

Menu Item	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	ALLERGENS
BONELESS WING PLATTER													
Boneless Wings - Mild	5 wings & 1 celery	260	110	12	2.5	0	45	1470	17	0	0	16	wheat, egg, milk, soy, fish (anchovy)
Boneless wings - Medium	5 wings & 1 celery	260	110	12	2.5	0	45	2000	17	0	0	16	wheat, egg, milk, soy, fish (anchovy)
Boneless Wings - Hot	5 wings & 1 celery	260	110	12	2.5	0	45	2100	17	0	0	16	wheat, egg, milk, soy, fish (anchovy)
Boneless Wings - Atomic	5 wings & 1 celery	300	110	12	2.5	0	45	2890	15	0	0	16	wheat, egg, milk, soy
Boneless Wings - Sweet Thai Chili	5 wings & 1 celery	400	110	12	2.5	0	45	1600	53	0	34	16	wheat, egg, milk, soy
Boneless Wings - Spicy Garlic	5 wings & 1 celery	280	140	15	3	0	45	1520	16	1	0	16	wheat, egg, milk, soy
Boneless Wings- Buffalo	5 wings & 1 celery	360	210	24	4.5	0	45	1540	17	0	0	16	wheat, egg, milk, soy, fish (anchovy)
Boneless Wings- Sweet Jalapeno	5 wings & 1 celery	350	120	13	2.5	0	45	1320	39	1	19	16	wheat, egg, milk, soy
Boneless Wings - Teriyaki	5 wings & 1 celery	380	110	12	2.5	0	45	2120	48	0	29	17	wheat, egg, milk, soy
Boneless Wings - Honey BBQ	5 wings & 1 celery	380	110	12	2.5	0	45	1350	48	0	29	16	wheat, egg, milk, soy
Boneless Wings - Plain	5 wings & 1 celery	250	110	12	2.5	0	45	840	15	0	0	16	wheat, egg, milk, soy
Boneless Wings - Garlic Parm	5 wings & 1 celery	550	380	43	8	0	45	1850	23	0	2	18	wheat, egg, milk, soy
Boneless Wings - Kentucky Bourbon	5 wings & 1 celery	380	110	12	2.5	0	45	1450	46	0	27	16	wheat, egg, soy, milk
Boneless Wings - Lemon Pepper	5 wings & 1 celery	370	230	25	5	3.5	45	1610	17	1	0	16	wheat, egg, milk, soy
Boneless Wings - Blackened	5 wings & 1 celery	370	230	26	5	3.5	45	1470	17	1	0	16	wheat, egg, milk, soy
Boneless Wings - Nashville Hot	5 wings & 1 celery	390	240	26	5	3.5	45	1640	18	1	1	16	wheat, egg, milk, soy
TRADITIONAL WING PLATTER													
Traditional Wings - Mild	5 wings & 1 celery	380	260	29	7	0	105	510	2	0	0	26	fish (anchovy)
Traditional Wings - Medium	5 wings & 1 celery	380	260	29	7	0	105	840	2	0	0	26	fish (anchovy)
Traditional Wings - Hot	5 wings & 1 celery	380	260	29	7	0	105	900	2	0	0	26	fish (anchovy)
Traditional Wings - Atomic	5 wings & 1 celery	410	260	29	7	0	105	1410	1	0	0	26	none
Traditional Wings - Sweet Thai chili	5 wings & 1 celery	470	260	29	7	0	105	590	25	0	22	26	milk, soy, wheat
Traditional Wings - Spicy Garlic	5 wings & 1 celery	400	280	31	8	0	105	540	1	1	0	26	milk
Traditional Wings - Buffalo	5 wings & 1 celery	450	330	37	9	0	105	560	2	0	0	26	fish (anchovy), milk
Traditional Wings - Sweet Jalapeno	5 wings & 1 celery	440	270	30	8	0	105	420	16	1	12	26	soy
Traditional Wings - Teriyaki	5 wings & 1 celery	460	270	29	7	0	105	920	21	0	18	27	wheat, soy
Traditional Wings - Honey BBQ	5 wings & 1 celery	460	260	29	7	0	105	440	21	0	18	26	none
Traditional Wings - Plain	5 wings & 1 celery	380	260	29	7	0	105	115	1	0	0	26	none
Traditional Wings - Garlic Parm	5 wings & 1 celery	570	440	49	11	0	105	750	5	0	1	27	milk
Traditional Wings - Kentucky Bourbon	5 wings & 1 celery	460	260	29	7	0	105	500	20	0	17	26	none
Traditional Wings - Lemon Pepper	5 wings & 1 celery	500	380	43	10	3.5	105	880	2	1	0	26	milk, soy
