

BILL GRAY'S RESTAURANT NUTRITIONAL INFORMATION GUIDE

The following is a preliminary and partial list of the products we offer at Bill Gray's. It is broken down by components.

To determine the total values of your favorite meal simply add the component values together. We will continue to add component values to this guide as they become available. Weight Watcher Pts are calculated using the Points Plus Program.

Breads -

	Calories	Fat	Sat. Fat	Cholesterol	Sodium	Carb.	Fiber	Sugar	Protein	Weight
	kcal	grams	grams	mg.	mg.	grams	grams	grams	grams	Watcher Pts
Hard Roll - 3.5 oz	250	2	0	0	400	52	2	1	7	7
Sausage Roll - 3.5 oz	250	2	0	0	400	52	2	1	7	7
Dinner Roll	90	2	0	4	150	16	1	3	2	2
Hamburger Bun	140	2	0	0	250	27	1	4	4	4
Hot Dog Bun	140	3	0	0	270	26	0	3	4	4
White Bread	160	1	0	0	270	30	1	2	4	4
Wheat Bread	90	1	0	0	170	18	2	3	4	2
Wheat Roll	190	3	1	0	330	39	5	4	8	5

Misc. -

	Calories	Fat	Sat. Fat	Cholesterol	Sodium	Carb.	Fiber	Sugar	Protein	Weight
	kcal	grams	grams	mg.	mg.	grams	grams	grams	grams	Watcher Pts
Veggie Burger 4.5 oz	110	5	3	0	265	8	4	2	10	3
Black Bean Burger 4.2 oz	190	8	1	0	580	26	9	3	9	5
Cheese - 2 Slices (34g)	120	10	7	40	560	2	0	0	6	3
Egg (Fried)	90	7	2	184	95	0	0	0	6	2

Meats -

	Calories	Fat	Sat. Fat	Cholesterol	Sodium	Carb.	Fiber	Sugar	Protein	Weight
	kcal	grams	grams	mg.	mg.	grams	grams	grams	grams	Watcher Pts
Ground Steak - 5 oz	340	20	8	128	91	0	0	0	37	9
Cheeseburger - 5 oz	610	30	15	169	651	2	0	0	43	12
Pulled Pork - 5 oz	300	10	4	88	913	25	1	24	28	8
Sliced Steak - 5.5 oz	290	19	8	85	560	1	0	1	26	7
Red Hot Dog - 4 oz	320	28	10	60	990	4	0	2	13	9
White Hot Dog - 4 oz	320	28	10	60	990	4	0	2	13	9
Small Hot Dog	160	14	5	30	490	2	0	1	7	4
Hot Italian Sausage - 5 oz	300	18	3	100	1040	4	0	2	14	6

Side Orders -

	Calories	Fat	Sat. Fat	Cholesterol	Sodium	Carb.	Fiber	Sugar	Protein	Weight
	kcal	grams	grams	mg.	mg.	grams	grams	grams	grams	Watcher Pts
French Fries - 7 oz	547	28	3	1.4	34	79	10	2	8	20
Curly Fries - 7 oz	705	55	26	1.4	323	74	10	2	5	28
Home Fries - 7 oz	761	83	10	12	254	67	10	2	8	34
Onion Rings - 6 oz	715	47	6	0	855	43	3	10	9	32
Mushrooms - 6 oz	146	0	2	0	413	27	4	5	5	5
Mozzarella Sticks - 6 pc	581	28	12	60	584	77	3	12	30	19
Tater Tots - 7oz	671	55	6	0	254	71	10	3	8	27
Sweet Potato Fries - 7oz	587	24	0	0	88	93	15	21	2	20
Pizza Logs - 2 pc	630	48	7	40	152	62	4	3	24	19
Macaroni Salad - 7oz	393	14	3	10.3	19	41	3	2	10	12

Chicken Products -

	Calories	Fat	Sat. Fat	Cholesterol	Sodium	Carb.	Fiber	Sugar	Protein	Weight
	kcal	grams	grams	mg.	mg.	grams	grams	grams	grams	Watcher Pts
Grilled Chicken Breast - 4 oz	137	6	0	64	617	2	0	0	19	2
Deep Fried Chicken - 4.5 oz	285	12	2	50	614	21	1	0	23	7
Chicken Wing - 10 pc	673	42	11	351	2328	0.3	1	0	75	16
Chicken Tenders - 5 pc	628	31	5	103	1416	46	2	0	44	16
Boneless Wings - 1/2 lb	581	28	3	120	1283	35	3	0	46	14

