

Menu Item	Serving Size	Calories	Fat Calories	Tot. Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest (g)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)
Barbecue Chicken Skewers	1 Plate	420	120	14	5	0	115	650	32	2	10	44	40	15	6	15
Citrus Shrimp Skewers	1 Plate	480	200	23	8	0	285	570	30	3	7	39	50	30	10	30
Fiery Flat Iron Steak Skewers	1 Plate	560	330	37	13	1	120	1210	26	2	4	34	40	20	6	30
Rosemary Lamb Skewers	1 Plate	620	390	44	15	0	115	1160	27	2	6	32	40	4	6	25
Farmers Market Veggie Skewers	1 Plate	390	180	21	7	0	25	490	44	5	10	11	45	60	15	15
Punk's All Natural Burger	1 Sandwich	670	340	38	18	2	185	390	42	1	12	38	10	0	4	30
Homemade Veggie Burger	1 Sandwich	450	70	8	2.5	0	75	1020	83	7	18	14	15	30	6	25
Sliced Flat Iron Steak Sandwich	1 Sandwich	650	310	35	9	0.5	145	550	49	3	16	35	35	4	4	35
Oven Roasted Pulled Pork Sandwich	1 Sandwich	610	250	28	8	0	165	2730	48	2	16	40	20	8	4	25
Skinny Chicken Sandwich	1 Sandwich	470	150	17	3.5	0	105	590	47	2	16	33	15	15	6	20
Traditional Caesar Salad	1 Salad	350	240	27	5	0	55	510	20	3	6	10	190	45	25	15
Baby Spinach Gazebo Salad	1 Salad	520	380	43	10	0	45	600	22	7	6	19	50	20	40	20
Grilled Asparagus Salad	1 Salad	290	210	23	7	0	25	570	13	6	6	10	60	70	30	10
Chesapeake Cobb Salad	1 Salad	420	240	26	6	0	280	1000	14	2	5	35	15	10	6	10
Thai Flank Steak Salad	1 Salad	330	180	20	4	0	35	420	11	2	8	27	50	20	6	15
Red Bliss Potato Salad	Small	270	150	18	3	0	30	660	24	0	6	0	12	24	0	0
Red Bliss Potato Salad	Large	495	275	33	5.5	0	55	1210	44	0	11	0	22	44	0	0
White Cheddar Macaroni and Cheese	Small	287.5	125	13.75	7.5	0	37.5	537.5	30	1.25	2.5	11.25	7.5	0	18.75	7.5
White Cheddar Macaroni and Cheese	Large	546.3	237.5	26.1	14.3	0.0	71.3	1021.3	57.0	2.4	4.8	21.4	14.3	0.0	35.6	14.3
Roasted Corn and Black Bean Salad	Small	240	90	9	0	0	0	450	30	12	0	12	0	12	0	12
Roasted Corn and Black Bean Salad	Large	400	150	15	0	0	0	750	50	20	0	20	0	20	0	20
Sweet and Sour Cucumbers with Dill	Small	75	0	0	0	0	0	225	15	0	15	0	0	10	0	0
Sweet and Sour Cucumbers with Dill	Large	97.5	0	0	0	0	0	292.5	19.5	0	19.5	0	0	13	0	0
Garden Macaroni Salad	Small	300	150	17.5	2.5	0	0	450	30	0	5	5	10	10	0	10
Garden Macaroni Salad	Large	540	270	31.5	4.5	0	0	810	54	0	9	9	18	18	0	18
Three-Color Cole Slaw	Small	280	240	28	4	0	20	880	12	0	8	0	32	40	8	8
Three-Color Cole Slaw	Large	525	450	52.5	7.5	0	37.5	1650	22.5	0	15	0	60	75	15	15
Classic Caesar Dressing	1 Ounce	180	180	20	2	0	25	180	1	0	0	1	0	2	2	0
Buttermilk Blue Cheese Dressing	1 Ounce	100	90	10	1.5	0	5	320	1	0	1	1	0	0	2	0
Lemon-Parmesan Dressing	1 Ounce	120	110	13	3.5	0	10	180	1	0	0	2	2	6	6	0
Sherry-Maple Vinaigrette	1 Ounce	180	160	18	1.5	0	0	110	4	0	2	0	0	0	0	0
Ginger-Chili Vinaigrette	1 Ounce	140	120	13	1	0	0	270	5	0	4	1	0	0	0	0
Honey-Balsamic Vinaigrette	1 Ounce	140	120	13	1.5	0	0	130	6	0	6	0	0	0	0	0
Red Wine Vinaigrette	1 Ounce	170	170	19	1.5	0	0	45	1	0	1	0	0	0	0	0
Cheddar Cheese	1 Slice	110	80	9	6	0	30	180	<1	0	0	7	6	0	20	0
Pepper Jack Cheese	1 Slice	80	60	6	4	0	25	130	0	0	0	5	4	0	15	0
American Cheese	1 Slice	100	75	9	5	0	25	510	<1	0	0	5	6	0	15	0
Roasted Mushrooms	1 Ounce	20	10	1.5	0	0	0	130	2	0	1	1	0	0	0	0