



NUTRITION

A 2,000 calorie daily diet is used as the basis for general nutrition advice; however, individual needs may vary.

BLUE PLATES

	Calories	Calories from Fat	Total Fat	Sat Fat	Trans Fat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein	Vit A	Vit C	Calcium	Iron
Beef Stroganoff	1540	580	65g	29g	0g	570mg	1350mg	141g	8g	7g	82g	45%	10%	20%	60%
Bucket Hot Brown	1130	710	79g	43g	0g	335mg	2340mg	53g	3g	5g	52g	60%	15%	25%	25%
Chicken and Noodles	890	320	35g	13g	0g	305mg	1570mg	87g	9g	10g	53g	270%	25%	10%	30%
Gary's 3-Way	1190	620	70g	32g	0.5g	155mg	1610mg	95g	8g	7g	45g	60%	25%	60%	30%
Pork Tenderloin Sandwich	990	300	33g	6g	0g	145mg	3180mg	107g	6g	7g	58g	8%	8%	10%	25%
Shrimp Scampi	1160	560	64g	24g	0g	175mg	2310mg	113g	7g	5g	34g	80%	35%	30%	45%
Spaghetti 'n Meatballs	1260	350	40g	16g	0g	80mg	3310mg	148g	9g	14g	49g	30%	20%	35%	40%

STARTERS

	Calories	Calories from Fat	Total Fat	Sat Fat	Trans Fat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein	Vit A	Vit C	Calcium	Iron
Bucket Bites	1450	790	91g	22g	2.5g	210mg	1800mg	83g	7g	10g	69g	10%	25%	30%	40%
Bucket O' Shrimp	480	180	20g	3.5g	0g	485mg	4240mg	19g	2g	11g	53g	20%	2%	25%	8%
Chicken Fingers	1150	430	49g	4.5g	0g	130mg	2410mg	111g	6g	13g	58g	8%	15%	4%	20%
Deep-Fried Pickles	710	120	13g	3g	0g	15mg	1810mg	136g	3g	23g	4g	20%	2%	10%	4%
Double Stacked Quesadilla	1220	890	102g	30g	0.5g	160mg	1920mg	40g	9g	13g	44g	90%	250%	70%	25%
Hummus	420	170	19g	1g	0g	0mg	850mg	55g	7g	3g	14g	120%	70%	8%	8%
Pork Potstickers	470	200	21g	4.5g	0g	25mg	1750mg	58g	4g	20g	14g	4%	2%	6%	15%
Spinach Con Queso	1180	590	66g	31g	0g	150mg	3330mg	98g	9g	16g	38g	70%	10%	90%	15%

WINGS

	Calories	Calories from Fat	Total Fat	Sat Fat	Trans Fat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein	Vit A	Vit C	Calcium	Iron
BBQ Tamarind Wings (1 lb)	1460	610	68g	18g	0g	490mg	1530mg	30g	0g	27g	175g	25%	20%	15%	40%
BBQ Tamarind Wings (2 lbs)	2440	1040	115g	30g	0g	790mg	2850mg	60g	< 1g	54g	281g	45%	35%	25%	60%
Habanero Wings (1 lb)	1640	730	81g	21g	0g	585mg	2300mg	9g	2g	4g	208g	45%	90%	15%	45%
Habanero Wings (2 lbs)	2330	1080	120g	31g	0g	790mg	4190mg	17g	4g	7g	280g	80%	190%	25%	60%
Joe's Regular Wings (1 lb)	1270	680	76g	27g	0g	445mg	3350mg	3g	0g	1g	139g	20%	2%	10%	30%
Joe's Regular Wings (2 lbs)	2550	1360	151g	53g	0g	885mg	6700mg	6g	< 1g	3g	278g	40%	6%	20%	60%
Spicy Garlic Wings (1 lbs)	1400	800	88g	21g	0g	410mg	3460mg	8g	< 1g	4g	141g	10%	4%	15%	30%
Spicy Garlic Wings (2 lbs)	2730	1520	169g	40g	0g	810mg	6800mg	15g	1g	8g	281g	20%	6%	25%	60%
Sweet Chili Wings (1 lb)	1550	610	68g	18g	0g	490mg	1920mg	51g	3g	41g	173g	10%	2%	10%	35%
Sweet Chili Wings (2 lbs)	2620	1040	115g	30g	0g	790mg	3630mg	102g	7g	82g	278g	20%	6%	20%	60%

