



# CHILI & GRILL MENU NUTRITION INFORMATION

	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
<b>WAYS - ORIGINAL CHILI</b>										
3-Way - Small/Child	420	21	12	1	65	840	36	3	1	22
3-Way - Regular	760	41	23	2	130	1620	56	4	2	41
3-Way - Super	1020	52	28	2.5	165	2250	84	6	3	54
4-Way Bean - Small/Child	470	21	12	1	65	1020	45	6	3	25
4-Way Onion - Small/Child	430	21	12	1	65	840	39	3	1	22
4-Way Bean - Regular	830	41	23	2	130	1900	70	9	5	45
4-Way Onion - Regular	780	41	23	2	130	1630	61	5	2	41
4-Way Bean - Super	1120	52	28	2.5	165	2610	102	12	7	60
4-Way Onion - Super	1060	52	28	2.5	165	2250	93	7	3	55
5-Way - Small/Child	480	21	12	1	65	1020	48	6	3	25
5-Way - Regular	850	41	23	2	130	1900	74	9	5	45
5-Way - Super	1160	53	28	2.5	165	2610	111	13	7	61
2-Way - Small/Child	240	6	2	0	20	560	36	3	<1	11
2-Way - Regular	410	12	4.5	0.5	40	1050	56	4	2	20
2-Way - Super	620	18	6	1	60	1580	83	6	2	30
2-Way Bean - Small/Child	320	7	2	0	20	830	49	7	4	15
2-Way Bean - Regular	490	13	4.5	0.5	40	1330	69	9	4	24
2-Way Bean - Super	720	19	6	1	60	1940	101	12	6	35
2-Way Onion - Small/Child	260	6	2	0	20	560	39	3	<1	12
2-Way Onion - Regular	430	12	4.5	0.5	40	1060	60	5	2	20
2-Way Onion - Super	650	18	6	1	60	1580	91	7	2	30
2-Way Bean & Onion - Small/Child	330	7	2	0	20	830	52	7	4	16
2-Way Bean & Onion - Regular	500	13	4.5	0.5	40	1330	74	9	4	24
2-Way Bean & Onion - Super	750	19	6	1	60	1950	109	13	6	36
Spaghetti - Small/Child	160	0.5	0	0	0	115	32	2	0	5
Spaghetti - Regular	240	1	0	0	0	170	48	3	0	8
Spaghetti - Super	350	1.5	0	0	0	260	72	4	0	12
Spaghetti with Cheese - Small/Child	330	15	9	0.5	45	400	33	2	0	16
Spaghetti with Cheese - Regular	580	30	19	1.5	90	740	49	3	<1	29
Spaghetti with Cheese - Super	760	35	22	1.5	105	920	73	4	<1	37

	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
<b>WAYS - VEGETARIAN CHILI</b>										
3-Way - Small/Child	410	20	10	0.5	45	920	36	3	1	20
3-Way - Regular	730	40	21	1.5	90	1780	58	5	3	37
3-Way - Super	980	50	25	1.5	105	2480	84	7	4	49
4-Way Bean - Small/Child	450	20	10	0.5	45	1100	45	6	3	23
4-Way Bean - Regular	830	40	23	2	130	1900	70	9	5	45
4-Way Bean - Super	1080	50	25	1.5	105	2850	102	13	8	54
4-Way Onion - Small/Child	420	20	10	0.5	45	920	39	3	1	20
4-Way Onion - Regular	750	40	21	1.5	90	1780	61	5	3	34
4-Way Onion - Super	1020	50	25	1.5	105	2490	93	8	4	50
5-Way - Small/Child	470	20	10	0.5	45	1100	48	6	3	23
5-Way - Regular	830	40	21	1.5	90	2060	74	10	6	42
5-Way - Super	1120	50	25	1.5	105	2850	111	14	8	55
2-Way - Small/Child	230	6	1	0	0	630	36	3	<1	9
2-Way - Regular	380	11	2	0	0	1210	56	5	2	16
2-Way - Super	580	17	3	0	0	1820	83	7	3	24
2-Way Bean & Onion - Small/Child	320	6	1	0	0	910	52	8	4	14
2-Way Bean & Onion - Regular	480	11	2	0	0	1490	74	10	5	21
2-Way Bean & Onion - Super	710	17	3	0	0	2180	109	14	7	30



