

CAROLINA ALE HOUSE

Nutritional Information Sheet

BAR BITES	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Frickles	680	421	47	9	0	49	5759	57	2	7	9
Popcorn Chicken	930	428	48	8	0	172	3092	59	3	4	60
Classic Burger Sliders	890	479	53	19	0	137	2357	51	2	8	47
Chips and Salsa	620	39	4	1	0	0	1250	136	9	5	8
Southern Fried Chicken Sliders	940	348	39	7	0	95	3458	96	3	11	48
Pretzels with Queso	860	269	30	7	1	10	2984	127	5	5	21

SHAREABLES	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Carolina Nachos with Housemade Chili	1530	392	44	17	4	87	3770	243	23	20	33
Carolina Nachos with Chicken	1670	424	47	17	4	201	3872	227	18	17	76
Five-Cheese Spinach Dip	1040	479	53	28	0	134	1432	106	6	4	31
Beer-Battered Cheese Curds	960	520	58	36	0	178	3189	58	2	9	48
Brisket Quesadilla	1740	1196	133	54	0	205	3370	74	11	9	65
Grilled Chicken Flatbread	810	380	42	11	0	97	1945	54	4	5	50
Loaded Fries - NC Poutine	990	595	66	29	0	107	2530	70	7	6	32
Loaded Fries - Chili Cheese	810	423	47	18	1	58	2289	79	10	11	16
Loaded Fries - Bacon Cheese	1320	920	102	34	0	141	2833	70	7	5	37

HOUSEMADE SOUP or CHILI	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Bowl of Chili	310	101	11	5	0	36	1158	32	7	4	18
Cup of Chili	210	63	7	3	0	24	808	22	6	3	12
Crock of French Onion Soup	280	144	16	9	0	42	1541	19	2	5	15

SALADS	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
<i>Served with choice of salad dressing:</i>											
Housemade Blue Cheese Dressing	510	482	54	9	0	57	537	6	0	1	3
Housemade Ranch Dressing	370	351	39	6	0	40	576	6	0	2	2
Housemade Honey Mustard Dressing	460	421	47	6	0	43	489	12	1	7	1
Housemade Balsamic Vinaigrette	530	479	53	4	0	0	256	13	0	12	0
Housemade Chipotle Ranch Dressing	380	352	39	6	0	40	645	7	1	2	2
Thousand Island Dressing	300	216	24	5	0	15	840	18	0	12	0
Caesar Dressing	410	371	41	8	0	32	1206	6	0	3	6
Thai Peanut	300	201	23	3	0	20	998	20	2	15	3
House Garden Salad	140	63	7	3	0	13	223	12	4	3	7
...add Chicken	270	112	12	5	0	111	920	13	4	3	46
...add Tuna	170	108	12	4	0	89	414	13	4	3	47
Buffalo Shrimp Salad	500	197	22	7	0	183	2526	42	9	6	34
Southern Fried Chicken Salad	750	203	23	9	0	225	2469	59	6	8	76
Blackened Salmon Caesar Salad	910	621	74	14	0	127	2080	22	11	6	41
Southwestern Blackened Tuna Salad	560	135	15	5	0	77	1194	52	9	10	49
Autumn Chopped Salad	920	563	63	17	0	77	1457	69	11	49	20

BURGERS	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
<i>Served with your choice of:</i>											

CAROLINA ALE HOUSE

Beer-Battered French Fries	260	133	15	4	0	0	660	30	3	2	3
Coleslaw	190	126	14	2	0	13	398	16	2	12	1
Steakhouse Burger	1370	738	82	27	1	173	3293	108	8	12	64
Smoked Cheddar Burger	930	484	54	19	1	161	2109	51	3	9	54
The Varsity Cheeseburger	900	475	53	20	1	153	2368	49	3	7	53
...add Bacon	60	55	6	2	0	9	95	0	0	0	2
Pub Burger	1340	781	87	27	1	187	3650	78	4	11	59
Veggie Burger	670	236	26	6	1	5	2559	65	13	8	42
Pimento Cheese and Bacon Burger	1040	601	67	22	1	168	2213	52	3	8	54

