



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.

	Servings	Calories (kcal)	Calories from Fat	Total Fat (grams)	Saturated Fat (grams)	Trans Fat (grams)	Cholesterol (milligrams)	Sodium (milligrams)	Carbohydrate (grams)	Dietary Fiber (grams)	Sugars (grams)	Protein (grams)
<b>STARTERS</b>												
LODGEPOLES	1	920	340	38	17	0.0	65	1980	103	6	10	41
add PESTO	1	180	160	17	3	0.0	5	380	2	1	0	4
COWBOY NACHOS	1	2580	1670	186	80	0.0	350	4400	134	19	8	103
add PORK	1	280	160	18	6	0.0	85	910	7	0	4	24
add CHICKEN	1	230	120	13	2	0.0	60	500	5	1	2	25
add GROUND BEEF	1	480	340	38	15	2.3	135	680	1	0	0	33
ROLLINO	1	860	370	41	19	0.0	100	2450	71	4	9	44
CHORIZO MEATBALL SKILLET (Grill & Pub)	1	1040	690	76	27	1.4	380	2490	39	10	11	47
CHORIZO MEATBALL SKILLET (Legacy)	1	980	653	73	25	1.4	210	2440	39	10	11	42
BUFFALO WINGS (no dipping sauce)	1	1570	960	106	30	0.0	380	2290	16	2	7	123
BOURBON BBQ WINGS [Grill & Pub] (no dipping sauce)	1	1610	910	101	28	0.0	365	1440	31	2	13	119
HONEY BBQ WINGS [Legacy] (no dipping sauce)	1	1790	910	101	28	0.0	375	1460	91	2	37	123
THAI PEANUT WINGS (no dipping sauce)	1	1690	1020	114	30	0.0	365	1600	32	0	16	124
ARTICHOKE DIP [Grill & Pub]	1	1250	740	82	23	0.0	90	1820	105	10	3	32
ARTICHOKE DIP [Legacy]	1	1110	670	74	23	0.0	90	1700	89	8	3	31
JALAPEÑO POPPER DIP	1	1310	820	92	33	0.0	155	1900	93	7	4	36
FISH TACO SKEWERS	1	830	260	29	10	0.0	70	1800	107	10	22	41
HUMMUS PLATTER	1	850	370	41	8	0.0	25	1970	111	28	18	32
{GF} HUMMUS PLATTER	1	1400	230	26	7	0.0	25	3380	215	43	30	35
CHICKEN QUESADILLA	1	1000	550	61	33	0.0	180	1390	58	3	5	58
CHICKEN CLUB ROLLS	1	1080	760	84	23	1.5	225	2410	22	4	8	52
SLAMMERS	1	1040	540	60	26	2.7	185	1380	72	4	11	55
STREET TACO TRIO	1	760	330	36	12	0.0	215	2340	59	9	15	57
BLACK & BLEU BITES	1	1070	690	77	42	0.0	380	1470	6	1	2	85
<b>FLATBREADS</b>												
PEAR & BLEU FLATBREAD	1	1010	560	62	25	0.0	105	1840	78	7	37	40
{GF} PEAR & BLEU FLATBREAD	1	1250	470	52	23	0.0	105	2290	169	16	40	38
RANGOON FLATBREAD	1	920	360	40	26	0.0	110	2450	62	4	20	34
GREEK FLATBREAD	1	730	390	43	20	0.0	80	1770	44	8	6	34
{GF} GREEK FLATBREAD	1	1170	450	50	20	0.0	80	2250	145	18	16	35
APPLE & CHICKEN FLATBREAD	1	960	480	53	22	0.0	160	2240	66	6	32	52
{GF} APPLE & CHICKEN FLATBREAD	1	1390	540	60	22	0.0	160	2720	166	15	42	56
CALIFORNIA CHICKEN FLATBREAD	1	1050	670	75	24	0.0	140	1910	41	7	5	56
{GF} CALIFORNIA CHICKEN FLATBREAD	1	1490	730	81	24	0.0	140	2390	142	17	15	57
<b>SALADS</b>												
MACKENZIE WEDGE (w/dressing)	1	730	530	59	16	0.0	90	2000	13	12	13	23
BEET SALAD (w/dressing)	1	510	370	41	10	0.0	40	440	28	3	15	13
{GF} BEET SALAD (w/dressing)	1	320	220	24	8	0.0	40	410	19	2	8	11
SMALL HOUSE (w/o dressing)	1	100	10	1	0	0.0	0	100	24	5	7	3
{GF} SMALL HOUSE (w/out dressing)	1	40	0	0	0	0.0	0	10	10	3	5	1
SMALL COBB (w/o dressing)	1	510	310	35	12	0.0	335	1270	9	4	4	42

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LARGE COBB (w/o dressing)	1	920	560	62	22	0.0	425	2430	18	8	8	76
SMALL CAESAR (w/dressing)	1	220	160	17	4	0.0	15	500	13	2	2	6
LARGE CAESAR (w/dressing)	1	450	310	35	7	0.0	30	990	27	5	5	13
{GF} SMALL CAESAR (w/dressing)	1	190	140	6	4	0.0	15	430	7	2	2	5
{GF} LARGE CAESAR (w/dressing)	1	370	290	32	7	0.0	30	860	14	5	5	10
SMALL THAI (w/dressing)	1	640	460	51	8	0.0	45	630	30	5	19	22
LARGE THAI (w/dressing)	1	1300	940	104	16	0.0	85	1250	60	10	37	46
SMALL GREEK (w/dressing)	1	180	100	11	6	0.0	30	430	10	4	5	8
LARGE GREEK (w/dressing)	1	340	200	22	12	0.0	60	870	19	7	8	15
{GF} SMALL GREEK (w/o dressing)	1	90	40	4	3	0.0	15	240	9	3	4	5
{GF} LARGE GREEK (w/o dressing)	1	170	70	8	5	0.0	25	480	15	6	7	9
SMALL CHOPPED (w/dressing)	1	460	220	25	9	0.0	70	1310	28	8	6	32
LARGE CHOPPED (w/dressing)	1	920	440	49	19	0.0	135	2610	55	14	12	63
SMALL SOUTHWEST CHOP (w/dressing)	1	530	270	30	8	0.0	75	1100	34	7	7	30
LARGE SOUTHWEST CHOP (w/dressing)	1	1020	500	56	16	0.0	145	2100	67	14	13	61
SMALL SPINACH (w/dressing)	1	460	320	36	6	0.0	5	1010	31	5	20	8
{GF} SMALL SPINACH (w/o dressing)	1	110	20	3	1	0.0	5	170	19	4	12	5
{GF} LARGE SPINACH (w/o dressing)	1	210	50	5	3	0.0	10	340	36	7	23	9
LARGE SPINACH (w/dressing)	1	820	570	63	11	0.0	10	2010	56	9	36	14