Sea Food -

	Calories	Fat	Sat. Fat	Cholesterol	Sodium	Carb.	Fiber	Sugar	Protein	Weight
	kcal	grams	grams	mg.	mg.	grams	grams	grams	grams	Watcher Pts
Piece of Fish - 7 oz	344	18	6	106	910	9	1	1	36	7
Piece of Fish - 13 oz	637	33	11	196	1685	17	1	1	66	9
Salmon Burger - 4oz	190	10	2	45	470	2	1	0	23	5

Soups 10oz / 160g -

	Calories	Fat	Sat. Fat	Cholesterol	Sodium	Carb.	Fiber	Sugar	Protein	Weight
	kcal	grams	grams	mg.	mg.	grams	grams	grams	grams	Watcher Pts
Homemade Chili Con Carne	339	13	4	60	977	28	10	7	25	8
Broccoli & Cheese (Gluten Free)	475	35	15	50	2075	25	5	8	12	12
Chicken Gumbo (Gluten Free)	175	3	1	13	1950	30	3	5	5	4
Roasted Chicken Noodle	200	5	2	38	2075	23	0	3	15	5
Italian Wedding	300	10	4	25	1650	35	3	5	15	8
Homemade NE Clam Chowder	373	32	20	132	693	5	0	2	8	9
Vegetable Beef	225	4	1	12	2075	35	8	8	10	5

Soups 16oz / 256g -	Calories	Fat	Sat. Fat	Cholesterol	Sodium	Carb.	Fiber	Sugar	Protein	Weight
	kcal	grams	grams	mg.	mg.	grams	grams	grams	grams	Watcher Pts
Homemade Chili Con Carne	543	20	6	97	1564	45	15	11	41	13
Broccoli & Cheese (Gluten Free)	760	56	24	80	3320	40	8	12	20	20
Chicken Gumbo (Gluten Free)	280	4	2	20	3120	48	4	8	8	7
Roasted Chicken Noodle	320	8	2	60	3320	36	0	4	24	8
Italian Wedding	480	16	6	40	2640	56	4	8	24	12
Homemade NE Clam Chowder	597	51	33	211	1109	8	1	2	12	15
Vegetable Beef	360	6	2	20	3320	56	12	12	16	8

Custard -	Calories	Fat	Sat. Fat	Cholesterol	Sodium	Carb.	Fiber	Sugar	Protein	Weight
	kcal	grams	grams	mg.	mg.	grams	grams	grams	grams	Watcher Pts
Kiddie Van. Custard	149	9	5	57	131	16	0	15	4	4
Reg. Van. Custard	234	14	8	89	206	25	0	23	6	7
Lrg. Van. Custard	404	24	14	154	356	43	0	40	10	12
Kiddie Choc. Custard	149	9	5	57	131	16	1	15	4	4
Reg. Choc. Custard	234	14	8	89	206	25	2	23	6	7
Lrg. Choc. Custard	404	24	14	154	356	43	3	40	10	11

Abbott's Custard -	Calories	Fat	Sat. Fat	Cholesterol	Sodium	Carb.	Fiber	Sugar	Protein	Weight
	kcal	grams	grams	mg.	mg.	grams	grams	grams	grams	Watcher Pts
Kiddie Van. Custard	320	19	12	12	146	31	1	30	7	9
Single Van. Custard	448	27	17	17	204	43	1	42	9	12
Double Van. Custard	704	42	26	26	320	68	2	66	14	19

Novelty Items -	Calories	Fat	Sat. Fat	Cholesterol	Sodium	Carb.	Fiber	Sugar	Protein	Weight
	kcal	grams	grams	mg.	mg.	grams	grams	grams	grams	Watcher Pts
Wheel	270	13	7	65	220	34	1	22	5	7
Turtle	500	31	15	70	125	48	1	37	11	14
Chip Wheel	516	29	14	10	300	59	3	24	7	14
Frozen Banana (No Topping)	194	10	9	0	9	28	3	16	2	6
Cannoli	480	23	13	22	216	60	1	44	9	13
Nutty Dip	375	18	16	65	228	39	2	26	6	9

Beverages -	Calories	Fat	Sat. Fat	Cholesterol	Sodium	Carb.	Fiber	Sugar	Protein	Weight
	kcal	grams	grams	mg.	mg.	grams	grams	grams	grams	Watcher Pts
Kids Float	424	19	12	12	188	60	1	58	7	12
Small Float	463	19	12	12	203	71	1	69	7	13
Regular Float	643	27	17	17	282	97	1	95	9	18
Kids Shake	586	34	21	59	294	57	2	54	14	16
Small Shake	898	50	31	46	457	86	2	82	22	24
Regular Shake	1172	66	41	58	589	112	3	108	29	32