

Market Grille Nutritional Information

Item Name	Serving Size	Calories	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Prot (g)	Vit D (mcg)	Calc % DV	Iron % DV	Pot % DV
Starters																
Jumbo Traditional Wings with Buffalo Sauce	1 portion	940	72	20	0	200	4340	25	2.96	8	2.23	42	0	6	15	16
Jumbo Traditional Wings with Sweet Chili Sauce	1 portion	1050	63	14	0	175	1840	76	3.41	54	49.98	42	275.49	6	15	11
Jumbo Traditional Wings with BBQ Sauce	1 portion	960	62	14	0	175	2460	50	2.81	32	0	43	0	4	15	11
Boneless Colossal Wings with Buffalo Sauce	1 portion	810	46	12	0	125	4700	53	2.96	8	2.23	42	0	6	15	16
Boneless Colossal Wings with Sweet Chili Sauce	1 portion	920	37	6	0	100	2200	103	3.41	54	49.98	42	275.49	6	15	11
Boneless Colossal Wings with BBQ Sauce	1 portion	830	37	6	0	100	2820	78	2.81	32	0	43	0	4	15	11
Ranch Dressing	1 portion	220	22	3.5	0	20	440	4	0	2	0.57	2	0.57	6	0	2
Blue Cheese Dressing	1 portion	250	26	5	0	5	420	3	0.98	1	1.25	1	0	4	0	6
Bacon Jalapeno Wontons	1 portion	1680	115	31	0	150	1970	133	4.84	34	18.97	28	0	15	15	6
Cheese Curds	1 portion	1320	101	40	0	215	2500	49	0	19	0.57	53	0.57	140	8	2
Pretzel Bites	1 portion	550	41	7	0	35	920	36	1.1	11	11.44	7	0	10	10	1
Chicken Quesadilla	1 portion	1060	66	39	0	205	2000	65	4.58	7	0	50	0	90	25	19
Guacamole	1 portion	200	17	3	0	0	400	6	2.83	0	0	3	0	0	0	15
Greens																
Asian Salad	1 salad	800	22	3.5	0	335	930	38	3.93	14	0	108	0	10	30	11
Chicken Caesar Salad	1 salad	980	64	22	0.5	215	1770	39	3.96	5	2.56	56	0	40	20	10
Cobb Salad	1 salad	1070	82	19	0	415	1930	18	3.54	7	1.24	68	1.24	30	15	21
Crispy Chicken Salad	1 salad	1180	80	22	0	390	3680	45	4.94	7	1.13	73	1.13	60	15	37
Burgers																
Hamburger	1 burger	970	52	22	0	185	1180	70	2.94	22	16.13	53	0	6	50	9
Cheeseburger with American Cheese	1 burger	1040	58	26	0	200	1480	71	2.94	23	16.13	56	0	15	50	10
Cheeseburger with White Cheddar Cheese	1 burger	1060	59	26	0	210	1320	71	2.94	22	16.13	59	0	20	50	9
Cheeseburger with Swiss Cheese	1 burger	1050	58	26	0	205	1230	70	2.94	22	16.13	59	0	25	50	9
Cheeseburger with Pepperjack Cheese	1 burger	1040	58	26	0	205	1300	70	2.94	22	16.13	58	0	20	50	9
Mushroom & Swiss Burger	1 burger	1090	64	29	0	220	1220	66	1.61	20	16.13	60	0.11	20	50	8
Mac N Cheese Burger	1 burger	990	66	31	0	235	1710	36	1.43	2	0	59	0	20	40	2
3 Cheese Patty Melt	1 burger	1320	95	40	0	275	2110	49	2.62	11	7.79	65	0.26	50	45	10
BBQ Bacon Cheeseburger	1 burger	1460	89	36	0	285	3110	81	1.61	33	16.13	84	0	20	50	4
Peanut Butter Bacon Burger	1 burger	1650	109	38	0	260	2530	78	1.61	24	16.13	91	0	6	50	4
Bacon Blue Burger	1 burger	1490	98	42	0.5	305	3050	67	3.24	19	16.13	88	0	25	45	5
Southwest Burger	1 burger	1280	84	27	0	205	1910	78	2.43	25	18.96	54	0.07	8	50	18
Impossible Burger	1 burger	840	58	23	0	65	1680	53	6.58	9	5.71	29	0.34	20	40	29
Sandwiches																
Reuben Sandwich	1 sandwich	880	59	25	0.5	170	2650	42	3.22	7	4.5	44	0.52	50	25	17
Grilled Chicken Sandwich	1 sandwich	690	23	9	0	165	970	67	2.96	22	16.13	51	0	6	25	9
Buffalo Chicken Sandwich	1 sandwich	990	52	16	0	200	3030	75	3.03	26	17.86	54	0.62	15	25	14
Options																
Gluten-Free Hamburger Bun	1 bun	200	6	0	0	0	370	37	5	5	5	4	0	0	0	3
Impossible Burger	1 patty	240	14	8	0	0	370	9	3	--	--	19	0	15	20	15
Chicken Breast	1 chicken breast	220	7	1.5	0	120	640	0	0.06	0	0	37	0	0	4	0
Add Ons																
Guacamole	1 portion	130	11	2	0	0	260	4	1.89	0	0	2	0	0	0	10
American Cheese	1 slice	70	6	3.5	0	15	300	1	0	1	0	3	0	10	0	1
Cheddar Cheese	1 slice	90	7	4	0	25	140	1	--	0	--	6	--	15	0	--
Pepperjack Cheese	1 slice	70	6	3.5	0	20	120	0	0	0	0	5	0	15	0	0
Swiss Cheese	1 slice	80	6	3.5	0	20	45	0	0	0	0	6	0	20	0	1
Bacon	2 slices	70	6	2	0	15	230	0	--	0	--	5	--	0	0	--
Sauteed Onions	1 portion	70	6	3.5	0	15	0	5	0.96	2	0	1	0	2	0	2

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Sauteed Mushrooms	1 portion	60	6	3.5	0	15	0	2	0	1	0	2	0.11	0	2	5
Sides																
Hand Cut Fries	1 portion	970	53	9	0	0	1960	113	0	1	0	9	0	4	10	45
Tater Tots	1 portion	670	41	9	0	0	2510	64	0	0	0	7	0	0	15	31
Sweet Potato Tots	1 portion	510	21	2	0	0	1930	81	0	38	0	3	0	6	6	19
White Cheddar Mac-n-Cheese	1 portion	270	18	10	0	30	780	15	1.7	2	0	11	0	30	6	3
Fresh Fruit	1 portion	40	0	0	0	0	10	10	1.38	8	0	1	0	2	2	7
Coleslaw	1 portion	160	10	1.5	0	5	160	16	2.06	11	11.34	1	0	4	0	6
House Salad	1 portion	630	47	17	0	75	1450	37	3.76	6	0.62	13	0.62	30	10	11
Chips and Salsa	1 portion	270	3	0	0	0	620	53	0.66	2	0	6	0	30	15	5
Cottage Cheese	1 portion	100	5	3	0	25	480	5	0	4	--	11	--	8	0	--
Applesauce	1 portion	90	0	0	0	0	0	22	2.7	19	8.1	0	0	0	0	3