

# Ninety <sup>99</sup> Nine.

RESTAURANT & PUB

April 2017

Nutritional information below is based on the most up-to-date recipes and ingredients. Calorie counts on some items in the printed menu may vary slightly.

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

1,200 to 1,400 calories a day is used for general nutrition advice for children ages 4 to 8 years and 1,400 – 2,000 calories a day for children 9 to 13 years, but calorie needs vary.

Ninety Nine Restaurant & Pub has made every effort to ensure that the allergen information provided below is accurate. However, because of the handcrafted nature of our menu items, the variety of procedures used in our kitchens, shared cooking and preparation areas including common fryer oil and our reliance on our suppliers, we cannot make any guarantees as to its accuracy, and disclaim liability for its use. The material below is provided for informational purposes only and is not meant as a substitute for advice provided by a healthcare professional.

If you have food allergies, please be aware that we use milk, eggs, tree nuts, peanuts, seafood, soy, wheat, crustacean shellfish, fish, and other allergens in our kitchens. All items are prepared in common areas and may come in contact with or contain traces of these products and other potential allergens or ingredients. **Items identified with a "Y" in either "Fried" column or the "Grilled" column present special risk of cross-contamination of ALL allergens due to shared cooking equipment.**

Item	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Sodium (mg)	Actual Allergens	Fried	Grilled
<b>Standout Starters</b>														
Bar Cheese, with Crackers	230	120	13	6	0	25	22	2	6	8	430	Anchovies, Milk, Soy Lecithin, Soybean Oil, Wheat		
Boneless Buffalo Wings	1040	590	66	9	0.5	135	59	3	5	54	4980	Eggs, Milk, Soy Protein, Soybean Oil, Wheat	Y	
Boneless Buffalo Wings, XL	1370	720	81	12	1	190	84	4	6	77	7100	Eggs, Milk, Soy Protein, Soybean Oil, Wheat	Y	
Boneless Wings & Skins Sampler	1890	1120	125	32	1	250	107	7	9	78	6510	Eggs, Milk, Soy Protein, Soybean Oil, Wheat	Y	
Gold Fever Wings	1230	600	67	9	0.5	135	101	5	41	56	3320	Eggs, Milk, Soy Protein, Soybean Oil, Wheat	Y	
Gold Fever Wings, XL	1650	740	83	12	1	190	146	6	60	80	4610	Eggs, Milk, Soy Protein, Soybean Oil, Wheat	Y	
Outrageous Potato Skins	1470	910	101	37	0.5	185	84	8	6	46	2830	Milk, Soybean Oil, Wheat	Y	
Seared Steak & Four Cheese Flatbread	750	340	37	15	0	95	66	3	6	39	1930	Eggs, Milk, Soy Protein, Soy Lecithin, Soybean Oil, Wheat		Y
Ultimate Nachos	1660	1030	114	54	1.5	265	92	10	4	67	3270	Milk, Soybean Oil	Y	
Mozzarella Moons	870	460	52	21	0	85	63	5	10	35	2220	Milk, Soybean Oil, Wheat	Y	
Buffalo Chicken Dip	1330	720	81	26	0.5	120	107	6	8	47	3920	Milk, Soy Protein, Soy Lecithin, Soybean Oil, Wheat	Y	
<b>Salads</b>														
Bistro Caesar Salad	230	150	16	3	0	15	17	3	3	7	560	Eggs, Anchovies, Milk, Soybean Oil, Wheat		
Bistro Side Salad	70	20	2.5	0	0	0	12	2	8	2	670	Milk, Soybean Oil		
Caesar Salad, Side	400	190	21	4.5	0	15	44	4	3	12	1010	Eggs, Anchovies, Milk, Soy Protein, Soy Lecithin, Soybean Oil, Wheat		
Chicken Caesar Salad	730	380	42	8	0	90	52	7	6	41	1920	Eggs, Anchovies, Milk, Soy Protein, Soy Lecithin, Soybean Oil, Wheat		Y
Crispy Honey Mustard Chicken Salad	1090	640	71	17	0	135	69	6	18	45	2100	Eggs, Milk, Soy Protein, Soybean Oil, Wheat	Y	
Garden Salad, Side (No Dressing)	120	25	3	0	0	0	22	4	6	5	250	Milk, Soy, Wheat		
Grilled Chicken Kabob Salad	770	440	48	8	0	100	44	6	12	42	3260	Eggs, Milk, Soybean Oil, Wheat		Y
Sauce It Up Buffalo Sauce for the Honey Mustard Chicken Salad	310	290	32	4	0	20	5	1	3	3	1970	Eggs, Milk, Soy Protein, Soybean Oil		
