

GRILL & FRY Menu



Menu Option	Serving Size (g)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (g)	Sodium (g)	Potassium (g)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Grill Favorites												
Hamburger	162	506	270	30	9	75	460	300	28	1	0	28
Cheeseburger	176	557	306	34	12	85	690	320	29	1	0	31
Patty Melt	228	705	437	48	16	100	1120	410	31	4	0	34
Breaded Fish Sandwich	184	410	131	15	2.5	0	760	350	45	2	5	23
Turkey Sandwich	184	438	284	32	7	80	680	55	28	1	3	27
Fried Chicken Sandwich	524	1383	652	72	14	220	2470	1070	72	4	7	98
Grilled Chicken Sandwich	159	404	149	17	3.5	75	450	280	28	1	3	33
Beef Hot Dog	176	579	410	45	13	70	1430	45	24	1	3	17
Corn Dog	112	280	135	15	6	30	730	0	27	1	7	10
Grilled Cheese	170	678	432	48	14	40	1590	130	44	2	0	16
Grilled Cheese w/Ham	198	675	409	45	12	45	1930	240	46	2	0	19
Vegetarian Alternatives												
Bean & Cheese Burrito	139	290	63	7	3	10	670	0	45	3	0	10
Black Bean Burger	164	438	175	19	3.5	0	940	55	46	5	0	18
Original Veggie Burger	167	408	157	17	4	25	1140	300	50	4	5	12
Fried Favorites												
Chicken Fries	80	220	135	15	3.5	80	400	0	11	1	0	11
Chicken Strips - 3 ea	234	390	123	13.5	3	60	1110	0	36	0	0	33
Chicken Wings - 6 ea	401	932	529	59	17	240	780	830	19	4	1	81
Popcorn Chicken -3.6 oz	101	250	117	13	2.5	25	720	0	16	2	1	16
Sides												
Cheese Fries	198	482	184	20	10	20	1840	890	68	4	6	8
Chicken Quesadilla	143	340	120	13	7	35	690	0	41	4	3	16
French Fries - 3 oz	84	120	36	4	0	0	160	300	20	2	0	2
Mozzarella Sticks - 6 ea	150	450	205	22.5	10	50	1350	0	40	0	0	20
Onion Rings	89	150	9	1	0	0	390	0	33	2	4	4
Toppings												
Ketchup	17	25	0	0	0	0	210	0	5	0	4	0
Mustard Yellow	5	3	2	0	0	0	60	0	0	0	0	0
Cheese American	28	70	36	4	3	10	380	0	3	0	2	6
Lettuce	36	5	0	0	0	0	10	70	1	0	0	0
Onion	115	46	1	0	0	0	5	170	11	2	5	1
Tomato	62	11	1	0	0	0	0	150	2	1	2	1