SMALL TAOS (w/dressing)	1	640	380	43	11	0.2	60	1900	38	6	8	19
LARGE TAOS (w/dressing)	1	1050	620	69	19	0.3	110	3250	61	10	13	35
ADD BLACKENED STEAK (small)	1	250	110	12	4	0.0	105	110	0	0	0	33
ADD BLACKENED STEAK (large)	1	500	220	24	9	0.0	210	220	0	0	0	65
ADD CHICKEN (small)	1	110	50	5	1	0.0	45	180	0	0	0	16
ADD CHICKEN (large)	1	220	100	11	2	0.0	85	360	0	0	0	33
<b>DRESSINGS</b>												
HOUSE DRESSING (3floc.)	1	190	180	20	3	0.0	0	980	3	0	1	0
CREAMY VINAIGRETTE (3floc.)	1	290	260	29	5	0.0	15	820	3	0	2	2
RASPBERRY VINAIGRETTE (3floc.)	1	80	0	0	0	0.0	0	280	22	0	20	0
ORANGE BALSAMIC VINAIGRETTE (3floc.)	1	180	130	15	2	0.0	0	20	12	0	2	1
GREEK FETA (3floc.)	1	100	80	9	4	0.0	20	230	2	0	0	4
THAI PEANUT (3floc.)	1	690	600	67	10	0.0	0	690	23	1	14	4
RANCH (3floc.)	1	380	340	38	6	0.0	30	670	3	0	3	3
SOUTHWEST RANCH (3floc.)	1	200	170	19	3	0.0	15	590	4	1	3	2
CAESAR (2floc.)	1	270	250	27	5	0.0	20	610	6	0	2	2
THOUSAND ISLAND (3floc.)	1	330	220	24	3	0.0	15	720	27	0	18	0
HONEY MUSTARD (3floc.)	1	440	370	41	6	0.0	30	470	21	0	18	0
BLEU CHEESE (3floc.)	1	290	260	29	6	0.0	45	970	9	0	3	1
<b>SOUPS</b>												
SMALL CHICKEN CHILI	1	220	50	7	2	0.4	30	1180	23	6	4	18
LARGE CHICKEN CHILI	1	360	90	10	4	0.6	55	1850	36	9	7	28
SMALL CHICKEN NOODLE	1	80	30	3	1	0.0	20	1000	4	0	1	7
LARGE CHICKEN NOODLE	1	110	40	5	1	0.0	35	1500	6	1	1	11
SMALL BROCCOLI CHEDDAR	1	440	310	35	22	0.0	110	710	6	2	2	28
LARGE BROCCOLI CHEDDAR	1	660	470	52	33	0.0	165	1060	9	3	2	41
SMALL TOMATO BASIL	1	100	30	3	2	0.0	0	720	14	1	9	2
LARGE TOMATO BASIL	1	160	40	5	3	0.0	0	1090	21	2	14	5
SMALL TACO SOUP	1	160	80	9	3	0.5	30	10020	12	3	2	9
LARGE TACO SOUP	1	250	120	13	5	0.7	45	1520	18	4	4	14
SMALL CLAM CHOWDER	1	260	110	13	6	0.0	35	860	23	1	4	13
LARGE CLAM CHOWDER	1	390	170	19	10	0.0	50	1290	35	1	6	19
SMALL CHICKEN CHILI VERDE	1	450	110	12	5	0.0	35	1400	59	20	12	22
LARGE CHICKEN CHILI VERDE	1	890	230	26	7	0.0	45	2160	116	31	18	32
SMALL BUFFALO CHOWDER	1	230	110	12	6	0.0	30	1350	19	0	4	11
LARGE BUFFALO CHOWDER	1	340	160	18	9	0.0	45	2020	29	1	5	16
SMALL CHICKEN CORN CHOWDER	1	340	130	14	58	0.0	30	1200	40	5	7	17
LARGE CHICKEN CORN CHOWDER	1	430	160	18	8	0.0	40	1630	51	5	8	21
SMALL MED VEGGIE SOUP	1	70	20	2	0	0.0	0	830	8	2	8	1
LARGE MED VEGGIE SOUP	1	100	30	3	0	0.0	0	1250	11	2	11	2

SMALL BEER CHEESE SOUP	1	550	340	38	22	0.0	85	1500	30	0	6	22
LARGE BEER CHEESE SOUP	1	830	510	56	33	0.0	130	2250	45	1	9	33
FRENCH ONION SOUP	1	520	250	28	161	0.0	65	1850	40	2	6	21
SALTINE CRACKERS (2 packages)	1	30	10	1	0	0.2	0	60	4	0	0	1
BREADSTICK	1	120	70	8	1	0.0	0	430	12	1	1	3
<b>PASTA (w/out breadstick)</b>	<b>Servings</b>	<b>Calories (kcal)</b>	<b>Calories from Fat</b>	<b>Total Fat (grams)</b>	<b>Saturated Fat (grams)</b>	<b>Trans Fat (grams)</b>	<b>Cholesterol (milligrams)</b>	<b>Sodium (milligrams)</b>	<b>Carbohydrate (grams)</b>	<b>Dietary Fiber (grams)</b>	<b>Sugars (grams)</b>	<b>Protein (grams)</b>
CAJUN CHICKEN ALFREDO [Grill & Pub]	1	1550	770	86	34	0.5	230	2450	102	7	14	77
CAJUN CHICKEN ALFREDO [Legacy]	1	1490	730	81	37	0.5	230	2760	101	7	13	81
MACKENZIE ALFREDO	1	1360	640	71	33	0.5	230	2180	101	6	11	79
LINGUINE WITH MEATBALLS	1	980	430	48	18	0.7	95	2010	73	5	16	32
TUSCAN PENNE	1	1230	590	66	12	0.0	115	2500	103	5	6	58
LEMON CHICKEN	1	1170	630	70	15	0.0	140	3300	92	5	21	47
CHEESE RAVIOLI	1	900	500	55	35	1.0	265	1800	53	3	14	34
BUFFALO CHICKEN MACK N CHEESE [Grill & Pub]	1	1210	510	57	31	0.0	210	3090	105	4	12	67
BUFFALO CHICKEN MACK N CHEESE [Legacy]	1	1390	660	73	38	0.0	240	4120	107	4	12	74
{GF} BUFFALO CHICKEN MACK N CHEESE [Grill & Pub]	1	1170	500	5	31	0.0	210	3020	98	4	12	66
PESTO CHICKEN LINGUINE	1	1420	790	88	30	0.5	225	2040	89	5	8	70
BAKED ZITI	1	1500	710	79	39	0.7	205	2490	121	7	17	68
BAKED CHICKEN ALFREDO	1	1620	730	82	40	0.5	240	2160	134	7	12	84
BREADSTICK	1	120	70	8	1	0.0	0	430	12	1	1	3
<b>PIZZA</b>	<b>Servings</b>	<b>Calories / Slice (kcal)</b>	<b>Calories from Fat</b>	<b>Total Fat (grams)</b>	<b>Saturated Fat (grams)</b>	<b>Trans Fat (grams)</b>	<b>Cholesterol (milligrams)</b>	<b>Sodium (milligrams)</b>	<b>Carbohydrate (grams)</b>	<b>Dietary Fiber (grams)</b>	<b>Sugars (grams)</b>	<b>Protein (grams)</b>
ATHENIAN (small original)	4	360	120	14	6	0.0	20	700	49	2	2	14
