

Item Name	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Bar Bites											
Beef Sliders	850	460	51	22	1.5	150	1120	51	1	7	43
Chicken Chile Nachos	240	120	13	5	0	50	660	16	2	4	16
Crab and Corn Fritters	490	300	34	9	0	155	1020	24	2	6	24
Crispy Cauliflower	700	260	29	5	0	5	2240	100	6	64	10
Fired Up Shrimp	830	590	65	12	0	250	2520	33	1	6	30
Prime Rib Sliders	1020	590	66	19	1.5	120	1990	70	2	12	37
Roasted Garlic Parmesan Fries	1390	630	71	17	0	15	2660	162	0	0	26
Steak Tacos	610	260	29	7	0	85	2240	51	2	10	38
Shareables											
Bacon Deviled Eggs	740	470	52	13	0	795	1600	37	1	32	30
Lobster Spinach Queso	970	590	66	26	1	145	1570	64	1	9	32
Philly Cheesesteak Egg Rolls	910	450	50	17	1	105	2580	65	4	31	51
Ranch Rings	1670	1100	123	22	0	45	2290	123	0	17	21
Seared Ahi Tuna	680	310	34	4	0	75	1840	40	5	13	52
Smoked Chicken Wings	700	440	49	21	1	350	2130	1	0	0	64
Wood Grilled Chimichurri Buttered Shrimp	480	310	35	11	0	225	2190	16	1	6	28
Soups											
Chicken Corn Chowder Bowl	270	130	15	7	0	60	830	24	4	8	13
Chicken Corn Chowder Cup	180	90	10	4.5	0	40	550	16	2	5	9
Chicken Tortilla Soup Bowl	390	180	20	6	0	65	1130	31	3	6	21
Chicken Tortilla Soup Cup	250	120	13	4	0	45	720	18	2	4	14
Chile Bowl	390	210	23	9	1.5	80	1310	20	4	8	23
Chile Cup	260	140	15	6	1	50	870	13	3	5	15
New England Clam Chowder Bowl	390	260	29	18	1	85	1580	22	3	5	10
New England Clam Chowder Cup	260	180	20	12	0.5	55	1050	14	2	3	6
SW Baked Potato Soup Bowl	660	530	59	34	1.5	165	1730	26	3	7	9
SW Baked Potato Soup Cup	420	340	38	22	1	110	1090	17	2	5	5
Signature & Classic Salads											
Ahi Tuna Superfoods Salad	530	170	19	3	0	70	1380	37	11	7	56
BLT Salad (Large)	270	180	20	7	0	40	910	12	4	6	13
BLT Salad (Small)	200	130	15	5	0	30	690	9	3	4	10
Buffalo Chicken Salad	830	510	57	22	0.5	145	2730	44	5	8	39
Caesar Salad (Large)	200	80	9	3	0	15	500	19	5	3	11
Caesar Salad (Small)	140	60	6	2	0	10	350	13	3	2	8
Colorado Chicken Salad	650	220	24	4.5	0	135	490	51	8	40	41
Grilled Chopped Cobb Salad	600	310	34	12	0	340	1530	18	4	9	52
Grilled Salmon Salad	560	350	39	8	0	85	810	22	7	12	33
Grilled Shrimp & Strawberry Salad	470	260	29	9	0	185	480	29	10	16	29
Grilled Tenderloin Salad	520	280	31	12	0	105	1130	24	4	6	39
Mixed Greens Salad (Large)	340	240	27	5	0	15	40	24	8	14	6
Mixed Greens Salad (Small)	250	180	21	3.5	0	10	30	17	6	10	4
Spinach & Salmon Salad	640	390	43	13	0	305	1690	13	4	6	50
Spinach Salad (Large)	360	230	25	9	0	230	1070	13	4	5	22

Spinach Salad (Small)	280	180	20	7	0	220	810	9	3	4	18
Salad Dressing (2 fl oz Serving)											
Avocado Lime Vinaigrette Dressing	170	140	15	1.5	0	0	130	9	1	6	0
Balsamic Vinaigrette Dressing	230	170	19	2.5	0	5	310	14	0	13	0
