Sneed									Updated	Fall 2024
		Lander Grill		I						
Menu Item Name	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
PICK YOUR MEAT										
Single Burger (Patty,Bun)	1 Burger	467	27	33	1	24				Wheat, Soy, Sesame
Single Burger (Patty, Bun) Single Cheese Burger (Patty, American Cheese, Bun)	1 Burger	537	33	34	1	28				Wheat, Milk, Soy, Sesame
Double Burger (2 Patty, Bun)	1 Burger	767.5	51.5	33	1	43				Wheat, Sesame
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Double Cheese Burger (2 Patty, American Cheese, Bun)	1 Burger	908	64	35	1	51				Wheat, Milk, Soy, Sesame
Turkey Burger (Patty, Bun)	1 Burger	368	12	33	1	33				Wheat, Soy, Sesame
Turkey Cheese Burger (Patty, American Cheese, Bun)	1 Burger	429	17	33	1	37				Wheat, Milk, Soy, Sesame
Turkey Patty	1 Patty	202	10	0	0	28				
Black Bean Burger (Patty, Bun)	1 Burger	332	8	54	8	12		√		Wheat, Soy, Sesame
Black Bean Cheese Burger (Patty, American Cheese, Bun)	1 Burger	390	13	26	1	13		✓		Wheat, Milk, Soy, Sesame
Grilled Cheese (White Bread, Cheese)	1 serving	390	14	48	0	16				Wheat, Milk
Grilled Chicken Sandwich (Bun, Lettuce, Tomato, Pickle, Mayo,									✓	
Chicken)	1 sandwich	525	27	38.2	2.3	32.3				Wheat, Egg, Soy, Pork, Sesame
Grilled Bacon & Cheese (White Bread, Cheese, Bacon)	1 serving	443	21	48	0	21				Pork, Milk, Wheat, Soy
BYO Philly Cheesesteak							_		,	
Hoagie Bun	1 bun	194	1.5	38	1	7	✓	√	<u>√</u>	Wheat, Sesame
Philly Meat	4oz	268	20	0	0	22			✓	
Cheese Choice Provolone	1 slice	70	8	0	0	5		_	✓	Milk
American Cheese	1 Slice	70	6	1	0	4		· ·	▼	Milk, Soy
Pepperjack Cheese	1 Slice	74	6	0	0	5		· /	· ·	Milk
Sauce Choice	1 31100	7.7			Ů	3		,	•	TVIIIK
Honey BBQ Sauce	2oz	8	0	20	0	0				Mustard
Buffalo Sauce	2 oz	8	0	2	0	0	✓	√	✓	Mastara
Chipotle Mayonnaise	1oz	180	20	2	0	0		√	✓	Egg, Soy
Choose Veggies										33. 1
Green Peppers	2oz	12	0	2.6	1	0.4	✓	✓		
Onions	2oz	26	0	6	0.8	0.6	✓	✓		
Mushrooms	1oz	4	0	1	1	0	✓	√	✓	
Green Peppers	2oz	12	0	2.6	1	0.4	✓	✓		
Onions	2oz	26	0	6	0.8	0.6	✓	✓		
Mushrooms	1oz	4	0	1	1	0	✓	✓	✓	
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	✓	√	✓	TOTA
alapenos	10Z	9	1	0	0.5	0	·	· /	<u> </u>	
Additional Cheese	Serving Size	Calories	Fat	Carbs	Fiber	Protein		Vegetarian	Gluten Free	Allergy/Contains
American Cheese	1 Slice	70	6	1	0	4	vegail	vegetarian	Giuten Free √	Milk, Soy
								∨	√	
Pepperjack Cheese	1 Slice	74	6	0	0	5		∨	√	Milk
Swiss Cheese	1 Slice	82	6	1	0	6		•	v	Milk
ried Sides	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains
French Fries	3oz	169.5	9.5	20	1	1	√	√	✓	Soybean Oil, Sunflower Oil
Tater Tots	3oz	174.5	10.5	18	2	2	1		✓	Soy

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, Sesame
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, Egg
Gluten Free Bread- White Northern	2 Slices	170	4	36	4	1			✓	sunflower oil
<u>Sides</u>										
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
All Fried Items have been fried in Canola Fry Oil in Common Fryer with Da	iry 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									