



NUTRITIONAL INFORMATION - 4.16.18

The nutritional information below is derived from information provided by our suppliers, analysis using industry standard software and published resources, including those from the U.S.D.A. All nutritional information given is based on standard recipes and serving sizes and does not account for customized orders. We have made every effort to ensure that the nutritional and allergen information provided below is accurate. However, because of the handcrafted nature of our menu items, the variety of procedures and product assembly used in our kitchens, shared cooking and preparation areas including common fryer oil, reliance on our suppliers, and regional and seasonal differences in ingredients, we are unable to make any guarantees to its accuracy, and disclaim liability for its use. The material below is provided for informational purposes only and is not meant as a substitute for advice provided by a healthcare professional.

The Dietary Guidelines for Americans recommend limiting saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2,000 calories daily. Recommended limits may be higher or lower depending upon daily calorie consumption. A 2,000 calorie daily diet is used as the basis for general nutrition advice. However, individual caloric needs may vary.

SHAREABLES	Calories (kcal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Knock-Out Nachos	1620	900	100	54	0	255	3310	39	14	16	80
Wings - Spicy Buffalo (with blue cheese dressing)	1940	1210	134	33	0	395	3570	42	3	5	85
Wings - Cherry Cola BBQ (with blue cheese dressing)	2090	1080	120	31	0	395	4870	118	2	56	120
Wings - Sweet Chili (with blue cheese dressing)	1840	1080	120	31	0	395	2070	54	2	8	120
Garlic Parmesan Cheese Skewers	1550	790	90	16	0	205	2490	107	4	12	60
Loaded Tots	1270	810	90	30	0	125	3800	71	9	5	43
Chicken Fajita Quesadillas	820	490	54	19	0	135	1270	51	10	13	38
Spinach Dip	710	420	46	19	0	95	1770	13	9	3	33
Guacamole & Chips	430	200	22	2	0	0	220	17	13	2	10
Potato Skins	1990	820	91	37	0.4	170	2130	232	0	1	49
Baja Fish Taco - Crispy	1120	260	43	10	0.2	70	2820	134	7	715	44
Baja Fish Taco - Grilled	760	250	28	7	0	70	1340	84	7	12	44
Soft Pretzel Sticks	1390	250	27	9	0	45	5640	248	7	1	37
Pesto Chicken Flatbread	760	370	41	15	0	110	1960	57	9	18	43
SOUPS	Calories (kcal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Tortilla - Cup	190	90	10	4.5	0	25	940	14	0	18	9
Tortilla - Bowl	330	130	15	8	0	50	1880	28	0	36	18
Turkey Chili - Cup	240	80	9	3.5	0.2	40	810	27	4	7	13
Turkey Chili - Bowl	390	130	15	6	0.5	75	1370	42	7	11	24
French Onion - Bowl	290	180	19	11	0	60	1880	15	0	7	17
Chicken Noodle - Cup	50	20	2	3	0	15	620	3	0	0	5
Chicken Noodle - Bowl	90	30	4	0.6	0	30	1250	5	1	1	9
Clam Chowder - Cup	140	60	7	4	0	20	430	13	0	2	6
Clam Chowder - Bowl	280	130	14	8	0	40	860	26	1	4	13
SALADS (w/o breadstick)	Calories (kcal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
