



NUTRITIONAL INFORMATION - 11.2023

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.

	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)
SHAREABLES													
Chicken Fajita Quesadillas	1250	700	78	35	0	201	200	1764	1760	80	10	13	62
Garlic Parmesan Cheese Skewers	1550	790	90	16	0	203	205	3492	3490	107	4	12	60
Knock-Out Nachos	1570	900	100	54	0	254	255	3031	3030	116	17	8	80
Onion Rings	1120	530	59	24	0	52	50	2949	2950	139	1	18	13
Potato Skins	1970	850	95	37	0	153	155	1398	1400	231	0	1	36
Loaded Tots	1230	810	90	30	0	110	110	3239	3240	71	9	5	33
Soft Pretzel Sticks	1390	250	27	9	0	43	45	5641	5640	248	7	1	37
Wings - Cherry Cola BBQ (w/ blue cheese dressing)	1990	1080	120	31	0	396	395	3922	3920	95	2	39	120
Wings - Spicy Buffalo (w/ blue cheese dressing)	1890	1170	129	33	0	396	395	3289	3290	52	3	5	120
Wings - Sweet Chili (w/ blue cheese dressing)	1830	1080	120	31	0	396	395	2056	2060	53	2	7	120
SOUPS													
Broccoli Cheese - Bowl (w/ crackers)	480	280	31	21	0	65	65	1355	1360	32	1	4	19
Broccoli Cheese - Cup (w/ crackers)	260	140	16	10	0	32	30	768	770	21	0	2	9
Chicken Noodle - Bowl (w/ crackers)	190	90	10	2	0	25	25	1724	1720	18	1	2	8
Chicken Noodle - Cup (w/ crackers)	120	50	5	1	0	13	15	952	950	14	1	1	4
Clam Chowder - Bowl (w/ crackers)	340	150	17	11	0	40	40	1080	1080	37	1	4	12
Clam Chowder - Cup (w/ crackers)	200	80	9	5	0	20	20	630	630	23	0	2	6
Corn Chowder - Bowl (w/ crackers)	290	90	10	7	0	22	20	961	960	41	1	5	11
Corn Chowder - Cup (w/ crackers)	170	50	6	4	0	11	10	571	570	26	1	2	5
French Onion - Bowl	290	140	15	8	0	45	45	2890	2890	21	1	7	14
Loaded Potato - Bowl (w/ crackers)	600	280	31	20	0	52	50	1787	1790	63	2	5	17
Loaded Potato - Cup (w/ crackers)	320	150	16	10	0	26	25	983	980	36	1	3	8
Tomato Basil - Bowl (w/ crackers)	110	30	3	2	0	0	0	551	550	18	1	5	1
Tomato Basil - Cup (w/ crackers)	80	20	2	1	0	0	0	361	360	14	0	2	1
Tortilla - Bowl	330	130	15	8	0	48	50	1879	1880	28	0	36	18
Tortilla - Cup	190	90	10	4.5	0	24	25	940	940	14	0	18	9
SALADS (w/o breadstick)													
3rd Street (w/ dressing)	1160	910	100	27	0	152	150	2705	2710	41	8	20	43
Avocado Cobb (w/ dressing)	980	650	72	17	0	354	355	1730	1730	49	17	13	44
Caesar Side (w/ dressing)	310	230	25	5	0	17	15	616	620	17	3	3	6
Grilled Chicken Caesar (w/ dressing)	810	230	59	12	0	99	100	1864	1860	43	9	7	32
House Garden (no dressing)	100	35	4	1	0	0	0	188	190	15	3	4	3
Mediterranean Salmon (w/ dressing)	610	382	42	9	0	119	120	815	820	16	5	8	44
Pittsburgh Salad (w/ dressing)	1130	670	75	26	0		344		1461	57	7	10	54
Santa Fe Chicken (w/ dressing)	1090	740	83	23	0	157	155	1821	1820	46	6	9	44
Southern Fried Chicken (w/ dressing)	1420	680	76	21	0	434	435	2580	2580	100	5	21	80
Village (w/ dressing)	410	350	39	11	0	39	40	939	940	13	3	9	11
Garlic Breadstick	160	50	6	1.5	0	0	0	290	290	23	1	1	4
DRESSINGS													
3rd Street Dressing (2 fl oz)	200	220	24	3.5	0	0	0	720	720	13	0	13	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
Caesar Dressing (2 fl oz)	270	250	27	5	0	20	20	606	610	6	0	2	2
Hot Bacon Dressing (2 fl oz)	300	250	28	0	0	0	0	611	610	10	0	8	0
Lemon-Basil Vinaigrette (2 fl oz)	140	130	14	2	0	0	0	341	340	4	0	3	0
Ranch (2 fl oz)	250	230	25	4	4	21	20	444	440	2	0	2	2
Sweet-Chili Lime Vinaigrette (2 fl oz)	130	100	11	1.5	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

	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)
SANDWICHES (w/o fries)													
BBQ Pulled Pork	960	430	47	14	0	120	120	2850	2850	90	2	23	44
Big Ol' Buffalo Chicken	1370	640	71	13	0	103	105	5312	5310	144	6	15	38
California Chicken Club	970	660	74	15	0	119	120	1742	1740	47	7	8	34
Chicken Salad Sandwich	770	370	41	7	0	80	80	2067	2070	76	11	15	31
Philly Steak	940	390	43	17	0	128	130	1406	1410	84	5	11	53
Reuben Grill	1060	520	58	22	0	199	200	3468	3470	84	11	14	50
Stacked-To-The Max Club	1000	480	53	19	0	135	135	2724	2720	85	11	20	51
Tomato, Mozzarella & Chicken (TMC)	920	480	53	12	0	101	100	2442	2440	79	10	18	44
Turkey Rachel	950	380	43	15	0	126	125	2796	2800	93	10	21	50
BURGERS (w/o fries)													
Bodacious Bacon	1230	750	83	9	3.5	214	215	1478	1480	59	1	17	58
Chipotle Black Bean	470	180	20	2	0	0	0	1137	1140	56	9	16	22
Cola BBQ Bacon	1490	940	104	16	3.5	231	230	1926	1930	79	1	19	59
Down the Hatch	1060	340	71	5	3.5	191	190	885	890	53	1	9	52
Garbage	1680	1130	126	30	3.5	306	305	2089	2090	61	4	16	74
Hangover Burger	1600	1010	112	18	3.5	455	455	3629	3630	83	4	21	64
Irish Boss	1410	870	96	10	3.5	257	255	2494	2490	67	2	19	63
Pizza Burger	1220	770	86	14	3.5	232	230	1200	1200	49	2	14	56
Sauteed Mushroom & Swiss	1200	760	85	14	3.5	229	230	1029	1030	53	2	10	55
Tortilla	1270	760	84	11	3.5	225	225	2215	2220	62	2	20	62
Turkey Avocado Swiss	830	490	55	17	0.6	227	225	1006	1010	35	5	7	50
Build Your Best Burger	970	580	64	1	3.5	172	170	805	810	49	1	8	46
Build Your Best Burger, add-on, American	70	50	6	4	0	14	15	325	330	0	0	0	4
Build Your Best Burger, add-on, Bacon	190	170	19	6	0	28	30	343	340	0	0	0	5
Build Your Best Burger, add-on, Bacon Marmalade	280	140	15	6	0	30	30	710	710	24	0	21	12
Build Your Best Burger, add-on, BBQ Sauce	40	0	0	0	0	0	0	471	470	8	0	5	0
Build Your Best Burger, add-on, Cheddar	80	65	7	4	0	23	25	139	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	2	0
Build Your Best Burger, add-on, Chipotle Crema	120	100	11	2	0	9	10	228	230	3	0	1	1
Build Your Best Burger, add-on, Creamy Queso	130	100	11	4	0	21	20	444	440	2	1	0	5
Build Your Best Burger, add-on, Crispy Mozzarella Patty	280	100	12	2.5	0	45	45	694	690	26	1	1	14
Build Your Best Burger, add-on, Fried Egg	90	60	7	2	0	240	240	79	80	0	0	0	7
Build Your Best Burger, add-on, Guacamole	30	20	2.5	0.3	0	0	0	25	30	2	1	0	1
Build Your Best Burger, add-on, Marinara	30	10	1	0	0	0	0	270	270	0	0	6	1
