

NUTRITION GUIDE



| MENU ITEM | CALORIES | CALORIES FROM FAT | TOTAL FAT (g) | SATURATED FAT (g) | TRANS FAT (g) | CHOLESTEROL (mg) | SODIUM (mg) | TOTAL CARBOHYDRATES (g) | TOTAL FIBER (g) | SUGARS (g) | PROTEIN (g) |
|------------------------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-------------------------|-----------------|------------|-------------|
| STARTERS (3 SERVINGS) | | | | | | | | | | | |
| ROSEMARY PARMESAN FRIES | 396 | 295 | 33 | 5 | 0 | 14 | 1,380 | 34 | 3 | 1 | 3 |
| FRIED PICKLE CHIPS | 669 | 367 | 41 | 5 | 0 | 4 | 2,179 | 71 | 4 | 6 | 8 |
| GUACAMOLE | 207 | 104 | 12 | 2 | 0 | 0 | 592 | 24 | 6 | 0 | 4 |
| COOL RANCH DIP | 133 | 103 | 11 | 3 | 0 | 22 | 520 | 11 | 1 | 2 | 4 |
| BANG BANG BROCCOLI | 420 | 163 | 18 | 1 | 0 | 0 | 1,865 | 62 | 4 | 19 | 7 |
| CREAMY BURRATA | 225 | 183 | 14 | 3 | 0 | 7 | 424 | 21 | 1 | 6 | 3 |
| CHICKEN QUESADILLA | 29 | 158 | 18 | 9 | 0 | 61 | 583 | 14 | 1 | 2 | 17 |
| BAVARIAN PRETZELS | 372 | 127 | 14 | 6 | 0 | 30 | 706 | 55 | 2 | 3 | 10 |
| WHIPPED FETA DIP | 349 | 117 | 13 | 5 | 1 | 30 | 1,164 | 35 | 2 | 9 | 7 |
| PLAIN WINGS | 254 | 184 | 20 | 4 | 0 | 59 | 448 | 6 | 0 | 5 | 13 |
| BUFFALO WINGS | 279 | 211 | 23 | 8 | 0 | 63 | 1,351 | 8 | 1 | 2 | 14 |
| HONEY SRIRACHA WINGS | 316 | 173 | 19 | 5 | 0 | 59 | 804 | 24 | 1 | 22 | 14 |
| BANG BANG WINGS | 308 | 172 | 19 | 5 | 0 | 59 | 937 | 21 | 0 | 19 | 14 |
| PARMESAN GARLIC WINGS | 394 | 311 | 35 | 6 | 0 | 74 | 1,067 | 25 | 0 | 2 | 14 |
| MAPLE GOCHUJANG WINGS | 304 | 167 | 19 | 5 | 0 | 59 | 878 | 20 | 0 | 17 | 14 |
| NACHOS | 575 | 304 | 34 | 19 | 0 | 82 | 854 | 46 | 6 | 2 | 25 |
| ADD CHICKEN FOR NACHOS | 250 | 65 | 7 | 3 | 0 | 96 | 4,928 | 0 | 0 | 0 | 50 |
| ADD GUACAMOLE FOR NACHOS | 103 | 92 | 10 | 2 | 0 | 0 | 222 | 4 | 3 | 1 | 2 |
| CHICKEN DUMPLINGS | 186 | 119 | 13 | 1 | 0 | 6 | 545 | 17 | 2 | 9 | 5 |
| PLAIN CHICKEN TENDERS | 575 | 269 | 30 | 4 | 0 | 50 | 1,288 | 59 | 3 | 7 | 21 |
| BUFFALO CHICKEN TENDERS | 600 | 295 | 33 | 7 | 0 | 55 | 2,192 | 62 | 3 | 4 | 22 |
| MAPLE GOCHUJANG TENDERS | 629 | 255 | 28 | 4 | 0 | 50 | 1,728 | 74 | 3 | 20 | 22 |
| BANG BANG CHICKEN TENDERS | 633 | 260 | 29 | 4 | 0 | 50 | 1,787 | 75 | 3 | 22 | 22 |
| HONEY SRIRACHA TENDERS | 640 | 260 | 29 | 4 | 0 | 50 | 1,655 | 78 | 3 | 25 | 22 |
