



NUTRITIONAL INFORMATION GUIDE

UPDATED 01/2026

2,000 CALORIES A DAY IS USED FOR GENERAL NUTRITION ADVICE, BUT CALORIE NEEDS VARY.

	Serving Size (g)	Calories (kcal)	Calories from Fat (kcal)	Protein (g)	Carbohydrates (g)	Fiber (g)	Fat (g)	Cholesterol (mg)	Sodium (mg)	Allergens
Nachos										
Large Nachos	369	950	520	31	82	6	58	120	1030	Milk, Soy, Wheat
Small Nachos	226	620	340	20	52	4	38	80	680	Milk, Soy, Wheat
Large Meat Nachos	425	1040	590	40	85	10	65	140	1220	Milk, Soy, Wheat
Small Meat Nachos	283	700	400	30	56	7	45	100	900	Milk, Soy, Wheat
Large Works Nachos	496	1110	600	41	89	11	67	140	1450	Milk, Soy, Wheat
Large Mexi Fry Nachos	439	930	540	18	82	16	58	40	1200	Milk, Soy, Wheat
Large Queso Nachos	460	950	470	30	90	6	52	65	1770	Milk, Soy, Wheat
Small Queso Nachos	255	560	280	17	55	4	31	35	930	Milk, Soy, Wheat
Large Queso Meat Nachos	517	1030	540	39	94	10	60	85	1980	Milk, Soy, Wheat
Small Queso Meat Nachos	312	650	350	26	60	7	40	55	1130	Milk, Soy, Wheat
Large Chips & Cheese	198	760	410	27	63	1	46	90	660	Milk, Soy, Wheat
Salads										
Taco Salad	369	730	460	30	55	20	50	65	770	Milk, Soy, Wheat
Chicken Taco Salad	340	570	252	32	33	3	35	45	1490	Milk, Soy, Wheat
Southwest Chicken Salad	319	580	228	30	60	5	25	35	1090	Milk, Soy, Wheat
Nut & Berry Chicken Salad	311	420	150	23	49	5	17	85	430	Milk, Tree Nuts
Fiesta Lime Chicken Salad	369	370	96	28	43	8	11	85	1180	Milk, Soy, Sulfites
Skinny Taco Salad	347	300	200	24	20	10	22	55	590	Milk, Soy, Wheat
Skinny Chicken Taco Salad	340	300	100	24	30	4	11	90	420	Milk, Soy, Wheat
Amigos Menu Items										
Soft Taco	164	360	361	20	42	7	17	45	660	Milk, Soy, Wheat
Hard Taco	82	160	100	10	11	3	11	25	230	Milk, Soy
Chicken Soft Taco	149	350	99	17	46	4	11	55	540	Milk, Soy, Wheat
Crisp Meat Burrito	110	350	175	19	27	8	19	25	390	Milk, Soy, Wheat
Crisp Chicken Burrito	135	350	97	20	39	3	11	40	750	Milk, Soy, Wheat
Crisp Pinto	108	250	33	9	45	6	4	5	460	Milk, Soy, Wheat
Cheesy Burrito	121	350	140	17	41	4	16	45	630	Milk, Soy, Wheat
3 Cheese Melt	77	230	120	9	16	1	14	30	420	Milk, Soy, Wheat
3 Cheese Taco Melt	120	290	180	16	19	4	20	45	570	Milk, Soy, Wheat

