



NATIONAL CONEY ISLAND'S NUTRITIONAL GUIDE

STARTERS & SIDES

Menu Item Name	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Mozzarella Cheese Sticks	405	168	19	9	0	59	1,564	36	0	1.7	20
Wing Dings	418.5	289	32.1	7.2	0.1	101.5	999.1	7.8	0	0	25
Chicken Tenders	317.1	75.8	8.4	1.1	0	53.3	906.7	30.7	1.3	0	29.3
French Fries	286.9	128.6	14.3	3.4	0	0	41.7	35	3.3	0	3.3
Chili Fries	616.9	344.6	38.3	16.9	0	30	821.7	50	6.3	0	18.3
Cheese Fries	437.8	239.7	26.6	7.5	0	13.7	782.2	41.9	3.3	0	6.1
Chili & Cheese Fries	717.5	418.6	46.5	19.6	0	39.1	1,315.4	54.6	6.3	0	20.2
Onion Rings	429.8	238.2	26.5	6.4	0	0	861.3	40.9	4.3	6.5	4.3

SOUPS & CHILI

Menu Item Name	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Cup of Chili	234.6	111.8	12.4	6.6	0	14.7	733.6	20.6	5.4	1.3	11.3
Bowl of Chili	469.1	223.7	24.9	13.2	0	29.4	1,467.3	41.2	10.9	2.6	22.6
Cup of Plain Chili	275	180	20	11.3	0	25	651.6	12.5	2.5	0	12.5
Bowl of Plain Chili	550	360	40	22.5	0	50	1,303.1	25	5	0	25
Cup of Chicken Lemon Rice	47.2	14.4	1.6	0.8	0	3.9	751.1	7.2	0.6	0.8	0.9
Bowl of Chicken Lemon Rice	94.5	28.8	3.2	1.6	0	7.9	1,502.3	14.4	1.2	1.6	1.8
Cup of Boston Clam Chowder	128.1	56.3	6.3	2.8	0	20.3	562.5	13.1	0	3.4	5
Bowl of Boston Clam Chowder	256.3	112.5	12.5	5.6	0	40.6	1,125	26.3	0	6.9	10
Cup of Chicken & Dumpling	118.8	56.3	6.3	1.6	0	28.1	651.6	10.6	0	2.5	5
Bowl of Chicken & Dumpling	237.5	112.5	12.5	3.1	0	56.3	1,301.1	21.3	0	5	10
Cup of Gumbo	56.3	25.3	2.8	0.9	0	12.5	601.6	6.9	0.6	1.3	2.5
Bowl of Gumbo	112.5	50.6	5.6	1.9	0	25	1,203.1	13.8	1.3	2.5	5
Cup of Chicken Noodle	56.3	11.3	1.3	0.3	0	15.6	507.8	6.9	0.6	0.6	4.4
Bowl of Chicken Noodle	112.5	22.5	2.5	0.6	0	31.3	1,015.6	13.8	1.3	1.3	8.8
Cup of Chicken Pot Pie	230	126	14	5.0	0	45	1,250	19	1.0	4.0	8.0

