



NUTRITIONAL + ALLERGEN INFORMATION

NON-ALCOHOLIC BEVERAGES

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
BARQ'S ROOT BEER	130	0	0	0	0	0	30	40	0	40	0											
CHERRY LIMEADE	310	0	0	0	0	0	20	80	0	70	0											
COKE	120	0	0	0	0	0	10	30	0	30	0											
COKE ZERO SUGAR	0	0	0	0	0	0	30	0	0	0	0											
DIET COKE	0	0	0	0	0	0	10	0	0	0	0											
DIET DR. PEPPER	0	0	0	0	0	0	40	0	0	0	0											
DR. PEPPER	130	0	0	0	0	0	40	30	0	30	0											
INFUSED TEA, MANGO	160	0	0	0	0	0	10	40	0	40	0											
INFUSED TEA, PEACH	160	0	0	0	0	0	10	40	0	40	0											
INFUSED TEA, RASPBERRY	170	0	0	0	0	0	10	40	0	40	0											
MINUTE MAID LEMONADE	120	0	0	0	0	0	50	30	0	30	0											
SPRITE	120	0	0	0	0	0	30	30	0	30	0											
STRAWBERRY LEMONADE	190	0	0	0	0	0	60	50	0	50	0											
STRAWBERRY LIMEADE	230	0	0	0	0	0	20	57	0	50	0											

MARGS

54 FROZEN MARGARITA, MANGO	700	0	0	0	0	0	20	130	0	120	0											
54 FROZEN MARGARITA, SANGRIA SWIRL	510	0	0	0	0	0	10	60	0	60	0									•		
54 FROZEN MARGARITA, STRAWBERRY	460	0	0	0	0	0	10	70	0	60	0											
54 FROZEN MARGARITA, TRADITIONAL	440	0	0	0	0	0	490	50	0	50	0											
54 MARGARITA, STRAWBERRY	320	0	0	0	0	0	0	40	0	40	0											
54 MARGARITA, TRADITIONAL	290	0	0	0	0	0	480	40	0	30	0											
BEERGARITA	510	0	0	0	0	0	480	60	0	40	0					•						
CHAMPAGNE MARGARITA	460	0	0	0	0	0	480	40	0	40	0									•		
EL PERFECTO, MARTINI STYLE	470	10	0	0	0	0	720	60	0	50	0											
EL PERFECTO, ON THE ROCKS	450	0	0	0	0	0	480	60	0	50	0											
MARGARITA MEZCAL	450	0	0	0	0	0	0	60	0	50	0											

ISLAND FUEL

BAHAMA MAMA	310	0	0	0	0	0	10	50	0	30	0									•	•	
BASIL LEMONADE, STRAWBERRY	420	0	0	0	0	0	10	70	0	70	0											
BASIL LEMONADE, TRADITIONAL	370	0	0	0	0	0	30	60	0	50	0											

ISLAND FUEL

CONTINUED

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
BLOODY MARY	220	10	0	0	0	0	1920	20	0	10	0		•						•	•		
CUBAN MOJITO, STRAWBERRY	250	0	0	0	0	0	10	40	0	30	0								•	•		
CUBAN MOJITO, TRADITIONAL	290	0	0	0	0	0	30	40	0	40	0											
GRANDE MIMOSA, GRAPEFRUIT	260	0	0	0	0	0	0	20	0	10	0									•		
GRANDE MIMOSA, ORANGE	270	0	0	0	0	0	0	20	0	20	0									•		
GRANDE MIMOSA, STRAWBERRY	260	0	0	0	0	0	20	20	0	20	0									•		
LONG ISLAND TEA, STRAWBERRY	320	0	0	0	0	0	10	40	0	40	0					•						
LONG ISLAND TEA, TRADITIONAL	300	0	0	0	0	0	0	40	0	30	0					•						
MOSCOW MULE	250	0	0	0	0	0	0	30	0	30	0											
OLD FASHIONED	290	0	0	0	0	0	0	20	0	20	0											
PAINKILLER	360	30	0	0	0	0	30	50	0	40	0									•	•	
PINA COLADA	580	90	10	10	0	0	90	90	0	80	0									•	•	
RED SANGRIA	450	0	0	0	0	0	0	60	0	50	0									•		
STRAWBERRY DAIQUIRI	450	0	0	0	0	0	20	70	0	70	0											
STRAWBERRY VODKA LEMONADE	240	0	0	0	0	0	0	60	0	60	0											
WATERMELON HIGH	330	0	0	0	0	0	10	40	0	30	0											
WHITE SANGRIA	340	0	0	0	0	0	10	50	0	30	0									•	•	
WHISKEY PUNCH	510	0	0	0	0	0	0	60	0	50	0											

WINES

CABERNET SAUVIGNON, 6 OUNCES	150	0	0	0	0	0	0	0	0	0	0									•		
CABERNET SAUVIGNON, 9 OUNCES	220	0	0	0	0	0	0	10	0	0	0									•		
CABERNET SAUVIGNON, BOTTLE	620	0	0	0	0	0	0	20	0	0	0									•		
CHARDONNAY, 6 OUNCES	130	0	0	0	0	0	10	10	0	0	0									•		
CHARDONNAY, 9 OUNCES	200	0	0	0	0	0	10	10	0	0	0									•		
CHARDONNAY, BOTTLE	560	0	0	0	0	0	30	30	0	10	0									•		
MERLOT, 6 OUNCES	150	0	0	0	0	0	10	0	0	0	0									•		
MERLOT, 9 OUNCES	220	0	0	0	0	0	10	10	0	0	0									•		
MERLOT, BOTTLE	620	0	0	0	0	0	30	20	0	0	0									•		
MOSCATO, 6 OUNCES	170	0	0	0	0	0	0	20	0	0	0									•		
MOSCATO, 9 OUNCES	250	0	0	0	0	0	0	20	0	10	0									•		
MOSCATO, BOTTLE	720	0	0	0	0	0	0	70	0	20	0									•		
PINOT GRIGIO, 6 OUNCES	150	0	0	0	0	0	0	0	0	0	0									•		
PINOT GRIGIO, 9 OUNCES	220	0	0	0	0	0	0	10	0	0	0									•		
PINOT GRIGIO, BOTTLE	620	0	0	0	0	0	0	20	0	0	0									•		

WINES CONTINUED

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
PINOT NOIR, 6 OUNCES	150	0	0	0	0	0	0	0	0	0	0									•		
PINOT NOIR, 9 OUNCES	220	0	0	0	0	0	0	10	0	0	0									•		
PINOT NOIR, BOTTLE	620	0	0	0	0	0	0	20	0	0	0									•		
RED BLEND, 6 FLUID OUNCES	130	0	0	0	0	0	0	0	0	0	0									•		
RED BLEND, 9 FLUID OUNCES	200	0	0	0	0	0	0	0	0	0	0									•		
RED BLEND, BOTTLE	560	0	0	0	0	0	0	0	0	0	0									•		
RIESLING, 6 OUNCES	140	0	0	0	0	0	0	10	0	0	0									•		
RIESLING, 9 OUNCES	220	0	0	0	0	0	0	10	0	0	0									•		
RIESLING, BOTTLE	610	0	0	0	0	0	0	30	0	0	0									•		
ROSÉ, 6 OUNCES	130	0	0	0	0	0	10	0	0	0	0									•		
ROSÉ, 9 OUNCES	190	0	0	0	0	0	10	0	0	0	0									•		
ROSÉ, BOTTLE	540	0	0	0	0	0	30	10	0	0	0									•		
SAUVIGNON BLANC, 6 OUNCES	150	0	0	0	0	0	0	0	0	0	0									•		
SAUVIGNON BLANC, 9 OUNCES	220	0	0	0	0	0	0	10	0	0	0									•		
SAUVIGNON BLANC, BOTTLE	610	0	0	0	0	0	0	20	0	0	0									•		
SPARKLING WHITE WINE, 6 OUNCES	160	0	0	0	0	0	0	10	0	0	0									•		
SPARKLING WHITE WINE, 9 OUNCES	230	0	0	0	0	0	0	10	0	0	0									•		
SPARKLING WHITE WINE, BOTTLE	660	0	0	0	0	0	0	30	0	10	0									•		
WHITE ZINFANDEL, 6 OUNCES	110	0	0	0	0	0	10	10	0	10	0									•		
WHITE ZINFANDEL, 9 OUNCES	170	0	0	0	0	0	10	20	0	10	0									•		
WHITE ZINFANDEL, BOTTLE	480	0	0	0	0	0	30	40	0	30	0									•		

