



NUTRITIONAL GUIDE

MARTINIS

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Diva	220	0	0	0	0	0	0	25	0	22	0
Pom Peche	280	0	0	0	0	0	10	37	0	35	0
The Clover	200	0	0	0	0	0	0	21	0	20	0
Effen Good	190	0	0	0	0	0	5	16	0	13	0
Louie's Cosmo	250	0	0	0	0	0	5	23	1	17	0
Rat Pack	200	10	1	0	0	0	150	2	0	0	0
Sparklin' Ruby	240	0	0	0	0	0	0	23	0	14	0
If You Like Pina Coladas...	220	0	0	0	0	0	0	28	1	22	0
90 Miles to Florida	230	0	0	0	0	0	5	39	0	35	0
The Dirty	180	10	1	0	0	0	970	1	0	0	0
Double Melon	230	0	0	0	0	0	10	25	0	23	0
S'mores	360	110	12	7	0	50	10	30	0	24	0
Honeydew	170	0	0	0	0	0	0	19	0	18	0
Tickled Pink	200	0	0	0	0	0	0	21	0	12	0
Strawberry Peach Bellini	240	0	0	0	0	0	0	27	1	25	0
Grand Lemon Drop	200	0	0	0	0	0	0	19	0	14	0

MADE WITH GRAPES

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Ruffino (Pinot Grigio)											
Glass	120	0	0	0	0	0	0	3	0	0	0
Bottle	620	0	0	0	0	0	0	15	0	0	1
Hogue											
Glass	120	0	0	0	0	0	0	6	0	0	0
Bottle	610	0	0	0	0	0	0	28	0	0	1
Kim Crawford											
Glass	120	0	0	0	0	0	0	3	0	0	0
Bottle	610	0	0	0	0	0	0	15	0	0	1
Joel Gott											
Glass	120	0	0	0	0	0	0	3	0	0	0
Bottle	610	0	0	0	0	0	0	15	0	0	1
Meiomi											
Glass	110	0	0	0	0	0	5	6	0	2	0
Bottle	560	0	0	0	0	0	25	30	0	12	0
Simply Naked											
Glass	110	0	0	0	0	0	5	6	0	2	0
Bottle	560	0	0	0	0	0	25	30	0	12	0
Chloe											
Glass	110	0	0	0	0	0	5	6	0	2	0
Bottle	560	0	0	0	0	0	25	30	0	12	0
William Hill											
Glass	110	0	0	0	0	0	5	6	0	2	0
Bottle	560	0	0	0	0	0	25	30	0	12	0
Bella Sera											
Glass	120	0	0	0	0	0	0	8	0	0	0
Bottle	630	0	0	0	0	0	0	40	0	0	1
Simi											
Glass	110	0	0	0	0	0	5	2	0	2	0
Bottle	540	0	0	0	0	0	25	11	0	11	0
Soul Sister											
Glass	120	0	0	0	0	0	0	3	0	0	0
Bottle	620	0	0	0	0	0	0	17	0	0	1
MacMurray Ranch											
Glass	120	0	0	0	0	0	0	3	0	0	0
Bottle	620	0	0	0	0	0	0	17	0	0	1
Canyon Road											
Glass	120	0	0	0	0	0	5	4	0	1	0
Bottle	620	0	0	0	0	0	30	19	0	5	1
Louis Martini											
Glass	120	0	0	0	0	0	0	4	0	0	0
Bottle	620	0	0	0	0	0	0	19	0	0	1
La Terre											
Glass	120	0	0	0	0	0	0	4	0	0	0
Bottle	620	0	0	0	0	0	0	19	0	0	1
Dark Horse											
Glass	120	0	0	0	0	0	0	4	0	0	0
Bottle	620	0	0	0	0	0	0	19	0	0	1
California 37											
Glass	120	0	0	0	0	0	0	4	0	0	0
Bottle	620	0	0	0	0	0	0	19	0	0	1

MADE WITH GRAPES CONTINUED

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Diseño											
Glass	130	0	0	0	0	0	5	4	0	1	0
Bottle	630	0	0	0	0	0	30	19	0	5	1
La Marca											
Glass	130	0	0	0	0	0	0	4	0	0	0
Bottle	660	0	0	0	0	0	0	20	0	0	0
Ruffino (Prosecco Rosé)											
Glass	130	0	0	0	0	0	0	4	0	0	0
Bottle	660	0	0	0	0	0	0	20	0	0	0

