



QUAKER STEAK LUBE MENU NUTRITIONAL ANALYSIS

STARTING LINE UP

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
4-Wheeler (1 serving)	1684	657	73	20	0	45	6325	207	2	14	42	750	14	634	8
Boom Boom Shrimp (1 serving)	585	347	39	6	0	113	1448	43	2	7	15	707	13	79	3
Chipotle Chicken Quesadillas (1 serving)	676	314	35	17	0	109	1375	60	2	20	35	1240	12	472	2
Fully Loaded Nachos with Chicken (1 serving)	1151	646	72	39	0	284	3194	60	6	9	70	2977	23	1164	2
Fully Loaded Nachos with Chipotle Beef (1 serving)	1265	769	85	44	0	280	3153	58	6	11	68	3297	24	1193	5
Garlic Cheddar Cheese Curds (1 serving)	983	601	67	37	0	165	3223	57	3	3	43	429	13	1215	4
Loaded Magna Fries (1 serving)	1319	826	92	30	0	120	2771	90	8	5	33	1033	27	651	3
Lube Chips and Dip (1 serving)	337	173	19	4	0	0	553	35	3	0	3	4	0	68	1
Lube Chips and Dip (1 serving) with Beer Cheese Topped with Scallions	608	295	33	10	0	30	1243	53	3	0	9	15	0	231	1
Lube Chips and Dip (1 serving) with White Queso	487	295	33	10	0	30	1453	41	3	0	9	4	0	254	1
Mozzarella Stick Shifters (1 serving)	853	345	38	16	0	2	2383	97	0	3	30	445	13	589	1
O-Rings (1 serving)	625	253	28	4	0	0	2205	84	0	28	8	5	0	82	2
Peel Out Potato Skins (1 serving)	982	572	64	32	0	151	2192	65	5	7	39	1510	66	898	3
Pick-Up Pickles (1 serving)	322	98	11	3	0	5	1912	46	0	0	9	657	7	118	4
Pick-Up Pickles (1 serving) with Jalapeno Ranch Dressing	602	368	41	8	0	35	2412	48	0	2	9	657	7	118	4
Pick-Up Pickles (1 serving) with Ranch Dressing	522	296	33	6	0	25	2452	48	0	2	9	657	7	158	4
Premium Pretzels (1 serving)	866	195	22	7	0	20	4578	134	7	2	25	0	0	183	10

AWARD WINNING WINGS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Arizona Ranch Cauliflower Wings (1 serving)	561	289	32	5	0	0	2336	57	6	6	6	128	41	31	5
Arizona Ranch Cauliflower Wings (1 serving) with Dipping Sauce Choice Bleu Cheese Dressing	909	631	70	11	0	36	2596	59	6	6	8	228	41	71	5
Arizona Ranch Cauliflower Wings (1 serving) with Dipping Sauce Choice Ranch Dressing	761	487	54	8	0	20	2876	59	6	8	6	128	41	71	5
Atomic Scorpion Wings (1 serving)	744	500	56	13	0	177	2568	13	0	0	42	338	2	37	3
Bone-In Wings Compact Bucket (1 serving)	2705	1957	217	52	0	707	733	7	2	4	169	12383	9	136	9



