

IROΠ HILL BREWERY AND RESTAURANT NUTRITION GUIDE

SIGNATURE 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)
Artichoke and Goat Cheese Dip (1 serving)	823	376	42	25	0	128	1547	85	1	14	19	1553	8	272	6
Baja Style Fish Tacos (1 serving)	689	297	33	6	0	83	1836	64	6	9	30	2340	56	240	12
Baked Artichoke and Cheese Dip (1 serving)	805	340	38	23	0	107	1392	88	3	16	20	1452	15	468	6
Cheesesteak Egg Rolls (1 serving)	863	394	44	15	0	80	2218	76	3	25	36	1832	17	410	7
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	787	610	68	14	0	176	447	4	1	2	37	4127	4	99	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	1570	1220	136	29	0	352	881	7	2	4	74	7021	7	191	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 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	446	63	15	4	10	1506	33	94	1
Hand Cut Carolina Sweet Potato Fries (1 serving)	1021	584	65	10	0	59	3004	96	14	22	7	64559	13	158	3
House Nachos (1 serving)	1018	516	57	29	0	137	1186	83	12	10	40	3447	43	999	3
House Nachos (1 serving) with Fajita Spiced Chicken	1266	644	72	32	0	218	1873	84	13	10	67	3657	43	1024	4
Housemade Soft Pretzel Sticks (1 serving)	1325	477	53	23	0	107	3474	164	8	18	46	1233	1	629	10
Hummus (1 serving)	846	431	48	7	0	6	1926	81	8	7	21	687	14	189	4
Moroccan Lamb Meatballs (1 serving)	668	317	35	15	0	139	1133	58	2	13	29	865	11	197	4
Nachos al Pastor (1 serving)	996	483	54	24	0	136	1403	83	8	23	43	1743	36	873	1
Nashville Hot Chicken Sliders (1 serving)	984	475	53	11	0	134	1112	76	6	12	46	817	19	34	6

SIGNATURE 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)
Thai Chicken Lettuce Wraps (1 serving)	869	478	53	8	0	91	3270	54	6	39	40	8246	90	96	4
Veggie Samosas (1 serving)	688	346	38	15	1	38	1418	73	6	13	11	1236	24	32	1
Voodoo Shrimp (1 serving)	664	102	11	4	0	200	2197	105	4	33	35	1105	30	163	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)	256	141	16	9	0	36	772	18	2	6	11	1927	7	265	1
Kennett Square Mushroom Soup, Bowl (1 bowl)	267	192	21	11	0	56	535	11	1	3	4	945	5	52	1
Kennett Square Mushroom Soup, Bowl (1 bowl) with Bread	449	220	24	12	0	56	708	43	4	6	10	945	5	54	3
Kennett Square Mushroom Soup, Bowl (1 bowl) with Butter	297	222	25	13	0	64	535	11	1	3	4	1056	5	52	1
Kennett Square Mushroom Soup, Cup (1 serving)	228	162	18	10	0	49	467	9	1	3	3	822	4	45	1
Kennett Square Mushroom Soup, Cup (1 serving) with Bread	410	191	21	10	0	49	640	42	3	5	9	823	4	48	2
Kennett Square Mushroom Soup, Cup (1 serving) with Butter	258	192	21	12	0	57	467	9	1	3	3	933	4	45	1
Louisiana Chicken Gumbo, Bowl (1 bowl)	291	99	11	5	0	60	621	30	3	3	16	826	22	71	3
Louisiana Chicken Gumbo, Bowl (1 bowl) with Bread	473	128	14	6	0	60	794	62	5	6	23	826	22	73	4
Louisiana Chicken Gumbo, Bowl (1 bowl) with Butter	321	129	14	7	0	68	621	30	3	3	16	937	22	71	3
Louisiana Chicken Gumbo, Cup (1 serving)	230	85	9	4	0	51	487	21	2	3	14	708	19	56	2
Louisiana Chicken Gumbo, Cup (1 serving) with Bread	412	114	13	5	0	51	660	54	5	5	20	708	19	58	4
Louisiana Chicken Gumbo, Cup (1 serving) with Butter	260	115	13	6	0	60	487	21	2	3	14	819	19	56	2
Seafood Bisque, Bowl (1 bowl)	324	187	21	14	0	126	765	14	0	2	12	1307	2	75	2
Seafood Bisque, Bowl (1 bowl) with Bread	506	215	24	14	0	126	938	47	3	4	18	1307	2	77	3
Seafood Bisque, Bowl (1 bowl) with Butter	354	217	24	15	0	134	765	14	0	2	12	1418	2	75	2
Seafood Bisque, Cup (1 bowl)	284	163	18	12	0	110	670	13	0	2	10	1143	2	65	1
Seafood Bisque, Cup (1 bowl) with Bread	465	192	21	12	0	110	843	45	2	4	16	1144	2	68	3
Seafood Bisque, Cup (1 bowl) with Butter	314	193	21	14	0	119	670	13	0	2	10	1255	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)	529	404	45	14	0	81	1309	17	4	3	17	8011	32	475	2
Caesar Salad (1 salad) with Breadstick	661	424	47	14	0	83	1907	40	5	4	21	8028	32	478	3
Chopped Salad (1 serving)	681	482	54	19	0	76	2104	13	3	4	31	5372	24	250	3
Chopped Salad (1 serving) with Breadstick	813	503	56	20	0	77	2702	36	4	5	35	5388	24	253	4
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

