

Fast and Fresh Burgers and Sandwiches Nutritional Information

| Item Name | PLU | Serving Size | Calories | Fat (g) | Sat Fat (g) | Trans Fat (g) | Chol (mg) | Sod (mg) | Carb (g) | Fiber (g) | Sugar (g) | Added Sugar (g) | Prot (g) | Vit D (mcg) | Calc % DV | Iron % DV | Pot % DV |
|---|-------|--------------|----------|---------|-------------|---------------|-----------|----------|----------|-----------|-----------|-----------------|----------|-------------|-----------|-----------|----------|
| Fast and Fresh Sandwiches | | | | | | | | | | | | | | | | | |
| Chicken Sandwich | 21583 | 1 sandwich | 500 | 14 | 2.5 | 0 | 50 | 1030 | 69 | 4 | 17 | 15 | 26 | 0 | 4 | 20 | 8 |
| Chicken & Biscuit | 21558 | 1 sandwich | 620 | 28 | 13 | 0 | 50 | 1800 | 71 | 3 | 7 | 6 | 23 | 0 | 8 | 20 | 8 |
| Chicken Wrap | 21541 | 1 wrap | 830 | 38 | 19 | 0 | 90 | 2390 | 78 | 6 | 4 | 1 | 47 | 0 | 60 | 30 | 10 |
| Chicken Sandwich on Hawaiian Bun | 21058 | 1 sandwich | 370 | 12 | 2 | 0 | 50 | 870 | 46 | 2 | 9 | 9 | 22 | 0 | 8 | 15 | 6 |
| Crispy Chicken Waffle | 21602 | 1 sandwich | 580 | 30 | 10 | 0 | 75 | 1050 | 57 | 3 | 16 | 15 | 23 | 0 | 2 | 10 | 6 |
| Fish Sandwich | 21011 | 1 sandwich | 610 | 27 | 5 | 0 | 45 | 740 | 71 | 2 | 15 | 13 | 23 | 0 | 2 | 15 | 2 |
| Fish Sandwich on Hawaiian Bun | 21061 | 1 sandwich | 360 | 11 | 2 | 0 | 45 | 520 | 48 | 0 | 7 | 7 | 19 | 0 | 6 | 10 | 2 |
| Pulled Pork Sandwich | 21986 | 1 sandwich | 460 | 7 | 3.5 | 0 | 60 | 980 | 55 | 2 | 17 | 13 | 31 | 0 | 4 | 30 | 15 |
| Pulled Pork Sandwich on Hawaiian Bun | 21060 | 1 sandwich | 330 | 4.5 | 3 | 0 | 60 | 820 | 32 | 0 | 9 | 7 | 27 | 0 | 8 | 20 | 10 |
| Spicy Chicken Sandwich | 21612 | 1 sandwich | 600 | 26 | 4.5 | 0 | 40 | 1540 | 70 | 2 | 15 | 13 | 26 | 0 | 4 | 20 | 8 |
| Spicy Chicken Sandwich on Hawaiian Bun | 21059 | 1 sandwich | 350 | 9 | 1 | 0 | 40 | 1320 | 47 | 0 | 7 | 7 | 22 | 0 | 6 | 15 | 6 |
| The Boss Hog | 21624 | 1 sandwich | 650 | 13 | 5 | 0 | 80 | 1670 | 83 | 3 | 43 | 37 | 37 | 0 | 4 | 30 | 15 |
| The Boss Hog on Hawaiian Bun | 21062 | 1 sandwich | 520 | 11 | 5 | 0 | 80 | 1500 | 60 | 1 | 35 | 31 | 33 | 0 | 8 | 20 | 15 |
| Market Grille Express Sandwiches | | | | | | | | | | | | | | | | | |
| Bacon & Cheese Melt | 21075 | 1 sandwich | 940 | 61 | 25 | 0 | 120 | 2800 | 60 | 0 | 4 | 4 | 48 | 32 | 50 | 35 | 10 |
