



## Nutritional Information

The nutritional values listed in this guide are offered to **Ritzzy's** customers for reference and information purposes only. Since menu products may change or vary from one **Ritzzy's** market to another, this information should not be relied upon by those under physicians care or by those who must adhere to specific and rigid dietary regimens requiring restrictions or avoidance of certain food products or their ingredients. **Ritzzy's**, its operators, and employees cannot and do not assume any responsibility, real or implied, for any particular sensitivity or allergenic reaction to any item or product served in any **Ritzzy's** restaurant. Although **Ritzzy's** makes an effort to update this information, there is no guarantee that item values contained on these lists may not be different from items served in the restaurant.

Nutritional values may be subject to change as a result of different factors such as supply from different vendors, substitution of product ingredients, recipe variation, changes in food preparation procedures in the restaurant, and/or as a result of seasonal effects on product supply.

Information gathered and presented on these lists has been supplied by product manufacturers, their distributors, product packaging, and in some instances derived from independent laboratory testing of certain food products.

### Nutritional Information - **RITZYS** Ice Cream

For reference purposes, nutritional values for three **Ritzzy's** private recipe ice cream flavors are included with this data. The three ice cream flavors are basically a plain flavor, a flavor with nuts and a fruit based flavor. As nutritional values are developed for other **Ritzzy's** flavors, they will be added to this information.

Ice Cream Flavor	Serving Size	Total Calories	Fat Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Calcium	Iron
Strawberry	4.0 oz	240.0	150.0	17.0 g	12.0 g	45.0 mg	55.0mg	19.0 g	0.0 g	19.0 g	4.00 g	98.9 mg	0.14 mg
Philadelphia Style Vanilla	4.0 oz	216.0	115.0	12.8 g	10.5 g	45.0 mg	55.0 mg	22.3 g	<0.1 g	21.8 g	3.27 g	116.0 mg	0.18 mg
Butter Pecan Cashew	4.0 oz	275.0	172.0	19.1 g	10.4 g	48.8 mg	133.0 mg	21.4 g	0.33g	17.2 g	4.51 g	104.0 mg	0.40 mg

### Sandwich Condiments

Condiment	Serving Size	Total Calories	Fat Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Calcium	Iron
Ketchup	1 tsp / 7g	10.0	0	0	0	0	80.0 mg	2.0 g	0	1.0 g	0	0	0
Lettuce	1 leaf / 15 g	0	0	0	0	0	0	0	0	0	0	0	0
Mustard	½ tsp / 5g	0	0	0	0	0	50.0 mg	0	0	0	0	0	0
Mayonnaise	1 ½ tsp / 9 g	30.0	30.0	3 g	0	5.0 mg	60.0 mg	1.0 g	0	0	0	0	0
Sliced Onion	4 rings / 13g	5.0	0	0	0	0	0	1.0 g	0	1.0 g	0	0	0
Dill Pickle	4 slices / 11g	0	0	0	0	0	105.0 mg	0	0	0	0	0	0
Tomato	1 slice / 26 g	5.0	0	0	0	0	0	1.0 g	0	1.0 g	0	0	0

