

Food Menu Report: Full Lunch and Dinner Menu 2019

Item Name	Serving Size	Calories	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Appetizers											
Jumbo Traditional Wings, Blackened	1 appetizer	1330	95	21	0	285	3040	42	9	12	68
Jumbo Traditional Wings, Buffalo	1 appetizer	1430	104	27	0	305	5170	48	9	16	68
Jumbo Traditional Wings, BBQ	1 appetizer	1530	94	21	0	285	2730	94	8	63	68
Jumbo Traditional Wings, Sriracha Soy Glaze	1 appetizer	1570	96	22	0	285	3980	100	8	68	69
Jumbo Traditional Wings, Sweet Chili	1 appetizer	1580	94	21	0	285	3260	101	8	65	68
Grilled Traditional Wings, Blackened	1 appetizer	1170	78	18	0	285	3040	42	9	12	68
Grilled Traditional Wings, Buffalo	1 appetizer	1280	87	24	0	305	5170	48	9	16	68
Grilled Traditional Wings, BBQ	1 appetizer	1370	78	18	0	285	2730	94	8	63	68
Grilled Traditional Wings, Sriracha Soy Glaze	1 appetizer	1410	79	19	0	285	3980	100	8	68	69
Grilled Traditional Wings, Sweet Chili	1 appetizer	1430	78	18	0	285	3260	101	8	65	68
Boneless Wings, Blackened	1 appetizer	730	32	5	0	100	2740	64	11	12	44
Boneless Wings, Buffalo	1 appetizer	830	41	11	0	125	4870	70	12	16	44
Boneless Wings, BBQ	1 appetizer	930	32	5	0	100	2430	116	10	63	43
Boneless Wings, Sriracha Soy Glaze	1 appetizer	970	33	6	0	100	3680	122	11	68	45
Boneless Wings, Sweet Chili	1 appetizer	980	32	5	0	100	2960	123	10	65	43
Pot Stickers	1 appetizer	490	25	5	0	20	2320	59	5	24	11
Asian Wonton Nachos	1 appetizer	1300	24	8	0	110	3600	216	8	53	52
Bacon-Jalapeno Wontons	1 appetizer	1630	116	30	0	135	2220	118	3	29	23
Taste of Asia Platter	1 appetizer	2520	102	31	0	210	6360	316	13	79	77
Chicken Quesadilla	1 appetizer	1110	73	27	0	180	2010	63	8	9	53
Pulled Pork Quesadilla	1 appetizer	1150	79	31	0	165	2110	64	7	11	50
Salsa Verde Steak Quesadilla	1 appetizer	1190	83	32	0	150	1850	64	8	9	47
Guacamole Quesadilla Add On	1 portion	100	9	1.5	0	0	120	6	4	1	1
Bruschetta	1 appetizer	250	13	3	0	5	500	30	2	9	6
Tortilla Chips	1 appetizer	510	6	0	0	0	140	96	11	0	11
Spinach Artichoke Dip	1 appetizer	290	25	11	0	55	630	5	1	2	10
Guacamole	1 appetizer	100	9	1.5	0	0	120	6	4	1	1
House-Made Salsa	1 appetizer	20	0	0	0	0	160	5	1	2	1
Salsa Verde	1 appetizer	40	0	0	0	0	740	5	3	0	0
Black Bean Corn Salsa	1 appetizer	45	0	0	0	0	370	9	2	4	2
Queso	1 appetizer	150	10	6	0	35	540	5	0	4	10
Toasted Ravioli	1 appetizer	1000	64	16	1	75	2300	85	6	6	22
Pretzel Bites	1 appetizer	1010	59	13	0	60	1660	93	1	13	22
Loaded Fries	1 appetizer	1960	116	37	0	130	4360	174	16	8	54