COCKTAILS

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Colorado Smash	260	0	0	0	0	0	0	37	1	27	0
Angry Sailor	330	0	0	0	0	0	0	39	0	36	0
Orange Mule	230	0	0	0	0	0	0	25	0	19	0
The New Old Fashioned	200	0	0	0	0	0	0	15	0	14	0
The Manhattan	240	0	0	0	0	0	0	7	0	2	0
The Ultimate Bloody Louie	280	60	7	2	0	15	1860	13	1	6	6
Royally Buzzed	160	0	0	0	0	0	0	18	0	18	0

SANGRIAS

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Stoned Fruit Sangria											
Glass	240	0	0	0	0	0	15	32	2	24	1
Pitcher	710	0	0	0	0	0	50	95	5	73	4
Strawberry Lemonade Sangria											
Glass	220	0	0	0	0	0	0	24	3	18	1
Pitcher	680	0	0	0	0	0	10	76	7	60	2
Louie's Sangria											
Glass	190	0	0	0	0	0	5	20	2	16	1
Pitcher	550	0	0	0	0	0	20	55	4	42	2
Pineapple Express											
Glass	350	0	0	0	0	0	0	45	3	35	1
Pitcher	1020	5	1	0	0	0	5	131	7	100	2

MARGARITAS & MOJITOS

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Me and Julio Margarita	580	0	0	0	0	0	0	47	1	10	0
Strawberry Margarita	270	0	0	0	0	0	0	33	2	28	0
Watermelon Margarita	280	0	0	0	0	0	0	40	1	36	0
Mango Margarita	290	0	0	0	0	0	0	39	2	32	0
Dos Sauza Margarita	200	0	0	0	0	0	0	23	2	17	0
Havana Classic Mojito	260	0	0	0	0	0	40	33	2	28	0
Berry Mojito	230	0	0	0	0	0	20	38	2	34	1
Spicy Pineapple Margarita	210	0	0	0	0	0	70	22	1	19	0

ZERO-PROOF

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Watermelon Fizz	130	0	0	0	0	0	20	31	2	24	1
Mango Limeade	140	0	0	0	0	0	35	36	2	28	0

SERVING COCA-COLA PRODUCTS

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Coca Cola	150	0	0	0	0	0	10	41	0	41	0
Diet Coke	0	0	0	0	0	0	15	0	0	0	0
Sprite	150	0	0	0	0	0	35	39	0	39	0
Seagram's Ginger Ale	135	0	0	0	0	0	45	36	0	36	0
Dr. Pepper	165	0	0	0	0	0	55	41	0	41	0
Mr. Pibb	150	0	0	0	0	0	20	39	0	39	0
Minute Maid Lemonade	150	0	0	0	0	0	60	39	0	39	0
Red Bull	160	0	0	0	0	0	140	40	0	39	0
Sugar Free Red Bull	10	0	0	0	0	0	140	4	0	0	0

APPS

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Crispy Calamari	570	120	13	2	0	530	1610	68	2	13	42
Tempura Shrimp	600	70	8	2	1	215	4760	95	2	38	34
Loaded Fries	1410	840	93	38	0	210	3630	96	9	4	35
Loaded Tots	1510	950	105	51	16	250	4610	86	10	4	35
Bruschetta Pomodoro	660	150	16	3	0	5	1570	101	9	11	27
with shrimp	760	190	21	4	0	115	1970	102	9	11	42
Bavarian Pretzel Sticks	1350	610	68	20	9	70	6010	149	5	20	33
Spinach & Artichoke Dip	910	360	40	17	0	95	1820	95	14	19	34
Potstickers	1000	430	47	13	0	70	3560	116	5	35	21
Trio Dips & Chips	1130	470	52	17	0	90	2100	124	19	24	32
Wings											
Boneless (no sauce)	580	150	17	3	0	165	1130	32	4	4	70
Boneless with Buffalo Sauce	680	220	24	5	2	165	3630	40	5	10	71
Boneless with Barbecue Sauce	730	150	17	3	0	165	2350	66	14	30	71
Boneless with Szechwan Sauce	750	160	18	3	0	165	2760	70	5	24	72
Boneless with en fuego Sauce	640	150	17	3	0	165	1130	32	4	4	70
Traditional (no sauce)	330	220	24	6	0	95	130	3	1	2	23
Traditional with Buffalo Sauce	430	280	32	8	2	95	2630	12	2	8	24
Traditional with Barbecue Sauce	480	220	25	6	0	95	1350	38	11	28	23
Traditional with Szechwan Sauce	500	230	25	6	0	95	1760	42	2	22	25
Traditional with en fuego Sauce	390	220	24	6	0	95	130	3	1	2	23
Cheese Quesadilla	1160	770	86	42	0	190	2730	51	4	4	46
with chicken	1440	870	96	44	0	290	3360	53	5	4	86
Beer Braised Mussels	1000	320	36	6	4	75	2260	109	6	7	56
Hummus, Pesto Hummus & Tzatziki	810	480	53	15	0	0	1610	59	8	7	18
Lettuce Wraps											
Ginger Sesame Chicken	1210	350	38	5	0	55	5680	177	10	57	35
Ginger Garlic Shrimp	1220	330	37	5	0	215	5280	178	10	57	42
Tortilla Soup											
Cup	180	70	8	2	0	20	990	15	4	5	10
Bowl	310	130	15	3	0	40	1650	26	7	10	19