SOUPS & CHILI

Menu Item Name	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Bowl of Chicken Pot Pie	287.5	157.5	17.5	6.3	0	56.3	1,562.5	23.8	1.3	5	10
Cup of Broccoli	84.4	36.6	4.1	2.2	0	14.1	593.8	8.8	0.6	4.7	3.8
Bowl of Broccoli	168.8	73.1	8.1	4.4	0	28.1	1,187.5	17.5	1.3	9.4	7.5
Cup of Italian Style Wedding	62.5	19.7	2.2	0.9	0	6.3	464.1	8.1	0	0.6	3.1
Bowl of Italian Style Wedding	125	39.4	4.4	1.9	0	12.5	928.1	16.3	0	1.3	6.3
Cup of Minestrone	62.5	5.6	0.6	0	0	0	489.1	11.3	1.3	2.5	2.5
Bowl of Minestrone	125	11.3	1.3	0	0	0	978.1	22.5	2.5	5	5
Cup of Bean with Ham	81.3	11.3	1.3	0.3	0	3.1	714.1	14.4	2.5	1.3	3.8
Bowl of Bean with Ham	162.5	22.5	2.5	0.6	0	6.3	1,428.1	28.8	5	2.5	7.5
Cup of Potato with Bacon	128.1	56.3	6.3	2.8	0	17.2	581.3	14.4	0.6	4.7	4.4
Bowl of Potato with Bacon	256.3	112.5	12.5	5.6	0	34.4	1,162.5	28.8	1.3	9.4	8.8
Cup of Split Pea with Ham	93.8	8.4	0.9	0.3	0	3.1	664.1	15.6	1.9	2.5	5.6
Bowl of Split Pea with Ham	187.5	16.9	1.9	0.6	0	6.3	1,328.1	31.3	3.8	5	11.3
Cup of Tomato Florentine	87.5	8.4	0.9	0.3	0	0	645.3	17.5	1.3	3.8	3.8
Bowl of Tomato Florentine	175	16.9	1.9	0.6	0	0	1,290.6	35	2.5	7.5	7.5
Cup of Vegetable	70.3	25.3	2.8	2.5	0	3.1	570.3	9.4	1.3	2.5	1.3
Bowl of Vegetable	140.6	50.6	5.6	5	0	6.3	1,140.6	18.8	2.5	5	2.5
Cup of Vegetable Beef Barley	62.5	16.9	1.9	0.9	0	3.1	514.1	8.8	1.3	1.3	2.5
Bowl of Vegetable Beef Barley	125	33.8	3.8	1.9	0	6.3	1,028.1	17.5	2.5	2.5	5
Cup of Wisconsin Cheese	178.1	106.9	11.9	4.7	0	20.3	756.3	13.8	0	8.4	5
Bowl of Wisconsin Cheese	356.3	213.8	23.8	9.4	0	40.6	1,512.5	27.5	0	16.9	10

SALADS

Menu Item Name	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Grilled Chicken Salad	506	308	34.6	16.2	0	329	1,026	11.8	2.4	5.2	42
Crispy Chicken & Bacon Salad	726.4	394.2	43.8	18.2	0	366.2	1,998.3	23.8	3.4	4.2	56.5
Greek Salad	475.3	135	15	7.3	0	30	1,727.9	64.1	6.5	10.4	19.6
Baby Greek Salad	233.7	67.5	7.5	3.6	0	15	864	32	3.3	5.2	9.8
Tossed Salad	20.3	1.6	0.2	0	0	0	10.1	3.7	1.4	2.3	1

DRESSINGS

Menu Item Name	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Uncle Nick's Greek Dressing	245	220.5	24.5	3.5	0	0	236.3	3.5	0	3.5	0
Housemade Ranch Dressing	211.5	198	22	4.1	0	21.4	375.5	1.7	0.1	1.3	0.7
Lo-Cal Italian Dressing	70	31.5	3.5	0	0	0	612.5	8.8	0	7	0
Oil & Red Wine Vinegar	232	223	25	4.4	0	0	1	0.2	0	0	0
French	210	157.5	17.5	1.2	0	0	583.3	12.8	0	11.7	0
Thousand Island	210	189	21	1.8	0	17.5	420	5.3	0	3.5	0
Honey Mustard Dressing	315	283.5	31.5	8.8	0	17.5	350	7	0	5.3	0
Poppyseed Dressing	105	63	7	0	0	17.5	385	10.5	0	10.5	0

HANIS

Menu Item Name	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
The Original Hani Special	643	280.7	31.2	9.9	0	63.5	1,588.7	60.8	4	5.2	29
Grilled Chicken Hani	603	354	39	11	0	48	1,233	46	3.4	5.2	15
Chicken, Bacon & Ranch Hani	675	277.4	30.8	11.5	0	133.4	1,578.9	45.9	3.1	5	50.7
Buffalo Hani	538.5	172.7	19.2	7.9	0	53.3	2,520.2	62	4.5	5.7	29.2
BBQ Hani	601.6	171.4	19	7.9	0	53.3	1,802.7	78.8	4	21.2	29
Southwest Hani	707.4	316.9	35.2	13	0	82.9	2,000.8	62.5	4	5	32

CONEYS

Menu Item Name	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Classic Coney Dog	489.5	267.6	29.7	13	0	50	1,435.5	34.4	2.6	3.6	21.8
Loose Burger	575.9	321	35.7	15.5	0	80	1,575.9	34.7	2.7	3.7	29.3
Cheesy Bacon Dog	437.1	250.4	27.8	8.9	0	54.1	1,466.6	28	0.2	3.6	18
Hot Dog	250	117	13	4	0	30	650	22	0	3	11

