



Prepared Salads

Table with 14 columns: Item, Calorie, Total Fat (g), Sat Fat (g), Total Carb (g), Protein (g), Fiber (g), Sugar (g), Protein (g), and Allergens (Milk, Wheat, Soy, Shellfish, Sesame, Fish, Egg, MSG, Tree Nut).

Soup

Table with 14 columns: Item, Calorie, Total Fat (g), Sat Fat (g), Total Carb (g), Protein (g), Fiber (g), Sugar (g), Protein (g), and Allergens (Milk, Wheat, Soy, Shellfish, Sesame, Fish, Egg, MSG, Tree Nut).

Steaks

Table with 14 columns: Item, Calorie, Total Fat (g), Sat Fat (g), Total Carb (g), Protein (g), Fiber (g), Sugar (g), Protein (g), and Allergens (Milk, Wheat, Soy, Shellfish, Sesame, Fish, Egg, MSG, Tree Nut).

Steak Combos

Table with 14 columns: Item, Calorie, Total Fat (g), Sat Fat (g), Total Carb (g), Protein (g), Fiber (g), Sugar (g), Protein (g), and Allergens (Milk, Wheat, Soy, Shellfish, Sesame, Fish, Egg, MSG, Tree Nut).

Seafood

Table with 14 columns: Item, Calorie, Total Fat (g), Sat Fat (g), Total Carb (g), Protein (g), Fiber (g), Sugar (g), Protein (g), and Allergens (Milk, Wheat, Soy, Shellfish, Sesame, Fish, Egg, MSG, Tree Nut).

Chicken, Ribs & Pork Chops

Table with 14 columns: Item, Calorie, Total Fat (g), Sat Fat (g), Total Carb (g), Protein (g), Fiber (g), Sugar (g), Protein (g), and Allergens (Milk, Wheat, Soy, Shellfish, Sesame, Fish, Egg, MSG, Tree Nut).

Burgers & Sandwiches

Table with 14 columns: Item, Calorie, Total Fat (g), Sat Fat (g), Total Carb (g), Protein (g), Fiber (g), Sugar (g), Protein (g), and Allergens (Milk, Wheat, Soy, Shellfish, Sesame, Fish, Egg, MSG, Tree Nut).

Kids

Table with 14 columns: Item, Calorie, Total Fat (g), Sat Fat (g), Total Carb (g), Protein (g), Fiber (g), Sugar (g), Protein (g), and Allergens (Milk, Wheat, Soy, Shellfish, Sesame, Fish, Egg, MSG, Tree Nut).

Sides

Table with 14 columns: Item, Calorie, Total Fat (g), Sat Fat (g), Total Carb (g), Protein (g), Fiber (g), Sugar (g), Protein (g), and Allergens (Milk, Wheat, Soy, Shellfish, Sesame, Fish, Egg, MSG, Tree Nut).

Butter & Sauces

Table with 14 columns: Item, Calorie, Total Fat (g), Sat Fat (g), Total Carb (g), Protein (g), Fiber (g), Sugar (g), Protein (g), and Allergens (Milk, Wheat, Soy, Shellfish, Sesame, Fish, Egg, MSG, Tree Nut).

Text box containing highlighted menu items: Petite 6 oz Tri Tip, Grilled Shrimp Skewers, Fresh Grilled Salmon, and Grilled Chicken Alfredo. Includes the Healthy Dining logo and website URL.

Disclaimer text: Nutritional content does not include condiments, dipping sauces or optional accompaniments. Sides item and cheese toast, unless specified, are not included in analysis. Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium.