



Menu Item	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugars	Protein
STARTERS (served as listed on menu)											
Soft Pretzels (1 ea.)	1000	220	24g	4g	0g	15mg	2850mg	154g	4g	4g	36g
Chicken Quesadilla (1 ea.)	1110	580	64g	35g	0g	270mg	2260mg	42g	5g	7g	79g
Buffalo Chicken Quesadilla (1 ea.)	1250	750	84g	24g	0g	140mg	8200mg	82g	11g	16g	49g
Burger Sliders (1 ea.)	1370	710	79g	32g	2g	260mg	1290mg	79g	5g	26g	81g
Triple Sampler, Plain (1 ea.)	1660	950	106g	34g	0g	220mg	3770mg	110g	15g	13g	71g
Triple Sampler, Buffalo (1 ea.)	1700	950	106g	34g	0g	220mg	9620mg	118g	18g	15g	72g
Outrageous Nachos - Beef (1 ea.)	1420	650	72g	41g	0g	235mg	4330mg	103g	11g	27g	49g
Outrageous Nachos - Chicken (1 ea.)	1430	690	76g	42g	0g	320mg	3700mg	88g	11g	12g	81g
Street Tacos - Fried Chicken (1 ea.)	1250	440	49g	10g	0g	50mg	2620mg	170g	13g	49g	45g
Street Tacos - Texmex (1 ea.)	1020	400	44g	17g	0g	60mg	4530mg	118g	12g	19g	40g
Tower O Rings (1 ea.)	900	320	35g	10g	0g	50mg	2670mg	137g	3g	19g	19g
BLTA Potato Skins (1 ea.)	1050	620	69g	30g	0g	165mg	1830mg	58g	9g	13g	46g
Original Chicken Wings (1 ea.)	920	610	68g	17g	0g	385mg	1130mg	2g	2g	0g	66g
Boneless Chicken Wings (1 ea.)	610	250	27g	5g	0g	0mg	75mg	44g	5g	0g	49g
FORK OPTIONAL (listed without side choice)											
Traditional Club Sandwich (1 ea.)	720	450	50g	16g	0g	135mg	1960mg	24g	1g	5g	31g
Turkey Pretzel (1 ea.)	840	430	48g	15g	0g	105mg	1810mg	66g	2g	15g	36g
Island Turkey Burger (1 ea.)	770	500	56g	12g	0.5g	20mg	1040mg	44g	2g	5g	32g
Veg Veggie Burger (1 ea.)	640	290	32g	7g	0g	15mg	1020mg	65g	6g	9g	27g
Hot Sicilian (1 ea.)	950	540	60g	16g	0g	120mg	3160mg	83g	6g	13g	37g
Chicken Caprese Flatbread Pizza (1 ea.)	1030	450	51g	20g	0g	150mg	1350mg	79g	5g	5g	76g
Texas Tangler Flatbread Pizza (1 ea.)	1140	550	61g	20g	0g	70mg	2310mg	115g	6g	31g	45g
Grilled Chicken & Salsa Verde Flatbread Pizza (1 ea.)	1880	880	98g	46g	0g	285mg	2110mg	175g	47g	43g	100g
French Dip (1 ea.)	740	140	16g	4g	1g	110mg	1940mg	83g	4g	4g	60g
French Dip w/mush & Swiss (1 ea.)	860	220	24g	10g	1g	130mg	2090mg	86g	4g	5g	69g
Buffalo Chicken Wrap (1 ea.)	1140	670	74g	19g	0g	135mg	5500mg	71g	7g	7g	52g
SPOON REQUIRED (served as listed on menu)											
Soup - Crock French Onion (8 oz)	330	160	18g	9g	0g	40mg	490mg	23g	less than 1g	9g	20g



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Soup - Bowl Chicken Tortilla (1 ea.)	520	190	21g	12g	0g	75mg	2010mg	49g	6g	7g	27g
