

ebee's NUTRITIONAL INFORMATION

Applebee's® is committed to serving delicious food- just the way you like it. We are proud to offer a variety of delicious favorites. As a good neighbor, we understand that choice is a priority for Guests who are watching what they eat. Please use the nutritional facts in this document to help you make your dining decisions.

While we are committed to providing as accurate nutritional information as possible, there may be differences between the actual nutritional content of your freshly prepared menu item and the nutritional values provided in this document. The nutritional values stated may reflect content for a menu item in its entirety (e.g. including sides) or by separate menu item component. Please refer to the description in the menu category heading to identify which values are being reflected. The nutritional values we provide are derived using an industry standard database, but do not account for the natural variability that occurs within ingredients, variation that occurs due to the hand-crafted nature of each plate or variation that may occur due to substitutions that Guests request. Please keep this in mind when making dining decisions.

We are happy to make any modifications or substitutions to your meal that you request, although these adjustments will impact the nutritional information detailed in this document.

Total Calories: Total Calories	Total Fat: Total Fat	Cholest: Cholesterol	Fiber: Fiber
Calories from Fat:	Sat Fat: Saturated Fat	Sodium: Sodium	Sugar: Sugar
Total Calories From Fat	Trans Fat: Trans Fat	Total Carb: Total Carbohydrate	Protein: Protein
	(g): grams	(mg): milligrams	

Information As Of 08/15/16. Good Thru 11/13/16.

Applicable Only To The U.S.A. Document Is Subject To Updates. Please Check Back Regularly.

Applebee's Guest Relations 888-59APPLE (888-592-7753)

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August 2016 Menu	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Appetizers & Bar Snacks											
Boneless Wings											
Boneless Wings (w/o sauce or dressing)	680	310	35	7	0	95	1760	52	5	1	39
Add Choice of Sauce:	000	310	33		U	93	1700	32	3	1	39
Classic Buffalo Sauce	200	100	21	0	0	0	2600	1	1	1	0
Hot Buffalo Sauce	200	190	21	8	0	0	2600	2	1	1	0
Honey BBQ Sauce	210 230	190 0	22 0	8	0	0	2720 1010	4 55	2	1 49	1
Sweet Asian Chile Sauce	1			_							
Add Choice of Dressing:	250	20	2	0	0	0	1530	56	1	47	3
Bleu Cheese Dressing	240	220	25	4.5		25	250	4		_	4
	240	230	25	4.5	0	25	250	1	0	1	1
Ranch Dressing	210	200	22	3.5	0	15	330	1	0	1	1
Brew Pub Pretzels & Beer Cheese Dip	1050	400	44	15	1	50	3070	130	8	18	33
Chiefus Occasible	1000	550	61	20	2	105	2570	82	6	23	32
Chicken Quesadilla	970	530	59	27	1.5	155	2870	61	5	4	50
Chips & Salsa	500	200	22	3.5	0	0	2970	69	6	5	7
Classic Combo											
Classic Combo (w/o sauce or dressing)	2350	1240	137	43	2	190	7270	193	16	20	85
Add Choice of Sauce:											
Classic Buffalo Sauce	100	100	11	4	0	0	1300	1	0	1	0
Hot Buffalo Sauce	110	100	11	4	0	0	1370	2	0	1	0
Honey BBQ Sauce	110	0	0	0	0	0	510	28	1	25	1
Sweet Asian Chile Sauce	120	10	1	0	0	0	760	28	1	23	1
Add Choice of Dressing:											
Bleu Cheese Dressing	240	230	25	4.5	0	25	250	1	0	1	1
Ranch Dressing	210	200	22	3.5	0	15	330	1	0	1	1
Double Crunch Bone-In Wings											
Double Crunch Bone-In Wings (w/o sauce or dressing)	660	400	44	11	0	255	1220	10	4	1	55
Add Choice of Sauce:											
Classic Buffalo Sauce	200	190	21	8	0	0	2600	2	1	1	0
Hot Buffalo Sauce	210	190	22	8	0	0	2720	4	1	1	1
Honey BBQ Sauce	230	0	0	0	0	0	1010	55	2	49	1
Sweet Asian Chile Sauce	250	20	2	0	0	0	1530	56	1	47	3
Add Choice of Dressing:											
Bleu Cheese Dressing	240	230	25	4.5	0	25	250	1	0	1	1
Ranch Dressing	210	200	22	3.5	0	15	330	1	0	1	1
Double Crunch Bone-In Wings, Thai	1060	670	75	16	0.5	255	2220	38	5	22	60
Grilled Chicken Wonton Tacos	480	150	16	3	0	105	1570	46	2	23	37
Housemade Sweet & Spicy Pickles	110	5	0	0	0	0	1590	26	1	21	2
Mozzarella Sticks	920	460	51	20	1	80	2140	79	5	9	39
Salsa Verde Beef Nachos	1810	1100	122	53	5	290	6110	109	9	15	71
Spinach & Artichoke Dip	960	520	58	14	0.5	25	3980	91	8	14	20
Sriracha Shrimp	690	420	46	8	0.5	140	1750	51	3	9	20
Steak Quesadilla	1000	550	61	28	2	150	2490	61	6	4	52
Sweet Potato Fries & Dips	1160	700	77	15	1	45	2460	109	15	51	7
Soups or Salads:	1100	700	- ' '	13	-	-13	2400	103	13	31	
Chicken Tortilla Soup	200	80	9	2.5	0	20	900	22	3	3	8
Chili	320	160	18	9	1	75	1010	14	3	7	27
French Onion Soup	370	200	22	13	0	60	1470	25	2	7	17
New England Clam Chowder	270	160	18	11	0	65		18	1	1	9
Portsmouth Clam Chowder	+						710				
Southwest Steak & Black Bean Soup	230 180	120 50	13 6	7	0	50 25	570 1230	21 18	1 5	2	9 15
Tomato Basil Soup	190	110	12	6	0	20	840	16	3	9	5
House Salad	400	4.0	4.5	4 -			2=2	4:		_	4.0
House Salad (w/o dressing)	190	110	12	4.5	0	25	350	11	2	3	10

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Information As Of 08/15/16. Good Thru 11/13/16.