ZINGERS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
<i>Served Grilled or Fried with your choice of:</i>											
Housemade Blue Cheese Dressing	510	482	54	9	0	57	537	6	0	1	3
Housemade Ranch Dressing	370	351	39	6	0	40	576	6	0	2	2
5 Boneless Chicken Zingers, Grilled	380	84	9	2	0	165	712	4	1	2	66
5 Boneless Chicken Zingers, Grilled, with BBQ sauce	520	84	9	2	0	165	1292	40	1	34	66
5 Boneless Chicken Zingers, Grilled, with Honey Buffalo sauce	580	174	19	5	0	165	1602	28	4	21	68
5 Boneless Chicken Zingers, Grilled, with Buffalo sauce	540	208	23	7	0	165	1936	11	5	3	68
5 Boneless Chicken Zingers, Grilled, with Habanero BBQ sauce	460	95	11	2	0	165	1275	19	1	15	67
5 Boneless Chicken Zingers, Grilled, with Garlic Parmesan sauce	670	340	40	10	0	170	1430	10	0	0	70
5 Boneless Chicken Zingers, Grilled, with Fiery Thai sauce	470	98	11	2	0	165	1259	20	3	14	68
5 Boneless Chicken Zingers, Hand-Battered & Fried	500	87	10	2	0	166	1195	28	2	5	71
5 Boneless Chicken Zingers, Hand-Battered & Fried, with BBQ sauce	640	87	10	2	0	166	1775	64	2	37	71
5 Boneless Chicken Zingers, Hand-Battered & Fried, with Honey Buffa	690	178	20	5	0	166	2086	52	5	24	72
5 Boneless Chicken Zingers, Hand-Battered & Fried, with Buffalo sau	660	212	24	7	0	166	2420	35	6	5	72
5 Boneless Chicken Zingers, Hand-Battered & Fried, with Habanero BE	570	99	11	2	0	166	1758	42	2	17	71
5 Boneless Chicken Zingers, Hand-Battered & Fried, with Garlic Parm	790	350	40	10	0	170	1910	30	0	10	70
5 Boneless Chicken Zingers, Hand-Battered & Fried, with Fiery Thai	580	102	11	2	0	166	1742	44	3	17	72
10 Boneless Chicken Zingers, Grilled	750	166	18	4	0	329	1387	5	1	3	133
10 Boneless Chicken Zingers, Grilled, with BBQ sauce	1030	166	18	4	0	329	2547	77	1	67	133
10 Boneless Chicken Zingers, Grilled, with Honey Buffalo sauce	1150	348	39	11	0	329	3168	54	7	40	135
10 Boneless Chicken Zingers, Grilled, with Buffalo sauce	1070	416	46	13	0	329	3835	19	9	4	136
10 Boneless Chicken Zingers, Grilled, with Habanero BBQ sauce	900	189	21	4	0	329	2512	34	1	28	133
10 Boneless Chicken Zingers, Grilled, with Garlic Parmesan sauce	1330	690	80	10	0	350	2820	20	0	0	140
10 Boneless Chicken Zingers, Grilled, with Fiery Thai sauce	930	196	22	4	0	329	2480	37	4	26	135
10 Boneless Chicken Zingers, Hand-Battered Fried	980	173	19	4	0	331	2353	52	3	9	141
10 Boneless Chicken Zingers, Hand-Battered Fried, with BBQ sauce	1260	173	19	4	0	331	3513	124	3	73	141
10 Boneless Chicken Zingers, Hand-Battered & Fried, with Honey Buff	1370	355	39	11	0	331	4134	102	9	46	143
10 Boneless Chicken Zingers, Hand-Battered & Fried, with Buffalo sa	1300	423	47	13	0	331	4802	67	11	9	144
10 Boneless Chicken Zingers, Hand-Battered & Fried, with Habanero F	1120	196	22	5	0	331	3478	82	3	33	141
10 Boneless Chicken Zingers, Hand-Battered & Fried, with Garlic Par	1560	690	80	10	0	350	3790	60	0	10	150
10 Boneless Chicken Zingers, Hand-Battered & Fried, with Fiery Thai	1150	203	23	4	0	331	3446	84	6	32	143

AWARD-WINNING WINGS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
<i>Served Hand-Battered & Fried, Roasted Dry Rub, or Grilled with your choice of:</i>											
Housemade Blue Cheese Dressing	510	482	54	9	0	57	537	6	0	1	3
Housemade Ranch Dressing	370	351	39	6	0	40	576	6	0	2	2
6 Fresh Chicken Wings, Roasted Dry Rub	460	268	30	8	0	141	1974	9	4	2	36

