



Great Meal. Great Deal.

Name	Serving Size	Calories		Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)	Total				Iron (mg)	Notes		
		Calories (kcal)	from Fat (kcal)					Sugars (g)	Protein (g)	Vitamin A - IU	Vitamin C (mg)			Calcium (mg)	
99 Alfredo Sauce, 3 oz. serving	One 3 oz. serving	270	250	27	15	45	550	3	0	0	3	25	0	0	soy, gluten, milk
99 All Star Steakburger	One serving	1190	730	81	27	205	2260	55	2	11	56	60	15	20	50 soy, gluten, milk, eggs
99 Apple Fortune	One serving	860	340	38	11	25	780	122	4	63	10	8	0	6	4 soy, gluten, milk
99 Asiago & Garlic Dressing, 2.25 oz.	One 2.25 oz. serving	320	290	32	6	45	570	4	0	2	2	0	0	8	0 soy, milk, eggs
99 Asian Grilled Chicken Salad	One serving	710	340	37	5	100	1540	43	5	26	44	210	80	10	20 soy, gluten, peanuts, tree nuts
99 Au Jus, 1 oz. serving	One 1 oz. serving	5	0	0	0	0	170	1	0	0	0	0	0	0	0 soy, gluten, milk
99 Bacon & Cheese Steakburger	One serving	940	520	57	23	185	1700	46	2	4	55	50	15	20	50 soy, gluten, milk
99 Baja Crab Cake Sandwich	One serving	910	560	62	19	220	1570	57	5	6	30	40	15	20	30 soy, gluten, milk, eggs, crab, anchovies, peanuts
99 Baja Crab Cakes	One serving	1050	860	96	28	305	2020	20	5	4	29	50	25	25	10 soy, gluten, milk, eggs, crab, anchovies, peanuts
99 Baked Potato w/o Toppings	One serving	230	40	4	2.5	0	750	50	6	6	8	4	90	4	15
99 Baked Potato with Butter	One serving	340	140	15	6	0	840	50	6	6	8	15	90	4	15 soy, milk
99 Baked Potato with Butter & Sour Cream	One serving	400	180	20	10	20	850	51	6	7	9	15	90	6	15 soy, milk
99 Baked Potato with Sour Cream	One serving	290	80	9	6	20	770	51	6	7	9	8	90	6	15 soy, milk
99 Baked Schrod	One serving	580	290	32	14	125	570	14	0	3	53	25	10	6	8 soy, gluten, milk, haddock
99 Baked Stuffed Clams, Bar Menu	One serving	360	210	24	8	25	580	24	3	0	14	20	15	6	10 soy, gluten, milk, eggs, clams
99 Balsamic Grilled Chicken	One serving	620	200	22	4	195	630	29	0	21	72	2	2	6	15 soy
99 Bar Cheese, with Crackers	One serving	220	110	12	6	30	440	20	1	6	7	4	0	10	4 soy, gluten, milk, anchovies, msg
99 Beef Vegetable Barley Soup, Crock	12 oz. crock	340	180	20	6	35	1550	26	2	3	15	45	10	0	2 soy, gluten
99 Beef Vegetable Barley Soup, Cup	8 oz. cup	250	120	14	4	25	1050	21	1	2	10	30	8	0	0 soy, gluten
99 Bistro Salad, Pick A Pair Lunch	One serving	160	110	12	2	5	390	10	2	7	3	180	50	6	6 soy, milk
99 Bistro Side Salad without Dressing	One serving	70	15	1.5	0.5	5	65	11	4	6	4	180	60	10	10 milk
99 Bleu Cheese Dressing, 2.25 oz. serving	One 2.25 oz. serving	300	290	32	4.5	20	620	2	0	2	2	0	0	0	0 soy, milk, eggs
99 Bleu Cheese Dressing, 3 oz. serving	One 3 oz. serving	400	380	43	6	30	820	3	0	3	3	0	0	0	0 soy, milk, eggs
99 Boneless Buffalo Wing Salad	One serving	1030	510	57	10	95	5570	74	7	8	42	170	70	30	30 soy, gluten, milk, eggs
99 Boneless Buffalo Wings	One serving	1120	670	75	11	160	4510	44	2	5	62	45	8	4	10 soy, gluten, milk, eggs
99 Boneless Buffalo Wings, Plain	One serving	1090	670	75	11	160	2630	44	2	5	62	0	8	4	10 soy, gluten, milk, eggs
99 Boneless Wings & Skins Sampler	One serving	1660	1000	111	30	260	5350	70	5	9	85	80	25	50	15 soy, gluten, milk, eggs
99 Broccoli & Cheddar Soup, Crock	One 12 oz. crock	370	240	27	14	70	1330	17	3	0	14	35	70	35	0 soy, gluten, milk
99 Broccoli & Cheddar Soup, Cup	One 8 oz. cup	250	160	18	9	45	880	11	2	0	9	25	45	25	0 soy, gluten, milk
99 Broiled Sirloin Tips w/o Starch & Vegetable	One serving	710	280	32	12	230	1460	3	1	1	99	0	4	8	40 soy, milk
99 Buffalo Chicken Minis, Bar Menu	One serving	630	270	30	6	80	4580	48	3	8	30	100	10	15	15 soy, gluten, milk, eggs
99 Buffalo Chicken Minis, Lunch	One serving	630	270	30	6	80	4580	48	3	8	30	100	10	15	15 soy, gluten, milk, eggs
