



Arni's attempts to provide information regarding its products that is as complete as possible. The analysis which produced the nutritional values of Arni's recipes was derived from the USDA database and information provided by manufacturers. It does not, however, account for the natural variability that occurs within ingredients, variations that occur due to the hand-crafted nature of each plate or variations due seasonal or Guest substitutions. Please keep this in mind when making dining decisions. This information accurate as of 11/1/2018

## Nutritional Guide

<b>APPETIZERS (No Sauces)</b>														
	<b>Unit</b>	<b>Total Calories</b>	<b>Fat Calories</b>	<b>Total Fat (g)</b>	<b>Sat (g)</b>	<b>Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Chol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	
Breadsticks - 1/2 Order	Serving	264	101	11	2	0	0	479	38	2	2	7		
Breadsticks - Basket	Serving	526	198	22	3	0	0	942	75	3	3	13		
Add Marinara Sauce	3z Portion	66	27	0	3	0	0	375	9	2	6	3		
Add Nacho Cheese Sauce	3z Portion	150	130	12	6	0	15	660	9	0	0	3		
Chicken Quesadilla	Serving	759	257	29	13	0	118	1998	71	4	8	56		
Add Sour Cream	3z Portion	183	162	18	12	0	66	156	6	0	3	0		
Chicken Tender Basket	Serving	955	526	58	9	0	79	2095	60	3	0	51		
Add BBQ Wing Sauce	3z Portion	138	0	0	0	0	0	1200	11	0	0	0		
Add Honey Dijon Dressing	3z Portion	381	324	36	6	0	30	609	14	0	14	480		
Chili Cheese Fries	Serving	1516	795	88	39	0	152	2665	134	15	4	60		
Chili Nachos Supreme	Serving	1470	741	82	30	0	146	2030	127	13	7	59		
Fiesta Chicken Nachos	Serving	1577	641	71	22	0	180	2709	157	13	10	81		
Add Sour Cream	3z Portion	183	162	18	12	0	66	156	6	0	3	99		
Firecracker Shrimp	Serving	797	316	35	8	0	154	3030	94	4	50	22		
Flatbread Margarita	Serving	907	281	31	12	0	53	1654	105	14	19	37		
Flatbread Mediteranean	Serving	661	263	29	7	0	20	1795	79	7	13	21		
Flatbread Thai Chicken	Serving	1001	344	38	11	0	79	2448	115	7	50	49		
French Fries Basket	Serving	776	330	37	13	0	0	1929	110	11	0	10		
Fried Green Beans	Serving	760	396	44	8	0	0	1700	80	7	7	7		
Add Bistro Sauce	3z Portion	105	189	11	0	0	0	330	6	0	0	0		
Fried Pickles	Serving	398	90	10	2	0	0	2790	63	6	9	9		
Garlic Cheese Bread	Serving	1012	572	64	26	1	111	2027	61	3	7	52		

Add Marinara Sauce	3z Portion	66	27	0	3	0	0	375	9	2	6	3	
Hummus Platter	Serving	891	503	56	10	0	20	2203	84	12	10	25	
Korean Meatballs	Serving	789	442	49	18	0	111	2231	39	8	27	46	
Loaded Cheese Fries	Serving	1426	781	87	40	0	145	2965	119	11	1	63	
Add Sour Cream	3z Portion	183	162	18	12	0	66	156	6	0	3	0	
Add Buttermilk Ranch	3z Portion	420	378	33	6	0	15	780	3	0	3	0	
Magnificent Mushrooms	Serving	545	322	36	19	0	88	1127	32	8	20	28	
Mozzarella Sticks	Serving	762	441	49	17	0	70	5251	63	0	14	28	
Add Marinara Sauce	3z Portion	66	27	0	3	0	0	375	9	2	6	3	
Onion Rings Basket	Serving	1046	169	19	3	0	0	2554	202	5	24	24	
Onion Straws Basket	Serving	1210	738	82	15	0	0	1080	108	12	12	12	
Pizza Bread All Meat	Serving	1256	753	84	33	2	224	3865	59	5	10	63	
Pizza Bread All Veggie	Serving	600	202	22	12	0	75	1213	78	7	21	32	
Potato Pancake Basket	Serving	453	252	28	8	0	43	1045	43	4	0	7	
Sarah's Spinach Nachos	Serving	1375	750	83	24	0	96	1693	131	10	8	25	
Sweet Potato Basket	Serving	713	389	43	5	0	0	1276	71	4	21	4	
Wings Boneless 1/2 lb	Serving	659.5	423	39	8	0	86	1770	46	3	0	34	
