

IRON HILL BREWERY & RESTAURANT NUTRITION GUIDE

APPETIZERS & SHARED PLATES	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)
Cheesesteak Egg Rolls (1 serving)	864	411	46	15	0	73	2055	75	2	24	33	1532	12	390	6
Chicken Wings, 10 Wings (1 serving)	560	399	44	9	0	145	175	3	1	1	35	3979	3	41	2
Chicken Wings, 10 Wings (1 serving) with Dipping Sauce Choice Blue Cheese Dressing	776	600	67	14	0	174	434	4	1	2	37	4120	4	96	2
Chicken Wings, 10 Wings (1 serving) with Dipping Sauce Choice Ranch Dressing	723	550	61	12	0	162	392	5	1	3	36	4029	4	76	2
Chicken Wings, 10 Wings (1 serving) with Wing Sauce Choice Buffalo	616	444	49	12	0	158	1872	5	2	2	35	5271	5	49	2
Chicken Wings, 10 Wings (1 serving) with Wing Sauce Choice Chipotle	595	409	45	9	0	145	1326	9	1	5	35	4968	6	63	2
Chicken Wings, 20 Wings (1 serving)	1115	798	89	19	0	290	337	5	2	2	70	6724	6	76	4
Chicken Wings, 20 Wings (1 serving) with Dipping Sauce Choice Blue Cheese Dressing	1548	1200	133	29	0	349	855	7	2	4	74	7007	7	186	4
Chicken Wings, 20 Wings (1 serving) with Dipping Sauce Choice Ranch Dressing	1442	1100	122	23	0	323	772	8	2	5	72	6825	7	145	4
Chicken Wings, 20 Wings (1 serving) with Wing Sauce Choice Buffalo	1227	887	99	25	0	316	3732	9	3	4	71	9308	10	91	4
Chicken Wings, 20 Wings (1 serving) with Wing Sauce Choice Chipotle	1186	817	91	19	0	290	2639	17	2	10	70	8703	11	120	4
Fried Brussels Sprouts (1 serving)	194	90	10	1	0	2	319	19	8	5	7	1535	174	100	3
Fried Cauliflower (1 serving)	437	338	38	6	0	7	1284	18	8	6	8	793	117	147	2
Fried Rhode Island Calamari (1 serving)	706	452	50	7	0	458	938	33	1	3	29	645	56	78	2
Guacamole and Warm Tortilla Chips (1 serving)	553	255	28	4	0	0	484	63	15	4	10	1483	33	93	1
Hand-Cut Belgian Style Fries (1 serving)	913	618	69	9	0	56	1135	68	6	4	6	131	26	31	1
Hand Cut Carolina Sweet Potato Fries (1 serving)	1021	584	65	10	0	59	3004	96	14	22	7	64559	13	158	3
Housemade Soft Pretzel Sticks (1 serving)	1325	477	53	23	0	107	3474	164	8	18	46	1233	1	629	10
House Nachos (1 serving)	1017	521	58	29	0	137	1398	81	12	10	40	3279	42	997	5
House Nachos (1 serving) with Fajita Spiced Chicken	1260	645	72	32	0	218	1983	82	12	10	67	3471	42	1020	6
Hummus (1 serving)	846	431	48	7	0	6	1926	81	8	7	21	687	14	189	4
Korean Barbeque Chicken Wings, Large (1 serving)	1553	913	101	20	0	290	3934	76	6	54	77	4140	30	127	4
Korean Barbeque Chicken Wings, Small (1 serving)	789	458	51	10	0	145	2114	40	4	28	39	2961	22	78	2
Korean Barbeque Pork Sliders (1 serving)	599	267	30	9	0	86	1642	56	5	20	25	2676	24	59	3
Naked Burger Sliders (1 serving)	706	450	50	18	0	116	2277	22	2	7	38	884	4	287	3
Nashville Hot Chicken Sliders (1 serving)	914	457	51	8	0	119	937	65	5	10	47	817	15	184	6
Pepperoni Flatbread (1 piece)	69	37	4	2	0	8	101	5	0	0	3	142	1	56	0
Pepperoni Flatbread (8 pieces)	550	296	33	14	0	62	804	37	3	3	23	1138	5	450	3

APPETIZERS & SHARED PLATES (CONTINUED)	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)
Sesame Crusted Tuna Tataki (1 serving)	253	116	13	2	0	32	417	15	2	10	18	89	14	36	1
Thai Chicken Lettuce Wraps (1 serving)	801	441	49	8	0	91	2876	48	6	34	38	8520	90	90	4
Voodoo Shrimp (1 serving)	652	88	10	4	0	200	2136	102	4	30	35	1038	30	133	8
SIGNATURE SOUPS	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)
Ale and Onion Soup Au Gratin (1 serving)	252	142	16	9	0	36	838	16	2	5	11	579	6	259	1
Kennett Square Mushroom Soup, Bowl (1 bowl)	266	192	21	11	0	56	529	11	1	3	4	945	5	52	1
Kennett Square Mushroom Soup, Bowl (1 bowl) with Bread	448	220	24	12	0	56	702	43	4	6	10	945	5	54	3
Kennett Square Mushroom Soup, Bowl (1 bowl) with Butter	296	222	25	13	0	64	529	11	1	3	4	1056	5	52	1
Kennett Square Mushroom Soup, Cup (1 serving)	228	162	18	10	0	49	463	9	1	3	3	822	4	45	1
Kennett Square Mushroom Soup, Cup (1 serving) with Bread	409	191	21	10	0	49	636	42	3	5	9	822	4	48	2
Kennett Square Mushroom Soup, Cup (1 serving) with Butter	258	192	21	12	0	57	463	9	1	3	3	933	4	45	1
Louisiana Chicken Gumbo, Bowl (1 bowl)	289	98	11	5	0	59	617	30	3	3	17	730	22	69	3
Louisiana Chicken Gumbo, Bowl (1 bowl) with Bread	471	126	14	6	0	59	790	62	5	5	23	730	22	71	4
Louisiana Chicken Gumbo, Bowl (1 bowl) with Butter	319	128	14	7	0	68	617	30	3	3	17	841	22	69	3
Louisiana Chicken Gumbo, Cup (1 serving)	229	84	9	4	0	51	484	21	2	2	14	625	18	54	2
Louisiana Chicken Gumbo, Cup (1 serving) with Bread	410	112	12	5	0	51	657	53	5	5	20	625	18	57	4
Louisiana Chicken Gumbo, Cup (1 serving) with Butter	259	114	13	6	0	59	484	21	2	2	14	737	18	54	2
Seafood Bisque, Bowl (1 bowl)	324	187	21	14	0	126	765	14	0	2	12	1304	2	75	2
Seafood Bisque, Bowl (1 bowl) with Bread	505	215	24	14	0	126	938	47	3	4	18	1304	2	77	3
Seafood Bisque, Bowl (1 bowl) with Butter	354	217	24	15	0	134	765	14	0	2	12	1415	2	75	2
Seafood Bisque, Cup (1 bowl)	283	163	18	12	0	110	670	13	0	2	10	1141	2	65	1
Seafood Bisque, Cup (1 bowl) with Bread	465	192	21	12	0	110	843	45	2	4	16	1141	2	68	3
Seafood Bisque, Cup (1 bowl) with Butter	313	193	21	14	0	119	670	13	0	2	10	1252	2	65	1
STARTER 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)	532	402	45	14	0	81	1292	17	4	2	17	8003	31	475	2
Caesar Salad (1 salad) with Breadstick	664	423	47	14	0	83	1890	41	5	4	21	8019	31	478	4
Chopped Salad (1 serving)	702	485	54	20	0	76	2161	17	4	4	32	5372	24	255	3
Chopped Salad (1 serving) with Breadstick	834	506	56	20	0	77	2759	40	5	6	37	5388	24	258	5
House Salad (1 serving)	664	508	56	18	0	75	1751	17	3	10	21	5382	22	350	2
House Salad (1 serving) with Breadstick	796	528	59	19	0	76	2349	40	4	12	26	5398	22	353	3
Mesclun Salad (1 salad)	703	433	48	16	0	60	674	45	7	31	22	4524	31	489	4

STARTER SALADS (CONTINUED)	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)
Mesclun Salad (1 salad) with Breadstick	835	454	50	17	0	61	1272	68	8	33	26	4540	31	492	6
Quinoa Salad (1 serving)	1048	524	58	10	0	25	488	114	14	50	20	1492	9	173	6
Strawberry Salad (1 salad)	338	232	26	6	0	25	422	18	4	11	8	5525	66	135	2
Strawberry Salad (1 salad) with Breadstick	470	253	28	7	0	26	1020	42	5	12	12	5542	66	139	4
BREWHOUSE 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)
Baked Eastern Shore Crab Cakes (1 serving)	1143	702	78	11	0	242	2999	69	6	9	40	4699	81	202	5
Barbeque Glazed Baby Back Ribs, Full Rack (1 serving)	1417	972	108	36	0	328	1330	39	3	29	64	894	34	175	5
Barbeque Glazed Baby Back Ribs, Full Rack (1 serving) with Hand Cut Fries	1566	999	111	36	0	328	1616	67	6	31	67	898	45	186	5
Barbeque Glazed Baby Back Ribs, Full Rack (1 serving) with Sweet Potato Fries	1567	998	111	36	0	328	1855	68	8	35	67	21004	38	218	5
Barbeque Glazed Baby Back Ribs, Half Rack (1 serving)	792	558	62	19	0	171	756	22	2	16	33	614	26	102	2
Barbeque Glazed Baby Back Ribs, Half Rack (1 serving) with Hand Cut Fries	941	585	65	19	0	171	1041	50	5	18	35	618	37	113	3
Barbeque Glazed Baby Back Ribs, Half Rack (1 serving) with Sweet Potato Fries	942	584	65	19	0	171	1280	50	7	22	35	20724	30	144	3
Cajun Garlic Shrimp (1 serving)	870	496	55	22	0	254	1096	60	6	7	34	6254	94	157	7
Char-Grilled Flank Steak (1 serving)	1109	724	80	16	0	121	1196	40	3	9	51	535	17	98	4
Char-Grilled Ribeye Steak (1 serving)	1556	902	100	37	0	481	2015	58	6	8	98	2695	44	173	9
Char-Grilled Ribeye Steak (1 serving) with Garlic Shrimp	1874	1126	125	44	0	649	2454	61	6	9	118	3319	55	235	12
Chicken Pot Pie (1 serving)	945	492	55	22	11	183	1613	67	6	9	41	8588	15	125	4
Fish and Chips (1 serving)	890	468	52	7	0	168	1673	53	4	6	48	617	33	146	4
Fish and Chips (1 serving) with Ketchup	973	469	52	7	0	168	2312	73	5	22	49	937	37	156	4
Fish and Chips (1 serving) with Malt Vinegar	898	468	52	7	0	168	1677	54	4	6	48	617	35	148	4
Jaegerschnitzel (1 serving)	1095	340	38	15	0	369	2588	113	5	10	70	2273	16	186	8
Pan Fried Pennsylvania Rainbow Trout (1 serving)	489	234	26	7	0	137	1596	14	4	1	47	3992	81	288	4
Pan Roasted Organic Chicken (1 serving)	873	576	64	25	0	234	1464	23	3	3	48	1692	26	73	4
Sauteed Sea Scallops and Shrimp (1 serving)	766	485	54	34	0	356	1427	14	2	4	41	3477	18	331	4
HEALTHY SELECTIONS	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)
Moroccan Salmon (1 serving)	562	339	38	10	0	120	829	23	4	5	32	1743	55	90	2
Pan Seared Petite Filet Mignon (1 serving)	624	407	45	14	0	96	978	19	3	3	32	3877	20	86	4
Teriyaki Grilled Chicken Breast (1 serving)	748	370	41	8	0	109	1970	48	3	14	43	4269	97	125	6

Nutritional Information: Salads & Pizzas															
Section 1: Salads															
Sub-Section 1.1: Big Salads															
Item	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)
Grilled Chicken Caesar Salad (1 salad)	827	546	61	18	0	190	1613	17	4	2	52	8144	31	493	3
Grilled Chicken Caesar Salad (1 salad) with Breadstick	959	567	63	19	0	191	2211	41	5	4	57	8160	31	497	5
Grilled North Atlantic Salmon Salad (1 salad)	704	476	53	16	0	134	1783	13	3	6	42	2921	55	292	2
Grilled North Atlantic Salmon Salad (1 salad) with Breadstick	836	497	55	16	0	135	2381	37	5	8	46	2937	55	296	4
Grilled Thai Flank Steak Salad (1 serving)	741	470	52	11	0	58	2000	28	5	14	37	9824	39	120	4
Naked Burger Salad (1 salad)	987	646	72	28	0	193	2428	12	3	4	65	4610	23	266	6
Naked Burger Salad (1 salad) with Breadstick	1119	666	74	28	0	194	3026	36	4	5	69	4626	23	270	7
Southwestern Grilled Chicken Salad (1 salad)	928	527	59	18	0	146	2236	45	12	11	52	8593	88	556	7
Southwestern Grilled Chicken Salad (1 salad) with Breadstick	1060	548	61	18	0	147	2834	68	14	13	57	8609	88	559	8
Sub-Section 1.2: Hearth Baked Pizzas															
Item	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)
Castroville Pizza (1 slice)	208	80	9	5	0	18	367	22	1	2	10	1170	21	161	2
Castroville Pizza (6 slices)	1246	482	54	27	0	111	2200	132	9	13	60	7022	128	964	9
Garcia Pizza (1 slice)	206	86	10	4	0	14	315	22	1	2	9	197	1	111	1
Garcia Pizza (6 slices)	1237	515	57	23	0	85	1890	131	8	11	52	1183	8	666	8
Margherita Pizza (1 slice)	160	49	5	3	0	12	252	20	1	2	7	208	1	95	1
Margherita Pizza (6 slices)	957	296	33	16	0	72	1510	119	6	11	41	1249	5	573	8
Spicy Hawaiian Pig Pizza (1 slice)	279	119	13	6	0	28	608	25	1	4	15	321	10	136	2
Spicy Hawaiian Pig Pizza (6 slices)	1673	712	79	37	0	166	3648	147	8	21	89	1926	61	816	11
Traditional Pizza (1 slice)	186	69	8	4	0	17	316	21	1	2	9	232	1	129	1
Traditional Pizza (1 slice) with Andouille Sausage	216	80	9	4	0	24	373	23	1	2	11	267	3	133	1
Traditional Pizza (1 slice) with Asparagus	188	69	8	4	0	17	316	21	1	2	9	295	1	131	1
Traditional Pizza (1 slice) with Bacon	233	99	11	5	0	20	505	21	1	2	12	232	1	129	2
Traditional Pizza (1 slice) with Broccoli	190	69	8	4	0	17	318	21	1	2	9	516	10	134	1
Traditional Pizza (1 slice) with Chicken	211	81	9	4	0	26	342	21	1	2	12	244	1	131	1
Traditional Pizza (1 slice) with Diced Pineapple	194	69	8	4	0	17	316	22	1	3	9	240	6	131	1
Traditional Pizza (1 slice) with Exotic Mushrooms	195	72	8	4	0	17	336	22	1	2	9	267	1	131	1
Traditional Pizza (1 slice) with Extra Cheese	216	90	10	6	0	23	379	21	1	2	11	299	1	179	1
Traditional Pizza (1 slice) with Garlicky Spinach	190	70	8	4	0	17	324	21	1	2	9	897	3	137	1
Traditional Pizza (1 slice) with Green Bell Peppers	187	69	8	4	0	17	316	21	1	2	9	252	5	130	1
Traditional Pizza (1 slice) with Kalamata Olives	191	72	8	4	0	17	355	21	1	2	9	232	1	129	1
Traditional Pizza (1 slice) with Lamb Meatballs	243	109	12	6	0	39	375	22	1	2	12	268	1	140	2
Traditional Pizza (1 slice) with Marinated Artichokes	196	73	8	4	0	17	367	22	1	2	9	251	2	135	1
Traditional Pizza (1 slice) with Pepperoni	203	83	9	5	0	20	376	21	1	2	10	232	1	131	1
Traditional Pizza (6 slices)	1117	413	46	24	0	100	1893	124	5	11	53	1394	5	775	8

HEARTH BAKED PIZZAS (CONTINUED)	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)
Traditional Pizza (6 slices) with Andouille Sausage	1294	480	53	26	0	142	2240	135	7	11	69	1604	18	796	9
Traditional Pizza (6 slices) with Asparagus	1129	414	46	24	0	100	1894	126	7	11	54	1769	8	786	9
Traditional Pizza (6 slices) with Bacon	1400	596	66	32	0	120	3027	124	5	11	73	1394	5	775	9
Traditional Pizza (6 slices) with Broccoli	1137	415	46	24	0	100	1908	127	7	11	55	3095	58	802	8
Traditional Pizza (6 slices) with Chicken	1264	485	54	26	0	154	2054	124	5	11	71	1464	5	784	8
Traditional Pizza (6 slices) with Diced Pineapple	1162	414	46	24	0	100	1894	135	7	18	54	1441	36	786	8
Traditional Pizza (6 slices) with Exotic Mushrooms	1170	433	48	24	0	100	2018	130	7	12	56	1602	9	786	9
