

Market Grille Burgers Nutritional Information

Item Name	Serving Size	Calories	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Added Sugars (g)	Prot (g)
Burgers												
Hamburger	1 burger	960	51	21	2	180	1190	70	2.94	23	16.13	52
Cheeseburger with American Cheese	1 burger	1030	57	25	2	195	1490	71	2.94	24	16.13	55
Cheeseburger with White Cheddar Cheese	1 burger	1050	58	25	2	205	1330	71	2.94	23	16.13	58
Cheeseburger with Swiss Cheese	1 burger	1040	57	25	2.5	200	1240	70	2.94	23	16.13	58
Cheeseburger with Pepperjack Cheese	1 burger	1030	57	25	2	200	1310	70	2.94	23	16.13	57
Mushroom & Swiss Burger	1 burger	1080	63	28	2.5	215	1230	67	1.61	21	16.13	59
Mac N Cheese Burger	1 burger	980	65	29	2	230	1710	37	1.08	3	0	59
Three Cheese Patty Melt	1 burger	1330	94	39	2.5	275	2150	53	2.9	12	7.83	65
BBQ Bacon Cheeseburger	1 burger	1450	88	35	2	280	3120	82	2.17	34	24.06	83
Peanut Butter Bacon Burger	1 burger	1640	108	36	2	255	2540	79	1.61	25	16.13	91
Bacon Blue Burger	1 burger	1480	96	41	2.5	305	3060	68	3.24	20	16.13	87
Southwest Burger	1 burger	1280	83	26	2.5	205	1920	79	6.23	26	18.96	54
Impossible Burger	1 burger	860	58	23	0	65	1710	56	6.9	10	5.97	29
Options												
Gluten-Free Hamburger Bun	1 bun	200	6	0	0	0	370	37	5	5	5	4
Impossible Burger Patty	1 burger patty	240	14	8	0	0	370	9	3	--	--	19
Marinated Chicken Breast	1 chicken breast	220	7	1.5	0	115	570	0	0.06	0	0	37
Add Ons												
Guacamole	2 oz	130	11	2	0	0	260	4	1.89	0	0	2
American Cheese	1 slice	70	6	3.5	0	15	300	1	0	1	0	3
Cheddar Cheese	1 slice	90	7	4	0	25	140	1	--	0	--	6
Pepperjack Cheese	1 slice	70	6	3.5	0	20	120	0	0	0	0	5
Swiss Cheese	1 slice	80	6	3.5	0	20	45	0	0	0	0	6
Bacon	2 slices	70	6	2	0	15	230	0	--	0	--	5
Sauteed Onions	2 oz	70	6	3.5	0	15	0	5	0.96	2	0	1
Sauteed Mushrooms	2 oz	60	6	3.5	0	15	0	2	0	1	0	2
Burgers with Substitutions												
Cheeseburger with American Cheese with Chicken	1 burger	760	31	13	0	165	1580	69	3	23	16.13	50
Cheeseburger with American Cheese with Chicken and Gluten-Free Bun	1 burger	620	30	12	0	160	1530	45	6.39	9	5	45
Cheeseburger with American Cheese with Gluten-Free Bun	1 burger	930	59	25	2	205	1600	48	6.33	10	5	51
Cheeseburger with American Cheese with Impossible Burger	1 burger	780	38	20	0	45	1380	77	5.94	23	16.13	32
Cheeseburger with American Cheese with Impossible Burger and Gluten-Free Bun	1 burger	640	37	19	0	45	1340	54	9.33	9	5	27
Cheeseburger with White Cheddar Cheese with Chicken	1 burger	780	32	13	0	175	1420	69	3	22	16.13	53
Cheeseburger with White Cheddar Cheese with Chicken and Gluten-Free Bun	1 burger	640	31	12	0	170	1370	45	6.39	8	5	48
Cheeseburger with White Cheddar Cheese with Gluten-Free Bun	1 burger	910	57	24	2	205	1290	48	6.33	9	5	53
Cheeseburger with White Cheddar Cheese with Impossible Burger	1 burger	800	39	20	0	55	1220	77	5.94	22	16.13	35
Cheeseburger with White Cheddar Cheese with Impossible Burger and Gluten-Free Bun	1 burger	660	38	19	0	55	1180	54	9.33	8	5	30
Cheeseburger with Pepperjack Cheese and Chicken	1 burger	760	31	13	0	170	1400	68	3	22	16.13	52
Cheeseburger with Pepperjack Cheese and Chicken and Gluten-Free Bun	1 burger	620	30	12	0	165	1350	44	6.39	8	5	47
Cheeseburger with Pepperjack Cheese with Gluten-Free Bun	1 burger	890	56	24	2	200	1270	47	6.33	9	5	52
Cheeseburger with Pepperjack Cheese with Impossible Burger	1 burger	780	38	20	0	50	1200	76	5.94	22	16.13	34
Cheeseburger with Pepperjack Cheese with Impossible Burger and Gluten-Free Bun	1 burger	640	37	19	0	50	1160	53	9.33	8	5	29
Cheeseburger with Swiss Cheese with Chicken	1 burger	770	31	13	0	170	1320	68	3	22	16.13	53
Cheeseburger with Swiss Cheese with Chicken and Gluten-Free Bun	1 burger	630	30	12	0	165	1280	44	6.39	8	5	48
Cheeseburger with Swiss Cheese with Gluten-Free Bun	1 burger	900	56	24	2	200	1190	47	6.33	9	5	53
Cheeseburger with Swiss Cheese with Impossible Burger	1 burger	790	38	20	0	50	1130	76	5.94	22	16.13	35

