

Yard House Nutrition Information

Snacks	Total Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Ahi Poke Bowl (1 serving)	310	21	3.1	24	499	15	3.5	3.3	16
Chilled Edamame (1 serving)	285	9	0	0	1270	27	12	0	24
Deviled Eggs (1 serving)	284	23	5.5	322	374	10	0.8	9.2	10
Guacamole (1 serving)	171	15	2.4	1.7	655	11	6.8	1.6	2.6
Guacamole (1 serving) with Nacho Chips	306	18	2.5	1.7	694	33	8.7	1.6	5.3
Hummus (1 serving)	428	32	1	0	1230	23	6.8	0.7	13
Hummus (1 serving) with Crispy Flat Bread	1185	43	1.8	0	2780	153	6.8	0.7	38
Hummus (1 serving) with Oven Grilled Pita Bread	818	32	1	0	2160	101	6.8	0.7	28
Shrimp Ceviche Spoons (1 serving)	72	1.2	0.2	57	214	6.8	0.5	1.5	8.3
Sweet Potato Fries (1 serving)	304	16	1.5	0	400	40	4	18	2
Sweet Potato Fries (1 serving) with Creamed Maple Bacon Dip	484	25	7.3	26	539	63	4	35	4.6
Truffle Fries (1 serving)	540	42	10	10	967	35	2.1	0	13

Appetizers	Total Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Asada Tacos with Flour Tortillas, One (1 serving)	266	18	5.2	25	634	15	2.1	1.1	11
Baja Fish Tacos with Flour Tortillas, One (1 serving)	383	10	2.7	16	906	56	2.4	1.3	13
Bearnaise Sliders (1 serving) with Bearnaise Sauce	1263	76	36	326	1788	90	4.2	12	51
Bearnaise Sliders (1 serving) with Bearnaise Sauce, French Fries	1599	100	42	326	2105	118	5.9	12	57
Blackened Swordfish Tacos with Flour Tortillas, One (1 serving)	247	15	3.7	21	471	16	2.3	1.9	11
Blue Crab Cakes (1 serving)	586	39	15	178	968	33	2.3	9.5	19
Boneless Buffalo Wings (1 serving)	694	25	7.7	156	3090	55	3.4	3.1	57

Boneless Buffalo Wings (1 serving) with Ranch Dressing	914	47	12	176	3490	57	3.4	5.1	59
Boneless Firecracker Wings (1 serving)	821	21	2.7	132	3026	97	2.4	40	57
Boneless Jerk Wings (1 serving)	685	24	3.1	132	2203	57	2.1	5.2	57
Boneless Jerk Wings (1 serving) with Rum BBQ Sauce	826	24	3.1	132	2630	86	2.3	30	58
Buffalo Chicken Strips (1 serving)	469	10	1.3	110	1469	38	0.3	0.6	49
Buffalo Chicken Strips (1 serving) with French Fries	873	40	7.8	110	1849	72	2.3	0.6	57
Buffalo Chicken Strips (1 serving) with Maple Dijon Dipping Sauce	709	27	3.9	111	1854	58	0.3	17	49
Buffalo Chicken Strips (1 serving) with Ranch Dressing	689	32	5.3	130	1869	40	0.3	2.6	51
Buffalo Chicken Strips (1 serving) with French Fries, Ranch Dressing	1093	62	12	130	2249	74	2.3	2.6	59
Buffalo Chicken Strips (1 serving) with Maple Dijon Dipping Sauce, Ranch Dressing	929	49	7.9	131	2254	60	0.3	19	51
Buffalo Chicken Wings (1 serving)	485	36	12	119	1839	13	3.3	4.4	25
Buffalo Chicken Wings (1 serving) with Ranch Dressing	705	58	16	139	2239	15	3.3	6.4	27
California Roll (1 serving)	537	27	4.4	111	2042	43	5.3	6	28
Carnitas Tacos with Flour Tortillas, One (1 serving)	245	16	4.3	28	540	15	1.8	1.3	10
Chicken Nachos (1 serving)	1907	112	51	313	2490	131	21	7.5	90
Chicken Tinga Tacos with Flour Tortillas, One (1 serving)	247	14	3.7	32	480	15	1.4	1.8	13
Classic Sliders (1 serving) with Cheddar Cheese	950	51	17	168	1706	67	3.2	10	54
Classic Sliders (1 serving) with Cheddar Cheese, French Fries	1287	75	22	168	2022	95	4.8	10	60
Coconut Shrimp (1 serving)	764	28	6	174	1547	96	4	64	30
Firecracker Chicken Wings (1 serving)	612	31	6.7	94	1774	56	2.2	41	25
Firecracker Ribs (1 serving)	1007	67	22	186	989	54	2.7	41	43
Fried Calamari (1 serving)	554	14	1.9	597	1324	57	3.8	4.8	48
Fried Calamari (1 serving) with Spicy Tomato Sauce	609	19	3.9	605	1534	59	4.4	6.1	49
Fried Calamari (1 serving) with Tartar Sauce	860	47	7.6	597	1813	58	3.9	4.9	48
Fried Calamari (1 serving) with Spicy Tomato Sauce, Tartar Sauce	915	52	9.6	605	2024	60	4.5	6.2	49

Grilled Artichokes (1 serving)	326	15	1.1	0	1487	37	19	3.5	11
Grilled Artichokes (1 serving) with Potato Chips, Roasted Garlic Aioli	1688	131	22	0.9	2223	108	23	3.6	19
Grilled Korean Beef Short Rib Tacos with Flour Tortillas, One (1 serving)	225	15	5.7	16	351	17	1.2	3.7	5.5
Grilled Korean Pork Belly Tacos with Flour Tortillas, One (1 serving)	320	22	7.8	45	916	15	1.1	2	15
Grilled Sweet Korean BBQ Beef (1 serving)	687	58	23	105	1105	16	1.6	11	23
Grilled Sweet Korean BBQ Beef (1 serving) with Jasmine Rice	874	58	23	105	1107	58	1.6	11	27
Hawaiian Poke Stack (1 serving)	431	26	4.5	47	1884	22	5	5.3	27
Hongos y Rajas Tacos with Flour Tortillas, One (1 serving)	322	24	6.7	15	511	19	2.7	2.8	7.3
Jamaican Jerk Wings (1 serving)	574	43	9.1	117	1168	16	2.2	9.4	30
Jamaican Jerk Wings (1 serving) with Rum BBQ Sauce	715	43	9.1	118	1595	44	2.3	34	30
Lettuce Wraps with Chicken (1 serving)	866	35	3.3	83	2315	60	6	24	76
Lettuce Wraps with Chicken (1 serving) with Firecracker Sauce, Sweet Chili Sauce, Thai Peanut Vinaigrette	1123	42	4.4	83	3143	105	6.8	64	78
Lettuce Wraps with Shiitake and Portabella Mushrooms (1 serving)	622	22	2.1	0	2145	63	7.1	24	44
Lettuce Wraps with Shiitake and Portabella Mushrooms (1 serving) with Firecracker Sauce, Sweet Chili Sauce,	878	28	3.2	0	2973	108	8	65	47
Lettuce Wraps with Tiger Shrimp (1 serving)	879	36	3.3	259	2352	61	5.9	23	78
Lettuce Wraps with Tiger Shrimp (1 serving) with Firecracker Sauce, Sweet Chili Sauce, Thai Peanut Vinaigrett	1136	43	4.5	259	3180	106	6.8	64	80
Lobster, Crab and Artichoke Dip (1 serving)	405	29	14	92	967	18	3.1	3.8	19
Lobster, Crab and Artichoke Dip (1 serving) with Nacho Chips, Oven Grilled Pita Bread	963	33	14	92	1946	124	5.3	3.8	38
Moo Shu Egg Rolls (1 serving)	703	22	8.4	133	1870	79	3.9	34	44
Moo Shu Egg Rolls (1 serving) with Plum Apple Ginger Sauce	821	28	9	133	2194	96	4.2	49	44
Onion Ring Tower (1 serving)	991	57	8.7	5.1	1598	104	4.7	17	11
Onion Ring Tower (1 serving) with Chipotle Ranch Dressing, Ranch Dressing	1333	92	15	22	2117	107	4.8	20	13
Pastrami Sliders (1 serving)	1157	76	26	156	2435	70	3.1	9.4	45
Pastrami Sliders (1 serving) with French Fries	1494	100	32	156	2751	98	4.7	9.4	52

