

Market 64 | Rise N' Grind

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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)
Pastries												
Pecan Sticky Bun	1 each	680	288	32	9	0	20	530	90	1	36	11
Grilled Apple Cinnamon Muffin	1 each	430	130	15	7	0	20	590	71	1	38	4
Grilled Blueberry Muffin	1 each	430	120	13	6	0	25	480	73	1	37	5
Grilled Orange Cranberry Muffin	1 each	350	100	11	5	0	20	460	62	0	33	4
Warm Cinnamon Rolls	1 each	510	38	19	5	2	5	540	75	2	22	10
Rice Krispie Treat	1 each	270	40	4	3	0	10	200	55	0	20	1
Brownie	1 each	370	100	11	5	0	0	330	63	3	45	5
Lemon Bar	1 each	530	120	13	6	0	95	320	92	0	65	4
Fruit and Nut Bar	1 each	110	20	3	1	0	0	90	23	1	15	1
Blondie	1 each	600	23	11	0	0	85	770	90	1	53	8
Sauce												
Caramel Sauce	4 Tbsp.	100	0	0	0	0	0	110	30	0	24	0
Honey	4 Tbsp.	90	0	0	0	0	0	0	23	0	22	0
Strawberry Honey Sauce	4 Tbsp.	40	0	0	0	0	0	0	11	1	7	0

Market 64 | JMQ

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Protein												
Smoked Beef Brisket	3 oz.	230	170	19	7	0	65	330	0	0	0	15
JMQ Pulled Pork	3 oz.	160	90	10	4	0	50	210	1	0	0	15
Valley Style BBQ Chicken	1 each	320	126	14	4	0	220	1250	2	0	0	48
Brownie	1 each	90	0	0	0	0	0	125	23	1	7	0
Bread												
Cheddar Cheese Biscuit	1 each	220	99	11	5	0	20	630	25	0	4	7
Jalapeno Corn Bread	1 each	330	120	13	4	0	65	690	47	0	19	8
Potato Roll	1 each	130	20	2	1	1	0	170	23	2	5	7
Texas Toast	1 slice	90	10	1	0	0	0	180	19	0	3	3
Whole Wheat Hamburger Bun	1 each	150	20	2	0	0	0	300	27	2	4	5
Made without Gluten Hamburger Roll	1 roll	190	45	5	0	0	0	360	32	4	5	5
Slaw												
Old Fashioned Cole Slaw	0.5 cup	220	180	20	4	0	10	260	6	2	4	1
Tangy Kale Slaw	0.5 cup	110	50	5	1	0	0	330	13	3	8	2
Lexington Slaw	0.5 cup	40	0	0	0	0	0	380	8	3	6	1
Spicy Jalapeno Slaw	0.5 cup	70	40	5	1	0	0	320	6	2	3	2
Sauce												
Traditional BBQ	4 Tbsp.	140	0	0	0	0	0	580	36	0	32	0
Carolina Gold BBQ	4 Tbsp.	45	18	3	2	0	10	420	10	0	7	0
Chipotle BBQ	4 Tbsp.	80	0	0	0	0	0	330	20	0	17	0
Carolina Vinegar BBQ	4 Tbsp.	30	0	0	0	0	0	770	7	0	6	0
Alabama White	4 Tbsp.	360	324	36	7	0	15	340	1	0	0	0