MARTINIS

CHOCOLATE	310	0	0	0	0	0	20	30	0	10	0			•								
COSMOPOLITAN	220	0	0	0	0	0	0	30	0	20	0											
FRENCH IPA 75	240	0	0	0	0	0	0	30	0	20	0					•						
ISLAND PARADISE	180	0	0	0	0	0	0	30	0	10	0									•	•	
SNICKERDOODLE	290	70	10	10	0	40	40	30	0	20	0			•						•	•	

MUNCHIES

BAJA DIPPERS	1450	630	70	30	0	180	3760	130	10	10	70			•				•		
BONELESS WINGS, BUFFALO	1210	670	70	10	0	150	3960	70	10	0	70	•		•	•			•		•
Choice of 2oz Creamy Bleu Cheese or Buttermilk Ranch (not included, refer to salad dressings)																				

MUNCHIES

CONTINUED

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
BONELESS WINGS, HOT BUFFALO	1180	620	70	10	0	150	4030	70	10	10	70	•		•	•				•			•
Choice of 2oz Creamy Bleu Cheese or Buttermilk Ranch (not included, refer to salad dressings)																						
CALAMARI	410	90	10	0	0	530	2760	40	0	0	40	•		•	•			•		•		•
Choice of 2oz Cocktail Sauce, Marinara or Garlic Lemon Aioli (not included, refer to other sauces)																						
CHESAPEAKE BAY CRAB CAKES	360	180	20	10	0	130	1120	20	0	0	20	•	•	•				•	•	•		•
Choice of 2oz Red Pepper Sauce or Tartar Sauce (not included, refer to other sauces)																						
CHICAGO SPINACH & ARTICHOKE DIP	1270	610	70	30	0	120	2410	110	10	10	40			•					•			•
CHICKEN QUESADILLA	870	420	50	20	0	170	2920	60	10	10	50			•					•	•		•
CHICKEN WINGS, BUFFALO	750	570	60	10	0	130	1510	10	0	0	30								•			
Choice of 2oz Creamy Bleu Cheese or Buttermilk Ranch (not included, refer to salad dressings)																						
CHICKEN WINGS, CAJUN DRY RUB	670	520	60	20	0	130	1390	0	0	0	30			•					•			
Choice of 2oz Creamy Bleu Cheese or Buttermilk Ranch (not included, refer to salad dressings)																						
CHICKEN WINGS, GARLIC LEMON PEPPER DRY RUB	670	520	60	20	0	130	1800	0	0	0	30			•					•			
Choice of 2oz Creamy Bleu Cheese or Buttermilk Ranch (not included, refer to salad dressings)																						
CHICKEN WINGS, HOT BUFFALO	720	520	60	10	0	130	1580	20	0	10	30			•					•			
Choice of 2oz Creamy Bleu Cheese or Buttermilk Ranch (not included, refer to salad dressings)																						
FRIED CHICKEN FINGERS	1020	310	30	10	0	170	3220	90	10	0	80	•		•	•							•
Choice of 2oz Buttermilk Ranch, Honey Mustard or Barbecue (not included, refer to salad dressings and other sauces)																						
FRIED PICKLES	770	460	50	10	0	10	3300	60	10	10	10	•		•	•				•			•
FRY ME SOME CHEESE	630	230	30	10	0	60	2200	70	0	10	30	•		•					•			•
FRY ME TO THE MOON	1520	910	100	40	0	140	3520	100	10	0	50			•								•
Choice of 4oz Gringo Dip or Chipotle Ranch (not included, refer to salad dressings and other sauces)																						
GRINGO DIP & CHIPS	1030	460	50	30	0	130	3230	100	10	10	40			•								
GRINGO DIP & WAFFLE FRIES	1390	820	90	30	0	110	3590	100	10	0	30			•								•
SHROOMS	1340	1020	110	40	0	140	2680	60	10	10	20	•	•	•	•				•			•
SUPER NACHOS, CHICKEN	1720	780	90	40	0	310	4550	120	20	10	110			•					•			•
SUPER NACHOS, CHICKEN + GROUND BEEF	1840	880	100	40	0	340	4740	120	20	10	110			•					•			•
SUPER NACHOS, GROUND BEEF	1890	960	110	50	0	340	4770	120	20	10	100			•					•			•
TATER KEGS	310	160	20	10	0	90	1300	30	0	0	10	•		•								
Choice of 3oz Buttermilk Ranch, Sour Cream or Cheese Sauce (not included, refer to salad dressings and other sauces)																						
TEQUILA WRAPPERS	1360	770	90	30	0	110	2930	100	10	10	50	•		•	•				•	•		•

SALADS

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
BUFFALO CHICKEN SALAD, FRIED	1820	1060	120	40	0	260	5010	90	10	10	90	•		•	•				•			•
BUFFALO CHICKEN SALAD, GRILLED	1560	980	110	30	0	230	3690	60	10	10	80	•		•	•				•			•
CALIFORNIA BLEU CHICKEN SALAD	1400	840	90	20	0	370	2370	60	10	30	70	•		•								
CHICKEN CAESAR SALAD, BLACKENED (DRESSING INCLUDED)	1160	730	80	20	0	210	2460	30	10	0	80	•	•	•		•			•	•		•
CHICKEN CAESAR SALAD, FRIED (DRESSING INCLUDED)	1380	770	90	20	0	240	3390	60	10	0	90	•	•	•	•	•			•	•		•
CHICKEN CAESAR SALAD, GRILLED (DRESSING INCLUDED)	1110	690	80	20	0	210	2070	30	10	0	80	•	•	•		•			•	•		•
CHICKEN CLUB SALAD, BLACKENED Choice of 4oz salad dressing (not included, refer to salad dressings)	870	450	50	20	0	380	2190	30	10	10	70	•		•		•			•			•
CHICKEN CLUB SALAD, CHICKEN TENDERS Choice of 4oz salad dressing (not included, refer to salad dressings)	960	470	50	20	0	370	2660	50	10	10	70	•		•	•	•						•
CHICKEN CLUB SALAD, FRIED BREAST Choice of 4oz salad dressing (not included, refer to salad dressings)	970	430	50	10	0	380	3160	60	10	10	80	•		•	•	•						•
CHICKEN CLUB SALAD, GRILLED Choice of 4oz salad dressing (not included, refer to salad dressings)	820	420	50	20	0	380	1810	30	10	10	70	•		•		•						•
FAJITA SALAD, CHICKEN Choice of 4oz Avocado Ranch or Chipotle Ranch (not included, refer to salad dressings)	960	290	30	10	0	180	1990	90	20	20	70			•								
FAJITA SALAD, CRUMBLED VEGGIE PATTY Choice of 4oz Avocado Ranch or Chipotle Ranch (not included, refer to salad dressings)	1020	390	40	20	0	70	2230	110	20	20	40	•		•					•			•
FAJITA SALAD, GROUND BEEF Choice of 4oz Avocado Ranch or Chipotle Ranch (not included, refer to salad dressings)	1080	460	50	20	0	180	2090	90	20	20	60			•								
SUMMER CHICKEN SALAD	1060	640	70	10	0	140	1490	50	10	30	60			•						•	•	
HOUSE SALADS																						
CAESAR	430	320	40	10	0	50	770	10	0	0	20	•	•	•		•			•	•		•
SUMMER BLEND	330	230	30	0	0	10	380	20	0	10	10			•						•	•	
TRADITIONAL (WITHOUT DRESSING)	140	70	10	0	0	90	210	10	0	0	10	•		•		•						•
ADD BACON Choice of 3oz salad dressing (not included, refer to salad dressings)	180	100	10	0	0	90	460	10	0	0	10	•		•		•						•
SALAD DRESSINGS (BY THE OUNCE)																						
AVOCADO RANCH	110	110	10	0	0	0	160	0	0	0	0	•		•	•				•			
BALSAMIC VINAIGRETTE	160	140	20	0	0	0	250	10	0	10	0									•		
BUTTERMILK RANCH	140	130	20	0	0	0	180	0	0	0	0	•		•	•				•			
CAESAR	170	160	20	0	0	20	290	0	0	0	0	•	•	•					•	•		
CHIPOTLE RANCH	130	120	10	0	0	0	190	0	0	0	0	•		•	•				•			

SALADS

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
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SALAD DRESSINGS (BY THE OUNCE) CONTINUED

CILANTRO HONEY LIME	160	130	10	0	0	0	90	10	0	10	0	•										
CREAMY BLEU CHEESE	140	140	20	0	0	10	200	0	0	0	0	•		•	•				•			
FRENCH	120	100	10	0	0	0	310	10	0	10	0											
HONEY MUSTARD	180	160	20	0	0	0	150	0	0	0	0	•										
LIGHT ITALIAN	40	30	0	0	0	0	270	0	0	0	0			•								
SALSA	10	0	0	0	0	0	140	0	0	0	0											
THOUSAND ISLAND	110	90	10	0	0	0	230	10	0	0	0	•										

