

# Grill

Menu Item	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
beef patty	1 ea	210	120	14	5	0.5	70	60	0	0	0	20
grilled chicken breast	1 ea	180	70	8	1.5	0*	70	210	0	0	0	26
breaded chicken tender	6 oz (p)	15	10	1	0	0	0	20	<1	0	0	<1
turkey patty	1 ea	230	130	15	4	0	80	340	0	0	0	23
meatless garden burger	1 ea	150	40	4.5	2	0	10	630	21	3	<1	8
white hamburger bun	1 ea	220	25	3	0.5	-	0	390	39	2	5	8
whole wheat sandwich thin	1 ea	100	10	1	0	0	0	170	21	5	2	5
sliced american cheese	1 oz	90	70	7	4.5	0	30	360	2	0	2	5
sliced cheddar cheese	1 oz	120	90	10	5	0	30	180	0	0	0	7
sliced reduced fat swiss cheese	1 oz	90	50	6	3.5	0	20	115	<1	0	<1	8
applewood bacon	1 slice	60	40	4	1.5	0	10	200	0	0	0	4
bacon	1 slice	30	20	2.5	1	0	5	115	0	0	0	2
barbecue sauce	1 ladle 1oz	50	0	0	0	0	0	270	11	0	10	0
ketchup	1 tbsp	15	0	0	0	-	0	135	4	0	3	0
spicy brown mustard	1 tbsp	10	0	0.5	0	0	0	170	<1	<1	0	<1
yellow mustard	1 tbsp	10	0	0.5	0	0	0	170	<1	<1	0	<1
onion rings	4 oz (p)	360	260	29	4.5	0	0	630	25	3	4	3
3/8" french fries, fried	4 oz	240	120	14	1.5	0*	0	25	28	2	0	3
sweet potato fries	4 oz (p)	280	130	15	1	0	0	160	35	4	9	1

Be aware that we handle and prepare egg, milk, wheat, shellfish, fish, soy, peanut and tree nut products, and other potential allergens in the food production areas of our facility. We attempt to provide nutrition and ingredient information that is as complete as possible. Products may change without our knowledge and menu items are prepared in close proximity to other ingredients that may result in cross-contact with ingredients not listed, including allergens. Guests with food allergies or specific dietary concerns should speak with a manager for individualized assistance.

A "-" dash indicates that there is no value currently available for the nutrient.

A "\*" plus indicates the value has been calculated from available data, but some are missing.

Trans fat are naturally occurring such as those in animal protein and dairy products not added/artificial trans fat such as those in baked goods and snack foods for which our standard is 0g.