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Cheeseburger with Swiss Cheese with Impossible Burger and Gluten-Free Bun	1 burger	650	37	19	0	50	1080	53	9.33	8	5	30
Mushroom & Swiss Burger with Chicken	1 burger	810	37	16	0	185	1320	64	1.67	20	16.13	54
Mushroom & Swiss Burger with Chicken and Gluten-Free Bun	1 burger	670	36	15	0	185	1270	40	5.06	6	5	49
Mushroom & Swiss Burger with Gluten-Free Bun	1 burger	940	62	27	2	215	1190	43	5	7	5	54
Mushroom & Swiss Burger with Impossible Burger	1 burger	830	44	23	0	65	1120	73	4.61	20	16.13	36
Mushroom & Swiss Burger with Impossible Burger and Gluten-Free Bun	1 burger	690	43	22	0	65	1080	49	8	6	5	31
Mac N Cheese Burger with Chicken	1 burger	710	39	18	0	200	1790	34	1.14	2	0	54
Mac N Cheese Burger with Chicken and Gluten-Free Bun	1 burger	820	44	18	0	200	1980	54	5.49	7	5	56
Mac N Cheese Burger with Gluten-Free Bun	1 burger	1090	70	29	2	230	1890	57	5.43	8	5	61
Mac N Cheese Burger with Impossible Burger	1 burger	730	46	24	0	80	1600	43	4.08	2	0	36
Mac N Cheese Burger with Impossible Burger and Gluten-Free Bun	1 burger	840	51	24	0	80	1780	63	8.43	7	5	38
Three Cheese Patty Melt with Chicken	1 burger	1050	68	27	0	240	2230	50	2.95	11	7.83	60
Three Cheese Patty Melt with Chicken and Gluten-Free Bun	1 burger	1060	71	27	0	240	2180	51	5.86	15	12.24	57
Three Cheese Patty Melt with Gluten-Free Bun	1 burger	1330	97	38	2.5	275	2090	54	5.8	16	12.24	62
Three Cheese Patty Melt with Impossible Burger	1 burger	1080	75	34	0	125	2040	59	5.9	11	7.83	42
Three Cheese Patty Melt with Impossible Burger and Gluten-Free Bun	1 burger	1080	78	33	0	125	1980	60	8.8	15	12.24	39
BBQ Bacon Cheeseburger with Chicken	1 burger	1180	62	23	0	250	3210	79	2.23	33	24.06	78
BBQ Bacon Cheeseburger with Chicken and Gluten-Free Bun	1 burger	1030	61	22	0	250	3160	55	5.63	19	12.94	73
BBQ Bacon Cheeseburger with Gluten-Free Bun	1 burger	1310	87	34	2	280	3080	58	5.57	20	12.94	78
BBQ Bacon Cheeseburger with Impossible Burger	1 burger	1200	69	30	0	130	3010	88	5.17	33	24.06	60
BBQ Bacon Cheeseburger with Impossible Burger and Gluten-Free Bun	1 burger	1060	68	29	0	130	2970	64	8.57	19	12.94	55
Peanut Butter Bacon Burger with Chicken	1 burger	1370	82	25	0	225	2630	76	1.67	24	16.13	86
Peanut Butter Bacon Burger with Chicken and Gluten-Free Bun	1 burger	1230	81	24	0	225	2590	52	5.06	10	5	80
Peanut Butter Bacon Burger with Gluten-Free Bun	1 burger	1500	107	35	2	255	2500	55	5	11	5	85
Peanut Butter Bacon Burger with Impossible Burger	1 burger	1390	89	31	0	105	2430	85	4.61	24	16.13	68
Peanut Butter Bacon Burger with Impossible Burger and Gluten-Free Bun	1 burger	1250	88	30	0	105	2390	61	8	10	5	62
Bacon Blue Burger with Chicken	1 burger	1210	70	29	0.5	270	3150	65	3.3	19	16.13	82
Bacon Blue Burger with Chicken and Gluten-Free Bun	1 burger	1070	70	28	0	270	3100	41	6.69	5	5	77
Bacon Blue Burger with Gluten-Free Bun	1 burger	1340	96	40	2.5	305	3020	44	6.63	6	5	82
Bacon Blue Burger with Impossible Burger	1 burger	1230	77	36	0.5	155	2950	74	6.24	19	16.13	64
Bacon Blue Burger with Impossible Burger and Gluten-Free Bun	1 burger	1090	77	35	0	155	2910	50	9.63	5	5	59
Southwest Burger with Chicken	1 burger	1000	56	14	0	170	2010	76	6.29	25	18.96	49
Southwest Burger with Chicken and Gluten-Free Bun	1 burger	860	56	13	0	170	1970	52	9.68	11	7.83	43
Southwest Burger with Gluten-Free Bun	1 burger	1130	82	25	2	200	1880	55	9.62	12	7.83	48
Southwest Burger with Impossible Burger	1 burger	1030	64	21	0	55	1810	85	9.23	25	18.96	31
Southwest Burger with Impossible Burger and Gluten-Free Bun	1 burger	880	63	20	0	50	1770	61	12.62	11	7.83	25
Impossible Burger with Gluten-Free Bun	1 burger	850	60	22	0	65	1750	57	8.1	11	7.83	25