SALAD PROTEIN OPTIONS

CHICKEN BREAST, BLACKENED	290	80	10	0	0	120	920	0	0	0	50			•					•			
CHICKEN BREAST, FRIED	440	90	10	0	0	120	2110	30	0	0	50	•		•	•							•
CHICKEN BREAST, GRILLED	240	40	0	0	0	120	540	0	0	0	50											
CRUMBLIED VEGGIE PATTY	290	130	10	0	0	0	770	20	10	0	20	•		•					•			•
FLAT-IRON STEAK	640	470	50	20	0	160	660	0	0	0	40			•					•			
FRIED CHICKEN FINGERS/TENDERS	510	120	10	0	0	140	1850	40	0	0	60	•		•	•							•
GROUND BEEF	350	200	20	10	0	110	630	0	0	0	30											
SALMON	390	230	30	10	0	120	620	0	0	0	40		•	•					•			
SHRIMP, FRIED	350	90	10	0	0	240	1240	30	0	0	40	•		•	•			•				•
SHRIMP, SEARED	190	60	10	0	0	230	250	0	0	0	30			•				•	•			

SOUPS

CHICKEN TORTILLA, FULLY LOADED, BOWL	330	160	20	10	0	40	840	30	0	0	10			•					•			•
CHICKEN TORTILLA, NAKED, BOWL	180	90	10	0	0	10	750	20	0	0	10			•					•			•
CUP OF SOUP																						
CHICKEN TORTILLA SOUP, FULLY LOADED	150	70	10	0	0	20	410	10	0	0	10			•					•			•
CHICKEN TORTILLA SOUP, NAKED	120	60	10	0	0	10	500	10	0	0	10			•					•			•
IDAHO BAKED POTATO SOUP	260	160	20	10	0	40	680	20	0	10	10			•		•			•			•
OUTLAW STEAK SOUP	210	130	10	10	0	30	800	10	0	0	10			•		•			•	•		•
IDAHO BAKED POTATO SOUP, BOWL	550	340	40	20	0	80	1460	30	0	10	20			•		•			•			•
OUTLAW STEAK, BOWL	430	250	30	10	0	60	1600	20	0	0	20			•		•			•	•		•

COMBOS

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
HALF SANDWICH & SOUP COMBO, CHICKEN SALAD	430	190	20	10	0	60	830	40	0	0	20	•		•		•			•			•
Choice of Bowl of Soup (not included, refer to soups)																						
HALF SANDWICH & SOUP COMBO, PRIME RIB	610	350	40	20	0	80	2410	40	0	0	30			•		•			•			•
Choice of Bowl of Soup (not included, refer to soups)																						
HALF SANDWICH & SOUP COMBO, TURKEY	570	290	30	10	0	50	1560	40	0	0	30	•		•		•			•			•
Choice of Bowl of Soup (not included, refer to soups)																						
SOUP & SALAD COMBO																						
Choice of House Salad and Bowl of Soup (not included, refer to salads and soups)																						

CRAFT SANDWICHES

Served with choice of Side Item (not included, refer to side items)

BACON CHEESE CHICKEN GRILLE	790	350	40	20	0	170	1610	40	0	10	60	•		•		•			•			•
Choice of 1oz Garlic Aioli or Honey Mustard (not included, refer to salad dressings and other sauces)																						
CAJUN CHICKEN PHILLY	1340	720	80	30	0	140	3290	80	0	0	70	•		•		•			•			•
CHICKEN AVOCADO GRILLE	950	490	50	20	0	150	1840	50	10	10	60	•		•	•	•			•			•
FRIED TENDERLOIN	690	210	20	10	0	90	2800	80	0	10	50	•		•	•	•			•			•
Choice of 1oz Horseradish, Horseradish Sauce or Garlic Aioli (not included, refer to other sauces)																						
Add Choice of Cheese - 2 slices (not included, refer to cheese slice choices)																						
GRILLED REUBEN	1140	570	60	20	0	140	3630	80	0	10	60	•		•		•			•			•
CARNEGIE DELI STYLE	1250	620	70	20	0	190	4530	80	0	10	70	•		•		•			•			•
GYRO 'HERO' PITA	780	450	50	20	0	80	2180	50	0	0	30	•		•		•			•	•		•
HAVANA CLUB	1120	560	60	20	0	160	2200	60	0	0	70	•		•		•			•	•		•
PRIME RIB FRENCH DIP	1090	610	70	30	0	160	3250	60	0	0	50			•		•			•			•
ADD MONTEREY JACK CHEESE	1170	670	70	30	0	180	3390	60	0	0	60			•		•			•			•
Choice of 1oz Horseradish Sauce or Garlic Aioli (not included, refer to other sauces)																						
SIRLOIN STEAK CHEESE	1070	500	60	30	0	140	1620	80	0	0	60			•		•			•			•
Choice of 1oz Horseradish Sauce or Garlic Aioli (not included, refer to other sauces)																						
SOUTHWEST TORTILLA WRAP	1020	520	60	20	0	100	2400	80	10	10	50	•		•	•	•			•	•		•
SOUTHWEST VEGGIE WRAP	1000	470	50	10	0	20	2120	100	10	10	30	•		•	•	•			•	•		•
SPICY FRIED CHICKEN, DRESSED	1200	630	70	20	0	150	3730	70	0	10	70	•		•	•	•			•			•
Choice of 1oz Buttermilk Ranch, Creamy Bleu Cheese or Wing Sauce (not included, refer to salad dressings or other sauces)																						
SPICY FRIED CHICKEN, SIMPLY CRISPY	1010	470	50	20	0	150	2810	60	0	10	70	•		•	•	•			•			•
Choice of 1oz Buttermilk Ranch, Creamy Bleu Cheese or Wing Sauce (not included, refer to salad dressings or other sauces)																						
TRADITIONAL FISH, BLACKENED	910	520	60	10	0	100	1850	50	0	20	50	•	•	•		•			•			•









CRAFT SANDWICHES

CONTINUED

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
<i>Served with choice of Side Item (not included, refer to side items)</i>																						
TRADITIONAL FISH, FRIED	940	420	50	10	0	100	2110	80	10	20	50	•	•	•	•	•			•			•
TRIPLE STACKED CLUB	1480	840	90	30	0	180	2730	80	10	20	80	•		•	•	•			•			•
SUBSTITUTE GARLIC AIOLI	1460	840	90	30	0	180	2810	70	10	20	70	•		•		•			•			•

MILE HIGH BURGERS

Served with choice of Side Item (not included, refer to side items) Most burgers include bun.

ALL-AMERICAN BACON CHEESEBURGER	600	380	40	20	0	170	1230	0	0	0	50	•		•					•			
Choice of Cheese - 1 Slice (not included, refer to cheese slice choices)																						
Choice of Bun - Sesame Seed or Pretzel (not included, refer to bun options)																						
AVOCADO BURGER	1140	710	80	30	0	160	2090	50	10	10	60	•		•	•	•			•			•
BURGER	730	380	40	20	0	130	1270	40	0	10	50	•		•		•			•			•
BURGER WITH CHEESE	730	380	40	20	0	130	1270	40	0	10	50	•		•		•			•			•
Choice of Cheese - 1 Slice (not included, refer to cheese slice choices)																						
DEVIL'S DEN BURGER	1220	800	90	30	0	160	2570	40	0	10	60	•		•		•			•			•
Choice of 1oz Ranch, Bleu Cheese or Wing Sauce (not included, refer to salad dressings or other sauces)																						
DOUBLE SMASHED CHEESEBURGER	960	600	70	20	0	130	1780	40	0	10	50	•		•		•			•			•
Choice of Cheese - 2 Slices (not included, refer to cheese slice choices)																						
PHILLY BURGER	1070	660	70	30	0	150	1840	40	0	10	50	•	•	•		•			•			•
SCRATCH VEGGIE BURGER	870	500	60	20	0	110	1740	70	0	20	20	•		•		•			•	•		•
SLIDERS, DOUBLE	750	370	40	20	0	150	1270	40	0	10	50			•		•			•			•
WITH BACON	830	420	50	20	0	160	1770	40	0	10	60			•		•			•			•
SLIDERS, SINGLE	950	390	40	20	0	150	1590	70	0	10	60			•		•			•			•
WITH BACON	1030	450	50	20	0	160	2090	70	0	10	60			•		•			•			•
CHEESE SLICE CHOICES 																						
AMERICAN (X2) 	110	80	10	10	0	20	360	0	0	0	10			•					•			
CAROLINA REAPER 	80	50	10	0	0	20	160	0	0	0	10			•								
CHEDDAR 	80	60	10	0	0	20	140	0	0	0	10			•								
MONTEREY JACK 	80	60	10	0	0	20	140	0	0	0	10			•								
PEPPER JACK 	60	50	10	0	0	20	330	0	0	0	0			•					•			
SMOKED GOUDA 	80	50	10	0	0	10	290	0	0	0	10			•								
SWISS 	110	70	10	10	0	30	60	0	0	0	10			•								

MILE HIGH BURGERS CONTINUED

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
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Served with choice of Side Item (not included, refer to side items) Most burgers include bun.

