BEVERAGES

STRAWBERRY LEMONADE
lemonade, blended strawberries • 190 CAL
one complimentary refill

LIMEADE
lemon-lime soda, fresh lime juice (strawberry or cherry) • 310 CAL
one complimentary refill

FRESH BREWED INFUSED ICED TEA
iced tea, all natural syrup (mango, peach or raspberry) • 160 CAL
free refills

BUBBLES OVER ICE
coke, diet coke, coke zero, sprite, dr. pepper, barq’s root beer, lemonade, cherry cream soda (organic)
• 0-220 CAL

MARGARITAS

MARGARITA
gold tequila, fresh lime juice, agave (traditional or strawberry) • 320 CAL

FROZEN MARGARITA
gold tequila, fresh lime juice, agave, (traditional, strawberry, mango or sangria swirl) • 700 CAL

CHAMPAGNE MARGARITA
frozen margarita, upside down bottle korbel california champagne • 460 CAL

MARGARITA MEZCAL
ojo de tigre mezcal, patrón silver tequila, grand marnier, fresh lime juice, simple syrup [frozen upon request] • 450 CAL

EL PERFECTO
grand marnier, fresh lime juice, simple syrup [CHOOSE YOUR TEQUILA TIER 1 - TIER 2] • 530 CAL
Palmah
el jimador tequila, ruby red grapefruit cordial, fresh lime juice, soda water • 260 CAL

CUBAN MOJITO
bacardi rum, fresh mint, fresh lime juice, simple syrup, club soda • 240 CAL

BASIL LEMONADE
bacardi rum, fresh basil, fresh lemonade, infused simple syrup, lemon bitters • 370 CAL

EMPRESSIVE G+T
empress 1908 gin, mastiha, fresh lemon juice, orgeat syrup, fever-tree cucumber tonic, cucumber bitters • 280 CAL

EASY LIVIN
community spirit vodka, strawberries, lemon juice, aperol, rosemary infused syrup [portion of proceeds goes to Hillcrest PC Transitional Housing] • 330 CAL

BEACH PLEASE!
community spirit vodka, bacardi coconut, giffard banane du bresil, aperol, fresh lime juice, pineapple infused syrup [proceeds to Hillcrest] • 390 CAL

OLD FASHIONED
ben holladay missouri bourbon, grand marnier, jerry thomas old decanter bitters, demerara syrup, amarena cherry, orange swath • 310 CAL

NEGRONI
las californias citrico gin, campari, antica carpano vermouth [a classic bitter drink created in Florence, Italy 1919] • 210 CAL

NEW YORK SOUR
woodford reserve, fresh lemon juice, rosemary infused syrup, cabernet sauvignon float • 330 CAL

APEROL PRITZ
aperol, citrus smash, sparkling wine • 210 CAL

PAINKILLER
pusser’s rum, pineapple juice, orange juice, real coconut purée, grated nutmeg • 360 CAL

LONG ISLAND TEA
five traditional liquors, fresh lemon juice, simple syrup, cola (traditional or strawberry) • 320 CAL

RED SANGRIA
red wine, brandy, fresh lime juice, pineapple juice, fresh fruit • 450 CAL

WHITE SANGRIA
white wine, mango, peach, coconut, fresh lemon juice, fresh fruit • 340 CAL
# WHITE WINE

<table>
<thead>
<tr>
<th>Wine Style</th>
<th>Bottle Size</th>
<th>Calories/Bottle</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prosecco, La Marca, Italy D.O.C.</td>
<td>7 oz</td>
<td>28 oz</td>
</tr>
<tr>
<td>Sparkling White Wine, Gruet Brut, New Mexico</td>
<td>9 oz</td>
<td>34 oz</td>
</tr>
<tr>
<td>Moscato, Centorri Moscato di Pavia, Italy</td>
<td>7 oz</td>
<td>28 oz</td>
</tr>
<tr>
<td>Riesling, Leitz Dragonstone, Germany</td>
<td>9 oz</td>
<td>34 oz</td>
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<tr>
<td>Pinot Grigio, Barone Fini, Italy D.O.C.</td>
<td>7 oz</td>
<td>28 oz</td>
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<tr>
<td>Sauvignon Blanc, Joel Gott, California</td>
<td>7 oz</td>
<td>28 oz</td>
</tr>
<tr>
<td>Chardonnay, Sycamore Lane, California</td>
<td>6 oz</td>
<td>18 oz</td>
</tr>
<tr>
<td>Chardonnay, Knuttel Family, Russian River Valley</td>
<td>9 oz</td>
<td>34 oz</td>
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<tr>
<td>Rosé, Josh Cellars, California</td>
<td>7 oz</td>
<td>28 oz</td>
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</table>