Traditional Pizza (6 slices) with Extra Cheese	1297	539	60	33	0	140	2273	126	5	11	65	1794	5	1075	8
Traditional Pizza (6 slices) with Garlicky Spinach	1139	423	47	24	0	100	1944	126	6	11	54	5382	17	819	9
Traditional Pizza (6 slices) with Green Bell Peppers	1124	414	46	24	0	100	1894	125	6	11	53	1514	31	778	8
Traditional Pizza (6 slices) with Kalamata Olives	1144	435	48	24	0	100	2131	124	5	11	53	1394	5	775	8
Traditional Pizza (6 slices) with Lamb Meatballs	1455	652	72	36	0	232	2251	130	6	12	71	1610	5	841	10
Traditional Pizza (6 slices) with Marinated Artichokes	1174	440	49	25	0	100	2200	130	7	13	55	1504	13	810	9
Traditional Pizza (6 slices) with Pepperoni	1217	497	55	27	0	120	2253	124	5	11	57	1394	5	788	8
Voodoo Chicken Pizza (1 slice)	324	153	17	8	0	37	749	25	1	4	18	325	6	232	2
Voodoo Chicken Pizza (6 slices)	1945	917	102	49	0	225	4496	148	7	25	106	1949	37	1391	9
SANDWICHES	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)
Adult Grilled Cheese (1 serving)	509	269	30	18	0	45	1259	34	0	6	27	1260	0	764	2
Beer Braised Pulled Pork Sandwich (1 serving)	648	349	39	10	0	118	1297	38	4	15	36	566	26	217	3
Beer Braised Pulled Pork Sandwich (1 serving) with Sauce Choice Carolina Mustard Sauce	737	356	40	10	0	118	1592	58	5	32	37	609	26	243	4
Beer Braised Pulled Pork Sandwich (1 serving) with Sauce Choice Memphis Style Barbeque Sa	677	350	39	10	0	118	1714	45	4	20	36	638	27	222	3
Beer Braised Pulled Pork Sandwich (1 serving) with Side Dill Pickle Slice	649	349	39	10	0	118	1318	39	4	15	36	566	26	217	3
Beer Braised Pulled Pork Sandwich (1 serving) with Side Mesclun Salad	745	405	45	10	0	118	1410	46	6	17	38	9227	62	296	7
Beer Braised Pulled Pork Sandwich (1 serving) with Side of French Fries	882	426	47	11	0	118	2328	75	7	15	39	566	33	217	4
Beer Braised Pulled Pork Sandwich (1 serving) with Side of Potato Chips	789	415	46	11	0	118	1629	54	5	15	37	567	26	248	4
Brewben Sandwich (1 serving)	966	486	54	20	0	123	2720	71	4	10	43	517	9	579	5
Brewben Sandwich (1 serving) with Side Dill Pickle Slice	966	486	54	20	0	123	2741	71	4	10	43	517	9	579	5
Brewben Sandwich (1 serving) with Side Mesclun Salad	1063	542	60	20	0	123	2833	78	7	12	45	9178	45	658	10
Brewben Sandwich (1 serving) with Side of French Fries	1199	563	63	21	0	123	3752	107	7	10	46	517	16	579	6
Brewben Sandwich (1 serving) with Side of Potato Chips	1106	552	61	21	0	123	3052	87	6	10	44	518	9	610	6
Eastern Shore Crab Cake Sandwich (1 sandwich)	685	437	49	7	0	133	1191	38	3	8	25	967	9	233	3
Eastern Shore Crab Cake Sandwich (1 sandwich) with Side Dill Pickle Slice	685	437	49	7	0	133	1211	38	3	8	25	967	9	233	3
Eastern Shore Crab Cake Sandwich (1 sandwich) with Side Mesclun Salad	782	494	55	8	0	133	1303	45	6	10	27	9628	45	312	7
Eastern Shore Crab Cake Sandwich (1 sandwich) with Side of French Fries	918	514	57	9	0	133	2222	74	6	8	28	967	16	233	4
Eastern Shore Crab Cake Sandwich (1 sandwich) with Side of Potato Chips	825	504	56	9	0	133	1522	54	4	8	26	968	9	263	4
Grilled Chicken Sandwich (1 serving)	790	339	38	12	0	129	1345	63	2	3	49	1183	5	180	5
Grilled Chicken Sandwich (1 serving) with Side Dill Pickle Slice	790	339	38	12	0	129	1366	63	2	3	49	1183	5	180	5
Grilled Chicken Sandwich (1 serving) with Side Mesclun Salad	887	396	44	13	0	129	1457	70	5	5	51	9844	42	259	9
Grilled Chicken Sandwich (1 serving) with Side of French Fries	1023	416	46	13	0	129	2376	99	5	3	52	1183	13	180	6
Grilled Chicken Sandwich (1 serving) with Side of Potato Chips	930	405	45	13	0	129	1676	79	4	3	50	1185	5	211	6

SANDWICHES (CONTINUED)	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)
Mediterranean Wrap (1 serving)	658	288	32	11	0	38	1408	72	10	11	22	4079	103	290	6
Mediterranean Wrap (1 serving) with Side Dill Pickle Slice	658	288	32	11	0	38	1428	72	10	12	22	4079	103	290	6
Mediterranean Wrap (1 serving) with Side Mesclun Salad	755	344	38	12	0	38	1520	79	13	14	24	12740	139	369	11
Mediterranean Wrap (1 serving) with Side of French Fries	892	365	41	13	0	38	2439	108	13	11	25	4080	110	291	7
