



EVOS Nutritional Table

Since 1994, EVOS has voluntarily listed nutrition and allergen information for our guests, obtained from our suppliers and independent analysis. Our nutrition and allergen information is listed in a way that gives you transparency and flexibility. By breaking down each ingredient, you can make choices to fit your goals or meet your specific dietary needs. We make all foods fresh-to-order, so simply tell us when you place an order if you would like something made differently to fit your needs. Have a Healthy Day!

Product Name **Serv. Size** **Calories** **Cal from Fat** **Total Fat** **Sat Fat** **Trans Fat** **Cholesterol** **Sodium** **Carbohydrates** **Dietary Fiber** **Sugars** **Protein**

Burgers

EVOS Original Steakburger												
Burger Bun	63g	160	30	3g	0.5g	0g	0mg	290mg	27g	2g	2g	7g
Patty	72g	180	105	9.5	5.5g	0g	70mg	410mg	0g	0g	0g	16g
Veggies (leaf lettuce, tom., onion)	46g	10	0	0g	0g	0g	0mg	0mg	2g	1g	1g	0g
Ketchup	30g	30	0	0g	0g	0g	0mg	330mg	8g	0g	7g	1g
Light Mayo	14g	45	40	4.5g	0.5g	0g	5mg	115mg	1g	0g	1g	0g
Total	225g	425	175	17g	6.5g	0g	75mg	1145mg	38g	3g	11g	24g

EVOS Original Championburger												
Burger Bun	63g	160	30	3g	0.5g	0g	0mg	290mg	27g	1g	2g	7g
Patty	71g	170	81	9	1	0g	0mg	360mg	4g	2g	0g	17g
Veggies (lettuce, tom., onion, pickle)	46g	10	0	0g	0g	0g	0mg	330mg	3g	1g	1g	0g
Ketchup	30g	30	0	0g	0g	0g	0mg	330mg	8g	0g	7g	1g
Mustard	15g	10	0	0g	0g	0g	0mg	170mg	1g	0g	0g	1g
Total	225g	380	111	12g	1.5g	0g	0mg	1310mg	43g	4g	10g	26g

Vegan Championburger												
Burger Bun	63g	160	30	3g	0.5g	0g	0mg	290mg	27g	1g	2g	7g
Patty	96g	120	40	4.5g	0g	0g	0mg	430mg	7g	4g	0g	15g
Veggies (lettuce, tom., onion, pickle)	46g	10	0	0g	0g	0g	0mg	330mg	3g	1g	1g	0g
Ketchup	30g	30	0	0g	0g	0g	0mg	330mg	8g	0g	7g	1g
Mustard	15g	10	0	0g	0g	0g	0mg	170mg	1g	0g	0g	1g
Total	250g	330	70	7.5g	0.5g	0g	0mg	1550mg	46g	6g	10g	24g

Spicy Trout Filet												
Burger Bun	63g	160	30	3g	0.5g	0g	0mg	290mg	27g	1g	2g	7g
Patty	113g	240	100	11g	2g	0g	25mg	640mg	21g	1g	3g	14g
Veggies (leaf lettuce, tom., onion)	46g	10	0	0g	0g	0g	0mg	0mg	2g	1g	1g	0g
Smoked Chipotle Sauce	20g	30	20	2g	0g	0g	0mg	170mg	2g	0g	0g	0g
Total	242g	440	150	16g	2.5g	0g	25mg	1110mg	52g	3g	7g	21g

Product Name Serv. Size Calories Cal from Fat Total Fat Sat Fat Trans Fat Cholesterol Sodium Carbohydrates Dietary Fiber Sugars Protein

Burgers

Veggie Garden Grill

Burger Bun	63g	160	30	3g	0.5g	0g	0mg	290mg	27g	1g	2g	7g
Patty	100g	150	45	5	1	0g	0mg	650mg	10g	4g	2g	18g
Veggies (leaf lettuce, tom.)	37g	5	0	0g	0g	0g	0mg	0mg	1g	0g	1g	0g
Avocado Spread	14g	25	25	2.5g	0g	0g	0mg	0mg	1g	1g	0g	0g
Light Ranch	14g	45	45	4.5g	0.5g	0g	5mg	100mg	0g	0g	0g	0g
Total	228g	385	145	15g	2g	0g	5mg	1040mg	39g	6g	5g	25g