Blue Cheese Dressing	170	140	16	6	0	30	470	3	0	2	5
Caesar Dressing	310	290	33	4	0	60	170	2	0	0	2
Cilantro Lime Vinaigrette Dressing	210	160	19	1.5	0	0	170	12	0	8	0
Honey Mustard Dressing	250	180	21	3	0	10	410	16	0	13	0
Raspberry Chipotle Vinaigrette Dressing	300	250	29	2	0	0	125	16	0	12	0
Roasted Garlic Ranch Dressing	340	320	36	7	0	35	540	6	0	4	1
Add to any Classic Salad											
Seared Ahi Tuna	230	50	5	1	0	65	1000	1	0	0	42
Wood Grilled Chicken	160	30	3.5	1	0	100	70	0	0	0	30
Wood Grilled Salmon	280	160	18	4	0	75	570	0	0	0	28
Wood Grilled Shrimp	90	15	1.5	0	0	140	310	1	0	0	19
Wood Grilled Tenderloin	180	80	9	3	0	70	400	0	0	0	25
The Perfect Pair (Lunch Only)											
BLT Salad (Small)	200	130	15	5	0	30	690	9	3	4	10
BLT Sandwich	790	490	55	18	0	75	1630	42	1	9	24
Caesar Salad (Small)	140	60	6	2	0	10	350	13	3	2	8
Cheeseburger	910	510	56	24	2.5	175	1400	51	2	9	47
Chicken Corn Chowder Bowl	270	130	15	7	0	60	830	24	4	8	13
Chicken Tortilla Soup Bowl	390	180	20	6	0	65	1130	31	3	6	21
Chile Bowl	390	210	23	9	1.5	80	1310	20	4	8	23
Crispy Flounder Filet Sandwich	840	440	49	11	0	60	2120	67	1	8	33
Grilled Chicken Sandwich	570	180	21	8	0	140	810	51	2	9	46
Loaded Baked Potato	410	230	25	12	0.5	55	2570	39	4	3	7
Killer Mac & Cheese	700	240	27	15	0	75	320	81	4	10	31
Mixed Greens Salad (Small)	250	180	21	3.5	0	10	30	17	6	10	4
New England Clam Chowder Bowl	390	260	29	18	1	85	1580	22	3	5	10
Roast Beef Grilled Cheese	960	530	59	27	0	215	1830	40	0	7	63
Salmon Club	860	510	58	15	0	90	1090	50	1	5	36
SW Baked Potato Soup Bowl	660	530	59	34	1.5	165	1730	26	3	7	9
Three Courses (Dinner Only)											
BLT Salad (Small)	200	130	15	5	0	30	690	9	3	4	10
Caramel Crunch Fritter	440	200	22	8	0	15	250	58	1	43	4
Caesar Salad (Small)	140	60	6	2	0	10	350	13	3	2	8
Chicken Corn Chowder Cup	180	90	10	4.5	0	40	550	16	2	5	9
Chicken Tortilla Soup Cup	250	120	13	4	0	45	720	18	2	4	14
Chile Cup	260	140	15	6	1	50	870	13	3	5	15
Chocolate Brownie Sundae	710	200	22	10	0	100	470	116	0	91	8
Creme Brulee Cheesecake	600	340	38	23	1	195	280	53	1	45	8
Grilled Salmon & Shrimp Dinner	830	480	54	16	0	190	3280	37	6	9	47
Grilled Sirloin Dinner	920	480	54	23	0	185	3780	56	2	8	66
Mixed Greens Salad (Small)	250	180	21	3.5	0	10	30	17	6	10	4

New England Clam Chowder Cup	260	180	20	12	0.5	55	1050	14	2	3	6
Slow Roasted Prime Rib	580	340	37	16	2	170	1190	3	0	0	59
SW Baked Potato Soup Cup	420	340	38	22	1	110	1090	17	2	5	5
Wood Grilled Chicken	950	390	44	17	0	270	2720	60	3	10	84
White Chocolate Lemon Blueberry Bread Pudding	900	430	51	25	0	220	250	128	1	100	8
Handhelds											
Cheeseburger	910	510	56	24	2.5	175	1400	51	2	9	47
