



Menu Item	Serving Size	The Nutritional Guide can also be found on <a href="http://www.beefobradys.com">www.beefobradys.com</a>											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)		
<b>STARTERS</b>														
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	870	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	
Fries- Buffalo Ranch	1 platter	970	530	59	0	0	0	200	1	0	1	0	None	
Fries-Cheesburger	1 platter	1280	710	79	10	0	15	2710	105	8	1	10	Milk, egg, fish	
Beer Battered Onion Rings	1 platter	960	450	50	10	0	0	1530	113	9	17	9	Wheat, milk	
Add Boom Boom Sauce	3 oz	510	460	51	7	0	45	810	9	0	6	0	Egg	
Chips & Salsa	1 serving	590	130	15	1.5	0	0	2180	103	8	3	13	none	
Combo Appetizer	1 serving	1660	730	81	29	1	175	3990	158	9	12	70	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 Boom Boom Sauce	1.5 fl oz	250	230	25	4	0	20	400	4	0	3	0	egg	
add Salsa	1.5 fl oz	5	0	0	0	0	0	200	1	0	1	0	none	
Boom Boom Shrimp	1 serving	1090	600	67	10	0	250	3640	79	3	10	27	Wheat, milk, shellfish, eggs	
Fried Mozzarella	1 serving	730	350	39	17	1	90	2340	64	3	8	30	milk, wheat, egg	
Fried Pickles	1 serving	320	210	24	4	0	0	4480	23	1	0	2	Wheat	
Nachos - Beef	1 platter	1500	760	85	38	1.5	210	3000	115	8	9	70	Milk	
Nachos - Chicken	1 platter	1370	600	67	29	2.5	215	3710	116	8	9	76	Milk, soy	
Nachos - Steak	1 platter	1420	700	78	35	3.5	205	3480	115	8	9	72	Milk, soy	
Quesadilla- Chicken	1 quesadilla	880	410	46	24	1	185	2380	55	2	1	57	Wheat, milk, soy	
Quesadilla- Steak	1 quesadilla	920	480	54	28	1.5	180	2210	54	2	1	54	Wheat, milk, soy	
Queso Dip & Chips	1 serving	890	350	39	16	1.5	60	2750	110	0	7	30	milk, soy	
<b>BONELESS WINGS</b>														
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	
<b>Boneless Wing Baskets (includes fries &amp; coleslaw)</b>														
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	
<b>Wing Sauces to Add to BONELESS Wings:</b>														
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 Thai Chili Wing Sauce	Per 2 wings	60	0	0	0	0	0	300	15	0	13	0	Wheat, milk, soy	
Add Signature Buffalo Wing Sauce	Per 2 wings	45	40	4.5	0	0	0	240	1	0	0	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 Bourbon Glaze 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	
<b>Dressings to Add:</b>														
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	



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<b>TRADITIONAL WINGS</b>													
<b>Traditional Plain (No Sauce) Wings</b>	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
<b>Traditional Wing Baskets (includes fries &amp; coleslaw)</b>													
<b>Traditional Plain (No Sauce) Wing Basket</b>	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
<b>Wing Sauces to Add to Traditional Wings:</b>													
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 Sweet Thai 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 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 Bourbon Glaze 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
<b>Dressings to Add:</b>													
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
<b>FRESH SALADS AND LIGHTER SIDE</b>													
<b>Chef Salad</b>	1 salad (no dressing)	440	210	24	11	0	140	1790	8	2	5	46	Milk
<b>Santa Fe Salad</b>	1 salad (no dressing)	430	200	22	12	0	95	880	25	4	4	33	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
<b>Grilled Chicken Salad</b>	1 salad (no dressing)	310	140	15	6	1	95	1150	13	4	6	31	Milk, soy
<b>Chicken Caesar Salad - Grilled</b>	1 salad (with dressing)	770	490	54	13	2	125	2590	32	5	3	40	Wheat, milk, egg, soy, fish
<b>Chicken Caesar Salad - Blackened</b>	1 salad (with dressing)	770	490	55	13	2	125	2630	32	5	2	40	Wheat, milk, egg, soy, fish
<b>Big Catch Salad Grilled w/ lemon pepper</b>	1 salad (no dressing)	360	180	20	8	3.5	75	1340	12	3	5	35	Milk, soy, fish
<b>Big Catch Salad Blackened</b>	1 salad (no dressing)	360	180	20	8	3.5	75	1220	12	4	5	36	Milk, soy, fish
<b>Buffalo Chicken Salad</b>	1 salad (no dressing)	560	270	30	8	0	70	1870	43	4	2	31	wheat, egg, milk, soy, fish
<b>Large Garden Salad</b>	1 salad (no dressing)	260	110	12	5	0	30	560	28	3	4	13	wheat, milk
<b>SALAD DRESSINGS</b>													
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