| PARMESAN GARLIC TENDERS | 714 | 395 | 44 | 5 | 0 | 65 | 1,908 | 78 | 3 | 5 | 22 |
| CLASSIC PIZZA | 422 | 101 | 11 | 5 | 2 | 24 | 970 | 45 | 2 | 1 | 7 |

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|-------------------------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-------------------------|-----------------|------------|-------------|
| STARTERS (3 SERVINGS) | | | | | | | | | | | |
| BBQ CHICKEN PIZZA | 552 | 127 | 14 | 6 | 2 | 67 | 1,295 | 61 | 2 | 11 | 16 |
| MUSHROOM & RICOTTA PIZZA | 550 | 201 | 22 | 9 | 2 | 49 | 1,350 | 49 | 2 | 4 | 11 |
| GREENS | | | | | | | | | | | |
| SIMPLE | 481 | 319 | 35 | 6 | 0 | 1 | 815 | 38 | 4 | 17 | 5 |
| CAESAR | 523 | 384 | 43 | 14 | 0 | 36 | 911 | 23 | 6 | 3 | 15 |
| CHOPPED GREEK | 272 | 137 | 15 | 4 | 0 | 15 | 715 | 25 | 7 | 7 | 12 |
| SOUTHWEST STEAK | 1225 | 779 | 87 | 15 | 0 | 75 | 3,780 | 59 | 18 | 28 | 31 |
| GARDEN CRUNCH | 764 | 482 | 58 | 10 | 0 | 50 | 1,188 | 75 | 11 | 26 | 17 |
| SWEET & SPICY THAI CHICKEN | 1002 | 551 | 61 | 8 | 0 | 121 | 1,730 | 115 | 11 | 63 | 32 |
| PROTEINS | | | | | | | | | | | |
| ADD SLICED STEAK | 233 | 98 | 11 | 3 | 0 | 54 | 983 | 10 | 0 | 6 | 20 |
| ADD GRILLED CHICKEN | 254 | 128 | 14 | 2 | 0 | 68 | 144 | 1 | 0 | 0 | 35 |
| ADD GRILLED SALMON | 493 | 331 | 37 | 4 | 0 | 91 | 344 | 0 | 0 | 0 | 41 |
| HANDHELDS | | | | | | | | | | | |
| CRISPY RANCH CHICKEN | 1724 | 675 | 75 | 19 | 0 | 179 | 6,306 | 190 | 11 | 15 | 70 |
| STEAK & CHEESE CRUNCH MELT | 1130 | 641 | 74 | 24 | 0 | 161 | 3,321 | 98 | 2 | 11 | 42 |
| KOREAN CRISPY CHICKEN | 1853 | 661 | 73 | 13 | 0 | 154 | 5,472 | 262 | 11 | 62 | 59 |
| TAVERN BURGER | 793 | 468 | 52 | 18 | 1 | 151 | 5,882 | 64 | 3 | 11 | 28 |
| STEAKHOUSE BURGER | 1068 | 761 | 85 | 29 | 1 | 200 | 6,138 | 63 | 3 | 3 | 34 |
| BLACKENED BACON & BLUE BURGER | 861 | 454 | 51 | 21 | 1 | 168 | 7,109 | 65 | 4 | 12 | 35 |
| CHICKEN AVOCADO CLUB | 1213 | 843 | 94 | 22 | 0 | 178 | 1,517 | 89 | 5 | 6 | 51 |
| BAJA FISH TACOS | 1022 | 618 | 69 | 6 | 0 | 26 | 3,391 | 87 | 8 | 20 | 38 |
| CHICKEN & BURRATA | 1191 | 492 | 55 | 13 | 0 | 109 | 1,079 | 81 | 2 | 28 | 52 |
| GODDESS GARDEN BURGER | 960 | 491 | 55 | 17 | 0 | 105 | 1,424 | 95 | 18 | 14 | 24 |
| BOWLS | | | | | | | | | | | |
| QUINOA BOWL - SPRING / SUMMER | 1283 | 823 | 91 | 14 | 0 | 33 | 2,186 | 100 | 14 | 25 | 26 |

