



# NUTRITION, ALLERGEN & PREPARATION GUIDE

Effective: September 2nd, 2020

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

All items are listed as served, unless otherwise indicated.

	Cal	Fat Cal	Fat (g)	Sat (g)	Trans (g)	Carbos (g)	Protein (g)	Fiber (g)	Sugar (g)	Chol (mg)	Sod (mg)	Egg	Milk	Fish	Shellfish	Soy	Soy Oil	Peanut	Tree Nuts	Wheat	Gluten	MSG		
MENU OFFERINGS	NUTRITION											ALLERGENS/SENSITIVITIES												
<b>WINGS</b>																								
Nutritional Information for Choice of Wings, Sauces, Rubs and Dressings are listed separately below as served for 6ea Wings.																								
<b>*Wings-Range</b>	600-1100 calories																	X	X					
<b>*Wings-Bone-In Naked Fried (6ea)</b>	500	400	45	10	0	0	27	0	0	220	135						X	X						
<b>*Wings-Bone-in Breaded Fried (6ea)</b>	600	360	41	9	0	29	28	2	0	200	650	X	X				X	X			X	X		
<b>*Wings-Boneless Breaded (6ea)</b>	650	290	35	5	0	115	50	2	0	115	790	X	X				X	X			X	X		
<b>*Wings-Smoked Grilled (6 ea)</b>	570	390	43	11	0	6	39	0	2	160	1480						X	X						
<b>Sauces (2 fl oz)-</b>																								
Smoky Sweet BBQ Sauce	100	15	1.5	0.5	0	0	20	0	18	0	750		X	X			X							
Garlic Parmesan Sauce	420	390	43	8	0	5	7	0	2	5	1070		X				X	X			X	X		
The Classic Sauce	90	45	5	3	0	0	13	0	12	10	270		X				X	X						
Spicy Thai Chili Sauce	150	20	2	0	0	1	34	0	30	0	670		X				X	X						
Spicy Garlic Sauce	420	390	43	8	0	5	7	0	2	5	1070		X				X	X			X	X		
Nashville Hot Sauce	80	60	7	2.5	0	1	5	1	2	0	1240													
Korean Volcano Sauce	130	40	4	0	0	1	22	1	18	0	920			X										
Reaper Sauce	100	72	8	0	0	< 1	0	0	4	0	680		X				X	X						
Blazing Sauce	60	50	6	0	0	0	2	0	0	0	720		X				X	X						
<b>Rubs (1 Tbsp)-</b>																								
Lemon Pepper Rub	20	0	0	0	0	4	1	2	0	0	850							X						
Spicy Cajun Rub	20	0	0	0	0	4	0	0	2	0	2310													
<b>Dressings (2 fl oz)-</b>																								
Blue Cheese	310	290	32	8	0	4	3	0	1	25	450	X	X					X						
Ranch	210	200	22	4	0	2	1	0	2	15	440	X	X				X	X						
<b>Garnish-</b>																								
Celery Sticks	5	0	0	0	0	1	0	1	1	0	30													
<b>BITES</b>																								
Nutritional Information for Bites is listed with Dressings and Sauces as served.																								
<b>*Pork Rinds</b>	490	230	26	6	0	0	66	0	0	110	1960						X	X						
<b>*Spinach Dip with Tortilla Chips</b>	980	560	64	22	1	80	25	8	6	95	1220	X	X				X	X			X	X		
<b>*Spinach Dip Only (no Tortilla Chips)</b>	410	290	32	18	1	15	18	2	6	95	890	X	X				X	X			X	X		
<b>*Spinach Dip Sampler with Bleu Cheese and Ranch Dressings &amp; Marinara Sauce</b>	2150	1320	148	38	0	105	93	6	13	280	7630	X	X				X	X			X	X		
<b>*Billionaire Bacon (3 slices)</b>	190	140	15	6	0	3	9	0	3	45	900													
<b>*Chipotle Queso &amp; Chips</b>	1050	600	68	27	0	79	32	7	13	115	2480		X					X						
<b>Add On-</b>																								
Cup of Salsa	25	0	0	0	0	6	1	2	0	0	790													
Venison Chili	45	20	2	0.5	0	2	4	1	1	10	160			X			X	X			X	X		
<b>*Fire Roasted Salsa &amp; Chips</b>	620	280	33	4	0	78	10	10	9	0	2070							X						
<b>*Triple Play (All 3 as served)</b>	1000	570	65	18	0	88	24	14	12	65	2620		X				X	X						
<b>*Loaded Tots</b>	1300	840	94	33	0	68	40	7	5	305	2820	X	X				X	X						
<b>*Mozzarella Cheese Bites with Ranch Dressing &amp; Marinara</b>	1340	830	93	40	0	70	56	5	11	210	3330	X	X				X	X			X	X		
<b>*Fried Pickles with Ranch Dressing</b>	630	450	52	9	0	34	6	1	11	40	3590	X	X				X	X			X	X		
<b>*Chicken Tenders with French Fries &amp; Honey Mustard</b>	1540	770	86	13	0	122	62	6	31	165	3440	X	X				X	X			X	X		

