



NUTRITIONAL INFORMATION - 11/2020

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)
Chicken Fajita Quesadillas	1250	700	78	35	0	200	1760	80	10	13	62
Garlic Parmesan Cheese Skewers	1550	790	90	16	0	205	3490	107	4	12	60
Knock-Out Nachos	1570	900	100	54	0	255	3030	116	17	8	80
Loaded Tots	1230	810	90	30	0	110	3240	71	9	5	33
Potato Skins	1970	850	95	37	0	155	1400	231	0	1	36
Soft Pretzel Sticks	1390	250	27	9	0	45	5640	248	7	1	37
Wings - Cherry Cola BBQ (w/ blue cheese dressing)	1990	1080	120	31	0	395	3920	95	2	39	120
Wings - Spicy Buffalo (w/ blue cheese dressing)	1890	1170	129	33	0	395	3290	52	3	5	120
Wings - Sweet Chili (w/ blue cheese dressing)	1830	1080	120	31	0	395	2060	53	2	7	120
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)
Broccoli Cheese - Bowl (w/ crackers)	480	280	31	21	0	65	1360	32	1	4	19
Broccoli Cheese - Cup (w/ crackers)	260	140	16	10	0	30	770	21	0	2	9
Chicken Noodle - Bowl (w/ crackers)	190	90	10	2	0	25	1720	18	1	2	8
Chicken Noodle - Cup (w/ crackers)	120	50	5	1	0	15	950	14	1	1	4
Clam Chowder - Bowl (w/ crackers)	340	150	17	11	0	40	1080	37	1	4	12
Clam Chowder - Cup (w/ crackers)	200	80	9	5	0	20	630	23	0	2	6
Corn Chowder - Bowl (w/ crackers)	290	90	10	7	0	20	960	41	1	5	11
Corn Chowder - Cup (w/ crackers)	170	50	6	4	0	10	570	26	1	2	5
French Onion - Bowl	290	140	15	8	0	45	2890	21	1	7	14
Loaded Potato - Bowl (w/ crackers)	600	280	31	20	0	50	1790	63	2	5	17
Loaded Potato - Cup (w/ crackers)	320	150	16	10	0	25	980	36	1	3	8
Tomato Basil - Bowl (w/ crackers)	110	30	3	2	0	0	550	18	1	5	1
Tomato Basil - Cup (w/ crackers)	80	20	2	1	0	0	360	14	0	2	1
Tortilla - Bowl	330	130	15	8	0	50	1880	28	0	36	18
Tortilla - Cup	190	90	10	4.5	0	25	940	14	0	18	9
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 (w/ dressing)	1160	910	100	27	0	150	2710	41	8	20	43
Avocado Cobb (w/ dressing)	980	650	72	17	0	355	1730	49	17	13	44
Grilled Chicken Caesar (w/ dressing)	810	230	59	12	0	100	1860	43	9	7	32
Southern Fried Chicken (w/ dressing)	1420	680	76	21	0	435	2580	100	5	21	80
Mediterranean Salmon (w/ dressing)	610	382	42	9	0	120	820	16	5	8	44
Santa Fe Chicken (w/ dressing)	1090	740	83	23	0	155	1820	46	6	9	44
House Garden (no dressing)	100	35	4	1	0	0	190	15	3	4	3
Side Caesar (w/ dressing)	310	230	25	5	0	15	620	17	3	3	6

Village (w/ dressing)	410	350	39	11	0	40	940	13	3	9	11
Garlic Breadstick	160	50	6	1.5	0	0	290	23	1	1	4
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
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
Caesar Dressing (2 fl oz)	270	250	27	5	0	20	610	6	0	2	2
Hot Bacon Dressing (2 fl oz)	300	250	28	0	0	0	610	10	0	8	0
Lemon-Basil Vinaigrette (2 fl oz)	140	130	14	2	0	0	340	4	0	3	0
Ranch (2 fl oz)	250	230	25	4	4	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
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)
