

# 54

## BEVERAGES

### STRAWBERRY LEMONADE

lemonade, blended strawberries ◦ 190 CAL

**one complimentary refill**

4.5

### LIMEADE

lemon-lime soda, fresh lime juice (strawberry or cherry) ◦ 310 CAL

**one complimentary refill**

4.5

### FRESH BREWED INFUSED ICED TEA

iced tea, all natural syrup (mango, peach or raspberry) ◦ 160 CAL

**free refills**

3

### BUBBLES OVER ICE

coke, diet coke, coke zero, sprite, dr. pepper, diet dr. pepper, barq's root beer, lemonade ◦ 0-130 CAL

3

## MARGARITAS

### MARGARITA

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

8.5

### FROZEN MARGARITA

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

8.5

### BEERGARITA

frozen margarita, upside down bottle cerveza ◦ 510 CAL

10

### CHAMPAGNE MARGARITA

frozen margarita, upside down bottle korbelt california champagne ◦ 460 CAL

12

### MARGARITA MEZCAL

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

12

### EL PERFECTO

grand marnier, fresh lime juice, simple syrup [CHOOSE YOUR TEQUILA TIER 1 • TIER 2] ◦ 530 CAL

10 | 12

# CRAFT COCKTAILS

## EASY LIVIN

tito's vodka, strawberries, lemon juice, aperol, rosemary infused syrup ◦ 330 CAL

8.5

## BASIL LEMONADE

bacardi rum, fresh basil, fresh lemonade, infused simple syrup ◦ 370 CAL

8.5

## MOSCOW MULE

tito's vodka, fiery ginger syrup, fresh lime juice, maine root spicy ginger beer ◦ 250 CAL

8.5

## CUBAN MOJITO

bacardi rum, fresh mint, fresh lime juice, simple syrup, club soda ◦ 240 CAL

8.5

## WHISKEY PUNCH

bulleit rye, r&w cherry liqueur, fresh lemon juice, rosemary infused syrup ◦ 510 CAL

8.5

## OLD FASHIONED

three ounces woodford reserve or garrison brothers texas bourbon, orange + walnut bitters, demerara syrup, amarena cherries, orange swath ◦ 290 CAL

12.5

## APEROL SPRITZ

aperol, citrus smash, sparkling wine ◦ 210 CAL

8.5

## NO BEACH REQUIRED

tito's vodka, bacardi coconut rum, aperol, fresh lime juice, pineapple infused syrup ◦ 400 CAL

8.5

## PAINKILLER

pusser's rum, pineapple juice, orange juice, real coconut purée, grated nutmeg ◦ 360 CAL

8.5

## LONG ISLAND TEA

five traditional liquors, fresh lemon juice, simple syrup, cola (traditional or strawberry) ◦ 320 CAL

8.5

## RED SANGRIA

red wine, brandy, fresh lime juice, pineapple juice, fresh fruit ◦ 450 CAL

8.5

## WHITE SANGRIA

white wine, mango, peach, coconut, fresh lemon juice, fresh fruit ◦ 340 CAL

8.5

## FREEZY DOES IT

sauvignon blanc, pineapple, banana, fresh lime juice, ginger, blended with ice ◦ 450 CAL

8.5

# WHITE WINE

250 CAL/glass | 720 CAL/bottle

	6oz	9oz	bottle
<b>MOSCATO</b> mirassou, california	7	10	28
<b>RIESLING</b> kung fu girl, washington	7	10	28
<b>SAUVIGNON BLANC</b> joel gott, california	7	10	28
<b>PINOT GRIGIO</b> sycamore lane, california	5	7	16
<b>PINOT GRIGIO</b> barone fini, italy d.o.c.	7	10	28
<b>CHARDONNAY</b> sycamore lane, california	5	7	16
<b>CHARDONNAY</b> wente morning fog, livermore valley	9	12	34
<b>ROSÉ</b> josh cellars, california	7	10	28
<b>SPARKLING WHITE WINE</b> gruet brut, new mexico	9	12	34

# RED WINE

220 CAL/glass | 620 CAL/bottle

	6oz	9oz	bottle
<b>MERLOT</b> bogle, california	7	10	28
<b>PINOT NOIR</b> the calling, monterey	9	12	34
<b>CABERNET SAUVIGNON</b> sycamore lane, california	5	7	16
<b>CABERNET SAUVIGNON</b> alexander valley vineyards, sonoma county	9	12	34
<b>RED BLEND</b> phantom, california	9	12	34

