



The Nutritional Guide can also be found on www.beefobradys.com

Menu Item	Serving Size	The Nutritional Guide can also be found on www.beefobradys.com											ALLERGENS
		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)	
STARTERS													
Basket of Straight Fries	1 serving	710	300	33	7	0	0	1880	100	8	0	8	none
Basket of Curly Fries	1 serving	750	410	45	7	0	0	1680	84	8	0	8	none
Basket of Fries w/ Queso Added	1 serving	880	410	45	14	1	30	2490	106	8	2	16	milk, soy
Basket of Fries w/ Cheese Added	1 serving	920	440	49	17	0	60	2230	100	8	0	22	milk
Beer Battered Onion Rings	1 serving	1270	710	79	15	0.5	25	2330	127	10	28	10	milk, wheat
Cheesy Bacon Pub Chips	1 serving	1260	890	99	30	0	155	5790	64	4	2	31	milk, egg
Buffalo Chicken Dip	1 serving	1080	430	48	20	0	105	3900	121	6	8	41	milk, egg, soy
Spinach Artichoke Dip	1 serving	1020	410	46	17	0	45	3070	121	9	13	33	milk, soy
Chips & Salsa	1 serving	590	130	15	1.5	0	0	2180	103	8	3	13	none
Combo Appetizer	1 serving	1560	700	77	29	0.5	180	3950	143	8	13	69	milk, wheat, egg
add Honey Mustard Sauce	1.5 fl oz	210	160	18	3	0	10	195	12	0	11	0	egg
add Marinara Sauce	1.5 fl oz	30	10	1.5	0	0	0	200	4	1	2	1	none
add Spicy Dipping Sauce	1.5 fl oz	150	130	14	2.5	0	15	400	7	0	5	1	egg
add Salsa	1.5 fl oz	5	0	0	0	0	0	200	1	0	1	0	none
Boom Boom Shrimp	1 serving	940	580	65	9	0	200	2750	65	4	11	23	shellfish, egg, soy, wheat, milk
Fried Mozzarella	1 serving	730	350	39	17	1	90	2340	64	3	8	30	milk, wheat, egg
Fried Pickles	1 serving	550	290	33	6	0	20	5290	54	2	4	8	milk, wheat, egg
Nachos - Chicken	1 serving	1130	470	53	23	1.5	140	3940	117	8	6	48	milk, soy
Nachos - Steak	1 serving	1350	620	69	30	1.5	185	4760	117	8	6	63	milk, soy
Quesadilla- Cheese	1 serving	810	420	47	29	0	150	1650	55	3	1	38	wheat, milk
Quesadilla- Chicken	1 serving	890	440	49	29	0	190	2160	57	3	2	52	wheat, milk
Quesadilla- Steak	1 serving	1100	580	65	36	0	235	2980	57	3	2	67	wheat, milk
Queso Dip & Chips	1 serving	900	350	39	16	1.5	60	2750	110	0	7	30	milk, soy
BONELESS WINGS													
Boneless Plain (No Sauce) Wings	6 wings	320	110	12	1.5	0	70	1440	4	0	0	25	Wheat, milk
	10 wings	540	180	20	2.5	0	115	2390	6	0	0	41	Wheat, milk
	15 wings	800	270	30	4	0	175	3590	9	0	0	61	Wheat, milk
	20 wings	1070	360	40	5	0	235	4790	12	0	0	82	Wheat, milk
Boneless Wing Baskets (includes fries & coleslaw)													
Boneless Plain (No Sauce) Wing Basket	1 basket / 8 wings	930	380	42	7	0	100	3120	68	6	10	38	Wheat, milk, egg
Add Ranch Dressing to Boneless Wings	1.5 fl oz	160	140	16	3	0	15	340	1	0	1	1	Milk, egg
Add Blue Cheese Dressing to Boneless Wings	1.5 fl oz	210	200	22	4.5	0	30	360	3	0	1	1	Milk, egg
Wing Sauces to Add to BONELESS Wings:													
Add Mild Wing Sauce	Per 2 wings	5	0	0	0	0	0	240	1	0	0	0	None
Add Medium Wing Sauce	Per 2 wings	5	0	0	0	0	0	400	1	0	0	0	None
Add Hot Wing Sauce	Per 2 wings	5	0	0	0	0	0	430	1	0	0	0	None
Add Boom Boom Wing Sauce	Per 2 wings	130	110	13	2	0	10	200	2	0	1	0	Eggs
Add Atomic Wing Sauce	Per 2 wings	20	0	0	0	0	0	810	0	0	0	0	None
Add Sweet Red Chili Wing Sauce	Per 2 wings	60	0	0	0	0	0	300	15	0	13	0	Wheat, milk, soy
Add Spicy Garlic Wing Sauce	Per 2 wings	35	30	3.5	0	0	0	680	1	0	1	0	None
Add Signature Buffalo Wing Sauce	Per 2 wings	45	40	4.5	0	0	0	240	1	0	0	0	None
Add Sweet Jalapeno Wing Sauce	Per 2 wings	35	5	0	0	0	0	160	9	0	7	0	None
Add Teriyaki Wing Sauce	Per 2 wings	35	0	0	0	0	0	310	9	0	8	1	Wheat, soy
Add Honey BBQ Wing Sauce	Per 2 wings	50	0	0	0	0	0	220	13	0	12	0	None
Add Kentucky Bourbon Wing Sauce	Per 2 wings	50	0	0	0	0	0	240	12	0	10	0	None
Add Garlic Parmesan Sauce	Per 2 wings	60	55	6	0.5	0	0	340	1	0	0	0	Milk, soy
Add Nashville Hot dry rub	Per 2 wings	70	70	8	1.5	2	0	350	1	0	0	0	Milk, soy
Add Lemon Pepper dry rub	Per 2 wings	70	65	7	1.5	2	0	340	1	0	0	0	Milk, soy
Add Blackening dry rub	Per 2 wings	70	65	7	1.5	2	0	280	1	0	0	0	Milk, soy



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Dressings to Add:													
add celery (5 pieces)	5 pieces	15	0	0	0	0	0	70	3	1	1	1	None
Add Ranch Dressing	1.5 fl oz	160	140	16	3	0	15	340	1	0	1	1	Milk, egg
Add Blue Cheese Dressing	1.5 fl oz	210	200	22	4.5	0	30	360	3	0	1	1	Milk, egg
TRADITIONAL WINGS													
Traditional Plain (No Sauce) Wings	6 wings	520	350	39	11	0	280	210	0	0	0	45	None
	10 wings	860	580	65	18	0	470	360	0	0	0	75	None
	15 wings	1300	870	97	28	0	705	530	0	0	0	113	None
	20 wings	1730	1170	130	37	0	940	710	0	0	0	150	None
Traditional Wing Baskets (includes fries & coleslaw)													
Traditional Plain (No Sauce) Wing Basket	1 basket/ 8 wings	1190	700	78	20	0	385	1490	63	6	10	65	Egg
Add Ranch Dressing to Traditional Wings	1.5 fl oz	160	140	16	3	0	15	340	1	0	1	1	Milk, egg
Add Blue Cheese Dressing to Traditional Wings	1.5 fl oz	210	200	22	4.5	0	30	360	3	0	1	1	Milk, egg
Wing Sauces to Add to Traditional Wings:													
Add Mild Wing Sauce	Per 2 wings	5	0	0	0	0	0	160	1	0	0	0	None
Add Medium Wing Sauce	Per 2 wings	5	0	0	0	0	0	270	1	0	0	0	None
Add Hot Wing Sauce	Per 2 wings	5	0	0	0	0	0	290	1	0	0	0	None
Add Atomic Wing Sauce	Per 2 wings	15	0	0	0	0	0	540	0	0	0	0	None
Add Spicy Garlic Wing Sauce	Per 2 wings	20	20	2	0	0	0	450	0	0	0	0	None
Add Sweet Red Chili Wing Sauce	Per 2 wings	40	0	0	0	0	0	200	10	0	9	0	Wheat, milk, soy
Add Signature Buffalo Wing Sauce	Per 2 wings	30	25	3	0	0	0	160	1	0	0	0	None
Add Sweet Jalapeno Wing Sauce	Per 2 wings	25	0	0	0	0	0	105	6	0	4	0	None
Add Teriyaki Wing Sauce	Per 2 wings	20	0	0	0	0	0	200	6	0	5	0	Wheat, soy
Add Boom Boom Wing Sauce	Per 2 wings	80	80	8	1	0	5	135	1	0	1	0	Egg
Add Honey BBQ Wing Sauce	Per 2 wings	35	0	0	0	0	0	140	9	0	8	0	None
