

Name	Serving Size	Calories		Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Vitamin A - IU	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Notes
		Calories (kcal)	from Fat (kcal)												
99 Acapulco Shrimp Salad	One serving	740	500	56	16	185	1890	27	7	6	33	290	80	60	15 soy, milk, eggs, shrimp, msg
99 Acapulco Shrimp Salad Crowd Pleaser	One serving	4190	2870	319	89	930	10090	159	32	32	166	1440	440	270	80 soy, milk, eggs, shrimp, msg
99 All Star Steakburger	One serving	1240	780	86	28	205	2230	57	2	9	56	50	20	20	50 soy, gluten, milk, eggs
99 Apple Fortune	One serving	860	340	38	11	25	9740	122	4	62	10	8	0	6	4 soy, gluten, milk
99 Asian Chicken Salad Crowd Pleaser	One serving	4680	2500	278	38	415	9740	302	40	167	207	1620	640	70	130 soy, gluten, peanuts, tree nuts
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 Assorted Sandwich Platter Crowd Pleaser	One serving	5380	2210	246	66	645	10390	521	38	73	296	60	130	80	150 soy, gluten, milk, eggs
99 Assorted Wrap Platter	One serving	5980	2470	275	81	565	14500	580	33	60	287	460	230	160	170 soy, gluten, milk, eggs, anchovies
99 Baby Back Ribs	One serving	2030	540	59	24	285	11320	239	11	182	133	160	20	25	70 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	25	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	35	25	10 soy, gluten, milk, eggs, crab, anchovies, peanuts
99 Baked Haddock	One serving	540	290	32	14	130	550	14	0	3	45	25	15	10	15 soy, gluten, milk, haddock
99 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 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 Stuffed Clams	One serving	620	380	42	14	45	990	40	4	1	23	30	30	10	15 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 BBQ Turkey Tips Crowd Pleaser	One serving	2920	400	45	8	980	11640	230	0	191	362	80	110	0	130 soy, gluten
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 Biscuit Crowd Pleaser	One serving	2710	1270	141	114	0	6750	322	6	56	48	30	0	25	100 soy, gluten, milk
99 Bistro Salad, Pick A Pair Lunch	One serving	160	110	12	2	5	390	11	2	8	3	180	45	6	6 soy, milk
99 Bistro Side Salad without Dressing	One serving	40	10	1.5	0.5	5	60	6	2	3	3	180	40	6	6 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 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 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	1080	720	80	24	200	2010	8	4	0	76	0	0	15	40 no known allergens
99 Buffalo Wings Crowd Pleaser	One serving	4910	3070	343	51	670	20010	181	10	24	249	210	35	20	50 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 Crowd Pleaser	One serving	2270	1860	206	35	205	6080	91	21	36	53	1740	400	130	70 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 Calypso Coconut Shrimp	One serving	600	280	32	12	115	940	60	4	21	20	10	6	8	10 soy, gluten, eggs, shrimp
99 Cape Cod Seafood Trio	One serving	660	360	40	18	180	1010	20	0	4	51	30	20	20	10 soy, gluten, milk, shrimp, clams, lobster, scallops, haddock
99 Captain's Combo Platter w/ Seafood Chowder	One serving	2090	1290	144	31	290	4860	132	11	19	73	30	90	30	20 soy, gluten, milk, eggs, shrimp, scallops, clams, lobster, pollock, haddock
99 Captain's Combo Platter w/o Seafood Chowder	One serving	1840	1120	126	21	200	4380	121	10	18	62	25	80	20	15 soy, gluten, milk, eggs, shrimp, scallops, haddock
99 Cedar Plank Salmon	One serving	780	240	26	5	125	490	78	3	20	52	20	100	10	15 soy, milk, salmon
99 Cheesy Bacon Quesadilla	One serving	590	370	41	22	80	1070	28	0	1	23	50	15	45	6 soy, gluten, milk
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 Crowd Pleaser	One serving	4560	2470	274	140	615	8220	320	23	15	200	410	450	160	350 soy, gluten, milk
