

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 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.

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Fridays™ All-Natural Chicken: We add nothing artificial to our chicken breasts and they're minimally processed – just chicken with a hint of sea salt.

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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 Fridays™ Combo											
Wings (Traditional) 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) 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	540	230	26	10	0.5	30	1440	61	3	4	18
Add on Warm Pretzels (Hearth-Baked)*	480	170	19	9	0	30	1290	62	3	4	17
Wings (Traditional)											
Buffalo (add choice of dressing)	640	350	39	11	0	405	2660	3	0	0	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)	640	300	33	7	0	105	3350	43	3	0	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
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	3050	120	6	71	92
Chicken Quesadilla	1250	780	87	37	1.5	215	2870	58	6	6	59
Chicken Quesadilla (No guacamole)*	1210	750	84	36	1.5	215	2810	55	4	6	58
Chips & Salsa	290	120	13	2	0	0	1330	51	5	3	7
Crispy Brussels Sprouts	670	490	54	9	0	5	1400	38	12	8	14
Giant Onion Rings	1190	490	55	10	0	5	1640	155	10	33	15
Grilled Wings	490-850	300-485	34-54	9-12.5	0	155	1630-2430	3-24	0-1	2-35	38-41
Green Bean Fries	900	580	65	21	0	5	1720	69	8	7	9
Jack Daniel's® Sampler	1780	600	66	20	0	155	4790	233	9	147	69
Jack Daniel's® Sampler (Hand-Breaded)*	1810	640	72	21	0	170	4240	224	7	148	71
Jack™ 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 Chicken Nachos	1170	690	76	29	0.5	170	4930	105	11	8	44
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™ Chicken Strips	1080	310	35	10	0	40	2700	158	5	99	39
Sesame Jack™ Chicken Strips (Hand-Breaded)*	970	310	34	7	0	95	1610	126	2	101	40
BBQ Chicken Flatbread	650	290	32	14	0	70	1160	66	3	18	26
BBQ Chicken Flatbread (Hearth-Baked)*	630	260	29	13	0	70	1160	66	3	18	26
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	1190	540	60	25	1.5	90	3210	125	7	10	40
Warm Pretzels (Hearth-Baked)*	1080	420	47	23	0	90	2930	127	5	9	39

* Available at select locations based on ingredients and equipment.

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.

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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)	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
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	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	840	470	52	20	0	330	2170	30	10	8	66
Million Dollar Cobb Salad with Grilled Salmon with Green Goddess Dressing	930	560	63	22	0	300	2090	34	9	8	61
Million Dollar Cobb Salad with 6 oz. Center-Cut Sirloin* with Green Goddess Dressing*	800	510	56	21	0	285	1770	29	8	7	51
Million Dollar Cobb Salad with Grilled Chicken (Lunch portion) with Green Goddess Dressing	480	290	32	11	0	175	1210	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 6 oz. Center-Cut Sirloin* with Caesar Dressing	800	550	61	13	1	130	1910	27	3	2	38
Chicken Caesar Salad with Grilled Chicken (Lunch portion) with Caesar Dressing	410	260	29	6	0	80	940	15	3	2	24
BBQ Chicken Salad with BBQ Ranch Dressing	920	430	48	13	0	145	2420	73	12	24	55
BBQ Chicken Salad (Lunch portion) with BBQ Ranch Dressing	530	260	29	8	0	75	1330	42	6	12	29

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
Lemon Soy Vinaigrette	130	120	13	2	0	0	630	1	0	0	1
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)
French Onion Soup	310	160	17	9	0	35	2250	25	1	8	11
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 - 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)	220	70	8	3.5	0	10	330	29	3	5	8
House Salad no Breadstick (add choice of dressing)*	90	35	4	1.5	0	10	160	9	3	2	5
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