SALADS

	Calories	Calories from Fat	Total Fat	Sat Fat	Trans Fat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein	Vit A	Vit C	Calcium	Iron
BBQ Chopped Chicken Salad	860	410	45g	12g	0g	135mg	1410mg	61g	10g	16g	51g	220%	60%	40%	30%
Blackened Salmon Salad	820	580	66g	15g	0g	100mg	1260mg	24g	6g	15g	36g	190%	100%	30%	20%
Double Nickel Salad	560	410	46g	13g	0g	50mg	950mg	23g	3g	17g	17g	140%	20%	20%	10%
Harvest Salad	1110	630	72g	8g	0g	100mg	700mg	74g	14g	9g	46g	45%	30%	10%	30%
House Salad	210	120	13g	4.5g	0g	20mg	500mg	15g	3g	4g	9g	140%	20%	20%	15%
Taco Salad	1220	890	102g	30g	0.5g	160mg	1920mg	40g	9g	13g	44g	90%	250%	70%	25%
Wedge of Iceberg (w/o dressing)	200	120	13g	4.5g	0g	135mg	530mg	6g	2g	4g	15g	20%	15%	4%	8%
Add Chicken	190	60	6g	1g	0g	100mg	125mg	0g	0g	0g	30g	0%	0%	0%	2%
Add Salmon	290	160	18g	3.5g	**	90mg	85mg	0g	0g	**	31g	2%	8%	2%	2%

SALAD DRESSINGS

Balsamic Vinaigrette Dressing	240	240	27g	4.5g	0g	0mg	290mg	4g	0g	2g	0g	0%	0%	0%	0%
Blue Cheese	230	220	24g	6g	0g	20mg	370mg	3g	0g	1g	3g	0%	0%	2%	0%
Cilantro Ranch	140	130	15g	2g	0g	10mg	200mg	2g	0g	1g	< 1g	0%	4%	4%	2%
Fat Free French	70	0	0g	0g	**	0mg	480mg	18g	1g	9g	0g	0%	0%	0%	2%
Fat Free Ranch	50	5	1g	**	**	< 5mg	380mg	11g	0g	2g	0g	0%	0%	2%	2%
Honey Mustard	170	120	13g	2g	0g	15mg	390mg	13g	32g	12g	0g	0%	0%	0%	0%
Honey Vinaigrette	200	170	19g	2.5g	0g	10mg	320mg	8g	0g	7g	0g	0%	0%	0%	0%
Nickel	220	180	21g	3g	0g	0mg	90mg	11g	0g	10g	0g	0%	0%	0%	0%
Sherry Mustard Vinaigrette	240	220	26g	3.5g	0g	0mg	350mg	5g	0g	3g	0g	0%	2%	2%	2%
1000 Island	160	110	13g	3g	0g	15mg	310mg	10g	0g	6g	0g	0%	0%	0%	0%

SOUPS

	Calories	Calories from Fat	Total Fat	Sat Fat	Trans Fat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein	Vit A	Vit C	Calcium	Iron
Aztec Chowder	440	260	30g	17g	0g	95mg	970mg	39g	9g	6g	10g	40%	290%	6%	20%
Chicken Corn Tortilla Soup	330	180	20g	9g	0g	55mg	810mg	28g	3g	2g	9g	15%	20%	6%	10%
Clam Chowder	300	200	24g	15g	0g	80mg	1410mg	19g	1g	< 1g	6g	15%	20%	2%	10%
Cream of Mushroom	320	230	28g	16g	0g	85mg	1060mg	20g	0g	2g	3g	20%	2%	2%	6%
Creole Tomato Soup	170	110	13g	5g	0g	30mg	1120mg	13g	2g	6g	2g	25%	25%	4%	4%
French Onion Soup	190	100	11g	6g	0g	25mg	1200mg	13g	1g	4g	10g	8%	10%	25%	4%
Lobster Bisque	330	240	28g	19g	0g	100mg	1130mg	16g	1g	< 1g	6g	20%	2%	2%	6%
Mushroom Soup	320	230	26g	16g	0g	85mg	560mg	14g	1g	2g	4g	20%	6%	6%	6%
Texas Sirloin Chili	580	310	34g	13g	1.5g	90mg	1200mg	41g	6g	7g	28g	35%	20%	20%	20%
Tomato Basil Soup	290	200	23g	15g	0g	70mg	900mg	18g	3g	3g	5g	20%	20%	10%	20%
Vegetable Soup	100	25	2.5g	0g	0g	0mg	790mg	16g	2g	3g	2g	15%	60%	2%	6%

