




# Nutritional Information

	Serving Weight (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
<b>Starters</b>												
Buffalo Cauliflower (with buttermilk ranch)	422	810	630	70	14	0	60	1400	37	6	8	10
Sweet Sriracha Brussels Sprouts	308	400	210	24	2	0	0	1250	44	10	23	8
Fried Dill Pickles w/ Buttermilk Ranch	275	610	340	39	5	0	105	2010	56	2	2	10
Loaded Tots	425	1500	1070	113	37	0	155	2590	68	7	3	41
Shoestring Fries	227	850	370	41	6	0	0	1750	110	7	0	9
<i>with Cheese</i>	57	220	160	18	12	0	60	360	0	0	0	14
Fried Onion Strings (with Ranch and BBQ)	357	1650	1180	130	17	1	10	1445	103	7	19	16
Sweet Potato Fries (with Horseradish Aioli)	312	1170	640	72	5	0	0	2500	119	0	1	10
<b>The Fifty-Fifty</b>												
Shoestring Fries	113	420	190	21	3	0	0	870	55	3	0	4
Sweet Potato Fries	142	510	270	29	3	0	0	1080	58	7	16	5
Crispy Onion Strings	150	760	540	60	8	0	5	520	47	4	6	8
Horseradish Aioli	28	150	150	15	1	0	0	160	0	0	1	0
Country Buttermilk Ranch	28	110	100	10	1	0	0	135	1	0	1	0
Hickory BBQ	28	30	0	0	0	0	0	280	8	0	6	0
Parmesan Fries	335	1210	710	76	23	0	90	1990	85	8	1	42
Chili Cheese Fries	536	1450	820	91	34	1	190	2850	107	7	6	53
Hot Wings - Buffalo Style	439	1140	510	55	19	0	425	1240	4	2	2	148
Hot Wings - Sweet Sriracha	414	1030	410	43	12	0	390	770	10	2	7	142
Hot Wings - BBQ	516	1370	980	111	18	0	225	3160	37	1	30	57
Deviled Eggs (4 each)	260	800	600	67	14	0	885	1140	3	0	2	36
Fried Plantains (Miami)	142	330	100	11	3	0	0	10	58	5	31	2
Grilled Veggie Skewer (2 skewers)	209	80	35	4	0	0	0	620	11	3	7	2
<b>Burgers</b>												
The Counter Burger (San Diego Fashion Valley)	435	900	500	56	17	1	130	2130	59	3	6	44
The Counter (Northern California / Phoenix)	435	890	470	52	16	1	120	2270	62	3	6	44
The Counter (1/3 lb)	408	1110	660	72	20	2	150	1420	59	3	11	56
The Counter (1/2 lb)	507	1400	840	92	29	2.5	230	1840	59	3	11	81
The Impossible (1/3 lb)	440	910	510	56	19	0	30	2630	66	12	5	40
The Impossible (1/2 lb)	815	1290	670	75	26	0	25	3390	92	20	12	63
The Purist (5.3 oz)	183	490	200	22	9	1	90	1420	40	0	0	34
The Purist (1/3 lb)	224	630	290	32	12	2	135	810	40	1	7	45
The Purist (1/2 lb)	301	840	420	46	18	2.5	200	1030	40	1	7	65
Bison is Gouda (1/3 lb)	425	960	470	51	15	0	315	2160	60	4	18	62
Bison is Gouda (1/2 lb)	522	1180	590	64	22	0	380	2680	61	4	18	86
Bison is Gouda (Northern California / Phoenix)	342	840	420	47	17	0	285	2400	50	2	4	47
Juicy Lucy	373	1010	580	64	27	1.5	185	3190	52	1	3	57
Sprouted Veggie (1/3 lb) (Unique Veggie-Miami)	341	680	260	30	3	0	0	1370	92	6	23	14
Sprouted Veggie (1/2 lb) (Unique Veggie-Miami)	409	1000	410	46	4	0	0	2230	129	4	17	20
Beef & Blue ( Northern California / Phoenix)	327	830	430	48	19	1	140	2340	52	2	5	43
Beef & Blue (San Diego Fashion Valley)	327	850	460	51	19	1	150	2200	50	2	5	43
Beef & Blue (1/3 lb)	278	910	500	56	20	1.5	165	1460	45	1	2	51
Beef & Blue (1/2 lb)	377	1200	690	77	29	2.5	250	2010	45	1	2	76
Old School (5.3 oz)	349	640	270	30	13	1	110	2000	53	2	4	41
Old School (Impossible)	399	700	290	33	15	0	20	2410	65	9	5	39
Old School (San Diego Airport)	349	730	380	42	15	1	120	1950	50	2	3	41