Wings Boneless 1 lb	Serving	1319	846	78	17	0	172	3540	92	5	1	68	
Wings Traditional (6) Lafayette	Serving	955	640	71	16	0	467	1603	0	0	0	83	
Wings Traditional (12) Lafayette	Serving	1910	1280	142	32	0	934	3207	0	0	0	165	
Wings Traditional (18) Lafayette	Serving	2865	1921	213	48	0	1401	4810	0	0	0	248	
Wings Traditional (1lb)	Serving	1110.2	744	87	19	0	480	1659	0	0	0	85	
Wings Traditional (2lb)	Serving	2220.4	1488	173	39	0	960	3318	1	0	0	170	
Add Buttermilk Ranch	3z Portion	420	378	33	6	0	15	780	3	0	3	0	
Add Signature Bleu Cheese	3z Portion	489	440	51	9	0	51	822	3	0	3	3	
Add Buffalo Wing Sauce	3z Portion	0	0	0	0	0	0	3420	0	0	0	0	
Add BBQ Wing Sauce	3z Portion	138	0	0	0	0	0	1200	11	0	0	8	
Add Chipotle Wing Sauce	3z Portion	165	0	0	0	0	0	1239	15	0	0	14	
Add Sweet Thai Chili Sauce	3z Portion	210	0	0	0	0	0	1380	17	0	0	14	
Add Sriracha Wing Sauce	3z Portion	0	0	0	0	0	0	2160	0	0	0	0	
Add Sesame Garlic Wing Sauce	3z Portion	70	0	10	0	0	0	840	14	0	0	12	
Add Caribbean Jerk Wing Sauce	3z Portion	210	0	9	0	0	0	1020	36	0	0	33	
<b>Soup and Chili</b>													
	<b>Unit</b>	<b>Total Calories</b>	<b>Fat Calories</b>	<b>Total (g)</b>	<b>Fat Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Chol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Baja Chicken Enchilada	Serving	188	101	11	5	0	38	773	15	4	4	7	
Baked Potato Bacon	Serving	195	122	14	5	0	38	818	13	1	3	4	
Beef Barley	Serving	83	21	2	1	0	8	615	11	2	1	4	
Beef Noodle	Serving	135	54	6	2	0	30	675	12	1	1	8	

Black Bean Vegetarian	Serving	135	34	4	1	0	0	705	19	6	1	6	
Broccoli Cheddar	Serving	185	122	14	8	0	39	765	11	1	3	7	
California Medley	Serving	128	61	7	5	0	23	1058	11	1	5	5	
Chicken Chili	Serving	135	36	4	1	0	11	1080	19	5	2	10	
Chicken Dumpling	Serving	128	41	5	1	0	34	795	14	1	2	8	
Chicken Gumbo	Serving	72	27	3	1	0	14	720	8	1	2	3	
Chicken Noodle	Serving	75	27	3	2	0	19	855	8	0	1	5	
Chicken Tortilla	Serving	105	34	4	1	0	11	713	14	2	2	6	
Chicken Wild Rice Soup	Serving	90	27	3	1	0	7	1058	14	1	2	4	
Chili Bowl	Serving	400	203	23	8	0	63	600	25	8	5	25	
Chili Bowl Loaded	Serving	522	284	32	13	0	89	771	32	9	8	33	
Chili Cup Loaded	Serving	466	290	32	16	0	101	610	26	6	8	22	
Chili Cup	Serving	280	142	16	5	0	44	420	18	5	4	18	
Clam Chowder	Serving	135	54	6	3	0	23	668	14	1	4	6	
Corn Chowder	Serving	118	54	6	2	0	4	569	17	2	4	2	
Cream of Broccoli	Serving	135	81	9	5	0	34	645	11	1	5	4	
Cream of Potato w/ Bacon	Serving	195	115	13	3	0	38	534	15	1	2	4	
Creamy Chicken Noodle	Serving	255	155	17	10	0	79	600	16	1	4	8	
French Onion	Serving	204	116	13	6	0	26	997	13	1	3	8	
Gumbolaya	Serving	98	41	5	2	0	30	720	7	0	1	8	
Italian Wedding .	Serving	83	27	3	1	0	8	690	10	1	1	4	
Minestrone	Serving	75	17	2	0	0	0	495	12	2	2	3	
Parmesan Kale Sausage	Serving	98	41	5	2	0	30	720	7	0	1	8	
Pasta Fagioli	Serving	99	7	1	1	0	5	723	17	2	5	5	
Potato Au Gratin	Serving	165	101	11	6	0	26	705	13	0	2	4	
Potato Cream Cheese	Serving												
Smokey Poblano Cheese	Serving	338	250	28	7	0	101	893	13	2	3	6	
Split Pea w Ham	Serving	114	10	1	0	0	4	758	19	5	3	7	
Stuffed Green Pepper	Serving	75	36	4	1	0	4	660	7	1	2	3	
Tomato Florentine	Serving	68	0	0	0	0	0	788	14	1	5	2	
Tomato Tortellini	Serving	150	65	7	5	0	23	495	17	0	4	3	
Tuscan Bean and Sausage	Serving	128	67	8	2	0	7	705	11	2	1	5	
Wisconsin Cheese	Serving	214	128	14	7	0	28	790	17	0	9	8	