### Nutritional Information - *RITZY'S* Hamburger Menu Items

Menu Item	Serving Size	Total Calories	Fat Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Calcium	Iron
<b>HAMBURGER</b>	1												
Burger Patty		259.2	163.2	22.7g	8.9 g	83.2 mg	70.4 mg	.3 g	.0 g	.0 g	21.9 g	9.6 mg	1.9 mg
Bun		170.0	30.0	3.0g	.5 g	20.0 mg	350.0 mg	30.0 g	1.0 g	2.0 g	6.0 g	6%	10.0%
<b>TOTAL HAMBURGER</b>	<b>1</b>	<b>429.2</b>	<b>193.2</b>	<b>25.7 g</b>	<b>9.4 g</b>	<b>103.2 mg</b>	<b>420.4 mg</b>	<b>30.3 g</b>	<b>1.0 g</b>	<b>2.0 g</b>	<b>27.9 g</b>	<b>-</b>	<b>-</b>
<b>CHEESEBURGER</b>	1												
Burger Patty		259.2	163.2	22.7 g	8.9 g	83.2 mg	70.4 mg	.3 g	.0 g	.0 g	21.9 g	9.6 mg	1.9 mg
Bun		170.0	30.0	3.0 g	.5 g	20.0 mg	350.0 mg	30.0 g	1.0 g	2.0 g	6.0 g	6%	10.0%
Cheese		40.0	40.0	4.5 g	3.0 g	15.0 mg	230.0 mg	<1 g	0.0 g	0.0 g	3.0 g	8%	0.0 mg
<b>TOTAL CHEESEBURGER</b>	<b>1</b>	<b>469.2</b>	<b>233.2</b>	<b>30.2 g</b>	<b>12.4 g</b>	<b>118.2 mg</b>	<b>650.4 mg</b>	<b>30.3 g</b>	<b>1.0 g</b>	<b>2.0 g</b>	<b>30.9 g</b>	<b>-</b>	<b>-</b>
<b>DOUBLE RITZ BURGER</b>	1												
Burger Patties (2)		518.4	326.4	45.4 g	17.8 g	166.4 mg	140.8 mg	.6 g	.0 g	.0 g	43.8 g	19.2 mg	3.8 mg
Bun		170.0	30.0	3.0 g	.5 g	20.0 mg	350.0 mg	30.0 g	1.0 g	2.0 g	6.0 g	6%	10.0%
<b>TOTAL DOUBLE RITZ BURGER</b>	<b>1</b>	<b>688.4</b>	<b>356.4</b>	<b>48.4 g</b>	<b>18.3 g</b>	<b>186.4 mg</b>	<b>490.8 mg</b>	<b>30.6 g</b>	<b>1.0 g</b>	<b>2.0 g</b>	<b>49.8 g</b>	<b>-</b>	<b>-</b>
<b>DBL RITZ w/CHEESE</b>	1												
Burger Patties		518.4	326.4	45.4 g	17.8 g	166.4 mg	140.8 mg	.6 g	.0 g	.0 g	43.8 g	19.2 mg	3.8 mg
Bun		170.0	30.0	3.0 g	.5 g	20.0 mg	350.0 mg	30.0 g	1.0 g	2.0 g	6.0 g	6%	10.0%
Cheese		40.0	40.0	4.5 g	3.0 g	15.0 mg	230.0 mg	<1 g	0.0 g	0.0 g	3.0 g	8%	0.0%
<b>TOTAL DBL RITZ w/CHEESE</b>	<b>1</b>	<b>728.4</b>	<b>396.4</b>	<b>52.9 g</b>	<b>21.3 g</b>	<b>201.4 mg</b>	<b>720.8 mg</b>	<b>30.6 g</b>	<b>1.0 g</b>	<b>2.0 g</b>	<b>52.8 g</b>	<b>-</b>	<b>-</b>
<b>CHEESEBURGER COMBO</b>	1												
Burger Patty		259.2	163.2	22.7 g	8.9 g	83.2 mg	70.4 mg	.3 g	0.0 g	0.0 g	21.9 g	9.6 mg	1.9 mg
Bun		170.0	30.0	3.0 g	.5 g	20.0 mg	350.0 mg	30.0 g	1.0 g	2.0 g	6.0 g	6%	10.0%
Cheese		40.0	40.0	4.5 g	3.0 g	15.0 mg	230.0 mg	<1 g	0.0 g	0.0 g	3.0 g	8%	0.0%
French Fries		376.0	203.0	22.6 g	4.9 g	1.2 mg	266.0 mg	39.5 g	3.6 g	6.1 g	3.6 g	19.6 mg	0.8 mg
16 oz Soft Drink		112.0	0.0	0.0 g	0.0 g	0.0 mg	8.0 mg	29.6 g	0.0 g	29.6 g	0.0 g	0.0 mg	0.0 mg
<b>TOTAL CHEESEBURGER COMBO</b>	<b>1</b>	<b>957.2</b>	<b>436.2</b>	<b>52.8 g</b>	<b>17.3 g</b>	<b>119.4 mg</b>	<b>924.4 mg</b>	<b>99.4 g</b>	<b>4.6 g</b>	<b>37.7 g</b>	<b>34.5 g</b>	<b>-</b>	<b>-</b>

