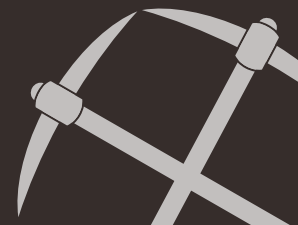


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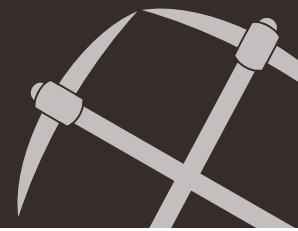
APPETIZERS	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
BBQ Chicken Sliders	663	128	14	2	0	62	2359	95	3	38	37	1178	14	105	4
Beef Sliders with Cheese	741	315	35	12	0	94	2195	67	3	14	38	743	8	224	5
Bonanza Platter	2150	1110	120	60	0	420	6110	180	20	20	80	9910	70	1900	20
Buffalo Chicken Wings, Share Size	1113	810	90	21	0	214	3617	18	3	6	59	11963	7	94	4
Buffalo Chicken Wings, Snack Size	600	432	48	11	0	116	1876	11	2	4	32	7749	4	53	2
Calamari, Share Size	985	295	33	6	0	359	3184	118	9	17	55	2634	27	174	6
Calamari, Snack Size	565	169	19	4	0	180	1922	70	6	16	29	2212	26	112	3
Chips and Salsa	540	130	10	0	0	0	2130	90	10	0	10	1310	20	410	20
Chips and Salsa, Happy Hour	270	70	10	0	0	0	1060	50	10	0	10	650	10	200	10
Cowboy Candied Bacon (3 slices)	254	81	9	3	0	23	866	37	0	35	6	0	0	0	0
Cowboy Candied Bacon (5 slices)	424	135	15	5	0	38	1444	62	0	59	10	0	0	0	0
Lemon Pepper Zucchini, Snack Size	374	152	17	3	0	13	2135	48	3	5	7	310	21	71	3
Lemon Pepper Zucchini, Share Size	747	304	34	6	0	25	4268	97	6	9	14	619	42	140	6
Loaded Potato Skins, Snack Size	528	305	34	18	0	108	971	32	2	2	23	787	35	365	2
Loaded Potato Skins, Share Size	825	454	50	30	0	180	1581	54	4	4	37	1379	58	616	3
Mozzarella Sticks, Share Size	1010	520	60	30	0	180	3590	70	0	10	50	2120	10	1400	0
Mozzarella Sticks, Snack Size	665	343	38	21	0	119	2363	49	1	4	32	1364	6	933	2
Parmesan Garlic Onion Rings, Share Size	931	210	23	5	0	20	2024	160	5	31	18	78	1	217	3
Parmesan Garlic Onion Rings, Snack Size	438	102	11	2	0	10	954	74	2	15	8	39	0	103	1
Pork Belly Brussels Sprouts	534	315	35	9	0	37	1455	43	11	15	14	2318	247	173	5
Pork Sliders	668	153	17	4	0	58	2851	95	3	39	33	1175	15	106	4
Pub Pretzel, Snack Size	479	109	12	7	0	30	3158	81	3	13	12	400	0	20	4
Pub Pretzel, Snack Size, with Cheese Sauce	655	244	27	16	0	83	3651	84	3	14	17	893	0	175	4
Pub Pretzel, Snack Size, with Jalapeño Cream Cheese	594	207	23	14	0	63	3686	82	3	13	14	859	1	55	4
Pub Pretzel, Snack Size, with Sriracha Cheese Sauce	619	210	23	14	0	70	3718	85	3	14	16	786	0	137	4
Pub Pretzels, Share Size	957	217	24	14	0	60	6317	162	6	26	23	800	0	40	8
Pub Pretzels, Share Size, with Cheese Sauce	1133	353	39	23	0	113	6810	165	6	27	29	1293	0	195	8
Pub Pretzels, Share Size, with Jalapeño Cream Cheese	1072	316	35	21	0	93	6845	163	6	26	26	1259	1	75	9
Pub Pretzels, Share Size, with Sriracha Cheese Sauce	1097	319	35	21	0	100	6876	166	6	27	28	1186	0	157	8
Spinach Artichoke Dip, Share Size	1737	572	64	30	0	151	3112	233	17	4	57	7878	17	1034	34
Spinach Artichoke Dip, Snack Size	962	386	43	19	0	81	1795	115	6	3	34	4160	9	709	18

HOUSE-MADE 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)
Creamy Chicken Tortilla Soup, Bowl	170	50	10	0	0	20	1950	20	0	0	10	1270	20	160	0
Creamy Chicken Tortilla Soup, Cup	110	30	0	0	0	10	1300	10	0	0	10	850	10	100	0
New England Clam Chowder, Bowl	530	380	40	30	0	170	1260	20	0	0	10	1610	0	90	0
New England Clam Chowder, Cup	360	260	30	20	0	120	840	20	0	0	0	1080	0	60	0
Potato Cheddar Soup, Bowl	620	440	50	30	0	180	1080	30	0	0	10	5600	10	310	0
Potato Cheddar Soup, Cup	410	290	30	20	0	120	730	20	0	0	10	3930	10	210	0

GARDEN FRESH 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)
BBQ Chicken Salad	719	374	42	7	0	93	1395	52	6	28	32	6722	60	185	3
Caesar Salad	540	430	50	10	0	30	1080	20	0	0	10	10220	40	250	0
Caesar Salad, Grilled Shrimp	900	650	70	10	0	290	1760	20	0	0	40	10760	50	310	10
Caesar Salad, Grilled Chicken	750	540	60	10	0	110	1350	20	0	0	30	10200	50	230	0
Caesar Salad, Tri Tip	860	634	70	16	0	158	1668	17	4	2	37	10166	45	244	4
California Citrus Salad with Chicken	1276	674	75	17	0	100	1458	95	13	71	42	8629	45	317	3
Asian Grilled Chicken Salad	586	228	25	3	0	62	1946	48	5	32	34	11016	68	145	5
Chopped Cobb Salad with Chicken	1120	780	90	30	0	500	2260	20	10	10	60	9460	40	450	0
House Salad, No Dressing	210	130	10	10	0	50	330	10	0	10	10	7200	20	260	0
Vegetarian BBQ Salad	490	300	30	10	0	30	880	40	0	20	10	7460	50	170	0
Vegetarian California Citrus Salad	1025	555	62	15	0	38	1077	89	13	66	17	8590	43	302	2
Vegetarian Chopped Cobb Salad	770	530	60	20	0	260	1250	30	10	10	30	9240	30	450	0
Vegetarian Chinese Salad	360	140	20	0	0	0	1010	50	10	30	0	11850	60	120	0
Wedge Salad	800	670	70	20	0	80	1580	20	0	10	10	1210	10	230	0

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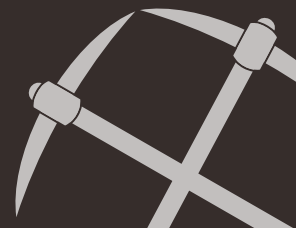
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PRODUCE BAR	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Produce Bar, Bacon Bits (1 serving)	30	20	0	0	0	10	110	0	0	0	0	0	0	0	0
Produce Bar, Cinnamon Crisps (1 serving)	60	20	0	0	0	0	110	10	0	0	0	0	0	30	0
Produce Bar, Club Crackers (1 serving)	30	10	0	0	0	0	80	0	0	0	0	0	0	0	0
Produce Bar, Corn Bread Croutons (1 serving)	60	30	0	0	0	10	90	10	0	0	0	100	0	10	0
Produce Bar, Cracked Black Pepper (1 T)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Produce Bar, Herb Croutons (1 serving)	40	30	0	0	0	0	100	0	0	0	0	110	0	10	0
Produce Bar, Peanuts (1 serving)	70	50	10	0	0	0	0	0	0	0	0	0	0	10	0
Produce Bar, Raisins (1 serving)	40	0	0	0	0	0	0	10	0	10	0	0	0	10	0
Produce Bar, Rye Crackers (1 serving)	30	10	0	0	0	0	40	0	0	0	0	0	0	0	0
Produce Bar, Sunflower Seeds (1 serving)	30	20	0	0	0	0	0	0	0	0	0	0	0	0	0
Produce Bar, Diced Pineapple (2 fluid ounces)	30	0	0	0	0	0	0	10	0	10	0	40	20	10	0
Produce Bar, Fruit Salad (2 fluid ounces)	30	0	0	0	0	0	10	10	0	10	0	530	10	0	0
Produce Bar, Granola (2 fluid ounces)	70	10	0	0	0	0	40	10	0	10	0	210	0	10	0
Produce Bar, Low Fat Vanilla Yogurt (2 fluid ounces)	50	10	0	0	0	0	30	10	0	10	0	20	0	80	0
Produce Bar, Sliced Peaches (2 fluid ounces)	40	0	0	0	0	0	0	10	0	10	0	120	0	0	0
Produce Bar, Watermelon (2 fluid ounces)	10	0	0	0	0	0	0	0	0	0	0	240	0	0	0
Produce Bar, Fresh Spinach (1 ounce)	10	0	0	0	0	0	20	0	0	0	0	2660	10	30	0
Produce Bar, Salad Mix (1 ounce)	10	0	0	0	0	0	0	0	0	0	0	1320	0	10	0
Produce Bar, Romaine Lettuce (1 ounce)	10	0	0	0	0	0	0	0	0	0	0	1640	10	10	0
Produce Bar, Ambrosia Salad (2 fluid ounces)	40	20	0	0	0	0	0	0	0	0	0	50	0	0	0
Produce Bar, Black Bean and Corn Salad (2 fluid ounces)	40	0	0	0	0	0	150	10	0	0	0	190	10	20	0
Produce Bar, Broccoli Salad (2 fluid ounces)	110	70	10	0	0	10	120	10	0	10	0	550	20	10	0
Produce Bar, Corn and Cucumber Salad (2 fluid ounces)	30	0	0	0	0	0	240	10	0	0	0	280	20	10	0
Produce Bar, Cottage Cheese (2 fluid ounces)	80	30	0	0	0	10	260	0	0	0	10	130	0	70	0
Produce Bar, Cucumber Onion and Tomato Vinaigrette (2 fluid ounces)	20	0	0	0	0	0	50	0	0	0	0	210	0	10	0
Produce Bar, Garbanzo Bean Salad (2 fluid ounces)	30	0	0	0	0	0	90	0	0	0	0	70	0	10	0
Produce Bar, Green Bean Salad (2 fluid ounces)	20	10	0	0	0	0	40	0	0	0	0	90	0	10	0
Produce Bar, Kale and Quinoa Salad (2 fluid ounces)	90	40	0	0	0	0	220	10	0	10	0	1020	20	20	0
Produce Bar, Macaroni Parmesan Salad (2 fluid ounces)	100	50	10	0	0	10	140	10	0	0	0	90	0	30	0
Produce Bar, Marinated Mushroom Salad (2 fluid ounces)	50	30	0	0	0	0	40	0	0	0	0	20	0	10	0
Produce Bar, Potato Salad (2 fluid ounces)	150	100	10	0	0	60	270	10	0	0	0	150	10	20	0
Produce Bar, Beets (2 fluid ounces)	20	0	0	0	0	0	150	0	0	0	0	0	0	0	0
Produce Bar, Boiled Chopped Eggs (2 fluid ounces)	40	30	0	0	0	120	40	0	0	0	0	170	0	10	0
Produce Bar, Broccoli Florets (2 fluid ounces)	10	0	0	0	0	0	0	0	0	0	0	510	20	10	0
Produce Bar, Tomatoes (2 fluid ounces)	10	0	0	0	0	0	0	0	0	0	0	430	10	10	0
Produce Bar, Cucumber Slices (2 fluid ounces)	10	0	0	0	0	0	0	0	0	0	0	40	0	10	0
Produce Bar, Green Peas (2 fluid ounces)	10	0	0	0	0	0	30	0	0	0	0	50	0	0	0
Produce Bar, Mixed Cheese (2 fluid ounces)	60	50	10	0	0	20	100	0	0	0	0	230	0	130	0
Produce Bar, Mushrooms (2 fluid ounces)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Produce Bar, Pepperoncini (2 fluid ounces)	10	0	0	0	0	0	540	0	0	0	0	0	0	0	0
Produce Bar, Red Onion Strips (2 fluid ounces)	10	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Produce Bar, Shredded Carrots (2 fluid ounces)	10	0	0	0	0	0	10	0	0	0	0	2380	0	0	0
Produce Bar, Zucchini(2 fluid ounces)	0	0	0	0	0	0	0	0	0	0	0	30	0	0	0
Produce Bar, Turkey (1.5 ounces)	30	0	0	0	0	15	290	1	0	1	7	0	0	0	0

SALAD DRESSINGS	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)
Salad Dressings (1 fluid ounce), Balsamic Vinaigrette	160	140	20	0	0	0	220	0	0	0	0	30	0	0	0
Salad Dressings (1 fluid ounce), Blended Oil	250	250	30	0	0	0	0	0	0	0	0	0	0	0	0
Salad Dressings (1 fluid ounce), Bleu Cheese Dressing	130	120	10	0	0	20	180	0	0	0	0	90	0	50	0
Salad Dressings (1 fluid ounce), Caesar Dressing	170	170	20	0	0	20	320	0	0	0	0	0	0	30	0
Salad Dressings (1 fluid ounce), Citrus Dressing	130	90	10	0	0	0	130	10	0	10	0	0	0	0	0
Salad Dressings (1 fluid ounce), Honey Mustard Dressing	180	160	20	0	0	10	160	0	0	0	0	10	0	0	0
Salad Dressings (1 fluid ounce), Hot Bacon Dressing	50	20	0	0	0	0	30	10	0	0	0	40	0	0	0
Salad Dressings (1 fluid ounce), Olive Oil	250	250	30	0	0	0	0	0	0	0	0	0	0	0	0
Salad Dressings (1 fluid ounce), Ranch Dressing	120	110	10	0	0	10	160	0	0	0	0	20	0	20	0
Salad Dressings (1 fluid ounce), Thousand Island Dressing	100	80	10	0	0	10	380	0	0	0	0	80	0	0	0
Salad Dressings (1 fluid ounce) Balsamic Vinegar	30	0	0	0	0	0	0	0	0	2	0	0	0	0	2

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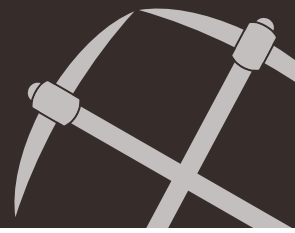
HANDBHELDS	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
American Grilled Cheese	889	488	54	27	0	97	1817	69	2	2	32	1718	0	861	4
American Grilled Cheese with Bacon	1132	604	67	31	0	190	3650	69	2	2	62	1718	0	861	5
American Grilled Cheese with Ham	1062	550	61	29	0	175	3360	69	2	2	58	1718	0	861	5
American Grilled Cheese with Tomatoes	1070	551	61	29	0	175	3361	71	3	3	59	2033	5	865	5
Western BBQ Chicken Sandwich	1133	406	45	14	0	188	2016	104	6	44	74	2913	14	607	6
Buffalo Chicken Wrap	958	547	61	22	0	148	2334	51	6	4	47	4103	33	357	3
Cali Tri Tip Sandwich	1224	613	68	19	0	198	2183	85	11	4	69	1228	19	453	7
Clubhouse Sandwich	1599	883	98	34	0	184	3576	109	5	3	67	3799	14	732	7
Clubhouse Sandwich with Avocado	1796	1032	115	37	0	184	3584	118	12	3	70	3964	25	746	8
Fish Tacos, Fried	903	322	36	6	0	97	2668	101	9	4	44	1270	34	392	15
Fish Tacos, Grilled	694	286	32	6	0	97	1280	62	6	4	42	1217	34	369	14
Original Tri Tip Dip Sandwich	990	450	50	20	0	210	1690	70	0	10	70	1040	40	430	10
Original Tri Tip Dip Sandwich, BBQ Sauce	1170	450	50	20	0	210	2860	110	0	40	70	1340	40	430	10
Original Tri Tip Dip Sandwich, Au Jus	1248	546	61	21	0	203	3962	106	5	5	69	1006	45	411	8
Sliced Avocado (2 ounces) (add)	100	70	10	0	0	0	0	0	0	0	0	80	10	10	0
Meatloaf Sandwich	1545	815	91	29	0	255	4033	128	9	52	53	1318	23	661	8

CRAFT 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 and Mac Burger	950	433	48	21	0	185	2264	89	5	11	59	622	11	304	8
Classic Cheeseburger	830	410	50	20	0	140	1940	60	0	10	50	3040	10	360	10
Classic Cheeseburger, Gluten Free	1020	450	50	20	0	140	2300	90	10	10	50	3040	10	380	10
Classic Hamburger	750	340	40	10	0	110	1820	60	0	10	40	2740	10	160	10
Classic Hamburger, Gluten Free	940	390	40	10	0	110	2180	90	10	10	50	2740	10	180	10
Farmhouse Burger	1070	530	59	20	0	383	2508	66	3	13	55	672	3	147	8
Impossible Burger	1231	556	75	24	0	64	2212	91	11	10	44	829	13	593	7
Pork Belly BBQ Burger	1450	833	94	35	0	245	3524	157	6	33	72	896	9	299	9
Widow Maker Burger	1564	801	89	26	0	177	3973	126	12	19	62	1500	19	490	8

CLASSICS	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)
After The Gold Rush	890	425	47	22	0	216	1408	47	4	7	59	1376	27	96	4
Blackened Chicken Stuffed Baked Potato	964	343	38	20	0	173	1471	97	10	9	55	9345	127	768	6
Chicken Pot Pie	2120	1240	140	30	0	260	3550	170	10	20	40	7190	40	220	10
Chicken Tender Dinner	1087	183	20	4	0	154	4414	146	7	17	76	213	13	54	8
Country Fried Steak	1177	448	50	17	0	162	4203	116	5	13	60	617	9	254	10
Fish and Chips	1116	337	37	7	0	89	5358	148	10	2	41	235	19	91	5
Drunk Chicken	1710	1090	120	60	0	440	3160	50	10	10	80	7870	40	430	0
Meatloaf and Mashed Potatoes	1180	660	73	31	0	328	3303	83	9	16	46	5153	43	153	7
Southern Fried Chicken	1130	408	45	18	0	203	3175	106	5	13	70	1033	25	283	6
Trail Boss Chicken	660	300	30	10	0	160	1450	30	0	10	60	5680	30	80	0

PASTA 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)
Black Tie Chicken Pasta	1894	877	97	48	0	345	4069	161	11	12	91	3627	31	1635	7
Shrimp Fresca Pasta	2003	1286	143	78	0	522	2674	110	5	5	65	5385	14	1088	7
Spaghetti and Meatballs	1448	733	81	25	0	163	3140	111	11	9	80	1460	21	784	12
Twisted Jambalaya	1275	531	59	14	0	248	4671	129	9	9	58	2795	97	198	11

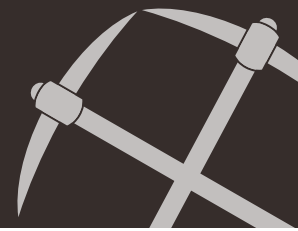
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WOOD-FIRED PIZZAS	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
BBQ Chicken Pizza, Classic (1 slice)	250	90	10	0	0	30	570	30	0	10	10	280	0	180	0
BBQ Chicken Pizza, Classic (8 slices)	1960	700	80	40	0	230	4570	230	10	50	80	2200	10	1430	10
BBQ Chicken Pizza, Classic (1 slice), Gluten Free Crust	300	100	10	0	0	30	660	40	0	10	10	280	0	190	0
BBQ Chicken Pizza, Classic (8 slices), Gluten Free Crust	2360	790	90	40	0	230	5290	300	10	60	90	2200	10	1510	10
BBQ Chicken Pizza, Mini (1 slice)	150	50	10	0	0	20	330	20	0	0	10	160	0	100	0
BBQ Chicken Pizza, Mini (6 slices)	890	320	40	20	0	110	1970	100	0	20	40	930	0	620	10
Pepperoni Pizza, Classic (1 slice)	230	100	10	0	0	30	540	20	0	0	10	240	0	210	0
Pepperoni Pizza, Classic (8 slices)	1880	800	90	40	0	220	4280	190	10	20	80	1920	10	1660	10
Pepperoni Pizza, Classic (1 slice), Gluten Free Crust	280	110	10	0	0	30	630	30	0	0	10	240	0	220	0
Pepperoni Pizza, Classic (8 slices), Gluten Free Crust	2280	890	100	40	0	220	5000	260	10	20	90	1920	10	1740	10
Pepperoni Pizza, Mini (1 slice)	160	70	10	0	0	20	370	20	0	0	10	160	0	140	0
Pepperoni Pizza, Mini (6 slices)	840	410	50	20	0	110	2200	90	0	10	40	960	10	830	10
Sausage and Pepperoni Pizza, Classic (1 slice)	250	110	10	10	0	30	570	20	0	0	10	250	0	210	0
Sausage and Pepperoni Pizza, Classic (8 slices)	2010	890	100	40	0	250	4580	190	10	20	90	1970	10	1700	10
Sausage and Pepperoni Pizza, Classic (1 slice), Gluten Free Crust	300	120	10	10	0	30	660	30	0	0	10	250	0	220	0
Sausage and Pepperoni Pizza, Classic (8 slices), Gluten Free Crust	2410	980	110	40	0	250	5300	260	10	20	100	1970	10	1780	10
Sausage and Pepperoni Pizza, Mini (1 slice)	160	70	10	0	0	20	380	20	0	0	10	160	0	140	0
Sausage and Pepperoni Pizza, Mini (6 slices)	750	440	50	20	0	130	2290	90	0	10	40	990	10	850	10
Tri Tip Pizza, Classic, Plating (8 slices)	900	549	61	30	0	271	2332	19	2	9	66	1833	16	1031	4
Tri Tip Pizza, Small, Plating (6 slices)	492	304	34	17	0	148	1289	10	1	4	36	1034	8	610	2
Cheese Pizza, Classic (1 slice)	220	90	10	0	0	20	360	20	0	0	10	250	0	130	0
Cheese Pizza, Classic (8 slices)	1560	710	80	30	0	140	2920	190	10	10	60	1990	10	1050	10
Cheese Pizza, Classic (1 slice), Gluten Free Crust	270	100	10	0	0	20	450	30	0	0	10	250	0	140	0
Cheese Pizza, Classic (8 slices), Gluten Free Crust	2160	800	90	30	0	140	3640	250	10	20	70	1990	10	1130	10
Cheese Pizza, Mini (1 slice)	140	60	10	0	0	10	240	10	0	0	10	170	0	90	0
Cheese Pizza, Mini (6 slices)	860	360	40	20	0	70	1460	90	0	10	30	990	0	530	10
Veggie Works Pizza, Classic (1 slice)	220	80	10	0	0	20	480	20	0	0	10	510	0	150	0
Veggie Works Pizza, Classic (8 slices)	1720	650	70	30	0	160	3800	200	10	20	70	4100	40	1160	10
Veggie Works Pizza, Classic (1 slice), Gluten Free Crust	270	90	10	0	0	20	570	30	0	0	10	510	0	160	0
Veggie Works Pizza, Classic (8 slices), Gluten Free Pizza Crust	2120	740	80	30	0	160	4520	260	10	30	80	4100	40	1240	10
Veggie Works Pizza, Mini (1 slice)	140	50	10	0	0	10	320	20	0	0	10	340	0	100	0
Veggie Works Pizza, Mini (6 slices)	840	320	40	20	0	80	1900	90	0	10	30	2050	20	580	10

CALZONES	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)
Specialty Calzone, No Alfredo Sauce	1570	590	70	30	0	130	2890	190	10	10	50	5750	10	730	10
Specialty Calzone, Alfredo Sauce	1790	770	90	40	0	200	3500	190	10	20	60	6220	10	980	10
Traditional Calzone with Marinara Sauce	1620	610	70	30	0	130	3130	190	10	20	60	2590	10	1010	10
Black Olives (2 tablespoon) (add)	30	22	1	0	0	0	140	2	0	0	0	0	0	0	0
Chopped Spinach (0.25 cups) (add)	2	0	0	0	0	0	5	0	0	0	0	703	2	8	0
Diced Green Bell Peppers (2 tablespoons) (add)	0	0	0	0	0	0	0	0	0	0	0	70	10	0	0
Feta Cheese Crumbles (1 ounce) (add)	80	54	6	4	0	20	320	0	0	0	5	200	0	60	0
Red Onion Strips (2 tablespoons) (add)	10	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Sautéed Mushrooms (1 tablespoon) (add)	30	24	2	0	0	0	105	2	0	0	0	96	0	6	0
Zucchini Squash (2 tablespoons) (add)	0	0	0	0	0	0	0	1	0	0	0	28	2	3	0
Chopped Bacon (0.25 cups) (add)	140	110	10	10	0	40	550	0	0	0	10	0	0	0	0
Pepperoni (1 ounces) (add)	140	120	20	0	0	40	480	0	0	0	0	0	0	0	0
Shredded Parmesan Cheese (1 ounces) (add)	140	100	20	0	0	20	540	0	0	0	20	0	0	460	0
Chopped Bacon (2 tablespoons) (add)	70	50	10	0	0	20	270	0	0	0	0	0	0	0	0
Italian Sausage (2 tablespoons) (add)	40	30	0	0	0	10	110	0	0	0	0	10	0	10	0
Diced Roma Tomatoes (1 ounce) (add)	10	0	0	0	0	0	0	0	0	0	0	240	0	0	0
Sautéed Mushrooms (2 tablespoons) (add)	30	20	0	0	0	0	100	0	0	0	0	100	0	10	0
Zucchini & Squash (2 tablespoons) (add)	0	0	0	0	0	0	0	0	0	0	0	30	0	0	0
Goat Cheese Crumbles (1.5 ounces) (add)	100	56	8	8	0	15	130	0	0	0	0	0	0	24	0

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LAND & SEA ENTRÉES	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
BBQ Baby Back Ribs, Full Rack	1192	694	77	28	0	245	2499	75	0	64	46	508	6	95	3
BBQ Baby Back Ribs, Half Rack	734	413	46	17	0	146	1652	51	0	43	27	344	4	56	2
Filet Mignon	629	403	45	17	0	132	804	11	1	1	41	504	0	60	3
New York Strip	940	610	70	30	0	200	790	10	0	0	70	4320	10	110	10
Prime Top Sirloin, 7 oz	565	339	38	14	0	107	806	11	1	1	41	504	0	60	3
Ribeye Steak, 12 oz	1016	619	69	25	0	432	773	1	0	0	90	504	0	66	6
Roasted Tri Tip Dinner	534	282	31	11	0	213	1078	2	1	0	59	13	0	53	4
Rotisserie Chicken	976	620	69	24	0	263	2003	18	0	14	62	2029	11	54	3
The Sheriff Bone-In Rib Eye, 21 oz	1547	951	106	39	0	649	922	1	0	0	136	839	0	98	9
Porterhouse Steak	1620	1174	130	49	0	389	888	1	0	0	102	504	0	39	11

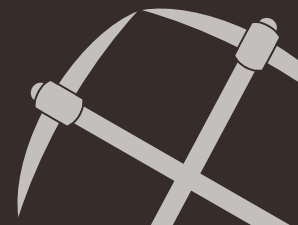
STEAK TOPPERS	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Bleu Cheese and Mushroom Sauce (2 fluid ounces)	117	90	10	6	0	37	145	2	0	1	3	344	2	51	0 Grilled
Onions	50	10	0	0	0	0	200	10	0	0	0	60	10	20	0
Oscar Topping	160	130	10	10	0	70	140	0	0	0	10	570	0	20	0
Sautéed Mushrooms	100	70	10	0	0	0	310	0	0	0	0	280	0	20	0
Sautéed Mushrooms and Onions	310	230	30	10	0	0	720	10	0	0	0	1360	10	40	0
Shrimp, Coconut	340	80	10	0	0	70	1210	50	0	10	10	120	0	40	0
Shrimp, Fried	400	40	5	0	0	150	2070	60	0	10	30	390	10	80	10
Shrimp, Grilled	200	110	10	0	0	150	390	0	0	0	20	470	0	50	0

SEAFOOD	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)
Blackened Salmon Dinner	406	232	26	5	0	117	776	3	2	0	40	675	39	41	1
Coconut Shrimp Dinner	1304	322	36	12	0	197	4900	202	12	48	44	360	17	103	10
Grilled Salmon Dinner	552	364	40	14	0	131	887	2	1	0	40	1617	17	39	1
Grilled Shrimp Dinner	549	200	22	6	0	187	1563	53	3	5	30	7419	26	183	5
Salmon Oscar Dinner	1184	743	83	35	0	217	1867	45	1	2	50	5192	14	151	4

COMBO 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)
Steak and Shrimp Combo	772	456	52	18	0	185	1319	17	1	2	55	995	10	100	4
Surf and Surf Combo	1051	464	51	12	0	313	1930	66	1	52	65	1617	27	115	4
The Tri-Tip Prospector Combo	765	368	42	9	0	239	1627	9	0	5	82	390	8	65	4
Bacon-Bacon 12 oz Ribeye Combo	1351	631	6	25	0	443	1878	81	0	74	94	526	5	76	6
Pick 2 or 3 Combo (1 serving)	60	0	0	0	0	0	390	15	0	13	0	100	1	0	0
Pick 2 or 3 Combo (1 serving) with Option Choice Andouille Sausage	480	243	27	7	0	65	1825	41	0	34	19	750	4	20	1
Pick 2 or 3 Combo (1 serving) with Option Choice Beef Ribs	1240	825	92	40	0	192	2553	64	1	53	37	629	5	33	4
Pick 2 or 3 Combo (1 serving) with Option Choice Coconut Shrimp	550	97	11	4	0	74	1995	98	3	50	15	260	8	42	3
Pick 2 or 3 Combo (1 serving) with Option Choice Grilled Chicken	529	222	25	4	0	132	1312	20	0	17	53	194	7	33	2
Pick 2 or 3 Combo (1 serving) with Option Choice Grilled Shrimp	332	171	19	6	0	157	891	17	0	14	20	1039	4	56	2
Pick 2 or 3 Combo (1 serving) with Option Choice Pork Ribs	518	281	31	12	0	99	1237	39	0	33	19	263	3	38	1
Pick 2 or 3 Combo (1 serving) with Option Choice Roasted Tri Tip	327	141	16	5	0	107	929	16	0	13	29	106	1	26	2
Pick 2 or 3 Combo (1 serving) with Option Choice Rotisserie Chicken	976	620	69	24	0	263	2003	18	0	14	62	2029	11	54	3

SINGLE AND SHARE 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)
BBQ Baked Beans	203	71	8	2	0	11	612	29	2	20	4	165	8	22	1
BBQ Baked Beans for Sharing	406	143	16	5	0	23	1225	58	5	40	9	329	16	43	2
Baked Potato	370	3	0	0	0	0	23	82	6	3	10	4	89	60	4
Baked Potato with Butter	635	241	27	13	0	19	269	82	6	3	10	1894	89	60	4
Baked Potato with Butter and Sour Cream	538	149	17	9	0	21	155	83	6	3	10	1069	89	72	4
Baked Potato with Butter, Sour Cream and Chives	538	149	17	9	0	21	155	83	6	3	10	1072	89	72	4
Baked Potato with Sour Cream	442	57	6	4	0	24	41	83	6	4	11	244	89	84	4
Brussels Sprouts	188	125	14	4	0	11	459	11	4	3	4	1207	97	49	2
Brussels Sprouts for Sharing	377	250	28	8	0	23	917	21	8	6	8	2414	194	99	3
Charbroiled Asparagus	237	172	19	9	0	14	595	7	4	3	4	2744	10	48	4
Chili French Fries	579	318	35	18	0	92	1960	44	5	3	18	1202	15	331	2

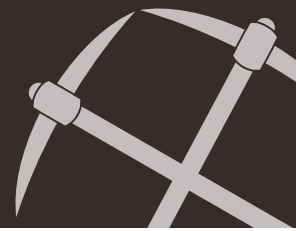
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SINGLE AND SHARE SIDES CONT.	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Chili French Fries for Sharing	844	458	51	25	0	128	2907	65	7	3	28	1774	23	554	3
Cream Corn	165	68	8	4	0	30	299	19	1	7	4	232	2	68	0
Cream Corn for Sharing	330	135	15	9	0	60	598	38	1	14	8	465	5	136	0
Crispy Brussels Sprouts	144	60	7	3	0	11	238	16	4	4	5	1052	98	72	2
Crispy Brussels Sprouts for Sharing	827	623	69	21	0	86	971	36	9	7	14	2098	199	159	4
French Fries	252	88	10	2	0	0	1272	37	4	0	4	4	8	1	1
French Fries for Sharing	381	135	15	3	0	0	1908	55	5	0	5	5	12	2	2
Fruit Salad	67	2	0	0	0	0	20	15	1	14	1	1209	30	11	0
Green Beans	68	42	5	1	0	0	47	5	2	1	1	522	12	28	1
Green Beans for Sharing	137	84	9	1	0	0	95	11	5	2	3	1044	24	56	2
Loaded Baked Potato	766	323	36	20	0	90	706	84	6	4	22	1701	90	364	4
Loaded French Fries	551	316	35	18	0	92	1841	39	4	2	16	876	9	318	1
Loaded French Fries for Sharing	819	469	52	26	0	134	2782	58	5	2	27	1260	14	533	2
Loaded Mashed Potatoes	667	462	51	30	0	135	881	30	3	4	16	2273	18	333	1
Loaded Mashed Potatoes for Sharing	897	615	68	40	0	192	1252	39	3	5	26	2848	25	557	1
Macaroni and Cheese	458	226	25	14	0	80	741	40	2	2	14	739	0	232	2
Macaroni and Cheese for Sharing	916	452	50	28	0	160	1483	81	4	4	29	1479	0	464	3
Mashed Potatoes	271	142	16	10	0	45	198	28	3	2	4	576	18	28	1
Mashed Potatoes with Country Gravy	308	160	18	11	0	50	363	31	3	4	5	631	18	70	1
Mashed Potatoes with Herb Peppercorn Demi Glaze	291	145	16	10	0	45	308	30	3	3	4	713	18	32	1
Mashed Potatoes for Sharing	361	188	21	13	0	60	263	37	3	3	5	766	24	38	1
Mashed Potatoes for Sharing with Country Gravy	397	207	23	14	0	65	429	40	3	5	6	821	24	80	1
Mashed Potatoes for Sharing with Herb Peppercorn Demi	380	192	21	13	0	60	373	39	4	4	5	903	24	41	1
Onion Rings	438	102	11	2	0	10	954	74	2	15	8	39	0	103	1
Rice Pilaf	239	42	5	2	0	3	1056	42	0	1	5	1517	2	84	2
Rice Pilaf for Sharing	317	56	6	2	0	5	1404	56	1	1	6	2017	3	112	2
Roasted Veggies	55	28	3	0	0	0	196	6	2	2	1	3915	8	21	0
Roasted Veggies for Sharing	136	66	7	1	0	0	405	15	4	6	2	10400	22	56	1
Side Caesar Salad	220	170	20	0	0	10	430	10	0	0	0	5100	20	90	0
Side California Citrus Salad	440	258	29	8	0	25	530	35	6	26	9	4353	20	194	1
Side House Salad, No Dressing	100	51	6	2	0	15	130	9	2	4	3	4250	13	100	1
Side Wedge Salad	420	350	40	10	0	50	860	10	0	10	10	720	10	110	0
Thai Slaw	106	44	5	1	0	0	152	13	2	8	2	1617	13	36	0

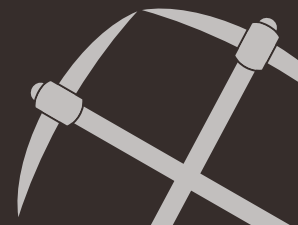
DESSERTS	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Berry Butter Cake (1 serving)	1252	596	66	40	0	296	793	147	2	109	14	2107	47	170	3
Brownie (1 serving)	1196	426	47	20	3	45	718	180	2	131	6	163	0	33	7
Brownie (1 serving) with Toasted Walnuts	1296	510	57	21	3	45	718	182	2	131	8	166	0	47	8
Brownie (1 serving) with White Chocolate Chips	1276	467	52	24	3	45	733	190	2	141	6	163	0	53	7
Brownie Finale (1 serving)	1433	536	60	28	3	88	779	208	2	156	9	686	0	137	7
Brownie Finale (1 serving) with Toasted Walnuts	1532	619	69	29	3	88	779	210	2	156	12	689	0	151	8
Brownie Finale (1 serving) with White Chocolate Chips	1513	577	64	32	3	88	794	218	2	166	9	686	0	157	7
Butter Pecan Cake (1 serving)	1533	720	80	46	0	330	1453	179	1	142	15	2347	0	155	2
Carrot Cake (1 serving)	1910	1094	122	39	0	275	1047	185	6	145	18	10969	21	93	4
Chocolate Chip Cookie (1 serving)	887	312	35	18	0	68	669	135	5	85	10	759	0	73	3
Chocolate Chip Cookie (1 serving) with Vanilla Ice Cream	1114	422	47	26	0	111	730	161	5	107	14	1282	0	178	3
Chocolate Motherlode Cake (1 serving)	3416	1421	158	71	1	313	2637	459	16	329	37	780	1	785	22
Chocolate Shake (1 shake)	860	369	41	27	0	137	250	109	0	93	14	1589	1	438	0
Cookie Finale (1 serving)	2485	1146	127	83	0	355	1225	306	7	216	18	2960	0	218	6
Cream Cheese Pie (1 serving)	1177	696	77	46	0	277	633	97	1	74	17	2715	1	70	2
Raspberry Cream Cheese Pie (1 serving)	1570	877	97	63	0	296	706	147	2	123	18	2890	4	177	2
Rootbeer Float (1 serving)	614	220	24	16	0	87	177	95	0	88	7	1047	0	209	0
Strawberry Cream Cheese Pie (1 serving)	1225	698	78	46	0	277	634	108	2	83	17	2724	45	83	2
Strawberry Shake (1 shake)	829	369	41	27	0	137	233	102	2	90	14	1589	27	449	0
Vanilla Shake (1 shake)	750	369	41	27	0	137	233	82	0	72	14	1589	1	438	0

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LUNCH	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)
Lunch All American Grilled Cheese Sandwich	1270	700	80	30	0	110	3470	110	0	0	40	2390	10	1010	0
Lunch BBQ Baby Back Pork Ribs, Half Rack	1740	1079	120	48	0	375	2630	93	3	57	66	1104	25	157	5
Lunch Chicken Tenderloin	810	250	30	10	0	120	3100	80	0	10	50	270	20	30	0
Lunch Chicken Club Wrap	1430	890	100	20	0	160	4690	90	10	0	50	4330	50	380	0
Lunch Shrimp, Coconut	930	220	20	10	0	150	2880	140	10	50	30	1980	20	110	10
Lunch Fish Tacos	1180	499	56	11	0	170	3410	134	11	4	38	1337	44	445	7
Lunch Fish Tacos	960	472	53	11	0	100	2830	90	10	4	36	1386	44	399	15
Lunch Shrimp, Grilled	540	190	20	10	0	180	1550	50	0	0	30	7400	30	180	10
Lunch Original Tri Tip Dip	1330	630	70	20	0	210	3400	110	0	10	70	1050	50	430	10
Lunch Original Tri Tip Dip, Au Jus	1340	630	70	20	0	210	3940	110	0	10	70	1050	50	430	10
Lunch Original Tri Tip Dip, BBQ Sauce	1510	630	70	20	0	210	4570	150	0	40	70	1350	50	430	10
Lunch Roasted Tri Tip	580	290	30	10	0	160	990	30	0	0	40	4540	20	80	0
Lunch Roasted Tri Tip and Coconut Shrimp	760	240	30	10	0	180	2090	80	10	30	50	4270	10	90	10
Lunch Roasted Tri Tip and Fried Shrimp	660	190	20	10	0	230	2440	60	0	10	50	4490	20	120	10
Lunch Roasted Tri Tip and Grilled Shrimp	630	350	40	10	0	260	1380	10	0	0	50	4770	20	120	10
Lunch Rotisserie Chicken	1230	760	80	30	0	290	2220	50	0	20	70	2210	30	80	0
Salmon Caesar Salad	1000	740	80	20	0	170	1670	20	0	0	50	10620	50	240	0
Lunch Shrimp Fresca Pasta	1940	1250	140	80	0	490	2550	110	10	0	60	5360	10	1040	10
Simply Grilled Chicken Breast	660	300	30	10	0	160	1450	30	0	10	60	5680	30	80	0
Lunch Widow Maker Burger	1210	660	70	20	0	160	2390	80	10	20	60	3170	20	380	10
LUNCH COMBOS:															
Cup Creamy Chicken Tortilla Soup	110	30	0	0	0	10	1300	10	0	0	10	850	10	100	0
Cup New England Clam Chowder	360	260	30	20	0	120	840	20	0	0	0	1080	0	60	0
Cup Potato Cheddar Soup	410	290	30	20	0	120	730	20	0	0	10	3930	10	210	0
Small Caesar Salad	220	170	20	0	0	10	430	10	0	0	0	5100	20	90	0
Small Green Salad, no dressing	100	50	10	0	0	10	130	10	0	0	0	4250	10	100	0
Lunch 1/2 Cashew Chicken Salad Sandwich	1030	590	70	10	0	60	2370	90	0	10	20	1360	20	40	0
Lunch 1/2 Clubhouse Sandwich	960	450	30	10	0	80	3270	90	0	0	30	1340	20	250	0
Lunch 1/2 BBQ Chicken Sandwich	970	430	50	10	0	90	3010	100	0	20	40	630	20	190	0
Lunch Calamari	360	90	10	0	0	190	1440	40	0	10	20	460	10	60	0
Lunch Loaded Skins	340	189	23	11	0	75	615	23	0	0	17	680	23	286	0
Lunch Sliders	800	358	41	10	0	65	2500	74	4	4	34	210	10	5	6
Lunch Sliders with Cheese	870	422	48	14	0	90	2620	74	4	4	39	514	10	207	6
Baked Potato	600	150	20	10	0	50	40	100	10	0	10	610	110	80	0
Baked Potato	440	0	0	0	0	0	30	100	10	0	10	10	110	70	0
Butter	120	120	10	10	0	40	0	0	0	0	0	490	0	0	0
Chives	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Sour Cream	40	30	0	0	0	10	10	0	0	0	0	120	0	10	0
Three Cheese Pizza, Mini	840	330	40	20	0	90	1840	90	0	10	40	920	0	830	10
BBQ Chicken Pizza, Mini	890	320	40	20	0	110	1970	100	0	20	40	930	0	620	10
Creamy Chicken Tortilla Soup, Bowl	170	50	10	0	0	20	1950	20	0	0	10	1270	20	160	0
New England Clam Chowder, Bowl	530	380	40	30	0	170	1260	20	0	0	10	1610	0	90	0
Potato Cheddar Soup, Bowl	620	440	50	30	0	180	1080	30	0	0	10	5600	10	310	0
Sliced Avocado (2 ounces) (add)	100	70	10	0	0	0	0	0	0	0	0	80	10	10	0