99 Buttermilk Ranch Dressing, 2.25 oz. serving	One 2.25 oz. serving	340	310	34	5	10	700	4	0	2	0	0	0	0	0 soy, milk, eggs, msg
99 Caesar Salad	One serving	690	470	52	9	50	1830	50	7	9	17	500	110	35	25 soy, gluten, milk, eggs, anchovies
99 Caesar Salad, Pick A Pair	One serving	380	220	24	4.5	20	1000	37	3	4	10	200	45	20	15 soy, gluten, milk, eggs, anchovies
99 Cajun Mushroom Steakburger	One serving	1330	850	95	26	205	3960	64	7	10	55	70	20	25	60 soy, gluten, milk, eggs
99 California Cobb Salad	One serving	840	400	44	18	360	2130	35	9	5	71	280	90	45	30 soy, gluten, milk, eggs
99 Calypso Coconut Shrimp	One serving	600	280	32	12	115	940	60	4	21	20	10	6	8	10 soy, gluten, eggs, shrimp
99 Calypso Coconut Shrimp Salad	One serving	950	510	57	13	100	1330	91	8	31	21	190	70	20	30 soy, gluten, milk, eggs, shrimp, walnuts
99 Cape Cod Seafood Trio	One serving	650	360	40	18	160	980	20	0	4	51	30	15	15	8 soy, gluten, milk, shrimp, clam, lobster, scallops, haddock
99 Captain's Combo Platter	One serving	1410	860	96	23	255	3300	73	4	11	66	20	20	20	15 soy, gluten, milk, eggs, shrimp, scallops, lobster, haddock
99 Caramel Apple Crunch Petite Treat	One serving	340	90	11	7	20	270	58	6	36	2	6	2	8	4 soy, gluten, milk, eggs
99 Caramel Peanut Butter Cheesecake Petite Treat	One serving	390	190	22	12	70	400	45	1	27	6	15	0	8	4 soy, gluten, milk, eggs, peanuts
99 Cedar Plank Salmon	One serving	790	240	27	5	125	650	80	2	17	52	10	25	6	8 soy, milk, salmon
99 Cedar Plank Salmon Combo	One serving	390	180	20	4	95	450	17	0	16	34	2	15	4	6 soy, milk, salmon
99 Chicken & Corn Chowder, Crock	One 12 oz. crock	420	220	24	12	75	1240	45	3	9	13	15	45	10	6 soy, gluten, milk
99 Chicken & Corn Chowder, Cup	One 8 oz. cup	280	140	16	8	50	830	30	2	6	9	10	30	6	4 soy, gluten, milk
99 Chicken & Sausage Al Forno	One serving	1910	800	89	40	250	4470	179	14	29	94	90	40	90	170 soy, gluten, milk
99 Chicken Broccoli & Ziti Dinner	One serving	2120	1130	126	63	215	3530	169	11	7	78	180	180	60	170 soy, gluten, milk
99 Chicken Broccoli & Ziti Lunch	One serving	1140	580	65	32	110	1970	98	6	4	41	90	90	35	90 soy, gluten, milk
99 Chicken Burrito	One serving	1290	380	42	19	195	5340	129	7	6	84	170	50	60	45 soy, gluten, milk
99 Chicken Burrito Wrap	One serving	1760	1080	132	25	135	3720	130	7	7	50	30	60	40	30 soy, gluten, milk, eggs
99 Chicken Caesar Salad	One serving	900	510	57	11	145	2320	51	7	10	55	500	120	40	35 soy, gluten, milk, eggs, anchovies
99 Chicken Marsala	One serving	1190	580	64	23	235	1760	70	3	5	80	15	6	15	70 soy, gluten, milk, eggs
99 Chicken Noodle Soup, Crock	One 12 oz. crock	270	90	10	3.5	35	1910	34	2	7	14	50	0	0	6 soy, gluten, milk, eggs
99 Chicken Noodle Soup, Cup	One 8 oz. cup	180	60	7	2.5	25	1270	23	1	5	9	35	0	0	4 soy, gluten, milk, eggs
99 Chicken Parmigiana	One serving	1780	610	69	15	125	4950	215	15	23	80	40	35	45	160 soy, gluten, milk
99 Chicken Parmigiana Sandwich	One serving	880	320	36	10	90	2680	92	7	14	48	25	25	40	35 soy, gluten, milk
99 Chicken Parmigiana Sandwich, Half Portion Pick a Pair	One serving	640	250	28	8	75	2530	65	6	16	36	30	20	35	25 soy, gluten, milk
99 Chicken Tenders & Cheese Stick Dippers	One serving	740	320	36	8	90	1940	60	3	5	46	15	10	35	25 soy, gluten, milk
99 Child Applesauce, Indiv. 4 oz cup	One 4 oz. cup	100	0	0	0	0	0	24	1	22	0	0	20	0	0 no known allergens
99 Child Baked Potato w/o Toppings	One serving	230	40	4	2.5	0	750	50	6	6	8	4	90	4	15 soy, milk
99 Child Baked Schrod	One serving	320	150	16	7	80	310	7	0	2	33	10	6	4	4 soy, gluten, milk, haddock
99 Child Broccoli Florets, 3 oz.	One 3 oz. serving	30	10	1	0	0	80	4	3	0	3	50	130	4	4 soy