August 2016 Menu	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat	Sat Fat (g)	Trans Fat	Cholest (mg)	Sodium (mg)	Total Carb	Fiber (g)	Sugars (g)	Protein (g)
Add Choice of Dressing:											
Bleu Cheese Dressing	240	230	25	4.5	0	25	250	1	0	1	1
Buttermilk Ranch Dressing	200	190	21	3.5	0	15	340	1	0	1	1
Chili Lime Vinaigrette	120	70	7	1	0	0	500	13	0	10	0
Dijon Honey Mustard Dressing	210	160	18	2.5	0	10	540	13	1	12	1
Garlic Caesar Dressing	210	200	23	3.5	0	15	350	2	0	1	1
Green Goddess Dressing	190	180	20	3.5	0	20	470	2	0	1	1
Honey Balsamic Dressing	170	110	13	2	0	0	230	13	0	11	0
Honey French Dressing	210	150	17	2.5	0	0	330	15	0	14	0
Italian Dressing, Fat Free	20	0	0	0	0	0	370	5	0	3	0
Lemon Olive Oil Vinaigrette	150	140	16	2	0	0	370	1	0	1	0
Mexi Ranch Dressing	170	160	18	3	0	15	550	3	0	2	1
Oriental Dressing	250	190	22	3	0	0	85	13	0	13	0
Small Caesar Salad	230	170	19	4	0	15	360	11	2	2	5
Build Your Sampler	250	1,0	13	·	Ü	10	500			_	9
Boneless Wings											
Boneless Wings (w/o sauce or dressing)	340	160	17	3.5	0	45	900	27	3	1	20
Add Choice of Sauce:	340	100		3.3	-	73	300			-	- 20
Classic Buffalo Sauce	100	100	11	4	0	0	1300	1	0	1	0
Hot Buffalo Sauce	110	100	11	4	0	0	1370	2	0	1	0
Honey BBQ Sauce	110	0	0	0	0	0	510	28	1	25	1
Sweet Asian Chile Sauce	120	10	1	0	0	0	760	28	1	23	1
Add Choice of Dressing:	120	10	1	0	U	0	700	20	1	23	1
Bleu Cheese Dressing	240	230	25	4.5	0	25	250	1	0	1	1
Ranch Dressing	200	190	21	3.5	0	15	340	1	0	1	1
Brew Pub Pretzels & Beer Cheese Dip	510	170	19	10	0.5	40	1700	61	4	4	21
Cheeseburger Eggrolls					1						
Chicken Quesadilla	630	330 340	37	13		65 85	1690	53	4	14 4	21 27
Chips & Salsa	610		38	16	1		1830	41			
Grilled Chicken Wonton Tacos	500	200	22	3.5	0	0	2970	69	6	5	7
Mozzarella Sticks	370	120	13	2.5	0	90	1150	35	2	18	29
	460	230	25	10	0.5	40	1070	39	3	5	19
Spinach & Artichoke Dip	960	520	58	14	0.5	25	3980	91	8	14	20
Sriracha Shrimp	430	250	28	5	0	70	1140	35	2	5	10
Steak Quesadilla	630	350	39	16	1	75	1680	41	4	3	28
Wood-Fired Grill Please note that all Wood-Fired Grill items are listed without	choice of	sido unlo	ss othorw	ica natad:	nutrition	informati	on for sides	ic availah	lo conara	taly hala	M/
Create Your Grill Masterpiece:	choice of	side dille	SS OTHERW	ise noteu,	Hutilion	iiioiiiati	on for sides	is availab	ie, separa	tery, belo	w.
6 oz. USDA Top Sirloin	220	00	9	4	0.5	00	1450	2	1	0	24
	230	90			0.5	90	1450	2	1	0	34
8 oz. USDA Top Sirloin Butcher's Reserve 12 oz. Top Sirloin	280	90	10 11	4	0.5	115	1570	2	0	1	45
Cedar Grilled Salmon	380	100	22	4.5 4.5	0.5	165 100	2120	2	2 1	0	69
Double-Glazed Baby Back Ribs, Full Rack	340	200	22	4.5	U	100	1110		1	U	35
Double-Glazed Baby Back Ribs, Full Rack (w/o choice of sauce)	0.40	570		24		200	4.420	1.0		47	75
	940	570	63	24	0	290	1420	16	1	17	75
Add Choice of Sauce:	4=0		_			_					
Honey BBQ Sauce	150	0	0	0	0	0	670	37	1	33	1
Smoky Chipotle Sauce	130	25	2.5	1.5	0	5	410	25	1	24	1
Sweet Asian Chile Sauce	170	15	1.5	0	0	0	1020	38	1	31	2
Double-Glazed Baby Back Ribs, Half Rack											
Double-Glazed Baby Back Ribs, Half Rack (w/o choice of sauce)	470	290	32	12	0	145	710	8	1	8	38
Add Choice of Sauce:											
Honey BBQ Sauce	80	0	0	0	0	0	340	18	1	16	0
Smoky Chipotle Sauce	60	10	1.5	1	0	5	200	12	0	12	0
Sweet Asian Chile Sauce	80	5	0.5	0	0	0	510	19	0	16	1
Grilled Chicken Breast	190	35	4	1	0	125	1150	2	1	1	38
Hand-Cut Bone-In Pork Chop	370	160	18	7	0	120	1250	3	2	1	50
Chef Selections:											

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Bone-In Pork Chop with Honey Apple Chutney	560	220	24	11	0	135	1590	37	2	27	51
Bourbon Street Steak (2-4 oz.) (includes side)	700	340	38	12	1	130	1220	39	5	7	51
Cedar Salmon with Maple Mustard Glaze	540	290	32	9	0	110	1730	28	3	20	38
Shrimp 'N Parmesan Sirloin (8 oz.)	580	330	37	20	1.5	270	2660	6	1	2	58
Smokin' Double Steak & Egg	470	190	21	7	1	285	2660	15	2	10	55
Choice of Sides: 4-Cheese Mac & Cheese	F10	260	20	1.1	0.5	0.5	1220	41	4	2	22
	510	260	28	14	0.5	85	1220	41	4	3	22
Baked Potato	390	210	24	12	0.5	55	1200	41	3	2	6
Baked Potato, Loaded	460	260	29	15	0.5	70	1360	41	3	3	10
BBQ Spiced Fries	430	180	20	3.5	0	0	1090	58	4	1	5
Classic Fries	430	180	20	3.5	0	0	970	57	4	0	5
Crispy Cheddar Bacon Potatoes Garlic Fries	380	200	23	9	0	45	520	34	2	5	11
Garlic Pries Garlic Mashed Potatoes	600 260	340 130	38 14	12 2.5	0.5 0	25 0	1040 640	60 30	5 3	1 5	6 5
Garlic Mashed Potatoes, Loaded	490	300	34	13	0.5	60	1020	34	4	6	15
Garlicky Green Beans	180	130	15	7	0.5	20	240	11	4	2	2
Hearty Grains & Rice	250	20	2	0	0	0	590	53	2	1	6
Maple Pecan Mashed Sweet Potatoes	400	180	20	10	0	50	860	54	6	31	4
Steamed Broccoli	90	70	8	4.5	0	20	260	6	3	0	3
Sweet Potato Fries	400	180	20	3.5	0	0	1020	51	9	20	3
Wood-Fired Grilled Veggies	160	120	13	5	0	10	570	11	3	6	3
Chicken											
Bourbon Street Chicken & Shrimp	640	280	31	9	0	210	2040	40	4	7	52
Cedar Grilled Lemon Chicken	580	230	26	4	0	125	2440	48	5	15	42
Chicken Tenders Basket	1150	590	66	11	0.5	80	2740	101	7	14	40
Chicken Tenders Platter	1460	750	83	14	1	110	3380	124	9	23	54
Crispy Brewhouse Chicken	1080	560	62	15	1	115	2720	81	7	8	50
Fiesta Lime Chicken® Hot Shot Whisky Chicken	1140 630	560 270	62 30	14 9	0	180 155	3730 2380	91 40	7	7 9	55 53
Lighter Fare	030	270	30	9	U	133	2360	40	/	9	33
Cedar Grilled Lemon Chicken	580	230	26	4	0	125	2440	48	5	15	42
Grilled Onion Sirloin with Stout Gravy	550	220	24	7	0.5	90	2250	44	5	7	39
Hot Shot Whisky Chicken	630	270	30	9	0	155	2380	40	7	9	53
Pepper-Crusted Sirloin & Whole Grains	380	110	12	3.5	0	60	1820	40	6	5	29
Shrimp Wonton Stir Fry	590	110	12	2.5	0	140	2450	95	5	24	26
Thai Shrimp Salad	380	170	19	3	0	140	1620	32	7	15	24
Pastas											
4-Cheese Mac & Cheese with Honey Pepper Chicken Tenders	1580	700	78	34	1.5	230	3570	154	9	54	67
Three-Cheese Chicken Cavatappi	1170	650	73	42	2	260	2780	82	6	4	52
Seafood	4=00		400			40=	2400	405	4.0	40	4-
Hand-Battered Fish & Chips Baked Cod	1520	910	102	17 22	1	125	2180	106	10 7	13 3	45
Baked Haddock	970 1000	380 410	43 46	23	1.5	200 190	1200 1420	102 102	6	4	48 49
Double Crunch Shrimp	1230	530	58	11	0	180	3430	145	10	25	32
Hand-Breaded Fish & Chips	1570	880	98	18	1	240	3350	121	10	13	52
New England Fish & Chips/Hand Battered Fish Fry	1990	1240	137	24	1.5	160	4540	134	10	14	55
More											
Butcher's Meat & Potatoes	720	350	38	8	0.5	80	1960	52	6	10	43
Loaded Beef Enchiladas	1010	420	46	18	1	115	3690	107	8	11	43
Sirloin Stir Fry	750	200	22	6	0.5	80	2300	95	5	24	44
Salads											
	e note tha	at all Salad	ds are liste	d with dr	essing.		ı	1		ı	ı
Crispy Chicken & Cornbread Salad							95	-			
Crispy Chicken & Combread Salad	1440	860	96	28	1.5	205	2680	84	7	18	63
Grilled Chicken & Cornbread Salad Fiesta Chicken Chopped Salad	1130 850	640	71 42	24 11	1.5 0.5	245 95	2630	59 83	7	18 20	66
Tresta enteken entrepea salaa		380					1660	03	1 .	. 20	37

