



Nutritional Guide

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 1/1/16.

APPETIZERS (No Sauces)	Unit	Cal (Kcal)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Basket Of Fries	Serving	776	37	13	0	0	1929	110	11	0	10
Breadsticks - Basket	Serving	526	22	3	0	0	942	75	3	3	13
Add Marinara Sauce	3z Portion	66	0	3	0	0	375	9	2	6	3
Add Nacho Cheese Sauce	3z Portion	150	12	6	0	15	660	9	0	0	3
Breadsticks - 1/2 Order	Serving	264	11	2	0	0	479	38	2	2	7
Buffalo Chicken Quesadilla	Serving	654	27	12	0	107	3588	61	2	6	47
Chicken Quesadilla	Serving	759	29	12	0	112	1981	69	4	7	53
Add Sour Cream	3z Portion	183	18	12	0	66	156	6	0	3	0
Chicken Tender Basket	Serving	749	47	8	0	60	1571	45	3	0	38
Add BBQ Wing Sauce	3z Portion	138	0	0	0	0	1200	11	0	0	8
Add Honey Dijon Dressing	3z Portion	381	36	6	0	30	609	14	0	14	0
Chili Cheese Fries	Serving	1517	89	38	0	146	2648	133	15	3	61
Chili Nachos Supreme	Serving	1463	82	29	0	143	1554	125	12	6	59
Fiesta Chicken Nachos	Serving	1569	71	22	0	180	2241	156	14	7	81
Add Sour Cream	3z Portion	183	18	12	0	66	156	6	0	3	0
Firecracker Shrimp	Serving	773	35	8	0	154	2862	87	4	38	22
Fried Green Beans	Serving	760	44	8	0	0	1700	80	7	7	7
Add Bistro Sauce	3z Portion	105	11	0	0	0	330	6	0	0	0
Fried Pickles	Serving	398	10	2	0	0	2790	63	6	9	9
Add Bistro Sauce	3z Portion	105	11	0	0	0	330	6	0	0	0
Garlic Cheese Bread	Serving	1014	64	25	0	92	1976	57	3	4	54
Add Marinara Sauce	3z Portion	66	0	3	0	0	375	9	2	6	3
Loaded Cheese Fries	Serving	1427	87	40	0	139	2948	118	11	0	64
Add Sour Cream	3z Portion	183	18	12	0	66	156	6	0	3	0
Add Buttermilk Ranch	3z Portion	420	33	6	0	15	780	3	0	3	0

Magnificent Mushrooms	Serving	545	36	18	0	86	1121	32	8	20	28
Mozzarella Sticks	Serving	762	49	17	0	70	5251	63	0	14	28
Onion Rings Basket	Serving	1046	19	3	0	0	2554	202	5	24	24
Add Bistro Sauce	3z Portion	105	11	0	0	0	330	6	0	0	0
Pizza Bread All Meat	Serving	1159	88	33	2	224	3760	50	5	10	59
Pizza Bread All Veggie	Serving	503	26	12	0	75	1108	69	7	21	28
Potato Pancake Basket	Serving	453	28	8	0	43	1045	43	4	0	7
Pulled Pork Tater Tots	Serving	2561	110	21	0	242	14831	293	22	99	54
Queso CheeseStix Basket	Serving	970	56	31	0	70	2520	84	14	0	28
Sarah's Spinach Nachos	Serving	1367	83	24	0	84	1600	131	10	7	25
Sweet Potato Basket	Serving	713	43	5	0	0	1276	71	4	21	4
Wings Boneless	Serving	835	47	10	0	115	2353	61	4	1	45
Wings Traditional (12)	Serving	410	35	8	0	26	500	13	0	0	9
Wings Traditional (18)	Serving	616	53	12	0	39	751	19	0	0	13
Wings Traditional (6)	Serving	205	18	4	0	13	250	6	0	0	4
Add Buttermilk Ranch	3z Portion	420	33	6	0	15	780	3	0	3	0
Add Signature Bleu Cheese	3z Portion	489	51	9	0	51	822	3	0	3	3
Add Buffalo Wing Sauce	3z Portion	0	0	0	0	0	3420	0	0	0	0
Add BBQ Wing Sauce	3z Portion	138	0	0	0	0	1200	11	0	0	8
Add Chipotle Wing Sauce	3z Portion	165	0	0	0	0	1239	15	0	0	14
Add Sweet Thai Chili Sauce	3z Portion	210	0	0	0	0	1380	17	0	0	14
Add Sriracha Wing Sauce	3z Portion	0	0	0	0	0	2160	0	0	0	0
Add esame Garlic Wing Sauce	3z Portion	70	10	0	0	0	840	14	0	0	12
Add Caribbean Jerk Wing Sauce	3z Portion	210	9	0	0	0	1020	36	0	0	33

