

## Fire House Grill

<i>Items</i>	<i>Serving Size</i>	<i>Calories (kcal)</i>	<i>Fat (g)</i>	<i>Saturated Fat (g)</i>	<i>Carbohydrates (g)</i>	<i>Protein (g)</i>	<i>Sodium (mg)</i>	<i>Fiber (g)</i>
<b>Burgers/ Hot Dogs</b>								
Hamburger	1 each	480	33	13	22	23	320	2
Double Hamburger	1 each	835	63	25	22	42	398	2
Cheeseburger	1 each	557	38	16	24	27	674	2
Double Cheeseburger	1 each	911	69	29	24	46	752	2
Bacon Burger	1 each	534	38	15	22	24	391	2
Double Bacon Burger	1 each	889	69	27	22	43	469	2
Bacon Cheeseburger	1 each	611	44	18	24	28	745	2
Hot dog	1 each	466	21	7	54	14	1110	3
<b>Chicken</b>								
Savory Chicken Filet	1 each	295	9	2	25	27	340	2
Monterey Chicken	1 each	574	35	13	29	35	955	2
Chicken sticks	5 Sticks	167	10	2	7.5	10	566	0
Turkey Burger	1 each	356	19	6	23	21	632	2
<b>Sides</b>								
Fries, Regular	3 oz	160	7	1.5	22	2	270	2
Onion Rings	5 rings	240	13	2	28	3	213	1
Mozzarella sticks	4 sticks	240	10	6	24	16	840	4

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<b>Specialty Burgers</b>								
Adirondack burger	1 each	503	33	13	27	24	325	3
Blue Cheese Burger	1 each	581	41	18	23	29	719	2
Pepperoni and Cheese Burger	1 each	610	43	18	25	29	893	2
Santa Fe Burger	1 each	687	48	21	30	32	805	3
Italian Burger	1 each	662	46	20	27	35	671	2
Lone Star Burger	1 each	729	53	23	28	36	729	3
Buffalo Hot and Spicy Burger	1 each	624	48	16	24	24	1809	2
<b>Specialty Chicken Sandwiches</b>								
Chicken Buffalo Ranch	1 each	632	37	15	32	43	2056	2
Cajun Chicken	1 each	320	9	2	30	27	1007	2
Chicken Filet Club	1 each	444	22	9	23	35	481	2
Honey BBQ Chicken	1 each	551	27	13	33	42	1112	3
Honey Mustard Chicken	1 each	647	42	14	33	34	1297	2