



## Food & Beverage Nutrition Guide

Printed information is valid: January 2019 through July 2019

Yard House has made an effort to provide complete and current nutrition information. 2,000 calories a day is used for general nutritional advice, but calorie needs vary. Due to the handcrafted nature of our menu items and changes in recipes, ingredients, and kitchen procedures, variations between the nutrition reported here and what is actually served may occur. Sides and sauces are included unless otherwise noted under menu item.

If you have any questions about this information, please contact one of our Guest Relations Representatives at 1-800-272-9864.

Menu Item	Calories	Calories from Fat	Total Fat (Grams)	Saturated Fat (Grams)	Trans Fat (Grams)	Cholesterol (Milligrams)	Protein (Grams)	Sodium (Milligrams)	Total Carbs (Grams)	Dietary Fiber (Grams)	Sugars (Grams)
<b>SNACKS</b>											
Guacamole & Chips	760	440	49	5	0	less than 5 mg	9	1020	75	12	3
Crispy Brussels Sprouts & Potatoes	1080	800	89	11	1	30	10	750	59	11	8
Truffle Fries	500	210	24	3.5	0	10	8	1280	63	8	0
Sweet Potato Fries	660	320	35	8	0	30	7	360	78	6	42
Buffalo Cauliflower w/ Spicy Tahini	740	470	52	6	0	10	11	2280	57	8	5
Hummus	320	230	26	4.5	0	0	10	780	12	5	2
<i>Crispy Pita Bread</i>	300	180	20	1.5	0	0	5	210	23	1	0
<i>Baked Pita Bread</i>	250	10	1	0	0	0	9	530	50	2	1
Chilled Edamame	100	45	5	0.5	0	0	9	970	8	3	0
Hot & Spicy Edamame	500	370	41	4.5	0	0	15	1260	19	5	3
Deviled Eggs	420	290	33	8	0	425	15	560	18	less than 1 g	15
Vampire Taco (each)	430	230	26	10	0	70	27	860	24	2	2
Baja Shrimp Taco (each)	220	120	14	3	0	45	7	650	18	2	less than 1 g
Baja Fish Taco (each)	230	120	13	3	0	25	9	520	18	2	1
Blackened Shrimp Taco (each)	170	60	7	2.5	0	70	12	520	16	2	2
Asada Taco (each)	250	120	14	4	0	35	15	410	16	2	less than 1 g
AI Pastor Taco (each)	280	180	20	6	0	20	10	470	15	less than 1 g	2
Tropical Chicken Taco (each)	280	160	18	3.5	0	40	14	610	18	less than 1 g	3
Grilled Korean Beef Short Rib Taco (each)	280	150	16	6	0.5	35	10	550	24	1	6
Shiitake Garlic Noodles	700	370	41	24	1.5	160	14	1350	71	4	9
<b>APPETIZERS</b>											
Poke Nachos	870	530	59	8	0	60	35	1220	51	6	9
Ahi Sashimi	410	240	27	4.5	0	40	28	1090	14	2	9
Lobster, Crab & Artichoke Dip	1040	440	49	17	1	135	39	2130	112	6	6
Spinach Cheese Dip	1280	880	98	24	1.5	95	31	1610	73	6	5
Queso Dip	1610	850	95	42	2.5	145	52	4190	136	7	17
<i>Add Bacon Chorizo</i>	200	160	17	6	0	30	9	300	4	less than 1 g	2
Chicken Nachos	2380	1330	148	53	4	325	105	4420	155	22	13
Chicken Lettuce Wraps	730	250	28	3.5	0	70	36	2780	84	3	56
Fried Chicken Tenders w/ Fries	1230	670	74	9	1	135	43	2490	100	8	20
Classic Sliders with Fries	1370	540	60	17	1.5	160	60	2400	142	10	14
<i>Pickles</i>	0	0	0	0	0	0	0	520	less than 1 g	0	0
Onion Ring Tower	1330	770	85	13	1	35	15	2490	127	9	18
Jumbo Bavarian Pretzel	1210	450	50	21	0.5	85	31	3310	160	9	5
Wisconsin Fried Cheese Curds	1980	1280	142	56	2	295	72	4260	108	5	50
Fried Mac + Cheese	1520	920	103	49	2.5	305	37	1530	109	6	27
Spicy Tuna Roll	570	360	40	6	0	50	37	1570	18	9	5
California Roll	1000	510	56	8	0.5	115	28	2780	97	6	32
Coconut Shrimp	850	400	45	7	0	120	25	1240	92	4	54
Fried Calamari	1050	680	76	10	0.5	380	36	1870	57	2	10

