

Restaurant Menus

Calories, Caloric Density, and Serving Size

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Appendix A

Description of restaurant food categories

Food items	Establishment/ restaurant type	<i>n</i>	<i>n</i> Est. ^a	Notes on categories
Meal items				
Breakfast	Sit-down	108	4	Includes breakfast entrees that combine multiple different items Items such as bagels are plain (e.g., butter has not been added).
	Fast-food	232	19	
Chicken	Sit-down	39	12	Includes chicken nuggets/strips; quantity varies from two to nine and is based on the quantity provided by the establishment; does not include sauces
	Fast-food	55	11	
Hamburgers	Sit-down	65	15	Includes all varieties of hamburgers: single, double, with and without cheese and bacon
	Fast-food	81	9	
Pasta entrées	Sit-down	140	16	Includes pasta dishes that contain meat and/or seafood; when data for a "full order" and "half order" were provided, only the "full order" was analyzed; typically represents the entire meal, hence entrée designation
	Fast-food	30	7	
Salad entrées	Sit-down	44	17	All salads were included dressing. When salad data were provided without dressing, dressing was added. To account for variation, salads were analyzed with the dressing containing the most calories as well as the dressing containing the fewest calories. Only salads designated as being entrée or full-size salads were analyzed.
	Fast-food	53	22	
Salad entrées with meat	Sit-down	93	18	Does not include salads containing bacon bits
	Fast-food	118	21	
Sandwiches/wraps	Sit-down	159	19	When multiple data for the same sandwich/wrap were provided (such as with and without cheese and sauces), the value with the extra toppings was included and the plain value was not. When multiple sandwich/wrap sizes were provided, only the "medium/regular" was analyzed.
	Fast-food	522	38	

Food items	Establishment/ restaurant type	<i>n</i>	<i>n</i> Est. ^a	Notes on categories
Stir-fry	Sit-down	25	8	Stir-fry entrees contain only those sauces that were used as part of the cooking process; sauces to be added by customers were not included.
	Fast-food	39	2	
Tacos/burritos	Sit-down	10	6	Also includes quesadillas and enchiladas
	Fast-food	116	6	
Beef	Sit-down	75	12	Contains steak, prime rib, meatloaf and tenderloin; when multiple sizes were included, all data were analyzed.
Meat/seafood	Sit-down	25	9	Contains dishes that have a combination of more than one type of meat or meat in combination with seafood
Ribs	Sit-down	29	13	Includes multiple portion sizes
Seafood	Sit-down	50	15	
Pizza	Fast-food	399	14	All data represents one "medium" or "generic-sized" slice of pizza. All varieties of crusts were provided. Pizza slices from sit-down restaurants were not analyzed.
Sushi	Fast-food	23	3	
Hotdogs	Fast-food	20	6	Includes hotdog toppings
Other items				
Cookies	Fast-food	75	15	
Desserts	Sit-down	177	19	Includes any dessert served at a restaurant
Donuts	Fast-food	99	5	This category does not include tiny donuts.
Frozen dessert	Fast-food	264	14	Contains ice cream
Fruit smoothies	Fast-food	186	10	
Muffins	Fast-food	119	11	Includes low-fat varieties
Other baked goods	Fast-food	74	21	Includes pie, cake, brownies, scones, and similar items
Pastries	Fast-food	34	12	Includes cinnamon rolls, croissants, and similar items
Sides				
Fries	Sit-down	22	18	For fast-food outlets, only "medium/regular-size" fries were analyzed. When only two sizes were given, the larger size was analyzed. Sweet potato fries were included.
	Fast-food	17	17	
Soup	Sit-down	98	18	Data represent "bowl" values. For consistency. "cup" values were not analyzed.
	Fast-food	204	17	

Food items	Establishment/ restaurant type	<i>n</i>	<i>n</i> Est. ^a	Notes on categories
Baked potato	Sit-down/ Fast-food	9	8	Plain with no toppings
Baked potato with toppings	Sit-down/ Fast-food	14	8	Includes sour cream, cheese, and/or butter
Coleslaw	Sit-down/ Fast-food	16	15	
Fries with toppings	Sit-down/ Fast-food	19	14	Includes poutine, fries with gravy, cheese, or any kind of topping
Mashed potatoes	Sit-down/ Fast-food	16	14	
Onion rings	Sit-down/ Fast-food	11	11	When multiple sizes were provided, only the medium size was analyzed.
Rice	Sit-down/ Fast-food	27	21	
Roasted potatoes	Sit-down/ Fast-food	8	7	
Salad	Sit-down/ Fast-food	91	30	Includes salad dressing; When salad data were provided without dressing, dressing was added. See “salad entrées” for further details.
Vegetables	Sit-down/ Fast-food	48	20	

^a*n* Est.=the number of establishments that are represented in each category.

Appendix B

Sit-down and fast-food restaurants that were included in the database

Sit-down restaurants	Fast-food restaurants		
Baton Rouge (71)	241 Pizza (10)	Jugo Juice (37)	Pizza 73 (21)
Boston Pizza (83)	A&W (43)	KFC (53)	Pizza Delight (47)
Casey's (58)	Arby's (43)	La Cremiere (37)	Pizza Nova (10)
Denny's (120)	Baskin Robbins (83)	Lick's (17)	Pizza Salvatore (7)
Earl's Restaurant (63)	Bento Nouveau (16)	Little Caesar's (14)	Pizzaville (30)
East Side Marios (57)	Booster Juice (71)	Manchu Wok (13)	Quiznos (56)
Jack Astors (81)	Burger King (67)	Marble Slab	Robin's Donuts (65)
Joey's Restaurant (36)	Captain Sub (47)	Creamery (4)	Starbucks (44)
Kelsey's (67)	Coffee Time (117)	Mary Browns (12)	Subway (95)
Mike's Restaurant (105)	Country Style (131)	McDonald's (85)	Taco Bell (40)
Milestones (64)	Dagwood Sandwiches and Subs (46)	Mega Wraps (82)	Taco Del Mar (54)
Montanas (71)	Dairy Queen (105)	Mmmuffins (46)	Taco Time (29)
Mr. Greek (47)	Druxy's Deli (46)	Mr. Greek Express (24)	TCBY (29)
Pizza Delight (175)	Edo Japan (20)	Mr. Sub (62)	Teriyaki Experience (50)
Pizza Hut (134)	Esquires Coffee House (4)	Mrs. Vanelli's (28)	The Great Canadian Bagel (85)
Scores Rotisserie (29)	Extreme Pita (37)	Mucho Burrito (43)	Tim Hortons (85)
Shoeless Joe's (99)	Flying Wedge Pizza (19)	Nando's Flame Grilled Chicken (18)	Topper's Pizza (26)
Swiss Chalet (59)	Freshly Squeezed (35)	New Orleans Pizza (25)	Treats (18)
The Keg (77)	Freshslice (4)	New York Fries (5)	Van Houtte's Bistro (27)
White Spot Legendary Restaurant (69)	Good Earth Coffeehouse (58)	Opa (14)	Wendy's (45)
	Harvey's (25)	Orange Julius (49)	White Spot Triple O's (20)
	Jimmy the Greek (12)	Panago (167)	Yogen Fruz (6)
		Pita Pit (37)	

Note: Values in parentheses are the number of items from each establishment that were analyzed. The number listed for each establishment may differ from that given on their website due to the exclusion of items that did not meet the study's inclusion criteria or to "combined values," where items such as salads were combined with dressings.