

KID'S MENU - As Listed on the Menu.

| | Total Cal (kcal) | Fat Cal (kcal) | Total Fat (g) | Sat Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) |
|---|------------------|----------------|---------------|-------------|------------------|-------------|-----------------|-----------|------------|-------------|
| Hamburger | 511 | 204 | 23 | 6 | 72 | 566 | 49 | 2 | 22 | 26 |
| Cheeseburger | 619 | 289 | 32 | 12 | 105 | 748 | 49 | 2 | 22 | 32 |
| Peanut Butter & Jelly | 836 | 276 | 31 | 5 | 0 | 722 | 113 | 8 | 52 | 22 |
| Chicken Fingers | 324 | 96 | 11 | 5 | 69 | 74 | 32 | 3 | 18 | 24 |
| Hot Dog | 393 | 156 | 17 | 8 | 35 | 734 | 47 | 3 | 21 | 12 |
| Mac and Cheese | 736 | 244 | 27 | 17 | 77 | 797 | 87 | 4 | 6 | 32 |
| Pot Pie | 788 | 489 | 54 | 18 | 54 | 649 | 55 | 3 | 3 | 19 |
| Penne Pasta | 308 | 29 | 3 | 0 | 0 | 568 | 61 | 4 | 6 | 12 |
| Fish and Chips | 268 | 41 | 5 | 1 | 48 | 90 | 41 | 3 | 17 | 16 |
| Angel Hair Pasta with Butter | 700 | 409 | 45 | 28 | 120 | 0 | 63 | 3 | 1 | 10 |
| Angel Hair Pasta with Pomodoro Sauce | 349 | 35 | 4 | 0 | 0 | 507 | 69 | 4 | 5 | 12 |
| Fruit & Vegetable Plate with Ranch Dressing | 247 | 149 | 17 | 3 | 5 | 430 | 19 | 5 | 11 | 3 |
| Vanilla Drumstick | 340 | 189 | 21 | 11 | 20 | 90 | 33 | 1 | 24 | 5 |
| Vanilla Ice Cream Sandwich | 260 | 90 | 10 | 6 | 35 | 160 | 39 | 0 | 23 | 4 |

BUFFET ITEMS - 1 serving spoon is 1/2 cup portion.

| | Total Cal (kcal) | Fat Cal (kcal) | Total Fat (g) | Sat Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) |
|---------------------------------------|------------------|----------------|---------------|-------------|------------------|-------------|-----------------|-----------|------------|-------------|
| Smoked Salmon (1 serving spoon) | 156 | 89 | 10 | 2 | 50 | 568 | 0 | 0 | 0 | 17 |
| Protein Scramble (1 serving spoon) | 263 | 205 | 23 | 8 | 257 | 502 | 1 | 1 | 0 | 11 |
| Scrambled Eggs (1 serving spoon) | 187 | 108 | 12 | 4 | 533 | 173 | 0 | 0 | 0 | 16 |
| Egg Whites (1 serving spoon) | 7 | 0 | 0 | 0 | 0 | 24 | 0 | 0 | 0 | 2 |
| Bagel (plain) | 270 | 5 | 1 | 0 | 0 | 380 | 57 | 2 | 1 | 9 |
| Bagel (seeded) | 270 | 5 | 1 | 0 | 0 | 360 | 57 | 2 | 1 | 9 |
| English Muffin | 120 | 9 | 1 | 0 | 0 | 200 | 25 | 1 | 1 | 4 |
| Bacon (3 slices) | 140 | 108 | 12 | 4 | 60 | 580 | 0 | 0 | 0 | 8 |
| Sausage (3 links) | 800 | 720 | 80 | 28 | 140 | 1400 | 0 | 0 | 0 | 16 |
| Breakfast Potatoes (1 serving spoon) | 129 | 42 | 5 | 1 | 0 | 243 | 20 | 2 | 2 | 2 |
| Granola (1 scoop) | 91 | 16 | 2 | 1 | 0 | 49 | 18 | 1 | 8 | 2 |
| Cheerios (1 box) | 62 | 10 | 1 | 0 | 0 | 119 | 12 | 2 | 1 | 2 |
| Frosted Flakes (1 box) | 132 | 0 | 0 | 0 | 0 | 168 | 32 | 1 | 13 | 1 |
| Honey Nut Cheerios (1 box) | 90 | 11 | 1 | 0 | 0 | 156 | 18 | 2 | 7 | 2 |
| Kelloggs Corn Flakes (1 box) | 81 | 0 | 0 | 0 | 0 | 162 | 19 | 1 | 2 | 2 |
| Raisin Bran (1 box) | 153 | 10 | 1 | 0 | 0 | 255 | 33 | 5 | 14 | 4 |
| Special K (1 box) | 82 | 0 | 0 | 0 | 0 | 164 | 16 | 1 | 3 | 5 |
| Total (1 box) | 80 | 4 | 0 | 0 | 0 | 152 | 18 | 2 | 4 | 2 |
| Wheaties (1 box) | 88 | 7 | 0 | 0 | 0 | 176 | 19 | 2 | 3 | 2 |
| Apple | 80 | 2 | 0 | 0 | 0 | 1 | 19 | 3 | 14 | 0 |
| Banana | 116 | 4 | 0 | 0 | 0 | 1 | 27 | 3 | 14 | 1 |
| Orange | 68 | 1 | 0 | 0 | 0 | 15 | 16 | 3 | 12 | 1 |
| Cantaloupe (1 serving spoon) | 15 | 1 | 0 | 0 | 0 | 6 | 3 | 0 | 3 | 0 |
| Grapes (1 serving spoon) | 31 | 1 | 0 | 0 | 0 | 1 | 7 | 0 | 6 | 0 |
| Honeydew (1 serving spoon) | 17 | 1 | 0 | 0 | 0 | 8 | 4 | 0 | 3 | 0 |
| Watermelon (1 serving spoon) | 13 | 1 | 0 | 0 | 0 | 1 | 3 | 0 | 2 | 0 |
| Pineapple (1 serving spoon) | 21 | 0 | 0 | 0 | 0 | 1 | 5 | 1 | 4 | 0 |
| Strawberries (1 serving spoon) | 15 | 1 | 0 | 0 | 0 | 1 | 3 | 1 | 2 | 0 |
| Raisins (1 serving spoon) | 33 | 0 | 0 | 0 | 0 | 3 | 8 | 1 | 7 | 0 |
| Brown Sugar (1 serving spoon) | 48 | 0 | 0 | 0 | 0 | 0 | 12 | 0 | 12 | 0 |
| Butter Chips (1 chip) | 54 | 54 | 6 | 4 | 15 | 55 | 0 | 0 | 0 | 0 |
| Chives (1 serving spoon) | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Red Onions, Chopped (1 serving spoon) | 5 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 |
| Tomatoes, Chopped (1 serving spoon) | 2 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 |