3rd Street (with dressing)	1270	900	101	27	0	150	2710	41	8	20	43
Santa Fe Chicken - Grilled (with dressing)	1160	740	83	23	0	155	1820	46	6	9	44
Santa Fe Chicken - Crispy (with dressing)	1480	820	91	24	0.5	165	2520	84	4	10	59
Grilled Chicken Caesar (with dressing)	910	560	62	7	0	105	1640	65	14	34	28
Avocado Cobb (with dressing)	1040	630	70	16	0	365	2220	50	17	13	53
Side Caesar (with dressing)	270	210	23	4.5	0	20	610	13	3	3	5
Village (with dressing)	430	330	37	10	0	50	1420	14	3	9	19
House Garden (no dressing)	60	20	2	0.2	0	0	110	10	2	3	2

DRESSINGS	Calories (kcal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
3rd Street Dressing (2 fl oz)	200	220	24	3.5	0	0	720	13	0	13	0
Hot Bacon Dressing (2 fl oz)	300	250	28	0	0	0	610	10	0	8	0
Balsamic Vinaigrette (2 fl oz)	190	190	21	3	0	0	80	3	0	2	0
Bleu Cheese Dressing (2 fl oz)	190	170	19	4	0	30	650	6	0	2	1
Poppy Seed Dressing (2 fl oz)	250	170	19	3	0	30	490	15	0	13	0
Ranch (2 fl oz)	250	230	25	4	4.5	20	440	2	0	2	2
Sweet-Chili Lime Vinaigrette (2 fl oz)	130	100	11	1.5	0	0	20	13	3	3	1
Thousand Island (2 fl oz)	220	140	16	2	0	10	480	18	0	12	0
Caesar Dressing (2 fl oz)	270	250	27	5	0	20	610	6	0	2	2
SANDWICHES (w/o fries)	Calories (kcal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Big Ol' Buffalo Chicken	1370	640	71	13	0	105	5310	144	6	15	38
Stacked-To-The Max Club	1030	460	51	18	0	145	3210	86	12	21	60
Ham & Pesto Ciabatta	600	260	28	9	0	90	2310	56	4	10	36
BBQ Pulled Pork	1100	430	48	12	0	125	6190	121	5	22	50
Reuben Grill	1060	520	58	22	0	200	3470	84	11	14	50
Crispy Cod BLT	1430	890	99	18	0	140	3180	80	1	13	46
T M C (w/side baby greens salad)	1020	590	66	15	0	125	2620	80	10	18	50
Philly Steak	1050	480	53	23	0	160	1550	6	5	12	58
BURGERS (w/o fries)	Calories (kcal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Garbage	1650	1060	118	26	3.5	305	2650	60	3	15	84
Tortilla	1260	760	84	11	3.5	225	1790	61	1	19	62
Sauteed Mushroom & Swiss	1200	760	85	14	3.5	230	1030	53	2	10	55
Black Pepper Bacon Sriracha	1290	780	87	11	3.5	230	2160	58	1	15	66
Good Morning Sunshine	1750	910	101	13	3.5	475	2290	131	0	14	72
Bodacious Bacon	1240	740	82	8	3.5	220	1720	59	1	17	63
Chipotle Black Bean (w/side baby greens salad)	460	200	23	2	0	0	750	49	7	8	20
Turkey Avocado Swiss	610	290	33	9	0.6	190	720	32	5	56	47
Cola BBQ Bacon	1320	720	80	6	3.5	195	2440	93	2	32	53
Build Your Own Burger	970	580	64	1	3.5	170	650	49	1	8	46
Build Your Own Burger, add-on, American	80	60	7	4.5	0	15	390	0	0	0	5
Build Your Own Burger, add-on, Bacon	210	150	16	1	0	40	830	1	0	0	14
Build Your Own Burger, add-on, Sauteed Onions	30	15	2	0	0	0	0	2	0	1	0
Build Your Own Burger, add-on, Cheddar	80	65	7	4	0	25	140	0	0	0	5
Build Your Own Burger, add-on, Mozzarella	90	60	6	3.5	0	20	180	1	0	0	6
Build Your Own Burger, add-on, Pepper Jack Cheese	80	60	6	4	0	20	110	0	0	0	5
Build Your Own Burger, add-on, Sauteed Mushrooms	40	35	4	2.5	0	10	30	1	0	0	1