	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Carbos (g)	Protein (g)	Fiber (g)	Sugar (g)	Chol (mg)	Sod (mg)	Egg	Milk	Fish	Shellfish	Soy	Soy Oil	Peanut	Tree Nuts	Wheat	Gluten	MSG
MENU OFFERINGS	NUTRITION											ALLERGENS/SENSITIVITIES										
<b>BITES</b>																						
*Blackened Chicken Quesadillas with Pico, Salsa & Sour Cream	1240	700	77	42	0	51	89	4	4	305	2610		X			X	X				X	X
*Smoked Chicken Quesadillas with Pico, Salsa & Sour Cream	1270	730	82	43	0	180	84	4	4	345	2380		X			X	X				X	X
*Double Stacked Nachos with Chicken	2420	1310	149	50	0	180	99	26	17	375	4280		X			X	X				X	X
*Double Stacked Nachos with Brisket	2650	1540	174	60	0	180	100	26	17	315	5390		X			X	X					
*Double Stacked Nachos with Chicken & Brisket	2540	1430	161	55	0	180	99	26	17	345	4840		X			X	X				X	X
*Double Stacked Nachos with Smoked Pulled Pork	2480	1300	147	53	0	208	84	22	45	275	6160		X			X	X					
*Spicy Thai Ribs	1150	620	68	19	0	74	64	1	63	205	1960		X			X	X					
*Hunter's Meat & Cheese Board	920	560	62	26	0	28	47	2	2	180	3250	X	X	X		X	X				X	X
<b>SMOKIN' HOT DISHES</b>																						
Smokin' Hot Dishes are listed with Sides, Dressings & Sauces included as served. Nutrition information for Side items is listed separately, below.																						
*Mom's Pot Roast with Garlic Mashed Potatoes & Sauteed Green Beans	1210	710	79	31	0.5	45	74	5	5	320	1700		X			X	X					
*Chicken & Shrimp Combo Plate (Fried) with French Fries & Sauces	1950	880	99	15	0	169	86	9	45	325	5110	X	X	X	X	X	X				X	X
*Chicken & Shrimp Combo Plate (Grilled) with French Fries & Sauces	1160	510	58	9	0	92	69	5	45	350	4560	X		X	X	X	X					
*Chicken & Shrimp Combo Plate (Blackened) with French Fries & Sauces	1160	510	58	9	0	92	69	5	45	350	4560	X		X	X	X	X					
*Beer Battered Fish & Chips with French Fries & Tartar Sauce	1210	680	76	13	0	97	35	5	18	105	2780	X	X	X		X	X				X	X
*Chargrilled Salmon with Lemon Rice Pilaf	720	420	48	19	1	38	47	5	3	50	1940		X	X	X	X	X					
*Chicken & Waffles with Eggs, Bacon, Jalapeno Gravy & Maple Syrup	1820	890	99	34	0	145	73	4	76	560	2270	X	X			X	X		X	X	X	X
*Spicy Chipotle Chicken with Garlic Mashed Potatoes & Sauteed Broccoli	870	470	53	24	1	55	48	11	6	220	1990		X			X	X					
*13oz Ribeye with French Fries & Grilled Asparagus	1600	1100	123	53	5	66	68	7	18	305	2880		X			X	X					
*10oz Sirloin Steak with Garlic Mashed Potatoes & Sauteed Broccoli	1100	690	77	34	0.5	39	62	7	4	280	1690		X			X	X					
*Chicken Fried Steak with Garlic Mashed Potatoes, Sauteed Green Beans & Gravy	1550	870	99	33	0.5	92	68	7	13	195	2430	X	X			X	X				X	X
*Chicken Fried Chicken with Garlic Mashed Potatoes, Sauteed Green Beans & Gravy	1210	660	74	24	0.5	78	51	7	9	195	2010	X	X			X	X				X	X
*Half Smoked Chicken Plate with Mashed Potatoes & Green Beans	1760	1190	133	51	2	44	91	6	7	400	1990		X			X	X				X	X
*Sweet N' Smoky Ribs (Half Rack) with Mac N' Cheese & Bacon Slaw	1670	890	99	42	1	53	35	4	41	340	3650	X	X	X		X	X				X	X
*Sweet N' Smoky Ribs (Full Rack) with Mac N' Cheese & Bacon Slaw	2440	1290	144	58	1	125	157	8	57	560	4960	X	X	X		X	X				X	X
Nutrition information for Side items served with Smokin' Hot Dishes is listed below as served.																						
*Lemon Rice Pilaf	290	140	16	9	0.5	35	6	4	3	35	820		X									
*Cuban Style Rice & Beans	240	25	2.5	0.5	0	47	9	10	2	0	950											
*Grilled Asparagus	130	100	11	6	0	5	3	2	2	25	350		X			X	X					
*Sauteed Broccoli	170	130	14	2.5	0	9	3	4	2	0	530					X	X					
*Sauteed Green Beans	200	150	17	3	0	8	2	2	3	0	380					X	X					
*House Made Garlic Mashed Potatoes	250	120	14	9	0.5	30	3	3	2	40	670		X									
*Sweet Potato Hash	390	240	28	10	0.5	34	4	6	14	35	510		X			X	X					
*French Fries with Ketchup (5oz)	440	200	23	3.5	0	60	3	3	16	0	1550					X	X					
*Sweet Potato Fries with Ketchup (5oz)	480	200	23	4	0	65	2	4	28	0	1260					X	X					
*3 Cheese Smoky Mac N' Cheese	610	320	35	20	0.5	53	19	3	3	100	1050		X			X					X	X
*Bacon Slaw	200	150	17	3.5	0	8	4	1	3	15	530	X	X			X	X					

