



## **Nutritional Information to help you Eat. Drink. Be Yourself™**

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In response to your request for Old Chicago menu nutritional information, we have created this guide to help you make more informed decisions when dining at Old Chicago. This guide is designed to be informative and easy to use to make the best personal choices about the food you eat. You simply need to look for the menu item in the appropriate section for the nutritional information. Please note that we often make changes to our menu to better serve you. Be sure to check back to the website for the most updated information. Thank you!

OTHER ONLINE NUTRITIONAL RESOURCES: [www.mypyramid.gov](http://www.mypyramid.gov) & [www.fda.gov](http://www.fda.gov)

## **Please read this information carefully...**

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The nutritional and allergen information provided by Old Chicago Restaurants and/or posted on the Old Chicago Restaurant website was prepared by Nutritional Information Services (NIS, [www.nistn.com](http://www.nistn.com)). The data is based on the nutritional information, ingredient statements, and allergen information provided by our suppliers and distributors, and by an analysis generated using a software analysis program.

Old Chicago Restaurants, franchisees, licensed properties and NIS assume no responsibility for changes in the ingredients or prepared products used in this company's recipes and menu items or for the validity of the information provided by our suppliers and distributors that are the direct or indirect result of the actions or inactions of the suppliers, distributors, and purveyors of said ingredients and products.

The information listed here 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, variations in ingredient recipes supplied by our vendors, seasonal differences in products, and 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. If you have food allergies, you should know that we use milk, eggs, tree nuts, seafood, soy, wheat, sesame products, crustacean shellfish, fish, sulfites, and other allergens in our kitchens. The food prepared at our restaurant may come in contact with or contain traces of these products and other potential allergens.

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

If you have any questions or concerns about this nutritional and allergen information, or if you are sensitive to specific ingredients, please contact us via email through our website or at 1-800-BREWTAP.

**Menu Analysis June 2011**

Current as of 6/22/2011 Go to [www.OldChicago.com](http://www.OldChicago.com) to make sure that you have the most recent issuance.