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	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
<b>CONEYS - ORIGINAL CHILI</b>										
Cheese Coney - Mustard & Onion	310	18	8	0	55	900	23	<1	3	14
Cheese Coney - Mustard	310	18	8	0	55	900	21	<1	3	14
Cheese Coney - Onion	310	18	8	0	55	790	22	<1	3	14
Cheese Coney - Plain	300	18	8	0	55	790	21	0	3	14
Coney - Mustard & Onion	230	11	3.5	0	30	750	23	<1	3	9
Coney - Mustard	220	11	3.5	0	30	750	21	<1	3	9
Coney - Onion	220	11	3.5	0	30	640	22	<1	3	9
Coney - Plain	210	11	3.5	0	30	640	21	0	3	9
Chili Cheese Sandwich - Mustard & Onion	270	14	7	0.5	40	730	22	<1	3	13
Chili Cheese Sandwich - Mustard	260	14	7	0.5	40	720	21	<1	3	13
Chili Cheese Sandwich - Onion	260	14	7	0.5	40	620	22	<1	3	13
Chili Cheese Sandwich - Plain	250	14	7	0.5	40	610	20	0	3	13
Chili Sandwich - Mustard & Onion	150	4.5	1	0	10	540	22	<1	3	6
Chili Sandwich - Mustard	140	4.5	1	0	10	530	20	<1	3	6
Chili Sandwich - Onion	150	4	1	0	10	430	21	<1	3	6
Chili Sandwich - Plain	140	4	1	0	10	420	20	0	3	6
Hot Dog - Plain	170	8	2.5	0	20	420	19	0	2	6
Hot Dog - Mustard	180	9	2.5	0	20	640	20	0	2	6
Hot Dog - Onion	180	8	2.5	0	20	420	20	0	2	6
Hot Dog - Cheese	230	13	6	0	35	520	19	0	3	9
Hot Dog - Mustard, Onion & Cheese	250	13	6	0	35	740	21	<1	3	10
Coney Crate	3100	180	80	0	550	9000	230	<1	30	140
Low Carb Coney Bowl	580	46	20	1.5	150	1830	10	1	2	31

	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
<b>VEGETARIAN CHILI SANDWICHES</b>										
Chili Sandwich	140	4	0.5	0	0	570	22	<1	3	5
Chili Cheese Sandwich	260	14	7	0	30	760	22	<1	3	12

	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
<b>CHILI BOWLS - ORIGINAL CHILI</b>										
8 oz Bowl	200	11	4	0.5	40	890	12	2	2	12
8 oz Bowl with Beans	270	12	4	0.5	40	1250	25	7	5	17
8 oz Bowl with Onions	230	15	6	1	55	1180	10	2	2	16
8 oz Bowl with Beans & Onions	290	12	4	0.5	40	1250	30	8	5	18
8 oz Bowl with Cheese	410	30	17	1.5	100	1260	8	1	2	26
8 oz Bowl with Beans, Onions & Cheese	530	31	17	1.5	100	1630	30	8	6	32
16 oz Bowl	330	19	7	1	65	1480	21	3	3	20
16 oz Bowl with Beans	470	30	11	1.5	105	2360	20	3	4	31
16 oz Bowl with Onions	440	19	7	1	65	2020	39	11	8	28
16 oz Bowl with Beans & Onions	480	19	7	1	65	2020	48	12	8	29
16 oz Bowl with Cheese	760	57	32	3	190	2230	13	2	4	48
16 oz Bowl with Beans, Onions & Cheese	940	58	32	3	190	2780	49	12	9	57
Side of Chili	60	3.5	1.5	0	15	290	2	0	<1	4
Side of Chili with Beans	70	4	1.5	0	15	340	5	1	1	5
Side of Chili with Onions	60	3.5	1.5	0	15	290	3	0	<1	4
Side of Chili with Beans & Onions	70	4	1.5	0	15	340	5	1	1	5
Side of Chili with Cheese	120	9	4.5	0	30	390	3	0	<1	7
Side of Chili with Beans, Onions & Cheese	130	9	4.5	0	30	440	6	1	1	8



