

FRIDAYS™

NUTRITIONAL INFORMATION

Fridays™ offers authentic American food and exciting drinks in an atmosphere that provides an energizing Friday feeling – any day of the week.

We focus on fresh, quality ingredients; bold, craveable flavors; and fun, shareable items. We have something for every appetite including our Signature Whiskey-Glazed items, USDA burgers, steaks, grilled chicken, seafood, sweet treats, unique drinks and much more.

At Fridays™, we are constantly working with our chefs and mixologists to create and capture emerging food and drink trends that appeal to our Guests.

We happily try to accommodate any special requests and to make substitutions for vegetarian creations (though no meal is vegetarian certified).

Many of our Guests want to know more about the food we serve. Therefore, we provide several types of nutritional information to help our Guests make informed choices.

Participating Fridays™ will, upon request, provide Guests with a supplemental Gluten Sensitivity Selection menu and an Allergen menu with easy-to-read icons to identify foods that contain wheat, soy, peanuts, shellfish and other allergens. Fridays™ also provides this online nutritional analysis to help our Guests find the meal that is right for them.

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APPETIZERS & SNACKS

	TOTAL CALORIES	FAT CALORIES	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Classic Fridays™ Combo											
Wings (Traditional) BBQ (add choice of dressing)	500	220	24	7	0	240	790	29	1	24	44
Wings (Traditional) Carolina Reaper (add choice of dressing)	700	360	40	11	0	405	2520	13	0	6	73
Wings (Traditional) Frank's RedHot® Buffalo (add choice of dressing)	380	210	24	7	0	240	2340	2	0	0	43
Wings (Traditional) Garlic Parmesan (add choice of dressing)	700	500	55	12	0	245	1330	10	0	1	45
Wings (Traditional) Whiskey-Glazed (add choice of dressing)	580	220	24	7	0	240	970	50	1	47	44
Wings (Boneless) BBQ (add choice of dressing)	730	310	34	6	0	50	2100	71	6	31	33
Wings (Boneless) Carolina Reaper (add choice of dressing)	830	390	43	7	0	60	3960	65	6	15	41
Wings (Boneless) Frank's RedHot® Buffalo (add choice of dressing)	610	300	34	6	0	50	3650	44	5	7	31
Wings (Boneless) Garlic Parmesan (add choice of dressing)	930	590	65	11	0	50	2640	52	5	8	33
Wings (Boneless) Whiskey-Glazed (add choice of dressing)	810	310	34	6	0	50	2290	92	5	54	32
Side Blue Cheese	200	190	21	4	0.5	20	310	1	0	1	2
Side Ranch	130	120	14	2.5	0	10	300	1	0	1	1
Loaded Potato Skins	920	410	45	14	0	50	1070	108	18	5	22
Mozzarella Sticks	570	320	36	16	1	50	1010	37	5	2	27
Add on Pan-Seared Pot Stickers	390	150	17	6	0	10	1420	48	1	15	12
Add on Giant Soft Pretzel	630	290	32	10	0	30	1490	68	2	2	17
Add on Giant Soft Pretzel (Impinger)**	500	160	18	7	0	30	1490	68	2	2	17
Wings (Traditional)											
BBQ (add choice of dressing)	770	360	40	11	0	405	1590	34	2	26	73
Carolina Reaper (add choice of dressing)	700	360	40	11	0	405	2520	13	0	6	73
Frank's RedHot® Buffalo (add choice of dressing)	640	350	39	11	0	405	2660	3	0	0	71
Garlic Parmesan (add choice of dressing)	960	640	71	17	0	410	1650	11	0	1	73
Whiskey-Glazed (add choice of dressing)	830	360	40	11	0	405	1300	51	1	47	72
Wings (Boneless)											
BBQ (add choice of dressing)	880	380	43	7	0	60	2550	81	7	33	40
Carolina Reaper (add choice of dressing)	830	390	43	7	0	60	3960	65	6	15	41
Frank's RedHot® Buffalo (add choice of dressing)	770	380	42	7	0	60	4100	54	6	9	39
Garlic Parmesan (add choice of dressing)	1090	660	74	13	0	65	3090	63	6	10	41
Whiskey-Glazed (add choice of dressing)	960	380	43	7	0	60	2740	103	7	56	40
Side Blue Cheese	200	190	21	4	0.5	20	310	1	0	1	2
Side Ranch	130	120	14	2.5	0	10	300	1	0	1	1
Bucket of Bones	1570	740	82	23	0	465	3060	120	6	71	92
Buffalo Chicken & Bacon Flatbread	620	290	32	17	0	90	2430	50	3	4	31
Buffalo Chicken & Bacon Flatbread (Impinger)**	600	270	30	16	0	90	2430	50	3	4	31
Chicken Quesadilla	1620	990	110	47	2	270	3610	83	7	9	77
Chips & Salsa	290	120	13	2	0	0	1330	51	5	3	7
Fridays™ Signature Whiskey-Glazed Chicken Strips	1090	450	50	9	0	60	1570	133	15	108	34
Fridays™ Signature Whiskey-Glazed Sampler	1740	560	62	17	0	205	4540	234	6	170	66
Fridays™ Signature Whiskey-Glazed Sampler (Hand-Breaded)*	1320	449	50	13	0	195	3180	173	3	147	49
Fridays™ Signature Whiskey-Glazed Sliders (2/3/4)	590-1190	310-620	35-69	12-25	1-2	75-150	1280-2550	47-95	1-3	17-33	25-49
Giant Onion Rings	1190	490	55	10	0	5	1640	155	10	33	15
Giant Soft Pretzels	1370	670	74	25	0	85	2850	139	4	5	39
Giant Soft Pretzels (Impinger)**	1120	410	46	20	0	85	2850	139	4	5	39
Green Bean Fries	900	580	65	21	0	5	1720	69	8	7	9
Loaded Chicken Nachos	1170	690	76	29	0.5	170	4930	105	11	8	44
Loaded Potato Skins with Ranch Sour Cream	1510	660	73	23	0	85	1950	179	31	7	38
Mozzarella Sticks with Marinara	840	470	52	24	1.5	75	1400	54	8	2	39
Pan-Seared Pot Stickers with Szechwan Sauce	590	230	25	9	0	15	2150	72	2	22	18
Spinach & Artichoke Dip	720	450	50	20	0.5	85	2250	63	6	4	21