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|-----------------------------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-------------------------|-----------------|------------|-------------|
| BOWLS | | | | | | | | | | | |
| SESAME SALMON | 1057 | 440 | 49 | 5 | 0 | 78 | 3,550 | 103 | 11 | 32 | 51 |
| MESQUITE CHICKEN | 1702 | 647 | 95 | 11 | 0 | 188 | 6,704 | 115 | 13 | 8 | 111 |
| AHI TUNA | 957 | 623 | 67 | 5 | 0 | 55 | 3,872 | 124 | 13 | 23 | 46 |
| MAINS | | | | | | | | | | | |
| BAYOU CHICKEN PASTA | 1638 | 991 | 110 | 50 | 0 | 454 | 7,185 | 72 | 6 | 13 | 76 |
| TUSCAN CHICKEN | 1276 | 682 | 76 | 31 | 0 | 273 | 2,669 | 66 | 12 | 15 | 92 |
| FISH & CHIPS | 2568 | 1316 | 146 | 20 | 0 | 34 | 5,408 | 274 | 17 | 27 | 67 |
| GENERAL TSO'S CHICKEN | 1256 | 327 | 36 | 5 | 0 | 57 | 6,016 | 197 | 7 | 84 | 35 |
| BAKED TORTELLINI BOLOGNESE | 1214 | 557 | 62 | 29 | 0 | 237 | 2,028 | 102 | 5 | 10 | 53 |
| HONEY LIME SALMON | 1035 | 541 | 60 | 6 | 0 | 91 | 2,744 | 78 | 6 | 27 | 47 |
| STEAK FRITES | 1378 | 1020 | 113 | 29 | 1 | 218 | 5,171 | 61 | 6 | 3 | 50 |
| SIRLOIN STEAK TIPS | 1085 | 618 | 69 | 32 | 0 | 239 | 8,407 | 71 | 9 | 16 | 53 |
| HOT HONEY CHICKEN STACK | 1440 | 614 | 68 | 16 | 0 | 179 | 5,453 | 146 | 12 | 76 | 86 |
| MAC + CHEESE | 1524 | 998 | 110 | 61 | 0 | 348 | 4,012 | 128 | 3 | 18 | 58 |
| MAC + CHEESE WITH BUFFALO CHICKEN | 2783 | 1672 | 186 | 76 | 0 | 453 | 9,286 | 232 | 8 | 25 | 104 |
| MAC + CHEESE WITH BACON | 1753 | 1135 | 126 | 65 | 0 | 397 | 4,830 | 128 | 3 | 18 | 74 |
| MAC + CHEESE WITH FRIED CHICKEN | 2674 | 1563 | 174 | 66 | 0 | 453 | 6,622 | 232 | 8 | 25 | 104 |
| MAC + CHEESE WITH GRILLED CHICKEN | 1775 | 1112 | 124 | 62 | 0 | 416 | 4,153 | 129 | 3 | 18 | 93 |
| SIDES | | | | | | | | | | | |
| HOUSE FRIES | 770 | 405 | 45 | 7 | 0 | 0 | 3,813 | 85 | 7 | 15 | 7 |
| MASHED POTATOES | 450 | 309 | 34 | 20 | 0 | 87 | 983 | 36 | 4 | 5 | 7 |
| SWEET POTATO FRIES | 690 | 384 | 43 | 3 | 0 | 0 | 2,146 | 73 | 8 | 27 | 3 |
| TOTS | 689 | 425 | 47 | 7 | 0 | 0 | 2,980 | 64 | 6 | 13 | 6 |
| MAC + CHEESE | 832 | 536 | 60 | 32 | 0 | 178 | 2,100 | 69 | 2 | 9 | 31 |
| STEAMED BROCCOLI | 159 | 115 | 13 | 7 | 0 | 30 | 623 | 11 | 4 | 3 | 5 |
| JASMINE RICE | 283 | 28 | 3 | 0 | 0 | 0 | 2,209 | 55 | 1 | 0 | 6 |