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Pork Lumpia	610	350	39	7	0	50	16	1050	51	2	25
Grilled Korean BBQ Beef	890	380	42	18	3	130	37	1470	90	3	30
Moo Shu Egg Rolls	670	230	26	6	0	120	39	1410	71	7	30
Buffalo Wings (Traditional)	1080	670	75	15	0.5	430	93	2920	9	4	5
Buffalo Wings (Boneless)	930	520	57	9	0.5	190	54	4100	49	4	6
Buffalo Wings (Gardein)	940	540	61	8	0.5	20	52	4000	46	10	6
Firecracker Wings (Traditional)	990	440	49	10	0	415	92	2240	46	3	38
Firecracker Wings (Boneless)	840	280	32	3.5	0	175	53	3420	86	3	39
Firecracker Wings (Gardein)	850	310	35	3	0	less than 5 mg	52	3330	83	9	39
Korean Wings (Traditional)	1130	640	71	14	0	440	93	1270	31	2	21
Korean Wings (Boneless)	980	490	54	7	0	205	53	2450	71	2	22
Korean Wings (Gardein)	990	510	57	7	0	35	52	2350	68	8	22
Ancho BBQ Wings (Traditional)	1090	580	64	13	0.5	430	93	1840	35	2	30
Ancho BBQ Wings (Boneless)	930	420	47	6	0.5	190	53	3020	75	2	31
Ancho BBQ Wings (Gardein)	940	450	50	6	0.5	20	52	2920	72	8	31
<b>STARTER SOUPS &amp; SALADS</b>											
Tomato Bisque - Cup	240	180	20	12	0	65	2	860	15	less than 1 g	12
Tomato Bisque - Bowl	480	360	40	25	0.5	130	4	1720	30	1	23
Chicken Tortilla Soup - Cup	490	340	37	19	1	135	15	890	23	3	6
Chicken Tortilla Soup - Bowl	980	670	75	39	2	270	29	1770	45	5	11
Clam Chowder - Cup	240	160	17	6	0	30	7	850	15	1	less than 1 g
Clam Chowder - Bowl	480	310	35	13	0	60	14	1710	29	3	2
Traditional Caesar Salad	360	280	31	7	0	40	11	850	12	3	2
Kale Caesar Salad	460	310	35	8	0	40	15	870	26	5	10
Chopped Salad	500	340	38	8	0	35	13	930	31	11	13
Classic Ranch Salad	390	260	29	8	0.5	40	12	700	22	4	8
Mixed Field Greens Salad	240	120	14	1.5	0	0	4	630	28	4	15
<b>ENTREE SALADS</b>											
Ahi Crunchy Salad (Small)	380	230	25	4	0	30	21	780	18	3	7
Ahi Crunchy Salad (Full)	710	440	49	7	0	45	33	1450	36	6	13
BBQ Chicken Salad (Small)	840	480	54	9	0.5	75	29	1680	60	10	16
BBQ Chicken Salad (Full)	1530	890	99	17	1	125	49	2890	112	17	31
Kale Caesar - Chicken (Small)	580	340	38	8	0	115	38	1080	27	6	10
Kale Caesar - Chicken (Full)	760	440	49	11	0	165	52	1440	33	7	12
Kale Caesar - Grilled Shrimp (Small)	550	320	36	8	0	175	34	1100	27	6	11
Kale Caesar - Grilled Shrimp (Full)	710	420	46	10	0	255	46	1460	34	7	12
Kale Caesar - Skirt Steak	830	530	59	14	1	135	47	1440	33	7	12
Kale Caesar - Salmon	820	540	60	12	0	115	42	1440	33	7	12
Kale Caesar - Seared Ahi (Small)	580	350	39	9	0	65	32	1070	27	6	10
Kale Caesar - Seared Ahi (Full)	760	460	51	11	0	90	44	1420	33	7	12
Cobb Salad - Chicken (Small)	640	410	46	12	0	220	42	960	19	8	8
Cobb Salad - Chicken (Full)	1020	640	71	21	0.5	390	70	1580	29	10	12
Cobb Salad - Grilled Shrimp (Small)	610	390	44	12	0	275	38	980	19	8	8
Cobb Salad - Grilled Shrimp (Full)	980	620	69	21	0.5	480	64	1610	30	11	13
Cobb Salad - Skirt Steak	1090	730	81	25	1	360	65	1590	29	10	12
Cobb Salad - Salmon	1080	740	82	23	0.5	340	59	1590	29	10	12
Red Quinoa Salad	730	390	44	9	0	10	22	760	69	12	29
<b>HOUSE FAVORITES</b>											
Nashville Hot Chicken	1570	710	79	14	1	175	56	4230	162	5	76
Southern Fried Chicken Breast	2020	1130	127	44	2.5	305	66	3920	138	11	28
Chicken Fried Rice Bowl	1580	810	91	35	2	240	64	3490	129	6	36
Maui Pineapple Chicken	1280	220	25	6	0	220	88	2290	170	4	67

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Abuela's Chicken	1370	570	63	14	0	230	95	2200	101	10	23
Orange Chicken	1750	760	85	10	1	175	63	3510	177	4	56
Sesame Chicken & Noodles	1580	850	96	36	2	305	68	3500	116	8	36
Chicken Enchilada Stack	1450	840	94	43	3	290	79	3370	71	11	14
Mac + Cheese with Chicken (Small)	980	560	63	25	1	135	37	1450	67	4	8
Mac + Cheese with Chicken (Full)	1860	1120	124	51	2.5	270	69	2760	113	7	15
Braised Short Rib Ravioli	1120	540	61	29	2	215	58	2480	77	6	18
Fish & Chips	1360	860	95	12	1	175	42	2940	85	8	9
Spicy Jambalaya Pasta (Small)	780	320	36	12	0.5	235	48	1980	65	4	8
Spicy Jambalaya Pasta (Full)	1310	600	67	22	1	340	72	3230	103	7	13
Shrimp & Calamari Diablo	1270	520	59	15	1	425	62	2180	109	6	12
Poke Bowl	1030	560	62	9	0	90	38	1660	86	9	17
Parmesan Crusted Pork Loin	1130	400	45	16	1	215	100	2960	81	8	48
<b>STEAKS</b>											
Rib Eye	1250	710	80	34	3	280	78	2160	56	6	14
Rib Eye & Shrimp	1340	730	81	34	3	415	96	2460	57	6	15
Skirt Steak Arrachera (Small)	1090	470	52	18	1	115	48	2180	109	9	15
Skirt Steak Arrachera (Full)	1510	640	72	25	1.5	205	82	2920	135	12	21
Pepper Crusted Filet	990	530	59	25	2	195	50	1800	62	10	20
New York Strip Steak (Hawaii Only)	1400	780	87	38	1	335	99	2110	52	6	14
<b>SEAFOOD</b>											
Pan Seared Ahi	970	340	38	12	0.5	115	65	2300	82	3	7
Mediterranean Salmon	1160	730	82	13	0	135	64	1160	44	7	10
Ginger Crusted Salmon	1060	560	62	16	0.5	175	60	1860	65	8	25
Lobster Garlic Noodles	1030	500	57	26	2	435	55	2640	76	5	12
Lobster & Shrimp Agnolotti	980	580	65	37	2.5	365	43	1300	56	3	4
Vodka Shrimp Pasta (Small)	690	280	31	12	0.5	160	28	820	59	3	6
Vodka Shrimp Pasta (Full)	1270	540	61	23	1.5	315	51	1450	98	6	12
Crab Cake	1640	1050	117	29	1.5	285	44	1100	95	9	19
Porcini Crusted Halibut	1210	780	87	48	3	325	56	1230	40	7	7
Miso Glazed Sea Bass	1200	270	30	10	0.5	135	67	2650	162	7	50
<b>DAILY FISH</b> Choice of fish & preparation, served with all fixed sides Only Available in Hawaii											
<b>Choice of Fish</b>											
Artic Char	380	150	17	2.5	0	145	53	115	0	0	0
Barramundi	260	50	5	1.5	0	110	50	180	0	0	0
Corvina	300	110	12	3	0	160	44	190	0	0	0
Grouper	240	25	2.5	0.5	0	95	51	110	0	0	0
Mahi Mahi	230	15	2	0.5	0	195	49	230	0	0	0
Opah	280	10	1.5	0	0	100	63	115	0	0	0
Red Fish	270	30	3.5	1	0	95	55	120	0	0	0
<b>Choice of Preparation</b>											
Island Grilled	20	20	2.5	0	0	0	0	270	0	0	0
Blackened	50	45	5	3	0	15	0	580	2	less than 1 g	0
Macadamia Nut Crusted	290	230	26	7	0	20	2	540	15	2	12
<b>Fixed Sides</b>											
Passion Fruit Beurre Blanc	270	220	25	16	1	70	less than 1 g	35	8	0	7
Thai Basil Pesto	270	230	26	2.5	0	0	less than 1 g	160	12	0	11
Mango Papaya Salsa	30	0	0	0	0	0	0	0	8	less than 1 g	7
Garlic Bok Choy	60	45	5	0.5	0	0	2	135	3	1	1
Jasmine Rice	210	0	0	0	0	0	4	0	47	less than 1 g	0

