Healthy and Lower Calorie Options for Eating Out Around Campus
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Pepper-Crusted Sirloin + Whole Grains – 380 cal
Thai Shrimp Salad – 390 cal
Cedar Grilled Lemon Chicken – 580 cal
Shrimp Wonton Stir Fry – 630 cal
Caprese Mozzarella Chicken – 700 cal
**Menuccis**
- Margherita – 630 cal
- Cheese – 590 cal
- Roasted eggplant – 610 cal
- Pepperoni – 690 cal

**Salads**
- Farmhouse - 490 cal
- Grilled Chicken Chopped - 610 cal
- BBQ Chicken Salad with Chicken - 630 cal

**Specialties**
- Grilled Salmon – 680 cal

**Lunch Entrees**
- Four Cheese Ravioli – 650 cal
- Rigatoni Abruzzi – 700 cal

**Wraps**
- Roasted Tuscan Wrap – 670 cal
Shareables *(without toppings)*

- Crispy Jumbo Shrimp – 500 cal
- Chicken Street Tacos – 560 cal
- Buffalo Chips – 580 cal
- Mozzarella Sticks with Marinara – 650 cal
- French Fries – 660 cal
- Roasted Garlic Mushrooms, with Southwestern Ranch Dressing – 690 cal

**Boneless Wings** *(Sauce adds Calories)*

Snack Size – 660 cal

- *Sauces range from 45 cal (Hot BBQ) to 130 cal (Thai Curry)*
- *Dry Seasonings – 5 cal*
Traditional Wings (Sauce adds Calories)

Snack Size – 360 cal

- Sauces range from 25 cal (Hot BBQ) to 210 cal (Thai Curry)
- Dry Seasonings – 5 cal

Small Size – 650 cal

- Sauces range from 45 cal (Medium) to 230 cal (Thai Curry)
- Dry Seasonings – 5 cal

Sandwiches and Wraps

BBQ chicken Sandwich – 710 cal

Classic Grilled Chicken Breast Wrap – 570 cal

Grilled Chicken Buffalitos – 500 cal

Southwest Philly Cheesesteak – 680 cal

Sides and Substitutions

Veggie Boat, Fat Free Ranch Dressing – 130 cal

Buffalo Chips – 290 cal

French Fries – 330 cal

Caesar Salad, Light Caesar Dressing and Garlic Toast – 330 cal

Potato Wedges – 370 cal

Side Salad with Lemon Vinaigrette and Garlic Toast – 370 cal

Chips and Salsa – 530 cal

Mac & Cheese – 540 cal
Tenders & Mac

Naked or Crispy Tenders – 190/560 cal

Greens

Caesar Salad, with Light Caesar Dressing – 330 cal
Side Salad, with Lemon Vinaigrette – 370 cal
Chicken Caesar Salad – 720 cal

Fast Break Lunch

Naked Chicken Tenders – 190 cal
Grilled Chicken Buffalitos – 250/390 cal
Garden Chicken Salad with Grilled Chicken – 440 cal
Chicken Street Tacos – 560 cal
Classic Grilled Chicken Breast Wrap – 570 cal
Honey Barbecue Chicken Salad – 660 cal
Southwest Philly Sandwich – 680 cal
Hamburger – 220 cal
Cheeseburger – 270 cal
BK VEGGIE Burger – 310/390 cal
French Fries – 220/320/380/430 cal

Grilled Chicken Sandwich – 370/470 cal
Original Chicken Sandwich – 450/660 cal
Crispy Chicken Sandwich – 460/670 cal

WHOPPER Jr. – 310 cal
WHOPPER – 500/660 cal
WHOPPER w/ Cheese, no Mayo – 580 cal
Street Tacos (Calories per 1 taco)

- Blackened Fish – 235 cal
- Screamin’ – 243 cal
- Carnitas – 285 cal
- California Sunset – 308 cal
- Korean BBQ – 344 cal
- Chicken Club – 362 cal

Bowls

- California Sunset Chef’s Bowl – 481 cal
- Mixed Grill Chef’s Bowl – 581 cal

Salads

- Southwestern Salad – 541 cal
Caribbean Mango Salad – 625 cal

**Dressing** (2 tablespoons)

- Fresh Salsa – 7 cal
- Low-fat Spicy Sunset – 32 cal
- Low-fat Caribbean Mango – 43 cal
- Lite Olive Oil Vinaigrette – 60 cal
- Ranch – 103 cal
- Honey Lime – 119 cal
- Caesar – 180 cal

**Sides**

- Side Salad – 88 cal
- Rice and Beans – 139 cal
- Small Chips and Salsa – 346 cal
- Small Chips and Guac – 442 cal
- Small Chips and Queso – 519 cal
(All toppings extra, including cheese.)