BUN OPTIONS

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
GLUTEN FREE BUN	240	160	20	10	0	0	450	30	0	10	0			•					•			
PLAIN BUN (WITHOUT SEEDS)	330	130	10	10	0	0	650	50	0	10	10	•		•		•			•			•
PRETZEL BUN	420	140	20	10	0	0	800	60	0	10	10			•		•			•			•
SESAME SEED BUN (STANDARD)	290	120	10	10	0	0	480	40	0	10	10	•		•		•			•			•

BOWL

PROTEIN POWER GRAIN BOWL, CHICKEN	600	160	20	0	0	120	1650	50	10	10	60			•					•			•
SIMPLY GRILLED	600	160	20	0	0	120	1770	50	10	10	60			•					•			•
PROTEIN POWER GRAIN BOWL, FILET MIGNON	860	420	50	10	0	130	2940	50	10	10	60			•					•			•
SIMPLY GRILLED	850	420	50	10	0	130	2340	50	10	10	60			•					•			•
PROTEIN POWER GRAIN BOWL, FLAT-IRON STEAK	970	550	60	20	0	170	1980	50	10	10	50			•					•			•
SIMPLY GRILLED	950	550	60	20	0	170	1380	50	10	10	50			•					•			•
PROTEIN POWER GRAIN BOWL, SALMON	710	310	30	10	0	120	1590	50	10	10	50		•	•					•			•
SIMPLY GRILLED	710	310	30	10	0	120	1350	50	10	10	50		•	•					•			•
PROTEIN POWER GRAIN BOWL, SIRLOIN STEAK	850	410	50	20	0	120	1940	50	10	10	60			•					•			•
SIMPLY GRILLED	840	410	50	20	0	120	1340	50	10	10	60			•					•			•

MEXICAN KITCHEN

BORDER ATTACK, CHICKEN	1350	550	60	30	0	200	3000	120	10	10	70			•					•			
BORDER ATTACK, COMBO	1390	590	70	30	0	210	3080	120	10	10	70			•					•			
BORDER ATTACK, GROUND BEEF	1430	630	70	30	0	210	3170	120	10	10	70			•					•			
CARNE ASADA TACO PLATTER	1050	390	40	10	0	80	3240	130	10	10	40			•					•	•		•
PACIFIC FISH TACO PLATTER, FRIED	1260	400	40	10	0	120	3790	150	20	10	70	•	•	•	•				•	•		•
PACIFIC FISH TACO PLATTER, GRILLED	1230	490	50	10	0	110	3290	120	10	10	60	•	•	•	•				•	•		•
SIZZLING FAJITA SKILLET, FIRE-GRILLED CHICKEN	1130	370	40	20	0	260	2950	90	10	20	90			•								•

Choice of Refried Beans or Mexican Rice (not included, refer to side items)

MEXICAN KITCHEN CONTINUED

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
SIZZLING FAJITA SKILLET, SHRIMP	980	370	40	20	0	360	2430	80	10	20	60			•				•	•			•
Choice of Refried Beans or Mexican Rice (not included, refer to side items)																						
SIZZLING FAJITA SKILLET, SIGNATURE, CHICKEN + SHRIMP	1110	380	40	20	0	330	2820	90	10	20	90			•				•	•			•
Choice of Refried Beans or Mexican Rice (not included, refer to side items)																						
SIZZLING FAJITA SKILLET, SIGNATURE, CHICKEN + STEAK	1300	530	60	30	0	270	2900	90	10	20	100			•					•			•
Choice of Refried Beans or Mexican Rice (not included, refer to side items)																						
SIZZLING FAJITA SKILLET, SIGNATURE, STEAK + SHRIMP	1170	520	60	30	0	290	2510	80	10	20	70			•				•	•			•
Choice of Refried Beans or Mexican Rice (not included, refer to side items)																						
SIZZLING FAJITA SKILLET, SIRLOIN STEAK	1240	600	70	30	0	200	2490	80	10	20	70			•					•			•
Choice of Refried Beans or Mexican Rice (not included, refer to side items)																						
TACO PLATTER, 2 CHICKEN + 1 GROUND BEEF	800	210	20	10	0	100	2580	100	10	0	50			•					•			•
TACO PLATTER, 2 GROUND BEEF + 1 CHICKEN	840	250	30	10	0	110	2660	100	10	0	50			•					•			•
TACO PLATTER, CHICKEN	890	250	30	10	0	120	2710	100	10	10	50			•					•			•
TACO PLATTER, GROUND BEEF	1010	380	40	20	0	150	2970	100	10	10	50			•					•			•

PASTA

Served with Garlic Bread (included)

CHICKEN BUCATINI, BLACKENED	1820	850	90	50	0	300	3470	140	10	10	100			•		•			•			•
ADD SEARED SHRIMP	1920	880	100	50	0	420	3600	140	10	10	110			•		•		•	•			•
CHICKEN BUCATINI, GRILLED	1780	810	90	50	0	300	2830	140	10	10	100			•		•			•			•
ADD SEARED SHRIMP	1870	840	90	50	0	420	2960	140	10	10	110			•		•		•	•			•
MAC DADDY & CHEESE	2140	1100	120	50	0	320	4790	150	10	10	110			•		•			•			•
RATTLESNAKE PASTA	1880	970	110	50	0	420	2930	110	10	10	110			•		•		•	•			•
SPINACH + ARTICHOKE CREAM PASTA	1750	850	90	40	0	360	3240	110	0	10	110			•		•		•	•			•

SEAFOOD

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
Served with choice of Side Items (not included, refer to side items)																						
A CATFISH CALLED WANDA	790	540	60	10	0	70	1910	40	0	0	30	•	•	•	•							•
BLACKENED ATLANTIC SALMON	610	320	40	10	0	120	1250	30	0	0	40		•	•					•			•
SIMPLY GRILLED	600	320	40	10	0	120	1010	30	0	0	40		•	•					•			•
LIEUTENANT DAN'S SHRIMP PLATTER	560	130	10	0	0	300	2520	60	10	10	50	•	•	•	•			•		•		•
SCALLOPS + SHRIMP	770	490	50	20	0	230	960	30	0	0	40			•				•	•	•		•

COMFORT CLASSICS

Served with choice of Side Items (not included, refer to side items)																						
"BABY BACKS" & CHICKEN FINGER PLATTER	1200	530	60	20	0	280	3130	80	0	30	90	•		•	•							•
Choice of 2oz Buttermilk Ranch, Honey Mustard or Barbecue (not included, refer to salad dressings or other sauces)																						
CENTER CUT' BABY BACK RIBS	1980	1050	120	40	0	300	3910	160	10	90	70											
CHICKEN FRIED CHICKEN	1150	520	60	20	0	220	3170	70	0	10	80	•		•	•	•			•			•
SOUTHERN SIZE HALF ORDER	860	380	40	20	0	110	1980	50	0	10	40	•		•	•	•			•			•
CHICKEN MADEIRA	1620	750	80	40	0	320	5110	110	10	20	90			•	•				•	•		•
COUNTRY FRIED TOP SIRLOIN STEAK	1310	770	90	30	0	170	3100	70	0	10	60	•		•	•	•			•			•
FRIED CHICKEN FINGERS PLATTER	760	180	20	0	0	210	2780	50	0	0	90	•		•	•							•
Choice of 2oz Buttermilk Ranch, Honey Mustard or Barbecue (not included, refer to salad dressings or other sauces)																						

STEAKHOUSE

BLACKENED RIBEYE	1100	640	70	30	0	500	1310	0	0	0	110			•					•			
Choice of House Salad & Side Item (not included, refer to side items)																						
FILET MIGNON	420	260	30	10	0	110	950	0	0	0	40			•					•			
Choice of House Salad & Side Item (not included, refer to side items)																						
FLAT-IRON STEAK	640	470	50	20	0	160	660	0	0	0	40			•					•			
Choice of House Salad & Side Item (not included, refer to side items)																						
RIBEYE	1090	630	70	30	0	500	710	0	0	0	110			•					•			
Choice of House Salad & Side Item (not included, refer to side items)																						
STEAK + RIBS	1330	880	100	40	0	300	1930	40	0	30	70			•					•			
Choice of Side Item (not included, refer to side items)																						
UPGRADE TO FILET MIGNON	1110	660	70	30	0	250	2230	40	0	30	70			•					•			
STEAK + SEAFOOD, CRAB CAKE	820	560	60	20	0	230	1220	10	0	0	50	•	•	•				•	•	•		•
Choice of Side Item (not included, refer to side items)																						
UPGRADE TO FILET MIGNON	600	350	40	10	0	180	1520	10	0	0	50	•	•	•				•	•	•		•