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<b>STREET TACOS</b>											
ala carte or two taco combo with pinto beans & spicy rice											
Vampire Taco (each)	430	230	26	10	0	70	27	860	24	2	2
Baja Shrimp Taco (each)	220	120	14	3	0	45	7	650	18	2	less than 1 g
Baja Fish Taco (each)	230	120	13	3	0	25	9	520	18	2	1
Blackened Shrimp Taco (each)	170	60	7	2.5	0	70	12	520	16	2	2
Asada Taco (each)	250	120	14	4	0	35	15	410	16	2	less than 1 g
Al Pastor Taco (each)	280	180	20	6	0	20	10	470	15	less than 1 g	2
Tropical Chicken Taco (each)	280	160	18	3.5	0	40	14	610	18	less than 1 g	3
Grilled Korean Beef Short Rib Taco (each)	280	150	16	6	0.5	35	10	550	24	1	6
<i>Pinto Beans &amp; Spicy Rice</i>	340	70	7	2	0	10	12	950	58	6	3
<b>Taco Shell Options</b>											
taco nutritional listed above include flour tortillas; if substituting lettuce wrapped, corn tortilla, or vampire style; please subtract flour tortilla nutritional and add applicable nutritional listed below											
Flour Tortilla	90	30	3.5	1.5	0	0	2	200	12	0	0
Corn Tortilla	80	10	1	0	0	0	2	5	16	1	0
Lettuce Wrapped	0	0	0	0	0	0	0	0	0	0	0
Vampire Style	210	110	12	7	0	20	12	440	13	0	0
<b>PIZZA</b>											
The Carnivore Pizza	1400	670	75	32	2	210	86	3040	101	6	9
Pepperoni & Mushroom Pizza	960	370	41	20	1.5	95	54	2290	97	5	7
Cheese Pizza	920	350	39	22	1	110	47	1600	94	5	6
Margherita Pizza	840	250	28	14	0	70	40	1570	110	7	8
BBQ Chicken Pizza	1040	310	34	19	1	140	67	3670	116	6	20
Ham & Pineapple Pizza (Hawaii Only)	920	270	30	16	1	95	59	2270	107	6	16
<b>GRILLED BURGERS</b>											
Served with fries & pickle slices											
BBQ Bacon Cheddar Burger	1170	700	78	28	2	210	62	1520	51	2	14
Black Truffle Cheeseburger	930	510	57	21	1	165	56	1120	46	2	9
Pepper Jack Burger	1020	610	68	22	2	185	54	1200	48	2	9
Classic Cheese Burger	910	530	58	19	1.5	160	49	1020	45	2	8
Turkey Burger	900	470	52	15	0.5	205	53	1590	55	3	9
Vegan Burger w/ Mixed Green Salad	780	350	39	7	0	0	30	2160	82	11	13
Lamb Burger	850	450	50	20	0	160	45	1160	54	3	17
Kurobuta Pork Burger	930	470	52	19	0.5	240	47	1600	63	2	23
<i>Fries</i>	360	130	14	1	0	0	4	930	52	7	0
<i>Pickles</i>	0	0	0	0	0	0	0	520	less than 1 g	0	0
<b>SANDWICHES</b>											
served with fries & pickle slices (except Grilled Cheese & Tomato Bisque)											
Nashville Hot Chicken Sandwich	890	420	47	10	0	90	34	1610	84	3	21
Fried Chicken Sandwich	1010	540	60	12	0	110	34	1930	87	2	25
Grilled Chicken & Avocado	910	490	55	16	1	165	54	1010	52	5	3
Roasted Turkey Club	800	470	53	13	0	155	51	1960	34	4	6
Seared Ahi Steak Sandwich	830	450	50	13	0	95	51	720	43	4	15
Pork Belly Banh Mi	760	320	36	9	0	65	29	1830	86	5	16
Cuban Roast Pork Dip	1190	620	70	23	1.5	210	72	2890	74	5	7
Roast Beef Dip	1110	570	63	18	1	165	66	3330	76	3	5
Filet & White Cheddar Melt	1300	760	84	24	1	165	54	1690	81	4	12
<i>Fries</i>	360	130	14	1	0	0	4	930	52	7	0
<i>Pickles</i>	0	0	0	0	0	0	0	520	less than 1 g	0	0
Grilled Cheese & Tomato Bisque	1120	760	85	42	1.5	180	38	1790	54	2	13
<i>Add Applewood Bacon</i>	210	160	18	7	0	40	11	400	less than 1 g	0	0
<i>Add Crushed Avocado</i>	70	60	6	1	0	0	less than 1 g	65	4	3	0

