



Food & Beverage Nutrition Guide

Valid July 1, 2024

Yard House has made an effort to provide complete and current nutrition information. 2,000 calories a day is used for general nutritional advice, but calorie needs vary. Due to the handcrafted nature of our menu items and changes in recipes, ingredients, and kitchen procedures, variations between the nutrition reported here and what is actually served may occur. Sides and sauces are included unless otherwise noted under menu item. If you have any questions about this information, please contact one of our Guest Relations Representatives at 1-800-272-9864.

Menu Item	Calories	Calories from Fat	Total Fat (Grams)	Saturated Fat (Grams)	Trans Fat (Grams)	Cholesterol (Milligrams)	Protein (Grams)	Sodium (Milligrams)	Total Carbs (Grams)	Dietary Fiber (Grams)	Sugars (Grams)
APPETIZERS											
Poke Nachos	880	540	60	8	0	60	35	1170	51	6	11
Chicken Nachos	2580	1480	165	58	4	395	121	5190	160	24	16
Gardein™ Chicken Nachos	2530	1440	160	58	4	275	109	4900	167	27	19
Blackened Ahi Sashimi	450	270	30	5	0	45	29	1370	16	2	11
Spicy Tuna Stack	550	300	33	5	0	55	44	1900	20	9	6
Fried Calamari	990	630	70	7	0.5	370	36	1790	55	2	9
Onion Ring Tower	1330	770	85	13	1	35	15	2490	127	9	18
Avocado Toast	750	440	49	7	0	30	15	1840	69	11	6
Classic Sliders & Fries	1320	560	62	18	1.5	155	59	2480	132	9	22
<i>Pickle</i>	0	0	0	0	0	0	0	520	less than 1 g	0	0
Jumbo Bavarian Pretzel	1230	410	46	17	1	70	40	3870	161	8	9
Firecracker Shrimp	1320	800	89	11	0.5	190	26	3200	106	3	28
Miguel's Queso Dip	1560	810	90	43	2.5	155	52	4260	135	7	17
Add Seasoned Ground Beef	170	110	13	4	0.5	45	14	150	0	0	0
Chicken Lettuce Wraps	730	340	37	4.5	0	100	39	2600	64	2	38
Four Cheese Spinach Dip	800	570	63	34	0	140	18	1590	41	4	5
Steamed Edamame	180	70	8	1	0	0	16	260	13	5	0
Chili Garlic Edamame	490	320	36	4	0	0	17	1740	29	6	10
Guac & Chips	540	330	37	4.5	0	0	6	1050	50	11	2
Shiitake Garlic Noodles	770	440	49	30	2	125	16	1780	70	3	9
Buffalo Wings (Crispy Traditional)	1120	740	82	17	1	400	85	3910	11	5	4
Buffalo Wings (Boneless)	920	490	55	8	1	200	56	4310	50	4	5
Buffalo Wings (Gardein™)	900	510	57	7	1	20	53	4140	45	10	5
Whiskey Black Pepper Wings (Crispy Traditional)	1070	460	51	11	0	380	83	1840	71	2	51
Whiskey Black Pepper Wings (Boneless)	810	240	27	3	0	180	54	2770	89	2	35
Whiskey Black Pepper Wings (Gardein™)	800	260	29	2.5	0	less than 5 mg	51	2590	84	8	35
Lemon Pepper Wings (Crispy Traditional)	940	580	64	15	0	380	83	1660	7	2	2
Lemon Pepper Wings (Boneless)	770	370	41	7	0	180	54	2970	47	2	3
Lemon Pepper Wings (Gardein™)	750	380	43	6	0	less than 5 mg	51	2800	42	8	3
BBQ Wings (Crispy Traditional)	1220	650	73	15	0.5	400	84	1770	58	3	52
BBQ Wings (Boneless)	980	440	48	7	0.5	200	55	2860	81	2	36
BBQ Wings (Gardein™)	970	450	51	6	0.5	20	52	2680	76	9	36