Sauce It Up Gold Fever Sauce for the Honey Mustard Chicken Salad	400	290	33	4	0	20	24	1	20	4	1100	Eggs, Milk, Soy Protein, Soybean Oil, Wheat		
Fire Grilled Cobb Salad (No dressing)	660	370	41	14	0	295	25	7	8	50	2140	Eggs, Milk, Soybean Oil		Y
Strawberry Blueberry Chicken Salad	680	380	42	8	0	105	40	6	28	33	1260	Eggs, Milk, Soybean Oil, Walnuts		Y
<b>Burgers</b>														
All Star Burger w/French Fries & Coleslaw	1880	1180	132	35	3	195	122	11	16	49	3330	Eggs, Milk, Soy Lecithin, Soybean Oil, Wheat	Y	Y
Bacon & Cheese Burger (No Side)	900	520	58	23	2.5	165	48	3	3	43	2120	Milk, Soy Lecithin, Soybean Oil, Wheat		Y
Cheese Burger (No Side)	820	470	52	21	2.5	145	48	3	3	38	1830	Milk, Soy Lecithin, Soybean Oil, Wheat		Y
Sauteed Mushrooms	50	30	3.5	0.5	0	0	3	1	1	3	15	Soybean Oil		
Sauteed Onions	70	35	3.5	0.5	0	0	9	1	4	1	0	Soybean Oil		
Sauteed Onions, Peppers & Mushrooms, Burger Topping	40	15	2	0	0	0	5	1	2	2	5	Soybean Oil		
Sauteed Peppers	50	30	3.5	0.5	0	0	4	1	2	1	0	Soybean Oil		
Turkey Burger Patty, Burger Substitute	450	310	34	10	0	115	0	0	0	30	960	No Known Allergens		Y
Vermont Cheddar Burger (No Side)	1100	680	76	28	2.5	175	54	3	9	45	2350	Eggs, Milk, Soybean Oil, Wheat		Y
West Coast Turkey Burger (No Side)	800	430	48	15	0	135	42	4	2	41	1780	Milk, Soybean Oil, Wheat		Y
Smokehouse Burger (No Side)	980	590	66	27	2.5	175	44	3	5	47	2340	Milk, Soybean Oil, Wheat		Y
Crunchy Pickle BBQ Burger (No side)	1570	1030	114	34	3	210	86	3	18	50	2850	Egg, Milk, Soybean Oil, Wheat	Y	Y
Crunchy Pickle BBQ Turkey Burger, (No side)	1360	830	92	22	0	155	86	3	18	43	3660	Egg, Milk, Soybean Oil, Wheat	Y	Y
Black Bean Burger	550	150	16	2	0	0	78	13	12	26	2060	Eggs, Milk, Soy Protein, Soybean Oil, Wheat		Y
<b>Sandwiches &amp; Wraps</b>														
Honey BBQ Chicken Wrap (No Side)	850	300	33	10	2.5	80	100	5	25	39	2040	Milk, Soy Protein, Soy Lecithin, Soybean Oil, Wheat	Y	
Roast Beef Pub Dip (No Side)	750	220	24	11	0	125	67	2	8	58	2570	Milk, Soy Protein, Soy Lecithin, Soybean Oil, Wheat		
Triple Decker Turkey Club (No Side)	700	280	31	6	0	105	58	8	11	41	1890	Eggs, Soy Lecithin, Soybean Oil, Wheat		
Apple BBQ Chicken Sandwich (No Side)	630	230	26	8	0	115	48	3	10	46	1500	Milk, Soybean Oil, Wheat		Y

Item	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Sodium (mg)	Actual Allergens	Fried	Grilled
<b>Nine Real Size Entrées for 9.</b>														
Balsamic Grilled Chicken (No Sides)	500	160	18	2.5	0	130	31	0	22	52	1470	Soybean Oil		Y
Chicken Parmigiana	1390	420	47	11	0.5	90	179	10	23	65	3100	Milk, Soy Protein, Soy Lecithin, Soybean Oil, Wheat	Y	
Country Fried Chicken W/Biscuit & Mashed Potatoes	1270	500	55	17	0	90	149	7	29	43	3250	Milk, Soy Lecithin, Soybean Oil, Wheat	Y	
Grilled Angus Chopped Sirloin W/Mashed Potatoes	1330	780	87	26	3.5	155	93	7	12	46	3280	Milk, Soy Protein, Soy Lecithin, Soybean Oil, Wheat	Y	Y
New England Fried Shrimp W/French Fries & Coleslaw	1100	600	67	11	1	130	94	9	18	32	2300	Eggs, Milk, Shrimp, Soybean Oil, Wheat	Y	
Crispy Fish Tacos W/ Cilantro Rice	1550	740	82	17	0	115	147	6	8	53	2900	Eggs, Cod, Milk, Soybean Oil, Wheat	Y	
New Orleans Shrimp with Rice Pilaf	960	550	61	18	1	120	72	5	6	31	2590	Milk, Shrimp, Soy Protein, Soy Lecithin, Soybean Oil, Wheat		
Lemon Rosemary Chicken Tips with Rice Pilaf	860	340	38	6	0	165	59	1	1	69	2140	Milk, Soy Protein, Soy Lecithin, Soybean Oil, Wheat		Y
Grilled Pork Ribeye Steak (No side)	530	310	35	12	0	130	11	0	6	40	2470	No Known Allergens		Y
<b>Combos</b>														
Apple BBQ Ribs & Tenders W/French Fries, Cole Slaw	2310	1160	129	33	1	305	204	10	111	79	3840	Milk, Soybean Oil, Wheat	Y	
Sirloin Tips & Chicken Tenders W/French Fries	1410	660	74	13	1	160	116	8	28	67	2730	Milk, Soy Protein, Soy Lecithin, Soybean Oil, Wheat	Y	Y