Soup - Crock Chicken Tortilla (1 ea.)	260	100	11g	6g	0g	40mg	1010mg	25g	3g	4g	13g
GREENS (served as listed on menu)											
Taco Salad - Chicken (1 ea.)	810	360	40g	23g	0g	205mg	1730mg	46g	8g	10g	60g
Taco Salad - Beef (1 ea.)	800	330	36g	22g	0g	115mg	2370mg	61g	8g	25g	28g
Chicken Club - Grilled (1 ea.)	1060	610	68g	24g	0g	375mg	1700mg	50g	5g	16g	60g
Chicken Club - Fried (1 ea.)	1330	820	91g	27g	0g	330mg	2330mg	76g	6g	16g	53g
Chicken Club Buffalo - Grilled (1 ea.)	1230	830	92g	29g	0g	385mg	4710mg	39g	6g	10g	61g
Chicken Club Buffalo fried (1 ea.)	1440	970	108g	31g	0g	340mg	5340mg	65g	8g	10g	54g
Cranberry Walnut Chicken Salad (1 ea.)	1020	460	52g	18g	0g	155mg	1630mg	97g	8g	62g	51g
Texas Tangler Salad (1 ea.)	1060	530	59g	20g	0g	175mg	2150mg	79g	10g	22g	58g
BURGERS (listed without side choice)											
Avocado Bison Burger (1 ea.)	940	470	52g	22g	0.5g	80mg	970mg	67g	9g	8g	55g
Clubhouse Burger (1 ea.)	1360	860	96g	34g	0.5g	315mg	1900mg	32g	2g	5g	78g
The Ground Rounder - 10oz (1 ea.)	1350	890	99g	35g	0.5g	270mg	1600mg	46g	2g	7g	65g
Ground Rounder - 8 oz. (1 ea.)	1200	690	76g	28g	0.5g	260mg	1590mg	47g	2g	7g	75g
Swiss, Onion & Mushroom - 8 oz. (1 ea.)	1090	570	63g	23g	0.5g	230mg	1650mg	54g	2g	6g	71g
Swiss, Onion & Mushroom - 10 oz. (1 ea.)	1240	770	86g	30g	0.5g	235mg	1660mg	53g	2g	6g	61g
Burger of Champions - 8 oz. (1 ea.)	1370	840	94g	32g	0.5g	490mg	1960mg	42g	2g	3g	82g
Burger of Champions - 10 oz. (1 ea.)	1520	1050	117g	39g	0.5g	500mg	1960mg	41g	2g	3g	71g
Haystack - 8 oz. (1 ea.)	1120	610	68g	23g	0.5g	225mg	1490mg	51g	2g	5g	70g
Haystack - 10 oz. (1 ea.)	1270	820	91g	30g	0.5g	235mg	1490mg	50g	2g	5g	60g
Little Piggy - 8 oz. (1 ea.)	1320	710	79g	30g	0.5g	295mg	2090mg	62g	2g	16g	83g
Little Piggy - 10 oz. (1 ea.)	1480	910	102g	37g	0.5g	300mg	2090mg	61g	2g	16g	73g
Texas Hold'em - 8 oz. (1 ea.)	1380	760	84g	32g	0g	300mg	2150mg	62g	2g	18g	88g
Texas Hold'em - 10 oz. (1 ea.)	1530	960	107g	39g	0g	310mg	2150mg	61g	2g	18g	78g
South of the Border - 8 oz. (1 ea.)	1030	500	55g	22g	0.5g	225mg	1160mg	54g	3g	5g	71g
South of the Border 10 oz. (1 ea.)	1180	710	78g	29g	0.5g	235mg	1160mg	53g	3g	5g	61g
Black and Bleu 8 oz. (1 ea.)	1150	650	73g	31g	0.5g	265mg	1800mg	42g	2g	4g	79g



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Black and Bleu - 10 oz. (1 ea.)	1310	860	96g	38g	0.5g	275mg	1800mg	41g	2g	4g	69g
Big Daddy Quesadilla - 8 oz. (1 ea.)	1220	740	83g	28g	0.5g	265mg	2350mg	39g	1g	3g	72g
