



## NUTRITIONAL INFORMATION

The nutritional information below is derived from information provided by our suppliers, analysis using industry standard software and published resources, including those from the U.S.D.A. All nutritional information given is based on standard recipes and serving sizes and does not account for customized orders. We have made every effort to ensure that the nutritional and allergen information provided below is accurate. However, because of the handcrafted nature of our menu items, the variety of procedures and product assembly used in our kitchens, shared cooking and preparation areas including common fryer oil, reliance on our suppliers, and regional and seasonal differences in ingredients, we are unable to make any guarantees to its accuracy, and disclaim liability for its use. The material below is provided for informational purposes only and is not meant as a substitute for advice provided by a healthcare professional.

The Dietary Guidelines for Americans recommend limiting saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2,000 calories daily. Recommended limits may be higher or lower depending upon daily calorie consumption. A 2,000 calorie daily diet is used as the basis for general nutrition advice. However, individual caloric needs may vary.

<b>SHAREABLES</b>	<b>Calories (kcal)</b>	<b>Calories from Fat</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbs (g)</b>	<b>Dietary Fiber (grams)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Knock-Out Nachos	1620	900	100	54	0	254	3307	39	14	16	80
Wings - Spicy Buffalo (with blue cheese dressing)	1940	1210	134	33	0	396	3573	42	3	5	85
Wings - Cherry Cola BBQ (with blue cheese dressing)	2090	1080	120	31	0	396	4871	118	2	56	120
Wings - Sweet Chili (with blue cheese dressing)	1840	1080	120	31	0	396	2073	54	2	8	120
Garlic Parmesan Cheese Skewers	1810	1020	114	43	0.4	221	4296	114	4	14	69
Loaded Tots	820	460	51	17	0	57	2322	69	8	4	21
Chicken Fajita Quesadillas	820	490	54	19	0	134	1273	51	10	13	38
Spinach Dip	710	420	46	19	0	93	1774	13	9	3	33
Guacamole & Chips	430	200	22	2	0	0	217	17	13	2	10
Potato Skins	1990	820	91	37	0.4	172	2126	232	0	1	49
Soft Pretzel Sticks	1390	250	27	9	0	43	5641	248	7	1	37
Cantina Flatbread	680	360	40	15	0	97	1233	44	7	9	34
Pesto Chicken Flatbread	760	370	41	15	0	108	1958	57	9	18	43
<b>SOUPS</b>	<b>Calories (kcal)</b>	<b>Calories from Fat</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbs (g)</b>	<b>Dietary Fiber (grams)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Tortilla - Cup	190	90	10	4.5	0	24	940	14	0	18	9
Tortilla - Bowl	380	190	21	9	0.1	48	1879	28	0	36	18
Turkey Chili - Cup	360	160	18	4	0.3	51	1067	33	4	7	17