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Grilled Chicken Caesar Salad	800	510	57	12	1	170	2110	26	7	7	48
Grilled Shrimp Avocado & Grapefruit Salad											
Grilled Shrimp Avocado & Grapefruit Salad	600	400	45	7	0	170	1880	35	11	20	20
Grilled Chicken Avocado & Grapefruit Salad	720	420	47	7	0	125	1730	36	12	21	43
Oriental Chicken Salad											
Oriental Chicken Salad	1420	900	99	15	1	55	1530	96	11	42	39
Oriental Grilled Chicken Salad	1290	760	85	13	1	125	2300	84	10	52	51
Pecan-Crusted Chicken Salad	1340	720	80	16	0.5	95	2390	115	14	64	46
Southwest Steak Salad	1020	610	68	16	1.5	100	3040	65	11	8	40
Thai Shrimp Salad	380	170	19	3	0	140	1620	32	7	15	24
Handhelds											
Please note that all Handhelds are liste			trition inf				· ·			1	ı
Battered Fish Sandwich	770	460	51	9	0.5	80	1040	56	3	8	21
Brew Pub Philly	1130	620	69	23	1.5	140	2650	73	5	10	51
Chicken Fajita Rollup	1090	570	64	27	2	215	3710	65	5	10	65
Clubhouse Grille	1120	570	63	18	1	135	2520	87	4	31	52
Maple Bacon Chicken Piadini	1030	440	49	15	1	185	3600	85	4	26	64
Triple Hog Dare Ya™	1010	540	60	19	1	125	2640	72	4	13	46
Choice of Side:											
BBQ-Spiced Fries	430	180	20	3.5	0	0	1090	58	4	1	5
Classic Fries	430	180	20	3.5	0	0	970	57	4	0	5
Garlic Fries	600	340	38	12	0.5	25	1040	60	5	1	6
House Chips	420	260	29	5	0	0	960	36	3	0	4
Sweet Potato Fries	400	180	20	3.5	0	0	1020	51	9	20	3
Crunchy Onion Rings	530	260	29	5	0	0	1180	60	3	8	7
Add on: Chili & Cheese (for fries)	200	120	13	7	0.5	45	670	8	2	3	14
Burgers					., .						
Please note that all Burgers are listed									2	10	F4
Beer Garden	1080	630	70	28	3	195	2260	59	3	18	54
Beer Garden Classic									3	18 7	54 39
Beer Garden Classic Add Cheese:	1080 780	630 450	70 50	28 18	3 2.5	195 140	2260 1180	59 44	2	7	39
Beer Garden Classic Add Cheese: American Cheese	1080 780 150	630 450 110	70 50 12	28 18 7	3 2.5 0	195 140 25	2260 1180 480	59 44 2	0	7	39 8
Beer Garden Classic Add Cheese: American Cheese Cheddar Cheese	1080 780 150 90	630 450 110 60	70 50 12 7	28 18 7 4	3 2.5 0 0	195 140 25 20	2260 1180 480 135	59 44 2 0	0 0	7 1 0	39 8 5
Beer Garden Classic Add Cheese: American Cheese Cheddar Cheese Swiss Cheese	1080 780 150 90 160	630 450 110 60 110	70 50 12 7 12	28 18 7 4 7	3 2.5 0 0	195 140 25 20 40	2260 1180 480 135 80	59 44 2 0	0 0 0	7 1 0 0	39 8 5 11
Beer Garden Classic Add Cheese: American Cheese Cheddar Cheese Swiss Cheese Monterey Jack	1080 780 150 90 160 80	630 450 110 60 110 60	70 50 12 7 12 6	28 18 7 4 7 4	3 2.5 0 0 0	195 140 25 20 40 20	2260 1180 480 135 80 115	59 44 2 0 0	0 0 0 0	7 1 0 0	8 5 11 5
Beer Garden Classic Add Cheese: American Cheese Cheddar Cheese Swiss Cheese Monterey Jack Add Bacon:	1080 780 150 90 160 80 100	630 450 110 60 110 60 70	70 50 12 7 12 6 8	28 18 7 4 7 4 2.5	3 2.5 0 0 0 0	195 140 25 20 40 20	2260 1180 480 135 80 115 320	59 44 2 0 0 0	0 0 0 0 0	7 1 0 0 0	8 5 11 5
Beer Garden Classic Add Cheese: American Cheese Cheddar Cheese Swiss Cheese Monterey Jack Add Bacon: Quesadilla	1080 780 150 90 160 80 100 1410	630 450 110 60 110 60 70 960	70 50 12 7 12 6 8 106	28 18 7 4 7 4 2.5 43	3 2.5 0 0 0 0 0 0	195 140 25 20 40 20 20 240	2260 1180 480 135 80 115 320 3240	59 44 2 0 0 0 1 47	0 0 0 0 0 7	7 1 0 0 0 1 6	39 8 5 11 5 6 70
Beer Garden Classic Add Cheese: American Cheese Cheddar Cheese Swiss Cheese Monterey Jack Add Bacon: Quesadilla The All-Day Brunch	1080 780 150 90 160 80 100 1410 1190	630 450 110 60 110 60 70 960 730	70 50 12 7 12 6 8 106 81	28 18 7 4 7 4 2.5 43 29	3 2.5 0 0 0 0 0 0 4 3	195 140 25 20 40 20 20 240 335	2260 1180 480 135 80 115 320 3240 2370	59 44 2 0 0 0 1 47 61	2 0 0 0 0 7 3	7 1 0 0 0 1 6 12	8 5 11 5 6 70
Beer Garden Classic Add Cheese: American Cheese Cheddar Cheese Swiss Cheese Monterey Jack Add Bacon: Quesadilla	1080 780 150 90 160 80 100 1410 1190	630 450 110 60 110 60 70 960 730 640	70 50 12 7 12 6 8 106 81 71	28 18 7 4 7 4 2.5 43 29 27	3 2.5 0 0 0 0 0 0 4 3 3	195 140 25 20 40 20 20 240 335 180	2260 1180 480 135 80 115 320 3240 2370 2010	59 44 2 0 0 0 1 47 61 48	2 0 0 0 0 0 7 3 2	7 1 0 0 0 0 1 6 12	39 8 5 11 5 6 70 57 50
Beer Garden Classic Add Cheese: American Cheese Cheddar Cheese Swiss Cheese Monterey Jack Add Bacon: Quesadilla The All-Day Brunch The American Standard	1080 780 150 90 160 80 100 1410 1190 1030 1060	630 450 110 60 110 60 70 960 730 640 590	70 50 12 7 12 6 8 106 81 71 66	28 18 7 4 7 4 2.5 43 29 27 25	3 2.5 0 0 0 0 0 0 4 3 3 2.5	195 140 25 20 40 20 20 240 335 180	2260 1180 480 135 80 115 320 3240 2370 2010 1920	59 44 2 0 0 0 1 47 61 48 61	2 0 0 0 0 0 7 3 2 4	7 1 0 0 0 1 6 12	39 8 5 11 5 6 70 57 50 56
Beer Garden Classic Add Cheese: American Cheese Cheddar Cheese Swiss Cheese Monterey Jack Add Bacon: Quesadilla The All-Day Brunch The American Standard The Blazin' Texan Triple Bacon	1080 780 150 90 160 80 100 1410 1190	630 450 110 60 110 60 70 960 730 640	70 50 12 7 12 6 8 106 81 71	28 18 7 4 7 4 2.5 43 29 27	3 2.5 0 0 0 0 0 0 4 3 3	195 140 25 20 40 20 20 240 335 180	2260 1180 480 135 80 115 320 3240 2370 2010	59 44 2 0 0 0 1 47 61 48	2 0 0 0 0 0 7 3 2	7 1 0 0 0 1 6 12 10 21	39 8 5 11 5 6 70 57 50
Beer Garden Classic Add Cheese: American Cheese Cheddar Cheese Swiss Cheese Monterey Jack Add Bacon: Quesadilla The All-Day Brunch The American Standard The Blazin' Texan Triple Bacon Choice of Side:	1080 780 90 160 80 100 1410 1190 1030 1190	630 450 110 60 110 60 70 960 730 640 590	70 50 12 7 12 6 8 106 81 71 66 84	28 18 7 4 7 4 2.5 43 29 27 25 32	3 2.5 0 0 0 0 0 4 3 3 2.5 3	195 140 25 20 40 20 20 240 335 180 195 225	2260 1180 480 135 80 115 320 3240 2370 2010 1920 2040	59 44 2 0 0 0 1 47 61 48 61 46	2 0 0 0 0 7 3 2 4 2	7 0 0 0 1 6 12 10 21	8 5 11 5 6 70 57 50 56 61
Beer Garden Classic Add Cheese: American Cheese Cheddar Cheese Swiss Cheese Monterey Jack Add Bacon: Quesadilla The All-Day Brunch The American Standard The Blazin' Texan Triple Bacon Choice of Side: BBQ-Spiced Fries	1080 780 150 90 160 80 100 1410 1190 1030 1060 1190	630 450 110 60 110 60 70 960 730 640 590 760	70 50 12 7 12 6 8 106 81 71 66 84	28 18 7 4 7 4 2.5 43 29 27 25 32	3 2.5 0 0 0 0 0 4 3 3 2.5 3	195 140 25 20 40 20 240 335 180 195 225	2260 1180 480 135 80 115 320 3240 2370 2010 1920 2040	59 44 2 0 0 0 1 47 61 48 61 46	2 0 0 0 0 7 3 2 4 2	7 1 0 0 0 1 6 12 10 21 9	8 5 11 5 6 70 57 50 56 61 5 5
Beer Garden Classic Add Cheese: American Cheese Cheddar Cheese Swiss Cheese Monterey Jack Add Bacon: Quesadilla The All-Day Brunch The American Standard The Blazin' Texan Triple Bacon Choice of Side:	1080 780 150 90 160 80 100 1410 1190 1030 1060 1190 430 430	630 450 110 60 110 60 70 960 730 640 590 760 180	70 50 12 7 12 6 8 106 81 71 66 84	28 18 7 4 7 4 2.5 43 29 27 25 32 3.5	3 2.5 0 0 0 0 0 4 3 3 2.5 3	195 140 25 20 40 20 240 335 180 195 225	2260 1180 480 135 80 115 320 3240 2370 2010 1920 2040	59 44 2 0 0 0 1 47 61 48 61 46	2 0 0 0 0 7 3 2 4 2	7 1 0 0 0 1 6 12 10 21 9	39 8 5 11 5 6 70 57 50 56 61
Beer Garden Classic Add Cheese: American Cheese Cheddar Cheese Swiss Cheese Monterey Jack Add Bacon: Quesadilla The All-Day Brunch The American Standard The Blazin' Texan Triple Bacon Choice of Side: BBQ-Spiced Fries Classic Fries	1080 780 150 90 160 80 100 1410 1190 1030 1060 1190	630 450 110 60 110 60 70 960 730 640 590 760	70 50 12 7 12 6 8 106 81 71 66 84	28 18 7 4 7 4 2.5 43 29 27 25 32	3 2.5 0 0 0 0 0 4 3 3 2.5 3	195 140 25 20 40 20 240 335 180 195 225	2260 1180 480 135 80 115 320 3240 2370 2010 1920 2040	59 44 2 0 0 0 1 47 61 48 61 46	2 0 0 0 0 7 3 2 4 2	7 1 0 0 0 1 6 12 10 21 9	39 8 5 11 5 6 70 57 50 56 61
