



## QUAKER STEAK & LUBE MENU ANALYSIS FALL 2024

QUAKER STEAK & LUBE MENU ANALYSIS FALL 2024															
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)
Crispy Shrimp Tacos (1 serving)	1062	547	61	18	0	162	2593	91	6	9	35	1979	25	575	7
4-Wheeler (1 serving)	1707	689	77	20	0	45	6230	201	3	11	42	749	14	619	8
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	24	51	1139	13	544	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
Mozzarella Stick Shifters (1 serving)	853	345	38	16	0	2	2383	97	0	3	30	445	13	589	1
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
Cheesy Chipotle Sweet Potato Fries (1 serving)	947	598	66	19	0	80	2045	73	3	26	21	13172	4	529	1
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 ANY SAUCE OR WING DUST (1 Serving)															
Choose Any Wing Sauce or Wing Dust (1 serving) with Wing Dust	11	4	0	0	0	0	237	2	0	1	0	240	0	3	0
Choose Any Wing Sauce or Wing Dust (1 serving) with Wing Dust	20	1	0	0	0	0	361	5	0	3	0	332	1	18	0
Choose Any Wing Sauce or Wing Dust (1 serving) with Wing Sauce	140	126	14	2	0	0	1220	0	0	0	0	0	0	20	0
Choose Any Wing Sauce or Wing Dust (1 serving) with Wing Sauce	240	198	22	3	0	0	880	14	0	12	0	0	0	20	0
Choose Any Wing Sauce or Wing Dust (1 serving) with Wing Sauce	60	9	1	0	0	0	1920	10	0	0	0	0	0	8	1
Choose Any Wing Sauce or Wing Dust (1 serving) with Wing Sauce	300	288	32	5	0	30	500	4	0	4	0	0	0	0	0
Choose Any Wing Sauce or Wing Dust (1 serving) with Wing Sauce	90	0	0	0	0	0	400	20	0	18	0	0	0	20	0
Choose Any Wing Sauce or Wing Dust (1 serving) with Wing Sauce	280	252	28	5	0	20	1160	6	0	2	2	0	0	60	0
Choose Any Wing Sauce or Wing Dust (1 serving) with Wing Sauce	180	162	18	3	0	0	820	2	0	0	0	0	0	20	0
Choose Any Wing Sauce or Wing Dust (1 serving) with Wing Sauce	198	176	20	4	0	8	910	4	0	0	2	0	0	75	1
Choose Any Wing Sauce or Wing Dust (1 serving) with Wing Sauce	10	0	0	0	0	0	1480	2	0	0	0	0	0	0	0
Choose Any Wing Sauce or Wing Dust (1 serving) with Wing Sauce	160	0	0	0	0	0	880	34	0	32	0	0	0	12	0
Choose Any Wing Sauce or Wing Dust (1 serving) with Wing Sauce	140	27	3	0	0	0	1180	26	0	22	2	600	7	0	1
Choose Any Wing Sauce or Wing Dust (1 serving) with Wing Sauce	160	108	12	2	0	0	620	12	0	10	0	0	0	20	1



