

## Long John Silver's® Continued

### Desserts

	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fats (gm)	Cholesterol (mg)	Sodium (mg)	Dietary fiber (gm)
Chocolate Cream Pie	1 item	310	22	14	2	15	170	1
Pineapple Cream Pie	1 item	290	13	7	2	15	210	1
Pecan Pie	1 item	370	15	3	2	40	190	2

## Longhorn Steakhouse®

Does not provide nutrition information.

## McDonald's®

### Breakfast

Egg McMuffin	1 item	290	11	5	0	235	850	2
Sausage McMuffin	1 item	370	21	9	1	45	790	2
Sausage McMuffin w/ egg	1 item	450	26	10	1	260	930	2
English Muffin	1 item	150	2	1	0	0	260	2
Bacon, Egg & Cheese Biscuit	1 item	440	24	8	5	245	1250	1
Sausage Biscuit w/ egg	1 item	500	32	10	5	250	1080	1
Sausage Biscuit	1 item	410	26	8	5	30	990	1
Biscuit	1 item	240	11	3	5	0	680	1
Bacon, Egg & Cheese McGriddle	1 item	450	21	7	2	245	1260	1
Sausage, Egg & Cheese McGriddle	1 item	560	32	11	2	260	1290	1
Sausage McGriddle	1 item	420	22	7	3	30	990	1
Big Breakfast	1 meal	730	46	14	7	465	1460	3
Deluxe Breakfast	1 meal	1220	60	17	11	480	1900	4
Sausage Burrito	1 item	300	16	6	1	175	760	1
Hotcakes w/ margarine & syrup	1 order	600	17	4	4	20	620	2
Hotcakes & Sausage	1 order	770	33	9	4	50	930	2
Sausage Patty	1.5 oz.	170	15	6	0	30	310	0
Scrambled Eggs	2 eggs	180	11	4	0	435	180	0
Hash Browns	2 oz.	140	8	2	2	0	290	2
Warm Cinnamon Roll	1 roll	420	18	5	5	60	400	2
Deluxe Warm Cinnamon Roll	1 roll	590	24	7	6	55	660	4

### Items

Hamburger	1 item	260	9	4	1	30	530	1
Cheeseburger	1 item	310	12	6	1	40	740	1
Double Cheeseburger	1 item	460	23	11	2	80	1140	1
Quarter Pounder	1 item	420	18	7	1	70	730	3
Quarter Pounder w/ cheese	1 item	510	25	12	2	95	1150	3
Big Mac	1 item	560	30	10	2	80	1010	3

# McDonald's® Continued

	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fats (gm)	Cholesterol (mg)	Sodium (mg)	Dietary fiber (gm)
<b>Items Continued</b>								
Big 'n Tasty	1 item	520	29	9	2	80	730	3
Big 'n Tasty w/ cheese	1 item	570	33	11	2	90	960	3
Fillet-O-Fish	1 item	400	18	4	1	40	640	1
Chicken McGrill	1 item	400	16	3	0	70	1010	3
Crispy Chicken	1 item	500	23	4	2	50	1090	3
Hot 'n Spicy Chicken	1 item	440	24	5	1	45	920	1
McChicken	1 item	420	22	5	1	45	760	1
<b>Side Items &amp; Sauces</b>								
French Fries (small)	2.5 oz.	230	11	2	3	0	140	3
French Fries (medium)	4 oz.	350	16	3	4	0	220	5
Chicken McNuggets	4 pcs.	170	10	2	1	25	450	0
Chicken McNuggets	6 pcs.	250	15	3	2	35	670	0
Barbeque Sauce	1 oz.	45	0	0	0	0	260	0
Honey	.5 oz.	50	0	0	0	0	0	0
Hot Mustard Sauce	1 oz.	50	2	0	0	0	260	1
Sweet 'n Sour Sauce	1 oz.	50	0	0	0	0	160	0
Chicken Selects Breast Strips	3 pcs.	380	20	4	3	55	930	0
Chicken Selects Breast Strips	5 pcs.	630	33	6	5	90	1550	0
Spicy Buffalo Sauce	1.5 oz.	60	6	1	0	0	910	1
Creamy Ranch Sauce	1.5 oz.	200	21	4	0	10	300	0
Tangy Honey Mustard Sauce	1.5 oz.	70	2	0	0	0	160	1
<b>Salads (w/o dressing)</b>								
Bacon Ranch w/o chicken	1 salad	130	7	4	0	25	290	3
Bacon Ranch w/ grilled chicken	1 salad	240	9	4	0	85	940	3
Bacon Ranch w/ crispy chicken	1 salad	340	16	5	2	65	1030	3
Caesar Salad	1 salad	90	4	3	0	10	170	3
Caesar Salad w/ grilled chicken	1 salad	200	6	3	0	70	830	3
Caesar Salad w/ crispy chicken	1 salad	300	14	5	2	50	910	3
California Cobb Salad	1 salad	150	9	4	0	85	400	3
California Cobb Salad w/ grilled chicken	1 salad	260	11	5	0	145	1060	3
California Cobb Salad w/ crispy chicken	1 salad	360	18	6	2	125	1140	3
Fruit & Walnut Salad w/ yogurt	1 salad	310	13	2	0	5	85	6
<b>Desserts</b>								
Fruit 'n Yogurt Parfait	1 item	160	2	1	0	5	85	1
Fruit 'n Yogurt Parfait w/o granola	1 item	130	2	1	0	5	55	0
Apple Dippers	2.5 oz.	35	0	0	0	0	0	0
Low-Fat Caramel Dip	.75 oz.	70	1	1	0	5	35	0
Baked Apple Pie	1 item	250	11	3	5	0	150	2