Old School (1/3 lb)	383	770	350	39	17	2	155	1640	54	2	18	52
Old School (1/2 lb)	479	1070	550	60	28	2.5	240	2010	54	2	18	77
Bacon BBQ Burger (San Diego Fashion Valley)	391	820	380	42	17	1	125	2450	65	2	11	46
Bacon BBQ (Northern California / Phoenix)	391	830	380	42	17	1	125	2400	67	2	11	46
Bacon BBQ (1/3 lb)	374	1060	580	64	23	2	175	1630	63	2	16	59
Bacon BBQ (1/2 lb)	473	1360	780	85	33	2.5	260	1990	63	2	16	84
Chipotle Turkey (1/3 lb) (Taco Turkey - Miami)	340	870	450	49	12	0	185	1150	55	3	18	53
Chipotle Turkey (1/2 lb) (Taco Turkey - Miami)	437	1150	620	68	20	0.5	285	1520	55	3	18	78
Breakfast (Northern California / Phoenix)	350	810	380	42	18	1	305	2240	56	2	11	51
Breakfast (1/3 lb)	393	940	470	52	22	2	345	1630	55	1	11	62
Breakfast (1/2 lb)	501	1270	670	75	33	2.5	445	2020	55	1	11	89
Minis	479	1130	530	59	27	2.5	280	2230	78	1	30	76
BBQ Bacon (San Diego Airport )	382	920	510	57	19	1	130	2850	58	2	10	45
Mediterranean Bowl (San Diego Airport)	621	760	520	58	12	0	135	1330	25	7	12	38
Loco Moco (Hawaii)	829	1340	550	62	16	2	320	2470	136	3	4	59
Teriyaki (Hawaii) (1/3 lb)	332	770	290	32	12	1.5	135	1790	73	2	25	49
Teriyaki (Hawaii) (1/2 lb)	409	980	410	46	18	2.5	200	2020	73	2	25	68
MIA (Miami)	339	950	520	58	20	1.5	170	1380	48	2	4	53
BBQ Bacon Burger (LAX T7)	363	1000	510	57	27	1.5	230	1570	59	8	10	59
Old School (LAX T7)	416	850	410	45	21	1.5	200	1740	61	8	10	50
LAX Burger (LAX T7)	509	970	530	59	22	1.5	205	1290	59	10	13	52
Veggie (LAX T7))	250	650	250	29	3	0	0	1690	88	3	10	14
<b>Sandwiches</b>												
Chicken, Bacon, Ranch	405	830	390	43	16	0	160	1650	46	1	2	63
Nashville Hot	530	950	540	60	9	0	150	2260	55	3	11	50

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Southern Fried Chicken (1/3 lb)	374	820	370	40	8	0	150	1250	60	3	21	53
Southern Fried Chicken (1/2 lb)	541	1240	580	62	14	0	300	1840	65	4	21	98
The Meltdown - Basil Pesto	434	1010	490	53	26	0	190	2300	53	4	3	77
The Meltdown - Thousand Island	448	1100	570	61	25	0	190	2480	55	4	5	76
BLT & A	309	870	590	63	15	0	65	1090	57	8	1	19
Honey Dijon Chicken (1/3 lb) -Grilled Chicken - Miami	337	710	280	30	8	0	125	1040	54	2	18	53
Honey Dijon Chicken (1/2 lb) -Grilled Chicken - Miami	493	1040	420	46	14	0	255	1510	55	2	18	98
Grilled Cheese Trifecta	213	670	350	38	25	0	95	1450	47	2	0	34
<i>Applewood Smoked Bacon (4 half pieces)</i>	17	100	70	8	3	0	20	280	0	0	0	5
Grilled Ham & Swiss (Miami)	273	790	490	56	25	0	175	1740	36	2	3	32
Turkey, Swiss and Tomato Melt (Miami)	273	780	470	54	23	0	165	1720	40	2	3	29
BLT (LAX T7)	465	680	370	41	9	0	65	960	59	11	16	14
Grilled Cheese Trifecta (LAX T7)	185	610	310	35	22	0	110	1200	48	7	8	26
Chicken Club (LAX T7)	368	780	310	35	12	0	180	1270	60	7	9	55
<b>Salads</b>												
Southwestern Kale	560	630	270	30	7	0	125	870	43	13	9	54
Southwestern Kale w/ Turkey (San Diego)	484	700	400	44	11	0	140	870	42	13	9	41
Caesar	275	660	440	49	17	0	80	1540	45	3	2	29
<i>Grilled Chicken (addition)</i>	133	240	80	9	2	0	100	390	0	0	0	38
Chicken Caesar (Miami)	445	870	490	55	17	0	175	1900	45	3	2	65
Hippie	244	370	220	24	6	0	10	640	33	3	11	9
Simple Salad - no dressing	147	30	5	0	0	0	0	20	6	2	3	1