# Old Chicago Menu Guide

Menu Item	Servings	NUTRITIONAL INFO													
		Calories Per Serving	Dietary Points	Total Calories	Total Fat	Saturated Fat	Total Carb	Fiber	Sugars	Protein	Cholesterol	Sodium	Vitamin C	Calcium	Iron
					grams						mgs				
<b>Starters (please divide nutritional information by Servings for nutrition per each serving)</b>															
Artichoke Dip	4	289	29	1155	80	50	85	8	17	29	194	2227	70	1132	7
Cheese Garlic Bread	4	233	23	933	57	30	67	4	4	43	109	1873	19	887	5
Chicken Tenders (Buffalo)	4	246	25	984	72	17	38	2	4	42	138	3568	3	77	2
Chicken Tenders (Plain)	4	210	21	839	57	9	36	1	4	42	118	2079	2	72	2
Italian Nachos	4	436	42	1745	88	40	151	3	30	90	207	4169	42	1514	11
Italian Nachos (Half)	2	410	20	820	47	22	56	1	11	44	121	1813	15	841	4
Mozzarella Sticks	4	230	21	921	42	18	85	5	13	51	106	2504	18	1098	3
Nachos Grande	4	416	39	1662	81	40	160	15	13	73	211	2947	98	1664	9
Nachos Grande (Half)	2	436	20	871	44	22	79	7	5	40	117	1436	45	925	4
Nachos Grande w/Chicken	4	461	43	1845	88	41	162	15	14	100	277	3305	100	1678	10
Nachos Grande w/Chicken (Half)	2	482	22	963	48	23	80	8	6	53	150	1615	46	932	5
Sampler Platter	6	742	114	4451	313	104	206	16	48	195	792	8120	154	2274	16
Sampler Platter (Half)	4	625	64	2501	178	53	110	8	25	110	428	4500	83	1094	9
Sicilian Pepperoni Rolls	4	366	35	1464	77	33	135	7	7	61	141	2529	25	813	9
Signature Trio	6	290	42	1740	95	44	142	5	13	79	198	3513	21	1273	10
Spicy Spinach Dip	4	256	25	1022	63	35	84	6	10	30	157	2556	46	597	4
Our Best Wings, Original Buffalo	4	356	37	1423	111	27	7	1	4	90	400	1997	15	120	5
Our Best Wings, Honey Chipotle BBQ	4	354	36	1416	100	21	33	1	24	90	385	1424	14	122	5
Our Best Wings, FireHouse	4	344	36	1376	106	24	8	1	4	90	393	1624	17	125	5
Our Best Wings, Jamaican Jerk	4	333	35	1331	100	21	9	2	4	90	385	1300	15	137	5
Our Best Wings, Volcano	4	348	36	1393	106	24	11	3	4	90	393	2043	18	141	5
Basket of Fries, Ranch	4	259	24	1034	50	10	124	14	1	15	1	4079	42	30	5
Basket of Fries, Jamaican Jerk	4	260	24	1038	51	10	125	15	0	14	0	3820	41	24	6
Basket of Fries, Plain	4	253	24	1012	50	10	120	13	0	13	0	3191	40	0	5
Chips N Salsa	4	86	7	344	8	1	62	4	2	7	0	523	9	57	2
<b>Small Plates</b>															
Mediterranean Salad	1	172	4	172	12	2	12	3	5	3	4	679	28	60	1
Mediterranean Salad (No Dressing)	1	80	1	80	3	0	9	3	4	3	2	324	28	55	1
Baja Shrimp Cocktail	1	428	9	428	20	4	44	4	7	17	96	731	35	90	3
Tomato & Mozzarella Caprese	1	249	7	249	21	7	4	1	2	8	30	610	11	244	0
Fried Mac n' Cheese	1	958	24	958	61	29	68	3	10	33	214	2332	4	684	3
<b>Desserts</b>															
Turtle Chocolate Brownie (Serves 1 -- 1 serving shown)	3	302	21	907	42	22	95	26	62	11	194	481	0	92	3
Homemade Cheesecake (Serves 3 -- 1 serving shown)	3	371	28	1113	67	43	112	0	92	16	354	744	6	939	2
Little Big Cookie (Serves 2 -- 1 serving shown)	2	262	12	523	24	15	54	16	28	3	82	417	0	3	2
Old Chicago's Famous Big Cookie (Serves 4 -- 1 serving shown)	4	409	38	1635	76	47	170	50	87	11	256	1303	0	11	6
Ala Mode (Serves 1 -- 1 serving shown)	1	75	2	75	5	3	7	0	6	1	18	15	0	30	0

