

MOVIE TAVERN

Movies Never Tasted So Good!

NUTRITION CHART



The nutritional information seen here was prepared by MenuTrinfo®, LLC and is based on standard serving sizes and product formulations prepared with approved ingredients. The nutritional data presented are based on representative values from the USDA Nutrient Database for Standard Reference and information from product manufacturers. Variation may occur due to the handcrafted nature of our menu items or due to seasonal influences and/or sources of supply of our ingredients. Additionally, formulations may change on occasion or the substitution of ingredients or suppliers may be necessary which will alter the nutritional values.

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

APPETIZERS

	Calories	Calories from fat	Total fat (g)	Saturated fat	Trans fat (g)	Poly unsat fat	Mono unsat fat	Cholesterol	Sodium (mg)	Potassium	Carbohydrates	Dietary fiber	Sugars (g)	Protein (g)
Bone In Wings - BBQ 1 Lb (No Ranch/blue Cheese)	1730	1110	125	27		39	15	515			51		40	86
Bone In Wings - BBQ 1/2 Lb (No Ranch/blue Cheese)	880	550	63	13		19	7	260	1760		30		24	43
Bone In Wings - Buffalo 1 Lb (No Ranch/blue Cheese)	1550	1110	125	27		39	15	515			6			86
Bone In Wings - Buffalo 1/2 Lb (No Ranch/blue Cheese)	780	550	63	13		19	7	260			3			43
Bone In Wings - Lemon Pepper 1 Lb (No Ranch/blue Cheese)	1970		173	57		41	27	645		15	6			87
Bone In Wings - Lemon Pepper 1/2 Lb (No Ranch/blue Cheese)	1030	810	91	31		21	15	335		10	3			43
Bone In Wings - Sriracha 1 Lb (No Ranch/blue Cheese)	1630	1110	125	27		39	15	515			21		15	86
Bone In Wings - Sriracha 1/2 Lb (No Ranch/blue Cheese)	820	550	63	13		19	7	260			12		9	43
Bucket of Popcorn	820		34	25		3.5	3.5		3410		117	22	1	20
Fried Cheese	1070	610	69	22		18	7	90		290	67	5	11	45
Fried Pickles	900	580	66	10		19	7	15		30	61	5	9	9
General Tso's Cauliflower	470	270	30	5		17	6		1670		40	7	9	9
Grilled Chicken Quesadilla	1050		68	28		13	8	205			48	8	9	62
Grilled Steak Quesadilla	970	610	69	27		13	8	145		280	49	8	10	41

APPETIZERS CONT.

	Calories	Calories from fat	Total fat (g)	Saturated fat	Trans fat (g)	Poly unsat fat	Mono unsat fat	Cholesterol	Sodium (mg)	Potassium	Carbohydrates	Dietary fiber	Sugars (g)	Protein (g)
Honey Potato Chips	1050	720	82	38		12	17	130		710	76	4	37	4
Korean Style Wings	1760		130	27		39	18	515		80	44		26	92
Popcorn - Add Butter	500		56	35		2.0	16	145	0	0				0
Pretzel	1160	390	44	9		19	7	15	1050	15	170	6	7	25
Roasted Red Pepper Hummus	590	220	25	3.5		5	9		2310	580	79	13	10	19
Seven Layer Dip	1180	710	80	30		14	12	140			79	11	8	30
Single Popcorn	290	110	12	9		1.0	1.0		1190	170	41	8		7
Spinach And Artichoke Dip	1000		48	29		1.5	6	155			104	12	20	32
Sweet Tater Tots	580		34	6		14	5	5	790	65	59	5	23	7
Tomato Goat Cheese Fondue	360	120	13	7		0.5	4.0	20	1110	15	44	2	6	15
Wings Add On: Bleu Cheese (2 fl Oz)	320		34	7				30	320					2
Wings Add On: Ranch (2 fl Oz)	270	250	29	4.0			0	15	260	30	1			1

BEVERAGES (12 OZ CUP WITH ICE)

