Gardenburger (cooked to order)

Serving: 1 Patty  
KCal: 210, Fat: 6g (29% Cal), SatFat: 2g, TransFat: 0g,  
Chol: 20mg, Sodium: 800mg, Carbs: 36g, Sugars: 1g, Protein: 9g, Fiber: 9g  
Contains milk, wheat, soy beans

Chicken Breast-Grilled (available Monday dinner and Wednesday lunch and dinner)

Serving: 1 Breast  
KCal: 140, Fat: 3g (18% Cal), SatFat: 1g, TransFat: 0g,  
Chol: 70mg, Sodium: 65mg, Carbs: 0g, Sugars: 0g, Protein: 26g, Fiber: 0g

Hamburger with Lettuce & Tomato  
Our Grilled Seasoned Hamburger Cooked To Perfection.  
Served on a Toasted Bun

Serving: 1 Sandwich  
KCal: 320, Fat: 16g (44% Cal), SatFat: 6g, TransFat: 0g,  
Chol: 35mg, Sodium: 780mg, Carbs: 28g, Sugars: 4g, Protein: 15g, Fiber: 2g  
Contains wheat

Cheeseburger  
Our Grilled Seasoned Hamburger Cooked to Perfection and  
Topped with American Cheese

Serving: 1 Sandwich  
KCal: 370, Fat: 20g (49% Cal), SatFat: 9g, TransFat: 0g,  
Chol: 50mg, Sodium: 1520mg, Carbs: 30g, Sugars: 5g, Protein: 18g, Fiber: 2g  
Contains milk, wheat, soy beans
Grilled Cheese Sandwich—
(use Panini machine on weekend)
The Classic Grilled Cheese Texas Style...Gooey Melted American Cheese Between Crunchy Golden Brown Slices of Toast

Serving: 1 Sandwich  KCal: 440, Fat: 24g (48% Cal), SatFat: 13g, TransFat: 0g, Chol: 40mg, Sodium: 1390mg, Carbs: 42g, Sugars: 4g, Protein: 14g, Fiber: 2g
Contains milk, wheat, soy beans

Turkey Burger—
(Cooked to order, not available on weekend)
Grilled Turkey Burger Tomato on a Toasted Bun

Serving: 1 Sandwich  KCal: 500, Fat: 37g (66% Cal), SatFat: 8g, TransFat: 0g, Chol: 65mg, Sodium: 730mg, Carbs: 25g, Sugars: 2g, Protein: 23g, Fiber: 3g
Contains wheat
Hot Dog on Bun

**Serving: 1 Sandwich**  
KCal: 480, Fat: 33g (63% Cal), SatFat: 13g, TransFat: 0g,  
Chol: 65mg, Sodium: 1260mg, Carbs: 27g, Sugars: 7g, Protein: 16g, Fiber: .9g  
Contains wheat