Sauce It Up Buffalo Sauce Combo Tenders	310	290	32	4	0	20	5	1	3	3	1970	Eggs, Milk, Soy Protein, Soybean Oil		
Sauce It Up Gold Fever Sauce Combo Tenders	400	290	33	4	0	20	24	1	20	4	1100	Eggs, Milk, Soy Protein, Soybean Oil, Wheat		
Apple BBQ Ribs & Sirloin Tips W/ French Fries and Coleslaw	1830	1010	112	27	0.5	285	123	9	61	76	3000	Eggs, Soybean Oil	Y	Y
<b>Seafood</b>														
Baked Schrod (No Sides)	490	280	32	9	0	90	11	1	2	39	400	Cod, Milk, Soy Lecithin, Soybean Oil, Wheat		
Fish and Chips W/French Fries & Cole Slaw	1570	940	105	17	1	115	107	9	16	49	2200	Eggs, Cod, Milk, Soybean Oil, Wheat	Y	
Fresh Balsamic Salmon (No Sides)	700	480	53	12	0	110	10	1	7	42	730	Salmon, Milk, Soy Lecithin		
Seasoned Salmon (No Sides)	670	480	53	12	0	110	3	0	1	42	650	Salmon, Milk, Soy Lecithin		
FFY Fresh Seasoned Salmon W/Sides	520	310	35	8	0	90	15	3	9	35	1080	Salmon, Milk, Soy Lecithin, Soybean Oil		Y
FFY Balsamic Glazed Salmon w/Sides	550	310	35	8	0	90	22	3	15	35	1160	Salmon, Milk, Soy Lecithin, Soybean Oil		
<b>Steak &amp; Ribs</b>														
Broiled Sirloin Tips (No Sides)	650	350	39	8	0	195	5	1	2	65	1500	No Known Allergens		Y
Broiled Sirloin Tips, Smothered (No Sides)	730	380	42	9	0	195	16	4	6	68	1510	Soybean Oil		Y
King Sirloin Tips 24 oz. (No Sides)	970	530	58	12	0	290	7	2	2	97	2240	No Known Allergens		Y
King Sirloin Tips, Smothered, 24 oz. (No Sides)	1050	560	62	13	0	290	18	5	7	100	2260	Soy Protein, Soybean Oil		Y
Prime Rib, 12 oz. (No Sides)	670	350	39	15	0	215	3	0	0	49	1510	Eggs, Milk, Soy Protein, Soybean Oil, Wheat		
Prime Rib, 18 oz. (No Sides)	940	480	53	21	0	310	3	0	0	74	1860	Eggs, Milk, Soy Protein, Soybean Oil, Wheat		
Royal Sirloin (No Sides)	590	370	41	16	0	150	0	0	0	53	0	No Known Allergens		Y
Sliced Sirloin W/Mashed Potatoes	560	210	23	7	0	100	44	4	4	42	3920	Milk, Soy Protein, Soy Lecithin, Soybean Oil, Wheat		Y
Stacked Apple BBQ Ribs and Biscuit (No Sides)	1740	890		36	0	310	143	3	110	63	3410	Milk, Soy Lecithin, Soybean Oil, Wheat		
Top Sirloin Steak (No Sides)	290	180	19	8	0	105	0	0	0	27	260	No Known Allergens		Y
Fried Shrimp Add On	310	160	18	3	0	55	23	1	1	14	880	Milk, Shrimp, Soybean Oil, Wheat	Y	
FFY Mushroom Sirloin W/Sides	460	260	29	11	0	115	16	3	10	34	860	Milk, Soybean Oil		Y
<b>Chicken &amp; Turkey</b>														
Grilled Double BBQ Turkey Tips W/Biscuit (No Sides)	850	120	14	5	0	175	102	2	63	72	3740	Milk, Soy Protein, Soy Lecithin, Soybean Oil, Wheat		Y
Macadamia Crusted Chicken	1240	740	82	22	0.5	85	92	5	18	37	2040	Milk, Soy Protein, Soy Lecithin, Soybean Oil, Macadamia Nuts, Wheat		
Original Crispy Chicken Tenders W/French Fries and Coleslaw	1750	1000	112	18	1	150	128	9	18	58	2610	Milk, Soy Protein, Soy Lecithin, Soybean Oil, Wheat	Y	
Sauce it Up Buffalo Sauce Full Tenders	320	290	32	4	0	20	7	2	4	3	3390	Eggs, Milk, Soy Protein, Soybean Oil		
Sauce It up Gold Fever Sauce Full Tenders	490	300	33	4	0	20	44	2	38	5	1650	Eggs, Milk, Soy Protein, Soybean Oil, Wheat		
FFY Grilled Turkey Skewers W/Sides	600	160	18	3	0	115	53	2	5	53	1740	Milk, Soybean Oil, Wheat		Y
<b>Soups &amp; Sides</b>														
<b>Soups</b>														
Beef Vegetable Barley Soup, Crock (with oyster crackers)	290	110	12	3	0	35	26	2	3	13	1640	Soy Protein, Soybean Oil, Wheat		
Beef Vegetable Barley Soup, Cup (with oyster crackers)	220	80	9	2	0	25	21	2	2	9	1110	Soy Protein, Soybean Oil, Wheat		
Broccoli & Cheddar Soup, Crock (with oyster crackers)	470	280	31	15	0	75	29	3	0	16	1500	Milk, Soy Protein, Soy Lecithin, Soybean Oil, Wheat		
Broccoli & Cheddar Soup, Cup (with oyster crackers)	340	190	22	10	0	50	23	2	0	11	1020	Milk, Soy Protein, Soy Lecithin, Soybean Oil, Wheat		
Chicken & Corn Chowder, Crock (with oyster crackers)	520	240	26	12	0	60	52	2	8	13	1280	Milk, Soy Lecithin, Soybean Oil, Wheat		