## QUAKER STEAK & LUBE MENU ANALYSIS FALL 2024

Choose Any Wing Sauce or Wing Dust (1 serving) with Wing Sauce	190	175	19	3	0	0	821	3	0	0	1	100	12	20	0
Choose Any Wing Sauce or Wing Dust (1 serving) with Wing Sauce	252	252	28	4	0	0	680	0	0	0	0	0	0	0	0
Choose Any Wing Sauce or Wing Dust (1 serving) with Wing Sauce	76	7	1	0	0	0	789	17	0	16	0	0	0	0	0
Choose Any Wing Sauce or Wing Dust (1 serving) with Wing Sauce	260	234	26	5	0	10	720	4	0	0	2	0	0	100	1
Choose Any Wing Sauce or Wing Dust (1 serving) with Wing Sauce	180	0	0	0	0	0	760	42	0	30	0	0	0	4	0
Choose Any Wing Sauce or Wing Dust (1 serving) with Wing Sauce	11	2	0	0	0	0	744	2	1	0	0	981	0	6	0
Choose Any Wing Sauce or Wing Dust (1 serving) with Wing Sauce	120	0	0	0	0	0	760	32	0	26	0	0	0	2	0
Choose Any Wing Sauce or Wing Dust (1 serving) with Wing Sauce	180	99	11	2	0	0	820	23	0	19	0	0	0	11	0
<b>CHOOSE ANY CHICKEN OR MUNCHIE (1 Serving)</b>															
Choose Your Chicken (1 serving)															
Choose Your Chicken (1 serving) with Bone In Wings	669	489	54	13	0	177	168	0	0	0	42	338	2	28	2
Choose Your Chicken (1 serving) with Breaded Boneless Wings	397	131	15	2	0	80	1201	32	0	0	34	0	0	0	2
Choose Your Chicken (1 serving) with Cauliflower Wings	363	61	7	1	0	0	820	68	6	4	10	10	1	50	2
Choose Your Chicken (1 serving) with Grilled Boneless Wings with	484	81	9	1	0	140	1507	46	3	2	57	671	5	113	3
Choose Your Chicken (1 serving) with Top Gear Tenders	464	82	9	2	0	104	1607	47	2	1	46	42	2	47	3
Choose Your Munchie (1 serving)															
Choose Your Munchie (1 serving) with Loaded Fries with Ranch Dr	1119	744	83	29	0	128	2328	63	6	6	32	1122	19	702	2
Choose Your Munchie (1 serving) with Loaded Sweet Potato Waff	374	200	22	8	0	30	723	36	2	12	11	6603	3	248	1
Choose Your Munchie (1 serving) with Loaded Sweet Potato Waff	577	399	44	11	0	50	1323	38	2	14	11	6663	3	289	1
Choose Your Munchie (1 serving) with Mac and Cheese	332	119	13	8	0	36	1378	38	1	6	15	413	7	313	2
Choose Your Munchie (1 serving) with Magna Fries	830	465	52	19	0	70	1695	66	6	2	24	669	19	406	2
Choose Your Munchie (1 serving) with Magna Fries with Ranch Dr	1030	663	74	22	0	90	2235	68	6	4	24	669	19	446	2
Choose Your Munchie (1 serving) with Mozzarella Stick Shifters	453	179	20	9	0	0	1040	52	0	0	16	0	0	320	0
Choose Your Munchie (1 serving) with Mozzarella Stick Shifters w	497	203	23	9	0	2	1429	56	0	2	17	302	9	349	0
Choose Your Munchie (1 serving) with O Rings	192	46	5	1	0	0	637	33	0	6	4	3	0	26	0
Choose Your Munchie (1 serving) with O Rings with Louisiana Lick	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	665	383	43	21	0	98	1529	43	3	5	29	985	44	639	2
Choose Your Munchie (1 serving) with Peel Out Potato Skins with	718	431	48	25	0	119	1546	44	3	6	29	1199	44	681	2
Choose Your Munchie (1 serving) with Pick Up Pickles	195	53	6	1	0	0	1195	30	0	0	4	405	5	20	3
Choose Your Munchie (1 serving) with Pick Up Pickles with Jalape	485	329	37	6	0	32	1735	32	0	2	5	422	5	49	3
Choose Your Munchie (1 serving) with Pick Up Pickles with Ranch	405	257	29	4	0	22	1775	32	0	2	5	422	5	89	3
Choose Your Munchie (1 serving) with Premium Pretzels	423	96	11	2	0	0	1889	67	3	1	11	0	0	17	4
Choose Your Munchie (1 serving) with Premium Pretzels with Bee	603	177	20	6	0	20	2349	79	3	1	15	5	0	125	4
Choose Your Munchie (1 serving) with Steamed Fresh Broccoli	51	4	0	0	0	0	38	7	3	2	4	4252	132	68	1
Choose Your Munchie (1 serving) with Steamed Fresh Broccoli wit	221	85	9	4	0	20	490	18	2	2	7	3402	106	162	1
<b>AWARD-WINNING WINGS</b>	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholester ol (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



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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
Cauliflower Wings (1 serving)	367	61	7	1	0	0	843	69	6	5	10	137	1	61	2
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
<b>AIN'T NO SECRET-IT'S THE SAUCE</b>	<b>Total</b>	<b>Fat</b>	<b>Total Fat</b>	<b>Saturated</b>	<b>Trans Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Total</b>	<b>Fiber</b>	<b>Sugars</b>	<b>Protein</b>	<b>Vit A (iu)</b>	<b>Vit C (mg)</b>	<b>Calcium</b>	<b>Iron (mg)</b>
	<b>Calories</b>	<b>Calories</b>	<b>(g)</b>	<b>Fat (g)</b>	<b>(g)</b>	<b>(mg)</b>	<b>(mg)</b>	<b>Carbs (g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(iu)</b>	<b>(mg)</b>	<b>(mg)</b>	<b>(mg)</b>
	<b>(kcal)</b>	<b>(kcal)</b>													
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 Scorp	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
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 Parmesan	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	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 Lic	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 Pe	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 Jalap	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 Rechar	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 Cracke	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
<b>LUBE-NORMOUS STEAKBURGERS</b>	<b>Total</b>	<b>Fat</b>	<b>Total Fat</b>	<b>Saturated</b>	<b>Trans Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Total</b>	<b>Fiber</b>	<b>Sugars</b>	<b>Protein</b>	<b>Vit A (iu)</b>	<b>Vit C (mg)</b>	<b>Calcium</b>	<b>Iron (mg)</b>
	<b>Calories</b>	<b>Calories</b>	<b>(g)</b>	<b>Fat (g)</b>	<b>(g)</b>	<b>(mg)</b>	<b>(mg)</b>	<b>Carbs (g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(iu)</b>	<b>(mg)</b>	<b>(mg)</b>	<b>(mg)</b>
	<b>(kcal)</b>	<b>(kcal)</b>													
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 Che	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



