

PEPPERJAX GRILL

Nutrition Information

	Serving Size	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
PEPPERJAX PHILLY (Includes protein/veggies, roll, sliced cheese, onions, mushrooms, green peppers)												
Steak	* 6 oz	680 cal	240 cal	28 g	14 g	0 g	115 mg	2720 mg	55 g	3 g	5 g	51 g
Chicken	* 6 oz	590 cal	140 cal	18 g	9 g	0 g	125 mg	2520 mg	53 g	3 g	5 g	51 g
Pulled Pork	* 4 oz	700 cal	280 cal	35 g	17 g	0 g	115 mg	2170 mg	53 g	3 g	5 g	44 g
Spicy Italian Sausage	* 4 oz	810 cal	420 cal	50 g	21 g	0 g	110 mg	2000 mg	55 g	5 g	7 g	33 g
Vegetarian	* 8 oz	460 cal	120 cal	16 g	9 g	0 g	40 mg	1280 mg	60 g	4 g	8 g	19 g
PEPPERJAX BOWL (Includes protein/veggies, rice, beans, onions, mushrooms, green peppers)												
Steak	* 6 oz	790 cal	210 cal	22 g	7 g	0 g	75 mg	2330 mg	98 g	12 g	3 g	48 g
Chicken	* 6 oz	700 cal	110 cal	12 g	2 g	0 g	85 mg	2140 mg	97 g	12 g	3 g	48 g
Pulled Pork	* 4 oz	800 cal	250 cal	29 g	10 g	0 g	75 mg	1790 mg	97 g	12 g	3 g	41 g
Spicy Italian Sausage	* 4 oz	920 cal	390 cal	44 g	14 g	0 g	70 mg	1600 mg	99 g	14 g	5 g	30 g
Vegetarian	* 8 oz	570 cal	90 cal	10 g	2 g	0 g	0 mg	900 mg	100 g	13 g	6 g	16 g
BURRITO (Includes protein/veggies, tortilla, rice, beans, onions, mushrooms, green peppers)												
Steak	* 6 oz	910 cal	230 cal	25 g	8 g	0 g	75 mg	2570 mg	120 g	11 g	4 g	53 g
Chicken	* 6 oz	820 cal	130 cal	15 g	3 g	0 g	85 mg	2370 mg	110 g	11 g	4 g	53 g
Pulled Pork	* 4 oz	920 cal	270 cal	32 g	11 g	0 g	75 mg	2020 mg	110 g	11 g	4 g	46 g
Spicy Italian Sausage	* 4 oz	1040 cal	410 cal	47 g	15 g	0 g	70 mg	1850 mg	120 g	13 g	6 g	35 g
Vegetarian	* 6 oz	700 cal	110 cal	13 g	3 g	0 g	0 mg	1140 mg	120 g	12 g	7 g	21 g
LOADED NACHOS (Includes protein/veggies, chips, cheese sauce, beans, onions, mushrooms, green peppers)												
Steak	* 6 oz	1170 cal	510 cal	57 g	22 g	5 g	155 mg	2710 mg	74 g	14 g	8 g	52 g
Chicken	* 6 oz	950 cal	400 cal	47 g	17 g	5 g	160 mg	2520 mg	73 g	14 g	8 g	52 g
Pulled Pork	* 4 oz	1060 cal	550 cal	64 g	25 g	5 g	150 mg	2170 mg	73 g	14 g	8 g	45 g
Spicy Italian Sausage	* 4 oz	1170 cal	690 cal	79 g	29 g	5 g	150 mg	2000 mg	75 g	16 g	10 g	34 g
Vegetarian	* 6 oz	830 cal	390 cal	45 g	17 g	5 g	80 mg	1280 mg	79 g	16 g	11 g	20 g
LOADED FRIES (Includes protein/veggies, fries, cheese sauce, onions, mushrooms, green peppers)												
Steak	* 6 oz	1260 cal	690 cal	79 g	26 g	7 g	155 mg	3830 mg	86 g	15 g	9 g	53 g
