

Nutritional Guide

Your guide to overthinking the joy of food.

Bites (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)
Cauliflower Bites	393	203	23	4	0	22	1041	37	5	6	8	115	89	102	3
Crispy Glazed Brussels Sprouts	191	72	8	1	0	0	205	23	7	10	7	1440	156	84	3
Deviled Eggs	327	224	25	7	0	394	701	7	1	2	18	3123	28	81	2
Wings	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
Falafel Bites	297	112	12	6	0	28	1139	37	8	4	10	1802	36	134	3
Grilled Chicken Nachos	789	424	47	23	0	153	1859	40	4	5	52	1553	13	929	5
Lollipop Corn Dogs	585	379	42	13	0	91	1969	31	2	8	19	192	3	139	3
Mac N Cheese Balls	757	344	38	18	0	89	1709	73	1	5	28	1526	23	545	3
Mushroom Toast	414	142	16	5	0	24	1040	49	3	12	11	378	3	94	2
Osso Buco Riblets	717	577	64	16	0	123	1754	7	1	4	23	1170	6	60	2
Shrimp Ceviche	344	73	8	1	0	105	1099	42	5	6	25	855	36	144	4
Truffle Cheese Fries	865	437	49	20	0	89	2360	89	8	0	16	788	24	144	3

Salads (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)
Protein Chopped Salad	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
Cobb Salad	778	441	49	15	0	362	2311	17	7	4	61	10269	72	374	9
Seared Shrimp Salad	601	177	20	2	0	98	1745	80	10	34	25	7205	121	235	5
Steak Salad	719	465	52	13	0	86	4018	23	5	3	37	9722	72	261	10
Tortilla Wrapped Steak Salad	832	500	56	15	0	86	4191	37	3	4	38	4111	35	218	7
Watermelon Salad	549	331	37	5	0	10	563	45	5	29	8	6802	73	201	2

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

Signature Menu Items (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)
8 oz Skirt Steak	652	369	41	13	0	138	1016	17	5	7	51	1867	136	89	6
Blackened Fish Tacos	771	269	30	9	0	96	2398	89	9	15	37	1834	57	186	6
Butcher's Steak Dip Sandwich	901	371	41	12	0	95	1449	69	2	14	54	2699	54	86	6
Fried Chicken Sliders	1497	579	64	11	0	122	6154	167	8	24	55	2452	69	246	8
Fish and Chips	722	227	25	4	0	106	2641	81	5	9	39	552	34	113	5
Grilled Chicken Tacos	472	148	16	3	0	77	1595	40	4	6	38	1314	36	160	4
Hemp Bowl	923	480	53	6	0	212	2244	78	16	11	29	8136	78	181	7
Napa Chicken Sandwich	1065	539	60	15	0	157	3473	69	4	12	59	1658	16	132	5
Seared Halibut	833	545	61	19	0	144	1720	29	3	4	39	1207	19	135	3
Sesame Teriyaki Salmon	799	503	56	15	0	146	2029	32	2	19	37	2275	16	55	1
Spicy Fried Chicken Sandwich	1163	509	57	8	0	105	4304	114	8	25	48	2193	63	209	5
Side Items (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)
Baked Potato Chowder	375	245	27	16	0	88	436	21	2	4	9	958	8	180	1
Bison Chili	187	91	10	4	0	32	370	9	3	4	12	1990	32	84	2
Broccolini	62	10	1	1	0	2	67	9	3	2	4	719	108	64	1
Broccolini Soup	161	35	4	0	0	1	601	26	2	4	5	1400	35	34	1
Coleslaw Salad	473	360	40	5	0	32	527	23	5	15	5	1920	61	115	2
French Fries	488	174	19	3	0	0	1429	74	7	0	7	1	20	1	2
Smoky Beer Chili	256	133	15	7	0	52	357	13	3	5	14	1389	24	100	2
Starter Salad	310	232	26	3	0	6	399	15	3	8	4	5465	44	115	4
Sweet Potato Fries	390	123	14	2	0	0	397	62	7	32	2	10502	8	52	1
Tomato Dill Soup	224	94	10	5	0	28	659	27	2	10	5	887	7	43	1
Desserts (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)
American Chocolate Budino (1 serving)	723	442	49	29	0	237	358	56	3	49	7	1350	0	193	5
Bourbon Barrel Cake (1 serving)	937	495	55	29	0	172	436	97	3	93	7	1585	0	241	1
Chocolate Peanut Butter Mousse (1 serving)	849	536	60	36	0	263	398	61	4	54	9	1619	0	214	5
Brunch Items (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)
Avocado Toast	781	448	50	5	0	212	902	67	7	19	16	1051	42	55	4
Bread Pudding French Toast	1142	547	61	38	0	537	758	114	2	74	19	2472	4	299	3
Chilaquiles	595	295	33	7	0	436	1406	46	7	7	27	1831	25	203	5
Classic Breakfast	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
Fried Chicken and Sweet Cornbread	1439	652	72	34	0	274	2120	145	1	75	47	1858	4	606	7
Six-Pack Breakfast Burrito	725	370	41	10	0	703	1397	40	6	4	42	1598	55	171	9
Steak N Eggs	917	578	64	14	0	500	1163	35	6	5	47	15049	182	241	7
Beverages (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)
Charcoal Lemonade	116	0	0	0	0	0	4	29	1	25	0	9	22	12	0
Cold Brew Old Fashioned	44	0	0	0	0	0	3	10	0	10	0	0	0	0	0
Craft Blood Orange Soda	125	0	0	0	0	0	10	33	0	33	0	0	0	0	0
Ginger Lime Soda	137	1	0	0	0	0	62	33	1	27	0	32	19	13	0
Turmeric Nectar	141	3	0	0	0	0	82	34	3	23	1	4856	16	27	3