

World of Beer Menu Analysis Book															
Appetizers	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)
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
Birria Quesadilla (1 serving)	841	453	50	21	0	122	1903	45	2	4	56	1250	11	880	4
Buffalo Chicken Quesadilla (1 serving)	702	349	39	19	0	119	2605	41	2	2	49	2324	8	801	3
Buffalo Chicken Quesadilla (1 serving) with Blue Cheese Dressing	977	603	67	26	0	167	2996	42	2	3	52	2515	9	878	3
Buffalo Chicken Quesadilla (1 serving) with Ranch Dressing	981	617	69	25	0	160	2932	43	2	3	50	2369	9	828	3
Beer Cheese Nachos (1 serving)	1470	603	67	37	0	183	2750	163	11	16	49	3456	28	1089	8
Beer Cheese Nachos (1 serving) with Blackened Chicken	1637	669	74	39	0	277	3280	165	11	16	71	3795	29	1114	9
Half Beer Cheese Nachos (1 serving)	740	302	34	19	0	92	1377	83	6	9	25	1869	17	555	4
Crab Rangoon Dip with Wonton Chips (1 serving)	804	386	43	21	0	154	2645	70	1	18	28	1179	3	328	4
Mac and Cheese Bites (1 serving)	771	596	66	16	0	164	1310	31	1	3	9	815	6	131	1
Loaded Taters (1 serving)	952	530	59	19	0	63	2674	88	5	7	16	997	7	322	1
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
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 5 Spice Dry Rub	925	592	66	16	0	251	3098	19	4	11	62	4778	28	75	6
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	979	641	71	18	0	251	3045	18	3	11	61	5604	31	80	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 Jerk	1013	628	70	16	0	257	2561	30	4	21	62	5002	64	94	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 5 Spice Dry Rub	1850	1183	131	31	0	502	6195	37	9	21	123	9556	57	151	13
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	1890	1228	136	33	0	502	5181	34	6	21	122	10382	59	156	8

Bowls	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)
Cali Bowl (1 serving)	507	214	24	4	0	23	1007	65	5	14	7	5167	16	36	1
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
Sandwiches and 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)
Smashburger, 1 Patty (1 serving)	580	291	32	10	0	87	3256	44	1	12	27	337	2	162	2
Smashburger, 2 Patties (1 serving)	836	454	50	17	0	161	5792	46	1	13	48	487	2	278	4
Smashburger, 3 Patties, Plating (1 serving)	1092	617	69	25	0	235	8328	48	1	15	68	637	2	394	5
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
Black and Blue Burger (1 serving)	1085	657	73	25	0	195	3177	49	2	10	55	1552	4	446	5
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
BBQ Bacon Burger (1 serving)	442	189	21	9	0	40	1429	48	1	16	17	1223	6	208	1
BBQ Bacon Burger (1 serving) with Black Bean Burger Patty	662	252	28	10	0	40	1989	70	9	18	34	1223	6	288	3
BBQ Bacon Burger (1 serving) with Burger Patty	855	443	49	18	0	163	6041	50	1	18	52	1223	6	240	4
Fajita Burger (1 serving)	926	515	57	18	0	171	1994	51	2	10	48	1243	61	269	5
Buffalo Chicken Sandwich (1 serving)	772	232	26	9	0	213	4151	83	3	9	44	1664	6	218	3
Mahi Mahi Sandwich															
Mahi Mahi Sandwich (1 serving)	290	103	11	2	0	9	546	40	1	8	7	795	15	56	1
Mahi Mahi Sandwich (1 serving) with Blackened Mahi Mahi	468	146	16	3	0	133	1442	43	2	8	39	1568	16	105	3
Mahi Mahi Sandwich (1 serving) with Fried Mahi Mahi	700	171	19	4	0	260	2485	82	3	8	46	1423	15	93	5
Mahi Mahi Sandwich (1 serving) with Grilled Mahi Mahi	445	117	13	3	0	133	2632	44	2	9	39	1342	16	126	4
Crispy Beer Brined Chicken Sliders (1 serving)	478	110	12	3	0	55	1995	58	1	5	28	353	4	138	3
Ancho Chipotle Chicken Sandwich (1 serving)	651	273	30	11	0	129	2239	41	1	9	50	1222	8	255	2
Ancho Chipotle Chicken Sandwich (1 serving) with Ketchup	713	274	30	11	0	129	2719	56	2	21	51	1462	11	263	2
Ancho Chipotle Chicken Sandwich (1 serving) with Tater Tots	973	432	48	13	0	129	3862	80	3	9	53	1222	8	279	2
Burger Sliders															
Burger Sliders (1 serving)	514	268	30	10	0	73	1553	41	1	9	20	274	2	207	3
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)	1057	577	64	18	0	91	1829	84	4	14	36	753	3	464	1
Chipotle BBQ Chicken (1 serving)	814	265	29	10	0	72	1892	94	4	24	44	1118	58	324	1
Hot Honey Pepperoni Flatbread (1 serving)	915	342	38	13	0	55	1815	112	4	41	34	508	0	439	1

