



## NUTRITIONAL GUIDE

Ford's Garage has provided nutrition information for our current menu items. We do our best to ensure the accuracy of the information. Since our menu items are hand-prepared, the nutrition listed here may vary from what is served. Not all menu items in this guide are available at all Ford's Garage locations. Please reach out directly to your local Ford's Garage to inquire if an item is available. Please visit [www.fordsgarageusa.com/contact-us](http://www.fordsgarageusa.com/contact-us) if you have any questions regarding this information. Updated February 2023.

Item Name	Calories	Calories from fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
<b>Start Your Engines</b>															
Famous Firestone Shrimp	790	580	65	10		0	0	175	1070	200	31		8		19
Ford's Original Nachos-Chicken	1080	550	62	23		5.0	10	190	4070	710	66	2	42	21	52
Ford's Original Nachos-Pork	1300	770	88	35		4.0	9	250	3390	970	64	1	41	21	58
Sesame-Crusted Ahi Tuna	710	460	52	8		7	6	50	1550	540	30	5	14	9	28
Giant Funnel Tower of Jumbo Piston Onion Rings W/ Chipotle Ketchup	850	260	30	4.0					2180	330	143	3	32	15	15
Giant Funnel Tower of Jumbo Piston Onion Rings W/ Ranch	1000	470	53	7			0	20	1880	380	125	3	17		16
Ford's Pickles	700	500	57	8		0		20	2490	40	36		5		4
Edsel's Hot Pretzels (No Honey Mustard Or Cheese) - 4 Sticks	660	250	28	5					3480		92	8	4		16
Side Ford's Beer Cheese Sauce	140	110	12	7				35	420	40	3		2		5
Buffalo Chicken Dip	1330	860	98	35		2.5	11	280	4220	670	46	3	6		63
Ford's Classic Wings (No Sauces Or Dressing)	1190	750	85	19		10	19	205	2660	1030	33	4	4		67

Item Name	Calories	Calories from fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Ford's Classic Wings W/ Bourbon BBQ Sauce And Bleu Cheese Dressing	1640	1020	115	25		10	19	225	4000	1190	70	4	34	16	69
Ford's Classic Wings W/ Bourbon BBQ Sauce And Ranch Dressing	1580	960	108	22		10	19	225	3860	1240	71	4	33	16	68
Ford's Classic Wings W/ Buffalo Sauce And Bleu Cheese Dressing	1540	1060	120	26		10	19	225	4790	1030	40	4	8		70
Ford's Classic Wings W/ Buffalo Sauce And Ranch Dressing	1490	1000	113	23		10	19	225	4650	1080	41	4	7		69
Ford's Classic Wings W/ Nashville Hot Sauce And Bleu Cheese	1770	1260	142	29		10	19	225	4110	1030	53	7	21	12	69
Ford's Classic Wings W/ Nashville Hot Sauce And Ranch Dressing	1720	1200	135	26		10	19	225	3970	1080	53	7	21	12	68
Add Bourbon BBQ Sauce	170								880	160	35		27	15	
Add Buffalo Sauce	70	45	5	1.5					1670		5		2		1
Add Nashville Hot Sauce	300	240	27	4.5					990		18	3	15	12	
<b>Go Green - Salads</b>															
Blackened Salmon Salad (No Dressing)	740	380	42	5		12	22	135	950	2800	38	12	15		57
Thai Chicken Salad (No Dressing)	350	100	11	2.0		1.5	2.0	95	730	640	24	5	13	1	38
Grilled Chicken Cobb Salad (No Dressing)	570	290	33	10		3.0	10	340	1250	1050	16	9	6		52
Berries And Gorgonzola With Shrimp (No Dressing)	520	230	26	10	0	1.0	2.0	230	1210	480	45	8	34	20	30
Chicken Chop-Shop Salad (No Dressing)	490	220	24	9		2.0	3.5	345	1200	840	15	5	6		52
Add Blackened Shrimp	300	210	24	15	1.0	1.5	6	255	790	210					21
Add Salmon	490	260	30	4.5		6	5	135	1030	1240	1				49