Big Daddy Quesadilla Burger - 10 oz. (1 ea.)	1370	950	106g	35g	0.5g	270mg	2360mg	38g	1g	3g	62g
ENTREES SEAFOOD (listed without side choices)											
Baked Haddock (1 ea.)	490	190	22g	3.5g	0g	30mg	320mg	26g	1g	3g	45g
Grilled Salmon & Black Bean Salad (7 oz)	580	220	24g	9g	0g	110mg	3190mg	51g	9g	14g	42g
Fried Shrimp (1 ea.)	680	300	33g	4g	0g	190mg	1640mg	67g	6g	11g	34g
Orange Grilled Salmon (1 ea.)	820	430	48g	8g	0g	125mg	1590mg	53g	4g	27g	47g
ENTREES STEAK (listed without side choices)											
12 oz. Grilled Asparagus Bearnaise Steak (1 ea.)	890	530	59g	24g	0g	195mg	1760mg	18g	1g	3g	64g
8 oz. Grilled Asparagus Bearnaise (1 ea.)	690	410	46g	19g	1.5g	205mg	930mg	18g	1g	3g	47g
Caribbean Sizzling Steak Tips (1 ea.)	1250	550	61g	23g	0g	195mg	2660mg	129g	11g	87g	52g
12 oz Sirloin (1 ea.)	800	460	51g	19g	0g	170mg	1740mg	14g	0g	2g	63g
8 oz. Sirloin (1 ea.)	600	340	38g	14g	1.5g	180mg	920mg	14g	0g	2g	45g
8 oz. Sirloin & Shrimp (1 ea.)	820	370	41g	14g	1.5g	275mg	2090mg	49g	3g	11g	63g
12 oz. Ribeye (1 ea.)	1330	910	101g	35g	3g	250mg	880mg	32g	2g	4g	66g
ENTREES RIBS & CHICKEN (listed without side choices)											
Baby Back Ribs (1 ea.)	1460	570	64g	24g	0g	260mg	3830mg	165g	4g	141g	52g
Baby Back Ribs - 1/2 Rack (1 ea.)	730	290	32g	12g	0g	130mg	1910mg	82g	2g	70g	26g
Chicken Dinner Balsamic (1 ea.)	650	260	29g	9g	0g	210mg	1650mg	26g	1g	9g	68g
Chicken Dinner Balsamic LP (1 ea.)	400	170	19g	6g	0g	115mg	950mg	20g	less than 1g	5g	36g
Chicken Tenderloin - Plain (1 ea.)	920	530	59g	9g	0g	85mg	1850mg	60g	3g	9g	43g
Chicken Tenderloin - Buffalo (1 ea.)	1040	690	77g	13g	0g	95mg	6320mg	51g	5g	4g	43g
ENTREES PASTA (as listed on menu)											
Chicken Alfredo (1 ea.)	1250	400	44g	16g	0g	145mg	2670mg	185g	18g	7g	63g
Chicken Alfredo - LP (1 ea.)	810	270	30g	11g	0g	125mg	1760mg	103g	9g	4g	50g
Chicken Broccoli Alfredo (1 ea.)	1300	400	45g	16g	0g	145mg	2810mg	194g	22g	10g	68g
Chicken Broccoli Alfredo - LP (1 ea.)	840	270	31g	11g	0g	125mg	1830mg	108g	12g	6g	52g



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Tuscan Shrimp Pasta (1 ea.)	1020	430	47g	19g	0g	185mg	1890mg	126g	12g	6g	36g
Tuscan Shrimp Pasta -LP (1 ea.)	710	320	36g	15g	0g	145mg	1240mg	80g	7g	4g	25g
ENTREES TEXMEX (as listed on menu)											
Fajita - Triple (1 ea.)	1420	540	60g	24g	0g	370mg	7140mg	124g	13g	12g	98g
Fajita - Steak (1 ea.)	1320	580	65g	26g	0g	165mg	4100mg	123g	12g	12g	64g
