



NUTRITIONAL + ALLERGEN INFORMATION

NON-ALCOHOLIC BEVERAGES

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
BARQ'S ROOT BEER	133	0	0	0	0	0	29	36	0	36	0											
COKE	119	0	0	0	0	0	7	32	0	32	0											
COKE ZERO SUGAR	1	0	0	0	0	0	34	0	0	0	0											
DIET COKE	0	0	0	0	0	0	12	0	0	0	0											
DIET DR. PEPPER	0	0	0	0	0	0	42	0	0	0	0											
DR. PEPPER	132	0	0	0	0	0	42	32	0	32	0											
INFUSED TEA, MANGO	164	0	0	0	0	0	8	40	0	40	0											
INFUSED TEA, PEACH	159	0	0	0	0	0	8	40	0	40	0											
INFUSED TEA, RASPBERRY	149	0	0	0	0	0	8	38	0	37	0											
LIMEADE, CHERRY	274	0	0	0	0	0	25	72	0	67	0											
LIMEADE, STRAWBERRY	226	1	0	0	0	0	25	57	1	51	0											
MINUTE MAID LEMONADE	116	0	0	0	0	0	49	31	0	31	0											
SPRITE	116	0	0	0	0	0	26	31	0	31	0											
STRAWBERRY LEMONADE	191	0	0	0	0	0	62	50	1	49	0											

MARGARITAS

BEERGARITA	518	0	0	0	0	0	485	51	0	34	0					•						
CHAMPAGNE MARGARITA	473	0	0	0	0	0	484	39	0	32	0										•	
EL PERFECTO, MARTINI STYLE	454	14	2	0	0	0	722	53	1	40	0											
EL PERFECTO, ON THE ROCKS	439	1	0	0	0	0	482	53	1	40	0											
FROZEN MARGARITA, MANGO	709	0	0	0	0	0	20	123	0	113	0											
FROZEN MARGARITA, SANGRIA SWIRL	521	0	0	0	0	0	5	58	0	52	0											•
FROZEN MARGARITA, STRAWBERRY	470	0	0	0	0	0	5	62	2	57	0											
FROZEN MARGARITA, TRADITIONAL	454	0	0	0	0	0	486	46	0	42	0											
MARGARITA, STRAWBERRY	339	0	0	0	0	0	0	39	1	35	0											
MARGARITA, TRADITIONAL	289	0	0	0	0	0	480	26	0	23	0											
MARGARITA MEZCAL	439	1	0	0	0	0	2	53	1	40	0											

CRAFT COCKTAILS

APEROL SPRITZ	212	1	0	0	0	0	15	20	1	18	0											•
BASIL LEMONADE	370	1	0	0	0	0	32	58	1	54	1											
BLOODY MARY	209	14	2	0	0	0	1921	16	2	8	1		•							•	•	
CUBAN MOJITO	236	1	0	0	0	0	28	31	1	28	1											

CRAFT COCKTAILS

CONTINUED

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	
EASY LIVIN	352	0	0	0	0	0	1	45	1	41	0												
LONG ISLAND TEA, STRAWBERRY	387	0	0	0	0	0	7	58	1	51	0					•							
LONG ISLAND TEA, TRADITIONAL	336	0	0	0	0	0	3	46	1	41	0					•							
MOSCOW MULE	240	0	0	0	0	0	0	30	0	28	0												
NO BEACH REQUIRED	375	0	0	0	0	0	3	43	0	37	0										•	•	
OLD FASHIONED	327	0	0	0	0	0	1	20	0	14	0												
PAINKILLER	341	32	4	3	0	0	25	45	1	40	0										•	•	
RED SANGRIA	449	1	0	0	0	0	1	62	1	54	0										•		
WHISKEY PUNCH	517	0	0	0	0	0	3	63	0	57	0												
WHITE SANGRIA	349	1	0	0	0	0	7	48	1	29	0										•	•	

WINES

CABERNET SAUVIGNON, 6 OUNCES	148	0	0	0	0	0	0	5	0	0	0										•		
CABERNET SAUVIGNON, 9 OUNCES	221	0	0	0	0	0	0	7	0	0	0										•		
CABERNET SAUVIGNON, BOTTLE	625	0	0	0	0	0	0	19	0	0	1										•		
CHARDONNAY, 6 OUNCES	132	0	0	0	0	0	6	7	0	3	0										•		
CHARDONNAY, 9 OUNCES	198	0	0	0	0	0	9	11	0	4	0										•		
CHARDONNAY, BOTTLE	559	0	0	0	0	0	25	30	0	12	0										•		
MERLOT, 6 OUNCES	148	0	0	0	0	0	7	4	0	1	0										•		
MERLOT, 9 OUNCES	221	0	0	0	0	0	11	7	0	2	0										•		
MERLOT, BOTTLE	625	0	0	0	0	0	30	19	0	5	1										•		
MOSCATO, 6 OUNCES	169	0	0	0	0	0	0	16	0	4	0										•		
MOSCATO, 9 OUNCES	254	0	0	0	0	0	0	24	0	5	0										•		
MOSCATO, BOTTLE	716	0	0	0	0	0	0	68	0	15	0										•		
PINOT GRIGIO, 6 OUNCES	148	0	0	0	0	0	0	4	0	0	0										•		
PINOT GRIGIO, 9 OUNCES	221	0	0	0	0	0	0	5	0	0	0										•		
PINOT GRIGIO, BOTTLE	625	0	0	0	0	0	0	15	0	0	1										•		
PINOT NOIR, 6 OUNCES	146	0	0	0	0	0	0	4	0	0	0										•		
PINOT NOIR, 9 OUNCES	220	0	0	0	0	0	0	6	0	0	0										•		
PINOT NOIR, BOTTLE	620	0	0	0	0	0	0	17	0	0	1										•		
RED BLEND, 6 FLUID OUNCES	133	0	0	0	0	0	0	0	0	0	0										•		
RED BLEND, 9 FLUID OUNCES	199	0	0	0	0	0	0	1	0	1	0										•		
RED BLEND, BOTTLE	562	0	0	0	0	0	0	2	0	2	0										•		
RIESLING, 6 OUNCES	144	0	0	0	0	0	0	7	0	0	0										•		
RIESLING, 9 OUNCES	216	0	0	0	0	0	0	10	0	0	0										•		

WINES CONTINUED

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
RIESLING, BOTTLE	610	0	0	0	0	0	0	28	0	0	1									•		
ROSÉ, 6 OUNCES	127	0	0	0	0	0	6	3	0	3	0									•		
ROSÉ, 9 OUNCES	191	0	0	0	0	0	9	4	0	4	0									•		
ROSÉ, BOTTLE	538	0	0	0	0	0	25	11	0	11	0									•		
SAUVIGNON BLANC, 6 OUNCES	145	0	0	0	0	0	0	4	0	0	0									•		
SAUVIGNON BLANC, 9 OUNCES	218	0	0	0	0	0	0	5	0	0	0									•		
SAUVIGNON BLANC, BOTTLE	615	0	0	0	0	0	0	15	0	0	1									•		
SPARKLING WHITE WINE, 6 OUNCES	148	0	0	0	0	0	0	7	0	2	0									•		
SPARKLING WHITE WINE, 9 OUNCES	222	0	0	0	0	0	0	10	0	3	0									•		
SPARKLING WHITE WINE, BOTTLE	627	0	0	0	0	0	0	29	0	10	0									•		

MARTINIS

ESPRESSO	239	11	1	1	0	0	0	20	0	20	0			•								
ISLAND PARADISE	196	0	0	0	0	0	1	29	1	13	0									•	•	
SNICKERDOODLE	472	117	13	9	0	55	72	34	0	18	4			•						•	•	