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6 Fresh Chicken Wings, Hand-Battered & Fried	650	330	37	10	0	141	2338	37	3	2	39
6 Fresh Chicken Wings, Hand-Battered & Fried, with BBQ sauce	790	330	37	10	0	141	2918	73	3	34	39
6 Fresh Chicken Wings, Hand-Battered & Fried, with Honey Buffalo sa	840	420	47	13	0	141	3228	61	6	21	40
6 Fresh Chicken Wings, Hand-Battered & Fried, with Buffalo sauce	800	455	51	14	0	141	3562	44	7	2	40
6 Fresh Chicken Wings, Hand-Battered & Fried, with Habanero BBQ sau	720	341	38	10	0	141	2901	51	3	14	39
6 Fresh Chicken Wings, Hand-Battered & Fried, with Garlic Parmesan	930	590	70	20	0	150	3060	40	0	0	40
6 Fresh Chicken Wings, Hand-Battered & Fried, with Fiery Thai sauce	730	345	38	10	0	141	2885	53	4	14	40
6 Fresh Chicken Wings, Grilled	420	265	29	8	0	141	1587	3	1	1	34
6 Fresh Chicken Wings, Grilled, with BBQ sauce	560	265	29	8	0	141	2167	39	1	33	34
6 Fresh Chicken Wings, Grilled, with Honey Buffalo sauce	620	356	40	12	0	141	2478	28	4	20	35
6 Fresh Chicken Wings, Grilled, with Buffalo sauce	580	390	43	13	0	141	2812	10	5	2	36
6 Fresh Chicken Wings, Grilled, with Habanero BBQ sauce	500	277	31	8	0	141	2150	18	1	14	34
6 Fresh Chicken Wings, Grilled, with Garlic Parmesan sauce	710	520	60	10	0	150	2300	10	0	0	40
6 Fresh Chicken Wings, Grilled, with Fiery Thai sauce	510	280	31	8	0	141	2134	19	3	13	35
12 Fresh Chicken Wings, Roasted Dry Rub	900	534	59	16	0	283	3910	16	6	2	71
12 Fresh Chicken Wings, Hand-Battered & Fried	1270	659	73	19	0	283	4639	71	5	2	77
12 Fresh Chicken Wings, Hand-Battered & Fried, with BBQ sauce	1550	659	73	19	0	283	5799	143	5	66	77
12 Fresh Chicken Wings, Hand-Battered & Fried, with Honey Buffalo s	1660	840	93	26	0	283	6420	120	11	40	79
12 Fresh Chicken Wings, Hand-Battered & Fried, with Buffalo sauce	1590	908	101	28	0	283	7087	85	13	3	80
12 Fresh Chicken Wings, Hand-Battered & Fried, with Habanero BBQ sa	1420	682	76	20	0	283	5764	100	5	27	78
12 Fresh Chicken Wings, Hand-Battered & Fried, with Garlic Parmesan	1840	1180	130	30	0	300	6070	80	10	0	80
12 Fresh Chicken Wings, Hand-Battered & Fried, with Fiery Thai sauc	1450	688	76	19	0	283	5732	103	8	26	79
12 Fresh Chicken Wings, Grilled	830	529	59	16	0	283	3138	4	1	1	68
12 Fresh Chicken Wings, Grilled, with BBQ sauce	1110	529	59	16	0	283	4298	76	1	65	68
12 Fresh Chicken Wings, Grilled, with Honey Buffalo sauce	1230	711	79	23	0	283	4918	53	7	39	70
12 Fresh Chicken Wings, Grilled, with Buffalo sauce	1150	779	87	26	0	283	5586	18	10	2	71
12 Fresh Chicken Wings, Grilled, with Habanero BBQ sauce	980	552	61	17	0	283	4263	33	1	26	68
12 Fresh Chicken Wings, Grilled, with Garlic Parmesan sauce	1410	1050	120	30	0	300	4570	20	0	0	70
12 Fresh Chicken Wings, Grilled, with Fiery Thai sauce	1010	559	62	17	0	283	4231	36	4	25	70
18 Fresh Chicken Wings, Roasted Dry Rub	1360	802	89	25	0	424	5884	25	10	4	106
18 Fresh Chicken Wings, Hand-Battered & Fried, 18	1910	988	110	29	0	424	6977	107	8	4	116
18 Fresh Chicken Wings, Hand-Battered & Fried, with BBQ sauce	2330	988	110	29	0	424	8717	215	8	100	116
18 Fresh Chicken Wings, Hand-Battered & Fried, with Buffalo sauce	2390	1363	151	42	0	424	10650	129	20	5	121
18 Fresh Chicken Wings, Hand-Battered & Fried, with Honey Buffalo s	2500	1261	140	39	0	424	9648	181	17	60	119
18 Fresh Chicken Wings, Hand-Battered & Fried, with Habanero BBQ sa	2130	1023	114	29	0	424	8665	151	8	41	117
18 Fresh Chicken Wings, Hand-Battered & Fried, with Garlic Parmesan	2770	1770	200	40	0	450	9130	130	10	10	120
18 Fresh Chicken Wings, Hand-Battered & Fried, with Fiery Thai sauc	2170	1033	115	29	0	424	8617	155	12	39	119
18 Fresh Chicken Wings, Grilled	1260	794	88	25	0	424	4725	7	3	3	102
18 Fresh Chicken Wings, Grilled, with BBQ sauce	1680	794	88	25	0	424	6465	115	3	99	102
18 Fresh Chicken Wings, Grilled, with Buffalo sauce	1740	1169	130	38	0	424	8398	29	15	4	107
18 Fresh Chicken Wings, Grilled, with Honey Buffalo sauce	1480	1067	119	35	0	424	7396	81	12	59	105
18 Fresh Chicken Wings, Grilled, with Habanero BBQ sauce	1480	829	92	25	0	424	6413	51	3	40	103
18 Fresh Chicken Wings, Grilled, with Garlic Parmesan sauce	2120	1570	180	40	0	450	6880	30	0	0	110
18 Fresh Chicken Wings, Grilled, with Fiery Thai sauce	1520	839	93	25	0	424	6365	55	7	38	105