<b>Salads</b>													
	<b>Unit</b>	<b>Total Calories</b>	<b>Fat Calories</b>	<b>Total Fat (g)</b>	<b>Sat (g)</b>	<b>Fat Trans Fat (g)</b>	<b>Chol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	
Apple Walnut Chicken Salad	Serving	487	274	30	6	0	97	722	19	8	13	45	
Arni's JR Salad	Serving	410	195	22	11	0	107	1559	18	2	11	35	
Asian Chicken Salad	Serving	386	109	12	3	0	85	586	24	6	19	38	
Ava Rose Chop Salad	Serving	409	197	22	11	0	85	1262	16	3	4	40	
Baby Kale Salad	Serving	818	383	43	4	0	0	530	45	24	16	14	

Add Grilled Chicken Breast 6 oz	Serving	180	162	6	2	0	85	460	0	0	0	31		
Add Grilled Shrimp	Serving	320	27	24	3	0	210	385	0	0	0	28		
Cajun Caesar	Serving	211	56	8	3	0	12	507	24	3	0	12		
Add Grilled Chicken Breast 6 oz	Serving	180	162	6	2	0	85	460	0	0	0	31		
Add Grilled Shrimp	Serving	320	27	24	3	0	210	385	0	0	0	28		
Chicken Taco Salad	Serving	635	278	31	12	0	131	1260	43	6	9	50		
JR Chicken Taco Salad	Serving	375	156	17	7	0	69	713	30	5	7	28		
Classic Wedge Salad	Serving	203	112	12	6	0	30	686	12	4	7	21		
Club House Salad	Serving	635	370	41	20	0	423	2088	17	3	9	61		
JR Club House	Serving	326	185	21	10	0	212	1049	10	2	5	31		
Cobb Salad	Serving	439	233	26	12	0	232	1092	15	4	9	48		
Med Salad	Serving	211	137	15	5	0	15	818	14	4	4	8		
Add Grilled Chicken Breast 6 oz	Serving	180	162	6	2	0	85	460	0	0	0	31		
Add Grilled Shrimp	Serving	320	27	24	3	0	210	385	0	0	0	28		
Rio Grande BBQ Chicken Salad	Serving	670	308	34	21	0	145	1738	32	8	8	57		
Salmon Salad	Serving	731	531	59	10	0	100	370	16	9	9	46		
Senior Salad	Serving	624	297	33	16	1	160	2375	28	3	18	52		
Southern Fried Chicken Salad	Serving	714	429	48	13	0	336	1069	39	5	8	38		
JR Southern Fried Chicken Salad	Serving	460	292	33	8	0	171	617	23	3	5	21		
Southern Grilled Chicken Salad	Serving	455	207	23	10	0	391	743	16	3	8	49		
Strawberry Spinach Salad	Serving	262	165	18	8	0	39	824	11	6	3	21		
Add Grilled Chicken Breast 6 oz	Serving	180	162	6	2	0	85	460	0	0	0	31		
Add Grilled Shrimp	Serving	320	27	24	3	0	210	385	0	0	0	28		
Taco Salad	Serving	627	332	37	15	0	83	1047	46	8	8	32		
JR Taco Salad	Serving	398	205	23	9	0	51	619	30	5	6	20		
West Coast Cobb Salad	Serving	544	340	38	14	0	231	1230	13	10	2	48		
Small Toss w/ Cheese	Serving	206	101	11	7	0	37	407	11	2	6	16		
Small Toss No Cheese	Serving	35	0	0	0	0	0	21	8	2	5	2		
Small Caesar	Serving	525	407	45	9	0	27	1466	15	2	11	9		
<b>Dressings</b>														
	<b>Unit</b>	<b>Total Calories</b>	<b>Fat Calories</b>	<b>Total (g)</b>	<b>Fat (g)</b>	<b>Sat (g)</b>	<b>Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Chol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Arni's 1000 Island Dressing	Serving	450	405	45	9	0	42	750	30	0	30	0	30	0
Arni's Signature Bleu Cheese	Serving	689	641	72	18	0	98	815	3	0	2	0	2	3
Arni's Signature Honey French	Serving	429	297	33	6	0	0	630	30	0	21	0	21	0
Buttermilk Ranch	Serving	450	405	45	9	0	15	780	3	0	3	0	3	0
Celery Seed	Serving	500	172	47	7	0	0	784	18	0	18	0	18	0
Dijon Balsamic Vinaigrette	Serving	169	120	13	3	0	0	732	11	0	8	0	8	0
Fat Free French	Serving	45	0	0	0	0	0	260	11	1	9	1	9	0

Fat Free Honey Mustard	Serving	80	0	0	0	0	0	0	980	20	2	8	0	
Fat Free Ranch	Serving	40	0	0	0	0	0	0	490	10	1	4	0	
Herb Vinaigrette	Serving	200	162	18	3	0	0	786	9	0	9	0		
Honey Dijon	Serving	381	324	36	6	0	30	609	14	0	14	0		
