

**NUTRITIONAL GUIDE**

Updated: 3/6/25

**NUTRITIONAL INFORMATION**

**Dining Room Portions**

	CALORIES	CALORIES FROM FAT	FAT	SAT FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
<b>WORLD FAMOUS ZINGERS®</b>											
<i>(listed without Wing Sauce or Dressing)</i>											
Zingers Mountain Melt®	2010	1550	168g	36g	0g	205mg	3710mg	47g	2g	4g	71g
Millers Size Mountain Melt®	2660	1940	210g	44g	0g	320mg	3910mg	63g	3g	6g	118g
Zingers®	750	440	49g	8g	0g	140mg	240mg	18g	< 1g	3g	58g
<b>Fresh Chicken Wings</b>											
<i>(listed without Wing Sauce or Dressing)</i>											
6 Wings	220	60	6g	1g	0g	100mg	140mg	0g	0g	0g	38g
12 Wings	440	110	12g	3.5g	0g	200mg	280mg	0g	0g	0g	76g
24 Wings	880	220	25g	7g	0g	395mg	560mg	0g	0g	0g	152g
<b>Zinger® &amp; Wing Sauces (1 fl. oz. )</b>											
Mild	80	80	9g	1.5g	1.5g	0mg	450mg	0g	0g	0g	0g
Garlic	190	170	21g	10g	0g	0mg	340mg	0g	0g	0g	0g
Honey BBQ	70	0	0g	0g	0g	0mg	220mg	17g	0g	16g	0g
Garlic Parmesan	110	100	11g	4g	1g	10mg	370mg	2g	0g	0g	1g
Teriyaki	45	10	1g	0g	0g	0mg	330mg	8g	0g	7g	0g
Honey Mustard	130	100	11g	1.5g	0g	15mg	150mg	6g	0g	6g	0g
Medium	120	120	14g	2.5g	2g	0mg	680mg	0g	0g	0g	0g
Carribbean Jerk	40	0	0g	0g	0g	0mg	760mg	10g	0g	8g	0g
Hot Garlic	90	80	9g	4.5g	0g	0mg	720mg	0g	0g	0g	0g
Sweet Thai Chili	70	0	0g	0g	0g	0mg	460mg	17g	0g	14g	0g
Tequila Bbq Sauce	80	5	1g	0g	0g	0mg	380mg	15g	0g	14g	< 1g
Hot	0	0	0g	0g	0g	0mg	1140mg	0g	0g	0g	0g
Korean BBQ	70	10	1.5g	0g	0g	0mg	590mg	13g	0g	11g	1g
Mango Habanero	50	0	0g	0g	0g	0mg	250mg	12g	0g	8g	0g
Mt. St. Helens	10	0	0g	0g	0g	0mg	1120mg	1g	< 1g	0g	0g
5 Pepper Fire®	15	10	1g	0.5g	0g	0mg	600mg	1g	0g	< 1g	0g