SANDWICHES

	Calories	Calories from Fat	Total Fat	Sat Fat	Trans Fat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein	Vit A	Vit C	Calcium	Iron
Asian Tuna Wrap	830	350	39g	7g	0g	50mg	1860mg	83g	7g	23g	38g	130%	60%	25%	40%
Buffalo Chicken Sandwich	1130	430	48g	16g	0g	190mg	4450mg	103g	6g	8g	68g	35%	30%	30%	20%
Chicken Finger BLT	650	360	40g	6g	0g	60mg	1730mg	46g	4g	8g	24g	10%	10%	10%	15%
Codwich	910	290	33g	5g	0g	100mg	2610mg	104g	5g	13g	46g	15%	35%	30%	15%
Italian Torpedo	1300	750	84g	25g	0g	185mg	4070mg	81g	6g	9g	57g	20%	20%	40%	40%
Philly Cheesesteak	1330	620	69g	35g	2g	290mg	2390mg	84g	6g	10g	89g	45%	90%	60%	60%
The Reuben	1230	800	89g	40g	2g	340mg	3530mg	42g	4g	8g	57g	25%	20%	40%	40%
Turkey Club	820	360	39g	18g	1g	160mg	2270mg	64g	5g	9g	50g	25%	8%	35%	30%

MAIN PLATES

	Calories	Calories from Fat	Total Fat	Sat Fat	Trans Fat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein	Vit A	Vit C	Calcium	Iron
Baja Fish Tacos	670	230	26g	4.5g	0g	50mg	1910mg	80g	7g	11g	33g	80%	110%	20%	30%
Citrus Roasted Salmon	990	610	54g	13g	0g	145mg	320mg	66g	11g	5g	57g	30%	150%	10%	25%
Fish 'n Chips	1120	550	63g	7g	0g	150mg	1610mg	75g	5g	9g	59g	10%	35%	6%	20%
Macaroni 'n Cheese	1510	590	67g	33g	0g	165mg	1210mg	170g	7g	9g	49g	40%	4%	70%	35%
Meatloaf	960	380	43g	17g	1g	240mg	2320mg	67g	12g	22g	59g	220%	35%	20%	35%
New York Strip Steak	910	370	27g	10g	0g	175mg	2540mg	42g	7g	6g	72g	25%	150%	10%	45%
Pan-Seared Salmon	910	410	46g	14g	0g	155mg	660mg	73g	3g	29g	50g	50%	90%	8%	20%
Pesto Chicken Pasta	1070	400	45g	15g	0g	170mg	2340mg	91g	8g	6g	73g	100%	60%	25%	35%

BURGERS

	Calories	Calories from Fat	Total Fat	Sat Fat	Trans Fat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein	Vit A	Vit C	Calcium	Iron
Beer Cheese Burger	1030	560	62g	22g	3g	240mg	1190mg	27g	3g	8g	68g	15%	8%	30%	40%
Double Bacon Cheddar Burger	1100	760	84g	28g	2g	215mg	1400mg	29g	3g	7g	54g	15%	8%	30%	30%
Green Chili Burger	990	560	62g	22g	3g	240mg	1190mg	34g	3g	14g	69g	20%	90%	30%	40%
Happy Hour Burger	850	480	53g	21g	3g	230mg	1300mg	23g	2g	4g	67g	6%	4%	25%	40%
Patty Melt	1100	610	68g	22g	3g	240mg	1830mg	48g	4g	10g	67g	4%	4%	20%	40%
Rusty Bucket Burger	950	510	56g	19g	3g	230mg	1760mg	32g	3g	8g	75g	10%	8%	50%	40%
Turkey Burger	670	350	38g	11g	0g	170mg	1520mg	33g	3g	8g	51g	25%	30%	30%	20%
Veggie Burger	960	350	37g	16g	1g	75mg	1460mg	116g	23g	12g	39g	30%	30%	45%	45%
Whole Wheat Bun	140	20	2g	0g	0g	0mg	260mg	25g	3g	4g	6g	0%	0%	6%	6%

DESSERT

	Calories	Calories from Fat	Total Fat	Sat Fat	Trans Fat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein	Vit A	Vit C	Calcium	Iron
Key Lime Pie	310	210	20g	9g	0g	155mg	130mg	30g	0g	24g	6g	15%	15%	8%	4%
Sticky Bun Bread Pudding	1280	620	70g	35g	0g	455mg	680mg	142g	3g	78g	14g	45%	2%	25%	20%
Strawberry Cheesecake	360	210	20g	9g	0g	155mg	130mg	43g	< 1g	36g	6g	15%	60%	8%	4%
Strawberry Shortcake	670	210	23g	12g	2g	55mg	430mg	108g	1g	84g	6g	8%	120%	15%	6%
Triple Chocolate Cake	880	420	47g	19g	0g	55mg	810mg	107g	3g	76g	9g	4%	0%	15%	15%