SAUCES

| | Total Cal (kcal) | Fat Cal (kcal) | Total Fat (g) | Sat Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) |
|--|------------------|----------------|---------------|-------------|------------------|-------------|-----------------|-----------|------------|-------------|
| Au Jus (4 oz.) | 14 | 4 | 0 | 0 | 0 | 608 | 2 | 0 | 1 | 0 |
| Beurre Blanc Sauce (2 oz.) | 261 | 243 | 27 | 17 | 78 | 43 | 1 | 0 | 0 | 0 |
| Bleu Cheese Dressing (2 oz.) | 130 | 95 | 11 | 7 | 39 | 140 | 2 | 0 | 0 | 2 |
| Brown Gravy Sauce (2 oz.) | 42 | 26 | 3 | 1 | 6 | 276 | 3 | 0 | 0 | 1 |
| Cajun Tartar Sauce (2 oz.) | 336 | 319 | 35 | 6 | 30 | 398 | 2 | 0 | 1 | 0 |
| Citrus BBQ Sauce (2 oz.) | 81 | 3 | 0 | 0 | 0 | 465 | 19 | 1 | 17 | 1 |
| Cocktail Sauce (2 oz.) | 76 | 1 | 0 | 0 | 0 | 876 | 19 | 1 | 15 | 1 |
| Creamy Horseradish Sauce (2 oz.) | 146 | 114 | 13 | 8 | 51 | 149 | 4 | 0 | 2 | 1 |
| Guacamole (2 oz.) | 160 | 126 | 14 | 0 | 0 | 400 | 8 | 4 | 4 | 0 |
| Hollandaise Sauce (2 oz.) | 304 | 291 | 32 | 20 | 220 | 57 | 1 | 0 | 0 | 2 |
| Lemon Butter Sauce (2 oz.) | 408 | 401 | 45 | 28 | 121 | 140 | 1 | 0 | 0 | 0 |
| Marionberry Sauce (2 oz.) | 74 | 4 | 0 | 0 | 1 | 250 | 11 | 0 | 9 | 0 |
| Marsala Sauce (2 oz.) | 56 | 19 | 2 | 1 | 5 | 147 | 4 | 0 | 2 | 1 |
| Mint Sauce (2 oz.) | 85 | 15 | 2 | 1 | 4 | 123 | 14 | 0 | 10 | 1 |
| Mustard Sauce (2 oz.) | 55 | 45 | 5 | 3 | 18 | 293 | 1 | 0 | 0 | 1 |
| Orange Fennel Beurre Blanc Sauce (2 oz.) | 130 | 102 | 11 | 7 | 38 | 81 | 3 | 0 | 2 | 0 |
| Oyster Crackers (1 package) | 66 | 18 | 2 | 0 | 0 | 60 | 11 | 0 | 0 | 1 |
| Pesto Sauce (2 oz.) | 190 | 171 | 19 | 3 | 10 | 380 | 1 | 1 | 0 | 4 |
| Pineapple Salsa (4 oz.) | 71 | 32 | 4 | 1 | 0 | 142 | 9 | 1 | 6 | 1 |
| Pomodoro Sauce (2 oz.) | 25 | 11 | 1 | 0 | 0 | 253 | 3 | 1 | 2 | 1 |
| Raspberry Sauce (2 oz.) | 50 | 0 | 0 | 0 | 0 | 20 | 12 | 4 | 10 | 0 |
| Remoulade Sauce (2 oz.) | 370 | 351 | 39 | 6 | 32 | 351 | 3 | 0 | 0 | 0 |
| Salsa (2 oz.) | 13 | 1 | 0 | 0 | 0 | 156 | 2 | 1 | 2 | 0 |
| Sour Cream (2 oz.) | 120 | 90 | 10 | 7 | 40 | 60 | 4 | 0 | 2 | 2 |
| Soy Sauce (1 oz.) | 38 | 0 | 0 | 0 | 0 | 3615 | 4 | 0 | 2 | 2 |
| Spicy Mustard Sauce (2 oz.) | 101 | 46 | 5 | 0 | 0 | 429 | 2 | 1 | 0 | 9 |
| Strawberry Sauce (2 oz.) | 51 | 0 | 0 | 0 | 0 | 1 | 13 | 0 | 12 | 0 |
| Tartar Sauce (2 oz.) | 385 | 372 | 41 | 7 | 35 | 371 | 1 | 0 | 1 | 0 |
| Whiskey Sauce (2 oz.) | 81 | 2 | 0 | 0 | 1 | 3 | 17 | 0 | 16 | 0 |

BREAKFAST SPECIALS - As Listed on the Menu.

| | Total Cal (kcal) | Fat Cal (kcal) | Total Fat (g) | Sat Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) |
|-----------------------|------------------|----------------|---------------|-------------|------------------|-------------|-----------------|-----------|------------|-------------|
| Bagel and Lox | 723 | 319 | 35 | 17 | 136 | 1841 | 64 | 3 | 6 | 10 |
| Belgian Waffle | 517 | 16 | 15 | 5 | 0 | 1515 | 83 | 0 | 10 | 7 |
| Blueberry Pancakes | 508 | 79 | 9 | 1 | 83 | 1296 | 90 | 3 | 29 | 12 |
| Buttermilk Pancakes | 451 | 72 | 8 | 1 | 83 | 1296 | 76 | 0 | 19 | 12 |
| Corned Beef Hash | 655 | 259 | 29 | 10 | 513 | 2507 | 51 | 6 | 7 | 41 |
| French Toast | 659 | 155 | 17 | 4 | 484 | 932 | 96 | 4 | 25 | 28 |
| Continental Breakfast | (FROM) 220 | 9 | 40 | 0 | 0 | 109 | 48 | 0 | 17 | 3 |
| | (TO) 506 | 189 | 564 | 13 | 53 | 500 | 72 | 6 | 36 | 10 |
| Maple Syrup (2 oz.) | 220 | 0 | 0 | 0 | 0 | 200 | 55 | 0 | 38 | 0 |

EGG DISHES - As Listed on the Menu.

Egg Dishes are Served with Fresh Fruit and Seasoned with Kosher Salt. Egg Dishes May Be Prepared without Seasoning Upon Request. Lower Sodium by 280mg without Seasoning

| | Total Cal (kcal) | Fat Cal (kcal) | Total Fat (g) | Sat Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) |
|---------------------------------------|------------------|----------------|---------------|-------------|------------------|-------------|-----------------|-----------|------------|-------------|
| Eggs Benedict | 735 | 415 | 46 | 24 | 674 | 1070 | 47 | 3 | 19 | 31 |
| Eggs Florentine | 674 | 394 | 44 | 23 | 644 | 444 | 49 | 4 | 19 | 21 |
| Smoked Salmon Benedict | 914 | 536 | 60 | 26 | 723 | 1320 | 47 | 3 | 19 | 47 |
| Crab Cake Benedict | 833 | 462 | 51 | 24 | 752 | 953 | 53 | 3 | 19 | 37 |
| Joies Scramble with Beef | 676 | 321 | 36 | 11 | 141 | 1277 | 40 | 7 | 24 | 46 |
| New York Steak and Three Eggs | 979 | 544 | 60 | 23 | 800 | 649 | 24 | 3 | 18 | 79 |
| Protein Scramble with Country Sausage | 1053 | 753 | 84 | 30 | 939 | 1849 | 24 | 4 | 18 | 43 |
| Spanish Scramble | 689 | 396 | 44 | 16 | 843 | 1110 | 37 | 8 | 23 | 31 |
| Three Eggs with Bacon | 420 | 218 | 24 | 8 | 681 | 939 | 22 | 2 | 18 | 26 |
| Three Eggs with Country Sausage | 915 | 677 | 75 | 26 | 741 | 1554 | 22 | 2 | 18 | 32 |

OMELETTES - As Listed on the Menu.

Omelettes are Served with Fresh Fruit and Seasoned with Kosher Salt. Omelettes May Be Prepared without Seasoning Upon Request. Lower Sodium by 280mg without Seasoning.

| | Total Cal (kcal) | Fat Cal (kcal) | Total Fat (g) | Sat Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) |
|-------------------------------------|------------------|----------------|---------------|-------------|------------------|-------------|-----------------|-----------|------------|-------------|
| Cheese Omelette with Cheddar Cheese | 805 | 505 | 56 | 28 | 908 | 1283 | 21 | 2 | 17 | 52 |
| with Bleu Cheese | 778 | 457 | 51 | 26 | 901 | 2093 | 21 | 2 | 17 | 50 |
| with Jack Cheese | 751 | 457 | 51 | 28 | 908 | 1256 | 21 | 2 | 17 | 52 |
| with Swiss Cheese | 813 | 453 | 50 | 26 | 900 | 794 | 25 | 2 | 17 | 57 |
| Cobb Omelette | 911 | 524 | 58 | 24 | 919 | 1783 | 30 | 6 | 21 | 59 |
| Denver Omelette | 643 | 317 | 35 | 15 | 870 | 1760 | 29 | 4 | 21 | 47 |
| Joies Special Omelette with Beef | 1049 | 537 | 60 | 19 | 1208 | 1904 | 40 | 7 | 24 | 78 |

HEALTHY START - As Listed on the Menu.

| | Total Cal (kcal) | Fat Cal (kcal) | Total Fat (g) | Sat Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) |
|---------------------------------|------------------|----------------|---------------|-------------|------------------|-------------|-----------------|-----------|------------|-------------|
| Egg White Omelette | 421 | 257 | 29 | 10 | 30 | 638 | 12 | 6 | 4 | 24 |
| Fruit Plate with Cottage Cheese | 408 | 54 | 6 | 3 | 20 | 727 | 55 | 6 | 44 | 33 |
| Fruit Plate with Yogurt | 418 | 23 | 3 | 1 | 10 | 137 | 91 | 10 | 69 | 9 |
| Good Start Breakfast | 562 | 76 | 8 | 3 | 5 | 253 | 116 | 10 | 60 | 10 |

CEREALS - As Listed on the Menu.

| | Total Cal (kcal) | Fat Cal (kcal) | Total Fat (g) | Sat Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) |
|----------------------|------------------|----------------|---------------|-------------|------------------|-------------|-----------------|-----------|------------|-------------|
| Cheerios | 62 | 10 | 1 | 0 | 0 | 119 | 12 | 2 | 1 | 2 |
| Frosted Flakes | 132 | 0 | 0 | 0 | 0 | 168 | 32 | 1 | 13 | 1 |
| Honey Nut Cheerios | 90 | 11 | 1 | 0 | 0 | 156 | 18 | 2 | 7 | 2 |
| Kelloggs Corn Flakes | 81 | 0 | 0 | 0 | 0 | 162 | 19 | 1 | 2 | 2 |
| Raisin Bran | 153 | 10 | 1 | 0 | 0 | 255 | 33 | 5 | 14 | 4 |
| Special K | 82 | 0 | 0 | 0 | 0 | 164 | 16 | 1 | 3 | 5 |
| Total | 80 | 4 | 0 | 0 | 0 | 152 | 18 | 2 | 4 | 2 |
| Wheaties | 88 | 7 | 1 | 0 | 0 | 176 | 19 | 2 | 3 | 2 |
| Homemade Granola | 91 | 16 | 2 | 1 | 0 | 49 | 18 | 1 | 8 | 2 |
| Steel Cut Oatmeal | 356 | 33 | 4 | 0 | 3 | 96 | 73 | 7 | 33 | 7 |

FROM THE BAKERY - As Listed on the Menu.