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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	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	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 Smashburger (1 serving)	893	363	40	16	1	138	2650	80	2	39	46	446	4	380	5
Kentucky Bourbon Smashburger, Double (1 serving)	1256	583	65	27	1	252	3540	80	2	39	77	663	5	559	8
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	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
<b>MAIN STREET</b>	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
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



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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)	713	506	56	8	0	90	760	27	1	4	20	3	8	7	0
Top Gear Tenders (1 serving)	1111	363	40	7	0	134	3157	120	8	8	61	873	35	83	6
<b>SOUPED-UP SOUPS &amp; SALADS</b>	<b>Total Calories (kcal)</b>	<b>Fat Calories (kcal)</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Vit A (iu)</b>	<b>Vit C (mg)</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>
'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
Chopped Greek Salad with Chicken (1 serving)	915	409	45	13	0	121	2699	68	6	15	55	2104	31	284	5
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
<b>SALAD LUBES (3 fluid ounces)</b>															
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
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 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	414	378	42	6	0	0	0	9	0	9	0	0	0	0	0



## QUAKER STEAK & LUBE MENU ANALYSIS FALL 2024

Salad Lubes (3 fluid ounces) with Dressing Choice Wildberry Popp	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
Steak and Bleu Salad (1 serving)	1073	637	71	19	0	128	2186	62	7	10	49	13357	48	331	8
<b>SANDWICHED-IN</b>	<b>Total Calories (kcal)</b>	<b>Fat Calories (kcal)</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholester ol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Vit A (iu)</b>	<b>Vit C (mg)</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>
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
<b>STEAK.....IT'S OUR MIDDLE NAME!</b>	<b>Total Calories (kcal)</b>	<b>Fat Calories (kcal)</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholester ol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Vit A (iu)</b>	<b>Vit C (mg)</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>
12 oz Choice Ribeye (1 serving)	1182	680	76	25	0	428	1087	23	0	3	94	142	0	86	8
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



## QUAKER STEAK & LUBE MENU ANALYSIS FALL 2024

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
<b>REGULAR SIDECARS</b>	<b>Total</b>	<b>Fat</b>	<b>Total Fat</b>	<b>Saturated</b>	<b>Trans Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Total</b>	<b>Fiber</b>	<b>Sugars</b>	<b>Protein</b>	<b>Vit A (iu)</b>	<b>Vit C (mg)</b>	<b>Calcium</b>	<b>Iron (mg)</b>
	<b>Calories</b>	<b>Calories</b>	<b>(g)</b>	<b>Fat (g)</b>	<b>(g)</b>	<b>(mg)</b>	<b>(mg)</b>	<b>Carbs (g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(iu)</b>	<b>(mg)</b>	<b>(mg)</b>	<b>(mg)</b>
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
<b>PREMIUM SIDECARS</b>	<b>Total</b>	<b>Fat</b>	<b>Total Fat</b>	<b>Saturated</b>	<b>Trans Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Total</b>	<b>Fiber</b>	<b>Sugars</b>	<b>Protein</b>	<b>Vit A (iu)</b>	<b>Vit C (mg)</b>	<b>Calcium</b>	<b>Iron (mg)</b>
	<b>Calories</b>	<b>Calories</b>	<b>(g)</b>	<b>Fat (g)</b>	<b>(g)</b>	<b>(mg)</b>	<b>(mg)</b>	<b>Carbs (g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(iu)</b>	<b>(mg)</b>	<b>(mg)</b>	<b>(mg)</b>
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



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Loaded Sweet Potato Retreads Sidecar (1 serving)	575	398	44	11	0	50	1322	38	2	14	10	6621	2	286	1
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
Sweet Potato Retreads Sidecar (1 serving)	434	295	33	5	0	20	1077	38	1	14	1	6300	2	84	1
<b>FINISH LINE DESSERTS</b>	<b>Total Calories (kcal)</b>	<b>Fat Calories (kcal)</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Vit A (iu)</b>	<b>Vit C (mg)</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>
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
<b>UNLEADED BEVERAGES</b>	<b>Total Calories (kcal)</b>	<b>Fat Calories (kcal)</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Vit A (iu)</b>	<b>Vit C (mg)</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>
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





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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
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
<b>KID'S MENU</b>	<b>Total Calories (kcal)</b>	<b>Fat Calories (kcal)</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Vit A (iu)</b>	<b>Vit C (mg)</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>
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



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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