



QUAKER STEAK & LUBE MENU ANALYSIS MAY 2025

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)	1710	707	79	20	0	45	6485	214	3	14	44	744	13	629	8
Boom Boom Shrimp (1 serving)	590	367	41	6	0	141	1765	56	3	9	20	1033	19	109	4
Cheesy Chipotle Sweet Potato Fries (1 serving)	950	622	69	18	0	80	2314	76	6	20	24	11732	8	510	2
Chipotle Chicken Quesadilla (1 serving)	810	384	43	19	1	109	1773	83	3	24	45	1307	15	558	5
Crispy Shrimp Tacos (1 serving)	1060	546	61	18	0	162	2516	91	6	9	35	1787	25	574	7
Game Day Nachos with Chicken (1 serving)	1240	658	73	37	0	286	3240	70	6	15	82	2640	26	1168	3
Game Day Nachos with Chili (1 serving)	1160	649	72	38	0	202	3773	80	9	17	52	2456	26	1202	4
Garlic White Cheddar Cheese Curds (1 serving)	980	314	35	19	0	83	1873	32	2	3	22	429	13	608	2
Loaded Magna Fries (1 serving)	1320	1008	112	38	0	160	3392	102	9	7	41	1272	23	867	3
Mozzarella Stick Shifters, 6 (1 serving)	850	301	33	14	0	2	2123	84	0	3	26	445	13	509	1
Peel Out Potato Skins (1 serving)	980	572	64	32	0	151	2192	65	5	7	39	1510	66	898	3
Pick-Up Pickles (1 serving)	320	86	10	2	0	2	1832	46	0	0	7	624	7	60	4
Pick-Up Pickles (1 serving) with Jalapeno Ranch Dressing	720	491	55	9	0	47	2582	49	0	3	7	624	7	60	4
Pick-Up Pickles (1 serving) with Ranch Dressing	600	383	43	6	0	32	2642	49	0	3	7	624	7	120	4
Premium Pretzels (1 serving)	1120	314	35	9	0	30	4469	152	6	2	28	0	0	196	8

QUAKER STEAK & LUBE MENU ANALYSIS MAY 2025

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)	930	433	48	10	0	152	1678	75	8	58	49	8667	90	159	4
Boneless Chicken Salad, Fried (1 serving)	830	87	10	3	0	73	2017	82	8	5	39	17674	46	303	8
Boneless Chicken Salad, Grilled (1 serving)	570	99	11	4	0	109	1840	55	8	4	51	17726	47	298	7
Chicken Caesar Salad (1 serving)	770	487	54	20	0	190	3038	30	5	6	66	11193	48	828	4
Steak Caesar Salad (1 serving)	880	637	71	28	0	172	2669	29	5	6	58	11125	45	846	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)	200	113	13	7	0	50	1066	13	3	4	10	311	1	129	2
Potato Lovers Soup, Bowl (1 serving)	430	282	31	18	0	94	1300	25	1	4	13	173	5	279	1
Potato Lovers Soup, Cup (1 serving)	200	193	21	13	0	66	921	18	1	3	9	87	4	184	0
QSL Signature Salad with Grilled Chicken (1 serving)	540	202	22	10	0	139	1263	9	4	4	53	8869	48	296	4
QSL Signature Salad with Steak Tips (1 serving)	590	352	39	18	0	121	893	9	4	4	45	8800	46	314	5
QSL Signature Salad with Top Gear Tenders (1 serving)	600	190	21	9	0	103	1440	36	5	4	41	8817	47	301	5
Side Caesar Salad (1 serving)	300	238	26	9	0	46	1190	17	3	4	12	8237	34	345	2
Side Garage Salad (1 serving)	110	45	5	3	0	15	126	6	3	2	5	5738	33	158	3
SALAD LUBES (3 fluid ounces)															
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	510	513	57	9	0	54	390	3	0	0	3	150	0	60	0
Salad Lubes (3 fluid ounces) with Dressing Choice Chipotle Ranch	300	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	30	0	0	0	0	0	1470	9	0	6	0	0	0	0	0
Salad Lubes (3 fluid ounces) with Dressing Choice Honey Mustard	140	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 Vinegar	390	378	42	6	0	0	0	9	0	9	0	0	0	0	0
Salad Lubes (3 fluid ounces) with Dressing Choice Wildberry Poppyseed	330	223	25	3	0	34	519	28	1	23	0	0	17	0	0

