

MOVIE TAVERN

NUTRITION CHART



The nutritional information seen here was prepared by MenuTrinfo®, LLC and is based on standard serving sizes and product formulations prepared with approved ingredients. The nutritional data presented are based on representative values from the USDA Nutrient Database for Standard Reference and information from product manufacturers. Variation may occur due to the handcrafted nature of our menu items or due to seasonal influences and/or sources of supply of our ingredients. Additionally, formulations may change on occasion or the substitution of ingredients or suppliers may be necessary which will alter the nutritional values.

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

APPETIZERS

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Bone In Wings - BBQ 1 Lb (No Ranch/blue Cheese)	1730	1110	125	27		39	15	515	3370		51		40	86
Bone In Wings - BBQ 1/2 Lb (No Ranch/blue Cheese)	880	550	63	13		19	7	260	1760		30		24	43
Bone In Wings - Buffalo 1 Lb (No Ranch/blue Cheese)	1550	1110	125	27		39	15	515	4940		6			86
Bone In Wings - Buffalo 1/2 Lb (No Ranch/blue Cheese)	780	550	63	13		19	7	260	2700		3			43
Bone In Wings - Lemon Pepper 1 Lb (No Ranch/blue Cheese)	1970	1530	173	57		41	27	645	9680	15	6			87
Bone In Wings - Lemon Pepper 1/2 Lb (No Ranch/blue Cheese)	1030	810	91	31		21	15	335	5550	10	3			43
Bone In Wings - Sriracha 1 Lb (No Ranch/blue Cheese)	1630	1110	125	27		39	15	515	4440		21		15	86
Bone In Wings - Sriracha 1/2 Lb (No Ranch/blue Cheese)	820	550	63	13		19	7	260	2400		12		9	43
Bucket of Popcorn	820	300	34	25		3.5	3.5		3410	500	117	22	1	20
Fried Cheese	1070	610	69	22		18	7	90	2460	290	67	5	11	45
Fried Pickles	900	580	66	10		19	7	15	2790	30	61	5	9	9
General Tso's Cauliflower	470	270	30	5		17	6		1670	450	40	7	9	9
Grilled Chicken Quesadilla	1050	600	68	28		13	8	205	2300	480	48	8	9	62

APPETIZERS CONT.

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Grilled Steak Quesadilla	970	610	69	27		13	8	145	2640	280	49	8	10	41
Honey Potato Chips	1050	720	82	38		12	17	130	2720	710	76	4	37	4
Korean Style Wings	1760	1150	130	27		39	18	515	4900	80	44		26	92
Popcorn - Add Butter	500	500	56	35		2.0	16	145	0	0				0
Pretzel	1160	390	44	9		19	7	15	1050	15	170	6	7	25
Roasted Red Pepper Hummus	590	220	25	3.5		5	9		2310	580	79	13	10	19
Seven Layer Dip	1180	710	80	30		14	12	140	2270	480	79	11	8	30
Single Popcorn	290	110	12	9		1.0	1.0		1190	170	41	8		7
Spinach And Artichoke Dip	1000	430	48	29		1.5	6	155	2070	1010	104	12	20	32
Sweet Tater Tots	580	300	34	6		14	5	5	790	65	59	5	23	7
Tomato Goat Cheese Fondue	360	120	13	7		0.5	4.0	20	1110	15	44	2	6	15
Wings Add On: Bleu Cheese (2 fl Oz)	320	300	34	7				30	320					2
Wings Add On: Ranch (2 fl Oz)	270	250	29	4.0			0	15	260	30	1			1

BEVERAGES

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Brisk Raspberry Iced Tea-14oz	90								50	23		23	
Brisk Raspberry Iced Tea-20oz	130								70	33		33	
Brisk Raspberry Iced Tea-32oz	200								115	52		52	
Brisk Raspberry Iced Tea-44oz	280								160	72		72	
Caffeine Free Diet Pepsi-14oz									45				
Caffeine Free Diet Pepsi-20oz									65				
Caffeine Free Diet Pepsi-32oz									100				
Caffeine Free Diet Pepsi-44oz									140				
Cherry Pepsi-14oz	170								35	49		49	
Cherry Pepsi-20oz	250								50	70		70	
Cherry Pepsi-32oz	400								80	112		112	
Cherry Pepsi-44oz	550								110	154		154	
Diet Dr Pepper-14oz									60				
Diet Dr Pepper-20oz									90				
Diet Dr Pepper-32oz									140				
Diet Dr Pepper-44oz									190				
Diet Mountain Dew-14oz									60				
Diet Mountain Dew-20oz									90				
Diet Mountain Dew-32oz									140				
Diet Mountain Dew-44oz									190				

BEVERAGES CONT.

