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
<table>
<thead>
<tr>
<th>Cocktail</th>
<th>Price</th>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>PALOMA</td>
<td>8.5</td>
<td>el jimador tequila, ruby red grapefruit cordial, fresh lime juice, soda water • 260 CAL</td>
</tr>
<tr>
<td>CUBAN MOJITO</td>
<td>8.5</td>
<td>bacardi rum, fresh mint, fresh lime juice, simple syrup, club soda • 240 CAL</td>
</tr>
<tr>
<td>BASIL LEMONADE</td>
<td>8.5</td>
<td>bacardi rum, fresh basil, fresh lemonade, infused simple syrup, lemon bitters • 370 CAL</td>
</tr>
<tr>
<td>EMPRESSIVE G+T</td>
<td>8.5</td>
<td>empress 1908 gin, mastiha, fresh lemon juice, orgeat syrup, fever-tree cucumber tonic, cucumber bitters • 280 CAL</td>
</tr>
<tr>
<td>EASY LIVIN</td>
<td>8.5</td>
<td>community spirit vodka, strawberries, lemon juice, aperol, rosemary infused syrup {portion of proceeds goes to Hillcrest PC Transitional Housing} • 330 CAL</td>
</tr>
<tr>
<td>BEACH PLEASE!</td>
<td>8.5</td>
<td>community spirit vodka, bacardi coconut, giffard banane du bresil, aperol, fresh lime juice, pineapple infused syrup {proceeds to Hillcrest} • 390 CAL</td>
</tr>
<tr>
<td>OLD FASHIONED</td>
<td>12.5</td>
<td>woodford reserve or garrison brothers texas bourbon, grand marnier, jerry thomas old decanter bitters, demerara syrup, amarena cherry, orange swath • 310 CAL</td>
</tr>
<tr>
<td>NEGRONI</td>
<td>10</td>
<td>las californias citrico gin, campari, antica carpano vermouth [a classic bitter drink created in Florence, Italy 1919] • 210 CAL</td>
</tr>
<tr>
<td>NEW YORK SOUR</td>
<td>10</td>
<td>woodford reserve, fresh lemon juice, rosemary infused syrup, cabernet sauvignon float • 330 CAL</td>
</tr>
<tr>
<td>APEROL SPRITZ</td>
<td>8.5</td>
<td>aperol, citrus smash, sparkling wine • 210 CAL</td>
</tr>
<tr>
<td>PAINKILLER</td>
<td>8.5</td>
<td>pusser’s rum, pineapple juice, orange juice, real coconut purée, grated nutmeg • 360 CAL</td>
</tr>
<tr>
<td>LONG ISLAND TEA</td>
<td>8.5</td>
<td>five traditional liquors, fresh lemon juice, simple syrup, cola (traditional or strawberry) • 320 CAL</td>
</tr>
<tr>
<td>RED SANGRIA</td>
<td>8.5</td>
<td>red wine, brandy, fresh lime juice, pineapple juice, fresh fruit • 450 CAL</td>
</tr>
<tr>
<td>WHITE SANGRIA</td>
<td>8.5</td>
<td>white wine, mango, peach, coconut, fresh lemon juice, fresh fruit • 340 CAL</td>
</tr>
</tbody>
</table>
### WHITE WINE

**250 CAL/glass | 720 CAL/bottle**

<table>
<thead>
<tr>
<th>Wine Type</th>
<th>Brand</th>
<th>Unit</th>
<th>6oz</th>
<th>9oz</th>
<th>Bottle</th>
</tr>
</thead>
<tbody>
<tr>
<td>PROSECCO</td>
<td>la marca, Italy D.O.C.</td>
<td></td>
<td>7</td>
<td>10</td>
<td>28</td>
</tr>
<tr>
<td>SPARKLING WHITE WINE</td>
<td>Gruet Brut, New Mexico</td>
<td></td>
<td>9</td>
<td>12</td>
<td>34</td>
</tr>
<tr>
<td>MOSCATO</td>
<td>Centorri Moscato di Pavia, Italy</td>
<td></td>
<td>7</td>
<td>10</td>
<td>28</td>
</tr>
<tr>
<td>RIESLING</td>
<td>Leitz Dragonstone, Germany</td>
<td></td>
<td>9</td>
<td>12</td>
<td>34</td>
</tr>
<tr>
<td>PINOT GRIGIO</td>
<td>Barone Fini, Italy D.O.C.</td>
<td></td>
<td>7</td>
<td>10</td>
<td>28</td>
</tr>
<tr>
<td>SAUVIGNON BLANC</td>
<td>Joel Gott, California</td>
<td></td>
<td>7</td>
<td>10</td>
<td>28</td>
</tr>
<tr>
<td>CHARDONNAY</td>
<td>Sycamore Lane, California</td>
<td></td>
<td>6</td>
<td>8</td>
<td>18</td>
</tr>
<tr>
<td>CHARDONNAY</td>
<td>Knuttel Family, Russian River Valley</td>
<td></td>
<td>9</td>
<td>12</td>
<td>34</td>
</tr>
<tr>
<td>ROSE</td>
<td>Josh Cellars, California</td>
<td></td>
<td>7</td>
<td>10</td>
<td>28</td>
</tr>
</tbody>
</table>