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

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NUT-0218

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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 Cheesesburger (add choice of side)	840	480	54	23	1.5	155	2950	47	3	15	42
The Beyond Meat Cheeseburger (add choice of side)	890	510	57	24	0	50	3350	55	7	14	45
Buffalo Wingman’s Burger (add choice of side)	920	590	60	24	1.5	225	3420	45	4	11	51
Jack Daniel’s® Burger (add choice of side)	1110	490	55	25	2	165	3530	110	3	76	46
Philly Cheesesteak Burger (add choice of side)	1000	590	65	26	1.5	165	3020	58	3	11	47
Really Good Cheeseburger (add choice of side)	820	470	53	24	2	155	2760	46	3	14	40
Turkey Burger (add choice of side)	520	190	22	9	0	115	1680	48	3	13	31
Burgers (Green Style)											
Bacon Cheesesburger (add choice of side)	580	390	43	17	1.5	135	2540	12	2	7	35
The Beyond Meat Cheeseburger (add choice of side)	630	410	46	18	0	30	2940	19	7	6	38
Buffalo Wingman’s Burger (add choice of side)	660	450	50	18	1.5	200	3010	10	3	3	45
Jack Daniel’s® Burger (add choice of side)	840	400	44	19	2	145	3120	74	2	68	39
Philly Cheesesteak Burger (add choice of side)	740	490	55	20	1.5	145	2610	24	3	4	40
Really Good Cheeseburger (add choice of side)	550	380	42	18	2	135	2340	11	2	6	33
Turkey Burger (add choice of side)	250	100	11	3	0	95	1260	12	2	5	25
Burgers with Gluten-Free Bun											
Bacon Cheesesburger (add choice of side)	850	510	57	22	1.5	155	2990	47	8	11	41
The Beyond Meat Cheeseburger (add choice of side)	900	540	60	23	0	50	3390	55	13	10	44
Buffalo Wingman’s Burger (add choice of side)	930	570	64	23	1.5	225	3460	45	9	8	51
Jack Daniel’s® Burger (add choice of side)	1110	520	58	24	2	165	3570	109	8	72	45
Philly Cheesesteak Burger (add choice of side)	1010	610	68	25	1.5	165	3060	58	9	8	46
Really Good Cheeseburger (add choice of side)	830	500	56	22	2	155	2790	46	8	11	39
Turkey Burger (add choice of side)	530	220	25	8	0	115	1710	47	8	9	31

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)
French Dip (add choice of side)	950	440	49	15	0	135	3560	74	3	5	48
Jack Daniel’s® Chicken Sandwich (add choice of side)	1110	510	57	21	0.5	165	2910	100	3	56	53
Mediterranean Shrimp Naan (add choice of side)	470	130	15	3.5	0	95	1260	54	4	6	31
Southern Fried Buffalo Chicken Sandwich (add choice of side)	930	510	57	17	0.5	115	4010	68	5	12	42
Southern Fried Chicken Sandwich (add choice of side)	930	510	57	17	0	120	2150	67	5	12	42
Turkey + Avocado BLT (add choice of side)	770	380	42	12	0	115	2370	51	3	3	47

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	20	2	1	0	5	90	5	1	1	2
Sweet Potato Fries	390	180	20	9	0	0	230	50	6	15	3

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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)	1190	660	73	23	0	150	2560	93	7	42	43
BBQ Ribs, Half-Rack (with coleslaw & seasoned fries)	830	440	49	14	0	80	1890	77	6	30	24
Jack Daniel's® Ribs, Full-Rack (with coleslaw & seasoned fries)	1520	670	74	23	0	150	3660	177	7	127	44
Jack Daniel's® Ribs, Half-Rack (with coleslaw & seasoned fries)	1030	440	49	14	0	80	2500	126	6	79	25

