



## Nutritional Analysis of The Greene Turtle Menu

### Appetizers

	Dietary Points	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat	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)
<b>Boneless Wings, 16</b>																
Allergens: wheat, milk, egg																
Boneless Wings, 16 (1 serving)	32	1273	754	84	16	0	162	3690	75	1	1	53	255	2	23	0
Boneless Wings, 16 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Bourbon	58	2262	1389	154	30	0	222	6142	163	2	64	57	510	3	205	0
Boneless Wings, 16 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Honey BBQ	58	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	55	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	52	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	59	2336	1367	152	30	0	222	6505	181	4	100	59	690	10	205	0
Boneless Wings, 16 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, We Mean Hot	51	1963	1375	153	30	0	222	10877	87	5	7	59	2146	4	222	1

### Boneless Wings, 25

Allergens: wheat, milk, egg

Boneless Wings, 25 (1 serving)	50	1988	1178	131	24	0	253	5763	116	1	2	83	383	3	34	0
Boneless Wings, 25 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Bourbon	78	3096	1821	202	38	0	313	8626	233	3	85	87	765	5	228	0
Boneless Wings, 25 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Honey BBQ	79	3122	1792	199	38	0	313	10111	235	3	103	87	765	5	228	0
Boneless Wings, 25 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Kinda Hot	74	2893	1871	208	39	0	313	13671	161	26	9	96	9437	44	294	6

Boneless Wings, 25 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Mild	71	2744	1846	205	38	0	313	10885	133	5	10	90	3164	8	276	1
Boneless Wings, 25 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Smoky BBQ	80	3194	1792	199	38	0	313	9110	257	5	132	90	1005	14	228	0
Boneless Wings, 25 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, We Mean Hot	70	2696	1803	200	39	0	313	14939	132	7	8	89	2946	6	250	1

**Boneless Wings, 8**

Allergens: wheat, milk, egg

Boneless Wings, 8 (1 serving)	16	636	377	42	8	0	81	1845	37	0	1	27	128	1	11	0
Boneless Wings, 8 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Bourbon	30	1188	698	78	15	0	111	3265	95	1	42	29	255	2	103	0
Boneless Wings, 8 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Honey BBQ	30	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	28	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	26	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	31	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, We Mean Hot	26	988	689	77	15	0	111	6422	45	3	4	30	1345	2	114	1

**Boneless Wings, Maryland Style, 16**

Allergens: wheat, milk, egg

Boneless Wings, Maryland Style, 16 (1 serving)	33	1288	762	85	16	0	162	5306	77	1	1	54	1289	3	59	1
Boneless Wings, Maryland Style, 16 (1 serving) with Bleu Cheese Dressing, Celery Sticks	51	1937	1374	153	30	0	222	6592	82	2	6	58	1544	5	242	1

**Boneless Wings, Maryland Style, 25**

Allergens: wheat, milk, egg

Boneless Wings, Maryland Style, 25 (1 serving)	51	2009	1188	132	24	0	253	7918	119	1	2	84	1761	5	83	1
Boneless Wings, Maryland Style, 25 (1 serving) with Bleu Cheese Dressing, Celery Sticks	69	2662	1801	200	38	0	313	9226	126	3	7	88	2144	7	277	2

**Boneless Wings, Maryland Style, 8**

Allergens: wheat, milk, egg

Boneless Wings, Maryland Style, 8 (1 serving)	16	647	382	42	8	0	81	2922	39	0	1	27	817	2	36	1
Boneless Wings, Maryland Style, 8 (1 serving) with Bleu Cheese Dressing, Celery Sticks	26	971	688	76	15	0	111	3565	42	1	3	29	944	3	127	1

**Bone-In Wings, 16**

Allergens: milk

Chicken Wings, 16 (1 serving)	36	1385	900	100	27	0	364	2958	2	1	1	113	255	2	23	0
Chicken Wings, 16 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Bourbon	61	2374	1534	170	41	0	424	5410	90	2	64	117	510	3	205	0
Chicken Wings, 16 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Honey BBQ	62	2394	1512	168	41	0	424	6524	91	2	78	117	510	3	205	0
Chicken Wings, 16 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Kinda Hot	58	2222	1572	175	41	0	424	9193	36	19	7	124	7014	32	255	5
Chicken Wings, 16 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Mild	56	2110	1553	173	41	0	424	7104	15	4	8	119	2309	6	241	1
Chicken Wings, 16 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Smoky BBQ	62	2448	1512	168	41	0	424	5773	108	4	100	119	690	10	205	0
Chicken Wings, 16 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, We Mean Hot	55	2075	1521	169	41	0	424	10145	14	5	7	119	2146	4	222	1

**Bone-In Wings, 25**

Allergens: milk

Chicken Wings, 25 (1 serving)	56	2163	1406	156	42	0	569	4619	3	1	2	176	383	3	34	0
Chicken Wings, 25 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Bourbon	84	3270	2048	228	56	0	629	7482	119	3	85	181	765	5	228	0
Chicken Wings, 25 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Honey BBQ	84	3297	2019	224	56	0	629	8967	121	3	103	181	765	5	228	0
Chicken Wings, 25 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Kinda Hot	80	3068	2099	233	56	0	629	12527	47	26	9	190	9437	44	294	6
Chicken Wings, 25 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Mild	77	2919	2073	230	56	0	629	9741	19	5	10	183	3164	8	276	1
Chicken Wings, 25 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Smoky BBQ	85	3368	2019	224	56	0	629	7966	143	5	132	183	1005	14	228	0
Chicken Wings, 25 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, We Mean Hot	75	2871	2030	226	56	0	629	13795	18	7	8	183	2946	6	250	1

**Bone-In Wings, 8**

Allergens: milk

Chicken Wings, 8 (1 serving)	18	692	450	50	13	0	182	1479	1	0	1	56	128	1	11	0
Chicken Wings, 8 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Bourbon	32	1244	771	86	20	0	212	2899	59	1	42	59	255	2	103	0
Chicken Wings, 8 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Honey BBQ	32	1257	756	84	20	0	212	3642	60	1	51	59	255	2	103	0
Chicken Wings, 8 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Kinda Hot	29	1143	796	88	21	0	212	5422	23	13	4	63	4591	21	136	3
Chicken Wings, 8 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Mild	28	1068	783	87	20	0	212	4029	8	2	4	60	1455	3	127	1
Chicken Wings, 8 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Smoky BBQ	32	1293	756	84	20	0	212	3141	71	2	65	60	375	6	103	0
Chicken Wings, 8 (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, We Mean Hot	27	1044	762	85	21	0	212	6056	8	3	4	60	1345	2	114	1

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

Allergens: milk

Chicken Wings, Maryland Style, 16 (1 serving)	36	1400	907	101	27	0	364	4574	4	1	1	114	1289	3	59	1
Chicken Wings, Maryland Style, 16 (1 serving) with Bleu Cheese Dressing, Celery Sticks	55	2049	1520	169	41	0	424	5859	9	2	6	118	1544	5	242	1

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

Allergens: milk

Chicken Wings, Maryland Style, 25 (1 serving)	57	2183	1415	157	42	0	569	6774	5	1	2	177	1761	5	83	1
Chicken Wings, Maryland Style, 25 (1 serving) with Bleu Cheese Dressing, Celery Sticks	75	2837	2029	225	56	0	629	8082	12	3	7	182	2144	7	277	2

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

Allergens: milk

Chicken Wings, Maryland Style, 8 (1 serving)	18	702	455	51	13	0	182	2556	2	0	1	57	817	2	36	1
Chicken Wings, Maryland Style, 8 (1 serving) with Bleu Cheese Dressing, Celery Sticks	27	1027	761	85	20	0	212	3199	5	1	3	59	944	3	127	1

