

PETRO'S NUTRITIONAL MENU ANALYSIS PETRO'S	CALORIES	CALORIES FROM FAT	TOTAL FAT GRAMS	TOTAL FAT % OF DV	SAT FAT GRAMS	SAT FAT % OF DV	TRANS FAT GRAMS	CHOLESTEROL MG	SODIUM MG	SODIUM % OF DV	TOTAL CARB GRAMS	TOTAL CARB % OF DV	DIETARY FIBER GRAMS	DIETARY FIBER % OF DV	TOTAL SUGAR GRAMS	TOTAL PROTEIN GRAMS	ALLERGENS
ORIGINAL PETRO'S																	
Small	470	230	26	40%	9	43%	0	70	970	40%	42	14%	7	26%	2	19	Milk
Medium	660	330	37	56%	13	63%	0	100	1370	57%	58	19%	9	36%	4	25	Milk
Large	920	450	50	77%	18	91%	0	150	1900	79%	80	27%	13	52%	6	37	Milk
PASTA PETRO'S																	
Small	620	120	14	21%	6	32%	0	60	560	24%	99	33%	8	30%	6	27	Wheat, Milk
Medium	780	190	21	32%	10	50%	0	100	1030	43%	114	38%	11	44%	8	36	Wheat, Milk
Large	960	270	30	46%	15	75%	0	150	1550	64%	129	43%	15	59%	10	46	Wheat, Milk
PREMIUM CHEESY PETRO'S																	
Small	560	290	33	50%	13	63%	0	90	1290	54%	44	15%	7	26%	2	24	Milk
Medium	780	410	46	71%	18	90%	0	130	1750	73%	60	20%	9	36%	4	32	Milk
Large	1100	580	64	99%	26	131%	0	195	2550	106%	83	28%	13	52%	6	47	Milk
PREMIUM BAJA PETRO'S																	
Small	500	250	28	43%	9	45%	0	70	1100	46%	44	15%	8	30%	3	19	Milk
Medium	720	370	41	64%	14	68%	0	100	1590	66%	62	21%	11	43%	5	26	Milk
Large	1000	520	57	88%	20	99%	0	150	2310	96%	86	29%	16	63%	7	38	Milk
PREMIUM BUFFALO CHICKEN PETRO'S																	
Small	530	250	27	42%	9	44%	0	90	2390	99%	43	14%	7	26%	3	26	Milk
Medium	710	340	38	58%	13	65%	0	120	2320	97%	59	20%	9	36%	4	33	Milk
Large	1010	470	53	81%	19	94%	0	195	3500	146%	81	27%	13	52%	6	52	Milk
PREMIUM BUFFALO PORK PETRO'S																	
Small	610	300	33	51%	12	59%	0	110	2270	95%	43	14%	7	26%	3	33	Milk
Medium	800	400	44	69%	16	79%	0	140	3030	126%	60	20%	9	36%	4	40	Milk
Large	1190	590	65	101%	24	123%	0	230	4090	171%	82	27%	13	52%	6	67	Milk
PREMIUM BBQ CHICKEN PETRO'S																	
Small	590	240	27	41%	9	44%	0	90	1400	58%	59	20%	7	26%	15	26	Milk
Medium	800	340	37	58%	13	64%	0	120	1830	76%	80	27%	9	36%	21	33	Milk
Large	1120	470	52	80%	19	93%	0	195	2680	112%	108	36%	13	52%	27	52	Milk
PREMIUM BBQ PORK PETRO'S																	
Small	670	290	33	50%	12	58%	0	110	1280	53%	59	20%	7	26%	15	33	Milk
Medium	880	390	44	67%	16	78%	0	140	1710	71%	80	27%	9	36%	21	40	Milk
Large	1290	580	64	99%	24	122%	0	230	2440	102%	108	36%	13	52%	27	66	Milk
OPTIONAL																	
Black Olives	25	25	3	4%	0	0%	0	0	100	4%	>1	0%	0	2%	0	0	
Jalapenos	0	0	0	0%	0	0%	0	0	0	0%	>1	0%	0	2%	>1	0	
