

NUTRITIONAL INFORMATION

For individuals with special diet needs or those of you simply looking to make smart and healthful choices, we offer the below information for your convenience.



ITEM	CALORIES	PROTEIN (GR)	CARB. (GR)	FAT (GR)	CHOL. (MG)	SODIUM (MG)
SANDWICHES						
HAMBURGER	650	43	51	29	117	1100
CHEESEBURGER	740	48	52	37	140	1610
BACON CHEESEBURGER	810	53	52	42	150	1900
B.P. BURGER	680	42	53	33	120	880
HICKORY CHEESEBURGER	740	46	54	36	140	1660
CHILI CHEESEBURGER	800	52	52	42	160	1280
BLUE CHEESE BURGER	850	50	50	50	150	1450
BILL'S BURGER	880	54	55	48	165	1510
BUBBA BURGER	790	49	54	42	150	1060
CALIFORNIA BURGER	860	52	55	48	150	1240
KIDS PRIME MEAL HAMBURGER	369	26	23	19	75	443
KIDS PRIME MEAL CHEESEBURGER	474	33	23	27	102	865
KIDS PRIME MEAL GRILLED CHICKEN STRIPS	183	28	0	7	79	70
OLD FASHIONED HOT DOG	491	39	38	18	60	1635
KRAUT DOG	518	39	45	18	60	2174
CHILI CHEESE DOG	786	58	42	40	123	2085
KIDS PRIME MEAL HOT DOG	444	9	23	30	50	1144
CHICKEN SANDWICH	548	37	49	23	83	465
WITHOUT MAYONNAISE	448	37	49	12	76	382
CALIFORNIA CHICKEN	705	49	56	33	114	1265
AHI TUNA SANDWICH	652	45	45	31	85	942
WITHOUT GINGER WASABI SPREAD	585	45	45	24	82	870
VEGGIE BURGER	402	18	70	7.5	0	1046
B.P. BLT	443	14	49	22	19	867
KIDS PRIME MEAL MELTED CHEESE SANDWICH	453	24	24	30	80	1500
SALADS						
MEDITERRANEAN SALAD*	391	8	18	33	25	1478
QUEEN OF HEARTS SALAD*	423	12	22	35	187	1266
GARDEN SALAD	139	9	15	7	15	362
CAESAR SALAD	568	10	14	54	34	452
KIRBY SALAD	514	15	25	42	37	1208
COBB SALAD	770	30	17	68	255	1590
SOUTHWESTERN SALAD	557	18	41	38	61	1010
SALADS WITH 5 OZ. CHICKEN ADD	183	28	0	7	79	70
SALADS WITH 5 OZ. AHI TUNA ADD	175	38	0	1.5	73	60

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SALAD DRESSINGS & TOPPINGS						
BLUE CHEESE, 3 OZ.	411	6	3	42	45	468
FAT FREE ITALIAN, 3 OZ.	20	0	5	0	0	440
LITE ITALIAN, 3 OZ.	87	0	3	9	0	759
LITE RANCH, 3 OZ.	240	3	6	24	15	720
CREAMY RANCH, 3 OZ.	390	0	3	42	30	876
HONEY MUSTARD, 3 OZ.	405	1	13	39	30	435
HOUSEMADE RASPBERRY VINAIGRETTE, 3 OZ.	405	1	12	39	0	213
HOUSEMADE BALSAMIC VINAIGRETTE, 3 OZ.	377	0	6	39	0	570
HOUSEMADE FRENCH VINAIGRETTE, 3 OZ.	570	0	2	60	0	360
BOWL OF CHILI,* 10 OZ.	569	50	13	35	160	977
BAKED POTATO (PLAIN)*	371	8	86	0	0	27
BUTTER	203	0	0	23	62	234
SOUR CREAM	61	1	1	6	13	15
BACON	63	5	4	4	0	390
GRATED CHEESE	114	7	0	9	30	176
CHOPPED CHIVES	4	0	1	0	0	1
ENTREES						
CHICKEN-STUFFED POTATO*	819	56	72	34	167	556
T-BONE STEAK,* 16 OZ.	960	81	0	71	270	200
SIRLOIN STRIP,* 14 OZ.	529	79	2	21	230	791
FILET,* 8 OZ.	358	48	1	17	141	518
CHICKEN BREASTS,* 2X 5 OZ.	367	57	0	14	157	140
THE KITCHEN SINK* DOUBLE	1194	91	19	83	302	1876
THE KITCHEN SINK* SINGLE	597	45	9	41	151	938
THE VOLCANO DOUBLE	1871	101	18	152	399	2118
THE VOLCANO SINGLE	935	51	9	76	199	1059
BECKITAS RIB EYE DOUBLE	1820	102	127	101	395	2640
BECKITAS RIB EYE SINGLE	1200	62	77	73	240	1940
BECKITAS TENDERLOIN DOUBLE	1560	85	127	80	235	2920
BECKITAS TENDERLOIN SINGLE	1070	53	77	63	160	2110
BECKITAS CHICKEN DOUBLE	1480	95	127	67	245	2650
BECKITAS CHICKEN SINGLE	1030	58	77	56	165	1970
FOWL BALL DOUBLE	650	65	50	20	166	902
FOWL BALL SINGLE	325	33	25	10	83	451
ROBERT'S CHICKEN & VEGGIES*	356	34	25	15	78	684
JULIE'S TUNA & VEGGIES*	348	44	25	9.5	72	674

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FRIES & SIDES						
HAND-CUT FRIES,* 8 OZ.	570	7	74	28	0	440
SWEET POTATO FRIES,* 8 OZ.	481	2	50	24	0	344
BROCCOLI COLE SLAW	177	3	16	12	11	361
FRUIT SIDE	60	1	15	0	0	15
TOSTADOS & GUACAMOLE	798	12	92	45	0	1439
TOSTADOS & PICANTE	516	9	69	25	0	1095
WOOD-FIRED QUESO, 8 OZ.	416	21	15	30	98	1871
SIDE OF GRILLED VEGETABLES*	173	5.5	25	8	0	614
SIDE OF LONG GRAIN & WILD RICE	270	7	47	6	10	757
MALTS & SHAKES						
VANILLA LARGE	975	18	115	52	214	420
VANILLA REGULAR	574	10	68	31	126	247
CHOCOLATE LARGE	1048	18	132	66	214	438
CHOCOLATE REGULAR	655	10	82	41	126	274
STRAWBERRY LARGE	1002	18	117	52	214	410
STRAWBERRY REGULAR	626	10	68	31	126	247