Mediterranean Wrap (1 serving) with Side of Potato Chips	798	354	39	13	0	38	1739	88	12	11	24	4081	103	321	7
OMG BLT (1 serving)	799	413	46	15	0	77	1660	66	3	7	29	1083	9	321	5
OMG BLT (1 serving) with Side Dill Pickle Slice	799	413	46	15	0	77	1681	66	3	7	29	1083	9	321	5
OMG BLT (1 serving) with Side Mesclun Salad	896	470	52	16	0	77	1773	73	5	9	31	9744	45	399	9
OMG BLT (1 serving) with Side of French Fries	1032	490	54	17	0	77	2691	102	6	7	32	1083	16	321	5
OMG BLT (1 serving) with Side of Potato Chips	939	479	53	17	0	77	1992	82	4	7	30	1085	9	351	5
Pickled Steer Sandwich (1 serving)	815	254	28	10	0	88	2797	88	5	7	50	1933	99	249	8
Pickled Steer Sandwich (1 serving) with Side Dill Pickle Slice	815	254	28	10	0	88	2817	88	5	7	50	1933	99	249	8
Pickled Steer Sandwich (1 serving) with Side Mesclun Salad	912	310	34	11	0	88	2909	96	7	9	52	10594	135	328	12
Pickled Steer Sandwich (1 serving) with Side of French Fries	1049	331	37	12	0	88	3828	124	8	7	53	1933	106	249	8
Pickled Steer Sandwich (1 serving) with Side of Potato Chips	955	320	36	12	0	88	3128	104	6	7	51	1934	99	280	8
Roast Pork Sandwich (1 serving)	837	394	44	12	0	131	2723	57	8	4	54	2231	17	539	5
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)
Bacon Cheeseburger (1 sandwich)	549	266	30	11	0	127	675	24	2	5	46	705	2	190	5
Bacon Cheeseburger (1 sandwich) with Cheese Choice American Cheese	731	394	44	20	0	127	1444	28	2	5	54	1515	2	494	5
Bacon Cheeseburger (1 sandwich) with Cheese Choice Sharp Cheddar Cheese	714	387	43	20	0	172	945	24	2	5	56	1155	2	490	5
Bacon Cheeseburger (1 sandwich) with Cheese Choice Swiss Cheese	714	374	42	19	0	164	765	25	2	5	58	1155	2	565	5
Bacon Cheeseburger (1 sandwich) with Side Dill Pickle Slice	549	266	30	11	0	127	695	24	2	5	46	705	2	190	5
Bacon Cheeseburger (1 sandwich) with Side Mesclun Salad	646	323	36	12	0	127	787	31	5	8	48	9366	38	268	9
Bacon Cheeseburger (1 sandwich) with Side of French Fries	782	343	38	13	0	127	1706	60	5	5	49	705	9	190	6
Bacon Cheeseburger (1 sandwich) with Side of Potato Chips	689	332	37	13	0	127	1006	40	4	5	47	707	2	220	6
Brewski Burger (1 serving)	575	277	31	11	0	127	745	26	3	6	47	705	3	191	6
Brewski Burger (1 serving) with Cheese Choice American Cheese	757	405	45	20	0	127	1514	30	3	6	55	1515	3	495	6
Brewski Burger (1 serving) with Cheese Choice Sharp Cheddar Cheese	740	399	44	20	0	172	1015	26	3	6	58	1155	3	491	6
Brewski Burger (1 serving) with Cheese Choice Swiss Cheese	740	385	43	19	0	164	835	27	3	6	59	1155	3	566	6
Brewski Burger (1 serving) with Side Dill Pickle Slice	575	277	31	11	0	127	766	26	3	6	47	705	3	191	6
Brewski Burger (1 serving) with Side Mesclun Salad	672	334	37	12	0	127	857	33	5	8	50	9366	39	270	10
Brewski Burger (1 serving) with Side of French Fries	808	354	39	13	0	127	1776	62	6	6	50	705	10	192	6
Brewski Burger (1 serving) with Side of Potato Chips	715	343	38	13	0	127	1076	42	4	6	49	707	3	222	6
Cheeseburger (1 sandwich)	502	236	26	10	0	123	487	24	2	5	42	705	2	190	5
Cheeseburger (1 sandwich) with Cheese Choice American Cheese	685	363	40	19	0	123	1257	28	2	5	50	1515	2	494	5
Cheeseburger (1 sandwich) with Cheese Choice Sharp Cheddar Cheese	667	357	40	19	0	168	757	24	2	5	53	1155	2	490	5
Cheeseburger (1 sandwich) with Cheese Choice Swiss Cheese	667	344	38	17	0	161	577	25	2	5	54	1155	2	565	5
Cheeseburger (1 sandwich) with Side Dill Pickle Slice	502	236	26	10	0	123	508	24	2	5	42	705	2	190	5
Cheeseburger (1 sandwich) with Side Mesclun Salad	599	293	33	11	0	123	600	31	5	8	44	9366	38	268	9

BURGERS (CONTINUED)	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)
Cheeseburger (1 sandwich) with Side of French Fries	735	313	35	11	0	123	1519	60	5	5	45	705	9	190	6
Cheeseburger (1 sandwich) with Side of Potato Chips	642	302	34	11	0	123	819	40	4	5	44	707	2	220	5
Drunk Monk Burger (1 serving)	874	534	59	19	0	170	1004	30	3	8	51	697	6	283	5
Drunk Monk Burger (1 serving) with Add A Fried Egg	958	589	65	20	0	382	1288	30	3	9	58	942	6	309	6
Drunk Monk Burger (1 serving) with Side Dill Pickle Slice	874	534	59	19	0	170	1024	30	3	8	51	697	6	283	5