MUNCHIES

BAJA DIPPERS	1555	672	75	34	0	216	3689	140	13	8	75			•						•		
BONELESS WINGS, BUFFALO	1109	581	65	18	0	214	3668	40	4	10	85	•		•	•					•		•
Choice of 2oz Creamy Bleu Cheese or Buttermilk Ranch (not included, refer to salad dressings)																						
BONELESS WINGS, HOT BUFFALO	1107	568	63	17	0	214	3622	42	5	9	85	•		•	•					•		•
Choice of 2oz Creamy Bleu Cheese or Buttermilk Ranch (not included, refer to salad dressings)																						
CALAMARI	471	99	11	2	0	535	3173	51	2	0	42	•		•	•			•		•		•
Choice of 2oz Cocktail Sauce, Marinara or Garlic Lemon Aioli (not included, refer to other sauces)																						
CHESAPEAKE BAY CRAB CAKES	359	183	20	6	0	133	1126	20	1	4	23	•	•	•				•		•	•	•
Choice of 2oz Red Pepper Sauce or Tartar Sauce (not included, refer to other sauces)																						
CHICAGO SPINACH & ARTICHOKE DIP	1265	610	68	33	0	120	2414	109	13	13	45			•						•		•
CHICKEN QUESADILLA	867	416	46	24	1	166	2865	61	6	9	50			•						•	•	•
CHICKEN WINGS, BUFFALO	702	517	57	18	0	135	1878	11	2	7	32			•						•		•
Choice of 2oz Creamy Bleu Cheese or Buttermilk Ranch (not included, refer to salad dressings)																						
CHICKEN WINGS, CAJUN DRY RUB	673	520	58	18	0	135	1387	4	1	0	33			•						•		•
Choice of 2oz Creamy Bleu Cheese or Buttermilk Ranch (not included, refer to salad dressings)																						

MUNCHIES

CONTINUED

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
CHICKEN WINGS, GARLIC LEMON PEPPER DRY RUB	670	520	58	18	0	135	1801	2	1	0	32			•					•			
Choice of 2oz Creamy Bleu Cheese or Buttermilk Ranch (not included, refer to salad dressings)																						
CHICKEN WINGS, HOT BUFFALO	700	504	56	17	0	135	1831	13	3	7	33			•					•			
Choice of 2oz Creamy Bleu Cheese or Buttermilk Ranch (not included, refer to salad dressings)																						
COLOSSAL MEATBALLS	1298	829	92	35	0	395	2042	48	3	9	65	•		•		•			•			•
FRIED CHICKEN FINGERS	1016	311	35	7	0	175	3218	93	8	1	77	•		•	•							•
Choice of 2oz Buttermilk Ranch or Honey Mustard (not included, refer to salad dressings)																						
FRIED PICKLES	757	449	50	10	0	13	3181	64	0	2	10	•		•	•				•			•
FRY ME SOME CHEESE	933	455	51	25	0	142	2862	76	1	4	40	•		•					•			•
GRINGO DIP & CHIPS	1043	455	51	26	0	126	3251	98	12	8	42			•								
GRINGO DIP & WAFFLE FRIES	1398	820	91	35	0	110	3610	104	11	3	30			•								•
NACHOS, CHICKEN	1711	770	86	41	0	312	4154	125	18	11	102			•					•			•
NACHOS, CHICKEN + GROUND BEEF	1828	866	96	45	0	340	4341	126	19	11	106			•					•			•
NACHOS, GROUND BEEF	1877	950	106	49	0	334	4374	126	20	11	97			•					•			•
SHROOMS	1358	1020	113	38	0	136	2818	59	7	11	22	•	•	•	•				•			•
TATER KEGS	311	157	17	8	0	90	980	22	2	2	14	•		•								
Choice of 3oz Buttermilk Ranch, Sour Cream or Cheese Sauce (not included, refer to salad dressings and other sauces)																						
TEQUILA WRAPPERS	1352	756	84	25	2	117	2511	96	12	11	54	•		•	•				•	•		•

SALADS

BUFFALO CHICKEN SALAD, FRIED	1605	983	109	37	0	218	4795	71	9	13	79	•		•	•				•			•
BUFFALO CHICKEN SALAD, GRILLED	1502	938	104	36	0	244	4021	47	8	14	87	•		•	•				•			
CALIFORNIA BLEU CHICKEN SALAD	1363	827	92	23	0	385	2453	52	7	30	78	•		•								
CHICKEN CAESAR SALAD, BLACKENED	1238	805	89	21	0	169	2105	24	6	5	82	•	•	•		•			•			•
CHICKEN CAESAR SALAD, FRIED	1299	813	90	21	0	142	2495	47	7	4	73	•	•	•	•	•			•			•
CHICKEN CAESAR SALAD, GRILLED	1196	769	85	19	0	169	1720	23	6	5	82	•	•	•		•			•			•
CHICKEN CLUB SALAD, BLACKENED	901	458	51	17	0	395	2268	28	10	7	80	•		•		•			•			•
Choice of 4oz salad dressing (not included, refer to salad dressings)																						
CHICKEN CLUB SALAD, FRIED	962	466	52	17	0	368	2658	50	11	6	71	•		•	•	•						•
Choice of 4oz salad dressing (not included, refer to salad dressings)																						
CHICKEN CLUB SALAD, GRILLED	859	421	47	15	0	395	1884	26	9	7	80	•		•		•						•
Choice of 4oz salad dressing (not included, refer to salad dressings)																						
FAJITA SALAD, CHICKEN	1007	271	30	11	0	177	2150	101	16	17	76			•								
Choice of 4oz Avocado Ranch or Chipotle Ranch (not included, refer to salad dressings)																						

SALADS CONTINUED

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
FAJITA SALAD, CRUMBLED VEGGIE PATTY	1015	354	39	14	0	46	2309	123	23	18	41	•		•					•			•
Choice of 4oz Avocado Ranch or Chipotle Ranch (not included, refer to salad dressings)																						
FAJITA SALAD, GROUND BEEF	1074	422	47	18	0	157	2163	102	17	17	56			•								
Choice of 4oz Avocado Ranch or Chipotle Ranch (not included, refer to salad dressings)																						
SUMMER CHICKEN SALAD	1128	662	74	12	0	152	1605	50	8	34	63			•						•	•	
HOUSE SALADS																						
CAESAR	458	361	40	9	0	18	553	10	3	2	15	•	•	•		•						•
SUMMER	354	245	27	5	0	13	386	22	4	13	6			•						•	•	
TRADITIONAL (WITHOUT DRESSING)	216	132	15	6	0	96	622	9	2	3	12	•		•		•						•
Choice of 3oz salad dressing (not included, refer to salad dressings)																						
SALAD DRESSINGS (BY THE OUNCE)																						
AVOCADO RANCH	115	106	12	2	0	3	155	2	0	1	1	•		•	•					•		
BALSAMIC VINAIGRETTE	157	134	15	2	0	0	267	6	0	5	0										•	
BUTTERMILK RANCH	141	132	15	3	0	4	178	1	0	1	1	•		•	•					•		
CAESAR	189	185	21	4	0	2	183	1	0	0	1	•	•	•								
CHIPOTLE RANCH	134	124	14	3	0	4	187	2	0	1	1	•		•	•					•		
CILANTRO HONEY LIME	155	130	14	2	0	0	91	6	0	6	0	•										
CREAMY BLEU CHEESE	143	135	15	3	0	5	202	1	0	1	1	•		•	•					•		
FRENCH	120	99	11	2	0	0	310	5	0	5	0											
HONEY MUSTARD	178	158	18	3	0	0	153	5	0	4	0	•										
LIGHT ITALIAN	40	27	3	1	0	0	270	3	0	2	0			•								
SALSA	9	0	0	0	0	0	140	2	0	1	0											
THOUSAND ISLAND	114	90	10	2	0	0	234	6	0	5	0	•										
SALAD PROTEIN OPTIONS																						
CHICKEN BREAST, BLACKENED	321	84	9	2	0	132	1000	4	0	1	53			•						•		
CHICKEN BREAST, GRILLED	279	47	5	1	0	132	615	2	0	1	52											
CRUMBLED VEGGIE PATTY	288	130	14	4	0	0	775	24	7	2	17	•		•						•		•
FLAT-IRON STEAK	639	471	52	21	0	163	656	0	0	0	39			•						•		
FRIED CHICKEN FINGERS/TENDERS	510	122	14	3	0	140	1853	35	2	1	58	•		•	•							•
GROUND BEEF	347	198	22	8	0	111	629	3	1	1	32											
SALMON	390	230	26	6	0	117	622	0	0	0	40		•	•						•		
SHRIMP, FRIED	342	85	9	2	0	242	1575	28	2	0	36	•		•	•					•		•
SHRIMP, SEARED	191	60	7	2	0	234	253	1	0	0	31			•						•		