	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Carbos (g)	Protein (g)	Fiber (g)	Sugar (g)	Chol (mg)	Sod (mg)	Egg	Milk	Fish	Shellfish	Soy	Soy Oil	Peanut	Tree Nuts	Wheat	Gluten	MSG
MENU OFFERINGS	NUTRITION											ALLERGENS/SENSITIVITIES										
<b>SALADS - SOUPS - CHILI</b>																						
Salads are listed with Dressing included, unless otherwise indicated. Nutrition information for Dressings is listed separately, below each Salad as served.																						
<b>*Crispy Buffalo Chicken Salad</b>	1210	700	77	18	0	53	65	7	9	170	5000	X	X			X	X				X	X
Served with: Bacon Ranch Dressing (2 fl oz)	210	200	22	4	0	2	2	0	2	15	500	X	X			X						
<b>*Steak Salad</b>	900	480	54	12	0	60	46	14	16	120	1280		X			X	X					
Served with: Jalapeno Honey Vinaigrette Dressing (2 fl oz)	260	230	25	0	0	8	0	0	6	0	240					X	X					
<b>*Grilled Chicken Salad (Steak Salad sub Chicken)</b>	850	370	41	7	0	61	64	14	16	180	1610		X			X	X					
Served with: Jalapeno Honey Vinaigrette Dressing (2 fl oz)	260	230	25	0	0	8	0	0	6	0	240					X	X					
<b>*Grilled Shrimp Salad (Steak Salad sub Shrimp)</b>	760	370	41	9	0	64	39	15	16	200	1960		X		X	X	X					
Served with: Jalapeno Honey Vinaigrette Dressing (2 fl oz)	260	230	25	0	0	8	0	0	6	0	240					X	X					
<b>*The Wedge Salad</b>	930	770	85	24	0	24	21	5	11	100	1740	X	X				X					
Served with: Bleu Cheese Dressing (4 fl oz)	620	570	64	15	0	7	7	0	2	50	900	X	X				X					
<b>*The Wedge Salad with Chicken</b>	1170	830	92	26	0	25	66	5	11	255	2300	X	X			X	X					
Served with: Bleu Cheese Dressing (4 fl oz)	620	570	64	15	0	7	7	0	2	50	900	X	X				X					
<b>*The Wedge Salad with Grilled Shrimp</b>	1080	830	92	28	0	25	41	6	11	270	2580	X	X		X	X	X					
Served with: Bleu Cheese Dressing (4 fl oz)	620	570	64	15	0	7	7	0	2	50	900	X	X				X					
<b>*The Half Wedge Salad</b>	500	420	47	13	0	12	11	3	5	55	930	X	X				X					
Served with: Bleu Cheese Dressing (2 fl oz)	310	290	32	8	0	4	3	0	1	25	450	X	X				X					
<b>*Chicken Cobb Salad</b>	1140	670	74	19	0	37	71	5	29	455	3050	X	X			X	X					
Served with: Poblano Honey Mustard Dressing (3 fl oz)	470	360	40	5	0	22	0	0	22	55	1270	X				X						
<b>*House Salad (no dressing)</b>	140	80	9	5	0	7	8	2	2	25	230		X									
<b>Add Choice of Dressing (2 fl oz)-</b>																						
Blue Cheese	310	290	32	8	0	4	3	0	1	25	450	X	X				X					
Jalapeno Honey Vinaigrette	260	230	25	0	0	8	0	0	6	0	240					X	X					
Herb Vinaigrette	200	190	22	3	0	1	0	0	0	0	330						X					
Poblano Honey Mustard	310	240	26	3.5	0	15	0	0	15	35	850	X					X					
Ranch	210	200	22	4	0	2	1	0	2	15	440	X	X				X	X				
<b>*Spa Salad w/ Chicken</b>	250	100	11	3.5	0	7	31	2	3	80	650		X			X	X					
Served with: Jalapeno Honey Vinaigrette Dressing (1.5 fl oz)	190	170	19	0	0	6	0	0	4	0	180					X	X					
<b>*Spa Side Salad</b>	45	20	2.5	1.5	0	4	3	1	2	5	60		X									
Served with: Jalapeno Honey Vinaigrette Dressing (1.5 fl oz)	190	170	19	0	0	6	0	0	4	0	180					X	X					
<b>Chili is listed with Garnishes included as served, but without Bread. Nutrition information for Garnishes and Bread listed separately, below.</b>																						
<b>*Cup of Venison Chili</b>	230	100	11	4	0	13	21	3	5	65	830		X	X		X	X				X	X
<b>*Bowl of Venison Chili</b>	450	210	24	10	0.5	20	36	5	8	120	1660		X	X		X	X				X	X
<b>Soups are listed with Garnishes included as served, but without Bread. Nutrition information for Bread as served with each Soup is listed separately, below.</b>																						
<b>*Cup of Green Chile Chicken Soup</b>	110	50	6	1	0	6	8	1	2	40	740	X	X			X	X				X	X
<b>*Bowl of Green Chile Chicken Soup</b>	160	70	8	2	0	7	15	1	2	75	830	X	X			X	X				X	X
<b>*Cup of Blonde Bean &amp; Bacon Soup</b>	180	35	4	1	0	26	9	7	2	5	1030		X			X					X	X
<b>*Bowl of Blonde Bean &amp; Bacon Soup</b>	260	60	7	2	0	35	13	9	3	10	1430		X			X					X	X
<b>*Cup of Potato Soup</b>	450	380	42	22	1	13	6	1	3	120	930	X	X			X	X				X	X

