

FOOD ZOO ~ GRILL

	ITEM	SERVING*	SOURCE	CALORIES	PROTEIN (g)	CARBS (g)	FAT (g)
PROTEIN							
●	Bacon**	3 Slices	Non-vegetarian	110	6	0	9
●	Cheddar Cheese Sauce	¼ Cup	Vegetarian	80	2	4	7
●	Chicken Breast	4 oz./1 Breast	Non-vegetarian	120	26	0	1.5
●	Fish Filet (Cod)	4 oz./1 Piece	Non-vegetarian	160	13	25	1.5
●	Hamburger	4 oz./1 Patty	Non-vegetarian	225	15	0	17
●	Hot Dog	2.7 oz./1 Dog	Non-vegetarian	230	9	1	21
●	Polish Sausage**	2 oz./1 Dog	Non-vegetarian	180	6	1	16
●	Salmon	4 oz.	Non-vegetarian	100	20	1	1.5
●	Veggie Burger, Gardenburger	1 Patty	Vegan	190	10	24	4
●	Veggie Burger, Spicy Black Bean	1 Patty	Vegetarian	180	13	18	6
POTATOES & ONION RINGS							
●	French Fries	3 oz.	Vegan	150	2	20	7
●	Onion Rings	6 Pieces	Vegetarian	190	2	25	9
●	Tater Tots	3 oz./9 Pieces	Non-vegetarian	150	2	19	7
VEGETABLES							
●	Lettuce	1 Leaf	Vegan	2	0	0	0
●	Mushrooms	¼ Cup	Vegan	4	0	1	0
●	Onion	2 Tbs.	Vegan	5	0	1	0
●	Tomatoes	2 Slices	Vegan	4	0	1	0
BREADS							
●	Hamburger Bun	1 Bun	Vegetarian	160	5	26	1.5
●	Hot Dog Bun	1 Bun	Vegetarian	230	8	43	3.5

All fried foods are cooked in Montana-grown, trans fat-free, 100% safflower oil.

*All nutrition information is based on pre-cooked weight. Fried items will contain more fat and calories than listed.

**Contains pork