

	Calories		Total Fat (g)			Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fibers (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fibers (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Bread (2 slices)															
Glazed Donut	280	120	14	6	0	0	380	36	1	16	4	0	6	20	8
Gluten Free	280	70	8	0	0	0	520	44	4	6	10	0	0	4	4
Rye	220	10	2	0	0	0	560	44	4	2	10	0	0	12	16
Wheat	220	20	3	0	0	0	400	38	2	6	10	0	8	40	16
White	200	20	2	0	0	0	140	38	4	2	10	0	0	8	16
Cheese (3oz)															
American (4 slices)	240	180	20	12	0	60	1280	8	0	0	12	24	0	32	0
Blue Cheese	300	216	24	15	0	60	1140	3	3	0	18	18	0	45	0
Brie	300	243	27	12	0	60	360	0	0	0	12	18	0	30	3
Cheddar	320	249	28	16	0	101	546	0	0	0	20	12	0	45	0
Fresh Mozzarella	240	162	18	12	0	90	195	3	0	0	15	12	0	30	6
Goat Cheese	210	162	18	12	0	30	390	3	0	0	12	0	0	6	0
Mascarpone (2 TB)	130	117	13	7	0	20	5	0	0	0	2	8	0	4	0
Mozzarella	240	162	18	12	0	45	630	3	0	0	21	12	0	60	0
Parmesan Romano (2 tsp)	22	14	2	1	0	3	69	0	0	0	2	0	0	6	0
Pepper Jack	300	216	24	15	0	75	570	0	0	0	21	18	0	60	0
Smoked Gouda	300	216	24	15	0	45	1140	3	3	0	18	12	0	60	0
Swiss	300	216	24	15	0	75	180	3	0	0	24	18	0	75	0
Vegan	210	135	15	13.5	0	0	510	15	0	0	0	0	0	0	0
Fresh Veggies/Fruit															
Avocado (2 oz)	90	68	8	2	0	0	4	4	4	0	2	2	10	0	2
Banana (2 oz)	50	2	0	0	0	0	0	12	2	6	0	0	8	0	0
Basil (.25 oz)	1.5	0	0	0	0	0	0	0	0	0	0	7.5	2	1	1
Bell Pepper (.5 oz)	4.5	0	0	0	0	0	0.5	1	0.5	0.5	0	9	30	0	0.5
Carrots (.5 oz)	5.5	0	0	0	0	0	9.5	1.5	0.5	0.5	0	47	1.5	0.5	0
Cucumbers (.5 oz)	2	0	0	0	0	0	0.5	0.5	0	0	0	0.5	0.5	0	0
Jalapenos (.5 oz.)	0	0	0	0	0	0	0	0	0	0	0	4	30	0	0
Mushrooms (.5 oz)	3	0.5	0	0	0	0	0.5	0.5	0	0	0.5	0	0.5	0	0.5
Onion (.5 oz)	5.5	0	0	0	0	0	0.5	1.5	0	0.5	0	0	1.5	0.5	0
Pickles (1.5 oz)	4.5	0	0	0	0	0	367.5	1.5	0	0	0	1.5	0	1.5	1.5
Romaine/ Spring Mix (3 oz)	15	0	0	0	0	0	1	0.5	0.5	0	0	24.5	5.5	0.5	1
Spicy Cherry Peppers (.5 oz)	2.75	0	0	0	0	0	219.5	0.5	0.5	0	0	0	0	0	0
Strawberries (2 oz)	18	2	0	0	0	0	0	4	2	2	0	0	54	0	2
Tomato (3 oz)	15	0	0	0	0	0	3	3	0	3	0	15	18	0	0
Toppings/Extras (1 serving)															
Almonds (1 oz)	169.5	124.5	90	1	0	0	141	6	3	1.25	6	0	0	76	1
Candied Lemons (2 pc)	20	0	0	0	0	0	0	0	0	5	0	0	2	0	0
Chocolate Mascarpone (2 TB)	100	60	6	3.5	0	15	15	10	0	8	1	4	0	2	0
Chocolate Mint Candies (3 pc)	75	45	5	4.5	0	0	7.5	8	0.75	7.5	0.75	0	0	1.5	2.25
Chocolate Pieces (3 pc)	52.5	27.5	3	2	0	2.5	8.75	6.5	0	6	0.75	0	0	2	0.5
Dried Cranberries (1 oz)	87	3	0	0	0	0	0.75	23	1.5	18.5	0	0	0	2.75	0
