



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, guest or distributor substitutions. Please keep this in mind when making dining decisions. Not all items are available at all locations.

accurate as of 6/1/2021

*This information

APPETIZERS (No Sauces)	Unit	Total Calories	Fat Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
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	8	56
Add Nacho Cheese Sauce	3z Portion	150	130	12	6	0	15	660	9	0	3	0
Chicken Quesadilla	Serving	759	257	29	13	0	118	1998	71	4	0	51
Add Sour Cream	2z Portion	183	162	18	12	0	66	156	6	0	0	0
Chicken Tender Basket	Serving	955	526	58	9	0	79	2095	60	3	14	480
Add BBQ Wing Sauce	3z Portion	138	0	0	0	0	0	1200	11	0	4	60
Add Honey Dijon Dressing	3z Portion	381	324	36	6	0	30	609	14	0	7	59
Chili Cheese Fries	Serving	1516	795	88	39	0	152	2665	134	15	10	81
Chili Nachos Supreme	Serving	1470	741	82	30	0	146	2030	127	13	3	99
Fiesta Chicken Nachos	Serving	1577	641	71	22	0	180	2709	157	13	50	22
Add Sour Cream	2z Portion	183	162	18	12	0	66	156	6	0	19	37
Firecracker Shrimp	Serving	797	316	35	8	0	154	3030	94	4	13	21
Flatbread Italian Sausage Giardiniera	Serving	984	594	66	12	0	49	2173	70	5	9	25
Flatbread Margarita	Serving	907	281	31	12	0	53	1654	105	14	50	49
Flatbread Mediteranean	Serving	661	263	29	7	0	20	1795	79	7	0	10
French Fries Basket	Serving	776	330	37	13	0	0	1929	110	11	0	0
Fried Green Beans	Serving	760	396	44	8	0	0	1700	80	7	9	9
Add Bistro Sauce	3z Portion	105	189	11	0	0	0	330	6	0	7	52
Fried Pickles	Serving	753	48	5	1	0	61	2764	151	6	8	22
Add Parmesan Peppercorn	3z Portion	480	432	48	9	0	30	930	6	0	6	3
Garlic Bread w/ Cheese	Serving	1012	572	64	26	1	111	2027	61	3	10	25

Add Marinara Sauce	3z Portion	66	27	0	3	0	0	375	9	2	27	46
Hummus Platter	Serving	891	503	56	10	0	20	2203	84	12	1	63
Loaded Cheese Fries	Serving	1426	781	87	40	0	145	2965	119	11	3	0
Add Sour Cream	2z Portion	183	162	18	12	0	66	156	6	0	20	28
Add Buttermilk Ranch	3z Portion	420	378	33	6	0	15	780	3	0	14	28
Magnificent Mushrooms	Serving	545	322	36	19	0	88	1127	32	8	6	3
Mozzarella Sticks	Serving	762	441	49	17	0	70	5251	63	0	24	24
Add Marinara Sauce	3z Portion	66	27	0	3	0	0	375	9	2	12	12
Onion Rings Basket	Serving	1046	169	19	3	0	0	2554	202	5	10	63
Onion Straws Basket	Serving	1210	738	82	15	0	0	1080	108	12	21	32
Pizza Bread All Meat	Serving	1256	753	84	33	2	224	3865	59	5	0	7
Pizza Bread All Veggie	Serving	600	202	22	12	0	75	1213	78	7	8	25
Potato Pancake Basket	Serving	453	252	28	8	0	43	1045	43	4	21	4
Pretzel Bites Basket	Serving	500	0	0	0	0	0	600	100	3	7	20
Add Pub Style Mustard	3z Portion	55	45	5	1	0	5	150	2	0	2	0
Add Nacho Cheese Sauce	3z Portion	150	130	12	6	0	15	660	9	0	3	0
Pulled Pork Nachos	Serving	1580	792	88	30	0	226	3673	128	7	25	67
Sarah's Spinach Nachos	Serving	1375	750	83	24	0	96	1693	131	10	0	34
Sweet Potato Basket	Serving	713	389	43	5	0	0	1276	71	4	1	68
Wings Boneless 1/2 lb	Serving	660	423	39	8	0	86	1770	46	3	0	83
Wings Boneless 1 lb	Serving	1320	846	78	17	0	172	3540	92	5	0	165
Wings Traditional (1#)	6 Wings	898	649	72	16	0	360	1247	0	0	0	64
Wings Traditional (2#)	12 Wings	1796	1298	144	32	0	720	2494	0	0	3	3
Add Buttermilk Ranch Dressing	3z Portion	450	405	45	9	0	15	780	3	0	3	0
Add Bleu Cheese Dressing	3z Portion	689	641	72	18	0	98	815	3	0	2	3
Add Buffalo Wing Sauce	3z Portion	0	0	0	0	0	0	953	0	0	0	0
Add BBQ Wing Sauce	3z Portion	46	0	0	0	0	0	400	11	0	8	0
Add Sweet Thai Chili Sauce	3z Portion	210	0	0	0	0	0	1380	17	0	0	12
Add Garlic Teriyaki Sauce	3z Portion	23	3	0	0	0	0	280	5	0	4	1
Add Caribbean Jerk Sauce	3z Portion	80	27	3	0	0	0	560	14	0	0	0
Wings Spicy Dry Rub (No Sauce)	6 Wings	898	649	72	16	0	360	2169	0	0	0	64

