

Grill: Burgers, Sandwiches, Wings	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Beef Patty	4oz	301	25	0	0	19			✓	
Hamburger Bun (only)	1 Bun	165.5	1.5	33	1	5	✓	✓		Wheat, Soy
Single Burger (Patty,Bun)	1 Burger	467	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
Double Cheese Burger (2 Patty, American Cheese, Bun)	1 Burger	889.5	61.5	33	1	51				Wheat, Milk, Soy
Awesome Patty (Contains Wheat)	4oz	275	15	9	6	26	✓	✓		Wheat, Barley, Corn
Awesome Burger (Patty, Bun)	1 Burger	440.5	16.5	42	7	31				Wheat, Barley, Corn
Awesome Cheese Burger (Patty, American Cheese, Bun)	1 Burger	501.5	21.5	42	7	35	✓	✓		
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
American Cheese	1 Slice	61	5	0	0	4		✓	✓	Milk, Soy
Pepperjack Cheese	1 Slice	74	6	0	0	5		✓	✓	Milk
Swiss Cheese	1 Slice	82	6	1	0	6		✓	✓	Milk
Fried Sides	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains
French Fries	3oz	169.5	9.5	20	1	1	✓	✓	✓	
Fried Green Beans	3oz	190	9	24	0	2		✓		Wheat,Milk,Soy
Bun/Bread										
Kaiser Roll	1 roll	230	3	44	2	9		✓		Wheat,Soy,Egg
Regular Bun	1 bun	170	3	31	1	6	✓	✓		Wheat,Soy
Sour-Dough Bread, Thick (2 slices)	2 slices	250	1	24	1	5	✓	✓		Wheat,Soy
Gluten Free Bread										
Vegetables	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Guacamole	1oz	45	4	2	1	1	✓	✓	✓	
Jalapenos	1oz	8	0	2	1	0	✓	✓	✓	
Lettuce	1oz	5	0	1	1	0	✓	✓	✓	
Mushrooms	1oz	7	0	1	1	0	✓	✓	✓	
Olives	1oz	50	5	2	0	0	✓	✓	✓	
Roasted Red Pepper	1oz	6	0	1	1	0	✓	✓	✓	
Cheese	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Feta	1oz	75	6	1	0	4		✓	✓	Milk
Pepperjack	1oz	80	6	0	0	5		✓	✓	Milk
Swiss(Big Eye)	1oz	70	5	0	0	4		✓	✓	Milk
American Cheese	1oz	100	9	1	0	5		✓	✓	Milk, Soy
White American Cheese	1oz	70	6	1	0	4		✓	✓	Milk, Soy
Sauce	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains

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