



NUTRITION INFORMATION

UPDATED OCTOBER 2017

Wheat - Nugs 4"	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
* Add Loaded - 4"	15	10	1.0	0	150	2				0
5-O - Nug (4")	470	220	24	7	70	1960	39	3	2	26
AK-47 - Nug (4") - No Au Jus	280	60	7	2.5	35	1180	39	3	1	21
Acapulco Gold - Nug (4")	430	140	15	6	65	1230	48	3	10	28
Apollo 13 - Nug (4")	550	320	36	9	55	1240	38	4	1	22
Bomb - Nug (4")	410	170	19	8	65	1030	44	4	2	20
Chronic - Nug (4")	330	70	8	3.0	40	1470	49	3	10	21
Dank - Nug (4")	530	290	32	11	70	1770	41	4	3	23
G-13 - Nug (4")	410	170	19	5	50	1370	39	3	1	24
Griego - Nug (4")	340	140	15	6	25	830	42	5	3	13
Hot Silver Haze - Nug (4")	320	100	11	3.0	15	940	45	6	3	15
Humboldt - Nug (4")	290	90	11	3.0	10	780	41	5	3	12
Jamaican Red - Nug (4")	380	150	17	6	60	1670	38	4	2	23
KGB - Nug (4")	350	120	13	4.0	45	1170	40	3	1	22
Kali Mist - Nug (4")	440	200	22	6	50	1340	41	5	2	24
Kush - Nug (4")	650	410	47	11	50	1260	39	4	2	21
La Canna - Nug (4")	440	200	22	6	65	1860	39	3	2	25
Magic Mushroom - Nug (4")	260	45	5	2.5	10	920	45	4	8	12
Midwest Best - Nug (4")	320	80	10	3.5	45	1300	38	3	2	23
Pac Blue - Nug (4")	290	90	10	3.0	30	810	38	3	2	18
Pakalolo - Nug (4")	440	170	19	6	55	1220	48	3	11	21
Panama Red - Nug (4")	390	140	15	4.5	50	1130	40	4	2	25
Power Plant - Nug (4")	350	120	14	3.0	10	1000	48	8	4	14
Silver Haze - Nug (4")	330	100	11	3.0	15	960	46	6	3	16
Sticky Icky - Nug (4")	430	140	16	3.5		600	59	5	18	15
Thai Stick - Nug (4")	350	100	11	3.5	45	1340	43	3	6	22
The Kind - Nug (4")	320	80	9	3.5	50	1190	38	3	1	25
White Widow - Nug (4")	480	230	26	6	60	1260	39	3	2	26

WHITE BREAD ADD: 20 CALORIES || GARLIC HERB BREAD ADD: 10 CALORIES

Wheat - Pinner 8"	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
* Add Loaded - 8"	30	15	2.0	0	300	3				1
5-O - Pinner (8")	940	430	49	13	145	3920	77	6	3	51
AK-47 - Pinner (8") - No Au Jus	570	120	14	5	70	2350	77	7	3	42
Acapulco Gold - Pinner (8")	860	270	31	11	125	2460	95	6	20	56
Apollo 13 - Pinner (8")	1100	640	72	17	110	2480	76	7	3	43
Bomb - Pinner (8")	820	340	39	15	130	2060	87	8	5	39
Chronic - Pinner (8")	670	130	15	6	80	2930	97	7	20	42
Dank - Pinner (8")	1060	570	65	22	140	3550	82	8	6	47
G-13 - Pinner (8")	810	340	38	11	105	2750	77	6	2	47
Griego - Pinner (8")	680	270	31	12	45	1650	83	11	6	25
Hot Silver Haze - Pinner (8")	640	200	23	6	30	1870	90	11	6	31
Humboldt - Pinner (8")	580	190	21	6	20	1580	82	11	5	24
Jamaican Red - Pinner (8")	750	300	33	11	115	3330	75	7	3	45
KGB - Pinner (8")	700	230	27	8	90	2350	80	7	3	44
Kali Mist - Pinner (8")	890	390	44	12	105	2670	82	10	3	47
Kush - Pinner (8")	1290	830	93	22	100	2530	77	7	3	42
La Canna - Pinner (8")	880	400	45	11	135	3730	77	6	4	49
Magic Mushroom - Pinner (8")	520	90	11	5	20	1850	89	8	15	24
Midwest Best - Pinner (8")	640	170	19	7	90	2590	75	6	3	46
Pac Blue - Pinner (8")	590	170	19	6	60	1620	76	7	3	35
Pakalolo - Pinner (8")	870	330	38	11	110	2430	96	7	22	42
Panama Red - Pinner (8")	770	270	31	9	100	2250	80	8	4	50
Power Plant - Pinner (8")	700	250	28	6	20	2010	96	15	7	28
Silver Haze - Pinner (8")	650	200	23	6	30	1910	91	11	6	31
Sticky Icky - Pinner (8")	850	280	32	7	1210	118	10	36	31	
Thai Stick - Pinner (8")	700	200	23	7	85	2670	85	7	12	44
The Kind - Pinner (8")	630	150	17	7	95	2380	76	6	2	50
White Widow - Pinner (8")	960	470	53	12	125	2520	78	7	4	51

