

HILTON GARDEN INN Nutritional Information

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Menu items may contain, or come into contact with CRUSTACEAN SHELLFISH, EGGS, FISH, MILK, PEANUTS, SESAME, SOYBEANS, TREE NUTS AND WHEAT.

For guests with special dietary requirements, or allergies who may wish to know about the food ingredients used, please ask a member of the restaurant team.

Nutrition information is derived and calculated with information provided by manufacturers, vendors, published resources and the U.S. Department of Agriculture, Agricultural Research Service. FoodData Central.



BREAKFAST Nutritional Information



	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Bakery (Buffet)											
All-Butter Croissant (Medium)	290	15	8	0	45	330	32	2	8	0	6
All-Butter Croissant (Small)	120	6	3.5	0	20	130	13	<1	3	0	2
Bagel, Cinnamon Raisin	230	1	0	0	0	320	50	2	9	4	7
Bagel, Everything	230	1.5	0	0	0	660	48	2	6	4	8
Bagel, Plain	230	1	0	0	0	350	49	2	6	6	8
Bagel, Poppy	230	1	0	0	0	350	48	2	6	4	32
Bagel, Sesame Seed	230	1	0	0	0	350	48	2	6	4	8
Bagel, Whole Wheat	220	1	0	0	0	350	48	5	5	6	8
Bel Pastry Mini Danish, Apple Crown	150	9	4	0	20	40	13	0	3	2	2
Bel Pastry Mini Danish, Maple Pecan	150	10	4	0	20	45	14	0	4	3	2
Bel Pastry Mini Danish, Mini Cinnamon Whirl	150	9	4	0	20	45	15	1	5	4	2
Bel Pastry Mini Danish, Raspberry Crown	150	9	4	0	20	40	14	0	5	4	2
Bel Pastry Mini Danish, Vanilla Crown	140	9	4	0	20	40	12	0	2	1	2
Buffet Pumpernickel Bread Slice	70	1	0	0	0	150	12	2	0	0	2
Buffet Rye Bread Slice	80	1	0	0	0	190	15	2	1	0	3
Buffet Wheat Bread Slice	70	1	0	0	0	125	12	2	1	0	3
Buffet White Bread Slice	70	1	0	0	0	125	12	2	1	0	3
Cinnamon Swirl Bread Slice	70	1.5	0	0	0	110	12	<1	4	0	2
English Muffin, Cinnamon Raisin	140	1	0	0	0	300	30	1	7	2	5
English Muffin, Plain	130	1	0	0	0	240	25	1	1	1	5
English Muffin, Whole Wheat	120	1.5	0	0	0	180	21	3	1	2	6
Filled All-Butter Croissant (Medium)	180	6	3.5	0	20	190	26	2	0	0	5
Filled All-Butter Croissant (Small)	110	3.5	2	0	15	115	16	1	0	0	3
Filled Croissant, Pastridor	150	8	4	0	15	125	18	1	6	0	3
Muffin, Banana Nut (MA)	190	8	2	0	15	200	26	0	14	13	3
Muffin, Blueberry	270	11	2	0	20	240	38	<1	22	0	3
Muffin, Blueberry (MA)	190	8	2.5	0	20	200	26	0	14	14	3
Muffin, Cinnamon Crumb (MA)	200	9	3	0	20	200	27	0	15	15	3
Muffin, Corn	220	6	1	0	20	330	36	2	13	0	4
Muffin, Oat Bran	190	5	1	0	0	280	34	3	6	0	5
Plain Croissant	90	5	3	0	20	95	9	0	1	0	2
Schulstad Mini Danish Pastry, Apple Coronet	150	8	4.5	0	10	50	18	0	8	8	2
Schulstad Mini Danish Pastry, Cinnamon Swirl	170	10	6	0	10	65	19	0	8	8	2
Schulstad Mini Danish Pastry, Maple Pecan Plait	170	11	6	0	10	70	18	0	8	8	2
Schulstad Mini Danish Pastry, Raspberry Crown	150	8	5	0	10	55	18	1	8	8	2
Schulstad Mini Danish Pastry, Vanilla Crown	140	8	5	0	<5	65	15	0	6	6	2
Sourdough Bread (1 Slice)	380	3.5	0.5	0	0	840	72	3	6	0	15

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Omelet (Cooked to Order)											
3-Egg Omelet Low-Fat No Cholesterol Eggs, Plain	210	0	2.5	0	0	410	4	0	4	0	18
3-Egg Omelet Low-Fat No Cholesterol Eggs, Bacon	280	7	5	0	10	670	4	0	4	0	22
3-Egg Omelet Low-Fat No Cholesterol Eggs, Cheese	320	9	8	0	30	600	4	0	4	0	24
3-Egg Omelet Low-Fat No Cholesterol Eggs, Green Peppers	210	0	2.5	0	0	410	4	0	4	0	18
3-Egg Omelet Low-Fat No Cholesterol Eggs, Ham	220	0.5	2.5	0	5	600	4	0	4	0	20
3-Egg Omelet Low-Fat No Cholesterol Eggs, Mushrooms	220	0.5	2.5	0	5	600	4	0	4	0	20
3-Egg Omelet Low-Fat No Cholesterol Eggs, Onions	210	0	2.5	0	0	410	5	0	4	0	18
3-Egg Omelet Low-Fat No Cholesterol Eggs, Sausage	260	6	4.5	0	15	540	4	0	4	0	21
3-Egg Omelet Low-Fat No Cholesterol Eggs, Tomatoes	210	0	2.5	0	0	410	4	0	4	0	18
3-Egg Omelet Plain	380	17	8	0	680	310	1	0	<1	0	23
3-Egg Omelet with Bacon	460	24	11	0	690	570	2	0	<1	0	26
3-Egg Omelet with Cheese	500	27	14	0	705	500	2	0	<1	0	29
3-Egg Omelet with Egg Whites and Bacon	320	9	8	0	30	550	3	0	<1	0	25
3-Egg Omelet with Egg Whites and Cheese	320	9	8	0	30	550	3	0	<1	0	25
3-Egg Omelet with Egg Whites and Green Peppers	210	0	2.5	0	0	360	3	0	<1	0	19
3-Egg Omelet with Egg Whites and Ham	230	0.5	2.5	0	5	550	2	0	1	0	21
3-Egg Omelet with Egg Whites and Mushrooms	210	0	2.5	0	0	360	2	0	<1	0	19
3-Egg Omelet with Egg Whites and Onions	210	0	2.5	0	0	360	3	0	1	0	19
3-Egg Omelet with Egg Whites and Sausage	260	6	4.5	0	15	490	2	0	<1	0	21
3-Egg Omelet with Egg Whites and Tomatoes	210	0	2.5	0	0	360	2	0	<1	0	19
3-Egg Omelet with Egg Whites Plain	210	0	2.5	0	0	360	2	0	0	0	19
3-Egg Omelet with Green Peppers	380	17	8	0	680	310	2	0	1	0	23
3-Egg Omelet with Ham	400	18	8	0	685	500	2	0	1	0	25
3-Egg Omelet with Mushrooms	390	17	8	0	680	320	2	0	<1	0	23
3-Egg Omelet with Onions	390	17	8	0	680	320	3	0	1	0	23
3-Egg Omelet with Sausage	430	23	10	0	695	440	1	0	<1	0	25
Omelet Filling Bacon	80	7	3	0	10	250	0	0	0	0	4
Omelet Filling Cheese	110	9	5	0	30	190	<1	0	0	0	6
Omelet Filling Green Peppers	0	0	0	0	0	0	<1	0	0	0	0
Omelet Filling Ham	15	0.5	0	0	5	190	<1	0	<1	0	2
Omelet Filling Mushrooms	0	0	0	0	0	0	0	0	0	0	0
Omelet Filling Onions	5	0	0	0	0	0	1	0	<1	0	0
Omelet Filling Sausage	50	6	2	0	15	125	0	0	0	0	3
Omelet Filling Spinach	0	0	0	0	0	10	<1	0	0	0	0
Omelet Filling Tomatoes	0	0	0	0	0	0	<1	0	0	0	0