	CALORIES	CALORIES FROM FAT	FAT	SAT FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
<b>STARTERS AND APPS</b>											
Potstickers- Pan Fried	810	370	40g	9g	0g	40mg	1900mg	93g	4g	28g	19g
Potstickers- Steamed	550	110	12g	4g	0g	40mg	1900mg	93g	4g	28g	19g
Fully Loaded Cheese Fries	1850	1670	181g	38g	0g	85mg	2540mg	33g	3g	4g	18g
Fried Calamari	780	330	38g	6g	0g	320mg	3420mg	79g	2g	31g	28g
Fried Jalapeños	650	150	17g	3g	0g	<5	2730mg	103g	5g	6g	16g
Warm Bavarian Pretzel	490	260	29g	10g	0.5g	40mg	1860mg	44g	1g	7g	13g
Creamy Spinach & Artichoke Dip	810	370	38g	26g	0.5g	140mg	1240mg	66g	13g	<1	18g
Mozzarella Sticks: 12-Count	1170	1010	73g	27g	0g	120mg	2020mg	78g	2g	8g	42g
Mozzarella Sticks: 8-Count	800	720	53g	19g	0g	80mg	1470mg	55g	2g	6g	28g
Miller's Size Tex-Mex Chicken Nachos	2260	1420	162g	52g	0g	410mg	5610mg	113g	11g	10g	82g
Tex-Mex Chicken Nachos	1000	640	70g	20g	0g	150mg	1800mg	57g	4g	2g	34g
<i>Add Guacamole, Jalapeños &amp; Sour Cream</i>	220	120	18g	7g	0g	35mg	1560mg	8g	3g	4g	3g
Chicken Quesadilla	980	420	48g	21g	1g	170mg	2330mg	83g	8g	11g	60g
<b>SOUPS</b>											
French Onion Soup	290	130	15g	7g	0g	35mg	1310mg	21g	3g	8g	14g
Soup of the Day											
Beef and White Bean Chili	460	240	27g	10g	1g	80mg	1090mg	27g	6g	3g	27g
Beer Cheese	370	210	24g	14g	1.5g	75mg	1490mg	16g	1g	3g	20g
Broccoli Cheese Soup	210	120	13g	6g	0g	30mg	1510mg	15g	1g	7g	8g
Chicken and Poblano Pepper	300	160	19g	10g	0g	70mg	1200mg	24g	4g	5g	11g
Chicken Tortilla	90	25	3g	0g	0g	5mg	740mg	11g	3g	3g	6g
Clam Chowder	360	230	23g	13g	0g	65mg	1270mg	20g	3g	3g	10g
Farmer's Market Vegetable	120	35	3.5g	0g	0g	0mg	1350mg	19g	3g	7g	3g
Hearty Vegetable	90	20	2.5g	0g	0g	0mg	910mg	15g	2g	2g	0g
Italian Wedding	160	50	6g	2g	0g	25mg	1230mg	20g	1g	1g	8g
Premium Lobster Bisque	450	340	37g	24g	0g	175mg	1310mg	15g	0g	1g	7g
Roasted Poblano Corn Chowder	270	140	16g	10g	0g	50mg	1020mg	29g	2g	5g	3g
Shrimp And Roasted Corn Chowder	300	160	18g	9g	0g	70mg	880mg	30g	3g	9g	8g
Tomato Bisque with Spinach and Orzo	350	250	29g	18g	0g	95mg	1180mg	19g	4g	11g	8g
White Chicken Chili W/ Cilantro	350	140	15g	5g	0g	75mg	750mg	27g	5g	3g	24g

	CALORIES	CALORIES FROM FAT	FAT	SAT FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
<b>SALADS</b>											
<i>(listed without dressing unless noted)</i>											
Zingers® Salad (no wing sauce)	510	170	20g	6g	0g	135mg	390mg	28g	5g	8g	55g
Cobb Salad	890	380	43g	19g	0g	505mg	2780mg	40g	16g	13g	81g
Chicken Caesar Salad (with dressing)	680	430	46g	9g	0g	100mg	2390mg	34g	4g	5g	42g
House Salad (add dressing)	410	110	12g	5g	0g	30mg	770mg	56g	17g	12g	21g
Caesar Salad (with dressing)	560	410	45g	9g	0g	35mg	1510mg	32g	4g	5g	16g
<b>DRESSING (1 fl. oz.)</b>											
Balsamic Vinaigrette	100	90	10g	1.5g	0g	0mg	280mg	3g	0g	3g	0g
Blue Cheese	140	130	15g	3g	0g	10mg	230mg	< 1g	0g	< 1g	< 1g
Caesar	130	120	13g	2.5g	0g	10mg	380mg	2g	0g	< 1g	2g
Cajun Ranch	190	180	20g	3g	0g	5mg	380mg	2g	0g	1g	0g
Honey Mustard	130	100	11g	1.5g	0g	15mg	150mg	6g	0g	6g	0g
Thousand Island	137										
Ranch	180	180	20g	3g	0g	< 5mg	260mg	< 1g	0g	< 1g	0g
<b>HOUSE FAVORITES</b>											
<i>(Listed without sides unless noted)</i>											
Barbeque Baby Back Ribs (Includes coleslaw)	1320	780	83g	35g	0g	400mg	3830mg	43g	0g	38g	95g
Zingers® Mac & Cheese	2110	1240	138g	60g	3g	275mg	3470mg	135g	6g	5g	76g
Cajun Chicken Pasta	1590	770	86g	41g	0.5g	180mg	4020mg	144g	3g	7g	57g
Pork Osso Buco (served with Mashed Potatoes and	1380	760	86g	26g	0g	300mg	5130mg	41g	4g	11g	106g
Mimi's Fiesta Chicken & Shrimp	560	170	27g	8g	0g	190mg	1270mg	35g	3g	4g	43g
Atlantic Salmon - Grilled	500	270	29g	6g	0g	150mg	770mg	1g	0g	0g	53g
Atlantic Salmon - Blackened	550	300	33g	7g	0.5g	150mg	840mg	6g	0g	< 1g	54g
Atlantic Salmon - Broiled	810	530	63g	21g	0g	150mg	860mg	< 1g	0g	0g	53g
Chicken Parmesan Pasta	1600	810	92g	38g	0g	200mg	2020mg	121g	3g	8g	65g
Chicken Pesto Ravioli	1010	520	72g	33g	0g	140mg	2050mg	55g	5g	<1	29g
Chicken Scampi Pasta Bake	1590	900	99g	57g	0g	280mg	3410mg	86g	6g	2g	85g
Shrimp Scampi Pasta Bake	1430	1010	115g	61g	0g	435mg	2670mg	23g	2g	1g	66g
Lobster Ravioli	810	440	49g	26g	0g	130mg	1420mg	62g	6g	3g	26g
Cilantro Lime Chicken	880	190	36g	11g	0g	160mg	1600mg	69g	6g	7g	71g

