



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
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/ Chili Added	1 serving	830	370	41	10	0.5	20	2260	109	10	2	15	wheat
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
Jalapeno Corn Fritters	10 fritters	530	290	32	8	0	20	1040	50	3	6	21	wheat, milk
add Poblano Sauce	1.5 fl oz	220	210	24	3	0	20	320	1	0	0	0	egg, seed or seed product
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	890	350	39	14	1.5	60	2620	110	6	3	28	milk, soy
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 Quinoa	3 oz (bw)	150	20	3	0	0	0	150	23	2	0	5	soy, milk
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 Quinoa	3 oz (bw)	150	20	3	0	0	0	150	23	2	0	5	soy, milk
add Broccoli	4 oz (bw)	35	0	0	0	0	0	20	5	3	1	3	none
Mediterranean Salad	1 salad (no dressing)	280	150	17	7	0	30	1950	19	6	6	11	milk
Mediterranean Salad chicken	1 salad (no dressing)	360	170	19	7	0	65	2460	20	6	6	25	milk
Mediterranean Salad with Grilled Lemon Pepper fish	1 salad (no dressing)	510	270	30	10	3	90	3560	21	6	6	40	milk, fish, soy
Mediterranean Salad with Blackened fish	1 salad (no dressing)	510	270	30	10	3	90	3330	21	6	6	40	milk, fish, soy
Mediterranean Salad with Grilled shrimp	1 salad (no dressing)	420	250	28	9	3	110	3710	19	6	6	20	milk, shellfish, soy
Mediterranean Salad with Blackened shrimp	1 salad (no dressing)	420	250	28	9	3	110	2940	20	6	6	20	milk, shellfish, soy
add Greek Vinaigrette dressing	3 fl oz	270	240	27	4.5	0	0	780	3	0	3	3	milk
Quinoa Power Salad (no dressing)	1 salad (no dressing)	470	100	12	3.5	0.5	50	840	58	8	7	30	milk, soy
Chef Salad	1 salad (no dressing)	440	180	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)	350	160	18	7	0	85	780	17	4	9	33	
Chicken Caesar Salad - Grilled	1 salad (no dressing)	340	110	13	5	0	60	1190	29	4	2	29	milk, wheat
Chicken Caesar Salad - Blackened	1 salad (no dressing)	340	110	13	5	0	60	1230	28	4	2	30	milk, wheat
add Caesar dressing	3 fl oz	350	330	37	7	0.5	35	960	2	1	0	3	milk, egg, soy, fish
Shrimp Caesar Salad - Grilled	1 salad (no dressing)	400	200	23	7	3.5	105	2440	28	4	2	25	milk, wheat, soy, shellfish
Shrimp Caesar Salad - Blackened	1 salad (no dressing)	410	200	23	7	3.5	105	1670	28	4	2	25	milk, wheat, soy, shellfish
add Caesar dressing	3 fl oz	350	330	37	7	0.5	35	960	2	1	0	3	milk, egg, soy, fish
Big Catch Salad Grilled	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
Buffalo Chicken Salad (no dressing)	1 salad	560	270	30	8	0	70	1870	43	4	2	31	wheat, egg, milk, soy, fish
add Blue Cheese dressing	3 fl oz	420	400	45	9	0	60	720	6	0	3	3	milk, egg



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Shrimp Salad Grilled	1 salad (no dressing)	380	240	27	8	3	110	1960	15	4	9	21	soy, milk, shellfish
Shrimp Salad Blackened	1 salad (no dressing)	380	240	27	8	3	110	1190	16	4	9	21	soy, milk, shellfish
Large Garden Salad	1 salad (no dressing)	280	100	12	5	0	30	560	32	3	7	14	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 Fat-Free Ranch dressing	3 fl oz	100	0	0	0	0	0	1100	26	2	10	0	milk
BONELESS WINGS													
Boneless Mild Wings	8 wings with celery	420	180	20	4	0	75	2380	29	1	1	26	wheat, egg, milk, soy, fish (anchovy)
	12 wings with celery	620	260	29	6	0	110	3540	42	1	1	39	
	18 wings with celery	930	390	44	9	0	165	5360	63	1	1	58	
	25 wings with celery	1280	540	61	12	0	225	7180	85	1	1	80	
Boneless Medium Wings	8 wings with celery	420	180	20	4	0	75	3220	29	1	1	26	wheat, egg, milk, soy, fish (anchovy)
	12 wings with celery	620	260	29	6	0	110	4800	42	1	1	39	
	18 wings with celery	930	390	44	9	0	165	7320	63	1	1	58	
	25 wings with celery	1280	540	61	12	0	225	9700	85	1	1	80	
Boneless Hot Wings	8 wings with celery	420	180	20	4	0	75	3370	29	1	1	26	wheat, egg, milk, soy, fish (anchovy)
	12 wings with celery	620	260	29	6	0	110	5020	42	1	1	39	
	18 wings with celery	930	390	44	9	0	165	7670	63	1	1	58	
	25 wings with celery	1280	540	61	12	0	225	10150	85	1	1	80	
Boneless X-Hot Wings	8 wings with celery	430	180	20	4	0	75	2910	30	2	1	26	wheat, egg, milk, soy, fish (anchovy)
	12 wings with celery	640	270	30	6	0	110	4330	44	2	2	39	
	18 wings with celery	950	400	45	9	0	165	6580	65	3	2	58	
	25 wings with celery	1310	550	62	12	0	225	8750	88	4	2	81	
Boneless Nuclear Wings	8 wings with celery	450	180	21	4	0	75	4480	32	4	3	27	wheat, egg, milk, soy
	12 wings with celery	670	280	32	6	0	110	6690	47	6	3	41	
	18 wings with celery	1000	430	48	9	0	165	10260	70	9	4	61	
	25 wings with celery	1370	590	66	13	0.5	225	13480	95	11	5	84	
Boneless Mango Habanero Wings	8 wings with celery	600	180	20	4	0	75	1810	75	3	42	27	wheat, egg, milk, soy
	12 wings with celery	900	280	31	6	0	110	2690	111	3	62	40	
	18 wings with celery	1360	410	46	9	0	165	4030	169	5	95	60	
	25 wings with celery	1840	560	63	12	0	225	5470	223	6	122	82	
Boneless Spicy Garlic Wings	8 wings with celery	460	220	24	4.5	0	75	2470	28	2	2	26	wheat, egg, milk, soy
	12 wings with celery	680	320	36	7	0	110	3670	41	2	2	39	
	18 wings with celery	1010	500	55	11	0.5	165	5560	60	3	2	59	
	25 wings with celery	1390	680	75	14	0.5	225	7440	82	3	2	81	
Boneless Signature Buffalo Wings	8 wings with celery	590	340	38	7	0	75	2500	29	1	1	26	wheat, egg, milk, soy, fish (anchovy)
	12 wings with celery	870	510	56	10	0	110	3720	42	1	1	39	
	18 wings with celery	1320	770	86	16	0	165	5640	63	1	1	58	
	25 wings with celery	1780	1040	115	21	0	225	7540	85	1	1	80	
Boneless Sweet Jalapeno Wings	8 wings with celery	570	180	21	4	0	75	2150	64	2	32	27	wheat, egg, milk, soy
	12 wings with celery	850	280	32	6	0	110	3190	95	2	47	40	
	18 wings with celery	1280	420	47	9	0	165	4820	144	3	72	59	
	25 wings with celery	1740	590	66	13	0	225	6480	190	4	92	82	
Boneless Teriyaki Wings	8 wings with celery	610	180	20	4	0	75	3420	78	1	47	28	wheat, egg, milk, soy
	12 wings with celery	910	260	29	6	0	110	5090	115	1	70	42	
	18 wings with celery	1370	390	44	9	0	165	7780	176	2	108	63	
	25 wings with celery	1850	540	61	12	0	225	10290	231	2	138	87	
Boneless Honey BBQ Wings	8 wings with celery	620	180	20	4	0	75	2200	77	1	46	26	wheat, egg, milk, soy
	12 wings with celery	920	260	29	6	0	110	3270	114	1	69	39	
	18 wings with celery	1390	390	44	9	0	165	4940	175	1	106	58	
	25 wings with celery	1870	540	61	12	0	225	6640	229	1	136	80	
Boneless Plain (No Sauce) Wings	8 wings with celery	410	180	20	4	0	75	1390	26	1	1	26	wheat, egg, milk, soy
	12 wings with celery	600	260	29	6	0	110	2050	38	1	1	39	
	18 wings with celery	900	390	44	9	0	165	3050	56	1	1	58	
	25 wings with celery	1240	540	61	12	0	225	4210	76	1	1	80	



