

FRIDAYSSM

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 Jack Daniel's[®] glazed items, fresh USDA choice steaks and burgers, all-natural chicken, 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.

The nutritional information is valid at participating U.S.A. restaurants only. Some items may vary by restaurant and may not be available at all locations. This nutritional information comprises data obtained from our suppliers, a third-party consultant and independent laboratories. We will update this information with the introduction of each new menu. This information is effective on April 26, 2017.

Fridays[™] strives to provide complete and accurate nutritional information; however, ingredient variations may occur due to the handcrafted nature of our menu items, Guest substitutions or regional availability of products. All items are listed as served, unless otherwise indicated.

Fridays[™] All-Natural Chicken: We add nothing artificial to our chicken breasts. No preservatives, no growth hormones (Federal regulations prohibit the use of hormones), no additives – just chicken with a hint of sea salt. We allow the use of antibiotics to protect the health of the birds and to ensure consistent quality and flavor in every entrée.

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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)
The FridaysSM Combo											
Wings (Traditional) Buffalo (add choice of dressing)	470	290	32	8	0	240	2320	3	0	1	43
Wings (Traditional) Garlic Parmesan (add choice of dressing)	700	500	55	12	0	245	1330	10	0	1	45
Wings (Traditional) BBQ (add choice of dressing)	500	220	24	7	0	240	790	29	1	24	44
Wings (Traditional) Jack Daniel's [®] (add choice of dressing)	580	220	24	7	0	240	970	50	1	47	44
Wings (Boneless) Buffalo (add choice of dressing)	590	310	35	7	0	85	3030	35	2	1	34
Wings (Boneless) Garlic Parmesan (add choice of dressing)	830	520	58	11	0	90	2040	42	2	1	36
Wings (Boneless) BBQ (add choice of dressing)	620	240	27	6	0	85	1500	61	3	24	35
Wings (Boneless) Jack Daniel's [®] (add choice of dressing)	710	240	27	6	0	85	1690	83	2	47	35
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 with Ranch & Sour Cream	840	440	49	18	0	85	880	84	12	5	26
Mozzarella Sticks with Marinara Sauce	560	300	33	16	1	50	800	37	6	2	27
Add on Pan-Seared Pot Stickers with Szechwan Sauce	390	150	17	6	0	10	1420	48	1	15	12
Add on Warm Pretzels with Beer-Cheese Dipping Sauce	540	230	26	10	0.5	30	1440	61	3	4	18
Add on Warm Pretzels with Beer-Cheese Dipping Sauce (Hearth-Baked)*	480	170	19	9	0	30	1290	62	3	4	17
Wings (Traditional)											
Buffalo (add choice of dressing)	720	430	48	12	0	405	2640	4	0	1	71
BBQ (add choice of dressing)	770	360	40	11	0	405	1590	34	2	26	73
Garlic Parmesan (add choice of dressing)	960	640	71	17	0	410	1650	11	0	1	73
Jack Daniel's [®] (add choice of dressing)	830	360	40	11	0	405	1300	51	1	47	72
Wings (Boneless)											
Buffalo (add choice of dressing)	720	370	42	8	0	105	3330	44	3	1	42
BBQ (add choice of dressing)	750	300	33	7	0	105	1800	70	3	24	44
Garlic Parmesan (add choice of dressing)	960	580	65	13	0	110	2340	51	3	1	44
Jack Daniel's [®] (add choice of dressing)	830	300	34	7	0	105	1990	91	3	47	43
Green Bean Fries	900	580	65	21	0	5	1720	69	8	7	9
Chicken Quesadilla	1060	600	67	30	1.5	190	2160	54	6	5	57
Chicken Quesadilla (No guacamole)*	1020	570	63	30	1.5	190	2100	51	5	5	57
Chicken Tostado Nachos	610	430	126	17	0	105	1840	34	4	6	19
Chips & Salsa	290	120	13	2	0	0	1330	51	5	3	7
Jack Daniel's [®] Sampler	1820	590	66	22	0	185	4390	231	9	147	84
Jack Daniel's [®] Sampler (Hand-breaded)*	1860	700	78	20	0	260	3020	204	4	150	88
Jack SM Sliders (2/3/4)	630-1250	330-660	37-73	13-26	1-2	75-150	2250-4060	51-101	2-4	19-38	25-50
Loaded Potato Skins with Ranch Sour Cream	1620	820	91	33	0	155	1910	167	24	9	51
Mozzarella Sticks with Marinara	820	450	50	23	1.5	75	1180	54	8	2	39
Pan-Seared Pot Stickers with Szechwan Sauce	590	230	25	9	0	15	2150	72	2	22	18
Sesame Jack SM Chicken Strips	1090	310	35	10	0	40	2700	159	6	100	39
Sesame Jack SM Chicken Strips (Hand-breaded)*	970	310	34	7	0	95	1610	127	2	102	40
BBQ Chicken Flatbread	610	250	28	12	0	55	1040	65	4	18	23
BBQ Chicken Flatbread (Hearth-baked)*	590	230	26	12	0	55	1040	65	4	18	23
Spinach Florentine Flatbread	550	270	30	15	0	45	1160	51	3	4	18
Spinach Florentine Flatbread (Hearth-baked)*	530	250	28	15	0	45	1130	51	3	4	18
Spinach & Queso Dip	770	490	54	21	0.5	85	2350	66	8	5	22
Spinach & Queso Dip (No guacamole)*	730	460	51	21	0.5	85	2290	64	6	4	21
Warm Pretzels with Craft Beer-Cheese Dipping Sauce	1190	540	60	25	1.5	90	3210	125	7	10	40
Warm Pretzels with Craft Beer-Cheese Dipping Sauce (Hearth-baked)*	1080	420	47	23	0	90	2930	127	5	9	39

* Available at select locations based on ingredients and equipment.

