

## Kid's Menu

Listed without fries, soda or condiments.

	Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Cholest. (mg)	Sodium (g)	Total Carb. (g)	Fiber (g)	Sugars (g)	Protein (mg)
Lil' Charburger	310	130	14	5	1	65	1200	22	1	2	24
Hot Dog	270	140	16	6	0	30	730	22	1	2	10
Fresh Chicken Fingers no Sauce	410	260	28	8	0	105	100	3	0	0	33
Grilled Cheese	530	380	42	13	0	30	1200	25	1	2	13
Side - Kids French Fries	220	150	17	3	0	0	460	15	1	1	2
Side - Fruit Cup	70	0	0	0	0	0	5	17	1	16	0
Side - Salad no Dressing	90	60	7	2.5	0	15	150	5	1	2	5

## Desserts

	Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Cholest. (mg)	Sodium (g)	Total Carb. (g)	Fiber (g)	Sugars (g)	Protein (mg)	
Extra Thick Milkshake	Chocolate	940	430	48	27	0	165	330	108	6	91	25
	Strawberry	870	370	41	27	0	165	380	107	0	101	19
	Vanilla	870	420	47	30	0	165	410	101	0	101	19
Cake	Chocolate w/Chocolate Icing	590	220	25	8	0	55	410	88	2	33	6
	Chocolate w/Vanilla Icing	600	220	24	7	0	55	410	91	2	36	5
	Vanilla w/Chocolate Icing	580	220	24	7	0	55	440	88	1	33	6
	Vanilla w/Vanilla Icing	590	210	23	6	0	55	440	90	1	36	5
Cookies	Chocolate Chip	360	140	16	8	0	20	430	53	2	29	4
	Peanut Butter	390	170	19	7	0	25	450	47	8	27	6
	Sugar	370	140	15	7	0	25	580	53	1	28	3
Ice Cream	Chocolate	310	140	15	9	0	55	85	37	2	31	7
	Strawberry	280	120	13	9	0	55	105	37	0	34	4
	Vanilla	280	140	15	10	0	55	120	34	0	34	4

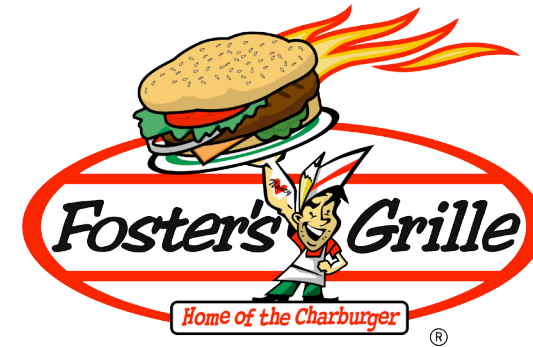
## Beverages

	Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Cholest. (mg)	Sodium (g)	Total Carb. (g)	Fiber (g)	Sugars (g)	Protein (mg)
Fresh Squeezed Lemonade	70	0	0	0	0	0	10	20	0	19	0
Sweet Tea	80	0	0	0	0	0	10	24	0	22	0
Tea Unsweetened	5	0	0	0	0	0	10	1	0	0	0

We make every effort to update this listing periodically to reflect the current status of Foster's Grille menu.

\*A 2,000 calorie daily diet is used as the basis for general nutrition advice; however, individual calorie needs may vary. Nutritional information provided on this site is based on information provided by suppliers, the United States Agricultural Department and nutrient database analysis using Genesis SQL Nutritional Analysis program from ESHA Research in Salem, Oregon. The rounding of figures is based on Food and Drug Administration guidelines. Foster's Grille cannot guarantee the nutritional information provided is fully accurate.

Corporate Office - Foster's Franchise Concepts, 4432 Costello Way, Haymarket, VA 20169 - Tel. 703.754.6269.  
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best fries and coldest beer in numerous States!



CHOOSE WHAT'S  
BEST FOR YOU.

USE THIS NUTRITIONAL GUIDE TO ASSIST YOU IN YOUR DIETARY NEEDS\*

We attempt to provide nutritional information that is as complete as possible, but since our menu items are made to order by hand, a slight variation may occur in serving sizes which may affect the nutrition values for each product.

## Sandwiches

Listed without fries, soda or condiments.

		Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Cholest.(mg)	Sodium (g)	Total Carb.(g)	Fiber (g)	Sugars (g)	Protein (mg)
Backyard Garden Burger	Grilled	280	50	6	1	0	0	890	35	5	4	23
	Fried	420	190	21	3.5	0	0	890	35	5	4	23
Chicken Sandwich	Grilled	240	30	3.5	0	0	60	2500	26	1	3	25
	Fried	580	310	34	6	0	60	680	37	1	4	27
	Buffalo	590	310	34	6	0	60	2700	40	2	5	27
Foster's Famous Grilled Hot Dog		420	270	30	12	1	60	1240	23	1	2	16
Olde Fashioned Charburger		540	240	27	10	2	135	2210	25	1	2	45
Oven Roasted Turkey Sandwich		240	30	3	0	0	55	1220	25	1	2	29
Philly Cheesesteak	Beef	610	300	33	11	0	75	1090	44	2	3	35
	Chicken	570	270	30	9	0	80	1190	42	2	4	34
Turkey Burger		350	180	20	6	0	65	780	25	1	2	22

