



Growlers Grill Nutrition Information

Entrees	Portion	Calories	Carbohydrate (g)	Fat (g)	Cholesterol (mg)	Protein (g)	Fiber (g)	Sodium (mg)
Hamburger	1 sandwich	360	25	16.0	70	30	3.5	345
Grilled Chicken on Wheat	1 sandwich	240	20	4.0	70	30	1.5	220
Crispy Chicken Sandwich	1 sandwich	455	40	18.5	54	25	1.5	575
Chicken Tenders	1 serving	490	25	26.5	82	30	0.0	510
Grilled Cheese on Whole Grain	1 sandwich	450	25	31.0	53	20	4.0	700
Boca Burger	1 sandwich	375	55	5.0	0	34	9.5	965
Sides								
French Fries	3oz	170	20	10.0	0	2	1.5	20
Onion Rings	5 ea	225	25	14.0	0	3	1.5	435
Fried Mushrooms	4 oz	100	20	1.5	0	3	1.5	420
Breakfast								
Made to Order Omelette*	1 each	1100.0	10.0	100.0	610.0	43	1.5	1955
Bacon	1 slice	40.0	0.0	3.0	7.5	3	0.0	160
Sausage Links	1 each	145.0	0.0	12.0	35.7	8	0.0	320
Hash Brown Patty	1 each	150.0	12.0	10.5	0.0	2	2.5	255
Fresh Hash Brown Potatoes	4 oz	120.0	25.0	3.0	0.0+	3	2.5	235

***Omelette nutrition information is based on a selection of all available options. You can enhance the nutritional value of your omelette by choosing fewer meats and cheeses, and more vegetables.**