

<b>The Greene Turtle Menu Analysis Book</b>															
<b>Starters</b>	<b>Total Calories (kcal)</b>	<b>Fat Calories (kcal)</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Vit A (iu)</b>	<b>Vit C (mg)</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>
Bavarian Pretzel Sticks (1 serving)	680	54	6	0	0	0	6200	128	4	4	24	0	2	80	7
Bavarian Pretzel Sticks (1 serving) with Beer Cheese Dip	864	178	20	9	0	34	6901	135	4	9	31	583	3	301	7
Bavarian Pretzel Sticks (1 serving) with Dijon Mayo	1081	422	47	5	0	33	7263	128	4	4	24	0	2	80	7
Blackened Chicken Quesadilla (1 serving)	690	360	40	22	0	156	1341	35	1	4	45	2378	15	523	10
Boneless Wings, 16 (1 serving)	1262	711	79	13	0	120	3460	82	5	5	57	340	2	30	3
Boneless Wings, 16 (1 serving) with Dressing Choice Bleu Cheese	1782	1209	134	25	0	169	4338	85	5	9	60	340	2	160	3
Boneless Wings, 16 (1 serving) with Dressing Choice Ranch Dressing	1587	1033	115	18	0	153	4338	85	5	9	57	340	2	95	3
Boneless Wings, 16 (1 serving) with Wing Sauce Choice Blazing Hot	1313	742	82	13	0	120	9189	86	5	7	57	2465	2	30	4
Boneless Wings, 16 (1 serving) with Wing Sauce Choice Buffalo Garlic	1622	981	109	19	0	120	6580	106	5	17	57	2740	2	30	3
Boneless Wings, 16 (1 serving) with Wing Sauce Choice Cajun Ranch	1875	1307	145	22	0	180	5890	91	6	11	57	838	4	177	4
Boneless Wings, 16 (1 serving) with Wing Sauce Choice Kinda Crab	1459	775	86	14	0	120	9218	112	23	7	63	7361	32	98	8
Boneless Wings, 16 (1 serving) with Wing Sauce Choice Kinda Hot	1451	771	86	14	0	120	8410	110	23	7	63	6844	31	80	8
Boneless Wings, 16 (1 serving) with Wing Sauce Choice Mango Habanero	1412	711	79	13	0	120	3970	118	5	29	57	940	24	30	3
Boneless Wings, 16 (1 serving) with Wing Sauce Choice Maple Jalapeno	1742	711	79	13	0	120	5260	202	5	113	57	340	2	30	3
Boneless Wings, 16 (1 serving) with Wing Sauce Choice Mild	1339	752	84	13	0	120	6321	89	7	7	58	2139	4	66	4
Boneless Wings, 16 (1 serving) with Wing Sauce Choice Smoky BBQ	1676	711	79	13	0	120	4990	183	7	99	58	520	9	30	3
Boneless Wings, 16 (1 serving) with Wing Sauce Choice Thai Chili	1772	738	82	13	0	120	5860	202	5	113	57	1540	24	30	3
Boneless Wings, 16 (1 serving) with Wing Seasoning Choice Maryland	1278	719	80	13	0	120	5076	84	5	5	57	1374	4	67	4
Boneless Wings, 16 (1 serving) with Wing Seasoning Choice Salt and Pepper	1283	713	79	13	0	120	4315	87	5	7	57	340	2	32	3
Boneless Wings, 8 (1 serving)	631	356	40	7	0	60	1730	41	3	3	28	170	1	15	2
Boneless Wings, 8 (1 serving) with Dressing Choice Bleu Cheese	951	662	74	14	0	90	2270	43	3	5	30	170	1	95	2
Boneless Wings, 8 (1 serving) with Dressing Choice Ranch Dressing	831	554	62	10	0	80	2270	43	3	5	28	170	1	55	2
Boneless Wings, 8 (1 serving) with Wing Sauce Choice Blazing Hot	665	376	42	7	0	60	5549	43	3	4	28	1587	1	15	2
Boneless Wings, 8 (1 serving) with Wing Sauce Choice Buffalo Garlic	871	536	60	11	0	60	3810	57	3	11	28	1770	1	15	2
Boneless Wings, 8 (1 serving) with Wing Sauce Choice Cajun Ranch	1040	753	84	13	0	100	3350	47	3	7	29	502	2	113	2
Boneless Wings, 8 (1 serving) with Wing Sauce Choice Kinda Crab	762	398	44	7	0	60	5569	61	14	4	33	4851	21	60	5
Boneless Wings, 8 (1 serving) with Wing Sauce Choice Kinda Hot	757	395	44	7	0	60	5030	60	14	4	33	4506	20	48	5
Boneless Wings, 8 (1 serving) with Wing Sauce Choice Mango Habanero	731	356	40	7	0	60	2070	65	3	19	28	570	16	15	2
Boneless Wings, 8 (1 serving) with Wing Sauce Choice Maple Jalapeno	951	356	40	7	0	60	2930	121	3	75	28	170	1	15	2
Boneless Wings, 8 (1 serving) with Wing Sauce Choice Mild	682	383	43	7	0	60	3637	46	4	4	29	1369	3	39	2
Boneless Wings, 8 (1 serving) with Wing Sauce Choice Smoky BBQ	907	356	40	7	0	60	2750	108	4	65	29	290	5	15	2
Boneless Wings, 8 (1 serving) with Wing Sauce Choice Thai Chili	971	374	42	7	0	60	3330	121	3	75	28	970	16	15	2
Boneless Wings, 8 (1 serving) with Wing Seasoning Choice Maryland	641	361	40	7	0	60	2808	43	3	3	29	859	2	39	2
Boneless Wings, 8 (1 serving) with Wing Seasoning Choice Salt and Pepper	645	357	40	7	0	60	2300	44	3	4	28	170	1	16	2
Buffalo Chicken Nachos (1 serving)	2114	995	111	54	0	313	6645	203	15	8	77	5124	18	1378	7
Chicken Wings, 12 (1 serving)	956	656	73	19	0	283	319	2	1	1	68	2892	10	79	4
Chicken Wings, 12 (1 serving) with Dressing Choice Bleu Cheese Dip	1476	1153	128	30	0	332	1197	6	1	5	71	2892	10	209	4