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Boneless Dry Rub Lemon Pepper Wings	8 wings with celery	620	370	42	8	6	75	2670	28	2	2	26	wheat, egg, milk, soy
	12 wings with celery	920	560	63	12	9	110	3970	41	2	2	39	
	18 wings with celery	1320	790	88	17	12	165	5600	60	2	2	58	
	25 wings with celery	1870	1140	127	24	18	225	8040	83	2	2	81	
Boneless Dry Rub Blackening Wings	8 wings with celery	620	370	42	8	6	75	2440	28	2	1	26	wheat, egg, milk, soy
	12 wings with celery	920	560	63	12	9	110	3630	41	2	1	39	
	18 wings with celery	1320	790	88	17	12	165	5140	60	3	1	59	
	25 wings with celery	1870	1150	128	24	18	225	7350	83	4	1	81	
Boneless Garlic Parmesan Wings	8 wings with celery	890	610	68	13	0	75	2980	38	1	4	29	egg, milk, wheat, soy
	12 wings with celery	1320	900	101	19	0	110	4440	56	1	6	43	
	18 wings with celery	2020	1400	156	30	0	165	6760	84	1	8	65	
	25 wings with celery	2680	1840	205	39	0	225	8980	112	1	10	89	
Boneless Nashville Hot Wings	8 wings with celery	640	390	43	9	6	75	2720	30	2	3	27	wheat, milk, soy, eggs
	12 wings with celery	950	580	64	13	9	110	4050	44	3	3	40	wheat, milk, soy, eggs
	18 wings with celery	1360	820	91	18	12	165	5700	64	3	4	59	wheat, milk, soy, eggs
	25 wings with celery	1930	1180	131	27	18	225	8190	89	4	6	82	wheat, milk, soy, eggs
Boneless Nuclear Wing Challenge	15 wings	800	350	39	8	0	135	6610	53	4	2	49	wheat, egg, milk, soy
Boneless Wing Baskets (includes fries & coleslaw)													
Boneless Mild Wing Basket	1 basket	1000	470	53	10	0	90	3690	95	6	15	30	wheat, egg, milk, soy, fish (anchovy)
Boneless Medium Wing Basket	1 basket	1000	470	53	10	0	90	4530	95	6	15	30	wheat, egg, milk, soy, fish (anchovy)
Boneless Hot Wing Basket	1 basket	1000	470	53	10	0	90	4680	95	6	15	30	wheat, egg, milk, soy, fish (anchovy)
Boneless X-Hot Wing Basket	1 basket	1010	470	53	10	0	90	4210	96	7	16	31	wheat, egg, milk, soy, fish (anchovy)
Boneless Nuclear Wing Basket	1 basket	1030	490	54	11	0	90	5790	98	9	16	32	wheat, egg, milk, soy
Boneless Mango Habanero Wing Basket	1 basket	1180	470	53	10	0	90	3120	141	7	55	31	wheat, egg, milk, soy
Boneless Spicy Garlic Wing Basket	1 basket	1040	510	57	11	0	90	3780	94	6	16	31	wheat, egg, milk, soy
Boneless Signature Buffalo Wing Basket	1 basket	1170	640	71	13	0	90	3810	95	6	15	30	wheat, egg, milk, soy, fish (anchovy)
Boneless Sweet Jalapeno Wing Basket	1 basket	1150	480	54	11	0	90	3460	130	7	46	31	wheat, egg, milk, soy
Boneless Teriyaki Wing Basket	1 basket	1190	470	53	10	0	90	4730	143	6	61	33	wheat, egg, milk, soy
Boneless Honey BBQ Wing Basket	1 basket	1200	470	53	10	0	90	3510	143	6	60	30	wheat, egg, milk, soy
Boneless Garlic Parmesan Wing Basket	1 basket	1380	840	94	18	0	80	4120	99	6	13	33	egg, milk, wheat, soy
Boneless Plain (No Sauce) Wing Basket	1 basket	990	470	53	10	0	90	2700	92	6	15	30	wheat, egg, milk, soy
Boneless Dry Rub Nashville Hot Wing Basket	1 basket	1140	620	69	14	6	80	3920	94	8	13	32	wheat, egg, milk, soy
Boneless Dry Rub Lemon Pepper Wing Basket	1 basket	1210	670	75	15	6	90	4040	97	8	17	31	wheat, egg, milk, soy
Boneless Dry Rub Blackened Wing Basket	1 basket	1210	670	75	14	6	90	3810	97	8	16	32	wheat, egg, milk, soy
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	190	22	4.5	0	30	360	3	0	1	1	milk, egg
BONELESS WING APPETIZER COMBOS (Does not include wing sauce or dry rub. See below for sauces and dressings.)													
Wings & Fried Mozzarella	wings, cheese sticks & celery	650	300	34	12	0.5	100	3530	49	2	4	34	egg, milk, wheat, soy
Add Pizza Sauce	1.5 fl oz	30	10	2	0	0	0	195	4	1	2	1	none
Wings & Fried Pickles	wings, pickles & celery	500	200	23	4.5	0	55	3510	45	2	2	23	egg, milk, wheat, soy
Wings & Jalapeno Corn Fritters	wings, fritters & celery	830	420	47	11	0	75	2080	69	4	7	29	egg, milk, wheat, soy
Add Poblano Sauce	1.5 fl oz	220	210	24	3	0	20	320	1	0	0	0	egg, seed or seed product
Wings & Onion Rings	wings, rings & celery	780	360	40	8	0	55	1800	76	5	10	24	egg, milk, wheat, soy
Add Spicy Dipping Sauce	1.5 fl oz	150	120	14	2.5	0	15	400	7	0	5	1	egg
Wing Sauces to Add to BONELESS Wings:													
Add Mild Wing Sauce	2.5 fl oz	13	0	0	0	0	0	825	3	0	0	0	fish (anchovy)
Add Medium Wing Sauce	2.5 fl oz	13	0	0	0	0	0	1525	3	0	0	0	fish (anchovy)
Add Hot Wing Sauce	2.5 fl oz	13	0	0	0	0	0	1650	3	0	0	0	fish (anchovy)
Add X-Hot Wing Sauce	2.5 fl oz	19	0	0	0	0	0	1263	3	0	0	0	fish (anchovy)
Add Nuclear Wing Sauce	2.5 fl oz	37	0	1	0	0	0	2577	5	3	1	1	none
Add Mango Habanero Wing Sauce	2.5 fl oz	166	0	1	0	0	0	351	41	1	33	1	none
Add Spicy Garlic Wing Sauce	2.5 fl oz	42	30	4	1	0	0	898	2	1	0	0	milk
Add Signature Buffalo Wing Sauce	2.5 fl oz	150	130	15	3	0	0	925	3	0	0	0	fish (anchovy), milk
Add Sweet Jalapeno Wing Sauce	2.5 fl oz	138	0	1	0	0	0	631	32	1	25	1	soy
Add Teriyaki Wing Sauce	2.5 fl oz	170	0	0	0	0	0	1689	43	0	38	2	wheat, soy
Add Honey BBQ Wing Sauce	2.5 fl oz	175	0	0	0	0	0	675	43	0	38	0	none
Add Kentucky Bourbon Wing Sauce	2.5 fl oz	175	0	0	0	0	0	800	40	0	35	0	none
Add Garlic Parmesan Sauce	2.5 fl oz	400	360	40	7	0	0	1320	10	0	2	2	milk
Dressings to Add:													
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
TRADITIONAL WINGS													
Traditional Mild Wings	8 wings with celery	620	420	47	12	0	170	890	5	1	1	42	fish (anchovy)
	12 wings with celery	930	640	71	18	0	255	1300	6	1	1	63	
	18 wings with celery	1380	950	106	27	0	380	1910	7	1	1	94	
	25 wings with celery	1910	1320	147	37	0	525	2540	9	1	1	131	



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Traditional Medium Wings	8 wings with celery	620	420	47	12	0	170	1450	5	1	1	42	fish (anchovy)
	12 wings with celery	930	640	71	18	0	255	2140	6	1	1	63	
	18 wings with celery	1380	950	106	27	0	380	3170	7	1	1	94	
	25 wings with celery	1910	1320	147	37	0	525	4220	9	1	1	131	
Traditional Hot Wings	8 wings with celery	620	420	47	12	0	170	1550	5	1	1	42	fish (anchovy)
	12 wings with celery	930	640	71	18	0	225	2290	6	1	1	63	
	18 wings with celery	1380	950	106	27	0	380	3400	7	1	1	94	
	25 wings with celery	1910	1320	147	37	0	525	4520	9	1	1	131	
Traditional X-Hot Wings	8 wings with celery	630	430	48	12	0	170	1240	5	2	2	42	fish (anchovy)
	12 wings with celery	930	640	71	18	0	255	1820	6	2	2	63	
	18 wings with celery	1390	960	107	27	0	380	2700	8	2	2	95	
	25 wings with celery	1930	1330	148	38	0	525	3600	10	3	2	131	
Traditional Nuclear Wings	8 wings with celery	640	430	48	12	0	170	2290	7	3	2	43	none
	12 wings with celery	960	660	73	18	0	255	3400	9	4	3	64	
	18 wings with celery	1430	980	109	27	0	380	5060	12	6	3	96	
	25 wings with celery	1970	1360	151	38	0.5	525	6750	15	8	5	133	
Traditional Mango Habanero Wings	8 wings with celery	740	430	48	12	0	170	510	35	2	28	43	none
	12 wings with celery	1110	640	71	18	0	255	730	51	3	42	64	
	18 wings with celery	1660	960	107	27	0	380	1060	76	3	62	96	
	25 wings with celery	2280	1340	149	38	0	525	1410	100	4	82	132	
Traditional Spicy Garlic Wings	8 wings with celery	650	450	50	13	0	170	950	4	2	2	43	milk
	12 wings with celery	960	680	75	19	0	255	1380	4	2	2	63	
	18 wings with celery	1440	1020	113	28	0	380	2040	5	2	2	95	
	25 wings with celery	1980	1400	156	39	0.5	525	2720	6	2	2	132	
Traditional Signature Buffalo Wings	8 wings with celery	730	530	59	14	0	170	970	5	1	1	42	fish (anchovy), milk
	12 wings with celery	1090	800	89	21	0	255	1420	6	1	1	63	
	18 wings with celery	1630	1200	133	31	0	380	2090	7	1	1	94	
	25 wings with celery	2240	1650	183	43	0	525	2780	9	1	1	131	
Traditional Sweet Jalapeno Wings	8 wings with celery	720	430	48	12	0	170	730	28	2	22	43	soy
	12 wings with celery	1080	650	72	18	0	255	1060	41	2	32	64	
	18 wings with celery	1610	970	108	27	0	380	1560	60	2	47	95	
	25 wings with celery	2210	1350	150	38	0	525	2080	79	3	62	132	
Traditional Teriyaki Wings	8 wings with celery	750	420	47	12	0	170	1580	37	1	32	44	wheat, soy
	12 wings with celery	1110	640	71	18	0	255	2330	54	1	47	65	
	18 wings with celery	1660	950	106	27	0	380	3460	80	1	70	98	
	25 wings with celery	2290	1320	147	37	0	525	4620	106	2	92	135	
Traditional Honey BBQ Wings	8 wings with celery	750	420	47	12	0	170	770	37	1	31	42	none
	12 wings with celery	1120	640	71	18	0	255	1120	54	1	46	63	
	18 wings with celery	1670	950	106	27	0	380	1640	79	1	69	94	
	25 wings with celery	2300	1320	147	37	0	525	2180	105	1	91	131	
Traditional Garlic Parmesan Wings	8 wings with celery	930	710	79	18	0	170	1290	11	1	3	44	milk
	12 wings with celery	1390	1070	119	27	0	255	1900	15	1	4	66	
	18 wings with celery	2080	1600	178	40	0	380	2810	21	1	6	99	
	25 wings with celery	2840	2190	243	55	0	525	3740	27	1	7	137	
Traditional Kentucky Bourbon Wings	8 wings with celery	750	420	47	12	0	170	870	35	1	29	42	none
	12 wings with celery	1120	640	71	18	0	255	1270	51	1	43	63	none
	18 wings with celery	1670	950	106	27	0	380	1870	75	1	64	94	none
	25 wings with celery	2300	1320	147	37	0	525	2480	99	1	85	131	none
Traditional Plain (No Sauce) Wings	8 wings with celery	610	420	47	12	0	170	230	3	1	1	42	none
	12 wings with celery	910	640	71	18	0	255	310	3	1	1	63	
	18 wings with celery	1360	950	106	27	0	380	430	3	1	1	94	
	25 wings with celery	1880	1320	147	37	0	525	560	3	1	1	131	
Traditional Dry Rub Lemon Pepper Wings	8 wings with celery	820	620	69	16	6	170	1500	5	2	2	42	soy, milk
	12 wings with celery	1230	940	104	24	9	255	2220	6	2	2	63	
	18 wings with celery	1780	1350	150	35	12	380	2980	7	2	2	95	
	25 wings with celery	2520	1930	214	50	18	525	4400	10	2	2	131	
Traditional Dry Rub Blackening Wings	8 wings with celery	820	620	69	16	6	170	1270	5	2	1	43	soy, milk
	12 wings with celery	1230	940	104	24	9	255	1880	6	2	1	64	
	18 wings with celery	1780	1350	150	35	12	380	2520	7	3	1	95	
	25 wings with celery	2520	1930	214	50	18	525	3710	10	4	1	132	
Traditional Nashville Hot Wings	8 wings with celery	840	640	71	17	6	170	1550	7	2	3	43	milk, soy
	12 wings with celery	1260	950	106	25	9	255	2300	9	3	3	64	milk, soy
	18 wings with celery	1820	1370	153	37	12	380	3080	11	3	4	96	milk, soy
	25 wings with celery	2580	1960	217	52	18	525	4550	15	4	6	133	milk, soy
Traditional Nuclear Wing Challenge	15 wings	1180	820	91	23	0	315	4420	8	4	2	80	none