Traditional Wings - Blackened	5 wings & 1 celery	500	380	43	10	3.5	105	740	2	1	0	26	milk, soy
Traditional Wings - Nashville Hot	5 wings & 1 celery	520	390	43	10	3.5	105	910	3	1	1	27	soy, milk
PARTY PLATTERS													
Chicken Tenders	1 tender	120	40	4.5	1	0	25	440	9	0	1	10	wheat, milk
Chips & Queso	1oz chips & 1oz queso	150	60	7	2.5	0	10	440	18	1	1	5	milk, soy
Chips & Salsa	1oz chips & 1oz salsa	100	20	2.5	0	0	0	360	17	1	1	2	none
Mozzarella Cheese Planks	1 plank	120	60	6	3	0	15	360	10	0	1	5	wheat, milk, egg
Pub Chips	1oz chips	60	40	4	0.5	0	0	360	5	0	0	0	none
Quesadillas-Cheese	1 piece	120	60	7	4	0	20	240	9	0	0	6	wheat, milk
Quesadillas-Chicken	1 piece	140	60	7	4	0	30	330	9	0	0	9	wheat, milk
Quesadillas-Steak	1 piece	170	90	10	5	0	35	460	9	0	0	11	wheat, milk

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SANDWICH PLATTERS													
California Turkey Melt Platter	1 cut piece	220	100	11	4.5	1	35	520	16	1	1	15	wheat, egg, milk, soy
Cheeseburger Wrap Platter	1 cut piece	280	160	17	7	0	35	1070	19	1	0	11	wheat, egg, milk, soy
Chicken Wrap Platter	1 cut piece	250	140	15	4.5	1	30	560	19	1	1	10	wheat, milk, egg
Club Wrap Platter	1 cut piece	280	140	16	5	0	45	770	19	1	1	15	wheat, milk, egg
Cuban Sandwich Platter	1 cut piece	240	120	14	5	0	35	740	17	1	3	13	wheat, milk, egg
DELI SANDWICH PLATTER													
Hoagie Roll	1 roll	210	20	2	1	0	0	580	42	2	2	8	wheat
Rye Bread	2 slices	240	20	2	0	0	0	560	50	4	4	8	wheat, soy
Sourdough Bread	2 slices	240	30	3	1	0	0	480	46	1	4	8	wheat, soy
Brioche Slider Bun	1 bun	100	15	1.5	1	0	0	150	18	0	3	3	wheat, milk, soy
American Cheese	1 slice	50	40	4.5	2.5	0	15	260	0	0	0	3	milk, soy
Swiss Cheese	1 slice	90	60	7	5	0	20	40	0	0	0	6	milk
Provolone Cheese	1 slice	100	70	8	4	0	20	240	0	0	0	7	milk
Turkey Slices	2oz	60	4.5	0.5	0	0	35	380	0	0	0	13	none
Ham Slices	2oz	70	25	2.5	1	0	25	540	2	0	2	10	none
Prime Rib Slices	2oz	80	30	3.5	1.5	0	25	140	0	0	0	10	soy
Shredded Lettuce	1oz	0	0	0	0	0	0	0	0	0	0	0	none
Tomato	1 slice	5	0	0	0	0	0	0	1	0	1	0	none
Red Onion	1 slice	5	0	0	0	0	0	0	2	0	1	0	none
Pickle Chips	2 chips	0	0	0	0	0	0	115	0	0	0	0	none
Mayonnaise	0.5oz	100	100	11	1.5	0	10	70	0	0	0	0	egg
Yellow Mustard	0.5oz	10	5	0.5	0	0	0	170	1	1	0	1	none
SALADS & LIGHTER SIDE													
Caesar Salad-Large (no dressing)	1/7 of salad	130	40	5	1.5	0	10	320	16	3	1	7	milk, wheat
Caesar Salad-Large (tossed with dressing)	1/7 of salad	330	230	26	6	0	30	870	18	3	2	9	milk, wheat, fish, soy
Chef Salad-Large (no dressing)	1/7 of salad	200	80	9	4.5	0	65	860	7	2	5	22	milk
Garden Salad-Large (no dressing)	1/7 of salad	130	50	5	2	0	15	250	16	2	4	7	wheat, milk
Mediterranean Salad-Large (no dressing)	1/7 of salad	140	70	8	3	0	15	1010	11	4	3	6	milk
Add Chicken to Salads	2oz	35	10	1	0	0	20	70	0	0	0	7	none
<i>*Dressing options are in Sauces, Dips and Condiments section below.</i>													
O' BRADY RICE BOWLS													
Chicken Rice Bowl	1/5 of bowl	950	530	60	13	3	95	1910	73	5	5	30	milk, soy, egg
Steak Rice Bowl	1/5 of bowl	1070	620	70	17	3	115	2480	73	5	0	35	milk, soy, egg
Veggie Rice Bowl	1/5 of bowl	960	560	63	13	3	60	1800	79	8	7	20	milk, soy, egg