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)	703	433	48	16	0	60	674	45	7	31	22	4526	31	489	4
Mesclun Salad (1 salad) with Breadstick	835	454	50	17	0	61	1272	68	8	33	26	4542	31	492	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
BIG 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)
Asian Grilled Chicken Salad (1 serving)	724	398	44	8	0	109	966	35	7	20	43	5968	82	144	7
Grilled Ahi Tuna Salad (1 salad)	561	258	29	4	0	64	1127	34	7	20	40	5909	83	136	7
Grilled Chicken Caesar Salad (1 salad)	824	548	61	18	0	190	1630	17	4	3	52	8153	32	493	3
Grilled Chicken Caesar Salad (1 salad) with Breadstick	956	568	63	19	0	191	2228	40	5	4	57	8169	32	497	5
Grilled North Atlantic Salmon Salad (1 salad)	701	473	53	16	0	134	1764	13	3	6	42	2921	55	292	2
Grilled North Atlantic Salmon Salad (1 salad) with Breadstick	833	494	55	16	0	135	2362	37	5	8	46	2937	55	296	4
Naked Burger Salad (1 salad)	1049	685	76	29	0	212	2454	12	3	4	70	4615	23	273	6
Naked Burger Salad (1 salad) with Breadstick	1181	706	78	29	0	213	3052	36	4	5	75	4632	23	276	8
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)	712	324	36	14	0	169	919	44	1	7	50	805	7	64	6
Bacon Cheeseburger (1 sandwich) with Cheese Choice American Cheese	803	388	43	19	0	169	1304	46	1	7	54	1210	7	216	6
Bacon Cheeseburger (1 sandwich) with Cheese Choice Sharp Cheddar Cheese	794	385	43	19	0	192	1054	44	1	7	55	1030	7	214	6
Bacon Cheeseburger (1 sandwich) with Cheese Choice Swiss Cheese	794	378	42	18	0	188	964	45	1	7	56	1030	7	252	6
Bacon Cheeseburger (1 sandwich) with Side Dill Pickle Slice	712	324	36	14	0	169	940	44	1	7	50	805	7	64	6
Bacon Cheeseburger (1 sandwich) with Side Mesclun Salad	809	381	42	15	0	169	1032	51	4	10	52	9466	43	143	10
Bacon Cheeseburger (1 sandwich) with Side of French Fries	945	401	45	16	0	169	1951	80	4	7	53	805	14	65	7
Bacon Cheeseburger (1 sandwich) with Side of Potato Chips	852	390	43	16	0	169	1227	60	3	7	51	807	7	95	6
Big Bold Blue Burger (1 serving)	1151	664	74	29	0	240	2164	53	2	8	64	480	9	214	7
Big Bold Blue Burger (1 serving) with Side Dill Pickle Slice	1151	664	74	29	0	240	2185	53	2	8	64	480	9	214	7
Big Bold Blue Burger (1 serving) with Side Mesclun Salad	1248	721	80	30	0	240	2277	60	4	10	66	9141	45	293	11
Big Bold Blue Burger (1 serving) with Side of French Fries	1384	741	82	31	0	240	3196	89	5	8	67	480	16	214	8
Big Bold Blue Burger (1 serving) with Side of Potato Chips	1291	730	81	30	0	240	2472	69	3	8	65	482	9	244	7
Black Bean Burger (1 serving)	504	202	22	7	0	48	1205	56	8	9	21	3447	19	374	5
Black Bean Burger (1 serving) with Side Dill Pickle Slice	504	202	22	7	0	48	1225	56	8	9	21	3447	19	374	5
Black Bean Burger (1 serving) with Side Mesclun Salad	600	259	29	8	0	48	1317	63	11	11	24	12108	55	452	9
Black Bean Burger (1 serving) with Side of French Fries	737	279	31	8	0	48	2236	92	11	9	24	3447	26	374	6
Black Bean Burger (1 serving) with Side of Potato Chips	644	268	30	8	0	48	1512	72	10	9	23	3449	19	404	5