SLIDERS

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Blackened Salmon Sliders	1220	630	70	14	0	155	1920	87	6	8	60
Beef Brisket Sliders	990	450	50	14	0	85	1470	94	5	17	34
Chicken Parm Sliders	1330	780	86	18	0	145	1730	87	5	10	45
Bacon Cheeseburger Sliders	1020	480	54	21	0	205	1640	68	1	10	64
Pig & Pepper Sliders	1440	840	93	28	0	220	2320	85	5	9	65

NACHOS

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Nachos Libre	2380	1180	131	65	0	410	5600	157	24	30	118
Chicken Nachos	1600	770	85	38	0	305	3550	111	19	22	79
Buffalo Chicken Totchos	2960	1410	156	66	12	465	9300	209	25	36	154

FLATBREADS

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Roasted Vegetable Flatbread	800	330	37	15	0	65	1340	83	6	6	30
Verde Chicken Flatbread	850	300	33	14	0	100	2010	90	4	6	45
Buffalo Chicken Flatbread	990	460	51	18	1	125	2870	78	4	6	49
Thai Chicken Flatbread	990	310	35	11	0	70	3760	124	6	20	42

BURGERS

Counts do not include side choices

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Spiked Bullet* Bourbon Burger	1010	520	58	23	0	175	1670	71	3	36	49
with Chicken Breast	990	520	58	23	0	175	1670	71	3	36	49
with Turkey Burger	1010	520	58	23	0	175	1670	71	3	36	49
with Portabella	790	520	58	23	0	175	1670	71	3	36	49
Backyard BBQ	930	330	37	14	0	70	2150	54	11	14	35
with Chicken Breast	850	410	45	15	0	165	1950	50	6	16	60
with Turkey Burger	870	410	46	17	0	215	1920	48	6	14	69
with Portabella	650	280	32	13	0	65	1770	48	6	14	21