Beer Garden Classic Add Cheese: American Cheese Cheddar Cheese Swiss Cheese Monterey Jack Add Bacon: Quesadilla The All-Day Brunch The American Standard The Blazin' Texan Triple Bacon Choice of Side: BBQ-Spiced Fries Classic Fries Garlic Fries	1080 780 150 90 160 80 100 1410 1190 1030 1060 1190 430 430 600	630 450 110 60 110 60 70 960 730 640 590 760 180 180 340	70 50 12 7 12 6 8 106 81 71 66 84 20 20 38	28 18 7 4 7 4 2.5 43 29 27 25 32 3.5 3.5 3.5 5	3 2.5 0 0 0 0 0 4 3 3 2.5 3	195 140 25 20 40 20 240 335 180 195 225	2260 1180 480 135 80 115 320 3240 2370 2010 1920 2040 1090 970 1040	59 44 2 0 0 0 1 47 61 48 61 46 58 57 60	2 0 0 0 0 7 3 2 4 2	7 0 0 0 1 6 12 10 21 9	39 8 5 11 5 6 70 57 50 56 61 5 6 4
Beer Garden Classic Add Cheese: American Cheese Cheddar Cheese Swiss Cheese Monterey Jack Add Bacon: Quesadilla The All-Day Brunch The American Standard The Blazin' Texan Triple Bacon Choice of Side: BBQ-Spiced Fries Classic Fries Garlic Fries House Chips	1080 780 150 90 160 80 100 1410 1190 1030 1060 1190 430 430 420	630 450 110 60 110 60 70 960 730 640 590 760 180 180 340 260	70 50 12 7 12 6 8 106 81 71 66 84 20 20 38 29	28 18 7 4 7 4 2.5 43 29 27 25 32 3.5 3.5	3 2.5 0 0 0 0 0 4 3 3 2.5 3 0 0 0 0	195 140 25 20 40 20 240 335 180 195 225 0	2260 1180 480 135 80 115 320 3240 2370 2010 1920 2040 1090 970 1040 960	59 44 2 0 0 0 1 47 61 48 61 46 58 57 60 36	2 0 0 0 0 7 3 2 4 2	7 0 0 0 1 6 12 10 21 9	39 8 5 11 5 6 70 57 50 56 61
Beer Garden Classic Add Cheese: American Cheese Cheddar Cheese Swiss Cheese Monterey Jack Add Bacon: Quesadilla The All-Day Brunch The American Standard The Blazin' Texan Triple Bacon Choice of Side: BBQ-Spiced Fries Classic Fries Garlic Fries House Chips Sweet Potato Fries	1080 780 150 90 160 80 100 1410 1190 1060 1190 430 430 400	630 450 110 60 110 60 70 960 730 640 590 760 180 180 260 180	70 50 12 7 12 6 8 106 81 71 66 84 20 20 38 29 20	28 18 7 4 7 4 2.5 43 29 27 25 32 3.5 3.5 3.5 3.5	3 2.5 0 0 0 0 0 4 3 3 2.5 3 0 0 0 0 0 0	195 140 25 20 40 20 240 335 180 195 225 0 0	2260 1180 480 135 80 115 320 3240 2370 2010 1920 2040 1090 970 1040 960 1020	59 44 2 0 0 0 1 47 61 48 61 46 58 57 60 36 51	2 0 0 0 0 7 3 2 4 2 4 2	7 1 0 0 1 6 12 10 21 9 1 0 1 0 20	39 8 5 11 5 6 70 57 50 56 61 5 6 4 3
Beer Garden Classic Add Cheese: American Cheese Cheddar Cheese Swiss Cheese Monterey Jack Add Bacon: Quesadilla The All-Day Brunch The American Standard The Blazin' Texan Triple Bacon Choice of Side: BBQ-Spiced Fries Classic Fries Garlic Fries House Chips Sweet Potato Fries Crunchy Onion Rings	1080 780 150 90 160 80 100 1410 1190 1030 1060 1190 430 430 400 420 400 530	630 450 110 60 110 60 70 960 730 640 590 760 180 180 260 180 260	70 50 12 7 12 6 8 106 81 71 66 84 20 20 38 29 20 29	28 18 7 4 7 4 2.5 43 29 27 25 32 3.5 3.5 5 5	3 2.5 0 0 0 0 4 3 3 2.5 3 0 0 0.5 0	195 140 25 20 40 20 240 335 180 195 225 0 0 0	2260 1180 480 135 80 115 320 3240 2370 2010 1920 2040 1090 970 1040 960 1020 1180	59 44 2 0 0 0 1 47 61 48 61 46 58 57 60 36 51 60	2 0 0 0 0 7 3 2 4 2 4 4 5 3 9	7 1 0 0 1 1 6 12 10 21 9 1 0 1 0 20 8	39 8 5 11 5 6 70 57 50 56 61 5 6 4 3 7
Beer Garden Classic Add Cheese: American Cheese Cheddar Cheese Swiss Cheese Monterey Jack Add Bacon: Quesadilla The All-Day Brunch The American Standard The Blazin' Texan Triple Bacon Choice of Side: BBQ-Spiced Fries Classic Fries Garlic Fries House Chips Sweet Potato Fries Crunchy Onion Rings Add on: Chili & Cheese (for fries)	1080 780 150 90 160 80 100 1410 1190 1030 1060 1190 430 430 400 420 400 530	630 450 110 60 110 60 70 960 730 640 590 760 180 180 260 180 260	70 50 12 7 12 6 8 106 81 71 66 84 20 20 38 29 20 29	28 18 7 4 7 4 2.5 43 29 27 25 32 3.5 3.5 5 5	3 2.5 0 0 0 0 4 3 3 2.5 3 0 0 0.5 0	195 140 25 20 40 20 240 335 180 195 225 0 0 0	2260 1180 480 135 80 115 320 3240 2370 2010 1920 2040 1090 970 1040 960 1020 1180	59 44 2 0 0 0 1 47 61 48 61 46 58 57 60 36 51 60	2 0 0 0 0 7 3 2 4 2 4 4 5 3 9	7 1 0 0 1 1 6 12 10 21 9 1 0 1 0 20 8	39 8 5 11 5 6 70 57 50 56 61 5 6 4 3 7
Beer Garden Classic Add Cheese: American Cheese Cheddar Cheese Swiss Cheese Monterey Jack Add Bacon: Quesadilla The All-Day Brunch The American Standard The Blazin' Texan Triple Bacon Choice of Side: BBQ-Spiced Fries Classic Fries Garlic Fries House Chips Sweet Potato Fries Crunchy Onion Rings Add on: Chili & Cheese (for fries) Lunch Combos: Soups	1080 780 150 90 160 80 100 1410 1190 1030 1060 1190 430 430 400 420 400 530 200	630 450 110 60 110 60 70 960 730 640 590 760 180 180 260 180 260 120	70 50 12 7 12 6 8 106 81 71 66 84 20 20 38 29 20 29 13	28 18 7 4 7 4 2.5 43 29 27 25 32 3.5 3.5 5 7	3 2.5 0 0 0 0 4 3 3 2.5 3 0 0.5 0 0	195 140 25 20 40 20 240 335 180 195 225 0 0 0 45	2260 1180 480 135 80 115 320 3240 2370 2010 1920 2040 1090 970 1040 960 1020 1180 670	59 44 2 0 0 0 1 47 61 48 61 46 58 57 60 36 51 60 8	2 0 0 0 0 7 3 2 4 2 4 2 5 3 9 3	7 1 0 0 0 1 6 12 10 21 9 1 0 1 0 20 8	39 8 5 11 5 6 70 57 50 56 61 5 6 4 3 7 14
Beer Garden Classic Add Cheese: American Cheese Cheddar Cheese Swiss Cheese Monterey Jack Add Bacon: Quesadilla The All-Day Brunch The American Standard The Blazin' Texan Triple Bacon Choice of Side: BBQ-Spiced Fries Classic Fries Garlic Fries House Chips Sweet Potato Fries Crunchy Onion Rings Add on: Chili & Cheese (for fries) Lunch Combos: Soups Chicken Tortilla Soup, Lunch	1080 780 150 90 160 80 100 1410 1190 1030 1060 1190 430 430 400 530 200	630 450 110 60 110 60 70 960 730 640 590 760 180 180 260 180 260 120	70 50 12 7 12 6 8 106 81 71 66 84 20 20 38 29 20 29 13	28 18 7 4 7 4 2.5 43 29 27 25 32 3.5 3.5 5 7 2.5	3 2.5 0 0 0 0 4 3 3 2.5 3 0 0 0.5 0	195 140 25 20 40 20 240 335 180 195 225 0 0 0 45	2260 1180 480 135 80 115 320 3240 2370 2010 1920 2040 1090 970 1040 960 1020 1180 670	59 44 2 0 0 0 1 47 61 48 61 46 58 57 60 36 51 60 8	2 0 0 0 0 7 3 2 4 2 4 5 3 9 3 2	7 1 0 0 0 1 6 12 10 21 9 1 0 1 0 20 8 3	39 8 5 11 5 6 70 57 50 56 61 5 6 4 3 7 14
Beer Garden Classic Add Cheese: American Cheese Cheddar Cheese Swiss Cheese Monterey Jack Add Bacon: Quesadilla The All-Day Brunch The American Standard The Blazin' Texan Triple Bacon Choice of Side: BBQ-Spiced Fries Classic Fries Garlic Fries House Chips Sweet Potato Fries Crunchy Onion Rings Add on: Chilli & Cheese (for fries) Lunch Comboss: Soups Chicken Tortilla Soup, Lunch French Onion Soup, Lunch Southwest Black Bean Soup, Lunch Tomato Basil Soup, Lunch	1080 780 150 90 160 80 100 1410 1190 1030 1060 1190 430 430 420 400 530 200 370	630 450 110 60 110 60 70 960 730 640 590 760 180 180 260 120 80 200	70 50 12 7 12 6 8 106 81 71 66 84 20 20 38 29 20 29 13	28 18 7 4 7 4 2.5 43 29 27 25 32 3.5 3.5 5 7 2.5 43 29 27 25 32 3.5 3.5 3.5 3.5 3.5 3.5 3.5 3.5	3 2.5 0 0 0 0 4 3 3 2.5 3 0 0.5 0 0 0.5 0	195 140 25 20 40 20 240 335 180 195 225 0 0 0 45 20 60	2260 1180 480 135 80 115 320 3240 2370 2010 1920 2040 1090 970 1040 960 1020 1180 670	59 44 2 0 0 0 1 47 61 48 61 46 58 57 60 36 51 60 8	2 0 0 0 0 7 3 2 4 2 4 5 3 9 3 2	7 1 0 0 1 1 6 12 10 21 9 1 0 1 0 20 8 3 7	39 8 5 11 5 6 70 57 50 56 61 5 6 4 3 7 14 8 17
Beer Garden Classic Add Cheese: American Cheese Cheddar Cheese Swiss Cheese Monterey Jack Add Bacon: Quesadilla The All-Day Brunch The American Standard The Blazin' Texan Triple Bacon Choice of Side: BBQ-Spiced Fries Classic Fries Garlic Fries House Chips Sweet Potato Fries Crunchy Onion Rings Add on: Chili & Cheese (for fries) Lunch Combos: Soups Chicken Tortilla Soup, Lunch French Onion Soup, Lunch	1080 780 780 90 160 80 100 1410 1190 1030 1060 1190 430 430 400 530 200 200 370 180	630 450 110 60 110 60 70 960 730 640 590 760 180 260 120 80 200 50	70 50 12 7 12 6 8 106 81 71 66 84 20 20 29 13 9 22 6	28 18 7 4 7 4 2.5 43 29 27 25 32 3.5 5 3.5 5 7 2.5 43 2.5 43 2.5 43 2.5 43 2.5 3.5 3.5 3.5 3.5 4.5 5.5 7.5 7.5 7.5 7.5 7.5 7.5 7	3 2.5 0 0 0 0 4 3 3 2.5 3 0 0.5 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	195 140 25 20 40 20 240 335 180 195 225 0 0 0 45 20 60 25	2260 1180 480 135 80 115 320 3240 2370 2010 1920 2040 1090 970 1040 960 1020 1180 670 900 1470 1230	59 44 2 0 0 0 1 47 61 48 61 46 58 57 60 36 51 60 8	2 0 0 0 0 7 3 2 4 2 4 5 3 9 3 2 3 2	7 1 0 0 0 1 6 12 10 21 9 1 0 20 8 3 7 2	39 8 5 11 5 6 70 57 50 56 61 5 5 6 4 3 7 14 8 17 15

