



NUTRITIONAL INFORMATION - 1.28.19

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)	Cholesterol (mg)	Sodium (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Knock-Out Nachos	1620	940	104	56	0	262	260	3197	3200	117	17	8	82
Wings - Spicy Buffalo (with blue cheese dressing)	1940	1210	134	33	0	396	395	3573	3570	42	3	5	85
Wings - Cherry Cola BBQ (with blue cheese dressing)	2090	1080	120	31	0	396	395	4871	4870	118	2	56	120
Wings - Sweet Chili (with blue cheese dressing)	1840	1080	120	31	0	396	395	2073	2070	54	2	8	120
Garlic Parmesan Cheese Skewers	1550	790	90	16	0	203	205	2492	2490	107	4	12	60
Loaded Tots	1270	810	90	30	0	127	125	3800	3800	71	9	5	43
Chicken Fajita Quesadillas	820	490	54	19	0	134	135	1273	1270	51	10	13	38
Spinach Dip	710	420	46	19	0	93	95	1774	1770	57	9	3	33
Guacamole & Chips (Columbus (on the Blvd), OH Only)	430	200	22	2	0	0	0	217	220	69	13	2	10
Potato Skins	1990	820	91	37	0.4	172	170	2126	2130	232	0	1	49
Baja Fish Taco - Crispy	1120	260	43	10	0.2	72	70	2819	2820	134	7	715	44
Baja Fish Taco - Grilled	760	250	28	7	0	72	70	1339	1340	84	7	12	44
Soft Pretzel Sticks	1390	250	27	9	0	43	45	5641	5640	248	7	1	37
Chislic (Aberdeen, SD Only)	680	406	45	12	0	211	210	216	220	0	0	0	65
SOUPS	Calories (kcal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Cholesterol (mg)	Sodium (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Tortilla - Cup	190	90	10	4.5	0	24	25	940	940	14	0	18	9
Tortilla - Bowl	330	130	15	8	0	48	50	1879	1880	28	0	36	18
Turkey Chili - Cup	240	80	9	3.5	0.2	40	40	809	810	27	4	7	13
Turkey Chili - Bowl	390	130	15	6	0.5	76	75	1373	1370	42	7	11	24
French Onion - Bowl	290	180	19	11	0	60	60	1879	1880	15	0	7	17
Chicken Noodle - Cup	50	20	2	3	0	14	15	623	620	3	0	0	5
Chicken Noodle - Bowl	90	30	4	0.6	0	28	30	1246	1250	5	1	1	9
Clam Chowder - Cup	140	60	7	4	0	19	20	432	430	13	0	2	6
Clam Chowder - Bowl	280	130	14	8	0	38	40	863	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)	Cholesterol (mg)	Sodium (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
3rd Street (with dressing)	1270	900	101	27	0	152	150	2705	2710	41	8	20	43
Asian Chopped	650	290	32	5.5	0	74	75	1766	1770	58	12	14	29
Santa Fe Chicken - Grilled (with dressing)	1160	740	83	23	0	157	155	1821	1820	46	6	9	44
Santa Fe Chicken - Crispy (with dressing)	1480	820	91	24	0.5	164	165	2516	2520	84	4	10	59
Grilled Chicken Caesar (with dressing)	910	560	62	7	0	103	105	1643	1640	65	14	34	28
Avocado Cobb (with dressing)	1040	630	70	16	0	366	365	2215	2220	50	17	13	53
Side Caesar (with dressing)	270	210	23	4.5	0	18	20	611	610	13	3	3	5