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	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
<b>CHILI BOWLS - VEGETARIAN CHILI</b>										
Chili Bowl (8 oz)	200	13	2.5	0	0	1390	10	2	3	11
Chili Bowl (16 oz)	400	26	4.5	0	0	2780	20	5	5	21
Chili Bowl (side order)	50	3	0.5	0	0	350	2	<1	<1	3
Chili Bowl with Beans (8 oz)	250	10	1.5	0	0	1400	25	8	6	14
Chili Bowl with Beans (16 oz)	400	17	3	0	0	2280	39	12	9	22

	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
<b>DOUBLE DECKERS - WHITE BREAD</b>										
Double Decker - Ham & Turkey	760	46	11	0	140	2620	46	1	8	42
Double Decker - Ham & Bacon	1080	80	23	0	185	3580	46	1	9	45
Double Decker - Turkey & Bacon	1070	78	23	0	175	3600	46	4	8	45
Double Decker - Ham	760	46	11	0	145	2550	46	1	8	41
Double Decker - Turkey	770	46	10	0	130	2700	46	1	7	42
Double Decker - Bacon	1400	114	36	0	220	4620	45	1	9	48
Single Decker - Ham	610	44	10	0	100	1760	31	1	5	24
Single Decker - Turkey	620	44	10	0	95	1840	31	1	5	25
Single Decker - Bacon	930	78	23	0	140	2800	30	1	6	28

	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
<b>DOUBLE DECKERS - WHEAT BREAD</b>										
Double Decker - Ham & Turkey	750	45	11	0	140	2560	46	4	8	42
Double Decker - Ham & Bacon	1070	79	23	0	185	3520	46	4	9	45
Double Decker - Turkey & Bacon	1070	78	23	0	175	3600	46	4	8	45
Double Decker - Ham	750	45	11	0	145	2490	46	4	8	41
Double Decker - Turkey	750	44	10	0	130	2640	46	4	7	42
Double Decker - Bacon	1390	113	36	0	220	4560	45	4	9	48
Single Decker - Ham	610	43	10	0	100	1720	31	3	5	24
Single Decker - Turkey	610	43	10	0	95	1800	31	3	5	25
Single Decker - Bacon	980	77	23	0	140	2870	42	4	7	30

	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
<b>GORITO</b>										
GOrito	590	30	13	0.5	45	1280	62	2	1	20
Vegetarian Chili GOrito	590	29	12	0	35	1340	62	3	1	18

	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
<b>BURGERS</b>										
Hamburger - Single	560	33	11	1.5	75	910	44	2	7	22
Hamburger - Double	830	57	19	3	145	970	44	2	7	37
Cheeseburger - Single	650	40	15	1.5	100	1040	44	2	7	27
Cheeseburger - Double	1000	71	27	3	195	1240	44	2	7	47
Bacon Cheeseburger - Single	870	58	22	1.5	140	1900	46	2	9	41
Bacon Cheeseburger - Double	1220	88	34	3	235	2100	46	2	9	61
Bacon & Bleu Burger - Single	910	62	25	1.5	150	2060	46	2	9	41
Bacon & Bleu Burger - Double	1300	97	40	3	255	2410	46	2	9	61
Chili Burger - Single	680	39	16	2	105	1120	50	3	7	32
Chili Burger - Double	990	65	25	3.5	175	1440	54	3	7	47

	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
<b>CHICKEN SANDWICHES (AT SELECT LOCATIONS)</b>										
Classic Chicken Sandwich	532	20	3	0	84	1132	60	2	8	24
Bacon Chicken Ranch Sandwich	630	27	6	0	102	1982	63	2	9	31



