

Grill: Burgers & Sandwiches

Grill: Burgers & Sandwiches										Updated	Spring 2023
	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains	
Single Burger (Patty,Bun)	1 Burger	467	27	33	1	24				Wheat, Soy	
Single Cheese Burger (Patty, American Cheese, Bun)	1 Burger	537	33	34	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	908	64	35	1	51				Wheat, Milk, Soy	
Turkey Burger (Patty, Bun)	1 Burger	368	12	33	1	33				Wheat, Soy	
Turkey Cheese Burger (Patty, American Cheese, Bun)	1 Burger	429	17	33	1	37				Wheat, Milk, Soy	
Turkey Patty	1 Patty	202	10	0	0	28					
Black Bean Burger (Patty, Bun)	1 Burger	332	8	54	8	12		✓			
Black Bean Cheese Burger (Patty, American Cheese, Bun)	1 Burger	401.5	13.5	55	8	16		✓			
Grilled Cheese (Sour-Dough Bread, Cheese)	1 serving	390	13	26	1	13					
Grilled Cheese with Turkey (Sour-Dough Bread, Cheese, Turkey)	1 serving	440	14	27	1	24					
Grilled Cheese with Ham (Sour-Dough Bread, Cheese, Ham)	1 serving	450	15	28	1	23					
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	✓	✓	✓		
Mayo	1 pkt	76	8	1	0	0		✓	✓	Egg, Soy	
Mustard	1oz	10.5	0.5	1	0.5	0.5	✓	✓	✓		
Lettuce	1 piece	4	0	0.5	0.5	0.5	✓	✓	✓		
Tomato	2 slices	8	0	1.5	0.5	0.5	✓	✓	✓		
Onion	2 slices/1oz	4	0	1	0	0	✓	✓	✓		
Pickle	4 slices	4	0	1	0.5	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	
Green Chilis	1oz	6	0	1.5	0.5	0	✓	✓	✓		
Jalapenos	1oz	9	1	0	0	0	✓	✓	✓		
Mushrooms	1oz	8	0	1.5	0.5	0.5	✓	✓	✓		
Additional Cheese	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains	
American Cheese	1 Slice	70	6	1	0	4		✓	✓	Milk, Soy	
Feta	1oz	75	6	1	0	4		✓	✓	Milk	
Pepperjack Cheese	1 Slice	74	6	0	0	5		✓	✓	Milk	
Swiss Cheese	1 Slice	82	6	1	0	6		✓	✓	Milk	
Fried Sides	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains	
French Fries	3oz	169.5	9.5	20	1	1	✓	✓	✓		
Fried Green Beans	3oz	190	9	24	0	2		✓		Wheat,Milk,Soy	
Bun/Bread											
Kaiser Roll	1 Roll	230	3	44	2	9		✓		Wheat,Soy,Egg	
Regular Bun	1 Bun	165.5	1.5	33	1	5	✓	✓		Wheat, Soy	
Sour-Dough Bread, Thick (2 slices)	2 Slices	250	1	24	1	5	✓	✓		Wheat,Soy	
Gluten Free Bun	1 Bun	243	7	41	4	4	✓	✓	✓	Soy, Poppy Seeds, Sesame Seeds	
Gluten Free Bread- White Northern	2 slices	170	4	36	4	1			✓	sunflower oil	
Sauce	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains	
Ranch	1oz.	137	14.6	1.9	0.2	0.3		✓	✓	Milk,Soy,Egg	
Pepper Corn Ranch	1oz	110	11	2	0	0		✓	✓	Milk (Whey,Buttermilk), Soy, Egg	
Chipotle Mayonnaise	1oz	180	20	2	0	0		✓	✓	Egg, Soy	
Honey Mustard	1oz	130	13	4	0	0		✓	✓	Egg, Soy	
Mayonnaise	1oz	200	22	0	0	0		✓	✓	Egg, Soy	
Grill Line	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains	
Mozzarella Cheese Sticks	4 sticks	342.7	21.5	25.3	1.3	12		✓		Wheat, Milk	
Corn Dog	1 corn dog	233	13	23	1	6				Wheat, Milk, Soy, Pork	

Fried Burrito	1 burrito	373	17	40	5	15				Wheat, Milk, Soy
Mashed Potatoes	3oz	94	2	17	1	2		✓	✓	Milk
White Gravy	1oz	84	4	12	0	0		✓		Wheat, Milk, Egg, Soy
Brown Gravy	1oz	73.5	1.5	15	0	0				Wheat, Milk, Soy, Egg, Pork
Steak Fingers and Gravy - 4ct	4ct	432	28	28	1	17				Wheat, Soy
Steak Fingers and Gravy - 6ct	6ct	478	30	33	1	19				Soy, Wheat
Fried Pickles with Ranch	8oz	540	36	48	2	6	✓	✓		Wheat, Milk, Soy
Pork Egg roll	1oz	87	7	3	0	3				Egg, Soy, Pork, Wheat
Mac and Cheese	4oz	278.8	16	26	1	9		✓		Wheat, Milk, Soy
Sides:										
Onions	1oz	10	0	2	1	0	✓	✓	✓	
Pickles	1oz	4	0	1			✓	✓	✓	
Jalapeños	1oz	8	0	2	1	0	✓	✓	✓	
Chives	0.5oz	10	0	2.5	0	0	✓	✓	✓	
Sour Cream	1oz	60	6	2	0	1		✓	✓	Milk
Blue Cheese	2oz	300	32	2	0	2		✓	✓	Milk, Egg, Soy
Side of marinara	2oz	54	2	7	1	2	✓	✓	✓	Soy
Ranch	2 oz	280.4	29.2	3.8	0.4	0.6		✓	✓	Milk, Soy, Egg
Queso	2oz	140	4.5	23	0	2		✓	✓	Milk (Whey), Soybean Oil
Bacon	2 slices	80	7	0	0	5			✓	Pork
French Fries	3oz	140	5	22	2	2	✓	✓	✓	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										