SOUPS (Asstd. Popular Choices)	Unit	Cal (Kcal)	Fat (g)	Sat Fat (g)	Trans		Sodium (mg)	Carbs (g)	Dietary		Protein (g)
					Fat (g)	Chol (mg)			Fiber (g)	Sugars (g)	
Baja Chicken Enchilada	6z Cup	188	11	5	0	38	773	15	4	4	7
Baked Potato Bacon Soup	6z Cup	195	14	5	0	38	818	13	1	3	4
Beef Barley Soup	6z Cup	83	2	1	0	8	615	11	2	1	4
Beef Chili (Plain)	6z Cup	240	14	5	0	38	360	15	5	3	15
Beef Chili (Loaded)	6z Cup	426	30	15	0	95	550	24	5	7	19
Beef Noodle Soup	6z Cup	135	6	2	0	30	675	12	1	1	8
Black Bean Vegetarian	6z Cup	135	4	1	0	0	705	19	6	1	6
Broccoli Cheese Soup	6z Cup	135	8	5	0	22	996	10	1	3	7
California Medley Soup	6z Cup	128	7	5	0	23	1058	11	1	5	5
Cheddar Baked Potato	6z Cup	186	9	6	0	32	713	18	1	4	9

Chicken Chili Soup	6z Cup	135	4	1	0	11	1080	19	5	2	10
Chicken Dumpling Soup	6z Cup	128	5	1	0	34	795	14	1	2	8
Chicken Gumbo Soup	6z Cup	72	3	1	0	14	720	8	1	2	3
Chicken Noodle Soup	6z Cup	75	3	2	0	19	855	8	0	1	5
Chicken Tortilla Soup (Broth based)	6z Cup	105	4	1	0	11	713	14	2	2	6
Chicken Wild Rice Soup	6z Cup	90	3	1	0	7	1058	14	1	2	4
Clam Chowder Soup	6z Cup	135	6	3	0	23	668	14	1	4	6
Cream of Broccoli Soup	6z Cup	135	9	5	0	34	645	11	1	5	4
Cream of Potato w/ Bacon	6z Cup	195	13	3	0	38	534	15	1	2	4
French Onion Soup	6z Cup	192	13	6	0	26	984	12	1	3	7
Gumbolaya Soup	6z Cup	98	5	2	0	30	720	7	0	1	8
Italian Wedding Soup	6z Cup	83	3	1	0	8	690	10	1	1	4
Minestrone Soup	6z Cup	75	2	0	0	0	495	12	2	2	3
Parmesan Kale Sausage	6z Cup	98	5	2	0	30	720	7	0	1	8
Pasta Fagioli Soup	6z Cup	99	1	1	0	5	723	17	2	5	5
Potato Au Gratin Soup	6z Cup	165	11	6	0	26	705	13	0	2	4
Potato Cream Cheese Soup	6z Cup	276	15	9	0	42	1356	15	2	5	8
Cheesy Chicken Tortilla	6z Cup	90	4	2	0	15	885	10	0	2	5
Stuffed Green Pepper Soup	6z Cup	75	4	1	0	4	660	7	1	2	3
Tomato Tortellini Soup	6z Cup	150	7	5	0	23	495	17	0	4	3
Tuscan Bean and Sausage	6z Cup	128	8	2	0	7	705	11	2	1	5
Wisconsin Cheese Soup	6z Cup	214	14	7	0	28	790	17	0	9	8