Add Kentucky Bourbon Wing Sauce	Per 2 wings	35	0	0	0	0	0	160	8	0	7	0	None
Add Garlic Parmesan Sauce	Per 2 wings	40	35	4	0	0	0	230	1	0	0	0	Milk, soy
Add Nashville Hot dry rub	Per 2 wings	70	70	8	1.5	2	0	350	1	0	0	0	Milk, soy
Add Lemon Pepper dry rub	Per 2 wings	70	65	7	1.5	2	0	340	1	0	0	0	Milk, soy
Add Blackening dry rub	Per 2 wings	70	65	7	1.5	2	0	280	1	0	0	0	Milk, soy
Dressings to Add:													
add celery (5 pieces)	5 pieces	15	0	0	0	0	0	70	3	1	1	1	None
Add Ranch Dressing	1.5 fl oz	160	140	16	3	0	15	340	1	0	1	1	Milk, egg
Add Blue Cheese Dressing	1.5 fl oz	210	200	22	4.5	0	30	360	3	0	1	1	Milk, egg
FRESH SALADS AND LIGHTER SIDE													
Lettuce Wraps-Chicken	1 serving	530	350	38	5	0	65	1110	27	5	13	19	egg, soy, wheat, seed or seed product
Add Zucchini Spears	8 each	160	120	14	2	0	0	390	7	2	4	2	none
Add Broccoli	4 oz (bw)	35	0	0	0	0	0	20	5	3	1	3	none
Lettuce Wraps-Shrimp	1 serving	510	290	33	5	3	90	1520	40	5	23	13	egg, soy, wheat, shellfish, seed or seed product
Add Zucchini Spears	8 each	160	120	14	2	0	0	390	7	2	4	2	none
Add Broccoli	4 oz (bw)	35	0	0	0	0	0	20	5	3	1	3	none
Mediterranean Salad chicken	1 salad (no dressing)	360	170	19	7	0	65	2460	20	6	6	25	milk
Salmon Mediterranean Salad	1 salad (no dressing)	670	380	42	11	0	135	3570	20	2	6	50	milk, fish
Add Greek Vinaigrette dressing	3 fl oz	270	240	27	4.5	0	0	780	3	0	3	3	milk
Chef Salad	1 salad (no dressing)	440	190	21	10	0	155	1990	13	3	9	49	milk
Santa Fe Salad	1 salad (no dressing)	690	270	30	14	0	95	1400	64	5	6	39	milk, wheat
Add Sour Cream	1.5 fl oz	90	60	7	5	0	30	20	1	0	0	1	milk
Add Salsa	1.5 fl oz	5	0	0	0	0	0	200	1	0	1	0	none
Add Poblano Sauce	1.5 fl oz	220	210	24	3	0	20	320	1	0	0	0	egg, seed or seed product
Grilled Chicken Salad	1 salad (no dressing)	340	100	11	5	0	75	1500	35	2	9	28	Milk



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Chicken Caesar Salad - Grilled	1 salad (with dressing)	700	450	50	12	1	100	2740	30	3	4	36	milk, wheat
Chicken Caesar Salad - Blackened	1 salad (with dressing)	700	450	50	12	1	100	2200	30	3	4	36	milk, wheat
Big Catch Salad Grilled w/ lemon pepper	1 salad (no dressing)	400	180	20	8	3	85	1400	15	5	10	40	fish, soy, milk
Big Catch Salad Blackened	1 salad (no dressing)	400	180	20	8	3	85	1300	15	5	10	40	fish, soy, milk
Lighter Side Grilled Shrimp	entrée w/ broccoli, rice	520	155	20	3	5	125	2160	70	4	2	22	shellfish, soy, milk
Add cocktail sauce	1.5 fl oz	35	0	0	0	0	0	560	8	1	7	1	fish
Lighter Side Grilled Chicken	entrée w/broccoli, rice	620	170	20	3	5	45	1800	85	4	2	24	Milk, soy
Add Sweet Baby Rays BBQ Sauce	1.5 fl oz	100	0	0	0	0	0	430	25	0	24	0	none
Buffalo Chicken Salad (no dressing)	1 salad	560	270	30	8	0	70	1870	43	4	2	31	wheat, egg, milk, soy, fish
Large Garden Salad	1 salad (no dressing)	280	100	12	5	0	30	560	32	3	7	14	wheat, milk
Black & Blue Steak Salad (no dressing)	1 salad	520	270	30	10	0	90	1510	24	4	8	39	wheat, milk
SALAD DRESSINGS													
Add Ranch dressing	3 fl oz	330	290	33	6	0	30	690	3	0	3	3	milk, egg
Add Blue Cheese dressing	3 fl oz	420	400	45	9	0	60	720	6	0	3	3	milk, egg
Add 1000 Island dressing	3 fl oz	390	320	36	6	0	15	720	15	0	9	0	egg
Add Honey Mustard dressing	3 fl oz	420	320	36	6	0	15	390	24	0	21	0	egg
Add Caesar dressing	3 fl oz	350	330	37	7	0.5	35	960	2	1	0	3	milk, egg, soy, fish
Add Creamy Poblano dressing	3 fl oz	390	400	45	7	0	30	840	3	0	0	0	egg
Add Balsamic Vinaigrette dressing	3 fl oz	180	130	15	1.5	0	0	570	12	0	12	0	none
Add Light Italian dressing	3 fl oz	50	0	0	0	0	0	740	10	0	6	0	none
Add Lite Raspberry Vinaigrette	3 fl oz	210	160	18	3	0	0	370	12	0	9	0	none
Add White Balsalmic Dressing	3 fl oz	390	330	36	6	0	0	450	15	0	12	0	none
Add Fat-Free Ranch dressing	3 fl oz	100	0	0	0	0	0	1100	26	2	10	0	milk
SANDWICHES													
Buffalo Chicken Sandwich	Sandwich with fries	1260	620	69	16	4	65	4090	127	7	10	32	wheat, milk, egg, soy, fish (anchovy)
Add Ranch dressing	1.5 fl oz	160	140	16	3	0	15	340	1	0	1	1	milk, egg
Cuban Sandwich	Sandwich with fries	1330	640	71	24	0	145	3880	120	7	10	54	wheat, milk, egg
Prime Rib Garlic Melt	Sandwich w/fries	1790	105	940	39	6	195	3720	118	7	6	84	wheat, milk, soy
Add Au Jus	6 fl oz	110	9	80	9	0	15	1290	6	0	0	0	wheat, soy
Prime Rib Sandwich	Sandwich w/fries	1520	82	740	29	3	160	3610	120	6	1	67	wheat, milk, soy, egg
Add Au Jus	6 fl oz	110	9	80	9	0	15	1290	6	0	0	0	wheat, soy
Prime Rib Watterson	Sandwich w/fries	1480	85	770	31	3	165	3050	106	9	6	69	wheat, milk, soy, egg
Philly Steak Sandwich	Sandwich with fries	1020	460	52	17	0	105	3200	100	8	6	46	wheat, milk, soy
Reuben	Sandwich with fries	1240	610	68	23	3	120	3070	109	12	7	47	wheat, egg, milk, soy
Turkey Reuben	Sandwich with fries	1170	510	57	18	3	135	3560	109	12	7	57	wheat, egg, milk, soy
Five Cheese Griller	Sandwich with fries	1380	855	95	30	12	85	2900	100	6	6	36	wheat, milk, soy
Add Bacon	2 slices	120	110	12	5	0	20	200	0	0	0	3	none
Add Ham	2.5 oz	90	30	3	2	0	30	670	3	0	3	13	none
California Turkey Melt	Sandwich with fries	1250	560	62	21	3	145	3010	113	9	3	64	wheat, milk, soy
WRAPS													
Buffalo Chicken Wrap	1 wrap w/fries	1040	420	47	14	0	60	3020	118	7	1	34	wheat, milk, egg, soy, fish (anchovy)
Add Blue Cheese dressing	1.5 fl oz	210	200	22	4.5	0	30	360	3	0	1	1	milk, egg
Grilled Buffalo Chicken Wrap	1 wrap w/fries	920	350	39	13	0	60	2490	106	7	1	36	milk, wheat, fish (anchovy)
Club Wrap	1 wrap w/fries	1200	570	63	18	0	135	3240	107	7	4	50	wheat, milk, egg
Add Ranch dressing	1.5 fl oz	160	140	16	3	0	15	340	1	0	1	1	milk, egg
Grilled Chicken Wrap	1 wrap w/fries	1120	550	62	17	0	95	2610	106	7	2	35	wheat, egg, milk
Add Ranch dressing	1.5 fl oz	160	140	16	3	0	15	340	1	0	1	1	milk, egg