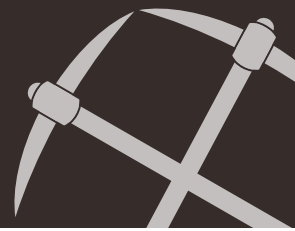
CLAIM JUMPER® NUTRITION GUIDE



NON-ALCOHOLIC 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)
Juice, Apple	300	0	0	0	0	0	60	80	0	70	0	0	150	0	0
Arnold Palmer	80	0	0	0	0	0	20	20	0	20	0	0	10	10	0
Barqs Root Beer	180	0	0	0	0	0	40	50	0	50	0	0	0	0	0
Chocolate Shake	850	360	40	30	0	140	250	110	0	90	10	1590	0	440	0
Coffee	0	0	0	0	0	0	10	0	0	0	0	0	0	10	0
Coke	160	0	0	0	0	0	10	40	0	40	0	0	0	0	0
Juice, Cranberry	330	0	0	0	0	0	90	80	0	80	0	0	150	0	0
Diet Coke	0	0	0	0	0	0	20	0	0	0	0	0	0	0	0
Diet Sprite	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0
Hot Tea	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0
IBC Root Beer	160	0	0	0	0	0	60	40	0	40	0	0	0	0	0
Iced Tea	0	0	0	0	0	0	20	0	0	0	0	0	0	0	0
Lemonade	160	0	0	0	0	0	20	40	0	40	0	10	20	10	0
Milk	400	180	20	10	0	90	310	30	0	30	20	750	10	750	0
Juice, Orange	280	10	0	0	0	0	80	60	0	60	10	500	240	50	0
Orange Soda	170	0	0	0	0	0	0	50	0	50	0	0	0	0	0
Pibb Xtra	160	0	0	0	0	0	20	40	0	40	0	0	0	0	0
Red Bull	110	0	0	0	0	0	100	30	0	30	0	0	0	0	0
Red Bull, Sugar Free	10	0	0	0	0	0	100	0	0	0	0	0	0	0	0
Red Bull, Orange Edition	110	0	0	0	0	0	70	28	0	27	0	0	0	0	0
Root Beer Float	610	220	20	20	0	90	180	100	0	90	10	1050	0	210	0
Sprite	160	0	0	0	0	0	40	40	0	40	0	0	0	0	0
Shake, Strawberry	820	360	40	30	0	140	230	100	0	90	10	1590	30	450	0
Shake, Vanilla	740	360	40	30	0	140	230	80	0	70	10	1590	0	440	0
Kids Apple Juice	180	0	0	0	0	0	40	50	0	40	0	0	90	0	0
Kids Coke	90	0	0	0	0	0	10	20	0	20	0	0	0	0	0
Kids Cranberry Juice	130	0	0	0	0	0	40	30	0	30	0	0	60	0	0
Kids Diet Coke	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0
Kids Diet Sprite	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0
Kids Lemonade	90	0	0	0	0	0	10	20	0	20	0	10	10	10	0
Kids Milk	210	70	10	0	0	40	230	20	0	20	20	750	0	530	0
Kids Orange Juice	170	10	0	0	0	0	50	40	0	40	0	300	140	30	0
Kids Orange Soda	100	0	0	0	0	0	0	30	0	30	0	0	0	0	0
Kids Pibb	90	0	0	0	0	0	10	20	0	20	0	0	0	0	0
Kids Pineapple Juice	210	0	0	0	0	0	0	50	0	50	0	750	110	60	0
Kids Root Beer (1 serving)	100	0	0	0	0	0	20	30	0	30	0	0	0	0	0
Kids Sprite (1 serving)	90	0	0	0	0	0	20	20	0	20	0	0	0	0	0
Kids Strawberry Lemonade (1 serving)	90	0	0	0	0	0	30	20	0	20	0	0	10	0	0

KID'S MENU	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, BBQ Chicken Breast, Fries	550	160	20	0	0	130	1580	40	0	20	50	200	10	30	0
Kids, Build Your Own Pizza (1 slice) with Marinara Sauce	90	10	0	0	0	0	170	20	0	0	0	20	0	10	0
Kids, Build Your Own Pizza (1 slice) with Mozzarella Cheese	130	40	0	0	0	10	280	20	0	0	10	120	0	100	0
Kids, Build Your Own Pizza (1 slice) with BBQ Chicken	90	10	0	0	0	0	160	20	0	0	0	0	0	10	0
Kids, Build Your Own Pizza (1 slice) with Italian Sausage	100	10	0	0	0	0	170	20	0	0	0	0	0	10	0
Kids, Build Your Own Pizza (1 slice) with Pepperoni	100	20	0	0	0	0	190	20	0	0	0	0	0	0	0
Kids, Build Your Own Pizza (1 slice) with Onions	90	7	1	0	0	0	153	18	1	1	3	0	0	5	1
Kids, Build Your Own Pizza (1 slice) with Black Olives	120	37	4	2	0	5	240	15	1	1	5	122	1	90	1
Kids, Chicken Nuggets, Fries	470	240	30	10	0	50	1510	40	0	0	20	50	10	40	0
Kids, Fish and Chips, Fries	530	290	30	10	0	90	1710	40	0	0	20	140	10	70	0
Kids, Grilled Cheese, Fries	880	440	50	20	0	40	2450	90	0	0	20	1460	10	400	0
Kids, Macaroni and Cheese, Fries	510	260	30	10	0	50	1270	50	0	0	10	550	10	120	0
Kids, Mini Corn Dogs, Fries	610	320	40	10	0	40	2180	60	0	20	10	190	10	170	0
Kids, Pasta Your Way with Alfredo Sauce, Fries	480	240	30	10	0	50	1320	50	0	0	10	310	10	220	0
Kids, Pasta Your Way with Butter, Fries	730	520	60	30	0	120	920	50	0	0	10	1600	10	60	0
Kids, Pasta Your Way with Marinara Sauce, Fries	520	220	20	10	0	0	1900	70	10	0	10	290	20	10	0

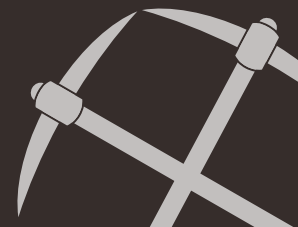
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KID'S MENU, CONT.	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Kids, BBQ Baby Back Pork, Fries	840	560	60	20	0	170	1680	40	0	10	30	120	10	60	0
Kids, Two Mini Burgers, Fries	650	300	30	10	0	80	1700	50	0	0	30	350	10	100	0
Kids, Two Mini Burgers with Cheese, Fries	730	360	40	10	0	90	2060	60	0	10	40	570	10	220	0
Kids Eggs and Bacon (1 serving)	250	150	20	10	0	10	540	20	0	0	0	640	10	10	0
Kids Eggs and Bacon (1 serving) with Egg, Fresh Any Style	330	210	20	10	0	220	620	20	0	0	10	930	10	30	0
Kids Eggs and Bacon (1 serving) with Egg, Scrambled Whites	280	160	20	10	0	10	640	20	0	0	10	670	10	10	0
Kids Eggs and Bacon (1 serving) with Egg, Scrambled	330	210	20	10	0	220	790	20	0	0	10	880	10	40	0
Kids Eggs and Bacon (1 serving) with Toast, Rye	450	170	20	10	0	10	860	50	0	0	20	640	10	90	0
Kids Eggs and Bacon (1 serving) with Toast, Sourdough	410	160	20	10	0	10	810	50	0	0	10	640	10	50	0
Kids Eggs and Bacon (1 serving) with Toast, English Muffin	370	160	20	10	0	10	740	40	0	0	10	640	10	90	0
Kids Eggs and Bacon (1 serving) with Toast, Wheat	550	170	20	10	0	10	1080	80	10	10	20	640	10	130	0
Kids Eggs and Bacon (1 serving) with Toast, White	430	170	20	10	0	10	880	50	0	0	10	640	10	110	0
Kids Eggs and Bacon (1 serving) with Toast, Butter	330	240	30	10	0	10	630	20	0	0	0	1050	10	10	0
Kids Pancakes	820	450	50	20	0	60	1310	80	0	40	10	1890	10	120	0
Kids, Red Velvet Cupcake	560	230	30	10	0	120	600	70	0	50	10	570	0	30	0
Kids, Sundae	340	177	20	15	0	45	65	37	0	32	4	524	0	106	0
Kids, Sundae with Caramel Sauce	570	240	27	19	0	45	160	79	1	67	5	543	0	122	1
Kids, Sundae with Chocolate	480	224	25	18	0	45	80	59	1	50	4	524	0	109	1

KID'S 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, Apples and Caramel	140	20	0	0	0	0	80	30	0	20	0	60	0	20	0
Kids, Applesauce	60	0	0	0	0	0	10	20	0	10	0	0	0	0	0
Kids, French Fries	170	90	10	0	0	0	850	20	0	0	0	10	10	0	0
Kids, Frozen Grapes	90	0	0	0	0	0	0	20	0	20	0	80	10	10	0
Kids, Macaroni and Cheese	340	170	20	10	0	50	420	30	0	0	10	540	0	120	0
Kids, Mashed Potatoes	140	70	10	5	0	20	10	15	0	0	0	290	10	15	0
Kids, Roasted Vegetables	40	10	0	0	0	0	20	10	0	0	0	3860	10	20	0
Kids, Fresh Fruit	70	0	0	0	0	0	20	20	0	10	0	1210	30	10	0
Kids, Onion Rings	130	20	0	0	0	0	400	20	0	0	0	20	0	10	0
Kids, Mandarin Oranges	70	0	0	0	0	0	10	16	1	13	1	82	20	16	1

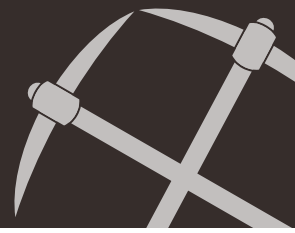
BREAKFAST	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
American Breakfast (1 serving)	320	190	20	10	0	0	590	30	0	0	0	1070	20	20	0
American Breakfast (1 serving) with Toast, Rye	520	210	20	10	0	0	910	60	0	0	10	1070	20	100	0
American Breakfast (1 serving) with Toast, Sourdough	480	200	20	10	0	0	860	60	0	0	10	1070	20	60	0
American Breakfast (1 serving) with Toast, English Muffin	440	200	20	10	0	0	790	50	0	0	10	1070	20	100	0
American Breakfast (1 serving) with Toast, Wheat	620	210	20	10	0	0	1130	90	10	10	10	1070	20	140	0
American Breakfast (1 serving) with Toast, White	500	210	20	10	0	0	930	60	0	0	10	1070	20	120	0
American Breakfast (1 serving) with Toast, Butter	400	270	30	10	0	0	680	30	0	0	0	1480	20	20	0
American Breakfast (1 serving) with Egg, Fresh Any Style	480	300	30	10	0	420	750	30	0	0	20	1630	20	70	0
American Breakfast (1 serving) with Egg, Scrambled Whites	420	210	20	10	0	0	910	30	0	0	20	1140	20	20	0
American Breakfast (1 serving) with Egg, Scrambled	560	350	40	10	0	650	1350	30	0	0	20	1780	20	100	0
American Breakfast (1 serving) with Bacon	390	250	30	10	0	20	880	30	0	0	10	1070	20	20	0
American Breakfast (1 serving) with Ham Steak	450	240	30	10	0	60	1780	30	0	0	20	1070	20	20	0
American Breakfast (1 serving) with Pork Sausage Links	640	440	50	20	0	70	1210	30	0	0	20	1070	20	20	0
Belgian Waffle with Berries (1 serving)	670	290	30	20	0	180	450	80	10	40	10	1100	80	140	0
Belgian Waffle with Butter (1 serving)	440	180	20	10	0	90	540	60	0	30	0	800	0	120	0
Biscuits and Gravy (1 serving)	1020	460	50	30	0	30	2740	120	0	10	20	510	10	370	10
Blueberry Muffin	400	100	11	0	0	20	370	73	11	39	5	147	0	56	2
Breakfast Bacon Tacos (1 serving)	820	420	50	20	0	530	1920	60	0	20	40	2970	40	650	0
Breakfast Burrito (1 serving)	800	380	40	20	0	480	1730	70	0	20	30	3070	40	420	0
Breakfast Burrito (1 serving) with Bacon	870	440	50	20	0	500	2020	70	0	20	30	3070	40	420	0
Breakfast Burrito (1 serving) with Chorizo	1010	530	60	30	0	540	2200	80	0	20	40	3430	50	420	10
Breakfast Burrito (1 serving) with Pork Sausage Links	1120	640	70	30	0	550	2350	80	0	20	40	3070	40	420	10
Breakfast Croissant (1 serving)	1200	700	80	40	0	590	2490	80	0	10	50	3400	20	510	10
California Omelet (1 serving)	1150	770	90	30	0	1360	2490	40	10	0	60	5100	50	750	10



BREAKFAST, CONT.	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)
California Omelet (1 serving) with Toast, Rye	1350	790	90	30	0	1360	2810	70	10	0	70	5100	50	830	10
California Omelet (1 serving) with Toast, Sourdough	1310	780	90	30	0	1360	2760	70	10	0	60	5100	50	790	10
California Omelet (1 serving) with Toast, English Muffin	1270	780	90	30	0	1360	2690	60	10	10	60	5100	50	830	10
California Omelet (1 serving) with Toast, Wheat	1450	790	90	30	0	1360	3030	100	10	10	70	5100	50	870	10
California Omelet (1 serving) with Toast, White	1330	790	90	30	0	1360	2830	70	10	10	60	5100	50	850	10
California Omelet (1 serving) with Toast, Butter	1230	860	100	40	0	1360	2580	40	10	0	60	5510	50	750	10
Cold Cereal (1 serving)	120	50	10	0	0	30	90	10	0	10	10	230	0	230	0
Cold Cereal (1 serving) with Cheerios	190	60	10	0	0	30	180	20	0	10	10	520	10	280	0
Cold Cereal (1 serving) with Corn Flakes	200	50	10	0	0	30	260	30	0	10	10	630	10	230	10
Cold Cereal (1 serving) with Frosted Flakes	250	50	10	0	0	30	260	40	0	20	10	830	10	230	10
Cold Cereal (1 serving) with Raisin Bran	270	60	10	0	0	30	350	40	10	20	10	590	0	240	0
Cold Cereal (1 serving) with Rice Krispies	210	50	10	0	0	30	330	30	0	10	10	530	10	230	10
Country Fried Steak and Eggs (1 serving)	900	420	50	20	0	170	2730	80	0	10	40	1480	20	230	10
Country Fried Steak and Eggs (1 serving) with Toast, Rye	1100	430	50	20	0	170	3050	120	0	10	50	1480	20	310	10
Country Fried Steak and Eggs (1 serving) with Toast, Sourdough	1060	420	50	20	0	170	3000	120	10	10	40	1480	20	270	10
Country Fried Steak and Eggs (1 serving) with Toast, English Muffin	1020	430	50	20	0	170	2930	110	10	10	40	1480	20	310	10
Country Fried Steak and Eggs (1 serving) with Toast, Wheat	1200	430	50	20	0	170	3270	140	10	20	50	1480	20	350	10
Country Fried Steak and Eggs (1 serving) with Toast, White	1080	430	50	20	0	170	3070	120	0	10	40	1480	20	330	10
Country Fried Steak and Eggs (1 serving) with Toast, Butter	980	500	60	20	0	170	2820	80	0	10	40	1890	20	230	10
Country Fried Steak and Eggs (1 serving) with Egg, Freshs Any Style	1060	520	60	20	0	590	2890	80	0	10	50	2040	20	280	10
Country Fried Steak and Eggs (1 serving) with Egg, Scrambled Whites	1000	430	50	20	0	170	3050	80	0	10	60	1550	20	230	10
Country Fried Steak and Eggs (1 serving) with Egg, Scrambled	1140	580	60	20	0	820	3490	80	0	10	60	2190	20	320	10
Crab Cake Benedict (1 serving)	1530	1050	120	50	0	700	2580	80	0	10	40	4090	40	170	0
Create Your Own Omelet (1 serving)	570	360	40	20	0	650	1360	30	0	0	20	1820	20	100	0
Create Your Own Omelet (1 serving) with Toast, Rye	770	380	40	20	0	650	1680	60	0	0	30	1820	20	180	10
Create Your Own Omelet (1 serving) with Toast, Sourdough	730	360	40	20	0	650	1630	60	0	0	30	1820	20	140	10
Create Your Own Omelet (1 serving) with Toast, English Muffin	690	370	40	20	0	650	1560	60	0	0	30	1820	20	180	10
Create Your Own Omelet (1 serving) with Toast, Wheat	870	380	40	20	0	650	1900	90	10	10	30	1820	20	220	10
Create Your Own Omelet (1 serving) with Toast, White	750	380	40	20	0	650	1700	60	0	0	30	1820	20	200	10
Create Your Own Omelet (1 serving) with Toast, Butter	650	440	50	20	0	650	1450	30	0	0	20	2230	20	100	0
Create Your Own Omelet (1 serving) with American Cheese	680	440	50	20	0	670	1840	30	0	0	30	2120	20	250	0
Create Your Own Omelet (1 serving) with Avocado	620	400	40	20	0	650	1360	30	0	0	20	1860	20	100	0
Create Your Own Omelet (1 serving) with Bacon	610	390	40	20	0	660	1510	30	0	0	20	1820	20	100	0
Create Your Own Omelet (1 serving) with Broccoli	580	360	40	20	0	650	1370	30	0	0	20	2670	40	110	0
Create Your Own Omelet (1 serving) with Chorizo	640	410	50	20	0	670	1520	30	0	0	30	1940	20	100	10
Create Your Own Omelet (1 serving) with Green Peppers	580	360	40	20	0	650	1360	30	0	0	20	1920	40	100	0
Create Your Own Omelet (1 serving) with Ham	640	380	40	20	0	680	1950	30	0	0	30	1820	20	100	0
Create Your Own Omelet (1 serving) with Mixed Cheese	680	440	50	20	0	680	1530	30	0	0	30	2200	20	310	0
Create Your Own Omelet (1 serving) with Mushrooms	580	360	40	20	0	650	1360	30	0	0	20	1820	20	100	0
Create Your Own Omelet (1 serving) with Onions	580	360	40	20	0	650	1360	30	0	0	20	1820	20	110	0
Create Your Own Omelet (1 serving) with Spinach	580	360	40	20	0	650	1380	30	0	0	20	4480	20	130	0
Create Your Own Omelet (1 serving) with Swiss Cheese	680	430	50	20	0	670	1420	30	0	0	30	2120	20	350	0
Create Your Own Omelet (1 serving) with Tomatoes	580	360	40	20	0	650	1360	30	0	0	20	2050	20	100	0
Denver Omelet (1 serving)	860	550	60	30	0	740	2280	30	0	0	50	2680	30	640	0
Denver Omelet (1 serving) with Toast, Rye	1060	570	60	30	0	740	2600	70	0	0	60	2680	30	720	10
Denver Omelet (1 serving) with Toast, Sourdough	1020	560	60	30	0	740	2550	70	0	0	50	2680	30	680	10
Denver Omelet (1 serving) with Toast, English Muffin	980	560	60	30	0	740	2480	60	0	0	50	2680	30	720	10
Denver Omelet (1 serving) with Toast, Wheat	1160	570	60	30	0	740	2820	90	10	10	60	2680	30	760	10
Denver Omelet (1 serving) with Toast, White	1040	570	60	30	0	740	2620	70	0	10	50	2680	30	740	10
Denver Omelet (1 serving) with Toast, Butter	950	640	70	30	0	740	2370	30	0	0	50	3090	30	640	0
Eggs Benedict (1 serving)	790	450	50	20	0	450	1760	60	0	10	30	2330	20	200	0
French Toast Entree (1 serving)	1100	370	40	20	0	350	1260	150	0	50	30	1860	10	220	10
French Toast Entree with Berries (1 serving)	1170	370	40	20	0	350	1260	170	10	60	30	1870	80	240	10
Fruit Plate, Large (1 serving)	380	10	0	0	0	0	30	90	10	70	10	3400	230	120	0
Full House (1 serving)	800	410	50	20	0	60	1530	80	0	10	10	1840	20	130	0
Full House (1 serving) with Egg, Freshs Any Style	960	520	60	20	0	480	1690	80	0	10	20	2400	20	190	10
Full House (1 serving) with Egg, Scrambled Whites	890	430	50	20	0	60	1850	80	0	10	30	1920	20	130	0

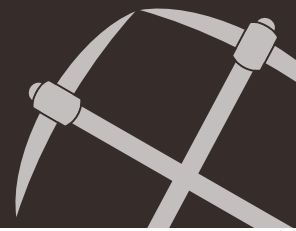
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NUTRITION GUIDE