Low Calorie Ranch	Serving	76	54	6	1	0	5	251	5	0	4	0		
Parmesan Peppercorn	Serving	480	432	48	9	0	30	930	6	0	6	3		
Raspberry Walnut Vinaigrette	Serving	360	324	36	5	0	0	270	15	0	15	0		
Sesame Ginger	Serving	270	122	14	2	0	0	960	36	0	27	0		
Sun Dried Tomato Vinaigrette	Serving	180	135	15	2	0	0	1050	12	0	9	0		
<b>Pizza</b>														
	<b>Unit</b>	<b>Total Calories</b>	<b>Fat Calories</b>	<b>Total (g)</b>	<b>Fat (g)</b>	<b>Sat (g)</b>	<b>Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Chol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Aiden Amazing Meatball	Serving	1597	808	90	39	1	237	4096	123	9	25	77		
Aiden Amazing Meatball 14"	Serving	3255	1671	186	81	2	489	8403	246	17	49	160		
Aiden Amazing Meatball 7"	Serving	819	422	47	20	1	123	2118	61	6	12	40		
BBQ Chicken 14"	Serving	2463	852	95	54	0	366	7804	277	7	71	136		
BBQ Chkn 10"	Serving	1272	469	52	35	0	189	3950	129	3	32	72		
BBQ Chkn 14"	Serving	2444	866	96	63	0	353	7680	258	5	64	137		
BBQ Chkn 7"	Serving	1147	446	50	30	0	170	2984	114	4	21	61		
Bid Daddy Meat Cravers 10"	Serving	1574	847	94	44	1	277	4360	104	4	15	84		
Bid Daddy Meat Cravers 7"	Serving	787	423	47	22	0	139	2180	52	4	7	42		
Big Daddy Meat 14"	Serving	3128	1694	188	88	1	554	8704	203	8	27	167		
Big Daddy Meat Cravers 14"	Serving	3149	1694	188	88	1	554	8721	208	8	29	168		
Buffalo Chicken 10"	Serving	1421	624	69	31	0	195	5043	128	6	13	74		
Buffalo Chicken 14"	Serving	2974	1439	160	66	0	384	9223	245	10	28	138		
Buffalo Chicken 7"	Serving	823	413	46	18	0	101	2716	65	5	7	37		
Cheese Only Pizza 10"	Serving	1034	424	47	26	0	150	2209	102	4	13	50		
Cheese Only Pizza 14"	Serving	2069	848	94	51	0	300	4418	205	8	26	101		
Cheese Only Pizza 7"	Serving	517	212	24	13	0	75	1105	51	4	7	25		
Chicken Portabella 10"	Serving	1141	462	51	27	0	201	2937	98	3	8	72		
Chicken Portabella 14"	Serving	2260	923	103	53	0	402	5858	192	6	13	144		
Chicken Portabella 7"	Serving	565	231	26	13	0	101	1465	48	3	3	36		
Deluxe 10"	Serving	1504	756	84	38	1	240	3873	114	9	20	75		
Deluxe 14"	Serving	3008	1512	168	76	2	479	7745	227	18	40	150		
Deluxe 7"	Serving	752	378	42	19	1	120	1937	57	6	10	37		
Diamondback 10"	Serving	1478	760	84	51	0	200	5065	113	4	27	63		
Diamondback 14"	Serving	2957	1519	169	101	0	400	1012	227	8	54	126		
Diamondback 7"	Serving	745	380	42	25	0	100	2533	58	4	14	32		
Garden of Eden 10"	Serving	1314	428	48	26	0	150	3208	152	10	57	60		

Garden of Eden 14"	Serving	2334	857	95	52	0	300	6182	246	11	76	110
Garden of Eden 7"	Serving	589	214	24	13	0	75	1550	63	5	20	28
Hawaiian 10"	Serving	1205	442	49	26	0	185	4152	138	3	42	52
Hawaiian 14"	Serving	2410	884	98	52	0	370	8304	277	6	85	105
Hawaiian 7"	Serving	603	221	25	13	0	93	2076	69	3	21	26
Jerk Chicken 10"	Serving	1232	437	49	22	0	176	3941	138	5	42	65
Jerk Chicken 14"	Serving	2500	875	97	44	0	352	7912	282	11	88	131
Jerk Chicken 7"	Serving	616	219	24	11	0	88	1971	69	4	21	32
Jessica Roasted Potato 10"	Serving	1509	853	95	37	0	165	4239	105	4	6	74
Jessica Roasted Potato 7"	Serving	673	499	55	20	0	83	2162	21	2	2	32
Jessica Roasted Potato 7"	Serving	886	522	58	21	0	83	2560	62	5	4	38
Killer Cajun 10"	Serving	1453	627	70	33	0	250	4042	122	8	20	85
Killer Cajun 14"	Serving	2906	1255	139	66	0	500	7624	244	16	41	170
Killer Cajun 7"	Serving	716	313	35	17	0	125	1974	59	5	9	42
