



*Note, when the menu indicates 'choice of' any ingredient, then it is not included in the nutritional information for that menu item. Please refer to individual cheese or sauce choices for further nutritional information.

Cheese Choices for Burgers	Calories	Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
American Yellow	73	6	4	251	1	0	4.2
Cheddar	75	7	4	126	0	0	4.7
Fontina	96	8	5	123	1	0	5.3
Gorgonzola	25	2	1.5	95	0.3	0	1.5
Monterey Jack	75	6	4	121	1	0	4.7
Provolone	75	6	3	168	0	0	4.7
Smoked Gouda	85	6	4	309	1	0	5.3
Swiss	85	6	4	48	1	0	6.4
White American	64	5	3	269	1	0	2.8



CRAFTED BURGERS AND SHAKES

Seafood Burgers	Calories	Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Spicy Thai Shrimp Burger	564	25	3.8	1,593	55	2.3	29
The Ahi Tuna	534	27	4.5	731	41	2.4	30

Veggie Burgers	Calories	Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Black Bean Burger	439	27	5.6	588	41	4.4	7.6
The Greek	317	15	3.7	571	37	2.6	7.3

Turkey Burgers	Calories	Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
The Cobb	708	44	11	2,303	46	3.1	31
The Skinny	483	39	7.9	616	12	1.5	21

Chicken Burgers	Calories	Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Buffalo Chicken	510	26	6.3	1,456	40	0.8	29
Buffalo Chicken (with side of Ranch Dressing)	640	39	8.3	1,686	43	0.8	30
Chicken Parmesan	652	32	12	1,651	48	1.3	41
Chicken Parmesan (with side of Tomato Sauce)	697	34	12	1,891	54	2.3	42
Mediterranean Chicken	537	30	7.2	1,012	38	1.1	28
Monterey Chicken	768	51	14	1,402	39	3.2	37

Chicken Tenders	Calories	Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Buffalo Tender Basket	560	23	9.3	2,966	51	5.4	36
Chicken Tender Basket	523	20	8.9	346	48	4.5	36
Chicken Tender Sandwich	398	16	2.8	774	35	0.6	28



CRAFTED BURGERS AND SHAKES

Gourmet Dogs	Calories	Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
101 Dog	603	39	15	1,205	47	2	17
Chili Cheese Dog	812	53	22	1,713	55	3.6	28
The Great Dane	794	56	17	1,575	55	2.9	18

Slider 3-Packs	Calories	Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Bacon Cheesy 3-Pack	819	47	20	1,728	49	0.5	47
Black and Bleu 3-Pack	1,113	76	28	2,582	54	1.8	50
The Cheesy 3-Pack	727	40	17	1,413	50	0.5	41

Fries, Etc	Calories	Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
French Fries, Reg	310	15	7.6	648	39	4.3	4.3
French Fries, Lg	461	23	11	964	58	6.4	6.4
French Fries, 1 lb Basket	807	40	20	1,687	102	11	11

Fries, Etc	Calories	Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Sweet Potato Fries, Reg	324	14	1.2	820	49	4.3	1.4
Sweet Potato Fries, Lg	482	21	1.7	1,220	73	6.4	2.2
Sweet Potato Fries, 1 lb Basket	844	36	11	1,819	128	11	3.8
Half & Half Fries, 1 lb Basket	786	36	11	1,819	109	11	7.1
Cheese & Ale Fries, 1 lb Basket	1,003	53	27	2,521	111	11	21
Cheese & Ale Sauce (side 3 oz)	139	8.9	5.4	580	7.2	0.3	6.7
Turkey Chili, Cup	138	6	2.5	714	12	2.9	9.2
Turkey Chili, Bowl	190	7.6	2.9	1,039	17	4.2	13



Salad Dressings	Calories	Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Avocado Ranch Dressing, 2 oz	250	25	3.8	448	5.9	0.1	1.9
Fat-Free Balsamic Vinaigrette, 2oz							