# CHILI & GRILL MENU NUTRITION INFORMATION

## CHILI SALADS

	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Chili Salad - Full	640	41	13	1	65	1350	44	6	5	24
Chili Salad - Half	320	21	7	0	30	670	22	3	3	12
Vegetarian Chili Salad - Full	620	40	11	0	30	1480	44	6	6	21
Vegetarian Chili Salad - Half	310	20	6	0	15	740	22	3	3	10

## SALADS

	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Harvest Chicken Salad - Full	340	16	4.5	0	80	580	25	6	6	23
Harvest Chicken Salad - Half	170	8	2.5	0	40	290	13	3	3	12
BBQ Chicken Salad - Full	490	24	8	0	105	1190	36	5	4	33
BBQ Chicken Salad - Half	240	12	4	0	50	590	18	2	2	16
Bacon Chicken Ranch Salad - Full	962	69	15	0	143	1934	40	7	8	39
Bacon Chicken Ranch Salad - Half	481	35	8	0	72	967	20	4	4	20
Side Salad	80	5	3	0	15	140	5	2	2	5

## FRIES

	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
French Fries - Regular	460	19	1.5	0	0	540	67	5	<1	5
French Fries - Small/Child	200	8	0.5	0	0	240	30	3	<1	2
Cheese Fries	810	48	20	1.5	90	1110	68	5	<1	26
Chili Fries	490	22	1.5	0	20	910	63	5	<1	11
Chili Cheese Fries	840	51	22	1.5	110	1480	64	5	2	32
Vegetarian Chili Fries	540	24	1	0	0	1060	71	6	<1	9
Vegetarian Chili Cheese Fries	880	53	21	1.5	90	1630	72	6	2	30
Garlic Parmesan Fries	870	62	9	0	30	1180	71	6	<1	9
Bacon Cheddar Ranch Fries	1327	99	24	0	120	3111	71	5	6	39
Loaded Bacon Chili Cheese Fries	1190	82	24	1	125	2390	76	6	5	36

## SIDES

	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Lay's Potato Chips - Regular	250	16	2	0	0	250	23	2	1	3
Lay's Potato Chips - BBQ	240	15	2	0	0	230	23	2	3	3
Applesauce	50	0	0	0	0	25	14	2	10	0
Side of Cheddar Cheese (2 oz)	230	19	12	1	60	380	<1	0	<1	14
Oyster Crackers	90	2	0	0	0	190	16	<1	0	2

## KIDS MEALS

	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Kids 3-Way Meal	580-910	28-49	15-21	1-21	70-80	965-1285	72-142	5-6	19-55	24-28
Kids Spaghetti & Cheese Meal	450-780	22-43	12-18	1-21	50-60	525-845	69-169	4-5	18-54	18-22
Kids Cheese Coney Meal	470-800	25-46	11-17	0-20	60-250	915-1235	59-129	2-3	21-57	16-20
Kids Hot Dog Meal	340-670	15-36	5-11	0-20	25-215	545-865	55-125	2-3	20-56	8-12
Kids Cheeseburger Meal	570-969	47-58	17.5-18	2-20	105-125	1175-1555	93-120	5-6	29-48	29-39
Kids Chicken Fingers Meal	530-890	22-39	6-9	0-10	55-60	810-1030	67-122	3-5	42-61	18-22



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	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
<b>SHAKES &amp; DESSERTS</b>										
Vanilla Shake	990	51	33	0	210	420	117	0	111	18
Chocolate Shake	1070	51	33	0	210	450	134	<1	127	18
Strawberry Shake	1060	51	33	0	210	420	133	0	127	18
Cookies & Cream Shake	1110	55	34	0	210	510	134	<1	120	18
Strawberry Shortcake Shake	1320	57	34	0	230	540	183	0	138	20
Banana Cream Pie Shake	1340	57	34	0	230	530	188	0	143	20
Chocolate Banana Shake	1150	51	33	0	210	450	155	<1	148	18
Strawberry Banana Shake	1140	51	33	0	210	430	154	0	148	18
Grandma's Cookies - Choc. Chip	350	18	6	0	10	220	44	2	22	4
Busken Sugar Cookies	240	11	3.5	0	25	85	34	0	18	2
Grandma's Cookies - Vanilla Crème	150	7	2.5	0	5	95	22	1	9	2