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	Dietary Points	Total Calories	Total Fat	Saturated Fat	Total Carb	Fiber	Sugars	Protein	Cholesterol	Sodium	Vitamin C	Calcium	Iron
			grams						mgs				
<b>Burgers &amp; Sandwiches (Sides not Included) (See Cheese options below)</b>													
Burger, Prime Burger (1 sandwich) (no cheese)	12	482	33	11	3	1	2	41	143	829	4	55	4
Burger, Prime Toscana with Provolone Cheese (1 sandwich)	17	666	46	17	12	2	8	49	162	1217	8	214	5
Burger, Bacon (1 sandwich) (no cheese)	17	712	39	13	41	2	8	47	143	1085	6	79	6
Burger, Guacamole (1 sandwich)	19	789	46	16	43	4	8	49	155	1157	9	277	6
Burger, Old Chicago Plain (1 sandwich)	15	632	32	10	41	2	8	42	128	805	6	73	6
Burger, Old Chicago Plain sub Chicken Breast (1 sandwich)	10	466	11	2	41	2	8	46	102	831	7	58	3
California Chicken (1 sandwich)	13	533	33	8	8	4	3	47	123	595	19	291	2
Prosciutto, Lettuce & Tomato (1 sandwich)	17	743	35	11	69	4	4	35	100	2465	17	228	5
Chicago Beef on Artisan with Provolone Cheese (1 sandwich)	20	890	42	14	76	4	5	50	122	3133	81	354	8
Classic Club (1 sandwich)	19	828	42	9	74	4	6	39	83	2564	8	329	6
Chicken Wrap (1 sandwich)	13	586	21	5	62	7	8	36	67	1699	17	318	5
Chicken Wrap, Half (1 sandwich)	6	299	11	3	31	3	4	18	34	961	8	161	3
Classic Italian Melt (1 sandwich) with Provolone Cheese	26	1076	67	21	67	7	2	50	153	3820	23	437	5
<b>Stromboli (sides not included)</b>													
Chicago Seven Stromboli (1 stromboli)	20	842	50	20	60	4	5	39	131	2168	22	273	5
Italian Sausage Stromboli (1 stromboli)	23	969	54	18	73	5	10	48	132	2742	57	495	6
<b>Side Items</b>													
Coleslaw, Side (1 serving)	4	178	11	2	17	2	11	2	4	257	65	46	1
Side Veggies (3 ea. Cel, Car, Bro, Cuc) No Dip	0	32	0	0	6	2	2	2	0	33	34	36	1
Side of Veggies and Dip, for Sandwiches (6 ounces)	7	272	25	4	8	2	4	3	12	354	34	76	1
French Fries (6 ounces cooked)	6	320	11	3	48	5	0	5	0	1041	16	0	2
Steamed Vegetables	1	68	2	0	8	3	3	3	0	93	105	47	1
Garlic Toast (1 slice)	3	143	8	4	15	1	0	3	12	291	1	4	1
Side of 4 Fried Shrimp (1 serving)	4	183	5	1	24	0	1	11	65	800	0	20	0
Side of Sour Cream (2 fluid ounces)	3	128	11	7	4	0	2	2	43	64	0	86	0
Side of Guacamole (1 serving)	3	132	12	1	7	3	0	0	0	354	7	5	1
Side of Grilled Chicken Breast (1 serving)	4	207	4	1	1	0	0	39	99	203	2	19	1
Side of Two Meatballs (1 serving)	19	781	52	18	34	3	9	44	228	1745	17	234	5
<b>Cheese Items Add-ons (use these nutritional to add to other items)</b>													
PepperJack (1 ounce)	3	110	9	5	0	0	0	7	30	170	0	200	0
American (1 slice)	2	87	7	5	0	0	0	5	19	421	0	124	0
Provolone (1 slice)	2	70	6	3	0	0	0	5	15	180	0	150	0
Mozzarella (1 ounce)	2	80	6	4	0	0	0	7	15	130	0	200	0
Cheddar (1 slice)	2	75	7	5	0	0	0	5	23	135	0	150	0
Swiss (1 slice)	2	83	6	4	0	0	0	6	19	45	0	225	0

