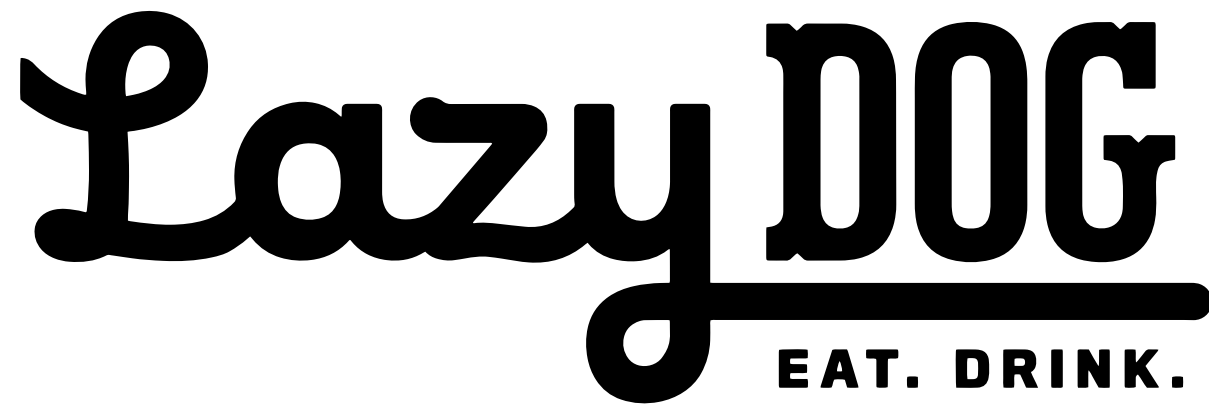




NUTRITIONAL MENU

For your convenience we have provided our most current Nutritional Information. At Lazy Dog, we pride ourselves on using the freshest and finest ingredients as well as the healthiest cooking techniques: grilling, steaming, roasting, and baking.

Whenever possible, we use local, organic and humanely harvested ingredients because they just taste better.

We understand you rely on us to deliver quality food, and we take that responsibility seriously.

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Choles- terol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Seasonal											
Wild Boar Chili + Indigo Cornbread Fries	1380	800	89g	34g	0g	200mg	2260mg	97g	9g	34g	50g
Lamb Shank Pot Pie	1050	550	62g	22g	0g	135mg	2750mg	88g	7g	13g	33g
Nashville Hot Portobello	1030	690	77g	29g	0g	85mg	3580mg	73g	11g	23g	18g
Shrimp + Grits	1580	990	112g	51g	0g	215mg	4380mg	94g	8g	14g	38g
Cowgirl Cheese Dip + Pretzels	830	230	25g	12g	0g	55mg	1820mg	126g	4g	3g	24g
Apple-Huckleberry Open Face Pie	590	250	28g	12g	0g	40mg	380mg	79g	3g	33g	7g
Maple Bacon Bar	650	360	41g	18g	0g	165mg	290mg	65g	1g	45g	8g
Carrot Cake	870	620	71g	15g	0g	50mg	570mg	56g	6g	53g	12g
Starters											
Coconut Shrimp Ceviche	650	420	47g	16g	0g	95mg	1990mg	45g	6g	14g	13g
Cajun Fries	760	310	34g	7g	0g	10mg	2740mg	103g	11g	6g	11g
Chicken Chile Verde Nachos	1260	600	68g	32g	0g	210mg	3950mg	97g	17g	23g	71g
Chicken Lettuce Wraps	580	290	32g	7g	0g	85mg	940mg	52g	6g	23g	24g
Crispy Wings	1830	1270	139g	32g	0g	340mg	2850mg	39g	3g	30g	99g
Grilled Garlic Flatbread	1130	310	34g	17g	0g	35mg	2640mg	163g	6g	5g	38g
Chipotle Chicken Quesadilla	1420	780	89g	46g	0g	275mg	2750mg	72g	7g	10g	85g
Wok-Fired Calamari, Brown Rice	1200	600	66g	11g	0g	480mg	1200mg	105g	8g	32g	44g
Wok-Fired Calamari, White Rice	1240	590	65g	11g	0g	480mg	1190mg	115g	5g	31g	45g
Housemade Hummus	1490	600	70g	9g	0g	15mg	3410mg	186g	13g	8g	33g
Queso Dip	1140	740	84g	36g	0g	160mg	2940mg	60g	4g	12g	37g
Goat Cheese + Pepper Jelly	940	610	71g	22g	0g	90mg	1270mg	60g	4g	35g	20g
Small Plates											
Mini Corn Dogs	1500	810	88g	26g	1.5g	130mg	2870mg	148g	7g	31g	43g
Brussels Sprouts	470	340	37g	10g	0g	5mg	1310mg	28g	8g	5g	10g
Mac + Cheese	710	420	48g	25g	0g	125mg	1270mg	42g	3g	5g	28g
Fried Hush Puppies	870	590	65g	23g	0g	150mg	1530mg	52g	4g	6g	18g
Buffalo Chicken Nuggets	1390	580	66g	15g	0g	330mg	4780mg	102g	6g	20g	91g
Bacon Candy	250	180	20g	7g	0g	35mg	350mg	9g	0g	8g	7g
Sweet Potato Tater Tots	720	430	47g	6g	0g	0mg	1530mg	67g	6g	23g	3g
Togarashi Edamame Beans	540	280	31g	3.5g	0g	0mg	2930mg	34g	14g	0g	28g
Buffalo Cauliflower	930	680	75g	18g	0g	30mg	2380mg	51g	7g	16g	12g
Garlic Parmesan Waffle Chips	780	560	63g	28g	0g	30mg	1890mg	39g	4g	1g	15g
Crispy Deviled Eggs	750	420	47g	13g	0g	475mg	2660mg	51g	2g	8g	26g

