

Nutritional Information

This information is comprised of data obtained by our suppliers, the USDA and nutrient database analysis of Grub's recipes using MenuCalc Online Nutritional Analysis Program. The rounding of figures is based on FDA guidelines. Variation in nutritional values may occur due to the handcrafted nature of our menu items, along with changes in ingredients and procedures.



Snacks	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbo-hydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Boneless Wings - Dry Rub	1220	690	80g	9g	0g	255mg	4070mg	63g	6g	8g	64g
Boneless Wings - Honey Sriracha	1330	750	88g	14g	0g	275mg	2610mg	72g	4g	19g	63g
Brussels Sprouts Side	250	190	22g	3g	0g	< 5mg	1890mg	18g	6g	5g	9g
Cheese Fries	1730	1180	136g	35g	0g	145mg	2740mg	86g	5g	2g	43g
Chips & Queso	570	280	31g	16g	0g	110mg	1430mg	53g	7g	8g	23g
Chips and Guac	410	180	22g	3g	0g	0mg	1220mg	54g	14g	2g	8g
Wings - Dry Rub	1080	750	86g	18g	0g	395mg	2750mg	11g	3g	7g	67g
Wings - Honey Sriracha	1190	820	93g	23g	0g	415mg	1290mg	19g	2g	17g	66g
Salads & Bowls	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbo-hydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Ahi Tuna Bowl	540	280	32g	6g	0g	60mg	1080mg	40g	12g	11g	43g
California Chicken Bowl	580	280	31g	6g	0g	145mg	1320mg	36g	10g	11g	55g
Harlem Chicken Tender Salad	910	510	59g	9g	0g	135mg	1500mg	57g	12g	8g	41g
Napa Salad	510	300	34g	7g	0g	15mg	1090mg	41g	8g	22g	13g
Pesto Turkey Cobb (Dressing not included)	590	310	35g	11g	0g	290mg	2580mg	22g	8g	11g	47g
Salmon Filet Bowl	510	270	31g	6g	0g	85mg	1210mg	36g	10g	11g	41g
Side Salad (Dressing Not Included)	90	45	5g	3g	0g	15mg	110mg	6g	2g	3g	5g
Dressings (1.5 oz Serving)											
Ancho Lime Vinaigrette	80	100	11g	0g	0g	0mg	210mg	7g	0g	2g	2g
Balsamic Vinaigrette	150	130	15g	2g	0g	0mg	160mg	4g	0g	3g	< 1g
Hazelnut Vinaigrette	170	140	16g	1g	0g	< 5mg	800mg	5g	0g	4g	0g
Honey Mustard	100	20	2.5g	0g	0g	5mg	530mg	17g	0g	16g	0g
Jalapeno Ranch	190	180	20g	3g	0g	10mg	210mg	1g	0g	< 1g	0g
Burgers	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbo-hydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Bacon Love #9 w/ fries	1410	740	84g	25g	1.5g	225mg	3200mg	102g	6g	12g	63g
Front Porch	740	350	40g	13g	1.5g	170mg	1480mg	52g	4g	9g	42g
Guacapotle	850	440	50g	19g	1.5g	190mg	1700mg	52g	4g	8g	47g
Hippie Chickpea	640	260	30g	10g	0g	45mg	2060mg	74g	12g	11g	23g
Jive Turkey	790	360	41g	12g	0g	140mg	3170mg	61g	8g	10g	47g
Lockhart Legend	1080	590	68g	20g	1.5g	190mg	2100mg	67g	4g	13g	52g
Mac 'N' Cheeseburger	1030	530	61g	27g	1.5g	245mg	2970mg	64g	3g	14g	57g
Scorpion Burger	870	400	45g	17g	1.5g	185mg	1640mg	69g	8g	18g	52g
Texas Luau	880	390	45g	16g	1.5g	200mg	1900mg	65g	4g	19g	53g
Voodoo Mushroom	860	440	50g	18g	1.5g	200mg	1760mg	52g	3g	8g	49g
Wagyu Burger	950	500	56g	21g	2g	205mg	1760mg	59g	3g	9g	50g
Wild Alaskan Salmon	670	270	31g	7g	0g	155mg	1130mg	60g	6g	9g	47g
You're My Boy Blue	950	480	54g	25g	1.5g	205mg	2560mg	62g	5g	13g	56g
Sandwiches & Tenders	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbo-hydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Cuban Sandwich	880	400	46g	18g	0g	215mg	2210mg	56g	3g	11g	57g
California Chicken Sandwich	770	310	36g	12g	0g	190mg	1170mg	53g	6g	5g	59g
Harlem Chicken Tenders	1130	600	67g	6g	0g	250mg	2510mg	70g	3g	3g	61g
Back Porch Sandwich	640	220	25g	6g	0g	170mg	1280mg	53g	5g	7g	49g
Southern Fried Chicken Sandwich	850	380	43g	13g	0g	225mg	1490mg	65g	4g	9g	51g
Sides	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbo-hydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Black Bean & Corn Medley Side	150	5	1g	0g	0g	0mg	710mg	29g	6g	6g	7g
Brussels Sprouts Side	250	190	22g	3g	0g	< 5mg	1890mg	18g	6g	5g	9g
Mac 'N' Cheese Side	340	210	24g	14g	0g	85mg	1690mg	16g	0g	7g	15g
Onion Rings Side	650	450	52g	3.5g	0g	0mg	780mg	48g	2g	15g	5g
Skinny Fries	430	240	27g	3g	0g	0mg	690mg	45g	2g	0g	4g
Sweet Potato Fries	570	430	50g	4.5g	0g	0mg	410mg	45g	9g	19g	2g
Split Decision (Fries & Rings)	470	300	35g	3g	0g	0mg	730mg	41g	2g	10g	4g
Split Decision (Fries & Sweets)	390	260	29g	3g	0g	0mg	480mg	38g	5g	8g	3g
Split Decision (Sweets & Rings)	480	320	37g	3g	0g	0mg	680mg	43g	5g	18g	3g
Kids	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbo-hydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Kids Burger	380	210	24g	9g	0g	70mg	560mg	24g	1g	3g	17g
Kids Chicken Nuggets	460	190	22g	2.5g	0g	135mg	870mg	29g	1g	< 1g	34g
Kids Grilled Cheese - CA	460	240	27g	8g	0g	20mg	800mg	41g	2g	4g	12g

