

Houlihans Menu Analysis Book

Apps and Shareables		Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Goat Cheese and Artichoke Poppers (1 serving)		638	451	50	17	0	70	1191	33	3	4	18	651	5	287	1
Appetizers and Shareables		Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
BBQ Carnitas Loaded Dippers (1 serving)		1506	743	83	39	0	259	5785	116	8	26	75	3035	13	1286	6
Black Angus Mini Burger Slider (1 serving)		342	184	20	8	0	67	465	18	0	4	22	223	2	107	3
Calamari (1 serving)		666	257	29	5	0	440	2153	65	5	15	38	1555	27	249	3
Char-Crusted Ahi Tuna (1 serving)		376	164	18	3	0	57	1255	21	2	7	30	1290	12	46	2
Chicken Lettuce Wraps (1 serving)		834	316	35	6	0	105	2031	99	5	51	30	5278	15	49	4
Chicken Tenders (1 serving)		778	283	31	6	0	180	2254	61	2	37	57	284	6	104	2
Chicken Tenders, Lemon Pepper Style (1 serving)		1054	702	78	21	0	201	1776	28	2	4	55	3108	5	104	2
Chicken Tenders-Buffalo Style (1 serving)		684	321	36	7	0	173	2906	29	2	5	58	1377	7	175	2
Chicken Wings, Lemon Pepper Style (1 serving)		1114	930	103	26	0	271	1871	7	0	0	38	3126	28	7	1
Chicken Wings-Buffalo Style (1 serving)		876	658	73	15	0	272	4069	9	0	1	45	1813	32	93	1
Chicken Wings-Thai Chile Style (1 serving)		1022	434	48	9	0	261	5513	95	2	80	49	1079	39	68	3
Fancy Fried Cheese (1 serving)		1521	1040	116	43	0	246	2336	43	4	8	58	4362	40	1473	2
Firecracker Cauliflower (1 serving)		962	406	45	7	0	82	2105	116	10	27	22	820	100	222	3
Firecracker Shrimp (1 serving)		590	354	39	6	0	226	993	26	2	11	32	2916	21	131	4
Grilled Chicken Nachos (1 serving)		1511	866	96	51	0	278	3439	85	13	12	75	4435	39	1376	5
Happy Hour Boneless Lemon Pepper Wings (1 serving)		615	444	49	13	0	102	1031	14	1	2	26	2034	3	52	1
Happy Hour Boneless Thai Wings (1 serving)		439	74	8	1	0	78	2879	59	2	42	30	435	6	77	2
Happy Hour Lemon Pepper Wings (1 serving)		585	484	54	13	0	148	984	4	0	0	21	1576	16	4	1
Happy Hour Mango Habanero Wings (1 serving)		318	187	21	4	0	130	623	12	0	6	21	302	21	0	0
Hot Honey Chicken Tenders (1 serving)		1063	123	14	3	0	221	1950	153	5	85	76	606	17	176	4
Hot Honey Chicken Tenders (1 serving) with Sauce Choice Bl		1353	396	44	9	0	232	2396	154	5	86	79	755	18	253	4
Hot Honey Chicken Tenders (1 serving) with Sauce Choice R		1279	316	35	8	0	231	2150	157	5	89	77	747	18	206	4
Hot Honey Chicken Wings (1 serving)		916	375	42	8	0	261	1094	92	0	78	42	508	38	23	1
Hot Honey Chicken Wings (1 serving) with Sauce Choice Ble		1205	648	72	15	0	272	1540	93	1	79	45	657	38	99	1
Hot Honey Chicken Wings (1 serving) with Sauce Choice Ran		1132	568	63	13	0	271	1294	96	1	81	43	650	38	53	1
Jumbo Stuffed Shrooms (1 serving)		1208	763	85	28	0	193	1817	84	5	12	28	1400	10	198	2
Lemon Pepper Wings (1 serving)		1114	930	103	26	0	271	1871	7	0	0	38	3126	28	7	1
Mango Habanero Wings (1 serving)		580	336	37	8	0	235	1146	23	0	12	38	556	39	0	1
Oktoberfest Bavarian Pretzel (1 serving)		1471	734	82	19	0	66	7902	146	4	9	35	809	1	610	2
Organic Spinach Dip with Lavosh Crackers (1 serving)		1068	581	65	35	0	194	2230	89	5	14	40	7101	27	827	6
Organic Steamed Potstickers (1 serving)		378	132	15	2	0	26	2266	50	2	10	14	698	4	46	3
Spicy Chicken and Avocado Eggrolls-6 (1 serving)		674	327	36	13	0	124	1133	58	5	7	28	1745	29	208	4
Wings and Things Appetizer Sampler (1 serving)		2126	1407	156	58	0	391	4929	101	9	11	76	3906	27	1000	4
Homemade Soups and Side Salads		Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Caesar Salad (1 salad)		258	206	23	6	0	29	584	9	3	3	7	8447	34	175	1
Chicken Tortilla Soup (1 bowl)		246	112	12	5	0	43	1808	19	2	5	15	2126	19	189	1
French Onion Soup (1 bowl)		300	186	21	11	0	48	1382	13	1	3	18	39	4	326	0
House Chop Salad with Bleu Cheese (1 salad)		232	135	15	7	0	30	467	15	3	3	9	2718	15	80	1
House Chop Salad with Bleu Cheese (1 salad) with Balsamic		457	338	38	10	0	30	647	20	3	8	9	2742	15	83	1
House Chop Salad with Bleu Cheese (1 salad) with Buttermil		394	280	31	10	0	38	617	18	3	6	10	2824	15	103	1
House Chop Salad with Cheddar Cheese (1 salad)		235	140	16	7	0	30	414	16	3	3	9	2718	15	93	1
House Chop Salad with Cheddar Cheese (1 salad) with Balsa		459	343	38	10	0	30	594	21	3	8	9	2742	15	96	1
House Chop Salad with Cheddar Cheese (1 salad) with Butte		397	284	32	10	0	38	564	18	3	6	10	2824	15	116	1
Original Baked Potato Soup (1 bowl)		530	333	37	20	0	101	1797	34	3	4	15	1340	6	268	2
Signature Tuscan Salad (1 salad)		334	201	22	6	0	11	618	25	4	3	8	3176	24	98	3
Tomato Soup with Cheese Fritters (1 bowl)		379	232	26	13	0	75	2175	27	3	14	9	3772	25	216	2
Dinner Entrees		Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Atlantic Salmon (1 serving)		309	182	20	5	0	89	473	3	1	1	29	365	22	26	1
Atlantic Salmon (1 serving) with Dill Caper Sauce		439	307	34	8	0	91	695	4	1	1	29	431	22	36	1
Atlantic Salmon (1 serving) with Grilled Asparagus		352	204	23	5	0	89	643	6	3	2	30	1009	26	47	3
Atlantic Salmon (1 serving) with Whipped Yukon Gold Potatoes		683	424	47	23	0	180	1408	29	5	3	32	1404	53	98	2
Barrel Cut Filet Mignon, 4 oz (1 serving)		325	227	25	9	0	76	738	0	0	0	23	111	0	30	2
Barrel Cut Filet Mignon, 6 oz (1 serving)		486	338	38	14	0	116	1448	1	0	0	34	222	0	46	3

