

**BILL GRAY'S RESTAURANT NUTRITIONAL INFORMATION GUIDE**

The following is a preliminary and partial list of the products we offer at Bill Gray's. It is broken down by components. To determine the total values of your favorite meal simply add the component values together. We will continue to add component values to this guide as they become available.

<b>Breads -</b>	<b>Calories kcal</b>	<b>Fat grams</b>	<b>Sat. Fat grams</b>	<b>Cholesterol mg.</b>	<b>Sodium mg.</b>	<b>Carb. grams</b>	<b>Fiber grams</b>	<b>Sugar grams</b>	<b>Protein grams</b>
Hard Roll - 3.5 ounce	140	1	0	5	280	24	0	3	5
Sausage Roll - 3.5 ounce	140	1	0	5	280	24	0	3	5
Dinner Roll	90	1.5	0	4	150	16	1	3	2
Hamburg Bun	130	1.5	0	0	260	26	1	4	4
Hot Dog Bun	140	1.5	0	0	350	27	1	1	5
White Bread	160	1	0	0	270	30	1	2	4
Wheat Bread	180	3	0	0	340	34	2	2	8

<b>Misc. -</b>	<b>Calories kcal</b>	<b>Fat grams</b>	<b>Sat. Fat grams</b>	<b>Cholesterol mg.</b>	<b>Sodium mg.</b>	<b>Carb. grams</b>	<b>Fiber grams</b>	<b>Sugar grams</b>	<b>Protein grams</b>
Veggie Burger 4.5 ounces	170	5	1	0	535	11	6	1	25
Cheese - 2 Slices (34 grams)	120	10	7	40	560	2	0	0	6

<b>Meats -</b>	<b>Calories kcal</b>	<b>Fat grams</b>	<b>Sat. Fat grams</b>	<b>Cholesterol mg.</b>	<b>Sodium mg.</b>	<b>Carb. grams</b>	<b>Fiber grams</b>	<b>Sugar grams</b>	<b>Protein grams</b>
Ground Steak - 5 ounce	300	20	7.5	88	69	0	0	0	29
Cheeseburger - 5 ounce	420	30	14.5	128	629	1	0	0	32
Pulled Pork - 5 ounces	280	13	4.5	65	910	20	1	7	21
Sliced Steak - 5.5 ounce	342	27	11	103	56	0.5	0	0	23
Red Hot Dog - 4 ounce	320	28	10	60	990	4	0	2	13
White Hot Dog - 4 ounce	320	28	10	60	980	4	0	2	14

<b>Side Orders -</b>	<b>Calories kcal</b>	<b>Fat grams</b>	<b>Sat. Fat grams</b>	<b>Cholesterol mg.</b>	<b>Sodium mg.</b>	<b>Carb. grams</b>	<b>Fiber grams</b>	<b>Sugar grams</b>	<b>Protein grams</b>
French Fries - 7 ounce	400	23	7	12	105	49	5	2	5
Curly Fries - 7 ounce	493	33	10	23	746	46	4.6	2.3	4.6
Home Fries - 7 ounce	423	28	8	12	770	42	4.6	2.3	4.6
Onion Rings - 6 ounce	443	15.5	2.25	0	1070	74	1	3	6
Mushrooms - 6 ounce	334	14.5	2	0	600	48	1	3	4
Mozzarella Sticks - 6 piece	544	27	8	32	1977	68	2	1	9
Mozzarella Sticks - 9 piece	756	34	11	48	2966	102	3	2	14

<b>Chicken Products -</b>	<b>Calories kcal</b>	<b>Fat grams</b>	<b>Sat. Fat grams</b>	<b>Cholesterol mg.</b>	<b>Sodium mg.</b>	<b>Carb. grams</b>	<b>Fiber grams</b>	<b>Sugar grams</b>	<b>Protein grams</b>
Grilled Chicken Breast - 4 ounce	121	1	0	64	617	2	0	0	19
Deep Fried Chicken - 4.5 ounce									
Chicken Wing - 10 piece	586	41	29	150	1433	20	16	0	40
Chicken Wing - 20 piece	1172	82	58	300	2866	40	32	0	80
Chicken Wing - 30 piece	1758	123	87	450	4299	60	48	0	120
Chicken Tenders - 6 piece	560	30	5	70	860	34	6	2	36
Chicken Tenders - 12 piece	1120	60	10	140	1720	68	12	4	72
Chicken Tenders - 18 piece	1680	90	15	210	2600	102	18	6	108