Turkey Chili - Bowl	470	190	21	5	0.5	75	1546	46	7	11	25
French Onion - Bowl	290	180	19	11	0	60	1879	15	0	7	17
<b>SALADS (w/o breadstick)</b>	<b>Calories (kcal)</b>	<b>Calories from Fat</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbs (g)</b>	<b>Dietary Fiber (grams)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
3rd Street (with dressing)	1190	870	97	25	0	177	3676	41	8	20	60
Santa Fe Chicken - Grilled (with dressing)	1090	740	83	23	0	157	1821	46	6	9	44
Santa Fe Chicken - Crispy (with dressing)	1420	820	91	24	0.4	164	2516	84	4	10	59
Grilled Chicken Caesar (with dressing)	910	560	62	7	0	103	1643	65	14	34	28
Avocado Cobb (with dressing)	1000	630	70	16	0	366	2215	50	17	13	53
Side Caesar (with dressing)	270	210	23	4.5	0	18	611	13	3	3	5
Village (with dressing)	430	330	37	10	0	51	1424	14	3	9	19
House Garden (no dressing)	60	20	2	0.2	0	0	109	10	2	3	2

<b>DRESSINGS</b>	Calories (kcal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (grams)	Sugars (g)	Protein (g)
3rd Street Dressing (2 fl oz)	200	220	24	3.5	0	0	720	13	0	13	0
Hot Bacon Dressing (2 fl oz)	300	250	28	0	0	0	611	10	0	8	0
Balsamic Vinaigrette (2 fl oz)	190	190	21	3	0	0	75	3	0	2	0
Bleu Cheese Dressing (2 fl oz)	190	170	19	4	0	29	649	6	0	2	1
Poppy Seed Dressing (2 fl oz)	250	170	19	3	0	28	491	15	0	13	0
Ranch (2 fl oz)	250	230	25	4	4.2	21	444	2	0	2	2
Sweet-Chili Lime Vinaigrette (2 fl oz)	130	100	11	1.5	0	0	15	13	3	3	1
Thousand Island (2 fl oz)	220	140	16	2	0	10	480	18	0	12	0
Caesar Dressing (2 fl oz)	270	250	27	5	0	20	606	6	0	2	2
<b>SANDWICHES (w/o fries)</b>	Calories (kcal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (grams)	Sugars (g)	Protein (g)
Big Ol' Buffalo Chicken	1500	770	86	16	0.4	103	5312	144	6	15	38
Stacked-To-The Max Club	1030	460	51	18	0	147	3208	86	12	21	60
Ham & Pesto Ciabatta	600	260	28	9	0	91	2314	56	4	10	36
Pulled Pork	1100	430	48	12	0	123	6190	121	5	22	50
Reuben Grill	1060	520	58	22	0	199	3468	84	11	14	50
Crispy Cod BLT	1540	1010	112	16	0	137	3119	80	1	13	45
Garden Turkey Ciabatta	730	380	42	9	0	94	2245	63	2	8	36
T M C (w/side baby greens salad)	1020	590	66	15	0	123	2620	80	10	18	50
Philly Steak	1050	480	53	23	0	158	1547	6	5	12	58
<b>BURGERS (w/o fries)</b>	Calories (kcal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (grams)	Sugars (g)	Protein (g)
Garbage	1650	1060	118	26	3.5	307	2654	60	3	15	84
Tortilla	1260	760	84	11	3.5	225	1791	61	1	19	62
Sauteed Mushroom & Swiss	1200	760	85	14	3.5	229	1029	53	2	10	55
Black Pepper Bacon Sriracha	1290	780	87	11	3.5	231	2159	58	1	15	66
Good Morning Sunshine	1750	910	101	13	3.5	475	2287	131	0	14	72
Bodacious Bacon	1240	740	82	8	3.5	220	1721	59	1	17	63
Chipotle Black Bean (w/side baby greens salad)	460	200	23	2	0	0	749	49	7	8	20