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<b>GARDEIN</b>											
Gardein - Mac + Cheese (Small)	940	520	58	23	1	95	36	1230	69	5	8
Gardein - Mac + Cheese (Full)	1780	1040	116	46	2.5	190	68	2330	117	9	14
Gardein - Orange Chicken	1760	780	88	9	1	less than 5 mg	62	3410	174	10	56
Gardein - Chicken Fried Rice Bowl	1580	830	93	34	2	125	54	4010	135	8	35
Gardein - BBQ Chicken Pizza	1080	330	37	19	1	90	71	3530	120	8	20
Gardein - Buffalo Wings	940	540	61	8	0.5	20	52	4000	46	10	6
Gardein - Firecracker Wings	850	310	35	3	0	less than 5 mg	52	3330	83	9	39
Gardein - Korean Wings	990	510	57	7	0	35	52	2350	68	8	22
Gardein - Ancho BBQ Wings	940	450	50	6	0.5	20	52	2920	72	8	31
Gardein - Fried Chicken Tenders w/ Fries	1090	620	69	9	0.5	40	30	2500	88	10	19
Gardein - BBQ Chicken Salad (Small)	900	540	60	9	0.5	30	37	1400	59	12	13
Gardein - BBQ Chicken Salad (Full)	1540	940	104	17	1	55	48	2150	108	19	25
Gardein - Sesame Chicken & Noodles	1570	870	98	35	2	190	58	4020	122	10	36
Gardein - Chicken & Avocado Sandwich	920	520	58	15	0.5	55	44	1340	57	7	3
<i>Fries</i>	360	130	14	1	0	0	4	930	52	7	0
<i>Pickles</i>	0	0	0	0	0	0	0	520	less than 1 g	0	0
Gardein - Vegan Burger w/ Mixed Green Salad	780	350	39	7	0	0	30	2160	82	11	13
<i>Pickles</i>	0	0	0	0	0	0	0	520	less than 1 g	0	0
<b>LUNCH SELECTIONS</b>											
Choice of lunch selection entrée paired with cup of soup or salad (Daily 11am - 5pm)											
Lunch Selection - Pepperoni Pizza	810	280	31	15	1	70	44	1840	93	5	5
Lunch Selection - Margherita Pizza	730	190	22	11	0	50	33	1310	102	6	6
Lunch Selection - BBQ Chicken Pizza	890	240	27	14	0.5	105	55	2960	108	6	15
Lunch Selection - Roast Beef Dip (half)	580	290	32	9	0	90	36	2040	40	2	4
Lunch Selection - Roasted Turkey Club (half)	600	340	37	10	0.5	105	36	1360	32	3	5
Lunch Selection - Classic Sliders (2)	510	210	23	8	0.5	80	28	740	45	2	7
Lunch Selection - Vampire Taco	430	230	26	10	0	70	27	860	24	2	2
Lunch Selection - Baja Shrimp Taco	220	120	14	3	0	45	7	650	18	2	less than 1 g
Lunch Selection - Baja Fish Taco	230	120	13	3	0	25	9	520	18	2	1
Lunch Selection - Blackened Shrimp Taco	170	60	7	2.5	0	70	12	520	16	2	2
Lunch Selection - Asada Taco	250	120	14	4	0	35	15	410	16	2	less than 1 g
Lunch Selection - Al Pastor Taco	280	180	20	6	0	20	10	470	15	less than 1 g	2
Lunch Selection - Tropical Chicken Taco	280	160	18	3.5	0	40	14	610	18	less than 1 g	3
Lunch Selection - Grilled Korean Beef Short Rib Taco	280	150	16	6	0.5	35	10	550	24	1	6
Lunch Selection - Shiitake Garlic Noodles	700	370	41	24	1.5	160	14	1350	71	4	9
Lunch Selection - Chicken Tortilla Soup	490	340	37	19	1	135	15	890	23	3	6
Lunch Selection - Tomato Bisque	240	180	20	12	0	65	2	860	15	less than 1 g	12
Lunch Selection - Clam Chowder	240	160	17	6	0	30	7	850	15	1	less than 1 g
Lunch Selection - Traditional Caesar	190	140	16	3.5	0	20	6	450	7	1	1
Lunch Selection - Kale Caesar	260	190	21	4.5	0	25	8	520	12	3	4
Lunch Selection - Mixed Field Greens Salad	100	45	5	0.5	0	0	2	240	13	2	5
Lunch Selection - Classic Ranch Salad	190	130	14	5	0	25	6	280	9	2	4
Lunch Selection - Add Fries	360	130	14	1	0	0	4	930	52	7	0
<b>KID'S MENU</b>											
Kid's - Fried Chicken Tenders	500	280	31	4	0	90	30	950	25	less than 1 g	3
Kid's - Spaghetti & Meatballs	620	310	35	12	0.5	85	26	990	53	10	8
Kid's - Buttered Noodles	720	450	51	30	2	190	11	20	57	3	less than 1 g
Kid's - Chicken Teriyaki	290	40	4.5	1	0	115	35	1080	28	0	17
Kid's - Burger	560	260	29	9	1	85	31	610	42	1	7
Kid's - Burger with Cheese	640	320	36	13	1	110	36	750	42	1	7