Sashimi Sliders (1 serving)	908	42	9	92	1607	80	5.5	19	51
Sashimi Sliders (1 serving) with French Fries	1245	66	14	92	1924	109	7.1	19	58
Seared Ahi Sashimi (1 serving)	435	28	4.6	56	1042	16	3	8.7	29
Shiitake Garlic Noodles (1 serving)	855	44	23	169	2884	96	3	8	21
Spicy Tuna Roll (1 serving)	577	34	5.5	59	1433	25	14	4.9	42
Spinach Dip (1 serving)	453	39	19	83	1027	9.6	2.5	3.6	18
Spinach Dip (1 serving) with Crispy Flat Bread	1209	51	20	83	2577	140	2.5	3.6	43
Turkey Burger Sliders (1 serving)	985	51	14	194	2087	78	4.9	12	50
Turkey Burger Sliders (1 serving) with French Fries	1322	76	20	194	2404	107	6.5	12	56

Starter Soups	Total Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Chicken Tortilla Soup, Bowl (1 bowl)	906	65	36	247	2561	41	5.7	10	37
Chicken Tortilla Soup, Cup (1 cup)	409	29	16	111	1126	19	2.6	4.4	18
Clam Chowder, Bowl (1 bowl)	363	22	13	80	983	24	1.5	9.4	14
Clam Chowder, Bowl (1 bowl) with Oyster Crackers	429	24	13	80	1043	35	1.5	9.4	15
Clam Chowder, Cup (1 cup)	181	11	6.4	40	491	12	0.8	4.7	6.9
Clam Chowder, Cup (1 cup) with Oyster Crackers	247	13	6.6	40	551	23	0.8	4.7	7.9
Onion Soup, Bowl (1 bowl)	479	32	13	63	2007	25	1.7	5.1	18
Onion Soup, Cup (1 cup)	256	17	6.5	32	814	14	0.8	1.9	9
Tomato Bisque, Bowl (1 bowl)	458	37	24	123	1597	28	1	23	4
Tomato Bisque, Bowl (1 bowl) with Oyster Crackers	524	39	24	123	1657	39	1	23	5
Tomato Bisque, Cup (1 cup)	229	18	12	61	798	14	0.5	12	2
Tomato Bisque, Cup (1 cup) with Oyster Crackers	295	20	12	61	858	25	0.5	12	3

Appetizer Salads		Total Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Baby Leaf Spinach Salad (1 salad)		416	27	13	42	926	25	5.2	4.7	18
Baby Leaf Spinach Salad (1 salad) with Balsamic Vinaigrette		747	61	15	42	1129	32	5.2	11	18
Chopped Salad (1 salad)		334	23	5.5	28	428	22	8.4	6.1	12
Chopped Salad (1 salad) with Bloody Mary Vinaigrette		453	33	7	39	1151	29	8.4	11	12
Classic Ranch Salad (1 salad)		285	17	9.5	47	330	22	3.7	4.4	12
Classic Ranch Salad (1 salad) with Ranch Dressing		450	33	12	62	630	24	3.7	5.9	13
Greek Salad (1 salad)		229	13	2.6	10	1094	20	2.8	4.9	6.5
Greek Salad (1 salad) with Lemon Vinaigrette		412	31	3.9	10	1620	23	3.3	5.8	6.8
Grilled Hearts of Romaine (1 salad)		270	16	1.5	0	99	24	7.2	14	7.1
Grilled Hearts of Romaine (1 salad) with Gorgonzola Vinaigrette		662	55	10	34	675	25	7.3	14	15
Iceberg Wedge (1 serving)		118	2.8	1.4	6.3	134	17	5.9	10	5.8
Iceberg Wedge (1 serving) with Blue Cheese Dressing		568	51	10	51	764	20	5.9	10	12
Mixed Greens (1 serving)		199	7.6	4.4	20	289	25	6.1	3.2	7.1
Mixed Greens (1 serving) with Balsamic Vinaigrette		530	41	6.8	20	491	32	6.1	9.2	7.1
Spicy House Salad (1 salad) with Thai Peanut Vinaigrette		301	12	1.9	0	586	36	5.2	16	9.5
Summer Salad (1 salad)		771	54	5.6	0	17	61	15	41	13
Summer Salad (1 salad) with Spiced Balsamic Vinaigrette		1027	80	7.4	0	51	67	15	47	13
Walnut Pear Salad (1 salad)		432	22	6.4	25	534	42	10	23	14
Walnut Pear Salad (1 salad) with Balsamic Vinaigrette		763	56	8.8	25	736	49	10	29	14
Entree Salads		Total Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Ahi Crunchy Salad (1 salad) with Soy Vinaigrette		692	39	5.5	51	1602	46	6.1	16	37
BBQ Chicken Salad (1 salad)		913	25	7	110	2320	112	15	38	54
BBQ Chicken Salad (1 salad) with Chipotle Ranch Dressing		1267	62	13	113	2757	116	15	40	56

Caesar Salad (1 salad) with Caesar Dressing	557	48	10	39	795	18	4.5	2.4	13
Caesar Salad (1 salad) with Blackened Ahi, Caesar Dressing	722	54	11	90	1175	19	5	2.6	40
Caesar Salad (1 salad) with Blackened Chicken, Caesar Dressing	829	57	11	138	1934	22	6	3.1	53
Caesar Salad (1 salad) with Breaded Chicken, Caesar Dressing	868	59	12	142	1539	26	4.9	2.8	56
Caesar Salad (1 salad) with Grilled Chicken, Caesar Dressing	808	57	11	138	1298	18	4.5	2.4	53
Caesar Salad (1 salad) with Grilled Shrimp, Caesar Dressing	709	51	11	269	1018	19	4.5	2.4	44
Cobb Salad (1 salad)	804	55	22	418	2144	14	6.6	6.8	63
Cobb Salad (1 salad) with Ranch Dressing	1024	77	26	438	2544	16	6.6	8.8	65
New York Steak Salad (1 salad)	994	68	19	330	962	39	11	6.6	54
New York Steak Salad (1 salad) with Gorgonzola Vinaigrette	1387	107	28	363	1537	40	11	6.9	62
Thai Chicken Noodle Salad (1 salad) with Thai Peanut Vinaigrette	924	28	5.1	152	2082	100	7	28	62

gardein™	Total Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Gardein Avocado Swiss Burger (1 sandwich)	828	52	12	27	1745	54	7.4	6.1	34
Gardein Avocado Swiss Burger (1 sandwich) with French Fries	1165	76	17	27	2062	82	9.1	6.1	41
Gardein Avocado Swiss Burger on Multigrain Bun (1 sandwich)	859	52	12	27	1800	61	8	7.6	35
Gardein Avocado Swiss Burger on Multigrain Bun (1 sandwich) with French Fries	1196	76	17	27	2117	89	9.7	7.6	42
Gardein BBQ Bacon and Cheddar Burger (1 sandwich)	1120	64	20	78	2731	83	4.2	35	44
Gardein BBQ Bacon and Cheddar Burger (1 sandwich) with French Fries	1456	88	25	78	3048	112	5.9	35	51
Gardein BBQ Bacon and Cheddar Burger on Multigrain Bun (1 sandwich)	1151	65	20	78	2786	90	4.8	37	45
Gardein BBQ Bacon and Cheddar Burger on Multigrain Bun (1 sandwich) with French Fries	1487	89	25	78	3103	119	6.5	37	52
Gardein BBQ Chicken Pizza (1 slice)	156	6.3	2.8	11	403	17	0.3	2.8	7.5
Gardein BBQ Chicken Pizza (8 slices)	1252	50	23	88	3221	133	2.6	22	60
Gardein BBQ Chicken Salad (1 salad)	878	27	6.5	28	2098	107	17	27	50
Gardein BBQ Chicken Salad (1 salad) with Balsamic Vinaigrette	1375	78	10	28	2402	117	17	36	51
Gardein BBQ Chicken Salad (1 salad) with Bloody Mary Vinaigrette	1055	41	8.6	44	3181	118	17	34	50
Gardein BBQ Chicken Salad (1 salad) with Blue Cheese Dressing	1328	75	15	73	2728	110	17	27	56
Gardein BBQ Chicken Salad (1 salad) with Caesar Dressing	1382	80	11	38	2684	109	17	28	55
Gardein BBQ Chicken Salad (1 salad) with Chipotle Ranch Dressing	1231	64	13	31	2535	111	17	30	52