| | Total Cal (kcal) | Fat Cal (kcal) | Total Fat (g) | Sat Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) |
|----------------------------|------------------|----------------|---------------|-------------|------------------|-------------|-----------------|-----------|------------|-------------|
| Bagel and Cream Cheese | 390 | 89 | 10 | 5 | 40 | 633 | 60 | 2 | 4 | 14 |
| Blueberry Muffins | 250 | 90 | 10 | 2 | 37 | 425 | 35 | 0 | 15 | 4 |
| Bran Muffins | 202 | 95 | 11 | 7 | 27 | 94 | 25 | 1 | 10 | 2 |
| Croissants | 395 | 189 | 21 | 13 | 53 | 263 | 45 | 0 | 8 | 8 |
| Sourdough Toast (2 Slices) | 240 | 18 | 2 | 0 | 0 | 460 | 46 | 2 | 0 | 8 |
| Wheat Toast (2 Slices) | 200 | 18 | 2 | 0 | 0 | 320 | 42 | 4 | 6 | 8 |
| English Muffin | 120 | 9 | 1 | 0 | 0 | 200 | 25 | 1 | 1 | 4 |
| Pastry Basket | 1 | | | | | | | | | |

The Daily Grill Menu Analysis Book

The Dietary Guidelines for Americans recommend limiting saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2,000 calories daily. Recommended limits may be higher or lower depending on daily calorie consumption. Some dishes may not be available due to seasonality. Please check your main menu for availability.

HOMEMADE SOUPS - As Listed on the Menu.

| | Total Cal (kcal) | Fat Cal (kcal) | Total Fat (g) | Sat Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) |
|-----------------------------------|------------------|----------------|---------------|-------------|------------------|-------------|-----------------|-----------|------------|-------------|
| Butternut Squash (lg. bowl) | 174 | 111 | 12 | 8 | 40 | 189 | 13 | 2 | 3 | 1 |
| (sm. bowl) | 144 | 95 | 11 | 7 | 35 | 143 | 10 | 2 | 2 | 1 |
| Chicken Vegetable (lg. bowl) | 94 | 38 | 4 | 2 | 17 | 930 | 11 | 1 | 1 | 4 |
| (sm. bowl) | 80 | 29 | 3 | 2 | 13 | 697 | 10 | 1 | 1 | 3 |
| Gazpacho Soup (lg. bowl) | 90 | 43 | 5 | 1 | 0 | 547 | 9 | 3 | 5 | 2 |
| (sm. bowl) | 65 | 31 | 3 | 0 | 0 | 411 | 7 | 2 | 4 | 1 |
| Lentil Soup (lg. bowl) | 118 | 18 | 2 | 1 | 5 | 490 | 26 | 10 | 3 | 9 |
| (sm. bowl) | 89 | 13 | 1 | 1 | 4 | 367 | 19 | 8 | 2 | 7 |
| Lobster Bisque (lg. bowl) | 365 | 342 | 38 | 20 | 120 | 2590 | 4 | 0 | 2 | 2 |
| (sm. bowl) | 274 | 257 | 29 | 15 | 90 | 1943 | 3 | 0 | 2 | 2 |
| Manhattan Clam Chowder (lg. bowl) | 80 | 9 | 1 | 0 | 10 | 900 | 13 | 2 | 3 | 6 |
| (sm. bowl) | 60 | 7 | 1 | 0 | 8 | 675 | 10 | 2 | 2 | 5 |
| Minestrone (lg. bowl) | 220 | 49 | 5 | 3 | 17 | 746 | 29 | 5 | 4 | 14 |
| (sm. bowl) | 181 | 40 | 4 | 3 | 14 | 572 | 24 | 4 | 3 | 12 |
| Mushroom Barley (lg. bowl) | 94 | 19 | 2 | 1 | 6 | 320 | 13 | 4 | 2 | 5 |
| (sm. bowl) | 70 | 15 | 2 | 1 | 4 | 240 | 10 | 3 | 2 | 4 |
| Navy Bean Soup (lg. bowl) | 104 | 30 | 3 | 1 | 14 | 897 | 13 | 3 | 4 | 6 |
| (sm. bowl) | 78 | 23 | 3 | 1 | 10 | 672 | 9 | 2 | 3 | 4 |
| Split Pea Soup (lg. bowl) | 198 | 47 | 5 | 2 | 21 | 712 | 26 | 8 | 4 | 12 |
| (sm. bowl) | 148 | 36 | 4 | 1 | 16 | 534 | 19 | 6 | 3 | 9 |
| Tomato Soup (lg. bowl) | 84 | 43 | 5 | 3 | 11 | 137 | 9 | 2 | 3 | 1 |
| (sm. bowl) | 63 | 32 | 4 | 2 | 8 | 103 | 7 | 1 | 2 | 1 |

