



Nutritional Analysis of The Greene Turtle Menu

	Total Calorie s (kcal)	Fat Calorie s (kcal)	Total Fat (g)	Saturat ed Fat (g)	Trans Fat (g)	Choles terol (mg)	Sodiu m (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calciu m (mg)	Iron (mg)
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Appetizers

Blackened Ahi Tuna

Allergens: fish, egg, soy

Blackened Ahi Tuna (1 serving)	179	15	2	0	0	77	423	1	0	0	40	323	2	39	2
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Boneless Wings-16

Allergens: wheat, soy, milk, egg, wheat

Boneless Wings, 16 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Chipotle Sauce	1922	1367	152	30	0	222	4976	80	2	6	57	510	3	205	0
Boneless Wings, 16 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Jerk Sauce	2705	2136	237	45	0	222	6249	84	2	6	58	510	4	244	2
Boneless Wings, 16 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Maryland Style	1937	1374	153	30	0	222	6592	82	2	6	58	1544	5	242	1
Boneless Wings, 16 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Sweet Chili Sauce	2354	1367	152	30	0	222	7136	188	2	78	57	510	3	205	0
Boneless Wings, 16 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Garlic Parmesan	2282	1637	182	36	0	222	8096	104	2	18	57	2910	3	205	0
Boneless Wings, 16 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Honey BBQ	2282	1367	152	30	0	222	7256	164	2	78	57	510	3	205	0
Boneless Wings, 16 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Kinda Hot	2111	1427	159	30	0	222	9925	109	19	7	64	7014	32	255	5
Boneless Wings, 16 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Mild	1998	1408	156	30	0	222	7836	87	4	8	59	2309	6	241	1
Boneless Wings, 16 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Smoky BBQ	2336	1367	152	30	0	222	6505	181	4	100	59	690	10	205	0

	Total Calorie s (kcal)	Fat Calorie s (kcal)	Total Fat (g)	Saturat ed Fat (g)	Trans Fat (g)	Choles terol (mg)	Sodiu m (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calciu m (mg)	Iron (mg)
Boneless Wings, 16 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Blazing Hot	1973	1398	155	30	0	222	10704	84	2	8	57	2635	3	205	1

Boneless Wings- 8

Allergens: wheat, soy, milk, egg, wheat

Boneless Wings, 8 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Chipotle Sauce	961	684	76	15	0	111	2488	40	1	3	29	255	2	103	0
Boneless Wings, 8 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Jerk Sauce	1222	940	104	20	0	111	2912	41	1	3	29	255	2	116	1
Boneless Wings, 8 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Maryland Style	976	691	77	15	0	111	4104	42	1	3	29	1289	3	139	1
Boneless Wings, 8 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Sweet Chili Sauce	1249	684	76	15	0	111	3928	112	1	51	29	255	2	103	0
Boneless Wings, 8 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Garlic Parmesan	1201	864	96	19	0	111	4568	56	1	11	29	1855	2	103	0
Boneless Wings, 8 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Honey BBQ	1201	684	76	15	0	111	4008	96	1	51	29	255	2	103	0
Boneless Wings, 8 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Kinda Hot	1087	723	80	15	0	111	5788	59	13	4	33	4591	21	136	3
Boneless Wings, 8 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Mild	1012	711	79	15	0	111	4395	45	2	4	30	1455	3	127	1
Boneless Wings, 8 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Smoky BBQ	1237	684	76	15	0	111	3507	107	2	65	30	375	6	103	0
Boneless Wings, 8 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Blazing Hot	995	704	78	15	0	111	6307	42	1	4	29	1672	2	103	1

Buffalo Chicken Dip

Allergens: milk, soy, wheat

Buffalo Chicken Dip (1 serving)	325	186	21	12	0	81	723	7	4	0	23	1934	1	365	0
Buffalo Chicken Dip (1 serving) with Celery Sticks	330	186	21	12	0	81	746	8	4	1	23	2061	2	376	0
Buffalo Chicken Dip (1 serving) with Flat Bread Pieces	596	261	24	12	0	81	1263	49	6	2	31	1934	1	445	0

Chees-y Pub Fries

Allergens: egg, milk, msg

Chees-y Pub Fries (1 serving)	1468	768	85	35	0	136	2996	128	11	0	44	1215	26	810	2
Chees-y Pub Fries (1 serving) with Ranch Dressing	1668	966	107	38	0	156	3536	130	11	2	44	1215	26	850	2

	Total Calorie s (kcal)	Fat Calorie s (kcal)	Total Fat (g)	Saturat ed Fat (g)	Trans Fat (g)	Choles terol (mg)	Sodiu m (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calciu m (mg)	Iron (mg)
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Chicken Quesadilla

Allergens: milk, wheat, soy, other gluten

Chicken Quesadilla (1 serving)	843	389	43	22	0	157	1498	53	2	4	56	1119	9	827	4
Chicken Quesadilla (1 serving) with Corn Pico de Gallo	868	391	43	22	0	157	1606	58	2	6	57	1303	17	834	4
Chicken Quesadilla (1 serving) with Sour Cream	963	497	55	29	0	187	1548	55	2	4	56	1319	9	827	4
Chicken Quesadilla (1 serving) with Corn Pico de Gallo, Sour Cream	988	499	55	29	0	187	1656	60	2	6	57	1503	17	834	4

Chicken Wings- 12

Allergens: egg, milk, soy

Chicken Wings, 12 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Chipotle Sauce	1692	1288	143	34	0	333	3527	8	2	6	89	574	4	211	0
Chicken Wings, 12 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Jerk Sauce	2214	1801	200	44	0	333	4375	10	2	6	90	574	4	237	2
Chicken Wings, 12 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Maryland Style	1708	1295	144	34	0	333	5143	10	2	6	90	1608	5	247	1
Chicken Wings, 12 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Sweet Chili Sauce	2016	1288	143	34	0	333	5147	89	2	60	89	574	4	211	0
Chicken Wings, 12 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Garlic Parmesan	1962	1491	166	39	0	333	5867	26	2	15	89	2374	4	211	0
Chicken Wings, 12 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Honey BBQ	1962	1288	143	34	0	333	5237	71	2	60	89	574	4	211	0
Chicken Wings, 12 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Kinda Hot	1834	1333	148	34	0	333	7239	29	15	7	94	5452	25	248	4
Chicken Wings, 12 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Mild	1750	1318	146	34	0	333	5672	13	3	8	91	1923	5	238	1
Chicken Wings, 12 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Smoky BBQ	2003	1288	143	34	0	333	4674	83	3	76	91	709	9	211	0
Chicken Wings, 12 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Blazing Hot	1730	1311	146	34	0	333	7823	10	2	8	89	2168	4	211	1
Chicken Wings, 12 (1 serving) with Celery Sticks, Chipotle Sauce, Ranch Dressing	1452	1072	119	26	0	313	3367	8	2	6	85	574	4	131	0
Chicken Wings, 12 (1 serving) with Celery Sticks, Jerk Sauce, Ranch Dressing	1974	1585	176	36	0	313	4215	10	2	6	86	574	4	157	2
Chicken Wings, 12 (1 serving) with Celery Sticks, Maryland Style, Ranch Dressing	1468	1079	120	26	0	313	4983	10	2	6	86	1608	5	167	1
Chicken Wings, 12 (1 serving) with Celery Sticks, Ranch Dressing, Sweet Chili Sauce	1776	1072	119	26	0	313	4987	89	2	60	85	574	4	131	0

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Chicken Wings, 12 (1 serving) with Celery Sticks, Ranch Dressing, Wing Sauce, Garlic Parmesan	1722	1275	142	31	0	313	5707	26	2	15	85	2374	4	131	0
Chicken Wings, 12 (1 serving) with Celery Sticks, Ranch Dressing, Wing Sauce, Honey BBQ	1722	1072	119	26	0	313	5077	71	2	60	85	574	4	131	0
Chicken Wings, 12 (1 serving) with Celery Sticks, Ranch Dressing, Wing Sauce, Kinda Hot	1594	1117	124	26	0	313	7079	29	15	7	90	5452	25	168	4
Chicken Wings, 12 (1 serving) with Celery Sticks, Ranch Dressing, Wing Sauce, Mild	1510	1102	122	26	0	313	5512	13	3	8	87	1923	5	158	1
Chicken Wings, 12 (1 serving) with Celery Sticks, Ranch Dressing, Wing Sauce, Smoky BBQ	1763	1072	119	26	0	313	4514	83	3	76	87	709	9	131	0
Chicken Wings, 12 (1 serving) with Celery Sticks, Ranch Dressing, Wing Sauce, Blazing Hot	1490	1095	122	26	0	313	7663	10	2	8	85	2168	4	131	1

Chicken Wings- 18

Allergens: egg, milk, soy

Chicken Wings, 18 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Chipotle Sauce	2207	1625	181	44	0	470	4613	8	2	6	131	542	4	208	0
Chicken Wings, 18 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Jerk Sauce	2990	2394	266	59	0	470	5886	12	2	6	132	542	5	247	2
Chicken Wings, 18 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Maryland Style	2222	1632	181	44	0	470	6229	10	2	6	132	1576	5	245	1
Chicken Wings, 18 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Sweet Chili Sauce	2639	1625	181	44	0	470	6773	116	2	78	131	542	4	208	0
Chicken Wings, 18 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Garlic Parmesan	2567	1895	211	50	0	470	7733	32	2	18	131	2942	4	208	0
Chicken Wings, 18 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Honey BBQ	2567	1625	181	44	0	470	6893	92	2	78	131	542	4	208	0
Chicken Wings, 18 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Kinda Hot	2395	1685	187	44	0	470	9563	36	20	7	138	7046	32	258	5
Chicken Wings, 18 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Mild	2283	1665	185	44	0	470	7474	15	4	8	133	2341	6	244	1
Chicken Wings, 18 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Smoky BBQ	2621	1625	181	44	0	470	6143	108	4	100	133	722	10	208	0
Chicken Wings, 18 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Blazing Hot	2258	1655	184	44	0	470	10341	11	2	8	131	2667	4	208	1
Chicken Wings, 18 (1 serving) with Celery Sticks, Chipotle Sauce, Ranch Dressing	1967	1409	157	36	0	450	4453	8	2	6	127	542	4	128	0

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Chicken Wings, 18 (1 serving) with Celery Sticks, Jerk Sauce, Ranch Dressing	2750	2178	242	51	0	450	5726	12	2	6	128	542	5	167	2
Chicken Wings, 18 (1 serving) with Celery Sticks, Maryland Style, Ranch Dressing	1982	1416	157	36	0	450	6069	10	2	6	128	1576	5	165	1
Chicken Wings, 18 (1 serving) with Celery Sticks, Ranch Dressing, Sweet Chili Sauce	2399	1409	157	36	0	450	6613	116	2	78	127	542	4	128	0
Chicken Wings, 18 (1 serving) with Celery Sticks, Ranch Dressing, Wing Sauce, Garlic Parmesan	2327	1679	187	42	0	450	7573	32	2	18	127	2942	4	128	0
Chicken Wings, 18 (1 serving) with Celery Sticks, Ranch Dressing, Wing Sauce, Honey BBQ	2327	1409	157	36	0	450	6733	92	2	78	127	542	4	128	0
Chicken Wings, 18 (1 serving) with Celery Sticks, Ranch Dressing, Wing Sauce, Kinda Hot	2155	1469	163	36	0	450	9403	36	20	7	134	7046	32	178	5
Chicken Wings, 18 (1 serving) with Celery Sticks, Ranch Dressing, Wing Sauce, Mild	2043	1449	161	36	0	450	7314	15	4	8	129	2341	6	164	1
Chicken Wings, 18 (1 serving) with Celery Sticks, Ranch Dressing, Wing Sauce, Smoky BBQ	2381	1409	157	36	0	450	5983	108	4	100	129	722	10	128	0
Chicken Wings, 18 (1 serving) with Celery Sticks, Ranch Dressing, Wing Sauce, Blazing Hot	2018	1439	160	36	0	450	10181	11	2	8	127	2667	4	128	1

Chicken Wings- 6

Allergens: egg, milk, soy

Chicken Wings, 6 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Chipotle Sauce	844	644	72	17	0	167	1752	3	1	3	45	223	1	100	0
Chicken Wings, 6 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Jerk Sauce	1105	900	100	22	0	167	2176	5	1	3	45	223	2	113	1
Chicken Wings, 6 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Maryland Style	859	651	72	17	0	167	3368	6	1	3	45	1257	3	136	1
Chicken Wings, 6 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Sweet Chili Sauce	1132	644	72	17	0	167	3192	75	1	51	45	223	1	100	0
Chicken Wings, 6 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Garlic Parmesan	1084	824	92	21	0	167	3832	19	1	11	45	1823	1	100	0
Chicken Wings, 6 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Honey BBQ	1084	644	72	17	0	167	3272	59	1	51	45	223	1	100	0
Chicken Wings, 6 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Kinda Hot	970	684	76	17	0	167	5052	22	13	4	49	4559	21	133	3
Chicken Wings, 6 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Mild	895	671	75	17	0	167	3659	8	2	4	46	1423	3	124	1

	Total Calorie s (kcal)	Fat Calorie s (kcal)	Total Fat (g)	Saturat ed Fat (g)	Trans Fat (g)	Choles terol (mg)	Sodiu m (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calciu m (mg)	Iron (mg)
Chicken Wings, 6 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Smoky BBQ	1120	644	72	17	0	167	2771	71	2	65	46	343	6	100	0
Chicken Wings, 6 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Blazing Hot	878	664	74	17	0	167	5571	6	1	4	45	1640	1	100	1
Chicken Wings, 6 (1 serving) with Celery Sticks, Chipotle Sauce, Ranch Dressing	724	536	60	13	0	157	1672	3	1	3	43	223	1	60	0
Chicken Wings, 6 (1 serving) with Celery Sticks, Jerk Sauce, Ranch Dressing	985	792	88	18	0	157	2096	5	1	3	43	223	2	73	1
Chicken Wings, 6 (1 serving) with Celery Sticks, Maryland Style, Ranch Dressing	739	543	60	13	0	157	3288	6	1	3	43	1257	3	96	1
Chicken Wings, 6 (1 serving) with Celery Sticks, Ranch Dressing, Sweet Chili Sauce	1012	536	60	13	0	157	3112	75	1	51	43	223	1	60	0
Chicken Wings, 6 (1 serving) with Celery Sticks, Ranch Dressing, Wing Sauce, Garlic Parmesan	964	716	80	17	0	157	3752	19	1	11	43	1823	1	60	0
Chicken Wings, 6 (1 serving) with Celery Sticks, Ranch Dressing, Wing Sauce, Honey BBQ	964	536	60	13	0	157	3192	59	1	51	43	223	1	60	0
Chicken Wings, 6 (1 serving) with Celery Sticks, Ranch Dressing, Wing Sauce, Kinda Hot	850	576	64	13	0	157	4972	22	13	4	47	4559	21	93	3
Chicken Wings, 6 (1 serving) with Celery Sticks, Ranch Dressing, Wing Sauce, Mild	775	563	63	13	0	157	3579	8	2	4	44	1423	3	84	1
Chicken Wings, 6 (1 serving) with Celery Sticks, Ranch Dressing, Wing Sauce, Smoky BBQ	1000	536	60	13	0	157	2691	71	2	65	44	343	6	60	0
Chicken Wings, 6 (1 serving) with Celery Sticks, Ranch Dressing, Wing Sauce, Blazing Hot	758	556	62	13	0	157	5491	6	1	4	43	1640	1	60	1

