

Burgers		Serving Size (sandwich)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Elevation Burger		1	510	230	26	12	0	80	710	29	1	4	41
Elevation Burger wrapped in lettuce	GF	1	370	220	24	12	0	80	390	2	1	1	37
Kid's Burger		1	330	130	14	6	0	40	520	29	1	4	23
Kid's Burger wrapped in lettuce	GF	1	190	110	12	6	0	40	200	2	1	1	19
Vertigo Burger*		1	690	340	38	18	0	120	900	29	1	4	59
Vertigo Burger* wrapped in lettuce	GF	1	550	320	26	18	0	120	900	29	1	4	59
Veggie Burger #1		1	300	60	7	2	0	10	960	50	4	4	13
Veggie Burger #1 wrapped in lettuce		1	160	40	4.5	2	0	10	640	23	4	1	9
Veggie Burger #2		1	320	90	10	1	0	0	940	50	5	6	10
Veggie Burger #2 wrapped in lettuce		1	180	70	8	1	0	0	620	23	5	3	6
Half-the-Guilt Burger® #1		1	480	170	19	8	0	50	1150	50	4	4	31
Half-the-Guilt Burger® #1 wrapped in lettuce		1	340	150	17	8	0	50	830	23	4	1	27
Half-the-Guilt Burger® #2		1	500	200	22	7	0	40	1130	50	5	6	28
Half-the-Guilt Burger® #2 wrapped in lettuce		1	360	180	20	7	0	40	810	23	5	3	24
Grilled Cheese		1	330	150	17	10	0	50	620	29	1	4	16
Grilled Chicken Sandwich		1	282	73	8	1	0	57	584	30	1	5	24
Grilled Chicken Sandwich wrapped in lettuce	GF	1	132	52	6	1	0	56	334	0	0	0	18
Grilled Chicken Tenderloins (3 tenderloins)	GF	1	198	78	9	1	0	85	500	0	0	0	28

*Analysis for a 3 beef patty burger

Each additional beef patty = 180 calories, 12 grams fat, 190 mg sodium.

Each additional Veggie #1 patty = 150 calories, 4.5 grams fat, 630 mg sodium.

Each additional Veggie #2 patty = 170 calories, 8 grams fat, 610 mg sodium.

Toppings		Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Ketchup	GF	0.1 oz.	5	0	0	0	0	0	25	1	0	1	0
Lettuce	GF	0.4 oz.	0	0	0	0	0	0	0	0	0	0	0
Tomato		0.7 oz.	5	0	0	0	0	0	0	1	0	1	0
Pickles	GF	0.8 oz.	0	0	0	0	0	0	280	0	0	0	0
Caramelized Onions (sub recipe)	GF	0.6 oz.	25	15	1.5	0	0	0	0	3	0	1	0
Caramelized Onions	GF	0.6 oz.	15	10	1	0	0	0	0	2	0	1	0
Mustard	GF	0.1 oz.	0	0	0	0	0	0	30	0	0	0	0
Mayo	GF	0.1 oz.	20	20	2	0	0	0	15	0	0	0	0
Raw Onions	GF	0.4 oz.	5	0	0	0	0	0	0	1	0	0	0
Elevation Sauce	GF	0.2 oz.	5	0	0	0	0	0	70	2	0	1	0
Balsamic Mustard	GF	0.2 oz.	5	0	0	0	0	0	70	2	0	1	0
Jalapeños	GF	0.4 oz.	5	0	0	0	0	0	65	1	1	0	0
Hot Pepper Relish	GF	0.7 oz.	0	0	0	0	0	0	370	0	0	0	0
1 Slice Cheddar Cheese	GF	0.8 oz.	90	70	7	5	0	25	150	0	0	0	6
Organic Bacon	GF	2 pieces	90	80	9	3	0	10	200	0	0	0	2
Mushrooms	GF	1 oz.	40	35	4	0.5	0	0	170	2	1	1	1
Simply Heinz BBQ Sauce	GF	0.1 oz.	6	0	0	0	0	0	23	2	0	2	0
Simply Heinz Honey Mustard	GF	0.1 oz.	4	0	0	0	0	0	24	1	0	1	0
Chicken	GF	3.2 oz.	132	52	6	1	0	56	334	0	0	0	18