Fried Onions (.75 oz)	135	90	10.5	4.5	0	0	90	8	0	0	0	0	0	0	0

Garlic Seasoning (1 tsp)	0	0	0	0	0	0	10	3	0	0	0	0	0	0	0
Graham Crackers (2 pc)	35	10	1	0	0	0	33.75	5.75	0	1.75	0.5	0	0	2.5	1.5
Grilled Cheese Croutons (1 slice)	210	105	11.5	5	0	15	455	26	2	1	8	10	0	12.5	7.5
Lemon Mascarpone (2 TB)	90	50	5	3	0	20	10	9	0	7	0	4	2	2	0
Marshmallow Mascarpone (2 TB)	100	60	7	3.5	0	10	10	9	0	7	1	4	0	2	0
Peanut Butter Mascarpone (2 TB)	110	60	7	3	0	10	40	7	0	9	2	2	0	2	0
Meat (2 oz)															
Bacon (1 oz)	170	119	13.25	3.75	0	28.25	510.25	0	0	0	9.45	0	0	0	0
Brisket	172	119.5	13	5	0	45.5	395	0	0	0	14	0	0	0	0.75
Goetta	180	110	12	4.5	0	30	480	10	2	1	8	0	0	0	0
Ham	60	18	2	1	0	40	530	0	0	0	11	0	0	0	2
Pepperoni	280	222.5	24.5	8.5	0	59.5	998.5	0	0	0	13	0	0.5	12.5	1
Roast Beef	200	113	12.5	5	0	77.75	238	1	0	0	19.5	5.5	0	15.75	2
Roasted Chicken	90	20	2.5	0.5	0	40	200	0	0	0	15	0	0	2	4
Roasted Turkey	60	15	2	1	0	35	240	1	0	1	11	0	0	2	4
Dressings/Sauces															
Balsamic Vinaigrette (2 oz)	260	210	24	1.5	0	0	5	15	0	14	0	0	0	0	2
Basil Pesto (2 TB)	145	135	15.75	2.5	0	3.5	78	1	0	0	1.75	380	1.75	51	0
BBQ Sauce (2 TB)	70	0	0	0	0	0	290	18	0	16	0	4	6	0	0
Blue Cheese Dressing (2 oz)	230	210	23	7	0	20	400	2	0	0	3	4	0	8	0
Blueberry Compote (2 TB)	70	0	0	0	0	0	0	19	2	15	0	2	15	0	2
Caesar Dressing (1.5 oz)	240	230	26	4.5	0	25	270	0	0	0	0	0	4	2	0
Garlic Hummus (2 TB)	50	30	3.5	0	0	0	70	4	1	0	1	0	2	0	2
Honey Mustard (2 oz)	300	270	30	2	0	0	180	7	0	7	0	0	0	0	0
Horseradish Sauce (2 oz)	270	250	28	4.5	0	25	250	2	0	2	0	0	10	2	0
Hot Sauce (1 TB)	0	0	0	0	0	0	600	0	0	0	0	0	0	0	0
Peanut Butter (1 oz)	210	153	17	4	0	0	160	5	2	3	9	0	0	2	2
Ranch (2 oz)	220	210	23	4.5	0	25	410	1	0	1	0	0	0	4	0
Strawberry/Grape Jam (1 oz)	70	0	0	0	0	0	10	18	0	16	0	0	0	0	0
Sweet Hot Mustard (2 TB)	50	0	0	0	0	0	220	8	0	8	0	0	0	0	0
White Balsamic Vinaigrette (2 oz)	300	230	25	1.5	0	0	65	22	0	21	0	0	8	0	0
Yogurt Dressing(2 oz)	60	30	3	0	0	5	140	59	0	2	5	0	2	6	0
Soups (8oz)															
Beer Cheese Soup	530	370	42	25	0	130	1010	24	2	1	30	45	4	90	2
Black Bean Tomatillo	120	10	1.5	0	0	0	550	22	5	5	5	10	15	4	15
Blue Cheese Chili	340	150	16	7	0	75	500	17	3	7	26	20	10	15	30
Broccoli Cheese	520	420	47	31	0	165	530	95	6	0	8	50	40	30	4
Buffalo Chicken	520	420	47	30	0	165	1600	83	6	0	13	35	2	35	2
Cheeseburger Soup	510	370	42	27	0	160	680	77	6	0	16	35	20	30	8
Chicken Broccoli Curry	470	380	43	29	0	160	330	99	7	0	5	60	45	15	4
Chicken Noodle	130	20	2	0	0	20	930	14	1	2	11	25	4	2	6
Chicken Pot Pie Soup	510	420	47	31	0	175	530	109	7	1	5	45	4	15	4
