



Quaker Steak and Lube Menu Analysis Book

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)
Game Day Nachos with Grilled Chicken (1 serving)	1239	658	73	37	0	286	3240	70	6	15	82	2640	26	1168	3
Game Day Nachos with Chili (1 serving)	1154	649	72	38	0	202	3773	80	9	17	52	2456	26	1202	4
Boom Boom Shrimp (1 serving)	682	367	41	6	0	141	1765	56	3	9	20	1033	19	109	4
Crispy Shrimp Tacos (1 serving)	1062	546	61	18	0	162	2516	91	6	9	35	1787	25	574	7
Chipotle Chicken Quesadilla (1 serving)	891	384	43	19	1	109	1773	83	3	24	45	1307	15	558	5
4-Wheeler (1 serving)	1784	707	79	20	0	45	6485	214	3	14	44	744	13	629	8
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
Loaded Magna Fries (1 serving)	1573	1008	112	38	0	160	3392	102	9	7	41	1272	23	867	3
Garlic White Cheddar Cheese Curds (1 serving)	517	314	35	19	0	83	1873	32	2	4	22	1278	13	608	2
Premium Pretzels (1 serving)	1116	314	35	9	0	30	4469	152	6	2	28	0	0	196	8
Pick-Up Pickles (1 serving)	302	86	10	2	0	2	1832	46	0	0	7	624	7	60	4
with Jalapeno Ranch Dressing	722	491	55	9	0	47	2582	49	0	3	7	624	7	60	4
with Ranch Dressing	602	383	43	6	0	32	2642	49	0	3	7	624	7	120	4
Cheesy Chipotle Sweet Potato Fries (1 serving)	1005	622	69	18	0	80	2314	76	6	20	24	11732	8	510	2



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SOUPED-UP SOUPS & SALADS-Salad Lubes listed separately; *except where served with or on the entrée.	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
QSL Signature Salad with Grilled Chicken (1 serving)	459	202	22	10	0	139	1263	9	4	4	53	8869	48	296	4
QSL Signature Salad with Steak Tips (1 serving)	574	352	39	18	0	121	893	9	4	4	45	8800	46	314	5
QSL Signature Salad with Top Gear Tenders (1 serving)	506	190	21	9	0	103	1440	36	5	4	41	8817	47	301	5
*Southwest Chipotle Chicken Salad (1 serving)	967	535	59	18	0	189	2242	49	5	18	61	2748	28	567	4
Boneless Chicken Salad, Fried (1 serving)	580	87	10	3	0	73	2017	82	8	5	39	17674	46	303	8
Boneless Chicken Salad, Grilled (1 serving)	533	99	11	4	0	109	1840	55	8	4	51	17726	47	298	7
*Steak Caesar Salad (1 serving)	997	637	71	28	0	172	2669	29	5	7	58	11549	45	846	5
*Chicken Caesar Salad (1 serving)	883	487	54	20	0	190	3038	30	5	7	66	11618	48	828	4
Hot Chassis Chili, Bowl (1 serving)	410	222	25	9	0	64	1504	34	4	5	15	409	2	191	2
Broccoli Chedda Soup, Bowl (1 serving)	398	295	33	19	0	100	1335	17	2	5	8	150	0	316	1
Potato Lovers Soup, Bowl (1 serving)	431	282	31	18	0	94	1300	25	1	4	13	173	5	279	1
Side Garage Salad (1 serving)	91	45	5	3	0	15	126	6	3	2	5	5738	33	158	3
Side Caesar Salad (1 serving)	356	238	26	9	0	46	1190	17	3	4	12	8449	34	345	2
SALAD LUBES															
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
with Dressing Choice Bleu Cheese	522	513	57	9	0	54	390	3	0	0	3	150	0	60	0
with Dressing Choice Chipotle Ranch	304	298	33	5	0	30	899	4	0	3	0	90	0	61	0
with Dressing Choice Farmhouse Ranch	300	297	33	5	0	30	810	3	0	3	0	0	0	60	0
with Dressing Choice Fat Free Italian	45	0	0	0	0	0	1470	9	0	6	0	0	0	0	0
with Dressing Choice Honey Mustard	130	28	3	0	0	0	999	19	0	9	3	0	4	62	2
with Dressing Choice Jalapeno Ranch	420	405	45	8	0	45	750	3	0	3	0	0	0	0	0
with Dressing Choice Northern Italian	390	378	42	6	0	0	1020	3	0	0	0	300	11	60	0
with Dressing Choice Olive Oil and Balsamic Vinegar	414	378	42	6	0	0	0	9	0	9	0	0	0	0	0
with Dressing Choice Wildberry Poppysseed	323	223	25	3	0	34	519	28	1	23	0	0	17	0	0