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Information As Of 08/15/16. Good Thru 11/13/16.



August 2016 Menu	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat	Sat Fat (g)	Trans Fat	Cholest (mg)	Sodium (mg)	Total Carb	Fiber (g)	Sugars (g)	Protein (g)
Fiesta Chicken Chopped Salad, Lunch	340	150	17	4	0	70	1000	24	4	7	24
Grilled Chicken Caesar Salad, Lunch	320	190	21	4.5	0	80	930	11	3	3	24
House Salad, Lunch											
House Salad (w/o dressing)	190	110	12	4.5	0	25	350	11	2	3	10
Add Choice of Dressing:											
Bleu Cheese Dressing	240	230	25	4.5	0	25	250	1	0	1	1
Buttermilk Ranch Dressing	210	200	22	3.5	0	15	330	1	0	1	1
Chili Lime Vinaigrette	120	70	7	1	0	0	500	13	0	10	0
Dijon Honey Mustard Dressing	210	160	18	2.5	0	10	540	13	1	12	1
Garlic Caesar Dressing	210	200	23	3.5	0	15	350	2	0	1	1
Green Goddess Dressing	190	180	20	3.5	0	20	470	2	0	1	1
Honey Balsamic Dressing	170	110	13	2	0	0	230	13	0	11	0
Honey French Dressing	210	150	17	2.5	0	0	330	15	0	14	0
Italian Dressing, Fat Free	20	0	0	0	0	0	370	5	0	3	0
Lemon Olive Oil Vinaigrette	150	140	16	2	0	0	370	1	0	1	0
Mexi Ranch Dressing	170	160	18	3	0	15	550	3	0	2	1
Oriental Dressing	250	190	22	3	0	0	85	13	0	13	0
Oriental Chicken Salad, Lunch	460	270	31	5	0	25	630	30	3	11	16
Thai Shrimp Salad, Lunch	190	90	9	1.5	0	60	780	16	4	8	11
Lunch Combos: Handhelds & Entrees											
4-Cheese Mac & Cheese with Honey Pepper Chicken Tenders, Lunch	640	250	28	12	0.5	80	1340	72	4	26	25
Chicken Fajita Rollup, Lunch	710	380	43	15	1	115	2510	46	3	9	35
Clubhouse Grille, Lunch	570	280	32	9	0.5	70	1400	46	2	17	26
Honey Pepper Chicken Tenders, Lunch	940	330	37	7	0	40	1850	128	6	48	26
Three Cheese Chicken Cavatappi, Lunch	550	260	28	16	1	135	1500	40	3	2	34
Kid's: Really Hungry											
Chicken Tenders	310	150	17	3	0	40	740	18	1	0	20
Chicken Griller	190	35	4	1	0	125	760	1	1	1	38
Kraft® Macaroni & Cheese	310	80	9	2.5	0	15	550	45	2	8	11
Mini Cheeseburger (1)	370	220	25	9	1	55	810	22	1	4	16
Mini Hamburger (1)	340	190	22	7	1	50	690	22	1	4	14
Cheesy Bread Pizza, Half	300	130	15	8	0	30	800	30	2	4	12
Corn Dog	200	100	11	2.5	0	35	600	20	1	5	7
Grilled Cheese Sandwich	640	320	35	14	1	40	1340	60	2	8	21
Kid's: Really Really Hungry											
Chicken Mac 'n Cheese	620	290	32	18	1.5	125	2080	43	2	5	42
Mini Cheeseburgers (2)	680	380	42	17	2	115	1570	44	2	9	31
Mini Hamburgers (2)	610	330	36	13	2	100	1330	44	2	9	27
Cheesy Bread Pizza, Full	610	280	31	17	1	60	1610	61	4	9	24
Fried Shrimp	230	110	12	2.5	0	65	590	22	1	1	9
4 oz. Sirloin	140	50	6	2.5	0	60	180	0	0	0	23
Kid's: Sides											
Apple Dippers with Yogurt	90	5	1	0	0	0	25	20	3	16	2
Applesauce	40	0	0	0	0	0	5	10	1	8	0
Caesar Salad - Kid's	230	170	19	4	0	15	360	11	2	2	5
Fries	430	180	20	3.5	0	0	970	57	4	0	5
Garlic Mashed Potatoes	130	60	7	1	0	0	320	15	2	2	3
House Salad - Kid's											
House Salad - Kid's (w/o dressing)	190	110	12	4.5	0	25	350	12	2	4	10
Add Choice of Dressing:											
Bleu Cheese Dressing	240	230	25	4.5	0	25	250	1	0	1	1
Buttermilk Ranch Dressing	210	200	22	3.5	0	15	330	1	0	1	1
	210										
Chili Lime Vinaigrette	120	70	7	1	0	0	500	13	0	10	0
Chili Lime Vinaigrette Dijon Honey Mustard Dressing			7 18	1 2.5	0	0 10	500 540	13 13	0	10 12	0