99 Child Caesar Salad w/o Pizza	One serving	120	90	10	2	10	310	5	1	2	3	100	25	8	4 soy, gluten, milk, eggs, anchovies
99 Child Carrots, One Scoop	One scoop	140	100	11	6	0	380	10	3	5	1	330	4	4	6 soy, milk
99 Child Cheese Pizza & Caesar Salad	One serving	660	240	27	12	40	1500	76	4	9	28	110	25	45	30 soy, gluten, milk, eggs, anchovies
99 Child Cheese Pizza, w/o Salad	One pizza	540	150	17	10	30	1190	71	3	7	25	10	--	40	30 soy, gluten, milk
99 Child Chicken Parmigiana	One serving	910	270	30	7	60	2530	123	8	14	41	25	20	25	100 soy, gluten, milk
99 Child Chicken Tenders	One serving	490	200	23	3.5	70	1430	41	2	19	31	6	6	2	10 soy, gluten, milk
99 Child Cole Slaw, One Scoop	One scoop	170	120	14	2	15	250	10	2	8	1	15	45	4	2 soy, gluten, eggs

99 Child Corn, One Scoop	One scoop	140	50	6	2	0	330	19	2	3	2	8	4	0	4	gluten
99 Child French Fries, 5 oz raw wt, each	One serving	320	190	21	3.5	0	800	30	3	0	3	0	10	0	0	soy
99 Child Gridiron Grillor Hot Dog	One serving	610	390	43	20	45	1400	40	1	5	17	20	0	0	15	soy, gluten, milk
99 Child Grilled Cheese	One serving	560	340	38	21	35	1140	40	2	2	15	35	0	30	10	soy, gluten, milk
99 Child Grilled Teriyaki Chicken	One serving	220	40	4	1	100	480	6	0	5	37	0	0	2	8	soy, gluten
99 Child Loaded Baked Potato	One serving	410	160	18	9	40	1180	50	6	6	19	10	90	25	15	soy, milk
99 Child Loaded Broccoli	One serving	200	130	14	7	40	450	5	3	0	13	60	130	25	4	milk
99 Child Loaded Mashed Cauliflower	One serving	330	230	25	13	65	1010	8	3	3	15	15	60	30	0	soy, milk
99 Child Loaded Redskin Mashed Potatoes	One serving	310	180	20	9	40	760	17	2	2	12	8	10	25	4	soy, milk
99 Child Mac & Cheese	One serving	490	150	16	6	25	1690	69	3	11	19	6	0	35	10	soy, gluten, milk, eggs
99 Child Mashed Cauliflower, 4.4 oz serving	One serving	150	100	11	6	25	590	7	2	2	4	8	60	10	0	soy, milk
99 Child Mashed Potatoes w/ Gravy	One serving	140	60	7	2	5	360	17	2	2	2	2	10	4	4	soy, gluten, milk
99 Child Mini Ice Cream Sundae, Caramel	One serving	150	60	6	5	25	55	21	0	18	1	4	0	4	0	soy, milk, eggs
99 Child Mini Ice Cream Sundae, Fudge	One serving	160	70	8	6	25	30	19	0	17	2	4	0	6	2	soy, milk, eggs
99 Child Mini Ice Cream Sundae, Strawberry	One serving	140	60	6	5	25	15	18	1	16	1	4	10	4	0	soy, milk, eggs
99 Child Pasta Marinara	One serving	750	120	14	2	5	1510	138	10	16	22	25	20	15	140	soy, gluten, milk
99 Child Pasta with Butter	One serving	850	290	32	14	5	640	119	5	5	21	25	0	8	130	soy, gluten, milk
99 Child Philly Fries	One serving	420	260	29	6	10	1270	35	3	0	5	0	10	4	0	soy, gluten, milk
99 Child Redskin Mashed Potatoes	One serving	130	60	6	2	5	330	17	2	2	2	2	10	4	4	soy, milk
99 Child Rice Pilaf, One Scoop	One scoop	130	25	3	1.5	0	440	23	0	1	3	15	15	2	6	soy, gluten, milk
99 Child Steakburger Bites with American Cheese	One serving	570	310	34	13	105	1020	39	2	6	27	4	0	10	20	soy, gluten, milk, eggs
99 Child Steakburger Bites with Bacon & American Cheese	One serving	590	330	36	14	110	1110	39	2	6	29	4	0	10	20	soy, gluten, milk, eggs
99 Child Steakburger Bites with Bacon & Cheddar Cheese	One serving	590	320	36	14	110	1040	38	2	6	29	2	0	15	20	soy, gluten, milk, eggs
99 Child Steakburger Bites with Bacon & Swiss Cheese	One serving	580	310	35	13	105	990	38	2	6	29	2	0	15	20	soy, gluten, milk, eggs
99 Child Steakburger Bites with Cheddar Cheese	One serving	570	310	34	13	105	950	38	2	6	27	2	0	15	20	soy, gluten, milk, eggs
99 Child Steakburger Bites with Swiss Cheese	One serving	560	300	33	12	100	900	38	2	6	27	2	0	15	20	soy, gluten, milk, eggs
99 Child Steakburger Bites, Plain	One serving	530	280	31	11	95	890	38	2	6	25	0	0	6	20	soy, gluten, milk, eggs
99 Chipotle Chicken Quesadilla	One serving	1510	940	106	47	210	2890	79	6	12	59	130	130	100	30	soy, gluten, milk, eggs
