

Market Grille Burgers Nutritional Information

Item Name	Serving Size	Calories	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Prot (g)	Vit D (mcg)	Calc % DV	Iron % DV	Pot % DV
Burgers																
Hamburger	1 burger	970	52	22	0	185	1180	70	2.94	22	16.13	53	0	6	50	9
Cheeseburger with American Cheese	1 burger	1040	58	26	0	200	1480	71	2.94	23	16.13	56	0	15	50	10
Cheeseburger with White Cheddar Cheese	1 burger	1060	59	26	0	210	1320	71	2.94	22	16.13	59	0	20	50	9
Cheeseburger with Swiss Cheese	1 burger	1050	58	26	0	205	1230	70	2.94	22	16.13	59	0	25	50	9
Cheeseburger with Pepperjack Cheese	1 burger	1040	58	26	0	205	1300	70	2.94	22	16.13	58	0	20	50	9
Mushroom & Swiss Burger	1 burger	1090	64	29	0	220	1220	66	1.61	20	16.13	60	0.11	20	50	8
Mac N Cheese Burger	1 burger	990	66	31	0	235	1710	36	1.43	2	0	59	0	20	40	2
3 Cheese Patty Melt	1 burger	1320	95	40	0	275	2110	49	2.62	11	7.79	65	0.26	50	45	10
BBQ Bacon Cheeseburger	1 burger	1460	89	36	0	285	3110	81	1.61	33	16.13	84	0	20	50	4
Peanut Butter Bacon Burger	1 burger	1650	109	38	0	260	2530	78	1.61	24	16.13	91	0	6	50	4
Bacon Blue Burger	1 burger	1490	98	42	0.5	305	3050	67	3.24	19	16.13	88	0	25	45	5
Southwest Burger	1 burger	1280	84	27	0	205	1910	78	2.43	25	18.96	54	0.07	8	50	18
Impossible Burger	1 burger	840	58	23	0	65	1680	53	6.58	9	5.71	29	0.34	20	40	29
Options																
Gluten-Free Hamburger Bun	1 bun	200	6	0	0	0	370	37	5	5	5	4	0	0	0	3
Impossible Burger	1 patty	240	14	8	0	0	370	9	3	--	--	19	0	15	20	15
Chicken Breast	1 chicken breast	220	7	1.5	0	120	640	0	0.06	0	0	37	0	0	4	0
Add Ons																
Guacamole	1 portion	130	11	2	0	0	260	4	1.89	0	0	2	0	0	0	10
American Cheese	1 slice	70	6	3.5	0	15	300	1	0	1	0	3	0	10	0	1
Cheddar Cheese	1 slice	90	7	4	0	25	140	1	--	0	--	6	--	15	0	--
Pepperjack Cheese	1 slice	70	6	3.5	0	20	120	0	0	0	0	5	0	15	0	0
Swiss Cheese	1 slice	80	6	3.5	0	20	45	0	0	0	0	6	0	20	0	1
Bacon	2 slices	70	6	2	0	15	230	0	--	0	--	5	--	0	0	--
Sauteed Onions	1 portion	70	6	3.5	0	15	0	5	0.96	2	0	1	0	2	0	2
Sauteed Mushrooms	1 portion	60	6	3.5	0	15	0	2	0	1	0	2	0.11	0	2	5
Burgers with Substitutions																
Cheeseburger with American Cheese with Chicken	1 burger	760	31	13	0	170	1650	69	3	23	16.13	50	0	15	20	10
Cheeseburger with American Cheese with Chicken and Gluten-Free Bun	1 burger	620	30	12	0	165	1610	45	6.39	9	5	45	0	10	6	9
Cheeseburger with American Cheese with Gluten-Free Bun	1 burger	930	61	27	0	205	1590	48	6.33	9	5	52	0	15	30	9
Cheeseburger with American Cheese with Impossible Burger	1 burger	780	38	20	0	45	1380	77	5.94	23	16.13	32	0	35	40	27
Cheeseburger with American Cheese with Impossible Burger and Gluten-Free Bun	1 burger	640	37	19	0	45	1340	54	9.33	9	5	27	0	30	25	26
Cheeseburger with White Cheddar Cheese with Chicken	1 burger	780	32	13	0	180	1490	69	3	22	16.13	53	0	20	20	9
