

	Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)	Allergies/Other
Charburgers																	
Charburger on seeded bun	260g	470	305	35	9	0	75	1240	35	1	4	20	10%	15%	6%	20%	G S E
Double Charburger on seeded bun	320g	640	485	55	16	0	120	2130	35	3	8	39	10%	15%	8%	30%	G S E
BBQ Bacon Charburger on seeded bun	305g	630	310	44	9	0	85	1780	45	2	17	27	10%	15%	6%	25%	G S E
Teriyaki Charburger on seeded bun	300g	510	308	35	6	0	65	1610	52	3	16	23	10%	15%	6%	25%	G S E
Portabella Charburger on seeded bun	310g	940	660	76	19	0	130	2050	39	2	6	33	15%	8%	15%	25%	G D S E
Santa Barbara Charburger on sourdough	341g	930	492	69	21	0	150	2360	56	7	5	52	28%	23%	26%	34%	G D S E
Lettuce Wrap Charburger (extra lettuce, no bun)	257g	352	170	19	9	0	65	990	10	3	2	18	15%	15%	4%	10%	S E
Sandwiches																	
Chicken Club on sourdough	371g	730	350	39	8	0	110	1845	51	7	4	47	50%	30%	4%	25%	G D S E
Chargrilled Ahi Tuna Sandwich on seeded bun	233g	390	90	10	2	0	40	2090	51	2	8	28	15%	10%	4%	15%	G S E F
Golden Fried Chicken Sandwich on plain bun	528g	930	360	40	7	0	120	2760	96	5	14	48	15%	25%	20%	35%	G D S E
Veggie Burger on wheat bun (Vegan)	310g	470	120	12	3	0	0	1080	63	8	12	28	20%	15%	15%	25%	G S
Chicken Sandwich on Ciabatta	399g	840	420	48	12	0	130	1770	62	2	4	42	15%	10%	8%	6%	G D S E
Tri-Tip sandwich on Ciabatta	420g	960	470	54	15	0	115	2000	68	3	11	53	15%	15%	4%	30%	G D S E
Salads																	
Grilled Chicken Salad, no dressing	574g	410	130	15	3	0	95	1000	26	7	13	35	440%	50%	15%	15%	G D S
Super Food Salad, with dressing	518g	780	450	51	9	0	110	1330	44	8	16	40	300%	180%	30%	20%	D S
Santa Barbara Cobb, with dressing	490g	690	460	50	12	0	120	1000	14	6	5	47	250%	70%	20%	20%	D S E
Chicken Caesar Salad, with dressing	388g	690	350	39	7	0	120	1380	34	4	3	45	250%	70%	30%	25%	G D S E F
Southwest BBQ Chicken Salad with dressing	547g	690	340	39	9	0	130	1240	36	5	24	43	540%	50%	25%	15%	D S E F M S G
Garden Salad, no dressing	432g	190	40	5	1	0	0	310	24	7	11	6	440%	45%	10%	15%	G D S
Caesar Salad, with dressing	269g	470	260	29	5	0	30	380	32	4	2	12	250%	70%	30%	20%	G D S E F
Sides																	
French Fries, salt added	5.5oz	440	250	27	5	0	0	820	60	4	1	4	0%	20%	0%	10%	G S
Onion Rings, salt added	4.75oz	500	210	24	6	0	0	990	62	3	28	10	0%	2%	6%	6%	G D S
Sweet Potato Fries	5oz	374	107	11	0	0	0	347	50	8	19	3	187%	40%	5%	0%	G S
Tempura Green Beans, salt added	5oz	250	100	11	1	0	0	680	34	7	6	3	4%	0%	6%	10%	G S