QUAKER STEAK LUBE MENU NUTRITIONAL ANALYSIS

Bone-In Wings Single (1 serving)	1352	979	109	26	0	354	367	3	1	2	84	6192	4	68	5										
Bone-In Wings Sprintster (1 serving)	688	490	54	13	0	177	222	4	2	2	43	5981	3	52	3										
Bone-In Wings Super Single (1 serving)	2036	1468	163	39	0	531	565	7	2	4	127	12045	7	108	7										
Breaded Boneless Wings 12 Pack (1 serving)	808	262	29	5	0	160	2433	67	1	2	68	5516	1	13	5										
Breaded Boneless Wings 24 Pack (1 serving)	1616	523	58	9	0	320	4865	135	2	4	137	11032	2	26	9										
Breaded Boneless Wings 6 Pack (1 serving)	411	131	15	2	0	80	1232	35	1	2	34	5516	1	13	3										
Celery, Carrots and Dip (1 serving)	19	1	0	0	0	0	54	4	2	2	0	5644	2	24	0										
Celery, Carrots and Dip (1 serving) with Blue Cheese Dressing	367	343	38	6	0	36	314	6	2	2	2	5744	2	64	0										
Celery, Carrots and Dip (1 serving) with Ranch Dressing	219	199	22	3	0	20	594	6	2	4	0	5644	2	64	0										
Eat Heat Challenge (1 serving)	809	507	56	13	0	177	1128	28	0	16	42	338	2	44	3										
SANDWICHED-IN											Total	Fat	Total Fat	Saturated	Trans Fat	Cholesterol	Sodium	Total	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
											Calories (kcal)	Calories (kcal)	(g)	Fat (g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(iu)	(mg)	(mg)	(mg)
Boneless Chicken Wrap (1 serving)	770	341	38	8	0	72	2145	77	8	10	30	9684	6	231	4										
Breaded Chicken Sandwich (1 serving)	581	136	15	2	0	101	1222	61	2	7	48	236	4	155	5										
Breaded Chicken Sandwich, Lube It Up (1 serving)	624	126	14	3	1	99	3360	74	3	12	48	1352	5	162	5										
Cheesesteak Melt (1 serving)	720	355	39	11	0	116	1661	48	3	4	36	376	2	294	4										
Cheesesteak Phil-M-Up (1 serving)	803	323	36	16	2	148	1776	67	3	7	55	1855	56	477	1										
Chicken Phil M Up (1 serving)	794	314	35	16	1	148	1547	67	3	7	55	1808	56	475	1										
Corvette Club, Breaded (1 serving)	872	331	37	10	1	151	2348	68	1	9	60	633	4	243	6										
Corvette Club, Grilled (1 serving)	772	326	36	11	1	148	2393	47	1	8	57	672	4	226	4										
Fish Tailin Sandwich (1 serving)	1096	615	68	12	1	90	1546	86	3	9	32	480	12	79	1										
GTO Gyro (1 serving)	725	330	37	15	0	75	2715	66	6	5	34	394	5	202	6										
Grilled Boneless Chicken Wrap (1 serving)	728	366	41	8	0	79	1763	59	7	10	32	9685	6	226	4										



QUAKER STEAK LUBE MENU NUTRITIONAL ANALYSIS

Grilled Chicken Sandwich (1 serving)	482	131	15	2	0	99	1267	40	2	6	46	275	4	138	3
Grilled Chicken Sandwich, Lube It Up (1 serving)	447	89	10	2	0	99	2396	42	2	6	46	309	4	138	4
Pulled Pork Sandwich (1 serving)	742	391	43	17	0	108	2167	51	1	17	35	549	1	320	3
Road Hog Crunch Wrap (1 serving)	1311	725	81	28	0	157	3280	102	6	45	45	3695	31	517	5