Item Name	Calories	Calories from fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Add Angus	390	220	25	10	1.5	0.5	11	135	1350	560	2				38
Add Grilled Chicken	260	80	10	2.0		1.0	1.5	105	1550	340	2		1		38
Hidden Valley Ranch Dressing	220	200	23	3.5			0	20	320	50	2		2		1
Blue Cheese Dressing	280	270	30	6				20	460		2		2		2
Ginger Peanut Dressing	200	160	18	3.0					280		9		4	3	2
Honey Mustard Dressing	250	210	24	3.5				20	430	10	9		9	1	
Thousand Island Dressing	280	230	26	4.0				30	500		8		8		
Italian Vinaigrette	240	210	24	3.5					530		4		4		
Lime Vinaigrette Dressing	140	110	12	2.0					460		10		8		
Strawberry Vinaigrette	220	170	20	1.5		6	13		0		13		11		
Roasted Garlic	290	250	28	4.0					420		8		4		
Oil And Vinegar	250	250	28	2.0		8	18		0	10	0				
<b>Go Green - Soups</b>															
Guinness French Onion Soup	690	220	25	17	0	0	1.5	65	1710	230	83	6	15		29
Chili	520	270	30	15	1.5	1.0	9	120	1420	870	28	6	5		32
<b>Burgers of Fame</b>															
Model "A" (No Fries)	940	500	56	22	2.0	3.5	14	405	3740	990	43	4	8	4	65
Ford's Signature (No Fries)	950	430	49	20	2.0	2.5	11	195	4140	930	64	3	25	14	58
High Octane (No Fries)	790	360	40	16	2.0	2.5	12	170	3460	1040	56	6	17	11	51
Jiffy Burger (No Fries)	1240	740	83	27	1.5	2.5	11	205	4250	760	50	7	12	4	72
American Standard (No Fries)	740	370	41	17	1.5	2.5	11	180	3990	830	39	3	6	4	50
Estate Burger (No Fries)	1020	580	65	19	1.5	10	15	180	3360	840	56	4	17	13	53
Black N Bleu (No Fries)	940	450	50	21	1.5	1.5	13	185	4210	810	56	4	8		61
Patty Melt (No Fries)	1170	620	70	29	2.0	2.0	16	230	3630	720	72	7	9	3	65
Mushroom Swiss (No Fries)	820	370	42	17	1.5	2.5	14	160	3100	910	54	4	6		56

Item Name	Calories	Calories from fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
BBQ Brisket (No Fries)	1010	500	56	24	1.5	2.0	11	200	3940	820	60	5	18	10	65
Bison Bacon (No Fries)	950	390	45	18	0	1.5	9	175	3990	970	76	4	23	10	62
Green and Clean (No Fries)	640	290	33	4.5		2.5	3.0	15	1060	510	74	8	11	4	13
Add Bison Burger Patty	330	140	15	6		0.5	6	125	2570	690	4	1			45
Add Angus	390	220	25	10	1.5	0.5	11	135	1350	560	2				38
Add Turkey Patty	240	110	12	3.0				130	980		2				30
Add Veggie Burger Patty	200	30	3.5	0		0	0.5		440	180	36	4	5		7
<b>Sandwiches</b>															
Smoked Brisket Burnt Ends Melt (No Fries)	860	440	50	26	1.0	1.5	10	145	2610	320	64	2	20	12	35
Crispy Chicken Sandwich (No Fries)	830	360	41	7		2.5	1.5	115	1850	440	67	2	9	5	46
Buffalo Chicken Sandwich (No Fries)	850	390	44	8		2.5	1.5	115	4590	540	65	3	6	4	47
Chipotle Chicken Sandwich (No Fries)	830	350	40	14	0	1.5	3.5	160	2770	520	57	3	11	5	56
Pulled Pork Sandwich (No Fries)	780	380	43	14		1.5		150	2010	710	56	2	24	12	41
<b>Roadsters</b>															
Brisket Ranchero Roadster (No Fries)	670	320	37	15	1.0	0.5	8	110	1930	590	45	4	13	3	39
Americana Roadster (No Fries)	560	290	32	15	1.0	0.5	8	130	2650	600	27	3	6		36
Cali Roadster (No Fries)	910	590	67	19	1.5	3.0	22	135	2010	1270	40	12	6		38
<b>Comfort Foods</b>															
Hand Battered-Chicken Tenders (No Fries)	1610	1060	119	20		6	12	120	2920	740	90	4	18	1	39
Mama Ford's Homemade Meatloaf (No Potato, Green Beans, Or Gr	630	280	32	12	2.0	1.0	12	245	1000	510	34	2	14	10	50
Mama Ford's Homemade Meatloaf: Add Gravy	50	10	1.0						600	0	7				
Chicken Henry (No Potato & Green Beans)	990	540	61	27	0	2.0	3.5	315	3130	1810	25	2	12		84