SPECIALTY SANDWICHES & FAVORITES

Menu Item Name	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Fish & Chips Dinner	650.7	300.4	33.4	5.4	0.1	50	661.7	61	3.3	2	25.3
Chicken & Chips Dinner	546.7	178.7	19.9	3.8	0.1	53.3	940	58.7	4	0	32
Gyro	444.4	166.9	18.5	7	0	37.5	1,246.2	50.5	2.4	3	19.3
Crispy Buffalo Ranch Chicken	584	260	29	4.4	0	54	1,409	55	2.9	9.7	25
Turkey & Swiss Wrap	716.8	329.1	36.6	12.3	0	83.6	2,011.5	56.6	4.4	4.8	40
Twisted Turkey B.L.T.	699.6	393.4	43.7	10.2	0	87.7	1,886.6	39.5	0.3	4.5	36

TRADITIONAL SANDWICHES

Menu Item Name	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Grilled Chicken Sandwich	393	127	14.4	2.2	0	57	865	41.1	2.3	8.6	27
Albacore Tuna Melt	719.9	373.1	41.5	11.5	0	94.9	1,560.9	44.6	0	3.2	42.2
Albacore Tuna Wrap	640.1	296.8	33	5.9	0	49.1	1,023.6	54.5	4.4	5	30
B.L.T.	594.6	363	40.3	9.1	0	57.7	1,354.1	38.8	0.3	4.5	18.7
Veggie Pita	440.9	164.5	18.3	8.5	0	40	1,315.2	49.6	4.1	7.5	18.5
Grilled Cheese	284.4	89.6	10	6	0	22.4	907.3	38	0	4	12
Grilled Cheese w/ Bacon	440	198	22	9	0	55	1,460	40	0	6	21
Grilled Cheese w/ Ham	389.4	123.3	13.7	7.5	0	59.9	1,777.3	39.5	0	5.5	27

PREMIUM ANGUS BURGERS

Menu Item Name	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Mr. Pop's Favorite	699.1	329.4	36.6	11.9	0	108.3	954.4	53.7	4.7	4.4	38
Classic Cheeseburger	567	251	28	10.5	0	105	821	38.9	2.4	7.5	30.6
Double Cheeseburger	846	416	46	17.5	0	199	898	38.9	2.4	7.5	57.6
Patty Melt	626.8	271.7	30.2	13.7	0	127.3	1,121.1	45.5	0.4	2.6	42.8
Southwest Veggie Burger	375	86	9.5	1.0	0	0	900	52	7.4	9.5	18

OMELETS

Menu Item Name	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Coney Island Omelet	795.2	521.2	57.9	26.7	0	706	1,720.2	21.9	4.1	1.5	45.9
Meat Lovers Omelet	675	401.5	44.6	13.7	0	754.8	2,374.2	3.2	0	3.2	59.1
Greek Omelet	359.3	211.3	23.5	9.2	0	663.5	826.9	7.2	0.5	2.5	28.2
Veggie Omelet	241	135.2	15	4.7	0	636	212.6	5	1	3.2	19.5
Spinach, Tomato & Feta Omelet	304.8	172.7	19.2	7.2	0	651	626.8	5.3	1.7	2.2	25.7
Farmers Omelet	340	146	16.2	5.2	0	648.5	831.2	20.4	2.7	3	26.2
Western Omelet	270	146	16.2	5.2	0	648.5	501.2	4.4	0.7	3	24.2
Ham Omelet	257	145.4	16.2	5.2	0	648.5	500	1.7	0	1.7	23.9
Bacon Omelet	343.5	207.1	23	6.7	0	670.4	787.1	1.2	0	1.2	29
Sausage Omelet	327	224.2	24.9	8.2	0	656	390	1.2	0	1.2	22.9
American Cheese	104.4	80.6	9	6	0	22.4	507.3	0	0	0	6
Side of Hash Browns	169.2	52.6	5.8	1.1	0.1	0	575.2	26.7	3.3	0	3.3
Swiss Cheese	134	96.5	10.7	6.7	0	33.5	616.6	2.7	0	1.3	8
Cheddar Cheese	220	162	18	12	0	60	320	2	0	0	14
Pepper Jack Cheese	200	144	16	10	0	50	940	2	0	0	10
Feta Cheese	120	72	8	5	0	30	740	2	0	0	10

