

Miami Grill Nutritional Information '05/04/2018											
	Calories	Calories from fat	Total fat	Saturated fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Dietary Fiber	Sugars	Protein
CHEESESTEAKS											
Original Cheesesteak	964	312	35	17	1	152	2394	91	4	7	70
Half Original Steak	515	180	20	10	0	84	1348	46	2	3	37
Classic Cheesesteak	979	312	35	17	1	152	2652	93	5	8	71
Half Classic Steak	523	180	20	10	0	84	1477	47	3	4	38
The Works Cheesesteak	1204	514	57	20	1	172	2816	100	7	11	73
Half Works Cheesesteak	636	281	31	12	0	94	1559	50	4	6	38
Chicken Philly Steak	965	294	33	16	0	192	2637	92	5	8	73
Half Chicken Philly Steak	545	196	23	10	0	104	1464	46	3	4	39
Chicken Philly Works	1191	497	55	19	0	212	2800	99	7	11	75
Half Chicken Philly Works	657	298	34	11	0	114	1546	50	3	6	39
SUBS											
Deli Sub with all toppings	821	229	26	13	0	128	4046	94	6	13	52
Half Deli Sub with all toppings	420	114	13	7	0	64	2056	50	3	8	26
Ham & Cheese Sub with all toppings	731	149	16	10	0	115	4036	96	6	16	53
Half Ham & Cheese Sub with all toppings	365	74	8	5	0	58	2014	48	3	8	27
Turkey Sub with all toppings	685	116	13	7	0	92	2848	95	6	13	47
Half Turkey Sub with all toppings	342	58	6	4	0	46	1419	48	3	7	24
Turkey Club Sub with all toppings	783	180	20	10	0	116	3145	95	6	13	55
Half Turkey Club Sub with all toppings	408	101	11	5	0	62	1618	48	3	7	29
Cheese Veggie Sub with all toppings	916	359	39	24	0	95	3066	91	6	10	47
Half Cheese Veggie Sub with all toppings	498	209	22	14	0	55	1624	46	3	5	27
Tuna Sub with all toppings	729	209	23	6	0	62	1675	84	6	7	46
Half Tuna Sub with all toppings	364	104	11	3	0	31	838	42	3	4	23
Meatball Sub	1115	483	52	22	0	120	2868	97	9	8	65
Half Meatball Sub	558	241	26	11	0	60	1434	49	5	4	32
Chicken Tender Sub	979	297	33	6	0	70	2581	123	7	7	45
Half Chicken Tender Sub	490	149	17	3	0	35	1291	62	4	3	22
MIAMI SUBS BURGERS											
Miami Subs Burger	498	207	23	9	1	103	401	36	2	6	34
MS Cheeseburger	565	254	28	12	1	120	703	37	2	6	38
MS Bacon Cheeseburger	630	297	33	14	1	135	901	37	2	6	43
MS Bistro Burger	776	411	47	17	1	136	1364	45	2	11	43
MS Nacho Ordinary Burger	734	321	36	12	1	107	1691	62	3	10	37
MS Rodeo Burger	849	377	42	17	1	136	1627	70	2	19	44
MS Big Havana Burger	708	329	37	16	1	166	2186	41	3	8	53
MIAMI GRILL BURGERS											
Miami Grill Burger	463	186	21	8	1	92	392	36	2	6	31
MG Cheeseburger	530	233	26	11	1	109	693	37	2	6	35
MG Bacon Cheeseburger	596	276	31	13	1	124	892	37	2	6	40
CHICKEN WINGS											
5 Breaded Wings with fries, celery, blue cheese	920	665	74	13	0	85	2280	44	5	4	16
10 Breaded Wings with fries, celery, blue cheese	1320	935	105	19	0	145	3060	64	6	5	28
20 Breaded Wings with celery, blue cheese	2120	1540	172	30	0	290	5440	88	7	9	51
5 Grilled Wings with fries, celery, blue cheese	807	501	56	12	0	147	2019	47	3	18	28
10 Grilled Wings with fries, celery, blue cheese	1050	647	72	17	0	268	2766	49	3	18	52
20 Grilled Wings with celery, blue cheese	1581	965	107	28	0	537	4851	57	3	34	101
5 Naked Wings with fries, celery, blue cheese	890	602	67	13	0	116	1800	47	4	18	22
10 Naked Wings with fries, celery, blue cheese	1170	890	99	19	0	208	2550	27	4	3	40
20 Naked Wings with celery, blue cheese	1820	1450	161	31	0	415	4420	14	3	5	76
5 Boneless Wings with fries, celery, blue cheese	988	668	74	12	0	70	2568	50	5	3	22
10 Boneless Wings with fries, celery, blue cheese	1455	940	105	17	0	115	3635	76	6	3	40
20 Boneless Wings with celery, blue cheese	2390	1550	172	27	0	230	6590	112	8	5	75
MIAMI GRILL - GRILLED CHICKEN WINGS											
5 Grilled Wings with fries, celery, blue cheese, onions, peppers	905	562	63	13	0	147	2163	56	5	21	29
10 Grilled Wings with fries, celery, blue cheese, onions, peppers	1149	708	79	18	0	268	2910	58	5	21	53
20 Grilled Wings with celery, blue cheese, onions, peppers	1826	1086	122	30	0	537	5143	87	7	47	104
GYROS											
Gyro Sandwich on pita	730	410	46	16	0	70	1620	54	4	4	26
Gyro Platter with Fries and Side Salad	1220	740	82	27	0	110	2730	800	7	5	38
CHICKEN & PITAS											
Grilled Chicken Sandwich	355	76	8	2	0	65	1140	38	2	6	30
Grilled Chicken Sandwich with Cheese	421	123	13	5	0	82	1440	39	2	6	34
Grilled Chicken Club - Bacon & Cheese	487	166	18	7	0	97	1638	39	2	6	39
Grilled Chicken Platter with Fries and Side Salad	795	359	40	9	0	65	2544	72	6	6	37
Chicken Tenders Platter - 3 tenders with Fries and Coleslaw	955	570	63	10	0	55	2160	77	6	28	19
Chicken Tenders Platter - 5 tenders with Fries and Cole Slaw	1231	736	83	13	0	87	2909	90	7	24	29
Chicken Tenders - 3 tenders	499	249	30	4	0	48	1644	40	1	13	16

