



HEALTHIER MENU ITEMS*

WATCHING CALORIES AND FAT? WE'VE GOT A FEW SUGGESTIONS.

CREATING YOUR OWN HEALTHY LEGEND IS AS EASY AS 1, 2, 3!

STEP 1: BURGER

Pick your favorite small-sized burger:

- Lean Ground Beef
- Fresh Ground Turkey
- Veggie Black Bean

STEP 2: BUN

Put it on a Honey Wheat bun

STEP 3: MEANINGLESS FREE TOPPINGS®

Go CRAZY with the following toppings:

- | | | |
|-------------------|----------------|-----------------|
| Mustard | Pickles | Romaine Lettuce |
| Sautéed Onions | Ketchup | Fresh Onions |
| Basil | Tomato | Jalapeños 🌶️ |
| A1 Steak Sauce® | Cajun Spice 🌶️ | Iceberg Lettuce |
| Sautéed Mushrooms | Pico de Gallo | |



No matter how you create it, your Healthy Legend Burger contains no more than 500 calories and 25 grams of fat. It also contains up to 26 grams of protein (including the bun, a lean beef burger contains 18 grams of protein, a fresh turkey burger contains 21 grams of protein, and a veggie burger contains 8 grams of protein). Sodium levels vary based on toppings. Please refer to our nutrition chart if you are monitoring your sodium intake.

*Items on Bagger Dave's® Healthier Menu are lower in calories and total fat. Sodium, protein, carbohydrate, and fiber levels vary. Please see our nutrition chart for additional nutrient information for all of our menu items.

BAGGER DAVE'S® AMAZINGLY DELICIOUS TURKEY BLACK BEAN CHILI®

A BOWL OF GOODNESS!

Our 12-ounce bowl of chili touts 140 calories and 3 grams of total fat. Plus every delicious bowl contains 5 grams of fiber and 6 grams of protein. Want to spice it up? Add our FREE jalapeños, onions, and oyster crackers for an additional 75 calories and 1.5 grams of total fat. (Do the math ... our 6-ounce cup of chili has half the calories of the 12-ounce.) Please refer to our nutrition chart if you are monitoring your sodium intake.