| Chicken & Biscuit | 21073 | 1 sandwich | 690 | 32 | 14 | 0 | 55 | 2050 | 74 | 2 | 5 | 4 | 26 | 0 | 6 | 20 | 8 |
| Chicken Bacon & Swiss Sandwich | 21076 | 1 sandwich | 940 | 55 | 15 | 0 | 170 | 1370 | 55 | 2 | 17 | 15 | 63 | 16 | 20 | 20 | 20 |
| Chicken Sandwich | 20662 | 1 sandwich | 520 | 13 | 2 | 0 | 55 | 1280 | 72 | 2 | 15 | 13 | 29 | 0 | 4 | 20 | 10 |
| Chicken Wrap | 21630 | 1 wrap | 1010 | 54 | 22 | 0 | 95 | 2520 | 84 | 4 | 3 | 0 | 48 | 0 | 60 | 30 | 10 |
| Fish Sandwich | 21511 | 1 sandwich | 780 | 47 | 10 | 0 | 45 | 790 | 71 | 2 | 15 | 13 | 23 | 0 | 2 | 15 | 2 |
| Grilled Chicken Sandwich | 23011 | 1 sandwich | 600 | 23 | 4.5 | 0 | 120 | 670 | 53 | 2 | 15 | 13 | 47 | 0 | 4 | 20 | 15 |
| Pork Tenderloin | 20668 | 1 sandwich | 780 | 29 | 7 | 0 | 65 | 2090 | 93 | 4 | 16 | 14 | 37 | 0 | 6 | 35 | 15 |
| Pulled Pork Sandwich | 21990 | 1 sandwich | 400 | 6 | 3.5 | 0 | 60 | 890 | 44 | 1 | 14 | 10 | 29 | 0 | 4 | 20 | 10 |
| The Boss Hog | 21629 | 1 sandwich | 710 | 19 | 7 | 0 | 90 | 1890 | 85 | 3 | 45 | 39 | 42 | 16 | 6 | 30 | 20 |
| Fast and Fresh Burgers | | | | | | | | | | | | | | | | | |
| Bacon Pub Burger | 21087 | 1 burger | 850 | 49 | 20 | 0 | 160 | 1390 | 53 | 2 | 15 | 13 | 48 | 0 | 10 | 35 | 4 |
| Bacon Pub Burger on Hawaiian Bun | 21057 | 1 burger | 720 | 47 | 20 | 0 | 160 | 1230 | 30 | 0 | 7 | 7 | 44 | 0 | 15 | 30 | 2 |
| Plain Pub Burger | 21512 | 1 burger | 710 | 38 | 14 | 0 | 125 | 840 | 53 | 2 | 15 | 13 | 39 | 0 | 4 | 35 | 2 |
| Plain Pub Burger on Hawaiian Bun | 21055 | 1 burger | 580 | 36 | 14 | 0 | 125 | 680 | 30 | 0 | 7 | 7 | 35 | 0 | 6 | 30 | 2 |
| Pub Burger | 21513 | 1 burger | 770 | 43 | 18 | 0 | 140 | 1150 | 53 | 2 | 15 | 13 | 43 | 0 | 10 | 35 | 4 |
| Pub Burger on Hawaiian Bun | 21056 | 1 burger | 640 | 41 | 18 | 0 | 140 | 990 | 30 | 0 | 7 | 7 | 39 | 0 | 15 | 30 | 2 |
| Market Grille Express Burgers | | | | | | | | | | | | | | | | | |
| Bacon Pub Burger | 20650 | 1 burger | 780 | 41 | 15 | 1 | 145 | 1490 | 57 | 2 | 18 | 15 | 50 | 16 | 15 | 35 | 15 |
| Plain Pub Burger | 20652 | 1 burger | 580 | 24 | 8 | 1 | 100 | 720 | 55 | 2 | 16 | 13 | 36 | 0 | 6 | 35 | 10 |
| Pub Burger | 20654 | 1 burger | 640 | 29 | 11 | 1 | 115 | 1030 | 55 | 2 | 16 | 13 | 40 | 0 | 15 | 35 | 15 |
| Deli Sandwiches | | | | | | | | | | | | | | | | | |
| Chicken Salad Croissant | 21616 | 1 sandwich | 510 | 28 | 13 | 0 | 90 | 830 | 46 | 1 | 11 | 11 | 19 | 0 | 2 | 10 | 2 |