99 Cocktail Sauce, 2.25 oz. serving	One 2.25 oz. serving	50	0	0	0	0	800	11	0	10	1	0	10	0	2	soy, anchovies
99 Colossal Lobster Roll	One serving	750	450	50	16	190	1450	41	2	6	36	70	10	15	15	soy, gluten, milk, eggs, lobster
99 Combo Honey BBQ Chicken	One serving	270	50	5	1	100	910	16	1	13	38	6	6	4	10	soy, gluten, milk
99 Combo Kickin' Shrimp Skewer	One serving	160	80	9	1	145	1010	3	1	0	17	2	10	6	2	soy, shrimp
99 Combo Top Sirloin Steak	One serving	330	200	22	9	80	470	0	0	0	30	0	0	4	10	no known allergens
99 Country Fried Chicken	One serving	1080	440	50	20	95	2710	111	3	30	47	6	6	15	20	soy, gluten, milk, msg
99 Crab Cake Combo	One serving	590	490	54	17	155	1130	11	3	3	15	35	25	10	6	soy, gluten, milk, eggs, crab, anchovies, peanuts
99 Crab Rangoon, Bar Menu	One serving	590	300	34	9	40	820	62	1	13	11	15	15	6	15	soy, gluten, milk, eggs, crab
99 Cranberry Sauce, 2 oz. serving	One 2 oz. serving	90	0	0	0	0	0	20	0	17	0	--	--	--	--	no known allergens
99 Cream of Tomato and Basil Soup, Crock	One 12 oz. crock	360	210	24	11	50	1590	30	3	14	5	25	25	15	4	soy, gluten, milk, msg
99 Cream of Tomato and Basil Soup, Cup	One 8 oz. cup	240	140	16	8	35	1060	20	2	9	3	15	15	10	2	soy, gluten, milk, msg
99 Crispy Honey Mustard Chicken Salad	One serving	1130	660	74	18	125	2060	64	5	15	49	100	70	35	20	soy, gluten, milk, eggs
99 Dark Chocolate Hot Cocoa, prepared	One serving	80	10	1	0	0	85	17	1	13	0	0	0	2	0	soy, milk
99 Double Bleu Iceberg Wedge	One serving	450	370	41	9	45	1070	9	2	6	11	25	30	10	4	soy, gluten, milk, eggs
99 Double Bleu Iceberg Wedge & Balsamic Chicken	One serving	670	400	44	8	130	1100	23	2	16	43	20	25	10	10	soy, gluten, milk, eggs
99 Extra Hot Boneless Wings & Skins Sampler	One serving	1680	1030	115	31	265	6040	70	5	9	86	60	25	50	15	soy, gluten, milk, eggs
99 Fettuccine Alfredo w/ Chicken	One serving	2140	1190	132	57	255	3000	157	8	7	77	100	15	70	160	soy, gluten, milk, eggs
99 Fettuccine Alfredo w/ Shrimp	One serving	2040	1180	131	57	265	3210	157	8	7	58	100	15	80	150	soy, gluten, milk, eggs, shrimp
99 Filet Mignon	One serving	920	480	54	18	135	2170	48	6	2	55	10	25	10	35	soy, milk
99 Fish and Chips	One serving	1160	680	76	13	155	2630	60	3	10	60	6	8	8	10	soy, gluten, milk, eggs, haddock
99 French Onion Soup, Crock	One 12 oz. crock	290	90	10	5	25	1830	37	1	8	13	6	15	30	8	soy, gluten, milk, eggs, anchovies
99 French Onion Soup, Cup	One 8 oz. cup	270	90	10	5	25	1330	32	1	6	13	6	10	30	8	soy, gluten, milk, eggs, anchovies
99 Fried Mozzarella, Bar Menu	One serving	570	310	35	13	50	1380	43	3	5	23	20	8	50	10	soy, gluten, milk, eggs
99 Garden Salad w/o Dressing	One serving	120	40	4.5	0.5	5	210	16	2	4	5	60	35	8	8	soy, gluten, milk
99 Garlic Redskin Mashed Potatoes, 2 scoops	Two scoops	260	110	12	4	10	660	34	3	3	3	4	25	6	6	soy, milk
99 Gold Fever Wings	One serving	1260	690	77	12	160	3310	80	4	36	64	15	8	8	15	soy, gluten, milk, eggs
99 Gold Fever Wings - XL	One serving	1720	860	97	15	230	4630	117	6	52	95	15	10	10	25	soy, gluten, milk, eggs
99 Grilled Chicken Fajitas	One serving	1350	490	54	25	285	3650	101	9	20	102	180	340	70	40	soy, gluten, milk
99 Grilled Double BBQ Turkey Tips	One serving	580	80	9	1.5	195	2330	46	0	38	72	15	20	0	25	soy, gluten
99 Grilled Honey BBQ Chicken Sandwich	One serving	690	170	19	7	130	1790	74	3	27	54	20	15	20	30	soy, gluten, milk
99 Half & Half Trimline Creamer, 1 oz. serving	One 1 oz. serving	40	25	3	2	15	25	1	0	1	1	2	0	4	0	milk
99 Honey BBQ Baby Back Ribs	One full rack	1770	450	50	14	285	10020	200	10	177	131	170	15	25	60	no known allergens
99 Honey BBQ Baby Back Ribs Combo	1/3 Rack	590	150	17	4.5	95	3340	67	3	59	44	60	4	8	20	no known allergens