STEAKHOUSE CONTINUED

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
STEAK + SEAFOOD, SCALLOPS	880	690	80	30	0	170	850	0	0	0	40			•				•	•			
Choice of Side Item (not included, refer to side items)																						
UPGRADE TO FILET MIGNON	670	480	50	20	0	120	1150	0	0	0	40			•				•	•			
STEAK + SEAFOOD, SHRIMP, FRIED	950	530	60	20	0	330	2170	40	0	10	60	•	•	•	•			•	•			•
Choice of Side Item (not included, refer to side items)																						
UPGRADE TO FILET MIGNON	730	310	30	10	0	280	2460	40	0	10	60	•	•	•	•			•	•			•
STEAK + SEAFOOD, SHRIMP, GRILLED	890	540	60	20	0	360	1520	20	0	10	60		•	•				•	•			
Choice of Side Item (not included, refer to side items)																						
UPGRADE TO FILET MIGNON	670	330	40	10	0	300	1820	20	0	10	70		•	•				•	•			
THE BLUE PLATE SPECIAL																						
8 OZ SIRLOIN	700	440	20	20	0	120	710	10	0	0	50			•		•			•			•
Choice of Baked Potato (2 toppings), French Fries or Steamed Vegetables (not included, refer to side items)																						
Served with Garlic Bread - 1 slice (included)																						

LET'S DO LUNCH

ALL YOU CAN EAT SOUP & SALAD																						
Choice of House Salad and Bowl of Soup (not included, refer to salads and soups)																						
Served with Honey Wheat Bread & Honey Butter (not included, refer to side items)																						
BACON CHEESE CHICKEN GRILLE	1170	510	60	20	0	170	2510	90	10	10	70	•		•		•			•			•
Choice of 1oz Garlic Aioli or Honey Mustard (not included, refer to salad dressings and other sauces)																						
BURGER WITH CHEESE, DOUBLE SMASHED	1340	760	80	30	0	130	2690	90	10	10	50	•		•		•			•			•
Choice of Cheese - 2 Slices (not included, refer to cheese slice choices)																						
BURGER WITH CHEESE, TRADITIONAL	1320	750	80	20	0	130	2160	90	10	10	50	•		•		•			•			•
Choice of Cheese - 1 Slice (not included, refer to cheese slice choices)																						
FRIED CHICKEN FINGERS	1020	310	30	10	0	170	3220	90	10	0	80	•		•	•							•
Choice of 2oz Buttermilk Ranch, Honey Mustard or Barbecue (not included, refer to salad dressings and other sauces)																						
HALF ORDER CHICKEN FRIED CHICKEN	860	380	40	20	0	110	1980	50	0	10	40	•		•	•	•			•			•
Choice of two Side Items (not included, refer to side items)																						

LET'S DO LUNCH

CONTINUED

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
LOADED IDAHO BAKED POTATO PLATTER																						
ALL TOPPINGS	880	440	50	20	0	60	790	90	10	0	20			•					•			
POTATO	410	50	10	0	0	0	20	80	10	0	10											
BACON	60	40	0	0	0	20	90	0	0	0	0			•								
BROCCOLI	40	30	0	0	0	10	200	0	0	0	0											
BUTTER	0	0	0	0	0	0	0	0	0	0	0											
CHEESE	210	210	20	10	0	0	240	0	0	0	0			•					•			
SOUR CREAM	60	50	10	0	0	20	20	0	0	0	0			•								
Choice of House Salad or Bowl of Soup (not included, refer to salads or soups)																						
HALF SANDWICH & SOUP COMBO, CHICKEN SALAD	430	190	20	10	0	60	830	40	0	0	20	•		•		•			•			•
Choice of Bowl of Soup (not included, refer to soups)																						
HALF SANDWICH & SOUP COMBO, TURKEY	570	290	30	10	0	50	1560	40	0	0	30	•		•		•			•			•
Choice of Bowl of Soup (not included, refer to soups)																						
TACO PLATTER, CHICKEN	590	90	10	0	0	50	2220	90	10	0	30			•					•			•
TACO PLATTER, COMBO	750	220	20	10	0	90	2520	90	10	0	40			•					•			•
TACO PLATTER, GROUND BEEF	790	260	30	10	0	100	2600	90	10	0	40			•					•			•
TRADITIONAL CHICKEN SALAD, BLACKENED	700	330	40	10	0	270	2160	20	0	10	70	•		•		•			•			•
Choice of 4oz salad dressing (not included, refer to salad dressings)																						
TRADITIONAL CHICKEN SALAD, FRIED	930	380	40	10	0	300	3090	50	10	10	80	•		•	•	•						•
Choice of 4oz salad dressing (not included, refer to salad dressings)																						
TRADITIONAL CHICKEN SALAD, GRILLED	660	300	30	10	0	270	1770	20	0	10	70	•		•		•						•
Choice of 4oz salad dressing (not included, refer to salad dressings)																						









HAPPY HOUR ITEMS

BEEF TACO	230	120	10	10	0	50	500	10	0	0	10			•					•			
CHICKEN TACO	190	80	10	0	0	40	420	10	0	0	10			•					•			
SLIDER	240	100	10	0	0	40	400	20	0	0	10			•		•			•			•

DESSERT







	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
AUTHENTIC KEY LIME PIE	550	190	20	10	0	40	220	80	0	60	10	•		•					•	•		•
COLOSSAL CARROT CAKE	1320	750	80	40	0	160	790	130	0	100	10	•		•					•	•	•	•
HOUSE CHOCOLATE CAKE	710	240	30	10	0	40	930	110	0	70	10	•		•					•			•
MINI CREME BRULEE CHEESECAKE	360	200	20	10	0	130	210	40	0	30	10	•		•					•			•
NEW YORK CHEESECAKE	960	560	60	40	0	320	660	80	0	70	20	•		•					•			•
REQUESTED PLAIN	910	560	60	40	0	320	660	70	0	60	20	•		•					•			•
SALTED CARAMEL + CHOCOLATE BROWNIE	910	560	60	40	0	320	660	70	0	60	20	•		•		•			•			•

SIDE ITEMS










STANDARD																						
ADULT MAC-N-CHEESE	460	190	20	10	0	50	690	40	0	0	10			•					•			•
ANCIENT POWER GRAINS	210	90	10	0	0	0	390	30	0	0	0			•					•			•
COLESLAW 	190	140	20	0	0	20	590	10	0	10	0	•										
CUP OF SOUP																						
CHICKEN TORTILLA, FULLY LOADED	150	70	10	0	0	20	410	10	0	0	10			•					•			•
CHICKEN TORTILLA, NAKED	120	60	10	0	0	10	500	10	0	0	10			•					•			•
IDAHO BAKED POTATO	260	160	20	10	0	40	680	20	0	10	10			•		•			•			•
OUTLAW STEAK	210	130	10	10	0	30	800	10	0	0	10			•		•			•	•		•
DRESSED ROASTED BRUSSEL SPROUTS 	300	170	20	0	0	10	210	30	10	20	10			•						•	•	
FRENCH FRIES 	380	160	20	0	0	0	900	50	0	0	0											
FRESH STEAMED VEGETABLES 	140	80	10	0	0	0	230	10	0	0	10			•					•			
GRILLED ASPARAGUS 	80	60	10	0	0	0	100	0	0	0	0			•					•			
GRILLED VEGETABLE MEDLEY 	70	10	0	0	0	0	260	10	0	0	0											
HOMESTYLE MASHED POTATOES & GRAVY	450	240	30	20	0	70	1390	40	0	10	10			•		•			•			•
WITHOUT GRAVY 	310	150	20	10	0	50	1020	40	0	0	10			•								
HOUSEMADE REFRIED BEANS	70	10	0	0	0	0	510	10	0	0	0			•					•			•
MEXICAN RICE	130	0	0	0	0	0	540	30	0	0	0			•					•			•
SCRATCH BBQ BEANS WITH BRISKET 	230	80	10	0	0	10	460	30	0	20	10											

