

Lunch grill



Item Name	Portion Size	Weight (oz)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carb (g)	Total Sugars (g)	Added sugars (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Lunch - Grill - Protein													
beef patty	1 serving(s)	3.16oz	270	20	6	0.5	0	0	-	75	22	0	65
beer battered cod	1 each	4.28oz	280	18	2	0	15	less than 1	less than 1	35	13	0	410
black bean patty	1 serving(s)	3.46oz	210	10	1	0	18	2	-	0	15	6	470
Breaded Chicken Tender	3 each	8.82oz	740	50	6	0.5	36	0	0+	50	31	2	1250
crispy chicken	1 serving(s)	4.19oz	300	19	3	0	15	3	3+	30	17	0	530
garlic herb turkey patty	1 each	4.01oz	290	19	4.5	0	0	0	-	115	28	0	140
grilled chicken breast	1 each	3.83oz	190	8	1.5	0	0	0	-	100	29	0	290
hand formed beef patty	1 serving(s)	3.12oz	270	19	6	0.5	0	0	-	75	22	0	65
hand formed turkey patty	1 serving(s)	3.11oz	250	18	4	0	0	0	-	85	21	0	300
impossible burger patty	1 serving(s)	4oz	240	15	8	0	9	less than 1 gram	less than 1 gram	0	19	0	390
Meatless Garden Burger	1 each	3.4oz	150	4.5	2	0	21	less than 1	0	10	8	3	630
quinoa, mushroom, and black bean patty	1 serving(s)	4.22oz	160	4	1	0+	23	2	0+	40	7	3	170
turkey patty	1 serving(s)	3.68oz	200	13	2.5	0	1	0	0+	85	20	0	320

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Lunch - Fish Market - Protein													
grilled cod	1 each	3.29oz	120	5	0.5	0+	0	0	-	50	17	0	440
grilled halibut	1 each	4.73oz	160	3.5	0.5	0	0	0	-	80	30	0	170
grilled mahi	1 serving(s)	3.17oz	110	2	0	0+	0	0+	-	85	21	0	160
grilled rockfish	1 each	3.05oz	120	3.5	0.5	0+	0	0+	-	90	19	0	135
grilled shrimp	1 serving(s)	4.19oz	150	5	0	0	0	0+	-	215	27	0+	360
grilled tilapia	1 each	3.3oz	150	7	1	0+	0	0	-	50	23	0	160
grilled tuna	1 each	3.65oz	140	1.5	0	0	0	0	-	50	30	0	115
Grilled Wild Salmon	1 each	3.31oz	180	9	1	0	0	0+	-	50	22	0	200
Lunch - Grill - Bread													
12" Flour Tortilla	1 each	3.42oz	290	8	4	0	48	1	1	0	8	2	570
12" Spinach Herb Tortilla	1 each	3.42oz	290	8	4	0	47	0	0	0	8	2	640
12" Whole Wheat Flour Tortilla	1 each	3.42oz	290	9	4	0	47	4	0	0	7	5	440
iceburge lettuce wraps	1 serving	1.07oz	0	0	0	0	less than 1 gram	less than 1 gram	-	0	0	0	0
Pretzel Roll	1 each	3.5oz	280	5	0.5	0	51	7	0	35	9	3	720
Rye Bread	2 slice	2.96oz	220	3	0.5	-	41	3	-	0	7	5	510
Sourdough Bread	2 slice	3.53oz	260	4	1	0	46	4	2	0	8	0	480
Texas Toast	2 slice	3.2oz	240	3	0.5	0	45	5	-	0	8	2	440
toasted brioche bun	1	2.82oz	300	11	4.5	0+	41	8	7+	15	7	1	320
toasted white bun	1	2.55oz	230	8	4	0+	33	5	-	15	6	1	320
toasted whole wheat bun	1	2.5oz	220	9	4	-	33	5	-	15	6	5	330
White Bread	2 slice	3oz	230	3	0.5	0	42	5	-	0	8	2	420
Whole Grain Sandwich Thin	1 each	1.52oz	100	1	0	0	23	2	-	0	4	6	170
Whole Wheat Bread	2 slice	3oz	210	3	0.5	0	36	4	-	0	11	5	390

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Lunch - Grill - Core Express													
american provolone grilled cheese	1 sandwich	4.86oz	420	17	9	0+	49	6	-	40	17	3	900
beef hot dog	1 each	4.65oz	400	27	11	1.5	23	4	-	55	15	less than 1	990
beer batter fish and chips	1 serving(s)	10.31oz	610	40	5	0	41	2+	1+	60+	18	2	830
beer batter fish sandwich	1 serving(s)	11.12oz	700	41	11	0+	61	11+	8+	70	21	3	1020
black bean burger on wheat	1 sandwich	5.87oz	420	17	1.5	0+	51	7	-	0	21	11	810
Breaded Chicken Tender	3 each	8.82oz	740	50	6	0.5	36	0	0+	50	31	2	1250
cheeseburger on wheat	1 sandwich	5.75oz	450	22	9	1+	33	6	-	90	30	5	630
cheeseburger on white bun	1 serving(s)	6.41oz	540	27	9	1	40	6	-	90	32	1	690
chicken philly cheesesteak	1 sandwich	11.92oz	630	29	10	0+	52	5	-	100	38	4	1060
crispy chicken on white	1 serving(s)	6.63oz	540	25	4.5	0	52	6	0+	50	26	2	920
fish & chips	1 plate	8.61oz	520	32	3	0	45	0	0+	25	14	2	730
grilled chicken on wheat	1 sandwich	5.35oz	330	11	2	0+	33	5	-	80	29	5	590
grilled chicken on wheat	1 sandwich	6.68oz	320	10	2	0	28	3	-	80	31	4	540
grilled chicken on wheat	1 sandwich	6.08oz	360	11	2	0+	33	5	-	100	35	5	630
hamburger on white bun	1	5.91oz	490	23	7	0.5	39	6	-	75	30	1	450
philly cheesesteak	1 sandwich	11.92oz	770	38	14	0+	49	3	-	145	56	4	850
turkey burger on wheat	1 each	5.18oz	380	16	4	0+	33	5	0+	85	27	5	400
turkey burger on wheat	1 each	5.78oz	330	11	2.5	0+	34	6	0+	85	25	5	650
turkey burger on wheat bun	1 each	5.93oz	370	16	3	0+	34	6	0+	85	25	5	650
ultimate patty melt	1 sandwich	11.42oz	880	56	25	1+	49	6	0+	160	43	6	1040