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BURGERS													
BBQ Bacon Cheeseburger	1 burger w/ fries	1500	780	87	30	3.5	135	4390	139	8	42	41	milk, soy, wheat
'O' Brady Burger	1 burger w/ fries	1320	770	86	29	3.5	140	2510	92	7	10	46	milk, soy, wheat, egg, seed or seed product
OMG Burger	1 burger w/ fries	1790	1140	127	49	3.5	255	5950	94	7	9	68	milk, soy, wheat
Amarillo Firecracker Burger	1 burger w/ fries	1450	820	91	31	3.5	150	3860	115	7	19	42	milk, soy, wheat, egg, seed or seed product
Five Cheese Burger	1 sandwich w/fries	1810	1140	126	43	13	175	4850	110	6	7	60	wheat, milk, egg, soy
Cheeseburger Wrap	1 wrap w/fries	1190	620	69	23	0	110	4140	106	7	1	37	wheat, egg, milk, soy
Build Your Own Burger	1 burger w/ fries	1020	540	60	20	3.5	90	2920	90	6	7	31	milk, soy, wheat
Add Pepper Jack Cheese	2 slices	120	90	10	6	0	30	660	0	0	0	6	milk, soy
Add American Cheese	2 slices	100	80	9	5	0	25	510	0	0	0	5	milk, soy
Add Swiss Cheese	2 slices	170	1030	114	10	0	40	80	0	0	0	12	milk
Add Provolone Cheese	2 slices	200	140	16	8	0	40	480	0	0	0	14	milk
Add Gouda Cheese	2 slices	180	130	14	8	0	50	430	0	0	0	12	milk
Add Bacon	2 slices	120	110	12	4.5	0	20	200	0	0	0	3	none
Add Grilled Mushrooms	3 oz (bv)	5	0	0	0	0	0	0	1	0	1	1	none
Add Grilled Yellow Onions	3 oz (bv)	15	0	0	0	0	0	0	4	1	2	0	none
Add Queso Dip	2 oz (bv)	110	70	8	4.5	0.5	20	460	4	0	3	6	milk, soy
Add Jalapenos	2 oz (bv)	0	0	0	0	0	0	480	0	0	0	0	none
Add Blue Cheese crumbles	2 oz (bv)	100	72	8	5	0	20	380	0	0	0	6	milk, soy
ENTREES													
Chicken Fajitas	Entrée, tortillas & condiments	760	360	40	17	0	120	2890	61	7	7	38	milk, wheat
Shrimp Fajitas	Entrée, tortillas & condiments	950	530	60	21	6	230	3870	61	7	7	38	wheat, milk, soy, shellfish
Steak Fajitas	Entrée, tortillas & condiments	920	470	53	24	0	140	3290	61	7	7	45	milk, wheat
Fajitas - Duos (Chicken & Steak)	Entrée, tortillas & condiments	840	410	47	21	0	130	3090	61	7	7	42	wheat, milk
Fajitas - Duos (Chicken & Shrimp)	Entrée, tortillas & condiments	860	440	50	19	3	175	3380	61	7	7	38	wheat, milk, soy, shellfish
Fajitas - Duos (Steak & Shrimp)	Entrée, tortillas & condiments	930	500	56	22	3	185	3580	61	7	7	41	wheat, milk, soy, shellfish
Fajitas - Trio	Entrée, tortillas & condiments	980	510	58	23	3	210	4390	61	7	7	51	wheat, milk, soy, shellfish
Big Catch Dinner - Grilled Lemon Pepper	Entrée, rice & broccoli	850	420	46	9	12	60	2570	67	5	2	38	fish, soy, milk
Big Catch Dinner - Blackened	Entrée, rice & broccoli	850	420	47	9	12	60	2330	67	5	1	38	fish, soy, milk
Big Catch Dinner - Fried	Entrée, rice & broccoli	810	230	26	5	3	60	2720	102	6	1	41	fish, soy
Add Tartar Sauce	1.5 fl oz	190	160	18	3	0	20	270	6	0	0	0	egg
Cheesy Bacon Chicken	1 dinner	960	410	45	20	1.5	190	1830	70	5	4	64	milk, soy, egg
Add honey mustard dressing	1.5 oz (bv)	210	160	18	3	0	5	190	12	0	10	0	egg
Chicken Dinner - Grilled	Entrée, rice & broccoli	770	190	21	3	5	85	3280	102	4	2	39	Milk, soy
Chicken Dinner - Blackened	Entrée, rice & broccoli	770	190	21	3	5	85	3360	101	5	1	39	Milk, soy
Add Honey Mustard	1.5 fl oz	210	160	18	3	0	5	190	12	0	10	0	egg
Add Sweet Baby Rays BBQ Sauce	1.5 fl oz	100	0	0	0	0	0	430	25	0	24	0	none
Chicken Dinner - Nashville Hot	Entrée with rice & broccoli	770	190	21	4	5	85	3580	101	5	3	38	soy
Add on ranch dressing	1.5 fl oz	160	150	16	3	0	15	340	1	0	1	1	milk, egg
Add Sweet Baby Rays BBQ Sauce	1.5 fl oz	100	0	0	0	0	0	430	25	0	24	0	none
Cowboy Ribeye Steak (w/o side) with Side Caesar Salad	Entrée with salad	1170	720	81	25	3	300	2750	17	0	1	97	wheat, milk, egg, soy, fish
Cowboy Ribeye Steak (w/o side) with Side Garden Salad (no dressing)	Entrée with salad	1000	570	64	22	2	290	2160	17	2	3	94	wheat, milk
(1) Pork Chop (w/o side) with Side Caesar Salad	Entrée with salad	690	480	54	15	1	110	3090	17	3	1	35	wheat, milk, egg, soy, fish
(1) Pork Chop (w/o side) with Side Garden Salad (no dressing)	Entrée with salad	530	330	37	12	0	100	2500	18	2	4	32	wheat, milk
(2) Pork Chops (w/o side) with Side Caesar Salad	Entrée with salad	780	490	54	18	1	180	3690	17	3	1	57	wheat, milk, egg, soy, fish
(2) Pork Chops (w/o side) with Side Garden Salad (no dressing)	Entrée with salad	620	340	37	14	0	170	3100	18	2	4	53	wheat, milk
Sirloin Steak (w/o side) with Side Caesar Salad	Entrée with salad	650	410	46	12	0.5	110	2800	17	3	2	43	wheat, milk, egg, soy, fish
Sirloin Steak (w/o side) with Side Garden Salad (no dressing)	Entrée with salad	490	260	29	9	0	100	2220	19	2	5	40	wheat, milk
Salmon (w/o side) with Side Caesar Salad	Entrée with salad	750	480	53	12	0.5	145	2580	17	3	1	53	wheat, milk, egg, soy, fish
Salmon (w/o side) with Side Garden Salad (no dressing)	Entrée with salad	590	320	36	9	0	135	1990	18	2	4	49	fish, wheat, milk
Hand-Breaded Chicken Tender Basket	Basket with slaw and fries	970	400	45	9	0	85	3340	104	7	17	38	egg, wheat, milk
Add Honey Mustard	1.5 fl oz	210	160	18	3	0	5	190	12	0	10	0	egg
Add Sweet Baby Rays BBQ Sauce	1.5 fl oz	100	0	0	0	0	0	430	25	0	24	0	none
Chicken Tender Basket-Nashville Hot	Basket with slaw and fries	1200	600	66	14	6	105	4300	103	8	14	46	milk, egg, soy, wheat
Add Ranch dressing	1.5 fl oz	160	150	16	3	0	15	340	1	0	1	1	milk, egg



Menu Item	Serving Size	Nutritional Information											ALLERGENS
		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)	
Fish 'N' Chips Basket (includes tartar sauce)	Basket with slaw and fries	1280	740	82	15	0	90	2370	100	6	15	29	wheat, egg, fish
Fried Shrimp Basket (includes cocktail sauce)	Basket with slaw and fries	870	370	41	8	0	135	2620	98	7	22	25	wheat, egg, soy, fish, shellfish
Fried shrimp Basket- Nashville Hot	Basket with slaw and fries	1050	540	60	12	6	130	4010	107	9	14	24	shellfish, egg, soy, wheat, milk