NUTRITIONAL VALUE SHEET

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Fiber (g)	Dietary Sugar (g)	Sugar (g)	Protein (g)
CREATE YOUR OWN — BURGERS													
Lean Ground Beef	Small	250	180	20	8	0	70	60	0	0	0	0	18
Lean Ground Turkey	Small	230	130	15	4.5	0	85	75	0	0	0	0	21
Veggie Black Bean	Small	130	25	2.5	0	0	0	330	20	4	1	8	
Lean Ground Beef	Regular	500	370	41	16	0	135	115	0	0	0	0	37
Lean Ground Turkey	Regular	460	270	30	9	0	170	150	0	0	0	0	42
Buns													
Sesame	1 Bun	240	35	4	1	0	0	370	44	1	5	7	
Honey Wheat	1 Bun	160	25	3	0.5	0	0	250	30	1	4	5	
Plain	1 Bun	240	35	4	1	0	0	370	44	1	5	7	
Sourdough Bread	2 Slices	300	10	1	0	0	0	600	62	2	2	10	
Cheeses													
American	1 Slice	60	45	5	3	n/a	15	240	1	0	1	3	
Mild Cheddar	1.5 oz.	90	60	7	4.5	n/a	20	130	0	0	0	5	
Bleu Cheese	1.5 oz.	90	70	7	4.5	n/a	20	350	1	0	0	5	
Mozzarella	1 Slice	110	70	8	4.5	n/a	30	220	1	0	0	8	
Swiss	1 Slice	70	50	5	3.5	n/a	15	35	1	0	0	5	
Pepper Jack	1 Slice	80	60	6	4	n/a	25	140	0	0	0	5	
Sauces													
Honey Mustard	1 fl. oz.	140	100	11	1.5	0	5	180	10	0	9	0	
House Caesar	1 fl. oz.	150	150	16	2.5	0	10	270	1	0	0	1	
Chipotle BBQ Sauce	1 fl. oz.	120	90	10	1.5	0	5	340	7	0	3	0	
Buttermilk Ranch	1 fl. oz.	160	160	18	2.5	0	10	180	1	0	0	0	
Santa Fe Chipotle Sauce®	1 fl. oz.	140	130	15	2	0	5	370	1	0	0	0	
Railhouse Burger Sauce®	1 fl. oz.	120	100	11	1.5	0	5	250	5	0	4	0	
Sweet Adobe Sauce	1 fl. oz.	130	30	3.5	0	0	0	140	26	0	24	0	
Premium Toppings													
Guacamole	2 fl. oz.	80	60	7	1	0	0	230	3	2	2	0	
Fried Egg	1 Egg	80	60	6.5	1.5	0	185	60	0	0	0	6	
Fries	1.5 oz.	110	60	7	0	0	0	125	12	1	0	1	
Applewood Bacon	2 Slices	80	65	7	2.5	0	10	260	0	0	0	4	
Amazingly Delicious Turkey Black Bean Chili®	2 oz.	25	5	0.5	0	0	0	180	1	1	1	1	
Meaningless Free Toppings®													
Mayonnaise	1 fl. oz.	200	200	22	3	0	10	180	0	0	0	0	
Yellow Mustard	1 fl. oz.	20	10	1	0	0	0	340	2	1	0	1	
Ketchup	1 fl. oz.	30	0	0	0	0	0	320	8	0	6	1	
A1 Steak Sauce®	1 fl. oz.	30	0	0	0	0	0	560	6	0	4	0	
BBQ Sauce	1 fl. oz.	80	0	0	0	0	0	260	20	0	10	0	



NUTRITIONAL VALUE SHEET

	Serving Size	Calories	Total Fat (g)	Calories from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Fiber (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Iceberg Lettuce	2 Leaves	0	0	0	0	0	0	0	1	0	0	0	0
Romaine Lettuce	2 Leaves	0	0	0	0	0	0	0	1	0	0	0	0
Basil	3 Leaves	0	0	0	0	0	0	0	0	0	0	0	0
Tomato	1 Slice	5	0	0	0	0	0	0	1	0	1	0	0
Pickle	4 Slices	5	0	0	0	0	0	245	1	0	0	0	0
Fresh Onions	1.5 oz.	5	0	0	0	0	0	0	1	0	0	0	0
Jalapeños	1.5 oz.	10	0	0	0	0	0	570	2	1	1	0	0
Green Olives	1.5 oz.	45	40	4.5	0	0	0	580	0	0	0	0	0
Cajun Spice	1/8 tsp.	0	0	0	0	0	0	70	0	0	0	0	0
Sautéed Onions	2 oz.	25	5	0.5	0	0	0	0	5	1	2	1	1
Sautéed Mushrooms	2 oz.	15	5	0.5	0	0	0	0	2	0	1	1	1
Pico de Gallo	2 oz.	10	0	0	0	0	0	120	3	1	1	0	0

THE LEGENDS

Sloppy Dave's BBQ® (turkey)	1 Burger	590	200	23	5	1.5	45	1200	73	2	12	21	21
Tuscan Burger	1 Burger	980	620	70	18	1.5	190	610	31	1	6	53	53
Santa Fe Chipotle Burger	1 Burger	880	530	59	13	1.5	175	840	37	2	8	47	47
Train Wreck Burger®	1 Burger	1520	1020	114	32	1.5	390	1270	68	4	12	61	61
Bacon BBQ Burger	1 Burger	1130	680	75	28	1.5	175	1120	61	1	14	55	55
Great American Cheeseburger	1 Burger	1200	790	88	27	1.5	165	1990	56	2	13	50	50
The Blues Burger®	1 Burger	990	620	68	26	1.5	160	2550	46	1	6	51	51