99 Honey BBQ Boneless Wings	One serving	1240	690	77	11	160	3220	75	3	31	63	10	15	6	15	soy, gluten, milk, eggs
99 Honey BBQ Chicken	One serving	550	100	11	2.5	200	1830	32	2	26	76	10	8	6	20	soy, gluten, milk
99 Honey BBQ Chicken Wrap	One serving	930	360	41	12	95	2080	93	4	18	47	50	40	35	25	soy, gluten, milk
99 Honey Butter Biscuit (with Honey Butter)	One serving	230	110	12	10	0	560	27	1	5	4	2	0	2	8	soy, gluten, milk
99 Honey Mustard Dressing, 2.25 oz.	2.25 oz.	370	330	36	6	20	280	13	0	9	1	0	0	0	0	soy, eggs
99 Horseradish Sour Cream	One serving	110	110	12	3	15	120	1	0	0	0	2	0	0	0	soy, milk, eggs
99 Hot Buttered Lobster Roll	One serving	760	450	50	25	190	1330	40	1	5	39	40	0	15	15	soy, gluten, milk, lobster
99 Ice Cream Sandwich	One sandwich	200	60	7	4	25	125	31	1	16	3	4	15	6	4	soy, gluten, milk
99 Jasmine Rice	One serving	240	0	0	0	0	0	54	0	0	5	0	0	0	0	no known allergens
99 Junior Top Sirloin Steak	One serving	330	200	22	9	80	470	0	0	0	30	0	0	4	10	no known allergens
99 Kansas City Ribeye	One serving	850	380	43	16	185	1700	29	2	3	80	0	0	2	60	soy, gluten, milk, eggs
99 King Tips 24 oz.	One serving	1070	430	47	18	345	2190	4	2	2	149	2	6	10	60	soy, milk
99 King Tips, Smothered, 24 oz.	One serving	1170	500	55	19	345	2200	11	4	4	151	4	50	15	60	soy, milk
99 Little Midnight Fudge Hero	One serving	430	200	23	10	65	280	53	2	40	6	6	0	10	6	soy, gluten, milk, eggs
99 Lo-Fat Burgundy Vinaigrette, 1 oz. serving	One 1 oz. serving	40	15	1.5	0	0	600	6	0	5	0	0	0	0	0	soy, gluten
99 Loaded Baked Potato	One serving	580	310	34	17	55	1280	51	6	7	19	25	90	25	15	soy, milk
99 Loaded Broccoli	One serving	200	130	14	7	40	450	5	3	0	13	60	130	25	4	milk
99 Loaded Mashed Cauliflower	One serving	330	230	25	13	65	1010	8	3	3	15	15	60	30	0	soy, milk
99 Loaded Mashed Potatoes, 2 scoops	One serving	440	240	26	11	45	1090	34	3	3	14	10	25	25	6	soy, milk

99 Lunch Double BBQ Turkey Tips	One serving	640	190	22	14	110	2070	62	1	27	47	10	10	2	25	soy, gluten, milk
99 Lunch Honey BBQ Chicken	One serving	270	50	5	1	100	910	16	1	13	38	8	6	4	10	soy, milk
99 Lunch Pecan Crusted Chicken Salad	One serving	550	220	25	6	50	1210	54	5	13	25	150	40	15	15	soy, gluten, milk, pecans, walnuts
99 Luncheon Baked Schrod	One serving	320	150	16	7	80	310	7	0	2	33	15	10	4	6	soy, gluten, milk, haddock
99 Luncheon Broiled Sirloin Tips	One serving	360	140	16	6	115	730	1	1	1	50	0	2	4	20	soy, milk
99 Luncheon Fish and Chips	One serving	740	490	55	9	95	1540	33	1	8	30	6	6	4	6	soy, gluten, milk, eggs, haddock
99 Luncheon Smothered Tips	One serving	410	180	20	7	115	730	5	2	2	50	2	25	4	25	soy, milk
99 Lunchtime Honey Chicken Salad	One serving	960	560	62	13	90	1650	63	6	16	36	50	50	25	20	soy, gluten, milk, eggs
99 Macaroni & Cheese, 10 oz.	One 10 oz. serving	340	110	12	4.5	25	1280	42	2	11	15	2	0	30	4	gluten, milk, eggs
99 Maine Lobster Bisque, Crock	One 12 oz. crock	610	410	45	27	155	1330	35	0	4	13	30	6	25	6	soy, gluten, milk, clam, lobster, cod
99 Maine Lobster Bisque, Cup	One 8 oz. cup	430	280	31	18	105	910	27	0	3	9	20	4	15	4	soy, gluten, milk, clam, lobster, cod
99 Maryland Crab Casserole	One serving	470	320	35	16	105	890	20	0	5	16	25	6	15	20	soy, gluten, milk, crab
99 Mashed Cauliflower, 4.4 oz serving	One 4.4 oz. serving	150	100	11	6	25	590	7	2	2	4	8	60	10	0	soy, milk
99 Milkshake Cake Petite Treat	One serving	280	120	13	8	50	150	34	1	24	3	8	0	4	6	soy, gluten, milk, eggs
99 Minestrone Soup, Crock	12 oz. crock	240	50	5	0	0	670	38	7	3	8	35	30	6	15	soy, gluten, milk
99 Minestrone Soup, Cup	8 oz. cup	180	40	4.5	0	0	470	29	5	2	6	25	20	4	10	soy, gluten, milk
99 Molten Chocolate Lava Cake	One serving	730	400	44	25	245	90	81	6	48	11	25	2	10	30	soy, milk, eggs