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Southwest Chicken Roll-Up	317	800	350	37	78	6	39	55	1856	Milk, Soy, Wheat
Grilled Chicken Roll-Up	317	680	280	33	69	6	31	100	1480	Milk, Soy, Wheat
Jr. Southwest Chicken Rollup	159	410	180	16	40	2	20	25	1160	Milk, Soy, Wheat
Jr. Grilled Chicken Rollup	159	350	140	16	37	1	16	50	790	Milk, Soy, Wheat
Quesadilla Burrito Southwest Chicken	239	660	316	32	54	4	35	80	1360	Eggs, Milk, Soy, Wheat
Quesadilla Burrito Grilled Chicken	239	600	280	31	51	4	32	100	1200	Eggs, Milk, Soy, Wheat
Quesadilla Burrito Steak	239	550	255	30	45	4	28	75	1390	Eggs, Milk, Soy, Wheat
Grilled Grande Burrito Southwest Chicken	275	650	247	21	78	9	27	15	1260	Eggs, Milk, Soy, Wheat
Grilled Grande Burrito Steak	275	560	205	21	66	9	23	15	1360	Eggs, Milk, Soy, Wheat
Grilled Grande Burrito Taco Meat	291	650	243	21	75	13	27	20	1120	Eggs, Milk, Soy, Wheat
Southwest Quesadillas Grilled Chicken	251	620	341	30	41	2	38	110	1380	Milk, Soy, Wheat
Southwest Quesadillas Marinated Steak	239	550	255	30	44	4	28	75	1400	Milk, Soy, Wheat
Southwest Quesadillas Chicken	239	650	316	32	54	4	35	80	1770	Milk, Soy, Wheat
Soft Pinto	234	400	71	18	68	13	8	15	880	Milk, Soy, Wheat
Combo Burrito	220	440	135	22	55	11	15	45	880	Milk, Soy, Wheat
Soft Meat Burrito	200	500	148	28	46	11	17	55	900	Milk, Soy, Wheat
Street Taco Chicken	151	290	150	14	26	3	16	15	450	Milk, Soy, Wheat
Street Taco Tex Mex	143	300	190	9	28	6	21	14	230	Eggs, Milk, Soy, Wheat
Street Taco Chorizo & Black Bean	143	300	170	6	32	5	19	5	400	Eggs, Milk, Soy, Wheat
Street Taco Steak	151	280	150	12	26	3	16	11	470	Milk, Soy, Wheat
Taco Rito Supreme	148	300	119	14	33	7	13	30	520	Milk, Soy, Wheat
Taquito Dipper	56	130	50	6	16	2	6	10	280	Milk, Soy, Wheat
Cheese Enchilada	241	520	241	21	48	6	27	60	1120	Milk, Soy, Wheat
Meat Enchilada	298	600	282	30	52	9	31	80	1340	Milk, Soy, Wheat
Build It										
Build-it Burrito Tex Mex (Basic)	269	430	120	17	55	5	18	50	1260	Milk, Soy, Wheat
Build-it Burrito Chorizo (Basic)	269	490	130	16	55	3	22	50	1530	Milk, Soy, Wheat
Build-it Burrito Regular (Basic)	269	490	115	16	70	5	16	35	1160	Milk, Soy, Wheat
Build-it Bowl Tex Mex (Basic)	227	430	120	10	52	2	13	34	1100	Milk, Soy, Wheat
Build-it Bowl Chorizo (Basic)	227	490	125	16	55	3	22	50	1530	Milk, Soy, Wheat
Build-it Bowl Regular (Basic)	227	370	112	10	52	2	13	34	1105	Milk, Soy, Wheat
Sides										
Chips	85	400	150	5	58	3	17	0	590	Soy, Wheat