Market 64 | Maddy J's

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Subs, Sandwiches, Wraps												
Chicken Pesto	1 each	570	288	32	8	0	80	960	39	2	2	32
Roast Beef & Cheddar	1 each	780	423	47	18	0	85	1450	41	1	4	31
Ham, Turkey & Bacon	1 each	670	234	26	14	0	110	2090	65	0	12	47
Turkey Avocado	1 each	420	108	12	2	0	20	960	65	1	12	17
Zucchini Slaw & Hummus	1 each	560	216	24	6	0	5	1300	73	6	5	17
Red Pepper & Arugula	1 each	630	396	44	11	0	30	1180	41	1	3	11
Italian	1 each	580	315	35	12	0	70	1910	43	1	6	25
Chicken, Bacon & Cheddar	1 each	580	171	19	10	0	110	1610	65	0	26	33
On Request Substitutions												
12 in Tortilla	1 each	310	60	7	3	0	0	740	52	2	0	8
Spinach Wrap	1 each	310	60	7	3	0	0	740	51	2	0	9
Gluten Free Wrap	1 each	170	35	4	2	0	0	330	27	5	4	5
Gluten Free Bread	2 slices	140	35	4	0	0	0	300	22	1	2	4
White Hoagie Roll	1 roll	220	18	2	0	0	0	430	43	2	3	9
Wheat Berry	2 slices	300	40	4	1	0	0	540	60	4	10	10
Sprouted Grain Bread - Big 16	2 slices	200	18	2	0	0	0	270	36	8	2	12
Beyond Chicken (meatless)	6 slices	130	30	4	0	0	0	330	5	3	0	20
Vegan Mayo	1 Tbsp..	90	90	10	1	0	0	80	0	0	0	0

Market 64 | Breakfast Bar

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Breakfast Bar												
Agave	2 Tbsp.	100	0	0	0	0	0	0	28	0	26	0
Bacon Strips	1 slice	35	23	3	1	0	10	125	0	0	0	2
Biscuits	1 each	170	60	7	6	0	0	390	23	1	1	3
Brown Sugar	2 Tbsp.	30	0	0	0	0	0	0	8	0	8	0
Chia seeds	1 Tbsp.	60	24	3	0	0	0	0	5	5	0	3
Chocolate Chips	30 pieces	70	35	4	3	0	0	0	10	1	8	0
Cubed Mixed Fruit Salad	1/2 cup	35	0	0	0	0	0	10	14	1	12	1
Fresh Blackberries	1/4 cup	15	0	0	0	0	0	0	4	2	2	1
Fresh Blueberries	1/4 cup	22	0	0	0	0	0	0	5	1	4	0
Fresh Raspberries	1/4 cup	16	0	0	0	0	0	0	4	2	2	0
Fresh Strawberries	1/4 cup	14	0	0	0	0	0	0	4	2	2	0
Fresh Whipped Cream	2 Tbsp.	70	50	6	6	0	0	20	4	0	2	0
Greek Yogurt - Vanilla	1/2 cup	100	0	0	0	0	3	44	14	0	14	10
Greek Yogurt, Plain	1/2 cup	65	0	0	0	0	5	40	5	0	5	12
Grits	3/4 cup	80	0	0	0	0	0	105	17	0	0	2
Home Fries	1/2 cup	110	15	2	0	0	0	75	22	2	1	2
Honey	1 Tbsp.	60	0	0	0	0	0	0	17	0	17	0
Honey Walnut Cream Cheese	2 Tbsp..	110	90	10	5	0	25	85	4	0	4	2
House Granola (bake shop)	1/4 cup	100	20	3	1	0	0	15	20	2	8	2
Jelly Packets	1 pkt	35	0	0	0	0	0	0	9	0	9	0
Mr. J's Asiago Cheese Bagel	1 each	338	27	3	1	0	5	534	67	2	4	12
Mr. J's Egg Bagel	1 each	319	27	3	1	0	33	478	65	2	5	10
Mr. J's Everything Bagel	1 each	Contact Mr. J's Bagels for Nutrition information. Phone# 540-432-1386.										
Mr. J's Plain Bagel	1 each	Contact Mr. J's Bagels for Nutrition information. Phone# 540-432-1386.										
Mr. J's Sesame Seeds Bagel	1 each	Contact Mr. J's Bagels for Nutrition information. Phone# 540-432-1386.										
Mr. J's Wheat Bagel	1 each	300	9	1	0	0	0	441	67	3	10	9
Oatmeal	3/4 cup	90	18	2	0	0	0	5	17	0	1	3
Peanut butter	2 Tbsp.	200	140	16	4	0	0	160	7	2	3	8

