

# Madison Grill

**Disclaimer:** The nutritional information on this site is for the serving size listed, based on adherence to the recipe, as developed and tested in our culinary center. Any changes from the recipe, such as changes to meet local taste preferences, product substitutions or serving size modifications will change the nutrient content of an item, and render the information inaccurate. We hope this information will help you meet your nutritional goals.

Menu Item	Serving Size	Calories (Kcals)	Calories From Fat (Kcals)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
<b>Appetizer</b>												
Bacon Cheese Fries	1 serving	840	549	61	29	0	150	1600	38	1	4	35
BBQ Sauce	1/4 cup	140	0	0	0	0	0	580	36	0	32	0
Boneless Wings	6 pieces	240	140	16	3	0	25	460	13	1	0	11
Buffalo Sauce	1/4 cup	0	0	0	0	0	0	1840	0	0	0	0
Fried Mozzarella with Marinara	1 serving	440	210	24	10	0	40	1220	41	1	10	17
Honey Dijon Sauce	1/4 cup	260	220	24	4	0	30	340	30	0	12	0
Onion Rings	1 serving	300	120	14	3	0	0	480	40	3	5	3
Traditional Wings	6 pieces	490	360	40	11	0	275	170	0	0	0	34
<b>Salad</b>												
Caesar Salad	1 each	270	198	22	5	0	15	510	13	1	2	7
Chicken Avocado Cobb	1 each	640	480	55	15	0	240	1080	10	5	5	26
Green Machine Salad	1 each	120	36	4	1	0	5	180	13	3	7	8
Honey Spinach Salad	1 each	460	360	40	8	0	15	570	18	3	13	7
<b>Salad - Dressing</b>												
1000 Island Dressing	1 pkt	196	165	18	3	0	15	330	6	0	6	0
Apple Cider Vinaigrette	1 pkt	140	126	14	2	0	0	95	4	0	3	0
Balsamic Vinegrette	1 pkt	90	68	8	1	0	0	300	8	0	6	0
Blue Cheese Dressing	1 pkt	230	220	24	5	0	20	310	2	0	2	1
Cesar Dressing	1 pkt	225		24	4	0	0	420	2	0	2	2
Homestyle Ranch Dressing	1 pkt	190	180	20	3	0	15	270	2	0	1	1
Honey Mustard Dressing	1 pkt	105	165	18	3	0	23	255	11	0	9	0
Honey-Lemon Vinaigrette	1 pkt	180	144	16	3	0	0	85	9	0	8	0
Lemon-Green Goddess	1 pkt	40	18	2	0	0	5	105	2	0	1	3
<b>Pasta</b>												
Cavatappi Alfredo	2 cup	720	190	22	7	0	30	550	103	5	7	22
Cavatappi Marinara	1 serving	339	15	3	1	0	0	30	75	6	9	13
Southern Crab Mac & Cheese	2 cup	1400	510	57	30	0	165	2330	158	5	17	57
<b>Add On for Salad &amp; Pasta</b>												
Cod	1 serving	140	45	5	1	0	35	300	12	0	2	13
Grilled Chicken	1 serving	200	99	11	3	0	75	310	1	0	1	24
Salmon	1 serving	100	31.5	4	1	0	40	350	0	0	0	16
Steak	1 serving	360	279	31	13	0	80	140	0	0	0	19
<b>Sandwich</b>												
Chicken Avocado Club	1 each	680	369	41	12	0	110	940	36	1	3	34
Cod Sandwich	1 each	480	216	24	3	0	50	810	49	2	6	20
Crab Cake Sandwich	1 each	680	450	50	8	0	130	1260	38	1	4	19
Grilled Steak Sandwich	1 each	720	315	35	16	0	75	930	67	1	7	27
Made without Gluten Bread	2 slices	220	54	6	0	0	0	410	34	2	4	6
Rueben	1 each	650	350	39	16	0	115	1850	47	3	6	29
Salmon Sandwich	1 each	430	198	22	3	0	55	850	33	1	2	22
<b>Burger</b>												
Made without Gluten Hamburger Bun	1 each	190	45	5	0	0	0	360	32	4	5	5
Madison Grill Burger	1 each	680	522	58	26	2	175	1230	40	0	10	48
Spicy Black Bean Burger	1 each	560	288	32	7	0	70	940	53	7	4	17
<b>Sides</b>												
Regular Fries	1 serving	210	80	9	2	0	0	35	27	3	0	3
Sweet Potato Fries	1 serving	320	140	16	2	0	0	160	41	5	11	3
<b>Specialties</b>												
Honey Grilled Chicken	1 each	220	220	54	6	1	0	55	80	18	0	15
Kale Pesto Quinoa Bowl	1 serving	500	500	225	25	5	0	5	140	57	8	5
New York Strip	1 serving	550	550	240	26	9	0	160	680	23	4	1
Roasted Garden Vegetable Quinoa Bowl	2 cup	350	350	54	6	1	0	0	450	62	8	5
<b>Desserts</b>												
Apple, Blueberry & Peach Crisp	1/2 cup	180	45	5	1	0	0	0	33	1	15	3
Banana Pudding	1 each	310	140	15	8	2	5	180	43	1	28	2
Chocolate Lava Cake	1 each	330	100	11	3.5	0	40	320	56	2	42	4
Signature Cookie	1 each	500	210	23	12	0	35	370	71	3	44	5