Village (with dressing)	430	330	37	10	0	51	50	1424	1420	14	3	9	19
House Garden (no dressing)	60	20	2	0.2	0	0	0	109	110	10	2	3	2
DRESSINGS	Calories (kcal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Cholesterol (mg)	Sodium (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	0	720	720	13	0	13	0
Hot Bacon Dressing (2 fl oz)	300	250	28	0	0	0	0	611	610	10	0	8	0
Balsamic Vinaigrette (2 fl oz)	190	190	21	3	0	0	0	75	80	3	0	2	0
Bleu Cheese Dressing (2 fl oz)	190	170	19	4	0	29	30	649	650	6	0	2	1

Poppy Seed Dressing (2 fl oz)	250	170	19	3	0	28	30	491	490	15	0	13	0
Ranch (2 fl oz)	250	230	25	4	4.5	21	20	444	440	2	0	2	2
Sweet-Chili Lime Vinaigrette (2 fl oz)	130	100	11	15	0	0	0	15	20	13	3	3	1
Thousand Island (2 fl oz)	220	140	16	2	0	10	10	480	480	18	0	12	0
Caesar Dressing (2 fl oz)	270	250	27	5	0	20	20	606	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)	Cholesterol (mg)	Sodium (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Big Ol' Buffalo Chicken	1370	640	71	13	0	103	105	5312	5310	144	6	15	38
Stacked-To-The Max Club	1030	460	51	18	0	147	145	3208	3210	86	12	21	60
Ham & Pesto Ciabatta	600	260	28	9	0	91	90	2314	2310	56	4	10	36
Garden Turkey Ciabatta	400	122	14	3	0	61	60	1650	1650	45	1	3	32
BBQ Pulled Pork	1100	430	48	12	0	123	125	6190	6190	121	5	22	50
Reuben Grill	1060	520	58	22	0	199	200	3468	3470	84	11	14	50
Smokehouse Chicken	1040	520	58	17	0	128	130	2632	2630	76	4	18	44
T M C (w/side baby greens salad)	1020	590	66	15	0	123	125	2620	2620	80	10	18	50
Philly Steak	1050	480	53	23	0	158	160	1547	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)	Cholesterol (mg)	Sodium (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Garbage	1650	1060	118	26	3.5	307	305	2654	2650	60	3	15	84
Tortilla	1260	760	84	11	3.5	225	225	1791	1790	61	1	19	62
Sauteed Mushroom & Swiss	1200	760	85	14	3.5	229	230	1029	1030	53	2	10	55
French Onion	1070	680	75	3	3.5	182	180	1935	1940	57	2	8	45
Bodacious Bacon	1240	740	82	8	3.5	220	220	1721	1720	59	1	17	63
Chipotle Black Bean (w/side baby greens salad)	460	200	23	2	0	0	0	749	750	49	7	8	20
Turkey Avocado Swiss	610	290	33	9	0.6	192	190	716	720	32	5	56	47
Cola BBQ Bacon	1320	720	80	6	3.5	195	195	2444	2440	93	2	32	53
Build Your Own Burger	970	580	64	1	3.5	172	170	651	650	49	1	8	46
Build Your Own Burger, add-on, American	80	60	7	4.5	0	17	15	387	390	0	0	0	5
Build Your Own Burger, add-on, Bacon	210	150	16	1	0	40	40	829	830	1	0	0	14
Build Your Own Burger, add-on, Sauteed Onions	30	15	2	0	0	0	0	2	0	2	0	1	0
Build Your Own Burger, add-on, Cheddar	80	65	7	4	0	23	25	137	140	0	0	0	5
Build Your Own Burger, add-on, Mozzarella	90	60	6	3.5	0	22	20	178	180	1	0	0	6