SIDE ITEMS

CONTINUED
















	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
PREMIUM																						
BOWL OF SOUP																						
CHICKEN TORTILLA, FULLY LOADED	330	160	20	10	0	40	840	30	0	0	10			•					•			•
CHICKEN TORTILLA, NAKED	180	90	10	0	0	10	750	20	0	0	10			•					•			•
IDAHO BAKED POTATO	550	340	40	20	0	80	1460	30	0	10	20			•		•			•			•
OUTLAW STEAK	430	250	30	10	0	60	1600	20	0	0	20			•		•			•	•		•
CRISPY ONION RINGS	360	70	10	0	0	0	780	60	0	10	10			•								•
HOUSE SALAD																						
CAESAR	430	320	40	10	0	50	770	10	0	0	20	•	•	•		•			•	•		•
WITHOUT CROUTONS 	390	310	30	10	0	50	660	10	0	0	10	•	•	•					•	•		
SUMMER BLEND 	310	210	20	10	0	10	510	20	0	10	10			•						•	•	
TRADITIONAL (WITHOUT DRESSING)	140	70	10	0	0	90	210	10	0	0	10	•		•		•						•
WITHOUT CROUTONS 	110	60	10	0	0	90	130	10	0	0	10	•		•								
Choice of 3oz salad dressing (not included, refer to salad dressings)																						
LOADED IDAHO BAKED POTATO 																						
ALL TOPPINGS	790	380	40	20	0	40	560	80	10	0	20			•					•			
POTATO	410	50	10	0	0	0	20	80	10	0	10											
CHEDDAR CHEESE	60	40	0	0	0	20	90	0	0	0	0			•								
CHOPPED BACON	40	30	0	0	0	10	200	0	0	0	0											
CHOPPED SCALLIONS	0	0	0	0	0	0	0	0	0	0	0											
MARGARINE	210	210	20	10	0	0	240	0	0	0	0			•					•			
SOUR CREAM	60	50	10	0	0	20	20	0	0	0	0			•								
LOADED MASHED POTATOES 	540	300	30	20	0	90	1740	50	0	0	20			•								
SEASONED WAFFLE FRIES	470	250	30	10	0	0	900	50	10	0	10											•
SEASONED WAFFLE FRIES WITH GRINGO DIP	730	430	50	20	0	60	1920	50	10	0	20			•								•
SKINNY FRIES 	350	160	20	0	0	0	810	50	0	0	0											
SWEET POTATO FRIES	480	230	30	0	0	0	1190	60	10	20	0											•
BREAD																						
BUTTERMILK BISCUIT	380	250	30	10	0	0	780	30	0	0	0			•					•			•
GARLIC BREAD	360	220	20	10	0	0	660	30	0	0	10			•		•			•			•
HONEY WHEAT BREAD & HONEY BUTTER	510	240	30	10	0	0	580	50	0	10	10			•		•			•			•

STREET KIDS

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
ENTRÉE																						
BUTTERED PENNE & CHICKEN	680	300	30	10	0	60	480	60	0	0	30			•					•			•
CHICKEN FINGERS	380	90	10	0	0	100	1390	30	0	0	40	•		•	•							•
Choice of 2oz Dipping Sauce (not included, refer to salad dressings or other sauces)																						
CHICKEN NUGGETS	400	190	20	0	0	60	1110	30	0	0	30	•		•	•				•			•
Choice of 2oz Dipping Sauce (not included, refer to salad dressings or other sauces)																						
CHICKEN QUESADILLA	450	230	30	10	0	90	900	20	0	0	30			•					•	•		•
FLAT-IRON STEAK	400	290	30	10	0	100	410	0	0	0	20			•					•			
FRIED SHRIMP	170	40	0	0	0	120	620	10	0	0	20	•		•	•			•				•
Choice of 2oz Ranch or Ketchup (not included, refer to salad dressings or other sauces)																						
GRILLED CHEESE - WHEAT BREAD	330	100	10	0	0	0	510	40	10	10	10			•		•			•			•
Choice of Cheese (not included, refer to cheese slice choices)																						
GRILLED CHEESE - WHITE BREAD	200	120	10	0	0	0	550	40	0	0	10			•		•			•			•
Choice of Cheese (not included, refer to cheese slice choices)																						
KRAFT MACARONI & CHEESE	300	80	10	0	0	10	650	40	0	10	10			•								•
PENNE PASTA, ALFREDO SAUCE	680	360	40	20	0	100	880	60	0	0	20			•		•			•			•
PENNE PASTA, RED SAUCE	440	90	10	0	0	0	860	70	10	20	10			•								•
SLIDER BURGERS	410	160	20	10	0	60	610	30	0	10	30					•						•
ADD CHEESE	470	200	20	10	0	70	790	30	0	10	30			•		•			•			•
SIDE ITEM																						
ADULT MAC-N-CHEESE	460	190	20	10	0	50	690	40	0	0	10			•					•			•
ANCIENT POWER GRAINS	210	90	10	0	0	0	390	30	0	0	0			•					•			•
APPLE WEDGES WITH CARAMEL 	170	10	0	0	0	0	80	40	0	30	0			•								
BUTTERMILK BISCUIT	380	250	30	10	0	0	780	30	0	0	0			•					•			•
CARROT STICKS WITH RANCH 	170	130	10	0	0	0	230	10	0	0	0	•		•	•				•			
CHIPS N SALSA 	270	50	10	0	0	0	660	40	10	0	10											
FRENCH FRIES 	220	90	10	0	0	0	520	30	0	0	0											
GARLIC BREAD	180	110	10	0	0	0	330	10	0	0	0			•		•			•			•
GO-GURT 	50	10	0	0	0	0	30	10	0	10	0			•								
MASHED POTATOES & GRAVY	260	140	20	10	0	40	830	30	0	0	0			•		•			•			•
WITHOUT GRAVY 	190	90	10	10	0	30	640	20	0	0	0			•								
MEXICAN RICE	130	0	0	0	0	0	540	30	0	0	0			•					•			•
MOTT'S APPLESAUCE 	100	0	0	0	0	0	0	20	0	20	0											
SLICED STRAWBERRIES 	20	0	0	0	0	0	0	0	0	0	0											
STEAMED BROCCOLI 	60	40	0	0	0	0	40	0	0	0	0			•					•			

STREET KIDS

CONTINUED

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
DRINKS																						
APPLE JUICE 	180	0	0	0	0	0	20	40	0	40	0											
BARQ'S ROOT BEER 	80	0	0	0	0	0	20	20	0	20	0											
COKE 	70	0	0	0	0	0	0	20	0	20	0											
COKE ZERO SUGAR 	0	0	0	0	0	0	20	0	0	0	0											
DIET COKE 	0	0	0	0	0	0	10	0	0	0	0											
DIET DR. PEPPER 	0	0	0	0	0	0	30	0	0	0	0											
DR. PEPPER 	80	0	0	0	0	0	30	20	0	20	0											
MILK 	230	110	10	10	0	50	180	20	0	20	10			•								
MINUTE MAID LEMONADE 	70	0	0	0	0	0	30	20	0	20	0											
SPRITE 	70	0	0	0	0	0	20	20	0	20	0											
STRAWBERRY LEMONADE 	80	0	0	0	0	0	30	20	0	20	0											
DESSERTS																						
COOKIES	120	40	0	0	0	0	110	20	0	10	0											•
GO-GURT 	50	10	0	0	0	0	30	10	0	10	0			•								
SCOOP OF VANILLA ICE CREAM 	160	80	10	10	0	40	50	20	0	10	0			•								
ADD CHOCOLATE TOPPING 	210	80	10	10	0	40	70	30	0	20	0			•								
ADD STRAWBERRY TOPPING 	180	80	10	10	0	40	50	20	0	20	0			•								

GLUTEN AWARENESS

MENU

ALL-AMERICAN BACON CHEESEBURGER, GLUTEN FREE BUN	1150	820	90	30	0	380	1880	30	0	10	60	•		•					•			
Choice of Cheese - 1 Slice (not included, refer to cheese slice choices)																						
Choice of one Standard Side Item (not included, refer to side items with Gluten-Free symbol)																						
AVOCADO BURGER, GLUTEN FREE BUN	1090	750	80	30	0	160	2060	40	10	10	60	•		•	•				•			
Choice of one Standard Side Item (not included, refer to side items with Gluten-Free symbol)																						
BACON CHEESE CHICKEN GRILLE, GLUTEN FREE BUN	730	390	40	20	0	170	1570	30	0	10	60			•					•			
Choice of 1oz Garlic Aioli or Honey Mustard (not included, refer to other sauces or salad dressings)																						
Choice of one Standard Side Item (not included, refer to side items with Gluten-Free symbol)																						
BACON CHEESE CHICKEN GRILLE, LUNCH, GLUTEN FREE BUN	1110	550	60	20	0	170	2480	80	10	10	70			•					•			
Choice of 1oz Garlic Aioli or Honey Mustard (not included, refer to other sauces or salad dressings)																						
BLACKENED ATLANTIC SALMON	400	230	30	10	0	120	860	0	0	0	40		•	•					•			
SIMPLY GRILLED	390	230	30	10	0	120	620	0	0	0	40		•	•					•			
Choice of House Salad & one Side Item (refer to side items with Gluten-Free symbol)																						

