



# Nutrition Guide

The nutritional information provided is based on computerized database analysis and vendor product data. The data represents an estimate of nutrient content. There may be variations in nutritional content across servings, based on variations in overall size and quantities of ingredients and based upon special ordering. For additional information, please call 800-733-6697 or email [contactus@themeltdown.com](mailto:contactus@themeltdown.com).

Sandwiches (with 2 oz cucumber salad)	Serving Size	Gluten Free	Calories	Fat (g)	Calories from Fat	Trans Fats (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)	Sugar (g)
Breakfast 'N Bread Melt (add egg choice)	12 oz		1160	78	700	1	26	140	2840	72	2	47	8
Hittin' Snooze Melt	17 oz		1160	73	650	1	25	595	3040	76	3	51	11
Classic Meltdown	10 oz		800	45	410	0.5	23	100	2150	69	2	35	5
add bacon	8 sl	X	420	33	290	0	12	90	1400	4	0	28	3
Good Eatin' Melt (add egg choice)	17 oz		790	48	430	0	5	0	2100	79	5	14	11
Feelin' Groovy Melt	23 oz		1290	82	730	0.5	20	135	3780	81	5	64	11
Giddy Up Melt	15 oz		1150	72	640	0.5	19	130	2580	80	3	47	13
Hot Mess Melt	15 oz		870	38	340	0	14	150	2050	72	3	61	6
Talkin' Turkey Melt	14 oz		860	43	390	0	11	100	2510	74	3	45	8
Veggin' Out Melt	17 oz		790	48	430	0	5	0	2100	79	5	14	11
<b>Egg Choices</b>													
Eggs, Fried	4 oz	X	190	16	140	0	4	325	200	1	0	11	0
Eggs, Scrambled	4 oz	X	220	17	150	0	5	480	360	1	0	14	0
Egg Whites	4 oz	X	80	1	10	0	0	0	230	1	0	13	0

Sides	Serving Size	Gluten Free	Calories	Fat (g)	Calories from Fat	Trans Fats (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)	Sugar (g)
French Fries	5 oz	X	400	22	190	0	4	0	470	46	4	4	0
Seasonal Fruit	6 oz	X	110	0	5	0	0	0	5	27	3	1	19
Pickled Cucumber Salad	5 oz	X	50	0	0	0	0	0	250	13	1	1	6

Kids	Serving Size	Gluten Free	Calories	Fat (g)	Calories from Fat	Trans Fats (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)	Sugar (g)
Basic Mini Melt	4 oz		340	19	170	0	9	40	910	32	1	14	2
Tiny Turkey Melt	8 oz		460	20	180	0	10	95	1830	36	1	35	3

Dessert	Serving Size	Gluten Free	Calories	Fat (g)	Calories from Fat	Trans Fats (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)	Sugar (g)
Treatin' Myself Melt	14 oz		1320	77	1320	1.5	30	315	1200	138	2	19	77

Abbreviations and/or symbols associated w/ menu items influence nutrition information. Add sides, breads and condiments to your menu choice for total nutrition information. Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium. 1,200 to 1,400 calories a day is used for general nutrition advice for children ages 4 to 8 years and 1,400 to 2,000 calories a day for children ages 9 to 13 years, but calorie needs vary. GF indicates food options that are GLUTEN FREE. Menu items marked as GF meet the FDA specified definition of less than 20 parts per million for a gluten free claim. Please note that our restaurants are not set up as a strictly gluten free environment. Due to shared preparation and cooking areas in our kitchens and the risk of cross-contact, we cannot guarantee that any item is free of any allergen. We do not maintain halal or kosher kitchens. © 2021 DFO, LLC September 2021