	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Carbos (g)	Protein (g)	Fiber (g)	Sugar (g)	Chol (mg)	Sod (mg)	Egg	Milk	Fish	Shellfish	Soy	Soy Oil	Peanut	Tree Nuts	Wheat	Gluten	MSG
MENU OFFERINGS	NUTRITION											ALLERGENS/SENSITIVITIES										
<b>SALADS - SOUPS - CHILI</b>																						
*Bowl of Potato Soup	620	520	58	30	1	17	9	1	4	165	1290	X	X			X	X			X	X	
*Cup of Tomato Soup	210	150	17	11	0.5	12	3	3	5	55	630	X	X			X	X			X	X	
*Bowl of Tomato Soup	280	210	23	14	1	17	4	4	7	75	850	X	X			X	X			X	X	
*Cup of Corn Bisque Soup	310	170	19	10	0	33	6	4	7	55	1360	X	X			X	X			X	X	
*Bowl of Corn Bisque Soup	420	230	25	13	0.5	44	9	5	10	75	1820	X	X			X	X			X	X	
Nutrition information for Bread served with Soups, both cup and bowl sizes, is listed below as served.																						
*Side-Grilled Sourdough Bread (1)	80	25	3	0.5	0	12	2	1	1	0	140					X	X			X	X	
*Side-Grilled Sourdough Bread (2)	160	50	6	1	0	24	4	2	1	0	280					X	X			X	X	
<b>HANDHELDS: BURGERS - SANDWICHES - TACOS</b>																						
Burgers are listed without Fries. Nutrition information for Side items and Add-Ons is listed separately, below.																						
*Cheeseburger	870	480	53	19	0	52	46	2	10	140	1660	X	X			X	X			X	X	
*Avocado Smash Burger	860	450	50	18	0	53	47	4	10	140	1230	X	X			X	X			X	X	
*Smoky Sweet BBQ Burger	870	460	51	19	0	56	46	2	14	145	1810	X	X	X		X	X			X	X	
*The Hangover Burger	1100	670	74	25	0	51	55	2	10	340	1870	X	X			X	X			X	X	
*Billionaire's Bacon Burger	920	500	56	21	0	51	48	2	11	160	2050	X	X	X		X	X			X	X	
*Grilled Turkey Burger	860	440	49	16	0	51	52	5	13	185	1930	X	X	X		X	X			X	X	
*Beyond Burger (vegetarian)	740	400	45	16	0	51	33	7	9	25	2020	X	X			X	X		X	X	X	
*Smoke Stack Burger	1130	660	73	24	0	62	56	2	18	190	2190	X	X	X		X	X			X	X	
All Sandwiches are listed without Fries. Nutrition information for Side items and Add-Ons is listed separately, below.																						
*Smoked Pork Cubano Sandwich	900	430	48	17	0	57	54	4	6	160	2900	X	X			X	X			X	X	