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Information As Of 08/15/16. Good Thru 11/13/16.



August 2016 Menu	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat	Sat Fat (g)	Trans Fat	Cholest (mg)	Sodium (mg)	Total Carb	Fiber (g)	Sugars (g)	Protein (g)
Green Goddess Dressing	190	180	20	3.5	0	20	470	2	0	1	1
Honey Balsamic Dressing	170	110	13	2	0	0	230	13	0	11	0
Honey French Dressing	210	150	17	2.5	0	0	330	15	0	14	0
Italian Dressing, Fat Free	20	0	0	0	0	0	370	5	0	3	0
Lemon Olive Oil Vinaigrette	150	140	16	2	0	0	370	1	0	1	0
Mexi Ranch Dressing	170	160	18	3	0	15	550	3	0	2	1
Oriental Dressing	250	190	22	3	0	0	85	13	0	13	0
Mozzarella Sticks	350	170	19	8	0	30	860	31	2	4	15
Steamed Broccoli	30	5	0	0	0	0	30	6	3		3
Vanilla Yogurt with Strawberries	100	15	1.5	1	0	5	55	17	1	16	4
Kid's: Drinks											
Milk, 1%	110	25	2.5	1.5	0	10	130	13	0	12	8
Milk, 1%, Chocolate	150	20	2.5	1.5	0	10	200	25	0	23	8
Apple Juice	90	0	0	0	0	0	15	23	0	21	0
Orange Tangerine Juice	100	0	0	0	0	0	15	25	0	23	0
Grape Juice	80	0	0	0	0	0	15	23	0	21	0
Kid's: Shakes & Sundaes											
Shakes											
Chocolate Shake	800	300	33	19	0	140	350	109	2	88	19
Strawberry Shake	730	300	33	19	0	140	340	90	0	73	19
Oreo® Cookie Shake	820	350	39	21	0	140	460	100	1	74	20
Vanilla Shake	670	290	33	19	0	140	330	75	0	60	19
Sundae											
Oreo® Cookie Sundae	440	200	23	13	0	70	210	53	1	39	8
Sundae w/Chocolate Syrup	430	170	19	11	0	75	150	59	1	48	8
Sundae w/Strawberry Sauce	360	160	18	11	0	75	135	41	0	33	7
Desserts											
Apple Chimi Cheesecake	950	350	39	20	0.5	120	900	138	5	92	15
Cracker Jack® Banana Cheesecake	930	480	54	29	2	225	600	98	2	75	12
Blue Ribbon Brownie											
Blue Ribbon Brownie	1670	700	78	40	0.5	240	950	220	6	154	28
Brownie Bite	380	160	18	9	0	45	220	52	2	36	5
Butter Pecan Blondie	1180	560	62	32	0.5	195	950	139	2	88	18
Chocolate Chip Cookie Sundae	1490	570	64	41	0.5	205	700	211	4	143	25
Churro S'mores	580	90	10	2.5	0	0	650	120	5	70	7
Dessert Shooter - Hot Fudge Sundae	470	210	23	15	0	75	190	58	0	45	8
Triple Chocolate Meltdown®	980	470	52	34	0	135	540	125	5	64	15
Add a Soup											
Chicken Tortilla Soup	200	80	9	2.5	0	20	900	22	3	3	8
Chili	320	160	18	9	1	75	1010	14	3	7	27
French Onion Soup	370	200	22	13	0	60	1470	25	2	7	17
New England Clam Chowder	270	160	18	11	0	65	710	18	1	1	9
Portsmouth Clam Chowder	230	120	13	7	0	50	570	21	1	1	9
Southwest & Black Bean Soup	180	50	6	2	0	25	1230	18	5	2	15
Tomato Basil Soup	190	110	12	6	0	20	840	16	3	9	5
Add a Salad											
Green Goddess Wedge Salad	550	470	52	11	0.5	55	1210	12	3	7	9
Small Caesar Salad	230	170	19	4	0	15	360	11	2	2	5
House Salad											
House Salad (w/o dressing)	190	110	12	4.5	0	25	350	11	2	3	10
Add Choice of Dressing:				<u> </u>	<u> </u>					<u> </u>	
Bleu Cheese Dressing	240	230	25	4.5	0	25	250	1	0	1	1
Buttermilk Ranch Dressing	210	200	22	3.5	0	15	330	1	0	1	1
Chili Lime Vinaigrette	120	70	7	1	0	0	500	13	0	10	0
Dijon Honey Mustard Dressing	210	160	18	2.5	0	10	540	13	1	12	1
Garlic Caesar Dressing	210	200	23	3.5	0	15	350	2	0	1	1
		200		5.5		10	330		<u> </u>		

