



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	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Starters											
Street Corn Fries	1700	990	108g	30g	0g	95mg	5050mg	146g	15g	4g	34g
Cajun Fries	800	310	33g	7g	0g	10mg	5560mg	106g	10g	11g	10g
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
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
Queso Dip	1140	740	84g	36g	0g	160mg	2940mg	60g	4g	12g	37g
Jumbo Coconut Shrimp	630	250	27g	10g	0g	230mg	2240mg	68g	2g	33g	26g
Small Plates											
Brussels Sprouts	470	340	37g	10g	0g	5mg	1310mg	28g	8g	5g	10g
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
Crispy Deviled Eggs	750	420	47g	13g	0g	475mg	2660mg	51g	2g	8g	26g
Goat Cheese and Pepper Jelly	960	570	66g	30g	0g	105mg	1640mg	68g	4g	35g	27g
Cheddar Cheese Curds	770	500	58g	23g	0g	125mg	1890mg	33g	2g	13g	32g
Garlic Parmesan Waffle Chips	780	560	63g	28g	0g	30mg	1890mg	39g	4g	1g	15g
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

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Choles- terol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Roadtrip™ Pop In Bowls											
Cheeseburger FryBowl™	1370	850	94	27	2g	90	3410mg	92g	11g	11g	38g
Korean Ribeye Bibimbap	720	300	34	8	0g	275	3050mg	55g	4g	13g	51g
Mediterranean Chicken	780	280	32	11	0g	155	1770mg	78g	3g	4g	44g
Chili Crunch Ahi Tuna	650	180	21	2.5	0g	45	3830mg	74g	9g	12g	40g
Roasted Veggies + Butternut Squash [chilled]	820	540	62	12	0g	20	1620mg	57g	12g	13g	15g
Blackened Chicken Burrito Bowl	930	380	44	17	0g	170	3940mg	78g	12g	17g	59g
Curry Chicken	910	370	42	12	0g	120	2170mg	101g	7g	17g	34g
Citrus Dill Salmon [chilled]	790	530	60	12	0g	65	1370mg	43g	6g	6g	28g
Noodles											
Spaghetti Squash + Beetballs	910	530	60g	8g	0g	< 5mg	2930mg	81g	14g	30g	19g
Thai Noodles	1430	650	73g	14g	0g	405mg	2360mg	124g	13g	37g	77g
Fettuccine Alfredo w/ Shrimp w/ 2 Parmesan Crisps	1600	800	91g	45g	0g	430mg	3570mg	134g	8g	9g	57g
Fettuccine Alfredo w/ Grilled Chicken w/ 2 Crisps	1500	710	81g	45g	0g	340mg	2270mg	134g	8g	9g	78g
Fettuccine 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
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
Southern Fried Chicken Salad	1140	700	80g	19g	0g	650mg	3270mg	51g	4g	15g	53g
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
Sandwiches (No Side)											
Fried Chicken Sandwich	1090	550	64g	18g	0g	165mg	2550mg	93g	6g	14g	38g
Grilled 5 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
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

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Choles- terol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
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 Ranch 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
BBQ Veggie Burger	1100	400	46g	13g	0g	45mg	3090mg	148g	13g	23g	30g
PB & J Burger	1340	740	84g	28g	1.5g	200mg	2290mg	75g	6g	30g	72g
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	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	880	440	49g	18g	0g	250mg	2770mg	38g	12g	10g	75g
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)	3190	2720	301g	94g	0g	880mg	3640mg	144g	11g	63g	215g
BBQ St. Louis Style Pork Ribs (5 piece)	2270	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
Chicken Fried Ribeye (TEXAS ONLY)	1540	940	104g	42g	0g	280mg	3130mg	68g	7g	11g	77g
Creamy Dijon Chicken	1510	790	88g	32g	0g	310mg	7270mg	84g	6g	12g	86g
Flat Iron Steak	1300	840	94g	43g	1g	310mg	2530mg	38g	6g	8g	72g

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Fish											
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
Kids											
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	390	290	32g	7g	0g	20mg	400mg	20g	0g	5g	5g
Mac n' Cheese – No Side	300	80	9g	2.5g	0g	15mg	570mg	45g	2g	8g	11g
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: Carrots	240	170	20g	3g	0g	20mg	500mg	13g	3g	7g	2g
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
BYO Sundae	520	170	20g	10g	0g	50mg	130mg	114g	1g	59g	5g

