



**RAM** **C** **B & POTTS**  
RESTAURANT & BREWERY

**NUTRITIONAL  
INFORMATION  
STORE COPY**

# APPETIZERS

Appetizers		Calories (kcal)	Calories from Fat (kcal)	Calories from SatFat (kcal)	Calories from TransFat (kcal)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sodium (mg)	Total Sugars (g)	Protein (g)
Armadillo Eggs		1144	735	221	1	250	50	3	2538	8	52
Pretzel Sticks & Beer Cheese Fondue		1856	785	213	2	118	207	7	3823	10	53
~Add Pretzel Sticks (3)		510	41	0	0	0	96	3	1110	3	18
Ahi Poke Nachos		984	424	64	0	73	96	7	2027	26	42
Crispy NY Style Calamari		1257	803	108	0	487	70	3	2031	4	39
Wings											
~Buffalo		1370	216	173	2	17	29	2	2982	3	66
~Porter BBQ		1364	213	172	1	17	55	2	1189	26	67
~Naked		1258	212	172	1	17	30	2	1167	3	67
Boneless Wings											
~Buffalo		1085	276	62	1	127	134	12	6230	5	56
~Porter BBQ		1118	275	62	1	127	155	12	5484	24	57
~Naked		1029	275	62	1	127	134	12	5322	5	56
Fried Cheese Curds		1170	828	371	0	185	46	1	1576	14	46
Nachos (No Meat)		2269	892	491	1	231	193	28	2630	7	71
~Add Taco Chicken	+	120	30	9	0	50	3	0	344	0	18
~Add Taco Beef	+	201	100	38	4	67	3	0	458	1	20
~Add Pork Carnitas	+	150	30	10	0	50	6	0	485	4	13
Loaded Ram Chips		2015	963	521	10	238	124	4	2513	3	52
BBQ Chicken Quesadilla		760	376	174	2	129	40	3	1097	6	35
Crab and Artichoke Dip		1237	708	215	0	103	88	2	2232	1	39
Savory Hummus		1490	599	90	1	17	159	14	2143	8	23
Guacamole & Chips		1235	433	91	0	1	143	32	1301	9	17
Spinach & Artichoke Dip		1069	395	193	4	104	112	8	2242	8	37
Fried Pickle Chips		851	459	52	1	7	93	0	3631	22	7
Mulligan Burger		1162	471	123	4	81	102	4	1130	5	31
Pepperoni and Mushroom Flatbread		744	352	134	3	67	73	3	1848	6	30

# BURGERS

## (WITH BURGER PATTY)

Burgers (With Burger Patty)		Calories (kcal)	Calories from Fat (kcal)	Calories from SatFat (kcal)	Calories from TransFat (kcal)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sodium (mg)	Total Sugars (g)	Protein (g)
Porter BBQ Bacon Cheddar Burger		839	418	147	15	178	51	2	1886	17	54
Santa Fe Burger		1090	638	190	15	137	64	4	1610	8	48
Ricardo Burger		1411	661	204	16	271	79	3	4038	11	86
Legion of Shroom Burger (Stadium Burger)		914	519	166	15	151	48	3	1777	7	49
Faburge Burger		1384	860	228	15	367	66	2	3377	7	64
Jethro Burger		1089	658	199	13	163	54	3	5916	8	51
Big Proter Blue Burger		938	431	170	13	141	75	4	1804	32	50
Dunker		874	360	145	15	131	70.91	3	213	0	51
~Crispy Onions	+	197	112	18	0	0	19	0	737	0	2
~Mushrooms	+	42	35	5	0	0	1	0	14	1	1
~Grilled Onions	+	83	53	22	0	0	7	1	321	3	1
Bavarian		1030	497	190	16	173	62	4	3312	11	62
Blackjack Burger		771	332	123	13	130	63	7	1529	10	45
Buffalo Black-jack Burger		719	207	73	0	130	63	7	1511	10	62
South of the Border Burger		839	434	151	15	141	52	5	1663	8	49
Tumbleweed		1042	594	126	13	124	73	6	2552	10	43
Patty Melt Another Way		1023	643	200	16	163	41	3	1658	8	49
Huevos Green Chili Burger		956	516	201	13	18/3.66	43	3	2542	9	58
Classic Burger		750	393	107	13	120	49	3	1451	8	39
~Add Bacon (2 strips)	+	80	63	23	0	10	0	0	200	0	4
Plain Jane		864	501	120	0	125	48	3	1708	8	38
Impossible Burger		964	496	245	0	15	62	3	2287	11	55
Broadway Melt		1241	713	215	16	159	76	6	1942	16	53
The Mulligan Pub Burger		1162	471	123	4	81	102	4	1130	5	31
Bacon Cheddar Pub Burger		640	416	88	2	94	25	1	840	2	29

# BUN OPTIONS

Bun Options	Calories (kcal)	Calories from Fat (kcal)	Calories from SatFat (kcal)	Calories from TransFat (kcal)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sodium (mg)	Total Sugars (g)	Protein (g)
Kaiser Bun	230	32	0	0	0	43	2	410	5	7
Udi's Gluten Free Bun	180	45	0	0	0	32	6	290	4	5
Brioche Bun	220	32	9	0	20	39	1	370	8	8
Pretzel Bun	300	54	22	0	0	53	2	410	5	9
Wheat Bun	200	27	5	0	0	37	6	380	4	8
Sour Dough Bun	130	21	3	0	0	22	1	205	1	3

# PATTY CHOICES

Patty Choices	Calories (kcal)	Calories from Fat (kcal)	Calories from SatFat (kcal)	Calories from TransFat (kcal)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sodium (mg)	Total Sugars (g)	Protein (g)
Burger Patty	417	263	103	10	121	1	0	727	0	35
Turkey Patty	450	306	90	0	115	0	0	960	0	30
Vegi Patty	233	60	8	0	0	34	7	647	2	10
Impossible	514	273	210	0	0	12	0	1004	2	47
Grilled Chicken	211	38	15	0	117	0	0	11	0	38

# SANDWICHES

Sandwiches	Calories (kcal)	Calories from Fat (kcal)	Calories from SatFat (kcal)	Calories from TransFat (kcal)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sodium (mg)	Total Sugars (g)	Protein (g)
Crispy Chicken Sandwich										
~BBQ & Ranch	1211	383	76	0	131	149	8	4102	40	54
~Buffalo & Blue Cheese	1076	398	86	2	132	90	1	5425	5	51
Cubano Melt	996	410	139	5	136	83	3	2776	13	48
Crab and Artichoke Melt	905	583	203	0	119	44	3	1667	2	34
Turkey Havarti Melt	781	408	146	6	146	33	3	2073	3	55
~Avocado	+ 161	133	19	0	0	9	7	7	1	2

