

WOLF PACK CAFÉ MENU

BURGERS

Meltdown Burger **\$9.40**

BBQ sauce, pepper jack, bacon, and jalapeno's

Belly Burger **\$9.40**

American Cheese, ham, and Fried egg

Classic Hamburger **\$7.90**

Add: Cheese \$0.50, bacon \$1.75, extra patty \$1.75

HEALTH HEART

Plant-based burger (GMO, soy, and gluten free)

Club Wrap **\$7.35**

Turkey, bacon, ham, Swiss cheese, American Cheese, lettuce, tomato, onion, and mayo
Can substitute white or wheat bread.

Ranchero Wrap **\$6.80**

BBQ chicken breast with bacon, grilled onion, cheddar cheese, lettuce, and tomato

Caprese Chicken Sandwich **\$6.60**

Toasted whole wheat bread with grilled chicken, mozzarella, tomatoes, and pesto
Can substitute white or wheat bread.

Egg White Omelet

Omelets come with seasonal fresh fruit and whole wheat toast

Cheese **\$5.80** **Vegetarian** **\$7.50**

Fried Chicken Salad **\$9.45**

Fried chicken with cheddar cheese, red onion, tomatoes, bacon bits and diced egg

Grilled Chicken Salad **\$8.40**

Grilled chicken with tossed greens, cucumber, tomatoes, onions, and choice of dressing
Cucumber, onion, tomatoes, olives, and bell pepper

Caesar Salad **\$7.35**

Crisp romaine lettuce with croutons, parmesan cheese, and Caesar dressing

Add:

Grilled Chicken or Buffalo Chicken \$3.95

Choice of Balsamic vinaigrette, Raspberry Walnut vinaigrette, Italian or Thousand Island Dressing

HOT SANDWICHES

Baja Chicken Sandwich **\$7.60**

Grilled chicken with bacon, cheddar cheese, onions, Baja sauce, and chipotle mayo

Buffalo Chicken Sandwich **\$7.60**

Fried Chicken patty with Swiss cheese

MAKE IT A COMBO FOR \$3.15 MORE

BREAKFAST

Wolf's Breakfast Skillet **\$7.00**

Eggs, hash brown, cheddar cheese, bell pepper, onions, toast,
and choice of bacon, ham, or sausage

Kunsan Special **\$7.15**

Two large pancakes, eggs, hash browns, and choice of breakfast meat
with warm syrup and butter

Wolf Pack Special **\$6.90**

Eggs, hash brown, and choice of sausage, ham, or bacon and toast

Korean Egg Drop **\$4.75**

Scrambled eggs, crisp pieces of bacon or ham, and American cheese

Breakfast Steak & Egg Burrito **\$6.80**

\$1.50 double meat

Breakfast Burrito (Chorizo, Sausage or Bacon) \$5.80

\$1.50 double meat

Breakfast Sandwich \$4.75

Fried egg, American cheese, and choice of ham, sausage, or bacon

Chocolate chip Pancakes \$5.75

Serves with warm syrup and butter

French Toast \$4.20

Pancakes \$4.75

Omelets to Order (Include hash brown and toast)

Western Omelet \$7.80

Vegetarian \$7.50

Ham and Cheese \$7.20

Cheese \$5.75

Extra Menu

Breakfast Meat \$2.20

Eggs (2) \$2.20

Hash Browns \$1.60

Vegetables \$1.10

Toast \$1.10

Side Dressing \$0.50

Cheese \$0.50

Salsa \$0.50

KOREAN DELIGHTS

Beef Bulgogi \$8.35

Chicken Bulgogi \$8.00

Chicken Teriyaki Bowl \$8.35

Sanchae Bibimbap (Vegetarian) \$7.60

Sanchae Bibimbap (Meat) \$8.70

Kimchi \$1.50 \$0.50

Vegetables \$1.25 \$1.30

PIZZAS

Pig pie Pizza \$19.90

Buffalo Chicken Pizza \$19.90

Combination Pizza \$19.90

Any One Topping Pizza \$15.70

Cheese Pizza \$13.65

Cauliflower Pizza \$6.00

\$0.75 per additional topping

Sliced of Pizza \$4.20

Add:

\$1.50 per additional topping

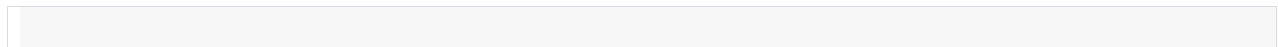
Pepperoni, Sausage, Bacon, Ham, Chicken, Roasted Red Pepper, Mushroom, Jalapeno, Tomato, Onion, Green Pepper, Olives

APPETIZERS

Wolf Pack Wings	\$10.50
Jumbo Buffalo Wings	\$12.50
Yaki Mandu	\$7.30
Chicken Tenders (4p)	\$7.90
Chicken Tenders (6P)	\$10.00
Mozzarella Cheese Sticks	\$7.90
Basket of Fries	\$5.25
Baked Sweet Potato Fries	\$5.25
Bulgogi Fries	\$8.35

BEVERAGE

Monster	\$2.35
Monster Coffee	\$2.65
Red Bull	\$2.65
Gatorade	\$2.10
Fountain Drink	\$2.10
Snapple	\$1.85
Drip Coffee	\$1.60
Minute maid Orange	\$1.60
Tropicana Grape/Apple	\$1.80
Bottled Water	\$1.00
Sparkling Water	\$1.60
Domestic Bottle Beer	\$2.60
Imported Bottle Beer	\$3.70
Cup of Draft Beer	\$2.65
Pitcher of Beer	\$8.40



Meltdown Burger: 🍷 Calories: 780 🥤 Sodium: 1410mg

Impact on heart health: High in saturated fat and calories, may increase risk of heart disease with regular consumption

Belly Burger: 🍷 Calories: 740 🥤 Sodium: 1180mg

Impact on heart health: High in saturated fat and cholesterol, may increase risk of heart disease with regular consumption

Classic Hamburger: 🍷 Calories: 530 🥤 Sodium: 760mg

Impact on heart health: High in saturated fat, may increase risk of heart disease with regular consumption

Beyond Burger: 🍷 Calories: 470 🥤 Sodium: 490mg

Impact on heart health: Low in saturated fat and cholesterol, suitable for a heart-healthy diet

Club Wrap: 🍷 Calories: 720 🥤 Sodium: 1830mg

Impact on heart health: High in calories and sodium, may increase risk of heart disease with regular consumption

Ranchero Wrap: 🍷 Calories: 660 🥤 Sodium: 1850mg

Impact on heart health: High in sodium, may increase risk of heart disease with regular consumption

The Best Grilled Chicken Sandwich: 🍷 Calories: 720 🥤 Sodium: 1370mg

Impact on heart health: High in calories and saturated fat, may increase risk of heart disease with regular consumption

Caprese Chicken Sandwich: 🍷 Calories: 450 🥤 Sodium: 840mg

Impact on heart health: Low in saturated fat and cholesterol, suitable for a heart-healthy diet

Heart-Healthy Choices: ❤️❤️ Caprese Chicken Sandwich ❤️❤️ Beyond Burger

Low Sodium: 🥤📄 Beyond Burger 🥤📄 Classic Hamburger

Egg White Omelet:

Nutritional information (Cheese): 320 calories, 19g fat, 11g carbs, 27g protein

Nutritional information (Vegetarian): 470 calories, 26g fat, 29g carbs, 28g protein

Impact on heart health: The vegetarian option is higher in calories, fat, and sodium compared to the cheese option. May not be the best choice for a heart-healthy diet.

Sodium content: 590mg (Cheese), 1130mg (Vegetarian)

Fried Chicken Salad:

Nutritional information: 860 calories, 55g fat, 35g carbs, 49g protein

Impact on heart health: High in calories, saturated fat, and sodium, may increase risk of heart disease with regular consumption

Sodium content: 1400mg

Grilled Chicken Salad:

Nutritional information: 430 calories, 19g fat, 12g carbs, 52g protein

Impact on heart health: Low in calories and saturated fat, suitable for a heart-healthy diet

Sodium content: 610mg

Garden Salad:

Nutritional information: 120 calories, 9g fat, 6g carbohydrates, 3g protein

Impact on heart health: This salad is a good source of fiber and antioxidants, which can help promote heart health. However, the olives and dressing may add extra sodium and fat, so it's important to be mindful of portion sizes.

Sodium content: The sodium content may vary based on the type and amount of dressing used.
Caesar Salad:

Nutritional information: 240 calories, 20g fat, 10g carbohydrates, 7g protein

Impact on heart health: This salad is high in fat and calories, mainly due to the dressing and cheese. It may not be the best option for heart health if consumed frequently, but having it in moderation can still fit into a healthy diet.