ATHENIAN (small thin)	4	230	110	12	5	0.0	20	400	21	2	2	11
ATHENIAN (small gf)	8	150	60	6	3	0.0	10	260	18	2	2	5
ATHENIAN (large original)	8	370	130	14	6	0.0	25	720	49	2	2	15
ATHENIAN (large thin)	8	280	120	13	6	0.0	25	580	28	2	2	13
BBQ CHICKEN (small original)	4	370	110	12	6	0.0	35	930	51	1	4	19
BBQ CHICKEN (small thin)	4	250	90	10	6	0.0	35	730	23	1	4	16
BBQ CHICKEN (small gf)	8	150	50	6	3	0.0	20	370	19	2	3	7
BBQ CHICKEN (large original)	8	380	120	13	6	0.0	40	930	51	1	4	20
BBQ CHICKEN (large thin)	8	290	100	11	6	0.0	40	790	30	1	3	18
BBQ PORK (small original)	4	380	120	14	6	0.0	40	1030	51	1	4	19
BBQ PORK (small thin)	4	260	110	12	6	0.0	40	830	24	1	4	15
BBQ PORK (small gf)	8	160	60	6	3	0.0	20	420	19	2	3	7
BBQ PORK (large original)	8	390	130	14	7	0.0	40	1030	51	1	4	19
BBQ PORK (large thin)	8	300	120	13	7	0.0	40	890	30	1	3	17
BEARTOOTH SAUSAGE (small original)	4	350	110	12	5	0.0	25	830	48	1	5	15
BEARTOOTH SAUSAGE (small thin)	4	230	90	10	5	0.0	25	630	20	2	4	12
BEARTOOTH SAUSAGE (small gf)	8	150	60	6	3	0.0	15	340	18	2	4	6
BEARTOOTH SAUSAGE (large original)	8	370	120	14	6	0.0	30	850	48	1	4	16
BEARTOOTH SAUSAGE (large thin)	8	280	110	12	6	0.0	30	710	27	2	3	14
BISTRO (small original)	4	400	160	18	7	0.0	30	860	49	1	3	16
BISTRO (small thin)	4	270	150	16	6	0.0	30	650	22	1	2	13
BISTRO (small gf)	8	170	80	9	3	0.0	15	340	18	2	3	6
BISTRO (large original)	8	410	170	19	7	0.0	30	880	49	1	3	17
BISTRO (large thin)	8	320	160	17	7	0.0	30	740	28	2	2	15
BUFFALO WING (small original)	4	390	160	17	7	0.0	35	1210	46	1	1	19
BUFFALO WING (small thin)	4	270	140	16	6	0.0	35	1010	18	1	0	16
BUFFALO WING (small gf)	8	170	70	8	3	0.0	20	510	17	2	2	7
BUFFALO WING (large original)	8	410	160	18	7	0.0	40	1240	46	1	1	20
BUFFALO WING (large thin)	8	320	150	17	7	0.0	40	1100	25	1	0	18
CARIBBEAN CHICKEN (small original)	4	350	90	10	4	0.0	30	770	51	1	6	18
CARIBBEAN CHICKEN (small thin)	4	220	70	8	4	0.0	5	570	23	1	6	15
CARIBBEAN CHICKEN (small gf)	8	140	40	5	2	0.0	15	300	20	2	5	7
CARIBBEAN CHICKEN (large original)	8	350	100	11	5	0.0	30	760	50	1	5	19
CARIBBEAN CHICKEN (large thin)	8	260	80	9	5	0.0	30	630	29	2	5	17
CLASSIC CHEESE (small original)	4	330	100	11	6	0.0	25	750	46	1	3	15
CLASSIC CHEESE (small thin)	4	210	80	9	5	0.0	25	550	18	1	3	12
CLASSIC CHEESE (small gf)	8	140	50	5	3	0.0	10	290	17	2	3	5

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CLASSIC CHEESE (large original)	8	350	110	13	7	0.0	10	760	46	1	3	17
CLASSIC CHEESE (large thin)	8	240	80	9	5	0.0	25	570	25	1	2	13
CLUBHOUSE (small original)	4	460	200	23	7	0.0	40	810	49	2	2	21
CLUBHOUSE (small thin)	4	340	190	21	7	0.0	40	610	21	2	2	18
CLUBHOUSE (small gf)	8	200	100	11	3	0.0	20	310	18	2	3	8
CLUBHOUSE (large original)	8	470	210	23	7	0.0	45	840	49	2	2	22
CLUBHOUSE (large thin)	8	380	200	22	7	0.0	45	700	28	3	2	20
COTTONWOOD (small original)	4	350	90	10	4	0.0	30	740	49	1	4	18
COTTONWOOD (small thin)	4	230	80	9	4	0.0	30	540	21	1	4	15
COTTONWOOD (small gf)	8	140	40	5	2	0.0	15	280	18	2	3	7
COTTONWOOD (large original)	8	360	100	11	5	0.0	30	720	49	1	3	19
COTTONWOOD (large thin)	8	270	90	10	5	0.0	30	590	27	2	3	17
FLATHEAD (small original)	4	440	180	20	9	0.1	50	900	48	1	2	22
FLATHEAD (small thin)	4	320	160	18	9	0.1	50	690	21	1	1	19
FLATHEAD (small gf)	8	190	90	10	4	0.0	25	360	18	2	2	9
FLATHEAD (large original)	8	430	170	18	8	0.1	50	880	48	1	2	23
FLATHEAD (large thin)	8	340	150	17	8	0.1	50	740	27	1	1	21
FRESH TOMATO BASIL (small original)	4	330	100	11	4	0.0	15	680	48	2	5	14
FRESH TOMATO BASIL (small thin)	4	210	80	9	4	0.0	15	480	21	2	5	10
FRESH TOMATO BASIL (small gf)	8	140	50	5	2	0.0	10	250	18	2	4	4
FRESH TOMATO BASIL (large original)	8	340	100	11	5	0.0	20	660	48	1	4	14
FRESH TOMATO BASIL (large thin)	8	250	90	10	5	0.0	20	520	27	2	4	12
GOOD OL' BOY (small original)	4	380	140	16	7	0.0	35	990	46	1	4	16
GOOD OL' BOY (small thin)	4	260	130	14	7	0.0	35	790	18	1	3	13
GOOD OL' BOY (small gf)	8	160	70	7	3	0.0	20	400	17	2	3	6
GOOD OL' BOY (large original)	8	400	160	17	8	0.0	45	1020	46	1	3	18
GOOD OL' BOY (large thin)	8	310	140	16	8	0.0	45	880	25	2	2	16
HOT HAWAIIAN (small original)	4	390	120	13	5	0.0	40	1150	53	1	6	20
HOT HAWAIIAN (small thin)	4	260	100	11	5	0.0	40	950	24	1	5	17