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SALADS

	TOTAL CALORIES	FAT CALORIES	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
BBQ Chicken Salad with BBQ Ranch Dressing	980	500	56	15	0	150	2600	73	13	30	54
BBQ Chicken Salad (Lunch portion) with BBQ Ranch Dressing	560	290	32	9	0	80	1430	42	7	15	29
Caesar Salad with 6 oz. Center-Cut Sirloin* with Caesar Dressing	770	560	62	13	1	130	1880	20	4	3	37
Caesar Salad with Grilled Chicken with Caesar Dressing	780	530	59	12	1	155	1870	20	6	4	45
Caesar Salad with Grilled Salmon with Caesar Dressing	870	630	69	13	1	125	1790	24	5	4	40
Charbroiled Fajita Salad* (with Fajita Rice)	1230	500	56	18	0	70	3650	145	14	23	40
Charbroiled Fajita Salad* (without Fajita Rice)**	920	430	48	18	0	70	2860	94	12	19	33
Chicken Caesar Salad with Grilled Chicken (Lunch portion) with Caesar Dressing	400	260	29	6	0	80	940	10	3	2	24
Chinese Chicken Salad	1180	700	78	15	0	65	2960	91	9	39	38
Million Dollar Cobb Salad with 6 oz. Center-Cut Sirloin* with Ranch Dressing	1000	690	77	24	0	325	2640	26	8	11	56
Million Dollar Cobb Salad with Grilled Chicken with Ranch Dressing	1020	670	74	24	0	350	2640	26	10	11	65
Million Dollar Cobb Salad with Grilled Salmon with Ranch Dressing	1110	760	85	25	0	320	2560	30	9	11	59
Million Dollar Cobb Salad with Grilled Chicken (Lunch portion) with Ranch Dressing	520	330	37	12	0	180	1330	13	5	6	34

SALAD DRESSINGS (1.5 OZ SERVING)

	TOTAL CALORIES	FAT CALORIES	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Balsamic Vinaigrette	60	20	2	0	0	0	220	11	0	6	0
BBQ Ranch	130	100	11	2	0	10	290	6	0	5	1
Blue Cheese	240	230	25	5	0.5	25	380	2	0	1	2
Caesar	220	220	24	4	0	20	360	2	0	0	1
Honey Mustard	230	200	22	3.5	0	15	340	9	0	8	0
Ranch	160	150	17	3	0	15	360	2	0	1	1
Sesame Citrus	190	160	18	3	0	0	670	9	0	9	0

SOUPS & SIDE SALADS

	TOTAL CALORIES	FAT CALORIES	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
French Onion Soup	590	160	18	10	0	105	2230	84	5	16	21
White Cheddar Broccoli Cheese	280	180	20	11	0	50	1530	18	2	5	11
Soup of the Day - Chicken Noodle	150	30	3.5	0	0	35	910	18	1	1	11
Soup of the Day - Chili	340	180	20	8	1	65	820	18	3	7	20
Soup of the Day - New England Clam Chowder*	500	270	30	18	0	105	1560	45	2	3	14
Soup of the Day - Tomato Basil*	300	220	24	14	0	75	1930	20	4	10	5
Soup of the Day - Tortilla	230	70	8	2.5	0	25	690	225	4	6	12
House Salad with Breadstick (add choice of dressing)	270	100	12	3.5	0	5	460	34	3	5	8
House Salad with Breadstick (add choice of dressing) (Impinger)**	250	80	9	3	0	5	460	34	3	5	8
Caesar Salad with Breadstick with Caesar Dressing	500	330	36	8	0	25	900	35	2	4	10
Caesar Salad with Breadstick with Caesar Dressing (Impinger)**	480	310	34	7	0	25	900	35	2	4	10

** Available at select locations based on ingredients and equipment.

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BURGERS	TOTAL CALORIES	FAT CALORIES	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Bacon Cheeseburger* (add choice of side)	840	480	54	23	1.5	155	2950	47	3	15	42
Cheddar Bacon Omelet Burger*	1330	850	94	37	2	445	4110	54	3	19	65
Cheeseburger* (add choice of side)	780	450	50	24	1.5	145	2840	44	3	12	39
The Beyond Meat® Cheeseburger (add choice of side)	890	510	57	24	0	50	3350	55	7	14	45
Fridays™ Signature Whiskey-Glazed Burger* (add choice of side)	1110	490	55	25	2	165	3530	110	3	76	46
Burgers (Green Style)											
Bacon Cheeseburger* (add choice of side)	580	390	43	17	1.5	135	2540	12	2	7	35
Cheddar Bacon Omelet Burger*	1070	750	84	31	2	425	3710	19	2	11	59
Cheeseburger* (add choice of side)	520	360	40	18	1.5	125	2430	9	2	4	33
The Beyond Meat® Cheeseburger (add choice of side)	630	410	46	18	0	30	2940	19	7	6	38
Fridays™ Signature Whiskey-Glazed Burger* (add choice of side)	840	400	44	19	2	145	3120	74	2	68	39
Burgers with Gluten-Free Bun											
Bacon Cheeseburger* (add choice of side)	850	510	57	22	1.5	155	2990	47	8	11	41
Cheddar Bacon Omelet Burger*	1330	880	97	36	2	445	4150	54	8	15	64
Cheeseburger* (add choice of side)	790	480	53	22	1.5	145	2880	43	8	8	39
The Beyond Meat® Cheeseburger (add choice of side)	900	540	60	23	0	50	3390	55	13	10	44
Fridays™ Signature Whiskey-Glazed Burger* (add choice of side)	1110	520	58	24	2	165	3570	109	8	72	45

SANDWICHES	TOTAL CALORIES	FAT CALORIES	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Bacon & Egg Club Sandwich*	1530	1000	111	38	0.5	570	3530	74	5	9	59
Bacon, Egg & Cheese Tacos*	980	610	68	20	0	385	3560	54	4	12	39
Bacon Ranch Chicken Sandwich (add choice of side)	690	320	36	11	0	150	2490	42	7	5	53
French Dip (add choice of side)	950	440	49	15	0	135	3560	74	3	5	48
Fridays™ Signature Whiskey-Glazed Chicken Sandwich (add choice of side)	1110	510	57	21	0.5	165	2910	100	3	56	53
Southern Fried Buffalo Chicken Sandwich (add choice of side)	970	560	62	19	0	135	4460	62	6	18	45
Southern Fried Chicken Sandwich (add choice of side)	970	560	62	19	0	135	2630	61	6	17	45

WRAPS	TOTAL CALORIES	FAT CALORIES	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
BBQ Chicken Wrap	580	210	23	7	0	75	1500	61	6	13	32
Grilled Chicken Caesar Wrap	580	300	33	8	0	80	1350	43	4	2	28
Million Dollar Cobb Wrap	680	320	36	13	0	175	1710	49	6	5	39

SANDWICH & BURGER ADD-ONS	TOTAL CALORIES	FAT CALORIES	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Avocado	60	50	5	1	0	0	0	3	3	0	1
Bacon	70	45	5	1.5	0	15	260	0	0	0	5
Giant Onion Rings	510	240	26	4.5	0	5	770	61	4	15	6
Seasoned Fries	320	140	16	3	0	0	810	40	5	0	5
Side Salad (add choice of dressing)	50	20	2	1	0	5	95	5	1	2	2
Sweet Potato Fries	390	180	20	9	0	0	230	50	6	15	3

RIBS	TOTAL CALORIES	FAT CALORIES	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
BBQ Ribs, Full-Rack (with coleslaw & seasoned fries)	1290	670	74	25	0	210	1840	93	7	47	68
BBQ Ribs, Half-Rack (with coleslaw & seasoned fries)	910	450	50	15	0	115	1570	80	6	35	37
Fridays™ Signature Whiskey-Glazed Ribs, Full-Rack (with coleslaw & seasoned fries)	1630	680	75	25	0	210	2940	178	7	132	69
Fridays™ Signature Whiskey-Glazed Ribs, Half-Rack (with coleslaw & seasoned fries)	1100	460	51	15	0	115	2180	129	6	85	37