### RED WINE

**220 CAL/glass | 620 CAL/bottle**

<table>
<thead>
<tr>
<th>Wine Type</th>
<th>Brand</th>
<th>Unit</th>
<th>6oz</th>
<th>9oz</th>
<th>Bottle</th>
</tr>
</thead>
<tbody>
<tr>
<td>MERLOT</td>
<td>Grayson Cellars, California</td>
<td></td>
<td>7</td>
<td>10</td>
<td>28</td>
</tr>
<tr>
<td>PINOT NOIR</td>
<td>The Calling, Monterey</td>
<td></td>
<td>9</td>
<td>12</td>
<td>34</td>
</tr>
<tr>
<td>CABERNET SAUVIGNON</td>
<td>Sycamore Lane, California</td>
<td></td>
<td>6</td>
<td>8</td>
<td>18</td>
</tr>
<tr>
<td>CABERNET SAUVIGNON</td>
<td>Alexander Valley Vineyards, Sonoma County</td>
<td></td>
<td>9</td>
<td>12</td>
<td>34</td>
</tr>
<tr>
<td>RED BLEND</td>
<td>Phantom, California</td>
<td></td>
<td>9</td>
<td>12</td>
<td>34</td>
</tr>
</tbody>
</table>
MARTINIS

ESPRESSO
espresso, tito's vodka, kahlua, five farms cream [black upon request] • 340 CAL 8.5

ISLAND PARADISE
cococonut 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 9
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 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 13.5

BONELESS WINGS
buffalo or hot buffalo (ranch or creamy bleu cheese) • 1440 CAL 11.5

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 12.5
MUNCHIES

NACHOS 13.5
chicken or ground beef, refried beans, cheddar, cheese sauce, jalapeño, pico de gallo, sour cream, guacamole, salsa • 1880 CAL

CRAB CAKES 13.5
our signature recipe with wild-caught crab meat (roasted red pepper or lemon zested tartar sauce) • 910 CAL

CALAMARI 13
hand-breaded calamari rings, hot cherry peppers (cooking sauce, marinara or garlic lemon aioli) • 850 CAL

CHICKEN QUESADILLA 10
chicken, pico de gallo, pepper jack, corn-flour tortillas, sour cream, salsa • 870 CAL
sub guacamole for sour cream | add guacamole 1.5

COLOSSAL MEATBALLS 11
three colossal meatballs, housemade marinara sauce, fresh basil, goat cheese, garlic bread [sub parmesan for goat cheese] • 1300 CAL

TATER KEGS 9.5
jumbo tater tots, bacon, cheddar, chive (sour cream, cheese sauce or ranch) • 730 CAL

FRY ME SOME CHEESE 9.5
breaded white cheddar cheese bites, spicy mozzarella sticks, marinara • 890 CAL

FRIED PICKLES 9.5
breaded pickles, spice, ranch • 770 CAL

SOUPS

BAKED POTATO
CUP 4.5
BOWL 6.5
bacon, scallion, cheddar • 550 CAL

OUTLAW STEAK 430 CAL
CUP 4.5
BOWL 7

CHICKEN TORTILLA
CUP 4.5
BOWL 7
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

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

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* 19.5
CAB® ribeye, baguette, au jus, standard side (horseradish sauce or aioli) • 1300 CAL
monterey jack upon request

CAJUN CHICKEN PHILLY 15
chopped chicken, cajun spice, pepper, onion, chipotle mayo, smoked gouda, baguette, standard side • 1370 CAL

HAVANA CLUB 14.5
smoked turkey, pit pulled pork, swiss, pickle, aioli, cuban mustard, baguette, standard side • 1150 CAL