FRESH CUT STARTERS

Idaho Potato Fries*	7 oz.	500	270	30	2	0	0	590	56	6	0	6	6
Dave's Sweet Potato Chips**	3.5 oz.	480	220	24	2	0	0	710	63	3	7	3	3
Irish Nachos	12 oz.	840	470	53	19	0	70	1410	69	10	3	26	26
Saratoga Chips	3 oz.	460	260	29	4.5	0	0	600	45	4	0	6	6
Honey Cinnamon	2 fl. oz.	250	0	0	0	0	0	380	67	0	66	0	0
Honey Mustard	2 fl. oz.	270	200	22	3	0	10	360	19	0	17	0	0
Sweet Adobe Sauce	2 fl. oz.	250	60	7	1	0	5	280	52	0	49	0	0

SLOPPY DAVE'S FRIES®

Starters													
Hand Cut Fries	6 oz.	430	230	26	1.5	0	0	500	48	5	0	5	5
Sloppy Dave's BBQ®	2 fl. oz.	80	35	4	1	0	20	300	6	0	5	5	5
Amazingly Delicious Turkey Black Bean Chili®	2 oz.	25	5	0.5	0	0	0	180	3	1	1	1	1
Cheese													
American	1 slice	60	45	5	3	n/a	15	240	1	0	1	3	3
Mild Cheddar	1 oz.	60	40	4.5	3	n/a	15	90	0	0	0	4	4
Bleu Cheese	1 oz.	60	45	5	3	n/a	15	240	0	0	0	4	4
Mozzarella	1 Slice	110	70	8	4.5	n/a	30	220	1	0	0	8	8
Swiss	1 Slice	70	50	5	3.5	n/a	15	35	1	0	0	5	5
Pepper Jack	1 Slice	80	60	6	4	n/a	25	140	0	0	0	5	5
Legendary Sauces													
Honey Mustard	1 fl. oz.	140	100	11	1.5	0	5	180	10	0	9	0	0
Buttermilk Ranch	1 fl. oz.	160	160	18	2.5	0	10	180	1	0	0	0	0
Santa Fe Chipotle Sauce®	1 fl. oz.	140	130	15	2	0	5	370	1	0	0	0	0
Chipotle BBQ Sauce	1 fl. oz.	120	90	10	1.5	0	5	340	7	0	3	0	0
Railhouse Burger Sauce®	1 fl. oz.	120	100	11	1.5	0	5	250	5	0	4	0	0
House Caesar	1 fl. oz.	150	150	16	2.5	0	10	270	1	0	0	1	1

*Items 500 calories or less.