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)
Filet Mignon (1 serving)	594	364	40	17	0	132	718	18	2	2	36	1178	12	74	4
Moroccan Salmon (1 serving)	557	331	37	10	0	120	833	24	4	5	32	1719	56	91	2
Red Chile Shrimp (1 serving)	472	201	22	4	0	156	1225	40	5	17	27	9085	52	164	5
Teriyaki Grilled Chicken Breast (1 serving)	570	246	27	6	0	82	1664	45	3	11	34	4227	97	116	5
HEARTH BAKED PIZZAS	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	202	1	111	1
Garcia Pizza (6 slices)	1238	516	57	23	0	85	1891	131	8	11	52	1213	8	666	8
Lamb Meatball Pizza (1 slice)	250	111	12	6	0	40	412	23	1	3	12	346	6	129	2
Lamb Meatball Pizza (6 slices)	1500	668	74	37	0	238	2472	136	8	15	72	2076	38	772	10
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)	276	118	13	6	0	27	602	24	1	4	15	317	10	136	2
Spicy Hawaiian Pig Pizza (6 slices)	1655	706	78	36	0	162	3610	146	8	21	87	1904	60	814	10
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	212	79	9	4	0	23	365	22	1	2	11	262	3	132	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
Traditional Pizza (6 slices) with Andouille Sausage	1269	471	52	26	0	136	2188	134	6	11	67	1572	16	792	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