**Buffalo Chicken Dip**

Allergens: milk

Buffalo Chicken Dip (1 serving)	9	375	222	25	14	0	93	913	7	4	0	26	2084	1	440	0
Buffalo Chicken Dip (1 serving) with Celery Sticks, Tortilla Chips	15	651	281	31	15	0	93	1378	59	7	1	29	2211	2	511	2

### Cheesy Pub Fries

Allergens: milk

Cheesy Pub Fries (1 serving)	39	1584	855	95	41	0	166	3169	128	11	0	51	1519	26	1012	2
Cheesy Pub Fries (1 serving) with Ranch Dressing	45	1784	1053	117	44	0	186	3709	130	11	2	51	1519	26	1052	2

### Chicken Quesadilla

Allergens: wheat, soy, milk

Chicken Quesadilla (1 serving)	22	905	480	53	28	0	204	1151	37	1	1	67	1445	3	886	4
Chicken Quesadilla (1 serving) with Pico de Gallo, Sour Cream	26	1054	589	65	35	0	234	1484	44	2	4	68	2129	22	904	4

### Chips and Queso

Allergens: milk

Chips and Queso (1 serving)	12	515	218	24	12	0	60	1579	58	3	7	15	643	2	514	1
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### Chips and Salsa

Allergens: none

Chips and Salsa (1 serving)	6	300	59	7	1	0	0	723	56	4	3	4	478	18	78	2
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### Combo Basket

Allergens: wheat, barley, soy, milk, msg

Combo Basket (1 serving)	42	1768	854	95	23	1	174	3314	149	7	12	76	755	8	202	5
Combo Basket (1 serving) with Bleu Cheese Dressing, Queso, Wing Sauce, Bourbon	57	2323	1247	139	36	1	234	4891	183	8	37	84	1076	9	509	5
Combo Basket (1 serving) with Bleu Cheese Dressing, Queso, Wing Sauce, Honey BBQ	57	2330	1240	138	36	1	234	5262	183	8	41	84	1076	9	509	5
Combo Basket (1 serving) with Bleu Cheese Dressing, Queso, Wing Sauce, Kinda Hot	56	2272	1260	140	36	1	234	6152	164	13	18	86	3244	19	525	7
Combo Basket (1 serving) with Bleu Cheese Dressing, Queso, Wing Sauce, Mild	56	2235	1253	139	36	1	234	5456	157	8	18	85	1676	10	521	5
Combo Basket (1 serving) with Bleu Cheese Dressing, Queso, Wing Sauce, Smoky BBQ	58	2347	1240	138	36	1	234	5012	189	8	49	85	1136	12	509	5

Combo Basket (1 serving) with Bleu Cheese Dressing, Queso, Wing Sauce, We Mean Hot	55	2223	1242	138	36	1	234	6469	157	9	18	85	1621	10	514	5
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**Crab Dip**

Allergens: fish, milk, shellfish, egg

Crab Dip (1 serving)	18	689	505	56	31	0	208	2506	16	3	8	33	3639	26	1103	5
Crab Dip (1 serving) with Pretzels	32	1369	595	66	33	2	208	10082	144	7	12	57	3639	26	1103	5

**Hog Hammers**

Allergens: sulfites

Hog Hammers (1 serving)	17	786	135	15	5	0	240	2309	82	1	71	79	1620	12	0	5
Hog Hammers (1 serving) with Fried Onion Straws	20	936	166	18	5	0	240	2795	108	2	74	82	2160	15	12	6
Hog Hammers (1 serving) with Smoky BBQ Sauce	19	924	135	15	5	0	240	2819	116	2	103	80	1680	14	0	5
Hog Hammers (1 serving) with Fried Onion Straws, Smoky BBQ Sauce	22	1074	166	18	5	0	240	3305	142	3	105	83	2220	17	12	6

**Mozzarella Sticks**

Allergens: wheat, milk

Mozzarella Sticks (1 serving)	15	619	322	36	14	0	60	4500	54	0	12	24	0	0	600	0
Mozzarella Sticks (1 serving) with Marinara Sauce	17	698	361	40	14	0	60	4901	61	2	15	26	872	21	600	1

**Nachos Turtellinos**

Allergens: milk

Nachos Turtellinos (1 serving)	31	1300	660	73	39	0	236	4374	135	7	23	27	2244	11	818	2
Nachos Turtellinos (1 serving) with Chicken	35	1456	676	75	40	0	318	4467	135	7	23	60	2274	13	834	4

**Onion Ringers**

Allergens: wheat, barley, milk

Onion Ringers (1 serving)	13	556	264	29	6	0	0	875	65	5	10	5	0	6	0	1
Onion Ringers (1 serving) with Spicy Ranch Dressing	25	982	642	71	12	1	18	2134	75	7	15	7	120	7	72	2

**Pretzels Con Queso**

Allergens: wheat, soy

Pretzels Con Queso (1 serving)	14	680	90	10	2	2	0	7575	128	4	4	24	0	0	0	0
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Pretzels Con Queso (1 serving) with Queso Dip	20	923	249	28	14	2	60	8712	135	4	11	36	643	2	454	0
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**Spicy Fried Ravioli**

Allergens: wheat, milk, egg

Spicy Fried Ravioli (1 serving)	13	562	220	24	11	0	81	1059	65	3	5	22	1358	24	272	1
Spicy Fried Ravioli (1 serving) with Ranch Dressing	24	962	616	68	17	0	121	2139	69	3	9	22	1358	24	352	1

**Steamed Shrimp, 1 Lb**

Allergens: shellfish

Steamed Shrimp, 1 Lb (1 serving)	10	459	75	8	1	0	661	2260	8	1	0	89	1820	21	271	11
Steamed Shrimp, 1 Lb (1 serving) with Cocktail Sauce	12	549	75	8	1	0	661	3760	28	1	18	91	1820	33	271	12

**Steamed Shrimp, 1/2 Lb**

Allergens: shellfish

Steamed Shrimp, 1/2 Lb (1 serving)	5	245	41	5	1	0	345	1413	5	1	0	47	1101	16	150	6
Steamed Shrimp, 1/2 Lb (1 serving) with Cocktail Sauce	6	290	41	5	1	0	345	2163	15	1	9	48	1101	22	150	7

**Sweet Tater Fries**

Allergens: tree nuts

Sweet Tater Fries, Plating (1 serving)	13	546	258	29	2	0	0	420	69	9	27	6	24000	27	60	1
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**Thai Battered Shrimp**

Allergens: wheat, shellfish, milk

Thai Battered Shrimp (1 serving)	13	647	102	11	2	0	110	2220	112	2	43	24	30	7	85	1
Thai Battered Shrimp (1 serving) with Thai Chili Sauce	16	795	103	11	2	0	110	2940	148	3	67	24	109	7	86	1

**Turtle Tenders**

Allergens: wheat, soy, milk, egg

Turtle Tenders (1 serving)	14	597	318	35	6	0	59	1117	34	3	5	36	0	0	0	2
Turtle Tenders (1 serving) with Honey Mustard	24	933	609	68	11	1	89	1435	44	4	13	37	60	1	12	2
Turtle Tenders (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Bourbon	27	1091	635	71	13	0	89	2337	78	4	37	38	96	1	89	2

Turtle Tenders (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Honey BBQ	27	1101	624	69	13	0	89	2894	78	4	43	38	96	1	89	2
Turtle Tenders (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Kinda Hot	26	1015	654	73	13	0	89	4229	51	13	8	41	3348	15	113	4
Turtle Tenders (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Mild	24	959	644	72	13	0	89	3184	40	5	8	39	995	2	106	2
Turtle Tenders (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, Smoky BBQ	28	1127	624	69	13	0	89	2519	87	5	54	39	186	4	89	2
Turtle Tenders (1 serving) with Bleu Cheese Dressing, Celery Sticks, Wing Sauce, We Mean Hot	24	941	628	70	13	0	89	4705	40	5	8	38	913	1	97	2

### Cheeseburger Sliders

Allergens: wheat, soy, milk, msg

Cheeseburger Sliders (1 serving)	25	1071	492	55	16	0	153	1544	80	5	7	61	511	4	295	9
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### Pulled Pork Sliders

Allergens: wheat, soy, milk, msg

Pulled Pork Sliders (1 serving)	18	790	279	31	9	0	65	1846	84	7	10	44	795	6	226	7
Pulled Pork Sliders (1 serving) with Honey BBQ Sauce	22	1030	279	31	9	0	65	3366	140	7	58	44	795	6	226	7
Pulled Pork Sliders (1 serving) with Smoky BBQ Sauce	23	1066	279	31	9	0	65	2865	151	8	72	45	915	10	226	7

## Desserts

	Dietary Points	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat	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 Crisp

Allergens: wheat, sulfites, tree nuts, soy, milk, oats, egg

Apple Crisp (1 serving)	14	631	258	29	15	0	34	234	86	3	61	5	993	0	121	2
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### Cheesecake

Allergens: wheat, milk, egg

Cheesecake (1 serving)	12	486	232	26	17	0	70	220	56	1	45	4	500	1	60	0
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### Chocolate Commotion Cake

Allergens: wheat, barley, soy, milk, malt, egg

Chocolate Commotion Cake (1 serving)	19	791	412	46	24	1	80	420	90	5	61	6	750	0	80	4
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**Ice Cream Sundae**

Allergens: milk

Ice Cream Sundae (1 sundae)	13	553	215	24	17	0	72	143	76	1	67	5	720	0	192	0
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**Kids Sundae**

Allergens: milk

Kids Sundae (1 sundae)	7	329	100	11	9	0	24	55	52	1	47	2	240	0	64	0
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**Raspberry Pecan Cheesecake**

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

Raspberry Pecan Cheesecake (1 serving)	25	1015	567	63	36	2	305	730	97	3	79	17	2000	1	155	2
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**Reeses Peanut Butter Pie**

Allergens: wheat, peanuts, soy, milk

Reeses Peanut Butter Pie (1 serving)	23	938	567	63	24	5	65	376	86	6	64	11	300	0	100	3
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**Warm Cookie Sundae**

Allergens: wheat, barley, tree nuts, soy, milk, malt, egg

Warm Cookie Sundae, Plating (1 serving)	11	461	217	24	13	0	34	170	57	1	45	4	540	0	69	1
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**Entrees**

	Dietary Points	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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**Battered Shrimp Basket**

Allergens: wheat, milk, shellfish

Battered Shrimp Basket (1 serving)	9	424	102	11	2	0	110	1140	56	2	6	24	0	0	80	1
Battered Shrimp Basket (1 serving) with Cocktail Sauce, Coleslaw, French Fries	22	1005	330	37	6	0	119	3718	137	8	34	31	1601	47	120	3

**Chesapeake Fish and Chips**

Allergens: wheat, milk, fish

Chesapeake Fish and Chips (1 serving)	8	336	113	13	1	0	40	3426	33	1	2	23	1948	13	110	2
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Chesapeake Fish and Chips (1 serving) with Coleslaw, French Fries, Tartar Sauce	28	1127	629	70	11	0	79	5064	96	7	14	29	3549	48	150	4
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**Chicken Tenders Basket**

Allergens: wheat, soy, milk, egg

Chicken Tenders Basket (1 serving)	14	597	318	35	6	0	59	1117	34	3	5	36	0	0	0	2
Chicken Tenders Basket (1 serving) with Coleslaw, French Fries, Honey Mustard	35	1424	837	93	15	1	98	2513	105	10	23	42	1661	36	52	4

**Crabby Chicken Entree**

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

Crabby Chicken Entree (1 serving)	14	570	245	27	14	0	195	1091	25	1	4	54	1226	11	421	2
Crabby Chicken Entree (1 serving) with Rice	17	753	266	30	15	0	195	1122	61	1	4	57	2226	11	426	4
Crabby Chicken Entree (1 serving) with Vegetables	14	612	245	27	14	0	195	1132	34	4	7	56	3727	56	455	3
Crabby Chicken Entree (1 serving) with Rice, Vegetables	18	794	266	30	15	0	195	1163	69	4	7	59	4727	56	459	4

**Flat Iron Steak**

Allergens: none

Flat Iron Steak (1 serving)	16	601	435	48	19	0	163	152	0	0	0	38	0	0	23	5
Flat Iron Steak (1 serving) with Blackening Seasoning	16	629	438	49	20	0	163	1973	6	2	0	40	1119	3	82	7
Flat Iron Steak (1 serving) with Bleu Cheese Crumbles	21	801	579	64	29	0	213	912	0	0	0	50	600	0	323	5
Flat Iron Steak (1 serving) with Crab Dip	24	883	660	73	33	0	260	612	4	0	4	50	619	0	418	5
Flat Iron Steak (1 serving) with Garlic Butter	21	781	606	67	25	0	163	382	2	0	0	39	8000	0	43	5
Flat Iron Steak (1 serving) with Mashed Potatoes, with Beef Gravy	19	769	485	54	21	0	163	1025	28	3	1	41	0	2	77	6
Flat Iron Steak (1 serving) with Montreal Steak Seasoning	17	653	442	49	20	0	163	4461	9	3	0	40	57	0	86	5
Flat Iron Steak (1 serving) with Onions	17	638	435	48	19	0	163	152	9	1	4	39	0	5	41	5
Flat Iron Steak (1 serving) with Sauteed Mushrooms	16	614	443	49	20	0	163	153	1	0	0	39	0	0	23	5
Flat Iron Steak (1 serving) with Blackening Seasoning, Mashed Potatoes, with Beef Gravy, Vegetables	21	839	489	54	21	0	163	2888	43	8	5	44	3621	50	170	8
Flat Iron Steak (1 serving) with Bleu Cheese Crumbles, Mashed Potatoes, with Beef Gravy, Vegetables	25	1010	629	70	31	0	213	1827	37	6	5	55	3101	47	411	6
Flat Iron Steak (1 serving) with Crab Dip, Mashed Potatoes, with Beef Gravy, Vegetables	28	1093	711	79	34	0	260	1527	41	6	8	55	3120	47	506	6
Flat Iron Steak (1 serving) with Garlic Butter, Mashed Potatoes, with Beef Gravy, Vegetables	25	990	656	73	27	0	163	1297	39	6	5	44	10501	47	131	6

Flat Iron Steak (1 serving) with Mashed Potatoes, with Beef Gravy, Montreal Steak Seasoning, Vegetables	21	863	492	55	21	0	163	5376	46	9	5	45	2558	47	174	7
Flat Iron Steak (1 serving) with Mashed Potatoes, with Beef Gravy, Onions, Vegetables	21	848	486	54	21	0	163	1067	45	7	8	44	2501	52	129	6
Flat Iron Steak (1 serving) with Mashed Potatoes, with Beef Gravy, Sauteed Mushrooms, Vegetables	20	823	493	55	21	0	163	1068	37	6	5	43	2501	47	111	6