Maui Zowie 10"	Serving	1582	700	78	37	1	250	5092	148	5	47	70
Maui Zowie 14"	Serving	2972	1400	156	74	2	499	9668	256	5	66	136
Maui Zowie 7"	Serving	755	350	39	19	1	125	2517	67	3	18	34
Original BBQ 10"	Serving	1343	586	65	32	0	195	4350	127	6	30	61
Original BBQ 14"	Serving	2666	1172	130	63	1	390	8682	250	11	56	122
Original BBQ 7"	Serving	667	293	33	16	0	98	2171	63	4	14	30
Pepperoni Pizza 10"	Serving	1454	757	84	38	1	239	3707	102	4	13	70
Pepperoni Pizza 14"	Serving	5944	2800	311	149	4	998	19336	512	11	132	272
Pepperoni Pizza 7"	Serving	727	378	42	19	1	120	1854	51	4	7	35
Philly Cheesesteak Pizza 7	Serving	707	339	38	20	0	120	1801	57	5	9	38
Philly Cheesesteak Pizza 7"	Serving	707	339	38	20	0	120	1801	57	5	9	38
Rustica 10"	Serving	1366	696	77	36	0	210	3007	111	6	17	62
Rustica 14"	Serving	2731	1391	155	73	0	420	6015	222	13	35	124
Rustica 7"	Serving	683	348	39	18	0	105	1504	55	5	9	31
Sausage Pizza 10"	Serving	1259	586	65	32	0	195	3199	102	7	13	63
Sausage Pizza 14"	Serving	2519	1172	130	63	1	390	6398	205	14	26	125
Sausage Pizza 7"	Serving	731	235	26	14	0	75	1502	92	3	8	31
Tyler's Chicken Bacon Ranch 10"	Serving	1399	635	71	32	0	221	3372	111	5	16	81
Tyler's Chicken Bacon Ranch 14"	Serving	2797	1271	141	64	0	442	6745	222	11	33	162
Tyler's Chicken Bacon Ranch 7"	Serving	699	318	35	16	0	111	1686	56	4	8	40
Veggie 10"	Serving	1155	480	53	28	0	150	2527	121	7	22	55
Veggie 14"	Serving	2310	960	107	56	0	300	5054	242	15	44	110
Veggie 7"	Serving	577	240	27	14	0	75	1264	60	5	11	28
White Wedding 10"	Serving	1349	714	79	39	0	208	3311	96	3	9	72

White Wedding 14"	Serving	2698	1428	159	78	0	416	6623	193	6	18	144		
White Wedding 7"	Serving	675	357	40	19	0	104	1656	48	3	5	36		
<b>Subs And Stroms</b>														
	<b>Unit</b>	<b>Total Calories</b>	<b>Fat Calories</b>	<b>Total (g)</b>	<b>Fat (g)</b>	<b>Sat (g)</b>	<b>Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Chol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Bulldog BBQ 1/2	Serving	1053	473	53	24	0	142	3887	85	2	25	56		
Bulldog BBQ	Serving	2060	946	105	48	0	284	7374	159	4	43	112		
Cheesesteak 1/2	Serving	1014	572	64	24	0	142	2988	57	3	6	57		
Cheesesteak	Serving	2029	1143	127	49	0	284	5976	114	6	11	115		
Cheesesteak Peppers 1/2	Serving	930	493	55	24	0	154	3220	59	4	5	55		
Cheesesteak Peppers	Serving	1895	1018	113	49	0	308	6550	119	9	9	109		
Chicken Portabella Sub 1/2	Serving	563	183	20	6	0	79	1675	56	2	4	42		
Chicken Portabella Sub	Serving	1126	366	41	11	1	157	3350	113	5	9	83		
Garden Stromboli 1/2	Serving	402	95	11	5	0	28	835	58	4	10	21		
Garden Stromboli	Serving	807	190	21	10	1	55	1680	116	7	19	43		
Gutbuster 1/2	Serving	880	430	48	19	1	123	3088	67	6	15	44		
Gutbuster	Serving	1761	861	96	37	3	246	6175	133	11	31	87		
Havana Stack 1/2	Serving	490	119	13	4	0	82	2211	64	2	13	30		
Havana Stack	Serving	980	237	26	8	0	165	4421	128	4	27	60		
Hot Sicilian	Serving	1210	517	58	22	1	118	4270	118	5	14	63		
Hot Sicilian 1/2	Serving	549	229	25	11	1	59	2007	54	2	7	31		
Hot Sicilian	Serving	1099	457	51	21	1	118	4014	108	4	14	61		
Italian Beef 1/2	Serving	822	391	44	21	0	134	2716	54	2	7	55		
Italian Beef	Serving	1644	783	87	42	1	268	5432	109	5	14	111		
Meatball Sub 1/2	Serving	779	348	39	13	0	81	2115	68	6	13	43		
Meatball Sub	Serving	1559	696	77	26	1	162	4230	136	13	26	86		