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STEAKS

	TOTAL CALORIES	FAT CALORIES	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Center-Cut Sirloin* & Shrimp (Includes cocktail sauce, mashed potatoes and lemon-butter broccoli)											
Topped with Parmesan Butter	740	360	39	15	0	135	3330	53	9	10	41
Topped with Whiskey Glaze	740	320	35	13	0	135	3410	65	9	22	42
Center-Cut Sirloin* & Shrimp (Hand-Breaded) (Includes cocktail sauce, mashed potatoes and lemon-butter broccoli)											
Topped with Parmesan Butter	800	443	49	17	0	185	2900	45	8	4	42
Topped with Whiskey Glaze	870	351	39	13	0	175	3230	87	8	45	43
Center-Cut Sirloin* (Includes mashed potatoes and lemon-butter broccoli)											
Topped with Parmesan Butter	640	370	41	16	0	115	2280	34	8	4	34
Topped with Whiskey Glaze	710	280	31	12	0	105	2600	76	8	45	34
Filet Mignon* (Includes mashed potatoes and lemon-butter broccoli)											
Topped with Parmesan Butter	750	350	39	16	1	190	1840	33	8	4	61
Topped with Whiskey Glaze	880	320	35	14	1	185	2220	75	8	45	62

CHICKEN & SEAFOOD

	TOTAL CALORIES	FAT CALORIES	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Crispy Chicken Tenders (with seasoned fries, coleslaw and Honey Mustard dressing)	1040	630	70	12	0	95	2600	73	5	16	31
Crispy Chicken Tenders (Hand-Breaded) (with seasoned fries, coleslaw and Honey Mustard dressing)*	980	563	63	12	0	125	1930	65	6	11	40
Dragon-Glaze Salmon (with jasmine rice and lemon-butter broccoli)	900	320	36	6	0	75	2390	107	7	16	41
Dragon-Glaze Salmon (with mashed potatoes and lemon-butter broccoli)	700	320	36	11	0	95	2470	55	9	18	38
Simply Grilled Salmon (with jasmine rice and lemon-butter broccoli)	870	400	45	11	0	85	2020	81	6	3	38
Simply Grilled Salmon (with mashed potatoes and lemon-butter broccoli)	720	410	46	16	0.5	105	2170	38	9	4	37
Fridays™ Signature Whiskey-Glazed Chicken (with mashed potatoes and lemon-butter broccoli)	960	290	32	12	0	225	3490	91	13	58	77
Fried Shrimp (with seasoned fries, coleslaw and cocktail sauce)	880	460	52	15	0	95	3010	81	8	16	24
Fried Shrimp (Hand-Breaded) (with seasoned fries, coleslaw and cocktail sauce)*	740	356	40	8	0	140	2650	73	6	9	22
Parmesan-Crusted Chicken (mashed potatoes and lemon-butter broccoli)	1010	440	49	19	0	260	3900	54	13	9	87
Sizzling All-Day Omelet (with seasoned fries)	1120	800	89	39	1	475	3290	21	2	6	59
Sizzling Chicken & Shrimp (with peppers and mashed potatoes)	1310	780	87	29	0.5	235	2830	57	8	9	65
Sizzling Chicken & Cheese (with peppers and mashed potatoes)	1180	690	76	30	0.5	200	2580	52	7	7	63
Sizzling Chicken & Shrimp Alfredo	1720	900	100	48	2	380	2480	104	5	7	93
Sizzling Fridays™ Signature Whiskey-Glazed Flat Iron Steak*	1380	710	79	37	1	175	3580	114	7	60	52

PASTA

	TOTAL CALORIES	FAT CALORIES	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Cajun Shrimp & Chicken Pasta (with breadstick)	1600	750	83	41	1.5	300	3040	132	8	12	73
Cajun Shrimp & Chicken Pasta (Half Portion)	820	340	38	18	0.5	140	1710	79	4	8	39
Chicken Parmesan Pasta	1890	960	107	43	1.5	255	4130	154	9	22	74
Chicken Parmesan Pasta (Half Portion)	1430	770	85	30	1	185	3580	105	6	19	60
Shrimp & Lobster Pasta	1720	810	90	38	1	260	2590	144	7	12	79

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ADD-ONS

	TOTAL CALORIES	FAT CALORIES	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
House Salad with Breadstick (add choice of dressing)	270	100	12	3.5	0	5	460	34	3	5	8
Caesar Salad with Breadstick with Caesar Dressing	500	330	36	8	0	25	900	35	2	4	10
Choice of Soup	150-590	30-270	3.5-30	0-18	0-1	25-105	690-2230	18-225	1-5	1-16	5-21
Make it a Combo											
Whiskey-Glazed Ribs, Half-Rack	620	230	25	9	0	70	1460	81	1	76	19
BBQ Ribs, Half-Rack	420	220	25	9	0	70	860	32	1	27	19
Fried Shrimp	200	110	13	5	0	40	710	12	1	1	9
Fried Shrimp (Hand-Breaded)*	160	76	8	1.5	0	70	630	11	0	0	9
Cheddar Mac and Cheese	630	320	35	19	0	65	1670	52	0	6	26
Coleslaw	100	70	8	2	0	10	220	5	0	3	1
Giant Onion Rings	510	240	26	4.5	0	5	770	61	4	15	6
Jasmine Rice	420	100	11	2.5	0	0	470	72	5	1	7
Lemon-Butter Broccoli	150	100	11	4.5	0	10	850	11	5	2	4
Mashed Potatoes	220	100	11	5	0	20	560	21	3	1	4
Seasoned Fries	320	140	16	3	0	0	810	40	5	0	5
Sweet Potato Fries	390	180	20	9	0	0	230	50	6	15	3

DESSERTS

	TOTAL CALORIES	FAT CALORIES	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Brownie Obsession®	1180	530	58	29	0	180	480	154	4	125	14
Brownie Obsession®(half)	700	320	36	18	0	125	280	90	2	75	10
Donut Cheesecake	870	510	57	30	1	180	570	76	1	48	10
OREO® Madness	500	190	21	10	0	40	330	76	3	49	6
Red Velvet Cake	1690	830	92	43	1.5	295	960	199	1	146	16
Red Velvet Cake (half)	920	440	49	23	0.5	180	520	112	1	87	12
Kid's Dessert - Vanilla Ice Cream	420	210	24	13	0	135	150	48	0	48	11
Kid's Sundae	690	270	30	19	0	105	240	95	1	79	8