Chicken	* 6 oz	1170 cal	590 cal	69 g	21 g	7 g	160 mg	3640 mg	84 g	15 g	9 g	53 g
Pulled Pork	* 4 oz	1280 cal	730 cal	86 g	29 g	7 g	150 mg	3290 mg	84 g	15 g	9 g	46 g
Spicy Italian Sausage	* 4 oz	1390 cal	870 cal	101 g	33 g	7 g	150 mg	3120 mg	86 g	17 g	11 g	35 g
Vegetarian	* 6 oz	1050 cal	570 cal	67 g	21 g	7 g	80 mg	2400 mg	91 g	16 g	12 g	21 g
FRESH SALAD (Includes protein/veggies, lettuce, onions, mushrooms, green peppers) does not include dressing												
Steak	* 6 oz	280 cal	120 cal	12 g	5 g	0 g	75 mg	1440 mg	5 g	1 g	2 g	35 g
Chicken	* 6 oz	200 cal	20 cal	2 g	0 g	0 g	85 mg	1260 mg	4 g	1 g	2 g	35 g
Pulled Pork	* 4 oz	310 cal	160 cal	19 g	8 g	0 g	75 mg	910 mg	4 g	1 g	2 g	28 g
Spicy Italian Sausage	* 4 oz	420 cal	300 cal	34 g	12 g	0 g	70 mg	740 mg	6 g	3 g	4 g	17 g
Vegetarian	* 6 oz	80 cal	0 cal	0 g	0 g	0 g	0 mg	20 mg	10 g	2 g	5 g	3 g
ADDED INGREDIENTS												
Steak	* 6 oz	260 cal	120 cal	12 g	5 g	0 g	75 mg	1430 mg	1.5 g	0 g	0 g	34 g
Chicken	* 6 oz	160 cal	20 cal	2 g	0 g	0 g	85 mg	1240 mg	0 g	0 g	0 g	34 g
Pulled Pork	4 oz	270 cal	160 cal	19 g	8 g	0 g	75 mg	890 mg	0 g	0 g	0 g	27 g
Spicy Italian Sausage	* 4 oz	380 cal	300 cal	34 g	12 g	0 g	70 mg	720 mg	2 g	2 g	2 g	16 g
Bacon Pieces	1 oz	120 cal	80 cal	9 g	4 g	0 g	50 mg	640 mg	0 g	0 g	0 g	10 g
PepperJack Cheese Sauce	2 oz	130 cal	95 cal	11 g	7 g	0 g	40 mg	390 mg	5 g	0 g	2 g	5 g
Cheddar Cheese Sauce	2 oz	125 cal	90 cal	10 g	6 g	0 g	25 mg	380 mg	5 g	0 g	3 g	3 g
Warm Philly Cheese Sauce (catering only)	2 oz	140 cal	60 cal	13 g	8 g	1 g	50 mg	480 mg	3 g	0 g	1 g	5 g
Sliced Cheese	1 slice	28 cal	20 cal	3.5 g	2 g	0 g	10 mg	165 mg	< 1 g	0 g	< 1 g	2 g
Shredded Cheese	1 oz	110 cal	80 cal	9 g	6 g	0 g	25 mg	170 mg	1 g	0 g	0 g	6 g
Black Beans	4 oz	110 cal	0 cal	0 g	0 g	0 g	0 mg	290 mg	20 g	5 g	0 g	7 g
Pinto Beans	4 oz	120 cal	0 cal	0 g	0 g	0 g	0 mg	280 mg	21 g	9 g	0 g	7 g
Rice	4 oz	200 cal	40 cal	5 g	1 g	0 g	0 mg	300 mg	36 g	1 g	0 g	3 g
Green Peppers	.7 oz	4 cal	0 cal	0 g	0 g	0 g	0 mg	1 mg	1 g	<1 g	1 g	<1 g
Onions	.7 oz	11 cal	0 cal	0 g	0 g	0 g	0 mg	0 mg	2 g	<1 g	1 g	<1 g
Mushrooms	.7 oz	4 cal	0 cal	0 g	0 g	0 g	0 mg	0 mg	<1 g	0 g	<1 g	<1 g
Jalapeno Peppers	.7 oz	3 cal	0 cal	0 g	0 g	0 g	0 mg	364 mg	<1 g	0 g	<1 g	0 g
Banana Peppers	.7 oz	0 cal	0 cal	0 g	0 g	0 g	0 mg	322 mg	0 g	0 g	0 g	0 g
Sour Cream	1 oz	60 cal	45 cal	5 g	4 g	0 g	20 mg	15 mg	1 g	0 g	1 g	1 g
Tomatoes	1 oz	5 cal	<1 cal	0 g	0 g	0 g	0 mg	0 mg	1.5 g	<1 g	0 g	0 g