	Calories	Calories from fat	Total fat (g)	Saturated fat	Trans fat (g)	Poly unsat fat	Mono unsat fat	Cholesterol	Sodium (mg)	Potassium	Carbohydrates	Dietary fiber	Sugars (g)	Protein (g)
Cherry Coke	70								15		21		21	
Coffee	0	0	0				0		5	170				0
Coke	70								25		20		20	
Coke Zero									20					
Diet Coke									20					
Fruit Punch	80								5		21		21	
Hot Cocoa	150	25	3.0	2.5					200	190	28		18	1
Kid's Apple Juice	160								50		42		42	
Kid's Cherry Coke	70								15		21		21	
Kid's Milk	220	110	12	7		0.5	3.0	35	160	480	18		19	12
Kid's Orange Juice	170								45		44		44	
Kid's Sweet Tea	60								20		17		17	
Lemonade	80								10		22		21	
Orange Juice	170								45		44		44	
Orange Soda	80								25		22		22	
Pibb	70								20		20		20	
Root Beer	80								35		23		22	
Sprite	70								15	0	19		17	0
Sweet Tea	60								20		17		17	
Tonic	60								20		16		16	
Unsweetened Black Tea	0								5	65	1			

BEVERAGES (32 OZ CUP WITH ICE)

	Calories	Calories from fat	Total fat (g)	Saturated fat	Trans fat (g)	Poly unsat fat	Mono unsat fat	Cholesterol	Sodium (mg)	Potassium	Carbohydrates	Dietary fiber	Sugars (g)	Protein (g)
Cherry Coke	200								45		56		56	
Coke	200								60		54		54	
Coke Zero									55					
Diet Coke									55					
Fruit Punch	210								20		56		56	
Lemonade	220								30		58		56	
Orange Soda	220								70		59		59	
Pibb	190								55		52		52	
Root Beer	220								90		60		59	
Sprite	200	0	0						45	0	50		44	0
Sweet Tea	170								50		45		45	
Tonic	170								60		43		43	
	170								60		43		43	

BEVERAGES - BOTTLED

	Calories	Calories from fat	Total fat (g)	Saturated fat	Trans fat (g)	Poly unsat fat	Mono unsat fat	Cholesterol	Sodium (mg)	Potassium	Carbohydrates	Dietary fiber	Sugars (g)	Protein (g)
Dasani Water														
Red Bull	110	0	0						210	10	28		26	1
Red Bull - Can	110	0	0						210	10	28		26	1

BEVERAGES - ICEE

	Calories	Calories from fat	Total fat (g)	Saturated	Trans fat (g)	Poly unsat	Mono unsat	Cholesterol	Sodium (mg)	Potassium	Carbohy-	Dietary fiber	Sugars (g)	Protein (g)
Blue Raspberry - Large	350								35		92		92	
Blue Raspberry - Medium	260								25		67		67	
Cherry - Large									35		95		95	
Cherry - Medium	260								25		69		69	
Coke - Large	350								45		98		98	
Coke - Medium	260								30		71		71	

BEVERAGES - SHAKES/SMOOTHIES

	Calories	Calories from fat	Total fat (g)	Saturated fat	Trans fat (g)	Poly unsat fat	Mono unsat fat	Cholesterol	Sodium (mg)	Potassium (mg)	Carbohydrates	Dietary fiber	Sugars (g)	Protein (g)
Berry Blast Smoothie (20oz)	530							5	140	0	123		122	10
Frozen Lemonade - Blueberry									15	45	87		84	0
Frozen Lemonade - Kids Original (12oz)	170								10	25	44		43	0
Frozen Lemonade - Mango	240	0	0			0			25	70	63		60	0
Frozen Lemonade - Original (20oz)	230	0	0			0			25	70	60		57	0
Frozen Lemonade - Strawberry (20 Oz)	280	0	0			0			25	70	73		70	0
Kid's Reeses Milkshake	750	290	33	20		1.0	2.5	70	430		97	2	77	15
Kid's Smoothie	270							3	80	0	64		63	5
Milkshake - Chocolate (12oz)		170	20	11				70	330		81		61	9
Milkshake - Chocolate (20oz)	850	270	31	17				100	480		130	1	100	13
Milkshake - Most Wanted		320	36	18				90	650	95	165	4	118	14
Milkshake - Oreo (12oz)	530	190	22	12				70	370	25	73		52	9
Milkshake - Oreo (20z)	780	290	33	18				100	510	25	104		76	13
Milkshake - Salted Caramel (16 Oz)		270	30	17				100	670		163		136	17
Milkshake - Salted Caramel - Jar		370	42	24				140	880		216		179	23
Milkshake - Snickers	750	290	33	16	0	1.5	4.5	75	460	180	98	1	76	13
Milkshake - Strawberry (12oz)	570	170	19	11				70	320		87		71	8
Milkshake - Strawberry (20 Oz)		270	30	17				100	460		131		106	12
Milkshake - Vanilla (12oz)	470	170	19	11				70	320		63		47	8
Milkshake - Vanilla (20oz)			34	19				115	520		108		80	14
Non-alcoholic Chocolate Covered Cherry Shake		270	30	17				100	470		141	1	112	13
Non-alcoholic German Chocolate Shake		320	36	23			0	100	510	40	122	1	95	13
Tropic Thunder Smoothie (20oz)	530							5	150	0	123		122	10