BBQ Pulled Pork	760	290	33	10	0	120	2770	71	1	18	45
Big Ol' Buffalo Chicken	1370	640	71	13	0	105	5310	144	6	15	38
California Chicken Club	970	660	74	15	0	120	1740	47	7	8	34
Chicken Salad Sandwich	770	370	41	7	0	80	2070	76	11	15	31
Philly Steak	940	390	43	17	0	130	1410	84	5	11	53
Reuben Grill	1060	520	58	22	0	200	3470	84	11	14	50
Stacked-To-The Max Club	1000	480	53	19	0	135	2720	85	11	20	51
Tomato, Mozzarella & Chicken (TMC)	920	480	53	12	0	100	2440	79	10	18	44
Turkey Rachel	950	380	43	15	0	125	2800	93	10	21	50
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)
Bodacious Bacon	1230	750	83	9	3.5	215	1480	59	1	17	58
Chipotle Black Bean	470	180	20	2	0	0	1140	56	9	16	22
Cola BBQ Bacon	1510	890	99	12	3.5	225	2790	94	2	32	58
Down the Hatch	1060	340	71	5	3.5	190	890	53	1	9	52
Garbage	1680	1130	126	30	3.5	305	2090	61	4	16	74
Irish Boss	1410	870	96	10	3.5	255	2490	67	2	19	63
Pizza Burger	1220	770	86	14	3.5	230	1200	49	2	14	56
Sauteed Mushroom & Swiss	1200	760	85	14	3.5	230	1030	53	2	10	55
Tortilla	1270	760	84	11	3.5	225	2220	62	2	20	62
Turkey Avocado Swiss	830	490	55	17	0.6	225	1010	35	5	7	50
Build Your Best Burger	970	580	64	1	3.5	170	810	49	1	8	46
Build Your Best Burger, add-on, American	70	50	6	4	0	15	330	0	0	0	4
Build Your Best Burger, add-on, Bacon	190	170	19	6	0	30	340	0	0	0	5
Build Your Best Burger, add-on, Bacon Marmalade	280	140	15	6	0	30	710	24	0	21	12
Build Your Best Burger, add-on, BBQ Sauce	40	0	0	0	0	0	470	8	0	5	0
Build Your Best Burger, add-on, Cheddar	80	65	7	4	0	25	140	0	0	0	5
Build Your Best Burger, add-on, Cherry Cola Onions	20	10	1	0.1	0	0	0	2	0	2	0
Build Your Best Burger, add-on, Chipotle Crema	120	100	11	2	0	10	230	3	0	1	1
Build Your Best Burger, add-on, Creamy Queso	130	100	11	4	0	20	440	2	1	0	5
Build Your Best Burger, add-on, Crispy Mozzarella Patty	280	100	12	2.5	0	45	690	26	1	1	14
Build Your Best Burger, add-on, Fried Egg	90	60	7	2	0	240	80	0	0	0	7
Build Your Best Burger, add-on, Guacamole	30	20	2.5	0.3	0	0	30	2	1	0	1
Build Your Best Burger, add-on, Marinara	30	10	1	0	0	0	270	0	0	6	1

Build Your Best Burger, add-on, Mozzarella	40	30	3	2	0	10	90	0	0	0	3
Build Your Best Burger, add-on, Onion Rings	160	70	8	1	0	0	480	20	1	5	1
Build Your Best Burger, add-on, Pepper Jack Cheese	80	60	6	4	0	20	110	0	0	0	5
Build Your Best Burger, add-on, Provolone	80	50	6	3.5	0	15	190	0	0	0	5
Build Your Best Burger, add-on, Sauteed Mushrooms	140	130	14	9	0	40	110	3	1	1	3
Build Your Best Burger, add-on, Sauteed Onions	20	15	2	0.2	0	0	2	2	0	1	0
Build Your Best Burger, add-on, Sauteed Peppers	20	15	1.5	1	0	5	100	0	1	1	0
Build Your Best Burger, add-on, Sliced Jalapeños	10	0	0	0	0	0	540	1	1	1	1
Build Your Best Burger, add-on, Smoked Gouda	80	60	6	4	0	20	110	0	0	0	5
Build Your Best Burger, add-on, Spicy Ketchup	30	1	0.1	0	0	0	330	8	0	7	1
Build Your Best 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)