Mild Salsa	1 oz	5 cal	0 cal	0 g	0 g	0 g	0 mg	80 mg	2 g	<1 g	<1 g	<1 g
Hot Salsa	1 oz	5 cal	0 cal	0 g	0 g	0 g	0 mg	80 mg	2 g	<1 g	<1 g	<1 g
Black Olives	1 oz	50 cal	50 cal	5 g	3 g	0 g	0 mg	230 mg	2 g	0 g	0 g	0 g
Romaine/Spinach Blend	1 oz	5 cal	0 cal	0 g	0 g	0 g	0 mg	5 mg	<1 g	0 g	0 g	0 g
Carrots, Shredded	1 oz	6 cal	0 cal	0 g	0 g	0 g	0 mg	10 mg	2 g	1 g	1 g	0 g
SIDES & DRINKS												
Chips & Dips		670 cal	380 cal	42 g	15 g	4 g	45 mg	1130 mg	55 g	5 g	6 g	10 g
French Fries Large	8 oz	610 cal	380 cal	44 g	7 g	7 g	0 mg	1320 mg	51 g	5 g	1 g	5 g

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French Fries Small	4 oz	300 cal	190 cal	22 g	4 g	4 g	0 mg	660 mg	25 g	3 g	0 g	3 g
Side Salad (without dressing)	2.25 oz	11 cal	1.5 cal	<1 g	0 g	0 g	0 mg	14 mg	2.5 g	1 g	0.5 g	<1 g
Chips, Baked Lays	1.125 oz	140 cal	25 cal	4 g	.5 g	0 g	0 mg	180 mg	24 g	2 g	3 g	2 g
Chips, Kettle Sea Salt	1.375 oz	200 cal	90 cal	11 g	1.5 g	0 g	0 mg	240 mg	23 g	2 g	2 g	3 g
Chips, Kettle BBQ	1.375 oz	210 cal	100 cal	12 g	2 g	0 g	0 mg	200 mg	23 g	2 g	3 g	2 g
Chips, Kettle Jalapeno	1.375 oz	210 cal	100 cal	12 g	2 g	0 g	0 mg	230 mg	22 g	2 g	1 g	3 g
Chips, Harvest Cheddar	1.5 oz	210 cal	80 cal	9 g	1.5 g	0 g	0 mg	240 mg	29 g	3 g	4 g	4 g
Cookie, Chocolate Chip	1 ea	250 cal	110 cal	12 g	6 g	0 g	15 mg	180 mg	35 g	1 g	15 g	3 g
Cookie, Snickerdoodle	1 ea	250 cal	100 cal	11 g	6 g	0 g	35 mg	180 mg	33 g	<1 g	16 g	3 g
Dessert Bar, Marshmallow	1 ea	460 cal	90 cal	10 g	6 g	0 g	25 mg	340 mg	89 g	0 g	44 g	3 g
Dessert Bar, Peanut Butter	1 ea	400 cal	153 cal	17 g	7 g	0 g	0 mg	200 mg	58 g	3 g	38 g	6 g
Soft Drink, Regular	21 oz	260-290 cal	0 cal	0 g	0 g	0 g	0 mg	45-90 mg	75 g	0 g	75 g	0 g
Soft Drink, Large	30 oz	380-410 cal	0 cal	0 g	0 g	0 g	0 mg	75-110 mg	105 g	0 g	105 g	0 g
Diet Soft Drink, Regular	21 oz	0 cal	0 cal	0 g	0 g	0 g	0 mg	105 mg	0 g	0 g	0 g	0 g
Diet Soft Drink, Large	30 oz	0 cal	0 cal	0 g	0 g	0 g	0 mg	150 mg	0 g	0 g	0 g	0 g
Iced Tea, Sweetened	all	0 cal	0 cal	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0 g	0 g
Iced Tea, Unsweetened	all	0 cal	0 cal	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0 g	0 g
Milk, 2%	8 oz	120 cal	45 cal	5 g	3 g	0 g	20 mg	125 mg	12 g	0 g	12 g	8 g
Milk, Chocolate 1%	8 oz	140 cal	25 cal	2.5 g	1.5 g	0 g	15 mg	180 mg	20 g	0 g	18 g	8 g
DRESSINGS & SAUCES												
Ranch Dressing	1 oz	105 cal	100 cal	11 g	2 g	0 g	11 mg	205 mg	1 g	0 g	1 g	<1 g