BREAKFAST

	Calories	Calories from fat	Total fat (g)	Saturated fat	Trans fat (g)	Poly unsat fat	Mono unsat fat	Cholesterol	Sodium (mg)	Potassium	Carbohydrates	Dietary fiber	Sugars (g)	Protein (g)
AM Stromboli	1100	490	56	23	0	3.5	5	605	3210	350	93	5	10	56
Biscuits & Gravy	450	180	20	8	5	0	1.5	20	1670	130	55	2	8	11
Chicken And Waffles	1310	730	83	30		27	20	130	2020	110	112	2	56	27
Egg Sandwich with Fruit Cup	1200	700	80	23	0	18	13	700	2130	390	98	4	18	49
Steel Cut Oats	1180	630	71	8		0	1.5	15	210	140	131	17	76	17
Tall In The Saddle Pancakes	1270	370	42	21		1.0	9	100	3270	10	200	4	79	20
The All American	1170	810	92	36		10	15	610	2190	490	58	4	21	36
The Junior All American	790	420	48	24		1.5	10	445	2140	40	68	2	19	23

BREAKFAST - SIDES

	Calories	Calories from fat	Total fat (g)	Saturated fat	Trans fat (g)	Poly unsat fat	Mono unsat fat	Cholesterol	Sodium (mg)	Potassium (mg)	Carbohydrates	Dietary fiber	Sugars (g)	Protein (g)
Sausage Links (3 Each)	370	320	36	12				65	560		2			9
Side of Bacon (2 Slices)	90	60	7	2.5				20	300					6
Sourdough Toast with Butter (2 Slices)	400	130	15	7		0	3.0	30	560	0	60	2	2	12

BURGERS, SANDWICHES & MORE

	Calories	Calories from fat	Total fat (g)	Saturated fat	Trans fat (g)	Poly unsat fat	Mono unsat fat	Cholesterol	Sodium (mg)	Potassium	Carbohydrates	Dietary fiber	Sugars (g)	Protein (g)
BLTA Sandwich with Fruit Cup	770		49	10		2.0	10	60	1020		68	9	25	22
Bacon Mushroom Swiss Burger with Fries	1710		113	34	2.0	14	29	210			97	6	21	73
Buttermilk Fried Chicken Sandwich	1370	580	66	14		24	12	140			124	4	39	64
Crispy Chipotle Sliders	1710	850	96	15		26	13	45			157	3	65	40
Grilled Chicken Sandwich with Fruit Cup	740		34	7		3.5	18	125	1410		64	4	23	50
Portobello Mushroom Sandwich with Side Salad	910	580	66	16		3.0	19	80	1130		58	7	18	28
Roasted Red Pepper And Black Bean Veggie Burger	880	290	33	9	0	10	8	10			131	13	37	20
Tavern Burger with Fries	1330		73	20	2.0	12	17	140	3100		112	5	35	50