The Kale Salad	255	400	210	24	6	0	20	470	42	6	7	11
Garden (LAX T7)	280	390	240	28	3.5	0	0	640	31	3	25	2
Counter Cobb (LAX T7)	595	1180	690	78	22	0	400	2470	30	4	24	76
Chicken Caesar (LAX T7)	411	560	240	26	13	0	165	1400	30	3	2	65
Classic Cobb (1/3 lb) -The Counter Cobb - Miami	522	1060	670	71	21	0	400	2220	25	4	19	70
Classic Cobb (1/2 lb) The Counter Cobb - Miami	683	1400	820	88	28	0	525	3010	26	4	19	114
Garden Bowl (Miami)-Chicken	349	550	290	33	4	0	80	920	27	1	21	34
Garden Bowl (Miami)-Beef	349	780	490	55	14	1.5	135	1040	26	1	21	39
Grilled Mahi Mahi (1/3 lb)	618	810	480	51	8	1	120	830	50	7	26	39
Grilled Mahi Mahi (1/2 lb)	757	990	530	57	9	1	240	1270	50	8	26	69
Mediterranean (1/3 lb)	493	820	590	65	15	0	180	1440	14	4	9	46
Mediterranean (1/2 lb)	595	1080	760	83	22	0.5	275	1990	14	4	9	71
Sonoma Bowl (1/3 lb)	363	710	450	49	17	2	145	1030	20	3	4	47
Sonoma Bowl (1/2 lb)	468	980	620	68	26	2.5	225	1390	21	3	5	69
<b>Chilis</b>												
All-Natural Beef Chili	400	650	420	46	23	0	145	1450	12	0	5	44
Turkey Chili	377	290	90	10	2	0	60	870	40	1	1	19
<b>Beef Chili</b>												
Beef Chili	173	290	190	20	10	0	65	630	5	0	2	20
Coleslaw	133	90	50	5	1	0	5	200	10	3	7	2
French Fries (San Diego)	220	530	320	36	8	0	0	1360	47	5	2	5
Fried Onion Strings	119	600	430	47	6	0	5	380	37	3	5	6
Grilled Veggie Skewer	209	80	35	4	0	0	0	620	11	3	7	2
Homemade Lattice Chips	57	130	80	9	1	0	0	300	11	1	1	1
Potato Salad	170	250	130	14	2	0	90	390	23	2	1	5
Quinoa Salad	164	230	80	8	2	0	5	80	31	4	2	7
Shoestring Fries	91	340	150	16	2	0	0	610	44	3	0	4
Side Salad - no dressing	147	30	5	0	0	0	0	20	6	2	3	1
Sweet Potato Fries	96	360	190	20	2	0	0	610	42	5	12	3
Sweet Potato Fries (San Diego)	221	600	350	39	5	0	0	1180	59	0	0	5
Turkey Chili	189	150	45	5	1	0	30	440	20	0	0	9
<b>Happy Hour</b>												
Buffalo Cauliflower	422	810	630	70	14	0	60	1400	37	6	8	10
Buffalo Wings	324	870	730	82	17	1	220	1050	3	1	2	31
Fried Zucchini	414	760	480	54	8	0	380	1560	43	3	5	26
Guac & Chips	351	610	360	41	5	0	0	490	60	19	8	9
House -Made Potato Chips	156	370	270	30	6	0	25	860	19	2	4	3
Loaded Tots	298	940	590	66	19	0	60	1630	59	1	2	20
Mini Cheeseburgers - 2 each	258	640	310	34	14	2	140	2000	47	1	1	38
Parmesan Fries	252	900	500	56	10	0	30	1980	82	8	1	10
Southern Fried Chicken Sliders - 2 each	320	710	320	35	5	0	90	1400	63	2	3	37
Sweet Sriracha Brussels Sprouts	308	400	210	24	2	0	0	1250	44	10	23	8
Sweet Sriracha Wings	329	780	540	61	10	0	190	990	31	2	23	31
Four Mini Burgers - Southern Fried Chicken (Miami)	612	1360	590	66	11	0	180	2260	120	3	7	73
Four Mini Burgers - All-Natural Beef (Miami)	487	1210	570	64	28	3	280	3850	88	1	1	76
Sampler -(Miami)	638	1340	1020	114	21	1	265	2060	41	6	9	35
<b>Kids</b>												
Applesauce	111	50	0	0	0	0	0	65	12	1	11	0
Baby carrots	57	20	0	0	0	0	0	45	5	2	3	< 1g
Celery Sticks	28	5	0	0	0	0	0	25	1	0	0	0

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Chicken Fingers	173	520	310	35	5	0	45	1130	29	0	0	21
Chicken Tenders	145	530	300	33	3.5	0	85	700	29	1	2	30
Grilled Cheese	108	400	210	24	14	0	100	770	36	0	12	13
Ham & Cheese	196	470	200	22	14	0	75	1750	45	2	1	24
