



Nutritional Analysis of Grill Menu Items

Grill Protein, a la carte	Portion (g) for average serving	Normal US measurement / portion	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Protein (g)	Carbohydrate (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)	"Common" Brand used
Beef Patty, Natural Beef	112	3.2 oz patty RAW (90 g)	209	17	6	0	16	0	52	64	0	Coleman Natural Beef
Beef Patty, Natural Beef	112	5.3 oz patty RAW (148 g)	344	28	11	0	26	0	86	106	0	Coleman Natural Beef
Hamburger Patty	112	4 oz Patty, RAW*	320	27	10	0	17	1	80	180	0	BeefMark
Double Burger	224	8 oz Patties RAW *	640	54	20	0	34	2	160	360	0	BeefMark
Angus Beef Burger	224	8 oz patty RAW *	630	52	21	3	40	0	175	120	0	BeefMark
Double Angus Beef Burger	448	16 oz RAW *	1260	104	42	5	80	0	350	240	0	BeefMark
Buffalo Burger	150	5.34 oz.RAW *	356	22	10	0	36	0	124	109	0	Nicky Brand
Double Buffalo Burger	299	10.68 oz RAW Patties *	712	45	19	0	72	0	248	218	0	Nicky Brand
Chicken Breast	112	4 oz RAW *	130	4	0	0	26	0	65	75	0	10/2007
Turkey Burger	149	5.33 oz *	250	17	4	0	27	0	90	750	0	10/2007
Original Garden Burger	71	1 patty RAW *	100	4	1	0	5	14	5	420	5	Garden Burger
Black Bean Chipotle Garden Burger	71	1 patty RAW *	80	3	0	0	5	13	0	250	5	Garden Burger
Sante Fe Garden Burger	96	1 patty RAW *	180	4	2	0	7	27	25	380	5	Garden Burger
Boca Burger	71	1 patty RAW *	90	3	1	0	14	4	5	280	3	Boca
Atlantic Salmon, Farm Raised	140	5 oz RAW *	256	15	3	0	28	0	83	83	0	USDA

Cheeses, a la carte	Portion (g) for average serving	Normal US measurement / portion	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Protein (g)	Carbohydrate (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)	"Common" Brand used
American Cheese	28	1 oz	110	9	5		6	1	20	360	0	Great Lakes
Cheddar Cheese	28	1 oz	107	9	5		7	0	33	180	0	Great Lakes
Muenster Cheese	28	1 oz	110	9	6		7	0	30	180	0	Great Lakes
Pepper Jack Cheese	28	1 oz	103	9	5		6	1	15	324	0	Great Lakes
Provolone Cheese	28	1 oz	107	8	4		7	0	20	240	0	Great Lakes
Swiss Cheese	28	1 oz	107	8	5		8	0	27	60	0	Great Lakes
Alpine Lace Reduced Fat Swiss Cheese		1 oz	90	6	4				20	115		Alpine Lace

Condiments, a la carte	Portion (g) for average serving	Normal US measurement / portion	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Protein (g)	Carbohydrate (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)	"Common" Brand used
Lettuce Leaves	28	1 oz	4	0	0	0	0	1	0	8	0	USDA
Red Onion, Sliced	28	1 oz	12	0	0	0	0	3	0	1	0	USDA
Tomato Slices	56	2 oz	10	0	0	0	0	2	0	3	1	USDA
Mushrooms	28	1 oz	6	0	0	0	1	1	0	2	0	USDA
Roasted Red Peppers	28	1 oz	15	0	0	0	0	1	0	105	1	JR Simplot
Mayonnaise	14	1 T	100	11	2	0	0	0	5	75	0	Kraft Foods
Mayonnaise Light	14	1 T	47	5	1	0	0	1	5	112	0	Kraft Foods
Mayonnaise Fat Free	14	1 T	10	0	0	0	0	2	1	105	0	Kraft Foods
Mustard, Yellow	14	1 T	0	0	0	0	0	0	0	168	0	Kraft Foods
Mustard, Brown	14	1 T	20	1	0	0	1	1	0	307	1	French's
Kosher Pickle Chips	14	1 T	2	0	0	0	0	0	0	173	0	Claussen
Sweet Pickle Gherkins	28	1 oz	32	0	0	0	0	8	0	226	0	Nalley's

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Buns, Bread, a la Carte												
Bun, Sesame Seed Hamburger	76	1	270	5	1	0	8	48	0	450	2	Frans/Gai's Bakery
Bun, San Juan 9 Grain Island	76	1	220	4	1	0	9	38	0	330	3	Frans/Gai's Bakery
Bread, Old Fashioned White	76	2 sl	220	3	0	0	6	20	0	480	2	Orowheat
Bread, 100% Stoneground Whole Wheat	68	2 sl	180	2	0	0	8	32	0	270	4	Pepperidge Farms
Bread, Cracked Whole Wheat	76	2 sl	200	2	0	0	6	40	0	340	4	Orowheat
Bread, Extra Sourdough	84	2 sl	220	1	0	0	8	44	0	420	2	Francisco
Bread, Sourdough	96	2 sl	260	1	0	0	10	50	0	480	2	Bimbo Bakeries
Bread, Light/Mild Rye	64	2 sl	140	1	0	0	6	26	0	140	8	Natural Ovens
Side Items, Fried **												
French Fries, Steak/Dinner Fries or 2-3.5" long	50	10 strips	170	9	2	0	2	20	0	98	2	USDA Information
French Fries, Curly Fries	88	10 strips	300	16	3	0	4	35	0	173	3	USDA Information
Onion Rings, Batter Dipped, Fried (3-4" diameter)	125	4.5 oz	410	23	5	0	6	45	0	1010	4	Jack in the Box
	71	10 large rings	235	14	3	0	5	22	33	89	1	USDA Information
Breakfast Grill items, a la carte												
Bacon	11	2 strips cooked	70	6	2	0	4	0	10	260	0	John Morrell
Sausage Patty	56	1 patty RAW *	230	22	9	0	7	0	45	400	0	John Morrell
Sausage Link	28	1 oz link RAW *	110	11	4	0	3	0	25	200	0	John Morrell
Liquid Eggs	84	3 oz = 2 eggs	126	8	3	0	11	1	353	118	0	Columbia Valley Farms
Egg Substitute	56	1/4 cup	30	0	0	0	6	1	0	115	0	Better N'Eggs
Whole Eggs	50	1 egg	70	5	2	0	6	1	215	65	0	Columbia Valley Farms
Golden Griddle for frying eggs	14	1T for 2 eggs	126	14	3	2	0	0	0	0	0	Bunge Foods
Golden Griddle for frying eggs	7	1/2T for 1 egg	63	7	1	1	0	0	0	0	0	Bunge Foods

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