Turkey Avocado Swiss	610	290	33	9	0.6	192	716	32	5	56	47
Cola BBQ Bacon	1320	720	80	6	3.5	195	2444	93	2	32	53
Build Your Own Burger	970	580	64	1	3.5	172	651	49	1	8	46
Build Your Own Burger, add-on, American	80	60	7	4.5	0	17	387	0	0	0	5
Build Your Own Burger, add-on, Bacon	210	150	16	1	0	40	829	1	0	0	14
Build Your Own Burger, add-on, Sauteed Onions	30	15	2	0	0	0	2	2	0	1	0
Build Your Own Burger, add-on, Cheddar	80	65	7	4	0	23	137	0	0	0	5
Build Your Own Burger, add-on, Mozzarella	90	60	6	3.5	0	22	178	1	0	0	6
Build Your Own Burger, add-on, Pepper Jack Cheese	80	60	6	4	0	19	114	0	0	0	5
Build Your Own Burger, add-on, Sauteed Mushrooms	40	35	4	2.5	0	10	28	1	0	0	1
Build Your Own Burger, add-on, Sauteed Peppers	20	15	1.5	1	0	4	97	0	1	1	0
Build Your Own Burger, add-on, Swiss	80	50	6	4	0	20	41	1	0	0	6

<b>CHOICE PLATES</b>	<b>Calories (kcal)</b>	<b>Calories from Fat</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbs (g)</b>	<b>Dietary Fiber (grams)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Laredo Steak (w/ side garden salad & breadstick, w/c	1040	510	57	27	0	172	749	78	14	12	60
Cajun Alfredo Pasta (w/ breadstick)	1260	750	83	39	1	193	1245	98	7	13	31
add chicken	350	210	23	5	0	75	831	15	3	2	22
add shrimp	180	30	3	0.5	0	251	244	2	0	0	34
Baja Fish Taco - Crispy	1120	260	43	10	0.2	72	2819	134	7	715	44
Baja Fish Taco - Grilled	760	250	28	7	0	72	1339	84	7	12	44
Bourbon Glazed BBQ Chicken	1450	720	80	21	0.1	215	5981	119	9	60	66
Erma's Meatloaf	1360	890	99	13	4.4	386	3352	37	1	16	63
N'Awlins Shrimp & Rice (no side)	680	380	42	20	0	332	743	35	3	4	38
Sriracha Chicken Pasta (w/ breadstick)	1500	760	84	33	0	228	3459	118	10	15	70
Kalbi Fajita Tacos	1360	650	73	18	0	164	5278	126	14	22	60
Balsamic Glazed Chicken	1040	550	61	14	0.3	184	2674	78	10	21	52
Hand-Breaded Chicken Tenders (w/ fries)	1330	450	50	9	0.4	129	4386	151	6	21	59
New England Fish & Chips (w/ fries)	1470	780	87	15	0.4	126	5989	119	6	12	46
<b>SENSATIONAL SEAFOOD (LTO)</b>	<b>Calories (kcal)</b>	<b>Calories from Fat</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbs (g)</b>	<b>Dietary Fiber (grams)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Coconut Shrimp	1220	360	40	20	0	196	4340	172	10	40	30
Caribbean Shrimp Tacos	1460	320	35	20	0	180	4660	230	13	42	44
Captain's Combo	1470	830	92	15	0	182	5813	115	7	16	39
Herb-Grilled Salmon	520	200	22	6	0	110	440	42	5	10	40
<b>SIDE DISHES &amp; MISC</b>	<b>Calories (kcal)</b>	<b>Calories from Fat</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbs (g)</b>	<b>Dietary Fiber (grams)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Grilled Asparagus	40	20	2	0	0	0	69	4	2	2	2
Steamed Broccoli	30	5	0.5	0	0	0	28	6	2	1	2
Fresh Fruit Salad	90	0	0	0	0	0	20	23	1	21	0