SALADS (No Dressing)	Unit	Cal (Kcal)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Arni's JR Salad	Serving	443	22	9	0	93	1575	23	3	4	40
Arni's Senior Salad	Serving	774	39	16	0	155	2617	39	4	6	68
Apple Walnut Chicken Salad	Serving	504	30	6	0	97	722	24	9	17	45
Asian Chicken Salad	Serving	386	12	3	0	85	586	24	6	19	38
Ava Rose Chop Salad	Serving	410	22	11	0	79	1245	14	3	3	40
Caesar Large Plain	Serving	211	8	3	0	12	507	24	3	0	12
Caesar Cajun Chicken	Serving	340	10	2	0	85	1059	25	4	1	38
Caesar Cajun Shrimp	Serving	480	28	3	0	210	1138	25	4	1	35
Chicken Taco Salad	Serving	532	31	12	0	131	1026	42	6	8	50
JR Chicken Taco Salad	Serving	378	17	7	0	69	596	29	5	7	28
Club House Salad	Serving	635	41	20	0	423	2088	17	3	9	61
JR Club House	Serving	326	21	10	0	212	1049	10	2	5	31
Cobb Salad Original	Serving	439	26	12	0	232	1092	15	4	9	48

Cobb Salad West Coast	Serving	571	40	14	0	231	1249	18	10	6	47
Mediterranean Salad	Serving	211	15	5	0	15	818	14	4	4	8
Add Grilled Chicken Breast 6 oz	Serving	180	6	2	0	85	460	0	0	0	31
Add Grilled Shrimp	Serving	320	24	3	0	210	385	0	0	0	28
Rio Grande BBQ Chicken (+BBQ Sauce)	Serving	1066	64	27	0	155	3045	55	9	24	57
Southern Fried Chicken Salad	Serving	714	48	13	0	337	1079	36	5	8	38
JR Southern Chicken Salad	Serving	460	33	8	0	171	617	23	3	5	21
Southern w/ Grilled Chicken	Serving	455	23	10	0	391	743	16	3	8	48
Strawberry Spinach Salad	Serving	262	18	8	0	39	824	11	6	3	21
Add Grilled Chicken Breast 6 oz	Serving	180	6	2	0	85	460	0	0	0	31
Add Grilled Shrimp	Serving	320	24	3	0	210	385	0	0	0	28
Taco Salad	Serving	624	37	15	0	83	813	45	8	8	31
JR Taco Salad	Serving	397	23	9	0	51	502	30	5	6	20
Small Caesar	Serving	586	47	9	0	27	1557	25	2	3	14
Small Toss No Cheese	Serving	30	0	0	0	0	18	7	2	4	2
Small Toss w/ Cheese	Serving	201	11	6	0	31	387	9	2	4	16

DRESSINGS	Unit	Cal (Kcal)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Arni's 1000 Island	3z Portion	420	39	6	0	24	840	18	0	18	0
Arni's Signature Bleu Cheese	3z Portion	489	51	9	0	51	822	3	0	3	3
Arni's Signature Honey French	3z Portion	420	33	6	0	0	630	30	0	21	0
Buttermilk Ranch	3z Portion	450	45	9	0	15	780	3	0	3	0
Dijon Balsamic Vinaigrette	3z Portion	169	13	3	0	0	732	11	0	8	0
French Fat Free	1.5z Portion	40	0	0	0	0	270	10	0	8	0
Herb Vinaigrette	3z Portion	200	18	3	0	0	786	9	0	9	0
Honey Dijon	3z Portion	381	36	6	0	30	609	14	0	14	0
Honey Mustard Fat Free	1.5z Portion	80	0	0	0	0	980	20	2	8	0
Oriental Sesame Ginger	3z Portion	270	14	2	0	0	960	36	0	27	0
Parmesan Peppercorn	3z Portion	480	48	9	0	30	930	6	0	6	3
Ranch Lo-Cal	3z Portion	76	6	1	0	5	251	5	0	4	0
Ranch Fat Free	1.5z portion	35	0	0	0	0	480	8	1	3	0
Raspberry Walnut Vinaigrette	3z Portion	360	36	5	0	0	270	15	0	15	0
Sun Dried Tomato Vinaigrette	3z Portion	180	15	2	0	0	1050	12	0	9	0

