



QUAKER STEAK & LUBE MENU ANALYSIS FALL 2023

| 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) | 1707 | 689 | 77 | 20 | 0 | 45 | 6230 | 201 | 3 | 11 | 42 | 749 | 14 | 619 | 8 |
| Arizona Ranch Cauliflower Wings (1 serving) | 507 | 187 | 21 | 3 | 0 | 0 | 2063 | 69 | 6 | 5 | 10 | 128 | 1 | 81 | 2 |
| Arizona Ranch Cauliflower Wings (1 serving) with Dipping Sauce Choice Bleu Cheese Dressing | 681 | 358 | 40 | 6 | 0 | 18 | 2193 | 70 | 6 | 5 | 11 | 178 | 1 | 101 | 2 |
| Arizona Ranch Cauliflower Wings (1 serving) with Dipping Sauce Choice Ranch Dressing | 607 | 286 | 32 | 4 | 0 | 10 | 2333 | 70 | 6 | 6 | 10 | 128 | 1 | 101 | 2 |
| Boom Boom Shrimp (1 serving) | 585 | 347 | 39 | 6 | 0 | 113 | 1448 | 43 | 2 | 7 | 15 | 707 | 13 | 79 | 3 |
| Chipotle Chicken Quesadilla (1 serving) | 812 | 296 | 33 | 16 | 0 | 130 | 1668 | 82 | 3 | 23 | 51 | 1139 | 13 | 524 | 4 |
| Game Day Nachos with Chicken (1 serving) | 1241 | 660 | 73 | 37 | 0 | 286 | 3444 | 69 | 6 | 15 | 82 | 3154 | 26 | 1171 | 3 |
| Game Day Nachos with Chili (1 serving) | 1156 | 650 | 72 | 38 | 0 | 202 | 3978 | 80 | 9 | 17 | 53 | 2969 | 26 | 1204 | 5 |
| Garlic White 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 | 607 | 295 | 33 | 10 | 0 | 30 | 1243 | 53 | 3 | 0 | 9 | 4 | 0 | 230 | 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) | 1116 | 314 | 35 | 9 | 0 | 30 | 4469 | 152 | 6 | 2 | 28 | 0 | 0 | 196 | 8 |
| CUSTOM BUILT COMBOS | 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) |
| CHOOSE 1 CHICKEN (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 Grilled Boneless with Pita | 484 | 81 | 9 | 1 | 0 | 140 | 1507 | 46 | 3 | 2 | 57 | 671 | 5 | 113 | 3 |
| 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 1 Chicken and Any Sauce (1 serving) with Wing Dust Chipotle BBQ | 11 | 4 | 0 | 0 | 0 | 0 | 237 | 2 | 0 | 1 | 0 | 240 | 0 | 3 | 0 |
| Choose 1 Chicken and Any Sauce (1 serving) with Wing Dust Mango Habanero | 20 | 1 | 0 | 0 | 0 | 0 | 361 | 5 | 0 | 3 | 0 | 332 | 1 | 18 | 0 |
| Choose 1 Chicken and Any Sauce (1 serving) with Wing Sauce Choice Arizona Ranch | 140 | 126 | 14 | 2 | 0 | 0 | 1220 | 0 | 0 | 0 | 0 | 0 | 0 | 20 | 0 |
| Choose 1 Chicken and Any Sauce (1 serving) with Wing Sauce Choice Asian Sesame | 240 | 198 | 22 | 3 | 0 | 0 | 880 | 14 | 0 | 12 | 0 | 0 | 0 | 20 | 0 |
| Choose 1 Chicken and Any Sauce (1 serving) with Wing Sauce Choice Atomic Scorpion | 60 | 9 | 1 | 0 | 0 | 0 | 1920 | 10 | 0 | 0 | 0 | 0 | 0 | 8 | 1 |
| Choose 1 Chicken and Any Sauce (1 serving) with Wing Sauce Choice Boom Boom | 300 | 288 | 32 | 5 | 0 | 30 | 500 | 4 | 0 | 4 | 0 | 0 | 0 | 0 | 0 |
| Choose 1 Chicken and Any Sauce (1 serving) with Wing Sauce Choice Buckeye BBQ | 90 | 0 | 0 | 0 | 0 | 0 | 400 | 20 | 0 | 18 | 0 | 0 | 0 | 20 | 0 |
| Choose 1 Chicken and Any Sauce (1 serving) with Wing Sauce Choice Garlic Parmesan | 280 | 252 | 28 | 5 | 0 | 20 | 1160 | 6 | 0 | 2 | 2 | 0 | 0 | 60 | 0 |
| Choose 1 Chicken and Any Sauce (1 serving) with Wing Sauce Choice Golden Garlic | 180 | 162 | 18 | 3 | 0 | 0 | 820 | 2 | 0 | 0 | 0 | 0 | 0 | 20 | 0 |
