

Restaurant Roulette

Establishment	Meal & Menu Favorites	Calories	Points	Carbs
Chili's	Bloomin' Onion Appetizer w/ Sauce	2882	76.6	Unavail.
Schlotzky's Deli	Large Original Sandwich on Sour Dough	1917	42.5	1619
P.F. Chang's	Cantonese Chicken w/ 1 Cup White Rice	1478	33	133.69
KFC	Extra Crispy Breast & Thigh, Pot. Wedge & Slav	1448	34	112.9
Lonestar Steakhouse	16 Oz. Grilled Pork Chops	1432	37.5	0
Garfield's	Fish & Chips Dinner	1180	27.5	66
Cinnabon's	Caramel Pecan Bon	1100	26	141
Cheesecake Factory	Brownie Sundae Cheesecake	960	24.5	96
Pepe's Mexican	Beef & Bean Burrito w/ Refried Beans & Rice	950	22	95
Le Peep	Le Petite French Toast	880	21.5	Unavail.
Applebee's	Lowfat Grilled Chicken Pasta	873	17.5	134.3
Panera Bread	Tuna Sandwich on Multigrain Bread	840	20	Unavail.
Arby's	Market Fresh Ultimate BLT Sandwich	820	19.5	72
Denny's	Original Grand Slam Breakfast	795	20	65
Taco Bell	Taco Salad in Shell w/ Salsa	790	18.5	73
Olive Garden	Shrimp Primavera	730	17	84
Domino's Pizza	Personal Pizza: Ultimate Deep Dish Pepperoni	647	15	Unavail.
IHOP	Belgian Waffle w/ Syrup & Whipped Butter	600	17	106
Seven Eleven	44 Oz. Slurpee	550	11	Unavail.
Starbuck's	Grande Mocha Malt Frappuccino Coffee	430	9	58
Dairy Queen	Large Vanilla Cone	410	9	65
Einstein Bros. Bagels	Honey Whole Wheat Bagel	320	6	71
Dunkin' Donuts	Double Chocolate Cake Doughnut	310	7	37
Krispy Kreme	Original Glazed Doughnut	200	5	22

BIG Burgers & Fries

Hardee's	Monster Burger	1060	28	37
	Monster Crispy Curls	510	12.5	14.5
	Meal Total	<u>1570</u>	<u>40.5</u>	<u>51.5</u>
Burger King	Whopper with Cheese	800	19.5	53
	King Size Fries	600	13.5	76
	Meal Total	<u>1400</u>	<u>33</u>	<u>129</u>
Culver's	Butter Burger Bacon Deluxe Jumbo	902	22.5	35
	Large Fries	460	10.5	59
	Meal Total	<u>1362</u>	<u>33</u>	<u>94</u>
Wendy's	Big Bacon Classic	570	13	47
	Great Biggie Fries	530	11.5	77
	Meal Total	<u>1100</u>	<u>24.5</u>	<u>124</u>
McDonald's	Big Mac	580	14	47
	Large Size Fries	520	12	68
	Meal Total	<u>1100</u>	<u>26</u>	<u>115</u>