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Grub Burger Bar

Snacks

Item	Calories	Saturated fat	Sodium	Carbohydrates	Fiber	Protein
Ahi Tuna Snack	310	1.5	650	18	5	33

Salads & Bowls

Item	Calories	Saturated fat	Sodium	Carbohydrates	Fiber	Protein
Ahi Tuna Bowl	540	6	1080	40	12	43
California Chicken Bowl	580	6	1320	36	10	55
Salmon Filet Bowl	510	6	1210	36	10	41
Side Salad (no dressing)	90	3	110	6	2	5

Dressing (1.5 oz)

Item	Calories	Saturated fat	Sodium	Carbohydrates	Fiber	Protein
Ancho Lime Dressing	80	0	210	7	0	2
Balsamic Vinaigrette	150	2	160	4	0	0

Burgers

Item	Calories	Saturated fat	Sodium	Carbohydrates	Fiber	Protein
Front Porch	740	13	1480	52	4	42
Hippie Chickpea	640	10	2060	74	12	23
Wild Alaskan Salmon	670	7	1130	60	6	47

Sandwiches & Tenders

Item	Calories	Saturated fat	Sodium	Carbohydrates	Fiber	Protein
Back Porch Sandwich	640	6	1280	53	5	49
California Chicken Sandwich	770	12	1170	53	6	59



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Sides

Item	Calories	Saturated fat	Sodium	Carbohydrates	Fiber	Protein
Black Bean & Corn Medley Side	150	0	710	29	6	7
Skinny Fries	430	3	690	45	2	4
Cup of Chili	310	7	890	15	2	23
Split Decision (fries & sweets)	390	3	480	38	5	3
Sweet Potato Fries	570	4.5	410	45	9	2

Kids

Item	Calories	Saturated fat	Sodium	Carbohydrates	Fiber	Protein
Kids Burger	380	9	560	24	1	17
Kid's Chicken Tenders	580	3.5	970	28	1	39
Kid's Grilled Cheese	360	8	570	39	2	12
Kids Side (Applesauce & Yogurt)	110	0	25	24	1	6
Kid's Side (Applesauce & Fries)	240	1.5	300	28	2	2

Sauces (1.5 oz)

Item	Calories	Saturated fat	Sodium	Carbohydrates	Fiber	Protein
Chipotle Ketchup	45	0	380	11	0	0
Dr. Pepper BBQ Sauce	35	0	310	8	0	0

Winter 2020