Gardein BBQ Chicken Salad (1 salad) with Gorgonzola Vinaigrette	1270	66	15	61	2673	108	17	28	58
Gardein BBQ Chicken Salad (1 salad) with Lemon Vinaigrette	1151	55	8.5	28	2887	112	18	29	51
Gardein BBQ Chicken Salad (1 salad) with Ranch Dressing	1208	60	12	58	2698	110	17	30	53
Gardein BBQ Chicken Salad (1 salad) with Soy Vinaigrette	1200	57	11	28	2955	117	18	35	52
Gardein BBQ Chicken Salad (1 salad) with Spiced Balsamic Vinaigrette	1389	79	10	28	2166	119	17	39	50
Gardein BBQ Chicken Salad (1 salad) with Thai Peanut Vinaigrette	1139	43	9.2	28	2652	129	19	44	56
Gardein BBQ Chicken Salad (1 salad) with Thousand Island Dressing	1298	66	12	73	2878	119	17	36	50
Gardein Bearnaise Burger (1 sandwich)	873	51	21	129	1924	71	4.9	7.1	30
Gardein Bearnaise Burger (1 sandwich) with French Fries	1210	75	27	129	2241	99	6.6	7.1	36
Gardein Bearnaise Burger on Multigrain Bun (1 sandwich)	904	51	21	129	1979	78	5.5	8.6	31
Gardein Bearnaise Burger on Multigrain Bun (1 sandwich) with French Fries	1241	76	27	129	2296	106	7.2	8.6	37
Gardein Bearnaise Sliders (1 serving)	1060	58	27	193	2178	99	6.5	12	34
Gardein Bearnaise Sliders (1 serving) with French Fries	1396	82	32	193	2494	127	8.1	12	40
Gardein Boneless Buffalo Wings (1 serving)	701	25	6.5	25	3150	66	7.3	1.7	52
Gardein Boneless Buffalo Wings (1 serving) with Ranch Dressing	921	47	11	45	3550	68	7.3	3.7	54
Gardein Boneless Firecracker Wings (1 serving)	828	21	1.5	0	3086	109	6.2	39	52
Gardein Boneless Jerk Wings (1 serving)	692	24	1.9	0	2263	69	5.9	3.7	52
Gardein Boneless Jerk Wings (1 serving) with Rum BBQ Sauce	834	24	1.9	0.6	2690	97	6.1	29	52
Gardein Chicken and Avocado Sandwich (1 sandwich)	927	58	16	54	1788	55	6.8	3.2	45
Gardein Chicken and Avocado Sandwich (1 sandwich) with French Fries	1264	82	21	54	2105	84	8.4	3.2	52
Gardein Chicken and Avocado Sandwich on Multigrain Bun (1 sandwich)	931	57	15	54	1763	57	7.5	7.2	45
Gardein Chicken and Avocado Sandwich on Multigrain Bun (1 sandwich) with French Fries	1268	82	21	54	2080	85	9.2	7.2	52
Gardein Chicken Rice Bowl (1 serving)	1095	81	7	0	2884	47	9.1	22	43
Gardein Chicken Rice Bowl (1 serving) with Brown Rice	1373	81	7	0	2888	109	11	22	47
Gardein Chicken Rice Bowl (1 serving) with Jasmine Rice	1468	81	7	0	2887	131	9.1	22	50
Gardein Classic Burger (1 sandwich)	673	39	7.1	0.2	1689	51	4.8	5.8	27
Gardein Classic Burger (1 sandwich) with Cheddar Cheese	781	49	12	31	1851	51	4.8	5.8	34
Gardein Classic Burger (1 sandwich) with French Fries	1009	64	13	0.2	2006	79	6.5	5.8	33
Gardein Classic Burger (1 sandwich) with Cheddar Cheese, French Fries	1117	73	18	31	2168	79	6.5	5.8	40
Gardein Classic Burger on Multigrain Bun (1 sandwich)	704	40	6.8	0.2	1744	58	5.4	7.3	28

Gardein Classic Burger on Multigrain Bun (1 sandwich) with Cheddar Cheese	812	49	12	31	1906	58	5.4	7.3	35
Gardein Classic Burger on Multigrain Bun (1 sandwich) with French Fries	1040	64	12	0.2	2061	86	7.1	7.3	34
Gardein Classic Burger on Multigrain Bun (1 sandwich) with Cheddar Cheese, French Fries	1148	74	18	31	2223	86	7.1	7.3	41
Gardein Classic Sliders (1 serving) with Cheddar Cheese	747	33	7.5	36	2095	76	5.4	10	36
Gardein Classic Sliders (1 serving) with Cheddar Cheese, French Fries	1084	57	13	36	2412	104	7.1	10	43
Gardein Fried Chicken Strips (1 serving) with French Fries, Maple Dijon Dipping Sauce, Ranch Dressing	1366	83	13.7	21	2356	95	6	19	61
Gardein Hawaiian Burger (1 sandwich)	903	53	15	45	2737	66	4.7	17	39
Gardein Hawaiian Burger (1 sandwich) with French Fries	1240	77	20	45	3054	94	6.4	17	45
Gardein Hawaiian Burger on Multigrain Bun (1 sandwich)	934	53	14	45	2792	73	5.3	18	40
Gardein Hawaiian Burger on Multigrain Bun (1 sandwich) with French Fries	1271	78	20	45	3109	101	7	18	46
Gardein Mac and Cheese (1 serving)	1593	92	43	257	1489	121	8.9	4.4	67
Gardein Orange Peel Chicken (1 serving)	1943	81	6.7	0	3599	233	11	66	65
Gardein Orange Peel Chicken (1 serving) with Brown Rice	2222	81	6.7	0	3603	295	13	66	70
Gardein Orange Peel Chicken (1 serving) with Jasmine Rice	2316	81	6.7	0	3602	317	11	66	72
Gardein Penne with Chicken (1 serving)	1909	117	36	180	1528	142	17	12	63
Gardein Pepper Crusted Gorgonzola Burger (1 sandwich)	731	32	9.3	25	2031	69	7.1	13	36
Gardein Pepper Crusted Gorgonzola Burger (1 sandwich) with French Fries	1067	56	15	25	2347	98	8.8	13	42
Gardein Pepper Crusted Gorgonzola Burger on Multigrain Bun (1 sandwich)	782	34	9.6	25	2184	77	7.7	15	37
Gardein Pepper Crusted Gorgonzola Burger on Multigrain Bun (1 sandwich) with French Fries	1119	59	15	25	2501	105	9.4	15	43
Gardein Pepper Jack Burger (1 sandwich)	869	55	15	45	1951	53	4	6.8	38
Gardein Pepper Jack Burger (1 sandwich) with French Fries	1205	79	20	45	2267	81	5.7	6.8	45
Gardein Pepper Jack Burger on Multigrain Bun (1 sandwich)	900	56	14	45	2006	60	4.6	8.3	39
Gardein Pepper Jack Burger on Multigrain Bun (1 sandwich) with French Fries	1236	80	20	45	2322	88	6.3	8.3	46
Gardein Spicy Chicken Sandwich (1 sandwich)	1033	47	11	28	2987	106	7.8	13	45
Gardein Spicy Chicken Sandwich (1 sandwich) with French Fries	1370	71	16	28	3304	135	9.4	13	52
Gardein Spicy Thai Chicken Pizza (1 slice)	175	7.6	2.7	11	321	18	0.7	4.3	7.7
Gardein Spicy Thai Chicken Pizza (8 slices)	1398	61	21	85	2569	145	5.4	34	61