Margherita Flatbread (1 serving)	781	351	39	10	0	22	1260	84	4	14	25	1292	10	319	1
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)
Colorado Chili with Fixings (1 serving)	472	203	23	9	0	95	1596	32	7	7	34	2379	28	98	5
French Onion Soup (1 serving)	410	207	23	13	0	55	2086	33	2	5	15	769	6	423	0
Salads	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)
WOB Cobb Salad (1 serving)	1010	480	53	15	0	272	3618	82	10	43	50	4446	46	495	6
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
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
Crispy Chicken Salad (1 serving)	593	134	15	5	0	258	1877	51	6	7	58	10684	28	326	4
Crispy Chicken Salad (1 serving) with Dressing Choice Blue Cheese	1005	514	57	16	0	329	2463	52	6	8	63	10970	28	442	4
Crispy Chicken Salad (1 serving) with Dressing Choice Greek	943	429	48	7	0	258	2452	64	6	17	58	10697	28	335	5
Crispy Chicken Salad (1 serving) with Dressing Choice Honey Dijon Mustard	800	156	17	5	0	258	2729	94	7	46	60	10687	28	358	5
Crispy Chicken Salad (1 serving) with Dressing Choice Ranch	1011	534	59	13	0	320	2366	53	6	9	59	10751	28	367	4

Crispy Chicken Salad (1 serving) with Wing Sauce Choice Buffalo Hot	699	220	24	8	0	258	3298	53	7	8	58	11975	32	334	4
Crispy Chicken Salad (1 serving) with Wing Sauce Choice Buffalo Mild and Medium	790	305	34	12	0	258	2550	52	6	8	58	11974	30	330	4
Crispy Chicken Salad (1 serving) with Wing Sauce Choice Garlic Parmesan	905	385	43	16	0	271	2352	55	6	11	64	12013	29	490	4
Crispy Chicken Salad (1 serving) with Wing Sauce Choice Hot Honey BBQ	760	139	15	5	0	258	2574	89	6	41	60	10892	31	370	5
Crispy Chicken Salad (1 serving) with Wing Sauce Choice Jerk	694	175	19	6	0	264	2301	65	7	18	59	10908	63	345	5
Crispy Chicken Salad (1 serving) with Wing Sauce Choice Korean BBQ	804	215	24	6	0	258	3033	80	10	25	62	10920	29	346	5
Crispy Chicken Salad (1 serving) with Wing Sauce Choice Sweet Fire	741	135	15	5	0	258	2321	86	7	39	59	11118	34	335	4
The WOB Wedge Salad (1 serving)	412	294	33	9	0	58	591	18	3	12	8	1396	14	152	1
The WOB Wedge Salad (1 serving) with Grilled Chicken Breast	572	313	35	10	0	140	894	19	3	12	41	1428	16	168	2
The WOB Wedge Salad (1 serving) with Grilled Flat Iron Steak	791	598	66	20	0	129	1256	19	3	12	25	1400	15	164	3
The WOB Wedge Salad (1 serving) with IPA Glazed Salmon	613	392	44	12	0	116	1005	23	3	16	28	1448	18	166	2
Shrimp, Add On (1 serving)	104	16	2	0	0	145	681	3	1	0	20	503	3	67	3
Plates	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)
Fried Shrimp Entree (1 serving)	862	174	19	3	0	137	3051	146	10	50	25	707	28	319	0
Cajun Penne (1 serving)	926	317	35	12	0	60	1211	110	11	13	42	616	7	581	8
Cajun Penne (1 serving) with Blackened Chicken Breast	1111	335	37	13	0	142	3091	115	13	13	75	1311	11	633	10
Cajun Penne (1 serving) with Blackened Shrimp	1057	337	37	12	0	232	2458	115	13	13	66	1484	12	676	12
Handbreaded Fried Shrimp Entree, 12 Count (1 serving)	963	167	19	3	0	298	4014	146	8	49	50	1332	30	160	7
Chicken and Waffle Sandwich (1 serving)	632	179	20	6	0	137	2427	73	2	13	31	656	3	195	3