DESSERTS

	Calories	Calories from fat	Total fat (g)	Saturated fat	Trans fat (g)	Poly unsat fat	Mono unsat	Cholesterol	Sodium (mg)	Potassium	Carbohydrates	Dietary fiber	Sugars (g)	Protein (g)
Brownie Sundae	820	210	24	11		0.5	1.0	25	420	135	147	4	107	8
Chocolate Mousse		750	85	50		3.0	23	265	330	330	93	5	80	10
Churros	1110		56	9		18	7		650	0	141	3	86	9
Key Lime Pie			41	22		2.0	11		420	1110	168	1	153	27

FROM THE BAR

	Calories	Calories from fat	Total fat (g)	Saturated fat	Trans fat (g)	Poly unsat fat	Mono unsat fat	Cholesterol	Sodium (mg)	Potassium (mg)	Carbohydrates	Dietary fiber	Sugars (g)	Protein (g)
"loaded" Bloody Mary - Jar	190	0	0	0			0		1810	15	12	2	6	2
"loaded" Bloody Mary - Standard	130	0	0	0			0		1420	15	9	2	5	2
60 oz Pitcher - Angry Orchard	920								45		133		105	
60 oz Pitcher - Blue Moon	770								75		65			9
60 oz Pitcher - Bud Light	500								50		30			4
60 oz Pitcher - Miller Lite	440								25		15			
60 oz Pitcher - Modelo Especial	670								50		49			6
60 oz Pitcher - Stella Artois	700								65		54			
60 oz Pitcher Frozen Margarita	1440								170	20	157	13	127	
Add Puree (.5oz) - Blueberry	50										13		12	
Add Puree (.5oz) - Raspberry	50										13		12	
Add Puree (1oz) - Blueberry	100										25		24	
Add Puree (1oz) - Raspberry	100										25		24	
Add Salt To Rim									480					
Add Sriracha Salt To Rim									760					
Alcoholic Beverage - Add Float	50	20	2.5	1.5		0	0.5	10	15	0	3		3	0
Arnold Calmer - Jar	480	0	0						15	105	94	1	89	0
Arnold Calmer - Standard	320	0	0						10	70	63		59	0
Berry Mule	340								10	25	53	1	49	0
Blue Thing Rocks - Jar	530								35	15	77		71	0
Blue Thing Rocks - Standard	320								25	10	45		41	0

FROM THE BAR CONT.

	Calories	Calories from fat	Total fat (g)	Saturated fat	Trans fat (g)	Poly unsat fat	Mono unsat fat	Cholesterol	Sodium (mg)	Potassium	Carbohydrates	Dietary fiber	Sugars (g)	Protein (g)
Carribbean Rum Punch - Jar (Front)	370	20	2.5	1.5		0	0.5	10	25	135	60		56	1
Carribbean Rum Punch - Jar (Service)	330								10	130	56		52	0
Carribbean Rum Punch - Standard (Front)	300	20	2.5	1.5		0	0.5	10	25	115	50		46	1
Carribbean Rum Punch - Standard (Service)	290								10	110	47		44	0
Chocolate Covered Cherry - 16 fl oz	770	230	25	15		0	0.5	90	430	0	114		92	11
Chocolate Covered Cherry - 24 fl oz	1090	310	35	20		0	1.0	125	600	5	162	1	131	15
Cinnapple Martini - 24 oz	460								15	0	48		38	
Cinnapple Martini - Standard	310								10	0	34		27	
Cosmopolitan (8oz)	190	0	0						10	35	16		13	0
Frozen Blue Thing - Jar	480								65	15	69	5	56	0
Frozen Blue Thing - Standard	330								45	15	50	4	40	0
Frozen Margarita - Jar	440								60	15	58	5	46	0
Frozen Margarita - Standard	290								45	15	41	4	33	0
Frozen Margarita Blueberry - Jar	740								60	15	133	6	118	0
Frozen Margarita Blueberry - Standard	490								45	15	91	4	81	0
Frozen Margarita Mango - Jar	740								75	15	133	5	121	0
Frozen Margarita Mango - Standard	490								55	15	91	4	83	0
Frozen Margarita Peach - Jar	740								75	15	133	5	118	0
Frozen Margarita Peach - Standard	490								55	15	91	4	81	0

FROM THE BAR CONT.