PIZZA	Unit	Cal (Kcal)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Cheese Only 10"	Serving	945	40	22	0	125	1983	101	4	13	44

Cheese Only 14"	Serving	1891	80	43	0	250	3966	203	8	26	89
Cheese Only 7"	Serving	473	20	11	0	63	992	51	4	7	22
Pepperoni Only 10"	Serving	1365	78	34	1	214	3481	101	4	13	64
Pepperoni Only 14"	Serving	2731	155	69	3	429	6961	203	8	26	127
Pepperoni Only 7"	Serving	683	39	17	1	107	1741	51	4	7	32
Sausage Only 10"	Serving	1170	58	28	0	170	2973	101	7	13	57
Sausage Only 14"	Serving	2341	116	55	1	340	5946	203	14	26	113
Sausage Only 7"	Serving	686	23	12	0	63	1389	91	3	8	28
SPECIALTY PIZZAS											
Aiden's Amazing Meatball 10"	Serving	1552	85	35	1	212	4120	128	10	29	72
Aiden's Amazing Meatball 14"	Serving	3121	174	73	2	439	8201	250	18	53	149
Aiden's Amazing Meatball 7"	Serving	796	45	18	1	111	2130	64	6	14	38
BBQ Chicken 10"	Serving	1273	52	35	0	190	3955	128	3	32	68
BBQ Chicken 14"	Serving	2447	96	63	0	355	7690	257	5	64	130
BBQ Chicken 7"	Serving	1103	46	28	0	158	2873	113	4	21	57
BBQ (Original) 10"	Serving	1254	58	28	0	170	4124	126	6	30	55
BBQ (Original) 14"	Serving	2488	116	55	1	340	8230	248	11	56	110
BBQ (Original) 7"	Serving	622	29	14	0	85	2058	62	4	14	27
Bid Daddy Meat Cravers 10"	Serving	1487	87	39	1	246	4110	103	5	13	80
Bid Daddy Meat Cravers 7"	Serving	744	43	20	0	123	2055	51	4	7	40
Big Daddy Meat Cravers 14"	Serving	2974	173	78	1	493	8221	206	9	26	160
Bubba-Q 10"	Serving	1360	55	27	0	246	4010	142	6	39	72
Bubba-Q 14"	Serving	2720	110	53	0	492	8020	278	7	78	135
Bubba-Q 7"	Serving	680	28	13	0	123	2005	71	3	20	36
Buffalo Chicken 10"	Serving	1474	80	30	0	170	4996	120	5	14	64
Buffalo Chicken 14"	Serving	2948	160	60	0	340	9992	240	10	28	128
Buffalo Chicken 7"	Serving	737	40	15	0	85	2498	61	4	7	32
Chicken Porto 10"	Serving	1052	44	23	0	176	2711	97	3	8	66
Chicken Porto 14"	Serving	2082	89	45	0	352	5406	190	6	13	132
Chicken Porto 7"	Serving	521	22	11	0	88	1352	48	3	3	33
Deluxe 10"	Serving	1415	77	34	1	215	3647	113	9	20	69
Deluxe 14"	Serving	2830	155	68	2	429	7293	225	18	40	138
Deluxe 7"	Serving	707	39	17	1	107	1824	56	6	10	34
Garden of Eden 10"	Serving	1225	41	22	0	125	2982	151	10	57	54
Garden of Eden 14"	Serving	2156	81	44	0	250	5730	244	11	76	98
Garden of Eden 7"	Serving	544	20	11	0	63	1437	62	5	20	25
Killer Cajun 10"	Serving	1364	63	29	0	225	3816	121	8	20	79
Killer Cajun 14"	Serving	2728	125	58	0	450	7172	242	16	41	158

