



Nutritional Information Sheet

These figures are approximations.

They were provided to Grinders Above & Beyond by LIVE WELL, Stark County, a program funded by a grant awarded by the Ohio Department of Health

Menu Item

Appetizers

	<u>Calories</u>	<u>Total Fat</u>
Amelia's Sweet Tater Chips	470	31g
BBQ Ribs	1340	101g
Quesadilla - Black Bean and Corn	810	50g
Spinach & Artichoke Dip	1210	71g
Wings	1150	86g

Sides

	<u>Calories</u>	<u>Total Fat</u>
Applesauce	80	0g
Baked Potato w/butter	390	9g
Baked Sweet Potato w/butter	460	30g
Cheesy Baked Hash Browns	590	39g
Cottage Cheese	110	5g
Fruit Cup	70	0g
Green Beans	60	2g
Roasted Vegetables	170	14g

Flatbreads & Pizzas

	<u>Calories</u>	<u>Total Fat</u>
Bruschetta	650	31g
Chicken Pesto	740	33g
Teriyaki	820	37g
Grilled Vegetable	840	46g

Grinders (small size)

	<u>Calories</u>	<u>Total Fat</u>
Aviator	820	41g
Cajun Chicken	860	30g
DC3	1020	58g
Grilled Chicken	1000	42g
OEG	850	40g
Pedro's Pick - Turkey	770	33g
Pulled Pork	1390	74g
Southwestern Turkey	750	32g
Tuna Grinder	830	39g

Croissants & Wraps

	<u>Calories</u>	<u>Total Fat</u>
Tuna Croissant	990	59g
Turkey Croissant	800	45g
Chicken Fajita	730	53g
Tuscan Turkey	630	34g

Dinners

	<u>Calories</u>	<u>Total Fat</u>
BBQ Chicken Single w/CBHB	1300	59g
Lemon Garlic Chicken	1070	41g
Orange Roughy	720	31g
Teriyaki Vegetables and Rice	780	54g
Teriyaki Vegetables and Rice w/Ckn	850	49g

Salads (small size)

	<u>Calories</u>	<u>Total Fat</u>
Asian Chicken	960	67g
Cashew Chicken	770	67g
Dinner Salad	140	12g
Dinner Chopped	450	42g
House - Turkey	610	51g
Key West	200	5g
Spinach	150	6g
Steak	700	37g
Tuna Islander	340	18g

Salad Dressings

	<u>Calories</u>	<u>Total Fat</u>
<i>Serving size 2 tablespoons. Gluten free.</i>		
Fat Free Honey Mustard	50	0g
Light Italian	60	5g
Ranch	110	11g
Russian	170	14g
French	160	14g
Blue Cheese	130	14g

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