LUBE-NORMOUS STEAKBURGERS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Bacon Cheese Burger (1 serving)	719	348	39	13	0	155	1603	41	2	6	51	249	3	157	6
Bacon Cheese Burger (1 serving) with Cheese Choice American	820	430	48	18	0	180	2120	41	2	6	56	552	3	308	6
Bacon Cheese Burger (1 serving) with Cheese Choice Pepper Jack	879	456	51	21	0	195	1873	41	2	6	61	649	3	457	6
Bacon Cheese Burger (1 serving) with Cheese Choice Provolone	919	492	55	23	0	205	1833	41	2	6	65	849	3	557	6
Bacon Cheese Burger (1 serving) with Cheese Choice Shredded Cheddar Jack	834	433	48	19	0	185	1773	42	2	7	58	549	3	357	6
Bacon Cheese Burger (1 serving) with Cheese Choice Swiss	939	510	57	23	0	215	1863	41	2	6	67	649	3	757	6
Garlic Parmesan Cheese Curd Hand Smashed Burger (1 serving)	842	500	56	22	0	105	1586	53	2	6	33	446	1	539	4
Garlic Parmesan Cheese Curd Hand Smashed Double Burger (1 serving)	1172	757	84	33	0	168	2002	54	3	6	49	633	1	660	6
Gluten Free Bun (1 bun)	250	63	7	1	0	0	480	43	5	6	6	0	0	40	1
Hangover Burger (1 serving)	973	536	60	21	0	427	1957	41	2	6	66	705	2	337	7
Kentucky Bourbon Burger (1 serving)	1061	465	52	21	1	195	2814	78	2	39	61	726	6	475	6
Lubeburger (1 serving)	877	478	53	19	1	180	2934	42	2	6	57	745	3	309	6
Mac and Cheezburger (1 serving)	913	474	53	20	0	185	2117	50	2	8	58	615	4	410	7
Pick Ur Cheese Burger (1 serving)	643	288	32	11	0	141	1291	41	2	6	46	249	3	157	6
Pick Ur Cheese Burger (1 serving) with Cheese Choice American	744	370	41	16	0	166	1808	41	2	6	51	552	3	308	6
Pick Ur Cheese Burger (1 serving) with Cheese Choice Pepper Jack	803	396	44	19	0	181	1561	41	2	6	56	649	3	457	6
Pick Ur Cheese Burger (1 serving) with Cheese Choice Provolone	843	432	48	21	0	191	1521	41	2	6	60	849	3	557	6
Pick Ur Cheese Burger (1 serving) with Cheese Choice Shredded Cheddar Jack	758	374	42	17	0	171	1461	42	2	7	53	549	3	357	6
Pick Ur Cheese Burger (1 serving) with Cheese Choice Swiss	863	450	50	21	0	201	1551	41	2	6	62	649	3	757	6

SOUPED-UP SOUPS & SALADS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
--	-----------------------	---------------------	---------------	-------------------	---------------	------------------	-------------	-----------------	-----------	------------	-------------	------------	------------	--------------	-----------



QUAKER STEAK LUBE MENU NUTRITIONAL ANALYSIS

Biker Chick' Salad (1 serving)	932	433	48	10	0	152	1678	75	8	58	49	8667	90	159	4
Chicken Caesar Salad (1 serving)	692	355	39	11	0	149	1820	24	5	7	57	11179	56	526	4
Chopped Greek Salad (1 serving)	1177	659	73	25	0	97	3995	88	9	18	42	2027	29	344	7
Grilled Boneless Chicken Salad (1 serving)	569	165	18	5	0	84	1807	57	8	5	42	20302	63	327	9
Hot Chassis Chili, Bowl (1 serving)	270	150	17	9	0	64	1444	18	4	5	15	409	2	191	2
Hot Chassis Chili, Cup (1 serving)	201	113	13	7	0	50	1066	13	3	4	10	311	1	129	2
Potato Lovers Soup, Bowl (1 serving)	430	304	34	20	0	102	1418	18	1	4	13	172	3	295	0
Potato Lovers Soup, Cup (1 serving)	298	210	23	14	0	72	1010	14	0	3	9	86	2	196	0
QSL Signature Salad with Grilled Chicken (1 serving)	903	501	56	16	0	157	1886	41	5	31	59	11528	66	347	6
QSL Signature Salad with Steak Tips (1 serving)	586	352	39	18	0	121	928	11	5	4	46	11459	64	350	7
QSL Signature Salad with Top Gear Tenders (1 serving)	961	500	56	15	0	121	2063	68	6	31	48	11476	65	352	7
Salad Lubes (3 fluid ounces)															0
Salad Lubes (3 fluid ounces) with Dressing Choice Balsamic Vinaigrette	180	135	15	2	0	0	600	15	0	12	0	0	0	0	0
Salad Lubes (3 fluid ounces) with Dressing Choice Bleu Cheese	522	513	57	9	0	54	390	3	0	0	3	150	0	60	0
Salad Lubes (3 fluid ounces) with Dressing Choice Chipotle Ranch	304	298	33	5	0	30	899	4	0	3	0	90	0	61	0
Salad Lubes (3 fluid ounces) with Dressing Choice Farmhouse Ranch	300	297	33	5	0	30	810	3	0	3	0	0	0	60	0
Salad Lubes (3 fluid ounces) with Dressing Choice Fat Free Italian	45	0	0	0	0	0	1470	9	0	6	0	0	0	0	0
Salad Lubes (3 fluid ounces) with Dressing Choice Honey Mustard	130	28	3	0	0	0	999	19	0	9	3	0	4	62	2
Salad Lubes (3 fluid ounces) with Dressing Choice Lemon Feta Vinaigrette	290	248	28	4	0	2	707	10	0	8	1	216	9	46	0
Salad Lubes (3 fluid ounces) with Dressing Choice Lube Jalapeno Ranch	420	405	45	8	0	45	750	3	0	3	0	0	0	0	0
Salad Lubes (3 fluid ounces) with Dressing Choice Northern Italian	390	378	42	6	0	0	1020	3	0	0	0	300	11	60	0
Salad Lubes (3 fluid ounces) with Dressing Choice Olive Oil and Balsamic Vinegar	414	378	42	6	0	0	0	9	0	9	0	0	0	0	0
Salad Lubes (3 fluid ounces) with Dressing Choice Wildberry Poppyseed	323	223	25	3	0	34	519	28	1	23	0	0	17	0	0
Side Caesar Salad (1 serving)	269	175	19	4	0	25	952	16	3	4	7	8237	34	194	2
Side Garage Salad (1 serving)	105	47	5	3	0	15	105	9	3	5	5	8705	64	147	1
Soup and Salad Combo with Caesar Salad (1 serving)	269	175	19	4	0	25	952	16	3	4	7	8237	34	194	2
Soup and Salad Combo with Caesar Salad (1 serving) with Hot Chassis Chili	540	324	36	13	0	89	2396	34	7	9	22	8646	36	385	4
Soup and Salad Combo with Caesar Salad (1 serving) with Potato Lovers Soup	699	479	53	24	0	127	2370	34	4	8	21	8409	37	488	2