Kids Mac 'N' Cheese	470	280	33g	21g	0g	120mg	2350mg	25g	< 1g	11g	18g
Kids Side (Applesauce & Fries)	240	120	14g	1.5g	0g	0mg	300mg	28g	2g	8g	2g
Kids Chocolate Shake	330	90	10g	7g	0g	15mg	160mg	59g	2g	50g	2g
Kids Strawberry Shake	240	80	10g	7g	0g	15mg	140mg	41g	< 1g	30g	< 1g
Kids Vanilla Shake	220	80	10g	7g	0g	15mg	140mg	35g	0g	26g	< 1g
Kids Worms & Dirt Shake	480	150	18g	9g	0g	15mg	350mg	83g	1g	51g	3g

Shakes	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbo-hydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Chocolate Shake	590	140	16g	11g	0g	20mg	300mg	112g	4g	95g	3g
ET Shake	980	380	43g	25g	0g	25mg	540mg	142g	5g	111g	14g
Kitchen Sink Shake	780	270	31g	16g	0g	20mg	1570mg	127g	2g	94g	6g
Mint Chocolate Chip Shake	1150	440	50g	39g	0g	60mg	480mg	173g	5g	142g	9g
Nutella Shake	690	270	31g	26g	0g	20mg	340mg	106g	3g	82g	3g
Root Beer Float	500	90	10g	9g	0g	0mg	350mg	109g	0g	92g	0g
Salted Caramel Shake	590	140	16g	11g	0g	20mg	980mg	114g	0g	91g	< 1g
Strawberry Shake	410	130	15g	11g	0g	20mg	260mg	74g	1g	56g	1g
Vanilla Bean Shake	450	130	15g	11g	0g	20mg	260mg	67g	0g	51g	< 1g
Worms & Dirt Shake	910	280	32g	15g	0g	25mg	690mg	157g	2g	98g	6g

Spiked Shakes	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbo-hydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Boozy Mint Chocolate Chip	940	300	34g	24g	0g	60mg	400mg	116g	1g	89g	6g
Bourbon & Caramel	630	120	14g	10g	0g	20mg	280mg	79g	0g	62g	< 1g
Dirty Kitchen Sink	790	250	29g	15g	0g	20mg	1510mg	112g	2g	83g	6g
ET Drunk Dial	1060	360	40g	23g	0g	25mg	480mg	126g	5g	99g	14g
Tipsy Worms & Dirt	990	260	30g	13g	0g	20mg	630mg	142g	2g	86g	6g

Signature Cocktails	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbo-hydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Bacon Infused Bloody Mary	350	150	17g	6g	0g	25mg	3780mg	12g	< 1g	9g	8g
Five Dollar 'Rita	200	0	0g	0g	0g	0mg	0mg	39g	0g	23g	0g
Patron Mango 'Rita	230	0	0g	0g	0g	0mg	0mg	52g	0g	23g	0g
Blueberry Coconut Mojito	210	0	0g	0g	0g	0mg	15mg	40g	< 1g	35g	0g
Stubborn Mule	200	0	0g	0g	0g	0mg	10mg	30g	0g	27g	0g

Sauces (1.5 oz)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbo-hydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Chipotle Ketchup	45	0	0g	0g	0g	0mg	380mg	11g	0g	9g	0g
Dr. Pepper BBQ Sauce	35	0	0g	0g	0g	0mg	310mg	8g	0g	6g	< 1g
Honey Mustard	100	20	2.5g	0g	0g	5mg	530mg	17g	0g	16g	0g
Jalapeno Ranch	190	180	20g	3g	0g	10mg	210mg	1g	0g	< 1g	0g
Mississippi Comeback Sauce	80	60	7g	0g	0g	15mg	510mg	4g	0g	1g	0g

Modifiers	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbo-hydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
White Bun	370	130	15g	5g	0g	35mg	640mg	49g	4g	4g	11g
Wheat Bun	330	120	13g	4.5g	0g	45mg	370mg	46g	2g	6g	8g
Gluten Free Bun	320	90	10g	1g	**	0mg	550mg	105g	3g	4g	4g
Cheddar	85	63	7g	4g	**	22mg	136mg	0g	0g	0g	5g
Swiss	80	52	6g	4g	0g	19mg	15mg	1g	0g	0g	6g
Egg	90	60	7g	2g	**	185mg	95mg	0g	0g	0g	6g
Burger Patty	350	210	23g	9g	1.5g	115mg	990mg	2g	< 1g	< 1g	33g
Chicken Breast	210	40	4.5g	1g	0g	125mg	280mg	0g	0g	0g	38g
Turkey Patty	230	80	9g	1.5g	0g	70mg	1950mg	8g	1g	6g	27g
Wagyu Patty	360	210	24g	9g	2g	130mg	730mg	0g	0g	0g	35g
Bacon (per slice)	23	16	2g	<1g	<1g	5mg	84mg	0g	0g	0g	1.6g
Mayo (average on 1 side of burger bun)	34	30	3.4g	0g	0g	9mg	82mg	1g	0g	0g	0g

Beverages	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbo-hydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Dr. Pepper											
Kids	200	0	0	0	0	0	80	56	0	48	0
Regular	250	0	0	0	0	0	100	70	0	60	0
Collectors Cup	400	0	0	0	0	0	160	112	0	96	0
Coca Cola											
Kids	192	0	0	0	0	0	60	50	0	50	0
Regular	240	0	0	0	0	0	75	65	0	65	0
Collectors Cup	384	0	0	0	0	0	120	104	0	104	0
Diet Coke											
Kids	0	0	0	0	0	0	56	0	0	0	0
Regular	0	0	0	0	0	0	70	0	0	0	0