Item Name	Calories	Calories from fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Blackened Salmon (No Potato & Green Beans)	740	490	55	17	0	11	15	200	900	1680	8		3		51
BBQ Pork Ribs- Full Rack (No Fries)	900	490	55	25	1.0	3.5	20	195	4260	570	66	1	40	21	29
BBQ Pork Ribs- Half Rack (No Fries)	660	340	39	19	1.0	2.0	12	130	2620	370	59	1	36	19	15
Beer Battered Fish 'N Chips (No Fries)	810	480	55	8		0.5	0	125	870	520	28	2	4		46
<b>Mac Bar</b>															
Pulled Pork Mac 'N Cheese	810	450	51	26		0	1.0	165	2300	500	47	1	17	7	38
Blackened Chicken Mac 'N Cheese	850	420	48	22		1.5	3.0	230	2470	590	33	1	7		67
Shrimp Mac 'N Cheese	690	380	43	24	0	1.0	3.0	310	2370	390	33	2	6		41
Buffalo Blackened Chicken Mac 'N Cheese	850	420	48	22		1.5	3.0	230	5710	590	33	1	7		67
<b>Sides</b>															
Ford's Fries	450	260	29	5.0					760	490	42	2	2		2
Ford's Classic Tots	310	250	28	4.5					700	210	13	1			1
Mashed Potatoes	570	190	21	4.5				15	1500	1990	84	6	9		12
Broccoli	120	80	9	0.5		2.5	5		480	480	10	4	3		4
Green Beans	60	35	4.0	0		1.0	2.5		190	230	8	3	4		2
Coleslaw	190	150	17	2.5				25	730		11		11		0
Jalapeno Cream Corn	310	200	23	14	0	0	5	70	460	220	21	2	7		6
Side House Salad (No Dressing)	170	45	5	2.5		0		10	240	910	26	6	11		10
Side House Dressing	270	230	26	4.0					400		8		4		
Truffle Fries	660	460	52	9		12	5		850	500	43	2	2		5
Piston Onion Rings	300	45	5	0.5					780	170	61	1	7		7
Sweet Potato Tots & Dip	720	280	32	4.0			0		1060	600	105	7	58	18	3
Side Mac 'N Cheese	280	170	19	10		0	0.5	50	800	95	17		3		10
Fruit Cup	70	0	0			0	0		0	190	17	3	13		1
<b>Sweet Rides</b>															
Caramel Apple Cookie Skillet	800	350	40	20	0.5		1.5	75	500	290	103	2	48	35	7
Molten Lava Cakie	1070	470	53	29				80	430	540	149	8	87	84	10
Old-Fashioned Chocolate Milkshake	580	230	26	16		0	1.5	25	130	470	85	4	43	40	3