Fire-Roasted Corn Medley	150	60	7	4	0	15	4	24	3	4	3
Rice Pilaf	170	60	6	4	0	16	45	24	0	0	2
Creamy Coleslaw	160	110	12	2	0	23	274	14	2	10	1
Applesauce	170	5	0.5	0	0	0	7	45	3	37	0
Seasoned Fries	290	80	9	2	0	0	1002	49	4	0	4
Crisp Onion Rings	370	140	15	2.5	0.2	0	1306	52	2	10	3
Oven-Baked Potato (plain)	220	0	0	0	0	0	14	51	4	2	6
Garlic Goat Cheese Mashed Potatoes	350	130	15	8	0.4	43	933	45	4	4	10
Tater Tots	260	120	13	2.5	0	0	1036	33	3	2	3
Loaded Tots	410	230	26	8	0	29	1161	35	4	2	11
Mashed Potatoes	290	100	11	5	0.4	28	809	43	4	4	5
Garlic Breadstick	120	70	8	1	0	0	434	12	1	1	3
<b>COMBOS</b>	<b>Calories (kcal)</b>	<b>Calories from Fat</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbs (g)</b>	<b>Dietary Fiber (grams)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Dynamic Duo - 1/2 Reuben	530	260	29	11	0	100	1734	42	6	7	25
Dynamic Duo - 1/2 Max's Club	510	230	26	9	0	74	1604	43	6	11	30
Dynamic Duo - 1/2 Ham & Pesto Ciabatta	300	130	14	4	0	46	1157	28	2	5	18

Dynamic Duo - 1/2 Garden Turkey Ciabatta	370	190	21	4	0	47	1123	32	1	4	18
Dynamic Duo - Tortilla Soup (Bowl)	380	190	21	9	0	48	1879	28	0	36	18
Dynanuc Duo - Baked Potato	220	0	0	0	0	0	14	51	4	2	6
Dynamic Duo - House Salad (no dressing)	60	15	2	0	0	0	109	10	2	3	2
Dynamic Duo - Caesar	270	210	23	5	0	18	611	13	3	3	5
Dynamic Duo - Garlic Breadstick	120	70	8	1	0	0	434	12	1	1	3
3 Course Combo - Cheeseburger (w/ fries, no cookie)	1350	720	80	7	3.5	195	2021	99	5	9	56
3 Course Combo - Tortilla Burger (w/ fries, no cookie)	1550	840	93	13	3.6	225	2793	110	5	20	66
3 Course Combo - House Salad (no dressing)	60	15	2	0	0	0	109	10	2	3	2
3 Course Combo - Caesar	270	210	23	5	0	18	611	13	3	3	5
3 Course Combo - Tortilla Soup (Cup)	190	80	9	5	0	25	1150	15	1	2	9
3 Course Combo - Cookie (Chocolate Chip)	280	130	14	5	0	0	284	38	2	18	4
3 Course Combo - Cookie (White Chocolate Macadan	380	130	14	0	0	0	0	32	1	0	3
3 Course Combo - Cookie (Oatmeal Raisin)	240	80	9	3	0	0	223	41	2	25	3
3 Course Combo - Cookie (Snickerdoodle)	300	120	13	5	0	0	260	43	0	20	3
<b>DESSERTS</b>	<b>Calories (kcal)</b>	<b>Calories from Fat</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbs (g)</b>	<b>Dietary Fiber (grams)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Pretzel Sundae	1220	390	43	4.5	0.6	98	2261	186	3	64	22
Banana Cream Pie	820	340	38	16	0	129	1277	111	2	78	10
Chocolate Cake a la Mode	1650	750	83	28	0	255	65	216	12	156	25
Cookie - Chocolate Chip	280	130	14	5	0	0	284	38	2	18	4
Cookies - Chocolate Chip (1/2 Dozen)	1700	770	85	30	0	0	1701	231	11	109	24
Cookie - White Chocolate Macadamia Nut	380	130	14	0	0	0	0	32	1	0	3
Cookies - White Chocolate Macadamia Nut (1/2 Doze	2280	760	84	0	0	0	0	192	6	0	18
Cookie - Oatmeal Raisin	240	80	9	3	0	0	223	41	2	25	3