ENTRÉES

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Crispy Shrimp Platter	1520	743	83	15	0	355	5634	142	10	43	55
Hand-Battered Chicken Tenders	1430	756	84	14	0	188	3548	105	8	25	65

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Beer-Battered Fish and Chips	1380	728	81	15	0	149	3623	110	8	28	48
Thai Chicken Bowl	1450	581	65	11	0	167	4786	134	12	38	72
Chargrilled Choice Ribeye	1190	637	71	25	0	433	1836	36	6	9	96
...add Fried Jumbo Shrimp	320	41	5	1	0	173	2196	40	2	16	29
Chorizo Meatloaf	1090	667	74	23	0	157	2756	63	5	8	41
Fresh Grilled Salmon	540	272	30	6	0	109	1299	26	4	3	41
Angus Top Sirloin	750	403	45	17	0	122	1729	34	6	8	49
Chicken and Rib Combo	1040	489	54	13	0	172	3272	96	6	57	56
BBQ Baby Back Pork Ribs - Half Rack	880	501	56	16	0	105	2039	71	6	35	23
BBQ Baby Back Pork Ribs - Full Rack	1300	744	83	26	0	197	3019	97	6	56	42
Zinger Mac and Cheese	2320	1004	112	56	0	346	5749	190	13	23	132

HANDHELDS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
<i>Served with your choice of:</i>											
Beer-Battered French Fries	260	133	15	4	0	0	660	30	3	2	3
Coleslaw	190	126	14	2	0	13	398	16	2	12	1
Buffalo Zinger Wrap - Hand-Battered and Fried	1180	635	71	26	0	143	3644	83	8	8	55
Buffalo Zinger Wrap - Grilled	1070	630	70	26	0	143	2914	60	7	6	51
Turkey Club Wrap	740	404	45	11	0	85	2214	52	3	6	33
Carolina Dipper	930	443	49	26	0	98	1900	71	7	10	49
Pimento Cheese BLT	940	559	62	19	0	63	2147	78	8	10	24
Buffalo Chicken Sandwich	1450	771	86	17	1	156	4448	108	9	12	61
Classic Philly Cheesesteak	980	434	48	19	0	110	2457	74	5	9	63
Southern Fried Chicken Club Sandwich	1040	395	44	9	1	129	2839	97	4	12	59
Classic Reuben	760	381	42	16	0	113	3319	52	2	8	44
Caribbean Ahi Tuna Sandwich	800	331	37	7	1	84	1431	70	5	21	45
Shrimp Po' Boy Wrap	740	278	31	7	0	189	1982	80	5	10	36
Baked Turkey and Brie Sandwich	1380	789	88	20	0	143	3649	104	7	15	47

