

## The Greene Turtle Gluten Free Menu

*(items not containing "Wheat, Oat, Barley or Rye" Allergens)*

*These menu items are either gluten free as prepared, or modified to be gluten free. Please be aware that The Greene Turtle Sports Bar & Grille is not a gluten free establishment and therefore, cross contamination may occur. Our management teams and service staff are not trained on the intricacies of Celiac Disease or gluten intolerance and cannot be expected to provide recommendations or other advice on this issue. Patrons are encouraged to consider the information provided, to their own satisfaction, in light of their individual needs and requirements.*

### Appetizers

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturate d Fat (g)	Trans Fat (g)	Choleste rol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
<b>Buffalo Chicken Dip</b>															
Allergens: milk															
Buffalo Chicken Dip (1 serving)	374.99	221.85	24.65	14.05	0	93.32	912.97	7.09	3.54	0	26.18	2083.8	0.68	439.73	0.41
Buffalo Chicken Dip (1 serving) with Celery Sticks, Tortilla Chips	651.25	280.95	31.22	14.69	0	93.32	1378.15	58.93	6.97	0.52	29.38	2211.3	1.53	511.07	1.54

### Chees-y Pub Fries

Allergens: milk															
Chees-y Pub Fries (1 serving)	1584.42	854.58	94.95	41.45	0	166.05	3168.6	128.07	10.67	0	50.83	1518.7	25.61	1012.48	1.92
Chees-y Pub Fries (1 serving) with Ranch Dressing	1784.42	1052.58	116.95	44.45	0	186.05	3708.6	130.07	10.67	2	50.83	1518.7	25.61	1052.48	1.92

### Bone-In Wings, 16

Allergens: milk															
Chicken Wings, 16 (1 serving)	1384.52	899.56	99.95	26.84	0	364.1	2958.16	1.69	0.85	1.03	112.94	255.15	1.7	22.68	0.11
Chicken Wings, 16 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Honey BBQ	2393.73	1512.45	168.05	40.86	0	424.1	6523.52	91.37	1.7	78.07	117.33	510.29	3.4	205.36	0.23
Chicken Wings, 16 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Kinda Hot	2222.31	1572.2	174.69	41.13	0	424.1	9193.15	35.6	19.48	7.33	123.81	7014.3	32.22	255.03	4.71
Chicken Wings, 16 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Mild	2110.19	1552.93	172.55	40.86	0	424.1	7104.09	14.57	3.5	7.87	119.13	2309.4	5.56	241.34	0.87
Chicken Wings, 16 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Smoky BBQ	2447.52	1512.45	168.05	40.86	0	424.1	5772.75	108.12	3.5	99.62	119.13	690.2	9.88	205.36	0.23
Chicken Wings, 16 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, We Mean Hot	2074.54	1520.87	168.99	41.04	0	424.1	10144.57	14.21	4.76	6.95	118.59	2145.7	4.25	221.91	0.84

### Bone-In Wings, 25

Allergens: milk															
Chicken Wings, 25 (1 serving)	2162.73	1405.5	156.17	41.93	0	568.91	4619.29	2.53	1.28	1.55	176.44	382.72	2.55	34.02	0.17
Chicken Wings, 25 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Honey BBQ	3296.55	2018.84	224.32	55.97	0	628.91	8967.33	121.06	2.55	103.1	181.03	765.44	5.1	228.04	0.34
Chicken Wings, 25 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Kinda Hot	3068	2098.51	233.17	56.33	0	628.91	12526.83	46.7	26.25	8.78	189.67	9437.5	43.53	294.27	6.31
Chicken Wings, 25 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Mild	2918.5	2072.82	230.31	55.97	0	628.91	9741.42	18.66	4.95	9.5	183.43	3164.2	7.98	276.01	1.2

