



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)
STARTERS												
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 (Legacy)	1	2760	1760	195	79	0.0	345	4880	158	21	9	103
COWBOY NACHOS (Grill & Pub)	1	3100	1970	218	81	0.0	345	5310	190	24	9	105
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	960	520	58	32	0.0	175	1560	57	3	5	57
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	820	340	38	11	0.0	210	2730	70	9	16	56
BLACK & BLEU BITES	1	1070	690	77	42	0.0	380	1470	6	1	2	85
FLATBREADS												
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	970	480	53	22	0.0	160	2350	65	6	31	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
SALADS												
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
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

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{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
DRESSINGS	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)
HOUSE DRESSING (3floz.)	1	190	180	20	3	0.0	0	980	3	0	1	0
CREAMY VINAIGRETTE (3floz.)	1	290	260	29	5	0.0	15	820	3	0	2	2
RASPBERRY VINAIGRETTE (3floz.)	1	80	0	0	0	0.0	0	280	22	0	20	0
ORANGE BALSAMIC VINAIGRETTE (3floz.)	1	180	130	15	2	0.0	0	20	12	0	2	1
GREEK FETA (3floz.)	1	100	80	9	4	0.0	20	230	2	0	0	4
THAI PEANUT (3floz.)	1	690	600	67	10	0.0	0	690	23	1	14	4
RANCH (3floz.)	1	380	340	38	6	0.0	30	670	3	0	3	3
SOUTHWEST RANCH (3floz.)	1	200	170	19	3	0.0	15	590	4	1	3	2
CAESAR (2floz.)	1	270	250	27	5	0.0	20	610	6	0	2	2
THOUSAND ISLAND (3floz.)	1	330	220	24	3	0.0	15	720	27	0	18	0
HONEY MUSTARD (3floz.)	1	440	370	41	6	0.0	30	470	21	0	18	0
BLEU CHEESE (3floz.)	1	290	260	29	6	0.0	45	970	9	0	3	1
THAI PEANUT (3floz.)	1	510	450	50	8	0.0	0	520	17	1	10	3
SOUPS	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)
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

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	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)
PASTA (w/out breadstick)												
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
PESTO SHRIMP LINGUINE	1	660	70	70	12	0.0	261	2744	100	7	6	58
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
PIZZA												
	Servings	Calories / Slice (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)
ATHENIAN (small original)	6	240	80	9	4	0.0	15	460	33	1	1	9
ATHENIAN (small thin)	6	150	70	8	4	0.0	15	260	14	1	1	7
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)	6	240	70	8	4	0.0	25	540	32	0	2	13
BBQ CHICKEN (small thin)	6	160	60	7	4	0.0	25	410	14	1	2	11
BBQ CHICKEN (small gf)	8	150	50	2	3	0.0	20	320	18	2	3	8
BBQ CHICKEN (large original)	8	380	40	13	6	0.0	40	820	48	1	3	20
BBQ CHICKEN (large thin)	8	290	100	12	6	0.0	40	690	27	1	3	18
BBQ PORK (small original)	6	250	80	9	4	0.0	25	610	32	0	2	12
BBQ PORK (small thin)	6	170	70	8	4	0.0	25	470	14	1	2	10
BBQ PORK (small gf)	8	160	60	7	3	0.0	20	360	18	2	3	7
BBQ PORK (large original)	8	390	130	145	7	0.0	40	920	49	1	3	19