Chicken Wings, 12 (1 serving) with Dressing Choice Ranch Dressing	1281	978	109	24	0	315	1197	6	1	5	68	2892	10	144	4
Chicken Wings, 12 (1 serving) with Wing Sauce Choice Blazing Hot	1007	686	76	19	0	283	6048	6	1	3	68	5017	10	79	4
Chicken Wings, 12 (1 serving) with Wing Sauce Choice Buffalo Garlic	1316	926	103	25	0	283	3439	26	1	13	68	5292	10	79	4
Chicken Wings, 12 (1 serving) with Wing Sauce Choice Cajun Ranch	1569	1252	139	28	0	343	2749	11	2	7	69	3390	11	225	5
Chicken Wings, 12 (1 serving) with Wing Sauce Choice Kinda Crab	1153	719	80	19	0	283	6077	32	19	3	75	9913	39	146	9
Chicken Wings, 12 (1 serving) with Wing Sauce Choice Kinda Hot	1145	716	80	19	0	283	5269	31	19	3	75	9396	38	128	8
Chicken Wings, 12 (1 serving) with Wing Sauce Choice Mango Habanero	1106	656	73	19	0	283	829	38	1	25	68	3492	31	79	4
Chicken Wings, 12 (1 serving) with Wing Sauce Choice Maple Jalapeno	1436	656	73	19	0	283	2119	122	1	109	68	2892	10	79	4
Chicken Wings, 12 (1 serving) with Wing Sauce Choice Mild	1033	696	77	19	0	283	3180	10	3	3	70	4691	12	115	4

Chicken Wings, 12 (1 serving) with Wing Sauce Choice Smoky BBQ	1370	656	73	19	0	283	1849	103	3	95	70	3072	16	79	4
Chicken Wings, 12 (1 serving) with Wing Sauce Choice Thai Chili	1466	683	76	19	0	283	2719	122	1	109	68	4092	31	79	4
Chicken Wings, 12 (1 serving) with Wing Seasoning Choice Maryland	972	663	74	19	0	283	1935	5	1	1	69	3926	11	115	5
Chicken Wings, 12 (1 serving) with Wing Seasoning Choice Salt and Pepper	977	657	73	19	0	283	1174	7	1	3	68	2892	10	80	4
Chicken Wings, 6 (1 serving)	478	328	36	9	0	141	160	1	1	1	34	1446	5	39	2
Chicken Wings, 6 (1 serving) with Dressing Choice Bleu Cheese	798	634	70	16	0	171	700	3	1	3	36	1446	5	119	2
Chicken Wings, 6 (1 serving) with Dressing Choice Ranch Dressing	678	526	58	12	0	161	700	3	1	3	34	1446	5	79	2
Chicken Wings, 6 (1 serving) with Wing Sauce Choice Blazing Hot	512	348	39	9	0	141	3978	3	1	2	34	2862	5	39	2
Chicken Wings, 6 (1 serving) with Wing Sauce Choice Buffalo Garlic	718	508	56	13	0	141	2240	17	1	9	34	3046	5	39	2
Chicken Wings, 6 (1 serving) with Wing Sauce Choice Cajun Ranch	887	725	81	16	0	181	1780	7	1	5	34	1778	6	137	3
Chicken Wings, 6 (1 serving) with Wing Sauce Choice Kinda Crabby	609	370	41	10	0	141	3998	21	13	1	39	6127	25	85	5
Chicken Wings, 6 (1 serving) with Wing Sauce Choice Kinda Hot	604	368	41	10	0	141	3459	20	13	1	38	5782	24	72	5
Chicken Wings, 6 (1 serving) with Wing Sauce Choice Mango Habanero	578	328	36	9	0	141	500	25	1	17	34	1846	19	39	2
Chicken Wings, 6 (1 serving) with Wing Sauce Choice Maple Jalapeno	798	328	36	9	0	141	1360	81	1	73	34	1446	5	39	2
Chicken Wings, 6 (1 serving) with Wing Sauce Choice Mild	529	355	39	9	0	141	2067	6	2	2	35	2645	6	63	2
Chicken Wings, 6 (1 serving) with Wing Sauce Choice Smoky BBQ	754	328	36	9	0	141	1179	68	2	63	35	1566	9	39	2
Chicken Wings, 6 (1 serving) with Wing Sauce Choice Thai Chili	818	346	38	9	0	141	1760	81	1	73	34	2246	19	39	2
Chicken Wings, 6 (1 serving) with Wing Seasoning Choice Maryland	488	333	37	9	0	141	1237	3	1	1	35	2135	6	64	3
Chicken Wings, 6 (1 serving) with Wing Seasoning Choice Salt and Pepper	492	329	37	9	0	141	730	4	1	2	34	1446	5	40	2
Chili Nachos (1 serving)	1951	836	93	47	0	241	5089	207	18	8	70	3602	20	1483	10
Chips and Dip (1 serving)	492	344	38	13	0	46	1727	34	2	2	5	361	7	44	0
Crab Dip (1 serving)	1162	518	58	30	0	217	5978	105	3	10	54	2547	6	1105	6
Crab Flatbread Pizza (1 piece)	179	110	12	6	0	34	372	11	0	1	7	311	0	238	0
Crab Flatbread Pizza (6 pieces)	1074	660	73	36	0	203	2233	64	2	9	43	1863	1	1425	2
Fried Mozzarella (1 serving)	516	226	25	13	0	60	1533	45	3	6	24	1948	3	606	1
Fried Mozzarella (1 serving) with Marinara Sauce	590	255	28	13	0	60	2004	55	3	14	26	2436	17	638	2
Fried Pickle Spears (1 serving)	373	87	10	1	0	0	1922	64	8	0	8	1048	3	6	0
Fried Pickle Spears (1 serving) with Ranch Dressing	573	285	32	4	0	20	2462	66	8	2	8	1048	3	46	0
Hand Breaded Tenders (1 serving)	794	80	9	2	0	82	3048	123	0	0	49	3314	2	16	4
Hand Breaded Tenders (1 serving) with Boom Boom Sauce	1347	577	64	10	0	131	3925	133	0	7	49	3639	10	16	4
Hand Breaded Tenders (1 serving) with Cajun Ranch	1126	402	45	7	0	115	4364	128	1	3	49	3583	3	95	5