Sodium content: The sodium content may vary based on the type and amount of dressing used.
Baja Chicken Sandwich:

Nutritional information: 540 calories, 26g fat, 40g carbohydrates, 38g protein

Impact on heart health: This sandwich is high in protein but also high in calories, fat, and sodium due to the cheese, bacon, and sauces. It's important to have this sandwich in moderation and balance it with other healthier options throughout the day.

Sodium content: The sodium content may vary based on the type and amount of sauce used.
Buffalo Chicken Sandwich:

Nutritional information: 550 calories, 26g fat, 47g carbohydrates, 32g protein

Impact on heart health: This sandwich is high in calories and carbohydrates, mainly due to the bun and breading on the chicken. It's also high in fat and sodium due to the cheese and sauce. It's not the healthiest option for heart health, but can still be enjoyed in moderation.

Sodium content: The sodium content may vary based on the type and amount of sauce used.

BREAKFAST

Wolf's Breakfast Skillet: Approximately 700-800 calories depending on choice of meat. High in saturated fat and sodium, so should be consumed in moderation as part of a balanced diet.

Kunsan Special: Approximately 900-1000 calories depending on choice of meat. High in sugar and refined carbohydrates due to the pancakes and syrup, and also high in sodium if breakfast meat is chosen, so should be consumed in moderation.

Wolf Pack Special: Approximately 500-600 calories depending on choice of meat. Still high in sodium and saturated fat, so should be consumed in moderation.

Korean Egg Drop: Approximately 300-400 calories depending on choice of bacon or ham. Provides a good source of protein but may be high in sodium.

Breakfast Steak & Egg Burrito: Approximately 600-700 calories depending on choice of double meat or not. High in saturated fat and sodium, so should be consumed in moderation.

Breakfast Burrito (Chorizo, Sausage, or Bacon): Approximately 600-700 calories depending on choice of double meat or not. High in saturated fat and sodium, so should be consumed in moderation.

Breakfast Sandwich: Approximately 350-450 calories depending on choice of meat. A lower calorie option but still high in sodium and saturated fat, so should be consumed in moderation.

Chocolate Chip Pancakes: Approximately 800-900 calories. High in sugar and refined carbohydrates due to the pancakes and syrup, and also high in sodium if breakfast meat is chosen, so should be consumed in moderation.

French Toast: Approximately 300-400 calories. A lower calorie option but still high in sugar and refined carbohydrates due to the syrup, and may be high in sodium if breakfast meat is chosen, so should be consumed in moderation.

Pancakes: Approximately 600-700 calories. High in sugar and refined carbohydrates due to the pancakes and syrup, and also high in sodium if breakfast meat is chosen, so should be consumed in moderation.

BREAKFAST • Wolf's Breakfast Skillet: Approximately 700-800 calories, 1000-1200mg sodium. High in saturated fat and sodium, so should be consumed in moderation as part of a balanced diet. 📉❤️ • Kunsan Special: Approximately 900-1000 calories, 500-800mg sodium. High in sugar and refined carbohydrates due to the pancakes and syrup, and also high in sodium if breakfast meat is chosen, so should be consumed in moderation. • Wolf Pack Special: Approximately 500-600 calories, 800-1000mg sodium. Still high in sodium and saturated fat, so should be consumed in moderation. 📉❤️ • Korean Egg Drop: Approximately 300-400 calories, 600-800mg sodium. Provides a good source of protein but may be high in sodium. • Breakfast Steak & Egg Burrito: Approximately 600-700 calories, 900-1100mg sodium. High in saturated fat and sodium, so should be consumed in moderation. 📉❤️ • Breakfast Burrito (Chorizo, Sausage, or Bacon): Approximately 600-700 calories, 900-1100mg sodium. High in saturated fat and sodium, so should be consumed in moderation. 📉❤️ • Breakfast Sandwich: Approximately 350-450 calories, 500-700mg sodium. A lower calorie option but still high in sodium and saturated fat, so should be consumed in moderation. 📉❤️ • Chocolate Chip Pancakes: Approximately 800-900 calories, 500-800mg sodium. High in sugar and refined carbohydrates due to the pancakes and syrup, and also high in sodium if breakfast meat is chosen, so should be consumed in moderation. • French Toast: Approximately 300-400 calories, 400-600mg sodium. A lower calorie option but still high in sugar and refined carbohydrates due to the syrup, and may be high in sodium if breakfast meat is chosen, so should be consumed in moderation. 📉❤️ • Pancakes: Approximately 600-700 calories, 500-800mg sodium. High in sugar and refined carbohydrates due to the pancakes and syrup, and also high in sodium if breakfast meat is chosen, so should be consumed in moderation.