Build Your Own Burger, add-on, Sauteed Peppers	20	15	1.5	1	0	5	100	0	1	1	0
Build Your Own Burger, add-on, Swiss	80	50	6	4	0	20	40	1	0	0	6
CHOICE PLATES	Calories (kcal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Laredo Steak (w/ side garden salad & breadstick, w/o dressing)	1040	510	57	27	0	170	750	78	14	12	60
Cajun Alfredo Pasta (w/ breadstick)	1260	750	83	39	1	195	1250	98	7	13	31
add chicken	350	210	23	5	0	75	830	15	3	2	22
add shrimp	180	30	3	0.5	0	250	240	2	0	0	34

Bourbon Glazed BBQ Chicken (no side)	1450	720	80	21	0.1	215	5980	119	9	60	66
Erma's Meatloaf (no side)	1360	890	99	13	4.4	385	3350	37	1	16	63
N'Awlins Shrimp & Rice (no side)	680	380	42	20	0	330	740	35	3	4	38
Herb-Grilled Salmon (no side)	310	120	14	1.7	0	95	340	11	2	7	35
Kalbi Fajita Tacos	1370	650	73	18	0	165	5280	126	14	22	60
Balsamic Glazed Chicken	1070	560	62	14	0.3	185	2710	80	11	22	53
Hand-Breaded Chicken Tenders (w/ fries)	1330	450	50	9	0.4	130	4390	151	6	21	59
New England Fish & Chips (w/ fries)	1470	780	87	15	0.4	125	5990	119	6	12	46
SIDE DISHES & MISC	Calories (kcal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Grilled Asparagus	40	20	2	0	0	0	70	4	2	2	2
Steamed Broccoli	30	5	0.5	0	0	0	30	6	2	1	2
Fresh Fruit Salad	90	0	0	0	0	0	20	23	1	21	0
Fire-Roasted Corn Medley	150	60	7	4	0	15	0	24	3	4	3
Rice Pilaf	170	60	6	4	0	15	50	24	0	0	2
Creamy Coleslaw	160	110	12	2	0	25	270	14	2	10	1
Applesauce	170	5	0.5	0	0	0	10	45	3	37	0
Seasoned Fries	360	150	17	3	0	0	1000	49	4	0	4
Crisp Onion Rings	370	140	15	2.5	0.2	0	1310	52	2	10	3
Oven-Baked Potato (plain)	220	0	0	0	0	0	10	51	4	2	6
Garlic Goat Cheese Mashed Potatoes	350	130	15	8	0.4	45	930	45	4	4	10
Tater Tots	320	170	19	3	0	0	1040	33	3	2	3
Loaded Tots	630	400	44	15	0	65	1900	36	4	3	21
Mashed Potatoes	290	100	11	5	0.4	30	810	43	4	4	5
Garlic Breadstick	120	70	8	1	0	0	430	12	1	1	3
COMBOS	Calories (kcal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Dynamic Duo - 1/2 Reuben	530	260	29	11	0	100	1730	42	6	7	25
Dynamic Duo - 1/2 Max's Club	510	230	26	9	0	75	1600	43	6	11	30
Dynamic Duo - 1/2 Ham & Pesto Ciabatta	300	130	14	4	0	45	1160	28	2	5	18
Dynamic Duo - 1/2 TMC	380	190	21	5	0	50	980	33	3	4	20
Dynamic Duo - Tortilla Soup (Bowl)	380	190	21	9	0	50	1880	28	0	36	18
Dynanuc Duo - Baked Potato	220	0	0	0	0	0	10	51	4	2	6
Dynamic Duo - House Salad (no dressing)	60	15	2	0	0	0	110	10	2	3	2
Dynamic Duo - Caesar	270	210	23	5	0	20	610	13	3	3	5
Dynamic Duo - Garlic Breadstick	120	70	8	1	0	0	430	12	1	1	3
3 Course Combo - Cheeseburger (w/ fries, no cookie)	1410	790	88	9	3.5	190	2040	98	5	8	55
3 Course Combo - Tortilla Burger (w/ fries, no cookie)	1620	910	101	14	3.5	225	2790	110	5	19	66
3 Course Combo - House Salad (no dressing)	60	15	2	0	0	0	110	10	2	3	2
3 Course Combo - Caesar	270	210	23	5	0	20	610	13	3	3	5
3 Course Combo - Tortilla Soup (Cup)	190	80	9	5	0	25	1150	15	1	2	9
3 Course Combo - Turkey Chili (Cup)	240	80	9	3.5	0.2	40	810	27	4	7	13
