

# PM Grill

Menu Item	Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Burger, Natural Hamburger	1 ea	400	180	20	7	1.5	95	290	24	< 1	2	31
Burger, Cheeseburger	1 ea	450	210	24	9	1.5	105	470	25	< 1	2	33
Burger, Double Hamburger	1 ea	680	340	38	14	2.5	185	360	24	< 1	2	57
Burger, Double Cheeseburger	1 ea	770	410	46	19	3	215	730	26	< 1	3	62
Burger, Double Bacon Cheeseburger	1 ea	870	470	53	21	3	235	1130	26	< 1	3	68
Burger, Bacon Cheeseburger	1 ea	540	280	31	12	1.5	125	870	25	< 1	2	40
Burger, Boca	1 ea	400	70	8	2.5	0	10	1100	65	5	2	17
Burger, Turkey	1 ea	380	120	13	3.5	0	100	1230	26	1	3	34
Hebrew National Hot Dog	1 ea	420	210	24	9	0	45	950	38	1	4	15
Grilled Chicken 5 oz Sandwich RA House	1 ea	360	60	7	2	0	120	310	24	< 1	2	48
Steak & Provolone on Sourdough	1 sandwich	560	200	22	11	0+	115	1630	36	2	3	51
Fish, Fried with French Fries	1 serving	380	170	19	2.5+	0+	80+	590	30	2+	< 1+	23
Fried Chicken Tender	3 oz	230	130	14	2	0	15	440	13	< 1	0	11
Fried Chicken Wings	3 oz	220	160	17	4	0	75	580	5	0	0	12
Grilled Chicken Breast, Seasoned	3 oz	150	35	4	1	0	70	180	0	0	0	26
Tater Puffs, Fried	3 oz	200	120	14	2.5	2	0	310	18	2	0	2
Fried Natural Chips	3 oz	280	210	23	3	0	0	180	18	2	0	2
Criss Cut Fries, Fried	3 oz	200	120	13	2.5	0	0	330	17	2	0	2
Sweet Potato Fries, Fried	3 oz	200	90	10	1	0	0	105	25	3	6	< 1
Onion Rings, 3/8", Fried	3 oz	240	170	19	3	0	0	420	17	2	3	2
5/8" Onion Rings, Fried	3 oz	200	90	10	1	0+	0	300	24	1	3	3
Fries, 3/8", Fried	3 oz	170	90	10	1	0+	0	20	20	2	0	2
Twister Fries, Fried	3 oz	200	120	13	2.5	0	0	390	18	2	0	2
Hot Dog on a Bun	1 ea	300	160	18	6	0	30	800	22	3	2	15
Hot Dog, All Beef, 2 oz	1 ea	180	140	16	6	-	30	590	2	0	< 1	6

We attempt to provide nutrition information that is as complete as possible. The nutritional values are based on standard product formulations and data from our suppliers. Variations may occur due to the use of regional suppliers, seasonal influences, differences in product preparation at the restaurant level, recipe revisions, and other factors. This information is always subject to change and will be updated periodically.

A "-" dash indicates that there is no value currently available for the nutrient.

A "+" plus indicates the value has been calculated from available data, but some are missing.

Trans fats are naturally occurring such as those in animal protein and dairy products not added/artificial trans fats such as those in baked goods and snack foods for which our standard is 0g.



# PM Grill

Menu Item	Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Cheese, Cheddar Shredded	1 oz	110	80	9	6	-	30	180	0	0	0	7
Pickle Spears, Dill	1 ea	0	0	0	0	-	0	260	< 1	0	0	0
Lettuce, Romaine, Individual Leaf	1 ea	0	0	0	0	-	0	0	< 1	0	0	0
Tomatoes, Fresh, 1/4" Each Slice	1 ea	0	0	0	0	-	0	0	< 1	0	0	0
Onions, Red, Fresh, Each Slice	1 ea	5	0	0	0	-	0	0	1	0	< 1	0
Chicken Caesar Wrap	1 ea	870	410	45	17	0+	155	2050	46	3	2	66
Italian Wrap	1 ea	940	570	63	21	0+	110+	2150	47	3+	4	46
Lemon Rosemary Turkey Sandwich Thin	1 sandwich	310	110	12	5	0+	70	1280	29	7	5	27
Greek Tuna Salad Sandwich	1 sandwich	580	210	23	2.5+	0	35	1240	57	4+	4+	33
Roast Beef Sandwich	1 sandwich	470	220	24	7	0+	70	1300	35	3	3	29
Vietnamese Banh Mi Ham Sandwich	1 sandwich	530	150	17	4.5	0	60	1900	65	5+	19	27
Chicken, Grilled with Herbs	3 oz	170	70	8	1.5	0	65	390	0	0	0+	24
Grilled Chicken Sandwich	1 ea	450	110	13	5	0	165	370	34	2	8	49
Burger, Garden, 5 oz	5 oz	220	60	7	3.5	0	15	930	30	5	< 1	12

We attempt to provide nutrition information that is as complete as possible. The nutritional values are based on standard product formulations and data from our suppliers. Variations may occur due to the use of regional suppliers, seasonal influences, differences in product preparation at the restaurant level, recipe revisions, and other factors. This information is always subject to change and will be updated periodically.

A "-" dash indicates that there is no value currently available for the nutrient.

A "+" plus indicates the value has been calculated from available data, but some are missing.

Trans fats are naturally occurring such as those in animal protein and dairy products not added/artificial trans fats such as those in baked goods and snack foods for which our standard is 0g.