Hand Breaded Tenders (1 serving) with Chipotle Honey Mustard	1328	538	60	9	1	129	3659	141	1	13	51	3505	3	38	5
Hand Breaded Tenders (1 serving) with Maple Jalapeno Bacon Sauce	1054	80	9	2	0	82	4023	188	0	59	49	3314	2	16	4
Hand Breaded Tenders (1 serving) with Smoky BBQ Sauce	1019	80	9	2	0	82	3876	178	1	51	50	3411	5	16	4
Hog Hammers (1 serving)	906	223	25	6	0	240	2424	87	2	59	82	3044	17	20	6
Hog Hammers (1 serving) with Smoky BBQ Sauce	1044	223	25	6	0	240	2934	121	3	90	82	3104	19	20	6
Mozzarella Caprese (1 serving)	427	282	31	20	0	100	403	3	1	2	26	1694	7	763	0
Onion Rings (1 serving)	417	44	5	1	0	0	774	83	5	16	8	0	0	0	1
Onion Rings (1 serving) with Boom Boom Sauce	970	541	60	9	0	49	1652	92	5	23	8	325	8	0	1
Onion Rings (1 serving) with Ranch Dressing	742	365	41	6	0	33	1652	86	5	19	8	0	0	65	1
<b>Build Your Own Burgers</b>	<b>Total Calories (kcal)</b>	<b>Fat Calories (kcal)</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Vit A (iu)</b>	<b>Vit C (mg)</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>

Build Your Own Burger (1 serving)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Build Your Own Burger (1 serving) with Bun Choice Sesame Roll	282	60	7	1	0	0	370	46	2	1	9	0	0	60	4
Build Your Own Burger (1 serving) with Bun Choice Wheat Roll	242	64	7	1	0	0	340	39	4	6	7	0	0	80	2
Build Your Own Burger (1 serving) with Burger Patty Choice Beef B	340	207	23	8	0	106	728	1	0	0	30	35	0	33	3
Build Your Own Burger (1 serving) with Burger Patty Choice Turkey	332	199	22	5	0	92	1060	2	0	1	31	35	0	20	1
Build Your Own Burger (1 serving) with Burger Patty Choice Veggie	180	54	6	1	0	0	540	15	3	2	16	0	0	80	1
Build Your Own Burger (1 serving) with Cheese Choice American C	100	81	9	5	0	25	510	0	0	0	5	300	0	150	0
Build Your Own Burger (1 serving) with Cheese Choice Bleu Chees	75	54	6	4	0	19	285	0	0	0	5	225	0	113	0
Build Your Own Burger (1 serving) with Cheese Choice Cheddar Ch	110	81	9	6	0	30	180	0	0	0	7	300	0	200	0
Build Your Own Burger (1 serving) with Cheese Choice Fresh Mozz	60	41	5	3	0	15	60	0	0	0	4	150	0	113	0
Build Your Own Burger (1 serving) with Cheese Choice Gouda Che	80	54	6	4	0	10	290	1	0	0	5	200	0	150	0
Build Your Own Burger (1 serving) with Cheese Choice Pepper Jac	71	55	6	4	0	20	132	0	0	0	5	202	0	152	0
Build Your Own Burger (1 serving) with Cheese Choice Provolone C	110	72	8	5	0	20	190	1	0	0	8	300	0	250	0
Build Your Own Burger (1 serving) with Cheese Choice Swiss Chee	70	45	5	3	0	20	40	0	0	0	5	0	0	200	0
Build Your Own Burger (1 serving) with Hot Topping Choice BBQ P	191	66	7	2	0	80	430	5	0	3	26	500	2	0	2
Build Your Own Burger (1 serving) with Hot Topping Choice Bacon	90	63	7	3	0	15	240	0	0	0	5	0	0	0	0
Build Your Own Burger (1 serving) with Hot Topping Choice Chili	60	23	3	1	0	8	187	5	1	1	4	174	0	14	1
Build Your Own Burger (1 serving) with Hot Topping Choice Crab D	253	202	22	12	0	86	412	4	0	3	10	555	0	354	0
Build Your Own Burger (1 serving) with Hot Topping Choice Fried E	95	66	7	2	0	212	70	0	0	0	6	244	0	26	1
Build Your Own Burger (1 serving) with Hot Topping Choice Sautee	13	6	1	0	0	0	2	1	0	0	1	0	1	1	0
Build Your Own Burger (1 serving) with Hot Topping Choice Sautee	36	11	1	0	0	0	2	6	1	2	1	1	4	12	0
Build Your Own Burger (1 serving) with Topping Choice Avocado	68	51	6	1	0	0	3	3	3	0	1	57	4	5	0
Build Your Own Burger (1 serving) with Topping Choice Dill Pickle S	0	0	0	0	0	0	130	0	0	0	0	0	0	0	0
Build Your Own Burger (1 serving) with Topping Choice Green Leaf	3	0	0	0	0	0	3	0	0	0	0	1048	3	6	0
Build Your Own Burger (1 serving) with Topping Choice Jalapeno P	1	0	0	0	0	0	0	0	0	0	0	34	2	0	0
Build Your Own Burger (1 serving) with Topping Choice Red Onion	3	0	0	0	0	0	0	1	0	0	0	0	0	1	0
Build Your Own Burger (1 serving) with Topping Choice Tomato Slic	4	0	0	0	0	0	1	1	0	1	0	158	2	2	0
<b>Signature Burgers</b>	<b>Total Calories (kcal)</b>	<b>Fat Calories (kcal)</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Vit A (iu)</b>	<b>Vit C (mg)</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>
All American Burger (1 serving)	1003	516	57	20	0	186	2160	56	3	8	59	1462	4	260	8
Black and Bleu Burger (1 serving)	745	386	43	15	0	142	1090	39	3	4	47	1573	4	184	7
Black and Bleu Burger (1 serving) with Blue Cheese Dressing	1065	692	77	22	0	172	1630	41	3	6	49	1573	4	264	7