HOT DOGS																	
PETRO DOG																	
	550	320	36	55%	15	77%	1	75	1300	54%	44	15%	3	12%	4	20	Wheat, Milk, Gluten
CHILI CHEESE DOG																	
	390	230	26	40%	13	63%	1	55	1030	43%	28	9%	>1	4%	3	16	Wheat, Milk, Gluten
SLAW DOG																	
	420	260	28	44%	13	65%	1	60	1060	44%	30	10%	1	4%	5	16	Wheat, Milk, Gluten, Egg
CHEESY QUESO DOG																	
	430	270	30	47%	15	76%	1	70	1190	50%	27	9%	0	2%	3	19	Wheat, Milk, Gluten
ORIGINAL DOG																	
	290	170	19	29%	8	40%	1	35	840	35%	25	8%	0	2%	3	10	Wheat, Gluten
OPTIONAL																	
Mustard	0	0	0	0%	0	0%	0	0	70	3%	1	0%	0	0%	0	0	
Ketchup	10	0	0	0%	0	0%	0	0	80	3%	2	1%	0	0%	NA	NA	
Yellow Onion	60	0	0	0%	0	0%	0	0	5	0%	15	5%	3	11%	7	2	
Relish	0	0	0	0%	0	0%	0	0	110	5%	3	1%	0	0%	0	3	
BAKED POTATOES																	
ORIGINAL CHILI PETRO POTATO																	
	960	590	65	100%	20	100%	20	85	1190	50%	75	25%	9	38%	6	22	Milk, Soybean
VEGETARIAN CHILI PETRO POTATO																	
	970	590	66	102%	20	99%	5	60	1170	49%	78	26%	10	42%	6	21	Milk, Soybean
LOADED POTATO																	
	720	500	56	86%	19	98%	4.5	70	760	32%	41	14%	5	18%	5	17	Milk, Soybean
LITE POTATO																	
	370	150	16	25%	11	54%	0	55	290	12%	40	13%	5	18%	5	17	Milk
BUTTER AND SOUR CREAM POTATO																	
	530	360	40	62%	12	61%	4.5	30	400	17%	40	13%	4	18%	5	6	Milk, Soybean
BUTTER ONLY POTATO																	
	450	300	33	51%	7	36%	4.5	0	320	13%	37	12%	4	18%	2	4	Milk, Soybean
SOUR CREAM ONLY POTATO																	
	250	70	7	11%	5	25%	0	30	90	4%	40	13%	4	18%	5	6	Milk
POTATO OPTIONS																	
Chicken	160	35	3.5	6%	0.5	4%	0	90	730	31%	0	0%	0	0%	0	30	
Pulled Pork	250	130	14	22%	6	30%	0	80	130	5%	0	0%	0	0%	0	29	
BBQ Sauce	90	0	0	0%	0	0%	0	0	330	14%	22	7%	0	0%	17	0	
Buffalo Sauce	15	10	1	1%	0	1%	0	0	1650	69%	1	0%	0	0%	0	0	
SALAD WEDGES																	
LETTUCE WEDGE																	
Original Chili Petro Wedge	390	170	19	30%	8	38%	0	70	870	36%	35	12%	7	29%	5	18	Milk
Vegetarian Chili Petro Wedge	410	190	21	32%	7	37%	0	35	840	35%	40	13%	9	36%	5	16	Milk
Girlred Chicken Ranch Wedge	510	300	33	51%	9	44%	0	135	1730	72%	10	3%	2	6%	7	38	Soy, Egg, Milk,
Blue Cheese Wedge	550	490	54	84%	12	62%	0	65	1210	50%	8	3%	2	6%	7	9	Soy, Egg, Milk,
SLAW																	
Small	420	300	33	51%	5	26%	0	15	420	17%	33	11%	3	14%	28	2	Soy, Egg
Large	560	400	44	68%	7	35%	0	25	560	23%	44	15%	5	18%	37	2	Soy, Egg
VEGETARIAN																	