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ENDLESS APPETIZERS

	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)
Wings (Boneless)											
Buffalo (add choice of dressing)	720	370	42	8	0	105	3330	44	3	1	42
BBQ (add choice of dressing)	750	300	33	7	0	105	1800	70	3	24	44
Garlic Parmesan (add choice of dressing)	960	580	65	13	0	110	2340	51	3	1	44
Jack Daniel's [®] (add choice of dressing)	830	300	34	7	0	105	1990	91	3	47	43
BBQ Chicken Flatbread	610	250	28	12	0	55	1040	65	4	18	23
BBQ Chicken Flatbread (Hearth-Baked)*	590	230	26	12	0	55	1040	65	4	18	23
Fried Pickles with BBQ Ranch	790	430	48	8	0	5	2110	83	3	7	9
Loaded Potato Skins with Ranch & Sour Cream	1620	820	91	33	0	155	1910	167	24	9	51
Meatballs with Crostinis	1070	700	78	31	0	160	2140	47	4	8	44
Mozzarella Sticks with Marinara	820	450	50	23	1.5	75	1180	54	8	2	39
Pan-Seared Pot Stickers with Szechwan Sauce	590	230	25	9	0	15	2150	72	2	22	18
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

ENDLESS APPETIZERS REFILLS

	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)
Wings (Boneless)											
Buffalo (add choice of dressing)	590	310	35	7	0	85	3030	35	2	1	34
BBQ (add choice of dressing)	620	240	27	6	0	85	1500	61	3	24	35
Garlic Parmesan (add choice of dressing)	830	520	58	11	0	90	2040	42	2	1	36
Jack Daniel's [®] (add choice of dressing)	710	240	27	6	0	85	1690	83	2	47	35
BBQ Chicken Flatbread	330	140	15	6	0	30	570	35	2	12	12
BBQ Chicken Flatbread (Hearth-Baked)*	320	130	14	6	0	30	570	35	2	12	12
Fried Pickles with BBQ Ranch	450	260	29	5	0	5	1180	44	1	5	5
Loaded Potato Skins with Ranch & Sour Cream	840	440	49	18	0	85	880	84	12	5	26
Meatballs with Crostinis	530	350	39	15	0	80	1050	23	2	4	21
Mozzarella Sticks with Marinara	560	300	33	16	1	50	800	37	6	2	27
Pan-Seared Pot Stickers with Szechwan Sauce	390	150	17	6	0	10	1420	48	1	15	12

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)
Pecan-Crusted Chicken Salad with Balsamic Vinaigrette	1220	760	84	19	0	95	1770	82	10	52	40
Pecan-Crusted Chicken Salad (Lunch portion) with Balsamic Vinaigrette	670	440	49	11	0	50	940	41	5	26	20
Million Dollar Cobb Salad with Grilled Chicken with Green Goddess Dressing	830	460	51	20	0	330	2120	30	10	8	65
Million Dollar Cobb Salad with Grilled Salmon with Green Goddess Dressing*	920	560	62	21	0.5	300	2040	34	9	8	60
Million Dollar Cobb Salad with 4 oz. Flat Iron Steak with Green Goddess Dressing*	790	500	56	21	0	285	1720	29	8	8	50
Million Dollar Cobb Salad with Grilled Chicken (Lunch portion) with Green Goddess Dressing	480	280	32	11	0	175	1190	16	6	4	35
Caesar Salad with Grilled Chicken with Caesar Dressing	810	530	59	12	1	155	1910	28	5	3	46
Caesar Salad with Grilled Salmon with Caesar Dressing*	910	630	70	14	1	125	1830	32	4	3	41
Caesar Salad with 4 oz. Flat Iron Steak with Caesar Dressing*	730	540	60	12	1	85	1810	28	3	3	22
Chicken Caesar Salad with Grilled Chicken (Lunch portion) with Caesar Dressing	410	260	29	6	0	80	940	15	3	2	24
Strawberry Fields Salad with Balsamic Vinaigrette	610	420	47	10	0	15	570	40	6	27	11
Strawberry Fields Salad with Grilled Chicken with Balsamic Vinaigrette	810	460	51	11	0	115	1990	45	9	29	45
Strawberry Fields Salad with Grilled Salmon with Balsamic Vinaigrette*	890	560	62	13	0	85	1260	46	7	28	39
Strawberry Fields Salad with 4 oz. Flat Iron Steak with Balsamic Vinaigrette*	780	510	57	13	0	70	950	41	6	28	29
Strawberry Fields Salad (Lunch Portion) with Balsamic Vinaigrette	410	280	32	6	0	10	350	28	4	19	6
Strawberry Fields Salad with Grilled Chicken (Lunch portion) with Balsamic Vinaigrette	510	310	34	7	0	60	750	29	6	19	25
BBQ Chicken Salad with BBQ Ranch Dressing	910	430	48	13	0	145	2390	73	12	24	54
BBQ Chicken Salad (Lunch portion) with BBQ Ranch Dressing	530	260	29	8	0	75	1330	42	6	12	29

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SALAD DRESSINGS (1.25 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	190	170	19	3	0	0	240	4	0	4	0
BBQ Ranch	110	80	9	1.5	0	5	270	5	0	4	1
Blue Cheese	200	190	21	4	0.5	20	310	1	0	1	2
Caesar	190	180	20	3.5	0	20	300	1	0	0	1
Green Goddess	110	100	11	2	0	10	230	2	1	1	1
Honey Mustard	200	160	18	3	0	15	290	8	0	7	0
Low Fat Balsamic Vinaigrette	50	15	2	0	0	0	180	9	0	5	0
Ranch	130	120	14	2.5	0	10	300	1	0	1	1

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)
White Cheddar Broccoli Cheese	280	180	20	11	0	50	1530	18	2	5	11
French Onion Soup	310	160	17	9	0	35	2250	25	1	8	11
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
House Salad with Breadstick (add choice of dressing)	210	70	8	3	0	5	320	29	4	5	8
House Salad no Breadstick (add choice of dressing)*	80	30	3.5	1.5	0	5	150	10	3	3	4
Caesar Salad with Breadstick with Caesar Dressing	440	280	31	7	0	25	720	33	3	4	9
Caesar Salad no Breadstick with Caesar Dressing	310	240	27	5	0	25	550	14	2	1	6

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)
Buffalo Wingman's Burger (add choice of side)	930	560	62	23	1.5	210	3260	46	4	12	48
BBQ'n Burger (add choice of side)	1160	670	74	32	2	185	3560	77	4	31	49
Bacon Cheesburger (add choice of side)	840	480	54	23	1.5	155	2950	47	3	15	42
Really Good Cheesburger (add choice of side)	820	470	53	24	2	155	2760	46	3	14	40
Jack Daniel's SM Burger (add choice of side)	1110	490	55	25	2	165	3530	110	3	76	46
Turkey Burger (add choice of side)	520	190	22	9	0	115	1680	48	3	13	31
Black Bean & Avocado Burger (add choice of side)	830	440	49	16	0	55	2380	74	13	17	33
Burgers (Green Style)											
Buffalo Wingman's Burger (add choice of side)	660	460	51	17	1.5	190	2850	10	3	4	42
BBQ'n Burger (add choice of side)	900	570	63	26	2	165	3150	41	3	23	42
Bacon Cheesburger (add choice of side)	580	390	43	17	1.5	135	2540	12	2	7	35
Really Good Cheesburger (add choice of side)	550	380	42	18	2	135	2340	11	2	6	33
Jack Daniel's SM Burger (add choice of side)	840	400	44	19	2	145	3120	74	2	68	39
Turkey Burger (add choice of side)	250	100	11	3	0	95	1260	12	2	5	25
Black Bean & Avocado Burger (add choice of side)	570	350	39	10	0	35	1970	39	12	9	27
Burgers with Gluten-Free Bun											
Buffalo Wing Burger (add choice of side)	930	580	65	21	1.5	210	3300	46	9	8	48
BBQ'n Burger (add choice of side)	1170	690	77	31	2	185	3600	76	9	28	48
Bacon Cheesburger (add choice of side)	850	510	57	22	1.5	155	2990	47	8	11	41
Really Good Cheesburger (add choice of side)	830	500	56	22	2	155	2790	46	8	11	39
Jack Daniel's SM Burger (add choice of side)	1110	520	58	24	2	165	3570	109	8	72	45
Turkey Burger (add choice of side)	530	220	25	8	0	115	1710	47	8	9	31
Black Bean & Avocado Burger (add choice of side)	840	470	53	15	0	55	2420	74	18	14	32