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Choles- terol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Pizzas											
Black and Blue	1910	840	94g	31g	0g	240mg	3780mg	180g	8g	15g	84g
Three Cheese & Basil	1150	270	30g	17g	0g	90mg	2780mg	169g	8g	9g	48g
Pepperoni	1360	450	50g	25g	0g	135mg	3540mg	169g	8g	9g	55g
Bowls											
Kung Pao Chicken (No Rice)	990	550	62g	11g	0g	170mg	1650mg	48g	6g	16g	57g
Kung Pao Shrimp (No Rice)	830	490	55g	9g	0g	260mg	2630mg	45g	6g	16g	41g
Kung Pao Tofu (No Rice)	920	550	63g	10g	0g	0mg	1380mg	49g	12g	16g	48g
Sweet & Spicy Chicken (No Rice)	870	420	46g	8g	0g	170mg	510mg	62g	4g	35g	50g
Sweet & Spicy Shrimp (No Rice)	870	350	39g	7g	0g	260mg	1490mg	59g	4g	35g	33g
Sweet & Spicy Tofu (No Rice)	800	420	48g	8g	0g	0mg	240mg	63g	9g	35g	40g
Teriyaki Shrimp (No Rice)	690	380	42g	7g	0g	260mg	2500mg	43g	4g	20g	34g
Teriyaki Chicken (No Rice)	850	450	50g	9g	0g	170mg	1520mg	47g	4g	20g	50g
Teriyaki Tofu (No Rice)	850	450	51g	8g	0g	0mg	1240mg	47g	9g	20g	41g
Brown Rice (Bowl Portion)	220	15	2g	0g	0g	0mg	10mg	46g	4g	< 1g	5g
White Rice (Bowl Portion)	260	0	0.5g	0g	0g	0mg	0mg	56g	< 1g	0g	5g
Noodles											
Thai Noodles	1430	650	73g	14g	0g	405mg	2360mg	124g	13g	37g	77g
Fettuccinne Alfredo w/ Shrimp w/ 2 Parmesan Crisps	1600	800	91g	45g	0g	430mg	3570mg	134g	8g	9g	57g
Fettucinne Alfredo w/ Grilled Chicken w/ 2 Crisps	1500	710	81g	45g	0g	340mg	2270mg	134g	8g	9g	78g
Fettucinne Alfredo w/ 2 Parmesan Crisps	1360	660	76g	43g	0g	220mg	1850mg	133g	8g	9g	34g
Salads											
Add Caesar	360	290	33g	5g	0g	30mg	510mg	15g	4g	2g	5g
Add Wedge (Dressing Not Included)	370	270	31g	6g	0g	15mg	740mg	19g	3g	3g	7g
Add Mixed Greens (Dressing Not Included)	50	15	2g	0g	0g	0mg	190mg	7g	2g	1g	1g
Caesar	550	430	48g	8g	0g	45mg	870mg	24g	5g	3g	10g
Grilled Chicken Caesar	750	470	52g	9g	0g	150mg	1250mg	30g	5g	8g	42g
Grilled Steak	530	340	38g	12g	0g	100mg	1400mg	17g	4g	9g	30g
Seared Ahi Tuna	500	200	23g	3.5g	0g	45mg	2540mg	40g	9g	23g	33g
Tex Mex	670	330	39g	10g	0g	105mg	1540mg	45g	10g	21g	38g
Cobb	920	620	70g	18g	0g	240mg	1930mg	22g	6g	13g	52g
Thai Chicken	440	120	14g	3g	0g	65mg	610mg	47g	10g	32g	35g