BLT – 596 cal
Grilled Cheese – 575 cal
Hot Dog – 607 cal
Veggie Burger – 621 cal
The Novice – 654 cal
Chilli Dog – 660 cal

**Cheese Steak**

American Cheese – 642 cal
Provolone – 645 cal
Pepper Jack – 668 cal
Swiss – 668 cal
**Sandwich**

Grilled Chicken Breast – 584 cal  
Turkey Burger – 626 cal  
Fried Chicken Finger – 630 cal  
Roast Beef – 662 cal

**Wraps**

Grilled Chicken Breast Wrap – 218 cal  
Turkey Burger Wrap – 260 cal  
Veggie Burger Wrap – 261 cal  
Fried Chicken Finger Wrap – 264 cal  
The Novice Wrap – 289 cal  
The Semi-Serious Wrap – 367 cal  
The Serious Wrap – 525 cal

**Sides**

Turkey Burger Platter – 269 cal  
Small sweet potato fries – 405 cal  
Fries – 430 cal (Medium), 246 cal (Small)  
Onion Rings – 613 cal (Large), 245 cal (Medium), 168 cal (Small)
6 wings – 540cal

**Half Calzones**

All Half Calzones are between – 351 cal (Maui Wowi) & 597 cal (Eggplant)

EXCEPTION: Mac N Pork – 806 cal

**Salads** *(Dressing adds Calories)*

Grilled Chicken Caesar Salad – 425cal

Spinach Salad – 438cal

Buffalo Chicken Salad – 467cal

Grilled Chicken BLT Salad – 467cal
**Starters**

6 Chicken Wings – 478 cal (without sauce)
8 Boneless wings – 631 cal (without sauce)
Blackened Chicken Quesadilla – 690 cal

**Handhelds**

Skinny Chicken Sandwich – 500 cal
  - *With Power Slaw* - 588 cal
  - *With Dijon Mayo* – 746 cal
Super Veggie Wrap – 499/554 cal
Blackened Chicken Caesar Wrap – 613 cal
Maryland Crab Cake Sandwich – 613 cal (without sauce)
  - Hamburger – 635 cal
  - Cheeseburger – 705/745 cal
**House Specialties**

Fleet Street Chicken

- 1 breast- 335/526 cal
- 2 breast- 560/752 cal

**Soups and Salads**

Power House Salad with Protein – 101/476 cal

Maryland Crab Soup – 160/190 cal

French Onion Soup – 230 cal

Apple Pecan Salad – 250 cal Plain/796 cal with Honey Mustard Dressing

Chili – 472/502 cal

Black and Blue Shrimp Salad – 614 cal Plain/1286 cal with Honey Mustard Dressing
Stir Fry

Red Coconut Curry – 430 cal
Spicy Garlic – 570 cal
Sesame Garlic – 610 cal
Sweet Soy Five Spice – 660 cal

Salads

hgJuices – 100-130 cal
Herbed Focaccia – 150 cal
Honeybar – 150-535 cal
White Bean Tuna – 500 cal
Make it Grain – 570 cal
Healthy Selections (All menu items listed are under 600 cal)

Teriyaki Grilled Chicken Breast
Moroccan Salmon
Red Chile Shrimp
Pan-Seared Filet Mignon
McChicken – 360 cal
Hamburger – 240 cal
Cheeseburger – 290 cal
Premium Grilled Chicken Classic Sandwich – 350 cal
Premium Crispy Chicken Classic Sandwich – 510 cal
Quarter Pounder with Cheese – 520 cal
Big Mac – 540 cal
French Fries – 230/340/510 cal
**Breakfast**