Build Your Own Burger, add-on, Pepper Jack Cheese	80	60	6	4	0	19	20	114	110	0	0	0	5
Build Your Own Burger, add-on, Sauteed Mushrooms	40	35	4	2.5	0	10	10	28	30	1	0	0	1
Build Your Own Burger, add-on, Sauteed Peppers	20	15	1.5	1	0	4	5	97	100	0	1	1	0
Build Your Own Burger, add-on, Swiss	80	50	6	4	0	20	20	41	40	1	0	0	6
CHOICE PLATES	Calories (kcal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Cholesterol (mg)	Sodium (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	172	170	749	750	78	14	12	60
Cajun Alfredo Pasta (w/ breadstick)	1260	750	83	39	1	193	195	1245	1250	98	7	13	31
add chicken	350	210	23	5	0	75	75	831	830	15	3	2	22
add shrimp	180	30	3	0.5	0	251	250	244	240	2	0	0	34
Bourbon Glazed BBQ Chicken (no side)	1450	720	80	21	0.1	215	215	5981	5980	119	9	60	66
Erma's Meatloaf (no side)	1360	890	99	13	4.4	386	385	3352	3350	37	1	16	63
N'Awlins Shrimp & Rice (no side)	680	380	42	20	0	332	330	743	740	35	3	4	38
Herb-Grilled Salmon (no side)	310	120	14	1.7	0	94	95	335	340	11	2	7	35
Kalbi Fajita Tacos	1370	650	73	18	0	164	165	5278	5280	126	14	22	60
Balsamic Glazed Chicken	1070	560	62	14	0.3	184	185	2713	2710	80	11	22	53
Hand-Breaded Chicken Tenders (w/ fries)	1330	450	50	9	0.4	129	130	4386	4390	151	6	21	59
New England Fish & Chips (w/ fries)	1470	780	87	15	0.4	126	125	5989	5990	119	6	12	46
SIDE DISHES & MISC	Calories (kcal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Cholesterol (mg)	Sodium (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Grilled Asparagus	40	20	2	0	0	0	0	69	70	4	2	2	2
Steamed Broccoli	30	5	0.5	0	0	0	0	28	30	6	2	1	2

Fresh Fruit Salad	90	0	0	0	0	0	0	0	20	20	23	1	21	0
Fire-Roasted Corn Medley	150	60	7	4	0	15	15	4	0	24	3	4	3	0
Rice Pilaf	170	60	6	4	0	16	15	45	50	24	0	0	2	0
Creamy Coleslaw	160	110	12	2	0	23	25	274	270	14	2	10	1	0
Applesauce	170	5	0.5	0	0	0	0	7	10	45	3	37	0	0
Seasoned Fries	360	150	17	3	0	0	0	1002	1000	49	4	0	4	0
Crisp Onion Rings	370	140	15	2.5	0.2	0	0	1306	1310	52	2	10	3	0
Oven-Baked Potato (plain)	220	0	0	0	0	0	0	14	10	51	4	2	6	0
Garlic Goat Cheese Mashed Potatoes	350	130	15	8	0.4	43	45	933	930	45	4	4	10	0
Tater Tots	320	170	19	3	0	0	0	1036	1040	33	3	2	3	0
Loaded Tots	630	400	44	15	0	63	65	1900	1900	36	4	3	21	0
Mashed Potatoes	290	100	11	5	0.4	28	30	809	810	43	4	4	5	0
Garlic Breadstick	120	70	8	1	0	0	0	434	430	12	1	1	3	0

COMBOS	Calories (kcal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Cholesterol (mg)	Sodium (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Dynamic Duo - 1/2 Reuben	530	260	29	11	0	100	100	1734	1730	42	6	7	25
Dynamic Duo - 1/2 Max's Club	510	230	26	9	0	74	75	1604	1600	43	6	11	30