Add cocktail sauce	1.5 fl oz	35	0	0	0	0	0	560	8	1	7	1	fish
Surf & Turf w/ sd caesar salad- Fried shrimp	entrée with salad	1150	590	65	17	3.5	170	4600	87	4	3	56	wheat, milk, egg, soy, fish, shellfish
Surf & Turf w/ sd garden salad- Fried Shrimp	entrée with salad	980	435	48	14	3	160	4010	88	6	5	53	wheat, milk, shellfish, soy, egg
Surf & Turf w/ sd caesar salad- Grilled shrimp	entrée with salad	1150	650	71	18	7	235	4990	9	4	2	60	wheat, milk, soy, shellfish, egg, fish
Surf & Turf w/ sd garden salad- Grilled Shrimp	entrée with salad	980	490	55	15	6	225	4400	69	6	4	56	wheat, milk, soy, shellfish
Shrimp Dinner - Grilled	Entrée, rice & broccoli	570	160	18	3	5	250	2230	68	4	2	34	shellfish, soy, milk
Shrimp Dinner - Blackened	Entrée, rice & broccoli	570	160	18	3	5	250	2310	67	4	1	35	shellfish, soy, milk
ADD-ONS													
Add-On Fried Shrimp	5 shrimp	160	45	5	0.5	0	60	730	20	1	1	9	shellfish, milk, soy, wheat, egg
Add-On Grilled Shrimp	8 shrimp	160	100	10	4	3	130	1130	2	0	0	13	shellfish, soy, milk
Add Cocktail Sauce	1.5 fl oz	35	0	0	0	0	0	560	8	1	7	1	fish, wheat, milk
TACOS & BOWLS													
Chicken Bowl (with rice)	1 bowl	1040	574	64	13	3	95	1940	79	5	7	33	milk, egg, soy
Steak Bowl (with rice)	1 bowl	1150	665	74	18	3	115	2500	79	5	7	38	milk, egg, soy
Veggie Bowl (with rice)	1 bowl	970	558	63	13	3	60	1800	79	5	7	20	milk, egg, soy
Shrimp Bowl (with rice)	1 bowl	1000	558	63	13	3	140	2270	79	5	7	29	milk, egg, soy, shellfish
Side Garden Salad (see SIDES section for dressings)	1 side salad (no dressing)	190	90	10	5	0	30	370	17	2	4	11	wheat, milk
Side Caesar Salad	1 side salad (with dressing)	350	240	27	8	0.5	40	960	15	2	1	14	egg, milk, fish (anchovy), soy, wheat
The Steak Burrito	1 burrito w/ chips & salsa	1580	780	87	25	1.5	145	4120	145	10	5	53	wheat, milk, egg, soy
Chicken Tacos Basket	2 tacos, chips & salsa	950	480	53	13	0	95	2420	86	7	3	34	egg, wheat, milk, egg
Fish Tacos Basket	2 tacos, chips & salsa	1020	510	57	13	0	85	2790	94	7	3	33	fish, milk, wheat, egg
Steak Tacos Basket	2 tacos, chips & salsa	1070	570	63	17	0	115	2980	86	7	3	39	egg, wheat, milk, egg
Shrimp Tacos Basket	2 tacos, chips & salsa	1020	560	62	14	3	130	2820	86	1	3	29	wheat, egg, milk, soy, shellfish
Chicken Taco Basket-Add a Taco	3 tacos, chips & salsa	1280	680	76	18	0	145	3080	102	8	4	48	egg, wheat, milk
Fish Taco Basket-Add a Taco	3 tacos, chips & salsa	1400	730	81	20	0	125	3870	119	8	4	47	fish, milk, wheat, egg
Steak Taco Basket-Add a Taco	3 tacos, chips & salsa	1460	820	91	25	0	170	3920	102	8	4	56	egg, wheat, milk
Shrimp Taco Basket -Add A Taco	3 tacos, chips & salsa	1430	857	95	22	6	185	3750	105	1	4	39	wheat, egg, milk, soy, shellfish
SIDES & Extras													
Baked Potato (plain)	1 potato	100	0	0	0	0	0	5	27	0	3	4	none
Add butter	1 oz (bv)	140	126	14	10	0	40	110	0	0	0	0	milk
Add sour cream	1.5 fl oz	90	60	7	5	0	30	20	1	0	0	1	milk
Side of Zucchini Spears	8 pieces	160	120	14	2	0	0	390	7	2	4	2	none
Side of Coleslaw	4 oz	150	90	10	1.5	0	10	260	13	2	10	1	egg
Side of Seasoned Rice	6 oz (bw)/ 8 oz (bv)	320	50	6	1	2	0	660	60	2	0	6	soy, milk
Side of Pub Chips	6 oz	340	220	25	3.5	0	0	2210	31	2	0	2	none
Side of Curly Fries	6 oz	380	200	23	3.5	0	0	840	42	4	0	4	none
Side of Fries	6 oz	360	150	17	3.5	0	0	940	50	4	0	4	none
Side of Broccoli	4 oz (bw)	35	0	0	0	0	0	20	5	3	1	3	none
Side Caesar Salad	1 side salad (with dressing)	350	240	27	8	0.5	40	960	15	2	1	14	egg, milk, fish (anchovy), soy, wheat
Side Garden Salad	1 side salad (no dressing)	190	90	10	5	0	30	370	17	2	4	11	wheat, milk
Add Ranch dressing	1.5 fl oz	160	140	16	3	0	15	340	1	0	1	1	milk, egg
Add Blue Cheese dressing	1.5 fl oz	210	190	22	4.5	0	30	360	3	0	1	1	milk, egg
Add 1000 Island dressing	1.5 fl oz	190	160	18	3	0	5	360	7	0	4	0	egg
Add Honey Mustard dressing	1.5 fl oz	210	160	18	3	0	5	190	12	0	10	0	egg
Add Caesar dressing	1.5 fl oz	170	160	18	3.5	0	15	480	1	0	0	2	milk, egg, soy, fish
Add Creamy Poblano dressing	1.5 fl oz	130	130	15	2.5	0	10	280	1	0	0	0	egg
Add Balsamic Vinaigrette dressing	1.5 fl oz	90	60	7	0.5	0	0	280	1	0	0	0	none
Add Light Italian dressing	1.5 fl oz	25	0	0	0	0	0	370	5	0	3	0	none
Add Fat-Free Ranch dressing	1.5 fl oz	50	0	0	0	0	0	550	13	1	5	0	milk
Add Lite Raspberry Vinaigrette	1.5 fl oz	100	80	9	1.5	0	0	190	6	0	4	0	none
Add White Balsalmic Dressing	1.5 fl oz	170	165	18	3	0	0	225	8	0	6	0	none
Add Greek Vinaigrette dressing	1.5 fl oz	135	120	14	2	0	0	390	2	0	2	2	milk
Side of Queso Dip	3 oz (bv)	170	110	12	7	1	30	680	6	0	3	9	milk, soy
Side of Fried Pickle Chips	4 oz	200	80	9	2	0	0	2470	26	1	1	3	milk, wheat
Side of Onion Rings	7 oz	480	220	25	5	0	0	760	57	4	9	4	milk, wheat
Add Spicy Dipping Sauce	1.5 oz (bv)	150	120	14	2.5	0	15	400	7	0	5	1	egg
Side of Guacamole	2 oz	80	70	8	1	0	0	170	6	4	1	1	none
SOUP & CHILI BOWLS													
Baja Chicken Enchilada Soup	8 fl oz & 2 packets crackers	300	140	16	6	0	55	1220	30	5	5	10	milk, soy, wheat
Beef & Black Bean Soup	8 fl oz & 2 packets crackers	200	20	3	0	0	10	1200	34	8	3	9	soy, wheat
Beef O'Brady's Chili	8 fl oz & 2 packets crackers	380	180	21	8	1	45	1150	31	5	7	17	wheat, soy
Boston Clam Chowder	8 fl oz & 2 packets crackers	270	100	12	4.5	0	25	1010	31	1	6	10	fish, milk, soy, wheat
Chicken & Dumplings Soup	8 fl oz & 2 packets crackers	230	90	11	2.5	0	40	1190	28	1	4	7	eggs, milk, soy, wheat



Menu Item	Serving Size												ALLERGENS
		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)	
Chicken Gumbo	8 fl oz & 2 packets crackers	140	40	5	1.5	0	15	1150	21	1	2	3	soy, wheat
Chicken Tortilla Soup	8 fl oz & 2 packets crackers	190	30	3.5	0	0	20	1040	31	7	1	7	soy, wheat