- Steak and Egg- 540 cal
- Ham, Egg, and Cheese- 340 cal
- Sausage, Egg, and Cheese- 550 cal
- Bacon, Egg, and Cheese- 490 cal
- Asiago Bacon, Egg, and Cheese- 580 cal
- Egg and Cheese- 390 cal
- Avocado, Egg white, and Spinach- 410 cal
- Mediterranean Egg White- 410 cal
- Turkey Sausage, Egg White, and Spinach- 410 cal
- Four Cheese Soufflé- 410 cal
- Ham and Swiss Soufflé- 450 cal
- Spinach and Artichoke Soufflé- 520 cal
- Spinach and Bacon Soufflé- 550 cal

**Sandwiches**

- Roasted Turkey Cranberry Flatbread- 310(one)/630(two)
- Roasted Turkey Apple & Cheddar- 360(half)
- Steak and Arugula- 250 (half)/500(whole)
- Steak and white cheddar Panini- 470 (half)
- Roasted Turkey and Avocado BLT- 320 (half)/650 (whole)
- The Italian- 440 (half)
- Chipotle Chicken Avocado Melt- 390 (half)
- Tomato Mozzarella Flatbread- 350 (one)/690 (whole)
- BBQ Chicken Flatbread- 380 (one)
- Frontega Chicken Panini- 380 (half)
- Bacon Turkey Bravo- 320 (half)/630 (whole)
- Napa Almond Chicken Salad- 350 (half)/700 (whole)
- Classic Grilled Cheese- 320 (half)/ 640 (whole)
- Mediterranean Veggie- 220 (half)/ 440 (whole)
- Turkey- 280 (half)/ 560 (whole)
- Tuna Salad- 330 (half)/660 (whole)
- Ham and Swiss- 370 (half)

**Soups**

- Vegetarian Autumn Squash- Cup (230 cal)/ Bowl (340 cal)
- Turkey Chili- 170 cal (cup)/ 260 cal (bowl)
- Chicken Noodle- 110 cal (cup)/ 160 cal (bowl)
- Broccoli Cheddar- 230 cal (cup)/ 360 cal (bowl)
- Creamy Tomato- 200 cal (cup)/ 280 cal (bowl)
- Bistro French Onion- 190 cal (cup)/ 310 cal (bowl)
- Cream of Chicken and Wild Ride- 180 cal (cup)/ 260 cal (bowl)
- Baked Potato Soup- 220 cal (cup)/ 330 cal (bowl)
- New England Clam Chowder- 370 cal (cup)/ 570 cal (bowl)

**Bowls**

- Southwest Chicken Tortilla- 480 cal
- Mac & Cheese- 470 cal (small)

**Salads**

- Ancient Grain & Arugula with Chicken- 400 cal
- Southwest Chile Lime Ranch with Chicken – 650 cal
- Modern Greek with Quinoa- 530 cal
- Fuji Apple with Chicken- 570 cal
- Green Goddess Cobb with Chicken- 550 cal
- Spicy Thai with Chicken- 510 cal
- Caesar with Chicken- 450 cal
- Asian Sesame with Chicken- 410 cal
- Caesar- 320 cal
- Seasonal Greens- 180 cal
- Greek- 400 cal

**Sides**
- Baguette- 180
- Soft Dinner Roll- 190 cal
- Sprouted grain roll- 170 cal
- Chips- 150 cal
- Apple- 80 cal
<table>
<thead>
<tr>
<th>Food Item</th>
<th>Calories</th>
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<tbody>
<tr>
<td><strong>Signature Burgers</strong></td>
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</tr>
<tr>
<td>Patty Melt Single</td>
<td>650 cal</td>
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<tr>
<td>Rodeo Burger Single</td>
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<tr>
<td>Southwest Chipotle Burger Single</td>
<td>590 cal</td>
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<tr>
<td>Philly Burger</td>
<td>440/660 cal</td>
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<tr>
<td>Cheesesteak</td>
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<tr>
<td>BBQ Crunch Burger</td>
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<tr>
<td><strong>Build your Own Burgers</strong></td>
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<tr>
<td>Single Burger</td>
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<tr>
<td>Wayback Classic Burger</td>
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<tr>
<td>Triple Burger</td>
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<tr>
<td>Cheese</td>
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<td><strong>Sandwiches &amp; More</strong></td>
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<tr>
<td>Grilled Chicken</td>
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<td>Buffalo Chicken</td>
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<tr>
<td>Veggie Burger</td>
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<td>Irish Nachos</td>
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<tr>
<td><strong>Salads</strong></td>
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<td>Garden Salad</td>
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<td>Grilled Chicken Caesar Salad</td>
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