

The Market										Fall 2020
ChopStix Line	Serving Size	Calories(g)	Fat(g)	Carbs(g)	Fiber(g)	Protein(g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Beef Teriyaki	4oz	204	4	20	0	23				Soy (May contain wheat)
Gluten Free-Teriyaki Sauce	2oz	80	0	20	0	0	✓	✓	✓	Soy
Teriyaki Sauce	2oz	48	0	8	0	4	✓	✓		Wheat, Soy
Orange Chicken (with Peppers and Onions)	4oz	423	15	56	2	16				Wheat, Milk, Soy, Sesame
Sesame Chicken	4oz	509	31	41	1	16.5				Wheat, Milk, Soy, Sesame
Sesame Noodles	3oz	466	15.5	70.5	3	11				Wheat, Soy, Sesame
Shrimp (Fried/Breaded)	4oz	281	19	27	1	11				Wheat, Milk, Egg, Soy, Shellfish
Sides	Serving Size	Calories(g)	Fat(g)	Carbs(g)	Fiber(g)	Protein(g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Steamed Rice	4oz	140	0	32	0	3	✓	✓	✓	
Vegetable Egg Roll	3oz	177.5	9.5	20	2	3		✓		Wheat, Egg, Soy, Sesame
Pork Egg Roll	3oz	224	12	20	3	9				Wheat, Milk (Whey), Egg, Soy, Fish (Anchovy), Sesame Oil
Fried Rice	4oz	215	0.8	46	1	5		✓		Wheat, Egg, Soy
Burgers	Serving Size	Calories(g)	Fat(g)	Carbs(g)	Fiber(g)	Protein(g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Beef Patty	4oz	301	25	0	0	19			✓	
Single Burger (Patty,Bun)	1 Burger	466.5	26.56	33	1	24				Wheat, Soy
Single Cheese Burger (Patty, American Cheese, Bun)	1 Burger	527.5	31.5	33	1	28				Wheat,Milk, Soy
Double Burger (2 Patty,Bun)	1 Burger	767.5	51.5	33	1	43				Wheat
Black Bean Patty (Gardein)	1 Patty	166	6	21	7	7	✓	✓		Soy
Black Bean Burger (Patty, Bun)	1 Burger	331.5	7.5	54	8	12		✓		Wheat, Milk, Soy
Black Bean Cheese Burger (Patty, American Cheese, Bun)	1 Burger	392.5	12.5	54	8	16				Wheat, Milk, Soy
Turkey Patty	2 Burger	202	10	0	0	28				
Turkey Burger (Patty, Bun)	1 Burger	367.5	11.5	33	1	33				Wheat,
Turkey Cheese Burger (Patty, American Cheese, Bun)	1 Burger	428.5	16.5	33	1	37				Wheat, Milk, Soy
Gluten Free Hamburger Bun	1 Bun	243	7	41	4	4	✓	✓	✓	Soy, Poppy Seeds, Sesame Seeds
Hamburger Bun (only)	1 Bun	165.5	1.5	33	1	5	✓	✓		Wheat, Soy
Basic Toppings	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Ketchup	1 pkt	10.8	0	2.5	0	0.2	✓	✓	✓	
Lettuce	1 piece	4	0	0.5	0.5	0.5	✓	✓	✓	
Mayo	1 pkt	76	8	1	0	0		✓	✓	Egg, Soy
Mustard	1oz	10.5	0.5	1	0.5	0.5	✓	✓	✓	
Onion	2 slices/1oz	4	0	1	0	0	✓	✓	✓	
Pickle	4 slices	4	0	1	0.5	0	✓	✓	✓	
Tomato	2 slices	8	0	1.5	0.5	0.5	✓	✓	✓	
Additional Toppings	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Bacon	2 slices	166	14	0	0	10				Pork
Green Chilis	1oz	6	0	1.5	0.5	0	✓	✓	✓	
Jalapenos	1oz	9	1	0	0	0	✓	✓	✓	
Mushrooms	1oz	8	0	1.5	0.5	0.5	✓	✓	✓	
Additional Cheese	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Yellow American	1oz	74	6	1	0	4				Milk, Soy
Mixed Shredded Cheese	1oz	83	7	0	0	5		✓	✓	Milk
Pepper Jack	1 slice	70	6	0	0	5		✓	✓	Milk
Provolone	1 slice	70	8	0	0	5		✓	✓	Milk
Swiss	1 slice	82	6	1	0	6				Milk
Fries										
String Fries	3oz	191	11	21	2	2	✓	✓	✓	Soy Bean Oil
Specialty Sandwiches										
Double Philly Cheese Steak (Hoagie, Philly Meat, Provolone, Green Peppers, Onion)	1 sandwich	1044	65.5	46.6	2.8	29.3			✓	Wheat, Milk, Egg, Soy
Crispy Chicken Sandwich (Bun, Lettuce, Tomato, Pickle, Mayo, Chicken)	1 sandwich	653	38.5	55.2	3.3	21.3			✓	
Grilled Cheese (American Cheese, White Bread)	1 sandwich	342	14	40	1	14		✓		Wheat,Soy
Grilled Chicken Sandwich (Bun, Lettuce, Tomato, Pickle, Mayo, Chicken)	1 sandwich	525	27	38.2	2.3	32.3			✓	Wheat, Egg, Soy
Grilled Ham and Cheese (Ham, American Cheese, White Bread)	1 sandwich	461	18.5	41.5	1	32		✓	✓	Milk
Grilled Salmon	4oz	171	9	0	0	22.5			✓	Fish
Grilled Chicken	4oz	129	5	0	0	21				
Brown Rice and Quinoa Blend	4oz	192	4	35	3	4				

[illegible]