99 Chicken Broccoli & Ziti Dinner	One serving	1920	930	103	51	215	3350	169	11	7	78	160	180	60	170 soy, gluten, milk
99 Chicken Broccoli & Ziti Lunch	One serving	1040	480	54	26	110	1880	98	6	4	41	80	90	35	90 soy, gluten, milk
99 Chicken Caesar Crowd Pleaser	One serving	2950	1990	221	40	605	7960	70	7	29	194	320	110	110	60 soy, gluten, milk, eggs, anchovies
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 Fajita Crowd Pleaser	One serving	7310	2780	309	148	1335	17460	589	50	110	472	1060	2000	410	200 soy, gluten, milk
99 Chicken Fajitas	One serving	1460	770	85	29	255	1650	75	6	13	85	140	220	60	30 soy, gluten, milk
99 Chicken Fingers & Fried Mozzarella	One serving	770	330	37	11	75	2090	72	3	25	34	15	10	35	10 soy, gluten, milk, eggs
99 Chicken Marsala	One serving	1110	510	57	18	215	1650	70	4	5	75	15	10	10	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	1790	620	69	15	125	5060	217	15	24	80	40	40	45	160 soy, gluten, milk
99 Chicken Parmigiana Crowd Pleaser	One serving	5540	2840	318	78	735	16160	333	26	39	337	90	100	210	80 soy, gluten, milk
99 Chicken Quesadilla, Bar Menu	One serving	730	460	54	20	95	1470	34	1	3	32	45	20	25	10 soy, gluten, milk, eggs
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 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 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 Tenders	One serving	490	200	23	3.5	70	1430	41	2	19	31	6	6	2	10 soy, gluten, milk
99 Child Clodhoppers	One serving	160	45	5	4.5	0	130	28	2	11	2	0	0	4	4 soy, gluten, milk, eggs may contain almonds, cashews and macadamia nuts
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 Griller 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	0	10 soy, gluten, milk
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 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	340	110	12	4.5	25	1280	42	2	11	15	2	0	30	4 gluten, milk, eggs
99 Child Make Your Own Chicken Tacos	One serving	630	260	29	12	85	1660	60	2	21	28	45	30	30	10 soy, gluten, milk
99 Child Mandarin Oranges	One serving	35	0	0	0	0	0	8	0	6	0	2	15	0	2 no known allergens
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 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 Perfect Green Beans, One Scoop	One Scoop	70	40	4.5	1.5	0	310	6	3	1	2	15	25	4	6 soy, milk
99 Child Philly Fries	One serving	440	270	30	9	30	910	33	3	1	9	6	10	20	0 soy, gluten, milk
99 Child Red Sox Cookie Sundae	One serving	330	150	16	10	35	115	41	1	29	5	4	0	8	8 soy, gluten, milk, eggs
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 Chipotle Boneless Wings, Bar Menu	One serving	740	430	48	7	80	1850	47	1	24	29	4	10	2	8 soy, gluten, milk, eggs
99 Chipotle Chicken Quesadilla	One serving	1500	940	107	47	200	3010	79	6	12	58	140	120	100	30 soy, gluten, milk, eggs
99 Ciabatta Club Sandwich Platter Crowd Pleaser	One serving	5380	2510	279	60	615	10100	477	22	50	257	50	130	10	110 soy, gluten, milk, eggs
99 Cocktail Sauce, 2.25 oz. serving	One 2.25 oz. serving	50	60	0	0	0	800	11	0	1	0	0	0	0	2 soy, anchovies
99 Coconut Shrimp Crowd Pleaser															

Name	Serving Size	Calories		Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Total		Vitamin A - IU (mg)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Notes
		from Fat (kcal)	(kcal)						Sugars (g)	Protein (g)					
99 Coleslaw Crowd Pleazer	One serving	1790	1330	148	21	160	2690	113	21	90	11	150	500	35	25 soy, gluten, eggs
99 Colossal Lobster Roll	One serving	1430	870	97	23	205	2970	99	9	14	42	80	70	20	20 soy, gluten, milk, eggs, lobster
99 Combo Fajitas	One serving	1210	580	64	29	215	1810	75	6	13	71	140	220	60	30 soy, gluten, milk
99 Conference Room Combo Crowd Pleazer	One serving	12610	7010	779	188	1310	26810	1037	57	236	402	730	850	300	250 soy, gluten, milk, eggs
