



## Grill Items

Item	Calories	Fat (g)	Carbs (g)	Price
Hamburger*	424	20	32	\$4.25
Cheeseburger*	474	25	32	\$4.50
<i>* Local beef raised without hormones or antibiotics and fed non-GMO grains.</i>				
Turkey Burger	470	23	32	\$4.85
Turkey Burger w/cheese	520	28	32	\$5.10
Vegetarian Burger	370	10	57	\$4.00
Fried Fish Sandwich	370	4	60	\$4.25
Fried Chicken Burger	380	11	48	\$5.45
 Grilled Chicken Breast	120	2	1	\$3.40
 Grilled Chicken Burger	250	4	25	\$5.45
Grilled Cheese	360	20	30	\$2.75
Grilled Ham & Cheese	450	23	35	\$4.25
4-pc Fish Strips	460	26	28	\$5.50
4-pc Chicken Strips	400	14	34	\$5.50

## Lighter Fare

Item	Calories	Fat (g)	Carbs(g)	Price
Baby Burger	226	13	14	\$2.35
Baby Cheeseburger	276	18	14	\$2.60
2-pc Fish Strips	230	13	14	\$2.80
2-pc Chicken Strips	200	7	17	\$2.80

## On the Side

Item	Calories	Fat (g)	Carbs (g)	Price
Fried Cheese Sticks	640	40	48	\$4.25
Fried Mushrooms	303	14	37	\$2.85
Fried Zucchini	450	25	47	\$3.45
Onion Rings	346	19	38	\$2.75
Small Fries	217	9	32	\$1.40
Large Fries	346	14	54	\$2.05
Small Tater Tot	247	14	30	\$1.40
Large Tater Tot	394	22	48	\$2.05
Small Sweet Potato Tot	174	5	34	\$1.40
Large Sweet Potato Tot	303	8	58	\$2.05



Look for our  
HEALTHY  
CHOICES,  
HEALTHY  
YAKIMA logo  
to make the  
best choice  
for your health!

## Healthy Options

\* Substitute a wheat bun  
instead of white >>  
SAVE 50 calories,  
1g fat, 8g carbohydrate,  
60mg sodium!

\* Substitute wheat bread  
instead of white >>  
ADD 2g of protein!

\* Lettuce wrap  
your burger >>  
SAVE 180 calories,  
3g fat, 32g carbohydrate,  
300mg sodium!

