

- Fresh Veggies and Hummus with Yogurt Parfait
- Grilled Chicken Club with Steamed Broccoli
- Broccoli and Cheddar Potato with Yogurt Parfait
- Grilled Tuna Salad + 1 tablespoon dressing
- Santa Fe Black Bean Salad + 1 tablespoon dressing
- Summer Berry Salad + 1 tablespoon dressing
- Deluxe Veggie Club with Steamed Broccoli
- Grilled Tuna Sandwich with Steamed Broccoli

betterlife wellness — Mindful Eating

2015-2020 Dietary Guidelines for Americans
Recommendations for consumption of each food group at 2,000 calorie level*.

FOOD GROUP	DAILY AMOUNT
Vegetables	2 ½ cups
Fruit	2 cups
Dairy	3 cups
Protein	5 ½ ounces
Grains	6 ounces
Fats/Oils	27 grams

*Pattern for 2,000 calories is designed to meet the nutritional needs of children 9 years and older and adults.

Menu Item	Calories	Protein (g)	Carbohydrates	Fat	Sodium (mg)	Fiber (g)
SHAKES						
21 oz Vanilla Shake	435	12	70	14	391	0
32 oz Vanilla Shake	660	18	106	22	594	0
21 oz Chocolate Shake	532	16	94	14	476	0
32 oz Chocolate Shake	790	19	137	22	708	0
KIDS						
Kids Beef	270	16	26	11	720	0
Kids Ham	220	14	26	7	870	0
Kids Hamburger	248	14	28	9.5	454	0
Kids Cheeseburger	318	18	28	15.5	794	0
Hot Dog	272	8	23	16.5	703	.5
Chicken Strips (2 pc)	260	14	14	16	780	0
Kids Cheddar Fry	345	4	47.5	24.5	290	2
Kids Fresh Fruit (seasonal)	95	0			8	2

*Starred items are available in gluten free with some modifications. Substitute gluten free bun with any sandwich

Nutritional Information per Serving



Helpful Tips for a Healthy Lifestyle

The American Heart Association® recommends no more than 2,300 milligrams (mg) of sodium, or salt, each day. Look for foods that have 140 mg or less of sodium per serving

1 teaspoon of salt = 2,300 mg of sodium

GLUTEN FREE: Please let us know if you have an allergy or sensitivity to gluten. All food is made in a shared kitchen with the risk of gluten exposure. Some products may not be suitable for people with celiac disease.



SWEDISHAMERICAN
A DIVISION OF UW HEALTH

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Your Connection to Healthy Living

This brochure is made in collaboration with Swedish American Hospital A Division of UW Health.
The nutritional information included in this pamphlet is based on data from our food suppliers and the text: Food Values, by Jean A.T. Pennington, PhD, RD. More helpful tips for a healthy lifestyle can be found at www.heart.org.

While suppliers may change, every effort will be made to maintain the specifications contained in this report. Some menu items are not available at all stores. Some menu items that are seasonal or temporary may not be included in this pamphlet. All values are based on the average weight and preparation of menu items. All fried foods are prepared in 100% cholesterol free vegetable oil. Some of our menu items are salted in the routine preparation process. To reduce sodium, fat, or calories you may request your food without salt or condiments if desired.



Nutritional Information

Your Guide to Healthy Eating!

Also available at www.beefaroo.com

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Your Connection to Healthy Living

Nutritional Information per Serving

*Starred items are available in Gluten free with some modifications. Substitute gluten free bun with any sandwich.



Menu Item	Calories	Protein (g)	Carbohydrates	Fat	Sodium (mg)	Fiber (g)
FAMOUS ROAST BEEF						
Roast Beef*	310	21	24	14	960	1
Big Beef*	490	38	24	26	1650	1
Wild West Beef	703	31	64	35	2016	3
Mushroom Swiss Beef	615	32	62	25	1806	2
Roast Beef with American*	380	25	24	20	1300	1
Roast Beef with Swiss*	390	27	24	20	1015	1
Roast Beef with Cheddar*	345	21	26	16	1215	1
SPECIALTY SANDWICHES						
Turkey Bacon Club*	401	27	36	19	1433	2
Avocado Turkey Jack	547	27	39	28	1284	4
Pork Tenderloin	515	18	49	27	1164	3
Chicago Hot Dog	584	17	25	42	2450	0
Grilled Ham and Cheese	305	21	24	13	1525	1
Deluxe Veggie Club*	377	12	42	18	973	2
Grilled Tuna*	386	31	33	13	464	2
Grilled Cheese	370	15	28	27	1055	1
JUST CHICKEN						
Crispy Chicken	522	24	50	26	1331	3
Ultimate Chicken	688	31	58	37	1969	3
Buffalo Chicken	585	27	46	31	1918	3
Grilled Chicken Club	376	31	37	13	921	3
Chicken Strips (3 pc)	390	21	21	24	1170	0
Chicken Strips (5 pc)	650	35	35	40	1950	0
CLASSIC BURGERS						
¼ lb with Cheese*	507	25	29	26	745	1
Double Bacon Cheese	850	49	29	59	1711	0
Mushroom Swiss	658	32	62	30	1236	3
Bacon Bleu	530	26	24	35	902	1
¼ lb with Bacon and Cheese	560	27	29	36	1251	1
Olive*	515	27	26	33	735	1
Wild West	743	31	64	39	1866	3
Veggie Burger on Sesame Bun with ketchup, mustard, onions, lettuce, tomato	160	17	14	7	580	6
Gluten Free Bun	220	4	38	7	320	5
BAKED POTATOES						
Plain*	220	5	51	0	16	0
Sour Cream and Butter*	430	6	54	28	376	0
Bacon and Cheddar*	375	12	58	10	1141	0
Loaded	585	13	75	39	1501	0
Broccoli and Cheddar*	348	8	62	7	789	0
SIGNATURE WRAPS w/ GRILLED CHICKEN						
Grilled Chicken Caesar	829	36	69	45	2588	7
Grilled Buffalo Chicken	503	31	53	18.5	1732	6
Turkey BLT	611	34	54	30	1933	6
Grilled Southwest Chicken	670	40	87	19	1369	14
Avocado Turkey Jack	547	27	39	28	1284	4
GOURMET SALADS						
Summer Berry*	662	24	21	18.5	608	6
Chopped	404	23	25	21	1290	2
Harvest Chicken*	669	37	48	35.9	1607	1
Sesame Chicken	392	39	20	15	1275	3
Caesar	412	40	27	16.3	769	2.4
Santa Fe Chicken	420	40	39	12.9	694	13
Super Kale *	603	36	60	26.4	377	12.5
Grilled Tuna*	324	33	9	14	236	1
Southwest Black Bean	304	13	27	16	165	13.5
FRIES AND SIDES						
French Fries (Sm)*	250	2	22	17	21	2
French Fries (Med)*	320	2	27	23	27	2
French Fries (Lg)*	420	3	37	29	35	3
Cheddar Cheese Cup (2oz)	70	1	5	5	510	0
Sweet Potato Fries*	292	4	24	20	4	28
Cheddar Fries	583	6	61	33	553	3
Yogurt Parfait*	146	6	28	1	75	3
Onion Rings	565	6	61	33	864	3
Fresh Veggies & Hummus*	190	3	13	12	321	4
Steamed Broccoli*	10	1	2	0	10	1.5