BBQ PORK (large thin)	8	300	120	13	7	0.0	40	780	27	1	3	17
BEARTOOTH SAUSAGE (small original)	6	230	70	8	3	0.0	20	550	32	1	3	10
BEARTOOTH SAUSAGE (small thin)	6	150	60	7	3	0.0	20	420	13	1	3	8
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)	6	270	110	12	4	0.0	20	570	33	1	2	11
BISTRO (small thin)	6	180	100	11	4	0.0	20	440	14	1	1	9
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)	6	260	100	12	4	0.0	25	810	31	0	1	13
BUFFALO WING (small thin)	6	180	90	10	4	0.0	25	670	12	1	0	11
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)	6	230	60	7	3	0.0	20	520	34	1	4	12
CARIBBEAN CHICKEN (small thin)	6	150	50	6	3	0.0	20	380	16	1	4	10
CARIBBEAN CHICKEN (small gf)	8	140	40	5	2	0.0	15	300	20	2	5	7
CARIBBEAN CHICKEN (large orig)	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)	6	220	70	7	4	0.0	15	500	31	1	2	10
CLASSIC CHEESE (small thin)	6	140	60	6	4	0.0	15	370	12	1	2	8
CLASSIC CHEESE (small gf)	8	140	50	5	3	0.0	10	290	17	2	3	5
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)	6	310	140	15	4	0.0	25	540	33	1	2	14
CLUBHOUSE (small thin)	6	220	130	14	4	0.0	25	410	14	2	1	12
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)	6	230	60	7	3	0.0	20	490	32	1	3	12
COTTONWOOD (small thin)	6	150	50	6	3	0.0	20	360	14	1	2	10
COTTONWOOD (small gf)	8	140	40	5	2	0.0	15	280	18	2	3	7

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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)	6	290	120	13	6	0.1	35	600	32	1	1	15
FLATHEAD (small thin)	6	210	110	12	6	0.1	35	460	14	1	1	13
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)	6	220	60	7	3	0.0	10	450	32	1	3	9
FRESH TOMATO BASIL (small thin)	6	140	50	6	3	0.0	10	320	14	1	3	7
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)	6	260	90	10	5	0.0	25	660	31	1	2	11
GOOD OL' BOY (small thin)	6	170	80	9	4	0.0	25	530	12	1	2	9
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)	6	260	80	9	4	0.0	25	700	33	1	3	14
HOT HAWAIIAN (small thin)	6	170	70	8	3	0.0	25	570	15	1	3	11
HOT HAWAIIAN (small gf)	8	190	50	6	3	0.0	20	480	20	2	4	8
HOT HAWAIIAN (large original)	8	390	120	14	6	0.0	40	1050	50	1	4	21
HOT HAWAIIAN (large thin)	8	300	110	12	6	0.0	40	920	29	2	4	19
HUMBLE PIE (small original)	6	260	110	12	5	0.0	20	420	31	0	0	10
HUMBLE PIE (small thin)	6	180	100	11	5	0.0	20	280	13	1	0	8
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)	6	310	140	15	5	0.0	35	980	33	1	1	15
ITALIAN GRINDER (small thin)	6	230	130	14	5	0.0	35	850	14	1	1	13
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)	6	320	130	15	7	0.0	35	720	34	1	1	15
JALAPENO POPPER (small thin)	6	240	120	14	7	0.0	35	590	16	1	1	12
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)	6	230	80	9	4	0.0	15	430	32	1	1	9
MACKENZIE RIVER (small thin)	6	150	70	8	4	0.0	15	290	13	1	1	7
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)	6	290	120	13	6	0.0	30	700	31	1	2	15
MADISON (small thin)	6	210	110	12	6	0.0	30	560	13	1	2	12