Turkey Havarti Melt w/ Bacon		1269	695	209	6	167	77	3	2901	7	65
~Avocado	+	161	133	19	0	0	9	7	7	1	2
French Dip		540	118	23	0	76	52	2	2557	0	53
~Cheese	+	70 to 119	47 to 81	30 to 54	0 to 3	18 to 25	0	0	170 to 288	0	5 to 6
~Mushrooms	+	42	35	5	0	0	1	0	14	1	1
~Grilled Onions	+	83	53	22	0	0	7	1	321	3	1
Grand Reuben		931	579	196	1	125	35	4	3892	4	42
Fillet Medallion Steak Sandwich		1176	433	102	1	166	77	4	5171	6	63
Buttface Amber Ale Chicken Sandwich		998	501	196	14	152	67	3	2039	8	52
Grilled Kahuna Tuna Sandwich		805	472	89	0	49	55	9	1093	21	28
BBQ Meatloaf Sandwich		1343	666	186	7	181	111	3	2863	19	49
71 Pale Ale Tenderloin Sandwich		1087	466	116	1	166	111	7	2798	9	41
Grilled Monte Cristo		1402	714	220	8	361	102	4	2992	42	70
Chicken Ranch Sandwich		868	407	125	0	212	42	2	1440	10	66
Buffalo Chicken Sandwich		757	342	104	0	118	44	2	2640	4	37
Kodiak Alaska Salmon Burger		897	533	104	1	106	57	3	906	19	32
Beer Battered Fish Sandwich		579	297	60	1	11	43	1	706	4	18

## MAINS

Mains		Calories (kcal)	Calories from Fat (kcal)	Calories from SatFat (kcal)	Calories from TransFat (kcal)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sodium (mg)	Total Sugars (g)	Protein (g)
Mac and Cheese		1269	686	416	17	106	231	0	1585	12	41
~Add Blackened Chicken	+	116	21	8	0	58	2	1	49	0	20
~Add Roasted Jalapenos	+	18	1	0	0	4	0	1	3	2	1
~Add Bacon	+	161	109	37	0	1	34	0	581	0	12
~Add Roasted Mushrooms	+	134	113	11	0	0	4	1	41	2	2
~Add Grilled Chicken	+	143	55	23	0	1	58	0	75	0	19

~Add Pork Carnitas	+	211	42	14	0	71	8	0	685	6	19
~Add Crab	+	94	9	1	0	65	1	0	321	0	19
~Add Broccoli	+	24	3	0	0	0	4	2	23	1	3
~Add Roasted Veggies	+	96	55	10	0	0	9	2	262	5	2
Fish & Chips 2 Pieces		1552	914	140	4	136	113	5	3554	5	42
Fish & Chips 3 Pieces		1843	1070	152	4	187	128	5	4129	5	59
Chicken Marsala		1486	768	282	7	248	81	7	3086	12	76
Grilled Alaskan Salmon		726	260	55	0	95	65	5	1260	4	50
Roasted Garlic Herb Salmon		809	385	49	0	130	53	4	980	4	51
Sirloin Steak - 8oz		1164	638	244	0	240	56	7	1622	5	72
Manhattan New York		1176	604	235	16	247	56	7	1650	5	83
Grilled Ribeye		1277	693	267	1	268	56	7	1693	5	86
Prime Rib 10oz		1178	726	314	34	228	51	8	1560	7	63
Prime Rib 14oz		1463	928	402	46	305	52	8	1748	7	84
Crispy Chicken Tenderloins											
~Buffalo		1716	586	121	2	217	167	15	6544	5	84
~Porter BBQ		1710	584	121	1	217	195	15	4601	31	84
~Naked		1593	583	121	1	217	167	15	4112	5	84
Big Red's IPA Baby Back Ribs - Half Rack		1459	461	109	3	33	230	10	5392	105	19
Big Red's IPA Baby Back Ribs - Full Rack		1793	463	109	3	33	310	11	7351	178	20
Street Tacos - Corn Tortilla (No Meat)		722	319	55	1	8	94	14	1146	13	14
Street Tacos - Flour Tortilla (No meat)		782	346	73	1	8	96	12	1716	11	16
~Blackened Salmon	+	244	76	13	0	86	5	2	135	0	38
~Pulled Pork Carnitas	+	150	30	10	0	50	6	0	486	4	13
~Blackened Ahi Tuna	+	136	8	2	0	44	2	1	53	0	28
~Blackened Chicken	+	126	23	8	0	58	5	2	50	0	20
~Grilled Chicken	+	106	19	7	0	58	0	0	56	0	19
Meatloaf Entrée		1219	762	188	6	220	59	5	4981	9	54

Super Bowl (No meat)		456	323	47	0	0	105	7	2649	26	20
Add Chicken	+	405	139	28	0	127	19	0	763	17	43
Add Salmon	+	571	377	102	0	88	16	0	1300	13	31

# SALADS

Salads		Calories (kcal)	Calories from Fat (kcal)	Calories from SatFat (kcal)	Calories from TransFat (kcal)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sodium (mg)	Total Sugars (g)	Protein (g)
Fried Chicken Cobb Wedge Salad		1296	626	160	4	398	84	12	3978	84	12
Chicken Almond Salad		841	452	42	1	166	38	6	710	28	58
Spicy Chicken Caesar Salad		1102	555	115	0	176	79	17	1106	21	60
Olympus Steak Salad		1052	516	121	0	213	28	12	1409	7	65
Southwest Zesty Chicken Salad		1230	461	148	0	202	101	16	4755	8	72
Tossed Chicken Cobb Salad		983	668	190	1	341	17	9	1334	5	62
Ahi Poke Salad		789	374	47	1	53	67	11	1524	25	38
Kale and Quinoa Salad		547	355	70	0	15	34	7	557	6	15
Spicy Caesar w/o Chicken		652	452	76	0	52	40	12	652	11	15
Olympus Salad w/o Steak		684	517	121	0	69	28	11	1387	7	17
Salad Protiens											
~Add Grilled Chicken	+	211	38	15	0	117	0	0	11	0	38
~Add Blackened Chicken	+	251	46	16	0	117	9	3	101	1	40
~Add Filet Steak	+	373	0	0	0	144	0	0	242	0	48
~Add Salmon Filet	+	327	196	34	0	64	0	0	645	0	31