Butternut Squash and Sausage Campanella (1 serving)	1300	744	83	37	0	264	2021	92	7	6	46	13934	22	217	5
Butternut Squash and Veggie Campanella (1 serving)	960	478	53	27	0	124	918	97	8	7	19	20170	34	248	5
Cavatappi Adult Mac and Cheese (1 serving)	1334	702	78	37	0	269	1433	79	4	6	74	2105	11	677	5
Chicken Fettuccine Alfredo (1 serving)	1355	738	82	49	0	367	1198	79	4	3	62	2905	3	494	4
Chicken Fettuccine Alfredo (1 serving) with Sweet Dinner Roll	1486	769	85	50	0	369	1463	99	5	6	66	2956	3	518	6
Chicken Pot Pie (1 serving)	779	515	57	25	4	184	6483	31	3	2	26	3734	14	220	4
Chicken Pot Pie (1 serving) with House Salad with Blue Chee	1011	650	72	32	4	215	6950	46	6	5	35	6452	29	300	5
Chicken Pot Pie (1 serving) with House Salad with Cheddar C	1014	655	73	32	4	215	6897	47	6	5	36	6452	29	313	5
Chicken Pot Pie (1 serving) with Side Caesar Salad	1037	721	80	31	4	213	7067	40	6	5	33	12181	48	395	5
Chicken Tender Platter (1 serving)	1238	472	52	10	0	251	2860	99	7	25	82	543	11	163	4
Creole Inspired Chicken Fried Chicken (1 serving)	1249	630	70	38	1	301	3356	90	11	12	57	3214	41	310	6
Down Home Pot Roast (1 serving)	1244	666	74	43	0	288	2985	67	9	9	61	8291	57	212	5
Filet Mignon 6 oz Combo with Fried Shrimp (1 serving)	1366	460	51	18	0	445	3760	138	8	22	86	972	17	389	9
Filet Mignon 6 oz Combo with Maple Bourbon Shrimp (1 servi	697	360	40	15	0	309	2042	14	0	12	60	468	3	123	6
Filet Mignon 6 oz Combo with Salmon 5 oz (1 serving)	782	519	58	20	0	204	1921	1	0	0	62	581	7	64	3
Filet Mignon 6 oz Combo with Scallops (1 serving)	811	456	51	17	0	161	2900	30	2	2	58	635	9	147	4
Filet Mignon, 8 oz (1 serving)	593	398	44	18	0	152	837	0	0	0	45	218	0	59	3
Firecracker Shrimp Add-On (1 serving)	590	354	39	6	0	226	993	26	2	11	32	2916	21	131	4
Fish and Chips (1 serving)	918	414	46	9	0	66	2899	87	7	17	33	2925	37	113	3
Fish and Chips (1 serving) with Malt Vinegar	924	414	46	9	0	66	2902	87	7	17	33	2925	39	114	3
Fish and Chips with Cape Hake (1 serving)	865	404	45	8	0	57	2972	79	8	14	33	2841	32	94	2
Hot Honey Half Chicken (1 serving)	1120	343	38	18	0	275	4627	115	8	62	74	6076	41	330	8
Huli Huli Chicken with Mushrooms and Tropical Rice (1 servin	734	316	35	5	0	132	2265	39	5	18	61	11999	95	187	6
Huli Huli Strip Steak with Mushrooms and Tropical Rice (1 ser	1310	794	88	26	0	197	2077	44	5	23	79	11957	96	253	10
Jambalaya (1 serving)	714	302	34	8	0	258	2462	53	5	8	50	1788	59	145	5
Kansas City Strip, 12 oz (1 serving)	856	552	61	24	0	202	1537	1	0	0	70	222	0	88	5
Lemony Chicken Piccata (1 serving)	663	292	32	9	0	123	2572	44	4	6	48	1545	32	118	3
Potato Crusted Mahi (1 serving)	696	210	23	11	0	169	2191	73	10	5	46	3082	29	129	5
Pub Sirloin (1 serving)	801	339	38	11	0	189	3086	51	7	9	61	559	54	163	6
Rangoon Stuffed Chicken (1 serving)	1391	662	74	15	0	161	3255	120	6	53	57	2409	83	181	5
Rotisserie Hot Honey Chicken and Ribs Combo (1 serving)	1980	862	96	32	0	434	5960	147	10	74	114	3494	58	355	13
Seared Georges Bank Scallops (1 serving)	537	225	25	4	0	83	2072	36	3	3	44	815	16	149	2
Seared Georges Bank Scallops, Small (1 serving)	385	163	18	3	0	45	1532	33	2	2	25	564	11	112	1
Slow Roasted Beef with Ricotta Cheese Ravioli (1 serving)	1464	750	83	43	1	311	3891	84	4	8	72	4431	5	713	4
Steak Side Choices (1 serving)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Steak Side Choices (1 serving) with French Fries	272	86	10	3	0	0	826	40	4	0	4	1	0	20	1
Steak Side Choices (1 serving) with Fresh Fruit	71	5	1	0	0	0	1	15	5	9	1	113	57	26	1
Steak Side Choices (1 serving) with Garlic Green Beans	61	32	4	1	0	0	281	5	2	2	1	277	2	24	0
Steak Side Choices (1 serving) with Grilled Asparagus	43	22	2	0	0	0	170	3	2	2	2	644	5	21	2
Steak Side Choices (1 serving) with Loaded Baked Potato	711	348	39	19	0	83	1132	71	5	4	20	1323	75	239	4
Steak Side Choices (1 serving) with Mashed Potatoes	374	242	27	18	0	91	935	26	4	2	3	1039	32	72	1
Steak Side Choices (1 serving) with Sweet Potato Fries	565	366	41	11	0	25	555	48	4	12	3	4026	5	37	1
Stuffed Chicken Breast (1 serving)	962	467	52	28	0	265	1734	64	6	7	52	1932	36	182	3
Stuffed Chicken Breast (1 serving) with Grilled Asparagus	1005	489	54	28	0	265	1904	68	7	8	54	2576	41	203	5
Top Sirloin, 5 oz (1 serving)	337	214	24	9	0	76	754	0	0	0	28	111	0	37	2
Top Sirloin, 9 oz (1 serving)	613	392	44	17	0	138	1493	1	0	0	51	222	0	67	4