Dynamic Duo - 1/2 Ham & Pesto Ciabatta	300	130	14	4	0	46	45	1157	1160	28	2	5	18
Dynamic Duo - 1/2 TMC	380	190	21	5	0	50	50	976	980	33	3	4	20
Dynamic Duo - Tortilla Soup (Bowl)	380	190	21	9	0	48	50	1879	1880	28	0	36	18
Dynanuc Duo - Baked Potato	220	0	0	0	0	0	0	14	10	51	4	2	6
Dynamic Duo - House Salad (no dressing)	60	15	2	0	0	0	0	109	110	10	2	3	2
Dynamic Duo - Caesar	270	210	23	5	0	18	20	611	610	13	3	3	5
Dynamic Duo - Garlic Breadstick	120	70	8	1	0	0	0	434	430	12	1	1	3
3 Course Combo - Cheeseburger (w/ fries, no cookie)	1410	790	88	9	3.5	189	190	2040	2040	98	5	8	55
3 Course Combo - Tortilla Burger (w/ fries, no cookie)	1620	910	101	14	3.5	225	225	2793	2790	110	5	19	66
3 Course Combo - House Salad (no dressing)	60	15	2	0	0	0	0	109	110	10	2	3	2
3 Course Combo - Caesar	270	210	23	5	0	18	20	611	610	13	3	3	5
3 Course Combo - Tortilla Soup (Cup)	190	80	9	5	0	25	25	1150	1150	15	1	2	9
3 Course Combo - Turkey Chili (Cup)	240	80	9	3.5	0.2	40	40	809	810	27	4	7	13
3 Course Combo - Cookie (Chocolate Chip)	280	130	14	5	0	0	0	284	280	38	2	18	4
3 Course Combo - Cookie (White Chocolate Macadamia Nut)	380	130	14	0	0	0	0	0	0	32	1	0	3
3 Course Combo - Cookie (Oatmeal Raisin)	240	80	9	3	0	0	0	223	220	41	2	25	3
3 Course Combo - Cookie (Snickerdoodle)	300	120	13	5	0	0	0	260	260	43	0	20	3

DESSERTS	Calories (kcal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Cholesterol (mg)	Sodium (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
New York Cheesecake - Strawberry	950	530	59	34	0	275	275	1027	1030	24	2	78	14
New York Cheesecake - Turtle	1010	620	69	35	0	276	275	1116	1120	18	3	69	16
Banana Cream Pie	790	330	37	15	0	129	130	1221	1220	107	2	76	10
Chocolate Cake a la Mode	1600	730	82	27	0	255	255	601	600	206	11	151	24
Cookie - Chocolate Chip	280	130	14	5	0	0	0	284	280	38	2	18	4
Cookies - Chocolate Chip (1/2 Dozen)	1700	770	85	30	0	0	0	1701	1700	231	11	109	24
Cookie - White Chocolate Macadamia Nut	380	130	14	0	0	0	0	0	0	32	1	0	3
Cookies - White Chocolate Macadamia Nut (1/2 Dozen)	2280	760	84	0	0	0	0	0	0	192	6	0	18
Cookie - Oatmeal Raisin	240	80	9	3	0	0	0	223	220	41	2	25	3
Cookies - Oatmeal Raisin (1/2 Dozen)	1470	490	54	18	0	0	0	1336	1340	247	12	149	18
Cookie - Snickerdoodle	300	120	13	5	0	0	0	260	260	43	0	20	3
Cookies - Snickerdoodle (1/2 Dozen)	1810	700	78	30	0	0	0	1560	1560	26	1	122	18
Sundae Bar - Ice Cream Only	350	160	18	0	0	75	75	113	110	43	0	33	8
Sundae Bar - Topping - Rainbow Sprinkles	30	15	2	0	0	0	0	0	0	5	0	3	0
Sundae Bar - Topping - Oreo Crumbles	30	15	1.5	0.5	0	0	0	37	40	5	0	3	0
Sundae Bar - Topping - Granola	30	5	0.5	0	0	0	0	27	30	6	0	2	1