Killer Cajun 7"	Serving	671	31	15	0	112	1861	58	5	9	39
Maui Zowie 10"	Serving	1496	70	32	1	217	4834	147	6	45	67
Maui Zowie 14"	Serving	2799	140	64	2	434	9152	254	7	62	128
Maui Zowie 7"	Serving	711	35	16	1	108	2388	66	3	17	32
Pesto Chicken 10"	Serving	1232	62	26	0	184	3127	99	5	6	69
Pesto Chicken 14"	Serving	2465	125	52	0	367	6254	198	10	13	137
Pesto Chicken 7"	Serving	676	32	13	0	117	1849	51	4	3	45
Philly Cheesesteak Pizza 10"	Serving	1208	57	34	0	191	2775	115	6	19	64
Philly Cheesesteak Pizza 14"	Serving	2416	114	68	0	381	5551	230	12	38	128
Philly Cheesesteak Pizza 7"	Serving	601	28	17	0	95	1388	57	5	9	32
Pizza Rustica 10"	Serving	1277	70	32	0	185	2781	110	6	17	56
Pizza Rustica 14"	Serving	2553	141	65	0	370	5563	220	13	35	112
Pizza Rustica 7"	Serving	638	35	16	0	93	1391	55	5	9	28
Thai Chicken 10"	Serving	1711	86	32	0	176	3759	153	11	43	86
Thai Chicken 14"	Serving	3421	171	63	0	352	7517	305	22	86	172
Thai Chicken 7"	Serving	861	43	16	0	88	1884	77	7	22	43
Tyler's Chicken Bacon Ranch 10"	Serving	1310	64	28	0	196	3146	110	5	16	75
Tyler's Chicken Bacon Ranch 14"	Serving	2619	127	56	0	392	6293	220	11	33	150
Tyler's Chicken Bacon Ranch 7"	Serving	655	32	14	0	98	1573	55	4	8	37
Veggie 10"	Serving	1066	46	24	0	125	2301	120	7	22	49
Veggie 14"	Serving	2132	93	48	0	250	4602	240	15	44	98
Veggie 7"	Serving	533	23	12	0	63	1151	60	5	11	25
White Wedding 10"	Serving	1260	72	35	0	183	3085	95	3	9	66
White Wedding 14"	Serving	650	65	26	0	116	2221	-8	-1	-5	44
White Wedding 14"	Serving	2520	145	70	0	366	6171	191	6	18	132
White Wedding 7"	Serving	630	36	17	0	92	1543	48	3	5	33

SUBS & STROMS	Unit	Cal (Kcal)	Fat (g)	Sat Fat (g)	Trans		Sodium (mg)	Carbs (g)	Dietary		Protein (g)
					Fat (g)	Chol (mg)			Fiber (g)	Sugars (g)	
Bulldog BBQ 1/2	Serving	711	33	20	0	93	2583	78	2	25	40
Bulldog BBQ	Serving	1375	67	40	0	186	4765	145	3	43	81
Cheesesteak 1/2	Serving	917	67	24	0	142	2884	48	2	6	54
Cheesesteak	Serving	1835	134	49	0	284	5767	97	5	11	107
Cheesy Beef and Peppers 1/2	Serving	833	58	24	0	154	3115	50	4	5	51
Cheesy Beef and Peppers	Serving	1701	121	49	0	308	6341	102	8	9	102
Chicken Portabella Sub 1/2	Serving	556	34	8	0	89	1598	43	2	4	38
Chicken Portabella Sub	Serving	1113	68	17	0	178	3196	87	4	7	77
Garden Stromboli 1/2	Serving	305	14	5	0	23	718	48	3	9	18