Chicken Tenders - 5 tenders
 Chicken Tender Sandwich
 Grilled Chicken Pita
 Tuna Pita
 Veggie Pita
 Chicken Caesar Pita

775	415	51	7	0	80	2393	53	2	10	26
481	197	23	4	0	42	1069	49	3	2	17
472	158	17	4	0	55	1590	47	3	3	32
498	218	24	3	0	41	894	45	3	4	27
584	291	31	14	0	55	1786	49	4	6	26
620	288	32	6	0	65	1867	48	3	3	34

WRAPS

Turkey Wrap
 Chicken Caesar Wrap
 Tuna Wrap
 Veggie Wrap

372	84	9	4	0	50	1067	48	5	4	27
680	333	36	9	0	68	1953	50	5	2	37
478	191	21	6	0	41	751	45	6	2	29
620	324	35	18	0	55	1646	48	6	4	28

NATHANS

Hot Dog
 Cheese Dog
 Chili Dog
 Chili Cheese Dog
 Nathan's Fries Regular
 Nathan's Fries Large
 Nathan's Cheese Fries Regular
 Nathan's Cheese Fries Large
 Nathan's Chili Fries Regular
 Nathan's Chili Fries Large
 Nathan's Chili-Cheese Fries Regular
 Nathan's Chili-Cheese Fries Large

