

Wall/Gates: Grill & Chicken									updated	Fall 2020
Location	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy or Contains
#1 Chicken Strips (3)	~3 strips	438	27.5	30.5	0	17				Wheat, Milk, Soy, Egg
Chicken Strips (4)	~4 strips	581	36.5	40.5	0	22.5				Wheat, Milk, Egg, Soy
#2 Chicken Nuggets (8) (Fried)	8 nuggets	361	21	23	0	20				Wheat, Soy,Egg, Milk
Chicken Nuggets (12) (Fried)	12 nuggets	517	29	34	0	30				Wheat, Soy,Egg, Milk
Chicken Nuggets (20) (Fried)		1090	50	85	0	75				
#3 Buffalo Chicken Melt	1 Sandwich	598	35	70.8	27.6					Wheat, Milk, Soy, Egg
#4 Honey BBQ Chicken Melt	1 Sandwich	736	33.5	81.5	1	27				Wheat, Milk, Soy, Egg
#5 Honey Butter Chicken Melt	1 Sandwich	832	45.5	78.5	1	27				Wheat, Milk, Soy, Egg
#6 Chicken Strip Wrap	1 Wrap	873	49	73	1	35				Wheat, Milk, Soy, Egg
#7 Spicy BBQ Chicken Wrap	1 Wrap	849	43	81	1.5	34.5				Wheat, Milk, Soy, Egg
#8 Grilled Chicken Wrap	1 Wrap	797	45	53	1	45				Wheat,Milk,Egg,Soy
Wall/Gates: The Grill/Burgers	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy or Contains
#9 Samsburger	1 Burger	467	26.56	33	1	24				Wheat, Soy (May contain sesame seed)
#9 Samburger & Cheese (Patty, American Ch	1 Burger	532	32	33	1	28				Wheat,Milk,Soy, (May contain sesame seed)
#10 Double Samburger	1 Burger	768	51.5	33	1	43				Wheat, Soy (May contain sesame seed)
#10 Double Samburger & Cheese (2 Patty,Bu	1 Burger	768	51.5	33	1	43				Wheat, Soy
#11 Grilled Cheese		368	16	38	1	18				Wheat,Milk,Soy, (May contain sesame seed)
#12 Grilled Sammy Club	1 Sandwich	543	23	41	1	43				Wheat, Milk,Soy,Pork
#13 Black Bean Burger	1 Burger	336	8	54	8	12	✓	✓		Wheat,Soy
#14 Grilled Chicken Club	1 Club	447	31	33	15	9				Wheat,Milk,Pork,Soy (May contain sesame seed)
#15 Spicy Chicken Club	1 Club	661	37	50	2	32				Wheat, Milk, Pork, Soy (May contain sesame seed)
#16 A1 Philly	1 Sandwich	561	27	47	3	34				Wheat, Barley, Milk,Soy
Sirloin Philly (Meat Only)	4oz.	268	20	0	0	22			✓	
#17 Smoked BBQ Philly	1 Sandwich	589	27	54	3	34				Wheat, Barley, Milk,Soy
#18 Sweet & Spicy Philly	1 Sandwich	603	27	56	3	34				Wheat, Barley, Milk,Soy
#19 Sam's Dog	1 Hot Dog	289	17	25	1	9				Wheat, Soy
#20 Chili Cheese Dog	1 Chili Cheese Dog	633	45	30	2	27				Wheat, Milk, Soy, Oats
#21 Chili Cheese Fries	4oz	530	38	27	3	20				Wheat, Milk, Soy
#22 Frito Pie	1 Frito Pie	830	58	53	4	24			✓	Milk, Soy, Oats
Wall/Gates: BYO Sub or Wrap	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy or Contains
Bread/Wrap Options:										
