



CHILI & GRILL MENU NUTRITION INFORMATION

	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
WAYS - ORIGINAL CHILI										
3-Way - Small/Child	420	21	12	1	65	840	36	3	1	22
3-Way - Regular	760	41	23	2	130	1620	56	4	2	41
3-Way - Super	1020	52	28	2.5	165	2250	84	6	3	54
4-Way Bean - Small/Child	470	21	12	1	65	1020	45	6	3	25
4-Way Onion - Small/Child	430	21	12	1	65	840	39	3	1	22
4-Way Bean - Regular	830	41	23	2	130	1900	70	9	5	45
4-Way Onion - Regular	780	41	23	2	130	1630	61	5	2	41
4-Way Bean - Super	1120	52	28	2.5	165	2610	102	12	7	60
4-Way Onion - Super	1060	52	28	2.5	165	2250	93	7	3	55
5-Way - Small/Child	480	21	12	1	65	1020	48	6	3	25
5-Way - Regular	850	41	23	2	130	1900	74	9	5	45
5-Way - Super	1160	53	28	2.5	165	2610	111	13	7	61
2-Way - Small/Child	240	6	2	0	20	560	36	3	<1	11
2-Way - Regular	410	12	4.5	0.5	40	1050	56	4	2	20
2-Way - Super	620	18	6	1	60	1580	83	6	2	30
2-Way Bean - Small/Child	320	7	2	0	20	830	49	7	4	15
2-Way Bean - Regular	490	13	4.5	0.5	40	1330	69	9	4	24
2-Way Bean - Super	720	19	6	1	60	1940	101	12	6	35
2-Way Onion - Small/Child	260	6	2	0	20	560	39	3	<1	12
2-Way Onion - Regular	430	12	4.5	0.5	40	1060	60	5	2	20
2-Way Onion - Super	650	18	6	1	60	1580	91	7	2	30
2-Way Bean & Onion - Small/Child	330	7	2	0	20	830	52	7	4	16
2-Way Bean & Onion - Regular	500	13	4.5	0.5	40	1330	74	9	4	24
2-Way Bean & Onion - Super	750	19	6	1	60	1950	109	13	6	36
Spaghetti - Small/Child	160	0.5	0	0	0	115	32	2	0	5
Spaghetti - Regular	240	1	0	0	0	170	48	3	0	8
Spaghetti - Super	350	1.5	0	0	0	260	72	4	0	12
Spaghetti with Cheese - Small/Child	330	15	9	0.5	45	400	33	2	0	16
Spaghetti with Cheese - Regular	580	30	19	1.5	90	740	49	3	<1	29
Spaghetti with Cheese - Super	760	35	22	1.5	105	920	73	4	<1	37

	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
WAYS - VEGETARIAN CHILI										
3-Way - Small/Child	410	20	10	0.5	45	920	36	3	1	20
3-Way - Regular	730	40	21	1.5	90	1780	58	5	3	37
3-Way - Super	980	50	25	1.5	105	2480	84	7	4	49
4-Way Bean - Small/Child	450	20	10	0.5	45	1100	45	6	3	23
4-Way Bean - Regular	830	40	23	2	130	1900	70	9	5	45
4-Way Bean - Super	1080	50	25	1.5	105	2850	102	13	8	54
4-Way Onion - Small/Child	420	20	10	0.5	45	920	39	3	1	20
4-Way Onion - Regular	750	40	21	1.5	90	1780	61	5	3	34
4-Way Onion - Super	1020	50	25	1.5	105	2490	93	8	4	50
5-Way - Small/Child	470	20	10	0.5	45	1100	48	6	3	23
5-Way - Regular	830	40	21	1.5	90	2060	74	10	6	42
5-Way - Super	1120	50	25	1.5	105	2850	111	14	8	55
2-Way - Small/Child	230	6	1	0	0	630	36	3	<1	9
2-Way - Regular	380	11	2	0	0	1210	56	5	2	16
2-Way - Super	580	17	3	0	0	1820	83	7	3	24
2-Way Bean & Onion - Small/Child	320	6	1	0	0	910	52	8	4	14
2-Way Bean & Onion - Regular	480	11	2	0	0	1490	74	10	5	21
2-Way Bean & Onion - Super	710	17	3	0	0	2180	109	14	7	30