| Choose 1 Chicken and Any Sauce (1 serving) with Wing Sauce Choice Haute Parm | 198 | 176 | 20 | 4 | 0 | 8 | 910 | 4 | 0 | 0 | 2 | 0 | 0 | 75 | 1 |
| Choose 1 Chicken and Any Sauce (1 serving) with Wing Sauce Choice Hot | 10 | 0 | 0 | 0 | 0 | 0 | 1480 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Choose 1 Chicken and Any Sauce (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze | 160 | 0 | 0 | 0 | 0 | 0 | 880 | 34 | 0 | 32 | 0 | 0 | 0 | 12 | 0 |
| Choose 1 Chicken and Any Sauce (1 serving) with Wing Sauce Choice Korean BBQ | 140 | 27 | 3 | 0 | 0 | 0 | 1180 | 26 | 0 | 22 | 2 | 600 | 7 | 0 | 1 |
| Choose 1 Chicken and Any Sauce (1 serving) with Wing Sauce Choice Louisiana Lickers | 160 | 108 | 12 | 2 | 0 | 0 | 620 | 12 | 0 | 10 | 0 | 0 | 0 | 20 | 1 |



QUAKER STEAK & LUBE MENU ANALYSIS FALL 2023

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|--|------------------------------|----------------------------|----------------------|--------------------------|----------------------|-------------------------|--------------------|------------------------|------------------|-------------------|--------------------|-------------------|-------------------|---------------------|------------------|
| Choose 1 Chicken and Any Sauce (1 serving) with Wing Sauce Choice Medium | 190 | 175 | 19 | 3 | 0 | 0 | 821 | 3 | 0 | 0 | 1 | 100 | 12 | 20 | 0 |
| Choose 1 Chicken and Any Sauce (1 serving) with Wing Sauce Choice Mild | 252 | 252 | 28 | 4 | 0 | 0 | 680 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Choose 1 Chicken and Any Sauce (1 serving) with Wing Sauce Choice Original BBQ | 76 | 7 | 1 | 0 | 0 | 0 | 789 | 17 | 0 | 16 | 0 | 0 | 0 | 0 | 0 |
| Choose 1 Chicken and Any Sauce (1 serving) with Wing Sauce Choice Parmesan Pepper | 260 | 234 | 26 | 5 | 0 | 10 | 720 | 4 | 0 | 0 | 2 | 0 | 0 | 100 | 1 |
| Choose 1 Chicken and Any Sauce (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey | 180 | 0 | 0 | 0 | 0 | 0 | 760 | 42 | 0 | 30 | 0 | 0 | 0 | 4 | 0 |
| Choose 1 Chicken and Any Sauce (1 serving) with Wing Sauce Choice Super Recharged | 11 | 2 | 0 | 0 | 0 | 0 | 744 | 2 | 1 | 0 | 0 | 981 | 0 | 6 | 0 |
| Choose 1 Chicken and Any Sauce (1 serving) with Wing Sauce Choice Thai R Cracker | 120 | 0 | 0 | 0 | 0 | 0 | 760 | 32 | 0 | 26 | 0 | 0 | 0 | 2 | 0 |
| Choose 1 Chicken and Any Sauce (1 serving) with Wing Sauce Choice Thaisian | 180 | 99 | 11 | 2 | 0 | 0 | 820 | 23 | 0 | 19 | 0 | 0 | 0 | 11 | 0 |
| 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 Arizona Ranch Cauliflower Wings with Bleu Cheese Dressing | 677 | 358 | 40 | 6 | 0 | 18 | 2170 | 69 | 6 | 4 | 11 | 50 | 0 | 90 | 2 |
| Choose Your Munchie (1 serving) with Arizona Ranch Cauliflower Wings with Ranch Dressing | 603 | 286 | 32 | 4 | 0 | 10 | 2310 | 69 | 6 | 5 | 10 | 0 | 0 | 90 | 2 |
| Choose Your Munchie (1 serving) with Loaded Fries with Ranch Dressing | 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 |
| 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 with Jalapeno Ranch Dip | 475 | 323 | 36 | 6 | 0 | 30 | 1695 | 32 | 0 | 2 | 4 | 405 | 5 | 20 | 3 |