OMLETS

Western Omelet: Approximately 800-900 calories. High in sodium and saturated fat, so should be consumed in moderation.

Vegetarian Omelet: Approximately 700-800 calories. Provides a good source of vegetables and protein, but may be high in sodium and saturated fat.

Ham and Cheese Omelet: Approximately 600-700 calories. High in sodium and saturated fat, so should be consumed in moderation.

Cheese Omelet: Approximately 500-600 calories. A lower calorie option but still high in sodium and saturated fat, so should be consumed in moderation.

OMLETS • Western Omelet: Approximately 800-900 calories, 800-1000mg sodium. High in sodium and saturated fat, so should be consumed in moderation. • Vegetarian Omelet: Approximately 700-800 calories, 600-800mg sodium. Provides a good source of vegetables and protein, but may be high in sodium and saturated fat. ❤️ • Ham and Cheese Omelet: Approximately 600-700 calories, 800-1000mg sodium. High in sodium and saturated fat, so should be consumed in moderation. • Cheese Omelet: Approximately 500-600 calories, 500-700mg sodium. A lower calorie option but still high in sodium and saturated fat, so should be consumed in moderation. ❤️

KOREAN DELIGHTS

Beef Bulgogi: Approximately 800-900 calories. High in sodium and saturated fat, so should be consumed in moderation.

Chicken Bulgogi: Approximately 700-800 calories. High in sodium and saturated fat, so should be consumed in moderation.

Chicken Teriyaki Bowl: Approximately 900-1000 calories. High in sodium and refined carbohydrates, so should be consumed in moderation.

Sanchae Bibimbap (Vegetarian): Approximately 700-800 calories. Provides a good source of vegetables and protein, but may be high in sodium.

Sanchae Bibimbap: Approximately 800-900 calories. Provides a good source of vegetables and protein, but may be high in sodium.

KOREAN DELIGHTS • Beef Bulgogi: Approximately 800-900 calories. High in sodium and saturated fat, so should be consumed in moderation. 🥤 Sodium: around 1800-2000mg ❤️❤️

Heart-Healthy Option: Consider choosing a leaner cut of beef or opting for a vegetarian dish instead.

- Chicken Bulgogi: Approximately 700-800 calories. High in sodium and saturated fat, so should be consumed in moderation. 🥤 Sodium: around 1500-1700mg ❤️❤️ Heart-Healthy Option: Consider choosing a vegetarian dish instead or opting for grilled chicken breast instead of the marinated chicken.

- Chicken Teriyaki Bowl: Approximately 900-1000 calories. High in sodium and refined carbohydrates, so should be consumed in moderation. 🥤 Sodium: around 2000-2200mg ❤️❤️

Heart-Healthy Option: Consider asking for less sauce or a low-sodium teriyaki sauce, and pair with a side of steamed vegetables instead of rice.

- Sanchae Bibimbap (Vegetarian): Approximately 700-800 calories. Provides a good source of vegetables and protein, but may be high in sodium. 🥤 Sodium: around 1000-1200mg 🥕

Vegetarian Option

- Sanchae Bibimbap: Approximately 800-900 calories. Provides a good source of vegetables and protein, but may be high in sodium. 🥤 Sodium: around 1200-1400mg ❤️❤️ Heart-Healthy

Option: Consider asking for less sauce or choosing a vegetarian version for a lower sodium option.

KOREAN DELIGHTS • Beef Bulgogi: Approximately 800-900 calories, 1200-1500mg sodium.

High in sodium and saturated fat, so should be consumed in moderation. • Chicken Bulgogi:

Approximately 700-800 calories, 1200-1400mg sodium. High in sodium and saturated fat, so

should be consumed in moderation. • Chicken Teriyaki Bowl: Approximately 900-1000 calories,

1500-1800mg sodium. High in sodium and refined carbohydrates, so should be consumed in

moderation.

PIZZAS

Pig Pie Pizza:

Approximately 2600-2800 calories per pie, depending on the size. High in sodium, saturated fat, and calories, so should be consumed in moderation.