Gardein Surf and Turf Burger (1 sandwich)	908	54	23	172	2147	54	6.2	6.9	48
Gardein Surf and Turf Burger (1 sandwich) with French Fries	1244	78	28	172	2464	83	7.9	6.9	55
Gardein Surf and Turf Burger on Multigrain Bun (1 sandwich)	939	54	22	172	2202	61	6.8	8.4	49
Gardein Surf and Turf Burger on Multigrain Bun (1 sandwich) with French Fries	1275	78	28	172	2519	90	8.5	8.4	56
Gardein Thai Chicken Noodle Salad (1 salad)	603	17	2.4	35	1534	73	7.8	17	39
Gardein Turkey Burger (1 sandwich)	803	50	13	31	1813	49	4.5	5.4	34
Gardein Turkey Burger (1 sandwich) with French Fries	1139	74	19	31	2129	78	6.2	5.4	41
Gardein Turkey Burger on Multigrain Bun (1 sandwich)	834	51	13	31	1868	56	5.1	6.9	35
Gardein Turkey Burger on Multigrain Bun (1 sandwich) with French Fries	1170	75	19	31	2184	85	6.8	6.9	42

Grilled Burgers

	Total Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Avocado Swiss Burger (1 sandwich)	1075	75	22	159	1356	45	5.1	6.1	51
Avocado Swiss Burger (1 sandwich) with French Fries	1412	99	27	159	1673	73	6.8	6.1	58
Avocado Swiss Burger on Multigrain Bun (1 sandwich)	1106	75	22	159	1411	52	5.7	7.6	52
Avocado Swiss Burger on Multigrain Bun (1 sandwich) with French Fries	1443	100	27	159	1728	80	7.4	7.6	59
BBQ Bacon and Cheddar Burger (1 sandwich)	1366	87	30	210	2342	74	2	35	61
BBQ Bacon and Cheddar Burger (1 sandwich) with French Fries	1703	112	35	210	2659	103	3.6	35	68
BBQ Bacon and Cheddar Burger on Multigrain Bun (1 sandwich)	1397	88	29	210	2397	81	2.6	37	62
BBQ Bacon and Cheddar Burger on Multigrain Bun (1 sandwich) with French Fries	1734	112	35	210	2714	110	4.2	37	69
Bearnaise Burger (1 sandwich)	1120	74	31	261	1535	62	2.7	7.1	47
Bearnaise Burger (1 sandwich) with French Fries	1456	98	37	261	1851	90	4.3	7.1	53
Bearnaise Burger on Multigrain Bun (1 sandwich)	1151	74	31	261	1590	69	3.3	8.6	48
Bearnaise Burger on Multigrain Bun (1 sandwich) with French Fries	1487	99	36	261	1906	97	4.9	8.6	54
Classic Cheese Burger (1 sandwich)	1027	72	22	164	1461	41	2.6	5.8	51
Classic Cheese Burger (1 sandwich) with French Fries	1364	96	28	164	1778	70	4.2	5.8	57
Classic Cheese Burger on Multigrain Bun (1 sandwich)	1058	72	22	164	1516	49	3.2	7.3	52
Classic Cheese Burger on Multigrain Bun (1 sandwich) with French Fries	1395	97	27	164	1833	77	4.8	7.3	58
Hawaiian Burger (1 sandwich)	1150	76	24	177	2348	57	2.5	17	56
Hawaiian Burger (1 sandwich) with French Fries	1486	100	30	177	2665	85	4.1	17	62
Hawaiian Burger on Multigrain Bun (1 sandwich)	1181	76	24	177	2403	64	3.1	18	57

Hawaiian Burger on Multigrain Bun (1 sandwich) with French Fries	1517	101	30	177	2720	92	4.7	18	63
Pepper Crusted Gorgonzola Burger (1 sandwich)	1082	66	22	157	1739	60	4.9	13	53
Pepper Crusted Gorgonzola Burger (1 sandwich) with French Fries	1419	90	27	157	2056	89	6.5	13	59
Pepper Crusted Gorgonzola Burger on Multigrain Bun (1 sandwich)	1113	67	21	157	1794	68	5.5	15	54
Pepper Crusted Gorgonzola Burger on Multigrain Bun (1 sandwich) with French Fries	1450	91	27	157	2111	96	7.1	15	60
Pepper Jack Burger (1 sandwich)	934	59	21	177	1448	43	1.6	6.7	55
Pepper Jack Burger (1 sandwich) with French Fries	1452	102	30	177	1878	72	3.4	6.8	62
Pepper Jack Burger on Multigrain Bun (1 sandwich)	1146	79	24	177	1616	51	2.3	8.3	56
Pepper Jack Burger on Multigrain Bun (1 sandwich) with French Fries	1483	103	30	177	1933	79	4	8.3	63
Surf and Turf Burger (1 sandwich)	1175	79	33	304	1856	45	4	6.9	65
Surf and Turf Burger (1 sandwich) with French Fries	1511	103	38	304	2173	74	5.6	6.9	72
Surf and Turf Burger on Multigrain Bun (1 sandwich)	1206	79	33	304	1911	52	4.6	8.4	66
Surf and Turf Burger on Multigrain Bun (1 sandwich) with French Fries	1542	104	38	304	2228	81	6.2	8.4	73
Turkey Burger (1 sandwich)	1082	72	20	226	2113	53	3.5	6.8	52
Turkey Burger (1 sandwich) with French Fries	1419	96	25	226	2430	81	5.1	6.8	59
Turkey Burger on Multigrain Bun (1 sandwich)	1113	73	20	226	2168	60	4.1	8.3	53
Turkey Burger on Multigrain Bun (1 sandwich) with French Fries	1450	97	25	226	2485	88	5.7	8.3	60

Pizzas	Total Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
BBQ Chicken Pizza (1 slice)	154	6.1	2.9	18	377	16	0.1	2.8	7.7
BBQ Chicken Pizza (8 slices)	1234	49	23	143	3018	127	1	22	62
Four Cheese Pizza (1 slice)	145	7.4	3.8	17	201	14	0.1	1.2	6.1
Four Cheese Pizza (8 slices)	1159	59	31	132	1607	108	1	9.8	49
Ham and Pineapple Pizza (1 slice)	137	5.8	2.6	15	245	14	0.3	2	6.2
Ham and Pineapple Pizza (8 slices)	1095	46	21	120	1962	113	2.3	16	50
Margherita Pizza (1 slice)	143	6.7	2.7	11	146	15	0.4	1.2	4.9
Margherita Pizza (8 slices)	1142	53	21	92	1168	120	3.4	9.7	40
Pepperoni and Mushroom Pizza (1 slice)	143	7.3	3.2	15	220	13	0.2	1.1	5.3
Pepperoni and Mushroom Pizza (8 slices)	1143	59	26	121	1764	105	1.5	9	42

Spicy Thai Chicken Pizza (1 slice)	172	7.5	2.7	19	291	17	0.4	4.3	8
Spicy Thai Chicken Pizza (8 slices)	1377	60	22	151	2326	138	3.5	34	64