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Choles- terol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Soups											
Chicken Tortilla w/ 2 Parmesan Crisps (Bowl)	350	150	17g	7g	0g	55mg	650mg	27g	3g	6g	23g
Chicken Tortilla w/ 2 Parmesan Crisps (Cup)	230	90	10g	4g	0g	35mg	410mg	20g	2g	4g	15g
Add Avocado	80	60	7g	1g	0g	0mg	0mg	4g	3g	0g	1g
Butternut Squash (Bowl)	400	260	30g	17g	0g	75mg	1040mg	25g	1g	4g	6g
Butternut Squash (Cup)	260	160	19g	11g	0g	50mg	670mg	16g	< 1g	2g	3g
Sandwiches (No Side)											
Fried Chicken Sandwich	1090	550	64g	18g	0g	165mg	2550mg	93g	6g	14g	38g
Grilled Cheese	980	550	61g	33g	0g	135mg	2390mg	62g	2g	2g	44g
Pot Roast Beef Dip	1130	490	57g	20g	0g	180mg	3680mg	91g	4g	10g	59g
The House Club	970	440	52g	9g	0g	180mg	1510mg	67g	8g	3g	61g
Walnut Chicken Salad	1060	440	65g	13g	0g	135mg	1210mg	84g	11g	11g	41g
Pulled Pork	740	270	30g	12g	0g	175mg	1560mg	88g	7g	18g	31g
Pork Belly BLT	1380	860	111g	31g	0g	135mg	2660mg	75g	8g	7g	25g
Burgers (No Side)											
All-American	980	510	58g	23g	1g	205mg	2420mg	61g	3g	14g	56g
Baja California	970	520	59g	22g	1g	185mg	1700mg	53g	6g	4g	57g
BBQ Bacon	1050	530	59g	24g	1.5g	225mg	1730mg	60g	3g	14g	66g
Bison Burger	970	570	65g	21g	0g	170mg	1520mg	53g	3g	6g	43g
Black + Blue	1100	620	69g	26g	1.5g	225mg	2110mg	53g	4g	5g	66g
Cheeseburger	700	310	35g	14g	1g	160mg	760mg	47g	3g	3g	49g
Housemade Veggie BBQ Burger	1100	400	46g	13g	0g	45mg	3090mg	148g	13g	23g	30g
Avocado + Swiss (Turkey)	1010	390	56g	18g	0g	155mg	1380mg	83g	14g	5g	51g
PB & J Burger	1340	740	84g	28g	1.5g	200mg	2290mg	75g	6g	30g	72g

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Choles- terol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Side Choice											
Black Beans	140	45	5g	1g	0g	0mg	1400mg	21g	4g	10g	4g
Apple Cider slaw	190	90	10g	1.5g	0g	< 5mg	135mg	12g	4g	7g	3g
French Fries	660	590	62g	13g	0g	0mg	2390mg	112g	11g	0g	11g
Pickled Cucumber Salad	60	5	0.5g	0g	0g	0mg	170mg	7g	< 1g	5g	< 1g
Mashed Potatoes	150	80	9g	6g	0g	25mg	290mg	14g	1g	2g	2g
Sauteed Spinach	150	100	11g	5g	0g	< 5mg	440mg	5g	2g	1g	3g
Cajun Fries	770	440	48g	9g	0g	10mg	2100mg	76g	8g	4g	8g
Onion Rings w/ Bark and Bite Sauce	850	530	60g	15g	0g	10mg	1400mg	74g	4g	7g	7g
Sweet Potato Tater Tots w/ Aioli	740	460	50g	7g	0g	0mg	1500mg	65g	6g	23g	3g
Umami Fries w/ Umami Sauce	910	540	59g	10g	0g	15mg	3050mg	82g	9g	8g	7g
Meat + Chicken											
Campfire Pot Roast	1020	540	61g	23g	2.5g	225mg	2800mg	49g	8g	8g	65g
Chicken Pot Pie	1320	650	72g	19g	0g	130mg	1700mg	105g	5g	8g	53g
Grilled Lemon Chicken	990	360	41g	14g	0g	215mg	1660mg	34g	10g	7g	73g
Chicken Parmesan	1290	480	53g	17g	0g	270mg	2390mg	114g	8g	11g	84g
Fried Chicken Dinner	1590	900	99g	30g	0g	320mg	3880mg	99g	8g	18g	70g
BBQ Bison Meatloaf	1200	620	70g	27g	2.5g	180mg	3570mg	97g	12g	25g	43g
BBQ St Louis Style Pork Ribs (10 piece)	3140	2720	301g	94g	0g	880mg	3640mg	144g	11g	63g	215g
BBQ St. Louis Style Pork Ribs (5 piece)	2200	1730	192g	54g	0g	450mg	3310mg	144g	11g	63g	112g
Sticky Ribs + Umami Fries (10 piece)	3140	2720	302g	94g	0g	880mg	4080mg	128g	11g	40g	216g
Sticky Ribs + Umami Fries (5 piece)	2200	1450	161g	49g	0g	450mg	2780mg	99g	7g	39g	110g
Steaks											
Blue Cheese Ribeye Steak	1790	1090	123g	55g	0g	485mg	2510mg	38g	6g	8g	128g
Garlic – Butter Flat Iron Steak	1300	840	94g	43g	1g	310mg	2530mg	38g	6g	8g	72g
Fish											
Alaskan Halibut	960	390	44g	18g	0g	125mg	2630mg	89g	9g	10g	50g
Beer Battered Fish + Chips	2170	1400	155g	26g	0g	115mg	2970mg	137g	11g	7g	52g
Fish Tacos	1560	780	90g	14g	0g	75mg	3740mg	149g	12g	28g	39g
Ginger Soy Salmon, Brown Rice	1060	600	67g	12g	0g	125mg	3550mg	58g	6g	20g	57g
Ginger Soy Salmon, White Rice	1090	590	67g	12g	0g	125mg	3550mg	67g	5g	20g	57g
Sesame Crusted Ahi Tuna	530	160	18g	8g	0g	85mg	2180mg	42g	10g	12g	52g