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LUBE-NORMOUS STEAKBURGERS Burgers served with Lube Chips, French Fries or choice of Sidecar; all listed separately.	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)
Lubeburger (1 serving)	1052	650	72	22	1	198	3059	43	2	6	58	775	3	329	6
Pick Ur Cheese Burger (1 serving)	642	288	32	11	0	141	1291	40	2	6	46	249	2	156	6
Pick Ur Cheese Burger (1 serving) with American	743	370	41	16	0	166	1808	40	2	6	51	552	2	308	6
Pick Ur Cheese Burger (1 serving) with Pepper Jack	802	396	44	19	0	181	1561	40	2	6	56	649	2	456	6
Pick Ur Cheese Burger (1 serving) with Provolone	842	432	48	21	0	191	1521	40	2	6	60	849	2	556	6
Pick Ur Cheese Burger (1 serving) with Shredded Cheddar Jack	757	374	42	17	0	171	1461	41	2	7	53	549	2	356	6
Bacon Cheeseburger (1 serving)	718	348	39	13	0	155	1603	40	2	6	51	249	2	156	6
Bacon Cheeseburger (1 serving) with American	819	430	48	18	0	180	2120	40	2	6	56	552	2	308	6
Bacon Cheeseburger (1 serving) with Pepper Jack	878	456	51	21	0	195	1873	40	2	6	61	649	2	456	6
Bacon Cheeseburger (1 serving) with Provolone	918	492	55	23	0	205	1833	40	2	6	65	849	2	556	6
Bacon Cheeseburger (1 serving) with Shredded Cheddar Jack	833	433	48	19	0	185	1773	41	2	7	58	549	2	356	6
Mac & Cheese Burger (1 serving)	873	433	48	20	0	183	2109	50	2	8	58	649	4	410	7
Hangover Burger (1 serving)	973	518	58	23	0	440	1963	41	2	6	68	971	2	487	7
Kentucky Bourbon Smashburger (1 serving)	837	329	37	14	0	128	2472	76	2	39	43	413	4	304	5
Kentucky Bourbon Smashburger, Double (1 serving)	1199	549	61	25	0	242	3362	77	2	39	75	630	5	483	8
Garlic Curd Smash Burger (1 serving)	861	537	60	22	0	124	1335	46	2	6	35	735	1	470	4
Garlic Curd Smash Burger, Double (1 serving)	1289	767	85	33	0	260	2877	48	2	6	80	1098	2	733	8
QSL Steakburger Melt (1 serving)	1100	703	78	27	0	156	2127	53	1	11	40	525	2	315	6
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
with Fried Egg	95	62	7	2	0	245	90	0	0	0	7	322	0	31	1
with Gluten Free Bun	313	126	14	3	1	0	535	43	5	6	6	250	0	40	1



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SANDWICHED-IN-Sandwiches served with Lube Chips, French Fries or choice of Sidecar; all listed separately.	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)
GTO Gyro (1 serving)	748	350	39	17	0	75	2761	67	6	5	34	326	4	199	6
Corvette Club, Fried (1 serving)	918	378	42	12	1	151	2385	68	1	9	60	800	4	243	6
Corvette Club, Grilled (1 serving)	818	373	41	12	1	148	2430	47	1	8	57	839	4	226	4
Chicken Sandwich, Fried (1 serving)	539	94	10	2	0	101	1241	61	2	7	48	269	4	155	5
Chicken Sandwich, Grilled (1 serving)	440	89	10	2	0	99	1286	40	2	6	46	309	4	138	3
Boneless Chicken Wrap, Fried (1 serving)	851	346	38	8	0	93	2467	87	8	10	40	9692	6	241	5
Boneless Chicken Wrap, Grilled (1 serving)	801	395	44	9	0	104	1894	59	7	10	42	9694	6	233	4
Fish Tailin' Sandwich (1 serving)	1096	615	68	12	1	90	1546	86	3	9	32	480	12	79	1
Cheesesteak Phil-M-Up (1 serving)	833	348	39	17	1	136	1653	63	3	7	55	1800	56	511	3
Cheesesteak Melt (1 serving)	758	371	41	12	0	130	1869	48	3	4	41	326	2	301	5
House-Made Pulled Pork Sandwich (1 serving)	778	417	46	22	0	134	2201	52	1	18	41	708	1	517	3
STEAK.....IT'S OUR MIDDLE NAME-Steaks served with garlic toast; choice of two Sidecars all listed separately.	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)
Thunderbird Sirloin Steak (1 serving)	766	458	51	17	3	118	1160	23	0	3	49	642	0	81	5
Choice Ribeye Steak, Boneless, 12 oz (1 serving)	1182	680	76	26	3	428	1225	23	0	3	94	642	0	86	8
Smothered Steak Skillet (1 serving)	967	570	63	27	1	178	1739	31	1	8	64	1689	56	496	5
Steak Custom Details															
with 6 Crispy Panko Shrimp	274	59	7	1	0	83	939	37	1	2	15	104	1	63	3
with Bleu Cheese Crumbles	50	36	4	3	0	10	190	1	1	0	3	150	0	75	0
with Grilled Mushrooms	7	3	0	0	0	0	1	0	0	0	0	2	0	0	0
with Grilled Onions	9	3	0	0	0	0	0	1	0	1	0	2	1	3	0



