

# Nutritional Guide

Your guide to overthinking the joy of food.

<b>Bites</b> (1 serving)	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)
<b>Cauliflower Bites</b>	393	203	23	4	0	22	1041	37	5	6	8	115	89	102	3
<b>Crispy Glazed Brussels Sprouts</b>	191	72	8	1	0	0	205	23	7	10	7	1440	156	84	3
<b>Deviled Eggs</b>	327	224	25	7	0	394	701	7	1	2	18	3123	28	81	2
<b>Wings</b>	1115	804	89	23	0	308	647	4	1	2	68	4414	5	125	4
with Chipotle Glaze	1195	804	89	23	0	308	1387	22	9	14	68	4414	5	125	4
with Firecracker Aioli	1352	1032	115	26	0	318	1733	6	2	3	68	5208	6	131	4
<b>Falafel Bites</b>	297	112	12	6	0	28	1139	37	8	4	10	1802	36	134	3
<b>Grilled Chicken Nachos</b>	789	424	47	23	0	153	1859	40	4	5	52	1553	13	929	5
substitute Steak	1030	595	66	30	0	192	4505	41	5	5	67	1318	6	960	7
<b>Lollipop Corn Dogs</b>	585	379	42	13	0	91	1969	31	2	8	19	192	3	139	3
<b>Mac N Cheese Balls</b>	757	344	38	18	0	89	1709	73	1	5	28	1526	23	545	3
<b>Mushroom Toast</b>	414	142	16	5	0	24	1040	49	3	12	11	378	3	94	2
<b>Osso Buco Riblets</b>	717	577	64	16	0	123	1754	7	1	4	23	1170	6	60	2
<b>Shrimp Ceviche</b>	344	73	8	1	0	105	1099	42	5	6	25	855	36	144	4
<b>Truffle Cheese Fries</b>	865	437	49	20	0	89	2360	89	8	0	16	788	24	144	3

  

<b>Salads</b> (1 serving)	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)
<b>Protein Chopped Salad</b>	735	519	58	6	0	10	1251	38	10	8	15	13032	113	201	6
with Grilled Salmon	1070	716	80	10	0	110	1824	38	10	8	49	13123	120	224	7
with Falafel	114	28	3	0	0	0	503	17	4	5	5	811	19	37	2
<b>Cobb Salad</b>	778	441	49	15	0	362	2311	17	7	4	61	10269	72	374	9
<b>Seared Shrimp Salad</b>	601	177	20	2	0	98	1745	80	10	34	25	7205	121	235	5
<b>Steak Salad</b>	719	465	52	13	0	86	4018	23	5	3	37	9722	72	261	10
<b>Tortilla Wrapped Steak Salad</b>	832	500	56	15	0	86	4191	37	3	4	38	4111	35	218	7
<b>Watermelon Salad</b>	549	331	37	5	0	10	563	45	5	29	8	6802	73	201	2

  

<b>Burgers</b> (1 serving)	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)
<b>28 Day Dry-Aged Burger</b>	1089	527	59	13	0	136	2728	92	6	19	47	667	17	173	6
<b>Bison Burger</b>	1253	581	65	21	0	156	4273	115	7	39	55	1734	117	282	8
<b>Bone Marrow Burger</b>	1330	736	82	29	0	172	5063	100	7	20	48	1066	20	174	6
<b>Cowboy Burger</b>	1237	548	61	19	0	162	5569	111	8	27	59	532	16	361	6
<b>Eureka! American Cheeseburger</b>	1093	534	59	18	0	153	4925	86	6	13	52	1011	15	361	6
<b>Fresno Fig Burger</b>	1162	503	56	17	0	147	5123	107	8	31	55	581	19	216	6
<b>Jalapeno Egg Burger</b>	1351	701	78	22	0	374	5301	98	5	25	63	780	16	379	7
<b>The OG Burger</b>	1302	690	77	23	0	193	3389	91	5	18	62	839	15	547	6
<b>Short Rib Kimchi Burger</b>	1507	857	95	27	0	170	7583	117	10	39	46	3262	35	440	5
<b>Turkey Chipotle Burger</b>	1075	528	59	10	0	139	2505	95	9	19	43	1191	24	191	5
<b>Veggie Beet Burger</b>	835	290	32	4	0	0	2394	119	11	23	18	1113	23	173	4
<b>3 Alarm Fire Burger</b>	1619	756	84	26	0	192	3740	141	6	22	70	5219	124	462	8
<b>Lulu Lamb Burger</b>	1520	907	101	31	0	189	2247	105	6	29	48	1873	17	197	6