Soups (Serving size = 1 Cup)	Unit	Total Calories	Fat Calories	Total (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Baja Chicken Enchilada	Serving	188	101	11	5	0	0	38	773	15	4	4	7
Beef Barley	Serving	83	21	2	1	0	0	8	615	11	2	1	4
Beef Noodle	Serving	135	54	6	2	0	0	30	675	12	1	1	8
Black Bean Vegetarian	Serving	135	34	4	1	0	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
Beef Chili	Serving	280	142	16	5	0	44	420	18	5	4	18
Add Sour Cream	2z Portion	183	162	18	12	0	66	156	6	0	19	37
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
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
Roasted Red Pepper and Gouda	Serving	170	63	7	3	0	15	640	20	3	16	6
Shrimp and Corn Chowder	Serving	165	135	9	3	0	33	480	8	1	6	6
Smokey Poblano Cheese	Serving	338	250	28	7	0	101	893	13	2	3	6
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
Wisconsin Cheese	Serving	214	128	14	7	0	28	790	17	0	9	8
Salads (No dressing)	Unit	Total Calories	Fat Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
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
Arni's Senior Salad	Serving	620	300	33	16	1	160	2380	28	3	18	52
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
Cajun Caesar	Serving	211	56	8	3	0	12	507	24	3	0	12
Add Grilled Chicken Breast	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 Caesar Salad	Serving	545	407	45	9	0	27	1466	17	4	11	
Classic Wedge Salad	Serving	203	112	12	6	0	30	686	12	4	7	21
Club House Salad	Serving	530	310	34	17	0	325	1640	16	3	8	49
JR Club House	Serving	350	210	23	11	0	220	1090	10	2	5	33
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
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	630	320	36	14	0	75	1020	49	8	9	30
JR Taco Salad	Serving	420	210	24	9	0	50	630	33	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
Protein Add-Ons:												
Add Grilled Chicken Breast	6z Serving	180	162	6	2	0	85	460	0	0	0	31
Add Grilled Shrimp	6z Serving	320	27	24	3	0	210	385	0	0	0	28
Add Grilled Salmon	7z Serving	352	204	23	5	0	93	100	0	0	0	35

Dressings (3 oz Serving)	Unit	Total Calories	Fat Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
1000 Island	Serving	450	405	45	9	0	42	750	30	0	30	0
Bleu Cheese	Serving	689	641	72	18	0	98	815	3	0	2	3
Honey French	Serving	429	297	33	6	0	0	630	30	0	21	0
Buttermilk Ranch	Serving	450	405	45	9	0	15	780	3	0	3	0
Celery Seed	Serving	500	172	47	7	0	0	784	18	0	18	0
Dijon Balsamic Vinaigrette	Serving	169	120	13	3	0	0	732	11	0	8	0