Country Vegetable with Beef Soup	8 fl oz & 2 packets crackers	210	30	3.5	1	0	10	1950	37	3	5	8	fish, soy, wheat
Cream of Broccoli Soup	8 fl oz & 2 packets crackers	180	60	7	3.5	0	15	1080	24	2	8	6	milk, soy, wheat
French Onion Soup	8 fl oz & 2 packets crackers	110	20	3	0	0	0	1180	19	2	1	3	soy, wheat
Italian-Style Wedding Soup	8 fl oz & 2 packets crackers	230	60	7	2.5	0	15	1370	31	2	2	8	egg, milk, wheat, soy
Lower Sodium Vegetarian Vegetable Soup	8 fl oz & 2 packets crackers	140	0	1	0	0	0	790	30	3	6	5	soy, wheat
Maryland Style Crab Soup	8 fl oz & 2 packets crackers	160	10	2	0	0	15	1590	29	2	5	6	fish, shellfish, milk, soy, wheat
Minestrone Soup	8 fl oz & 2 packets crackers	130	10	2	0	0	0	920	25	2	4	3	egg, milk, wheat, soy
Old-Fashioned Chicken Noodle Soup	8 fl oz & 2 packets crackers	190	30	4	0	0	40	1470	29	2	2	9	eggs, soy, wheat
Potato with Bacon Soup	8 fl oz & 2 packets crackers	250	90	10	4.5	0	20	1050	32	2	8	7	milk, soy, wheat
Tomato Basil Soup	8 fl oz & 2 packets crackers	270	130	15	7	0	40	1230	32	2	11	3	milk, soy, wheat
Wisconsin Cheese Soup	8 fl oz & 2 packets crackers	320	160	18	8	1	30	1010	31	0	14	8	milk, soy, wheat
SOUP & CHILI CUPS													
Baja Chicken Enchilada Soup	6 fl oz & 1 packet crackers	210	100	12	4.5	0	40	880	20	4	4	8	milk, soy, wheat
Beef & Black Bean Soup	6 fl oz & 1 packet crackers	130	10	2	0	0	5	860	23	6	2	7	soy, wheat
Beef O'Brady's Chili	6 fl oz & 1 packet crackers	280	130	15	6	1	35	820	21	4	5	13	wheat, soy
Boston Clam Chowder	6 fl oz & 1 packet crackers	190	80	9	3	0	20	720	21	1	5	7	fish, milk, soy, wheat
Chicken & Dumplings Soup	6 fl oz & 1 packet crackers	160	70	8	2	0	30	850	19	1	3	5	eggs, milk, soy, wheat
Chicken Gumbo	6 fl oz & 1 packet crackers	90	30	4	1	0	10	820	13	1	1	2	soy, wheat
Chicken Tortilla Soup	6 fl oz & 1 packet crackers	130	20	2.5	0	0	15	740	21	5	1	5	soy, wheat
Country Vegetable with Beef Soup	6 fl oz & 1 packet crackers	140	20	2.5	0.5	0	5	1420	25	2	4	6	fish, soy, wheat
Cream of Broccoli Soup	6 fl oz & 1 packet crackers	130	40	5	2.5	0	15	770	15	1	6	4	milk, soy, wheat
French Onion Soup	6 fl oz & 1 packet crackers	70	10	2	0	0	0	840	7	1	1	2	soy, wheat
Italian-Style Wedding Soup	6 fl oz & 1 packet crackers	160	40	4.5	2	0	10	990	21	1	1	6	egg, milk, wheat, soy
Lower Sodium Vegetarian Vegetable Soup	6 fl oz & 1 packet crackers	100	0	0.5	0	0	0	550	20	2	5	4	soy, wheat
Maryland Style Crab Soup	6 fl oz & 1 packet crackers	110	0	1	0	0	10	1150	19	1	4	5	fish, shellfish, milk, soy, wheat
Minestrone Soup	6 fl oz & 1 packet crackers	80	0	1	0	0	0	650	16	1	3	2	egg, milk, wheat, soy
Old-Fashioned Chicken Noodle Soup	6 fl oz & 1 packet crackers	130	20	3	0	0	30	1060	19	1	1	7	eggs, soy, wheat
Potato with Bacon Soup	6 fl oz & 1 packet crackers	180	60	7	3	0	15	750	22	1	6	5	milk, soy, wheat
Tomato Basil Soup	6 fl oz & 1 packet crackers	190	90	11	5	0	30	880	22	1	8	2	milk, soy, wheat
Wisconsin Cheese Soup	6 fl oz & 1 packet crackers	230	120	14	6	0	25	720	21	0	10	6	milk, soy, wheat
KIDS SECTION (includes entree & treat; does not include side or beverage)													
Kid's Chicken Nuggets	Entrée & treat	350	210	23	4.5	0	35	680	23	1	4	14	wheat, milk, soy
Add Honey Mustard	1.5 fl oz	210	160	18	3	0	5	190	12	0	10	0	egg
Add Sweet Baby Rays BBQ Sauce	1.5 fl oz	100	0	0	0	0	0	430	25	0	24	0	none
Kid's Fried Chicken Tenders	Entrée & treat	230	60	7	1.5	0	35	1040	26	1	5	17	wheat, milk, soy
Add Honey Mustard	1.5 fl oz	210	160	18	3	0	5	190	12	0	10	0	egg
Add Sweet Baby Rays BBQ Sauce	1.5 fl oz	100	0	0	0	0	0	430	25	0	24	0	none
Kid's Grilled Cheese	Entrée & treat	560	250	28	10	3	40	1530	61	2	8	18	wheat, milk, soy
Kid's Traditional Wings (plain)	4 wings and treat	340	220	25	6	0	85	130	9	0	4	21	milk, soy
Kid's Mac & Cheese	Entrée & treat	350	90	10	3	0	15	620	54	2	12	11	wheat, milk, soy
Kid's Cheeseburger	Entrée & treat	600	330	37	15	0	70	1220	43	1	10	24	wheat, milk, soy
Kid's Cheese Quesadillas	Entrée & treat	430	190	21	13	0	60	1030	40	2	5	21	wheat, milk, soy
Kid's Chicken Quesadillas	Entrée & treat	470	200	22	13	0	80	1290	41	2	5	28	wheat, milk, soy



Menu Item	Serving Size	Nutritional Information											ALLERGENS	
		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)		
Kid's Choice of Sides for Entrees														
Add Coleslaw	4 oz (bv)	240	150	17	3	0	18	430	18	2	15	1	egg	
Add Broccoli	4 oz (bw)	35	0	0	0	0	0	20	5	3	1	3	none	
Add Seasoned Rice	8 oz (bv)	320	50	6	1	2	0	660	60	2	0	6	soy, milk	
Add French Fries	6 oz	360	150	17	3.5	0	0	940	50	4	0	4	none	
Add Pub Chips	6 oz	340	220	25	3.5	0	0	2210	31	2	0	2	none	
Add Applesauce	1 portion	90	0	0	0	0	0	0	24	1	22	0	none	
DESSERTS														
Funnel Fries	1 serving	810	220	25	9	0	55	480	141	2	96	8	wheat, milk, soy, egg	
Chocolate Molten Cake	1 serving	640	310	35	19	0	50	440	76	4	55	8	egg, milk, soy, tree nuts, wheat	
Chocolate Molten Cake with Ice Cream	1 serving	780	380	43	24	0	80	490	91	4	67	10	egg, milk, soy, tree nuts, wheat	
Ice Cream Cake	1 slice	470	150	17	9	0	40	150	76	2	24	5	wheat, milk, egg, soy, tree nuts	
Ice Cream	4 fl oz	140	70	8	5	0	30	50	15	0	12	2	milk	
LUNCH MENU														
California Turkey Melt Combo (does not include beverage)	Sandwich with fries	1250	560	62	21	3	145	3010	113	9	3	64	wheat, milk, soy	
Chicken Tender Basket Combo (does not include beverage)	Basket with fries	720	270	30	6	0	70	2430	80	5	1	34	milk, wheat	
Fish 'N' Chips Basket Combo (does not include beverage)	Basket with fries	720	360	40	8	0	40	1490	70	4	0	22	fish, wheat	
Add Tartar Sauce	1.5 fl oz	190	160	18	3	0	20	270	6	0	0	0	egg	
Build Your Own Burger Combo (does not include beverage)	1 burger w/ fries	1020	640	71	21	3.5	100	3230	95	8	10	32	milk, soy, wheat	