Chicken Wings, 25 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Smoky BBQ	3368.28	2018.84	224.32	55.97	0	628.91	7966.31	143.39	4.95	131.84	183.43	1005.3	13.74	228.04	0.34
Chicken Wings, 25 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, We Mean Hot	2870.96	2030.07	225.56	56.21	0	628.91	13795.39	18.18	6.63	8.28	182.71	2946	6.23	250.11	1.16

**Bone-In Wings, 8**

Allergens: milk

Chicken Wings, 8 (1 serving)	692.26	449.78	49.98	13.42	0	182.05	1479.08	0.84	0.43	0.52	56.47	127.57	0.85	11.34	0.06
Chicken Wings, 8 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Honey BBQ	1256.87	756.23	84.03	20.43	0	212.05	3641.76	59.69	0.85	51.03	58.67	255.15	1.7	102.68	0.11
Chicken Wings, 8 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Kinda Hot	1142.59	796.06	88.45	20.61	0	212.05	5421.51	22.51	12.7	3.87	62.98	4591.2	20.92	135.8	3.1
Chicken Wings, 8 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Mild	1067.84	783.21	87.02	20.43	0	212.05	4028.8	8.48	2.05	4.23	59.87	1454.6	3.14	126.67	0.55
Chicken Wings, 8 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Smoky BBQ	1292.73	756.23	84.03	20.43	0	212.05	3141.25	70.85	2.05	65.4	59.87	375.09	6.02	102.68	0.11
Chicken Wings, 8 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, We Mean Hot	1044.07	761.84	84.65	20.55	0	212.05	6055.79	8.24	2.89	3.62	59.51	1345.4	2.26	113.71	0.52

**Bone-In Wings, Maryland Style, 16**

Allergens: milk

Chicken Wings, Maryland Style, 16 (1 serving)	1399.81	906.89	100.77	26.84	0	364.1	4574.12	3.79	0.85	1.03	113.63	1288.8	3.3	59.15	1.04
Chicken Wings, Maryland Style, 16 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Honey BBQ	2409.03	1519.79	168.87	40.86	0	424.1	8139.48	93.47	1.7	78.07	118.03	1543.9	5	241.83	1.15
Chicken Wings, Maryland Style, 16 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Kinda Hot	2237.61	1579.53	175.5	41.13	0	424.1	10809.11	37.7	19.48	7.33	124.51	8047.9	33.82	291.5	5.63
Chicken Wings, Maryland Style, 16 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Mild	2125.49	1560.27	173.36	40.86	0	424.1	8720.05	16.67	3.5	7.87	119.83	3343	7.16	277.81	1.8
Chicken Wings, Maryland Style, 16 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Smoky BBQ	2462.82	1519.79	168.87	40.86	0	424.1	7388.72	110.22	3.5	99.62	119.83	1723.8	11.48	241.83	1.15
Chicken Wings, Maryland Style, 16 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, We Mean Hot	2089.83	1528.21	169.8	41.04	0	424.1	11760.53	16.31	4.76	6.95	119.29	3179.3	5.84	258.38	1.76

**Bone-In Wings, Maryland Style, 25**

Allergens: milk

Chicken Wings, Maryland Style, 25 (1 serving)	2183.13	1415.28	157.25	41.93	0	568.91	6773.91	5.33	1.28	1.55	177.37	1760.9	4.68	82.65	1.4
Chicken Wings, Maryland Style, 25 (1 serving) with Bleu Cheese Dressing, Celery Sticks	2836.95	2028.62	225.4	55.97	0	628.91	8081.95	11.86	2.55	7.1	181.96	2143.6	7.23	276.67	1.57

**Bone-In Wings, Maryland Style, 8**

Allergens: milk

Chicken Wings, Maryland Style, 8 (1 serving)	702.46	454.67	50.52	13.42	0	182.05	2556.39	2.24	0.43	0.52	56.93	816.65	1.91	35.65	0.67
Chicken Wings, Maryland Style, 8 (1 serving) with Bleu Cheese Dressing, Celery Sticks	1027.06	761.12	84.57	20.43	0	212.05	3199.07	5.09	0.85	3.03	59.13	944.22	2.77	126.99	0.73