FROM THE GRIDDLE

Menu Item Name	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
French Toast	358.9	43.9	4.9	0.6	0	73.9	707.7	64.1	0	12.3	14.5
French Toast w/ Strawberries	450	44.9	5	0.6	0	73.9	710.4	86.1	1.6	32.7	14.9
French Toast w/ Blueberries	363.6	32.5	3.6	0	0	0	672	70.3	2.4	16.3	12
French Toast w/ Chocolate Chips	922.5	318.6	35.4	20.2	0	0	672	141	0	73.8	12
Pancakes	398.1	63.4	7	2.9	0	25.4	1,362.8	73.7	1.7	12.9	10.5
Pancakes w/ Strawberries	489.2	64.3	7.1	2.9	0	25.4	1,365.5	95.8	3.3	33.3	11
Pancakes w/ Blueberries	446.7	68.8	7.6	2.9	0	25.4	1,362.8	84.1	4.2	20.2	10.5
Pancakes w/ Chocolate Chips	1,005.6	354.9	39.4	23.1	0	25.4	1,362.8	154.7	1.7	77.7	10.5

BREAKFAST

Menu Item Name	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
The Big Breakfast	767	358	39.8	13.7	0	751	3,251.9	31.9	3.3	5.2	67.2
Two Eggs with Hash Browns	317.2	142	15.8	4.2	0.1	424	715.2	27.4	3.3	0.8	15.9
Two Eggs	148	89.5	9.9	3.1	0	424	140	0.8	0	0.8	12.6
Side of Ham	210	67.5	7.5	3	0	75	1,740	3	0	3	30
Side of Bacon	150	108	12	4	0	30	640	0	0	0	10
Side of Sausage Links	280	198	22	8	0	50	860	2	0	2	20
Side of Sausage Patties	420	360	40	14	0	80	720	0	0	0	16
Side of Turkey Sausage Patties	140	72	8	2	0	60	360	2	0	2	16
Side of Hash Browns	169.2	52.6	5.8	1.1	0.1	0	575.2	26.7	3.3	0	3.3
White Toast	180	9	1	0	0	0	400	38	0	4	6
Wheat Toast	180	9	1	0	0	0	400	38	4	4	6
Rye Toast	200	9	1	0	0	0	426	40	0	0	8
Sour Dough Toast	220	10.8	1.2	0	0	0	462	46	4	0	8
Texas Toast	210	18	2	0	0	0	448	40	0	6	8
Ham Egger	519	146	16.2	7.6	0	264.5	1,720	56.9	2	7.9	34.3
Sausage Egger	626.2	278.5	30.9	11.5	0	263.2	1,023.7	60.4	4	7.4	27.3
Bacon Egger	491.2	152.5	16.9	6.5	0	238.2	983.7	60.4	4	7.4	24.3
Breakfast Wrap w/Ham (w/o cheese)	432.2	143.8	16	6	0	36.2	1,433.7	50	3	2	21
Breakfast Wrap w/ Sausage (w/o cheese)	462.2	152.8	17	5	0	11.2	1,133.7	64	4	1	12
American Cheese	104.4	80.6	9	6	0	22.4	507.3	0	0	0	6
Swiss Cheese	134	96.5	10.7	6.7	0	33.5	616.6	2.7	0	1.3	8
Cheddar Cheese	220	162	18	12	0	60	320	2	0	0	14
Pepper Jack Cheese	200	144	16	10	0	50	940	2	0	0	10
Feta Cheese	120	72	8	5	0	30	740	2	0	0	10

BREAKFAST SIDES

Menu Item Name	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Orange Juice (8 oz.)	110	0	0	0	0	0	15	26	2	21	2
Orange Juice (16 oz.)	220	0	0	0	0	0	30	52	4	42	4
Oatmeal	425.2	76.5	8.5	1.4	0	0	3.1	76.5	11.3	2.8	14.2
White Toast	180	9	1	0	0	0	400	38	0	4	6
Wheat Toast	180	9	1	0	0	0	400	38	4	4	6
Rye Toast	200	9	1	0	0	0	426	40	0	0	8
Sour Dough Toast	220	10.8	1.2	0	0	0	462	46	4	0	8
Texas Toast	210	18	2	0	0	0	448	40	0	6	8
English Muffin	140	9	1	0	0	0	410	28	0	1	5
Bagel	170	9	1	0.5	0	0	350	34	2	3	6
Side of Ham	210	67.5	7.5	3	0	75	1,740	3	0	3	30
Side of Bacon	150	108	12	4	0	30	640	0	0	0	10
Side of Sausage Links	280	198	22	8	0	50	860	2	0	2	20
Side of Sausage Patties	420	360	40	14	0	80	720	0	0	0	16
Side of Turkey Sausage Patties	140	72	8	2	0	60	360	2	0	2	16
Side of Hash Browns	169.2	52.6	5.8	1.1	0.1	0	575.2	26.7	3.3	0	3.3