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FRIDAYS™ LUNCH PAIRINGS

	TOTAL CALORIES	FAT CALORIES	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Sides - Pick 1											
Caesar Salad with Breadstick	500	330	36	8	0	25	900	35	2	4	10
Caesar Salad with Breadstick (Impinger)**	480	310	34	7	0	25	900	35	2	4	10
Fresh Fruit Cup	50	0	0	0	0	0	0	15	2	11	1
Giant Onion Rings	510	240	26	4.5	0	5	770	61	4	15	6
House Salad with Breadstick (without dressing)	270	100	12	3.5	0	5	460	34	3	5	8
House Salad with Breadstick (without dressing) (Impinger)**	250	80	9	3	0	5	460	34	3	5	8
Lemon-Butter Broccoli	150	100	11	4.5	0	10	850	11	5	2	4
Mashed Potatoes	220	100	11	5	0	20	560	21	3	1	4
Seasoned Fries	320	140	16	3	0	0	810	40	5	0	5
Soup - Chicken Noodle	150	30	3.5	0	0	35	910	18	1	1	11
Soup - Chili	340	180	20	8	1	65	820	18	3	7	20
Soup - Creamy Tomato Basil	300	220	24	14	0	75	1930	20	4	10	5
Soup - French Onion	590	160	18	10	0	105	2230	84	5	16	21
Soup - New England Clam Chowder	500	270	30	18	0	105	1560	45	2	3	14
Soup - Tortilla	230	70	8	2.5	0	25	690	225	4	6	12
Soup - White Cheddar Broccoli	280	180	20	11	0	50	1530	18	2	5	11
Sweet Potato Fries	390	180	20	9	0	0	230	50	6	15	3
\$7 Entrées - Pick 1											
BBQ Chicken Wrap without Side	580	210	23	7	0	75	1500	61	6	13	32
Grilled Chicken Caesar Wrap without Side	580	300	33	8	0	80	1350	43	4	2	28
Million Dollar Cobb Wrap without Side	680	320	36	13	0	175	1710	49	6	5	39
Simply Grilled Chicken Sandwich with Cheese without Side	660	310	35	14	0	155	1910	43	2	11	44
Cheeseburger with Regular Bun without Side	780	450	50	24	1.5	145	2840	44	3	12	39
Cheeseburger with Udi's Gluten-Free Bun without Side	790	480	53	22	1.5	145	2880	43	8	8	39
Cheeseburger Green Style without Side	520	360	40	18	1.5	125	2430	9	2	4	33
Million Dollar Cobb Salad with Grilled Chicken with Ranch Dressing (Lunch Portion)	520	330	37	12	0	180	1330	13	5	6	34
Caesar Salad with Grilled Chicken (Lunch Portion)	400	260	29	6	0	80	940	10	3	2	24
BBQ Chicken Salad (Lunch Portion)	560	290	32	9	0	80	1430	42	7	15	29
\$9 Entrées - Pick 1											
Lighter Side Chicken	230	45	5	1.5	0	100	860	12	6	4	38
Lighter Side Salmon	320	140	16	3	0	70	780	16	5	4	32
Half-Rack BBQ Ribs without Sides	420	220	25	9	0	70	860	32	1	27	19
Half-Rack Whiskey-Glazed Ribs without Sides	620	230	25	9	0	70	1460	81	1	76	19
Cajun Shrimp & Chicken Pasta with Breadstick	820	340	38	18	0.5	140	1710	79	4	8	39
Cajun Shrimp & Chicken Pasta with Breadstick (Impinger)**	800	320	35	18	0.5	140	1710	79	4	8	39
Chicken Parmesan Pasta with Breadstick	1430	770	85	30	1	185	3580	105	6	19	60
Chicken Parmesan Pasta with Breadstick (Impinger)**	1410	740	83	30	1	185	3580	105	6	19	60
Bacon Ranch Chicken Sandwich without Side	690	320	36	11	0	150	2490	42	7	5	53

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KID'S MEALS

	TOTAL CALORIES	FAT CALORIES	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Kid's Fettuccine Pasta with Alfredo Sauce (add choice of side and beverage)	360	150	16	10	0	50	460	39	2	2	11
Kid's Fettuccine Pasta with Butter (add choice of side and beverage)	350	160	18	5	0	10	400	35	2	1	10
Kid's Fettuccine Pasta with Marinara	300	90	10	1.5	0	0	840	43	3	6	8
Kid's Sliders (add choice of side and beverage)	480	260	28	10	1	60	1270	37	1	8	21
Add Cheese (American - 1 slice)	130	90	10	6	0	20	410	1	0	0	7
Chicken Tenders with Honey Mustard (add choice of side and beverage)	500	300	33	10	0	35	1160	31	1	8	20
Chicken Tenders with Honey Mustard (Hand-Breaded)* (add choice of side and beverage)	420	270	30	5	0	75	660	15	0	7	21
Mac & Cheese (add choice of side and beverage)	440	210	23	12	0	35	1220	41	0	5	16
Kid's Side - Seasoned Fries	320	140	16	3	0	0	810	40	5	0	5
Kid's Side - Side Salad (add choice of dressing)	50	20	2	1	0	5	95	5	1	2	2
Kid's Side - Fresh Fruit	50	0	0	0	0	0	0	15	2	11	1

NON-ALCOHOLIC BEVERAGES

	TOTAL CALORIES	FAT CALORIES	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Soda: Coca-Cola®	200	0	0	0	0	0	65	56	0	56	0
Soda: Coke® Zero	0	0	0	0	0	0	55	0	0	0	0
Soda: Diet Coke®	0	0	0	0	0	0	55	0	0	0	0
Soda: Diet Pepsi®	0	0	0	0	0	0	35	0	0	0	0
Soda: Dr Pepper®	150	0	0	0	0	0	60	40	0	38	0
Soda: Fanta	230	0	0	0	0	0	85	65	0	63	0
Soda: Fuze	60	0	0	0	0	0	10	15	0	15	0
Soda: Mountain Dew	170	0	0	0	0	0	60	44	0	44	0
Soda: Mr. Pibb Xtra	200	0	0	0	0	0	55	56	0	56	0
Soda: Mug Root Beer	150	0	0	0	0	0	60	41	0	41	0
Soda: Pepsi	150	0	0	0	0	0	35	41	0	41	0
Soda: Sierra Mist®	140	0	0	0	0	0	35	39	0	39	0
Soda: Sprite®	160	0	0	0	0	0	35	40	0	36	0
Minute Maid®	170	0	0	0	0	0	25	44	0	42	0
vitaminwater XXX®	70	0	0	0	0	0	0	20	0	20	0
Coffee (Black)	5	0	0	0	0	0	5	0	0	0	0
Freshly Brewed Gold Peak® Iced Tea	0	0	0	0	0	0	35	0	0	0	0
Smoothie – Mango Passion	300	10	1	.5	0	0	10	72	1	66	1
Smoothie – Triple Berry	200	10	1	.5	0	0	15	48	4	41	1
Strawberry Passion Tea	120	0	0	0	0	0	5	31	1	26	0
Tropical Raspberry Tea	130	0	0	0	0	0	5	31	4	24	0
Tickled Pink	100	0	0	0	0	0	30	24	2	21	0
Paradise Punch	160	5	0	0	0	0	0	39	1	31	2
Perrier®	0	0	0	0	0	0	0	0	0	0	0
Red Bull® (Regular)	110	0	0	0	0	0	100	28	0	27	1
Red Bull® (Sugarfree)	10	0	0	0	0	0	100	3	0	0	1
Red Bull® (Tropical)	110	0	0	0	0	0	100	28	0	27	0