# RED WINE

<table>
<thead>
<tr>
<th>Wine Style</th>
<th>Bottle Size</th>
<th>Calories/Bottle</th>
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</thead>
<tbody>
<tr>
<td>Merlot, Grayson Cellars, California</td>
<td>7 oz</td>
<td>28 oz</td>
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<tr>
<td>Pinot Noir, The Calling, Monterey</td>
<td>9 oz</td>
<td>34 oz</td>
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<tr>
<td>Cabernet Sauvignon, Sycamore Lane, California</td>
<td>6 oz</td>
<td>18 oz</td>
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<tr>
<td>Cabernet Sauvignon, Alexander Valley Vineyards, Sonoma County</td>
<td>9 oz</td>
<td>34 oz</td>
</tr>
<tr>
<td>Red Blend, Phantom, California</td>
<td>9 oz</td>
<td>34 oz</td>
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</tbody>
</table>
MARTINIS

ESPRESSO
espresso, tito's vodka, kahlua, five farms cream [black upon request] • 340 CAL

ISLAND PARADISE
coconut rum, peach schnapps, strawberries, pineapple juice • 180 CAL

SNICKERDOODLE
rumchata, fireball whiskey, bacardi coconut rum, cream • 290 CAL

MUNCHIES

GRINGO DIP® + CHIPS
creamy pepper jack cheese dip, pico de gallo, spice, salsa, tortilla chips • 1040 CAL
sub waffle fries for tortilla chips + salsa 1.5

CHICAGO SPINACH + ARTICHOKE DIP
cream sauce, imported parmigiano reggiano, spinach, artichoke, salsa, sour cream, tortilla chips • 1270 CAL

SHROOMS
jumbo mushroom caps, herb + garlic cream cheese, horseradish sauce • 1330 CAL

BAJA DIPPERS
baja bites (chicken + cheese hand rolled in-house in a crispy corn tortilla), gringo dip, salsa, tortilla chips • 1560 CAL

CHICKEN WINGS 10 COUNT
buffalo, hot buffalo, cajun dry rub or garlic lemon pepper dry rub (ranch or creamy bleu cheese) • 1320 CAL

BONELESS WINGS
buffalo or hot buffalo (ranch or creamy bleu cheese) • 1440 CAL

TEQUILA WRAPPERS
crispy flour tortillas, smoked chicken, pico de gallo, black bean, fire-roasted corn, white cheddar, avocado ranch • 1330 CAL

FRIED CHICKEN FINGERS
hand-breaded chicken tenderloins, french fries (ranch or honey mustard) • 1370 CAL
## MUNCHIES

### NACHOS
Chicken or ground beef, refried beans, cheddar, cheese sauce, jalapeño, pico de gallo, sour cream, guacamole, salsa • 1880 CAL

### CRAB CAKES
Our signature recipe with wild-caught crab meat (roasted red pepper or lemon zested tartar sauce) • 910 CAL

### CALAMARI
Hand-breaded calamari rings, hot cherry peppers (cocktail sauce, marinara or garlic lemon aioli) • 850 CAL

### CHICKEN QUESADILLA
Chicken, pico de gallo, pepper jack, corn-flour tortillas, sour cream, salsa • 870 CAL

**Sub guacamole for sour cream | Add guacamole 1.5**

### TATER KEGS
Jumbo tater tots, bacon, cheddar, chive (sour cream, cheese sauce or ranch) • 730 CAL

### FRY ME SOME CHEESE
Breaded white cheddar cheese bites, spicy mozzarella sticks, marinara • 890 CAL

### FRIED PICKLES
Breaded pickles, spice, ranch • 770 CAL

## SOUPS

### BAKED POTATO
Bacon, scallion, cheddar • 550 CAL

### OUTLAW STEAK
430 CAL

### CHICKEN TORTILLA
**Naked** no toppings 180 CAL
**Fully Dressed** tortilla strips, sour cream, cheddar 330 CAL

## THIS + THAT

### HALF SANDWICH + SOUP
- **TURKEY** oven roasted, smoked gouda, arugula, tomato, house spread, baguette • 570 CAL 12
- **CHICKEN SALAD** scratch recipe, arugula, tomato, baguette • 420 CAL 12
- **PRIME RIB** CAB® ribeye, baguette, au jus (horseradish sauce or aioli) • 610 CAL 15
  - *monterey jack upon request*