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Entrees (Cooked to Order)											
Artisan Breakfast Sandwich	830	57	25	1	550	1,210	49	2	3	0	31
French Toast, Entree	680	22	14	0.5	195	650	81	2	31	27	11
Greek Yogurt Bowl (Chobani, General Mills)	470	19	1	0	40	170	58	6	36	24	23
Greek Yogurt Bowl (Chobani, Kellogg's)	450	16	0	0	40	115	60	7	36	24	23
Greek Yogurt Bowl (Chobani, USDA)	450	16	0	0	40	115	60	7	36	24	23
Greek Yogurt Bowl (USDA, Kellogg's)	440	15	5	0	25	115	60	6	39	24	22
Pancake, Entree	810	23	12	0.5	65	1,270	128	2	36	23	11
Power Breakfast Bowl	700	30	7	0	55	1,260	51	6	3	0	37
Cold Yogurt (Buffet)											
Fat-Free Fruited Yogurt (1/2 Cup)	110	0	0	0	<5	65	22	0	22	0	5
Fat-Free Greek Yogurt Plain (1/2 Cup)	70	0	0	0	<5	40	4	0	4	0	12
Fat-Free Greek Yogurt Vanilla (1/2 Cup)	90	0	0	0	<5	35	14	<1	13	0	9
Fat-Free Vanilla Yogurt (1/2 Cup)	100	1.5	1	0	<5	75	16	0	16	0	6
Low-Fat Greek Yogurt Vanilla (1/2 Cup)	80	2	1.5	0	10	40	4	0	4	0	11
Low-Fat Vanilla Yogurt (1/2 Cup)	100	1.5	1	0	<5	75	16	0	16	0	6
Plain Yogurt Whole Milk (1/2 Cup)	70	3.5	2.5	0	15	50	5	0	5	0	4

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Cold Toppings (Buffet)											
Almonds (1 Tbsp)	50	4.5	0	0	0	45	2	<1	0	0	2
Brown Sugar	35	0	0	0	0	0	9	0	9	9	0
Brown Sugar, Granulated	30	0	0	0	0	0	9	0	9	9	0
Chia Seeds	15	1	0	0	0	0	1	1	0	0	<1
Chives	0	0	0	0	0	0	0	0	0	0	0
Chocolate Chips Milk (1 Tbsp)	50	3.5	2	0	0	0	7	<1	6	6	0
Chocolate Chips Semisweet (1 Tbsp)	50	3.5	2	0	0	0	7	<1	6	6	0
Coconut Shredded (1 Tbsp)	30	2	2	0	0	15	3	0	3	4	0
Dried Berry Blend (1 Tbsp)	20	0	0	0	0	0	4	0	4	0	0
Dried Cranberries (1 Tbsp)	30	0	0	0	0	0	8	<1	7	0	0
Flaxseed	20	1.5	0	0	0	0	1	<1	0	0	<1
Fruit & Nut Granola	20	0	0	0	0	25	4	0	2	0	0
Honey Roasted Almonds (1 Tbsp)	40	3	0	0	0	20	3	1	2	0	1
Light Brown Sugar (1 Tbsp)	35	0	0	0	0	0	9	0	9	9	0
M&M's (1 Tbsp)	60	3	1.5	0	<5	10	9	0	8	8	<1
Nut Medley (1 Tbsp)	45	4.5	0	0	0	0	1	<1	0	0	1
Pecans (1 Tbsp)	45	4.5	0	0	0	0	<1	<1	0	0	<1
Plain Granola	25	0.5	0	0	0	0	4	<1	1	0	<1
Raisins (1 Tbsp)	30	0	0	0	0	0	8	0	6	0	0
Red Onion	0	0	0	0	0	0	<1	0	0	0	0
Scallions	0	0	0	0	0	0	0	0	0	0	0
Sunflower Kernels	45	4	0	0	0	0	2	<1	0	0	2
Walnuts (1 Tbsp)	45	4.5	0	0	0	0	<1	0	0	0	<1
Farm Fresh Eggs (Cooked to Order)											
Fried Eggs (2 Eggs)	260	24	4.5	0	370	250	<1	0	0	0	13
Poached Eggs (2)	140	10	3	0	370	140	<1	0	0	0	13
Scrambled Eggs	300	12	6	0	450	230	<1	0	0	0	15
Scrambled Eggs, Pasteurized Shell Eggs (2 Eggs)	260	24	4.5	0	370	250	<1	0	0	0	13
Scrambled Egg Whites	180	0	2.5	0	0	260	1	0	0	0	12
Scrambled No-Low Eggs	180	0	2.5	0	0	290	2	0	2	0	12
Soft-Hard Boiled Eggs (2)	140	10	3	0	370	140	<1	0	0	0	13
Up & Over Eggs (2)	260	10	6	0	370	200	<1	0	0	0	13