SIGNATURE SLUSHES

Blue Raspberry	170	0	0	0	0	0	25	42	0	39	0
Cherry Limeade	200	0	0	0	0	0	45	49	0	45	0
Mango Peach Lemonade	170	0	0	0	0	0	15	44	0	41	0
Strawberry Lemonade	150	0	0	0	0	0	10	38	1	35	0
Red Bull® Passion (Regular)	210	0	0	0	0	0	100	54	3	48	1
Red Bull® Passion (Sugarfree)	120	0	0	0	0	0	210	27	3	21	1
Red Bull® Passion (Tropical)	210	0	0	0	0	0	100	54	3	48	0

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NUT-0419

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KID’S DRINKS

	TOTAL CALORIES	FAT CALORIES	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Kid’s Chocolate Milk	150	25	2.5	1.5	0	10	170	26	1	23	7
Kid’s Juice – Apple	100	0	0	0	0	0	10	22	0	22	0
Kid’s Juice – Orange	80	5	0	0	0	0	0	19	0	16	1
Kid’s Juice – Ruby Red Grapefruit	80	0	0	0	0	0	50	21	0	21	0
Kid’s Milk	90	20	2	1.5	0	10	105	10	0	10	7
Kid’s Paradise Punch	100	0	0	0	0	0	0	25	1	21	1
Kid’s Slush Blue Raspberry	100	0	0	0	0	0	15	24	0	22	0
Kid’s Slush Cherry Limeade	120	0	0	0	0	0	30	33	0	30	0
Kid’s Slush Mango Peach Lemonade	100	0	0	0	0	0	10	27	0	25	0
Kid’s Slush Strawberry Lemonade	120	0	0	0	0	0	10	31	1	28	0
Kid’s Soda: Barg’s Root Beer	120	0	0	0	0	0	55	34	0	34	0
Kid’s Soda: Coca-Cola®	150	0	0	0	0	0	50	42	0	42	0
Kid’s Soda: Coke® Zero	0	0	0	0	0	0	40	0	0	0	0
Kid’s Soda: Diet Coke®	0	0	0	0	0	0	40	0	0	0	0
Kid’s Soda: Diet Pepsi®	0	0	0	0	0	0	25	0	0	0	0
Kid’s Soda: Dr Pepper®	110	0	0	0	0	0	45	30	0	29	0
Kid’s Soda: Fanta Orange	170	0	0	0	0	0	65	49	0	48	0
Kid’s Soda: Mountain Dew®	130	0	0	0	0	0	45	33	0	33	0
Kid’s Soda: Mr. Pibb Xtra	150	0	0	0	0	0	45	42	0	42	0
Kid’s Soda: Mug Root Beer	110	0	0	0	0	0	45	31	0	31	0
Kid’s Soda: Pepsi	110	0	0	0	0	0	25	31	0	31	0
Kid’s Soda: Sierra Mist®	110	0	0	0	0	0	25	29	0	29	0
Kid’s Soda: Sprite®	120	0	0	0	0	0	25	30	0	27	0
Kid’s Lemonade	120	0	0	0	0	0	15	33	0	32	0

BEER

	TOTAL CALORIES	FAT CALORIES	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Beer Light 12 oz USDA	100	0	0	0	0	0	15	6	0	0	1
Beer Light 21 oz USDA	180	0	0	0	0	0	25	10	0	1	1
Beer Regular 12 oz USDA	150	0	0	0	0	0	15	13	0	0	2
Beer Regular 21 oz USDA	270	0	0	0	0	0	25	22	0	0	3
Beer Guinness Can 14.9 oz	160	0	0	0	0	0	25	12	0	0	1
Beer Pabst Blue Ribbon Can 16 oz	200	0	0	0	0	0	15	16	0	0	0
Beer Stella Artois Chalice	210	0	0	0	0	0	0	17	0	0	2

WINE

	TOTAL CALORIES	FAT CALORIES	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Wine Red 6 oz	150	0	0	0	0	0	5	5	0	1	0
Wine Red 9 oz	220	0	0	0	0	0	10	7	0	2	0
Wine Red Bottle	630	0	0	0	0	0	30	19	0	5	1
Wine White 6 oz	140	0	0	0	0	0	10	5	0	2	0
Wine White 9 oz	220	0	0	0	0	0	15	7	0	3	0
Wine White Bottle	610	0	0	0	0	0	35	19	0	7	1
LaMarca Prosecco Split (187ml.)	130	0	0	0	0	0	0	3	0	3	0
LaMarca Prosecco Bottle (750ml.)	510	0	0	0	0	0	0	10	0	10	0