Garden Stromboli	Serving	614	29	10	0	46	1446	96	6	17	37
Gutbuster 1/2	Serving	780	52	18	1	118	2736	56	5	14	40
Gutbuster	Serving	1560	103	37	2	236	5473	112	9	29	80
Havana Stack 1/2	Serving	393	17	4	0	82	2106	55	2	13	26
Havana Stack	Serving	786	34	8	0	165	4212	110	3	27	52
Hot Sicilian	Serving	1366	99	38	1	216	5187	42	3	12	75
Hot Sicilian 1/2	Serving	575	43	18	0	108	2465	11	1	6	36
Italian Beef 1/2	Serving	480	24	16	0	79	1395	46	2	6	40
Italian Beef	Serving	961	49	32	0	157	2789	91	4	12	80
Meatball Sub 1/2	Serving	683	43	13	0	76	1998	58	6	13	40
Meatball Sub	Serving	1366	85	26	0	153	3996	116	12	25	79
Roast Turkey Sub 1/2	Serving	595	39	11	0	98	1935	39	1	4	34
Roast Turkey Sub	Serving	1220	80	24	0	210	4124	78	3	8	81
Shrimp Po' Boy 1/2	Serving	799	60	16	0	137	2114	63	2	8	24
Shrimp Po' Boy	Serving	1598	120	33	0	274	4228	126	4	15	49
Stromboli 1/2	Serving	549	34	12	0	76	1760	44	5	7	33
Stromboli	Serving	1098	69	24	1	151	3520	89	10	14	66
Submarine 1/2	Serving	440	30	14	0	86	1343	11	1	6	29
Submarine	Serving	834	60	28	0	171	2651	13	1	7	56
Texas BBQ 1/2	Serving	613	34	12	0	76	2535	62	4	19	32
Texas BBQ	Serving	1094	63	21	1	136	4486	112	9	30	56

SANDWICHES (no side)	Unit	Cal (Kcal)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Baja Fish Taco	Serving	1459	93	32	0	164	4262	111	6	38	55
Big Bird	Serving	836	46	15	0	105	1932	73	2	10	37
Big Pig Pork BBQ	Serving	704	17	5	0	120	2212	84	2	36	55
Buffalo Chicken Wrap	Serving	969	60	16	0	60	3787	73	3	6	31
Cajun Chicken Sandwich	Serving	1065	63	27	0	165	2933	66	2	11	58
California Turkey Wrap	Serving	811	38	12	0	100	2897	65	9	10	47
Chicken BLT	Serving	716	33	14	0	137	1844	57	1	9	51
Chicken Littles Each	Serving	366	19	7	0	68	807	30	1	4	18
Chicken Salad Croissant	Serving	760	51	18	0	116	1146	54	6	17	24
Chicken Salad Sandwich	Serving	924	51	7	0	60	1577	94	10	27	35
Chipotle Shrimp & Bacon Tacos	Serving	742	36	19	0	251	2003	56	2	27	52
Club Sandwich	Serving	1068	58	19	0	168	2772	79	5	16	60
Greek Wrap	Serving	754	37	17	0	100	1950	61	6	9	48
Gyro Sandwich	Serving	772	65	29	0	123	1578	17	1	3	27

Ham and Cheese	Serving	498	16	7	0	73	2168	56	0	12	18
Pork BBQ Piglets Each	Serving	338	15	7	0	64	922	37	1	12	14
Pork Tenderloin Sandwich	Serving	1203	45	13	0	176	3150	117	4	11	75
Pulled Pork BBQ Sandwich	Serving	1052	47	17	0	172	2811	104	3	33	43
Reuben	Serving	1419	97	36	0	223	3858	90	7	22	62
Sante Fe Roll-up	Serving	935	53	19	0	135	3165	62	2	10	45
Smoked Chicken Salad	Serving	1101	90	25	0	146	1117	54	5	18	22
Smoked Turkey Croissant	Serving	1046	74	29	0	196	2162	42	2	8	45
Smoked Turkey Reuben	Serving	1279	59	23	0	184	3586	119	8	15	69
Smothered Chicken Sandwich	Serving	968	42	20	0	125	2577	94	6	11	55
Tuna Club	Serving	1057	59	15	0	91	2413	83	8	21	30
Veggie Melt	Serving	401	26	9	0	29	1044	29	2	9	12
Yacht Club N	Serving	950	48	13	0	83	2445	99	2	18	32