Sauce Bar Sauces	Calories	Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Apple Cider, 1 oz	149	14	1.4	137	5.5	0	0.1
BBQ Sauce, 1 oz	54	0	0	222	14	0	0
Chipotle Mayo, 1 oz	160	17	2.5	213	1.5	0.15	0.25
Honey Mustard, 1 oz	151	13	1.9	127	7.5	0	0
Ketchup, 1 oz	35	.05	0	266	8	0.4	0.3
Rajun Cajun, 1 oz	140	15	2.3	239	1.6	0.15	0.3



CRAFTED BURGERS AND SHAKES

Ranch Dressing, 1 oz	130	13	2	230	3	0	1
Thai Ketchup, 1 oz	42	0.1	0	300	10	0.3	0.3
Toasted Marshmallow, 1 oz	170	17.5	2.3	220	2.8	2.6	0.2
Yellow Mustard, 1 oz	20	0.9	0.1	319	1.9	0.9	1.2

Beverages	Calories	Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Fountain Drinks	0-178	0	20	17-54	0-45	0	0
Specialty Bottled Soda	160-170	0	0	35	39-42	0	0
Tea (Sweet and Un)	0-180	0	0	0	0-51	0	0
Beer	95-200	0	0	0-17	2.6-21	0	0-2
Wine	117-119	0	0	0-5	3.5-4.8	0	0

Hand-Crafted Shakes & Floats	Calories	Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Bananas Foster, Small	643	29	18	239	87	0.4	11
Bananas Foster, Regular	815	36	22	305	112	0.8	15
Chocolate, Small	588	30	18	220	69	0.1	13
Chocolate, Regular	717	35	21	274	87	0.1	16
Chocolate Malted Milk Ball, Small	652	31	19	278	80	0.2	14
Chocolate Malted Milk Ball, Regular	781	37	23	346	97	0.2	17
Chocolate Peanut Butter, Small	722	41	20	324	74	0.9	18
Chocolate Peanut Butter, Regular	932	55	24	456	89	2.1	25
Cookies & Cream, Small	684	34	19	461	82	1	14
Cookies & Cream, Regular	824	40	22	572	99	1.3	18

Hand-Crafted Shakes & Floats	Calories	Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Creme Brulee, Small	607	32	20	235	71	0.1	12
Creme Brulee, Regular	781	38	24	321	97	0.1	16



CRAFTED BURGERS AND SHAKES

Key Lime Pie, Small	646	34	19	262	73	0.8	13
Key Lime Pie, Regular	732	39	21	297	84	0.8	15
Strawberry, Small	639	29	18	210	84	0.7	12
Strawberry, Regular	740	35	21	259	95	0.7	15
Strawberry Short Cake, Small	771	34	20	393	104	0.8	14
Strawberry Short Cake, Regular	877	39	22	477	117	0.8	17
Vanilla Bean, Small	566	30	19	226	61	0.1	13
Vanilla Bean, Regular	672	36	22	275	73	0.1	16
YborCityDoubleEspresso, Small	614	34	21	232	65	0.3	14
YborCityDoubleEspresso, Regular	705	39	25	269	74	0.3	17
Cherry Soda Float	499	17	9.7	170	81	0	7.7
Coca-Cola Float	437	17	9.7	168	66	0	7.7
Cream Soda Float	489	17	9.7	170	78	0	7.7
Orange Soda Float	499	17	9.7	170	81	0	7.7
Rootbeer Float	799	17	9.7	170	81	0	7.7

Sunades and Cookies	Calories	Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Your Cookie Sundae	827-837	38-40	20-22	383-493	107-112	2.8 - 3.8	11-13
Kiddie Sundae	239	9.7	4.8	72	35	0	4.7
Cookie, Chocolate Chip	350	18	9	250	46	2	4
Cookie, Double Chocolate Chip	350	18	9	260	46	3	4
Cookie, Peanut Butter	360	20	7	370	41	2	6