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)
Jack Daniel's SM Chicken Sandwich (add choice of side)	1110	510	57	21	0.5	165	2910	100	3	56	53
French Dip (add choice of side)	800	430	48	20	0.5	120	1690	51	3	11	40
Mediterranean Mahi Mahi Naan (add choice of side)*	480	130	15	4	0	85	1080	55	4	6	33
Mediterranean Shrimp Naan (add choice of side)	470	130	15	3.5	0	95	1260	54	4	6	31
Southern Fried Chicken Sandwich (add choice of side)	930	510	57	17	0	120	2150	67	5	12	42
Southern Fried Buffalo Chicken Sandwich (add choice of side)	1010	590	66	19	0.5	120	3970	68	5	13	42
Turkey + Avocado BLT (add choice of side)	760	380	42	11	0.5	105	2680	51	5	7	44

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

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NUT-0417

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SANDWICH & BURGER SIDES

	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)
Seasoned Fries	320	140	16	3	0	0	810	40	5	0	5
Side Salad (add choice of dressing)	45	15	2	1	0	5	85	5	1	1	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)	1260	650	72	25	0	205	1760	89	7	41	68
BBQ Ribs, Half-Rack (with coleslaw & seasoned fries)	870	430	48	15	0	110	1490	75	6	29	37
Jack Daniel's SM Ribs, Full-Rack (with coleslaw & seasoned fries)	1600	660	73	25	0	205	2860	173	7	126	69
Jack Daniel's SM Ribs, Half-Rack (with coleslaw & seasoned fries)	1070	440	49	15	0	110	2090	124	6	79	37

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)
Rib-Eye (Includes mashed potatoes and lemon-butter broccoli)											
Topped with Parmesan Butter	960	520	58	24	0	230	2270	33	8	4	72
Topped with Jack Daniel's SM Glaze	1090	430	48	20	0	220	3030	89	9	57	73
Flat Iron (Includes mashed potatoes and lemon-butter broccoli)											
Topped with Parmesan Butter	780	470	52	21	0	155	2240	33	8	4	46
Topped with Jack Daniel's SM Glaze	900	380	42	16	0	145	2690	87	8	57	47
Sirloin (Includes mashed potatoes and lemon-butter broccoli)											
Topped with Parmesan Butter	990	630	70	29	2	220	2240	33	8	4	51
Topped with Jack Daniel's SM Glaze	1120	540	60	25	2	210	3010	89	9	57	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)
Bruschetta Chicken Pasta	860	320	35	7	0	70	840	93	7	14	42
Bruschetta Chicken Pasta (Half Portion)	490	220	25	5	0	35	480	47	3	7	21
Cajun Shrimp & Chicken Pasta	1430	840	438	46	0	405	2400	87	6	6	66
Cajun Shrimp & Chicken Pasta (Half Portion)	630	340	210	19	0	195	1210	43	3	3	33

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)
Bourbon Barrel Mahi Mahi (with jasmine rice pilaf and steamed spinach)	820	340	38	10	0	130	1440	81	3	2	40
Bourbon Barrel Mahi Mahi (with mashed potatoes and steamed spinach)*	640	370	41	17	0	165	1520	28	6	4	38
Bourbon Barrel Salmon (with jasmine rice pilaf and steamed spinach)	930	440	49	12	0	90	1350	85	4	2	40
Bourbon Barrel Salmon (with mashed potatoes and steamed spinach)*	760	470	53	20	0.5	120	1430	31	6	4	37
Sizzling Chicken & Shrimp (with peppers and mashed potatoes)	1210	740	83	30	0.5	240	2180	45	6	8	63
Sizzling Chicken & Cheese (with peppers and mashed potatoes)	1090	670	75	31	0.5	205	2200	38	5	6	61
Grilled Salmon (with jasmine rice pilaf and steamed spinach)	920	440	49	12	0	90	1290	83	4	1	40
Grilled Salmon (with mashed potatoes and steamed spinach)*	750	470	53	20	0.5	120	1370	29	6	2	37
Fried Shrimp (with seasoned fries and cocktail sauce)	750	260	29	6	0	100	3120	91	9	6	31
Fried Shrimp (Handed-breaded) (with seasoned fries and cocktail sauce)*	810	360	40	7	0	130	2020	74	6	7	34
Jack Daniel's SM Chicken (with mashed potatoes and lemon-butter broccoli)	930	300	34	14	0	245	3040	89	8	58	68
Bourbon Barrel Chicken (with mashed potatoes and lemon-butter broccoli)	690	370	41	18	0	150	2340	35	10	6	43
Crispy Chicken Fingers (with seasoned fries and Honey mustard dressing)	1030	530	59	18	0	55	2560	87	7	8	38
Crispy Chicken Fingers (Hand-breaded) (with seasoned fries and Honey mustard dressing)*	930	520	58	11	0	60	1790	78	6	9	23
Parmesan-Crusted Chicken (with cheddar mac & cheese and tomato mozzarella salad)	1060	600	181	28	0.5	245	2520	57	6	6	62
Parmesan-Crusted Chicken (with three cheese tortellini & tomato mozzarella salad)*	920	540	137	22	0	220	2390	44	6	6	54

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NUT-0417

FRIDAYSSM

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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)	210	70	8	3	0	5	320	29	4	5	8
House Salad w/out Breadstick (add choice of dressing)	80	30	3.5	1.5	0	5	150	10	3	3	4
Caesar Salad with Breadstick with Caesar Dressing	440	280	31	7	0	25	720	33	3	4	9
Caesar Salad w/out Breadstick with Caesar Dressing	310	240	27	5	0	25	550	14	2	1	6
Choice of Soup	280-500	160-270	17-30	9-18	0	35-105	1530-2250	18-45	1-4	3-10	5-14
Make it a Combo											
Jack Daniel's® Rib, Half-Rack	650	220	25	10	0	95	1060	79	1	76	32
BBQ Rib, Half-Rack	460	226	24	10	0	95	450	30	1	26	32
Crispy Shrimp	200	60	7	1.5	0	50	920	22	2	0	13
Crispy Shrimp (Hand-breaded)*	360	170	19	3.5	0	65	640	27	1	1	16