**More for Less Combos, Chicken Tenders**

Allergens: wheat, soy, milk, egg

More for Less Combos, Chicken Tenders (1 serving)	9	358	191	21	4	0	36	670	20	2	3	21	0	0	0	1
More for Less Combos, Chicken Tenders (1 serving) with Battered Shrimp	13	570	242	27	4	0	91	1240	48	3	6	33	0	0	40	1
More for Less Combos, Chicken Tenders (1 serving) with Rockfish Fillets	12	510	241	27	4	0	56	1020	34	2	4	32	100	0	20	1
More for Less Combos, Chicken Tenders (1 serving) with Coleslaw, French Fries	20	849	419	47	8	0	45	1748	81	8	13	27	1601	35	40	2
More for Less Combos, Chicken Tenders (1 serving) with Battered Shrimp, Coleslaw, French Fries	25	1061	470	52	9	0	100	2318	109	9	16	39	1601	35	80	3
More for Less Combos, Chicken Tenders (1 serving) with Coleslaw, French Fries, Honey Mustard	29	1185	710	79	13	1	75	2066	91	9	21	28	1661	36	52	3
More for Less Combos, Chicken Tenders (1 serving) with Coleslaw, French Fries, Rockfish Fillets	24	1001	469	52	9	0	65	2098	95	8	14	38	1701	35	60	3
More for Less Combos, Chicken Tenders (1 serving) with Coleslaw, French Fries, Rockfish Fillets, Tartar Sauce	32	1301	757	84	14	0	95	2658	97	8	16	38	1701	35	60	3

**New York Strip Steak**

Allergens: none

New York Strip Steak (1 serving)	18	720	405	45	18	0	210	960	0	0	0	72	0	0	0	5
New York Strip Steak (1 serving) with Blackening Seasoning	18	748	409	45	18	0	210	2782	6	2	0	73	1119	3	60	8
New York Strip Steak (1 serving) with Bleu Cheese Crumbles	23	920	549	61	28	0	260	1720	0	0	0	84	600	0	300	5
New York Strip Steak (1 serving) with Crab Dip	26	1003	631	70	32	0	306	1420	4	0	4	84	619	0	395	6
New York Strip Steak (1 serving) with Garlic Butter	23	900	576	64	24	0	210	1190	2	0	0	73	8000	0	20	5
New York Strip Steak (1 serving) with Mashed Potatoes, with Beef Gravy	21	888	455	51	19	0	210	1833	28	3	1	75	0	2	55	6
New York Strip Steak (1 serving) with Montreal Steak Seasoning	19	772	412	46	18	0	210	5269	9	3	0	74	57	0	63	6
New York Strip Steak (1 serving) with Onions	19	758	406	45	18	0	210	960	9	1	4	73	0	5	18	6
New York Strip Steak (1 serving) with Sauteed Mushrooms	18	733	413	46	18	0	210	961	1	0	0	73	0	0	1	6
New York Strip Steak (1 serving) with Blackening Seasoning, Mashed Potatoes, with Beef Gravy, Vegetables	23	958	459	51	19	0	210	3696	43	8	5	77	3621	50	148	9

New York Strip Steak (1 serving) with Bleu Cheese Crumbles, Mashed Potatoes, with Beef Gravy, Vegetables	27	1130	599	67	29	0	260	2635	37	6	5	88	3101	47	388	7
New York Strip Steak (1 serving) with Crab Dip, Mashed Potatoes, with Beef Gravy, Vegetables	30	1213	681	76	33	0	306	2335	41	6	8	88	3120	47	483	7
New York Strip Steak (1 serving) with Garlic Butter, Mashed Potatoes, with Beef Gravy, Vegetables	27	1110	626	70	25	0	210	2105	39	6	5	77	10501	47	108	7
New York Strip Steak (1 serving) with Mashed Potatoes, with Beef Gravy, Montreal Steak Seasoning, Vegetables	23	982	463	51	19	0	210	6184	46	9	5	78	2558	47	151	7
New York Strip Steak (1 serving) with Mashed Potatoes, with Beef Gravy, Onions, Vegetables	23	968	456	51	19	0	210	1875	45	7	8	77	2501	52	106	7
New York Strip Steak (1 serving) with Mashed Potatoes, with Beef Gravy, Sauteed Mushrooms, Vegetables	22	943	463	51	19	0	210	1876	37	6	5	77	2501	47	89	7

#### OC Crab Cakes, Broiled

Allergens: wheat, soy, shellfish, fish, egg

OC Crab Cakes, Broiled (1 serving)	7	269	174	19	4	0	105	660	9	1	2	15	104	10	88	1
OC Crab Cakes, Broiled (1 serving) with Extra Crab Cake	14	532	347	39	7	0	210	1320	17	1	4	30	204	10	168	2
OC Crab Cakes, Broiled (1 serving) with Coleslaw, French Fries, Tartar Sauce	27	1060	690	77	13	0	144	2298	72	7	14	20	1705	46	128	2
OC Crab Cakes, Broiled (1 serving) with Coleslaw, Extra Crab Cake, French Fries, Tartar Sauce	34	1322	863	96	17	0	249	2958	80	7	16	35	1805	46	208	3

#### OC Crab Cakes, Fried

Allergens: wheat, soy, shellfish, fish, egg

OC Crab Cakes, Fried (1 serving)	8	310	215	24	4	0	105	660	9	1	2	15	104	10	88	1
OC Crab Cakes, Fried (1 serving) with Extra Crab Cake	16	614	429	48	9	0	210	1320	17	1	4	30	204	10	168	2
OC Crab Cakes, Fried (1 serving) with Coleslaw, French Fries, Tartar Sauce	28	1101	731	81	14	0	144	2298	72	7	14	20	1705	46	128	2
OC Crab Cakes, Fried (1 serving) with Coleslaw, Extra Crab Cake, French Fries, Tartar Sauce	36	1404	945	105	18	0	249	2958	80	7	16	35	1805	46	208	3

#### Pecan Encrusted Tilapia

Allergens: tree nuts, soy, fish

Pecan Encrusted Tilapia (1 serving)	10	408	208	23	4	0	113	118	3	2	1	47	4	10	41	2
Pecan Encrusted Tilapia (1 serving) with Rice, Vegetables	14	632	230	26	5	0	113	191	47	5	4	52	3505	55	79	4

**Roasted Chicken**

Allergens: none

Roasted Chicken (1 serving)	13	505	318	35	10	0	176	164	0	0	0	44	322	4	26	2
Roasted Chicken (1 serving) with Mashed Potatoes, with Beef Gravy, Vegetables	17	721	364	40	11	0	176	969	38	6	5	48	2823	50	114	4

**Smothered Chicken Breast**

Allergens: soy, milk

Smothered Chicken Breast (1 serving)	10	456	199	22	7	0	99	342	20	3	8	42	8036	13	75	2
Smothered Chicken Breast (1 serving) with Rice, Vegetables	15	680	220	24	7	0	99	414	63	6	11	47	11537	58	113	4

**Kid's Menu Items**

<b>Dietary Points</b>	<b>Total Calories (kcal)</b>	<b>Fat Calories (kcal)</b>	<b>Total Fat (g)</b>	<b>Saturated Fat</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Vit A (iu)</b>	<b>Vit C (mg)</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>
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**Kids Cheese Pizza**

Allergens: wheat, soy, milk

Kids Cheese Pizza (1 slice)	4	160	66	6	4	0	15	435	13	1	1	9	420	5	220	0
Kids Cheese Pizza (1 slice) with Apple Wedges	4	168	66	6	4	0	15	441	16	1	3	9	420	5	220	0
Kids Cheese Pizza (4 slices)	14	639	264	24	14	0	60	1741	53	4	5	38	1679	21	880	1
Kids Cheese Pizza (4 slices) with Apple Wedges	15	674	264	24	14	0	60	1763	62	5	13	38	1679	21	880	1