OPEN FACED SANDWICHES

BBQ Buckaroo	Serving	851	29	25	0	124	2897	99	3	38	51
Nightmare	Serving	655	33	15	0	79	3102	58	4	8	35
Reuben Ala Arni	Serving	1103	61	29	0	195	3992	72	7	3	63
Sunshine Crab Melt	Serving	1109	89	26	0	165	1622	54	3	8	28
Tuna Melt Supreme	Serving	1131	72	24	0	117	2406	59	5	18	56
Windsor	Serving	724	27	13	0	101	4196	67	3	12	44

BURGERS (no side)	Unit	Cal (Kcal)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
A-1 Arni Burger	Serving	1429	79	15	0	264	3397	100	2	40	75
Aloha Burger	Serving	1401	77	18	0	287	2670	85	2	37	89
Avocado Swiss Turkey Burger	Serving	1081	65	17	0	160	1198	67	9	11	63
Bacon Cheddar Burger	Serving	1091	61	12	0	243	1138	56	1	9	76
Bacon Cheese (American) Burger	Serving	1120	63	14	0	259	1538	57	1	9	77
Cajun Cheeseburger	Serving	1059	59	28	3	180	1490	59	2	12	60
Cheeseburger	Serving	1085	59	13	0	258	1168	57	1	9	77
Chipotle Bacon Bleu Burger	Serving	1140	65	15	0	255	2768	57	2	9	79
Crazy Jakes BBQ Burger (M/S)	Serving	1262	63	11	0	257	2244	89	3	25	80
Crazy Jakes BBQ Burger	Serving	1273	66	13	0	243	2028	88	2	25	77
Mexicali Burger	Serving	1160	70	30	3	195	2077	59	1	11	59
Mini Cheeseburgers Each	Serving	410	24	9	7	72	651	26	1	4	15
MSO Burger	Serving	1283	74	19	0	287	906	62	3	13	91
Mushroom Swiss Burger	Serving	1238	75	31	3	220	904	55	1	10	73
Patty Melt	Serving	1187	61	14	0	268	1490	76	6	8	83

Pretzel Burger	Serving	1234	75	14	0	264	1562	169	7	11	91
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PLATTERS (No Side)	Unit	Cal (Kcal)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Breaded Shrimp Platter	Serving	370	15	3	0	96	1136	44	1	1	16
Chicken Tender Platter	Serving	629	41	7	0	48	1263	37	2	0	31
Fish and Chips Platter	Serving	840	42	9	0	105	3360	69	3	3	48

PASTA (No Side, No Garlic Bread)	Unit	Cal (Kcal)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Chicken Fettucine	Serving	963	52	17	0	139	1432	71	5	12	50
Chicken Pasta Parmesan	Serving	1343	70	17	0	95	2583	113	8	17	65
Fettucine Alfredo	Serving	770	46	14	0	54	962	70	4	12	17
Insane Mac and Cheese	Serving	811	48	22	0	106	2620	56	7	10	37
Lasagna Old World	Serving	1128	63	29	0	147	3699	84	8	18	59
Pasta Palooza	Serving	857	57	16	0	125	1770	38	4	10	45
Penne Mediterranean	Serving	1221	95	23	0	139	2183	42	6	9	48
Penne With Sausage	Serving	1079	88	29	0	143	2561	47	5	17	32
Shrimp Carbonara	Serving	964	75	28	0	115	2248	40	3	12	41
Spaghetti Marinara	Serving	461	13	1	0	2	771	74	6	16	13
Spaghetti Meatballs	Serving	1001	53	15	0	92	1931	84	10	16	49
Voodoo Pasta	Serving	704	44	13	0	103	1814	43	4	13	33
Side Garlic Bread Each	Slice	167	10	2	0	0	289	16	1	1	4