HOT HAWAIIAN (small gf)	8	160	50	6	3	0.0	20	480	20	2	4	8
HOT HAWAIIAN (large original)	8	400	120	14	6	0.0	40	1140	52	1	5	21
HOT HAWAIIAN (large thin)	8	310	110	12	6	0.0	40	1010	31	2	5	19
HUMBLE PIE (small original)	4	390	160	18	7	0.0	30	630	47	1	1	15
HUMBLE PIE (small thin)	4	270	140	16	7	0.0	30	430	19	1	0	12
HUMBLE PIE (small gf)	8	160	80	9	4	0.0	15	220	17	2	2	5
HUMBLE PIE (large original)	8	380	150	17	7	0.0	30	640	47	1	1	15
HUMBLE PIE (large thin)	8	290	140	15	7	0.0	30	500	25	1	0	13
ITALIAN GRINDER (small original)	4	470	200	23	8	0.0	55	1470	49	2	2	23
ITALIAN GRINDER (small thin)	4	350	190	21	8	0.0	55	1270	21	2	2	20
ITALIAN GRINDER (small gf)	8	200	100	11	8	0.0	25	640	18	2	2	9
ITALIAN GRINDER (large original)	8	460	200	22	7	0.0	50	1390	49	1	2	22
ITALIAN GRINDER (large thin)	8	380	190	21	8	0.0	55	1330	28	2	2	21
JALAPENO POPPER (small original)	4	480	200	22	11	0.0	55	1090	51	1	2	22
JALAPENO POPPER (small thin)	4	360	180	20	11	0.0	55	890	23	1	1	19
JALAPENO POPPER (small gf)	8	210	100	11	5	0.0	30	330	19	2	2	9
JALAPENO POPPER (large original)	8	490	210	23	11	0.0	55	1110	51	1	2	23
JALAPENO POPPER (large thin)	8	400	190	21	11	0.0	55	970	30	2	1	21
MACKENZIE RIVER (small original)	4	350	130	14	6	0.0	20	640	48	1	1	14
MACKENZIE RIVER (small thin)	4	230	110	12	5	0.0	20	440	20	1	1	11
MACKENZIE RIVER (small gf)	8	140	60	7	3	0.0	10	230	18	2	2	5
MACKENZIE RIVER (large original)	8	360	130	15	6	0.0	25	660	48	1	1	15
MACKENZIE RIVER (large thin)	8	260	110	13	5	0.0	20	500	27	2	1	12
MADISON (small original)	4	440	170	19	9	0.0	50	1050	46	1	4	22
MADISON (small thin)	4	320	160	18	9	0.0	50	850	19	1	3	19
MADISON (small gf)	8	190	80	9	4	0.0	25	430	17	2	3	9
MADISON (large original)	8	440	180	20	9	0.0	50	1030	47	1	3	23
MADISON (large thin)	8	350	170	19	9	0.0	50	890	25	1	2	21
POLYNESIAN (small original)	4	340	90	10	5	0.0	35	760	49	1	5	16
POLYNESIAN (small thin)	4	220	80	9	5	0.0	35	560	21	1	5	13
POLYNESIAN (small gf)	8	140	40	5	2	0.0	15	290	18	2	4	6
POLYNESIAN (large original)	8	340	90	10	5	0.0	35	750	49	1	5	16
POLYNESIAN (large thin)	8	250	80	9	5	0.0	35	610	28	2	5	14
RANCHER (small original)	4	410	140	16	7	0.2	40	970	48	2	5	19
RANCHER (small thin)	4	280	130	14	6	0.2	40	770	20	2	5	16
RANCHER (small gf)	8	170	70	8	3	0.1	20	390	18	2	4	7

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RANCHER (large original)	8	410	150	17	7	0.2	40	950	48	2	4	20
RANCHER (large thin)	8	320	140	15	7	0.2	40	810	27	2	4	18
REUBEN (small original)	4	420	170	18	7	0.0	50	1020	51	1	5	16
REUBEN (small thin)	4	300	150	17	6	0.0	50	600	24	1	4	13
REUBEN (small gf)	8	180	80	9	3	0.0	25	420	19	2	4	6
REUBEN (large original)	8	440	180	20	7	0.0	55	1050	51	1	5	17
REUBEN (large thin)	8	350	160	18	7	0.0	55	910	30	2	4	15
SEDONA (small original)	4	410	140	16	8	0.0	45	770	51	2	3	20
SEDONA (small thin)	4	290	130	14	7	0.0	45	570	24	2	3	16
SEDONA (small gf)	8	170	70	8	4	0.0	20	290	19	2	3	8
SEDONA (large original)	8	300	140	16	8	0.0	45	770	51	2	3	20
SEDONA (large thin)	8	320	130	14	7	0.0	45	630	30	3	2	18
SEQUOIA (small original)	4	380	150	16	5	0.0	20	740	48	2	1	15
SEQUOIA (small thin)	4	250	130	15	5	0.0	20	540	21	2	1	11
SEQUOIA (small gf)	8	160	70	8	2	0.0	10	280	18	2	2	5
SEQUOIA (large original)	8	390	160	17	6	0.0	20	770	48	2	1	16
SEQUOIA (large thin)	8	300	140	16	5	0.0	20	630	27	2	0	14
STOCKMAN (small original)	4	470	200	22	9	0.0	55	1130	46	1	4	23
STOCKMAN (small thin)	4	340	180	20	9	0.0	55	920	19	1	3	20
STOCKMAN (small gf)	8	200	100	11	5	0.0	30	470	17	2	3	9
STOCKMAN (large original)	8	470	200	23	10	0.0	60	1110	46	1	3	24
STOCKMAN (large thin)	8	380	190	21	10	0.0	60	970	25	2	2	22
THAI PIE (small original)	4	410	140	16	5	0.0	30	840	53	2	6	21
THAI PIE (small thin)	4	290	130	14	5	0.0	30	640	25	2	5	17
THAI PIE (small gf)	8	180	70	8	3	0.0	15	330	20	2	4	8
THAI PIE (large original)	8	420	150	16	6	0.0	30	820	52	2	5	21
THAI PIE (large thin)	8	320	130	15	5	0.0	30	680	31	2	4	19
VEGGIE (small original)	4	380	140	16	6	0.0	25	810	49	2	2	17
VEGGIE (small thin)	4	260	120	14	6	0.0	25	610	21	2	2	14
VEGGIE (small gf)	8	160	70	7	3	0.0	10	310	18	2	2	6
VEGGIE (large original)	8	390	150	16	6	0.0	25	830	49	2	2	18