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Serie Coldeses Discising 950 180 20 3.5 0 20 470 2 0 1 1	August 2016 Menu	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat	Sat Fat (g)	Trans Fat	Cholest (mg)	Sodium (mg)	Total Carb	Fiber (g)	Sugars (g)	Protein (g)
Harmon Frontal Dissaing	Green Goddess Dressing	190	180	20	3.5	0	20	470	2	0	1	1
Institut Directing 64 Free 20	Honey Balsamic Dressing	170	110	13	2	0	0	230	13	0	11	0
Internal Client Cil Vinsigner 150 140 16 2 0 0 370 1 0 1 0	Honey French Dressing	210	150	17	2.5	0	0	330	15	0	14	0
Model Ranch Drossing 170 160 18 3 0 15 550 3 0 2 1 1 1 1 1 1 1 1 1		20	0	0	0	0	0	370	5	0	3	0
Backet Potation	Lemon Olive Oil Vinaigrette	150	140	16	2	0	0	370	1	0	1	0
Refer Portion Basked Portion	Mexi Ranch Dressing	170	160	18	3	0	15	550	3	0	2	1
Baked Platials	Oriental Dressing	250	190	22	3	0	0	85	13	0	13	0
Belased Physiol Louded	Add a Side											
Beated Pariol, Loaded	Baked Potato											
Calif Charles Fries. Side Garle Masshed Potatoes Garle Masshed Masshed Garle Masshed Masshed Garle Masshed Masshed Garle	Baked Potato	390	210	24	12	0.5	55	1200	41	3	2	6
Garlic Masched Potatoes	Baked Potato, Loaded	460	260	29	15	0.5	70	1360	41	3	3	10
Garlic Machard Polations	Chili Cheese Fries, Side	630	300	33	10	0.5	45	1640	64	6	4	19
Garlie Mashed Polations, Loaded	Garlic Mashed Potatoes											
Based being Countries Lemonade 160 0 0 0 0 0 0 0 42 1 39 0	Garlic Mashed Potatoes	260	130	14	2.5	0	0	640	30	3	5	5
Quenchr Lemonades	Garlic Mashed Potatoes, Loaded	490	300	34	13	0.5	60	1020	34	4	6	15
Biblichery Quencher Lemonade	Beverages											
Strawberry Guencher Lenomade	Quencher Lemonades											
Blackberry Honey Quencher Iced Tea	Blackberry Quencher Lemonade	160	0	0	0	0	0	0	42	1	39	0
Peach Duencher Loed Tea		170	0	0	0	0	0	0	43	1	39	0
Flavored Iced Teas Kiwi Iced Tea 40 0 0 0 0 0 0 30 10 0 9 0 Mango Iced Tea 35 0 0 0 0 0 30 30 10 0 9 0 Raspberry Iced Tea 35 0 0 0 0 0 0 30 30 9 0 8 0 Raspberry Iced Tea 35 0 0 0 0 0 0 30 9 0 8 0 Raspberry Iced Tea 35 0 0 0 0 0 0 30 9 0 8 0 Raspberry Iced Tea 170 0 0 0 0 0 0 0 30 9 0 8 0 Kiwi Lemonade 170 0 0 0 0 0 0 0 46 0 42 0 Mango Icemonade 170 0 0 0 0 0 0 0 44 0 41 0 Pomegranale Lemonade 170 0 0 0 0 0 0 0 44 0 41 0 Pomegranale Icemonade 170 0 0 0 0 0 0 0 45 0 41 0 Raspberry Icemonade 170 0 0 0 0 0 0 0 45 0 41 0 Raspberry Icemonade 170 0 0 0 0 0 0 0 6 5 0 41 0 Strawberry Icemonade 250 0 0 0 0 0 0 0 0 6 5 5 5 0 1 Strawberry Frozen Icemonade 240 0 0 0 0 0 0 10 62 5 50 1 Shakes Chocolate Shake 1000 380 42 25 0 170 610 132 1 97 26 Shorty Shakes ^M Chocolate Shake 930 380 42 24 0 170 610 132 1 97 26 Sharby Shakes ^M Chocolate Mid Rownie Shorty Shake ^M 690 290 32 17 0 170 610 132 1 97 26 Sharby Limeade 160 0 0 0 0 0 0 5 1 0 0 0 0 Raspberry Icemonade 160 0 0 0 0 0 5 1 0 0 0 0 Raspberry Icemonade 170 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 Raspberry Icemonade 170 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 Raspberry Icemonade 170 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 Raspberry Icemonade 170 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Blackberry Honey Quencher Iced Tea	90	0	0	0	0	0	35	24	1	23	0
Kiwl Iced Tea	Peach Quencher Iced Tea	160	0	0	0	0	0	40	39	1	36	0
Mango loed Tea	Flavored Iced Teas											
Pomegranale leed Tea	Kiwi Iced Tea	40	0	0	0	0	0	30	10	0	9	0
Raspberry Iced Tea	Mango Iced Tea	35	0	0	0	0	0	30	8	0	8	0
Raspberry Iced Tea	Pomegranate Iced Tea	35	0	0	0	0	0	30	9	0	8	0
Flavored Lemonades	,	35	0	0	0	0	0	30	9	0	8	0
Mango Lemonade	• •											
Pomegranate Lemonade	Kiwi Lemonade	170	0	0	0	0	0	0	46	0	42	0
Raspberry Lemonade	Mango Lemonade	170	0	0	0	0	0	0	44	0	41	0
Frozen Lemonades	Pomegranate Lemonade	170	0	0	0	0	0	0	45	0	41	0
Frozen Lemonades	Raspberry Lemonade	170	0	0	0	0	0	0	45	0	41	0
Strawberry Frozen Lemonade	• •											
Strawberry Frozen Lemonade	Mango Frozen Lemonade	250	0	0	0	0	0	10	62	5	50	1
Wildberry Frozen Lemonade		240	0	0	0	0	0		60		48	
Shakes 1000 380 42 25 0 170 460 133 2 107 25 Oro® Cookie Shake 1080 460 51 27 0 170 610 132 1 97 26 Strawberry Shake 930 380 42 24 0 170 440 114 0 92 25 Shorty Shakes™ 80 290 32 17 0 115 370 89 2 66 15 Salted Caramel Shorty Shake™ 690 290 32 17 0 115 370 89 2 66 15 Salted Caramel Shorty Shake™ 530 190 21 12 0 85 350 73 0 59 12 Limeades 200 0 0 0 0 15 52 0 48 0 Cherry Limeade 160 0 0 0 0 <td></td> <td></td> <td>0</td> <td>0</td> <td>0</td> <td>0</td> <td>0</td> <td></td> <td></td> <td></td> <td></td> <td></td>			0	0	0	0	0					
Oreo® Cookie Shake 1080 460 51 27 0 170 610 132 1 97 26 Strawberry Shake 930 380 42 24 0 170 440 114 0 92 25 Shorty Shake™ 690 290 32 17 0 115 370 89 2 66 15 Salted Caramel Shorty Shake™ 530 190 21 12 0 85 350 73 0 59 12 Limeades 530 190 21 12 0 85 350 73 0 59 12 Limeades 200 0 0 0 0 0 15 52 0 48 0 Cherry Limeade 160 0 0 0 0 0 15 52 0 48 0 Brewed Iced Tea & Hot Tea 5 0 0 0												
Oreo® Cookie Shake 1080 460 51 27 0 170 610 132 1 97 26 Strawberry Shake 930 380 42 24 0 170 440 114 0 92 25 Shorty Shake™ 690 290 32 17 0 115 370 89 2 66 15 Salted Caramel Shorty Shake™ 530 190 21 12 0 85 350 73 0 59 12 Limeades 530 190 21 12 0 85 350 73 0 59 12 Limeades 200 0 0 0 0 0 15 52 0 48 0 Cherry Limeade 160 0 0 0 0 0 15 52 0 48 0 Brewed Iced Tea & Hot Tea 5 0 0 0	Chocolate Shake	1000	380	42	25	0	170	460	133	2	107	25
Strawberry Shake			1									
Shorty Shakes™ 690 290 32 17 0 115 370 89 2 66 15 Salted Caramel Shorty Shake™ 530 190 21 12 0 85 350 73 0 59 12 Limeades Cherry Limeade 200 0 0 0 0 0 15 52 0 48 0 Strawberry Limeade 160 0 0 0 0 0 15 41 0 37 0 Brewed Iced Tea 5 0 0 0 0 0 15 41 0 37 0 Brewed Iced Tea 5 0 0 0 0 0 5 1 0 1 0 Hot Tea 5 0 0 0 0 0 5 1 0 0 0 0 0 0 0 0 0 0 <td< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></td<>												
Chocolate Nut Brownie Shorty Shake™ 690 290 32 17 0 115 370 89 2 66 15 Salted Caramel Shorty Shake™ 530 190 21 12 0 85 350 73 0 59 12 Limeades	-											
Salted Caramel Shorty Shake™ 530 190 21 12 0 85 350 73 0 59 12 Limeades Cherry Limeade 200 0 0 0 0 0 15 52 0 48 0 Strawberry Limeade 160 0 0 0 0 0 15 41 0 37 0 Brewed Iced Tea & Hot Tea Brewed Iced Tea 5 0 0 0 0 5 1 0 1 0	,	690	290	32	17	0	115	370	89	2	66	15
Limeades 200 0 0 0 0 15 52 0 48 0 Strawberry Limeade 160 0 0 0 0 15 41 0 37 0 Brewed Iced Tea & Hot Tea 0 0 0 0 0 5 1 0 1 0 Hot Tea 0 0 0 0 0 5 1 0 1 0 Fresh Brewed Coffee & Decaf 0	·		-									
Cherry Limeade 200 0 0 0 0 15 52 0 48 0 Strawberry Limeade 160 0 0 0 0 15 41 0 37 0 Brewed Iced Tea & Hot Tea 0 0 0 0 0 5 1 0 1 0 Hot Tea 0 0 0 0 0 5 1 0 0 0 Fresh Brewed Coffee & Decaf 0	,	330	130				- 55	550	,,,		- 55	
Strawberry Limeade 160 0 0 0 0 15 41 0 37 0 Brewed Iced Tea & Hot Tea 5 0 0 0 0 5 1 0 1 0 Hot Tea 0 0 0 0 0 5 1 0 0 0 Fresh Brewed Coffee & Decaf 0		200	0	0	0	0	0	15	52	0	48	0
Brewed Iced Tea & Hot Tea 5 0 0 0 0 5 1 0 1 0 Hot Tea 0 0 0 0 0 5 1 0 0 0 Fresh Brewed Coffee & Decaf 0	,											-
Brewed Iced Tea		100		-			-	13	71	-	3,	
Hot Tea		5	n	n	n	n	n	5	1	0	1	0
Fresh Brewed Coffee & Decaf 0<			-									
Fresh Brewed Decaf Coffee 0 <td></td> <td>U</td> <td>0</td> <td>0</td> <td>U</td> <td>0</td> <td>U</td> <td>3</td> <td>1</td> <td>U</td> <td>0</td> <td>U</td>		U	0	0	U	0	U	3	1	U	0	U
Fresh Brewed Coffee 0		0	0	0	n	0	0	0	0	0	0	0
Fountain Fountain Soft Drinks - Pepsi Soft Drinks - Pepsi Drinks - Pepsi Soft Drinks - Pepsi Drinks - Pep												
Fountain Soft Drinks - Pepsi Sepsi Naspberry Iced Tea Sep		U	U	U	U	U	U	U	U	U	U	U
Brisk Raspberry Iced Tea 80 0 0 0 0 25 21 0 21 0 Caffeine Free Diet Pepsi 0 0 0 0 0 25 0 0 0 0												
Caffeine Free Diet Pepsi 0 0 0 0 0 25 0 0 0		90	_	0	0	0	_	25	21	0	21	0
	. ,		l									
	Diet Mountain Dew	0	0	0	0	0	0	40	0	0	0	0

