



## NUTRITIONAL INFORMATION - 10/2019

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.

<b>SHAREABLES</b>	<b>Calories (kcal)</b>	<b>Calories from Fat</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Appetizer Combo - Cheeseburger Sliders	530	299	33	15	1.5	105	1440	28	2	5	30
Appetizer Combo - Garlic Parmesan Cheese Skewers	730	353	39	7	0	90	1660	52	2	8	29
Appetizer Combo - Hand-Breaded Boneless Buffalo Wings	980	354	40	7	0	150	4440	93	3	7	55
Appetizer Combo - Loaded Potato Skins	1180	450	50	21	0	90	1280	155	0	0	20
Baja Fish Taco - Crispy	1070	320	35	10	0	75	2920	138	7	14	44
Baja Fish Taco - Grilled	680	176	20	7	0	75	1280	84	6	11	44
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
Guacamole & Chips (select locations)	430	200	22	2	0	0	220	69	13	2	10
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
Maxed Out Fries - Cheesy Bacon	1190	790	89	34	0	130	2200	63	5	1	38
Maxed Out Fries - Chicken Parmesan	1400	670	74	29	0	175	3640	113	6	13	60
Maxed Out Fries - Chili Cheese	1100	670	74	30	0.1	125	2290	73	7	4	40
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
Spinach Dip	710	420	46	19	0	95	1770	57	9	3	33
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
<b>SOUPS</b>	<b>Calories (kcal)</b>	<b>Calories from Fat</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
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

Turkey Chili - Bowl (w/ corn bread)	390	130	15	6	0.5	75	1370	42	7	11	24
Turkey Chili - Cup (w/ corn bread)	240	80	9	3.5	0.2	40	810	27	4	7	13
<b>SALADS (w/o breadstick)</b>	<b>Calories (kcal)</b>	<b>Calories from Fat</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
3rd Street (w/ dressing)	1160	910	100	27	0	150	2710	41	8	20	43
Apple Harvest (w/ dressing) (select locations)	980	530	59	11	0	85	1950	93	18	47	32
Asian Chopped (w/ dressing)	690	320	35	6	0	75	1500	58	11	12	30
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
House Garden (no dressing)	100	35	4	1	0	0	190	15	3	4	3
Mediterranean Salmon (w/ dressing)	610	382	42	9	0	120	820	16	5	8	44
Santa Fe Chicken - Crispy (w/ dressing)	1480	820	91	24	0.5	165	2820	94	4	10	59
Santa Fe Chicken - Grilled (w/ dressing)	1090	740	83	23	0	155	1820	46	6	9	44
Side Caesar (w/ dressing)	310	230	25	5	0	15	620	17	3	3	6
Summer Berry (w/ dressing) (select locations)	990	630	69	9	0	1516	1520	69	14	20	32
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
<b>DRESSINGS</b>	<b>Calories (kcal)</b>	<b>Calories from Fat</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
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
<b>SANDWICHES (w/o fries)</b>	<b>Calories (kcal)</b>	<b>Calories from Fat</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
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
Crispy Cod BLT (select locations)	1390	900	100	19	0	125	2620	80	1	13	36
Garden Turkey Ciabatta (select locations)	450	130	14	3	0	60	1830	53	6	4	38
Ham & Pesto Ciabatta (select locations)	570	230	26	7	0	80	2230	557	3	11	33
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
Smokehouse Chicken	1010	500	56	16	0	120	2590	76	4	18	42
Stacked-To-The Max Club	1000	480	53	19	0	135	2720	85	11	20	51
T M C (w/side baby greens salad)	920	480	53	12	0	100	2440	79	10	18	44
<b>BURGERS (w/o fries)</b>	<b>Calories (kcal)</b>	<b>Calories from Fat</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Big Easy	1320	870	96	11	3.5	220	1710	57	1	10	55
Black Pepper Bacon Sriracha (select locations)	1280	800	89	11	3.5	220	1675	59	2	15	57
Bodacious Bacon	1230	750	83	9	3.5	215	1480	59	1	17	58
Chipotle Black Bean (w/side baby greens salad)	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
Crab & Swiss (select locations)	1170	646	72	5	3.5	250	2180	52	1	9	74