**Kids Grilled Cheese**

Allergens: wheat, soy, milk

Kids Grilled Cheese (1 serving)	16	628	326	36	13	0	50	1680	58	0	8	22	600	0	420	4
Kids Grilled Cheese (1 serving) with Apple Wedges	16	663	326	36	13	0	50	1702	67	1	15	22	600	0	420	4
Kids Grilled Cheese (1 serving) with French Fries	20	857	416	46	15	0	50	2200	90	3	8	25	600	6	420	4
Kids Grilled Cheese (1 serving) with Apple Wedges, French Fries	21	892	416	46	15	0	50	2222	99	3	15	25	600	6	420	4

**Kids Macaroni and Cheese**

Allergens: wheat, milk

Kids Macaroni and Cheese (1 serving)	7	340	99	11	3	0	25	830	48	2	11	12	0	0	150	2
Kids Macaroni and Cheese (1 serving) with Apple Wedges	8	375	99	11	3	0	25	852	57	3	18	12	0	0	150	2
Kids Macaroni and Cheese (1 serving) with French Fries	12	569	190	21	5	0	25	1350	80	5	11	15	0	6	150	2
Kids Macaroni and Cheese (1 serving) with Apple Wedges, French Fries	13	605	190	21	5	0	25	1372	89	5	18	15	0	6	150	2

**Kids Mini Cheeseburgers**

Allergens: wheat, soy, milk

Kids Mini Cheeseburgers (1 serving)	12	504	256	28	9	0	83	737	30	2	2	30	150	0	178	4
Kids Mini Cheeseburgers (1 serving) with Apple Wedges	13	540	256	28	9	0	83	759	39	3	9	30	150	0	178	4
Kids Mini Cheeseburgers (1 serving) with French Fries	17	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	18	769	346	38	11	0	83	1279	71	6	9	33	150	6	178	5

**Kids Shrimp Basket**

Allergens: wheat, milk, shellfish

Kids Shrimp Basket (1 serving)	2	113	6	1	0	0	37	380	19	1	2	8	0	0	27	0
Kids Shrimp Basket (1 serving) with Apple Wedges	3	149	6	1	0	0	37	402	28	1	9	8	0	0	27	0
Kids Shrimp Basket (1 serving) with French Fries	7	343	97	11	2	0	37	900	51	3	2	11	0	6	27	1
Kids Shrimp Basket (1 serving) with Apple Wedges, French Fries	8	378	97	11	2	0	37	922	60	4	9	11	0	6	27	1

**Kids Turtle Tenders**

Allergens: wheat, soy, milk, egg

Kids Turtle Tenders (1 serving)	9	358	191	21	4	0	36	670	20	2	3	21	0	0	0	1
Kids Turtle Tenders (1 serving) with Apple Wedges	9	394	191	21	4	0	36	692	29	3	11	21	0	0	0	1
Kids Turtle Tenders (1 serving) with French Fries	14	588	281	31	6	0	36	1191	52	5	3	24	0	6	0	2
Kids Turtle Tenders (1 serving) with Honey Mustard	18	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	14	623	281	31	6	0	36	1212	61	5	11	24	0	6	0	2
Kids Turtle Tenders (1 serving) with Apple Wedges, Honey Mustard	18	729	482	54	8	1	66	1010	40	3	19	23	60	1	12	2
Kids Turtle Tenders (1 serving) with French Fries, Honey Mustard	23	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	24	959	573	64	11	1	66	1530	72	6	19	25	60	7	12	2

**Pizzas**

<b>Dietary Points</b>	<b>Total Calories (kcal)</b>	<b>Fat Calories (kcal)</b>	<b>Total Fat (g)</b>	<b>Saturated Fat</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Vit A (iu)</b>	<b>Vit C (mg)</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>
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**BBQ Chicken Pizza**

Allergens: wheat, sulfites, soy, milk

BBQ Chicken Pizza (1 slice)	5	223	78	7	4	0	39	478	20	1	9	15	283	4	125	0
BBQ Chicken Pizza (4 slices)	20	893	313	30	15	0	157	1914	80	4	35	61	1133	15	502	2

**Buffalo Chicken Pizza**

Allergens: wheat, soy, milk, egg, msg

Buffalo Chicken Pizza (1 slice)	5	230	111	11	4	0	20	927	18	3	2	12	805	5	179	1
Buffalo Chicken Pizza (4 slices)	21	921	446	45	14	0	79	3708	72	10	7	46	3221	20	717	3

**Cheese Pizza**

Allergens: wheat, soy, milk

Cheese Pizza (1 slice)	4	160	66	6	4	0	15	435	13	1	1	9	418	5	220	0
Cheese Pizza (4 slices)	14	639	264	24	14	0	60	1741	53	4	5	38	1672	21	880	1

**Crab Pizza**

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

Crab Pizza (1 slice)	5	214	114	11	7	0	39	791	13	1	1	12	573	0	326	0
Crab Pizza (4 slices)	21	856	457	46	28	0	156	3163	52	2	6	48	2290	2	1306	1

**Hawaiian Pizza**

Allergens: wheat, soy, milk

Hawaiian Pizza (1 slice)	4	189	71	7	3	0	21	654	18	1	5	11	259	4	170	0
Hawaiian Pizza (4 slices)	17	756	284	27	14	0	83	2615	71	3	21	43	1036	18	680	1

**Pepperoni Pizza**

Allergens: wheat, soy, milk

Pepperoni Pizza (1 slice)	4	180	83	8	4	0	20	502	13	1	1	10	418	5	220	0
Pepperoni Pizza (4 slices)	16	718	331	32	17	0	80	2009	53	4	5	41	1672	21	880	1

**Salads**

**Apple Walnut Salad**

Allergens: tree nuts, milk

	Dietary Points	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat	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)
Apple Walnut Salad (1 salad)	18	713	477	53	13	0	50	810	36	7	22	22	2878	59	382	4
Apple Walnut Salad (1 salad) with Sweet Vidalia Onion Dressing	26	1032	692	77	17	0	50	1115	62	7	49	22	2878	59	436	4

**Asian Shrimp Salad**

Allergens: shellfish

Asian Shrimp Salad (1 salad)	7	378	20	2	0	0	172	1272	64	3	40	25	3184	72	100	6
Asian Shrimp Salad (1 salad) with Mango Vinaigrette	15	698	182	20	2	0	172	1992	104	3	72	25	3184	77	100	6

**Bowl of Soup and Caesar Salad Combo**

Allergens: wheat, milk

Bowl of Soup and Caesar Salad Combo (1 serving) with French Onion Crock	8	363	180	20	10	0	41	1793	22	3	6	25	5293	26	704	3
Bowl of Soup and Caesar Salad Combo (1 serving) with OC Crab Soup	6	295	129	14	4	2	40	1719	24	4	5	17	6587	34	322	2

**Bowl of Soup and House Salad Combo**

Allergens: wheat, milk

Bowl of Soup and House Salad Combo (1 serving) with French Onion Crock	7	321	143	16	8	0	31	1554	26	3	8	19	2589	59	506	4
Bowl of Soup and House Salad Combo (1 serving) with OC Crab Soup	5	253	93	10	2	2	30	1480	28	4	8	12	3883	66	124	4

**Buffalo Chicken Salad**

Allergens: wheat, soy, milk, egg

Buffalo Chicken Salad (1 salad)	13	548	283	31	9	0	61	2722	35	10	6	31	4971	72	196	5
Buffalo Chicken Salad (1 salad) with Bleu Cheese Dressing	31	1188	895	99	23	0	121	3962	39	10	10	35	4971	72	356	5

**Caesar Salad, Large**

Allergens: wheat, milk

Caesar Salad, Large (1 salad)	4	203	93	10	4	0	20	690	14	2	1	15	6584	27	439	2
Caesar Salad, Large (1 salad) with Caesar Dressing	17	628	487	54	12	1	63	1688	18	3	3	19	6709	31	517	2