Chicken & Corn Chowder, Cup (with oyster crackers)	370	160	18	8	0	40	38	1	5	9	880	Milk, Soy Lecithin, Soybean Oil, Wheat		
French Onion Soup, Crock (with croutons)	270	120	13	3.5	0	25	28	0	8	12	1930	Eggs, Milk, Soy Protein, Soy Lecithin, Soybean Oil, Wheat		
French Onion Soup, Cup (with croutons)	240	110	12	3.5	0	25	22	0	6	11	1390	Eggs, Milk, Soy Protein, Soy Lecithin, Soybean Oil, Wheat		
Seafood Chowder, Crock (with oyster crackers)	510	280	31	17	0	155	38	2	7	20	1170	Pollock, Milk, Shrimp, Lobster, Clams, Soy Lecithin, Soybean Oil, Wheat		
Mediterranean Lemon Chicken Pasta Soup, Crock	230	80	9	2	0	20	26	3	4	12	1640	Eggs, Milk, Soy Lecithin, Soybean Oil, Wheat		
Mediterranean Lemon Chicken Pasta Soup, Cup	200	70	8	1.5	0	15	23	2	3	10	1380	Eggs, Milk, Soy Lecithin, Soybean Oil, Wheat		
Seafood Chowder, Cup (with oyster crackers)	360	190	21	12	0	105	29	1	5	14	800	Pollock, Milk, Shrimp, Lobster, Clams, Soy Lecithin, Soybean Oil, Wheat		

Item	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Sodium (mg)	Actual Allergens	Fried	Grilled
<b>Sides</b>														
Baked Potato (No Toppings)	250	25	3	0	0	0	51	4	2	6	1180	Soybean Oil		
Baked Potato W/Butter	350	130	15	4	0	0	52	4	2	6	1270	Milk, Soy Lecithin, Soybean Oil		
Baked Potato W/Butter & Sour Cream	410	180	20	8	0	20	53	4	3	7	1280	Milk, Soy Lecithin, Soybean Oil		
Baked Potato W/Sour Cream	310	70	8	4	0	20	52	4	3	7	1200	Milk, Soybean Oil		
Broccoli Florets, Side	50	5	0.5	0	0	0	9	5	0	5	270	No Known Allergens		
Butternut Squash, Side	150	25	3	0	1	0	30	5	20	2	530	Soy Lecithin, Soybean Oil		
Caesar Salad, Side	400	190	21	4.5	0	15	44	4	3	12	1010	Eggs, Anchovies, Milk, Soy Protein, Soy Lecithin, Soybean Oil, Wheat		
Cheese, Bacon, & Chives, Potato Add-On	120	80	9	4.5	0	30	0	0	0	8	330	Milk		
Corn, Side	160	15	1.5	0	0	0	34	3	3	5	0	Milk, Soy Lecithin, Soybean Oil		
Double Bleu Iceberg Wedge	460	370	42	9	0	45	11	3	7	11	980	Eggs, Milk, Soy Protein, Soybean Oil		
French Fries, Side	1040	570	64	10	1	0	107	11	0	11	900	Soybean Oil	Y	
Garden Salad, Side (No Dressing)	120	25	3	0	0	0	22	4	6	5	250	Milk, Soy, Wheat		
Russet Mashed Potatoes, Side	260	100	11	2.5	0	0	36	3	2	5	650	Milk, Soy Lecithin, Soybean Oil		
Guacamole, Side	90	70	8	1	0	0	4	2	0	0	230	No Known Allergens		
Honey Butter Biscuit (with Honey Butter)	230	100	11	6	0	0	29	1	4	5	550	Milk, Soy Lecithin, Soybean Oil, Wheat		
Pasta w/Butter, Side	740	250	28	8	0	5	104	5	4	18	470	Milk, Soy Lecithin, Soybean Oil, Wheat		
Pasta w/Marinara, Side	660	90	10	1	0	0	124	7	19	21	1390	Soybean Oil, Wheat		
Perfect Coleslaw, Side	150	110	12	2	0	10	10	2	8	1	200	Eggs, Soybean Oil		
Rice Pilaf, Side	310	70	8	2.5	0	0	55	1	1	6	1020	Milk, Soy Protein, Soy Lecithin, Wheat		
Spinach Side(3oz)	90	70	8	1	0	0	3	2	0	2	330	Soybean Oil		
<b>Entrée Accompaniments</b>														
Cheese, Bacon, & Chives, Potato Add-On	120	80	9	4.5	0	30	0	0	0	8	330	Milk		
Entree Accom. Baked Potato w/o Toppings	250	25	3	0	0	0	51	4	2	6	1180	Soybean Oil		
Entree Accom. Baked Potato with Butter	350	130	15	4	0	0	52	4	2	6	1270	Milk, Soy Lecithin, Soybean Oil		
Entree Accom. Baked Potato with Butter & Sour Cream	410	180	20	8	0	20	53	4	3	7	1280	Milk, Soy Lecithin, Soybean Oil		
Entree Accom. Baked Potato with Sour Cream	310	70	8	4	0	20	52	4	3	7	1200	Milk, Soybean Oil		
Entrée Accom. Russet Mashed Potatoes	260	100	11	2.5	0	0	36	3	2	5	650	Milk, Soy Lecithin, Soybean Oil		
Entree Accom. Perfect Broccoli Florets	25	5	0	0	0	0	4	3	0	3	135	No Known Allergens		
Entree Accom. Perfect Coleslaw	150	110	12	2	0	10	10	2	8	1	200	Eggs, Soybean Oil		
Entree Accom. Perfect Corn	110	70	7	1.5	0	0	10	2	4	2	180	Milk, Soy Lecithin, Soybean Oil		
Entree Accom. Perfect French Fries	520	290	32	5	0	0	53	5	0	5	450	Soybean Oil	Y	