	CALORIES	CALORIES FROM FAT	FAT	SAT FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
English Pub Fish & Chips <i>(served with Fries &amp; Incl</i>	1765	930	112g	21g	0g	125mg	2560mg	122g	6g	22g	47g
35 Fried Shrimp <i>(Includes coleslaw)</i>	1770	860	90g	17g	0g	520mg	2410mg	139g	4g	13g	85g
Snow Crab	890	290	51g	11g	0g	320mg	3860mg	0g	0g	0g	108g
<b>STEAK DINNERS</b>											
<i>(Listed without sides)</i>											
Choice Center Cut Sirloin											
6oz - Grilled <i>(Discontinued 3/23/25)</i>	290	120	14g	6g	0g	105mg	710mg	<1	0g	0g	37g
10oz - Grilled <i>(Discontinued 3/23/25)</i>	510	220	26g	11g	0g	170mg	1920mg	2g	<1	<1	62g
Filet Mignon - Grilled <i>(Discontinued 3/23/25)</i>	420	200	23g	9g	0g	160mg	750mg	<1	0g	0g	51g
Ribeye - Grilled	990	720	81g	36g	4g	230mg	1410mg	2g	0g	0g	63g
NY Strip - Grilled	870	520	58g	23g	0g	278mg	810mg	0g	0g	0g	66g
Filet Mignon - 6 oz Grilled	640	230	26g	9g	0g	70mg	1250mg	1g	0g	0g	26g
Flat Iron - 6 oz Grilled	310	170	19g	7g	0g	115mg	710mg	1g	0g	0g	32g
<b>FAJITAS</b>											
Chicken	890	260	31g	15g	0g	205mg	2760mg	82g	5g	17g	77g
Guacamole	90	60	7g	1.5g	0g	0mg	330mg	5g	3g	0g	2g
Cold Set	220	150	17g	11g	0g	60mg	790mg	7g	1g	5g	9g
<b>BURGERS</b>											
<i>(Listed without sides)</i>											
Classic Cheeseburger	1030	640	71g	31g	0g	200mg	2240mg	45g	6g	9g	52g
<i>Add Bacon</i>	90	60	7g	2.5g	0g	0mg	350mg	0g	0g	0g	5g
Millers Veggie Burger	620	340	39g	7g	0g	0mg	2440mg	64g	6g	16g	10g
<i>Add Guacamole</i>	90	60	7g	1.5g	0g	0mg	330mg	5g	3g	0g	2g
Brunch Burger	1460	1040	115g	38g	0g	225mg	2780mg	49g	4g	15g	55g
Prime Burger	1300	840	93g	35g	0g	235mg	3140mg	54g	5g	12g	63g
Cue Bacon Cheeseburger	1180	720	80g	33g	0g	215mg	2990mg	56g	4g	16g	57g
<i>Add Burger Patty (with cheese)</i>	680	520	57g	25g	0g	165mg	1630mg	2g	0g	0g	37g
<b>SANDWICHES</b>											
<i>(Listed without sides)</i>											
Big Red®	780	340	38g	10g	0g	90mg	5430mg	65g	4g	8g	43g
Grilled Chicken BLT	570	210	24g	7g	0g	110mg	2650mg	74g	4g	9g	47g