Chicken Tortilla (w/ corn salsa)	280	30	3.5	0	0	60	600	20	3	9	18	16	15	2	16
Chunky Tomato	90	5	1	0	0	0	470	17	3	9	3	50	60	20	15
Classic Tomato	90	20	2	0.5	0	0	530	15	2	8	2	10	10	0	10

Creamy Tomato	180	110	12	9	0	45	560	14	2	6	2	70	80	2	10
French Onion	140	60	6	2	0	0	560	15	2	4	3	4	10	4	4
Gouda Potato	440	300	34	25	0	110	750	22	3	1	11	25	30	30	4
Loaded Potato	450	320	36	20	0	110	900	50	4	1	16	20	6	30	4
Tomato Dill	80	15	2	0	0	0	600	13	3	7	2	60	80	4	10
Tomato Gazpacho	120	45	5	0	0	0	200	19	3	14	2	30	60	4	6
Turkey Gumbo	170	110	12	4.5	0	5	870	8	0	1	4	10	8	2	2
Turkey Pot Pie Soup (w/ crust)	270	150	16	6	0	10	1100	21	2	2	8	30	8	4	8
Veggie Lentil	120	5	0.5	0	0	0	570	21	7	4	6	30	20	2	15
White Bean Chicken Chili	160	30	3.5	1	0	15	820	21	5	0	12	6	10	6	10
Melts/Sandwiches (whole)															
Armagotta	990	540	60	27	0	105	2370	70	7	11	39	30	0	70	15
BBQ Bacon	1100	570	64	24	0	115	3830	90	5	33	42	35	25	40	15
BLT Chee	810	490	55	24	0	130	1290	42	5	5	41	50	20	70	20
Bossier Club	840	46	52	24	0	180	2030	43	5	5	46	45	20	70	25
Brisket + BBQ	880	420	47	20	0	120	2720	78	5	34	42	20	25	40	25
Brisket Bomber	1150	750	84	31	0	145	2130	58	5	4	48	25	8	80	20
Chicken Bacon Ranch	920	550	62	25	0	170	1440	43	5	5	51	45	20	70	20
Crunchy Garlic Chicken	930	490	56	23	0	120	1980	61	4	14	51	45	35	110	25
Cubano Chee	790	390	43	22	0	140	1460	50	4	11	53	30	2	90	20
Cucumber Ranch	730	430	48	21	0	85	1040	47	6	7	33	40	25	70	20
Flying Pig	750	410	46	22	0	85	2320	43	7	3	42	25	2	70	20
Gumbo Mac	1290	650	74	36	0	200	2350	139	9	6	57	45	8	80	35
Guy Gardener	670	390	45	17	0	35	1020	45	3	8	27	40	30	80	20
Ham+Chee	600	320	35	17	0	100	2280	47	4	2	33	35	2	40	20
Hammy Whammy	980	450	50	23	0	130	2900	83	5	34	48	35	50	70	20
Hippy Chee	750	410	48	21	0	100	1150	50	5	10	34	50	30	110	25
Hot+Spicy	920	560	63	28	0	135	2940	40	3	7	44	30	10	100	20
Italian	990	580	65	28	0	150	2810	50	5	3	59	20	15	80	25
The Longhorn	840	490	55	25	0	90	1790	48	10	5	44	35	25	70	20
Mac+Chee	1200	620	69	33	0	145	1360	138	9	4	45	35	0	80	30
Mac Daddy	1060	520	58	30	0	145	1180	129	9	4	45	35	0	80	30
Pep+Chee	860	510	56	25	0	105	1950	43	4	3	44	30	10	70	25
Pesto Turkey	780	430	50	19	0	75	1660	47	3	9	43	45	30	110	20
Pork Roll Chee	960	660	73	27	0	120	2250	51	5	5	32	60	25	40	20
Rodeo Chee	1170	640	72	30	0	160	2830	85	4	33	49	25	20	70	20
Salty Swiss	740	390	43	20	0	100	950	51	5	3	44	30	4	80	20
Swiss+Shroom	670	350	40	19	0	75	1260	52	5	4	36	30	6	90	20
The Divide	1030	650	73	27	0	170	1180	48	8	5	52	50	25	70	30