3 Course Combo - Cookie (Chocolate Chip)	280	130	14	5	0	0	280	38	2	18	4
3 Course Combo - Cookie (White Chocolate Macadamia Nut)	380	130	14	0	0	0	0	32	1	0	3
3 Course Combo - Cookie (Oatmeal Raisin)	240	80	9	3	0	0	220	41	2	25	3
3 Course Combo - Cookie (Snickerdoodle)	300	120	13	5	0	0	260	43	0	20	3
DESSERTS	Calories (kcal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Pretzel Sundae	1220	390	43	4.5	0.6	100	2260	186	3	64	22

Banana Cream Pie	820	340	38	16	0	130	1280	111	2	78	10
Chocolate Cake a la Mode	1650	750	83	28	0	255	70	216	12	156	25
Cookie - Chocolate Chip	280	130	14	5	0	0	280	38	2	18	4
Cookies - Chocolate Chip (1/2 Dozen)	1700	770	85	30	0	0	1700	231	11	109	24
Cookie - White Chocolate Macadamia Nut	380	130	14	0	0	0	0	32	1	0	3
Cookies - White Chocolate Macadamia Nut (1/2 Dozen)	2280	760	84	0	0	0	0	192	6	0	18
Cookie - Oatmeal Raisin	240	80	9	3	0	0	220	41	2	25	3
Cookies - Oatmeal Raisin (1/2 Dozen)	1470	490	54	18	0	0	1340	247	12	149	18
Cookie - Snickerdoodle	300	120	13	5	0	0	260	43	0	20	3
Cookies - Snickerdoodle (1/2 Dozen)	1810	700	78	30	0	0	1560	26	1	122	18
Sundae Bar - Ice Cream Only	350	160	18	0	0	75	110	43	0	33	8
Sundae Bar - Topping - Rainbow Sprinkles	30	15	2	0	0	0	0	5	0	3	0
Sundae Bar - Topping - Oreo Crumbles	30	15	1.5	0.5	0	0	40	5	0	3	0
Sundae Bar - Topping - Granola	30	5	0.5	0	0	0	30	6	0	2	1
Sundae Bar - Topping - Chocolate Chip Cookie Crumbles	40	15	2	0.5	0	0	40	5	0	2	1
Sundae Bar - Topping - M&Ms	40	15	2	1	0	0	10	5	0	4	0
Sundae Bar - Topping - Jelly Beans	30	0	0	0	0	0	0	7	0	6	0
Sundae Bar - Topping - Whipped Cream	20	15	1.5	1	0	5	10	1	0	1	0
Sundae Bar - Topping - Fudge	20	5	0.5	0	0	0	20	4	0	2	0
Sundae Bar - Topping - Caramel	20	0	0	0	0.1	0	10	5	0	4	0
Sundae Bar - Topping - Strawberry	10	0	0	0	0	0	0	3	0	3	0
Sundae Bar - Topping - Maraschino Cherry	10	0	0	0	0	0	0	2	0	2	0
IBC Root Beer Float	660	40	4.5	0	0	20	240	153	0	150	2
Petite Treats - Key Lime Pie	300	100	11	5	0	75	140	46	1	35	6
Petite Treats - Mocha Bites	400	210	23	13	0	75	200	44	2	29	3
Petite Treats - Tin Roof	370	230	26	12	0	40	180	31	2	20	5
KIDS	Calories (kcal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Grilled Chicken Breast (no side)	380	210	23	4.5	0	75	1300	23	3	7	22
Chicken Tenders (no side)	540	160	17	3.5	0.2	80	2060	53	1	12	35
Cheeseburger Sliders (no side)	530	260	33	15	1.4	105	1280	28	1	4	30
Grilled Cheese (no side)	560	220	24	13	0	50	1510	65	3	6	20
Cheese Pizza (no side)	690	220	25	11	0	55	1390	85	4	10	31
Mini Corn Dogs (no side)	430	240	27	6	0.2	50	630	36	0	0	11
Mac & Cheese (no side)	270	110	12	6	0.4	30	840	29	2	4	10
Pasta w/ marinara (no side)	230	45	5	0.5	0	15	580	38	2	10	10
Pasta w/ butter (no side)	320	140	15	8	0	45	260	38	2	1	8
Pasta w/ alfredo (no side)	270	45	5	0.5	0	15	280	38	2	10	10
Side - Grilled Asparagus	40	20	2	0	0	0	70	4	2	2	2
Side - Steamed Broccoli	30	5	0.5	0	0	0	30	6	2	1	2
Side - Mashed Potatoes	290	100	11	5	0.2	30	810	43	4	4	5
Side - Applesauce	170	5	0.5	0	0	0	10	45	3	37	0