Fajita - Chicken (1 ea.)	1320	470	52g	21g	0g	260mg	3900mg	119g	12g	11g	97g
Fajita - Combo (1 ea.)	1320	520	58g	24g	0g	210mg	4000mg	121g	12g	12g	81g
Unmasked Burrito (1 ea.)	680	310	35g	18g	0.5g	175mg	1980mg	37g	8g	13g	51g
Steak Burrito (1 ea.)	780	390	44g	15g	0g	90mg	2850mg	63g	5g	12g	29g
Baja Tacos - Fish (1 ea.)	1080	500	56g	12g	0g	115mg	3660mg	95g	9g	25g	46g
Baja Tacos - Shrimp (1 ea.)	990	510	56g	12g	1g	95mg	4550mg	85g	9g	25g	35g
Baja Tacos - Fish - LP (1 ea.)	800	380	43g	10g	0g	85mg	2650mg	67g	7g	19g	31g
Baja Tacos - Shrimp - LP (1 ea.)	690	350	39g	10g	0.5g	65mg	3080mg	61g	7g	19g	20g
SIDES											
House Salad (1 ea.)	230	120	14g	7g	0g	205mg	300mg	10g	2g	2g	14g
Caesar Salad small (1 ea.)	250	160	17g	4g	0g	15mg	550mg	15g	2g	3g	6g
Rice Pilaf (5 oz)	160	25	3g	1.5g	0g	5mg	450mg	27g	2g	11g	3g
House Vegetables (5 1/2 oz)	120	70	8g	3g	0g	10mg	70mg	13g	5g	5g	3g
Baked Potato - Plain (1 ea.)	140	0	0g	0g	0g	0mg	15mg	31g	3g	2g	4g
Baked Potato - Sour Cream (1 ea.)	190	50	6g	3.5g	0g	15mg	30mg	33g	3g	3g	5g
Baked Potato - Butter (1 ea.)	240	100	11g	7g	0g	30mg	15mg	31g	3g	2g	4g
Baked Potato - Sour Cream and Butter (1 ea.)	300	150	17g	10g	0g	45mg	30mg	33g	3g	3g	5g
House-made Chips (6 oz)	360	190	21g	4.5g	0g	0mg	850mg	35g	3g	0g	3g
House-made Chips w/French Onion Dipping Sauce (6 oz)	490	290	32g	11g	0g	30mg	1400mg	43g	3g	2g	6g
French Fries (7 oz)	340	110	12g	3g	0g	0mg	1550mg	49g	5g	0g	5g
Tater Tots (1 ea.)	400	210	24g	2g	0g	0mg	860mg	46g	4g	0g	4g
Cole Slaw (1/4 lb)	150	110	12g	1.5g	0g	15mg	430mg	11g	2g	10g	less than 1g
Broccoli side (1 ea.)	90	50	6g	3.5g	0g	15mg	90mg	6g	3g	2g	3g
Asparagus (1 ea.)	100	60	7g	1g	0g	0mg	310mg	8g	4g	4g	6g



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Sweet Potato Fries (1/2 lb)	240	120	13g	11g	0g	0mg	60mg	32g	2g	8g	2g
Sweet Potato Fries W/Sriracha Dipping Sauce (1/2 lb)	520	370	42g	15g	0g	25mg	440mg	37g	2g	13g	2g
Onion Ring (1 ea.)	340	140	15g	2g	0g	0mg	600mg	48g	1g	6g	6g
Onion Rings W/French Onion Dipping Sauce (1 ea.)	470	240	27g	9g	0g	30mg	1150mg	55g	1g	8g	8g
Loaded Baked Potato (1 ea.)	510	280	31g	16g	0g	95mg	720mg	32g	3g	2g	22g
Flatbread - Side (1 ea.)	200	90	10g	4g	0g	15mg	290mg	23g	less than 1g	1g	5g
Guacamole - Add House-made (1 ea.)	100	70	8g	1g	0g	0mg	0mg	13g	2g	2g	1g
Loaded Baked Potato (1 ea.)	510	280	31g	16g	0g	95mg	720mg	32g	3g	2g	22g
Mashed Red Skin Potato (1/4 lb)	150	60	7g	6g	0g	10mg	370mg	20g	2g	2g	2g
DRESSINGS & SAUCES											