# MARTINIS

## ESPRESSO

espresso, tito's vodka, kahlua, cream (black upon request) ◦ 340 CAL

8.5

## ISLAND PARADISE

coconut rum, peach schnapps, strawberries, pineapple juice ◦ 180 CAL

8.5

## SNICKERDOODLE

rumchata, fireball whiskey, bacardi coconut rum, cream ◦ 290 CAL

8.5

# 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*

9

## CHICAGO SPINACH + ARTICHOKE DIP

cream sauce, imported parmigiano reggiano, spinach, artichoke, salsa, sour cream, tortilla chips ◦ 1270 CAL

11

## SHROOMS

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

11

## CHICKEN WINGS 10 COUNT

buffalo, hot buffalo, cajun dry rub or garlic lemon pepper dry rub (ranch or creamy bleu cheese) ◦ 1320 CAL

13

## BONELESS WINGS

buffalo or hot buffalo (ranch or creamy bleu cheese) ◦ 1440 CAL

11

## TEQUILA WRAPPERS

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

11

## FRIED CHICKEN FINGERS

hand-breaded chicken tenderloins, french fries (ranch or honey mustard) ◦ 1370 CAL

12

# MUNCHIES

## NACHOS

chicken or ground beef, refried beans, cheddar, cheese sauce, jalapeño, pico de gallo, sour cream, guacamole, salsa ◦ 1880 CAL

13

## CHESAPEAKE BAY CRAB CAKES

our signature recipe with wild-caught crab meat (roasted red pepper or lemon zested tartar sauce) ◦ 910 CAL

13

## CALAMARI

hand-breaded calamari rings, hot cherry peppers (cocktail sauce, marinara or garlic lemon aioli) ◦ 850 CAL

13

## 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

10

## COLOSSAL MEATBALLS

three colossal meatballs, housemade marinara sauce, fresh basil, goat cheese, garlic bread (sub parmesan for goat cheese) ◦ 1300 CAL

10

## TATER KEGS

jumbo tater tots, bacon, cheddar, chive (sour cream, cheese sauce or ranch) ◦ 730 CAL

9

## FRY ME SOME CHEESE

breaded white cheddar bites, breaded mozzarella sticks, marinara ◦ 620 CAL

9

## FRIED PICKLES

breaded pickles, spice, ranch ◦ 770 CAL

9

# SOUPS

## BAKED POTATO

bacon, scallion, cheddar ◦ 550 CAL

CUP 4.5

BOWL 6.5

## OUTLAW STEAK

430 CAL

CUP 4.5

BOWL 6.5

## CHICKEN TORTILLA

Naked no toppings 180 CAL

Fully Dressed tortilla strips, sour cream, cheddar 330 CAL

CUP 4.5

BOWL 6.5

# THIS + THAT

## HALF SANDWICH + SOUP COMBO

**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 COMBO

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

14.5

## CALIFORNIA BLEU CHICKEN SALAD

grilled chicken, romaine, bacon, pico de gallo, tortilla strips, egg, crumbled bleu, cilantro honey lime ◦ 1430 CAL

14.5

## SUMMER CHICKEN SALAD

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

14.5

## FAJITA SALAD

chicken, ground beef or veggie patty, sautéed vegetables, cilantro, cotija, jalapeño, pico de gallo, sour cream, tortilla chips (avocado or chipotle ranch) ◦ 1580 CAL

14.5

## CHICKEN CAESAR SALAD

grilled, blackened or fried chicken, romaine, croutons, parmesan, caesar dressing ◦ 1380 CAL

13.5

## CHICKEN CLUB SALAD

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

14.5

**PROTEIN UPGRADE** SEARED SHRIMP **3** | FRIED SHRIMP **3** | SALMON **4** | FLAT-IRON STEAK **4**

## HOUSE SALADS

### TRADITIONAL

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

6.5

### CAESAR

romaine, croutons, parmesan, caesar dressing ◦ 430 CAL

6

### SUMMER

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

6.5

## DRESSINGS

avocado ranch | balsamic vinaigrette | buttermilk ranch | caesar dressing | chipotle ranch | cilantro honey lime | creamy bleu cheese | french | 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**

