

The Market
Red and Black Grill and Wing It

Spring 2023

Burger Line	Serving Size	Calories(g)	Fat(g)	Carbs(g)	Fiber(g)	Protein(g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Beef Patty (Patty Only)	4oz	301	25	0	0	19			✓	
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 Patty (Gardein)	1 Patty	166	6	21	7	7	✓	✓		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
Black Bean Patty (Gardein)	1 Patty	166	6	21	7	7	✓	✓	✓	Soy
Hamburger Bun (only)	1 Bun	165.5	1.5	33	1	5	✓	✓		Wheat, Soy
Turkey Patty	1 Burger	202	10	0	0	28				
Turkey Burger (Patty, Bun)	1 Burger	367.5	11.5	33	1	33				Wheat,
Turkey Cheese Burger (Patty, American Cheese, Bun)	1 Burger	428.5	16.5	33	1	37				Wheat, Milk, Soy
Bread Options										
Hamburger Bun (only)	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
Gluten Free Hamburger Bun	1 Bun	243	7	41	4	4	✓	✓	✓	Soy, Poppy Seeds, Sesame Seeds
Basic Toppings										
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										
Bacon	2 slices	166	14	0	0	10				Pork
Grilled Jalapenos	1oz	9	1	0	0	0	✓	✓	✓	
Additional Cheese										
Yellow American	1oz	74	6	1	0	4				Milk, Soy
Mixed Shredded Cheese	1oz	83	7	0	0	5		✓	✓	Milk
Pepper Jack	1 slice	70	6	0	0	5		✓	✓	Milk
Provolone	1 slice	70	8	0	0	5		✓	✓	Milk
Swiss	1 slice	82	6	1	0	6				Milk
Fries										
String Fries	3oz	191	11	21	2	2	✓	✓	✓	Soy Bean Oil
Regular Fries	~5oz	289	15	35	1.5	3.5	✓	✓	✓	Soy
Tater Tots	5oz	268	16.7	26.6	2.8	2.8	✓	✓	✓	Soy
Waffle Fries	5oz	300	18.3	30.4	3.3	3.3	✓	✓	✓	Wheat, May contain: Soy
Specialty Sandwiches										
Crispy Chicken Sandwich (Bun, Lettuce, Tomato, Pickle, Mayo, Chicken)	1 sandwich	653	38.5	55.2	3.3	21.3				Wheat
Grilled Cheese (American Cheese, White Bread)	1 sandwich	342	14	40	1	14		✓		Wheat,Soy
Grilled Chicken Sandwich (Bun, Lettuce, Tomato, Pickle, Mayo, Chicken)	1 sandwich	525	27	38.2	2.3	32.3			✓	Wheat, Egg, Soy
Grilled Ham and Cheese (Ham, American Cheese, White Bread)	1 sandwich	461	18.5	41.5	1	32		✓	✓	Wheat,Milk,Pork,Soy
Smart Choices										
Grilled Salmon	4oz	171	9	0	0	22.5			✓	Fish
Grilled Chicken	4oz	129	5	0	0	21			✓	
Brown Rice and Quinoa Blend	4oz	192	4	35	3	4			✓	
Wing It										
Chicken Strips	3 pieces	378.5	22.5	22	1	22				Wheat, Milk, Egg, Soy
Chicken Strips	4 pieces	502	30	29	1	29				Wheat, Milk, Egg, Soy
GLUTEN FREE Chicken Strips (Baked)	3 pieces	124.5	4.5	10	0	11			✓	Made with Corn, Rice, Soy Oil
GLUTEN FREE Chicken Strips (Baked)	4 pieces	178.5	6.5	14	0	16			✓	Made with Corn, Rice, Soy Oil
Gluten Free Chicken Stirps-Fried	3 pieces	219	15	10	0	11			✓	Made with Corn, Rice, Soy Oil
Gluten Free Chicken Stirps-Fried	4 pieces	291	19	14	0	16			✓	Made with Corn, Rice, Soy Oil

Boneless Wings (No Sauce)	6 pieces	437	21	38	2	24					Wheat, Soy
Boneless Wings (No Sauce)	12 pieces	874	42	76	4	48					Wheat, Soy
Dino Nuggets (Fried in Common Fryer)	8 piece	413.5	29.5	26	0	11					
Dino Nuggets (Fried in Common Fryer)	12 piece	661.5	41.5	39	0	33					Milk (Whey), Wheat, Corn
Dino Nuggets (Fried in Common Fryer)	20 pieces	1075	71	65	0	44					
Cream Gravy	1oz	107	3	17	1	3		✓			Wheat,Soy,Milk,Egg
Cream Gravy	3oz	321	9	51	3	9		✓			Wheat,Soy,Milk,Egg
Wing Sauces	Serving Size	Calories(g)	Fat(g)	Carbs(g)	Fiber(g)	Protein(g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains	
Honey BBQ Sauce	2oz	17	1	13.5	1	1					Mustard
Buffalo Sauce	2 oz	16	0	2	0	0					
Garlic Romano Sauce	2oz	472.5	52.5	0	0	10		✓	✓		Milk (Whey), Soy
Lemon Pepper Sauce	2oz	396	44	0	0	0		✓	✓		Milk (Whey), Soy
Sesame Asian Sauce	2oz	450.5	48.5	2	1	1.5		✓	✓		Milk (Whey), Soy
Dipping Sauces											
Bleu Cheese Dressing	2oz	169	19	3	0	7					
Market Sauce	2 oz	214	22	4	0	0			✓		Egg, Soy, Fish (Anchovy)
Cream Gravy	1oz	107	3	17	1	3		✓			Wheat,Soy,Milk,Egg
Gravy	3oz	321	9	51	3	9		✓			Wheat,Soy,Milk,Egg
Desserts	Serving Size	Calories(g)	Fat(g)	Carbs(g)	Fiber(g)	Protein(g)					
White Chocolate Macadamia	2oz	260	13	33	1	3					Wheat, Milk, Soy, Egg, Tree Nuts
Chocolate Chip Cookie	2oz	250	11	36	1	3					Wheat, Milk, Soy, Egg, Held in Case with Tree Nut Products
M & M Cookie	2oz	160	7	22	0	2					Wheat, Milk, Soy, Egg, Held in Case with Tree Nut Products
Sugar Cookie	2oz	250	11	35	1	3					Wheat, Milk, Egg, Held in Case with Tree Nut Products
Rice Krispie Treat	1 Large Bar	364	20	42	<1	3					Milk(Whey), Soy, Contains Malt(Malt flavoring contains Wheat)
All Fried Items have been fried in Canola Fry Oil in Common Fryer with Dairy and Wheat Items											
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											