### SOUP + SALAD
Bowl soup, house salad • 1230 CAL 11
SALADS

BUFFALO CHICKEN SALAD
grilled or fried chicken, wing sauce, bacon, white cheddar, pico de gallo, tortilla strips, crumbled bleu, chipotle ranch  1830 CAL

CALIFORNIA BLEU CHICKEN SALAD
grilled chicken, romaine, bacon, pico de gallo, tortilla strips, egg, crumbled bleu, honey lime vinaigrette  1430 CAL

SUMMER CHICKEN SALAD
grilled chicken, spring mix + fresh greens, red onion, apple, strawberries, celery, candied pecans, goat cheese, balsamic vinaigrette  1100 CAL

FAJITA SALAD
chicken or veggie patty, sautéed vegetables, cilantro, cotija, jalapeño, pico de gallo, sour cream, tortilla chips (honey lime vinaigrette or avocado ranch)  1020 CAL

CHICKEN CAESAR SALAD
grilled, blackened or fried chicken, custom romaine blend, croutons, parmesan, caesar dressing  1380 CAL

CHICKEN CLUB SALAD
grilled, blackened or fried chicken, cheddar, avocado, bacon, carrot, egg, cucumber, tomato, croutons, dressing  1010 CAL

HOUSE SALADS

TRADITIONAL
cheddar, bacon, carrot, egg, cucumber, tomato, croutons, dressing  720 CAL

CAESAR
custom romaine blend, croutons, parmesan, caesar dressing  430 CAL

SUMMER
spring mix, red onion, apple, strawberry, celery, pecans, goat cheese, balsamic vinaigrette  330 CAL

DRESSINGS
avocado ranch  |  balsamic vinaigrette  |  buttermilk ranch  |  caesar dressing  |  chipotle ranch  |  creamy bleu cheese  |  french  |  honey lime vinaigrette  |  honey mustard  |  light italian  |  salsa  |  thousand island  |  10-180 CAL per ounce

BOWL

PROTEIN POWER GRAIN BOWL
cajun spice, ancient power grains, grilled vegetable medley, feta

CHICKEN 8 oz. 610-970 CAL  66 GRAMS OF PROTEIN
SALMON 7 oz. 710 CAL  53 GRAMS OF PROTEIN
SIRLOIN STEAK* 8 oz. 850 CAL  59 GRAMS OF PROTEIN
FLAT-IRON STEAK* 8 oz. 970 CAL  52 GRAMS OF PROTEIN
FILET MIGNON* 7 oz. 860 CAL  61 GRAMS OF PROTEIN

simply grilled upon request | add avocado 2
CRAFT SANDWICHES

PRIME RIB FRENCH DIP*  
CA® ribeye, baguette, au jus, standard side (horseradish sauce or aioli) • 1300 CAL  
*monterey jack upon request

19.5

CAJUN CHICKEN PHILLY
chopped chicken, cajun spice, pepper, onion, chipotle mayo, smoked gouda, baguette, standard side • 1370 CAL

15

HAVANA CLUB
smoked turkey, pit pulled pork, swiss, pickle, aioli, cuban mustard, baguette, standard side • 1150 CAL

14.5

GRILLED REUBEN
corned beef, sauerkraut, comeback sauce, swiss, rye, standard side • 1100 CAL  
“carnegie deli” style: 9oz. of corned beef 3

14.5

TRIPLE STACKED CLUB
turkey, “thick-cut” bacon, cheddar, swiss, honey mustard, aioli, toasted wheat, standard side • 1570 CAL

14.5

SOUTHWEST WRAP
chicken, romaine, cotija, red pepper, bacon, tortilla strips, pico de gallo, chipotle ranch, flour tortilla, standard side [vegetarian upon request] • 1050 CAL

14.5

GYRO "HERO" PITA
carved gyro meat, sautéed onion, cucumber sauce, lettuce, tomato, crumbled feta, pita, standard side • 780 CAL

14.5

SPICY FRIED CHICKEN
dressed in wing sauce or simply crispy, carolina reaper, lettuce, pickle, smoky spread, standard side  
(ranch or bleu cheese) • 1240 CAL

15

CHICKEN AVOCADO GRILLE
grilled chicken, avocado spread, “thick-cut” bacon, monterey jack, arugula, tomato, avocado ranch, standard side • 1060 CAL

14.5

BACON CHEESE CHICKEN GRILLE
grilled chicken, “thick-cut” bacon, monterey jack, arugula, tomato, standard side (aioli or honey mustard) • 1040 CAL