Crispy Mesquite Chicken

Burger Bun	63g	160	30	3g	0.5g	0g	0mg	290mg	27g	1g	2g	7g
Airbaked Chicken Strips	85g	140	27	3g	0.5g	0g	36mg	710mg	13g	0g	0g	14g
Veggies (leaf lettuce, tom.)	37g	5	0	0g	0g	0g	0mg	0mg	1g	0g	1g	0g
Mesquite Honey Mustard	20g	80	70	8g	1.5g	0g	5mg	180mg	4g	0g	2g	0g
Total	353g	380	127	14g	2.5g	0g	41 mg	1180mg	44g	2g	4g	21g

Honey Mesquite Chicken

Burger Bun	63g	160	30	3g	0.5g	0g	0mg	290mg	27g	1g	2g	7g
Patty	140g	140	9	1g	1g	0g	70mg	230mg	0g	0g	0g	26g
Veggies (leaf lettuce, tom.)	32g	5	0	0g	0g	0g	0mg	0mg	0g	0g	1g	0g
Mesquite Honey Mustard	20g	80	70	8g	1.5g	0g	5mg	180mg	4g	0g	2g	0g
Total	255g	385	109	12g	3g	0g	75mg	700mg	31g	1g	5g	33g

Chipotle Turkey Burger

Burger Bun	63g	160	30	3g	0.5g	0g	0mg	290mg	27g	1g	2g	7g
Patty	112g	170	63	7g	2g	0g	70mg	640mg	1g	0g	0g	24g
Veggies (leaf lettuce, tom., onion)	46g	10	0	0g	0g	0g	0mg	0mg	2g	1g	1g	0g
Spicy Chipotle Mayo	20g	30	20	2g	0g	0g	0mg	170mg	2g	0g	0g	0g
Total	241g	370	113	12g	2.5g	0g	70mg	1100mg	32g	2g	3g	31g

Product Name **Serv. Size** **Calories** **Cal from Fat** **Total Fat** **Sat Fat** **Trans Fat** **Cholesterol** **Sodium** **Carbohydrates** **Dietary Fiber** **Sugars** **Protein**

Wraps

Avocado & Turkey Wrap

Honey Wheat Wrap	102g	300	70	8g	1.5g	0g	0mg	560mg	49g	4g	4g	8g
Patty	112g	170	63	7g	2g	0g	70mg	640mg	1g	0g	0g	24g
Veggies (lettuce, tom., onion)	46g	10	0	0g	0g	0g	0mg	0mg	2g	1g	1g	0g
Avocado Spread	28g	50	45	5g	0.5g	0g	0mg	0mg	2g	1g	0g	1g
Light Ranch	14g	25	20	2.5g	0g	0g	0mg	85mg	0g	0g	0g	0g
Total	302g	555	198	22.5	4g	0g	70mg	1285mg	54g	6g	5g	33g

Avocado & Veggie Garden Wrap

Honey Wheat Wrap	102g	300	70	8g	1.5g	0g	0mg	560mg	49g	4g	4g	8g
Patty	100g	150	45	5	1	0g	0mg	650mg	10g	4g	2g	18g
Veggies (leaf lettuce, tom., onion)	46g	10	0	0g	0g	0g	0mg	0mg	2g	1g	1g	0g
Avocado Spread	28g	50	45	5g	0.5g	0g	0mg	0mg	2g	1g	0g	1g
Light Ranch	14g	25	20	2.5g	0g	0g	0mg	85mg	0g	0g	0g	0g
Total	290g	535	180	20.5g	3g	0g	0mg	1295mg	63g	10g	7g	27g