	CALORIES	CALORIES FROM FAT	FAT	SAT FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
Mahi-Mahi - Grilled	410	40	4.5g	1.5g	0g	165mg	1250mg	44g	6g	9g	49g
Mahi-Mahi - Blackened	470	70	8g	2.5g	0.5g	165mg	1320mg	49g	6g	9g	50g
Mahi-Mahi - Broiled	730	300	38g	16g	0g	165mg	1350mg	44g	6g	9g	49g
Philly Cheese Steak	970	470	50g	19g	0g	140mg	3090mg	59g	5g	5g	59g
<i>Add Mushrooms and Peppers</i>	70	50	6g	1g	0g	0mg	240mg	3g	1g	2g	2g
Prime Rib French Dip	1130	560	61g	30g	0g	265mg	4110mg	63g	3g	9g	73g
<b>SWEETS</b>											
Capt. Jack's Buried Treasure®	1420	620	70g	42g	0g	85mg	770mg	164g	2g	147g	8g
Capt. Jack's Buried Treasure® Pint	1100	516	56g	32g	4g	84mg	352mg	116g	2g	112g	8g
Ghirardelli® Chocolate Brownie Sundae	1620	660	77g	85g	93g	120mg	670mg	223g	3g	166g	10g
Pull N' Pop Donuts	1290	580	64g	26g	0g	0mg	760mg	167g	2g	106g	0g
Strawberry Cheesecake	1040	430	47g	34g	1.5g	190mg	480mg	73g	6g	59g	12g
<b>KIDS MENU</b>											
Grilled Chicken Breast	130	15	1.5g	0g	0g	70mg	290mg	1g	0g	0g	28g
Chicken Zingers®	440	240	26g	4.5g	0g	100mg	210mg	8g	0g	0g	42g
Mac & Cheese	300	80	9g	2.5g	0g	15mg	550mg	45g	2g	8g	10g
Fried Shrimp Platter	1670	780	82g	15g	0g	515mg	2210mg	132g	3g	8g	85g
Cheese Quesadilla	310	160	19g	7g	0g	20mg	570mg	28g	0g	2g	9g
Fried Shrimp	460	340	37g	7g	0g	65mg	200mg	17g	< 1g	0g	11g
Mini Burger	530	270	30g	11g	0g	85mg	690mg	38g	2g	2g	24g
Seasonal Fruit	60	0	0g	0g	0g	0mg	0mg	15g	3g	12g	1g
Applesauce	50	0	0g	0g	0g	0mg	5mg	13g	1g	10g	0g
French Fries	400	360	41g	7g	0g	0mg	450mg	11g	1g	0g	1g
Seasonal Vegetable	90	35	4g	1.5g	0g	0mg	990mg	11g	3g	3g	2g
Vanilla Ice Cream Scoop	280	140	16g	10g	0g	60mg	80mg	32g	0g	24g	0g
Ice Cream Sandwich	150	40	4.5g	2.5g	0g	15mg	115mg	26g	0g	14g	3g
Push Pop	80	5	1g	0.5g	0g	< 5mg	25mg	18g	0g	15g	0g
<b>LUNCH SPECIALS</b>											
<i>(listed without sides unless noted)</i>											
Dad's Homemade Meatloaf	900	450	50g	19g	2g	225mg	2260mg	80g	3g	32g	43g
English Pub Fish & Chips <i>(served with fries)</i>	1260	930	103g	18g	0g	75mg	1640mg	50g	3g	9g	28g

	CALORIES	CALORIES FROM FAT	FAT	SAT FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
Soup and Salad Duo - see above for combinations											
Pork Tenderloin Cuban Sandwich	1250	640	72g	25g	.5g	155mg	3490mg	91g	5g	4g	53g
Chicken Enchiladas	1220	430	50g	22g	0g	130mg	2700mg	152g	6g	14g	45g
Cajun Chicken Salad	960	310	35g	11g	0g	95mg	3210mg	114g	18g	16g	48g
<b>LTOs</b>											
Honey Bourbon Glazed Salmon & Shrimp	720	410	45g	10g	2g	215mg	1180mg	13g	0g	12g	59g
Big Easy Pasta	1210	380	46g	18g	0g	410mg	2850mg	121g	3g	7g	73g
Irish Egg Rolls	880	630	70g	14g	0g	140mg	2640mg	29g	3g	4g	28g
Ale House Reuben®	1510	1000	117g	31g	8g	220mg	3850mg	61g	7g	5g	56g
Irish Patty Melt	1130	450	53g	23g	1.5g	175mg	3600mg	110g	7g	37g	52g
<b>DEALS OF THE DAY</b>											
<i>(Listed without sides)</i>											
Zingers® (no wing sauce)	750	440	49g	8g	0g	140mg	240mg	18g	<1g	3g	58g
Barbecue Baby Back Ribs	1320	780	83g	35g	0g	400mg	3830mg	43g	0g	38g	95g
12 Wings	640	120	13g	2g	0g	315mg	210mg	5g	0g	5g	127g
Prime Rib- 12 oz	810	350	39g	13g	0g	325mg	3950mg	6g	1g	2g	109g
Prime Rib- 16 oz	1650	1150	127g	56g	8g	435mg	4860mg	7g	1g	2g	118g
<b>ALL DAY EVERY DAY DEALS</b>											
Classic Cheeseburger	880	540	60g	26g	0g	165mg	2200mg	41g	4g	8g	44g
Flat Iron & Fried Shrimp	700	270	29g	9g	0g	290mg	1220mg	42g	1g	0g	61g
Snow Crab	1020	360	66g	14g	0g	320mg	3980mg	0g	0g	0g	108g
<b>SIDES</b>											
Baked Potato (with Butter and Sour Cream)	340	110	19g	7g	0g	20mg	140mg	37g	4g	3g	5g
Housemade Kettle Chips	350	190	28g	3.5g	2g	0mg	540mg	21g	2g	1g	2g
Mashed Potatoes (with Gravy)	150	40	4.5g	1.5g	0g	5mg	880mg	24g	2g	0g	3g
French Fries	450	410	46g	8g	0g	0mg	510mg	12g	1g	0g	1g
Cilantro Lime Rice	250	35	4g	1g	0g	0mg	0mg	48g	1g	1g	5g
Vegetable Medley	50	20	2g	1g	0g	0mg	80mg	6g	2g	2g	2g
<b>PREMIUM SIDES</b>											
Loaded Baked Potato	540	260	36g	15g	0g	95mg	940mg	35g	2g	4g	21g