BRUNCH

	Calories	Calories from Fat	Total Fat	Sat Fat	Trans Fat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein	Vit A	Vit C	Calcium	Iron
Braised Short Rib Hash	1200	740	83g	37g	1g	630mg	2390mg	33g	5g	6g	78g	70%	130%	50%	40%
Breakfast Burrito	1290	870	97g	51g	2g	825mg	2080mg	47g	6g	8g	53g	90%	100%	60%	30%
Chicken & Waffles	1390	620	70g	8g	3g	45mg	1540mg	165g	3g	85g	26g	6%	4%	30%	20%
Cinnamon French Toast	840	300	33g	13g	0g	125mg	310mg	166g	4g	93g	16g	10%	40%	20%	25%
Cinnamon Sugar Donut Holes	630	110	12g	5g	0g	0mg	980mg	110g	2g	26g	6g	0%	0%	0%	10%
Today's 4 Egg Omelet	1010	670	75g	35g	1g	800mg	1930mg	19g	4g	4g	61g	50%	15%	60%	25%
Triple Decker Breakfast Sandwich	1120	680	75g	36g	2g	350mg	1660mg	68g	4g	13g	39g	50%	45%	70%	25%
Yogurt Spill	280	20	2g	0g	0g	15mg	115mg	45g	4g	36g	24g	2%	60%	25%	4%

PIZZAS

	Calories	Calories from Fat	Total Fat	Sat Fat	Trans Fat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein	Vit A	Vit C	Calcium	Iron
Cheese Pizza	1000	270	31g	18g	0g	85mg	2130mg	128g	5g	9g	49g	45%	45%	80%	30%
Margherita Pizza	910	230	26g	15g	0g	75mg	2030mg	122g	4g	6g	44g	40%	35%	60%	30%
Pepperoni & Peppers Pizza	1300	500	56g	26g	0g	145mg	3170mg	131g	7g	10g	62g	60%	130%	80%	35%
"The Big Sicilian" Pizza	1530	660	74g	32g	0g	230mg	4030mg	132g	6g	12g	77g	70%	90%	90%	40%
Veggie Pizza	1000	280	31g	18g	0g	85mg	2030mg	126g	6g	8g	50g	100%	110%	80%	35%
PIZZA TOPPINGS															
Bacon	509	509	56g	18g	0g	55mg	15mg	0g	0g	0g	0g	21%	0%	1%	0%
Cappicola	101	71	8g	3g	0g	51mg	405mg	1g	0g	1g	7g	506%	0%	40%	0%
Chicken	146	36	4g	1g	0g	71mg	220mg	0g	0g	0g	26g	17%	0%	12%	1%
Italian Sausage	131	88	10g	3g	0g	33mg	459mg	1g	0g	1g	8.51	170%	0%	6%	1%
Pepperoni	280	222	25g	8g	**	60mg	998mg	0g	0g	0g	13g	0%	0%	12%	1%
Blue Cheese	200	143	16g	11g	**	43mg	650mg	1g	0g	< 1g	12g	409%	0%	300%	0%
Cheddar	160	93	10g	7g	**	32mg	411mg	1g	0g	< 1g	15g	359%	0%	513%	0%
Fresh Mozzarella	170	111	13g	7g	**	45mg	356mg	1g	0g	< 1g	13g	383%	0%	286%	0%
Banana Peppers	15	2	0g	0g	**	0mg	7mg	3g	2g	1g	1g	193%	47%	8%	0%
Bell Peppers	11	1	0g	0g	**	0mg	2mg	3g	1g	1g	< 1g	210%	46%	6%	0%
Green Olives	65	51	6g	1g	**	0mg	417mg	4g	2g	0g	< 1g	229%	0%	50%	2%
Hungarian Peppers	16	2	0g	0g	**	0mg	1mg	4g	**	**	< 1g	463%	53%	7%	0%
Jalapeños	15	4	1g	0g	**	0mg	947mg	3g	1g	1g	< 1g	964%	6%	13%	1%
Mushrooms	12	2	0g	0g	**	0mg	3mg	2g	1g	1g	2g	0%	1%	2%	0%
Red Onions	23	0	0g	0g	**	0mg	2mg	5g	1g	2g	< 1g	1%	4%	13%	0%
Roasted Tomato	20	11	1g	0g	**	0mg	75mg	2g	1g	1g	< 1g	461%	8%	6%	0%
Spinach	19	4	0g	0g	**	0mg	55mg	3g	2g	< 1g	2g	6839%	1%	87%	1%

