

Item Name	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Bar Bites (Serves 2-3)											
Beef Sliders	850	460	51	22	1.5	150	1120	51	1	7	43
Chicken Chile Nachos	240	120	13	5	0	50	660	16	2	4	16
Crab and Corn Fritters	490	300	34	9	0	155	1020	24	2	6	24
Crispy Cauliflower	700	260	29	5	0	5	2240	100	6	64	10
Fired Up Shrimp	830	590	65	12	0	250	2520	33	1	6	30
Prime Rib Sliders	1020	590	66	19	1.5	120	1990	70	2	12	37
Roasted Garlic Parmesan Fries	1390	630	71	17	0	15	2660	162	0	0	26
Steak Tacos	570	230	26	6	0	70	2140	50	2	9	34
Shareables (Serves 2-4)											
Bacon Deviled Eggs	740	470	52	13	0	795	1600	37	1	32	30
Lobster Spinach Queso	970	590	66	26	0.5	145	1570	64	1	9	32
Philly Cheesesteak Egg Rolls	910	450	50	17	1	105	2580	65	4	31	51
Ranch Rings	1670	1100	123	22	0	45	2290	123	0	17	21
Seared Ahi Tuna	680	310	34	4	0	75	1840	40	5	13	52
Smoked Chicken Wings	700	440	49	21	1	350	2130	1	0	0	64
Soups											
Chicken Corn Chowder Bowl	270	130	15	7	0	60	830	23	4	8	13
Chicken Corn Chowder Cup	180	90	10	4.5	0	40	550	16	2	5	9
Chicken Tortilla Soup Bowl	390	180	20	6	0	65	1130	31	3	6	21
Chicken Tortilla Soup Cup	250	120	13	4	0	45	720	18	2	4	14
Chile Bowl	390	210	23	9	1.5	80	1310	20	4	8	23
Chile Cup	260	140	15	6	1	50	870	13	3	5	15
New England Clam Chowder Bowl	390	260	29	18	1	85	1580	21	3	5	10
New England Clam Chowder Cup	260	180	20	12	0.5	55	1050	14	2	3	6
SW Baked Potato Soup Bowl	650	530	59	34	1.5	165	1810	24	2	7	8
SW Baked Potato Soup Cup	420	340	38	22	1	110	1140	16	2	5	5
Signature & Classic Salads											
Ahi Tuna Superfoods Salad	530	170	19	3	0	70	1380	37	11	7	56
BLT Salad (Large)	270	180	20	7	0	40	910	12	4	6	13
BLT Salad (Small)	200	130	15	5	0	30	690	9	3	4	10
Buffalo Chicken Salad	820	510	57	22	0.5	145	2720	43	5	7	39

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Caesar Salad (Large)	210	80	9	3	0	15	500	21	3	7	12
Caesar Salad (Small)	150	60	6	2	0	10	360	14	2	4	8
Colorado Chicken Salad	650	220	24	4.5	0	135	480	51	8	40	40
Grilled Chopped Cobb Salad	430	220	25	9	0	295	910	10	3	5	39
Grilled Salmon Salad	560	350	39	8	0	85	810	22	8	12	33
Grilled Shrimp & Strawberry Salad	470	260	29	9	0	185	480	29	10	16	29
Grilled Tenderloin Salad	380	190	21	11	0	105	910	11	4	5	37
Mixed Greens Salad (Large)	340	240	27	5	0	15	40	24	9	14	6
Mixed Greens Salad (Small)	250	180	21	3.5	0	10	30	17	6	10	4
Spinach & Salmon Salad	640	390	43	13	0	305	1690	13	4	6	50
Spinach Salad (Large)	360	230	25	9	0	230	1070	13	4	5	22
Spinach Salad (Small)	280	180	20	7	0	220	810	9	3	4	18
Salad Dressing (2 fl oz Serving)											
Avocado Lime Vinaigrette Dressing	170	140	15	1.5	0	0	130	9	1	6	0
Balsamic Vinaigrette Dressing	230	170	19	2.5	0	5	310	14	0	13	0
Blue Cheese Dressing	170	140	16	6	0	30	470	3	0	2	5
Caesar Dressing	310	290	33	4	0	60	170	2	0	0	2
Cilantro Lime Vinaigrette Dressing	210	160	19	1.5	0	0	170	12	0	8	0
Honey Mustard Dressing	250	180	21	3	0	10	410	16	0	13	0
Raspberry Chipotle Vinaigrette Dressing	300	260	29	2	0	0	125	16	0	11	0
Roasted Garlic Ranch Dressing	340	320	36	7	0	35	540	6	0	4	1
Add to any Classic Salad											
Seared Ahi Tuna	230	50	5	1	0	65	1000	1	0	0	42
Wood Grilled Chicken	160	30	3.5	1	0	100	70	0	0	0	30
Wood Grilled Salmon	280	160	18	4	0	75	570	0	0	0	28
Wood Grilled Shrimp	90	15	1.5	0	0	140	310	1	0	0	19
Wood Grilled Tenderloin	180	80	9	3	0	70	400	0	0	0	25
The Perfect Pair (Lunch Only)											
BLT Salad (Small)	200	130	15	5	0	30	690	9	3	4	10
BLT Sandwich	770	470	52	18	0	75	1680	43	2	10	25
Caesar Salad (Small)	150	60	6	2	0	10	360	14	2	4	8
Cheeseburger	910	510	56	24	2.5	175	1400	51	2	9	47