Roast Turkey Sub 1/2	Serving	602	230	26	8	0	83	1999	51	2	4	38		
Roast Turkey Sub	Serving	1234	473	53	18	0	180	4253	101	3	8	88		
Shrimp Po' Boy 1/2	Serving	896	507	56	16	0	137	2218	72	3	8	28		
Shrimp Po' Boy	Serving	1792	1013	113	33	0	274	4437	143	5	15	56		
Stromboli 1/2	Serving	646	274	31	13	1	82	1882	55	6	8	36		
Stromboli	Serving	1291	549	61	25	1	164	3763	109	11	16	72		
Submarine 1/2	Serving	415	112	13	7	0	37	885	54	3	8	23		
Submarine	Serving	784	225	25	13	1	74	1734	99	4	9	45		
Texas BBQ 1/2	Serving	709	274	31	13	1	82	2657	72	5	20	35		
Texas BBQ	Serving	1287	498	55	22	1	145	4720	131	10	31	63		
<b>Sandwiches</b>														
	<b>Unit</b>	<b>Total Calories</b>	<b>Fat Calories</b>	<b>Total (g)</b>	<b>Fat (g)</b>	<b>Sat (g)</b>	<b>Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Chol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Baja Fish Taco	Serving	1461	839	93	32	0	164	4266	111	6	38	55		
BBQ Buckaroo	Serving	1219	572	64	32	0	198	4697	97	3	38	69		
BBQ Chicken Wrap	Serving	1508	697	78	28	0	135	4285	137	11	27	61		
Big Bird	Serving	867	435	48	13	0	110	1936	72	4	9	38		

Big Pig Pulled Pork BBQ	Serving	704	153	17	5	0	120	2212	84	2	36	55		
BLT Sandwich	Serving	712	325	36	10	0	50	1340	65	7	6	19		
Buffalo Chicken Wrap	Serving	969	543	60	16	0	60	3787	73	3	6	31		
Cajun Chicken Caesar Wrap	Serving	828	414	46	12	0	110	2244	55	3	7	49		
California Turkey Wrap	Serving	804	337	37	12	0	100	2897	65	8	10	47		
Chicken Avocado Club	Serving	816	375	42	13	0	137	1804	59	6	9	53		
Chicken Salad Croissant	Serving	760	459	51	18	0	116	1146	54	6	17	24		
Chicken Salad Sandwich	Serving	924	456	51	7	0	60	1577	94	10	27	35		
Club Sandwich	Serving	1068	524	58	19	0	178	2867	78	5	15	60		
Greek Wrap	Serving	754	336	37	17	0	100	1950	61	6	9	48		
Gyro Sandwich	Serving	1012	626	70	30	0	123	1998	56	3	5	34		
Ham and Cheese	Serving	498	138	15	7	0	78	2180	57	0	13	17		
Korean BBQ Salmon Taco	Serving	458	148	16	5	0	46	966	56	3	26	21		
Nightmare	Serving	655	297	33	15	0	79	3102	58	4	8	35		
Pork Tenderloin Sandwich Breaded	Serving	1283	474	53	12	0	186	3269	115	6	10	76		
Pork Tenderloin Sandwich Grilled	Serving	904	408	45	10	0	168	1222	56	4	9	63		
Pulled Pork Shoulder BBQ Sandwich	Serving	1013	425	48	15	0	169	2675	93	3	34	51		
Reuben Ala Arni Open Face	Serving	1103	549	61	29	0	195	3992	72	7	3	63		
Reuben Grilled	Serving	1419	869	97	36	0	223	3858	90	7	22	62		
Sante Fe Roll-up	Serving	935	476	53	19	0	135	3165	62	2	10	45		
Smoked Chicken Salad Croissant	Serving	1101	811	90	25	0	166	1307	52	5	16	22		
Smoked Turkey Croissant	Serving	866	487	54	23	0	166	2082	48	2	8	45		
Smoked Turkey Reuben Open Face	Serving	1020	422	47	18	0	184	3116	83	5	15	66		
Spicy Chicken Sandwich	Serving	1358	702	78	29	0	175	3711	101	8	10	62		
Spicy Chicken Sandwich	Serving	1095	593	66	25	0	175	2985	64	4	10	59		
Sunshine Crab Melt	Serving	1109	804	89	27	0	185	1812	52	3	6	28		
Tuna Club	Serving	1057	527	59	15	0	101	2508	82	8	20	30		
Tuna Melt Supreme	Serving	1130	648	72	25	1	132	2448	62	5	21	54		
Veggie Melt	Serving	400	231	26	9	0	31	1047	31	2	9	15		
Windsor	Serving	724	246	27	13	0	101	4196	67	3	12	44		
Yacht Club	Serving	950	430	48	13	0	83	2445	99	2	18	32		
<b>Burgers</b>														
	<b>Unit</b>	<b>Total Calories</b>	<b>Fat Calories</b>	<b>Total (g)</b>	<b>Fat (g)</b>	<b>Sat (g)</b>	<b>Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Chol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