Add Pepper Jack Cheese	2 slices	120	90	10	6	0	30	660	0	0	0	6	milk, soy	
Add American Cheese	2 slices	100	80	9	5	0	25	510	0	0	0	5	milk, soy	
Add Swiss Cheese	2 slices	170	1030	114	10	0	40	80	0	0	0	12	milk	
Add Provolone Cheese	2 slices	200	140	16	8	0	40	480	0	0	0	14	milk	
Add Gouda Cheese	2 slices	180	130	14	8	0	50	430	0	0	0	12	milk	
Add Bacon	2 slices	120	110	12	4.5	0	20	200	0	0	0	3	none	
Add Grilled Mushrooms	3oz (bv)	70	60	7	1	0	0	0	2	1	1	2	none	
Add Grilled Yellow Onions	3oz (bv)	45	30	3	0	0	0	0	5	1	2	1	none	
Add Queso Dip	2oz (bv)	110	75	8	4.5	0.5	20	460	4	0	3	6	milk, soy	
Add Jalapenos	2oz (bv)	0	0	0	0	0	0	480	0	0	0	0	none	
Add Blue Cheese crumbles	2 oz (bv)	100	72	8	5	0	20	380	0	0	0	6	milk, soy	
Pick Two - California Turkey Melt	1/2 sandwich	450	210	23	9	1.5	75	1040	31	2	1	30	wheat, milk, soy	
Pick Two - Cuban	1/2 sandwich	490	240	27	10	0	75	1470	35	2	5	25	wheat, milk, egg	
Pick Two - Grilled Cheese	1/2 sandwich	310	170	19	9	1.5	35	590	23	0	2	12	wheat, milk, soy	
Pick Two - Reuben	1/2 sandwich	440	230	26	10	1.5	60	1160	29	4	4	21	wheat, milk, egg, soy	
Pick Two - Side Garden Salad	1 side salad (no dressing)	190	90	10	5	0	30	370	17	2	4	11	wheat, milk	
NOTE: See 1.5 fl oz dressing options in SIDES section for Side Garden Salad														
Pick Two - Caesar Salad	1 side salad (with dressing)	350	240	27	8	0.5	40	960	15	2	1	14	egg, milk, fish (anchovy), soy, wheat	
Pick Two - Cup of Baja Chicken Enchilada Soup	6 fl oz & 1 packet crackers	210	100	12	4.5	0	40	880	20	4	4	8	milk, soy, wheat	
Pick Two - Cup of Beef & Black Bean Soup	6 fl oz & 1 packet crackers	130	10	2	0	0	5	860	23	6	2	7	soy, wheat	
Pick Two - Cup of Beef O'Brady's Chili	6 fl oz & 1 packet crackers	280	130	15	6	1	35	820	21	4	5	13	wheat, soy	
Pick Two - Cup of Boston Clam Chowder	6 fl oz & 1 packet crackers	190	80	9	3	0	20	720	21	1	5	7	fish, milk, soy, wheat	
Pick Two - Cup of Chicken & Dumplings Soup	6 fl oz & 1 packet crackers	160	70	8	2	0	30	850	19	1	3	5	eggs, milk, soy, wheat	
Pick Two - Cup of Chicken Gumbo	6 fl oz & 1 packet crackers	90	30	4	1	0	10	820	13	1	1	2	soy, wheat	
Pick Two - Cup of Chicken Tortilla Soup	6 fl oz & 1 packet crackers	130	20	2.5	0	0	15	740	21	5	1	5	soy, wheat	
Pick Two - Cup of Country Vegetable with Beef Soup	6 fl oz & 1 packet crackers	140	20	2.5	0.5	0	5	1420	25	2	4	6	fish, soy, wheat	
Pick Two - Cup of Cream of Broccoli Soup	6 fl oz & 1 packet crackers	130	40	5	2.5	0	15	770	15	1	6	4	milk, soy, wheat	
Pick Two - Cup of French Onion Soup	6 fl oz & 1 packet crackers	70	10	2	0	0	0	840	7	1	1	2	soy, wheat	
Pick Two - Cup of Lower Sodium Vegetarian Vegetable Soup	6 fl oz & 1 packet crackers	100	0	0.5	0	0	0	550	20	2	5	4	soy, wheat	
Pick Two - Cup of Maryland Style Crab Soup	6 fl oz & 1 packet crackers	110	0	1	0	0	10	1150	19	1	4	5	fish, shellfish, milk, soy, wheat	
Pick Two - Cup of Minestrone Soup	6 fl oz & 1 packet crackers	80	0	1	0	0	0	650	16	1	3	2	egg, milk, wheat, soy	
Pick Two - Cup of Old-Fashioned Chicken Noodle Soup	6 fl oz & 1 packet crackers	130	20	3	0	0	30	1060	19	1	1	7	eggs, soy, wheat	
Pick Two - Cup of Potato with Bacon Soup	6 fl oz & 1 packet crackers	180	60	7	3	0	15	750	22	1	6	5	milk, soy, wheat	
Pick Two - Cup of Tomato Basil Soup	6 fl oz & 1 packet crackers	190	90	11	5	0	30	880	22	1	8	2	milk, soy, wheat	
Pick Two - Cup of Wisconsin Cheese Soup	6 fl oz & 1 packet crackers	230	120	14	6	0	25	720	21	0	10	6	milk, soy, wheat	
Pick Two - Cup of Italian-Style Wedding Soup	6 fl oz & 1 packet crackers	160	40	4.5	2	0	10	990	21	1	1	6	egg, milk, wheat, soy	



Menu Item	Serving Size	Nutritional Information											ALLERGENS
		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)	
Mediterranean Salad with Chicken - Value Menu	1 salad (no dressing)	220	120	13	4	0	35	1620	13	3	3	13	milk
Add Greek Vinaigrette dressing	1.5 fl oz	130	120	14	2	0	0	390	1	0	1	1	milk
Chef Salad - Value Menu	Small salad (no dressing)	320	170	19	10	0	110	1290	7	2	5	30	milk
Grilled Chicken Salad - Value Menu	Small salad (no dressing)	160	80	9	3.5	0	35	360	9	2	5	13	milk
Buffalo Chicken Salad - Value Menu	1 salad	560	270	30	8	0	70	1870	43	4	2	31	wheat, egg, milk, soy, fish
Add Blue Cheese dressing	1.5 fl oz	210	400	45	9	0	60	720	6	0	3	3	milk, egg
Chicken Caesar Salad (grilled) - Value Menu	Salad (no dressing)	170	60	7	2.5	0	30	590	14	2	1	15	milk, wheat
Chicken Caesar Salad (blackened) - Value Menu	Salad (no dressing)	170	60	7	2.5	0	30	610	14	2	1	15	milk, wheat
Add Caesar Dressing	1.5 fl oz	170	160	18	3.5	0	15	480	1	0	0	2	milk, egg, soy, fish
Chicken Bowl (with rice)	1 bowl	1030	574	64	13	3	95	1940	79	5	7	33	milk, egg, soy
Steak Bowl (with rice)	1 bowl	1150	665	74	18	3	115	2500	79	5	7	38	milk, egg, soy
Veggie Bowl (with rice)	1 bowl	960	558	63	13	3	60	1800	79	5	7	20	milk, egg, soy
Shrimp Bowl (with rice)	1 bowl	1000	558	63	13	3	140	2270	79	5	7	29	milk, egg, soy, shellfish
LIMITED TIME OFFERING													
Cheese Curds	1 serving with sauce	590	30	270	14	0	80	710	63	0	37	21	milk, wheat
Fried Cheese Ravioli	1 serving	560	180	20	7	0	35	1800	77	3	5	21	wheat, milk, egg
Wedge Fries	12oz serving	630	320	35	3	0	0	3600	80	4	0	4	none
Cuban Quesadilla	1 serving	1470	730	81	35	1.5	190	3570	117	4	4	71	wheat, milk, soy
Add Mustard Sauce	1.5 fl oz.	150	150	16	2	0	15	105	0	0	0	0	egg
Orange chicken	Entrée with rice and broccoli	910	160	18	2	1	70	2460	76	6	43	37	wheat, milk, soy
Kid's Orange Chicken	entrée with rice, broccoli & treat	790	130	14	2	0.5	45	1900	70	5	34	28	wheat, milk, soy



Menu Item	Serving Size	Nutritional Information											ALLERGENS
		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)	