	CALORIES	CALORIES FROM FAT	FAT	SAT FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
Loaded French Fries	1010	900	98g	21g	0g	80mg	2360mg	15g	<1g	2g	16g
Onion Rings	1060	920	99g	16g	0g	10mg	1220mg	36g	2g	2g	3g
House Salad - sub	290	80	8g	2.5g	0 **	15mg	570mg	43g	10g	8g	13g
Caesar Salad - sub	280	210	22g	4.5g	0 **	20mg	750mg	16g	2g	3g	8g
Mac & Cheese	620	270	28g	17g	0g	90mg	510mg	98g	3g	1g	20g
<b>ADD ONS</b>											
Shareable Fries	620	560	60g	10g	0g	0mg	1490mg	16g	<1g	0g	2g
Shareable Onion Rings	1610	1240	131g	22g	0g	10mg	2000mg	91g	4g	2g	8g
12 Fried Shrimp with Cocktail Sauce	600	270	28g	5g	0g	175mg	1220mg	53g	1g	8g	29g
4 Mozzarella Sticks	430	380	29g	10g	0g	40mg	900mg	31g	2g	5g	15g
Caesar Salad	560	410	45g	9g	0g	35mg	1510mg	32g	4g	5g	16g
House Salad	410	110	12g	5g	0 **	30mg	770mg	56g	17g	12g	21g
<b>PARTY PLATTERS</b>											
50 Wings Box	2660	510	55g	8g	0g	1320mg	880mg	23g	1g	21g	529g
50 Zingers Box	6704	3740	412g	70g	0g	1389mg	2269mg	149g	5g	25g	575g
Wings & Zingers Box	5387	2060	228g	37g	0g	1616mg	1886mg	170g	1g	24g	655g
24 Wings	1260	230	25g	3.5g	0g	635mg	420mg	11g	<1	10g	254g
World Famous Zingers - 24	3010	1780	195g	34g	0g	550mg	950mg	70g	2g	12g	230g
Mini Burgers	10070	4060	451g	166g	0g	900mg	14390mg	1060g	73g	211g	458g
Zingers Mac & Cheese	7430	4280	478g	194g	11g	850mg	12440mg	506g	23g	19g	255g
House Salad	1510	420	45g	15g	0g	85mg	2940mg	216g	52g	40g	71g
Caesar Salad( <i>includes dressing</i> )	3960	1880	197g	26g	0g	105mg	9550mg	496g	48g	35g	145g
Add Chicken Breast	480	45	4.5g	0g	0g	235mg	3980mg	96g	<1g	0g	0g
Side Onion Rings	4230	3690	394g	66g	0g	40mg	4880mg	144g	7g	9g	13g
Side Mac & Cheese	2990	1530	168g	93g	0g	355mg	2970mg	272g	12g	6g	81g
<b>NON-ALCOHOLIC BEVERAGES</b>											
Coca-Cola	340	0	0g	0g	0g	0mg	85mg	89g	0g	89g	0g
Diet Coke	0	0	0g	0g	0g	0mg	110mg	1g	0.18g	0g	0g
Coca-Cola Zero	0	0	0g	0g	0g	0mg	90mg	0g	0.19g	0g	0g
Sprite	310	0	0g	0g	0g	0mg	150mg	82g	0g	81g	0g
Pibb Xtra	320	0	0g	0g	0g	0mg	120mg	84g	0.22g	84g	0g

