			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	-0-			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)	40z	281	19	27	1	11	14	141	Cluber Free	Wheat, Milk, Egg, Soy, Shellfish
Sides Steamed Rice	Serving Size 4oz	Calories(g) 140	Fat(g)	Carbs(g) 32	Fiber(g)	Protein(g)	Vegan	Vegetarian ✓	Gluten Free	Allergy/Contains
Vegetable Egg Roll	30z	177.5	9.5	20	2	3	•	· ·	•	Wheat, Egg, Soy, Sesame
vegetable Lgg Noll	302	177.5	3.3	20	2	3		*		
					_					Wheat, Milk (Whey), Egg, Soy,
Pork Egg Roll	3oz	224	12	20	3	9				Fish (Anchovy), Sesame Oil
Fried Rice	4oz	215	0.8	46	1	5				Wheat, Egg, Soy
<u>Burgers</u>	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
<u>Basic Toppings</u>	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Ketchup	1 pkt	10.8	0	2.5	0	0.2	√	√	V	
Lettuce	1 piece	4	0	0.5	0.5	0.5	✓	√	· ·	
Mayo	1 pkt	76	8	1	0	0	✓	✓	√	Egg, Soy
Mustard	10z	10.5	0.5	1	0.5	0.5	V	V	V	
Onion Pickle	2 slices/1oz 4 slices	4	0	1	0.5	0	√	V	V	
	2 slices	8	0	1.5	0.5	0.5	V		-/	
Tomato Additional Toppings	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Bacon	2 slices	166	14	0	0	10	vegan	vegetarian	Gluten Free	Pork Pork
Green Chilis	2 slices	6	0	1.5	0.5	0	✓	√	✓	POTR
Jalapenos	10Z	9	1	0	0.5	0	<u> </u>	· ·		
Mushrooms	10Z	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	102	74	6	1	0	4	Vegun	Vegetarian	Giatemirice	Milk, Soy
Mixed Shredded Cheese	10z	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		<u> </u>								
	2									
String Fries	3oz	191	11	21	2	2	✓	✓	✓	Soy Bean Oil
Specialty Sandwiches										
Double Phillly 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
				20.2					/	
Grilled Chicken Sandwich (Bun, Lettuce, Tomato, Pickle, Mayo, Chicken)	1 sandwich	525	27 18.5	38.2 41.5	2.3	32.3			· ·	Wheat, Egg, Soy
Grilled Ham and Cheese (Ham, American Cheese, White Bread)	1 sandwich	461 171	18.5	41.5	0	32		· ·	V	Milk Fish
Grilled Salmon Grilled Chicken	4oz 4oz	1/1	5	0	0	22.5			•	FISH
		129	4	35	3	4				
Brown Rice and Quinoa Blend	4oz	192	4	35	3	4				

Wing It	Serving Size	Calories(g)	Fat(g)	Carbs(g)	Fiber(g)	Protein(g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Chicken Strips	3 pieces	378.5	22.5	22	1	22				Wheat, Milk, Egg, Soy
Chicken Strips	4 pieces	502	30	29	1	29				Wheat, Milk, Egg, Soy
Chicken Nuggets	6 pieces	227	15	10	1	13				Wheat, Milk, Egg
Chicken Nuggets	12 pieces	454	30	20	2	26				Wheat, Milk, Egg
Boneless Wings (See Sauces Below)	6 pieces	437	21	38	2	24				Wheat, Soy
Boneless Wings (See Sauces Below)	12 pieces	874	42	76	4	48				Wheat, Soy
GLUTEN FREE Boneless Wings (Baked)	6 pieces	288	8	30	0	24			✓	Corn and Soy
GLUTEN FREE Boneless Wings (Baked)	12 pieces	576	16	60	0	48			✓	Corn and Soy
Steak Fingers	4 pieces	347.5	19.5	27	1	16				Wheat,Soy,Milk,Egg
Cream Gravy	1oz	107	3	17	1	3		✓		Wheat,Soy,Milk,Egg
Cream Gravy	3oz	321	9	51	3	9		✓		Wheat,Soy,Milk,Egg