Sundae Bar - Topping - Chocolate Chip Cookie Crumbles	40	15	2	0.5	0	0	0	35	40	5	0	2	1
Sundae Bar - Topping - M&Ms	40	15	2	1	0	1	0	5	10	5	0	4	0
Sundae Bar - Topping - Jelly Beans	30	0	0	0	0	0	0	2	0	7	0	6	0
Sundae Bar - Topping - Whipped Cream	20	15	1.5	1	0	5	5	9	10	1	0	1	0

Sundae Bar - Topping - Fudge	20	5	0.5	0	0	0	0	0	20	20	4	0	2	0
Sundae Bar - Topping - Caramel	30	5	0.6	0.2	0	0	0	0	17	20	5	0	5	0
Sundae Bar - Topping - Strawberry	10	0	0	0	0	0	0	0	2	0	3	0	3	0
Sundae Bar - Topping - Maraschino Cherry	10	0	0	0	0	0	0	0	0	0	2	0	2	0
KIDS	Calories (kcal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Cholesterol (mg)	Sodium (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	
Grilled Chicken Breast (no side)	380	210	23	4.5	0	75	75	1301	1300	23	3	7	22	
Chicken Tenders (no side, no dipping sauce)	470	160	17	2.8	0.2	82	80	1117	1120	38	1	2	35	
Cheeseburger Sliders (no side)	570	350	39	6.5	2	1110	1110	1283	1280	28	1	4	28	
Grilled Cheese (no side)	340	190	31	13	0	49	50	1154	1150	26	1	2	13	
Cheese Pizza (no side)	690	220	25	11	0	55	55	1391	1390	85	4	10	31	
Mini Corn Dogs (no side)	430	240	27	6	0.2	51	50	634	630	36	0	0	11	
Mac & Cheese (no side)	270	110	12	6	0.4	32	30	839	840	29	2	4	10	
Pasta w/ marinara (no side, with breadstick)	300	35	4	0.2	0	0	0	486	490	47	3	11	10	
Pasta w/ butter (no side, with breadstick)	350	130	14	7	0	30	30	163	160	47	2	2	9	
Pasta w/ alfredo (no side, with breadstick)	480	207	23	11	0.3	44	45	498	500	52	2	5	14	
Side - Grilled Asparagus	40	20	2	0	0	0	0	69	70	4	2	2	2	
Side - Steamed Broccoli	30	3	0.3	0	0	0	0	28	30	6	2	1	2	
Side - Mashed Potatoes	260	90	10	5	0.3	25	25	719	720	38	3	3	4	
Side - Applesauce	170	5	0.5	0.1	0	0	0	7	10	45	3	37	0	
Side - Fresh Fruit	100	0	0	0	0	0	0	24	20	27	2	26	0	
Side - French Fries	260	110	13	2.5	0	0	0	2009	2010	35	3	0	3	
Beverage - Apple Juice (12 fl oz)	160	0	0	0	0	0	0	14	10	39	1	35	0	
Beverage - Chocolate Milk (12 fl oz)	220	65	7	4.5	0	28	30	156	160	26	0	25	12	
Beverage - Cranberry Juice (12 fl oz)	190	5	0.5	0	0	0	0	7	10	48	0	42	0	
Beverage - Milk (12 fl oz)	180	60	7	4.5	0	28	30	145	150	17	0	18	12	
Beverage - Minute Maid Lemonade (12 fl oz)	170	0	0	0	0	0	0	21	20	45	0	42	0	
Beverage - Orange Juice (12 fl oz)	160	9	1	0.1	0	0	0	4	4	36	1	0	3	
Beverage - Grape Juice (12 fl oz)	180	0	0	0	0	0	0	31	11	43	0	43	0	
Specialty Sipper - Beetjuice (12 fl oz)	230	0	0	0	0	0	0	31	30	57	0	35	1	
Specialty Sipper - Adam's Apple (12 fl oz)	310	0	0	0	0	0	0	25	30	77	0	57	0	
Specialty Sipper - Vanilla Milk Shake (12 fl oz)	690	370	41	9	0	161	160	242	240	71	0	52	14	