Bleu Cheese Dressing - Side (2 oz)	340	330	36g	7g	0g	30mg	430mg	2g	0g	2g	2g
Caesar Dressing - Side (2 oz)	280	260	28g	4.5g	0g	20mg	660mg	4g	0g	4g	2g
Honey Mustard Dressing - Side (2 oz)	250	170	19g	3g	0g	20mg	340mg	17g	0g	9g	2g
Italian Dressing - Side (2 oz)	250	240	26g	4g	0g	0mg	1150mg	4g	0g	2g	0g
French Dressing - Side (2 oz)	250	200	23g	3g	0g	0mg	0mg	11g	0g	9g	0g
Ranch Dressing - Side (2 oz)	190	190	21g	3g	0g	20mg	510mg	2g	0g	2g	2g
Raspberry Vinaigrette Dressing - Side (2 oz)	60	0	0g	0g	0g	0mg	55mg	13g	0g	8g	0g
Thousand Island Dressing - Side (2 oz)	210	180	20g	3g	0g	15mg	550mg	8g	0g	8g	less than 1g
Honey BBQ Sauce (4 oz)	240	0	0g	0g	0g	0mg	1310mg	61g	0g	53g	0g
Buffalo Sauce (1 ea.)	50	0	0g	0g	0g	0mg	8780mg	11g	5g	4g	1g
Parmesan Garlic Sauce (3 oz)	390	310	35g	9g	0g	30mg	1610mg	13g	0g	2g	11g
Sweet Chili Sauce (1 ea.)	280	130	14g	0g	0g	0mg	1860mg	69g	0g	57g	0g
Honey Sriracha Sauce (1 ea.)	230	0	0g	0g	0g	0mg	1140mg	57g	0g	54g	0g
BEVERAGES (listed as one serving)											
Adult Coke (1 ea.)	140	0	0g	0g	0g	0mg	0mg	38g	0g	38g	0g
Adult Diet Coke (1 ea.)	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
Adult Lemonade (1 ea.)	140	0	0g	0g	0g	0mg	0mg	37g	0g	35g	0g
Adult Sprite (1 ea.)	140	0	0g	0g	0g	0mg	0mg	37g	0g	37g	0g
Adult Raspberry Iced Tea (1 ea.)	80	0	0g	0g	0g	0mg	0mg	23g	0g	21g	0g



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Adult Root Beer (1 ea.)	160	0	0g	0g	0g	0mg	0mg	43g	0g	43g	0g
Adult Orange (1 ea.)	1940	0	0g	0g	0g	0mg	0mg	462g	73g	340g	24g
Kid Coke (1 ea.)	70	0	0g	0g	0g	0mg	0mg	19g	0g	19g	0g
Kid Diet Coke (1 ea.)	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
Kid Lemonade (1 ea.)	70	0	0g	0g	0g	0mg	0mg	18g	0g	18g	0g
Kid Root Beer (1 ea.)	80	0	0g	0g	0g	0mg	0mg	21g	0g	21g	0g
Kid Orange (1 ea.)	70	0	0g	0g	0g	0mg	0mg	15g	less than 1g	15g	1g
Kid Raspberry Ice tea (1 ea.)	40	0	0g	0g	0g	0mg	0mg	11g	0g	11g	0g
Kid Sprite (1 ea.)	70	0	0g	0g	0g	0mg	0mg	18g	0g	18g	0g
Strawberry Lemonade (1 ea.)	180	0	0g	0g	0g	0mg	0mg	47g	less than 1g	44g	0g
Blueberry Lemonade (1 ea.)	250	0	0g	0g	0g	0mg	10mg	65g	0g	62g	0g
Blackberry Lemonade (1 ea.)	250	0	0g	0g	0g	0mg	10mg	65g	0g	62g	0g
Arnold Palmer (10 oz)	90	0	0g	0g	0g	0mg	0mg	25g	0g	24g	0g
Iced Tea (As served)	80	0	0g	0g	0g	0mg	0mg	23g	0g	21g	0g
DESSERTS											
Big Ben Brownie Sundae (1 ea.)	1170	480	53g	15g	0g	90mg	580mg	210g	5g	118g	13g
Black & White Cookie Delight (1 ea.)	880	330	36g	10g	0g	40mg	1050mg	128g	4g	64g	13g