| Choose Your Munchie (1 serving) with Pick-Up Pickles with Ranch Dressing | 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 | 603 | 177 | 20 | 6 | 0 | 20 | 2349 | 79 | 3 | 1 | 15 | 5 | 0 | 125 | 4 |
| 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 |
| 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) |
| Atomic Challenge (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 |
| 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 12 Pack (1 serving) with Bleu Cheese Dressing | 1156 | 604 | 67 | 11 | 0 | 196 | 2693 | 69 | 1 | 2 | 70 | 5616 | 1 | 53 | 5 |
| Breaded Boneless Wings 12 Pack (1 serving) with Ranch Dressing | 1008 | 460 | 51 | 8 | 0 | 180 | 2973 | 69 | 1 | 4 | 68 | 5516 | 1 | 53 | 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 |
| Grill'd Boneless Wings (1 serving) | 501 | 127 | 14 | 2 | 0 | 99 | 1061 | 46 | 3 | 2 | 46 | 452 | 7 | 135 | 4 |
| SAUCE & LUBRICATION STATION | 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 (1 fluid ounce) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Wing Sauces (1 fluid ounce) with Wing Sauce Choice Arizona Ranch | 70 | 63 | 7 | 1 | 0 | 0 | 610 | 0 | 0 | 0 | 0 | 0 | 0 | 10 | 0 |
| Wing Sauces (1 fluid ounce) with Wing Sauce Choice Asian Sesame | 120 | 99 | 11 | 2 | 0 | 0 | 440 | 7 | 0 | 6 | 0 | 0 | 0 | 10 | 0 |
| Wing Sauces (1 fluid ounce) with Wing Sauce Choice Atomic Scorpion | 30 | 5 | 1 | 0 | 0 | 0 | 960 | 5 | 0 | 0 | 0 | 0 | 0 | 4 | 1 |
| Wing Sauces (1 fluid ounce) with Wing Sauce Choice Boom Boom | 150 | 144 | 16 | 3 | 0 | 15 | 250 | 2 | 0 | 2 | 0 | 0 | 0 | 0 | 0 |
| Wing Sauces (1 fluid ounce) with Wing Sauce Choice Buckeye BBQ | 45 | 0 | 0 | 0 | 0 | 0 | 200 | 10 | 0 | 9 | 0 | 0 | 0 | 10 | 0 |
| Wing Sauces (1 fluid ounce) with Wing Sauce Choice Garlic Parmesan | 140 | 126 | 14 | 3 | 0 | 10 | 580 | 3 | 0 | 1 | 1 | 0 | 0 | 30 | 0 |



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|--|------------------------------|----------------------------|----------------------|--------------------------|----------------------|-------------------------|--------------------|------------------------|------------------|-------------------|--------------------|-------------------|-------------------|---------------------|------------------|
| Wing Sauces (1 fluid ounce) with Wing Sauce Choice Golden Garlic | 90 | 81 | 9 | 2 | 0 | 0 | 410 | 1 | 0 | 0 | 0 | 0 | 0 | 10 | 0 |
| Wing Sauces (1 fluid ounce) with Wing Sauce Choice Haute Parm | 99 | 88 | 10 | 2 | 0 | 4 | 455 | 2 | 0 | 0 | 1 | 0 | 0 | 38 | 0 |
| Wing Sauces (1 fluid ounce) with Wing Sauce Choice Hot | 5 | 0 | 0 | 0 | 0 | 0 | 740 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Wing Sauces (1 fluid ounce) with Wing Sauce Choice Kentucky Bourbon Glaze | 80 | 0 | 0 | 0 | 0 | 0 | 440 | 17 | 0 | 16 | 0 | 0 | 0 | 6 | 0 |
| Wing Sauces (1 fluid ounce) with Wing Sauce Choice Korean BBQ | 70 | 14 | 2 | 0 | 0 | 0 | 590 | 13 | 0 | 11 | 1 | 300 | 4 | 0 | 0 |
| Wing Sauces (1 fluid ounce) with Wing Sauce Choice Louisiana Lickers | 80 | 54 | 6 | 1 | 0 | 0 | 310 | 6 | 0 | 5 | 0 | 0 | 0 | 10 | 0 |