Buffalo Chicken Pizza:

Approximately 2300-2500 calories per pie, depending on the size.

Combination Pizza:

Nutritional Information per slice (1/8 of pizza):

Calories: 300
Total Fat: 13g
Saturated Fat: 5g
Trans Fat: 0g
Cholesterol: 35mg
Sodium: 760mg
Total Carbohydrates: 30g
Dietary Fiber: 2g
Sugars: 3g
Protein: 15g

Impact on Heart Health: This pizza contains a high amount of saturated fat and sodium, which can negatively impact heart health if consumed in excess. It is recommended to limit intake of saturated fat and sodium in the diet to maintain heart health.

Sodium Content: 1 slice of Combination Pizza contains 760mg of sodium.

Vegetarian Pizza:

Nutritional Information per slice (1/8 of pizza):

Calories: 260
Total Fat: 12g
Saturated Fat: 5g
Trans Fat: 0g
Cholesterol: 25mg
Sodium: 570mg
Total Carbohydrates: 27g
Dietary Fiber: 2g
Sugars: 2g
Protein: 12g

Impact on Heart Health: This pizza contains a moderate amount of saturated fat and sodium, which can negatively impact heart health if consumed in excess. It is recommended to limit intake of saturated fat and sodium in the diet to maintain heart health.

Sodium Content: 1 slice of Vegetarian Pizza contains 570mg of sodium.

Any One Topping Pizza:

Nutritional Information per slice (1/8 of pizza):

Calories: Varies depending on topping
Total Fat: Varies depending on topping
Saturated Fat: Varies depending on topping
Trans Fat: Varies depending on topping
Cholesterol: Varies depending on topping
Sodium: Varies depending on topping
Total Carbohydrates: Varies depending on topping
Dietary Fiber: Varies depending on topping
Sugars: Varies depending on topping
Protein: Varies depending on topping

Impact on Heart Health: The impact on heart health of this pizza varies depending on the topping chosen. It is recommended to choose toppings that are lower in saturated fat and sodium to maintain heart health.

Sodium Content: The sodium content of this pizza varies depending on the topping chosen.

Cheese Pizza:

Nutritional Information per slice (1/8 of pizza):

Calories: 200

Total Fat: 9g

Saturated Fat: 4g

Trans Fat: 0g

Cholesterol: 20mg

Sodium: 460mg

Total Carbohydrates: 22g

Dietary Fiber: 1g

Sugars: 2g

Protein: 10g

Impact on Heart Health: This pizza contains a moderate amount of saturated fat and sodium, which can negatively impact heart health if consumed in excess. It is recommended to limit intake of saturated fat and sodium in the diet to maintain heart health.

Sodium Content: 1 slice of Cheese Pizza contains 460mg of sodium.

Wolf Pack Wings:

Nutritional Information: Serving size: 4 wings Calories: 320 Total Fat: 25g Saturated Fat: 6g

Trans Fat: 0g Cholesterol: 70mg Sodium: 820mg Total Carbohydrates: 5g Dietary Fiber: 0g

Sugars: 1g Protein: 18g

Impact on Heart Health: High in total fat and saturated fat. The cholesterol and sodium content is also high.

Sodium Content: 820mg

Jumbo Buffalo Wings:

Nutritional Information: Serving size: 6 wings Calories: 570 Total Fat: 42g Saturated Fat: 10g

Trans Fat: 0g Cholesterol: 115mg Sodium: 2160mg Total Carbohydrates: 8g Dietary Fiber: 1g

Sugars: 1g Protein: 41g

Impact on Heart Health: High in total fat, saturated fat, and cholesterol. The sodium content is very high.

Sodium Content: 2160mg

Yaki Mandu:

Nutritional Information: Serving size: 3 pieces Calories: 240 Total Fat: 11g Saturated Fat: 3g

Trans Fat: 0g Cholesterol: 20mg Sodium: 650mg Total Carbohydrates: 27g Dietary Fiber: 2g

Sugars: 2g Protein: 8g

Impact on Heart Health: Moderate in total fat and saturated fat. The cholesterol and sodium content is moderate to high.

Sodium Content: 650mg

Chicken Tenders (4p):

Nutritional Information: Serving size: 4 tenders Calories: 580 Total Fat: 33g Saturated Fat: 6g

Trans Fat: 0g Cholesterol: 115mg Sodium: 1260mg Total Carbohydrates: 34g Dietary Fiber: 2g

Sugars: 2g Protein: 37g

Impact on Heart Health: High in total fat, saturated fat, and cholesterol. The sodium content is very high.