KIDS MENU

Menu Item Name	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Kid Dog	250	117	13	4	0	30	650	22	0	3	11
Kid Chicken Strip	158.6	37.9	4.2	0.5	0	26.7	453.3	15.3	0.7	0	14.7
Kid Grilled Cheese	284.4	89.6	10	6	0	22.4	907.3	38	0	4	12
Kid Cheeseburger	562	251	28	10.5	0	105	661	38	2	7	36
French Fries	172.1	77.1	8.6	2	0	0	25	21	2	0	2
Apple Sauce	97.5	0	0	0	0	0	0	23.9	0.9	22.1	0
Mandarin Oranges	62.7	0	0	0	0	0	0	14.6	0.7	13.9	0
Kid Pancakes	265.4	42.2	4.7	1.9	0	16.9	908.6	49.2	1.2	8.6	7

KIDS MENU

Menu Item Name	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Kid Pancakes w/ Strawberries	326.2	42.2	4.7	1.9	0	16.9	908.6	64.5	2.4	22.8	7
Kid Pancakes w/Blueberries	297.8	45.9	5.1	1.9	0	16.9	908.6	56	2.8	13.5	7
Kid Pancakes w/ Chocolate Chips	670.4	236.6	26.3	15.4	0	16.9	908.6	103.2	1.2	51.8	7
Kid French Toast	238.3	29.2	3.2	0.4	0	49.3	469.6	42.5	0	8.2	9.6
One Egg	74	44.7	5	1.6	0	212	70	0.4	0	0.4	6.3
Kid White Toast	90	4.5	0.5	0	0	0	200	19	0	2	3
Kid Wheat Toast	90	4.5	0.5	0	0	0	200	19	2	2	3
Kid Rye Toast	100	4.5	0.5	0	0	0	213	20	0	0	4
Kid Sour Dough Toast	110	5.4	0.6	0	0	0	231	23	2	0	4
Kid Texas Toast	105	9	1	0	0	0	224	20	0	3	4
Kid Sausage	140	99	11	4	0	25	430	1	0	1	10
Kid Bacon	75	54	6	2	0	15	320	0	0	0	5
Please see 8 oz. Beverages Below for Drink Choice											

DESSERTS

Menu Item Name	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Classic Vanilla Milkshake	482.5	261	29	19.8	0	106.3	180	45	0	38.3	10
Chocolate Milkshake	742.5	351	39	27.8	0	96.3	320	85	2	66.3	14
Strawberry Milkshake	503	262.5	29.2	19.8	0	106.3	180.7	49.4	1.1	40.9	10.4
Oreo Cookie Milkshake	979.3	456.1	50.7	30.3	0	165.6	679.7	112.3	1.8	74.3	15.7
Chocolate Sundae	798.2	385.3	42.8	31.7	0	111.8	289.3	94.5	0	73	7.8
Strawberry Sundae	503	262.5	29.2	19.8	0	106.3	180.7	49.4	1.1	40.9	10.4
Sanders Hot Fudge Sundae	792.9	362	40.2	26.7	0	141.8	260.8	96.7	0	79.3	8.6
Sanders Hot Fudge Cream Puff	1,000.8	478.9	53.2	32	1	232.8	303.7	113.5	0	84.9	13.4
Rice Pudding	291	58	6.5	4.3	0	20	275	56	0.1	36	5.9

