

FLAT TOP GRILL SAUCE MENU

1 SERVING = 1 OZ. LADLE

CALORIES	PROTEIN (g)	TOTAL FAT (g)	CARBS (g)	SODIUM (mg)	SUGAR (g)	POINTS (WEIGHT WATCHERS)
----------	-------------	---------------	-----------	-------------	-----------	-----------------------------

SAVORY

Black Bean Garlic v	20	2	0	4	330	0	0
Horseradish Tofu	130	0	14	2	135	1	5
Mushroom Sauce v	25	0	0	5	170	3	1
Chi-Town Tomato Sauce v, GF, SF	5	0	0	2	60	1	0

SWEET

Asian Sesame Ginger v	130	0	12	6	270	5	5
FTG Sauce v	30	1	0	6	570	5	1
FTG BBQ	60	1	0	13	700	10	3
Sweet & Sour v	35	0	0	9	380	6	2
Non-Fat Spicy Lime Basil v, GF, SF	15	0	0	4	190	2	1

V = VEGAN GF = GLUTEN FREE SF = SOY FREE

FLAT TOP GRILL SAUCE MENU

1 SERVING = 1 OZ. LADLE

	CALORIES	PROTEIN (g)	TOTAL FAT (g)	CARBS (g)	SODIUM (mg)	SUGAR (g)	POINTS (WEIGHT WATCHERS)
SPICY							
Indian Coconut Curry v, GF, SF	30	0	1.5	3	75	2	1
Vindahoo v, SF	80	0	7	3	430	2	3
Red Hot Chili Sauce v, SF	45	0	1	8	460	6	2
Thai Red Curry	100	1	5	12	200	11	5
ASIAN FAVORITES							
Kung Pao Hoisin v	60	1	1.5	11	830	8	3
Pad Thai SF	50	1	0	12	660	11	3
Peanut v	130	3	10	8	370	6	5
Soy Sesame	35	1	1	5	530	4	1
Teriyaki GF, SF	60	2	1	11	690	8	3
EXTRAS							
Fresh Tomato Salsa v, GF, SF	10	0	0	2	85	1	0
Whipped Cream	50	0	6	1	5	1	3

V = VEGAN GF = GLUTEN FREE SF = SOY FREE