Shrimp Bowl	1/5 of bowl	1000	558	63	13	3	140	2270	79	5	7	29	milk, egg, soy, shellfish
FAJITAS													
Chicken Fajitas	1/7 of platter	590	250	28	11	0	75	2220	52	5	4	34	wheat, milk
Steak Fajitas	1/7 of platter	720	350	40	16	0	95	2570	52	5	4	39	wheat, milk
Shrimp Fajitas	1/7 of platter	580	260	30	10	0	75	2300	52	5	4	32	Wheat, milk, shellfish
<i>*Fajita data does not include sour cream and salsa served on side.</i>													

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TACO BAR													
Chicken Taco Bar	1/7 of platter	700	230	25	10	0	75	1670	85	6	1	35	wheat, milk
Steak Taco Bar	1/7 of platter	800	300	34	14	0	90	1990	85	6	1	39	wheat, milk
Shrimp Taco Bar	1/7 of platter	690	260	26	11	0	75	1850	85	6	1	32	Wheat, milk, shellfish
<i>*Taco data does not include poblano sauce and salsa served on side.</i>													
BOX LUNCHES													
Box Lunch-Club Wrap	1 wrap	850	420	47	14	0	135	2300	57	3	4	46	wheat, milk, egg
Add Side of Ranch Dressing	1.5oz	160	150	16	3	0	15	340	1	0	1	1	milk, egg
Box Lunch-Grilled Chicken Wrap	1 wrap	760	410	45	14	0	95	1670	56	3	2	31	wheat, milk, egg
Box Lunch-Ham & Cheese Sandwich	1 sandwich	490	160	17	9	0	90	2430	47	2	7	38	milk, soy, wheat
Box Lunch-Roast Beef & Cheese Sandwich	1 sandwich	610	240	27	13	0	105	1400	42	2	2	47	milk, soy, wheat
Box Lunch-Turkey & Cheese Sandwich	1 sandwich	530	160	17	11	0	130	1610	42	2	2	53	milk, wheat
Rice Krispie Treat	1 mini	45	10	1	0	0	0	55	9	0	4	0	milk, soy
Coleslaw	4oz	150	90	10	1.5	0	10	260	13	2	10	1	egg
SIDE ITEMS													
Broccoli	1/5 of dish	40	0	0	0	0	0	25	6	3	2	3	none
Coleslaw	1/7 of dish	170	100	11	2	0	10	300	15	2	12	1	egg
Rice	1/7 of dish	210	60	6	1	1.5	0	410	34	1	0	4	milk, soy
DESSERTS													
Banana Pudding	1/13 of dish	370	90	10	8	0	0	420	65	1	40	1	wheat, milk, soy, egg
Chocolate Pudding	1/13 of dish	410	170	18	3.5	6	0	290	60	0	44	4	wheat, milk, soy
Funnel Fries	1/5 of dish	400	170	19	6	0	40	340	54	0	22	4	wheat, milk, soy, egg
BEVERAGES													
Unsweetened Iced Tea	12 fl oz	0	0	0	0	0	0	0	0	0	0	0	none
Sweetened Iced Tea	12 fl oz	150	0	0	0	0	0	0	38	0	38	0	none
Lemonade	12 fl oz	170	0	0	0	0	0	20	43	0	42	0	none
SAUCES, DIPS, CONDIMENTS ON SIDE													
Sweet Baby Ray's BBQ Sauce	0.5 fl oz	35	0	0	0	0	0	150	9	0	8	0	none
Honey Mustard	0.5 fl oz	70	50	6	1	0	5	65	4	0	4	0	egg
Poblano Sauce	0.5 fl oz	70	70	8	1	0	5	105	0	0	0	0	egg
Ranch Dressing	0.5 fl oz	60	50	6	1	0	5	115	1	0	1	1	milk, egg
Blue Cheese Dressing	0.5 fl oz	70	70	8	1.5	0	10	120	1	0	1	1	milk, egg
Cocktail Sauce	0.5 fl oz	10	0	0	0	0	0	190	3	0	2	0	fish
Spicy Dipping Sauce	0.5 fl oz	50	45	5	1	0	5	135	2	0	2	0	egg
Marinara Sauce	0.5 fl oz	10	4.5	0.5	0	0	0	65	1	0	1	0	none
Sour Cream	0.5 fl oz	30	25	2.5	2	0	10	10	1	0	0	1	milk
Salsa	0.5 fl oz	0	0	0	0	0	0	65	0	0	0	0	none
Greek Vinaigrette Dressing	0.5 fl oz	45	40	4.5	1	0	0	130	1	0	1	1	milk
1000 Island Dressing	0.5 fl oz	70	50	6	1	0	5	120	3	0	2	0	egg
Caesar Dressing	0.5 fl oz	60	50	6	1	0	5	160	0	0	0	1	milk, egg, soy, fish
Balsamic Vinaigrette Dressing	0.5 fl oz	30	25	2.5	0.5	0	0	95	2	0	2	0	none
Fat-free Ranch Dressing	0.5 fl oz	15	0	0	0	0	0	180	4	0	2	0	milk
Light Italian Dressing	0.5 fl oz	10	0	0	0	0	0	125	2	0	1	0	none