	Calories	Calories from fat	Total fat (g)	Saturated fat	Trans fat (g)	Poly unsat fat	Mono unsat fat	Cholesterol	Sodium (mg)	Potassium (mg)	Carbohydrates	Dietary fiber	Sugars (g)	Protein (g)
Frozen Margarita Raspberry - Jar	740								60	15	133	7	118	0
Frozen Margarita Raspberry - Standard	490								45	15	91	5	81	0
Frozen Margarita Strawberry - Jar	740								60	15	130	6	118	0
Frozen Margarita Strawberry - Standard	490								45	15	89	4	81	0
Frozen Modelo Margarita	310								45	170	42	2	22	2
Frozen Sangria Swirl Margarita - Jar	580								70	15	92	5	76	0
Frozen Sangria Swirl Margarita - Standard	360								50	15	58	4	48	0
Frozen Signature Tavernrita - Jar	520								65	20	68	5	55	0
Frozen Signature Tavernrita - Standard	360								45	15	49	4	40	0
German Chocolate Cake Shake - 16 fl oz	930		34	22		0	0.5	85	460	40	126	2	101	11
German Chocolate Cake Shake - 24 fl oz			48	31		0	1.0	120	640	55	177	3	142	16
Godiva Dark Chocolate Martini (8oz)	610	310	35	22		0	2.0	55	120	80	50	6	32	9
Green Apple Mule - Jar (Jim Beam)	300	0	0						10	45	45	1	41	0
Grown Up Root Beer Float	580	120	14	8				50	230		79		55	6
Have Your Cake And Drink It Too - Jar	1160	350	40	25	0			115	530	0	151		119	14
Have Your Cake And Drink It Too - Standard	900	270	31	20	0			80	390	0	122		97	10
Hawaiian Sunset	450								30	65	80	3	71	0
Honey Don't "bee" Angry - Jar (No Puree)	440								15	25	46		37	0
Honey Don't "bee" Angry - Standard (No Puree)	290								10	25	32		25	0
Honey Mule - Jar	330	0	0						10	35	52		49	0

FROM THE BAR CONT.

	Calories	Calories from fat	Total fat (g)	Saturated fat	Trans fat (g)	Poly unsat fat	Mono unsat fat	Cholesterol	Sodium (mg)	Potassium	Carbohydrates	Dietary fiber	Sugars (g)	Protein (g)
Irish Mule	320	0	0						10	35	50		47	0
Machiatto Martini (8oz)	350	110	12	8		0	3.0	40	50	125	24		17	3
Manhattan	200								0	30	7		5	0
Mexican Mule	320	0	0						10	35	50		48	0
Modelo Margarita	210								30	85	36		25	1
Modelo Michelada - 24 oz	250	0	0	0			0			190	22		2	2
Modelo Michelada - Standard	170	0	0	0			0			130	15		2	1
Mojito (Add Raspberry) - Jar	250										63	2	60	
Mojito (Add Raspberry) - Standard	200										50	2	48	
Mojito - Jar	220	0	0						5	40	25	1	22	0
Mojito - Standard	150								0	25	18		16	0
Old Fashioned	200								0	0	17		16	
Patron Strawberry Rita - 16 fl oz	350								50	20	53		50	0
Patron Strawberry Rita - 24 fl oz	570								70	25	86		82	0
Peach Bellini	400								0	0	45		44	1
Perfect Patron Margarita - Jar	450								40	15	52		47	0
Perfect Patron Margarita - Standard	300								25	10	36		32	0
Salted Caramel - Jar	1370	360	40	23				135	830	0	192		155	21
Salted Caramel - Standard	1140	340	38	21				95	620	0	154		127	16
Salty Dog	360								250	10	60		60	0
Signature Tavernrita Rocks - Jar	450								40	15	52		47	0

FROM THE BAR CONT.

