



NUTRITIONAL INFORMATION

	Serv-Size	Calories	Total Fat (g)	Sat-Fat (g)	Trans Fat (g)	Chol- (mg)	Sodium (mg)	Tot-Carb (g)	Diet-Fiber (g)	Sugar (g)	Protein (g)	Aller/Other
ENTRÉES & SIDES												
CHARBURGERS												
CHARBURGER ON SEEDED BUN	234 g	500	31	9	1	70	1240	32	2	4	21	E,W,SE,SO
DOUBLE CHARBURGER ON SEEDED BUN	325 g	730	49	16	2	135	1300	32	2	4	37	E,W,SE,SO
TERIYAKI CHAR	299 g	570	31	9	1	70	1730	47	2	16	22	E,S,W,SE,SO
BBQ BACON CHAR	293 g	630	37	11	1	80	2040	44	2	14	27	E,W,SE,SO
PORTABELLA CHAR	326 g	760	56	15	1	100	1910	36	3	5	24	D,E,S,W,SE,SO
SANTA BARBARA CHAR	485 g	1210	93	30	2	175	3220	48	7	2	48	D,E,S,W,SO
LETTUCE WRAP CHARBURGER	258 g	350	29	9	1	70	1000	6	2	3	17	E,SO
SANDWICHES												
CHICKEN SANDWICH ON CIABATTA	419 g	910	57	14	0	130	2230	59	3	4	45	D,E,S,W,SO
CHICKEN CLUB ON SOURDOUGH	354 g	880	59	13	0	120	2190	43	6	3	47	D,E,S,W,SO
AHI TUNA FILET ON SEEDED BUN	295 g	430	12	2	0	65	1610	45	2	15	32	E,S,W,F,SE,SO



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ENTRÉES & SIDES												
VEGGIE BURGER ON WHEAT BUN	312 g	550	30	4	0	0	820	53	6	8	21	S,W,SO
SALADS												
GARDEN RANCH SALAD	299 g	410	33	8	0	30	650	21	4	5	11	D,E,S,W,SO,MSG
GRILLED CHICKEN CAESAR	420 g	610	35	9	0	145	2270	28	4	5	44	D,E,W,F,SO
HARVEST CHOPPED	412 g	650	39	8	0	115	1530	36	6	28	38	D,S,N,SO
MANGO MISO CRUNCH	447 g	650	37	5	0	95	1840	40	4	21	34	S,W,N,SE,SO
SANTA BARBARA COBB	537 g	820	62	15	0	325	2030	18	8	8	50	D,E,S,SE,SO,MSG
SIDES												
FRENCH FRIES	5.5 oz	440	27	5	0	0	820	60	4	1	4	SO
ONION RINGS	4.75 oz	500	24	6	0	0	990	62	3	28	10	D,W,SO
SWEET POTATO FRIES	5 oz	374	11	0	0	0	347	50	8	19	3	SO
TEMPURA GREEN BEANS	5 oz	250	11	1	0	0	680	34	7	6	3	W,SO
SIDE GARDEN RANCH SALAD	126 g	90	4.5	2	0	10	170	8	2	2	5	D,W,SO
CRISPY CHICKEN BITES (5PC)	140 g	240	8	1	0	65	840	23	0	0	21	W,SO

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ENTRÉES & SIDES												
CRISPY CHICKEN BITES (10PC)	280 g	480	15	3	0	125	1680	45	0	0	43	W,SO
KID'S MEALS (SUBSTITUTE APPLESAUCE FOR FRIES TO ELIMINATE 130 CALORIES, 12G FAT, 2G SATURATED FAT, AND 375MG SODIUM)												
CHARBURGER WITH 2.4 OZ OF FRIES	269 g	620	32	10	1	65	760	59	3	16	22	W,SO
GRILLED CHEESE WITH 2.4 OZ OF FRIES	236 g	690	45	15	0	40	1400	58	4	6	16	D,S,W,SO
CRISPY CHICKEN BITE WITH 2.4 OZ OF FRIES	234 g	380	11	2.5	0	40	870	51	3	7	17	W,SO
DESSERTS												
VANILLA SHAKE W/ WHIPPED CREAM	492 g	640	28	21	0	85	280	79	0	68	12	D
CHOCOLATE SHAKE W/ WHIPPED CREAM	487 g	690	27	20	0	75	310	96	0	81	11	D
STRAWBERRY SHAKE W/ WHIPPED CREAM	489 g	670	26	20	0	75	250	95	0	83	10	D
MOCHA SHAKE W/ WHIPPED CREAM	472 g	650	26	20	0	75	280	87	0	73	11	D
COFFEE SHAKE W/ WHIPPED CREAM	444 g	610	26	20	0	75	250	77	0	65	10	D
COOKIES & CREAM SHAKE W/ WHIPPED CREAM	467 g	800	34	22	0	75	410	107	2	82	11	D,S,W
CONE	242 g	370	11	8	0	45	190	61	0	38	9	D,S,W
CHOCOLATE SUNDAE W/ WHIPPED CREAM	557 g	860	33	23	0	85	370	123	0	102	12	D,X