SIDES

	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)
Cheddar Mac and Cheese	610	370	156	19	0.5	120	840	44	2	2	19
Coleslaw	100	70	8	2	0	10	220	5	0	3	1
Lemon-Butter Broccoli	150	100	11	4.5	0	10	850	11	5	2	4
Steamed Spinach	160	130	14	5	0	10	470	5	3	1	5
Jasmine Rice Pilaf	420	100	11	2.5	0	0	470	72	5	1	7
Mashed Potatoes	250	130	15	8	0	30	550	19	2	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
Tomato Mozzarella Salad	90	50	6	3.5	0	20	220	5	1	3	5

FRIDAYSSM LUNCH

	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)
Mozzarella Sticks with Marinara	560	300	33	16	1	50	800	37	6	2	27
House Salad with Breadstick (add choice of dressing)	210	70	8	3	0	5	320	29	4	5	8
Caesar Salad with Breadstick with Caesar Dressing	440	280	31	7	0	25	720	33	3	4	9
Choice of Soup	280-500	160-270	17-30	9-18	0	35-105	1530-2250	18-45	1-4	3-10	5-14
Strawberry Fields Salad with Chicken (lunch portion) with Balsamic Vinaigrette	510	310	34	7	0	60	750	29	6	19	25
Jack SM Sliders with Seasoned Fries	860	440	49	15	1	75	2860	81	5	19	28
Caesar Salad with Grilled Chicken with Caesar Dressing	410	260	29	6	0	80	940	15	3	2	24
1/2 Turkey + Avocado BLT w/ Seasoned Fries	620	300	33	8	0	50	1950	56	6	3	26
BBQ Chicken Salad with BBQ Ranch	530	260	29	8	0	75	1330	42	6	12	29
Cheddar Mac & Cheese	610	370	156	19	0.5	120	840	44	2	2	19
Chicken Quesadilla (with guacamole)	1060	600	67	30	1.5	190	2160	54	6	5	57

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)
Tennessee Whiskey Cake	1110	470	52	26	0	195	630	151	4	118	12
Tennessee Whiskey Cake (Half)*	670	290	32	18	0	120	360	88	2	68	8
Brownie Obsession®	1200	540	60	32	0	165	480	153	4	119	12
Brownie Obsession® (Half)*	720	340	37	20	0	105	280	89	2	69	8
Vanilla Bean Cheesecake	920	520	57	39	0	170	380	88	2	76	10
Oreo® Madness	500	190	21	10	0	40	330	76	3	49	6
Kid's Dessert - Cup of Dirt	480	140	16	9	0	60	300	79	2	60	7
Kid's Dessert - Vanilla Ice Cream	460	230	26	17	0	100	170	49	0	39	6
Kid's Sundae	690	280	31	20	0	105	240	94	1	76	8

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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 [®]	150	0	0	0	0	0	45	39	0	39	0
Soda: Diet Coke [®]	0	0	0	0	0	0	45	0	0	0	0
Soda: Diet Pepsi [®]	0	0	0	0	0	0	40	0	0	0	0
Soda: Dr Pepper [®]	150	0	0	0	0	0	55	41	0	41	0
Soda: Fanta	170	0	0	0	0	0	50	45	0	45	0
Soda: Fuze	60	0	0	0	0	0	10	15	0	15	0
Soda: Mountain Dew	170	0	0	0	0	0	60	47	0	47	0
Soda: Mr. Pibb	150	0	0	0	0	0	45	45	0	39	0
Soda: Mug Root Beer	150	0	0	0	0	0	60	44	0	44	0
Soda: Pepsi	150	0	0	0	0	0	30	42	0	42	0
Soda: Sierra Mist [®]	150	0	0	0	0	0	40	39	0	39	0
Soda: Sprite [®]	160	0	0	0	0	0	35	40	0	36	0
Minute Maid [®]	150	0	0	0	0	0	65	41	0	41	0
vitaminwater XXX [®]	80	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 [®] Black Iced Tea	0	0	0	0	0	0	35	0	0	0	0
Green with Passion Smoothie	330	20	2	2	0	0	30	76	2	67	2
Triple Berry Smoothie	220	25	3.5	3	0	0	15	46	3	41	2
Strawberry Passion Tea	130	0	0	0	0	0	0	31	1	27	1
Tropical Raspberry Tea	110	0	0	0	0	0	0	25	1	22	0
Tickled Pink	80	0	0	0	0	0	10	21	1	11	1
Paradise Punch	130	0	0	0	0	0	0	32	1	27	1
Poppin' Boba	110	0	0	0	0	0	50-60	25	1	18-21	0
Dasani [®]	0	0	0	0	0	0	0	0	0	0	0
Perrier [®]	0	0	0	0	0	0	0	0	0	0	0
Zico Coconut Water [®]	90	0	0	0	0	0	90	23	0	22	2
Red Bull [®] (Regular)	110	0	0	0	0	0	100	28	0	27	0
Red Bull [®] (Sugarfree)	10	0	0	0	0	0	100	3	0	0	0
Red Bull [®] (Tropical)	110	0	0	0	0	0	100	28	0	27	0

SIGNATURE SLUSHES

Blue Raspberry	250	0	0	0	0	0	35	64	0	60	0
Cherry Limeade	260	0	0	0	0	0	15	63	0	56	0
Mango Peach Lemonade	160	0	0	0	0	0	35	44	0	42	0
Strawberry Lemonade	210	0	0	0	0	0	40	55	0	54	1
Red Bull [®] Passion (Regular)	210	0	0	0	0	0	105	54	2	49	0
Red Bull [®] Passion (Sugarfree)	110	0	0	0	0	0	105	29	2	22	0
Red Bull [®] Passion (Tropical)	210	0	0	0	0	0	105	54	2	49	0

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 Sliders (add choice of side and beverage)	480	260	28	10	1	60	1270	37	1	8	21
Kid's Sliders with Cheese (add choice of side and beverage)*	130	90	10	6	0	20	410	1	0	0	7
Chicken Fingers with Honey Mustard (add choice of side and beverage)	500	300	33	10	0	35	1160	31	1	8	20
Chicken Fingers with Honey Mustard (Hand-breaded)* (add choice of side and beverage)	440	290	33	6	0	45	700	26	1	8	11
Chicken Sandwich (add choice of side and beverage)	310	120	14	3.5	0	55	700	26	2	3	22
Mac & Cheese (add choice of side and beverage)	440	210	23	12	0	35	1220	41	0	5	16
Pasta & Marinara (add choice of side and beverage)	240	20	2	0	0	0	150	46	4	7	9
Kid's Side - Carrots w/ Ranch	150	120	14	2.5	0	10	340	7	1	3	1
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)	45	15	2	1	0	5	85	5	1	1	2
Kid's Side - Mandarin Oranges	60	0	0	0	0	0	10	14	1	14	1
Kid's Side - Fruit Cup	45	0	0	0	0	0	0	12	1	10	1