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 mashed potatoes and lemon-butter broccoli)											
Topped with Parmesan Butter	840	430	48	17.5	0	165	3200	56	10	4	47
Topped with Jack Daniel's® Glaze	910	340	38	13.5	0	155	3520	98	10	45	47
Center-Cut Sirloin* & Shrimp (Hand-Breaded) (Includes mashed potatoes and lemon-butter broccoli)											
Topped with Parmesan Butter	1000	540	60	19.5	0	180	2920	61	9	5	50
Topped with Jack Daniel's® Glaze	1070	450	50	15	0	170	3230	103	9	46	50
Center-Cut Sirloin* (Includes mashed potatoes and lemon-butter broccoli)				16							
Topped with Parmesan Butter	640	370	41	12	0	115	2280	34	8	4	34
Topped with Jack Daniel's® Glaze	710	280	31		0	105	2600	76	8	45	34
New York Strip* (Includes mashed potatoes and lemon-butter broccoli)				21.5							
Topped with Parmesan Butter	985	495	56	17.5	0	235	3765	37	8	5	77
Topped with Jack Daniel's® Glaze	1105	405	46		0	230	4215	91	8	58	78

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	1310	650	72	39	1.5	300	2340	87	6	9	67
Cajun Shrimp & Chicken Pasta (Half Portion)	570	240	27	16	0.5	140	1180	43	3	4	34

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)
Bacon-Wrapped Shrimp (Includes jasmine rice and super veggies)	930	440	48	12	0	160	1550	80	3	4	44
Bacon-Wrapped Shrimp (Includes mashed potatoes and super veggies)	730	440	48	14.5	0	180	1640	29	1	4	41
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
Dragon-Glaze Chicken (Includes jasmine rice and super veggies)	720	150	17	1	0	100	1690	99	6	18	45
Dragon-Glaze Chicken (Includes mashed potatoes and super veggies)	510	150	16	6	0	120	1770	47	8	19	43
Dragon-Glaze Salmon (Includes jasmine rice and super veggies)	810	250	27	2.5	0	70	1610	103	4	18	40
Dragon-Glaze Salmon (Includes mashed potatoes and super veggies)	610	240	27	8	0	90	1690	51	7	19	37
Fish & Chips (with seasoned fries, coleslaw and tartar sauce)	880	500	55	10	0	65	1880	73	5	23	23
Grilled Salmon (with jasmine rice and super veggies)	795	315	35	7	0	80	865	85	4	3	38
Grilled Salmon (with mashed potatoes and super veggies)	595	315	35	12	0.5	100	955	33	6	4	35
Fried Shrimp (with seasoned fries and cocktail sauce)	750	260	29	6	0	100	3120	91	9	6	31
Fried Shrimp (Hand-Breaded) (with seasoned fries and cocktail sauce)*	810	360	40	7	0	130	2020	74	6	7	34
Jack Daniel's® Chicken (with mashed potatoes and lemon-butter broccoli)	960	290	32	12	0	225	3490	91	13	58	77
Parmesan-Crusted Chicken (mashed potatoes and lemon-butter broccoli)	700	340	38	15	0	145	2630	42	10	5	47
Sizzling Chicken & Shrimp (with peppers and mashed potatoes)	1270	740	83	29	0.5	235	2450	56	8	9	65
Sizzling Chicken & Cheese (with peppers and mashed potatoes)	1160	670	75	30	0.5	200	2480	50	7	6	63

* Available at select locations based on ingredients and equipment.

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

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NUT-0218

FRIDAYS™

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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)	220	70	8	3.5	0	10	330	29	3	5	8
House Salad w/out Breadstick (add choice of dressing)	90	35	4	1.5	0	10	160	9	3	2	5
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	150-610	30-270	3.5-30	0-18	0	25-105	690-2350	18-225	1-5	1-16	5-22
Make it a Combination					0						
Jack Daniel's® Ribs, Half-Rack	620	230	25	9		70	1460	81	1	76	19
BBQ Ribs, Half-Rack	420	220	25	9	0	70	860	32	1	27	19
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
Bacon-Wrapped Shrimp	480	330	37	12	0	160	1030	1	0	0	34
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
Crispy Brussels Sprouts	350	250	28	5	0	5	740	20	6	4	8
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
Super Veggies	35	5	0	0	0	0	45	7	3	3	3
Sweet Potato Fries	390	180	20	9	0	0	230	50	6	15	3