Korean Chili Garlic Wings (Crispy Traditional)	1230	710	79	16	0	410	86	1600	46	2	29
Korean Chili Garlic Wings (Boneless)	1010	500	56	8	0	210	56	2660	74	2	21
Korean Chili Garlic Wings (Gardein™)	1000	520	58	7	0	35	53	2490	69	8	21
Crispy Brussels Sprouts	1270	1000	112	14	0.5	25	14	1300	53	15	28
Parmesan Truffle Fries	500	210	24	3.5	0	10	8	1280	63	8	0

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Sweet Potato Fries	650	240	26	3	0	0	5	260	98	6	55
Wisconsin Fried Cheese Curds	1980	1270	141	56	2.5	290	71	4630	105	6	43
Hand-Battered Chicken Tenders & Fries	1320	700	78	10	1	155	50	2650	106	8	21
Gardein™ Chicken Tenders & Fries	1230	680	76	9	1	40	42	2910	96	12	19
Cali Roll Stack	970	510	57	8	0	105	18	1940	99	6	38
STARTER SOUPS & SALADS											
Chicken Tortilla Soup - Cup	610	420	47	21	1	150	18	910	31	4	6
Chicken Tortilla Soup - Bowl	1110	760	84	36	1.5	260	32	1600	59	7	10
Tomato Bisque - Cup	240	180	20	12	0	65	2	860	15	less than 1 g	12
Tomato Bisque - Bowl	480	360	40	25	0.5	130	4	1720	30	1	23
Traditional Caesar	410	300	34	9	0	50	16	1010	13	3	3
House Salad	430	260	29	15	0	60	19	890	26	4	12
Kale & Romaine Caesar	540	350	39	10	0	50	21	1070	31	7	12
PIZZAS											
Classic Cheese	1120	420	47	26	2	135	59	2670	111	1	12
Loaded Pepperoni	1140	490	54	24	1.5	130	51	3070	109	1	12
Margherita Pizza	890	290	32	12	0	60	35	1780	111	2	11
Buffalo Chicken	1520	650	73	21	1.5	210	76	5560	136	3	10
Truffled Mushroom	1230	610	68	20	1	100	42	2270	110	2	10
The Carnivore Pizza	1470	710	79	32	2	210	75	3450	110	1	12
TACOS											
two or three taco combo with spicy rice & pinto beans											
Vampire Taco (each)	430	250	28	12	0.5	75	29	1030	18	2	3
Carne Asada Taco (each)	240	110	12	3.5	0	35	16	480	17	2	1
Baja Fish Taco (each)	240	130	14	3	0	25	9	530	19	2	1
Baja Shrimp Taco (each)	320	180	20	3.5	0	60	10	880	25	3	1
Grilled Korean Beef Taco (each)	340	180	20	5	0	50	16	1000	23	1	7
Blackened Shrimp Taco (each)	210	100	11	3	0	75	12	560	16	2	1
Spicy Rice & Pinto Beans	310	35	4	0	0	0	10	900	58	6	3
Taco Shell Options											
taco nutritional listed above include flour tortillas; if substituting lettuce wrapped, corn tortilla, or vampire style; please subtract flour tortilla nutritional and add applicable nutritional listed below											
Flour Tortilla	90	30	3.5	1.5	0	0	2	200	12	0	0
Corn Tortilla	80	10	1	0	0	0	2	5	16	1	0
Lettuce Wrapped	0	0	0	0	0	0	0	0	0	0	0
Vampire Style	240	130	14	8	0	25	15	490	13	0	0
ENTREE SALADS											
Poke Salad	730	470	52	8	0	80	33	1400	35	8	14
Ahi Crunchy Salad, small	410	250	27	4.5	0	30	22	1040	20	3	8
Ahi Crunchy Salad, regular	780	470	52	8	0	45	37	1990	42	8	17
BBQ Chicken Salad, small	970	520	58	10	0.5	220	50	1500	64	10	21
BBQ Chicken Salad, regular	1650	930	103	18	1	245	62	2340	124	17	43
Gardein™ BBQ Chicken Salad, small	950	540	60	9	0.5	30	37	1490	70	13	21