*Carolina Pulled Pork Sandwich	780	320	35	12	0	86	39	3	32	125	1820	X	X	X		X	X			X	X	
*Turkey Avocado Smash Sandwich	640	280	31	10	0	52	37	4	9	95	1460	X	X			X				X	X	
*Ol' Fashioned BLT Sandwich	870	580	65	16	0	50	20	3	9	60	1400	X	X			X	X			X	X	
*Philly Cheesesteak Sandwich	870	430	48	16	0	57	52	5	6	105	1790	X	X			X	X			X	X	
*Try it Texas Style (Jalapenos/Queso/Pico)	680	260	29	12	0	58	47	5	8	100	1990		X			X	X			X	X	
*Try it New Mexico Style (Green Chilies/Queso/Pico)	680	250	28	12	0	59	48	5	8	100	1900		X			X	X			X	X	
*Chicken Ranch Sandwich	780	350	39	15	0	49	60	2	8	195	1710	X	X			X	X			X	X	
*Southern Fried Chicken Sandwich	980	520	58	14	0	65	46	5	8	125	1270	X	X			X	X			X	X	
*Try it Grilled (Southern Grilled Chicken Sandwich)	770	380	42	12	0	46	54	4	8	165	1330	X	X			X	X			X	X	
*Nashville Hot Chicken Sandwich	950	450	51	18	0	73	43	6	14	135	3550	X	X			X	X			X	X	
Tacos are listed without Chips & Salsa. Nutrition information for Side items and Add-Ons is listed separately, below.																						
*Potato & Egg Tacos	720	390	43	16	1	52	27	4	5	375	1720	X	X			X	X			X	X	
*Blackened Haddock Tacos	570	230	26	6	0	45	37	5	6	110	1900		X	X		X	X			X	X	
*Brisket Tacos	1005	680	77	21	0	44	35	6	3	115	2030	X	X			X	X			X	X	
*Buffalo Chicken Tacos	670	260	29	11	0	79	23	4	26	70	1380	X	X			X	X			X	X	
Nutrition information for Side items and Add-Ons served with Burgers, Sandwiches & Tacos is listed as served.																						
*Add-Bacon (2 slices)	90	60	7	2.5	0	0	5	0	0	15	270					X	X					
*Add-Black Pepper Sausage (1)	150	100	13	4.5	0	1	8	0	1	35	460					X	X					
*Add-Fried Egg (1)	125	90	10	2.5	0	0	6	0	0	185	160	X				X	X					
*Add-Bleu Cheese Crumbles (Buffalo Chicken Tacos)	50	35	4	2.5	0	0	3	0	0	15	190		X									
*Side-Seasoned Fries with Ketchup (5oz)	440	200	23	3.5	0	60	3	3	16	0	1550					X	X					
*Side-Sweet Potato Fries with Ketchup (5oz)	480	200	23	4	0	65	2	4	28	0	1260					X	X					
*Side-Chips & Salsa for Tacos	320	140	16	2	0	43	5	4	2	0	650					X	X					