Chocolate Lovin Spoonful Cake (1 ea.)	930	460	51g	30g	0g	170mg	420mg	115g	8g	83g	11g
Cinnamon Dippers (1 ea.)	800	130	15g	9g	0g	35mg	990mg	149g	7g	66g	17g
Mini Cinnamon Dippers (1 ea.)	510	160	17g	8g	0g	0mg	520mg	80g	4g	34g	8g
Oreo Smoothie (1 ea.)	480	130	15g	10g	0g	80mg	290mg	66g	2g	46g	8g
Slider Sundae (1 ea.)	380	110	12g	8g	0g	70mg	105mg	59g	1g	50g	6g
Tasty Trio Sampler (1 ea.)	1290	420	47g	18g	0.5g	70mg	1440mg	198g	7g	94g	22g
Banana Foster Bites (1 ea.)	870	400	45g	18g	1g	125mg	490mg	106g	3g	68g	11g
Vanilla Shake (1 ea.)	320	90	10g	6g	0g	80mg	90mg	52g	0g	49g	7g
Chocolate Shake (1 ea.)	390	130	15g	10g	0g	80mg	390mg	54g	2g	39g	9g
Strawberry Shake (1 ea.)	390	130	15g	10g	0g	80mg	390mg	54g	2g	39g	9g
LUNCH (does not include side choices)											
Lunch Taco Salad - Beef (1 ea.)	540	230	26g	16g	0g	85mg	1690mg	38g	5g	18g	19g



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Lunch Taco Salad - Chicken (1 ea.)	610	270	30g	17g	0g	175mg	1400mg	29g	5g	8g	50g
Lunch Chicken Club Grilled (1 ea.)	1030	610	68g	22g	0g	360mg	1510mg	48g	4g	15g	57g
Lunch Chicken Club Fried (1 ea.)	1120	690	77g	23g	0g	300mg	1840mg	65g	5g	15g	42g
Lunch Cranberry Walnut Chicken (1 ea.)	830	380	43g	15g	0g	145mg	1380mg	69g	7g	38g	48g
Stuffed Baked Potato - Mexican (1 ea.)	630	230	26g	11g	0g	50mg	1780mg	77g	6g	10g	13g
Stuffed baked Potato - Chicken Ranch (1 ea.)	710	370	41g	13g	0g	105mg	1120mg	56g	4g	5g	32g
Stuffed baked Potato - Texas (1 ea.)	840	400	44g	9g	0g	75mg	1500mg	88g	6g	19g	28g
5 oz. Swiss, Onion & Mushroom Burger (1 ea.)	850	470	52g	17g	2g	130mg	1570mg	53g	2g	6g	39g
5 oz. Texas Hold'em Burger (1 ea.)	1480	1040	115g	28g	0g	175mg	2960mg	79g	2g	36g	31g
5 oz. Applewood Smoked Bacon Cheeseburger (1 ea.)	980	610	68g	24g	0.5g	165mg	1610mg	47g	2g	8g	42g
5 oz. South of the Border Burger (1 ea.)	890	260	28g	19g	0.5g	135mg	1410mg	50g	2g	5g	37g
5 oz. Haystack Burger (1 ea.)	890	540	60g	19g	0.5g	130mg	1400mg	50g	2g	5g	37g
Buffalo Chicken Wrap (1 ea.)	1140	670	74g	19g	0g	135mg	5500mg	71g	7g	7g	52g
Hot Sicilian (1 ea.)	950	540	60g	16g	0g	120mg	3160mg	83g	6g	13g	37g
1/2 Hot Sicilian (1 ea.)	420	250	28g	8g	0g	60mg	1500mg	35g	2g	6g	17g
GLUTEN FREE (as listed on menu)											
GF Grilled Chicken Club Salad (1 ea.)	860	520	58g	19g	0g	360mg	1410mg	27g	4g	15g	56g
GF Cranberry Walnut Chicken Salad (1 ea.)	830	380	42g	14g	0g	140mg	1340mg	74g	7g	61g	47g