CHILI & GRILL MENU NUTRITION INFORMATION

	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
CONEYS - ORIGINAL CHILI										
Cheese Coney - Mustard & Onion	310	18	8	0	55	900	23	<1	3	14
Cheese Coney - Mustard	310	18	8	0	55	900	21	<1	3	14
Cheese Coney - Onion	310	18	8	0	55	790	22	<1	3	14
Cheese Coney - Plain	300	18	8	0	55	790	21	0	3	14
Coney - Mustard & Onion	230	11	3.5	0	30	750	23	<1	3	9
Coney - Mustard	220	11	3.5	0	30	750	21	<1	3	9
Coney - Onion	220	11	3.5	0	30	640	22	<1	3	9
Coney - Plain	210	11	3.5	0	30	640	21	0	3	9
Chili Cheese Sandwich - Mustard & Onion	270	14	7	0.5	40	730	22	<1	3	13
Chili Cheese Sandwich - Mustard	260	14	7	0.5	40	720	21	<1	3	13
Chili Cheese Sandwich - Onion	260	14	7	0.5	40	620	22	<1	3	13
Chili Cheese Sandwich - Plain	250	14	7	0.5	40	610	20	0	3	13
Chili Sandwich - Mustard & Onion	150	4.5	1	0	10	540	22	<1	3	6
Chili Sandwich - Mustard	140	4.5	1	0	10	530	20	<1	3	6
Chili Sandwich - Onion	150	4	1	0	10	430	21	<1	3	6
Chili Sandwich - Plain	140	4	1	0	10	420	20	0	3	6
Hot Dog - Plain	170	8	2.5	0	20	420	19	0	2	6
Hot Dog - Mustard	180	9	2.5	0	20	640	20	0	2	6
Hot Dog - Onion	180	8	2.5	0	20	420	20	0	2	6
Hot Dog - Cheese	230	13	6	0	35	520	19	0	3	9
Hot Dog - Mustard, Onion & Cheese	250	13	6	0	35	740	21	<1	3	10
Coney Crate	3100	180	80	0	550	9000	230	<1	30	140
Low Carb Coney Bowl	580	46	20	1.5	150	1830	10	1	2	31

	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
VEGETARIAN CHILI SANDWICHES										
Chili Sandwich	140	4	0.5	0	0	570	22	<1	3	5
Chili Cheese Sandwich	260	14	7	0	30	760	22	<1	3	12

	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
CHILI BOWLS - ORIGINAL CHILI										
8 oz Bowl	200	11	4	0.5	40	890	12	2	2	12
8 oz Bowl with Beans	270	12	4	0.5	40	1250	25	7	5	17
8 oz Bowl with Onions	230	15	6	1	55	1180	10	2	2	16
8 oz Bowl with Beans & Onions	290	12	4	0.5	40	1250	30	8	5	18
8 oz Bowl with Cheese	410	30	17	1.5	100	1260	8	1	2	26
8 oz Bowl with Beans, Onions & Cheese	530	31	17	1.5	100	1630	30	8	6	32
16 oz Bowl	330	19	7	1	65	1480	21	3	3	20
16 oz Bowl with Beans	470	30	11	1.5	105	2360	20	3	4	31
16 oz Bowl with Onions	440	19	7	1	65	2020	39	11	8	28
16 oz Bowl with Beans & Onions	480	19	7	1	65	2020	48	12	8	29
16 oz Bowl with Cheese	760	57	32	3	190	2230	13	2	4	48
16 oz Bowl with Beans, Onions & Cheese	940	58	32	3	190	2780	49	12	9	57
Side of Chili	60	3.5	1.5	0	15	290	2	0	<1	4
Side of Chili with Beans	70	4	1.5	0	15	340	5	1	1	5
Side of Chili with Onions	60	3.5	1.5	0	15	290	3	0	<1	4
Side of Chili with Beans & Onions	70	4	1.5	0	15	340	5	1	1	5
Side of Chili with Cheese	120	9	4.5	0	30	390	3	0	<1	7
Side of Chili with Beans, Onions & Cheese	130	9	4.5	0	30	440	6	1	1	8