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Fresh Fruit (Buffet)											
Apple	90	0	0	0	0	0	25	4	19	0	0
Banana	110	0	0	0	0	0	27	3	14	0	1
Blackberries (1/4 Cup)	15	0	0	0	0	0	3	2	2	0	<1
Blueberries (1/4 Cup)	20	0	0	0	0	0	5	<1	4	0	0
Cantaloupe (3/4 Cup)	40	0	0	0	0	20	10	1	10	0	1
Clementines	35	0	0	0	0	0	9	1	7	0	<1
Cutie Clementine	45	0	0	0	0	0	12	2	9	0	<1
Grapefruit (Half)	50	0	0	0	0	0	13	2	12	0	1
Grapes (1/2 Cup)	50	0	0	0	0	0	14	<1	12	0	<1
Honeydew (3/4 Cup)	45	0	0	0	0	25	12	1	11	0	<1
Mixed Fresh Fruit Salad (Seasonal)	120	5	0.5	0	0	100	16	2	7	7	3
Mixed Fresh Fruit Salad (Seasonal 1)	70	0	0	0	0	10	16	2	14	0	1
Mixed Fresh Fruit Salad (Seasonal 2)	90	0	0	0	0	30	21	3	17	0	2
Nectarine	60	0	0	0	0	0	15	2	11	0	2
Orange	60	0	0	0	0	0	16	3	13	0	<1
Peach	60	0	0	0	0	0	14	2	12	0	1
Pear	130	0	0	0	0	0	35	7	22	0	<1
Pineapple (3/4 Cup)	60	0	0	0	0	0	16	2	12	0	<1
Plum	30	0	0	0	0	0	8	<1	7	0	0
Raspberries (1/4 Cup)	15	0	0	0	0	0	4	2	1	0	0
Strawberries (1/4 Cup)	15	0	0	0	0	0	3	<1	2	0	0
Tangerine	45	0	0	0	0	0	12	2	9	0	<1
Watermelon (3/4 Cup)	35	0	0	0	0	0	9	0	7	0	<1

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Hot Entrees (Buffet)											
Bacon Buffet	40	3.5	1.5	0	5	135	0	0	0	0	2
Bacon Buffet (FC)	25	2	0.5	0	<5	95	0	0	0	0	2
Canadian-Style Bacon Buffet	25	0.5	0	0	10	220	1	0	1	1	3
Chicken Sausage Buffet (FC)	80	5	1.5	0	40	300	<1	0	0	0	7
Maple-Smoked Sausage Buffet	100	9	3	0	20	250	3	0	2	2	3
Pork Sausage Link Buffet	100	10	3.5	0	20	190	<1	0	0	0	3
Pork Sausage Link Buffet (FC)	100	10	3.5	0	15	160	0	0	0	0	3
Pork Sausage Patty Buffet	180	18	6	0	30	210	0	0	0	0	5
Redskin Potatoes Buffet (GPF)	110	0	0	0	0	480	23	1	3	0	3
Scrambled Eggs Buffet	210	10	4.5	0	395	180	<1	0	0	0	13
Turkey Sausage Buffet	50	3.5	1	0	20	150	0	0	0	0	4
Turkey Sausage Buffet (FC)	40	2.5	1	0	10	170	<1	0	0	0	4
Yukon Gold Potatoes Buffet	110	0	0	0	0	370	23	3	3	0	3
Hot Toppings (Buffet)											
Bacon Bits (1 Tbsp)	35	2	0	0	0	125	2	<1	0	0	2
Cheddar Cheese (1 Tbsp)	30	2.5	1.5	0	10	50	0	0	0	0	2
Colby Cheese (1 Tbsp)	30	2.5	1.5	0	<5	45	0	0	0	0	2
Salsa Red (1 Tbsp)	0	0	0	0	0	120	1	0	<1	0	0
Salsa Verde (1 Tbsp)	5	0	0	0	0	90	<1	0	<1	0	0
Sour Cream (1 Tbsp)	25	2.5	1.5	0	10	0	<1	0	0	0	0
Swiss Cheese (1 Tbsp)	30	2.5	1.5	0	<5	15	0	0	0	0	2
Hot Cereals (Buffet)											
Kettle Hearty Grits (4 oz)	80	0	0	0	0	135	19	1	<1	0	2
Kettle Hearty Oatmeal (4 oz)	70	1.5	0	0	0	200	12	2	0	0	2
Hot Cereal Toppings (Buffet)											
Chia Seeds (1 Tbsp)	60	3.5	0	0	0	0	5	4	0	0	2
Flaxseed (1 Tbsp)	45	3.5	0	0	0	0	3	2	0	0	2
Fruit Compote (2 Tbsp)	30	0	0	0	0	0	7	<1	6	0	0
Wheat Germ (1 Tbsp)	25	0.5	0	0	0	0	4	<1	0	0	2

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Kids (Cooked to Order)											
Kid's Pork Sausage	100	10	3.5	0	20	190	<1	0	0	0	3
Kid's Potato (GPF)	80	0	0	0	0	360	17	1	2	0	2
Kid's Redskin Potatoes	100	0	1	0	0	150	12	1	1	0	1
Kids French Toast, Entree	420	16	10	0	110	390	51	<1	20	18	5
Kids Pancake, Entree	570	18	9	0	50	870	88	1	25	16	7
Kids Syrup & Butter, Side	240	12	7	0	35	180	34	0	16	16	0
Sides & Extras (Cooked to Order)											
Beyond Plant-Based Sausage	130	10	4	0	0	210	1	1	0	0	9
Impossible Plant-Based Sausage	100	7	2.5	0	0	310	4	1	0	0	6
Plain Bagel	220	0	0	0	0	440	44	1	4	4	7
Pork Sausage (2)	190	19	7	0	35	380	1	0	0	0	6
Redskin Potatoes	170	0	2	0	0	250	20	2	2	0	2
Redskin Potatoes (GPF)	140	0	1.5	0	0	200	16	2	2	0	2
Syrup & Butter, Side	310	15	9	0.5	40	230	47	0	23	23	0
Turkey Sausage Links (2)	100	7	2	0	40	300	0	0	0	0	8
Wheat Bread, Side	140	2	0	0	0	250	24	3	2	0	7
White Bread, Side	150	2	0	0	0	280	29	2	3	0	5