Collectors Cup	0	0	0	0	0	0	112	0	0	0	0
Sprite											
Kids	192	0	0	0	0	0	89	51	0	51	0
Regular	240	0	0	0	0	0	111	64	0	64	0
Collectors Cup	384	0	0	0	0	0	178	102	0	102	0
Vitamin Water XXX											
Kids	96	0	0	0	0	0	0	25	0	25	0
Regular	120	0	0	0	0	0	0	31	0	31	0
Collectors Cup	192	0	0	0	0	0	0	50	0	50	0
Coke Zero											
Kids	0	0	0	0	0	0	32	0	0	0	0
Regular	0	0	0	0	0	0	40	0	0	0	0
Collectors Cup	0	0	0	0	0	0	64	0	0	0	0
Tea											
Kids	4	0	0	0	0	0	12	2	0	0	0
Regular	5	0	0	0	0	0	15	2	0	0	0
Collectors Cup	8	0	0	0	0	0	24	3	0	0	0

Beverages (cont.)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbo-hydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sweet Tea											
Kids	120	0	0	0	0	0	12	31	0	30	0
Regular	150	0	0	0	0	0	15	39	0	37	0
Collectors Cup	240	0	0	0	0	0	24	62	0	59	0
Mango Tea											
Kids	6	0	0	0	0	0	6	2	0	0	0
Regular	8	0	0	0	0	0	8	2	0	0	0
Collectors Cup	13	0	0	0	0	0	13	4	0	0	0
Hibiscus Tea											
Kids	7	0	0	0	0	0	1	2	0	0	0
Regular	9	0	0	0	0	0	1	2	0	0	0
Collectors Cup	14	0	0	0	0	0	1	3	0	0	0
Root Beer											
Bottle	160	0	0	0	0	0	70	45	0	45	0
Kids	213	0	0	0	0	0	93	60	0	60	0
Regular	267	0	0	0	0	0	117	75	0	75	0
Collectors Cup	427	0	0	0	0	0	187	120	0	120	0
Beer (16 oz unless listed otherwise)											
2SP Baby Bob Stout	232	0	0	0	0	0	0	16	0	2	1
Abita	167	0	2	0	0	0	0	10	0	2	1
Acadie	240	0	0	0	0	0	90	14	0	1	3
Ace Pineapple Cider	233	0	0	0	0	0	10	12	0	25	1
Alaskan Amber	240	0	0	0	0	0	135	15	0	2	1
AleSmith .394	180	0	0	0	0	0	0	15	0	2	2
Alesmith Nut Brow	192	0	0	0	0	0	0	16	0	2	2
Angry Orchard	253	0	0	0	0	0	20	32	0	27	1
Angry Orchard - 14 oz	222	0	0	0	0	0	18	28	0	24	1
Angry Orchard - 22 oz	348	0	0	0	0	0	28	44	0	37	1
Avery White Rascal	219	0	0	0	0	0	0	13	0	4	2
Ballas Point Grapefruit Sculpin	240	0	0	0	0	0	0	25	0	9	1
Revolver Blood & Honey	144	0	4	0	0	0	25	6	0	1	14
Blue Moon	220	0	0	0	0	0	20	19	0	4	3
Blue Moon - 14 oz	193	0	0	0	0	0	18	17	0	4	3
Blue Moon - 22 oz	303	0	0	0	0	0	28	26	0	6	4
Bold City Killer Whale	161	0	0	0	0	0	0	17	0	2	1
Brooklyn Lager	151	0	0	0	0	0	20	17	0	0	2
Bud Light	147	0	0	0	0	0	0	7	0	0	1
Bud Light - 14 oz	128	0	0	0	0	0	0	6	0	0	1
Bud Light - 22 oz	202	0	0	0	0	0	0	9	0	0	1
Budweiser	193	0	0	0	0	0	0	14	0	1	2
Buried Hatchet Stout	432	0	7	0	0	0	0	20	0	3	2
Canebrake	167	0	0	0	0	0	0	16	0	3	2
Catahoula Common	220	0	0	0	0	0	20	17	0	0	2
Convict Hill	276	0	0	0	0	0	13	22	0	5	3
Coors Light	140	0	0	0	0	0	15	7	0	0	1
corona	280	0	0	0	0	0	20	20	0	6	2
Corona Light	132	0	0	0	0	0	0	5	0	0	1