Chesapeake Burger (1 serving)	1165	711	79	33	0	267	2160	42	2	8	68	2326	5	580	7
Cowboy Burger (1 serving)	1070	483	54	21	0	186	2152	79	3	37	61	1657	7	273	7
Maple and Bacon Brunch Burger (1 serving)	1116	514	57	21	0	378	2430	80	3	41	64	1606	4	245	8
Spicy Jack Burger (1 serving)	1020	595	66	24	0	201	1908	44	5	7	60	1887	13	453	7
<b>Handhelds</b>	<b>Total Calories (kcal)</b>	<b>Fat Calories (kcal)</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Vit A (iu)</b>	<b>Vit C (mg)</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>
BBQ Chicken Wrap (1 serving)	834	341	38	12	0	106	2267	80	4	22	42	2089	21	291	5
Blackened Chicken Caesar Wrap (1 serving)	613	257	29	8	0	86	893	50	4	4	38	5409	25	246	14
Buffalo Chicken Sandwich (1 serving)	838	251	28	9	0	124	2792	82	3	5	59	3179	7	208	5
Buffalo Chicken Sandwich (1 serving) with Blue Cheese Dressing	1158	557	62	16	0	154	3332	84	3	7	61	3179	7	288	5
California Turkey Wrap (1 serving)	1011	532	59	17	0	165	2685	57	6	3	57	1764	16	365	5

Chick'n Ranch Sandwich (1 serving)	883	408	45	16	0	174	2401	49	3	3	66	1725	6	466	5
Chicken Cheesesteak (1 serving)	784	292	32	14	0	159	1084	58	2	1	64	600	1	548	6
Chicken Chesapeake Sandwich (1 serving)	927	433	48	21	0	225	2184	51	2	5	69	2362	7	602	6
Chicken Chesapeake Sandwich (1 serving) with Mayonnaise	1327	829	92	27	0	265	2464	51	2	5	69	2362	7	602	6
Crabby Melt (1 serving)	852	489	54	27	0	161	1845	53	2	8	40	1487	3	882	3
Fish Tacos (1 serving)	868	427	47	15	0	143	1212	56	6	8	54	1989	33	198	13
Fish Tacos (1 serving) with Small House Salad	923	436	48	15	0	143	1331	67	8	9	57	7364	63	233	242
Hand-Carved Turkey Club (1 serving)	1067	501	56	13	0	155	2975	73	3	6	60	1432	4	388	6
Maryland Crab Cake Sandwich (1 serving)	613	240	27	4	0	159	1191	58	3	3	34	1362	15	208	6
Maryland Crab Cake Sandwich (1 serving) with Tartar Sauce	970	592	66	10	0	195	1542	58	3	3	34	1382	16	209	6
Philly Cheesesteak (1 serving)	984	507	56	24	0	160	1483	60	2	1	59	602	2	537	7
Philly Cheesesteak (1 serving) with Substitute Philly Chicken for Ph	1227	597	66	27	0	279	1606	60	2	1	98	602	2	562	9
Raspberry Turkey Flatbread (1 serving)	1233	432	48	23	0	180	1901	134	2	81	62	1058	7	904	3
Shrimp Tacos (1 serving)	832	420	47	14	0	300	1537	59	6	8	45	2419	37	273	17
Shrimp Tacos (1 serving) with Small House Salad	886	429	48	14	0	300	1656	69	8	9	47	7794	67	309	245
Skinny Chicken Sandwich (1 serving)	500	133	15	3	0	99	1683	41	3	6	47	2349	10	62	4
Skinny Chicken Sandwich (1 serving) with Dijon Mayo	746	360	40	6	0	119	2337	41	3	6	47	2349	10	62	4
Skinny Chicken Sandwich (1 serving) with Power Slaw	588	193	21	4	0	99	1963	49	5	11	48	4749	36	83	5
Smoky Pork BBQ Sandwich (1 serving)	711	174	19	4	0	80	1619	97	4	40	37	2295	23	79	6
Super Veggie Wrap (1 serving)	499	228	25	5	0	10	917	59	9	6	11	11190	66	198	468
Super Veggie Wrap (1 serving) with Small House Salad	554	238	26	5	0	10	1036	70	11	8	13	16565	96	233	697
<b>Substitutes and Add Ons</b>	<b>Total Calories (kcal)</b>	<b>Fat Calories (kcal)</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Vit A (iu)</b>	<b>Vit C (mg)</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>
Caesar Salad (1 serving)	360	293	33	7	0	33	646	11	2	2	7	5021	23	166	1
French Fries (1 serving)	432	193	21	4	0	0	2987	51	5	3	5	0	10	53	1
House Salad, Small (1 serving)	54	9	1	0	0	0	119	10	2	2	2	5375	30	35	228
House Salad, Small (1 serving) with House Dressing	176	100	11	0	0	0	709	19	2	8	2	5390	30	37	228
House-Made Potato Chips (1 serving)	145	87	10	1	0	0	510	15	1	1	1	0	4	0	0
Mac and Cheese (1 serving)	374	153	17	7	0	28	1032	40	2	5	15	227	0	295	0
Mashed Potatoes (1 serving)	191	75	8	5	0	23	690	25	2	1	4	318	28	33	1
Onion Rings (1 serving)	261	27	3	1	0	0	484	52	3	10	5	0	0	0	1
Onion Rings (1 serving) with Ranch Dressing	586	349	39	5	0	33	1361	55	3	13	5	0	0	65	1
Onion Straws (1 serving)	163	31	3	1	0	0	488	29	1	4	3	541	5	18	1

Power Slaw (1 serving)	88	59	7	1	0	0	280	8	2	5	1	2400	26	21	0
Seasonal Vegetables (1 serving)	63	28	3	1	0	0	72	6	1	3	1	2000	16	30	0
Soup (1 serving)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Soup (1 serving) with Chili	472	281	31	16	0	92	990	22	6	5	24	1228	3	256	4
Soup (1 serving) with French Onion Soup	230	124	14	7	0	28	1102	12	1	4	15	340	4	411	1
Soup (1 serving) with OC Crab Soup	160	72	8	2	2	23	1240	15	2	4	7	1500	12	80	1