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Beverages											
Almond Milk, Plain	40	3	0	0	0	190	2	0	0	0	2
Almond Milk, Vanilla	90	2.5	0	0	0	150	16	<1	15	0	1
Apple Juice (Minute Maid)	110	0	0	0	0	35	28	0	26	0	0
Apple Juice (Vitality Ambient)	110	0	0	0	0	15	26	0	25	0	0
Apple Juice (Vitality Frozen)	80	0	0	0	0	5	21	0	20	0	0
Citrus Peach Cocktail (Vitality Ambient)	90	0	0	0	0	25	23	0	21	0	0
Citrus Peach Cocktail (Vitality Frozen)	110	0	0	0	0	20	27	0	25	0	0
Citrus Peach Juice, Nestle Vitality (1 Cup)	130	0	0	0	0	25	32	0	32	28	0
Coconut Milk Plain	45	4.5	4	0	0	0	2	1	0	0	0
Coconut Milk Vanilla	80	4.5	4	0	0	0	10	1	8	0	0
Coffee Brewed	0	0	0	0	0	5	0	0	0	0	0
Coffee Brewed, Decaf	0	0	0	0	0	5	0	0	0	0	0
Cranberry Juice Cocktail (Minute Maid)	110	0	0	0	0	30	30	0	29	0	0
Cranberry Juice Cocktail (Vitality Ambient 10%)	90	0	0	0	0	5	24	0	23	0	0
Cranberry Juice Cocktail (Vitality Ambient 100%)	110	0	0	0	0	15	27	0	23	0	0
Cranberry Juice Cocktail (Vitality Frozen 10%)	100	0	0	0	0	0	26	0	25	0	0
Cranberry Juice Cocktail (Vitality Frozen 25%)	100	0	0	0	0	0	25	0	24	0	0
Grapefruit Juice (Minute Maid)	90	0	0	0	0	35	22	0	21	0	0
Green Tea	0	0	0	0	0	0	0	0	0	0	<1
Hot Tea, Decaffeinated (12 oz)	0	0	0	0	0	10	1	0	0	0	0
Milk, 2% (1 Cup)	120	4.5	3	0	20	105	11	0	11	0	7
Milk, Skim (1 Cup)	80	0	0	0	<5	95	11	0	11	0	8
Milk, Whole (1 Cup)	150	8	4.5	0	25	105	12	0	12	0	8
Oat Milk, Low-Fat	90	1	0	0	0	100	16	2	7	7	3
Oat Milk, Regular	120	5	0.5	0	0	100	16	2	7	7	3
Orange Guava Cocktail	100	0	0	0	0	30	25	0	23	0	0
Orange Juice (Minute Maid)	120	0	0	0	0	35	27	0	25	0	1
Orange Juice (Vitality 100%)	120	0	0	0	0	15	27	0	22	0	0
Orange Juice (Vitality Ambien)	120	0	0	0	0	15	28	0	23	0	0
Orange Juice (Vitality Premium 100%)	120	0	0	0	0	0	27	0	22	0	0
Orange Juice (Vitality Select)	120	0	0	0	0	0	27	0	22	0	0
Orange Juice Cocktail (Vitality Cocktail)	100	0	0	0	0	0	24	0	20	0	0
Pineapple Juice (Minute Maid)	110	0	0	0	0	35	28	0	27	0	0
Pineapple Juice (Vitality Frozen 100%)	130	0	0	0	0	15	32	0	32	0	0
Soy Milk, Plain	80	2	0	0	0	150	9	1	<1	0	6
Soy Milk, Vanilla	70	2	0	0	0	115	9	<1	6	0	6
Tea	0	0	0	0	0	10	1	0	0	0	0
Tomato Juice (1 Cup)	40	0.5	0	0	0	610	9	<1	6	0	2
Beverage Add-Ins											
Milk, Half & Half (1/2 fl oz)	20	0	0	0	0	10	<1	0	1	0	<1
Turbinado Sugar (1 Tsp)	20	0	0	0	0	0	4	0	5	5	0
White Granulated Sugar (1 Tsp)	15	0	0	0	0	0	4	0	4	4	0

LUNCH & DINNER Nutritional Information



	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Shareables & Small Plates											
Artisan Cheese Tasting Board	840	54	28	0.5	140	1,180	58	4	37	0	33
Austin Street Tacos	770	38	15	1	130	2,040	65	5	10	0	43
Buffalo Chicken Pretzel	980	75	24	0	165	2,140	42	0	4	0	33
Crispy Green Beans	520	19	3.5	0	0	2,370	78	0	30	0	13
Crispy Green Beans with Artisan Sauce	550	33	6	0	10	1,730	54	6	9	0	12
Crispy Green Beans with Chili Sauce	480	18	3.5	0	0	2,100	72	6	24	0	13
Crispy Green Beans with Ranch	590	39	7	0	<5	1,710	55	6	9	0	12
Crunchy Avocado Wedges	620	46	7	0	15	1,500	49	4	5	0	7
Deviled Egg Toast	530	34	6	0	365	860	39	0	4	0	18
Dill Pickle Fries	540	44	7	0	15	2,230	29	4	5	0	4
Firecracker Shrimp	440	14	2	0	150	1,530	60	3	13	2	19
Firecracker Shrimp Tacos	670	20	3.5	0	130	2,080	100	5	13	2	22
Hummus Platter	640	32	2	0	15	1,330	70	3	8	0	21
Nashville Hot Chicken	1,020	70	22	0	50	2,620	80	4	8	6	24
Pan-Fried Dumplings	460	20	2	0	25	1,560	55	2	20	0	12
Pork Belly Tacos	1,140	85	27	0	100	2,260	75	4	19	0	19
Pulled Pork Poutine	1,000	45	19	0	135	2,500	98	7	12	0	44
Pulled Pork Sliders	970	26	14	0	100	1,890	86	3	36	0	37
Short Rib Tacos	730	31	12	0	120	1,330	65	4	12	0	46
Soft Pretzels with House-Made Pimento Cheese	1,060	73	23	0	110	3,410	72	0	3	0	23
Spicy Meatballs and Fresh Mozzarella	740	51	17	1	195	930	23	<1	3	0	47
Sticky Finger Ribs (Shareable)	660	39	14	0	155	1,400	30	0	22	0	45
Street Tacos	860	47	12	0	135	1,690	66	9	7	0	44
Wings Your Way Buffalo 6 PC	910	72	18	0	195	2,860	16	4	6	0	53
Wings Your Way Buffalo 9 PC	1,230	96	24	0	280	3,390	19	4	6	0	78
Wings Your Way Buffalo 12 PC	1,820	144	36	0	395	4,420	32	7	12	0	129
Wings Your Way Carolina Gold 6 PC	750	48	13	0	165	1,630	28	2	20	0	52
Wings Your Way Carolina Gold 9 PC	1,100	72	19	0	250	2,340	39	2	26	0	77
Wings Your Way Carolina Gold 12 PC	1,490	96	25	0	335	3,250	57	3	39	0	103
Wings Your Way Sweet Chili 6 PC	760	51	13	0	165	1,880	26	0	16	0	51
Wings Your Way Sweet Chili 9 PC	1,130	76	19	0	250	2,680	36	<1	22	0	77
Wings Your Way Sweet Chili 12 PC	1,520	102	26	0	335	3,750	53	<1	33	0	102
Wings Your Way Whiskey Soy 6 PC	720	47	13	0	165	1,550	22	0	14	0	51
Wings Your Way Whiskey Soy 9 PC	1,060	71	19	0	250	2,240	30	0	18	0	76
Wings Your Way Whiskey Soy 12 PC	1,440	95	25	0	335	3,100	44	0	27	0	102