	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
<b>DRINKS - SMALL/KIDS (12 OZ)</b>										
Pepsi	130	0	0	0	0	25	35	0	34	0
Diet Pepsi	0	0	0	0	0	45	0	0	0	0
Mtn Dew	140	0	0	0	0	40	37	0	37	0
Diet Mtn Dew	0	0	0	0	0	45	0	0	0	0
Mug Rootbear	120	0	0	0	0	35	33	0	33	0
Mist TWST	130	0	0	0	0	25	34	0	34	0
Pink Lemonade	130	0	0	0	0	130	33	0	33	0
Orange Twister Soda	140	0	0	0	0	30	38	0	38	0
Fruit Punch	140	0	0	0	0	30	38	0	37	0
Dr. Pepper	150	0	0	0	0	60	40	0	38	0
Sweet Tea	80	0	0	0	0	5	21	0	21	0
Iced Tea	3	0	0	0	0	11	1	0	0	0

	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
<b>DRINKS - REGULAR (22 OZ)</b>										
Pepsi	230	0	0	0	0	50	63	0	63	0
Diet Pepsi	0	0	0	0	0	0	0	0	0	0
Mtn Dew	250	0	0	0	0	80	67	0	67	0
Diet Mtn Dew	5	0	0	0	0	85	1	0	1	0
Mug Rootbear	220	0	0	0	0	70	60	0	60	0
Mist TWST	230	0	0	0	0	50	62	0	62	0
Pink Lemonade	240	0	0	0	0	235	61	0	61	0
Orange Twister Soda	260	0	0	0	0	55	70	0	70	0
Fruit Punch	260	0	0	0	0	55	69	0	69	0
Dr. Pepper	275	0	0	0	0	110	73	0	70	0
Sweet Tea	150	0	0	0	0	10	38	0	38	0
Iced Tea	6	0	0	0	0	19	2	0	0	0



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<b>DRINKS - LARGE (32 OZ)</b>										
Pepsi	340	0	0	0	0	70	92	0	92	0
Diet Pepsi	0	0	0	0	0	125	0	0	0	0
Mtn Dew	360	0	0	0	0	115	98	0	97	0
Diet Mtn Dew	10	0	0	0	0	125	1	0	1	0
Mug Rootbear	320	0	0	0	0	100	87	0	87	0
Mist TWST	340	0	0	0	0	75	90	0	90	0
Pink Lemonade	340	0	0	0	0	345	89	0	89	0
Orange Twister Soda	380	0	0	0	0	80	102	0	102	0
Fruit Punch	380	0	0	0	0	80	101	0	100	0
Dr. Pepper	400	0	0	0	0	160	106	0	103	0
Sweet Tea	220	0	0	0	0	15	56	0	56	0
Iced Tea	8	0	0	0	0	28	3	0	0	0
<b>DRINKS - OTHER</b>										
Hot Chocolate	90	2	0	0	0	150	16	<1	8	1
Coffee (8 oz)	1	0	0	0	0	5	0	0	0	0
Hot Tea (8 oz)	2	0	0	0	0	10	0.4	0	0	0
2% Milk	130	3	0	20	20	125	13	0	12	8
1% Chocolate Milk	140	1.5	0	10	10	180	23	0	22	8
Apple Juice	100	0	0	0	0	15	24	0	22	0

**Allergens**

**Wheat:** All items including Gold Star Chili, as well as double deckers, burgers, GOrito and cookies

**Milk:** All items served with cheese, as well as milk shakes and cookies

**Eggs:** Cookies

**Nuts:** Harvest Chicken Salad contains pecans.

**Ingredient Information**

Gold Star Chili contains MSG.

No menu items contain fish, shellfish or peanuts.

Veggie Chili is 100% vegetarian and vegan.

Hot Dogs contain beef, pork and poultry.

2,000 calories a day is used for general nutrition advice, but calorie needs vary.