Spicy Thai Chicken Wrap

Spinach Herb Wrap	104g	310	72	8g	3g	0g	0mg	840mg	52g	3g	3g	9g
Patty	140g	140	9	1g	1g	0g	70mg	230mg	0g	0g	0g	26g
Veggies (organic field greens)	7g	1	0	0g	0g	0g	0mg	2mg	0g	0g	0g	0g
Rice	68g	80	3	0	0g	0g	0mg	3mg	17g	0g	0g	1g
Crispy Rice Noodles	7g	35	10	1g	0g	0g	0mg	90mg	5g	0g	0g	1g
Spicy Thai Dressing	40g	150	80	9g	0g	0g	0mg	470mg	15g	0g	12g	0g
Total	359g	716	174	19g	4g	0g	70mg	1635mg	89g	3g	15g	37g

Crispy Thai Trout Wrap

Spinach Herb Wrap	104g	310	72	8g	3g	0g	0mg	840mg	52g	3g	3g	9g
Patty	15g	240	99	11g	2g	0g	25mg	640mg	21g	1g	3g	14g
Veggies (organic field greens)	7g	1	0	0g	0g	0g	0mg	2mg	0g	0g	0g	0g
Rice	68g	80	3	0	0g	0g	0mg	3mg	17g	0g	0g	1g
Crispy Rice Noodles	7g	35	10	1g	0g	0g	0mg	90mg	5g	0g	0g	1g
Spicy Thai Dressing	40g	150	80	9g	0g	0g	0mg	470mg	15g	0g	12g	0g
Total	241g	816	264	29g	5g	0g	25mg	2015mg	110g	4g	18g	25g

Product Name **Serv. Size** **Calories** **Cal from Fat** **Total Fat** **Sat Fat** **Trans Fat** **Cholesterol** **Sodium** **Carbohydrates** **Dietary Fiber** **Sugars** **Protein**

Wraps

Tomato Basil Chicken Wrap

Spinach Herb Wrap	104g	310	72	8g	3g	0g	0mg	840mg	52g	3g	3g	9g
Airbaked Chicken Strips	85g	140	27	3g	0.5g	0g	36mg	710mg	13g	0g	0g	14g
Veggies (organic field greens)	7g	1	0	0g	0g	0g	0mg	2mg	0g	0g	0g	0g
Rice	68g	80	3	0g	0g	0g	0mg	3mg	17g	0g	0g	1g
Tomato Basil Sauce	40g	150	130	15g	1.5g	0g	5mg	150mg	5g	0g	2g	2g
Total	304g	681	232	26g	5g	0g	41mg	1705mg	87g	3g	5g	26g

Chopped Steak Taco Wrap

Honey Wheat Wrap	102g	300	70	8g	1.5g	0g	0mg	560mg	49g	4g	4g	8g
Patty	72g	180	105	9.5	5.5g	0g	70mg	410mg	0g	0g	0g	16g
Veggies (leaf lettuce, tom., onion)	46g	10	0	0g	0g	0g	0mg	0mg	2g	1g	1g	0g
Cheddar Cheese	21g	80	60	7g	4g	0g	25 mg	135mg	0g	0g	0g	5g
Southwest Sour Cream	40g	60	30	3.5g	2.5g	0g	15mg	160mg	4g	0g	2g	2g
Total	281	630	265	28g	13.5	0g	110mg	1265mg	55g	5g	7g	31g

Chopped Soy Taco Wrap

Honey Wheat Wrap	102g	300	70	8g	1.5g	0g	0mg	560mg	49g	4g	4g	8g
Patty	71g	170	81	9	1	0g	0mg	360mg	4g	2g	0g	17g
Veggies (leaf lettuce, tom., onion)	46g	10	0	0g	0g	0g	0mg	0mg	2g	1g	1g	0g
Cheddar Cheese	21g	80	60	7g	4g	0g	25mg	135mg	0g	0g	0g	5g
Southwest Sour Cream	40g	60	30	3.5g	2.5g	0g	15mg	160mg	4g	0g	2g	2g
Total	280g	620	241	27.5g	9g	0g	40mg	1215mg	59g	7g	7g	32g