Combo Basket

Allergens: milk, msg, soy, wheat, other gluten

Combo Basket (1 serving)	1459	657	73	22	1	182	4606	125	4	11	76	282	1	486	4
Combo Basket (1 serving) with Bleu Cheese Dressing, Chipotle Sauce, Marinara Sauce, Queso	1945	1065	118	35	1	241	6024	135	6	18	85	1103	14	793	5
Combo Basket (1 serving) with Bleu Cheese Dressing, Jerk Sauce, Marinara Sauce, Queso	2076	1194	133	38	1	241	6236	136	6	18	85	1103	15	800	5
Combo Basket (1 serving) with Bleu Cheese Dressing, Marinara Sauce, Maryland Style, Queso	1960	1073	119	35	1	241	7640	137	6	18	86	2137	16	830	6
Combo Basket (1 serving) with Bleu Cheese Dressing, Marinara Sauce, Queso, Sweet Chili Sauce	2089	1065	118	35	1	241	6744	171	6	42	85	1103	14	793	5
Combo Basket (1 serving) with Bleu Cheese Dressing, Marinara Sauce, Queso, Wing Sauce, Garlic	2065	1155	128	37	1	241	7064	143	6	22	85	1903	14	793	5

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Combo Basket (1 serving) with Bleu Cheese Dressing, Marinara Sauce, Queso, Wing Sauce, Honey BBQ	2065	1065	118	35	1	241	6784	163	6	42	85	1103	14	793	5
Combo Basket (1 serving) with Bleu Cheese Dressing, Marinara Sauce, Queso, Wing Sauce, Kinda Hot	2008	1085	121	35	1	241	7674	144	11	19	87	3271	24	810	6
Combo Basket (1 serving) with Bleu Cheese Dressing, Marinara Sauce, Queso, Wing Sauce, Mild	1971	1079	120	35	1	241	6978	137	6	19	86	1703	15	805	5
Combo Basket (1 serving) with Bleu Cheese Dressing, Marinara Sauce, Queso, Wing Sauce, Smoky BBQ	2083	1065	118	35	1	241	6534	169	6	50	86	1163	17	793	5
Combo Basket (1 serving) with Bleu Cheese Dressing, Marinara Sauce, Queso, Wing Sauce, Blazing Hot	1962	1076	120	35	1	241	7933	136	6	19	85	1811	14	793	5

Crab Dip

Allergens: egg, fish, milk, shellfish, soy, wheat, other gluten

Crab Dip (1 serving)	694	520	58	32	0	215	4895	11	1	8	34	1627	11	1102	1
Crab Dip (1 serving) with Pretzels	1374	610	68	34	2	215	12471	139	5	12	58	1627	11	1102	1

Feta Bruschetta

Allergens: milk, wheat, other gluten

Feta Bruschetta (1 serving)	436	154	17	7	0	25	1148	49	3	4	21	579	16	293	3
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Hog Hammers

Allergens: milk, msg, soy, wheat

Hog Hammers (1 serving)	893	179	20	5	0	240	2541	94	2	59	82	2130	16	18	6
Hog Hammers (1 serving) with Smoky BBQ Sauce	1031	179	20	5	0	240	3050	128	3	91	83	2190	18	18	6

Mozzarella Sticks

Allergens: milk, wheat

Mozzarella Sticks (1 serving)	619	322	36	14	0	60	4500	54	0	12	24	0	0	600	0
Mozzarella Sticks (1 serving) with Marinara Sauce	698	361	40	14	0	60	4901	61	2	15	26	872	21	600	1

Popcorn Shrimp

Allergens: egg, milk, msg, shellfish, soy, sulfites, wheat

Popcorn Shrimp (1 serving)	596	123	14	2	0	155	2415	88	3	3	28	409	1	124	5
Popcorn Shrimp (1 serving) with Bleu Cheese Dressing, Chipotle Sauce	916	429	48	9	0	185	3035	90	3	5	30	409	1	204	5
Popcorn Shrimp (1 serving) with Bleu Cheese Dressing, Jerk Sauce	1308	814	90	16	0	185	3672	92	3	5	30	409	1	223	6

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Popcorn Shrimp (1 serving) with Bleu Cheese Dressing, Maryland Style	932	437	49	9	0	185	4651	92	3	5	31	1443	2	240	6
Popcorn Shrimp (1 serving) with Bleu Cheese Dressing, Sweet Chili Sauce	1132	429	48	9	0	185	4115	144	3	41	30	409	1	204	5
Popcorn Shrimp (1 serving) with Bleu Cheese Dressing, Wing Sauce, Garlic	1096	564	63	12	0	185	4595	102	3	11	30	1609	1	204	5
Popcorn Shrimp (1 serving) with Bleu Cheese Dressing, Wing Sauce, Honey BBQ	1096	429	48	9	0	185	4175	132	3	41	30	409	1	204	5
Popcorn Shrimp (1 serving) with Bleu Cheese Dressing, Wing Sauce, Kinda Hot	1011	459	51	9	0	185	5510	104	12	6	34	3661	15	229	7
Popcorn Shrimp (1 serving) with Bleu Cheese Dressing, Wing Sauce, Mild	955	450	50	9	0	185	4466	94	4	6	31	1309	2	222	5
Popcorn Shrimp (1 serving) with Bleu Cheese Dressing, Wing Sauce, Smoky BBQ	1123	429	48	9	0	185	3800	140	4	52	31	499	4	204	5
Popcorn Shrimp (1 serving) with Bleu Cheese Dressing, Wing Sauce, Blazing Hot	942	445	49	9	0	185	5899	92	3	6	30	1471	1	204	5
Popcorn Shrimp (1 serving) with Chipotle Sauce, Ranch Dressing	796	321	36	5	0	175	2955	90	3	5	28	409	1	164	5
Popcorn Shrimp (1 serving) with Jerk Sauce, Ranch Dressing	1188	706	78	12	0	175	3592	92	3	5	28	409	1	183	6
Popcorn Shrimp (1 serving) with Maryland Style, Ranch Dressing	812	329	37	5	0	175	4571	92	3	5	29	1443	2	200	6
Popcorn Shrimp (1 serving) with Ranch Dressing, Sweet Chili Sauce	1012	321	36	5	0	175	4035	144	3	41	28	409	1	164	5
Popcorn Shrimp (1 serving) with Ranch Dressing, Wing Sauce, Garlic	976	456	51	8	0	175	4515	102	3	11	28	1609	1	164	5
Popcorn Shrimp (1 serving) with Ranch Dressing, Wing Sauce, Honey BBQ	976	321	36	5	0	175	4095	132	3	41	28	409	1	164	5
Popcorn Shrimp (1 serving) with Ranch Dressing, Wing Sauce, Kinda Hot	891	351	39	5	0	175	5430	104	12	6	32	3661	15	189	7
Popcorn Shrimp (1 serving) with Ranch Dressing, Wing Sauce, Mild	835	342	38	5	0	175	4386	94	4	6	29	1309	2	182	5
Popcorn Shrimp (1 serving) with Ranch Dressing, Wing Sauce, Smoky BBQ	1003	321	36	5	0	175	3720	140	4	52	29	499	4	164	5
Popcorn Shrimp (1 serving) with Ranch Dressing, Wing Sauce, Blazing Hot	822	337	37	5	0	175	5819	92	3	6	28	1471	1	164	5

Pretzels Con Queso

Allergens: milk, soy, wheat, other gluten

Pretzels Con Queso (1 serving)	680	90	10	2	2	0	6720	128	4	4	24	0	0	0	0
Pretzels Con Queso (1 serving) with Queso Dip	923	249	28	14	2	60	7857	135	4	11	36	643	2	454	0

	Total Calorie s (kcal)	Fat Calorie s (kcal)	Total Fat (g)	Saturat ed Fat (g)	Trans Fat (g)	Choles terol (mg)	Sodiu m (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calciu m (mg)	Iron (mg)
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Sweet Tater Fries

Allergens: milk

Sweet Tater Fries (1 serving)	529	208	23	2	0	0	401	74	9	22	3	10792	28	68	0
Sweet Tater Fries (1 serving) with Caramel Sauce	1049	226	25	2	0	0	701	194	9	110	3	10792	28	68	0

Turtle Tenders

Allergens: egg, milk, soy, wheat

Turtle Tenders (1 serving)	478	254	28	5	0	47	894	27	3	4	28	0	0	0	1
Turtle Tenders (1 serving) with Honey Mustard	813	546	61	10	1	77	1211	37	3	12	30	60	1	12	2
Turtle Tenders (1 serving) with Bleu Cheese Dressing, Celery Sticks, Chipotle Sauce	801	561	62	12	0	77	1531	30	3	6	31	96	1	89	2
Turtle Tenders (1 serving) with Bleu Cheese Dressing, Celery Sticks, Jerk Sauce	1193	945	105	19	0	77	2167	32	3	6	31	96	1	108	2
Turtle Tenders (1 serving) with Bleu Cheese Dressing, Celery Sticks, Maryland Style	816	568	63	12	0	77	3147	32	3	6	31	1129	2	125	2
Turtle Tenders (1 serving) with Bleu Cheese Dressing, Celery Sticks, Sweet Chili Sauce	1017	561	62	12	0	77	2611	84	3	42	31	96	1	89	2
Turtle Tenders (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Garlic	981	696	77	15	0	77	3091	42	3	12	31	1296	1	89	2
Turtle Tenders (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Honey BBQ	981	561	62	12	0	77	2671	72	3	42	31	96	1	89	2
Turtle Tenders (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Kinda Hot	895	590	66	12	0	77	4005	44	12	7	34	3348	15	113	4
Turtle Tenders (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Mild	839	581	65	12	0	77	2961	33	4	7	31	995	2	106	2
Turtle Tenders (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Smoky BBQ	1008	561	62	12	0	77	2295	80	4	53	31	186	4	89	2
Turtle Tenders (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Blazing Hot	827	576	64	12	0	77	4395	31	3	7	31	1158	1	89	2

Sliders

Cheeseburger Sliders

Allergens: milk, msg, soy, wheat

Cheeseburger Sliders, 4 Count (1 serving)	2011	967	107	32	0	307	2682	136	9	10	119	571	3	572	17
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	Total Calorie s (kcal)	Fat Calorie s (kcal)	Total Fat (g)	Saturat ed Fat (g)	Trans Fat (g)	Choles terol (mg)	Sodiu m (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calciu m (mg)	Iron (mg)
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Pulled Pork Sliders

Allergens: milk, msg, soy, wheat

Pulled Pork Sliders (1 serving)	734	269	30	8	0	65	1643	73	6	9	42	570	5	222	6
Pulled Pork Sliders (1 serving) with Honey BBQ Sauce	914	269	30	8	0	65	2783	115	6	45	42	570	5	222	6
Pulled Pork Sliders (1 serving) with Smoky BBQ Sauce	941	269	30	8	0	65	2408	124	7	56	43	660	8	222	6

Soups

Chicken Enchilada Soup

Allergens: milk, soy, wheat

Chicken Enchilada Soup, Bowl (1 bowl)	325	169	19	8	0	69	1563	24	5	8	16	1563	11	75	2
Chicken Enchilada Soup, Bowl (1 bowl) with Club Crackers	355	182	20	8	0	69	1638	28	5	8	17	1563	11	75	2
Chicken Enchilada Soup, Cup (1 cup)	228	118	13	5	0	48	1094	17	4	5	11	1094	8	53	1
Chicken Enchilada Soup, Cup (1 cup) with Club Crackers	258	132	15	5	0	48	1169	21	4	5	12	1094	8	53	1

Chicken Noodle Soup

Allergens: egg, soy, wheat

Chicken Noodle Soup, Bowl (1 bowl)	125	23	3	1	0	38	963	13	1	3	13	1250	0	25	0
Chicken Noodle Soup, Cup (1 cup)	88	16	2	0	0	26	674	9	1	2	9	875	0	18	0
Chicken Noodle Soup, Cup (1 cup) with Club Crackers	118	29	3	0	0	26	749	13	1	2	10	875	0	18	0

French Onion Soup

Allergens: milk, soy, sulfites, wheat

French Onion Crock (1 bowl)	258	133	15	8	0	31	1492	15	1	5	17	357	6	476	1
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New England Clam Chowder

Allergens: fish, milk, shellfish, wheat

New England Clam Chowder, Bowl (1 bowl)	488	270	30	19	1	106	1238	43	0	1	13	938	26	188	2
New England Clam Chowder, Bowl (1 bowl) with Club Crackers	518	284	32	19	1	106	1313	47	0	1	14	938	26	188	2
New England Clam Chowder, Cup (1 cup)	341	189	21	13	0	74	866	30	0	1	9	656	18	131	2
New England Clam Chowder, Cup (1 cup) with Club Crackers	371	203	23	13	0	74	941	34	0	1	10	656	18	131	2

	Total Calorie s (kcal)	Fat Calorie s (kcal)	Total Fat (g)	Saturat ed Fat (g)	Trans Fat (g)	Choles terol (mg)	Sodiu m (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calciu m (mg)	Iron (mg)
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OC Crab Soup

Allergens: milk, shellfish, soy, wheat

OC Crab Soup, Bowl (1 bowl)	188	82	9	2	2	30	1371	16	2	4	9	1648	13	93	1
OC Crab Soup, Bowl (1 bowl) with Club Crackers	218	96	11	2	2	30	1446	20	2	4	10	1648	13	93	1
OC Crab Soup, Cup (1 cup)	141	58	6	1	1	30	992	12	2	3	8	1154	9	73	1
OC Crab Soup, Cup (1 cup) with Club Crackers	171	72	8	1	1	30	1067	16	2	3	9	1154	9	73	1

Seafood Chowder

Allergens: fish, milk, shellfish, soy, wheat

Seafood Chowder, Bowl (1 bowl)	375	225	25	10	0	94	850	21	1	4	18	500	2	188	3
Seafood Chowder, Bowl (1 bowl) with Club Crackers	405	239	27	10	0	94	925	25	1	4	19	500	2	188	3
Seafood Chowder, Cup (1 cup)	263	158	18	7	0	66	595	15	1	3	12	350	1	131	2
Seafood Chowder, Cup (1 cup) with Club Crackers	293	171	19	7	0	66	670	19	1	3	13	350	1	131	2

Tomato and Red Pepper Bisque

Allergens: milk, soy, wheat

Tomato and Red Pepper Bisque, Bowl (1 bowl)	313	214	24	15	0	81	988	21	3	6	5	5000	53	100	1
Tomato and Red Pepper Bisque, Cup (1 cup)	219	150	17	11	0	57	691	15	2	4	4	3500	37	70	1
Tomato and Red Pepper Bisque, Cup (1 cup) with Club Crackers	249	163	18	11	0	57	766	19	2	4	5	3500	37	70	1