99 Cookies & Brownies	One serving	1880	880	98	28	230	1320	244	6	134	30	40	0	20	70 soy, gluten, milk, eggs
99 Corner Office Combo	One serving	13800	7830	870	250	1435	26450	1064	96	248	451	1140	1640	110	790 soy, gluten, milk, eggs, shrimp
99 Country Fried Chicken	One serving	1250	510	57	20	105	3150	134	6	31	48	8	30	20	25 soy, gluten, milk, msg
99 Crab Cake Combo	One serving	590	490	54	17	155	1130	11	3	3	15	35	30	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 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 Fish Tacos	One serving	1270	540	64	14	85	2570	145	6	8	35	20	60	15	25 soy, gluten, milk, eggs, haddock
99 Crispy Haddock BLT	One serving	840	400	47	9	85	1870	74	3	6	37	10	8	8	30 soy, gluten, milk, eggs, haddock
99 Crispy Honey Mustard Chicken Salad	One serving	1130	660	74	18	125	2060	65	5	15	49	100	50	35	20 soy, gluten, milk, eggs
99 Double Bleu Iceberg Wedge	One serving	450	370	41	9	45	1070	9	2	6	11	25	15	10	4 soy, gluten, milk, eggs
99 Entree Accom. 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 Entree Accom. Baked Potato with Butter	One serving	340	140	15	6	0	840	50	6	6	8	15	90	4	15 soy, milk
99 Entree Accom. 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 Entree Accom. Baked Potato with Sour Cream	One serving	290	80	9	6	20	770	51	6	7	9	8	90	6	15 soy, milk
99 Entree Accom. 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 Entree Accom. Jasmine Rice, One nappy	One serving	240	0	0	0	0	0	54	0	0	5	0	0	0	0 no known allergens
99 Entree Accom. Loaded Baked Potato	One serving	580	310	34	17	55	1280	51	6	7	19	25	90	25	15 soy, milk
99 Entree Accom. Loaded Broccoli	One serving	200	130	14	7	40	450	5	3	0	13	60	130	25	4 milk
99 Entree Accom. Loaded Mashed Potatoes, 2 Scoops	One serving	440	240	26	11	45	1090	34	3	3	14	10	25	25	6 soy, milk
99 Entree Accom. 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 Entree Accom. 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 Entree Accom. Perfect Corn, One Scoop	One scoop	140	50	6	2	0	330	19	2	3	2	8	4	0	4 gluten
99 Entree Accom. 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 Entree Accom. Perfect Green Beans, One Scoop	One Scoop	70	40	4.5	1.5	0	310	6	3	1	2	15	25	4	6 soy, milk
99 Entree Accom. Perfect Rice Pilaf, 2 Scoops	Two scoops	260	50	6	3	0	870	46	1	1	6	25	25	4	10 soy, gluten, milk
99 Entree Accom. Rosemary Parmesan Fries	One serving	520	310	35	6	0	1350	49	5	0	6	0	15	2	0 soy, milk
99 Entree Accom. Sweet Potato Fries, 8 oz. raw wt., each	One serving	550	320	36	6	0	540	50	8	20	5	270	45	10	6 soy, gluten
99 Entree Accom. Philly Fries, from 8 oz. raw	One serving	630	390	43	11	30	1260	51	5	1	11	6	15	20	0 soy, gluten, milk
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	420	200	23	12	130	610	1	0	0	47	4	0	2	30 soy, milk
99 Fire Grilled SW Cobb Salad	One serving	930	530	59	17	360	1800	31	7	16	63	270	80	25	20 soy, gluten, milk, eggs
99 Fish and Chips	One serving	1790	1100	124	21	180	4130	119	10	18	57	20	70	15	20 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	One serving	780	430	48	19	70	1780	57	3	6	32	25	10	70	10 soy, gluten, milk, eggs
99 Garden Salad Crowd Pleazer	One serving	2530	1880	209	23	115	6780	129	15	46	43	400	230	60	60 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 Parmesan Crusted Tilapia	One serving	640	310	35	8	60	1480	30	2	4	47	10	20	20	15 soy, gluten, milk, tilapia
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 Club	One serving	1220	570	64	12	110	2440	110	7	8	54	50	35	6	15 soy, gluten, milk, eggs
99 Grilled Double BBQ Turkey Tips	One serving	810	190	21	11	195	2890	73	1	43	76	20	20	2	35 soy, gluten, milk