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Updated: 7/13/18

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Breakfast Bar Continued												
Raisins	2 Tbsp.	65	0	0	0	0	0	5	16	1	15	1
Roasted Garlic Parmesan Cream Cheese	2 Tbsp..	100	90	10	6	0	30	200	0	0	1	2
Sausage Gravy	3/4 cup	270	189	21	9	0	50	430	12	0	6	9
Sausage Links	1 each	120	100	11	5	0	25	200	0	0	0	4
Scrambled Eggs	0.5 cup	170	100	11	4	0	480	160	0	0	0	15
Strawberry Cream Cheese	2 Tbsp..	90	70	8	5	0	25	85	5	0	5	2
Strawberry Yogurt	1/2 cup	100	8	1	1	0	5	50	20	0	15	4
Toasted Almonds	2 Tbsp.	85	65	8	1	0	0	3	3	2	1	3
Toasted Pecan Pieces	2 Tbsp.	95	90	10	1	0	0	0	2	2	1	2
Vanilla Yogurt	1/2 cup	100	8	1	1	0	5	50	20	0	15	4
Whipped Cream Cheese	2 Tbsp..	90	80	9	6	0	30	105	0	0	1	2

Market 64 | Hot Bar

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Hot Bar												
Baked Beans	0.5 cup	130	15	2	0	0	5	480	23	3	12	5
Southern Collards	0.5 cup	45	10	1	0	0	5	260	6	3	1	4
Garlic Roasted Broccoli	0.5 cup	50	35	4	1	0	0	100	4	2	1	2
Southern Green Beans with Tomatoes	0.5 cup	40	0	0	0	0	0	125	7	4	3	3
Homestyle Black Beans	0.5 cup	120	32	4	0	0	0	200	17	6	1	6
Mac & Cheese	0.5 cup	230	100	11	6	0	20	640	26	1	5	8
Southern Succotash	0.5 cup	160	32	4	2	0	5	360	26	4	0	6

Market 64 | Salad Bar

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Salad Bar												
Artichoke Hearts	1/4 cup	18	0	0	0	0	0	210	3	2	1	1
Bacon Bits	2 Tbsp..	60	35	4	2	0	20	210	1	0	0	6
Balsamic Vinaigrette	2 Tbsp..	60	45	5	1	0	0	200	5	0	4	0
Balsamic Vinegar	2 Tbsp..	28	0	0	0	0	0	8	5	0	5	0
Black Beans	1/4 cup	60	3	0	0	0	0	70	12	3	1	4
Black Olives	2 Tbsp.	45	45	5	0	0	0	250	2	2	0	0
Blue Cheese Dressing	2 Tbsp..	150	140	16	4	0	20	240	1	0	1	1
Boiled Eggs	1 each	80	45	5	2	0	185	70	1	0	1	6
Broccoli	6 each	45	0	0	0	0	0	37	6	3	3	2
Caesar Dressing	2 Tbsp..	150	140	16	3	0	15	220	1	0	0	1
Carrot	1/4 cup	10	0	0	0	0	0	20	3	1	1	0
Chia Seed	1 Tbsp.	60	24	3	0	0	0	0	5	5	0	3
Chipotle Greek Yogurt Dressing	2 Tbsp..	20	0	0	0	0	5	140	1	0	1	2
Croutons	6 croutons	30	10	1	0	0	0	85	5	0	0	1
Diced Chicken	1/4 cup	120	70	8	3	0	50	40	0	0	0	10
Diced Ham	1/4 cup	70	25	3	1	0	25	640	1	0	1	10
Diced Tomatoes	1/4 cup	10	0	0	0	0	0	2	2	1	1	0
Diced Turkey	1/4 cup	45	5	1	0	0	20	390	2	0	1	8
Dried Cranberries	2 Tbsp..	65	3	0	0	0	0	3	16	2	19	0
Feta Cheese Crumbles	1/4 cup	70	50	6	4	0	15	350	1	0	0	4
French Dressing	2 Tbsp..	35	0	0	0	0	0	340	9	1	8	0
Garbanzo Beans	1/4 cup	60	10	1	0	0	0	70	10	3	0	3
Goldfish	15 crackers	35	10	1	0	0	0	60	5	0	0	1
Greek Yogurt Dressing	2 Tbsp..	10	0	0	0	0	0	190	1	0	1	2
Kidney Beans	1/4 cup	60	0	0	0	0	0	70	11	4	2	4
Lite Italian Dressing	2 Tbsp..	25	15	2	0	0	0	410	3	0	2	0
Lite Ranch Dressing	2 Tbsp..	110	90	10	2	0	10	280	1	0	1	1
Mandarin Oranges	1/3 cup	25	0	0	0	0	0	3	7	0	5	0