Menu Item	Calories	Calories from Fat	Total Fat (Grams)	Saturated Fat (Grams)	Trans Fat (Grams)	Cholesterol (Milligrams)	Protein (Grams)	Sodium (Milligrams)	Total Carbs (Grams)	Dietary Fiber (Grams)	Sugars (Grams)
Kid's - Barbeque Chicken	240	45	5	1.5	0	115	35	1120	14	less than 1 g	10
Kid's - Fish Sticks	510	310	34	4	0	105	27	1210	23	less than 1 g	7
Kid's - Mac + Cheese	830	420	46	28	1.5	135	34	1160	69	3	8
Kid's - Cheese Pizza	690	180	20	11	1	45	39	1420	92	5	5
Kid's - Pepperoni Pizza	810	280	31	15	1	70	44	1840	93	5	5
Kid's - Grilled Cheese Sandwich	420	260	29	13	0.5	45	15	500	24	less than 1 g	less than 1 g
<i>Add Turkey</i>	45	10	1	0	0	25	8	300	less than 1 g	0	less than 1 g
<i>Add Ham (Hawaii Only)</i>	60	20	2	0.5	0	20	7	450	1	0	1
<b>Kid's Sides:</b>											
Fresh Fruit	50	0	0	0	0	0	less than 1 g	10	13	2	10
Steamed Veggies	25	0	0	0	0	0	2	15	5	2	2
Parmesan Mashed Potatoes	120	50	6	3	0	10	3	340	15	2	less than 1 g
Jasmine Rice	110	0	0	0	0	0	2	0	23	0	0
Brown Rice	90	5	0.5	0	0	0	2	0	18	1	0
Edamame	40	15	2	0	0	0	3	0	3	1	0
Small Ranch Salad	120	100	11	1.5	0	10	1	220	4	1	2
French Fries	360	130	14	1	0	0	4	930	52	7	0
<b>Kid's Desserts:</b>											
Fresh Fruit	50	0	0	0	0	0	less than 1 g	10	13	2	10
Cookies & Cream Crunch Pop	240	50	6	2.5	0	5	2	150	45	less than 1 g	26
<b>Kid's Beverage:</b>											
Kid's Milk	220	110	12	7	0	35	12	160	18	0	18
Kid's Apple Juice	90	0	0	0	0	0	0	30	23	0	23
Kid's Orange Juice	90	0	0	0	0	0	2	10	22	0	20
Kid's Cranberry Juice	100	0	0	0	0	0	0	30	24	0	24
Kid's Lemonade	90	0	0	0	0	0	0	10	24	0	23
<b>DESSERTS</b>											
Mini Trio Sampler	1230	590	66	39	2	315	15	400	153	5	116
Bread Pudding with Crème Anglaise	630	310	35	20	1	305	13	430	65	1	35
Fresh Baked Brownie - Mint Chocolate Chip	960	380	42	18	1	90	10	550	136	5	101
Fresh Baked Brownie - Caramel	960	360	40	16	1	90	10	570	139	5	103
Fresh Baked Brownie - Vanilla	950	380	42	17	1	95	10	550	133	5	99
S'mores Brownie	1360	460	52	22	1.5	105	12	840	213	6	143
Ice Cream - Vanilla	210	110	12	8	0	40	3	50	23	0	21
Ice Cream - Caramel	220	80	9	6	0	30	3	75	32	0	28
Ice Cream - Mint Chocolate Chip	230	110	12	9	0	30	3	50	27	0	24
Mini Cheesecake Brulee	400	220	24	14	1	140	6	220	43	0	36
Mini Chocolate Soufflé Cake	410	250	28	16	0	135	6	105	41	3	34
Mini Peach Apple Cobbler	410	120	14	9	0.5	40	3	75	68	1	47
Large Peach Apple Cobbler	820	250	28	18	1	80	6	150	136	3	94

Menu Item	Calories	Calories from Fat	Total Fat (Grams)	Saturated Fat (Grams)	Trans Fat (Grams)	Cholesterol (Milligrams)	Protein (Grams)	Sodium (Milligrams)	Total Carbs (Grams)	Dietary Fiber (Grams)	Sugars (Grams)
<b>GLUTEN SENSITIVE MENU</b>											
GS menu items are made without gluten containing ingredients											
<b>GS SNACKS</b>											
GS Deviled Eggs	420	290	33	8	0	425	15	560	18	less than 1 g	15
GS Chilled Edamame	100	45	5	0.5	0	0	9	970	8	3	0
GS Guacamole	200	120	13	2	0	0	5	560	19	10	6
GS Hummus	360	240	27	5	0	0	13	880	22	9	6
<b>GS STARTER SOUPS &amp; SALADS</b>											
GS Tomato Bisque - Cup	240	180	20	12	0	65	2	860	15	less than 1 g	12
GS Tomato Bisque - Bowl	480	360	40	25	0.5	130	4	1720	30	1	23
GS Chopped Salad	500	340	38	8	0	35	13	930	31	11	13
GS Classic Ranch	320	230	25	8	0.5	40	11	540	13	4	7
<b>GS APPETIZERS</b>											
GS Spicy Tuna Roll	550	360	40	6	0	50	35	820	15	9	4
GS Spinach Cheese Dip	520	380	43	20	1	90	20	1120	20	7	9
GS Queso Dip	790	490	54	30	2.5	145	39	2770	38	5	21
<b>GS ENTREE SALADS</b>											
GS Kale Caesar - Chicken, small	530	320	36	8	0	115	37	970	21	5	10
GS Kale Caesar - Chicken, regular	690	420	47	9	0	180	49	1240	24	7	11
GS Kale Caesar - Shrimp, small	500	300	34	8	0	175	33	980	21	6	10
GS Kale Caesar - Shrimp, regular	650	400	45	8	0	265	43	1260	25	7	11
GS Kale Caesar - Skirt Steak	760	500	55	14	1	135	46	1270	24	6	10
GS Kale Caesar - Salmon	750	510	58	11	0	130	39	1250	24	7	11
GS Kale Caesar - Ahi, small	530	340	38	7	0	75	30	940	21	6	10
GS Kale Caesar - Ahi, regular	690	440	49	9	0	105	41	1220	24	7	11
GS Cobb - Chicken, small	610	400	45	12	0	200	36	910	19	8	8
GS Cobb - Chicken, regular	1020	640	71	21	0.5	390	70	1580	29	10	12
GS Cobb - Shrimp, small	610	390	44	12	0	275	38	980	19	8	8
GS Cobb - Shrimp, regular	980	620	69	21	0.5	480	64	1610	30	11	13
GS Cobb - Skirt Steak	1090	730	81	25	1	360	65	1590	29	10	12
GS Cobb - Salmon	1080	740	82	23	0.5	340	59	1590	29	10	12
GS Red Quinoa Salad Bowl	730	390	44	9	0	10	22	760	69	12	29
GS BBQ Chicken Salad, small	490	270	30	6	0	75	26	1520	30	8	14
GS BBQ Chicken Salad, regular	850	470	53	12	1	125	42	2570	53	12	26
<b>GS STEAKS</b>											
GS Steak - Rib Eye	1250	710	80	34	3	280	78	2160	56	6	14
GS Steak - Rib Eye & Shrimp	1340	730	81	34	3	415	96	2460	57	6	15
GS Pepper Crusted Filet	990	530	59	25	2	195	50	1800	62	10	20
<b>GS SEAFOOD</b>											
GS Porcini Crusted Halibut	1210	780	87	48	3	325	56	1230	40	7	7
GS Mediterranean Salmon	950	570	63	9	0	135	56	660	40	6	10
<b>GS STREET TACOS</b>											
a la carte or two taco combo with pinto beans & jasmine rice											
GS Street Taco - Asada	240	90	11	2.5	0	40	15	220	21	2	1
GS Taco Combo - Asada	790	250	28	7	0.5	80	41	820	93	10	3
GS Street Taco - Blackened Shrimp	170	45	5	1	0	70	12	320	20	3	2
GS Taco Combo - Blackened Shrimp	640	130	15	4	0	150	35	1020	92	10	4
GS Street Taco - Tropical Chicken	280	140	16	2	0	40	14	420	22	2	3
GS Taco Combo - Tropical Chicken	860	320	36	6	0	85	38	1220	96	8	8
<b>GS GRILLED BURGERS</b>											
lettuce wrapped and served with mixed greens tossed in balsamic dressing											
GS Classic Cheese Burger	680	450	50	17	1.5	165	45	740	11	3	6
GS BBQ Bacon Cheddar Burger	940	630	70	25	1.5	215	57	1250	18	2	12