Bar Bites Platter	1 appetizer	3270	202	55	1	200	6430	282	20	18	76
Cheese Curds	1 appetizer	1270	100	37	0	190	2260	44	3	17	47
Nachos, Ground Beef	1 appetizer	1050	42	20	0	135	3510	113	13	10	48
Nachos, Grilled Chicken	1 appetizer	980	31	15	0	150	3590	111	13	10	54
Nachos, Salsa Verde Steak	1 appetizer	1050	41	19	0	125	3430	112	14	10	49
Totchos, Ground Beef	1 appetizer	1590	117	35	0	160	2990	83	8	10	45
Totchos, Grilled Chicken	1 appetizer	1520	106	30	0	175	3070	82	8	9	50
Totchos, Salsa Verde Steak	1 appetizer	1590	116	34	0	150	2910	83	9	9	45
Tacos											
Classic Beef Tacos	1 entrée	1120	37	16	0	100	1400	146	16	7	43
Korean Pork Tacos	1 entrée	1060	20	6	0	60	2120	170	17	31	40
Blackened Shrimp Tacos	1 entrée	1030	29	8	0	155	2000	149	18	10	38
Sweet Chili Chicken Tacos	1 entrée	1090	24	7	0	50	1640	177	17	27	32
Salsa Verde Steak Tacos	1 entrée	1120	35	15	0	95	1630	143	17	5	49
Blackened Shrimp Taco	1 taco	250	11	4	0	75	830	23	3	4	13
Korean Pork Taco	1 taco	260	7	3	0	30	880	34	2	14	14
Sweet Chili Chicken Taco	1 taco	270	9	3.5	0	25	650	37	2	12	10
Classic Beef Taco	1 taco	290	15	8	0	50	520	22	2	2	15
Salsa Verde Steak Taco	1 taco	290	14	7	0	50	640	20	2	1	18
Burgers											
Mushroom & Swiss Burger	1 burger	1150	71	23	0	180	1280	67	3	20	61
Kickin' Burger	1 burger	1410	97	26	0	205	2160	74	3	27	57
Cheese Curd Burger	1 burger	1360	92	38	0	270	2670	49	1	10	80
Cheeseburger with American	1 burger	1040	61	20	0	165	1490	69	3	22	54
Cheeseburger with White Cheddar	1 burger	1060	62	21	0	175	1330	69	3	21	57
Cheeseburger with Pepper Jack	1 burger	1060	62	21	0	175	1450	69	3	22	57
Cheeseburger with Swiss	1 burger	1070	63	22	0	175	1250	69	3	21	59
Cheeseburger with Blue Cheese Crumbles	1 burger	1170	70	26	0.5	195	1910	71	5	21	62
California Burger	1 burger	1100	62	20	0	160	1620	80	6	29	56
Rise-and-Shine Burger	1 burger	1080	61	22	0	365	1590	66	2	20	65
Mac-N-Cheese Burger	1 burger	990	61	25	0	195	1730	50	1	2	58
Three-Cheese Patty Melt	1 burger	1540	104	35	0	235	2640	79	5	16	72
Sandwiches											
Cuban Sandwich	1 sandwich	890	52	14	0	115	2660	57	0	4	47
BBQ Pulled Pork Melt	1 sandwich	1170	73	24	0	130	2580	87	7	34	47
Veggie Melt	1 sandwich	1190	93	24	0	70	2190	65	8	9	30
Chipotle Ranch Turkey Melt	1 sandwich	1200	87	23	0	140	2460	55	6	3	50
Classic BLT	1 sandwich	930	71	13	0	40	1640	53	1	1	19

West Coast Chicken Sandwich	1 sandwich	990	49	12	0	175	1750	73	5	25	60
Reuben Sandwich	1 sandwich	1090	68	18	0	145	3280	68	4	11	52
Adult Grilled Cheese Sandwich	1 sandwich	830	53	13	0	40	1570	71	7	12	22
BBQ Bacon Chicken Sandwich	1 sandwich	1010	48	15	0	180	1930	79	3	32	64
Grilled Chicken Sandwich	1 sandwich	700	25	4	0	125	1100	66	3	21	48
Buffalo Chicken Sandwich	1 sandwich	750	30	7	0	135	2690	69	4	23	49
Burger and Sandwich Add Ons											
Marinated Chicken Breast	1 chicken breast	220	7	1	0	120	760	0	0	0	38
Impossible Burger	1 Impossible burger	240	15	8	0	0	390	9	--	--	19
Gluten-Free Hamburger Bun	1 gluten-free bun	200	5	0	0	0	360	36	4	5	4
Bacon	2 slices	90	8	3	0	10	270	0	0	0	4
Guacamole	1 portion	70	6	1	0	0	80	4	3	1	1
Avocado	1 portion	140	12	2	0	0	5	7	6	1	2
Sauteed Onions and Mushrooms	1 portion	170	14	9	0.5	40	5	7	2	4	2
Pepper Jack Cheese	1 oz	90	7	4.5	0	25	260	1	0	1	6
American Cheese	1 oz	100	9	5	0	20	450	1	0	1	4
Swiss Cheese	1 oz	100	8	5	0	25	60	1	0	0	8
Blue Cheese Crumbles	1 oz	100	8	4.5	0	25	360	2	1	0	5
White Cheddar Cheese	1 oz	110	9	5	0	30	170	1	0	0	7
Sushi											
Starters											
Seaweed Salad	1 salad	110	3.5	0.5	0	0	1120	19	4	8	1
Edamame	1 portion	240	10	22	--	--	20	14	14	0	22
Crispy Option	1 portion	160	10	1.5	0	5	420	17	0	6	2
Crunchy Option	1 portion	250	20	6	0	10	500	15	1	7	2
Nigiri											
Ocean Fruits Nigiri	6 pieces	370	2	0	0	40	1340	66	0	9	16
Standard Sushi Rolls											
Vegetable Roll	10 pieces	340	8	1	0	0	1150	60	5	10	6
California Roll	10 pieces	390	9	1	0	5	1480	65	4	11	11
Spicy Salmon Roll	10 pieces	480	22	3.5	0	25	1230	55	4	8	13
Spicy Tuna Roll	10 pieces	490	20	2.5	0	25	1330	56	4	9	17
Tempura Shrimp Roll	10 pieces	380	7	1	0	0	1380	65	1	13	10
Artisan Sushi Rolls											
Volcano Roll	6 pieces	540	19	6	0	55	1880	63	1	13	25
Godzilla Roll	8 pieces	570	24	8	0	35	1930	74	1	17	12
Red Dragon Roll	8 pieces	630	27	7	0	130	2100	69	4	16	26
Island Roll	8 pieces	510	17	4	0	100	1970	66	5	18	20