GRILLED REUBEN 14.5
corned beef, sauerkraut, comeback sauce, swiss, rye, standard side • 1100 CAL
“carnegie deli” style: 9oz. of corned beef

TRIPLE STACKED CLUB 14.5
turkey, “thick-cut” bacon, cheddar, swiss, honey mustard, aioli, toasted wheat, standard side • 1570 CAL

SOUTHWEST WRAP 14.5
chicken, romaine, cotija, red pepper, bacon, tortilla strips, pico de gallo, chipotle ranch, flour tortilla, standard side [vegetarian upon request] • 1050 CAL

GYRO "HERO" PITA 14.5
carved gyro meat, sautéed onion, cucumber sauce, lettuce, tomato, crumbled feta, pita, standard side • 780 CAL

SPICY FRIED CHICKEN 15
dressed in wing sauce or simply crispy, carolina reaper, lettuce, pickle, smoky spread, standard side (ranch or bleu cheese) • 1240 CAL

CHICKEN AVOCADO GRILLE 14.5
grilled chicken, avocado spread, “thick-cut” bacon, monterey jack, arugula, tomato, avocado ranch, standard side • 1060 CAL

BACON CHEESE CHICKEN GRILLE 14.5
grilled chicken, “thick-cut” bacon, monterey jack, arugula, tomato, standard side (aioli or honey mustard) • 1040 CAL

TRADITIONAL FISH 14.5
blackened or fried responsibly farmed white fish, dressed cabbage, lemon zested tartar sauce, standard side • 1040 CAL
MILE HIGH BURGERS

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

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

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

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

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

DOUBLE SMASHED CHEESEBURGER
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 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 | BRISKET/CHUCK BL END 2

SOUTHWEST

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

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

**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 crumps, 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
- 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

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

29

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

24

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

26

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

28

**STEAK + SEAFOOD**
flat-iron steak, any side

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

28

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

28

- **SCALLOPS** three seared scallops • 880 CAL

28

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

18

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

22

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

24

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

20

**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

BA CON 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

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
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

<table>
<thead>
<tr>
<th></th>
<th>Standard</th>
<th>Premium</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>FRENCH FRIES</td>
<td>5</td>
<td>380</td>
<td></td>
</tr>
<tr>
<td>GRILLED VEGETABLE MEDLEY</td>
<td>5</td>
<td>70</td>
<td></td>
</tr>
<tr>
<td>FRESH STEAMED VEGETABLES</td>
<td>5</td>
<td>140</td>
<td></td>
</tr>
<tr>
<td>GRILLED ASPARAGUS</td>
<td>5</td>
<td>80</td>
<td></td>
</tr>
<tr>
<td>DRESSED ROASTED BRUSSELS SPROUTS</td>
<td>5</td>
<td>300</td>
<td></td>
</tr>
<tr>
<td>HOMESTYLE MASHED POTATOES + GRAVY</td>
<td>4</td>
<td>450</td>
<td></td>
</tr>
<tr>
<td>ADULT MAC-N-CHEESE</td>
<td>4</td>
<td>450</td>
<td></td>
</tr>
<tr>
<td>SCRATCH BBQ BEANS WITH BRISKET</td>
<td>4</td>
<td>230</td>
<td></td>
</tr>
<tr>
<td>ANCIENT POWER GRAINS</td>
<td>4</td>
<td>220</td>
<td></td>
</tr>
<tr>
<td>COLESLAW</td>
<td>4</td>
<td>380</td>
<td></td>
</tr>
<tr>
<td>LOADED BAKED POTATO</td>
<td>6</td>
<td>790</td>
<td></td>
</tr>
<tr>
<td>LOADED MASHED POTATOES</td>
<td>5</td>
<td>540</td>
<td></td>
</tr>
<tr>
<td>SEASONED WAFFLE FRIES WITH GRINGO DIP</td>
<td>6</td>
<td>730</td>
<td></td>
</tr>
<tr>
<td>SEASONED WAFFLE FRIES</td>
<td>5</td>
<td>470</td>
<td></td>
</tr>
<tr>
<td>CRISPY ONION RINGS</td>
<td>5</td>
<td>360</td>
<td></td>
</tr>
<tr>
<td>SWEET POTATO FRIES</td>
<td>5</td>
<td>480</td>
<td></td>
</tr>
</tbody>
</table>

*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.