



Grub Burger

Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Snack						
Brussel Sprouts Side	250	3	1890	18	6	9
Salads & Bowls						
Ahi Tuna Bowl	540	6	1080	40	12	43
California Chicken Bowl	580	6	1320	36	10	55
Salmon Filet Bowl	510	6	1210	36	10	41
Side Salad (no dressing)	90	3	110	6	2	5
Dressing						
Ancho Lime Dressing	80	0	210	7	0	2
Balsamic Vinaigrette	150	2	160	4	0	0
Burgers						
Front Porch	740	13	1480	52	4	42
Hippie Chickpea	640	10	2060	74	12	23
Wild Alaskan Salmon	670	7	1130	60	6	47
Sandwiches & Tenders						
California Chicken Sandwich	770	12	1170	53	6	59
Sides						
Black Bean & Corn Medley Side	150	0	710	29	6	7
Skinny Fries	430	3	690	45	2	4
Split Decision (fries & sweets)	390	3	480	38	5	3
Tomato Bacon Jam	20	0	15	2	0	0
Kids						
Kids Chicken Nuggets	460	2.5	870	29	1	34
Kids Side (applesauce & Fries)	240	1.5	300	28	2	2





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Sauces						
Chipotle Ketchup	45	0	380	11	0	0
Dr. Pepper BBQ Sauce	35	0	310	8	0	0
Modifiers						
Wheat Bun	370	5	640	49	4	11
Chicken Breast	210	1	280	0	0	38
Turkey Patty	230	1.5	1950	8	1	27
Egg	90	2	95	0	0	6

Winter 2024