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Diet Pepsi-14oz									45				
Diet Pepsi-20oz									65				
Diet Pepsi-32oz									100				
Diet Pepsi-44oz									140				
Diet Sierra Mist-14oz									45				
Diet Sierra Mist-20oz									65				
Diet Sierra Mist-32oz									100				
Diet Sierra Mist-44oz									140				
Dr Pepper-14oz	180								60	47		47	
Dr Pepper-20oz	250								90	68		68	
Dr Pepper-32oz	400								140	108		108	
Dr Pepper-44oz	550								190	149		149	
Kickstart-14oz	70								65	19		18	
Kickstart-20oz	110								90	27		26	
Kickstart-32oz	170								145	43		41	
Kickstart-44oz	230								195	59		57	
Mountain Dew 14oz	190								70	54		54	
Mountain Dew 20oz	270								85	73		73	
Mountain Dew 32oz	440								160	124		124	
Mountain Dew 44oz	600								190	161		160	

BEVERAGES CONT.

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Mug Root Beer-14oz	170								70	51		51	
Mug Root Beer-20oz	250								100	72		72	
Mug Root Beer-32oz	400								160	116		116	
Mug Root Beer-44oz	550								220	159		159	
Pepsi-14oz	180								35	49		49	
Pepsi-20oz	250								50	70		70	
Pepsi-32oz	400								80	112		112	
Pepsi-44oz	550								110	154		154	
Sierra Mist 14oz	180								45	46		46	
Sierra Mist- 20oz	250								65	65		65	
Sierra Mist-32oz	400								100	104		104	
Sierra Mist-44oz	550								140	143		143	

BEVERAGES CONT.

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Sobe Lifewater Yumberry Pomegranate-14oz									55				
Sobe Lifewater Yumberry Pomegranate-20oz									80				
Sobe Lifewater Yumberry Pomegranate-32oz									125				
Sobe Lifewater Yumberry Pomegranate-44oz									175				
Tropicana Lemonade-14oz	180								180	47		47	
Tropicana Lemonade-20oz	260								260	67		67	
Tropicana Lemonade-32oz	410								410	107		107	
Tropicana Lemonade-44oz	570								565	147		147	
Tropicana Pink Lemonade-14oz	180								180	47		47	
Tropicana Pink Lemonade-20oz	260								260	67		67	
Tropicana Pink Lemonade-32oz	410								410	107		107	
Tropicana Pink Lemonade-44oz	570								565	147		147	

BEVERAGES - BOTTLED

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Dasani Water														
Red Bull	110	0	0						210	10	28		26	1
Red Bull - Can	110	0	0						210	10	28		26	1

BEVERAGES - ICEE

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Blue Raspberry - Large	350								35		92		92	
Blue Raspberry - Medium	260								25		67		67	
Cherry - Large	360								35		95		95	
Cherry - Medium	260								25		69		69	

