

<b>World of Beer Menu Nutritionals</b>																
<b>Shareables</b>	<b>Total Calories (kcal)</b>	<b>Fat Calories (kcal)</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Vit A (iu)</b>	<b>Vit C (mg)</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>	
Beer Cheese Nachos (1 serving)	1252	460	51	27	0	131	2181	157	10	13	37	2625	24	762	7	
Beer Cheese Nachos (1 serving) with Blackened Chicken	1419	526	58	29	0	225	2710	158	11	13	60	2964	25	787	9	
Birria Quesadilla, Full (1 serving)	1070	535	59	21	0	122	2460	72	6	4	58	1282	14	1104	5	
Birria Quesadilla, Half (1 serving)	455	223	25	7	0	46	1060	35	3	2	21	441	7	352	3	
Char Grilled Shrimp (1 serving)	956	642	71	14	0	294	1952	36	3	4	39	1554	23	150	5	
Everything Pretzel and Baked Onion Dip (1 serving)	1519	554	62	29	0	134	15043	202	14	12	37	1390	4	329	0	
German Pretzel (1 serving)	942	87	10	1	0	0	19796	190	10	10	20	33	0	2	0	
German Pretzel (1 serving) with WOB Beer Cheese	1100	192	21	8	0	29	20388	196	10	14	26	525	1	189	0	
German Pretzel (1 serving) with WOB House Made Mustard	1087	139	15	1	0	0	21377	208	13	24	25	65	0	34	1	
Loaded Taters (1 serving)	952	530	59	19	0	63	2674	88	5	7	16	997	7	322	1	
Mac and Cheese Bites (1 serving)	771	596	66	16	0	164	1310	31	1	3	9	815	6	131	1	
Parmesan Truffle Fries (1 serving)	1000	718	80	14	0	61	1722	65	7	0	10	782	22	102	0	
Spinach and Artichoke Dip (1 serving)	1045	602	67	21	0	86	1791	79	2	12	29	6178	16	432	8	
Tuna Wonton Nachos (1 serving)	528	189	21	4	0	74	2034	50	1	9	32	790	10	49	4	
<b>WOB Chicken Wings</b>	<b>Total Calories (kcal)</b>	<b>Fat Calories (kcal)</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Vit A (iu)</b>	<b>Vit C (mg)</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>	
Boneless Wings (1 serving)	650	100	11	2	0	197	3694	45	3	1	83	540	6	65	4	
Boneless Wings (1 serving) with Dressing Choice Blue Cheese	924	354	39	9	0	245	4085	46	3	2	86	731	6	142	4	
Boneless Wings (1 serving) with Dressing Choice Ranch	928	367	41	7	0	239	4020	46	3	2	84	585	6	92	4	
Boneless Wings (1 serving) with Seasoning Choice Dry Rub	678	103	11	2	0	197	4199	51	4	5	84	1288	37	74	4	
Boneless Wings (1 serving) with Wing Sauce Choice Buffalo Hot	715	152	17	4	0	197	4559	46	4	2	83	1335	9	70	4	
Boneless Wings (1 serving) with Wing Sauce Choice Buffalo Mild and Medium	776	210	23	6	0	197	4137	46	3	2	83	1374	7	67	4	
Boneless Wings (1 serving) with Wing Sauce Choice Garlic Parmesan	846	259	29	8	0	205	3987	48	3	3	86	1376	7	160	4	
Boneless Wings (1 serving) with Wing Sauce Choice Hot Honey BBQ	817	105	12	2	0	197	4391	83	4	35	85	749	9	108	5	
Boneless Wings (1 serving) with Wing Sauce Choice Korean BBQ	843	169	19	3	0	197	4851	73	7	19	86	763	7	80	5	
Boneless Wings (1 serving) with Wing Sauce Choice Sweet Fire	798	102	11	2	0	197	4138	80	4	33	84	974	13	74	4	
WOB Chicken Wings, 10 (1 serving)	911	587	65	16	0	251	2136	16	3	10	61	4778	28	75	4	
