



# NUTRITION

## INFORMATION



Feed Your Inner Athlete

TERIYAKI CHICKEN*		
	Regular 	Little 
Rice	300	150
Chicken	198	110
Vegetables	30	20
<b>Total</b>	<b>528 Calories</b>	<b>280 Calories</b>

38g  
protein

70g  
carbs

23g  
protein

40g  
carbs



TERIYAKI SHRIMP*		
	Regular 	Little 
Rice	300	150
Shrimp	75	40
Vegetables	30	20
<b>Total</b>	<b>405 Calories</b>	<b>210 Calories</b>

19g  
protein

70g  
carbs

12g  
protein

40g  
carbs

TERIYAKI STEAK*		
	Regular 	Little 
Rice	300	150
Steak	290	198
Vegetables	30	20
<b>Total</b>	<b>620 Calories</b>	<b>368 Calories</b>

34g  
protein

70g  
carbs

24g  
protein

40g  
carbs

GINGER SALMON	
	Regular 
Rice	300
Salmon	236
Vegetables	30
<b>Total</b>	<b>566 Calories</b>

28g  
protein

70g  
carbs

CHICKEN SALAD**		
	Regular	Little
<b>Total</b>	<b>282 Calories</b>	<b>218 Calories</b>

\*Teriyaki Sauce: 120 Calories per 2 oz. serving

\*\*Dressing: 222 Calories per 2 oz. serving

All nutritional information is a best estimate



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healthy, and guilt-free  
alternative that has  
reinvented the fast  
food world!

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**Cedar City**

110 N. Main  
Cedar City, Utah  
435.865.2787

**Taylorsville**

1898 W. 5400 S.  
Taylorsville, Utah  
801.968.7232

**Draper**

272 E. 12300 S.  
Draper, Utah  
801.572.3011

**West Haven**

3064 S. 1900 W.  
West Haven, Utah  
801-394-1455

**Midvale**

7194 S. Union Park Ave.  
Midvale, Utah  
801.569.8622

**Coeur d'Alene**

2384 N. Old Mill Loop  
Coeur d'Alene, Idaho  
208-292-4977

**Park City**

1400 Snow Creek Dr.  
Park City, Utah  
435.615.1110

**Ruston**

1913 E Kentucky Ave.  
Ruston, Louisiana  
318.254.0777

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For franchise information or  
for a location near you

**T-grill.com**