Specialty Sipper - Chocolate Milk Shake (12 fl oz)	820	370	41	9	0	161	160	274	270	100	1	74	15	
Specialty Sipper - Oreo Milk Shake (12 fl oz)	1100	530	59	13	0	161	160	91	90	131	3	83	16	
Specialty Sipper - Strawberry Milk Shake (12 fl oz)	790	370	41	9	0	161	160	259	260	95	0	74	14	
Specialty Sipper - Volcano Blaster (12 fl oz)	340	110	12	0	0	50	50	122	120	69	0	62	5	
Sundae Bar - Ice Cream Only	350	160	18	0	0	75	75	113	110	43	0	33	8	
Sundae Bar - Topping - Rainbow Sprinkles	30	15	2	0	0	0	0	0	0	5	0	3	0	
Sundae Bar - Topping - Oreo Crumbles	35	15	1.5	0.5	0	0	0	37	40	5	0	3	0	
Sundae Bar - Topping - Granola	25	5	0.5	0	0	0	0	27	30	6	0	2	1	
Sundae Bar - Topping - Chocolate Chip Cookie Crumbles	35	15	2	0.5	0	0	0	35	40	5	0	2	1	
Sundae Bar - Topping - M&Ms	35	15	2	1	0	1	0	5	10	5	0	4	0	
Sundae Bar - Topping - Jelly Beans	30	0	0	0	0	0	0	2	2	7	0	6	0	
Sundae Bar - Topping - Whipped Cream	20	15	1.5	1	0	5	5	9	10	1	0	1	0	
Sundae Bar - Topping - Fudge	20	5	0.5	0	0	0	0	20	20	4	0	2	0	
Sundae Bar - Topping - Caramel	20	0	0	0	0.1	0	0	13	10	5	0	4	0	
Sundae Bar - Topping - Strawberry	15	0	0	0	0	0	0	2	2	3	0	3	0	
Sundae Bar - Topping - Maraschino Cherry	10	0	0	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)	Cholesterol (mg)	Sodium (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	
Mom's Time Out	220	0	0	0	0	0	0	7	10	22	0	20	0	
Big Bad Erma	230	0	0	0	0	0	0	14	10	31	310	28	0	
Max's Spicy Bloody	180	30	3.5	0.5	0	0	0	1642	1640	9	1	6	0	
Spiked Sweet Tea	160	0	0	0	0	0	0	1	0	21	0	20	0	
Ginger Cooler	220	0	0	0	0	0	0	3	3	14	0	10	0	
Top Shelf Long Island	230	0	0	0	0	0	0	95	100	0	0	22	0	

Max's Moscow Mule	210	0	0	0	0	0	0	0	1	0	28	1	25	0
Lynchburg Lemonade	290	1	0.1	0	0	0	0	0	14	10	20	1	12	0
Strawberry Patch Lemonade	210	0	0	0	0	0	0	0	1	0	27	0	27	0
Rum Punch Lemonade	190	0	0	0	0	0	0	0	9	10	22	0	21	0
Blackberry Sangria	330	0	0	0	0	0	0	0	7	10	56	1	49	0
Red Sangria	180	0	0	2	0	0	0	0	7	10	21	1	13	1
White Peach Sangria	370	0	0	0	0	0	0	0	9	10	66	1	59	1
Max's Margarita	240	0	0	0	0	0	0	0	230	230	17	1	10	0
Signature Rita	410	0	0	0	0	0	0	0	40	40	52	0	40	0
Skinny Rita	130	1	0.1	0	0	0	0	0	2	2	8	0	1	0
BEER	Calories (kcal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Cholesterol (mg)	Sodium (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	
Bud Light Bottle	110	0	0	0	0	0	0	11	10	6.6	0	0	0.9	
Budweiser Bottle	150	0	0	0	0	0	0	11	10	11	0	0	1.3	
Coors Light Bottle	100	0	0	0	0	0	0	10	10	5	0	0	0.7	
Michelob Ultra Bottle	100	0	0	0	0	0	0	11	10	2.6	0	0	0.6	
Miller Lite Bottle	100	0	0	0	0	0	0	5	10	3.2	0	0	0.5	
Bud Light Draft (16 oz)	150	0	0	0	0	0	0	14	10	9	0	0	1	
Bud Light Draft (23 oz)	210	0	0	0	0	0	0	22	20	20	0	0	2	