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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	250	50	6	3.5	0	20	160	39	1	33	10
Kid's Milk	140	50	5	3.5	0	20	130	13	0	13	9
Kid's Slush Blue Raspberry	160	0	0	0	0	0	20	39	0	36	0
Kid's Slush Cherry Limeade	130	0	0	0	0	0	5	32	0	28	0
Kid's Slush Mango Peach Lemonade	100	0	0	0	0	0	20	26	0	25	0
Kid's Slush Strawberry Lemonade	120	0	0	0	0	0	20	32	0	31	1
Kid's Soda: Coca-Cola [®]	110	0	0	0	0	0	35	30	0	30	0
Kid's Soda: Coke [®] Zero	0	0	0	0	0	0	30	0	0	0	0
Kid's Soda: Diet Coke [®]	0	0	0	0	0	0	35	0	0	0	0
Kid's Soda: Diet Pepsi [®]	0	0	0	0	0	0	30	0	0	0	0
Kid's Soda: Dr Pepper [®]	110	0	0	0	0	0	40	30	0	30	0
Kid's Soda: Fanta Orange	120	0	0	0	0	0	40	34	0	34	0
Kid's Soda: Mr. Pibb	110	0	0	0	0	0	35	29	0	29	0
Kid's Soda: Mug Root Beer	110	0	0	0	0	0	45	33	0	33	0
Kid's Soda: Pepsi	110	0	0	0	0	0	20	31	0	31	0
Kid's Soda: Sierra Mist [®]	110	0	0	0	0	0	30	29	0	29	0
Kid's Soda: Sprite [®]	120	0	0	0	0	0	25	30	0	27	0
Kid's Lemonade	80	0	0	0	0	0	10	22	0	21	0

LOCAL (AVAILABLE AT SELECT 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)
Wings (Traditional)											
Herb Roasted (10)	840	530	59	16	0	325	1550	20	2	11	62
Herb Roasted (20)	1680	1050	117	33	0	650	3090	40	5	22	123
Loaded Nachos with Chicken	990	590	186	23	0	155	4170	94	11	4	37
Loaded Nachos with Pork Carnitas	1090	670	195	26	0	170	4730	97	11	5	40
Blackened Mahi Mahi Lettuce Wrap	350	150	16	6	0	135	720	19	7	9	33
Spicy Korean Chicken Lettuce Wrap	490	130	15	3	0	100	2130	42	4	32	45
Fish & Chips (with seasoned fries, coleslaw and tartar sauce)	880	500	55	10	0	65	1880	73	5	23	23
Chili	340	180	20	8	1	65	820	18	3	7	20
Petite Sirloin & Lobster Tail with Mashed Potatoes & Lemon-Butter Broccoli	890	242	26	18.5	1460	101	1401	55	10	163	238
Ribeye & Lobster Tail with Mashed Potatoes & Lemon-Butter Broccoli	1080	242	26	18.5	1470	127	1402	64	9	273	308
Ribeye (add choice of side)	560	12	0	3	870	64	1	32	1	190	280
Petite Sirloin (add choice of side)	370	12	0	3	860	38	0	23	2	80	210
Add-On Lobster Tail	120	0	0	3	600	23	1	1.5	1	80	15
Name Your Own Omelet											
Scrambled Eggs	360	250	28	7	0	550	890	2	0	0	21
Egg Whites	220	120	14	2.5	0	0	680	3	0	0	21
Bacon	90	60	7	2.5	0	20	350	1	0	1	6
Ham	60	20	2	0.5	0	15	910	2	0	1	9
Turkey	60	10	1	0	0	25	520	1	0	1	11
Sharp Cheddar	120	90	10	6	0	30	190	1	0	0	7
Monterey Jack	80	50	6	3.5	0	20	150	1	0	0	5
Broccoli	10	0	0	0	0	0	10	1	1	0	1
Peppers & Onions	40	25	2.5	0	0	0	210	4	1	2	1
Tomatoes	10	0	0	0	0	0	0	2	1	1	0
Mushrooms	15	15	1.5	0	0	0	35	1	0	0	0
Seasonal Fruit	10	0	0	0	0	0	0	3	1	2	0
Eggs Benedict	1440	480	53	58	2.5	615	3430	58	4	2	31

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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.	200	0	0	0	0	0	30	16	0	0	0
Beer Pabst Blue Ribbon Can 16 oz.	200	0	0	0	0	0	15	16	0	0	0
Beer Stella Artois Chalice	220	0	0	0	0	0	0	18	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	640	0	0	0	0	0	30	20	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	20	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