Cheeseburger with White Cheddar Cheese with Chicken and Gluten-Free Bun	1 burger	640	31	12	0	175	1450	45	6.39	8	5	48	0	15	6	8
Cheeseburger with White Cheddar Cheese with Gluten-Free Bun	1 burger	920	59	25	0	205	1280	47	6.33	8	5	53	0	15	30	8
Cheeseburger with White Cheddar Cheese with Impossible Burger	1 burger	800	39	20	0	55	1220	77	5.94	22	16.13	35	0	40	40	26
Cheeseburger with White Cheddar Cheese with Impossible Burger and Gluten-Free Bun	1 burger	660	38	19	0	55	1180	54	9.33	8	5	30	0	35	25	25
Cheeseburger with Pepperjack Cheese and Chicken	1 burger	760	31	13	0	175	1470	68	3	22	16.13	52	0	20	25	9
Cheeseburger with Pepperjack Cheese and Chicken and Gluten-Free Bun	1 burger	620	30	12	0	170	1430	44	6.39	8	5	47	0	15	6	8
Cheeseburger with Pepperjack Cheese with Gluten-Free Bun	1 burger	900	58	25	0	200	1260	46	6.33	8	5	52	0	15	35	8
Cheeseburger with Pepperjack Cheese with Impossible Burger	1 burger	780	38	20	0	50	1200	76	5.94	22	16.13	34	0	40	40	27
Cheeseburger with Pepperjack Cheese with Impossible Burger and Gluten-Free Bun	1 burger	640	37	19	0	50	1160	53	9.33	8	5	29	0	35	25	25
Cheeseburger with Swiss Cheese with Chicken	1 burger	770	31	13	0	175	1400	68	3	22	16.13	53	0	25	20	10
Cheeseburger with Swiss Cheese with Chicken and Gluten-Free Bun	1 burger	630	30	12	0	170	1360	44	6.39	8	5	48	0	25	6	9
Cheeseburger with Swiss Cheese with Gluten-Free Bun	1 burger	910	58	25	0	200	1180	46	6.33	8	5	53	0	25	30	8
Cheeseburger with Swiss Cheese with Impossible Burger	1 burger	790	38	20	0	50	1130	76	5.94	22	16.13	35	0	45	40	27
Cheeseburger with Swiss Cheese with Impossible Burger and Gluten-Free Bun	1 burger	650	37	19	0	50	1080	53	9.33	8	5	30	0	40	25	26
Mushroom & Swiss Burger with Chicken	1 burger	810	37	16	0	190	1400	64	1.67	20	16.13	54	0.11	20	20	8
Mushroom & Swiss Burger with Chicken and Gluten-Free Bun	1 burger	670	36	15	0	185	1350	40	5.06	6	5	49	0.11	15	6	6
Mushroom & Swiss Burger with Gluten-Free Bun	1 burger	950	63	28	0	215	1180	42	5	6	5	54	0.11	15	35	6
Mushroom & Swiss Burger with Impossible Burger	1 burger	830	44	23	0	65	1120	73	4.61	20	16.13	36	0.11	35	45	20
Mushroom & Swiss Burger with Impossible Burger and Gluten-Free Bun	1 burger	690	43	22	0	65	1080	49	8	6	5	31	0.11	30	20	20
Mac N Cheese Burger with Chicken	1 burger	710	39	18	0	205	1880	34	1.49	2	0	54	0	20	10	2
Mac N Cheese Burger with Chicken and Gluten-Free Bun	1 burger	820	44	18	0	205	2070	54	5.84	7	5	56	0	20	8	5
Mac N Cheese Burger with Gluten-Free Bun	1 burger	1100	71	31	0	235	1890	57	5.78	7	5	61	0	20	35	5

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Mac N Cheese Burger with Impossible Burger	1 burger	730	46	25	0	80	1610	43	4.43	2	0	36	0	40	30	20
Mac N Cheese Burger with Impossible Burger and Gluten-Free Bun	1 burger	840	51	25	0	80	1790	63	8.78	7	5	38	0	40	30	22