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
Traditional Wing Baskets (includes fries & coleslaw)													
Traditional Mild Wing Basket	1 basket	1200	720	80	19	0	185	2190	70	6	15	47	egg, fish (anchovy)
Traditional Medium Wing Basket	1 basket	1200	720	80	19	0	185	2750	70	6	15	47	egg, fish (anchovy)
Traditional Hot Wing Basket	1 basket	1200	720	80	19	0	185	2850	70	6	15	47	egg, fish (anchovy)
Traditional X-Hot Wing Basket	1 basket	1210	730	81	19	0	185	2540	71	6	15	47	egg, fish (anchovy)
Traditional Nuclear Wing Basket	1 basket	1220	730	81	19	0	185	3590	73	8	16	48	egg, fish (anchovy)
Traditional Mango Habanero Wing Basket	1 basket	1320	730	81	19	0	185	1810	101	7	42	47	egg, fish (anchovy)
Traditional Spicy Garlic Wing Basket	1 basket	1230	750	83	19	0	185	2250	70	6	15	47	milk, egg
Traditional Signature Buffalo Wing Basket	1 basket	1310	830	92	21	0	185	2270	70	6	15	47	egg, fish (anchovy)
Traditional Sweet Jalapeno Wing Basket	1 basket	1300	730	81	19	0	185	2040	94	6	35	47	soy, egg
Traditional Teriyaki Wing Basket	1 basket	1330	720	80	19	0	185	2880	103	6	46	48	wheat, soy, egg
Traditional Honey BBQ Wing Basket	1 basket	1330	720	80	19	0	185	2070	102	6	45	47	egg
Traditional Garlic Parmesan Wing Basket	1 basket	1420	940	105	23	0	175	2420	71	6	12	49	milk, egg
Traditional Plain (No Sauce) Wing Basket	1 basket	1190	720	80	19	0	185	1530	68	6	15	47	egg
Traditional Dry Rub Nashville Hot Wing Basket	1 basket	1350	870	97	22	6	175	2760	70	8	13	48	egg, milk, soy
Traditional Dry Rub Lemon Pepper Wing Basket	1 basket	1420	920	102	23	6	185	2880	73	8	17	48	egg, milk, soy
Traditional Dry Rub Blackened Wing Basket	1 basket	1420	920	103	23	6	185	2650	73	8	16	48	egg, milk, soy
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 (TRADITIONAL) APPETIZER COMBOS (Does not include wing sauce or dry rub. See below for sauces and dressings.)													
Wings & Fried Mozzarella	wings, cheese sticks & celery	810	480	54	18	0.5	170	1230	32	2	4	46	egg, milk, wheat
Add Pizza Sauce	1.5 fl oz	30	20	2	0	0	0	195	4	1	2	1	none
Wings & Fried Pickles	wings, pickles & celery	650	390	43	11	0	130	2630	28	2	2	35	milk, wheat
Wings & Jalapeno Corn Fritters	wings, fritters & celery	990	610	68	17	0	150	1200	52	4	7	42	milk, wheat
Add Poblano Sauce	1.5 fl oz	220	210	24	3	0	20	320	1	0	0	0	egg, seed or seed product
Wings & Onion Rings	wings, rings & celery	940	550	61	14	0	125	920	58	5	10	36	milk, wheat
Add Spicy Dipping Sauce	1.5 fl oz	150	120	14	2.5	0	15	400	7	0	5	1	egg
Sauces for Wing (Traditional) Appetizer Combos													
Add Mild Wing Sauce	1.5 fl oz	8	0	0	0	0	0	495	2	0	0	0	fish (anchovy)
Add Medium Wing Sauce	1.5 fl oz	8	0	0	0	0	0	915	2	0	0	0	fish (anchovy)
Add Hot Wing Sauce	1.5 fl oz	8	0	0	0	0	0	990	2	0	0	0	fish (anchovy)
Add X-Hot Wing Sauce	1.5 fl oz	11	0	0	0	0	0	758	2	0	0	0	fish (anchovy)
Add Nuclear Wing Sauce	1.5 fl oz	22	0	1	0	0	0	1546	3	2	1	0	none
Add Mango Habanero Wing Sauce	1.5 fl oz	99	0	0	0	0	0	211	24	1	20	0	none
Add Spicy Garlic Wing Sauce	1.5 fl oz	25	10	2	0	0	0	539	1	0	0	0	milk
Add Signature Buffalo Wing Sauce	1.5 fl oz	90	80	9	2	0	0	555	2	0	0	0	fish (anchovy), milk
Add Sweet Jalapeno Wing Sauce	1.5 fl oz	83	0	1	0	0	0	379	19	0	15	0	soy
Add Teriyaki Wing Sauce	1.5 fl oz	102	0	0	0	0	0	1013	26	0	23	1	wheat, soy
Add Honey BBQ Wing Sauce	1.5 fl oz	105	0	0	0	0	0	405	26	0	23	0	none
Add Kentucky Bourbon Wing Sauce	1.5 fl oz	105	0	0	0	0	0	480	24	0	21	0	none
Add Garlic Parmesan Sauce	1.5 fl oz	240	210	24	4.5	0	0	790	6	0	1	1	milk
Dressings to Add:													
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
BURGERS													
BBQ Bacon Cheeseburger	1 burger w/ fries	1500	780	87	30	3.5	135	4390	139	8	42	41	milk, soy, wheat
Mushroom Swiss Burger	1 burger w/ fries	1250	720	80	31	3.5	130	2970	91	7	9	45	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
BYO Fried Chicken Sandwich	1 sandwich w/fries	1030	410	46	12	3.5	55	2890	126	8	10	31	milk, soy, wheat
BYO Grilled Chicken Sandwich	1 sandwich w/fries	800	330	37	10	3.5	50	1850	92	7	8	27	milk, soy, wheat
Texas Sliders	3 sliders w/ fries	1620	1000	111	28	3	135	4010	113	6	11	38	wheat, milk, egg, 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)	70	60	7	1	0	0	0	2	1	1	2	none
Add Grilled Yellow Onions	3 oz (bv)	45	30	3	0	0	0	0	5	1	2	1	none
Add Queso Dip	2 oz (bv)	110	70	8	4.5	0.5	20	410	4	0	1	5	milk, soy
Add Jalapenos	2 oz (bv)	0	0	0	0	0	0	480	0	0	0	0	none
Add Blue Cheese dressing	2 oz (bv)	280	270	30	6	0	40	480	4	0	2	2	milk, egg



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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)
Cheeseburger Wrap	1 wrap w/fries	1190	620	69	23	0	110	4140	106	7	1	37	wheat, egg, milk, soy
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	560	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
The Steak Burrito	1 burrito w/ chips & salsa	1580	780	87	25	1.5	145	4120	145	10	5	53	wheat, milk, egg, soy
ENTREES													
Seafood Combo - Fried	1 platter w/ slaw & fries	860	350	39	8	0	100	2930	102	7	11	30	wheat, soy, egg, milk, fish, shellfish
Seafood Combo- Fried Shrimp & Grilled Fish (Blackened)	1 platter w/ slaw & fries	830	380	43	9	3	100	2680	84	7	11	28	wheat, soy, egg, milk, fish, shellfish
Seafood Combo- Fried Shrimp & Grilled Fish (Lemon Pepper)	1 platter w/ slaw & fries	830	380	43	9	3	100	2790	84	7	11	28	wheat, soy, egg, milk, fish, shellfish
Seafood Combo - Grilled (Fish-Lemon Pepper & Shrimp-Blackened)	1 platter w/ slaw & fries	820	440	49	10	6	120	3060	66	6	10	29	wheat, soy, egg, milk, fish, shellfish
Seafood Combo - Grilled (Fish-Lemon Pepper & Shrimp-PGS)	1 platter w/ slaw & fries	810	440	49	10	6	120	3820	65	6	10	28	wheat, soy, egg, milk, fish, shellfish
Seafood Combo - Grilled (Fish-Blackened & Shrimp-PGS)	1 platter w/ slaw & fries	810	440	49	10	6	120	3710	65	6	10	28	wheat, soy, egg, milk, fish, shellfish
Seafood Combo - Grilled (Fish & Shrimp-Blackened)	1 platter w/ slaw & fries	820	440	49	10	6	120	2940	66	7	10	29	wheat, soy, egg, milk, fish, shellfish
Seafood Combo - Grilled Shrimp (PGS) & Fried Fish	1 platter w/ slaw & fries	850	400	45	9	3	120	3950	82	7	10	30	wheat, soy, egg, milk, fish, shellfish
Seafood Combo - Grilled Shrimp (Blackened) & Fried Fish	1 platter w/ slaw & fries	850	400	45	9	3	120	3190	83	7	10	30	wheat, soy, egg, milk, fish, shellfish
Add Cocktail Sauce	1.5 fl oz	35	0	0	0	0	0	560	8	1	7	1	fish
Add Tartar Sauce	1.5 fl oz	190	160	18	3	0	20	270	6	0	0	0	egg
Chicken Fajitas	Entrée, tortillas & condiments	760	360	40	17	0	120	2890	61	7	7	38	milk, wheat
Shrimp Fajitas	Entrée, tortillas & condiments	950	540	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	420	47	21	0	130	3090	61	7	7	42	wheat, milk
Fajitas - Duos (Chicken & Shrimp)	Entrée, tortillas & condiments	860	450	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	520	58	23	3	210	4390	61	7	7	51	wheat, milk, soy, shellfish
Big Catch Dinner - Grilled	Entrée, rice & broccoli	850	410	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	930	420	47	9	9	60	2340	83	4	1	39	fish, soy
Add Tartar Sauce	1.5 fl oz	190	160	18	3	0	20	270	6	0	0	0	egg
Chicken Dinner - Grilled	Entrée, rice & broccoli	770	330	37	7	9	75	1990	68	4	2	38	soy
Chicken Dinner- Blackened	Entrée, rice & broccoli	770	330	37	7	9	75	2070	67	5	1	38	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	590	150	16	3.5	3	75	2120	69	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
Ribs Full Order	Platter with slaw & fries	1730	930	103	36	0	240	6250	107	6	52	90	egg
Ribs Half Order	Platter with slaw & fries	1210	640	71	23	0	135	4000	88	6	34	51	egg
Add Sweet Baby Rays BBQ Sauce	1.5 fl oz	100	0	0	0	0	0	430	25	0	24	0	none
Shrimp Dinner - Grilled	Entrée, rice & broccoli	690	300	33	6	9	160	4250	66	5	1	27	shellfish, soy, milk
Shrimp Dinner - Blackened	Entrée, rice & broccoli	700	300	34	6	9	160	2720	67	5	1	28	shellfish, soy, milk
Add Cocktail Sauce	1.5 fl oz	35	0	0	0	0	0	560	8	1	7	1	fish
BASKETS & BOWLS													
Chicken Bowl (with rice)	1 bowl	1030	574	64	13	3	95	1940	79	5	7	33	milk, egg, soy
Chicken Bowl (with quinoa)	1 bowl	950	530	59	12	0.5	95	1520	66	5	7	37	milk, egg, soy
Steak Bowl (with rice)	1 bowl	1150	665	74	18	3	115	2500	79	5	7	38	milk, egg, soy
Steak Bowl (with quinoa)	1 bowl	1070	621	70	16	0.5	115	2080	66	5	7	42	milk, egg, soy
Veggie Bowl (with rice)	1 bowl	960	558	63	13	3	60	1800	79	5	7	20	milk, egg, soy
Veggie Bowl (with quinoa)	1 bowl	880	514	58	11	0.5	60	1380	66	5	7	23	milk, egg, soy
Shrimp Bowl (with rice)	1 bowl	1000	558	63	13	3	140	2270	79	5	7	29	milk, egg, soy, shellfish
Shrimp Bowl (with quinoa)	1 bowl	920	514	58	11	0.5	140	1850	66	5	7	32	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
Hand-Breaded Chicken Tender Basket	1 basket	1050	450	50	10	0	110	3140	104	7	17	45	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
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



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Chicken Tacos Basket	2 tacos, chips & salsa	950	470	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
SANDWICHES													
Buffalo Chicken Sandwich	Sandwich with fries	1260	620	69	16	3.5	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
Philly Steak Sandwich	Sandwich with fries	1020	460	52	17	0	105	3200	100	8	6	46	wheat, milk, soy
Prime Rib Sandwich	Sandwich with fries	1520	740	82	29	3	160	3610	120	6	1	67	wheat, milk, soy, egg
Add Au Jus	3 fl oz	10	0	0	0	0	0	480	2	0	0	0	milk, soy, wheat
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
Roast Beef Garlic Melt	Sandwich with fries	1500	750	83	29	6	145	3010	116	7	6	65	wheat, milk, soy
Watterson	Sandwich with fries	1190	570	64	21	3	115	2340	104	9	6	50	wheat, egg, milk, soy
Southern Fried Chicken Sliders	3 sliders with fries	1380	690	77	18	0	80	2660	140	5	26	33	wheat, milk, soy, egg
California Turkey Melt	Sandwich with fries	1250	560	62	21	3	145	3010	113	9	3	64	wheat, milk, soy
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
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