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturate d Fat (g)	Trans Fat (g)	Choleste rol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Sandwiches															
Brentwood Chicken Sandwich (1 serving)	966	536	60	18	0	153	1370	45	2	9	59	1942	14	280	3
Brentwood Chicken Sandwich (1 serving) with Honey Mustard	1246	770	86	22	0	173	1810	53	2	17	59	1942	14	280	3
Brentwood Chicken Sandwich-Gluten Free Bun (1 serving)	936	531	59	16	0	143	1580	45	3	4	53	1942	14	280	3
Brentwood Chicken Sandwich-Gluten Free Bun (1 serving) wi	1216	765	85	20	0	163	2020	53	3	12	53	1942	14	280	3
Brentwood Fried Chicken Sandwich (1 serving)	1271	619	69	19	0	212	2630	89	4	22	66	2070	20	354	4
French Dip (1 serving)	945	262	29	16	0	147	5994	161	2	2	77	700	0	711	4
French Dip (1 serving) with Creamy Horseradish Sauce	1200	505	56	20	0	169	6309	164	2	4	79	700	2	711	4
Hot Honey Fried Chicken Sandwich (1 serving)	1529	437	49	10	0	140	3633	206	10	74	61	994	19	180	7
Prime Rib Dip (1 serving)	1329	573	64	21	0	113	4679	133	7	14	55	412	3	211	5
Prime Rib Steak Taco (1 serving)	485	239	27	9	0	44	1094	43	4	6	18	2022	23	87	2
So Cal Fish Tacos (1 serving)	967	336	37	9	0	105	2294	116	10	16	41	4060	46	221	4
Southwest Grilled Chicken Wrap (1 serving)	778	438	49	14	0	96	1416	47	5	8	36	2053	43	275	3
Turkey Club Sandwich (1 serving)	1184	548	61	24	0	178	3967	104	6	17	50	1625	8	299	7