QUAKER STEAK LUBE MENU NUTRITIONAL ANALYSIS

Soup and Salad Combo with Garage Salad (1 serving)	105	47	5	3	0	15	105	9	3	5	5	8705	64	147	1
Soup and Salad Combo with Garage Salad (1 serving) with Hot Chassis Chili	375	196	22	12	0	79	1549	27	7	10	20	9113	66	338	4
Soup and Salad Combo with Garage Salad (1 serving) with Potato Lovers Soup	535	351	39	23	0	117	1523	28	4	9	19	8876	66	442	2
Steak Caesar Salad (1 serving)	804	505	56	19	0	131	2127	23	4	6	49	11125	45	542	5
Steak and Bleu Salad (1 serving)	1086	637	71	19	0	128	2221	64	8	10	50	16016	66	366	10
TGT Boneless Chicken Salad (1 serving)	600	98	11	4	0	73	1701	83	9	5	40	20261	63	330	10
MAIN STREET															
	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Asian Rice Bowl, Chicken (1 serving)	797	291	32	5	0	99	1802	78	6	34	48	10032	195	155	5
Asian Rice Bowl, Steak (1 serving)	914	442	49	13	0	81	2109	78	6	34	40	9980	193	178	7
Baby Back Rib and Bone-In Wings Combo (1 serving)	1332	952	106	32	2	336	373	12	1	10	74	600	2	111	5
Baby Back Rib and Fried Shrimp Combo (1 serving)	943	522	58	19	1	243	1145	49	2	12	47	370	10	152	5
Baby Back Rib and Grilled Chicken Combo (1 serving)	881	513	57	20	1	258	316	12	1	10	72	322	2	102	4
Baby Back Rib and Top Gear Tenders Combo (1 serving)	1127	546	61	20	1	264	1812	58	2	11	78	304	3	130	5
Crispy Panko Shrimp Dinner (1 serving)	987	331	37	5	0	176	2864	123	7	10	34	1030	31	151	7
Flame Grilled Chicken, Double (1 serving)	818	252	28	6	0	198	2251	49	2	1	85	509	21	72	5
Flame Grilled Chicken, Single (1 serving)	597	203	23	5	0	99	1463	48	2	1	46	432	19	49	4
Loaded Mac and Cheese Skillet with Pulled Pork (1 serving)	930	431	48	22	1	115	3382	83	3	17	43	702	11	525	4
Loaded Mac and Cheese Skillet with Top Gear Tenders (1 serving)	1100	453	50	18	1	123	4560	102	3	9	55	709	12	568	5
Pub-Style Fish and Chips (1 serving)	1203	525	58	10	0	124	3071	121	8	12	46	908	38	103	5
The Lube's Baby Back Ribs, Full Rack (1 serving)	1326	927	103	37	3	319	411	24	1	19	65	524	1	167	5
The Lube's Baby Back Ribs, Half Rack (1 serving)	663	463	51	19	1	160	205	12	1	10	32	262	0	83	2
Top Gear Tenders (1 serving)	1111	363	40	7	0	134	3157	120	8	8	61	873	35	83	6
Top Gear Tenders (1 serving) with Dipping Sauce Choice Bleu Cheese Dressing	1459	705	78	13	0	170	3417	122	8	8	63	973	35	123	6