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Choles- terol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Lunch											
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	920	370	42g	16g	0g	170mg	3910mg	77g	11g	17g	59g
Chicken Parmesan	850	250	28g	9g	0g	135mg	1530mg	95g	7g	8g	49g
Beer Battered Fish + Chips	1670	1000	112g	19g	0g	80mg	2490mg	137g	20g	24g	36g
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	5g	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
Brunch											
Biscuit + 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
The Breakfast Club (No Side)	1150	730	84g	32g	0g	515mg	1820mg	62g	5g	6g	39g
Cheesy Eggs + Avocado 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
Veggie Omelet (No Side)	590	420	47g	14g	0g	670mg	1060mg	11g	2g	3g	32g
Country Chickens + Biscuit	1640	1100	123g	50g	0g	660mg	2500mg	95g	3g	27g	50g
Donut Holes	530	220	24g	7g	0g	40mg	470mg	71g	3g	45g	10g
Breakfast Burrito	1870	1030	116g	43g	0g	685mg	6480mg	123g	15g	19g	85g
Country Quiche (No side)	1160	750	81g	42g	0g	1445mg	3000mg	15g	2g	6g	74g
Four Cheese Quiche (No side)	1440	920	102g	40g	0g	775mg	2070mg	68g	2g	2g	53g
Bananas Foster French Toast	940	430	48g	26g	0g	335mg	640mg	107g	5g	50g	20g
Side Hash Browns	470	320	35g	14g	0g	85mg	1450mg	34g	2g	0g	5g

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Choles- terol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Brunch Cocktails											
DIY Mimosa Flight	480	0	0g	0g	0g	0mg	15mg	156g	< 1g	77g	2g
Hair of the Dog Bloody Mary	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
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	0	0g	0g	0g	0mg	40mg	162g	0g	69g	< 1g
Sweet Tooth											
Banana Pudding	600	280	32g	16g	0g	280mg	230mg	74g	3g	50g	8g
Butter Cake	1240	670	75g	32g	0g	175mg	350mg	164g	2g	106g	11g
Root Beer Float	570	210	21g	15g	0g	75mg	230mg	93g	0g	87g	6g
Apple-Huckleberry Open Face Pie	590	250	28g	12g	0g	40mg	380mg	79g	3g	33g	7g
Chocolate Brownie Sundae	1390	570	63g	37g	0g	145mg	880mg	192g	4g	160g	17g
Triple Chocolate Mousse	950	590	68g	42g	1.5g	160mg	360mg	88g	4g	71g	8g
Happy Hour Food											
Spacedust Wings	900	550	63g	14g	0g	215mg	1040mg	19g	2g	11g	61g
Mini Corn Dogs + Fries	1050	660	70g	15g	0g	20mg	1860mg	89g	7g	5g	12g
Goat Cheese and Pepper Jelly	960	570	66g	30g	0g	105mg	1640mg	68g	4g	35g	27g
Cajun Fries	800	310	34g	7g	0g	10mg	2740mg	103g	11g	6g	11g
Late Night Burger	770	390	45g	17g	1.5g	120mg	1460mg	60g	3g	13g	32g
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
The Dirty Dog	1210	770	85g	28g	1g	110mg	3280mg	59g	5g	20g	21g
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
Garlic Parmesan Waffle Chips	780	560	63g	28g	0g	30mg	1890mg	39g	4g	1g	15g
Sweet Potato Tater Tots	720	430	47g	6g	0g	0mg	1530mg	67g	6g	23g	3g
Onion Rings w/ Bark and Bite Sauce	850	530	60g	15g	0g	10mg	1400mg	74g	4g	7g	7g
Buffalo Cauliflower	930	680	75g	18g	0g	30mg	2380mg	51g	7g	16g	12g
Togarashi Edamame Beans	540	280	31g	3.5g	0g	0mg	2930mg	34g	14g	0g	28g
Crispy Deviled Eggs	750	420	47g	13g	0g	475mg	2660mg	51g	2g	8g	26g
Bacon Candy	250	180	20g	7g	0g	35mg	350mg	9g	0g	8g	7g
Brussels Sprouts	470	340	37g	10g	0g	5mg	1310mg	28g	8g	5g	10g
Queso Dip	1140	740	84g	36g	0g	160mg	2940mg	60g	4g	12g	37g