Crispy Buffalo Chicken

Honey Wheat Wrap	102g	300	70	8g	1.5g	0g	0mg	560mg	49g	4g	4g	8g
Airbaked Chicken Strips	85g	140	27	3g	0.5g	0g	36mg	710mg	13g	0g	0g	14g
Veggies (leaf lettuce, tom.)	32g	5	0	0g	0g	0g	0mg	0mg	0g	0g	1g	0g
Buffalo Ranch Dressing	30g	40	30	3.5g	0.5g	0g	5mg	360mg	1g	0g	1g	1g
Total	249	485	127	14.5g	2.5g	0g	41mg	1620mg	63g	4g	6g	23g

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Salads

Santa Ana Caesar

Veggies	118g	20	0	0g	0g	0g	0g	30 mg	4g	2g	1g	2g
Airbaked Chicken Breast	140g	140	30	1g	1g	0g	70mg	230mg	0g	0g	0g	26g
Multi-Grain Croutons	7g	30	9	1g	0g	0g	0mg	75mg	5g	0g	0g	1g
5-Star Caesar Dressing	49g	245	210	24.5g	3.5g	0g	35mg	402mg	1g	0g	0g	1g
Total	314g	435	249	26.5g	4.5g	0g	105mg	732mg	10g	2g	1g	30g

Mediterranean Summer

Veggies (incl. sundried tom., olives)	209g	130	40	4.5g	0.5 g	0g	0mg	570mg	20g	4g	10g	4g
Feta Cheese	42g	112	80	8.5	5g	0g	31mg	494mg	0g	0g	0g	8.5g
Multi-Grain Croutons	7g	30	9	1g	0g	0g	0mg	75mg	5g	0g	0g	1g
Extra Virgin Olive Oil	28g	250	250	28g	4g	0g	0mg	0mg	0g	0g	0g	0g
Balsamic Vinegar	15g	5	0	0g	0g	0g	0mg	0mg	2g	0g	2g	0g
Total	301g	527	379	42g	9.5g	0g	31mg	1139mg	25g	4g	12g	13.5g

Spicy Thai & Crispy Chicken

Veggies (incl. mandarin orange)	146g	35	0	0g	0g	0g	0mg	30mg	7g	2g	4g	2g
Airbaked Chicken Strips	85g	130	25	3g	0.5g	0g	35mg	710mg	13g	0g	0g	14g
Crispy Rice Noodles	7g	35	10	1g	0g	0g	0mg	90mg	5g	0g	0g	1g
Spicy Thai Dressing	40g	150	80	9g	0g	0g	0mg	470mg	15g	0g	12g	0g
Total	278g	350	115	13g	.5g	0g	35mg	1300mg	40g	2g	16g	17g

Bordeaux Bistro

Veggies	118g	20	0	0g	0g	0g	0g	30 mg	4g	2g	1g	2g
Gorgonzola Cheese	43g	150	110	12g	9g	0g	40mg	580mg	2g	2g	0g	9g
Walnuts	14g	86	69	8g	0.5g	0g	0g	0mg	1.5g	1g	2g	3.5g
Multi-Grain Croutons	7g	30	9	1g	0g	0g	0mg	75mg	5g	0g	0g	1g
Raspberry Dressing	60g	50	0	0g	0g	0g	0mg	340mg	14g	0g	12g	0g
Total	242g	340	188	21g	9.5g	0g	40mg	1025mg	26.5g	5g	15g	15.5g

Product Name **Serv. Size** **Calories** **Cal from Fat** **Total Fat** **Sat Fat** **Trans Fat** **Cholesterol** **Sodium** **Carbohydrates** **Dietary Fiber** **Sugars** **Protein**

Shakes

Organic Milkshakes

Vanilla (Reg.)	16 fl oz	180	25	2.5g	0g	0g	10mg	55mg	30g	0g	30g	6g
Vanilla (Lg.)	20 fl oz	250	30	3.5g	0g	0g	15mg	75mg	41g	0g	41g	6g
Cappuccino (Reg.)	16 fl oz	140	20	2.5g	0g	0g	10mg	65mg	27g	0g	26g	4g
Cappuccino (Lg.)	20 fl oz	190	30	3g	0g	0g	15mg	85mg	37g	0g	36g	6g
Chocolate (Reg.)	16 fl oz	230	25	2.5g	0g	0g	10mg	75mg	47g	0g	44g	5g
Chocolate (Lg.)	20 fl oz	310	30	3.5g	0g	0g	15mg	100mg	63g	0g	59g	7g