BURGERS CONTINUED

Counts do not include side choices

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Louie	880	500	56	18	0	155	1620	39	3	9	50
with Chicken Breast	800	400	45	11	0	130	1430	38	2	9	54
with Turkey Burger	820	410	45	13	0	180	1400	36	2	7	63
with Portabella	620	330	36	11	0	35	1630	42	7	7	29
Southwest	1100	670	74	34	0	225	2410	42	5	8	63
with Chicken Breast	1010	570	63	27	0	200	2230	41	5	7	67
with Turkey Burger	1040	580	64	29	0	250	2200	39	5	6	76
with Portabella	810	490	55	26	0	105	2430	45	10	6	42
Blue Louie	770	420	47	17	1	150	2360	36	3	8	48
with Chicken Breast	680	320	36	10	1	125	2180	35	3	8	53
with Turkey Burger	710	330	37	11	1	175	2150	33	3	6	61
with Portabella	490	250	28	9	1	30	2380	39	8	6	27
Philly	800	440	48	18	0	155	1470	35	3	7	51
with Chicken Breast	720	340	38	11	0	130	1290	35	3	7	55
with Turkey Burger	740	340	38	12	0	180	1260	33	3	5	64
with Portabella	510	260	29	10	0	35	1490	39	8	5	30
Chicago Stockyard	860	450	50	19	0	165	1950	46	5	9	53
with Chicken Breast	780	360	40	12	0	140	1760	45	5	9	57
with Turkey Burger	800	360	40	14	0	190	1740	43	5	7	66
with Portabella	600	280	31	12	0	45	1970	49	10	7	32
Fried Louie	830	470	53	21	0	385	1370	34	2	7	56
with Chicken Breast	750	380	42	14	0	360	1190	33	2	7	60
with Turkey Burger	780	380	42	15	0	410	1160	31	2	5	69
with Portabella	560	260	28	11	0	260	1010	31	2	5	21
Cheeseburger	760	430	48	19	0	175	1300	33	2	6	50
with Chicken Breast, with cheese	680	430	48	19	0	175	1300	33	2	6	50
with Turkey Burger, with cheese	700	430	48	19	0	175	1300	33	2	6	50
with Portabella, with cheese	480	190	21	5	0	0	1170	66	6	5	8
Hamburger	600	430	48	19	0	175	1300	33	2	6	50
with Chicken Breast	520	210	23	4	0	100	850	33	2	6	44
with Turkey Burger	540	210	24	6	0	150	820	30	2	4	53
with Portabella	320	90	10	2	0	0	670	30	2	4	5

SALADS

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
BBQ Ranch	720	380	42	7	1	40	1480	67	15	17	20
Add portabella	820	230	25	4	0	20	1250	41	14	11	17
Add chicken	1000	270	30	5	0	115	1160	34	12	8	52
Add shrimp	940	260	29	5	0	265	1340	34	11	8	45
Add salmon	1120	400	44	8	0	150	670	32	11	8	58
Pear & Blue Cheese	1120	580	65	13	1	25	1050	113	16	64	19
Add portabella	1220	320	35	8	0	25	1200	92	17	61	17
Add chicken	1400	550	61	12	0	25	650	89	15	62	13
Add shrimp	1340	350	39	9	0	270	1280	85	15	58	45
Add salmon	1520	480	54	12	0	160	610	84	15	58	58
Classic Caesar	650	350	39	9	2	40	1640	54	8	7	22
Add portabella	750	370	41	9	1	40	1960	39	9	9	20
Add chicken	930	410	46	10	1	140	1870	32	7	6	55
Add shrimp	870	400	44	10	1	285	2050	32	6	6	48
Add salmon	1050	530	59	13	1	175	1380	30	6	6	61
Chop Chop	1000	620	69	15	1	150	1620	62	14	17	28
Add portabella	1100	300	33	9	0	150	1710	40	15	12	26
Add chicken	1280	340	38	10	0	245	1620	34	13	9	62
Add shrimp	1220	330	37	10	0	395	1800	33	12	9	55
Add salmon	1400	470	52	14	0	280	1130	32	12	9	67
BLT Wedge	720	480	53	13	1	130	1380	35	4	10	23
Add portabella	820	500	55	13	0	130	1700	20	5	12	21
Add chicken	1000	540	60	14	0	230	1610	14	4	9	56
Add shrimp	940	530	59	14	0	375	1790	13	3	9	49
Add salmon	1120	660	74	17	0	265	1110	12	3	9	62

SANDWICHES

Counts do not include side choices

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
The Voodoo	1030	620	69	20	1	180	2360	39	4	7	59
BBQ Pulled Pork	1020	380	42	17	0	155	3550	102	17	37	57
BLTT	980	530	59	17	0	145	2160	61	5	10	55
Grilled Veggie Wrap	1030	660	74	13	2	15	2090	73	10	12	20
Sesame Tuna	790	450	50	7	0	95	1260	41	6	10	46
Grilled Mac & Cheese w/ Verde Chicken	1030	510	57	28	1	160	2780	77	5	4	54
Grilled Mac & Cheese w/ Barbecue Pulled Pork	1060	540	60	29	1	150	3170	83	7	10	50

SANDWICHES CONTINUED

Counts do not include side choices

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Crispy Chicken Melt	1100	490	54	14	0	165	2710	90	2	9	60
California Chicken Club	1460	830	92	34	0	225	2490	71	10	10	81
Luigi	1060	380	42	9	0	115	2160	107	7	11	60
With cheddar	1210	510	56	17	0	165	2430	107	7	11	70