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|-------------------------------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-------------------------|-----------------|------------|-------------|
| DESSERTS (2 SERVINGS) | | | | | | | | | | | |
| SALTED CARAMEL COOKIE SKILLET | 592 | 232 | 26 | 11 | 0 | 52 | 974 | 91 | 2 | 55 | 6 |
| 7 LAYER ESPRESSO CHOCOLATE CAKE | 790 | 406 | 45 | 22 | 0 | 137 | 373 | 83 | 5 | 66 | 12 |
| GF COOKIES & CREAM CHEESECAKE | 457 | 270 | 30 | 16 | 0 | 119 | 225 | 42 | 2 | 32 | 4 |
| BIRTHDAY CAKE DONUTS | 544 | 217 | 24 | 9 | 0 | 33 | 342 | 82 | 0 | 63 | 5 |
| BRUNCH | | | | | | | | | | | |
| FRENCH TOAST BITES (2 SERVINGS) | 673 | 42 | 5 | 1 | 0 | 61 | 628 | 161 | 5 | 136 | 6 |
| BLUEBERRY MONKEY BREAD (2 SERVINGS) | 602 | 273 | 30 | 16 | 0 | 31 | 503 | 79 | 3 | 48 | 8 |
| BUTTERMILK PANCAKES | 497 | 212 | 24 | 13 | 0 | 80 | 275 | 64 | 0 | 54 | 1 |
| WEEKEND BURGER | 1211 | 560 | 62 | 27 | 1 | 380 | 7,424 | 119 | 6 | 34 | 49 |
| AVOCADO TOAST | 911 | 628 | 70 | 18 | 0 | 457 | 1,336 | 52 | 16 | 12 | 27 |
| SMOTHERED BREAKFAST BURRITO | 1324 | 716 | 80 | 28 | 0 | 471 | 4,379 | 91 | 4 | 12 | 49 |
| TAVERN BREAKFAST | 1319 | 737 | 82 | 40 | 0 | 799 | 2,370 | 104 | 5 | 14 | 41 |
| BERRIES & CREAM FRENCH TOAST | 1079 | 243 | 27 | 9 | 0 | 267 | 2,171 | 185 | 12 | 114 | 21 |
| BIG RANCH SKILLET | 1294 | 795 | 88 | 36 | 0 | 547 | 3,875 | 64 | 7 | 6 | 60 |
| BREAKFAST SANDWICH | 1494 | 857 | 95 | 33 | 0 | 848 | 4,663 | 125 | 6 | 19 | 55 |
| BRUNCH BOWL | 829 | 366 | 41 | 6 | 0 | 222 | 4,190 | 103 | 12 | 23 | 22 |
| CLASSIC HAM BENEDICT | 1320 | 815 | 91 | 44 | 0 | 697 | 2,317 | 104 | 6 | 15 | 39 |
| BUFFALO CHICKEN BENEDICT | 1952 | 1185 | 132 | 53 | 0 | 744 | 4,612 | 174 | 9 | 19 | 49 |
| BRUNCH SIDES | | | | | | | | | | | |
| HAM | 131 | 55 | 6 | 2 | 0 | 32 | 867 | 0 | 0 | 0 | 19 |
| BRUNCH POTATOES | 167 | 0 | 0 | 0 | 0 | 0 | 561 | 43 | 3 | 2 | 5 |
| BACON | 105 | 67 | 8 | 2 | 0 | 23 | 375 | 0 | 0 | 0 | 8 |
| SINGLE PANCAKE - BUTTERMILK | 387 | 192 | 21 | 12 | 0 | 67 | 204 | 43 | 0 | 37 | 0 |
| BREAKFAST SAUSAGE | 720 | 621 | 69 | 24 | 0 | 135 | 1,110 | 3 | 0 | 3 | 21 |
| TOAST | 220 | 9 | 1 | 0 | 0 | 0 | 480 | 46 | 2 | 0 | 8 |

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|--------------------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-------------------------|-----------------|------------|-------------|