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	Dietary Points	Total Calories	Total Fat	Saturated Fat	Total Carb	Fiber	Sugars	Protein	Cholesterol	Sodium	Vitamin C	Calcium	Iron
			grams						mgs				
<b>Entrée Salads- Garlic Toast is Not Included (Nutritionals for Garlic Toast at end of Salad List)</b>													
Harvest Salad with Balsamic Chicken <b>(dressing not included)</b>	10	448	21	5	30	4	21	34	78	594	47	173	4
Harvest Salad with Balsamic Chicken	14	591	35	6	34	4	24	34	78	1194	47	173	4
Harvest Salad with Balsamic Chicken, Half <b>(dressing not included)</b>	5	226	10	2	15	2	11	17	39	298	26	91	2
Harvest Salad with Balsamic Chicken, Half	8	321	20	4	18	2	13	17	39	698	26	91	2
Roasted Chicken with Bacon & Apple <b>(dressing not included)</b>	12	528	25	6	34	8	22	40	88	890	96	123	5
Roasted Chicken with Bacon & Apple	24	930	68	13	35	8	22	41	108	1381	97	147	5
Roasted Chicken with Bacon & Apple, Half <b>(dressing not included)</b>	6	291	14	3	19	4	13	21	48	512	46	58	2
Roasted Chicken with Bacon & Apple, Half	12	492	36	7	19	4	13	22	58	757	47	69	2
Crispy Chicken Salad <b>(dressing not included)</b>	10	441	21	6	30	4	5	34	84	1121	41	271	3
Crispy Chicken Salad	18	741	51	12	33	4	7	35	99	1521	42	321	3
Crispy Chicken Salad, Half <b>(dressing not included)</b>	6	269	12	3	18	2	3	21	52	719	23	139	2
Crispy Chicken Salad, Half	13	509	37	8	21	2	4	22	64	1039	24	179	2
Classic Chicken Caesar	22	848	62	16	23	3	3	51	136	1972	36	702	3
Classic Chicken Caesar, Half	9	372	27	6	11	2	1	21	58	791	18	201	2
Asian Chicken Salad <b>(dressings not included)</b>	15	750	13	2	113	5	41	42	66	1250	72	67	6
Asian Chicken Salad	19	913	24	3	130	5	57	43	66	1880	72	70	7
Asian Chicken Salad, Half <b>(dressings not included)</b>	8	378	7	1	57	3	21	21	33	626	38	37	3
Asian Chicken Salad, Half	10	459	12	1	65	3	29	21	33	941	38	39	3
<b>Garlic Toast (1 slice)</b>	<b>3</b>	<b>143</b>	<b>8</b>	<b>4</b>	<b>15</b>	<b>1</b>	<b>0</b>	<b>3</b>	<b>12</b>	<b>291</b>	<b>1</b>	<b>4</b>	<b>1</b>
<b>Side Salads- Per Serving, includes all dressings, EXCEPT OC HOUSE SALAD</b>													
Caesar Side	7	280	24	6	10	2	1	8	25	612	17	194	1
Old Chicago's House Salad (dressing not included)	2	108	5	0	12	2	3	4	0	92	12	50	2
<b>Salad Dressings</b>													
Salad Dressing, Blue Cheese (2 ounces)	9	311	32	7	1	0	1	4	25	442	0	92	0
Salad Dressing, Blue Cheese (3 ounces)	13	466	48	11	1	0	1	5	38	663	0	137	0
Salad Dressing, Caesar (2 ounces)	10	360	38	7	2	0	0	2	30	680	0	40	0
Salad Dressing, Caesar (3 ounces)	16	540	57	11	3	0	0	3	45	1020	0	60	0
Salad Dressing, French (2 ounces)	5	220	12	2	24	0	24	0	0	340	0	0	0
Salad Dressing, French (3 ounces)	8	330	18	3	36	0	36	0	0	510	0	0	0
Salad Dressing, Honey Mustard (2 ounces)	9	320	28	4	16	0	14	0	20	270	0	0	0
Salad Dressing, Honey Mustard (3 ounces)	13	480	42	6	24	0	21	0	30	405	0	0	0
Salad Dressing, House Italian (2 ounces)	5	190	19	3	6	0	4	0	0	800	0	0	0
Salad Dressing, House Italian (3 ounces)	8	285	29	4	9	0	6	0	0	1200	0	0	0
Salad Dressing, Ranch (2 ounces)	7	240	24	4	3	0	2	1	12	320	0	40	0
Salad Dressing, Ranch (3 ounces)	10	360	37	6	4	0	3	2	18	481	1	60	0
Salad Dressing, Sweet Thai Chili (2 ounces)	3	140	0	0	34	2	28	0	0	800	0	0	2
Salad Dressing, Sweet Thai Chili (3 ounces)	4	210	0	0	51	3	42	0	0	1200	0	0	2
Salad Dressing, Thousand Island (2 ounces)	8	280	26	4	10	0	6	0	10	520	0	0	0
Salad Dressing, Thousand Island (3 ounces)	12	420	39	6	15	0	9	0	15	780	0	0	0