SOUPS

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	
CHICKEN TORTILLA, FULLY LOADED, BOWL	328	160	18	7	0	40	840	28	4	4	13			•					•			•	
CHICKEN TORTILLA, NAKED, BOWL	183	86	10	3	0	15	753	16	3	3	8			•					•			•	
CUP OF SOUP																							
CHICKEN TORTILLA SOUP, FULLY LOADED	146	69	8	3	0	16	408	13	2	2	6			•					•			•	
CHICKEN TORTILLA SOUP, NAKED	122	57	6	2	0	10	502	11	2	2	6			•					•			•	
IDAHO BAKED POTATO SOUP	262	159	18	9	0	37	681	17	1	6	8			•		•			•			•	
OUTLAW STEAK SOUP	213	127	14	6	0	28	748	10	1	2	11			•		•			•	•		•	
IDAHO BAKED POTATO SOUP, BOWL	552	338	38	19	0	80	1459	34	2	12	17			•		•			•			•	
OUTLAW STEAK, BOWL	426	255	28	11	0	56	1496	19	2	4	22			•		•			•	•		•	

THIS + THAT

HALF SANDWICH + SOUP COMBO, CHICKEN SALAD	424	186	21	6	0	59	826	38	2	2	21	•		•		•			•			•	
Choice of Bowl of Soup (not included, refer to soups)																							
HALF SANDWICH + SOUP COMBO, PRIME RIB	605	351	39	16	0	84	2408	36	1	2	26			•		•			•			•	
Choice of Bowl of Soup (not included, refer to soups)																							
HALF SANDWICH + SOUP COMBO, TURKEY	570	294	33	11	0	48	1558	36	2	2	30	•		•		•			•			•	
Choice of Bowl of Soup (not included, refer to soups)																							
SOUP + SALAD COMBO																							
Choice of House Salad and Bowl of Soup (not included, refer to salads and soups)																							

CRAFT SANDWICHES

Served with choice of Side Item (not included, refer to side items)

BACON CHEESE CHICKEN GRILLE	823	358	40	16	0	191	1686	40	2	8	69	•		•		•			•			•	
Choice of 1oz Garlic Aioli or Honey Mustard (not included, refer to salad dressings and other sauces)																							
CAJUN CHICKEN PHILLY	1359	720	80	27	0	152	3264	81	4	3	75	•		•		•			•			•	
CHICKEN AVOCADO GRILLE	1061	565	63	20	0	194	1846	48	7	9	71	•		•	•	•			•			•	
GRILLED REUBEN	1101	574	64	23	0	142	3552	73	4	12	57	•		•		•			•			•	
CARNEGIE DELI STYLE	1207	622	69	25	0	187	4448	73	4	12	72	•		•		•			•			•	
GYRO 'HERO' PITA	777	448	50	19	0	81	2184	54	4	4	25	•		•		•			•	•		•	
HAVANA CLUB	1153	561	62	20	0	155	2647	68	2	8	73	•		•		•			•	•		•	

CRAFT SANDWICHES

CONTINUED








	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
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Served with choice of Side Item (not included, refer to side items)

PRIME RIB FRENCH DIP	1086	613	68	27	0	156	3250	64	2	3	51			•		•			•			•
ADD MONTEREY JACK CHEESE	1170	674	75	31	0	175	3394	64	2	3	56			•		•			•			•
Choice of 1oz Horseradish Sauce or Garlic Aioli (not included, refer to other sauces)																						
SOUTHWEST TORTILLA WRAP	1034	520	58	17	2	103	2445	77	7	6	49	•		•	•	•			•	•		•
SPICY FRIED CHICKEN, DRESSED	1209	553	61	20	0	155	4799	89	4	14	70	•		•	•	•			•			•
Choice of 1oz Buttermilk Ranch or Creamy Bleu Cheese (not included, refer to salad dressings)																						
SPICY FRIED CHICKEN, SIMPLY CRISPY	1044	420	47	14	0	155	3643	82	3	9	70	•		•	•	•			•			•
Choice of 1oz Buttermilk Ranch or Creamy Bleu Cheese (not included, refer to salad dressings)																						
TRADITIONAL FISH, BLACKENED	1044	663	74	18	0	103	1889	47	4	12	47	•	•	•		•			•			•
TRADITIONAL FISH, FRIED	1006	558	62	15	0	105	1973	61	4	12	49	•	•	•	•	•			•			•
TRIPLE STACKED CLUB	1572	950	106	33	0	183	2890	73	9	16	75	•		•		•			•			•

MILE HIGH BURGERS

Served with choice of Side Item (not included, refer to side items) Most burgers include bun.

ALL-AMERICAN BACON CHEESEBURGER	907	662	74	23	0	380	1429	3	1	1	52	•		•					•			
Choice of Cheese - 1 Slice (not included, refer to cheese slice choices)																						
Choice of Bun - Sesame Seed or Pretzel (not included, refer to bun options)																						
AVOCADO BURGER	1201	773	86	31	0	190	1833	45	7	7	58	•		•	•	•			•			•
BURGER WITH CHEESE	945	596	66	21	0	128	1261	38	2	7	45	•		•		•			•			•
Choice of Cheese - 1 Slice (not included, refer to cheese slice choices)																						
DEVIL'S DEN BURGER	1101	716	80	28	0	148	2022	41	2	9	50	•		•		•			•			•
Choice of 1oz Buttermilk Ranch or Creamy Bleu Cheese (not included, refer to salad dressings)																						
DOUBLE SMASHED CHEESEBURGER	961	603	67	21	0	128	1785	40	2	7	45	•		•		•			•			•
Choice of Cheese - 2 Slices (not included, refer to cheese slice choices)																						
SCRATCH VEGGIE BURGER	900	517	57	18	0	106	1798	75	4	18	18	•		•		•			•	•		•
CHEESE SLICE CHOICES																						
AMERICAN (X2) 	110	81	9	5	0	20	360	1	0	0	6			•					•			
CAROLINA REAPER 	80	54	6	4	0	20	160	0	0	0	5			•								
CHEDDAR 	83	61	7	4	0	23	135	0	0	0	5			•								
MONTEREY JACK 	84	62	7	5	0	19	144	0	0	0	5			•								
PEPPER JACK 	60	50	10	0	0	20	330	0	0	0	0			•					•			
SMOKED GOUDA 	80	54	6	4	0	10	290	1	0	0	5			•								
SWISS 	112	73	8	5	0	25	61	1	0	0	8			•								

MILE HIGH BURGERS CONTINUED

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
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Served with choice of Side Item (not included, refer to side items) Most burgers include bun.

