








# NUTRITIONAL INFORMATION


	<b>BISON BURGERS</b>	Allergen	Calories	Cal. From Fat	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Dietary Fiber	Sugar	Protein
	Best Bison Burger	Milk, Wheat, Soy	390	86	10	3	0	55	1070	48	1	13	28
	Best Bison Bacon Burger	Milk, Wheat, Soy	570	221	25	9	0	100	1570	50	2	14	36
	Best Bison Double Burger	Milk, Wheat, Soy	660	239	27	10	0	135	1970	54	2	15	55


	<b>BLENDED BISON BURGERS</b>	Allergen	Calories	Cal. From Fat	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Dietary Fiber	Sugar	Protein
	Blended Bison Jalapeño & Cheddar Burger	Milk, Wheat, Soy	430	122	14	6	0	65	1100	48	1	13	28
	Blended Bison Mushroom Burger	Milk, Wheat, Soy	440	127	15	7	0	75	860	42	2	12	32
	Blended Bison Vegetable Burger	Milk, Wheat, Soy	450	68	16	8	0	70	1010	44	4	8	31


	<b>FAMOUS SANDWICHES</b>	Allergen	Calories	Cal. From Fat	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Dietary Fiber	Sugar	Protein
	Bison French Dip	Milk, Wheat, Soy	750	104	28	11	0	90	1430	71	7	15	55
	Chicago Italian Bison	Wheat, Soy	560	159	19	3	0	78	1080	49	1	2	42
	Bison Philly Cheesesteak	Milk, Wheat, Soy	860	396	46	20	3	158	720	53	2	3	55
	Bison Reuben	Milk, Eggs, Wheat, Soy	690	271	31	11	0	85	2540	55	6	17	46
	Grilled Chicken Sandwich	Milk, Wheat, Soy	390	23	8	2	0	60	1190	48	2	12	28


	<b>GOURMET BISON SAUSAGES</b>	Allergen	Calories	Cal. From Fat	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Dietary Fiber	Sugar	Protein
	Italian Sausage	Milk, Wheat, Soy	350	107	12	5	0	60	1360	34	1	11	25
	Beer and Cheddar Bratwurst	Milk, Wheat, Soy	380	84	13	4	0	65	1790	36	2	5	25
	Hickory Sausage	Wheat, Soy	370	94	14	4	0	60	1870	33	0	3	23
	Cajun Andouille Sausage	Milk, Wheat, Soy	440	134	21	8	0	75	1490	32	1	4	29
	Wild Rice and Asiago Sausage	Milk, Eggs, Wheat, Soy	410	152	17	5	0	55	1040	42	1	23	24


	<b>BISON HOT DOGS</b>	Allergen	Calories	Cal. From Fat	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Dietary Fiber	Sugar	Protein
	Bison Hot Dog	Wheat, Soy	280	74	8	3	0	40	1380	35	0	8	16
	Bison Cheese Dog	Milk, Wheat, Soy	290	94	10	3	0	40	1060	31	0	4	17
	Bison Chili Cheese Dog	Milk, Wheat, Soy	290	88	9	3	0	51	990	31	0	4	18

 <b>SAVORY SALADS</b>	Allergen	Calories	Cal. From Fat	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Dietary Fiber	Sugar	Protein
Bison Quinoa Bowl	Milk, Soy	310	95	24	17	15	69	570	42	21	18	43
Bison Pastrami Salad	Milk	310	165	19	6	4	58	1460	13	5	6	31
Bison Hickory Sausage Salad	Milk, Soy	290	166	32	21	15	85	980	21	17	17	39
Corned Bison Pasta Salad	Eggs, Wheat, Soy	570	163	18	3	0	40	1360	73	4	6	32
Hearty Chicken Greens	Soy, Tree Nuts	190	33	6	1	0	55	370	8	3	5	24


 <b>SOUPS</b>	Allergen	Calories	Cal. From Fat	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Dietary Fiber	Sugar	Protein
Bison Chili	Milk, Wheat, Soy	330	143	16	9	0	162	790	27	5	4	28
Cajun Andouille Vegetable Soup	Soy	190	93	10	2	0	66	610	21	2	6	6

 <b>FRIES</b>	Allergen	Calories	Cal. From Fat	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Dietary Fiber	Sugar	Protein
Pommes Frites	Soy	570	252	28	5	0	0	980	70	5	0	9
Chili Cheese Fries	Milk, Wheat, Soy	690	311	35	7	0	44	1550	79	7	1	17
Air-Popped French Fries	-	330	72	8	4	0	0	310	60	6	0	10
Sweet Potato Fries	Soy	350	105	14	1	0	0	420	54	5	12	5