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GS Kurobuta Pork Burger	700	400	44	17	0.5	240	44	1320	30	3	21
GS Black Truffle Cheeseburger	700	440	49	19	1	165	52	840	12	2	8
GS Lamb Burger	620	370	41	18	0	160	41	920	20	3	15
GS Pepper Jack Burger	790	540	59	21	2	180	51	930	13	3	8
<b>GS SANDWICHES</b>											
lettuce wrapped and served with mixed greens tossed in balsamic dressing											
GS Grilled Chicken & Avocado Sandwich	630	390	43	13	0.5	170	49	730	16	5	7
GS Roasted Turkey Club	750	500	55	13	0	155	50	1850	19	5	10
GS Seared Ahi Steak Sandwich	630	340	38	9	0	95	49	620	25	4	17
<b>GS SIDES</b>											
GS Mixed Greens Salad	60	25	3	0	0	0	1	125	7	2	5
GS Chilled Edamame	40	15	2	0	0	0	3	125	3	1	0
GS Steamed Mixed Vegetables	50	0	0	0	0	0	3	100	10	4	5
GS Fresh Fruit	80	0	0	0	0	0	1	15	20	2	16
GS Jasmine Rice	320	5	0.5	0	0	0	7	0	70	less than 1 g	0
GS Brown Rice	260	20	2	0	0	0	5	0	55	4	0
GS Sautéed Asparagus	60	35	4	2.5	0	10	3	85	5	2	1
GS Garlic Mashed Potatoes	240	90	10	5	0	20	5	630	33	4	2
GS Wasabi Mashed Potatoes	260	100	11	6	0	25	6	640	33	4	4
GS Parmesan Mashed Potatoes	250	100	11	6	0	25	6	670	30	4	2
GS Spinach Mashed Potatoes	360	200	23	13	1	55	7	770	31	4	2
<b>GS DRESSINGS &amp; SAUCES</b>											
GS Ranch Dressing - 2 fl. oz.	200	190	21	3.5	0	15	1	420	3	0	2
GS Caesar Dressing - 2 fl. oz.	300	280	31	5	0	30	3	650	2	0	0
GS Balsamic Vinaigrette - 2 fl. oz.	130	90	10	1	0	0	0	410	10	0	9
GS Blood Orange Olive Oil Vinaigrette - 2 fl. oz.	270	240	27	3.5	0	0	0	85	6	0	5
GS Oil & Vinegar - 2 fl. oz.	270	270	31	4	0	0	0	0	0	0	0
GS Porcini Mushroom Sauce - 2 fl. oz.	270	240	27	17	1	75	1	35	2	0	1
GS Buffalo Sauce - 2 fl. oz.	110	90	11	2.5	0	0	less than 1 g	1710	3	1	less than 1 g
GS Spicy Tomato Sauce - 2 fl. oz.	60	45	5	2	0	10	less than 1 g	190	4	less than 1 g	2
GS House Steak Sauce - 2 fl. oz.	70	0	0	0	0	0	less than 1 g	590	16	0	13
GS Sweet Chili Sauce - 2 fl. oz.	200	5	1	0	0	0	0	590	51	0	47
GS Tartar Sauce - 2 fl. oz.	240	210	23	3.5	0	30	less than 1 g	610	9	0	7
GS Garlic Aioli - 2 fl. oz.	340	340	37	6	0	40	less than 1 g	240	2	0	less than 1 g
GS Thai Basil Pesto - 2 fl. oz.	270	230	26	2.5	0	0	less than 1 g	160	12	0	11