### Nutritional Information - *RITZY'S* Chicken Grill Sandwich Menu Items

Menu Item	Serving Size	Total Calories	Fat Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Calcium	Iron
<b>CHICKEN GRILL SANDWICH</b>	1												
Chicken Breast		110.0	10.0	1.5 g	0.0 g	55.0 mg	310.0 mg	1.0 g	0.0 g	0.0 g	23.0 g	2.0%	4.0%
Whole Grain Bun		150.0	20.0	2.0 g	0.0 g	0.0 mg	230.0 mg	27.0 g	1.0 g	4.0 g	5.0 g	4.0%	8.0%
<b>TOTAL CHICKEN GRILL SANDWICH</b>	<b>1</b>	<b>260.0</b>	<b>30.0</b>	<b>3.5 g</b>	<b>0.0 g</b>	<b>55.0 mg</b>	<b>540.0 mg</b>	<b>28.0 g</b>	<b>1.0 g</b>	<b>4.0 g</b>	<b>28.0 g</b>	<b>6.0%</b>	<b>12.0%</b>
<b>CHICKEN GRILL SANDWICH COMBO</b>	1												
Chicken Breast		110.0	10.0	1.5 g	0.0 g	55.0 mg	310.0 mg	1.0 g	0.0 g	0.0 g	23.0 g	2.0%	4.0%
Whole Grain Bun		150.0	20.0	2.0 g	0.0 g	0.0 mg	230.0 mg	27.0 g	1.0 g	4.0 g	5.0 g	4.0%	8.0%
French Fries		376.0	203.0	22.6 g	4.9 g	1.2 mg	266.0 mg	39.5 g	3.6 g	6.1 g	3.6 g	19.6 mg	0.8 mg
16 oz Soft Drink		112.0	0.0	0.0 g	0.0 g	0.0 mg	8.0 mg	29.6 g	0.0 g	29.6 g	0.0 g	0.0 mg	0.0 mg
<b>TOTAL CHICKEN GRILL SANDWICH COMBO</b>	<b>1</b>	<b>748.0</b>	<b>233.0</b>	<b>26.1 g</b>	<b>4.9 g</b>	<b>56.7 mg</b>	<b>814.0 mg</b>	<b>97.1 g</b>	<b>4.6 g</b>	<b>39.7 g</b>	<b>31.6 g</b>	<b>-</b>	<b>-</b>