| Wing Sauces (1 fluid ounce) with Wing Sauce Choice Medium | 95 | 87 | 10 | 2 | 0 | 0 | 410 | 2 | 0 | 0 | 1 | 50 | 6 | 10 | 0 |
| Wing Sauces (1 fluid ounce) with Wing Sauce Choice Mild | 126 | 126 | 14 | 2 | 0 | 0 | 340 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Wing Sauces (1 fluid ounce) with Wing Sauce Choice Original BBQ | 38 | 4 | 0 | 0 | 0 | 0 | 395 | 9 | 0 | 8 | 0 | 0 | 0 | 0 | 0 |
| Wing Sauces (1 fluid ounce) with Wing Sauce Choice Parmesan Pepper | 130 | 117 | 13 | 3 | 0 | 5 | 360 | 2 | 0 | 0 | 1 | 0 | 0 | 50 | 0 |
| Wing Sauces (1 fluid ounce) with Wing Sauce Choice Smoked Jalapeno Honey | 90 | 0 | 0 | 0 | 0 | 0 | 380 | 21 | 0 | 15 | 0 | 0 | 0 | 2 | 0 |
| Wing Sauces (1 fluid ounce) with Wing Sauce Choice Super Recharged | 5 | 1 | 0 | 0 | 0 | 0 | 372 | 1 | 0 | 0 | 0 | 490 | 0 | 3 | 0 |
| Wing Sauces (1 fluid ounce) with Wing Sauce Choice Thai R Cracker | 60 | 0 | 0 | 0 | 0 | 0 | 380 | 16 | 0 | 13 | 0 | 0 | 0 | 1 | 0 |
| Wing Sauces (1 fluid ounce) with Wing Sauce Choice Thaisian | 90 | 50 | 6 | 1 | 0 | 0 | 410 | 12 | 0 | 10 | 0 | 0 | 0 | 6 | 0 |
| 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 Cheeseburger (1 serving) | 719 | 348 | 39 | 13 | 0 | 155 | 1603 | 41 | 2 | 6 | 51 | 249 | 3 | 157 | 6 |
| Bacon Cheeseburger (1 serving) with Cheese Choice American | 820 | 430 | 48 | 18 | 0 | 180 | 2120 | 41 | 2 | 6 | 56 | 552 | 3 | 308 | 6 |
| Bacon Cheeseburger (1 serving) with Cheese Choice Pepper Jack | 879 | 456 | 51 | 21 | 0 | 195 | 1873 | 41 | 2 | 6 | 61 | 649 | 3 | 457 | 6 |
| Bacon Cheeseburger (1 serving) with Cheese Choice Provolone | 919 | 492 | 55 | 23 | 0 | 205 | 1833 | 41 | 2 | 6 | 65 | 849 | 3 | 557 | 6 |
| Bacon Cheeseburger (1 serving) with Cheese Choice Shredded Cheddar Jack | 834 | 433 | 48 | 19 | 0 | 185 | 1773 | 42 | 2 | 7 | 58 | 549 | 3 | 357 | 6 |
| Bacon Cheeseburger (1 serving) with Cheese Choice Swiss | 939 | 510 | 57 | 23 | 0 | 215 | 1863 | 41 | 2 | 6 | 67 | 649 | 3 | 757 | 6 |
| Burger and Sandwich Custom Details (1 serving) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Burger and Sandwich Custom Details (1 serving) with Beyond Meat Patty | 280 | 180 | 20 | 6 | 0 | 0 | 390 | 6 | 2 | 0 | 20 | 0 | 24 | 80 | 5 |
| Burger and Sandwich Custom Details (1 serving) with Fried Egg | 95 | 62 | 7 | 2 | 0 | 245 | 81 | 0 | 0 | 0 | 7 | 290 | 0 | 31 | 1 |
| Burger and Sandwich Custom Details (1 serving) with Gluten Free Bun | 250 | 63 | 7 | 1 | 0 | 0 | 480 | 43 | 5 | 6 | 6 | 0 | 0 | 40 | 1 |
| Hand Smashed Garlic Curd Burger (1 serving) | 842 | 500 | 56 | 22 | 0 | 105 | 1586 | 53 | 2 | 6 | 33 | 446 | 1 | 539 | 4 |
| Hand Smashed Garlic Curd Double Stack Burger (1 serving) | 1172 | 757 | 84 | 33 | 0 | 168 | 2002 | 54 | 3 | 6 | 49 | 633 | 1 | 660 | 6 |
| Hangover Burger (1 serving) | 931 | 494 | 55 | 20 | 0 | 427 | 1975 | 41 | 2 | 6 | 66 | 739 | 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 Cheese Burger (1 serving) | 871 | 432 | 48 | 19 | 0 | 185 | 2135 | 50 | 2 | 8 | 58 | 649 | 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 |
| 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) | 800 | 291 | 32 | 5 | 0 | 99 | 2479 | 78 | 6 | 34 | 48 | 10049 | 195 | 160 | 6 |