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	Dietary Points	Total Calories	Total Fat	Saturated Fat	Total Carb	Fiber	Sugars	Protein	Cholesterol	Sodium	Vitamin C	Calcium	Iron
			grams						mgs				
<b>Calzones (includes dipping sauces)</b>													
Cheese Only, Calzone (1 calzone)	21	937	38	18	111	6	7	44	62	1508	22	655	7
Chicago Seven Calzone (1 calzone)	28	1196	59	24	18	7	9	54	109	2483	47	684	9
Italian Grinder calzone (1 calzone)	35	1459	77	33	129	9	12	70	178	2868	87	806	10
Lunch Calzone (1 calzone) (cheese only) (flavor of the day)	7	352	10	4	56	3	3	12	5	624	14	50	4
Meat Me Calzone (1 calzone)	37	1536	86	34	118	6	9	77	198	4059	30	710	9
Monterey Chicken Calzone (1 calzone)	30	1283	59	20	118	8	10	69	123	2306	102	639	9
Spinach Artichoke Calzone (1 calzone)	25	1078	47	23	120	10	9	47	73	2140	54	754	11
<b>Pizzas, Deep Dish - Chicago Style (Individual - 4 slices, Medium - 6 slices, Large - 8 slices, Express - 4 slices)</b>													
Cheese Only, Chicago Style, Individual (1 slice)	8	342	18	7	33	2	1	13	15	349	4	210	2
Cheese Only, Chicago Style, Express (1 slice)	4	163	7	4	17	1	1	9	11	206	4	160	1
Cheese Only, Chicago Style, Large (1 slice)	11	476	26	10	44	3	2	19	23	503	7	319	3
Cheese Only, Chicago Style, Medium (1 slice)	10	445	24	9	42	2	2	17	20	466	7	282	3
Chicago Seven Pizza, Chicago Style, Individual (1 slice)	10	411	24	9	34	2	2	17	30	585	7	217	2
Chicago Seven Pizza, Chicago Style, Large (1 slice)	13	560	33	12	45	3	3	23	39	771	13	353	3
Chicago Seven Pizza, Chicago Style, Medium (1 slice)	13	504	30	11	39	2	2	22	38	770	10	324	3
The Classic Pizza, Chicago Style, Individual (1 slice)	10	433	26	10	34	2	2	18	35	643	5	216	2
The Classic Pizza, Chicago Style, Large (1 slice)	14	578	34	13	45	3	2	24	45	813	8	350	3
The Classic Pizza, Chicago Style, Medium (1 slice)	13	543	32	12	44	3	2	23	41	757	7	322	3
Double Deckeroni Pizza, Chicago Style, Individual (1 slice)	11	454	28	12	33	2	1	19	42	815	5	272	2
Double Deckeroni Pizza, Chicago Style, Large (1 slice)	15	622	39	16	44	3	2	26	57	1065	7	410	3
Double Deckeroni Pizza, Chicago Style, Medium (1 slice)	14	578	35	15	43	2	2	24	51	991	7	360	3
Hawaiian Pizza, Chicago Style, Individual (1 slice)	9	387	19	7	36	2	4	18	28	667	18	211	2
Hawaiian Pizza, Chicago Style, Large (1 slice)	12	539	28	11	48	3	6	25	39	874	20	344	3
Hawaiian Pizza, Chicago Style, Medium (1 slice)	12	504	26	10	46	3	5	23	35	792	20	316	3
Malibu Veggie Pizza, Chicago Style, Individual (1 slice)	6	275	10	4	35	2	3	11	11	365	18	136	2
Malibu Veggie Pizza, Chicago Style, Large (1 slice)	8	362	14	6	46	3	3	15	17	456	24	201	3
Malibu Veggie Pizza, Chicago Style, Medium (1 slice)	7	344	13	6	44	3	3	14	15	452	19	179	3
Meat Me Pizza, Chicago Style, Individual (1 slice)	12	477	29	10	34	2	2	21	46	961	5	226	2
Meat Me Pizza, Chicago Style, Large (1 slice)	16	643	40	14	45	3	2	29	60	1204	7	364	3
Meat Me Pizza, Chicago Style, Medium (1 slice)	15	608	37	13	44	3	2	27	57	1148	7	335	3
Thai Pie Pizza, Chicago Style, Individual (1 slice)	7	334	14	7	37	2	5	15	31	501	18	212	2
Thai Pie Pizza, Chicago Style, Large (1 slice)	11	473	21	10	44	3	7	22	50	692	25	345	3
Thai Pie Pizza, Chicago Style, Medium (1 slice)	10	446	20	9	47	3	6	21	46	651	20	316	3
Vegetarian 7 Pizza, Chicago Style, Individual (1 slice)	8	349	18	7	34	2	2	14	15	376	9	214	2
Vegetarian 7 Pizza, Chicago Style, Large (1 slice)	12	501	27	10	46	3	3	20	25	573	16	350	3
Vegetarian 7 Pizza, Chicago Style, Medium (1 slice)	11	468	25	10	44	3	2	19	23	523	13	321	3