<b>Signature Menu Items</b> (1 serving)	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)
<b>8 oz Skirt Steak</b>	652	369	41	13	0	138	1016	17	5	7	51	1867	136	89	6
<b>Blackened Fish Tacos</b>	771	269	30	9	0	96	2398	89	9	15	37	1834	57	186	6
<b>Butcher's Steak Dip Sandwich</b>	901	371	41	12	0	95	1449	69	2	14	54	2699	54	86	6
<b>Fried Chicken Sliders</b>	1497	579	64	11	0	122	6154	167	8	24	55	2452	69	246	8
<b>Fish and Chips</b>	722	227	25	4	0	106	2641	81	5	9	39	552	34	113	5
<b>Grilled Chicken Tacos</b>	472	148	16	3	0	77	1595	40	4	6	38	1314	36	160	4
<b>Hemp Bowl</b>	923	480	53	6	0	212	2244	78	16	11	29	8136	78	181	7
<b>Napa Chicken Sandwich</b>	1065	539	60	15	0	157	3473	69	4	12	59	1658	16	132	5
<b>Sesame Teriyaki Salmon</b>	799	503	56	15	0	146	2029	32	2	19	37	2275	16	55	1
<b>Spicy Fried Chicken Sandwich</b>	1163	509	57	8	0	105	4304	114	8	25	48	2193	63	209	5
<b>Loco Moco</b>	923	473	53	15	0	349	4218	54	2	3	48	684	3	100	6
<b>Side Items</b> (1 serving)	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)
<b>Baked Potato Chowder</b>	375	245	27	16	0	88	436	21	2	4	9	958	8	180	1
<b>Bison Chili</b>	187	91	10	4	0	32	370	9	3	4	12	1990	32	84	2
<b>Broccolini</b>	62	10	1	1	0	2	67	9	3	2	4	719	108	64	1
<b>Broccolini Soup</b>	161	35	4	0	0	1	601	26	2	4	5	1400	35	34	1
<b>Coleslaw Salad</b>	473	360	40	5	0	32	527	23	5	15	5	1920	61	115	2
<b>French Fries</b>	488	174	19	3	0	0	1429	74	7	0	7	1	20	1	2
<b>Smoky Beer Chili</b>	256	133	15	7	0	52	357	13	3	5	14	1389	24	100	2
<b>Starter Salad</b>	310	232	26	3	0	6	399	15	3	8	4	5465	44	115	4
<b>Sweet Potato Fries</b>	390	123	14	2	0	0	397	62	7	32	2	10502	8	52	1
<b>Tomato Dill Soup</b>	224	94	10	5	0	28	659	27	2	10	5	887	7	43	1
<b>Desserts</b> (1 serving)	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)
<b>American Chocolate Budino (1 serving)</b>	723	442	49	29	0	237	358	56	3	49	7	1350	0	193	5
<b>Bourbon Barrel Cake (1 serving)</b>	937	495	55	29	0	172	436	97	3	93	7	1585	0	241	1
<b>Chocolate Peanut Butter Mousse (1 serving)</b>	849	536	60	36	0	263	398	61	4	54	9	1619	0	214	5
<b>Brunch Items</b> (1 serving)	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)
<b>Avocado Toast</b>	781	448	50	5	0	212	902	67	7	19	16	1051	42	55	4
<b>Bread Pudding French Toast</b>	1142	547	61	38	0	537	758	114	2	74	19	2472	4	299	3
<b>Breakfast Egg Sandwich</b>	1149	640	71	17	0	736	2117	82	7	23	43	2823	91	376	5
<b>Chilaquiles</b>	595	295	33	7	0	436	1406	46	7	7	27	1831	25	203	5
<b>Classic Breakfast</b>	884	466	52	6	0	424	988	80	6	19	23	1774	83	86	5
with Bacon	984	538	60	9	0	439	1298	80	6	19	29	1774	83	86	5
with Pork Sausage Links	1464	934	104	24	0	534	2788	90	6	19	45	1774	83	166	7
<b>Crispy Cheese Tacos</b>	1099	570	63	19	0	755	3044	80	10	16	51	4453	200	627	7
<b>Fried Chicken and Sweet Cornbread</b>	1439	652	72	34	0	274	2120	145	1	75	47	1858	4	606	7
<b>Six-Pack Breakfast Burrito</b>	725	370	41	10	0	703	1397	40	6	4	42	1598	55	171	9
<b>Steak N Eggs</b>	917	578	64	14	0	500	1163	35	6	5	47	15049	182	241	7
<b>Beverages</b> (1 drink)	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)
<b>Charcoal Lemonade</b>	116	0	0	0	0	0	4	29	1	25	0	9	22	12	0
<b>Cold Brew Old Fashioned</b>	44	0	0	0	0	0	3	10	0	10	0	0	0	0	0
<b>Craft Blood Orange Soda</b>	125	0	0	0	0	0	10	33	0	33	0	0	0	0	0
<b>Ginger Lime Soda</b>	137	1	0	0	0	0	62	33	1	27	0	32	19	13	0
<b>Turmeric Nectar</b>	141	3	0	0	0	0	82	34	3	23	1	4856	16	27	3