99 Grilled Double BBQ Turkey Tips PA	One serving	580	80	9	1.5	195	2330	46	0	38	72	15	20	0	25 soy, gluten
99 Grilled Portabella Sandwich	One serving	1270	700	78	16	20	2970	120	11	13	25	20	40	15	20 soy, gluten, milk
99 Grilled Rueben	One serving	980	560	62	24	125	2270	49	4	6	56	30	0	45	25 soy, gluten, milk, eggs
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 Chicken Wrap	One serving	930	360	41	12	95	2080	93	4	18	47	50	25	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 Hot Buttered Lobster Roll	One serving	1440	880	98	33	205	2860	98	8	13	45	50	60	20	15 soy, gluten, milk, eggs, lobster
99 Hummus	One serving	500	150	17	2	0	890	71	3	4	18	170	70	15	30 soy, gluten, milk
99 Ice Cream Sandwich	One sandwich	200	60	7	4	25	125	31	1	16	3	4	15	6	4 soy, gluten, milk
99 Irish Nachos, Bar Menu	One serving	1010	650	72	21	80	2840	67	7	6	20	25	45	25	10 soy, milk
99 Island Chicken	One serving	210	40	4.5	1	100	530	3	1	2	38	0	2	4	8 soy, milk
99 Jaminin' Crab Soup, Crock	12 oz. crock	470	270	30	17	105	1920	42	1	8	7	30	15	8	8 soy, gluten, milk, shrimp, clams, crab, lobster, bonito, anchovies
99 Jaminin' Crab Soup, Cup	8 oz. cup	330	180	21	11	70	1300	31	1	6	5	20	10	6	6 soy, gluten, milk, shrimp, clams, crab, lobster, bonito, anchovies
99 Jasmine Rice	One serving	240	0	0	0	0	0	54	0	0	5	0	0	0	0 no known allergens
99 Jungle Rumble Petite Treat	One serving	280	140	15	9	60	160	33	1	26	3	10	0	4	2 soy, gluten, milk, eggs
99 Junior Bacon American Steakburger	One serving	740	400	45	18	135	1110	44	1	6	40	6	0	20	20 soy, gluten, milk, eggs
99 Junior Bacon Cheddar Steakburger	One serving	740	400	44	17	135	970	43	1	6	40	4	0	20	20 soy, gluten, milk, eggs
99 Junior Bacon Swiss Steakburger	One serving	710	380	42	16	130	870	43	1	6	40	2	0	20	20 soy, gluten, milk, eggs
99 Junior Steakburger with American Cheese	One serving	710	380	43	17	130	1030	44	1	6	38	6	0	20	20 soy, gluten, milk, eggs
99 Junior Steakburger with Cheddar Cheese	One serving	710	380	42	17	130	880	43	1	6	39	4	0	20	20 soy, gluten, milk, eggs
99 Junior Steakburger with Swiss Cheese	One serving	690	360	40	15	125	790	43	1	6	38	2	0	20	20 soy, gluten, milk, eggs
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	1630	1080	120	36	300	3010	12	6	0	114	0	0	25	60 no known allergens
99 King Tips, Smothered, 24 oz.	One serving	1730	1160	125	37	300	3010	19	8	3	116	2	45	25	70 soy
99 Little Midnight Fudge Hero	One serving	430	200	22	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	45	15	1.5	0	0	200	7	0	5	0	0	0	0	0 no known allergens
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 Potatoes, 2 Scoops	One serving	440	240	26	11	45	1090	34	3	3	14	10	25	25	6 soy, milk
99 Lobster Salad Plate w/o Dressing	One serving	520	250	27	3	190	1150	34	5	6	35	100	60	30	15 soy, gluten, eggs, lobster
99 Luncheon Baked Haddock	One serving	290	150	16	7	80	290	7	0	2	28	15	15	6	10 soy, gluten, milk, haddock
99 Luncheon Broiled Sirloin Tips	One serving	540	360	40	12	100	1000	4	2	0	38	0	0	8	20 no known allergens
99 Luncheon Fish and Chips	One serving	1400	920	103	17	110	3050	92	9	16	32	20	70	10	10 soy, gluten, milk, eggs, haddock
99 Luncheon Smothered Tips	One serving	590	400	44	13	100	1000	7	3	1	39	0	20	8	25 soy
99 Macadamia Crusted Mahi Mahi	One serving	1160	630	70	26	145	860	87	5	5	44	70	100	10	25 soy, gluten, milk, mahi mahi, shrimp, anchovies, peanuts, macadamia nuts
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, clams, 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, clams, lobster, cod
99 Maryland Crab Casserole	One serving	470	320	35	16	105	890	20	0	5	16	25	15	15	20 soy, gluten, milk, crab
99 Mashed Crowd Pleazer	One serving	1380	580	65	20	40	3490	178	16	16	16	20	130	35	35 soy, milk