### Nutritional Information - *RITZY'S* Hot Dog Menu Items

Menu Item	Serving Size	Total Calories	Fat Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Calcium	Iron
<b>HOT DOG</b>	1												
Hot Dog		184.0	130.0	16.2 g	6.8 g	31.4 mg	615.0 mg	2.9 g	0.0 g	0.0 g	6.3 g	5.3 mg	0.4 mg
Hot Dog Bun		120.0	18.0	1.5 g	0.0 g	0.0 mg	220.0 mg	22.0 g	1.0 g	3.0 g	4.0 g	4%	6.0%
<b>TOTAL HOT DOG</b>	<b>1</b>	<b>304.0</b>	<b>148.0</b>	<b>17.7 g</b>	<b>6.8 g</b>	<b>31.4 mg</b>	<b>835.0 mg</b>	<b>24.9 g</b>	<b>1.0 g</b>	<b>3.0 g</b>	<b>10.3 g</b>	<b>-</b>	<b>-</b>
<b>ALL AMERICAN HOT DOG COMBO</b>	1												
Hot Dog		184.0	130.0	16.2 g	6.8 g	31.4 mg	615.0 mg	2.9 g	0.0 g	0.0 g	6.3 g	5.3 mg	0.4 mg
Hot Dog Bun		120.0	18.0	1.5 g	0.0 g	0.0 mg	220.0 mg	22.0 g	1.0 g	3.0 g	4.0 g	4%	6.0%
French Fries		376.0	203.0	22.6 g	4.9 g	1.2 mg	266.0 mg	39.5 g	3.6 g	6.1 g	3.6 g	19.6 mg	0.8 mg
Soft Drink		112.0	0.0	0.0 g	0.0 g	0.0 mg	8.0 mg	29.6 g	0.0 g	29.6 g	0.0 g	0.0 mg	0.0 mg
<b>TOTAL ALL AMERICAN HOT DOG</b>	<b>1</b>	<b>792.0</b>	<b>351.0</b>	<b>40.3 g</b>	<b>11.7 g</b>	<b>32.6 mg</b>	<b>1,101.0 mg</b>	<b>94.0 g</b>	<b>4.6 g</b>	<b>38.7 g</b>	<b>13.9 g</b>	<b>-</b>	<b>-</b>