## Toppings

	Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Cholest.(mg)	Sodium (g)	Total Carb.(g)	Fiber (g)	Sugars (g)	Protein (mg)
American Cheese	70	50	6	4	0	15	340	1	0	0	4
Cheddar Cheese	80	60	7	4	0	20	135	0	0	0	5
Pepper Jack Cheese	70	50	6	3.5	0	20	120	0	0	0	5
Provolone Cheese	80	50	6	3	0	15	180	0	0	0	5
Swiss Cheese	80	50	6	3.5	0	20	40	1	0	0	6
Tomatoes	5	0	0	0	0	0	0	1	0	1	0
Lettuce	0	0	0	0	0	0	0	0	0	0	0
Onion	10	0	0	0	0	0	0	3	0	1	0
Grilled Mushrooms	140	130	14	2.5	0	0	100	1	0	1	1
Grilled Onions	140	130	14	2.5	0	0	100	3	0	1	0
Bacon	100	70	7	2.5	0	20	330	0	0	0	7
Jalapeno	0	0	0	0	0	0	140	0	0	0	0
Ketchup	30	0	0	0	0	0	380	8	0	8	0
Mayo	200	200	22	4	0	10	150	0	0	0	0
Mustard	15	0	0	0	0	0	170	0	0	0	0
Hot Sauce	15	5	0	0	0	0	2020	2	1	1	0
BBQ Sauce	100	0	0	0	0	0	660	24	0	22	0
Pickles	5	0	0	0	0	0	180	0	0	0	0
Relish	30	0	0	0	0	0	210	6	0	6	0
Chili: as Served on Hot Dogs	70	15	1.5	0.5	0	5	190	9	2	1	5
Gehl's Cheez Sauce on Burgers	40	20	2.5	1	0	0	280	3	0	1	1
Gehl's Cheez Sauce on Hot Dogs	80	45	5	2.5	0	0	570	7	0	2	1

## Wings

Listed without fries, soda or dressing.

		Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Cholest.(mg)	Sodium (g)	Total Carb.(g)	Fiber (g)	Sugars (g)	Protein (mg)
Authentic Buffalo Wings	Plain	960	750	83	18	0	205	190	0	0	0	48
	Mild	970	750	83	18	0	205	1200	1	0	0	48
	Hot	970	750	83	18	0	205	2210	2	1	1	48
	BBQ	1060	750	83	18	0	205	850	24	0	22	48
	South West	1020	750	83	18	0	205	1530	13	0	11	48
	Asian	1140	830	92	19	0	205	830	24	0	18	48
Fresh Boneless Wings	Plain	1030	640	71	19	0	260	250	8	0	0	84
	Mild	1030	640	71	19	0	260	1250	9	1	0	84
	Hot	1040	640	71	19	0	260	2150	10	1	1	84
	BBQ	1130	640	71	19	0	260	910	32	0	22	84
	South West	1080	640	71	19	0	260	1580	21	1	11	84
	Asian	1210	720	80	20	0	260	890	32	0	18	84
Blue Cheese Dressing as served w/wings		560	540	59	12	0	50	1080	3	0	3	3
Ranch Dressing as served w/wings		350	350	38	5	0	35	1010	3	0	3	0

## Sides

		Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Cholest.(mg)	Sodium (g)	Total Carb.(g)	Fiber (g)	Sugars (g)	Protein (mg)
Basket of Fries	Half	450	310	34	6	0	0	920	31	2	1	4
	Full	750	510	57	10	0	0	1840	51	4	2	6
	with Cheese	160	90	10	5	0	0	1140	14	0	4	2
Basket of Onion Rings	with Chili	140	25	3	1.5	0	15	380	18	5	3	10
	Half	380	230	26	5	0	0	2260	33	3	5	3
Full	770	460	52	10	0	0	2700	65	5	10	5	
Side - Salad no Dressing		90	60	7	2.5	0	15	150	5	1	2	5
Side - Onion Rings		380	230	26	5	0	0	2260	33	3	5	3
Side - Fruit Cup		70	0	0	0	0	0	5	17	1	16	0

## Salads

Listed without dressing.

		Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Cholest.(mg)	Sodium (g)	Total Carb.(g)	Fiber (g)	Sugars (g)	Protein (mg)
Nancy's Garden Salad		250	170	19	6	0	30	350	11	2	4	12
Nancy's Garden Salad with Chicken	Grilled	360	190	21	6	0	90	2600	12	2	5	32
	Fried	700	460	52	12	0	90	780	24	3	5	34
	Buffalo	710	470	52	12	0	90	2800	26	4	6	35
Asian Dressing		160	70	8	1	0	0	560	21	0	16	0
Balsamic Dressing		160	130	14	1.5	0	0	540	5	0	5	0
Blue Cheese Dressing		280	270	30	6	0	25	540	2	0	2	2
Honey Mustard Fat Free Dressing		60	0	0	0	0	0	400	13	1	8	1
Italian Fat Free Dressing		20	0	0	0	0	0	700	5	1	3	0
Ranch Dressing		170	170	19	2.5	0	15	510	2	0	2	0