QUAKER STEAK & LUBE MENU ANALYSIS MAY 2025

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)	720	348	39	13	0	155	1603	40	2	6	51	249	2	156	6
Bacon Cheeseburger (1 serving) with Cheese Choice American	820	430	48	18	0	180	2120	40	2	6	56	552	2	308	6
Bacon Cheeseburger (1 serving) with Cheese Choice Pepper Jack	880	456	51	21	0	195	1873	40	2	6	61	649	2	456	6
Bacon Cheeseburger (1 serving) with Cheese Choice Provolone	920	492	55	23	0	205	1833	40	2	6	65	849	2	556	6
Bacon Cheeseburger (1 serving) with Cheese Choice Shredded Cheddar Jack	830	433	48	19	0	185	1773	41	2	7	58	549	2	356	6
Bacon Cheeseburger (1 serving) with Cheese Choice Swiss	940	510	57	23	0	215	1863	40	2	6	67	649	2	756	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	100	62	7	2	0	245	90	0	0	0	7	322	0	31	1
Burger and Sandwich Custom Details (1 serving) with Gluten Free Bun	250	126	14	3	1	0	535	43	5	6	6	250	0	40	1
Garlic Curd Smash Burger (1 serving)	840	537	60	22	0	124	1335	46	2	5	35	523	1	470	4
Garlic Curd Smash Burger, Double (1 serving)	1170	767	85	33	0	260	2877	48	2	5	80	885	2	733	8
Hangover Burger (1 serving)	970	518	58	23	0	440	1963	41	2	6	68	971	2	487	7
Kentucky Bourbon Smashburger (1 serving)	900	329	37	14	0	128	2472	76	2	39	43	413	4	304	5
Kentucky Bourbon Smashburger, Double (1 serving)	1260	549	61	25	0	242	3362	77	2	39	75	630	5	483	8
Lubeburger (1 serving)	880	650	72	22	1	198	3059	43	2	6	58	775	3	329	6
Mac and Cheese Burger (1 serving)	910	433	48	20	0	183	2109	50	2	8	58	649	4	410	7
Pick Ur Cheese Burger (1 serving)	640	288	32	11	0	141	1291	40	2	6	46	249	2	156	6
Pick Ur Cheese Burger (1 serving) with Cheese Choice American	740	370	41	16	0	166	1808	40	2	6	51	552	2	308	6
Pick Ur Cheese Burger (1 serving) with Cheese Choice Pepper Jack	800	396	44	19	0	181	1561	40	2	6	56	649	2	456	6
Pick Ur Cheese Burger (1 serving) with Cheese Choice Provolone	840	432	48	21	0	191	1521	40	2	6	60	849	2	556	6
Pick Ur Cheese Burger (1 serving) with Cheese Choice Shredded Cheddar Jack	760	374	42	17	0	171	1461	41	2	7	53	549	2	356	6
Pick Ur Cheese Burger (1 serving) with Cheese Choice Swiss	860	450	50	21	0	201	1551	40	2	6	62	649	2	756	6
QSL Steakburger Melt (1 serving)	1100	703	78	27	0	156	2127	53	1	11	40	525	2	315	6



QUAKER STEAK & LUBE MENU ANALYSIS MAY 2025

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)	920	346	38	8	0	93	2467	87	8	10	40	9692	6	241	5
Boneless Chicken Wrap, Grilled (1 serving)	730	395	44	9	0	104	1894	59	7	10	42	9694	6	233	4
Cheesesteak Melt (1 serving)	720	371	41	12	0	130	1869	48	3	4	41	326	2	301	5
Cheesesteak Phil-M-Up (1 serving)	800	348	39	17	1	136	1653	63	3	7	55	1800	56	511	3
Chicken Sandwich, Fried (1 serving)	620	94	10	2	0	101	1241	61	2	7	48	269	4	155	5
Chicken Sandwich, Grilled (1 serving)	480	89	10	2	0	99	1286	40	2	6	46	309	4	138	3
Corvette Club, Fried (1 serving)	920	378	42	12	1	151	2385	68	1	9	60	800	4	243	6
Corvette Club, Grilled (1 serving)	820	373	41	12	1	148	2430	47	1	8	57	839	4	226	4
Fish Tailin' Sandwich (1 serving)	1100	615	68	12	1	90	1546	86	3	9	32	480	12	79	1
GTO Gyro (1 serving)	730	350	39	17	0	75	2761	67	6	5	34	326	4	199	6
House-Made Pulled Pork Sandwich (1 serving)	740	417	46	22	0	134	2201	52	1	18	41	708	1	517	3



