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)
Appetizers											
Voodoo Shrimp	1113	719	80	13	0	361	2194	51	2.8	11	40
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
Tenderloin Crostini	369	138	15	7.3	0	61	557	36	0.9	9.1	22
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
Salads											
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

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)
Soups											
Lobster Bisque (C)	253	189	21	14	0	86	504	7	0.5	0.6	5.2
Lobster Bisque (B)	421	316	35	24	0	143	840	12	0.8	1	8.7
Broccoli/Cheese (C)	202	132	15	7.1	1.1	33	716	9.1	0.9	4	7.7
Broccoli/Cheese (B)	318	206	23	11	1.8	49	1163	15	1.5	6.6	12
Chic Mushroom (C)	263	162	18	11	0	46	395	13	1.4	4.5	10
Chic Mushroom (B)	418	257	29	17	0	71	627	22	2.2	7.4	16
Gumbo (C)	116	53	5.9	1.2	0	27	586	10	1	1.8	6
Gumbo (B)	181	87	9.7	1.9	0	44	943	14	1.4	2.9	9.7
Potato (C)	209	135	15	8.3	0	39	601	12	1.2	3.2	6.5
Potato (B)	307	193	21	12	0	53	880	20	2	5.3	8.4
Prime Rib Chili (C)	260	140	16	6.4	0	40	813	17	4.6	3.4	13
Prime Rib Chili (B)	395	205	23	8.7	0	55	1305	28	7.7	5	20
Shrimp Corn Chow. (C)	220	140	16	9.4	0	64	349	13	1.6	2.6	5.2
Shrimp Corn Chow. (B)	366	233	26	16	0	106	582	21	2.6	4.3	8.6
Tuscan Bean (C)	128	68	7.5	1.5	0	7.5	675	11	2.3	0.8	4.5
Tuscan Bean (B)	213	113	13	2.5	0	13	1125	19	3.8	1.3	7.5
Tomato Flor. (C)	125	84	9.3	6	0	18	537	7.6	1.1	2.2	1.8
Tomato Flor. (B)	208	140	16	10	0	30	895	13	1.9	3.6	3
Chic Tortilla (C)	206	111	12	3	0	20	569	15	1	1.2	8.4
Chic Tortilla (B)	277	160	18	4.1	0	29	869	17	1.5	2.2	12
Chic Poblano (C)	340	251	28	6.6	0	106	913	12	1.5	3.1	11
Chic Poblano (B)	565	417	46	11	0	177	1517	21	2.5	5.2	18

Menu Item	Calories	Calories	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Total Carb.	Diet. Fiber	Sugars	Protein
		from Fat	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)
Steaks/Chops											
w/o side items											
Prime Rib 8 oz.	689	498	55	20	0.1	150	1656	4.3	0.5	1.1	41
Prime Rib 12 oz.	1001	723	80	30	0.1	225	2164	4.7	0.6	1.3	61
Prime Rib 16 oz.	1248	900	100	40	0	300	2035	1.6	0.2	0.5	80
Filet 6 oz.	578	427	47	15	2.8	110	720	1.1	0.1	0.5	34
Filet 9 oz.	787	564	63	21	2.8	166	762	1.1	0.1	0.5	51
Boursin Filet 6 oz.	770	530	59	22	1.4	138	1077	19	1.8	5.9	38
Boursin Filet 9 oz.	979	667	74	28	1.4	194	1120	19	1.8	5.9	55
Blu Btr Filet 6 oz.	598	440	49	24	0	123	308	0.4	0.2	0	36
Blu Btr Filet 9 oz.	807	577	64	30	0	179	351	0.4	0.2	0	53
Sirloin 10 oz.	709	462	51	18	1.4	147	613	0.9	0.1	0.4	57
Ribeye 12 oz.	1004	611	68	24	1.4	428	649	0.9	0.1	0.4	91
NY Strip 14 oz.	1023	667	74	27	1.4	230	671	0.9	0.1	0.4	82
Pork Chop	1095	635	71	22	1.8	205	1433	46	1.3	34	69
Lamb Chops 12 oz.	716	431	48	22	0	200	820	12	0.2	8	56
Espresso Ribeye 16 oz.	1426	843	94	33	3.2	571	3363	15	0.9	10	121
Fresh Seafood											
w/o side items											
Shrimp & Grits	1005	668	74	39	0	355	2518	28	2.4	5	50
Fish & Chips	1089	621	69	11	0	207	1953	66	3.5	18	48
Lump Crab Cakes	851	607	67	13	0.3	362	1814	19	1.5	2.2	37
Swordfish Scampi	580	330	37	16	1.5	188	1300	3.7	0.8	0.7	58
Cilantro Shrimp	566	272	30	5.4	0	368	2173	23	2.1	14	52
Cajun Grouper	453	235	26	14	0.5	148	1156	6.9	1.6	0.5	50
Sea Bass Oscar	421	161	18	4	1.5	174	905	9.9	1.8	1.7	54
Salmon	579	345	38	7.4	2.7	134	687	11	3.5	5.6	48
Parmesan Halibut	532	189	21	8.3	1	87	864	28	3.6	6.7	56
Crab Legs	467	269	30	18	0	109	2255	1.2	0.5	0.3	48
Lobster Tail (1)	754	595	66	41	2.5	327	260	1.3	0.6	0.3	38
Lobster Tail (2)	1039	721	80	49	3	515	520	2.6	1.2	0.6	75