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STRAWBERRY SUNDAE W/ WHIPPED CREAM	543 g	810	32	23	0	85	300	116	0	98	11	D,X
VANILLA SUNDAE W/ WHIPPED CREAM	486 g	750	32	23	0	85	300	99	0	82	11	D,X
BEVERAGES												
PEPSI	8 oz	100	0	0	0	0	20	28	0	28	0	-
DIET PEPSI	8 oz	0	0	0	0	0	40	0	0	0	0	-
STARRY	8 oz	100	0	0	0	0	20	26	0	26	0	-
BRISK ICED TEA RASPBERRY	8 oz	45	0	0	0	0	30	12	0	12	0	-
TROPICANA FRUIT PUNCH	8 oz	110	0	0	0	0	20	30	0	30	0	-
TROPICANA LEMONADE	8 oz	100	0	0	0	0	105	27	0	27	0	-
DR PEPPER	8.55oz	100	0	0	0	0	45	28	0	28	0	-
MT DEW	8 oz	110	0	0	0	0	35	29	0	29	0	-
BLACK ICED TEA	8 oz	0	0	0	0	0	0	<1	0	0	0	-
TROPICAL TEA	8 oz	0	0	0	0	0	0	<2	0	0	0	-
STRAWBERRY LIMEADE	8 oz	50	0	0	0	0	5	12	0	10	0	-

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ENTRÉES & SIDES												
BREAD OPTIONS												
SEEDED BUN	67 g	160	2	0.5	0	0	250	29	1	3	4	W,SE,SO
SOURDOUGH WITH BUTTER	118 g	370	22	6	0	0	580	36	2	0	8	D,S,W,SO
WHEAT BUN	97 g	240	3	0	0	0	350	44	2	6	8	S,W,SO
PLAIN BUN	67 g	160	2	0	0	0	250	29	1	3	4	W,SO
CIABATTA WITH BUTTER	141 g	460	26	6	0	0	800	53	2	0	9	D,S,W,SO
ICEBERG LETTUCE	85 g	10	0	0	0	0	10	3	1	2	1	-

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OPTIONAL ITEMS, SAUCES, AND DRESSINGS												
DRESSINGS & SAUCES												
AVOCADO RANCH (2 OZ)	56 g	190	21	3.5	0	10	200	2	<1	1	<1	D,E,S,SO,MSG

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CLASSIC RANCH (2 OZ)	56 g	200	23	4	0	10	260	1	0	1	<1	D,E,S,SO,MSG
SPICY RANCH (2 OZ)	56 g	170	19	3.5	0	10	390	2	0	2	1	D,E,S,SO,MSG
BBQ SAUCE (1 OZ)	36 g	60	0	0	0	0	380	15	0	13	0	-
FUJI APPLE CIDER VINAIGRETTE (2 OZ)	56 g	180	14	2	0	0	230	12	0	12	0	SO
LEMON CAESAR DRESSING (2 OZ)	56 g	150	14	2.5	0	25	500	1	0	0	1	D,E,X,SO
MISO GINGER DRESSING (2 OZ)	56 g	260	21	3.5	0	0	660	12	0	9	7	S,W,SE,SO
HOUSE DRESSING (2 OZ)	56 g	280	28	4	0	0	300	8	0	8	0	SO
RED VINAIGRETTE (2 OZ)	60 g	260	28	4	0	0	400	2	0	2	0	SO
ROASTED GARLIC AIOLI (1 OZ)	28 g	170	19	3	0	20	120	1	0	0	0	E,SO
SPICY RED PEPPER SAUCE (1 OZ)	29 g	150	16	2.5	0	15	250	2	0	2	0	E,SO
SWEET MUSTARD (VEGAN) (1 OZ)	31 g	160	15	2	0	0	200	7	0	7	0	SO
TARTAR (1 OZ)	28 g	140	14	2.5	0	15	180	2	0	2	0	E,SO
TERIYAKI SAUCE (1 OZ)	38 g	70	0	0	0	0	660	16	0	12	2	S,W,SO
1000 ISLAND (2 OZ)	56 g	250	23	4	0	20	410	8	0	8	0	E,SO