CHILI & GRILL MENU NUTRITION INFORMATION

	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
CHILI BOWLS - VEGETARIAN CHILI										
Chili Bowl (8 oz)	200	13	2.5	0	0	1390	10	2	3	11
Chili Bowl (16 oz)	400	26	4.5	0	0	2780	20	5	5	21
Chili Bowl (side order)	50	3	0.5	0	0	350	2	<1	<1	3
Chili Bowl with Beans (8 oz)	250	10	1.5	0	0	1400	25	8	6	14
Chili Bowl with Beans (16 oz)	400	17	3	0	0	2280	39	12	9	22

	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
DOUBLE DECKERS - WHITE BREAD										
Double Decker - Ham & Turkey	760	46	11	0	140	2620	46	1	8	42
Double Decker - Ham & Bacon	1080	80	23	0	185	3580	46	1	9	45
Double Decker - Turkey & Bacon	1070	78	23	0	175	3600	46	4	8	45
Double Decker - Ham	760	46	11	0	145	2550	46	1	8	41
Double Decker - Turkey	770	46	10	0	130	2700	46	1	7	42
Double Decker - Bacon	1400	114	36	0	220	4620	45	1	9	48
Single Decker - Ham	610	44	10	0	100	1760	31	1	5	24
Single Decker - Turkey	620	44	10	0	95	1840	31	1	5	25
Single Decker - Bacon	930	78	23	0	140	2800	30	1	6	28

	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
DOUBLE DECKERS - WHEAT BREAD										
Double Decker - Ham & Turkey	750	45	11	0	140	2560	46	4	8	42
Double Decker - Ham & Bacon	1070	79	23	0	185	3520	46	4	9	45
Double Decker - Turkey & Bacon	1070	78	23	0	175	3600	46	4	8	45
Double Decker - Ham	750	45	11	0	145	2490	46	4	8	41
Double Decker - Turkey	750	44	10	0	130	2640	46	4	7	42
Double Decker - Bacon	1390	113	36	0	220	4560	45	4	9	48
Single Decker - Ham	610	43	10	0	100	1720	31	3	5	24
Single Decker - Turkey	610	43	10	0	95	1800	31	3	5	25
Single Decker - Bacon	980	77	23	0	140	2870	42	4	7	30

	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
GORITO										
GOrito	590	30	13	0.5	45	1280	62	2	1	20
Vegetarian Chili GOrito	590	29	12	0	35	1340	62	3	1	18

	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
BURGERS										
Hamburger - Single	560	33	11	1.5	75	910	44	2	7	22
Hamburger - Double	830	57	19	3	145	970	44	2	7	37
Cheeseburger - Single	650	40	15	1.5	100	1040	44	2	7	27
Cheeseburger - Double	1000	71	27	3	195	1240	44	2	7	47
Bacon Cheeseburger - Single	870	58	22	1.5	140	1900	46	2	9	41
Bacon Cheeseburger - Double	1220	88	34	3	235	2100	46	2	9	61
Bacon & Bleu Burger - Single	910	62	25	1.5	150	2060	46	2	9	41
Bacon & Bleu Burger - Double	1300	97	40	3	255	2410	46	2	9	61
Chili Burger - Single	680	39	16	2	105	1120	50	3	7	32
Chili Burger - Double	990	65	25	3.5	175	1440	54	3	7	47

	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
CHICKEN SANDWICHES (AT SELECT LOCATIONS)										
Classic Chicken Sandwich	532	20	3	0	84	1132	60	2	8	24
Bacon Chicken Ranch Sandwich	630	27	6	0	102	1982	63	2	9	31



CHILI & GRILL MENU NUTRITION INFORMATION

	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
--	----------	---------	-------------------	---------------	------------------	-------------	-----------	-----------	------------	-------------