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Crispos	142	760	424	10	75	12	47	0	830	Soy, Wheat
Refritos	156	190	30	10	30	10	3	10	490	Milk, Soy
Spanish Rice	113	170	34	3	30	6	4	0	470	Milk, Soy, Sulfites
Mexi Fries	128	360	190	4	38	6	21	0	170	Soy
French Fries	128	360	170	4	43	3	19	0	768	Wheat
Kings Classic Menu Items										
Bacon Ranch KINGBurger	265	700	420	40	30	1	47	90	1470	Eggs, Milk, Soy, Wheat
Bacon Ranch KINGBurger Single	220	560	330	30	30	1	37	70	1360	Eggs, Milk, Soy, Wheat
BBQ Jack Burger Double	360	1000	630	30	30	2	58	65	1170	Eggs, Milk, Soy, Wheat
BBQ Jack Burger Single	200	850	370	26	40	2	58	65	1170	Milk, Soy, Wheat
Cheeseburger	157	370	170	20	30	1	19	30	740	Milk, Soy, Wheat
Hamburger	143	300	130	17	30	1	14	22	620	Milk, Soy, Wheat
Double BBQ Jack Burger	272	850	525	42	41	2	58	100	1620	Eggs, Milk, Soy, Wheat
Double Cheeseburger	255	620	360	34	30	2	40	65	870	Milk, Soy, Wheat
Boneless Wings Buffalo 4pc	184	400	180	22	34	0	20	15	1610	Eggs, Milk, Soy, Wheat
Boneless Wings Garlic Parmesan 4pc	184	430	200	22	34	0	23	15	450	Eggs, Milk, Soy, Wheat
Boneless Wings Mango Habanero 4pc	184	450	180	22	45	0	20	15	470	Eggs, Milk, Soy, Wheat
Boneless Wings Sweet & Spicy 4pc	184	540	180	22	62	0	20	15	950	Eggs, Milk, Soy, Wheat
Boneless Wings Sweet BBQ 4pc	184	510	180	22	61	0	20	15	750	Eggs, Milk, Soy, Wheat
Cheese Frenchee (3 pc)	136	570	300	13	55	5	33	25	470	Eggs, Milk, Soy, Wheat
Cheese Frenchee (4 pc)	190	800	400	18	77	7	46	37	660	Eggs, Milk, Soy, Wheat
Chicken Bites	128	400	180	22	34	0	20	15	300	Eggs, Milk, Soy, Wheat
Snack Wrap Chicken w/ Ranch	125	340	150	14	30	3	17	20	830	Eggs, Milk, Soy, Wheat
Snack Wrap Chicken w/ Hot Honey	115	300	110	13	30	3	12	20	770	Eggs, Milk, Soy, Wheat
Snack Wrap	125	320	130	13	30	3	14	20	1010	Eggs, Milk, Soy, Wheat
Kids Meals										
Soft Taco	164	360	361	20	42	7	17	45	660	Eggs, Milk, Soy, Wheat
Taco	82	160	100	10	11	3	11	25	230	Eggs, Milk, Soy, Wheat
Cheesy Burrito	121	350	140	17	41	4	16	45	630	Eggs, Milk, Soy, Wheat
Cheeseburger	157	370	170	20	30	1	19	30	740	Eggs, Milk, Soy, Wheat
Cheese Frenchee	90	380	200	10	40	3	25	15	300	Eggs, Milk, Soy, Wheat
Chicken Bites	128	400	180	22	34	0	20	15	300	Eggs, Milk, Soy, Wheat
Breakfast										

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Sausage & Egg Breakfast Burrito	211	530	264	22	43	3	29	220	870	Eggs, Milk, Wheat
Steak & Egg Breakfast Burrito	211	390	135	24	41	4	15	215	990	Eggs, Milk, Wheat
3 Meat Quesadilla Burrito	260	700	386	35	45	3	43	250	1480	Eggs, Milk, Wheat
Bacon Quesadilla Burrito	232	630	333	31	44	3	37	240	1220	Eggs, Milk, Soy, Wheat
Sausage Quesadilla Burrito	246	670	369	30	45	3	41	235	1130	Eggs, Milk, Soy, Wheat
3 Meat Skillet	376	720	540	43	33	3	60	525	1370	Eggs, Milk
Country Fried Steak Skillet	531	990	702	46	59	4	78	585	1510	Eggs, Milk, Soy, Wheat
Country Sausage Skillet	432	720	550	35	42	3	61	490	990	Eggs, Milk
Breakfast Taco - Steak	120	210	90	14	16	1	10	205	480	Eggs, Milk, Soy, Wheat
Breakfast Taco - Bacon	107	225	110	12	16	1	12	205	440	Eggs, Milk, Soy, Wheat
Breakfast Taco - Chorizo	120	250	130	13	17	2	14	205	520	Eggs, Milk, Soy, Wheat
Breakfast Taco - Sausage	120	280	150	13	17	1	17	205	420	Eggs, Milk, Soy, Wheat
Breakfast Taquito	64	180	70	6	18	1	9	41	275	Eggs, Milk, Sulfites, Wheat
3 Meat Grande Burrito	288	760	410	32	54	5	46	370	1340	Eggs, Milk, Soy, Wheat
Grilled Grande Breakfast Burrito - Bacon	253	660	340	28	52	5	37	365	1220	Eggs, Milk, Soy, Wheat
Country Fried Steak Grande Burrito	352	820	420	32	66	5	47	375	1340	Eggs, Milk, Soy, Wheat
Country Sausage Grande Burrito	324	750	400	29	58	4	44	360	1160	Eggs, Milk, Soy, Wheat
Sausage Grande Burrito	253	650	340	25	53	5	37	345	910	Eggs, Milk, Soy, Wheat
Sausage and Egg Sandwich on a Biscuit	191	600	360	21	38	0	40	235	1230	Eggs, Milk, Soy, Wheat
Sausage and Egg Sandwich on a Muffin	132	430	230	20	29	1	26	235	760	Eggs, Milk, Soy, Wheat
Sunrise Special w/ Bacon	307	520	270	25	55	2	30	390	1200	Eggs, Milk, Soy, Wheat
Sunrise Special w/ Sausage	334	600	350	26	58	2	39	380	1160	Eggs, Milk, Soy, Wheat
Breakfast Burrito - Sausage and Egg	211	530	264	22	43	3	29	220	870	Eggs, Milk, Wheat
Breakfast Burrito - Steak and Egg	211	390	135	24	41	4	15	215	990	Eggs, Milk, Wheat
Breakfast Quesadilla Burrito - 3-Meat	260	700	386	35	45	3	43	250	1480	Eggs, Milk, Wheat
Breakfast Quesadilla Burrito - Bacon	232	630	333	31	44	3	37	240	1220	Eggs, Milk, Soy, Wheat
Breakfast Quesadilla Burrito - Sausage	246	670	369	30	45	3	41	235	1130	Eggs, Milk, Soy, Wheat
Breakfast Skillet - 3-Meat	376	720	540	43	33	3	60	525	1370	Eggs, Milk
Breakfast Skillet - Country Fried Steak	531	990	702	46	59	4	78	585	1510	Eggs, Milk, Soy, Wheat
Breakfast Skillet - Country Sausage	432	720	550	35	42	3	61	490	990	Eggs, Milk
Grilled Grande Breakfast Burrito - 3-Meat	288	760	410	32	54	5	46	370	1340	Eggs, Milk, Soy, Wheat
Grilled Grande Breakfast Burrito - Bacon	253	660	340	28	52	5	37	365	1220	Eggs, Milk, Soy, Wheat
Cinnamon Roll	60	280		7	39	3	11			