QUAKER STEAK & LUBE MENU ANALYSIS MAY 2025

STEAK.....IT'S 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)
Choice Ribeye Steak, Bone-In, 16 oz (1 serving)	1260	774	86	30	3	500	874	29	0	4	110	630	0	98	9
Choice Ribeye Steak, Boneless, 12 oz (1 serving)	1180	680	76	26	3	428	1225	23	0	3	94	642	0	86	8
Smothered Steak Skillet (1 serving)	1050	570	63	27	1	178	1739	31	1	8	64	1689	56	496	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	330	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	20	3	0	0	0	0	1	0	0	0	0	2	0	0	0
Steak Custom Details (1 serving) with Grilled Onions	30	3	0	0	0	0	0	1	0	1	0	2	1	3	0
Thunderbird Sirloin Steak (1 serving)	770	458	51	17	3	118	1160	23	0	3	49	642	0	81	5

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	2724	78	6	34	48	10043	195	160	6
Asian Rice Bowl, Steak (1 serving)	910	441	49	13	0	82	2355	78	6	34	40	9974	193	178	7
Baby Back Ribs, Full Rack (1 serving)	1330	927	103	37	3	319	411	24	1	19	65	524	1	167	5
Baby Back Ribs, Half Rack (1 serving)	660	463	51	19	1	160	205	12	1	10	32	262	0	83	2
Chop Shop Pork Ribeye (1 serving)	790	413	46	14	1	184	367	23	0	4	65	198	1	35	4
Crispy Panko Shrimp (1 serving)	990	306	34	4	0	174	2317	119	9	11	35	974	40	177	8
Flame Grilled Chicken, Double (1 serving)	810	212	24	5	1	198	2474	54	1	4	87	629	21	93	6
Flame Grilled Chicken, Single (1 serving)	590	162	18	3	1	99	1686	53	1	4	47	552	19	69	5
Loaded Mac and Cheese Skillet with Pulled Pork (1 serving)	1010	447	50	23	1	136	3732	91	2	23	49	834	11	547	5
Loaded Mac and Cheese Skillet with Top Gear Tenders (1 serving)	1080	401	45	16	1	123	4538	107	2	12	56	834	12	588	6
Orange Chicken Rice Bowl (1 serving)	1130	294	33	5	0	81	3449	156	7	52	47	10316	209	161	8
Pub-Style Fish and Chips Basket (1 serving)	1180	633	70	10	0	120	990	37	1	4	30	3	8	7	0
Top Gear Tenders (1 serving)	1110	264	29	4	0	133	2368	102	9	8	61	816	40	109	6

QUAKER STEAK & LUBE MENU ANALYSIS MAY 2025

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)	290	187	21	13	0	54	806	60	4	3	7	662	64	90	3
Baked Potato (1 serving) with Sour Cream	510	236	26	16	0	75	822	61	4	4	7	876	64	133	3
Baked Potato (1 serving) with Whipped Butter	570	303	34	21	0	86	902	60	4	3	7	1090	64	90	3
Bourbon Baked Beans (1 serving)	160	0	0	0	0	0	977	70	7	39	9	682	5	45	4
Cinnamon Apples (1 serving)	280	13	1	0	0	0	53	68	2	60	0	123	74	49	0
Coleslaw (1 serving)	100	50	6	1	0	7	218	8	2	6	1	761	25	37	0
French Fries (1 serving)	350	136	15	3	0	0	729	42	4	0	4	4	10	1	1
House-Made Potato Chips (1 serving)	380	176	20	6	0	20	792	31	2	0	6	3	2	119	1
Lube Rice (1 serving)	180	71	8	1	0	1	641	30	1	1	4	350	16	26	2
Sauteed Green Beans and Red Peppers (1 serving)	110	65	7	1	0	0	177	9	4	2	2	1345	49	45	1
Steamed Fresh Broccoli (1 serving)	50	4	0	0	0	0	38	7	3	2	4	4252	132	68	1
Steamed Fresh Broccoli (1 serving) with Beer Cheese	230	85	9	4	0	20	498	19	3	2	8	4252	132	176	1
Sweet Potato Retreads (1 serving)	440	307	34	4	0	20	1212	39	3	11	3	5580	4	74	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)	200	113	13	7	0	50	1066	13	3	4	10	311	1	129	2
Cup of Soup (1 serving)	300	193	21	13	0	66	921	18	1	3	9	87	4	184	0
Loaded Baked Potato (1 serving)	610	304	34	20	0	89	1106	61	4	4	16	983	65	292	3
Loaded French Fries (1 serving)	870	451	50	13	0	55	1570	45	4	3	13	325	10	243	2
Loaded Sweet Potato Retreads Sidecar (1 serving)	580	398	44	10	0	50	1389	35	3	10	12	5288	4	272	1
Mac and Cheese (1 serving)	330	119	13	8	0	36	1378	38	1	6	15	413	7	313	2
O-Rings (1 serving)	300	46	5	1	0	0	637	33	0	6	4	3	0	26	0