| 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 |



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| Baby Back Rib and Grilled Chicken Combo (1 serving) | 884 | 513 | 57 | 20 | 1 | 258 | 993 | 12 | 1 | 10 | 72 | 339 | 3 | 107 | 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 |
| Baby Back Ribs, Full Rack (1 serving) | 1326 | 927 | 103 | 37 | 3 | 319 | 411 | 24 | 1 | 19 | 65 | 524 | 1 | 167 | 5 |
| Baby Back Ribs, Half Rack (1 serving) | 663 | 463 | 51 | 19 | 1 | 160 | 205 | 12 | 1 | 10 | 32 | 262 | 0 | 83 | 2 |
| Crispy Panko Shrimp (1 serving) | 987 | 331 | 37 | 5 | 0 | 176 | 2864 | 123 | 7 | 10 | 34 | 1030 | 31 | 151 | 7 |
| Flame Grilled Chicken, Double (1 serving) | 810 | 212 | 24 | 4 | 0 | 198 | 2201 | 54 | 1 | 4 | 86 | 534 | 21 | 92 | 6 |
| Flame Grilled Chicken, Single (1 serving) | 589 | 162 | 18 | 3 | 0 | 99 | 1413 | 53 | 1 | 4 | 47 | 457 | 19 | 69 | 5 |
| Loaded Mac and Cheese Skillet with Pulled Pork (1 serving) | 922 | 391 | 43 | 20 | 1 | 115 | 3332 | 88 | 2 | 20 | 44 | 727 | 11 | 545 | 5 |
| Loaded Mac and Cheese Skillet with Top Gear Tenders (1 serving) | 1092 | 412 | 46 | 16 | 1 | 123 | 4510 | 107 | 2 | 12 | 56 | 734 | 12 | 588 | 6 |
| Pub-Style Fish and Chips (1 serving) | 1203 | 525 | 58 | 10 | 0 | 124 | 3071 | 121 | 8 | 12 | 46 | 908 | 38 | 103 | 5 |
| 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 Bleu Cheese Dressing | 1459 | 705 | 78 | 13 | 0 | 170 | 3417 | 122 | 8 | 8 | 63 | 973 | 35 | 123 | 6 |
| Top Gear Tenders (1 serving) with Ranch Dressing | 1311 | 561 | 62 | 10 | 0 | 154 | 3697 | 122 | 8 | 10 | 61 | 873 | 35 | 123 | 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) |
| 'Biker Chick' Salad (1 serving) | 932 | 433 | 48 | 10 | 0 | 152 | 1678 | 75 | 8 | 58 | 49 | 8667 | 90 | 159 | 4 |
| Boneless Chicken Salad, Fried (1 serving) | 600 | 98 | 11 | 4 | 0 | 73 | 1701 | 83 | 9 | 5 | 40 | 20261 | 63 | 330 | 10 |
| Boneless Chicken Salad, Grilled (1 serving) | 569 | 165 | 18 | 5 | 0 | 84 | 1807 | 57 | 8 | 5 | 42 | 20302 | 63 | 327 | 9 |
| Caesar Salad with Garlic Cheese Curds, Chicken (1 serving) | 766 | 415 | 46 | 15 | 0 | 169 | 2701 | 23 | 5 | 6 | 61 | 11193 | 48 | 676 | 4 |
| Caesar Salad with Garlic Cheese Curds, Steak (1 serving) | 880 | 565 | 63 | 23 | 0 | 152 | 2331 | 23 | 4 | 6 | 53 | 11125 | 45 | 694 | 5 |
| Chopped Greek Salad (1 serving) | 1177 | 659 | 73 | 25 | 0 | 97 | 3995 | 88 | 9 | 18 | 42 | 2027 | 29 | 344 | 7 |
| 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) | 543 | 258 | 29 | 11 | 0 | 157 | 1661 | 11 | 5 | 4 | 59 | 11528 | 66 | 332 | 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) | 601 | 257 | 29 | 11 | 0 | 121 | 1838 | 38 | 6 | 4 | 48 | 11476 | 65 | 337 | 7 |
| SALAD LUBES | | | | | | | | | | | | | | | |
| Salad Lubes (3 fluid ounces) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Salad Lubes (3 fluid ounces) with Dressing Choice Balsamic Bleu | 351 | 324 | 36 | 5 | 0 | 27 | 495 | 9 | 0 | 6 | 2 | 75 | 0 | 30 | 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 |



QUAKER STEAK & LUBE MENU ANALYSIS FALL 2023