PLATES

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Tuscan Chicken Pasta	1050	560	62	26	1	240	3670	46	7	8	69
Crusted Lemon Chicken	890	500	55	16	3	190	1140	41	3	8	52
Voodoo Pasta	1410	730	81	28	1	355	3240	98	11	12	63
Drunken Fish & Chips	1510	630	70	12	0	140	4070	155	10	7	61
Voodoo Chicken	1400	850	95	39	2	340	3240	63	8	4	55
Sesame Encrusted Tuna	820	340	37	5	3	75	2990	70	7	24	47
Baked Mac & Cheese	1240	720	80	42	1	235	2390	73	4	8	49
With fried chicken	1500	770	85	43	1	320	2940	87	5	9	84
With shrimp	1380	740	82	43	1	450	2600	74	4	8	78
With grilled chicken	1430	780	87	43	1	300	2810	74	5	8	75
With bacon	1350	810	90	46	1	260	2820	73	4	8	56
With broccoli	1280	720	80	42	1	235	2720	78	6	9	51
With jalapeño	1250	720	80	42	1	235	2400	74	5	9	49

STREET TACOS

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Chicken	710	230	25	4	1	55	2430	85	11	10	35
Blackened Fish	760	220	25	4	2	75	2580	91	12	13	45
Verde Pork	740	250	28	7	1	65	2810	86	10	9	37

DESSERTS

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Key Lime 'Shiner'	930	250	28	12	0	85	870	153	1	120	13
Chocolate Cake	1370	660	73	38	0	145	960	162	10	113	16

EXTRAS

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Tots	300	150	16	8	7	15	720	31	4	0	3
Fries	260	100	11	3	0	0	500	36	3	0	4
Loaded Tots	570	320	36	16	9	60	1460	44	5	2	10
Loaded Fries	440	230	26	8	0	40	1020	39	4	2	9
House Salad	210	45	5	1	1	0	460	33	6	6	9
Mac & Cheese	540	340	37	20	0	115	980	25	1	3	20
Broccoli	80	5	1	0	0	0	650	12	5	3	5
Black Beans & Rice	210	45	5	1	1	0	730	33	4	1	6

BREADS

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Crostinis (5 pieces)	260	0	0	0	0	0	700	51	3	3	13
Parmesan Toast Point (1 piece)	160	40	4	1	1	0	400	24	1	1	6
Torpedo Roll (1 slice)	140	25	3	0	0	0	400	26	2	1	5

SAUCES & TOPPING

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Buffalo Sauce (1 serving)	70	40	5	1	1	0	1670	6	1	4	0
BBQ Sauce (1 serving)	60	0	0	0	0	0	560	14	6	9	0
Cinnamon Butter (1 serving)	290	270	30	7	9	0	240	6	0	5	0
Cocktail Sauce (1 serving)	50	0	0	0	0	0	590	12	0	12	0
Enfuego Sauce (1 serving)	60	0	0	0	0	0	740	13	0	10	1
Honey Mustard (1 serving)	190	130	15	2	0	15	680	15	1	10	2

SAUCES & TOPPINGS CONTINUED

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Marinara Sauce (1 serving)	40	25	3	0	0	0	190	3	1	1	1
Pico De Gallo (1 serving)	10	0	0	0	0	0	75	3	1	2	1
Queso Sauce (1 serving)	190	160	17	11	0	60	240	1	0	0	8
Salsa (1 serving)	10	0	0	0	0	0	230	2	1	1	0
Sour Cream (1 serving)	70	50	6	4	0	25	30	2	0	2	2
Spicy Szechwan Sauce (1 serving)	115	5	1	0	0	0	1090	26	1	13	1
Thai Chili Lime Sauce (1 serving)	120	0	0	0	0	0	580	30	0	20	0

BURGER NIGHT

(where available)