3 Cheese Patty Melt with Chicken	1 burger	1040	68	27	0	245	2280	47	2.68	11	7.79	59	0.26	50	15	10
3 Cheese Patty Melt with Chicken and Gluten-Free Bun	1 burger	1060	71	26	0	245	2260	51	5.86	15	12.24	57	0.26	45	6	11
3 Cheese Patty Melt with Gluten-Free Bun	1 burger	1340	99	39	0	275	2090	53	5.8	15	12.24	62	0.26	45	30	11
3 Cheese Patty Melt with Impossible Burger	1 burger	1060	75	34	0	125	2000	56	5.62	11	7.79	41	0.26	70	35	28
3 Cheese Patty Melt with Impossible Burger and Gluten-Free Bun	1 burger	1080	78	33	0	125	1980	60	8.8	15	12.24	39	0.26	60	25	28
BBQ Bacon Cheeseburger with Chicken	1 burger	1180	62	23	0	255	3280	79	1.67	33	16.13	78	0	20	20	4
BBQ Bacon Cheeseburger with Chicken and Gluten-Free Bun	1 burger	1040	61	22	0	255	3240	55	5.06	19	5	73	0	15	4	3
BBQ Bacon Cheeseburger with Gluten-Free Bun	1 burger	1310	89	35	0	285	3070	57	5	19	5	78	0	15	30	3
BBQ Bacon Cheeseburger with Impossible Burger	1 burger	1200	69	30	0	130	3010	88	4.61	33	16.13	60	0	35	40	21
BBQ Bacon Cheeseburger with Impossible Burger and Gluten-Free Bun	1 burger	1060	68	29	0	130	2970	64	8	19	5	55	0	30	25	20
Peanut Butter Bacon Burger with Chicken	1 burger	1370	82	25	0	230	2710	76	1.67	24	16.13	86	0	6	30	4
Peanut Butter Bacon Burger with Chicken and Gluten-Free Bun	1 burger	1230	81	24	0	230	2660	52	5.06	10	5	80	0	2	10	3
Peanut Butter Bacon Burger with Gluten-Free Bun	1 burger	1510	108	37	0	260	2490	55	5	10	5	86	0	2	35	3
Peanut Butter Bacon Burger with Impossible Burger	1 burger	1390	89	31	0	105	2430	85	4.61	24	16.13	68	0	25	45	21
Peanut Butter Bacon Burger with Impossible Burger and Gluten-Free Bun	1 burger	1250	88	30	0	105	2390	61	8	10	5	62	0	20	30	20
Bacon Blue Burger with Chicken	1 burger	1220	70	29	0.5	275	3220	65	3.3	19	16.13	82	0	25	20	5
Bacon Blue Burger with Chicken and Gluten-Free Bun	1 burger	1070	70	28	0	275	3180	41	6.69	5	5	77	0	20	4	4
Bacon Blue Burger with Gluten-Free Bun	1 burger	1350	97	41	0	305	3010	44	6.63	5	5	82	0	20	30	4
Bacon Blue Burger with Impossible Burger	1 burger	1230	77	36	0.5	155	2950	74	6.24	19	16.13	64	0	45	40	23
Bacon Blue Burger with Impossible Burger and Gluten-Free Bun	1 burger	1090	77	35	0	155	2910	50	9.63	5	5	59	0	40	25	22
Southwest Burger with Chicken	1 burger	1010	57	14	0	175	2090	76	2.49	25	18.96	49	0.07	8	25	18
Southwest Burger with Chicken and Gluten-Free Bun	1 burger	860	56	13	0	175	2040	52	5.88	11	7.83	43	0.07	2	8	17
Southwest Burger with Gluten-Free Bun	1 burger	1140	83	26	0	205	1870	55	5.83	11	7.83	49	0.07	2	35	17
Southwest Burger with Impossible Burger	1 burger	1030	64	21	0	55	1810	85	5.43	25	18.96	31	0.07	25	45	35
Southwest Burger with Impossible Burger and Gluten-Free Bun	1 burger	880	63	20	0	50	1770	61	8.83	11	7.83	25	0.07	20	30	34
Impossible Burger with Gluten-Free Bun	1 burger	850	60	22	0	65	1750	57	8.1	11	7.83	25	0.19	20	25	28