VEGETARIAN CHILI PETRO'S																	
Small	490	240	27	42%	8	41%	0	35	930	39%	46	16%	8	33%	3	16	Milk

PETRO'S NUTRITIONAL MENU ANALYSIS PETRO'S	CALORIES	CALORIES FROM FAT	TOTAL FAT GRAMS	TOTAL FAT % OF DV	SAT FAT GRAMS	SAT FAT % OF DV	TRANS FAT GRAMS	CHOLESTEROL MG	SODIUM MG	SODIUM % OF DV	TOTAL CARB GRAMS	TOTAL CARB % OF DV	DIETARY FIBER GRAMS	DIETARY FIBER % OF DV	TOTAL SUGAR GRAMS	TOTAL PROTEIN GRAMS	ALLERGENS
ORIGINAL PETRO'S																	
Small	470	230	26	40%	9	43%	0	70	970	40%	42	14%	7	26%	2	19	Milk
Medium	660	330	37	56%	13	63%	0	100	1370	57%	58	19%	9	36%	4	25	Milk
Large	920	450	50	77%	18	91%	0	150	1900	79%	80	27%	13	52%	6	37	Milk
PASTA PETRO'S																	
Small	620	120	14	21%	6	32%	0	60	560	24%	99	33%	8	30%	6	27	Wheat, Milk
Medium	780	190	21	32%	10	50%	0	100	1030	43%	114	38%	11	44%	8	36	Wheat, Milk
Large	960	270	30	46%	15	75%	0	150	1550	64%	129	43%	15	59%	10	46	Wheat, Milk
PREMIUM CHEESY PETRO'S																	
Small	560	290	33	50%	13	63%	0	90	1290	54%	44	15%	7	26%	2	24	Milk
Medium	780	410	46	71%	18	90%	0	130	1750	73%	60	20%	9	36%	4	32	Milk
Large	1100	580	64	99%	26	131%	0	195	2550	106%	83	28%	13	52%	6	47	Milk
PREMIUM BAJA PETRO'S																	
Small	500	250	28	43%	9	45%	0	70	1100	46%	44	15%	8	30%	3	19	Milk
Medium	720	370	41	64%	14	68%	0	100	1590	66%	62	21%	11	43%	5	26	Milk
Large	1000	520	57	88%	20	99%	0	150	2310	96%	86	29%	16	63%	7	38	Milk
PREMIUM BUFFALO CHICKEN PETRO'S																	
Small	530	250	27	42%	9	44%	0	90	2390	99%	43	14%	7	26%	3	26	Milk
Medium	710	340	38	58%	13	65%	0	120	2320	97%	59	20%	9	36%	4	33	Milk
Large	1010	470	53	81%	19	94%	0	195	3500	146%	81	27%	13	52%	6	52	Milk
PREMIUM BUFFALO PORK PETRO'S																	
Small	610	300	33	51%	12	59%	0	110	2270	95%	43	14%	7	26%	3	33	Milk
Medium	800	400	44	69%	16	79%	0	140	3030	126%	60	20%	9	36%	4	40	Milk
Large	1190	590	65	101%	24	123%	0	230	4090	171%	82	27%	13	52%	6	67	Milk
PREMIUM BBQ CHICKEN PETRO'S																	
Small	590	240	27	41%	9	44%	0	90	1400	58%	59	20%	7	26%	15	26	Milk
Medium	800	340	37	58%	13	64%	0	120	1830	76%	80	27%	9	36%	21	33	Milk
Large	1120	470	52	80%	19	93%	0	195	2680	112%	108	36%	13	52%	27	52	Milk
PREMIUM BBQ PORK PETRO'S																	
Small	670	290	33	50%	12	58%	0	110	1280	53%	59	20%	7	26%	15	33	Milk
Medium	880	390	44	67%	16	78%	0	140	1710	71%	80	27%	9	36%	21	40	Milk
Large	1290	580	64	99%	24	122%	0	230	2440	102%	108	36%	13	52%	27	66	Milk