**Chips and Queso**

Allergens: milk

Chips and Queso (1 serving)	514.82	217.84	24.2	12.38	0	59.79	1579.44	58.39	3.12	7.07	15.16	643.04	2.19	514.2	1.14
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**Chips and Salsa**

Allergens: none

Chips and Salsa (1 serving)	299.72	59.44	6.6	0.64	0	0	722.79	55.97	4.17	2.97	3.97	477.99	18.43	77.7	1.7
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**Crab Dip**

Allergens: fish, milk, shellfish, egg

Crab Dip (1 serving)	688.92	505.2	56.13	30.51	0	207.74	2506.31	15.81	2.86	7.66	33.04	3639.2	26.21	1102.95	5.03
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**Hog Hammers**

Allergens: sulfites

Hog Hammers (1 serving)	785.86	135	15	4.5	0	240	2309.49	82.17	1.2	71.37	79.2	1619.9	11.52	0	5.4
Hog Hammers (1 serving) with Smoky BBQ Sauce	923.79	135	15	4.5	0	240	2819.24	115.75	1.8	102.55	79.8	1679.9	13.68	0	5.4

**Nachos Turtellinos**

Allergens: milk

Nachos Turtellinos (1 serving)	1300.42	659.72	73.3	39.19	0	236.01	4374.48	134.95	7.25	22.83	27.45	2243.7	11.09	818.22	2.48
Nachos Turtellinos (1 serving) with Chicken	1456.34	675.54	75.06	39.66	0	318.22	4466.62	134.95	7.25	22.83	60.18	2273.5	12.79	833.81	3.5

**Steamed Shrimp, 1 Lb**

Allergens: shellfish

Steamed Shrimp, 1 Lb (1 serving)	458.73	75.38	8.38	1.43	0	660.73	2259.69	7.5	0.64	0.39	89.15	1820.1	20.69	270.76	11.5
Steamed Shrimp, 1 Lb (1 serving) with Cocktail Sauce	548.73	75.38	8.38	1.43	0	660.73	3759.69	27.5	0.64	18.39	91.15	1820.1	32.69	270.76	12.22

**Steamed Shrimp, 1/2 Lb**

Allergens: shellfish

Steamed Shrimp, 1/2 Lb (1 serving)	244.8	40.56	4.51	0.75	0	344.73	1413.34	4.91	0.64	0.39	46.69	1101.3	16	150.5	6.18
Steamed Shrimp, 1/2 Lb (1 serving) with Cocktail Sauce	289.8	40.56	4.51	0.75	0	344.73	2163.34	14.91	0.64	9.39	47.69	1101.3	22	150.5	6.54

**Sweet Tater Fries**

Allergens: tree nuts

Sweet Tater Fries, Plating (1 serving)	546	258	29	2	0	0	420	69	9	27	6	24000	27	60	1
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**Desserts**

Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturate d Fat (g)	Trans Fat (g)	Choleste rol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
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**Ice Cream Sundae**

Allergens: milk

Ice Cream Sundae (1 sundae)	552.95	215.32	23.92	16.72	0	72	143.34	75.61	1.13	67.41	4.8	720	0	192	0
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**Kids Sundae**

Allergens: milk

Kids Sundae (1 sundae)	328.95	100.12	11.12	8.72	0	24	55.34	51.61	1.13	46.61	1.6	240	0	64	0
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**Entrees**