APPETIZERS - As Listed on the Menu.

| | Total Cal (kcal) | Fat Cal (kcal) | Total Fat (g) | Sat Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) |
|-------------------------|------------------|----------------|---------------|-------------|------------------|-------------|-----------------|-----------|------------|-------------|
| Fried Calamari | 665 | 415 | 46 | 8 | 431 | 1052 | 32 | 2 | 10 | 30 |
| Cheese Quesadilla | 1186 | 650 | 72 | 33 | 148 | 2453 | 94 | 13 | 14 | 44 |
| Grilled Artichoke | 639 | 508 | 56 | 8 | 32 | 871 | 24 | 10 | 6 | 7 |
| Jumbo Lump Crab Cake | 281 | 183 | 20 | 10 | 136 | 497 | 6 | 0 | 0 | 16 |
| Onion Rings | 1064 | 568 | 63 | 13 | 56 | 1456 | 105 | 7 | 21 | 13 |
| Popcorn Shrimp | 918 | 653 | 73 | 12 | 243 | 1706 | 42 | 2 | 16 | 22 |
| Seared Ahi Tuna Sashimi | 477 | 123 | 14 | 1 | 128 | 1578 | 15 | 4 | 7 | 69 |
| Shrimp Cocktail | 231 | 26 | 3 | 1 | 230 | 1101 | 21 | 2 | 15 | 32 |
| Spinach Artichoke Dip | 553 | 246 | 27 | 19 | 103 | 1017 | 43 | 3 | 3 | 28 |
| Trio of Hummus | 526 | 146 | 16 | 2 | 0 | 1039 | 76 | 8 | 4 | 19 |

STARTER SALADS - As Listed on the Menu.

All Salads Include Dressings (Except for Mixed Green Salad).

| | Total Cal (kcal) | Fat Cal (kcal) | Total Fat (g) | Sat Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) |
|---|------------------|----------------|---------------|-------------|------------------|-------------|-----------------|-----------|------------|-------------|
| Caesar Salad | 603 | 437 | 49 | 12 | 41 | 780 | 20 | 3 | 2 | 21 |
| Endive and Spicy Pecan Salad | 709 | 539 | 60 | 12 | 25 | 667 | 33 | 7 | 23 | 11 |
| The Grill Chop Salad | 786 | 663 | 74 | 23 | 136 | 1556 | 6 | 1 | 3 | 21 |
| Mixed Green Salad Please Choose Dressing | 101 | 7 | 1 | 0 | 0 | 127 | 19 | 7 | 9 | 5 |

ENTRÉE SALADS - As Listed on the Menu. All Salads Include Dressings.

| | Total Cal (kcal) | Fat Cal (kcal) | Total Fat (g) | Sat Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) |
|---------------------------------------|------------------|----------------|---------------|-------------|------------------|-------------|-----------------|-----------|------------|-------------|
| Blackened Ahi Tuna Salad | 1026 | 638 | 71 | 8 | 64 | 1495 | 46 | 15 | 18 | 53 |
| Caesar Salad with Grilled Salmon | 958 | 685 | 76 | 16 | 110 | 1052 | 23 | 5 | 3 | 44 |
| Chicken Caesar Salad (DINNER) | 1115 | 651 | 72 | 16 | 212 | 1186 | 23 | 5 | 3 | 87 |
| (LUNCH) | 959 | 636 | 71 | 16 | 129 | 1094 | 23 | 5 | 3 | 54 |
| Chinese Chicken Salad (DINNER) | 1311 | 551 | 61 | 8 | 66 | 1526 | 137 | 15 | 32 | 46 |
| (LUNCH) | 717 | 287 | 32 | 4 | 49 | 803 | 73 | 9 | 18 | 30 |
| Daily Grill Cobb Salad (DINNER) | 1504 | 1045 | 116 | 31 | 453 | 2654 | 25 | 11 | 10 | 84 |
| (LUNCH) | 852 | 613 | 68 | 17 | 229 | 1395 | 14 | 6 | 5 | 42 |
| Grilled Lime Chicken Salad (DINNER) | 1072 | 859 | 95 | 14 | 0 | 576 | 43 | 16 | 11 | 10 |
| (LUNCH) | 536 | 429 | 48 | 7 | 0 | 288 | 22 | 8 | 6 | 5 |
| Iceberg Wedge Salad | 1000 | 877 | 97 | 21 | 55 | 1498 | 9 | 3 | 5 | 21 |
| Grilled Skirt Steak Salad | 1134 | 794 | 88 | 26 | 151 | 2350 | 29 | 7 | 15 | 46 |
| Parmesan Crusted Chicken Caesar Salad | 1123 | 725 | 81 | 19 | 224 | 1221 | 36 | 5 | 3 | 60 |