OPTIONAL																	
Black Olives	25	25	3	4%	0	0%	0	0	100	4%	>1	0%	0	2%	0	0	
Jalapenos	0	0	0	0%	0	0%	0	0	0	0%	>1	0%	0	2%	>1	0	
Medium	690	350	39	59%	12	61%	0	50	1270	53%	64	21%	11	44%	5	11	Milk
Large	960	480	53	82%	18	88%	0	75	1830	76%	88	29%	16	64%	7	32	Milk
VEGETARIAN CHILI PETRO POTATO																	
	800	380	43	66%	20	99%	0	60	1420	59%	80	27%	10	40%	4	24	Milk, Soybean
VEGETARIAN CHILI NACHOS																	
	780	370	41	63%	20	100%	0	95	1460	61%	76	25%	8	34%	3	26	Milk
LETTUCE WEDGE																	
Vegetarian Chili Petro Wedge	410	190	21	32%	7	37%	0	35	840	35%	40	13%	9	36%	5	16	Milk
Ranch Wedge	350	260	29	45%	8	40%	0	45	1000	6%	10	3%	2	6%	7	8	Soy, Egg, Milk,
Blue Cheese Wedge w/o Bacon	480	430	48	74%	10	52%	0	55	1030	43%	8	3%	2	6%	7	5	Soy, Egg, Milk,
OPTIONAL																	
Black Olives	25	25	3	4%	0	0%	0	0	100	4%	>1	0%	0	2%	0	0	
Jalapenos	0	0	0	0%	0	0%	0	0	0	0%	>1	0%	0	2%	>1	0	
KID'S MEAL ENTREES																	
ORIGINAL CHILI PETRO																	
	390	200	22	34%	7	35%	0	45	730	31%	35	12%	5	19%	>1	14	Milk
VEGETARIAN CHILI PETRO																	
	400	200	23	35%	7	34%	0	20	710	30%	38	13%	6	23%	1	13	Milk
HOT DOG																	
	290	1770	19	29%	8	40%	1	35	840	36%	25	8%	0	2%	3	10	Wheat
MAC-N-CHEESE																	
	600	190	21	33%	8	40%	2	30	520	22%	87	29%	4	16%	7	18	Soybean, Milk
DESSERT																	
Sugar Cookie	180	70	7	12%	2	9%	2	15	180	8%	25	9%	>1	3%	13	2	Dairy, Wheat, Eggs
Chocolate Chip Cookie	180	80	9	14%	5	23%	0	10	140	6%	26	9%	1	4%	17	2	Dairy, Wheat, Eggs
Orange Slice	30	0	0	0%	0	0%	0	0	0	0%	7	3%	1	5%	5	0	
NACHOS																	
ORIGINAL NACHOS																	
	780	370	41	63%	20	100%	0	95	1460	61%	76	25%	8	34%	3	26	Milk
GRILLED CHICKEN NACHOS																	
ORIGINAL	830	440	49	76%	25	124%	0	135	1670	70%	57	19%	3	13%	2	38	Milk
BBQ	930	440	49	76%	25	124%	0	135	2000	80%	27	3%	13	3%	20	38	Milk
BUFFALO	850	450	50	77%	25	125%	1	135	3320	138%	59	20%	3	13%	3	39	Milk
PULLED PORK NACHOS																	
	1100	550	61	95%	30	152%	0	170	1760	74%	80	27%	3	13%	20	53	Milk
CHIPS-N-DIPS																	
	770	450	49	76%	20	100%	0	45	1870	78%	66	22%	11	45%	3	19	Milk
OPTIONAL																	
Black Olives	25	25	3	4%	0	0%	0	0	100	4%	>1	0%	0	2%	0	0	
Jalapenos	0	0	0	0%	0	0%	0	0	0	0%	>1	0%	0	2%	>1	0	
DESSERT																	
DESSERT																	
Sugar Cookie	180	70	7	12%	2	9%	2	15	180	8%	25	9%	>1	3%	13	2	Dairy, Wheat, Eggs
