

Menu Item	Calories	Calories from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Diet. Fiber (g)	Sugars (g)	Protein (g)
<u>Appetizers</u>											
Grilled Pork Belly	1338	948	105	33	0	122	2905	66	0	57	20
Shrimp Cocktail	219	26	2.9	0.5	0	230	1181	18	1.5	13	32
Truffled Deviled Eggs	706	431	48	12	0	812	1037	32	1	28	36
Calamari	437	115	13	3.4	0	209	1706	53	2.2	9.4	19
Oysters (6)	214	28	3.1	0.4	0	21	1326	38	1.2	13	5.6
Ahi Tuna	532	188	21	4.4	0	91	604	35	3.8	27	43
Fried Mushrooms	636	448	50	8.1	0	65	1331	32	3.4	5	13
Voodoo Shrimp	1113	719	80	13	0	361	2194	51	2.8	11	40
Lump Crab Cocktail	748	500	56	9.2	0	181	1642	35	3.5	5.1	25
Lobster Dip	909	608	68	34	0	209	1706	53	2.2	9.4	19
Isle/Shellfish, half	749	329	37	6.4	0	346	2673	39	1.9	14	61
Isle Shellfish, full	1151	368	41	7	0	664	4570	70	2.6	27	120
<u>Salads</u>											
w/o dressings											
House Salad	136	78	8.6	2.4	0	82	179	7.4	3.4	3.3	7.3
Caesar Salad	169	58	6.4	1	0	5	390	20	2	1.1	7.3
Spin Salad, Sm	189	127	14	3.5	0	13	239	7.4	3	2.6	7.3
Spin Salad, Lg.	377	255	28	6.9	0	25	478	15	6.1	5.1	15
Ahi Tuna Salad	424	72	8	1.4	0	64	463	43	4.4	10	43
Grilled Chic Salad	660	119	13	4.6	0	81	1257	82	5.3	20	47
Steak Caesar	1115	576	64	25	0	190	2214	48	5	6	80
Grilled Chic Caesar	491	147	16	2.7	0	76	1060	42	4.1	4	41
Smkd Salmon Hse Sal	473	266	30	7.2	0	231	421	16	6.9	6.4	37
Smkd Salmon Csr Sal	597	243	27	8.1	0	70	1024	43	4.8	4.3	43
Wedge Salad	150	92	10	5.6	0	33	473	5.7	1.4	3.4	8.1

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<u>Pasta/Poultry</u>											
w/o side items											
Grilled Chicken	398	176	20	5.1	0	109	620	8.9	2.3	4.6	44
Basil Crm Pasta w/Chic	1020	492	55	26	0.6	166	1758	75	5	7.9	56
Basil Crm Pasta w/Shrp	962	432	48	25	0.6	315	1640	76	4.9	7.4	58
Chicken Parmesan	1009	373	41	18	0	223	1932	72	4.8	11	84
Chicken Picatta	1141	750	83	25	0.1	134	1476	28	3.7	8.4	58
Chicken Tenders	1254	459	51	8.9	0	273	3695	118	14	32	70
<u>Sandwiches</u>											
Philly Cheesesteak	1382	930	103	38	0	186	2086	52	3.4	9.1	60
Chicken Club	1083	571	63	21	1	239	2306	40	3	7	84
Reuben	990	652	72	22	8.1	137	3748	38	6	1.3	49
Classic Cheeseburger	952	491	55	23	1	194	2343	49	3	6.7	64
Smoky Burger	1059	523	58	23	2.3	210	3184	70	11	21	62
Mushroom Burger	957	492	55	21	2.5	179	2383	60	4.4	12	51
<u>Desserts</u>											
Vanilla Ice Cream (1)	107	58	6.4	3.9	0	21	34	11	0.1	7.8	1.4
Vanilla Ice Cream (2)	215	115	13	7.8	0	43	68	22	0.1	16	2.9
Key Lime Tart	819	300	33	21	0	73	189	111	0.2	78	10
Crème Brulee	761	451	50	32	0	537	57	62	0.8	60	4.9
Mousse Cake	744	375	42	27	0	92	468	85	3.4	63	6.4
German Choc Cake	1053	480	53	24	0.2	94	698	133	3.9	101	9.7
Bananas Foster	1071	548	61	35	2.5	22	194	106	3.7	76	4.2
Shortcake Half	563	299	33	20	0	164	246	58	1	39	5.8
Shortcake Full	911	482	54	33	0	286	424	94	1.9	62	8.8

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<u>Lunch Specialties</u>											
w/o side items											
Fish Tacos	629	295	33	6.7	1.5	139	1196	43	4.6	8.2	39
Rainbow Trout	201	106	12	3	1	70	340	2	1	0	22
Chicken Tenders	1029	415	46	7.7	0	204	3156	94	13	31	50
Fish & Chips	962	592	66	9.9	0	168	1738	54	2.8	17	37
Lump Crab Cake	618	484	54	10	0.2	204	1245	11	1.1	2	19
Sirloin 7 oz.	489	311	35	13	1.7	103	873	1.7	0.1	0.7	40
Grilled Chicken	398	176	20	5.1	0	109	620	8.9	2.3	4.6	44
Angus Chopped Steak	501	291	32	11	1.3	141	1397	8	1	3.5	41
Chicken Picatta	993	608	68	20	0.1	134	1736	28	5.2	8.5	58
Grilled Shrimp	254	135	15	2.7	0	184	734	4	0.7	1.1	25
Prime Rib Sand	822	486	54	18	0.1	113	1742	43	1.6	2	38
Grilled Chic Club	1083	571	63	21	1	239	2306	40	2.6	6.8	84
<u>Dinner Bread</u>											
Ciabatta Half	420	27	3	0	0	0	930	84	3	3	15
Ciabatta w/Oil & Pesto	684	289	32	5.2	0	0.4	953	84	3	3	15
<u>Beverages</u>											
Coke	163	0	0	0	0	0	9.9	45	0	45	0
Diet Coke	0	0	0	0	0	0	17	0	0	0	0
Coke Zero	1.2	0	0	0	0	0	46	0.2	0	0	0
IBC Root Beer	160	0	0	0	0	0	55	43	0	43	0
Lemonade	160	0	0	0	0	0	68	43	0	43	0
Mello Yello	175	0	0	0	0	0	13	48	0	48	0
Peach Tea	129	0	0	0	0	0	15	35	0	35	0
Pibb Xtra	160	0	0	0	0	0	23	43	0	43	0
Sprite	160	0	0	0	0	0	36	43	0	43	0