BREAKFAST, CONT.	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)
Full House (1 serving) with Egg, Scrambled	1040	570	60	30	0	700	2290	80	0	10	30	2550	20	220	10
Full House (1 serving) with Bacon	870	470	50	20	0	70	1820	80	0	10	10	1840	20	130	0
Full House (1 serving) with Ham Steak	930	460	50	20	0	120	2720	80	0	10	30	1840	20	130	0
Full House (1 serving) with Pork Sausage Links	1120	670	70	30	0	130	2150	80	0	20	20	1840	20	130	0
Greek Yogurt (1 serving)	240	110	10	10	0	70	110	20	0	10	10	410	0	300	0
Greek Yogurt (1 serving) with Fresh Berries	290	110	10	10	0	70	110	30	0	20	10	420	40	320	0
Grits Plate (1 serving)	520	410	50	20	0	0	1500	20	0	0	0	2020	0	0	0
Grits Plate (1 serving) with Cheddar Cheese	630	500	60	30	0	30	1660	20	0	0	10	2430	0	270	0
Grits Plate (1 serving) with Chopped Bacon	800	630	70	30	0	80	2600	20	0	0	20	2020	0	0	0
Oatmeal Plate (1 serving)	380	50	10	0	0	20	130	70	0	60	10	150	0	170	0
Pancakes, Full Stack (1 serving)	1500	760	80	40	0	140	2580	160	0	60	10	3050	10	300	10
Pancakes, Short Stack (1 serving)	920	430	50	20	0	80	1530	110	0	40	10	1770	10	180	0
Ranchero Omelet (1 serving)	1110	730	80	30	0	750	2390	50	10	10	50	6020	80	560	10
Ranchero Omelet (1 serving) with Toast, Rye	1310	750	80	30	0	750	2710	80	10	10	60	6020	80	640	10
Ranchero Omelet (1 serving) with Toast, Sourdough	1270	740	80	30	0	750	2660	80	10	10	50	6020	80	600	10
Ranchero Omelet (1 serving) with Toast, English Muffin	1230	740	80	30	0	750	2590	70	10	10	50	6020	80	640	10
Ranchero Omelet (1 serving) with Toast, Wheat	1410	750	80	30	0	750	2930	110	10	10	60	6020	80	680	10
Ranchero Omelet (1 serving) with Toast, White	1290	750	80	30	0	750	2730	80	10	10	60	6020	80	660	10
Ranchero Omelet (1 serving) with Toast, Butter	1190	810	90	40	0	750	2480	50	10	10	50	6430	80	560	10
Scrambler (1 serving)	910	570	60	30	0	750	2610	40	0	10	50	2680	20	610	0
Scrambler (1 serving) with Toast, Rye	1110	590	70	30	0	750	2930	70	0	10	60	2680	20	690	10
Scrambler (1 serving) with Toast, Sourdough	1070	580	60	30	0	750	2880	70	0	10	50	2680	20	650	10
Scrambler (1 serving) with Toast, English Muffin	1030	580	60	30	0	750	2810	60	0	10	50	2680	20	690	10
Scrambler (1 serving) with Toast, Wheat	1210	590	70	30	0	750	3150	100	10	10	60	2680	20	730	10
Scrambler (1 serving) with Toast, White	1090	590	70	30	0	750	2950	70	0	10	60	2680	20	710	10
Scrambler (1 serving) with Toast, Butter	990	650	70	30	0	750	2700	40	0	10	50	3090	20	610	0
Seafood Omelet (1 serving)	1010	650	70	30	0	790	2230	40	0	10	50	3300	60	590	10
Seafood Omelet (1 serving) with Toast, Rye	1210	670	70	30	0	790	2550	70	0	10	60	3300	60	670	10
Seafood Omelet (1 serving) with Toast, Sourdough	1170	650	70	30	0	790	2510	70	0	10	60	3300	60	630	10
Seafood Omelet (1 serving) with Toast, English Muffin	1130	660	70	30	0	790	2430	60	0	10	60	3300	60	670	10
Seafood Omelet (1 serving) with Toast, Wheat	1310	670	70	30	0	790	2770	100	10	10	60	3300	60	710	10
Seafood Omelet (1 serving) with Toast, White	1190	670	70	30	0	790	2570	70	0	10	60	3300	60	690	10
Seafood Omelet (1 serving) with Toast, Butter	1090	730	80	40	0	790	2320	40	0	10	50	3710	60	590	10
Seafood Scrambler (1 serving)	850	540	60	20	0	740	2000	40	0	10	40	2810	30	210	10
Seafood Scrambler (1 serving) with Toast, Rye	1050	560	60	20	0	740	2320	70	0	10	50	2810	30	290	10
Seafood Scrambler (1 serving) with Toast, Sourdough	1010	550	60	20	0	740	2270	70	0	10	40	2810	30	250	10
Seafood Scrambler (1 serving) with Toast, English Muffin	970	550	60	20	0	740	2200	60	0	10	40	2810	30	290	10
Seafood Scrambler (1 serving) with Toast, Wheat	1150	560	60	20	0	740	2540	100	10	10	50	2810	30	330	10
Seafood Scrambler (1 serving) with Toast, White	1030	560	60	20	0	740	2340	70	0	10	50	2810	30	310	10
Seafood Scrambler (1 serving) with Toast, Butter	930	630	70	30	0	740	2090	40	0	10	40	3220	30	210	10
Side Bagel and Cream Cheese (1 serving)	430	190	20	10	0	60	590	50	0	0	10	600	10	60	0
Side Burger Patty (1 serving)	320	190	20	10	0	110	620	0	0	0	30	170	0	30	0
Side 1 Egg Any Style (1 serving)	80	50	10	0	0	210	80	0	0	0	10	280	0	30	0
Side Ham Steak (1 serving)	130	50	10	0	0	60	1190	0	0	0	20	0	0	0	0
Side of Bacon (1 serving)	70	50	10	0	0	20	290	0	0	0	0	0	0	0	0
Side of Berries (1 serving)	50	0	0	0	0	0	0	10	0	10	0	20	40	20	0
Side of Hash Browns (1 serving)	320	190	20	10	0	0	590	30	0	0	0	970	10	10	0
Side of Turkey Sausage Patties (1 serving)	380	220	20	10	0	170	1220	0	0	0	30	320	0	110	0
Side Sausage (1 serving)	320	252	28	10	0	70	620	2	0	2	16	0	0	0	0
Smoked Salmon and Bagel (1 serving)	650	260	30	10	0	140	2150	50	0	10	40	1060	20	80	0
Steak and Eggs (1 serving)	720	440	50	20	0	100	860	30	0	0	40	1120	20	60	0
Steak and Eggs (1 serving) with Toast, Rye	920	450	50	20	0	100	1180	60	0	0	50	1120	20	140	10
Steak and Eggs (1 serving) with Toast, Sourdough	880	440	50	20	0	100	1130	60	0	0	40	1120	20	100	0
Steak and Eggs (1 serving) with Toast, English Muffin	840	440	50	20	0	100	1060	50	0	0	40	1120	20	140	0
Steak and Eggs (1 serving) with Toast, Wheat	1020	450	50	20	0	100	1400	90	10	10	50	1120	20	180	10
Steak and Eggs (1 serving) with Toast, White	900	450	50	20	0	100	1200	60	0	0	50	1120	20	160	10
Steak and Eggs (1 serving) with Toast, Butter	800	520	60	20	0	100	950	30	0	0	40	1530	20	60	0

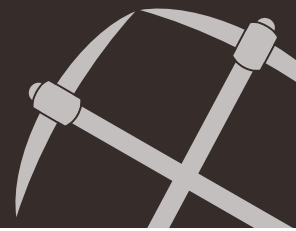
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BREAKFAST, CONT.	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Three of a Kind (1 serving)	690	320	40	20	0	60	1060	80	0	40	10	1380	10	120	0
Three of a Kind (1 serving) with Egg, Freshs Any Style	850	430	50	20	0	480	1220	80	0	40	20	1940	10	170	10
Three of a Kind (1 serving) with Egg, Scrambled Whites	780	340	40	20	0	60	1380	80	0	40	30	1460	10	120	0
Three of a Kind (1 serving) with Egg, Scrambled	930	480	50	20	0	700	1810	80	0	40	20	2090	10	210	10
Three of a Kind (1 serving) with Bacon	760	380	40	20	0	70	1350	80	0	40	10	1380	10	120	0
Three of a Kind (1 serving) with Ham Steak	820	370	40	20	0	120	2240	80	0	40	30	1380	10	120	0
Three of a Kind (1 serving) with Pork Sausage Links	1010	570	60	30	0	130	1680	80	0	40	20	1380	10	120	0
Toast (1 serving)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Toast (1 serving) with Toast, Rye	200	20	0	0	0	0	320	30	0	0	10	0	0	80	0
Toast (1 serving) with Toast, Sourdough	160	0	0	0	0	0	270	30	0	0	10	0	0	40	0
Toast (1 serving) with Toast, English Muffin	120	10	0	0	0	0	200	30	0	0	0	0	0	80	0
Toast (1 serving) with Toast, Wheat	300	20	0	0	0	0	540	60	0	10	10	0	0	120	0
Toast (1 serving) with Toast, White	180	20	0	0	0	0	340	30	0	0	10	0	0	100	0
Toast (1 serving) with Toast, Butter	80	80	10	0	0	0	90	0	0	0	0	410	0	0	0

BRUNCH	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)
Ambrosia Salad (2 ounces)	130	62	7	4	0	15	10	14	1	11	1	152	3	11	0
Bacon (1 slice)	70	54	6	2	0	10	230	0	0	0	3	0	0	0	0
Banana Pudding (1 portion)	170	53	6	4	0	25	270	22	0	20	3	210	1	188	0
BBQ Chicken Pizza (1 slice)	250	87	10	4	0	30	570	29	1	6	10	275	1	178	1
Black Tie Pasta (2 ounces)	110	50	6	3	0	20	210	9	0	1	6	166	2	87	0
Brownie Bites (1 portion)	180	78	9	2	0	5	100	24	0	17	2	1	0	9	1
Buttermilk Pancakes (1 pancake)	160	74	8	3	0	20	310	17	0	4	2	257	0	39	1
California Works Pizza (1 slice)	240	103	11	5	0	25	580	25	1	2	10	385	4	214	2
Casino Roast (2 ounces)	80	24	3	1	0	20	380	1	0	0	13	53	0	3	1
Cheese Enchiladas (1 enchilada)	210	102	11	6	0	35	350	18	1	1	9	517	3	284	1
Cheese Pizza (1 slice)	120	38	4	2	0	10	260	14	1	1	5	154	1	99	1
Chicken and Dumplings (1 portion)	220	121	13	8	0	30	660	19	1	1	5	888	2	47	2
Chicken Tenders (1 piece)	100	16	2	0	0	30	250	8	0	0	13	17	1	8	1
Chocolate Dipped Strawberries (1 piece)	50	32	4	1	0	0	0	5	0	4	0	1	7	2	0
Country Potatoes (2 ounces)	60	17	2	1	0	0	170	10	1	1	1	144	15	8	0
Eggs Benedict (1 portion)	230	128	14	6	0	220	540	15	1	2	12	674	3	93	2
Fajitas Bar (1 serving)	340	124	14	7	0	35	800	42	4	3	10	1128	9	265	7
Fajitas Bar (1 serving) with Grilled Chicken 2oz	560	192	21	8	0	120	1110	43	4	4	45	1183	12	284	8
Fajitas Bar (1 serving) with Roasted Tri Tip 2oz	690	312	35	14	0	175	1520	43	4	3	49	1136	9	300	9
French Toast (1 piece)	260	56	6	2	0	115	340	40	1	7	10	247	0	70	2
Jell-O (1 portion)	90	23	3	2	0	10	160	16	0	16	1	85	11	2	0
Macaroni and Cheese (2 ounces)	130	58	6	3	0	15	135	13	1	0	3	176	0	39	1
Mashed Potatoes (2 ounces)	90	47	5	3	0	15	65	9	1	1	1	192	6	9	0
Mini Biscuits (1 biscuit)	110	48	5	3	0	0	240	14	1	0	2	1	0	16	1
Mini Carrot Cupcakes (1 cupcake)	160	94	10	2	0	20	85	14	1	10	2	1072	1	9	0
Mini Double Chocolate Chip Cookies (1 cookie)	100	40	4	3	0	10	50	13	0	8	1	80	0	6	0
Mini Red Velvet Cupcakes (1 cupcake)	100	49	5	2	0	35	170	14	0	9	2	91	0	12	1
Mini Sandwich Bar (1 serving) 2oz Pork, ketchup, Mayonnaise,															
BBQ sauce, Mixed Cheese, Lettuce, tomatoes, buns	420	225	25	6	0	60	610	28	0	11	18	268	3	91	2
Omelet Station (1 serving)	80	55	6	2	0	215	250	0	0	0	6	248	0	27	1
Omelet Station (1 serving) with Bacon (1 T 40 cal)	120	83	9	3	0	225	390	0	0	0	8	248	0	27	1
Omelet Station (1 serving) with Black Olives (1 T 20 cal)	100	67	7	2	0	215	320	1	0	0	6	248	0	27	1
Omelet Station (1 serving) with Diced Tomatoes (1 T 10 cal)	90	56	6	2	0	215	250	1	0	1	6	342	1	29	1
Omelet Station (1 serving) with Ham (1 T 10 cal)	90	59	7	2	0	220	350	0	0	0	8	248	0	27	1
Omelet Station (1 serving) with Jalapenos (1 T 10 cal)	90	56	6	2	0	215	250	1	0	1	6	328	4	28	1
Omelet Station (1 serving) with Mixed Cheese (1 T 50 cal)	130	95	11	5	0	230	340	0	0	0	10	439	0	135	1
Omelet Station (1 serving) with Mushrooms (1 T 0 cal)	80	56	6	2	0	215	250	0	0	0	6	248	0	28	1
Omelet Station (1 serving) with Red and Green Bell Peppers (1 T 0 cal)	80	56	6	2	0	215	250	1	0	1	6	434	11	28	1
Omelet Station (1 serving) with Red Onions (1 T 10 cal)	90	56	6	2	0	215	250	1	0	1	6	248	1	30	1
Omelet Station (1 serving) with Spinach (1 T 0 cal)	80	56	6	2	0	215	260	0	0	0	6	424	1	29	1

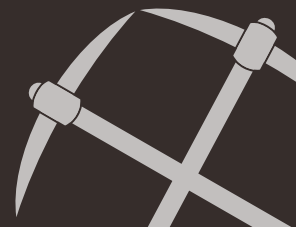
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BRUNCH, CONT.	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Parmesan Crusted Chicken (1 piece)	570	249	28	12	0	120	1330	38	1	3	41	1406	9	263	2
Pasta a la Diabolo (2 ounces)	110	65	7	2	0	15	210	8	1	1	3	144	2	44	0
Pepperoni Pizza (1 slice)	230	100	11	5	0	25	540	24	1	2	10	239	1	208	2
BBQ Pork Riblets (2.4 ounces)	50	30	3	1	0	5	90	4	0	3	0	25	0	1	0
Pork Sausage Links (1 link)	160	126	14	5	0	35	310	1	0	1	8	0	0	0	0
Refried Beans (2 ounces)	70	28	3	1	0	5	220	7	2	1	4	82	0	49	1
Rice (2 ounces)	80	14	2	1	0	0	350	14	0	0	2	536	1	28	1
Roast Turkey (2 ounces)	100	50	6	2	0	40	320	1	0	1	11	99	1	3	1
Roasted Vegetables (2 ounces)	30	9	1	0	0	0	10	4	1	1	1	2571	5	13	0
Sausage Gravy (1 fluid ounce)	50	29	3	1	0	10	170	3	0	1	2	59	0	37	0
Egg, Scrambled (2 ounces)	80	53	6	2	0	215	250	0	0	0	6	238	0	28	1
Smoked Ham (2 ounces)	70	24	3	1	0	30	650	0	0	0	10	5	0	4	0
Snickers Doodle Cookies (1 cookie)	60	23	3	1	0	5	35	9	0	5	1	114	0	2	0
Turkey and Dressing (2 ounces) 1 slice with dressing	90	45	5	2	0	20	310	5	0	1	7	212	1	6	0
Turkey Gravy (1 fluid ounce)	20	14	2	1	0	5	115	2	0	0	0	259	0	1	0
Waffles (1 waffle)	60	25	3	2	0	25	110	8	0	0	1	98	0	29	1
Syrup (1 fluid ounce)	110	0	0	0	0	0	0	27	0	27	0	0	0	0	0
Butter (0.5 ounces)	100	100	11	5	0	0	110	0	0	0	0	506	0	0	0
Strawberry Compote (1 fluid ounce)	10	1	0	0	0	0	0	2	0	1	0	2	17	5	0
Sugar Free Syrup (1 fluid ounce)	20	0	0	0	0	0	35	6	0	0	0	0	0	0	0
Whipped Cream (1 ounce)	90	62	7	6	0	0	5	7	0	7	0	0	0	1	0
Creamy Horseradish (1 fluid ounce)	40	25	3	2	0	10	90	2	0	1	1	100	1	18	0
Dried Cranberries (1 T)	30	0	0	0	0	0	0	6	0	5	0	0	0	0	0
Mandarin Orange (2 fluid ounces)	40	0	0	0	0	0	10	10	1	8	1	50	12	10	0
Au Jus (1 fluid ounce)	0	0	0	0	0	0	190	0	0	0	0	0	0	1	0

APPETIZER PLATTERS	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Buffalo Chicken Wings Platter, 4-6 (6 servings)	2370	1750	190	40	0	780	3730	20	0	10	130	21340	10	220	10
Buffalo Chicken Wings Platter, 8-10 (10 servings)	3950	2920	320	70	0	1300	6220	40	10	20	220	35560	20	370	10
Chicken Tenders Platter, 4-6 (6 servings)	2190	290	30	10	0	530	6840	230	10	80	230	900	20	140	10
Chicken Tenders Platter, 8-10 (10 servings)	3640	490	50	10	0	890	11400	380	10	140	380	1500	30	230	20
Chips and Guacamole Platter, 4-6 (6 servings)	1670	750	80	10	0	0	3750	210	40	10	30	1540	60	830	50
Chips and Guacamole Platter, 8-10 (10 servings)	2840	1370	150	20	0	0	6650	330	80	10	50	2890	110	1270	80
Chips and Salsa Platter, 4-6 (6 servings)	1660	400	40	0	0	0	7560	290	30	20	40	5030	80	1240	70
Chips and Salsa Platter, 8-10 (10 servings)	2770	660	70	10	0	0	12600	480	50	30	70	8390	140	2070	120
Coconut Shrimp Platter, 4-6 (6 servings)	2670	600	70	20	0	440	10520	420	30	120	100	11050	80	300	20
Coconut Shrimp Platter, 8-10 (10 servings)	4530	1040	120	40	0	740	17630	710	50	210	160	19760	140	540	30
Lemon Pepper Zucchini Platter 8-10	4980	1840	205	45	0	1115	21860	645	35	80	145	4600	215	1755	40
Loaded Skins Platter, 4-6 (6 servings)	1800	1080	120	70	0	400	3300	100	10	10	80	3490	110	1470	0
Loaded Skins Platter, 8-10 (10 servings)	3010	1800	200	110	0	660	5500	170	10	20	130	5820	180	2460	10
Mozzarella Sticks Platter, 4-6 (6 servings)	3130	1630	180	90	0	530	11340	230	10	20	140	7180	50	4230	10
Mozzarella Sticks Platter, 8-10 (10 servings)	5220	2720	300	160	0	890	18910	390	10	40	240	11960	80	7060	20
Three Cheese Potatocakes Platter, 4-6 (6 servings)	3320	1900	210	80	0	380	9140	270	30	30	80	24060	230	1940	10
Three Cheese Potatocakes Platter, 8-10 (10 servings)	5640	3190	350	130	0	630	15640	480	50	60	140	46340	430	3330	20
Pub Pretzel Sticks Platter, 4-6 (6 servings)	3340	1720	190	70	0	350	9100	330	10	60	60	2950	0	530	20
Pub Pretzel Sticks Platter, 8-10 (10 servings)	6040	2880	320	120	0	590	16750	650	20	110	120	4920	10	920	30
Spinach Artichoke Dip Platter, 4-6 (6 servings)	3170	1640	180	90	0	450	5880	290	40	10	100	23640	50	2650	80
Spinach Artichoke Dip Platter, 8-10 (10 servings)	4230	2180	240	120	0	600	7850	380	50	10	130	31510	70	3540	100
Vegetable Tray, 4-6 (6 servings)	1130	710	80	10	0	70	1390	80	20	40	20	62150	360	520	10
Vegetable Tray, 8-10 (10 servings)	1920	1180	130	20	0	120	2340	140	40	70	40	106130	680	900	10