QUAKER STEAK & LUBE MENU ANALYSIS MAY 2025

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)															
Wing Sauces (1 fluid ounce) with Wing Dust Chipotle BBQ	10	4	0	0	0	0	237	2	0	1	0	240	0	3	0
Wing Sauces (1 fluid ounce) with Wing Dust Mango Habanero	10	1	0	0	0	0	361	5	0	3	0	332	1	18	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	50	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 Parm	70	88	10	2	0	4	455	2	0	0	1	0	0	38	0
Wing Sauces (1 fluid ounce) with Wing Sauce Choice Hot	10	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 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	100	87	10	2	0	0	410	2	0	0	1	50	6	10	0
Wing Sauces (1 fluid ounce) with Wing Sauce Choice Mild	130	126	14	2	0	0	340	0	0	0	0	0	0	0	0
Wing Sauces (1 fluid ounce) with Wing Sauce Choice Orange Sauce	70	0	0	0	0	0	300	17	0	15	0	0	0	5	0
Wing Sauces (1 fluid ounce) with Wing Sauce Choice Original BBQ	50	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	10	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
CHOOSE ANY CHICKEN OR MUNCHIE (1 Serving)															
Choose Your Chicken (1 serving)															
Choose Your Chicken (1 serving) with Bone In Wings	690	489	54	13	0	177	168	0	0	0	42	338	2	28	2
Choose Your Chicken (1 serving) with Breaded Boneless Wings	410	131	15	2	0	80	1201	32	0	0	34	0	0	0	2
Choose Your Chicken (1 serving) with Cauliflower Wings	370	61	7	1	0	0	820	68	6	4	10	10	1	50	2
Choose Your Chicken (1 serving) with Grilled Boneless Wings with Pita Bread and Garnish	490	81	9	1	0	140	1507	46	3	2	57	671	5	113	3
Choose Your Chicken (1 serving) with Top Gear Tenders	460	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 Sweet Potato Waffle Fries with Chipotle BBQ Ranch Dip	580	399	44	11	0	50	1323	38	2	14	11	6663	3	289	1
Choose Your Munchie (1 serving) with Mac and Cheese	340	119	13	8	0	36	1378	38	1	6	15	413	7	313	2
Choose Your Munchie (1 serving) with Magna Fries with Ranch Dressing	870	663	74	22	0	90	2235	68	6	4	24	669	19	446	2
Choose Your Munchie (1 serving) with Mozzarella Stick Shifters with Marinara Sauce	500	203	23	9	0	2	1429	56	0	2	17	302	9	349	0
Choose Your Munchie (1 serving) with O Rings with Louisiana Lickers Sauce	350	154	17	3	0	0	1257	45	0	16	4	3	0	46	1
Choose Your Munchie (1 serving) with Peel Out Potato Skins with Sour Cream	490	431	48	25	0	119	1546	44	3	6	29	1199	44	681	2
Choose Your Munchie (1 serving) with Pick Up Pickles with Jalapeno Ranch Dip	480	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 Dressing	400	257	29	4	0	22	1775	32	0	2	5	422	5	89	3
Choose Your Munchie (1 serving) with Premium Pretzels with Beer Cheese Dip	600	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	220	85	9	4	0	20	490	18	2	2	7	3402	106	162	1



QUAKER STEAK & LUBE MENU ANALYSIS MAY 2025

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)	740	500	56	13	0	177	2568	13	0	0	42	338	2	37	3
Bone-In Wings, Compact Bucket (1 serving)	2700	1956	217	52	0	707	671	0	0	0	168	1351	6	110	9
Bone-In Wings, Single (1 serving)	1350	978	109	26	0	354	335	0	0	0	84	675	3	55	4
Bone-In Wings, Sprintster (1 serving)	690	489	54	13	0	177	168	0	0	0	42	338	2	28	2
Bone-In Wings, Super Single (1 serving)	2040	1467	163	39	0	531	503	0	0	0	126	1013	5	83	7
Breaded Boneless Wings, 12 Pack (1 serving)	800	261	29	5	0	160	2401	64	0	0	68	0	0	0	4
Breaded Boneless Wings, 24 Pack (1 serving)	1620	522	58	9	0	320	4803	128	0	0	136	0	0	0	9
Breaded Boneless Wings, 6 Pack (1 serving)	410	131	15	2	0	80	1201	32	0	0	34	0	0	0	2
Cauliflower Wings (1 serving)	370	76	8	1	0	0	1025	85	8	5	13	12	1	63	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	300	343	38	6	0	36	314	6	2	2	2	5744	2	64	0
Celery, Carrots and Dip (1 serving) with Ranch Dressing	220	199	22	3	0	20	594	6	2	4	0	5644	2	64	0
Grilled Boneless Wings, Single (1 serving)	490	126	14	2	0	99	1345	46	3	2	46	323	7	137	4