| KIDS | | | | | | | | | | | |
| GRILLED CHEESE | 453 | 336 | 37 | 21 | 0 | 91 | 820 | 25 | 0 | 4 | 10 |
| HOUSE MAC & CHEESE | 692 | 452 | 50 | 29 | 0 | 170 | 1,912 | 59 | 1 | 8 | 27 |
| CHEESE QUESADILLA | 726 | 447 | 50 | 30 | 0 | 128 | 1,114 | 36 | 1 | 2 | 34 |
| GRILLED CHICKEN SANDWICH | 565 | 256 | 28 | 9 | 0 | 99 | 2,150 | 38 | 1 | 7 | 43 |
| CHICKEN TENDERS | 691 | 372 | 41 | 5 | 0 | 59 | 1,428 | 63 | 2 | 11 | 21 |
| BOWL OF PASTA | 265 | 124 | 14 | 2 | 0 | 0 | 1,701 | 32 | 3 | 5 | 5 |
| TAVERN BURGER | 454 | 236 | 26 | 12 | 1 | 70 | 2,047 | 37 | 1 | 7 | 18 |
| TAVERN CHEESEBURGER | 524 | 290 | 32 | 15 | 1 | 85 | 2,347 | 38 | 1 | 8 | 21 |
| SALMON | 254 | 79 | 9 | 2 | 0 | 91 | 1,778 | 0 | 0 | 0 | 41 |
| STEAK TIPS | 277 | 59 | 7 | 2 | 0 | 95 | 2,013 | 9 | 0 | 5 | 41 |
| CHICKEN CAESAR SALAD | 800 | 565 | 63 | 17 | 0 | 101 | 2,687 | 19 | 3 | 2 | 48 |
| KRAFT MAC & CHEESE | 648 | 169 | 19 | 5 | 0 | 31 | 1,733 | 92 | 4 | 21 | 23 |
| FISH & CHIPS | 800 | 460 | 51 | 6 | 0 | 20 | 1,799 | 85 | 3 | 18 | 19 |
| CHEESE PIZZA | 1265 | 101 | 34 | 16 | 5 | 71 | 2,910 | 136 | 6 | 2 | 20 |
| KIDS FRIES | 809 | 116 | 56 | 8 | 0 | 0 | 312 | 71 | 5 | 15 | 5 |
| KIDS BRUNCH | | | | | | | | | | | |
| KIDS BREAKFAST | 466 | 152 | 17 | 5 | 0 | 398 | 1,101 | 56 | 3 | 30 | 24 |
| KIDS PANCAKE | 387 | 160 | 22 | 4 | 0 | 125 | 686 | 40 | 0 | 10 | 6 |
| KIDS FRENCH TOAST | 1524 | 369 | 41 | 20 | 0 | 423 | 709 | 281 | 3 | 231 | 21 |

Tavern in the Square is committed to providing accurate nutritional information. Because all items are prepared to order, actual nutritional content may vary from the values listed. Nutritional values are calculated using standardized recipes and any modifications to a dish will alter the stated nutritional information. 2,000 calories a day is used for general nutritional advice, but individual calorie needs vary.

Menu items may contain or come in contact with top major allergens including wheat, milk, eggs, peanuts, tree nuts, fish, shellfish, soy, sesame, garlic and onion. Due to common kitchen preparation areas and variations in vendor-supplied ingredients, we cannot guarantee any menu item is 100% free of allergens. Before placing your order, please inform your server if anyone in your party has a food allergy.