Burgers	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Big Cheese 5 Dollar Burger (1 serving)	653	437	49	18	0	151	1660	10	1	6	42	346	2	217	7
Big Cheese 5 Dollar Burger (1 serving) with Toasted Bun	931	519	58	22	0	161	1909	50	2	14	50	429	2	237	7
Big Cheese 5 Dollar Burger (1 serving) with Toasted Gluten F	901	515	57	21	0	151	2119	50	3	9	44	429	2	237	7
Black Angus Burger-Gluten Free Bun (1 serving)	710	366	41	13	0	120	1748	46	4	5	37	689	5	53	3
Black Angus Burger-Gluten Free Bun (1 serving) with Americ	831	448	50	20	0	151	2274	48	4	7	45	891	5	256	7
Black Angus Burger-Gluten Free Bun (1 serving) with Bacon	790	430	48	16	0	133	2014	47	4	5	40	689	5	55	4
Black Angus Burger-Gluten Free Bun (1 serving) with Barbec	760	366	41	13	0	120	2068	58	4	11	37	689	8	73	4
Black Angus Burger-Gluten Free Bun (1 serving) with Chedde	923	534	59	24	0	174	2108	46	4	5	50	689	5	320	3
Black Angus Burger-Gluten Free Bun (1 serving) with Gorgon	820	438	49	18	0	150	2028	46	4	5	43	889	5	203	3
Black Angus Burger-Gluten Free Bun (1 serving) with Gouda	915	513	57	24	0	178	2240	47	4	5	50	1135	5	472	4
Black Angus Burger-Gluten Free Bun (1 serving) with Provol	850	474	53	20	0	150	2108	46	4	5	47	689	5	253	3
Black Angus Burger-Gluten Free Bun (1 serving) with Sautee	752	382	42	14	0	120	1970	51	6	6	39	740	5	61	4
Black Angus Burger-Gluten Free Bun (1 serving) with Swiss C	923	510	57	24	0	174	1881	49	4	5	53	1222	5	587	3
Black Angus Burger-Toasted Bun (1 serving)	740	371	41	15	0	130	1538	46	3	10	43	689	5	53	4
Black Angus Burger-Toasted Bun (1 serving) with American C	861	453	50	21	0	161	2064	48	3	12	51	891	5	256	7
Black Angus Burger-Toasted Bun (1 serving) with BBQ Sauce	790	371	41	15	0	130	1858	58	3	16	43	689	8	73	5
Black Angus Burger-Toasted Bun (1 serving) with Bacon	820	435	48	18	0	143	1804	47	3	10	46	689	5	55	4
Black Angus Burger-Toasted Bun (1 serving) with Cheddar Cl	953	539	60	26	0	184	1898	46	3	10	56	889	5	320	4
Black Angus Burger-Toasted Bun (1 serving) with Gorgonzol	850	443	49	20	0	160	1818	46	3	10	49	689	5	203	4
Black Angus Burger-Toasted Bun (1 serving) with Gouda Che	945	518	58	26	0	188	2030	47	3	10	56	1135	5	472	4
Black Angus Burger-Toasted Bun (1 serving) with Provolone	880	479	53	22	0	160	1898	46	3	10	53	689	5	253	4
Black Angus Burger-Toasted Bun (1 serving) with Sauteed Mt	782	387	43	15	0	130	1760	51	5	11	45	740	5	61	4
Black Angus Burger-Toasted Bun (1 serving) with Swiss Chee	953	515	57	26	0	184	1671	49	3	10	59	1222	5	587	4
Condiments (1 serving)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Condiments (1 serving) with Ketchup	52	1	0	0	0	0	400	12	1	10	0	200	3	6	0
Condiments (1 serving) with Pickle Planks	5	0	0	0	0	0	520	1	1	0	0	100	0	20	0
Condiments (1 serving) with Yellow Mustard	10	5	1	0	0	0	165	1	1	0	1	0	0	8	0
Impossible Burger (1 serving)	1003	456	51	20	0	30	2687	97	10	12	37	1153	7	346	7
Sandwich and Burger Side Choices (1 serving)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Black Angus Burger Side Choices (1 serving) with French Fr	272	86	10	3	0	0	826	40	4	0	4	1	0	20	1
Sandwich and Burger Side Choices (1 serving) with Fresh Fr	71	5	1	0	0	0	1	15	5	9	1	113	57	26	1
Sandwich and Burger Side Choices (1 serving) with Garlic Gru	61	32	4	1	0	0	281	5	2	2	1	277	2	24	0
Sandwich and Burger Side Choices (1 serving) with Grilled As	43	22	2	0	0	0	170	3	2	2	2	644	5	21	2
Sandwich and Burger Side Choices (1 serving) with Loaded B	711	348	39	19	0	83	1132	71	5	4	20	1323	75	239	4
Sandwich and Burger Side Choices (1 serving) with Mashed F	374	242	27	18	0	91	935	26	4	2	3	1039	32	72	1
Sandwich and Burger Side Choices (1 serving) with Pasta Sal	289	182	20	3	0	6	419	21	3	1	5	408	18	48	1
Sandwich and Burger Side Choices (1 serving) with Pineapple	204	22	2	0	0	0	592	41	4	9	4	5174	35	33	1
Sandwich and Burger Side Choices (1 serving) with Sweet Po	565	366	41	11	0	25	555	48	4	12	3	4026	5	37	1
Sandwich and Burger Side Choices (1 serving) with Tortilla Cl	130	33	4	2	0	0	519	21	2	3	3	440	7	22	1
The BLT Burger (1 serving)	1345	844	94	30	0	178	3305	65	9	13	58	3716	17	330	6
The BLT Burger (1 serving) with Toasted Bun	1623	927	103	34	0	188	3553	105	10	21	66	3799	17	350	6
The BLT Burger (1 serving) with Toasted Gluten Free Bun	1593	922	102	32	0	178	3763	105	11	16	60	3799	17	350	6
The Kansas City Burger-Gluten Free Bun (1 serving)	1276	650	72	28	0	219	3263	87	5	22	68	317	8	361	5
The Kansas City Burger-Toasted Bun (1 serving)	1306	654	73	30	0	229	3053	87	4	27	74	317	8	361	5
Veggie Burger-Gluten Free Bun (1 serving)	475	160	18	4	0	3	1976	69	8	7	8	3588	8	121	3
Veggie Burger-Toasted Bun (1 serving)	505	165	18	5	0	13	1766	69	7	12	14	3588	8	121	4
Entree Salads	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Buffalo Bleu Salad (1 salad)	850	490	54	21	0	190	2959	33	7	8	59	10850	78	606	5
Buffalo Bleu Salad (1 salad) with Buttermilk Ranch Dressing	1066	683	76	25	0	201	3159	37	7	11	60	10992	78	636	5
Buffalo Bleu Salad (1 salad) with Sweet Dinner Roll	981	522	58	21	0	192	3225	52	8	12	63	10902	78	630	6
Buffalo Bleu Salad-Small (1 salad)	465	253	28	10	0	107	1733	20	4	4	34	5581	40	281	3
Buffalo Bleu Salad-Small (1 salad) with Buttermilk Ranch Dre	573	349	39	12	0	113	1833	22	4	6	35	5652	40	296	3
Buffalo Bleu Salad-Small (1 salad) with Sweet Dinner Roll	596	284	32	11	0	109	1998	40	5	8	38	5632	40	305	4
Char-Crusted Ahi Tuna Salad (1 salad)	625	239	27	8	0	66	1297	56	6	20	37	7301	50	128	4
Char-Crusted Ahi Tuna Salad (1 salad) with Banana Ginger V	900	491	55	12	0	66	1622	61	7	22	37	7318	52	129	4
Char-Crusted Ahi Tuna Salad, Small (1 salad)	408	155	17	5	0	47	823	37	4	10	24	3660	25	69	3
Char-Crusted Ahi Tuna Salad, Small (1 salad) with Banana G	545	281	31	7	0	47	986	40	4	11	24	3668	26	70	3
Chicken Asian Chop Chop (1 salad)	670	225	25	5	0	90	1600	79	10	42	32	12654	105	139	4
Chicken Asian Chop Chop (1 salad) with Peanut Ginger Dres:	857	390	43	7	0	90	1768	83	10	45	33	12654	105	140	4
Chicken Caesar Salad (1 salad)	569	280	31	15	0	167	929	22	6	5	52	14696	60	408	4
Chicken Caesar Salad (1 salad) with Caesar Dressing	899	577	64	21	0	197	1769	28	6	8	55	14696	60	468	4
Dressings (1 serving)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Dressings (1 serving) with Balsamic Vinaigrette	299	270	30	4	0	0	240	7	0	6	0	32	0	4	0
Dressings (1 serving) with Banana Ginger Vinaigrette	275	253	28	4	0	0	325	5	0	2	0	17	2	1	0
Dressings (1 serving) with Bleu Cheese Dressing	434	409	45	9	0	17	669	1	0	1	4	224	1	115	0
Dressings (1 serving) with Buttermilk Ranch Dressing	216	193	21	5	0	10	200	4	0	3	1	142	0	30	0
Dressings (1 serving) with Low Fat Ranch	60	36	4	1	0	10	320	6	0	1	0	0	0	0	0
Dressings (1 serving) with Peanut Ginger Dressing	187	165	18	3	0	0	168	4	0	3	1	0	0	1	0
Dressings (1 serving) with Poppyseed Dressing	293	219	24	3	0	0	209	18	0	17	0	1	0	11	0
Greek Chicken Salad (1 serving)	1124	691	77	9	0	116	3437	51	7	8	49	1274	28	209	5
Greek Salmon Salad (1 serving)	1188	811	90	12	0	101	3410	51	7	8	38	1309	31	207	4
Grilled Heartland Salmon Salad (1 salad)	718	493	55	17	0	135	1225	17	6	5	45	10120	81	337	4
Grilled Heartland Salmon Salad (1 salad) with Buttermilk Ran	934	685	76	21	0	146	1425	20	6	9	46	10262	81	367	4
Grilled Heartland Salmon Salad (1 salad) with Sweet Dinner f	849	524	58	17	0	137	1491	36	7	9	49	10172	81	361	5
Grilled Heartland Salmon Salad, Small (1 salad)	378	260	29	9	0	71	639	9	3	3	23	5136	41	175	2
Grilled Heartland Salmon Salad, Small (1 salad) with Butterm	486	357	40	11	0	76	739	11	3	4	23	5207	41	190	2
Grilled Heartland Salmon Salad, Small (1 salad) with Sweet C	509	292	32	10	0	72	904	29	4	7	27	5187	41	198	3
Heartland Chicken Salad-Fried (1 salad)	689	376	42	13	0	145	1230	32	7	8	50	9891	78	377	5
Heartland Chicken Salad-Fried (1 salad) with Buttermilk Ranc	905	569	63	18	0	156	1430	35	7	11	51	10033	78	407	5
Heartland Chicken Salad-Fried (1 salad) with Sweet Dinner R	820	408	45	14	0	147	1496	51	8	11	54	9943	78	401	6