CHILI SALADS

Chili Salad - Full	640	41	13	1	65	1350	44	6	5	24
Chili Salad - Half	320	21	7	0	30	670	22	3	3	12
Vegetarian Chili Salad - Full	620	40	11	0	30	1480	44	6	6	21
Vegetarian Chili Salad - Half	310	20	6	0	15	740	22	3	3	10

SALADS

Harvest Chicken Salad - Full	340	16	4.5	0	80	580	25	6	6	23
Harvest Chicken Salad - Half	170	8	2.5	0	40	290	13	3	3	12
BBQ Chicken Salad - Full	490	24	8	0	105	1190	36	5	4	33
BBQ Chicken Salad - Half	240	12	4	0	50	590	18	2	2	16
Bacon Chicken Ranch Salad - Full	962	69	15	0	143	1934	40	7	8	39
Bacon Chicken Ranch Salad - Half	481	35	8	0	72	967	20	4	4	20
Side Salad	80	5	3	0	15	140	5	2	2	5

	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
--	----------	---------	-------------------	---------------	------------------	-------------	-----------	-----------	------------	-------------

FRIES

French Fries - Regular	460	19	1.5	0	0	540	67	5	<1	5
French Fries - Small/Child	200	8	0.5	0	0	240	30	3	<1	2
Cheese Fries	810	48	20	1.5	90	1110	68	5	<1	26
Chili Fries	490	22	1.5	0	20	910	63	5	<1	11
Chili Cheese Fries	840	51	22	1.5	110	1480	64	5	2	32
Vegetarian Chili Fries	540	24	1	0	0	1060	71	6	<1	9
Vegetarian Chili Cheese Fries	880	53	21	1.5	90	1630	72	6	2	30
Garlic Parmesan Fries	870	62	9	0	30	1180	71	6	<1	9
Bacon Cheddar Ranch Fries	1327	99	24	0	120	3111	71	5	6	39
Loaded Bacon Chili Cheese Fries	1190	82	24	1	125	2390	76	6	5	36

SIDES

Lattice Chips	140	7	2	0	0	280	18	2	<1	2
Lay's Potato Chips - Regular	250	16	2	0	0	250	23	2	1	3
Lay's Potato Chips - BBQ	240	15	2	0	0	230	23	2	3	3
Applesauce	50	0	0	0	0	25	14	2	10	0
Side of Cheddar Cheese (2 oz)	230	19	12	1	60	380	<1	0	<1	14
Oyster Crackers	90	2	0	0	0	190	16	<1	0	2

	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
--	----------	---------	-------------------	---------------	------------------	-------------	-----------	-----------	------------	-------------

KIDS MEALS

Kids 3-Way Meal	580-910	28-49	15-21	1-21	70-80	965-1285	72-142	5-6	19-55	24-28
Kids Spaghetti & Cheese Meal	450-780	22-43	12-18	1-21	50-60	525-845	69-169	4-5	18-54	18-22
Kids Cheese Coney Meal	470-800	25-46	11-17	0-20	60-250	915-1235	59-129	2-3	21-57	16-20
Kids Hot Dog Meal	340-670	15-36	5-11	0-20	25-215	545-865	55-125	2-3	20-56	8-12



CHILI & GRILL MENU NUTRITION INFORMATION

	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
SHAKES & DESSERTS										
Vanilla Shake	990	51	33	0	210	420	117	0	111	18
Chocolate Shake	1070	51	33	0	210	450	134	<1	127	18
Strawberry Shake	1060	51	33	0	210	420	133	0	127	18
Cookies & Cream Shake	1110	55	34	0	210	510	134	<1	120	18
Strawberry Shortcake Shake	1320	57	34	0	230	540	183	0	138	20
Banana Cream Pie Shake	1340	57	34	0	230	530	188	0	143	20
Birthday Cake Milk Shake	1210	54	33	0	215	460	165	0	138	18
Chocolate Banana Shake	1150	51	33	0	210	450	155	<1	148	18
Strawberry Banana Shake	1140	51	33	0	210	430	154	0	148	18
Grandma's Cookies - Choc. Chip	350	18	6	0	10	220	44	2	22	4
Busken Sugar Cookies	240	11	3.5	0	25	85	34	0	18	2
Grandma's Cookies - Vanilla Crème	150	7	2.5	0	5	95	22	1	9	2