BEVERAGES - SHAKES/SMOOTHIES

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Berry Blast Smoothie (20oz)	530							5	140	0	123		122	10
Frozen Lemonade - Blueberry	340								15	45	87		84	0
Frozen Lemonade - Kids Original (12oz)	170								10	25	44		43	0
Frozen Lemonade - Mango	240	0	0			0			25	70	63		60	0
Frozen Lemonade - Original (20oz)	230	0	0			0			25	70	60		57	0
Frozen Lemonade - Strawberry (20 Oz)	280	0	0			0			25	70	73		70	0
Kid's Reeses Milkshake	750	290	33	20		1.0	2.5	70	430	200	97	2	77	15
Kid's Smoothie	270							3	80	0	64		63	5
Milkshake - Chocolate (12oz)	540	170	20	11				70	330		81		61	9
Milkshake - Chocolate (20oz)	850	270	31	17				100	480		130	1	100	13
Milkshake - Most Wanted	1040	320	36	18				90	650	95	165	4	118	14
Milkshake - Oreo (12oz)	530	190	22	12				70	370	25	73		52	9
Milkshake - Oreo (20z)	780	290	33	18				100	510	25	104		76	13
Milkshake - Salted Caramel (16 Oz)	1010	270	30	17				100	670		163		136	17
Milkshake - Salted Caramel - Jar	1360	370	42	24				140	880		216		179	23
Milkshake - Snickers	750	290	33	16	0	1.5	4.5	75	460	180	98	1	76	13
Milkshake - Strawberry (12oz)	570	170	19	11				70	320		87		71	8
Milkshake - Strawberry (20 Oz)	860	270	30	17				100	460		131		106	12
Milkshake - Vanilla (12oz)	470	170	19	11				70	320		63		47	8
Milkshake - Vanilla (20oz)	800	300	34	19				115	520		108		80	14
Non-alcoholic Chocolate Covered Cherry Shake	900	270	30	17				100	470		141	1	112	13
Non-alcoholic German Chocolate Shake	880	320	36	23			0	100	510	40	122	1	95	13
Tropic Thunder Smoothie (20oz)	530							5	150	0	123		122	10

BREAKFAST

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
AM Stromboli	1100	490	56	23	0	3.5	5	605	3210	350	93	5	10	56
Biscuits & Gravy	450	180	20	8	5	0	1.5	20	1670	130	55	2	8	11
Chicken And Waffles	1310	730	83	30		27	20	130	2020	110	112	2	56	27
Egg Sandwich with Fruit Cup	1200	700	80	23	0	18	13	700	2130	390	98	4	18	49
Steel Cut Oats	1180	630	71	8		0	1.5	15	210	140	131	17	76	17
Tall In The Saddle Pancakes	1270	370	42	21		1.0	9	100	3270	10	200	4	79	20
The All American	1170	810	92	36		10	15	610	2190	490	58	4	21	36
The Junior All American	790	420	48	24		1.5	10	445	2140	40	68	2	19	23

BREAKFAST - SIDES

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Sausage Links (3 Each)	370	320	36	12				65	560		2			9
Side of Bacon (2 Slices)	90	60	7	2.5				20	300					6
Sourdough Toast with Butter (2 Slices)	400	130	15	7		0	3.0	30	560	0	60	2	2	12

BURGERS, SANDWICHES & MORE

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
BLTA Sandwich with Fruit Cup	770	430	49	10		2.0	10	60	1020	940	68	9	25	22
Bacon Mushroom Swiss Burger with Fries	1710	1000	113	34	2.0	14	29	210	2900	1320	97	6	21	73
Buttermilk Fried Chicken Sandwich	1370	580	66	14		24	12	140	2520	880	124	4	39	64
Crispy Chipotle Sliders	1710	850	96	15		26	13	45	3280	400	157	3	65	40
Grilled Chicken Sandwich with Fruit Cup	740	300	34	7		3.5	18	125	1410	800	64	4	23	50
Portobello Mushroom Sandwich with Side Salad	910	580	66	16		3.0	19	80	1130	1080	58	7	18	28
Roasted Red Pepper And Black Bean Veggie Burger	880	290	33	9	0	10	8	10	2400	1260	131	13	37	20
Tavern Burger with Fries	1330	650	73	20	2.0	12	17	140	3100	1060	112	5	35	50

DESSERTS

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Brownie Sundae	820	210	24	11		0.5	1.0	25	420	135	147	4	107	8
Chocolate Mousse	1140	750	85	50		3.0	23	265	330	330	93	5	80	10
Churros	1110	490	56	9		18	7		650	0	141	3	86	9
Key Lime Pie	1120	360	41	22		2.0	11	420	420	1110	168	1	153	27

