

Made to Order Grill

Nutritional Information

| Entrees | Calories | Total Fat (g) | Chol (mg) | Sodium (mg) | Carb (g) | Protein (g) | Fiber (g) |
|---|----------|---------------|-----------|-------------|----------|-------------|-----------|
| Salmon, grilled plain (4 oz) | 161 | 7 | 63 | 50 | 0 | 23 | 0 |
| Chicken, grilled plain (4oz) | 204 | 6 | 96 | 92 | 0 | 34 | 0 |
| Chicken Sandwich | 364 | 8 | 96 | 362 | 30 | 40 | 3 |
| Chicken Fajita | 328 | 14 | 78 | 442 | 20 | 29 | 3 |
| Pulled Pork Sandwich | 460 | 22 | 100 | 790 | 32 | 32 | 3 |
| Corn Dog | 180 | 9 | 25 | 540 | 19 | 7 | 0 |
| Italian Sausage w/ Onions & Peppers on a Bun | 390 | 19 | 45 | 890 | 37 | 18 | 2 |
| Kielbasa w/ Bun | 570 | 34 | 28 | 1440 | 38 | 27 | 2 |
| Philly Cheese Steak w/ Bun | 542 | 22 | 99 | 1525 | 45 | 38 | 4 |

| Sauces | Calories | Total Fat (g) | Chol (mg) | Sodium (mg) | Carb (g) | Protein (g) | Fiber (g) |
|---------------------|----------|---------------|-----------|-------------|----------|-------------|-----------|
| General Tso (1 T) | 40 | 0 | 0 | 240 | 10 | 0 | 0 |
| Sweet & Sour (1 T) | 30 | 0 | 0 | 55 | 7 | 0 | 0 |
| Honey Garlic (1 T) | 23 | 0 | 0 | 50 | 7 | 0 | 0 |
| Caesar (1 T) | 85 | 9 | 0 | 215 | 5 | 0 | 0 |
| Ranch (1 T) | 80 | 8 | 2.5 | 165 | 1 | 0 | 0 |
| Honey Mustard (1 T) | 30 | 0 | 0 | 70 | 6 | 0 | 0 |

| Sides | Calories | Total Fat (g) | Chol (mg) | Sodium (mg) | Carb (g) | Protein (g) | Fiber (g) |
|-----------------------|----------|---------------|-----------|-------------|----------|-------------|-----------|
| Rice (1 cup) | 150 | 0 | 0 | 0 | 34 | 3 | 1 |
| Rice Pilaf (1 cup) | 240 | 6 | 0 | 780 | 43 | 4 | 1 |
| Carrots (1/2 cup) | 35 | 0.1 | 0 | 51 | 8 | 0.9 | 3 |
| Green Beans (1/2 cup) | 22 | 0.2 | 0 | 2 | 5 | 1.2 | 2 |

| Fryer Fare | Calories | Total Fat (g) | Chol (mg) | Sodium (mg) | Carb (g) | Protein (g) | Fiber (g) |
|-----------------------|----------|---------------|-----------|-------------|----------|-------------|-----------|
| Mozzarella Sticks (1) | 70 | 4 | 10 | 140 | 5 | 4 | 0 |
| Onion Rings (6) | 150 | 4.5 | 0 | 300 | 25 | 2 | 2 |
| French Fries (3 oz) | 120 | 5 | 0 | 35 | 17 | 2 | 2 |
| Jalapeno Poppers (2) | 100 | 6 | 5 | 210 | 10 | 2 | 0 |