	Calories	Calories from fat	Total fat (g)	Saturated fat	Trans fat (g)	Poly unsat fat	Mono unsat fat	Cholesterol	Sodium (mg)	Potassium (mg)	Carbohydrates	Dietary fiber	Sugars (g)	Protein (g)
Signature Tavernrita Rocks - Standard	300								25	10	36		32	0
Soul Surfer - Jar	360								20	190	53		49	0
Soul Surfer - Standard	270								15	150	39		36	0
The Scorpion	520	0	0						30	80	81	3	72	0
Tiki Tavern #8	460	50	6	6					40	110	62	2	56	1
Titanic Tea - Jar (Front)	380	0	0						40	25	48		43	0
Titanic Tea - Jar (Service)	390	0	0						40	25	49		43	0
Titanic Tea - Standard (Front)	240	0	0						25	25	29		25	0
Titanic Tea - Standard (Service)	250	0	0						25	25	30		26	0
Traditional Mule - Jar (Stoli)	300	0	0						10	60	46	2	41	0
Very Berry Sangria - Jar (Red)	700								15	40	142	1	134	0
Very Berry Sangria - Jar (White)	700								25	110	139	1	133	0
Very Berry Sangria - Standard (Red)	510								15	40	104	1	98	0
Very Berry Sangria - Standard (White)	510								20	90	102	1	98	0
Xo-tini	300	70	8	5		0	2.5	25	35	110	33		30	2

KIDS MENU

	Calories	Calories from fat	Total fat (g)	Saturated fat	Trans fat (g)	Poly unsat fat	Mono unsat fat	Cholesterol	Sodium (mg)	Potassium (mg)	Carbohydrates	Dietary fiber (g)	Sugars (g)	Protein (g)
Add Celery & Carrots	35	0	0			0			85	330	8	3	4	1
Add Side Salad	110	35	4.0	1.0		0		5	220	230	17	2	3	5
Kid Mac And Cheese with Fruit	350	150	17	10	0	0		50	590	190	42	2	18	11
Kid's Burger (No Sides Or Cheese)	610	270	30	9	1.0	8	11	95	1550	250	56		24	27
Kid's Cheeseburger with Fries		510	58	18	1.0	16	14	110		610	90	2	25	34
Kid's Chicken Tenders And Fries		770	87	15		29	11	55			57	3	19	24
Kid's Junior Popcorn		70	8	6		1.0	1.0		830	120	28	5		5
Kid's Pasta (Buttered) with Fries			41	19		7	8	65	1330	270	71	3	18	8
Kid's Pasta (Marinara) with Fries		180	20	4.5		6	2.5		1630		79	4	24	9
Kid's Pizza with Fries	750		40	15		10	3.5	40	1710		70	5	6	22
Kid's Pizza with Fruit	510	170	19	10		1.5	0.5	40		380	64	5	20	21
Kid's Pizza with Veggies		180	20	10		2.5	0.5	40	1650		90	20	29	26
Kraft Mac-n-cheese		150	18	4.5		0.5	0	35	1380	530	86	4	16	20

PIZZA

	Calories	Calories from fat	Total fat (g)	Saturated fat	Trans fat (g)	Poly unsat fat	Mono unsat fat	Cholesterol	Sodium (mg)	Potassium	Carbohydrates	Dietary fiber	Sugars (g)	Protein (g)
Add Artichokes	15								210		3	2		1
Add Bacon	60	15	1.5	0				25	570		3		3	9
Add Chicken	90	15	2.0	0.5		0	0.5	45	740	140	0			17
Add Extra Cheese	180	120	14	9				40	400		2			12
Add Ham	35	10	1.0	0				15	400		2		1	5
Add Jalapenos	10								1020		2			
Add Mushrooms	0	0	0						0	55	1			1
Add Olives	50	45	5				4.0		200					
Add Onions	15								0	60	4		2	0
Add Pepperoni	110	90	10	3.5		1.0	4.5	20	420					4
Add Pineapple	35								0	40	9		8	
Add Sausage	80	70	8	2.0		2.0	1.0	20	250		0			5
Add Sweet Peppers	20	0	0						0	120	3	1	2	1
Add Tomatoes	10	0	0						0	105	2		1	0
Build Your Own Pizza - Big Cheesy		320	37	18				80		290	118	6	15	41
Margarita Pizza			38	12	0	2.0	12	60	1700	570	121	9	20	35
Mediterranean Pizza			63	15		2.5	17	35			126	9	19	33
Portabella And Pepperoni Pizza	1110		52	23		2.0	10	100	2710	290	116	7	14	47