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)	6	240	60	7	3	0.0	25	510	33	1	4	11
POLYNESIAN (small thin)	6	160	50	6	3	0.0	25	370	14	1	3	9
POLYNESIAN (small gf)	8	150	40	5	2	0.0	15	290	18	2	4	6
POLYNESIAN (large original)	8	360	90	10	5	0.0	35	750	49	1	5	16
POLYNESIAN (large thin)	8	270	80	9	5	0.0	35	610	28	2	5	14
RANCHER (small original)	6	270	100	11	4	0.1	25	640	32	1	3	13
RANCHER (small thin)	6	190	90	10	4	0.1	25	510	14	1	3	10
RANCHER (small gf)	8	170	70	8	3	0.1	20	390	18	2	4	7
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)	6	280	110	12	4	0.0	35	680	34	1	3	11
REUBEN (small thin)	6	200	100	11	4	0.0	35	400	16	1	3	9
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)	6	270	100	11	5	0.0	30	510	34	1	2	13
SEDONA (small thin)	6	190	90	10	5	0.0	30	380	16	2	2	11
SEDONA (small gf)	8	170	70	8	4	0.0	20	290	19	2	3	8
SEDONA (large original)	8	410	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)	6	250	100	11	3	0.0	15	500	32	1	1	10
SEQUOIA (small thin)	6	170	90	10	3	0.0	15	360	14	1	0	8
SEQUOIA (small gf)	8	160	70	8	2	0.0	10	280	18	2	2	5

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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
SMOKIN' Q (small original)	6	360	120	13	6	0.0	40	1420	377	1	9	16
SMOKIN' Q (small thin)	8	210	80	9	4	0.0	30	970	19	1	7	10
SMOKIN' Q (small gf)	6	310	120	13	6	0.0	40	1300	35	2	11	13
SMOKIN' Q (large original)	8	520	170	19	8	0.0	60	2010	63	1	13	23
SMOKIN' Q (large thin)	8	430	160	18	8	0.0	60	1870	42	1	12	21
STOCKMAN (small original)	6	310	130	15	6	0.0	40	750	31	1	3	15
STOCKMAN (small thin)	6	230	120	13	6	0.0	40	620	12	1	2	13
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)	6	280	90	11	4	0.0	20	560	35	1	4	14
THAI PIE (small thin)	6	200	80	9	3	0.0	20	430	17	1	4	12
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	330	130	15	5	0.0	30	680	31	2	4	19
VEGGIE (small original)	6	250	90	10	4	0.0	15	540	33	1	1	11
VEGGIE (small thin)	6	170	80	9	4	0.0	15	410	14	1	1	9
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
SANDWICHES												
	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	1170	630	70	12	0.0	100	1880	93	11	7	47
ITALIAN CHICKEN PANINI (w/ potato chips)	1	1020	690	76	15	0.0	100	1270	48	8	7	43
LONGHORN (w/ tortilla chips)	1	760	340	37	5	0	70	1750	71	6	6	30
MEATBALL HOAGIE (w/ potato chips)	1	1290	620	69	26	0.2	70	3250	107	6	12	42
MONTALIAN (w/ potato chips)	1	810	510	56	12	0.0	80	2320	48	4	6	29
PORK TENDERLOIN SAMMY (w/ fries)	1	1560	620	69	19	0.2	130	2580	164	10	9	70
PULLED PORK SAMMY (w/ fries)	1	1280	490	54	13	0.0	110	2921	142	7	23	48
PULLED PORK SAMMY (w/ potato chips)	1	1060	480	54	14	0.0	110	3500	101	4	25	45
RUSTLER'S REUBEN (w/ fries)	1	1740	800	89	26	0.0	210	5000	173	17	27	61
RUSTLER'S REUBEN (w/ potato chips)	1	1410	710	79	26	0.0	175	3880	122	13	20	52
SANTA FE CHICKEN SAMMY (w/ tortilla chips)	1	970	520	58	8	0.0	120	1610	66	7	7	51
SMOKIN' TURKEY (w/ tortilla chips)	1	820	440	49	9	0.0	75	2460	67	8	6	33