VEGGIE (large thin)	8	300	130	15	6	0.0	25	700	28	2	1	16
<b>SANDWICHES</b>												
	Serving	Calories (kcal)	Calories from Fat	Total Fat (grams)	Saturated Fat (grams)	Trans Fat (grams)	Cholesterol (milligrams)	Sodium (milligrams)	Carbohydrate (grams)	Dietary Fiber (grams)	Sugars (grams)	Protein (grams)
GREEN HORN VEGGIE WRAP (w/ tortilla chips)	1	1050	560	62	17	0.0	45	1100	102	9	6	31
ITALIAN CHICKEN PANINI (w/ fries)	1	1560	710	78	20	0.0	135	2750	158	11	8	69
ITALIAN CHICKEN PANINI (w/ potato chips)	1	1560	840	94	24	0.0	135	2310	126	8	8	67
LONGHORN (w/ tortilla chips)	1	1290	490	55	14	0	110	2790	149	7	7	54
MEATBALL HOAGIE (w/ potato chips)	1	1290	620	69	26	0.2	70	3250	107	6	12	42
MONTALIAN (w/ potato chips)	1	1440	670	75	22	0.0	115	3520	146	5	7	56
PORK TENDERLOIN SAMMY (w/ fries)	1	1560	620	69	19	0.2	130	2580	164	10	9	70
PULLED PORK SAMMY (w/ fries)	1	1050	390	43	11	0.0	110	2890	123	6	32	46
PULLED PORK SAMMY (w/ potato chips)	1	1200	480	54	14	0.0	110	2890	130	4	50	46
RUSTLER'S REUBEN (w/ fries)	1	1470	640	71	24	0.0	200	4620	147	15	20	59
RUSTLER'S RUEBEN (w/ potato chips)	1	1410	710	79	26	0.0	175	3880	122	13	20	52
SANTA FE CHICKEN SAMMY (w/ tortilla chips)	1	1500	680	76	18	0.0	155	2650	143	7	8	75
SMOKIN' TURKEY (w/ tortilla chips)	1	1170	470	53	10	0.0	75	3040	143	9	7	44
SPICY CHICKEN SAMMY (w/ fries)	1	1360	600	67	20	0.0	190	3720	110	4	20	79
WRANGLER SAMMY (w/ tortilla chips)	1	1620	780	87	26	0.0	175	2710	149	8	9	71
WILLOW CREEK SAMMY (w/ tortilla chips)	1	1430	650	72	18	0.0	125	3380	149	9	8	61
<b>BURGERS (w/out fries)</b>												
	Serving	Calories (kcal)	Calories from Fat	Total Fat (grams)	Saturated Fat (grams)	Trans Fat (grams)	Cholesterol (milligrams)	Sodium (milligrams)	Carbohydrate (grams)	Dietary Fiber (grams)	Sugars (grams)	Protein (grams)
BLACK BEAN BURGER	1	770	370	41	10	0.0	50	1870	70	5	15	33
BLEU ONION BBQ BURGER	1	1160	600	67	9	3.1	195	2190	66	1	16	59
GRIZZLY BURGER (w/out cheese)	1	880	480	53	1	3.0	160	880	47	1	7	49
add American	1	80	60	7	5	0.0	15	390	0	0	0	5
add Cheddar	1	110	90	9	5	0.0	30	180	0	0	0	7
add Provolone	1	100	70	8	5	0.0	20	250	1	0	0	7
add Gouda	1	100	70	8	5	0.0	30	230	1	0	1	7
add Pepper Jack	1	110	80	9	5	0.0	25	150	0	0	0	7
add Goat Cheese	1	70	60	6	4	0.0	25	100	0	0	1	5

add Feta	1	80	60	7	5	0.0	25	250	0	0	0	5
add Bleu Cheese	1	100	70	8	5	0.0	20	400	1	0	0	6
add Asiago	1	110	80	9	6	0.0	15	340	0	0	0	6
JUICY MACK BURGER	1	1340	670	75	10	3.0	210	1870	101	5	8	65
KODIAK BURGER (w/out cheese)	1	1450	890	98	1	6.1	325	1030	47	1	7	88
add American	1	160	120	14	9	0.0	35	770	0	0	0	10
add Cheddar	1	220	170	19	10	0.0	60	360	0	0	0	14
add Provolone	1	200	140	15	10	0.0	40	500	2	0	0	14
add Gouda	1	200	140	16	10	0.0	65	460	2	0	2	14
add Pepper Jack	1	210	150	17	11	0.0	50	300	0	0	0	14
add Goat Cheese	1	140	110	12	7	0.0	50	200	0	0	2	10
add Feta	1	160	130	14	10	0.0	50	510	0	0	0	10
add Bleu Cheese	1	200	150	16	11	0.0	40	790	2	0	0	12
add Asiago	1	230	150	17	11	0.0	35	680	0	0	0	12
OL' PROSPECTOR BURGER	1	1120	610	68	27	2.0	260	1730	65	1	10	60
RISE & SHINE	1	1440	830	92	15	3.0	500	3190	63	2	17	87
SMOKEHOUSE BURGER	1	1510	900	99	19	3.0	325	3290	51	1	8	98
SO-CAL BURGER	1	1400	819	91	15		255	2530	61	4	14	81
<b>PUB CLASSICS</b>												
	Serving	Calories (kcal)	Calories from Fat	Total Fat (grams)	Saturated Fat (grams)	Trans Fat (grams)	Cholesterol (milligrams)	Sodium (milligrams)	Carbohydrate (grams)	Dietary Fiber (grams)	Sugars (grams)	Protein (grams)
BAJA FISH TACOS (crispy)	1	1470	560	63	13	0.0	110	1430	184	10	29	50
BAJA FISH TACOS (grilled)	1	1060	390	44	9	0.0	60	1040	129	7	15	43
FISH & CHIPS	1	1650	850	94	16	0.2	200	2370	147	10	30	54
MACKENZIE MEATLOAF	1	1980	1260	140	52	2.2	395	4890	101	8	37	81
<b>SIDES &amp; MISC</b>												
	Serving	Calories (kcal)	Calories from Fat	Total Fat (grams)	Saturated Fat (grams)	Trans Fat (grams)	Cholesterol (milligrams)	Sodium (milligrams)	Carbohydrate (grams)	Dietary Fiber (grams)	Sugars (grams)	Protein (grams)
COLESLAW	1	90	60	6	1	0.0	5	150	10	1	5	1
GUACAMOLE (3 OZ)	1	160	140	15	2	0.0	0	550	6	5	0	3
FRIES	1	300	70	8	2	0.0	0	720	53	4	0	5
POTATO CHIPS	1	230	140	16	5	0.0	0	220	21	2	0	3
SALSA (3 OZ)	1	30	0	0	0	0.0	0	510	5	2	3	1
