

The Market Hot Grab-N-Go										Fall 2021
<b>Breakfast Burrito Line</b>	<b>Serving Size</b>	<b>Calories(g)</b>	<b>Fat(g)</b>	<b>Carbs(g)</b>	<b>Fiber(g)</b>	<b>Protein(g)</b>	<b>Vegan</b>	<b>Vegetarian</b>	<b>Gluten Free</b>	<b>Allergy/Contains</b>
Potato, Egg and Cheese Burrito	1 burrito	551	25	58	2	23				Wheat, Milk, Egg, Soy
Sausage Breakfast Burrito	1 burrito	470	36	24	1	14				Wheat, Milk, Egg, Soy, Pork
Bacon, Egg, Potato, Cheese Burrito	1 burrito	634	32	58	2					Wheat, Milk, Egg, Soy, Pork
Chorizo, Egg, Potato, Cheese Burrito	1 burrito	482	36	26	0	15				Wheat, Milk, Egg, Soy, Pork
<b>Add Ons</b>										
Red Salsa	2oz	26	0	5	2	1	✓	✓	✓	
<b>Breakfast Sandwiches Line</b>	<b>Serving Size</b>	<b>Calories(g)</b>	<b>Fat(g)</b>	<b>Carbs(g)</b>	<b>Fiber(g)</b>	<b>Protein(g)</b>	<b>Vegan</b>	<b>Vegetarian</b>	<b>Gluten Free</b>	<b>Allergy/Contains</b>
Sausage, Egg, and Cheese on Croissant	1 sandwich	470	35.5	23.5	1	14				Wheat, Milk, Egg, Soy, Pork
Bacon, Egg, and Cheese on Croissant	1 sandwich	371	24.5	23.5	1	14				Wheat, Milk, Egg, Soy, Pork
Sausage, Egg, and Cheese Biscuit	1 sandwich	482	35.5	25.5	0	15				Wheat, Milk, Egg, Soy, Pork
Bacon, Egg, and Cheese Biscuit	1 sandwich	383	24.5	25.5	1	15				Wheat, Milk, Egg, Soy, Pork
Sausage Biscuit	1 sandwich	375	27	24	1	9				Wheat, Milk, Pork
Chicken Biscuit	1 sandwich	359	18.5	32	2	16				Wheat, Milk
<b>Grill Line</b>	<b>Serving Size</b>	<b>Calories(g)</b>	<b>Fat(g)</b>	<b>Carbs(g)</b>	<b>Fiber(g)</b>	<b>Protein(g)</b>	<b>Vegan</b>	<b>Vegetarian</b>	<b>Gluten Free</b>	<b>Allergy/Contains</b>
Grilled Cheese (American Cheese, White Bread)	1 sandwich	342	14	40	1	14		✓		Wheat, Soy
Grilled Ham and Cheese (Ham, American Cheese, White Bread)	1 sandwich	461	19	42	1	32		✓		Wheat, Milk, Soy, Pork
Single Cheese Burger (Patty, American Cheese, Bun)	1 burger	527.5	31.5	33	1	28				Wheat, Milk, Soy
Double Cheese Burger (2Patties, American Cheese, Bun)	1 burger	889.5	61.5	33	1	51				Wheat, Milk, Soy
Crispy Chicken Sandwich (Bun & Chicken)	1 sandwich	428.5	16.5	50	2	20				Wheat, Milk, Soy
Grilled Chicken	4oz	129	5	0	0	21			✓	
Brown Rice and Quinoa Blend	4oz	192	4	35	3	4			✓	
<b>TexMex Line</b>	<b>Serving Size</b>	<b>Calories(g)</b>	<b>Fat(g)</b>	<b>Carbs(g)</b>	<b>Fiber(g)</b>	<b>Protein(g)</b>	<b>Vegan</b>	<b>Vegetarian</b>	<b>Gluten Free</b>	<b>Allergy/Contains</b>
Steak Fajita Quesadilla (Tortilla, Cheese, and Steak)	1 ct	717	39	51.5	2	40				Wheat, Milk
Chicken Carnita Quesadilla (Tortilla, Cheese, and Chicken Carnita)	1 ct	715.5	39.5	51.5	1	39				Wheat, Milk, Soy
<b>BBQ Sandwiches Line</b>	<b>Serving Size</b>	<b>Calories(g)</b>	<b>Fat(g)</b>	<b>Carbs(g)</b>	<b>Fiber(g)</b>	<b>Protein(g)</b>	<b>Vegan</b>	<b>Vegetarian</b>	<b>Gluten Free</b>	<b>Allergy/Contains</b>
BBQ Pulled Pork Sandwich	1 sandwich	460.5	14.5	49.5	4	33				Wheat, Soy
BBQ Brisket Sandwich	1 sandwich	505.5	23.5	46.5	2	27				Wheat, Soy
BBQ Sausage Sandwich	1 sandwich	634.5	36.5	56.5	2	20				Wheat, Soy
Bistro Chips	4oz	273	17	27	3	3	✓	✓	✓	Soy
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										