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Information As Of 08/15/16. Good Thru 11/13/16.



August 2016 Menu	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Diet Sierra Mist	0	0	0	0	0	0	25	0	0	0	0
Diet Pepsi	0	0	0	0	0	0	40	0	0	0	0
Fruit Punch	110	0	0	0	0	0	25	30	0	30	0
Ginger Ale	90	0	0	0	0	0	20	23	0	23	0
Lipton Green Tea with Citrus	70	0	0	0	0	0	65	19	0	19	0
Lipton Peach Iced Tea	80	0	0	0	0	0	25	21	0	21	0
Lipton Unsweetened Iced Tea	0	0	0	0	0	0	30	0	0	0	0
Mountain Dew	110	0	0	0	0	0	40	31	0	31	0
Orange Twister	110	0	0	0	0	0	25	31	0	30	0
Pepsi	100	0	0	0	0	0	20	28	0	28	0
Mug Root Beer	100	0	0	0	0	0	15	26	0	26	0
Sierra Mist	100	0	0	0	0	0	20	27	0	27	0
Sobe Life Water, Yumberry Pomegranate	0	0	0	0	0	0	70	0	0	0	0
Wild Cherry Pepsi	100	0	0	0	0	0	20	28	0	28	0
Fountain Soft Drinks - Coca Cola											
Caffeine Free Coca Cola	100	0	0	0	0	0	0	27	0	27	0
Caffeine Free Diet Coke	0	0	0	0	0	0	10	0	0	0	0
Cherry Coke	100	0	0	0	0	0	0	27	0	27	0
Coca Cola	100	0	0	0	0	0	0	27	0	27	0
Coke Zero	0	0	0	0	0	0	0	0	0	0	0
Diet Coke	0	0	0	0	0	0	10	0	0	0	0
Fruit Punch, Hi-C	100	0	0	0	0	0	10	27	0	27	0
FUZE® Raspberry Ice Tea	60	0	0	0	0	0	5	15	0	15	0
Mellow Yellow	110	0	0	0	0	0	5	27	0	27	0
Orange Fanta	100	0	0	0	0	0	0	30	0	27	0
Pibb Extra	100	0	0	0	0	0	15	27	0	27	0
Barq's Root Beer	110	0	0	0	0	0	20	30	0	30	0
Sprite	100	0	0	0	0	0	20	25	0	25	0
Strawberry Fanta	110	0	0	0	0	0	10	31	0	31	0
Other Fountain Soft Drinks											
Dr. Pepper	100	0	0	0	0	0	30	27	0	26	0
IBC Diet Root Beer	0	0	0	0	0	0	80	0	0	0	0
IBC Root Beer	110	0	0	0	0	0	40	30	0	29	0
Lemonade											
Hi-C Pink Lemonade	100	0	0	0	0	0	45	27	0	25	0
Minute Maid Lemonade	100	0	0	0	0	0	45	27	0	25	0
Minute Maid Light Lemonade	5	0	0	0	0	0	0	0	0	0	0
Sun Orchard Lemonade	140	0	0	0	0	0	0	37	0	33	0
Hlaf & Half Iced Tea & Lemonade	40	0	0	0	0	0	25	11	0	11	0
Sugar Free Lemonade	5	0	0	0	0	0	95	0	0	0	0
Tropicana Lemonade	100	0	0	0	0	0	105	27	0	27	0
Tropicana Pink Lemonade	100	0	0	0	0	0	105	27	0	27	0
Single Serve Beverage											
Bottled Water	0	0	0	0	0	0	0	0	0	0	0
Perrier Sparkling Water	0	0	0	0	0	0	0	0	0	0	0
Dew Shine	170	0	0	0	0	0	60	41	0	41	0

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