

JOEY'S SHAREABLES

	CARBS	SAT. FAT	SODIUM	CALORIES
POTATO CHIP NACHOS-BLEU	62	21	2252	753
CHEDDAR CHEESE NACHOS-CHEDDAR	60	23	1730	786
BONELESS WINGS (BUFFALO)	22	18	985	812
BONELESS WINGS (HONEY)	52	12	967	835
BONELESS WINGS (BBQ)	49	8	955	827
BONELESS WINGS (PLAIN)	22	8	485	712
POTATO CHIPS	50	2.5	875	400
FRIES	66	7	1133	533
MOZZARELLA CHEESE STICKS	72	12	1520	800
NACHOS CHICKEN	153	30	2366	1809
NACHOS BEEF	159	39	2880	1867
SOUTHWEST CHICKEN TAQUITOS	79	12	1349	774
TEMPURA PICKLES	88	3	963	450
TEMPURA CAULIFLOWER	82	3	428	450
TEMPURA ZUCCHINI	78	3	422	434
TEMPURA SHRIMP	26	3	1095	375
SAUTEED PRAWNS	1	14	672	430
WINGS (BUFFALO)	0	24	2140	780
WINGS (HONEY)	30	18	2122	801
WINGS (BBQ)	27	14	2110	793
WINGS (PLAIN)	0	14	1640	680
SMOKED PORK RIB TIPS	36	20	1747	873
HAWAIIAN SRIRACHA SHRIMP	87.5	3	3996	625
QUESO DIP	44	134	1498	992

CHICKEN SLIDERS

	CARBS	SAT. FAT	SODIUM	CALORIES
CLASSIC	59	12	1837	949
CHICKEN PARMESAN	67	13	1885	885
CHICKEN BACON RANCH	60	17	2837	1029

MCCOY'S MACS & MELTS

	CARBS	SAT. FAT	SODIUM	CALORIES
MAC AND CHEESE 410	69	4	1531	458
BIG TONY'S BBQ MAC	251	55	3604	2343
FIESTA MAC	240	51	2997	2262
BUFFALO CHICKEN MAC	260	35	2874	2289
RISE AND SHINE GRILLED CHEESE	54	33	2193	1041
TOMATO BASIL GRILLED CHEESE	50	15	880	671
SPICY CHICKEN GRILLED CHEESE	40	25	3003	1020
PATTY MELT	52	36	950	895

BOONE'S BURGERS

	CARBS	SAT. FAT	SODIUM	CALORIES
BACON	26	42	1018	733
BLACK AND BLEU	45	47	1250	1020
DOUBLE DELUXE	64	74	2381	1450
GUACAMOLE	27	57	1142	938
Hops n Drops DELUXE	54	41	1488	910
JALAPENO	29	61	1578	1083
MUSHROOM	29	48	1240	851
TERIYAKI	48	39	1073	878
VEGGIE	80	8	1249	493
WESTERN	64	47	1773	1028
JALAPENO CREAM CHEESE	56	42	2027	1192
STEAKHOUSE BURGER	75	48	1884	1051
SMASH BURGER	46	25	2001	954

PENNELL'S SANDWICHES

	CARBS	SAT. FAT	SODIUM	CALORIES
BLTA	40	12	719	433
CALIFORNIA TURKEY	37	17	2207	835
KYLES DAMN GOOD SANDWICH	75	9	2342	907
MONSTER FRENCH DIP	56	35	3046	1025

CARTER'S CHICKEN SHACK

	CARBS	SAT. FAT	SODIUM	CALORIES
TRIPLE THREAT CHICKEN	73	15	1807	779
BUFFALO CHICKEN WRAP	41	13	1728	574
CHICKEN CLUB WRAP	50	10	1847	833
BBQ CHICKEN WRAP	88	15	3655	1069
CHICKEN SANDWICH	37	21	4880	1138
CHICKEN STRIPS (ONLY CHICKEN)	45	5	1710	630

For those of you who care about what you're eating

TRIPP'S TACOS "Y MAS"

	CARBS	SAT. FAT	SODIUM	CALORIES
FISH AND CHIPS	66	20	2499	784
FISH TACOS	133	39	3321	1533
SMOKED PORK RIB TIPS & FRIES	116	30	3038	1544
STREET TACOS STEAK	126	23	1965	1351
STREET TACOS CARNITAS	31	13	1282	385
STREET TACOS CHICKEN	31	8	612	325
SOUTHWEST CHICKEN TAQUITOS	79	12	1349	774
CARNITAS QUESADILLA	58	23	2244	570
CAJUN SHRIMP TACOS	63.6	21.25	2183	1017

SKYLAR'S SOUPS & SALADS

	CARBS	SAT. FAT	SODIUM	CALORIES
MIXED GREEN	50	10	617	399
SIDE SALAD	17	6	228	158
SIDE CAESAR	49	7	838	339
AVOCADO CHICKEN SALAD	63	12	2030	824
COBB SALAD	33	13	1639	741
STEAK SALAD	64	21	2765	1052
CHICKEN TENDER	76	14	1925	839
SOUTHWEST BBQ	82	15	1973	1121
BOWL FRENCH ONION	55	14	1625	551
CUP CLAM CHOWDER	19	3	500	165
BOWL CLAM CHOWDER	46	5	981	342
CUP CHICKEN NOODLE	20	2	702	197
BOWL CHICKEN NOODLE	73	4	1565	476
TACO SALAD	3	12	492	382

SIDES

	SERVING SIZE	CARBS	SAT. FAT	SODIUM	CALORIES
FRIES	6 OZ WT.	40	4	680	320
POTATO CHIPS	4 OZ WT.	26	1	664	214
TATER TOTS	24 each	38	3	680	240
FRUIT	1 cup	24	0	29	102
SUB SALAD	4oz wt.	11	4	150	104
SUB CAESAR	3.5oz wt.	54	5	553	224
COLESLAW	5oz wt.	7	0	42	48



BREAKFAST

	CARBS	SAT. FAT	SODIUM	CALORIES
2 EGG BREAKFAST	66	18	840	763
BISCUITS AND GRAVY	90	25	2006	1325
COUNTRY FRIED STEAK	92	16	1463	1108
DENVER SKILLET	42	21	2253	1235
EGGS BENEDICT	73	17	1482	1038
FLAP JACKS	132	1	1796	708
FLAP JACKS AND MEAT	132	15	2336	868
FRENCH TOAST	49	6	933	447
FRENCH TOAST AND MEAT	49	20	1473	607
Hops n Drops SLAM	82	29	1601	1292
MEAT LOVERS BURRITO	119	38	2689	1633
PORKAPLUSA SKILLET	53	38	2935	1258
SOUTH OF THE BORDER SKILLET	61	29	3405	934
THE COUNTRY SKILLET	54	45	2836	1595
VEGGIE BURRITO	120	13	1028	1035
VEGGIE SKILLET	55	13	1274	660
COUNTRY BENEDICT	78	37	2349	1351
CALI BENEDICT	76	20	1490	1102
BREAKFAST TACOS	53	22	2599	1150

KIDS

	CARBS	SAT. FAT	SODIUM	CALORIES
GRILLED CHEESE	45	9	880	551
CHICKEN STRIPS	50	5	1480	580
FISH & CHIPS	39	12	1478	437
MAC AND CHEESE	36	4	937	277
CORN DOG	35	2	830	340
CHEESE BURGER	56	16	1235	720
SALAD	54	9	729	401

*Carbs and Saturated Fats are measured in grams, Sodium is measured in milligrams.
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