Item Name	Calories	Calories from fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Old-Fashioned Oreo Milkshake	620	300	34	18		0.5	3.5	30	320	500	67	1	22	3	5
Old-Fashioned Strawberry Milkshake	520	220	25	16		0	1.5	25	115	360	65	2	27	3	2
Old-Fashioned Vanilla Milkshake	420	220	25	16		0	1.5	25	115	360	40		6	3	2
Turtle Brownie	880	440	50	19		7	10	90	280	380	106	5	68	56	8
Key Lime Pie	720	290	33	20	0.5	1.0	8	130	430	510	95	1	79	71	12
<b>Non Alcoholic Beverages</b>															
Apple Juice Box	80								10		20		19		
Black Cherry Lemonade N/A	280								70	15	68		67	62	
Black Cherry Lemonade N/A Kids	180								50	10	44		44	41	
Black Cherry Sweet Tea N/A	220								5	85	56		54	50	
Black Cherry Sweet Tea N/A Kids	140								0	55	36		35	32	
Black Cherry Tea N/A	160								10	100	40		38	34	
Black Cherry Tea N/A Kids	100								5	65	26		25	22	
Blackberry Lemonade N/A	240	0	0						75	40	59	1	57	55	0
Blackberry Lemonade N/A Kids	160	0	0						50	10	38		38	37	0
Blackberry Sweet Tea N/A	190	0	0						10	110	47	1	44	43	0
Blackberry Sweet Tea N/A Kids	120	0	0						5	55	30		29	28	0
Blackberry Tea N/A	130	0	0						10	125	31	1	28	27	0
Blackberry Tea N/A Kids	80	0	0						5	65	19		19	18	0
Cranberry Juice	110								25		22		20		
Ginger Beer	0								0	10	1				0
Grapefruit Juice Can	60								5	250	14		12		1
Mango Lemonade N/A	140								70	15	34		33	32	
Mango Lemonade N/A Kids	100								50	10	24		24	23	
Mango Sweet Tea N/A	80								5	85	22		20	20	
Mango Sweet Tea N/A Kids	60								0	55	16		15	15	
Mango Tea N/A	25								10	100	6		5	4	
Mango Tea N/A Kids	25								5	65	6		5	4	
Milk Box	110	20	2.5	1.5			0	10	130		13		12		8

Item Name	Calories	Calories from fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Milk Chocolate Box	150	20	2.5	1.5				10	200		23		21		8
Orange Juice	100									410	24		20		2
Pineapple Juice	90								10	220	22		21		
Strawberry Lemonade N/A	200								70	25	48	1	45	28	
Strawberry Lemonade N/A Kids	130								50	10	31		29	19	
Strawberry Sweet Tea N/A	140								5	90	36	1	32	16	
Strawberry Sweet Tea N/A Kids	90								0	55	23		21	10	
Strawberry Tea N/A	80								10	110	20	1	16		
Strawberry Tea N/A Kids	50								5	65	13		10		
Virgin Bloody Mary	80	30	3.0	1.0		0	0		8510	310	12	3	5		2
Virgin Daiquiri	400	20	2.0	1.5			0.5	10	0	5	93	5	77	2	
Virgin Pina Colada	370	60	7	2.0					20	0	77	4	68	2	
Watermelon Lemonade N/A	180	0	0						75	65	44		41	39	0
Watermelon Lemonade N/A Kids	120								50	20	28		27	26	
Watermelon Sweet Tea N/A	120	0	0						5	130	32		29	26	0
Watermelon Sweet Tea N/A Kids	80								0	65	20		19	17	
Watermelon Tea N/A	60	0	0						10	150	16		13	10	0
Watermelon Tea N/A Kids	40								5	75	9		8	7	
<b>Cocktails</b>															
The Edison Mule	160								0	30	16		14	14	0
The Liberty Mule	180	0	0	0		0			10	490	23	2	16	9	2
merica Mule	170	0	0						0	35	19		16	9	0
The Kentucky Mule	230								0	55	22		20	18	0
Ford's Old Fashioned	260								0	0	22		21	13	
Lincoln Punch	160	0	0						0	140	19		17	9	1
Model Tea	150	0	0						5	105	15	1	10	7	0
Bee's Knees	190								0	20	22		21		0
Mustang Mary	330	70	8	3.0		0		15	3520	110	11	1	3		7
Pedal Down Paloma	300								480	30	33		30	27	0
The Don's Mom	300	0	0						0	45	23		21	19	0
Motor-jito	150	0	0						5	70	23	1	19	19	0
Backseat Driver	440	0	0						0	130	52	1	47	8	1

