

Every item on the menu, by the numbers. Subs are listed on **Garlic Herb bread** — on **Wheat bread**, subtract the calories noted under each size. Portions: **Nug (4")**, **Pinner (8")**, **Blunt (12")**. Values are typical; small variation happens in a made-to-order, shared kitchen.

Menu Item	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Subs — Nug (4") · on Garlic Herb bread · on Wheat bread subtract 20 cal										
5-0	440	20	7	0	60	1700	37	2	4	22
AK-47 - No Au Jus	360	11	4.5	0	55	1240	37	2	3	27
Acapulco Gold	450	18	8	0	55	1160	42	1	10	28
Apollo 13	460	25	7	0	60	1210	36	2	3	23
Bomb	450	24	11	0	55	1110	38	2	3	22
Cheba Chiesel	450	26	13.5	0	65	740	33	1	1	22
Chronic	380	12	4	0	50	1100	43	3	8	24
Dank	570	38	16	0	90	1890	35	2	3	26
G-13	390	19	5	0	50	1180	33	1	2	22
Griego	330	16	6	0	25	630	37	4	3	12
Jamaican Red	400	19	7	0	55	1600	34	2	2	23
KGB	340	13	3.5	0	45	880	35	1	3	22
Kali Mist	420	22	5	0	50	1150	36	3	3	21
La Canna	430	23	6.5	0	70	1790	33	1	2	23
Maui Wowie	590	32.5	6.5	0	20	940	58	11	8	19
Midwest Best	360	15	5	0	50	1270	33	1	2	20
Pac Blue	310	13	3.5	0	35	680	32	1	2	16
Pakalolo	420	19	5	0	55	1120	41	1	11	18
Power Plant	340	14	3.0	0	10	830	43	6	4	13

Menu Item	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Sensi Kush	610	40	10.5	0	40	1200	39	3	6	21
Sticky Icky	410	16	3.0	0	0	500	55	3	18	14
Thai Stick	370	13	4.5	0	45	1250	39	1	6	23
The Kind	300	10	3.5	0	40	1020	33	1	2	21
White Widow	490	28	8.5	0	60	1220	34	1	2	27
Subs – Pinner (8") · on Garlic Herb bread · on Wheat bread subtract 40 cal										
5-0	860	40	14	0	120	3350	70	4	7	43
AK-47 - No Au Jus	700	21.5	9	0	105	2330	70	3	5	52
Acapulco Gold	890	37	15	0	110	2320	85	2	20	56
Apollo 13	900	49.5	14	0	125	2370	68	4	5	45
Bomb	890	47	23	0.5	105	2220	75	5	7	45
Cheba Chiesel	910	52	26	0	125	1480	66	2	3	44
Chronic	740	23.5	8	0	100	2160	81	5	15	47
Dank	1140	75	32	0	180	3780	70	3	7	53
G-13	770	37	10	0	100	1260	67	2	5	44
Griego	670	31	11	0	50	1270	73	7	6	24
Jamaican Red	790	38	15	0	110	3200	67	3	4	46
KGB	680	26	7	0	85	1760	69	3	5	44
Kali Mist	840	44	10	0	100	2310	72	6	6	41
La Canna	870	46	13	0	135	3580	66	2	4	45
Maui Wowie	1040	58	13	0	40	1560	101	18	14	34
Midwest Best	710	31	10	0	100	2540	65	2	5	40
Pac Blue	620	26	7	0	65	1360	64	2	3	33

Menu Item	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Pakalolo	830	37	10	0	110	2250	82	2	22	36
Power Plant	690	29	6	0	20	1650	86	11	7	27
Sensi Kush	1230	81	20	0	80	2400	78	7	13	42
Sticky Icky	820	31	6	0	0	990	111	6	36	27
Thai Stick	740	27	9	0	85	2510	77	3	13	46
The Kind	600	20	7	0	80	2040	66	2	5	43
White Widow	980	55	16	0	120	2440	68	2	4	53
Subs – Blunt (12") · on Garlic Herb bread · on Wheat bread subtract 60 cal										
5-0	1290	60	20.5	0	175	5030	106	6	11	65
AK-47 - No Au Jus	1050	32	13.5	0	160	3450	106	5	7	79
Acapulco Gold	1340	55	23	0	165	3480	127	3	31	84
Apollo 13	1350	74.5	21	0	185	3570	103	6	8	68
Bomb	1340	71	34	1.0	160	3330	112	7	10	67
Cheba Chiesel	1360	79	39.5	0	190	2220	99	4	4	66
Chronic	1110	35.5	12	0	150	3260	123	8	22	70
Dank	1710	113	48	0	270	5680	105	5	10	79
G-13	1160	56	15.5	0	145	3530	100	3	7	66
Griego	1000	47	17	0	75	1900	110	11	9	36
Jamaican Red	1190	56	22	0	165	4800	101	5	5	70
KGB	1020	39	10	0	130	2640	104	4	8	66
Kali Mist	1260	66	15	0	145	3460	108	9	9	62
La Canna	1300	69	19.5	0	205	5370	99	3	6	68
Maui Wowie	1500	83.5	19.5	0	60	2210	146	26	20	49