WHITE BREAD ADD: 40 CALORIES || GARLIC HERB BREAD ADD: 30 CALORIES

Wheat - Blunts 12"	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
* Add Loaded - 12"	50	25	3.0	0.5	600	6				1
5-O - Blunt (12")	1410	650	73	20	215	5880	116	6	1	3
AK-47 - Blunt (12") - No Au Jus	850	190	21	8	105	3530	115	10	4	63
Acapulco Gold - Blunt (12")	1290	410	46	17	190	3700	142	10	30	84
Apollo 13 - Blunt (12")	1640	960	108	26	165	3720	114	11	4	65
Bomb - Blunt (12")	1230	510	58	23	195	3090	131	12	7	59
Chronic - Blunt (12")	1000	200	23	9	120	4400	145	10	31	64
Dank - Blunt (12")	1580	860	97	33	210	5320	123	12	10	70
G-13 - Blunt (12")	1220	510	57	16	155	4120	116	10	3	71
Griego - Blunt (12")	1020	410	46	19	70	2480	125	16	8	38
Hot Silver Haze - Blunt (12")	970	300	34	9	45	2810	135	17	10	46
Humboldt - Blunt (12")	870	280	32	9	30	2340	142	16	8	37
Jamaican Red - Blunt (12")	1130	440	50	17	175	5000	113	11	5	68
KGB - Blunt (12")	1050	350	40	12	135	3520	120	10	4	67
Kali Mist - Blunt (12")	1330	590	67	18	155	4010	123	15	5	71
Kush - Blunt (12")	1940	1240	140	33	150	3790	115	10	5	63
La Canna - Blunt (12")	1330	590	67	17	200	5590	116	10	6	74
Magic Mushroom - Blunt (12")	780	140	16	8	30	2770	134	12	23	35
Midwest Best - Blunt (12")	960	250	29	11	135	3890	112	10	5	69
Pac Blue - Blunt (12")	880	260	29	10	90	2430	113	10	5	53
Pakalolo - Blunt (12")	1310	500	57	17	165	3640	144	10	33	64
Panama Red - Blunt (12")	1160	410	46	14	150	3380	119	12	7	76
Power Plant - Blunt (12")	1050	370	42	9	30	3010	144	23	11	42
Silver Haze - Blunt (12")	980	300	34	9	45	2860	136	17	10	47
Sticky Icky - Blunt (12")	1280	430	48	11		1810	176	15	54	46
Thai Stick - Blunt (12")	1050	300	34	10	130	4010	128	10	19	66
The Kind - Blunt (12")	950	230	26	11	145	3580	113	10	4	74
White Widow - Blunt (12")	1440	700	79	19	185	3780	118	10	6	77

WHITE BREAD ADD: 60 CALORIES || GARLIC HERB BREAD ADD: 50 CALORIES

Munchies	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Brownies	450	160	18	9	45	360	69	3	45	3
Cereal Treats - Cinnamon Squares	510	150	17	13	30	280	85	2	49	4
Cereal Treats - Cocoa Dyno	480	110	13	8	30	340	89		54	4
Cereal Treats - Crunch Berry	500	130	14	8	30	380	89		52	4
Cereal Treats - Lucky Charms	470	120	13	8	30	350	82	2	50	5
Cereal Treats - Rice Krispies	430	100	12	7	30	370	75		35	4
Cereal Treats - Tooty Fruities	450	110	13	8	30	230	81	1	50	4
Cookies	370	150	17	9	30	370	52	2	31	4
Garlic Cheese Bread (12PC) & Marinara	700	270	30	11	45	1060	82	5	8	25
Garlic Cheese Bread (12PC) & Ranch	970	540	61	17	80	1240	81	2	6	25
Goo Balls	460	160	18	7	20	370	69	1	37	8
Hummus Platter	970	340	39	4.0		2120	132	18	15	36
Loaded Not-chos	620	420	48	17	80	1530	32	2	3	18
Loaded Not-chos (with Chicken)	730	480	54	18	115	1950	32	2	3	30
Pretzel Nugs & Honey Mustard	780	400	45	10	45	590	89	2	24	9

Salads (No Dressing)	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Antipasto Salad	720	380	43	16	120	3280	40	5	11	43
Chicken Bacon Salad	700	380	43	11	110	1620	35	5	7	43
Greek Chicken Salad	590	320	36	7	80	1620	34	5	7	33
Greek Side Salad	230	120	13	3.5	10	480	21	4	6	7
House Side Salad	170	70	8	1.5		410	21	4	6	4
Side Salad	230	80	9	2.0	5	460	31	6	10	7
Tuna Salad	450	220	25	4.5	35	1090	36	5	8	22

Dressings	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Caesar Dressing - Large	530	460	52	9	55	1260	13		4	4
Caesar Dressing - Small	270	230	26	4.5	30	630	6		2	2
Greek Dressing - Large	490	480	55	8		15	1			0
Greek Dressing - Small	240	240	27	4.0		10	1			0
Honey Mustard	270	200	23	4.0	20	220	17		15	0
House Dressing - Large	680	690	78	11		0	0			0
House Dressing - Small	340	350	39	6		0	0			0
Signature Ranch - Large	490	450	51	9	50	530	10		3	2
Signature Ranch - Small	250	220	25	4.5	25	270	5		1	1

Cotton Mouth Cures	Calories	Calories from fat	Total fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Cherry Pepsi	250				50	70		70	
Dr. Pepper	250				100	66		64	
Kool Aid - Blue Raspberry Lemonade	140				25	35		35	
Kool Aid - Grape Berry Splash	140				65	35		35	
Kool Aid - Tropical Punch	130				15	35		35	
Lemon Lime Mist Twist	250				50	67		67	
Lemonade	250				260	67		67	
Mountain Dew	270				85	72		72	
Orange Crush	270				115	72		72	
Pepsi	250				50	70		70	