Build Your Best Burger, add-on, Mozzarella	40	30	3	2	0	11	10	89	90	0	0	0	3
Build Your Best Burger, add-on, Onion Rings	160	70	8	1	0	0	0	475	480	20	1	5	1
Build Your Best Burger, add-on, Pepper Jack Cheese	80	60	6	4	0	19	20	114	110	0	0	0	5
Build Your Best Burger, add-on, Provolone	80	50	6	3.5	0	15	15	186	190	0	0	0	5
Build Your Best Burger, add-on, Sauteed Mushrooms	140	130	14	9	0	38	40	105	110	3	1	1	3
Build Your Best Burger, add-on, Sauteed Onions	20	15	2	0.2	0	0	0	2	2	2	0	1	0
Build Your Best Burger, add-on, Sauteed Peppers	20	15	1.5	1	0	4	5	97	100	0	1	1	0
Build Your Best Burger, add-on, Sliced Jalapeños	10	0	0	0	0	0	0	539	540	1	1	1	1
Build Your Best Burger, add-on, Smoked Gouda	80	60	6	4	0	19	20	114	110	0	0	0	5
Build Your Best Burger, add-on, Spicy Ketchup	30	1	0.1	0	0	0	0	334	330	8	0	7	1
Build Your Best Burger, add-on, Swiss	80	50	6	4	0	20	20	41	40	1	0	0	6
CHOICE PLATES													
Cajun Alfredo Pasta (w/ breadstick)	1140	540	60	25	0.5	93	95	1342	1340	113	8	16	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
Cajun Steak Bowl	1060	670	74	41	0	220	220	1887	1890	50	6	7	42
Chicken & Waffles	1890	770	85	39	0	291	290	3652	3650	188	2	70	59
Classic Chicken Parmesan	1840	800	89	17	0	99	100	5145	5150	182	11	35	54
Hand-Breaded Chicken Tenders (w/ fries & coleslaw)	1330	500	55	9	0	133	135	3565	3570	142	7	15	60
Herb-Grilled Salmon (no side)	310	120	14	1.7	0	94	95	335	340	12	2	8	35
Laredo Steak (w/ side garden salad & breadstick, w/o dressing)	1340	630	70	31	0	172	170	1258	1260	121	12	9	62
New England Fish & Chips (w/ fries & coleslaw)	1570	770	85	13	0	130	130	4318	4320	145	8	18	47
Smothered Chicken (no sides)	1000	680	76	19	0	191	190	2090	2090	35	8	7	53
Southwest Chicken Bowl	1360	520	58	21	0	123	125	2359	2360	160	15	7	53
Southwest Shrimp Bowl	1150	300	33	16	0	299	300	1772	1770	146	12	6	65
Southwest Steak Bowl	1340	490	55	25	0	137	135	1618	1620	145	12	6	65

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SIDE DISHES & MISC													
Applesauce	170	5	0.5	0	0	0	0	7	10	45	3	37	0
Cheesy Bacon Fries	1190	800	89	34	0	129	130	2204	2200	63	5	1	38
Creamy Coleslaw	160	110	12	2	0	9	10	274	270	14	2	10	1
Fire-Roasted Corn Medley	150	60	7	4	0	15	15	4	0	24	3	4	3
Fresh Fruit Salad	100	0	0	0	0	0	0	24	20	27	2	26	0
Garlic Breadstick	160	50	6	1.5	0	0	0	290	290	23	1	1	4
Garlic Goat Cheese Mashed Potatoes	320	140	15	2	0	15	15	770	770	38	3	2	1
Onion Rings Side	340	300	33	13	0	29	30	1865	1870	81	0	17	7
Oven-Baked Potato (plain)	220	2	0.2	0	0	0	0	14	10	51	4	2	6
Red-Skinned Mashed Potatoes	270	130	14	9	0	39	40	835	840	32	3	2	5
Rice Pilaf	170	60	6	4	0	16	15	45	50	24	0	0	2
Seasoned Fries	360	150	17	3	0	0	0	1002	1000	49	4	0	4
Steamed Broccoli	30	5	0.5	0	0	0	0	28	30	6	2	1	2
Tater Tots	320	170	19	3	0	0	0	1036	1040	33	3	2	3
DESSERTS													
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	270	100	12	1	0.3	21	20	163	160	38	2	22	3