	CALORIES	CALORIES FROM FAT	FAT	SAT FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
Minute Maid Lemonade(HFCS)	320	0	0g	0g	0g	0mg	210mg	84g	0g	80g	0g
Fuze Raspberry Tea	190	0	0g	0g	0g	0mg	110mg	51g	0.0g	49g	0g
Barq's Root Beer	370	0	0g	0g	0g	0mg	115mg	97g	0.21g	96g	0g
Fanta Orange Postmix	340	0	0g	0g	0g	0mg	90mg	90g	0g	88g	0g
Mello Yello	360	0	0g	0g	0g	0mg	110mg	96g	0.1g	96g	0g
Fresh Brewed Iced Tea	2	0	0g	0g	0g	0mg	7mg	1g	0g	0g	0g
Fresh Brewed Sweet Tea	160	0	0g	0g	0g	0mg	0mg	14g	0g	42g	1g
S&D Coffee	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
Perrier	0	0	0g	0g	0g	0g	0mg	0mg	0g	0g	0g
Dasani	0	0	0g	0g	0g	0g	0mg	0mg	0g	0g	0g
<b>DRINK BOOK</b>											
"The Don" Blanco	250	0	0g	0g	0g	0mg	55mg	33g	0g	30g	0g
1800 Perfect Margarita	240	0	0g	0g	0g	0mg	45mg	31g	0g	27g	0g
1800 Watermelon Rita Pitcher	810	0	0g	0g	0g	0mg	40mg	138g	< 1g	133g	0g
Ale House Cosmo	210	0	0g	0g	0g	0mg	10mg	14g	0g	13g	0g
Apple Pear Martini	210	0	0g	0g	0g	0mg	15mg	32g	0g	30g	0g
Beach Whiskey Bonfire Cinnamon	70	0	0g	0g	0g	0mg	0mg	6g	0g	6g	0g
Beach Whiskey Island Coconut	50	0	0g	0g	0g	0mg	0mg	4g	0g	5g	0g
Big LIT	280	0	0g	0g	0g	0mg	0mg	16g	0g	14g	0g
Old Fashioned	140	0	0g	0g	0g	0mg	0mg	20g	0g	19g	0g
Blackberry Smash	180	0	0g	0g	0g	0mg	0mg	23g	2g	20g	< 1g
Bulleit Manhattan	170	0	0g	0g	0g	0mg	0mg	2g	0g	0g	0g
Captain Morgan Cannon Blast	70	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
Cherry Limeade	210	0	0g	0g	0g	0mg	5mg	39g	2g	32g	0g
Curzan Classic Mojito	220	0	0g	0g	0g	0mg	0mg	33g	1g	29g	0g
Don Blanco Shot	70	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
Electric Blue LIT Pitcher	500	0	0g	0g	0g	0mg	0mg	54g	0g	48g	0g
Electric Lemonade	230	0	0g	0g	0g	0mg	0mg	27g	0g	25g	0g
Grande Margarita	270	0	0g	0g	0g	0mg	55mg	36g	0g	34g	0g
Grey Goose Mule	260	0	0g	0g	0g	0mg	0mg	33g	< 1g	30g	0g
Hemingway Daquiri	210	0	0g	0g	0g	0mg	0mg	23g	0g	19g	0g