KIDS

	Calories	Calories from Fat	Total Fat	Sat Fat	Trans Fat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein	Vit A	Vit C	Calcium	Iron
Kid's Burger	490	240	27g	10g	1.5g	130mg	410mg	20g	2g	3g	40g	0%	0%	10%	25%
Kid's Cheese Burger	530	250	28g	10g	1.5g	135mg	770mg	21g	2g	3g	45g	0%	0%	25%	25%
Cheese Pizza	480	130	15g	9g	0g	40mg	970mg	61g	2g	3g	24g	15%	10%	40%	15%
Chicken Fingers	580	410	47g	3.5g	0g	25mg	730mg	31g	1g	11g	12g	6%	8%	2%	6%
Kid's Fish 'n Chips	720	410	48g	5g	0g	75mg	940mg	43g	1g	4g	30g	2%	4%	2%	4%
Grilled Cheese	300	140	16g	10g	1g	45mg	740mg	25g	1g	5g	13g	25%	0%	35%	8%
● Grilled Fish															
w/ Carrots & Apple Juice	220	10	1.5g	0g	0g	60mg	1230mg	26g	2g	20g	27g	190%	120%	4%	6%
● Grilled Chicken Fingers															
w/ Broccoli & Apple Juice	530	220	24g	2.5g	0g	50mg	1450mg	55g	26g	13g	23g	60%	190%	8%	15%
Kid's Mac and Cheese	720	240	27g	16g	0g	100mg	1180mg	87g	4g	6g	29g	20%	0%	45%	20%
Pepperoni Pizza	620	240	27g	13g	0g	70mg	1470mg	61g	2g	3g	30g	15%	10%	40%	15%
Kid's Root Beer Float	170	35	4g	2.5g	0g	15mg	50mg	34g	0g	33g	0g	0%	0%	4%	0%
● Veggie Pizza w/ Side Salad	450	90	11g	6g	0g	35mg	830mg	61g	4g	5g	21g	100%	50%	30%	20%
Biscuit & Gravy	740	520	58g	26g	1g	335mg	1340mg	21g	2g	5g	32g	25%	2%	10%	20%
Kid's Cheesy Scrambled Eggs	660	490	55g	29g	1g	700mg	700mg	11g	< 1g	6g	30g	50%	40%	30%	15%
Kid's Waffle	760	180	20g	4.5g	3g	10mg	890mg	135g	2g	82g	11g	4%	0%	25%	15%
Yogurt & Fruit	160	15	2g	0g	0g	10mg	85mg	24g	2g	18g	15g	2%	30%	15%	2%
Apple Juice	86	2	0	0	**	0mg	7mg	21g	< 1g	18g	< 1g	2%	72%	15%	0%
KID'S SIDES															
Kid's French Fries	130	35	4g	0g	0g	0mg	250mg	20g	2g	0g	2g	0%	6%	0%	6%
● Broccoli Florets	30	0	0g	0g	**	0mg	220mg	6g	3g	1g	2g	25%	90%	4%	4%
Coleslaw	320	240	28g	6g	0g	35mg	740mg	18g	3g	15g	1g	20%	70%	6%	4%
Cuban Rice and Beans	310	5	0.5g	0g	0g	0mg	1570mg	69g	2g	0g	8g	0%	8%	8%	15%
Mashers	170	100	11g	6g	0g	25mg	440mg	14g	1g	< 1g	2g	6%	8%	2%	2%
Sticky Rice	190	0	0g	0g	0g	0mg	10mg	41g	0g	3g	3g	0%	0%	0%	10%
Apple Sauce	120	0	0g	0g	**	0mg	0mg	30g	2g	25g	0g	0%	4%	0%	2%
● Roasted Carrots	90	50	5g	2g	**	5mg	85mg	9g	3g	4g	< 1g	390%	8%	4%	2%
● Fresh Fruit Cup	50	0	0g	0g	**	0mg	5mg	13g	1g	11g	< 1g	25%	70%	2%	2%
Kid's Side Salad	15	0	0g	0g	0g	0mg	10mg	2g	1g	1g	< 1g	70%	10%	2%	4%

● This menu item is part of the Kids LiveWell program and has been verified by the National Restaurant Association and Healthy Dining to meet specific nutritional criteria established by leading health organizations' scientific guidelines.

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GLUTEN-FREE

	Calories	Calories from Fat	Total Fat	Sat Fat	Trans Fat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein	Vit A	Vit C	Calcium	Iron
GF Blackened Salmon Salad	720	510	58g	10g	0g	80mg	940mg	24g	6g	15g	30g	190%	100%	15%	20%
GF Cheesecake	360	210	20g	9g	0g	155mg	130mg	43g	< 1g	36g	6g	15%	60%	8%	4%
GF Citrus Roasted Salmon	810	520	59g	18g	0g	170mg	670mg	21g	4g	3g	48g	30%	140%	10%	10%
GF Double Bacon Cheddar Burger	1190	820	91g	29g	3g	210mg	1300mg	40g	5g	5g	55g	10%	6%	25%	25%
GF Green Chili Burger	1060	600	67g	22g	3.5g	245mg	790mg	44g	5g	11g	71g	20%	90%	30%	35%
GF Grilled BBQ Chicken	710	230	25g	10g	0g	160mg	1820mg	57g	10g	24g	61g	35%	100%	25%	20%
GF Harvest Salad	870	450	65g	8g	0g	100mg	650mg	40g	10g	15g	39g	190%	170%	15%	20%
GF House Salad	70	25	3g	1.5g	0g	10mg	125mg	6g	2g	3g	6g	130%	15%	20%	8%
GF New York Strip Steak	940	470	38g	16g	0g	200mg	2590mg	25g	5g	4g	71g	30%	140%	10%	40%
GF Patty Melt	1150	660	74g	22g	3.5g	240mg	1490mg	55g	6g	12g	68g	4%	4%	25%	35%
GF Rusty Bucket Burger	1030	540	61g	19g	3.5g	230mg	1570mg	47g	5g	9g	76g	10%	8%	45%	35%
GF Turkey Burger	750	380	43g	11g	0g	170mg	1330mg	48g	5g	9g	52g	25%	30%	25%	15%

