



GRILLE WORKS

Nutritional Guide

SANDWICHES

	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT(g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	DIETARY FIBER (g)	TOTAL SUGARS (g)	PROTEIN (g)
All-American Angus Cheeseburger	500	280	31	12	1	70	610	32	2	7	23
All-American Angus Double Cheeseburger	800	500	56	22	3	140	900	34	2	7	40
Buffalo Crispy Chicken Sandwich	570	290	32	8	0	50	1560	47	2	5	25
Farmhouse Chicken Sandwich	380	110	12	2	0	75	650	37	3	10	33
Southwest Gardenburger	450	190	21	5	0	15	940	54	8	10	14
Buffalo Turkey Burger	410	170	18	6	0	95	1190	32	3	6	25
Buffalo Turkey Double Burger	650	320	35	12	0	185	2080	34	3	6	45
Crispy Chicken Tenders (3)	510	310	35	5	0	45	1140	29	<1g	0	21
Philly Cheesesteak Sandwich	510	220	25	11	0	85	1000	40	2	5	30
Chicken Cheesesteak Sandwich	430	140	16	6	0	90	850	42	2	6	31

EXTRAS

Angus Beef Patty	260	190	21	9	1	60	170	<1g	0	0	15
Turkey Burger Patty	190	120	13	3	0	80	290	0	0	0	16
Bacon	90	60	6	2	0	20	320	0	0	0	4
Cheddar Cheese	60	4.5	3	0	40	15	90	0	0	0	4
Sauteed Mushrooms	110	10	1	0	90	0	110	2	0	<1g	2
Fresh Jalapenos	5	0	0	0	0	0	0	1	<1g	<1g	0
Dill Pickle Slices	10	0	0	0	0	0	970	1	<1g	<1g	0
Sliced Red Onions	10	0	0	0	0	0	0	2	<1g	0	0

SIDES

Crispy Shoestring French Fries-Reg.	170	80	9	2	0	0	270	19	2	0	2
Crispy Shoestring French Fries-Lg.	280	140	15	3	0	0	450	32	3	0	3
Curly Fries-Reg.	330	180	21	4	0	0	690	33	3	0	3
Curly Fries-Lg.	550	310	34	8	0	0	1140	54	5	0	6
Crispy Onion Rings	450	220	25	4	0	0	630	53	4	7	4
Mozzarella Sticks & Sauce	470	230	25	10	1	40	1360	43	6	5	18

LOCAL FAVORITES

Hot Dog-1/4 lb.	480	300	33	13	1	60	1460	30	2	4	18
Hot Dog	310	160	18	6	0	35	840	26	<1g	5	10
Grilled Four Cheese Sandwich	520	260	29	15	0	55	770	44	1	2	21
Texas Grilled Cheese	360	170	18	9	0	20	610	39	1	7	11
Fried Fish Sandwich	580	330	37	6	0	35	730	43	2	5	18
Home-style Patty Melt	670	370	41	17	1	80	1030	49	4	4	27
BBQ Pork Sandwich	450	160	18	6	0	85	800	44	1	18	30
Chicken Quesadilla	710	330	37	20	0	110	1800	59	3	5	35
Crispy Chicken Tenders (6)	1020	620	70	10	0	90	2280	58	<1g	0	42
Crispy Tater Puffs	140	80	9	2	0	0	240	14	1	0	2

Additional nutrition information available upon request. 2000 calories a day is used for general advice, but calorie needs vary.