

Item Name	Unit	Calories (Kcal)	Fat (g)	Saturated fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Low Fat	Fat Free	Soy	Egg	Dairy	Peanut	Shellfish	Tree Nut	Wheat	Fish	Gluten
Breaded Mushrooms,	Serving	122	98	10.9	0.5	0.0	8	124	3	0.1	2	0	1	0	1	0	0					x		x			
Cheese Skins LG	Serving	1417	772	85.8	30.7	0.0	105	1566	117	14.3	28	40	206	25	142	13	1160	x		x							x
Cheese Skins, SM	Serving	732	428	47.6	16.6	0.0	69	757	59	7.2	14	19	859	13	449	6	580	x		x							x
Cheese Sticks, LG	Serving	590	337	37.5	17.7	0.0	85	2361	61	3.9	10	26	62	1	10	8	0	x		x				x			x
Cheese Sticks, SM	Serving	395	226	25.2	11.8	0.0	57	1574	41	2.6	6	17	41	1	7	5	0	x		x				x			x
Chicken Fingers, LG	Serving	1043	493	54.8	6.3	0.0	104	2381	83	2.6	26	60	0	0	0	0	0	x	x	x			x	x			x
Chicken Fingers, SM	Serving	565	259	28.7	3.2	0.0	59	1316	45	1.5	13	34	0	0	0	0	0	x	x	x			x	x			x
Crab Cake, LG	Serving	924	908	100.9	17.5	0.0	91	1196	8	5.0	2	7	3845	60	87	1	145	x	x	x			x	x			x
Crab Cake, SM	Serving	490	480	53.3	9.1	0.0	48	676	4	2.6	1	4	2291	32	47	1	95	x	x	x			x	x			x
Crispy Shrimp	Serving	371	170	18.9	2.5	0.0	73	1345	39	2.0	9	14	0	1	49	10	0	x						x	x		x
Onion Rings	Serving	172	122	13.6	1.0	0.0	0	6	13	2.4	6	2	3	10	33	0	207	x						x			x
BBQ Chicken Quesadilla	Serving	1230	424	47.1	23.7	0.0	178	2128	125	3.4	80	56	3422	52	103	3	269	x	x				x			x	
Spinach & Artichoke, LG	Serving	1506	493	54.8	25.7	0.0	122	3135	202	13.2	11	53	4161	31	526	13	378			x				x			x
Spinach & Artichoke, SM	Serving	753	247	27.4	12.8	0.0	61	1567	101	6.6	6	26	2080	15	263	7	189			x				x			x
Spudniks, LG	Serving	1368	1059	117.6	44.9	0.0	197	1882	36	0.0	26	44	2456	1	121	0	120	x		x							x
Spudniks, SM	Serving	830	647	71.8	28.5	0.0	128	1144	19	0.0	13	29	1606	0	796	0	60	x		x							x
Tex-Mex Egg Roll, LG	Serving	737	315	35.0	16.8	0.0	137	2548	83	11.1	9	32	2696	53	367	5	226	x	x					x			x
Tex-Mex Egg Roll, SM	Serving	491	210	23.4	11.2	0.0	91	1699	56	7.4	6	21	1797	35	245	3	151	x	x					x			x
Wings Boneless, LG	Serving	1278	861	95.7	18.0	0.0	180	3734	61	1.8	4	43	509	4	45	0	295	x	x	x				x			x
Wings Boneless, SM	Serving	996	715	79.4	14.9	0.0	140	2777	41	0.9	4	30	255	2	23	0	147	x	x	x				x			x
Wings, LG	Serving	1770	1277	141.9	34.4	0.0	387	3187	21	1.8	4	106	509	4	45	5	295	x						x			x
Wings, SM	Serving	1105	850	94.4	21.6	0.0	223	2048	12	0.9	4	54	255	2	23	3	147	x						x			x

All percentages represent US Reference Daily Intakes (RDI) for a 2000 Calories/day diet.

Fat Free is defined as having less than .5 grams of fat per serving. Low Fat is between .5 and 3 grams of fat per serving.

### **NUTRITIONAL INFORMATION**

Nutritional information and values provided are estimates only. The nutritional values we provide are derived using an industry standard database but do not account for natural variability that occurs with our ingredients, variations that occur due to the hand-prepared nature of each item or variations that may occur due to substitutions that our guests request. Please understand that the Company makes no representation or warranty regarding the information regarding the nutritional information provided.