	CALORIES	CALORIES FROM FAT	FAT	SAT FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
Irish Breakfast	100	0	0g	0g	0g	0mg	0mg	12g	0g	11g	0g
Jagermeister Spice	90	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
Kiwi Margarita	340	0	0g	0g	0g	0mg	45mg	54g	0g	49g	0g
Long Island Tea- House	160	0	0g	0g	0g	0mg	0mg	22g	0g	21g	0g
Long Island Tea- Top Shelf	280	0	0g	0g	0g	0mg	0mg	19g	0g	17g	0g
Mango Margarita	300	0	0g	0g	0g	0mg	50mg	40g	0g	38g	0g
Margarita Pitcher	630	0	0g	0g	0g	0mg	125mg	96g	< 1g	88g	0g
Meister Mary	150	0	0g	0g	0g	0mg	470mg	21g	2g	17g	1g
Meyers Platinum & Pepsi	70	0	0g	0g	0g	0mg	0mg	5g	0g	5g	0g
Mojito Pitcher	520	0	0g	0g	0g	0mg	0mg	69g	1g	63g	0g
Painkiller	350	25	3g	2.5g	0g	0mg	20mg	46g	2g	41g	< 1g
Patron Pineapple Margarita	120	0	0g	0g	0g	0mg	0mg	1g	0g	< 1g	0g
Patron Xo Cafe Incendio	100	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
Pineapple Mango Mojito	160	0	0g	0g	0g	0mg	5mg	40g	1g	36g	0g
Pomegranate Margarita	270	0	0g	0g	0g	0mg	55mg	48g	0g	44g	0g
Sangria (Red)	160	0	0g	0g	0g	0mg	5mg	30g	1g	23g	< 1g
Sangria (White)	140	0	0g	0g	0g	0mg	0mg	24g	1g	19g	< 1g
Sangria Pitcher (Red)	450	0	0g	0g	0g	0mg	15mg	76g	1g	59g	1g
Sangria Pitcher (White)	390	0	0g	0g	0g	0mg	0mg	58g	1g	48g	1g
Sauza Blue Margarita	220	0	0g	0g	0g	0mg	45mg	36g	0g	33g	0g
Sauza Blue Tequila Sunrise	100	0	0g	0g	0g	0mg	0mg	10g	0g	9g	0g
Shooter- Irish Car Bomb	120	20	2g	1g	0g	5mg	35mg	7g	0g	3g	< 1g
Shooter- Skittles	130	0	0g	0g	0g	0mg	0mg	12g	0g	11g	0g
Shooters- Baby Irish Stout	100	20	2g	1g	0g	5mg	15mg	9g	0g	9g	0g
Shooters- Cinnamon Toast Crunch	120	20	2g	0g	0g	10mg	0mg	10g	0g	0g	< 1g
Shooters- Fire Apple	90	0	0g	0g	0g	0mg	0mg	12g	0g	2g	0g
Shooters- Grape Bomb	100	0	0g	0g	0g	0mg	25mg	7g	0g	7g	0g
Shooters- Jager Bomb	130	0	0g	0g	0g	0mg	25mg	18g	0g	18g	0g
Shot- Captain Morgan (Double)	120	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
Captain Morgan- Single	60	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
Jagermeister	100	0	0g	0g	0g	0mg	0mg	11g	0g	11g	0g

	CALORIES	CALORIES FROM FAT	FAT	SAT FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
Patron Xo Cafe	110	0	0g	0g	0g	0mg	0mg	11g	0g	11g	0g
Smirnoff Grape	70	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
Vegas Bomb	140	0	0g	0g	0g	0mg	30mg	15g	0g	15g	0g
Smirnoff Bay Breeze	90	0	0g	0g	0g	0mg	5mg	6g	0g	6g	0g
Smirnoff Cape Cod	90	0	0g	0g	0g	0mg	15mg	6g	0g	6g	0g
Smirnoff Martini	140	10	1g	0g	0g	0mg	160mg	0g	0g	0g	0g
Strawberry Coconut Mojito	220	0	0g	0g	0g	0mg	15mg	36g	< 1g	32g	0g
Strawberry Margarita	270	0	0g	0g	0g	0mg	50mg	34g	0g	31g	0g
Strawberry Mule	220	0	0g	0g	0g	0mg	30mg	54g	0g	18g	0g
The Wave Glass- Big	300	0	0g	0g	0g	0mg	50mg	46g	< 1g	41g	0g
Tito's Loaded Bloody Mary	190	10	1g	0g	0g	0mg	590mg	7g	2g	3g	2g
Tito's Strawberry Lemonade Glass	170	0	0g	0g	0g	0mg	35mg	23g	0g	21g	0g
Tito's Strawberry Lemonade Pitcher	440	0	0g	0g	0g	0mg	70mg	46g	< 1g	41g	0g
Top Shelf Margarita	280	0	0g	0g	0g	0mg	45mg	31g	0g	27g	0g
Tropical Mule	210	0	0g	0g	0g	0mg	5mg	21g	1g	21g	< 1g
Ultimate Tito's	250	10	1g	0g	0g	0mg	160mg	0g	0g	0g	0g
Watermelon Margarita	280	0	0g	0g	0g	0mg	45mg	50g	0g	47g	0g
Watermelon Margarita Pitcher	710	0	0g	0g	0g	0mg	105mg	116g	0g	110g	0g
Wave	300	0	0g	0g	0g	0mg	50mg	46g	< 1g	41g	0g
Wave Pitcher	890	0	0g	0g	0g	0mg	135mg	133g	< 1g	119g	0g
Angry Orchard	220	0	0g	0g	0g	0mg	20mg	28g	0g	23g	0g
Blue Moon	200	0	0g	0g	0g	0mg	20mg	16g	< 1g	< 1g	2g
Blue Moon 23 oz.	270	0	0g	0g	0g	0mg	25mg	22g	1g	1g	3g
Blue Moon Pitcher	630	0	0g	0g	0g	0mg	60mg	53g	3g	3g	7g
Blue Pt. Toasted Lager- Pint (14 oz.)	170	0	0g	0g	0g	0mg	20mg	18g	0g	0g	2g
Bud Light	100	0	0g	0g	0g	0mg	10mg	3g	0g	0g	1g
Budweiser Pint (14 oz.)	170	0	0g	0g	0g	0mg	10mg	12g	0g	0g	2g
Coors Light 14 oz. Pint	120	0	0g	0g	0g	0mg	15mg	6g	< 1g	1g	1g
Corona Light 14 oz. Pint	120	0	0g	0g	0g	0mg	0mg	6g	0g	0g	1g
Dos Equis 14 oz. Pint	150	0	0g	0g	0g	0mg	35mg	13g	0g	3g	1g
Founders All Day IPA 14 oz. Pint	160	0	0g	0g	0g	0mg	30mg	13g	1g	0g	1g