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Midwest Best	1070	46	15.5	0	150	3810	98	3	7	60
Pac Blue	930	39	11	0	100	2040	96	4	5	49
Pakalolo	1250	56	15	0	165	3370	123	4	34	53
Power Plant	1030	43	9	0	30	2480	129	17	11	40
Sensi Kush	1840	121	30.5	0	120	3590	117	10	19	63
Sticky Icky	1220	47	9	0	0	1490	166	9	55	41
Thai Stick	1100	40	14	0	130	3760	116	4	19	69
The Kind	900	30	11	0	120	3060	99	3	7	64
White Widow	1470	83	24.5	0	180	3660	102	4	6	80
Munchies & Sides										
Cereal Treats - Cinnamon Squares	510	17	13	0	30	280	87	2	49	2
Cereal Treats - Crunch Berry	500	14	8	0	30	380	91	0	52	2
Cereal Treats - Lucky Charms	470	13	8	0	30	350	84	2	50	3
Cereal Treats - Rice Krispies	430	12	7	0	30	370	77	0	35	3
Cereal Treats - Tooty Fruities	450	13	8	0	30	230	82	1	50	2
Cookies	460	16	7	0	45	310	79	2	27	6
Garlic Cheese Bread (12PC) W/ Marinara & Ranch	810	48	15	0	70	1460	69	3	6	25
Fire Cheese Bread	1040	69.5	29.5	0	135	1880	72	4	7	36
Goo Balls	510	19	8	0	25	380	79	2	44	7
Loaded Not-chos	610	47	16	0	80	1530	32	2	3	16
Loaded Not-chos (with Chicken)	750	55	18	0	110	1990	34	2	3	29
Pretzel Nugs & Honey Mustard	870	50	9	0	50	1130	92	2	22	10
Side Salad (No Dressing)	250	13	2.5	0	4	300	27	6	9	6

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House Dressing – Small	370	39	6	0	0	0	0	0	0	0
Hummus	140	8	1.0	0	0	320	13	4	2	6
Jalapeno Cream Cheese	170	15	10	0	40	160	2	0	1	4
Jamaican Red Sauce	70	8	5.0	0	20	1380	1	0	0	0
Signature Ranch – Large	450	47	7	0	50	520	5	0	3	2
Signature Ranch – Small	230	24	3.5	0	25	260	2	0	1	1
Spicy Ranch – Large	450	47	7	0	50	520	5	0	3	2
Spicy Ranch – Small	230	24	3.5	0	25	260	2	0	1	1
Teriyaki Sauce	70	0	0	0	0	1460	16	0	14	0
Cottonmouth Cures – Drinks · per 20 fl. oz.										
Cherry Pepsi	270	0	0	0	0	50	70	0	70	0
Dr. Pepper	250	0	0	0	0	100	66	0	64	0
Kool Aid – Blue Raspberry Lemonade	140	0	0	0	0	25	35	0	35	0
Kool Aid – Grape Berry Splash	140	0	0	0	0	65	35	0	35	0
Kool Aid – Tropical Punch	130	0	0	0	0	15	35	0	35	0
Lemon Lime Mist Twist	250	0	0	0	0	50	67	0	67	0
Lemonade	200	0	0	0	0	0	50	0	50	0
Mountain Dew	270	0	0	0	0	85	72	0	72	0
Orange Crush	270	0	0	0	0	115	72	0	72	0
Pepsi	250	0	0	0	0	50	70	0	70	0
Aqua Fresca – Berry Patch	220	0	0	0	0	15	52	0	52	0
Aqua Fresca – Blackberry	220	0	0	0	0	15	52	0	50	0
Aqua Fresca – Clementine	150	0	0	0	0	15	37	0	37	0

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Aqua Fresca – Farmer’s Punch	200	0	0	0	0	15	48	0	47	0
Aqua Fresca – Hibiscus	200	0	0	0	0	15	48	0	48	0
Aqua Fresca – Lemonade	220	0	0	0	0	25	52	2	48	0
Aqua Fresca – Limeade	220	0	0	0	0	15	52	3	48	0
Aqua Fresca – Mandarin Cardamom	220	0	0	0	0	15	50	0	50	0
Aqua Fresca – Mango	150	0	0	0	0	15	37	2	35	0
Aqua Fresca – Peach	150	0	0	0	0	15	37	2	33	0
Aqua Fresca – Strawberry Dragonfruit	200	0	0	0	0	15	48	0	48	0
Aqua Fresca – Sweet Tea	200	0	0	0	0	15	52	0	50	0
Aqua Fresca – Unsweetened Black Tea	10	0	0	0	0	15	2	0	0	0
Aqua Fresca – Unsweetened Green Tea	10	0	0	0	0	15	2	0	0	0

Good to know. AK-47 is shown without au jus (served on the side). Bowl o’ Balls and sauces are per standard portion. Have an allergy? See our separate **Allergens, Decoded** guide and flag it with a team member.