WOB Chicken Wings, 10 (1 serving) with Dressing Choice Blue Cheese	1186	840	93	23	0	299	2527	17	3	11	64	4968	28	152	4	
WOB Chicken Wings, 10 (1 serving) with Dressing Choice Ranch	1190	854	95	21	0	292	2462	17	3	11	62	4822	28	103	4	
WOB Chicken Wings, 10 (1 serving) with Seasoning Choice Dry Rub	940	589	65	16	0	251	2641	22	4	14	62	5526	59	85	4	
WOB Chicken Wings, 10 (1 serving) with Wing Sauce Choice Buffalo Hot	976	639	71	17	0	251	3001	18	3	11	61	5573	32	80	4	
WOB Chicken Wings, 10 (1 serving) with Wing Sauce Choice Buffalo Mild and Medium	1037	696	77	20	0	251	2579	17	3	11	61	5611	30	78	4	
WOB Chicken Wings, 10 (1 serving) with Wing Sauce Choice Garlic Parmesan	1107	745	83	22	0	259	2429	19	3	12	64	5613	29	170	4	
WOB Chicken Wings, 10 (1 serving) with Wing Sauce Choice Hot Honey BBQ	1078	592	66	16	0	251	2833	54	3	44	63	4986	31	119	4	
WOB Chicken Wings, 10 (1 serving) with Wing Sauce Choice Korean BBQ	1105	655	73	17	0	251	3293	44	7	28	64	5000	29	91	5	
WOB Chicken Wings, 10 (1 serving) with Wing Sauce Choice Sweet Fire	1059	588	65	16	0	251	2580	51	3	42	62	5212	35	84	4	
WOB Chicken Wings, 20 (1 serving)	1822	1173	130	31	0	502	4272	32	5	21	122	9555	57	151	8	
WOB Chicken Wings, 20 (1 serving) with Dressing Choice Blue Cheese	2371	1680	187	46	0	598	5053	34	6	22	128	9936	57	305	8	
WOB Chicken Wings, 20 (1 serving) with Dressing Choice Ranch	2380	1707	190	42	0	585	4925	35	6	22	124	9645	57	205	8	
WOB Chicken Wings, 20 (1 serving) with Seasoning Choice Dry Rub	1879	1178	131	31	0	502	5283	44	8	28	123	11052	118	170	8	
WOB Chicken Wings, 20 (1 serving) with Wing Sauce Choice Buffalo Hot	1887	1225	136	33	0	502	5137	34	6	21	122	10350	60	156	8	
WOB Chicken Wings, 20 (1 serving) with Wing Sauce Choice Buffalo Mild and Medium	1948	1283	143	35	0	502	4715	33	6	21	122	10389	58	153	8	
WOB Chicken Wings, 20 (1 serving) with Wing Sauce Choice Garlic Parmesan	2214	1490	166	44	0	518	4858	38	6	25	129	11226	59	341	8	
WOB Chicken Wings, 20 (1 serving) with Wing Sauce Choice Hot Honey BBQ	2156	1183	131	31	0	502	5666	109	6	89	125	9973	63	238	9	
WOB Chicken Wings, 20 (1 serving) with Wing Sauce Choice Korean BBQ	2209	1310	146	33	0	502	6586	88	13	56	129	10001	59	181	9	
WOB Chicken Wings, 20 (1 serving) with Wing Sauce Choice Sweet Fire	2119	1176	131	31	0	502	5160	103	7	84	123	10424	70	169	8	
WOB Chicken Wings, 5 (1 serving)	458	293	33	8	0	126	1074	8	2	5	31	3006	15	41	2	
WOB Chicken Wings, 5 (1 serving) with Dressing Choice Blue Cheese	733	547	61	15	0	173	1465	9	2	6	34	3196	15	118	2	
WOB Chicken Wings, 5 (1 serving) with Dressing Choice Ranch	737	561	62	13	0	167	1401	10	2	6	31	3051	15	68	2	
WOB Chicken Wings, 5 (1 serving) with Seasoning Choice Dry Rub	472	295	33	8	0	126	1327	11	2	7	31	3380	30	46	2	
WOB Chicken Wings, 5 (1 serving) with Wing Sauce Choice Buffalo Hot	490	319	35	9	0	126	1507	9	2	6	31	3403	16	43	2	
WOB Chicken Wings, 5 (1 serving) with Wing Sauce Choice Buffalo Mild and Medium	521	348	39	10	0	126	1296	9	2	6	31	3423	15	42	2	