LUNCH & DINNER Nutritional Information



	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
On a Crust Shareables											
BBQ Chicken Flatbread	650	27	12	0	105	2,220	79	<1	18	0	39
Beyond Burger Flatbread	750	39	13	0	60	1,720	69	5	7	0	32
Cheeseburger Flatbread	790	41	15	0.5	115	2,230	67	<1	7	0	38
Chipotle BLT Flatbread	570	25	10	0	65	1,470	64	<1	7	0	25
Classic Pepperoni Flatbread	640	29	14	0	75	1,850	66	0	5	0	30
Dragonfire Pork Belly Flatbread	1,040	64	21	0	100	2,470	88	5	22	0	28
Margherita Flatbread	710	40	11	0	50	1,610	65	<1	5	0	24
Short Rib & Balsamic Onion Flatbread	790	36	14	0	115	1,720	77	3	14	0	41
Smoked Brisket Flatbread	730	35	15	0	120	2,430	78	3	18	0	41
Soups											
Mushroom and Brie Bisque	500	39	13	0	60	1,340	26	0	3	0	12
Texas-Style Chili Con Carne	690	36	13	1.5	90	1,510	61	0	6	0	33
Tomato and Basil Bisque	480	37	9	0	50	1,020	29	0	15	0	9
Salads											
Apple-Cheddar Salad Kens	620	46	12	0	45	480	37	5	22	0	15
Apple-Cheddar Salad T. Marzetti	600	43	12	0	40	440	38	5	23	0	15
Asian Sweet Chili Chicken Salad	690	42	4	0	80	1,920	45	5	31	3	33
BBQ Chicken Salad	530	28	6	0	155	1,730	41	3	9	0	32
Caesar Salad, No Dressing	410	32	5	0	50	770	25	2	1	0	10
Crispy Chicken Cobb	570	33	7	0	150	1,170	40	6	5	0	33
Salad Dressings											
Salad Dressing, Balsamic (1.5 oz)	90	7	0.5	0	0	270	6	0	6	0	0
Salad Dressing, Bleu Cheese (1.5 oz)	230	25	5	0	20	380	3	0	1	0	3
Salad Dressing, Caesar (1.5 oz)	230	25	3.5	0	45	280	1	0	0	0	1
Salad Dressing, French (1.5 oz)	220	19	2.5	0	<5	250	10	0	8	0	0
Salad Dressing, Honey Mustard Dijon (1.5 oz)	210	20	3	0	20	210	7	0	6	0	0
Salad Dressing, Raspberry Vinaigrette (1.5 oz)	45	0	0	0	0	330	11	0	11	0	0
Salad Dressing, Red Wine Vinaigrette (1.5 oz)	120	12	1.5	0	0	400	4	0	4	0	0
Salad Dressing, Thousand Island (1.5 oz)	210	21	3.5	0	20	300	5	0	5	0	0

LUNCH & DINNER Nutritional Information



	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Burgers & Sandwiches											
Beyond Burger Upgrade	280	20	6	0	0	390	6	2	0	0	20
Bistro Chicken Sandwich No Sides	880	44	12	0	150	1,840	69	<1	18	0	49
Bistro Chicken Sandwich with Fries	1,100	50	13	0	150	2,610	105	<1	19	0	53
Bistro Chicken Sandwich with Fruit	930	44	12	0	150	1,860	82	3	28	0	51
Bistro Chicken Sandwich with Potato Chips	1,060	50	12	0	220	1,770	88	5	13	2	69
Brisket Grilled Cheese No Sides	960	67	26	0.5	155	1,910	45	2	5	0	47
Brisket Grilled Cheese with Fries	1,180	74	27	0.5	155	2,530	81	6	7	0	51
Brisket Grilled Cheese with Fruit	1,010	67	26	0.5	155	1,920	58	4	15	0	49
Double Oink Burger No Sides (Hormel)	1,250	80	24	1.5	245	1,790	52	<1	17	0	76
Double Oink Burger No Sides (Richs)	1,180	74	21	1.5	225	1,760	51	<1	16	0	73
Double Oink Burger with Fries (Hormel)	1,480	87	26	1.5	245	2,560	88	<1	19	0	80
Double Oink Burger with Fries (Richs)	1,400	81	23	1.5	225	2,530	87	<1	18	0	77
Double Oink Burger with Fruit (Hormel)	1,310	81	24	1.5	245	1,810	65	3	27	0	78
Double Oink Burger with Fruit (Richs)	1,230	74	22	1.5	225	1,780	64	3	26	0	75
Garden Burger No Sides	570	32	4.5	0	<5	1,010	55	3	9	0	25
Garden Burger with Fries	790	38	6	0	<5	1,770	91	3	11	0	29
Garden Burger with Fruit	620	32	4.5	0	<5	1,020	68	5	19	0	26
Open-Face Caprese No Sides	610	45	12	0	35	970	33	1	6	0	16
Open-Face Caprese with Fries	830	52	13	0	35	1,740	69	1	8	0	20
Open-Face Caprese with Fruit	660	45	12	0	35	990	46	3	16	0	18
Open-Faced Caprese with Potato Chips	780	53	12	0	35	1,200	56	4	6	0	19
Roasted Red Pepper Hummus Wrap with Potato Chips	640	33	3.5	0	0	1,470	74	8	4	0	16
Short Rib Grilled Cheese No Sides	960	67	26	0	165	1,350	40	2	<1	0	51
Short Rib Grilled Cheese with Fries	1,180	74	28	0	165	1,970	76	5	2	0	55
Short Rib Grilled Cheese with Fruit	1,010	67	27	0	165	1,370	52	4	11	0	53
Signature Crispy Chicken Sandwich No Sides	890	59	16	0	150	1,530	61	2	8	0	30
Signature Crispy Chicken Sandwich with Fries	1,110	66	17	0	150	2,150	97	3	10	0	33
Signature Crispy Chicken Sandwich with Fruit	940	59	16	0	150	1,550	73	4	18	0	31
Steakhouse Bleus Wrap with Potato Chips	980	63	17	0	110	1,920	66	7	6	1	42
Steak Sandwich No Sides	890	56	16	0	155	1,350	50	0	4	0	48
Steak Sandwich with Fries	1,110	63	18	0	155	2,120	86	0	6	0	52
Steak Sandwich with Fruit	940	56	16	0	155	1,370	62	2	15	0	49
Steak Sandwich with Potato Chips	1,100	68	18	0	160	1,480	74	4	4	0	51
Wild Mushroom Wrap with Potato Chips	780	48	7	0	0	1,690	80	7	12	4	16

LUNCH & DINNER Nutritional Information



	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Entrees											
12 oz Ribeye Steak	830	51	22	2.5	300	590	<1	0	0	0	93
Braised Short Ribs	1,050	59	23	0	265	1,190	35	3	4	0	88
Citrus Grilled Salmon Bowl (Path of Life)	1,040	44	4.5	0	125	1,550	104	8	9	0	65
Citrus Grilled Salmon Bowl (Simple)	930	45	4.5	0	125	1,860	73	7	11	0	60
Crispy Hoisin Glazed Pork Belly	1,570	128	41	0	140	2,180	75	7	22	0	30
Fusilli Carbonara	630	28	7	0	190	780	68	1	6	0	23
Fusilli Carbonara (CS)	1,180	83	29	0	100	1,560	68	4	6	0	33
Fusilli Carbonara (Sysco)	1,150	81	28	0	95	1,640	69	4	6	0	32
Grilled Vegetable Pasta Primavera	560	23	5	0	<5	750	70	3	9	0	17
Korean-Style Steak Bowl - Path of Life Grains	1,010	60	12	0	125	1,930	69	2	8	2	50
NY Strip	660	34	15	0	265	550	<1	0	0	0	83
Pepperoni Pizza, 16"	3,060	115	63	1	230	7,580	379	0	32	0	140
Simply Grilled Chicken	270	16	7	0	105	620	3	0	0	0	26
Simply Grilled Salmon	450	33	11	0	120	480	<1	0	0	0	35
Sticky Finger Ribs (Entree)	1,130	68	24	0.5	275	2,270	46	0	34	0	79
Tenders and Fries	800	33	6	0	50	2,020	93	5	20	0	34
Wild Mushroom Ravioli	640	35	9	0	55	1,260	68	0	10	2	24