AIN'T NO SECRET-IT'S THE SAUCE

	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) with Wing Dust Chipotle BBQ	10	4	0	0	0	0	237	2	0	1	0	240	0	3	0
Wing Sauces (1 fluid ounce) with Wing Dust Mango Habanero	10	1	0	0	0	0	361	5	0	3	0	332	1	18	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	50	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 Parm	70	88	10	2	0	4	455	2	0	0	1	0	0	38	0
Wing Sauces (1 fluid ounce) with Wing Sauce Choice Hot	10	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 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	100	87	10	2	0	0	410	2	0	0	1	50	6	10	0
Wing Sauces (1 fluid ounce) with Wing Sauce Choice Mild	130	126	14	2	0	0	340	0	0	0	0	0	0	0	0
Wing Sauces (1 fluid ounce) with Wing Sauce Choice Orange Sauce	70	0	0	0	0	0	300	17	0	15	0	0	0	5	0
Wing Sauces (1 fluid ounce) with Wing Sauce Choice Original BBQ	50	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	10	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 Thaiian	90	50	6	1	0	0	410	12	0	10	0	0	0	6	0



QUAKER STEAK & LUBE MENU ANALYSIS MAY 2025

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	395	44	26	1	151	1271	151	3	67	12	937	0	174	6
Chocolate Milkshake (1 shake)	480	134	15	8	0	52	135	77	0	65	5	300	0	150	1
Cookies and Cream Milkshake (1 shake)	560	379	42	23	0	119	353	106	2	77	7	2917	0	233	2
Creamsicle Milkshake (1 drink)	590	234	26	17	0	100	100	90	0	82	4	2543	10	207	0
High Test Mocha Milkshake (1 shake)	490	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)	720	112	12	5	0	43	729	192	5	127	11	313	74	305	5
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)	980	513	57	23	0	200	293	137	5	81	12	187	0	148	7
Vanilla Milkshake (1 shake)	380	134	15	8	0	52	105	53	0	51	5	300	0	150	0



QUAKER STEAK & LUBE MENU ANALYSIS MAY 2025

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)	200	0	0	0	0	0	14	49	0	48	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
Iced-Up Coffee (1 drink)	130	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)	170	0	0	0	0	0	9	41	1	37	0	2813	45	7	0
Orange Cream Soda (1 drink)	200	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)	180	0	0	0	0	0	6	45	1	40	0	4	41	7	0
Wildberry Lube-N-Ade (1 serving)	170	0	0	0	0	0	9	41	1	35	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)	200	0	0	0	0	0	63	49	0	49	0	0	0	0	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)	260	0	0	0	0	0	7	64	0	64	0	0	0	7	0
Lemon Lube-N-Ade (1 drink)	150	0	0	0	0	0	17	37	0	34	0	4	11	7	0
Mountain Dew (1 drink)	200	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
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



QUAKER STEAK & LUBE MENU ANALYSIS MAY 2025

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)	100	0	0	0	0	0	8	24	0	24	0	0	10	17	1
Kids Applesauce (1 serving)	70	0	0	0	0	0	8	17	2	14	0	0	0	0	0
Kids Baby Carrots with Ranch Dressing (1 serving)	230	199	22	3	0	20	606	9	2	6	1	11728	2	67	1
Kids Chevy Cheeseburger (1 serving)	420	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)	100	0	0	0	0	0	32	24	0	24	0	0	0	0	0
Kids French Fries (1 serving)	170	69	8	1	0	0	110	19	2	0	2	2	6	7	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)	360	163	18	7	1	25	1031	44	0	6	13	554	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)	230	108	12	8	0	53	188	18	0	18	12	450	9	450	0
Kids Mountain Dew (1 drink)	100	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 Starry Lemon Lime Soda (1 drink)	90	0	0	0	0	0	21	23	0	23	0	0	0	0	0
Kids Sundae (1 serving)	250	69	8	5	0	41	121	41	0	14	3	187	0	94	1
Kids Top Gear Tenders (1 serving)	420	38	4	1	0	63	965	28	1	1	28	25	1	28	2
Kids Wings (1 serving)	350	293	33	8	0	106	101	0	0	0	25	203	1	17	1