FRIDAYS™ 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)	220	70	8	3.5	0	10	330	29	3	5	8
Caesar Salad with Breadstick with Caesar Dressing	440	280	31	7	0	25	720	33	3	4	9
Choice of Soup	150-500	30-270	3.5-30	0-18	0	25-105	690-2350	18-225	1-5	1-16	5-22
Jack™ 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	630	300	33	8	0	60	1800	56	5	2	27
BBQ Chicken Salad with BBQ Ranch	530	260	29	8	0	75	1330	42	6	12	29
Cheddar Mac & Cheese	630	320	35	19	0	65	1670	52	0	6	26
Chicken Quesadilla (with guacamole)	1250	780	87	37	1.5	215	2870	58	6	6	59

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
Extreme Shake - Red Velvet	1300	540	60	30	.5	195	520	159	2	133	52
Extreme Shake - Toasted S'mores	1550	490	54	33	1	120	440	222	3	190	15
Oreo® Madness	500	190	21	10	0	40	330	76	3	49	6
Red Velvet Sparkler Cake	1690	830	92	43	1.5	295	960	199	1	146	93
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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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
Add Cheese (American - 1 slice)	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	20	2	1	0	5	90	5	1	1	2
Kid's Side - Mandarin Oranges	60	0	0	0	0	0	10	14	1	14	1
Kid's Side - Fresh Fruit	45	0	0	0	0	0	0	12	1	10	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	49	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
Green with Passion Smoothie	330	20	2	2	0	0	30	74	3	66	1
Triple Berry Smoothie	210	20	2.5	2	0	0	15	47	4	40	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
Poppin' Boba	110	0	0	0	0	0	50-60	26	1	19-22	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	130	20	0	17	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	310	0	0	0	0	0	30	75	0	69	0
Cherry Limeade	240	0	0	0	0	0	15	58	0	52	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	1
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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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	220	50	6	4	0	20	150	31	1	31	10
Kid’s Milk	140	50	5	3.5	0	20	130	13	0	13	9
Kid’s Slush Blue Raspberry	150	0	0	0	0	0	10	36	0	33	0
Kid’s Slush Cherry Limeade	120	0	0	0	0	0	5	31	0	27	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: 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	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
Spicy Korean Chicken Lettuce Wrap	490	130	15	3	0	100	2130	42	4	32	45
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
Petite Sirloin* (add choice of sides)	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

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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.	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

