Pepperjax Grill ***Nutrition Information

	Serving Size	Calories	Calories from Fat	Total fat (g)	Saturated Fat (g)	Carbohy-drates (g)	Dietary Fiber (g)	Protein (g)
MEAT / SEAFOOD								
Steak	* 6 oz	405	261	29	12	0	0	33.5
Chicken	* 6 oz	180	54	6	0	0	0	31
Shrimp	* 4 oz	90	135	1.5	0	1	0	17.3
VEGGIES								
Mushrooms	1 oz	8.3	0	0	0	1	0	1
Onions	1 oz	11	0	0	0	2.5	0.6	0.2
Green Peppers	1 oz	11.5	0	0	0	2.4	1	0.7
Tomatoes	1 oz	6.3	0	0	0	1.1	0.2	0.2
Black Olives	1 oz	53	44	4.37	<1	0.6	0.5	0.1
Lettuce	1 oz	4	0	0	0	3.5	2.4	0.8
Jalapenos	1 oz	5	0	0	0	0	0	0
SAUCES								
Sour Cream	1 oz	80	61	6.2	4.8	3.4	0	2
Salsa	1 oz	15	0	0	0	2	1	1
Ranch	1 oz	214	202	22	3.2	3.6	0	0
Lite Ranch	1 oz	104	92.5	10.4	1.3	1.6	0	1.1
Ceasar	1 oz	200	180	20	3	2	0	0
Italian	1 oz	280	262	28	4.7	3.7	0	0
Dorthy Lynch	1 oz	206	103	11	2	22.5	0	0
Mushroom Sauce	1 oz	74	42	5	0.5	5	0	1.5
Au Jus	1 oz	0.3	0	0	0	0	0	0
Creole	1 oz	38	13	1.3	0	6.4	0	0.1
Hot 'n' Naked	1 oz	400	400	1.38	0.5	0	0	0
OTHER								
10" Hearth Baked Roll	1 ea	260	10	1.5	0	54	2	9
13" Flour Tortilla	1 ea	330	90	10	2.5	73	3	10
Black Beans	4 oz	100	33	4	0.7	12.6	5	4.6
Pinto Beans	4 oz	100	33	4	0.7	13.3	4	4.6
Sliced Cheese	3 slices	150	105	12	7.5	1	0	9
Rice	** 4 oz	67	1	0.2	0	15	0	1.4
Shredded Cheese	1 oz	105	75	8.5	5	0	0	7
Fries	8 oz	441	129	15	3.7	70	3.7	3.6
Chicken Strips	2.4 oz	191	95	11	3	12	0	11
Mini Corn Dogs	3 oz	220	100	11	3	25	0	5
Chocolate Chip Cookie	2 oz	250	110	12	4	34	1	3

**** Before cooked***

***** There are 4 servings of Rice in a Gourmet Rice Bowl***

****** This Nutrition Information is not complete and is still a work in progress, contents may vary due to changes in growing seasons and different suppliers. Thank-you for your patience.***