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MAIN STREET-Entrees include Sauces & Sidecars as specified on the Menu; Other Sauces & Sidecars are listed separately.	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)
Chop Shop Pork Ribeye (1 serving)	791	413	46	14	1	184	367	23	0	4	65	198	1	35	4
Top Gear Tenders (1 serving)	947	261	29	5	0	133	2877	106	8	8	60	816	37	95	5
Flame Grilled Chicken with Lube Rice, Single	588	162	18	3	1	99	1686	53	1	4	47	552	19	69	5
Flame Grilled Chicken with Lube Rice, Double	809	212	24	5	1	198	2474	54	1	4	87	629	21	93	6
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
Baby Back Ribs and Bone-In Wings Combo (1 serving)	1332	952	106	32	2	336	373	12	1	10	74	600	2	111	5
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)	914	441	49	13	0	82	2355	78	6	34	40	9974	193	178	7
Orange Chicken Rice Bowl (1 serving)	1132	294	33	5	0	81	3449	156	7	52	47	10316	209	161	8
Loaded Mac and Cheese Skillet with Pulled Pork (1 serving)	1014	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
Pub-Style Fish and Chips Basket (1 serving)	927	633	70	10	0	120	990	37	1	4	30	3	8	7	0
Crispy Panko Shrimp (1 serving)	961	303	34	5	0	174	2826	123	8	10	34	974	37	163	8



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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)
Lube Rice (1 serving)	216	71	8	1	0	1	641	30	1	1	4	350	16	26	2
House-Made Potato Chips with Beer Cheese Dip	362	176	20	6	0	20	792	31	2	0	6	3	2	119	1
Baked Potato (1 serving)	458	187	21	13	0	54	806	60	4	3	7	662	64	90	3
Baked Potato (1 serving) with Sour Cream	511	236	26	16	0	75	822	61	4	4	7	876	64	133	3
Baked Potato (1 serving) with Whipped Butter	573	303	34	21	0	86	902	60	4	3	7	1090	64	90	3
French Fries (1 serving)	325	136	15	3	0	0	729	42	4	0	4	4	10	1	1
Bourbon Baked Beans (1 serving)	318	0	0	0	0	0	977	70	7	39	9	682	5	45	4
Cinnamon Apples (1 serving)	281	13	1	0	0	0	53	68	2	60	0	123	74	49	0
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
Coleslaw (1 serving)	88	50	6	1	0	7	218	8	2	6	1	761	25	37	0
Sauteed Green Beans and Red Peppers (1 serving)	111	65	7	1	0	0	177	9	4	2	2	1345	49	45	1
Sweet Potato Waffle Fries w/Chipotle BBQ Ranch	463	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)
Loaded Baked Potato (1 serving)	613	304	34	20	0	89	1106	61	4	4	16	983	65	292	3
Loaded French Fries (1 serving)	680	451	50	13	0	55	1570	45	4	3	13	325	10	243	2
Mac & 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 Waffle Fries, Loaded (1 serving)	604	410	46	11	0	50	1457	39	3	11	12	5901	4	276	1
Potato Lovers Soup, Cup (1 serving)	299	193	21	13	0	66	921	18	1	3	9	87	4	184	0
Broccoli Cheddar Soup, Cup (1 serving)	284	210	23	14	0	71	980	12	2	3	5	75	0	212	1
Hot Chassis Chili, Cup (1 serving)	271	149	17	7	0	50	1096	21	3	4	10	311	1	129	2
Loaded Sweet Potato Waffle Fries Sidecar w/Chipotle BBQ Ranch	575	398	44	10	0	50	1389	35	3	10	12	5288	4	272	1