TORTILLA CHIPS	1	210	90	10	1	1.3	0	80	28	2	0	3
<b>DESSERTS</b>												
	Serving	Calories (kcal)	Calories from Fat	Total Fat (grams)	Saturated Fat (grams)	Trans Fat (grams)	Cholesterol (milligrams)	Sodium (milligrams)	Carbohydrate (grams)	Dietary Fiber (grams)	Sugars (grams)	Protein (grams)
CARROT CAKE	1	490	250	28	8	0.0	50	300	58	1	47	4
FLOURLESS CHOCOLATE CAKE	1	520	270	30	17	0.0	90	110	62	4	49	2
KENTUCKY BOURBON BITES	1	1130	270	30	8	0.6	100	780	164	2	59	9
MACK LOVIN	1	1840	810	90	37	0.0	75	1580	252	11	42	27
MUD PIE	1	760	290	32	18	0.8	55	270	108	4	79	10
SKY HIGH CHEESECAKE	1	950	530	59	34	0.0	275	1030	24	2	78	14
WARM APPLE COBBLER	1	570	240	26	13	0.0	85	370	79	1	52	7
<b>KID'S MENU (w/out side)</b>												
	Serving	Calories (kcal)	Calories from Fat	Total Fat (grams)	Saturated Fat (grams)	Trans Fat (grams)	Cholesterol (milligrams)	Sodium (milligrams)	Carbohydrate (grams)	Dietary Fiber (grams)	Sugars (grams)	Protein (grams)
KIDS CHEESEBURGER (w/fries)	1	810	400	44	19	1.7	130	1380	66	4	6	39
KIDS CHICKEN QUESADILLA	1	640	340	38	21	0.0	130	1620	29	2	4	47
KIDS CHICKEN STRIPS [Grill & Pub] (w/out dipping sauce)	1	940	440	49	12	9.9	135	2310	75	7	0	50
KIDS CHICKEN STRIPS [Legacy] (w/out dipping sauce)	1	960	540	60	16	6.2	85	1670	73	7	0	35
KIDS GRILLED CHEESE [Grill & Pub]	1	640	290	32	8	6.2	85	1580	57	5	0	32
KIDS GRILLED CHEESE [Legacy]	1	650	350	39	10	6.2	85	1370	44	4	0	31
KIDS MACK N' CHEESE	1	690	300	33	14	0.6	60	1560	77	4	6	22
KIDS MACK N' CHEESE PIZZA	1	800	300	33	18	0.2	85	1880	88	4	3	42
KIDS PASTA - ALFREDO	1	550	200	22	11	0.3	80	40	68	3	4	19
KIDS PASTA - BUTTER	1	440	120	13	8	0.0	65	100	63	3	1	13
KIDS PASTA - MEAT SAUCE	1	440	70	8	3	0.4	55	530	66	4	9	20
KIDS PIZZA - CHEESE	1	750	280	31	17	0.0	75	2010	71	4	12	41
KIDS PIZZA - PEPPERONI	1	760	290	32	16	0.0	80	2160	71	4	12	39
KIDS TURKEY WRAP	1	620	310	34	10		50	1110	58	3	3	25

KIDS BREADSTICK	1	120	70	8	1	0.0	0	430	12	1	1	3
KIDS SAUCE - BBQ	1	70	0	0	0	0.0	0	940	16	0	10	0
KIDS SAUCE - HUMMUS	1	220	50	6	1	0.0	0	220	34	9	6	10
KIDS SAUCE - RANCH	1	250	230	25	4	0.0	20	440	2	0	2	2
KIDS SIDE - FRIES	1	150	30	4	1		0	360	27	2	0	2
KIDS SIDE - FRUIT CUP	1	60	0	0	0	0.0	0	10	15	1	14	0
KIDS SIDE - SALAD(w/out dressing)	1	30	0	0	0	0.0	0	10	7	3	3	1
KIDS SIDE - VEGGIES	1	30	0	0	0	0.0	0	40	7	2	3	2
<b>FOODIE FARE</b>	<b>Serving</b>	<b>Calories (kcal)</b>	<b>Calories from Fat</b>	<b>Total Fat (grams)</b>	<b>Saturated Fat (grams)</b>	<b>Trans Fat (grams)</b>	<b>Cholesterol (milligrams)</b>	<b>Sodium (milligrams)</b>	<b>Carbohydrate (grams)</b>	<b>Dietary Fiber (grams)</b>	<b>Sugars (grams)</b>	<b>Protein (grams)</b>
BRAVARIAN PRETZELS & BEER QUESO	1	1560	460	41	19	0.0	70	4850	214	5	5	34
CHEESE CURDS	1	1030	570	63	25	0.0	27	2977	75	8	12	34
FRIED PICKLES	1	1020	450	50	8	0.0	25	5390	115	10	19	18
JACKED-UP TACO	1	470	220	25	12	0	50	670	43	4	5	17
MACK N' CHEESE BITES	1	1200	740	82	28	0.4	175	2570	77	4	10	38
MEXICAN STREET CORN	1	460	220	25	4	0	20	1210	56	5	6	6
NASHVILLE HOT CHICKEN & WAFFLES	1	840	120	14	4.0	0	135	1370	151	2	97	33
<b>MARTINIS</b>	<b>Serving</b>	<b>Calories (kcal)</b>	<b>Calories from Fat</b>	<b>Total Fat (grams)</b>	<b>Saturated Fat (grams)</b>	<b>Trans Fat (grams)</b>	<b>Cholesterol (milligrams)</b>	<b>Sodium (milligrams)</b>	<b>Carbohydrate (grams)</b>	<b>Dietary Fiber (grams)</b>	<b>Sugars (grams)</b>	<b>Protein (grams)</b>
ABSOLUT MESS	1	210	0	0	0	0	0	0	3	0	2	0
HUCKLEBERRY LEMON DROP	1	290	0	0.2	0	0	0	10	28	2	17	1
MANGO BASIL	1	400	0	0.3	0	0	0	10	41	0	25	1
POMEGRANATE MARTINI	1	220	0	0.1	0	0	0	60	22	0	21	0
<b>MULES &amp; SANGRIAS</b>	<b>Serving</b>	<b>Calories (kcal)</b>	<b>Calories from Fat</b>	<b>Total Fat (grams)</b>	<b>Saturated Fat (grams)</b>	<b>Trans Fat (grams)</b>	<b>Cholesterol (milligrams)</b>	<b>Sodium (milligrams)</b>	<b>Carbohydrate (grams)</b>	<b>Dietary Fiber (grams)</b>	<b>Sugars (grams)</b>	<b>Protein (grams)</b>
MULE - GARDEN	1	200	0	0.1	0	0	0	10	29	1	26	0
MULE - KENTUCKY	1	220	0	0.1	0	0	0	0	28	1	25	0
MULE - MEXICAN	1	210	0	0.1	0	0	0	0	28	1	25	0
MULE - MONTANA	1	230	0	0.2	0	0	0	0	32	2	25	1
MULE - MOSCOW	1	220	0	0.2	0	0	0	0	32	2	25	1
SANGRIA - HUCKLEBERRY	1	290	0	0.4	0	0	0	20	42	4	22	2
SANGRIA - PEAR	1	240	0	0.1	0	0	0	0	27	4	20	0