99 Mediterranean Chicken	One serving	720	420	47	11	120	1400	25	5	12	47	40	30	15	20 soy, gluten, milk
99 Milkshake Cake Petite Treat	One serving	280	120	13	8	50	150	34	1	24	3	8	0		

Name	Serving Size	Calories		Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Total		Protein (g)	Vitamin A - IU	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Notes	
		from Fat (kcal)	(kcal)					Dietary Fiber (g)	Sugars (g)							
99 Minestrone Soup, Crock	240	50	0	5	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	1500	49	3	6	53	50	20	20	50	soy, gluten, milk
99 Nachos with Guacamole, Bar Menu	One serving	930	520	58	25	130	1830	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	1320	700	79	33	200	4630	114	10	21	43	15	70	25	8	soy, gluten, milk, eggs, shrimp, anchovies
99 New Orleans Shrimp	One serving	710	370	41	19	175	2360	57	3	4	27	90	180	10	15	soy, gluten, milk, shrimp
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 NY Strip Sirloin	One serving	520	210	23	9	175	550	1	0	0	72	0	0	4	25	soy
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 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 Pasta Marinara Crowd Pleaser	One serving	2440	420	46	5	15	6880	443	41	84	70	140	130	50	520	soy, gluten, milk
99 Pepper Steak Burger	One serving	1140	620	69	25	190	2080	73	3	11	54	60	50	20	35	soy, gluten, milk
99 Philly Fries, Appetizer, from 1 lb. raw	One serving	1200	730	82	20	40	2350	100	11	2	19	10	35	25	0	soy, gluten, milk
99 Philly Fries, from 8 oz. raw	One serving	630	390	43	11	30	1260	51	5	1	11	6	15	20	0	soy, gluten, milk
99 Power Lunch	One serving	12310	6490	723	189	1190	27460	1066	71	242	442	2290	670	430	330	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 Rice Pilaf Crowd Pleaser	One serving	2620	540	60	30	5	8710	463	9	10	58	270	260	40	110	soy, gluten, milk
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 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 Chicken Breast Crowd Pleaser	One serving	3060	1180	131	25	1180	1830	8	2	1	432	25	35	25	90	soy
99 Rustic Bread Crowd Pleaser	One serving	3060	760	85	20	0	8080	530	20	8	80	60	15	80	120	soy, gluten, milk
99 Sauteed 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 Sauteed 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 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, clams, 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, clams, lobster, pollock
99 Seasonal Vegetable Crowd Pleaser	One serving	870	160	17	4.5	0	3140	175	26	70	9	700	60	20	35	no known allergens
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, milk
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 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, 1 lb. raw wt., each	One 8 oz. serving	1030	610	68	12	0	2560	96	11	0	11	0	30	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	soy
99 Side of Garlic Redskin Mashed Potatoes, 2 Scoops	One serving	260	110	12	4	10	660	34	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	7	40	1180	50	6	6	19	10	90	25	15	soy, milk
99 Side of Loaded Broccoli	One serving	200	130	14	9	40	450	5	3	0	13	60	130	25	4	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 Pasta	One serving	590	80	8	0	0	1050	111	9	15	17	20	20	6	140	soy, gluten
99 Side of Perfect Green Beans, One Scoop	One Scoop	70	40	4.5	1.5	0	310	6	3	1	2	15	25	4	6	soy, milk
99 Side of Philly Fries, from 8 oz. raw	One serving	630	390	43	11	30	1260	51	5	1	11	6	15	20	0	soy, gluten, milk
99 Side of Rice Pilaf, Two Scoops	One serving	260	50	6	3	0	870	46	1	1	6	25	25	4	10	soy, gluten, milk