PIZZAS - available in some locations													
Cheese - Large	1/8 of pizza	300	92	10	5	0	20	720	38	0	4	12	wheat, milk
Five Meat - Large	1/8 of pizza	380	154	17	8	0	35	1000	39	0	4	16	wheat, milk
Kitchen Sink -Large	1/8 of pizza	400	168	19	8	0	35	980	42	0	6	16	wheat, milk
Ultimate Pepperoni - Large	1/8 of pizza	360	150	17	8	0	35	920	37	0	3	15	wheat, milk
Build Your Own - Large made with pizza sauce & cheese	1/8 of pizza	300	92	10	5	0	20	720	38	0	4	12	wheat, milk
Add Pepperoni	Add topping	25	20	2.5	1	0	5	90	0	0	0	1	none
Add Chopped Bacon	Add topping	15	10	1.5	0.5	0	0	25	0	0	0	0	none
Add Sausage Crumbles	Add topping	25	20	2	0	0	5	85	0	0	0	1	none
Add Chopped Burger	Add topping	10	5	1	0	0	0	50	0	0	0	1	none
Add Sliced Grilled Chicken	Add topping	5	0	0	0	0	0	10	0	0	0	1	none
Add Sliced Green Peppers	Add topping	0	0	0	0	0	0	0	0	0	0	0	none
Add Sliced Mushrooms	Add topping	0	0	0	0	0	0	0	0	0	0	0	none
Add Broccoli Florets	Add topping	0	0	0	0	0	0	0	0	0	0	0	none
Add Chopped Ham	Add topping	5	0	0	0	0	0	35	0	0	0	1	none
Add Diced Tomato	Add topping	0	0	0	0	0	0	0	0	0	0	0	none
Add Pepperoncini Peppers	Add topping	4											
Add Red Onion Rings	Add topping	0	0	0	0	0	0	0	0	0	0	0	none
Add Extra Mozzarella Cheese	Add topping	30	20	2.5	1.5	0	10	70	0	0	0	2	milk
Cheese - Personal	7 inch pizza	750	270	30	16	0.5	65	1870	86	3	9	32	wheat, milk
Five Meat- Personal	7 inch pizza	1140	572	64	29	0.5	155	3110	89	3	10	50	wheat, milk
Kitchen Sink - Personal	7 inch pizza	1140	540	60	27	0.5	135	2950	101	5	17	46	wheat, milk
Ultimate Pepperoni - Personal	7 inch pizza	920	412	46	23	0.5	110	2440	86	3	9	38	wheat, milk
Build Your Own - Personal made with pizza sauce & cheese	7 inch pizza	750	270	30	16	0.5	65	1870	86	3	9	32	wheat, milk
Add Pepperoni	Add topping	170	140	16	7	0	45	570	0	0	0	6	none
Add Chopped Bacon	Add topping	60	50	6	2	0	10	100	0	0	0	2	none
Add Sausage Crumbles	Add topping	90	70	8	2	0	20	330	2	0	0	4	none
Add Chopped Burger	Add topping	40	30	3.5	1.5	0	10	105	0	0	0	2	none
Add Sliced Grilled Chicken	Add topping	20	0	0	0	0	10	35	0	0	0	3	none
Add Sliced Green Peppers	Add topping	5	0	0	0	0	0	0	1	0	0	0	none
Add Sliced Mushrooms	Add topping	5	0	0	0	0	0	0	0	0	0	0	none
Add Broccoli Florets	Add topping	10	0	0	0	0	0	10	1	1	0	1	none
Add Chopped Ham	Add topping	20	0	0.5	0	0	5	135	1	0	1	3	none
Add Diced Tomato	Add topping	5	0	0	0	0	0	0	1	0	1	0	none
Add Pepperoncini peppers	Add topping	15	0	0	0	0	0	0	0	0	0	0	none
Add Red Onion Rings	Add topping	5	0	0	0	0	0		1		1	0	none
Add Extra Mozzarella Cheese	Add topping	125	90	10	6	0	35	280	1	1	0	8	milk
Kid's Cheese Pizza	7 inch pizza and treat	800	280	31	16	0.5	65	1920	95	3	13	33	wheat, milk, soy
Kid's Pepperoni Pizza	7 inch pizza and treat	970	422	47	23	0.5	110	2490	95	3	13	39	wheat, milk, soy
Flatbread - BBQ Chicken	1 flatbread	430	113	13	4	0	35	1000	63	0	28	17	wheat, milk
Flatbread - Veggie	1 flatbread	560	320	36	12	0	40	1260	43	1	6	20	wheat, milk
Flatbread - Chipotle Philly	1 flatbread	580	344	38	10	0	75	1540	39	1	4	23	wheat, milk, egg, soy, seed or seed product
Breakfast Menu - Available in some locations													
Eggs													
Eggs - Sunny Side Up	Eggs & toast w/ choice of sides	410	120	14	4	0	350	560	48	2	6	20	Eggs, wheat
Eggs - Fried	Eggs & toast w/ choice of sides	410	120	14	4	0	350	560	48	2	6	20	Eggs, wheat
Eggs - Scrambled	Eggs & toast w/ choice of sides	410	120	14	4	0	350	560	48	2	6	20	Eggs, wheat
Eggs - Scrambled (Liquid egg)	Eggs & toast w/ choice of sides	450	160	18	6	0	455	610	48	2	6	24	Eggs, wheat
Eggs - Scrambled (Liquid egg wht)	Eggs & toast w/ choice of sides	330	50	6	2	0	0	640	48	2	6	21	Eggs, wheat
Add Home Fries -- OR --	4oz	310	130	15	1.5	0	0	1650	37	4	0	4	None
Add Grits	6oz	140	45	5	1	1	0	430	23	2	0	2	Milk, Soy
Add Bacon Strips -- OR --	2 slices	120	110	12	4.5	0	20	200	0	0	0	3	None
Add Sausage Patties	2 patties	460	380	42	14	0	110	1160	2	0	2	16	None



Menu Item	Serving Size	Nutritional Information											ALLERGENS
		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)	
Omelettes													
3 Cheese	Omelette & toast w/choice of si	760	370	41	20	0	605	1000	48	2	6	46	Eggs, wheat
3 Cheese (Liquid egg)	Omelette & toast w/choice of si	830	420	47	23	0	760	1080	48	2	6	52	Eggs, wheat
3 Cheese (Liquid egg wht)	Omelette & toast w/choice of si	650	260	29	17	0	80	1120	48	2	6	48	Eggs, wheat
Add Home Fries -- OR --	4oz	310	130	15	1.5	0	0	1650	37	4	0	4	None
Add Grits	6oz	140	45	5	1	1	0	430	23	2	0	2	Milk, Soy
Ham & Cheese													
Ham & Cheese (Liquid egg)	Omelette & toast w/choice of si	860	360	40	18	0	650	2310	53	2	11	65	Eggs, wheat
Ham & Cheese (Liquid egg white)	Omelette & toast w/choice of si	930	420	46	21	0	805	2390	53	2	11	71	Eggs, wheat
Add Home Fries -- OR --	4oz	310	130	15	1.5	0	0	1650	37	4	0	4	None
Add Grits	6oz	140	45	5	1	1	0	430	23	2	0	2	Milk, Soy
Steak, Mushroom, Cheese													
Steak, Mushroom, Cheese (Liquid egg)	Omelette & toast w/choice of si	880	410	46	20	0	640	1670	50	3	7	61	Eggs, wheat
Steak, Mushroom, Cheese (Liquid egg wht)	Omelette & toast w/choice of si	950	470	52	23	0	795	1750	50	3	7	67	Eggs, wheat
Add Home Fries -- OR --	4oz	310	130	15	1.5	0	0	1650	37	4	0	4	None
Add Grits	6oz	140	45	5	1	1	0	430	23	2	0	2	Milk, Soy
Veggie													
Veggie (Liquid egg)	Omelette & toast w/choice of si	710	310	34	15	0	585	970	56	4	10	43	Eggs, wheat
Veggie (Liquid egg wht)	Omelette & toast w/choice of si	780	360	40	18	0	740	1050	56	4	10	49	Eggs, wheat
Add Home Fries -- OR --	4oz	310	130	15	1.5	0	0	1650	37	4	0	4	None
Add Grits	6oz	140	45	5	1	1	0	430	23	2	0	2	Milk, Soy
Other Breakfast Menu Items													