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<b>TAKEOUT PLATTERS</b>											
<b>APPETIZER PLATTERS</b> (Serves 6 - 8)											
Platter - Wings - Traditional - Buffalo	3440	2200	245	49	2	1305	280	9180	29	11	15
Platter - Wings - Traditional - Firecracker	2960	1320	146	30	1	1240	277	6730	138	8	114
Platter - Wings - Traditional - Ancho BBQ	3460	1920	214	42	2	1305	279	5940	107	7	92
Platter - Wings - Traditional - Korean	3980	2510	279	52	2	1390	280	4230	97	5	64
Platter - Wings - Boneless - Buffalo	3710	2070	230	36	2.5	770	214	16390	197	15	23
Platter - Wings - Boneless - Firecracker	3340	1140	126	15	1	700	212	13690	346	10	156
Platter - Wings - Boneless - Ancho BBQ	3740	1690	188	26	2.5	770	213	12080	300	8	124
Platter - Wings - Boneless - Korean	4250	2280	254	36	2	855	215	10040	287	7	89
Platter - Wings - Gardein - Buffalo	3750	2180	242	33	2.5	85	210	16000	183	39	23
Platter - Wings - Gardein - Firecracker	3380	1250	139	12	1	20	207	13300	332	35	156
Platter - Wings - Gardein - Ancho BBQ	3780	1810	201	23	2.5	85	208	11690	287	33	124
Platter - Wings - Gardein - Korean	4290	2390	266	33	2	170	210	9660	274	32	89
Platter - Moo Shu Egg Rolls	2840	1020	113	27	1	485	155	6080	300	23	141
Platter - Chicken Lettuce Wraps	3880	1220	136	18	1	275	153	15180	529	15	395
Platter - Spinach Cheese Dip	3840	2910	325	124	7	535	118	6830	139	22	28
Platter - Coconut Shrimp	4220	1380	154	26	1	480	107	5990	639	25	457
Platter - Chilled Edamame	410	170	19	2	0	0	37	3880	31	12	0
Platter - Spicy Edamame	1990	1460	164	19	1.5	0	60	5050	78	20	13
Platter - Fried Mac & Cheese	5390	3070	343	153	8	1030	145	5470	424	25	98
Platter - Pork Lumpia	2440	1410	157	29	1	205	62	4200	206	9	98
<b>SALAD PLATTERS</b> (Serves 6 - 8)											
Platter - Mixed Field Greens	1330	710	78	9	0	0	22	3540	150	19	83
Platter - Traditional Caesar Salad	2510	2010	223	47	1.5	260	63	5660	72	15	13
Platter - BBQ Chicken Salad	7710	4190	466	79	5	610	244	15720	640	86	226
Platter - Chicken Cobb Salad	5710	3780	420	117	4	1995	352	9190	151	52	67
Platter - Kale Caesar	3200	2270	252	53	1.5	275	95	6210	165	33	58
Platter - Red Quinoa Salad	3920	2190	246	48	0	55	111	3870	349	62	152
<b>SANDWICH PLATTERS</b> (Serves 6 - 8)											
Platter - Turkey Club Sandwich	5260	2830	314	61	2.5	625	230	12170	390	40	30
Platter - Chicken Avocado Sandwich	5680	2910	323	73	3	675	238	8420	460	43	19
<b>HOUSE FAVORITE PLATTERS</b> (Serves 6 - 8)											
Platter - Mac & Cheese	7440	4470	497	203	10	1080	278	11050	453	27	58
Platter - Southern Fried Chicken	9780	4900	547	219	13	1575	352	24660	823	69	135
Platter - Nashville Hot Chicken	8230	3750	418	74	5	895	280	21650	861	25	431
<b>DESSERT PLATTERS</b> (Serves 16+)											
Platter - Whole Peach Apple Cobbler	5350	1550	175	108	7	460	31	840	906	20	592

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<b>BEVERAGES</b>											
<b>MULES</b>											
Moscow Mule	280	0	0	0	0	0	0	15	46	0	43
Hawaiian Mule	280	0	0	0	0	0	0	15	46	0	43
Mayan Mule	290	0	0	0	0	0	0	15	47	0	44
Jameson Mule	280	0	0	0	0	0	0	15	46	0	43
<b>MARGARITAS</b>											
Magig Margarita	220	0	0	0	0	0	0	5	22	0	18
Pomegranate Margarita	300	0	0	0	0	0	0	10	43	0	39
House Margarita	220	0	0	0	0	0	0	10	27	0	23
Salted Watermelon Margarita	270	0	0	0	0	0	0	10	38	0	34
Grand Patron	270	0	0	0	0	0	0	10	30	0	26
<b>MOJITOS &amp; RUM</b>											
Classic Mojito	230	0	0	0	0	0	0	25	34	0	31
Passion Fruit Mojito	250	0	0	0	0	0	0	30	39	1	34
Mango Mojito	280	0	0	0	0	0	0	25	47	0	42
Strawberry Mojito	280	0	0	0	0	0	0	35	47	0	42
<b>SANGRIAS</b>											
Sunset Sangria	200	0	0	0	0	0	0	15	22	1	18
Midnight Sangria	240	0	0	0	0	0	0	0	28	0	23
Sunkissed Sangria	250	0	0	0	0	0	0	15	26	0	22
<b>MARTINIS</b>											
Black Orchid	230	0	0	0	0	0	0	10	21	0	21
Strawberry Fields	240	0	0	0	0	0	0	5	17	0	16
Pomegranate Press	280	0	0	0	0	0	0	10	30	0	29
Malibu Peach	280	0	0	0	0	0	0	15	30	0	30
<b>GIN &amp; VODKA</b>											
Bloody Mary	190	20	2	0	0	20	2	840	8	1	4
Angry Grapefruit Rose	190	0	0	0	0	0	0	10	26	0	24
Blackberry Smash	220	0	0	0	0	0	0	25	27	0	24
Pineapple Express	220	0	0	0	0	0	0	15	28	0	26
Cherry Limeade	260	0	0	0	0	0	0	20	38	0	34
Aviation Gin & Tonic	140	0	0	0	0	0	0	0	8	0	8
Southside	220	0	0	0	0	0	0	10	29	0	24
<b>BOURBON &amp; WHISKEY</b>											
Old 43	230	0	0	0	0	0	0	5	22	0	19
Bold Fashioned	250	0	0	0	0	0	0	0	23	0	22
<b>ISLAND COCKTAILS (Hawaii Locations Only)</b>											
The Local Mai Tai	340	0	0	0	0	0	0	10	46	0	40
Guavarita	270	0	0	0	0	0	0	10	36	less than 1 g	30
Polu Hawaiian	260	0	0	0	0	0	0	5	27	0	24
Pineapple Lych-ini	260	0	0	0	0	0	0	10	29	0	28
<b>BEERS &amp; CIDERS</b>											
Beer (Light) - Pint/Goblet	140	0	0	0	0	0	1	20	8	0	0
Beer (Light) - 23 oz.	200	0	0	0	0	0	2	25	11	0	less than 1 g
Beer (Light) - Half Yard	270	0	0	0	0	0	2	40	15	0	less than 1 g
Beer (Light) - Growler	550	0	0	0	0	0	5	75	31	0	2
Beer (under 6% ABV) - Bottle	150	0	0	0	0	0	2	15	13	0	0
Beer (under 6% ABV) - Pint/Goblet	200	0	0	0	0	0	2	20	17	0	0
Beer (under 6% ABV) - 23 oz.	290	0	0	0	0	0	3	25	24	0	0