WOB Chicken Wings, 5 (1 serving) with Wing Sauce Choice Garlic Parmesan	558	374	42	11	0	130	1227	10	2	6	32	3432	15	93	2	
WOB Chicken Wings, 5 (1 serving) with Wing Sauce Choice Hot Honey BBQ	541	296	33	8	0	126	1423	28	2	22	31	3110	16	63	2	
WOB Chicken Wings, 5 (1 serving) with Wing Sauce Choice Korean BBQ	525	319	35	8	0	126	1445	18	3	11	32	3081	15	47	2	
WOB Chicken Wings, 5 (1 serving) with Wing Sauce Choice Sweet Fire	532	294	33	8	0	126	1296	26	2	21	31	3223	18	45	2	

Flatbreads	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Black and Blue Flatbread (1 serving)	1042	577	64	18	0	91	1829	81	4	12	36	753	3	504	1
Chipotle BBQ Chicken (1 serving)	814	265	29	10	0	72	1892	94	4	24	44	1118	58	324	1
Margherita Flatbread (1 serving)	766	351	39	10	0	22	1260	81	4	12	25	1292	10	359	1
Pepperoni Flatbread (1 serving)	854	431	48	15	0	66	1717	75	4	8	33	868	9	438	1
Handhelds	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Beer Battered Shrimp Tacos, 3 (1 serving)	1004	525	58	12	0	166	2596	87	9	6	26	867	24	331	6
Buffalo Chicken Sandwich (1 serving)	829	287	32	11	0	213	3684	82	3	9	44	1671	5	215	3
Chicken Parmesan Sandwich (1 serving)	829	292	32	12	0	134	1312	71	3	7	62	720	3	374	2
Chicken Philly Sandwich (1 serving)	969	472	52	15	0	154	1841	66	3	8	58	423	6	294	2
Chipotle Chicken Sandwich (1 serving)	651	273	30	11	0	129	2239	41	1	9	50	1222	8	255	2
Crispy Beer Brined Chicken Street Tacos, 3 (1 serving)	901	291	32	7	0	88	3417	97	10	6	44	1015	25	352	5
Grilled Mac and Cheese Sandwich (1 serving)	659	244	27	14	0	76	2263	80	1	25	24	522	3	636	5
Grilled Mac and Cheese Sandwich (1 serving) with Smoked Beef Brisket	772	318	35	17	0	107	2484	81	1	26	33	558	4	638	5
French Dip Sandwich (1 serving)	1256	763	85	31	0	181	2383	71	4	9	53	619	6	486	4
Guinness Bratwurst (1 serving)	690	322	36	11	0	46	2339	69	5	10	24	424	22	92	2
Tacos	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Avocado Tacos (1 serving)	1081	484	54	11	0	26	2526	121	15	6	19	1351	28	335	5
Beef Barbacoa Street Tacos, 3 (1 serving)	622	240	27	6	0	59	1810	67	10	8	24	1042	30	294	5
Beer Battered Shrimp Tacos, 3 (1 serving)	999	526	58	12	0	166	2595	86	9	6	26	847	24	326	6
Crispy Beer Brined Chicken Street Tacos, 3 (1 serving)	895	293	33	7	0	88	3417	95	10	6	44	996	25	347	5
Pork Belly Tacos (1 serving)	1751	1126	125	37	0	152	3086	124	8	26	27	1752	27	298	5
Greens & Soups	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Asian Chicken Salad (1 serving)	486	119	13	2	0	61	2192	58	5	33	29	6544	120	108	4
Colorado Chili with Fixings, Bowl (1 serving)	472	203	23	9	0	95	1596	32	7	7	34	2379	28	98	5
Colorado Chili, Cup (1 serving)	161	63	7	2	0	30	632	12	3	2	13	845	11	29	2
Caesar Salad (1 serving)	526	381	42	10	0	55	2024	25	4	3	10	8605	38	232	2
Caesar Salad (1 serving) with Grilled Chicken Breast	686	400	44	10	0	137	2326	25	4	3	43	8636	39	249	3