Cajun Alfredo Pasta (w/ breadstick)	1140	540	60	25	0.5	95	1340	113	8	16	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
Cajun Steak Bowl	1060	670	74	41	0	220	1890	50	6	7	42
Classic Chicken Parmesan	1840	800	89	17	0	100	5150	182	11	35	54
Hand-Breaded Chicken Tenders (w/ fries & coleslaw)	1330	500	55	9	0	135	3570	142	7	15	60
Herb-Grilled Salmon (no side)	310	120	14	1.7	0	95	340	12	2	8	35
Laredo Steak (w/ side garden salad & breadstick, w/o dressing)	1340	630	70	31	0	170	1260	121	12	9	62
New England Fish & Chips (w/ fries & coleslaw)	1570	770	85	13	0	130	4320	145	8	18	47
Smothered Chicken (no sides)	1000	680	76	19	0	190	2090	35	8	7	53
Southwest Chicken Bowl	1360	520	58	21	0	125	2360	160	15	7	53
Southwest Shrimp Bowl	1150	300	33	16	0	300	1770	146	12	6	65
Southwest Steak Bowl	1340	490	55	25	0	135	1620	145	12	6	65
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)
Applesauce	170	5	0.5	0	0	0	10	45	3	37	0
Cheesy Bacon Fries	1190	800	89	34	0	130	2200	63	5	1	38
Creamy Coleslaw	160	110	12	2	0	10	270	14	2	10	1
Fire-Roasted Corn Medley	150	60	7	4	0	15	0	24	3	4	3
Fresh Fruit Salad	100	0	0	0	0	0	20	27	2	26	0
Garlic Breadstick	160	50	6	1.5	0	0	290	23	1	1	4
Garlic Goat Cheese Mashed Potatoes	320	140	15	2	0	15	770	38	3	2	1
Oven-Baked Potato (plain)	220	2	0.2	0	0	0	10	51	4	2	6
Red-Skinned Mashed Potatoes	270	130	14	9	0	40	840	32	3	2	5
Red-Skinned Mashed Potatoes with Cajun Gravy	410	340	26	16	0	70	1440	41	4	3	5
Rice Pilaf	170	60	6	4	0	15	50	24	0	0	2
Seasoned Fries	360	150	17	3	0	0	1000	49	4	0	4
Steamed Broccoli	30	5	0.5	0	0	0	30	6	2	1	2
Tater Tots	320	170	19	3	0	0	1040	33	3	2	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)
Banana Cream Pie	790	330	37	15	0	130	1220	107	2	76	10
Chocolate Cake a la Mode	1600	730	82	27	0	255	600	206	11	151	24
Cookie - Chocolate Chip	270	100	12	1	0.3	20	160	38	2	22	3
Cookie - White Chocolate Macadamia Nut	290	160	17	9	0.4	35	140	32	1	21	3
Cookies - Chocolate Chip (1/2 Dozen)	1610	640	71	6	2	185	980	229	9	130	18

Cookies - White Chocolate Macadamia Nut (1/2 Dozen)	1750	940	104	54	2	220	840	194	6	123	19
Funnel Fries (w/ strawberry sauce)	490	50	5	0	0	0	380	86	0	50	4
New York Cheesecake - Strawberry	950	530	59	34	0	275	1030	24	2	78	14
New York Cheesecake - Turtle	1010	620	69	35	0	275	1120	18	3	69	16
Sundae - Ice Cream Only	440	200	22	0	0	95	140	53	0	41	9
Sundae- Topping - Caramel	30	5	0.6	0.2	0	0	20	5	0	5	0
Sundae - Topping - Chocolate Chip Cookie Crumbles	70	27	3	0.2	0.1	10	40	10	0	5	1
Sundae - Topping - Fudge	90	20	2	1	0	2	90	16	1	8	1
Sundae - Topping - Granola	30	5	0.5	0	0	0	30	6	0	2	1
Sundae - Topping - Jelly Beans	30	0	0	0	0	0	2	7	0	6	0
Sundae - Topping - M&Ms	40	15	2	1	0	0	10	5	0	4	0
Sundae - Topping - Maraschino Cherry	10	0	0	0	0	0	0	2	0	2	0
Sundae - Topping - Oreo Crumbles	30	15	1.5	0.5	0	0	40	5	0	3	0