Entree Accom. Perfect Rice Pilaf	310	70	8	2.5	0	0	55	1	1	6	1020	Milk, Soy Protein, Soy Lecithin, Wheat		
Entrée Accom. Spinach (3oz)	90	70	8	1	0	0	3	2	0	2	330	Soybean Oil		
<b>Lunch Crunch</b>														
Baked Schrod (No Sides)	310	150	16	4.5	0	75	5	0	1	34	250	Cod, Milk, Soy Lecithin, Soybean Oil, Wheat		
Crispy Honey Mustard Chicken Salad	1090	640	71	17	0	135	69	6	18	45	2100	Eggs, Milk, Soybean Oil, Wheat	Y	
Fish & Chips, Lunch w/ French Fries&Cole Slaw	1270	790	89	14	1	75	90	8	15	28	1640	Eggs, Cod, Milk, Soybean Oil, Wheat	Y	
FFY Grilled Turkey Skewers W/Sides	600	160	18	3	0	115	53	2	5	53	1740	Milk, Soybean Oil, Wheat		Y
Honey BBQ Chicken Wrap (No Side)	850	300	33	10	2.5	80	100	5	25	39	2040	Milk, Soy Protein, Soy Lecithin, Soybean Oil, Wheat	Y	
Lunch Broiled Sirloin Tips (No Sides)	320	180	19	4	0	95	2	1	1	32	750	No Known Allergens		Y
Lunch Broiled Sirloin Tips, Smothered (No Sides)	370	190	21	4.5	0	95	8	2	3	34	750	Soybean Oil		Y
Roast Beef Pub Dip (No Side)	750	220	24	11	0	125	67	2	8	58	2570	Milk, Soy Protein, Soy Lecithin, Soybean Oil, Wheat		
The Classic (No Side)	790	460	51	17	1.5	110	52	3	4	33	2110	Eggs, Milk, Soy Lecithin, Soybean Oil, Wheat		Y
Apple BBQ Chicken Sandwich (No Side)	630	230	26	8	0	115	48	3	10	46	1500	Milk, Soybean Oil, Wheat		Y
<b>Kids</b>														
<b>Kids Entrées</b>														
Kids, Chicken Tenders w/Sweet & Sour Sauce (No Side)	380	130	15	2.5	0	50	37	1	10	23	900	Milk, Soybean Oil, Wheat	Y	
Kids, Grilled Cheese (No Side)	420	240	27	12	0	30	34	4	4	16	950	Milk, Soy Lecithin, Soybean Oil, Wheat		
Kids, Junior Burger W/ American Cheese (No Side)	720	420	47	19	2.5	130	39	2	1	40	1680	Milk, Soy Lecithin, Soybean Oil, Wheat		Y
Kids, Junior Burger W/ Cheddar Cheese (No Side)	740	430	48	19	2.5	135	38	2	1	41	1570	Milk, Soybean Oil, Wheat		Y
Kids, Junior Burger W/ Swiss Cheese (No Side)	700	400	45	15	2.5	130	38	2	1	40	1470	Milk, Soybean Oil, Wheat		Y
Kids, Junior Sliced Sirloin (No Sides)	110	35	3.5	1.5	0	50	0	0	0	18	290	Soy Protein, Wheat		Y
Kids, Macaroni & Cheese (No Side)	530	190	21	8	0	20	66	2	12	19	1750	Milk, Soy Protein, Soy Lecithin, Soybean Oil, Wheat		

Item	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Sodium (mg)	Actual Allergens	Fried	Grilled
Kids, Pasta W/ Butter (No Side)	570	170	19	6	0	5	84	4	3	15	720	Milk, Soy Protein, Soy Lecithin, Soybean Oil, Wheat		
Kids, Pasta W/ Marinara Sauce (No Side)	580	140	16	4	0	5	95	5	11	17	1220	Milk, Soy Protein, Soy Lecithin, Soybean Oil, Wheat		
Kids, Pizza (No Side)	290	100	11	3.5	0	15	37	2	6	12	960	Milk, Soybean Oil, Wheat		
Kids, Side Honey BBQ Sauce	120	10	1	0	0	0	26	0	26	0	580	Soy Protein, Soy Lecithin, Soybean Oil, Wheat		
Kids, Beef Hot Dog	460	300	34	12	1	45	28	1	4	13	1050	Milk, Soy Lecithin, Soybean Oil, Wheat		
<b>Kids Sides</b>														
Applesauce, Kids	50	0	0	0	0	0	13	1	11	0	0	No Known Allergens		
Broccoli, Kids	50	5	0.5	0	0	0	9	5	0	5	270	No Known Allergens		
Butternut Squash, Kids	80	15	1.5	0	0	0	15	2	10	1	260	Soy Lecithin, Soybean Oil		
Caesar Salad, Side	400	190	21	4.5	0	15	44	4	3	12	1010	Eggs, Anchovies, Milk, Soy Protein, Soy Lecithin, Soybean Oil, Wheat		
Child French Fries	330	180	20	3.5	0	0	33	3	0	3	280	Soybean Oil	Y	
Coleslaw, Kids	150	110	12	2	0	10	10	2	8	1	200	Eggs, Soybean Oil		
Corn, Kids	110	70	7	1.5	0	0	10	2	4	2	180	Milk, Soy Lecithin, Soybean Oil		
Russet Mashed Potatoes, Kids	130	50	6	1	0	0	18	2	1	2	320	Milk, Soy Lecithin, Soybean Oil		
Ice Cream Sandwich	210	70	8	5	0	25	32	1	17	3	160	Milk, Soy Lecithin, Wheat		
Little Midnight Fudge Hero	390	180	20	10	0	50	48	2	34	4	350	Eggs, Milk, Soy Protein, Soy Lecithin, Soybean Oil, Wheat		
Loaded Russet Mashed Potatoes, Kids	450	240	26	10	0	50	36	3	2	18	1080	Milk, Soy Lecithin, Soybean Oil		