Sides	Serving Size	Calories(g)	Fat(g)	Carbs(g)	Fiber(g)	Protein(g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Waffle Fries	5oz	300	18.3	30.4	3.3	3.3				Wheat, May contain: Soy
Tater Tots	5oz	268	16.7	26.6	2.8	2.8				Soy
Fried Okra	2oz	108	5.5	12.6	0.6	1.9				,
Mozzarella Sticks	4 pieces	252	15.5	16	1	12				Wheat, Milk, Egg, Soy
Loaded Mashed Potatoes	4oz	442	20	49	5.5	16.5				Milk, Pork
Mashed Potatoes (without Gravy)	4oz	259	5	48	5.5	5.5				Milk
Cream Gravy (1oz)	1oz	104	3	17	1	3		√		Wheat,Soy,Milk,Egg
Bacon	10Z	70	6	0	0	4				Pork
Shredded Cheese	10z	113	9	1	0	7				Milk
Parsely	0.25oz	0	0	0	0	0				IVIIIK
Sauces	Serving Size	Calories(g)	Fat(g)	Carbs(g)	Fiber(g)	Protein(g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
			141(8)	Carb3(g)	Tibel(g)		vegan	Vegetarian	diatentiee	Aller 6 y/ Collitains
Honey BBO Sauce	207	67	1	12.5	1	1				
Honey BBQ Sauce	20z	67	1	13.5	1	1				
Buffalo Sauce	2 oz	8	0	2	0	0				Milk Egg Sov
Buffalo Sauce Ranch	2 oz 2oz	8 116	0 12	2 2	0	0				Milk, Egg, Soy
Buffalo Sauce Ranch Cheese Dip	2 oz 2oz 2oz	8 116 62	0 12 4.5	2 2 5.4	0 0 0	0 0 0				Milk, Egg, Soy Milk, May contain: Soy
Buffalo Sauce Ranch Cheese Dip Marinara Sauce	2 oz 2oz	8 116	0 12	2 2	0	0				
Buffalo Sauce Ranch Cheese Dip	2 oz 2oz 2oz	8 116 62	0 12 4.5	2 2 5.4	0 0 0	0 0 0				
Buffalo Sauce Ranch Cheese Dip Marinara Sauce Desserts	2 oz 2 oz 2 oz 2 oz 2 oz	8 116 62 22	0 12 4.5 0	2 2 5.4 4.8	0 0 0 1.2	0 0 0 0 0.8				Milk, May contain: Soy
Buffalo Sauce Ranch Cheese Dip Marinara Sauce	2 oz 2oz 2oz	8 116 62	0 12 4.5	2 2 5.4	0 0 0	0 0 0		·		Milk, May contain: Soy Wheat, Milk, Soy, Egg, Tree Nuts
Buffalo Sauce Ranch Cheese Dip Marinara Sauce Desserts White Chocolate Macadamia	2 oz 2 oz 2 oz 2 oz 2 oz	8 116 62 22 260	0 12 4.5 0	2 2 5.4 4.8	0 0 0 1.2	0 0 0 0 0 0 0 8				Milk, May contain: Soy Wheat, Milk, Soy, Egg, Tree Nuts Wheat, Milk, Soy, Egg, Held in
Buffalo Sauce Ranch Cheese Dip Marinara Sauce Desserts	2 oz 2 oz 2 oz 2 oz 2 oz	8 116 62 22	0 12 4.5 0	2 2 5.4 4.8	0 0 0 1.2	0 0 0 0 0.8		· ·		Milk, May contain: Soy Wheat, Milk, Soy, Egg, Tree Nuts Wheat, Milk, Soy, Egg, Held in Case with Tree Nut Products
Buffalo Sauce Ranch Cheese Dip Marinara Sauce Desserts White Chocolate Macadamia Chocolate Chip Cookie	2 oz 2 oz 2 oz 2 oz 2 oz 2 oz 2 oz	8 116 62 22 260 250	0 12 4.5 0	2 2 5.4 4.8 33	0 0 0 1.2	0 0 0 0 0.8		✓		Milk, May contain: Soy Wheat, Milk, Soy, Egg, Tree Nuts Wheat, Milk, Soy, Egg, Held in Case with Tree Nut Products Wheat, Milk, Soy, Egg, Held in
Buffalo Sauce Ranch Cheese Dip Marinara Sauce Desserts White Chocolate Macadamia	2 oz 2 oz 2 oz 2 oz 2 oz	8 116 62 22 260	0 12 4.5 0	2 2 5.4 4.8	0 0 0 1.2	0 0 0 0 0 0 0 8				Milk, May contain: Soy Wheat, Milk, Soy, Egg, Tree Nuts Wheat, Milk, Soy, Egg, Held in Case with Tree Nut Products Wheat, Milk, Soy, Egg, Held in Case with Tree Nut Products