SALAD DRESSING - 2 oz. Servings

| | Total Cal (kcal) | Fat Cal (kcal) | Total Fat (g) | Sat Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) |
|-----------------------|------------------|----------------|---------------|-------------|------------------|-------------|-----------------|-----------|------------|-------------|
| Asian Ginger Dressing | 248 | 217 | 24 | 3 | 0 | 489 | 7 | 0 | 5 | 1 |
| Balsamic Vinaigrette | 343 | 321 | 36 | 5 | 0 | 184 | 4 | 1 | 3 | 1 |
| Caesar Dressing | 376 | 363 | 40 | 6 | 12 | 434 | 2 | 0 | 0 | 0 |
| Creamy Bleu Cheese | 327 | 307 | 34 | 7 | 37 | 326 | 1 | 0 | 1 | 2 |
| House Dressing | 370 | 360 | 40 | 6 | 10 | 258 | 2 | 0 | 0 | 0 |
| Lime Chicken Dressing | 340 | 336 | 37 | 5 | 0 | 188 | 1 | 0 | 0 | 0 |
| Oil and Vinegar | 341 | 337 | 37 | 5 | 0 | 150 | 1 | 0 | 0 | 0 |
| Ranch Dressing | 320 | 288 | 32 | 5 | 10 | 660 | 4 | 0 | 2 | 0 |
| Southwest Dressing | 197 | 176 | 20 | 5 | 27 | 164 | 3 | 0 | 1 | 1 |
| 1,000 Island Dressing | 264 | 233 | 26 | 4 | 32 | 534 | 6 | 0 | 5 | 1 |
| Walnut Vinaigrette | 359 | 353 | 39 | 5 | 0 | 253 | 2 | 0 | 1 | 0 |

SPECIALTY SANDWICHES - As Listed on the Menu.

Served with Fresh Fruit unless Otherwise Stated in Description. All Burgers are Seasoned with Granulated Garlic, Kosher Salt and Black Pepper. All Burgers May Be Prepared without Seasoning Upon Request. Lower Sodium by 281mg without Seasoning.

| | Total Cal (kcal) | Fat Cal (kcal) | Total Fat (g) | Sat Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) |
|-------------------------------------|------------------|----------------|---------------|-------------|------------------|-------------|-----------------|-----------|------------|-------------|
| Cheeseburger | 1128 | 550 | 61 | 24 | 247 | 1747 | 80 | 5 | 25 | 57 |
| with Bleu Cheese | 1134 | 562 | 62 | 24 | 248 | 1545 | 80 | 5 | 25 | 58 |
| with Cheddar Cheese | 1121 | 550 | 61 | 24 | 248 | 1538 | 80 | 5 | 25 | 58 |
| with Jack Cheese | 1136 | 549 | 61 | 24 | 246 | 1423 | 81 | 5 | 25 | 59 |
| with Swiss Cheese | 1026 | 477 | 53 | 19 | 221 | 1363 | 80 | 5 | 25 | 51 |
| Hamburger | 1420 | 747 | 83 | 25 | 226 | 2268 | 104 | 8 | 15 | 59 |
| Pepper Bacon Burger | 1346 | 714 | 79 | 32 | 305 | 1771 | 84 | 5 | 27 | 69 |
| Classic Chicken Burger | 1413 | 745 | 83 | 25 | 227 | 3162 | 110 | 12 | 21 | 55 |
| Classic Cheeseburger | 1521 | 820 | 91 | 30 | 252 | 2652 | 104 | 8 | 15 | 65 |
| with Bleu Cheese | 1528 | 832 | 92 | 30 | 253 | 2450 | 104 | 8 | 15 | 66 |
| with Cheddar Cheese | 1514 | 820 | 91 | 30 | 253 | 2443 | 104 | 8 | 15 | 66 |
| with Jack Cheese | 1530 | 819 | 91 | 30 | 251 | 2328 | 105 | 8 | 15 | 67 |
| with Swiss Cheese | 960 | 465 | 52 | 13 | 233 | 1635 | 83 | 4 | 23 | 34 |
| Crab Cake Sandwich | 979 | 471 | 52 | 12 | 138 | 1461 | 80 | 4 | 19 | 42 |
| Cobb Club Sandwich | 623 | 39 | 4 | 1 | 93 | 1667 | 88 | 2 | 17 | 52 |
| Original Beef Dip Sandwich | 1053 | 499 | 55 | 21 | 196 | 5117 | 71 | 6 | 22 | 61 |
| Reuben Sandwich | 731 | 292 | 32 | 10 | 150 | 1968 | 77 | 3 | 18 | 32 |
| BLT | 888 | 361 | 40 | 11 | 178 | 1325 | 81 | 4 | 28 | 44 |
| Charbroiled Chicken Breast Sandwich | 1019 | 529 | 59 | 23 | 181 | 1698 | 68 | 4 | 18 | 51 |
| Tuna Melt | 752 | 261 | 29 | 6 | 97 | 1369 | 78 | 3 | 19 | 40 |
| Tuna Salad Sandwich | 1053 | 392 | 44 | 25 | 175 | 3147 | 108 | 6 | 28 | 61 |
| California Turkey Melt | 753 | 342 | 38 | 6 | 152 | 1022 | 61 | 5 | 21 | 41 |
| Blackened Mahi Mahi Sandwich | 974 | 440 | 49 | 19 | 219 | 2322 | 86 | 7 | 27 | 45 |
| Chicken Burger | 941 | 323 | 36 | 10 | 118 | 1630 | 102 | 14 | 20 | 51 |
| Santa Fe Chicken Wrap | 748 | 306 | 34 | 7 | 78 | 1542 | 66 | 11 | 7 | 46 |
| Ahi Tuna Wrap | | | | | | | | | | |