Cookies - Oatmeal Raisin (1/2 Dozen)	1470	490	54	18	0	0	1336	247	12	149	18
Cookie - Snickerdoodle	300	120	13	5	0	0	260	43	0	20	3
Cookies - Snickerdoodle (1/2 Dozen)	1810	700	78	30	0	0	1560	26	1	122	18
Sundae Bar - Ice Cream Only	350	160	18	0	0	75	113	43	0	33	8
Sundae Bar - Topping - Rainbow Sprinkles	30	15	2	0	0	0	0	5	0	3	0
Sundae Bar - Topping - Oreo Crumbles	30	15	1.5	0.5	0	0	37	5	0	3	0
Sundae Bar - Topping - Granola	30	5	0.5	0	0	0	27	6	0	2	1
Sundae Bar - Topping - Chocolate Chip Cookie Crumt	40	15	2	0.5	0	0	35	5	0	2	1
Sundae Bar - Topping - M&Ms	40	15	2	1	0	1	5	5	0	4	0
Sundae Bar - Topping - Jelly Beans	30	0	0	0	0	0	2	7	0	6	0
Sundae Bar - Topping - Whipped Cream	20	15	1.5	1	0	5	9	1	0	1	0
Sundae Bar - Topping - Fudge	20	5	0.5	0	0	0	20	4	0	2	0
Sundae Bar - Topping - Caramel	20	0	0	0	0.1	0	13	5	0	4	0
Sundae Bar - Topping - Strawberry	10	0	0	0	0	0	2	3	0	3	0
Sundae Bar - Topping - Maraschino Cherry	10	0	0	0	0	0	0	2	0	2	0
IBC Root Beer Float	660	40	4.5	0	0	19	241	153	0	150	2
Petite Treats - Key Lime Pie	300	100	11	5	0	75	139	46	1	35	6
Petite Treats - Mocha Bites	400	210	23	13	0	73	200	44	2	29	3
Petite Treats - Tin Roof	370	230	26	12	0	38	180	31	2	20	5
<b>KIDS</b>	<b>Calories (kcal)</b>	<b>Calories from Fat</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbs (g)</b>	<b>Dietary Fiber (grams)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>

Grilled Chicken Breast (no side)	380	210	23	4.5	0	75	1301	23	3	7	22
Chicken Tenders (no side)	540	160	17	3.5	0.2	82	2058	53	1	12	35
Cheeseburger Sliders (no side)	530	260	33	15	1.4	105	1283	28	1	4	30
Grilled Cheese (no side)	560	220	24	13	0	51	1512	65	3	6	20
Cheese Pizza (no side)	690	220	25	11	0	55	1391	85	4	10	31
Mini Corn Dogs (no side)	430	240	27	6	0.2	51	634	36	0	0	11
Mac & Cheese (no side)	270	110	12	6	0.4	32	839	29	2	4	10
Pasta w/ marinara (no side)	230	45	5	0.5	0	14	580	38	2	10	10
Pasta w/ butter (no side)	320	140	15	8	0	44	257	38	2	1	8
Pasta w/ alfredo (no side)	270	45	5	0.5	0	14	280	38	2	10	10
Side - Grilled Asparagus	40	20	2	0	0	0	69	4	2	2	2
Side - Steamed Broccoli	30	5	0.5	0	0	0	28	6	2	1	2
Side - Mashed Potatoes	290	100	11	5	0.2	28	809	43	4	4	5
Side - Applesauce	170	5	0.5	0	0	0	7	45	3	37	0
Side - Fresh Fruit	90	0	0	0	0	0	20	23	1	21	0
Side - French Fries	290	80	9	2	0	0	1002	49	4	0	4
Beverage - Apple Juice (12 fl oz)	180	0	0	0	0	0	23	43	0	42	0
Beverage - Chocolate Milk (12 fl oz)	230		8	4.5	0	30	203	29	0	25	0
Beverage - Cranberry Juice (12 fl oz)	190	5	0.5	0	0	0	7	48	0	42	0
Beverage - Milk (12 fl oz)	190	70	7	4.5	0	30	192	19	0	18	0
Beverage - Minute Maid Lemonade (12 fl oz)	170	0	0	0	0	0	21	45	0	42	0
Beverage - Orange Juice (12 fl oz)	160	10	1	0	0	0	4	36	1	0	3
Beverage - Grape Juice (12 fl oz)	180	5	3	0	0	0	7	46	0	40	0