Gardein™ BBQ Chicken Salad, regular	1640	940	105	17	1	55	49	2320	129	20	43
Cobb Salad, small	410	300	34	9	0	130	15	550	16	7	6
Cobb Salad, regular	740	540	60	17	0.5	260	29	1100	25	9	11
Cobb Salad with Gardein™, small	460	270	30	4	0	100	32	920	20	9	6
Cobb Salad with Gardein™, regular	650	400	44	7	0	205	39	1180	29	11	11

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Kale & Romaine Caesar, small	540	350	39	10	0	50	21	1070	31	7	12
Kale & Romaine Caesar, regular	700	450	50	12	0	60	27	1350	43	12	15
ENTREE SALAD ADD ONS											
Grilled Chicken	200	50	6	1.5	0	190	36	660	0	0	0
Grilled Shrimp	120	20	2.5	0	0	165	23	420	1	less than 1 g	0
Grilled Salmon	400	230	25	4.5	0	115	41	380	0	0	0
BURGERS											
served with pickle and choice of side											
Two Pepper Jack Burger	1090	620	69	27	1.5	225	61	1710	53	4	11
Classic Cheeseburger	1100	630	70	29	1.5	245	63	1690	50	3	10
Truffle Cheeseburger	1280	800	89	29	1.5	235	60	1820	57	4	16
Kurobuta Pork Burger	1170	670	74	28	0	310	56	1920	65	4	24
BBQ Bacon Cheddar Burger	1370	820	91	33	1.5	265	67	2000	68	3	26
Whiskey & Aged White Cheddar Burger	1240	710	78	28	1.5	235	60	1850	69	4	23
Bleu Cheese & Bacon Burger	1100	620	69	27	1	230	62	1820	55	3	15
California Veggie Burger with Side Salad	980	470	53	10	0	45	25	1750	104	13	23
Hamburger	1030	620	69	21	1	200	50	1250	50	3	11
SANDWICHES											
served with pickle and choice of side											
Nashville Hot Chicken Sandwich	1100	620	69	18	0	155	38	1700	84	4	21
Gardein™ Nashville Hot Chicken Sandwich	1030	590	66	17	0	90	38	1510	75	7	20
Grilled Chicken & Avocado Sandwich	1050	630	70	22	0.5	295	58	1560	51	7	11
Gardein™ Grilled Chicken & Avocado Sandwich	1040	640	72	20	0.5	105	46	1540	57	9	11
Korean BBQ Cheesesteak (Beef)	1010	510	57	19	1	155	56	3040	67	5	14
Korean BBQ Cheesesteak (Chicken)	910	420	47	13	0	165	54	4180	67	5	14
House Cheesesteak (Beef)	960	530	59	23	1.5	180	57	2050	47	3	3
House Cheesesteak (Chicken)	890	440	49	16	0.5	195	55	3390	54	3	9
"Everything-Crusted" Ahi Tuna	960	520	58	14	0	120	53	2320	58	7	15
Stacked Turkey Club	1360	770	85	29	1	245	73	2580	81	11	19
Double-Decker BLT	1140	700	78	28	0	165	41	1840	70	5	16
Grilled Cheese & Tomato Bisque	1320	890	99	42	1.5	170	38	2130	73	3	16
Add Avocado	70	60	6	1	0	0	less than 1 g	65	4	3	0
Add Applewood Bacon	210	160	18	7	0	40	11	400	less than 1 g	0	0
Burger & Sandwich Sides											
Fries	360	130	14	1	0	0	4	930	52	7	0
Truffle Fries	410	180	20	2.5	0	less than 5 mg	6	1080	53	7	0
Sweet Potato Fries	400	200	22	2.5	0	0	4	190	47	5	22
Onion Rings	420	200	22	3	0	0	5	760	52	4	6
Pickle	0	0	0	0	0	0	0	520	less than 1 g	0	0
STEAK & CHOPS											
Korean Ribeye	1930	1010	113	31	3	330	110	3070	120	11	23
Korean Ribeye with Shrimp	2050	1040	115	31	3	495	133	3490	121	12	23