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	Dietary Points	Total Calories	Total Fat	Saturated Fat	Total Carb	Fiber	Sugars	Protein	Cholesterol	Sodium	Vitamin C	Calcium	Iron
			grams						mgs				
<b>Pizzas, NY Thin Crust Style (16 inch - 6 slices, Express - 4 slices)</b>													
Cheese Only, NY Thin Crust, Express, (1 slice)	3	142	6	3	14	1	1	8	13	219	4	160	1
Cheese Only, NY Thin Crust, 16 inch (1 slice)	7	292	13	6	28	2	2	17	28	442	5	351	2
Chicago Seven Pizza, NY Thin Crust, 16 inch (1 slice)	10	404	22	10	30	2	3	23	49	800	13	398	2
The Classic Pizza, NY Thin Crust, 16 inch (1 slice)	10	428	24	11	30	2	2	24	57	856	6	393	2
Double Deckeroni Pizza, NY Thin Crust, 16 inch (1 slice)	12	487	30	15	28	2	2	27	73	1192	5	474	2
Hawaiian Pizza, NY Thin Crust, 16 inch (1 slice)	8	378	16	8	34	2	7	26	49	941	23	390	2
Malibu Veggie Pizza, NY Thin Crust, 16 inch (1 slice)	6	285	12	5	31	2	4	14	22	468	29	243	2
Meat Me Pizza, NY Thin Crust, 16 inch (1 slice)	12	498	30	12	30	2	2	29	75	1315	6	375	2
Thai Pie Pizza, NY Thin Crust, 16 inch (1 slice)	9	411	20	9	36	2	9	22	55	783	33	392	2
Vegetarian 7 Pizza, NY Thin Crust, 16 inch (1 slice)	7	325	15	7	31	2	3	19	30	535	18	394	2
<b>Artisan Individual Pizzas (Individual- 4 slices)</b>													
Cheese Only (1 slice)	3	149	5	2	19	1	1	8	9	215	1	126	1
Three Cheese, Tomato & Pepperoni (1 slice)	5	224	12	4	20	1	1	9	18	332	4	129	1
Grilled Shrimp & Bacon (1 slice)	5	207	8	3	20	1	1	14	45	382	2	140	2
Prosciutto & Mushroom (1 slice)	4	187	7	3	20	1	1	11	20	478	2	128	2
Roasted Chicken & Mushroom (1 slice)	5	222	10	3	22	1	2	12	19	326	3	156	1
<b>Condiments</b>													
Ancho Tartar Sauce (2 ounces)	8	285	30	5	6	0	6	0	28	426	0	1	0
Ancho Tartar Sauce (3 ounces)	12	427	45	7	9	0	9	0	42	640	0	2	0
Cheese Sauce (2 ounces)	6	209	19	11	5	0	2	5	55	663	0	180	0
Cheese Sauce (3 ounces)	9	314	28	17	7	0	3	8	83	994	0	270	0
Chipotle Cocktail Sauce (2 ounces)	1	65	0	0	15	1	1	1	0	553	10	3	1
Chipotle Cocktail Sauce (3 ounces)	2	98	0	0	22	1	2	1	0	830	14	4	1
Marinara Sauce (2 ounces)	1	40	1	0	7	1	3	1	0	225	6	20	1
Marinara Sauce (3 ounces)	1	60	2	0	10	2	5	1	0	338	9	30	1
Pizza Sauce (2 fluid ounces)	0	24	1	0	5	1	2	1	0	120	12	25	1
Pizza Sauce (3 fluid ounces)	1	36	2	0	8	1	2	1	0	181	18	37	1
Pizza Sauce (7 fluid ounces)	1	83	4	1	19	3	5	3	0	421	41	87	2
Ranch Dressing (1 ounce)	3	120	12	2	1	0	1	1	6	160	0	20	0
Ranch Dressing (2 ounces)	7	240	24	4	3	0	2	1	12	320	0	40	0
Ranch Dressing (3 ounces)	10	360	37	6	4	0	3	2	18	481	0	60	0
Salsa (2 ounces)	0	16	0	0	3	0	2	1	0	204	6	12	0
Salsa (3 ounces)	0	24	0	0	5	1	2	1	0	306	9	18	1
Side of Sour Cream (2 fluid ounces)	3	128	11	7	4	0	2	2	43	64	0	86	0