Sundae - Topping - Rainbow Sprinkles	30	15	2	0	0	0	0	5	0	3	0
Sundae - Topping - Strawberry	10	0	0	0	0	0	2	3	0	3	0
Sundae - Topping - Whipped Cream	20	15	1.5	1	0	5	10	1	0	1	0
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)
Cheese Pizza (no side)	690	220	25	11	0	55	1390	85	4	10	31
Cheeseburger Sliders (no side)	570	350	39	6.5	2	1110	1280	28	1	4	28
Chicken Tenders (no side, no dipping sauce)	470	160	17	2.8	0.2	80	1120	38	1	2	35
Grilled Cheese (no side)	340	190	31	13	0	50	1150	26	1	2	13
Grilled Chicken Breast (no side)	380	210	23	4.5	0	75	1300	23	3	7	22
Mac & Cheese (no side)	270	110	12	6	0.4	30	840	29	2	4	10
Mini Corn Dogs (no side)	430	240	27	6	0.2	50	630	36	0	0	11
Pasta w/ alfredo (no side, w/ breadstick)	480	207	23	11	0.3	45	500	52	2	5	14
Pasta w/ butter (no side, w/ breadstick)	350	130	14	7	0	30	160	47	2	2	9
Pasta w/ marinara (no side, w/ breadstick)	300	35	4	0.2	0	0	490	47	3	11	10
Side - Applesauce	170	4	0.4	0.1	0	0	10	45	3	37	0
Side - French Fries	340	140	15	3	0	0	660	49	4	0	4
Side - Fresh Fruit	100	0	0	0	0	0	20	27	2	26	0
Side - Mashed Potatoes	260	100	11	0	0	0	650	36	3	2	5
Side - Steamed Broccoli	30	3	0.3	0	0	0	30	6	2	1	2
Beverage - Apple Juice (12 fl oz)	160	0	0	0	0	0	10	39	1	35	0
Beverage - Chocolate Milk (12 fl oz)	220	65	7	4.5	0	30	160	26	0	25	12
Beverage - Cranberry Juice (12 fl oz)	190	4	0.4	0	0	0	10	48	0	42	0
Beverage - Grape Juice (12 fl oz)	180	0	0	0	0	0	11	43	0	43	1
Beverage - Milk (12 fl oz)	180	60	7	4.5	0	30	150	17	0	18	12
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	0.1	0	0	4	36	1	0	3
Specialty Sipper - Adam's Apple (12 fl oz)	310	0	0	0	0	0	30	77	0	57	0
Specialty Sipper - Beetlejuice (12 fl oz)	250	0	0	0	0	0	30	60	0	40	2
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	690	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 - Vanilla Milk Shake (12 fl oz)	690	370	41	9	0	160	240	71	0	52	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 - Caramel	30	5	0	0	0.1	0	10	5	0	4	0
Sundae Bar - Topping - Chocolate Chip Cookie Crumbles	70	27	2	0.5	0	0	40	5	0	2	1
Sundae Bar - Topping - Fudge	90	20	0.5	0	0	0	20	4	0	2	0

Sundae Bar - Topping - Granola	30	5	0.5	0	0	0	0	30	6	0	2	1
Sundae Bar - Topping - Jelly Beans	30	0	0	0	0	0	0	2	7	0	6	0
Sundae Bar - Topping - M&Ms	35	15	2	1	0	0	0	10	5	0	4	0
Sundae Bar - Topping - Maraschino Cherry	10	0	0	0	0	0	0	0	2	0	2	0
Sundae Bar - Topping - Oreo Crumbles	35	15	1.5	0.5	0	0	0	40	5	0	3	0
Sundae Bar - Topping - Rainbow Sprinkles	30	15	2	0	0	0	0	0	5	0	3	0
Sundae Bar - Topping - Strawberry	10	0	0	0	0	0	0	2	3	0	3	0
Sundae Bar - Topping - Whipped Cream	20	15	1.5	1	0	0	5	10	1	0	1	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	
Blackberry Sangria	330	0	0	0	0	0	10	56	1	49	0	
Blood Orange Whiskey Sour	230	0	0	0	0	0	3	33	0	31	0	
Cinnamon Appletini	220	0	0	0	0	0	4	21	0	14	0	