Sweet Potato Fries (1 serving)	228	67	7	1	0	0	865	36	6	13	2	8430	7	41	1
<b>House Specialties</b>	<b>Total Calories (kcal)</b>	<b>Fat Calories (kcal)</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Vit A (iu)</b>	<b>Vit C (mg)</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>
14 oz New York Strip Steak (1 serving)	928	570	63	26	0	230	1298	2	0	1	82	59	0	107	6
14 oz New York Strip Steak (1 serving) with Mashed Potatoes	1119	645	72	31	0	253	1987	27	2	2	86	377	29	140	7
14 oz New York Strip Steak (1 serving) with Seasonal Vegetables	1023	612	68	27	0	230	1405	10	2	5	84	3059	24	152	6
Beer Battered Fish N Chips (1 serving)	1414	633	70	11	0	109	5586	138	6	8	48	6197	48	114	4
Cajun Penne Pasta with Chicken (1 serving)	1393	703	78	19	0	144	2423	99	5	13	67	963	9	461	6
Cajun Penne Pasta with Chicken (1 serving) with Bavarian Pretzel S	1563	716	80	19	0	144	3973	131	6	14	73	963	10	481	7
Cajun Penne Pasta with Crab (1 serving)	1292	675	75	18	0	183	1617	97	5	12	55	868	13	584	5
Cajun Penne Pasta with Crab (1 serving) with Bavarian Pretzel Stic	1462	689	77	18	0	183	3167	129	6	13	61	868	14	604	7
Cajun Penne Pasta with Shrimp (1 serving)	1334	704	78	18	0	242	1773	99	5	12	54	1325	11	514	8
Cajun Penne Pasta with Shrimp (1 serving) with Bavarian Pretzel S	1504	718	80	18	0	242	3323	131	6	13	60	1325	11	534	9
Char-Grilled Salmon (1 serving)	728	378	42	11	0	164	1925	34	5	4	55	5812	82	99	3
Colossal Crab Cake (1 serving)	1256	801	89	14	0	291	5277	65	7	10	45	3901	50	298	5
Fleet Street Chicken, 1 Breast (1 serving)	335	58	6	1	0	140	1331	18	1	6	48	567	11	78	2
Fleet Street Chicken, 1 Breast (1 serving) with Mashed Potatoes	526	133	15	6	0	163	2020	43	3	8	52	885	40	110	3
Fleet Street Chicken, 1 Breast (1 serving) with Seasonal Vegetables	430	100	11	3	0	140	1438	26	3	10	50	3567	35	123	2
Fleet Street Chicken, 2 Breasts (1 serving)	560	108	12	2	0	239	2537	19	1	7	88	662	13	104	3
Fleet Street Chicken, 2 Breasts (1 serving) with Mashed Potatoes	752	183	20	8	0	262	3227	44	3	8	92	980	42	137	4
Fleet Street Chicken, 2 Breasts (1 serving) with Seasonal Vegetables	655	150	17	4	0	239	2645	28	3	11	90	3662	37	149	3
Hand Breaded Tenders Basket (1 serving)	1238	304	34	6	0	82	5664	172	6	9	55	7562	46	90	5
Hand Breaded Tenders Basket (1 serving) with Boom Boom Sauce	1578	610	68	11	0	112	6204	178	6	13	55	7762	50	90	5
Hand Breaded Tenders Basket (1 serving) with Cajun Ranch	1442	502	56	9	0	102	6474	175	7	11	55	7728	46	139	6
Hand Breaded Tenders Basket (1 serving) with Chipotle Honey Mustard	1567	586	65	11	1	111	6040	183	7	17	56	7680	46	104	6
Hand Breaded Tenders Basket (1 serving) with Maple Jalapeno Glaze	1398	304	34	6	0	82	6264	212	6	45	55	7562	46	90	5
Hand Breaded Tenders Basket (1 serving) with Smoky BBQ Sauce	1376	304	34	6	0	82	6174	206	7	40	55	7622	48	90	5
Hog Hammers Feast (1 serving)	1386	470	52	12	0	320	5008	117	7	66	110	5538	48	67	8
Hog Hammers Feast (1 serving) with Smoky BBQ Sauce	1524	470	52	12	0	320	5517	150	7	97	111	5598	50	67	8
<b>Soups and Salads</b>	<b>Total Calories (kcal)</b>	<b>Fat Calories (kcal)</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Vit A (iu)</b>	<b>Vit C (mg)</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>

Apple Pecan Salad (1 serving)	250	101	11	4	0	19	348	30	6	21	7	13428	33	182	910
Apple Pecan Salad (1 serving) with Balsamic Vinaigrette	445	247	27	4	0	19	966	43	6	31	7	13428	33	182	910
Apple Pecan Salad (1 serving) with Blue Cheese Dressing	770	598	66	16	0	68	1226	34	6	25	10	13428	33	312	910
Apple Pecan Salad (1 serving) with Caesar Dressing	710	528	59	13	1	65	1088	35	6	23	10	13562	37	267	910
Apple Pecan Salad (1 serving) with Honey Mustard Dressing	796	575	64	12	1	67	865	47	7	35	9	13526	34	201	911
Apple Pecan Salad (1 serving) with House Dressing	448	248	28	4	0	19	1306	44	6	31	7	13452	33	185	910
Apple Pecan Salad (1 serving) with Oil and Vinegar Dressing	661	511	57	11	0	19	353	31	6	21	7	13428	33	185	910
Apple Pecan Salad (1 serving) with Ranch Dressing	575	423	47	9	0	51	1226	34	6	25	7	13428	33	247	910
Apple Pecan Salad (1 serving) with Spicy Ranch Dressing	596	408	45	9	0	33	1371	38	8	25	9	13526	34	240	911
Apple Pecan Salad (1 serving) with Sweet Vidalia Onion Dressing	640	364	40	9	0	19	722	63	6	54	7	13428	33	247	910