Creature Comforts Bibo	165	0	0	0	0	0	0	15	0	3	1
Dallas Blonde	156	0	7	0	0	0	91	13	0	0	4
Deschutes Black Butte	192	0	0	0	0	0	0	18	0	1	3
Dogfish Head 60 Minute	252	0	0	0	0	0	0	20	0	0	2
Dogfish Seaquench	187	0	0	0	0	0	0	12	0	0	2
Dos Equis	187	0	0	0	0	0	0	15	0	4	1
Dos Equis - 14 oz	164	0	0	0	0	0	0	13	0	4	1
Dos Equis - 22 oz	257	0	0	0	0	0	0	21	0	6	1
Dos Equis Amber	195	0	0	0	0	0	0	18	0	4	1
Dos Equis Amber - 14 oz	170	0	0	0	0	0	0	16	0	4	1
Dos Equis Amber - 22 oz	268	0	0	0	0	0	0	25	0	6	1
Engine 15 Nut Sack	280	0	0	0	0	0	0	20	0	2	2
Envie	220	0	0	0	0	0	0	20	0	3	2
Everything Rymes with Orange	280	0	0	0	0	0	0	20	0	8	1
Fiesty Blonde	307	0	0	0	0	0	0	58	0	3	1
Fireman's 4	221	0	0	0	0	0	0	13	0	2	2
Firestone 805	188	0	0	0	0	0	0	15	0	4	2
Flying Dog The Truth	315	0	0	0	0	0	0	18	0	2	1
Free Will	274	0	0	0	0	0	0	20	0	2	1
Petalcolas Golden Opportunity	184	0	0	0	0	0	0	20	0	4	2
Grasslands Fourth Orbit	272	0	0	0	0	0	0	20	0	3	2
Beer (16 oz unless listed otherwise)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbo-hydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Great Raft Southern Drawl	208	0	0	0	0	0	0	15	0	8	3
Laughing Skull (Grub Amber)	174	0	0	0	0	0	0	18	0	4	1
Hopsecutioner	219	0	0	0	0	0	0	18	0	3	2
Intuition I-10	280	0	0	0	0	0	0	20	0	2	1
Jekyll Hop Dang Diggity	201	0	0	0	0	0	0	20	0	2	1
Karbach Hopadillo IPA	187	0	0	0	0	0	0	19	0	3	4
Karbach Hopadillo IPA - 14 oz	164	0	0	0	0	0	0	17	0	3	4
Karbach Hopadillo IPA - 22 oz	257	0	0	0	0	0	0	26	0	4	6
Karbach Lovestreet	147	0	0	0	0	0	0	20	0	2	1
Korova Milk Porter	256	0	0	0	0	0	0	25	0	4	4
Lagunitas IPA	240	0	0	0	0	0	0	19	0	3	4
Lakewood Lager	155	0	0	0	0	0	0	16	0	3	1
Leinenkugel Shandy	157	0	0	0	0	0	0	30	0	8	2
Magic Hat #9	197	0	0	0	0	0	0	15	0	3	2
McKenzie's Black Cherry	255	0	14	0	0	0	3	21	0	7	1
Michelob Ultra	95	0	0	0	0	0	0	3	0	0	1
Miller Lite	130	0	0	0	0	0	5	4	0	0	0
Miller Lite - 14 oz	114	0	0	0	0	0	4	4	0	0	0
Miller Lite - 22 oz	179	0	0	0	0	0	7	6	0	0	0
Modello Especial	220	0	0	0	0	0	20	19	0	6	2
Monday Night Blood Orange	225	0	0	0	0	0	0	20	0	10	2
Monday Nite Seasonal	228	0	0	0	0	0	0	10	0	4	3
Moose Drool	236	0	0	0	0	0	0	15	0	3	1
More Cowbell IPA	273	0	0	0	0	0	0	18	0	3	1
Community Mosaic IPA	225	0	0	0	0	0	0	14	0	4	1
Mother Earth Cali Creamin	153	0	0	0	0	0	0	15	0	3	3
Mother Earth Honcho Hefeweizen	208	0	0	0	0	0	0	13	0	2	1
New Belgium Fat tire	160	0	0	0	0	0	5	14	0	1	2
O'douls	65	0	0	0	0	0	0	13	0	0	1
Racer 5	93	0	0	0	0	0	0	10	0	0	1
Rahr & Sons Ugly Pug	135	0	0	0	0	0	0	12	0	1	3
Rolling Rock	130	0	0	0	0	0	0	10	0	1	1
Sam Adams '76	188	0	0	0	0	0	20	20	0	2	2
Sam Adams Boston Lager	240	0	0	0	0	0	25	25	0	2	3
Sam Adams New England IPA	236	0	0	0	0	0	25	25	0	2	2
Sam Seasonal	187	0	0	0	0	0	20	20	0	2	2
Scofflaw Basement	234	0	0	0	0	0	0	20	0	3	2
Shiner Bock	171	0	0	0	0	0	0	13	0	3	2
Shiner Bock - 14 oz	150	0	0	0	0	0	0	11	0	3	2
Shiner Bock - 22 oz	235	0	0	0	0	0	0	18	0	4	3
Shiner Golden Ale	129	0	0	0	0	0	0	8	0	3	2
Shiner Light Blonde	99	0	0	0	0	0	0	4	0	1	1
Shiner Light Blonde - 14 oz	87	0	0	0	0	0	0	4	0	1	1
Shiner Light Blonde - 22 oz	136	0	0	0	0	0	0	6	0	1	1
Sierra Nevada Pale Ale	180	0	0	0	0	0	0	14	0	2	1
Son of a Peach	201	0	14	0	0	0	3	21	0	7	1
Southern Star Bombshell Blonde	150	0	0	0	0	0	0	38	0	2	1

Southern Star Bombshell Blonde - 14 oz	131	0	0	0	0	0	0	33	0	2	1
Southern Star Bombshell Blonde - 22 oz	206	0	0	0	0	0	0	52	0	3	1
St Arnold Elissa	150	0	0	0	0	0	0	50	0	1	1
St. Arnolds Lawn Mower	150	0	0	0	0	0	0	50	0	1	1
St. Arnolds Lawn Mower - 14 oz	131	0	0	0	0	0	0	44	0	1	1
St. Arnolds Lawn Mower - 22 oz	206	0	0	0	0	0	0	69	0	1	1
Stella Artois	141	0	0	0	0	0	0	11	0	2	2
Swamp Head Midnight Oil	247	0	0	0	0	0	0	21	0	3	4
Swamp head Stumpknocker pale ale	224	0	0	0	0	0	0	20	0	3	2
Sweetwater 420	171	0	0	0	0	0	0	20	0	2	2
Tempress	273	0	0	0	0	0	0	27	0	4	3
Terrapin Hopsecutioner	219	0	0	0	0	0	0	18	0	2	4
Terripan Hi-5 IPA	236	0	0	0	0	0	0	20	0	2	3
Troegs Hopback Amber	218	0	0	0	0	0	0	15	0	3	2
Peticolas Velvet Hammer	270	0	10	0	0	0	0	15	0	4	2
Veteran's Raging Blonde	280	0	0	0	0	0	0	12	0	2	1
Victory Hopdevil	260	0	0	0	0	0	0	18	0	3	2
Yards Brawler	152	0	0	0	0	0	0	18	0	1	1
Yards Philly Pale Ale	169	0	0	0	0	0	0	13	0	1	2
Yuengling	155	0	0	0	0	0	0	15	0	2	1

Bottle Beer	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbo-hydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Miller High Life	143	0	0	0	0	0	0	36	0	4	1
Coors Lt	102	0	0	0	0	0	0	5	0	0	1
PBR (16oz can)	255	0	0	0	0	0	0	23	0	2	2
Corona	140	0	0	0	0	0	0	14	0	1	1
Mich Ultra	95	0	0	0	0	0	0	3	0	0	1
Not Your Father's Root Beer	177	0	0	0	0	0	0	12	0	7	0
Lonestar	136	0	0	0	0	0	0	11	0	0	1
Fat Tire	260	0	0	0	0	0	0	12	0	2	2
Omission Lager	140	0	0	0	0	0	0	11	0	3	2
Newcastle	138	0	0	0	0	0	0	12	0	3	1
Nola Blonde	157	0	0	0	0	0	0	11	0	2	2
Down East Hard Cider	200	0	0	0	0	0	0	15	0	8	1
Dogfish Head 60 Minute IPA	209	0	0	0	0	0	0	12	0	2	1
Heineken	142	0	0	0	0	0	0	11	0	1	2
Guinness	205	0	0	0	0	0	0	12	0	2	2
Coney Island Hard Rootbeer	262	0	0	0	0	0	0	46	0	12	1
Two Towns Cider	175	0	0	0	0	0	0	9	0	5	1
Victoria Mexican	140	0	0	0	0	0	0	12	0	2	1
Evil Genius	180	0	0	0	0	0	0	11	0	1	1
Wine (6 oz)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbo-hydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
La Marco Prosecco Split - (187 mL)	115	0	0	0	0	0	0	37	0	12	3
Cupcake Sauv Blanc	175	0	0	0	0	0	10	4	0	2	1
Josh Cellars Chardonnay	125	0	0	0	0	0	7	5	0	2	1
19 Crimes Red Blend	138	0	0	0	0	0	0	4	0	2	1
Lyric Pinot	125	0	0	0	0	0	0	5	0	1	1
Educated Guess Cabernet	175	0	0	0	0	0	0	5	0	1	1