**Nutritional Information - RITZY'S Salads and Side Orders**

Menu Item	Serving Size	Total Calories	Fat Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Calcium	Iron
<b>CHOICE SALAD</b>													
Romaine Lettuce	85.1 g	11.9	1.5	.2 g	.2 g	0.0 mg	6.8 mg	2.0 g	1.5 g	1.7 g	1.4 g	30.6 mg	0.9 mg
Iceberg Lettuce	85.1 g	10.2	1.5	.2 g	.1 g	0.0 mg	7.7 mg	1.8 g	1.2 g	1.5 g	0.9 g	18.2 mg	0.4 mg
Cored Tomatoes	67.5 g	14.2	2.0	.2 g	.1 g	0.0 mg	6.1 mg	3.1 g	0.7 g	1.9 g	0.6 g	3.4 mg	0.3 mg
Egg Slices	25.0 g	38.8	23.9	2.7 g	.9 g	106.0 mg	31.0 mg	0.3 g	0.0 g	0.0 g	3.2 g	12.5 mg	0.3 mg
Cheddar Cheese	28.4 g	114.3	84.6	9.4 g	6.0 g	29.8 mg	176.1 mg	0.4 g	0.0 g	0.5 g	7.1 g	204.4 mg	0.2 mg
Croutons	3.8 g	17.4	6.2	.7 g	.2 g	0.3 mg	47.4 mg	2.4 g	0.2 g	0.5 g	0.4 g	3.6 mg	0.1 mg
<b>TOTAL CHOICE SALAD</b>	<b>294.7 g</b>	<b>206.8</b>	<b>119.7</b>	<b>13.4 g</b>	<b>7.5 g</b>	<b>135.1 mg</b>	<b>275.1 mg</b>	<b>10.0 g</b>	<b>3.6 g</b>	<b>6.1 g</b>	<b>13.6 g</b>	<b>270.7 mg</b>	<b>2.3 mg</b>
<b>DELUXE SALAD</b>													
Romaine Lettuce	85.1 g	11.9	1.5	.2 g	.2 g	0.0 mg	6.8 mg	2.0 g	1.5 g	1.7 g	1.4 g	30.6 mg	0.9 mg
Iceberg Lettuce	85.1 g	10.2	1.5	.2 g	.1 g	0.0 mg	7.7 mg	1.8 g	1.2 g	1.5 g	0.9 g	18.2 mg	0.4 mg
Cored Tomatoes	67.5 g	14.2	2.0	.2 g	.1 g	0.0 mg	6.1 mg	3.1 g	0.7 g	1.9 g	0.6 g	3.4 mg	0.3 mg
Egg Slices	25.0 g	38.8	23.9	2.7 g	.9 g	106.0 mg	31.0 mg	0.3 g	0.0 g	0.0 g	3.2 g	12.5 mg	0.3 mg
Cheddar Cheese	28.4 g	114.3	84.6	9.4 g	6.0 g	29.8 mg	176.1 mg	0.4 g	0.0 g	0.5 g	7.1 g	204.4 mg	0.2 mg
Croutons	3.8 g	17.4	6.2	.7 g	.2 g	0.3 mg	47.4 mg	2.4 g	0.2 g	0.5 g	0.4 g	3.6 mg	0.1 mg
Bacon Bits	28.4 g	163.3	125.6	14.0 g	4.9 g	24.1 mg	452.5 mg	0.2 g	0.0 g	0.0 g	8.6 g	3.4 mg	0.5 mg
Diced Chicken	30.4 g	50.1	9.8	1.1 g	0.3 g	25.8 mg	22.5 mg	0.0 g	0.0 g	0.0 g	9.4 g	4.6 mg	0.3 mg
<b>TOTAL DELUXE SALAD</b>	<b>353.7 g</b>	<b>429.2</b>	<b>255.1</b>	<b>28.5 g</b>	<b>12.7 g</b>	<b>186.0 mg</b>	<b>750.1 mg</b>	<b>10.2 g</b>	<b>3.6 g</b>	<b>6.1 g</b>	<b>31.6 g</b>	<b>280.7 mg</b>	<b>3.1 mg</b>
<b>STEAMED VEGETABLES w/Cheese</b>													
Broccoli	65.5 g	28.9	2.8	.3 g	0.1 g	0.0 mg	28.1 mg	5.7 g	2.2 g	1.5 g	2.4 g	39.9 mg	0.6 mg
Carrots	14.2 g	5.8	.3	.1 g	0.0 g	0.0 mg	9.8 mg	1.4 g	.4 g	0.6 g	0.1 g	4.7 mg	0.1 mg
Cauliflower	42.5 g	10.6	.4	.1 g	0.1 g	0.0 mg	12.8 mg	2.3 g	1.1 g	1.0 g	0.8 g	9.1 mg	0.2 mg
<b>TOTAL STEAMED VEGETABLES</b>	<b>142.2 g</b>	<b>45.3</b>	<b>3.5</b>	<b>.5 g</b>	<b>0.2 g</b>	<b>0.0 mg</b>	<b>50.7 mg</b>	<b>9.4 g</b>	<b>3.7 g</b>	<b>3.1 g</b>	<b>3.3 g</b>	<b>53.7 mg</b>	<b>0.9 mg</b>
Cheddar Cheese	42.5 g	171.4	126.8	14.1 g	9.0 g	44.7 mg	264.1 mg	0.5 g	0.0 g	0.2 g	10.6 g	306.6 mg	0.3 mg
<b>TOTAL STEAMED VEGETABLES w/CHEESE</b>	<b>184.7 g</b>	<b>216.7</b>	<b>139.3</b>	<b>14.6 g</b>	<b>9.2 g</b>	<b>44.7 mg</b>	<b>314.8 mg</b>	<b>9.9 g</b>	<b>3.7 g</b>	<b>3.3 g</b>	<b>13.9 g</b>	<b>360.3 mg</b>	<b>1.2 mg</b>
<b>SHOESTRING FRENCH FRIES</b>													
	105.0 g	390.0	210.0	24.0 g	5.0 g	0.0 mg	280.0 mg	41.0 g	4.0 g	6.0 g	4.0 g	2.0%	6.0%
<b>ONION RINGS</b>													
	113.4 g	205.0	125.8	20.0 g	5.6 g	0.1 mg	739.0 mg	27.5 g	1.0 g	1.6 g	1.3 g	27.9 mg	0.1 mg
<b>CHICKEN STRIPS</b>													
	2 pieces	200.0	70.0	8.0 g	1.5 g	25.0 mg	840.0 mg	20.0 g	0.0 g	0.0 g	13.0 g	0.0%	0.0%
<b>BAKED POTATO</b>													
	284.0 g	310.0	0.0	0.0 g	0.0 g	0.0 mg	25.0 mg	72.0 g	7.0 g	5.0 g	7.0 g	2.0%	4.0%