Heartland Chicken Salad-Fried-Small (1 salad)	408	213	24	8	0	93	721	19	4	4	31	5043	40	204	3
Heartland Chicken Salad-Fried-Small (1 salad) with Buttermil	516	309	34	10	0	98	821	21	4	6	31	5114	40	219	3
Heartland Chicken Salad-Fried-Small (1 salad) with Sweet Di	539	244	27	8	0	94	986	39	5	8	35	5094	40	228	4
Heartland Chicken Salad-Grilled (1 salad)	662	383	43	13	0	148	905	16	6	5	56	9905	77	338	5
Heartland Chicken Salad-Grilled (1 salad) with Buttermilk Rar	878	576	64	18	0	158	1105	20	6	9	57	10047	77	368	5
Heartland Chicken Salad-Grilled (1 salad) with Sweet Dinner	793	414	46	14	0	149	1170	36	7	9	60	9956	77	361	6
Heartland Chicken Salad-Grilled-Small (1 salad)	350	206	23	8	0	77	479	9	3	3	28	5028	39	175	2
Heartland Chicken Salad-Grilled-Small (1 salad) with Buttern	458	302	34	10	0	82	579	11	3	4	29	5099	39	190	2
Heartland Chicken Salad-Grilled-Small (1 salad) with Sweet I	481	237	26	8	0	78	744	29	4	7	32	5080	39	199	3
Large Caesar Salad without Chicken (1 serving)	329	208	23	13	0	65	777	22	6	5	13	14553	58	389	3
Large Caesar Salad without Chicken (1 serving) with Caesar I	659	505	56	19	0	95	1617	28	6	8	16	14553	58	449	3