Nutritional Information for California Locations

Snacks	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbo-hydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Boneless Buffalo Wings - Blazin Sauce	960	660	76g	19g	0g	175mg	2080mg	40g	2g	6g	32g
Boneless Buffalo Wings - Buffalo Sauce	830	540	62g	11g	0g	145mg	1510mg	36g	2g	2g	31g
Brussels Sprouts Side	250	190	22g	3g	0g	< 5mg	1890mg	18g	6g	5g	9g
Cheese Fries	1730	1180	136g	35g	0g	145mg	2740mg	86g	5g	2g	43g
Chorizo Queso w/ Fries	790	480	55g	18g	0g	110mg	1710mg	55g	3g	7g	22g
Chips & Queso	570	280	31g	16g	0g	110mg	1430mg	53g	7g	8g	23g
Salads & Bowls	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbo-hydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
California Chicken Bowl	680	310	35g	7g	0g	145mg	1470mg	46g	11g	12g	58g
Harlem Chicken Tender Salad	1140	640	73g	11g	0g	175mg	1870mg	73g	13g	9g	52g
Napa Salad	600	345	39g	8g	0g	15mg	1215mg	68g	8g	23g	15g
Pesto Turkey Cobb (Dressing not included)	680	355	40g	12g	0g	290mg	2705mg	31g	8g	12g	49g
Salmon Filet Bowl	610	310	35g	7g	0g	90mg	1360mg	46g	11g	12g	43g
Petite Salad (Dressing Not Included)	90	45	5g	3g	0g	15mg	110mg	6g	2g	3g	5g
Dressings (1.5 oz Serving)											
Ancho Lime Vinaigrette	80	100	11g	0g	0g	0mg	210mg	7g	0g	2g	2g
Balsamic Vinaigrette	150	130	15g	2g	0g	0mg	160mg	4g	0g	3g	< 1g
Hazelnut Vinaigrette	170	140	16g	1g	0g	< 5mg	800mg	5g	0g	4g	0g
Honey Mustard	100	20	2.5g	0g	0g	5mg	530mg	17g	0g	16g	0g
Jalapeno Ranch	190	180	20g	3g	0g	10mg	210mg	1g	0g	< 1g	0g
Burgers	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbo-hydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Bacon Love #9 w/ fries	1550	850	96	27	2	230	3344	109	6	13	66
Cheesy Bacon Front Porch	1000	540	61	20	2	200	1844	60	4	10	52
Cheesy Front Porch	950	510	57	18	2	190	1674	60	4	10	48
Front Porch	860	440	50	14	2	170	1534	59	4	10	43
Guacapotle	980	540	61	20	2	190	1764	61	5	11	49
Hippie Chickpea	860	420	49	13	0	60	2054	84	14	11	26
Jive Turkey	910	450	51	13	0	140	3224	38	8	11	48
Lockhart Legend	1200	680	78	21	2	190	2154	74	4	14	53
Mac 'N' Cheeseburger	1150	620	71	28	2	245	3024	71	3	15	58
Scorpion Burger	990	490	55	18	2	185	1694	76	8	19	53
Texas Luau	1000	480	55	17	2	200	1954	72	4	20	54
Voodoo Mushroom	980	530	60	19	2	200	1814	59	3	9	50
Wagyu Burger w/ Onion Rings	1670	1040	118	25	2	205	2114	99	5	14	55
Wild Alaskan Salmon	730	320	36	8	0	120	1064	68	7	11	36
You're My Boy Blue	1070	570	64	26	2	205	2614	69	5	14	57
Sandwiches & Tenders	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbo-hydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)

Blazin Chicken Sandwich	1070	520	59	12	0	255	2094	81	6	12	53
California Chicken Sandwich	890	400	46	13	0	190	1224	60	6	6	60
Harlem Chicken Tenders	1250	690	77	7	0	250	2564	77	3	4	62
Backyard Chicken Sandwich	760	310	35	7	0	170	1334	60	5	8	50
Southern Fried Chicken Sandwich	1090	540	61	14	0	260	1854	75	4	11	61
Sides	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbo-hydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Black Bean & Corn Medley Side	150	5	1g	0g	0g	0mg	710mg	29g	6g	6g	7g
Brussels Sprouts Side	250	190	22g	3g	0g	< 5mg	1890mg	18g	6g	5g	9g
Mac 'N' Cheese Side	340	210	24g	14g	0g	85mg	1690mg	16g	0g	7g	15g
Onion Rings Side	770	540	63g	4.5g	0g	0mg	810mg	55g	3g	16g	6g
Skinny Fries	430	240	27g	3g	0g	0mg	690mg	45g	2g	0g	4g
Sweet Potato Fries	570	430	50g	4.5g	0g	0mg	410mg	45g	9g	19g	2g
Skinny Fries - Large	650	360	41g	4.5g	0g	0mg	990mg	67g	3g	0g	6g
Sweet Potato Fries - Large	810	620	71g	7g	0g	0mg	550mg	64g	14g	27g	3g
Split Decision (Fries & Rings)	470	300	35g	3g	0g	0mg	730mg	41g	2g	10g	4g
Split Decision (Fries & Sweets)	390	260	29g	3g	0g	0mg	480mg	38g	5g	8g	3g
Split Decision (Sweets & Rings)	480	320	37g	3g	0g	0mg	680mg	43g	5g	18g	3g