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COCKTAILS

	TOTAL CALORIES	FAT CALORIES	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Absolut & Cranberry Juice	150	0	0	0	0	0	20	15	0	15	0
Absolut & Orange Juice	140	0	0	0	0	0	0	13	0	10	1
Absolut & Soda Water	90	0	0	0	0	0	20	0	0	0	0
Absolut & Tonic	120	0	0	0	0	0	10	8	0	8	0
Angry Apple Punch	190	0	0	0	0	0	50	34	1	31	0
Angry Balls Over/Under Shooter	110	0	0	0	0	0	0	12	0	12	0
Aperol 1.5 oz	160	0	0	0	0	0	0	17	0	17	0
Apple Tini	160	0	0	0	0	0	0	23	0	22	0
Arnold Palmer	120	0	0	0	0	0	5	32	0	28	0
Aviation 75	180	0	0	0	0	0	0	26	0	24	0
Aviation LIT	230	0	0	0	0	0	0	25	0	21	0
Aviation Negroni	200	0	0	0	0	0	10	21	0	19	0
Bacardi Rum 1.5 oz	100	0	0	0	0	0	0	0	0	0	0
Baileys .75 oz (Add-on)	70	25	3	1.5	0	10	15	5	0	4	1
Baileys 1.5oz	140	50	6	3.5	0	15	35	11	0	9	1
Barbados Rum Punch	230	0	0	0	0	0	65	37	1	33	0
Batch Long Island Tea	150	0	0	0	0	0	10	32	0	20	0
Batch Margarita	180	0	0	0	0	0	570	24	0	22	0
Berry Smash	160	0	0	0	0	0	0	19	3	15	1
Berry Smash (GO BIG)	270	0	0	0	0	0	0	33	3	27	1
Blackberry Buzz 'Rita	180	0	0	0	0	0	570	25	2	21	0
Blackberry Margarita	180	0	0	0	0	0	570	26	1	23	0
Blackberry Mojito	210	0	0	0	0	0	10	30	2	25	0
Blood Orange Cooler	220	0	0	0	0	0	0	33	2	29	1
Bloody Mary	120	10	1	0	0	0	1580	7	1	1	1
Blue Fire Lemonade	190	0	0	0	0	0	0	27	0	23	0
Blue Hawaiian Under/Over Shooter	100	0	0	0	0	0	5	13	0	8	0
Blue 'Rita Shaker	270	0	0	0	0	0	570	32	0	27	0
Bombay Original 1.5 oz	110	0	0	0	0	0	0	0	0	0	0
Bordeaux Cherry Manhattan	210	0	0	0	0	0	55	13	0	11	0
Buttery Nipple	120	25	3	1.5	0	10	15	13	0	12	1
Buzz 'Rita	250	0	0	0	0	0	570	33	0	30	0
Cafe Toledo	250	80	9	5	0	25	40	29	1	28	2
Captain Morgan's Spiced Rum 1.5 oz	90	0	0	0	0	0	0	1	0	1	0
Captain Morgan & Coke®	120	0	0	0	0	0	15	15	0	15	0
Captain Morgan Island Rum Punch	380	0	0	0	0	0	10	61	1	46	1
Casamigos 'Rita	210	0	0	0	0	0	570	23	0	20	0
Casamigos Spicy 'Rita	230	0	0	0	0	0	200	29	0	20	0
Casamigos Strawberry 'Rita	210	0	0	0	0	0	570	23	1	20	0
Celebration Cake Over/Under Shooter	210	50	6	3.5	0	15	10	19	0	17	3
Chambord 1.5 oz	150	0	0	0	0	0	0	17	0	16	0
Cherry Bomb Over/Under Shooter	130	0	0	0	0	0	20	14	0	14	0
Cinnamon Toast Shooter	120	20	2	1	0	5	10	14	0	11	0
Cîroc French Smash	170	0	0	0	0	0	15	21	0	19	0
Cîroc Tropical Punch	180	0	0	0	0	0	0	25	1	22	0
Corona 'Rita	340	0	0	0	0	0	580	42	0	33	1
Cosmopolitan	170	0	0	0	0	0	5	9	0	9	0
Crown Apple Cooler	210	0	0	0	0	0	10	48	0	42	0
Crown Apple Cooler (GO BIG)	410	0	0	0	0	0	20	94	0	81	0
Diddy On The Beach	310	0	0	0	0	0	105	54	1	45	1
Dirty Martini Rocks (Gin)	170	10	1	0	0	0	260	1	0	0	0
Dirty Martini Rocks (Vodka)	180	10	1	0	0	0	260	1	0	0	0
Dirty Martini Up (Gin)	170	10	1	0	0	0	260	1	0	0	0
Dirty Martini Up (Vodka)	180	10	1	0	0	0	260	1	0	0	0
Double Berry Bellini	200	0	0	0	0	0	0	22	3	18	1
Dreamsicle Shooter	210	50	6	3.5	0	15	10	16	0	11	1



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COCKTAILS cont.

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Drinksicle 'Rita	260	0	0	0	0	0	570	39	0	34	0
Drinksicle Tea	300	0	0	0	0	0	5	50	0	36	0
Electric Lemonade	200	0	0	0	0	0	5	24	0	21	0
Electric Unicorn	380	0	0	0	0	0	130	68	1	62	0
Espresso Martini	240	20	2	1.5	0	10	10	25	0	21	6
Fiery Apple	210	0	0	0	0	0	5	29	0	26	0
Fireball 2 oz Shot	140	0	0	0	0	0	0	15	0	15	0
Fireball RumChata Over/Under Shot	230	35	4	2.5	0	10	25	25	0	19	1
Firecracker Sangria	180	0	0	0	0	0	0	22	1	12	0
Flaming Fresh Strawberry Daiquiri	220	0	0	0	0	0	0	35	1	31	0
Flaming Frozen Lava Flow	460	35	3.5	2	0	10	40	88	1	76	3
Flaming Hurricane	240	0	0	0	0	0	10	45	1	37	0
Flaming Mai Tai	310	0	0	0	0	0	5	49	0	40	1
Flaming Sailor Rum Punch	230	0	0	0	0	0	5	26	1	24	0
Flaming Tropical Long Island Tea	280	0	0	0	0	0	5	43	0	31	6
Flaming Vanilla Old Fashioned	240	0	0	0	0	0	55	21	0	20	0
Fresh Lynchburg Lemonade	190	0	0	0	0	0	0	24	0	22	0
Fresh Strawberry Daiquiri	190	0	0	0	0	0	0	30	1	25	1
Fridays™ Blackberry Long Island Tea	230	0	0	0	0	0	0	27	1	24	0
Fridays™ Blood Orange 'Rita	260	0	0	0	0	0	570	38	0	36	0
Fridays™ Blue Long Island Tea	210	0	0	0	0	0	0	23	0	20	0
Fridays™ Frozen 'Rita	230	0	0	0	0	0	570	29	0	26	0
Fridays™ Light Cosmo Cooler	150	0	0	0	0	0	0	14	0	12	0
Fridays™ Long Island Tea	230	0	0	0	0	0	5	26	0	24	0
Fridays™ Mojito	170	0	0	0	0	0	10	25	0	23	0
Fridays™ Red Sangria	170	0	0	0	0	0	0	27	1	21	0
Fridays™ 'Rita Rocks	220	0	0	0	0	0	570	29	0	27	0
Fridays™ Spiked Lemonade	160	0	0	0	0	0	0	22	0	20	0
Fridays™ White Sangria	170	0	0	0	0	0	5	26	1	21	0
Frozen Blue Hawaiian	440	30	3.5	2	0	10	30	74	0	67	3
Frozen Lava Flow	450	35	3.5	2	0	10	40	86	1	74	3
German Chocolate Cake Sipper	190	10	1	0.5	0	5	10	10	0	7	0
Go Big - Fresh Strawberry Daiquiri	320	0	0	0	0	0	0	51	2	44	0
Go Big - SoCo Peach Tea	310	0	0	0	0	0	5	51	0	43	0
Green Tea Shooter	140	0	0	0	0	0	0	14	0	13	0
Grey Goose Cooler	220	0	0	0	0	0	0	31	0	28	0
Grey Goose Espresso Martini	180	20	2	1.5	0	10	10	15	0	15	1
Grey Goose Punch Shaker	240	0	0	0	0	0	0	29	1	26	0
Guinness Stout Shake	430	170	19	12	0	60	95	51	1	47	6
Hendrick's Cooler	200	0	0	0	0	0	0	28	0	26	0
Honey Badger Shooter	150	20	2	1	0	5	10	8	0	5	0
Honey Bourbon Flip	180	0	0	0	0	0	70	22	0	20	4
Horny 'Rita Frozen	260	0	0	0	0	0	570	33	0	30	0
Horny 'Rita Rocks	260	0	0	0	0	0	570	33	0	30	0
Hurricane	240	0	0	0	0	0	10	43	1	35	0
Irish Breakfast	150	15	1.5	0.5	0	5	85	8	0	7	2
Irish Coffee	180	50	6	3.5	0	15	10	14	0	14	1
Irish Mule	160	0	0	0	0	0	0	18	0	16	0
Irish 'Rita Rocks	220	0	0	0	0	0	570	29	0	27	0
Jack Daniel's® & Coke®	130	0	0	0	0	0	15	14	0	14	0
Jack Daniel's® & Coke® Zero	80	0	0	0	0	0	15	0	0	0	0
Jack Daniel's® & Diet Coke®	80	0	0	0	0	0	15	0	0	0	0
Jack Daniel's® & Ginger	110	0	0	0	0	0	5	8	0	8	0
Jager Bomb	210	0	0	0	0	0	50	13	0	13	0
Jameson	100	0	0	0	0	0	0	0	0	0	0



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COCKTAILS cont.