SPICY CHICKEN SAMMY (w/ fries)	1	1570	700	78	21	0.0	190	4310	137	7	20	81
WRANGLER SAMMY (w/ tortilla chips)	1	1090	630	70	17	0.0	135	1670	71	8	8	47
WILLOW CREEK SAMMY (w/ tortilla chips)	1	1090	620	69	18	0.0	125	2810	73	9	8	51
BURGERS (w/out fries)												
	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
POUTINE	1	1430	820	91	16	3.0	235	3291	67	1	9	82
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	1	1120	610	68	27	2.0	260	1730	65	1	10	60

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RISE & SHINE	1	1440	830	92	15	3.0	500	3190	63	2	17	87
SMOKEHOUSE	1	1510	900	99	19	3.0	325	3290	51	1	8	98
CALIFORNIAN	1	1400	820	91	15	3.0	255	2530	61	4	14	81
PUB CLASSICS	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	1740	870	97	16	0.0	200	2460	161	11	31	55
MACKENZIE MEATLOAF	1	1980	1260	140	52	2.2	395	4890	101	8	37	81
SIDES & MISC	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	440	150	17	3	0.0	0	890	66	5	1	6
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
DESSERTS	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
KID'S MENU (w/out side)	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	880	440	49	20	1.7	130	1460	72	5	7	40
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	620	330	36	3	0.0	64	1320	46	3	2	23
KIDS CHICKEN STRIPS [Legacy] (w/out dipping sauce)	1	490	280	31	3	0	75	1030	27	1	2	22
KIDS MINI CORN DOGS [Grill & Pub]	1	630	210	23	6	0.0	60	1850	90	3	14	17
KIDS MINI CORN DOGS [Legacy]	1	560	230	25	7	0.0	60	1550	72	1	14	16
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	0.0	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	0.0	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
FOODIE FARE	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)
BRAVARIAN PRETZELS & BEER QUESO	1	1450	430	48	20	0.0	70	4860	214	5	5	34
CHEESE CURDS	1	1010	640	71	22	0.0	25	2480	59	6	11	27
FRIED PICKLES	1	1020	450	50	8	0.0	25	5390	115	10	19	18
JACKED-UP TACO - CHICKEN	1	630	310	34	14	0	95	1050	44	4	5	35
JACKED-UP TACO - PORK	1	680	340	38	17	0	110	1440	47	4	6	36
MACK N' CHEESE BITES	1	1200	740	82	23	0.4	175	2570	77	4	10	38
CHICKEN PHO	1	940	220	24	4	0	60	2670	149	5	17	28

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CLASSIC POUTINE	1	820	410	46	20.0	0	95	2160	74	5	3	28
N'AWLINS SHRIMP & GRITS	1	44.375	450	50	18.0	0	215	1100	32	1	3	33
PARTY PLATTERS	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)
BUFFALO WINGS - ONE DOZEN (no dipping sauce)	1	2550	1710	189	48.0	0	550	4160	24	3	2	179
BOURBON BBQ WINGS - ONE DOZEN [Grill & Pub] (no dipping sauce)	1	2410	1360	151	41.3	0	550	2150	47	3	19	179
HONEY BBQ WINGS - ONE DOZEN [Legacy] (no dipping sauce)	1	2040	1130	126	31.7	0	390	1900	93	2	39	125
THAI PEANUT WINGS - ONE DOZEN (no dipping sauce)	1	2760	1530	170	45.1	0	550	2410	100	2	24	192
HUMMUS PLATTER	16	250	80	9	1	0.0	0	370	37	10	6	4
HOUSE SALAD (no dressing)	16	130	10	1	0	0.0	0	170	31	6	5	5
GREEK SALAD (no dressing)	16	80	30	3	2	0.0	10	260	6	3	3	4