	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Carbos (g)	Protein (g)	Fiber (g)	Sugar (g)	Chol (mg)	Sod (mg)	Egg	Milk	Fish	Shellfish	Soy	Soy Oil	Peanut	Tree Nuts	Wheat	Gluten	MSG
MENU OFFERINGS	NUTRITION											ALLERGENS/SENSITIVITIES										
<b>Add a SIDE</b>																						
*Bacon (2 slices)	90	60	7	2.5	0	0	5	0	0	15	270					X	X					
*Add-Fried Egg (1)	125	90	10	2.5	0	0	6	0	0	185	160	X				X	X					
*Grilled Asparagus	130	100	11	6	0	5	3	2	2	25	350		X			X	X					
*Sauteed Broccoli	170	130	14	2.5	0	9	3	4	2	0	530					X	X					
*Sauteed Green Beans	200	150	17	3	0	8	2	2	3	0	380					X	X					
*3 Cheese Mac N' Cheese	610	320	35	20	0.5	53	19	3	3	100	1050		X				X			X	X	
*House Made Garlic Mashed Potatoes	250	120	14	9	0.5	30	3	3	2	40	670		X									
*Sweet Potato Hash	390	240	28	10	0.5	34	4	6	14	35	510		X			X	X					
*French Fries with Ketchup (7oz)	580	280	32	5	0	76	5	5	16	0	2010						X					
*Sweet Potato Fries with Ketchup (7oz)	640	280	32	5	0	83	3	6	33	0	1400					X	X					
*Tator Tots with Ketchup (7oz)	500	210	23	3.5	0	66	5	5	16	0	1510					X	X					
*Onion Rings with Bacon Ranch & Ketchup	1150	510	58	10	0	139	19	9	35	45	2740	X	X			X	X			X	X	
*House Salad (no dressing)	140	80	9	5	0	7	8	2	2	25	230		X									
<b>Add Choice of Dressing (2 fl oz):</b>																						
Blue Cheese	310	290	32	8	0	4	3	0	1	25	450	X	X				X					
Cilantro Lime Vinaigrette	260	230	25	0	0	8	0	0	6	0	240					X						
Herb Vinaigrette	200	190	22	3	0	1	0	0	0	0	330						X					
Poblano Honey Mustard	310	240	26	3.5	0	15	0	0	15	35	850	X					X					
Ranch	210	200	22	4	0	2	1	0	2	15	440	X	X			X	X					
<b>LUNCH COMBOS</b>																						
Lunch Combo Sandwiches are listed as served without Side items included. Nutrition information for Side items is listed separately, below.																						
*1/2 Grilled Cheese	390	160	17	8	0	44	12	2	8	30	960	X	X			X	X			X	X	
*1/2 Smoked Pork Cubano	450	220	24	9	0	29	27	2	3	80	1480	X	X			X	X			X	X	
*1/2 OI' Fashioned BLT	360	210	23	6	0	25	11	2	5	30	670	X	X			X	X			X	X	
*1/2 Turkey Avocado Smash	320	140	15	5	0	27	19	2	5	50	730	X	X			X	X			X	X	
Nutrition Information for Side items served with Lunch Combo Sandwiches is listed below as served.																						
*Cup of Green Chile Chicken Soup (bread not included)	110	50	6	1	0	6	8	1	2	40	740	X	X			X	X			X	X	
*Cup of Blonde Bean & Bacon Soup (bread not included)	180	35	4	1	0	26	9	7	2	5	1030		X			X				X	X	
*Sweet Potato Fries with Ketchup	480	200	23	4	0	65	2	4	28	0	1260					X	X					
*French Fries with Ketchup	440	200	23	3.5	0	60	3	3	16	0	1550					X	X					X
<b>KIDS: MOUNTAIN SCOUT MENU</b>																						
Kids Menu Entrees are listed as served without Side items included. Nutrition information for Side items is listed separately, below.																						
*Chicken Timbers Tenders (Grilled)	160	35	4	0	0	0	29	0	0	75	85					X	X					
*Chicken Timbers Tenders (Fried)	590	250	28	4.5	0	35	44	2	0	100	770	X	X			X	X			X	X	
*Scout Cheeseburger Sliders (2)	560	300	33	13	0	31	33	0	5	105	890	X	X			X	X			X	X	
*Lil' Chicken Sliders (2)	240	45	5	0	0	30	17	0	4	30	480	X	X			X	X			X	X	
*Grilled Cheese Sandwich	380	160	16	8	0	44	12	2	8	30	960		X			X	X			X	X	
*3 Cheese Mac N' Cheese	610	320	35	20	0.5	53	19	3	3	100	1050		X				X			X	X	
*Cheese Quesadillas	510	270	30	16	0	40	22	2	1	65	1170		X			X	X			X	X	
Nutrition Information for Side items served with choice of Kids Menu Entrees is listed below as served.																						
*French Fries (unseasoned)	370	160	18	3	0	52	3	3	16	0	1250					X	X					
*Tator Tots with Ketchup	320	120	13	2	0	0	1140	46	3	16	3					X	X					
Ketchup for Tots	80	0	0	0	0	0	640	20	0	16	0											
*Sauteed Broccoli	170	130	14	2.5	0	9	3	4	2	0	530					X	X					