14

SALMON 7 oz. 710 CAL **53 GRAMS OF PROTEIN**

18

SIRLOIN STEAK\* 8 oz. 850 CAL **59 GRAMS OF PROTEIN**

16

FLAT-IRON STEAK\* 8 oz. 970 CAL **52 GRAMS OF PROTEIN**

20

FILET MIGNON\* 7 oz. 860 CAL **61 GRAMS OF PROTEIN**

21

simply grilled upon request | add avocado **2**

# CRAFT SANDWICHES

## PRIME RIB FRENCH DIP\*

CAB® 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

14.5

## 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, garlic 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 ◦ 1030 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

14.5

## CHICKEN AVOCADO GRILLE

grilled chicken, avocado, "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, scratch coleslaw, lemon zested tartar sauce, standard side ◦ 1040 CAL

14.5

# MILE HIGH BURGERS

<b>ALL-AMERICAN BACON CHEESEBURGER*</b> <i>½ lb patty, cheese, fried egg, "thick-cut" bacon, garden, aioli, standard side (sesame or pretzel bun) ◦</i> 1440 CAL	14.5
<b>DEVIL'S DEN BURGER*</b> <i>½ lb patty, wing sauce, carolina reaper cheese, smoky spread, standard side (ranch or bleu cheese) ◦</i> 1120 CAL	14.5
<b>AVOCADO BURGER*</b> <i>½ lb patty, avocado, monterey jack, "thick-cut" bacon, avocado ranch, standard side ◦</i> 1200 CAL	14.5
<b>SCRATCH VEGGIE BURGER</b> <i>fresh cut vegetables, ancient grains, kale, pepitas, monterey jack, pickled onion, arugula, mustard, aioli, standard side ◦</i> 900 CAL (does contain egg)	14.5
<b>BURGER WITH CHEESE*</b> <i>½ lb patty, cheese, garden, aioli, standard side ◦</i> 1060 CAL <b>without cheese -1</b>	12.5
<b>DOUBLE SMASHED CHEESEBURGER</b> <i>two 4 ounce patties (crispy), cheese, grilled onion, pickle, aioli, standard side ◦</i> 1180 CAL <b>add bacon 1</b>	12.5

**CHEESE** AMERICAN | SHARP CHEDDAR | SWISS | PEPPER JACK | MONTEREY JACK | CAROLINA REAPER | SMOKED GOUDA | 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

# SOUTHWEST

<b>PACIFIC FISH TACO PLATTER</b> <i>grilled or fried white fish, dressed slaw, red pepper sauce, cilantro, cotija, corn-flour tortillas, rice, refried beans ◦</i> 1220 CAL	16.5
<b>CARNE ASADA TACO PLATTER</b> <i>thin sliced CAB® ribeye, sauteed pepper + onion, avocado, serrano drizzle, cotija, cilantro, corn-flour tortillas, rice, refried beans ◦</i> 1060 CAL	16.5
<b>SIZZLING FAJITA SKILLET</b> <i>bell pepper, onion, pico de gallo, cheddar, sour cream, salsa (rice or refried beans) (corn or flour tortillas)</i> <b>sub guac for any</b>	
<b>FIRE-GRILLED CHICKEN</b> 1180 CAL	17
<b>FLAT-IRON STEAK*</b> 2200 CAL	21
<b>SIGNATURE</b> two proteins (fire-grilled chicken, flat-iron steak*, seared shrimp) ◦ 1410 CAL	21



# PASTA

<b>RATTLESNAKE PASTA</b> <i>chicken, shrimp, pasta, parmesan cream sauce, red + green pepper, scallion, parmesan, garlic bread</i> ◦ 1870 CAL <i>spicy</i>	18
<b>CHICKEN BUCATINI</b> <i>grilled or blackened chicken, bucatini, alfredo sauce, steamed vegetables, parmesan, garlic bread</i> ◦ 2180 CAL <i>add seared shrimp 2</i>	16
<b>SPINACH + ARTICHOKE CREAM PASTA</b> <i>chicken, shrimp, pasta, spinach + artichoke cream sauce, parmesan, garlic bread</i> ◦ 1900 CAL	18
<b>MAC DADDY + CHEESE</b> <i>chicken, pasta, housemade cheese sauce, "thick-cut" chopped bacon, toasted bread crumbs, garlic bread</i> ◦ 2200 CAL	17