Vegetable Beef Barley Soup

Allergens: milk, soy, wheat

Vegetable Beef Barley Soup, Bowl (1 bowl)	125	34	4	1	0	6	1225	16	3	6	8	938	3	25	1
Vegetable Beef Barley Soup, Bowl (1 bowl) with Club Crackers	155	47	5	1	0	6	1300	20	3	6	9	938	3	25	1
Vegetable Beef Barley Soup, Cup (1 cup)	88	24	3	0	0	4	858	11	2	4	5	656	2	18	1
Vegetable Beef Barley Soup, Cup (1 cup) with Club Crackers	118	37	4	0	0	4	933	15	2	4	6	656	2	18	1

Salads

Apple Walnut Salad

Allergens: milk, tree nuts

Apple Walnut Salad (1 salad)	645	424	47	9	0	25	435	38	7	23	17	3145	74	242	5
Apple Walnut Salad (1 salad) with Sweet Vidalia Onion Dressing	1125	748	83	15	0	25	895	78	7	63	17	3145	74	322	5

	Total Calorie s (kcal)	Fat Calorie s (kcal)	Total Fat (g)	Saturat ed Fat (g)	Trans Fat (g)	Choles terol (mg)	Sodi um (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calciu m (mg)	Iron (mg)
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BLT Wedge Salad

Allergens: egg, milk, msg, soy, sulfites

BLT Wedge Salad (1 salad)	192	106	12	6	0	32	519	9	3	5	11	1884	12	198	1
BLT Wedge Salad (1 salad) with Balsamic Vinaigrette	432	286	32	6	0	32	1279	25	3	17	11	1884	12	198	1
BLT Wedge Salad (1 salad) with Bleu Cheese Dressing	832	718	80	20	0	92	1759	13	3	9	15	1884	12	358	1
BLT Wedge Salad (1 salad) with Caesar Dressing	758	631	70	18	1	89	1430	15	4	7	15	2049	18	303	2
BLT Wedge Salad (1 salad) with Honey Mustard Dressing	864	688	76	16	1	92	1155	29	5	22	13	2004	14	222	2
BLT Wedge Salad (1 salad) with Lite Italian Dressing	312	196	22	6	0	32	1999	17	3	13	11	1884	12	198	1
BLT Wedge Salad (1 salad) with Mango Pineapple Vinaigrette	632	466	52	12	0	32	1319	29	3	21	11	1884	12	198	1
BLT Wedge Salad (1 salad) with Ranch Dressing	592	502	56	12	0	72	1599	13	3	9	11	1884	12	278	1
BLT Wedge Salad (1 salad) with Sweet Vidalia Onion Dressing	672	430	48	12	0	32	979	49	3	45	11	1884	12	278	1

Blackened Tuna Caesar Salad

Allergens: egg, fish, milk, sulfites, wheat

Blackened Tuna Caesar Salad (1 salad)	329	73	8	2	0	87	865	16	3	2	50	8554	36	287	4
Blackened Tuna Caesar Salad (1 salad) with Caesar Dressing	753	467	52	11	1	129	1548	20	4	3	53	8678	41	366	4

Bowl of Soup and Salad

Allergens: See individual soup and individual salad

Bowl of Soup and Caesar Salad Combo (1 serving) with Beef Barley Soup, Caesar Dressing, Club Crackers	516	339	38	7	0	40	1977	31	5	8	16	5958	26	206	2
Bowl of Soup and Caesar Salad Combo (1 serving) with Caesar Dressing, Chicken Enchilada Soup, Club Crackers	716	474	53	14	0	102	2315	38	7	10	24	6583	35	256	3
Bowl of Soup and Caesar Salad Combo (1 serving) with Caesar Dressing, Chicken Noodle Soup, Club Crackers	516	328	36	7	0	71	1715	27	3	5	21	6271	23	206	2
Bowl of Soup and Caesar Salad Combo (1 serving) with Caesar Dressing, Club Crackers, French Onion Crock	649	439	49	14	1	64	2244	29	3	7	25	5378	29	658	3
Bowl of Soup and Caesar Salad Combo (1 serving) with Caesar Dressing, Club Crackers, New England Clam Chowder	878	576	64	25	1	140	1990	57	2	3	21	5958	50	369	4
Bowl of Soup and Caesar Salad Combo (1 serving) with Caesar Dressing, Club Crackers, OC Crab Soup	578	388	43	8	2	64	2124	31	4	6	17	6669	36	274	2
Bowl of Soup and Caesar Salad Combo (1 serving) with Caesar Dressing, Club Crackers, Seafood Chowder	766	531	59	17	0	127	1602	36	3	6	26	5521	25	369	5
Bowl of Soup and Caesar Salad Combo (1 serving) with Caesar Dressing, Club Crackers, Tomato and Red Pepper Bisque	703	519	58	22	0	115	1740	36	5	8	13	10021	76	281	2

	Total Calorie s (kcal)	Fat Calorie s (kcal)	Total Fat (g)	Saturat ed Fat (g)	Trans Fat (g)	Choles terol (mg)	Sodi um (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calciu m (mg)	Iron (mg)
Bowl of Soup and House Salad Combo (1 serving) with Club Crackers, French Onion Crock	354	157	17	8	0	31	1675	31	3	8	21	2592	59	507	4
Bowl of Soup and House Salad Combo (1 serving) with Club Crackers, Honey Mustard Dressing	432	315	35	5	1	30	501	26	3	12	5	2295	53	43	3
Bowl of Soup and House Salad Combo (1 serving) with Club Crackers, Lite Italian Dressing	156	69	8	0	0	0	923	20	2	7	4	2235	53	31	3
Bowl of Soup and House Salad Combo (1 serving) with Club Crackers, Mango Pineapple Vinaigrette	316	204	23	3	0	0	583	26	2	11	4	2235	53	31	3
Bowl of Soup and House Salad Combo (1 serving) with Club Crackers, New England Clam Chowder	583	294	33	19	1	106	1421	58	2	5	16	3172	79	218	5
Bowl of Soup and House Salad Combo (1 serving) with Club Crackers, OC Crab Soup	283	106	12	2	2	30	1555	32	4	8	13	3883	66	124	4
Bowl of Soup and House Salad Combo (1 serving) with Club Crackers, Ranch Dressing	296	222	25	3	0	20	723	18	2	5	4	2235	53	71	3
Bowl of Soup and House Salad Combo (1 serving) with Club Crackers, Seafood Chowder	471	249	28	10	0	94	1033	37	3	7	21	2735	54	218	6
Bowl of Soup and House Salad Combo (1 serving) with Club Crackers, Spicy Ranch Dressing	522	402	45	6	1	18	1443	25	4	8	6	2355	54	103	4
Bowl of Soup and House Salad Combo (1 serving) with Club Crackers, Sweet Vidalia Onion Dressing	336	186	21	3	0	0	413	36	2	23	4	2235	53	71	3
Bowl of Soup and House Salad Combo (1 serving) with Club Crackers, Tomato and Red Pepper Bisque	408	238	26	15	0	81	1171	37	4	10	9	7235	105	131	3
Bowl of Soup and House Salad Combo (1 serving) with French Onion Crock, Honey Mustard Dressing	660	435	48	12	1	61	1918	37	3	17	21	2652	60	519	5
Bowl of Soup and House Salad Combo (1 serving) with French Onion Crock, Lite Italian Dressing	384	188	21	8	0	31	2340	31	3	12	20	2592	59	507	4
Bowl of Soup and House Salad Combo (1 serving) with French Onion Crock, Mango Pineapple Vinaigrette	544	323	36	11	0	31	2000	37	3	16	20	2592	59	507	4
Bowl of Soup and House Salad Combo (1 serving) with French Onion Crock, Ranch Dressing	524	341	38	11	0	51	2140	29	3	10	20	2592	59	547	4
Bowl of Soup and House Salad Combo (1 serving) with French Onion Crock, Spicy Ranch Dressing	750	521	58	14	1	49	2860	36	5	13	22	2712	60	579	5
Bowl of Soup and House Salad Combo (1 serving) with French Onion Crock, Sweet Vidalia Onion Dressing	564	305	34	11	0	31	1830	47	3	28	20	2592	59	547	4
Bowl of Soup and House Salad Combo (1 serving) with Honey Mustard Dressing, New England Clam Chowder	889	572	64	24	1	136	1664	65	3	13	16	3232	80	230	5
Bowl of Soup and House Salad Combo (1 serving) with Honey Mustard Dressing, OC Crab Soup	589	384	43	6	2	60	1798	39	5	16	13	3943	67	136	4

	Total Calorie s (kcal)	Fat Calorie s (kcal)	Total Fat (g)	Saturat ed Fat (g)	Trans Fat (g)	Choles terol (mg)	Sodiu m (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calciu m (mg)	Iron (mg)
Bowl of Soup and House Salad Combo (1 serving) with Honey Mustard Dressing, Seafood Chowder	777	527	59	15	1	124	1276	43	4	15	21	2795	55	230	7
Bowl of Soup and House Salad Combo (1 serving) with Honey Mustard Dressing, Tomato and Red Pepper Bisque	714	516	57	20	1	111	1414	43	5	18	9	7295	106	143	4
Bowl of Soup and House Salad Combo (1 serving) with Lite Italian Dressing, New England Clam Chowder	613	325	36	19	1	106	2086	58	2	9	15	3172	79	218	5
Bowl of Soup and House Salad Combo (1 serving) with Lite Italian Dressing, OC Crab Soup	313	138	15	2	2	30	2220	32	4	12	12	3883	66	124	4
Bowl of Soup and House Salad Combo (1 serving) with Lite Italian Dressing, Seafood Chowder	501	280	31	10	0	94	1698	37	3	11	20	2735	54	218	6
Bowl of Soup and House Salad Combo (1 serving) with Lite Italian Dressing, Tomato and Red Pepper Bisque	438	269	30	15	0	81	1836	37	4	14	8	7235	105	131	3
Bowl of Soup and House Salad Combo (1 serving) with Mango Pineapple Vinaigrette, New England Clam Chowder	773	460	51	22	1	106	1746	64	2	13	15	3172	79	218	5
Bowl of Soup and House Salad Combo (1 serving) with Mango Pineapple Vinaigrette, OC Crab Soup	473	273	30	5	2	30	1880	38	4	16	12	3883	66	124	4
Bowl of Soup and House Salad Combo (1 serving) with Mango Pineapple Vinaigrette, Seafood Chowder	661	415	46	13	0	94	1358	43	3	15	20	2735	54	218	6
Bowl of Soup and House Salad Combo (1 serving) with Mango Pineapple Vinaigrette, Tomato and Red Pepper Bisque	598	404	45	18	0	81	1496	43	4	18	8	7235	105	131	3
Bowl of Soup and House Salad Combo (1 serving) with New England Clam Chowder, Ranch Dressing	753	478	53	22	1	126	1886	56	2	7	15	3172	79	258	5
Bowl of Soup and House Salad Combo (1 serving) with New England Clam Chowder, Spicy Ranch Dressing	979	658	73	25	1	124	2605	64	4	9	18	3292	80	290	6
Bowl of Soup and House Salad Combo (1 serving) with New England Clam Chowder, Sweet Vidalia Onion Dressing	793	442	49	22	1	106	1576	74	2	25	15	3172	79	258	5
Bowl of Soup and House Salad Combo (1 serving) with OC Crab Soup, Ranch Dressing	453	291	32	5	2	50	2020	30	4	10	12	3883	66	164	4
Bowl of Soup and House Salad Combo (1 serving) with OC Crab Soup, Spicy Ranch Dressing	679	470	52	8	2	48	2739	38	7	12	14	4003	67	196	5
Bowl of Soup and House Salad Combo (1 serving) with OC Crab Soup, Sweet Vidalia Onion Dressing	493	255	28	5	2	30	1710	48	4	28	12	3883	66	164	4
Bowl of Soup and House Salad Combo (1 serving) with Ranch Dressing, Seafood Chowder	641	433	48	13	0	114	1498	35	3	9	20	2735	54	258	6
Bowl of Soup and House Salad Combo (1 serving) with Ranch Dressing, Tomato and Red Pepper Bisque	578	422	47	18	0	101	1636	35	4	12	8	7235	105	171	3
Bowl of Soup and House Salad Combo (1 serving) with Seafood Chowder, Spicy Ranch Dressing	867	613	68	16	1	112	2218	43	6	12	23	2855	56	290	7

	Total Calorie s (kcal)	Fat Calorie s (kcal)	Total Fat (g)	Saturat ed Fat (g)	Trans Fat (g)	Choles terol (mg)	Sodi um (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calciu m (mg)	Iron (mg)
Bowl of Soup and House Salad Combo (1 serving) with Seafood Chowder, Sweet Vidalia Onion Dressing	681	397	44	13	0	94	1188	53	3	27	20	2735	54	258	6
Bowl of Soup and House Salad Combo (1 serving) with Spicy Ranch Dressing, Tomato and Red Pepper Bisque	804	602	67	21	1	99	2355	43	7	14	10	7355	107	203	5
Bowl of Soup and House Salad Combo (1 serving) with Sweet Vidalia Onion Dressing, Tomato and Red Pepper Bisque	618	386	43	18	0	81	1326	53	4	30	8	7235	105	171	3
Bowl of Soup and House Salad Combo (1 serving) with Balsamic Vinaigrette, Beef Barley Soup, Club Crackers	341	148	16	1	0	6	1788	40	4	16	11	3172	56	56	3
Bowl of Soup and House Salad Combo (1 serving) with Balsamic Vinaigrette, Chicken Enchilada Soup, Club Crackers	541	283	31	8	0	69	2126	48	7	17	20	3797	64	106	4
Bowl of Soup and House Salad Combo (1 serving) with Balsamic Vinaigrette, Chicken Noodle Soup, Club Crackers	341	136	15	1	0	38	1526	36	3	12	16	3485	53	56	3
Bowl of Soup and House Salad Combo (1 serving) with Balsamic Vinaigrette, Club Crackers, French Onion Crock	474	247	27	8	0	31	2055	39	3	14	21	2592	59	507	4
Bowl of Soup and House Salad Combo (1 serving) with Balsamic Vinaigrette, Club Crackers, New England Clam Chowder	703	384	43	19	1	106	1801	66	2	11	16	3172	79	218	5
Bowl of Soup and House Salad Combo (1 serving) with Balsamic Vinaigrette, Club Crackers, OC Crab Soup	403	196	22	2	2	30	1935	40	4	14	13	3883	66	124	4
Bowl of Soup and House Salad Combo (1 serving) with Balsamic Vinaigrette, Club Crackers, Seafood Chowder	591	339	38	10	0	94	1413	45	3	13	21	2735	54	218	6
Bowl of Soup and House Salad Combo (1 serving) with Balsamic Vinaigrette, Club Crackers, Tomato and Red Pepper Bisque	528	328	36	15	0	81	1551	45	4	16	9	7235	105	131	3
Bowl of Soup and House Salad Combo (1 serving) with Beef Barley Soup, Bleu Cheese Dressing, Club Crackers	541	364	40	8	0	36	2028	34	4	12	13	3172	56	136	3
Bowl of Soup and House Salad Combo (1 serving) with Beef Barley Soup, Caesar Dressing, Club Crackers	504	320	36	6	0	35	1863	35	5	11	13	3255	58	108	4
Bowl of Soup and House Salad Combo (1 serving) with Beef Barley Soup, Club Crackers, Honey Mustard Dressing	557	349	39	5	1	36	1726	42	5	18	12	3232	56	68	4
Bowl of Soup and House Salad Combo (1 serving) with Beef Barley Soup, Club Crackers, Lite Italian Dressing	281	103	11	1	0	6	2148	36	4	14	11	3172	56	56	3
Bowl of Soup and House Salad Combo (1 serving) with Beef Barley Soup, Club Crackers, Mango Pineapple Vinaigrette	441	238	26	4	0	6	1808	42	4	18	11	3172	56	56	3
Bowl of Soup and House Salad Combo (1 serving) with Beef Barley Soup, Club Crackers, Ranch Dressing	421	256	28	4	0	26	1948	34	4	12	11	3172	56	96	3
Bowl of Soup and House Salad Combo (1 serving) with Beef Barley Soup, Club Crackers, Spicy Ranch Dressing	647	435	48	7	1	24	2668	42	7	14	14	3292	57	128	5
Bowl of Soup and House Salad Combo (1 serving) with Beef Barley Soup, Club Crackers, Sweet Vidalia Onion Dressing	461	220	24	4	0	6	1638	52	4	30	11	3172	56	96	3