TACOS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Caribbean Fish Tacos - Hand-Battered and Fried	920	238	26	4	0	78	2812	126	11	12	39
...add Fried Fish Taco	290	109	12	2	0	24	907	32	3	7	12
Caribbean Fish Tacos - Grilled	750	232	26	4	0	78	2065	92	10	11	35
...add Grilled Fish Taco	310	150	20	0	0	40	1210	35	5	10	0
Chargrilled Chicken Tacos	830	244	27	4	0	115	2133	92	10	11	49
...add Chicken Taco	320	140	16	2	0	58	891	20	3	5	23
Island-Style Shrimp Tacos	860	236	26	4	0	190	2524	117	11	14	37
...add Shrimp Taco	320	116	13	2	0	95	972	33	3	7	17
Ahi Tuna Tacos	790	233	26	3	0	81	1691	94	11	11	43
...add Ahi Tuna Taco	290	113	13	2	0	47	576	21	3	4	23

SIDES

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Seasonal Vegetables	40	2	0	0	0	0	8	7	3	2	2
Fresh Fruit	80	2	0	0	0	0	16	19	1	17	1
Seasoned Rice	100	25	3	1	0	1	395	18	1	1	2
Steamed Broccoli	30	3	0	0	0	0	23	4	2	1	3
Mashed Potatoes	140	45	5	2	0	4	357	20	2	1	2
Beer-Battered French Fries	260	133	15	4	0	0	660	30	3	2	3
Side Salad	80	32	4	2	0	6	130	8	3	2	4
Side Caesar Salad	330	267	30	6	0	23	870	10	3	4	7
Loaded Mashed Potatoes	220	106	12	6	0	25	579	21	2	1	8

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DESSERTS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Apple Pie Bread Pudding	870	313	35	13	0	115	1081	119	3	70	15
Blueberry Cheesecake	790	403	45	26	0	140	611	82	3	62	10
Hot Chocolate Mud Pie	1240	347	39	24	0	32	614	201	3	167	13
Doughnuts Baker's Dozen	940	379	42	18	0	9	784	127	2	72	12

BEVERAGES

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Pepsi	150	0	0	0	0	0	40	40	0	40	0
Diet Pepsi	0	0	0	0	0	0	50	0	0	0	0
Mountain Dew	170	0	0	0	0	0	80	50	0	50	0
Sierra Mist	150	0	0	0	0	0	40	40	0	40	0
Dr. Pepper	170	0	0	0	0	0	50	40	0	40	0
Diet Dr. Pepper	0	0	0	0	0	0	50	0	0	0	0
Tropicana Pink Lemonade	170	0	0	0	0	0	90	40	0	40	0
Cheerwine	170	0	0	0	0	0	30	40	0	40	0
Aquafina	0	0	0	0	0	0	0	0	0	0	0
Freshly Brewed Iced Tea - Unsweetened	0	0	0	0	0	0	10	0	0	0	0
Freshly Brewed Iced Tea - Sweetened	140	0	0	0	0	0	10	30	0	30	0
Coffee	0	0	0	0	0	0	10	0	0	0	0
Hot Tea	0	0	0	0	0	0	10	0	0	0	0

COCKTAILS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Grand Silver Margarita	220	0	0	0	0	0	0	30	0	30	0
Grand Silver Margarita - Fishbowl	440	0	0	0	0	0	0	60	0	50	0
Mojito	220	0	0	0	0	0	30	20	0	20	0
Southern L.I.T.	290	0	0	0	0	0	10	30	0	20	0
Old Fashioned with Bourbon	220	0	0	0	0	0	20	10	0	10	0
Carolina Hurricane	190	0	0	0	0	0	10	30	0	20	0
Mixed Berry Tea	210	0	0	0	0	0	10	30	0	20	0
Citron Lemon Drop Martini	230	0	0	0	0	0	0	20	0	20	0
Carolina Mai Tai	330	0	0	0	0	0	10	60	0	50	0
Southern Belle Sangria	250	0	0	0	0	0	10	30	0	20	0
Raspberry Lemon Sangria	210	0	0	0	0	0	10	20	0	10	0
Cucumber Spa Mule	190	0	0	0	0	0	10	20	0	20	0
Bulleit Rye Mule	170	0	0	0	0	0	10	10	0	10	0