BUN OPTIONS

GLUTEN FREE BUN	240	162	18	5	0	0	450	30	3	5	3			•					•				
PLAIN BUN (WITHOUT SEEDS)	332	127	14	6	0	0	652	45	1	7	7	•		•		•			•				•
PRETZEL BUN	422	141	16	7	0	0	802	60	2	5	10			•		•			•				•
SESAME SEED BUN (STANDARD)	292	123	14	6	0	0	482	36	1	6	5	•		•		•			•				•

BOWL

PROTEIN POWER GRAIN BOWL, CHICKEN	637	162	18	5	0	138	1724	52	8	7	66			•					•				•
SIMPLY GRILLED	633	161	18	5	0	138	1844	51	8	7	66			•					•				•
PROTEIN POWER GRAIN BOWL, FILET MIGNON	863	418	46	14	0	134	2942	53	9	6	61			•					•				•
SIMPLY GRILLED	848	416	46	14	0	134	2342	49	8	6	60			•					•				•
PROTEIN POWER GRAIN BOWL, FLAT-IRON STEAK	969	551	61	23	0	169	1980	52	9	6	52			•					•				•
SIMPLY GRILLED	954	549	61	23	0	169	1381	49	8	6	52			•					•				•
PROTEIN POWER GRAIN BOWL, SALMON	715	310	34	8	0	123	1586	51	9	6	53		•	•					•				•
SIMPLY GRILLED	706	308	34	8	0	123	1346	49	8	6	53		•	•					•				•
PROTEIN POWER GRAIN BOWL, SIRLOIN STEAK	854	408	45	17	0	124	1944	52	9	6	59			•					•				•
SIMPLY GRILLED	839	406	45	17	0	124	1344	49	8	6	58			•					•				•

SOUTHWEST

BORDER ATTACK, CHICKEN	1370	551	61	27	0	203	3037	122	13	7	77			•					•				
BORDER ATTACK, COMBO	1418	599	67	29	0	212	3136	122	13	7	77			•					•				
BORDER ATTACK, GROUND BEEF	1465	648	72	32	0	221	3235	122	13	7	77			•					•				
CARNE ASADA TACO PLATTER	1123	443	49	16	1	85	3786	129	15	9	41			•					•	•			•
PACIFIC FISH TACO PLATTER, FRIED	1200	391	43	11	1	117	3615	141	12	9	64	•	•	•	•				•	•			•
PACIFIC FISH TACO PLATTER, GRILLED	1228	494	55	14	1	114	3291	124	12	9	61	•	•	•	•				•	•			•
SIZZLING FAJITA SKILLET, FIRE-GRILLED CHICKEN	1178	375	42	19	0	280	3061	87	11	20	104			•									•

Choice of Refried Beans or Mexican Rice (not included, refer to side items)

SOUTHWEST KITCHEN CONTINUED

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
SIZZLING FAJITA SKILLET, SHRIMP Choice of Refried Beans or Mexican Rice (not included, refer to side items)	982	374	42	20	0	356	2433	85	11	18	62			•				•	•			•
SIZZLING FAJITA SKILLET, SIGNATURE, CHICKEN + SHRIMP Choice of Refried Beans or Mexican Rice (not included, refer to side items)	1150	386	43	20	0	351	2901	87	11	19	96			•				•	•			•
SIZZLING FAJITA SKILLET, SIGNATURE, CHICKEN + STEAK Choice of Refried Beans or Mexican Rice (not included, refer to side items)	1414	623	69	31	0	316	2848	86	11	19	102			•								•
SIZZLING FAJITA SKILLET, SIGNATURE, STEAK + SHRIMP Choice of Refried Beans or Mexican Rice (not included, refer to side items)	1246	611	68	31	0	322	2380	84	11	18	67			•				•	•			•
SIZZLING FAJITA SKILLET, FLAT-IRON STEAK Choice of Refried Beans or Mexican Rice (not included, refer to side items)	2203	1302	145	62	0	445	3478	84	12	18	128			•					•			•
TACO PLATTER, 1 GROUND BEEF + 1 CHICKEN	648	144	16	6	0	70	2343	90	8	4	35			•					•			•
TACO PLATTER, CHICKEN	600	95	11	4	0	61	2244	90	8	4	35			•					•			•
TACO PLATTER, GROUND BEEF	695	192	21	8	0	79	2442	90	8	4	35			•					•			•

PASTA

Served with Garlic Bread (included)

CHICKEN BUCATINI, BLACKENED	2083	993	110	60	0	351	4083	151	8	7	112			•		•			•			•
ADD SEARED SHRIMP	2179	1023	114	61	0	469	4209	152	8	7	128			•		•		•	•			•
CHICKEN BUCATINI, GRILLED	2037	955	106	59	0	351	3445	149	7	7	112			•		•			•			•
ADD SEARED SHRIMP	2133	985	109	60	0	469	3572	150	7	7	128			•		•		•	•			•
MAC DADDY + CHEESE	2186	1125	125	57	0	343	4256	147	5	11	109			•		•			•			•
RATTLESNAKE PASTA	2286	1339	149	77	0	545	2895	123	7	22	119			•	•	•		•	•			•
SPINACH + ARTICHOKE CREAM PASTA	1902	921	102	50	0	396	3586	116	4	8	120			•	•	•		•	•			•

COMFORT CLASSICS

Served with choice of Side Items (not included, refer to side items)

"BABY BACKS" & CHICKEN FINGER PLATTER Choice of 2oz Buttermilk Ranch or Honey Mustard (not included, refer to salad dressings)	1196	528	59	19	0	281	3126	75	3	34	85	•		•	•								•
CENTER CUT' BABY BACK RIBS	1979	1051	117	39	0	295	3906	159	10	86	66												

COMFORT CLASSICS CONTINUED

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
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Served with choice of Side Items (not included, refer to side items)

CHICKEN FRIED CHICKEN	1164	491	55	25	0	225	3716	78	2	10	82	•		•	•	•			•			•
CHICKEN MADEIRA	1648	750	83	41	0	308	5128	119	9	20	93			•	•				•	•		•
COUNTRY FRIED TOP SIRLOIN STEAK	1327	741	82	37	0	178	3648	78	2	10	62	•		•	•	•			•			•
FRIED CHICKEN FINGERS PLATTER	765	183	20	4	0	210	2779	53	3	1	87	•		•	•							•
Choice of 2oz Buttermilk Ranch or Honey Mustard (not included, refer to salad dressings)																						

STEAKHOUSE + SEAFOOD

Served with choice of Side Items (not included, refer to side items)