French Onion	1140	730	81	6	3.5	195	1960	57	2	8	51
Garbage	1680	1130	126	30	3.5	305	2090	61	4	16	74
Good Morning Sunshine (select locations)	1750	930	103	14	3.5	465	1810	136	0	19	64
Goat Cheese & Bacon (select locations)	1270	830	92	11	3.5	225	1110	52	1	11	57
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
<b>CHOICE PLATES</b>	<b>Calories (kcal)</b>	<b>Calories from Fat</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Balsamic Glazed Chicken	1150	600	66	11	0	1065	2820	92	12	25	55
Bourbon BBQ Chicken (no side)	1280	736	82	22	0	205	3660	69	9	20	57
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
Erma's Meatloaf (no side)	1060	623	70	28	3	300	3040	39	1	16	55
Hand-Breaded Chicken Tenders (w/ fries)	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
Kalbi Fajita Tacos	1300	590	66	17	0	165	5280	126	14	22	60
Laredo Steak (w/ side garden salad & breadstick, w/o dressing)	1340	630	70	31	0	170	1260	121	12	9	62
Mediterranean Tacos	1310	560	62	17	0	115	2620	159	15	20	52
N'Awlins Shrimp & Rice (no side)	590	293	33	19	0	619	740	34	3	3	38
New England Fish & Chips (w/ fries)	1570	770	85	13	0	130	4320	145	8	18	47
Sriracha Chicken Pasta (w/ breadstick)	1520	760	85	34	0	215	2820	127	10	15	62
<b>SIDE DISHES &amp; MISC</b>	<b>Calories (kcal)</b>	<b>Calories from Fat</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Applesauce	170	5	0.5	0	0	0	10	45	3	37	0

Creamy Coleslaw	160	110	12	2	0	10	270	14	2	10	1
Crisp Onion Rings	310	140	15	2	0	0	950	40	2	10	3
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
Grilled Asparagus	40	20	2	0	0	0	60	4	2	2	2
Mashed Potatoes	260	100	11	0	0	0	650	36	3	2	5
Oven-Baked Potato (plain)	220	2	0.2	0	0	0	10	51	4	2	6
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
<b>COMBOS</b>	<b>Calories (kcal)</b>	<b>Calories from Fat</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
3 Course Combo - Caesar	310	230	25	5	0	15	620	17	3	3	6
3 Course Combo - Cheeseburger (w/ fries, no cookie)	1410	790	88	8	3.5	40	940	99	5	9	56
3 Course Combo - Cookie (Chocolate Chip)	270	100	12	1	0.3	20	160	38	2	22	3
3 Course Combo - Cookie (Oatmeal Raisin)	220	80	9	3	0	0	220	35	2	19	3
3 Course Combo - Cookie (Snickerdoodle)	300	120	13	5	0	0	260	44	0	21	3
3 Course Combo - Cookie (White Chocolate Macadamia Nut)	290	160	17	9	0.4	35	140	32	1	21	3
3 Course Combo - House Salad (no dressing)	100	35	4	1	0	0	190	15	3	4	3
3 Course Combo - Tortilla Burger (w/ fries, no cookie)	1630	910	100	14	3.5	165	2820	112	6	21	66
3 Course Combo - Tortilla Soup (Cup)	190	90	10	4.5	0	25	940	14	0	18	9
3 Course Combo - Turkey Chili (Cup)	240	80	9	3.5	0.2	40	810	27	4	7	13
Dynamic Duo - 1/2 Max's Club	500	240	27	9	0	65	1360	42	6	10	26
Dynamic Duo - 1/2 Reuben	530	260	29	11	0	100	1730	42	5	7	25
Dynamic Duo - 1/2 TMC	460	240	27	5	60	50	1220	40	5	9	22
Dynamic Duo - Caesar	310	230	25	5	0	15	620	17	3	3	6
Dynamic Duo - Garlic Breadstick	160	50	6	1.5	0	0	290	23	1	1	4
Dynamic Duo - House Salad (no dressing)	100	35	4	1	0	0	190	15	3	4	3
Dynamic Duo - Tortilla Soup (Bowl)	330	130	15	8	0	50	1880	28	0	36	18
Dynanuc Duo - Baked Potato	220	2	0.2	0	0	0	10	51	4	2	6
<b>FALL WINTER LTO</b>	<b>Calories (kcal)</b>	<b>Calories from Fat</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Maxed Out Fries - Cheesy Bacon	1190	790	89	34	0	130	2200	63	5	1	38
Maxed Out Fries - Chicken Parmesan	1400	670	74	29	0	175	3640	113	6	13	60
Maxed Out Fries - Chili Cheese	1100	670	74	30	0.1	125	2290	73	7	4	40
Turkey Chili - Bowl (w/ corn bread)	390	130	15	6	0.5	75	1370	42	7	11	24
Turkey Chili - Cup (w/ corn bread)	240	80	9	3.5	0.2	40	810	27	4	7	13
Apple Harvest Salad (w/ dressing)	1310	770	85	15	0	85	2230	113	17	46	35
Mac & Cheese - Classic	1050	540	60	36	0	180	1670	83	3	9	45
Mac & Cheese - BBQ Pulled Pork	1670	840	93	45	0	295	4640	123		29	80
Mac & Cheese - Buffalo Tender	1830	700	78	41	0	310	5630	171	5	14	103
Mac & Cheese -Grilled Veggie	1100	550	61	36	0	180	1700	92	6	12	48
Cookie - Oatmeal Raisin	220	80	9	3	0	0	220	35	2	19	3
Cookies - Oatmeal Raisin (1/2 Dozen)	1320	490	54	18	0	0	1330	210	12	114	18
<b>DESSERTS</b>	<b>Calories (kcal)</b>	<b>Calories from Fat</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>