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Spring Specials															
Seared Salmon Pesto (1 serving)	448	290	32	7	0	74	860	9	0	3	29	1141	13	108	1

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Daily Specials															
Housemade Vanilla Bean Creme Brulee (1 serving)	854	606	67	43	0	749	21	41	1	39	7	2861	15	284	1
Huge Panko Fried Shrimp, 5 (1 serving)	1224	209	23	6	0	330	3748	194	13	35	57	955	26	370	8
Huge Panko Fried Shrimp, 7 (1 serving)	1560	258	29	7	0	462	4421	245	15	40	78	1254	30	505	10
Jalapeno Popper Stuffed Chicken (1 serving)	1323	513	57	30	0	321	2470	134	9	32	62	2535	103	342	4
Meatloaf No. 9 (1 serving)	1155	662	74	33	0	229	3562	71	9	16	45	2549	75	233	5
Original Fajitas-Beef (1 serving)	1447	673	75	28	0	175	3687	114	12	32	80	5194	177	669	8
Original Fajitas-Chicken (1 serving)	1264	522	58	21	0	181	3674	115	12	32	72	5232	182	630	6
Original Fajitas-Combo (1 serving)	1353	598	66	25	0	178	3680	114	12	32	76	5210	178	648	7

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Kids Menu Items															
Kids Cheese Pizza (1 pizza)	584	186	21	9	0	40	1507	72	3	7	27	772	9	470	2
Kids Cheese and Pepperoni Pizza (1 pizza)	1104	511	57	13	0	58	3889	112	10	40	36	3373	69	607	5
Kids Chicken Tenders (1 serving)	267	65	7	2	0	99	478	15	1	2	33	130	3	58	1
Kids Chicken Tenders (1 serving) with Sauce Choice BBQ Sa	342	65	7	2	0	99	958	33	1	11	33	130	9	88	2
Kids Chicken Tenders (1 serving) with Sauce Choice Buttermi	429	209	23	5	0	107	627	18	1	5	34	236	4	81	1
Kids Chicken Tenders (1 serving) with Sauce Choice Honey A	477	240	27	5	0	114	808	21	1	8	33	130	3	58	1
Kids Glazed Chicken and Rice (1 serving)	382	106	12	2	0	45	1466	54	3	26	15	3144	53	40	2
Kids Grilled Cheese (1 serving)	439	180	20	10	0	46	1098	45	0	3	20	430	0	344	8
Kids Grilled Chicken Breast with Green Beans (1 serving)	200	19	2	1	0	99	123	2	1	1	40	138	3	29	1
Kids Jr French Dip Sandwich (1 serving)	435	115	13	8	0	73	2482	77	1	1	37	267	0	355	2
Kids Mac and Cheese (1 serving)	300	81	9	3	0	10	650	44	2	8	10	0	0	150	2
Kids Mini Cheeseburger (1 serving)	271	130	14	6	0	52	481	18	0	4	18	93	0	83	3
Kids Mini Cheeseburgers (1 serving)	542	261	29	11	0	103	961	35	0	7	35	186	0	165	6
Kids Popcorn Shrimp (1 serving)	478	218	24	5	0	120	1293	44	3	15	19	499	6	87	3
Kids Taco Bowl (1 serving)	768	383	43	17	0	116	1607	61	7	7	35	1869	23	302	4
Side Choices (1 serving)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Side Choices (1 serving) with Applesauce	97	0	0	0	0	0	0	24	1	22	0	0	11	0	0
Side Choices (1 serving) with Carrot Sticks with Ranch Dressi	107	55	6	1	0	15	515	13	1	4	0	6255	1	15	0
Side Choices (1 serving) with French Fries	136	43	5	1	0	0	413	20	2	0	2	1	0	10	1
Side Choices (1 serving) with Fresh Fruit	18	1	0	0	0	0	0	4	1	2	0	28	14	7	0
Side Choices (1 serving) with Garlic Green Beans	15	8	1	0	0	0	70	1	1	1	0	69	0	6	0
Side Choices (1 serving) with Grilled Asparagus	43	22	2	0	0	0	170	3	2	2	2	644	5	21	2
Side Choices (1 serving) with Ice Cream	130	63	7	4	0	25	65	16	0	11	3	0	0	0	0
Side Choices (1 serving) with Loaded Baked Potato	711	348	39	19	0	83	1132	71	5	4	20	1323	75	239	4
Side Choices (1 serving) with Mashed Potatoes	187	121	13	9	0	45	468	13	2	1	2	519	16	36	0
Side Choices (1 serving) with Pasta Salad	289	182	20	3	0	6	419	21	3	1	5	408	18	48	1
Side Choices (1 serving) with Pineapple Brown Rice	102	11	1	0	0	0	296	21	2	4	2	2587	18	17	1
Side Choices (1 serving) with Side Salad with Ranch	69	37	4	1	0	10	324	8	1	2	1	1194	6	10	0
Side Choices (1 serving) with Sweet Potato Fries	565	366	41	11	0	25	555	48	4	12	3	4026	5	37	1
Side Choices (1 serving) with Tortilla Chips with Salsa	65	16	2	1	0	0	260	11	1	1	2	220	4	11	0