Sandwiches	Total Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Blue Crab Cake Hoagie (1 sandwich)	971	50	11	147	2320	90	5.9	5.4	39
Blue Crab Cake Hoagie (1 sandwich) with French Fries	1308	74	16	147	2637	118	7.6	5.4	46
Cuban Roast Pork Dip Sandwich (1 sandwich)	1040	60	19	178	2294	69	2.6	4.1	56
Cuban Roast Pork Dip Sandwich (1 sandwich) with BBQ Au Jus	1127	61	19	178	2817	84	2.8	17	56
Cuban Roast Pork Dip Sandwich (1 sandwich) with French Fries	1377	85	24	178	2611	97	4.3	4.1	62
Cuban Roast Pork Dip Sandwich (1 sandwich) with BBQ Au Jus, French Fries	1464	86	24	178	3134	113	4.4	17	63
Grilled Cheese Sandwich and Tomato Bisque (1 serving) with Artisan Bread	1241	88	47	229	2370	67	4.1	16	43
Grilled Cheese Sandwich and Tomato Bisque (1 serving) with Artisan Bread, Avocado	1302	94	48	229	2373	71	6.7	16	44
Grilled Cheese Sandwich and Tomato Bisque (1 serving) with Artisan Bread, Bacon	1346	97	50	251	2655	67	4.1	16	49
Grilled Cheese Sandwich and Tomato Bisque (1 serving) with Artisan Bread, Avocado, Bacon	1407	103	51	251	2658	71	6.7	16	50
Grilled Cheese Sandwich and Tomato Bisque (1 serving) with Whole Wheat Bread	1154	88	46	229	2023	42	2.2	16	47
Grilled Cheese Sandwich and Tomato Bisque (1 serving) with Whole Wheat Bread, Avocado	1215	93	47	229	2026	46	4.8	16	47
Grilled Cheese Sandwich and Tomato Bisque (1 serving) with Whole Wheat Bread, Bacon	1259	97	49	251	2308	42	2.2	16	53
Grilled Cheese Sandwich and Tomato Bisque (1 serving) with Whole Wheat Bread, Avocado, Bacon	1320	102	50	251	2311	46	4.8	16	53
Grilled Chicken and Avocado Sandwich (1 sandwich)	1030	64	17	153	1485	48	4.8	3.2	61
Grilled Chicken and Avocado Sandwich (1 sandwich) with French Fries	1366	88	22	153	1802	77	6.5	3.2	67
Grilled Chicken and Avocado Sandwich on Multigrain Bun (1 sandwich)	1064	66	17	153	1460	52	6.8	7.4	61
Grilled Chicken and Avocado Sandwich on Multigrain Bun (1 sandwich) with French Fries	1401	91	22	153	1777	80	8.5	7.4	68
Grilled Pastrami Sandwich (1 sandwich)	1033	66	21	123	2873	68	1.9	2.1	38
Grilled Pastrami Sandwich (1 sandwich) with French Fries	1369	90	27	123	3190	96	3.6	2.1	44
Mediterranean Vegetable Sandwich (1 sandwich)	815	55	14	32	2122	60	7.3	9.8	19
Mediterranean Vegetable Sandwich (1 sandwich) with French Fries	1151	79	19	32	2438	88	9	9.8	26
Mediterranean Vegetable Sandwich on Multigrain Bun (1 sandwich)	819	54	14	32	2096	61	8	14	19
Mediterranean Vegetable Sandwich on Multigrain Bun (1 sandwich) with French Fries	1155	79	19	32	2413	90	9.7	14	26
New York Steak Sandwich (1 sandwich)	1424	78	25	172	2472	105	3.6	18	68
New York Steak Sandwich (1 sandwich) with Sweet Potato Fries	1677	92	26	172	2805	138	7	33	70

Roast Beef Dip (1 sandwich)	931	38	18	172	3429	72	2	4.9	64
Roast Beef Dip (1 sandwich) with French Fries	1267	63	23	172	3746	101	3.6	4.9	71
Roasted Turkey Club (1 sandwich) with Sourdough Bread	830	49	14	147	1919	45	4.8	1.7	53
Roasted Turkey Club (1 sandwich) with Whole Wheat Bread	860	52	14	147	1919	43	4.8	6.2	54
Roasted Turkey Club (1 sandwich) with Sourdough Bread & French Fries	1167	73	19	147	2236	73	6.5	1.7	59
Roasted Turkey Club (1 sandwich) with Whole Wheat Bread & French Fries	1197	76	19	147	2236	72	6.5	6.2	61
Roasted Turkey Melt (1 sandwich)	862	45	14	124	2281	64	1.9	2.1	47
Roasted Turkey Melt (1 sandwich) with French Fries	1198	69	19	124	2598	93	3.6	2.1	54
Seared Ahi Steak Sandwich (1 sandwich)	822	50	11	104	999	40	2.3	12	52
Seared Ahi Steak Sandwich (1 sandwich) with French Fries	1159	74	17	104	1316	68	4	12	58
Spicy Chicken Breast Sandwich (1 sandwich)	1135	53	12	126	2683	100	5.8	13	61
Spicy Chicken Breast Sandwich (1 sandwich) with French Fries	1472	77	17	126	3000	128	7.5	13	67

Street Tacos	Total Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Asada Tacos with Flour Tortillas, Two (2 tacos)	532	36	10	49	1268	29	4.2	2.3	23
Asada Tacos with Flour Tortillas, Two (2 tacos) with Pinto Bean Casserole, Spicy Rice	935	56	13	56	2274	77	8.8	7.2	31
Baja Fish Tacos with Flour Tortillas, Two (2 tacos)	766	21	5.5	32	1811	111	4.7	2.5	25
Baja Fish Tacos with Flour Tortillas, Two (2 tacos) with Pinto Bean Casserole, Spicy Rice	1170	40	7.9	39	2818	159	9.3	7.5	33
Blackened Swordfish Tacos with Flour Tortillas, Two (2 tacos)	494	30	7.4	41	942	33	4.7	3.7	23
Blackened Swordfish Tacos with Flour Tortillas, Two (2 tacos) with Pinto Bean Casserole, Spicy Rice	898	50	9.9	48	1949	80	9.3	8.6	31
Carnitas Tacos with Flour Tortillas, Two (2 tacos)	490	33	8.6	56	1080	30	3.5	2.6	20
Carnitas Tacos with Flour Tortillas, Two (2 tacos) with Pinto Bean Casserole, Spicy Rice	893	52	11	63	2086	78	8.1	7.5	28
Chicken Tinga Tacos with Flour Tortillas, Two (2 tacos)	493	29	7.5	63	961	30	2.8	3.6	27
Chicken Tinga Tacos with Flour Tortillas, Two (2 tacos) with Pinto Bean Casserole, Spicy Rice	897	48	9.9	70	1967	78	7.4	8.5	35
Grilled Korean Beef Short Rib Tacos with Flour Tortillas, Two (2 tacos)	450	30	11	32	701	34	2.4	7.4	11
Grilled Korean Beef Short Rib Tacos with Flour Tortillas, Two (2 tacos) with Pinto Bean Casserole, Spicy Rice	853	49	14	39	1708	82	7.1	12	19

Grilled Korean Pork Belly Tacos with Flour Tortillas, Two (2 tacos)	641	44	16	90	1832	30	2.2	3.9	30
Grilled Korean Pork Belly Tacos with Flour Tortillas, Two (2 tacos) with Pinto Bean Casserole, Spicy Rice	1044	64	18	97	2838	78	6.8	8.8	38
Hongos y Rajas Tacos with Flour Tortillas, Two (2 tacos)	643	49	13	30	1022	39	5.3	5.5	15
Hongos y Rajas Tacos with Flour Tortillas, Two (2 tacos) with Pinto Bean Casserole, Spicy Rice	1047	68	16	37	2029	86	9.9	10	23

House Favorites	Total Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Angel Hair Pasta (1 serving)	1238	77	14	45	1255	103	10	9.1	30
Chicken Enchilada Stack (1 serving)	1548	105	47	360	2097	62	11	7.7	84
Chicken Garlic Noodles (1 serving)	1503	88	33	263	4224	116	5.8	19	62
Chicken Rice Bowl (1 serving) with Brown Rice	1322	78	7.5	99	2412	98	7.8	22	50
Chicken Rice Bowl (1 serving) with Jasmine Rice	1416	78	7.5	99	2411	120	5.6	22	53
Jerk Chicken and Shrimp Stack (1 serving)	1295	77	31	518	2062	56	6.6	18	88
Mac and Cheese (1 serving)	1675	99	46	346	1534	114	6.9	4.5	76
Maui Chicken (1 serving) with Brown Rice	1428	80	18	249	1906	97	5.8	24	72
Maui Chicken (1 serving) with Jasmine Rice	1522	80	18	249	1905	118	3.7	24	75
Orange Peel Chicken (1 serving) with Brown Rice	2175	78	7.5	132	2922	281	8.8	66	75
Orange Peel Chicken (1 serving) with Jasmine Rice	2270	78	7.5	132	2921	303	6.7	66	77
Parmesan Crusted Chicken (1 serving)	1452	83	30	265	2478	98	11	9.5	65
Penne with Chicken (1 serving)	1877	115	37	279	1165	132	14	13	67
Roasted Turkey Pot Pie (1 serving)	1742	116	37	181	3483	102	5.8	4.3	70
Southern Fried Chicken Breast (1 serving) with Spinach Corn Mashed Potatoes	1145	63	26	218	2278	69	5.7	4.8	52
Spicy Jambalaya (1 serving) with Brown Rice	1363	86	34	349	2521	88	5.8	12	53
Spicy Jambalaya (1 serving) with Jasmine Rice	1458	86	34	349	2520	110	3.7	12	56
Spicy Jambalaya (1 serving) with Linguine	1485	88	34	349	2623	110	7.7	14	63