BLACKENED ATLANTIC SALMON	619	318	35	7	0	117	1157	32	3	1	45		•	•					•			•
SIMPLY GRILLED	609	316	35	7	0	117	917	30	3	1	45		•	•					•			•
BLACKENED RIBEYE	1104	636	71	27	0	500	1315	4	1	0	106			•					•			
FILET MIGNON	423	259	29	9	0	110	954	0	0	0	40			•					•			
FLAT-IRON STEAK	639	471	52	21	0	163	656	0	0	0	39			•					•			
LIEUTENANT DAN'S SHRIMP PLATTER	685	130	14	3	0	415	3125	74	8	14	62	•	•	•	•			•				•
SCALLOPS + SHRIMP	786	489	54	21	0	219	999	32	3	2	36			•				•	•	•		•
STEAK + RIBS	1325	877	97	37	0	304	1930	40	1	33	66			•					•			
UPGRADE TO FILET MIGNON	1110	664	74	25	0	251	2227	40	1	33	67			•					•			
STEAK + SEAFOOD, CRAB CAKE	818	562	62	24	0	230	1219	10	1	2	50	•	•	•				•	•	•		•
UPGRADE TO FILET MIGNON	603	350	39	12	0	176	1517	10	1	2	52	•	•	•				•	•	•		•
STEAK + SEAFOOD, SCALLOPS	881	690	77	28	0	173	850	1	0	0	43			•				•	•			
UPGRADE TO FILET MIGNON	666	478	53	16	0	119	1148	1	0	0	45			•				•	•			
STEAK + SEAFOOD, SHRIMP, FRIED	946	527	59	22	0	329	2167	36	4	9	63	•	•	•	•			•	•			•
UPGRADE TO FILET MIGNON	731	315	35	10	0	276	2464	36	4	9	65	•	•	•	•			•	•			•
STEAK + SEAFOOD, SHRIMP, GRILLED	886	537	60	23	0	356	1520	17	2	9	65			•	•			•	•			
UPGRADE TO FILET MIGNON	671	325	36	11	0	303	1817	17	2	9	66			•	•			•	•			
8 OZ SIRLOIN	705	437	49	19	0	118	712	14	0	0	48			•		•			•			•
Choice of Baked Potato (2 toppings), French Fries or Steamed Vegetables (not included, refer to side items)																						
Served with Garlic Bread - 1 slice (included)																						

LET'S DO LUNCH

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	
ALL YOU CAN EAT SOUP & SALAD																							
Choice of House Salad and Bowl of Soup (not included, refer to salads and soups)																							
BACON CHEESE CHICKEN GRILLE (WITH FRENCH FRIES)	1202	516	57	20	0	191	2588	89	6	8	74	•	•	•					•			•	
Choice of 1oz Garlic Aioli or Honey Mustard (not included, refer to salad dressings and other sauces)																							
BURGER WITH CHEESE, DOUBLE SMASHED (WITH FRENCH FRIES)	1339	762	85	25	0	128	2687	89	7	7	50	•	•	•					•			•	
Choice of Cheese - 2 Slices (not included, refer to cheese slice choices)																							
BURGER WITH CHEESE, TRADITIONAL (WITH FRENCH FRIES)	1324	754	84	25	0	128	2163	88	7	7	50	•	•	•					•			•	
Choice of Cheese - 1 Slice (not included, refer to cheese slice choices)																							
FRIED CHICKEN FINGERS (WITH FRENCH FRIES)	1016	311	35	7	0	175	3218	93	8	1	77	•	•	•								•	
Choice of 2oz Buttermilk Ranch or Honey Mustard (not included, refer to salad dressings)																							
CHICKEN FRIED CHICKEN	892	313	35	14	0	175	3026	63	2	3	76	•	•	•	•				•			•	
Choice of two Side Items (not included, refer to side items)																							
LOADED IDAHO BAKED POTATO PLATTER																							
ALL TOPPINGS	885	438	49	22	0	59	790	86	7	5	23		•						•				
POTATO	412	45	5	1	0	0	23	82	6	3	10												
BACON	64	50	6	3	0	8	320	0	0	0	3												
BROCCOLI	20	2	0	0	0	0	15	3	1	1	2												
BUTTER	214	212	24	10	0	0	235	0	0	0	0		•						•				
CHEESE	110	81	9	5	0	30	180	0	0	0	7		•										
SOUR CREAM	64	48	5	4	0	21	16	1	0	1	1		•										
Choice of House Salad or Bowl of Soup (not included, refer to salads or soups)																							
HALF SANDWICH & SOUP COMBO, CHICKEN SALAD	424	186	21	6	0	59	826	38	2	2	21	•	•	•					•			•	
Choice of Bowl of Soup (not included, refer to soups)																							
HALF SANDWICH & SOUP COMBO, TURKEY	570	294	33	11	0	48	1558	36	2	2	30	•	•	•					•			•	
Choice of Bowl of Soup (not included, refer to soups)																							
TACO PLATTER, CHICKEN	600	95	11	4	0	61	2244	90	8	4	35		•						•			•	
TACO PLATTER, 1 GROUND BEEF + 1 CHICKEN	648	144	16	6	0	70	2343	90	8	4	35		•						•			•	
TACO PLATTER, GROUND BEEF	695	192	21	8	0	79	2442	90	8	4	35		•						•			•	
TRADITIONAL CHICKEN SALAD, BLACKENED	738	339	38	14	0	289	2232	21	5	6	76	•	•	•					•			•	
Choice of 4oz salad dressing (not included, refer to salad dressings)																							









LET'S DO LUNCH CONTINUED

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	
TRADITIONAL CHICKEN SALAD, FRIED Choice of 4oz salad dressing (not included, refer to salad dressings)	926	378	42	15	0	297	3085	53	7	5	81	•		•	•	•							•
TRADITIONAL CHICKEN SALAD, GRILLED Choice of 4oz salad dressing (not included, refer to salad dressings)	696	302	34	13	0	289	1848	20	4	6	75	•		•		•							•

DESSERT

AUTHENTIC KEY LIME PIE	553	190	21	14	0	40	223	80	2	58	8	•		•						•	•		•
COLOSSAL CARROT CAKE	1320	745	83	36	1	156	792	131	5	100	12	•		•						•	•	•	•
NEW YORK CHEESECAKE REQUESTED PLAIN	937 890	549 549	61 61	36 36	3 3	300 300	650 650	82 70	3 2	68 57	16 16	•		•						•			•
SALTED CARAMEL + CHOCOLATE BROWNIE	909	348	39	18	0	90	776	136	0	98	10	•		•		•				•			•

SIDE ITEMS

STANDARD																							
ADULT MAC-N-CHEESE	421	216	24	12	0	54	659	39	2	3	12			•						•			•
ANCIENT POWER GRAINS	220	86	10	2	0	0	296	29	2	1	5			•						•			•
COLESLAW 	384	306	34	7	0	7	473	16	3	12	2	•		•									
DRESSED ROASTED BRUSSEL SPROUTS 	213	104	12	2	0	5	186	23	5	14	5			•							•		
FRENCH FRIES 	379	158	18	4	0	0	902	49	5	0	5												
FRESH STEAMED VEGETABLES 	144	78	9	3	0	0	228	11	4	3	5			•						•			
GRILLED ASPARAGUS 	80	55	6	2	0	0	102	4	2	2	2			•						•			
GRILLED VEGETABLE MEDLEY 	67	15	2	0	0	0	256	9	4	4	4												
HOMESTYLE MASHED POTATOES & GRAVY WITHOUT GRAVY 	447 311	237 148	26 16	16 11	0 0	71 46	1370 1024	44 37	4 4	5 2	9 5			•		•				•			•
HOUSEMADE REFRIED BEANS	74	10	1	0	0	1	513	11	4	0	4			•						•			•
MEXICAN RICE	127	4	0	0	0	1	540	28	1	1	3			•						•			•
SCRATCH BBQ BEANS WITH BRISKET 	227	81	9	3	0	14	458	30	3	19	6												