Mandarin Oranges, Kids	40	0	0	0	0	0	9	0	8	0	5	No Known Allergens		
Rice Pilaf, Kids	160	35	4	1	0	0	28	1	1	3	510	Milk, Soy Lecithin, Soybean Oil, Wheat		
<b>Featured Items</b>														
Stuffed Lobster Tail and Shrimp (No Sides)	980	610	68	19	0.5	220	34	2	3	55	1640	Milk, Shrimp, Clams, Lobster, Soy Lecithin, Soybean Oil, Wheat		
Add on Lobster Tail	610	410	46	13	0.5	100	19	1	3	30	700	Milk, Shrimp, Clams, Lobster, Soy Lecithin, Soybean Oil, Wheat		
Strawberry Blueberry Chicken Salad	680	380	42	8	0	105	40	6	28	33	1260	Eggs, Milk, Soybean Oil, Walnuts		Y
Seasonal Vegetable Flatbread	720	350	39	12	0	40	67	6	10	26	1840	Milk, Soy Protein, Soy Lecithin, Soybean Oil, Wheat		
Asparagus Dippers	950	390	43	9	0.5	15	122	6	9	22	2870	Soybean Oil	Y	
Downeaster Combo (Cold) W/French Fries, Cole Slaw, Chowder	1420	810	90	21	1	210	116	9	14	39	2160	Milk, Soy, Wheat	Y	
Downeaster Combo (Hot) W/ French Fries, Cole Slaw, Chowder	1630	0	111	30	1	240	115	9	14	46	2330	Eggs, Pollock, Milk, Lobster, Clams, Shrimp, Soy Lecithin, Soybean Oil, Wheat	Y	
Simply Seasoned Fresh Haddock W/ Seasoned Spinach	560	300	34	9	0	165	7	3	2	56	870	Haddock, Milk, Soy Lecithin, Soybean Oil		
Five Layer Chocolate Cake	980	500	55	29	0	135	109	4	80	14	710	Eggs, Milk, Soybean Oil, Coconut, Wheat		
Roast Leg of Lamb (No Sides)	930	480	54	23	0	185	52	2	21	58	1660	Milk, Soy Lecithin, Soybean Oil, Wheat		
<b>Desserts</b>														
Caramel Apple Streusel Pie a la mode	900	370	41	21	0	60	129	4	74	10	940	Eggs, Milk, Soy Protein, Soy Lecithin, Soybean Oil, Coconut, Wheat		
Chocolate Truffle Pie	810	430	48	28	1	170	85	2	64	8	330	Eggs, Milk, Soy Lecithin, Soybean Oil, Wheat		
Hot Fudge Ice Cream Sundae	490	240	27	22	0	90	52	1	49	4	200	Milk, Soy Lecithin, Coconut		
Key Lime Petite Treat	320	100	12	6	0	85	49	0	38	6	140	Eggs, Milk, Soybean Oil, Wheat		
Mocha Bite Petite Treat	380	200	22	12	0	75	43	1	31	4	180	Eggs, Milk, Soy Lecithin, Soybean Oil, Wheat		
Towering Midnight Fudge Cake	790	360	40	19	0	105	96	3	69	9	700	Eggs, Milk, Soy Protein, Soy Lecithin, Soybean Oil, Coconut, Wheat		
Tin Roof Petite Treat	370	230	25	11	0	35	35	2	23	5	220	Eggs, Milk, Peanuts, Soy Lecithin, Soybean Oil, Coconut, Wheat		
<b>Group Tour Menu</b>														
Baked Schrod (No Sides)	490	280	32	9	0	90	11	1	2	39	400	Cod, Milk, Soy Lecithin, Soybean Oil, Wheat		
Balsamic Grilled Chicken (No Sides)	500	160	18	2.5	0	130	31	0	22	52	1470	Soybean Oil		Y
Bistro Caesar Salad	230	150	16	3	0	15	17	3	3	7	560	Eggs, Anchovies, Milk, Soybean Oil, Wheat		
Bistro Side Salad	70	20	2.5	0	0	0	12	2	8	2	670	Milk, Soybean Oil		
Chicken Caesar Salad	730	380	42	8	0	90	52	7	6	41	1920	Eggs, Anchovies, Milk, Soy Protein, Soy Lecithin, Soybean Oil, Wheat		Y
Chicken Parmigiana	1390	420	47	11	0.5	90	179	10	23	65	3100	Milk, Soy Protein, Soy Lecithin, Soybean Oil, Wheat	Y	
Crispy Honey Mustard Chicken Salad	1090	640	71	17	0	135	69	6	18	45	2100	Eggs, Milk, Soybean Oil, Wheat	Y	
Key Lime Petite Treat	320	100	12	6	0	85	49	0	38	6	140	Eggs, Milk, Soybean Oil, Wheat		
Lunch Broiled Sirloin Tips (No Side)	320	180	19	4	0	95	2	1	1	32	750	No Known Allergens		Y
Lunch Broiled Sirloin Tips, Smothered (No Side)	370	190	21	4.5	0	95	8	2	3	34	750	Soybean Oil		Y
Seasoned Salmon (No Side)	670	480	53	12	0	110	3	0	1	42	650	Salmon, Milk, Soy Lecithin		
Tin Roof Petite Treat	370	230	25	11	0	35	35	2	23	5	220	Eggs, Milk, Peanuts, Soy Lecithin, Soybean Oil, Coconut, Wheat		
Turkey Vermont Cheddar Ciabatta (No Side)	740	350	39	10	0	90	61	3	3	34	1800	Eggs, Milk, Soy Lecithin, Soybean Oil, Wheat		
<b>Crowd Pleazers</b>														
Assorted Wrap Platter, Crowd Pleazer	6190	2490	278	77	13	455	676	37	81	242	14940	Eggs, Anchovies, Milk, Peanuts, Shellfish, Soy Protein, Soy Lecithin, Soybean Oil, Wheat	Y	Y