Drunk Monk Burger (1 serving) with Side Mesclun Salad	971	591	66	20	0	170	1116	37	6	10	54	9359	42	362	9
Drunk Monk Burger (1 serving) with Side of French Fries	1107	611	68	20	0	170	2035	66	6	8	54	698	13	283	6
Drunk Monk Burger (1 serving) with Side of Potato Chips	1014	601	67	20	0	170	1335	46	5	8	53	699	6	314	6
Falafel Burger (1 serving)	627	277	31	11	0	66	1458	69	7	5	20	1609	16	194	5
Falafel Burger (1 serving) with Side Dill Pickle Slice	628	277	31	11	0	66	1479	69	7	5	20	1609	16	194	5
Falafel Burger (1 serving) with Side Mesclun Salad	724	334	37	12	0	66	1571	76	10	7	22	10270	53	273	9
Falafel Burger (1 serving) with Side of French Fries	861	354	39	12	0	66	2490	105	10	5	23	1609	23	194	5
Falafel Burger (1 serving) with Side of Potato Chips	768	343	38	12	0	66	1790	84	9	5	22	1610	16	225	5
Pimento Cheeseburger (1 serving)	942	462	51	20	0	172	1447	61	4	17	56	834	29	422	6
Pimento Cheeseburger (1 serving) with Side Dill Pickle Slice	942	462	51	20	0	172	1468	61	4	17	56	834	29	422	6
Pimento Cheeseburger (1 serving) with Side Mesclun Salad	1038	519	58	21	0	172	1560	69	7	19	58	9495	65	500	10
Pimento Cheeseburger (1 serving) with Side of French Fries	1175	539	60	22	0	172	2479	97	7	17	59	834	36	422	7
Pimento Cheeseburger (1 serving) with Side of Potato Chips	1082	528	59	22	0	172	1779	77	6	17	57	836	29	452	6
Salmon Burger Banh Mi (1 serving)	520	211	24	4	0	81	872	50	4	12	30	5077	14	193	2
Salmon Burger Banh Mi (1 serving) with Side Dill Pickle Slice	520	211	24	4	0	81	893	50	4	12	30	5077	14	193	2
Salmon Burger Banh Mi (1 serving) with Side Mesclun Salad	617	268	30	5	0	81	984	57	7	14	32	13738	51	272	7
Salmon Burger Banh Mi (1 serving) with Side of French Fries	753	288	32	6	0	81	1903	86	7	12	33	5077	22	194	3
Salmon Burger Banh Mi (1 serving) with Side of Potato Chips	660	277	31	6	0	81	1203	66	6	12	31	5078	14	224	3
Santa Fe Turkey Burger (1 sandwich)	601	331	37	11	0	152	960	27	4	7	42	501	5	327	4
Santa Fe Turkey Burger (1 sandwich) with Side Dill Pickle Slice	601	331	37	11	0	152	980	27	4	7	42	501	5	327	4
Santa Fe Turkey Burger (1 sandwich) with Side Mesclun Salad	698	387	43	12	0	152	1072	34	6	9	45	9163	41	406	8
Santa Fe Turkey Burger (1 sandwich) with Side of French Fries	834	408	45	13	0	152	1991	63	7	7	45	502	12	328	4
Santa Fe Turkey Burger (1 sandwich) with Side of Potato Chips	741	397	44	13	0	152	1291	43	5	7	44	503	5	358	4
Turkey Burger (1 sandwich)	545	215	24	8	0	148	998	46	3	8	36	350	10	46	4
Turkey Burger (1 sandwich) with Cheese Choice American Cheese	728	343	38	17	0	148	1767	50	3	8	44	1160	10	349	4
Turkey Burger (1 sandwich) with Cheese Choice Sharp Cheddar Cheese	710	336	37	17	0	193	1268	46	3	8	47	800	10	346	4
Turkey Burger (1 sandwich) with Cheese Choice Swiss Cheese	710	323	36	15	0	185	1088	47	3	8	48	800	10	421	4
Turkey Burger (1 sandwich) with Side Dill Pickle Slice	546	215	24	8	0	148	1018	46	3	8	36	350	10	46	4
Turkey Burger (1 sandwich) with Side Mesclun Salad	642	272	30	9	0	148	1110	53	5	10	39	9012	46	124	8
Turkey Burger (1 sandwich) with Side of French Fries	779	292	32	9	0	148	2029	82	6	8	39	351	17	46	5
Zeus Burger (1 serving)	684	392	44	15	0	147	629	27	3	6	46	495	6	218	5
Zeus Burger (1 serving) with Side Dill Pickle Slice	684	392	44	15	0	147	649	27	3	6	46	495	6	218	5
Zeus Burger (1 serving) with Side Mesclun Salad	781	449	50	16	0	147	741	34	5	8	48	9156	43	296	9
Zeus Burger (1 serving) with Side of French Fries	918	469	52	16	0	147	1660	63	6	6	49	495	13	218	6
Zeus Burger (1 serving) with Side of Potato Chips	824	458	51	16	0	147	960	43	4	6	47	497	6	248	6

Nutritional Information															
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)
Apple Crisp (1 serving)	814	325	36	24	0	96	153	107	3	76	8	1220	188	110	6
Chocolate Chip Cookie Dough Ice Cream, 1 Scoop (1 serving)	306	148	16	11	0	39	128	37	0	28	3	500	1	104	0
Chocolate Chip Cookie Dough Ice Cream, 2 Scoops (1 serving)	400	196	22	15	0	51	165	48	0	36	4	668	2	138	1
Chocolate Stout Ice Cream, 1 Scoop (1 serving)	276	130	14	10	0	39	153	32	0	25	3	400	1	104	0
Chocolate Stout Ice Cream, 2 Scoops (1 serving)	526	256	28	20	0	74	288	59	0	47	6	800	2	204	0