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Beer (under 6% ABV) - Half Yard	410	0	0	0	0	0	4	40	34	0	0
Beer (under 6% ABV) - Growler	820	0	0	0	0	0	9	75	67	0	0
Beer (6% ABV and up) - Bottle	210	0	0	0	0	0	3	15	15	0	0
Beer (6% ABV and up) - Pint/Goblet	270	0	0	0	0	0	4	20	20	0	0
Beer (6% ABV and up) - 23 oz.	380	0	0	0	0	0	0	25	40	0	40
Beer (6% ABV and up) - Half Yard	550	0	0	0	0	0	9	40	39	0	0
Beer (6% ABV and up) - Growler	1100	0	0	0	0	0	17	75	78	0	0
Beer (Non-Alcoholic) - Bottle	130	0	0	0	0	0	less than 1 g	45	29	0	29
Cider - Pint/Goblet	270	0	0	0	0	0	0	20	28	0	28
Cider - 23 oz.	390	0	0	0	0	0	6	25	28	0	0
Cider - Half Yard	530	0	0	0	0	0	0	40	56	0	56
Cider - Growler	1060	0	0	0	0	0	0	75	112	0	112
<b>BEER FLOATS</b>											
Framboise Float	230	90	10	6	0	35	3	40	20	0	11
Stout Float	230	90	10	6	0	35	3	40	20	0	11
<b>WINE &amp; SAKE</b>											
Wine - Red, 6 oz.	160	0	0	0	0	0	0	0	5	0	1
Wine - Red, 9 oz.	230	0	0	0	0	0	0	0	8	0	2
Wine - Red, Bottle	660	0	0	0	0	0	less than 1 g	0	21	0	5
Wine - White, 6 oz.	150	0	0	0	0	0	0	10	4	0	2
Wine - White, 9 oz.	220	0	0	0	0	0	0	15	6	0	3
Wine - White, Bottle	630	0	0	0	0	0	less than 1 g	35	16	0	7
Wine Sparkling, 5.25 oz.	130	0	0	0	0	0	0	10	8	0	8
Wine Sparkling, Bottle	630	0	0	0	0	0	2	40	38	0	38
Sake Bomb	90	0	0	0	0	0	less than 1 g	5	6	0	0
Sake, 2.5 oz.	100	0	0	0	0	0	0	0	4	0	0
Sake, Bottle	950	0	0	0	0	0	4	15	35	0	0
<b>NON-ALCOHOLIC BEVERAGES</b>											
Iced Tea (all flavors)	0	0	0	0	0	0	0	5	less than 1 g	0	0
Minute Maid Lemonade	110	0	0	0	0	0	0	15	29	0	28
Coke	90	0	0	0	0	0	0	30	26	0	26
Coke Zero Sugar	0	0	0	0	0	0	0	25	0	0	0
Cherry Coke	100	0	0	0	0	0	0	25	28	0	28
Diet Coke	0	0	0	0	0	0	0	25	0	0	0
Sprite	90	0	0	0	0	0	0	45	25	0	25
Barq's Root Beer	110	0	0	0	0	0	0	45	30	0	30
Dr. Pepper	100	0	0	0	0	0	0	35	27	0	27
Seagram's Ginger Ale	80	0	0	0	0	0	0	15	21	0	21
Apple Juice	110	0	0	0	0	0	0	35	28	0	28
Dole Pineapple Juice	130	0	0	0	0	0	1	10	30	0	26
Orange Juice	110	0	0	0	0	0	2	15	25	0	24
Ocean Spray Ruby Red Grapefruit Juice	110	0	0	0	0	0	0	65	28	0	28
Ocean Spray Cranberry Juice	120	0	0	0	0	0	0	35	30	0	30
Red Bull	110	0	0	0	0	0	1	100	28	0	27
Sugar free Red Bull	10	0	0	0	0	0	1	100	3	0	0
Vitamin Water XXX	45	0	0	0	0	0	0	0	13	0	12
Hot Tea (all flavors)	0	0	0	0	0	0	0	5	less than 1 g	0	0
Coffee	0	0	0	0	0	0	0	0	0	0	0
Cappuccino	120	35	3.5	2.5	0	15	7	90	15	0	9
Mocha	340	110	12	8	0	45	10	140	50	1	39
Latte	150	45	5	3	0	20	9	115	18	0	12

Menu Item	Calories	Calories from Fat	Total Fat (Grams)	Saturated Fat (Grams)	Trans Fat (Grams)	Cholesterol (Milligrams)	Protein (Grams)	Sodium (Milligrams)	Total Carbs (Grams)	Dietary Fiber (Grams)	Sugars (Grams)
Espresso	30	0	0	0	0	0	less than 1 g	10	6	0	0
Hot Chocolate	120	20	2	2	0	0	1	170	23	1	18
Milk, 2%	230	80	9	6	0	35	15	220	22	0	22