

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
Baked Spaghetti Dinner	Serving	1104	615	68.3	36.3	0.0	190	3537	77	8.1	26	34	2400	39	148	2	94	x	x	x				x		x	
BBQ Baby Back Rib,	Serving	3770	2020	224.5	81.7	0.0	740	6330	286	19.8	217	161	2165	10	574	19	1216	x						x		x	
BBQ Chicken Breast, LG	Serving	1222	379	42.1	23.4	0.0	115	2989	200	6.9	138	25	2814	13	469	3	411	x		x				x		x	
BBQ Chicken Breast, SM	Serving	965	379	42.1	23.4	0.0	115	2343	134	6.9	77	25	2814	13	469	3	393	x		x				x		x	
Chicken Finger Dinner, LG	Serving	1289	507	56.3	6.8	0.0	109	2972	134	6.6	23	69	604	6	90	1	2	x		x				x		x	
Chicken Finger Dinner, SM	Serving	1039	443	49.3	6.4	0.0	65	2216	110	5.5	23	44	604	6	90	1	2	x						x		x	
Crab Cake, LG	Serving	984	934	103.8	18.6	0.0	96	1415	22	5.8	7	12	4137	38	115	2	187	x	x	x		x		x		x	
Crab Cake, SM	Serving	560	507	56.3	10.3	0.0	53	897	21	5.6	7	9	2593	37	104	2	171	x	x	x		x		x		x	
Fish Dinner, Battered, LG	Serving	1163	258	28.6	8.1	0.0	156	1722	114	6.7	24	50	604	6	90	1	2	x	x	x				x	x	x	
Fish Dinner Battered, SM	Serving	947	197	21.9	7.4	0.0	102	1722	96	5.4	22	30	604	6	90	1	2	x	x	x				x	x	x	
Macaroni & Cheese, Dinner	Serving	896	383	42.5	23.9	0.0	115	2078	91	5.3	15	35	1809	4	596	2	311	x	x	x				x		x	
Mahi Mahi Blackened	Serving	497	82	9.1	3.4	0.0	142	1380	61	5.4	38	41	3096	34	599	4	252	x		x		x		x			
Mahi Mahi Orange Ginger Dinner	Serving	843	485	53.9	11.2	0.0	142	1704	64	5.0	33	45	3493	9	588	72	117	x	x	x		x		x		x	
Meatloaf Dinner	Serving	1370	512	56.9	20.2	0.0	189	3889	163	9.1	52	47	1238	25	155	6	506	x	x	x				x		x	
Monterey Chicken, LG	Serving	1176	856	95.1	24.3	0.0	66	2923	68	6.7	17	24	3399	19	530	1	429	x	x	x				x		x	
Monterey Chicken SM	Serving	818	563	62.5	15.1	0.0	35	1907	56	4.9	12	15	2344	12	305	0	215	x	x	x				x		x	
Orange Ginger Chicken, LG	Serving	1204	885	98.3	19.4	0.0	16	2151	93	5.8	60	17	4107	9	75	148	117	x		x							
Orange Ginger Chicken, SM	Serving	707	478	53.1	11.5	0.0	16	1018	65	5.0	35	13	2607	9	75	75	117	x									
Pork Chop Dinner, Simply	Serving	331	72	8.0	1.4	0.0	0	1339	50	2.0	6	6	66	2	40	1	1	x		x							
Pot Roast, Dinner	Serving	1440	972	108.0	72.0	0.0	540	1890	0	0.0	0	126	0	0	0	10	0	x		x							
Salmon Dinner	Serving	931	485	53.9	9.5	0.0	110	2399	65	4.0	10	46	1437	9	130	2	2	x		x		x		x		x	
Seafood Combo Dinner	Serving	1166	317	35.2	8.5	0.0	144	4704	122	9.1	56	40	604	31	88	8	2	x				x		x		x	
Shrimp Dinner, LG	Serving	657	336	37.3	14.6	0.0	123	516	35	3.0	8	53	604	6	967	6	2	x					x		x		
Shrimp Dinner, SM	Serving	974	432	48.0	6.4	0.0	120	4659	117	9.0	45	33	604	32	136	18	2	x					x		x		
Sirloin Steak Dinner	Serving	657	336	37.3	14.6	0.0	123	516	35	3.0	8	53	604	6	967	6	2	x		x				x	x	x	
Sirloin Steak Peppercorn	Serving	699	336	37.3	14.6	0.0	123	1413	44	3.0	8	53	604	6	967	6	2	x		x				x		x	
Sirloin Steak w/kent, Bourb	Serving	753	339	37.6	14.6	0.0	123	7848	55	3.0	26	53	604	6	967	6	4	x	x					x		x	
Spaghetti & Meatball	Serving	579	213	23.7	2.1	0.0	38	2286	80	9.8	27	21	747	13	138	4	152	x		x				x	x	x	
Strip Steak Dinner	Serving	778	401	44.6	18.5	0.0	153	544	35	3.0	8	64	604	6	173	26	2	x		x				x	x	x	
Strip Steak Peppercorn	Serving	821	401	44.6	18.5	0.0	153	1442	44	3.0	8	64	604	6	173	26	2	x	x				x		x		
Strip Steak w/Kent, Bourb	Serving	874	405	45.0	18.5	0.0	153	7877	55	3.0	26	65	604	6	173	26	4	x		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.