



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.

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
Hot 'N Spicy Melt	18 oz		1280	81	730	1	25	150	3170	89	6	50	21
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	4 sl	X	210	16	150	0	6	45	700	2	0	14	1
Feelin' Groovy Melt	19 oz		1410	99	890	0.5	26	155	2950	72	4	61	6
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
Rise 'N Spice Melt	20 oz		1910	136	1220	1.5	48	690	4330	104	5	67	9
add jalapeños	1oz	X	5	0	0	0	0	0	440	1	0	0	1
Talkin' Turkey Melt	16 oz		1110	70	630	0	17	115	2680	76	3	45	10
add avocado	1 serv	X	90	8	70	0	1	0	0	5	4	1	0
Egg Choices													
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													
French Fries	5 oz	X	400	22	190	0	4	0	470	46	4	4	0
add Ranch	1.5 oz	X	200	21	190	0	4	10	290	1	0	0	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													
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													
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. © 2022 DFO, LLC June 2022