HALF SANDWICH COMBOS - As Listed on the Menu.

| | Total Cal (kcal) | Fat Cal (kcal) | Total Fat (g) | Sat Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) |
|---|------------------|----------------|---------------|-------------|------------------|-------------|-----------------|-----------|------------|-------------|
| Half BLT & Caesar Salad | 1334 | 729 | 81 | 22 | 191 | 2748 | 97 | 6 | 20 | 53 |
| Half BLT & Mixed Green Salad | 832 | 299 | 33 | 10 | 150 | 2095 | 96 | 10 | 27 | 37 |
| Half BLT & Sm. Bowl Soup (FROM) | 791 | 299 | 33 | 10 | 150 | 2071 | 84 | 3 | 19 | 33 |
| (TO) | 1098 | 549 | 61 | 25 | 240 | 3911 | 96 | 11 | 22 | 44 |
| Half Turkey Melt & Caesar Salad | 1656 | 829 | 93 | 37 | 216 | 3927 | 128 | 9 | 30 | 82 |
| Half Turkey Melt & Mixed Green Salad | 1154 | 399 | 45 | 25 | 175 | 3274 | 127 | 13 | 37 | 66 |
| Half Turkey Melt & Sm. Bowl Soup (FROM) | 1113 | 399 | 45 | 25 | 175 | 3250 | 115 | 6 | 29 | 62 |
| (TO) | 1420 | 649 | 73 | 40 | 265 | 5090 | 127 | 14 | 32 | 73 |
| Half Tuna Melt & Caesar Salad | 1622 | 966 | 108 | 35 | 222 | 2478 | 88 | 7 | 20 | 72 |
| Half Tuna Melt & Mixed Green Salad | 1120 | 536 | 60 | 23 | 181 | 1825 | 87 | 11 | 27 | 56 |
| Half Tuna Melt & Sm. Bowl Soup (FROM) | 1079 | 536 | 60 | 23 | 181 | 1801 | 75 | 4 | 19 | 52 |
| (TO) | 1386 | 786 | 88 | 38 | 271 | 3641 | 87 | 12 | 22 | 63 |
| Half Tuna Salad & Caesar Salad | 1355 | 698 | 78 | 18 | 138 | 2149 | 98 | 6 | 21 | 61 |
| Half Tuna Salad & Mixed Green Salad | 853 | 268 | 30 | 6 | 97 | 1496 | 97 | 10 | 28 | 45 |
| Half Tuna Salad & Sm. Bowl Soup (FROM) | 812 | 268 | 30 | 6 | 97 | 1472 | 85 | 3 | 20 | 41 |
| (TO) | 1119 | 518 | 58 | 21 | 187 | 3312 | 97 | 11 | 23 | 52 |

SOUP AND SALAD COMBOS - As Listed on the Menu.

| | Total Cal (kcal) | Fat Cal (kcal) | Total Fat (g) | Sat Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) |
|---|------------------|----------------|---------------|-------------|------------------|-------------|-----------------|-----------|------------|-------------|
| Cobb Salad & Sm. Bowl Soup (FROM) | 912 | 620 | 69 | 17 | 229 | 1498 | 21 | 6 | 6 | 43 |
| (TO) | 1219 | 870 | 97 | 32 | 319 | 3338 | 33 | 14 | 9 | 54 |
| Grill Chop Salad & Sm. Bowl Soup (FROM) | 846 | | | | | | | | | |