14.5

TRADITIONAL FISH
blackened or fried responsibly farmed white fish, dressed cabbage, lemon zested tartar sauce, standard side • 1040 CAL

14.5
MILE HIGH BURGERS

ALL-AMERICAN BACON CHEESEBURGER* 16
brisket/chuck blend, cheese, fried egg, "thick-cut" bacon, garden, aioli, standard side (sesame or pretzel bun) • 1470 CAL

DEVIL'S DEN BURGER* 14.5
½ lb patty, wing sauce, carolina reaper cheese, smoky spread, standard side (ranch or bleu cheese) • 1120 CAL

AVOCADO BURGER* 14.5
½ lb patty, avocado spread, monterey jack, "thick-cut" bacon, avocado ranch, standard side • 1200 CAL

SCRATCH VEGGIE BURGER 14.5
fresh cut vegetables, ancient grains, kale, pepitas, monterey jack, pickled onion, arugula, mustard, aioli, standard side • 900 CAL (does contain egg)

BURGER WITH CHEESE* 12.5
½ lb patty, cheese, garden, aioli, standard side • 1060 CAL
add "thick-cut" bacon 2

DOUBLE SMASHED CHEESEBURGER 12.5
two 4 ounce patties (crispy), cheese, grilled onion, pickle, aioli, standard side • 1180 CAL
add "thick-cut" bacon 2

CHEESE AMERICAN | SHARP CHEDDAR | SWISS | PEPPER JACK | MONTEREY JACK | CAROLINA REAPER | SMOKED GOUĐA | 60-110 CAL/slice

UPGRADES WAFFLE FRIES WITH GRINGO DIP 730 CAL 2 | CRISPY ONION RINGS 360 CAL 2 | SWEET POTATO FRIES 480 CAL 1 | GLUTEN FREE BUN 1 | PRETZEL BUN .5 | BRISKET/CHUCK BLEND 2

SOUTHWEST

PACIFIC FISH TACO PLATTER 16.5
grilled or fried white fish, dressed cabbage, red pepper sauce, cilantro, cotija, corn-flour tortillas, rice, refried beans • 1220 CAL

CARNE ASADA TACO PLATTER 16.5
thin sliced CAB® ribeye, sauteed pepper + onion, avocado, serrano drizzle, cotija, cilantro, corn-flour tortillas, rice, refried beans • 1060 CAL

BORDER ATTACK 15
ground beef or chicken tacos (2), baja bites (chicken + cheese in a crispy corn tortilla), tortilla chips, gringo dip, salsa • 1470 CAL

SIZZLING FAJITA SKILLET
bell pepper, onion, pico de gallo, cheddar, sour cream, salsa (rice or refried beans) (corn or flour tortillas) sub guac for any

FIRE-GRILLED CHICKEN 1180 CAL
FLAT-IRON STEAK* 2200 CAL
SIGNATURE two proteins (fire-grilled chicken, flat-iron steak*, seared shrimp) • 1410 CAL
PASTA

RATTLESNAKE PASTA
chicken, shrimp, pasta, parmesan cream sauce, red + green pepper, scallion, parmesan, garlic bread • 1870 CAL
spicy

CHICKEN BUCATINI
grilled or blackened chicken, bucatini, alfredo sauce, steamed vegetables, parmesan, garlic bread • 2180 CAL
add seared shrimp 2

SPINACH + ARTICHOKE CREAM PASTA
chicken, shrimp, pasta, spinach + artichoke cream sauce, parmesan, garlic bread • 1900 CAL

MAC DADDY + CHEESE
chicken, pasta, housemade cheese sauce, “thick-cut” chopped bacon, toasted bread crumbs, garlic bread • 2200 CAL

COMFORT

'CENTER CUT' BABY BACK RIBS
smoked center cut ribs (full slab), french fries, scratch bbq beans with brisket • 1980 CAL

COUNTRY FRIED TOP SIRLOIN STEAK
country gravy, mashed potatoes, one standard side, scratch cheddar biscuit • 1360 CAL

CHICKEN FRIED CHICKEN
country gravy, mashed potatoes, one standard side, scratch cheddar biscuit • 1200 CAL

CHICKEN MADEIRA
“pan fried” chicken breast, mashed potatoes, asparagus, melted monterey jack, housemade mushroom madeira sauce • 1650 CAL

FRIED CHICKEN FINGERS PLATTER
hand-breaded chicken tenderloins, two standard sides (ranch or honey mustard) • 1120 CAL