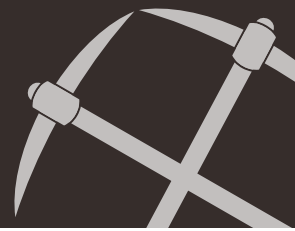
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GARDEN SALAD PLATTERS	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
BBQ Chicken Salad Platter, 4-6 (6 servings)	3380	1820	200	40	0	460	6290	220	20	120	160	37630	270	890	10
BBQ Chicken Salad Platter, 8-10 (10 servings)	5530	3000	330	60	0	750	10350	360	40	200	250	60270	440	1440	20
Caesar Salad Platter, 4-6 (6 servings)	2880	2380	260	50	0	250	5480	80	20	10	40	50790	220	1070	10
Caesar Salad Platter, 4-6 (6 servings) with Broiled Chicken	3830	2760	310	60	0	560	7160	90	20	20	160	51030	240	1150	20
Caesar Salad Platter, 8-10 (10 servings)	4750	3950	440	90	0	410	9030	130	30	20	60	81270	360	1740	20
Caesar Salad Platter, 8-10 (10 servings) with Broiled Chicken	6270	4560	510	100	0	910	11720	140	30	30	260	81650	380	1860	20
California Citrus Salad Platter, 4-6 (6 servings)	4720	2910	320	70	0	190	4670	360	70	270	80	42840	210	1600	10
California Citrus Salad Platter, 4-6 (6 servings) with Broiled Chicken	5670	3290	370	80	0	500	6350	370	70	270	210	43080	230	1680	20
California Citrus Salad Platter, 8-10 (10 servings)	7650	4730	530	120	0	300	7570	590	110	430	130	68550	340	2560	20
California Citrus Salad Platter, 8-10 (10 servings) with Broiled Chicken	9170	5340	590	130	0	800	10260	600	110	440	330	68930	360	2690	30
Chinese Salad Platter, 4-6 (6 servings)	1690	660	70	10	0	0	4680	220	30	140	20	59230	310	610	10
Chinese Salad Platter, 4-6 (6 servings) with Broiled Chicken	2640	1040	120	10	0	310	6360	230	30	140	150	59470	330	690	10
Chinese Salad Platter, 8-10 (10 servings)	2780	1090	120	10	0	0	7740	360	40	230	40	94770	500	980	10
Chinese Salad Platter, 8-10 (10 servings) with Broiled Chicken	4300	1700	190	20	0	500	10430	380	40	230	240	95150	520	1100	20
House Salad Platter, 4-6 (6 servings)	1070	630	70	30	0	260	1640	70	20	30	50	36020	100	1280	10
House Salad Platter, 4-6 (6 servings) with Balsamic Vinaigrette	2970	2310	260	60	0	260	4330	120	20	80	50	36420	110	1320	10
House Salad Platter, 4-6 (6 servings) with Balsamic Vinegar	1360	630	70	30	0	260	1640	140	20	110	50	36020	100	1280	10
House Salad Platter, 4-6 (6 servings) with Blended Oil	4100	3650	410	50	0	260	1640	70	20	30	50	36020	100	1280	10
House Salad Platter, 4-6 (6 servings) with Bleu Cheese Dressing	2640	2060	230	70	0	460	3830	80	20	40	70	37060	100	1870	10
House Salad Platter, 4-6 (6 servings) with Caesar Dressing	3150	2610	290	70	0	480	5510	80	20	30	60	36050	120	1650	10
House Salad Platter, 4-6 (6 servings) with Citrus Dressing	2570	1700	190	50	0	260	3210	170	20	130	50	36060	110	1310	10
House Salad Platter, 4-6 (6 servings) with Honey Mustard Dressing	3190	2530	280	70	0	420	3510	120	20	70	50	36110	100	1310	10
House Salad Platter, 4-6 (6 servings) with Hot Bacon Dressing	1660	900	100	40	0	320	1960	140	20	90	50	36500	130	1300	10
House Salad Platter, 4-6 (6 servings) with Italian Dressing	2030	1490	170	40	0	260	5600	90	20	60	50	36020	100	1280	10
House Salad Platter, 4-6 (6 servings) with Olive Oil	4100	3650	410	80	0	260	1640	70	20	30	50	36020	100	1280	10
House Salad Platter, 4-6 (6 servings) with Ranch Dressing	2550	2000	220	60	0	410	3590	80	20	40	50	36280	110	1570	10
House Salad Platter, 4-6 (6 servings) with Thousand Island Dressing	2280	1590	180	50	0	350	6200	130	20	80	50	37040	120	1330	10
House Salad Platter, 8-10 (10 servings)	1720	1000	110	50	0	410	2620	110	20	50	70	57630	160	2050	10
House Salad Platter, 8-10 (10 servings) with Balsamic Vinaigrette	4880	3810	420	90	0	410	7110	200	30	130	70	58300	170	2110	10
House Salad Platter, 8-10 (10 servings) with Balsamic Vinegar	2200	1000	110	50	0	410	2620	230	20	170	70	57630	160	2050	10
House Salad Platter, 8-10 (10 servings) with Blended Oil	6760	6040	670	90	0	410	2620	110	20	50	70	57630	160	2050	10
House Salad Platter, 8-10 (10 servings) with Bleu Cheese Dressing	4330	3390	380	110	0	750	6280	120	20	60	110	59360	170	3030	10
House Salad Platter, 8-10 (10 servings) with Caesar Dressing	5180	4310	480	120	0	790	9080	120	30	60	90	57690	200	2670	10
House Salad Platter, 8-10 (10 servings) with Citrus Dressing	4220	2780	310	70	0	410	5240	280	30	210	70	57710	180	2090	10
House Salad Platter, 8-10 (10 servings) with Honey Mustard Dressing	5240	4180	460	110	0	680	5750	190	30	120	70	57790	170	2090	10
House Salad Platter, 8-10 (10 servings) with Hot Bacon Dressing	2690	1460	160	70	0	510	3160	230	30	150	80	58430	200	2080	10
House Salad Platter, 8-10 (10 servings) with Italian Dressing	3320	2440	270	70	0	410	9220	150	20	90	70	57630	160	2050	10
House Salad Platter, 8-10 (10 servings) with Olive Oil	6760	6040	670	130	0	410	2620	110	20	50	70	57630	160	2050	10
House Salad Platter, 8-10 (10 servings) with Ranch Dressing	4170	3300	370	90	0	660	5880	140	20	70	80	58060	170	2530	10
House Salad Platter, 8-10 (10 servings) with Thousand Island Dressing	3730	2600	290	80	0	570	10220	210	30	130	80	59330	200	2120	10
Spinach Salad Platter, 4-6 (6 servings)	3430	2300	260	50	0	80	4610	230	20	160	50	28780	140	660	10
Spinach Salad Platter, 8-10 (10 servings)	5610	3800	420	80	0	120	7560	370	30	250	70	46080	220	1050	20

HANDHELDS PLATTERS	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
BBQ Chicken Sandwich Platter, 4-6 (6 servings)	4220	1540	170	50	0	560	8100	430	20	180	230	16550	230	1240	20
BBQ Chicken Sandwich Platter, 8-10 (10 servings)	6940	2560	280	90	0	940	13480	690	40	280	380	25980	350	2040	40
Beef Sliders Platter, 4-6 (6 servings)	2990	1200	130	40	0	450	4660	270	10	100	180	9270	170	1080	20
Beef Sliders Platter, 8-10 (10 servings)	5780	2380	260	90	0	890	9250	490	10	150	350	14670	240	2130	50
Cashew Chicken Sandwich Platter, 4-6 (6 servings)	4530	2480	280	50	0	360	4070	360	30	120	140	14660	230	320	20
Cashew Chicken Sandwich Platter, 8-10 (10 servings)	7460	4130	460	80	0	610	6750	580	40	180	240	22830	340	520	40
Chicken Club Wrap Platter, 4-6 (6 servings)	3980	2020	220	80	0	610	6240	280	30	90	200	23910	290	1910	10
Chicken Club Wrap Platter, 8-10 (10 servings)	6070	3140	350	120	0	930	9520	420	40	130	290	35400	430	2890	20
Chicken Taco Platter, 4-6 (6 servings)	2990	1320	150	30	0	200	9800	330	20	20	80	11080	80	1090	50
Chicken Taco Platter, 8-10 (10 servings)	4980	2190	240	50	0	330	16330	550	40	40	130	18470	130	1820	80
Clubhouse Sandwich Platter, 4-6 (6 servings)	4070	1630	180	50	0	500	9490	410	20	80	200	14770	200	1540	20
Clubhouse Sandwich Platter, 8-10 (10 servings)	6690	2710	300	90	0	830	15800	650	30	120	320	23010	290	2550	40

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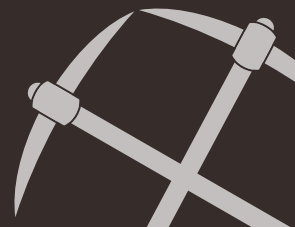
HANDHELDS PLATTERS, CONT.	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Cobb Sandwich Platter, 4-6 (6 servings)	4230	2220	250	80	0	380	6400	320	40	90	160	18330	240	1320	20
Cobb Sandwich Platter, 8-10 (10 servings)	6960	3690	410	130	0	630	10640	520	60	130	270	28940	360	2190	30
Fish Taco Platter, 4-6 (6 servings)	2980	930	100	20	0	260	9540	400	20	20	110	11490	110	1470	20
Fish Taco Platter, 8-10 (10 servings)	5610	1790	200	40	0	520	16770	730	40	40	210	20000	210	2800	30
Ham Sandwich Platter, 4-6 (6 servings)	2530	1020	110	30	0	280	5390	270	20	100	110	11190	180	1200	20
Ham Sandwich Platter, 8-10 (10 servings)	4120	1700	190	60	0	470	8960	430	30	140	180	17040	260	1980	20
Roast Turkey on Wheatberry Sandwich Platter, 4-6 (6 servings)	2060	690	80	10	0	290	6340	210	10	100	140	13700	190	430	20
Roast Turkey on Wheatberry Sandwich Platter, 8-10 (10 servings)	3340	1150	130	20	0	480	10530	330	10	150	230	21230	280	700	30
Tri Tip Sandwich Platter, 4-6 (6 servings)	3370	1350	150	60	0	620	7410	290	10	90	210	9900	280	1360	20
Tri Tip Sandwich Platter, 8-10 (10 servings)	5540	2250	250	90	0	1040	13070	470	20	140	350	14880	430	2260	40
Veggie Wrap Platter, 4-6 (6 servings)	3900	2330	260	90	0	360	5290	310	40	100	70	35770	490	1030	20
Veggie Wrap Platter, 8-10 (10 servings)	6190	3830	430	140	0	570	8420	470	50	150	100	53230	730	1610	30

SIDE PLATTERS	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)
Green Beans (6 servings)	610	320	40	10	0	0	50	60	30	10	10	5650	130	310	10
Green Beans (10 servings)	1110	580	60	10	0	0	90	110	50	20	30	10170	240	550	20
Macaroni and Cheese (6 servings)	6100	3890	430	230	0	1230	14460	280	10	50	240	14640	130	6330	10
Macaroni and Cheese (10 servings)	10160	6490	720	380	0	2050	24110	470	20	90	400	24400	210	10560	20
Mashed Potatoes (6 servings)	1610	840	90	60	0	270	1170	170	20	10	20	3410	100	170	10
Mashed Potatoes (10 servings)	2890	1510	170	110	0	480	2110	300	30	30	40	6140	190	300	10
Rice Pilaf (6 servings)	1410	250	30	10	0	20	6260	250	0	10	30	9520	10	500	10
Rice Pilaf (10 servings)	2550	450	50	20	0	40	11260	450	0	10	50	17140	30	900	20
Roasted Vegetables (6 servings)	470	170	20	0	0	0	220	70	20	30	10	45700	100	230	0
Roasted Vegetables (10 servings)	840	300	30	0	0	0	390	120	30	50	20	82260	170	420	10
Spicy Peanut Thai Slaw (6 servings)	910	270	30	10	0	0	1390	140	10	100	10	16000	110	210	0
Spicy Peanut Thai Slaw (10 servings)	1520	440	50	10	0	0	2310	240	20	170	20	26660	190	360	10
Mixed Fresh Fruit Platter, 4-6 (6 servings)	640	20	0	0	0	0	190	150	10	130	10	11610	280	100	0
Mixed Fresh Fruit Platter, 8-10 (10 servings)	1070	30	0	0	0	0	320	250	20	220	10	19350	470	170	10
Creamy Chicken Tortilla Soup 1/2 Gallon	880	272	32	8	0	105	10410	112	16	24	40	6760	96	840	16
Creamy Chicken Tortilla Soup 1 Gallon	1760	544	64	16	0	210	20820	224	32	48	80	13520	192	1680	32
New England Clam Chowder 1/2 Gallon	2850	2040	224	152	0	930	6720	128	8	16	40	8664	24	488	8
New England Clam Chowder 1 Gallon	5700	4080	448	304	0	1855	13440	256	16	32	80	17328	48	976	16
Potato Cheddar 1/2 Gallon	3310	2336	256	160	0	945	5830	152	16	24	48	31432	56	1672	0
Potato Cheddar 1 Gallon	6620	4672	512	320	0	1890	11660	304	32	48	96	62864	112	3344	0

ENTREE PLATTERS	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)
California Baja Chicken Platter, 4-6 (6 servings)	9560	4530	500	150	0	940	11110	770	90	70	440	22630	370	2460	60
California Baja Chicken Platter, 8-10 (10 servings)	13760	7250	810	240	0	1510	17760	890	130	110	670	36210	600	3920	80
Chicken Fajita Platter, 4-6 (6 servings)	7220	2090	230	70	0	590	18910	890	90	50	340	19600	610	2730	70
Chicken Fajita Platter, 8-10 (10 servings)	12560	3570	400	120	0	1140	32350	1520	160	90	630	35880	1210	4730	130
Hickory Chicken Platter, 4-6 (6 servings)	7460	3870	430	180	0	1440	13870	460	60	190	420	19670	370	3250	30
Hickory Chicken Platter, 8-10 (10 servings)	11940	6190	690	290	0	2310	22190	730	100	300	670	31460	590	5210	50
Meatloaf Platter, 4-6 (6 servings)	5300	2320	260	110	0	990	9570	550	50	90	190	57460	280	1320	40
Meatloaf Platter, 8-10 (10 servings)	8720	3800	420	180	0	1620	16060	910	80	140	310	92360	450	2170	60
Mini Pot Pie Platter, 4-6 (6 servings)	5200	2480	280	90	0	730	11090	530	20	100	150	23610	200	1300	30
Mini Pot Pie Platter, 8-10 (10 servings)	9830	4910	550	170	0	1470	21410	940	40	150	280	43350	310	2350	60
Rotisserie Chicken Platter, 4-6 (6 servings)	3980	2250	250	70	0	1240	9230	100	0	80	310	3510	60	240	20
Rotisserie Chicken Platter, 4-6 (6 servings) with Salad Choice Caesar Salad	4480	2500	280	80	0	1260	10200	150	10	90	330	33940	180	700	20
Rotisserie Chicken Platter, 4-6 (6 servings) with Salad Choice House Salad	4640	2640	290	90	0	1410	10260	140	10	100	340	25140	120	1010	20
Rotisserie Chicken Platter, 4-6 (6 servings) with Salad Dressing Choice Balsamic Vinaigrette	4930	3100	340	90	0	1240	10580	130	0	110	310	3710	60	260	20
Rotisserie Chicken Platter, 4-6 (6 servings) with Salad Dressing Choice Balsamic Vinegar	4120	2250	250	70	0	1240	9230	140	0	120	310	3510	60	240	20
Rotisserie Chicken Platter, 4-6 (6 servings) with Salad Dressing Choice Bleu Cheese	4760	2970	330	90	0	1350	10330	100	0	90	320	4030	60	540	20
Rotisserie Chicken Platter, 4-6 (6 servings) with Salad Dressing Choice Caesar	5020	3250	360	90	0	1360	11170	100	0	90	320	3530	70	430	20
Rotisserie Chicken Platter, 4-6 (6 servings) with Salad Dressing Choice Citrus	4730	2790	310	80	0	1240	10010	150	0	130	310	3540	60	260	20
Rotisserie Chicken Platter, 4-6 (6 servings) with Salad Dressing Choice Creamy Italian	5020	3270	360	90	0	1270	10220	110	0	90	310	3680	60	260	20
Rotisserie Chicken Platter, 4-6 (6 servings) with Salad Dressing Choice Honey Mustard	5040	3210	360	90	0	1320	10170	120	0	100	310	3560	60	250	20

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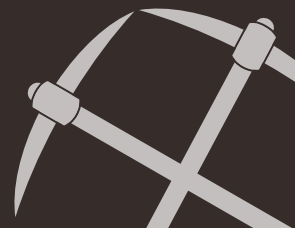
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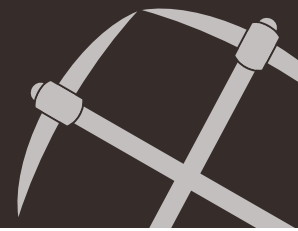
ENTREE PLATTERS, CONT.	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Tri Tip Platter, 8-10 (10 servings) with Salad Dressing Choice Creamy Italian	7510	4210	470	120	0	1780	17230	270	10	10	500	10610	20	940	40
Tri Tip Platter, 8-10 (10 servings) with Salad Dressing Choice Honey Mustard	7540	4110	460	130	0	1860	17140	300	10	40	500	10400	20	930	40
Tri Tip Platter, 8-10 (10 servings) with Salad Dressing Choice Hot Bacon	6260	2750	310	110	0	1770	15850	320	10	60	500	10720	40	920	40
Tri Tip Platter, 8-10 (10 servings) with Salad Dressing Choice Olive Oil	8300	5040	560	140	0	1730	15580	270	10	10	500	10320	20	910	40
Tri Tip Platter, 8-10 (10 servings) with Salad Dressing Choice Olive Oil Blend	8300	5040	560	120	0	1730	15580	270	10	10	500	10320	20	910	40
Tri Tip Platter, 8-10 (10 servings) with Salad Dressing Choice Ranch	7010	3670	410	120	0	1850	17210	280	10	20	500	10540	20	1150	40
Tri Tip Platter, 8-10 (10 servings) with Salad Dressing Choice Thousand Island	6790	3320	370	110	0	1810	19380	310	10	50	500	11170	30	950	40
Tri Tip Platter, 8-10 (10 servings) with Side Choice Baked Potato with Sour Cream and Butter	8760	3280	360	150	0	1970	15760	760	40	30	560	13380	550	1320	70
Tri Tip Platter, 8-10 (10 servings) with Side Choice Mashed Potatoes	8670	4030	450	200	0	2210	17690	560	40	40	540	16460	210	1210	50
Tri Tip Platter, 8-10 (10 servings) with Side Choice Roasted Vegetables	6620	2820	310	100	0	1730	15960	380	40	60	510	92580	190	1320	50
Tri Tip Platter, 8-10 (10 servings) with Side Choice Thai Slaw	6610	2880	320	100	0	1730	16560	360	20	70	510	23260	120	1190	50
Black Tie Pasta Platter, 4-6 (6 servings)	6570	2920	320	160	0	1060	12270	580	30	30	320	11690	110	4820	30
Black Tie Pasta Platter, 8-10 (10 servings)	9850	4370	490	250	0	1600	18410	860	40	50	480	17540	160	7230	50
Grilled Mahi Platter, 4-6 (6 servings)	4420	1150	130	30	0	850	11340	520	30	50	300	62260	180	1590	40
Grilled Mahi Platter, 4-6 (6 servings) with Salad Choice Caesar Salad	4920	1400	160	30	0	860	12310	570	40	50	320	92690	300	2050	50
Grilled Mahi Platter, 4-6 (6 servings) with Salad Choice House Salad	5080	1540	170	40	0	1020	12370	560	40	70	330	83890	240	2360	50
Grilled Mahi Platter, 4-6 (6 servings) with Salad Dressing Choice Balsamic Vinaigrette	5370	2000	220	40	0	850	12690	550	30	70	300	62460	180	1610	40
Grilled Mahi Platter, 4-6 (6 servings) with Salad Dressing Choice Balsamic Vinegar	4570	1150	130	30	0	850	11340	560	30	80	300	62260	180	1590	40
Grilled Mahi Platter, 4-6 (6 servings) with Salad Dressing Choice Bleu Cheese	5210	1870	210	50	0	950	12440	520	30	50	310	62780	180	1890	40
Grilled Mahi Platter, 4-6 (6 servings) with Salad Dressing Choice Caesar	5460	2150	240	50	0	960	13280	530	30	50	300	62280	190	1780	40
Grilled Mahi Platter, 4-6 (6 servings) with Salad Dressing Choice Citrus	5170	1690	190	30	0	850	12130	570	30	90	300	62280	190	1610	40
Grilled Mahi Platter, 4-6 (6 servings) with Salad Dressing Choice Creamy Italian	5460	2170	240	40	0	880	12330	530	30	50	300	62430	180	1610	40
Grilled Mahi Platter, 4-6 (6 servings) with Salad Dressing Choice Honey Mustard	5480	2110	230	40	0	930	12280	540	30	70	300	62310	180	1600	40
Grilled Mahi Platter, 4-6 (6 servings) with Salad Dressing Choice Hot Bacon	4710	1290	140	30	0	880	11500	560	30	80	300	62500	190	1600	40
Grilled Mahi Platter, 4-6 (6 servings) with Salad Dressing Choice Olive Oil	5930	2670	300	50	0	850	11340	520	30	50	300	62260	180	1590	40
Grilled Mahi Platter, 4-6 (6 servings) with Salad Dressing Choice Olive Oil Blend	5930	2670	300	40	0	850	11340	520	30	50	300	62260	180	1590	40
Grilled Mahi Platter, 4-6 (6 servings) with Salad Dressing Choice Ranch	5160	1840	200	40	0	920	12320	530	30	50	300	62390	180	1740	40
Grilled Mahi Platter, 4-6 (6 servings) with Salad Dressing Choice Thousand Island	5030	1630	180	40	0	890	13620	550	30	70	300	62770	190	1610	40
Grilled Mahi Platter, 8-10 (10 servings)	13440	1940	220	50	0	1360	20540	930	40	80	490	103010	210	2710	70
Grilled Mahi Platter, 8-10 (10 servings) with Salad Choice Caesar Salad	8430	2360	260	60	0	1390	22150	1000	60	90	520	153720	410	3470	80
Grilled Mahi Platter, 8-10 (10 servings) with Salad Choice House Salad	8700	2590	290	80	0	1640	22260	1000	50	110	540	139060	320	3990	80
Grilled Mahi Platter, 8-10 (10 servings) with Salad Dressing Choice Balsamic Vinaigrette	9190	3340	370	70	0	1360	22780	970	40	110	490	103350	220	2740	70
Grilled Mahi Platter, 8-10 (10 servings) with Salad Dressing Choice Balsamic Vinegar	7840	1940	220	50	0	1360	20540	990	40	140	490	103010	210	2710	70
Grilled Mahi Platter, 8-10 (10 servings) with Salad Dressing Choice Bleu Cheese	8910	3130	350	80	0	1530	22370	930	40	80	510	103880	220	3200	70
Grilled Mahi Platter, 8-10 (10 servings) with Salad Dressing Choice Caesar	9330	3600	400	80	0	1550	23770	930	40	80	500	103040	230	3020	70
Grilled Mahi Platter, 8-10 (10 servings) with Salad Dressing Choice Citrus	8850	2830	310	60	0	1360	21850	1010	40	150	490	103050	220	2730	70
Grilled Mahi Platter, 8-10 (10 servings) with Salad Dressing Choice Creamy Italian	9340	3630	400	70	0	1410	22190	940	40	80	490	103300	220	2740	70
Grilled Mahi Platter, 8-10 (10 servings) with Salad Dressing Choice Honey Mustard	9370	3530	390	80	0	1490	22100	970	40	110	490	103090	220	2730	70
Grilled Mahi Platter, 8-10 (10 servings) with Salad Dressing Choice Hot Bacon	8090	2170	240	60	0	1410	20810	990	40	130	500	103410	230	2720	70
Grilled Mahi Platter, 8-10 (10 servings) with Salad Dressing Choice Olive Oil	10120	4460	500	90	0	1360	20540	930	40	80	490	103010	210	2710	70
Grilled Mahi Platter, 8-10 (10 servings) with Salad Dressing Choice Olive Oil Blend	10120	4460	500	70	0	1360	20540	930	40	80	490	103010	210	2710	70
Grilled Mahi Platter, 8-10 (10 servings) with Salad Dressing Choice Ranch	8830	3090	340	70	0	1480	22170	940	40	80	500	103230	220	2950	70
Grilled Mahi Platter, 8-10 (10 servings) with Salad Dressing Choice Thousand Island	8610	2740	300	60	0	1440	24340	980	40	120	490	103860	230	2740	70
Grilled Salmon Platter, 4-6 (6 servings)	4880	1740	190	50	0	600	10730	500	20	40	280	62290	160	1490	30
Grilled Salmon Platter, 4-6 (6 servings) with Salad Choice Caesar Salad	5370	1990	220	60	0	620	11700	550	30	40	300	92720	280	1950	40
Grilled Salmon Platter, 4-6 (6 servings) with Salad Choice House Salad	5540	2120	240	70	0	770	11770	540	30	60	310	83920	220	2260	40
Grilled Salmon Platter, 4-6 (6 servings) with Salad Dressing Choice Balsamic Vinaigrette	5820	2580	290	60	0	600	12080	530	20	60	290	62490	160	1510	30
Grilled Salmon Platter, 4-6 (6 servings) with Salad Dressing Choice Balsamic Vinegar	5020	1740	190	50	0	600	10730	540	20	70	280	62290	160	1490	30
Grilled Salmon Platter, 4-6 (6 servings) with Salad Dressing Choice Bleu Cheese	5660	2450	270	70	0	710	11830	510	20	40	300	62810	160	1780	30
Grilled Salmon Platter, 4-6 (6 servings) with Salad Dressing Choice Caesar	5910	2730	300	70	0	720	12670	510	20	40	290	62310	170	1680	30
Grilled Salmon Platter, 4-6 (6 servings) with Salad Dressing Choice Citrus	5630	2270	250	60	0	600	11520	550	20	80	290	62320	170	1500	30
Grilled Salmon Platter, 4-6 (6 servings) with Salad Dressing Choice Creamy Italian	5920	2750	310	70	0	630	11730	510	20	40	290	62460	160	1510	30
Grilled Salmon Platter, 4-6 (6 servings) with Salad Dressing Choice Honey Mustard	5930	2690	300	70	0	680	11670	530	20	60	290	62340	160	1500	30
Grilled Salmon Platter, 4-6 (6 servings) with Salad Dressing Choice Hot Bacon	5170	1870	210	60	0	630	10900	540	20	70	290	62530	170	1500	30
Grilled Salmon Platter, 4-6 (6 servings) with Salad Dressing Choice Olive Oil	6390	3250	360	70	0	600	10730	500	20	40	280	62290	160	1490	30
Grilled Salmon Platter, 4-6 (6 servings) with Salad Dressing Choice Olive Oil Blend	6390	3250	360	60	0	600	10730	500	20	40	280	62290	160	1490	30
Grilled Salmon Platter, 4-6 (6 servings) with Salad Dressing Choice Ranch	5610	2420	270	60	0	680	11710	510	20	40	290	62420	160	1630	30