Kids	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbo-hydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Kids Burger	380	210	24g	9g	0g	70mg	560mg	24g	1g	3g	17g
Kids Chicken Tenders	580	310	35g	3.5g	0g	150mg	970mg	28g	1g	1g	39g
Kids Grilled Cheese	460	240	27g	8g	0g	20mg	800mg	41g	2g	4g	12g
Kids Mac 'N' Cheese	470	280	33g	21g	0g	120mg	2350mg	25g	< 1g	11g	18g
Kids Side (Applesauce & Fries)	240	120	14g	1.5g	0g	0mg	300mg	28g	2g	8g	2g
Kids Side (Applesauce & Yogurt)	110	0	0g	0g	0g	0mg	25mg	24g	1g	22g	6g

Shakes	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbo-hydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Chocolate Shake	590	140	16g	11g	0g	20mg	300mg	112g	4g	95g	3g
ET Shake	980	380	43g	25g	0g	25mg	540mg	142g	5g	111g	14g
Kitchen Sink Shake	780	270	31g	16g	0g	20mg	1570mg	127g	2g	94g	6g
Mint Chocolate Chip Shake	1150	440	50g	39g	0g	60mg	480mg	173g	5g	142g	9g
Nutella Shake	690	270	31g	26g	0g	20mg	340mg	106g	3g	82g	3g
Root Beer Float	500	90	10g	9g	0g	0mg	350mg	109g	0g	92g	0g
Salted Caramel Shake	590	140	16g	11g	0g	20mg	980mg	114g	0g	91g	< 1g
Strawberry Shake	410	130	15g	11g	0g	20mg	260mg	74g	1g	56g	1g
Vanilla Bean Shake	450	130	15g	11g	0g	20mg	260mg	67g	0g	51g	< 1g
Worms & Dirt Shake	910	280	32g	15g	0g	25mg	690mg	157g	2g	98g	6g

Spiked Shakes	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbo-hydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Boozy Mint Chocolate Chip	940	300	34g	24g	0g	60mg	400mg	116g	1g	89g	6g
Bourbon & Caramel	630	120	14g	10g	0g	20mg	280mg	79g	0g	62g	< 1g
Dirty Kitchen Sink	790	250	29g	15g	0g	20mg	1510mg	112g	2g	83g	6g
ET Drunk Dial	1060	360	40g	23g	0g	25mg	480mg	126g	5g	99g	14g
Tipsy Worms & Dirt	990	260	30g	13g	0g	20mg	630mg	142g	2g	86g	6g

Signature Cocktails	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbo-hydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Back Porch Punch	270	0	0g	0g	0g	0mg	10mg	33g	< 1g	30g	0g
Berries from the West	240	0	0g	0g	0g	0mg	0mg	26g	0g	24g	0g
Five Dollar 'Rita	200	0	0g	0g	0g	0mg	0mg	39g	0g	23g	0g
New Fashion	190	0	0g	0g	0g	0mg	0mg	15g	1g	12g	0g
Patron Mango 'Rita	260	0	0g	0g	0g	0mg	5mg	59g	0g	29g	< 1g
Stubborn Mule	200	0	0g	0g	0g	0mg	10mg	30g	0g	27g	0g
The Dirty Blue	140	40	5g	1.5g	0g	< 5mg	420mg	2g	< 1g	0g	1g
The Skinny E	80	0	0g	0g	0g	0mg	0mg	6g	1g	2g	0g

Sauces (1.5 oz)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbo-hydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Chipotle Ketchup	45	0	0g	0g	0g	0mg	380mg	11g	0g	9g	0g
Dr. Pepper BBQ Sauce	35	0	0g	0g	0g	0mg	310mg	8g	0g	6g	< 1g
Honey Mustard	100	20	2.5g	0g	0g	5mg	530mg	17g	0g	16g	0g
Jalapeno Ranch	190	180	20g	3g	0g	10mg	210mg	1g	0g	< 1g	0g

Mississippi Comeback Sauce	80	60	7g	0g	0g	15mg	510mg	4g	0g	1g	0g
Beverages	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbo-hydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Dr. Pepper											
Kids	200	0	0	0	0	0	80	56	0	48	0
Regular	250	0	0	0	0	0	100	70	0	60	0
Collectors Cup	400	0	0	0	0	0	160	112	0	96	0
Coca Cola											
Kids	192	0	0	0	0	0	60	50	0	50	0
Regular	240	0	0	0	0	0	75	65	0	65	0
Collectors Cup	384	0	0	0	0	0	120	104	0	104	0
Diet Coke											
Kids	0	0	0	0	0	0	56	0	0	0	0
Regular	0	0	0	0	0	0	70	0	0	0	0
Collectors Cup	0	0	0	0	0	0	112	0	0	0	0
Sprite											
Kids	192	0	0	0	0	0	89	51	0	51	0
Regular	240	0	0	0	0	0	111	64	0	64	0
Collectors Cup	384	0	0	0	0	0	178	102	0	102	0