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Beef Patty w/ lettuce & bun only	430	170	20	5	0	0	1200	58	3	6	9
Chicken Filet w/ lettuce & bun only	500	300	23	5	0	100	450	27	1	2	43
Turkey Burger Patty w/ lettuce & bun only	520	210	24	7	0	150	420	25	1	0	52
Cheddar Cheese (2 slices)	160	120	14	8	0	50	270	0	0	0	10
Provolone Cheese (2 slices)	160	110	12	6	0	30	360	0	0	0	10
Pepper Jack Cheese (2 slices)	150	110	12	8	0	40	710	2	0	0	8
Swiss Cheese (2 slices)	300	190	22	13	0	65	160	3	0	0	22
American Cheese (2 slices)	140	110	12	8	0	30	480	2	0	0	8
Mozzarella and Provolone Cheese Mix (2 ounces)	190	130	14	8	0	40	410	1	0	0	12
Parmesan Blue Cheese Crust (2 ounces)	200	130	15	8	0	40	660	4	0	0	11
Blue Cheese Crumbles (2 ounces)	200	140	16	10	0	50	760	0	0	0	12
Tomato Slices (2 slices)	5	0	0	0	0	0	0	1	0	0	0
Red Onion Slices (1 ounce)	10	0	0	0	0	0	0	3	0	1	0
Grilled Onions (2 fluid ounces)	20	5	1	0	0	0	25	3	0	1	0
Fried Onion Strings (1 ounce)	50	15	2	0	0	0	140	7	1	2	1
Dill Pickle Slices (3 slices)	5	0	0	0	0	0	140	0	0	0	0
Marinated Mushrooms (2 fluid ounces)	20	15	2	0	0	0	55	1	0	0	1
Chopped Jalapeno Peppers (1 ounce)	10	0	0	0	0	0	0	2	1	1	0
Guacamole (1.5 fluid ounces)	65	50	6	1	0	0	55	3	2	0	1
Bacon (2 slices)	75	60	7	2	0	15	280	0	0	0	5
Giardiniera (2 fluid ounces)	100	80	9	1	0	0	200	4	0	2	0
Avocado (0.25 avocados)	60	50	6	1	0	0	0	3	3	0	1
Mayonnaise (2 tablespoons)	200	200	22	3	0	20	110	2	0	2	0
BBQ Ranch	210	160	18	3	0	19	55	11	2	8	1
Blue Cheese Dressing (2 ounces)	270	250	28	5	0	30	250	3	0	3	2
Pesto Mayo (1 tablespoon)	90	80	9	1	0	5	50	1	0	1	0
Ranch	260	240	26	4	0	30	410	4	0	4	2

BRUNCH

(where available)

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Egg's Bennie	1170	720	81	26	18	490	2490	74	6	5	35
Big Louie Breakfast	1000	380	42	15	9	445	1650	132	6	61	22
Little Louie Breakfast	560	300	34	14	9	445	1090	41	5	1	17
Huevos Rancheros	780	250	28	6	0	425	2820	99	10	8	32
Breakfast Nachos	1480	760	84	33	0	580	4440	99	12	24	70
Bacon & Egg Sandwich	1180	760	84	26	0	525	1650	59	5	6	49
Granola, Fruit & Yogurt	340	50	5	2	0	15	200	61	3	47	12
PB & J Cakes	1080	330	37	15	0	60	1710	163	4	66	17
Buttermilk Pancakes	1050	430	48	18	7	60	1280	141	2	78	9
Blueberry Pancakes	1300	460	52	18	7	60	1830	190	4	91	14
Chocolate Chip Pancakes	1250	460	51	18	7	60	1830	180	3	84	14
Strawberry Banana Pancakes	1120	260	29	13	0	60	1650	195	5	93	14
Breakfast Sliders	1040	500	55	23	9	500	2640	87	5	7	40
Hangover Helper w/ Bacon	1070	680	75	34	9	560	2460	53	7	6	35
Hangover Helper w/ Chorizo	1000	630	69	32	9	550	2300	55	7	7	30
Southwest Flatbread	1330	680	75	30	3	765	2270	104	8	10	58
Breakfast Flatbread	1050	510	57	23	2	540	1560	85	4	3	44
Florentine Flatbread	960	400	44	16	0	65	1620	86	6	6	48
Garden Fresh Omelet w/ tater tots	1370	920	103	36	9	755	1580	58	7	10	48

BRUNCH CONTINUED

(where available)