	Total Calorie s (kcal)	Fat Calorie s (kcal)	Total Fat (g)	Saturat ed Fat (g)	Trans Fat (g)	Choles terol (mg)	Sodiu m (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calciu m (mg)	Iron (mg)
Bowl of Soup and House Salad Combo (1 serving) with Bleu Cheese Dressing, Chicken Enchilada Soup, Club Crackers	741	499	55	15	0	99	2366	42	7	13	22	3797	64	186	4
Bowl of Soup and House Salad Combo (1 serving) with Bleu Cheese Dressing, Chicken Noodle Soup, Club Crackers	541	352	39	8	0	68	1766	30	3	8	18	3485	53	136	3
Bowl of Soup and House Salad Combo (1 serving) with Bleu Cheese Dressing, Club Crackers, French Onion Crock	674	463	51	15	0	61	2295	33	3	10	23	2592	59	587	4
Bowl of Soup and House Salad Combo (1 serving) with Bleu Cheese Dressing, Club Crackers, New England Clam Chowder	903	600	67	26	1	136	2041	60	2	7	18	3172	79	298	5
Bowl of Soup and House Salad Combo (1 serving) with Bleu Cheese Dressing, Club Crackers, OC Crab Soup	603	412	46	9	2	60	2175	34	4	10	15	3883	66	204	4
Bowl of Soup and House Salad Combo (1 serving) with Bleu Cheese Dressing, Club Crackers, Seafood Chowder	791	555	62	17	0	124	1653	39	3	9	23	2735	54	298	6
Bowl of Soup and House Salad Combo (1 serving) with Bleu Cheese Dressing, Club Crackers, Tomato and Red Pepper Bisque	728	544	60	22	0	111	1791	39	4	12	11	7235	105	211	3
Bowl of Soup and House Salad Combo (1 serving) with Caesar Dressing, Chicken Enchilada Soup, Club Crackers	704	455	51	13	0	97	2201	43	7	12	22	3880	67	158	5
Bowl of Soup and House Salad Combo (1 serving) with Caesar Dressing, Chicken Noodle Soup, Club Crackers	504	309	34	6	0	66	1601	31	3	7	18	3568	55	108	3
Bowl of Soup and House Salad Combo (1 serving) with Caesar Dressing, Club Crackers, French Onion Crock	637	420	47	13	1	59	2130	33	3	9	23	2675	62	560	4
Bowl of Soup and House Salad Combo (1 serving) with Caesar Dressing, Club Crackers, New England Clam Chowder	866	557	62	24	1	135	1876	61	2	6	18	3255	82	271	5
Bowl of Soup and House Salad Combo (1 serving) with Caesar Dressing, Club Crackers, OC Crab Soup	566	369	41	7	2	59	2010	35	4	9	15	3966	69	176	4
Bowl of Soup and House Salad Combo (1 serving) with Caesar Dressing, Club Crackers, Seafood Chowder	754	512	57	16	0	122	1488	40	3	8	23	2818	57	271	6
Bowl of Soup and House Salad Combo (1 serving) with Caesar Dressing, Club Crackers, Tomato and Red Pepper Bisque	691	500	56	21	0	110	1626	40	5	11	11	7318	108	183	4
Bowl of Soup and House Salad Combo (1 serving) with Chicken Enchilada Soup, Club Crackers, Honey Mustard Dressing	757	484	54	12	1	99	2064	50	8	19	21	3857	65	118	5
Bowl of Soup and House Salad Combo (1 serving) with Chicken Enchilada Soup, Club Crackers, Lite Italian Dressing	481	238	26	8	0	69	2486	44	7	15	20	3797	64	106	4
Bowl of Soup and House Salad Combo (1 serving) with Chicken Enchilada Soup, Club Crackers, Mango Pineapple Vinaigrette	641	373	41	11	0	69	2146	50	7	19	20	3797	64	106	4
Bowl of Soup and House Salad Combo (1 serving) with Chicken Enchilada Soup, Club Crackers, Ranch Dressing	621	391	43	11	0	89	2286	42	7	13	20	3797	64	146	4
Bowl of Soup and House Salad Combo (1 serving) with Chicken Enchilada Soup, Club Crackers, Spicy Ranch Dressing	847	570	63	14	1	87	3005	49	9	16	22	3917	65	178	6

	Total Calorie s (kcal)	Fat Calorie s (kcal)	Total Fat (g)	Saturat ed Fat (g)	Trans Fat (g)	Choles terol (mg)	Sodi um (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calciu m (mg)	Iron (mg)
Bowl of Soup and House Salad Combo (1 serving) with Chicken Enchilada Soup, Club Crackers, Sweet Vidalia Onion Dressing	661	355	39	11	0	69	1976	60	7	31	20	3797	64	146	4
Bowl of Soup and House Salad Combo (1 serving) with Chicken Noodle Soup, Club Crackers, Honey Mustard Dressing	557	338	38	5	1	67	1464	39	4	14	17	3545	53	68	4
Bowl of Soup and House Salad Combo (1 serving) with Chicken Noodle Soup, Club Crackers, Lite Italian Dressing	281	91	10	1	0	38	1886	32	3	10	16	3485	53	56	3
Bowl of Soup and House Salad Combo (1 serving) with Chicken Noodle Soup, Club Crackers, Mango Pineapple Vinaigrette	441	226	25	4	0	38	1546	38	3	14	16	3485	53	56	3
Bowl of Soup and House Salad Combo (1 serving) with Chicken Noodle Soup, Club Crackers, Ranch Dressing	421	244	27	4	0	58	1686	30	3	8	16	3485	53	96	3
Bowl of Soup and House Salad Combo (1 serving) with Chicken Noodle Soup, Club Crackers, Spicy Ranch Dressing	647	424	47	7	1	55	2405	38	6	11	19	3605	54	128	4
Bowl of Soup and House Salad Combo (1 serving) with Chicken Noodle Soup, Club Crackers, Sweet Vidalia Onion Dressing	461	208	23	4	0	38	1376	48	3	26	16	3485	53	96	3
Bowl of Soup and House Salad Combo (1 serving) with Club Crackers, French Onion Crock, Honey Mustard Dressing	690	448	50	12	1	61	1993	41	3	17	22	2652	60	519	5
Bowl of Soup and House Salad Combo (1 serving) with Club Crackers, French Onion Crock, Lite Italian Dressing	414	202	22	8	0	31	2415	35	3	12	21	2592	59	507	4
Bowl of Soup and House Salad Combo (1 serving) with Club Crackers, French Onion Crock, Mango Pineapple Vinaigrette	574	337	37	11	0	31	2075	41	3	16	21	2592	59	507	4
Bowl of Soup and House Salad Combo (1 serving) with Club Crackers, French Onion Crock, Ranch Dressing	554	355	39	11	0	51	2215	33	3	10	21	2592	59	547	4
Bowl of Soup and House Salad Combo (1 serving) with Club Crackers, French Onion Crock, Spicy Ranch Dressing	780	535	59	14	1	49	2935	40	5	13	23	2712	60	579	5
Bowl of Soup and House Salad Combo (1 serving) with Club Crackers, French Onion Crock, Sweet Vidalia Onion Dressing	594	319	35	11	0	31	1905	51	3	28	21	2592	59	547	4
Bowl of Soup and House Salad Combo (1 serving) with Club Crackers, Honey Mustard Dressing, New England Clam Chowder	919	585	65	24	1	136	1739	69	3	13	17	3232	80	230	5
Bowl of Soup and House Salad Combo (1 serving) with Club Crackers, Honey Mustard Dressing, OC Crab Soup	619	397	44	6	2	60	1873	43	5	16	14	3943	67	136	4
Bowl of Soup and House Salad Combo (1 serving) with Club Crackers, Honey Mustard Dressing, Seafood Chowder	807	540	60	15	1	124	1351	47	4	15	22	2795	55	230	7
Bowl of Soup and House Salad Combo (1 serving) with Club Crackers, Honey Mustard Dressing, Tomato and Red Pepper Bisque	744	529	59	20	1	111	1489	47	5	18	10	7295	106	143	4
Bowl of Soup and House Salad Combo (1 serving) with Club Crackers, Lite Italian Dressing, New England Clam Chowder	643	339	38	19	1	106	2161	62	2	9	16	3172	79	218	5
Bowl of Soup and House Salad Combo (1 serving) with Club Crackers, Lite Italian Dressing, OC Crab Soup	343	151	17	2	2	30	2295	36	4	12	13	3883	66	124	4

	Total Calorie s (kcal)	Fat Calorie s (kcal)	Total Fat (g)	Saturat ed Fat (g)	Trans Fat (g)	Choles terol (mg)	Sodiu m (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calciu m (mg)	Iron (mg)
Bowl of Soup and House Salad Combo (1 serving) with Club Crackers, Lite Italian Dressing, Seafood Chowder	531	294	33	10	0	94	1773	41	3	11	21	2735	54	218	6
Bowl of Soup and House Salad Combo (1 serving) with Club Crackers, Lite Italian Dressing, Tomato and Red Pepper Bisque	468	283	31	15	0	81	1911	41	4	14	9	7235	105	131	3
Bowl of Soup and House Salad Combo (1 serving) with Club Crackers, Mango Pineapple Vinaigrette, New England Clam Chowder	803	474	53	22	1	106	1821	68	2	13	16	3172	79	218	5
Bowl of Soup and House Salad Combo (1 serving) with Club Crackers, Mango Pineapple Vinaigrette, OC Crab Soup	503	286	32	5	2	30	1955	42	4	16	13	3883	66	124	4
Bowl of Soup and House Salad Combo (1 serving) with Club Crackers, Mango Pineapple Vinaigrette, Seafood Chowder	691	429	48	13	0	94	1433	47	3	15	21	2735	54	218	6
Bowl of Soup and House Salad Combo (1 serving) with Club Crackers, Mango Pineapple Vinaigrette, Tomato and Red Pepper Bisque	628	418	46	18	0	81	1571	47	4	18	9	7235	105	131	3
Bowl of Soup and House Salad Combo (1 serving) with Club Crackers, New England Clam Chowder, Ranch Dressing	783	492	55	22	1	126	1961	60	2	7	16	3172	79	258	5
Bowl of Soup and House Salad Combo (1 serving) with Club Crackers, New England Clam Chowder, Spicy Ranch Dressing	1009	672	75	25	1	124	2680	68	4	9	19	3292	80	290	6
Bowl of Soup and House Salad Combo (1 serving) with Club Crackers, New England Clam Chowder, Sweet Vidalia Onion Dressing	823	456	51	22	1	106	1651	78	2	25	16	3172	79	258	5
Bowl of Soup and House Salad Combo (1 serving) with Club Crackers, OC Crab Soup, Ranch Dressing	483	304	34	5	2	50	2095	34	4	10	13	3883	66	164	4
Bowl of Soup and House Salad Combo (1 serving) with Club Crackers, OC Crab Soup, Spicy Ranch Dressing	709	484	54	8	2	48	2814	42	7	12	15	4003	67	196	5
Bowl of Soup and House Salad Combo (1 serving) with Club Crackers, OC Crab Soup, Sweet Vidalia Onion Dressing	523	268	30	5	2	30	1785	52	4	28	13	3883	66	164	4
Bowl of Soup and House Salad Combo (1 serving) with Club Crackers, Ranch Dressing, Seafood Chowder	671	447	50	13	0	114	1573	39	3	9	21	2735	54	258	6
Bowl of Soup and House Salad Combo (1 serving) with Club Crackers, Ranch Dressing, Tomato and Red Pepper Bisque	608	436	48	18	0	101	1711	39	4	12	9	7235	105	171	3
Bowl of Soup and House Salad Combo (1 serving) with Club Crackers, Seafood Chowder, Spicy Ranch Dressing	897	627	70	16	1	112	2293	47	6	12	24	2855	56	290	7
Bowl of Soup and House Salad Combo (1 serving) with Club Crackers, Seafood Chowder, Sweet Vidalia Onion Dressing	711	411	46	13	0	94	1263	57	3	27	21	2735	54	258	6
Bowl of Soup and House Salad Combo (1 serving) with Club Crackers, Spicy Ranch Dressing, Tomato and Red Pepper Bisque	834	615	68	21	1	99	2430	47	7	14	11	7355	107	203	5
Bowl of Soup and House Salad Combo (1 serving) with Club Crackers, Sweet Vidalia Onion Dressing, Tomato and Red Pepper Bisque	648	400	44	18	0	81	1401	57	4	30	9	7235	105	171	3

	Total Calorie s (kcal)	Fat Calorie s (kcal)	Total Fat (g)	Saturat ed Fat (g)	Trans Fat (g)	Choles terol (mg)	Sodiu m (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calciu m (mg)	Iron (mg)
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Caesar Salad, Large

Allergens: egg, milk, sulfites, wheat

Caesar Salad, Large (1 salad)	149	58	6	2	0	10	442	15	3	2	10	8230	34	248	2
Caesar Salad, Large (1 salad) with Caesar Dressing	574	452	50	11	1	53	1125	19	3	3	13	8354	38	327	2

Caesar Salad, Small

Allergens: egg, milk, sulfites, wheat

Caesar Salad, Small (1 salad)	78	29	3	1	0	5	222	8	2	1	5	4938	20	129	1
Caesar Salad, Small (1 salad) with Caesar Dressing	361	292	32	7	0	34	677	11	2	2	7	5021	23	181	1

Chicken Caesar Salad

Allergens: egg, milk, sulfites, wheat

Chicken Caesar Salad (1 salad)	336	77	9	3	0	109	553	15	3	2	49	8266	36	267	3
Chicken Caesar Salad (1 salad) with Caesar Dressing	761	471	52	11	1	151	1235	19	3	3	52	8390	40	346	4