# GLUTEN FREE

Gluten Free		Calories (kcal)	Calories from Fat (kcal)	Calories from SatFat (kcal)	Calories from TransFat (kcal)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sodium (mg)	Total Sugars (g)	Protein (g)
GF Chicken & Veggie Quesadilla		1311	778	384	0	238	57	13	2030	13	72
GF Tacos (No Meat)		433	86	11	0	0	83	9	395	15	10
~Blackened Salmon	+	244	76	13	0	86	5	2	135	0	38
~Pulled Pork Carnitas	+	150	30	10	0	50	6	0	486	4	13
~Blackened Ahi Tuna	+	136	8	2	0	44	2	1	53	0	28
~Blackened Chicken	+	126	23	8	0	58	5	2	50	0	20
~Grilled Chicken	+	106	19	7	0	58	0	0	56	0	19
GF Grilled Alaskan Salmon		595	294	45	0	123	27	5	605	5	49
GF Chimichurri Sirloin		549	231	87	0	145	31	5	418	5	47
GF Chimichurri Chicken		372	55	18	0	117	32	5	448	5	46

# SOUP

Soups		Calories (kcal)	Calories from Fat (kcal)	Calories from SatFat (kcal)	Calories from TransFat (kcal)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sodium (mg)	Total Sugars (g)	Protein (g)
Tomato Basil Bisque w/ Pretzel - Cup		333	103	49	0	27	55	2	1232	8	9
Tomato Basil Bisque w/ Pretzel - Bowl		497	193	98	0	54	77	3	2094	16	11
Chicken Tortilla w/ Tortilla Strips - Cup		122	28	0	0	9	21	4	783	3	7
Chicken Tortilla w/ Tortilla Strips - Bowl		225	55	0	0	17	38	7	1567	5	13
NW Clam Chowder w/ Garlic Crostini - Cup		302	133	72	0	35	32	2	1114	2	9



NW Clam Chowder w/ Garlic Crostini - Bowl	460	220	127	0	70	44	3	1971	4	14
Beer Cheese w/ Pretzel - Cup	460	221	95	0	61	45	2	1453	3	13
Beer Cheese w/ Pretzel - Bowl	777	457	201	2	130	59	3	2404	5	20
Bison Chili w/ Cornbread - Cup	438	128	42	0	33	60	9	1319	17	19
Bison Chili w/ Cornbread - Bowl	625	190	61	0	57	80	15	2174	22	32
Green Chili w/ Tortilla - Cup	395	103	37	0	55	40	5	1120	12	19
Green Chili w/ Tortilla - Bowl	678	197	75	0	110	64	9	2166	25	38
Sirloin and Pork Chili w/ Cornbread - Cup	397	105	35	1	37	55	7	989	16	17
Sirloin and Pork Chili w/ Cornbread - Bowl	633	166	54	3	82	77	14	1833	22	35
Tomato Basil Bisque w/ Cornbread - Cup	414	156	73	0	36	63	3	1325	20	9
Tomato Basil Bisque w/ Cornbread - Bowl	284	156	85	0	47	39	2	1501	13	5
Chef Alicia's Chili - Cup	284	139	50	3	41	18	6	3141	3	18
Chef Alicia's Chili - Bowl	568	277	101	6	81	37	12	6281	5	36
Corn Chowder - Cup	413	139	56	0	29	61	4	1038	15	9
Corn Chowder - Bowl	575	212	89	0	49	83	5	1613	19	13

## DESSERTS

Desserts	Calories (kcal)	Calories from Fat (kcal)	Calories from SatFat (kcal)	Calories from TransFat (kcal)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sodium (mg)	Total Sugars (g)	Protein (g)
Brownie Skillet Sundae	1317	428	230	0	58	210	9	830	157	19
Chocolate Chip Skillet Cookie	1102	547	269	1	441	124	4	908	84	22
Mile High Mud Pie	1610	846	303	1	167	273	8	1368	194	26

Colossal Bread Pudding		1893	510	219	8	300	307	7	1840	193	38
Ice Cream Cupcakes (1 each)											
~Mint		622	254	164	0	55	86	4	194	64	8
~Peanut Butter		548	219	82	0	46	76	2	202	34	8
~Strawberry		486	198	114	0	36	38	0	148	60	5
~Muddy		558	339	158	1	45	79	2	451	61	8

# BREAKFAST

Breakfast		Calories (kcal)	Calories from Fat (kcal)	Calories from SatFat (kcal)	Calories from TransFat (kcal)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sodium (mg)	Total Sugars (g)	Protein (g)
The Skillet Scramble w/o Toppings and Side Choice		435	325	112	0	742	0	0	471	0	27
*Skillet Toppings											
~Bacon	+	80	63	23	0	10	0	0	200	0	4
~Sausage	+	230	165	58	0	38	3	0	809	1	13
~Ham	+	51	18	0	0	20	2	0	709	2	8
~Roasted Jalapeno	+	6	0	0	0	0	1	0	1	1	0
~Red Bell Peppers	+	9	1	0	0	0	2	1	1	1	0
~Anaheim Chilies	+	13	0	0	0	0	2	0	6	0	1
~Avocado	+	80	66	10	0	0	4	3	4	0	1
~Red Onions	+	11	0	0	0	0	3	0	1	1	0
~Sliced Mushrooms	+	6	1	0	0	0	1	0	1	1	1
~Diced Tomatos	+	5	1	0	0	0	1	0	1	1	0
~Salsa	+	21	2	0	0	0	4	1	281	0	1
*Skillet Side Choice											
~Hash browns	+	807	171	32	0	0	133	6	992	0	13
~Cheesy Browns	+	856	162	84	0	46	138	7	1434	0	23
~Tater Tots	+	497	322	54	0	0	40	4	992	2	4
Breakfast Tacos											
~Ham	+	808	388	155	0	795	42	4	1812	5	45
~Sausage	+	1620	1035	1035	360	0	890	49	5	3630	5
~Bacon	+	838	432	178	0	785	40	4	1304	3	41
~Three Meat	+	1580	945	350	0	920	51	5	4438	7	88
Flapjack Combo w/o Bacon or Sausage		1287	381	192	15	98	214	4	1773	124	14