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OPTIONAL ITEMS												
AHI TUNA	117 g	120	1.5	0	0	55	670	0	0	0	26	F,SO
BEEF PATTY	93 g	230	18	7	1	65	770	0	0	0	16	-
CHICKEN BREAST	144 g	220	10	2	0	95	1020	2	0	2	29	SO
CRISPY CHICKEN FILET	156 g	300	8	1.5	0	60	1140	34	0	1	23	W,SO
SIRLOIN STEAK	141 g	180	9	3.5	0	55	1340	4	1	1	23	-
VEGGIE PATTY	100 g	170	6	1	0	0	460	16	3	2	14	S,W
AMERICAN CHEESE (1 SLICE)	19 g	70	6	3.5	0	20	340	1	0	0	3	D,S
APPLE JUICE	177 ml	80	0	0	0	0	15	21	0	19	0	-
APPLE SAUCE	111 g	50	0	0	0	0	0	13	1	11	0	-
CHUNKY AVOCADO (1 SCOOP)	61 g	100	9	1.5	0	0	40	5	4	0	1	-
AVOCADO HALF	68 g	110	10	1.5	0	0	5	6	5	0	1	-
BACON (2 STRIPS)	17 g	80	6	2	0	10	500	0	0	0	6	-
CARAMELIZED ONIONS (1 OZ)	28 g	35	3	0	0	0	10	2	0	0	0	SO

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COLESLAW (2 SCOOPS)	59 g	70	7	1	0	0	110	3	1	2	1	E,SO
CROUTONS (2TBS)	7 g	30	1	0	0	0	75	4	0	0	1	W,SO
CRUMBLLED CHEDDAR CHEESE (1 SLICE)	21 g	90	7	4.5	0	20	140	0	0	0	5	D
EGG, HARDBOILED	45 g	60	4	1.5	0	180	65	0	0	0	6	E
PECAN NUT MIX	21 g	110	8	1	0	0	45	10	2	6	2	W,N
GOLDEN BEETS	28 g	20	1	0	0	0	65	3	1	2	0	-
MANGO SALSA (2 OZ)	56 g	35	0	0	0	0	55	8	1	7	0	-
MARGARINE (2 TSP)	18 g	120	14	4	0	0	140	0	0	0	0	D,S,SO
MAYO (1 TBSP)	14 g	100	12	2	0	5	50	0	0	0	0	E,SO
PINEAPPLE SLICE	22 g	15	0	0	0	0	0	3	0	3	0	SO
PARMESAN CHEESE	21 g	90	6	3.5	0	15	360	1	0	0	8	D
PICKLED RED ONION	28 g	15	0	0	0	0	180	2	0	2	0	-
PORTABELLA MUSHROOMS (2 OZ)	56 g	140	14	2	0	0	340	2	1	1	1	SO
WHIPPED CREAM (2 TBS)	6 g	20	1.5	1.5	0	0	0	0	0	1	0	D
WHITE AMERICAN (1 SLICE)	19 g	70	5	3.5	0	15	330	1	0	1	3	D,S

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WONTON ALMOND MIX	21 g	110	7	0.5	0	0	200	9	2	1	3	S,W,N,SE

Allergy Key: D = Dairy, E = Egg, S = Soy, W = Wheat, F = Fish, N = Nuts, SE = Sesame

Sensitivity Key: SO = Soybean Oil, MSG = Monosodium Glutamate

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Recommended limits for a 2,000-calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium. We prepare and serve products containing milk, eggs, peanuts, tree nuts, fish, wheat, soy, sesame, or other allergens. Our products are prepared on shared equipment and in the same kitchen and we cannot guarantee that cross contact with allergens will not occur. All of the information used herein has been provided by our suppliers and is current as of May 2025.

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