A-1 Arni Burger	Serving	1370	640	71	10	0	249	3314	102	4	40	76		
Aloha Burger	Serving	1411	658	73	16	0	287	2507	88	4	37	94		
Avocado Swiss Turkey Burger	Serving	1084	585	65	15	0	160	1154	64	9	10	64		
Bacon Cheddar Burger	Serving	1121	568	63	10	0	243	1094	55	3	9	77		
Bacon Cheese Burger	Serving	1151	588	65	12	0	259	1495	56	3	9	78		



Cajun Cheeseburger	Serving	1089	550	61	26	3	180	1446	58	4	12	61		
Cauliflower Veggie Burger	Serving	598	208	23	3	0	20	1318	79	9	14	25		
Cheeseburger w American	Serving	1116	554	62	11	0	258	1125	56	3	9	78		
Chipotle Bacon Bleu Burger	Serving	1170	604	67	13	0	255	2724	56	4	9	80		
Crazy Jakes BBQ Burger MS	Serving	1293	589	66	10	0	257	2201	88	5	25	81		
Crazy Jakes BBQ Burger	Serving	1303	620	69	11	0	243	1984	87	4	25	78		
Maverick Burger	Serving	1443	773	86	22	0	287	2578	77	10	15	88		
Mexicali Burger	Serving	1078	544	60	27	3	180	2035	62	2	12	59		
Mini Cheeseburgers (3)	Serving	1077	515	57	21	2	189	1731	79	4	13	44		
Mushroom Swiss Onion Burger	Serving	1313	683	76	17	0	287	863	61	5	13	92		
Mushroom Swiss Burger	Serving	1318	743	83	30	3	220	904	54	3	10	74		
Patty Melt	Serving	1187	550	61	14	0	268	1490	76	6	8	83		
Pretzel Burger	Serving	1143	583	65	11	0	249	1521	171	7	11	91		
Rise and Shine Burger	Serving	1285	657	73	14	0	464	2124	67	4	13	81		
<b>Platters</b>														
	<b>Unit</b>	<b>Total Calories</b>	<b>Fat Calories</b>	<b>Total (g)</b>	<b>Fat (g)</b>	<b>Sat (g)</b>	<b>Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Chol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Chicken Tender Platter	Serving	794	446	50	8	0	63	1683	49	3	0	3	41	
Fish and Chips Platter	Serving	840	378	42	9	0	105	3360	69	3	3	48		
<b>Pasta</b>														
	<b>Unit</b>	<b>Total Calories</b>	<b>Fat Calories</b>	<b>Total (g)</b>	<b>Fat (g)</b>	<b>Sat (g)</b>	<b>Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Chol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Chicken Fettucine	Serving	963	465	52	17	0	139	1432	71	5	12	50		
Chicken Pasta Parmesan	Serving	1343	630	70	18	1	104	2608	116	8	18	64		
Fettucine Alfredo	Serving	770	410	46	14	0	54	962	70	4	12	17		
Insane Mac and Cheese	Serving	811	428	48	22	0	106	2620	56	7	10	37		
Lasagna Old World	Serving	1127	561	62	29	1	157	3724	86	8	20	58		
Penne Mediterranean	Serving	981	605	67	19	0	139	2183	42	6	9	48		
Penne With Sausage	Serving	1079	795	88	29	0	143	2561	47	5	17	32		
Pesto Chicken Pasta	Serving	857	517	57	16	0	125	1770	38	4	10	45		
Pesto Shrimp	Serving	1104	572	64	13	0	196	1286	85	6	8	41		
Shrimp Carbonara	Serving	1084	695	77	28	0	287	2248	41	3	12	62		
Smokey Chicken and Bacon Mac	Serving	941	552	61	36	0	189	3103	34	2	6	64		
Spaghetti Marinara	Serving	461	113	13	1	0	2	771	74	6	16	13		
Spaghetti Meatballs	Serving	1001	474	53	15	0	92	1931	84	10	16	49		
Voodoo Pasta New	Serving	773	410	46	13	0	201	1814	44	4	13	45		
<b>Kid's Menu</b>														
	<b>Unit</b>	<b>Total Calories</b>	<b>Fat Calories</b>	<b>Total (g)</b>	<b>Fat (g)</b>	<b>Sat (g)</b>	<b>Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Chol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Bambino Cheese Pizza	Serving	522	212	24	13	0	75	1109	52	4	7	25		

Kid Chicken Breast	Serving	180	54	6	2	0	85	460	0	0	0	31		