Buffalo Sauce Ranch Cheese Dip Marinara Sauce Desserts White Chocolate Macadamia Chocolate Chip Cookie M & M Cookie	2 oz 2 oz 2 oz 2 oz 2 oz 2 oz 2 oz	8 116 62 22 260 250	0 12 4.5 0 13 11	2 2 5.4 4.8 33 36	0 0 0 1.2	0 0 0 0 0.8		✓ ✓		Milk, May contain: Soy Wheat, Milk, Soy, Egg, Tree Nuts Wheat, Milk, Soy, Egg, Held in Case with Tree Nut Products Wheat, Milk, Soy, Egg, Held in Case with Tree Nut Products Wheat, Milk, Egg, Held in Case
Buffalo Sauce Ranch Cheese Dip Marinara Sauce Desserts White Chocolate Macadamia Chocolate Chip Cookie	2 oz 2 oz 2 oz 2 oz 2 oz 2 oz 2 oz	8 116 62 22 260 250	0 12 4.5 0	2 2 5.4 4.8 33	0 0 0 1.2	0 0 0 0 0.8		✓		Milk, May contain: Soy Wheat, Milk, Soy, Egg, Tree Nuts Wheat, Milk, Soy, Egg, Held in Case with Tree Nut Products Wheat, Milk, Soy, Egg, Held in Case with Tree Nut Products Wheat, Milk, Egg, Held in Case with Tree Nut Products
Buffalo Sauce Ranch Cheese Dip Marinara Sauce Desserts White Chocolate Macadamia Chocolate Chip Cookie M & M Cookie Sugar Cookie	2 oz 2 oz 2 oz 2 oz 2 oz 2 oz 2 oz 2 oz	8 116 62 22 260 250 160	0 12 4.5 0 13 11 7	2 2 5.4 4.8 33 36 22	0 0 0 1.2	0 0 0 0 0.8 3 3		· · · · · · · · · · · · · · · · · · ·		Wheat, Milk, Soy, Egg, Tree Nuts Wheat, Milk, Soy, Egg, Held in Case with Tree Nut Products Wheat, Milk, Soy, Egg, Held in Case with Tree Nut Products Wheat, Milk, Egg, Held in Case with Tree Nut Products Wheat, Milk, Egg, Tree Nut
Buffalo Sauce Ranch Cheese Dip Marinara Sauce Desserts White Chocolate Macadamia Chocolate Chip Cookie M & M Cookie	2 oz 2 oz 2 oz 2 oz 2 oz 2 oz 2 oz	8 116 62 22 260 250	0 12 4.5 0 13 11	2 2 5.4 4.8 33 36	0 0 0 1.2	0 0 0 0 0.8		✓ ✓		Milk, May contain: Soy Wheat, Milk, Soy, Egg, Tree Nuts Wheat, Milk, Soy, Egg, Held in Case with Tree Nut Products Wheat, Milk, Soy, Egg, Held in Case with Tree Nut Products Wheat, Milk, Egg, Held in Case with Tree Nut Products
Buffalo Sauce Ranch Cheese Dip Marinara Sauce Desserts White Chocolate Macadamia Chocolate Chip Cookie M & M Cookie Sugar Cookie	2 oz 2oz 2oz 2oz 2oz 2oz 2oz 2oz 2oz 2oz	8 116 62 22 260 250 160 250 364	0 12 4.5 0 13 11 7	2 2 5.4 4.8 33 36 22	0 0 0 1.2	0 0 0 0 0.8 3 3		· · · · · · · · · · · · · · · · · · ·		Wheat, Milk, Soy, Egg, Tree Nuts Wheat, Milk, Soy, Egg, Held in Case with Tree Nut Products Wheat, Milk, Soy, Egg, Held in Case with Tree Nut Products Wheat, Milk, Egg, Held in Case with Tree Nut Products Wheat, Milk, Egg, Tree Nut
Buffalo Sauce Ranch Cheese Dip Marinara Sauce Desserts White Chocolate Macadamia Chocolate Chip Cookie M & M Cookie Sugar Cookie Rice Krispie Treat	2 oz 2oz 2oz 2oz 2oz 2oz 2oz 2oz 2oz 2oz	8 116 62 22 260 250 160 250 364	0 12 4.5 0 13 11 7	2 2 5.4 4.8 33 36 22	0 0 0 1.2	0 0 0 0 0.8 3 3		· · · · · · · · · · · · · · · · · · ·		Milk, May contain: Soy Wheat, Milk, Soy, Egg, Tree Nuts Wheat, Milk, Soy, Egg, Held in Case with Tree Nut Products Wheat, Milk, Soy, Egg, Held in Case with Tree Nut Products Wheat, Milk, Egg, Held in Case with Tree Nut Products Wheat, Milk, Egg, Tree Nut Products