Tom+Chee	640	350	39	20	0	80	940	52	5	6	34	40	20	80	15
Turkey Club	1030	650	75	27	0	160	1900	44	4	10	45	45	30	100	20
Turkey Reuben	900	500	57	24	0	125	1760	57	6	8	50	60	45	90	20
TX Rancher	870	510	57	22	0	125	2570	55	5	4	39	35	6	40	20
Very Gouda BBQ	1050	450	49	23	0	70	4330	120	7	59	38	20	35	70	20
West of Philly (w/ brisket)	970	640	71	25	0	105	2020	45	5	3	46	20	20	70	20

Westsider	1050	630	70	30	0	320	2300	49	6	3	55	35	0	70	20
Salads (entrée)															
Ashley's Strawberry Salad (w/ wh	590	320	37	3	0	40	270	53	8	39	23	70	60	15	20
BLT Salad (w/horseradish dressin	830	620	69	16	0	80	1970	25	5	7	22	150	90	8	8
BLT Ranch Salad (w/ranch dressin	780	580	64	16	0	80	2140	24	5	6	23	150	80	10	8
Chicken Caesar Salad (w/caesar d	610	400	45	12	0	80	740	32	5	4	31	110	8	40	20
Green Goat (w/balsamic dressing	770	480	55	14	0	65	470	50	7	36	30	70	4	20	20
Green Goat (w/ white balsamic d	720	440	50	12	0	65	520	50	7	36	30	70	8	20	15
Grilled Cheese Salad (no dressing	470	250	28	10	0	40	900	42	7	9	26	160	90	35	20
Side Caesar Salad (w/caesar dres	250	180	20	5	0	20	330	15	2	2	8	50	4	20	8
Side Salad (no dressing)	20	5	1	0	0	0	20	4	2	2	1	70	10	4	4
Kids Meals (entrée only)															
Grilled Cheese (American Cheese	270	150	17	8	0	30	760	23	2	0	11	15	0	20	8
Kids Side of Fruit	70	0	0	0	0	0	0	17	3	10	0	0	60	2	2
Mac+Cheese	420	270	29	18	0	100	440	61	4	0	13	20	0	35	4
PB+J	370	150	17	4	0	0	230	42	4	20	14	0	0	6	10
Grilled Cheese Donuts															
Bananarama	610	350	39	16	0	25	1000	55	4	29	14	10	10	50	10
Choco Bacon Bliss	600	340	38	17	0	40	780	53	1	31	13	10	6	30	8
Cinnamon Toast	490	240	27	12	0	25	450	58	2	34	5	10	6	25	10
Peanut Butter Cup	550	320	37	14	0	20	560	50	2	27	10	8	6	30	10
S'More	520	280	31	14	0	25	480	57	2	32	6	10	6	25	10
Strawberry Lemonade	470	250	28	13	0	25	520	50	2	27	8	10	40	30	8
The King	540	300	34	13	0	15	580	52	3	26	11	10	10	30	10
The Original	490	290	34	16	0	50	700	36	1	16	14	15	6	50	8
Chips (1 bag)															
Lay's Kettle Mesquite BBQ Chips	210	100	12	2	0	0	200	23	2	3	2	8	15	0	4
Goldfish Crackers	130	40	4	1	0	0	240	19	1	1	3	0	0	2	2
Lay's Kettle Original Chips	210	110	13	2	0	0	120	22	2	1	2	0	15	0	4
Rold Gold Tiny Twists Pretzels	230	25	2	0	0	0	900	47	2	1	4	0	0	0	10
Lay's Kettle Salt & Vinegar Chips	210	110	12	0	0	0	230	23	2	2	2	0	10	0	4
Sides (6oz)															
Bacon Potato Salad	390	270	30	8	0	45	800	18	2	2	9	4	20	4	4
Buffalo Celery Slaw	370	280	31	9	0	40	1120	16	3	13	7	45	45	15	2
Celery Slaw	480	430	48	8	0	40	630	10	1	7	0	30	6	2	2