*Choice of Bacon or Sausage for Flapjack Combo											
~Bacon	+	80	63	23	0	10	0	0	200	0	4
~Sausage	+	460	329	115	0	76	6	0	1617	1	26
Breakfast Burrito		1052	654	219	0	780	52	4	1462	4	45
Steak & Eggs (Steak Only)		628	365	146	0	218	0	0	485	0	61
*Egg Choices											
~Scrambled	+	324	239	62	0	714	0	0	288	0	20
~Fried	+	126	75	25	0	327	1	0	125	0	11
*Toast Choice											
~White Toast	+	265	116	61	3	32	34	1	319	11	4
~Wheat Toast	+	287	118	62	3	32	36	2	371	12	6
*Steak Side Choice											
~Hashbrowns	+	807	171	32	0	0	133	6	992	0	13
~Cheesy Browns	+	856	162	84	0	46	138	7	1434	0	23
~Tater Tots	+	497	322	54	0	0	40	4	992	2	4
Biscuits & Gravy		663	260	62	1	14	89	3	1573	10	12
~Add Sausage	+	922	659	230	0	153	11	0	3235	2	51
Fried Chicken, Eggs and Biscuits w/o Eggs and Side Choice		1406	380	98	1	162	172	12	5153	16	80
*Egg Choices											
~Scrambled	+	324	239	62	0	714	0	0	288	0	20
~Fried	+	126	75	25	0	327	1	0	125	0	11
*Fried Chicken Side Choice											
~Hashbrowns	+	807	171	32	0	0	133	6	992	0	13
~Cheesy Browns	+	856	162	84	0	46	138	7	1434	0	23
~Tater Tots	+	497	322	54	0	0	40	4	992	2	4
Monte Cristo Sandwich		1284	686	334	0	204	101	3	2954	47	57
*Monte Cristo Sandwich Side Choice											
~Hashbrowns	+	807	171	32	0	0	133	6	992	0	13
~Cheesy Browns	+	856	162	84	0	46	138	7	1434	0	23
~Tater Tots	+	497	322	54	0	0	40	4	992	2	4
Faburge Burger		1425	913	247	15	387	62	1	3174	10	65
*Faburge Side Choice											
~Hashbrowns	+	807	171	32	0	0	133	6	992	0	13
~Cheesy Browns	+	856	162	84	0	46	138	7	1434	0	23

~Tater Tots	+	497	322	54	0	0	40	4	992	2	4
Basic Breakfast Choices											
*Egg Choices											
~Scrambled	+	324	239	62	0	714	0	0	288	0	20
~Fried	+	126	75	25	0	327	1	0	125	0	11
*Toast Choice											
~White Toast	+	265	116	61	3	32	34	1	319	11	4
~Wheat Toast	+	287	118	62	3	32	36	2	371	12	6
*Steak Side Choice											
~Hashbrowns	+	807	171	32	0	0	133	6	992	0	13
~Cheesy Browns	+	856	162	84	0	46	138	7	1434	0	23
~Tater Tots	+	497	322	54	0	0	40	4	992	2	4
*Choice of Bacon or Sausage											
~Bacon	+	80	63	23	0	10	0	0	200	0	4
~Sausage	+	460	329	115	0	76	6	0	1617	1	26
Kid - Scrambler		343	237	47	0	238	18	2	545	1	9
*Choice of Bacon or Sausage											
~Bacon	+	80	63	23	0	10	0	0	200	0	4
~Sausage	+	460	329	115	0	76	6	0	1617	1	26
*Toast Choice											
~White Toast	+	265	116	61	3	32	34	1	319	11	4
~Wheat Toast	+	287	118	62	3	32	36	2	371	12	6
*Kid Side											
~Fruit Cup	+	52	1	0	0	0	13	2	10	11	1
~Tater Tots	+	331	215	36	0	0	26	3	661	1	3
Pancakes		542	105	21	2	1	103	2	799	59	7
*Choice of Bacon or Sausage											
~Bacon	+	80	63	23	0	10	0	0	200	0	4
~Sausage	+	460	329	115	0	76	6	0	1617	1	26
*Kid Side											
~Fruit Cup	+	52	1	0	0	0	13	2	10	11	1
~Tater Tots	+	331	215	36	0	0	26	3	661	1	3
French Toast											
*Choice of Bacon or Sausage		600	228	56	1	244	83	2	667	43	14
~Bacon	+	80	63	23	0	10	0	0	200	0	4
~Sausage	+	460	329	115	0	76	6	0	1617	1	26
*Kid Side											
~Fruit Cup	+	52	1	0	0	0	13	2	10	11	1
~Tater Tots	+	331	215	36	0	0	26	3	661	1	3
Kid - Skillet Scramble		435	325	112	0	742	0	0	471	0	27
*Toast Choice											
~White Toast	+	265	116	61	3	32	34	1	319	11	4
~Wheat Toast	+	287	118	62	3	32	36	2	371	12	6

*Choice of Bacon or Sausage											
~Bacon	+	80	63	23	0	10	0	0	200	0	4
~Sausage	+	460	329	115	0	76	6	0	1617	1	26
*Kid Side											
~Fruit Cup	+	52	1	0	0	0	13	2	10	11	1
~Tater Tots	+	331	215	36	0	0	26	3	661	1	3

## BREAKFAST SIDES

Breakfast Sides		Calories (kcal)	Calories from Fat (kcal)	Calories from SatFat (kcal)	Calories from TransFat (kcal)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sodium (mg)	Total Sugars (g)	Protein (g)
Bacon (4 Strips)		160	126	45	0	20	0	0	400	0	8
Sausage links (4 Links)		922	659	230	0	153	11	0	3235	2	51
White Toast (2 pieces)		265	116	61	3	32	34	1	319	11	4
Wheat Toast (2 pieces)		287	118	62	3	32	36	2	371	12	6
Egg (1 each)											
~Scrambled	+	324	239	62	0	714	0	0	288	0	20
~Fried	+	126	75	25	0	327	1	0	125	0	11
Fruit		52	2	0	0	0	13	2	10	11	1
Hashbrowns		807	171	32	0	0	133	6	992	0	13
Cheesy Browns		856	162	84	0	46	138	7	1434	0	23
Tater Tots		497	322	54	0	0	40	4	992	2	4
Country Gravy (4oz)		116	36	15	1	7	17	1	281	3	3
Buttermilk Biscuits (1 each)		172	51	8	0	1	27	1	480	2	3
Avocado		161	133	19	0	0	9	7	7	1	2
Pancakes (1 each)		601	38	10	5	3	126	4	1484	45	13

## SIDES

Sides		Calories (kcal)	Calories from Fat (kcal)	Calories from SatFat (kcal)	Calories from TransFat (kcal)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sodium (mg)	Total Sugars (g)	Protein (g)
Fresh Cut Fries		660	340	54	0	0	75	7	460	1	7
Sweet Potato Fries		513	264	33	0	0	61	8	584	16	3
Tater Tots		497	322	54	0	0	40	4	992	2	4
Vampire (Garlic) Fries		705	379	59	0	0	77	7	532	1	7

