



## Freddy's

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
<b>Entrees</b>						
Veggie Burger	440	4	920	49	4	24
Grilled Chicken Club	530	8	1410	31	1	35
Spicy Chicken Sandwich	570	5	1760	46	0	32
Chicken Tenders	410	3	1310	29	0	35
Single Steakburger Lettuce Wrap	230	6	750	3	1	22
Veggie Burger Lettuce Wrap	260	3	670	21	4	19
Spicy Chicken Lettuce Wrap	390	4	1510	18	0	28
Crispy Chicken Lettuce Wrap	330	3	1340	16	0	28
Grilled Chicken Lettuce Wrap	130	2.5	270	3	1	22
<b>Condiments and Toppings</b>						
Mont-Cheddar Cheese	50	0	75	0	0	3
Thousand Island	35	0.5	75	3	0	0
Mayonnaise	50	1	25	0	0	0
Fry Sauce	35	0.5	75	1	0	0
Jalapeno Fry Sauce	35	0.5	80	1	0	0
Ketchup	20	0	140	4	0	0
Mustard	0	0	180	0	0	0
Jalapenos	0	0	460	1	0	0
Sauteed Jalapenos	25	0	460	1	0	0
Pickle	0	0	160	0	0	0
Slicked Onions	5	0	0	1	0	0
Diced Onions	10	0	0	2	0	0
Grilled Onions	50	1	30	2	1	0
Tomato	5	0	0	1	0	0
Sauerkraut	5	0	240	1	1	0
Relish	10	0	70	2	0	0
Honey Mustard	40	0	160	8	0	0
BBQ	45	0	210	10	0	0
Ranch	80	1.5	180	2	0	0
Marinara	30	0	260	6	0	1
<b>Sides</b>						
Regular Freddy's Fries	400	3	260	48	4	7
Chili	280	6	980	19	0	22
Applesauce	50	0	0	13	1	0