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Chicken Corn Chowder Bowl	270	130	15	7	0	60	830	23	4	8	13
Chicken Tortilla Soup Bowl	390	180	20	6	0	65	1130	31	3	6	21
Chile Bowl	390	210	23	9	1.5	80	1310	20	4	8	23
Crispy Flounder Filet Sandwich	840	440	49	11	0	60	2120	67	1	8	33
Grilled Chicken Sandwich	570	180	21	8	0	140	810	51	2	9	46
Killer Mac & Cheese	990	320	36	20	0	100	500	120	6	13	43
Loaded Baked Potato	360	230	25	12	0.5	55	2560	28	2	2	6
Mixed Greens Salad (Small)	250	180	21	3.5	0	10	30	17	6	10	4
New England Clam Chowder Bowl	390	260	29	18	1	85	1580	21	3	5	10
Smokehouse Chicken Sandwich	680	190	21	9	0	130	1410	72	0	30	44
SW Baked Potato Soup Bowl	650	530	59	34	1.5	165	1810	24	2	7	8
Three-Course Dinner (Dinner Only)											
BLT Salad (Small)	200	130	15	5	0	30	690	9	3	4	10
Caesar Salad (Small)	150	60	6	2	0	10	360	14	2	4	8
Chicken Corn Chowder Cup	180	90	10	4.5	0	40	550	16	2	5	9
Chicken Tortilla Soup Cup	250	120	13	4	0	45	720	18	2	4	14
Cilantro-Grilled Chicken Dinner	1230	570	64	22	0	280	2690	88	2	25	89
Chile Cup	260	140	15	6	1	50	870	13	3	5	15
Chocolate Brownie Sundae	740	320	36	17	0	115	310	95	0	74	9
Creme Brulee Cheesecake	600	340	38	23	1	195	280	53	1	45	8
Grilled Salmon & Shrimp Dinner	800	440	49	13	0	175	2460	46	5	23	50
Grilled Sirloin Dinner	920	480	54	23	0	185	3780	56	2	8	66
Mixed Greens Salad (Small)	250	180	21	3.5	0	10	30	17	6	10	4
New England Clam Chowder Cup	260	180	20	12	0.5	55	1050	14	2	3	6
Strawberry Shortcake Bread Pudding	790	230	26	17	0	195	85	117	2	92	7
SW Baked Potato Soup Cup	420	340	38	22	1	110	1140	16	2	5	5
Handhelds											
Cheeseburger	910	510	56	24	2.5	175	1400	51	2	9	47
Cheeseburger with Bacon	990	560	62	26	2.5	185	1700	52	2	9	51
Classic Club Sandwich	1070	590	66	21	0	175	2380	61	1	16	53
Durango Burger	1130	640	72	24	2.5	180	3020	70	1	8	47
Fresh Fish Tacos (Crispy)	810	390	43	8	0	50	2460	73	2	10	33