**Caesar Salad, Small**

Allergens: wheat, milk

Caesar Salad, Small (1 salad)	2	108	47	5	2	0	10	347	8	2	1	8	4938	20	229	1
Caesar Salad, Small (1 salad) with Caesar Dressing	10	391	310	34	8	0	39	1013	11	2	2	10	5021	23	281	1

**Chicken Caesar Salad**

Allergens: wheat, milk

Chicken Caesar Salad (1 salad)	8	391	112	12	5	0	119	800	14	2	1	55	6620	29	457	3
Chicken Caesar Salad (1 salad) with Caesar Dressing	20	815	506	56	13	1	161	1798	18	3	3	58	6745	33	535	3

**Cup of Soup and Caesar Salad Combo**

Allergens: wheat, milk

Cup of Soup and Caesar Salad Combo (1 serving)	2	108	47	5	2	0	10	347	8	2	1	8	4938	20	229	1
Cup of Soup and Caesar Salad Combo (1 serving) with OC Crab Soup	5	249	106	12	3	1	40	1340	19	3	4	16	6092	30	302	2

**Cup of Soup and House Salad Combo**

Allergens: wheat, milk

Soup and House Salad Combo (1 serving)	1	66	10	1	0	0	0	108	12	2	3	3	2235	53	31	3
Soup and House Salad Combo (1 serving) with OC Crab Soup	4	207	69	8	1	1	30	1101	23	4	6	11	3389	62	104	3

**House Salad, Large**

Allergens: wheat, milk

House Salad, Large (1 salad)	2	108	20	2	0	0	0	205	19	3	4	4	2980	70	41	4
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**House Salad, Small**

Allergens: wheat, milk

House Salad, Small (1 salad)	1	66	10	1	0	0	0	108	12	2	3	3	2235	53	31	3
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**Jamaican Chicken Salad**

Allergens: wheat, soy, tree nuts

Jamaican Chicken Salad (1 salad)	7	350	64	7	1	0	99	416	27	3	19	42	2352	76	60	4
Jamaican Chicken Salad (1 salad) with Mango Vinaigrette	13	590	186	21	3	0	99	956	57	3	43	42	2352	79	60	4

**Southwest Chicken Chopped Salad**

Allergens: wheat, sulfites, soy, milk, msg

Southwest Chicken Chopped Salad (1 salad)	9	459	38	4	1	0	99	797	58	5	37	44	7609	47	78	3
Southwest Chicken Chopped Salad (1 salad) with Spicy Ranch Dressing	18	778	321	36	5	0	112	1742	65	7	41	46	7699	48	132	4

**Ty Cobb Salad**

Allergens: milk

Ty Cobb Salad (1 salad)	14	600	310	34	15	0	153	1209	11	6	4	55	7789	42	373	3
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## Sandwiches

	Dietary Points	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat	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 Turkey Ciabatta

Allergens: wheat, milk

Apple Turkey Ciabatta (1 sandwich)	16	683	329	37	13	0	104	2076	50	2	19	37	400	0	278	1
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### BLT

Allergens: wheat

BLT (1 sandwich)	11	481	156	17	5	0	28	1446	60	1	9	22	300	3	127	4
BLT (1 sandwich) with Mayonnaise	23	886	557	62	11	0	69	1730	60	1	9	22	300	3	127	4

### Buffalo Chicken Sandwich

Allergens: wheat, soy, milk, egg, msg

Buffalo Chicken Sandwich (1 sandwich)	11	539	65	7	1	0	141	3488	63	3	6	52	2517	5	111	4
Buffalo Chicken Sandwich (1 sandwich) with Bleu Cheese Dressing	20	859	371	41	8	0	171	4108	65	3	8	54	2517	5	191	4

### Chick N Ranch Sandwich

Allergens: wheat, soy, milk, egg, msg

Chick N Ranch Sandwich (1 sandwich)	14	590	273	30	14	0	168	1245	18	2	5	60	688	4	444	2
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### Chicken Cheesesteak

Allergens: wheat, soy

Chicken Cheesesteak (1 sandwich)	11	506	147	16	3	0	130	1270	53	3	6	37	0	5	69	4
Chicken Cheesesteak (1 sandwich) with American Cheese	14	606	228	25	8	0	155	1780	53	3	6	42	300	5	219	4
Chicken Cheesesteak (1 sandwich) with Cheddar Cheese	16	706	309	34	15	0	190	1630	53	3	6	51	600	5	469	4
Chicken Cheesesteak (1 sandwich) with Mayonnaise	23	911	548	61	10	0	171	1553	53	3	6	37	0	5	69	4
Chicken Cheesesteak (1 sandwich) with Pepper Jack Cheese	15	647	256	28	12	0	171	1533	53	3	6	48	405	5	373	4
Chicken Cheesesteak (1 sandwich) with Provolone Cheese	17	726	291	32	13	0	170	1650	55	3	6	53	600	5	569	4
Chicken Cheesesteak (1 sandwich) with Swiss Cheese	15	666	255	28	9	0	170	1360	53	3	6	49	400	5	469	4
Chicken Cheesesteak (1 sandwich) with American Cheese, Mayonnaise	26	1011	629	70	15	0	196	2063	53	3	6	42	300	5	219	4
Chicken Cheesesteak (1 sandwich) with Cheddar Cheese, Mayonnaise	28	1111	710	79	22	0	231	1913	53	3	6	51	600	5	469	4

Chicken Cheesesteak (1 sandwich) with Mayonnaise, Pepper Jack Cheese	27	1052	657	73	18	0	211	1817	53	3	6	48	405	5	373	4
Chicken Cheesesteak (1 sandwich) with Mayonnaise, Provolone Cheese	28	1131	692	77	20	0	211	1933	55	3	6	53	600	5	569	4
Chicken Cheesesteak (1 sandwich) with Mayonnaise, Swiss Cheese	27	1071	656	73	16	0	211	1643	53	3	6	49	400	5	469	4

#### Chicken Chesapeake Sandwich

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

Chicken Chesapeake Sandwich (1 sandwich)	18	752	395	44	21	0	234	1768	21	2	8	65	1104	4	627	3
Chicken Chesapeake Sandwich (1 sandwich) with Mayonnaise	30	1157	796	88	28	0	275	2052	21	2	8	65	1104	4	627	3

#### Grilled Cheese Sandwich

Allergens: wheat, soy, milk

Grilled Cheese Sandwich (1 sandwich)	16	630	326	36	13	0	50	2009	59	0	8	22	600	0	420	4
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#### Grilled Chicken Sandwich

Allergens: wheat, soy, milk

Grilled Chicken Sandwich (1 sandwich)	5	286	29	3	1	0	99	573	18	2	5	44	257	4	85	2
Grilled Chicken Sandwich (1 sandwich) with Mayonnaise	17	691	430	48	7	0	139	856	18	2	5	44	257	4	85	2

#### Grilled Chicken Wrap

Allergens: wheat

Grilled Chicken Wrap (1 sandwich)	13	624	142	16	3	0	99	996	74	4	29	46	833	21	88	5
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#### Jerk Chicken Sandwich

Allergens: wheat, soy, milk

Jerk Chicken Sandwich (1 sandwich)	9	459	83	9	5	0	119	1333	42	3	24	49	429	14	238	3
Jerk Chicken Sandwich (1 sandwich) with Honey Mustard	19	795	375	42	9	1	149	1651	52	4	32	50	489	15	250	3

#### Jumpin Jack Turkey Sandwich

Allergens: wheat, sulfites, soy, milk

Jumpin Jack Turkey Sandwich (1 sandwich)	15	679	242	27	10	0	94	2417	70	2	37	36	362	4	218	1
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#### Le Monte Cristo