| Egg Salad Croissant | 21617 | 1 sandwich | 550 | 35 | 14 | 0 | 240 | 750 | 46 | 1 | 9 | 8 | 13 | 1 | 4 | 15 | 4 |
| Tuna Salad Croissant | 21618 | 1 sandwich | 470 | 25 | 12 | 0 | 75 | 740 | 45 | 1 | 9 | 9 | 14 | 1 | 2 | 15 | 4 |
| Chicken Salad Harvester | 21619 | 1 sandwich | 480 | 15 | 1.5 | 0 | 40 | 1010 | 64 | 4 | 16 | 16 | 24 | 0 | 10 | 20 | 4 |
| Egg Salad Harvester | 21620 | 1 sandwich | 510 | 22 | 3 | 0 | 185 | 900 | 63 | 4 | 13 | 12 | 17 | 1 | 15 | 30 | 6 |
| Tuna Salad Harvester | 21622 | 1 sandwich | 430 | 12 | 1.5 | 0 | 20 | 890 | 62 | 4 | 13 | 13 | 18 | 1 | 10 | 30 | 6 |
| Buffalo Chicken Wrap | 21454 | 1 wrap | 670 | 34 | 18 | 0.5 | 135 | 1960 | 62 | 3 | 7 | 1 | 31 | 0 | 25 | 30 | 15 |
| Chicken Bacon Ranch Wrap | 21652 | 1 wrap | 800 | 47 | 22 | 0.5 | 155 | 2220 | 62 | 4 | 7 | 0 | 35 | 0 | 20 | 20 | 10 |
| Chicken Caesar Wrap | 21651 | 1 wrap | 660 | 34 | 16 | 1 | 120 | 1710 | 61 | 3 | 6 | 0 | 30 | 0 | 25 | 30 | 15 |

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|---|-------|-----------|-----|----|----|-----|-----|------|----|---|----|----|----|---|----|----|----|
| Smoked Turkey & Cheddar Wrap | 21650 | 1 wrap | 680 | 36 | 19 | 0.5 | 125 | 2340 | 62 | 2 | 7 | 2 | 32 | 0 | 20 | 20 | 10 |
| Buffalo Chicken Sliders | 21184 | 4 sliders | 550 | 16 | 8 | 0 | 160 | 1500 | 58 | 0 | 22 | 22 | 37 | 0 | 15 | 30 | 8 |
| Smoked Ham & Swiss Sliders | 21654 | 4 sliders | 520 | 17 | 9 | 0 | 120 | 1190 | 56 | 0 | 20 | 20 | 27 | 0 | 20 | 30 | 6 |
| Smoked Turkey & Cheddar Sliders | 21653 | 4 sliders | 510 | 16 | 8 | 0 | 115 | 1280 | 57 | 0 | 21 | 21 | 26 | 0 | 15 | 20 | 6 |
| Buffalo Chicken Pretzel Sliders | 21457 | 4 sliders | 590 | 20 | 8 | 0 | 140 | 2640 | 66 | 0 | 22 | 22 | 41 | 0 | 20 | 30 | 8 |
| Smoked Ham & Cheddar Cheese Pretzel Sliders | 21657 | 4 sliders | 560 | 22 | 9 | 0 | 100 | 2420 | 64 | 0 | 20 | 20 | 30 | 0 | 20 | 30 | 6 |
| Smoked Turkey & Colby Jack Cheese Pretzel Sliders | 21655 | 4 sliders | 550 | 20 | 8 | 0 | 95 | 2410 | 65 | 0 | 21 | 21 | 30 | 0 | 20 | 20 | 6 |
| Ham Half Sub | 21557 | 1/2 sub | 460 | 12 | 6 | 0 | 70 | 1730 | 56 | 2 | 3 | 1 | 32 | 0 | 10 | 20 | 6 |
| Italian-style Half Sub | 21659 | 1/2 sub | 520 | 19 | 9 | 0 | 80 | 2110 | 56 | 2 | 3 | 1 | 32 | 0 | 10 | 30 | 6 |
| Smoked Turkey & Provolone Half Sub | 21658 | 1/2 sub | 430 | 10 | 4 | 0 | 55 | 1770 | 58 | 2 | 5 | 3 | 32 | 0 | 10 | 20 | 6 |