Specialty Sipper - Beetlejuice (12 fl oz)	230	0	0	0	0	0	31	57	0	35	1
Specialty Sipper - Adam's Apple (12 fl oz)	310	0	0	0	0	0	25	77	0	57	0
Specialty Sipper - Vanilla Milk Shake (12 fl oz)	690	370	41	9	0	161	242	71	0	52	14
Specialty Sipper - Chocolate Milk Shake (12 fl oz)	820	370	41	9	0	161	274	100	1	74	15
Specialty Sipper - Oreo Milk Shake (12 fl oz)	1100	530	59	13	0	161	91	131	3	83	16
Specialty Sipper - Strawberry Milk Shake (12 fl oz)	790	370	41	9	0	161	259	95	0	74	14
Specialty Sipper - Volcano Blaster (12 fl oz)	340	110	12	0	0	50	122	69	0	62	5
Sundae Bar - Ice Cream Only	350	160	18	0	0	75	113	43	0	33	8
Sundae Bar - Topping - Rainbow Sprinkles	30	15	2	0	0	0	0	5	0	3	0
Sundae Bar - Topping - Oreo Crumbles	35	15	1.5	0.5	0	0	37	5	0	3	0
Sundae Bar - Topping - Granola	25	5	0.5	0	0	0	27	6	0	2	1
Sundae Bar - Topping - Chocolate Chip Cookie Crumb	35	15	2	0.5	0	0	35	5	0	2	1
Sundae Bar - Topping - M&Ms	35	15	2	1	0	1	5	5	0	4	0
Sundae Bar - Topping - Jelly Beans	30	0	0	0	0	0	2	7	0	6	0
Sundae Bar - Topping - Whipped Cream	20	15	1.5	1	0	5	9	1	0	1	0
Sundae Bar - Topping - Fudge	20	5	0.5	0	0	0	20	4	0	2	0
Sundae Bar - Topping - Caramel	20	0	0	0	0.1	0	13	5	0	4	0
Sundae Bar - Topping - Strawberry	15	0	0	0	0	0	2	3	0	3	0
Sundae Bar - Topping - Maraschino Cherry	10	0	0	0	0	0	0	2	0	2	0

<b>SPECIALTY COCKTAILS</b>	Calories (kcal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (grams)	Sugars (g)	Protein (g)
Big Bad Erma	230	0	0	0	0	0	14	31	310	28	0
Max's Spicy Bloody	180	30	3.5	0.5	0	0	1642	9	1	6	0
Blood Orange Whiskey Sour	190	0	0	0	0	0	3	20	1	16	0
Lynchburg Lemonade	170	0	0	0	0	0	14	20	1	12	0
Captain's Grog	210	0	0	0	0	0	4	30	0	20	0
Spiked Sweet Tea	160	0	0	0	0	0	1	21	0	20	0
Mexican Mule	210	0	0	0	0	0	1	28	1	25	0
Top Shelf Long Island	230	0	0	0	0	0	95	0	0	22	0
Max's Moscow Mule	210	0	0	0	0	0	1	28	1	25	0
Mom's Time Out	220	0	0	0	0	0	7	22	0	20	0
<b>SANGRIAS &amp; MARGARITAS</b>	Calories (kcal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (grams)	Sugars (g)	Protein (g)
Blackberry Sangria (Glass)	330	0	0	0	0	0	7	56	1	49	0
Blackberry Sangria (Pitcher)	1120	5	0.5	0	0	0	29	177	4	149	2
Red Sangria (Glass)	180	0	0	2	0	0	7	21	1	13	1
Red Sangria (Pitcher)	730	5	0.5	0	0	0	28	80	3	55	2
White Peach Sangria (Glass)	370	0	0	0	0	0	9	66	1	59	1
White Peach Sangria (Pitcher)	970	5	0.5	0	0	0	34	136	4	115	1
Max's Margarita, Original (Glass)	150	0	0	0	0	0	230	17	1	10	0
Max's Margarita, Original (Pitcher)	540	0	0.2	0	0	0	701	68	3	42	1
<b>BEER</b>	Calories (kcal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (grams)	Sugars (g)	Protein (g)
Bud Light Bottle	110	0	0	0	0	0	11	6.6	0	0	0.9
Budweiser Bottle	150	0	0	0	0	0	11	11	0	0	1.3
Coors Light Bottle	100	0	0	0	0	0	10	5	0	0	0.7