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<b>SANDWICHES &amp; WRAPS</b>													
<b>Buffalo Chicken Sandwich</b>	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
<b>Nashville Hot Chicken Sandwich</b>	Sandwich with fries	1720	900	100	19	15	45	5900	169	10	21	34	Wheat, milk, egg, soy
Add Ranch dressing	1.5 fl oz	210	200	22	5	0	30	360	3	0	1	1	milk, egg
<b>Cuban Sandwich</b>	Sandwich with fries	1330	640	71	24	0	145	3880	120	7	10	54	wheat, milk, egg
<b>Steak Garlic Melt</b>	Sandwich w/fries	1260	660	74	28	3	180	3840	86	6	4	66	wheat, milk, soy
<b>Philly Cheesesteak Sandwich</b>	Sandwich with fries	1030	420	47	18	0	140	3560	101	8	6	57	Wheat, milk, soy
<b>Reuben</b>	Sandwich with fries	1240	610	68	23	3	120	3070	109	12	7	47	wheat, egg, milk, soy
<b>Buffalo Chicken Wrap</b>	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
<b>Club Wrap</b>	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
<b>Grilled Chicken Wrap</b>	1 wrap w/fries	1220	590	66	18	1	135	3170	107	7	2	44	wheat, milk, egg, soy
Add Ranch dressing	1.5 fl oz	210	200	22	5	0	30	360	3	0	1	1	milk, egg
<b>BURGERS</b>													
<b>Amarillo Burger</b>	Burger & fries	1570	830	93	29	3	160	4200	124	6	26	51	Wheat, milk, egg, soy
<b>BBQ Bacon Cheeseburger</b>	Burger & fries	1550	760	84	27	3	145	4740	142	7	42	50	Wheat, milk, egg, soy
<b>BYO Burger</b>	Burger & fries	1160	620	69	18	3	95	3330	97	6	9	36	Wheat, milk, egg, soy
Add American cheese	2 slices	100	80	9	5	0	25	510	0	0	0	5	Milk, soy
Add Provolone cheese	2 slices	200	140	16	8	0	40	480	0	0	0	14	Milk
Add Pepper Jack cheese	2 slices	120	90	10	6	0	30	660	0	0	0	6	Milk
Add Queso	2 oz	110	70	8	5	0.5	20	450	4	0	2	6	Milk
Add Bacon	2 slices	150	110	12	5	0	35	450	0	0	0	8	None
Add Jalapenos	1 oz	0	0	0	0	0	0	480	0	0	0	0	None
Add Mushrooms	3 oz	5	0	0	0	0	0	0	1	0	1	0	None
Add Yellow Onions	3 oz	15	0	0	0	0	0	0	4	1	2	0	None
Add Mayonnaise	1 Tbsp	100	100	11	1.5	0	10	70	0	0	0	0	Egg
Add Shredded Lettuce	2 oz	0	0	0	0	0	0	0	0	0	0	0	None
Add Tomato	2 slices	5	0	0	0	0	0	0	1	0	1	0	None
Add Red Onion	3 rings	10	0	0	0	0	0	0	3	0	1	0	None
Add Pickle Chips	4 chips	0	0	0	0	0	0	230	0	0	0	0	None
<b>Five Cheese Burger</b>	Burger & fries	1570	900	100	37	6	175	4490	109	7	7	60	Wheat, milk, egg, soy
<b>O' Brady Burger</b>	Burger & fries	1350	750	84	26	3	135	2610	95	6	10	50	Wheat, milk, egg, soy
<b>OMG Burger</b>	Burger & fries	1890	1120	125	47	3	290	6560	96	6	8	86	Wheat, milk, egg, soy