GLUTEN AWARENESS MENU CONTINUED

GLUTEN AWARENESS MENU🌱CONTINUED	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
BLACKENED RIBEYE	1100	640	70	30	0	500	1310	0	0	0	110			•					•			
Choice of House Salad & one Side Item (refer to side items with Gluten-Free symbol)																						
BUFFALO CHICKEN SALAD, GRILLED	1570	990	110	30	0	230	3740	60	10	10	80	•		•	•				•			
BURGER, GLUTEN FREE BUN	890	630	70	20	0	130	1230	30	0	10	40	•		•					•			
Choice of one Standard Side Item (not included, refer to side items with Gluten-Free symbol)																						
BURGER WITH CHEESE, GLUTEN FREE BUN	890	630	70	20	0	130	1230	30	0	10	40	•		•					•			
Choice of Cheese - 1 Slice (not included, refer to cheese slice choices with Gluten-Free symbol)																						
Choice of one Standard Side Item (not included, refer to side items with Gluten-Free symbol)																						
BURGER WITH CHEESE, DOUBLE SMASHED, LUNCH, GLUTEN FREE BUN	1290	800	90	20	0	130	2650	80	10	10	50	•		•					•			
Choice of Cheese - 2 Slices (not included, refer to cheese slice choices with Gluten-Free symbol)																						
BURGER WITH CHEESE, TRADITIONAL LUNCH, GLUTEN FREE BUN	1270	790	90	20	0	130	2130	80	10	10	50	•		•					•			
Choice of Cheese - 1 Slice (not included, refer to cheese slice choices with Gluten-Free symbol)																						
CAESAR (HOUSE SALAD), NO CROUTONS (DRESSING INCLUDED)	390	310	30	10	0	50	660	10	0	0	10	•	•	•					•	•		
CALIFORNIA BLEU CHICKEN SALAD	1400	840	90	20	0	370	2370	60	10	30	70	•		•								
CENTER CUT' BABY BACK RIBS	1370	810	90	30	0	280	2550	80	0	70	50											
CHICKEN AVOCADO GRILLE, GLUTEN FREE BUN	900	530	60	20	0	150	1810	40	10	10	60	•		•	•				•			
Choice of one Standard Side Item (not included, refer to side items with Gluten-Free symbol)																						
CHICKEN CAESAR SALAD, BLACKENED, NO CROUTONS (DRESSING INCLUDED)	1080	700	80	20	0	210	2240	20	10	0	80	•	•	•					•	•		
CHICKEN CAESAR SALAD, GRILLED, NO CROUTONS (DRESSING INCLUDED)	1030	670	70	20	0	210	1860	10	10	0	80	•	•	•					•	•		
CHICKEN CLUB SALAD, BLACKENED, NO CROUTONS	830	440	50	20	0	380	2080	20	10	10	70	•		•					•			
Choice of 4oz salad dressing (not included, refer to salad dressings with Gluten-Free symbol)																						
CHICKEN CLUB SALAD, GRILLED, NO CROUTONS	780	400	40	20	0	380	1700	20	10	10	70	•		•								
Choice of 4oz salad dressing (not included, refer to salad dressings with Gluten-Free symbol)																						
CHICKEN WINGS, BUFFALO	750	570	60	10	0	130	1510	10	0	0	30								•			
Choice of 2oz Creamy Bleu Cheese or Buttermilk Ranch (not included, refer to salad dressings)																						
CHICKEN WINGS, CAJUN DRY RUB	670	520	60	20	0	130	1390	0	0	0	30			•					•			
Choice of 2oz Creamy Bleu Cheese or Buttermilk Ranch (not included, refer to salad dressings)																						
CHICKEN WINGS, GARLIC LEMON PEPPER DRY RUB	670	520	60	20	0	130	1800	0	0	0	30			•					•			
Choice of 2oz Creamy Bleu Cheese or Buttermilk Ranch (not included, refer to salad dressings)																						

GLUTEN AWARENESS MENU CONTINUED

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
CHICKEN WINGS, HOT BUFFALO	720	520	60	10	0	130	1580	20	0	10	30			•					•			
Choice of 2oz Creamy Bleu Cheese or Buttermilk Ranch (not included, refer to salad dressings)														•					•			
DEVILS DEN BURGER, GLUTEN FREE BUN	1150	830	90	30	0	160	2370	30	0	10	50	•		•					•			
Choice of one Standard Side Item (not included, refer to side items with Gluten-Free symbol)																						
DOUBLE SMASHED CHEESEBURGER, GLUTEN FREE BUN	910	640	70	20	0	130	1750	30	0	10	40	•		•					•			
Choice of Cheese - 2 Slices (not included, refer to cheese slice choices with Gluten-Free symbol)																						
Choice of one Standard Side Item (not included, refer to side items with Gluten-Free symbol)																						
FAJITA SALAD, CHICKEN	940	240	30	10	0	150	1960	100	20	20	70			•								
Choice of 4oz salad dressing (not included, refer to salad dressings)																						
FAJITA SALAD, GROUND BEEF	1050	400	40	20	0	150	2050	100	20	20	50			•								
Choice of 4oz salad dressing (not included, refer to salad dressings with Gluten-Free symbol)																						
FILET MIGNON	420	260	30	10	0	110	950	0	0	0	40			•					•			
Choice of House Salad & one Side Item (not included, refer to side items with Gluten-Free symbol)																						
FLAT-IRON STEAK	640	470	50	20	0	160	660	0	0	0	40			•					•			
Choice of House Salad & one Side Item (not included, refer to side items with Gluten-Free symbol)																						
GRINGO DIP + CHIPS	1030	460	50	30	0	130	3230	100	10	10	40			•								
LOADED IDAHO BAKED POTATO PLATTER, LUNCH	880	440	50	20	0	60	790	90	10	0	20			•					•			
Choice of House Salad (not included, refer to side items with Gluten-Free symbol)																						
PROTEIN POWER GRAIN BOWL, CHICKEN, NO ANCIENT POWER GRAINS	410	120	10	0	0	120	1420	20	10	10	50			•					•			
Choice of one Standard Side Item (not included, refer to side items with Gluten-Free symbol)																						
SIMPLY GRILLED	400	120	10	0	0	120	1540	20	10	10	50			•					•			
PROTEIN POWER GRAIN BOWL, FILET MIGNON, NO ANCIENT POWER GRAINS	670	380	40	10	0	130	2720	20	10	0	50			•					•			
Choice of one Standard Side Item (not included, refer to side items with Gluten-Free symbol)																						
SIMPLY GRILLED	650	380	40	10	0	130	2120	10	10	0	50			•					•			
PROTEIN POWER GRAIN BOWL, FLAT-IRON STEAK, NO ANCIENT POWER GRAINS	770	510	60	20	0	170	1400	20	10	0	50			•					•			
Choice of one Standard Side Item (not included, refer to side items with Gluten-Free symbol)																						
SIMPLY GRILLED	760	510	60	20	0	170	1160	10	10	0	50			•					•			
PROTEIN POWER GRAIN BOWL, SALMON, NO ANCIENT POWER GRAINS	520	270	30	10	0	120	1360	20	10	0	50		•	•					•			
Choice of one Standard Side Item (not included, refer to side items with Gluten-Free symbol)																						
SIMPLY GRILLED	510	270	30	10	0	120	1120	10	10	0	50		•	•					•			
RIBEYE	1090	630	70	30	0	500	710	0	0	0	110			•					•			
Choice of House Salad & one Side Item (not included, refer to side items with Gluten-Free symbol)																						