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Fresh Fish Tacos (Grilled)	490	200	22	5	0	65	1770	51	2	10	23
Hot Honey Chicken Sandwich	1430	760	85	21	0	170	3840	120	1	41	54
- Fried Egg Add	100	60	7	2	0	210	110	0	0	0	7
Steak Sandwich	850	470	52	17	1	140	1740	58	3	7	45
Impossible Burger	780	370	41	22	0	60	2060	58	1	6	44
Smokehouse Burger	980	490	54	22	2.5	160	2150	73	0	31	45
Smokehouse Chicken Sandwich	680	190	21	9	0	130	1410	72	0	30	44
Steak Tacos	570	230	26	6	0	70	2140	50	2	9	34
Hand-Cut Steaks											
Aged Ribeye 12 oz	580	340	38	16	1.5	195	1630	6	0	1	53
Aged Ribeye 16 oz	740	430	48	20	1.5	255	1710	8	0	1	71
Blue Cheese Filet 7 oz	520	280	31	15	1	155	1980	9	1	4	46
Blue Cheese Filet 9 oz	590	300	34	16	1	180	2000	9	1	4	57
Cajun Ribeye 12 oz	770	410	47	18	1.5	175	4570	32	0	0	53
Cajun Ribeye 16 oz	940	500	57	22	1.5	230	4650	34	0	0	71
Filet & Shrimp 7 oz	550	310	34	15	1	285	1370	4	0	2	56
Filet & Shrimp 9 oz	620	330	37	16	1	315	2090	5	0	2	67
Filet Mignon 7 oz	340	180	20	9	0	125	1610	2	0	1	38
Filet Mignon 9 oz	410	200	23	10	0.5	155	1640	2	0	1	48
Roasted Garlic Sirloin 10 oz	400	200	24	10	0	115	2120	3	0	1	44
Roasted Garlic Sirloin 7 oz	260	120	14	5	0	80	1770	2	0	1	31
Slow Roasted Prime Rib	690	400	45	19	2.5	205	1360	4	0	0	71
Surf & Turf 7 oz	930	640	75	42	0.5	365	1840	8	1	2	62
Surf & Turf 9 oz	990	670	78	43	1	395	1870	8	1	2	72
Wood Grilled NY Strip 14 oz	720	330	37	16	1.5	295	1570	1	0	1	91
Enhance Your Steak											
1/2 Pound Lobster Tail	670	530	62	37	0	285	460	4	0	0	30
BLT Butter	140	110	13	5	0	5	430	3	1	0	2
Blue Cheese Sauce & Port Mushrooms	240	160	18	10	0	50	360	7	1	4	8
Braised Mushroom & Onions	100	60	7	2	0	0	560	9	2	4	3
Cajun Butter	90	80	10	4	0	0	460	2	0	0	0
Chile Rub	120	0	0	0	0	0	3600	24	0	0	0

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Colossal Tempura Shrimp	420	180	20	2.5	0	195	440	30	0	8	27
Lobster Fondue	170	110	13	6	0	45	420	4	0	2	10
Oscar Style	200	120	13	5	0	50	1240	10	2	3	12
Roasted Garlic Thyme Butter	140	130	16	6	0	0	640	1	0	0	0
Tempura Half Lobster Tail	400	200	22	3.5	0	55	400	26	0	2	18
Wood Grilled Shrimp	130	45	5	2.5	0	150	340	2	0	0	19
Seafood											
Baja Shrimp Pasta	1490	460	51	16	0.5	340	4990	175	12	14	82
Chilean Sea Bass Dinner	900	480	54	13	0	235	1360	53	6	29	58
Chilean Sea Bass Lunch	810	460	52	13	0	95	1230	52	6	29	40
Lobster Fondue Salmon Lunch	840	490	54	20	0	170	2500	46	1	8	53
Lobster Fondue Salmon Dinner	930	540	60	22	0	195	2530	46	1	8	62
Wood Grilled Salmon Dinner	490	290	32	9	0	105	760	10	3	5	39
Wood Grilled Salmon Lunch	390	230	26	8	0	80	730	10	3	5	30
Chicken, Ribs & Chops											
Baby Back Ribs Dinner	1260	730	81	29	0	225	1550	78	3	65	60
Baby Back Ribs Lunch	670	370	41	15	0	115	780	48	3	40	31
Caprese Chicken Pasta Dinner	1400	570	63	19	0	175	4820	130	9	13	74
Caprese Chicken Pasta Lunch	1240	490	55	17	0	120	4400	127	8	12	56
Chicken Pasta Dinner	1480	600	67	21	0.5	185	6380	139	6	12	74
Chicken Pasta Lunch	1200	450	50	15	0.5	110	5140	131	6	10	51
Honey Garlic Chicken Dinner	720	240	28	7	0	230	1230	44	3	36	74
Honey Garlic Chicken Lunch	460	200	24	6	0	115	1080	27	3	21	38
Parmesan Crusted Chicken Dinner	1360	670	78	34	0	290	2390	59	1	6	87
Parmesan Crusted Chicken Lunch	750	380	45	20	0	150	1370	30	1	3	44
Tomahawk Pork Chop	780	210	23	6	0	260	1490	56	4	39	85
Sides											
Broccoli	150	100	12	5	0	0	300	9	4	3	5
Charred Carrots	300	110	13	3.5	0	20	1210	44	7	27	6
Cider Slaw	530	420	47	12	0	60	410	25	4	19	3
Fresh Fruit	120	5	0.5	0	0	0	15	30	4	23	2
Fresh Vegetables	170	100	12	5	0	0	300	14	4	8	4