**Flat Iron Steak**

Allergens: none

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturate d Fat (g)	Trans Fat (g)	Choleste rol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Flat Iron Steak (1 serving)	600.57	434.65	48.29	19.47	0	163.17	151.84	0	0	0	38.48	0	0	22.66	4.56
Flat Iron Steak (1 serving) with Blackening Seasoning	628.92	438.48	48.72	19.54	0	163.17	1973.35	6.38	2.13	0	39.62	1119.2	3.33	82.27	6.82
Flat Iron Steak (1 serving) with Bleu Cheese Crumbles	800.57	578.65	64.29	29.47	0	213.17	911.84	0	0	0	50.48	600	0	322.66	4.56
Flat Iron Steak (1 serving) with Crab Dip	883.38	660.3	73.37	32.97	0	259.54	612.03	4.01	0.11	3.64	50.26	618.51	0.18	417.81	4.93
Flat Iron Steak (1 serving) with Garlic Butter	780.57	605.65	67.29	25.47	0	163.17	381.84	2	0	0	39.48	8000	0	42.66	4.56
Flat Iron Steak (1 serving) with Montreal Steak Seasoning	653.01	442.05	49.12	19.55	0	163.17	4460.99	9.41	2.55	0.26	40.3	56.7	0	85.88	5.09
Flat Iron Steak (1 serving) with Onions	638.37	435.19	48.35	19.47	0	163.17	151.84	8.52	1.2	3.6	39.26	0	5.4	40.66	4.74
Flat Iron Steak (1 serving) with Sauteed Mushrooms	613.57	442.56	49.17	19.62	0	163.17	152.98	0.66	0.2	0.33	39.1	0	0.43	23.23	4.66
Flat Iron Steak (1 serving) with Blackening Seasoning, Mashed Potatoes, with Beef Gravy, Vegetables	838.67	488.9	54.32	20.87	0	163.17	2888.25	42.99	8.13	4.67	43.95	3620.7	49.95	170.23	8.38
Flat Iron Steak (1 serving) with Bleu Cheese Crumbles, Mashed Potatoes, with Beef Gravy, Vegetables	1010.32	629.07	69.9	30.8	0	213.17	1826.74	36.61	6	4.67	54.82	3101.4	46.63	410.63	6.12
Flat Iron Steak (1 serving) with Crab Dip, Mashed Potatoes, with Beef Gravy, Vegetables	1093.14	710.72	78.97	34.3	0	259.54	1526.93	40.62	6.11	8.31	54.59	3119.9	46.81	505.78	6.49
Flat Iron Steak (1 serving) with Garlic Butter, Mashed Potatoes, with Beef Gravy, Vegetables	990.32	656.07	72.9	26.8	0	163.17	1296.74	38.61	6	4.67	43.82	10501	46.63	130.63	6.12
Flat Iron Steak (1 serving) with Mashed Potatoes, with Beef Gravy, Montreal Steak Seasoning, Vegetables	862.77	492.47	54.72	20.89	0	163.17	5375.89	46.03	8.55	4.92	44.63	2558.1	46.63	173.85	6.65
Flat Iron Steak (1 serving) with Mashed Potatoes, with Beef Gravy, Onions, Vegetables	848.12	485.61	53.96	20.8	0	163.17	1066.74	45.13	7.2	8.27	43.6	2501.4	52.03	128.63	6.3
Flat Iron Steak (1 serving) with Mashed Potatoes, with Beef Gravy, Sauteed Mushrooms, Vegetables	823.33	492.98	54.78	20.96	0	163.17	1067.88	37.27	6.2	5	43.43	2501.4	47.06	111.2	6.22