QUAKER STEAK LUBE MENU NUTRITIONAL ANALYSIS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Top Gear Tenders (1 serving) with Dipping Sauce Choice Ranch Dressing	1311	561	62	10	0	154	3697	122	8	10	61	873	35	123	6
STEAK IS OUR MIDDLE NAME															
12 oz Choice Ribeye Steak (1 serving)	1158	656	73	25	0	428	1096	23	0	3	94	159	0	86	8
12 oz Moe's New Yorker (1 serving)	996	586	65	24	0	197	759	24	1	1	74	46	0	91	6
16 oz Choice Ribeye Steak (1 serving)	1267	705	78	28	1	500	805	24	1	1	109	88	0	78	8
Custom Details (1 serving)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Custom Details (1 serving) with Blackened Seasoning	6	1	0	0	0	0	360	1	0	0	0	221	1	12	0
Custom Details (1 serving) with Blue Cheese Crumbles	50	36	4	3	0	10	190	1	1	0	3	150	0	75	0
Custom Details (1 serving) with Grilled Mushrooms	7	3	0	0	0	0	1	0	0	0	0	2	0	0	0
Custom Details (1 serving) with Grilled Onions	9	3	0	0	0	0	0	1	0	1	0	2	1	3	0
Smothered Steak Skillet (1 serving)	1031	624	69	28	1	178	2146	32	1	8	64	1659	56	506	5
Surf and Turf, Chicken and Shrimp (1 serving)	661	190	21	4	0	182	2007	55	3	2	57	185	12	93	5
Surf and Turf, Steak and Shrimp (1 serving)	837	389	43	13	0	172	1983	55	3	2	52	149	10	116	6
Thunderbird Sirloin Steak (1 serving)	774	499	55	18	0	118	1073	18	1	0	48	117	0	61	4
Thunderbird Sirloin Steak (1 serving) with Blue Cheese Crumbles	824	535	59	20	0	128	1263	18	2	0	51	267	0	136	4
Thunderbird Sirloin Steak (1 serving) with Grilled Mushrooms	781	502	56	18	0	118	1073	18	1	0	49	119	1	62	4
Thunderbird Sirloin Steak (1 serving) with Grilled Onions	783	501	56	18	0	118	1073	19	1	1	48	119	1	64	4
Turf and Turf, Steak and Chicken (1 serving)	778	380	42	14	0	187	1831	18	1	0	76	118	3	71	4
CUSTOM BUILT COMBOS															
Choose 1 Chicken and Any Sauce (1 serving)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Choose 1 Chicken and Any Sauce (1 serving) with Chicken Choice Bone-In Wings	669	489	54	13	0	177	168	0	0	0	42	338	2	28	2
Choose 1 Chicken and Any Sauce (1 serving) with Chicken Choice Breaded Boneless Wings	397	131	15	2	0	80	1201	32	0	0	34	0	0	0	2
Choose 1 Chicken and Any Sauce (1 serving) with Chicken Choice Top Gear Tenders	464	82	9	2	0	104	1607	47	2	1	46	42	2	47	3
Choose Your Munchie (1 serving)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Choose Your Munchie (1 serving) with Loaded Fries	1119	744	83	29	0	128	2328	63	6	6	32	1122	19	702	2
Choose Your Munchie (1 serving) with Mac and Cheese	343	93	10	3	0	11	743	50	2	9	11	0	0	171	2
Choose Your Munchie (1 serving) with Mozzarella Stick Shifters with Marinara Sauce	497	203	23	9	0	2	1429	56	0	2	17	302	9	349	0
Choose Your Munchie (1 serving) with O-Rings	352	154	17	3	0	0	1257	45	0	16	4	3	0	46	1



