

The Greene Turtle Menu Analysis Book															
Starters	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
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
Build Your Own Burgers	Total	Fat	Total Fat	Saturated	Trans Fat	Cholesterol	Sodium	Total	Fiber (g)	Sugars	Protein	Vit A (iu)	Vit C (mg)	Calcium	Iron (mg)
	Calories	Calories	(g)	Fat (g)	(g)	(mg)	(mg)	Carbs (g)		(g)	(g)			(mg)	

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
Signature Burgers	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
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
Handhelds	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
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
Substitutes and Add Ons	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
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
House Specialties	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
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
Soups and Salads	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)

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
Desserts	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
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
Kids Menu Items	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
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

Kids Grilled Cheese (1 serving) with Apple Slices	513	223	25	11	0	50	1581	55	3	9	20	628	3	423	3
Kids Grilled Cheese (1 serving) with French Fries	698	319	35	13	0	50	3073	73	5	5	23	600	5	447	3
Kids Grilled Cheese (1 serving) with Seasonal Vegetables	577	265	29	12	0	50	1687	56	4	8	22	3600	24	465	3
Kids Grilled Chicken Breast (1 serving)	225	50	6	1	0	99	1206	2	0	1	39	95	2	27	1
Kids Grilled Chicken Breast (1 serving) with Apple Slices	256	51	6	1	0	99	1207	9	2	6	40	123	5	30	1
Kids Grilled Chicken Breast (1 serving) with French Fries	441	146	16	3	0	99	2699	27	3	2	42	95	7	54	2
Kids Grilled Chicken Breast (1 serving) with Seasonal Vegetables	320	93	10	3	0	99	1314	10	2	5	42	3095	26	72	1
Kids Hot Dogs (1 serving)	420	225	25	9	0	50	1060	34	0	4	16	0	0	0	0
Kids Hot Dogs (1 serving) with Apple Slices	451	226	25	9	0	50	1061	41	1	9	16	28	3	3	0
Kids Hot Dogs (1 serving) with French Fries	636	322	36	11	0	50	2553	59	3	5	19	0	5	27	0
Kids Hot Dogs (1 serving) with Seasonal Vegetables	515	268	30	10	0	50	1167	42	2	8	18	3000	24	45	0
Kids Mac N Cheese (1 serving)	374	153	17	7	0	28	1032	40	2	5	15	227	0	295	0
Kids Mac N Cheese (1 serving) with Apple Slices	405	154	17	7	0	28	1032	47	4	10	15	255	3	298	0
Kids Mac N Cheese (1 serving) with French Fries	590	250	28	9	0	28	2525	65	5	6	17	227	5	321	1
Kids Mac N Cheese (1 serving) with Seasonal Vegetables	469	196	22	8	0	28	1139	48	4	9	17	3227	24	340	0
Kids Turtle Tenders (1 serving)	393	210	23	4	0	60	855	17	3	2	30	0	0	30	1
Kids Turtle Tenders (1 serving) with Apple Slices	423	211	23	4	0	60	856	24	4	7	30	28	3	33	1
Kids Turtle Tenders (1 serving) with French Fries	609	306	34	6	0	60	2348	42	6	3	33	0	5	57	1
Kids Turtle Tenders (1 serving) with Seasonal Vegetables	488	253	28	5	0	60	962	25	5	6	32	3000	24	75	1
Lunch Handhelds	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
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
Cheeseburger (1 serving)	635	300	33	11	0	123	593	38	2	5	42	1162	4	60	6
Cheeseburger (1 serving) with Cheese Choice American Cheese	735	381	42	16	0	148	1103	38	2	5	47	1462	4	210	6
Cheeseburger (1 serving) with Cheese Choice Bleu Cheese Crumb	735	372	41	16	0	148	973	38	2	5	48	1462	4	210	6
Cheeseburger (1 serving) with Cheese Choice Cheddar Cheese	745	381	42	17	0	153	773	38	2	5	49	1462	4	260	6
Cheeseburger (1 serving) with Cheese Choice Pepper Jack Cheese	706	355	39	15	0	144	724	38	2	5	47	1364	4	212	6
Cheeseburger (1 serving) with Cheese Choice Provolone Cheese	745	372	41	16	0	143	783	39	2	5	50	1462	4	310	6
Cheeseburger (1 serving) with Cheese Choice Swiss Cheese	705	345	38	14	0	143	633	38	2	5	47	1162	4	260	6
Chicken Cheesesteak (1 serving)	784	292	32	14	0	159	1084	58	2	1	64	600	1	548	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
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
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)	723	325	36	11	0	169	571	44	2	5	54	231	3	36	4
Lunch Salads	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
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
Beverages	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
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