Cup of Soup and Salad

Allergens: See individual soup and individual salad

Cup of Soup and Caesar Salad Combo (1 serving) with Caesar Dressing, Chicken Enchilada Soup, Club Crackers	618	424	47	12	0	82	1846	31	6	7	20	6115	31	234	3
Cup of Soup and Caesar Salad Combo (1 serving) with Caesar Dressing, Chicken Noodle Soup, Club Crackers	478	321	36	7	0	60	1426	23	3	4	17	5896	23	199	2
Cup of Soup and Caesar Salad Combo (1 serving) with Caesar Dressing, Club Crackers, New England Clam Chowder	732	495	55	20	1	108	1619	44	2	3	17	5677	42	313	3
Cup of Soup and Caesar Salad Combo (1 serving) with Caesar Dressing, Club Crackers, OC Crab Soup	532	364	40	8	2	64	1745	26	4	5	16	6175	32	255	2
Cup of Soup and Caesar Salad Combo (1 serving) with Caesar Dressing, Club Crackers, Seafood Chowder	653	463	51	14	0	99	1347	30	3	5	20	5371	24	313	4
Cup of Soup and Caesar Salad Combo (1 serving) with Caesar Dressing, Club Crackers, Tomato and Red Pepper Bisque	609	455	51	17	0	90	1444	30	4	6	12	8521	60	251	2
Cup of Soup and House Salad Combo (1 serving) with Bleu Cheese Dressing, Club Crackers	416	330	37	7	0	30	803	18	2	5	6	2235	53	111	3
Cup of Soup and House Salad Combo (1 serving) with Bleu Cheese Dressing, OC Crab Soup	527	375	42	8	1	60	1721	25	4	8	13	3389	62	184	3
Cup of Soup and House Salad Combo (1 serving) with Bleu Cheese Dressing, OC Crab Soup, Cup	527	375	42	8	1	60	1721	25	4	8	13	3389	62	184	3

	Total Calorie s (kcal)	Fat Calorie s (kcal)	Total Fat (g)	Saturat ed Fat (g)	Trans Fat (g)	Choles terol (mg)	Sodi um (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calciu m (mg)	Iron (mg)
Cup of Soup and House Salad Combo (1 serving) with Caesar Dressing, Club Crackers	379	287	32	6	0	29	638	19	2	4	6	2318	55	83	3
Cup of Soup and House Salad Combo (1 serving) with Caesar Dressing, OC Crab Soup	490	332	37	7	2	59	1556	26	4	7	13	3471	65	156	4
Cup of Soup and House Salad Combo (1 serving) with Caesar Dressing, OC Crab Soup, Cup	490	332	37	7	2	59	1556	26	4	7	13	3471	65	156	4
Cup of Soup and House Salad Combo (1 serving) with Club Crackers, Honey Mustard Dressing	432	315	35	5	1	30	501	26	3	12	5	2295	53	43	3
Cup of Soup and House Salad Combo (1 serving) with Club Crackers, Lite Italian Dressing	156	69	8	0	0	0	923	20	2	7	4	2235	53	31	3
Cup of Soup and House Salad Combo (1 serving) with Club Crackers, Mango Pineapple Vinaigrette	316	204	23	3	0	0	583	26	2	11	4	2235	53	31	3
Cup of Soup and House Salad Combo (1 serving) with Club Crackers, OC Crab Soup	237	82	9	1	1	30	1176	27	4	6	12	3389	62	104	3
Cup of Soup and House Salad Combo (1 serving) with Club Crackers, OC Crab Soup, Cup	237	82	9	1	1	30	1176	27	4	6	12	3389	62	104	3
Cup of Soup and House Salad Combo (1 serving) with Club Crackers, Ranch Dressing	296	222	25	3	0	20	723	18	2	5	4	2235	53	71	3
Cup of Soup and House Salad Combo (1 serving) with Club Crackers, Spicy Ranch Dressing	522	402	45	6	1	18	1443	25	4	8	6	2355	54	103	4
Cup of Soup and House Salad Combo (1 serving) with Club Crackers, Sweet Vidalia Onion Dressing	336	186	21	3	0	0	413	36	2	23	4	2235	53	71	3
Cup of Soup and House Salad Combo (1 serving) with Honey Mustard Dressing, OC Crab Soup	543	360	40	6	2	60	1419	34	4	15	12	3449	63	116	4
Cup of Soup and House Salad Combo (1 serving) with Honey Mustard Dressing, OC Crab Soup, Cup	543	360	40	6	2	60	1419	34	4	15	12	3449	63	116	4
Cup of Soup and House Salad Combo (1 serving) with Lite Italian Dressing, OC Crab Soup	267	114	13	1	1	30	1841	27	4	10	11	3389	62	104	3
Cup of Soup and House Salad Combo (1 serving) with Lite Italian Dressing, OC Crab Soup, Cup	267	114	13	1	1	30	1841	27	4	10	11	3389	62	104	3
Cup of Soup and House Salad Combo (1 serving) with Mango Pineapple Vinaigrette, OC Crab Soup	427	249	28	4	1	30	1501	33	4	14	11	3389	62	104	3
Cup of Soup and House Salad Combo (1 serving) with Mango Pineapple Vinaigrette, OC Crab Soup, Cup	427	249	28	4	1	30	1501	33	4	14	11	3389	62	104	3
Cup of Soup and House Salad Combo (1 serving) with OC Crab Soup, Ranch Dressing	407	267	30	4	1	50	1641	25	4	8	11	3389	62	144	3
Cup of Soup and House Salad Combo (1 serving) with OC Crab Soup, Spicy Ranch Dressing	633	447	50	7	2	48	2360	33	6	11	13	3509	63	176	5

	Total Calorie s (kcal)	Fat Calorie s (kcal)	Total Fat (g)	Saturat ed Fat (g)	Trans Fat (g)	Choles terol (mg)	Sodiu m (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calciu m (mg)	Iron (mg)
Cup of Soup and House Salad Combo (1 serving) with OC Crab Soup, Sweet Vidalia Onion Dressing	447	231	26	4	1	30	1331	43	4	26	11	3389	62	144	3
Cup of Soup and House Salad Combo (1 serving) with OC Crab Soup, Cup, Ranch Dressing	407	267	30	4	1	50	1641	25	4	8	11	3389	62	144	3
Cup of Soup and House Salad Combo (1 serving) with OC Crab Soup, Cup, Spicy Ranch Dressing	633	447	50	7	2	48	2360	33	6	11	13	3509	63	176	5
Cup of Soup and House Salad Combo (1 serving) with OC Crab Soup, Cup, Sweet Vidalia Onion Dressing	447	231	26	4	1	30	1331	43	4	26	11	3389	62	144	3
Cup of Soup and House Salad Combo (1 serving) with Balsamic Vinaigrette, Club Crackers, OC Crab Soup	357	172	19	1	1	30	1556	35	4	12	12	3389	62	104	3
Cup of Soup and House Salad Combo (1 serving) with Balsamic Vinaigrette, Club Crackers, OC Crab Soup, Cup	357	172	19	1	1	30	1556	35	4	12	12	3389	62	104	3
Cup of Soup and House Salad Combo (1 serving) with Bleu Cheese Dressing, Club Crackers, OC Crab Soup	557	388	43	8	1	60	1796	29	4	8	14	3389	62	184	3
Cup of Soup and House Salad Combo (1 serving) with Bleu Cheese Dressing, Club Crackers, OC Crab Soup, Cup	557	388	43	8	1	60	1796	29	4	8	14	3389	62	184	3
Cup of Soup and House Salad Combo (1 serving) with Caesar Dressing, Club Crackers, OC Crab Soup	520	345	38	7	2	59	1631	30	4	7	14	3471	65	156	4
Cup of Soup and House Salad Combo (1 serving) with Caesar Dressing, Club Crackers, OC Crab Soup, Cup	520	345	38	7	2	59	1631	30	4	7	14	3471	65	156	4
Cup of Soup and House Salad Combo (1 serving) with Club Crackers, Honey Mustard Dressing, OC Crab Soup	573	374	42	6	2	60	1494	38	4	15	13	3449	63	116	4
Cup of Soup and House Salad Combo (1 serving) with Club Crackers, Honey Mustard Dressing, OC Crab Soup, Cup	573	374	42	6	2	60	1494	38	4	15	13	3449	63	116	4
Cup of Soup and House Salad Combo (1 serving) with Club Crackers, Lite Italian Dressing, OC Crab Soup	297	127	14	1	1	30	1916	31	4	10	12	3389	62	104	3
Cup of Soup and House Salad Combo (1 serving) with Club Crackers, Lite Italian Dressing, OC Crab Soup, Cup	297	127	14	1	1	30	1916	31	4	10	12	3389	62	104	3
Cup of Soup and House Salad Combo (1 serving) with Club Crackers, Mango Pineapple Vinaigrette, OC Crab Soup	457	262	29	4	1	30	1576	37	4	14	12	3389	62	104	3
Cup of Soup and House Salad Combo (1 serving) with Club Crackers, Mango Pineapple Vinaigrette, OC Crab Soup, Cup	457	262	29	4	1	30	1576	37	4	14	12	3389	62	104	3
Cup of Soup and House Salad Combo (1 serving) with Club Crackers, OC Crab Soup, Ranch Dressing	437	280	31	4	1	50	1716	29	4	8	12	3389	62	144	3
Cup of Soup and House Salad Combo (1 serving) with Club Crackers, OC Crab Soup, Spicy Ranch Dressing	663	460	51	7	2	48	2435	37	6	11	14	3509	63	176	5
Cup of Soup and House Salad Combo (1 serving) with Club Crackers, OC Crab Soup, Sweet Vidalia Onion Dressing	477	244	27	4	1	30	1406	47	4	26	12	3389	62	144	3

	Total Calorie s (kcal)	Fat Calorie s (kcal)	Total Fat (g)	Saturat ed Fat (g)	Trans Fat (g)	Choles terol (mg)	Sodiu m (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calciu m (mg)	Iron (mg)
Cup of Soup and House Salad Combo (1 serving) with Club Crackers, OC Crab Soup, Cup, Ranch Dressing	437	280	31	4	1	50	1716	29	4	8	12	3389	62	144	3
Cup of Soup and House Salad Combo (1 serving) with Club Crackers, OC Crab Soup, Cup, Spicy Ranch Dressing	663	460	51	7	2	48	2435	37	6	11	14	3509	63	176	5
Cup of Soup and House Salad Combo (1 serving) with Club Crackers, OC Crab Soup, Cup, Sweet Vidalia Onion Dressing	477	244	27	4	1	30	1406	47	4	26	12	3389	62	144	3

House Salad, Large

Allergens: eggs, milk, soy, sulfites, wheat, msg (Ranch)

House Salad, Large (1 salad)	113	20	2	0	0	0	210	20	3	5	5	3547	85	48	4
House Salad, Large (1 salad) with Balsamic Vinaigrette	353	200	22	0	0	0	970	36	3	17	5	3547	85	48	4
House Salad, Large (1 salad) with Bleu Cheese Dressing	753	632	70	14	0	60	1450	24	3	9	9	3547	85	208	4
House Salad, Large (1 salad) with Caesar Dressing	679	546	61	11	1	57	1120	26	3	7	9	3712	90	153	5
House Salad, Large (1 salad) with Honey Mustard Dressing	785	603	67	10	1	60	845	41	4	21	7	3667	86	72	6
House Salad, Large (1 salad) with Lite Italian Dressing	233	110	12	0	0	0	1690	28	3	13	5	3547	85	48	4
House Salad, Large (1 salad) with Mango Pineapple Vinaigrette	553	380	42	6	0	0	1010	40	3	21	5	3547	85	48	4
House Salad, Large (1 salad) with Ranch Dressing	513	416	46	6	0	40	1290	24	3	9	5	3547	85	128	4
House Salad, Large (1 salad) with Sweet Vidalia Onion Dressing	593	344	38	6	0	0	670	60	3	45	5	3547	85	128	4

House Salad, Small

Allergens: eggs, milk, soy, sulfites, wheat, msg (Ranch)

House Salad, Small (1 salad)	66	10	1	0	0	0	108	12	2	3	3	2235	53	31	3
House Salad, Small (1 salad) with Balsamic Vinaigrette	186	100	11	0	0	0	488	20	2	9	3	2235	53	31	3
House Salad, Small (1 salad) with Bleu Cheese Dressing	386	316	35	7	0	30	728	14	2	5	5	2235	53	111	3
House Salad, Small (1 salad) with Caesar Dressing	349	273	30	6	0	29	563	15	2	4	5	2318	55	83	3
House Salad, Small (1 salad) with Honey Mustard Dressing	402	302	34	5	1	30	426	22	3	12	4	2295	53	43	3
House Salad, Small (1 salad) with Lite Italian Dressing	126	55	6	0	0	0	848	16	2	7	3	2235	53	31	3
House Salad, Small (1 salad) with Mango Pineapple Vinaigrette	286	190	21	3	0	0	508	22	2	11	3	2235	53	31	3
House Salad, Small (1 salad) with Ranch Dressing	266	208	23	3	0	20	648	14	2	5	3	2235	53	71	3
House Salad, Small (1 salad) with Spicy Ranch Dressing	279	199	22	3	0	9	738	17	3	6	4	2295	53	67	3
House Salad, Small (1 salad) with Sweet Vidalia Onion Dressing	306	172	19	3	0	0	338	32	2	23	3	2235	53	71	3

	Total Calorie s (kcal)	Fat Calorie s (kcal)	Total Fat (g)	Saturat ed Fat (g)	Trans Fat (g)	Choles terol (mg)	Sodiu m (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calciu m (mg)	Iron (mg)
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Jamaican Chicken Salad

Allergens: soy, sulfites, tree nuts

Jamaican Chicken Salad (1 salad)	397	130	14	2	0	99	560	22	3	15	43	3044	106	88	6
Jamaican Chicken Salad (1 salad) with Mango Vinaigrette	799	459	51	8	0	99	1292	41	3	30	43	3044	106	88	6

Southwest Chicken Chopped Salad

Allergens: eggs, milk, msg, soy, wheat

Southwest Chicken Chopped Salad (1 salad)	438	37	4	1	0	99	757	53	5	36	44	8860	48	81	3
Southwest Chicken Chopped Salad (1 salad) with Spicy Ranch Dressing	757	321	36	5	0	112	1701	60	7	40	46	8950	49	135	4

Steak Fajita Salad

Allergens: eggs, milk, msg, sulfites, wheat

Steak Fajita Salad (1 salad)	688	425	47	19	0	125	544	28	6	4	35	3309	85	263	8
Steak Fajita Salad (1 salad) with Spicy Ranch Dressing	1114	803	89	25	1	143	1803	38	9	9	38	3429	86	335	9

