1.0	90	70	8	1	0	0	270	5	1	4	0
Nashville Hot Sauce	3.0	260	210	23	2.5	0	0	800	15	3	13	0
<b>Toppings</b>												
Lettuce Blend	0.8	0	0	0	0	0	0	0	0	0	0	0
Organic mixed Greens	0.3	0	0	0	0	0	0	5	0	0	0	0
Baby Kale	0.3	0	0	0	0	0	0	5	1	0	0	0
Baby Spinach	0.3	0	0	0	0	0	0	5	0	0	0	0
Tomatoes	1.0	5	0	0	0	0	0	0	1	0	0	0
Roasted Grape Tomatoes	1.3	50	40	4.5	0.5	0	0	120	2	0	1	0
Dried Cranberries	1.2	100	5	0.5	0	0	0	0	28	2	22	0
Cucumbers	1.0	4	0	0	0	0	0	0	1	0	0	0
Carrot Strings	0.5	5	0	0	0	0	0	5	1	0	0	0
Alfalfa Sprouts	0.5	5	0	0	0	0	0	0	0	0	0	1
Red Onions	0.5	5	0	0	0	0	0	0	1	0	0	0
Grilled Red Onions	2.0	40	15	1.5	0	0	0	390	6	1	3	0
Scallions	1.4	5	0	0	0	0	0	0	1	0	0	0
Hard-Boiled Egg	1.8	80	50	5	1.5	0	210	60	0	0	0	6
Fresh Jalapenos	0.3	5	0	0	0	0	0	0	1	0	0	0
Dill Pickles	1.1	5	0	0	0	0	0	380	1	0	0	0
Pepperoncinis	0.7	4	0	0	0	0	0	270	0	0	0	0
Mixed Olives	1.0	35	30	3	0	0	0	210	2	0	0	0
Roasted Red Peppers	1.0	5	0	0	0	0	0	70	1	0	0	0
Grilled Pineapple	2.3	30	0	0	0	0	0	0	9	0	7	0
Coleslaw	1.9	35	20	2	0	0	0	80	4	1	3	0
Croutons	0.6	70	20	2.5	0	0	0	135	12	0	0	2
Quinoa	2.0	70	10	1	0	0	0	5	12	2	0	2
Marinated Artichokes	1.0	25	20	2	0	0	0	90	2	0	0	0
Avocado	1.4	60	50	6	1	0	0	0	3	2	0	0
Applewood Smoked Bacon	0.5	80	50	6	2.5	0	10	300	1	0	0	4
Bacon Onion Jam	2.0	120	45	4.5	1.5	0	15	580	15	2	8	5
Sauteed Mushrooms	1.0	20	15	1.5	0	0	0	55	1	0	0	1
Sunny Side Up Egg	1.7	100	70	7	2	0	220	100	0	0	0	7
Fried Onion Strings	1.5	210	150	17	2.5	0	0	115	13	1	2	2
Guacamole	1.5	60	50	5	1	0	0	85	4	3	0	1
Sauteed Onions	2.0	35	15	1.5	0	0	0	350	5	1	2	1
Caramelized Onions	1.5	40	20	2.5	0	0	0	210	5	1	2	0
Sliced Deli Ham (Miami)	4.0	110	25	2.5	1	0	50	1070	1	0	1	20
Sausage Patty (Miami)	2.0	240	210	23	8	0	45	300	1	0	0	6
Plantains (Miami)	2.0	130	40	4.5	1	0	0	0	23	2	12	1
<b>Eggs</b>												
Egg whites (2 eggs)	2.5	160	130	14	1	0	0	110	0	0	0	7
Fried (2 eggs)	3.3	180	120	14	4	0	370	190	1	0	0	13
Scrambled	3.3	180	120	14	4	0	370	190	1	0	0	13
Egg Omelette (3 eggs)	5.7	340	250	28	6	0	560	210	1	0	1	19
Egg Whites Omelette (3 eggs)	4.0	180	130	14	1	0	0	160	1	0	1	11

Percentage Daily Values are based on a 2,000 calorie diet. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

The Nutritional Information The Counter has provided is based on standard product formulations. Product variations may occur based on regional differences, ingredient substitutions, seasonal conditions, differences in product preparation at the store and suppliers. Some items listed may not be available in all stores. This list may not include test products, limited time offers, custom orders, self-service orders and regional menu variations.