Fat Free French	Serving	45	0	0	0	0	0	260	11	1	9	0
Fat Free Honey Mustard	Serving	80	0	0	0	0	0	980	20	2	8	0
Fat Free Ranch	Serving	40	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 Mustard	Serving	381	324	36	6	0	30	609	14	0	14	0
Italian Parmesan	Serving	360	302	39	6	0	0	870	3	0	3	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
Sesame Ginger	Serving	270	122	14	2	0	0	960	36	0	27	0

Pizza		Total	Fat	Total	Sat	Trans	Chol	Sodium		Dietary		
	Unit	Calories	Calories	Fat (g)	Fat (g)	Fat (g)	(mg)	(mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Aiden's Big Showl 10"	Serving	1597	808	90	39	1	237	4096	123	9	25	77
Aiden's Big Show 14"	Serving	3255	1671	186	81	2	489	8403	246	17	49	160
Aiden's Big Show 7"	Serving	819	422	47	20	1	123	2118	61	6	12	40
BBQ Chicken 10"	Serving	1217	424	47	25	0	189	3950	134	3	32	67
BBQ Chicken 14"	Serving	2434	848	94	49	0	378	7960	268	5	64	134
BBQ Chicken 7"	Serving	609	212	24	13	0	95	1975	67	1	16	34
Big Daddy Meat Cravers 10"	Serving	1574	847	94	44	1	277	4360	104	4	15	84
Big Daddy Meat Cravers 7"	Serving	787	423	47	22	0	139	2180	52	4	7	42
Big Daddy Meat Cravers 14"	Serving	3128	1694	188	88	1	554	8704	203	8	27	167
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
Bulldog 10"	Serving	2403	1487	165	78	1	717	4986	113	5	31	108
Bulldog 14"	Serving	4807	2974	330	157	3	1434	9972	226	11	62	216
Bulldog 7"	Serving	1202	744	83	39	1	359	2493	57	3	16	54
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
Five Cheese 10"	Serving	2517	1450	161	94	0	860	4504	135	7	49	124
Five Cheese 14"	Serving	5034	2900	322	187	0	1720	9008	270	14	97	247

Five Cheese 7"	Serving	1259	725	81	47	0	430	2252	68	4	24	62
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	2909	1514	168	77	3	479	7413	205	8	26	140
Pepperoni Pizza 7"	Serving	727	378	42	19	1	120	1854	51	4	7	35
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

Subs And Stroms (No side)	Unit	Total Calories	Fat Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Bulldog BBQ 1/2	Serving	1053	473	53	24	0	142	3887	85	2	25	56
Bulldog BBQ Whole	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 Whole	Serving	2029	1143	127	49	0	284	5976	114	6	11	115
Cheesy Beef & Peppers 1/2	Serving	930	493	55	24	0	154	3220	59	4	5	55
Cheesy Beef & Peppers Whole	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 Whole	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 Whole	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 Whole	Serving	1761	861	96	37	3	246	6175	133	11	31	87
Hot Sicilian 1/2 (Olympian 1/2)	Serving	549	229	25	11	1	59	2007	54	2	7	31
Hot Sicilian (Olympian)	Serving	1099	457	51	21	1	118	4014	108	4	14	61
Hot Sicilian (One Size Only)	Serving	772	509	57	23	1	139	3291	23	2	14	46
Italian Beef 1/2	Serving	822	391	44	21	0	134	2716	54	2	7	55
Italian Beef Whole	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 Whole	Serving	1559	696	77	26	1	162	4230	136	13	26	86
Meatball Sub (One Size Only)	Serving	914	560	62	22	1	135	2677	38	10	16	54
Roast Turkey Sub 1/2	Serving	602	230	26	8	0	83	1999	51	2	4	38
Roast Turkey Sub Whole	Serving	1234	473	53	18	0	180	4253	101	3	8	88
Stromboli 1/2	Serving	646	274	31	13	1	82	1882	55	6	8	36
Stromboli Whole	Serving	1297	549	61	25	1	164	3763	109	11	16	72
Stromboli (One Size Only)	Serving	1330	549	61	25	1	164	3770	112	12	17	
Submarine 1/2	Serving	415	112	13	7	0	37	885	54	3	8	23
Submarine Whole	Serving	830	224	25	13	1	74	1770	108	5	16	46
Texas BBQ 1/2	Serving	709	274	31	13	1	82	2657	72	5	20	35
Texas BBQ Whole	Serving	1418	548	61	25	1	164	5314	144	10	39	70