20 oz. Bone-In Rib Eye	1420	730	81	29	2.5	330	110	2360	64	6	20
20 oz. Bone-In Rib Eye with Shrimp	1530	750	83	29	3	495	132	2780	65	6	20
8 oz. Filet Mignon	900	460	51	23	2	200	52	2030	61	9	19
Steak Bowl	500	170	19	4.5	0	90	41	1660	44	7	13
Chicken Bowl	480	140	16	2.5	0	190	44	1700	43	7	13
Shrimp Bowl	400	110	12	1.5	0	165	31	1460	44	7	13
Gardein™ Chicken Bowl	470	160	18	1.5	0	0	32	1680	49	9	13

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Thai Grilled Pork Chop	660	260	30	6	0	110	44	1420	56	8	37
Spicy Beef Garlic (Does not include choice of noodles or rice)	1230	760	86	32	1	220	59	3130	55	4	16
Choice of Egg Noodles	460	20	2.5	0	0	0	20	730	90	3	0
Choice of Buttered Jasmine Rice	400	100	11	7	0	30	6	0	66	less than 1 g	0
Choice of Brown Rice	260	20	2	0	0	0	5	0	55	4	0
CHICKEN											
Maui Pineapple Chicken	1320	340	38	13	0	245	91	1690	147	5	61
Cilantro Lime Chicken	590	170	18	3.5	0	380	80	1950	30	7	9
Orange Chicken	1730	600	67	13	1	215	64	2930	221	5	104
Gardein™ Orange Chicken	1720	620	69	12	1	35	60	2750	216	11	104
Nashville Hot Chicken & Pancakes	1610	740	83	15	1	170	54	4300	162	5	71
Gardein™ Nashville Hot Chicken & Pancakes	1470	680	76	13	1	35	55	3920	143	11	69
[Mac + Cheese] ² small	1340	860	96	46	2.5	290	55	1850	67	3	7
[Mac + Cheese] ² large	2510	1680	187	89	5	570	102	3330	113	6	13
Gardein™ [Mac + Cheese] ² small	1140	710	79	40	2.5	200	42	1250	68	5	7
Gardein™ [Mac + Cheese] ² large	2120	1370	152	78	4.5	385	77	2130	115	8	13
Fontina Vodka Penne	1460	630	70	36	1.5	360	76	2810	99	6	10
SEAFOOD											
Lobster Garlic Noodles	1230	480	54	25	2	455	78	3800	110	5	12
Whiskey Glazed Salmon	920	330	37	10	0	140	51	2120	95	10	45
Mediterranean Salmon	630	340	38	6	0	115	50	660	23	5	6
Sweet & Spicy Shrimp Noodles	530	140	15	3	0	250	37	2490	64	8	14
Spicy Jambalaya, small (Does not include choice of pasta or rice)	730	520	58	24	1	305	45	1770	11	2	6
Choice of Linguine, small	270	15	1.5	0	0	0	9	350	53	2	2
Choice of Buttered Jasmine Rice, small	130	35	4	2.5	0	10	2	0	22	0	0
Choice of Brown Rice, small	90	5	0.5	0	0	0	2	0	18	1	0
Spicy Jambalaya, large (Does not include choice of pasta or rice)	1290	980	109	46	2	480	68	2770	17	2	9
Choice of Linguine, large	430	20	2.5	0	0	0	15	550	84	4	3
Choice of Buttered Jasmine Rice, large	400	100	11	7	0	30	6	0	66	less than 1 g	0
Choice of Brown Rice, large	260	20	2	0	0	0	5	0	55	4	0
Beer-Battered Fish & Chips	1920	1250	139	18	1	270	67	3930	104	11	12
Sesame-Crusted Ahi Tuna	670	340	38	8	0	95	54	680	28	4	5
KID'S MENU											
served with milk and choice of fries or small house salad											
Kid's Fried Chicken Tenders	500	280	31	4	0	90	30	950	25	less than 1 g	3
Kid's Grilled Chicken	400	50	6	1.5	0	190	38	1620	47	less than 1 g	39
Kid's Pepperoni Pizza	870	280	31	14	1	70	37	2160	106	less than 1 g	10