290	160	18	6	1	30	790	24	1	2	10
330	180	20	7	1	30	1130	27	1	3	10
410	240	27	9	1	50	1140	30	1	3	16
450	260	29	10	1	50	1480	33	1	4	16
540	350	39	7	0	0	500	43	5	1	5
830	540	60	11	0	0	860	66	8	2	8
600	380	42	9	0	5	1000	48	5	3	6
910	580	64	13	0	5	1530	72	8	4	9
660	430	48	10	0	20	850	49	6	2	11
950	620	69	14	0	20	1210	72	9	3	13
720	460	52	12	0	20	1360	53	6	4	11
1030	660	74	16	0	25	1890	78	9	5	14

ARTHUR TREACHERS AND GRILLED SEAFOOD

Fish Sandwich
 Fish and Chips Basket
 Fish and Chips Platter
 Shrimp and Chips Basket
 Shrimp and Chips Platter
 Seafood Combo Basket
 Seafood Combo Platter
 Fish Boat
 Shrimp Boat
 Seafood Boat
 Grilled Mahi Platter
 Grilled Shrimp Platter

684	270	29	5	0	35	1147	81	2	8	20
1583	740	81	13	0	35	2360	173	8	17	36
1724	832	89	14	0	39	2552	189	9	31	37
1044	510	56	9	0	80	1893	117	8	17	20
1186	602	65	10	0	84	2085	133	10	31	21
1706	755	83	13	0	85	3427	197	11	24	42
1848	847	91	15	0	89	3618	213	13	39	43
4638	2130	233	37	0	90	6800	516	23	47	109
3108	1530	169	27	0	240	5340	346	23	47	59
4581	2050	225	36	0	200	8527	528	30	62	108
851	320	33	4	0	90	2076	105	6	27	33
972	333	34	5	0	204	2395	124	6	44	39

SIDES

Seasoned Fries small
 Seasoned Fries Large
 Kettle Chips
 Onion Rings
 Mozzarella Sticks
 Jalapeno Bites - 5 Pieces
 Jalapeno Bites - 9 Pieces
 Fiesta Rice
 Black Beans
 Black Beans and Rice
 Cole Slaw - Miami Subs (5 oz.)
 Cole Slaw - Miami Grill (5 oz.)

520	330	37	7	0	0	680	40	4	1	4
780	495	56	11	0	0	1020	60	6	2	6
210	140	15	3	0	0	470	16	2	0	2
700	460	51	8	0	0	960	56	2	10	6
370	220	24	6	0	30	1100	28	2	5	10
450	190	21	6	0	15	1520	55	2	33	8
746	342	38	11	0	27	2459	85	4	46	14
170	5	1	0	0	0	930	36	1	1	4
220	10	0	0	0	0	980	42	14	2	14
195	8	0	0	0	0	955	39	8	2	9
241	156	14	2	0	7	326	27	3	24	1
187	91	11	2	0	0	463	24	6	16	4

SALADS

Side Greek Salad
 Side Garden Salad
 Side Caesar
 Garden Salad (no dressing)
 Greek Salad
 MS Chicken Breast Club
 MS Chicken Tender Club
 Tuna Salad
 Caesar Salad
 MG Caesar Salad
 Chicken Caesar Salad
 MG Chicken Caesar Salad
 MG Chicken Breast Club
 MG Mahi Salad
 MG Mahi Caesar Salad
 MG Shrimp Salad
 MG Shrimp Caesar Salad

75	37	5	2	0	10	624	7	2	3	4
30	1	0	0	0	0	23	6	2	3	2
221	185	20	4	0	13	487	6	1	2	3
393	192	22	7	0	114	587	35	6	7	17
443	214	25	9	0	129	2084	43	8	10	20
596	270	31	10	0	185	1551	36	6	7	46
727	366	41	11	0	165	1621	55	7	7	37
477	230	26	4	0	130	717	35	6	7	30
546	365	40	7	0	15	1241	35	5	5	11
541	365	40	7	0	15	1239	34	5	5	11
696	410	45	8	0	70	2061	37	5	5	34
693	412	45	8	0	70	2059	36	5	5	34
495	199	23	5	0	160	1423	35	6	7	38
376	118	14	2	0	172	625	33	6	7	31
637	372	41	7	0	98	1579	34	5	5	32
497	131	15	2	0	286	943	53	6	24	36
679	385	42	7	0	212	1431	36	5	5	37