99 Mushroom & Cheese Steakburger	One serving	950	520	58	23	175	1530	49	3	5	53	50	20	20	50	soy, gluten, milk
99 Nachos with Guacamole, Bar Menu	One serving	930	520	58	25	130	1800	75	6	8	32	45	50	70	2	soy, milk
99 Nachos, Bar Menu	One serving	880	500	55	25	130	1690	69	5	7	32	45	45	70	2	soy, milk
99 New England Fried Shrimp	One serving	640	280	31	5	185	3110	56	3	13	36	0	10	20	6	soy, gluten, milk, shrimp, anchovies
99 New England Roast Turkey	One serving	540	140	16	6	125	2440	52	2	23	46	10	8	6	20	soy, gluten, milk
99 Northern Italian Dressing, Lite, 2 oz. serving	One 2 oz. serving	90	90	9	0	0	620	2	0	2	0	4	8	4	0	soy, milk
99 Old Fashioned Ice Cream Sundae, Caramel	One serving	570	230	25	19	95	230	77	0	67	5	15	0	15	0	soy, milk, eggs
99 Old Fashioned Ice Cream Sundae, Hot Fudge	One serving	600	280	31	25	100	125	70	1	62	7	15	0	20	6	soy, milk
99 Old Fashioned Ice Cream Sundae, Strawberry	One serving	520	230	25	19	95	70	64	2	60	4	15	50	15	2	soy, milk
99 Oriental Honey Ginger Dressing, 2.25 oz.	One 2.25 oz. serving	320	250	28	4.5	20	430	17	0	15	0	4	0	0	4	soy, gluten, eggs
99 Original Crispy Chicken Tenders	One serving	1130	670	75	13	155	6620	54	2	10	60	0	4	4	15	soy, gluten, milk, eggs
99 Outrageous Potato Skins, Appetizer	One serving	1140	770	86	35	170	1710	43	5	6	44	50	25	90	8	soy, gluten, milk
99 Oysterettes, One Package	One package	70	20	2	0	0	60	11	0	0	1	0	0	0	0	gluten
99 Panko Crusted Haddock	One serving	1380	570	63	28	120	1870	143	8	13	57	60	35	15	150	soy, gluten, milk, eggs, haddock
99 Pecan Crusted Chicken Salad	One serving	880	400	44	11	80	1920	80	8	26	37	300	70	30	20	soy, gluten, milk, pecans, walnuts
99 Perfect Broccoli Florets, 3 oz.	One 3 oz. serving	30	10	1	0	0	80	4	3	0	3	50	130	4	4	soy
99 Perfect Butternut Squash, One Scoop	One scoop	90	15	1.5	0	0	310	17	3	11	1	70	6	2	4	soy
99 Perfect Carrots, One Scoop	One scoop	140	100	11	6	0	380	10	3	5	1	330	4	4	6	soy, milk
99 Perfect Cole Slaw, One Scoop	One scoop	170	120	14	2	15	250	10	2	8	1	15	45	4	2	soy, gluten, eggs
99 Perfect Corn, One Scoop	One scoop	140	50	6	2	0	330	19	2	3	2	8	4	0	4	gluten
99 Perfect French Fries, 8 oz raw wt, each	One 8 oz. serving	510	300	34	6	0	1280	48	5	0	5	0	15	0	0	soy
99 Perfect Rice Pilaf, Two Scoops	Two scoops	260	50	6	3	0	870	46	1	1	6	25	25	4	10	soy, gluten, milk
99 Philly Fries, from 8 oz. raw	One serving	610	380	42	8	10	1750	53	5	0	7	0	15	4	0	soy, gluten, milk
99 Philly Steakburger	One serving	1000	550	61	22	180	1310	52	4	7	56	50	60	30	50	soy, gluten, milk
99 Plain Boneless Wings & Skins Sampler	One serving	1670	1030	115	31	265	3590	70	6	9	85	40	25	50	20	soy, gluten, milk, eggs
99 Prime Rib 12 oz.	One serving	920	640	72	29	210	980	2	0	1	62	0	0	4	8	soy, gluten, milk
99 Prime Rib 18 oz.	One serving	1370	960	107	44	315	1060	2	0	1	93	0	0	6	10	soy, gluten, milk
99 Rip Roarin' Crab Soup, Crock	One 12 oz. crock	400	220	24	14	65	1440	42	2	12	6	15	10	10	6	soy, gluten, milk, crab, anchovies
99 Rip Roarin' Crab Soup, Cup	One 8 oz. cup	290	150	17	9	45	980	32	1	8	4	10	6	6	4	soy, gluten, milk, crab, anchovies
99 Roast Beef & Cheddar Dip	One serving	680	260	28	9	110	2050	59	2	8	48	6	2	25	35	soy, gluten, milk, eggs
99 Roast Beef & Cheddar Dip, Pick A Pair	One serving	400	180	20	6	65	1170	30	1	4	24	4	2	15	20	soy, gluten, milk, eggs
99 Roast Beef & Fontina Sandwich	One serving	550	200	23	9	90	1200	54	2	11	35	50	15	8	30	soy, gluten, milk, eggs
99 Roasted Tomato Italian Sausage Soup, Crock	One 12 oz. crock	270	90	11	3.5	15	1450	35	3	14	8	35	35	0	6	soy, gluten, milk
99 Roasted Tomato Italian Sausage Soup, Cup	One 8 oz. cup	200	70	8	2.5	10	990	27	2	9	6	25	25	0	4	soy, gluten, milk