Creme Brulee (1 serving)	644	471	52	35	0	449	142	27	0	26	4	2173	0	214	1
Iron Hill Root Beer Float (1 serving)	692	234	26	20	0	70	207	96	0	89	6	800	2	206	0
Lemon Pie (1 serving)	405	161	18	10	0	113	142	52	2	41	6	517	15	140	1
Malted Bourbon Pecan Ice Cream, 1 Scoop (1 serving)	306	148	16	10	0	39	123	35	0	29	4	400	1	104	0
Malted Bourbon Pecan Ice Cream, 2 Scoops (1 serving)	586	292	32	20	0	74	228	65	0	55	8	800	2	204	0
Triple Chocolate Hill (1 serving)	2347	1255	139	83	0	422	866	226	7	177	21	2976	1	304	9
Vanilla Ice Cream, 1 Scoop (1 serving)	193	82	9	7	0	28	85	21	0	17	2	267	1	71	0
Vanilla Ice Cream, 2 Scoops (1 serving)	526	238	26	20	0	74	218	53	0	45	6	800	2	204	0
BEVERAGES	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)
Coffee (1 serving)	0	0	0	0	0	0	5	0	0	0	0	0	0	5	0
Coke (1 serving)	89	0	0	0	0	0	5	24	0	24	0	0	0	0	0
Cranberry Juice (1 serving)	195	0	0	0	0	0	53	50	0	50	0	0	90	0	1
Diet Coke (1 serving)	0	0	0	0	0	0	9	0	0	0	0	0	0	0	0
Fiji Water (1 bottle)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Hot Tea (1 serving)	0	0	0	0	0	0	5	0	0	0	0	0	0	5	0
Iced Tea (1 serving)	0	0	0	0	0	0	5	0	0	0	0	0	0	5	0
Iron Hill Root Beer (1 serving)	115	0	0	0	0	0	4	29	0	28	0	0	0	4	0
Lemonade (1 serving)	93	0	0	0	0	0	4	23	0	21	0	7	18	6	0

BEVERAGES (CONTINUED)	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)
Orange Juice (1 serving)	165	0	0	0	0	0	0	39	0	33	3	0	108	30	0
San Pellegrino Water (1 bottle)	0	0	0	0	0	0	21	0	0	0	0	0	0	85	0
Sprite (1 serving)	87	0	0	0	0	0	20	23	0	23	0	0	0	0	0
Tomato Juice (1 serving)	68	0	0	0	0	0	945	15	3	11	2	1500	14	30	3
KIDS 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)
Kids Baked Chicken Breast (1 serving)	295	144	16	5	0	109	321	0	0	0	35	141	0	19	1
Kids Baked Cod (1 serving)	95	10	1	0	0	65	291	0	0	0	21	65	0	37	1
Kids Broiled Shrimp (1 serving)	101	18	2	0	0	150	360	1	0	0	20	178	2	51	2
Kids Cheese Pizza (1 slice)	132	57	6	4	0	15	236	12	1	1	7	199	1	116	1
Kids Cheese Pizza (4 slices)	527	228	25	14	0	60	944	49	2	4	27	797	3	462	3
Kids Cheese and Pepperoni Pizza (1 slice)	149	72	8	4	0	19	299	12	1	1	7	199	1	118	1
Kids Cheese and Pepperoni Pizza (4 slices)	597	286	32	16	0	74	1196	49	2	4	30	797	3	471	3
Kids Chicken Fingers (1 serving)	346	156	17	2	0	53	1110	23	0	0	27	0	0	0	1
Kids Chicken Fingers (1 serving) with French Fries	502	207	23	3	0	53	1500	47	2	0	29	0	5	0	1
Kids Chicken Fingers (1 serving) with Honey Mustard	556	340	38	5	0	71	1386	28	1	5	27	0	0	7	1
Kids Chicken Pot Pie (1 serving)	430	231	26	10	6	81	507	30	2	4	18	3755	6	57	2
Kids Fish and Chips (1 serving)	562	300	33	5	0	89	1389	36	2	2	25	214	7	69	2
Kids Grilled Chicken (1 serving)	295	144	16	5	0	109	321	0	0	0	35	141	0	19	1
Kids Kraft Mac and Cheese (1 serving)	340	99	11	3	0	25	830	48	2	11	12	0	0	150	2
Kids Linguine with Tomato Sauce (1 serving)	228	20	2	0	0	0	160	45	3	3	8	394	5	23	3
KIDS SANDWICHES	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 Chicken Sandwich (1 serving)	445	162	18	5	0	109	1055	29	1	4	39	141	0	79	3
Kids Chicken Sandwich (1 serving) with Cheese Choice American Cheese	536	226	25	9	0	109	1440	31	1	4	44	546	0	231	3
Kids Chicken Sandwich (1 serving) with Cheese Choice Sharp Cheddar Cheese	528	223	25	9	0	131	1190	29	1	4	45	366	0	229	3
Kids Chicken Sandwich (1 serving) with Cheese Choice Swiss Cheese	528	216	24	8	0	128	1100	30	1	4	45	366	0	266	3
Kids Grilled Cheese (1 sandwich)	436	212	24	14	0	0	1374	36	0	6	20	1215	0	616	2
Kids Hamburger (1 sandwich)	428	182	20	7	0	93	561	29	1	4	30	0	0	85	4

KIDS SANDWICHES (CONTINUED)	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 Hamburger (1 sandwich) with American Cheese	519	246	27	11	0	93	946	31	1	4	34	405	0	237	4
Kids Hamburger (1 sandwich) with Muenster Cheese	503	236	26	11	0	116	703	29	1	4	36	300	0	235	4
Kids Hamburger (1 sandwich) with Sharp Cheddar Cheese	510	243	27	11	0	116	696	29	1	4	36	225	0	235	4
Kids Hamburger (1 sandwich) with Swiss Cheese	510	236	26	11	0	112	606	30	1	4	36	225	0	272	4
Kids Hot Dog (1 serving)	287	151	17	6	0	35	830	23	0	3	11	0	0	80	2
Kids Smoked Pork Sandwich (1 serving)	329	121	13	4	0	57	718	33	1	7	19	43	1	78	2