Cookie - White Chocolate Macadamia Nut	290	160	17	9	0.4	37	35	140	140	32	1	21	3
Cookies - Chocolate Chip (1/2 Dozen)	1610	640	71	6	2	187	185	975	980	229	9	130	18
Cookies - White Chocolate Macadamia Nut (1/2 Dozen)	1750	940	104	54	2	221	220	840	840	194	6	123	19
Funnel Fries (w/ strawberry sauce)	490	50	5	0	0	0	0	380	380	86	0	50	4
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
Sundae - Ice Cream Only	440	200	22	0	0	94	95	141	140	53	0	41	9
Sundae- Topping - Caramel	30	5	0.6	0.2	0	0	0	17	20	5	0	5	0
Sundae - Topping - Chocolate Chip Cookie Crumbles	70	27	3	0.2	0.1	8	10	41	40	10	0	5	1
Sundae - Topping - Fudge	90	20	2	1	0	1	2	87	90	16	1	8	1
Sundae - Topping - Granola	30	5	0.5	0	0	0	0	27	30	6	0	2	1
Sundae - Topping - Jelly Beans	30	0	0	0	0	0	0	2	2	7	0	6	0
Sundae - Topping - M&Ms	40	15	2	1	0	1	0	5	10	5	0	4	0
Sundae - Topping - Maraschino Cherry	10	0	0	0	0	0	0	0	0	2	0	2	0
Sundae - Topping - Oreo Crumbles	30	15	1.5	0.5	0	0	0	37	40	5	0	3	0
Sundae - Topping - Rainbow Sprinkles	30	15	2	0	0	0	0	0	0	5	0	3	0
Sundae - Topping - Strawberry	10	0	0	0	0	0	0	2	2	3	0	3	0
Sundae - Topping - Whipped Cream	20	15	1.5	1	0	5	5	9	10	1	0	1	0
KIDS													
Cheese Pizza (no side)	690	220	25	11	0	55	55	1391	1390	85	4	10	31
Cheeseburger Sliders (no side)	570	350	39	6.5	2	1110	1110	1283	1280	28	1	4	28
Chicken Tenders (no side, no dipping sauce)	470	160	17	2.8	0.2	82	80	1117	1120	38	1	2	35
Grilled Cheese (no side)	340	190	31	13	0	49	50	1154	1150	26	1	2	13
Grilled Chicken Breast (no side)	380	210	23	4.5	0	75	75	1301	1300	23	3	7	22
Mac & Cheese (no side)	270	110	12	6	0.4	32	30	839	840	29	2	4	10
Mini Corn Dogs (no side)	430	240	27	6	0.2	51	50	634	630	36	0	0	11
Pasta w/ alfredo (no side, w/ breadstick)	480	207	23	11	0.3	44	45	498	500	52	2	5	14
Pasta w/ butter (no side, w/ breadstick)	350	130	14	7	0	30	30	163	160	47	2	2	9
Pasta w/ marinara (no side, w/ breadstick)	300	35	4	0.2	0	0	0	486	490	47	3	11	10
Side - Applesauce	170	4	0.4	0.1	0	0	0	7	10	45	3	37	0
Side - French Fries	340	140	15	3	0	0	0	659	660	49	4	0	4
Side - Fresh Fruit	100	0	0	0	0	0	0	24	20	27	2	26	0
Side - Mashed Potatoes	260	100	11	0	0	0	0	646	650	36	3	2	5
Side - Steamed Broccoli	30	3	0.3	0	0	0	0	28	30	6	2	1	2
Side - Tater Tots	320	172	19	3.3	0	0	0	1036	1040	33	3	2	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	4	0.4	0	0	0	0	7	10	48	0	42	0
Beverage - Grape Juice (12 fl oz)	180	0	0	0	0	0	0	11	11	43	0	43	1
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	10	1	0.1	0	0	0	4	4	36	1	0	3
Specialty Sipper - Adam's Apple (12 fl oz)	310	0	0	0	0	0	0	25	30	77	0	57	0
Specialty Sipper - Beetlejuice (12 fl oz)	250	0	0	0	0	0	0	34	30	60	0	40	2
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	691	690	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 - Vanilla Milk Shake (12 fl oz)	690	370	41	9	0	161	160	242	240	71	0	52	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 - Caramel	30	5	0	0	0.1	0	0	13	10	5	0	4	0