99 Rosemary Parmesan Fries	One serving	550	320	36	7	5	1610	52	5	1	8	0	15	10	2	soy, milk
99 Rustic Bread, prepared with garlic sauce, each	One serving	150	40	4	1	0	400	27	1	0	4	4	0	4	6	soy, gluten, milk
99 Sautéed Mushrooms, 2 oz. serving	One 2 oz. serving	60	40	4.5	0.5	0	0	3	1	1	1	0	4	0	6	soy
99 Sautéed Onions and Peppers, 2 oz. serving	One 2 oz. serving	60	40	4.5	0.5	0	0	4	1	2	1	2	40	0	2	soy
99 Sautéed Onions, 1 oz. serving	One 1 oz. serving	50	35	4	0.5	0	0	4	1	2	1	0	4	0	0	soy
99 Seafood Chowder, Crock	One 12 oz. crock	440	270	30	15	130	780	28	1	1	18	15	8	15	8	soy, gluten, milk, shrimp, clam, lobster, pollock
99 Seafood Chowder, Cup	One 8 oz. cup	320	180	21	10	90	540	22	1	1	12	10	6	10	6	soy, gluten, milk, shrimp, clam, lobster, pollock
99 Shrimp Toscana	One serving	1190	540	59	26	150	1840	124	8	13	42	50	35	30	130	soy, gluten, milk, eggs, shrimp
99 Side of Broccoli Florets, 3 oz.	One serving	30	10	1	0	0	80	4	3	0	3	50	130	4	4	soy
99 Side of Baked Potato w/o Toppings	One serving	230	40	4	2.5	0	750	50	6	6	8	4	90	4	15	soy
99 Side of Baked Potato with Butter	One serving	340	140	15	6	0	840	50	6	6	8	15	90	4	15	soy, milk
99 Side of Baked Potato with Butter & Sour Cream	One serving	400	180	20	10	20	850	51	6	7	9	15	90	6	15	soy, milk
99 Side of Baked Potato with Sour Cream	One serving	290	80	9	6	20	770	51	6	7	9	8	90	6	15	soy, milk
99 Side of Bleu Cheese Crumbles	One serving	200	150	16	10	50	770	1	1	0	12	10	0	30	0	gluten, milk
99 Side of Butternut Squash, One Scoop	One scoop	90	15	1.5	0	0	310	17	3	11	1	70	6	2	4	soy
99 Side of Carrots, 2 Scoops	Two scoops	280	200	22	12	0	760	19	7	11	1	650	10	8	10	soy, milk
99 Side of Cole Slaw, One Scoop	One scoop	170	120	14	2	15	250	10	2	8	1	15	45	4	2	soy, gluten, eggs
99 Side of Corn, 2 Scoops	One serving	270	100	11	4	0	660	37	3	6	5	15	10	0	10	gluten
99 Side of French Fries, 8 oz raw wt, each	One 8 oz. serving	510	300	34	6	0	1280	48	5	0	5	0	15	0	0	soy
99 Side of Fresh Grilled Asparagus	One serving	30	5	0.5	0	0	230	3	2	2	2	8	15	2	2	
99 Side of Garlic Redskin Mashed Potatoes, 2 scoops	One serving	260	110	12	4	10	660	34	3	3	3	4	25	6	6	soy, milk
99 Side of Honey Butter Biscuits (with Honey Butter), 2 each	One serving	450	210	24	19	0	1130	54	1	9	8	6	0	4	15	soy, gluten, milk
99 Side of Jasmine Rice	One serving	240	0	0	0	0	0	54	0	0	5	0	0	0	0	no known allergens
99 Side of Loaded Baked Potato	One serving	410	160	18	9	40	1180	50	6	6	19	10	90	25	15	soy, milk
99 Side of Loaded Broccoli	One serving	200	130	14	7	40	450	5	3	0	13	60	130	25	4	milk
99 Side of Loaded Mashed Cauliflower	One serving	330	230	25	13	65	1010	8	3	3	15	15	60	30	0	soy, milk
99 Side of Loaded Mashed Potatoes, 2 Scoops	One serving	440	240	26	11	45	1090	34	3	3	14	10	25	25	6	soy, milk
99 Side of Mashed Cauliflower, 4.4 oz serving	One serving	150	100	11	6	25	590	7	2	2	4	8	60	10	0	soy, milk
99 Side of Pasta	One serving	590	80	8	0	0	1050	111	9	15	17	20	20	6	140	soy, gluten

99 Side of Philly Fries, from 8 oz. raw	One serving	630	390	43	11	30	1630	51	5	1	11	6	15	20	0 soy, gluten, milk
99 Side of Rice Pilaf, One Scoop	One serving	130	25	3	1.5	0	440	23	0	1	3	15	15	2	6 soy, gluten, milk
99 Side of Rosemary Parmesan Fries	One serving	550	320	36	7	5	1610	52	5	1	8	0	15	10	2 soy, milk
99 Side of Sour Cream	One serving	60	45	4.5	3.5	20	15	1	0	1	1	4	0	2	0 milk
99 Side of Turkey Gravy, 3 oz.	One serving	10	10	1	0	0	55	1	0	0	0	0	0	0	0 soy, gluten, milk
99 Side of Whipped Butter Blend, 0.5 oz.	One serving	110	100	11	4	0	85	0	0	0	0	10	0	0	0 soy, milk
99 Sirloin Tip Salad w/o Dressing	One serving	650	250	28	11	145	1210	34	5	6	63	100	70	35	35 soy, gluten, milk