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Menu Item	NUTRITIONAL INFO												
	Dietary Points	Total Calories	Total Fat	Saturated Fat	Total Carb	Fiber	Sugars	Protein	Cholesterol	Sodium	Vitamin C	Calcium	Iron
			grams						mgs				
<b>Pastas (Garlic Toast is included in all pasta plates)</b>													
Fettuccine Alfredo (1 serving)	30	1265	66	38	132	6	6	35	181	2115	2	519	6
Fettuccine Chicken Alfredo (1 serving)	34	1449	73	39	134	6	7	61	247	2473	4	534	6
Fettuccine Chicken Alfredo, Lunch (1 serving)	21	892	49	27	77	3	4	34	156	1653	2	333	4
Lasagna, Dinner (1 serving)	32	1346	69	29	118	10	24	67	228	3307	36	964	8
Lasagna, Lunch (1 serving)	18	754	39	16	68	5	13	36	120	1855	20	489	5
Prosciutto Shrimp & Cream (1 serving)	29	1217	60	35	103	5	6	58	391	1716	36	307	9
Spaghetti Marinara (1 serving)	17	815	16	5	146	10	15	26	14	1264	25	120	8
Spaghetti and Meatballs (1 serving)	36	1538	69	22	165	12	20	67	241	2976	36	308	12
Spaghetti Marinara, Lunch (1 serving)	10	499	13	5	84	6	9	15	13	890	16	72	5
Chicken Mac 'n Cheese (1 serving)	38	1533	93	50	96	5	12	72	295	3136	7	966	5
<b>Garlic Toast (1 slice)</b>	<b>3</b>	<b>143</b>	<b>8</b>	<b>4</b>	<b>15</b>	<b>1</b>	<b>0</b>	<b>3</b>	<b>12</b>	<b>291</b>	<b>1</b>	<b>4</b>	<b>1</b>
<b>Entrees (includes all sides and dips)</b>													
Chicken Tenders Dinner, Buffalo (1 serving)	32	1288	87	20	74	6	4	46	138	4526	15	77	4
Chicken Tenders Dinner, Plain (1 serving)	28	1143	72	12	72	5	4	46	118	3036	14	72	3
Chicken Tender (5 plain tenders nothing else)	11	469	20	3	30	0	0	40	100	1575	0	0	2
Fish and Chips (1 serving)	37	1483	100	18	108	8	21	35	127	3717	81	177	5
Fish and Chips, Lunch w/fries(1 serving)	18	726	52	9	47	3	6	17	68	1912	8	69	2
Fishermans Catch (1 serving)	35	1452	81	14	141	9	20	39	170	4623	90	147	5
Grilled Steak with French Fries (1 serving)	23	944	59	21	46	7	3	52	130	1491	119	111	6
Grilled Steak with New Potatoes (1 serving)	18	763	44	18	37	6	4	51	130	1183	141	130	5
Grilled Steak & Shrimp Scampi Platter with French Fries (1 serving)	32	1280	83	27	51	8	6	77	322	2935	132	185	9
Grilled Steak & Shrimp Scampi Platter with New Potatoes (1 serving)	27	1099	68	24	42	7	7	76	322	2627	153	203	9
Grilled Steak & Fried Shrimp Platter with French Fries (1 serving)	29	1199	64	22	86	9	5	64	195	2845	139	142	7
Grilled Steak & Fried Shrimp Platter with New Potatoes (1 serving)	24	1017	50	19	77	8	7	64	195	2537	161	161	7
Shrimp Basket (1 serving)	25	1099	43	7	143	9	15	33	151	4143	94	91	5
Shrimpers Dozen (1 serving)	29	1281	48	8	167	9	16	44	216	4943	94	111	5
<b>Soups (cup)</b>													
Broccoli Cheese Soup (8 floz)	12	469	38	23	15	2	6	18	117	1423	54	467	1
Broccoli Cheese Soup (8 floz) with Crackers	13	509	39	23	23	2	6	18	117	1613	54	467	1
Chicken Tortilla & Green Chili (8 floz)	5	210	11	5	16	2	2	13	47	1405	42	60	2
Chicken Tortilla & Green Chili (8 floz) with Crackers	6	250	12	5	24	2	2	13	47	1595	42	60	2
Beef Chili Soup (8 floz)	7	309	18	7	18	5	6	20	57	753	36	77	3
Beef Chili Soup (8 floz) with Crackers	8	349	19	7	26	5	6	20	57	943	36	77	3
Potato Chowder (8 floz)	14	533	46	30	23	2	0	5	161	795	0	108	0
Potato Chowder (8 floz) with Crackers	15	573	47	30	31	2	0	5	161	985	0	108	1
Boston Clam Chowder (8 floz)	7	300	14	3	32	0	0	10	20	2140	18	41	5
Boston Clam Chowder (8 floz) with Crackers	8	340	15	3	40	0	0	10	20	2330	18	41	6