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Kid's Fried Chicken Tenders	Entrée & treat	270	90	10	2	0	50	930	26	1	5	20	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	540	260	29	11	3	40	1410	54	1	8	16	wheat, milk, soy
Kid's Hot Dog	Entrée & treat	430	210	23	9	1	45	1020	42	1	8	15	wheat, milk, soy
Kid's Mac & Cheese	Entrée & treat	350	90	10	3	0	15	620	54	2	12	11	wheat, milk, soy
Kid's Mini Cheeseburgers	Entrée & treat	600	320	36	13	3	60	2290	46	0	10	21	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
Kid's Choice of Sides for Entrees													
Add Coleslaw	4 oz (bv)	150	90	10	1.5	0	10	260	13	2	10	1	egg
Add Broccoli	4 oz (bv)	35	0	0	0	0	0	20	5	3	1	3	none
Add Seasoned Rice	8 oz (bv)	370	100	11	2	3	0	710	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	4 fl oz	140	70	8	5	0	30	50	15	0	12	2	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	10 shrimp	70	30	4	0	0	80	1680	0	0	0	10	shellfish, soy, milk
Add Cocktail Sauce	1.5 fl oz	35	0	0	0	0	0	560	8	1	7	1	fish, wheat, milk
VALUE 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
Hot Dog Combo (does not include beverage)	2 dogs & fries	1120	540	61	22	2	90	2880	116	6	8	34	wheat
Chili Dog Combo (does not include beverage)	2 dogs with chili & fries	1270	640	71	25	2.5	115	3380	127	8	10	43	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	70	8	4.5	0.5	20	410	4	0	1	5	milk, soy
Add Jalapenos	2oz (bv)	0	0	0	0	0	0	480	0	0	0	0	none
Add Blue Cheese dressing	2oz (bv)	280	270	30	6	0	40	480	4	0	2	2	milk, egg
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 - Watterson	1/2 sandwich	440	210	24	9	1.5	55	820	28	3	3	24	wheat, egg, milk, soy
Pick Two - Cuban	1/2 sandwich	490	240	27	10	0	75	1470	35	2	5	25	wheat, milk, egg
Pick Two - Hot Dog	1 hotdog	390	210	24	9	1	45	970	28	1	4	15	wheat, milk, soy
Pick Two - Grilled Cheese	1/2 sandwich	320	160	18	9	1.5	35	650	26	1	2	14	wheat, milk, soy
Pick Two - Reuben	1/2 sandwich	460	230	26	10	1.5	60	1180	30	4	4	22	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



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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
Mediterranean Salad - Value Menu	1 salad (no dressing)	180	100	12	4	0	15	1370	12	3	3	6	milk
Mediterranean Salad with Chicken - Value Menu	1 salad (no dressing)	220	110	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
Quinoa Power Salad - Value Menu	1 salad (no dressing)	380	80	9	2	0.5	25	570	53	7	4	20	milk, soy
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
Grilled Shrimp Salad - Value Menu	Salad (no dressing)	380	240	27	8	3	110	1960	15	4	9	21	soy, milk, shellfish
Blackened Shrimp Salad - Value Menu	Salad (no dressing)	380	240	27	8	3	110	1190	16	4	9	21	soy, milk, shellfish
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
Chicken Bowl (with quinoa)	1 bowl	950	530	59	12	0.5	95	1520	66	5	7	37	milk, egg, soy
Steak Bowl (with rice)	1 bowl	1150	665	74	18	3	115	2500	79	5	7	38	milk, egg, soy
Steak Bowl (with quinoa)	1 bowl	1070	621	70	16	0.5	115	2080	66	5	7	42	milk, egg, soy
Veggie Bowl (with rice)	1 bowl	960	558	63	13	3	60	1800	79	5	7	20	milk, egg, soy
Veggie Bowl (with quinoa)	1 bowl	880	514	58	11	0.5	60	1380	66	5	7	23	milk, egg, soy
Shrimp Bowl (with rice)	1 bowl	1000	558	63	13	3	140	2270	79	5	7	29	milk, egg, soy, shellfish
Shrimp Bowl (with quinoa)	1 bowl	920	514	58	11	0.5	140	1850	66	5	7	32	milk, egg, soy, shellfish
SIDES													
Side of Queso Dip	3 oz (bv)	160	100	12	6	1	30	610	6	0	2	8	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
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)	370	90	11	2	3	0	710	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 of Quinoa	3 oz (bw)	150	20	3	0	0	0	150	23	2	0	5	soy, 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
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 Greek Vinaigrette dressing	1.5 fl oz	135	120	14	2	0	0	390	2	0	2	2	milk
PIZZAS													
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



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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											
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
CHARGRILL													
Pork Chops (w/o side) with Side Caesar Salad	Entrée with salad	780	488	54	18	0.5	180	3690	17	0	1	57	wheat, milk, egg, soy, fish
Pork Chops (w/o side) with Side Garden Salad (no dressing)	Entrée with salad	620	336	37	14	0	170	3100	18	1	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
Ribeye Steak (w/o side) with Side Caesar Salad	Entrée with salad	820	530	59	17	0.5	165	2620	17	3	1	58	wheat, milk, egg, soy, fish
Ribeye Steak (w/o side) with Side Garden Salad (no dressing)	Entrée with salad	670	370	42	14	0	155	2040	18	2	4	54	wheat, milk
Salmon 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 with Side Garden Salad (no dressing)	Entrée with salad	590	320	36	9	0	135	1990	18	2	4	49	fish, wheat, milk
Black & Blue Steak Salad (no dressing)	1 salad	520	270	30	10	0	90	1510	24	4	8	39	wheat, milk
Salmon Mediterranean Salad	1 salad	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
Ribs Full Order Chargrilled	Platter with slaw & fries	1730	930	103	36	0	240	6250	107	6	52	90	egg
Ribs Half Order Chargrilled	Platter with slaw & fries	1210	640	71	23	0	135	4000	88	6	34	51	egg
Add Sweet Baby Rays BBQ Sauce	1.5 fl oz	100	0	0	0	0	0	430	25	0	24	0	none
CHARGRILL SIDE CHOICES													
Baked Potato (plain)	1 potato	100	0	0	0	0	0	5	27	3	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 Planks	3 planks	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)	370	90	11	2	3	0	710	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 of Quinoa	3 oz (bw)	150	20	3	0	0	0	150	23	2	0	5	soy, milk



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
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
Black Widow Tea	1 drink	200	0	0	0	0	0	5	31	0	30	0	None
Mango Moonshine	1 drink	200	0	0	0	0	0	5	30	0	29	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 Tail	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
Strawberry Gin Plunge	1 drink	210	0	0	0	0	0	0	25	0	24	0	None
Jamaican Storm	1 drink	130	0	0	0	0	0	0	9	0	8	0	None
Up the Creek	1 drink	160	0	0	0	0	0	0	17	0	17	0	None
Moonshine Punch	1 drink	300	0	0	0	0	0	75	53	0	47	0	None
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
Royal Gala	1 drink	160	0	0	0	0	0	5	18	0	15	0	None
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	



Nutrition Report

Additional Nutrients % Daily Value

	Total calories	Total fat	Calories from fat	Saturated fat	Tras fat	Cholesterol	Soduim	Total carbs	Dietary Fiber	Sugars	Protein	Potassium	Thiamin	Riboflavin	Niacin	Folate	Vitamin C	Calcium	Magnesium	Zinc	Vitamin B6	Vitamin B12	Panthotenic Acid	Vitamin E	Manganese	
BARQ'S ROOT BEER FREESTYLE																										
Regular (20 FL OZ)	210cal	0g	0cal	0g	0g	0mg	45mg	56g	0g	56g	0g	15mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
BARQ'S ROOT BEER VANILLA FREESTYLE																										
Regular (20 FL OZ)	210cal	0g	0cal	0g	0g	0mg	45mg	56g	0g	56g	0g	15mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
CAFFEINE FREE DIET COKE CHERRY FREESTYLE																										
Regular (20 FL OZ)	0cal	0g	0cal	0g	0g	0mg	50mg	0g	0g	0g	0g	25mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
CAFFEINE FREE DIET COKE CHERRY VANILLA FREESTYLE																										
Regular (20 FL OZ)	0cal	0g	0cal	0g	0g	0mg	50mg	0g	0g	0g	0g	25mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
CAFFEINE FREE DIET COKE FREESTYLE																										
Regular (20 FL OZ)	0cal	0g	0cal	0g	0g	0mg	50mg	0g	0g	0g	0g	25mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
CAFFEINE FREE DIET COKE LEMON FREESTYLE																										
Regular (20 FL OZ)	0cal	0g	0cal	0g	0g	0mg	50mg	0g	0g	0g	0g	25mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
CAFFEINE FREE DIET COKE LIME FREESTYLE																										
Regular (20 FL OZ)	0cal	0g	0cal	0g	0g	0mg	50mg	0g	0g	0g	0g	25mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
CAFFEINE FREE DIET COKE ORANGE FREESTYLE																										
Regular (20 FL OZ)	0cal	0g	0cal	0g	0g	0mg	50mg	0g	0g	0g	0g	25mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
CAFFEINE FREE DIET COKE RASPBERRY FREESTYLE																										
Regular (20 FL OZ)	0cal	0g	0cal	0g	0g	0mg	50mg	0g	0g	0g	0g	25mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
CAFFEINE FREE DIET COKE VANILLA FREESTYLE																										
Regular (20 FL OZ)	0cal	0g	0cal	0g	0g	0mg	50mg	0g	0g	0g	0g	25mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†

† Not a significant source



Additional Nutrients % Daily Value

	Total calories	Total fat	Calories from fat	Saturated fat	Tras fat	Cholesterol	Soduim	Total carbs	Dietary Fiber	Sugars	Protein	Potassium	Thiamin	Riboflavin	Niacin	Folate	Vitamin C	Calcium	Magnesium	Zinc	Vitamin B6	Vitamin B12	Panthenic Acid	Vitamin E	Manganese	
COCA-COLA CHERRY FREESTYLE																										
Regular (20 FL OZ)	200cal	0g	0cal	0g	0g	0mg	45mg	52g	0g	52g	0g	40mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
COCA-COLA CHERRY VANILLA FREESTYLE																										
Regular (20 FL OZ)	190cal	0g	0cal	0g	0g	0mg	45mg	52g	0g	52g	0g	40mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
COCA-COLA FREESTYLE																										
Regular (20 FL OZ)	180cal	0g	0cal	0g	0g	0mg	45mg	50g	0g	50g	0g	10mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
COCA-COLA LEMON FREESTYLE																										
Regular (20 FL OZ)	190cal	0g	0cal	0g	0g	0mg	45mg	52g	0g	52g	0g	40mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
COCA-COLA LIME FREESTYLE																										
Regular (20 FL OZ)	190cal	0g	0cal	0g	0g	0mg	45mg	52g	0g	52g	0g	40mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
COCA-COLA ORANGE FREESTYLE																										
Regular (20 FL OZ)	190cal	0g	0cal	0g	0g	0mg	45mg	52g	0g	52g	0g	40mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
COCA-COLA RASPBERRY FREESTYLE																										
Regular (20 FL OZ)	190cal	0g	0cal	0g	0g	0mg	45mg	52g	0g	52g	0g	40mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
COCA-COLA VANILLA FREESTYLE																										
Regular (20 FL OZ)	200cal	0g	0cal	0g	0g	0mg	45mg	52g	0g	52g	0g	40mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
COKE ZERO CHERRY FREESTYLE																										
Regular (20 FL OZ)	0cal	0g	0cal	0g	0g	0mg	50mg	0g	0g	0g	0g	50mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
COKE ZERO CHERRY VANILLA FREESTYLE																										
Regular (20 FL OZ)	0cal	0g	0cal	0g	0g	0mg	50mg	0g	0g	0g	0g	50mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
COKE ZERO FREESTYLE																										
Regular (20 FL OZ)	0cal	0g	0cal	0g	0g	0mg	50mg	0g	0g	0g	0g	50mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
COKE ZERO LEMON FREESTYLE																										
Regular (20 FL OZ)	0cal	0g	0cal	0g	0g	0mg	50mg	0g	0g	0g	0g	50mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†