Seafoods	Total Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Crab Crusted Swordfish (1 serving)	1354	102	37	263	1661	43	6.4	7.2	61
Fish and Chips (1 serving) with Cocktail Sauce, Tartar Sauce	781	45	6.7	129	1627	44	1.8	13	47
Fish and Chips (1 serving) with Cocktail Sauce, Tartar Sauce, French Fries	1455	93	18	129	2261	101	5.1	13	60
Fresh Island Fish, Blackened (1 serving) with Brown Rice, Albacore Tuna	1295	78	22	170	1528	76	6	23	67
Fresh Island Fish, Blackened (1 serving) with Brown Rice, Grouper	1165	68	19	168	1564	76	6	23	57
Fresh Island Fish, Blackened (1 serving) with Brown Rice, Hebi	1239	75	21	173	1658	76	6	23	58
Fresh Island Fish, Blackened (1 serving) with Brown Rice, Mahi Mahi	1149	67	19	260	1653	76	6	23	55
Fresh Island Fish, Blackened (1 serving) with Brown Rice, Monchong	1305	86	27	239	1656	76	6	23	52
Fresh Island Fish, Blackened (1 serving) with Brown Rice, Nairagi	1205	68	19	188	1523	76	6	23	67
Fresh Island Fish, Blackened (1 serving) with Brown Rice, Opah	1164	68	19	196	1635	76	6	23	55
Fresh Island Fish, Blackened (1 serving) with Brown Rice, Snapper	1185	69	19	168	1592	76	6	23	60
Fresh Island Fish, Blackened (1 serving) with Albacore Tuna, Jasmine Rice	1358	78	22	170	1527	90	4.6	23	69
Fresh Island Fish, Blackened (1 serving) with Jasmine Rice, Grouper	1229	68	19	168	1563	90	4.6	23	59
Fresh Island Fish, Blackened (1 serving) with Jasmine Rice, Hebi	1302	75	21	173	1658	90	4.6	23	60
Fresh Island Fish, Blackened (1 serving) with Jasmine Rice, Mahi Mahi	1212	67	19	260	1653	90	4.6	23	56
Fresh Island Fish, Blackened (1 serving) with Jasmine Rice, Monchong	1368	86	27	239	1655	90	4.6	23	53
Fresh Island Fish, Blackened (1 serving) with Jasmine Rice, Nairagi	1268	68	19	188	1522	90	4.6	23	69
Fresh Island Fish, Blackened (1 serving) with Jasmine Rice, Opah	1227	68	19	196	1635	90	4.6	23	57
Fresh Island Fish, Blackened (1 serving) with Jasmine Rice, Snapper	1248	69	19	168	1591	90	4.6	23	62
Fresh Island Fish, Grilled (1 serving) with Albacore Tuna, Brown Rice	1235	73	20	170	512	72	4.6	22	66
Fresh Island Fish, Grilled (1 serving) with Albacore Tuna, Jasmine Rice	1298	73	20	170	511	87	3.1	22	68
Fresh Island Fish, Grilled (1 serving) with Brown Rice, Grouper	1106	63	17	168	547	72	4.6	22	56
Fresh Island Fish, Grilled (1 serving) with Brown Rice, Hebi	1179	71	19	173	642	72	4.6	22	57
Fresh Island Fish, Grilled (1 serving) with Brown Rice, Mahi Mahi	1090	62	17	260	637	72	4.6	22	54
Fresh Island Fish, Grilled (1 serving) with Brown Rice, Monchong	1245	81	25	239	639	72	4.6	22	51
Fresh Island Fish, Grilled (1 serving) with Brown Rice, Nairagi	1145	63	17	188	507	72	4.6	22	66
Fresh Island Fish, Grilled (1 serving) with Brown Rice, Opah	1104	64	17	196	619	72	4.6	22	55
Fresh Island Fish, Grilled (1 serving) with Brown Rice, Snapper	1125	64	17	168	576	72	4.6	22	59
Fresh Island Fish, Grilled (1 serving) with Grouper, Jasmine Rice	1169	63	17	168	547	87	3.1	22	58
Fresh Island Fish, Grilled (1 serving) with Hebi, Jasmine Rice	1242	71	19	173	641	87	3.1	22	59
Fresh Island Fish, Grilled (1 serving) with Jasmine Rice, Mahi Mahi	1153	62	17	260	636	87	3.1	22	56

Fresh Island Fish, Grilled (1 serving) with Jasmine Rice, Monchong	1308	81	25	239	639	87	3.1	22	53
Fresh Island Fish, Grilled (1 serving) with Jasmine Rice, Nairagi	1208	63	17	188	506	87	3.1	22	68
Fresh Island Fish, Grilled (1 serving) with Jasmine Rice, Opah	1167	64	17	196	618	87	3.1	22	57
Fresh Island Fish, Grilled (1 serving) with Jasmine Rice, Snapper	1188	64	17	168	575	87	3.1	22	61
Fresh Island Fish, Macadamia Nut Crusted (1 serving) with Albacore Tuna, Brown Rice	1499	95	26	191	977	86	5.6	34	67
Fresh Island Fish, Macadamia Nut Crusted (1 serving) with Albacore Tuna, Jasmine Rice	1563	95	26	191	976	101	4.2	34	69
Fresh Island Fish, Macadamia Nut Crusted (1 serving) with Brown Rice, Grouper	1370	85	24	188	1012	86	5.6	34	57
Fresh Island Fish, Macadamia Nut Crusted (1 serving) with Brown Rice, Hebi	1443	93	26	193	1107	86	5.6	34	58
Fresh Island Fish, Macadamia Nut Crusted (1 serving) with Brown Rice, Mahi Mahi	1354	84	23	280	1102	86	5.6	34	55
Fresh Island Fish, Macadamia Nut Crusted (1 serving) with Brown Rice, Monchong	1510	103	32	260	1104	86	5.6	34	52
Fresh Island Fish, Macadamia Nut Crusted (1 serving) with Brown Rice, Nairagi	1409	85	24	209	972	86	5.6	34	67
Fresh Island Fish, Macadamia Nut Crusted (1 serving) with Brown Rice, Opah	1368	86	24	216	1084	86	5.6	34	56
Fresh Island Fish, Macadamia Nut Crusted (1 serving) with Brown Rice, Snapper	1389	86	24	188	1041	86	5.6	34	60
Fresh Island Fish, Macadamia Nut Crusted (1 serving) with Grouper, Jasmine Rice	1433	85	24	188	1012	101	4.2	34	59
Fresh Island Fish, Macadamia Nut Crusted (1 serving) with Hebi, Jasmine Rice	1506	93	26	193	1106	101	4.2	34	60
Fresh Island Fish, Macadamia Nut Crusted (1 serving) with Jasmine Rice, Mahi Mahi	1417	84	23	280	1101	101	4.2	34	57
Fresh Island Fish, Macadamia Nut Crusted (1 serving) with Jasmine Rice, Monchong	1573	103	32	260	1104	101	4.2	34	54
Fresh Island Fish, Macadamia Nut Crusted (1 serving) with Jasmine Rice, Nairagi	1473	85	24	209	971	101	4.2	34	69
Fresh Island Fish, Macadamia Nut Crusted (1 serving) with Jasmine Rice, Opah	1432	86	24	216	1083	101	4.2	34	58
Fresh Island Fish, Macadamia Nut Crusted (1 serving) with Jasmine Rice, Snapper	1452	86	24	188	1040	101	4.2	34	62
Ginger Crusted Norwegian Salmon (1 serving)	1369	94	24	201	1365	71	9.1	21	56
Grilled Jumbo Shrimp (1 serving) with Indonesian Fried Rice	1398	68	12	345	3001	134	5.5	60	60
Linguine and Clams (1 serving) with White Wine Sauce	1435	104	32	149	1236	94	5.3	3	25
Linguine and Clams (1 serving) with Red Sauce	1545	114	37	166	1658	99	6.5	5.6	26
Lobster Garlic Noodles (1 serving)	1174	60	25	411	3699	98	2.3	11	62
Miso Glazed Sea Bass (1 serving) with Brown Rice	1465	49	10	124	2237	181	9.4	14	67
Miso Glazed Sea Bass (1 serving) with Jasmine Rice	1559	49	10	124	2236	203	7.2	14	69
Pan Seared Ahi (1 serving) with Brown Rice	1288	35	10	133	1713	165	3.9	7.1	71
Pan Seared Ahi (1 serving) with Jasmine Rice	1383	35	10	133	1712	187	1.7	7.1	74
Porcini Crusted Halibut (1 serving) with Parmesan Mashed Potatoes	1231	85	42	282	1081	47	10	7	60