Ram Chips	434	73	40	2	0	51	2	208	0	2
Jalapeno Pepperjack Cornbread	501	133	47	0	17	81	4	926	25	12
Mac & Cheese	638	345	208	8	116	53	3	801	6	21
Cheddar Mashed Potatos	284	118	49	1	29	33	3	675	1	9
Baked Potato(Plain)	249	3	1	0	0	57	7	19	3	7
Baked Potato(-Loaded)	671	390	209	12	116	60	7	517	4	12
Broccoli	40	4	1	0	0	7	3	38	2	4
Spanish Red Rice	204	24	5	0	0	40	2	366	4	4
Couscous	266	69	6	0	0	41	3	103	0	7
Fireside Beans	156	39	8	0	3	24	4	788	9	6
Seasonal Fruit	52	2	0	0	0	13	2	10	11	1
House Green Side Salad (w/o Dressing)	31	3	0	0	0	6	1	26	1	2
Caesar Side Salad	307	217	39	0	35	12	2	525	3	10
Wedge Salad	423	363	76	2	16	14	2	540	11	5
Kick'n Slaw (Zesty Cole-slaw)	376	328	79	2	46	11	2	368	6	2

## DRESSINGS

Dressings - 1.5 oz Serving	Calories (kcal)	Calories from Fat (kcal)	Calories from SatFat (kcal)	Calories from TransFat (kcal)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sodium (mg)	Total Sugars (g)	Protein (g)
Thousand Island Dressing	164	139	25	0	14	6	0	343	4	0
Blue Cheese Dressing	217	210	43	1	17	1	0	234	1	2
Caesar Dressing	241	226	25	0	34	1	0	179	0	2
Honey Mustard Dressing	183	143	26	0	14	9	0	299	9	0
Ginger Dressing	197	143	22	0	0	15	0	139	14	0
Ranch Dressing	159	152	28	0	16	1	0	293	1	1
Grape Serrano Dressing	53	0	0	0	0	14	0	154	12	0
Garlic Artichoke Dressing	191	172	19	0	25	2	0	219	0	2
White Balsamic Dressing	39	0	0	0	0	7	0	470	6	0

# KIDS MENU

## WITHOUT SIDES

Kids Menu (w/o Side Item)	Calories (kcal)	Calories from Fat (kcal)	Calories from SatFat (kcal)	Calories from TransFat (kcal)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sodium (mg)	Total Sugars (g)	Protein (g)
Kid Grilled Cheese	657	298	86	0	25	74	2	1319	6	17
Kid Chicken Nuggets	501	45	15	0	110	68	4	22	19	43
Kid Grilled Chicken	379	54	11	0	166	26	0	829	24	51
Kid Burger	402	207	62	5	69	22	1	299	1	24
Kid Burger w/ Cheese	452	248	85	5	81	23	1	554	1	26
Kid Mac & Cheese	491	144	41	0	35	68	3	1192	16	17
Kid Fish	580	408	49	1	71	21	0	1011	2	20
Kid Mini Corn Dogs	514	293	69	0	72	54	0	1248	0	16
Kid Pasta w/ Red Sauce	337	78	18	0	7	62	3	518	2	12
Kid Pasta w/ Butter	471	204	46	0	6	53	3	210	1	13
Kid Cheese Flatbread Pizza	597	231	100	1	53	70	3	1591	5	26
Kid Pepperoni Flatbread Pizza	668	290	122	3	67	70	3	1785	5	29
Kid Quesadilla w/ Chicken	724	441	192	0	101	33	3	1573	3	34
Kid Quesadilla w/ Cheese	615	389	182	0	84	32	3	1194	2	24
Kid Chef Salad (with Ranch dressing)	317	231	65	2	60	7	2	1024	4	17
Scoop of Vanilla (Kid Dessert)	140	63	36	0	25	16	0	35	14	2

# KIDS SIDES

Kids Sides	Calories (kcal)	Calories from Fat (kcal)	Calories from SatFat (kcal)	Calories from TransFat (kcal)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sodium (mg)	Total Sugars (g)	Protein (g)
Kid Fries	329	169	27	0	0	37	4	310	1	4
Kid Applesauce	70	0	0	0	0	18	2	0	15	0
Kid Carrots & Ranch (Kids Appetizier)	267	211	32	3	20	14	4	623	7	3
Kid Chips	289	49	27	1	0	34	1	117	0	2

Kid Salad w/o Dressing	10	1	0	0	0	2	1	16	1	1
Kid Fresh Fruit	52	1	0	0	0	13	2	10	11	1

# BIG HORN DRAFT BEER

Big Horn Draft Beer	Calories (kcal)	Calories from Fat (kcal)	Calories from SatFat (kcal)	Calories from TransFat (kcal)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sodium (mg)	Total Sugars (g)	Protein (g)
<b>Shorty Beers</b>										
Blonde	120	0	0	0	0	10	0	0	3	3
Hefeweizen	129	0	0	0	0	9	0	0	2	2
71 Pale	154	0	0	0	0	13	0	13	0	2
Big Red IPA	176	0	0	0	0	18	0	0	2	2
Buttface Amber	146	0	0	0	0	12	0	0	2	2
Porter	144	0	0	0	0	14	0	0	1	3
<b>Pints</b>										
Blonde	216	0	0	0	0	18	0	0	5	5
Hefeweizen	232	0	0	0	0	17	0	0	3	3
71 Pale	278	0	0	0	0	23	0	23	0	3
Big Red IPA	317	0	0	0	0	32	0	0	3	3
Buttface Amber	263	0	0	0	0	21	0	0	3	4
Porter	258	0	0	0	0	25	0	0	2	5
<b>Mugs</b>										
Blonde	288	0	0	0	0	24	0	0	6	7
Hefeweizen	310	0	0	0	0	22	0	0	5	4
71 Pale	370	0	0	0	0	30	0	30	0	4
Big Red IPA	423	0	0	0	0	42	0	0	5	5
Buttface Amber	350	0	0	0	0	28	0	0	4	5
Porter	344	0	0	0	0	34	0	0	3	6
Taster Curl	217	0	0	0	0	19	0	3	2	3