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Wild West Omelet	1240	720	80	31	9	750	2610	75	8	4	52
Harvest Omelet	700	380	42	13	0	665	1550	44	5	13	37
BYO Omelet	880	480	53	18	9	660	1660	67	7	2	28
Tomato	5	0	0	0	0	0	0	1	0	0	0
Jalapeno	10	0	0	0	0	0	0	2	1	1	0
Bell Pepper	5	0	0	0	0	0	0	1	0	1	0
Red Onion Slices	10	0	0	0	0	0	0	3	0	1	0
Grilled Onion	20	5	1	0	0	0	25	3	0	1	0
Mushrooms	20	15	2	0	0	0	55	1	0	0	1
Broccoli	70	5	1	0	0	0	55	11	4	3	5
Zucchini	10	0	0	0	0	0	5	2	1	1	1
Avocado	60	50	6	1	0	0	0	3	3	0	1
Cheddar Cheese	160	120	14	8	0	50	270	0	0	0	10
Swiss Cheese	300	190	22	13	0	65	160	3	0	0	22
Provolone Cheese	190	130	14	8	0	40	410	1	0	0	12
American Cheese	140	110	12	8	0	30	480	2	0	0	8
Bacon	75	60	7	2	0	15	280	0	0	0	5
Ham	70	25	3	1	0	30	650	0	0	0	11
Andouille Sausage	170	140	15	5	0	35	530	1	0	0	7
Chorizo	160	120	13	5	0	30	750	4	0	2	8
Turkey	150	35	4	0	0	65	1000	3	0	3	28
Chicken	140	15	2	0	0	75	85	0	0	0	29
Portabella	100	50	6	1	0	0	720	9	3	3	4
Shrimp	140	20	2	0	0	215	210	1	0	0	29
Side of Ham	70	25	3	1	0	30	650	0	0	0	11
Fruit Cup	50	0	0	0	0	0	10	12	2	9	1
Side of Bacon	75	60	7	2	0	15	280	0	0	0	5
Extra Egg	85	60	6	2	0	210	80	0	0	0	6
Side of Toast	200	90	10	2	0	0	460	26	2	1	5
Ultimate Mimosa	200	0	0	0	0	0	0	17	0	13	1
Ultimate Bloody Maria	270	60	7	2	0	15	1990	12	1	6	6
Ultimate Bloody Louie	290	60	7	2	0	15	2140	14	1	8	7
Beer-Mosa	180	0	0	0	0	0	0	10	0	4	0
Man-Mosa	180	0	0	0	0	0	0	10	0	4	0
Breakfast Sangria	200	0	0	0	0	0	20	20	1	15	0

KIDS

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Mini Cheesy Burgers & Fries	540	240	27	10	0	95	780	42	1	4	30
Crispy Flatbread Pizza (Cheese)	340	130	14	7	0	30	630	37	2	1	14
Crispy Flatbread Pizza (Pepperoni)	390	170	19	9	0	40	810	37	2	1	16
Mac & Cheese	1030	650	72	40	0	230	1860	47	2	6	39
Chicken Fingers & Fries	570	250	28	5	0	95	1430	43	3	11	38
Grilled Cheese & Fries	830	440	49	22	0	60	1710	72	5	4	29
Noodley Noodles w/ Butter	410	220	25	5	7	0	180	36	2	0	7
Noodley Noodles w/ Alfredo Sauce	490	250	27	14	0	95	240	41	2	2	13
Noodley Noodles w/ Marinara Sauce	300	50	5	0	0	0	950	55	3	17	7
Kids Sundae	280	100	11	8	0	25	85	43	0	35	2

A 2,000 calorie daily diet is used as the basis for general nutrition advice; however, individual calorie needs may vary. Nutritional information and ingredient statements are based on current formulations and standard recipes, using data provided by our suppliers and distributors, and are meant to provide a general estimate of nutritional values associated with our menu items. All nutritional information is based on average values for ingredients from our suppliers throughout the U.S. and is rounded to the nearest whole number to meet current U.S. F.D.A. N.L.E.A. guidelines. Variations can be expected due to seasonal influences, differences in product preparation per restaurant, substitution of ingredients, customized ordering and other factors. Some menu items, including test products and regional items, may not be available in all restaurants. If you have food allergies, you should know that we use milk, eggs, tree nuts, peanuts, seafood, soy, wheat, sesame products, crustacean shellfish, fish, sulfites and other allergens in our kitchens. Unless otherwise noted, items are prepared in common areas and food prepared at our restaurants may come in contact with or contain traces of these products and other potential allergens or ingredients. This information was updated as of April 11, 2017.