SIDES

	Calories	Calories from Fat	Total Fat	Sat Fat	Trans Fat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein	Vit A	Vit C	Calcium	Iron
Apple Sauce	120	0	0g	0g	**	0mg	0mg	30g	2g	25g	0g	0%	4%	0%	2%
Asparagus	10	0	0g	0g	0g	0mg	0mg	2g	1g	1g	1g	8%	4%	0%	4%
Broccoli	150	100	11g	4.5g	**	15mg	90mg	12g	4g	3g	5g	30%	250%	8%	8%
Chips and Salsa	210	20	3g	0g	0g	0mg	1280mg	45g	6g	6g	3g	10%	0%	6%	6%
Cole Slaw	320	240	28g	6g	0g	35mg	740mg	18g	3g	15g	1g	20%	70%	6%	4%
Cuban Rice and Beans	310	5	0.5g	0g	0g	0mg	1570mg	69g	2g	0g	8g	0%	8%	8%	15%
French Fries	490	360	42g	2.5g	0g	0mg	510mg	27g	3g	0g	3g	0%	8%	0%	8%
Fresh Fruit Cup	50	0	0g	0g	**	0mg	5mg	13g	1g	11g	< 1g	25%	70%	2%	2%
Garlic Bread (1.5 oz Portion)	390	230	26g	11g	**	40mg	630mg	29g	1g	2g	10g	20%	2%	15%	10%
Mashers	170	100	11g	6g	0g	25mg	440mg	14g	1g	< 1g	2g	6%	8%	2%	2%
Mushrooms	120	100	11g	4.5g	**	15mg	40mg	4g	1g	2g	4g	10%	6%	0%	4%
Onion Rings	270	90	11g	2g	0g	0mg	530mg	39g	3g	6g	3g	0%	6%	0%	4%
Quinoa and Farro Salad	210	110	6g	0.5g	0g	0mg	80mg	33g	5g	2g	6g	2%	10%	2%	10%
Roasted Carrots	90	50	5g	2g	**	5mg	85mg	9g	3g	4g	< 1g	390%	8%	4%	2%
Sautéed Spinach	80	50	6g	1g	**	0mg	65mg	7g	2g	4g	2g	80%	50%	4%	8%
Skillet Beans	200	140	16g	6g	0g	30mg	1320mg	9g	3g	4g	7g	40%	80%	4%	8%
Spaghetti Alfredo	610	180	21g	7g	3g	25mg	2270mg	83g	4g	6g	14g	10%	2%	15%	10%
Spaghetti Marinara	380	15	1.5g	0g	0g	0mg	530mg	67g	4g	5g	15g	4%	8%	4%	15%
Sticky Rice	190	0	0g	0g	0g	0mg	10mg	41g	0g	3g	3g	0%	0%	0%	10%
Stir Fry Beans	320	190	22g	9g	**	30mg	530mg	32g	3g	27g	3g	45%	80%	4%	8%
Sweet Potato Fries	330	110	12g	0g	0g	0mg	1230mg	57g	9g	21g	3g	25%	20%	6%	6%