Kids Smoked Pork Sandwich (1 serving) with Barbecue Sauce	389	121	13	4	0	57	958	48	1	19	19	43	1	78	2
Kids Turkey Burger (1 serving)	314	103	11	3	0	90	591	29	1	4	24	6	0	75	3
Kids Turkey Burger (1 serving) with Cheese Choice American Cheese	406	167	19	7	0	90	976	31	1	4	28	411	0	227	3
Kids Turkey Burger (1 serving) with Cheese Choice Sharp Cheddar Cheese	397	164	18	7	0	113	726	29	1	4	29	231	0	225	3
Kids Turkey Burger (1 serving) with Cheese Choice Swiss Cheese	397	157	17	6	0	109	636	30	1	4	30	231	0	263	3
KIDS 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)
Kids Apple Sauce (1 serving)	97	0	0	0	0	0	0	24	1	22	0	0	11	0	0
Kids Baby Carrots (1 serving)	10	0	0	0	0	0	22	2	1	1	0	3909	1	9	0
Kids Broccoli (1 serving)	20	2	0	0	0	0	157	3	1	1	2	1683	52	27	0
Kids Carrots (1 serving)	10	0	0	0	0	0	22	2	1	1	0	3909	1	9	0
Kids Carrots (1 serving) with Ranch Dressing	228	201	22	3	0	22	312	5	1	3	1	3977	1	56	0
Kids French Fries (1 serving)	129	43	5	1	0	0	325	20	2	0	2	0	4	0	0
Kids Fruit Cup (1 serving)	70	0	0	0	0	0	5	17	1	16	0	100	27	0	0
Kids Garden Salad (1 salad)	237	190	21	3	0	0	94	9	2	2	2	3285	12	31	1
Kids Green Beans (1 serving)	18	1	0	0	0	0	3	4	2	1	1	342	8	18	1
Kids Sautéed Spinach (1 serving)	97	86	10	1	0	0	34	2	1	0	1	3989	12	43	1
Kids Smashed Potatoes (1 serving)	107	55	6	4	0	17	105	12	1	1	1	223	7	13	0
Kids White Rice (1 serving)	81	0	0	0	0	0	187	18	0	0	2	0	0	21	1
KIDS ICE CREAMS	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 Cherry Garcia Ice Cream (1 serving)	286	139	15	9	1	74	58	32	0	26	4	500	0	104	1
Kids Chocolate Chip Cookie Dough Ice Cream (1 serving)	306	148	16	11	0	39	128	37	0	28	3	500	1	104	0
Kids Phish Food Ice Cream (1 serving)	316	130	14	9	0	49	98	43	2	35	4	400	0	104	2

KIDS ICE CREAMS <small>(CONTINUED)</small>		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 Vanilla Ice Cream (1 serving)		276	121	13	10	0	39	118	29	0	24	3	400	1	104	0
KIDS BEVERAGES		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 Apple Juice (1 box)		101	0	0	0	0	0	8	24	0	24	0	0	10	17	1
Kids Chocolate Milk (1 serving)		180	23	3	2	0	10	210	32	0	30	8	500	0	300	0
Kids Coke (1 serving)		89	0	0	0	0	0	5	24	0	24	0	0	0	0	0
Kids Diet Coke (1 serving)		0	0	0	0	0	0	9	0	0	0	0	0	0	0	0
Kids Fruit Punch (1 box)		100	0	0	0	0	0	10	25	0	25	0	0	18	20	1
Kids Ginger Ale (1 serving)		77	0	0	0	0	0	4	21	0	21	0	0	0	0	0
Kids Lemonade (1 serving)		93	0	0	0	0	0	4	23	0	21	0	7	18	6	0
Kids Milk (1 serving)		160	72	8	5	0	35	125	13	0	12	8	300	2	300	0
Kids Root Beer (1 serving)		115	0	0	0	0	0	4	29	0	28	0	0	0	4	0
Kids Sprite (1 serving)		87	0	0	0	0	0	20	23	0	23	0	0	0	0	0
BREAD SERVICES		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)
Bread (1 serving)		182	28	3	1	0	0	173	32	2	3	6	0	0	2	2
Bread (1 serving) with Butter		212	58	6	2	0	8	173	32	2	3	6	111	0	2	2
Breadstick (1 breadstick)		132	21	2	1	0	1	598	23	1	2	4	16	0	3	1
French Bread (1 serving)		184	0	0	0	0	0	397	37	1	0	7	0	0	0	3
SIDE ITEMS		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)
Mixed Greens Salad (1 salad)		80	57	6	1	0	0	66	5	1	2	1	5117	13	31	1
Side Caesar Salad (1 serving)		148	109	12	3	0	20	294	5	1	1	4	2595	11	103	1
Side Chopped Salad (1 serving)		164	114	13	4	0	17	425	6	1	1	6	1516	7	59	1
Side House Salad (1 serving)		173	136	15	4	0	11	351	5	1	3	4	1654	7	54	0
Side Mesclun Salad (1 serving)		143	86	10	2	0	8	186	11	1	8	3	1411	10	73	1
Side Quinoa Salad (1 serving)		409	203	23	4	0	9	199	45	5	20	7	672	4	71	2

SIDE ITEMS (CONTINUED)	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)
Side Strawberry Salad (1 serving)	115	79	9	2	0	8	141	6	1	4	3	1850	22	46	1
Side of Asparagus (1 serving)	88	67	7	5	0	20	430	3	2	2	2	907	5	20	2
Side of Garlicky Broccolini (1 serving)	151	81	9	5	0	20	547	8	4	0	6	4886	68	208	2
Side of Haricot Verts (1 serving)	124	68	8	5	0	20	224	11	5	2	3	1343	25	58	2
Side of Onion Rings (1 serving)	717	179	20	2	0	4	1159	119	7	22	11	176	30	177	4
Side of Sautéed Spinach (1 serving)	186	133	15	2	0	0	373	7	4	1	6	18614	56	198	5
Side of Smashed Potatoes (1 serving)	513	266	30	19	0	82	504	56	5	4	6	1072	35	62	1