MOCKTAILS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Prickly Pear Limeade	130	0	0	0	0	0	10	30	0	30	0
Passion Fruit Spritzer	260	0	0	0	0	0	30	60	0	60	0

WINE

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
13 Celsius Sauvignon Blanc (6oz)	150	0	0	0	0	0	0	0	0	0	0
13 Celsius Sauvignon Blanc (9oz)	220	0	0	0	0	0	0	10	0	0	0
13 Celsius Sauvignon Blanc (Bottle)	610	0	0	0	0	0	0	20	0	0	0
Cupcake Pinot Grigio (6oz)	150	0	0	0	0	0	0	0	0	0	0
Cupcake Pinot Grigio (9oz)	220	0	0	0	0	0	0	10	0	0	0

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Cupcake Pinot Grigio (Bottle)	620	0	0	0	0	0	0	20	0	0	0
Mirassou Moscato (6oz)	150	0	0	0	0	0	0	10	0	0	0
Mirassou Moscato (9oz)	220	0	0	0	0	0	0	10	0	0	0
Mirassou Moscato (Bottle)	630	0	0	0	0	0	0	40	0	0	0
One Hope Chardonnay (6oz)	110	0	0	0	0	0	10	0	0	0	0
One Hope Chardonnay (9oz)	170	0	0	0	0	0	10	0	0	0	0
One Hope Chardonnay (Bottle)	480	0	0	0	0	0	30	20	0	10	0
Save Me San Francisco Soul Sister Pinot Noir (6oz)	150	0	0	0	0	0	0	0	0	0	0
Save Me San Francisco Soul Sister Pinot Noir (9oz)	220	0	0	0	0	0	0	10	0	0	0
Save Me San Francisco Soul Sister Pinot Noir (Bottle)	620	0	0	0	0	0	0	20	0	0	0
Trapiche Malbec (6oz)	150	0	0	0	0	0	10	10	0	0	0
Trapiche Malbec (9oz)	230	0	0	0	0	0	10	10	0	0	0
Trapiche Malbec (Bottle)	630	0	0	0	0	0	30	20	0	10	0
Save Me San Francisco Drops of Jupiter Petite-Sirah Blend (6oz)	150	0	0	0	0	0	0	10	0	0	0
Save Me San Francisco Drops of Jupiter Petite-Sirah Blend (9oz)	220	0	0	0	0	0	0	10	0	0	0
Save Me San Francisco Drops of Jupiter Petite-Sirah Blend (Bottle)	620	0	0	0	0	0	0	20	0	0	0
One Hope Cabernet Sauvignon (6oz)	150	0	0	0	0	0	0	10	0	0	0
One Hope Cabernet Sauvignon (9oz)	220	0	0	0	0	0	0	10	0	0	0
One Hope Cabernet Sauvignon (Bottle)	620	0	0	0	0	0	0	20	0	0	0
One Hope Lodi Rosé (6oz)	140	0	0	0	0	0	10	10	0	10	0
One Hope Lodi Rosé (9oz)	210	0	0	0	0	0	10	20	0	10	0
One Hope Lodi Rosé (Bottle)	600	0	0	0	0	0	30	40	0	30	0
Cupcake Prosecco 187 Split (187 ml)	160	0	0	0	0	0	0	10	0	0	0

KIDS MEALS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Kids Chicken Tenders - Grilled	280	51	6	1	0	99	415	13	1	11	40
Kids Chicken Tenders - Fried	440	58	6	1	0	100	1510	47	2	14	46
Kids Pasta with Marinara Sauce	430	22	2	0	0	2	598	86	4	23	14
Kids Pasta with Cheese Sauce	590	160	18	10	0	39	873	83	4	19	22
Kids Pasta with Butter	880	520	58	10	0	0	515	76	4	15	11
Kids Little Cheeseburgers	580	265	29	12	0	86	1485	44	2	15	32
Kids Grilled Cheese Sandwich	570	244	27	13	0	45	1540	56	1	17	21
Kids Cheese Pizza	460	132	15	8	0	30	1050	59	2	18	22
Kids Pepperoni Pizza	520	188	21	11	0	46	1229	59	3	17	24
Kids Wings - Fried	470	221	25	6	0	94	1544	35	2	11	26
Kids Caribbean Grilled Chicken	320	52	6	1	0	99	796	25	2	21	40
Kids Popcorn Shrimp	830	532	59	8	0	221	1743	49	3	18	29
Kids Fish and Chips	980	529	59	11	0	106	2293	78	5	25	32
Kids Cheeseburger Quesadilla	630	319	35	18	0	116	1963	38	4	11	38