99 Side of Rosemary Parmesan Fries	One serving	520	310	35	6	0	1350	49	5	0	6	0	15	2	0	soy, 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 Tips & Chicken Tenders	One serving	1430	810	91	20	150	5070	87	9	18	65	6	20	10	30	soy, gluten, milk
99 Sirloin Tips Crowd Pleaser	One serving	5420	3610	401	120	1005	10040	40	20	0	381	0	0	80	200	no known allergens
99 Smashed Key Lime Petite Treat	One serving	300	150	16	9	130	150	33	0	25	4	8	0	8	6	soy, gluten, milk, eggs
99 Smothered Sirloin Tip Crowd Pleasers	One serving	5930	3980	442	126	1005	10050	73	30	15	390	10	210	90	230	soy
99 Smothered Sirloin Tips	One serving	1190	800	88	25	200	2010	15	6	3	78	2	45	15	45	soy
99 Soft Shell Crab Sandwich	One serving	720	310	37	7	55	1270	85	3	8	20	45	25	10	10	soy, gluten, eggs, crab
99 Southwest Chicken Tortilla Soup, Crock	One 12 oz. crock	180	45	5	1	30	1410	21	2	3	13	45	25	8	6	soy, milk, msg
99 Southwest Chicken Tortilla Soup, Cup	One 8 oz. cup	120	30	3.5	0.5	20	920	14	2	2	9	30	15	6	4	soy, milk, msg
99 Southwest Egg Rolls	One serving	1070	660	73	15	40	2110	80	7	8	18	60	25	15	30	soy, gluten, milk, eggs, msg
99 Steak & Cheese Spring Rolls Crowd Pleaser	One serving	3620	1980	222	58	360	9690	250	7	35	160	60	35	100	120	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 Steak and BBQ Back Ribs Combo	One serving	1160	450	50	23	175	4610	98	4	64	77	60	8	15	40	soy, gluten, milk
99 Steak and Cedar Plank Salmon Combo	One serving	950	480	54	23	175	1490	44	1	21	68	6	15	10	25	soy, gluten, milk, salmon
99 Steak and Shrimp Combo	One serving	720	380	43	20	225	2040	30	1	5	51	6	20	10	20	soy, gluten, milk, shrimp
99 Steak Fajitas	One serving	1220	650	72	32	175	1970	75	6	13	57	140	200	60	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 Crowd Pleaser	One serving	5840	3550	395	123	950	11010	347	19	67	233	200	70	110	190	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 Minis, Pick A Pair	One serving	700	420	47	15	120	1320	41	2	9	29	6	0	15	25	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 Chicken Salad	One serving	650	350	39	6	100	930	35	7	25	42	260	150	15	25	soy, milk, pecans, may contain peanuts and other tree nuts
99 Strawberry Shortcake	One serving	500	190	22	18	50	570	68	3	42	6	8	70	10	10	soy, gluten, milk
99 Sweet Potato Fries, 8 oz. raw wt., each	One serving	550	320	36	6	0	540	50	8	20	5	270	45	10	6	soy, gluten
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	780	230	26	11	95	1440	90	2	22	43	20	90	10	25	soy, gluten
99 The Classic	One serving	790	450	49	18	135	1300	49	2	8	39	35	10	20	20	soy, gluten, milk, eggs
99 The Imperial	One serving	580	350	39	18	150	1040	21	0	4	34	30	20	15	10	soy, gluten, milk, clams, crab, scallops, lobster, cod
99 Thousand Island Dressing, 2.25 oz.	One serving	300	250	28	4.5	10	510	11	0	6	0	0	0	0	0	eggs
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	400	45	20	130	560	107</								

Name	Serving Size	Calories		Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Total			Vitamin A - IU	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Notes
		Calories (kcal)	from Fat (kcal)					Fat (g)	Dietary Fiber (g)	Sugars (g)					
99 Ultimate Sirloin Steak Sandwich	One serving	1040	570	63	18	110	1980	71	3	9	46	6	4	20	25 soy, gluten, milk, eggs
99 Vegetable Crudite Crowd Pleazer	One serving	2980	2490	277	37	180	6140	115	33	59	35	1760	900	45	35 soy, milk, eggs
99 White Chocolate Cheesecake	One serving	890	590	65	38	215	750	65	2	50	9	40	2	10	8 soy, gluten, milk, eggs
99 White Chocolate Cheesecake Crowd Pleazer	One serving	10230	6770	752	426	2445	8960	758	25	582	113	500	10	130	100 soy, gluten, milk, eggs
99 Working Lunch	One serving	12690	6700	746	227	1595	23620	1024	71	230	536	2270	1130	410	630 soy, gluten, milk, eggs, anchovies
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