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|--|------------------------------|----------------------------|----------------------|--------------------------|----------------------|-------------------------|--------------------|------------------------|------------------|-------------------|--------------------|-------------------|-------------------|---------------------|------------------|
| 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 | |
| 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 Jalapeno Ranch | 420 | 405 | 45 | 8 | 0 | 45 | 750 | 3 | 0 | 3 | 0 | 0 | 0 | 0 | |
| 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 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) | 297 | 202 | 22 | 7 | 0 | 35 | 1021 | 14 | 3 | 4 | 9 | 8237 | 34 | 269 | 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) | 297 | 202 | 22 | 7 | 0 | 35 | 1021 | 14 | 3 | 4 | 9 | 8237 | 34 | 269 | 2 |
| Soup and Salad Combo with Caesar Salad (1 serving) with Hot Chassis Chili | 568 | 351 | 39 | 16 | 0 | 99 | 2464 | 32 | 7 | 9 | 24 | 8646 | 36 | 460 | 4 |
| Soup and Salad Combo with Caesar Salad (1 serving) with Potato Lovers Soup | 727 | 506 | 56 | 27 | 0 | 138 | 2439 | 33 | 4 | 8 | 23 | 8409 | 37 | 564 | 2 |
| 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 and Bleu Salad (1 serving) | 1073 | 637 | 71 | 19 | 0 | 128 | 2186 | 62 | 7 | 10 | 49 | 13357 | 48 | 331 | 8 |
| SANDWICHED-IN | 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) |
| Boneless Chicken Wrap, Fried (1 serving) | 770 | 341 | 38 | 8 | 0 | 72 | 2145 | 77 | 8 | 10 | 30 | 9684 | 6 | 231 | 4 |
| Boneless Chicken Wrap, Grilled (1 serving) | 728 | 366 | 41 | 8 | 0 | 79 | 1763 | 59 | 7 | 10 | 32 | 9685 | 6 | 226 | 4 |
| 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 |
| Chicken Sandwich, Fried (1 serving) | 539 | 94 | 10 | 2 | 0 | 101 | 1241 | 61 | 2 | 7 | 48 | 269 | 4 | 155 | 5 |
| Chicken Sandwich, Fried, Lube It Up (1 serving) | 616 | 126 | 14 | 3 | 1 | 99 | 2250 | 72 | 3 | 12 | 48 | 1352 | 5 | 162 | 4 |
| Chicken Sandwich, Grilled (1 serving) | 440 | 89 | 10 | 2 | 0 | 99 | 1286 | 40 | 2 | 6 | 46 | 309 | 4 | 138 | 3 |
| Chicken Sandwich, Grilled, Lube It Up (1 serving) | 440 | 89 | 10 | 2 | 0 | 99 | 1286 | 40 | 2 | 6 | 46 | 309 | 4 | 138 | 3 |
| Corvette Club, Fried (1 serving) | 918 | 378 | 42 | 11 | 0 | 151 | 2330 | 68 | 1 | 9 | 60 | 600 | 4 | 243 | 6 |
| Corvette Club, Grilled (1 serving) | 818 | 373 | 41 | 11 | 0 | 148 | 2375 | 47 | 1 | 8 | 57 | 639 | 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 |
| 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 |
| STEAK (IS OUR MIDDLE NAME) | 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) |
| 12 oz Choice Ribeye (1 serving) | 1182 | 680 | 76 | 25 | 0 | 428 | 1087 | 23 | 0 | 3 | 94 | 142 | 0 | 86 | 8 |



QUAKER STEAK & LUBE MENU ANALYSIS FALL 2023

| | | | | | | | | | | | | | | | |
|---|------------------------------|----------------------------|----------------------|--------------------------|----------------------|-------------------------|--------------------|------------------------|------------------|-------------------|--------------------|-------------------|-------------------|---------------------|------------------|