Allergens: wheat, soy, milk, egg

Le Monte Cristo (1 sandwich)	18	757	292	32	10	0	268	2781	65	0	12	51	507	0	471	5
Le Monte Cristo (1 sandwich) with Raspberry Sauce	22	967	292	32	10	0	268	2801	117	0	64	51	507	2	471	5

### OC Crab Cake Sandwich

Allergens: wheat, soy, milk

OC Crab Cake Sandwich (1 sandwich)	2	103	10	1	0	0	0	461	19	3	5	4	154	12	72	1
OC Crab Cake Sandwich (1 sandwich) with Baked Crab Cake	8	366	183	20	4	0	105	1121	27	3	7	19	254	12	152	2
OC Crab Cake Sandwich (1 sandwich) with Fried Crab Cake	10	407	224	25	4	0	105	1121	27	3	7	19	254	12	152	2
OC Crab Cake Sandwich (1 sandwich) with Tartar Sauce	10	403	298	33	5	0	30	1021	21	3	7	4	154	12	72	1
OC Crab Cake Sandwich (1 sandwich) with Baked Crab Cake, Tartar Sauce	17	666	471	52	9	0	135	1681	29	3	9	19	254	12	152	2
OC Crab Cake Sandwich (1 sandwich) with Fried Crab Cake, Tartar Sauce	18	707	512	57	9	0	135	1681	29	3	9	19	254	12	152	2

### Philly Cheesesteak

Allergens: wheat, soy

Philly Cheesesteak (1 sandwich)	13	565	227	25	8	0	70	1309	49	3	4	33	0	3	69	5
Philly Cheesesteak (1 sandwich) with American Cheese	16	665	308	34	13	0	95	1819	49	3	4	38	300	3	219	5
Philly Cheesesteak (1 sandwich) with Cheddar Cheese	18	765	389	43	20	0	130	1669	49	3	4	47	600	3	469	5
Philly Cheesesteak (1 sandwich) with Mayonnaise	25	970	628	70	15	0	110	1592	49	3	4	33	0	3	69	5
Philly Cheesesteak (1 sandwich) with Pepper Jack Cheese	17	707	337	37	17	0	110	1572	49	3	4	44	405	3	373	5
Philly Cheesesteak (1 sandwich) with Provolone Cheese	19	785	371	41	18	0	110	1689	51	3	4	49	600	3	569	5
Philly Cheesesteak (1 sandwich) with Swiss Cheese	17	725	335	37	14	0	110	1399	49	3	4	45	400	3	469	5
Philly Cheesesteak (1 sandwich) with American Cheese, Mayonnaise	27	1070	709	79	20	0	135	2102	49	3	4	38	300	3	219	5
Philly Cheesesteak (1 sandwich) with Cheddar Cheese, Mayonnaise	30	1170	790	88	27	0	170	1952	49	3	4	47	600	3	469	5
Philly Cheesesteak (1 sandwich) with Mayonnaise, Pepper Jack Cheese	29	1112	738	82	23	0	151	1856	49	3	4	44	405	3	373	5
Philly Cheesesteak (1 sandwich) with Mayonnaise, Provolone Cheese	30	1190	772	86	25	0	150	1972	51	3	4	49	600	3	569	5
Philly Cheesesteak (1 sandwich) with Mayonnaise, Swiss Cheese	29	1130	736	82	21	0	150	1682	49	3	4	45	400	3	469	5

### Pulled Pork Sandwich

Allergens: wheat, barley, soy, milk, malt, egg, msg

Pulled Pork Sandwich (1 sandwich)	24	994	507	56	18	0	135	2363	81	5	15	37	1991	19	167	4
Pulled Pork Sandwich (1 sandwich) with Honey BBQ Sauce	27	1174	507	56	18	0	135	3503	123	5	51	37	1991	19	167	4
Pulled Pork Sandwich (1 sandwich) with Smoky BBQ Sauce	28	1201	507	56	18	0	135	3128	132	5	61	38	2081	22	167	4

**Raspberry Turkey Flatbread**

Allergens: sulfites, wheat, soy, milk

Raspberry Turkey Flatbread (1 sandwich)	19	839	329	32	15	0	121	3274	82	2	32	44	686	4	579	3
Raspberry Turkey Flatbread (1 sandwich) with Raspberry Sauce	23	1049	329	32	15	0	121	3294	134	2	84	44	686	6	579	3

**Sandwich Add On, Bacon**

Allergens: none

Sandwich Add On, Bacon (1 serving)	2	85	60	7	2	0	14	227	0	0	0	5	0	0	0	0
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**Sandwich Add On, Fried Mushrooms**

Allergens: soy

Sandwich Add On, Fried Mushrooms (1 serving)	1	37	22	2	0	0	0	3	2	1	1	2	0	1	2	0
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**Sandwich Add On, Fried Onions**

Allergens: wheat, soy, milk, msg

Sandwich Add On, Fried Onions (1 serving)	2	100	21	2	0	0	0	324	17	1	2	2	360	2	8	0
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**Sandwich Add On, Onions**

Allergens: none

Sandwich Add On, Onions (1 serving)	0	2	0	0	0	0	0	0	0	0	0	0	0	0	1	0
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**The Black N Bleu Burger**

Allergens: wheat, barley, soy, milk, malt, egg

The Black N Bleu Burger (1 sandwich)	28	1142	632	70	29	0	255	3709	59	3	5	62	2265	5	481	7
The Black N Bleu Burger (1 sandwich) with Bleu Cheese Dressing	37	1462	938	104	36	0	285	4329	61	3	7	64	2265	5	561	7

**The Californian, Dude**

Allergens: wheat, barley, soy, milk, malt, egg

The Californian, Dude (1 sandwich)	27	1107	627	70	26	0	240	1487	54	3	5	59	780	4	276	5
The Californian, Dude (1 sandwich) with Mayonnaise	39	1512	1028	114	32	0	280	1770	54	3	5	59	780	4	276	5

**The Chesapeake Burger**

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

The Chesapeake Burger (1 sandwich)	35	1382	851	95	40	0	341	2324	56	1	8	71	1465	2	667	6
The Chesapeake Burger (1 sandwich) with Mayonnaise	47	1787	1252	139	46	0	381	2608	56	1	8	71	1465	2	667	6

### The Classic Reuben

Allergens: wheat, barley, soy, milk, egg, rye

The Classic Reuben (1 sandwich)	22	916	536	60	19	0	120	2957	58	6	9	36	242	5	270	5
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### The Cowboy Burger

Allergens: sulfites, wheat, barley, soy, milk, malt, egg, msg

The Cowboy Burger (1 sandwich)	31	1287	635	71	28	0	250	2206	95	2	37	63	1086	5	325	5
The Cowboy Burger (1 sandwich) with Mayonnaise	43	1692	1036	115	34	0	290	2489	95	2	37	63	1086	5	325	5

### The Greene Turtle Fan Club

Allergens: milk, egg

The Greene Turtle Fan Club (1 sandwich)	18	666	477	53	15	0	127	2785	8	0	4	34	529	3	184	1
The Greene Turtle Fan Club (1 sandwich) with Wheat Bread	23	966	513	57	15	0	127	3325	66	4	14	46	529	3	344	4
The Greene Turtle Fan Club (1 sandwich) with White Bread	24	966	513	57	15	0	127	3445	66	0	12	46	529	3	304	5

### The Shroom

Allergens: wheat, barley, soy, milk, malt, egg

The Shroom (1 sandwich)	25	1026	550	61	22	0	220	1161	58	2	7	54	696	5	284	5
The Shroom (1 sandwich) with Mayonnaise	37	1431	951	106	28	0	261	1445	58	2	7	54	696	5	284	5

