

Nutritional Guide

Your guide to overthinking the joy of food.

Snacks (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)
Chargrilled Cauliflower	507	428	48	5	0	17	1431	15	5	6	4	1322	125	62	1
Crispy Glazed Brussels Sprouts	191	72	8	1	0	0	205	23	7	10	7	1440	156	84	3
Eggplant & Tahini Spread	763	373	41	2	0	2	1105	77	10	13	20	49	15	66	4
Wings	1115	804	89	23	0	308	647	4	1	2	68	4414	5	125	4
with Orange Chile 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
Roasted Beets & Whipped Feta	344	170	19	9	0	41	1124	27	5	19	12	515	9	256	2
Grilled Chicken Nachos	1015	498	55	24	0	201	3473	52	8	5	76	1398	10	997	7
substitute Steak	1010	577	64	30	0	192	4545	39	5	5	67	1318	6	980	7
Ahi Tuna Poke Stack	397	181	20	3	0	41	1334	31	5	11	24	780	19	30	1
Mac N Cheese Balls	768	355	39	18	0	91	1714	73	1	5	28	1547	23	543	3
Firecracker Riblets	719	577	64	16	0	123	1755	7	1	4	23	1575	16	60	2
Truffle Cheese Fries	864	435	48	20	0	89	2363	89	8	0	16	788	24	145	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)
House Salad	526	375	42	14	0	258	1114	13	2	5	23	3531	13	130	2
with Grilled Salmon	1070	716	80	10	0	110	1824	38	10	8	49	13123	120	224	7
with Chicken	191	48	5	1	0	82	800	1	0	0	33	39	2	19	1
Cobb Salad	786	452	50	15	0	341	2311	17	7	4	60	10270	72	369	9
Seared Ahi Salad	561	242	27	4	0	38	2051	50	6	31	29	6861	56	111	5
Blackened Salmon Kale Caesar Salad	783	537	60	14	0	149	827	16	3	1	45	11262	94	165	3
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 Bone Marrow Burger	1248	659	73	26	0	165	3094	98	7	19	48	1073	19	157	6
Bison Burger	1253	581	65	21	0	156	4327	115	7	39	55	1734	117	282	8
Cowboy Burger	1203	543	60	19	0	162	5395	105	7	26	58	530	15	355	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
Double Stacked	1407	782	87	28	0	215	2364	88	5	17	67	715	14	402	6
Truffle Mushroom Cheeseburger	1342	728	81	31	0	213	2990	93	7	17	54	1170	12	304	6
Veggie Beet Burger	835	290	32	4	0	0	2394	119	11	23	18	1113	23	173	4
Not a Burger (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)
Napa Chicken Sandwich	1065	539	60	15	0	157	3473	69	4	12	59	1658	16	132	5
Spicy Fried Chicken Sandwich	1160	506	56	8	0	105	3909	114	8	25	48	1787	33	232	6
Hand-Breaded Fried Chicken Tenders	984	264	29	5	0	118	3098	116	4	17	56	345	15	178	7
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)
Broccolini	62	10	1	1	0	2	67	9	3	2	4	719	108	64	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
Sweet Potato Fries	390	123	14	2	0	0	397	62	7	32	2	10502	8	52	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)
Bourbon Barrel Cake (1 serving)	937	495	55	29	0	172	436	97	3	93	7	1585	0	241	1
Butterscotch Pudding (1 serving)	914	659	73	46	0	370	336	47	0	47	6	2897	0	199	1
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
Watermelon Hibiscus Spicy Agua Fresca	93	1	0	0	0	0	155	22	0	18	0	499	15	25	1
Lavender Iced Tea	62	2	0	0	0	0	9	15	1	13	0	225	8	19	1
Ginger Lime Soda	137	1	0	0	0	0	62	33	1	27	0	32	19	13	0