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Menu Item	NUTRITIONAL INFO												
	Dietary Points	Total Calories	Total Fat	Saturated Fat	Total Carb	Fiber	Sugars	Protein	Cholesterol	Sodium	Vitamin C	Calcium	Iron
			grams						mgs				
<b>Kid's Menu Items (for side choices, see below) &amp; (cheese choices on page 2)</b>													
Kid Arch-Rival Alfredo (1 serving) (Garlic Bread not included)	16	650	37	22	61	3	3	17	110	1157	0	300	2
Kid Arch-Rival Alfredo with Chicken (1 serving) (Garlic Bread not included)	18	742	41	23	62	3	4	30	143	1336	1	307	3
Kid Mega Shrimp (1 serving) (choice of side not included)	5	248	5	1	39	1	2	12	65	1353	10	23	1
Kid Champion Chicken (1 serving) (choice of side not included)	13	521	37	6	21	0	2	25	72	1265	0	40	2
Kid Cheesy Chicken Sandwich (1 serving) (choice of side, cheese not included)	8	362	12	2	30	2	6	31	66	736	5	23	1
Kid Power Chicken Salad (1 serving) (choice of dressing not included)	5	247	9	1	13	2	4	29	66	450	14	44	2
Kid Mighty Cheeseburger (1 serving) (choice of side, cheese not included)	9	391	18	6	28	1	5	25	71	437	3	27	2
Kid Kraft Macaroni and Cheese (1 serving) (choice of side not included)	7	340	11	3	48	2	11	12	25	830	0	150	2
Kid Pizza with POW, Cheese Only (1 slice)	4	163	7	4	17	1	1	9	11	206	4	160	1
Kid Scooper Duper Sundae (1 sundae)	7	295	16	10	35	0	28	3	53	53	0	90	0
Kid Superghetti (1 serving) (Garlic Bread not included, meatball not included)	6	310	4	0	66	5	5	11	0	318	30	63	4
Kid Superghetti with Meatball (1 serving) (Garlic Bread not included)	15	662	28	9	77	5	7	32	113	980	33	151	6
<b>Kid's Menu Side Items</b>													
Kid Applesauce (4 ounces)	2	97	0	0	24	1	22	0	0	0	11	0	0
Kid Side Salad (1 salad) (choice of dressing not included)	0	25	1	0	4	1	1	1	0	39	6	13	1
Kid Fries (4 ounces)	3	160	5	1	24	3	0	3	0	520	8	0	1
Kid Side of Garlic Bread (1 slice)	3	143	8	4	15	1	0	3	12	291	1	4	1
Side of One Meatball (1 serving)	10	399	26	8	18	2	5	23	114	914	9	131	3
Kid Side of Veggies (Dip not included)	0	10	0	0	2	1	1	0	0	23	1	11	0
Kid Side of Veggies and Dip, for Sandwiches (3 ounces)	7	250	25	4	5	1	3	1	12	344	2	52	0
<b>Cheese Items Add-ons (use these nutritional to add to other items)</b>													
PepperJack (1 ounce)	3	110	9	5	0	0	0	7	30	170	0	200	0
American (1 slice)	2	87	7	5	0	0	0	5	19	421	0	124	0
Provolone (1 slice)	2	70	6	3	0	0	0	5	15	180	0	150	0
Mozzarella (1 ounce)	2	80	6	4	0	0	0	7	15	130	0	200	0
Cheddar (1 slice)	2	75	7	5	0	0	0	5	23	135	0	150	0
Swiss (1 slice)	2	83	6	4	0	0	0	6	19	45	0	225	0