KIDS MEALS

Kids Hot Dog, fries, cookie (add drink)
 Kids Burger, fries, cookie (add drink)
 Kids Cheese Burger, fries, cookie (add drink)
 Kids Tenders, fries, cookie (add drink)
 Kids 4 Wings, fries, cookie (add drink)
 Kids Corn Nuggets, fries, cookie (add drink)

800	445	50	17	1	45	1300	76	4	22	15
966	495	54	21	0	78	1256	93	4	30	25
1033	542	59	24	0	94	1558	94	4	30	29
850	425	47	13	0	50	1690	87	4	30	19
830	501	56	15	0	63	1134	68	4	20	15
860	525	59	17	0	35	910	72	3	25	10

MG Kids Burger, fries, cookie (add drink)

960	473	52	18	1	107	893	85	4	24	35
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MG Grilled Chicken Strips, fries, cookie (add drink)
 MG Chicken Nuggets (boneless), fries, cookie (add drink)
 MR Cheese Quesadilla, fries, cookie (add drink)

660	330	37	12	0	70	1330	54	3	20	28
884	503	56	14	0	51	1364	73	4	20	19
824	477	54	30	0	134	1693	44	4	0	44

BREAKFAST

Pancakes	810	185	21	11	0	40	1750	151	3	58	11
Pancakes w/Strawberries	540	55	6	3	0	5	1598	112	3	33	11
Pancake Platter	757	401	45	16	0	378	907	73	1	45	20
El Grande - Bacon	512	234	25	10	0	351	1087	39	2	2	29
El Grande - Ham	444	179	19	8	0	342	1139	40	2	3	27
El Grande - Sausage	604	329	35	13	0	372	1169	40	2	2	30
Kaiser Sandwich - Bacon	481	225	24	10	0	365	847	35	1	4	30
Kaiser Sandwich - Ham	413	170	18	7	0	356	900	36	1	5	27
Kaiser Sandwich - Sausage	573	320	34	13	0	386	930	36	1	4	30
Kaiser Sandwich - Steak	453	183	19	8	0	366	725	36	1	4	32
Breakfast Pita - Bacon	624	311	34	11	0	363	1247	46	3	4	34
Breakfast Pita - Ham	555	257	28	9	0	355	1299	47	3	5	31
Breakfast Pita - Sausage	715	407	44	15	0	385	1329	47	3	4	34
Breakfast Pita - Steak	595	259	28	10	0	365	1179	47	3	4	36
Breakfast Sub	380	119	13	6	0	327	864	42	2	3	22
French Toast Sticks (6each)	691	156	17	3	0	0	260	80	5	30	7
Kids Breakfast	405	73	8	1	0	0	195	57	3	26	4
Hash Browns (6 each)	180	120	14	2	0	0	330	14	1	1	1
99 Cent Pita	449	187	20	8	0	340	819	43	2	2	25