Brisket Breakfast Burrito (1 serving)	793	437	49	16	0	439	1640	54	4	5	38	979	13	372	5
Chicken and Waffles (1 serving)	644	42	5	1	0	62	4295	112	3	46	29	1456	3	20	2
Southwest Sunrise Flatbread (1 serving)	1065	583	65	26	0	369	1936	80	4	10	46	1213	29	528	2
Brunch Side Items	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)
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
Cheddar Grits (1 serving)	426	338	38	21	0	135	434	10	1	0	5	1269	0	250	4
Applewood Smoked Bacon (1 serving)	100	81	9	4	0	15	340	0	0	0	5	0	0	0	0
Jalapeno Cheddar Sausage (1 serving)	213	154	17	7	0	55	609	1	0	0	14	117	0	74	1
Warm Donut Bites (1 serving)	854	249	28	12	0	11	808	140	1	79	6	0	0	27	2
Seasonal Fruit Cup (1 serving)	99	3	0	0	0	0	2	23	2	17	1	78	61	23	1
Lunch Items	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)
Buffalo Chicken Quesadilla (1 serving)	702	349	39	19	0	119	2605	41	2	2	49	2324	8	801	3
Buffalo Chicken Quesadilla (1 serving) with Blue Cheese Dressing	977	603	67	26	0	167	2996	42	2	3	52	2515	9	878	3
Buffalo Chicken Quesadilla (1 serving) with Ranch Dressing	981	617	69	25	0	160	2932	43	2	3	50	2369	9	828	3
Tuna Wonton Nachos (1 serving)	467	190	21	4	0	74	1644	36	1	9	31	788	10	48	3
Romaine Wedge Salad (1 serving)	609	452	50	18	0	90	1308	18	4	9	19	10473	44	291	2
Chicken Philly Sandwich (1 serving)	969	472	52	15	0	154	1841	66	3	8	58	423	6	294	2

Chicken Parmesan Sandwich (1 serving)	829	292	32	12	0	134	1312	71	3	7	62	720	3	374	2
Crispy Beer Brined Chicken Sliders (1 serving)	478	110	12	3	0	55	1995	58	1	5	28	353	4	138	3
Margherita Flatbread (1 serving)	781	351	39	10	0	22	1260	84	4	14	25	1292	10	319	1
Buffalo Chicken Sandwich (1 serving)	772	232	26	9	0	213	4151	83	3	9	44	1664	6	218	3
Hot Honey Pepperoni Flatbread (1 serving)	915	342	38	13	0	55	1815	112	4	41	34	508	0	439	1