Side Salad, no dressing	147g	70	15	3	1	0	0	135	12	3	4	2	150%	15%	4%	6%	G S
Side Caesar Salad, with dressing	119g	220	130	15	3	0	15	380	16	1	<1	6	120%	30%	15%	10%	G D S E F
Bread Options																	
Seeded Bun	65g	160	25	3	<1	0	0	300	35	1	4	5	0%	0%	2%	10%	G S
Sourdough (2 slices) with 2 tsp butter spread	86g	290	42	5	2	0	0	400	42	1	1	8	0%	0%	0%	12%	G D S
Wheat Bun	92g	240	25	3	<1	0	0	380	47	2	7	8	0%	0%	4%	14%	G S
Plain Bun	65g	160	20	2	<1	0	0	280	30	1	4	4	0%	0%	2%	8%	G S
Buttered Ciabatta with 2 tsp butter spread	129g	330	80	8	3	0	0	610	54	1	0	10	0%	0%	0%	0%	G D S
Iceberg Lettuce (for wrap)	3oz	12	0	0	0	0	0	10	3	1	2	1	8%	4%	0%	2%	—
Kid Favorites (substitute applesauce for fries to eliminate 130 calories, 12g fat, 2g saturated fat, and 375mg sodium)																	
Charburger with 2.4 oz. fries	316g	655	230	26	9	0	80	760	60	4	13	32	2%	15%	4%	30%	G S
Chicken Nuggets (5 pieces) with 2.4 oz. fries	232g	410	160	18	4	0	40	870	47	5	8	16	0%	15%	2%	6%	G D S
Grilled Cheese with 2.4 oz. fries	304g	650	190	22	10	0	40	1250	70	5	11	19	8%	20%	20%	25%	G D S
Beverages																	
Barq's Root Beer®	8oz	120	0	0	0	0	0	24	30	0	30	0	0%	0%	0%	0%	—
Black Tea	8oz	2	0	0	0	0	0	0	<1	0	0	0	0%	0%	0%	0%	—
Citrus Green Tea	8oz	2	0	0	0	0	0	0	<1	0	0	0	0%	0%	0%	0%	—
Coke®	8oz	110	0	0	0	0	0	25	29	0	29	0	0%	0%	0%	0%	—
Diet Coke®	8oz	<1	0	0	0	0	0	10	<1	0	<1	0	0%	0%	0%	0%	—
Glaceau vitaminwater® XXX	8oz	50	0	0	0	0	0	25	14	0	13	0	0%	0%	0%	0%	—
Minute Maid® Lemonade	8oz	100	0	0	0	0	0	70	29	0	27	0	0%	0%	0%	0%	—
Minute Maid® Light™ Lemonade	8oz	0	0	0	0	0	0	30	1	0	0	0	0%	0%	0%	0%	—
Minute Maid® Light™ Pomegranate Lemonade	8oz	0	0	0	0	0	0	45	1	0	0	0	10%	0%	0%	0%	—
Pibb® Xtra	8oz	100	0	0	0	0	0	40	28	0	28	0	0%	0%	0%	0%	—
POWERade® Mountain Blast	8oz	60	0	0	0	0	0	80	16	0	16	0	0%	0%	0%	0%	—
Sprite®	8oz	100	0	0	0	0	0	22	26	0	26	0	0%	0%	0%	0%	—
Strawberry Limeade	8oz	120	0	0	0	0	0	0	32	0	31	0	4%	0%	0%	0%	—
Tropical Tea	8oz	<1	0	0	0	0	0	0	<2	0	0	0	0%	0%	0%	0%	—

Allergy Key: D=Dairy, N=Tree Nuts, S=Soy, G=Gluten, E=Egg, F=Fish, P=Peanut, MSG=Monosodium Glutamate

Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium. Please be aware that due to processing and preparation of our ingredients, The Habit Burger Grill cannot guarantee that allergens do not exist in our food. Individual ingredients may come into contact with one another during preparation. All of the information used herein has been provided by our suppliers and is current as of June 2019.

	Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)	Allergies/Other
Desserts																	
Shakes, with 2 Tbsp whipped cream																	
Vanilla	16oz	710	260	30	20	0	100	360	100	0	80	14	0%	2%	6%	0%	DS
Chocolate	16oz	820	240	28	19	0	90	350	133	0	108	12	0%	0%	4%	0%	DS
Strawberry	16oz	760	240	27	18	0	95	350	119	0	98	13	0%	2%	4%	0%	DS
Mocha	16oz	760	230	28	19	0	90	340	117	0	93	12	0%	0%	4%	0%	DS
Coffee	16oz	680	240	28	19	0	90	330	99	0	79	12	0%	0%	4%	0%	DS
Malted Shakes, with 2 Tbsp malted mix/2 Tbsp Whipped Cream																	
Vanilla	16oz	750	270	29	20	0	100	410	110	0	86	16	0%	2%	8%	0%	GDS
Chocolate	16oz	860	250	27	19	0	95	410	142	0	113	14	0%	0%	8%	0%	GDS
Strawberry	16oz	800	230	26	20	0	100	400	128	0	104	15	0%	2%	4%	0%	GDS
Mocha	16oz	800	240	27	19	0	95	400	126	0	98	14	0%	0%	8%	0%	GDS
Coffee	16oz	720	250	27	19	0	95	390	108	0	84	14	0%	0%	8%	0%	GDS
Sundaes																	
Chocolate	16oz	990	330	37	23	0	100	360	161	3	119	17	16%	8%	50%	2%	DSNP
Strawberry	16oz	940	330	37	23	0	100	345	142	3	106	17	16%	8%	50%	2%	DSNP
Vanilla	16oz	840	330	37	23	0	100	340	125	3	89	17	16%	8%	50%	2%	DSNP
Cone																	
	6oz	330	100	11	8	0	45	150	52	0	37	5	6%	2%	20%	2%	GDS
Optional Items, Sauces, and Dressings																	
American Cheese (1 slice)	18g	70	50	6	4	0	15	340	<1	0	0	4	6%	0%	10%	0%	DS
Ancho BBQ Sauce	2 Tbsp	50	10	2	0	0	0	210	10	0	8	0	240%	2%	2%	0%	—
Apple Juice	6oz	80	0	0	0	0	0	15	21	0	19	0	0%	100%	10%	0%	—
Apple Slices	57g	30	0	0	0	0	0	0	8	2	6	0	0%	20%	2%	0%	—
Applesauce Cup, unsweetened	113g	50	0	0	0	0	0	0	12	2	11	0	0%	100%	0%	0%	—
Avocado (1 scoop)	55g	90	75	8	1	0	0	45	5	4	0	1	2%	8%	0%	2%	—
Bacon (2 strips)	14g	100	85	9	3	0	10	300	0	0	0	4	0%	0%	0%	2%	—
BBQ Sauce	2 Tbsp	60	0	0	0	0	0	240	15	0	12	0	0%	0%	0%	0%	—
Blue Cheese Dressing	2 Tbsp	80	70	8	3	0	5	250	1	0	1	1	0%	0%	2%	0%	DSE
Butter Blend Spread	2 Tsp	50	42	5	2	0	0	35	0	0	0	1	4%	0%	0%	0%	DS
Caesar Salad Dressing	2 Tbsp	180	180	20	3	0	20	160	1	0	0	<1	0%	0%	0%	0%	SEF
Caramelized Onions	1oz	14	3	<1	0	0	0	150	3	<1	1	0	0%	2%	0%	0%	—
Cilantro Lime Ranch	2 Tbsp	120	80	10	0	0	10	115	2	0	2	1	0%	0%	4%	0%	DSE MSG
Craisins®	2 Tbsp	40	0	0	0	0	0	0	8	<1	8	0	0%	0%	0%	0%	—
Croutons (about 6 croutons)	12g	40	13	1	0	0	0	80	6	0	0	1	0%	0%	2%	2%	GDS
Crumbled Blue Cheese	2 Tbsp	50	35	4	3	0	15	190	<1	0	0	3	3%	0%	9%	0%	D
Crumbled Feta Cheese	2 Tbsp	70	50	6	4	0	15	350	1	0	0	4	4%	0%	8%	0%	D