LUNCH & DINNER Nutritional Information



	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Add-Ons											
American Cheese (Add-On)	80	7	4	0	20	360	1	0	0	0	4
Bleu Cheese (Add-On)	35	2.5	2	0	<5	105	0	0	0	0	2
Boursin Cheese (Add-On)	90	9	6	0	20	130	<1	0	<1	0	1
Cheddar Cheese (Add-On)	90	7	4	0	20	140	<1	0	0	0	5
Chicken Breast (Add-On)	160	4.5	1	0	80	530	2	0	0	0	26
French Fries - Regular Side	220	7	1.5	0	0	770	36	0	2	0	3
Fruit Side	50	0	0	0	0	15	12	2	10	0	1
Gruyere Cheese (Add-On)	90	7	4	0	25	150	0	0	0	0	6
House Salad	150	4.5	0	0	0	360	27	2	3	0	6
Korean BBQ Mixed Grains	230	7	1	0	0	580	37	0	2	0	6
Korean BBQ Mixed Grains (Simplot)	160	5	0.5	0	0	230	22	0	4	0	5
Redskin Mashed Potatoes	170	6	1.5	0	<5	460	26	0	3	0	2
Salmon Filet (Add-On)	360	23	5	0	95	390	0	0	0	0	35
Seasonal Vegetable Medley	30	1	0	0	0	45	5	2	3	0	1
Sliced Sirloin Cold (Add-On)	320	19	7	0	125	730	0	0	0	0	39
Sliced Sirloin Hot (Add-On)	320	19	7	0	125	490	0	0	0	0	39
Smoked Gouda (Add-On)	80	6	4	0	25	170	0	0	0	0	5
Swiss Cheese (Add-On)	80	7	4	0	20	40	0	0	0	0	6
Desserts											
Caramel Apple Granny	650	33	17	0	155	270	79	0	58	33	8
Flourless Chocolate Torte	470	33	19	0	115	15	42	<1	32	2	6
Haagen-Daz Vanilla Ice Cream (2.5 oz)	270	18	10	0.5	110	50	21	0	20	16	5
Mason Jar Chocolate Fudge Cake	1,090	50	38	0	60	660	148	0	112	3	11
New York-Style Cheesecake	540	35	19	0	150	360	51	0	34	10	8
Rockslide Brownie	830	52	24	0.5	180	350	87	0	71	2	8
Salted Caramel Vanilla Crunch Cake	690	39	23	0	165	380	78	<1	53	2	6
Shakin' Donut Holes Chocolate Truffle	560	32	14	0	20	740	65	2	30	0	6
Shakin' Donut Holes Sweet n' Spicy Chile-Cinnamon	560	31	14	0	20	740	65	2	30	0	6
Kids Menu											
Chicken Tenders 'n Fries	620	24	3.5	0	35	1,690	78	0	22	0	25
French Fries - Kids Side	150	4.5	1	0	0	550	24	0	1	0	2
Grilled Cheese	430	30	10	0	40	640	25	0	3	0	17
Mobley Jr. Plain No Sides	420	25	9	1.5	80	1,150	25	2	5	0	24
Pasta Jr.	310	13	5	0	25	1,130	36	0	5	0	13
Peanut Butter & Jelly No Sides	560	27	6	0	0	480	64	2	28	3	18

LUNCH & DINNER Nutritional Information

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Beverages											
Barq's Root Beer	230	0	0	0	0	70	57	0	57	57	0
Brewed Iced Tea	0	0	0	0	0	15	1	0	0	0	0
Cherry Coke	220	0	0	0	0	55	56	0	56	56	0
Coca-Cola	210	0	0	0	0	50	53	0	53	53	0
Coke Zero Sugar	0	0	0	0	0	55	0	0	0	0	0
Diet Coke	0	0	0	0	0	65	0	0	0	0	0
Fanta Orange	210	0	0	0	0	55	54	0	53	53	0
Fuze Sweet Tea	0	0	0	0	0	65	0	0	0	0	0
Fuze Unsweet Tea	0	0	0	0	0	65	0	0	0	0	0
Ginger Ale	190	0	0	0	0	60	46	0	46	46	0
Gold Peak Diet Green Tea	5	0	0	0	0	65	0	0	0	0	0
Gold Peak Lemonade Tea	190	0	0	0	0	65	47	0	46	46	0
Gold Peak Raspberry Tea	130	0	0	0	0	90	31	0	30	30	0
Gold Peak Southern Style Tea	210	0	0	0	0	65	52	0	52	52	0
Gold Peak Sweetened Black Tea	160	0	0	0	0	65	42	0	41	41	0
Gold Peak Sweetened Green Tea	130	0	0	0	0	65	32	0	32	32	0
Gold Peak Unsweetened Tea	0	0	0	0	0	65	0	0	0	0	0
Hi-C Flashin Fruit Punch	220	0	0	0	0	100	57	0	55	55	0
Iced Tea (16 oz)	0	0	0	0	0	15	1	0	0	0	0
Mello Yello	230	0	0	0	0	65	58	0	58	58	0
Minute Maid Lemonade	190	0	0	0	0	130	48	0	46	46	0
Minute Maid Zero Sugar Lemonade	10	0	0	0	0	55	3	0	0	0	0
Pibb Xtra	200	0	0	0	0	70	49	0	49	49	0
Seagram's Ginger Ale (16 oz)	170	0	0	0	0	60	47	0	46	46	0
Sprite	200	0	0	0	0	90	49	0	49	49	0
Sprite Zero	0	0	0	0	0	60	0	0	0	0	0