Spicy Ranch Dressing	1 oz	95 cal	90 cal	10 g	2 g	0 g	10 mg	320 mg	1 g	0 g	1 g	<1 g
Lite Ranch Dressing	1 oz	90 cal	81 cal	9 g	1.5 g	0 g	10 mg	140 mg	3 g	0 g	1 g	<1 g
House Italian Dressing	1 oz	120 cal	110 cal	13 g	2 g	0 g	0 mg	400 mg	1 g	0 g	1 g	0 g
Dorothy Lynch Dressing	1 oz	100 cal	60 cal	7 g	1 g	0 g	0 mg	160 mg	11 g	1 g	8 g	0 g
Beef Mushroom Gravy	1 oz	25 cal	18 cal	2 g	<1 g	0 g	0 mg	175 mg	2 g	0 g	0 g	<1 g
Au Jus	1 oz	0 cal	0 cal	0 g	0 g	0 g	0 mg	155 mg	0 g	0 g	0 g	0 g
Sweet Asian Sauce	1 oz	4 cal	1.5 cal	<1 g	0 g	0 g	0 mg	670 mg	6.5 g	0 g	6 g	<1 g
Kickin' Chili Sauce	1 oz	13 cal	4 cal	<1 g	<1 g	0 g	0 mg	200 mg	2 g	0 g	<1 g	<1 g
BBQ Sauce	1 oz	70 cal	0 cal	0 g	0 g	0 g	0 mg	370 mg	17 g	0 g	16 g	0 g
Honey Mustard Sauce	1 oz	130 cal	80 cal	9 g	1.5 g	0 g	0 mg	390 mg	13 g	0 g	12 g	0 g
Steak Sauce - Classic	1 oz	40 cal	0 cal	0 g	0 g	0 g	0 mg	480 mg	8 g	0 g	6 g	0 g
Steak Sauce - Hearty	1 oz	30 cal	0 cal	0 g	0 g	0 g	0 mg	600 mg	6 g	0 g	6 g	0 g
Horseradish Sauce	1 packet	60 cal	55 cal	6 g	1 g	0 g	5 mg	90 mg	2 g	0 g	1 g	0 g
Croutons	6 pieces	30 cal	10 cal	1 g	0 g	0 g	0 mg	85 mg	5 g	0 g	0 g	1 g
Chow Mein Noodles	1/2 cup	130 cal	50 cal	6 g	2 g	0 g	0 mg	260 mg	18 g	2 g	0 g	3 g
JUNIOR JAX MENU												
Junior Jax Steak Rice Bowl	* 3 oz	390 cal	100 cal	11 g	3.5 g	0 g	40 mg	490 mg	45 g	5.5 g	0 g	24 g
Junior Jax Chicken Rice Bowl	* 3 oz	340 cal	50 cal	6 g	1 g	0 g	40 mg	840 mg	47 g	5.5 g	0 g	24 g
Junior Jax Pork Rice Bowl	* 2 oz	390 cal	120 cal	14 g	5 g	0 g	35 mg	670 mg	47 g	5.5 g	0 g	20 g
Junior Jax Sausage Rice Bowl	* 2 oz	450 cal	190 cal	22 g	7 g	0 g	35 mg	810 mg	48 g	6.5 g	1 g	15 g
Junior Jax Veggie Rice Bowl	* 4 oz	270 cal	40 cal	5 g	1 g	0 g	0 mg	450 mg	49 g	6 g	<1 g	7 g
Junior Jax Chicken Strips	3 pieces	450 cal	320 cal	37 g	6 g	4 g	40 mg	740 mg	17 g	1 g	0 g	16 g
Junior Jax Corn Dogs	5 pieces	280 cal	190 cal	21 g	4 g	2 g	30 mg	385 mg	17 g	1 g	5 g	6 g
French Fries (kid's meal)	4 oz	300 cal	190 cal	22 g	4 g	4 g	0 mg	660 mg	25 g	3 g	0 g	3 g
Applesauce	3.9 oz	50 cal	0 cal	0 g	0 g	0 g	0 mg	0 mg	13 g	1 g	11 g	0 g
Teddy Graham Cookies	0.5 oz	60 cal	17 cal	2 g	<1 g	0 g	0 mg	40 mg	10 g	1 g	3 g	1 g
Soft Drink (kid's meal)	12 oz	150-160 cal	0 cal	0 g	0 g	0 g	40 mg	30-45 mg	40 g	0 g	40 g	0 g
Diet Soft Drink (kid's meal)	12 oz	0 cal	0 cal	0 g	0 g	0 g	0 mg	60 mg	0 g	0 g	0 g	0 g

* Protein (or Vegetable) serving size before grilling