

World of Beer Menu Nutritionals															
Shareables	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 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
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
Crispy Chicken Sliders (1 serving)	478	123	14	3	0	57	2030	56	1	5	28	362	4	136	3
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
WOB Chicken Wings	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)
Boneless Chicken Bites (1 serving)	683	62	7	1	0	116	2274	95	3	42	51	4129	11	62	3
Boneless Chicken Bites (1 serving) with Dressing Choice Blue Cheese	957	316	35	8	0	164	2665	96	3	43	54	4320	11	139	3
Boneless Chicken Bites (1 serving) with Dressing Choice Ranch	962	330	37	7	0	157	2601	97	3	43	52	4174	12	89	3
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
<b>Flatbreads</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>
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
Spin Dip Cauliflower Flatbread (1 serving)	851	343	38	18	0	144	1738	84	5	4	44	5850	15	712	4
<b>Handhelds</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>
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
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
<b>Tacos</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 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
<b>Greens &amp; Soups</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>
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
<b>Burgers</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>
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>Bowls</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
Chicken Katsu Bowl	1075	378	42	8	0	181	2256	127	2	45	38	4050	13	61	2
<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>
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