99 Sirloin Tips & Chicken Tenders	One serving	840	330	37	10	200	3750	37	2	19	87	8	8	8	35 soy, gluten, milk
99 Smothered Sirloin Tips	One serving	820	360	40	13	230	1470	9	3	4	101	2	45	10	45 soy, milk
99 Soft Shell Crab Sandwich	One serving	670	290	35	6	55	1200	78	3	9	19	45	20	10	20 soy, gluten, eggs, crab
99 Southwest Chicken Soup, Crock	One 12 oz. crock	340	170	19	0	0	1150	31	3	0	11	20	35	0	15 soy, gluten, milk
99 Southwest Chicken Soup, Cup	One 8 oz. cup	250	120	13	0	0	790	25	2	0	8	15	25	0	10 soy, gluten, milk
99 Spinach & Artichoke Dip	One serving	860	540	60	22	75	1340	69	3	0	21	30	2	45	2 soy, gluten, milk
99 Steak & Cheese Spring Rolls with Spicy Ketchup	One serving	900	490	55	15	90	2420	62	2	9	40	15	10	25	30 soy, gluten, milk
99 Steakburger	One serving	810	420	47	18	160	1260	45	2	4	48	45	15	8	50 soy, gluten, milk, eggs
99 Steakburger Minis, Bar Menu	One serving	730	440	49	15	120	1370	43	2	8	29	6	4	15	20 soy, gluten, milk, eggs
99 Steakburger w/ Cheese	One serving	890	480	53	22	175	1530	46	2	4	52	50	15	20	50 soy, gluten, milk
99 Strawberry Mimosa Cake	One serving	680	300	33	17	110	350	85	2	61	6	15	40	10	6 soy, gluten, milk, eggs
99 Supreme Royal Sirloin	One serving	520	210	23	9	175	550	1	0	0	72	0	0	4	25 soy
99 Sweet & Smoky Steakburger	One serving	1060	550	61	23	190	1850	67	2	21	56	50	20	20	45 soy, gluten, milk
99 Sweet & Spicy Boneless Wings, Bar Menu	One serving	660	370	41	5	70	1480	48	1	19	28	0	15	2	6 soy, gluten, milk, eggs
99 Sweet & Spicy Calamari Rings	One serving	770	480	53	13	395	2240	40	2	2	31	15	30	10	10 soy, gluten, milk, calamari
99 Sweet Southern Fried Chicken	One serving	870	290	33	13	80	2080	107	3	45	39	0	2	10	15 soy, gluten, milk
99 Sweet Tomato Vinaigrette, 2 oz. serving	One 2 oz. serving	230	190	21	3	0	620	9	0	9	0	0	8	0	0 soy
99 Tarter Sauce, 2 oz. portion	One 2 oz. serving	280	270	30	4.5	30	400	6	0	6	0	4	0	0	0 soy, eggs
99 Teriyaki Sirloin	One serving	470	230	26	11	95	1430	23	0	19	36	0	0	6	15 soy, gluten
99 The Imperial	One serving	580	350	39	18	150	1040	21	0	4	34	30	10	15	10 soy, gluten, milk, clams, crab, scallops, lobster, cod
99 Top Sirloin Steak	One serving	560	330	37	15	135	780	0	0	0	52	0	0	6	20 no known allergens
99 Towering Midnight Oreo Fudge Cake	One serving	870	410	45	20	130	570	107	3	79	11	10	0	20	10 soy, gluten, milk, eggs
99 Triple Decker Turkey Club	One serving	950	330	37	6	115	2260	107	7	20	53	90	25	35	45 soy, gluten, milk, eggs
99 Triple Decker Turkey Club, Half Portion, Pick a Pair	One serving	470	160	18	3	55	1130	54	4	10	26	45	15	15	20 soy, gluten, milk, eggs
99 Tropical Chicken Salad	One serving	780	350	38	5	115	1290	62	5	31	44	150	60	15	60 soy, gluten, milk, eggs, walnuts
99 Tuna Ciabatta	One serving	570	260	29	3.5	60	1130	50	2	9	25	50	15	2	20 soy, gluten, eggs, tuna
99 Turkey Panini	One serving	1570	900	101	36	155	3410	117	10	17	54	40	20	30	25 soy, gluten, milk, eggs
99 Typhoon Chicken Stir Fry	One serving	1310	330	38	6	255	2390	149	8	56	94	90	210	20	60 soy, gluten, eggs
99 Ultimate Sirloin Steak Sandwich	One serving	990	540	60	18	110	1910	64	3	10	45	6	4	20	35 soy, gluten, milk, eggs
99 Whipped Butter Blend, 0.5 oz.	One 1/2 oz. serving	110	100	11	4	0	85	0	0	0	0	10	0	0	0 soy, milk
99 Wild Bleu Chicken & Spinach Salad	One serving	1190	710	79	22	170	3030	52	6	22	68	230	80	50	35 soy, gluten, milk, walnuts
99 XL Boneless Buffalo Wings	One serving	1520	850	95	15	230	6450	65	3	6	91	70	10	6	20 soy, gluten, milk, eggs
99 XL Boneless Buffalo Wings, Plain	One serving	1480	850	95	15	230	3640	65	4	6	91	0	10	6	20 soy, gluten, milk, eggs
99 XL Honey BBQ Boneless Wings	One serving	1700	880	98	15	230	4510	110	5	45	93	15	20	8	25 soy, gluten, milk, eggs