Fat Free Italian Dressing	2 Tbsp	12	0	0	0	0	0	280	3	0	1	0	0%	0%	0%	0%	S
Fire Roasted Corn	18g	30	2	0	<1	0	0	4	6	0	2	1	0%	3%	0%	1%	—
Hand-Breaded Chicken	227g	460	50	6	2	0	95	1080	55	2	3	42	2%	0%	10%	25%	GDS
Hidden Valley® Ranch Dressing	2 Tbsp	120	110	12	2	0	10	210	2	0	<1	<1	0%	0%	0%	0%	DSE MSG
House Dressing (balsamic & olive oil)	2 Tbsp	160	150	17	3	0	0	120	3	0	2	0	0%	0%	0%	0%	FS
Kale Pesto Vinaigrette	2 Tbsp	130	120	14	2	0	0	105	<1	0	0	0	10%	4%	2%	0%	DS
Mayonnaise	1 Tbsp	100	100	12	2	0	10	50	0	0	0	0	0%	0%	0%	0%	SE
Pickled Red Onion	6g	10	10	1	0	0	0	5	<1	0	0	0	0%	0%	0%	0%	FS
Pineapple Slice	23g	10	0	0	0	0	0	0	3	0	3	0	0%	0%	0%	0%	—
Quinoa	1oz	30	4	<1	0	0	0	1	5	<1	0	1	0%	0%	0%	2%	—
Red Wine Vinaigrette	2 Tbsp	150	150	17	3	0	0	140	1	0	<1	0	0%	0%	0%	0%	S
Roasted Garlic Aioli	2 Tbsp	180	180	21	4	0	20	280	1	0	0	<1	0%	0%	0%	0%	SE
Sauteéd Portabella Mushrooms	2oz	120	110	13	2	0	0	300	2	<1	<1	<1	6%	0%	0%	0%	DS
Seasoned, Chargrilled Ahi Tuna	80g	130	10	1	0	0	40	900	7	0	7	23	0%	0%	2%	4%	F
Seasoned, Grilled Beef Patty	55g	225	180	20	7	0	65	890	0	0	0	15	0%	0%	2%	10%	—
Seasoned, Grilled Chicken Breast	100g	220	100	11	1	0	90	1000	2	0	1	30	0%	0%	0%	2%	—
Seasoned, Grilled Tri-Tip	145g	380	190	22	8	0	95	1500	1	0	1	43	0%	0%	2%	30%	GS
Spicy Red Pepper Sauce	2 Tbsp	150	150	17	3	0	0	15	3	0	2	0	2%	4%	0%	0%	SE
Sweet Mustard Dressing (Vegan)	2 Tbsp	140	130	14	2	0	2	135	6	0	5	0	0%	0%	0%	0%	S
Tartar Sauce	2 Tbsp	160	160	17	3	0	15	190	1	0	0	0	4%	2%	0%	0%	SEF
Teriyaki Sauce	2 Tbsp	34	0	0	0	0	0	700	8	0	7	0	0%	0%	0%	0%	GS
Thousand Island Dressing	2 Tbsp	130	110	13	2	0	20	210	3	0	2	0	0%	0%	0%	0%	DSE
Veggie Burger Patty	100g	170	30	6	1	0	0	460	16	3	2	14	0%	0%	2%	8%	GS
Whipped Cream	2 Tbsp	15	10	2	1	0	0	5	1	0	1	0	0%	0%	0%	0%	D
White American Cheese (1 slice)	18g	70	50	5	3	0	15	300	0	0	0	4	4%	0%	15%	0%	DS

Allergy Key: D=Dairy, N=Tree Nuts, S=Soy, G=Gluten, E=Egg, F=Fish, P=Peanut, MSG=Monosodium Glutamate

Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium. Please be aware that due to processing and preparation of our ingredients, The Habit Burger Grill cannot guarantee that allergens do not exist in our food. Individual ingredients may come into contact with one another during preparation. All of the information used herein has been provided by our suppliers and is current as of June 2019.