Mini Beef Burgers	153	410	180	21	10	0.5	90	1520	36	1	14	27
PB&J	164	510	150	16	3	0	0	530	76	4	31	13
Shoestring Fries	91	340	150	17	2	0	0	675	44	3	0	3
Sweet Potato Fries	96	350	170	19	1.5	0	0	620	40	0	0	3
<b>Breakfast</b>												
Breakfast Burrito with Bacon (San Diego) low	324	750	350	39	18	0	440	1510	11	4	2	36
Breakfast Burrito with Bacon (San Diego) high	338	1000	590	65	20	0	440	1780	11	4	1	36
Breakfast Burrito with Sausage (San Diego) low	370	820	420	46	20	0	445	1450	12	4	2	37
Breakfast Burrito with Sausage (San Diego) high	384	1070	650	72	22	0	445	1720	12	4	1	37
Breakfast Sandwich w/Bacon on English Muffin High (San Diego)	223	850	520	58	15	0	515	1830	44	2	2	31
Breakfast Sandwich w/Bacon on English Muffin Low (San Diego)	209	600	280	31	14	0	515	1550	43	1	3	32
Breakfast Sandwich w/Bacon on Whole Wheat High (San Diego)	223	880	540	60	16	0	515	1850	49	2	2	32
Breakfast Sandwich w/ Bacon on Whole Wheat Low (San Diego)	209	630	300	33	14	0	515	1570	48	1	3	33
Breakfast Sandwich w/ Bacon on Croissant High (San Diego)	280	900	630	70	21	0	520	1720	32	2	6	29
Breakfast Sandwich w/ Bacon on Croissant Low (San Diego)	266	650	400	44	20	0	520	1440	31	1	7	30
Breakfast Sandwich w/ Sausage on Whole Wheat High (San Diego)	268	980	620	69	19	0	535	1930	50	2	2	36
Breakfast Sandwich w/ Sausage on Whole Wheat Low (San Diego)	254	730	390	43	18	0	535	1650	49	1	3	37
Breakfast Sandwich w/ Sausage on Croissant High (San Diego)	325	1000	720	80	25	0	540	1800	33	2	6	33
Breakfast Sandwich w/ Sausage on Croissant Low (San Diego)	311	750	480	54	23	0	540	1520	32	1	7	34
Breakfast Sandwich w/Sausage on English Muffin High (San Diego)	368	950	600	67	19	0	535	1910	45	2	2	35
Breakfast Sandwich w/Sausage on English Muffin Low (San Diego)	254	700	370	41	17	0	535	1630	44	1	3	36
Classic with Bacon (Miami)	255	810	480	53	12	0	220	1830	56	1	1	23
Classic with Sausage (Miami)	294	930	600	67	17	0	245	1730	57	1	1	23
Chilequiles (Miami)	246	580	340	37	9	0	210	1460	44	4	3	18
Denver (Miami)	240	540	300	31	11	0	220	1300	39	4	3	23
Signature Breakfast with Bacon (San Diego)	493	1120	600	67	25	0	810	2580	75	6	6	53
Signature Breakfast with Sausage (San Diego)	556	1470	880	98	37	0	860	2910	78	6	6	65
Veggie (Miami)	200	400	220	25	10	0	25	920	28	1	5	14
Breakfast Sandwich (LAX T7)	363	720	430	47	11	0	220	1560	49	2	5	24
Breakfast Burrito (LAX T7)	340	770	480	52	15	0	410	1900	48	8	6	31
Breakfast Bowl (LAX T7)	269	560	440	48	14	0	410	1420	12	7	3	25
Breakfast Burger (LAX T7)	360	1040	610	68	22	1.5	395	1440	40	0	1	61
<b>Breakfast Sides</b>												
Fried Plantains (Miami)	142	330	100	11	2.5	0	0	10	58	5	31	2
Hashbrown (Miami)	65	140	90	9	2	0	0	250	14	2	0	1
House Potatoes (San Diego)	198	440	240	27	4	0	0	1040	45	5	2	5
<b>Desserts</b>												
Brownie	150	670	340	38	19	0	135	290	79	4	54	8
Brownie w/ Caramel Sauce	193	860	340	36	19	0	135	400	124	4	87	9
Brownie a la mode (only ice cream)	113	170	110	12	8	0	35	70	28	0	24	3
<b>Catering</b>												
Brownie	53	240	120	13	7	0	50	105	28	1	19	3
Chocolate Chip Cookie	43	190	80	9	4	0	10	220	27	1	16	2
Fruit Salad	572	220	10	1	0	0	0	80	55	5	47	4