

Nutrition Facts for the University Grill

<b>BURGERS</b>	<b>CALORIES</b>	<b>FAT</b>	<b>CARBS</b>
1/6 lb. Plain	252	9g	31g
Cheese	300	12g	33g
Double Cheese	500	29g	31g
Mushroom	533	35g	24g
1/4 Plain	410	20g	33g
1/4 Cheese	490	26g	38g
Bacon Cheese	737	47g	32g
Hickory	1115	66g	85g
1/4 Double Meat	420	49g	37g
Double Cheese	856	50g	44g
Garden	100	3g	18g
Cheddar Garden	360	10g	52g
Guacamole Cheese	656	42g	33g
<b>EXTRAS</b>	<b>CALORIES</b>	<b>FAT</b>	<b>CARBS</b>
French Fries	250	14g	32g
Queso Fries	818	41g	41g
Cheese Sticks	436	22g	40g
Fried Green Beans	109	6.9g	11g
Jalepeno Cheddar Bites	305	21g	29g
Spicy Fries	532	40g	39g
Corn Dog	250	12g	29g
Tater tots	240	15g	24g
<b>HOT DRINKS</b>	<b>CALORIES</b>	<b>FAT</b>	<b>CARBS</b>
Coffee 12 oz.	3.5	0g	0g
Coffee 16 oz.	5	0g	0.8g
Coffee 24 oz.	7	0g	1.12g
Cappuccino 12 oz.	111	6g	9g
Cappuccino 16 oz.	148	8g	12g
Cappuccino 24 oz.	222	12g	17.5g
Cappuccino 32 oz.	296	15.5g	23g
Hot Chocolate 12 oz.	226	2.2g	47.6g
Hot Chocolate 16 oz.	302	3g	63.5g
Hot Chocolate 24 oz.	452	4.4g	95.2g
Hot Chocolate 32 oz.	604	5.9g	127g
<b>COLD DRINKS</b>	<b>CALORIES</b>	<b>FAT</b>	<b>CARBS</b>
Soft Drink 12 oz.	145.5	0g	40.5g
Soft Drink 16 oz.	194	0g	54g
Soft Drink 24 oz.	291	0g	82g
Soft Drink 32 oz.	388	0g	108g
Diet Soft Drink 12 oz.	1	0g	0.1g
Diet Soft Drink 16 oz.	1.33	0g	0.13g
Diet Soft Drink 24 oz.	2	0g	0.2g
Diet Soft Drink 32 oz.	2.66	0g	0.26g
Water 12 oz.	0	0g	0g

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Water 16 oz.	0	0g	0g
Water 24 oz.	0	0g	0g
Water 32 oz.	0	0g	0g
Bottled Water	0	0g	0g
Iced Tea 12 oz.	0	0g	0g
Iced Tea 16 oz.	0	0g	0g
Iced Tea 24 oz.	0	0g	0g
Iced Tea 32 oz.	0	0g	0g

<b>DONUTS</b>	<b>CALORIES</b>	<b>FAT</b>	<b>CARBS</b>
Large Donut	192	10.3g	23g
Small Donut	124	6g	16g
Hot Cinnamon roll	145	5.0g	23g

<b>SANDWICHES</b>	<b>CALORIES</b>	<b>FAT</b>	<b>CARBS</b>
Marinated Chicken	260	5.5g	32g
Fried Chicken	340	3.5g	55g
Marinated Chicken w/ Swiss	366	13g	34g
Mar. Chick. w/ Mushroom	306	65g	40g
Mar. Chic. w/ Mush. & Swiss	410	19.5g	42g
Grilled Cheese	320	15g	35g
Chicken Ranch	660	31g	72g
Guacamole Bacon Chicken	550	27g	49g
Bacon Chicken Ranch	410	19g	39g
BLT	450	18g	53g
Tuna Salad Sand.	191	8.4g	20.3g
Chicken Salad Sand.	593	38.8g	36g
Grilled Ham & Swiss	457	22g	35g

<b>BREAKFAST</b>	<b>CALORIES</b>	<b>FAT</b>	<b>CARBS</b>
1/2 Biscuit & Gravy	265	18g	26g
Biscuit & Gravy	530	36g	52g
Omelet Platter	360	21g	40.5g
Omelet Only (H & C)	250	14g	19g
Pancake Platter w/ Bacon	640	30g	70g
Pancake Platter w/ Sausage	790	45g	75g
Pancakes (3)	780	21g	136g
Plain Bagel	300	2g	61g
Blueberry Bagel	354	2.1g	70.2g
Wheat Bagel	120	1g	22g
Bacon, Egg, & Cheese Biscuit	450	24g	37g
Ham, Egg, & Cheese Biscuit	560	35g	37g
Sausage, Egg, & Cheese Biscuit	557	30g	30g
Ham Biscuit	316	17g	29g
Sausage Biscuit	430	27g	34g
Bacon Biscuit	430	28g	35g
Ham & Cheese Biscuit	450	24g	48g
Sausage & Cheese Biscuit	340	21g	27g