Kid Chicken Tender	Serving	460	286	32	6	0	32	838	24	1	0	20		
Kid Dino Chunks	Serving	210	72	8	0	0	10	470	22	0	0	10		
Kid Grilled Cheese	Serving	401	169	19	8	0	42	926	43	2	4	14		
Kid Ham Sandwich	Serving	418	134	15	6	0	69	1613	45	3	4	24		
Kid Hot Dog	Serving	283	159	18	6	0	28	644	21	1	2	11		
Kid Mac & Cheese	Serving	340	99	11	3	0	25	830	48	2	11	12		
Kid Mini Cheeseburgers	Serving	596	259	29	13	2	122	644	43	2	8	28		
Kid Mini Corn Dogs	Serving	265	135	15	4	0	60	610	23	1	10	10		
Kid Penne Marinara	Serving	141	50	6	0	0	0	375	20	2	7	3		
Kid Quesadilla	Serving	337	167	19	10	0	39	569	31	1	2	15		
Kid Quesadilla Chicken	Serving	417	182	20	10	0	73	949	33	1	2	29		
Kid Toss Salad	Serving	186	101	11	7	0	37	396	7	1	3	15		
Kid Turkey Sandwich	Serving	370	68	8	4	0	66	1376	43	2	6	27		
<b>Side Orders</b>														
	<b>Unit</b>	<b>Total Calories</b>	<b>Fat Calories</b>	<b>Total (g)</b>	<b>Fat</b>	<b>Sat</b>	<b>Fat</b>	<b>Trans Fat (g)</b>	<b>Chol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Side Broccoli	Serving	30	0	0	0	0	0	0	0	30	5	0	0	3
Side Brussels Sprouts	Serving	226	132	15	1	0	0	0	122	22	9	5	8	
Side Brussels Sprouts Roasted	Serving	226	132	15	1	0	0	0	122	22	9	5	8	
Side Chips	Serving	240	135	15	2	0	0	0	0	23	2	0	3	
Side Cole Slaw	Serving	185	103	12	0	0	8	265	18	3	15	0		
Side Cottage Cheese	Serving	115	45	5	3	0	24	437	5	0	4	13		
Side Couscous Tomato	Serving	184	128	14	0	0	0	58	16	0	3	3		
Side Fries	Serving	259	110	12	4	0	0	730	37	4	0	3		
Side Fruit Salad	Serving	63	0	0	0	0	0	18	20	1	19	0		
Side Garlic Bread (side)	Serving	333	180	20	4	0	0	578	33	2	2	7		
Side Guacamole Fresh	Serving	168	86	10	1	0	0	479	28	11	3	4		
Side Loaded Fries	Serving	675	417	46	24	0	105	1326	44	4	2	30		
Side Mac Chz WC	Serving	238	128	14	7	0	28	942	17	1	3	9		
Side Mandarin Oranges	Serving	90	0	0	0	0	0	10	20	0	20	4		
Side Onion Rings	Serving	343	16	2	0	0	0	958	76	2	9	9		
Side Pickle Spear Kosher	Serving	0	0	0	0	0	0	320	0	0	0	0		
Side Potato Salad	Serving	223	128	14	3	0	30	486	19	0	1	4		
Side Sweet Potato Fries	Serving	292	131	15	1	0	0	1005	35	2	10	2		
Side Tater Tots	Serving	257	132	15	3	0	0	708	26	3	0	3		
<b>Desserts</b>														
	<b>Unit</b>	<b>Total Calories</b>	<b>Fat Calories</b>	<b>Total (g)</b>	<b>Fat</b>	<b>Sat</b>	<b>Fat</b>	<b>Trans Fat (g)</b>	<b>Chol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>

Apple Pie Big	Serving	923	326	36	21	0	64	380	109	6	88	5
Carmel Apple Granny	Serving	450	189	21	21	0	95	220	60	1	40	5
Carrot Cake Slice	Serving	920	558	62	24	0	150	880	76	2	28	8
Chocolate Lovin Spoonful	Serving	690	360	40	22	0	157	362	82	5	60	9
Chocolate Peanut Butter	Serving	570	234	26	66	0	20	420	80	3	0	8
Cookie Monster Individual	Serving	609	256	29	16	0	73	396	59	1	51	3
Cookie Skillet Choc Chunk	Serving	1339	584	65	39	0	218	1250	129	3	117	10
Cookie Skillet Salted Carmel	Serving	1369	571	63	41	0	218	1380	138	1	127	9
Deep Fried Cheesecake	Serving	619	286	32	19	0	128	422	53	2	38	8
New York Style Cheesecake	Serving	482	290	32	18	0	130	470	41	1	30	7
Oreo Brownie Blast	Serving	986	341	38	22	0	87	609	125	4	122	5
Red Velvet Slice	Serving	1020	477	53	26	0	110	590	130	2	86	9
Snickers Pie	Serving	705	371	41	21	0	92	417	80	2	54	8
Triple Chocolate Cheesecake	Serving	700	423	47	27	0	150	310	61	3	47	10
Ultimate Cookie Freak Out	Serving	1581	697	77	41	0	166	808	173	8	118	13