DESSERTS

Chocolate Chip Cookies	250	120	13	7	0	15	170	32	1	19	3
White Chocolate Macademia Nut Cookie	260	120	13	5	0	20	190	33	1	21	3
Oatmeal Raisin Cookies	230	90	10	6	0	15	190	34	2	19	3
Cheesecake	538	253	30	13	0	115	467	63	0	31	6
Key Lime Pie	632	180	19	14	0	30	538	100	1	56	8
Vanilla Shake	752	316	35	21	1	126	248	81	0	69	15
Chocolate Shake	794	316	35	21	1	122	252	111	5	98	18
Strawberry Shake	667	247	29	15	1	104	218	86	1	76	14
Cookies and Cream Shake	894	364	40	25	0	114	321	116	1	92	15
Ice Cream Scoop Vanilla	293	133	15	9	1	52	79	35	0	29	5
Ice Cream Scoop Chocolate	312	133	15	9	1	50	74	38	2	34	6
Ice Cream Scoop Strawberry	262	99	12	6	0	41	63	35	1	30	4
Ice Cream Scoop Cookies and Cream	312	133	15	9	1	50	74	38	2	34	6
Cake Cone Add	25	0	0	0	0	0	10	5	0	0	0
Sugar Cone Add	50	0	0.5	0	0	0	55	10	0	4	0
Waffle Cone Add	90	10	1	0	0	0	35	20	1	7	2

BEVERAGES

Barqs Rootbeer - 20 oz.	200	0	0	0	0	0	40	55	0	55	0
Barqs Rootbeer - 28 oz.	280	0	0	0	0	0	60	76	0	76	0
Coca-Cola - 20 oz.	180	0	0	0	0	0	0	49	0	49	0
Coca-Cola - 28 oz.	250	0	0	0	0	0	0	68	0	68	0
Coke Zero - 20 oz.	0	0	0	0	0	0	5	0	0	0	0
Coke Zero - 28 oz.	0	0	0	0	0	0	10	0	0	0	0
Diet Coke - 20 oz.	0	0	0	0	0	0	20	0	0	0	0
Diet Coke - 28 oz.	0	0	0	0	0	0	25	0	0	0	0
Dr. Pepper - 20 oz.	160	0	0	0	0	0	50	44	0	43	0
Dr. Pepper - 28 oz.	220	0	0	0	0	0	70	61	0	60	0
Fanta Orange - 20 oz.	190	0	0	0	0	0	10	52	0	51	0
Fanta Orange - 28 oz.	270	0	0	0	0	0	10	73	0	72	0
Fruit Punch - 20 oz.	190	0	0	0	0	0	25	52	0	50	0
Fruit Punch - 28 oz.	260	0	0	0	0	0	35	72	0	70	0
Mr. Pibb Xtra - 20 oz.	170	0	0	0	0	0	25	47	0	47	0
Mr. Pibb Xtra - 28 oz.	240	0	0	0	0	0	35	66	0	66	0
Minute Maid Lemonade - 20 oz.	170	0	0	0	0	0	80	48	0	46	0
Minute Maid Lemonade - 28 oz.	240	0	0	0	0	0	110	67	0	64	0
Nathan's Lemonade - 20 oz.	218.18	0	0	0	0	0	0	53	0	53	0
Nathan's Lemonade - 28 oz.	306.25	0	0	0	0	0	0	74	0	74	0
Pink Lemonade HI-C - 20 oz.	170	0	0	0	0	0	80	48	0	46	0
Pink Lemonade HI-C - 28 oz.	240	0	0	0	0	0	110	67	0	64	0
Sprite - 20 oz.	170	0	0	0	0	0	40	47	0	47	0
Sprite - 28 oz.	240	0	0	0	0	0	55	66	0	66	0
Sprite Zero - 20 oz.	0	0	0	0	0	0	10	0	0	0	0
Sprite Zero - 28 oz.	5	0	0	0	0	0	15	0	0	0	0
Coffee - 16 oz.	5	1	0.1	0	0	0	1	0	0	0	0.1
Iced Coffee - 16 oz.	5	1	0.1	0	0	0	1	0	0	0	0.1
Tea Unsweetened - 20 oz	0	0	0	0	0	0	0	0	0	0	0
Tea Unsweetened - 28 oz	0	0	0	0	0	0	0	0	0	0	0
Tea Sweet - 20 oz.	229	0	0	0	0	0	0	59	0	59	0
Tea Sweet - 28 oz.	321	0	0	0	0	0	0	83	0	83	0

BEVERAGES - BOTTLES

Coca-Cola - 20 oz. Bottles	240	0	0	0	0	0	75	65	0	65	0
Diet Coke - 20 oz. Bottles	0	0	0	0	0	0	70	0	0	0	0
Sprite - 20 Bottles	240	0	0	0	0	0	110	64	0	64	0

BEVERAGES - SMOOTHIES

SMOOTHIE MANGO - 20 oz.
SMOOTHIE STRAWBERRY - 20 oz.