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)
Abso-Bloody-Lutely	170	10	1	0	0	0	2110	11	2	3	2
Abso-Bloody-Lutely Skewer – Hickory-Smoked Bacon (2)	110	60	7	2.5	0	20	510	6	0	4	7
Abso-Bloody-Lutely Skewer – Jack SM Sliders (1)	400	220	25	8	0.5	40	1540	32	2	8	12
Abso-Bloody-Lutely Skewer – Wing (1)	210	120	14	3.5	0	120	690	1	0	0	21
Absolut & Cranberry Juice	170	0	0	0	0	0	20	18	0	18	0
Absolut & Orange Juice	160	0	0	0	0	0	0	13	0	11	1
Absolut & Soda Water	140	0	0	0	0	0	0	0	0	0	0
Absolut & Tonic	140	0	0	0	0	0	15	11	0	11	0
American Mule	140	0	0	0	0	0	10	17	0	15	0
Apple Tini	160	0	0	0	0	0	0	21	0	19	0
Baileys .75oz (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	33	1	30	0
Black Russian	150	0	0	0	0	0	0	11	0	11	0
Blackberry Long Island Tea	250	0	0	0	0	0	5	27	1	24	0
Blackberry Mojito	200	0	0	0	0	0	10	27	2	23	0
Blackberry 'Rita	160	0	0	0	0	0	0	22	1	19	0
Blood Orange Cooler	210	0	0	0	0	0	0	27	2	23	1
Blue Fire Lemonade	180	0	0	0	0	0	0	25	0	21	0
Blue 'Rita Shaker	250	0	0	0	0	0	570	27	1	22	0
Bombay Original 1.5oz	110	0	0	0	0	0	0	0	0	0	0
Buttery Nipple	110	20	3.5	2	0	80	20	12	0	12	0
Café Toledo	190	35	6	3.5	0	85	35	29	0	27	1
Captain Morgan's Spiced Rum 1.5oz	90	0	0	0	0	0	0	1	0	1	0
Captain Morgan & Coke [®]	140	0	0	0	0	0	30	14	0	13	0
Captain Morgan Island Rum Punch	350	0	0	0	0	0	25	53	0	43	0
Cinnamon Toast Shooter	140	10	2	1	0	5	10	15	0	12	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)
Corona 'Rita	340	0	0	0	0	0	580	52	0	41	1
Cosmopolitan	160	0	0	0	0	0	5	10	0	10	0
Crown Apple Cooler	200	0	0	0	0	0	5	43	1	31	0
Diddy On The Beach	310	0	0	0	0	0	105	53	1	44	1
Double Berry Bellini	180	0	0	0	0	0	0	20	1	18	1
Double Berry Mojito Shaker	210	0	0	0	0	0	5	28	3	23	1
Dreamsicle Shooter	130	0	0	0	0	0	0	12	0	7	0
Electric Lemonade	180	0	0	0	0	0	5	19	0	13	0
Espresso Martini	200	10	1.5	1	0	5	5	22	0	19	5
Fiery Apple	150	0	0	0	0	0	0	20	0	19	0
Firecracker Sangria	160	0	0	0	0	0	5	17	0	9	0
Fresh Lynchburg Lemonade	180	0	0	0	0	0	10	23	0	20	0
Fresh Squeezed Mimosa	110	0	0	0	0	0	0	13	1	10	1
Fresh Strawberry Daiquiri	190	0	0	0	0	0	0	28	2	23	1
Fresh Strawberry Mule	170	0	0	0	0	0	10	23	1	20	0
Fridays SM Light Cosmo Cooler	150	0	0	0	0	0	0	12	0	11	0
Frozen Blue Hawaiian	470	70	8	8	0	0	45	71	2	60	2
Frozen Lava Flow	480	70	8	8	0	0	50	83	3	68	2
German Chocolate Cake Sipper	180	5	1	0.5	0	25	10	10	0	8	0
Gold Coast Black Berry Mule	170	0	0	0	0	0	0	20	1	17	0
Gold Coast Winter Storm	170	0	0	0	0	0	10	22	0	13	0
Grey Goose Cooler	220	0	0	0	0	0	0	28	0	25	0
Grey Goose Punch Shaker	230	0	0	0	0	0	5	25	1	22	0
Guinness Stout Shake	830	230	39	26	0	150	270	101	1	78	11
Hendrick's Cooler	190	0	0	0	0	0	5	25	0	24	0
Honey Badger Shooter	150	10	2	1	0	5	10	8	0	5	0
Horny 'Rita Frozen	250	0	0	0	0	0	580	44	0	41	0
Horny 'Rita Rocks	250	0	0	0	0	0	580	44	0	41	0
House Bloody Mary	120	0	0	0	0	0	750	6	1	1	1
House Long Island Tea	190	0	0	0	0	0	10	15	0	12	0
House Martini	210	35	6	4	0	110	40	25	0	23	0
House Mojito	190	0	0	0	0	0	15	25	0	23	0
Irish 'Rita	210	0	0	0	0	0	580	26	0	24	0
Irish 'Rita Rocks	210	0	0	0	0	0	580	32	0	27	0
Jack Daniel's® & Coke®	120	0	0	0	0	0	10	10	0	10	0
Jack Daniel's® & Coke Zero®	80	0	0	0	0	0	10	0	0	0	0
Jack Daniel's® & Diet Coke®	80	0	0	0	0	0	10	0	0	0	0
Jack Daniel's® & Ginger	120	0	0	0	0	0	10	11	0	11	0
Jager Bomb	210	0	0	0	0	0	50	14	0	14	0
Jameson & Sprite®	120	0	0	0	0	0	10	10	0	8	0
Jameson	100	0	0	0	0	0	0	0	0	0	0
Kamikaze	140	0	0	0	0	0	0	12	0	12	0
Kentucky Lemonade	230	0	0	0	0	0	0	34	0	31	0
Keoke Coffee	140	5	1	1	0	5	5	16	0	12	5
Key Lime Pie Shooter	150	0	0	0	0	0	0	14	0	9	0
Lemon Drop	150	0	0	0	0	0	0	15	0	14	0

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COCKTAILS cont.

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Mango Lemonade	240	0	0	0	0	0	5	39	0	33	0
Margarita Frozen	240	0	0	0	0	0	350	31	0	29	0
Margarita Rocks	240	0	0	0	0	0	350	31	0	29	0
Melon Ball	110	0	0	0	0	0	0	10	0	1	0
Mimosa - Orange	110	0	0	0	0	0	0	13	0	11	1
Mimosa - Ruby Red Vanilla	140	0	0	0	0	0	30	21	0	21	0
Michelada	120	0	0	0	0	0	1020	6	1	2	1
Mojito, Signature	190	0	0	0	0	0	15	25	0	23	0
Mudslide	760	230	39	26	0	150	250	74	0	58	10
Mudslide Martini	210	35	6	4	0	110	40	25	0	23	1
Mudslide Ultimate	900	260	43	28	0	255	270	94	0	78	10
Nutty Irish Coffee	120	25	4.5	3	0	80	25	14	0	14	0
One Two Rum Punch	210	0	0	0	0	0	0	24	1	21	1
Pain Eraser	360	60	7	6	0	0	50	40	0	36	1
Patrón Cosmo 'Rita Shaker	270	0	0	0	0	0	580	28	0	27	0
Patrón Cosmo 'Rita Shaker w/ Patrón Reposado	270	0	0	0	0	0	580	28	0	27	0
Peach Honey Smash	210	0	0	0	0	0	0	25	1	24	0
Peach Long Island Tea	250	0	0	0	0	0	5	29	0	27	0
Piña Colada	460	90	10	10	0	0	55	72	3	69	2
Pink Punk Martini	160	0	0	0	0	0	0	13	0	12	0
Purple Hooter	140	0	0	0	0	0	0	12	0	10	0
Red Bull® & Vodka	200	0	0	0	0	0	100	28	0	27	0
Red Head	140	0	0	0	0	0	0	8	0	8	0
Red Snapper	140	0	0	0	0	0	0	24	0	11	0
Ruby Red Greyhound	130	0	0	0	0	0	30	14	0	12	0
Ruby Red Spiked Lemonade	160	0	0	0	0	0	5	22	2	17	0
Sangria Berry	220	0	0	0	0	0	10	26	1	20	0
Sangria Peach	210	0	0	0	0	0	0	29	0	23	0
Sangria 'Rita	220	0	0	0	0	0	0	23	1	13	0
SoCo Hurricane	260	0	0	0	0	0	10	47	0	38	0
Strawberry Henny	210	0	0	0	0	0	0	27	1	20	0
Strawberry Shortcake	680	170	29	19	0	110	180	86	0	61	8
Tequila (Hornitos) Sunrise	220	0	0	0	0	0	0	33	1	31	1
The BFM – The Best Fridays™ Margarita	200	0	0	0	0	0	570	20	0	15	0
The BFM – The Best Fridays™ Margarita (Patrón Reposado)	200	0	0	0	0	0	570	20	0	15	0
Top Shelf Long Island Tea	190	0	0	0	0	0	10	15	0	12	0

