

WARRIOR EATERY



BANGOR PLAZA

NUTRITION INFORMATION

ITEM	FUEL ICON	SERVING SIZE	CALORIES	PROTEIN (G)	CARBS (G)	FAT (G)	SAT FAT (G)	FIBER (G)	SUGAR (G)	SODIUM (MG)
Triple B		1 ea	980	52	42	68	26	1	10	1650
The Buffalo - Crispy		1 ea	820	36	58	38	9	2	5	1780
The Buffalo - Grilled		1 ea	720	43	36	23	6	1	4	1480
Patty Melt - Single		1 ea	875	36	40	58	22	2	9	1420
Patty Melt - Double		1 ea	1050	48	44	72	28	2	10	1700
Rodeo Style - Single		1 ea	875	33	42	58	20	2	10	1390
Rodeo Style - Double		1 ea	960	45	46	64	24	2	10	1620
Shoestring Fries		6 oz	480	6	63	23	3	6	0	480
Cajun Fries		6 oz	510	6	66	24	3	6	0	780
Rosemary Parmesan Fries		6 oz	630	11	68	33	10.5	6	2	930
Sweet Potato Waffle Fries		6 oz	570	5	72	27	3	9	15	450
Fountain Soda (20 Oz)		20 oz	240	0	65	0	0	0	65	70
All Beef 1/4 Lb Patty		1 patty (4 oz cooked)	290	19	0	23	6	0	0	75
Seared Chicken Breast		1 breast (4 oz cooked)	180	35	0	4	1	0	0	70
Crispy Chicken Breast		1 breast (4 oz cooked)	280	23	12	14	3	1	0	600
Beyond Burger		1 patty (4 oz cooked)	230	21	8	14	5	2	0	350
Bacon		2 strips	90	6	0	7	2.5	0	0	320
Avocado		2 oz	100	1	5	9	1	3	0	5
Crispy Onions		1/4 cup	150	1	15	9	0.5	1	1	160
Mushrooms		1/2 cup sautéed	40	2	4	3	0	1	1	5
Caramelized Onions		1/4 cup	80	1	12	3	0.5	1	4	80
American		1 slice	60	3	2	5	4	0	1	350
Swiss		1 slice	80	5	1	6	3	0	0	50

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Cheddar		1 slice	110	7	1	9	5	0	0	180
Pepper Jack		1 slice	100	6	1	8	4.5	0	0	180
Bleu		1 oz crumble	100	6	1	8	5	0	0	400
Brioche Bun		1 bun	200	6	28	7	3	1	6	230
Whole Wheat Bun		1 bun	180	7	30	3	1	3	4	240
Lettuce Wrap		1 serving	10	1	2	0	0	1	1	0
BBQ Sauce		1 tbsp	35	0	9	0	0	0	6	150
Chipotle BBQ		1 tbsp	45	0	9	1	0	0	6	180
Buffalo		1 tbsp	30	0	1	2	1	0	0	250
Garlic Aioli		1 tbsp	100	0	1	11	1.5	0	0	100
Ranch		1 tbsp	110	1	2	11	1.5	0	1	130
1000 Island		1 tbsp	120	0	4	12	1	0	3	120
Tomatoes		2 slices	10	0	2	0	0	0.5	1.0	5
Jalapeños		1 serving	5	0	1	0	0	0.3	0.0	55
Red Onions		1 serving	10	0	2	0	0	0.4	1.0	1
Pickle Chips		3 chips	5	0	1	0	0	0.2	0.0	120
Chicken Bowl - Lanai		1 Scoop	740	38	80	24	5	3	14	1280
Pork Bowl - Lanai		1 Scoop	820	32	76	38	11	3	10	1440
Beef Bowl - Lanai		1 Scoop	800	34	82	34	10	3	16	1340
Chicken Bowl - Maui		2 Scoop	960	66	88	30	6	3	20	1840
Pork Bowl - Maui		2 Scoop	1120	54	80	58	18	3	12	2160
Beef Bowl - Maui		2 Scoop	1080	58	92	50	16	3	24	1960
Chicken Bowl - Big Island		3 Scoop	1180	94	96	36	7	3	26	2400

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Pork Bowl - Big Island		3 Scoop	1420	76	84	78	25	3	14	2880
Beef Bowl - Big Island		3 Scoop	1360	82	102	66	22	3	32	2580
Combo Bowl - Big Island		3 Scoop	1320	84	94	60	18	3	24	2620
Island Base (Rice + Mac + Sauce)		1 base	520	10	72	18	4	3	8	720
White Rice		6 oz	205	4	45	0	0	1	0	5
Mac Salad		4 oz	245	5	11	18	4	2	8	265
Teriyaki Sauce		2 oz	70	1	16	0	0	0	0	450
Huli-Huli Chicken		6 oz	220	28	8	6	1	0	6	560
Kalua Pork		6 oz	300	22	4	20	7	0	2	720
Teriyaki Beef		6 oz	280	24	10	16	6	0	8	620