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)
Pickled Steer Sandwich (1 serving)	864	367	41	15	0	208	2720	65	4	8	55	2284	99	283	7
Pickled Steer Sandwich (1 serving) with Side Dill Pickle Slice	864	367	41	15	0	208	2740	65	4	8	55	2284	99	283	7
Pickled Steer Sandwich (1 serving) with Side Mesclun Salad	961	424	47	16	0	208	2832	73	7	10	58	10945	136	362	11
Pickled Steer Sandwich (1 serving) with Side of French Fries	1097	444	49	16	0	208	3751	101	7	8	58	2284	107	283	7
Pickled Steer Sandwich (1 serving) with Side of Potato Chips	1004	433	48	16	0	208	3027	81	6	8	57	2286	99	314	7
Vienna Red Lager-Braised Pulled Pork Sandwich (1 serving)	734	372	41	10	0	120	1158	54	4	11	35	524	27	79	4
Vienna Red Lager-Braised Pulled Pork Sandwich (1 serving) with Sauce Choice Carolina Mustard Sauce	822	380	42	10	0	120	1453	73	5	28	35	567	27	105	5
Vienna Red Lager-Braised Pulled Pork Sandwich (1 serving) with Sauce Choice Memphis Style Barbeque Sauce	762	373	41	10	0	120	1574	60	4	16	35	597	27	84	4
Vienna Red Lager-Braised Pulled Pork Sandwich (1 serving) with Side Dill Pickle Slice	734	372	41	10	0	120	1178	54	4	11	35	524	27	79	4
Vienna Red Lager-Braised Pulled Pork Sandwich (1 serving) with Side Mesclun Salad	831	429	48	11	0	120	1270	61	6	13	37	9185	63	158	8
Vienna Red Lager-Braised Pulled Pork Sandwich (1 serving) with Side of French Fries	967	449	50	12	0	120	2189	90	7	11	38	524	34	79	5
Vienna Red Lager-Braised Pulled Pork Sandwich (1 serving) with Side of Potato Chips	874	438	49	12	0	120	1465	70	5	11	36	525	27	109	5
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)	1203	753	84	12	0	242	3214	69	7	7	41	4695	71	325	6
Char-grilled Ribeye Steak (1 serving)	1546	884	98	36	0	482	2004	59	6	7	97	2747	45	175	9
Chicken Fried Chicken (1 serving)	905	486	54	19	0	175	1261	54	4	4	44	6940	41	175	5
Chicken Fried Chicken (1 serving) with Cornbread	1102	555	62	22	0	224	1597	81	5	11	48	7168	41	269	6
Chicken Pot Pie (1 serving)	955	503	56	23	11	190	1640	65	5	9	42	7540	14	127	5
Fish and Chips (1 serving)	974	542	60	9	0	170	2346	53	5	5	49	591	21	266	5
Fish and Chips (1 serving) with Ketchup	1058	543	60	9	0	170	2986	73	6	21	50	911	26	277	5
Fish and Chips (1 serving) with Malt Vinegar	983	542	60	9	0	170	2351	54	5	5	49	591	23	269	5
Gold Medal Baby Back Ribs, Full Rack (1 serving)	1441	996	111	36	0	331	1344	39	3	29	64	872	33	173	5
Gold Medal Baby Back Ribs, Full Rack (1 serving) with Sweet Potato Fries	1591	1022	114	37	0	331	1868	68	8	35	67	20982	36	216	5
Gold Medal Baby Back Ribs, Full Rack (1 serving) with Wedge Fries	1650	1074	119	38	0	331	2290	67	7	29	68	872	33	307	6
Gold Medal Baby Back Ribs, Half Rack (1 serving)	816	582	65	19	0	174	769	22	2	16	33	592	25	100	2
Gold Medal Baby Back Ribs, Half Rack (1 serving) with Sweet Potato Fries	966	608	68	20	0	174	1293	50	7	22	35	20702	29	142	3
Gold Medal Baby Back Ribs, Half Rack (1 serving) with Wedge Fries	1025	660	73	21	0	174	1715	50	6	16	36	592	25	233	4
Jaegerschnitzel (1 serving)	1104	339	38	15	0	369	2565	114	5	10	70	2706	17	188	8
Meatloaf (1 serving)	1004	539	60	32	0	217	2058	77	11	21	34	22216	31	187	6

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)
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)	89	0	0	0	0	0	4	22	0	20	0	5	13	6	0
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
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 Haddock (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)	98	33	4	2	0	8	165	12	1	1	4	124	1	59	1
Kids Cheese Pizza (4 slices)	392	133	15	7	0	30	659	47	2	4	18	497	3	237	3
Kids Pepperoni Pizza (1 slice)	149	72	8	4	0	19	299	12	1	1	7	199	1	118	1
Kids 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)	435	236	26	10	6	85	519	29	2	4	18	3290	5	58	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 Meatloaf (1 serving)	306	201	22	11	0	91	385	9	0	1	15	590	1	61	2
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 Black Bean Burger (1 serving)	370	121	13	5	0	0	961	49	4	6	12	4138	18	246	2
Kids Chicken Sandwich (1 serving)	445	162	18	5	0	109	1055	29	1	4	39	141	0	79	3

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 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 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 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 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)	242	201	22	3	0	1	137	8	2	2	2	3301	13	36	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)	102	48	5	4	0	18	100	12	1	1	1	202	8	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 Chocolate Chip Cookie Dough Ice Cream (1 serving)	306	148	16	11	0	39	128	37	0	28	3	500	1	104	0
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)	89	0	0	0	0	0	4	22	0	20	0	5	13	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)	194	11	1	0	0	0	450	39	1	3	8	0	0	25	2
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

This nutritional information is valid across all Iron Hill Brewery & Restaurant locations. Some items may vary by restaurant and may not be available at all locations. This nutritional information is comprised of data obtained from our suppliers and a third-party nutritional consultant. We update this information regularly as we introduce our new seasonal menus. This information is effective as of October 2017.

Iron Hill makes best efforts to provide complete and accurate nutritional information; however, ingredient variations may occur due to the handcrafted nature of our menu items and/or Guest substitutions of products. All items are listed as served.