<b>COCKTAILS</b>	<b>Serving</b>	<b>Calories (kcal)</b>	<b>Calories from Fat</b>	<b>Total Fat (grams)</b>	<b>Saturated Fat (grams)</b>	<b>Trans Fat (grams)</b>	<b>Cholesterol (milligrams)</b>	<b>Sodium (milligrams)</b>	<b>Carbohydrate (grams)</b>	<b>Dietary Fiber (grams)</b>	<b>Sugars (grams)</b>	<b>Protein (grams)</b>
BLOOD ORANGE WHISKEY SOUR	1	140	0	0.1	0	0	0	10	12	0	10	0
GLACIER SUNSET	1	210	0	0.1	0	0	0	10	25	0	19	0
HUCK SMASH	1	370	0	0.1	0	0	0	10	66	0	57	1
HUCKLEBERRY MOJITO	1	170	0	0.2	0	0	0	10	19	2	10	1
JALAPEÑO MARGARITA	1	310	0	0.1	0	0	0	40	15	0	9	0
MACK RITA	1	340	0	0.2	0	0	0	60	22	1	13	1
MANGO MAI TAI	1	320	0	0.3	0	0	0	10	35	0	25	1
PRAIRIE HUCK FIZZ	1	230	0	0.1	0	0	0	0	34	1	31	0
SIN CITY LEMONADE	1	220	0	0	0	0	0	0	4	0	4	0
SMOKED OLD FASHIONED	1	190	0	0	0	0	0	0	10	0	9	0
<b>BEER (BOTTLES)</b>	<b>Serving</b>	<b>Calories (kcal)</b>	<b>Calories from Fat</b>	<b>Total Fat (grams)</b>	<b>Saturated Fat (grams)</b>	<b>Trans Fat (grams)</b>	<b>Cholesterol (milligrams)</b>	<b>Sodium (milligrams)</b>	<b>Carbohydrate (grams)</b>	<b>Dietary Fiber (grams)</b>	<b>Sugars (grams)</b>	<b>Protein (grams)</b>
BUD LIGHT	1	110	0	0	0	0	0	10	7	0	0	1
BUDWEISER	1	150	0	0	0	0	0	10	11	0	0	1
COORS LIGHT	1	100	0	0	0	0	0	10	6	0	0	1
COORS ORIGINAL	1	150	0	0	0	0	0	10	13	0	0	2
MICHELOB ULTRA	1	100	0	0	0	0	0	10	3	0	0	1
MILLER LITE	1	100	0	0	0	0	0	0	3	0	0	0
PABST BLUE RIBBON (16 fl oz)	1	190	0	0	0	0	0	0	17	0	0	1

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GUINNESS CAN (14.9 fl oz)	1	160	0	0	0	0	0	0	0	0	0	0
MIKE'S HARD LEMONADE	1	220	0	0	0	0	0	0	33	0	32	0
TWISTED TEA	1	220	0	0	0	0	0	0	31	0	31	0
SAM ADAMS BOSTON LAGER	1	180	0	0	0	0	0	0	18	0	0	2
STELLA ARTOIS	1	140	0	0	0	0	0	0	11	0	0	0
NOT YOUR FATHER'S ROOT BEER	1	340	0	0	0	0	0	0	12	0	43	0
WHITE CLAW	1	100	0	0	0	0	0	20	2	0	2	0
KOKANEE	1	150	0	0	0	0	0	0	13	0	0	2
OMISSION PALE ALE	1	180	0	0	0	0	0	0	15	0	0	2
OMISSION LAGER	1	140	0	0	0	0	0	0	11	0	0	2
AMSTEL LIGHT	1	100	0	0	0	0	0	0	5	0	0	1
MOOSE DROOL	1	170	0	0	0	0	0	0	16	0	0	0
LEINKUGEL'S SUMMER SHANDY	1	130	0	0	0	0	0	10	32	0	0	0
HENRY'S HARD SODA	1	190	0	0	0	0	0	0	28	0	0	1
STIEGL GRAPEFRUIT	1	140	0	0	0	0	0	10	22	0	0	2
HEINEKEN	1	150	0	0	0	0	0	0	12	0	0	2
CORONA	1	150	0	0	0	0	0	0	13	0	0	1
NON-ALCOHOLIC - CLAUSTRALER	1	90	0	0	0	0	0	0	18	0	0	1
NON-ALCOHOLIC - BECKS	1	140	0	0	0	0	0	0	10	0	0	1
NON-ALCOHOLIC - O'DOUL'S	1	70	0	0	0	0	0	0	13	0	0	1
NON-ALCOHOLIC - KALIBER	1	70	0	0	0	0	0	20	10	0	4	1
BUD SELECT 55	1	60	0	0	0	0	0	0	1.8	0	0	0.5
<b>BEER (DRAFT)</b>	<b>Serving</b>	<b>Calories (kcal)</b>	<b>Calories from Fat</b>	<b>Total Fat (grams)</b>	<b>Saturated Fat (grams)</b>	<b>Trans Fat (grams)</b>	<b>Cholesterol (milligrams)</b>	<b>Sodium (milligrams)</b>	<b>Carbohydrate (grams)</b>	<b>Dietary Fiber (grams)</b>	<b>Sugars (grams)</b>	<b>Protein (grams)</b>
CRAFT BEER 3.5-3.9% ABV (Pint)	1	150	0	0	0	0	0	0	19	0	0	0
CRAFT BEER 3.5-3.9% ABV (Mack Daddy)	1	200	0	0	0	0	0	0	25	0	0	0
CRAFT BEER 3.5-3.9% ABV (OMG)	1	300	0	0	0	0	0	0	38	0	0	0
CRAFT BEER 4.0-4.9% ABV (Pint)	1	190	0	0	0	0	0	0	24	0	0	0
CRAFT BEER 4.0-4.9% ABV (Mack Daddy)	1	280	0	0	0	0	0	0	35	0	0	0
CRAFT BEER 4.0-4.9% ABV (OMG)	1	400	0	0	0	0	0	0	50	0	0	0
CRAFT BEER 5.0-5.9% ABV (Pint)	1	230	0	0	0	0	0	0	29	0	0	0
CRAFT BEER 5.0-5.9% ABV (Mack Daddy)	1	330	0	0	0	0	0	0	41	0	0	0
CRAFT BEER 5.0-5.9% ABV (OMG)	1	490	0	0	0	0	0	0	61	0	0	0
CRAFT BEER 6.0-6.9% ABV (Pint)	1	270	0	0	0	0	0	0	34	0	0	0
CRAFT BEER 6.0-6.9% ABV (Mack Daddy)	1	390	0	0	0	0	0	0	49	0	0	0
CRAFT BEER 6.0-6.9% ABV (OMG)	1	560	0	0	0	0	0	0	70	0	0	0
CRAFT BEER 7.0-7.9% ABV (Pint)	1	310	0	0	0	0	0	0	39	0	0	0
CRAFT BEER 7.0-7.9% ABV (Mack Daddy)	1	430	0	0	0	0	0	0	54	0	0	0
CRAFT BEER 7.0-7.9% ABV (OMG)	1	640	0	0	0	0	0	0	80	0	0	0
CRAFT BEER 8.0-8.9% ABV (Pint)	1	350	0	0	0	0	0	0	44	0	0	0
CRAFT BEER 8.0-8.9% ABV (Mack Daddy)	1	510	0	0	0	0	0	0	64	0	0	0
CRAFT BEER 8.0-8.9% ABV (OMG)	1	750	0	0	0	0	0	0	94	0	0	0
CRAFT BEER 9.0-9.9% ABV (8 oz)	1	200	0	0	0	0	0	0	25	0	0	0
ANGRY ORCHARD CRISP CIDER (Pint)	1	280	0	0	0	0	0	0	40	0	0	0
ANGRY ORCHARD CRISP CIDER (Mack Daddy)	1	400	0	0	0	0	0	0	57	0	0	0
ANGRY ORCHARD CRISP CIDER (OMG)	1	600	0	0	0	0	0	0	84	0	0	0
DRIFTBOAT AMBER ALE (Pint)	1	230	0	0	0	0	0	0	29	0	0	0