300	0	0	0	0	0	70	82	0	78	0
310	0	0	0	0	0	70	84	0	81	0

CATERING

Breaded Wing Party Platter - 40 each	4440	1112	123	20	0	125	5070	20	6	11	7
Breaded Wing Party Platter - 80 each	8880	2224	246	40	0	250	10140	40	12	22	14
Grilled Wing Party Platter - 40 each	2821	1112	123	20	0	125	5070	20	6	11	7
Grilled Wing Party Platter - 80 each	5641	2224	246	40	0	250	10140	40	12	22	14
Naked Wing Party Platter - 40 each	3840	3090	343	66	0	855	9270	30	6	11	153
Naked Wing Party Platter - 80 each	7680	6180	686	132	0	1710	18540	60	12	22	306
Boneless Wing Party Platter - 40 each	4980	3290	365	58	0	485	13610	226	16	11	151
Boneless Wing Party Platter - 80 each	9960	6580	730	116	0	970	27220	452	32	22	302
Krispy Chicken Tenders - 30 each	4623	2653	321	44	0	479	16114	279	12	10	156
Krispy Chicken Tenders - 60 each	9246	5306	643	87	0	958	32228	558	24	21	312
Mozzarella Sticks - 40 each	2417	1448	158	40	0	200	6715	177	14	27	65
Mozzarella Sticks - 80 each	4833	2897	316	80	0	400	13430	353	28	53	130
Small Combination Platter - Wings, Tenders, Mozzarella Sticks, Jalapeno bites	5079	3040	346	68	0	440	16806	356	24	100	129
Large Combination Platter - Wings, Tenders, Mozzarella Sticks, Jalapeno bites	10157	6080	692	135	0	879	33611	712	47	200	258
Small Sub Tray - Turkey, Tuna, Deli and Ham & Cheese Subs	3953	1506	167	51	0	447	18217	406	25	72	199
Large Sub Tray - Turkey, Tuna, Deli and Ham & Cheese Subs	7905	3012	335	101	0	893	36434	811	51	144	397
6' Sub Turkey	11980	2380	264	156	0	1592	44520	1587	85	170	798
6' Sub Assorted Deli Meats	13517	3703	413	232	0	2000	60954	1580	85	186	857
Key Lime Pie (whole)	4304	2024	240	104	0	920	3736	504	0	248	48
Cheesecake (Whole)	5056	1440	152	112	0	240	4304	800	8	448	64
Chocolate Chunk Cookies - 30 each	7500	3600	390	210	0	450	5100	960	30	570	90
White Chocolate Macademia Nut Cookies - 30 each	7800	3600	390	150	0	600	5700	990	30	630	90
Oatmeal Raisin Cookies - 30 each	6900	2700	300	180	0	450	5700	1020	60	570	90
Party Garden Salad	1510	683	79	25	0	455	2585	143	25	29	70
Party Caesar Salad	2075	1340	148	26	0	60	4968	143	22	22	46
Party Greek Salad	1833	768	92	33	0	515	13476	212	36	64	84
Party Grilled Chicken Club Salad	2272	955	109	36	0	738	6219	149	25	29	183
Party Krispy Chicken Club Salad	2792	775	89	32	0	518	2939	141	25	29	91
Party Chicken Caesar Salad	2675	1520	168	30	0	280	8248	151	22	22	138