"BABY BACKS" + CHICKEN FINGER PLATTER
baby back ribs (half slab), hand-breaded chicken tenderloins, two standard sides (ranch or honey mustard) • 1200 CAL

DINNER FOR TWO

MUNCHIES
SHARE 1 ITEM
GRINGO DIP + CHIPS
FRIED PICKLES
FRY ME SOME CHEESE
TATER KEGS

ENTRÉES
CHOOSE 2 ITEMS
TRADITIONAL CHICKEN SALAD
SOUP + SALAD
BURGER WITH CHEESE'
SCRATCH VEGGIE BURGER
BACON CHEESE
CHICKEN GRILLE

DESSERTS
SHARE 1 ITEM
CAJUN CHICKEN PHILLY
GYRO “HERO” PITA
CHICKEN FRIED CHICKEN
SOUTHWEST WRAP
8 oz. SIRLOIN’ (+1)

SALTED CARAMEL
+ CHOCOLATE BROWNIE
NEW YORK
CHEESECAKE
STEAK + SEAFOOD

BLACKENED RIBEYE*
14 oz. USDA certified angus beef® ribeye, cajun spice, house salad, any side • 1100 CAL
simply grilled upon request

FLAT-IRON STEAK*
8 oz. USDA certified angus beef®, house salad, any side • 640 CAL

FILET MIGNON*
7 oz. USDA choice filet mignon, house salad, any side • 300 CAL

STEAK* + RIBS
flat-iron steak, ‘center cut’ baby back ribs (half slab), any side • 1330 CAL
upgrade to filet mignon 2

STEAK* + SEAFOOD
flat-iron steak, any side

SHRIMP four large (grilled or fried), cocktail sauce • 950 CAL

CRAB CAKE
signature recipe with wild caught crab meat (roasted red pepper or lemon zested tartar sauce) • 990 CAL

SCALLOPS three seared scallops • 880 CAL
upgrade to filet mignon 2

8oz. SIRLOIN* THE BLUE PLATE SPECIAL
sirloin steak, side (baked potato, fries or steamed vegetables), garlic bread • 1390 CAL
upgrade to one premium side + house salad 3.5

BLACKENED ATLANTIC SALMON
fresh salmon, cajun spice, ancient power grains, house salad, any side • 620 CAL
simply grilled upon request

SCALLOPS + SHRIMP
five scallops, five large shrimp, “thick-cut” bacon, ancient power grains, asparagus, white wine butter sauce • 790 CAL

LIEUTENANT DAN’S SHRIMP PLATTER
large hand-breaded shrimp, two standard sides, cocktail sauce • 680 CAL

TEMPERATURES
RARE cool to warm + bright red center
MEDIUM RARE warm with pink to red center
MEDIUM pink center + browned edges
MEDIUM WELL mostly browned throughout with reduced thermal moisture
WELL browned throughout with no sign of pink + very little moisture
## LET'S DO LUNCH
**MONDAY-FRIDAY 11AM-3PM**

### ALL YOU CAN EAT SOUP + SALAD
- Bowl soup, house salad • 1230 CAL

### BURGER WITH CHEESE*
- **TRADITIONAL** ½ lb patty, cheese, garden, aioli, french fries • 1440 CAL
- **DOUBLE SMASHED** two 4 ounce patties (crispy), cheese, grilled onion, pickle, aioli, french fries • 1560 CAL

### SCRATCH VEGGIE BURGER
- Fresh cut vegetables, ancient grains, kale, pepitas, monterey jack, pickled onion, arugula, mustard, aioli, french fries • 1250 CAL

### BACON CHEESE CHICKEN GRILLE
- Grilled chicken, "thick-cut" bacon, monterey jack, arugula, tomato, french fries (aioli or honey mustard) • 1420 CAL

### FRIED CHICKEN FINGERS
- Hand-breaded chicken tenderloins, french fries (ranch or honey mustard) • 1370 CAL

### CHICKEN FRIED CHICKEN
- Country gravy, mashed potatoes, one standard side, scratch cheddar biscuit • 1200 CAL

### BORDER ATTACK
- Ground beef or chicken tacos (2), baja bites (chicken + cheese in a crispy corn tortilla), tortilla chips, gringo dip, salsa • 1470 CAL

### TRADITIONAL CHICKEN SALAD
- Grilled, blackened or fried chicken, fresh greens, cheddar, bacon, carrot, egg, cucumber, tomato, croutons, dressing • 930 CAL