FROM THE BAR

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
"loaded" Bloody Mary - Jar	190	0	0	0			0		1810	15	12	2	6	2
"loaded" Bloody Mary - Standard	130	0	0	0			0		1420	15	9	2	5	2
60 oz Pitcher - Angry Orchard	920								45		133		105	
60 oz Pitcher - Blue Moon	770								75		65			9
60 oz Pitcher - Bud Light	500								50	420	30			4
60 oz Pitcher - Miller Lite	440								25		15			
60 oz Pitcher - Modelo Especial	670								50	540	49			6
60 oz Pitcher - Stella Artois	700								65		54			
60 oz Pitcher Frozen Margarita	1440								170	20	157	13	127	
Add Puree (.5oz) - Blueberry	50										13		12	
Add Puree (.5oz) - Raspberry	50										13		12	
Add Puree (1oz) - Blueberry	100										25		24	
Add Puree (1oz) - Raspberry	100										25		24	
Add Salt To Rim									480					
Add Sriracha Salt To Rim									760					
Alcoholic Beverage - Add Float	50	20	2.5	1.5		0	0.5	10	15	0	3		3	0
Arnold Calmer - Jar	480	0	0						15	105	94	1	89	0
Arnold Calmer - Standard	320	0	0						10	70	63		59	0
Berry Mule	340								10	25	53	1	49	0
Blue Thing Rocks - Jar	530								35	15	77		71	0
Blue Thing Rocks - Standard	320								25	10	45		41	0

FROM THE BAR CONT.

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Carribbean Rum Punch - Jar (Front)	370	20	2.5	1.5		0	0.5	10	25	135	60		56	1
Carribbean Rum Punch - Jar (Service)	330								10	130	56		52	0
Carribbean Rum Punch - Standard (Front)	300	20	2.5	1.5		0	0.5	10	25	115	50		46	1
Carribbean Rum Punch - Standard (Service)	290								10	110	47		44	0
Chocolate Covered Cherry - 16 fl oz	770	230	25	15		0	0.5	90	430	0	114		92	11
Chocolate Covered Cherry - 24 fl oz	1090	310	35	20		0	1.0	125	600	5	162	1	131	15
Cinnapple Martini - 24 oz	460								15	0	48		38	
Cinnapple Martini - Standard	310								10	0	34		27	
Cosmopolitan (8oz)	190	0	0						10	35	16		13	0
Frozen Blue Thing - Jar	480								65	15	69	5	56	0
Frozen Blue Thing - Standard	330								45	15	50	4	40	0
Frozen Margarita - Jar	440								60	15	58	5	46	0
Frozen Margarita - Standard	290								45	15	41	4	33	0
Frozen Margarita Blueberry - Jar	740								60	15	133	6	118	0
Frozen Margarita Blueberry - Standard	490								45	15	91	4	81	0
Frozen Margarita Mango - Jar	740								75	15	133	5	121	0
Frozen Margarita Mango - Standard	490								55	15	91	4	83	0
Frozen Margarita Peach - Jar	740								75	15	133	5	118	0
Frozen Margarita Peach - Standard	490								55	15	91	4	81	0

FROM THE BAR CONT.

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Frozen Margarita Raspberry - Jar	740								60	15	133	7	118	0
Frozen Margarita Raspberry - Standard	490								45	15	91	5	81	0
Frozen Margarita Strawberry - Jar	740								60	15	130	6	118	0
Frozen Margarita Strawberry - Standard	490								45	15	89	4	81	0
Frozen Modelo Margarita	310								45	170	42	2	22	2
Frozen Sangria Swirl Margarita - Jar	580								70	15	92	5	76	0
Frozen Sangria Swirl Margarita - Standard	360								50	15	58	4	48	0
Frozen Signature Tavernrita - Jar	520								65	20	68	5	55	0
Frozen Signature Tavernrita - Standard	360								45	15	49	4	40	0
German Chocolate Cake Shake - 16 fl oz	930	300	34	22		0	0.5	85	460	40	126	2	101	11
German Chocolate Cake Shake - 24 fl oz	1300	420	48	31		0	1.0	120	640	55	177	3	142	16
Godiva Dark Chocolate Martini (8oz)	610	310	35	22		0	2.0	55	120	80	50	6	32	9
Green Apple Mule - Jar (Jim Beam)	300	0	0						10	45	45	1	41	0
Grown Up Root Beer Float	580	120	14	8				50	230		79		55	6
Have Your Cake And Drink It Too - Jar	1160	350	40	25	0			115	530	0	151		119	14
Have Your Cake And Drink It Too - Standard	900	270	31	20	0			80	390	0	122		97	10
Hawaiian Sunset	450								30	65	80	3	71	0
Honey Don't "bee" Angry - Jar (No Puree)	440								15	25	46		37	0
Honey Don't "bee" Angry - Standard (No Puree)	290								10	25	32		25	0
Honey Mule - Jar	330	0	0						10	35	52		49	0

FROM THE BAR CONT.