**New York Strip Steak**

Allergens: none

New York Strip Steak (1 serving)	720	405	45	18	0	210	960	0	0	0	72	0	0	0	5.4
New York Strip Steak (1 serving) with Blackening Seasoning	748.35	408.83	45.43	18.07	0	210	2781.51	6.38	2.13	0	73.13	1119.2	3.33	59.6	7.66
New York Strip Steak (1 serving) with Bleu Cheese Crumbles	920	549	61	28	0	260	1720	0	0	0	84	600	0	300	5.4
New York Strip Steak (1 serving) with Crab Dip	1002.82	630.65	70.07	31.5	0	306.37	1420.19	4.01	0.11	3.64	83.78	618.51	0.18	395.15	5.78
New York Strip Steak (1 serving) with Garlic Butter	900	576	64	24	0	210	1190	2	0	0	73	8000	0	20	5.4
New York Strip Steak (1 serving) with Montreal Steak Seasoning	772.45	412.4	45.82	18.09	0	210	5269.15	9.41	2.55	0.26	73.81	56.7	0	63.22	5.94
New York Strip Steak (1 serving) with Onions	757.8	405.54	45.06	18	0	210	960	8.52	1.2	3.6	72.78	0	5.4	18	5.58
New York Strip Steak (1 serving) with Sauteed Mushrooms	733	412.91	45.88	18.15	0	210	961.14	0.66	0.2	0.33	72.62	0	0.43	0.57	5.5
New York Strip Steak (1 serving) with Blackening Seasoning, Mashed Potatoes, with Beef Gravy, Vegetables	958.11	459.25	51.03	19.4	0	210	3696.4	42.99	8.13	4.67	77.47	3620.7	49.95	147.57	9.22

New York Strip Steak (1 serving) with Bleu Cheese Crumbles, Mashed Potatoes, with Beef Gravy, Vegetables	1129.76	599.42	66.6	29.33	0	260	2634.9	36.61	6	4.67	88.34	3101.4	46.63	387.97	6.96
New York Strip Steak (1 serving) with Crab Dip, Mashed Potatoes, with Beef Gravy, Vegetables	1212.57	681.07	75.67	32.83	0	306.37	2335.09	40.62	6.11	8.31	88.11	3119.9	46.81	483.12	7.34
New York Strip Steak (1 serving) with Garlic Butter, Mashed Potatoes, with Beef Gravy, Vegetables	1109.76	626.42	69.6	25.33	0	210	2104.9	38.61	6	4.67	77.34	10501	46.63	107.97	6.96
New York Strip Steak (1 serving) with Mashed Potatoes, with Beef Gravy, Montreal Steak Seasoning, Vegetables	982.2	462.82	51.42	19.42	0	210	6184.05	46.03	8.55	4.92	78.15	2558.1	46.63	151.19	7.5
New York Strip Steak (1 serving) with Mashed Potatoes, with Beef Gravy, Onions, Vegetables	967.56	455.96	50.66	19.33	0	210	1874.9	45.13	7.2	8.27	77.12	2501.4	52.03	105.97	7.14
New York Strip Steak (1 serving) with Mashed Potatoes, with Beef Gravy, Sautéed Mushrooms, Vegetables	942.76	463.33	51.48	19.49	0	210	1876.04	37.27	6.2	5	76.95	2501.4	47.06	88.54	7.06

**Pecan Encrusted Tilapia**

Allergens: tree nuts, soy, fish

Pecan Encrusted Tilapia (1 serving)	407.67	208.22	23.14	3.95	0	113.4	118.31	3.45	2.14	0.89	47.2	4	10.4	40.93	1.73
Pecan Encrusted Tilapia (1 serving) with Rice, Vegetables	631.86	229.59	25.51	4.7	0	113.4	190.97	47.03	5.47	4.22	52	3505.4	55.43	79	3.77

**Roasted Chicken**

Allergens: none

Roasted Chicken (1 serving) with Vegetables	546.37	318.16	35.35	10.12	0	176.05	206	8.34	3.34	3.34	45.33	2823	48.78	59.17	2.71
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**Smothered Chicken Breast**

Allergens: soy, milk

Smothered Chicken Breast (1 serving)	455.71	198.97	22.11	6.72	0	98.66	341.71	19.7	2.6	7.53	42.45	8035.7	13.27	75.28	1.68
Smothered Chicken Breast (1 serving) with Rice, Vegetables	679.9	220.34	24.48	7.47	0	98.66	414.37	63.29	5.94	10.87	47.25	11537	58.3	113.36	3.73