CAESAR SALAD [Grill & Pub]	16	310	160	18	3	0.0	10	600	33	2	2	9
THAI SALAD [Legacy]	16	510	390	43	7	0.0	20	490	22	4	13	13
SPINACH SALAD (no dressing)	16	130	70	7	2	0.0	5	140	13	2	8	4
COBB SALAD (no dressing)	16	230	140	16	5	0.0	130	530	5	3	2	19
WILLOW CREEK SAMMY	16	290	170	18	5	0.0	30	720	21	2	2	13
GREEN HORN VEGGIE WRAP	8	480	240	26	4	0.0	5	360	55	5	3	9
LONGHORN SAMMY [Legacy]	16	190	80	9	1	0.0	20	440	18	2	2	8
SMOKIN' TURKEY [Legacy]	16	210	110	12	2	0.0	20	610	17	2	2	8
WRANGLER SAMMY [Legacy]	16	270	160	17	4	0.0	35	420	18	2	2	12
SANTA FE CHICKEN [Legacy]	16	240	130	15	2	0.0	30	400	16	2	2	13
BAKED ZITI	8	690	300	33	16	0.3	85	1130	64	4	7	31
BAKED CHICKEN ALFREDO [Legacy]	8	720	340	37	18	0.3	105	1040	60	3	6	37
BUFFALO MACK N' CHEESE [Legacy]	8	960	400	44	23	0.0	115	2230	103	3	7	40
MACKENZIE ALFREDO [Grill & Pub]	8	710	310	35	14	0.3	100	1260	62	4	6	38
TUSCAN PENNE [Grill & Pub]	8	700	330	37	7	0.0	60	1510	64	3	6	31
CHEESECAKE	12	950	530	59	34	0.0	275	1030	24	2	78	14
CARROT CAKE	14	490	250	28	8	0.0	50	300	58	1	47	4
FLOURLESS CHOCOLATE CAKE	14	490	50	30	17	0.0	90	110	57	3	45	2
MARTINIS	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)
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
YELLOWSTONE GINGER	1	190	0	0.1	0	0	0	3	3	0	3	0
POMEGRANATE MARTINI	1	220	0	0.1	0	0	0	60	22	0	21	0
MULES / SANGRIAS / RITAS	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)
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
MACK RITA	1	340	0	0.2	0	0	0	60	22	1	13	1
JALAPEÑO MARGARITA	1	310	0	0.1	0	0	0	40	15	0	9	0
BLOOD ORANGE RITA	1	190	2	0.2	0	0	0	20	12	0	6	0
COCKTAILS	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)
BLOOD ORANGE WHISKEY SOUR	1	200	0	0.1	0	0	0	1	16	1	13	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
MANGO MAI TAI	1	320	0	0.3	0	0	0	10	35	0	25	1
MONTANA CANDIED APPLE	1	200	0	0	0	0	0	20	19	0	2	0
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

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BEER (BOTTLES)	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)
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
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
KOKANE	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 - CLAUSTHALER	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
BEER (DRAFT)	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)
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

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COORS LIGHT (Pint)	1	140	0	0	0	0	0	0	20	8	0	0	1
COORS LIGHT (Mack Daddy)	1	200	0	0	0	0	0	0	30	11	0	1	2
COORS LIGHT (OMG)	1	290	0	0	0	0	0	0	40	16	0	1	2
MILLER LITE (Pint)	1	130	0	0	0	0	0	0	0	4	0	0	0
MILLER LITE (Mack Daddy)	1	180	0	0	0	0	0	0	0	6	0	0	0
MILLER LITE (OMG)	1	270	0	0	0	0	0	0	0	9	0	0	0
ANGRY ORCHARD ROSE	1	170	0	0	0	0	0	0	20	17	0	12	0
WINE	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	na
RED BLEND, GUENOC VICTORIAN CLARET (Btl)	1	540	0	0	0	0	0	na	na	na	na	na	na