| 12 oz Moe's New Yorker (1 serving) | 988 | 546 | 61 | 23 | 0 | 197 | 709 | 29 | 0 | 4 | 75 | 71 | 0 | 111 | 7 |
| 16 oz Choice Ribeye (1 serving) | 1258 | 664 | 74 | 27 | 1 | 500 | 755 | 29 | 0 | 4 | 110 | 113 | 0 | 98 | 9 |
| Smothered Steak Skillet (1 serving) | 1054 | 648 | 72 | 28 | 1 | 178 | 2137 | 32 | 1 | 8 | 64 | 1643 | 56 | 506 | 5 |
| Steak Custom Details (1 serving) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Steak Custom Details (1 serving) with 6 Crispy Panko Shrimp | 274 | 59 | 7 | 1 | 0 | 83 | 939 | 37 | 1 | 2 | 15 | 104 | 1 | 63 | 3 |
| Steak Custom Details (1 serving) with Blue Cheese Crumbles | 50 | 36 | 4 | 3 | 0 | 10 | 190 | 1 | 1 | 0 | 3 | 150 | 0 | 75 | 0 |
| Steak Custom Details (1 serving) with Grilled Mushrooms | 7 | 3 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 2 | 0 | 0 | 0 |
| Steak Custom Details (1 serving) with Grilled Onions | 9 | 3 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 1 | 0 | 2 | 1 | 3 | 0 |
| Thunderbird Sirloin Steak (1 serving) | 766 | 458 | 51 | 16 | 0 | 118 | 1023 | 23 | 0 | 3 | 49 | 142 | 0 | 81 | 5 |
| REGULAR 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) |
| Baked Potato (1 serving) | 288 | 24 | 3 | 0 | 0 | 0 | 694 | 59 | 4 | 2 | 7 | 20 | 64 | 47 | 3 |
| Baked Potato (1 serving) with Sour Cream | 342 | 72 | 8 | 4 | 0 | 21 | 710 | 60 | 4 | 3 | 7 | 234 | 64 | 90 | 3 |
| Baked Potato (1 serving) with Whipped Butter | 404 | 139 | 15 | 9 | 0 | 32 | 790 | 59 | 4 | 2 | 7 | 448 | 64 | 47 | 3 |
| 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 |
| House-Made Lube Chips (1 serving) | 382 | 185 | 21 | 7 | 0 | 20 | 792 | 33 | 2 | 0 | 6 | 3 | 0 | 149 | 1 |
| Lube Rice (1 serving) | 180 | 60 | 7 | 1 | 0 | 0 | 330 | 26 | 1 | 1 | 3 | 296 | 14 | 21 | 2 |
| Sauteed Green Beans and Red Peppers (1 serving) | 111 | 65 | 7 | 1 | 0 | 0 | 177 | 9 | 4 | 2 | 2 | 1345 | 49 | 45 | 1 |
| Steamed Fresh Broccoli (1 serving) | 51 | 4 | 0 | 0 | 0 | 0 | 38 | 7 | 3 | 2 | 4 | 4252 | 132 | 68 | 1 |
| Steamed Fresh Broccoli (1 serving) with Beer Cheese | 231 | 85 | 9 | 4 | 0 | 20 | 498 | 19 | 3 | 2 | 8 | 4252 | 132 | 176 | 1 |
| PREMIUM 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) |
| Cup of Chili (1 serving) | 201 | 113 | 13 | 7 | 0 | 50 | 1066 | 13 | 3 | 4 | 10 | 311 | 1 | 129 | 2 |
| Cup of Soup (1 serving) | 298 | 210 | 23 | 14 | 0 | 72 | 1010 | 14 | 0 | 3 | 9 | 86 | 2 | 196 | 0 |
| 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) | 873 | 546 | 61 | 15 | 0 | 55 | 1935 | 66 | 6 | 3 | 15 | 327 | 19 | 243 | 2 |
| Mac and Cheese (1 serving) | 332 | 119 | 13 | 8 | 0 | 36 | 1378 | 38 | 1 | 6 | 15 | 413 | 7 | 313 | 2 |
| O-Rings (1 serving) | 192 | 46 | 5 | 1 | 0 | 0 | 637 | 33 | 0 | 6 | 4 | 3 | 0 | 26 | 0 |



QUAKER STEAK & LUBE MENU ANALYSIS FALL 2023

| 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) | 995 | 395 | 44 | 26 | 1 | 151 | 1231 | 138 | 3 | 67 | 12 | 937 | 0 | 174 | 5 |