Black and Bleu Shrimp Salad (1 serving)	614	330	37	14	0	276	2579	11	4	2	53	14396	37	278	914
Black and Bleu Shrimp Salad (1 serving) with Balsamic Vinaigrette	854	510	57	14	0	276	3339	27	4	14	53	14396	37	278	914
Black and Bleu Shrimp Salad (1 serving) with Blue Cheese Dressing	1254	942	105	28	0	336	3659	15	4	6	57	14396	37	438	914
Black and Bleu Shrimp Salad (1 serving) with Caesar Dressing	1180	856	95	26	1	333	3489	17	5	4	57	14562	42	383	915
Black and Bleu Shrimp Salad (1 serving) with Honey Mustard Dressing	1286	913	101	24	1	336	3215	31	5	19	56	14516	38	302	915
Black and Bleu Shrimp Salad (1 serving) with House Dressing	858	510	57	14	0	276	3758	28	4	14	53	14426	37	282	914
Black and Bleu Shrimp Salad (1 serving) with Oil and Vinegar	1120	834	93	22	0	276	2585	11	4	2	53	14396	37	282	915
Black and Bleu Shrimp Salad (1 serving) with Ranch Dressing	1014	726	81	20	0	316	3659	15	4	6	53	14396	37	358	914
Black and Bleu Shrimp Salad (1 serving) with Spicy Ranch Dressing	1040	708	79	20	1	294	3839	21	7	7	56	14516	38	350	915
Black and Bleu Shrimp Salad (1 serving) with Sweet Vidalia Onion	1094	654	73	20	0	276	3039	51	4	42	53	14396	37	358	914
Chicken Caesar Salad (1 serving)	805	505	56	12	1	150	2270	22	4	4	52	10095	47	334	4
Chili (1 serving)	472	281	31	16	0	92	990	22	6	5	24	1228	3	256	4
Chili (1 serving) with Club Crackers	502	294	33	16	0	92	1065	26	6	5	25	1228	3	256	4
Crispy Chicken Salad (1 serving)	734	211	23	13	0	109	2252	81	3	3	45	15893	34	477	912
Crispy Chicken Salad (1 serving) with Balsamic Vinaigrette	929	358	40	13	0	109	2869	94	3	12	45	15893	34	477	912
Crispy Chicken Salad (1 serving) with Blue Cheese Dressing	1254	709	79	24	0	158	3129	84	3	6	49	15893	34	607	912
Crispy Chicken Salad (1 serving) with Caesar Dressing	1194	639	71	22	1	156	2991	86	3	4	49	16027	39	562	912
Crispy Chicken Salad (1 serving) with Honey Mustard Dressing	1280	685	76	21	1	158	2768	98	4	16	47	15990	35	496	913
Crispy Chicken Salad (1 serving) with House Dressing	932	358	40	13	0	109	3210	95	3	13	45	15917	34	480	912
Crispy Chicken Salad (1 serving) with Oil and Vinegar Dressing	1145	621	69	20	0	109	2257	81	3	3	45	15893	34	480	913
Crispy Chicken Salad (1 serving) with Ranch Dressing	1059	533	59	18	0	142	3129	84	3	6	45	15893	34	542	912
Crispy Chicken Salad (1 serving) with Spicy Ranch Dressing	1080	518	58	18	0	124	3275	89	5	7	47	15990	35	535	913
Crispy Chicken Salad (1 serving) with Sweet Vidalia Onion Dressing	1124	475	53	18	0	109	2626	114	3	35	45	15893	34	542	912
French Onion Soup (1 serving)	230	124	14	7	0	28	1102	12	1	4	15	340	4	411	1
Maryland Crab Soup (1 serving)	160	72	8	2	2	23	1240	15	2	4	7	1500	12	80	1
Maryland Crab Soup (1 serving) with Club Crackers	190	86	10	2	2	23	1315	19	2	4	8	1500	12	80	1
Power House Salad (1 serving)	101	19	2	0	0	0	232	19	4	3	4	9717	50	62	456
Power House Salad (1 serving) with Add Blackened Shrimp	267	71	8	1	0	197	788	21	4	3	31	10174	53	141	460
Power House Salad (1 serving) with Add Grilled Chicken	326	69	8	1	0	99	1438	20	4	4	44	9812	52	88	458
Power House Salad (1 serving) with Add Grilled Salmon	476	194	22	3	0	141	1434	20	4	4	53	10212	50	83	457
Power House Salad (1 serving) with House Dressing	299	166	18	0	0	0	1190	32	4	13	4	9741	50	64	456
Soup and Salad Combo, Caesar Salad (1 serving)	360	293	33	7	0	33	646	11	2	2	7	5021	23	166	1
Soup and Salad Combo, Caesar Salad (1 serving) with Chili	833	574	64	23	0	125	1636	32	8	7	30	6249	26	422	5
Soup and Salad Combo, Caesar Salad (1 serving) with French Onion	590	417	46	14	1	60	1748	23	3	6	21	5360	28	578	3
Soup and Salad Combo, Caesar Salad (1 serving) with OC Crab Salad	520	365	41	8	2	55	1886	26	4	6	14	6521	35	246	2
Soup and Salad Combo, House Salad (1 serving)	54	9	1	0	0	0	119	10	2	2	2	5375	30	35	228

Soup and Salad Combo, House Salad (1 serving) with Chili	526	290	32	16	0	92	1109	32	8	7	26	6603	33	291	232
Soup and Salad Combo, House Salad (1 serving) with French Onion	284	133	15	7	0	28	1221	22	3	5	17	5715	35	447	229
Soup and Salad Combo, House Salad (1 serving) with OC Crab Soup	214	81	9	2	2	23	1359	25	4	6	9	6875	42	115	229
Soup and Salad Combo, House Salad (1 serving) with Side of Balsamic	144	77	9	0	0	0	404	16	2	6	2	5375	30	35	228