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Irish Mule	320	0	0						10	35	50		47	0
Machiatto Martini (8oz)	350	110	12	8		0	3.0	40	50	125	24		17	3
Manhattan	200								0	30	7		5	0
Mexican Mule	320	0	0						10	35	50		48	0
Modelo Margarita	210								30	85	36		25	1
Modelo Michelada - 24 oz	250	0	0	0			0		2530	190	22		2	2
Modelo Michelada - Standard	170	0	0	0			0		2050	130	15		2	1
Mojito (Add Raspberry) - Jar	250										63	2	60	
Mojito (Add Raspberry) - Standard	200										50	2	48	
Mojito - Jar	220	0	0						5	40	25	1	22	0
Mojito - Standard	150								0	25	18		16	0
Old Fashioned	200								0	0	17		16	
Patron Strawberry Rita - 16 fl oz	350								50	20	53		50	0
Patron Strawberry Rita - 24 fl oz	570								70	25	86		82	0
Peach Bellini	400								0	0	45		44	1
Perfect Patron Margarita - Jar	450								40	15	52		47	0
Perfect Patron Margarita - Standard	300								25	10	36		32	0
Salted Caramel - Jar	1370	360	40	23				135	830	0	192		155	21
Salted Caramel - Standard	1140	340	38	21				95	620	0	154		127	16
Salty Dog	360								250	10	60		60	0
Signature Tavernrita Rocks - Jar	450								40	15	52		47	0

FROM THE BAR CONT.

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Signature Tavernrita Rocks - Standard	300								25	10	36		32	0
Soul Surfer - Jar	360								20	190	53		49	0
Soul Surfer - Standard	270								15	150	39		36	0
The Scorpion	520	0	0						30	80	81	3	72	0
Tiki Tavern #8	460	50	6	6					40	110	62	2	56	1
Titanic Tea - Jar (Front)	380	0	0						40	25	48		43	0
Titanic Tea - Jar (Service)	390	0	0						40	25	49		43	0
Titanic Tea - Standard (Front)	240	0	0						25	25	29		25	0
Titanic Tea - Standard (Service)	250	0	0						25	25	30		26	0
Traditional Mule - Jar (Stoli)	300	0	0						10	60	46	2	41	0
Very Berry Sangria - Jar (Red)	700								15	40	142	1	134	0
Very Berry Sangria - Jar (White)	700								25	110	139	1	133	0
Very Berry Sangria - Standard (Red)	510								15	40	104	1	98	0
Very Berry Sangria - Standard (White)	510								20	90	102	1	98	0
Xo-tini	300	70	8	5		0	2.5	25	35	110	33		30	2

KIDS MENU

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Add Celery & Carrots	35	0	0			0			85	330	8	3	4	1
Add Side Salad	110	35	4.0	1.0		0		5	220	230	17	2	3	5
Kid Mac And Cheese with Fruit	350	150	17	10	0	0		50	590	190	42	2	18	11
Kid's Burger (No Sides Or Cheese)	610	270	30	9	1.0	8	11	95	1550	250	56		24	27
Kid's Cheeseburger with Fries	990	510	58	18	1.0	16	14	110	2570	610	90	2	25	34
Kid's Chicken Tenders And Fries	1130	770	87	15		29	11	55	2060	430	57	3	19	24
Kid's Junior Popcorn	200	70	8	6		1.0	1.0		830	120	28	5		5
Kid's Pasta (Buttered) with Fries	690	360	41	19		7	8	65	1330	270	71	3	18	8
Kid's Pasta (Marinara) with Fries	540	180	20	4.5		6	2.5		1630	490	79	4	24	9
Kid's Pizza with Fries	750	360	40	15		10	3.5	40	1710	540	70	5	6	22
Kid's Pizza with Fruit	510	170	19	10		1.5	0.5	40	1040	380	64	5	20	21
Kid's Pizza with Veggies	640	180	20	10		2.5	0.5	40	1650	2480	90	20	29	26
Kraft Mac-n-cheese	600	150	18	4.5		0.5	0	35	1380	530	86	4	16	20