LUNCH & DINNER Nutritional Information

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Wine											
14 Hands, Cabernet (5 oz)	130	0	0	0	0	0	0	0	0	0	0
14 Hands, Cabernet (bottle)	660	0	0	0	0	0	0	0	0	0	0
Chateau Ste Michelle, Reisling (5 oz)	120	0	0	0	0	0	0	0	0	0	0
Chateau Ste Michelle, Reisling (bottle)	600	0	0	0	0	0	0	0	0	0	0
Chateau Ste Michelle, Rose (5 oz)	130	0	0	0	0	0	0	0	0	0	0
Chateau Ste Michelle, Rose (bottle)	650	0	0	0	0	0	0	0	0	0	0
Columbia Crest Grand Estates, Merlot (5 oz)	160	0	0	0	0	0	4	0	0	0	0
Columbia Crest Grand Estates, Merlot (bottle)	800	0	0	0	0	0	20	0	0	0	0
Domaine Ste Michelle, Sparkling (5 oz)	100	0	0	0	0	0	0	0	0	0	0
Domaine Ste Michelle, Sparkling (bottle)	500	0	0	0	0	0	0	0	0	0	0
Kendall-Jackson, Chardonnay (5 oz)	130	0	0	0	0	0	4	0	0	0	0
Kendall-Jackson, Chardonnay (bottle)	650	0	0	0	0	0	20	0	0	0	0
Menage a Trois, Red Blend (5 oz)	130	0	0	0	0	0	3	0	0	0	0
Menage a Trois, Red Blend (bottle)	650	0	0	0	0	0	15	0	0	0	0
Murphy-Goode, Pinot Noir (5 oz)	120	0	0	0	0	0	4	0	0	0	0
Murphy-Goode, Pinot Noir (bottle)	600	0	0	0	0	0	20	0	0	0	<1
Murphy-Goode, Sauvignon Blanc (5 oz)	120	0	0	0	0	0	2	0	0	0	0
Murphy-Goode, Sauvignon Blanc (bottle)	600	0	0	0	0	0	10	0	0	0	<1
Sea Glass, Pinot Noir (5 oz)	120	0	0	0	0	0	4	0	0	0	0
Sea Glass, Pinot Noir (bottle)	620	0	0	0	0	0	20	0	0	0	0
Sutter Home, White Zinfandel (5 oz)	110	0	0	0	0	0	8	0	0	0	0
Sutter Home, White Zinfandel (bottle)	550	0	0	0	0	0	40	0	0	0	0
Trinity Oaks, Chardonnay (5 oz)	120	0	0	0	0	0	4	0	0	0	0
Trinity Oaks, Chardonnay (bottle)	620	0	0	0	0	0	20	0	0	0	0
Trinity Oaks, Pinot Grigio (5 oz)	120	0	0	0	0	0	3	0	0	0	0
Trinity Oaks, Pinot Grigio (bottle)	590	0	0	0	0	0	15	0	0	0	0
Beer											
Ballast Point Sculpin (12 oz)	240	0	0	0	0	0	0	0	0	0	0
Bud Light (12 oz)	110	0	0	0	0	10	7	0	0	0	<1
Budweiser (12 oz)	150	0	0	0	0	10	11	0	0	0	1
Corona Extra (12 oz)	150	0	0	0	0	15	13	0	0	0	0
Goose Island IPA 6% (12 oz)	210	0	0	0	0	10	21	0	0	0	0
Heineken (12 oz)	140	0	0	0	0	10	11	0	0	0	0
Heineken, Non-Alc (12 oz)	70	0	0	0	0	0	15	0	0	0	0
Michelob Ultra (12 oz)	100	0	0	0	0	15	3	0	0	0	<1
Sierra Nevada Brewing Company Pale Ale (12 oz)	180	0	0	0	0	0	15	0	0	0	2
Stella Artois (12 oz)	150	0	0	0	0	45	12	0	0	0	1

LUNCH & DINNER Nutritional Information



	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Cocktails											
Alabama Slammer	170	0	0	0	0	0	13	0	12	0	0
Amaretto Sour	240	0	0	0	0	0	47	0	43	0	0
Apple Tini	140	0	0	0	0	0	9	0	8	0	0
B-52	70	1.5	1	0	0	0	9	0	9	0	0
Bahama Mama	180	0	0	0	0	0	23	0	18	0	0
Bay Breeze	150	0	0	0	0	0	16	0	12	0	0
Bellini	210	0	0	0	0	0	25	0	25	0	0
Bitter Mai Tai	230	0	0	0	0	0	17	0	15	0	0
Bloody Mary	130	0	0	0	0	410	8	0	6	6	1
Bourbon Sour	230	0	0	0	0	0	23	0	19	0	0
Brandy Alexander	120	8	5	0	25	5	7	0	7	0	<1
Candied Apple	190	0	0	0	0	70	31	0	30	30	0
Cape Codder	150	0	0	0	0	5	18	0	14	0	0
Caramel Manhattan	190	0	0	0	0	0	17	0	15	15	0
Cherry Blossom	140	0	0	0	0	0	14	0	10	0	0
Cosmopolitan	120	0	0	0	0	0	13	0	7	0	<1
Cuba Libre	210	0	0	0	0	20	20	0	19	0	0
Cucumber Gin & Tonic	150	0	0	0	0	15	0	0	11	11	0
Daiquiri	180	0	0	0	0	0	13	0	11	0	0
Dark 'N' Stormy	110	0	0	0	0	0	15	0	13	0	0
Gin & Tonic	180	0	0	0	0	15	11	0	10	0	0
Gin Fizz	230	1.5	1	0	<5	15	15	1	14	0	1
Irish Coffee	190	2.5	1.5	0	10	0	7	0	7	0	0
Kamikaze	170	0	0	0	0	0	12	0	9	0	0
Lemon Drop	140	0	0	0	0	0	17	0	14	0	0
Long Island Iced Tea	290	0	0	0	0	10	28	0	26	0	0
Madras	160	0	0	0	0	5	18	0	14	0	0
Manhattan	190	0	0	0	0	0	6	0	4	0	0
Margarita	270	0	0	0	0	580	32	0	27	27	0
Martini	160	0	0	0	0	45	<1	0	0	0	0
Minty Fresh Mule	150	0	0	0	0	0	16	0	8	0	<1
Modern Mule	210	0	0	0	0	0	29	0	29	29	0
Mojito	200	0	0	0	0	0	17	0	15	0	0
Negroni	240	0	0	0	0	0	25	0	10	0	0

(Continued)

