

									Updated	8/23/2016
Location/Food	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Union Grill										
Breakfast Burritos										
Bacon, Egg, Cheese & Potato	1 Burrito	496	25	39	3	23				Wheat, Milk, Egg, Pork
Sausage, Egg, Cheese & Potato	1 Burrito	522	29	36	3	21				Wheat, Milk, Egg, Pork
10" Tortilla	1 Tortilla	210	5	36	3	6	✓	✓		Wheat, Soy
Breakfast Toasters										
Bacon, Egg & Cheese	1 Toaster	569	26	52	2	31				Wheat, Milk, Egg, Soy, Pork
Sausage, Egg & Cheese	1 Toaster	744	42	54	2	32				Wheat, Milk, Egg, Soy, Pork
Ham, Egg & Cheese	1 Toaster	561	22	54	2	37				Wheat, Milk, Egg, Soy, Pork
Breakfast Platters	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Bacon, Egg, Hashbrowns & (Toast or Biscuit)**	1 Platter	338	23	17	2	16				Wheat, Milk, Egg, Soy, Pork
Sausage, Egg, Hashbrowns & (Toast or Biscuit)**	1 Platter	386	28	17	2	14				Wheat, Milk, Egg, Soy, Pork
Ham, Biscuits and Gravy & Hashbrowns	1 Platter	497	23	48	3	27				Wheat, Milk, Egg, Soy, Pork
Sausage, Biscuits and Gravy & Hashbrowns	1 Platter	530	32	46	3	12				Wheat, Milk, Egg, Soy, Pork
Toast	1 Slice	100	1	20	0	3	✓	✓		Wheat, Soy
Biscuit	1 Biscuit	180	2	24	1	4		✓		Wheat, Milk, Soy
Burgers*	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Chili Burger	1 Burger	789	54	35	2	39				Wheat, Milk, Egg, Soy
Reggie Burger (Bell Peppers, Onions, Mushrooms, Bacon, Swiss Cheese, Jalapenos)	1 Burger	559	34	31	3	30				Wheat, Milk, Egg, Soy
1/2lb Cheeseburger	1 Burger	956	64	38	2	56				Wheat, Milk, Egg, Soy, Pork
1/2lb Hamburger	1 Burger	722	48	27	2	42				Wheat, Milk, Egg, Soy
1/4lb Cheeseburger	1 Burger	621	40	28	2	36				Wheat, Milk, Egg, Soy
1/4lb Hamburger	1 Burger	458	26.5	33	1	24				Wheat, Milk, Egg, Soy
Mushroom Swiss Burger	1 Burger	669	45.5	35	2	31				Wheat, Milk, Soy
Turkey Burger	1 Burger	490	24	27	5	41				Wheat, Soy
Western Burger	1 Burger	558	34	31	2	29				Wheat, Soy, Need More Info.
Black Bean Burger with Bun	1 Burger									
Hamburger Bun (only) (Flower Bakeries)	1 Bun	160	1.5	33	1	5	✓	✓		Wheat, Soy
Garden Burger Patty (may not be available at this location)	1 Patty	150	4.5	21	3	7		✓		Wheat, Milk (Mozzerella Cheese)
Black Bean Patty (Morning Star)	1 Patty	190	7	22	8	17	✓	✓		Wheat, Calcium Caseinate
1/4lb Patty	1 Patty	298	25	0	0	19				
American Cheese	1 Slice	70	5	0	0	4		✓		Milk, Soy
Swiss Cheese	1 Slice	70	5	0	0	4		✓		Milk, Soy
Chili (only)	2 oz	120	10	3	1	4				Oats, Soy
Fried Sides	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Sweet Potato Fries	3oz	230	13	25	3	2	✓	✓	✓	
Regular Fries	~5oz	300	15	35	1.5	3.5	✓	✓	✓	Soy
Onion Rings	3oz	230	14	23	2	3		✓		Wheat, Soy, Milk
Specialty Sandwiches*	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Deluxe BLT	1 Sandwich	424	15	54	2	19				Wheat, Milk, Egg, Soy, Pork
Deluxe Classic Club	1 Sandwich	818	30	80	3	56				Wheat, Milk, Egg, Soy, Pork
Sides	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Southern Style Biscuit	1 Biscuit	180	8	23	1	4		✓		Wheat, Milk, (Whey)
French Fries***	4 oz.	428	34	29	1	3	✓	✓	✓	
Onion Rings***	4 oz.	267	14	31	2	3	✓	✓		Wheat, Soy
Bacon (~2slices)	<1oz	100	8	1	0	7				Pork
Shredded Cheese	1 oz.	111	8	1	0	7		✓	✓	Milk
Toast	1 Slice	100	1	20	0	3	✓	✓		Wheat, Soy
*Condiments not included										
**Values do not include toast or biscuit (add selection to posted nutrition information)										
Yes = ✓										
Yellow = Needs More Information										
Indicates Smart Choice item has less than 400 calories and 30% Fat(g)										
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										