Sodium Content: 1260mg

Chicken Tenders (6p):

Nutritional Information: Serving size: 6 tenders Calories: 870 Total Fat: 50g Saturated Fat: 9g Trans Fat: 0g Cholesterol: 175mg Sodium: 1890mg Total Carbohydrates: 51g Dietary Fiber: 3g Sugars: 3g Protein: 56g

Impact on Heart Health: High in total fat, saturated fat, and cholesterol. The sodium content is very high.

Sodium Content: 1890mg

Mozzarella Cheese Sticks:

Nutritional Information: Serving size: 5 sticks Calories: 410 Total Fat: 22g Saturated Fat: 11g Trans Fat: 0g Cholesterol: 50mg Sodium: 920mg Total Carbohydrates: 34g Dietary Fiber: 2g Sugars: 4g Protein: 18g

Basket of Fries:

Nutritional Information: 340 calories, 16g fat, 45g carbs, 3g protein

Impact on heart health: Consuming large amounts of fried food, such as fries, has been associated with an increased risk of heart disease, particularly when eaten frequently and in large quantities. Additionally, the high fat content in fried foods may contribute to obesity, which is also a risk factor for heart disease.

Sodium content: 320mg

Baked Sweet Potato Fries:

Nutritional Information: 250 calories, 5g fat, 50g carbs, 4g protein

Impact on heart health: Baked sweet potato fries are a healthier alternative to regular fries as they contain less fat and more fiber. However, it's important to note that consuming large amounts of any fried food, even if it's baked, may still have an impact on heart health if eaten frequently and in large quantities.

Sodium content: 210mg

Bulgogi Fries:

Nutritional Information: 770 calories, 35g fat, 85g carbs, 20g protein

Impact on heart health: Bulgogi fries are a high-calorie and high-fat appetizer due to the addition of bulgogi meat. Consuming high amounts of calorie-dense and high-fat foods may increase the risk of heart disease and obesity.

Sodium content: 1010mg

Wolf Pack Wings:

Serving size: 4 wings

Calories: 320

Total Fat: 25g

Saturated Fat: 6g

Trans Fat: 0g

Cholesterol: 70mg

Sodium: 820mg



Total Carbohydrates: 5g

Dietary Fiber: 0g

Sugars: 1g

Protein: 18g

Impact on Heart Health: High in total fat and saturated fat. The cholesterol and sodium content is also high.

Sodium Content: 820mg
Heart-Healthy Choices: None
Low Sodium:  

Jumbo Buffalo Wings:

Serving size: 6 wings

Calories: 570

Total Fat: 42g

Saturated Fat: 10g

Trans Fat: 0g

Cholesterol: 115mg

Sodium: 2160mg

Total Carbohydrates: 8g

Dietary Fiber: 1g

Sugars: 1g

Protein: 41g

Impact on Heart Health: High in total fat, saturated fat, and cholesterol. The sodium content is very high.

Sodium Content: 2160mg

Heart-Healthy Choices: None

Low Sodium: None

Yaki Mandu:

Serving size: 3 pieces

Calories: 240

Total Fat: 11g

Saturated Fat: 3g

Trans Fat: 0g

Cholesterol: 20mg

Sodium: 650mg

Total Carbohydrates: 27g

Dietary Fiber: 2g



Sugars: 2g

Protein: 8g

Impact on Heart Health: Moderate in total fat and saturated fat. The cholesterol and sodium content is moderate to high.

Sodium Content: 650mg

Heart-Healthy Choices:  

Low Sodium:  

Chicken Tenders (4p):

Serving size: 4 tenders

Calories: 580

Total Fat: 33g

Saturated Fat: 6g

Trans Fat: 0g

Cholesterol: 115mg

Sodium: 1260mg

Total Carbohydrates: 34g

Dietary Fiber: 2g



Sugars: 2g

Protein: 37g

Impact on Heart Health: High in total fat, saturated fat, and cholesterol. The sodium content is very high.

Sodium Content: 1260mg

Heart-Healthy Choices: None

Low Sodium:  

Chicken Tenders (6p):

Serving size: 6 tenders

Calories: 870

Total Fat: 50g

Saturated Fat: 9g

Trans Fat: 0g

Cholesterol: 175mg

Sodium: 1890mg

Total Carbohydrates: 51g

Dietary Fiber: 3g



Sugars: 3g


Protein: 56g

Impact on Heart Health: High in total fat, saturated fat, and cholesterol. The sodium content is very high.

