

Tiger Grill

Item Type	Food Item	Serving Size	Kcal	Carb (g)	Pro (g)	Fat (g)	S. Fat (g)	Chol (mg)	Sod (mg)
Sandwiches									
	Philly Cheese Steak	1 each	809	58.4	61.7	36.1	14.2	148.6	1462.3
	Chicken Philly Cheese Steak	1 each	846	59.1	74.1	34.3	13	176.2	1132.8
	Gyros	1 each	434	37.8	36.5	14.9	7.2	90	810.4
Healthy Alternatives									
	Turkey Burger	1 each	323	31.5	29.6	10.8	2.5	70	355.3
	Black Bean Patty	1 each	245	49.3	11.6	3.3	0.6	0	734.5
	Grilled Tofu Steak	1 each	215	33	12.2	6	0.9	0	282.1
	Hot Vegetable Cheese	1 each	472	47.4	18.7	22.5	10.1	37.8	867.8
Classic Favorites									
	Chicken Ceasar Wrap	1 each	550	42	35.2	26	5.5	77.2	791.4
	Grilled Chicken Wrap	1 each	552	40.6	44.3	22	10.5	110.1	905.2
	Buffalo Chicken	1 each	602	55.3	28.4	30	10.3	70.6	1452.7
	BLT Wrap	1 each	511	41.1	24	26.9	12.7	62.3	1248
Salads									
	Gyros Salad	1 each	312	10.2	33.6	16.1	8.4	91.9	537.3
	Grilled Chicken Caesar	1 each	236	13.3	30.7	6.7	2.2	73.9	268.5
Salad Dressing									
	Greek Feta Vinaigrette	2 T	131	1.7	1.5	12.7	2.8	5.2	298.9
	Caesar	2 T	155	0.9	0.3	17	2.6	0.6	316.9
	Ranch	2 T	136	1.9	0.3	14.4	2.2	9.2	228.5
	Honey Mustard	2 T	70	2.5	0.5	6.5	1	5	90
Sides									
	Sweet Potato Fries	4 oz	244	34	2.8	10.8	0.6	0	270
	Waffle Fries	4 oz	270	34	3	13	3	0	115
	Wedge Fries	4 oz	151	26.7	2.5	3.8	0.8	0	359.5

** All nutrient values are based on the portion size that is sold (i.e. one sandwich)