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Happy Hour Menu Items															
5 Dollar The Big Cheeseburger with Fried Avocado-HH (1 ser	1182	651	72	24	0	171	2179	75	8	16	55	589	12	273	8
5 Dollar The Big Cheeseburger with Pot Roast on a Gluten Fr	1028	578	64	24	0	185	2368	50	3	9	57	486	2	251	8
5 Dollar The Big Cheeseburger with Pot Roast-HH (1 serving)	1058	582	65	25	0	195	2158	50	2	14	63	486	2	251	8
5 Dollar The Big Cheeseburger-HH (1 serving)	931	519	58	22	0	161	1909	50	2	14	50	429	2	237	7
5 Dollar The Big Cheeseburger-with Gluten Free Bun-HH (1 s	901	515	57	21	0	151	2119	50	3	9	44	429	2	237	7
5 Dollar the Big Cheeseburger with Fried Avocado on a Glute	1152	647	72	23	0	161	2389	75	9	11	49	589	12	273	8
Black Angus Mini Burger Sliders, 2 (1 serving)	688	369	41	16	0	135	935	37	1	8	43	448	4	215	5
Char Crusted Ahi Tuna-HH (1 serving)	243	113	13	2	0	35	767	12	1	4	19	1257	12	35	1
Chicken Lettuce Wraps-HH (1 serving)	510	241	27	4	0	53	1100	51	3	27	15	2639	7	25	2

Chicken Wings-Buffalo Style-HH (1 serving)	293	193	21	4	0	130	1811	4	0	0	21	832	16	8	0
Chicken Wings-Buffalo Style-HH (1 serving) with Bleu Cheese	510	397	44	9	0	139	2146	4	0	1	23	944	16	65	1
Chicken Wings-Thai Chile Style-HH (1 serving)	466	199	22	4	0	130	2102	43	1	37	23	406	18	21	1
Chicken Wings-Thai Chile Style-HH (1 serving) with Sesame	510	209	23	4	0	130	3076	49	1	41	25	589	20	28	1
Happy Hour Boneless Buffalo Wings (1 serving)	443	261	29	6	0	87	2481	15	1	3	29	1140	3	115	1
Happy Hour Boneless Mango Habanero Wings (1 serving)	260	48	5	1	0	78	563	25	1	10	26	328	10	48	1
Happy Hour Goat Cheese and Artichoke Poppers (1 serving)	415	294	33	11	0	47	794	21	2	2	12	424	4	184	1
Jumbo Stuffed Shrooms, Small (1 serving)	835	574	64	18	0	123	1216	50	3	8	17	789	7	111	1
Organic Spinach Dip-Mini with Tortilla Chips (1 serving)	579	342	38	20	0	101	1600	46	3	5	16	3914	10	302	2
Spicy Chicken and Avocado Eggrolls (1 serving)	480	238	26	10	0	92	810	40	4	5	19	1379	22	153	3

Desserts

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Brownie Batter Cake (1 serving)	568	253	28	16	0	70	300	80	4	51	6	608	8	3	4
Cinnamon Sugar Donuts (1 serving)	427	15	2	0	0	3	498	92	2	65	4	3	0	80	3
Housemade Vanilla Bean Creme Brulee (1 serving)	854	606	67	43	0	749	21	41	1	39	7	2861	15	284	1
Salted Caramel Goopy Buttercake (1 serving)	657	258	29	15	1	87	598	94	0	66	6	750	0	65	1