	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Carbos (g)	Protein (g)	Fiber (g)	Sugar (g)	Chol (mg)	Sod (mg)	Egg	Milk	Fish	Shellfish	Soy	Soy Oil	Peanut	Tree Nuts	Wheat	Gluten	MSG	
MENU OFFERINGS	NUTRITION											ALLERGENS/SENSITIVITIES											
Nutrition information for Dessert served with choice of Kids Menu Entrees & Side items is listed below as served.																							
*Little Peaks Sundae	210	80	9	5	0	32	2	1	25	35	70		X										
DESSERTS																							
*Twin Peaks Sundae	1040	360	40	18	0	158	9	5	117	90	490	X	X			X	X				X	X	
*Bourbon Pecan Pie	1140	540	60	14	2.5	140	11	4	90	240	45	X	X			X				X	X	X	
*Mini Apple Turnovers	1360	480	54	23	0	203	12	1	128	40	1100		X			X	X				X	X	

**\*Note: All food items are prepared in shared fryers and on shared surfaces; cross contamination with any allergen can occur.**

Twin Peaks provides menu nutrition and food allergen information that is as complete as possible based on standard recipe and product formulations. Nutrition information for our menu items is based on information provided to us by our suppliers, nutritional analysis using industry standard software and published resources and/or testing. Factors that may result in variation of this menu item nutrition information stated may include, but are not limited to, differences in supplier sources, natural variability that occurs within ingredients, size and quantity of ingredients, ingredient substitutions as needed, recipe revisions, portioning and preparation techniques, special ordering and/or seasonal influences. As many of our menu items are hand-made and prepared to order, variations in serving sizes may not be reflected in the nutrition information provided for each menu item. While we are committed to providing the most accurate nutritional information as possible for our menu items, differences between the actual nutritional content of your freshly prepared menu item and the nutritional values provided in this document may occur. Due to these factors, we are unable to guarantee that the nutrition content for our menu items is precisely accurate.

The Dietary Guidelines for Americans recommend limiting saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2,000 calories daily; recommended limits may be higher or lower depending on daily calorie consumption.

Allergen content information for our menu items is provided for the 8 principal allergens identified by the FDA and is based on standard product formulations and supplier information; information on the most common dietary intolerance, namely gluten, is also provided based on these same informational sources. While every effort will be made to minimize your exposure risk to a particular food allergen if needed, please be aware that cross-contamination/contact with allergens across menu items can occur as a result of shared product preparation equipment, cooking surfaces and common fryer oil that may result in exposure. Due to this, we are unable to guarantee that any menu item will be free of a particular allergen or food source and we do not make a "gluten-free" claim for any of our menu items. Please be aware that we have noted soybean oil within our listed allergies, however most individuals with soy allergies can safely consume most soybean oil types. Neither Twin Peaks, our employees, nor our franchisees assumes any responsibility for cross contact of food items or any person's dietary sensitivities or allergies to any food item provided in our restaurants.

This nutrition and allergen informational listing is continuously updated in an attempt to reflect the current status of our products. Please check back regularly to ensure you have the most current information.