

# EMPORIUM MENU NUTRITIONAL GUIDE

ITEM	CALORIES	CARBS	FAT	PROTEIN	SODIUM	SUGAR
BEEF BURRITO	678	66	32	52	2,209	5
BISCUITS AND GRAVY	658	64	15	15	843	1
BLT SANDWICH	363	26	20	16	987	4
BREADED CHICKEN SANDWICH	616	42	38	20	1,246	4
BREADED PORK TENDERLOIN	565	32	25	38	646	3
BUFFALO CHICKEN SANDWICH	616	43	38	18	1,976	3
CHEESE OMELET	457	0	29	30	824	2
CHICKEN CAESAR SALAD	599	19	43	31	1,561	9
CHICKEN CALIFORNIA	896	51	55	44	2,072	8
CHICKEN QUESADILLA	567	59	20	40	2608	14
CHICKEN TENDERS	679	24	41	42	520	2
CHIPS AND CHEESE SAUCE	430	47	25	7	1,100	3
CRAB RANGOON	717	55	50	11	1,437	28
DELI SAND-CHICKEN SALAD	428	42	9	22	490	15
DELI SAND-CLUB	774	52	43	46	2,573	26
DELI SAND-GRILLED CHICKEN	448	33	31	32	1,020	16
DELI SAND-HAM AND CHEESE	471	35	24	28	1,934	15
DELI SAND-ROAST BEEF AND CHEESE	428	31	17	20	1,333	15
DELI SAND-SALAMI AND CHEESE	758	31	59	29	2,170	15
DELI SAND-TUNA SALAD	451	34	14	61	490	15
DELI SAND-TURKEY AND CHEESE	413	31	15	28	1,575	18
EGG AND CHEESE SANDWICH	414	26	18	19	504	11
EGG WHITE SANDWICH	292	29	9	21	675	13
FISH FILLET SANDWICH	520	47	29	18	835	3
FRENCH FRIES	319	32	20	3	481	0
FRENCH TOAST WITH SYRUP	562	99	12	14	820	43
GRILLED BLACK BEAN BURGER	413	50	15	7	1,079	4
GRILLED CHEESE SANDWICH	455	31	29	16	1,370	6
GRILLED CHEESEBURGER	565	18	37	36	938	5
GRILLED CHICKEN BREAST SANDWICH	426	34	16	32	1,126	5
GRILLED DOUBLE CHEESEBURGER	904	19	56	72	1,126	5
GRILLED DOUBLE HAMBURGER	760	15	47	61	632	3
GRILLED HAM AND CHEESE SANDWICH	495	32	26	29	2,046	5
GRILLED HAMBURGER	455	16	27	32	658	4
GRILLED HAMBURGER	455	16	27	32	658	4
GRILLED HOT DOG	459	37	25	17	1,074	3
GRILLED ITALIAN SAUSAGE	805	41	55	32	1,541	7
GRILLED VEGGIE BURGER	315	25	17	13	717	4
MOZZARELLA STICKS	730	35	58	21	1,340	4
NACHOS GRANDE'	749	65	38	35	1,965	10
ONION RINGS	556	35	44	6	950	2
PANCAKES W/SYRUP	688	163	12	12	1,739	56
PANCAKES-GRANOLA, NO SYRUP	658	110	15	16	1,626	0

