

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)
Starters												
Jumbo Traditional Wings with Buffalo Sauce	1 portion	920	79	19	0	200	4720	22	2.98	7	2.54	42
Jumbo Traditional Wings with Sweet Chili Sauce	1 portion	1050	63	14	0	175	1840	76	3.41	54	49.98	42
Jumbo Traditional Wings with BBQ Sauce	1 portion	960	62	14	0	175	2460	50	3.94	32	15.88	43
Boneless Colossal Wings with Buffalo Sauce	1 portion	790	54	12	0	125	5080	49	2.98	7	2.54	42
Boneless Colossal Wings with Sweet Chili Sauce	1 portion	920	37	6	0	100	2200	103	3.41	54	49.98	42
Boneless Colossal Wings with BBQ Sauce	1 portion	830	37	6	0	100	2820	78	3.94	32	15.88	43
Ranch Dressing	2 oz	230	23	3.5	0	20	470	4	0.11	3	0.67	2
Blue Cheese Dressing	2 oz	240	26	3	0	5	370	2	1.01	1	1.08	1
Bacon Jalapeno Wontons	6 wontons + mayo and syrup	1680	115	32	0.5	140	1990	134	4.84	36	20.11	29
Cheese Curds with Ranch	1 portion	1320	101	40	0	215	2500	49	0.1	19	0.64	53
Pretzel Bites with Honey Mustard	6 pretzel bites	490	33	6	0	25	870	39	1.64	14	13.4	8
Grilled Chicken Quesadilla	1 quesadilla	1050	66	39	0	200	1980	65	4.66	8	0	50
Guacamole	3 oz	200	17	3	0	0	400	6	2.83	0	0	3
Greens												
Asian Salad	1 salad	410	14	2	0	120	640	27	4.06	14	0	43
Chicken Caesar Salad	1 salad	940	63	20	0.5	200	1670	38	4.89	3	0.47	53
Grilled Chicken Cobb Salad with Ranch Dressing	1 salad	1040	79	19	0.5	400	1820	18	5.65	8	1.35	65
Crispy Chicken Salad	1 salad	1220	84	22	0	375	3780	46	5.16	8	1.35	74
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
Sandwiches												
Reuben Sandwich	1 sandwich	900	59	25	0.5	170	2680	45	3.5	7	4.54	45
Grilled Chicken Sandwich	1 sandwich	670	23	9	0	150	880	67	2.96	22	16.13	48
Grilled Buffalo Chicken Sandwich	1 sandwich	950	54	16	0	185	3120	73	3.15	26	18.07	50
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

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Add Ons													
Guacamole	2 oz	130	11	2	0	0	260	4	1.89	0	0	0	2
American Cheese	1 slice	70	6	3.5	0	15	300	1	0	1	0	0	3
Cheddar Cheese	1 slice	90	7	4	0	25	140	1	--	0	--	0	6
Pepperjack Cheese	1 slice	70	6	3.5	0	20	120	0	0	0	0	0	5
Swiss Cheese	1 slice	80	6	3.5	0	20	45	0	0	0	0	0	6
Bacon	2 slices	70	6	2	0	15	230	0	--	0	--	0	5
Sauteed Onions	2 oz	70	6	3.5	0	15	0	5	0.96	2	0	0	1
Sauteed Mushrooms	2 oz	60	6	3.5	0	15	0	2	0	1	0	0	2
Sides													
Hand Cut Fries	10 oz	970	53	9	0	0	1960	113	0	1	0	0	9
Tater Tots	10 oz	670	41	9	0	0	2510	64	6.75	0	0	0	7
Sweet Potato Tots	8 oz	510	21	2	0	0	1930	81	8.1	38	24.3	0	3
White Cheddar Mac-n-Cheese	4 oz	270	18	9	0	35	770	15	1.19	2	0	0	11
Fresh Fruit	4 oz	45	0	0	0	0	10	12	1.37	10	0	0	1
Coleslaw	1/2 cup	210	14	2	0	5	210	19	0.28	16	13.58	0	1
House Salad	1 salad	630	46	17	0	75	1440	38	3.99	6	0.67	0	13
Chips and Salsa	3 oz chips + 3 oz salsa	410	27	4.5	0	0	400	36	2.83	2	0	0	5
Cottage Cheese	1/2 cup	100	5	3	0	25	480	5	0	4	--	0	11
Applesauce	1/2 cup	90	0	0	0	0	0	22	2.7	19	8.1	0	0