Soup and Salad Combo, House Salad (1 serving) with Side of Blue Cheese	294	239	27	5	0	23	524	12	2	3	4	5375	30	95	228
Soup and Salad Combo, House Salad (1 serving) with Side of Caesar	266	207	23	4	0	21	461	12	2	2	4	5437	33	75	228
Soup and Salad Combo, House Salad (1 serving) with Side of Honey	306	228	25	4	0	22	358	18	3	8	3	5420	31	44	229
Soup and Salad Combo, House Salad (1 serving) with Side of House	146	77	9	0	0	0	561	16	2	6	2	5386	30	37	228
Soup and Salad Combo, House Salad (1 serving) with Side of Oil and	244	199	22	3	0	0	121	10	2	2	2	5375	31	36	228
Soup and Salad Combo, House Salad (1 serving) with Side of Ranch	204	158	18	2	0	15	524	12	2	3	2	5375	30	65	228
Soup and Salad Combo, House Salad (1 serving) with Side of Spicy	214	151	17	2	0	7	592	14	3	4	3	5420	31	62	229
Soup and Salad Combo, House Salad (1 serving) with Side of Sweet	234	131	15	2	0	0	292	25	2	17	2	5375	30	65	228
Ty Cobb Salad (1 serving)	599	331	37	15	0	138	1993	12	6	4	49	14285	42	395	911
Ty Cobb Salad (1 serving) with Balsamic Vinaigrette	794	477	53	15	0	138	2610	25	6	13	49	14285	42	395	911
Ty Cobb Salad (1 serving) with Blue Cheese Dressing	1119	828	92	27	0	187	2870	15	6	7	52	14285	42	525	911
Ty Cobb Salad (1 serving) with Caesar Dressing	1059	758	84	25	1	185	2732	17	7	5	52	14419	47	480	911
Ty Cobb Salad (1 serving) with Honey Mustard Dressing	1144	804	89	23	1	187	2509	28	7	17	51	14382	43	414	912
Ty Cobb Salad (1 serving) with House Dressing	797	477	53	15	0	138	2951	25	7	14	49	14308	42	397	911
Ty Cobb Salad (1 serving) with Oil and Vinegar Dressing	1010	740	82	22	0	138	1998	12	6	4	49	14285	43	397	911
Ty Cobb Salad (1 serving) with Ranch Dressing	924	652	72	20	0	171	2870	15	6	7	49	14285	42	460	911
Ty Cobb Salad (1 serving) with Spicy Ranch Dressing	945	638	71	20	0	153	3016	20	8	8	51	14382	43	453	912
Ty Cobb Salad (1 serving) with Sweet Vidalia Onion Dressing	989	594	66	20	0	138	2366	44	6	36	49	14285	42	460	911
<b>Desserts</b>	<b>Total Calories (kcal)</b>	<b>Fat Calories (kcal)</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Vit A (iu)</b>	<b>Vit C (mg)</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>
Brownie Sundae (1 serving)	1201	526	58	22	0	87	577	146	7	113	19	339	0	149	0
Funnel Fries (1 serving)	951	265	29	11	0	79	763	159	3	90	9	0	24	10	4
Rootbeer Float (1 serving)	655	214	24	15	0	68	176	98	0	98	7	678	0	271	0
<b>Kids Menu Items</b>	<b>Total Calories (kcal)</b>	<b>Fat Calories (kcal)</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Vit A (iu)</b>	<b>Vit C (mg)</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>
Kids Cheese Pizza (1 slice)	90	27	3	2	0	5	200	12	1	1	4	100	0	67	1
Kids Cheese Pizza (1 slice) with Add Pepperoni	103	38	4	2	0	8	251	12	1	1	5	110	0	67	1
Kids Cheese Pizza (1 slice) with Apple Slices	95	27	3	2	0	5	200	13	1	2	4	105	1	67	1
Kids Cheese Pizza (1 slice) with French Fries	126	43	5	2	0	5	449	16	1	1	5	100	1	71	1
Kids Cheese Pizza (1 slice) with Seasonal Vegetables	106	34	4	2	0	5	218	13	1	2	5	600	4	74	1
Kids Cheese Pizza (6 slices)	540	162	18	9	0	30	1200	70	4	6	26	600	0	400	5
Kids Cheese Pizza (6 slices) with Add Pepperoni	620	229	25	12	0	47	1509	70	4	6	29	657	0	400	6
Kids Cheese Pizza (6 slices) with Apple Slices	571	163	18	9	0	30	1201	77	5	11	26	628	3	403	5
Kids Cheese Pizza (6 slices) with French Fries	756	259	29	11	0	30	2693	95	7	7	29	600	5	427	6
Kids Cheese Pizza (6 slices) with Seasonal Vegetables	635	205	23	10	0	30	1307	78	6	10	28	3600	24	445	5
Kids Cheeseburger (1 serving)	722	348	39	14	0	131	1608	47	2	1	44	335	0	243	7
Kids Cheeseburger (1 serving) with Apple Slices	753	349	39	14	0	131	1608	54	3	7	44	363	3	246	7
Kids Cheeseburger (1 serving) with French Fries	938	445	49	16	0	131	3101	72	5	3	47	335	5	269	7
Kids Cheeseburger (1 serving) with Seasonal Vegetables	817	391	43	16	0	131	1715	55	4	5	46	3335	24	288	7
Kids Donut (1 serving)	398	191	21	10	0	0	312	47	1	18	5	0	0	0	2
Kids Grilled Cheese (1 serving)	482	222	25	11	0	50	1580	48	2	4	20	600	0	420	3





Smoky Pork BBQ Sandwich (1 serving)	723	325	36	11	0	169	571	44	2	5	54	231	3	36	4
<b>Lunch Salads</b>	<b>Total Calories (kcal)</b>	<b>Fat Calories (kcal)</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Vit A (iu)</b>	<b>Vit C (mg)</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>