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<b>ENTREES</b>													
Chicken Fajitas	Entrée, tortillas & condiments	760	360	40	17	0	120	2890	61	7	7	38	milk, wheat
Steak Fajitas	Entrée, tortillas & condiments	800	400	44	21	2.5	140	3290	57	6	5	45	Wheat, milk, soy
Fajitas - Duos (Chicken & Steak)	Entrée, tortillas & condiments	760	350	39	18	2.5	140	3170	57	6	5	46	Wheat, milk, soy
Fajita Set	3 tortillas w/ sides	470	200	22	13	0	60	1250	49	4	2	18	Wheat, milk
Chopped Steak	Entrée w sides & gravy	670	370	41	19	0	120	4310	44	7	9	34	Wheat, milk, soy
	Entrée w sides (no gravy)	630	360	50	19	0	120	3810	38	7	9	34	Milk
Dubliner	Entrée w sides	940	500	55	27	3	175	3130	62	6	10	57	Wheat, milk, soy
Big Catch Dinner - Grilled Lemon Pepper/S&P	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
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	1080	420	46	9	0	100	3070	120	7	11	46	Wheat, milk, eggs
Add Honey Mustard	1.5 fl oz	210	18	160	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	1530	830	92	18	12	100	5400	127	9	14	47	Wheat, milk, egg, soy
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
Hand Breaded Fried Shrimp Dinner	Basket with slaw and fries	1020	400	44	8	0	200	3930	129	8	11	30	wheat, egg, milk, shellfish
Hand Breaded Nashville Hot Fried Shrimp Dinner	Basket with slaw and fries	1410	690	77	15	7	200	5770	150	9	13	32	Wheat, milk, soy, egg, shellfish
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	845	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
<b>ADD-ONS</b>													
Add-On Fried Shrimp	5 shrimp	195	70	7	2	0	80	1140	27	1	1	9	shellfish, milk, soy, wheat, egg
Add-On Grilled Shrimp	8 shrimp	110	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
<b>TACOS &amp; BOWLS</b>													
Chicken Bowl (with rice)	1 bowl	980	470	52	12	2.5	125	1720	81	8	7	41	Milk, egg, soy
Steak Bowl (with rice)	1 bowl	1010	540	60	15	3	115	1550	80	8	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
Chicken 2 Taco Basket	2 tacos, chips & salsa	950	450	51	9	1	95	2330	87	7	3	35	Wheat, milk, egg, soy
Fish 2 Taco Basket Fried	2 tacos, chips & salsa	1040	480	53	9	0	55	2550	113	8	4	29	Wheat, milk, egg, soy
Fish 2 Tacos - Grilled	2 tacos w chips	950	500	56	10	3	55	2060	87	7	4	26	Wheat, milk, egg, soy
Fish 2 Tacos - Blackened	2 tacos w chips	940	500	56	10	3	55	2320	86	7	3	26	Wheat, milk, egg, soy
Steak 2 Taco Basket	2 tacos, chips & salsa	980	530	58	13	1.5	85	2170	86	7	3	32	Wheat, milk, egg, soy
Shrimp 2 Taco Basket Grilled	2 tacos, chips & salsa	950	500	55	10	3	155	2520	87	7	4	27	Wheat, milk, egg, soy
Shrimp 2 Taco Basket Blackened	2 tacos, chips & salsa	940	500	55	10	3	155	2780	86	7	3	27	Wheat, milk, egg, soy
Beef Tacos 2 Basket	2 tacos, chips & salsa	1120	630	70	18	0	115	1830	86	7	3	37	Wheat, milk, egg



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
<b>SIDES &amp; EXTRAS</b>													
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 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
Mashed Potatoes - Side	6 oz serving	220	120	14	8	0	35	640	23	1	4	5	milk
Add Gravy	2 oz	25	10	1	0	0	0	330	4	0	0	0	milk, soy, wheat
Add Bacon	1/2 oz	70	50	6	2.5	0	15	210	0	0	0	4	none
Add Cheddar Jack	1 oz	100	70	8	5	0	30	170	0	0	0	7	milk
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)	210	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)	130	55	6	5	0	30	280	14	1	2	13	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
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 Boom Boom Sauce	1.5 oz (bv)	250	230	25	4	0	20	400	4	0	3	0	egg
<b>SOUP &amp; CHILI BOWLS</b>													
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
<b>SOUP &amp; CHILI CUPS</b>													
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