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™ Slider (1)	390	200	22	7	.5	40	1270	35	2	10	14
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	15	11	0	11	0
Absolut & Tonic	140	0	0	0	0	0	15	11	0	11	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	160	0	0	0	0	0	0	10	0	10	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 Margarita	160	0	0	0	0	0	570	20	1	18	0
Blood Orange Cooler	200	0	0	0	0	0	0	26	2	22	1
Blue Fire Lemonade	170	0	0	0	0	0	0	23	0	19	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	120	25	3	1.5	0	10	15	13	0	12	1
Café Toledo	250	80	9	5	0	25	40	29	1	28	2
Captain Morgan's Spiced Rum 1.5oz	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
Cinnamon Toast Shooter	170	25	2.5	1.5	0	5	15	18	0	14	1
Ciroc French Smash	200	0	0	0	0	0	20	28	1	26	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	39	0	30	1
Cosmopolitan	150	0	0	0	0	0	5	9	0	9	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	200	0	0	0	0	0	0	21	3	17	1
Double Berry Mojito Shaker	190	5	0	0	0	0	5	25	3	19	1
Dreamsicle Shooter	210	50	6	3.5	0	15	10	16	0	11	1
Electric Lemonade	180	0	0	0	0	0	5	19	0	13	0
Espresso Martini	240	20	2	1.5	0	10	10	25	0	21	6
Fiery Apple	210	0	0	0	0	0	0	30	0	26	0
Firecracker Sangria	180	0	0	0	0	0	0	20	1	11	0
Fresh Lynchburg Lemonade	180	0	0	0	0	0	0	21	0	19	0
Fresh Squeezed Mimosa	110	0	0	0	0	0	0	13	1	11	1
Fresh Strawberry Daiquiri	190	0	0	0	0	0	0	28	2	23	1
Fresh Strawberry Mule	190	0	0	0	0	0	0	27	1	24	0
Fridays™ Light Cosmo Cooler	140	0	0	0	0	0	0	11	0	10	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	190	10	1	0.5	0	5	10	10	0	7	0
Gold Coast Blackberry 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	210	0	0	0	0	0	0	28	0	25	0
Guinness Stout Shake	430	170	19	12	0	60	95	51	1	47	6
Hendrick's Cooler	180	0	0	0	0	0	0	24	0	23	0
Honey Badger Shooter	150	20	2	1	0	5	10	8	0	5	0
Horny 'Rita Frozen	250	0	0	0	0	0	570	31	0	27	0
Horny 'Rita Rocks	250	0	0	0	0	0	570	31	0	27	0
House Bloody Mary	120	0	0	0	0	0	1320	6	1	1	1
House Long Island Tea	210	0	0	0	0	0	10	21	0	17	0
House Martini	210	35	6	4	0	110	40	25	0	20	0
House Mojito	180	0	0	0	0	0	10	22	0	23	0
Hurricane	240	0	0	0	0	0	10	43	1	35	0
Irish Mule	160	0	0	0	0	0	0	18	0	16	0
Irish 'Rita	200	0	0	0	0	0	570	24	0	22	0
Irish 'Rita Rocks	210	0	0	0	0	0	580	32	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 & Sprite®	120	0	0	0	0	0	10	10	0	9	0
Jameson	100	0	0	0	0	0	0	0	0	0	0
Kamikaze	140	0	0	0	0	0	0	12	0	11	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	5
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