Beverages (cont.)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbo-hydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Vitamin Water XXX											
Kids	96	0	0	0	0	0	0	25	0	25	0
Regular	120	0	0	0	0	0	0	31	0	31	0
Collectors Cup	192	0	0	0	0	0	0	50	0	50	0
Coke Zero											
Kids	0	0	0	0	0	0	32	0	0	0	0
Regular	0	0	0	0	0	0	40	0	0	0	0
Collectors Cup	0	0	0	0	0	0	64	0	0	0	0
Tea											
Kids	4	0	0	0	0	0	12	2	0	0	0
Regular	5	0	0	0	0	0	15	2	0	0	0
Collectors Cup	8	0	0	0	0	0	24	3	0	0	0
Sweet Tea											
Kids	120	0	0	0	0	0	12	31	0	30	0
Regular	150	0	0	0	0	0	15	39	0	37	0
Collectors Cup	240	0	0	0	0	0	24	62	0	59	0
Mango Tea											
6 oz	2	0	0	0	0	0	2	1	0	0	0
Kids	6	0	0	0	0	0	6	2	0	0	0
Regular	8	0	0	0	0	0	8	2	0	0	0
Collectors Cup	13	0	0	0	0	0	13	4	0	0	0
Hibiscus Tea											
6 oz	3	0	0	0	0	0	0	1	0	0	0
Kids	7	0	0	0	0	0	1	2	0	0	0
Regular	9	0	0	0	0	0	1	2	0	0	0
Collectors Cup	14	0	0	0	0	0	1	3	0	0	0
Root Beer											
Bottle	160	0	0	0	0	0	70	45	0	45	0
Kids	213	0	0	0	0	0	93	60	0	60	0
Regular	267	0	0	0	0	0	117	75	0	75	0
Collectors Cup	427	0	0	0	0	0	187	120	0	120	0
Beer (16 oz unless listed otherwise)											
2SP Baby Bob Stout	232	0	0	0	0	0	0	16	0	2	1
Abita	167	0	2	0	0	0	0	10	0	2	1
Acadie	240	0	0	0	0	0	90	14	0	1	3
Ace Pineapple Cider	233	0	0	0	0	0	10	12	0	25	1
Alaskan Amber	240	0	0	0	0	0	135	15	0	2	1
AleSmith .394	180	0	0	0	0	0	0	15	0	2	2
Alesmith Nut Brow	192	0	0	0	0	0	0	16	0	2	2
Angry Orchard	253	0	0	0	0	0	20	32	0	27	1
Angry Orchard - 14 oz	222	0	0	0	0	0	18	28	0	24	1
Angry Orchard - 22 oz	348	0	0	0	0	0	28	44	0	37	1
Avery White Rascal	219	0	0	0	0	0	0	13	0	4	2

Ballas Point Grapefruit Sculpin	240	0	0	0	0	0	0	25	0	9	1
Revolver Blood & Honey	144	0	4	0	0	0	25	6	0	1	14
Blue Moon	220	0	0	0	0	0	20	19	0	4	3
Blue Moon - 14 oz	193	0	0	0	0	0	18	17	0	4	3
Blue Moon - 22 oz	303	0	0	0	0	0	28	26	0	6	4
Bold City Killer Whale	161	0	0	0	0	0	0	17	0	2	1
Brooklyn Lager	151	0	0	0	0	0	20	17	0	0	2
Bud Light	147	0	0	0	0	0	0	7	0	0	1
Bud Light - 14 oz	128	0	0	0	0	0	0	6	0	0	1
Bud Light - 22 oz	202	0	0	0	0	0	0	9	0	0	1
Budweiser	193	0	0	0	0	0	0	14	0	1	2
Buried Hatchet Stout	432	0	7	0	0	0	0	20	0	3	2
Canebrake	167	0	0	0	0	0	0	16	0	3	2
Catahoula Common	220	0	0	0	0	0	20	17	0	0	2
Convict Hill	276	0	0	0	0	0	13	22	0	5	3
Coors Light	140	0	0	0	0	0	15	7	0	0	1
corona	280	0	0	0	0	0	20	20	0	6	2
Corona Light	132	0	0	0	0	0	0	5	0	0	1
Creature Comforts Bibo	165	0	0	0	0	0	0	15	0	3	1
Dallas Blonde	156	0	7	0	0	0	91	13	0	0	4
Deschutes Black Butte	192	0	0	0	0	0	0	18	0	1	3
Dogfish Head 60 Minute	252	0	0	0	0	0	0	20	0	0	2
Dogfish Seaquench	187	0	0	0	0	0	0	12	0	0	2

Beer (16 oz unless listed otherwise)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbo-hydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Dos Equis	187	0	0	0	0	0	0	15	0	4	1
Dos Equis - 14 oz	164	0	0	0	0	0	0	13	0	4	1
Dos Equis - 22 oz	257	0	0	0	0	0	0	21	0	6	1
Dos Equis Amber	195	0	0	0	0	0	0	18	0	4	1
Dos Equis Amber - 14 oz	170	0	0	0	0	0	0	16	0	4	1
Dos Equis Amber - 22 oz	268	0	0	0	0	0	0	25	0	6	1
Engine 15 Nut Sack	280	0	0	0	0	0	0	20	0	2	2
Envie	220	0	0	0	0	0	0	20	0	3	2
Everything Rymes with Orange	280	0	0	0	0	0	0	20	0	8	1
Fiesty Blonde	307	0	0	0	0	0	0	58	0	3	1
Fireman's 4	221	0	0	0	0	0	0	13	0	2	2
Firestone 805	188	0	0	0	0	0	0	15	0	4	2
Flying Dog The Truth	315	0	0	0	0	0	0	18	0	2	1
Free Will	274	0	0	0	0	0	0	20	0	2	1
Peticolas Golden Opportunity	184	0	0	0	0	0	0	20	0	4	2
Grasslands Fourth Orbit	272	0	0	0	0	0	0	20	0	3	2
Great Raft Southern Drawl	208	0	0	0	0	0	0	15	0	8	3
Laughing Skull (Grub Amber)	174	0	0	0	0	0	0	18	0	4	1
Hopsecutioner	219	0	0	0	0	0	0	18	0	3	2
Intuition I-10	280	0	0	0	0	0	0	20	0	2	1
Jekyll Hop Dang Diggity	201	0	0	0	0	0	0	20	0	2	1
Karbach Hopadillo IPA	187	0	0	0	0	0	0	19	0	3	4
Karbach Hopadillo IPA - 14 oz	164	0	0	0	0	0	0	17	0	3	4
Karbach Hopadillo IPA - 22 oz	257	0	0	0	0	0	0	26	0	4	6
Karbach Lovestreet	147	0	0	0	0	0	0	20	0	2	1
Korova Milk Porter	256	0	0	0	0	0	0	25	0	4	4
Lagunitas IPA	240	0	0	0	0	0	0	19	0	3	4
Lakewood Lager	155	0	0	0	0	0	0	16	0	3	1
Leinenkugel Shandy	157	0	0	0	0	0	0	30	0	8	2
Magic Hat #9	197	0	0	0	0	0	0	15	0	3	2
McKenzie's Black Cherry	255	0	14	0	0	0	3	21	0	7	1
Michelob Ultra	95	0	0	0	0	0	0	3	0	0	1
Miller Lite	130	0	0	0	0	0	5	4	0	0	0
Miller Lite - 14 oz	114	0	0	0	0	0	4	4	0	0	0
Miller Lite - 22 oz	179	0	0	0	0	0	7	6	0	0	0
Modello Especial	220	0	0	0	0	0	20	19	0	6	2
Monday Night Blood Orange	225	0	0	0	0	0	0	20	0	10	2
Monday Nite Seasonal	228	0	0	0	0	0	0	10	0	4	3
Moose Drool	236	0	0	0	0	0	0	15	0	3	1
More Cowbell IPA	273	0	0	0	0	0	0	18	0	3	1
Community Mosaic IPA	225	0	0	0	0	0	0	14	0	4	1
Mother Earth Cali Creamin	153	0	0	0	0	0	0	15	0	3	3
Mother Earth Honcho Hefeweizen	208	0	0	0	0	0	0	13	0	2	1
New Belgium Fat tire	160	0	0	0	0	0	5	14	0	1	2