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
<b>KIDS SECTION (includes entree &amp; treat; does not include side or beverage)</b>													
<b>Kid's Chicken Nuggets</b>	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
<b>Kid's Fried Chicken Tenders</b>	Entrée & treat	330	100	11	2	0	45	990	37	1	4	21	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
<b>Kid's Grilled Cheese</b>	Entrée & treat	540	250	28	10	3	40	1530	61	2	8	18	wheat, milk, soy
<b>Kid's Mac &amp; Cheese</b>	Entrée & treat	350	90	10	3	0	15	620	54	2	12	11	wheat, milk, soy
<b>Kid's Cheeseburger</b>	Entrée & treat	600	330	37	15	0	70	1220	43	1	10	24	wheat, milk, soy
<b>Kid's Choice of Sides for Entrees</b>													
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
<b>DESSERTS</b>													
<b>Funnel Fries</b>	1 serving	810	220	25	9	0	55	480	141	2	96	8	wheat, milk, soy, egg
<b>Chocolate Chip Lava Cookie</b>	1 serving	960	460	51	28	0	110	430	123	6	78	11	wheat, milk, soy, egg
<b>Cheesecake</b>	1 slice	490	300	33	19	0.5	85	370	44	1	25	5	milk, egg, soy, wheat
Add Strawberry puree	1 fl oz	110	0	0	0	0	0	5	26	0	26	0	None
Add Caramel sauce	1 fl oz	110	10	1	0.5	0	5	50	25	1	20	1	milk
Add Chocolate sauce	1 fl oz	110	10	1	1	0	0	10	25	0	24	1	milk, soy
<b>Ice Cream</b>	4 fl oz	140	70	8	5	0	30	50	15	0	12	2	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
<b>LUNCH MENU</b>													
Chicken Tender Basket Combo (does not include beverage)	Basket with fries	780	280	31	2	0	70	2310	91	1	4	21	Wheat, milk, soy
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 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	5	1	2	1	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 - 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	320	170	19	9	1.5	35	590	23	0	2	12	wheat, milk, soy
Pick Two - Reuben	1/2 sandwich	460	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)	130	55	6	3	0	14	280	13	2	4	7	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)	210	140	16	4	0	15	580	13	2	1	6	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	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
<b>PIZZAS - available in some locations</b>													
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	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





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<b>Breakfast Menu - Available in some locations</b>													
<b>Eggs</b>													
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
<b>Omelettes</b>													
3 Cheese	Omelette & toast w/choice of sides	760	370	41	20	0	605	1000	48	2	6	46	Eggs, wheat
3 Cheese (Liquid egg)	Omelette & toast w/choice of sides	830	420	47	23	0	760	1080	48	2	6	52	Eggs, wheat
3 Cheese (Liquid egg wht)	Omelette & toast w/choice of sides	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	Omelette & toast w/choice of sides	860	360	40	18	0	650	2310	53	2	11	65	Eggs, wheat
Ham & Cheese (Liquid egg)	Omelette & toast w/choice of sides	930	420	46	21	0	805	2390	53	2	11	71	Eggs, wheat
Ham & Cheese (Liquid egg white)	Omelette & toast w/choice of sides	750	250	28	15	0	125	2430	53	2	11	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
Steak, Mushroom, Cheese	Omelette & toast w/choice of sides	880	410	46	20	0	640	1670	50	3	7	61	Eggs, wheat
Steak, Mushroom, Cheese (Liquid egg)	Omelette & toast w/choice of sides	950	470	52	23	0	795	1750	50	3	7	67	Eggs, wheat
Steak, Mushroom, Cheese (Liquid egg wht)	Omelette & toast w/choice of sides	770	310	34	17	0	115	1790	50	3	7	63	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	Omelette & toast w/choice of sides	710	310	34	15	0	585	970	56	4	10	43	Eggs, wheat
Veggie (Liquid egg)	Omelette & toast w/choice of sides	780	360	40	18	0	740	1050	56	4	10	49	Eggs, wheat
Veggie (Liquid egg wht)	Omelette & toast w/choice of sides	600	200	22	12	0	60	1090	56	4	10	45	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
<b>Other Breakfast Menu Items</b>													
Southwest Burrito	Burrito w/choice of sides	1060	550	61	24	0	815	2060	59	4	3	55	Wheat, Egg, Milk
Southwest Burrito (Liquid egg)	Burrito w/choice of sides	1150	620	69	28	0	1020	2170	59	4	3	63	Wheat, Egg, Milk
Southwest Burrito (Liquid egg wht)	Burrito w/choice of sides	910	410	45	20	0	115	2220	59	4	3	58	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	Two pancakes	250	20	2	0	0	0	700	54	1	10	4	Wheat, Milk, Soy
Pancakes - 3	Three pancakes	370	25	2.5	0	0	0	1050	81	2	15	6	Wheat, Milk, Soy
Biscuits & Sausage Gravy	Two biscuits with gravy	750	450	50	21	0	65	2000	56	2	5	17	Wheat, Milk
Kids - Eggs Any Style	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)	Egg & toast w/choice is side	230	80	9	3	0	225	310	24	1	3	12	Egg, Wheat
Kids - Eggs Any Style (Liquid egg wht)	Egg & toast w/choice is side	170	30	3	1	0	0	320	24	1	3	11	Egg, Wheat
Add Bacon Strip -- OR --	1 slice	60	50	6	2	0	10	100	0	0	0	2	None
Add Sausage Patty	1 patty	230	190	21	7	0	55	580	1	0	1	8	None
Kids - Pancakes	Three pancakes	190	15	1.5	0	0	0	520	40	1	7	3	Wheat, Milk, Soy