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Choles- terol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Happy Hour Drink											
Coffee Martini	180	0	0g	0g	0g	0mg	10mg	12g	0g	11g	0g
Orange Tang Margarita	200	0	0g	0g	0g	0mg	5400mg	21g	0g	20g	0g
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
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
Sides											
French Fries	1310	730	76g	15g	0g	0mg	3240mg	137g	13g	0g	13g
Apple Cider Slaw	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
Pickled Cucumbers	60	5	0.5g	0g	0g	0mg	170mg	7g	< 1g	5g	< 1g

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Choles-terol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Gluten Sensitive											
Hamburger	440	250	28g	11g	1g	135mg	330mg	4g	1g	2g	41g
Flat Iron Steak (No Sides)	500	270	30g	11g	1g	185mg	670mg	0g	0g	0g	54g
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
Wok Fired Sweet & Spicy Chicken (No Rice)	870	420	46g	8g	0g	170mg	510mg	62g	4g	35g	50g
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
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
TV Dinners											
BBQ Meatloaf	1680	900	101g	41g	1g	245mg	3760mg	154g	15g	55g	43g
Four Cheese Lasagna	1720	1010	114g	63g	0.5g	400mg	3340mg	95g	6g	39g	82g
Roasted Turkey	1550	620	70g	39g	0g	365mg	1720mg	137g	6g	43g	90g
Cheese Enchiladas	1620	860	97g	42g	0g	160mg	2630mg	152g	11g	55g	40g
Chicken Parmesan	1630	880	97g	36g	0g	305mg	3460mg	112g	9g	58g	76g
Pot Pie	1320	650	72g	19g	0g	130mg	1700mg	105g	5g	8g	53g
Fried Chicken	1750	940	104g	40g	0g	320mg	3700mg	128g	8g	32g	72g
Grilled Lemon Chicken	1670	890	100g	42g	0g	370mg	2560mg	108g	7g	48g	79g
Salisbury Steak	1830	1120	125g	49g	2.5g	305mg	3540mg	121g	12g	44g	58g

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Choles- terol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Dressings + Sauces											
Chipotle 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
BBQ Sauce per 2 FL. Oz.	80	0	0.15g	0.002g	0g	0mg	180mg	19g	0g	17g	0g
Hot Sauce per 2 FL. Oz.	15	0	0g	0g	0g	0mg	1320mg	3g	0g	1g	0g
IPA Mustard per 2 FL. Oz.	45	20	2g	0g	0g	0mg	470mg	5g	1g	2g	2g
Citrus Soy per 2 FL. Oz.	30	0	0g	0g	0g	0mg	1790mg	5g	0g	2g	3g
House Libations											
Smoked Maple 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
New York Sour	210	0	0g	0g	0g	0mg	0mg	14g	0g	12g	0g
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
Straight Up											
Blue Hawaiian	220	0	0g	0g	0g	0mg	0mg	27g	1g	21g	< 1g
Passionfruit Martini	210	0	0g	0g	0g	0mg	0mg	18g	0g	16g	0g
Coffee Martini	180	0	0g	0g	0g	0mg	10mg	12g	0g	11g	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
Wild Blueberry + Lemon	160	0	0g	0g	0g	0mg	0mg	17g	0g	16g	0g

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Choles- terol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Margaritas											
Orange Tang Margarita	200	0	0g	0g	0g	0mg	5400mg	21g	0g	20g	0g
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
Classic Margarita	190	0	0g	0g	0g	0mg	630mg	20g	0g	19g	0g
Sangria											
Raspberry Rosé 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
Housemade Ginger Beer	160	0	0g	0g	0g	0mg	40mg	41g	0g	40g	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
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
Coke Zero	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
Dr. Pepper	250	0	0g	0g	0g	0mg	90mg	68g	0g	68g	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
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
Topo Chico	0	0	0g	0g	0g	0mg	15mg	0g	0g	0g	0g