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Choose Your Chicken & Munchie															
Grilled Boneless Wings Combos															
Grilled Boneless Wings and Loaded Magna Fries w/Ranch Dip	1501	762	85	24	0	189	3580	114	9	6	70	992	23	583	6
Grilled Boneless Wings and Mac and Cheese	833	245	27	10	0	135	2723	84	4	8	61	736	14	451	6
Grilled Boneless Wings and Mozzarella Stick Shifters w/Marinara	998	329	37	12	0	101	2773	102	3	4	63	625	16	486	5
Grilled Boneless Wings and O-Rings w/Louisiana Lickers Sauce	931	298	33	5	0	99	2857	104	3	21	51	327	7	194	5
Grilled Boneless Wings and Peel-Outs w/Sour Cream	1202	512	57	26	0	259	2998	91	6	8	85	1732	49	794	5
Grilled Boneless Wings and Pick Up Pickles w/Ranch or Jalapeno Ranch Dip	707	186	21	4	0	101	2580	76	3	2	51	745	12	187	7
Grilled Boneless Wings and Pretzels w/Beer Cheese	1105	304	34	8	0	119	3694	125	6	3	61	323	7	262	8
Grilled Boneless Wings and Steamed Broccoli w/Beer Cheese	733	212	24	6	0	119	1843	65	6	4	54	4575	139	313	6
Grilled Boneless Wings and Sweet Potato Waffle Fries w/Chipotle BBQ Ranch	1149	578	64	14	0	149	3028	86	6	14	58	6304	12	418	5
Top Gear Tenders Combos															
Top Gear Tenders and Loaded Magna Fries w/Ranch Dip	1444	699	78	23	0	194	3843	114	8	5	70	711	18	494	5
Top Gear Tenders and Mac and Cheese	777	182	20	9	0	140	2986	85	3	7	61	455	9	361	5
Top Gear Tenders and Mozzarella Stick Shifters w/ Marinara	942	265	29	11	0	106	3037	103	2	3	63	345	11	396	3
Top Gear Tenders and O-Rings w/Louisiana Lickers Sauce	874	235	26	4	0	104	3120	105	2	20	51	46	2	104	4
Top Gear Tenders and Peel-Outs w/Sour Cream	1163	494	55	26	0	223	3154	91	5	7	75	1241	46	729	5
Top Gear Tenders and Pick Up Pickles w/Ranch or Jalapeno Ranch Dip	650	122	14	3	0	106	2843	77	2	1	51	464	7	97	6
Top Gear Tenders and Pretzels w/Beer Cheese	1048	240	27	7	0	124	3957	126	4	2	61	42	2	172	7
Top Gear Tenders and Steamed Broccoli w/Beer Cheese	676	148	16	5	0	124	2106	66	4	3	54	4295	134	223	4
Top Gear Tenders and Sweet Potato Waffle Fries w/Chipotle BBQ Ranch	1051	473	53	12	0	154	3066	86	5	13	58	5985	7	326	4