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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)
Magic Lemon Drop Martini	230	0	0	0	0	0	0	14	0	14	0
Mango Lemonade	250	0	0	0	0	0	0	41	0	34	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
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
Mimosa - Orange	110	0	0	0	0	0	0	13	1	11	1
Mimosa - Ruby Red Vanilla	130	0	0	0	0	0	25	18	0	18	0
Michelada	100	0	0	0	0	0	560	11	1	3	3
Mojito, Signature	180	0	0	0	0	0	10	22	0	20	0
Mudslide	610	190	21	13	0	70	120	75	2	74	7
Mudslide Martini	290	60	6	4	0	20	50	36	1	35	2
Mudslide Ultimate	740	230	26	16	0	85	150	88	2	86	9
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
One Two Rum Punch	210	0	0	0	0	0	0	22	1	19	0
Pain Eraser	310	45	5	4.5	0	0	60	44	1	36	1
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	220	0	0	0	0	0	0	27	1	25	0
Peach Long Island Tea	260	0	0	0	0	0	0	31	0	28	0
Piña Colada	460	90	10	10	0	0	55	72	3	64	2
Pink Punk Martini	160	0	0	0	0	0	0	13	0	13	0
Pink Punk Mojito	160	0	0	0	0	0	5	16	0	14	0
Premium Long Island Tea	240	0	0	0	0	0	10	29	0	27	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
Sangria Berry	230	0	0	0	0	0	10	29	1	23	0
Sangria Peach	250	0	0	0	0	0	0	41	1	34	0
Sangria 'Rita	220	0	0	0	0	0	0	25	0	14	0
Strawberry Henny	220	0	0	0	0	0	0	32	1	24	0
Strawberry Mule	190	0	0	0	0	0	0	29	1	26	0
Strawberry Shortcake	510	170	19	12	0	60	70	67	1	47	5
Tequila (Hornitos) Sunrise	230	0	0	0	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	17	0	15	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)
Tropical Berry Mojito Shaker	280	0	0	0	0	0	10	37	2	32	0
Tropical Long Island Tea	260	0	0	0	0	0	5	40	0	29	6
Ultimate 77 Sunset Strip	290	0	0	0	0	0	10	31	1	29	1
Ultimate Boba Tea w/o Bursting Bubbles	250	0	0	0	0	0	25	30	1	24	0
Bursting Bubbles Only – Mango	25	0	0	0	0	0	10	6	0	3	0
Bursting Bubbles Only – Strawberry	25	0	0	0	0	0	15	6	0	5	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 Casamigos 'Rita	280	0	0	0	0	0	570	27	0	24	0
Ultimate Casamigos Spicy 'Rita	280	0	0	0	0	0	180	27	1	24	0
Ultimate Casamigos Strawberry 'Rita	280	0	0	0	0	0	570	28	1	24	0
Ultimate Frozen Margarita	340	0	0	0	0	0	570	43	0	39	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	220	0	0	0	0	0	10	27	0	21	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 Margarita Rocks	280	0	0	0	0	0	570	32	1	29	0
Ultimate Tropical Berry Margarita Frozen	350	0	0	0	0	0	0	45	2	39	0
Ultimate Tropical Berry Margarita Rocks	350	0	0	0	0	0	0	45	2	39	0
Vegas Bomb	150	0	0	0	0	0	50	26	0	19	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	240	40	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	510	0	0	0	0	0	130	78	2	69	0
Shareable Crown Apple Cooler	410	0	0	0	0	0	15	86	1	63	0
Shareable Peach Sangria	500	0	0	0	0	0	5	82	1	67	1
Shareable Strawberry Henny	400	0	0	0	0	0	0	62	1	47	0
Shareable Ultimate Frozen Margarita	670	0	0	0	0	0	1140	79	1	71	1
Shareable Ultimate Frozen Margarita Mango Swirl	860	0	0	0	0	0	1140	127	1	117	1
Shareable Ultimate Frozen Margarita Peach Mango Swirl	860	0	0	0	0	0	1140	126	1	116	1
Shareable Ultimate Frozen Margarita Peach Swirl	860	0	0	0	0	0	1140	126	1	115	1
Shareable Ultimate Frozen Margarita Sangria Swirl	790	0	0	0	0	0	1150	83	1	72	1
Shareable Ultimate Frozen Margarita Strawberry Passion Swirl	820	0	0	0	0	0	1140	117	3	102	1
Shareable Ultimate Frozen Margarita Strawberry Swirl	780	0	0	0	0	0	1140	108	2	95	1
Shareable Ultimate Frozen Margarita Watermelon Swirl	750	0	0	0	0	0	1180	112	1	103	1
Shareable Ultimate Long Island Tea	430	0	0	0	0	0	10	44	0	39	0
Shareable Ultimate Margarita Rocks	600	0	0	0	0	0	1140	76	1	69	0
Shareable Ultimate Mojito	510	0	0	0	0	0	20	65	0	60	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	120	70	8	4.5	0	20	60	10	0	9	4
Frappé - Chocolate	240	70	8	5	0	20	80	38	0	38	4
Frappé - Salted Caramel	240	70	8	5	0	20	70	39	0	32	4
Frappé - Vanilla	160	20	2.5	1.5	0	10	50	31	0	30	3
Latte	150	80	9	6	0	25	85	13	0	12	6
Latte - Chocolate	270	80	9	6	0	25	110	41	0	40	6
Latte - Salted Caramel	270	80	9	6	0	25	100	42	0	35	6
Latte - Vanilla	250	80	9	6	0	25	85	38	0	37	6
Iced Latte	130	70	8	5	0	25	70	10	0	10	5
Iced Latte - Chocolate	260	80	9	6	0	25	100	40	0	39	5
Iced Latte - Salted Caramel	260	80	8	5	0	25	85	41	0	33	5
Iced Latte - Vanilla	240	70	8	5	0	25	75	36	0	35	5

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
Nachos with Chili & Cheese*	1060	590	65	11	0	50	5330	133	8	13	18
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.