QUAKER STEAK LUBE MENU NUTRITIONAL ANALYSIS

Choose Your Munchie (1 serving) with Peel-Out Potato Skins	491	286	32	16	0	76	1096	33	2	4	20	755	33	449	2
Choose Your Munchie (1 serving) with Pick-Up Pickles	395	251	28	4	0	20	1735	32	0	2	4	405	5	60	3
Choose Your Munchie (1 serving) with Premium Pretzels with Beer Cheese Dip	504	127	14	5	0	20	2189	72	2	1	13	5	0	130	5
Choose Your Munchie (1 serving) with Steamed Fresh Broccoli with Beer Cheese Dip	221	85	9	4	0	20	490	18	2	2	7	3402	106	162	1
SIDECARS															
	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Bourbon Baked Beans (1 serving)	159	0	0	0	0	0	488	35	3	19	5	340	3	23	2
Cinnamon Apples (1 serving)	281	13	1	0	0	0	53	68	2	60	0	123	74	49	0
Coleslaw (1 serving)	94	60	7	1	0	9	256	7	1	6	1	817	16	25	0
French Fries (1 serving)	345	154	17	3	0	0	730	42	4	0	4	4	12	1	1
Fresh Baked Idaho Potato (1 serving)	288	24	3	0	0	0	694	59	4	2	7	20	64	47	3
Fresh Baked Idaho Potato (1 serving) with Sour Cream	342	72	8	4	0	21	710	60	4	3	7	234	64	90	3
Fresh Baked Idaho Potato (1 serving) with Whipped Butter	404	139	15	9	0	32	790	59	4	2	7	448	64	47	3
Fresh Steamed Broccoli (1 serving)	51	4	0	0	0	0	38	7	3	2	4	4252	132	68	1
Fresh Steamed Broccoli (1 serving) with Beer Cheese	231	85	9	4	0	20	498	19	3	2	8	4252	132	176	1
House-Made Lube Chips (1 serving)	382	185	21	7	0	20	792	33	2	0	6	3	0	149	1
Loaded Baked Potato (1 serving)	288	24	3	0	0	0	694	59	4	2	7	20	64	47	3
Loaded Baked Potato (1 serving) with Bacon Pieces	328	55	6	2	0	5	824	59	4	2	9	20	64	47	3
Loaded Baked Potato (1 serving) with Cheddar Jack Cheese	403	109	12	6	0	30	864	60	4	3	14	320	64	247	3
Loaded Baked Potato (1 serving) with Scallions	289	24	3	0	0	0	694	59	4	2	7	41	65	49	3
Loaded Baked Potato (1 serving) with Sour Cream	342	72	8	4	0	21	710	60	4	3	7	234	64	90	3
Loaded Baked Potato (1 serving) with Whipped Butter	404	139	15	9	0	32	790	59	4	2	7	448	64	47	3
Loaded French Fries (1 serving)	1025	660	73	21	0	94	2287	68	6	4	25	669	19	446	2
Lube Rice (1 serving)	180	60	7	1	0	0	330	26	1	1	3	296	14	21	2
Mac and Cheese (1 serving)	332	119	13	8	0	36	1378	38	1	6	15	413	7	313	2
Sauteed Green Beans and Red Peppers (1 serving)	111	65	7	1	0	0	177	9	4	2	2	1345	49	45	1
Side of O-Rings (1 serving)	192	46	5	1	0	0	637	33	0	6	4	3	0	26	0