Rainbow Roll	8 pieces	530	21	3	0	50	1870	63	6	12	22
Ocean Ching Roll	8 pieces	610	22	3	0	80	1890	73	4	15	25
Spider Roll	8 pieces	670	25	3.5	0	60	2800	93	5	19	18
Paradise Roll	8 pieces	610	17	3	0	30	2090	86	2	17	24
Fire Roll	8 pieces	490	17	2	0	40	1730	54	4	12	28
Entrees											
Filet	1 entrée	610	30	14	0	200	910	25	4	4	58
Top Sirloin	1 entrée	730	46	20	0	160	890	25	4	4	52
Grilled Salmon	1 entrée	810	48	8	0	80	3320	61	4	25	35
Bruschetta Chicken	1 entrée	780	42	10	0	155	1090	45	4	10	53
Bowls											
Burrito Bowl, Fajita Chicken	1 bowl	620	15	9	0	125	1540	74	6	10	45
Burrito Bowl, Salsa Verde Steak	1 bowl	690	25	13	0	95	1380	75	7	10	39
Burrito Bowl, Blackened Shrimp	1 bowl	790	29	10	0	385	2200	74	6	11	52
Beef Broccoli Bowl, Steamed Rice, Wonton	1 bowl	2070	96	25	2	240	5550	207	8	51	86
Beef Broccoli Bowl, Steamed Rice, Crab Rangoon	1 bowl	2080	96	25	2	240	5510	211	8	52	87
Beef Broccoli Bowl, Fried Rice, Wonton	1 bowl	2090	101	25	2	250	5820	202	8	51	86
Beef Broccoli Bowl, Fried Rice, Crab Rangoon	1 bowl	2100	101	26	2	250	5780	206	8	52	87
Beef Broccoli Bowl, Steamed Rice, Egg Roll	1 bowl	2100	96	23	2	230	5750	215	10	51	90
Beef Broccoli Bowl, Fried Rice, Egg Roll	1 bowl	2120	100	24	2	240	6010	210	10	52	90
General Chicken Bowl, Steamed Rice, Wonton	1 bowl	2120	97	17	0	180	4180	254	10	82	57
General Chicken Bowl, Fried Rice, Wonton	1 bowl	2140	102	18	0	195	4450	249	10	83	57
General Chicken Bowl, Steamed Rice, Crab Rangoon	1 bowl	2140	97	18	0	185	4150	259	10	83	57
General Chicken Bowl, Fried Rice, Crab Rangoon	1 bowl	2160	102	18	0	195	4410	254	10	84	57
General Chicken Bowl, Steamed Rice, Egg Roll	1 bowl	2160	97	16	0	175	4380	262	12	83	60
General Chicken Bowl, Fried Rice, Egg Roll	1 bowl	2180	102	17	0	185	4650	257	12	83	60
Stir Fry Bowl, Shrimp	1 bowl	910	14	1.5	0	330	4530	146	4	80	42
Sesame Chicken Bowl, Steamed Rice, Wonton	1 bowl	2200	99	19	0	130	2570	253	3	84	61
Sesame Chicken Bowl, Steamed Rice, Crab Rangoon	1 bowl	2220	99	19	0	130	2530	257	3	84	62
Sesame Chicken Bowl, Fried Rice, Wonton	1 bowl	2230	104	19	0	140	2840	248	3	84	62
Sesame Chicken Bowl, Fried Rice, Crab Rangoon	1 bowl	2240	104	20	0	145	2800	252	3	85	62
Sesame Chicken Bowl, Steamed Rice, Egg Roll	1 bowl	2240	99	17	0	120	2770	261	5	84	65
Sesame Chicken Bowl, Fried Rice, Egg Roll	1 bowl	2260	103	18	0	135	3040	256	5	84	65
Walnut Shrimp Bowl, Steamed Rice, Wonton	1 bowl	1850	74	12	0	15	760	245	5	81	44
Walnut Shrimp Bowl, Fried Rice, Wonton	1 bowl	1870	79	13	0	25	1020	240	5	81	45
Walnut Shrimp Bowl, Steamed Rice, Crab Rangoon	1 bowl	1870	74	12	0	15	720	249	5	82	45
Walnut Shrimp Bowl, Fried Rice, Crab Rangoon	1 bowl	1890	79	13	0	25	990	244	5	82	45
Walnut Shrimp Bowl, Steamed Rice, Egg Roll	1 bowl	1890	74	11	0	5	950	253	7	81	48