Cheeseburger with Bacon	990	560	62	26	2.5	185	1700	52	2	9	51
Classic Club Sandwich	1070	590	66	21	0	175	2380	61	1	16	53
Durango Burger	1130	640	72	24	2.5	180	3020	70	1	8	47
Fresh Fish Tacos (Crispy)	810	390	43	8	0	50	2460	73	2	10	33
Fresh Fish Tacos (Grilled)	490	200	22	5	0	65	1770	51	2	10	23
Hot Honey Chicken Sandwich	1430	760	85	21	0	170	3840	120	1	41	54
- Add a Fried Egg	110	80	9	2	0	210	110	0	0	0	7
Steak Sandwich	860	460	53	15	1	110	1880	60	2	7	41
Impossible Burger	780	370	41	22	0	60	2060	58	1	6	44
Smokehouse Burger	980	490	54	22	2.5	160	2150	73	0	31	45
Smokehouse Chicken Sandwich	680	190	21	9	0	130	1410	72	0	30	44
Steak Tacos	610	260	29	7	0	85	2240	51	2	10	38
Hand-Cut Steaks & More											
Aged Ribeye 12 oz	580	340	38	16	1.5	195	1630	6	0	1	53
Aged Ribeye 16 oz	740	430	48	20	1.5	255	1710	8	0	1	71
Blue Cheese Filet 7 oz	520	280	31	15	1	155	1980	9	1	4	46
Blue Cheese Filet 9 oz	590	300	34	16	1	180	2000	9	1	4	57
Butcher's Meatloaf Dinner	850	490	55	21	2	350	2320	48	3	8	42
Butcher's Meatloaf Lunch	490	290	33	12	1	175	1370	27	3	4	22
Cajun Ribeye 12 oz	770	410	47	18	1.5	175	4570	32	0	0	53
Cajun Ribeye 16 oz	940	500	57	22	1.5	230	4650	34	0	0	71
Filet & Shrimp 7 oz	550	310	34	15	1	285	1370	4	0	2	56
Filet & Shrimp 9 oz	620	330	37	16	1	315	2090	5	0	2	67
Filet Mignon 7 oz	340	180	20	9	0	125	1610	2	0	1	38
Filet Mignon 9 oz	410	200	23	10	0.5	155	1640	2	0	1	48
Roasted Garlic Sirloin 10 oz	400	200	24	10	0	115	2120	3	0	1	44
Roasted Garlic Sirloin 7 oz	260	120	14	5	0	80	1770	2	0	1	31
Slow Roasted Prime Rib	690	400	45	19	2.5	205	1360	4	0	0	71
Steak Frites	1090	560	63	15	0	95	3970	83	2	8	47
Surf & Turf 7 oz	930	640	75	42	0.5	365	1840	8	1	2	62
Surf & Turf 9 oz	990	670	78	43	1	395	1870	8	1	2	72
Wood Grilled NY Strip 14 oz	720	330	37	16	1.5	295	1570	1	0	1	91
Enhance Your Steak											
1/2 Pound Lobster Tail	670	530	62	37	0	285	460	4	0	0	30
Bacon Butter	140	110	13	5	0	5	430	3	1	0	2
Blue Cheese Sauce & Port Mushrooms	240	160	18	10	0	50	360	7	1	4	8
Braised Mushroom & Onions	100	60	7	2	0	0	560	9	2	4	3
Cajun Butter	90	80	10	4	0	0	460	2	0	0	0

Chile Rub	120	0	0	0	0	0	3600	24	0	0	0
Colossal Tempura Shrimp	420	180	20	2.5	0	195	460	30	0	8	27
Lobster Queso	170	110	13	6	0	45	420	4	0	2	10
Roasted Garlic Thyme Butter	140	130	16	6	0	0	640	1	0	0	0
Wood Grilled Shrimp	130	45	5	2.5	0	150	340	2	0	0	19
Seafood											
Baja Shrimp Pasta	1490	460	51	16	0.5	340	4990	175	12	14	82
Chilean Sea Bass Dinner	900	410	47	14	0	265	2650	40	7	9	69
Chilean Sea Bass Lunch	690	340	39	13	0	160	2210	38	7	9	40
Lobster Fondue Salmon Lunch	840	490	54	20	0	170	2500	46	1	8	53
Lobster Fondue Salmon Dinner	930	540	60	22	0	195	2530	46	1	8	62
Shrimp & Grits	920	360	40	19	0	400	2580	67	3	11	71