 <b>SHAKES</b>	Allergen	Calories	Cal. From Fat	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Dietary Fiber	Sugar	Protein
Vanilla Shake	Milk	590	162	18	11	0	68	270	86	0	68	14
Strawberry Shake	Milk	650	162	18	11	0	68	290	104	0	86	14
Chocolate Shake	Milk, Soy	680	162	18	11	0	68	320	108	0	88	15

 <b>FOUNTAIN BEVERAGES</b>	Allergen	Calories	Cal. From Fat	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Dietary Fiber	Sugar	Protein
Coca-Cola (20 oz fountain)	-	200	0	0	0	0	0	50	50	0	50	0
Diet Coke (20 oz fountain)	-	0	0	0	0	0	0	60	0	0	0	0
Coca-Cola Zero Sugar (20 oz fountain)	-	0	0	0	0	0	0	50	0	0	0	0
Minute Maid Lemonade (20 oz fountain)	-	190	0	0	0	0	0	125	49	0	47	0
Sprite (20 oz fountain)	-	180	0	0	0	0	0	85	46	0	46	0
Pibb Xtra (20 oz fountain)	-	210	0	0	0	0	0	65	47	0	47	0
Barq's Root Beer (20 oz fountain)	-	220	0	0	0	0	0	65	54	0	54	0
Vitamin Water XXX (20 oz fountain)	-	100	0	0	0	0	0	50	24	0	23	0
Iced Tea (20 oz fountain)	-	0	0	0	0	0	0	55	0	0	0	0

<b>DRESSINGS/SAUCES</b>	Allergen	Calories	Cal. From Fat	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Dietary Fiber	Sugar	Protein
Thousand Island	Eggs	120	100	11	2	0	10	310	7	0	5	0
Ranch	Eggs, Milk	280	270	30	5	0	6	580	4	0	2	0
Balsamic Vinaigrette	Soy	60	45	5	1	0	0	190	4	0	4	0
Italian	Soy	45	35	4	1	0	0	530	3	0	3	0
House Dressing	Wheat, Soy, Peanuts	160	120	14	2	0	0	1090	8	1	2	3
Cajun Aioli	Eggs	360	343	38	5	0	34	700	7	0	0	0
Lemon Basil Aioli	Eggs	340	340	38	5	0	34	260	4	0	0	0

 <b>BURGER TOPPINGS/ ADDITIONAL INGREDIENTS</b>	Allergen	Calories	Cal. From Fat	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Dietary Fiber	Sugar	Protein
Bison Patty	Soy	150	63	7	2	0	50	460	2	0	0	21
Bun	Milk, Wheat	200	23	3	1	0	5	350	37	1	5	7
American Cheese	Milk, Soy	60	45	5	3	0	15	270	2	0	1	3
Swiss Cheese	Milk	80	50	6	4	0	20	45	0	0	5	6
Provolone Cheese	Milk	100	0	8	5	0	20	250	1	1	0	7
Cheddar Cheese	Milk	110	80	9	5	0	30	180	1	0	0	7
Lettuce	-	5	0	0	0	0	0	10	0	0	0	0
Tomato	-	5	0	0	0	0	0	5	2	1	1	0
Onion	-	5	0	0	0	0	0	0	2	0	1	0
Pickles	-	25	0	0	0	0	0	150	6	0	6	0
Caramelized Onions	Soy	100	38	4	0	0	0	45	15	3	14	1
Sauteed Mushrooms	Soy	20	9	1	0	0	0	0	2	0	0	1
Best Bison Sauce	Eggs	120	100	11	2	0	10	310	7	0	5	0
Cajun Aioli	Eggs	360	343	38	5	0	34	700	7	0	0	0
Lemon Basil Aioli	Eggs	340	340	38	5	0	34	260	4	0	0	0
Ketchup	-	10	0	0	0	0	0	95	3	0	2	0
Mustard	-	0	0	0	0	0	0	0	0	0	0	0
Mayonnaise	Eggs	200	200	22	3	0	20	150	2	0	0	0
Bacon	-	120	90	11	4	0	30	330	0	0	0	5
Au Jus	Soy	0	0	6	0	0	0	1230	0	0	0	0

Best Bison makes every effort to minimize the risk of cross contamination, however, we can not guarantee that our food products are free of any of these allergens. This nutritional information is derived from testing in accredited laboratories, published resources, or from information provided by Best Bison's suppliers. This information is based on standard product formulations and serving sizes. It is based on average values for ingredients from Best Bison suppliers. Variation in serving sizes, preparation techniques, product testing and sources of supply, may change periodically.