SALADS

	Calories	Calories from fat	Total fat (g)	Saturated fat	Trans fat (g)	Poly unsat fat	Mono unsat fat	Cholesterol	Sodium (mg)	Potassium (mg)	Carbohydrates	Dietary fiber (g)	Sugars (g)	Protein (g)
Ahi Tuna Salad	440	270	30	4.5		2.0	2.0	45	940	210	17	6	8	24
Chicken Caesar Salad	1150	830	94	20	0	5.0	15	175		730	20	5	4	55
Grain Couscous Salad	580		49	5		4.0	26		1710		34	4	7	5
Harvest Salad	1400	820	93	12		25	52		1360		127	22	46	25
Ramen Bang-bang Chicken Salad	1210	580	66	11		10	42	110			95	4	8	66
Tavern Chopped Salad	1510		133	36		9	61	120		780	44	13	8	31

SAUCES AND DRESSINGS

	Calories	Calories from fat	Total fat (g)	Saturated fat	Trans fat (g)	Poly unsat fat	Mono unsat fat	Cholesterol	Sodium (mg)	Potassium (mg)	Carbohydrates	Dietary fiber	Sugars (g)	Protein (g)
BBQ Sauce	140								580		36		32	
Balsamic Vinaigrette	210	180	20	3.5					420	15	5		5	0
Buffalo Hot Sauce									1840					
Caesar Dressing			38	6	0	1.0	6	20	490	10	1			3
Cilantro Lime Dressing	240	220	25	3.5			0	10	230	45	1			1
Honey Mustard Dressing	260	170	19	2.5		0	0	10	490	10	15		15	0
Italian Dressing	280	250	28	5					580		4		4	
Ketchup	70								670		17		13	
Ranch Dressing	270	250	29	4.0			0	15	260	30	1			1
Salsa	20								500		6	2	4	
Sour Cream	180	130	15	11				60	45		3		3	3

SIDES

	Calories	Calories from fat	Total fat (g)	Saturated fat	Trans fat (g)	Poly unsat fat	Mono unsat fat	Cholesterol	Sodium (mg)	Potassium (mg)	Carbohydrates	Dietary fiber (g)	Sugars (g)	Protein (g)
Add French Fries	310	190	22	5.0		8	3.0		670	350	25	2	1	2
Garlic Bread		220	25	11		6	6	40	810	5	59	2	2	9
Side Fruit Cup	70	0	0			0			0	190	19	2	15	1

TAVERN SPECIALTIES

	Calories	Calories from fat	Total fat (g)	Saturated fat	Trans fat (g)	Poly unsat fat	Mono unsat fat	Cholesterol	Sodium (mg)	Potassium	Carbohydrates	Dietary fiber	Sugars (g)	Protein (g)
Brussels Sprout Salad	720		61	13	0	17	23	45	700		28	7	17	22
Brussels Sprout Salad: Add Salmon	330	230	26	4.5		6	15	65	140					23
Fried Popcorn Shrimp	1380	710	80	18	0	25	9	120		520	140	7	58	20
Game Day Platter - BBQ Wings			221	52	1.5	53	43	370			146	4	64	102
Game Day Platter - Buffalo Sriracha Wings			221	52	1.5	53	43	370	6130		130	4	51	102
Game Day Platter - Lemon Pepper Wings	3150		250	71	1.5	54	51		9110		119	4	40	102
Grilled Cheese Sandwich with Soup And Fries	1530	820	93	44	0	11	6	195			112	4	27	57
Hatch Chili Mac And Cheese	1180	590	66	32		1.0	0	170		25	98	3	40	47
Rigatoni Casserole	1120		80	45		2.5	17	260	1330		69	5	6	36
Steak And Cheese Sandwich with Fries	1790		132	43		14	10	165		580	95	5	7	46
Steak Plate	670	410	47	19	0	7	16	275	1320	670	14	3	8	48
Vietnamese Rice Bowl: Chicken	820	280	32	6		4.0	20	110			72	7	11	59
Vietnamese Rice Bowl: Salmon	830		40	8		8	23	70			71	7	11	44
Vietnamese Rice Bowl: Steak	900		46	13		3.0	26	90			71	7	11	50