Wood Grilled Salmon Dinner	490	290	32	9	0	105	760	10	3	5	39
Wood Grilled Salmon Lunch	390	230	26	8	0	80	730	10	3	5	30
Chicken, Ribs & Chops											
Baby Back Ribs Dinner	1260	730	81	29	0	225	1550	78	3	65	60
Baby Back Ribs Lunch	670	370	41	15	0	115	780	48	3	40	31
Caprese Chicken Pasta Dinner	1400	570	63	19	0	175	4820	130	9	13	74
Caprese Chicken Pasta Lunch	1240	490	55	17	0	120	4400	127	8	12	56
Chicken Pasta Dinner	1480	600	67	21	0.5	185	6380	139	6	12	74
Chicken Pasta Lunch	1200	450	50	15	0.5	110	5140	131	6	10	51
Honey Garlic Chicken Dinner	720	240	28	7	0	230	1230	44	3	36	74
Honey Garlic Chicken Lunch	460	200	24	6	0	115	1080	27	3	21	38
Parmesan Crusted Chicken Dinner	1360	670	78	34	0	290	2390	59	1	6	87
Parmesan Crusted Chicken Lunch	750	380	45	20	0	150	1370	31	1	3	44
Roasted Chicken	1460	800	89	18	0	365	5420	55	3	41	115
Tomahawk Pork Chop	780	210	23	6	0	260	1540	55	4	39	85
Sides											
Broccoli	150	100	12	5	0	0	300	9	4	3	5
Charred Carrots	300	110	13	3.5	0	20	1240	44	7	27	6
Cider Slaw	530	420	47	12	0	60	410	25	4	19	3
Fresh Fruit	120	5	0.5	0	0	0	15	30	4	23	2
Fresh Vegetables	170	100	12	5	0	0	300	14	4	8	4
Grilled Street Corn	300	120	13	4.5	0	10	690	45	4	19	7
Loaded Baked Potato	410	230	25	12	0.5	55	2570	39	4	3	7
Panella Bread with Butter (Individual)	180	130	15	2	0	15	380	30	0	1	5
Panella Bread with Butter (Loaf)	550	400	44	6	0	40	1130	90	0	3	15
Parmesan Mashed Potatoes	450	240	27	12	0	60	1740	48	0	6	18
Port Mushrooms	290	120	14	7	0	25	500	19	2	10	7
Seasonal Ancient Grains	310	170	19	7	0	25	1240	28	4	6	6
Seasoned Steak Fries	610	250	28	4.5	0	0	960	80	0	0	9
Southwest Au Gratin Potatoes	450	260	29	16	0	85	1220	27	2	6	20
Tater Tots	920	510	57	8	0	0	1950	95	0	0	7
Temptations											
5 Layer Lemon Cake	1070	430	47	31	1	260	430	149	0	124	10

Big Daddy Chocolate Cake	1760	720	80	39	1	150	1260	261	1	173	20
Carrot Cake	1490	880	98	44	1.5	155	760	146	0	105	15
Chocolate Brownie	1110	370	41	17	0	190	670	168	1	122	14
Creme Brulee Cheesecake	1070	620	69	41	2.5	345	550	104	0	82	13
Beverages											
Alex's Lemonade	200	0	0	0	0	0	15	53	0	49	0
Barq's Root Beer	180	0	0	0	0	0	70	48	0	48	0
Coke	160	0	0	0	0	0	50	43	0	43	0
Coffee	0	0	0	0	0	0	0	0	0	0	0
Decaf Coffee	0	0	0	0	0	0	0	0	0	0	0
Diet Coke	0	0	0	0	0	0	45	0	0	0	0
Fiji Natural Artesian Water	0	0	0	0	0	0	0	0	0	0	0
Iced Tea	5	0	0	0	0	0	10	1	0	0	0
San Pellegrino Sparkling Water	0	0	0	0	0	0	0	0	0	0	0
Sprite	170	0	0	0	0	0	40	44	0	39	0
Zero-Proof Drinks											
Blood Orange Tamed Mule	140	0	0	0	0	0	0	36	0	33	0
Charred Pineapple Agua Fresca	120	0	0	0	0	0	0	31	2	25	1
Giesen 0% Sauvignon Blanc 5 oz	20	0	0	0	0	0	5	4	0	3	0
Giesen 0% Sauvignon Blanc 8 oz	30	0	0	0	0	0	10	6	0	4	1