Caesar Salad (1 serving) with Grilled Flat Iron Steak	905	685	76	20	0	126	2689	26	4	3	27	8608	38	245	4
Caesar Salad (1 serving) with IPA Glazed Salmon	727	479	53	12	0	113	2437	30	4	7	30	8656	42	247	2
Shrimp, Add On (1 serving)	104	16	2	0	0	145	681	3	1	0	20	503	3	67	3
French Onion Soup (1 serving)	410	207	23	13	0	55	2086	33	2	5	15	769	6	423	0
House Salad (1 serving)	507	316	35	3	0	0	873	39	8	19	6	17823	31	120	3
House Salad (1 serving) with Grilled Chicken Breast	666	335	37	3	0	82	1176	39	8	19	39	17855	33	136	4
House Salad (1 serving) with Grilled Flat Iron Steak	886	620	69	13	0	72	1538	39	8	19	23	17827	31	132	5
House Salad (1 serving) with IPA Glazed Salmon	708	414	46	5	0	59	1287	43	8	23	26	17875	35	134	3
Shrimp, Add On (1 serving)	104	16	2	0	0	145	681	3	1	0	20	503	3	67	3
Romaine Wedge Salad (1 serving)	595	452	50	18	0	90	1308	15	4	7	19	10473	44	329	2
WOB Cobb Salad (1 serving)	1028	475	53	14	0	272	3620	87	11	43	50	4509	47	512	7
Burgers	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Black and Blue Burger (1 serving)	1085	657	73	25	0	195	3177	49	2	10	55	1552	4	446	5

Brunch Burger (1 serving)	659	406	45	14	0	275	2191	40	1	10	23	817	5	222	2
BYO Burger (1 serving)	638	299	33	11	0	123	5331	41	1	10	42	358	3	73	4
BYO Burger (1 serving) with Cheese Choice Danish Blue Cheese	713	353	39	15	0	138	5616	42	1	10	46	583	3	185	4
BYO Burger (1 serving) with Cheese Choice Mild Cheddar Cheese	718	362	40	15	0	148	5466	41	1	10	47	558	3	223	4
BYO Burger (1 serving) with Cheese Choice Pepper Jack Cheese	718	353	39	15	0	148	5461	42	1	10	47	558	3	223	4
BYO Burger (1 serving) with Cheese Choice Swiss Cheese	718	353	39	15	0	143	5376	42	1	10	48	558	3	273	4
BYO Burger (1 serving) with Cheese Choice White American Cheese	713	353	39	15	0	142	5676	42	1	11	46	583	3	223	4
BYO Burger (1 serving) with Sauce Choice Chipotle BBQ	718	299	33	11	0	123	5811	60	1	26	43	458	5	113	4
BYO Burger (1 serving) with Sauce Choice Chipotle Mayo	793	449	50	14	0	146	5591	42	1	11	42	391	5	73	4
BYO Burger (1 serving) with Sauce Choice Garlic Aioli	839	497	55	15	0	153	5516	41	1	10	42	358	3	74	4
BYO Burger (1 serving) with Sauce Choice Sriracha Lime Aioli	795	449	50	14	0	146	5553	42	1	11	42	459	5	75	4
Mac Bite Burger (1 serving)	1383	781	87	31	0	303	5188	84	3	12	61	1258	4	325	6
Smoked BBQ Brisket Burger (1 serving)	1084	531	59	22	0	196	7076	74	1	36	63	532	6	316	5
Truffle Burger (1 serving)	1055	628	70	28	0	187	6061	45	1	11	58	230	3	550	4
<b>Cali Bowl</b>	<b>Total Calories (kcal)</b>	<b>Fat Calories (kcal)</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Vit A (iu)</b>	<b>Vit C (mg)</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>
Cali Bowl (1 serving) (greens)	507	214	24	4	0	23	1007	65	5	14	7	5167	16	36	1
Cali Bowl (1 serving) with Beer Battered Shrimp	688	232	26	4	0	195	1377	78	5	14	32	5373	18	127	4
Cali Bowl (1 serving) with Blackened Ahi Tuna	657	250	28	5	0	74	1650	67	6	14	34	5611	18	73	3