Sandwiches (No side)	Unit	Total Calories	Fat Calories	Total 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	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 Sandwich	Serving	1166	654	73	27	0	369	5919	79	1	11	52
Buffalo Chicken Wrap	Serving	969	543	60	16	0	60	3787	73	3	6	31
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 Cordon Bleu	Serving	836	361	40	6	0	306	2407	86	2	9	42
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
Chicken Teriyaki Sandwich	Serving	1067	290	32	11	0	113	4597	125	4	49	64
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	Serving	1012	626	70	30	0	123	1998	56	3	5	34
Add Feta	Ounce	40	32	4	3	0	7	175	1	0	0	3
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
Nashville Hot Chicken Sandwich	Serving	1274	564	63	10	0	279	3636	152	10	33	37
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
Reuben Ala Arni Open Face	Serving	1103	549	61	29	0	195	3992	72	7	3	63
Reuben Classic 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 Turkey Croissant	Serving	866	487	54	23	0	166	2082	48	2	8	45
Smoked Turkey Reuben	Serving	1020	422	47	18	0	184	3116	83	5	15	66
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

Burgers (No side)	Unit	Total Calories	Fat Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
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 American Burger	Serving	1151	588	65	12	0	259	1495	56	3	9	78
Beyond Burger Pepperjack	Serving	1150	556	62	31	0	798	2253	92	13	14	60
Cajun Cheeseburger	Serving	1089	550	61	26	3	180	1446	58	4	12	61

Crazy Jakes BBQ Burger	Serving	1303	620	69	11	0	243	1984	87	4	25	78
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 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

Entrees (No Salad/Bread/Side)	Unit	Total Calories	Fat Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Cajun Mac and Cheese	Serving	1001	558	62	26	0	305	3320	47	2	8	58
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
Chicken Tender Platter	Serving	794	446	50	8	0	63	1683	49	3	0	41
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
Pesto Chicken Pasta	Serving	857	517	57	16	0	125	1770	38	4	10	45
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	Serving	773	410	46	13	0	201	1814	44	4	13	45

Kid's Menu (No side)	Unit	Total Calories	Fat Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Bambino Cheese Pizza (Bambino)	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

Side Orders		Total	Fat	Total	Sat	Trans	Chol	Sodium	Carbs	Dietary	Sugars	Protein
	Unit	Calories	Calories	Fat (g)	Fat (g)	Fat (g)	(mg)	(mg)	(g)	Fiber (g)	(g)	(g)
Side Brussels Sprouts Roasted	Serving	226	132	15	1	0	0	122	22	9	5	8
Side Chips	Serving	240	135	15	2	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 Fries	Serving	259	110	12	4	0	0	730	37	4	0	3
Side Garlic Bread (2pc)	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 White Cheddar	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

Desserts		Total	Fat	Total	Sat	Trans	Chol	Sodium	Carbs	Dietary	Sugars	Protein
	Unit	Calories	Calories	Fat (g)	Fat (g)	Fat (g)	(mg)	(mg)	(g)	Fiber (g)	(g)	(g)
Apple Pie Big	Serving	923	326	36	21	0	64	380	109	6	88	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 Thundercake	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
Crème Brulee Cheesecake	Serving	785	410	46	29	0	276	321	43	1	64	7
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
Ultimate Cookie Freak Out	Serving	1581	697	77	41	0	166	808	173	8	118	13