**Nutritional Information - RITZY'S Other Sandwiches**

<b>FISH SANDWICH 1</b>													
Sandwich Bun		170.0	30.0	3.0 g	.5 g	20.0 mg	360.0 mg	30.0 g	1.0 g	2.0 g	6.0 g	6.0%	10.0%
White Fish		200.0	90.0	10.0 g	1.5 g	50.0 mg	490.0 mg	13.0 g	1.0 g	0.0 g	14.0 g	6.0 mg	0.6 mg
<b>TOTAL FISH SANDWICH</b>		<b>370.0</b>	<b>120.0</b>	<b>13.0 g</b>	<b>2.0 g</b>	<b>70.0 mg</b>	<b>850.0 mg</b>	<b>43.0 g</b>	<b>2.0 g</b>	<b>2.0 g</b>	<b>20.0 g</b>	<b>-</b>	<b>-</b>
<b>CHICKEN SALAD SANDWICH 1</b>													
Sandwich Bun		150.0	20.0	2.0 g	0.0 g	0.0 mg	230.0 mg	27.0 g	2.0 g	4.0 g	5.0 g	4.0%	6.0%
Chicken Salad		231.1	141.3	15.7 g	2.0 g	37.8 mg	258.4 mg	10.6 g	1.4 g	7.6 g	13.3 g	19.7 mg	0.8 mg
<b>TOTAL CHICKEN SANDWICH</b>		<b>381.1</b>	<b>261.3</b>	<b>17.7 g</b>	<b>2.0 g</b>	<b>37.8 mg</b>	<b>488.4 mg</b>	<b>37.6 g</b>	<b>3.4 g</b>	<b>11.6 g</b>	<b>18.3 g</b>	<b>-</b>	<b>-</b>

**Nutritional Information - RITZY'S Chili**

Menu Item	Serving Size	Total Calories	Fat Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Calcium	Iron
<b>RITZY'S CHILI</b>	<b>8 oz (223 g)</b>	<b>230.0</b>	<b>110.0</b>	<b>12.0 g</b>	<b>5.0 g</b>	<b>55.0 mg</b>	<b>680.0 mg</b>	<b>10.0 g</b>	<b>2.0 g</b>	<b>8.0 g</b>	<b>20.0 g</b>	<b>4.0%</b>	<b>10.0%</b>
<b>RITZY'S CHILI EXTRAS*</b>													
Spaghetti	3.0 oz	120.0	5.1	0.6 g	0.1 g	0.0 mg	.9 mg	24.1 g	1.5 g	1.2 g	4.1 g	6.0 mg	0.4 mg
Beans	2.0 oz	72.0	2.6	0.3 g	0.4 g	0.0 mg	1.1 mg	12.9 g	4.2 g	0.2 g	4.9 g	15.9 mg	1.7 mg
Green Peppers	1.0 oz	28.4	0.5	0.1 g	0.1 g	0.0 mg	0.6 mg	1.8 g	0.5 g	0.3 g	2.6 mg	0.1 mg	0.1 mg
Tomatoes	1.5 oz	7.0	1.3	0.1 g	0.1 g	0.0 mg	3.8 mg	2.0 g	0.5 g	1.2 g	0.4 g	2.1 mg	0.2 mg
Cheese	2.0 oz	228.5	169.1	18.8 g	12.0 g	59.5 mg	352.1 mg	0.7 g	0.0 g	1.0 g	14.1 g	408.8 mg	0.4 mg

\*added to order of RITZY'S Chili