<b>Sea Food -</b>	<b>Calories kcal</b>	<b>Fat grams</b>	<b>Sat. Fat grams</b>	<b>Cholesterol mg.</b>	<b>Sodium mg.</b>	<b>Carb. grams</b>	<b>Fiber grams</b>	<b>Sugar grams</b>	<b>Protein grams</b>
Piece of Fish - 7 ounce	267	9.8	1.5	112	366	7.6	0.2	0.2	38
Piece of Fish - 13 ounce	590	19	2.9	208	635	107	0.3	0.3	71

<b>Soups 10 ounce / 160 grams</b>	<b>Calories</b> kcal	<b>Fat</b> grams	<b>Sat. Fat</b> grams	<b>Cholesterol</b> mg.	<b>Sodium</b> mg.	<b>Carb.</b> grams	<b>Fiber</b> grams	<b>Sugar</b> grams	<b>Protein</b> grams
Chili Con Carne	340	14	7	35	1280	32	9	14	20
Broccoli & Cheese	200	13	4.5	15	1130	17	2	4	5
Chicken Gumbo	80	1.5	0.5	15	1300	13	2	4	5
Home-style Chicken Noodle	140	3	1	35	1040	16	1	2	11
Italian Wedding	140	4.5	1.5	10	1110	17	2	2	7
New England Clam Chowder	150	5	1.5	15	1480	19	2	3	7
Pasta Fagioli	200	10	3.5	15	1310	24	5	5	8
Tomato Tortellini	130	2.5	1	5	1270	23	2	8	5
Split Pea w/ Ham	210	3	1.5	10	1200	34	9	2	11
Vegetable Beef	110	2	0.5	10	1230	16	3	5	7

<b>Soups 16 ounce / 256 grams</b>	<b>Calories</b> kcal	<b>Fat</b> grams	<b>Sat. Fat</b> grams	<b>Cholesterol</b> mg.	<b>Sodium</b> mg.	<b>Carb.</b> grams	<b>Fiber</b> grams	<b>Sugar</b> grams	<b>Protein</b> grams
Chili Con Carne	540	23	11	55	2050	52	15	22	32
Broccoli & Cheese	320	20	7	25	1810	27	3	5	9
Chicken Gumbo	130	2	1	25	2070	20	3	5	7
Home-style Chicken Noodle	220	5	1.5	55	1660	25	3	3	18
Italian Wedding	220	7	2.5	10	1770	27	3	2	12
New England Clam Chowder	240	9	2	25	2360	30	3	5	11
Pasta Fagioli	320	15	6	25	2100	38	8	9	14
Tomato Tortellini	210	3.5	1.5	10	2030	36	4	13	9
Split Pea w/ Ham	330	5	2.5	10	1920	55	15	3	18
Vegetable Beef	170	3	0.5	10	1960	26	4	8	12

<b>Custard -</b>	<b>Calories</b> kcal	<b>Fat</b> grams	<b>Sat. Fat</b> grams	<b>Cholesterol</b> mg.	<b>Sodium</b> mg.	<b>Carb.</b> grams	<b>Fiber</b> grams	<b>Sugar</b> grams	<b>Protein</b> grams
Kiddy Van. Custard - 3.5 ounce	149	8.7	5.25	57	131	16	0	15	3.5
Reg. Van. Custard - 5.5 ounce	234	13.75	8.25	89	206	25	0	23	5.5
Lrg. Van. Custard - 9.5 ounce	404	23.75	14.25	154	356	43	0	40	9.5
Kiddy Choc.. Custard - 3.5 ounce	149	8.7	5.25	57	131	16	1	15	3.5
Reg. Choc.. Custard - 5.5 ounce	234	13.75	8.25	89	206	25	1.5	23	5.5
Lrg. Choc.. Custard - 9.5 ounce	404	23.75	14.25	154	356	43	2.5	40	9.5