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Lunch - Grill - Sides													
bakers chips	2 cup	2.92oz	240	22	2	0	13	less than 1 gram	0+	0	less than 1 gram	4	490
black and tan onion rings	5 ounce	5oz	400	26	3	0	36	5	-	0	3	3	480
brown rice	3/4 cup	5.81oz	170	1.5	0	0	35	0	0+	0	3	2	5
caesar salad	1 serving	3oz	200	16	4.5	0+	6	less than 1	0+	10	7	1	530
cut fruit	1 cup	6oz	70	0	0	0	18	14	-	0	1	2	10
French Fries	3-1/2 ounce	3.5oz	190	11	0.5	0	21	0	0+	0	1	1	25
fried tater tots	1-1/2 cup	5.25oz	480	38	4	0	33	0	0+	0	2	2	750
garden salad	1 serving	6.26oz	35	0	0	0	8	4	-	0	2	2	25
grilled vegetables	3/4 cup	6.84oz	70	4	0	0	9	6	-	0	2	3	90
hand cut french fries	3-1/2 ounce	3.5oz	190	9	0.5	0	24	2	-	0	2	2	5
potato wedges	3 ounce	3oz	70	0	0	0	17	1+	-	0	2	2	110
Potato Wedges	3-1/2 ounce	3.5oz	220	12	1	0	25	0	0+	less than 5 milligrams	2	2	180
Roasted Vegetables	3/4 cup	5.76oz	100	7	0.5	0	9	5+	-	0	2	3	85
seasoned fries	3-1/2 ounce	3.5oz	160	7	1	0	27	0	0	0	1	1	420
sweet potato fries	3-1/2 ounce	3.5oz	260	15	2	0	30	1	1+	0	1	1	230
sweet potato wedges	3 ounce	3oz	70	0	0	0	15	5	-	0	1	2	170

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Lunch - Grill - Cheese													
Blue Cheese Crumbles	2 tbsp	0.6oz	60	5	3	-	0	0	-	15	4	0	190
Crumbled Feta Cheese	2 tbsp	0.66oz	50	4	2.5	-	less than 1 gram	0	-	15	3	0	210
Fresh Mozzarella Cheese	3/4 ounce	0.75oz	60	4.5	3	-	less than 1 gram	0	-	15	5	0	105
Sliced American Cheese	1 slice	0.5oz	50	4.5	2.5	0	less than 1 gram	0	-	15	3	0	240
Sliced Cheddar Cheese	3/4 ounce	0.75oz	90	7	4	-	less than 1 gram	0	-	20	5	0	140
Sliced Mozzarella Cheese	3/4 ounce	0.75oz	60	4	2.5	0	1	0	-	15	5	0	140
Sliced Pepper Jack Cheese	3/4 ounce	0.75oz	80	6	4	-	0	0	-	20	5	0	130
Sliced Provolone Cheese	3/4 ounce	0.75oz	70	6	3.5	-	0	0	-	15	5	0	150
Sliced Reduced Fat Swiss Cheese	3/4 ounce	0.75oz	70	4.5	3	0	less than 1 gram	less than 1 gram	0	15	6	0	85
Sliced Swiss Cheese	3/4 ounce	0.75oz	80	7	4	0	0	0	-	20	6	0	40
Lunch - Grill - Toppings/Upgrades													
Applewood Bacon	2 slice	0.8oz	110	8	2.5	0	0	0	-	20	8	0	380
Avocado	1 serving(s)	1.11oz	50	4.5	0.5	0	3	0	-	0	less than 1 gram	2	0
Baby Arugula	1/4 cup	0.18oz	0	0	0	0	0	0	-	0	0	0	0
bacon	2 slice	0.64oz	80	6	2	0	0	0	-	20	6	0	310
cage free egg your way	1 each	1.73oz	100	9	1.5	0	0	0	-	165	6	0	180
caramelized onions	2 tbsp	0.36oz	10	1	0	0	less than 1 gram	0	-	0	0	0	0
Dill Pickle Spears	1 each	1.06oz	0	0	0	0	less than 1 gram	0	-	0	0	0	240
frizzled onion	1/4 cup	2.25oz	210	2	0	0+	42	7	0+	0	6	3	1050
sauteed mushrooms	2 tbsp	1oz	25	2	1	0+	less than 1 gram	less than 1 gram	-	5	less than 1 gram	0	20
Shredded Iceberg Lettuce	1/4 cup	0.63oz	0	0	0	0	less than 1 gram	0	-	0	0	0	0
Sliced Red Onion	1 slice	0.44oz	5	0	0	0	1	less than 1	-	0	0	0	0
Sliced Tomatoes	1 slice	0.87oz	0	0	0	0	less than 1 gram	less than 1 gram	-	0	0	0	0

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