### HALF SANDWICH + SOUP
- **TURKEY** oven roasted, smoked gouda, arugula, tomato, house spread, baguette • 570 CAL
- **CHICKEN SALAD** scratch recipe, arugula, tomato, baguette • 420 CAL

## DESSERT

### SALTED CARAMEL + CHOCOLATE BROWNIE
- Chocolate brownie, pretzel crust, sea salted caramel, vanilla bean ice cream • 910 CAL

### COLOSSAL CARROT CAKE
- Traditionally spiced, grated carrot, pineapple, walnut, pistachio, shaved coconut, cream cheese icing, crème anglaise • 1400 CAL

### NEW YORK CHEESECAKE
- Traditional new york style, graham cracker crust, fresh strawberries, strawberry puree • 940 CAL
  - Plain upon request

### AUTHENTIC KEY LIME PIE
- Key lime juice, graham cracker crust, fresh whipped cream, lime zest • 550 CAL
STREET KIDS

**ENTREES**

SMASHED BURGER 510 CAL (add cheese +110 CAL)

CHICKEN FINGERS 380 CAL (choice of dipping sauce)

CHICKEN NUGGETS 370 CAL (choice of dipping sauce)

FRIED SHRIMP 460 CAL (choice of ketchup or ranch)

FLAT-IRON STEAK (+ 1.00) 380 CAL

GRILLED CHEESE 440 CAL (choice of cheese | choice of white or wheat)

CHICKEN QUESADILLA 450 CAL

MACARONI + CHEESE 1000 CAL

PASTA WITH SAUCE 940 CAL (choice of red or alfredo sauce)

BUTTERED NOODLES + CHICKEN 820 CAL

**SIDES**

FRENCH FRIES 220 CAL

MOTT'S APPLESAUCE 100 CAL

SLICED STRAWBERRIES 20 CAL

APPLE WEDGES WITH CARAMEL 170 CAL

CARROT STICKS WITH RANCH 170 CAL

STEAMED BROCCOLI 60 CAL

ANCIENT POWER GRAINS 220 CAL

MASHED POTATOES WITH GRAVY 260 CAL

ADULT MAC-N-CHEESE 460 CAL

MEXICAN RICE 130 CAL

CHIPS + SALSA 270 CAL

BUTTERMILK BISCUIT 380 CAL

GARLIC BREAD 180 CAL

GO-GURT 70 CAL (strawberry)

**DRINKS**

SOFT DRINKS 0-80 CAL (free refills)

MILK 230 CAL (refills .49)

APPLE JUICE 180 CAL (refills .49)

STRAWBERRY LEMONADE 80 CAL (refills .49)

**DESSERTS**

SCOOP OF VANILLA ICE CREAM 160 CAL (strawberry or chocolate topping)

COOKIES 120 CAL

GO-GURT 70 CAL (strawberry)
# Sides

## Standard

<table>
<thead>
<tr>
<th>Item</th>
<th>CAL</th>
<th>Premium</th>
</tr>
</thead>
<tbody>
<tr>
<td>French Fries</td>
<td>380</td>
<td>LOADED BAKED POTATO 790</td>
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<tr>
<td>Grilled Vegetable Medley</td>
<td>70</td>
<td>LOADED MASHED POTATOES 540</td>
</tr>
<tr>
<td>Fresh Steamed Vegetables</td>
<td>140</td>
<td>SEASONED WAFFLE FRIES WITH GRINGO DIP 730</td>
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<tr>
<td>Grilled Asparagus</td>
<td>80</td>
<td>SEASONED WAFFLE FRIES 470</td>
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<tr>
<td>Dressed Roasted Brussels Sprouts</td>
<td>300</td>
<td>CRISPY ONION RINGS 360</td>
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<tr>
<td>Homestyle Mashed Potatoes + Gravy</td>
<td>450</td>
<td>SWEET POTATO FRIES 480</td>
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<tr>
<td>Adult Mac-N-Cheese</td>
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<tr>
<td>Scratch BBQ Beans with Brisket</td>
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<tr>
<td>Ancient Power Grains</td>
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<tr>
<td>Coleslaw</td>
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## Premium

2,000 calories a day is used for general nutrition advice, but calorie needs vary. 1,200 to 1,400 calories a day is used for general nutrition advice for children ages 4-8 years and 1,400 to 2,000 calories a day for children ages 9-13 years, but calorie needs vary.

*Contains or may contain raw or undercooked ingredients. The state and city health code requires us to inform you that consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness.*