

Lunch Sizzle (Grill) Nutrition															
Standard Menu Item	Recipe Number	Portion Size	Weight	Weight	Calories	Total Fat	Saturated Fat	Trans Fat	Total Carb	Total Sugars	Added Sugars	Cholesterol	Protein	Dietary Fiber	Sodium
			(oz)	(g)	(kcal)	(g)	(g)	(g)	(g)	(g)	(g)	(g)	(mg)	(g)	(g)
Breads															
Whole Wheat Hamburger Bun	62312.1	1 each	2.72oz	77g	190	3	1	0	34	3	3	0	7	3	380
Potato Hamburger Bun	126480.48	1 serving(s)	2.5oz	70.87g	200	5	0	0	35	5	4	20	6	<1 g	260
White Sliced Bread	62272.11	1 slice	1.66oz	47g	130	1.5	0	0	23	3	0	0	4	1	230
Whole Wheat Sliced Bread	1390.6	1 slice	1.08oz	30.62g	80	0.5	0	0	13	0	0	0	3	2	120
Wrap	Toufayan	1 wrap		52g	150	3	1	0	27	0	0	0	4	1	350
Proteins															
Chipotle Black Bean Burger	82258.3	1 each	4.23oz	120g	170	5	1	0	26	3	2	0	15	9	450
Grilled Chicken Breast	5001.9	1 each	5oz	141.82g	210	5	1.5	0	0	0	0	140	40	0	240
House Chicken Tenders	32249	5 oz	5oz	141.75g	420	26	3	0	28	0	0+	45	19	<1 g	840
Beef Burger Patty	32409.34	1 each	3.6oz	102.17g	280	18	7	1	0	0	0	90	26	0	75
Turkey Bacon Slice	84929	1 slice	0.49oz	14g	60	4	1	0	<1 g	<1 g	<1 g	20	5	0	310
Applewood Bacon Slice	608.19	1 slice	0.4oz	11.34g	50	4	1.5	0	0	0	0	10	4	0	190
Cheese															
Cheese, American, Sliced, .5 oz	1748.7	1 oz	1oz	28.35g	100	9	5	0	1	<1 g	0	30	5	0	470
Cheese, Mild Cheddar Sliced	43037.3	1 oz	1oz	28.35g	110	9	5	-	<1 g	0	0	30	6	0	190
Cheese, Gouda, Smoked, Sliced	75797	1 oz	1oz	28.35g	100	8	5	-	<1 g	<1 g	0	30	7	0	230
Cheese, Havarti, Sliced	45467.5	1 oz	1oz	28.35g	110	8	5	-	<1 g	0	0	25	7	0	160
Cheese, Manchego	120930	1 oz	1oz	28.35g	130	10	7	-	<1 g	<1 g	0	30	9	0	120
Cheese, Mozzarella, Fresh	62290	1 oz	1oz	28.35g	80	6	4	-	<1 g	0	0	20	6	0	140
Cheese, Muenster, Sliced, .75 oz	43035.1	1 oz	1oz	28.35g	100	9	5	-	0	0	0	25	7	0	180
Cheese, Pepper Jack, Sliced	43037.2	1 oz	1oz	28.35g	110	9	5	-	0	0	0	25	7	0	170
Cheese, Provolone, Sliced, 1 oz	13404.12	1 oz	1oz	28.35g	100	8	5	-	<1 g	0	0	20	7	0	210
Cheese, Swiss, Sliced	75797.1	1 oz	1oz	28.35g	110	9	5	0	0	0	0	25	8	0	55
Condiments & Add Ons															
Lettuce, Romaine, Leaf, Fresh	62314	1 each	0.6oz	17g	0	0	0	0	<1 g	0	0	0	0	0	0
Onions, Red, Each Slice, Fresh	14918	1 slice	0.44oz	12.6g	5	0	0	0	1	<1 g	0	0	0	0	0
Roasted Onions	8118.5	1/4 cup	1.64oz	46.63g	30	1	0	0	4	2	0	0	<1 g	<1 g	40
Spinach, Baby, Fresh	47960.1	1/4 cup	0.26oz	7.5g	0	0	0	0	0	0	0	0	0	0	5
Tomatoes, Each Slice, 1/4", Fresh	47955.4	1 slice	0.48oz	13.65g	0	0	0	0	<1 g	0	0	0	0	0	0
Avocado (quarter)	65294	1 each	1.11oz	31.45g	50	4.5	0.5	0	3	0	0	0	<1 g	2	0
Banana Peppers	46017.25	1 tbsp	0.23oz	6.5g	0	0	0	0	0	0	0	0	0	0	30
Cherry Peppers, Hot	131243	1 tbsp	0.49oz	14g	0	0	0	0	0	0	0	0	0	0	150
Jalapeno, Sliced, Fresh	63607	1 tbsp	0.2oz	5.62g	0	0	0	0	0	0	0	0	0	0	0
Pickle Relish, Dill	47957.13	1 tbsp	0.54oz	15.25g	20	0	0	0	5	-	0	0	0	0	170
Pickles, Bread & Butter	63438.1	4 each	1.06oz	30g	25	0	0	0	6	6	5	0	0	0	160