Handhelds

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Mini Veggie Burger (1 serving)	284	134	15	5	0	14	691	30	2	5	9	1584	4	122	2

Mains

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Meatloaf (1 serving)	1211	687	76	42	0	275	3235	78	9	19	44	8318	66	227	5
Shrimp Skewer, 4 Piece, Add On (1 serving)	193	104	12	2	0	153	246	2	0	0	21	235	4	55	2
Shrimp Skewer, 5 Piece, Add On (1 serving)	241	130	14	2	0	192	307	2	0	0	26	294	5	68	3

Lunch Entrees

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Chicken Tender Entree, Lunch (1 serving)	900	342	38	7	0	180	2159	73	5	22	58	457	9	118	3
Down Home Pot Roast, Lunch (1 serving)	725	394	44	26	0	167	1752	42	6	6	32	7527	38	134	3
Fish and Chips, Lunch (1 serving)	717	310	34	6	0	52	2491	70	5	15	26	1678	21	78	2

Lunch Combos

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Fish Tacos Combo (1 serving)	484	168	19	5	0	52	1147	58	5	8	20	2030	23	110	2
French Dip Sandwich Combo (1 serving)	789	374	42	12	0	96	4802	96	1	3	46	350	2	357	2
French Fries (1 serving)	245	58	6	2	0	0	1033	42	3	12	3	241	3	21	1
Mini Burgers Combo, 2 (1 serving)	688	369	41	16	0	135	935	37	1	8	43	448	4	215	5
Petite Filet Mignon (1 serving)	325	227	25	9	0	76	738	0	0	0	23	111	0	30	2
Petite Filet Mignon (1 serving) with French Fries	507	285	32	11	0	76	1292	27	3	0	25	112	0	43	2
Petite Filet Mignon (1 serving) with Grilled Asparagus	368	249	28	10	0	76	908	4	2	2	24	755	5	51	3
Petite Filet Mignon (1 serving) with Parmesan Garlic Sauce	575	472	52	14	0	81	1037	1	0	0	24	202	0	87	2
Side Choices (1 serving)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Side Choices (1 serving) with French Fries	182	57	6	2	0	0	554	27	3	0	3	1	0	13	1
Side Choices (1 serving) with Tortilla Chips and Salsa	130	33	4	2	0	0	519	21	2	3	3	440	7	22	1
Soup and Salad (1 serving)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Soup and Salad (1 serving) with Dressing Choice Balsamic Vi	224	203	23	3	0	0	180	5	0	4	0	24	0	3	0
Soup and Salad (1 serving) with Dressing Choice Buttermilk F	216	193	21	5	0	10	200	4	0	3	1	142	0	30	0
Soup and Salad (1 serving) with Dressing Choice Sesame Gir	22	5	1	0	0	0	487	3	0	2	1	92	1	3	0
Soup and Salad (1 serving) with Salad Choice Caesar Salad	258	206	23	6	0	29	584	9	3	3	7	8447	34	175	1
Soup and Salad (1 serving) with Salad Choice House Chop S	232	135	15	7	0	30	467	15	3	3	9	2718	15	80	1
Soup and Salad (1 serving) with Salad Choice House Chop S	235	140	16	7	0	30	414	16	3	3	9	2718	15	93	1
Soup and Salad (1 serving) with Salad Choice Signature Tusc	334	201	22	6	0	11	618	25	4	3	8	3176	24	98	3
Soup and Salad (1 serving) with Soup Choice Chicken Tortill	246	112	12	5	0	43	1808	19	2	5	15	2126	19	189	1
Soup and Salad (1 serving) with Soup Choice French Onion	300	186	21	11	0	48	1382	13	1	3	18	39	4	326	0
Soup and Salad (1 serving) with Soup Choice Original Baked	530	333	37	20	0	101	1797	34	3	4	15	1340	6	268	2
Soup and Salad (1 serving) with Soup Choice Tomato Soup v	379	232	26	13	0	75	2175	27	3	14	9	3772	25	216	2
Southwest Chicken Wrap Combo (1 serving)	343	212	24	7	0	23	634	24	3	4	8	1127	23	137	1

Sides

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Bleu Cheese Herb Crust Steak Topper Add On (1 serving)	1201	695	77	44	0	195	1923	91	4	4	31	2960	7	520	2
Broccoli (1 serving)	105	65	7	3	0	7	149	6	2	2	3	3813	107	56	1
Dill Caper Sauce (1 serving)	259	251	28	5	0	5	443	1	0	1	1	132	2	20	0
French Fries (1 serving)	334	87	10	3	0	0	1306	55	5	12	5	241	3	28	1
Lemon Olive Oil Broccoli (1 serving)	541	364	40	8	0	11	523	33	10	4	10	7916	222	147	3
Mac and Cheese, Side (1 serving)	460	253	28	16	0	81	459	41	2	3	11	969	1	168	2
Parmesan Roasted Yukon Gold Potatoes (1 serving)	190	36	4	1	0	3	403	35	5	3	5	99	44	56	1
Teriyaki Roasted Onions, Peppers and Mushrooms Steak To	452	256	28	4	0	0	2158	44	3	36	5	1579	120	28	1