

The Commons

Grillz

Fall 2022

Burger Line (Gluten free bread available)	Serving Size	Calories(g)	Fat(g)	Carbs(g)	Fiber(g)	Protein(g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Traditional Burger (Bun, Patty, Lettuce, Tomatoe, Onion, Pickle)	1 burger	487	27	37	3	25				Wheat, Milk, Soy
Naked Burger (Patty, Lettuce, Tomatoe, Onion, Pickle)	1 burger	321	25	4	2	20			✓	Milk
Cheese Burger (Bun, Patty, Lettuce, Tomatoe, Onion, Pickle)	1 burger	548	32	37	3	29				Wheat, Milk, Soy
Bacon Cheese Burger	1 burger	706.5	46.5	34	1	38				Wheat, Milk, Soy, PORK
Spicy Rader (Bun, Patty, Lettuce, Chipotle Mayo)	1 burger	650.5	46.5	35.5	1.5	24.5				Wheat, Milk, Egg, Soy
Breakfast Burger (Texas Toast, Bacon, Patty, Cheese, Egg)	1 burger	857.8	53	46.4	2	47.3				Wheat, Milk, Egg, Soy, Pork
Single Burger (Patty,Bun)	1 Burger	466.5	26.56	33	1	24				Wheat, Soy
Single Cheese Burger (Patty, American Cheese, Bun)	1 Burger	527.5	31.5	33	1	28				Wheat,Milk, Soy
Double Burger (2 Patty,Bun)	1 Burger	767.5	51.5	33	1	43				Wheat
Double Cheese Burger (2 Patty, American Cheese, Bun)	1 Burger	889.5	61.5	33	1	51				Wheat, Milk, Soy
Black Bean Burger (Patty, Bun)	1 Burger	331.5	7.5	54	8	12		✓		Wheat, Milk, Soy
Black Bean Cheese Burger (Patty, American Cheese, Bun)	1 Burger	392.5	12.5	54	8	16				Wheat, Milk, Soy
Turkey Cheese Burger (Patty, American Cheese, Bun)	1 Burger	428.5	16.5	33	1	37				Wheat, Milk, Soy
Basic Toppings	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Ketchup	1 pkt	10.8	0	2.5	0	0.2	✓	✓	✓	
Lettuce	1 piece	4	0	0.5	0.5	0.5	✓	✓	✓	
Mayo	1 pkt	76	8	1	0	0		✓	✓	Egg, Soy
Mustard	1oz	10.5	0.5	1	0.5	0.5	✓	✓	✓	
Onion	2 slices/1oz	4	0	1	0	0	✓	✓	✓	
Pickle	4 slices	4	0	1	0.5	0	✓	✓	✓	
Tomato	2 slices	8	0	1.5	0.5	0.5	✓	✓	✓	
Iceberg Lettuce	2 pieces	4	0	1	0	0	✓	✓	✓	
Additional Toppings	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Bacon	2 slices	166	14	0	0	10				Pork
Grilled Jalapenos	1oz	9	1	0	0	0	✓	✓	✓	
Fried Egg	1 large egg	89.8	7	0.4	0	6.3		✓	✓	
Bread Options										
Texas Toast	2 slices	240	2	46	2	8	✓	✓		Wheat
Hamburger Bun	1 Bun	165.5	1.5	33	1	5	✓	✓		Wheat, Soy
Gluten Free Bread- White Northern Bake House	2 slices	170	4	36	4	1	✓	✓	✓	Sunflower oil
Lettuce	1 piece	4	0	0.5	0.5	0.5	✓	✓	✓	
Gluten Free Hamburger Bun	1 Bun	243	7	41	4	4	✓	✓	✓	by, Poppy Seeds, Sesame Seed
Protein Options										
Bacon	2 slices	166	14	0	0	10			✓	Pork
Beef Patty (Patty Only)	4oz	301	25	0	0	19			✓	
Beef Patty (Patty Only)	2-4oz	602	50	0	0	38			✓	
Black Bean Patty (Gardein)	1 Patty	166	6	21	7	7	✓	✓		Soy
Black Bean Patty (Gardein)	2 Patties	332	12	42	14	14	✓	✓		
Fried Egg	1 large egg	89.8	7	0.4	0	6.3		✓	✓	
Turkey Patty	1 Burger	202	10	0	0	28				
Basic Toppings										
Jalapenos	1oz	8	0	2	1	0	✓	✓	✓	
Lettuce	1 piece	4	0	0.5	0.5	0.5	✓	✓	✓	
Onion	2 slices/1oz	4	0	1	0	0	✓	✓	✓	
Pickle	4 slices	4	0	1	0.5	0	✓	✓	✓	
Tomato	2 slices	8	0	1.5	0.5	0.5	✓	✓	✓	

Cheese Options

American Cheese	1 Slice	61	5	0	0	4		✓		Milk, Soy
Pepper Jack	1 slice	70	6	0	0	5		✓	✓	Milk
Cheddar	1 slice	80	7	0	0	5		✓	✓	Milk
Sauces										
Mayo	1 pkt	76	8	1	0	0		✓	✓	Egg, Soy
Mustard	1oz	10.5	0.5	1	0.5	0.5	✓	✓	✓	
Ketchup	1 pkt	10.8	0	2.5	0	0.2	✓	✓	✓	
Chipotle Mayonnaise	1oz	180	20	2	0	0		✓	✓	Egg, Soy
Fries										
Waffle Fries	5oz	300	18.3	30.4	3.3	3.3				Wheat, May contain: Soy
Yes =✓										
Indicates a "Smart Choice" lower in fat and packed with nutrients.										
Allergy/Contains Column lists foods that may contain one of the big eight food allergies. Wheat, Milk, Soy, Eggs, Fish, Shell Fish, Peanuts, Tree Nuts, Pork and Sesame										