Buffalo Sauce Ranch Cheese Dip Marinara Sauce Desserts White Chocolate Macadamia Chocolate Chip Cookie M & M Cookie Sugar Cookie Rice Krispie Treat All Fried Items have been fried in Canola Fry Oil in Common Fryer of the Sauce Cheese Process of the Sauce Common Fryer of the Sau	2 oz 2oz 2oz 2oz 2oz 2oz 2oz 2oz 2oz 2oz	8 116 62 22 260 250 160 250 364	0 12 4.5 0 13 11 7	2 2 5.4 4.8 33 36 22	0 0 0 1.2	0 0 0 0 0.8 3 3		· · · · · · · · · · · · · · · · · · ·		Milk, May contain: Soy Wheat, Milk, Soy, Egg, Tree Nuts Wheat, Milk, Soy, Egg, Held in Case with Tree Nut Products Wheat, Milk, Soy, Egg, Held in Case with Tree Nut Products Wheat, Milk, Egg, Held in Case with Tree Nut Products Wheat, Milk, Egg, Tree Nut Products
Buffalo Sauce Ranch Cheese Dip Marinara Sauce Desserts White Chocolate Macadamia Chocolate Chip Cookie M & M Cookie Sugar Cookie Rice Krispie Treat All Fried Items have been fried in Canola Fry Oil in Common Fryer Vyes = ✓ Indicates a "Smart Choice" lower in fat and packed with nutrients.	2 oz	8 116 62 22 260 250 160 250 364	0 12 4.5 0 13 11 7	2 2 5.4 4.8 33 36 22	0 0 0 1.2	0 0 0 0 0.8 3 3		· · · · · · · · · · · · · · · · · · ·		Milk, May contain: Soy Wheat, Milk, Soy, Egg, Tree Nuts Wheat, Milk, Soy, Egg, Held in Case with Tree Nut Products Wheat, Milk, Soy, Egg, Held in Case with Tree Nut Products Wheat, Milk, Egg, Held in Case with Tree Nut Products Wheat, Milk, Egg, Tree Nut Products
Buffalo Sauce Ranch Cheese Dip Marinara Sauce Desserts White Chocolate Macadamia Chocolate Chip Cookie M & M Cookie Sugar Cookie Rice Krispie Treat All Fried Items have been fried in Canola Fry Oil in Common Fryer vyes = V' Indicates a "Smart Choice" lower in fat and packed with nutrients. Allergy/Contains Column lists foods that may contain one of the bi	2 oz	8 116 62 22 260 250 160 250 364 heat Items	0 12 4.5 0 13 11 7	2 2 5.4 4.8 33 36 22	0 0 0 1.2	0 0 0 0 0.8 3 3		· · · · · · · · · · · · · · · · · · ·		Milk, May contain: Soy Wheat, Milk, Soy, Egg, Tree Nuts Wheat, Milk, Soy, Egg, Held in Case with Tree Nut Products Wheat, Milk, Soy, Egg, Held in Case with Tree Nut Products Wheat, Milk, Egg, Held in Case with Tree Nut Products Wheat, Milk, Egg, Tree Nut Products
Buffalo Sauce Ranch Cheese Dip Marinara Sauce Desserts White Chocolate Macadamia Chocolate Chip Cookie M & M Cookie Sugar Cookie Rice Krispie Treat All Fried Items have been fried in Canola Fry Oil in Common Fryer (1955)	2 oz	8 116 62 22 260 250 160 250 364 heat Items	0 12 4.5 0 13 11 7	2 2 5.4 4.8 33 36 22	0 0 0 1.2	0 0 0 0 0.8 3 3		· · · · · · · · · · · · · · · · · · ·		Milk, May contain: Soy Wheat, Milk, Soy, Egg, Tree Nuts Wheat, Milk, Soy, Egg, Held in Case with Tree Nut Products Wheat, Milk, Soy, Egg, Held in Case with Tree Nut Products Wheat, Milk, Egg, Held in Case with Tree Nut Products Wheat, Milk, Egg, Tree Nut Products