PIZZA

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Add Artichokes	15								210		3	2		1
Add Bacon	60	15	1.5	0				25	570		3		3	9
Add Chicken	90	15	2.0	0.5		0	0.5	45	740	140	0			17
Add Extra Cheese	180	120	14	9				40	400		2			12
Add Ham	35	10	1.0	0				15	400		2		1	5
Add Jalapenos	10								1020		2			
Add Mushrooms	0	0	0						0	55	1			1
Add Olives	50	45	5				4.0		200					
Add Onions	15								0	60	4		2	0
Add Pepperoni	110	90	10	3.5		1.0	4.5	20	420					4
Add Pineapple	35								0	40	9		8	
Add Sausage	80	70	8	2.0		2.0	1.0	20	250		0			5
Add Sweet Peppers	20	0	0						0	120	3	1	2	1
Add Tomatoes	10	0	0						0	105	2		1	0
Build Your Own Pizza - Big Cheesy	960	320	37	18				80	2220	290	118	6	15	41
Margarita Pizza	960	340	38	12	0	2.0	12	60	1700	570	121	9	20	35
Mediterranean Pizza	1180	560	63	15		2.5	17	35	2700	500	126	9	19	33
Portabella And Pepperoni Pizza	1110	460	52	23		2.0	10	100	2710	290	116	7	14	47

SALADS

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Ahi Tuna Salad	440	270	30	4.5		2.0	2.0	45	940	210	17	6	8	24
Chicken Caesar Salad	1150	830	94	20	0	5.0	15	175	1900	730	20	5	4	55
Grain Couscous Salad	580	430	49	5		4.0	26		1710	430	34	4	7	5
Harvest Salad	1400	820	93	12		25	52		1360	1620	127	22	46	25
Ramen Bang-bang Chicken Salad	1210	580	66	11		10	42	110	4870	1140	95	4	8	66
Tavern Chopped Salad	1510	1170	133	36		9	61	120	4340	780	44	13	8	31

SAUCES AND DRESSINGS

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
BBQ Sauce	140								580		36		32	
Balsamic Vinaigrette	210	180	20	3.5					420	15	5		5	0
Buffalo Hot Sauce									1840					
Caesar Dressing	360	340	38	6	0	1.0	6	20	490	10	1			3
Cilantro Lime Dressing	240	220	25	3.5			0	10	230	45	1			1
Honey Mustard Dressing	260	170	19	2.5		0	0	10	490	10	15		15	0
Italian Dressing	280	250	28	5					580		4		4	
Ketchup	70								670		17		13	
Ranch Dressing	270	250	29	4.0			0	15	260	30	1			1
Salsa	20								500		6	2	4	
Sour Cream	180	130	15	11				60	45		3		3	3

SIDES

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Add French Fries	310	190	22	5.0		8	3.0		670	350	25	2	1	2
Garlic Bread	480	220	25	11		6	6	40	810	5	59	2	2	9
Side Fruit Cup	70	0	0			0			0	190	19	2	15	1

TAVERN SPECIALTIES

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Brussels Sprout Salad	720	540	61	13	0	17	23	45	700	460	28	7	17	22
Brussels Sprout Salad: Add Salmon	330	230	26	4.5		6	15	65	140	400				23
Fried Popcorn Shrimp	1380	710	80	18	0	25	9	120	6300	520	140	7	58	20
Game Day Platter - BBQ Wings	3000	1950	221	52	1.5	53	43	370	5220	1020	146	4	64	102
Game Day Platter - Buffalo Sriracha Wings	2950	1950	221	52	1.5	53	43	370	6130	1020	130	4	51	102
Game Day Platter - Lemon Pepper Wings	3150	2210	250	71	1.5	54	51	450	9110	1030	119	4	40	102
Grilled Cheese Sandwich with Soup And Fries	1530	820	93	44	0	11	6	195	3750	360	112	4	27	57
Hatch Chili Mac And Cheese	1180	590	66	32		1.0	0	170	2640	25	98	3	40	47
Rigatoni Casserole	1120	700	80	45		2.5	17	260	1330	440	69	5	6	36
Steak And Cheese Sandwich with Fries	1790	1160	132	43		14	10	165	4580	580	95	5	7	46
Steak Plate	670	410	47	19	0	7	16	275	1320	670	14	3	8	48
Vietnamese Rice Bowl: Chicken	820	280	32	6		4.0	20	110	5640	1410	72	7	11	59
Vietnamese Rice Bowl: Salmon	830	360	40	8		8	23	70	5350	1500	71	7	11	44
Vietnamese Rice Bowl: Steak	900	400	46	13		3.0	26	90	6040	1100	71	7	11	50