Side - Fresh Fruit	90	0	0	0	0	0	20	23	1	21	0
Side - French Fries	210	90	10	2	0	0	1920	28	2	0	3
Beverage - Apple Juice (12 fl oz)	180	0	0	0	0	0	20	43	0	42	0
Beverage - Chocolate Milk (12 fl oz)	230		8	4.5	0	30	200	29	0	25	0
Beverage - Cranberry Juice (12 fl oz)	190	5	0.5	0	0	0	10	48	0	42	0
Beverage - Milk (12 fl oz)	190	70	7	4.5	0	30	190	19	0	18	0
Beverage - Minute Maid Lemonade (12 fl oz)	170	0	0	0	0	0	20	45	0	42	0
Beverage - Orange Juice (12 fl oz)	160	10	1	0	0	0	0	36	1	0	3
Beverage - Grape Juice (12 fl oz)	180	5	3	0	0	0	10	46	0	40	0

Specialty Sipper - Beetjuice (12 fl oz)	230	0	0	0	0	0	0	30	57	0	35	1
Specialty Sipper - Adam's Apple (12 fl oz)	310	0	0	0	0	0	0	30	77	0	57	0
Specialty Sipper - Vanilla Milk Shake (12 fl oz)	690	370	41	9	0	160	240	71	0	52	14	
Specialty Sipper - Chocolate Milk Shake (12 fl oz)	820	370	41	9	0	160	270	100	1	74	15	
Specialty Sipper - Oreo Milk Shake (12 fl oz)	1100	530	59	13	0	160	90	131	3	83	16	
Specialty Sipper - Strawberry Milk Shake (12 fl oz)	790	370	41	9	0	160	260	95	0	74	14	
Specialty Sipper - Volcano Blaster (12 fl oz)	340	110	12	0	0	50	120	69	0	62	5	
Sundae Bar - Ice Cream Only	350	160	18	0	0	75	110	43	0	33	8	
Sundae Bar - Topping - Rainbow Sprinkles	30	15	2	0	0	0	0	5	0	3	0	
Sundae Bar - Topping - Oreo Crumbles	35	15	1.5	0.5	0	0	40	5	0	3	0	
Sundae Bar - Topping - Granola	25	5	0.5	0	0	0	30	6	0	2	1	
Sundae Bar - Topping - Chocolate Chip Cookie Crumbles	35	15	2	0.5	0	0	40	5	0	2	1	
Sundae Bar - Topping - M&Ms	35	15	2	1	0	0	10	5	0	4	0	
Sundae Bar - Topping - Jelly Beans	30	0	0	0	0	0	0	7	0	6	0	
Sundae Bar - Topping - Whipped Cream	20	15	1.5	1	0	5	10	1	0	1	0	
Sundae Bar - Topping - Fudge	20	5	0.5	0	0	0	20	4	0	2	0	
Sundae Bar - Topping - Caramel	20	0	0	0	0.1	0	10	5	0	4	0	
Sundae Bar - Topping - Strawberry	15	0	0	0	0	0	0	3	0	3	0	
Sundae Bar - Topping - Maraschino Cherry	10	0	0	0	0	0	0	2	0	2	0	
SPECIALTY COCKTAILS	Calories (kcal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	
Big Bad Erma	230	0	0	0	0	0	10	31	310	28	0	
Max's Spicy Bloody	180	30	3.5	0.5	0	0	1640	9	1	6	0	
Blood Orange Whiskey Sour	190	0	0	0	0	0	0	20	1	16	0	
Lynchburg Lemonade	170	0	0	0	0	0	10	20	1	12	0	
Captain's Grog	210	0	0	0	0	0	0	30	0	20	0	
Spiked Sweet Tea	160	0	0	0	0	0	0	21	0	20	0	
Mexican Mule	210	0	0	0	0	0	0	28	1	25	0	
Top Shelf Long Island	230	0	0	0	0	0	100	0	0	22	0	
Max's Moscow Mule	210	0	0	0	0	0	0	28	1	25	0	
Mom's Time Out	220	0	0	0	0	0	10	22	0	20	0	
SANGRIAS & MARGARITAS	Calories (kcal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	
Blackberry Sangria (Glass)	330	0	0	0	0	0	10	56	1	49	0	
Blackberry Sangria (Pitcher)	1120	5	0.5	0	0	0	30	177	4	149	2	
Red Sangria (Glass)	180	0	0	2	0	0	10	21	1	13	1	
Red Sangria (Pitcher)	730	5	0.5	0	0	0	30	80	3	55	2	
White Peach Sangria (Glass)	370	0	0	0	0	0	10	66	1	59	1	
White Peach Sangria (Pitcher)	970	5	0.5	0	0	0	30	136	4	115	1	
Max's Margarita, Original (Glass)	150	0	0	0	0	0	230	17	1	10	0	