Seared Sea Scallops (1 serving)	1453	87	27	206	2297	98	7.2	8.8	65
Shrimp Rice Bowl (1 serving) with Brown Rice	1303	78	7.5	259	2406	99	7.8	22	45
Shrimp Rice Bowl (1 serving) with Jasmine Rice	1397	78	7.5	259	2405	121	5.6	22	48
Vodka Shrimp Pasta (1 serving)	1411	76	28	408	882	93	4.9	4.7	53

Steak and Ribs	Total Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
BBQ Ribs (1 serving) with Ancho BBQ Sauce, BBQ Beans, Creamed Corn	1271	56	22	172	2637	150	9.8	101	33
Half Rack BBQ Ribs (1 serving) with Ancho BBQ Sauce, BBQ Beans, Creamed Corn	1019	49	19	151	1989	109	6.6	75	30
New York Steak (1 serving) with Green Beans, Garlic Herb Fries	2189	171	53	289	1771	69	7.9	2.2	98
New York Steak (1 serving) with Green Beans, Garlic Mashed Potatoes	1597	118	50	340	1512	40	7	3.5	87
Pepper Crusted Filet (1 serving) with Parmesan Mashed Potatoes	1757	130	52	342	1895	53	7.7	11	66
Ribeye Steak (1 serving) with Garlic Mashed Potatoes	1459	102	42	517	1335	34	3.3	2.5	94
Steak and Shrimp (1 serving) with Green Beans, Garlic Mashed Potatoes	1686	112	43	689	1523	43	7.2	4.2	119
Top Sirloin Steak (1 serving) with Garlic Mashed Potatoes	1322	93	33	215	2323	52	5.7	14	64

Lunch Specials	Total Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Ahi Crunchy Salad, Lunch (1 salad)	371	20	2.9	32	855	24	3.5	8.3	22
Angel Hair Pasta, Lunch (1 serving)	680	39	6.9	23	543	63	5.7	5	17
BBQ Chicken Pizza, Lunch (1 slice)	232	9.3	4.4	28	559	24	0.2	4.1	12
BBQ Chicken Pizza, Lunch (4 slices)	930	37	18	110	2237	95	0.6	17	47
BBQ Chicken Salad, Lunch (1 salad) with Chipotle Ranch Dressing	612	34	7.1	57	942	49	8.7	12	28
Blue Crab Cake Hoagie, Lunch (1 sandwich)	690	35	8.5	87	1632	67	3.6	3.5	26

Caesar Salad Lunch (1 salad)	423	36	7.9	30	587	14	3.4	1.8	9.8
Caesar Salad Lunch (1 salad) with Blackened Ahi	588	42	8.8	81	967	15	3.9	2	37
Caesar Salad Lunch (1 salad) with Blackened Chicken	559	41	8.4	80	1156	16	4.1	2.1	30
Caesar Salad Lunch (1 salad) with Breaded Chicken	578	42	8.9	82	959	18	3.6	2	31
Caesar Salad Lunch (1 salad) with Grilled Chicken	548	41	8.4	80	838	14	3.4	1.8	29
Caesar Salad Lunch (1 salad) with Shrimp	537	38	8.2	203	754	15	3.4	1.8	33
Chicken Garlic Noodles, Lunch (1 serving)	803	45	17	140	2279	68	2.9	9.3	33
Chicken Rice Bowl, Lunch (1 serving) with Brown Rice	707	39	3.8	50	1207	59	4.3	11	26
Chicken Rice Bowl, Lunch (1 serving) with Jasmine Rice	770	39	3.8	50	1206	74	2.8	11	28
Classic Ranch Salad, Lunch (1 salad) with Ranch Dressing	227	17	6.3	31	316	12	2	3.1	6.8
Cobb Salad, Lunch (1 salad) with Ranch Dressing	828	64	23	393	2057	11	5.2	5.6	51
Gardein BBQ Chicken Pizza, Lunch (1 slice)	236	9.6	4.3	17	597	25	0.5	4.1	11
Gardein BBQ Chicken Pizza, Lunch (4 slices)	943	38	17	69	2388	99	1.8	16	45
Gardein BBQ Chicken Salad, Lunch (1 salad) with Chipotle Ranch Dressing	626	34	6.8	15	1094	53	9.9	12	26
Gardein Chicken Rice Bowl, Lunch (1 serving) with Brown Rice	733	41	3.5	0	1445	65	6	11	24
Gardein Chicken Rice Bowl, Lunch (1 serving) with Jasmine Rice	796	41	3.5	0	1444	80	4.6	11	26
Gardein Mac and Cheese, Lunch (1 serving)	866	48	22	129	758	71	4.9	2.5	35
Gardein Penne with Chicken, Lunch (1 serving)	1004	59	18	90	679	81	9.2	6.4	33
Gardein Thai Chicken Noodle Salad, Lunch (1 salad)	506	15	2.4	35	1301	65	5.3	15	26
Grilled Pastrami Sandwich, Lunch (1 sandwich)	719	43	13	70	2030	56	1.6	1.8	24
Mac and Cheese, Lunch (1 serving)	909	52	23	173	780	68	4	2.5	40
Margherita Pizza, Lunch (1 slice)	205	9.5	3.9	17	224	22	0.5	1.6	7.2
Margherita Pizza, Lunch (4 slices)	819	38	16	68	897	86	2	6.5	29

Mixed Greens, Lunch (1 salad) with Balsamic Vinaigrette	195	13	3.6	13	198	15	2.6	3.1	3.4
Penne with Chicken, Lunch (1 serving)	988	58	18	140	497	76	7.7	6.5	35
Pepperoni Pizza, Lunch (1 slice)	205	10	4.7	23	317	19	0.2	1.5	7.7
Pepperoni Pizza, Lunch (4 slices)	821	41	19	90	1268	77	0.8	6	31
Roast Beef Dip, Lunch (1 sandwich) with Au Jus, Horseradish Cream	591	20	9.2	92	2478	59	1.7	3.5	38
Roasted Turkey Club, Lunch (1 sandwich) with Sourdough Bread	584	35	10	104	1388	30	3	1.6	37
Roasted Turkey Club, Lunch (1 sandwich) with Whole Wheat Bread	604	37	10	104	1388	29	3	4.6	38
Roasted Turkey Melt, Lunch (1 sandwich)	663	32	8.9	97	1924	54	1.6	1.8	39
Shrimp Rice Bowl, Lunch (1 serving) with Brown Rice	698	39	3.7	129	1204	60	4.2	11	23
Shrimp Rice Bowl, Lunch (1 serving) with Jasmine Rice	761	39	3.7	129	1203	74	2.8	11	25
Spicy House Salad, Lunch (1 salad)	132	5	0.7	0	248	16	2.6	6.7	4.3
Spicy Jambalaya, Lunch (1 serving) with Brown Rice	821	43	17	174	1164	75	4	5.8	29
Spicy Jambalaya, Lunch (1 serving) with Jasmine Rice	915	43	17	174	1163	97	1.8	5.8	31
Spicy Jambalaya, Lunch (1 serving) with Linguine	942	45	17	174	1266	97	5.8	7.8	38
Thai Chicken Noodle Salad, Lunch (1 salad)	527	15	2.7	85	1223	62	4.3	15	34
Vodka Shrimp Pasta, Lunch (1 serving)	756	38	14	204	504	57	3	2.6	28