QUAKER STEAK LUBE MENU NUTRITIONAL ANALYSIS

FINISH LINE DESSERTS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Amazing Chocolate Chunk Skillet Cookie (1 serving)	990	391	43	27	1	138	1234	139	3	65	12	990	0	128	5
New York Cheesecake (1 serving)	488	309	34	18	0	146	360	38	1	25	7	1001	8	62	1
Oreo Cheesecake (1 serving)	718	354	39	20	0	146	545	83	2	36	8	1001	8	62	4
Skillet Apple Nachos (1 serving)	717	95	11	5	0	28	517	149	4	95	8	366	74	206	3
Strawberry Cheesecake (1 serving)	540	310	34	18	0	146	361	50	2	35	7	1006	42	69	1
Triple Rich Fudge Brownie (1 serving)	982	509	57	23	0	188	234	118	5	79	11	240	0	103	6

UNLEADED BEVERAGES

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Diet Pepsi (1 drink)	0	0	0	0	0	0	54	0	0	0	0	0	0	0	0
Dr Pepper (1 drink)	198	0	0	0	0	0	63	49	0	49	0	0	0	0	0
Fresh Brewed Coffee (1 drink)	0	0	0	0	0	0	5	0	0	0	0	0	0	5	0
Fresh Brewed Iced Tea (1 drink)	0	0	0	0	0	0	8	0	0	0	0	0	0	8	0
Fresh Brewed Sweetened Iced Tea (1 drink)	256	0	0	0	0	0	7	64	0	64	0	0	0	7	0
Lube Old Tyme Bottled Root Beer (1 bottle)	180	0	0	0	0	0	40	44	0	44	0	0	0	0	0
Mountain Dew (1 drink)	198	0	0	0	0	0	90	56	0	56	0	0	0	0	0
Nestle Pure Life Bottled Water (1 bottle)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Oreo Shake (1 shake)	560	234	26	12	0	50	350	72	2	52	8	400	0	200	2
Pepsi (1 drink)	180	0	0	0	0	0	45	49	0	49	0	0	0	0	0
Red Bull Energy Drink (1 can)	110	0	0	0	0	0	100	28	0	27	0	0	0	0	0
Red Bull Sugar Free (1 can)	10	0	0	0	0	0	100	3	0	0	0	0	0	0	0
Starry Lemon Lime Soda (1 drink)	180	0	0	0	0	0	42	47	0	47	0	0	0	0	0



QUAKER STEAK LUBE MENU NUTRITIONAL ANALYSIS

Unleaded Lube-N-Ade (1 drink)	138	0	0	0	0	0	17	35	0	32	0	4	11	7	0
Mango Lube-N-Ade (1 serving)	159	0	0	0	0	0	9	39	1	35	0	2813	45	7	0
Strawberry Lube-N-Ade (1 serving)	172	0	0	0	0	0	6	43	1	38	0	4	41	7	0
Wildberry Lube-N-Ade (1 serving)	159	0	0	0	0	0	9	39	1	33	0	4	45	7	0

HAND CRAFTED SODAS & SHAKES

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Chocolate Milkshake (1 shake)	478	134	15	8	0	52	135	77	0	65	5	300	0	150	1
Orange Cream Soda (1 drink)	216	0	0	0	0	0	33	55	0	55	0	0	0	0	0
Vanilla Milkshake (1 shake)	378	134	15	8	0	52	105	53	0	51	5	300	0	150	0