Max's Margarita, Original (Pitcher)	540	0	0.2	0	0	0	700	68	3	42	1	
BEER	Calories (kcal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	
Bud Light Bottle	110	0	0	0	0	0	10	6.6	0	0	0.9	
Budweiser Bottle	150	0	0	0	0	0	10	11	0	0	1.3	
Coors Light Bottle	100	0	0	0	0	0	10	5	0	0	0.7	
Michelob Ultra Bottle	100	0	0	0	0	0	10	2.6	0	0	0.6	
Miller Lite Bottle	100	0	0	0	0	0	10	3.2	0	0	0.5	
Bud Light Draft (16 oz)	150	0	0	0	0	0	10	9	0	0	1	

Bud Light Draft (23 oz)	210	0	0	0	0	0	0	20	20	0	0	2
Miller Lite Draft (16 oz)	130	0	0	0	0	0	0	10	4	0	0	0.7
Miller Lite Draft (23 oz)	180	0	0	0	0	0	0	10	6	0	0	1
Goose Island IPA Draft (16 oz)	270	0	0	0	0	0	0	0	28	0	0	0
Goose Island IPA Draft (23 oz)	390	0	0	0	0	0	0	0	40	0	0	0
Sam Adams Lager Draft (16 oz)	210	0	0	0	0	0	0	0	52	0	0	1
Sam Adams Lager Draft (23 oz)	310	0	0	0	0	0	0	0	75	0	0	2
Angry Orchard Cider (16 oz)	280	0	0	0	0	0	0	10	40	0	32	0
Angry Orchard Cider (23 oz)	400	0	0	0	0	0	0	20	57	0	46	0
WINE	Calories (kcal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	
House White Zinfandel (6 oz)	130	0	0	0	0	0	0	10	0	0	0	0
House Chardonnay (6 oz)	140	0	0	0	0	0	0	5	0	0	0	0
House Merlot (6 oz)	150	0	0	0	0	0	0	5	0	1	0	0
House Cabernet Sauvignon (6 oz)	140	0	0	0	0	0	0	5	0	0	0	0
Guenoc Pinot Grigio (6 oz)	130	0	0	0	0	0	0	0	0	0	0	0
Firestone Vineyard Riesling (6 oz)	140	0	0	0	0	0	0	0	0	0	0	0
Guenoc Chardonnay (6 oz)	130	0	0	0	0	0	0	0	0	0	0	0
Sebastiani Chardonnay (6 oz)	160	0	0	0	0	0	0	0	0	0	0	0
Kendall Jackson Chardonnay (6 oz)	150	0	0	0	0	0	10	4	0	2	0	0
Lost Angel Pinot Noir (6 oz)	130	0	0	0	0	0	0	0	0	0	0	0
Woodbridge Pinot Noir (6 oz)	150	0	0	0	0	0	0	4	0	0	0	0
Three Rivers Red Blend (6 oz)	140	0	0	0	0	0	0	0	0	0	0	0
Lost Angel Cabernet Sauvignon (6 oz)	130	0	0	0	0	0	0	0	0	0	0	0
Sebastiani Cabernet Sauvignon (6 oz)	130	0	0	0	0	0	0	0	0	0	0	0
NA BEVERAGES	Calories (kcal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	
Arnold Palmer (12 fl oz)	90	0	0	0	0	0	0	20	23	0	21	0
Cherry Coke (12 fl oz)	150	0	0	0	0	0	0	40	42	0	42	0
Coca-Cola (12 fl oz)	140	0	0	0	0	0	0	50	39	0	39	0
Coke Zero (12 fl oz)	0	0	0	0	0	0	0	40	0	0	0	0
Diet Coke (12 fl oz)	0	0	0	0	0	0	0	40	0	0	0	0
Sprite (12 fl oz)	140	0	0	0	0	0	0	70	38	0	38	0
Fresh-Brewed Iced Tea (12 fl oz)	5	0	0	0	0	0	0	10	1	0	0	0
Minute Maid Lemonade (12 fl oz)	170	0	0	0	0	0	0	20	45	0	43	0
Fuze Raspberry Iced Tea (12 fl oz)	80	0	0	0	0	0	0	120	22	0	21	0
IBC Root Beer Bottle	160	0	0	0	0	0	0	60	21	0	20	0
Coffee (6 fl oz)	0	0	0	0	0	0	0	10	0	0	0	0.3
Hot Chocolate, Prepared (6 fl oz)	90	20	2	2	0	0	0	150	16	0	8	1
Hot Tea (8 fl oz)	0	0	0	0	0	0	0	0	0	0	0	0
Ice Cold Glass of Milk (12 fl oz)	190	70	7	4.5	0	30	190	19	0	18	0	0
Frozen Lemonade (16 fl oz)	170	0	0	0	0	0	0	30	44	0	41	0
Frozen Strawberry Lemonade (16 fl oz)	200	0	0	0	0	0	0	20	50	0	48	0
Iced Tea - Peach (16 fl oz)	80	0	0	0	0	0	0	10	19	0	18	0
Lemonade, Strawberry (12 fl oz)	250	0	0	0	0	0	0	20	66	0	63	0
Lemonade, Wildberry (12 fl oz)	250	0	0	0	0	0	0	20	63	0	63	0