BEVERAGES

	Calories	Calories from Fat	Total Fat	Sat Fat	Trans Fat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein	Vit A	Vit C	Calcium	Iron
Black and Blue Iced Tea	70	0	0g	0g	**	0mg	15mg	18g	1g	15g	0g	0%	8%	0%	2%
Raspberry Lemonade	200	0	0.5g	0g	**	0mg	0mg	52g	4g	43g	< 1g	0%	80%	2%	2%
Strawberry Agua Fresca	80	0	0g	0g	0g	0mg	35mg	20g	< 1g	17g	0g	0%	30%	2%	0%
Chocolate Milkshake	600	290	33g	20g	0g	105mg	220mg	64g	0g	58g	9g	15%	0%	35%	0%
Strawberry Milkshake	520	290	33g	20g	0g	105mg	160mg	47g	1g	43g	8g	15%	60%	35%	2%
Vanilla Milkshake	500	290	32g	20g	0g	105mg	160mg	42g	0g	40g	8g	15%	0%	35%	0%
Diet Pepsi	0	0	0g	0g	0g	0mg	35mg	0g	0g	0g	0g	0%	0%	0%	0%
Iced Tea	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g	0%	0%	0%	0%
Lemonade	180	0	0g	0g	0g	0mg	25mg	44g	0g	42g	1g	0%	0%	0%	0%
Mist Twist	140	0	0g	0g	0g	0mg	45mg	39g	0g	38g	0g	0%	0%	0%	0%
Mountain Dew	170	0	0g	0g	0g	0mg	55mg	44g	0g	44g	0g	0%	0%	0%	0%
Pepsi	150	0	0g	0g	0g	0mg	30mg	41g	0g	41g	0g	0%	0%	0%	0%
San Pelligrino	0	0	0g	0g	0g	0mg	10mg	0g	0g	0g	0g	0%	0%	4%	0%

COCKTAILS

	Calories	Calories from Fat	Total Fat	Sat Fat	Trans Fat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein	Vit A	Vit C	Calcium	Iron
Angry Root Beer Float	410	110	13g	8g	0g	40mg	85mg	48g	0g	46g	2g	0%	0%	10%	0%
Belvedere Martini	160	0	0g	0g	**	0mg	0mg	0g	0g	0g	0g	0%	0%	0%	0%
Bloody Mary	110	0	0g	0g	**	0mg	480mg	6g	0g	3g	< 1g	6%	2%	2%	6%
Blueberry Bella	190	0	0g	0g	**	0mg	0mg	17g	0g	15g	0g	0%	20%	0%	0%
Bucket Punch	200	0	0g	0g	0g	0mg	0mg	18g	0g	15g	0g	0%	20%	0%	0%
Cazadores Margarita	180	0	0g	0g	0g	0mg	0mg	14g	0g	9g	0g	0%	15%	0%	0%
Cucumber Pear	190	0	0g	0g	**	0mg	0mg	16g	0g	14g	0g	0%	15%	0%	0%
Earl Grey Palmer	130	0	0g	0g	0g	0mg	0mg	15g	0g	14g	0g	0%	20%	0%	0%
Grape Crush Caipiroska	200	0	0g	0g	**	0mg	0mg	17g	0g	15g	0g	0%	15%	0%	0%
Grapefruit Caipiroska	180	0	0g	0g	**	0mg	0mg	13g	0g	13g	0g	0%	0%	0%	0%
Grapefruit Elderflower Margarita	240	0	0g	0g	0g	0mg	0mg	27g	0g	21g	0g	4%	40%	0%	0%
Habanero Blood Orange Margarita	230	0	0g	0g	0g	10mg	10mg	19g	0g	11g	< 1g	0%	40%	0%	0%
Hemingway Daiquiri	190	0	0g	0g	0g	0mg	5mg	15g	0g	13g	0g	0%	20%	0%	2%
Herradura Margarita	190	0	0g	0g	0g	0mg	0mg	14g	0g	13g	0g	0%	15%	0%	0%
Kentucky Mule	220	0	0g	0g	0g	0mg	0mg	22g	0g	19g	0g	0%	10%	0%	0%
Key Lime Martini	240	15	1.5g	1g	**	5mg	0mg	16g	0g	14g	0g	2%	15%	0%	0%
Luxardo Old Fashioned	170	0	0g	0g	0g	0mg	0mg	8g	< 1g	7g	0g	0%	15%	0%	0%
Mimosa	90	0	0g	0g	0g	0mg	0mg	4g	0g	2g	0g	2%	25%	0%	0%
Moscow Mule	160	0	0g	0g	0g	0mg	0mg	15g	0g	13g	0g	0%	8%	0%	0%
Pecan Manhattan	240	0	0g	0g	0g	0mg	0mg	12g	0g	12g	0g	0%	0%	0%	0%
Pine Fin Rogue Rum	70	0	0g	0g	0g	0mg	0mg	3g	0g	2g	0g	0%	15%	0%	0%
Pineapple Finlandia Vodka	80	0	0g	0g	0g	0mg	0mg	3g	0g	2g	0g	0%	15%	0%	0%
Pineapple Finlandia Cosmo	200	0	0g	0g	0g	0mg	0mg	9g	0g	7g	0g	0%	25%	0%	0%
Pink Gin Fizz	180	0	0g	0g	**	0mg	10mg	15g	0g	14g	0g	0%	20%	0%	0%
Sangria Orange Pomegranate Red	220	5	0g	0g	0g	0mg	0mg	41g	0g	39g	0g	0%	8%	0%	0%
Sangria Ginger Citrus White	180	5	0g	0g	0g	0mg	0mg	35g	0g	33g	0g	0%	4%	0%	0%
Sparkling Blackberry	160	0	0g	0g	0g	0mg	0mg	10g	0g	8g	0g	0%	2%	0%	0%
Sparkling Grapefruit	150	0	0g	0g	0g	0mg	0mg	8g	0g	5g	0g	2%	8%	0%	0%
Spruce Gin Gimlet	210	0	0g	0g	**	0mg	0mg	15g	0g	13g	0g	0%	15%	0%	0%
Strawberry Daiquiri	160	0	0g	0g	**	0mg	0mg	8g	0g	7g	0g	0%	15%	0%	0%
Strawberry Mule	190	0	0g	0g	0g	0mg	0mg	23g	< 1g	20g	0g	0%	30%	0%	0%
Tequila Gimlet	200	0	0g	0g	0g	0mg	0mg	15g	0g	13g	0g	0%	15%	0%	0%
Tequila Mule	210	0	0g	0g	0g	0mg	0mg	27g	0g	25g	0g	0%	10%	0%	0%