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Jameson & Sprite®	120	0	0	0	0	0	10	10	0	9	0
Jameson Irish Tea	260	0	0	0	0	0	5	33	0	31	0
Kahlúa Hummer	460	160	17	11	0	60	80	45	0	45	5
Kamikaze	150	0	0	0	0	0	0	13	0	12	0
Kentucky Lemonade	190	0	0	0	0	0	0	22	0	20	0
Keoke Coffee	200	50	6	3.5	0	15	15	19	0	15	6
Key Lime Pie Shooter	220	50	6	3.5	0	15	10	19	0	14	1
Lemon Drop	150	0	0	0	0	0	0	15	0	14	0
Magic Lemon Drop Martini	230	0	0	0	0	0	0	14	0	14	0
Mai Tai	300	0	0	0	0	0	5	46	0	38	1
Mango Henny Lemonade	250	0	0	0	0	0	5	36	0	34	0
Mango Henny Lemonade (GO BIG)	390	0	0	0	0	0	5	33	0	50	0
Mango Lemonade Shaker	270	0	0	0	0	0	0	41	0	34	0
Manhattan Up (Dry)	150	0	0	0	0	0	50	3	0	2	0
Manhattan Up (Perfect)	170	0	0	0	0	0	55	6	0	6	0
Manhattan Up (Sweet)	170	0	0	0	0	0	55	6	0	6	0
Margarita Frozen	230	0	0	0	0	0	570	29	0	26	0
Margarita Rocks	220	0	0	0	0	0	570	29	0	27	0
Martini Rocks (Gin)	170	10	1	0	0	0	260	1	0	0	0
Martini Rocks (Vodka)	150	10	1	0	0	0	260	1	0	0	0
Martini Up (Gin)	150	10	1	0	0	0	260	1	0	0	0
Martini Up (Vodka)	150	10	1	0	0	0	260	1	0	0	0
Melon Ball	110	0	0	0	0	0	0	10	0	10	0
Mexican Mule	160	0	0	0	0	0	0	20	0	18	0
Michelada	100	0	0	0	0	0	560	11	1	3	3
Mimosa - Orange	110	0	0	0	0	0	0	13	1	11	1
Mimosa Peach	190	0	0	0	0	0	0	16	0	15	1
Mimosa - Ruby Red Vanilla	130	0	0	0	0	0	25	18	0	18	0
Mudslide Martini	290	60	6	4	0	20	50	36	1	35	2
Negroni New York Sour Crush	140	0	0	0	0	0	0	8	0	8	0
New York Sour Crush	190	0	0	0	0	0	50	20	0	18	0
Nutty Irish Coffee	190	80	9	5	0	25	30	19	0	18	1
Oil Stick Stacked Shot	200	0	0	0	0	0	0	8	0	4	0
Old Fashioned Rocks	180	0	0	0	0	0	55	14	0	13	0
Pain Eraser	300	25	2.5	1.5	0	5	50	45	0	40	2
Patrón Cosmo 'Rita Shaker	290	0	0	0	0	0	580	32	0	30	0
Patrón Cosmo 'Rita Shaker w/ Patrón Reposado	290	0	0	0	0	0	580	32	0	30	0
Peach Honey Smash	190	0	0	0	0	0	0	28	0	26	0
Peach Sangria	230	0	0	0	0	0	0	34	0	27	0
Piña Colada	430	40	4.5	2.5	0	10	40	76	0	72	3
Pink Punk Martini	160	0	0	0	0	0	0	13	0	13	0
Pink Punk Mojito	140	0	0	0	0	0	5	16	0	14	0
Platinum Sidecar	210	0	0	0	0	0	0	19	0	11	0
Purple Hooter	150	0	0	0	0	0	0	14	0	13	0
Red Bull® & Vodka	140	0	0	0	0	0	50	13	0	13	0
Red Head	140	0	0	0	0	0	0	8	0	8	0
Red Snapper	170	0	0	0	0	0	0	28	0	13	0
Regal Apple Sangria	150	0	0	0	0	0	50	25	0	19	0
Rickey Reynolds	150	0	0	0	0	0	5	16	1	13	0
Sailor Rum Punch	220	0	0	0	0	0	5	24	1	22	0
Sangria Berry	230	0	0	0	0	0	10	29	1	23	0
Sangria 'Rita	240	0	0	0	0	0	0	21	0	14	0
Shimmering Diva	270	0	0	0	0	0	10	39	0	35	0
SoCo Peach Tea	200	0	0	0	0	0	0	33	0	28	0
Sparkling Watermelon Fizz	160	0	0	0	0	0	5	18	0	17	0



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COCKTAILS cont.

	TOTAL CALORIES	FAT CALORIES	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Spark Plug Shot	110	0	0	0	0	0	0	10	0	10	0
Strawberry Frosé	130	0	0	0	0	0	0	16	0	14	0
Strawberry Henny	220	0	0	0	0	0	0	32	1	24	0
Strawberry Margarita (Frozen)	240	0	0	0	0	0	0	34	1	30	0
Strawberry Margarita (GO BIG)	320	0	0	0	0	0	570	41	1	37	0
Strawberry Shortcake	510	170	19	12	0	60	70	67	1	47	5
Tequila (Hornitos) Sunrise	230	0	0	12	0	0	0	35	1	32	1
The BFM – The Best Fridays™ Margarita	200	0	0	0	0	0	570	22	0	17	0
The BFM – The Best Fridays™ Margarita (Patrón Reposado)	200	0	0	0	0	0	570	22	0	17	0
Tito's Mule	150	0	0	0	0	0	0	18	0	16	0
Tito's Strawberry Mule	190	0	0	0	0	0	0	29	1	26	0
Toasted Almond	270	40	4.5	2.5	0	15	20	38	0	24	1
Tropical Berry Margarita Frozen	290	0	0	0	0	0	0	43	2	37	0
Tropical Long Island Tea	260	0	0	0	0	0	5	40	0	29	6
Tuaca Lemon Drop Stacked Shot	180	0	0	0	0	0	0	27	0	25	0
Ultimate 77 Sunset Strip	290	0	0	0	0	0	10	31	1	29	1
Ultimate Blackberry Margarita	310	0	0	0	0	0	570	40	2	36	0
Ultimate Boba Tea w/o Bursting Bubbles	220	0	0	0	0	0	0	22	0	20	0
Ultimate Boba Tea With Bursting Bubbles (Combo)	260	0	0	0	0	0	25	33	1	27	0
Ultimate Bloody Mary	160	10	1	0	0	0	1480	9	2	2	2
Ultimate Blueberry-Pom Long Island Tea	290	0	0	0	0	0	5	41	1	37	0
Ultimate Double Berry Mojito	240	5	0	0	0	0	5	27	3	21	1
Ultimate Frozen Margarita	330	0	0	0	0	0	570	40	0	36	0
Ultimate Hawaiian Volcano	310	0	0	0	0	0	10	46	1	30	1
Ultimate Lights Of Havana	190	0	0	0	0	0	20	30	1	22	1
Ultimate Long Island Tea	220	0	0	0	0	0	10	27	0	21	0
Ultimate Mango Berry Daiquiri	340	0	0	0	0	0	0	55	1	51	0
Ultimate Margarita Rocks	290	0	0	0	0	0	570	35	0	31	0
Ultimate Mojito	260	0	0	0	0	0	10	33	0	30	0
Ultimate Mudslide	740	230	26	16	0	85	150	88	2	86	9
Ultimate Tropical Berry Margarita Frozen	350	0	0	0	0	0	0	48	2	43	0
Ultimate Tropical Berry Mojito	300	0	0	0	0	0	15	44	3	37	0
Vanilla Old Fashioned	230	0	0	0	0	0	55	18	0	18	0
Vegas Bomb	150	0	0	0	0	0	50	26	0	19	0
Vodka Sour	150	0	0	0	0	0	50	14	0	12	3
Vodka Well 80 Proof 1.5 oz	100	0	0	0	0	0	0	0	0	0	0
Wassail Punch	180	0	0	0	0	0	0	32	1	29	0
Watermelon Cooler	160	0	0	0	0	0	20	17	0	16	0
Watermelon Pucker	150	0	0	0	0	0	10	37	0	36	0
Whisky Sour	150	0	0	0	0	0	50	14	0	12	3
White Russian	240	0	4.5	2.5	0	15	20	18	0	18	1