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Choles- terol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Veggies											
Spaghetti Squash & Beetballs	910	530	60g	8g	0g	< 5mg	2930mg	81g	14g	30g	19g
Black Bean Jackfruit Tostada	1050	620	69g	18g	0g	50mg	4400mg	91g	32g	17g	22g
Kids											
Kid's Bonecakes	640	170	19g	8g	0g	20mg	1160mg	102g	4g	43g	13g
Top Dog Breakfast	510	200	21g	9g	0g	480mg	730mg	44g	5g	1g	31g
Kid's French Toast Dippers	490	180	20g	11g	0g	180mg	410mg	63g	2g	31g	11g
Chicken Nuggets – No Side	780	330	36g	7g	0g	200mg	1500mg	52g	3g	4g	56g
Hot Dog – No Side	410	260	29g	13g	1g	75mg	970mg	25g	< 1g	8g	15g
Mini Corn Dogs	890	470	52g	16g	0.5g	80mg	1260mg	79g	4g	12g	25g
Mac n' Cheese – No Side	300	80	9g	2.5g	0g	15mg	570mg	45g	2g	8g	11g
“BYO” Pizza	640	220	25g	14g	0g	70mg	1800mg	72g	3g	4g	32g
Cheese Pizza – No Side	450	100	11g	7g	0g	40mg	960mg	68g	2g	2g	18g
Noodles, Butter	630	420	47g	29g	0g	120mg	10mg	44g	3g	< 1g	9g
Noodles, Marinara	270	25	3g	0g	0g	0mg	380mg	50g	4g	4g	9g
Cheeseburger– No Side	580	270	30g	14g	0.5g	115mg	820mg	43g	2g	< 1g	35g
Hamburger– No Side	470	180	20g	9g	0.5g	90mg	630mg	43g	2g	< 1g	28g
Teriyaki Brown Rice	960	400	45g	8g	0g	170mg	1500mg	82g	4g	16g	51g
Teriyaki White Rice	990	400	44g	8g	0g	170mg	1500mg	91g	2g	16g	52g
Snacks: Apples	30	0	0g	0g	0g	0mg	0mg	8g	1g	6g	0g
Snacks: Carrots	240	170	20g	3g	0g	20mg	500mg	13g	3g	7g	2g
Snacks: Steamed Edamame	300	80	9g	0g	0g	0mg	90mg	27g	12g	0g	24g
Peanut Butter Chocolate Milkshake	390	120	14g	5g	0g	15mg	125mg	61g	3g	50g	5g
Strawberry Banana Milkshake	270	50	5g	3.5g	0g	15mg	50mg	55g	4g	45g	2g
Lunch											
Pork Noodle Bowl	690	320	37g	8g	0g	245mg	2660mg	63g	6g	11g	36g
Grilled Cheese (No Side)	560	360	41g	21g	0g	70mg	1210mg	26g	< 1g	< 1g	21g
House Club (No Side)	440	240	28g	6g	0g	40mg	930mg	34g	4g	2g	15g
Walnut Chicken Salad (No Side)	580	250	36g	7g	0g	80mg	640mg	42g	5g	6g	24g
Blackened Chicken Bowl	940	390	44g	17g	0g	170mg	3580mg	78g	12g	17g	59g
Chicken Parmesan	850	250	28g	9g	0g	135mg	1530mg	95g	7g	8g	49g
Fish and Chips	1670	1000	112g	19g	0g	80mg	2490mg	137g	20g	24g	36g
Mini Three Cheese & Basil Pizza	510	130	15g	8g	0g	45mg	1260mg	71g	3g	4g	22g
Mini Black + Blue Pizza	890	420	47g	16g	0g	120mg	1760mg	77g	3g	7g	40g
Mini Pepperoni Pizza	720	310	35g	16g	0g	90mg	2020mg	71g	3g	4g	30g
Caesar Salad	360	290	33g	5g	0g	30mg	510mg	15g	4g	2g	5g
Wedge Salad (Dressing Not Included)	370	270	31g	6g	0g	15mg	740mg	19g	3g	3g	7g
Mixed Greens Salad (Dressing Not Included)	50	15	2g	0g	0g	0mg	190mg	7g	2g	1g	1g
Grilled Shrimp Tacos	1020	420	49g	7g	0g	245mg	3600mg	111g	11g	19g	39g
Wok Fired Kung Pao Chicken (Rice Not Included)	610	260	29g		0g	70mg	1100mg	22g	3g	11g	29g
Wok Fired Sweet & Spicy Chicken (Rice Not Included)	612	200	22g	3.5g	0g	70mg	310mg	34g	2g	25g	25g
Wok Fired Teriyaki Chicken (Rice Not Included)	390	220	24g	4g	0g	70mg	1070mg	23g	2g	14g	26g
The Dirty Dog	1740	770	85g	28g	1g	110mg	3280mg	59g	5g	20g	21g