GF Stuffed Baked Potato - Buffalo (1 ea.)	420	210	23g	3.5g	0g	60mg	3590mg	37g	5g	5g	22g
GF Stuffed baked Potato - Chicken Ranch (1 ea.)	520	280	31g	9g	0g	90mg	840mg	34g	3g	4g	28g
GF - Stuffed Baked Potato - Broccoli Cheese (1 ea.)	350	90	11g	6g	0g	75mg	370mg	35g	5g	3g	27g
GF Stuffed Baked Potato - Bacon and Cheese (1 ea.)	480	220	25g	12g	0g	105mg	680mg	32g	3g	2g	31g
GF No Frills Burger (1 ea.)	440	330	36g	13g	0.5g	105mg	360mg	4g	1g	2g	24g
GF - Bruschetta Burger (1 ea.)	800	480	53g	20g	0g	215mg	1080mg	10g	2g	4g	66g
GF Balsamic Chicken Dinner (1 ea.)	490	180	20g	7g	0g	190mg	1400mg	12g	less than 1g	7g	64g
GF Balsamic Chicken Dinner - LP (1 ea.)	240	90	10g	3.5g	0g	95mg	700mg	6g	0g	3g	32g
GF Baby Back Ribs (1 ea.)	1460	570	64g	24g	0g	260mg	3830mg	165g	4g	141g	52g
GF Baby Back Ribs 1/2 Rack (1 ea.)	1460	570	64g	24g	0g	260mg	3830mg	165g	4g	141g	52g
GF - BBQ Ribs & Steak (1 ea.)	1110	510	57g	22g	0g	220mg	2900mg	82g	2g	70g	60g



Menu Item	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugars	Protein
GF - BBQ Ribs & Chicken (1 ea.)	1010	320	36g	13g	0g	215mg	2930mg	111g	2g	95g	57g
GF 7 oz Sirloin (1 ea.)	370	220	25g	10g	0g	90mg	980mg	0g	0g	0g	34g
GF Caribbean Sirloin Tips (1 ea.)	1090	470	53g	21g	0g	175mg	2540mg	115g	10g	85g	48g
GF baked Cod (1 ea.)	600	420	47g	28g	0g	205mg	160mg	2g	less than 1g	0g	41g
GF Salmon (1 ea.)	400	170	19g	4g	0g	105mg	830mg	19g	3g	14g	40g
GF - side Caesar Salad (1 ea.)	190	150	17g	4g	0g	15mg	450mg	4g	1g	3g	5g
KIDS MENU (listed without side or drink choice)											
Kid Burger (1 ea.)	630	360	40g	13g	1g	105mg	1020mg	37g	less than 1g	2g	30g
Kid Cheese Burger (1 ea.)	680	390	43g	15g	1g	115mg	1170mg	38g	less than 1g	3g	33g
Kid Chicken Tenderloin (1 ea.)	430	240	27g	4g	0g	40mg	900mg	26g	2g	0g	25g
Kid Sketti (1 ea.)	220	50	5g	0g	0g	20mg	220mg	44g	3g	4g	9g
Kid Grill Cheese (1 ea.)	450	170	19g	8g	1g	30mg	940mg	51g	3g	7g	16g
Kid Extreme Combo (1 ea.)	460	270	30g	6g	0g	45mg	1350mg	37g	4g	5g	23g
Kid Pizza Pepperoni (1 ea.)	440	250	28g	9g	0g	45mg	1110mg	40g	2g	5g	20g
Kid Pizza (1 ea.)	300	130	14g	4g	0g	15mg	660mg	40g	2g	5g	15g
Kid Mac N Cheese (1 ea.)	310	80	9g	2.5g	0g	15mg	550mg	45g	2g	8g	11g
Kid Corn Dog (1 ea.)	340	140	15g	5g	0g	40mg	650mg	31g	1g	1g	9g
Kid Chicken Breast (1 ea.)	160	35	4g	1g	0g	85mg	540mg	0g	0g	0g	31g
Kids Steak Bites (1 ea.)	280	190	22g	9g	0g	80mg	240mg	0g	0g	0g	22g
Kid Hound Dog Mac N Cheese (1 ea.)	550	190	21g	6g	0g	40mg	960mg	65g	3g	9g	17g