AIN'T NO SECRET IT'S THE SAUCE- WING SAUCES & SEASONINGS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Wing Sauces (2 fluid ounces)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Wing Sauces (2 fluid ounces) with Wing Dust Chipotle BBQ	11	4	0	0	0	0	237	2	0	1	0	240	0	3	0
Wing Sauces (2 fluid ounces) with Wing Dust Mango Habanero	20	1	0	0	0	0	361	5	0	3	0	332	1	18	0
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Arizona Ranch	140	126	14	2	0	0	1220	0	0	0	0	0	0	20	0
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Asian Sesame	240	198	22	3	0	0	880	14	0	12	0	0	0	20	0
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Boom Boom Sauce	300	288	32	5	0	30	500	4	0	4	0	0	0	0	0
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Buckeye BBQ	90	0	0	0	0	0	400	20	0	18	0	0	0	20	0
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Eat Heat	140	18	2	0	0	0	960	28	0	16	0	0	0	16	1
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Garlic Parmesan	280	252	28	5	0	20	1160	6	0	2	2	0	0	60	0
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Golden Garlic	180	162	18	3	0	0	820	2	0	0	0	0	0	20	0
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Haute Parm	198	176	20	4	0	8	910	4	0	0	2	0	0	75	1
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Hot	10	0	0	0	0	0	1480	2	0	0	0	0	0	0	0
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Kentucky Bourbon Glaze	160	0	0	0	0	0	880	34	0	32	0	0	0	12	0
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Korean BBQ	140	27	3	0	0	0	1180	26	0	22	2	600	7	0	1
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Louisiana Lickers	160	108	12	2	0	0	620	12	0	10	0	0	0	20	1
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Medium	190	175	19	3	0	0	821	3	0	0	1	100	12	20	0
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Mild	252	252	28	4	0	0	680	0	0	0	0	0	0	0	0
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Original BBQ	76	7	1	0	0	0	789	17	0	16	0	0	0	0	0
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Parmesan Pepper	260	234	26	5	0	10	720	4	0	0	2	0	0	100	1
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Scorpion Atomic	60	9	1	0	0	0	1920	10	0	0	0	0	0	8	1
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Smoked Jalapeno Honey	180	0	0	0	0	0	760	42	0	30	0	0	0	4	0
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Supercharged	11	2	0	0	0	0	744	2	1	0	0	981	0	6	0



QUAKER STEAK LUBE MENU NUTRITIONAL ANALYSIS

Wing Sauces (2 fluid ounces) with Wing Sauce Choice Thai R Cracker	120	0	0	0	0	0	760	32	0	26	0	0	0	2	0
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Thaisian	180	99	11	2	0	0	820	23	0	19	0	0	0	11	0
KID'S MENU ITEMS	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Kids Apple Juice (1 juice box)	101	0	0	0	0	0	8	24	0	24	0	0	10	17	1
Kids Applesauce (1 serving)	68	0	0	0	0	0	8	17	2	14	0	0	0	0	0
Kids Baby Carrots with Ranch Dressing (1 serving)	231	199	22	3	0	20	606	9	2	6	1	11728	2	67	1
Kids Chevy Cheeseburger (1 serving)	348	153	17	6	1	48	795	31	1	5	18	279	0	149	3
Kids Diet Pepsi (1 drink)	0	0	0	0	0	0	27	0	0	0	0	0	0	0	0
Kids Dr Pepper (1 drink)	99	0	0	0	0	0	32	24	0	24	0	0	0	0	0
Kids French Fries (1 serving)	172	77	9	2	0	0	365	21	2	0	2	2	6	1	1
Kids Goldfish Crackers (1 serving)	35	11	1	0	0	0	63	5	0	0	1	0	0	10	0
Kids Grilled Cheese (1 serving)	358	117	13	5	0	25	995	44	0	6	13	387	0	192	3
Kids Jell-O Cup (1 serving)	60	0	0	0	0	0	60	14	0	14	2	0	0	0	0
Kids Mac and Cheese (1 serving)	300	81	9	3	0	10	650	44	2	8	10	0	0	150	2
Kids Milk (1 carton)	225	108	12	8	0	53	188	18	0	18	12	450	9	450	0
Kids Mountain Dew (1 drink)	99	0	0	0	0	0	45	28	0	28	0	0	0	0	0
Kids Pepsi (1 drink)	90	0	0	0	0	0	23	24	0	24	0	0	0	0	0
Kids Sierra Mist (1 drink)	90	0	0	0	0	0	23	23	0	23	0	0	0	0	0
Kids Sundae (1 serving)	239	65	7	5	0	28	124	42	0	12	2	240	0	48	1
Kids Top Gear Tenders (1 serving)	419	49	5	1	0	63	1404	62	1	31	28	25	11	28	2