BEVERAGES

Menu Item Name	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Barqs Root Beer (8 oz.)	66.6	0	0	0	0	0	14.4	18	0	18	0
Barqs Root Beer (24 oz.)	199.8	0	0	0	0	0	43.2	54	0	54	0
Barqs Root Beer (32 oz.)	266.4	0	0	0	0	0	57.6	72	0	72	0
Coca Cola (8 oz.)	59.4	0	0	0	0	0	3.6	16.2	0	16.2	0
Coca Cola (24 oz.)	178.2	0	0	0	0	0	10.8	48.6	0	48.6	0
Coca Cola (32 oz.)	237.6	0	0	0	0	0	14.4	64.8	0	64.8	0
Cherry Coke (8 oz.)	62.4	0	0	0	0	0	2.4	0	0	0	0
Cherry Coke (24 oz.)	187.2	0	0	0	0	0	7.2	50.4	0	50.4	0
Cherry Coke (32 oz.)	249.6	0	0	0	0	0	9.6	67.2	0	67.2	0
Diet Coke (8 oz.)	0	0	0	0	0	0	6	0	0	0	0
Diet Coke (24 oz.)	0	0	0	0	0	0	18	0	0	0	0
Diet Coke (32 oz.)	0	0	0	0	0	0	24	0	0	0	0
Hi C Fruit Punch (8 oz.)	62.4	0	0	0	0	0	5.4	0	0	0	0
Hi C Fruit Punch (24 oz.)	187.2	0	0	0	0	0	16.2	50.4	0	50.4	0
Hi C Fruit Punch (32 oz.)	249.6	0	0	0	0	0	21.6	67.2	0	67.2	0
Mello Yello (8 oz.)	63.6	0	0	0	0	0	4.8	17.4	0	17.4	0
Mellow Yello (24 oz.)	190.8	0	0	0	0	0	14.4	52.2	0	52.2	0
Mello Yello (32 oz.)	254.4	0	0	0	0	0	19.2	69.6	0	69.6	0
Minute Maid Lemonade (8 oz.)	58.2	0	0	0	0	0	24.6	15.6	0	15.6	0
Minute Maid Lemonade (24 oz.)	174.6	0	0	0	0	0	73.8	46.8	0	46.8	0
Minute Maid Lemonade (32 oz.)	232.8	0	0	0	0	0	98.4	62.4	0	62.4	0
Minute Maid Raspberry Lemonade (8 oz.)	78	0	0	0	0	0	9	19.2	0	18	0
Minute Maid Raspberry Lemonade (24 oz.)	234	0	0	0	0	0	27	57.6	0	54	0
Minute Maid Raspberry Lemonade (32 oz.)	312	0	0	0	0	0	36	76.8	0	72	0
Raspberry Tea (8 oz.)	46.8	0	0	0	0	0	15	12.6	0	12.9	0
Raspberry Tea (24 oz.)	140.4	0	0	0	0	0	45	37.8	0	37.8	0
Raspberry Tea (32 oz.)	187.2	0	0	0	0	0	60	50.4	0	50.4	0
Palmer (8 oz.)	53.1	0	0	0	0	0	19.8	14.1	0	14.1	0
Palmer (24 oz.)	159.3	0	0	0	0	0	59.4	42.3	0	42.3	0

BEVERAGES

Menu Item Name	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Palmer (32 oz.)	212.4	0	0	0	0	0	79.2	56.4	0	56.4	0
Sprite (8 oz.)	58.2	0	0	0	0	0	13.2	15.6	0	15.6	0
Sprite (24 oz.)	174.6	0	0	0	0	0	39.6	46.8	0	46.8	0
Sprite (32 oz.)	232.8	0	0	0	0	0	52.8	62.4	0	62.4	0
Vernor's Ginger Ale (8 oz.)	60	0	0	0	0	0	9	15.6	0	15.6	0
Vernor's Ginger Ale (24 oz.)	180	0	0	0	0	0	27	46.8	0	46.8	0
Vernor's Ginger Ale (32 oz.)	240	0	0	0	0	0	36	62.4	0	62.4	0
Chocolate Milk (8 oz.)	180	22.5	2.5	1.5	0	10	190	33	0	30	9
Chocolate Milk (16 oz.)	360	45	5	3	0	20	380	66	0	60	18
Chocolate Milk (24 oz.)	540	67.5	7.5	4.5	0	30	570	99	0	90	27
Milk (8 oz.)	150	72	8	5	0	35	120	12	0	11	8
Milk (16 oz.)	300	144	16	10	0	70	240	24	0	22	16
Milk (24 oz.)	450	216	24	15	0	105	360	36	0	33	24
Hot Chocolate	110	54	6	4	0	0	175	17	0	14	0

Nutritional Information Disclaimer

The nutritional information in this book is derived from published resources, analyses using industry standard software and information provided by our suppliers. All nutritional information given is based on standard recipes and serving sizes. National Coney Island cannot guarantee the information provided is completely accurate as it relates to the prepared menu items at each restaurant. Variations in serving sizes, preparation techniques, hand portioning and assembly, sources of supply, as well as regional and seasonal differences in ingredients, may affect the nutritional values and ingredient list for each menu item. In addition, formulations change periodically and occasionally the substitution or addition of ingredients is required. Nutritional information shown does not apply to special or custom orders.

Our products are all manufactured and prepared in equipment that may contain small traces or residue or may have been in contact with allergenic substances like cereals, wheat, soybeans, gluten, egg, milk products, peanuts, tree nuts, seeds, soy products, crustacean, fish products, sulfites, royal jelly, bee pollen and their products.

Updated 12/2020