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Choles- terol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Brunch											
Bacon and Egg Mac and Cheese	700	480	54g	27g	0g	325mg	2020mg	27g	1g	4g	34g
Biscuits and Gravy	1120	820	93g	45g	0g	175mg	3460mg	59g	2g	7g	13g
Breakfast Burger	1490	850	96g	37g	1g	435mg	3410mg	91g	6g	11g	65g
Breakfast Club (No Side)	1150	730	84g	32g	0g	515mg	1820mg	62g	5g	6g	39g
Brick Oven Pancake Skillet	1300	510	57g	30g	0g	135mg	1790mg	198g	6g	92g	22g
Cheesy Eggs and Avo Toast (No Side)	980	580	65g	28g	0g	580mg	1870mg	50g	8g	2g	44g
Chilaquiles	1560	930	103g	33g	0g	725mg	3100mg	103g	15g	19g	57g
Country Chickens and Biscuit	1640	1100	123g	50g	0g	660mg	2500mg	95g	3g	27g	50g
Slow-Braised Pork Fried Rice, Brown Rice	1250	610	67g	17g	0g	455mg	3770mg	105g	10g	7g	52g
Slow-Braised Pork Fried Rice, White Rice	1330	590	65g	17g	0g	455mg	3750mg	126g	5g	6g	52g
Donut Holes	530	220	24g	7g	0g	40mg	470mg	71g	3g	45g	10g
Steak and Eggs Benedict	1060	740	82g	35g	0.5g	755mg	1900mg	32g	4g	6g	51g
Sweet Potato & Carnitas Hash	1190	680	75g	23g	0g	525mg	2080mg	75g	8g	20g	54g
Hangover Burrito	1960	1100	124g	47g	0g	720mg	6070mg	126g	17g	20g	87g
Almond Butter French Toast	1360	690	79g	34g	0g	390mg	930mg	137g	8g	82g	32g
Side Hashbrown	470	320	35g	14g	0g	85mg	1450mg	34g	2g	0g	5g
Brunch Cocktails											
DIY Mimosa	480	0	0g	0g	0g	0mg	15mg	156g	< 1g	77g	2g
Hair of the Dog	170	20	2g	2g	0g	0mg	2060mg	11g	6g	7g	2g
Michelada	170	0	0g	0g	0g	0mg	680mg	10g	< 1g	4g	< 1g
Mimosa	180	0	0g	0g	0g	0mg	0mg	48g	0g	8g	< 1g
Peach Bellini	200	0	0g	0g	0g	0mg	0mg	46g	0g	8g	0g
Rose Elderflower Punch	180	0	0g	0g	0g	0mg	0mg	25g	0g	17g	0g
Raspberry Rose Sangria	200	0	0g	0g	0g	0mg	15mg	45g	0g	24g	0g
Pomegranate Red Sangria	160	0	0g	0g	0g	0mg	15mg	15g	0g	13g	0g
White Peach Sangria	160	0	0g	0g	0g	0mg	20mg	20g	0g	18g	0g
Sangria Pitcher	670	0	0g	0g	0g	0mg	40mg	162g	0g	69g	< 1g
Sweet Tooth											
Banana Cream Pie Jar	600	280	32g	16g	0g	280mg	230mg	74g	3g	50g	8g
Butter Cake	1240	670	75g	32g	0g	175mg	350mg	164g	2g	106g	11g
BYO Sundae	520	170	20g	10g	0g	50mg	130mg	114g	1g	59g	5g
Root Beer Float	570	210	21g	15g	0g	75mg	230mg	93g	0g	87g	6g
Simms Family S'mores	1500	680	75g	37g	0g	125mg	1140mg	226g	5g	183g	15g