Kids Klub	Total Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Kid Buttered Noodles (1 serving)	818	50	29	195	1340	76	0	0	16
Kids Broccoli and Cheese Sauce (1 serving)	269	21	12	75	312	6.9	1.7	1.3	11
Kids Brown Rice (1 serving)	139	0	0	0	2.1	31	1.1	0	2.1
Kids Burger (1 serving) with Cheddar Cheese, French Fries	1033	68	21	119	1002	65	3.3	4	44
Kids Cheese Pizza (1 slice)	119	5.2	2.4	11	152	13	0.1	1	4.5

Kids Cheese Pizza (6 slices)	715	31	14	64	911	77	0.8	6	27
Kids Chicken Fingers (1 serving) with French Fries, Ranch Dressing	970	51	9.7	125	2086	68	1.9	2.1	57
Kids Fish and Chips (1 serving) with French Fries, Tartar Sauce	765	55	10	65	899	42	1.8	0.1	30
Kids French Fries (1 serving)	337	24	5.4	0	317	28	1.7	0	6.7
Kids Fruit (1 serving)	111	0.4	0.1	0	20	25	2.9	21	1.7
Kids Grilled Cheese (1 serving) with French Fries	799	58	19	62	881	54	2.7	0	23
Kids Grilled Chicken (1 serving) with French Fries	495	26	5.9	83	925	29	1.7	0.1	40
Kids Hot Dog (1 serving) with French Fries	707	46	13	50	1337	55	1.7	5	22
Kids Jasmine Rice (1 serving)	187	0	0	0	1.7	42	0	0	3.5
Kids Mashed Potatoes (1 serving)	149	9.1	5.5	28	188	14	1.2	0.6	2.9
Kids Pepperoni Cheese Pizza (1 slice)	138	7	3.2	15	216	13	0.1	1	5.2
Kids Pepperoni Cheese Pizza (6 slices)	830	42	19	93	1298	77	0.8	6	31
Kids Salad (1 salad) with Ranch Dressing	126	11	2	10	214	3.9	1.4	2.2	1.7
Kids Sundae (1 serving)	231	7.5	4.2	23	43	38	0	32	1.9

Desserts	Total Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Caramel Brownie (1 serving)	1057	41	17	97	651	166	4.2	134	7.9
Coffee Ice Cream (1 serving)	270	17	12	90	75	27	0	24	4.5
Dulce de Leche Ice Cream (1 serving)	225	11	6	30	75	30	0	27	3
Framboise Beer Float (1 serving)	239	7.5	4.2	23	28	32	0	21	1.9
Kona Coffee Ice Cream Sundae (1 serving)	1367	77	33	208	394	150	3.1	114	11

Macadamia Nut Cheese Cake (1 serving)	1435	84	46	304	647	150	1.6	136	12
Mango Sorbet (1 serving)	165	0	0	0	15	41	1.5	35	0
Mini Apple Peach Cobbler (1 serving)	560	22	13	61	93	85	0.6	56	4.1
Mini Chocolate Banana Creme Brulee (1 serving)	760	56	31	468	20	48	2.9	40	5.7
Mini Chocolate Souffle (1 serving)	453	30	18	152	113	38	2.7	34	6.5
Mini Dessert Trio (1 serving) with Mini Apple Peach Cobbler, Mini Dark Chocolate Souffle, Mini Lemon Souffle	1347	70	42	348	297	158	3.7	121	14
Mini Lemon Souffle (1 serving)	334	18	10	135	91	35	0.4	31	3.5
Mint Chip Brownie (1 serving)	1047	43	19	102	586	158	4.2	120	8.9
Mint Chocolate Chip Ice Cream (1 serving)	255	14	9	38	68	27	0	23	4.5
Vanilla Brownie (1 serving)	917	42	18	102	556	131	4.2	100	7.9
Vanilla Ice Cream (1 serving)	210	12	6.8	38	45	23	0	21	3
Youngs Beer Float (1 serving)	266	7.5	4.2	23	28	24	0	13	3.5

Side Items	Total Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Asparagus (1 serving)	130	11	7.1	31	191	4.5	2.4	2.1	2.5
Butter Lettuce Cups (1 serving)	4.5	0.1	0	0	1.9	0.6	0.4	0.3	0.4
Chips and Salsa (1 serving)	560	13	0.6	0	1483	96	9.2	5.2	12
French Fries (5 ounces)	337	24	5.4	0	317	28	1.7	0	6.7
French Fries (6 ounces)	404	29	6.5	0	380	34	2	0	8
Fresh Fruit (1 serving)	111	0.4	0.1	0	20	25	2.9	21	1.7

Garlic Mashed Potatoes (1 serving)	333	22	13	67	474	30	2.7	1.3	3
Green Beans (1 serving)	42	0.1	0	0	7.6	8.1	3.8	1.6	2.1
Grilled Corn (1 serving)	90	1.1	0.2	0	14	17	2.4	2.9	2.9
Indonesian Rice (1 serving)	584	28	2	0	1490	74	1.2	9.7	7.3
Jasmine Rice (1 serving)	373	0	0	0	3.3	84	0	0	7
Mac and Cheese, Side (1 serving)	754	47	22	140	681	57	3.5	2.2	25
Onion Rings (1 serving)	444	25	3.5	0	693	47	2	7.9	4
Parmesan Mashed Potatoes (1 serving)	314	19	12	60	396	29	2.6	1.2	6.1
Side Caesar Salad (1 salad)	252	21	5.5	22	369	9.8	1.8	0.9	6.5
Spinach and Corn Mashed Potatoes (1 serving)	488	34	15	60	626	38	4.2	2.7	8.2
Stir Fry Vegetables (1 serving)	264	21	2	0	677	16	3	9.6	3.2
Wasabi Mashed Potatoes (1 serving)	309	20	12	67	379	28	2.4	1.2	3

Salad Dressings	Total Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Salad Dressings (2 fluid ounces) with Balsamic Vinaigrette	332	34	2.4	0	203	6.4	0.1	6	0.1
Salad Dressings (2 fluid ounces) with Bloody Mary Vinaigrette	118	9.3	1.4	11	722	6.9	0	4.5	0
Salad Dressings (2 fluid ounces) with Blue Cheese Dressing	300	32	6	30	420	2	0	0	4
Salad Dressings (2 fluid ounces) with Caesar Dressing	336	36	3.2	7.2	391	1	0.1	0.1	2.7
Salad Dressings (2 fluid ounces) with Chipotle Ranch Dressing	236	24	4.3	2.1	292	2.7	0.1	1.7	1.2
Salad Dressings (2 fluid ounces) with Gorgonzola Vinaigrette	262	26	5.8	23	384	0.4	0.1	0.2	5.1
Salad Dressings (2 fluid ounces) with Lemon Vinaigrette	182	19	1.3	0	526	3.2	0.5	0.9	0.3
Salad Dressings (2 fluid ounces) with Oil and Vinegar Dressing	276	28	2	0	0	6	0	6	0
Salad Dressings (2 fluid ounces) with Ranch Dressing	220	22	4	20	400	2	0	2	2
Salad Dressings (2 fluid ounces) with Soy Vinaigrette	215	20	3	0	572	6.2	0.2	4.7	1
Salad Dressings (2 fluid ounces) with Spiced Balsamic Vinaigrette	341	34	2.5	0	46	7.6	0.2	7.4	0
Salad Dressings (2 fluid ounces) with Thai Peanut Vinaigrette	174	11	1.9	0	370	14	1.1	11	3.8

Salad Dressings (2 fluid ounces) with Thousand Island Dressing

280

26

4

30

520

8

0

6

0