SIDE ITEMS CONTINUED

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
PREMIUM																						
CRISPY ONION RINGS	356	74	8	1	0	0	775	61	2	9	7			•								•
HOUSE SALAD																						
CAESAR	458	361	40	9	0	18	553	10	3	2	15	•	•	•		•						•
WITHOUT CROUTONS GF	428	352	39	9	0	18	473	5	3	2	14	•	•	•								
SUMMER GF	354	245	27	5	0	13	386	22	4	13	6			•							•	•
TRADITIONAL (WITHOUT DRESSING)	216	132	15	6	0	96	622	9	2	3	12	•		•		•						•
WITHOUT CROUTONS GF	270	185	21	9	0	106	931	6	2	3	15	•		•								•
Choice of 3oz salad dressing (not included, refer to salad dressings)																						
LOADED IDAHO BAKED POTATO GF																						
ALL TOPPINGS	785	377	42	18	0	41	565	83	6	4	16			•							•	
POTATO	412	45	5	1	0	0	23	82	6	3	10											
CHEDDAR CHEESE	55	41	5	3	0	15	90	0	0	0	4			•								
CHOPPED BACON	40	32	4	2	0	5	200	0	0	0	2											
CHOPPED SCALLIONS	0	0	2	4	0	0	0	0	0	0	0											
MARGARINE	214	212	24	10	0	0	235	0	0	0	0			•							•	
SOUR CREAM	64	48	5	4	0	21	16	1	0	1	1			•								
LOADED MASHED POTATOES GF	536	296	33	20	0	88	1736	46	5	2	15			•								
SEASONED WAFFLE FRIES	474	254	28	6	0	0	901	48	5	0	5											•
SEASONED WAFFLE FRIES WITH GRINGO DIP	731	432	48	19	0	63	1934	53	5	2	17			•								•
SWEET POTATO FRIES	476	233	26	5	0	0	1188	58	9	18	3											•
BREAD																						
GARLIC BREAD (1 SLICE)	182	109	12	5	0	0	332	14	0	0	3			•		•					•	•
SCRATCH CHEDDAR BISCUIT	344	218	24	12	0	8	726	25	0	2	5			•							•	•

STREET KIDS

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
ENTRÉE																						
BUTTERED NOODLES + CHICKEN	820	268	30	8	0	69	552	94	5	4	40			•							•	•
CHICKEN FINGERS	382	92	10	2	0	105	1390	27	2	0	43	•		•	•							•
Choice of 2oz Dipping Sauce (not included, refer to salad dressings or other sauces)																						
CHICKEN NUGGETS	285	55	6	1	0	102	750	13	1	0	41	•		•	•							•
Choice of 2oz Dipping Sauce (not included, refer to salad dressings or other sauces)																						
CHICKEN QUESADILLA	453	234	26	13	1	93	901	24	2	1	31			•							•	•
FLAT-IRON STEAK	375	272	30	12	0	102	95	0	0	0	24											•

STREET KIDS

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
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ENTRÉE CONTINUED

FRIED SHRIMP	171	43	5	1	0	121	787	14	1	0	18	•	•	•				•					•
Choice of 2oz Ranch or Ketchup (not included, refer to salad dressings or other sauces)																							
GRILLED CHEESE - WHEAT BREAD	327	102	11	3	0	0	513	44	6	8	12			•		•			•				•
Choice of Cheese (not included, refer to cheese slice choices)																							
GRILLED CHEESE - WHITE BREAD	195	117	13	5	0	0	550	36	2	3	8			•		•			•				•
Choice of Cheese (not included, refer to cheese slice choices)																							
MACARONI & CHEESE	1001	464	52	24	0	102	1282	105	5	8	28			•					•				•
PASTA WITH SAUCE, ALFREDO	942	407	45	28	0	123	1236	104	5	3	26			•	•	•			•				•
PASTA WITH SAUCE, RED	547	62	7	1	0	3	558	103	6	11	17			•									•
SMASHED BURGER	506	251	28	11	0	64	785	36	1	6	25	•	•			•			•				•
add Choice of Cheese (not included, refer to cheese slice choices)																							

SIDE ITEM

ADULT MAC-N-CHEESE	421	216	24	12	0	54	659	39	2	3	12			•					•				•
ANCIENT POWER GRAINS	220	86	10	2	0	0	296	29	2	1	5			•					•				•
APPLE WEDGES WITH CARAMEL GF	166	6	1	0	0	0	76	40	2	29	0			•									
SCRATCH CHEDDAR BISCUIT	344	218	24	12	0	8	726	25	0	2	5			•					•				•
CARROT STICKS WITH RANCH GF	173	134	15	3	0	4	226	8	2	4	1	•	•	•					•				
CHIPS N SALSA GF	269	50	6	1	0	0	662	45	5	3	9												
FRENCH FRIES GF	216	90	10	2	0	0	515	28	3	0	3												
GARLIC BREAD	182	109	12	5	0	0	332	14	0	0	3			•		•			•				•
GO-GURT GF	47	6	1	0	0	2	30	8	0	5	2			•									
MASHED POTATOES & GRAVY	262	137	15	10	0	41	813	27	2	3	5			•		•			•				•
WITHOUT GRAVY GF	194	93	10	7	0	29	640	23	2	1	3			•									
MEXICAN RICE	127	4	0	0	0	1	540	28	1	1	3			•					•				•
MOTT'S APPLESAUCE GF	97	0	0	0	0	0	0	24	1	22	0												
SLICED STRAWBERRIES GF	17	1	0	0	0	0	1	4	1	2	0												
STEAMED BROCCOLI GF	62	38	4	1	0	0	44	4	1	1	2			•					•				•

DRINKS

APPLE JUICE GF	180	0	0	0	0	0	15	44	0	42	0												
BARQ'S ROOT BEER GF	83	0	0	0	0	0	18	23	0	23	0												
COKE GF	74	0	0	0	0	0	5	20	0	20	0												
COKE ZERO SUGAR GF	1	0	0	0	0	0	21	0	0	0	0												
DIET COKE GF	0	0	0	0	0	0	8	0	0	0	0												
DIET DR. PEPPER GF	0	0	0	0	0	0	26	0	0	0	0												
DR. PEPPER GF	83	0	0	0	0	0	26	20	0	20	0												

STREET KIDS

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
DRINKS CONTINUED																						
MILK GF	225	108	12	8	0	53	180	17	0	17	12			•								
MINUTE MAID LEMONADE GF	73	0	0	0	0	0	31	20	0	20	0											
SPRITE GF	73	0	0	0	0	0	17	20	0	20	0											
STRAWBERRY LEMONADE GF	83	0	0	0	0	0	28	22	0	22	0											
DESSERTS																						
COOKIES	120	36	4	1	0	0	110	19	1	6	1											•
GO-GURT GF	47	6	1	0	0	2	30	8	0	5	2			•								
SCOOP OF VANILLA ICE CREAM GF	160	81	9	5	0	35	45	17	0	13	3			•								
ADD CHOCOLATE TOPPING GF	210	83	9	5	0	35	68	28	1	23	4			•								
ADD STRAWBERRY TOPPING GF	175	81	9	5	0	35	45	21	0	17	3			•								

GLUTEN AWARENESS MENU **GF**

ALL-AMERICAN BACON CHEESEBURGER, GLUTEN FREE BUN	1147	824	92	28	0	380	1879	33	4	6	55	•		•						•		
Choice of Cheese - 1 Slice (not included, refer to cheese slice choices)																						
Choice of one Standard Side Item (not included, refer to side items with Gluten-Free symbol)																						
AVOCADO BURGER, GLUTEN FREE BUN	1148	813	90	30	0	190	1801	39	9	6	56	•		•	•					•		
Choice of one Standard Side Item (not included, refer to side items with Gluten-Free symbol)																						
BACON CHEESE CHICKEN GRILLE, GLUTEN FREE BUN	771	398	44	15	0	191	1654	34	3	7	67			•						•		
Choice of 1oz Garlic Aioli or Honey Mustard (not included, refer to other sauces or salad dressings)																						
Choice of one Standard Side Item (not included, refer to side items with Gluten-Free symbol)																						
BACON CHEESE CHICKEN GRILLE, LUNCH, GLUTEN FREE BUN	1150	556	62	19	0	191	2556	83	8	7	72			•						•		
Choice of 1oz Garlic Aioli or Honey Mustard (not included, refer to other sauces or salad dressings)																						
BLACKENED ATLANTIC SALMON	399	231	26	6	0	117	862	3	1	0	40		•	•						•		
SIMPLY GRILLED	390	230	26	6	0	117	622	0	0	0	40		•	•						•		
Choice of House Salad & one Side Item (refer to side items with Gluten-Free symbol)																						
BLACKENED RIBEYE	1104	636	71	27	0	500	1315	4	1	0	106			•						•		
Choice of House Salad & one Side Item (refer to side items with Gluten-Free symbol)																						
BUFFALO CHICKEN SALAD, GRILLED	1502	938	104	36	0	244	4021	47	8	14	87	•		•	•					•		
BURGER WITH CHEESE, GLUTEN FREE BUN	893	635	71	20	0	128	1229	32	4	6	43	•		•						•		
Choice of Cheese - 1 Slice (not included, refer to cheese slice choices with Gluten-Free symbol)																						
Choice of one Standard Side Item (not included, refer to side items with Gluten-Free symbol)																						