Michelob Ultra Bottle	100	0	0	0	0	0	11	2.6	0	0	0.6
Miller Lite Bottle	100	0	0	0	0	0	5	3.2	0	0	0.5
Bud Light Draft (16 oz)	150	0	0	0	0	0	14	9	0	0	1
Bud Light Draft (23 oz)	210	0	0	0	0	0	22	20	0	0	2
Miller Lite Draft (16 oz)	130	0	0	0	0	0	7	4	0	0	0.7
Miller Lite Draft (23 oz)	180	0	0	0	0	0	10	6	0	0	1
Goose Island IPA Draft (16 oz)	270	0	0	0	0	0	0	28	0	0	0
Goose Island IPA Draft (23 oz)	390	0	0	0	0	0	0	40	0	0	0
Sam Adams Lager Draft (16 oz)	210	0	0	0	0	0	0	52	0	0	1
Sam Adams Lager Draft (23 oz)	310	0	0	0	0	0	0	75	0	0	2
Angry Orchard Cider (16 oz)	280	0	0	0	0	0	13	40	0	32	0
Angry Orchard Cider (23 oz)	400	0	0	0	0	0	19	57	0	46	0
<b>WINE</b>	Calories (kcal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (grams)	Sugars (g)	Protein (g)
House White Zinfandel (6 oz)	130	0	0	0	0	0	0	10	0	0	0
House Chardonnay (6 oz)	140	0	0	0	0	0	0	5	0	0	0
House Merlot (6 oz)	150	0	0	0	0	0	0	5	0	1	0

House Cabernet Sauvignon (6 oz)	140	0	0	0	0	0	0	5	0	0	0
Guenoc Pinot Grigio (6 oz)	130	0	0	0	0	0	0	0	0	0	0
Firestone Vineyard Riesling (6 oz)	140	0	0	0	0	0	0	0	0	0	0
Guenoc Chardonnay (6 oz)	130	0	0	0	0	0	0	0	0	0	0
Sebastiani Chardonnay (6 oz)	160	0	0	0	0	0	0	0	0	0	0
Kendall Jackson Chardonnay (6 oz)	150	0	0	0	0	0	9	4	0	2	0
Lost Angel Pinot Noir (6 oz)	130	0	0	0	0	0	0	0	0	0	0
Woodbridge Pinot Noir (6 oz)	150	0	0	0	0	0	0	4	0	0	0
Three Rivers Red Blend (6 oz)	140	0	0	0	0	0	0	0	0	0	0
Lost Angel Cabernet Sauvignon (6 oz)	130	0	0	0	0	0	0	0	0	0	0
Sebastiani Cabernet Sauvignon (6 oz)	130	0	0	0	0	0	0	0	0	0	0
<b>NA BEVERAGES</b>	<b>Calories (kcal)</b>	<b>Calories from Fat</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbs (g)</b>	<b>Dietary Fiber (grams)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Arnold Palmer (12 fl oz)	90	0	0	0	0	0	16	23	0	21	0
Cherry Coke (12 fl oz)	150	0	0	0	0	0	35	42	0	42	0
Coca-Cola (12 fl oz)	140	0	0	0	0	0	45	39	0	39	0
Coke Zero (12 fl oz)	0	0	0	0	0	0	40	0	0	0	0
Diet Coke (12 fl oz)	0	0	0	0	0	0	40	0	0	0	0
Sprite (12 fl oz)	140	0	0	0	0	0	65	38	0	38	0
Fresh-Brewed Iced Tea (12 fl oz)	5	0	0	0	0	0	14	1	0	0	0
Minute Maid Lemonade (12 fl oz)	170	0	0	0	0	0	21	45	0	43	0
Fuze Raspberry Iced Tea (12 fl oz)	80	0	0	0	0	0	120	22	0	21	0
IBC Root Beer Bottle	160	0	0	0	0	0	60	21	0	20	0
Coffee (6 fl oz)	0	0	0	0	0	0	5	0	0	0	0.3
Hot Chocolate, Prepared (6 fl oz)	90	20	2	2	0	0	150	16	0	8	1
Hot Tea (8 fl oz)	0	0	0	0	0	0	0	0	0	0	0
Ice Cold Glass of Milk (12 fl oz)	190	70	7	4.5	0	30	192	19	0	18	0
Frozen Lemonade (16 fl oz)	170	0	0	0	0	0	30	44	0	41	0
Frozen Strawberry Lemonade (16 fl oz)	200	0	0	0	0	0	19	50	0	48	0
Iced Tea - Peach (16 fl oz)	80	0	0	0	0	0	10	19	0	18	0
Lemonade, Strawberry (12 fl oz)	250	0	0	0	0	0	19	66	0	63	0
Lemonade, Wildberry (12 fl oz)	250	0	0	0	0	0	19	63	0	63	0