



FIND YOUR FOOD FACTS

THE BROILER

Nutritional values listed below are to be used as guidelines only to help make better choices.

11/3/2011

A LA CARTE

	CALORIES	FAT (G)	SAT FAT (G)	PROTEIN (G)	CARBS (G)	FIBER (G)	SOD (MG)
House Cut Fries, 3 oz	271	14	4	3	33	3	146
Curly Fries, 3 oz	289	15	3	3	33	3	671
Onion Rings, 3 oz	282	16	7	4	32	1	440
Hamburger Patty, 6 oz	366	25	10	32	0	0	112
Portobello Cap, 3 oz	32	1	0	3	6	2	5
All-Beef Hot Dog, 4 oz	150	10	7	8	1	0	400
Chicken Breast, 6 oz	187	2	1	40	0	0	110
Steak: Philly Meat, 4 oz	150	6	3	22	0	0	180
Turkey Burger Patty, 6 oz	180	10	4	20	0	0	120

SIDES & EXTRAS

Pepper Jack, 1 slice	110	9	6	6	0	0	160
American, 1 slice	70	6	4	4	0	0	340
Cheddar, 1 slice	110	9	6	6	0	0	160
Pt. Reyes Blue, 1 oz	100	8	5	6	0	0	390
Swiss, 1 slice	110	8	5	9	1	0	60
Mozzarella, 1 slice	72	5	4	7	1	0	175
Provolone, 1 slice	100	8	5	7	0	0	250
Goat Cheese, 1 oz	70	6	4	5	0	0	130
Feta, 1 oz	75	6	4	4	1	0	315
Parmesan, 1 tbsp.	20	2	1	2	0	0	75
Havarti, 1 slice	110	9	6	6	0	0	170
Cottage Cheese, low fat, ½ cup	100	3	1	14	5	0	380
Ricotta, part skim, ½ cup	170	10	6	14	4	0	240
Smoked Gouda, 1 slice	96	8	1	6	0	0	210
Monterey Jack, 1 slice	110	9	5	6	0	0	160
Bacon, 1 slice	120	10	4	7	0	0	540
Tomato, 1 slice	5	0	0	0	1	1	0
Green Leaf Lettuce, 1 each	4	0	0	0	1	0	0
Red Onion, 1 slice	6	0	0	0	1	1	0
Avocado, variety, ¼ whole	57	6	1	1	3	2	5
Mushrooms, ¼ cup	12	0	0	2	2	1	1
Roasted Peppers, ¼ cup	20	1	0	1	5	2	2
Steamed Rice, ½ cup	102	0	0	3	23	0	2
Brown Rice, ½ cup	108	1	0	3	22	2	1
Mayonnaise, 1 tbsp.	90	10	3	0	0	0	0
Mustard, 1 tsp.	3	0	0	0	0	0	0