Real Fruitshakes

Strawberry Banana (Reg.)	16 fl oz	190	5	0.5g	0g	0g	0mg	10mg	47g	1g	38g	1g
Strawberry Banana (Lg.)	20 fl oz	250	5	0.5g	0g	0g	0mg	10mg	63g	2g	51g	1g
Mango Guava (Reg.)	16 fl oz	180	0	0g	0g	0g	0mg	0mg	48g	2g	44g	0g
Mango Guava (Lg.)	20 fl oz	250	0	0g	0g	0g	0mg	0mg	67g	2g	62g	1g
Banana Berry (Reg.)	16 fl oz	190	5	0g	0g	0g	0mg	10mg	48g	2g	38g	1g
Banana Berry (Lg.)	20 fl oz	260	10	1g	0g	0g	0mg	10mg	64g	2g	51g	2g

Kids

Kids Airbaked Chicken Strips	85g	130	25	3g	0.5g	0g	35mg	710mg	13g	0g	0g	14g
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Kids Grilled Beef Hot Dog

Hot Dog Bun	54g	140	18	2g	0g	0g	0mg	230mg	27g	1g	3g	5g
Hot Dog Link	56g	170	135	15g	6g	0g	35mg	340mg	1g	0g	1g	6g
Total	110g	310	153	17g	6g	0g	35mg	570mg	28g	1g	4g	11g

Kids Original Championburger

Burger Bun	63g	160	30	3g	0.5g	0g	0mg	290mg	27g	1g	2g	6g
Patty	71g	170	81	9	1	0g	0mg	360mg	4g	2g	0g	17g
Total	134g	330	111	12g	1.5g	0g	0mg	650mg	31g	3g	2g	23g

Product Name **Serv. Size** **Calories** **Cal from Fat** **Total Fat** **Sat Fat** **Trans Fat** **Cholesterol** **Sodium** **Carbohydrates** **Dietary Fiber** **Sugars** **Protein**

Kids

Kids Original Steakburger

Burger Bun	63g	160	30	3g	0.5g	0g	0mg	290mg	27g	1g	2g	6g
Patty	72g	180	105	9.5	5.5g	0g	70mg	410mg	0g	0g	0g	16g
Total	135g	340	135	12.5g	6g	0g	70mg	700mg	27g	1g	2g	22g

Kids Organic Milkshakes

Kids Chocolate	12 fl oz	170	20	2g	0g	0g	10mg	55mg	35g	0g	33g	4g
Kids Vanilla	12 fl oz	140	20	2g	0g	0g	10mg	40mg	23g	0g	23g	3g

Kids Real Fruitshakes

Kids Strawberry Banana	12 fl oz	140	0	0g	0g	0g	0mg	5mg	35g	<1g	28g	1g
Kids Mango Guava	12 fl oz	130	0	0g	0g	0g	0mg	0mg	36g	1g	33g	0g
Kids Banana Berry	12 fl oz	150	5	0g	0g	0g	0mg	5mg	39g	1g	30g	1g

Snacks

Airbaked Chicken Strips	170g	260	50	6g	1g	0g	70mg	1420mg	26g	0g	0g	28g
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Grilled Beef Hot Dog

Hot Dog Bun	54g	140	18	2g	0g	0g	0mg	230mg	27g	1g	3g	5g
Hot Dog Link	56g	170	135	15g	6g	0g	35mg	340mg	1g	0g	1g	6g
Ketchup	30g	30	0	0g	0g	0g	0mg	330mg	8g	0g	7g	1g
Mustard	15g	10	0	0g	0g	0g	0mg	170mg	1g	0g	0g	1g
Total	155g	350	153	17g	6g	0g	35mg	1070mg	37g	1g	11g	13g

