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
Crispy Brussels Sprouts	187	139	15	1	0	5	305	17	3	6	3
Creamy Burrata	225	183	14	3	0	7	424	21	1	6	3
Chicken Quesadilla	282	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
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
Sweet & Spicy Thai Chicken	1002	551	61	8	0	121	1,730	115	11	63	32
BLT Salad	997	620	69	24	0	126	2,512	51	4	27	41
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											

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)
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
Short Rib Grilled Cheese	955	530	59	32	0	187	1,666	60	2	13	52
Bowls											
Quinoa Bowl	1288	821	91	13	0	33	1,911	101	14	25	25
Sesame Salmon	1060	440	49	5	0	78	3,544	104	11	32	51
Mesquite Chicken	1279	644	72	8	0	74	7,069	113	12	8	52
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	1367	744	83	35	0	291	2,866	73	12	16	93
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
Honey Lime Salmon	1106	548	61	6	0	91	3,296	91	6	27	49
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
Glazed Short Rib	1261	449	50	21	0	183	4,821	141	5	62	60
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
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

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)
Warm Apple Crostata	489	242	27	12	0	105	155	57	2	39	6
GF Cookies & Cream Cheesecake	457	270	30	16	0	119	225	42	2	32	4
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
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

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Kids French Toast	1524	369	41	20	0	423	709	281	3	231	21