Pickles, Dill Hamburger Slices	63438	4 each	0.99oz	28g	0	0	0	0	<1 g	0	0	0	0	0	230
Pickles, Dill Spears	5197	1 each	1.08oz	30g	0	0	0	0	<1 g	0	0	0	0	0	240
Unsalted Butter	66191	1 tbsp	0.5oz	14.19g	100	12	7	-	0	0	0	30	0	0	0
Mayonnaise, Heavy Duty	47957.8	1 tbsp	0.49oz	13.8g	100	11	1	-	0	0	0	10	0	0	80
Mayonnaise, Light	47957.9	1 tbsp	0.53oz	15g	35	3.5	0.5	0	<1 g	0	0	<5mg	0	0	100
Chipotle Mayo	22403	1 tbsp	0.49oz	13.84g	90	10	1	0+	<1 g	0	0	5	0	0	80
Roasted Garlic Aioli	14681.11	1 tbsp	0.54oz	15.23g	100	11	1	0+	<1 g	0	0	10	0	0	100
Caramelized Onion Aioli	121524	1 ounce	1oz	28.35g	80	8	2	0+	2	<1 g	0	10	0	<1 g	320
Ketchup	47957.12	1 tbsp	0.6oz	16.98g	20	0	0	0	5	4	4	0	0	0	180
Mustard, Dijon	57714	1 tbsp	0.55oz	15.56g	15	1	0	0	1	<1 g	0	0	<1 g	0	320
Mustard, Spicy Brown	62300	1 tbsp	0.53oz	15g	10	0.5	0	0	<1 g	0	0	0	<1 g	<1 g	170
Mustard, Whole Grain	62300.1	1 tbsp	0.53oz	15g	10	0.5	0	0	<1 g	0	0	0	<1 g	<1 g	170
Mustard, Yellow	47957.1	1 tbsp	0.55oz	15.62g	10	0.5	0	0	<1 g	0	0	0	<1 g	<1 g	170
Barbecue Sauce	14984	1 floz	1.1oz	31.25g	50	0	0	0	11	10	9	0	0	0	230
Buffalo Sauce	62597	1 floz	0.99oz	28.2g	5	0	0	0	<1 g	0	0	0	0	0	920
Side Orders															
Regular Cut Fries, 3/8", Fried	39862	4 oz	4oz	113.4g	200	12	1	0	24	1	0+	0	2	2	30
Waffle Fries	134755	4 oz	4oz	113.4g	270	20	2	0	23	<1 g	0	0	2	2	400
Onion Rings	539.4	4 oz	4oz	113.4g	370	27	3	0	29	3	1	0	2	1	370
Cheesy Bacon Tater Tots	141828.4	1 cup	5.63oz	159.53g	580	50	23	1+	22	3	0	110	12	1	830
Standard Grill Composed															
Classic Grilled Cheese Sandwich	35769.2	1 each	4.65oz	131.81g	420	20	11	0+	48	6	0	50	14	3	940
Grilled Cheese, Whole Wheat Bread	141812	1 each	3.72oz	105.32g	320	16	8	0+	27	0	0	40	18	4	580
Veggie Burger (3.3 oz), Cheese, Potato Bun	112426.8	1 each	7.49oz	212.21g	340	8	1	0	50	9	1+	0	21	10	680
Burger, Brioche Bun	32121.3	1 each	6.04oz	171.34g	480	23	9	1	33	5	0+	130	32	0	360
Burger, American Cheese, Brioche Bun	32121.2	1 each	7.44oz	211.03g	620	35	17	1	35	6	0+	170	40	0	1020
Grilled Chicken Sandwich, 5oz, Calise Bread	158973.2	1 each	7.15oz	202.75g	320	7	1	0	30	1	<1 g	90	34	1	730
Grilled Chicken Sandwich	99998	1 each	7.76oz	220.07g	420	8	0.5	0	56	1	0	65	29	3	1070
Crispy Chicken Sandwich	140320	1 each	11.5oz	326.02g	800	43	4	0+	75	2+	0	75	30	1	1300
Chicken Tenders 5 oz	32249	5 oz	5oz	141.75g	420	26	3	0	28	0	0+	45	19	<1 g	840

2000 calories a day is used for general nutrition advice, but calorie needs vary.

Nutrient values are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications and other factors may result in nutrient content variations.

Be aware that we handle and prepare egg, milk, wheat, shellfish, fish, soy, peanut and tree nut products, and other potential allergens in the food production areas of our facility.

Due to these inherent variabilities, guests with food allergies or other specific dietary concerns should speak with a manager for individualized assistance.