Sodium Content: 1890mg

Heart-Healthy Choices: None

Low Sodium:  

 Calories:

Chicken Tenders (4p): 580

Chicken Tenders (6p): 870

Mozzarella Cheese Sticks: 410

Basket of Fries: 340

Baked Sweet Potato Fries: 250

Bulgogi Fries: 770

Wolf Pack Wings (4 wings): 320

 Sodium:

Chicken Tenders (4p): 1260mg

Chicken Tenders (6p): 1890mg

Mozzarella Cheese Sticks: 920mg



Basket of Fries: 320mg

Baked Sweet Potato Fries: 210mg


Bulgogi Fries: 1010mg

Wolf Pack Wings (4 wings): 820mg

Heart-Healthy Choices:

  Heart-Healthy Option: Baked Sweet Potato Fries

Low Sodium:

  Low Sodium Option: Baked Sweet Potato Fries

Beverages

Monster (16 oz) - 210 calories, 54 g carbohydrates, 54 g sugar, no fat or sodium. Energy drinks like Monster are generally not recommended for heart health due to their high caffeine and sugar content.

Monster Coffee (13.7 oz) - 170 calories, 32 g carbohydrates, 26 g sugar, 4.5 g fat, 135 mg sodium. This drink is higher in fat and sodium compared to regular Monster, but still has a high sugar content.

Red Bull (8.4 oz) - 110 calories, 28 g carbohydrates, 27 g sugar, no fat or sodium. Similar to Monster, energy drinks like Red Bull are not recommended for heart health.

Gatorade (20 oz) - 130 calories, 34 g carbohydrates, 34 g sugar, no fat, 270 mg sodium. Gatorade is designed to replenish electrolytes lost during physical activity, but its high sugar and sodium content may not be ideal for everyday consumption.

Fountain Drink (20 oz) - Approximately 200-400 calories depending on the type of soda, 50-100 g carbohydrates, 50-100 g sugar, no fat, 35-70 mg sodium. Sodas are high in sugar and may contribute to weight gain and poor heart health.

Snapple (16 oz) - 190 calories, 47 g carbohydrates, 46 g sugar, no fat, 15 mg sodium. Snapple is high in sugar but relatively low in sodium.

House Coffee (10 oz) - 0-5 calories, 0-1 g carbohydrates, 0-1 g sugar, no fat or sodium. Black coffee is a low-calorie and low-sodium option.

Minute Maid Orange (10 oz) - 150 calories, 37 g carbohydrates, 34 g sugar, no fat, 15 mg sodium. This orange juice is high in sugar but relatively low in sodium.

Tropicana Grape/Apple (10 oz) - 140-170 calories, 35-43 g carbohydrates, 33-40 g sugar, no fat, 15 mg sodium. These juices are high in sugar but relatively low in sodium.

Bottled Water (16.9 oz) - 0 calories, 0 g carbohydrates, 0 g sugar, no fat or sodium. Water is always a great choice for hydration and has no calories or sodium.

Sparkling Water (12 oz) - 0 calories, 0 g carbohydrates, 0 g sugar, no fat, 0-10 mg sodium.

Sparkling water is a great alternative to soda and is low in calories and sodium.

Domestic Bottle Beer (12 oz) - 110-150 calories, 6-13 g carbohydrates, 0-2 g sugar, no fat, 4-15 mg sodium. Beer is generally low in fat and sodium, but can be high in calories and carbohydrates.

Imported Bottle Beer (12 oz) - 120-200 calories, 6-15 g carbohydrates, 0-2 g sugar, no fat, 5-20 mg sodium. Imported beers may have a higher calorie and carbohydrate content compared to domestic beers.

Cup of Draft Beer (16 oz) - Approximately 150-300 calories, 10-25 g carbohydrates, 0-2 g sugar, no fat, 10-20 mg sodium. Draft beer may have a higher calorie and carbohydrate content compared to bottled beer.

Pitcher of Beer (64 oz): Approximately 600-1200 calories, 40-100 g carbohydrates, 0-8 g fat, 0-500 mg sodium. Excessive alcohol consumption can lead to many health problems, including heart disease and high blood pressure.