### The Steakhouse

Allergens: wheat, barley, soy, milk, malt, egg

The Steakhouse (1 sandwich)	31	1252	718	80	27	0	225	3793	67	3	8	59	874	2	403	6
The Steakhouse (1 sandwich) with Mayonnaise	43	1657	1119	124	33	0	266	4077	67	3	8	59	874	2	403	6

### The Straight Up Burger

Allergens: wheat, barley, soy, milk, malt, egg

The Straight Up Burger (1 sandwich)	23	914	485	54	19	0	205	1127	52	1	5	49	546	2	121	5
The Straight Up Burger (1 sandwich) with American Cheese	25	1014	566	63	24	0	230	1637	52	1	5	54	846	2	271	5
The Straight Up Burger (1 sandwich) with Bacon	25	999	544	60	21	0	220	1354	52	1	5	54	546	2	121	5

The Straight Up Burger (1 sandwich) with Bleu Cheese Crumbles	28	1114	629	70	29	0	255	1887	52	1	5	61	1146	2	421	5
The Straight Up Burger (1 sandwich) with Cheddar Cheese	25	1014	566	63	25	0	235	1307	52	1	5	56	846	2	321	5
The Straight Up Burger (1 sandwich) with Mayonnaise	34	1319	886	98	25	0	246	1411	52	1	5	49	546	2	121	5
The Straight Up Burger (1 sandwich) with Pepper Jack Cheese	24	985	539	60	23	0	226	1259	52	1	5	54	749	2	273	5
The Straight Up Burger (1 sandwich) with Provolone Cheese	25	1024	557	62	24	0	225	1317	53	1	5	57	846	2	371	5
The Straight Up Burger (1 sandwich) with Swiss Cheese	24	974	525	58	21	0	220	1161	52	1	5	54	696	2	272	5
The Straight Up Burger (1 sandwich) with American Cheese, Bacon	28	1099	625	69	26	0	245	1864	52	1	5	59	846	2	271	5
The Straight Up Burger (1 sandwich) with American Cheese, Mayonnaise	37	1419	967	107	30	0	271	1921	52	1	5	54	846	2	271	5
The Straight Up Burger (1 sandwich) with Bacon, Bleu Cheese Crumbles	30	1199	688	76	31	0	270	2114	52	1	5	66	1146	2	421	5
The Straight Up Burger (1 sandwich) with Bacon, Cheddar Cheese	28	1099	625	69	27	0	250	1534	52	1	5	61	846	2	321	5
The Straight Up Burger (1 sandwich) with Bacon, Mayonnaise	37	1404	945	105	27	0	260	1637	52	1	5	54	546	2	121	5
The Straight Up Burger (1 sandwich) with Bacon, Pepper Jack Cheese	27	1070	599	67	25	0	240	1485	52	1	5	59	749	2	273	5
The Straight Up Burger (1 sandwich) with Bacon, Provolone Cheese	28	1109	616	68	26	0	240	1544	53	1	5	62	846	2	371	5
The Straight Up Burger (1 sandwich) with Bacon, Swiss Cheese	26	1059	585	65	24	0	235	1388	52	1	5	58	696	2	272	5
The Straight Up Burger (1 sandwich) with Bleu Cheese Crumbles, Mayonnaise	40	1519	1030	114	35	0	296	2171	52	1	5	61	1146	2	421	5
The Straight Up Burger (1 sandwich) with Cheddar Cheese, Mayonnaise	37	1419	967	107	31	0	276	1591	52	1	5	56	846	2	321	5
The Straight Up Burger (1 sandwich) with Mayonnaise, Pepper Jack Cheese	36	1390	940	104	29	0	266	1542	52	1	5	54	749	2	273	5
The Straight Up Burger (1 sandwich) with Mayonnaise, Provolone Cheese	37	1429	958	106	30	0	266	1601	53	1	5	57	846	2	371	5
The Straight Up Burger (1 sandwich) with Mayonnaise, Swiss Cheese	36	1379	926	103	27	0	261	1444	52	1	5	54	696	2	272	5
The Straight Up Burger (1 sandwich) with American Cheese, Bacon, Mayonnaise	39	1504	1026	114	32	0	285	2147	52	1	5	59	846	2	271	5
The Straight Up Burger (1 sandwich) with Bacon, Bleu Cheese Crumbles, Mayonnaise	42	1604	1089	121	37	0	310	2397	52	1	5	66	1146	2	421	5
The Straight Up Burger (1 sandwich) with Bacon, Cheddar Cheese, Mayonnaise	39	1504	1026	114	33	0	290	1817	52	1	5	61	846	2	321	5
The Straight Up Burger (1 sandwich) with Bacon, Mayonnaise, Pepper Jack Cheese	39	1475	1000	111	32	0	280	1769	52	1	5	59	749	2	273	5
The Straight Up Burger (1 sandwich) with Bacon, Mayonnaise, Provolone Cheese	39	1514	1017	113	32	0	280	1827	53	1	5	62	846	2	371	5
The Straight Up Burger (1 sandwich) with Bacon, Mayonnaise, Swiss Cheese	38	1464	986	110	30	0	275	1671	52	1	5	58	696	2	272	5

### The Turkey Burger

Allergens: wheat, barley, soy, milk, malt, egg

The Big Turkey (1 sandwich)	20	815	426	47	17	0	195	1482	53	1	5	41	849	3	296	4
The Big Turkey (1 sandwich) with Honey Mustard	29	1151	717	80	22	1	225	1800	63	2	13	42	909	3	308	5

**Veggie Wrap**

Allergens: sulfites, wheat, milk

Veggie Wrap (1 sandwich)	12	517	247	27	6	0	15	1288	54	5	10	15	881	12	283	3
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**Side Items**

	Dietary Points	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat	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 Wedges, Side**

Allergens: none

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

Allergens: none

Coleslaw, Side (1 serving)	7	293	185	21	3	0	18	595	25	4	19	2	3202	51	80	1
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**French Fries, Side**

Allergens: none

French Fries, Side (1 serving)	7	344	136	15	3	0	0	780	48	4	0	4	0	10	0	1
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**Onion Straws, Side**

Allergens: wheat, soy, milk, msg

Onion Straws, Side (1 serving)	8	401	83	9	2	0	0	1296	69	2	6	9	1440	10	32	2
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**Redskin Mashed Potatoes, Side**

Allergens: none

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

**Rice, Side**

Allergens: soy, milk

Rice, Side (1 serving)	4	183	21	2	1	0	0	31	35	0	0	3	1000	0	5	1
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**Vegetables, Side**

Allergens: none

Vegetables, Side (1 serving)	0	42	0	0	0	0	0	42	8	3	3	2	2501	45	33	1
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**Soups**

	Dietary Points	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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**French Onion Crock**

Allergens: sulfites, wheat, soy, milk

French Onion Crock (1 bowl)	6	255	132	15	7	0	31	1446	14	1	5	17	355	6	475	1
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**OC Crab Soup, Bowl**

Allergens: soy, milk, shellfish

OC Crab Soup, Bowl (1 bowl)	4	188	82	9	2	2	30	1371	16	2	4	9	1648	13	93	1
OC Crab Soup, Bowl (1 bowl) with Club Crackers	5	218	96	11	2	2	30	1446	20	2	4	10	1648	13	93	1

**OC Crab Soup, Cup**

Allergens: soy, milk, shellfish

OC Crab Soup, Cup (1 bowl)	3	141	58	6	1	1	30	992	12	2	3	8	1154	9	73	1
OC Crab Soup, Cup (1 bowl) with Club Crackers	4	171	72	8	1	1	30	1067	16	2	3	9	1154	9	73	1