**Salads**

Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
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**Apple Walnut Salad**

Allergens: tree nuts, milk

Apple Walnut Salad (1 salad)	712.96	476.75	52.97	13.47	0	50	809.82	35.54	6.87	22.35	21.97	2878	59.16	382.42	4.48
Apple Walnut Salad (1 salad) with Sweet Vidalia Onion Dressing	1031.89	692.03	76.89	17.46	0	50	1115.46	62.12	6.87	48.93	21.97	2878	59.16	435.58	4.48

**Asian Shrimp Salad**

Allergens: shellfish

Asian Shrimp Salad (1 salad)	377.85	19.51	2.17	0.42	0	172.37	1272.37	64.22	2.63	40.36	25.36	3184.1	72.49	100	5.69
Asian Shrimp Salad (1 salad) with Mango Vinaigrette	697.85	181.51	20.17	2.42	0	172.37	1992.37	104.22	2.63	72.36	25.36	3184.1	77.29	100	5.69

**Ty Cobb Salad**

Allergens: milk

Ty Cobb Salad (1 salad)	599.92	310.08	34.45	14.99	0	153.48	1209.01	10.79	6.34	3.91	54.9	7789.2	42.26	373.21	2.64
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## Sandwiches

### The Greene Turtle Fan Club (Requested with NO BREAD)

Allergens: milk, egg

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturate d Fat (g)	Trans Fat (g)	Choleste rol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
The Greene Turtle Fan Club (1 sandwich)	666.11	476.74	52.97	14.92	0	126.92	2784.89	7.66	0.37	3.98	34.02	528.94	2.75	184.47	1.19

## Side Items

### Apple Wedges, Side

Allergens: none

Apple Wedges, Side (1 serving)	47.24	0	0	0	0	0	28.87	12.07	1.05	9.97	0	0	0	0	0.19
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### Coleslaw, Side

Allergens: none

Coleslaw, Side (1 serving)	293.47	184.76	20.53	2.8	0	18.46	595.06	25.21	4.08	19.34	2.43	3202	51.5	79.73	0.97
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### French Fries, Side

Allergens: none

French Fries, Side (1 serving)	343.95	135.83	15.09	3.27	0	0	780.45	48.03	4	0	4	0	9.61	0	0.72
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### Redskin Mashed Potatoes, Side

Allergens: none

Redskin Mashed Potatoes, Side (1 serving)	160.09	48.03	5.34	1.33	0	0	733.75	26.68	2.67	1.33	2.67	0	1.6	53.36	0.96
Redskin Mashed Potatoes, Side (1 serving) with Beef Gravy	168.06	50.42	5.6	1.33	0	0	873.21	28.28	2.67	1.33	2.67	0	1.6	54.61	0.96

### Rice, Side

Allergens: soy, milk

Rice, Side (1 serving)	182.5	21.38	2.38	0.75	0	0	30.97	35.25	0	0	3.13	1000	0	4.72	1.44
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### Vegetables, Side

Allergens: none

Vegetables, Side (1 serving)	41.69	0	0	0	0	0	41.69	8.34	3.34	3.34	1.67	2501.4	45.03	33.35	0.6
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## Soups

### OC Crab Soup, Bowl

Allergens: soy, milk, shellfish

OC Crab Soup, Bowl (1 bowl)	187.52	82.15	9.13	1.65	1.65	30.3	1371.48	16.48	2.2	4.4	8.93	1648.4	13.19	92.87	1.03
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### OC Crab Soup, Cup

Allergens: soy, milk, shellfish

OC Crab Soup, Cup (1 bowl)	141.36	58.41	6.49	1.15	1.15	30.3	992.36	11.54	1.54	3.08	8.27	1153.9	9.23	73.09	0.8
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