DRIFTBOAT AMBER ALE (Mack Daddy)	1	330	0	0	0	0	0	0	41	0	0	0
DRIFTBOAT AMBER ALE (OMG)	1	490	0	0	0	0	0	0	61	0	0	0
WHEATFISH WHEAT LAGER (Pint)	1	200	0	0	0	0	0	0	25	0	0	0
WHEATFISH WHEAT LAGER (Mack Daddy)	1	290	0	0	0	0	0	0	36	0	0	0
WHEATFISH WHEAT LAGER (OMG)	1	430	0	0	0	0	0	0	54	0	0	0
BUD LIGHT (Pint)	1	150	0	0	0	0	0	10	9	0	0	0
BUD LIGHT (Mack Daddy)	1	210	0	0	0	0	0	10	20	0	0	0
BUD LIGHT (OMG)	1	310	0	0	0	0	0	30	19	0	0	0
COORS LIGHT (Pint)	1	140	0	0	0	0	0	20	8	0	0	1
COORS LIGHT (Mack Daddy)	1	200	0	0	0	0	0	30	11	0	1	2
COORS LIGHT (OMG)	1	290	0	0	0	0	0	40	16	0	1	2
MILLER LITE (Pint)	1	130	0	0	0	0	0	0	4	0	0	0
MILLER LITE (Mack Daddy)	1	180	0	0	0	0	0	0	6	0	0	0
MILLER LITE (OMG)	1	270	0	0	0	0	0	0	9	0	0	0
ANGRY ORCHARD ROSE	1	170	0	0	0	0	0	20	17	0	12	0



<b>WINE</b>	Serving	Calories (kcal)	Calories from Fat	Total Fat (grams)	Saturated Fat (grams)	Trans Fat (grams)	Cholesterol (milligrams)	Sodium (milligrams)	Carbohydrate (grams)	Dietary Fiber (grams)	Sugars (grams)	Protein (grams)
RED BLEND, GUENOC VICTORIAN CLARET (Gls)	1	130	0	0	0	0	0	na	na	na	na	na
RED BLEND, GUENOC VICTORIAN CLARET (Btl)	1	540	0	0	0	0	0	na	na	na	na	na
PINOT NOIR, LOST ANGEL (Gls)	1	130	0	0	0	0	0	na	na	na	na	na
PINOT NOIR, LOST ANGEL (Btl)	1	540	0	0	0	0	0	na	na	na	na	na
MERLOT, GUENOC (Gls)	1	130	0	0	0	0	0	na	na	na	na	na
MERLOT, GUENOC (Btl)	1	540	0	0	0	0	0	na	na	na	na	na
PETITE SIRAH, GUENOC (Gls)	1	130	0	0	0	0	0	na	na	na	na	na
PETITE SIRAH, GUENOC (Btl)	1	540	0	0	0	0	0	na	na	na	na	na
ZINFANDEL, EOS ESTATE (Gls)	1	130	0	0	0	0	0	na	na	na	na	na
ZINFANDEL, EOS ESTATE (Btl)	1	540	0	0	0	0	0	na	na	na	na	na
CABERNET SAUVIGNON, LOST ANGEL (Gls)	1	150	0	0	0	0	0	na	na	na	na	na
CABERNET SAUVIGNON, LOST ANGEL (Btl)	1	630	0	0	0	0	0	na	na	na	na	na
CABERNET SAUVIGNON, SEBASTIANI (Gls)	1	130	0	0	0	0	0	na	na	na	na	na
CABERNET SAUVIGNON, SEBASTIANI (Btl)	1	540	0	0	0	0	0	na	na	na	na	na
CABERNET SAUVIGNON, ROTH (Gls)	1	130	0	0	0	0	0	na	na	na	na	na
CABERNET SAUVIGNON, ROTH (Btl)	1	540	0	0	0	0	0	na	na	na	na	na
RIESLING, FIRESTONE ESTATE (Gls)	1	140	0	0	0	0	0	na	na	na	na	na
RIESLING, FIRESTONE ESTATE (Btl)	1	610	0	0	0	0	0	na	na	na	na	na
MOSCATO, LOST ANGEL (Gls)	1	130	0	0	0	0	0	na	na	na	na	na
MOSCATO, LOST ANGEL (Btl)	1	540	0	0	0	0	0	na	na	na	na	na
PINOT GRIGIO, PICCINI (Gls)	1	120	0	0	0	0	0	na	na	na	na	na
PINOT GRIGIO, PICCINI (Btl)	1	530	0	0	0	0	0	na	na	na	na	na
SAUVIGNON BLANC, CLIFFORD BAY (Gls)	1	120	0	0	0	0	0	na	na	na	na	na
SAUVIGNON BLANC, CLIFFORD BAY (Btl)	1	530	0	0	0	0	0	na	na	na	na	na
CHARDONNAY, LOST ANGEL (Gls)	1	130	0	0	0	0	0	na	na	na	na	na
CHARDONNAY, LOST ANGEL (Btl)	1	540	0	0	0	0	0	na	na	na	na	na
CHARDONNAY, SEBASTIANI (Gls)	1	130	0	0	0	0	0	na	na	na	na	na
CHARDONNAY, SEBASTIANI (Btl)	1	540	0	0	0	0	0	na	na	na	na	na
CHARDONNAY, THREE RIVERS WINERY (Gls)	1	140	0	0	0	0	0	na	na	na	na	na
CHARDONNAY, THREE RIVERS WINERY (Gls)	1	580	0	0	0	0	0	na	na	na	na	na
CHARDONNAY, CHALK HILL (Gls)	1	140	0	0	0	0	0	na	na	na	na	na
CHARDONNAY, CHALK HILL (Btl)	1	580	0	0	0	0	0	na	na	na	na	na
PROSECCO, LAMARCA (187ml Btl)	1	150	0	0	0	0	0	na	na	na	na	na
BRUT, KORBEL (187ml Btl)	1	140	0	0	0	0	0	na	na	na	na	na
<b>REFRESHER</b>	Serving	Calories (kcal)	Calories from Fat	Total Fat (grams)	Saturated Fat (grams)	Trans Fat (grams)	Cholesterol (milligrams)	Sodium (milligrams)	Carbohydrate (grams)	Dietary Fiber (grams)	Sugars (grams)	Protein (grams)
ARNOLD PALMER	1	70	0	0	0	0	0	10	12	0	24	0
CHERRY COKE	1	130	0	0	0	0	0	30	35	0	35	0
COCA-COLA	1	120	0	0	0	0	0	40	33	0	33	0
COFFEE	1	0	0	0	0	0	0	10	0	0	0	0.3
DIET COKE	1	0	0	0	0	0	0	40	0	0	0	0
DR. PEPPER / MR. PIBB	1	130	0	0	0	0	0	50	33	0	32	0
HOT COCOA	1	180	0	6	3.5	0.2	20	110	27	2.5	24	9
HOT TEA	1	0	0	0	0	0	0	10	0.4	0	0	0.1
HOT CIDER	1	120	0	0	0	0	0	20	32	0	24	0
ICED TEA	1	0	0	0	0	0	0	10	0	0	0	0
JUICE - APPLE	1	160	0	0	0	0	0	30	39	0	37	0
JUICE - ORANGE	1	170	0	0	0	0	0	30	49	0	36	0
JUICE - CRANBERRY	1	150	0	0	0	0	0	10	39	0	38	0
LEMONADE	1	140	0	0	0	0	0	20	44	0	42	0
MILK - 2%	1	170	60	7	4	0	25	180	18	0	16	0
SHIRLEY TEMPLE	1	240	0	0	0	0	0	0	62	0	62	0
SPRITE	1	120	0	0	0	0	0	60	32	0	32	0
GOURMET ROOT BEER	1	150	0	0	0	0	0	50	39	0	39	0
GOURMET CREAM SODA	1	190	0	0	0	0	0	50	49	0	49	0