

## 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.



<b>Snacks</b>	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (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
<b>Salads &amp; Bowls</b>	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Ahi Tuna Bowl	540	280	32g	6g	0g	60mg	1080mg	40g	12g	11g	43g
Sante Fe 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
BBQ Chicken Bowl	740	230	27g	5g	0g	100mg	2190mg	85g	10g	17g	39g
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
<b>Dressings (1.5 oz Serving)</b>	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
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
BBQ Ranch	160	140	17g	3g	0g	10mg	190mg	2g	0g	1g	<1g
Jalapeno Ranch	190	180	20g	3g	0g	10mg	210mg	1g	0g	< 1g	0g
<b>Burgers</b>	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (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
<b>Sandwiches &amp; Tenders</b>	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (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
<b>Sides</b>	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (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
<b>Kids</b>	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)



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
<b>Coke Zero</b>											
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
<b>Tea</b>											
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

<b>Modifiers</b>	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)
Wheat Bun	370	130	15g	5g	0g	35mg	640mg	49g	4g	4g	11g
White 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
BBQ Chicken Breast	250	50	5g	1.5g	0g	120mg	700mg	11g	0g	7g	37g
Turkey Patty	230	80	9g	1.5g	0g	70mg	1950mg	8g	1g	6g	27g
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

<b>Beverages (cont.)</b>	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)
<b>Sweet Tea</b>											
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
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
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
<b>Root Beer</b>											
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

<b>Beer (16 oz unless listed otherwise)</b>	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)
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
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

<b>Beer (16 oz unless listed otherwise)</b>	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

<b>Bottle Beer</b>	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
<b>Wine (6 oz)</b>	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