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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 (Steak Only)	380	230	26	8	0	115	840	3	1	1	27
Choice Egg - Egg Whites	110	60	7	1.5	0	0	230	1	0	0	11
Choice Egg - Over Hard (2)	190	140	15	4	0	325	560	1	0	0	11
Choice Egg - Over Medium (2)	190	140	15	4	0	325	560	1	0	0	11
Choice Egg - Scrambled (2)	200	150	16	4.5	0	370	270	1	0	0	12
Choice Egg - Sunny Side Up (2)	190	140	15	4	0	325	560	1	0	0	11
Choice Meat - Bacon	120	80	9	4.5	0	10	370	1	0	1	10
Choice Meat - Breakfast Sausage	210	190	21	6	0	30	360	0	0	0	4
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
Breakfast Tacos (sausage)	1430	920	102	36	1	430	3170	78	6	4	50
French Toast	990	440	49	18	0.5	185	1120	116	3	42	18
Fridays Egg Breakfast											
Choice Egg - Egg Whites	110	60	7	1.5	0	0	230	1	0	0	11
Choice Egg - Over Hard (2)	190	140	15	4	0	325	560	1	0	0	11
Choice Egg - Over Medium (2)	190	140	15	4	0	325	560	1	0	0	11
Choice Egg - Scrambled (2)	200	150	16	4.5	0	370	270	1	0	0	12
Choice Egg - Sunny Side Up (2)	190	140	15	4	0	325	560	1	0	0	11
Choice Meat - Bacon	120	80	9	4.5	0	10	370	1	0	1	10
Choice Meat - Breakfast Sausage	210	190	21	6	0	30	360	0	0	0	4
Oatmeal	390	130	15	5	0	20	330	60	5	38	6
Florentine Omelet (with breakfast potatoes & multi-grain toast)	880	530	58	15.5	0	560	1740	53	10	5	32
Bacon Cheddar Omelet (with breakfast potatoes & multi-grain toast)	1000	640	71	20.5	0	605	2160	49	7	5	42
Strawberry Waffle	430	80	9	2	0	0	1010	78	3	29	8
Strawberry Waffle*	550	190	21	2.5	0	95	680	80	4	34	10
Breakfast Tacos (Bacon)	1120	630	70	23	0.5	400	3050	77	6	4	43
Chicken and Waffles (Hand-Breaded)	1380	420	46	10	0	80	3190	200	6	62	41
Chicken and Waffles	940	270	30	12	0	30	2240	138	4	58	34
Chicken and Waffles*	1030	370	41	12	0	125	1890	131	4	50	36
Brunch Burger	1010	620	69	28	2	330	3630	47	3	15	50
Kid's Egg Breakfast											
Choice Egg - Egg Whites	100	60	7	1.5	0	0	190	1	0	0	8
Choice Egg - Over Easy (1)	130	100	11	2.5	0	165	500	1	0	0	6
Choice Egg - Over Hard (1)	130	100	11	2.5	0	165	500	1	0	0	6
Choice Egg - Over Medium (1)	130	100	11	2.5	0	165	500	1	0	0	6
Choice Egg - Scrambled	200	150	16	4.5	0	370	270	1	0	0	12
Choice Egg - Sunny Side Up (1)	130	100	11	2.5	0	165	500	1	0	0	6
Side Breakfast Potatoes	260	160	17	3.5	0	0	620	23	3	0	3
Choice Meat - Bacon	120	80	9	4.5	0	10	370	1	0	1	10
Choice Meat - Link Sausage	210	190	21	6	0	30	360	0	0	0	4
Kid's French Toast	710	360	40	13	0	95	690	75	2	33	9
Side Breakfast Potatoes	260	160	17	3.5	0	0	620	23	3	0	3
Side Bacon (3)	120	80	9	4.5	0	10	370	1	0	1	10
Side Sausage (3)	210	190	21	6	0	30	360	0	0	0	4
Side Fresh Fruit	45	0	0	0	0	0	0	12	1	10	1
Side Multi-grain Toast	170	70	8	1.5	0	0	230	22	3	2	5
Side Seasoned Fries	320	140	16	3	0	0	810	40	5	0	5

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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.