Veggie Chili

Veggie Chili (Reg.)	199g	110	15	1.5g	0g	0g	0mg	930mg	20g	5g	3g	7g
Veggie Chili (Lg.)	306g	180	25	2.5g	0g	0g	0mg	1430mg	31g	8g	5g	10g
Oyster Crackers	14g	70	20	2g	0g	0g	0mg	60mg	11g	0g	0g	1g

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Snacks

EVOS Airfries

EVOS Airfries(Reg.)	113g	170	50	5g	1.5g	0g	0mg	520mg	28g	3g	0g	3g
EVOS Airfries (Lg.)	170g	260	70	8g	2g	0g	0mg	780mg	42g	4g	0g	4g

Fresh Fruit Bowl

Fresh Fruit Bowl	379g	200	5	0.5g	0g	0g	0mg	20mg	52g	4g	47g	2g
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Side Salad

Veggies	161g	35	0	0g	0g	0g	0mg	30mg	8g	2g	3g	2g
Balsamic Vinaigrette	28g	5	0	0g	0g	0g	0mg	250mg	2g	0g	1g	0g
Total	189	40	0	0g	0g	0g	0mg	280mg	10g	2g	4g	2g

Ketchup Karma

Original Ketchup	34g	30	0	0g	0g	0g	0mg	330mg	8g	0g	7g	1g
Cayenne Ketchup	34g	35	0	0g	0g	0g	0mg	380mg	9g	0g	8g	1g
Mesquite Ketchup	34g	35	0	0g	0g	0g	0mg	420mg	9g	0g	8g	1g
Garlic Ketchup	34g	35	0	0g	0g	0g	0mg	380mg	9g	0g	8g	1g

Supplements

Mega Protein	15g	48	0	0g	0g	0g	0mg	0mg	0g	0g	0g	12g
Go Energy	5g	16	0	0g	0g	0g	0mg	0mg	4g	0g	0g	0g
Fat Burner	5g	16	0	0g	0g	0g	0mg	0mg	4g	0g	0g	0g
Multi-Vitamin	5g	10	0	0g	0g	0g	0mg	0mg	2.5g	0g	0g	0g

Other Items

Burger Bun	63g	160	30	3g	0.5g	0g	0mg	290mg	27g	1g	2g	6g
Hot Dog Bun	54g	140	18	2g	0g	0g	0mg	230mg	27g	1g	3g	5g

Product Name Serv. Size Calories Cal from Fat Total Fat Sat Fat Trans Fat Cholesterol Sodium Carbohydrates Dietary Fiber Sugars Protein

Other Items

Honey Wheat Wrap	102g	300	70	8g	1.5g	0g	0mg	560mg	49g	4g	4g	8g
Spinach Herb Wrap	104g	310	70	8g	3g	0g	0mg	840mg	52g	3g	3g	9g
Airbaked Chicken Breast	140g	140	30	1g	1g	0g	70mg	230mg	0g	0g	0g	26g
Cheddar Cheese Slice	21g	80	60	7g	4g	0g	25mg	135mg	0g	0g	0g	5g
Organic Chocolate Chip Cookie	70g	330	130	14g	9g	0g	40mg	230mg	46g	2g	24g	3g
Organic Oat Cranb Orang Cookie	70g	300	110	12g	7g	0g	40mg	190mg	44g	3g	21g	4g

DISCLAIMER: Food manufacturers may change formulations at any time and without notice. EVOS' guests with allergies need to be aware of this risk. Variations may occur due to differences in suppliers, ingredient substitutions, and/or product assembly at each restaurant. EVOS, its franchisees and employees do not assume responsibility for a particular sensitivity or allergy to any food product provided in our restaurants. EVOS restaurants are not an allergen free facility.

*For many people, soy oil and soy lecithin (a common emulsifier) are considered to be of little to no consequence with respect to allergies because they include very little protein. But both of these ingredients have been known to cause allergic reactions in rare instances. Discuss the risks and benefits of using them with your doctor.