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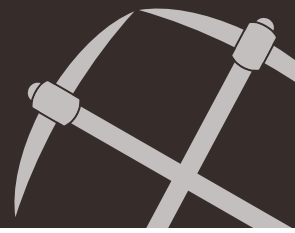
ENTREE PLATTERS, CONT.	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Grilled Salmon Platter, 4-6 (6 servings) with Salad Dressing Choice Thousand Island	5480	2210	250	60	0	650	13010	530	30	60	290	62800	170	1510	30
Grilled Salmon Platter, 8-10 (10 servings)	8380	2870	320	80	0	970	19570	910	40	60	470	103100	260	2610	60
Grilled Salmon Platter, 8-10 (10 servings) with Salad Choice Caesar Salad	9210	3290	370	100	0	1000	21180	980	50	70	500	153810	460	3370	70
Grilled Salmon Platter, 8-10 (10 servings) with Salad Choice House Salad	9480	3520	390	110	0	1260	21290	980	50	90	520	139140	370	3890	60
Grilled Salmon Platter, 8-10 (10 servings) with Salad Dressing Choice Balsamic Vinaigrette	9960	4280	480	110	0	970	21810	950	40	100	470	103430	270	2640	60
Grilled Salmon Platter, 8-10 (10 servings) with Salad Dressing Choice Balsamic Vinegar	8620	2870	320	80	0	970	19570	970	40	120	470	103100	260	2610	60
Grilled Salmon Platter, 8-10 (10 servings) with Salad Dressing Choice Bleu Cheese	9690	4070	450	120	0	1140	21400	910	40	70	490	103960	260	3100	60
Grilled Salmon Platter, 8-10 (10 servings) with Salad Dressing Choice Caesar	10110	4530	500	120	0	1160	22800	910	40	60	480	103130	280	2920	60
Grilled Salmon Platter, 8-10 (10 servings) with Salad Dressing Choice Citrus	9630	3760	420	100	0	970	20880	990	40	140	470	103140	270	2630	60
Grilled Salmon Platter, 8-10 (10 servings) with Salad Dressing Choice Creamy Italian	10110	4570	510	110	0	1020	21220	920	40	70	470	103380	270	2640	60
Grilled Salmon Platter, 8-10 (10 servings) with Salad Dressing Choice Honey Mustard	10140	4460	500	110	0	1110	21130	950	40	90	470	103180	270	2630	60
Grilled Salmon Platter, 8-10 (10 servings) with Salad Dressing Choice Hot Bacon	8870	3100	340	90	0	1020	19840	970	40	110	470	103500	280	2620	60
Grilled Salmon Platter, 8-10 (10 servings) with Salad Dressing Choice Olive Oil	10900	5390	600	120	0	970	19570	910	40	60	470	103100	260	2610	60
Grilled Salmon Platter, 8-10 (10 servings) with Salad Dressing Choice Olive Oil Blend	10900	5390	600	100	0	970	19570	910	40	60	470	103100	260	2610	60
Grilled Salmon Platter, 8-10 (10 servings) with Salad Dressing Choice Ranch	9610	4020	450	110	0	1100	21200	920	40	70	470	103310	270	2850	60
Grilled Salmon Platter, 8-10 (10 servings) with Salad Dressing Choice Thousand Island	9390	3670	410	100	0	1050	23370	960	40	100	470	103950	280	2650	60
Grilled Shrimp Platter, 4-6 (6 servings)	4080	1170	130	30	0	920	10590	520	30	40	210	62270	190	1720	40
Grilled Shrimp Platter, 4-6 (6 servings) with Salad Choice Caesar Salad	4570	1420	160	40	0	930	11560	570	40	50	230	92700	310	2180	50
Grilled Shrimp Platter, 4-6 (6 servings) with Salad Choice House Salad	4740	1560	170	50	0	1090	11630	560	40	60	240	83900	250	2490	50
Grilled Shrimp Platter, 4-6 (6 servings) with Salad Dressing Choice Balsamic Vinaigrette	5030	2010	220	40	0	920	11940	550	30	70	210	62470	190	1740	40
Grilled Shrimp Platter, 4-6 (6 servings) with Salad Dressing Choice Balsamic Vinegar	4220	1170	130	30	0	920	10590	560	30	80	210	62270	190	1720	40
Grilled Shrimp Platter, 4-6 (6 servings) with Salad Dressing Choice Bleu Cheese	4860	1880	210	50	0	1020	11690	520	30	50	220	62790	190	2020	40
Grilled Shrimp Platter, 4-6 (6 servings) with Salad Dressing Choice Caesar	5120	2160	240	50	0	1030	12530	530	30	50	210	62290	200	1910	40
Grilled Shrimp Platter, 4-6 (6 servings) with Salad Dressing Choice Citrus	4830	1700	190	40	0	920	11380	570	30	90	210	62290	190	1730	40
Grilled Shrimp Platter, 4-6 (6 servings) with Salad Dressing Choice Creamy Italian	5120	2180	240	50	0	950	11590	530	30	50	210	62440	190	1740	40
Grilled Shrimp Platter, 4-6 (6 servings) with Salad Dressing Choice Honey Mustard	5140	2120	240	50	0	1000	11530	540	30	60	210	62320	190	1730	40
Grilled Shrimp Platter, 4-6 (6 servings) with Salad Dressing Choice Hot Bacon	4370	1310	150	40	0	950	10760	560	30	70	210	62510	200	1730	40
Grilled Shrimp Platter, 4-6 (6 servings) with Salad Dressing Choice Olive Oil	5590	2680	300	50	0	920	10590	520	30	40	210	62270	190	1720	40
Grilled Shrimp Platter, 4-6 (6 servings) with Salad Dressing Choice Olive Oil Blend	5590	2680	300	40	0	920	10590	520	30	40	210	62270	190	1720	40
Grilled Shrimp Platter, 4-6 (6 servings) with Salad Dressing Choice Ranch	4820	1860	210	50	0	990	11570	530	30	50	210	62400	190	1870	40
Grilled Shrimp Platter, 4-6 (6 servings) with Salad Dressing Choice Thousand Island	4680	1650	180	40	0	970	12880	550	30	70	210	62780	200	1740	40
Grilled Shrimp Platter, 8-10 (10 servings)	7190	2010	220	50	0	1540	19520	940	40	70	360	103220	310	3000	70
Grilled Shrimp Platter, 8-10 (10 servings) with Salad Choice Caesar Salad	8010	2430	270	70	0	1560	21130	1010	60	80	380	153930	510	3760	90
Grilled Shrimp Platter, 8-10 (10 servings) with Salad Choice House Salad	8290	2660	300	90	0	1820	21240	1010	60	110	400	139260	420	4290	80
Grilled Shrimp Platter, 8-10 (10 servings) with Salad Dressing Choice Balsamic Vinaigrette	8770	3410	380	80	0	1540	21770	980	50	110	360	103550	320	3030	80
Grilled Shrimp Platter, 8-10 (10 servings) with Salad Dressing Choice Balsamic Vinegar	7430	2010	220	50	0	1540	19520	1000	40	130	360	103220	310	3000	70
Grilled Shrimp Platter, 8-10 (10 servings) with Salad Dressing Choice Bleu Cheese	8490	3200	360	90	0	1700	21350	940	40	80	370	104080	310	3490	70
Grilled Shrimp Platter, 8-10 (10 servings) with Salad Dressing Choice Caesar	8920	3660	410	90	0	1720	22750	950	40	70	370	103240	330	3310	80
Grilled Shrimp Platter, 8-10 (10 servings) with Salad Dressing Choice Citrus	8440	2900	320	70	0	1540	20830	1020	40	150	360	103250	320	3020	80
Grilled Shrimp Platter, 8-10 (10 servings) with Salad Dressing Choice Creamy Italian	8920	3700	410	80	0	1590	21170	950	50	80	360	103500	320	3030	80
Grilled Shrimp Platter, 8-10 (10 servings) with Salad Dressing Choice Honey Mustard	8950	3600	400	90	0	1670	21080	980	40	110	360	103290	310	3020	80
Grilled Shrimp Platter, 8-10 (10 servings) with Salad Dressing Choice Hot Bacon	7670	2240	250	60	0	1580	19790	1000	50	120	360	103610	330	3020	80
Grilled Shrimp Platter, 8-10 (10 servings) with Salad Dressing Choice Olive Oil	9710	4530	500	90	0	1540	19520	940	40	70	360	103220	310	3000	70
Grilled Shrimp Platter, 8-10 (10 servings) with Salad Dressing Choice Olive Oil Blend	9710	4530	500	70	0	1540	19520	940	40	70	360	103220	310	3000	70
Grilled Shrimp Platter, 8-10 (10 servings) with Salad Dressing Choice Ranch	8420	3160	350	80	0	1660	21150	950	40	80	360	103430	310	3240	70
Grilled Shrimp Platter, 8-10 (10 servings) with Salad Dressing Choice Thousand Island	8190	2810	310	70	0	1620	23320	990	50	110	360	104060	330	3040	80
Shrimp Fresca Platter, 4-6 (6 servings)	7040	3940	440	240	0	1560	10200	530	20	20	250	16300	50	3920	40
Shrimp Fresca Platter, 8-10 (10 servings)	11740	6570	730	390	0	2610	17000	890	30	30	410	27170	80	6530	60
Beef Ribs Platter, 4-6 (6 servings)	5450	4200	470	200	0	980	7390	110	0	80	190	1770	10	170	20
Beef Ribs Platter, 4-6 (6 servings) with Salad Choice Caesar Salad	5950	4450	490	210	0	990	8360	150	10	90	210	32190	130	620	30
Beef Ribs Platter, 4-6 (6 servings) with Salad Choice House Salad	6110	4590	510	220	0	1150	8430	150	10	100	220	23390	70	940	30
Beef Ribs Platter, 4-6 (6 servings) with Salad Dressing Choice Balsamic Vinaigrette	6400	5040	560	220	0	980	8740	140	0	110	190	1970	10	180	20
Beef Ribs Platter, 4-6 (6 servings) with Salad Dressing Choice Balsamic Vinegar	5600	4200	470	200	0	980	7390	150	0	120	190	1770	10	170	20
Beef Ribs Platter, 4-6 (6 servings) with Salad Dressing Choice Bleu Cheese	6240	4910	550	220	0	1080	8490	110	0	90	200	2280	10	460	20
Beef Ribs Platter, 4-6 (6 servings) with Salad Dressing Choice Caesar	6490	5190	580	220	0	1090	9330	110	0	80	200	1780	20	350	20
Beef Ribs Platter, 4-6 (6 servings) with Salad Dressing Choice Citrus	6200	4730	530	210	0	980	8180	160	0	130	190	1790	10	180	20
Beef Ribs Platter, 4-6 (6 servings) with Salad Dressing Choice Creamy Italian	6490	5210	580	220	0	1010	8380	110	0	90	190	1940	10	180	20



ENTREE PLATTERS, CONT.	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)
Beef Ribs Platter, 4-6 (6 servings) with Salad Dressing Choice Hot Bacon	5740	4330	480	210	0	1010	7560	140	0	110	190	2000	20	170	20
Beef Ribs Platter, 4-6 (6 servings) with Salad Dressing Choice Olive Oil	6960	5710	630	230	0	980	7390	110	0	80	190	1770	10	170	20
Beef Ribs Platter, 4-6 (6 servings) with Salad Dressing Choice Olive Oil Blend	6960	5710	630	210	0	980	7390	110	0	80	190	1770	10	170	20
Beef Ribs Platter, 4-6 (6 servings) with Salad Dressing Choice Ranch	6190	4890	540	220	0	1050	8370	120	0	90	190	1890	10	310	20
Beef Ribs Platter, 4-6 (6 servings) with Salad Dressing Choice Thousand Island	6060	4680	520	210	0	1030	9670	140	0	110	190	2270	20	190	20
Beef Ribs Platter, 4-6 (6 servings) with Side Choice Baked Potato with Sour Cream and Butter	7240	4650	520	230	0	1120	7500	400	20	100	230	3600	330	410	40
Beef Ribs Platter, 4-6 (6 servings) with Side Choice Mashed Potatoes	7260	5140	570	270	0	1280	8710	300	20	100	210	5600	130	350	30
Beef Ribs Platter, 4-6 (6 servings) with Side Choice Roasted Vegetables	5980	4380	490	200	0	980	7630	180	20	110	200	53180	120	430	30
Beef Ribs Platter, 4-6 (6 servings) with Side Choice Thai Slaw	5970	4420	490	210	0	980	8010	170	10	120	200	9850	70	340	20
Beef Ribs Platter, 8-10 (10 servings)	9090	7000	780	340	0	1630	12320	180	10	140	320	2940	20	280	40
Beef Ribs Platter, 8-10 (10 servings) with Salad Choice Caesar Salad	9910	7410	820	350	0	1650	13930	260	20	150	350	53650	220	1040	50
Beef Ribs Platter, 8-10 (10 servings) with Salad Choice House Salad	10190	7640	850	370	0	1910	14040	250	20	170	360	38990	120	1560	40
Beef Ribs Platter, 8-10 (10 servings) with Salad Dressing Choice Balsamic Vinaigrette	10670	8400	930	360	0	1630	14570	230	10	180	320	3280	20	300	40
Beef Ribs Platter, 8-10 (10 servings) with Salad Dressing Choice Balsamic Vinegar	9330	7000	780	340	0	1630	12320	240	10	200	320	2940	20	280	40
Beef Ribs Platter, 8-10 (10 servings) with Salad Dressing Choice Bleu Cheese	10390	8190	910	370	0	1800	14150	190	10	140	330	3810	20	760	40
Beef Ribs Platter, 8-10 (10 servings) with Salad Dressing Choice Caesar	10820	8650	960	370	0	1820	15550	190	10	140	330	2970	30	580	40
Beef Ribs Platter, 8-10 (10 servings) with Salad Dressing Choice Citrus	10340	7890	880	350	0	1630	13630	270	10	220	320	2980	20	300	40
Beef Ribs Platter, 8-10 (10 servings) with Salad Dressing Choice Creamy Italian	10820	8690	970	360	0	1680	13970	190	10	140	320	3230	20	300	40
Beef Ribs Platter, 8-10 (10 servings) with Salad Dressing Choice Honey Mustard	10850	8580	950	370	0	1760	13880	220	10	170	320	3020	20	300	40
Beef Ribs Platter, 8-10 (10 servings) with Salad Dressing Choice Hot Bacon	9570	7220	800	350	0	1680	12590	240	10	190	320	3340	40	290	40
Beef Ribs Platter, 8-10 (10 servings) with Salad Dressing Choice Olive Oil	11610	9520	1060	380	0	1630	12320	180	10	140	320	2940	20	280	40
Beef Ribs Platter, 8-10 (10 servings) with Salad Dressing Choice Olive Oil Blend	11610	9520	1060	360	0	1630	12320	180	10	140	320	2940	20	280	40
Beef Ribs Platter, 8-10 (10 servings) with Salad Dressing Choice Ranch	10320	8140	900	360	0	1750	13950	190	10	150	320	3160	20	510	40
Beef Ribs Platter, 8-10 (10 servings) with Salad Dressing Choice Thousand Island	10090	7790	870	350	0	1710	16120	230	10	180	320	3790	30	310	40
Beef Ribs Platter, 8-10 (10 servings) with Side Choice Baked Potato with Sour Cream and Butter	12070	7750	860	390	0	1870	12500	670	40	160	380	6000	550	690	60
Beef Ribs Platter, 8-10 (10 servings) with Side Choice Mashed Potatoes	11980	8510	950	440	0	2110	14430	480	30	160	360	9080	210	580	50
Beef Ribs Platter, 8-10 (10 servings) with Side Choice Roasted Vegetables	9930	7290	810	340	0	1630	12710	300	40	180	330	85200	190	690	40
Beef Ribs Platter, 8-10 (10 servings) with Side Choice Thai Slaw	9920	7350	820	340	0	1630	13300	280	20	190	330	15880	120	560	40
Miners Platter, 4-6 (6 servings)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Miners Platter, 4-6 (6 servings) with Entree Choice Andouille Sausage	1320	970	110	30	0	260	3400	10	0	0	80	2000	0	80	10
Miners Platter, 4-6 (6 servings) with Entree Choice Coconut Shrimp	2020	490	50	20	0	440	7280	300	20	40	90	710	10	210	20
Miners Platter, 4-6 (6 servings) with Entree Choice Fried Shrimp	1260	140	20	0	0	540	5600	190	10	10	90	780	10	230	20
Miners Platter, 4-6 (6 servings) with Entree Choice Grilled Shrimp	720	390	40	10	0	540	1550	10	0	0	70	1360	10	200	10
Miners Platter, 4-6 (6 servings) with Entree Choice BBQ Baby Back Pork Ribs	3710	2840	320	120	0	1000	2640	10	0	10	190	130	0	380	10
Miners Platter, 4-6 (6 servings) with Entree Choice Roasted Tri Tip	1200	630	70	20	0	480	2430	0	0	0	130	30	0	120	10
Miners Platter, 4-6 (6 servings) with Entree Choice Rotisserie Chicken	1310	813	90	27	0	445	2481	3	0	3	111	1050	18	87	6
Miners Platter, 4-6 (6 servings) with Entree Sauce Choice Barbecue Sauce	360	0	0	0	0	0	2340	90	0	80	0	600	10	0	0
Miners Platter, 4-6 (6 servings) with Entree Sauce Choice Cocktail Sauce	210	10	0	0	0	0	3050	50	0	40	0	1020	20	40	0
Miners Platter, 4-6 (6 servings) with Entree Sauce Choice Herb Peppercorn Demi Glaze	120	20	0	0	0	0	660	10	0	0	0	830	0	20	0
Miners Platter, 4-6 (6 servings) with Entree Sauce Choice Sriracha Sauce	100	0	0	0	0	0	2280	20	0	0	0	0	0	0	0
Miners Platter, 4-6 (6 servings) with Entree Sauce Choice Sweet and Spicy Sauce	290	0	0	0	0	0	650	70	0	60	0	6300	40	0	0
Miners Platter, 4-6 (6 servings) with Salad Choice Caesar Salad	500	250	30	10	0	20	970	40	10	10	20	30430	120	460	10
Miners Platter, 4-6 (6 servings) with Salad Choice House Salad	660	390	40	20	0	170	1030	40	10	20	30	21630	60	770	0
Miners Platter, 4-6 (6 servings) with Salad Dressing Choice Balsamic Vinaigrette	950	840	90	10	0	0	1350	30	0	20	0	200	0	20	0
Miners Platter, 4-6 (6 servings) with Salad Dressing Choice Balsamic Vinegar	140	0	0	0	0	0	0	40	0	40	0	0	0	0	0
Miners Platter, 4-6 (6 servings) with Salad Dressing Choice Bleu Cheese	780	720	80	20	0	100	1100	0	0	0	10	520	0	290	0
Miners Platter, 4-6 (6 servings) with Salad Dressing Choice Caesar	1040	990	110	20	0	110	1940	0	0	0	10	20	10	180	0
Miners Platter, 4-6 (6 servings) with Salad Dressing Choice Citrus	750	530	60	10	0	0	790	50	0	50	0	20	0	10	0
Miners Platter, 4-6 (6 servings) with Salad Dressing Choice Creamy Italian	1040	1010	110	20	0	30	990	0	0	0	0	170	0	20	0
Miners Platter, 4-6 (6 servings) with Salad Dressing Choice Honey Mustard	1060	950	110	20	0	80	940	20	0	20	0	50	0	10	0
Miners Platter, 4-6 (6 servings) with Salad Dressing Choice Hot Bacon	290	140	20	10	0	30	160	40	0	30	0	240	10	10	0
Miners Platter, 4-6 (6 servings) with Salad Dressing Choice Olive Oil	1510	1510	170	20	0	0	0	0	0	0	0	0	0	0	0
Miners Platter, 4-6 (6 servings) with Salad Dressing Choice Olive Oil Blend	1510	1510	170	10	0	0	0	0	0	0	0	0	0	0	0
Miners Platter, 4-6 (6 servings) with Salad Dressing Choice Ranch	740	690	80	10	0	70	980	10	0	0	0	130	0	140	0
Miners Platter, 4-6 (6 servings) with Salad Dressing Choice Thousand Island	600	480	50	10	0	50	2280	30	0	20	0	510	10	20	0
Miners Platter, 4-6 (6 servings) with Side Choice Baked Potato with Sour Cream and Butter	1790	450	50	30	0	150	110	290	20	10	40	1830	320	250	10
Miners Platter, 4-6 (6 servings) with Side Choice Mashed Potatoes	1810	940	100	70	0	300	1320	190	20	20	20	3840	120	190	10