Corn Tortilla	2 tortilla	126	1.5	25	2	3	✓	✓	✓	
Texas Toast (Flowers)	2 slices	185	1	38	1	6	✓	✓		Wheat,Soy
White Hoagie	1 hoagie	194	1.5	38	1	7	✓	✓		Wheat, Barley, Soy
Wheat Hoagie	1 hoagie	149	1	30	2	5	✓	✓		Wheat, Barley, Soy
White Wrap	12"	316	8	52	5	9	✓	✓		Wheat,Soy
Wheat Wrap	12"	299	7	50	6	9	✓	✓		Wheat,Soy
Gluten Free White Bread (Northern Bake)	2 slices	170	4	36	4	1		✓	✓	Egg/ Kosher
Gluten Free Hoagie Roll	1 Roll	195	3	36	1	6		✓	✓	Egg
Cheese:										
Yellow American Cheese	1oz.	105	9	1	0	5		✓	✓	Milk, Soy
White American Cheese	1oz.	74	6	1	0	4		✓	✓	Milk, Soy
Provolone Cheese	1oz	100	8	0	0	7		✓	✓	Milk
Swiss Cheese	1oz	82	6	1	0	6		✓	✓	Milk
Meat:		0								
Sliced Turkey	2oz	53	0.5	1	0	11			✓	
Sliced Ham	2oz	62	1.5	2	0	10			✓	Pork

Sliced Roast Beef	2oz	83	3	0	0	14				
Dressings:										
Chipotle Mayo	1oz.	188	20	2	0	0		✓	✓	Egg, Soy
Mayonnaise	1oz.	206	22	2	0	0		✓	✓	Egg
Ranch	1oz.	62	6	1	0	1		✓		Wheat, Milk, Egg, Soy
Spicy Ranch	1oz.	62	6	1	0	1		✓		Wheat, Milk, Egg, Soy
Franks Hot Sauce	1oz.	7	0.5	0.5	0	0	✓	✓	✓	
Mustard	1oz.	24	0	5	0	1	✓	✓	✓	
Honey Mustard	1oz.	133	13	4	0	0		✓	✓	Egg, Soy
Regular Ranch Packet	1.5oz	108	12	0	0	0		✓	✓	Milk, Egg
Light Ranch Packet	1.5oz	62	6	2	0	0		✓	✓	Milk, Egg
Wall/Gates: Sub Combo	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy or Contains
#2 Italian Sub (6")	6" SUB	574	31.5	40	1	32.5				Wheat, Milk, Pork, Soy
#2 Italian Sub (12")	12" SUB	1086	61.5	78	2	55				Wheat, Milk, Pork, Soy
#3 Turkey Bacon Guacomole SUB (6")	6" SUB	513	21	43	2.5	38				Wheat, Milk, Soy
#3 Turkey Bacon Guacomole SUB (12")	12" SUB	1022	42	86	5	75				Wheat, Milk, Soy
#4 Meatball SUB (6")	6" SUB	508	21.5	50	4	28.5				Wheat, Milk, Soy
#4 Meatball SUB (12")	12" SUB	919	39	92	6	50				Wheat, Milk, Soy
Wall/Gates: The Grill/Side Items	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy or Contains
Mashed Potatoes	4oz	101	0.5	21.5	1	2.5		✓	✓	
Cream Gravy	1oz.	193	9	24	1	4		✓		Wheat, Milk, Soy, Egg
Straight Cut Fries	3oz	186	10	22	2	2	✓	✓	✓	Soy
Curly Fries	3oz	186	10	22	2	2	✓	✓		Wheat, Soy
Macaroni & Cheese	4oz	244	12	24	1	10		✓		Wheat, Milk
Fried Burrito	4oz	341	17	36	4	11				Wheat, Soy
Corn Dog (Fried)	1 dog	278	18	23	1	6				Wheat, Milk, Soy
Yes = ✓										
Indicates a "Smart Choice" lower in fat and packed with nutrients.										
Allergy/Contains Column lists foods that may contain one of the big eight food allergies. Wheat, Milk, Soy, Eggs, Fish, Shell Fish, Peanuts, Tree Nuts, Pork and Sesame										