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Tropical Berry Mojito Shaker	280	0	0	0	0	0	10	37	2	32	0
Tropical Long Island Tea	250	0	0	0	0	0	5	37	0	26	6
Ultimate 77 Sunset Strip	290	0	0	0	0	0	10	31	1	29	6
Ultimate Boba Tea w/o Popping Pearls NEW	200	0	0	0	0	0	0	18	0	17	0
Popping Pearls Only – Mango	25	0	0	0	0	0	10	6	0	3	0
Popping Pearls Only – Strawberry	25	0	0	0	0	0	15	6	0	5	0
Ultimate Bloody Mary	190	0	1	0	0	0	2020	12	2	4	2
Ultimate Blueberry-Pom Long Island Tea	290	0	0	0	0	0	5	40	1	36	0
Ultimate Casamigos 'Rita	310	0	0	0	0	0	350	29	0	21	1
Ultimate Casamigos Spicy 'Rita	290	0	0	0	0	0	180	28	1	24	0
Ultimate Casamigos Strawberry 'Rita	270	0	0	0	0	0	570	26	1	22	1
Ultimate Frozen Margarita	330	0	0	0	0	0	570	40	1	35	0
Ultimate Frozen Margarita Blue Swirl	410	0	0	0	0	0	570	47	1	40	0
Ultimate Frozen Margarita Mango Swirl	430	0	0	0	0	0	570	64	1	58	0
Ultimate Frozen Margarita Midori Swirl	410	0	0	0	0	0	570	51	1	46	0
Ultimate Frozen Margarita Peach Mango Swirl	430	0	0	0	0	0	570	63	1	58	0
Ultimate Frozen Margarita Peach Swirl	430	0	0	0	0	0	570	63	1	58	0
Ultimate Frozen Margarita Raspberry Peach Swirl	410	0	0	0	0	0	570	46	1	35	0
Ultimate Frozen Margarita Regal Apple Swirl	400	0	0	0	0	0	570	52	1	42	0
Ultimate Frozen Margarita Sangria Swirl	370	0	0	0	0	0	570	41	1	36	0
Ultimate Frozen Margarita Strawberry Passion Swirl	410	0	0	0	0	0	570	59	2	52	0
Ultimate Frozen Margarita Strawberry Swirl	390	0	0	0	0	0	570	54	1	48	0
Ultimate Frozen Margarita Watermelon Swirl	370	0	0	0	0	0	590	56	1	52	0
Ultimate Hawaiian Volcano	310	0	0	0	0	0	10	46	1	30	1
Ultimate Long Island Tea	190	0	0	0	0	0	10	15	0	12	0
Ultimate Mojito	260	0	0	0	0	0	10	34	1	30	0
Ultimate Mudslide	1050	390	43	29	0	160	300	122	2	104	12
Ultimate 'Rita Rocks Margarita	280	0	0	0	0	0	480	33	0	30	0
Ultimate Tropical Berry Margarita Frozen	350	0	0	0	0	0	0	45	2	39	0
Ultimate Tropical Berry Margarita Rocks	330	0	0	0	0	0	0	45	2	39	0
Vegas Bomb	150	0	0	0	0	0	55	26	0	20	0
Vodka Well 80 Proof 1.5oz	100	0	0	0	0	0	0	0	0	0	0
Watermelon Cooler	160	0	0	0	0	0	20	16	0	15	0
White Russian	190	20	3.5	2	0	10	15	12	0	12	1

SHARE-ABLES

	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)
Share-able Barbados Rum Punch	470	0	0	0	0	0	35	67	2	60	1
Share-able Crown Apple Cooler	410	0	0	0	0	0	15	86	1	63	0
Share-able Peach Sangria	480	0	0	0	0	0	10	75	2	61	1
Share-able Strawberry Henny	400	0	0	0	0	0	0	53	1	39	0
Share-able Ultimate Frozen Margarita	670	0	0	0	0	0	1140	79	1	71	1
Share-able Ultimate Frozen Margarita Mango Swirl	860	0	0	0	0	0	1140	127	1	117	1
Share-able Ultimate Frozen Margarita Peach Mango Swirl	860	0	0	0	0	0	1140	126	1	116	1
Share-able Ultimate Frozen Margarita Peach Swirl	860	0	0	0	0	0	1140	126	1	115	1
Share-able Ultimate Frozen Margarita Sangria Swirl	790	0	0	0	0	0	1150	83	1	72	1
Share-able Ultimate Frozen Margarita Strawberry Passion Swirl	820	0	0	0	0	0	1140	117	3	102	1
Share-able Ultimate Frozen Margarita Strawberry Swirl	780	0	0	0	0	0	1140	108	2	95	1
Share-able Ultimate Frozen Margarita Watermelon Swirl	750	0	0	0	0	0	1180	112	1	103	1
Share-able Ultimate Long Island Tea	390	0	0	0	0	0	10	32	0	24	0
Share-able Ultimate Margarita Rocks	560	0	0	0	0	0	1140	64	1	58	1
Share-able Ultimate Mojito	480	0	0	0	0	0	20	58	0	54	0

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COFFEE

	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	5	0	0	0	0	0	5	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
Espresso	5	0	0	0	0	0	5	1	0	0	0
Frappé	60	20	2.5	1.5	0	10	50	6	0	5	3
Frappé - Chocolate	180	25	2.5	1.5	0	10	75	34	0	33	3
Frappé - Salted Caramel	180	25	2.5	1.5	0	10	60	35	0	28	3
Frappé - Vanilla	160	20	2.5	1.5	0	10	50	31	0	30	3
Latte	90	36	3.5	2.5	0	15	80	8	0	8	5
Latte - Chocolate	210	35	4	2.5	0	15	105	37	0	36	5
Latte - Salted Caramel	210	35	4	2.5	0	15	90	38	0	31	5
Latte - Vanilla	190	35	3.5	2.5	0	15	80	33	0	33	5
Iced Latte	70	25	3	2	0	10	60	6	0	6	4
Iced Latte - Chocolate	190	30	3	2	0	10	90	36	0	35	4
Iced Latte - Salted Caramel	190	30	3.5	2	0	10	75	37	0	29	4
Iced Latte - Vanilla	170	30	3	2	0	10	65	32	0	31	4