Sundae Bar - Topping - Chocolate Chip Cookie Crumbles	70	27	2	0.5	0	0	0	35	40	5	0	2	1
Sundae Bar - Topping - Fudge	90	20	0.5	0	0	0	0	20	20	4	0	2	0
Sundae Bar - Topping - Granola	30	5	0.5	0	0	0	0	27	30	6	0	2	1
Sundae Bar - Topping - Jelly Beans	30	0	0	0	0	0	0	2	2	7	0	6	0
Sundae Bar - Topping - M&Ms	35	15	2	1	0	1	0	5	10	5	0	4	0
Sundae Bar - Topping - Maraschino Cherry	10	0	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	37	40	5	0	3	0
Sundae Bar - Topping - Rainbow Sprinkles	30	15	2	0	0	0	0	0	0	5	0	3	0
Sundae Bar - Topping - Strawberry	10	0	0	0	0	0	0	2	2	3	0	3	0
Sundae Bar - Topping - Whipped Cream	20	15	1.5	1	0	5	5	9	10	1	0	1	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)
Big Bad Erma	230	0	0	0	0	0	0	14	10	31	310	28	0
Blackberry Sangria	330	0	0	0	0	0	0	7	10	56	1	49	0
Blood Orange Whiskey Sour	230	0	0	0	0	0	0	3	3	33	0	31	0
Blood Orange Rita	250	1	0.1	0	0	0	0		60	37	0	34	0
Fireball Mule	180	0	0	0	0	0	0		0	26	0	25	0
Max's Margarita	240	0	0	0	0	0	0	230	230	17	1	10	0
Max's Moscow Mule	210	0	0	0	0	0	0	1	0	28	1	25	0
Max's Spicy Bloody	180	30	3.5	0.5	0	0	0	1642	1640	9	1	6	0
Mint Mojito	140	1	0.1	0	0	0	0	1	1	13	1	9	0
Mom's Time Out	220	0	0	0	0	0	0	7	10	22	0	20	0
Red Sangria	180	0	0	2	0	0	0	7	10	21	1	13	1
Skinny Rita	130	1	0.1	0	0	0	0	2	2	8	0	1	0
Spiked Sweet Tea	160	0	0	0	0	0	0	1	0	21	0	20	0
Top Shelf Long Island Iced Tea	230	0	0	0	0	0	0	95	100	0	0	22	0
White Peach Sangria	370	0	0	0	0	0	0	9	10	66	1	59	1
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)
Blue Moon Draft (16 oz)	220	0	0	0	0	0	0		20	19	0	14	3
Blue Moon Draft (23 oz)	310	0	0	0	0	0	0		30	26	0	20	3
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
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
Coors Light Draft (16 oz)	140	0	0	0	0	0	0		19	8	0	0.4	1
Coors Light Draft (23 oz)	200	0	0	0	0	0	0		27	11	0	0.6	1.6
Founders All Day IPA Draft (16 oz)	270	0	0	0	0	0	0	0	0	28	0	0	0
Founders All Day 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
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 Cabernet Sauvignon (6 oz)	140	0	0	0	0	0	0	0	0	5	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 White Zinfandel (6 oz)	130	0	0	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	0	0
Guenoc Chardonnay (6 oz)	130	0	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	0
Kendall Jackson Chardonnay (6 oz)	150	0	0	0	0	0	0	9	10	4	0	2	0
Lost Angel Cabernet Sauvignon (6 oz)	130	0	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	0
Sebastiani Cabernet Sauvignon (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
Three Rivers Red Blend (6 oz)	140	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

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
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
Honeysuckle	170	2	0.2	0	0	0	0	2	2	44	0	39	0
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