LUNCH & DINNER Nutritional Information



	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Cocktails (Continued)											
Old Fashioned	150	0	0	0	0	0	2	0	2	2	0
Paloma	150	0	0	0	0	200	14	0	14	14	0
Screwdriver	170	0	0	0	0	5	20	0	17	0	0
Sidecar	180	0	0	0	0	0	17	0	15	0	0
Strawberry Daiquiri	140	0	0	0	0	0	12	0	9	9	0
Strawberry Mojito	250	0	0	0	0	105	30	1	26	0	1
Summer Shandy	120	0	0	0	0	0	11	0	10	0	0
The Colada Shiver	200	1.5	1.5	0	0	15	24	0	16	0	0
Tom Collins	260	0	0	0	0	0	31	<1	26	0	0
Tropical Tequila	150	0	0	0	0	35	13	0	13	13	<1
Vodka & Tonic	190	0	0	0	0	10	16	0	15	0	0
Whiskey Sour	250	0	0	0	0	0	29	0	25	0	0
White Russian	270	2	1	0	<5	15	17	0	14	0	<1
The Shop - Prepared Foods											
The Shop Apple-Cheddar Salad Kens	540	44	11	0	45	390	24	4	18	10	15
The Shop Bistro Chicken Sandwich	830	35	10	0	220	1,550	64	3	13	2	66
The Shop Chicken Caesar Salad	620	36	7	0	200	1,030	24	2	1	0	52
The Shop Grilled Chicken Cobb Salad	820	62	12	0	300	1,150	13	6	8	3	53
The Shop Mixed Green Salad	260	12	1	0	0	670	38	3	11	6	7
The Shop Open-Faced Caprese	550	38	11	0	35	970	33	3	6	0	16
The Shop Roasted Red Pepper Hummus Wrap	410	17	1.5	0	0	1,250	50	6	4	0	13
The Shop Steakhouse Bleus Wrap	750	48	15	0	110	1,700	42	5	6	1	39
The Shop Steak Sandwich	870	53	16	0	160	1,260	50	2	4	0	48
The Shop Wild Mushroom Wrap	550	33	5	0	0	1,470	56	5	12	4	13

LUNCH & DINNER Nutritional Information



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The Shop - Coffee											
Americano (Large Crescendo)	0	0	0	0	0	5	0	0	0	0	0
Americano (Small Crescendo)	0	0	0	0	0	0	0	0	0	0	0
Cappuccino (Large Crescendo FV)	220	9	6	0	25	120	27	0	25	9	8
Cappuccino (Small Crescendo FV)	200	8	6	0	25	105	24	0	23	8	7
Cappuccino Large (Crescendo)	230	12	8	0	45	180	18	0	18	0	13
Cappuccino Large with Milk and Sugar (Crescendo)	220	9	6	0	25	120	27	0	25	9	8
Cappuccino Small (Crescendo)	210	11	7	0	40	160	16	0	16	0	11
Cappuccino Small with Milk and Sugar (Crescendo)	200	8	6	0	25	105	24	0	23	8	7
Coffee w/French Vanilla Sweetened Milk (Automatic 10 oz)	70	1	0.5	0	0	110	14	0	11	9	<1
Coffee w/French Vanilla Sweetened Milk (Automatic 12 oz)	90	1	0.5	0	0	150	19	0	15	12	<1
Coffee w/French Vanilla Sweetened Milk (Automatic 16 oz)	110	1.5	1	0	0	180	24	0	19	15	1
Coffee with Milk Sweetened (Automatic 10 oz)	70	1.5	1	0	0	75	13	0	9	6	2
Coffee with Milk Sweetened (Automatic 12 oz)	90	2	1.5	0	0	100	17	0	13	8	2
Coffee with Milk Sweetened (Automatic 16 oz)	120	2.5	2	0	0	125	21	0	16	10	3
Coffee with Mocha (Automatic 10 oz)	60	0.5	0	0	0	120	11	<1	11	8	2
Coffee with Mocha (Automatic 12 oz)	80	1	0	0	0	160	15	<1	15	10	3
Coffee with Mocha (Automatic 16 oz)	110	1	0	0	0	200	19	1	19	13	4
Coffee with Plain Milk (Automatic 10 oz)	60	0	0	0	0	35	9	0	6	0	7
Coffee with Plain Milk (Automatic 12 oz)	80	0	0	0	0	50	12	0	7	0	9
Coffee with Plain Milk Automatic (Automatic 16 oz)	100	0	0	0	0	60	15	0	9	0	11
Crescendo Cappuccino (Large)	230	12	8	0	45	180	18	0	18	0	13
Crescendo Cappuccino (Small)	210	11	7	0	40	160	16	0	16	0	11
Crescendo Latte (Large)	230	12	8	0	45	180	18	0	18	0	13
Crescendo Latte (Small)	210	11	7	0	40	160	16	0	16	0	11
Espresso (Large Crescendo)	5	0	0	0	0	10	<1	0	0	0	0
Espresso (Small Crescendo)	0	0	0	0	0	0	0	0	0	0	0
Hot Chocolate (10 oz Automatic)	140	1	0.5	0	<5	270	26	1	25	17	4
Hot Chocolate (12 oz Automatic)	180	1.5	1	0	<5	340	32	2	32	22	5
Hot Chocolate (16 oz Automatic)	250	2	1	0	<5	470	45	2	44	30	8
Hot Chocolate (Large Crescendo FV)	220	11	7	0	40	170	20	<1	18	2	11
Hot Chocolate (Small Crescendo FV)	200	10	6	0	35	150	18	<1	16	2	10
Hot Cocoa (Sure Immersion 12 oz)	120	1	1	0	0	100	19	1	24	21	1
Hot Cocoa (Sure Immersion 16 oz)	160	1.5	1.5	0	0	125	24	2	30	27	2
Iced Coffee (Sure Immersion 20 oz)	5	0	0	0	0	10	0	0	0	0	<1

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LUNCH & DINNER Nutritional Information

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
The Shop - Coffee (Continued)											
Latte (Large Crescendo FV)	230	12	8	0	45	180	18	0	18	0	13
Latte (Small Crescendo FV)	200	8	6	0	25	105	24	0	23	8	7
Latte Large (Crescendo)	230	12	8	0	45	180	18	0	18	0	13
Latte Small (Crescendo)	210	11	7	0	40	160	16	0	16	0	11
Latte Small with Milk and Sugar (Crescendo)	200	8	6	0	25	105	24	0	23	8	7
Mocha Espresso (Large Crescendo)	80	3.5	2	0	10	45	12	1	9	5	4
Mocha Espresso (Small Crescendo)	35	1.5	1	0	<5	20	5	<1	4	2	2
Mocha with Coffee (Sure Immersion 12 oz)	70	0.5	0.5	0	0	50	10	<1	12	11	<1
Mocha with Coffee (Sure Immersion 16 oz)	90	1	1	0	0	70	14	<1	18	16	1
Mocha with Decaf Coffee (Sure Immersion 12 oz)	60	0.5	0.5	0	0	50	10	<1	12	11	<1
Mocha with Decaf Coffee (Sure Immersion 16 oz)	90	1	1	0	0	70	14	<1	18	16	1
White Coffee (Large Crescendo)	230	12	8	0	45	180	18	0	18	0	13
White Coffee (Small Crescendo)	200	8	6	0	25	105	24	0	23	8	7
White Coffee (Sure Immersion 12 oz)	60	0	0	0	0	10	8	0	3	0	7
White Coffee (Sure Immersion 16 oz)	90	0	0	0	0	15	13	0	5	0	10
White Decaf Coffee (Sure Immersion 12 oz)	60	0	0	0	0	10	8	0	3	0	7
White Decaf Coffee (Sure Immersion 16 oz)	80	0	0	0	0	15	12	0	5	0	7