GLUTEN AWARENESS MENU CONTINUED

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
BURGER WITH CHEESE, DOUBLE SMASHED, LUNCH, GLUTEN FREE BUN	1287	801	89	25	0	128	2655	83	9	6	48	•		•					•			
Choice of Cheese - 2 Slices (not included, refer to cheese slice choices with Gluten-Free symbol)																						
BURGER WITH CHEESE, TRADITIONAL, LUNCH, GLUTEN FREE BUN	1272	793	88	24	0	128	2131	81	9	6	48	•		•					•			
Choice of Cheese - 1 Slice (not included, refer to cheese slice choices with Gluten-Free symbol)																						
CAESAR (HOUSE SALAD), NO CROUTONS (DRESSING INCLUDED)	428	352	39	9	0	18	473	5	3	2	14	•	•	•								
CALIFORNIA BLEU CHICKEN SALAD	1363	827	92	23	0	385	2453	52	7	30	78	•		•								
CENTER CUT' BABY BACK RIBS	1979	1051	117	39	0	295	3906	159	10	86	66											
CHICKEN AVOCADO GRILLE, GLUTEN FREE BUN	928	533	59	16	0	164	1875	42	9	8	69	•		•	•				•			
Choice of one Standard Side Item (not included, refer to side items with Gluten-Free symbol)																						
CHICKEN CAESAR SALAD, BLACKENED, NO CROUTONS (DRESSING INCLUDED)	1178	787	87	21	0	169	1945	14	6	5	80	•	•	•					•			
CHICKEN CAESAR SALAD, GRILLED, NO CROUTONS (DRESSING INCLUDED)	1136	751	83	19	0	169	1560	13	6	5	80	•	•	•					•			
CHICKEN CLUB SALAD, BLACKENED, NO CROUTONS	861	446	50	17	0	395	2161	21	10	7	79	•		•					•			
Choice of 4oz salad dressing (not included, refer to salad dressings with Gluten-Free symbol)																						
CHICKEN CLUB SALAD, GRILLED, NO CROUTONS	819	409	45	15	0	395	1777	20	9	7	79	•		•								
Choice of 4oz salad dressing (not included, refer to salad dressings with Gluten-Free symbol)																						
CHICKEN WINGS, BUFFALO	702	517	57	18	0	135	1878	11	2	7	32			•					•			
Choice of 2oz Creamy Bleu Cheese or Buttermilk Ranch (not included, refer to salad dressings)																						
CHICKEN WINGS, CAJUN DRY RUB	673	520	58	18	0	135	1387	4	1	0	33			•					•			
Choice of 2oz Creamy Bleu Cheese or Buttermilk Ranch (not included, refer to salad dressings)																						
CHICKEN WINGS, GARLIC LEMON PEPPER DRY RUB	670	520	58	18	0	135	1801	2	1	0	32			•					•			
Choice of 2oz Creamy Bleu Cheese or Buttermilk Ranch (not included, refer to salad dressings)																						
CHICKEN WINGS, HOT BUFFALO	700	504	56	17	0	135	1831	13	3	7	33			•					•			
Choice of 2oz Creamy Bleu Cheese or Buttermilk Ranch (not included, refer to salad dressings)																						
DEVILS DEN BURGER, GLUTEN FREE BUN	1049	755	84	27	0	148	1991	34	4	8	48	•		•					•			
Choice of 1oz Creamy Bleu Cheese or Buttermilk Ranch (not included, refer to salad dressings)																						
Choice of one Standard Side Item (not included, refer to side items with Gluten-Free symbol)																						
DOUBLE SMASHED CHEESEBURGER, GLUTEN FREE BUN	908	643	71	21	0	128	1753	34	4	6	43	•		•					•			
Choice of Cheese - 2 Slices (not included, refer to cheese slice choices with Gluten-Free symbol)																						
Choice of one Standard Side Item (not included, refer to side items with Gluten-Free symbol)																						

GLUTEN AWARENESS MENU CONTINUED

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
FAJITA SALAD, CHICKEN Choice of 4oz salad dressing (not included, refer to salad dressings)	1007	271	30	11	0	177	2150	101	16	17	76			•								
FAJITA SALAD, GROUND BEEF Choice of 4oz salad dressing (not included, refer to salad dressings with Gluten-Free symbol)	1074	422	47	18	0	157	2163	102	17	17	56			•								
FILET MIGNON Choice of House Salad & one Side Item (not included, refer to side items with Gluten-Free symbol)	423	259	29	9	0	110	954	0	0	0	40			•					•			
FLAT-IRON STEAK Choice of House Salad & one Side Item (not included, refer to side items with Gluten-Free symbol)	639	471	52	21	0	163	656	0	0	0	39			•					•			
GRINGO DIP + CHIPS	1043	455	51	26	0	126	3251	98	12	8	42			•								
LOADED IDAHO BAKED POTATO PLATTER, LUNCH Choice of House Salad (not included, refer to side items with Gluten-Free symbol)	885	438	49	22	0	59	790	86	7	5	23			•					•			
NACHOS, CHICKEN, NO REFRIED BEANS, SUBSTITUTE GRINGO DIP	1665	741	82	39	0	303	4123	119	17	11	103			•								
NACHOS, COMBO, NO REFRIED BEANS, SUBSTITUTE GRINGO DIP	1783	837	93	43	0	330	4310	120	17	11	107			•								
NACHOS, GROUND BEEF, NO REFRIED BEANS, SUBSTITUTE GRINGO DIP	1831	921	102	47	0	324	4343	120	18	11	98			•								
RIBEYE Choice of House Salad & one Side Item (not included, refer to side items with Gluten-Free symbol)	1089	634	70	27	0	500	715	0	0	0	105			•					•			
TRADITIONAL FISH, BLACKENED, GLUTEN FREE BUN Choice of one Standard Side Item (not included, refer to side items with Gluten-Free symbol)	992	702	78	17	0	103	1857	41	6	11	45	•	•	•					•			
STREET KIDS FLAT-IRON STEAK Choice of side item, drink + dessert (not included, refer to Street Kids with Gluten-Free symbol)	375	272	30	12	0	102	95	0	0	0	24											
STREET KIDS SMASHED BURGER, GLUTEN FREE BUN ADD AMERICAN CHEESE Choice of side item, drink + dessert (not included, refer to Street Kids with Gluten-Free symbol)	427	256	28	11	0	128	606	0	0	0	40											
SUMMER (HOUSE SALAD) (DRESSING INCLUDED)	354	245	27	5	0	13	386	22	4	13	6			•							•	•
SUMMER CHICKEN SALAD (DRESSING INCLUDED)	1128	662	74	12	0	152	1605	50	8	34	63			•							•	•
TATER KEGS Choice of 3oz Ranch, Sour Cream or Cheese Sauce (not included, refer to other sauces and salad dressings)	311	157	17	8	0	90	980	22	2	2	14	•		•								
TRADITIONAL (HOUSE SALAD), NO CROUTONS Choice of 3oz salad dressing (not included, refer to salad dressings with Gluten-Free symbol)	270	185	21	9	0	106	931	6	2	3	15	•		•								