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Grilled Street Corn	200	40	4.5	1	0	0	370	41	5	16	6
Loaded Baked Potato	360	230	25	12	0.5	55	2560	28	2	2	6
Panella Bread with Butter (Individual)	180	130	15	2	0	15	380	30	0	1	5
Panella Bread with Butter (Loaf)	550	400	44	6	0	40	1130	90	0	3	15
Parmesan Mashed Potatoes	450	240	27	12	0	60	1740	48	0	6	18
Port Mushrooms	290	120	14	7	0	25	500	19	2	10	7
Seasoned Steak Fries	610	250	28	4.5	0	0	960	80	0	0	9
Southwest Au Gratin Potatoes	450	260	29	16	0	85	1220	27	2	6	20
Seasonal Grain Pilaf	220	90	10	1.5	0	5	290	34	4	20	5
Tater Tots	920	510	57	8	0	0	1950	95	0	0	7
Temptations											
5 Layer Lemon Cake	1100	430	47	31	1	260	430	161	0	133	10
Big Daddy Chocolate Cake	1760	720	80	39	1	150	1260	259	1	173	20
Carrot Cake	1480	860	96	43	1.5	150	730	146	0	100	14
Chocolate Brownie	1140	460	51	21	0	170	460	155	1	110	15
Creme Brulee Cheesecake	1070	620	69	41	2.5	345	550	104	0	82	13
Beverages											
Alex's Lemonade	200	0	0	0	0	0	15	53	0	49	0
Barq's Root Beer	180	0	0	0	0	0	70	48	0	48	0
Coke	160	0	0	0	0	0	50	43	0	43	0
Columbian Coffee	0	0	0	0	0	0	0	0	0	0	0
Diet Coke	0	0	0	0	0	0	45	0	0	0	0
Fiji Natural Artesian Water	0	0	0	0	0	0	0	0	0	0	0
Iced Tea	5	0	0	0	0	0	10	1	0	0	0
San Pellegrino Sparkling Water	0	0	0	0	0	0	0	0	0	0	0
Sprite	170	0	0	0	0	0	40	44	0	39	0
Zero-Proof Drinks											
Blood Orange Tamed Mule	140	0	0	0	0	0	0	36	0	33	0
Charred Pineapple Agua Fresca	120	0	0	0	0	0	0	31	2	25	1
Giesen 0% Sauvignon Blanc 5 oz	20	0	0	0	0	0	5	4	0	3	0
Giesen 0% Sauvignon Blanc 8 oz	30	0	0	0	0	0	10	6	0	4	1
Giesen 0% Sauvignon Blanc Bottle	100	0	0	0	0	0	30	19	0	13	2