† Not a significant source

4/19/17



Additional Nutrients % Daily Value

	Total calories	Total fat	Calories from fat	Saturated fat	Tras fat	Cholesterol	Soduim	Total carbs	Dietary Fiber	Sugars	Protein	Potassium	Thiamin	Riboflavin	Niacin	Folate	Vitamin C	Calcium	Magnesium	Zinc	Vitamin B6	Vitamin B12	Panathenic Acid	Vitamin E	Manganese	
COKE ZERO LIME FREESTYLE																										
Regular (20 FL OZ)	0cal	0g	0cal	0g	0g	0mg	50mg	0g	0g	0g	0g	50mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
COKE ZERO ORANGE FREESTYLE																										
Regular (20 FL OZ)	0cal	0g	0cal	0g	0g	0mg	50mg	0g	0g	0g	0g	50mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
COKE ZERO RASPBERRY FREESTYLE																										
Regular (20 FL OZ)	0cal	0g	0cal	0g	0g	0mg	50mg	0g	0g	0g	0g	50mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
COKE ZERO VANILLA FREESTYLE																										
Regular (20 FL OZ)	0cal	0g	0cal	0g	0g	0mg	50mg	0g	0g	0g	0g	50mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
DASANI CHERRY FREESTYLE																										
Regular (20 FL OZ)	0cal	0g	0cal	0g	0g	0mg	45mg	6g	0g	0g	0g	10mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
DASANI GRAPE FREESTYLE																										
Regular (20 FL OZ)	0cal	0g	0cal	0g	0g	0mg	45mg	<1g	0g	0g	0g	10mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
DASANI LEMON FREESTYLE																										
Regular (20 FL OZ)	0cal	0g	0cal	0g	0g	0mg	45mg	<1g	0g	0g	0g	10mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
DASANI LIME FREESTYLE																										
Regular (20 FL OZ)	0cal	0g	0cal	0g	0g	0mg	45mg	<1g	0g	0g	0g	10mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
DASANI ORANGE FREESTYLE																										
Regular (20 FL OZ)	0cal	0g	0cal	0g	0g	0mg	45mg	<1g	0g	0g	0g	10mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
DASANI PEACH FREESTYLE																										
Regular (20 FL OZ)	0cal	0g	0cal	0g	0g	0mg	45mg	<1g	0g	0g	0g	10mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
DASANI RASPBERRY FREESTYLE																										
Regular (20 FL OZ)	0cal	0g	0cal	0g	0g	0mg	45mg	<1g	0g	0g	0g	10mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†

† Not a significant source



Additional Nutrients % Daily Value

	Total calories	Total fat	Calories from fat	Saturated fat	Tras fat	Cholesterol	Soduim	Total carbs	Dietary Fiber	Sugars	Protein	Potassium	Thiamin	Riboflavin	Niacin	Folate	Vitamin C	Calcium	Magnesium	Zinc	Vitamin B6	Vitamin B12	Panathenic Acid	Vitamin E	Manganese	
DASANI SPARKLING LEMON LIME FREESTYLE																										
Regular (20 FL OZ)	5cal	0g	0cal	0g	0g	0mg	45mg	<1g	0g	0g	0g	60mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
DASANI SPARKLING-FREESTYLE																										
Regular (20 FL OZ)	0cal	0g	0cal	0g	0g	0mg	45mg	0g	0g	0g	0g	0mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
DASANI STRAWBERRY FREESTYLE																										
Regular (20 FL OZ)	0cal	0g	0cal	0g	0g	0mg	45mg	<1g	0g	0g	0g	10mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
DIET BARQ'S ROOT BEER FREESTYLE																										
Regular (20 FL OZ)	0cal	0g	0cal	0g	0g	0mg	50mg	0g	0g	0g	0g	30mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
DIET COKE CHERRY FREESTYLE																										
Regular (20 FL OZ)	0cal	0g	0cal	0g	0g	0mg	50mg	0g	0g	0g	0g	25mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
DIET COKE CHERRY VANILLA FREESTYLE																										
Regular (20 FL OZ)	0cal	0g	0cal	0g	0g	0mg	50mg	0g	0g	0g	0g	25mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
DIET COKE FREESTYLE																										
Regular (20 FL OZ)	0cal	0g	0cal	0g	0g	0mg	50mg	0g	0g	0g	0g	25mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
DIET COKE LEMON FREESTYLE																										
Regular (20 FL OZ)	0cal	0g	0cal	0g	0g	0mg	50mg	0g	0g	0g	0g	25mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
DIET COKE LIME FREESTYLE																										
Regular (20 FL OZ)	0cal	0g	0cal	0g	0g	0mg	50mg	0g	0g	0g	0g	25mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
DIET COKE ORANGE FREESTYLE																										
Regular (20 FL OZ)	0cal	0g	0cal	0g	0g	0mg	50mg	0g	0g	0g	0g	25mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
DIET COKE RASPBERRY FREESTYLE																										
Regular (20 FL OZ)	0cal	0g	0cal	0g	0g	0mg	50mg	0g	0g	0g	0g	25mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
DIET COKE VANILLA FREESTYLE																										
Regular (20 FL OZ)	0cal	0g	0cal	0g	0g	0mg	50mg	0g	0g	0g	0g	25mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†

† Not a significant source

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Additional Nutrients % Daily Value

	Total calories	Total fat	Calories from fat	Saturated fat	Tras fat	Cholesterol	Soduim	Total carbs	Dietary Fiber	Sugars	Protein	Potassium	Thiamin	Riboflavin	Niacin	Folate	Vitamin C	Calcium	Magnesium	Zinc	Vitamin B6	Vitamin B12	Panthenic Acid	Vitamin E	Manganese	
DIET SEAGRAM'S GINGER ALE CHERRY FREESTYLE																										
Regular (20 FL OZ)	10cal	0g	0cal	0g	0g	0mg	45mg	<1g	0g	0g	0g	10mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
DIET SEAGRAM'S GINGER ALE FREESTYLE																										
Regular (20 FL OZ)	5cal	0g	0cal	0g	0g	0mg	45mg	<1g	0g	0g	0g	10mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
DIET SEAGRAM'S GINGER ALE LIME FREESTYLE																										
Regular (20 FL OZ)	10cal	0g	0cal	0g	0g	0mg	45mg	<1g	0g	0g	0g	10mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
DIET SEAGRAM'S GINGER ALE ORANGE FREESTYLE																										
Regular (20 FL OZ)	5cal	0g	0cal	0g	0g	0mg	45mg	<1g	0g	0g	0g	10mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
DIET SEAGRAM'S GINGER ALE RASPBERRY FREESTYLE																										
Regular (20 FL OZ)	10cal	0g	0cal	0g	0g	0mg	45mg	<1g	0g	0g	0g	10mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
DIET SEAGRAM'S GINGER ALE VANILLA FREESTYLE																										
Regular (20 FL OZ)	10cal	0g	0cal	0g	0g	0mg	45mg	<1g	0g	0g	0g	10mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
MINUTE MAID APPLE JUICE 6+1/ 6501 & 6343 (MILITARY)																										
Regular (20 FL OZ)	210cal	0g	0cal	0g	0g	0mg	55mg	51g	0g	49g	<1g	450mg	†	†	†	†	4	4	4	†	8	†	4	†	15	
MINUTE MAID CRANBERRY JUICE DRINK 4+1 (6331)																										
Regular (20 FL OZ)	230cal	0g	0cal	0g	0g	0mg	50mg	63g	0g	60g	0g	45mg	†	†	†	†	200	†	†	†	†	†	†	†	4	
MINUTE MAID LIMEADE 5+1 (8052)																										
Regular (20 FL OZ)	220cal	0g	0cal	0g	0g	0mg	45mg	60g	0g	57g	0g	45mg	†	†	†	†	20	†	†	†	†	†	†	†	†	
MINUTE MAID ORCHARD'S BEST APPLE BERRY 4+1 (6285)																										
Regular (20 FL OZ)	200cal	0g	0cal	0g	0g	0mg	65mg	55g	0g	53g	0g	45mg	†	†	†	†	†	†	†	†	†	†	†	†	†	
MINUTE MAID SMOOTHIES BERRY WATERMELON (PREMIUM) 2+1 (8136)																										
Regular (20 FL OZ)	250cal	0.5g	5cal	0g	0g	0mg	60mg	62g	0g	58g	3g	270mg	25	†	4	4	20	4	8	2	20	†	4	†	25	
MINUTE MAID SMOOTHIES BLUEBERRY LEMONADE 2+1 (8082)																										
Regular (20 FL OZ)	220cal	0g	0cal	0g	0g	0mg	50mg	58g	0g	52g	<1g	125mg	4	†	†	4	200	†	2	†	4	†	†	†	2	

† Not a significant source



Additional Nutrients % Daily Value

	Total calories	Total fat	Calories from fat	Saturated fat	Tras fat	Cholesterol	Soduim	Total carbs	Dietary Fiber	Sugars	Protein	Potassium	Thiamin	Riboflavin	Niacin	Folate	Vitamin C	Calcium	Magnesium	Zinc	Vitamin B6	Vitamin B12	Panthenotic Acid	Vitamin E	Manganese	
DIET DR. PEPPER CHERRY VANILLA-FREESTYLE																										
Regular (20 FL OZ)	10cal	0g	0cal	0g	0g	0mg	50mg	0g	0g	0g	0g	15mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
DIET DR. PEPPER CHERRY-FREESTYLE																										
Regular (20 FL OZ)	5cal	0g	0cal	0g	0g	0mg	50mg	0g	0g	0g	0g	15mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
DIET DR. PEPPER-FREESTYLE																										
Regular (20 FL OZ)	0cal	0g	0cal	0g	0g	0mg	50mg	0g	0g	0g	0g	15mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
DR. PEPPER CHERRY VANILLA FREESTYLE																										
Regular (20 FL OZ)	180cal	0g	0cal	0g	0g	0mg	50mg	49g	0g	48g	0g	0mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
DR. PEPPER CHERRY-FREESTYLE																										
Regular (20 FL OZ)	180cal	0g	0cal	0g	0g	0mg	50mg	49g	0g	48g	0g	0mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
DR. PEPPER-FREESTYLE																										
Regular (20 FL OZ)	180cal	0g	0cal	0g	0g	0mg	50mg	49g	0g	48g	0g	0mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
FANTA CHERRY FREESTYLE																										
Regular (20 FL OZ)	210cal	0g	0cal	0g	0g	0mg	45mg	56g	0g	56g	0g	0mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
FANTA FRUIT PUNCH FREESTYLE																										
Regular (20 FL OZ)	210cal	0g	0cal	0g	0g	0mg	45mg	56g	0g	56g	0g	0mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
FANTA GRAPE FREESTYLE																										
Regular (20 FL OZ)	210cal	0g	0cal	0g	0g	0mg	45mg	56g	0g	56g	0g	0mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
FANTA LIME FREESTYLE																										
Regular (20 FL OZ)	210cal	0g	0cal	0g	0g	0mg	45mg	56g	0g	56g	0g	0mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
FANTA ORANGE FREESTYLE																										
Regular (20 FL OZ)	210cal	0g	0cal	0g	0g	0mg	45mg	56g	0g	56g	0g	0mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†