Ty Cobb Salad

Allergens: eggs, milk, msg (Ranch), soy, sulfites

Ty Cobb Salad (1 salad)	517	267	30	12	0	125	1015	11	5	4	45	3768	85	285	5
Ty Cobb Salad (1 salad) with Balsamic Vinaigrette	757	447	50	12	0	125	1775	27	5	16	45	3768	85	285	5
Ty Cobb Salad (1 salad) with Bleu Cheese Dressing	1157	879	98	26	0	185	2255	15	5	8	49	3768	85	445	5
Ty Cobb Salad (1 salad) with Caesar Dressing	1083	793	88	24	1	182	1925	17	6	6	50	3933	91	390	5
Ty Cobb Salad (1 salad) with Honey Mustard Dressing	1188	850	94	22	1	185	1650	31	7	20	48	3888	87	309	6
Ty Cobb Salad (1 salad) with Lite Italian Dressing	637	357	40	12	0	125	2495	19	5	12	45	3768	85	285	5
Ty Cobb Salad (1 salad) with Mango Pineapple Vinaigrette	957	627	70	18	0	125	1815	31	5	20	45	3768	85	285	5
Ty Cobb Salad (1 salad) with Ranch Dressing	917	663	74	18	0	165	2095	15	5	8	45	3768	85	365	5
Ty Cobb Salad (1 salad) with Spicy Ranch Dressing	942	645	72	18	1	143	2274	21	8	8	48	3888	87	357	6
Ty Cobb Salad (1 salad) with Sweet Vidalia Onion Dressing	997	591	66	18	0	125	1475	51	5	44	45	3768	85	365	5

Entrees

BBQ Rib and Chicken Platter

Allergens: egg

BBQ Rib and Chicken Platter (1 serving)	642	148	16	6	0	157	1738	65	1	60	57	126	8	45	3
BBQ Rib and Chicken Platter (1 serving) with Cole Slaw	720	198	22	7	0	157	1971	72	2	65	58	1166	25	71	3
BBQ Rib and Chicken Platter (1 serving) with French Fries	986	284	32	9	0	157	2518	113	5	60	61	126	18	45	3

	Total Calorie s (kcal)	Fat Calorie s (kcal)	Total Fat (g)	Saturat ed Fat (g)	Trans Fat (g)	Choles terol (mg)	Sodiu m (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calciu m (mg)	Iron (mg)
BBQ Rib and Chicken Platter (1 serving) with Cole Slaw, French Fries	1064	334	37	10	0	157	2751	120	6	65	62	1166	35	71	4

Baby Back Ribs

Allergens: egg

Baby Back Ribs (1 serving)	772	259	29	10	0	118	2744	96	1	89	35	120	11	52	3
Baby Back Ribs (1 serving) with Cole Slaw	850	309	34	11	0	118	2978	103	3	94	36	1161	27	78	3
Baby Back Ribs (1 serving) with French Fries	1116	395	44	14	0	118	3525	144	5	89	39	120	20	52	4
Baby Back Ribs (1 serving) with Cole Slaw, French Fries	1194	445	49	14	0	118	3758	151	7	94	40	1161	37	78	4

Blackened Ahi Tuna

Allergens: fish, milk, soy

Blackened Ahi Tuna (1 serving)	179	15	2	0	0	77	423	1	0	0	40	323	2	39	2
Blackened Ahi Tuna (1 serving) with Broccoli	210	18	2	0	0	77	593	6	2	1	43	2875	82	80	2
Blackened Ahi Tuna (1 serving) with Rice	362	37	4	1	0	77	454	37	0	0	43	1323	2	44	3
Blackened Ahi Tuna (1 serving) with Broccoli, Rice	392	39	4	1	0	77	624	41	2	1	46	3875	82	84	4

Chicken Tender Basket

Allergens: eggs, milk, soy, wheat

Chicken Tenders Basket (1 serving)	478	254	28	5	0	47	894	27	3	4	28	0	0	0	1
Chicken Tenders Basket (1 serving) with Coleslaw	555	304	34	6	0	47	1127	34	4	10	29	1041	17	26	2
Chicken Tenders Basket (1 serving) with French Fries	822	390	43	8	0	47	1674	75	7	4	32	0	10	0	2
Chicken Tenders Basket (1 serving) with Honey Mustard	813	546	61	10	1	77	1211	37	3	12	30	60	1	12	2
Chicken Tenders Basket (1 serving) with Coleslaw, French Fries	899	440	49	9	0	47	1907	82	8	10	33	1041	26	26	2
Chicken Tenders Basket (1 serving) with Coleslaw, Honey Mustard	891	596	66	10	1	77	1445	44	5	18	30	1101	17	38	2
Chicken Tenders Basket (1 serving) with French Fries, Honey Mustard	1157	682	76	13	1	77	1992	85	7	12	34	60	10	12	3
Chicken Tenders Basket (1 serving) with Coleslaw, French Fries, Honey Mustard	1235	732	81	14	1	77	2225	92	9	18	34	1101	27	38	3

Firehouse Chicken

Allergens: milk (Following only with gravy) soy, wheat

Firehouse Chicken (1 serving)	899	271	30	16	0	272	1557	50	1	47	98	769	7	442	2
Firehouse Chicken (1 serving) with Broccoli	930	273	30	16	0	272	1727	55	3	48	101	3320	87	483	3
Firehouse Chicken (1 serving) with Mashed Potatoes	1059	319	35	17	0	272	2291	77	4	48	101	769	9	496	3
Firehouse Chicken (1 serving) with Broccoli, Mashed Potatoes	1090	321	36	17	0	272	2461	82	5	49	104	3320	88	537	4

	Total Calorie s (kcal)	Fat Calorie s (kcal)	Total Fat (g)	Saturat ed Fat (g)	Trans Fat (g)	Choles terol (mg)	Sodiu m (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calciu m (mg)	Iron (mg)
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Fish N Chips

Allergens: eggs, fish, wheat, other gluten

Fish N Chips (1 serving)	437	230	26	4	0	60	1317	29	1	0	23	423	11	65	2
Fish N Chips (1 serving) with Coleslaw	514	281	31	5	0	60	1550	36	2	6	24	1464	28	91	2
Fish N Chips (1 serving) with French Fries	781	366	41	7	0	60	2097	77	5	0	27	423	21	65	3
Fish N Chips (1 serving) with Tartar Sauce	737	518	58	9	0	90	1877	31	1	2	23	423	11	65	2
Fish N Chips (1 serving) with Coleslaw, French Fries	858	416	46	8	0	60	2330	84	6	6	28	1464	37	91	3
Fish N Chips (1 serving) with Coleslaw, Tartar Sauce	814	569	63	10	0	90	2110	38	2	8	24	1464	28	91	2
Fish N Chips (1 serving) with French Fries, Tartar Sauce	1081	654	73	12	0	90	2657	79	5	2	27	423	21	65	3
Fish N Chips (1 serving) with Coleslaw, French Fries, Tartar Sauce	1158	704	78	13	0	90	2890	86	6	8	28	1464	37	91	3

Fish and Popcorn Shrimp Platter

Allergens: egg, fish, milk, shellfish, soy, sulfites, wheat, other gluten

Fish and Popcorn Shrimp Platter (1 serving)	727	290	32	5	0	137	1974	72	2	2	37	219	10	109	4
Fish and Popcorn Shrimp Platter (1 serving) with Cocktail Sauce	772	290	32	5	0	137	2724	82	2	11	38	219	16	109	5
Fish and Popcorn Shrimp Platter (1 serving) with Cole Slaw	805	340	38	6	0	137	2208	79	3	7	37	1260	27	135	5
Fish and Popcorn Shrimp Platter (1 serving) with French Fries	1071	425	47	8	0	137	2755	120	6	2	41	219	20	109	5
Fish and Popcorn Shrimp Platter (1 serving) with Tartar Sauce	1027	578	64	10	0	167	2534	74	2	4	37	219	10	109	4
Fish and Popcorn Shrimp Platter (1 serving) with Cocktail Sauce, Cole Slaw	850	340	38	6	0	137	2958	89	3	16	38	1260	33	135	5
Fish and Popcorn Shrimp Platter (1 serving) with Cocktail Sauce, French Fries	1116	425	47	8	0	137	3505	130	6	11	42	219	26	109	5
Fish and Popcorn Shrimp Platter (1 serving) with Cocktail Sauce, Tartar Sauce	1072	578	64	10	0	167	3284	84	2	13	38	219	16	109	5
Fish and Popcorn Shrimp Platter (1 serving) with Cole Slaw, French Fries	1149	476	53	9	0	137	2988	127	7	7	41	1260	37	135	5
Fish and Popcorn Shrimp Platter (1 serving) with Cole Slaw, Tartar Sauce	1105	628	70	11	0	167	2768	81	3	9	37	1260	27	135	5
Fish and Popcorn Shrimp Platter (1 serving) with French Fries, Tartar Sauce	1371	713	79	13	0	167	3315	122	6	4	41	219	20	109	5
Fish and Popcorn Shrimp Platter (1 serving) with Cocktail Sauce, Cole Slaw, French Fries	1194	476	53	9	0	137	3738	137	7	16	42	1260	43	135	6
Fish and Popcorn Shrimp Platter (1 serving) with Cocktail Sauce, Cole Slaw, Tartar Sauce	1150	628	70	11	0	167	3518	91	3	18	38	1260	33	135	5
Fish and Popcorn Shrimp Platter (1 serving) with Cocktail Sauce, French Fries, Tartar Sauce	1416	713	79	13	0	167	4065	132	6	13	42	219	26	109	5

	Total Calorie s (kcal)	Fat Calorie s (kcal)	Total Fat (g)	Saturat ed Fat (g)	Trans Fat (g)	Choles terol (mg)	Sodiu m (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calciu m (mg)	Iron (mg)
Fish and Popcorn Shrimp Platter (1 serving) with Cole Slaw, French Fries, Tartar Sauce	1449	764	85	14	0	167	3548	129	7	9	41	1260	37	135	5
Fish and Popcorn Shrimp Platter (1 serving) with Cocktail Sauce, Cole Slaw, French Fries, Tartar Sauce	1494	764	85	14	0	167	4298	139	7	18	42	1260	43	135	6

Jerk Chicken

Allergens: milk, soy, sulfites

Jerk Chicken Entree (1 serving)	460	42	5	1	0	197	856	19	2	10	80	439	27	64	4
Jerk Chicken Entree (1 serving) with Broccoli	491	45	5	1	0	197	1026	23	3	11	83	2991	106	105	4
Jerk Chicken Entree (1 serving) with Rice	643	64	7	2	0	197	887	54	2	10	83	1439	27	69	5
Jerk Chicken Entree (1 serving) with Broccoli, Rice	674	66	7	2	0	197	1057	58	3	11	86	3991	106	109	6

New York Strip Steak

Allergens: milk (Following only with gravy) soy, wheat

New York Strip Steak (1 serving)	726	406	45	18	0	210	1446	1	0	0	72	6	0	7	5
New York Strip Steak (1 serving) with Broccoli	757	409	45	18	0	210	1617	6	2	1	75	2558	79	48	6
New York Strip Steak (1 serving) with Mashed Potatoes	886	454	50	19	0	210	2180	28	3	1	75	6	2	60	6
New York Strip Steak (1 serving) with Mashed Potatoes, with Beef Gravy	894	456	51	19	0	210	2319	29	3	1	75	6	2	62	6
New York Strip Steak (1 serving) with Broccoli, Mashed Potatoes	917	457	51	19	0	210	2350	32	5	3	77	2558	81	101	7
New York Strip Steak (1 serving) with Broccoli, Mashed Potatoes, with Beef Gravy	925	459	51	19	0	210	2490	34	5	3	77	2558	81	102	7

OC Crab Cake

Allergens: egg, fish, shellfish, soy, wheat

OC Crab Cakes, Broiled (1 serving)	385	268	30	5	0	131	825	11	1	3	19	129	10	108	1
OC Crab Cakes, Broiled (1 serving) with Coleslaw	463	318	35	6	0	131	1059	18	2	8	20	1170	27	134	1
OC Crab Cakes, Broiled (1 serving) with Extra Crab Cake	764	535	59	11	0	263	1650	21	1	5	38	254	10	208	2
OC Crab Cakes, Broiled (1 serving) with French Fries	729	404	45	9	0	131	1606	59	5	3	23	129	20	108	2
OC Crab Cakes, Broiled (1 serving) with Tartar Sauce	685	556	62	10	0	161	1385	13	1	5	19	129	10	108	1
OC Crab Cakes, Broiled (1 serving) with Coleslaw, Extra Crab Cake	841	585	65	12	0	263	1884	28	2	11	38	1295	27	234	2
OC Crab Cakes, Broiled (1 serving) with Coleslaw, French Fries	807	454	50	9	0	131	1839	66	6	8	24	1170	37	134	2
OC Crab Cakes, Broiled (1 serving) with Coleslaw, Tartar Sauce	763	606	67	11	0	161	1619	20	2	10	20	1170	27	134	1
OC Crab Cakes, Broiled (1 serving) with Extra Crab Cake, French Fries	1108	671	75	14	0	263	2431	69	5	5	42	254	20	208	3
OC Crab Cakes, Broiled (1 serving) with Extra Crab Cake, Tartar Sauce	1064	823	91	16	0	293	2210	23	1	7	38	254	10	208	2
OC Crab Cakes, Broiled (1 serving) with French Fries, Tartar Sauce	1029	692	77	14	0	161	2166	61	5	5	23	129	20	108	2

	Total Calorie s (kcal)	Fat Calorie s (kcal)	Total Fat (g)	Saturat ed Fat (g)	Trans Fat (g)	Choles terol (mg)	Sodiu m (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calciu m (mg)	Iron (mg)
OC Crab Cakes, Broiled (1 serving) with Coleslaw, Extra Crab Cake, French Fries	1185	721	80	15	0	263	2664	76	6	11	42	1295	37	234	3
OC Crab Cakes, Broiled (1 serving) with Coleslaw, Extra Crab Cake, Tartar Sauce	1141	873	97	17	0	293	2444	30	2	13	38	1295	27	234	2
OC Crab Cakes, Broiled (1 serving) with Coleslaw, French Fries, Tartar Sauce	1107	742	82	14	0	161	2399	68	6	10	24	1170	37	134	2
OC Crab Cakes, Broiled (1 serving) with Extra Crab Cake, French Fries, Tartar Sauce	1408	959	107	19	0	293	2991	71	5	7	42	254	20	208	3
OC Crab Cakes, Broiled (1 serving) with Coleslaw, Extra Crab Cake, French Fries, Tartar Sauce	1485	1009	112	20	0	293	3224	78	6	13	42	1295	37	234	3
OC Crab Cakes, Fried (1 serving)	385	268	30	5	0	131	825	11	1	3	19	129	10	108	1
OC Crab Cakes, Fried (1 serving) with Coleslaw	463	318	35	6	0	131	1059	18	2	8	20	1170	27	134	1
OC Crab Cakes, Fried (1 serving) with Extra Crab Cake	764	535	59	11	0	263	1650	21	1	5	38	254	10	208	2
OC Crab Cakes, Fried (1 serving) with French Fries	729	404	45	9	0	131	1606	59	5	3	23	129	20	108	2
OC Crab Cakes, Fried (1 serving) with Tartar Sauce	685	556	62	10	0	161	1385	13	1	5	19	129	10	108	1
OC Crab Cakes, Fried (1 serving) with Coleslaw, Extra Crab Cake	841	585	65	12	0	263	1884	28	2	11	38	1295	27	234	2
OC Crab Cakes, Fried (1 serving) with Coleslaw, French Fries	807	454	50	9	0	131	1839	66	6	8	24	1170	37	134	2
OC Crab Cakes, Fried (1 serving) with Coleslaw, Tartar Sauce	763	606	67	11	0	161	1619	20	2	10	20	1170	27	134	1
OC Crab Cakes, Fried (1 serving) with Extra Crab Cake, French Fries	1108	671	75	14	0	263	2431	69	5	5	42	254	20	208	3
OC Crab Cakes, Fried (1 serving) with Extra Crab Cake, Tartar Sauce	1064	823	91	16	0	293	2210	23	1	7	38	254	10	208	2
OC Crab Cakes, Fried (1 serving) with French Fries, Tartar Sauce	1029	692	77	14	0	161	2166	61	5	5	23	129	20	108	2
OC Crab Cakes, Fried (1 serving) with Coleslaw, Extra Crab Cake, French Fries	1185	721	80	15	0	263	2664	76	6	11	42	1295	37	234	3
OC Crab Cakes, Fried (1 serving) with Coleslaw, Extra Crab Cake, Tartar Sauce	1141	873	97	17	0	293	2444	30	2	13	38	1295	27	234	2
OC Crab Cakes, Fried (1 serving) with Coleslaw, French Fries, Tartar Sauce	1107	742	82	14	0	161	2399	68	6	10	24	1170	37	134	2
OC Crab Cakes, Fried (1 serving) with Extra Crab Cake, French Fries, Tartar Sauce	1408	959	107	19	0	293	2991	71	5	7	42	254	20	208	3
OC Crab Cakes, Fried (1 serving) with Coleslaw, Extra Crab Cake, French Fries, Tartar Sauce	1485	1009	112	20	0	293	3224	78	6	13	42	1295	37	234	3