# COMFORT

<b>'CENTER CUT' BABY BACK RIBS</b> <i>smoked center cut ribs (full slab), french fries, scratch bbq beans with brisket</i> ◦ 1980 CAL	23
<b>COUNTRY FRIED TOP SIRLOIN STEAK</b> <i>country gravy, mashed potatoes, one standard side, scratch cheddar biscuit</i> ◦ 1360 CAL	16.5
<b>CHICKEN FRIED CHICKEN</b> <i>country gravy, mashed potatoes, one standard side, scratch cheddar biscuit</i> ◦ 1200 CAL	16.5
<b>CHICKEN MADEIRA</b> <i>"pan fried" chicken breast, mashed potatoes, asparagus, melted monterey jack, housemade mushroom madeira sauce</i> ◦ 1650 CAL	17
<b>FRIED CHICKEN FINGERS PLATTER</b> <i>hand-breaded chicken tenderloins, two standard sides (ranch or honey mustard)</i> ◦ 1120 CAL	16
<b>"BABY BACKS" + CHICKEN FINGER PLATTER</b> <i>baby back ribs (half slab), hand-breaded chicken tenderloins, two standard sides (ranch or honey mustard)</i> ◦ 1200 CAL	23

# DINNER FOR TWO

**37.5**

## MUNCHIES SHARE 1 ITEM

GRINGO DIP + CHIPS  
FRIED PICKLES  
FRY ME SOME CHEESE  
TATER KEGS

## ENTRÉES CHOOSE 2 ITEMS

TRADITIONAL CHICKEN SALAD  
SOUP & SALAD COMBO  
BURGER WITH CHEESE  
SCRATCH VEGGIE BURGER  
BACON CHEESE  
CHICKEN GRILLE

CHICKEN FRIED CHICKEN  
CAJUN CHICKEN PHILLY  
GYRO "HERO" PITA  
SOUTHWEST WRAP  
8oz. SIRLOIN (+1)

## DESSERTS SHARE 1 ITEM

SALTED CARAMEL  
+ CHOCOLATE  
BROWNIE  
NEW YORK  
CHEESECAKE

# STEAK + SEAFOOD

<b>BLACKENED RIBEYE*</b>	29
<i>14 oz. USDA certified angus beef® ribeye, cajun spice, house salad, any side ◦ 1100 CAL</i> <i>simply grilled upon request</i>	
<b>FLAT-IRON STEAK*</b>	24
<i>8 oz. USDA certified angus beef®, house salad, any side ◦ 640 CAL</i>	
<b>FILET MIGNON*</b>	26
<i>'center cut' 7 oz. filet mignon, house salad, any side ◦ 420 CAL</i>	
<b>STEAK* + RIBS</b>	28
<i>flat-iron steak, 'center cut' baby back ribs (half slab), any side ◦ 1330 CAL</i> <i>upgrade to filet mignon 2</i>	
<b>STEAK* + SEAFOOD</b>	
<i>flat-iron steak, any side</i>	
<b>SHRIMP</b>	26
<i>four large (grilled or fried), cocktail sauce ◦ 950 CAL</i>	
<b>CRAB CAKE</b>	28
<i>signature recipe with wild caught crab meat (roasted red pepper or lemon zested tartar sauce) ◦ 990 CAL</i>	
<b>SCALLOPS</b>	28
<i>three seared scallops ◦ 880 CAL</i> <i>upgrade to filet mignon 2</i>	
<b>8OZ. SIRLOIN* THE BLUE PLATE SPECIAL</b>	17.5
<i>sirloin steak, side (baked potato, fries or steamed vegetables), garlic bread ◦ 1390 CAL</i> <i>upgrade to one premium side + house salad 3.5</i>	
<b>BLACKENED ATLANTIC SALMON</b>	21
<i>fresh salmon, cajun spice, ancient power grains, house salad, any side ◦ 620 CAL</i> <i>simply grilled upon request</i>	
<b>SCALLOPS + SHRIMP</b>	24
<i>five scallops, five large shrimp, "thick-cut" bacon, ancient power grains, asparagus, white wine butter sauce ◦ 790 CAL</i>	
<b>LIEUTENANT DAN'S SHRIMP PLATTER</b>	20
<i>large hand-breaded shrimp, two standard sides, cocktail sauce ◦ 680 CAL</i>	

