

# GRILLE WORKS

## BREAKFAST NUTRITIONAL GUIDE

### BREAKFAST SANDWICHES

	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	DIETARY FIBER (g)	TOTAL SUGARS (g)	PROTEIN (g)
Egg & Cheese Muffin	360	180	19	7	0	235	870	25	<1g	2	19
Egg & Cheese Biscuit	420	210	23	13	0	220	1150	35	<1g	4	16
Bacon, Egg & Cheese Muffin	360	180	19	7	0	235	870	25	<1g	2	19
Bacon, Egg & Cheese Biscuit Sausage	500	270	30	16	0	235	1470	36	<1g	4	21
Egg & Cheese Muffin Sausage	450	270	30	11	0	250	800	25	<1g	2	20
Egg & Cheese Biscuit Ham	600	370	41	19	0	250	1400	36	<1g	4	21
Egg & Cheese Muffin Ham	310	130	14	5	0	235	870	26	<1g	3	19
Egg & Cheese Biscuit	460	220	25	14	0	235	1510	37	<1g	5	21

### LOCAL FAVORITES

Biscuits & Sausage Gravy Bacon	570	300	33	20	0	45	1080	56	2	8	13
Egg & Cheese Burrito Sausage	590	260	29	10	0	395	1320	54	3	3	24
Egg & Cheese Burrito	600	270	30	10	0	390	1350	55	3	3	23
Baja Pressed Burrito	540	250	28	8	0	195	1180	53	5	2	15
Buttermilk Pancakes	100	20	2	0	0	< 5 mg	230	18	<1g	3	3
French Toast	160	25	2	0	0	50	270	26	<0g	6	6

### SIDES

Hash Brown Potato Patty	130	80	9	1	0	0	270	12	<1g	0	<1g
Scrambled Eggs	140	80	9	3	0	365	320	<1g	0	0	12
Fried Egg	100	70	8	2	0	205	170	0	0	0	7
Turkey Sausage Link	110	60	7	1	0	45	330	6	0	0	10
Turkey Bacon	60	35	4	1	0	30	230	<1g	0	<1g	6
Grilled Ham Steak	60	25	2	1	0	25	580	2	0	1	8
Pork Sausage Patty	180	160	17	6	0	30	250	<1g	0	0	5
Bacon	90	60	7	2	0	15	320	<1g	0	<1g	5
Blanched Spinach	5	0	0	0	0	0	20	1	0	<1g	<1g
O'Brien Potatoes	150	60	7	1	0	0	140	20	2	2	2
Crispy Tater Puffs	210	120	14	3	0	0	360	21	2	0	2



# GRILLE WORKS

## LUNCH NUTRITIONAL GUIDE

### SANDWICHES

	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	DIETARY FIBER (g)	TOTAL SUGARS (g)	PROTEIN (g)
All-American Angus Cheeseburger	510	280	31	12	1	75	640	34	2	6	24
All-American Angus Double Cheeseburger	820	510	57	23	2	145	960	35	2	7	42
Buffalo Turkey Burger	410	170	19	6	0	90	1260	32	3	6	25
Buffalo Turkey Double Burger	650	320	36	12	0	185	2220	34	3	6	45
Farmhouse Chicken Sandwich	380	110	12	2	0	75	650	37	3	10	33
Buffalo Crispy Chicken Sandwich	570	290	32	8	0	45	1650	48	2	5	25
Southwest Gardenburger	450	190	21	5	0	20	960	54	8	10	14
Crispy Chicken Tenders (3)	510	310	35	5	0	45	1140	29	< 1g	0	21
Philly Cheesesteak Sandwich	520	230	26	11	0	90	1050	41	2	4	32
Chicken Cheesesteak Sandwich	450	150	17	7	0	95	900	43	2	5	32

### EXTRAS

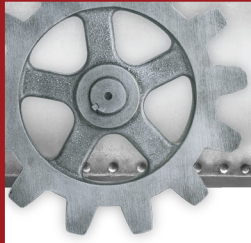
Angus Beef Patty	260	190	21	9	1	60	170	< 1g	0	0	15
Turkey Burger Patty	190	120	13	3	0	80	290	0	0	0	16
Beyond Burger® Patty	290	170	19	8	0	0	350	11	3	0	20
Bacon	90	60	7	2	0	15	320	< 1g	0	< 1g	5
Cheddar Cheese	60	40	5	0	0	15	45	0	0	0	3
Sauteed Mushrooms	110	90	10	0	0	0	110	2	0	< 1g	2
Fresh Jalapenos	5	0	0	0	0	0	0	1	< 1g	< 1g	0
Dill Pickle Slices	10	0	0	0	0	0	490	1	< 1g	< 1g	0
Sliced Red Onions	10	0	0	0	0	0	0	2	< 1g	0	0

### SIDES

French Fries - Reg.	190	80	9	1	0	0	390	21	1	0	1
French Fries - Lg.	280	120	14	2	0	0	600	32	2	0	2
Curly Fries - Reg.	310	180	20	3	0	0	580	31	2	1	3
Curly Fries - Lg.	510	300	33	5	0	0	960	52	4	2	4
Crispy Onion Rings	450	220	25	4	0	0	630	53	4	7	4
Mozzarella Sticks & Sauce	410	160	18	7	0	40	940	43	2	6	18
Sweet Potato Fries - Lg.	370	190	21	3	0	0	360	44	2	14	2
Sweet Potato Fries - Reg.	190	100	11	1	0	0	190	23	1	7	1

### LOCAL FAVORITES

Hog Dog - 1/4 lb.	480	300	33	13	1	60	1460	30	2	4	18
Hot Dog	310	160	18	6	0	35	840	26	< 1g	5	10
Grilled Four Cheese Sandwich	540	280	31	19	0	85	800	44	1	1	21
Texas Grilled Cheese	430	180	20	9	0	25	740	49	0	7	14
Fried Fish Sandwich	560	320	36	5	0	30	720	43	2	5	18
Home-style Patty Melt	660	370	42	17	1	85	930	47	4	3	28
BBQ Pork Sandwich	460	160	18	6	0	85	810	44	1	18	31
Chicken Quesadilla	500	220	25	13	0	80	1100	42	2	3	25
Crispy Chicken Tenders (6)	1020	620	70	10	0	90	1090	58	< 1g	0	42
Crispy Tater Puffs	180	140	15	2	0	0	400	18	1	< 1g	1
All American Beyond Burger®	680	370	41	13	0	20	1070	49	7	10	31



# GRILLE WORKS

## LIMITED TIME OFFERS (LTO)

	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	DIETARY FIBER (g)	TOTAL SUGARS (g)	PROTEIN (g)
West Coast Avocado Burger	560	320	35	13	1	70	670	37	5	6	26
West Coast Avocado Double Burger	870	550	61	24	2	145	870	37	5	6	45
Loaded Taco Fries	640	350	39	16	1	95	2200	42	3	6	23
Beyond® Sausage Sub	470	170	19	7	0	0	1420	48	6	4	24
French Onion Cheeseburger	550	300	34	14	1	75	600	36	2	7	26
French Onion Double Cheeseburger	800	500	55	22	2	135	770	36	2	7	41
Beef Poutine	650	340	38	12	0	115	1280	38	2	0	33
Avocado Chicken Sandwich	420	150	17	7	0	100	630	35	4	7	35
Spicy Maple Glazed Chicken Sandwich	460	110	12	4	0	90	960	51	3	21	37