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 - Oatmeal Raisin	220	80	9	3	0	0	220	35	2	19	3
Cookie - Snickerdoodle	300	120	13	5	0	0	260	44	0	21	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 - Oatmeal Raisin (1/2 Dozen)	1320	490	54	18	0	0	1330	210	12	114	18
Cookies - Snickerdoodle (1/2 Dozen)	1810	700	78	30	0	0	1560	26	1	122	18
Cookies - White Chocolate Macadamia Nut (1/2 Dozen)	1750	940	104	54	2	220	840	194	6	123	19
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 Bar - Ice Cream Only	440	200	22	0	0	95	140	53	0	41	9
Sundae Bar - Topping - Caramel	30	5	0.6	0.2	0	0	20	5	0	5	0
Sundae Bar - Topping - Chocolate Chip Cookie Crumbles	70	27	3	0.2	0.1	10	40	10	0	5	1
Sundae Bar - Topping - Fudge	90	20	2	1	0	2	90	16	1	8	1
Sundae Bar - Topping - Granola	30	5	0.5	0	0	0	30	6	0	2	1
Sundae Bar - Topping - Jelly Beans	30	0	0	0	0	0	2	7	0	6	0
Sundae Bar - Topping - M&Ms	40	15	2	1	0	0	10	5	0	4	0
Sundae Bar - Topping - Maraschino Cherry	10	0	0	0	0	0	0	2	0	2	0
Sundae Bar - Topping - Oreo Crumbles	30	15	1.5	0.5	0	0	40	5	0	3	0
Sundae Bar - Topping - Rainbow Sprinkles	30	15	2	0	0	0	0	5	0	3	0
Sundae Bar - Topping - Strawberry	10	0	0	0	0	0	2	3	0	3	0
Sundae Bar - Topping - Whipped Cream	20	15	1.5	1	0	5	10	1	0	1	0
<b>KIDS</b>	<b>Calories (kcal)</b>	<b>Calories from Fat</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
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 - Grilled Asparagus	40	20	2	0	0	0	70	4	2	2	2
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 - Beetjuice (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	30	6	0	2	1
Sundae Bar - Topping - Jelly Beans	30	0	0	0	0	0	2	7	0	6	0
Sundae Bar - Topping - M&Ms	40	15	2	1	0	0	10	5	0	4	0
Sundae Bar - Topping - Maraschino Cherry	10	0	0	0	0	0	0	2	0	2	0
Sundae Bar - Topping - Oreo Crumbles	30	15	1.5	0.5	0	0	40	5	0	3	0
Sundae Bar - Topping - Rainbow Sprinkles	30	15	2	0	0	0	0	5	0	3	0
Sundae Bar - Topping - Strawberry	10	0	0	0	0	0	2	3	0	3	0
Sundae Bar - Topping - Whipped Cream	20	15	1.5	1	0	5	10	1	0	1	0
<b>SPECIALTY COCKTAILS</b>	<b>Calories (kcal)</b>	<b>Calories from Fat</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
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
Ginger Cooler	220	0	0	0	0	0	3	14	0	10	0
Lynchburg Lemonade	290	1	0.1	0	0	0	10	20	1	12	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
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
Rum Punch Lemonade	190	0	0	0	0	0	10	22	0	21	0
Signature Rita	410	0	0	0	0	0	40	52	0	40	0
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	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
<b>BEER</b>	<b>Calories (kcal)</b>	<b>Calories from Fat</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
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
Goose Island IPA Draft (16 oz)	270	0	0	0	0	0	0	28	0	0	0
Goose Island 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	0	52	0	0	1
Sam Adams Lager Draft (23 oz)	310	0	0	0	0	0	0	0	75	0	0	2
<b>WINE</b>	<b>Calories (kcal)</b>	<b>Calories from Fat</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	
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	
Guenoc Pinot Grigio (6 oz)	130	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	
Lost Angel Cabernet Sauvignon (6 oz)	130	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	
Sebastiani Cabernet Sauvignon (6 oz)	130	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	
Three Rivers Red Blend (6 oz)	140	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	
<b>NA BEVERAGES</b>	<b>Calories (kcal)</b>	<b>Calories from Fat</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	
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	
IBC Root Beer Bottle	160	0	0	0	0	0	60	21	0	20	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	
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	