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Fast N Frosty										
Glacier Twist - Blue Raspberry	501	430	115	7	74	0	13	40	120	Milk
Glacier Twist - Strawberry	501	510	115	7	94	0	13	40	120	Milk
Glacier Twist - Strawberry/Mango	501	490	115	7	88	0	13	40	120	Milk
Limeade	405	200	0	0	50	0	0	0	35	
Limeade - Cherry	442	280	0	0	70	0	0	0	35	
Limeade - Strawberry	442	335	0	0	80	0	0	0	35	
Shake - Chocolate	430	700	175	13	119	0	19	65	230	Milk
Shake - Cookie Dough	395	650	245	14	91	0	27	65	330	Milk
Shake - Oreo	395	650	235	14	92	0	26	65	380	Milk
Shake - Strawberry	416	620	175	13	101	0	19	65	210	Milk
Shake - Vanilla	388	560	175	13	86	0	19	65	210	Milk
Slush - Blue Raspberry	448	180	0	0	45	0	0	0	10	
Slush - Cherry	448	240	0	0	59	0	0	0	10	
Slush - Mango	454	220	0	0	54	0	0	0	15	
Slush - Strawberry	448	290	0	0	71	0	0	0	15	
Kopeli Coffee										
Blended Frappe - Caramel	179	370	73	5	68	0	8	15	140	Milk
Blended Frappe - Mocha	200	340	67	5	60	0	8	10	140	Milk
Blended Frappe - Mudslide	207	530	137	6	88	0	15	10	290	Milk
Blended Frappe - Vanilla (Espresso-Free)	202	370	61	4	70	0	7	10	130	Milk
Brewed Coffee	0	0	0	0	0	0	0	0	0	
Cold Brew with Salted Cream Cold Foam	303	210	63	2	33	0	7	20	40	
Flavored Iced Coffee	244	210	37	7	35	0	4	15	110	
Hot Chocolate	315	370	67	10	65	0	7	20	150	Milk
Iced Latte	244	200	37	7	35	0	4	15	110	
Iced Mocha	729	300	43	7	60	0	5	16		
Iced Macchiato - Caramel	244	210	37	7	35	0	4	15	110	
Latte	276	150	54	9	14	6	6	20	140	Milk
Salted Caramel Mocha	474	530	84	14	95	0	10	30	230	Milk
Macchiato - Caramel	308	270	51	9	44	0	6	25	150	
Mega 32 oz Iced Coffee	470	320	110	6	40	0	12	55	140	
White Mocha	332	300	80	9	44	0	9	21	230	Milk

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Mocha Iced Coffee	200	170	53	2	23	0	6	25	50	Milk
Blue Razz Refresher	361	0	0	0	54	0	0	0	190	
Strawberry Acai Refresher	361	0	0	0	48	0	0	0	190	