Southwester Burrito													
Southwester Burrito (Liquid egg)	Burrito w/choice of sides	1060	550	61	24	0	815	2060	59	4	3	55	Wheat, Egg, Milk
Southwester Burrito (Liquid egg wht)	Burrito w/choice of sides	1150	620	69	28	0	1020	2170	59	4	3	63	Wheat, Egg, Milk
Add Home Fries -- OR --	4oz	310	130	15	1.5	0	0	1650	37	4	0	4	None
Add Grits	6oz	140	45	5	1	1	0	430	23	2	0	2	Milk, Soy
Add Salsa	1.5 fl oz	5	0	0	0	0	0	200	1	0	1	0	None
Pancakes - 2													
Pancakes - 3	Two pancakes	250	20	2	0	0	0	700	54	1	10	4	Wheat, Milk, Soy
Biscuits & Sausage Gravy	Three pancakes	370	25	2.5	0	0	0	1050	81	2	15	6	Wheat, Milk, Soy
Kids - Eggs Any Style	Two biscuits with gravy	750	450	50	21	0	65	2000	56	2	5	17	Wheat, Milk
Kids - Eggs Any Style (Liquid egg)	Egg & toast w/choice is side	210	60	7	2	0	175	280	24	1	3	10	Egg, Wheat
Kids - Eggs Any Style (Liquid egg wht)	Egg & toast w/choice is side	230	80	9	3	0	225	310	24	1	3	12	Egg, Wheat
Add Bacon Strip -- OR --	Egg & toast w/choice is side	170	30	3	1	0	0	320	24	1	3	11	Egg, Wheat
Add Sausage Patty	1 slice	60	50	6	2	0	10	100	0	0	0	2	None
Kids- Pancakes	1 patty	230	190	21	7	0	55	580	1	0	1	8	None
Breakfast Sides	Three pancakes	190	15	1.5	0	0	0	520	40	1	7	3	Wheat, Milk, Soy
Bacon	3 slices	180	160	18	6	0	30	300	0	0	0	5	None
Sausage Patties	2 each	460	380	42	14	0	110	1160	2	0	2	16	None
Sausage Gravy	6 oz	350	280	32	9	0	65	920	6	0	1	9	Wheat, Milk
Egg cooked to order	1 egg	80	50	6	1.5	0	185	60	1	0	1	6	Egg
Egg cooked to order (liquid egg)	2 fl oz	100	60	6	2	0	225	85	0	0	0	8	Egg
Egg cooked to order (liquid egg white)	2 fl oz	35	0	0	0	0	0	100	0	0	0	7	Egg
Home Fries	4 oz	310	130	15	1.5	0	0	1650	37	4	0	4	None
Grits	6 fl oz	140	45	5	1	1	0	430	23	2	0	2	Milk, Soy
Grits with Cheese	6 fl oz	240	120	13	6	1	30	600	23	2	0	9	Milk, Soy
Pancake	1 each	120	10	1	0	0	0	350	27	1	5	2	Wheat, Milk, Soy
Brioche Toast	2 slices dry	260	45	5	2	0	0	440	48	2	6	8	Wheat
Biscuit	1 each	200	80	9	6	0	0	540	25	1	2	4	Wheat, Milk
Cereal - Cherrios	1oz bowlpak	100	20	2	0.5	0	0	140	20	3	1	3	None
Cereal - Honey Nut Cheerios	1oz bowlpak	110	15	1.5	0	0	0	160	22	2	9	2	Tree nuts
Cereal - Golden Grahams	1oz bowlpak	100	10	1	0	0	0	220	24	1	8	1	Wheat
Cereal - Cinnamon Toast Crunch	1oz bowlpak	110	25	3	0.5	0	0	160	22	2	8	1	Wheat, soy



Menu Item	Serving Size	Nutritional Information											ALLERGENS
		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)	
Milk	1 half-pint	130	45	5	3	0	20	130	12	0	12	8	Milk
Fresh fruit	6 oz	80	0	0	0	0	0	10	22	2	17	1	None
Orange juice	8 fl oz	120	0	0	0	0	0	70	32	0	32	2	None
Cranberry juice	8 fl oz	140	0	0	0	0	0	70	34	0	34	0	None
Condiments													
Butter	1 pack	45	45	5	3	0	15	35	0	0	0	0	Milk
Jelly	1 packet	35	0	0	0	0	0	5	9	0	8	0	None
Syrup	1 packet	110	0	0	0	0	0	25	28	0	15	0	None
Syrup	1 fl oz	110	0	0	0	0	0	100	28	0	15	0	None (Contains Gluten)

NON-ALCOHOLIC FAMILY FAVORITES													
Chocolate Shake	1 shake	820	350	39	31	0	60	115	82	0	73	6	Milk
Vanilla Shake	1 shake	760	420	47	35	0	90	140	48	0	37	6	Milk
Strawberry Shake	1 shake	820	330	37	29	0	60	105	84	0	77	4	Milk
Strawberry Smoothie	1 smoothie	410	0	0	0	0	5	250	94	0	88	7	Milk
Pina Colada Smoothie	1 smoothie	340	45	5	4.5	0	5	270	66	0	59	7	Milk
Lemon Tea Twister	1 drink	80	0	0	0	0	0	5	20	0	20	0	None
Raspberry Flavored Tea	1 drink	70	0	0	0	0	0	0	17	0	17	0	None
Strawberry Flavored Tea	1 drink	70	0	0	0	0	0	0	17	0	17	0	None
Mango Flavored Tea	1 drink	80	0	0	0	0	0	0	19	0	18	0	None
Raspberry Flavored Lemonade	1 drink	140	0	0	0	0	0	10	35	0	34	0	None
Strawberry Flavored Lemonade	1 drink	140	0	0	0	0	0	10	35	0	34	0	None
Mango Flavored Lemonade	1 drink	140	0	0	0	0	0	10	37	0	36	0	None
WINE BASED COCKTAILS (Limited locations - ask your server)													
Fresh Margarita (Rocks)	1 drink	180	0	0	0	0	0	0	28	0	26	0	None
Fresh Margarita (Frozen)	1 drink	220	0	0	0	0	0	0	37	0	35	0	None
Fresh Strawberry Margarita (Rocks)	1 drink	250	0	0	0	0	0	5	44	0	43	0	None
Fresh Strawberry Margarita (Frozen)	1 drink	300	0	0	0	0	0	5	57	0	54	0	None
Red Sangria	1 drink	270	0	0	0	0	0	25	51	0	47	0	None
White Sangria	1 drink	270	0	0	0	0	0	35	52	0	50	0	None
Sangria Rita	1 drink	490	0	0	0	0	0	10	90	0	84	0	None
FULL ALCOHOL COCKTAILS													
Fresh Margarita (Rocks)	1 drink	180	0	0	0	0	0	0	28	0	26	0	None
Fresh Margarita (Frozen)	1 drink	220	0	0	0	0	0	0	37	0	35	0	None
Fresh Strawberry Margarita (Rocks)	1 drink	250	0	0	0	0	0	5	44	0	43	0	None
Fresh Strawberry Margarita (Frozen)	1 drink	300	0	0	0	0	0	5	57	0	54	0	None
Cadillac Margarita (salted rim excluded as a garnish)	1 drink	190	0	0	0	0	0	0	34	0	32	0	None
Top Shelf Long Island	1 drink	210	0	0	0	0	0	75	27	0	22	0	None
Red Sangria	1 drink	260	0	0	0	0	0	25	43	0	39	0	None
White Sangria	1 drink	260	0	0	0	0	0	25	43	0	39	0	None
Pineapple Express	1 drink	150	0	0	0	0	0	0	26	0	26	0	None
Oh My Mai Tai!	1 drink	280	0	0	0	0	0	55	44	0	39	0	None
Fruit Stand Spiked Lemonade	1 drink	260	0	0	0	0	0	10	41	0	40	0	None
The Mule	1 drink	130	0	0	0	0	0	0	12	0	11	0	None
Frozen Mudslide	1 drink	990	600	50	35	0	90	175	90	0	70	7	Milk
Pina Colada	1 drink	400	90	10	9	0	0	50	54	0	51	0	Coconut
Pina Colada with Floater	1 drink	450	90	10	9	0	0	50	54	0	51	0	Coconut
Strawberry Pina Colada	1 drink	440	70	8	7	0	0	45	67	0	65	0	Coconut
Strawberry Pina Colada with Floater	1 drink	490	70	8	7	0	0	45	67	0	65	0	Coconut
WINES BY THE GLASS													
Barefoot White Zinfandel	5 oz glass	115	0	0	0	0	0	15	8	0	6	0	
Barefoot Pinot Grigio	5 oz glass	120	0	0	0	0	0	15	4	0	2	0	
Barefoot Chardonnay	5 oz glass	130	0	0	0	0	0	15	4	0	1	0	
Dark Horse Merlot	5 oz glass	120	0	0	0	0	0	15	0	0	1	0	
Dark Horse Cabernet Sauvignon	5 oz glass	120	0	0	0	0	0	15	0	0	0	0	