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Salad Bar Continued												
Red Quinoa & Pickled Onion Salad	1/4 cup	15	9	1	0	0	0	0	2	0	1	0
Red Wine Vinegar	2 Tbsp..	0	0	0	0	0	0	0	0	0	0	0
Romaine Lettuce	1 cup	10	0	0	0	0	0	0	2	1	1	1
Sesame Ginger Vinaigrette	2 Tbsp..	100	80	10	2	0	0	190	4	0	3	0
Shredded Cheddar Cheese	1/4 cup	110	80	9	5	0	30	180	0	0	0	7
Sliced Cucumbers	1/2 cup	10	0	0	0	0	0	1	2	0	1	0
Sliced Green Peppers	1/4 cup	10	0	0	0	0	0	1	2	1	1	1
Sliced Mushrooms	1/4 cup	5	0	0	0	0	0	1	1	0	0	1
Sliced Red Onions	1/4 cup	15	0	0	0	0	0	2	4	1	2	0
Spinach	1 cup	15	0	0	0	0	0	45	2	1	0	2
Sunflower Seeds	1 Tbsp.	60	43	5	1	0	0	47	2	1	0	2
Tomato Cucumber Couscous Salad	1/4 cup	50	20	3	0	0	0	85	6	1	1	1

Market 64 | Soup Bar

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Soup Bar												
Black Bean Santa Fe Soup	1 cup	150	14	2	0	0	5	960	27	8	3	8
Boston Clam Chowder	1 cup	145	71	8	4	0	28	860	22	1	8	8
Broccoli and Cheese	1 cup	200	120	14	8	0	45	1240	11	2	3	9
Broccoli Cheddar Soup	1 cup	140	72	8	4	0	10	800	13	1	5	3
Broccoli Cheese Soup	1 cup	215	125	14	6	0	28	820	15	2	8	6
Chicken Gumbo	1 cup	60	4	0	0	0	5	810	12	1	2	2
Chicken Noodle Soup	1 cup	90	32	4	1	*0	15	910	11	0	0	2
Chicken Tortilla Soup	1 cup	120	13	2	0	0	5	820	20	6	1	6
Chicken Wild Rice Soup	1 cup	160	80	9	3	0	25	920	16	<1	2	4
Garden Vegetable	1 cup	100	10	1	1	0	0	1200	17	2	6	5
Garden Vegetable Soup	1 cup	80	0	0	0	0	0	800	19	2	9	2
Italian Wedding Soup	1 cup	110	32	4	2	0	10	750	13	1	1	5
Loaded Potato Soup	1 cup	350	200	22	10	1	50	870	26	2	2	12
Minestrone Soup	1 cup	120	20	2	0	0	0	480	24	8	4	8
Potato Bacon Soup	1 cup	195	75	9	4	0	23	930	23	3	7	7
Potato Soup	1 cup	240	110	12	6	0	28	890	25	2	10	7
Three Bean Chili	1 cup	190	27	3	0	0	0	380	31	11	10	9
Timberline Chili	1 cup	230	70	8	3	0	0	890	26	8	5	15
Timberline Chili	1 cup	300	117	13	5	1	48	995	25	6	9	19
Tomato Basil Soup	1 cup	280	180	20	6	0	30	850	20	3	16	4
Tomato Creamy Bisque	1 cup	160	65	8	3	0	18	980	17	1	11	5
Tomato Soup	1 cup	225	125	14	8	0	48	860	17	2	12	8
Vegetarian Chili	1 cup	180	15	2	0	0	0	410	34	11	5	8