O'douls	65	0	0	0	0	0	0	13	0	0	1
Racer 5	93	0	0	0	0	0	0	10	0	0	1
Rahr & Sons Ugly Pug	135	0	0	0	0	0	0	12	0	1	3
Rolling Rock	130	0	0	0	0	0	0	10	0	1	1
Sam Adams '76	188	0	0	0	0	0	20	20	0	2	2
Sam Adams Boston Lager	240	0	0	0	0	0	25	25	0	2	3
Sam Adams New England IPA	236	0	0	0	0	0	25	25	0	2	2
Sam Seasonal	187	0	0	0	0	0	20	20	0	2	2
Scofflaw Basement	234	0	0	0	0	0	0	20	0	3	2
Shiner Bock	171	0	0	0	0	0	0	13	0	3	2
Shiner Bock - 14 oz	150	0	0	0	0	0	0	11	0	3	2
Shiner Bock - 22 oz	235	0	0	0	0	0	0	18	0	4	3
Shiner Golden Ale	129	0	0	0	0	0	0	8	0	3	2
Shiner Light Blonde	99	0	0	0	0	0	0	4	0	1	1
Shiner Light Blonde - 14 oz	87	0	0	0	0	0	0	4	0	1	1
Shiner Light Blonde - 22 oz	136	0	0	0	0	0	0	6	0	1	1
Sierra Nevada Pale Ale	180	0	0	0	0	0	0	14	0	2	1
Son of a Peach	201	0	14	0	0	0	3	21	0	7	1
Southern Star Bombshell Blonde	150	0	0	0	0	0	0	38	0	2	1
Southern Star Bombshell Blonde - 14 oz	131	0	0	0	0	0	0	33	0	2	1
Southern Star Bombshell Blonde - 22 oz	206	0	0	0	0	0	0	52	0	3	1
St Arnold Elissa	150	0	0	0	0	0	0	50	0	1	1
St. Arnolds Lawn Mower	150	0	0	0	0	0	0	50	0	1	1
St. Arnolds Lawn Mower - 14 oz	131	0	0	0	0	0	0	44	0	1	1

Beer (16 oz unless listed otherwise)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbo-hydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
St. Arnolds Lawn Mower - 22 oz	206	0	0	0	0	0	0	69	0	1	1
Stella Artois	141	0	0	0	0	0	0	11	0	2	2
Swamp Head Midnight Oil	247	0	0	0	0	0	0	21	0	3	4
Swamp head Stumpknocker pale ale	224	0	0	0	0	0	0	20	0	3	2
Sweetwater 420	171	0	0	0	0	0	0	20	0	2	2
Temptrass	273	0	0	0	0	0	0	27	0	4	3
Terrapin Hopsecutioner	219	0	0	0	0	0	0	18	0	2	4
Terripan Hi-5 IPA	236	0	0	0	0	0	0	20	0	2	3
Troegs Hopback Amber	218	0	0	0	0	0	0	15	0	3	2
Peticolas Velvet Hammer	270	0	10	0	0	0	0	15	0	4	2
Veteran's Raging Blonde	280	0	0	0	0	0	0	12	0	2	1
Victory Hopdevil	260	0	0	0	0	0	0	18	0	3	2
Yards Brawler	152	0	0	0	0	0	0	18	0	1	1
Yards Philly Pale Ale	169	0	0	0	0	0	0	13	0	1	2
Yuengling	155	0	0	0	0	0	0	15	0	2	1

Bottle Beer	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbo-hydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Miller High Life	143	0	0	0	0	0	0	36	0	4	1
Coors Lt	102	0	0	0	0	0	0	5	0	0	1
PBR (16oz can)	255	0	0	0	0	0	0	23	0	2	2
Corona	140	0	0	0	0	0	0	14	0	1	1
Mich Ultra	95	0	0	0	0	0	0	3	0	0	1
Not Your Father's Root Beer	177	0	0	0	0	0	0	12	0	7	0
Lonestar	136	0	0	0	0	0	0	11	0	0	1
Fat Tire	260	0	0	0	0	0	0	12	0	2	2
Omission Lager	140	0	0	0	0	0	0	11	0	3	2
Newcastle	138	0	0	0	0	0	0	12	0	3	1
Nola Blonde	157	0	0	0	0	0	0	11	0	2	2
Down East Hard Cider	200	0	0	0	0	0	0	15	0	8	1
Dogfish Head 60 Minute IPA	209	0	0	0	0	0	0	12	0	2	1
Heineken	142	0	0	0	0	0	0	11	0	1	2
Guinness	205	0	0	0	0	0	0	12	0	2	2
Coney Island Hard Rootbeer	262	0	0	0	0	0	0	46	0	12	1
Two Towns Cider	175	0	0	0	0	0	0	9	0	5	1
Victoria Mexican	140	0	0	0	0	0	0	12	0	2	1
Evil Genius	180	0	0	0	0	0	0	11	0	1	1

Wine (6 oz)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbo-hydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
La Marco Prosecco Split - (187 mL)	115	0	0	0	0	0	0	37	0	12	3
Cupcake Sauv Blanc	175	0	0	0	0	0	10	4	0	2	1
Josh Cellars Chardonnay	125	0	0	0	0	0	7	5	0	2	1

19 Crimes Red Blend	138	0	0	0	0	0	0	4	0	2	1
Lyric Pinot	125	0	0	0	0	0	0	5	0	1	1
Educated Guess Cabernet	175	0	0	0	0	0	0	5	0	1	1