KID'S MENU (No Side)	Unit	Cal (Kcal)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Bambino	Serving	522	24	13	0	75	1109	52	4	7	25
Kid Chicken Breast	Serving	180	6	2	0	85	460	0	0	0	31
Kid Dino Fingers	Serving	210	8	0	0	10	470	22	0	0	10
Kid Dino Fingers	Serving	243	9	0	0	10	515	27	1	0	11
Kid Hot Dog	Serving	283	18	6	0	28	644	21	1	2	11
Kid Grilled Cheese	Serving	401	19	8	0	42	926	43	2	4	14
Kid Ham Sandwich	Serving	418	15	6	0	69	1613	45	3	4	24
Kid Mac & Cheese	Serving	340	11	3	0	25	830	48	2	11	12
Kid Mini Cheeseburgers	Serving	596	29	13	2	122	644	43	2	8	28
Kid Mini Corn Dogs	Serving	265	15	4	0	60	610	23	1	10	10
Kid Penne Marinara	Serving	141	6	0	0	0	375	20	2	7	3
Kid Quesadilla	Serving	335	19	10	0	39	565	31	1	2	15

Kid Quesadilla Chicken	Serving	415	20	10	0	73	945	33	1	2	29
Kid Turkey Sandwich	Serving	370	8	4	0	66	1376	43	2	6	27

SIDES	Unit	Cal (Kcal)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Side Garlic Bread Each	Slice	167	10	2	0	0	289	16	1	1	4
Side Mandarin Oranges Kids	Serving	90	0	0	0	0	10	20	0	20	4
Side Broccoli	Serving	30	0	0	0	0	30	5	0	0	3
Side Cole Slaw	Serving	185	12	0	0	8	265	18	3	15	0
Side Cottage Cheese	Serving	115	5	3	0	24	437	5	0	4	13
Side Fries	Serving	259	12	4	0	0	730	37	4	0	3
Side Fruit Salad	Serving	63	0	0	0	0	18	20	1	19	0
Side Guacamole Fresh	Serving	188	12	2	0	0	480	29	11	3	5
Side Onion Rings	Serving	343	2	0	0	0	958	76	2	9	9
Side Pickle Spear Kosher	Serving	0	0	0	0	0	320	0	0	0	0
Side Potato Chips	Serving	200	13	1	0	0	200	18	1	0	3
Side Potato Salad	Serving	223	14	3	0	30	486	19	0	1	4
Side Sweet Potato Fries	Serving	292	15	1	0	0	1005	35	2	10	2
Side Caesar	Serving	586	47	9	0	27	1557	25	2	3	14
Side Toss No Cheese	Serving	30	0	0	0	0	18	7	2	4	2
Side Toss w/ Cheese	Serving	201	11	6	0	31	387	9	2	4	16

DESSERTS	Unit	Cal (Kcal)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Aiden and Tyler's Excellent Adventure	Serving	485	28	15	0	86	128	17	0	42	1
Apple Pie	Serving	858	36	21	0	64	345	94	6	77	5
Brownie Blast	Serving	986	38	22	0	87	609	125	4	122	5
Carmel Apple Granny	Serving	450	21	21	0	95	220	60	1	40	5
Carrot Cake	Serving	920	62	24	0	150	880	76	2	28	8
Chocolate Lovin Spoonful	Serving	690	40	22	0	157	362	82	5	60	9
Chocolate Peanut Butter Cake	Serving	570	26	66	0	20	420	80	3	0	8
New York Style Cheesecake	Serving	482	32	18	0	130	470	41	1	30	7
Snickers Pie	Serving	640	41	21	0	92	381	65	2	43	8
Toffee Crunch Sundae	Serving	918	50	26	0	128	588	74	1	83	5
Triple Chocolate Cheesecake	Serving	700	47	27	0	150	310	61	3	47	10
Ultimate Cookie Freak Out	Serving	1581	77	41	0	166	808	173	8	118	13
Cookie Monster	Serving	609	29	16	0	73	396	59	1	51	3