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Breaded Boneless Wings Combos															
Breaded Boneless Wings and Loaded Magna Fries w/Ranch Dip	1396	767	85	24	0	170	3436	100	6	4	58	669	16	446	4
Breaded Boneless Wings and Mac and Cheese	728	250	28	10	1	116	2579	70	1	6	49	413	7	313	4
Breaded Boneless Wings and Mozzarella Stick Shifters w/Marinara	894	333	37	12	0	82	2629	88	0	2	52	302	9	349	3
Breaded Boneless Wings and O-Rings w/Louisiana Lickers Sauce	812	293	33	5	0	80	2660	89	0	18	39	4	0	55	3
Breaded Boneless Wings and Peel-Outs w/Sour Cream	1115	562	62	27	0	199	2746	76	3	6	63	1199	44	681	4
Breaded Boneless Wings and Pick Up Pickles w/Ranch or Jalapeno Ranch Dip	602	190	21	4	0	82	2435	62	0	0	39	422	5	49	5
Breaded Boneless Wings and Pretzels w/Beer Cheese	1000	308	34	8	0	100	3550	111	3	1	49	0	0	125	6
Breaded Boneless Wings and Steamed Broccoli w/Beer Cheese	628	216	24	6	0	100	1699	51	3	2	42	4252	132	176	4
Breaded Boneless Wings and Sweet Potato Waffle Fries w/Chipotle BBQ Ranch	1002	541	60	13	0	130	2658	71	3	11	46	5943	5	279	3
Bone-In Wings Combos															
Bone-In Wings and Loaded Magna Fries w/Ranch Dip	1668	1125	125	35	0	267	2403	68	6	4	66	1006	17	474	4
Bone-In Wings and Mac and Cheese	1000	608	68	20	1	213	1546	38	1	6	57	751	9	341	4
Bone-In Wings and Mozzarella Stick Shifters w/Marinara	1166	692	77	22	0	179	1596	56	0	2	60	640	10	377	3
Bone-In Wings and O-Rings w/Louisiana Lickers Sauce	1098	661	73	16	0	177	1680	58	0	19	47	341	2	84	3
Bone-In Wings and Peel-Outs w/Sour Cream	1387	920	102	38	0	296	1713	44	3	6	71	1536	46	709	4
Bone-In Wings and Pick Up Pickles w/Ranch or Jalapeno Ranch Dip	874	548	61	14	0	179	1402	30	0	0	47	759	6	77	5
Bone-In Wings and Pretzels w/Beer Cheese	1272	666	74	18	0	197	2517	79	3	1	57	338	2	152	6
Bone-In Wings and Steamed Broccoli w/Beer Cheese	900	575	64	17	0	197	666	19	3	2	50	4590	134	203	4
Bone-In Wings and Sweet Potato Waffle Fries w/Chipotle BBQ Ranch	1274	900	100	24	0	227	1625	39	3	11	54	6280	7	306	3



Quaker Steak and Lube Menu Analysis Book

CUSTOM BUILT COMBOS-Combos are served as listed on the menu including dipping sauce; Lube Sauce is listed separately.	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)
Breaded Cauliflower "Wings" Combos															
Breaded Cauliflower and Loaded Magna Fries w/Ranch Dip	1453	712	79	23	0	90	3260	153	14	9	37	681	16	509	5
Breaded Cauliflower and Mac and Cheese	785	195	22	8	0	36	2403	123	8	11	28	425	8	376	4
Breaded Cauliflower and Mozzarella Stick Shifters w/Marinara	950	279	31	10	0	2	2454	141	8	7	30	314	9	412	3
Breaded Cauliflower and O-Rings w/Louisiana Lickers Sauce	883	248	28	4	0	0	2537	143	8	24	18	16	1	119	4
Breaded Cauliflower and Peel-Outs w/Sour Cream	1172	507	56	26	0	119	2571	129	11	11	41	1211	45	744	5
Breaded Cauliflower and Pick Up Pickles w/Ranch or Jalapeno Ranch Dip	659	135	15	2	0	2	2260	115	8	5	17	434	5	112	5
Breaded Cauliflower and Pretzels w/Beer Cheese	1057	253	28	6	0	20	3374	164	10	6	28	12	1	187	7
Breaded Cauliflower and Steamed Broccoli w/Beer Cheese	685	162	18	5	0	20	1523	104	10	7	21	4264	133	238	4
Breaded Cauliflower and Sweet Potato Waffle Fries w/Chipotle BBQ Ranch	1059	487	54	11	0	50	2483	124	11	16	25	5955	6	341	3



Quaker Steak and Lube Menu Analysis Book

AWARD-WINNING WINGS-Lube Sauce is listed separately.	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)
Grilled Boneless Wings (1 serving)	502	126	14	2	0	99	1345	46	3	2	46	323	7	137	4
Cauliflower Wings (1 serving)	454	76	8	1	0	0	1025	85	8	5	13	12	1	63	3
Breaded Boneless Wings, 6 Pack (1 serving)	397	131	15	2	0	80	1201	32	0	0	34	0	0	0	2
Breaded Boneless Wings, 12 Pack (1 serving)	794	261	29	5	0	160	2401	64	0	0	68	0	0	0	4
Breaded Boneless Wings, 24 Pack (1 serving)	1587	522	58	9	0	320	4803	128	0	0	136	0	0	0	9
Bone-In Wings, Sprintster (1 serving)	669	489	54	13	0	177	168	0	0	0	42	338	2	28	2
Bone-In Wings, Single (1 serving)	1338	978	109	26	0	354	335	0	0	0	84	675	3	55	4
Bone-In Wings, Super-Single (1 serving)	2007	1467	163	39	0	531	503	0	0	0	126	1013	5	83	7
Bone-In Wings, Compact Bucket (1 serving)	2675	1956	217	52	0	707	671	0	0	0	168	1351	6	110	9
Atomic Challenge (1 serving)	744	500	56	13	0	177	2568	13	0	0	42	338	2	37	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 Bleu 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