† Not a significant source



Additional Nutrients % Daily Value

	Total calories	Total fat	Calories from fat	Saturated fat	Tras fat	Cholesterol	Soduim	Total carbs	Dietary Fiber	Sugars	Protein	Potassium	Thiamin	Riboflavin	Niacin	Folate	Vitamin C	Calcium	Magnesium	Zinc	Vitamin B6	Vitamin B12	Panthotic Acid	Vitamin E	Manganese
FANTA PEACH FREESTYLE																									
Regular (20 FL OZ)	210cal	0g	0cal	0g	0g	0mg	45mg	56g	0g	56g	0g	0mg	†	†	†	†	†	†	†	†	†	†	†	†	†
FANTA RASPBERRY FREESTYLE																									
Regular (20 FL OZ)	210cal	0g	0cal	0g	0g	0mg	45mg	56g	0g	56g	0g	0mg	†	†	†	†	†	†	†	†	†	†	†	†	†
FANTA STRAWBERRY FREESTYLE																									
Regular (20 FL OZ)	210cal	0g	0cal	0g	0g	0mg	45mg	56g	0g	56g	0g	0mg	†	†	†	†	†	†	†	†	†	†	†	†	†
FANTA ZERO CHERRY FREESTYLE																									
Regular (20 FL OZ)	0cal	0g	0cal	0g	0g	0mg	50mg	<1g	0g	0g	0g	15mg	†	†	†	†	†	†	†	†	†	†	†	†	†
FANTA ZERO FRUIT PUNCH FREESTYLE																									
Regular (20 FL OZ)	10cal	0g	0cal	0g	0g	0mg	50mg	<1g	0g	0g	0g	15mg	†	†	†	†	†	†	†	†	†	†	†	†	†
FANTA ZERO GRAPE FREESTYLE																									
Regular (20 FL OZ)	5cal	0g	0cal	0g	0g	0mg	50mg	<1g	0g	0g	0g	15mg	†	†	†	†	†	†	†	†	†	†	†	†	†
FANTA ZERO LIME FREESTYLE																									
Regular (20 FL OZ)	0cal	0g	0cal	0g	0g	0mg	50mg	<1g	0g	0g	0g	15mg	†	†	†	†	†	†	†	†	†	†	†	†	†
FANTA ZERO ORANGE FREESTYLE																									
Regular (20 FL OZ)	0cal	0g	0cal	0g	0g	0mg	50mg	<1g	0g	0g	0g	15mg	†	†	†	†	†	†	†	†	†	†	†	†	†
FANTA ZERO PEACH FREESTYLE																									
Regular (20 FL OZ)	5cal	0g	0cal	0g	0g	0mg	50mg	<1g	0g	0g	0g	15mg	†	†	†	†	†	†	†	†	†	†	†	†	†
FANTA ZERO RASPBERRY FREESTYLE																									
Regular (20 FL OZ)	0cal	0g	0cal	0g	0g	0mg	50mg	<1g	0g	0g	0g	15mg	†	†	†	†	†	†	†	†	†	†	†	†	†
FANTA ZERO STRAWBERRY FREESTYLE																									
Regular (20 FL OZ)	10cal	0g	0cal	0g	0g	0mg	50mg	<1g	0g	0g	0g	15mg	†	†	†	†	†	†	†	†	†	†	†	†	†

† Not a significant source

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Additional Nutrients % Daily Value

	Total calories	Total fat	Calories from fat	Saturated fat	Tras fat	Cholesterol	Soduim	Total carbs	Dietary Fiber	Sugars	Protein	Potassium	Thiamin	Riboflavin	Niacin	Folate	Vitamin C	Calcium	Magnesium	Zinc	Vitamin B6	Vitamin B12	Panthotic Acid	Vitamin E	Manganese
FRUITWATER FIZZY CHERRY-LIME FREESTYLE																									
Regular (20 FL OZ)	5cal	0g	0cal	0g	0g	0mg	45mg	<1g	0g	0g	0g	10mg	†	†	†	†	†	†	†	†	†	†	†	†	†
FRUITWATER FIZZY LEMON-LIME FREESTYLE																									
Regular (20 FL OZ)	0cal	0g	0cal	0g	0g	0mg	50mg	<1g	0g	0g	0g	10mg	†	†	†	†	†	†	†	†	†	†	†	†	†
FRUITWATER FIZZY LEMONADE FREESTYLE																									
Regular (20 FL OZ)	0cal	0g	0cal	0g	0g	0mg	50mg	<1g	0g	0g	0g	10mg	†	†	†	†	†	†	†	†	†	†	†	†	†
FRUITWATER FIZZY MIXED BERRY FREESTYLE																									
Regular (20 FL OZ)	10cal	0g	0cal	0g	0g	0mg	50mg	<1g	0g	0g	0g	10mg	†	†	†	†	†	†	†	†	†	†	†	†	†
FRUITWATER FIZZY PEACH LEMONADE FREESTYLE																									
Regular (20 FL OZ)	0cal	0g	0cal	0g	0g	0mg	50mg	<1g	0g	0g	0g	10mg	†	†	†	†	†	†	†	†	†	†	†	†	†
FRUITWATER FIZZY STRAWBERRY LEMONADE FREESTYLE																									
Regular (20 FL OZ)	0cal	0g	0cal	0g	0g	0mg	50mg	<1g	0g	0g	0g	10mg	†	†	†	†	†	†	†	†	†	†	†	†	†
HIC CHERRY FREESTYLE																									
Regular (20 FL OZ)	220cal	0g	0cal	0g	0g	0mg	45mg	58g	0g	57g	0g	0mg	†	†	†	†	200	†	†	†	†	†	†	†	†
HIC FRUIT PUNCH FREESTYLE																									
Regular (20 FL OZ)	230cal	0g	0cal	0g	0g	0mg	45mg	58g	0g	57g	0g	0mg	†	†	†	†	200	†	†	†	†	†	†	†	†
HIC GRAPE FREESTYLE																									
Regular (20 FL OZ)	220cal	0g	0cal	0g	0g	0mg	45mg	58g	0g	57g	0g	0mg	†	†	†	†	200	†	†	†	†	†	†	†	†
HIC LEMON FREESTYLE																									
Regular (20 FL OZ)	220cal	0g	0cal	0g	0g	0mg	45mg	59g	0g	57g	0g	0mg	†	†	†	†	200	†	†	†	†	†	†	†	†

† Not a significant source



Additional Nutrients % Daily Value

	Total calories	Total fat	Calories from fat	Saturated fat	Tras fat	Cholesterol	Soduim	Total carbs	Dietary Fiber	Sugars	Protein	Potassium	Thiamin	Riboflavin	Niacin	Folate	Vitamin C	Calcium	Magnesium	Zinc	Vitamin B6	Vitamin B12	Panthotic Acid	Vitamin E	Manganese	
HIC ORANGE FREESTYLE																										
Regular (20 FL OZ)	220cal	0g	0cal	0g	0g	0mg	45mg	59g	0g	57g	0g	0mg	†	†	†	†	200	†	†	†	†	†	†	†	†	†
HIC ORANGE VANILLA FREESTYLE																										
Regular (20 FL OZ)	220cal	0g	0cal	0g	0g	0mg	45mg	58g	0g	57g	0g	0mg	†	†	†	†	200	†	†	†	†	†	†	†	†	†
HIC RASPBERRY FREESTYLE																										
Regular (20 FL OZ)	220cal	0g	0cal	0g	0g	0mg	45mg	58g	0g	57g	0g	0mg	†	†	†	†	200	†	†	†	†	†	†	†	†	†
HIC RASPBERRY LIME FREESTYLE																										
Regular (20 FL OZ)	220cal	0g	0cal	0g	0g	0mg	45mg	58g	0g	57g	0g	0mg	†	†	†	†	200	†	†	†	†	†	†	†	†	†
HIC STRAWBERRY FREESTYLE																										
Regular (20 FL OZ)	220cal	0g	0cal	0g	0g	0mg	45mg	58g	0g	57g	0g	0mg	†	†	†	†	200	†	†	†	†	†	†	†	†	†
MELLO YELLO CHERRY FREESTYLE																										
Regular (20 FL OZ)	160cal	0g	0cal	0g	0g	0mg	50mg	44g	0g	43g	0g	30mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
MELLO YELLO FREESTYLE																										
Regular (20 FL OZ)	160cal	0g	0cal	0g	0g	0mg	50mg	44g	0g	43g	0g	30mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
MELLO YELLO FRUIT PUNCH FREESTYLE																										
Regular (20 FL OZ)	160cal	0g	0cal	0g	0g	0mg	50mg	44g	0g	43g	0g	30mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
MELLO YELLO GRAPE FREESTYLE																										
Regular (20 FL OZ)	160cal	0g	0cal	0g	0g	0mg	50mg	44g	0g	43g	0g	30mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
MELLO YELLO ORANGE FREESTYLE																										
Regular (20 FL OZ)	160cal	0g	0cal	0g	0g	0mg	45mg	44g	0g	43g	0g	30mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
MELLO YELLO PEACH FREESTYLE																										
Regular (20 FL OZ)	160cal	0g	0cal	0g	0g	0mg	50mg	44g	0g	43g	0g	30mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†

† Not a significant source



Additional Nutrients % Daily Value

	Total calories	Total fat	Calories from fat	Saturated fat	Tras fat	Cholesterol	Soduim	Total carbs	Dietary Fiber	Sugars	Protein	Potassium	Thiamin	Riboflavin	Niacin	Folate	Vitamin C	Calcium	Magnesium	Zinc	Vitamin B6	Vitamin B12	Panathotic Acid	Vitamin E	Manganese	
MELLO YELLO RASPBERRY FREESTYLE																										
Regular (20 FL OZ)	160cal	0g	0cal	0g	0g	0mg	50mg	44g	0g	43g	0g	30mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
MELLO YELLO RASPBERRY PEACH FREESTYLE																										
Regular (20 FL OZ)	160cal	0g	0cal	0g	0g	0mg	50mg	44g	0g	43g	0g	30mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
MELLO YELLO STRAWBERRY FREESTYLE																										
Regular (20 FL OZ)	160cal	0g	0cal	0g	0g	0mg	50mg	44g	0g	43g	0g	30mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
MELLO YELLO STRAWBERRY ORANGE FREESTYLE																										
Regular (20 FL OZ)	160cal	0g	0cal	0g	0g	0mg	50mg	44g	0g	43g	0g	30mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
MELLO YELLO ZERO CHERRY FREESTYLE																										
Regular (20 FL OZ)	0cal	0g	0cal	0g	0g	0mg	50mg	<1g	0g	0g	0g	45mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
MELLO YELLO ZERO FREESTYLE																										
Regular (20 FL OZ)	0cal	0g	0cal	0g	0g	0mg	50mg	<1g	0g	0g	0g	45mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
MELLO YELLO ZERO FRUIT PUNCH FREESTYLE																										
Regular (20 FL OZ)	5cal	0g	0cal	0g	0g	0mg	50mg	<1g	0g	0g	0g	45mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
MELLO YELLO ZERO GRAPE FREESTYLE																										
Regular (20 FL OZ)	0cal	0g	0cal	0g	0g	0mg	50mg	<1g	0g	0g	0g	45mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
MELLO YELLO ZERO ORANGE FREESTYLE																										
Regular (20 FL OZ)	0cal	0g	0cal	0g	0g	0mg	50mg	<1g	0g	0g	0g	45mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
MELLO YELLO ZERO PEACH FREESTYLE																										
Regular (20 FL OZ)	0cal	0g	0cal	0g	0g	0mg	50mg	<1g	0g	0g	0g	45mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
MELLO YELLO ZERO RASPBERRY FREESTYLE																										
Regular (20 FL OZ)	0cal	0g	0cal	0g	0g	0mg	50mg	<1g	0g	0g	0g	45mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†