GLUTEN AWARENESS MENU CONTINUED

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	
TRADITIONAL CHICKEN SALAD, BLACKENED, LUNCH, NO CROUTONS	698	327	36	14	0	289	2126	14	5	6	74	•		•					•				
Choice of 4oz salad dressing (not included, refer to salad dressings with Gluten-Free symbol)																							
TRADITIONAL CHICKEN SALAD, GRILLED, LUNCH, NO CROUTONS	656	290	32	13	0	289	1741	13	4	6	74	•		•									
Choice of 4oz salad dressing (not included, refer to salad dressings with Gluten-Free symbol)																							

VEGETARIAN MENU

CHICAGO SPINACH & ARTICHOKE DIP	1265	610	68	33	0	120	2414	109	13	13	45			•					•				•
FAJITA SALAD, CRUMBLLED VEGGIE PATTY	1015	354	39	14	0	46	2309	123	23	18	41	•		•					•				•
Choice of 4oz salad dressing (not included, refer to salad dressings)																							
FAJITA SALAD, NO PROTEIN	809	283	31	13	0	69	1597	99	16	16	29			•									
Choice of 4oz salad dressing (not included, refer to salad dressings)																							
FRIED PICKLES	757	449	50	10	0	13	3181	64	0	2	10	•		•	•					•			•
FRY ME SOME CHEESE	933	455	51	25	0	142	2862	76	1	4	40	•		•						•			•
GRINGO DIP + CHIPS	1043	455	51	26	0	126	3251	98	12	8	42			•									
SHROOMS	1333	1015	113	38	0	136	3080	54	5	10	22	•	•	•	•					•			•
SOUTHWEST VEGGIE WRAP	997	474	53	13	2	19	2119	100	14	7	32	•		•	•	•				•	•		•
SUMMER (HOUSE SALAD) (DRESSING INCLUDED)	354	245	27	5	0	13	386	22	4	13	6			•							•		•
SUMMER CHICKEN SALAD, NO CHICKEN (DRESSING INCLUDED)	818	596	66	13	0	25	1292	43	8	30	12			•							•		•
TRADITIONAL (HOUSE SALAD), NO BACON	140	68	8	3	0	86	211	11	2	3	8	•		•		•							•
Choice of 3oz salad dressing (not included, refer to salad dressings)																							
SCRATCH VEGGIE BURGER	900	520	60	20	0	110	1800	70	0	20	20	•		•		•				•	•		•
VEGGIE QUESADILLA	757	390	43	24	1	98	2562	66	8	11	26			•						•	•		•

SALAD DRESSINGS (BY THE OUNCE)

AVOCADO RANCH 	115	106	12	2	0	3	155	2	0	1	1	•		•	•					•			
BALSAMIC VINAIGRETTE 	157	134	15	2	0	0	267	6	0	5	0										•		
BUTTERMILK RANCH 	141	132	15	3	0	4	178	1	0	1	1	•		•	•					•			
CAESAR 	189	185	21	4	0	2	183	1	0	0	1	•	•	•						•	•		

SALAD DRESSINGS (BY THE OUNCE) CONTINUED

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
CHIPOTLE RANCH GF	134	124	14	3	0	4	187	2	0	1	1	•		•	•				•			
CILANTRO HONEY LIME GF	155	130	14	2	0	0	91	6	0	6	0	•										
CREAMY BLEU CHEESE GF	143	135	15	3	0	5	202	1	0	1	1	•		•	•				•			
FRENCH GF	120	99	11	2	0	0	310	5	0	5	0											
HONEY MUSTARD GF	178	158	18	3	0	0	153	5	0	4	0	•										
LIGHT ITALIAN GF	40	27	3	1	0	0	270	3	0	2	0			•								
SALSA GF	9	0	0	0	0	0	140	2	0	1	0											
THOUSAND ISLAND GF	114	90	10	2	0	0	234	6	0	5	0	•										

OTHER SAUCES (BY THE OUNCE)

BARBECUE GF	45	0	0	0	0	0	310	11	0	9	0											
CHEESE SAUCE	66	50	6	4	0	18	202	1	0	1	2			•					•			•
COCKTAIL SAUCE GF	42	5	1	0	0	0	325	8	1	4	0		•									
COMEBACK SAUCE GF	114	90	10	2	0	0	234	6	0	5	0	•										
FRESH SMASHED AVOCADO GF	123	101	11	2	0	0	5	7	5	1	2											
GARLIC AIOLI GF	218	216	24	4	0	0	170	0	0	0	0	•										
GRINGO DIP GF	64	44	5	3	0	16	258	1	0	0	3			•								
GUACAMOLE GF	46	37	4	1	0	0	122	3	2	0	1											
GYRO (CUCUMBER) SAUCE GF	57	48	5	1	0	4	161	1	0	1	1	•		•								
HORSERADISH GF	20	4	0	0	0	0	161	3	0	2	1											
HORSERADISH SAUCE GF	185	182	20	3	0	0	171	1	0	0	0	•	•									
KETCHUP	42	1	0	0	0	0	320	10	0	8	0											
MARINARA GF	14	6	1	0	0	0	77	2	0	1	0											
RED PEPPER SAUCE GF	43	33	4	1	0	0	101	2	0	1	0										•	
SALSA GF	9	0	0	0	0	0	140	2	0	1	0											
SMOKY SPREAD/CHIPOTLE MAYO GF	228	226	25	4	0	0	205	0	0	0	0	•										
SOUR CREAM GF	60	45	5	4	0	20	15	1	0	1	1			•								
TARTAR SAUCE GF	175	173	19	3	0	0	274	0	0	0	0	•										
WING SAUCE (BUFFALO) GF	82	66	7	3	0	0	578	4	1	2	0			•					•			
WING SAUCE (HOT BUFFALO) GF	82	62	7	3	0	0	562	4	1	2	0			•					•			

The nutritional and allergen information disseminated by 54th Street and/or posted on the 54th Street website was prepared by Nutritional Information Services (NIS, www.nistn.com). The data contained herein was compiled from nutritional information and ingredient and allergen listings provided by our suppliers and distributors, and by an analysis generated using a software analysis program. The menu items listed herein were examined for the presence of the following allergenic proteins and substances: Eggs, Fish, Milk, MSG, Peanuts, Shellfish, Soy, Sulfites, Tree Nuts, Wheat, and "Other Gluten". (Be further advised that the designation "Other Gluten" includes the grains Barley, Oats, Rye, Malt, Millet, Spelt, Kamut and Triticale.) Please be aware that during normal kitchen operations involving shared cooking and preparation areas, including common fryer oil, the possibility exists for food items to come in contact with one another during the preparation and cooking process. Due to these circumstances, we are unable to guarantee that any menu item is completely allergen free. We recommend that individuals with dietary allergies and intolerances avoid all fried food.

NIS is the guarantor for the information provided herein. 54th Street and NIS assume no responsibility for errors in labeling or changes in the chemical or constituent composition of ingredients or prepared products used in this company's recipes and menu items that are the direct or indirect result of the actions or inactions of the suppliers, distributors, and purveyors of said ingredients and products.

The information listed here is meant to provide a general estimate of the nutritional values associated with our menu items. The actual nutritional values may vary from the values listed here due to variations in portion size(s), product preparation, and/or substitution of ingredients. If you have any questions or concerns about this nutritional and allergen information, or if you are sensitive to specific ingredients, please contact us at 816.455.9008.