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Cream Cheese	100	9g	1g
Ham, Egg, & Cheese Croissant	434	24g	25g
Breakfast Burrito	470	30g	38g
Potato Breakfast Burrito	527	32.7g	45g
French Toast Sticks (6)	575	30g	70g
Sausage Croissant	580	39g	37g
Bacon (4 slices)	137	10.5g	0.4g
Sausage (2 pieces)	88	7.4g	0g
Texas Toast (2 slices)	160	2g	32g
Biscuit	128	5.8g	17g
Egg	102	7.4g	1.3g
Croissant	231	12g	26g
Muffin	16	6.2g	23g
Turnover	280	15g	34g
Ham, Egg, & Cheese Bagel	510	16g	66g
Sausage, Egg, & Cheese Bagel	690	35g	66g
Sausage & Egg Bagel	650	30g	69g
Ham & Cheese Bagel	520	15g	70g
Egg & Cheese Bagel	480	15g	66g
Sausage and Egg Biscuit	610	44g	36g
Egg & Cheese Biscuit	440	27g	35g
Egg Biscuit	340	18g	34g
Egg Croissant	333	19.4g	27.3g
Ham & Egg Croissant	610	38g	46g
Egg & Cheese Croissant	480	29g	38g
Sausage & Cheese Croissant	520	30g	60g
Side of Gravy	171	11g	13.4g
Chicken, Egg, & Cheese Biscuit	768	46g	49g
Chicken Biscuit	440	20g	47g
Chicken & Cheese Biscuit	666	38.6g	47.8g
Kitchen Sink	739	48 g	46g
<b>PIZZA</b>	<b>CALORIES</b>	<b>FAT</b>	<b>CARBS</b>
16 in. Cheese	2080	80g	232g
Pepperoni Alfredo	392	22g	40g
Vegetarian	224	5.6g	34.8g
Pepperoni Calzone	430	23g	33g
16 in. 1-topping (1 slice)	350	19g	31g
Cheesy Breadsticks	500	25g	53g
Supreme Pizza ( 1 slice)	290	13g	31g
Italian Sausage Calzone	470	25g	42g
16 in. 2- topping (1 slice)	442	22g	39g
Cheese Pizza	410	18g	45g
Chicken Alfredo	1343	68g	125g
Supreme Calzone	560	24g	64g
16 in. Supreme (1 slice)	310	14g	31g
1- topping pizza	440	21g	45g

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Alfredo Pizza	400	20g	31g
Chicago Pizza	388	20g	37g
16 in. Veggie	1560	60g	186g
2- topping Pizza	400	26g	26g
Chicken Alfredo Calzone	600	22g	66g
Buffalo Ranch Pizza	858	36g	91.3g
BBQ Chicken Pizza	614	18g	75g
Pepperollies	1355	30g	109g
Tuscan Flatbread	640	20g	54g
Cinnarollies	870	30g	138g
Vegetable Alfredo Pizza	312	13g	33g

<b>SUBS</b>	<b>CALORIES</b>	<b>FAT</b>	<b>CARBS</b>
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Ham & Cheese	1077	38.5g	118g
Turkey & Swiss	660	22g	76g
Chicken	934	14g	152g
Pepperoni	1105	57g	75.3g
Italian	1267	78g	107g
1/2 Ham & Cheese	428	19g	54g
1/2 Turkey & Swiss	330	11g	38g
1/2 Chicken	467	7g	76g
1/2 Pepperoni	553	28g	38g
1/2 Italian	633	40g	54g
1/2 Veggie	180	2g	34g
Full Veggie	360	4g	68g
1/2 Meatball	815	44g	74.4g
Full Meatball	1631	88g	149g
1/2 Roast Beef	186.5	5.3g	21.3g
Full Roast Beef	373	10.6g	42.6g

<b>MEXICAN</b>	<b>CALORIES</b>	<b>FAT</b>	<b>CARBS</b>
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Veggie Burrito Soup	709	19.2g	96g
Bean Burrito	447	13.2g	94g
Beef Burrito	611	19g	94g
Beef & Bean Burrito	611	19g	94g
Chicken Crunch Burrito	658	21g	58g
Chicken Burrito	678	18.2g	94g
Steak Burrito	496	15g	94g
Supreme Burrito	440	18g	52g
Crispy Beef Taco	291	18g	21g
Soft Beef Taco	327	18g	29g
Guacomole	60	6g	2g
Vegan Taco Salad	626	35g	73g
Beef Taco Salad	790	42g	73g
Chicken Taco Salad	838	57g	53g
Beef Nachos	865	57g	72g
Chicken Nachos	805	50g	68g
Bean Nachos	792	49g	79g