# WINE

Wine	Calories (kcal)	Calories from Fat (kcal)	Calories from SatFat (kcal)	Calories from TransFat (kcal)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sodium (mg)	Total Sugars (g)	Protein (g)
*6oz Wine Pour										
Mirassou Moscato	150	0	0	0	0	16	0	18	13	0
Chateau Ste. Michelle Riesling	144	0	0	0	0	7	0	0	0	0
Kendal Jackson Chardonnay	144	0	0	0	0	5	0	0	0	0
Sonma Cutrer Chardonnay	158	0	0	0	0	4	0	9	2	0
Ecco Domani Pinot Grigio	146	0	0	0	0	4	0	18	1	0
Acrobat Pinot Gris	144	0	0	0	0	3	0	0	0	0
Joel Gott Sauv Blanc	136	0	0	0	0	4	0	0	0	0
Chateau Ste. Michelle Sauv Blanc	116	0	0	0	1	0	0	5	0	0
Mirassou Pinot Noir	162	0	0	0	0	7	0	18	5	0
Bridlewood Pinot Noir	146	0	0	0	0	4	0	0	0	0
Dark Horse Cabernet	144	0	0	0	0	0	0	18	0	0
Chateau Ste. Michelle Cabernet Sauv.	146	0	0	0	0	5	0	0	0	0
Kendal Jackson Cabernet	144	0	0	0	0	5	0	0	0	0
Colores Del Sol Malbec	132	0	0	0	0	2	0	12	0	0
Red Rock Merlot	149	0	0	0	0	5	0	7	1	0
Menage a Trois Red Blend	163	0	0	0	0	4	0	0	0	0
Eola Hills Pinot Noir	125	0	0	0	0	4	0	10	1	0
*9oz Wine Pour										
Mirassou Moscato	225	0	0	0	0	23	0	27	20	0
Chateau Ste. Michelle Riesling	216	0	0	0	0	10	0	0	0	0
Kendal Jackson Chardonnay	216	0	0	0	0	7	0	0	0	0

Sonma Cutrer Chardonnay	236	0	0	0	0	6	0	13	3	0
Ecco Domani Pinot Grigio	220	0	0	0	0	5	0	27	1	0
Acrobat Pinot Gris	216	0	0	0	0	5	0	0	0	0
Joel Gott Sauv Blanc	203	0	0	0	0	5	0	0	0	0
Chateau Ste. Michel le Sauv Blanc	174	0	0	0	2	0	0	8	0	0
Mirassou Pinot Noir	243	0	0	0	0	11	0	27	7	0
Bridlewood Pinot Noir	219	0	0	0	0	6	0	0	0	0
Dark Horse Cabernet	216	0	0	0	0	0	0	27	1	0
Chateau Ste. Michelle Cabernet Sauv.	219	0	0	0	0	8	0	0	0	0
Kendal Jackson Cabernet	216	0	0	0	0	8	0	0	0	0
Colores Del Sol Malbec	198	0	0	0	0	4	0	18	0	0
Red Rock Merlot	224	0	0	0	0	7	0	11	2	0
Menage a Trois Red Blend	244	0	0	0	0	6	0	0	0	0
Eola Hills Pinot Noir	188	0	0	0	0	6	0	15	2	0
*Bottle										
Mirassou Moscato	600	0	0	0	0	62	0	71	52	0
Chateau Ste. Michelle Riesling	576	0	0	0	0	26	0	0	0	0
Kendal Jackson Chardonnay	576	0	0	0	0	19	0	0	0	0
Sonma Cutrer Chardonnay	630	0	0	0	0	16	0	35	7	1
Ecco Domani Pinot Grigio	586	0	0	0	0	14	0	71	3	0
Acrobat Pinot Gris	576	0	0	0	0	14	0	0	0	0
Joel Gott Sauv Blanc	542	0	0	0	0	14	0	0	1	0
Chateau Ste. Michel le Sauv Blanc	464	0	0	0	4	0	0	20	0	0
Mirassou Pinot Noir	648	0	0	0	0	29	0	71	19	0
Bridlewood Pinot Noir	584	0	0	0	0	16	0	0	0	0
Dark Horse Cabernet	576	0	0	0	0	0	0	71	2	0

Chateau Ste. Michelle Cabernet Sauv.	584	0	0	0	0	20	0	0	0	0
Kendal Jackson Cabernet	576	0	0	0	0	20	0	0	0	0
Colores Del Sol Malbec	528	0	0	0	0	10	0	48	0	0
Red Rock Merlot	596	0	0	0	0	18	0	28	4	0
Menage a Trois Red Blend	650	0	0	0	0	15	0	0	0	0
Eola Hills Pinot Noir	500	0	0	0	0	16	0	40	4	0
Korbel	132	9	0	0	0	9	0	0	0	0
Zonin Prosecco (187 mL)	149	0	0	0	25	0	0	0	0	0
Champagne by the Glass	128				0	8		18	4	

## BOTTLE/CAN BEER

Bottle/Can Beer (12 oz Size Unless Noted)	Calories (kcal)	Calories from Fat (kcal)	Calories from SatFat (kcal)	Calories from TransFat (kcal)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sodium (mg)	Total Sugars (g)	Protein (g)
Bud	145	0	0	0	0	11	0	9	0	1
Bud Light	110	0	0	0	0	7	0	0	0	1
Coors	147	0	0	0	0	12	0	15	0	1
Coors Lite	102	0	0	0	0	5	0	10	1	0
MGD	143	0	0	0	0	13	0	7	0	1
Miller Light	96	0	0	0	0	3	0	5	1	1
Angry O (16oz can)	295	0	0	0	0	41	0	0	31	0
Stella Artois	154	0	0	0	0	6	0	0	0	0
Corona	148	0	0	0	0	13	0	0	0	0
Corona Light	99	0	0	0	0	5	0	0	0	1
Guinness	126	0	0	0	0	10	0	20	10	1
Michelob Ultra	95	0	0	0	0	3	0	9	0	1
Bud Light Lime	116	0	0	0	0	8	0	0	0	1
O'douls	90	8	5	0	40	2	0	140	1	2
Shock Top	167	0	0	0	0	15	0	9	0	2
Truly Spiked Grapefruit	277	14	4	1	195	21	3	480	5	23
Omission	140	0	0	0	0	11	0	0	0	2
Not Your Father's Root beer	177	0	0	0	0	12	0	0	0	0