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
<b>Breakfast Sides</b>													
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 - Cheerios	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
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
<b>Condiments</b>													
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)



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
<b>NON-ALCOHOLIC FAMILY FAVORITES</b>													
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
<b>WINE BASED COCKTAILS (Limited locations - ask your server)</b>													
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
<b>FULL ALCOHOL COCKTAILS</b>													
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
Cadillac Margarita (salted rim excluded as a garnish)	1 drink	190	0	0	0	0	0	0	34	0	32	0	None
Red 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
Fruit Stand Lemonade	1 drink	260	0	0	0	0	0	10	41	0	40	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
Oh Mai Tai	1 drink	280	0	0	0	0	0	35	38	0	36	0	none
Deep Blue Sea	1 drink	150	0	0	0	0	0	15	10	0	10	0	none
Old Fashioned	1 drink	200	0	0	0	0	0	0	12	0	11	0	none
Dragonberry Mojito	1 drink	160	0	0	0	0	0	5	19	0	19	0	none
Beef's Bloody Mary	1 drink	150	0	0	0	0	0	1160	9	2	4	2	none
Guava Rita Margarita	1 drink	250	0	0	0	0	0	0	31	0	29	0	none
Dragon Fruit Margarita	1 drink	300	0	0	0	0	0	0	43	0	40	0	none
Long Island Iced Tea	1 drink	210	0	0	0	0	0	80	28	0	23	0	none
Classic Mule	1 drink	130	0	0	0	0	0	10	12	0	11	0	none
Blackberry Lemonade	1 drink	160	0	0	0	0	0	10	25	0	24	0	none
Peach Strawberry Lemonade	1 drink	230	0	0	0	0	0	10	34	0	33	0	none
<b>WINES BY THE GLASS</b>													
Barefoot White Zinfandel	5 oz glass	115	0	0	0	0	0	15	8	0	6	0	none
Barefoot Pinot Grigio	5 oz glass	120	0	0	0	0	0	15	4	0	2	0	none
Barefoot Chardonnay	5 oz glass	130	0	0	0	0	0	15	4	0	1	0	none
Dark Horse Merlot	5 oz glass	120	0	0	0	0	0	15	0	0	1	0	none
Dark Horse Cabernet Sauvignon	5 oz glass	120	0	0	0	0	0	15	0	0	0	0	none
Barefoot Moscato Wine	5 fi oz	120	0	0	0	0	0	0	8	0	5	0	none
<b>WINE &amp; SELTZERS</b>													
White Claw Lime	12 fl oz	120	0	0	0	0	0	0	2	0	2	0	none
White Claw Raspberry	12 fl oz	100	0	0	0	0	0	0	2	0	2	0	none
White Claw Black Cherry	12 fl oz	100	0	0	0	0	0	0	2	0	2	0	none
White Claw Grapefruit	12 fl oz	100	0	0	0	0	0	0	2	0	2	0	none