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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															
Wing Sauces (1 fluid ounce) with Wing Dust Chipotle BBQ	11	4	0	0	0	0	237	2	0	1	0	240	0	3	0
Wing Sauces (1 fluid ounce) with Wing Dust Mango Habanero	20	1	0	0	0	0	361	5	0	3	0	332	1	18	0
Wing Sauces (1 fluid ounce) Arizona Ranch	70	63	7	1	0	0	610	0	0	0	0	0	0	10	0
Wing Sauces (1 fluid ounce) Asian Sesame	120	99	11	2	0	0	440	7	0	6	0	0	0	10	0
Wing Sauces (1 fluid ounce) Atomic Scorpion	30	5	1	0	0	0	960	5	0	0	0	0	0	4	1
Wing Sauces (1 fluid ounce) Boom Boom	150	144	16	3	0	15	250	2	0	2	0	0	0	0	0
Wing Sauces (1 fluid ounce) Buckeye BBQ	45	0	0	0	0	0	200	10	0	9	0	0	0	10	0
Wing Sauces (1 fluid ounce) Garlic Parmesan	140	126	14	3	0	10	580	3	0	1	1	0	0	30	0
Wing Sauces (1 fluid ounce) Golden Garlic	90	81	9	2	0	0	410	1	0	0	0	0	0	10	0
Wing Sauces (1 fluid ounce) Haute Parm	99	88	10	2	0	4	455	2	0	0	1	0	0	38	0
Wing Sauces (1 fluid ounce) Hot	5	0	0	0	0	0	740	1	0	0	0	0	0	0	0
Wing Sauces (1 fluid ounce) Kentucky Bourbon Glaze	80	0	0	0	0	0	440	17	0	16	0	0	0	6	0
Wing Sauces (1 fluid ounce) Louisiana Lickers	80	54	6	1	0	0	310	6	0	5	0	0	0	10	0
Wing Sauces (1 fluid ounce) Medium	95	87	10	2	0	0	410	2	0	0	1	50	6	10	0
Wing Sauces (1 fluid ounce) Mild	126	126	14	2	0	0	340	0	0	0	0	0	0	0	0
Wing Sauces (1 fluid ounce) Orange Sauce	70	0	0	0	0	0	300	17	0	15	0	0	0	5	0
Wing Sauces (1 fluid ounce) Original BBQ	38	4	0	0	0	0	395	9	0	8	0	0	0	0	0
Wing Sauces (1 fluid ounce) Parmesan Pepper	130	117	13	3	0	5	360	2	0	0	1	0	0	50	0
Wing Sauces (1 fluid ounce) Smoked Jalapeno Honey	90	0	0	0	0	0	380	21	0	15	0	0	0	2	0
Wing Sauces (1 fluid ounce) Super Recharged	5	1	0	0	0	0	372	1	0	0	0	490	0	3	0
Wing Sauces (1 fluid ounce) Thai R Cracker	60	0	0	0	0	0	380	16	0	13	0	0	0	1	0
Wing Sauces (1 fluid ounce) Thaiian	90	50	6	1	0	0	410	12	0	10	0	0	0	6	0
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)
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
Strawberry Cheesecake (1 serving)	540	310	34	18	0	146	361	50	2	35	7	1006	42	69	1
Skillet Apple Nacho (1 serving)	924	112	12	5	0	43	729	192	5	127	11	313	74	305	5
Triple Rich Fudge Brownie (1 serving)	1064	513	57	23	0	200	293	137	5	81	12	187	0	148	7
Amazing Chocolate Chunk Skillet Cookie (1 serving)	1045	395	44	26	1	151	1271	151	3	67	12	937	0	174	6