KIDS SIDE ITEMS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Kids Salad	80	42	5	3	0	13	127	5	2	1	5
Kids French Fries	160	80	9	2	0	0	396	18	2	1	2
Kids Applesauce	70	0	0	0	0	0	11	17	1	14	0
Kids Rice	100	25	3	1	0	1	395	18	1	1	2
Kids Broccoli	30	3	0	0	0	0	23	4	2	1	3
Kids Little Mac and Cheese	530	158	18	10	0	39	863	70	3	8	21
Kids Stix and Dip	400	352	39	6	0	40	626	10	1	4	2
Kids Sundae	260	66	7	4	0	13	108	43	0	38	3
Kids Fresh Fruit	60	1	0	0	0	0	10	12	1	11	1

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KIDS DRINKS	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Pepsi	90	0	0	0	0	0	20	20	0	20	0
Diet Pepsi	0	0	0	0	0	0	30	0	0	0	0
Mountain Dew	100	0	0	0	0	0	50	30	0	30	0
Sierra Mist	90	0	0	0	0	0	20	20	0	20	0
Dr. Pepper	100	0	0	0	0	0	30	20	0	20	0
Diet Dr. Pepper	0	0	0	0	0	0	30	0	0	0	0
Tropicana Pink Lemonade	100	0	0	0	0	0	50	20	0	20	0
Kids Cheerwine	100	0	0	0	0	0	15	25	0	25	0
Milk	230	108	12	8	0	53	180	18	0	17	12
Kids Apple Juice	180	0	0	0	0	0	23	42	0	42	0

PRIVATE EVENTS-BUFFET (nutrition is by individual serving size-1 serving or 1 piece)	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Garden Salad	60	34	4	2	0	10	98	4	2	1	4
Caesar Salad	210	179	20	5	0	21	600	5	1	2	7
Fried Chicken Wings	160	106	12	3	0	30	447	7	1	0	7
Dry Rubbed Chicken Wings	130	96	11	2	0	30	386	2	1	0	6
Shrimp Cocktail	30	3	0	0	0	30	148	2	0	2	4
Hand-Battered Tenders	180	64	7	1	0	38	552	13	1	2	15
5-Cheese Spinach Dip	470	281	31	16	0	76	730	29	2	4	15
Vegetable platter	130	106	12	2	0	11	298	5	1	2	1
Meatballs	140	93	10	4	0	47	255	3	0	1	9
Fruit & Cheese Platter	240	149	17	8	0	41	400	12	2	9	12
Turkey Club Wrap	240	154	17	4	0	26	597	14	1	2	8
Asian Chicken Wrap	220	77	9	2	0	29	603	20	2	6	13
Burger Sliders	300	160	18	6	0	46	786	17	1	3	16
Southern Fried Chicken Sliders	310	116	13	2	0	32	1153	32	1	4	16
Fresh Grilled Salmon	410	215	24	5	0	84	1354	17	2	2	31
BBQ Chicken Breast	720	352	39	5	0	124	1993	49	4	40	42
Romano Chicken Penne	530	197	22	8	0	86	1311	50	3	5	32
Thai Chicken	850	369	41	7	0	85	2636	77	7	20	39
Enchiladas	600	338	38	18	0	97	1505	36	5	4	24
Chorizo Meatloaf	520	298	33	12	0	105	1492	31	3	3	24
Baked Shrimp Pasta	530	168	19	9	0	178	617	52	3	4	36
House Mashed Yukon Gold Potatoes	200	68	8	3	0	6	535	31	3	2	3
Vegetable Medley	40	2	0	0	0	0	8	7	3	2	2
Beer-Battered Fries	160	80	9	2	0	0	396	18	2	1	2
Southwestern Rice	120	50	6	1	0	0	484	15	2	2	2
Brownies	230	64	7	3	0	0	182	39	1	30	3
Chocolate Chip Cookies	180	72	8	5	0	20	110	24	1	15	2
Doughnuts Baker's Dozen	70	29	3	1	0	1	58	9	0	5	1

Nutritional Information as of 12.20.2018