Giesen 0% Sauvignon Blanc Bottle	100	0	0	0	0	0	30	19	0	13	2
Infused Creations											
Cherry Old Fashioned	110	0	0	0	0	0	0	7	0	6	0
Double Black Diamond Martini	230	0	0	0	0	0	0	13	0	10	0
Strawberry Cucumber Tequila Infusion	8190	0	0	0	0	0	60	136	0	119	13
Classic Cocktails											
Dirty Bird	250	45	5	2	0	5	770	0	0	0	2
Lemonade Drop	170	0	0	0	0	0	0	18	0	17	0
Moscow Mule	180	0	0	0	0	0	0	15	0	13	0
Perfect Margarita	190	0	0	0	0	0	0	18	1	13	0
Siesta Sangria (Red)	230	0	0	0	0	0	10	24	1	19	0
Siesta Sangria (White)	220	0	0	0	0	0	10	32	1	29	1
Seasonal Cocktails											
Blazing Peach Rita	230	0	0	0	0	0	160	33	1	27	0
Granny Smith Apple	260	0	0	0	0	0	20	31	1	28	0
Kentucky Tropical	250	0	0	0	0	0	0	16	0	15	0
Passion for Fashion	220	0	0	0	0	0	0	15	0	12	0
Sunset Spice	250	0	0	0	0	0	0	29	0	25	0
Tennessee Twilight	230	0	0	0	0	0	0	26	0	24	0
The Sparkling Rose	240	0	0	0	0	0	0	21	0	18	0
Very Pineberry	270	0	0	0	0	0	10	37	0	14	0
Brunch - Shareables											
Bacon Deviled Eggs	740	470	52	13	0	795	1600	37	1	32	30
Crab and Corn Fritters	490	300	34	9	0	155	1020	24	2	6	24
Donut Holes	640	320	36	12	0	0	310	90	2	44	6

Lobster Spinach Queso	970	590	66	26	1	145	1570	64	1	9	32
Old Fashioned Bacon	1220	140	15	6	0	25	6180	288	0	238	11
Brunch - Main Course											
Bacon & Eggs - Fried Egg	1500	850	96	39	0	425	3570	138	4	35	31
Bacon & Eggs - Scrambled	1490	840	95	42	0	440	3570	138	4	35	31
Baked French Toast	1220	380	42	27	0	340	560	174	4	134	13
Brunch Burger	1600	870	96	34	2.5	400	2020	111	1	11	67
Charred Carrot Salad	430	270	30	8	0	30	1070	36	6	22	9
- Add a Poached Egg	70	45	4.5	1.5	0	185	150	0	0	0	6
Grilled Salmon Benedict	1080	600	68	19	0	305	1930	62	3	5	54
Hipster Toast	690	450	51	17	0	240	1220	34	2	13	24
Hot Honey Chicken Biscuit	1790	1080	121	35	0	340	5040	132	1	42	51
Shrimp & Grits	920	360	40	19	0	400	2580	67	3	11	71
Steak & Egg Bowl	960	580	64	15	0.5	455	2560	50	3	10	46
Steak & Egg Taco	780	340	38	12	0	475	1930	74	5	30	38
Brunch - Add-on											
Poached Egg	70	45	4.5	1.5	0	185	150	0	0	0	6
Brunch - Sides											
Applewood Smoked Bacon	160	110	12	5	0	20	600	2	0	0	8
Cheddar Grits Side	260	120	13	8	0	40	960	27	1	3	8
Fresh Baked Biscuits	800	430	49	28	0	0	2230	89	1	17	8
Fresh Fruit	120	5	0.5	0	0	0	15	30	4	23	2
House Potatoes	480	300	34	6	0	0	1250	40	1	3	5
Brunch - Cocktails											
Bloody Mary	140	0	0	0	0	0	700	9	2	5	1
Espresso Martini	350	0	0	0	0	0	0	41	0	13	1
Mimosa	140	0	0	0	0	0	0	13	0	11	1
Mimosa Carafe	570	0	0	0	0	0	0	51	0	42	4
Paloma Mimosa	210	0	0	0	0	0	0	24	0	15	0
Paradise City	250	0	0	0	0	0	10	22	0	19	0
Peachy Bellini	350	0	0	0	0	0	10	54	0	50	1
Red Stiletto	260	0	0	0	0	0	15	23	0	19	1