Chocolate Chip Cookie	180	80	9	14%	5	23%	0	10	140	6%	26	9%	1	4%	17	2	Dairy, Wheat, Eggs
TEA																	
HINT OF ORANGE - UNSWEET																	
	0	NA	NA	NA	0	0%	0	NA	0	0%	0	0%	0	0%	0	0	
HINT OF ORANGE - SWEET																	

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ORIGINAL PETRO'S																	
Small	470	230	26	40%	9	43%	0	70	970	40%	42	14%	7	26%	2	19	Milk
Medium	660	330	37	56%	13	63%	0	100	1370	57%	58	19%	9	36%	4	25	Milk
Large	920	450	50	77%	18	91%	0	150	1900	79%	80	27%	13	52%	6	37	Milk
PASTA PETRO'S																	
Small	620	120	14	21%	6	32%	0	60	560	24%	99	33%	8	30%	6	27	Wheat, Milk
Medium	780	190	21	32%	10	50%	0	100	1030	43%	114	38%	11	44%	8	36	Wheat, Milk
Large	960	270	30	46%	15	75%	0	150	1550	64%	129	43%	15	59%	10	46	Wheat, Milk
PREMIUM CHEESY PETRO'S																	
Small	560	290	33	50%	13	63%	0	90	1290	54%	44	15%	7	26%	2	24	Milk
Medium	780	410	46	71%	18	90%	0	130	1750	73%	60	20%	9	36%	4	32	Milk
Large	1100	580	64	99%	26	131%	0	195	2550	106%	83	28%	13	52%	6	47	Milk
PREMIUM BAJA PETRO'S																	
Small	500	250	28	43%	9	45%	0	70	1100	46%	44	15%	8	30%	3	19	Milk
Medium	720	370	41	64%	14	68%	0	100	1590	66%	62	21%	11	43%	5	26	Milk
Large	1000	520	57	88%	20	99%	0	150	2310	96%	86	29%	16	63%	7	38	Milk
PREMIUM BUFFALO CHICKEN PETRO'S																	
Small	530	250	27	42%	9	44%	0	90	2390	99%	43	14%	7	26%	3	26	Milk
Medium	710	340	38	58%	13	65%	0	120	2320	97%	59	20%	9	36%	4	33	Milk
Large	1010	470	53	81%	19	94%	0	195	3500	146%	81	27%	13	52%	6	52	Milk
PREMIUM BUFFALO PORK PETRO'S																	
Small	610	300	33	51%	12	59%	0	110	2270	95%	43	14%	7	26%	3	33	Milk
Medium	800	400	44	69%	16	79%	0	140	3030	126%	60	20%	9	36%	4	40	Milk
Large	1190	590	65	101%	24	123%	0	230	4090	171%	82	27%	13	52%	6	67	Milk
PREMIUM BBQ CHICKEN PETRO'S																	
Small	590	240	27	41%	9	44%	0	90	1400	58%	59	20%	7	26%	15	26	Milk
Medium	800	340	37	58%	13	64%	0	120	1830	76%	80	27%	9	36%	21	33	Milk
Large	1120	470	52	80%	19	93%	0	195	2680	112%	108	36%	13	52%	27	52	Milk
PREMIUM BBQ PORK PETRO'S																	
Small	670	290	33	50%	12	58%	0	110	1280	53%	59	20%	7	26%	15	33	Milk
Medium	880	390	44	67%	16	78%	0	140	1710	71%	80	27%	9	36%	21	40	Milk
Large	1290	580	64	99%	24	122%	0	230	2440	102%	108	36%	13	52%	27	66	Milk
OPTIONAL																	
Black Olives	25	25	3	4%	0	0%	0	0	100	4%	>1	0%	0	2%	0	0	
Jalapenos	0	0	0	0%	0	0%	0	0	0	0%	>1	0%	0	2%	>1	0	
	30	0	0	0%	0	0%	0	0	0	0%	8	3%	0	0%	8	0	