Max's Margarita	240	0	0	0	0	0	230	17	1	10	0	
Max's Moscow Mule	210	0	0	0	0	0	0	28	1	25	0	
Max's Spicy Bloody	180	30	3.5	0.5	0	0	1640	9	1	6	0	
Mint Mojito	140	1	0.1	0	0	0	1	13	1	9	0	
Mom's Time Out	220	0	0	0	0	0	10	22	0	20	0	
Red Sangria	180	0	0	2	0	0	10	21	1	13	1	
Skinny Rita	130	1	0.1	0	0	0	2	8	0	1	0	
Spiked Sweet Tea	160	0	0	0	0	0	0	21	0	20	0	
Strawberry Patch Lemonade	210	0	0	0	0	0	0	27	0	27	0	
Top Shelf Long Island Iced Tea	230	0	0	0	0	0	100	0	0	22	0	
White Peach Sangria	370	0	0	0	0	0	10	66	1	59	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	
Angry Orchard Cider (16 oz)	280	0	0	0	0	0	10	40	0	32	0	
Angry Orchard Cider (23 oz)	400	0	0	0	0	0	20	57	0	46	0	
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	20	20	0	0	2	
Founders All Day IPA Draft (16 oz)	270	0	0	0	0	0	0	28	0	0	0	
Founders All Day IPA Draft (23 oz)	390	0	0	0	0	0	0	40	0	0	0	
Miller Lite Draft (16 oz)	130	0	0	0	0	0	10	4	0	0	0.7	
Miller Lite Draft (23 oz)	180	0	0	0	0	0	10	6	0	0	1	
Sam Adams Lager Draft (16 oz)	210	0	0	0	0	0	0	52	0	0	1	
Sam Adams Lager Draft (23 oz)	310	0	0	0	0	0	0	75	0	0	2	
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 Cabernet Sauvignon (6 oz)	140	0	0	0	0	0	0	5	0	0	0	
House Chardonnay (6 oz)	140	0	0	0	0	0	0	5	0	0	0	
House Merlot (6 oz)	150	0	0	0	0	0	0	5	0	1	0	
House White Zinfandel (6 oz)	130	0	0	0	0	0	0	10	0	0	0	
Firestone Vineyard Riesling (6 oz)	140	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
Guenoc Pinot Grigio (6 oz)	130	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 Cabernet Sauvignon (6 oz)	130	0	0	0	0	0	0	0	0	0	0	0
Lost Angel Pinot Noir (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
Sebastiani Chardonnay (6 oz)	160	0	0	0	0	0	0	0	0	0	0	0
Three Rivers Red Blend (6 oz)	140	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
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	20	23	0	21	0	
Cherry Coke (12 fl oz)	150	0	0	0	0	0	40	42	0	42	0	
Coca-Cola (12 fl oz)	140	0	0	0	0	0	50	39	0	39	0	
Coke Zero (12 fl oz)	0	0	0	0	0	0	40	0	0	0	0	
Diet Coke (12 fl oz)	0	0	0	0	0	0	40	0	0	0	0	
Sprite (12 fl oz)	140	0	0	0	0	0	70	38	0	38	0	
Fresh-Brewed Iced Tea (12 fl oz)	5	0	0	0	0	0	10	1	0	0	0	
Minute Maid Lemonade (12 fl oz)	170	0	0	0	0	0	20	45	0	43	0	
Fuze Raspberry Iced Tea (12 fl oz)	80	0	0	0	0	0	120	22	0	21	0	
Coffee (6 fl oz)	0	0	0	0	0	0	10	0	0	0	0.3	
Hot Chocolate, Prepared (6 fl oz)	90	20	2	2	0	0	150	16	0	8	1	
Honeysuckle	170	2	0.2	0	0	0	2	44	0	39	0	
Hot Tea (8 fl oz)	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	30	150	17	0	18	12	
Frozen Lemonade (16 fl oz)	170	0	0	0	0	0	30	44	0	41	0	
Frozen Strawberry Lemonade (16 fl oz)	200	0	0	0	0	0	20	50	0	48	0	
Iced Tea - Peach (16 fl oz)	80	0	0	0	0	0	10	19	0	18	0	
Lemonade, Strawberry (12 fl oz)	250	0	0	0	0	0	20	66	0	63	0	
Lemonade, Wildberry (12 fl oz)	250	0	0	0	0	0	20	63	0	63	0	