	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
DRINKS - SMALL/KIDS (12 OZ)										
Pepsi	130	0	0	0	0	25	35	0	34	0
Diet Pepsi	0	0	0	0	0	45	0	0	0	0
Mtn Dew	140	0	0	0	0	40	37	0	37	0
Diet Mtn Dew	0	0	0	0	0	45	0	0	0	0
Mug Rootbear	120	0	0	0	0	35	33	0	33	0
Mist TWST	130	0	0	0	0	25	34	0	34	0
Pink Lemonade	130	0	0	0	0	130	33	0	33	0
Orange Twister Soda	140	0	0	0	0	30	38	0	38	0
Fruit Punch	140	0	0	0	0	30	38	0	37	0
Dr. Pepper	150	0	0	0	0	60	40	0	38	0
Sweet Tea	80	0	0	0	0	5	21	0	21	0
Iced Tea	3	0	0	0	0	11	1	0	0	0

	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
DRINKS - REGULAR (22 OZ)										
Pepsi	230	0	0	0	0	50	63	0	63	0
Diet Pepsi	0	0	0	0	0	0	0	0	0	0
Mtn Dew	250	0	0	0	0	80	67	0	67	0
Diet Mtn Dew	5	0	0	0	0	85	1	0	1	0
Mug Rootbear	220	0	0	0	0	70	60	0	60	0
Mist TWST	230	0	0	0	0	50	62	0	62	0
Pink Lemonade	240	0	0	0	0	235	61	0	61	0
Orange Twister Soda	260	0	0	0	0	55	70	0	70	0
Fruit Punch	260	0	0	0	0	55	69	0	69	0
Dr. Pepper	275	0	0	0	0	110	73	0	70	0
Sweet Tea	150	0	0	0	0	10	38	0	38	0
Iced Tea	6	0	0	0	0	19	2	0	0	0



CHILI & GRILL MENU NUTRITION INFORMATION

	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
DRINKS - LARGE (32 OZ)										
Pepsi	340	0	0	0	0	70	92	0	92	0
Diet Pepsi	0	0	0	0	0	125	0	0	0	0
Mtn Dew	360	0	0	0	0	115	98	0	97	0
Diet Mtn Dew	10	0	0	0	0	125	1	0	1	0
Mug Rootbear	320	0	0	0	0	100	87	0	87	0
Mist TWST	340	0	0	0	0	75	90	0	90	0
Pink Lemonade	340	0	0	0	0	345	89	0	89	0
Orange Twister Soda	380	0	0	0	0	80	102	0	102	0
Fruit Punch	380	0	0	0	0	80	101	0	100	0
Dr. Pepper	400	0	0	0	0	160	106	0	103	0
Sweet Tea	220	0	0	0	0	15	56	0	56	0
Iced Tea	8	0	0	0	0	28	3	0	0	0
DRINKS - OTHER										
Hot Chocolate	90	2	0	0	0	150	16	<1	8	1
Coffee (8 oz)	1	0	0	0	0	5	0	0	0	0
Hot Tea (8 oz)	2	0	0	0	0	10	0.4	0	0	0
2% Milk	130	3	0	20	20	125	13	0	12	8
1% Chocolate Milk	140	1.5	0	10	10	180	23	0	22	8
Apple Juice	100	0	0	0	0	15	24	0	22	0

Allergens

Wheat: All items including Gold Star Chili, as well as double deckers, burgers, GOrito and cookies

Milk: All items served with cheese, as well as milk shakes and cookies

Eggs: Cookies

Ingredient Information

Gold Star Chili contains MSG.

No menu items contain fish, shellfish, tree nuts or peanuts.

Veggie Chili is 100% vegetarian and vegan.

Hot Dogs contain beef, pork and poultry.

2,000 calories a day is used for general nutrition advice, but calorie needs vary.