

Market Grille Nutritional Information

Item Name	Serving Size	Calories	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Added Sugars (g)	Prot (g)	Vit D (mcg)	Calc % DV	Iron % DV	Pot % DV
Shareables																
Pepperoni Pinwheel	1 platter	1660	89	39	1	160	4500	150	8	12	4	76	1	100	60	25
Pickle Chips	1 platter	760	54	13	0	20	2240	60	8	10	1	20	0	10	0	4
Sandwiches																
Club Croissant	1 sandwich	910	60	23	0	185	2660	47	1	10	7	48	16	15	20	10
Spicy Thai Peanut Chicken	1 sandwich	730	30	6	0	120	1380	65	2	25	21	49	0	6	20	20
Grilled Chicken	1 sandwich	610	22	4.5	0	120	1000	54	2	16	13	47	0	6	20	15
Grilled Buffalo Chicken	1 sandwich	680	28	8	0	135	3550	59	4	18	14	48	0	6	20	20
Grilled BBQ Chicken	1 sandwich	710	22	4.5	0	120	1960	78	3	37	25	48	0	6	20	15
Hand Breaded Chicken	1 sandwich	840	33	6	0	120	1960	84	3	17	13	50	0	6	20	20
Hand Breaded Buffalo Chicken	1 sandwich	920	39	10	0	135	4510	89	5	19	14	51	0	6	30	20
Hand Breaded BBQ Chicken	1 sandwich	940	34	6	0	120	2920	108	4	38	25	51	0	6	30	20
Dipping Sauces																
Blue Cheese	2 oz	240	26	3	0	5	370	2	1	1	1	1	0	4	0	4
Ranch,	2 oz	220	22	3.5	0	20	440	4	0	2	1	2	0	4	0	2
Burgers																
Hamburger	1 burger	830	47	16	0	130	1160	56	2	16	13	45	0	4	45	4
Cheeseburger with American	1 burger	900	53	19	0	145	1500	58	2	17	13	47	0	10	45	6
Cheeseburger with Cheddar	1 burger	920	54	20	0	150	1320	57	2	16	13	51	0	15	45	6
Cheeseburger with Swiss	1 burger	910	53	19	0	150	1200	56	2	16	13	51	0	20	45	6
3 Cheese Patty Melt	1 burger	1260	94	35	1	225	2060	46	3	9	4	56	1	40	40	8
Mushroom & Swiss	1 burger	1040	67	28	0.5	185	1200	56	2	16	13	53	0	20	45	8
Peanut Butter Bacon	1 burger	1280	85	24	0	160	1890	68	6	23	18	68	16	8	60	15
Rise N Shine	1 burger	1120	71	26	0	365	2000	58	2	18	15	65	17	15	50	8
Add Ons																
Bacon	2 slices	140	12	4	0	30	460	2	0	2	2	10	16	2	2	5
Salads																
Caesar	1 salad	630	53	16	1	60	1300	29	5	4	0	11	0	20	15	10
Cobb	1 salad	950	70	18	0.5	390	1810	19	7	8	3	65	57	25	20	30
Crispy Chicken	1 salad	1480	107	27	0	365	3910	67	4	10	3	67	57	50	30	30
Wraps																
Caesar	1 wrap	600	33	11	0	30	1170	64	3	2	0	12	0	20	20	8
Cobb	1 wrap	930	50	14	0	350	1580	61	6	5	1	62	49	25	35	30
Crispy Chicken	1 wrap	1310	73	19	0	310	3430	107	3	5	1	59	49	40	40	25
Add Ons																
Chicken Breast	1 chicken breast	200	4.5	1	0	120	240	0	0	0	0	38	0	2	6	10
Sides																
French Fries	7 oz	490	29	6	0	0	730	54	2	0	0	5	0	4	10	10
Tater Tots	9 oz	600	37	8	0	0	1240	58	6	0	0	6	0	2	10	20
Sweet Potato Tots	9 oz	570	23	2.5	0	0	840	91	9	43	27	3	0	4	6	15
Mac & Cheese	about 1/2 cup	220	12	6	0	25	590	21	1	2	0	7	0	10	6	2
Fresh Fruit	1 cup	60	0	0	0	0	10	15	2	12	0	1	0	2	0	6

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Fountain Drinks																
Brisk Iced Tea, Raspberry	24 oz	140	0	0	0	0	100	36	0	36	36	0	0	0	0	0
Caffeine Free Diet Pepsi	24 oz	0	0	0	0	0	110	0	0	0	0	0	0	0	0	0
Caffeine Free Pepsi	24 oz	300	0	0	0	0	60	82	0	82	82	0	0	0	0	0
Diet Mtn Dew	24 oz	0	0	--	--	--	80	0	--	0	0	0	--	--	--	--
Diet Pepsi	24 oz	0	0	0	0	0	110	0	0	0	0	0	0	0	0	0
Mtn Dew Zero Sugar	24 oz	0	0	--	--	--	90	0	--	0	0	0	--	--	--	--
Mtn Dew	24 oz	340	0	0	0	0	100	88	0	88	88	0	0	0	0	0
Mug Root Beer	24 oz	280	0	0	0	0	110	76	0	76	76	0	0	4	0	0
Pepsi Zero Sugar	24 oz	0	0	--	--	--	--	0	--	0	0	0	--	--	--	--
Pepsi	24 oz	300	0	0	0	0	60	82	0	82	82	0	0	0	0	0
Starry	24 oz	300	0	0	0	0	70	78	0	78	78	0	--	0	--	0
Tropicana Fruit Punch	24 oz	220	0	0	0	0	40	60	0	60	60	0	0	0	0	4
Tropicana Lemonade	24 oz	300	0	0	0	0	300	80	0	80	80	0	0	0	0	0
Wild Cherry Pepsi	24 oz	320	0	0	0	0	60	84	0	84	84	0	0	0	0	0
Fresh Brewed Tea																
Sweetened Iced Tea	24 oz	170	0	0	0	0	40	43	0	42	42	0	0	2	0	0
Unsweetened Iced Tea	24 oz	0	0	0	0	0	30	0	0	0	0	0	0	2	0	0
Coffee																
Coffee	20 oz	10	0	--	--	--	10	0	--	--	--	0	--	--	--	--
Decaf Coffee	20 oz	10	0	--	--	--	10	0	--	--	--	0	--	--	--	--