Popcorn Shrimp Basket

Allergens: egg, fish, milk, shellfish, soy, sulfites, wheat

Popcorn Shrimp Basket (1 serving)	599	123	14	2	0	155	2393	89	3	3	28	285	10	121	5
Popcorn Shrimp Basket (1 serving) with Cocktail Sauce	644	123	14	2	0	155	3143	99	3	12	29	285	16	121	6

	Total Calorie s (kcal)	Fat Calorie s (kcal)	Total Fat (g)	Saturat ed Fat (g)	Trans Fat (g)	Choles terol (mg)	Sodi um (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calciu m (mg)	Iron (mg)
Popcorn Shrimp Basket (1 serving) with Cole Slaw	676	174	19	2	0	155	2626	96	5	9	29	1326	27	147	5
Popcorn Shrimp Basket (1 serving) with French Fries	942	259	29	5	0	155	3173	137	7	3	32	285	20	121	6
Popcorn Shrimp Basket (1 serving) with Cocktail Sauce, Cole Slaw	721	174	19	2	0	155	3376	106	5	18	30	1326	33	147	6
Popcorn Shrimp Basket (1 serving) with Cocktail Sauce, French Fries	987	259	29	5	0	155	3923	147	7	12	33	285	26	121	6
Popcorn Shrimp Basket (1 serving) with Cole Slaw, French Fries	1020	309	34	6	0	155	3407	144	9	9	33	1326	37	147	6
Popcorn Shrimp Basket (1 serving) with Cocktail Sauce, Cole Slaw, French Fries	1065	309	34	6	0	155	4157	154	9	18	34	1326	43	147	7

Roasted Chicken

Allergens: milk (Following only with gravy) soy, wheat

Roasted Chicken (1 serving)	505	318	35	10	0	176	164	0	0	0	44	322	4	26	2
Roasted Chicken (1 serving) with Broccoli	535	321	36	10	0	176	335	4	2	1	46	2873	83	67	3
Roasted Chicken (1 serving) with Mashed Potatoes	665	366	41	11	0	176	898	27	3	1	46	322	5	79	3
Roasted Chicken (1 serving) with Broccoli, Mashed Potatoes	695	369	41	11	0	176	1068	31	4	2	49	2873	85	120	4

Steak N Cake Platter

Allergens: egg, fish, shellfish, soy, wheat

Steak N Cake Platter (1 serving)	713	487	54	17	0	233	1407	13	1	3	43	135	10	130	4
Steak N Cake Platter (1 serving) with Broccoli	744	489	54	17	0	233	1577	17	3	4	46	2687	90	170	5
Steak N Cake Platter (1 serving) with French Fries	1057	622	69	20	0	233	2187	61	5	3	47	135	20	130	5
Steak N Cake Platter (1 serving) with Tartar Sauce	1013	775	86	22	0	263	1967	15	1	5	43	135	10	130	4
Steak N Cake Platter (1 serving) with Broccoli, French Fries	1088	625	69	20	0	233	2357	65	7	4	50	2687	99	170	5
Steak N Cake Platter (1 serving) with Broccoli, Tartar Sauce	1044	777	86	22	0	263	2137	19	3	6	46	2687	90	170	5
Steak N Cake Platter (1 serving) with French Fries, Tartar Sauce	1357	910	101	25	0	263	2747	63	5	5	47	135	20	130	5
Steak N Cake Platter (1 serving) with Broccoli, French Fries, Tartar Sauce	1388	913	101	25	0	263	2917	67	7	6	50	2687	99	170	5

Sandwiches, Wraps and Burgers

Blackened Chicken

Allergens: egg, soy, wheat, other gluten

Blackened Chicken Sandwich (1 sandwich)	493	156	17	3	0	104	1284	36	2	4	46	1385	6	77	4
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Chick N Ranch

Allergens: egg, milk, msg, wheat, other gluten

Chick N Ranch Sandwich (1 sandwich)	720	332	37	14	0	173	1592	33	1	5	62	1667	6	437	3
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	Total Calorie s (kcal)	Fat Calorie s (kcal)	Total Fat (g)	Saturat ed Fat (g)	Trans Fat (g)	Choles terol (mg)	Sodiu m (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calciu m (mg)	Iron (mg)
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Chicken Cheesesteak

Allergens: egg, milk, soy, wheat

Chicken Cheesesteak (1 sandwich)	484	139	15	3	0	130	1270	49	2	5	37	0	3	62	4
Chicken Cheesesteak (1 sandwich) with American Cheese	634	261	29	11	0	168	2035	49	2	5	45	450	3	287	4
Chicken Cheesesteak (1 sandwich) with Cheddar Cheese	684	301	33	15	0	190	1630	49	2	5	51	600	3	462	4
Chicken Cheesesteak (1 sandwich) with Mayonnaise	889	540	60	9	0	171	1553	49	2	5	37	0	3	62	4
Chicken Cheesesteak (1 sandwich) with Pepper Jack Cheese	625	249	28	11	0	171	1533	49	2	5	47	405	3	366	4
Chicken Cheesesteak (1 sandwich) with Provolone Cheese	704	283	31	13	0	170	1650	51	2	5	53	600	3	562	4
Chicken Cheesesteak (1 sandwich) with Swiss Cheese	604	221	25	8	0	160	1338	49	2	5	46	301	3	363	4
Chicken Cheesesteak (1 sandwich) with American Cheese, Mayonnaise	1039	662	74	17	0	208	2318	49	2	5	45	450	3	287	4
Chicken Cheesesteak (1 sandwich) with Cheddar Cheese, Mayonnaise	1089	702	78	21	0	231	1913	49	2	5	51	600	3	462	4
Chicken Cheesesteak (1 sandwich) with Mayonnaise, Pepper Jack Cheese	1030	650	72	18	0	211	1817	49	2	5	47	405	3	366	4
Chicken Cheesesteak (1 sandwich) with Mayonnaise, Provolone Cheese	1109	684	76	19	0	211	1933	51	2	5	53	600	3	562	4
Chicken Cheesesteak (1 sandwich) with Mayonnaise, Swiss Cheese	1009	622	69	14	0	201	1621	49	2	5	46	301	3	363	4

Chicken Chesapeake

Allergens: egg, fish, milk, shellfish, wheat, other gluten

Chicken Chesapeake Sandwich (1 sandwich)	832	404	45	21	0	234	1981	36	1	7	67	2083	6	610	4
Chicken Chesapeake Sandwich (1 sandwich) with Mayonnaise	1237	805	89	28	0	275	2265	36	1	7	67	2083	6	610	4

Chipotle Burger

Allergens: milk, soy, wheat, other gluten

Chipotle Burger (1 sandwich)	888	451	50	17	0	161	1059	52	3	3	55	1436	10	261	8
Chipotle Burger (1 sandwich) with Chipotle Sauce	888	451	50	17	0	161	1059	52	3	3	55	1436	10	261	8

Crabby Melt

Allergens: egg, fish, milk, shellfish, soy, wheat, other gluten

Crabby Melt (1 sandwich)	878	530	59	29	0	171	1937	53	2	8	41	1376	3	917	3
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Fried Fish Sub

Allergens: egg, fish, wheat, other gluten

Fried Fish Sub (1 sandwich)	766	345	38	6	0	70	1583	77	3	3	30	1207	14	119	5
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	Total Calorie s (kcal)	Fat Calorie s (kcal)	Total Fat (g)	Saturat ed Fat (g)	Trans Fat (g)	Choles terol (mg)	Sodiu m (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calciu m (mg)	Iron (mg)
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Grilled Chicken Wrap

Allergens: soy, sulfites, wheat, other gluten

Grilled Chicken Wrap (1 sandwich)	792	301	33	7	0	99	1447	71	5	17	48	664	21	230	5
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OC Crab Cake Sandwich

Allergens: egg, fish, soy, shellfish, wheat, other gluten

OC Crab Cake Sandwich (1 sandwich)	184	19	2	0	0	0	674	34	2	4	6	1132	14	55	2
OC Crab Cake Sandwich (1 sandwich) with Baked Crab Cake	562	286	32	5	0	131	1499	44	2	6	25	1257	14	155	3
OC Crab Cake Sandwich (1 sandwich) with Fried Crab Cake	562	286	32	5	0	131	1499	44	2	6	25	1257	14	155	3
OC Crab Cake Sandwich (1 sandwich) with Tartar Sauce	484	307	34	5	0	30	1234	36	2	6	6	1132	14	55	2
OC Crab Cake Sandwich (1 sandwich) with Baked Crab Cake, Tartar Sauce	862	574	64	10	0	161	2059	46	2	8	25	1257	14	155	3
OC Crab Cake Sandwich (1 sandwich) with Fried Crab Cake, Tartar Sauce	862	574	64	10	0	161	2059	46	2	8	25	1257	14	155	3

Philly Burger

Allergens: milk, soy, wheat, other gluten

Philly Burger (1 sandwich)	1041	542	60	22	0	196	1240	49	2	2	70	1428	4	355	9
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Philly Cheesesteak

Allergens: egg, milk, soy, wheat

Philly Cheesesteak (1 sandwich)	553	230	26	9	0	70	1309	45	2	3	33	0	1	62	5
Philly Cheesesteak (1 sandwich) with American Cheese	703	352	39	16	0	108	2074	45	2	3	41	450	1	287	5
Philly Cheesesteak (1 sandwich) with Cheddar Cheese	753	392	44	21	0	130	1669	45	2	3	47	600	1	462	5
Philly Cheesesteak (1 sandwich) with Mayonnaise	958	631	70	15	0	110	1592	45	2	3	33	0	1	62	5
Philly Cheesesteak (1 sandwich) with Pepper Jack Cheese	695	340	38	17	0	110	1572	45	2	3	43	405	1	366	5
Philly Cheesesteak (1 sandwich) with Provolone Cheese	773	374	42	19	0	110	1689	47	2	3	49	600	1	562	5
Philly Cheesesteak (1 sandwich) with Swiss Cheese	674	312	35	13	0	100	1377	45	2	3	42	301	1	363	5
Philly Cheesesteak (1 sandwich) with American Cheese, Mayonnaise	1108	753	84	22	0	148	2357	45	2	3	41	450	1	287	5
Philly Cheesesteak (1 sandwich) with Cheddar Cheese, Mayonnaise	1158	793	88	27	0	170	1952	45	2	3	47	600	1	462	5
Philly Cheesesteak (1 sandwich) with Mayonnaise, Pepper Jack Cheese	1100	741	82	23	0	151	1856	45	2	3	43	405	1	366	5
Philly Cheesesteak (1 sandwich) with Mayonnaise, Provolone Cheese	1178	775	86	25	0	150	1972	47	2	3	49	600	1	562	5
Philly Cheesesteak (1 sandwich) with Mayonnaise, Swiss Cheese	1079	713	79	19	0	141	1660	45	2	3	42	301	1	363	5

	Total Calorie s (kcal)	Fat Calorie s (kcal)	Total Fat (g)	Saturat ed Fat (g)	Trans Fat (g)	Choles terol (mg)	Sodiu m (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calciu m (mg)	Iron (mg)
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Pulled Pork Sandwich

Allergens: egg, milk, soy, msg, wheat, other gluten

Pulled Pork Sandwich (1 sandwich)	821	411	46	12	0	65	1935	67	6	12	36	1610	22	148	6
Pulled Pork Sandwich (1 sandwich) with Honey BBQ Sauce	1001	411	46	12	0	65	3075	109	6	48	36	1610	22	148	6
Pulled Pork Sandwich (1 sandwich) with Smoky BBQ Sauce	1028	411	46	12	0	65	2700	117	7	58	37	1700	25	148	6

Raspberry Turkey Flatbread

Allergens: milk, soy, sulfites, wheat

Raspberry Turkey Flatbread (1 sandwich)	772	284	27	12	0	106	2547	80	2	32	40	535	3	458	2
Raspberry Turkey Flatbread (1 sandwich) with Raspberry Sauce	982	284	27	12	0	106	2567	132	2	84	40	535	5	458	2

Spicy Shrimp Wrap

Allergens: egg, milk, shellfish, soy, sulfites, wheat, other gluten

Spicy Shrimp Wrap (1 sandwich)	756	217	24	6	0	87	4230	103	9	4	30	3537	13	339	7
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The Black N Bleu Burger

Allergens: egg, milk, soy, wheat, other gluten

The Black N Bleu Burger (1 sandwich)	900	467	52	18	0	166	1560	49	3	2	55	1650	4	265	8
The Black N Bleu Burger (1 sandwich) with Bleu Cheese Dressing	1220	773	86	25	0	196	2180	51	3	4	57	1650	4	345	8

The Californian, Dude Burger

Allergens: egg, milk, soy, wheat, other gluten

The Californian, Dude (1 sandwich)	987	537	60	20	0	175	1179	49	4	2	59	1362	6	258	8
The Californian, Dude (1 sandwich) with Mayonnaise	1392	938	104	26	0	216	1463	49	4	2	59	1362	6	258	8

The Chesapeake Burger

Allergens: egg, fish, milk, shellfish, soy, wheat, other gluten

The Chesapeake Burger (1 sandwich)	1267	763	85	34	0	277	2555	52	2	5	71	2391	4	661	8
The Chesapeake Burger (1 sandwich) with Mayonnaise	1672	1164	129	40	0	317	2839	52	2	5	71	2391	4	661	8

The Cowboy Burger

Allergens: egg, milk, msg, soy, wheat, other gluten

The Cowboy Burger (1 sandwich)	1161	546	61	22	0	185	1858	88	3	34	62	1623	7	308	8
The Cowboy Burger (1 sandwich) with Mayonnaise	1566	947	105	28	0	226	2141	88	3	34	62	1623	7	308	8

	Total Calorie s (kcal)	Fat Calorie s (kcal)	Total Fat (g)	Saturat ed Fat (g)	Trans Fat (g)	Choles terol (mg)	Sodiu m (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calciu m (mg)	Iron (mg)
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The Shroom Burger