## TEMPERATURES

<b>RARE</b>	<i>cool to warm + bright red center</i>
<b>MEDIUM RARE</b>	<i>warm with pink to red center</i>
<b>MEDIUM</b>	<i>pink center + browned edges</i>
<b>MEDIUM WELL</b>	<i>mostly browned throughout with reduced thermal moisture</i>
<b>WELL</b>	<i>browned throughout with no sign of pink + very little moisture</i>

# LET'S DO LUNCH

MONDAY-FRIDAY 11AM-3PM

## ALL YOU CAN EAT SOUP + SALAD

*bowl soup, house salad* ◦ 1230 CAL

10

## BURGER WITH CHEESE\*

**TRADITIONAL** *½ lb patty, cheese, garden, aioli, french fries* ◦ 1440 CAL

10

**DOUBLE SMASHED** *two 4 ounce patties (crispy), cheese, grilled onion, pickle, aioli, french fries* ◦ 1560 CAL

10

## SCRATCH VEGGIE BURGER

*fresh cut vegetables, ancient grains, kale, pepitas, monterey jack, pickled onion, arugula, mustard, aioli, french fries* ◦ 1250 CAL

10

**egg**

## BACON CHEESE CHICKEN GRILLE

*grilled chicken, "thick-cut" bacon, monterey jack, arugula, tomato, french fries (aioli or honey mustard)* ◦ 1420 CAL

10

## FRIED CHICKEN FINGERS

*hand-breaded chicken tenderloins, french fries (ranch or honey mustard)* ◦ 1370 CAL

10

## CHICKEN FRIED CHICKEN

*country gravy, mashed potatoes, one standard side, scratch cheddar biscuit* ◦ 1200 CAL

10

## TRADITIONAL CHICKEN SALAD

*grilled, blackened or fried chicken, fresh greens, cheddar, bacon, carrot, egg, cucumber, tomato, croutons, dressing* ◦ 930 CAL

10

## LOADED IDAHO® BAKED POTATO PLATTER

*jumbo baked potato, butter, sour cream, bacon, broccoli, cheddar, bowl soup or house salad* ◦ 1560 CAL

10

## HALF SANDWICH + SOUP COMBO

**TURKEY** *oven roasted, smoked gouda, arugula, tomato, house spread, baguette* ◦ 570 CAL

10

**CHICKEN SALAD** *scratch recipe, arugula, tomato, baguette* ◦ 420 CAL

10

# DESSERT

## SALTED CARAMEL + CHOCOLATE BROWNIE

*chocolate brownie, pretzel crust, sea salted caramel, vanilla bean ice cream* ◦ 910 CAL

7

## COLOSSAL CARROT CAKE

*traditionally spiced, grated carrot, pineapple, walnut, pistachio, shaved coconut, cream cheese icing* ◦ 1320 CAL

7

## NEW YORK CHEESECAKE

*traditional new york style, graham cracker crust, fresh strawberries, strawberry puree* ◦ 940 CAL

7

**plain upon request**

## AUTHENTIC KEY LIME PIE

*key lime juice, graham cracker crust, fresh whipped cream, lime zest* ◦ 550 CAL

7

# STREET KIDS

6.50

## 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 260/460 CAL (choice of ketchup or ranch)
- FLAT-IRON STEAK (+ 1.00) 270 CAL
- GRILLED CHEESE 390-440 CAL (choice of cheese | choice of white or wheat)
- CHICKEN QUESADILLA 450 CAL
- MACARONI + CHEESE 340 CAL
- PASTA WITH SAUCE 440/680 CAL (choice of red or alfredo sauce)
- BUTTERED NOODLES + CHICKEN 700 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			PREMIUM		
		CAL			CAL
FRENCH FRIES	5	380	LOADED BAKED POTATO	6	790
GRILLED VEGETABLE MEDLEY	5	70	LOADED MASHED POTATOES	5	540
FRESH STEAMED VEGETABLES	5	140	SEASONED WAFFLE FRIES WITH GRINGO DIP	6	730
GRILLED ASPARAGUS	5	80	SEASONED WAFFLE FRIES	5	470
DRESSED ROASTED BRUSSELS SPROUTS	5	300	CRISPY ONION RINGS	5	360
HOMESTYLE MASHED POTATOES + GRAVY	4	450	SWEET POTATO FRIES	5	480
ADULT MAC-N-CHEESE	4	450			
SCRATCH BBQ BEANS WITH BRISKET	4	230			
ANCIENT POWER GRAINS	4	220			
COLESLAW	4	380			

\*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.

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.