GLUTEN AWARENESS MENU CONTINUED

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
SCALLOPS + SHRIMP	640	460	50	20	0	230	810	10	0	0	30			•				•	•	•		
TRADITIONAL FISH, BLACKENED, GLUTEN FREE BUN	860	560	60	10	0	100	1820	50	0	10	40	•	•	•					•			
Choice of one Standard Side Item (not included, refer to side items with Gluten-Free symbol)																						
STREET KIDS FLAT-IRON STEAK	380	270	30	10	0	100	90	0	0	0	20			•					•			
Choice of side item, drink + dessert (not included, refer to Street Kids with Gluten-Free symbol)																						
STREET KIDS SLIDER BURGERS, NO BUN	210	130	10	10	0	60	290	0	0	0	20								•			
ADD CHEESE	270	170	20	10	0	70	470	0	0	0	20			•					•			
Choice of side item, drink + dessert (not included, refer to Street Kids with Gluten-Free symbol)																						
SUMMER BLEND (HOUSE SALAD) (DRESSING INCLUDED)	330	230	30	0	0	10	380	20	0	10	10			•						•	•	
SUMMER CHICKEN SALAD (DRESSING INCLUDED)	1060	640	70	10	0	140	1490	50	10	30	60			•						•	•	
SUPER NACHOS, CHICKEN, NO REFRIED BEANS	1680	770	90	40	0	310	4300	120	20	10	100			•					•			
SUPER NACHOS, COMBO, NO REFRIED BEANS	1800	870	100	40	0	340	4480	120	20	10	110			•					•			
SUPER NACHOS, GROUND BEEF, NO REFRIED BEANS	1850	950	110	50	0	330	4520	120	20	10	100			•					•			
TATER KEGS	310	160	20	10	0	90	1300	30	0	0	10	•		•								
Choice of 3oz Ranch, Sour Cream or Cheese Sauce (not included, refer to other sauces and salad dressings)																						
TRADITIONAL (HOUSE SALAD), NO CROUTONS	110	60	10	0	0	90	130	10	0	0	10	•		•								
Choice of 3oz salad dressing (not included, refer to salad dressings with Gluten-Free symbol)																						
TRADITIONAL CHICKEN SALAD, BLACKENED, LUNCH, NO CROUTONS	490	190	20	10	0	250	1170	10	0	10	60	•		•					•			
Choice of 4oz salad dressing (not included, refer to salad dressings with Gluten-Free symbol)																						
TRADITIONAL CHICKEN SALAD, GRILLED, LUNCH, NO CROUTONS	450	150	20	10	0	250	790	10	0	10	60	•		•								
Choice of 4oz salad dressing (not included, refer to salad dressings with Gluten-Free symbol)																						
TRADITIONAL FISH, BLACKENED, GLUTEN FREE BUN	860	560	60	10	0	100	1820	50	0	10	40	•	•	•					•			













VEGETARIAN MENU

CHICAGO SPINACH & ARTICHOKE DIP	1270	610	70	30	0	120	2410	110	10	10	40			•					•			•
FAJITA SALAD, CRUMBLIED VEGGIE PATTY	990	330	40	10	0	40	2190	120	20	20	40	•		•					•			•
Choice of 4oz salad dressing (not included, refer to salad dressings)																						




















VEGETARIAN MENU CONTINUED

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
FAJITA SALAD, NO PROTEIN	810	280	30	10	0	70	1600	100	20	20	30			•								
Choice of 4oz salad dressing (not included, refer to salad dressings)																						
FRIED PICKLES	770	460	50	10	0	10	3300	60	10	10	10	•		•	•				•			•
FRY ME SOME CHEESE	630	230	30	10	0	60	2200	70	0	10	30	•		•					•			•
FRY ME TO THE MOON, NO BACON	1330	760	80	30	0	120	2560	100	10	0	40			•								•
Choice of 4oz Gringo Dip or Chipotle Ranch (not included, refer to other sauces and salad dressings)																						
GRINGO DIP + CHIPS	1030	460	50	30	0	130	3230	100	10	10	40			•								
LOADED IDAHO BAKED POTATO PLATTER, NO BACON	820	390	40	20	0	50	470	90	10	0	20			•					•			
Choice of House Salad (not included, refer to salads)																						
SHROOMS	1340	1020	110	40	0	140	2680	60	10	10	20	•	•	•	•				•			•
SOUTHWEST VEGGIE WRAP	1000	470	50	10	0	20	2120	100	10	10	30	•		•	•	•			•	•		•
SUMMER BLEND (HOUSE SALAD) (DRESSING INCLUDED)	310	210	20	10	0	10	510	20	0	10	10			•						•	•	
SUMMER CHICKEN SALAD, NO CHICKEN (DRESSING INCLUDED)	840	610	70	10	0	30	1250	40	10	30	10			•						•	•	
SUPER NACHOS, NO PROTEIN + BEANS	1470	740	80	40	0	210	3830	120	20	10	60			•					•			
TRADITIONAL (HOUSE SALAD), NO BACON	110	60	10	0	0	90	130	10	0	0	10	•		•		•						•
Choice of 3oz salad dressing (not included, refer to salad dressings)																						
SCRATCH VEGGIE BURGER	900	520	60	20	0	110	1800	70	0	20	20	•		•		•			•	•		•
VEGGIE QUESADILLAS	760	390	40	20	0	100	2560	70	10	10	30			•					•	•		•

SALAD DRESSINGS (BY THE OUNCE)

AVOCADO RANCH 	110	110	10	0	0	0	160	0	0	0	0	•		•	•				•			
BALSAMIC VINAIGRETTE 	160	140	20	0	0	0	250	10	0	10	0			•						•		
BUTTERMILK RANCH 	140	130	20	0	0	0	180	0	0	0	0	•		•	•				•			
CAESAR 	170	160	20	0	0	20	290	0	0	0	0	•	•	•					•	•		
CHIPOTLE RANCH 	130	120	10	0	0	0	190	0	0	0	0	•		•	•				•			
CILANTRO HONEY LIME 	160	130	10	0	0	0	90	10	0	10	0	•										
CREAMY BLEU CHEESE 	140	140	20	0	0	10	200	0	0	0	0	•		•	•				•			
FRENCH 	120	100	10	0	0	0	310	10	0	10	0											
HONEY MUSTARD 	180	160	20	0	0	0	150	0	0	0	0	•										
LIGHT ITALIAN 	40	30	0	0	0	0	270	0	0	0	0			•								
SALSA 	10	0	0	0	0	0	140	0	0	0	0											
THOUSAND ISLAND 	110	90	10	0	0	0	230	10	0	0	0	•										

OTHER SAUCES (BY THE OUNCE)

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
BARBECUE 	50	0	0	0	0	0	310	10	0	10	0											
CHEESE SAUCE 	70	50	10	0	0	20	300	0	0	0	0			•					•			
COCKTAIL SAUCE 	40	10	0	0	0	0	330	10	0	0	0											
COMEBACK SAUCE 	110	90	10	0	0	0	230	10	0	0	0	•										
FRESH SMASHED AVOCADO 	120	100	10	0	0	0	10	10	10	0	0											
GARLIC AIOLI 	220	220	20	0	0	0	170	0	0	0	0	•										
GRINGO DIP 	60	40	0	0	0	20	260	0	0	0	0			•								
GUACAMOLE 	50	40	0	0	0	0	120	0	0	0	0											
GYRO (CUCUMBER) SAUCE 	60	50	10	0	0	0	160	0	0	0	0	•		•								
HORSERADISH 	20	0	0	0	0	0	160	0	0	0	0											
HORSERADISH SAUCE 	190	180	20	0	0	0	170	0	0	0	0	•	•									
KETCHUP	40	0	0	0	0	0	320	10	0	10	0											
MARINARA 	20	0	0	0	0	0	130	0	0	0	0											
RED PEPPER SAUCE 	40	30	0	0	0	0	100	0	0	0	0									•		
SALSA 	10	0	0	0	0	0	140	0	0	0	0											
SMOKY SPREAD/CHIPOTLE MAYO 	230	230	30	0	0	0	200	0	0	0	0	•										
SOUR CREAM 	60	50	10	0	0	20	20	0	0	0	0			•								
TARTAR SAUCE 	180	170	20	0	0	0	270	0	0	0	0	•										
WING SAUCE (BUFFALO) 	100	80	10	0	0	0	460	0	0	0	0								•			
WING SAUCE (HOT BUFFALO) 	90	70	10	0	0	0	480	10	0	0	0								•			

The nutritional and allergen information disseminated by 54th Street and/or posted on the 54th Street website was prepared by Nutritional Information Services (NIS, www.nistn.com). The data contained herein was compiled from nutritional information and ingredient and allergen listings provided by our suppliers and distributors, and by an analysis generated using a software analysis program. The menu items listed herein were examined for the presence of the following allergenic proteins and substances: Eggs, Fish, Milk, MSG, Peanuts, Shellfish, Soy, Sulfites, Tree Nuts, Wheat, and "Other Gluten". (Be further advised that the designation "Other Gluten" includes the grains Barley, Oats, Rye, Malt, Millet, Spelt, Kamut and Triticale.) Please be aware that during normal kitchen operations involving shared cooking and preparation areas, including common fryer oil, the possibility exists for food items to come in contact with one another during the preparation and cooking process. Due to these circumstances, we are unable to guarantee that any menu item is completely allergen free. We recommend that individuals with dietary allergies and intolerances avoid all fried food.

NIS is the guarantor for the information provided herein. 54th Street and NIS assume no responsibility for errors in labeling or changes in the chemical or constituent composition of ingredients or prepared products used in this company's recipes and menu items that are the direct or indirect result of the actions or inactions of the suppliers, distributors, and purveyors of said ingredients and products.

The information listed here is meant to provide a general estimate of the nutritional values associated with our menu items. The actual nutritional values may vary from the values listed here due to variations in portion size(s), product preparation, and/or substitution of ingredients. If you have any questions or concerns about this nutritional and allergen information, or if you are sensitive to specific ingredients, please contact us at 816.455.9008.