	CALORIES	CALORIES FROM FAT	FAT	SAT FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
Goose IPA- Pint (14oz)	240	0	0g	0g	0g	0mg	20mg	25g	0g	0g	2g
Guinness 20 oz.	180	0	0g	0g	0g	0mg	110mg	14g	0g	1g	2g
Guinness Blonde American Lager 14 oz. Pint	180	0	0g	0g	0g	0mg	0mg	13g	0g	1g	3g
Heineken 14 oz. Pint	170	0	0g	0g	0g	0mg	10mg	13g	0g	2g	1g
Hoegaarden Wheat Beer- Pnt (14oz)**	190	0	0g	0g	0g	0mg	20mg	16g	0g	0g	2g
Illusive Traveler- Grapefruit Shandy 14 oz. Pint	190	0	0g	0g	0g	0mg	25mg	21g	1g	10g	1g
Kona Longboard- 14 oz. Pint	170	0	0g	0g	0g	0mg	0mg	13g	0g	0g	2g
Lagunitas IPA 14 oz. Pint	220	0	0g	0g	0g	0mg	20mg	17g	0g	0g	3g
Leinenkugals 14 oz. Pint	180	0	0g	0g	0g	0mg	20mg	17g	0g	0g	1g
Michelob Ultra- Pint (14 oz)	110	0	0g	0g	0g	0mg	20mg	3g	0g	0g	< 1g
Miller Lite 14 oz. Pint	110	0	0g	0g	0g	0mg	0mg	4g	0g	0g	< 1g
Miller Lite 23 oz.	150	0	0g	0g	0g	0mg	0mg	5g	0g	0g	< 1g
Miller Lite Pitcher	360	0	0g	0g	0g	0mg	0mg	12g	0g	0g	2g
New Belgium Fat Tire 14 oz. Pint	160	0	0g	0g	0g	0mg	5mg	10g	2g	0g	2g
New Belgium, Voodoo Ranger 14 oz. Pint	220	0	0g	0g	0g	0mg	10mg	18g	0g	0g	0g
Newcastle Brown Ale 14 oz. Pint	150	0	0g	0g	0g	0mg	35mg	12g	0g	7g	1g
Rebel IPA 14 oz. Pint	220	0	0g	0g	0g	0mg	20mg	18g	1g	0g	2g
Samuel Adams Boston Lager	240	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
Shock Top Belgian White 5% - Pint (14oz)**	200	0	0g	0g	0g	0mg	20mg	17g	0g	0g	3g
Sierra Nevada - Pale Ale 14 oz. Pint	200	0	0g	0g	0g	0mg	0mg	16g	0g	0g	2g
Sierra Nevada - Sidecar	210	0	0g	0g	0g	0mg	25mg	18g	0g	0g	< 1g
Stella Artois - Pint (14 oz)	170	0	0g	0g	0g	0mg	40mg	13g	0g	0g	2g
Terapin Hopsecutioner IPA	210	0	0g	0g	0g	0mg	15mg	15g	0g	0g	2g
Terrapin, Hi-5 IPA 14 oz. Pint	210	0	0g	0g	0g	0mg	10mg	19g	0g	0g	2g
Yuengling 14 oz. Pint	160	0	0g	0g	0g	0mg	15mg	13g	0g	0g	1g