BBQ Turkey Tips Crowd Pleazer	3200	170	18	0	0	870	375	7	2	334	16080	Soy, Soybean Oil, Wheat		Y

Item	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Sodium (mg)	Actual Allergens	Fried	Grilled
Boneless Buffalo Wings Crowd Pleazer	4780	2930	328	46	2.5	585	242	11	25	219	20960	Eggs, Milk, Soy Protein, Soybean Oil, Wheat	Y	
Boneless Gold Fever Wings Crowd Pleazer	5520	2980	333	46	2.5	585	406	18	169	229	14330	Eggs, Milk, Soy Protein, Soybean Oil, Wheat	Y	
Caesar Salad Crowd Pleazer	2080	1570	174	35	0	145	98	21	24	53	5470	Eggs, Anchovies, Milk, Soy Protein, Soy Lecithin, Soybean Oil, Wheat		
Chicken Caesar Salad Crowd Pleazer	2840	1880	209	40	0	405	102	21	24	157	7710	Eggs, Anchovies, Milk, Soy Protein, Soy Lecithin, Soybean Oil, Wheat		Y
Chocolate Chip Cookie Crowd Platter	2700	970	108	30	0	270	396	6	246	36	1500	Eggs, Milk, Soy Lecithin, Soybean Oil, Wheat		
Corn, Crowd Pleazer	1340	120	13	0	0	0	280	27	27	40	0	Milk, Soy Lecithin, Soybean Oil		
Corner Office Crowd Pleazer	34540	6750	750	142	0.5	1070	1302	89	430	404	30180	Eggs, Milk, Soy Protein, Soy Lecithin, Soybean Oil, Wheat		Y
Garden Salad Crowd Pleazer	2860	2060	229	35	0	125	162	21	58	50	8530	Eggs, Milk, Soy Protein, Soybean Oil, Wheat		
Russet Mashed Potatoes, Crowd Pleazer	1300	510	57	12	0	0	178	16	8	24	3240	Milk, Soy Lecithin, Soybean Oil		
Grilled Balsamic Chicken Crowd Pleazer	3730	950	106	15	0	775	365	0	259	310	10910	Soybean Oil		Y
Power Lunch Crowd Pleazer	11360	5240	583	137	13	830	1196	69	376	330	24 0	Eggs, Anchovies, Milk, Soy Protein, Soy Lecithin, Soybean Oil, Wheat	Y	Y
Rice Pilaf Crowd Pleazer	1710	370	42	13	0	10	301	6	6	33	5570	Milk, Soy Protein, Soy Lecithin, Wheat		
Sirloin Tips Crowd Pleazer	3240	1750	195	41	0	965	25	7	8	323	7480	No Known Allergens		Y
Smothered Sirloin Tip Crowd Pleazers	4460	2350	261	54	1	1205	84	21	33	422	9420	Soybean Oil		Y
<b>Gluten Sensitive Menu</b>														
Applesauce, Kids	50	0	0	0	0	0	13	1	11	0	0	No Known Allergens		
Balsamic Grilled Chicken (No Sides)	500	160	18	2.5	0	130	31	0	22	52	1470	Soybean Oil		Y
Broccoli Florets, Side	50	5	0.5	0	0	0	9	5	0	5	270	No Known Allergens		
Broiled Sirloin Tips (No Sides)	650	350	39	8	0	195	5	1	2	65	1500	No Known Allergens		Y
Broiled Sirloin Tips, Smothered (No Sides)	730	380	42	9	0	195	16	4	6	68	1510	Soybean Oil		Y
Entree Accom. Baked Potato w/o Toppings	250	25	3	0	0	0	51	4	2	6	1180	Soybean Oil		
Entree Accom. Baked Potato with Butter	350	130	15	4	0	0	52	4	2	6	1270	Milk, Soy Lecithin, Soybean Oil		
Entree Accom. Baked Potato with Butter & Sour Cream	410	180	20	8	0	20	53	4	3	7	1280	Milk, Soy Lecithin, Soybean Oil		
Entree Accom. Baked Potato with Sour Cream	310	70	8	4	0	20	52	4	3	7	1200	Milk, Soybean Oil		
Entrée Accom. Russet Mashed Potatoes	260	100	11	2.5	0	0	36	3	2	5	650	Milk, Soy Lecithin, Soybean Oil		
Entree Accom. Perfect Broccoli Florets, 3 oz.	25	5	0	0	0	0	4	3	0	3	135	No Known Allergens		
Russet Mashed Potatoes, Side	260	100	11	2.5	0	0	36	3	2	5	650	Milk, Soy Lecithin, Soybean Oil		
Gluten Sensitive All Star Burger (No Side)	1180	800	89	27	2.5	185	63	10	12	40	2750	Eggs, Milk, Soy Lecithin, Soybean Oil		Y
Gluten Sensitive Bacon & Cheese Burger (No Side)	880	540	60	23	2.5	165	52	10	7	40	2190	Eggs, Milk, Soy Lecithin		Y
Gluten Sensitive Caesar Salad, Side	180	140	15	4	0	15	7	3	3	6	470	Eggs, Anchovies, Milk, Soybean Oil		
Gluten Sensitive Chicken Caesar Salad	530	340	37	8	0	90	15	6	5	36	1420	Eggs, Anchovies, Milk, Soybean Oil		Y
Gluten Sensitive Garden Salad, Side (No Dressing)	70	10	1.5	0.5	0	5	12	4	6	4	140	Milk		
Gluten Sensitive Junior Burger with American Cheese (No Side)	720	450	50	18	2.5	135	42	9	5	38	810	Eggs, Milk, Soy Lecithin		Y