Menu Item	Calories	Calories	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Total Carb.	Diet. Fiber	Sugars	Protein
		from Fat	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)
Pasta/Poultry											
w/o side items											
Medi Pasta w/Chic	1306	680	76	22	0	71	2624	112	11	24	47
Medi Pasta w/Shrp	1248	620	69	21	0	220	2506	112	10	24	50
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
Grilled Chicken	398	176	20	5.1	0	109	620	8.9	2.3	4.6	44
Sandwiches											
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
Desserts											
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

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)
Side Items											
Sauteed Spinach	132	86	9.6	1.7	0	5	168	5.8	2.6	0.7	5.8
Creamed Spinach	400	318	35	21	1.8	115	632	8.4	1.6	1.7	5.8
Mashed Potatoes	244	114	13	3.6	1.4	6.8	1039	30	3	2	3.8
Steamed Broccoli	221	164	18	7.3	3.2	16	206	8.9	3.4	2.3	5.1
Pearl Couscous	201	62	6.8	2.4	0	1.5	531	31	1.9	1.8	5.1
Sweet Potato FF	327	126	14	3.5	0	0	618	49	4.7	19	2.3
French Fries	355	138	15	3.8	0	0	572	47	2.4	0	4.7
Mac & Cheese	247	114	13	4.6	0	19	898	25	0.8	4.5	7.9
Collard Greens	61	30	3.4	0.6	0	0.8	402	6	2.2	2.1	1.7
Loaded Potato	566	217	24	15	0	44	371	71	5.3	4.3	15
Truffled Deviled Eggs	354	216	24	6.2	0	406	519	16	0.5	14	18
Cheese Grits	184	122	14	9	0	46	597	9.5	0.1	0.4	2.8
Grilled Asparagus	164	133	15	2.7	4	0	240	4.9	2.5	2.2	2.6
Creamed Corn	337	173	19	11	0	64	558	33	2.5	9.3	4.6
Fresh Fruit Medley	87	3.3	0.4	0.1	0	0	0.8	20	2.5	12	1
Steak Toppers											
Blu Butter/Wine Red.	225	166	18	12	0	13	223	11	0.2	6	2.3
Boursin & Tob. Onions	249	159	18	8.6	0	28	523	18	1.7	5.5	4.1
Black Truffle Butter	197	195	22	14	0	59	0.1	0.1	0	0	0.4
Shrimp Scampi	248	188	21	12	0	99	480	1.7	0.1	0.2	13
Oscar	259	199	22	14	0	125	411	2.2	1.2	1.1	12
Add-Ons											
Shrimp Skewer, Half	130	26	2.9	0.5	0	184	266	1.3	0	0	25
Lump Crab cake, 4 oz.	195	108	12	2.7	0.2	158	482	2.9	0.1	0.2	17
Crab Legs	78	5.4	0.6	0.1	0	42	830	0	0	0	18
Lobster Tail	150	0	0	0	0	150	225	0	0	0	36

Menu Item	Calories	Calories	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Total Carb.	Diet. Fiber	Sugars	Protein
		from Fat	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)
Lunch Specialities											
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
Dinner Bread											
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
Beverages											
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

Menu Item	Calories	Calories	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Total Carb.	Diet. Fiber	Sugars	Protein
		from Fat	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)
Dressings											
Blue Cheese 2 oz.	238	209	23	7.1	0	40	430	2.4	0.1	1.7	3.8
Blue Cheese 4 oz.	477	418	46	14	0	79	860	4.8	0.3	3.4	7.5
Ranch 2 oz.	216	201	22	3.2	0	21	495	2	0.1	1.5	1.2
Ranch 4 oz.	433	402	45	6.4	0	41	990	4.1	0.2	2.9	2.4
Honey Mustard 2 oz.	318	266	30	4	0	27	442	12	0.3	11	0.2
Honey Mustard 4 oz.	635	532	59	8	0	53	884	23	0.5	21	0.4
1000 Island 2 oz.	230	201	22	3.4	0	22	441	6.8	0.5	5.3	0.5
1000 Island 4 oz.	461	402	45	6.8	0	44	881	14	1	11	0.9
Sweet Vina 2 oz.	333	288	32	5.7	0	0	170	9.8	0.1	9.2	0.1
Sweet Vina 4 oz.	666	576	64	11	0	0	340	20	0.2	18	0.3
Ginger Vina 2 oz.	260	198	22	2	0	0	820	14	0	14	0
Ginger Vina 4 oz.	520	396	44	4	0	0	1640	28	0	28	0
Balsamic Vina 2 oz.	391	359	40	7.1	0	0	470	7.6	0.1	7.1	0.1
Balsamic Vina 4 oz.	783	718	80	14	0	0	940	15	0.2	14	0.2
Champ Vina 2 oz.	286	241	27	2.3	0.1	0	105	8.9	0.2	7.6	0.4
Champ Vina 4 oz.	572	481	53	4.7	0.3	0	211	18	0.4	15	0.9
Kids Menu											
w/o side items											
Cheese Burger	460	216	24	9.9	1	85	1082	31	1	1.2	29
Cheese Pizza	720	198	22	10	0	50	1540	98	4	10	28
Spaghetti w/Sauce	436	138	15	5.5	0	40	560	56	4.4	4.4	19
Grilled Chicken	200	82	9.1	1.7	0	66	328	1	0.1	0.5	27
Fried Shrimp	417	106	12	2.6	0	301	1107	36	1.5	1.9	40
Chic Tenders	577	342	38	5.4	0	92	1582	29	1.1	12	26
Mac & Cheese	397	184	20	7.6	0	31	1477	40	1.3	7.6	13
Potato Stars	339	166	18	2.6	0	0	768	42	4.8	0	3.2