† Not a significant source



Additional Nutrients % Daily Value

	Total calories	Total fat	Calories from fat	Saturated fat	Tras fat	Cholesterol	Soduim	Total carbs	Dietary Fiber	Sugars	Protein	Potassium	Thiamin	Riboflavin	Niacin	Folate	Vitamin C	Calcium	Magnesium	Zinc	Vitamin B6	Vitamin B12	Panathotic Acid	Vitamin E	Manganese	
MELLO YELLO ZERO RASPBERRY PEACH FREESTYLE																										
Regular (20 FL OZ)	5cal	0g	0cal	0g	0g	0mg	50mg	<1g	0g	0g	0g	45mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
MELLO YELLO ZERO STRAWBERRY FREESTYLE																										
Regular (20 FL OZ)	0cal	0g	0cal	0g	0g	0mg	50mg	<1g	0g	0g	0g	45mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
MELLO YELLO ZERO STRAWBERRY ORANGE FREESTYLE																										
Regular (20 FL OZ)	0cal	0g	0cal	0g	0g	0mg	50mg	<1g	0g	0g	0g	45mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
MINUTE MAID CHERRY LIME-FREESTYLE																										
Regular (20 FL OZ)	240cal	0g	0cal	0g	0g	0mg	85mg	64g	0g	62g	0g	0mg	†	†	†	†	50	†	†	†	†	†	†	†	†	†
MINUTE MAID FRUIT PUNCH FREESTYLE																										
Regular (20 FL OZ)	250cal	0g	0cal	0g	0g	0mg	85mg	64g	0g	62g	0g	0mg	†	†	†	†	50	†	†	†	†	†	†	†	†	†
MINUTE MAID GRAPE FREESTYLE																										
Regular (20 FL OZ)	240cal	0g	0cal	0g	0g	0mg	85mg	64g	0g	62g	0g	0mg	†	†	†	†	50	†	†	†	†	†	†	†	†	†
MINUTE MAID LEMONADE FREESTYLE																										
Regular (20 FL OZ)	200cal	0g	0cal	0g	0g	0mg	85mg	55g	0g	52g	0g	0mg	†	†	†	†	50	†	†	†	†	†	†	†	†	†
MINUTE MAID LEMONADE LIME FREESTYLE																										
Regular (20 FL OZ)	200cal	0g	0cal	0g	0g	0mg	85mg	55g	0g	52g	0g	0mg	†	†	†	†	50	†	†	†	†	†	†	†	†	†
MINUTE MAID LEMONADE ORANGE FREESTYLE																										
Regular (20 FL OZ)	200cal	0g	0cal	0g	0g	0mg	85mg	55g	0g	52g	0g	0mg	†	†	†	†	50	†	†	†	†	†	†	†	†	†
MINUTE MAID LEMONADE PEACH FREESTYLE																										
Regular (20 FL OZ)	200cal	0g	0cal	0g	0g	0mg	85mg	55g	0g	52g	0g	0mg	†	†	†	†	50	†	†	†	†	†	†	†	†	†
MINUTE MAID LEMONADE RASPBERRY FREESTYLE																										
Regular (20 FL OZ)	200cal	0g	0cal	0g	0g	0mg	85mg	55g	0g	52g	0g	0mg	†	†	†	†	50	†	†	†	†	†	†	†	†	†
MINUTE MAID LEMONADE STRAWBERRY FREESTYLE																										
Regular (20 FL OZ)	210cal	0g	0cal	0g	0g	0mg	85mg	55g	0g	52g	0g	0mg	†	†	†	†	50	†	†	†	†	†	†	†	†	†

† Not a significant source

4/19/17

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Additional Nutrients % Daily Value

	Total calories	Total fat	Calories from fat	Saturated fat	Tras fat	Cholesterol	Soduim	Total carbs	Dietary Fiber	Sugars	Protein	Potassium	Thiamin	Riboflavin	Niacin	Folate	Vitamin C	Calcium	Magnesium	Zinc	Vitamin B6	Vitamin B12	Panthenic Acid	Vitamin E	Manganese	
MINUTE MAID LIGHT CHERRY LIME FREESTYLE																										
Regular (20 FL OZ)	15cal	0g	0cal	0g	0g	0mg	90mg	3g	0g	0g	0g	15mg	†	†	†	†	50	†	†	†	†	†	†	†	†	†
MINUTE MAID LIGHT FRUIT PUNCH FREESTYLE																										
Regular (20 FL OZ)	20cal	0g	0cal	0g	0g	0mg	90mg	3g	0g	0g	0g	15mg	†	†	†	†	50	†	†	†	†	†	†	†	†	†
MINUTE MAID LIGHT GRAPE FREESTYLE																										
Regular (20 FL OZ)	15cal	0g	0cal	0g	0g	0mg	90mg	3g	0g	0g	0g	20mg	†	†	†	†	50	†	†	†	†	†	†	†	†	†
MINUTE MAID LIGHT LEMONADE FREESTYLE																										
Regular (20 FL OZ)	10cal	0g	0cal	0g	0g	0mg	90mg	3g	0g	0g	0g	10mg	†	†	†	†	50	†	†	†	†	†	†	†	†	†
MINUTE MAID LIGHT LEMONADE LIME FREESTYLE																										
Regular (20 FL OZ)	10cal	0g	0cal	0g	0g	0mg	90mg	3g	0g	0g	0g	10mg	†	†	†	†	50	†	†	†	†	†	†	†	†	†
MINUTE MAID LIGHT LEMONADE ORANGE FREESTYLE																										
Regular (20 FL OZ)	10cal	0g	0cal	0g	0g	0mg	90mg	3g	0g	0g	0g	10mg	†	†	†	†	50	†	†	†	†	†	†	†	†	†
MINUTE MAID LIGHT LEMONADE PEACH FREESTYLE																										
Regular (20 FL OZ)	10cal	0g	0cal	0g	0g	0mg	90mg	3g	0g	0g	0g	10mg	†	†	†	†	50	†	†	†	†	†	†	†	†	†
MINUTE MAID LIGHT LEMONADE RASPBERRY FREESTYLE																										
Regular (20 FL OZ)	15cal	0g	0cal	0g	0g	0mg	90mg	3g	0g	0g	0g	10mg	†	†	†	†	50	†	†	†	†	†	†	†	†	†
MINUTE MAID LIGHT LEMONADE STRAWBERRY FREESTYLE																										
Regular (20 FL OZ)	15cal	0g	0cal	0g	0g	0mg	90mg	2g	0g	0g	0g	10mg	†	†	†	†	50	†	†	†	†	†	†	†	†	†
MINUTE MAID LIGHT LIME FREESTYLE																										
Regular (20 FL OZ)	15cal	0g	0cal	0g	0g	0mg	90mg	3g	0g	0g	0g	20mg	†	†	†	†	50	†	†	†	†	†	†	†	†	†
MINUTE MAID LIGHT MIXED BERRY FREESTYLE																										
Regular (20 FL OZ)	20cal	0g	0cal	0g	0g	0mg	90mg	3g	0g	0g	0g	20mg	†	†	†	†	50	†	†	†	†	†	†	†	†	†

† Not a significant source



Additional Nutrients % Daily Value

	Total calories	Total fat	Calories from fat	Saturated fat	Tras fat	Cholesterol	Soduim	Total carbs	Dietary Fiber	Sugars	Protein	Potassium	Thiamin	Riboflavin	Niacin	Folate	Vitamin C	Calcium	Magnesium	Zinc	Vitamin B6	Vitamin B12	Panthenotic Acid	Vitamin E	Manganese	
MINUTE MAID LIGHT ORANGE FREESTYLE																										
Regular (20 FL OZ)	10cal	0g	0cal	0g	0g	0mg	90mg	3g	0g	0g	0g	20mg	†	†	†	†	100	†	†	†	†	†	†	†	†	†
MINUTE MAID LIGHT PEACH FREESTYLE																										
Regular (20 FL OZ)	10cal	0g	0cal	0g	0g	0mg	90mg	3g	0g	0g	0g	15mg	†	†	†	†	50	†	†	†	†	†	†	†	†	†
MINUTE MAID LIGHT PINK LEMONADE FREESTYLE																										
Regular (20 FL OZ)	10cal	0g	0cal	0g	0g	0mg	90mg	3g	0g	0g	0g	10mg	†	†	†	†	50	†	†	†	†	†	†	†	†	†
MINUTE MAID LIME FREESTYLE																										
Regular (20 FL OZ)	240cal	0g	0cal	0g	0g	0mg	85mg	64g	0g	62g	0g	0mg	†	†	†	†	50	†	†	†	†	†	†	†	†	†
MINUTE MAID MIXED BERRY FREESTYLE																										
Regular (20 FL OZ)	240cal	0g	0cal	0g	0g	0mg	85mg	64g	0g	62g	0g	0mg	†	†	†	†	50	†	†	†	†	†	†	†	†	†
MINUTE MAID ORANGE FREESTYLE																										
Regular (20 FL OZ)	240cal	0g	0cal	0g	0g	0mg	90mg	65g	0g	62g	0g	0mg	†	†	†	†	100	†	†	†	†	†	†	†	†	†
MINUTE MAID PEACH FREESTYLE																										
Regular (20 FL OZ)	240cal	0g	0cal	0g	0g	0mg	85mg	64g	0g	62g	0g	0mg	†	†	†	†	50	†	†	†	†	†	†	†	†	†
MINUTE MAID PINK LEMONADE FREESTYLE																										
Regular (20 FL OZ)	200cal	0g	0cal	0g	0g	0mg	85mg	55g	0g	52g	0g	20mg	†	†	†	†	50	†	†	†	†	†	†	†	†	†
MINUTE MAID SPARKLING CHERRY LIMEADE FREESTYLE																										
Regular (20 FL OZ)	15cal	0g	0cal	0g	0g	0mg	90mg	3g	0g	0g	0g	20mg	†	†	†	†	50	†	†	†	†	†	†	†	†	†
MINUTE MAID SPARKLING LEMONADE FREESTYLE																										
Regular (20 FL OZ)	10cal	0g	0cal	0g	0g	0mg	90mg	3g	0g	0g	0g	10mg	†	†	†	†	50	†	†	†	†	†	†	†	†	†
MINUTE MAID SPARKLING LIME FREESTYLE																										
Regular (20 FL OZ)	15cal	0g	0cal	0g	0g	0mg	90mg	3g	0g	0g	0g	20mg	†	†	†	†	50	†	†	†	†	†	†	†	†	†

† Not a significant source



Additional Nutrients % Daily Value

	Total calories	Total fat	Calories from fat	Saturated fat	Tras fat	Cholesterol	Soduim	Total carbs	Dietary Fiber	Sugars	Protein	Potassium	Thiamin	Riboflavin	Niacin	Folate	Vitamin C	Calcium	Magnesium	Zinc	Vitamin B6	Vitamin B12	Panthotic Acid	Vitamin E	Manganese	
MINUTE MAID SPARKLING MIXED BERRY FREESTYLE																										
Regular (20 FL OZ)	20cal	0g	0cal	0g	0g	0mg	90mg	3g	0g	0g	0g	20mg	†	†	†	†	50	†	†	†	†	†	†	†	†	†
MINUTE MAID SPARKLING PEACH LEMONADE FREESTYLE																										
Regular (20 FL OZ)	10cal	0g	0cal	0g	0g	0mg	90mg	3g	0g	0g	0g	10mg	†	†	†	†	50	†	†	†	†	†	†	†	†	†
MINUTE MAID SPARKLING STRAWBERRY LEMONADE FREESTYLE																										
Regular (20 FL OZ)	15cal	0g	0cal	0g	0g	0mg	90mg	3g	0g	0g	0g	10mg	†	†	†	†	50	†	†	†	†	†	†	†	†	†
MINUTE MAID SPARKLING TROPICAL CITRUS FREESTYLE																										
Regular (20 FL OZ)	15cal	0g	0cal	0g	0g	0mg	90mg	3g	0g	0g	0g	20mg	†	†	†	†	100	†	†	†	†	†	†	†	†	†
POWERADE CHERRY FREESTYLE																										
Regular (20 FL OZ)	120cal	0g	0cal	0g	0g	0mg	140mg	33g	0g	32g	0g	60mg	†	†	30	†	†	†	†	†	50	50	†	†	†	†
POWERADE FRUIT PUNCH FREESTYLE																										
Regular (20 FL OZ)	120cal	0g	0cal	0g	0g	0mg	140mg	33g	0g	32g	0g	60mg	†	†	30	†	†	†	†	†	50	50	†	†	†	†
POWERADE GRAPE FREESTYLE																										
Regular (20 FL OZ)	120cal	0g	0cal	0g	0g	0mg	140mg	33g	0g	32g	0g	60mg	†	†	30	†	†	†	†	†	50	50	†	†	†	†
POWERADE LEMON FREESTYLE																										
Regular (20 FL OZ)	120cal	0g	0cal	0g	0g	0mg	140mg	33g	0g	32g	0g	60mg	†	†	30	†	†	†	†	†	50	50	†	†	†	†
POWERADE LIME FREESTYLE																										
Regular (20 FL OZ)	120cal	0g	0cal	0g	0g	0mg	140mg	33g	0g	32g	0g	60mg	†	†	30	†	†	†	†	†	50	50	†	†	†	†
POWERADE ORANGE FREESTYLE																										
Regular (20 FL OZ)	120cal	0g	0cal	0g	0g	0mg	140mg	33g	0g	32g	0g	60mg	†	†	30	†	†	†	†	†	50	50	†	†	†	†
POWERADE RASPBERRY FREESTYLE																										
Regular (20 FL OZ)	120cal	0g	0cal	0g	0g	0mg	140mg	33g	0g	32g	0g	60mg	†	†	30	†	†	†	†	†	50	50	†	†	†	†

† Not a significant source



Additional Nutrients % Daily Value

	Total calories	Total fat	Calories from fat	Saturated fat	Tras fat	Cholesterol	Soduim	Total carbs	Dietary Fiber	Sugars	Protein	Potassium	Thiamin	Riboflavin	Niacin	Folate	Vitamin C	Calcium	Magnesium	Zinc	Vitamin B6	Vitamin B12	Panthothenic Acid	Vitamin E	Manganese
POWERADE STRAWBERRY FREESTYLE																									
Regular (20 FL OZ)	120cal	0g	0cal	0g	0g	0mg	140mg	33g	0g	32g	0g	60mg	†	†	30	†	†	†	†	†	50	50	†	†	†
POWERADE ZERO CHERRY FREESTYLE																									
Regular (20 FL OZ)	5cal	0g	0cal	0g	0g	0mg	140mg	1g	0g	0g	0g	65mg	†	†	30	†	†	†	†	†	50	50	†	†	†
POWERADE ZERO FRUIT PUNCH FREESTYLE																									
Regular (20 FL OZ)	10cal	0g	0cal	0g	0g	0mg	140mg	1g	0g	0g	0g	65mg	†	†	30	†	†	†	†	†	50	50	†	†	†
POWERADE ZERO GRAPE FREESTYLE																									
Regular (20 FL OZ)	0cal	0g	0cal	0g	0g	0mg	140mg	1g	0g	0g	0g	65mg	†	†	30	†	†	†	†	†	50	50	†	†	†
POWERADE ZERO LEMON FREESTYLE																									
Regular (20 FL OZ)	0cal	0g	0cal	0g	0g	0mg	140mg	1g	0g	0g	0g	65mg	†	†	30	†	†	†	†	†	50	50	†	†	†
POWERADE ZERO LIME FREESTYLE																									
Regular (20 FL OZ)	0cal	0g	0cal	0g	0g	0mg	140mg	1g	0g	0g	0g	65mg	†	†	30	†	†	†	†	†	50	50	†	†	†
POWERADE ZERO ORANGE FREESTYLE																									
Regular (20 FL OZ)	0cal	0g	0cal	0g	0g	0mg	140mg	1g	0g	0g	0g	65mg	†	†	30	†	†	†	†	†	50	50	†	†	†
POWERADE ZERO RASPBERRY FREESTYLE																									
Regular (20 FL OZ)	5cal	0g	0cal	0g	0g	0mg	140mg	1g	0g	0g	0g	65mg	†	†	30	†	†	†	†	†	50	50	†	†	†
POWERADE ZERO STRAWBERRY FREESTYLE																									
Regular (20 FL OZ)	0cal	0g	0cal	0g	0g	0mg	140mg	1g	0g	0g	0g	65mg	†	†	30	†	†	†	†	†	50	50	†	†	†
SEAGRAM'S GINGER ALE CHERRY FREESTYLE																									
Regular (20 FL OZ)	130cal	0g	0cal	0g	0g	0mg	45mg	33g	0g	32g	0g	0mg	†	†	†	†	†	†	†	†	†	†	†	†	†
SEAGRAM'S GINGER ALE FREESTYLE																									
Regular (20 FL OZ)	120cal	0g	0cal	0g	0g	0mg	45mg	33g	0g	32g	0g	0mg	†	†	†	†	†	†	†	†	†	†	†	†	†

† Not a significant source



Additional Nutrients % Daily Value

	Total calories	Total fat	Calories from fat	Saturated fat	Tras fat	Cholesterol	Soduim	Total carbs	Dietary Fiber	Sugars	Protein	Potassium	Thiamin	Riboflavin	Niacin	Folate	Vitamin C	Calcium	Magnesium	Zinc	Vitamin B6	Vitamin B12	Panthotic Acid	Vitamin E	Manganese	
SEAGRAM'S GINGER ALE LIME FREESTYLE																										
Regular (20 FL OZ)	130cal	0g	0cal	0g	0g	0mg	45mg	33g	0g	32g	0g	0mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
SEAGRAM'S GINGER ALE ORANGE FREESTYLE																										
Regular (20 FL OZ)	130cal	0g	0cal	0g	0g	0mg	45mg	33g	0g	32g	0g	0mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
SEAGRAM'S GINGER ALE RASPBERRY FREESTYLE																										
Regular (20 FL OZ)	130cal	0g	0cal	0g	0g	0mg	45mg	33g	0g	32g	0g	0mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
SEAGRAM'S GINGER ALE VANILLA FREESTYLE																										
Regular (20 FL OZ)	130cal	0g	0cal	0g	0g	0mg	45mg	33g	0g	32g	0g	0mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
SPRITE CHERRY FREESTYLE																										
Regular (20 FL OZ)	190cal	0g	0cal	0g	0g	0mg	45mg	49g	0g	48g	0g	60mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
SPRITE FREESTYLE																										
Regular (20 FL OZ)	180cal	0g	0cal	0g	0g	0mg	45mg	49g	0g	48g	0g	60mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
SPRITE GRAPE FREESTYLE																										
Regular (20 FL OZ)	180cal	0g	0cal	0g	0g	0mg	45mg	49g	0g	48g	0g	60mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
SPRITE ORANGE FREESTYLE																										
Regular (20 FL OZ)	180cal	0g	0cal	0g	0g	0mg	45mg	49g	0g	48g	0g	60mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
SPRITE PEACH FREESTYLE																										
Regular (20 FL OZ)	190cal	0g	0cal	0g	0g	0mg	45mg	49g	0g	48g	0g	60mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
SPRITE RASPBERRY FREESTYLE																										
Regular (20 FL OZ)	190cal	0g	0cal	0g	0g	0mg	45mg	49g	0g	48g	0g	60mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
SPRITE STRAWBERRY FREESTYLE																										
Regular (20 FL OZ)	190cal	0g	0cal	0g	0g	0mg	45mg	49g	0g	48g	0g	60mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
SPRITE VANILLA FREESTYLE																										
Regular (20 FL OZ)	190cal	0g	0cal	0g	0g	0mg	45mg	49g	0g	48g	0g	60mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†

† Not a significant source



Additional Nutrients % Daily Value

	Total calories	Total fat	Calories from fat	Saturated fat	Tras fat	Cholesterol	Soduim	Total carbs	Dietary Fiber	Sugars	Protein	Potassium	Thiamin	Riboflavin	Niacin	Folate	Vitamin C	Calcium	Magnesium	Zinc	Vitamin B6	Vitamin B12	Panathenic Acid	Vitamin E	Manganese	
SPRITE ZERO CHERRY FREESTYLE																										
Regular (20 FL OZ)	10cal	0g	0cal	0g	0g	0mg	50mg	<1g	0g	0g	0g	75mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
SPRITE ZERO FREESTYLE																										
Regular (20 FL OZ)	5cal	0g	0cal	0g	0g	0mg	50mg	<1g	0g	0g	0g	75mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
SPRITE ZERO GRAPE FREESTYLE																										
Regular (20 FL OZ)	10cal	0g	0cal	0g	0g	0mg	50mg	<1g	0g	0g	0g	75mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
SPRITE ZERO ORANGE FREESTYLE																										
Regular (20 FL OZ)	5cal	0g	0cal	0g	0g	0mg	50mg	<1g	0g	0g	0g	75mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
SPRITE ZERO PEACH FREESTYLE																										
Regular (20 FL OZ)	10cal	0g	0cal	0g	0g	0mg	50mg	<1g	0g	0g	0g	75mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
SPRITE ZERO RASPBERRY FREESTYLE																										
Regular (20 FL OZ)	10cal	0g	0cal	0g	0g	0mg	50mg	<1g	0g	0g	0g	75mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
SPRITE ZERO STRAWBERRY FREESTYLE																										
Regular (20 FL OZ)	10cal	0g	0cal	0g	0g	0mg	50mg	<1g	0g	0g	0g	75mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†
SPRITE ZERO VANILLA FREESTYLE																										
Regular (20 FL OZ)	10cal	0g	0cal	0g	0g	0mg	50mg	<1g	0g	0g	0g	75mg	†	†	†	†	†	†	†	†	†	†	†	†	†	†

† Not a significant source



Additional Nutrients % Daily Value

	Total calories	Total fat	Calories from fat	Saturated fat	Tras fat	Cholesterol	Soduim	Total carbs	Dietary Fiber	Sugars	Protein	Potassium	Thiamin	Riboflavin	Niacin	Folate	Vitamin C	Calcium	Magnesium	Zinc	Vitamin B6	Vitamin B12	Panthotic Acid	Vitamin E	Manganese	
VITAMINWATER CAPTIVATE FREESTYLE																										
Regular (20 FL OZ)	90cal	0g	0cal	0g	0g	0mg	45mg	23g	0g	23g	0g	0mg	†	†	100	†	100	†	†	†	100	100	†	†	†	
VITAMINWATER LEMONADE-C FREESTYLE																										
Regular (20 FL OZ)	90cal	0g	0cal	0g	0g	0mg	45mg	25g	0g	24g	0g	0mg	†	†	100	†	100	†	†	†	100	100	†	†	†	
VITAMINWATER MOTIVATE FREESTYLE																										
Regular (20 FL OZ)	90cal	0g	0cal	0g	0g	0mg	45mg	23g	0g	23g	0g	0mg	†	†	100	†	100	†	†	†	100	100	†	†	†	
VITAMINWATER ORANGEADE-C FREESTYLE																										
Regular (20 FL OZ)	90cal	0g	0cal	0g	0g	0mg	45mg	24g	0g	23g	0g	0mg	†	†	100	†	100	†	†	†	100	100	†	†	†	
VITAMINWATER PINK SQUEEZED FREESTYLE																										
Regular (20 FL OZ)	90cal	0g	0cal	0g	0g	0mg	45mg	24g	0g	24g	0g	0mg	†	†	100	†	100	†	†	†	100	100	†	†	†	
VITAMINWATER RAZZY B FREESTYLE																										
Regular (20 FL OZ)	90cal	0g	0cal	0g	0g	0mg	45mg	23g	0g	23g	0g	0mg	†	†	100	†	100	†	†	†	100	100	†	†	†	
VITAMINWATER TROPICAL-C FREESTYLE																										
Regular (20 FL OZ)	90cal	0g	0cal	0g	0g	0mg	45mg	23g	0g	23g	0g	0mg	†	†	100	†	100	†	†	†	100	100	†	†	†	

† Not a significant source