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Choles- terol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Happy Hour Food											
Cajun Fries	760	310	34g	7g	0g	10mg	2740mg	103g	11g	6g	11g
Grilled Garlic Flatbread	1130	310	34g	17g	0g	35mg	2640mg	163g	6g	5g	38g
Housemade Hummus	1490	600	70g	9g	0g	15mg	3410mg	186g	13g	8g	33g
Late Night Burger	770	390	45g	17g	1.5g	120mg	1460mg	60g	3g	13g	32g
Mac + Cheese	710	420	48g	25g	0g	125mg	1270mg	42g	3g	5g	28g
Fried Hush Puppies	870	590	65g	23g	0g	150mg	1530mg	52g	4g	6g	18g
Buffalo Chicken Nuggets	930	420	46g	11g	0g	205mg	2770mg	66g	5g	14g	58g
Chicken Wings BBQ with Ranch	1040	650	73g	15g	0g	255mg	780mg	19g	< 1g	14g	73g
Chicken Wings High Altitude with Blue Cheese	1150	800	88g	20g	0g	265mg	1570mg	11g	< 1g	7g	74g
Chicken Lettuce Wraps	300	110	12g	2.5g	0g	40mg	650mg	38g	4g	15g	13g
Mini Three Cheese & Basil Pizza	510	130	15g	8g	0g	45mg	1260mg	71g	3g	4g	22g
Mini Black + Blue Pizza	890	420	47g	16g	0g	120mg	1760mg	77g	3g	7g	40g
Mini Pepperoni Pizza	720	310	35g	16g	0g	90mg	2020mg	71g	3g	4g	30g
The Dirty Dog	1080	770	85g	28g	1g	110mg	3280mg	59g	5g	20g	21g
Chicken Chile Verde Nachos	1260	600	68g	32g	0g	210mg	3950mg	97g	17g	23g	71g
Wok-Fired Calamari, Brown Rice	1200	600	66g	11g	0g	480mg	1200mg	105g	8g	32g	44g
Wok-Fired Calamari, White Rice	1240	590	65g	11g	0g	480mg	1190mg	115g	5g	31g	45g
Chili Cheese Dip + Indigo Cornbread Fries	1120	690	76g	29g	0g	175mg	1730mg	79g	5g	27g	28g
Lamb Barbacoa Tacos	510	240	28g	14g	0g	120mg	1020mg	33g	4g	5g	33g
Jackfruit Falafel Tacos	530	370	42g	9g	0g	25mg	2800mg	31g	12g	2g	9g
Peeking Pork Belly Pancakes	460	270	30g	8g	0g	30mg	1140mg	39g	3g	14g	9g
Pig Candy Grilled Cheese	640	380	42g	19g	0g	65mg	1190mg	44g	< 1g	15g	19g
Happy Hour Drink											
Lunazul Reposado Margarita	190	0	0g	0g	0g	0mg	630mg	20g	0g	19g	0g
Cosmo	200	0	0g	0g	0g	0mg	0mg	18g	0g	17g	0g
Deep Eddy Your Way	100	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
Asian Pear Martini	190	0	0g	0g	0g	0mg	0mg	17g	0g	16g	0g
Cucumber + Mint Martini	160	0	0g	0g	0g	0mg	0mg	8g	0g	7g	0g
Pink Lemon Drop Martini	170	0	0g	0g	0g	0mg	0mg	11g	0g	11g	0g
Sailor Jerry Rum + Coke	150	0	0g	0g	0g	0mg	10mg	9g	0g	9g	0g
Raspberry Rose Sangria	200	0	0g	0g	0g	0mg	15mg	45g	0g	24g	0g
Pomegranate Red Sangria	160	0	0g	0g	0g	0mg	15mg	15g	0g	13g	0g
White Peach Sangria	160	0	0g	0g	0g	0mg	20mg	20g	0g	18g	0g
Sangria Pitcher	670	0	0g	0g	0g	0mg	40mg	162g	0g	69g	< 1g