Sparkling Diamond	240	0	0	0	0	0	5	14	0	11	0
The Hail Mary	250	30	3	1.5	0	5	1200	25	2	19	3
Brunch - Charged Coffees											
Espresso Martini	350	0	0	0	0	0	0	41	0	13	1
Fired Up Coffee	160	15	1.5	1	0	5	10	19	0	18	1
Flannel Pajamas	150	10	1.5	1	0	5	0	19	0	19	0
Hazelnut Vanilla Java	190	15	1.5	1	0	5	5	12	0	11	0
Brunch - Beverages											
Blood Orange Tamed Mule	140	0	0	0	0	0	0	36	0	33	0
Charred Pineapple Agua Fresca	120	0	0	0	0	0	0	31	2	25	1
Coffee	0	0	0	0	0	0	0	0	0	0	0
Decaf Coffee	0	0	0	0	0	0	0	0	0	0	0
Giesen 0% Sauvignon Blanc 5 oz	20	0	0	0	0	0	5	4	0	3	0

Giesen 0% Sauvignon Blanc 8 oz	30	0	0	0	0	0	10	6	0	4	1
Giesen 0% Sauvignon Blanc Bottle	100	0	0	0	0	0	30	19	0	13	2
Iced Tea	5	0	0	0	0	0	10	1	0	0	0
Juice - Grapefruit	140	5	0	0	0	0	0	34	0	0	2
Juice - Orange	170	5	0.5	0	0	0	0	39	1	31	3
Juice - Pineapple	200	0	0	0	0	0	10	45	0	39	2
Juice - Tomato	60	10	1	0	0	0	35	13	1	9	3
Juice - Cranberry	210	10	1.5	0	0	0	10	50	0	46	0
Main Squeeze	170	0	0	0	0	0	5	42	0	38	0
Mint Condition	160	0	0	0	0	0	0	41	0	39	0
Salted Caramel Cold Brew	210	25	3	2	0	15	310	39	0	30	6
Brunch - Kids											
French Toast	710	370	42	26	1	195	310	67	1	51	7
Scrambled Breakfast	350	200	23	7	0	220	640	24	2	9	11
Lil Dippers	350	150	17	6	0	5	270	57	2	32	5
Kids Menu - Entrees											
Burger	530	250	28	11	1.5	80	440	42	0	6	25
Burger with Cheese	650	340	38	17	1.5	110	640	43	0	6	31
Chicken Fingers	710	440	49	8	0	85	1850	43	0	12	26
Grilled Chicken	160	30	3.5	1	0	100	70	0	0	0	30
Mac & Cheese	570	160	18	10	0	50	280	74	4	7	24
Ribs	430	240	27	10	0	75	700	29	0	25	20
Smoked Chicken Wings (BBQ)	320	120	13	3	0	145	850	19	0	17	32
Smoked Chicken Wings (Hot)	520	360	41	17	0.5	205	1530	3	0	2	37
Smoked Chicken Wings (Plain)	240	120	13	3	0	145	480	0	0	0	32
Wood Grilled Salmon	190	110	12	3	0	50	55	0	0	0	19
Wood Grilled Steak	180	50	6	2	0	80	65	0	0	0	30
Kids Menu - Sides											
Broccoli	25	5	0	0	0	0	25	4	2	1	3
French Fries	310	130	14	2.5	0	0	480	40	0	0	5
Fresh Fruit	40	0	0	0	0	0	0	10	1	8	1
Fresh Veggies	35	5	0	0	0	0	20	7	2	4	2
Mac & Cheese	280	80	9	5	0	25	140	37	2	3	12
Parmesan Mashed Potatoes	150	80	9	4	0	20	580	16	0	2	6
Tater Tots	370	200	23	3.5	0	0	780	38	0	0	3
Seasonal Grain Pilaf	60	5	0.5	0	0	0	220	11	1	0	2
Kids Menu - Dessert											
Ice Cream Sundae	290	100	11	7	0	35	55	42	1	36	3
Kids Menu - Beverages											
1% Milk	140	30	3.5	2	0	15	150	17	0	17	11
Barq's Root Beer	160	0	0	0	0	0	60	40	0	40	0
Coke	130	0	0	0	0	0	45	37	0	37	0
Diet Coke	0	0	0	0	0	0	35	0	0	0	0
Honest Apple Juice	40	0	0	0	0	0	15	10	0	9	0
Honest Fruit Punch	40	0	0	0	0	0	15	9	0	9	0

Lemonade	170	0	0	0	0	0	10	45	0	41	0
Sprite	150	0	0	0	0	0	35	37	0	33	0

Shaping America's Plate, Inc.