Cali Bowl (1 serving) with Blackened Chicken	674	280	31	5	0	117	1536	66	5	14	30	5507	17	62	3
Cali Bowl (1 serving) with Blackened Steak	841	458	51	14	0	104	1684	67	6	14	27	5543	17	67	4
Cali Bowl (1 serving) with Grilled Shrimp	638	234	26	4	0	195	2255	69	6	14	31	6035	20	131	5
<b>Fork &amp; Knife</b>	<b>Total Calories (kcal)</b>	<b>Fat Calories (kcal)</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Vit A (iu)</b>	<b>Vit C (mg)</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>
Beer-Battered Fish and Tots (1 serving)	1128	640	71	12	0	167	2657	69	5	6	47	3201	57	166	2
Fried Shrimp Entree (1 serving)	862	174	19	3	0	137	3051	146	10	50	25	707	28	319	0
IPA Salmon (1 serving)	654	323	36	9	0	140	1478	33	2	10	44	477	30	91	2
Steak Frites (1 serving)	1561	1206	134	35	0	203	2676	46	5	0	39	603	9	27	4
<b>Sweets</b>	<b>Total Calories (kcal)</b>	<b>Fat Calories (kcal)</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Vit A (iu)</b>	<b>Vit C (mg)</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>
Nutella Churro Donuts (1 serving)	1216	540	60	24	0	0	429	153	6	111	9	10	0	183	6
Salted Caramel Cookie Skillet (1 serving)	1153	431	48	32	1	201	1312	167	2	114	11	1523	0	220	3
Triple Chocolate Brownie Tower (1 serving)	1208	469	52	18	0	136	623	168	6	126	9	370	0	129	8
<b>Sides</b>	<b>Total Calories (kcal)</b>	<b>Fat Calories (kcal)</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Vit A (iu)</b>	<b>Vit C (mg)</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>
Apple and Kale Coleslaw (1 serving)	142	109	12	2	0	16	173	7	1	4	1	2473	36	36	0
Chips and Salsa (1 serving)	247	34	4	0	0	0	468	49	3	2	5	220	6	45	2
Cucumber Salad (1 serving)	58	1	0	0	0	0	22	13	1	10	1	3466	4	22	0
House-Made Potato Chips (1 serving)	187	104	12	1	0	0	1275	22	7	3	1	377	20	6	0
Mac and Cheese, side (1 serving)	529	297	33	19	0	121	798	38	2	2	16	1128	1	361	2
Mac and Cheese, full (1 serving)	1059	594	66	38	0	241	1598	77	4	5	33	2466	6	725	3
Parmesan Truffle Fries (1 serving)	819	620	69	12	0	58	1344	45	5	0	7	575	16	70	0
Side Caesar Salad (1 serving)	263	191	21	5	0	27	1012	13	2	2	5	4302	19	117	1
Side House Salad (1 serving)	254	158	18	1	0	0	437	19	4	9	3	8912	16	60	1
Side of Loaded Fries (1 serving)	467	231	26	9	0	34	786	50	5	3	11	500	12	137	0
Side of Loaded Tater Tots (1 serving)	525	310	34	11	0	34	1610	44	3	3	9	500	4	161	1
Sweet Potato Fries (1 serving)	280	96	11	1	0	0	472	44	5	12	2	5005	10	35	1

Tater Tots (1 serving)	322	159	18	2	0	0	1623	39	2	0	2	0	0	24	0
Tavern Fries (1 serving)	264	78	9	1	0	0	1550	45	5	0	5	0	8	0	0
<b>Kids Menu</b>	<b>Total Calories (kcal)</b>	<b>Fat Calories (kcal)</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Vit A (iu)</b>	<b>Vit C (mg)</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>
Kids Cheese Flatbread (1 serving)	661	295	33	9	0	35	1135	71	3	6	23	264	0	265	0
Kids Cheeseburger Sliders (1 serving)	516	243	27	11	0	113	1269	32	0	4	35	250	0	253	4