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Choles- terol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Sides											
French Fries	1310	730	76g	15g	0g	0mg	3240mg	137g	13g	0g	13g
Apple Cider Coleslaw	190	120	13g	2g	0g	5mg	180mg	16g	5g	9g	3g
Fresh Fruit	90	0	0g	0g	0g	0mg	0mg	21g	1g	18g	2g
Mashed Potatoes	220	120	14g	9g	0g	40mg	440mg	22g	2g	3g	3g
Rice, Brown	220	15	2g	0g	0g	0mg	10mg	46g	4g	< 1g	5g
Rice, White	260	0	0.5g	0g	0g	0mg	0mg	56g	< 1g	0g	5g
Sauteed Spinach	210	150	16g	7g	0g	< 5mg	600mg	9g	4g	1g	6g
Waffle Potato Gratin	560	390	44g	25g	0g	120mg	1150mg	25g	2g	5g	16g
Pickled Cucumber Salad	30	5	0.5g	0g	0g	0mg	170mg	7g	< 1g	5g	< 1g
Gluten Sensitive											
Hamburger	440	250	28g	11g	1g	135mg	330mg	4g	1g	2g	41g
Slow-Braised Pork Fried Rice, Brown Rice	1230	610	67g	17g	0g	455mg	1300mg	103g	10g	7g	48g
Slow-Braised Pork Fried Rice, White Rice	1300	590	65g	17g	0g	455mg	1280mg	124g	4g	6g	49g
Blue Cheese Ribeye Steak (No Sides)	1120	650	72g	30g	0g	365mg	900mg	< 1g	0g	0g	110g
Flat Iron Steak (No Sides)	500	270	30g	11g	1g	185mg	670mg	0g	0g	0g	54g
Grilled Shrimp Tacos	690	140	15g	2g	0g	215mg	3030mg	102g	10g	16g	38g
Add Mixed Greens Salad (Dressing Not Included)	50	15	2g	0g	0g	0mg	190mg	7g	2g	1g	1g
Tex Mex	670	330	39g	10g	0g	105mg	1540mg	45g	10g	21g	38g
Cobb	920	620	70g	18g	0g	240mg	1930mg	22g	6g	13g	52g
Add Wedge (Dressing Not Included)	370	270	31g	6g	0g	15mg	740mg	19g	3g	3g	7g
Chicken Tortilla Soup (Bowl)	350	150	17g	7g	0g	55mg	650mg	27g	3g	6g	23g
Chicken Tortilla Soup (Cup)	230	90	10g	4g	0g	35mg	410mg	20g	2g	4g	15g
Hummus	780	580	67g	9g	0g	15mg	1710mg	40g	12g	10g	13g
Wok Fired Sweet & Spicy Chicken (No Rice)	870	420	46g	8g	0g	170mg	510mg	62g	4g	35g	50g
Wok-Fired Sweet & Spicy Shrimp - (No Rice)	720	350	39g	7g	0g	260mg	1490mg	59g	4g	35g	33g
Wok-Fired Sweet & Spicy Tofu (No Rice)	660	350	39g	6g	0g	0mg	230mg	58g	9g	35g	23g
Grilled Chicken Breast (No Side)	470	90	10g	3g	0g	240mg	360mg	0g	0g	0g	88g
Grilled Salmon (No Sides)	490	280	31g	7g	0g	125mg	290mg	4g	2g	0g	47g
Kid's Burger Patty	210	130	14g	5g	0.5g	70mg	210mg	0g	0g	0g	20g
Kid's Grilled Chicken Breast (No Side)	230	45	5g	1.5g	0g	120mg	260mg	0g	0g	0g	44g
Black Beans	140	45	5g	1g	0g	0mg	1400mg	21g	4g	10g	4g
Fresh Fruit	90	0	0g	0g	0g	0mg	0mg	21g	1g	18g	2g
Pickled Cucumber Salad	30	5	0.5g	0g	0g	0mg	170mg	7g	< 1g	5g	< 1g
Mashed Potatoes	150	80	9g	6g	0g	25mg	290mg	15g	2g	2g	2g
Sliced Tomatoes (5 slices)	20	0	0g	0g	0g	0mg	0mg	4g	1g	3g	< 1g
Steamed Brown Rice	220	15	2g	0g	0g	0mg	10mg	46g	4g	< 1g	5g
Steamed Spinach	140	15	2g	0g	0g	0mg	660mg	16g	8g	3g	11g
Steamed White Rice	260	0	0.5g	0g	0g	0mg	0mg	56g	< 1g	0g	5g

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Dressings											
Chiptole Ranch per 2 Fl. Oz.	120	90	10g	1.5g	0g	20mg	440mg	6g	0g	4g	< 1g
Asian Vinaigrette per 2 Fl. Oz.	210	170	19g	3g	0g	0mg	430mg	9g	< 1g	7g	< 1g
Bleu Cheese per 2 Fl. Oz.	290	280	31g	5g	0g	30mg	290mg	3g	0g	< 1g	1g
Ranch per 2 Fl. Oz.	200	170	21g	3g	0g	20mg	420mg	4g	0g	1g	1g
Thousand Island per 2 Fl. Oz.	250	200	25g	3.5g	0g	20mg	520mg	10g	0g	7g	0g
House Libations											
Smoked Bacon Old Fashioned	240	35	4g	1.5g	0g	5mg	90mg	10g	0g	7g	1g
Lemon Ginger Fizz	200	0	0g	0g	0g	0mg	10mg	39g	0g	23g	0g
Rum Barrel Punch	200	0	0g	0g	0g	0mg	0mg	20g	0g	17g	0g
Seasonal Pineapple-Coconut Infusion	250	15	1.5g	0g	0g	0mg	30mg	31g	0g	19g	14g
Mules											
Huckleberry Mule	210	0	0g	0g	0g	0mg	15mg	29g	0g	28g	0g
Backcountry Mule	170	0	0g	0g	0g	0mg	20mg	20g	0g	20g	0g
Moscow Mule	180	0	0g	0g	0g	0mg	20mg	14g	0g	13g	0g
Irish Mule	180	0	0g	0g	0g	0mg	20mg	20g	0g	20g	0g
Mojitos											
Coconut Mojito	130	0	0g	0g	0g	0mg	30mg	12g	0g	11g	0g
Traditional Mojito	150	0	0g	0g	0g	0mg	15mg	14g	0g	13g	0g
Pineapple Mojito	200	0	0g	0g	0g	0mg	15mg	23g	< 1g	20g	0g