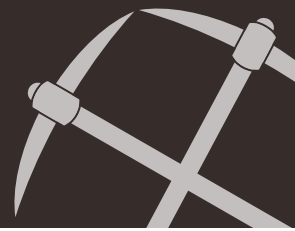
CLAIM JUMPER[®]

NUTRITION GUIDE



ENTREE PLATTERS, CONT.	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)
Miners Platter, 4-6 (6 servings) with Side Choice Roasted Vegetables	530	190	20	0	0	0	240	70	20	30	10	51410	110	260	0
Miners Platter, 4-6 (6 servings) with Side Choice Thai Slaw	520	220	20	0	0	0	620	60	10	30	10	8080	60	180	0
Miners Platter, 8-10 (10 servings)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Miners Platter, 8-10 (10 servings) with Entree Choice Andouille Sausage	2310	1700	190	50	0	450	5950	20	0	10	130	3500	10	140	10
Miners Platter, 8-10 (10 servings) with Entree Choice Coconut Shrimp	3370	820	90	40	0	740	12140	500	30	70	150	1180	10	360	30
Miners Platter, 8-10 (10 servings) with Entree Choice Fried Shrimp	2100	240	30	0	0	900	9340	310	10	10	150	1290	10	390	30
Miners Platter, 8-10 (10 servings) with Entree Choice Grilled Shrimp	1200	650	70	20	0	900	2590	10	0	10	120	2270	20	330	10
Miners Platter, 8-10 (10 servings) with Entree Choice Pork Ribs	6180	4730	530	190	0	1670	4400	20	0	10	310	220	0	640	20
Miners Platter, 8-10 (10 servings) with Entree Choice Roasted Tri Tip	2000	1060	120	40	0	800	4040	10	0	0	220	50	0	200	10
Miners Platter, 8-10 (10 servings) with Entree Choice Rotisserie Chicken	3620	2250	250	70	0	1240	6890	10	0	10	310	2910	50	240	20
Miners Platter, 8-10 (10 servings) with Entree Sauce Choice Barbecue Sauce	600	0	0	0	0	0	3900	150	0	130	0	1000	10	0	0
Miners Platter, 8-10 (10 servings) with Entree Sauce Choice Cocktail Sauce	360	10	0	0	0	0	5080	80	0	70	0	1690	30	70	0
Miners Platter, 8-10 (10 servings) with Entree Sauce Choice Herb Peppercorn Demi Glaze	190	40	0	0	0	0	1100	20	0	0	0	1380	0	30	0
Miners Platter, 8-10 (10 servings) with Entree Sauce Choice Sriracha Sauce	160	0	0	0	0	0	3800	40	0	0	0	0	0	0	0
Miners Platter, 8-10 (10 servings) with Entree Sauce Choice Sweet and Spicy Sauce	480	0	0	0	0	0	1080	120	0	100	0	10490	60	0	0
Miners Platter, 8-10 (10 servings) with Salad Choice Caesar Salad	830	420	50	10	0	30	1610	70	20	10	30	50710	200	760	10
Miners Platter, 8-10 (10 servings) with Salad Choice House Salad	1100	650	70	30	0	280	1720	70	20	30	50	36050	100	1280	10
Miners Platter, 8-10 (10 servings) with Salad Dressing Choice Balsamic Vinaigrette	1580	1400	160	20	0	0	2250	40	0	40	0	330	0	30	0
Miners Platter, 8-10 (10 servings) with Salad Dressing Choice Balsamic Vinegar	240	0	0	0	0	0	0	60	0	60	0	0	0	0	0
Miners Platter, 8-10 (10 servings) with Salad Dressing Choice Bleu Cheese	1310	1190	130	30	0	170	1830	10	0	0	20	870	0	490	0
Miners Platter, 8-10 (10 servings) with Salad Dressing Choice Caesar	1730	1650	180	40	0	190	3230	10	0	0	10	30	20	310	0
Miners Platter, 8-10 (10 servings) with Salad Dressing Choice Citrus	1250	890	100	10	0	0	1310	80	0	80	0	40	10	20	0
Miners Platter, 8-10 (10 servings) with Salad Dressing Choice Creamy Italian	1730	1690	190	30	0	50	1650	10	0	0	0	280	0	30	0
Miners Platter, 8-10 (10 servings) with Salad Dressing Choice Honey Mustard	1760	1590	180	30	0	130	1570	40	0	30	0	80	0	20	0
Miners Platter, 8-10 (10 servings) with Salad Dressing Choice Hot Bacon	490	230	30	10	0	50	270	60	0	50	0	400	20	10	0
Miners Platter, 8-10 (10 servings) with Salad Dressing Choice Olive Oil	2520	2520	280	40	0	0	0	0	0	0	0	0	0	0	0
Miners Platter, 8-10 (10 servings) with Salad Dressing Choice Olive Oil Blend	2520	2520	280	20	0	0	0	0	0	0	0	0	0	0	0
Miners Platter, 8-10 (10 servings) with Salad Dressing Choice Ranch	1230	1150	130	20	0	120	1630	10	0	10	10	210	0	240	0
Miners Platter, 8-10 (10 servings) with Salad Dressing Choice Thousand Island	1010	800	90	20	0	80	3800	50	0	40	0	850	20	40	0
Miners Platter, 8-10 (10 servings) with Side Choice Baked Potato with Sour Cream and Butter	2980	760	80	50	0	240	180	490	40	20	60	3060	530	410	20
Miners Platter, 8-10 (10 servings) with Side Choice Mashed Potatoes	2890	1510	170	110	0	480	2110	300	30	30	40	6140	190	300	10
Miners Platter, 8-10 (10 servings) with Side Choice Roasted Vegetables	840	300	30	0	0	0	390	120	30	50	20	82260	170	420	10
Miners Platter, 8-10 (10 servings) with Side Choice Thai Slaw	830	350	40	10	0	0	980	100	20	60	20	12930	100	290	0
Ore Cart, 4-6 (6 servings)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Ore Cart, 4-6 (6 servings) with Entree Choice Andouille Sausage	1320	970	110	30	0	260	3400	10	0	0	80	2000	0	80	10
Ore Cart, 4-6 (6 servings) with Entree Choice Coconut Shrimp	2020	490	50	20	0	440	7280	300	20	40	90	710	10	210	20
Ore Cart, 4-6 (6 servings) with Entree Choice Fried Shrimp	1260	140	20	0	0	540	5600	190	10	10	90	780	10	230	20
Ore Cart, 4-6 (6 servings) with Entree Choice Grilled Shrimp	720	390	40	10	0	540	1550	10	0	0	70	1360	10	200	10
Ore Cart, 4-6 (6 servings) with Entree Choice Pork Ribs	3710	2840	320	120	0	1000	2640	10	0	10	190	130	0	380	10
Ore Cart, 4-6 (6 servings) with Entree Choice Roasted Tri Tip	1200	630	70	20	0	480	2430	0	0	0	130	30	0	120	10
Ore Cart, 4-6 (6 servings) with Entree Choice Rotisserie Chicken	1310	813	90	27	0	445	2480	3	0	3	111	1050	18	87	6
Ore Cart, 4-6 (6 servings) with Entree Sauce Choice Barbecue Sauce	360	0	0	0	0	0	2340	90	0	80	0	600	10	0	0
Ore Cart, 4-6 (6 servings) with Entree Sauce Choice Cocktail Sauce	210	10	0	0	0	0	3050	50	0	40	0	1020	20	40	0
Ore Cart, 4-6 (6 servings) with Entree Sauce Choice Herb Peppercorn Demi Glaze	120	20	0	0	0	0	660	10	0	0	0	830	0	20	0
Ore Cart, 4-6 (6 servings) with Entree Sauce Choice Sriracha Sauce	100	0	0	0	0	0	2280	20	0	0	0	0	0	0	0
Ore Cart, 4-6 (6 servings) with Entree Sauce Choice Sweet and Spicy Sauce	290	0	0	0	0	0	650	70	0	60	0	6300	40	0	0
Ore Cart, 4-6 (6 servings) with Salad Choice Caesar Salad	500	250	30	10	0	20	970	40	10	10	20	30430	120	460	10
Ore Cart, 4-6 (6 servings) with Salad Choice House Salad	660	390	40	20	0	170	1030	40	10	20	30	21630	60	770	0
Ore Cart, 4-6 (6 servings) with Salad Dressing Choice Balsamic Vinaigrette	950	840	90	10	0	0	1350	30	0	20	0	200	0	20	0
Ore Cart, 4-6 (6 servings) with Salad Dressing Choice Balsamic Vinegar	140	0	0	0	0	0	0	40	0	40	0	0	0	0	0
Ore Cart, 4-6 (6 servings) with Salad Dressing Choice Bleu Cheese	780	720	80	20	0	100	1100	0	0	0	10	520	0	290	0
Ore Cart, 4-6 (6 servings) with Salad Dressing Choice Caesar	1040	990	110	20	0	110	1940	0	0	0	10	20	10	180	0
Ore Cart, 4-6 (6 servings) with Salad Dressing Choice Citrus	750	530	60	10	0	0	790	50	0	50	0	20	0	10	0
Ore Cart, 4-6 (6 servings) with Salad Dressing Choice Creamy Italian	1040	1010	110	20	0	30	990	0	0	0	0	170	0	20	0
Ore Cart, 4-6 (6 servings) with Salad Dressing Choice Honey Mustard	1060	950	110	20	0	80	940	20	0	20	0	50	0	10	0
Ore Cart, 4-6 (6 servings) with Salad Dressing Choice Hot Bacon	290	140	20	10	0	30	160	40	0	30	0	240	10	10	0
Ore Cart, 4-6 (6 servings) with Salad Dressing Choice Olive Oil	1510	1510	170	20	0	0	0	0	0	0	0	0	0	0	0

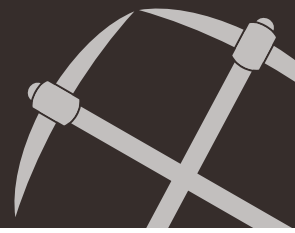
CLAIM JUMPER® NUTRITION GUIDE



ENTREE PLATTERS, CONT.	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)
Ore Cart, 4-6 (6 servings) with Salad Dressing Choice Olive Oil Blend	1510	1510	170	10	0	0	0	0	0	0	0	0	0	0	0
Ore Cart, 4-6 (6 servings) with Salad Dressing Choice Ranch	740	690	80	10	0	70	980	10	0	0	0	130	0	140	0
Ore Cart, 4-6 (6 servings) with Salad Dressing Choice Thousand Island	600	480	50	10	0	50	2280	30	0	20	0	510	10	20	0
Ore Cart, 4-6 (6 servings) with Side Choice Baked Potato with Sour Cream and Butter	1790	450	50	30	0	150	110	290	20	10	40	1830	320	250	10
Ore Cart, 4-6 (6 servings) with Side Choice Mashed Potatoes	1810	940	100	70	0	300	1320	190	20	20	20	3840	120	190	10
Ore Cart, 4-6 (6 servings) with Side Choice Roasted Vegetables	530	190	20	0	0	0	240	70	20	30	10	51410	110	260	0
Ore Cart, 4-6 (6 servings) with Side Choice Thai Slaw	520	220	20	0	0	0	620	60	10	30	10	8080	60	180	0
Ore Cart, 8-10 (10 servings)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Ore Cart, 8-10 (10 servings) with Entree Choice Andouille Sausage	2310	1700	190	50	0	450	5950	20	0	10	130	3500	10	140	10
Ore Cart, 8-10 (10 servings) with Entree Choice Coconut Shrimp	3370	820	90	40	0	740	12140	500	30	70	150	1180	10	360	30
Ore Cart, 8-10 (10 servings) with Entree Choice Fried Shrimp	2100	240	30	0	0	900	9340	310	10	10	150	1290	10	390	30
Ore Cart, 8-10 (10 servings) with Entree Choice Grilled Shrimp	1200	650	70	20	0	900	2590	10	0	10	120	2270	20	330	10
Ore Cart, 8-10 (10 servings) with Entree Choice Pork Ribs	6180	4730	530	190	0	1670	4400	20	0	10	310	220	0	640	20
Ore Cart, 8-10 (10 servings) with Entree Choice Roasted Tri Tip	2000	1060	120	40	0	800	4040	10	0	0	220	50	0	200	10
Ore Cart, 8-10 (10 servings) with Entree Choice Rotisserie Chicken	3620	2250	250	70	0	1240	6890	10	0	10	310	2910	50	240	20
Ore Cart, 8-10 (10 servings) with Entree Sauce Choice Barbecue Sauce	600	0	0	0	0	0	3900	150	0	130	0	1000	10	0	0
Ore Cart, 8-10 (10 servings) with Entree Sauce Choice Cocktail Sauce	360	10	0	0	0	0	5080	80	0	70	0	1690	30	70	0
Ore Cart, 8-10 (10 servings) with Entree Sauce Choice Herb Peppercorn Demi Glaze	190	40	0	0	0	0	1100	20	0	0	0	1380	0	30	0
Ore Cart, 8-10 (10 servings) with Entree Sauce Choice Sriracha Sauce	160	0	0	0	0	0	3800	40	0	0	0	0	0	0	0
Ore Cart, 8-10 (10 servings) with Entree Sauce Choice Sweet and Spicy Sauce	480	0	0	0	0	0	1080	120	0	100	0	10490	60	0	0
Ore Cart, 8-10 (10 servings) with Salad Choice Caesar Salad	830	420	50	10	0	30	1610	70	20	10	30	50710	200	760	10
Ore Cart, 8-10 (10 servings) with Salad Choice House Salad	1100	650	70	30	0	280	1720	70	20	30	50	36050	100	1280	10
Ore Cart, 8-10 (10 servings) with Salad Dressing Choice Balsamic Vinaigrette	1580	1400	160	20	0	0	2250	40	0	40	0	330	0	30	0
Ore Cart, 8-10 (10 servings) with Salad Dressing Choice Balsamic Vinegar	240	0	0	0	0	0	0	60	0	60	0	0	0	0	0
Ore Cart, 8-10 (10 servings) with Salad Dressing Choice Bleu Cheese	1310	1190	130	30	0	170	1830	10	0	0	20	870	0	490	0
Ore Cart, 8-10 (10 servings) with Salad Dressing Choice Caesar	1730	1650	180	40	0	190	3230	10	0	0	10	30	20	310	0
Ore Cart, 8-10 (10 servings) with Salad Dressing Choice Citrus	1250	890	100	10	0	0	1310	80	0	80	0	40	10	20	0
Ore Cart, 8-10 (10 servings) with Salad Dressing Choice Creamy Italian	1730	1690	190	30	0	50	1650	10	0	0	0	280	0	30	0
Ore Cart, 8-10 (10 servings) with Salad Dressing Choice Honey Mustard	1760	1590	180	30	0	130	1570	40	0	30	0	80	0	20	0
Ore Cart, 8-10 (10 servings) with Salad Dressing Choice Hot Bacon	490	230	30	10	0	50	270	60	0	50	0	400	20	10	0
Ore Cart, 8-10 (10 servings) with Salad Dressing Choice Olive Oil	2520	2520	280	40	0	0	0	0	0	0	0	0	0	0	0
Ore Cart, 8-10 (10 servings) with Salad Dressing Choice Olive Oil Blend	2520	2520	280	20	0	0	0	0	0	0	0	0	0	0	0
Ore Cart, 8-10 (10 servings) with Salad Dressing Choice Ranch	1230	1150	130	20	0	120	1630	10	0	10	10	210	0	240	0
Ore Cart, 8-10 (10 servings) with Salad Dressing Choice Thousand Island	1010	800	90	20	0	80	3800	50	0	40	0	850	20	40	0
Ore Cart, 8-10 (10 servings) with Side Choice Baked Potato with Sour Cream and Butter	2980	760	80	50	0	240	180	490	40	20	60	3060	530	410	20
Ore Cart, 8-10 (10 servings) with Side Choice Mashed Potatoes	2890	1510	170	110	0	480	2110	300	30	30	40	6140	190	300	10
Ore Cart, 8-10 (10 servings) with Side Choice Roasted Vegetables	840	300	30	0	0	0	390	120	30	50	20	82260	170	420	10
Ore Cart, 8-10 (10 servings) with Side Choice Thai Slaw	830	350	40	10	0	0	980	100	20	60	20	12930	100	290	0
BBQ Baby Back Pork Rib Platter, 4-6 (6 servings)	6540	4730	530	190	0	1670	6740	110	0	90	310	820	10	640	20
BBQ Baby Back Pork Rib Platter, 4-6 (6 servings) with Salad Choice Caesar Salad	7040	4980	550	200	0	1680	7700	160	10	100	330	31250	130	1100	20
BBQ Baby Back Pork Rib Platter, 4-6 (6 servings) with Salad Choice House Salad	7200	5110	570	210	0	1840	7770	160	10	110	340	22450	70	1410	20
BBQ Baby Back Pork Rib Platter, 4-6 (6 servings) with Salad Dressing Choice Balsamic Vinaigrette	7490	5570	620	210	0	1670	8080	140	0	110	310	1020	10	660	20
BBQ Baby Back Pork Rib Platter, 4-6 (6 servings) with Salad Dressing Choice Balsamic Vinegar	6680	4730	530	190	0	1670	6740	150	0	130	310	820	10	640	20
BBQ Baby Back Pork Rib Platter, 4-6 (6 servings) with Salad Dressing Choice Bleu Cheese	7320	5440	600	210	0	1770	7830	120	0	90	320	1340	10	930	20
BBQ Baby Back Pork Rib Platter, 4-6 (6 servings) with Salad Dressing Choice Caesar	7580	5720	640	210	0	1780	8670	120	0	90	320	840	20	830	20
BBQ Baby Back Pork Rib Platter, 4-6 (6 servings) with Salad Dressing Choice Citrus	7290	5260	580	200	0	1670	7520	160	0	140	310	840	20	650	20
BBQ Baby Back Pork Rib Platter, 4-6 (6 servings) with Salad Dressing Choice Creamy Italian	7580	5740	640	210	0	1700	7730	120	0	90	320	990	10	660	20
BBQ Baby Back Pork Rib Platter, 4-6 (6 servings) with Salad Dressing Choice Honey Mustard	7600	5680	630	210	0	1750	7670	140	0	110	310	870	10	650	20
BBQ Baby Back Pork Rib Platter, 4-6 (6 servings) with Salad Dressing Choice Hot Bacon	6830	4860	540	200	0	1700	6900	150	0	120	320	1060	20	650	20
BBQ Baby Back Pork Rib Platter, 4-6 (6 servings) with Salad Dressing Choice Olive Oil	8050	6240	690	220	0	1670	6740	110	0	90	310	820	10	640	20
BBQ Baby Back Pork Rib Platter, 4-6 (6 servings) with Salad Dressing Choice Olive Oil Blend	8050	6240	690	210	0	1670	6740	110	0	90	310	820	10	640	20
BBQ Baby Back Pork Rib Platter, 4-6 (6 servings) with Salad Dressing Choice Ranch	7280	5410	600	210	0	1740	7710	120	0	90	320	950	10	780	20
BBQ Baby Back Pork Rib Platter, 4-6 (6 servings) with Side Choice Baked Potato with Sour Cream and Butter	7140	5200	580	200	0	1720	9020	140	0	110	320	1330	20	660	20
BBQ Baby Back Pork Rib Platter, 4-6 (6 servings) with Side Choice Mashed Potatoes	8330	5180	580	230	0	1810	6850	410	20	100	350	2660	330	890	30
BBQ Baby Back Pork Rib Platter, 4-6 (6 servings) with Side Choice Roasted Vegetables	8350	5670	630	260	0	1970	8060	300	20	110	340	4660	130	830	20
BBQ Baby Back Pork Rib Platter, 4-6 (6 servings) with Side Choice Thai Slaw	7070	4910	550	200	0	1670	6980	190	20	120	330	52230	120	900	20
BBQ Baby Back Pork Rib Platter, 4-6 (6 servings) with Side Choice Thai Slaw	7060	4950	550	200	0	1670	7350	170	10	120	320	8910	80	820	20