Kids Chicken Tenders (1 serving)	281	54	6	1	0	100	576	12	1	1	41	246	4	53	2
Kids Grilled Cheese Sandwich (1 serving)	407	174	19	8	0	50	668	44	0	4	16	417	0	420	4
Kids Mac N Cheese (1 serving)	309	83	9	3	0	10	684	45	2	8	10	20	0	151	2
<b>Brunch</b>	<b>Total Calories (kcal)</b>	<b>Fat Calories (kcal)</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Vit A (iu)</b>	<b>Vit C (mg)</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>
Avocado Toast (1 serving)	632	344	38	7	0	5	984	61	9	8	12	760	16	102	5
Avocado Toast (1 serving) with Add Bacon	732	425	47	10	0	20	1324	61	9	8	17	760	16	102	5
Avocado Toast (1 serving) with Add Eggs Any Style	796	449	50	10	0	429	1347	62	9	9	25	1261	16	155	7
Breakfast Flatbread (1 serving)	1205	698	78	26	0	684	1908	78	4	9	49	2080	57	507	4
Breakfast Sandwich (1 serving)	729	389	43	10	0	450	1670	56	5	8	28	1296	11	134	7
Breakfast Tacos_3 (1 serving)	675	313	35	13	0	614	1559	52	4	2	35	981	4	460	6
Chicken and Waffle Sandwich (1 serving)	632	179	20	6	0	137	2427	73	2	13	31	656	3	195	3
Chicken and Waffle Sandwich (1 serving) with Maple Bourbon Syrup	818	179	20	6	0	137	2525	117	2	41	31	656	3	195	3
Chicken and Waffle Sandwich (1 serving) with Tater Tots	954	338	38	9	0	137	4050	112	5	13	34	656	3	220	3
Hangover Skillet (1 serving)	961	604	67	25	0	677	2818	45	3	3	44	1222	10	416	4
Huevos Rancheros (1 serving)	905	468	52	22	0	511	2456	61	10	3	43	1515	11	840	5
Shrimp and Grits (1 serving)	907	636	71	33	0	352	2275	21	3	2	36	3461	59	361	9
Steak and Egg Bowl (1 serving)	951	603	67	24	0	548	2189	47	7	6	39	1126	33	167	5
Sweet Cream Pancakes (1 serving)	1732	1209	134	15	0	140	1227	109	1	50	9	650	0	146	3
Sweet Cream Pancakes (1 serving) with Add Fruit Topping	1777	1210	134	15	0	140	1227	119	2	58	9	686	28	156	3
Sweet Cream Waffles (1 serving)	864	252	28	9	0	180	1603	125	2	52	12	867	0	194	4
WOBSTAR Breakfast (1 serving)	599	274	30	5	0	424	1779	57	4	5	20	857	26	74	5
WOBSTAR Breakfast (1 serving) with Bacon	749	395	44	11	0	447	2289	57	4	5	28	857	26	74	5
WOBSTAR Breakfast (1 serving) with Jalapeno Cheddar Sausage	812	427	47	12	0	479	2388	58	4	5	34	974	26	148	5
Warm Donut Bites (1 serving)	854	249	28	12	0	11	808	140	1	79	6	0	0	27	2
<b>Brunch Sides</b>	<b>Total Calories (kcal)</b>	<b>Fat Calories (kcal)</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Vit A (iu)</b>	<b>Vit C (mg)</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>
Applewood Smoked Bacon (1 serving)	100	81	9	4	0	15	340	0	0	0	5	0	0	0	0
Breakfast Potatoes (1 serving)	270	97	11	0	0	0	1354	38	4	1	4	356	30	9	1
Candied Bacon (1 serving)	125	82	9	4	0	15	341	6	0	5	5	440	19	3	0
Jalapeno Cheddar Sausage (1 serving)	213	154	17	7	0	55	609	1	0	0	14	117	0	74	1
Seasonal Fruit Cup (1 serving)	99	3	0	0	0	0	2	23	2	17	1	78	61	23	1
Single Pancake (1 serving)	154	77	9	2	0	27	331	15	0	3	2	182	0	50	1
Single Pancake (1 serving) with Maple Bourbon Syrup	339	77	9	2	0	27	429	60	0	32	2	182	0	50	1