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Choles- terol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Straight Up											
Rose Elderflower Punch	180	0	0g	0g	0g	0mg	0mg	25g	0g	17g	0g
Asian Pear	190	0	0g	0g	0g	0mg	0mg	17g	0g	16g	0g
Cucumber + Mint	160	0	0g	0g	0g	0mg	0mg	8g	0g	7g	0g
Pink Lemon Drop	170	0	0g	0g	0g	0mg	0mg	11g	0g	11g	0g
Westside Manhattan	250	0	0g	0g	0g	0mg	0mg	14g	0g	13g	0g
Wild Blueberry + Lemon	130	0	0g	0g	0g	0mg	0mg	17g	0g	16g	0g
Margaritas											
Mango Chile	180	0	0g	0g	0g	0mg	190mg	13g	0g	11g	0g
Ruby Red Grapefruit	150	0	0g	0g	0g	0mg	630mg	15g	0g	10g	0g
Seasonal Hibiscus Margarita	250	0	0g	0g	0g	0mg	5390mg	37g	0g	34g	0g
Sangria											
Raspberry Rose Sangria	200	0	0g	0g	0g	0mg	15mg	45g	0g	24g	0g
Pomegranate Red Sangria	160	0	0g	0g	0g	0mg	15mg	15g	0g	13g	0g
White Peach Sangria	160	0	0g	0g	0g	0mg	20mg	20g	0g	18g	0g
Sangria Pitcher	680–720	0	0g	0g	0g	0mg	40mg	162g	0g	69g	< 1g
Sangria Sampler	210	0	0g	0g	0g	0mg	25mg	33g	0g	21g	0g
All Natural – Non Alcoholic Drinks											
Pink Lemonade	60	0	0g	0g	0g	0mg	15mg	16g	0g	13g	0g
Strawberry Lemonade	130	0	0g	0g	0g	0mg	25mg	32g	2g	28g	0g
Coconut Pineapple Agua Fresca	90	0	0g	0g	0g	0mg	25mg	23g	0g	21g	0g
Cucumber Thyme Lemonade	110	0	0g	0g	0g	0mg	20mg	29g	0g	27g	0g
Jamaican Lemonade	90	0	0g	0g	0g	0mg	15mg	23g	0g	20g	0g
Strawberry Citrus Soda	100	0	0g	0g	0g	0mg	25mg	27g	< 1g	25g	0g
Ginger Beer	160	0	0g	0g	0g	0mg	40mg	41g	0g	40g	0g
Ginger Lime Seltzer	25	0	0g	0g	0g	0mg	50mg	7g	0g	7g	0g
Pineapple Orange Seltzer	20	0	0g	0g	0g	0mg	50mg	5g	0g	5g	0g

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Choles- terol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Other Beverages											
Iced Tea	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
Decaf Passion Fruit Iced Tea	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
Tiger Woods	50	0	0g	0g	0g	0mg	5mg	13g	0g	12g	0g
Arnold Palmer	30	0	0g	0g	0g	0mg	5mg	8g	0g	6g	0g
Minute Maid Light Lemonade	20	0	0g	0g	0g	0mg	20mg	6g	0g	3g	0g
Coca Cola Classic	140	0	0g	0g	0g	0mg	45mg	39g	0g	39g	0g
Diet Coke	0	0	0g	0g	0g	0mg	40mg	0g	0g	0g	0g
Sprite	140	0	0g	0g	0g	0mg	65mg	38g	0g	38g	0g
Barq's Root Beer	160	0	0g	0g	0g	0mg	70mg	45g	0g	45g	0g
Mr. Pibb Xtra	140	0	0g	0g	0g	0mg	40mg	39g	0g	39g	0g
Fanta Orange	160	0	0g	0g	0g	0mg	60mg	45g	0g	44g	0g
Coffee	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
Cranberry Juice	110	0	0g	0g	0g	0mg	0mg	28g	0g	28g	0g
Decaf Coffee	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
Hot Chocolate	100	25	2.5g	2g	0g	0mg	150mg	16g	0g	8g	1g
Iced Macchiato	150	70	7g	4.5g	0g	25mg	20mg	21g	0g	20g	< 1g
Iced Mocha	150	15	2g	1g	0g	< 5mg	25mg	33g	1g	29g	0g
Orange Juice	110	0	0g	0g	0g	0mg	0mg	26g	0g	21g	2g
Peach Juice	130	0	0g	0g	0g	0mg	15mg	32g	0g	31g	< 1g
Grapefruit Juice	100	0	0g	0g	0g	0mg	0mg	23g	0g	0g	0g
Pineapple Juice	130	0	0g	0g	0g	0mg	0mg	32g	0g	30g	0g
Tomato Juice	50	0	0g	0g	0g	0mg	670mg	10g	2g	6g	2g
Panna Still Water	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
Pelligrino Sparkling Water	0	0	0g	0g	0g	0mg	20mg	0g	0g	0g	0g