Quaker Steak and Lube Menu Analysis Book

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)
Pepsi (1 drink)	180	0	0	0	0	0	45	49	0	49	0	0	0	0	0
Diet Pepsi (1 drink)	0	0	0	0	0	0	54	0	0	0	0	0	0	0	0
Starry Lemon Lime Soda (1 drink)	180	0	0	0	0	0	42	47	0	47	0	0	0	0	0
Mountain Dew (1 drink)	198	0	0	0	0	0	90	56	0	56	0	0	0	0	0
Dr Pepper (1 drink)	198	0	0	0	0	0	63	49	0	49	0	0	0	0	0
Red Bull Energy Drink (1 can)	110	0	0	0	0	0	100	28	0	27	0	0	0	0	0
Red Bull Sugar Free (1 can)	10	0	0	0	0	0	100	3	0	0	0	0	0	0	0
Lube Old Tyme Bottled Root Beer (1 bottle)	180	0	0	0	0	0	40	44	0	44	0	0	0	0	0
Fresh Brewed Coffee (1 drink)	0	0	0	0	0	0	5	0	0	0	0	0	0	5	0
Iced-Up Coffee (1 drink)	148	26	3	0	0	0	17	24	0	24	0	0	0	3	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)	136	0	0	0	0	0	7	34	0	34	0	0	0	7	0
Nestle Pure Life Bottled Water (1 bottle)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
DIRT BIKE SODAS & CREAM SODAS															
Blue Raspberry Cream Soda (1 beverage)	274	62	7	4	0	29	34	52	0	49	1	417	0	33	0
Vanilla Cream Soda (1 beverage)	294	62	7	4	0	29	35	58	0	56	1	417	0	33	0
Orange Cream Soda (1 drink)	216	0	0	0	0	0	33	55	0	55	0	0	0	0	0



Quaker Steak and Lube Menu Analysis Book

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)
MILKSHAKES															
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
Strawberry Milkshake (1 shake)	480	216	24	16	0	90	122	70	1	62	4	2500	8	200	0
Vanilla Milkshake (1 shake)	378	134	15	8	0	52	105	53	0	51	5	300	0	150	0
UNLEADED LUBE-N-ADES															
Unleaded Lube-N-Ade (1 drink)	146	0	0	0	0	0	17	37	0	34	0	4	11	7	0
Lube Palmer (1 beverage)	137	1	0	0	0	0	10	34	1	30	0	7	28	11	0
Blue Raspberry Lube-N-Ade (1 drink)	201	0	0	0	0	0	14	49	0	48	0	4	12	7	0
Mango Lube-N-Ade (1 serving)	166	0	0	0	0	0	9	41	1	37	0	2813	45	7	0
Strawberry Lube-N-Ade (1 serving)	179	0	0	0	0	0	6	45	1	40	0	4	41	7	0
Wildberry Lube-N-Ade (1 serving)	166	0	0	0	0	0	9	41	1	35	0	4	45	7	0
KIDS MENU-Entrée, sides & beverage all listed separately.															
Kids Chevy Cheeseburger (1 serving)	348	153	17	6	1	48	795	31	1	5	18	279	0	149	3
Kids Grilled Cheese (1 serving)	404	163	18	7	1	25	1031	44	0	6	13	554	0	192	3
Kids Mac and Cheese (1 serving)	300	81	9	3	0	10	650	44	2	8	10	0	0	150	2
Kids Top Gear Tenders (1 serving)	267	38	4	1	0	63	965	28	1	1	28	25	1	28	2
Kids Wings (1 serving)	401	293	33	8	0	106	101	0	0	0	25	203	1	17	1



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KIDS MENU-Entrée, sides & beverage all listed separately.	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)
KID'S SIDES															
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 French Fries (1 serving)	162	68	8	2	0	0	365	21	2	0	2	2	5	1	1
Kids Goldfish Crackers (1 serving)	35	11	1	0	0	0	63	5	0	0	1	0	0	10	0
Kids Jell-O Cup (1 serving)	60	0	0	0	0	0	60	14	0	14	2	0	0	0	0
Kids Sundae (1 serving)	244	69	8	5	0	41	121	41	0	14	3	187	0	94	1
KID'S BEVERAGES															
Kids Apple Juice (1 juice box)	101	0	0	0	0	0	8	24	0	24	0	0	10	17	1
Kids Milk (1 carton)	225	108	12	8	0	53	188	18	0	18	12	450	9	450	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 Mountain Dew (1 drink)	99	0	0	0	0	0	45	28	0	28	0	0	0	0	0
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