PINOT NOIR, LOST ANGEL (Gls)	1	130	0	0	0	0	0	na	na	na	na	na	na
PINOT NOIR, LOST ANGEL (Btl)	1	540	0	0	0	0	0	na	na	na	na	na	na
MERLOT, GUENOC (Gls)	1	130	0	0	0	0	0	na	na	na	na	na	na
MERLOT, GUENOC (Btl)	1	540	0	0	0	0	0	na	na	na	na	na	na
PETITE SIRAH, GUENOC (Gls)	1	130	0	0	0	0	0	na	na	na	na	na	na
PETITE SIRAH, GUENOC (Btl)	1	540	0	0	0	0	0	na	na	na	na	na	na
ZINFANDEL, EOS ESTATE (Gls)	1	130	0	0	0	0	0	na	na	na	na	na	na
ZINFANDEL, EOS ESTATE (Btl)	1	540	0	0	0	0	0	na	na	na	na	na	na
CABERNET SAUVIGNON, LOST ANGEL (Gls)	1	150	0	0	0	0	0	na	na	na	na	na	na
CABERNET SAUVIGNON, LOST ANGEL (Btl)	1	630	0	0	0	0	0	na	na	na	na	na	na
CABERNET SAUVIGNON, SEBASTIANI (Gls)	1	130	0	0	0	0	0	na	na	na	na	na	na
CABERNET SAUVIGNON, SEBASTIANI (Btl)	1	540	0	0	0	0	0	na	na	na	na	na	na
CABERNET SAUVIGNON, ROTH (Gls)	1	130	0	0	0	0	0	na	na	na	na	na	na
CABERNET SAUVIGNON, ROTH (Btl)	1	540	0	0	0	0	0	na	na	na	na	na	na
RIESLING, FIRESTONE ESTATE (Gls)	1	140	0	0	0	0	0	na	na	na	na	na	na
RIESLING, FIRESTONE ESTATE (Btl)	1	610	0	0	0	0	0	na	na	na	na	na	na
MOSCATO, LOST ANGEL (Gls)	1	130	0	0	0	0	0	na	na	na	na	na	na
MOSCATO, LOST ANGEL (Btl)	1	540	0	0	0	0	0	na	na	na	na	na	na
PINOT GRIGIO, PICCINI (Gls)	1	120	0	0	0	0	0	na	na	na	na	na	na
PINOT GRIGIO, PICCINI (Btl)	1	530	0	0	0	0	0	na	na	na	na	na	na
SAUVIGNON BLANC, CLIFFORD BAY (Gls)	1	120	0	0	0	0	0	na	na	na	na	na	na
SAUVIGNON BLANC, CLIFFORD BAY (Btl)	1	530	0	0	0	0	0	na	na	na	na	na	na
CHARDONNAY, LOST ANGEL (Gls)	1	130	0	0	0	0	0	na	na	na	na	na	na
CHARDONNAY, LOST ANGEL (Btl)	1	540	0	0	0	0	0	na	na	na	na	na	na
CHARDONNAY, SEBASTIANI (Gls)	1	130	0	0	0	0	0	na	na	na	na	na	na
CHARDONNAY, SEBASTIANI (Btl)	1	540	0	0	0	0	0	na	na	na	na	na	na
CHARDONNAY, THREE RIVERS WINERY (Gls)	1	140	0	0	0	0	0	na	na	na	na	na	na
CHARDONNAY, THREE RIVERS WINERY (Gls)	1	580	0	0	0	0	0	na	na	na	na	na	na
CHARDONNAY, CHALK HILL (Gls)	1	140	0	0	0	0	0	na	na	na	na	na	na
CHARDONNAY, CHALK HILL (Btl)	1	580	0	0	0	0	0	na	na	na	na	na	na
PROSECCO, LAMARCA (187ml Btl)	1	150	0	0	0	0	0	na	na	na	na	na	na
BRUT, KORBEL (187ml Btl)	1	140	0	0	0	0	0	na	na	na	na	na	na
REFRESHER	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	0
CHERRY COKE	1	130	0	0	0	0	0	30	35	0	35	0	0
COCA-COLA	1	120	0	0	0	0	0	40	33	0	33	0	0
COFFEE	1	0	0	0	0	0	0	10	0	0	0	0.3	0
DIET COKE	1	0	0	0	0	0	0	40	0	0	0	0	0
DR. PEPPER / MR. PIBB	1	130	0	0	0	0	0	50	33	0	32	0	0
HOT COCOA	1	180	0	6	3.5	0.2	20	110	27	2.5	24	9	0
HOT TEA	1	0	0	0	0	0	0	10	0.4	0	0	0.1	0
HOT CIDER	1	120	0	0	0	0	0	20	32	0	24	0	0
ICED TEA	1	0	0	0	0	0	0	10	0	0	0	0	0
JUICE - APPLE	1	160	0	0	0	0	0	30	39	0	37	0	0
JUICE - ORANGE	1	170	0	0	0	0	0	30	49	0	36	0	0
JUICE - CRANBERRY	1	150	0	0	0	0	0	10	39	0	38	0	0
LEMONADE	1	140	0	0	0	0	0	20	44	0	42	0	0
MILK - 2%	1	170	60	7	4	0	25	180	18	0	16	0	0
SHIRLEY TEMPLE	1	240	0	0	0	0	0	0	62	0	62	0	0
SPRITE	1	120	0	0	0	0	0	60	32	0	32	0	0
GOURMET ROOT BEER	1	150	0	0	0	0	0	50	39	0	39	0	0
GOURMET CREAM SODA	1	190	0	0	0	0	0	50	49	0	49	0	0