












FIRE GRILL MENU NUTRITIONAL INFORMATION

Menu Item (List is a complete entrée unless otherwise noted)	Calories	Total Fat (g)	Sat. Fat (g)	Chol. (mg)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
GRILL ITEMS (Per Menu Description)								
 Black Bean Salsa Veggie Burger	263	6	1	0	711	16	37	4
 Grilled Chicken Breast	318	11	4	73	312	27	22	1
 Turkey Burger, plain	283	11	2	80	326	23	22	1
6 oz. Sirloin Burger	572	37	15	128	358	34	22	1
6 oz. Sirloin Cheeseburger	642	42	18	148	628	38	24	1
Chicken Philly	621	24.5	7	105	1282	36	62	2.5
French Dip	502	28	11	98	1154	32	28	2
Hot Dog	350	25	15	70	990	13	31	0
Philly Cheese Steak	661	31.5	10.2	110	1283	35	59	2.5
Slider 2 Pack, plain	585	37	16	120	373	35	28	1
BREADS								
 Deli Wheat Thins	100	1	0	0	230	5	21	5
 Soft Wheat Sandwich Bread	180	2.5	0.5	0	400	7	32	4
French Bread Hoagie	260	2.5	0.5	5	630	10	52	2
Multi-grain Hogie	250	3	0	0	460	10	46	5
Soft Burger Bun	123	2	1	0	241	4	22	1
Soft White Sandwich Bread	130	1.5	0	0	270	4	26	0
CHEESES								
American Cheese (one slice)	70	5	2	20	270	4	2	0
Cheddar Cheese (one slice)	114	9	6	30	176	7	0	0
Pepperjack Cheese (one slice)	106	9	5	25	152	7	0	0
Provolone Cheese (one slice)	100	8	5	20	248	7	1	1
Swiss Cheese (one slice)	95	7	5	24	193	7	1	0
CONDIMENTS								
 Iceberg Lettuce Leaf (one leaf)	3	0	0	0	2	0	1	0
 Ketchup (1 oz.)	29	0	0	0	336	0	8	0
 Mustard (1 oz.)	21	1	0	0	355	1	2	1
 Pickles (1 oz.)	5	0	0	0	363	0	1	0
Light Mayo (1 oz.)	45	5	1	5	120	0	1	0
Mayo (1 oz.)	111	9.5	4	7	207	0.3	7	0
GRILL SIDES								
 Broccoli Raisin Salad (1/2 cup)	162	6	1	10	266	4	26	2
 Fruit Salad (1/2 cup)	63	0	0	0	9	1	16	1
French Fries (4 oz.)	361	17	3	0	234	5	46	4
Housemade Chips (4 oz.)	300	19	3	0	580	4	42	3
Onion Rings Side (4 oz.)	380	22.5	4	0	436	3	42	3
Tater Tots (4 oz.)	320	16	4	0	260	4	40	4

NOTE: While these nutritional values are an excellent guide, they are approximations taken from an average of many government and commercial sources.