



NUTRITION INFORMATION

ALL NUTRITION BASED ON A SINGLE SERVING

	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBS (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)	CALCIUM (MG)	IRON (MG)
STARTERS													
Pretzel Pub Basket	630	160	17	8	0	50	1610	90	4	15	26	236	2
Onion Rings	1280	890	99	16	0	20	2540	90	5	14	10	42	1
Mozzarella Sticks + Marinara	550	280	31	11	.5	55	1650	43	4	5	24	532	1
Caprese + Prosciutto Stack (GF)	230	130	15	9	0	60	850	6	1	3	20	323	1
SALADS													
Classic Caesar (VEG)	490	380	42	9	0	15	1470	23	4	4	9	237	2
Blueberry + Spinach (GF + VEG)	260	170	19	3.5	0	5	710	13	3	8	7	92	2
Pear, Walnut, + Blue Cheese	790	600	67	27	0	100	1100	42	5	28	10	169	2
ENTRÉES													
Turkey + Brie Sandwich	1010	510	57	9	0	75	2350	96	5	8	30	99	7
Couscous with Grilled Chicken	440	n/a	7	1.5	0	120	95	50	5	7	44	60	2.4
French Dip Sandwich	1250	660	74	22	0	115	3080	94	5	5	53	605	8
Beer Battered Fish + Chips	740	390	43	8	0	45	2760	89	5	26	20	80	2
Chicken Tenders + Fries	650	310	35	6	0	75	1560	53	5	3	34	83	2
Buffalo Chicken Tenders	1020	700	78	15	0	75	6410	39	5	7	32	104	2
SWEETS													
Mini Key Lime Cheesecake	450	n/a	28	18	0	130	360	44	<1	31	6	90	1.1
Gluten Free Brownie (GF)	350	n/a	18	9	0	70	140	61	2	31	4	46	3
Limoncelle Flute	180	n/a	4	4	0	0	0	34	0	29	1	0	0
SAUCES													
Barbeque Sauce	95	0	0	0	0	0	380	24	0	20	0	0	0
Honey Mustard	80	0	0	0	0	0	510	17	1	11	1	0	0
Ranch Dressng	300	270	30	4.5	0	10	490	4	0	2	0	0	0