NUTRITIONAL VALUE SHEET

	Serving Size	Calories	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Sugar (g)	Protein (g)			
Sweet Adobe Sauce	1 fl. oz.	130	30	3.5	0	0	140	26	0	24	0	
Premium Toppings												
Guacamole	2 fl. oz.	80	60	7	1	0	0	230	3	2	2	0
Extra Fried Egg	1 Egg	80	60	6.5	1.5	0	185	60	0	0	0	6
Applewood Bacon	2 Slices	80	65	7	2.5	0	10	260	0	0	0	4
Meaningless Free Toppings®												
Ketchup	1 fl. oz.	30	0	0	0	0	0	320	8	0	6	1
Yellow Mustard	1 fl. oz.	20	10	1	0	0	0	340	2	1	0	1
Mayonnaise	1 fl. oz.	200	200	22	3	0	10	180	0	0	0	0
BBQ Sauce	1 fl. oz.	80	0	0	0	0	0	260	20	0	10	0
Jalapeños	1.5 oz.	10	0	0	0	0	0	570	2	1	1	0
Green Olives	1.5 oz.	45	40	4.5	0	0	0	580	0	0	0	0
Fresh Onions	1.5 oz.	5	0	0	0	0	0	0	1	0	0	0
Romaine Lettuce	2 Leaves	0	0	0	0	0	0	1	0	0	0	0
Iceberg Lettuce	2 Leaves	0	0	0	0	0	0	1	0	0	0	0
Basil	3 Leaves	0	0	0	0	0	0	0	0	0	0	0
Pickles	4 Slices	5	0	0	0	0	0	245	1	0	0	0
Tomato	1 Slice	5	0	0	0	0	0	0	1	0	1	0
Cajun Spice	1/8 tsp.	0	0	0	0	0	0	70	0	0	0	0
Sautéed Onions	2 oz.	25	5	0.5	0	0	0	0	5	1	2	1
Sautéed Mushrooms	2 oz.	15	5	0.5	0	0	0	0	2	0	1	1
Pico de Gallo	2 oz.	10	0	0	0	0	0	120	3	1	1	0
CHILI												
Amazingly Delicious Turkey Black Bean Chili®*	6 oz. Cup	70	15	1.5	0	0	0	540	10	2	3	3
Amazingly Delicious Turkey Black Bean Chili®*	12 oz. Bowl	140	25	3	0.5	0	5	1080	20	5	5	6
Mild Cheddar	1.5 oz.	70	50	6	3.5	n/a	20	105	0	0	0	4
Sour Cream	1 fl. oz.	45	45	4.5	3	0	10	20	1	0	1	0
Fresh Onions	1.5 oz.	5	0	0	0	0	0	0	1	0	0	0
Jalapeños	1.5 oz.	10	0	0	0	0	0	570	2	1	1	0
Oyster Crackers	.5 oz. (1 pack)	60	15	1.5	0	0.5	0	150	10	0	0	1
SANDWICHES												
Egg Sandwich	1 Sandwich	920	550	61	16	1.5	460	1150	63	2	3	29
Michigan Meltdown	1 Sandwich	840	440	49	24	1.5	110	1200	64	2	3	36
Peanut Butter, Honey & Banana	1 Sandwich	960	390	44	9	1.5	0	860	125	8	43	26
California BLT	1 Sandwich	760	430	47	9	1.5	20	1210	68	5	5	15
Tuna Melt	1 Sandwich	690	300	33	8	1.5	45	1350	67	3	4	30
SALADS												
Caesar Salad no dressing*	Entrée	620	150	16	7	0	25	1240	91	10	3	27
Caesar Salad no dressing*	Side	300	80	8	3.5	0	10	620	45	5	2	14
Garden Salad no dressing*	Entrée	300	180	20	12	0	60	380	16	7	8	18
Garden Salad no dressing*	Side	150	90	10	6	0	30	190	8	3	4	9
Cobb no dressing*	Entrée	290	190	22	12	0	55	1090	6	2	3	18
Cobb no dressing*	Side	160	100	11	6	0	30	570	5	3	2	10
COBB SALAD OPTION												
Fried Egg	1 egg	80	60	6.5	1.5	0	185	60	0	0	0	6

*Items 500 calories or less. Dressing not included. See sauces for nutrient information on dressings.