# COCKTAILS

Cocktails	Calories (kcal)	Calories from Fat (kcal)	Calories from SatFat (kcal)	Calories from TransFat (kcal)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sodium (mg)	Total Sugars (g)	Protein (g)
Proud Mary	462	111	58	2	32	24	3	2008	10	12
Copperless Mule										
Jim Beam	139	0	0	0	0	15	0	4	14	0
Absolut	139	0	0	0	0	15	0	4	14	0
Jameson	139	0	0	0	0	15	0	4	14	0
Southern Comfort	151	0	0	0	0	15	0	4	14	0
El Jimador Blanco	139	0	0	0	0	15	0	4	14	0
Long Island Iced Tea										
Traditional	355	0	0	0	0	63	0	19	62	0
Blue Caribbean	285	0	0	0	0	35	0	21	35	0
Florida Orange	280	1	0	0	0	42	1	15	39	1
Georgia Peach	321	1	0	0	0	53	1	15	41	0
Hawaiian Pineapple	279	0	0	0	0	42	0	19	40	0
Long Beach	276	0	0	0	0	42	0	24	42	0
Cranberry	275	0	0	0	0	42	0	24	42	0
mango	514	0	0	0	0	102	1	13	100	0
Pomegranate	284	1	0	0	0	44	0	20	44	0
Raspberry	332	0	0	0	0	61	0	22	61	0
Strawberry	520	0	0	0	0	103	0	19	103	0
Watermelon	327	0	0	0	0	60	0	20	60	0
Wild Berry	520	0	0	0	0	103	0	19	100	0
Strawberry Vodka Lemonade	333	0	0	0	0	51	0	13	51	0
Hendricks Gin and Tonic	136	1	0	0	0	13	0	15	11	1
Jack Daniel's Peach Smash	159	0	0	0	0	10	0	1	7	0
Vodka Spritzers										
Tito's Hand-made Vodka	95	0	0	0	0	3	1	8	2	0
Absolut Lime	83	0	0	0	0	1	0	9	0	0
Deep Eddy Peach	82	0	0	0	0	1	0	8	0	0
Deep Eddy Lemon	82	0	0	0	0	1	0	8	0	0
Deep Eddy Ruby Red Grapefruit	82	0	0	0	0	1	0	8	0	0

Blue Pineapple Skinny		118	0	0	0	0	3	0	24	3	0
1800 Skinny Coconut Margarita		116	0	0	0	0	7	0	20	5	0
Ram Margaritas											
Traditional Lime		327	0	0	0	0	44	0	1998	38	0
Strawberry		557	0	0	0	0	102	0	42	98	42
Mango		542	0	0	0	0	99	0	36	94	0
Cadillac		374	0	0	0	0	54	0	1935	50	0
1800 Coconut Strawberry Margarita		520	0	0	0	0	89	0	14	89	0
Absolut Lime-A-Rita		365	0	0	0	0	55	0	1936	54	0
Bacardi "Traditional" Mojito		241	0	0	0	0	21	0	7	20	0
Dragonberry Mojito		335	0	0	0	0	45	0	8	43	0
Absolut Lime Mojito		202	0	0	0	0	11	1	7	9	0
Sailor Jerry Mai Tai		301	1	0	0	0	45	0	16	32	1
Bacardi Tiki Punch		296	1	0	0	0	35	1	10	27	1
Dragonberry Colada		314	0	0	0	0	48	0	153	47	0
Hendricks Frozen Smash		136	1	0	0	0	13	0	15	11	1
Grand Mimosa		278	2	0	0	0	28	1	4	18	1
Lemon Drop Martini		165	0	0	0	0	21	0	5	20	0
Utopia Peach Martini		413	0	0	0	0	70	0	4	59	0
Cosmopolitan		187	0	0	0	0	9	0	4	8	0
Sailor Sangria		245	1	0	0	0	31	1	9	27	0
Pomegranate Sangria		204	1	0	0	0	21	1	5	20	0
French 75		224	0	0	0	0	6	0	1	5	0
Champagne & Aperol		111	0	0	0	0	5	0	0	0	0
Champagne & Elderflower		147	0	0	0	0	7	0	0	5	0
Champagne & Chambord		149	0	0	0	0	2	0	0	0	0
Mango Sangria		434	0	0	0	0	55	0	10	52	0
Strawberry Sangria		550	0	0	0	0	83	0	11	80	0
Wildberry Sangria		545	0	0	0	0	83	0	16	77	0
Tullamore Dew Irish Coffee		185	27	14	0	15	3	0	5	3	0
B-52 Coffee		198	67	43	0	21	21	0	23	16	0

Mint Chocolate Martini	359	69	45	1	23	38	1	28	21	1
Mudslide Martini	275	62	40	1	23	26	1	50	23	1
Nutty Irishman Hot Coffee	266	90	40	0	18	25	1	17	23	2
Berry Minty Tini	374	55	36	1	17	47	0	12	28	0
Jameson (1.5 oz)	100	0	0	0	0	0	0	0	0	0
Fireball (1.5 oz)	108	0	0	0	0	0	0	0	11	0
Tito's Hand-made Vodka (1.5 oz)	96	0	0	0	0	11	0	0	0	0

## ADULT- NA BEVERAGES

Adult - NA Beverages	Calories (kcal)	Calories from Fat (kcal)	Calories from SatFat (kcal)	Calories from TransFat (kcal)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sodium (mg)	Total Sugars (g)	Protein (g)
Pepsi	150	0	0	0	0	41	0	33	41	0
Diet Pepsi	0	0	0	0	0	0	0	36	0	0
Mist Twist	144	0	0	0	0	39	0	33	39	0
Diet Mist Twist	0	0	0	0	0	0	0	36	0	0
Dr Pepper	150	0	0	0	0	40	0	60	38	0
Diet Dr. Pepper	0	0	0	0	0	0	0	60	0	0
Mountain Dew	168	0	0	0	0	45	0	61	45	0
Diet Mountain Dew	6	0	0	0	1	0	0	49	1	0
Sobe Yumberry	0	0	0	0	0	5	0	38	0	0
Mug Root beer	156	0	0	0	0	43	0	63	43	0
Stubborn Root beer	97	0	0	0	0	26	0	82	24	0
Iced Tea (Unsweetened)	2	0	0	0	0	2	0	12	0	0
Mint Iced Tea (Unsweetened)	4	0	0	0	0	1	0	16	0	0
Strawberry Peach Iced Tea (Unsweetened)	4	0	0	0	0	1	0	19	0	0
Tropicana Light Lemonade	15	0	0	0	0	3	0	38	3	0
Strawberry Lemonade	225	0	0	0	0	55	0	68	55	0
Wildberry Lemonade	225	0	0	0	0	55	0	68	53	0
Mango Lemonade	215	0	0	0	0	53	0	64	52	0
Gosling's Ginger Beer	184	0	0	0	0	46	0	10	46	0
Rockstar Regular	278	10	0	0	0	61	0	77	59	2
Rockstar Diet	19	3	0	0	0	3	0	250	0	1