SHAREABLES

	TOTAL CALORIES	FAT CALORIES	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Shareable Barbados Rum Punch	740	0	0	0	0	0	210	108	2	99	1
Shareable Crown Apple Cooler	410	0	0	0	0	0	20	94	0	81	0
Shareable Peach Sangria	710	0	0	0	0	0	15	94	2	77	1
Shareable Shark Bait	820	0	0	0	0	0	25	139	0	117	4



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COFFEE & TEA

	TOTAL CALORIES	FAT CALORIES	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Coffee Bean & Tea Leaf® - Coffee - Black/Decaf	0	0	0	0	0	0	10	0	0	0	0
Coffee Bean & Tea Leaf® - Tea - Apricot	0	0	0	0	0	0	10	0	0	0	0
Coffee Bean & Tea Leaf® - Tea - Chai	0	0	0	0	0	0	10	0	0	0	0
Coffee Bean & Tea Leaf® - Tea - English Breakfast	0	0	0	0	0	0	10	0	0	0	0
Coffee Bean & Tea Leaf® - Tea - Mint Green	0	0	0	0	0	0	10	0	0	0	0

BALLPARK LOCATIONS

	TOTAL CALORIES	FAT CALORIES	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Chili Cheese Dog*	920	510	57	20	3	115	3550	63	2	12	33
Grilled Bratwurst* (Milwaukee)	910	530	59	20	0	135	3220	51	2	11	39
Grilled Bratwurst* (Phoenix)	480	230	25	8	0	45	1200	45	2	9	17
Jumbo Hot Dog*	930	500	56	25	3	125	2460	59	1	25	37
Kid's Hot Dog* (add choice of side and beverage)	450	230	26	12	0	60	1480	37	1	8	16
Seasoned Fries	320	140	16	3	0	0	810	40	5	0	5

BREAKFAST*

	TOTAL CALORIES	FAT CALORIES	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Bacon, Egg & Cheese Tacos*	980	610	68	20	0	385	3560	54	4	12	39
Bacon & Egg Club Sandwich*	1530	1000	111	38	0.5	570	3530	74	5	9	59
Breakfast Potato Skins	1510	700	78	24	0.5	535	2830	150	25	8	52
Cheddar Bacon Omelet Burger*	1330	850	94	37	2	445	4110	54	3	19	65
French Toast*	980	440	49	18	0.5	185	1130	114	3	41	18
Fridays Egg Breakfast* (with bacon & multi-grain toast)	770-780	420-440	47-49	12.5-13.5	0	340-400	1870-1950	56	5	7	30
Fridays Egg Breakfast* (with sausage patty & multi-grain toast)	840-850	510-530	57-59	16-17	0	345-405	1780-1860	55	5	6	25
Oatmeal	370	110	12	4.5	0	20	360	63	5	41	6
Bacon Cheddar Omelet* (with breakfast potatoes & multi-grain toast)	1040	620	69	22	0.5	525	2550	61	6	8	42
Sizzling All-Day Omelet*	1120	800	89	39	1	475	3290	21	2	6	59
Spinach Florentine Omelet*	870	480	53	14	0	470	2060	63	8	8	32
Steak & Eggs* (with bacon, potatoes & multi-grain toast)	1040-1060	590-600	65-67	18.5-19.5	0	425-485	2740-2820	59	6	8-9	56
Steak & Eggs* (with sausage, potatoes & multi-grain toast)	1110-1130	680-690	75-77	22-23	0	430-490	2650-2730	58	6	7-8	51
Strawberry Waffle	380	50	6	1.5	0	15	1130	77	3	30	6
Strawberry Waffle*	550	190	21	2.5	0	95	680	80	4	34	10
Chicken and Waffles (Hand-Breaded)*	780	200	22	4.5	0	90	1570	113	2	51	33
Chicken and Waffles	810	240	26	5	0	65	2100	118	2	51	26
Chicken and Waffles*	970	380	42	6	0	145	1650	121	2	55	30
Kid's Egg Breakfast (with bacon & potatoes)	520-550	350-360	39-40	10.5	0	215-265	1470-1590	24	3	1	19-22
Kid's Egg Breakfast (with sausage & potatoes)	590-620	440-450	49-50	14	0	220-270	1380-1500	23	3	0	14-17
Kid's French Toast	710	350	39	13	0	95	690	75	2	33	9
Side Bacon (3)	130	90	10	3.5	0	30	520	1	0	1	10
Side Sausage (3)	200	180	20	7	0	35	430	0	0	0	5
Side Fresh Fruit	50	0	0	0	0	0	0	13	2	9	1
Side Multi-Grain Toast	190	40	4.5	1.5	0	0	290	30	2	5	5
Side House Salad	50	70	2	1	0	5	95	5	1	2	2
Side Seasoned Fries	320	140	16	3	0	0	810	40	5	0	5

** Available at select locations based on ingredients and equipment.

1,200 to 1,400 calories a day are used for general nutrition advice for children 4-8 years and 1,400 to 2,000 calories a day for children 9-13 years, but calorie needs vary. Additional nutrition information available upon request.

*THIS ITEM IS COOKED TO ORDER. WHETHER DINING OUT OR PREPARING FOOD AT HOME, CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.