Miller Lite Draft (16 oz)	130	0	0	0	0	0	0	7	10	4	0	0	0.7	
Miller Lite Draft (23 oz)	180	0	0	0	0	0	0	10	10	6	0	0	1	
Goose Island IPA Draft (16 oz)	270	0	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	0	40	0	0	0	
Sam Adams Lager Draft (16 oz)	210	0	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	0	75	0	0	2	
Angry Orchard Cider (16 oz)	280	0	0	0	0	0	0	13	10	40	0	32	0	
Angry Orchard Cider (23 oz)	400	0	0	0	0	0	0	19	20	57	0	46	0	
WINE	Calories (kcal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Cholesterol (mg)	Sodium (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	
House White Zinfandel (6 oz)	130	0	0	0	0	0	0	0	0	10	0	0	0	
House Chardonnay (6 oz)	140	0	0	0	0	0	0	0	0	5	0	0	0	
House Merlot (6 oz)	150	0	0	0	0	0	0	0	0	5	0	1	0	
House Cabernet Sauvignon (6 oz)	140	0	0	0	0	0	0	0	0	5	0	0	0	
Guenoc Pinot Grigio (6 oz)	130	0	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	0	
Guenoc Chardonnay (6 oz)	130	0	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	0	
Kendall Jackson Chardonnay (6 oz)	150	0	0	0	0	0	0	9	10	4	0	2	0	
Lost Angel Pinot Noir (6 oz)	130	0	0	0	0	0	0	0	0	0	0	0	0	
Woodbridge Pinot Noir (6 oz)	150	0	0	0	0	0	0	0	0	4	0	0	0	
Three Rivers Red Blend (6 oz)	140	0	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	0	
Sebastiani Cabernet Sauvignon (6 oz)	130	0	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)	Cholesterol (mg)	Sodium (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	
Arnold Palmer (12 fl oz)	90	0	0	0	0	0	0	16	20	23	0	21	0	
Cherry Coke (12 fl oz)	150	0	0	0	0	0	0	35	40	42	0	42	0	
Coca-Cola (12 fl oz)	140	0	0	0	0	0	0	45	50	39	0	39	0	
Coke Zero (12 fl oz)	0	0	0	0	0	0	0	40	40	0	0	0	0	
Diet Coke (12 fl oz)	0	0	0	0	0	0	0	40	40	0	0	0	0	
Sprite (12 fl oz)	140	0	0	0	0	0	0	65	70	38	0	38	0	
Fresh-Brewed Iced Tea (12 fl oz)	5	0	0	0	0	0	0	14	10	1	0	0	0	
Minute Maid Lemonade (12 fl oz)	170	0	0	0	0	0	0	21	20	45	0	43	0	
Fuze Raspberry Iced Tea (12 fl oz)	80	0	0	0	0	0	0	120	120	22	0	21	0	
IBC Root Beer Bottle	160	0	0	0	0	0	0	60	60	21	0	20	0	

Coffee (6 fl oz)	0	0	0	0	0	0	0	5	10	0	0	0	0.3
Hot Chocolate, Prepared (6 fl oz)	90	20	2	2	0	0	0	150	150	16	0	8	1
Hot Tea (8 fl oz)	0	0	0	0	0	0	0	0	0	0	0	0	0
Ice Cold Glass of Milk (12 fl oz)	180	60	7	4.5	0	28	30	145	150	17	0	18	12
Frozen Lemonade (16 fl oz)	170	0	0	0	0	0	0	30	30	44	0	41	0
Frozen Strawberry Lemonade (16 fl oz)	200	0	0	0	0	0	0	19	20	50	0	48	0
Iced Tea - Peach (16 fl oz)	80	0	0	0	0	0	0	10	10	19	0	18	0
Lemonade, Strawberry (12 fl oz)	250	0	0	0	0	0	0	19	20	66	0	63	0
Lemonade, Wildberry (12 fl oz)	250	0	0	0	0	0	0	19	20	63	0	63	0