Allergens: egg, milk, soy, wheat, other gluten

The Shroom (1 sandwich)	887	459	51	16	0	156	854	49	3	2	54	1279	5	256	8
The Shroom (1 sandwich) with Mayonnaise	1292	860	96	22	0	197	1138	49	3	2	54	1279	5	256	8

The Straight Up Burger

Allergens: egg, milk, soy, wheat, other gluten

The Straight Up Burger (1 sandwich)	794	395	44	13	0	141	820	47	2	2	49	1128	4	103	8
The Straight Up Burger (1 sandwich) with American Cheese	894	476	53	18	0	166	1330	47	2	2	54	1428	4	253	8
The Straight Up Burger (1 sandwich) with Bacon	879	454	50	15	0	155	1046	47	2	2	54	1128	4	103	8
The Straight Up Burger (1 sandwich) with Bleu Cheese Crumbles	894	467	52	18	0	166	1200	47	2	2	55	1428	4	253	8
The Straight Up Burger (1 sandwich) with Cheddar Cheese	894	476	53	19	0	171	1000	47	2	2	56	1428	4	303	8
The Straight Up Burger (1 sandwich) with Mayonnaise	1199	796	88	19	0	181	1103	47	2	2	49	1128	4	103	8
The Straight Up Burger (1 sandwich) with Pepper Jack Cheese	865	449	50	17	0	161	951	47	2	2	54	1331	4	255	8
The Straight Up Burger (1 sandwich) with Provolone Cheese	904	467	52	18	0	161	1010	48	2	2	57	1428	4	353	8
The Straight Up Burger (1 sandwich) with Swiss Cheese	854	435	48	15	0	156	853	47	2	2	54	1279	4	254	8
The Straight Up Burger (1 sandwich) with American Cheese, Bacon	979	535	59	20	0	180	1556	47	2	2	59	1428	4	253	8
The Straight Up Burger (1 sandwich) with American Cheese, Mayonnaise	1299	877	97	24	0	206	1613	47	2	2	54	1428	4	253	8
The Straight Up Burger (1 sandwich) with Bacon, Bleu Cheese Crumbles	979	526	58	20	0	180	1426	47	2	2	60	1428	4	253	8
The Straight Up Burger (1 sandwich) with Bacon, Cheddar Cheese	979	535	59	21	0	185	1226	47	2	2	61	1428	4	303	8
The Straight Up Burger (1 sandwich) with Bacon, Mayonnaise	1284	855	95	21	0	196	1330	47	2	2	54	1128	4	103	8
The Straight Up Burger (1 sandwich) with Bacon, Pepper Jack Cheese	950	509	57	19	0	175	1178	47	2	2	59	1331	4	255	8
The Straight Up Burger (1 sandwich) with Bacon, Provolone Cheese	989	526	58	20	0	175	1236	48	2	2	62	1428	4	353	8
The Straight Up Burger (1 sandwich) with Bacon, Swiss Cheese	939	495	55	18	0	170	1080	47	2	2	58	1279	4	254	8
The Straight Up Burger (1 sandwich) with Bleu Cheese Crumbles, Mayonnaise	1299	868	96	24	0	206	1483	47	2	2	55	1428	4	253	8
The Straight Up Burger (1 sandwich) with Cheddar Cheese, Mayonnaise	1299	877	97	25	0	211	1283	47	2	2	56	1428	4	303	8
The Straight Up Burger (1 sandwich) with Mayonnaise, Pepper Jack Cheese	1270	850	94	23	0	202	1235	47	2	2	54	1331	4	255	8
The Straight Up Burger (1 sandwich) with Mayonnaise, Provolone Cheese	1309	868	96	24	0	201	1293	48	2	2	57	1428	4	353	8
The Straight Up Burger (1 sandwich) with Mayonnaise, Swiss Cheese	1259	836	93	21	0	197	1137	47	2	2	54	1279	4	254	8
The Straight Up Burger (1 sandwich) with American Cheese, Bacon, Mayonnaise	1384	936	104	26	0	221	1840	47	2	2	59	1428	4	253	8
The Straight Up Burger (1 sandwich) with Bacon, Bleu Cheese Crumbles, Mayonnaise	1384	927	103	26	0	221	1710	47	2	2	60	1428	4	253	8
The Straight Up Burger (1 sandwich) with Bacon, Cheddar Cheese, Mayonnaise	1384	936	104	27	0	226	1510	47	2	2	61	1428	4	303	8
The Straight Up Burger (1 sandwich) with Bacon, Mayonnaise, Pepper Jack Cheese	1355	910	101	26	0	216	1462	47	2	2	59	1331	4	255	8

	Total Calorie s (kcal)	Fat Calorie s (kcal)	Total Fat (g)	Saturat ed Fat (g)	Trans Fat (g)	Choles terol (mg)	Sodiu m (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calciu m (mg)	Iron (mg)
The Straight Up Burger (1 sandwich) with Bacon, Mayonnaise, Provolone Cheese	1394	927	103	26	0	216	1520	48	2	2	62	1428	4	353	8
The Straight Up Burger (1 sandwich) with Bacon, Mayonnaise, Swiss Cheese	1344	896	100	24	0	211	1364	47	2	2	58	1279	4	254	8

Turkey BBQ Club

Allergens: milk, soy, wheat, other gluten

Turkey BBQ Club (1 sandwich)	854	298	33	14	0	115	2879	92	3	39	47	465	3	486	4
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Turkey Burger

Allergens: egg, milk, wheat, other gluten

Turkey Burger (1 sandwich)	498	208	23	9	0	130	1145	33	1	4	38	1431	5	258	5
Turkey Burger (1 sandwich) with Honey Mustard	834	500	56	13	1	160	1463	43	2	12	40	1491	6	270	5

Veggie Wrap

Allergens: milk, sulfites, wheat, other gluten

Veggie Wrap (1 sandwich)	531	219	24	7	0	15	1528	60	5	7	17	1028	23	418	4
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Side Items

Apple Wedges

Allergens: none

Apple Wedges, Side (1 serving)	47	0	0	0	0	0	29	12	1	10	0	0	0	0	0
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Broccoli

Allergens: none

Broccoli, Side (1 serving)	31	3	0	0	0	0	170	4	2	1	3	2551	79	41	1
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Coleslaw

Allergens: egg

Coleslaw, Side (1 serving)	155	100	11	2	0	0	467	14	3	11	2	2081	33	52	1
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French Fries

Allergens: none

French Fries, Side (1 serving)	344	136	15	3	0	0	780	48	4	0	4	0	10	0	1
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	Total Calorie s (kcal)	Fat Calorie s (kcal)	Total Fat (g)	Saturat ed Fat (g)	Trans Fat (g)	Choles terol (mg)	Sodiu m (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calciu m (mg)	Iron (mg)
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Mac and Cheese

Allergens: milk, wheat

Mac and Cheese (1 serving)	340	99	11	3	0	25	830	48	2	11	12	0	0	150	2
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Onion Straws

Allergens: milk, msg, soy, wheat

Onion Straws, Side (1 serving)	176	44	5	1	0	0	486	29	1	4	3	540	5	18	1
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Pretzel Stick

Allergens: soy, wheat, other gluten

Pretzel Stick, Side (1 serving)	170	23	3	1	1	0	647	32	1	1	6	0	0	0	0
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Redskin Mashed Potatoes

Allergens: (Plain) Milk (With gravy) soy, wheat

Redskin Mashed Potatoes, Side (1 serving)	160	48	5	1	0	0	734	27	3	1	3	0	2	53	1
Redskin Mashed Potatoes, Side (1 serving) with Beef Gravy	168	50	6	1	0	0	873	28	3	1	3	0	2	55	1
Redskin Mashed Potatoes, Side (1 serving) with Turkey Gravy	171	48	5	1	0	0	818	29	3	1	3	0	2	55	1

Rice

Allergens: milk, soy

Rice, Side (1 serving)	183	21	2	1	0	0	31	35	0	0	3	1000	0	5	1
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Sweet Potato Fries

Allergens: none

Sweet Potato Fries, Side (1 serving)	229	90	10	1	0	0	173	32	4	9	1	4667	12	29	0
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Pizzas

BBQ Chicken Pizza

Allergens: milk, soy, wheat

BBQ Chicken Pizza (1 slice)	134	44	4	2	0	21	302	13	1	6	9	163	2	66	0
BBQ Chicken Pizza (6 slices)	804	267	25	12	0	126	1809	80	4	35	51	976	14	397	1

	Total Calorie s (kcal)	Fat Calorie s (kcal)	Total Fat (g)	Saturat ed Fat (g)	Trans Fat (g)	Choles terol (mg)	Sodiu m (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calciu m (mg)	Iron (mg)
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Cheese Pizza

Allergens: milk, soy, wheat

Cheese Pizza (1 slice)	91	36	3	2	0	8	248	9	1	1	5	225	3	113	0
Cheese Pizza (6 slices)	548	214	19	11	0	45	1485	51	4	5	31	1350	18	680	1

Cheesesteak Pizza

Allergens: milk, soy, wheat

Cheesesteak Pizza (1 slice)	132	58	6	3	0	19	305	8	1	1	9	183	2	114	0
Cheesesteak Pizza (6 slices)	792	350	34	18	0	115	1830	50	3	4	56	1100	13	682	3

Crab Pizza

Allergens: egg, fish, milk, shellfish, soy, wheat

Crab Pizza (1 slice)	174	105	11	6	0	40	366	9	0	2	9	321	0	246	0
Crab Pizza (6 slices)	1047	632	65	38	0	238	2195	53	2	9	53	1923	0	1473	1

Veggie Pizza

Allergens: milk, soy, wheat

Veggie Pizza (1 slice)	89	36	3	2	0	6	210	8	1	1	4	165	9	72	0
Veggie Pizza (6 slices)	532	218	19	10	0	35	1260	51	4	4	27	990	55	431	0

Kids Menu Items

Kid's Cheese Pizza

Allergens: milk, soy, wheat

Kids Cheese Pizza (1 slice)	131	51	4	3	0	11	343	12	1	1	8	275	3	170	0
Kids Cheese Pizza (4 slices)	525	203	18	11	0	45	1370	49	3	4	30	1100	12	680	1

Kid's Grilled Cheese

Allergens: milk, soy, wheat, other gluten

Kids Grilled Cheese (1 serving)	568	308	34	13	0	50	1580	48	2	4	20	600	0	420	3
Kids Grilled Cheese (1 serving) with Apple Wedges	615	308	34	13	0	50	1609	60	3	14	20	600	0	420	3
Kids Grilled Cheese (1 serving) with French Fries	797	398	44	15	0	50	2100	80	5	4	23	600	6	420	3
Kids Grilled Cheese (1 serving) with Apple Wedges, French Fries	844	398	44	15	0	50	2129	92	6	14	23	600	6	420	4

	Total Calorie s (kcal)	Fat Calorie s (kcal)	Total Fat (g)	Saturat ed Fat (g)	Trans Fat (g)	Choles terol (mg)	Sodiu m (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calciu m (mg)	Iron (mg)
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Kid's Mac and Cheese

Allergens: milk, wheat

Kids Mac and Cheese (1 serving)	340	99	11	3	0	25	830	48	2	11	12	0	0	150	2
Kids Mac and Cheese (1 serving) with Apple Wedges	387	99	11	3	0	25	859	60	3	21	12	0	0	150	2
Kids Mac and Cheese (1 serving) with French Fries	569	190	21	5	0	25	1350	80	5	11	15	0	6	150	2
Kids Mac and Cheese (1 serving) with Apple Wedges, French Fries	617	190	21	5	0	25	1379	92	6	21	15	0	6	150	2

Kid's Mini Cheeseburgers

Allergens: milk, soy, wheat

Kids Mini Cheeseburgers (1 serving)	504	256	28	9	0	83	737	30	2	2	30	150	0	178	4
Kids Mini Cheeseburgers (1 serving) with Apple Wedges	551	256	28	9	0	83	766	42	3	12	30	150	0	178	4
Kids Mini Cheeseburgers (1 serving) with French Fries	733	346	38	11	0	83	1257	62	5	2	33	150	6	178	5
Kids Mini Cheeseburgers (1 serving) with Apple Wedges, French Fries	781	346	38	11	0	83	1286	74	6	12	33	150	6	178	5

Kid's Turtle Tenders

Allergens: egg, milk, soy, wheat

Kids Turtle Tenders (1 serving)	358	191	21	4	0	36	670	20	2	3	21	0	0	0	1
Kids Turtle Tenders (1 serving) with Apple Wedges	405	191	21	4	0	36	699	32	3	13	21	0	0	0	1
Kids Turtle Tenders (1 serving) with French Fries	588	281	31	6	0	36	1191	52	5	3	24	0	6	0	2
Kids Turtle Tenders (1 serving) with Honey Mustard	694	482	54	8	1	66	988	31	3	11	23	60	1	12	2
Kids Turtle Tenders (1 serving) with Apple Wedges, French Fries	635	281	31	6	0	36	1219	64	6	13	24	0	6	0	2
Kids Turtle Tenders (1 serving) with Apple Wedges, Honey Mustard	741	482	54	8	1	66	1017	43	4	21	23	60	1	12	2
Kids Turtle Tenders (1 serving) with French Fries, Honey Mustard	923	573	64	11	1	66	1508	63	5	11	25	60	7	12	2
Kids Turtle Tenders (1 serving) with Apple Wedges, French Fries, Honey Mustard	971	573	64	11	1	66	1537	75	6	21	25	60	7	12	2

Desserts

Ice Cream Sundae

Allergens: egg, milk, soy

Ice Cream Sundae (1 sundae)	556	191	21	14	0	72	147	84	2	74	5	720	0	192	0
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Kid's Sundae

Allergens: egg, milk, soy

Kids Sundae (1 sundae)	317	67	7	5	0	24	59	59	2	52	2	240	0	64	0
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	Total Calorie s (kcal)	Fat Calorie s (kcal)	Total Fat (g)	Saturat ed Fat (g)	Trans Fat (g)	Choles terol (mg)	Sodiu m (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calciu m (mg)	Iron (mg)
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Lava Cake

Allergens: egg, milk, soy, wheat, other gluten

Lava Cake (1 serving)	735	279	31	18	0	45	415	105	7	80	7	201	7	62	5
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Strawberry Pound Cake

Allergens: egg, milk, soy, wheat

Strawberry Pound Cake (1 serving)	210	101	11	5	0	45	92	24	2	16	2	175	50	22	1
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Warm Cookie Sundae

Allergens: egg, milk, soy, tree nuts, wheat, other gluten

Warm Cookie Sundae (1 serving)	782	319	35	19	0	54	412	107	4	76	8	1040	0	69	4
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Root Beer Float

Allergens: egg, milk, soy

Root Beer Float (1 serving)	404	115	13	8	0	48	128	68	0	65	3	480	0	128	0
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The information listed here is meant to provide a general estimate of the nutritional values associated with our menu items. The actual nutritional values may vary from the values listed here due to variations in portion size(s), product preparation, and/or substitution of ingredients. If you have any questions or concerns about this nutritional and allergen information, or if you are sensitive to specific ingredients, please contact us at info@thegreenturtle.com.