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BRUNCH*

	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 & Cheddar Omelet with Parmesan potatoes and salsa (Add choice of toast)	830	590	60	18	0	610	1940	26	6	3	39
Florentine Omelet	680	430	47	14	0	565	1520	30	7	3	29
Bourbon Steak & Eggs											
Steak	260	180	20	7	0	60	850	5	1	2	19
Choice of Eggs	110-200	60-150	7-16	1.5-4.5	0	0-370	230-560	1	0	0	11-12
Choice Meat	120-210	80-190	9-21	4.5-6	0	10-30	360-620	0-9	0-6	0-1	4-10
Choice Toast	130-170	25-70	3-8	1-1.5	0	0	200-230	21-22	1-3	0-2	3-5
Loaded Benny Skins with side salad (add choice of dressing)	1870	830	92	74	3	810	3380	60	6	4	49
The Regular											
Choice of Eggs	110-200	60-150	7-16	1.5-4.5	0	0-370	230-560	1	0	0	11-12
Choice Meat	120-210	80-190	9-21	4.5-6	0	10-75	360-620	0-9	0-1	0-6	4-10
Choice Toast	130-170	25-70	3-8	1-3.5	0	0	200-230	21-22	1-3	0-2	3-5
Chicken & Waffle	940	270	30	1-1.5	0	30	2240	138	4	58	34
Chicken & Waffle (Handbreaded)	1380	420	46	10	0	80	3190	200	6	62	41
Bears 'N' Berries	760	240	27	1-1.5	0.5	50	1220	121	4	63	12
Hangover Burger (Add choice of side)	1010	620	69	28	2	330	3630	47	3	15	50
Abso-Bloody-Lutely (Buffalo Wing Skewer)	210	120	14	3.5	0	120	690	1	0	0	21
Abso-Bloody-Lutely (Bacon Skewer)	110	60	7	2.5	0	20	510	6	0	4	7
Abso-Bloody-Lutely (Jack SM Slider Skewer with Fries)	400	220	25	8	0.5	40	1540	32	2	8	12

BRUNCH SIDES*

	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)
Toast (Sourdough)	130	25	3	1	0	0	200	21	1	0	3
Toast (Multi-Grain)	170	70	8	1.5	0	0	230	22	3	2	5
Fruit	50	0	0	0	0	0	0	13	2	9	1
Smoked Bacon (3)	120	80	9	4.5	0	10	370	1	0	1	10
Hickory Bacon	160	80	9	4.5	0	10	620	9	1	6	10
Sausage Links (3)	210	190	21	6	0	30	360	0	0	0	4
Garlic Parmesan Potatoes	230	130	14	3.5	0	5	630	22	3	0	5
Bucket O' Bacon (8)	550	220	25	12	0	25	1710	56	2	46	28
Eggs (Egg Whites) (2)	110	60	7	1.5	0	0	230	1	0	0	11
Eggs (Over Hard) (2)	190	140	15	4	0	325	560	1	0	0	11
Eggs (Over Medium) (2)	190	140	15	4	0	325	560	1	0	0	11
Eggs (Over Easy)	190	140	15	4	0	325	560	1	0	0	11
Eggs (Scrambled)	200	150	16	4.5	0	370	270	1	0	0	12
Eggs (Sunny Side Up)	190	140	15	4	0	325	560	1	0	0	11

BRUNCH (KID'S)*

	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 Regular											
Eggs (Egg Whites)	100	60	7	1.5	0	0	190	1	0	0	8
Eggs (Over Hard)	130	100	11	2.5	0	165	500	1	0	0	6
Eggs (Over Easy)	130	100	11	2.5	0	165	500	1	0	0	6
Eggs (Over Medium)	130	100	11	2.5	0	165	500	1	0	0	6
Eggs (Sunny Side Up)	130	100	11	2.5	0	165	500	1	0	0	6
Eggs (Scrambled)	200	150	16	4.5	0	370	270	1	0	0	12
Kid's Waffle Bites with Mandarin Oranges	400	50	6	1.5	0	0	670	82	2	51	5
Bacon (3)	120	80	9	4.5	0	10	370	1	0	1	10
Sausage Links (3)	210	190	21	6	0	30	360	0	0	0	4
Hickory Bacon (3)	160	80	9	4.5	0	10	620	9	1	6	10
Breakfast Potatoes	230	130	14	3.5	0	5	630	22	3	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.

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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)
Nachos with Chili & Cheese*	1060	590	65	11	0	50	5330	133	8	13	18
Grilled Bratwurst* (Milwaukee) (with Seasoned Fries)	910	530	59	20	0	135	3220	51	2	11	39
Grilled Bratwurst* (Phoenix) (with Seasoned Fries)	480	230	25	8	0	45	1200	45	2	9	17
Jumbo Hot Dog* (with Seasoned Fries)	930	500	56	25	3	125	2460	59	1	25	37
Chili Cheese Dog* (with Seasoned Fries)	920	510	57	20	3	115	3550	63	2	12	33
Kid's Hot Dog* (add choice of side and beverage)	450	230	26	12	0	60	1480	37	1	8	16
Seasoned Fries	320	160	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)
Steak & Eggs (with multi-grain toast & breakfast potatoes)	1090	630	70	19	0	445	2000	58	6	8	58
Sticky Minis	1000	330	37	9	0	40	1030	150	5	73	13
Smoked Salmon & Bagel	520	170	19	8	0	70	1080	52	3	11	29
Egg BLT Sandwich (with breakfast potatoes)	1180	720	80	25	0	435	2720	73	6	7	41
Breakfast Potato Skins	1130	600	67	23	0.5	580	2530	88	13	7	49
French Toast	990	440	49	18	0.5	185	1120	116	3	42	18
Ham & Bacon Omelet (with multi-grain toast)	1010	590	65	26	1	775	2710	39	4	9	63
Southwest Omelet (with multi-grain toast)	960	550	62	24	1	755	2570	42	5	10	57
Vegetable Omelet (with multi-grain toast)	660	350	39	10	0	660	1590	41	5	9	32
Fridays Egg Breakfast (with breakfast potatoes, multi-grain toast and bacon or sausage)	850-910	490-560	54-62	14-16	0	355-360	1850-2000	58	6	8	28-30
Breakfast Tacos	1430	920	102	36	1	430	3170	78	6	4	50
Oatmeal	390	130	15	5	0	20	330	60	5	38	6
Kids French Toast	710	360	40	13	0	95	690	75	2	33	9
Kids Scrambled Eggs (with bacon and multi-grain toast)	550	300	33	9	0	350	1210	35	3	7	24
Side Breakfast Potatoes	260	160	17	3.5	0	0	620	23	3	0	3
Side Bacon (3)	130	90	10	3.5	0	30	520	1	0	1	10
Side Sausage (2)	380	320	36	12	0	50	740	2	0	2	14
Side Fruit	45	0	0	0	0	0	0	12	1	10	1
Side Bagel w/ Cream Cheese	340	110	12	6	0	30	490	48	2	8	11
Side Multi-grain Toast	190	40	4.5	1.5	0	0	290	30	2	5	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.