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Classic Cocktails											
Dirty Bird	250	45	5	2	0	5	770	0	0	0	2
Double Black Diamond Martini	240	0	0	0	0	0	0	11	0	10	0
Lemonade Drop	170	0	0	0	0	0	0	18	0	17	0
Perfect Margarita	190	0	0	0	0	0	0	18	1	13	0
Siesta Sangria (Red)	230	0	0	0	0	0	10	24	1	19	0
Siesta Sangria (White)	220	0	0	0	0	0	10	32	1	29	1
Seasonal Cocktails											
Caribbean Sunset	250	0	0	0	0	0	0	31	0	27	0
Charred Citrus Smash	160	0	0	0	0	0	5	15	0	13	0
Gold Rush	230	0	0	0	0	0	0	32	1	28	0
Honey Passion Mule	290	0	0	0	0	0	0	50	0	46	0
Off the Clock	280	30	3.5	3	0	0	25	37	2	31	0
Slow Rider	220	0	0	0	0	0	0	31	1	27	0
Song of Spring	220	0	0	0	0	0	15	29	1	24	0
Sunset Mezgarita	230	5	0	0	0	0	0	26	0	14	0
Watermelon Ranch Water	180	0	0	0	0	0	20	14	0	12	0
Coffee Drinks											
Espresso Martini	350	0	0	0	0	0	0	41	0	13	1
Fired Up Coffee	160	15	1.5	1	0	5	10	19	0	18	1
Flannel Pajamas	150	10	1.5	1	0	5	0	19	0	19	0
Hazelnut Vanilla Java	190	15	1.5	1	0	5	5	12	0	11	0
Brunch - Main Course											
Baked French Toast	1240	530	58	37	0.5	390	440	145	4	107	12
Brunch Burger	1080	630	70	29	2.5	295	1240	51	1	11	56
Crab Cakes & Eggs	620	460	51	24	1	535	1280	11	2	2	27
Grilled Salmon Benedict	730	400	45	15	0	320	1080	29	2	2	51
Shrimp & Grits	920	360	40	19	0.5	400	2580	67	3	11	71
Smothered Tenderloin Breakfast Burrito	1590	960	107	45	1.5	615	2960	93	2	6	64
Steak & Egg Bowl	920	550	61	15	0.5	455	2480	49	3	9	46
Brunch - Add-on											
Poached Egg	70	45	4.5	1.5	0	185	150	0	0	0	6

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Brunch - Cocktails											
Bloody Mary	140	0	0	0	0	0	700	9	2	5	1
Espresso Martini	350	0	0	0	0	0	0	41	0	13	1
Hail Mary	250	30	3	1.5	0	5	1200	25	2	19	3
Mimosa	140	0	0	0	0	0	0	13	0	11	1
Paloma Mimosa	210	0	0	0	0	0	0	24	0	19	0
Peachy Bellini	350	0	0	0	0	0	10	54	0	50	1
Red Stiletto	260	0	0	0	0	0	15	23	0	19	1
Sparkling Diamond	250	0	0	0	0	0	10	14	0	11	0
Kids Menu - Entrees											
Burger	530	250	28	11	1.5	80	440	42	0	6	25
Burger with Cheese	650	340	38	17	1.5	110	640	43	0	6	31
Chicken Fingers	710	440	49	8	0	85	1850	43	0	12	26
Fish Tacos (Crispy)	420	190	21	4.5	0	20	1350	40	0	3	20
Fish Tacos (Grilled)	220	50	6	1	0	35	730	28	0	2	14
Grilled Chicken	160	30	3.5	1	0	100	70	0	0	0	30
Mac & Cheese	570	160	18	10	0	50	280	74	4	7	24
Ribs	430	240	27	10	0	75	700	29	0	25	20
Smoked Chicken Wings (BBQ)	320	120	13	3	0	145	850	19	0	17	32
Smoked Chicken Wings (Hot)	520	360	41	17	0.5	205	1530	3	0	2	37
Smoked Chicken Wings (Plain)	240	120	13	3	0	145	480	0	0	0	32
Wood Grilled Salmon	190	110	12	3	0	50	55	0	0	0	19
Wood Grilled Steak	180	50	6	2	0	80	65	0	0	0	30
Kids Menu - Sides											
Broccoli	25	5	0	0	0	0	25	4	2	1	3
French Fries	310	130	14	2.5	0	0	480	40	0	0	5
Fresh Fruit	40	0	0	0	0	0	0	10	1	8	1
Fresh Veggies	35	5	0	0	0	0	20	7	2	4	2
Mac & Cheese	280	80	9	5	0	25	140	37	2	3	12
Parmesan Mashed Potatoes	150	80	9	4	0	20	580	16	0	2	6
Tater Tots	370	200	23	3.5	0	0	780	38	0	0	3
Seasonal Grain Pilaf	60	5	0.5	0	0	0	220	11	1	0	2

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Kids Menu - Dessert											
Ice Cream Sundae	290	100	11	7	0	35	55	42	1	36	3
Kids Menu - Beverages											
1% Milk	140	30	3.5	2	0	15	150	17	0	17	11
Barq's Root Beer	160	0	0	0	0	0	60	40	0	40	0
Coke	130	0	0	0	0	0	45	37	0	37	0
Diet Coke	0	0	0	0	0	0	35	0	0	0	0
Honest Kids Apple Juice	40	0	0	0	0	0	15	10	0	9	0
Honest Kids Fruit Punch	40	0	0	0	0	0	15	9	0	9	0
Lemonade	170	0	0	0	0	0	10	45	0	41	0
Sprite	150	0	0	0	0	0	35	37	0	33	0