Apple Pecan Salad (1 serving)	250	101	11	4	0	19	348	30	6	21	7	13428	33	182	910
Apple Pecan Salad (1 serving) with Add Grilled Chicken	475	151	17	5	0	117	1554	32	6	22	46	13523	35	209	911
Apple Pecan Salad (1 serving) with Balsamic Vinaigrette	490	281	31	4	0	19	1108	46	6	33	7	13428	33	182	910
Apple Pecan Salad (1 serving) with Blue Cheese Dressing	890	713	79	18	0	79	1428	34	6	25	11	13428	33	342	910
Apple Pecan Salad (1 serving) with Caesar Dressing	816	627	70	16	1	76	1258	36	6	23	11	13593	39	287	910
Apple Pecan Salad (1 serving) with Honey Mustard Dressing	921	684	76	14	1	79	984	51	7	38	9	13548	34	206	911
Apple Pecan Salad (1 serving) with House Dressing	494	282	31	4	0	19	1527	47	6	34	7	13457	33	185	910
Apple Pecan Salad (1 serving) with Oil and Vinegar	756	605	67	12	0	19	354	31	6	21	7	13428	33	185	910
Apple Pecan Salad (1 serving) with Ranch Dressing	650	497	55	10	0	59	1428	34	6	25	7	13428	33	262	910
Apple Pecan Salad (1 serving) with Spicy Ranch Dressing	676	479	53	10	1	37	1607	40	8	26	9	13548	34	254	911
Apple Pecan Salad (1 serving) with Sweet Vidalia Onion Dressing	730	425	47	10	0	19	808	70	6	61	7	13428	33	262	910
Caesar Salad (1 serving)	360	293	33	7	0	33	646	11	2	2	7	5021	23	166	1
Caesar Salad (1 serving) with Add Grilled Chicken	586	343	38	8	0	131	1852	12	2	3	46	5116	25	193	3
Power House Salad (1 serving)	101	19	2	0	0	0	232	19	4	3	4	9717	50	62	456
Power House Salad (1 serving) with Add Grilled Chicken	326	69	8	1	0	99	1438	20	4	4	44	9812	52	88	458
Power House Salad (1 serving) with House Dressing	299	166	18	0	0	0	1190	32	4	13	4	9741	50	64	456
Soup and Salad Combo, Caesar Salad (1 serving)	360	293	33	7	0	33	646	11	2	2	7	5021	23	166	1
Soup and Salad Combo, Caesar Salad (1 serving) with Chili	833	574	64	23	0	125	1636	32	8	7	30	6249	26	422	5
Soup and Salad Combo, Caesar Salad (1 serving) with French Onion	590	417	46	14	1	60	1748	23	3	6	21	5360	28	578	3
Soup and Salad Combo, Caesar Salad (1 serving) with OC Crab Salad	520	365	41	8	2	55	1886	26	4	6	14	6521	35	246	2
Soup and Salad Combo, House Salad (1 serving)	101	19	2	0	0	0	232	19	4	3	4	9717	50	62	456
Soup and Salad Combo, House Salad (1 serving) with Chili	573	300	33	16	0	92	1222	40	9	8	28	10945	53	318	460
Soup and Salad Combo, House Salad (1 serving) with French Onion	331	143	16	8	0	28	1334	31	4	6	19	10057	54	473	457
Soup and Salad Combo, House Salad (1 serving) with OC Crab Salad	261	91	10	2	2	23	1472	34	6	7	11	11217	62	142	457
Soup and Salad Combo, House Salad (1 serving) with Side of Balsamic Vinaigrette	221	109	12	0	0	0	612	27	4	9	4	9717	50	62	456
Soup and Salad Combo, House Salad (1 serving) with Side of Blue Cheese Dressing	421	325	36	7	0	30	772	21	4	5	6	9717	50	142	456
Soup and Salad Combo, House Salad (1 serving) with Side of Caesar Dressing	384	282	31	6	0	29	687	21	4	4	7	9800	52	114	456
Soup and Salad Combo, House Salad (1 serving) with Side of Honey Mustard Dressing	437	310	34	5	1	30	550	29	4	11	6	9777	50	74	457
Soup and Salad Combo, House Salad (1 serving) with Side of House Dressing	223	109	12	0	0	0	821	27	4	9	4	9732	50	63	456
Soup and Salad Combo, House Salad (1 serving) with Side of Oil and Vinegar	354	271	30	4	0	0	235	19	4	3	4	9717	50	63	456
Soup and Salad Combo, House Salad (1 serving) with Side of Ranch Dressing	301	217	24	3	0	20	772	21	4	5	4	9717	50	102	456
Soup and Salad Combo, House Salad (1 serving) with Side of Spicy Ranch Dressing	314	208	23	3	0	9	862	23	5	5	6	9777	50	98	457
Soup and Salad Combo, House Salad (1 serving) with Side of Sweet Vidalia Onion Dressing	341	181	20	3	0	0	462	39	4	23	4	9717	50	102	456
<b>Beverages</b>	<b>Total Calories (kcal)</b>	<b>Fat Calories (kcal)</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Vit A (iu)</b>	<b>Vit C (mg)</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>
Coke (1 serving)	178	0	0	0	0	0	11	49	0	49	0	0	0	0	0
Coke Zero (1 serving)	1	0	0	0	0	0	50	0	0	0	0	0	0	0	0
Diet Coke (1 serving)	0	0	0	0	0	0	18	0	0	0	0	0	0	0	0
Fanta Orange (1 serving)	200	0	0	0	0	0	63	63	0	63	0	0	0	0	0
Hi-C Fruit Punch (1 serving)	187	0	0	0	0	0	16	50	0	50	0	0	0	0	0

Pibb Xtra (1 serving)	175	0	0	0	0	0	25	47	0	47	0	0	0	0	0
Seagrams Ginger Ale (1 serving)	162	0	0	0	0	0	54	43	0	43	0	0	0	0	0
Sprite (1 serving)	175	0	0	0	0	0	40	47	0	47	0	0	0	0	0