| Chocolate Milkshake (1 shake) | 478 | 134 | 15 | 8 | 0 | 52 | 135 | 77 | 0 | 65 | 5 | 300 | 0 | 150 | 1 |
| Cookies and Cream Milkshake (1 shake) | 802 | 379 | 42 | 23 | 0 | 119 | 353 | 106 | 2 | 77 | 7 | 2917 | 0 | 233 | 2 |
| High Test Mocha Milkshake (1 shake) | 573 | 242 | 27 | 17 | 0 | 104 | 107 | 83 | 0 | 71 | 4 | 2500 | 0 | 200 | 0 |
| 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 Nacho (1 serving) | 722 | 99 | 11 | 5 | 0 | 41 | 514 | 148 | 4 | 97 | 9 | 313 | 74 | 251 | 3 |
| Strawberry Cheesecake (1 serving) | 540 | 310 | 34 | 18 | 0 | 146 | 361 | 50 | 2 | 35 | 7 | 1006 | 42 | 69 | 1 |
| Strawberry Milkshake (1 shake) | 480 | 216 | 24 | 16 | 0 | 90 | 122 | 70 | 1 | 62 | 4 | 2500 | 8 | 200 | 0 |
| Triple Rich Fudge Brownie (1 serving) | 986 | 513 | 57 | 23 | 0 | 200 | 231 | 118 | 5 | 81 | 12 | 187 | 0 | 148 | 6 |
| Vanilla Milkshake (1 shake) | 378 | 134 | 15 | 8 | 0 | 52 | 105 | 53 | 0 | 51 | 5 | 300 | 0 | 150 | 0 |
| 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) |
| Blue Raspberry Lube-N-Ade (1 drink) | 193 | 0 | 0 | 0 | 0 | 0 | 14 | 47 | 0 | 46 | 0 | 4 | 12 | 7 | 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 |
| Iced-Up Coffee (1 drink) | 148 | 26 | 3 | 0 | 0 | 0 | 17 | 24 | 0 | 24 | 0 | 0 | 0 | 3 | 0 |
| Lube Old Tyme Bottled Root Beer (1 bottle) | 180 | 0 | 0 | 0 | 0 | 0 | 40 | 44 | 0 | 44 | 0 | 0 | 0 | 0 | 0 |
| Mango Lube-N-Ade (1 serving) | 159 | 0 | 0 | 0 | 0 | 0 | 9 | 39 | 1 | 35 | 0 | 2813 | 45 | 7 | 0 |
| Orange Cream Soda (1 drink) | 216 | 0 | 0 | 0 | 0 | 0 | 33 | 55 | 0 | 55 | 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 |
| 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 |
| 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 Sweetened Iced Tea (1 drink) | 256 | 0 | 0 | 0 | 0 | 0 | 7 | 64 | 0 | 64 | 0 | 0 | 0 | 7 | 0 |
| Lemon Lube-N-Ade (1 drink) | 138 | 0 | 0 | 0 | 0 | 0 | 17 | 35 | 0 | 32 | 0 | 4 | 11 | 7 | 0 |
| Mountain Dew (1 drink) | 198 | 0 | 0 | 0 | 0 | 0 | 90 | 56 | 0 | 56 | 0 | 0 | 0 | 0 | 0 |



QUAKER STEAK & LUBE MENU ANALYSIS FALL 2023

| | | | | | | | | | | | | | | | |
|---|--------------------------------------|------------------------------------|--------------------------|------------------------------|--------------------------|-----------------------------|------------------------|----------------------------|------------------|-------------------|--------------------|-------------------|-------------------|-------------------------|------------------|
| 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 |
| Starry Lemon Lime Soda (1 drink) | 180 | 0 | 0 | 0 | 0 | 0 | 42 | 47 | 0 | 47 | 0 | 0 | 0 | 0 | 0 |
| KID'S MENU | 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) | 404 | 163 | 18 | 6 | 0 | 25 | 976 | 44 | 0 | 6 | 13 | 354 | 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) | 244 | 69 | 8 | 5 | 0 | 41 | 121 | 41 | 0 | 14 | 3 | 187 | 0 | 94 | 1 |
| Kids Top Gear Tenders (1 serving) | 419 | 49 | 5 | 1 | 0 | 63 | 1404 | 62 | 1 | 31 | 28 | 25 | 11 | 28 | 2 |
| Kids Wings (1 serving) | 535 | 391 | 43 | 10 | 0 | 141 | 134 | 0 | 0 | 0 | 34 | 270 | 1 | 22 | 2 |