Walnut Shrimp Bowl, Fried Rice, Egg Roll	1 bowl	1910	79	12	0	15	1220	248	7	82	48
Loaded Mac N Cheese Bowl	1 bowl	1000	62	26	0.5	100	2650	74	4	8	37
Loaded Mac Buffalo Chicken Bowl	1 bowl	1430	88	34	1	180	4520	97	6	9	62
Loaded Mac Egg Bowl	1 bowl	1270	79	30	0.5	470	3020	90	6	9	50
Loaded Mac BBQ Pork Bowl	1 bowl	1270	71	30	0.5	160	3520	103	4	35	56
Greens											
Cobb Salad	1 Salad	670	43	14	0	350	1710	11	7	3	60
Caesar Salad	1 Salad	620	42	15	0	70	1760	47	5	2	12
Caesar Salad with Chicken	1 Salad	750	45	16	0	150	2120	47	5	2	38
Caesar Salad with Shrimp	1 Salad	790	44	15	0	400	4550	48	5	2	42
Caesar Salad with Salmon	1 Salad	900	61	18	3.5	150	6820	49	6	2	42
Asian Chicken Salad	1 Salad	670	30	4.5	0	120	2240	55	6	28	46
Berry & Pecan Spinach Salad	1 Salad	500	25	3.5	0	15	1000	64	5	54	3
Turkey Trail Mix Salad	1 Salad	850	62	13	0	250	1870	32	5	21	40
Crispy Sriracha Chicken Salad	1 Salad	1100	77	19	0	120	2620	66	8	34	37
Southwest Steak Salad	1 Salad	380	23	8	0	60	750	17	9	4	24
Salad Dressings											
Balsamic Vinaigrette	2 oz	110	9	2	0	0	530	6	0	6	0
House-Made Blue Cheese	2 oz	290	30	6	0	40	380	1	0	1	2
Caesar	2 oz	170	17	4	0	20	550	4	0	0	0
French	2 oz	300	23	4	0	0	420	23	0	21	0
House-Made Honey Mustard	2 oz	290	30	40	0	25	490	4	0	4	1
Raspberry Vinaigrette	2 oz	150	0	0	0	0	790	36	0	26	0
House-Made Italian Vinaigrette	2 oz	230	24	3.5	0	0	630	5	0	4	0
House-Made Ranch Dressing	2 oz	200	20	3	0	20	430	3	0	1	1
Sesame Ginger	2 oz	140	10	1.5	0	0	550	12	0	10	--
Thousand Island	2 oz	250	23	4	0	20	550	9	0	9	0
Light French	2 oz	80	1.5	0	0	0	520	17	0	13	0
Fat-Free Italian	2 oz	25	0	0	0	0	600	5	0	4	0
Fat-Free Ranch	2 oz	80	0	0	0	0	370	18	0	5	0
Traditional Sides											
Hand-Cut Fries	1 portion	620	29	4.5	0	0	1140	82	8	1	7
Stir-Fry Vegetables	1 portion	180	14	2	0	0	370	11	3	6	3
Coleslaw	1 portion	70	4	0.5	0	0	75	10	2	7	1
Asparagus	1 portion	80	7	1	0	0	350	3	2	2	2
Chips and Salsa	1 portion	540	6	0	0	0	350	103	13	3	12
Fresh Fruit	1 portion	50	0	0	0	0	10	12	1	10	1
Jasmine Rice	1 portion	120	0	0	0	0	0	27	0	0	2

White Cheddar Mac-N-Cheese	1 portion	270	17	8	0	35	810	20	1	3	9
Garlic Mashed Potatoes	1 portion	140	9	6	0	25	440	14	1	0	2
Signature Sides											
Caesar Salad	1 side salad	310	21	7	0	35	900	24	2	1	7
House Salad	1 side salad	100	5	2.5	0	15	170	11	3	4	5
Tater Tots	1 portion	690	46	10	0	0	1590	58	6	0	6
Sweet Potato Tots	1 portion	660	33	4	0	0	850	91	9	43	3
Cheese Curds	1 portion	720	54	23	0	115	1230	27	2	10	31
Loaded Fries	1 portion	980	58	19	0	65	2180	87	8	4	27