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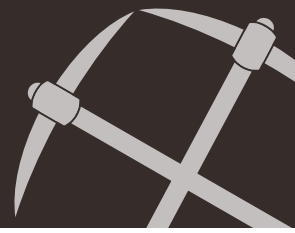
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ENTREE PLATTERS, CONT.	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
BBQ Baby Back Pork Rib Platter, 8-10 (10 servings)	11020	7880	880	320	0	2780	12010	220	0	180	520	1570	20	1070	30
BBQ Baby Back Pork Rib Platter, 8-10 (10 servings) with Salad Choice Caesar Salad	11850	8290	920	330	0	2810	13620	290	20	190	550	52280	220	1830	40
BBQ Baby Back Pork Rib Platter, 8-10 (10 servings) with Salad Choice House Salad	12120	8520	950	350	0	3060	13730	290	20	210	570	37620	120	2350	40
BBQ Baby Back Pork Rib Platter, 8-10 (10 servings) with Salad Dressing Choice Balsamic Vinaigrette	12600	9280	1030	340	0	2780	14250	260	0	210	520	1900	30	1100	30
BBQ Baby Back Pork Rib Platter, 8-10 (10 servings) with Salad Dressing Choice Balsamic Vinegar	11260	7880	880	320	0	2780	12010	280	0	240	520	1570	20	1070	30
BBQ Baby Back Pork Rib Platter, 8-10 (10 servings) with Salad Dressing Choice Bleu Cheese	12330	9070	1010	360	0	2950	13840	230	0	180	540	2440	20	1560	30
BBQ Baby Back Pork Rib Platter, 8-10 (10 servings) with Salad Dressing Choice Caesar	12750	9530	1060	360	0	2970	15240	230	0	180	530	1600	40	1380	30
BBQ Baby Back Pork Rib Platter, 8-10 (10 servings) with Salad Dressing Choice Citrus	12270	8770	970	340	0	2780	13310	300	0	250	520	1610	30	1090	30
BBQ Baby Back Pork Rib Platter, 8-10 (10 servings) with Salad Dressing Choice Creamy Italian	12750	9570	1060	350	0	2830	13660	230	0	180	530	1850	20	1100	30
BBQ Baby Back Pork Rib Platter, 8-10 (10 servings) with Salad Dressing Choice Honey Mustard	12780	9460	1050	350	0	2910	13570	260	0	210	520	1650	20	1090	30
BBQ Baby Back Pork Rib Platter, 8-10 (10 servings) with Salad Dressing Choice Hot Bacon	11510	8100	900	330	0	2830	12280	280	0	230	530	1970	40	1080	30
BBQ Baby Back Pork Rib Platter, 8-10 (10 servings) with Salad Dressing Choice Olive Oil	13540	10400	1160	360	0	2780	12010	220	0	180	520	1570	20	1070	30
BBQ Baby Back Pork Rib Platter, 8-10 (10 servings) with Salad Dressing Choice Olive Oil Blend	13540	10400	1160	340	0	2780	12010	220	0	180	520	1570	20	1070	30
BBQ Baby Back Pork Rib Platter, 8-10 (10 servings) with Salad Dressing Choice Ranch	12250	9020	1000	350	0	2900	13640	230	0	180	530	1780	20	1310	30
BBQ Baby Back Pork Rib Platter, 8-10 (10 servings) with Salad Dressing Choice Thousand Island	12030	8670	960	340	0	2860	15810	270	10	220	530	2420	40	1110	30
BBQ Baby Back Pork Rib Platter, 8-10 (10 servings) with Side Choice Baked Potato with Sour Cream and Butter	14000	8630	960	380	0	3020	12190	710	40	200	580	4630	550	1480	50
BBQ Baby Back Pork Rib Platter, 8-10 (10 servings) with Side Choice Mashed Potatoes	13910	9390	1040	430	0	3260	14120	520	30	200	560	7710	210	1370	40
BBQ Baby Back Pork Rib Platter, 8-10 (10 servings) with Side Choice Roasted Vegetables	11860	8170	910	330	0	2780	12390	340	40	220	540	83830	190	1490	40
BBQ Baby Back Pork Rib Platter, 8-10 (10 servings) with Side Choice Thai Slaw	11850	8230	910	330	0	2780	12990	320	20	230	540	14500	120	1350	30

DESSERT PLATTERS	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)
Berry Butter Cake Platter, 4-6 (6 servings)	3710	1790	200	120	0	890	2380	430	0	320	40	6280	80	490	10
Berry Butter Cake Platter, 8-10 (10 servings)	6190	2980	330	200	0	1480	3970	720	10	540	70	10470	140	820	10
Brownie Platter, 4-6 (6 servings)	3580	1280	140	60	10	130	2150	540	0	390	20	450	0	100	20
Brownie Platter, 4-6 (6 servings) with Walnuts	3880	1530	170	60	10	130	2150	540	10	390	20	460	0	140	20
Brownie Platter, 4-6 (6 servings) with White Chocolate Chips	3820	1400	160	70	10	130	2200	570	0	420	20	450	0	160	20
Brownie Platter, 8-10 (10 servings)	5970	2130	240	100	10	220	3590	900	10	650	30	750	0	160	40
Brownie Platter, 8-10 (10 servings) with Walnuts	6460	2550	280	110	10	220	3590	910	10	650	40	770	0	230	40
Brownie Platter, 8-10 (10 servings) with White Chocolate Chips	6370	2330	260	120	10	220	3660	950	10	700	30	750	0	260	40
Cookie and Brownie Combo Platter, 4-6 (6 servings)	4400	1630	180	90	10	320	2340	650	20	430	40	2130	0	170	20
Cookie and Brownie Combo Platter, 4-6 (6 servings) with Walnuts	4600	1800	200	90	10	320	2340	650	20	440	40	2140	0	200	20
Cookie and Brownie Combo Platter, 4-6 (6 servings) with White Chocolate Chips	4560	1710	190	100	10	320	2370	670	20	450	40	2130	0	210	20
Cookie and Brownie Combo Platter, 8-10 (10 servings)	7600	2840	320	160	10	600	3970	1120	40	740	70	4120	0	320	40
Cookie and Brownie Combo Platter, 8-10 (10 servings) with Walnuts	7900	3090	340	160	10	600	3970	1130	40	740	70	4120	0	360	40
Cookie and Brownie Combo Platter, 8-10 (10 servings) with White Chocolate Chips	7840	2960	330	170	10	600	4010	1150	40	770	70	4120	0	380	40
Cookie Platter (6 cookies)	5340	2340	260	150	0	710	2720	870	50	520	70	5500	0	330	30
Cookie Platter (10 cookies)	10060	3900	430	240	0	1180	4540	1460	80	870	120	9160	0	550	50
Dessert Platter Trio, 4-6 (6 servings)	4990	2230	250	100	0	530	2610	640	20	440	50	12690	20	230	20
Dessert Platter Trio, 4-6 (6 servings) with Walnuts	5090	2320	260	100	0	530	2610	640	20	440	50	12690	20	250	20
Dessert Platter Trio, 4-6 (6 servings) with White Chocolate Chips	5070	2270	250	110	0	530	2630	650	20	450	50	12690	20	250	20
Dessert Platter Trio, 8-10 (10 servings)	7970	3690	410	160	10	830	4320	990	30	700	70	23540	40	360	30
Dessert Platter Trio, 8-10 (10 servings) with Walnuts	8170	3850	430	160	10	830	4320	1000	30	700	70	23550	40	390	30
Dessert Platter Trio, 8-10 (10 servings) with White Chocolate Chips	8130	3770	420	160	10	830	4350	1010	30	720	70	23540	40	400	30
Original Scratch Carrot Cake Platter, 4-6 (6 servings)	5360	3080	340	100	0	760	2970	520	20	400	50	32120	60	280	10
Original Scratch Carrot Cake Platter, 8-10 (10 servings)	8930	5130	570	170	0	1270	4940	860	30	660	90	53530	100	460	20
Red Velvet Cupcakes (6 cupcakes)	1510	550	60	10	0	480	2850	210	10	120	30	390	0	210	10
Red Velvet Cupcakes (10 cupcakes)	2520	910	100	20	0	800	4750	350	10	200	50	650	0	350	20
Whole Carrot Cake (8 slices)	14290	8210	910	270	0	2030	7910	1380	50	1060	140	85640	170	740	30
Whole Chocolate Cream Cheese Pie (10 slices)	15070	9030	1000	560	10	3190	9070	1290	60	1010	190	26190	10	1050	60
Whole Chocolate Motherlode Cake (8 slices)	25510	10490	1170	510	10	2150	20610	3460	130	2450	270	2050	10	5440	170
3 Layer Chocolate Motherlode Cake	12760	5245	585	255	5	1075	10300	1730	65	1225	135	1025	5	2720	85
Whole Cream Cheese Pie (10 slices)	9400	5570	620	370	0	2220	5060	770	10	590	130	21620	10	560	10
Whole Raspberry Cream Cheese Pie (10 slices)	11020	6280	700	440	0	2220	5380	990	10	800	140	21780	10	1180	10

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BREAKFAST PLATTERS	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)
Breakfast Burrito Platter, 4-6 (6 servings)	5520	2830	310	150	0	3070	14300	440	30	100	230	20110	260	3660	30
Breakfast Burrito Platter, 8-10 (10 servings)	9070	4710	520	250	0	5120	23790	700	40	140	380	31110	370	6080	50
Breakfast Taco Platter, 4-6 (6 servings)	4860	2520	280	130	0	3190	11450	330	20	90	230	16680	190	3840	30
Breakfast Taco Platter, 8-10 (10 servings)	8010	4200	470	220	0	5320	19050	540	30	130	380	26180	280	6380	50
French Toast Platter, 4-6 (6 servings)	4150	1700	190	80	0	1040	4450	520	10	220	90	8300	0	630	20
French Toast Platter, 8-10 (10 servings)	6930	2840	320	130	0	1730	7410	860	20	370	140	13830	0	1050	30
Pancake Platter, 4-6 (6 servings)	4700	2540	280	120	0	330	7000	470	0	230	30	10710	0	710	20
Pancake Platter, 8-10 (10 servings)	7830	4230	470	210	0	550	11660	790	0	380	60	17850	0	1180	30
Yogurt Parfait Platter, 4-6 (6 servings)	1910	250	30	10	0	70	1130	370	30	210	50	4120	220	1460	10
Yogurt Parfait Platter, 8-10 (10 servings)	3190	410	50	20	0	120	1880	610	50	350	90	6860	360	2440	20
Breakfast Sandwich Platter, 4-6 (6 servings)	2700	960	110	40	0	1550	6460	290	10	80	150	11070	170	1600	20
Breakfast Sandwich Platter, 8-10 (10 servings)	4410	1590	180	70	0	2580	10740	460	20	110	240	16840	250	2650	30

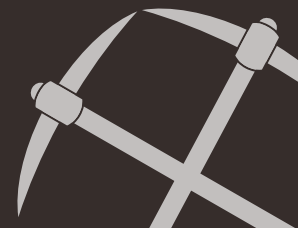
BANQUET APPETIZER BUFFET	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Appetizer Buffet (1 serving)	360	150	20	0	0	10	660	40	10	10	10	11160	80	190	10
Appetizer Buffet (1 serving) with Artichoke and Spinach Dip	640	370	40	20	0	90	1280	50	10	20	20	15170	90	450	10
Appetizer Buffet (1 serving) with Buffalo Wings	570	310	30	10	0	90	1300	40	10	10	20	11560	80	190	10
Appetizer Buffet (1 serving) with Coconut Shrimp with Sauces	650	210	20	10	0	60	1600	90	10	30	20	11760	80	220	10
Appetizer Buffet (1 serving) with Lemon Pepper Zucchini with Ranch Dressing	670	300	30	10	0	70	1840	80	10	20	20	11400	90	290	10
Appetizer Buffet (1 serving) with Loaded Potato Skins	610	310	30	10	0	70	1140	50	10	10	20	11600	90	450	10
Appetizer Buffet (1 serving) with Mozzarella Sticks with Marinara Sauce	690	330	40	10	0	70	1840	70	10	20	20	11840	80	660	10
Appetizer Buffet (1 serving) with Potatocakes with Salsa Ranch	800	410	50	10	0	70	1800	80	10	20	20	11930	90	450	10

BANQUET BREAKFAST	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)
Banquet CJ Traditional Breakfast, with eggs, CJ hash browns, fresh fruit (1 serving)	410	160	18	7	0	435	1030	46	4	18	17	2117	75	91	2
Add Ham Steak	130	48	5	1	0	60	1190	0	0	0	20	0	0	0	1
Add Bacon, 2 slices	70	54	6	2	0	15	290	0	0	0	4	0	0	0	0
Add Pork Sausage 2 Links	320	252	28	10	0	70	620	2	0	2	16	0	0	0	1
Banquet Motherlode Breakfast, with scrambled eggs,															
Denver scramble, CJ hash browns and fruit (1 serving)	580	245	28	9	0	2630	1890	48	4	19	33	2444	87	122	3
Add Bacon, 2 slices	70	54	6	2	0	15	290	0	0	0	4	0	0	0	0
Add Pork Sausage 2 Links	320	252	28	10	0	70	620	2	0	2	16	0	0	0	1
Add French Toast (1 slice)	470	156	17	7	0	115	460	68	1	34	10	753	1	71	2
Fresh Orange Juice (6 fluid ounces)	80	3	0	0	0	0	20	19	0	19	2	150	72	15	0
French Toast, 1 piece	260	56	6	2	0	115	340	39	1	6	10	247	0	70	2
French, 1 piece, with butter and syrup	470	156	17	7	0	115	460	68	1	34	10	753	1	71	2
Maple Syrup (1 fluid ounce)	110	0	0	0	0	0	0	27	0	27	0	0	0	0	0
Pancakes, 1 pancakes	240	111	12	5	0	30	470	26	0	6	3	386	0	59	2
Pancake, 1 pancake with butter and syrup	450	212	24	10	0	30	590	54	0	33	3	995	6	64	2
Pancakes, 2 pancakes	480	222	25	10	0	55	940	52	0	12	6	772	0	118	3
Pancakes, 2 pancakes with butter and syrup	690	323	36	16	0	55	1060	80	0	39	6	1381	6	122	3
Whipped Butter (0.5 ounces)	100	100	11	5	0	0	110	0	0	0	0	506	0	0	0
Yogurt Parfait (1 serving)	160	20	0	0	0	10	90	30	0	20	0	340	20	120	0

BANQUET 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)
Salad Buffet (1 serving)	1120	650	70	20	0	130	1200	80	20	40	40	22930	110	590	10
Salad Buffet (1 serving) with Balsamic Vinaigrette	1280	790	90	20	0	130	1430	80	20	40	40	22960	110	590	10
Salad Buffet (1 serving) with Balsamic Vinegar	1140	650	70	20	0	130	1200	80	20	50	40	22930	110	590	10
Salad Buffet (1 serving) with Blended Oil	1370	900	100	20	0	130	1200	80	20	40	40	22930	110	590	10
Salad Buffet (1 serving) with Bleu Cheese Dressing	1250	770	90	20	0	150	1390	80	20	40	40	23010	110	630	10
Salad Buffet (1 serving) with Caesar Dressing	1290	820	90	20	0	150	1530	80	20	40	40	22930	110	620	10
Salad Buffet (1 serving) with Citrus Dressing	1240	740	80	20	0	130	1330	80	20	50	40	22930	110	590	10
Salad Buffet (1 serving) with Honey Mustard Dressing	1300	810	90	20	0	140	1360	80	20	40	40	22930	110	590	10
Salad Buffet (1 serving) with Hot Bacon Dressing	1170	670	70	20	0	140	1230	80	20	50	40	22970	110	590	10
Salad Buffet (1 serving) with Italian Dressing	1200	720	80	20	0	130	1530	80	20	40	40	22930	110	590	10

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BANQUET 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)
Salad Buffet (1 serving) with Olive Oil	1370	900	100	20	0	130	1200	80	20	40	40	22930	110	590	10
Salad Buffet (1 serving) with Ranch Dressing	1240	770	90	20	0	140	1370	80	20	40	40	22950	110	610	10
Salad Buffet (1 serving) with Thousand Island Dressing	1220	730	80	20	0	140	1580	80	20	40	40	23010	110	590	10
Chinese Club Wrap, banquet (1 serving)	1070	480	50	10	0	60	2890	100	10	10	40	3630	40	260	10
Turkey Dip Sandwich, banquet (1 serving)	1350	560	60	20	0	170	4870	130	10	30	70	1210	50	370	10
BBQ Chicken Salad, banquet (1 serving)	340	185	20	5	0	45	590	20	0	10	15	3755	25	90	0
Chinese Chicken Salad, banquet (1 serving)	270	105	10	0	0	30	650	25	5	15	15	5945	35	70	0
California Citrus Chicken Salad, lunch banquet (1 serving)	600	350	40	10	0	50	660	40	5	30	20	4310	25	170	0
Comstock Lunch (1 serving) with Citrus Dressing	2300	1300	140	50	0	520	3340	130	10	70	110	14980	60	350	10
Comstock Lunch (1 serving) with Honey Mustard Dressing	2330	1340	150	50	0	530	3360	130	10	70	110	14990	60	350	10
Comstock Lunch (1 serving) with Hot Bacon Dressing	2260	1270	140	50	0	520	3290	130	10	70	110	15000	60	350	10
Comstock Lunch (1 serving) with Italian Dressing	2280	1290	140	50	0	520	3440	130	10	70	110	14980	60	350	10
Comstock Lunch (1 serving) with Olive Oil	2370	1380	150	50	0	520	3280	130	10	70	110	14980	60	350	10
Comstock Lunch (1 serving) with Ranch Dressing	2300	1310	150	50	0	530	3360	130	10	70	110	14990	60	360	10
Comstock Lunch (1 serving) with Thousand Island Dressing	2290	1300	140	50	0	520	3470	130	10	70	110	15020	60	350	10
Motherlode Lunch (1 serving)	2260	1310	150	50	0	500	3140	120	10	60	110	14960	60	360	10
Motherlode Lunch (1 serving) with Balsamic Vinaigrette	2340	1380	150	50	0	500	3250	120	10	70	110	14980	60	360	10
Motherlode Lunch (1 serving) with Balsamic Vinegar	2270	1310	150	50	0	500	3140	120	10	70	110	14960	60	360	10
Motherlode Lunch (1 serving) with Blended Oil	2380	1430	160	50	0	500	3140	120	10	60	110	14960	60	360	10
Motherlode Lunch (1 serving) with Bleu Cheese Dressing	2320	1370	150	50	0	510	3230	120	10	60	110	15010	60	390	10
Motherlode Lunch (1 serving) with Caesar Dressing	2340	1390	150	50	0	510	3300	120	10	60	110	14960	60	380	10
Motherlode Lunch (1 serving) with Citrus Dressing	2320	1350	150	50	0	500	3210	120	10	70	110	14960	60	360	10
Motherlode Lunch (1 serving) with Honey Mustard Dressing	2350	1390	150	50	0	510	3220	120	10	70	110	14970	60	360	10
Motherlode Lunch (1 serving) with Hot Bacon Dressing	2280	1320	150	50	0	500	3150	120	10	70	110	14980	60	360	10
Motherlode Lunch (1 serving) with Italian Dressing	2300	1340	150	50	0	500	3300	120	10	70	110	14960	60	360	10
Motherlode Lunch (1 serving) with Olive Oil	2380	1430	160	50	0	500	3140	120	10	60	110	14960	60	360	10
Motherlode Lunch (1 serving) with Ranch Dressing	2320	1360	150	50	0	510	3220	120	10	70	110	14970	60	370	10
Motherlode Lunch (1 serving) with Thousand Island Dressing	2310	1350	150	50	0	500	3330	120	10	70	110	15010	60	360	10
Stuffed Baker Bar (1 serving)	1400	500	60	30	0	170	1750	160	10	20	70	10580	160	770	10
Tri Tip Fajitas (1 serving)	1450	530	60	20	0	150	3400	160	20	20	60	12430	210	710	20
Tri Tip Fajitas (1 serving) with Balsamic Vinaigrette	1530	600	70	20	0	150	3520	170	20	20	60	12450	210	710	20
Tri Tip Fajitas (1 serving) with Balsamic Vinegar	1470	530	60	20	0	150	3400	170	20	20	60	12430	210	710	20
Tri Tip Fajitas (1 serving) with Blended Oil	1580	660	70	20	0	150	3400	160	20	20	60	12430	210	710	20
Tri Tip Fajitas (1 serving) with Bleu Cheese Dressing	1520	590	70	20	0	160	3490	160	20	20	60	12470	210	730	20
Tri Tip Fajitas (1 serving) with Caesar Dressing	1540	620	70	20	0	160	3560	160	20	20	60	12430	210	720	20
Tri Tip Fajitas (1 serving) with Citrus Dressing	1520	580	60	20	0	150	3470	170	20	20	60	12430	210	710	20
Tri Tip Fajitas (1 serving) with Honey Mustard Dressing	1540	610	70	20	0	150	3480	170	20	20	60	12430	210	710	20
Tri Tip Fajitas (1 serving) with Hot Bacon Dressing	1480	550	60	20	0	150	3420	170	20	20	60	12450	210	710	20
Tri Tip Fajitas (1 serving) with Italian Dressing	1490	570	60	20	0	150	3570	170	20	20	60	12430	210	710	20
Tri Tip Fajitas (1 serving) with Olive Oil	1580	660	70	20	0	150	3400	160	20	20	60	12430	210	710	20
Tri Tip Fajitas (1 serving) with Ranch Dressing	1520	590	70	20	0	150	3480	160	20	20	60	12440	210	720	20
Tri Tip Fajitas (1 serving) with Thousand Island Dressing	1500	570	60	20	0	150	3590	170	20	20	60	12470	210	710	20
Baked Lasagna (1 serving)	450	230	30	10	0	90	1070	30	0	0	30	680	0	620	0
Picnic Lunch (1 serving)	740	380	40	20	0	140	1210	60	10	10	30	1860	30	840	10
Picnic Lunch (1 serving) with Ham	840	420	50	20	0	190	2100	60	10	10	40	1860	30	840	10
Picnic Lunch (1 serving) with Roasted Tri Tip	1010	520	60	20	0	250	1750	70	10	10	60	1860	30	870	10
Picnic Lunch (1 serving) with Turkey Breast	850	430	50	20	0	190	1610	60	10	10	40	1860	30	840	10
Banquet Homemade Pasta Buffet (1 serving)															
Black Tie Chicken Pasta, banquet	820	365	41	21	0	135	1530	72	4	4	40	1462	14	603	4
Jambalaya, banquet	730	307	34	9	0	125	3530	74	6	5	32	1966	50	143	6
Shrimp Fresca Pasta, banquet	1000	639	71	39	0	260	1350	55	3	3	33	2717	8	545	4
Absolut Bacon Tortellini, banquet	1570	858	95	52	0	395	2800	87	4	7	71	3419	37	521	6
Baked Lasagna, banquet	450	230	30	10	0	90	1070	30	0	0	30	680	0	620	0
Banquet Chips and Salsa (1 serving)	130	33	4	1	0	0	420	23	2	1	3	291	4	99	6
Banquet Chicken Tender Dinner, dinner (1 serving)	870	229	25	11	0	185	2550	88	5	18	67	4730	32	84	3
Banquet Chicken Tender, lunch (1 serving)	710	184	20	10	0	155	2240	74	3	16	53	740	23	56	3