BAR

	Calories	Calories from Fat	Total Fat	Sat Fat	Trans Fat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein	Vit A	Vit C	Calcium	Iron
Bud	150	0	0g	**	**	0mg	10mg	11g	0g	**	1g	**	**	2%	0%
Bud Light	100	0	0g	**	**	0mg	10mg	5g	0g	**	< 1g	**	**	2%	0%
Bud Select	100	0	0g	**	**	0mg	10mg	3g	0g	**	< 1g	**	**	2%	0%
Coors Light	100	0	0g	0g	**	0mg	15mg	6g	0g	0g	< 1g	0%	0%	2%	0%
Michelob Ultra	100	0	0g	**	**	0mg	10mg	3g	0g	**	< 1g	**	**	2%	0%
Miller 64	100	0	0g	0g	**	0mg	15mg	6g	0g	0g	< 1g	0%	0%	2%	0%
Miller High Life	150	0	0g	0g	**	0mg	15mg	13g	0g	0g	2g	0%	0%	2%	0%
Miller Lite	100	0	0g	0g	**	0mg	15mg	6g	0g	0g	< 1g	0%	0%	2%	0%
O'Douls N/A	120	0	0g	0g	0g	0mg	0mg	24g	0g	24g	0g	0%	0%	0%	0%
Red Bridge GF	160	70	8g	2g	0g	0mg	680mg	14g	4g	4g	7g	60%	100%	8%	15%
Yuengling Light	100	0	0g	0g	**	0mg	15mg	6g	0g	0g	< 1g	0%	0%	2%	0%
Mike's Hard Lemonade	240	0	0g	0g	0g	0mg	0mg	0g	0g	35g	0g	0%	0%	0%	0%
Strongbow Cider	140	0	0g	0g	0g	0mg	15mg	9g	0g	9g	0g	0%	0%	0%	0%
Woodchuck Cider	220	0	0g	0g	0g	0mg	15mg	21g	0g	21g	0g	0%	0%	0%	0%
Cabernet	120	0	0g	**	**	**	**	4g	**	**	0g	**	**	**	**
Chardonnay	120	0	0g	0g	**	0mg	5mg	4g	0g	1g	0g	0%	0%	2%	2%
Malbec	120	0	0g	0g	**	0mg	5mg	4g	0g	< 1g	0g	0%	0%	2%	4%
Merlot	120	0	0g	**	**	**	5mg	4g	0g	< 1g	0g	**	0%	2%	4%
Moscato	120	0	0g	**	**	**	**	8g	**	**	0g	**	**	**	**
Pinot Grigio	120	0	0g	**	**	**	**	3g	**	**	0g	**	**	**	**
Pinot Noir	120	0	0g	**	**	**	**	3g	**	**	0g	**	**	**	**
Prosecco	120	0	0g	**	**	**	**	3g	**	**	0g	**	**	**	**
Riesling	120	0	0g	**	**	**	**	6g	**	**	0g	**	**	**	**
Rosé	140	0	0g	0g	0g	0mg	0mg	10g	5g	0g	2g	0%	0%	0%	0%
Sauvignon Blanc	120	0	0g	**	**	**	**	3g	**	**	0g	**	**	**	**
Shiraz	120	0	0g	0g	**	0mg	5mg	4g	0g	< 1g	0g	0%	0%	2%	4%
Sonoma Brut	120	0	0g	**	**	**	**	3g	**	**	0g	**	**	**	**
White Zinfandel	120	0	0g	0g	**	0mg	5mg	4g	0g	1g	0g	0%	0%	2%	2%