Aquafina Sparkling Lemon Lime	0	0	0	0	0	0	0	10	0	0
Aquafina Sparkling Grapefruit	0	0	0	0	0	0	0	10	0	0
Hot Tea	2	0	0	0	0	0	0	2 to 7	0	0
Coffee - Regular	2	0	0	0	0	0	0	5	0	0
Coffee - Decaff	0	0	0	0	0	0	0	5	0	0
Acqua Panna	0	0	0	0	0	0	0	0	0	0
Pellegrino	0	0	0	0	0	0	0	0	0	0
Vanilla Shake	527	354	220	5	132	40	0	151	33	8
Chocolate Shake	722	292	172	0	208	99	4	161	88	11
Strawberry Shake	722	292	172	0	208	101	2	136	98	9
Wildberry Shake	722	292	172	0	208	101	2	136	96	9
Chocolate Dirt Cup	844	339	192	3	109	122	2	285	88	9
Strawberry Dirt Cup	766	339	192	3	109	105	1	262	58	8
Root Beer Float	461	201	121	0	78	64	0	118	57	4
Root Beer Float - Stubborn	402	201	121	0	78	49	0	135	41	4

## KID-NA BEVERAGES

Kid - NA Beverages	Calories (kcal)	Calories from Fat (kcal)	Calories from SatFat (kcal)	Calories from TransFat (kcal)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sodium (mg)	Total Sugars (g)	Protein (g)
Pepsi	125	0	0	0	0	35	0	28	35	0
Diet Pepsi	0	0	0	0	0	0	0	30	0	0
Mist Twist	120	0	0	0	0	33	0	28	33	0
Diet Mist Twist	0	0	0	0	0	0	0	30	0	0
Dr Pepper	125	0	0	0	0	33	0	50	32	0
Diet Dr. Pepper	0	0	0	0	0	0	0	50	0	0
Mountain Dew	140	0	0	0	0	37	0	51	37	0
Diet Mountain Dew	5	0	0	0	0	0	0	41	0	0
Sobe Yumberry	0	0	0	0	0	4	0	31	0	0
Mug Root beer	130	0	0	0	0	36	0	53	36	0
Stubborn Root beer	81	0	0	0	0	22	0	68	20	0
Tropicana Light Lemonade	13	0	0	0	0	3	0	31	3	0
Strawberry Lemonade	40	0	0	0	0	11	1	13	7	0
Vanilla Shake	527	354	220	5	132	40	0	151	33	8

Chocolate Shake		722	292	172	0	208	99	4	161	88	11
Strawberry Shake		722	292	172	0	208	101	2	136	98	9
Wildberry Shake		722	292	172	0	208	101	2	136	96	9
Chocolate Dirt Cup		844	339	192	3	109	122	2	285	88	9
Strawberry Dirt Cup		766	339	192	3	109	105	1	262	58	8
Root Beer Float		242	100	60	0	39	36	0	69	33	2
Root Beer Float - Stubborn		216	100	60	0	39	29	0	80	24	2
Lemonade Spritzer		1	0	0	0	0	0	0	2	0	0
Roy Rogers		227	0	0	0	0	60	0	38	51	0
Diet Roy Rogers		114	0	0	0	0	29	0	40	20	0
Shirly Temple		222	0	0	0	0	58	0	38	49	0
Diet Shirly Temple		114	0	0	0	0	29	0	40	20	0
1/2 Lemonade 1/2 Iced Tea		6	0	0	0	0	2	0	21	1	0



**NUTRITIONAL INFORMATION:** The nutritional information contained in our restaurants or on our website ([www.theram.com](http://www.theram.com), [cbpotts.com](http://cbpotts.com)). The information listed on our menus and websites is meant to provide a general estimate of the nutritional values associated with our menu items. The estimated nutritional values for a menu item may vary from the testing results due to variations in: serving sizes; preparation techniques; ingredient recipes supplied by our vendors; both seasonal and regional differences in products supplied to us; supplier substitutions; and, supplier testing methods. Nutritional values for some menu items, such as those that are limited time only or are regional in nature, are not available at this time. The range of tolerance or reactions to the presence of food and beverage allergens varies greatly from person to person. Decisions on the amount of precautions you should take or risks you may expose yourself to, are always best made by you in consultation with your health care provider.

**ALLERGEN INFORMATION:** We understand the challenges facing the community of people who struggle with food allergies or have to manage food and beverage sensitivities in their lives. We know how difficult it is to eat safely, especially when eating out. Your options are severely limited because of the absence of available information. It is important that you are aware that milk, eggs, tree nuts, seafood, soy, wheat, sesame products, crustacean shellfish, fish, sulfites and other allergens are present in our restaurants. We ask that when placing your order you alert your server and the manager on duty to your food or beverage allergy or sensitivity. The more information relating to your specific needs you can provide, the better we can attempt to protect you. We will then try our best to avoid any accidental cross-contact, but we do not have separate equipment dedicated for the preparation of allergen based food requests . All food in our establishment may come into contact with surfaces, fryers, grills, utensils or other equipment that have previously contacted an allergen . Finally, it is a good idea to remind your server about your request when your food arrives at the table in order to confirm that you are receiving the correct dish.

**SUPPLIER DISCLOSURES:** The nutritional and allergen information provided here and on our websites is based entirely on the information provided by our ingredient manufacturers and suppliers. We have limited this disclosure to the "Big 8" (wheat, soy, milk, eggs, peanuts, tree nuts, fish and shellfish) as those are the only ones manufacturers are required to disclose. Suppliers may change the ingredients in their products or the way they prepare their products without informing us. From time to time we or our suppliers may substitute products due to inventory shortages and we can't be sure that the substitute products will be free of the allergen you wish to avoid. If there are changes we are made aware of we will update our website, so please check our website frequently. The labeling practices and terminology relating to manufacturer's handling of other potential allergens in their facilities varies greatly and can be vague. Because of this, we have not included in our listings allergens that may be present in the supplier's plants or may even come in contact with the same manufacturing equipment. Cross contact may have occurred at these facilities and is beyond our control. For example, our almonds may be packaged at a facility which also processes other tree nuts.

**NOTICE:** Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food - borne illness, especially if you have a medical condition. No allergen or nutritional information in restaurant materials or our website should ever be considered a guarantee, but simply our effort to better serve our customers. The Ram Restaurant Group, including its franchisees and licensees, is not liable for the validity of information provided by our suppliers and distributors of products used in our kitchens.