NUTRITIONAL VALUE SHEET

	Serving Size	Calories	Total Fat (g)	Calories from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Fiber (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
SAUCES & DRESSINGS													
Honey Mustard	1 fl. oz.	140	100	11	1.5	0	5	180	10	0	9	0	0
House Caesar	1 fl. oz.	150	150	16	2.5	0	10	270	1	0	0	0	1
Chipotle BBQ Sauce	1 fl. oz.	120	90	10	1.5	0	5	340	7	0	3	0	0
Buttermilk Ranch	1 fl. oz.	160	160	18	2.5	0	10	180	1	0	0	0	0
Santa Fe Chipotle Sauce®	1 fl. oz.	140	130	15	2	0	5	370	1	0	0	0	0
Railhouse Burger Sauce®	1 fl. oz.	120	100	11	1.5	0	5	250	5	0	4	0	0
Sweet Adobe Sauce	1 fl. oz.	130	30	3.5	0	0	0	140	26	0	24	0	0
KIDS MENU													
Burger with Fries	1 Burger, 3 oz. Fries	830	460	51	12	1.5	70	680	68	3	5	28	0
Turkey Burger with Fries	1 Burger, 3 oz. Fries	810	410	46	9	1.5	85	700	68	3	5	30	0
Veggie Black Bean Burger with Fries	1 Burger, 3 oz. Fries	710	300	33	4.5	1.5	0	950	88	7	6	17	0
Grilled Cheese with Fries	1 Sandwich, 3 oz. Fries	550	290	32	12	1.5	35	920	49	1	5	18	0
Grilled Peanut Butter and Jelly with Fries	1 Sandwich, 3 oz. Fries	820	400	45	7	1.5	0	750	92	5	25	17	0
Grilled Peanut Butter, Honey, and Banana with Fries	1 Sandwich, 3 oz. Fries	850	410	45	7	1.5	0	750	99	7	25	17	0
DESSERTS													
Dave's Sweet Surprise	1 each	710	210	24	12	0	65	880	126	1	105	6	0
Drizzle Brownie	1 each	800	370	41	6	0	110	500	107	4	7	9	0
Drizzle Brownie Sundae	1 each	950	430	49	11	0	145	450	127	6	37	11	0
Loaded Brownie	1 each	900	450	50	6	0	110	500	109	5	7	12	0
Loaded Brownie Sundae	1 each	1050	520	58	11	0	145	450	128	7	37	15	0
Banana Split													
Banana Split	1 each	590	170	19	12	0	65	160	104	6	80	8	0
Milkshakes													
Regular Vanilla Shake with Ice Cream	1 Drink	630	290	32	21	0	120	300	74	0	62	16	0
Add Chocolate Syrup	2 fl. oz.	200	0	0	0	0	0	50	48	5	40	2	0
Add Strawberry Topping	2 oz.	60	0	0	0	0	0	0	15	0	13	0	0
Add Banana	1 Small Banana	90	5	0	0	0	0	0	23	3	12	1	0
Add Oreos	2 oz.	270	110	12	2.5	0	0	300	40	2	20	3	0
Add Honey Cinnamon	2 fl. oz.	250	0	0	0	0	0	380	67	0	66	0	0
Add Malt Flavor	2 Tbsp.	60	10	1.5	0.5	0	5	65	10	0	7	1	0
KIDS MILKSHAKES													
Kids Vanilla Milkshake with Ice Cream*	1 Drink	400	190	21	13	0	75	180	48	0	40	9	0
Add Chocolate Syrup	1 fl. oz.	100	0	0	0	0	0	25	24	3	20	1	0
Add Strawberry Topping	1 oz.	30	0	0	0	0	0	0	8	0	7	0	0
Add Banana	1/2 Small Banana	50	0	0	0	0	0	0	13	2	7	1	0
Add Oreos	1 oz.	130	50	6	1	0	0	150	20	1	10	1	0
Add Honey Cinnamon	1 fl. oz.	125	0	0	0	0	0	190	34	0	33	0	0
Add Malt Flavoring	1 Tbsp.	30	5	0.5	0	0	0	35	5	0	3	1	0
KIDS SUNDAES													
Kids Vanilla Sundae with Ice Cream*	1 Sundae	170	80	9	6	0	35	65	21	0	17	3	0
Add Chocolate Syrup	1 fl. oz.	100	0	0	0	0	0	25	24	3	20	1	0
Add Strawberry Topping	1 oz.	30	0	0	0	0	0	0	8	0	7	0	0
Add Banana	1/2 Small Banana	50	0	0	0	0	0	0	13	2	7	1	0
Add Oreos	1 oz.	130	50	6	1	0	0	150	20	1	10	1	0
Add Honey Cinnamon	1 fl. oz.	125	0	0	0	0	0	190	34	0	33	0	0
FLOATS													
Root Beer Float*	1 Drink	330	80	9	6	0	35	120	64	0	60	3	0

*Items 500 calories or less.