

Wall/Gates <span style="float: right;">updated</span>										Fall 2021
Grill & Chicken										
	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy or Contains
#1 Chicken Strips (3)	~3 strips	359	27.5	30.5	0	17				Wheat, Milk, Soy, Egg
Chicken Strips (4)	~4 strips	478	36.5	40.5	0	22.5				Wheat, Milk, Egg, Soy
#2 Chicken Nuggets (8) (Fried)	8 nuggets	370	21	23	0	20				Wheat, Soy,Egg, Milk
Chicken Nuggets (12) (Fried)	12 nuggets	530	29	34	0	30				Wheat, Soy,Egg, Milk
Chicken Nuggets (20) (Fried)	20 nuggets	848	46	54	0	48				Wheat, Soy,Egg, Milk
<b>Specialty Sandwiches (Gluten Free Bread Available)</b>										
#3 Buffalo Chicken Melt	1 Sandwich	572	27	60	1	22				Wheat, Milk, Soy, Egg
#4 Honey BBQ Chicken Melt	1 Sandwich	603	25	71	1	21				Wheat, Milk, Soy, Egg
#5 Honey Butter Chicken Melt	1 Sandwich	495	35	30	1	15				Wheat, Milk, Soy, Egg
#6 Chicken Strip Wrap	1 Wrap	872	49	73	1	35				Wheat, Milk, Soy, Egg
#7 Spicy BBQ Chicken Wrap	1 Wrap	850	43	81	1.5	34.5				Wheat, Milk, Soy, Egg
#8 Grilled Chicken Wrap	1 Wrap	802	45	53	1	45				Wheat,Milk,Egg,Soy
Gluten Free Bread- White Northern Bake House	2 slices	170	4	36	4	1	✓	✓	✓	Sunflower oil
<b>Grill/Burgers (Lettuce, tomatoes, onions &amp; pickles)</b>										
	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy or Contains
#9 Samsburger	1 Burger	467	26.5	33	1	24				Wheat, Soy (May contain sesame seed)
#9 Samburger & Cheese (Patty, American Cheese, Bun)	1 Burger	537	33	34	1	28				Wheat,Milk,Soy, (May contain sesame seed)
#10 Double Samburger	1 Burger	768	51.5	33	1	43				Wheat, Soy (May contain sesame seed)
#10 Double Samburger & Cheese (2 Patty,Bun)	1 Burger	838	58	34	1	47				Wheat, Soy
<b>Burger Add-Ons</b>										
Bacon	2 slices	76	6	0	0	5.5			✓	Pork
Sliced Cheese	1 slice	70	6	1	0	4		✓	✓	Milk, Soy
Jalapenos	1 oz	8	0	2	1	0	✓	✓	✓	
Mushrooms	1 oz	7	0	2	0	1	✓	✓	✓	
Green chiles	1 oz	4	0	1	0	0	✓	✓	✓	
onions	1 oz	4	0	1	0	0	✓	✓	✓	
lettuce	1 oz	5	0	1	1	0	✓	✓	✓	
tomatoes	2 slices	8	0	1.5	0.5	0.5	✓	✓	✓	
pickles	4 slices	4	0	1	0.5	0	✓	✓	✓	
#11 Grilled Cheese	1 Sandwich	410	20	41	1	18				Wheat,Milk,Soy, (May contain sesame seed)
#12 Grilled Sammy Club	1 Sandwich	530	23	43	1	40				Wheat, Milk,Soy,Pork
#13 Black Bean Burger	1 Burger	332	8	54	8	12	✓	✓		Wheat,Soy
#14 Grilled Chicken Club	1 Sandwich	532	29	34	1	35				Wheat,Milk,Pork,Soy (May contain sesame seed)
#15 Spicy Chicken Club	1 Sandwich	624	35	51	2	29				Wheat, Milk, Pork, Soy (May contain sesame seed)
#16 A1 Philly	1 Sandwich	561	27	47	3	34				Wheat, Barley, Milk,Soy
#17 Smoked BBQ Philly	1 Sandwich	598	28	54	3	34				Wheat, Barley, Milk,Soy
#18 Sweet & Spicy Philly	1 Sandwich	617	28	57	3	34				Wheat, Barley, Milk,Soy
#19 Sam's Dog	1 Hot Dog	289	17	25	1	9				Wheat, Soy
#20 Chili Cheese Dog	1 Chili Cheese Dog	635	45	30	2	27				Wheat, Milk, Soy, Oats

#21 Chili Cheese Fries	4oz	536	38	27	3	20					Wheat, Milk, Soy
#22 Frito Pie	1 Frito Pie	346	58	53	4	24			✓		Milk, Soy, Oats
<b>Wall/Gates: The Grill/Side Items</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Protein</b>	<b>Vegan</b>	<b>Vegetarian</b>	<b>Gluten Free</b>		<b>Allergy or Contains</b>
Mashed Potatoes	4oz	100	<1	21.5	1	2.5		✓	✓		
Cream Gravy	1oz.	45	2	6	0	9		✓			Wheat, Milk, Soy, Egg
Macaroni & Cheese	4oz	252	12	24	1	10		✓			Wheat, Milk
Fries (Fried)	3oz	190	10	22	2	2	✓	✓	✓		Soy
Curly Fries	3oz	190	10	22	2	2	✓	✓			Soy
Fried Burrito	4oz	350	17	36	4	11					Wheat, Soy
Corn Dog (Fried)	1 dog	280	18	23	1	6					Wheat, Milk, 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											