Chipotle Slaw	400	330	36	6	0	30	330	15	2	11	1	60	60	4	2
Chocolate Chip Cookie	380	160	18	9	0	40	210	52	2	30	4	8	0	4	20
Chili Mac	490	290	32	18	0	115	570	61	4	3	20	25	4	35	15
Creamy Coleslaw	360	300	33	6	0	30	630	14	3	9	2	60	70	6	4
Creamy Pasta Salad	450	270	30	5	0	25	600	35	2	3	6	4	10	2	8
Creamy Pesto Pasta Salad	420	240	27	4.5	0	20	660	34	2	3	7	6	10	2	8
Dill Potato Salad	340	250	28	5	0	2	5	600	2	2	3	4	20	4	4
Fruit Salad	<i>varies depending on seasonal fruit variety (see manager for details)</i>														
Mac+Cheese	420	270	29	18	0	100	440	61	4	0	13	20	0	35	4
Oatmeal Cookie	380	160	18	9	0	30	210	52	2	32	4	8	0	4	20

Roasted Garlic Potato Salad	410	330	37	6	0	30	600	17	2	2	2	6	20	2	6
Spicy Pasta Salad	430	260	29	4.5	0	25	700	34	2	3	6	6	15	2	8
Spicy Potato Salad	410	320	35	6	0	30	630	19	2	2	2	6	25	2	4
Vinaigrette Pasta Salad	670	280	31	2.5	0	0	330	79	4	5	15	4	10	8	30
Other															
Earth Balance Butter(1 TB)	100	100	11	4	0	0	90	0	0	0	0	10	0	0	0
Shareables															
Beer Cheese Dip w/ Pita Chips (sh)	790	360	40	19	0	85	2000	75	2	5	33	30	4	60	20
Donut Bites (shareable)	1640	960	107	45	0	85	1480	158	5	89	22	35	20	70	30
Grilled Cheese Bites (shareable)	1080	570	67	36	0	125	2220	87	7	6	59	70	40	150	30
Grilled Pita Chips (2 slices)	380	72	8	0	0	0	740	64	2	4	12	0	0	8	20
Hummus Plate w/ Pita Chips (sha)	730	260	30	3.5	0	5	1250	92	10	7	23	100	15	20	40
Mozzarella Cheese Bites (shareab)	1000	550	62	33	0	105	1930	78	7	6	57	70	40	130	30
Soft Drinks (22oz with no ice)															
Barq's Root Beer	290	0	0	0	0	0	95	80	0	80	0	0	0	0	0
Cherry Coca-Cola	280	0	0	0	0	0	75	77	0	77	0	0	0	0	0
Coca-Cola	270	0	0	0	0	0	65	73	0	73	0	0	0	0	0
Coca-Cola Zero	0	0	0	0	0	0	75	0	0	0	0	0	0	0	0
Diet Coke	0	0	0	0	0	0	90	0	0	0	0	0	0	0	0
Fanta Orange	290	0	0	0	0	0	75	80	0	79	0	0	2	0	0
HiC Flashin Fruit Punch	270	0	0	0	0	0	95	75	0	73	0	0	300	0	0
Mello Yello	290	0	0	0	0	0	95	80	0	80	0	0	0	0	0
Minute Main Lemonade	250	0	0	0	0	0	180	69	0	66	0	0	0	0	0
Pibb Xtra	250	0	0	0	0	0	100	69	0	69	0	0	0	0	0
Powerade Mountain Berry Blast	150	0	0	0	0	0	210	40	0	40	0	0	0	0	0
Sprite	260	0	0	0	0	0	125	71	0	70	0	0	0	0	0
<i>For other varieties and/or Coca-Cola Freestyle please visit: http://www.cokesolutions.com/MarketingTools/Pages/Site%20Pages/NutritionCalc.aspx</i>															
Other Drinks															
Chocolate Milk 2% (1 cup)	180	22	2	2	0	10	210	32	1	30	8	10	0	30	0
Milk 2% (1 cup)	130	45	5	3	0	20	130	12	0	12	8	10	0	30	0
Mott's Apple Juice (1 box)	100	0	0	0	0	0	10	24	0	23	0	0	30	0	4