Item Name	Calories	Calories from fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Original Spiked Lemonade	330	0	0						0	80	47	2	43	41	0
Blackberry Spiked Lemonade	400	0	0						0	65	64	2	60	58	0
Strawberry Spiked Lemonade	350	0	0						0	85	52	3	45	31	0
Mimosa	210									160	12		10		1
Red Sangria-house	220	0	0						0	160	27	1	21	13	1
White Sangria-house	180								0	40	11		6	1	0
Strawberry Margarita Frozen	320	0	0			0			20	85	44	2	37	13	0
Strawberry Margarita Rocks	250	0	0			0			15	85	28	2	23	1	0
Mango Margarita Frozen	310								220	15	40		36	34	0
Mango Margarita Rocks	210								200	15	16		14	4	0
Blue Oval Margarita Frozen	190	10	1.0	1.0					15	30	14		13	5	0
Blue Oval Margarita	190	10	1.0	1.0					15	30	14		13	5	0
Sangria Margarita	420								5	80	46		40	33	0
Sangria Margarita Rocks	390	0	0						0	130	39		30	26	0
Mai Tai	190	0	0						0	220	18		13	1	1
Mai Tai'r For Four	1160	0	0			0			10	470	128	3	115	56	2
Mai Tai'r For Two	580	0	0						0	220	63	1	57	28	1
Mai Tai'r Single	290	0	0						0	110	31		29	14	0
Cruise Control For Four	1050	0	0			0			0	230	121	3	102	78	1
Cruise Control For Two	530	0	0						0	115	60	2	51	39	0
Cruise Control Single	260								0	60	30		26	20	0
BYO Mimosa (Brunch)	900									960	64		56		4
Mechanic's Mary (Brunch)	330	120	13	4.5		1.0	2.0	225	4530	340	8	2	4		12
<b>Brunch</b>															
Spiced Belgian Waffle W/ Syrup	980	360	41	13	0	1.0	4.5	50	1020	380	141	5	76	13	14
Ford's Breakfast- Bacon And Toast	730	290	33	12	0	2.0	6	470	1820	800	76	5	7	2	30
Ford's Breakfast- Sausage And English Muffin	910	510	58	18	0	2.0	6	485	1590	740	58	4	3		38
Ford's Breakfast- Bacon And English Muffin	630	280	32	12	0	2.0	6	470	1660	740	59	4	4		28



Item Name	Calories	Calories from fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Ford's Breakfast-Sausage And Toast	1010	520	59	18	0	2.0	6	485	1750	800	75	5	6	2	40
Monte Cristo (No Potatoes)	1130	430	48	19				140	2830	115	109	2	59	4	58
Brunch Burger (No Potatoes)	950	530	60	21	2.0	4.0	15	405	3450	800	43	3	10	9	59
Garage Skillet	520	220	25	7		3.0	10	460	2210	1060	44	6	9		30
Crispy Pork Belly Eggs Benedict (No Potatoes)	1010	700	79	29	0.5	3.5	13	545	920	610	36	6	5	1	40
Chicken & Waffles W/ Syrup	1690	710	81	21	0.5	4.0	10	585	2310	800	165	5	74	14	72
Side Breakfast Potatoes	170	20	2.5						770	600	32	3	2		3
<b>Kids Meals</b>															
Junior Cheeseburger (No Fries)	400	190	22	10	1.0	0	7	85	880	340	22	1	4		26
Fish Planks (No Tartar Sauce Or Fries)	180	80	9	1.5		0	0	30	170	170	9	1			14
Fish Planks: Add Tartar Sauce	240	210	24	4.0				20	380		6		4		
Grilled Chicken Sandwich (No Fries)	400	120	13	4.0		1.0	2.5	105	1470	490	25	2	6		42
Chicken Tenders (No Ranch Or Fries)	680	380	43	8		4.0	7	50	1300	410	47	2	4		23
Chicken Tenders: Add Ranch Dressing	220	200	23	3.5			0	20	320	50	2		2		1
Junior Mac 'N Cheese (No Fries)	280	170	19	10		0	0.5	50	800	95	17		3		10
Grilled Cheese Sandwich (No Fries)	390	160	18	9	0	0	1.0	50	990	90	42	2	4	2	12