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Cheese Enchilada Dinner	515	29g	33g
Beef Enchilada Dinner	508	20g	69g
Chicken Enchilada Dinner	370	12g	53g
Beef Taco Dinner	483	24g	50g
Chips & Queso	625	32g	64g
Chips & Salsa	500	22.5g	18.6g
Chips	138	6.5g	18.6g
Refried Beans	237	3.2g	39g
Sour Cream	50	4.5g	2g
Black Beans	100	0g	15g
Add Chicken	90	2.5g	10g
Add Beef	218	13g	0g
Rice	65	0.5g	14g
Salsa	36	0.2g	7g
Cheese Enchilada (2)	480	28g	36g
Beef Enchilada (2)	864	50g	74g
Chicken Enchilada (2)	660	24g	68g
Queso	160	10g	20g
Chicken Quesadilla	540	30g	40g
Cheese Quesadilla	490	28g	39g
Veggie Quesadilla	518	25g	0g
Beef Quesadilla	823	51g	49g
Steak Quesadilla	540	31g	40g
Combo 1	See Crispy/Soft Taco, Bean Burrito, Queso/Salsa w/ Chips + 16 oz. Soda		
Combo 2	1477	50.2g	212g
Combo 3	1657	89g	171g
Combo 4	1517	73.5g	103g
Mexidips	834	56g	64g
Cinnamon Chips	160	5g	27g
Pork Street taco	260	10g	28g

<b>STRIP JOINT</b>	<b>CALORIES</b>	<b>FAT</b>	<b>CARBS</b>
Homestyle	216	14g	10.4g
Chicken Wings	300	18g	7g
Chicken Nuggets	296	20g	14g
Naked Strips	227	7g	3g
Homestyle Combo (1 strip)	531	18.5g	91.6g
Homestyle Combo (2 strips)	585	22g	94.2g
Homestyle Combo (3 strips)	639	25.5g	96.8g
Chicken Wing Combo	777	33g	96g
Chicken Nugget Combo	773	35g	103g
Naked Chicken Combo	704	22g	92g
Waffle Fries	283	15g	35g
2 Jalepenos	8	.2g	1.6g
<b>WRAPS</b>	<b>CALORIES</b>	<b>FAT</b>	<b>CARBS</b>
Ham	350	10g	36g
1/2 Ham	175	5g	18g

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Marinated Chicken	741	11g	118g
1/2 Marinated Chicken	371	5.5g	39.5g
Naked Chicken	585	11g	79g
1/2 Naked Chicken	349	5.5g	39.5g
BBQ Chicken	229	3g	34g
1/2 BBQ Chicken	115	1.5g	17g
Chicken Bacon	440	27g	18g
1/2 Chicken Bacon	220	13.5g	9g
Asian	341	12g	35g
1/2 Asian	170.5	6g	17.5g
<b>SALADS</b>	<b>CALORIES</b>	<b>FAT</b>	<b>CARBS</b>
Asian Chicken	220	11g	16g
Chicken Caesar	280	17g	14g
Hot Chicken	251	4g	40g
Large Caesar	363	32g	15g
Small Caesar	182	16g	7.5g
Chicken Caesar Pasta	390	14g	36g
Pasta	58	3g	10g
Small Dinner	89	3g	13g
Fried Chicken Breast	1053	81g	48g
Thai	190	5g	21g
Buffalo Chicken	614	42g	0g
Southwest Cobb	280	11g	12g
Chef	210	11g	13g
<b>SNACKS</b>	<b>CALORIES</b>	<b>FAT</b>	<b>CARBS</b>
Choc. Chip Cookie	180	8g	27g
Oatmeal Raisin Cookie	180	8g	26g
White Choc. Macadamia Nut	190	9g	26g
Peanut Butter Cookie	270	16g	29g
Sugar Cookie	180	8g	26g
Apple	90	0g	24g
Orange	62	0.2g	15.4g
Banana	105	0.4g	27g
Rice Krispie	153	3g	30g
Cheesecake	257	18g	20.4g
Apples & Cheese	285	16.5g	24g
<b>MISC.</b>	<b>CALORIES</b>	<b>FAT</b>	<b>CARBS</b>
Sushi	130	4g	19g
Potato & Bacon Soup	210	12g	20g
Cheese Enchilada Soup	170	11g	9g
Chicken Noodle Soup	120	2g	18g
Broccoli Cheese Soup	260	16g	17g
Ranch (2 oz.)	296	31g	3g
Honey Mustard(2 oz.)	260	22g	14g
BBQ (2 oz.)	94	0.2g	22.6g

## Nutrition Facts for the University Grill

Sweet & Sour (2 oz.)	90	0g	24g
Buffalo (2 oz.)	80	7g	4g
Marinara (2 oz.)	32	1.4g	4.5g
Caesar (2 oz.)	200	18g	6g