Gluten Sensitive Junior Burger with Cheddar (No Side)	720	450	50	18	2.5	135	42	9	5	38	810	Eggs, Milk		Y
Gluten Sensitive Junior Burger with Swiss (No Side)	680	420	47	14	2.5	130	42	9	5	37	700	Eggs, Milk		Y
Gluten Sensitive Prime Rib, 12 oz. (No Side)	540	240	27	12	0	195	1	0	0	48	700	No Known Allergens		
Gluten Sensitive Prime Rib, 18 oz. (No Side)	820	370	41	18	0	295	1	0	0	72	1060	No Known Allergens		
Hot Fudge Ice Cream Sundae	490	240	27	22	0	90	52	1	49	4	200	Milk, Soy Lecithin, Coconut		
Royal Sirloin (No Side)	590	370	41	16	0	150	0	0	0	53	0	No Known Allergens		Y
FFY Fresh Seasoned Salmon W/Sides	520	310	35	8	0	90	15	3	9	35	1080	Salmon, Milk, Soy Lecithin, Soybean Oil		Y
Lemon Rosemary chicken Tips (No Side)	550	270	30	3.5	0	165	4	0	0	63	1120	Soybean Oil		
Fresh Balsamic Salmon (No Sides)	700	480	53	12	0	110	10	1	7	42	730	Salmon, Milk, Soy Lecithin		
Seasoned Salmon (No Sides)	670	480	53	12	0	110	3	0	1	42	650	Salmon, Milk, Soy Lecithin		
<b>Lifestyle</b>														
Mediterranean Salad	650	350	39	9	0	30	62	8	13	17	3150	Eggs, Milk, Soybean Oil, Wheat		
Baked Pasta	1050	280	32	11	0.5	50	152	8	24	44	2420	Milk, Soy Protein, Soy Lecithin, Soybean Oil, Wheat		
Southwest Veggie Stack	1150	420	47	15	0	35	150	14	20	37	2450	Eggs, Milk, Soy Protein, Soy Lecithin, Soybean Oil, Wheat		Y
Black Bean Burger	550	150	16	2	0	0	78	13	12	26	2060	Eggs, Milk, Soy Protein, Soybean Oil, Wheat		Y
FFY Fresh Seasoned Salmon W/Sides	520	310	35	8	0	90	15	3	9	35	1080	Salmon, Milk, Soy Lecithin, Soybean Oil		Y
<b>Dressings/Sauces</b>														
Bleu Cheese Dressing, 1 oz.	150	140	16	2	0	10	1	0	1	1	260	Eggs, Milk, Soy Protein, Soybean Oil		
Bleu Cheese Dressing, 2 oz.	300	290	32	4	0	20	2	0	2	2	520	Eggs, Milk, Soy Protein, Soybean Oil		
Buttermilk Ranch Dressing, 1 oz.	130	120	13	2	0	10	3	0	1	1	230	Eggs, Milk, Soybean Oil		
Buttermilk Ranch Dressing, 2 oz.	260	230	26	4	0	20	6	0	2	2	460	Eggs, Milk, Soybean Oil		
Cocktail Sauce, 2 oz.	45	0	0	0	0	0	9	0	9	1	710	No Known Allergens		
Creamy Italian Dressing, 1 oz.	110	100	11	2	0	5	2	0	2	1	500	Eggs, Milk, Soybean Oil		

Item	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Sodium (mg)	Actual Allergens	Fried	Grilled
Creamy Italian Dressing, 2 oz.	220	200	22	4	0	10	4	0	4	2	1000	Eggs, Milk, Soybean Oil		
Honey Mustard Dressing, 1 oz.	170	150	17	2.5	0	10	5	0	4	0	150	Eggs, Soybean Oil		
Honey Mustard Dressing, 2 oz.	340	310	34	5	0	20	10	0	8	0	300	Eggs, Soybean Oil		
Low-Fat Burgundy Vinaigrette, 1 oz.	40	15	1.5	0	0	0	6	0	5	0	640	Soybean Oil		
Low-Fat Burgundy Vinaigrette, 2 oz.	80	25	3	0	0	0	12	0	10	0	1280	Soybean Oil		
Mayonnaise, 2 oz.	400	400	44	6	0	40	0	0	0	0	300	Eggs, Soybean Oil		
Northern Italian Dressing, Lite, 1 oz.	50	40	4.5	1	0	0	1	0	1	0	340	Milk, Soybean Oil		
Northern Italian Dressing, Lite, 2 oz.	100	80	9	2	0	0	2	0	2	0	680	Milk, Soybean Oil		
Tartar Sauce, 2 oz.	260	230	26	4	0	20	6	0	6	0	400	Eggs, Soybean Oil		
Thousand Island Dressing, 1 oz.	130	110	12	2	0	5	5	0	3	0	240	Eggs, Soybean Oil		
Thousand Island Dressing, 2 oz.	260	220	24	4	0	10	10	0	6	0	480	Eggs, Soybean Oil		
Balsamic Vinaigrette Dressing, 1 oz	140	120	13	2	0	0	6	0	6	0	45	Soybean Oil		
Balsamic Vinaigrette Dressing, 2 oz	280	230	26	4	0	0	12	0	12	0	90	Soybean Oil		
<b>Small Plates</b>														
Boneless Buffalo Wings, Small Plate	710	460	51	7	0	85	34	2	4	31	2850	Eggs, Milk, Soy Protein, Soybean Oil, Wheat	Y	
Outrageous Potato Skins, Small Plate	820	510	56	21	0	105	48	5	4	22	1420	Milk, Soybean Oil, Wheat	Y	
Buffalo Wing Bone In Bar Promotion (5 wings, red hot sauce, dressing and celery sticks)	640	530	60	12	0	120	2	0	1	27	1760	Eggs, Milk, Soy Protein, Soybean Oil	Y	
Boneless Gold Fever Wings, Small Plate	810	460	51	7	0	85	55	3	22	32	2020	Eggs, Milk, Soy Protein, Soybean Oil, Wheat	Y	