Salad Dressings		Serving Size (oz.)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Ken's Balsamic Vinaigrette Dressing	GF	1.5	170	150	17	2.5	0	0	330	3	0	3	0
Ken's Blue Cheese Dressing	GF	1.5	230	220	24	4.5	0	20	320	2	0	2	1
Ken's Caesar Dressing	GF	1.5	210	210	23	3.5	0	0	390	2	0	1	1
Ken's Country French with Orange Blossom Honey Dressing	GF	1.5	190	140	15	2.5	0	0	300	13	0	12	0
Ken's Ranch Dressing	GF	1.5	200	180	20	3	0	15	280	2	0	1	1

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Sides													
Fresh Fries	GF	5.5 oz.	520	230	26	4.5	0	0	135	64	5	3	8
Side Salad** (No Dressing)	GF	5 oz.	25	5	0	0	0	0	20	6	3	3	2
Side Caesar Salad (No Dressing)		5 oz.	190	80	8	5	0	20	600	13	3	1	14
Elevation Salad*** (No Dressing)	GF	9.8 oz.	160	90	10	6	0	30	220	10	5	5	10
Elevation Caesar Salad (No Dressing)		7.5 oz.	260	110	13	8	0	30	850	15	4	2	20
Mandarin Oranges	GF	4 oz.	70	0	0	0	0	0	5	18	1	18	1
3 Small Cookies		1 pack	270	140	15	9	0	30	75	33	3	18	3
Wheat Bun		1 bun	150	25	2.5	0.5	0	0	320	27	3	3	6
Chicken - Side for Side Salads	GF	1.6 oz.	64	25	3	0.3	0	28	163	0	0	0	9
Chicken - Side for Elevation Salads	GF	3.2 oz.	132	52	6	1	0	56	334	0	0	0	18

		Serving Size (oz.)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Shakes and Ice Cream													
Vanilla Shake	GF	15.5 oz.	710	340	37	21	0	135	280	81	0	55	14
Chocolate Shake	GF	15.5 oz.	710	290	32	21	0	135	380	91	0	75	14
Coffee Shake	GF	15.5 oz.	710	290	32	24	0	135	330	86	0	70	14
Vanilla Shake w/ Strawberries	GF	15.5 oz.	650	300	33	19	0	115	220	79	2	53	11
Chocolate Shake w/ Strawberries	GF	15.5 oz.	650	260	28	19	0	115	310	88	2	71	11
Coffee Shake w/ Strawberries	GF	15.5 oz.	650	260	28	21	0	115	270	85	2	67	11
1 Scoop Vanilla Cone		5 oz.	310	140	15	9	0	55	115	38	0	22	4
2 Scoops Vanilla Cone		10 oz.	590	260	21	17	0	110	210	70	0	44	9
1 Scoop Chocolate Cone		5 oz.	310	120	13	9	0	55	160	42	0	31	4
2 Scoops Chocolate Cone		10 oz.	590	240	26	17	0	110	300	79	0	61	9
1 Scoop Coffee Cone		5 oz.	310	120	13	10	0	55	135	40	0	28	4
2 Scoops Coffee Cone		10 oz.	590	240	26	20	0	110	250	75	0	57	9

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Shake Toppings													
Malt Powder		1 oz.	110	10	1	0.5	0	0	80	23	0	18	2
Oreo Cookies		0.6 oz.	80	30	3.5	1	0	0	80	12	1	7	1
Chocolate Syrup	GF	3.6 oz.	260	0	0	0	0	0	40	63	3	52	3
Real Bananas	GF	1.4 oz.	35	0	0	0	0	0	0	9	1	5	0
Real Strawberries	GF	4.1 oz.	35	5	0	0	0	0	0	9	2	6	1
Real Mangoes	GF	1.5 oz.	25	0	0	0	0	0	0	7	1	6	0
Real Blueberries	GF	1.5 oz.	25	0	0	0	0	0	0	5	2	5	0
Black Cherry Syrup	GF	0.9 oz.	70	0	0	0	0	0	0	18	0	18	0
Key Lime Pie Syrup	GF	0.9 oz.	60	0	0	0	0	0	0	16	0	15	0
Organic Cheesecake Powder	GF	1 tbsp.	45	0	0	0	0	0	0	12	0	12	0

GF = Gluten Free

** Romaine lettuce, carrots, tomatoes, cucumbers

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