Kid's Cheese Pizza	840	240	27	14	1	65	39	1960	106	less than 1 g	10
Kid's Classic Sliders	580	200	23	9	1	95	37	950	56	2	13
Kid's Classic Cheese Sliders	670	270	30	13	1	115	42	1090	57	2	13
Kid's Grilled Cheese Sandwich	570	330	36	17	0	75	17	720	44	2	8
Kid's Mac & Cheese	1050	640	71	42	2.5	220	35	990	68	3	7
Kid's French Fries	360	130	14	1	0	0	4	930	52	7	0
Kid's House Salad	240	140	16	8	0	30	10	500	15	3	7
Kid's Milk	220	110	12	7	0	35	12	160	18	0	18
SWEETS											
Oreo Brookie	980	370	41	21	0	155	12	540	143	less than 1 g	93
Chocolate Lava Cake	750	360	40	15	0	140	11	480	87	0	59
Bread Pudding with Crème Anglaise	820	350	39	23	1	330	15	540	102	1	65

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Crustless Cheesecake Brulee	710	530	59	25	0	210	5	220	38	0	32
GS APPS											
GS Steamed Edamame	180	70	8	1	0	0	16	260	13	5	0
GS Guacamole & Veggies	240	150	17	2.5	0	0	6	840	22	12	6
GS Miguel's Queso Dip	740	440	49	31	2.5	155	39	2850	37	6	20
GS STARTER SOUPS + SALADS											
GS Tomato Bisque - cup	240	180	20	12	0	65	2	860	15	less than 1 g	12
GS Tomato Bisque - bowl	480	360	40	25	0.5	130	4	1720	30	1	23
GS House Salad	200	130	14	7	0	30	9	420	11	3	7
GS ENTREE SALADS											
GS BBQ Chicken Salad, small	630	310	35	8	0	215	46	1340	35	8	19
GS BBQ Chicken Salad, regular	970	510	56	13	1	245	55	2020	65	13	38
GS Kale & Romaine Caesar, small	490	330	37	9	0	50	20	950	25	7	11
GS Kale & Romaine Caesar, regular	630	420	47	11	0	60	25	1180	35	11	13
GS Cobb Salad, small	410	300	34	9	0	130	15	550	16	7	6
GS Cobb Salad, regular	740	540	60	17	0.5	260	29	1100	25	9	11
GS ENTREE SALAD ADD ONS											
GS Grilled Chicken	200	50	6	1.5	0	190	36	660	0	0	0
GS Grilled Shrimp	120	20	2.5	0	0	165	23	420	1	less than 1 g	0
GS Grilled Salmon	400	230	25	4.5	0	115	41	380	0	0	0
GS MAINS											
GS Bone-In Rib Eye	1420	730	81	29	2.5	330	110	2360	64	6	20
GS Bone-In Rib Eye with Shrimp	1530	750	83	29	3	495	132	2780	65	6	20
GS 8 oz. Filet	900	460	51	23	2	200	52	2030	61	9	19
GS Cilantro Lime Chicken	590	170	18	3.5	0	380	80	1950	30	7	9
GS Sesame Crusted Ahi	490	170	19	4.5	0	80	53	370	25	3	5
GS Sweet & Spicy Shrimp Noodles	530	140	15	3	0	250	37	2490	64	8	14
GS STREET TACOS											
two or three tacos served on corn tortillas with jasmine rice & pinto beans											
GS Street Taco - Carne Asada (each)	240	90	10	2	0	35	16	290	22	3	1
GS Street Taco - Blackened Shrimp (each)	200	80	9	1.5	0	75	12	370	20	3	1
GS Buttered Jasmine Rice & Pinto Beans	300	60	7	3.5	0	15	9	340	50	5	less than 1 g
GS BURGERS & SANDWICHES											
served lettuce wrapped with a side salad											
GS BBQ Bacon Cheddar Burger	930	610	67	25	1.5	220	60	1520	19	2	12
GS Bleu Cheese & Bacon Burger	700	410	46	19	1	185	54	1490	16	3	11
GS Two Pepper Jack Burger	690	410	46	19	1.5	180	54	1380	14	3	7
GS Classic Cheeseburger	700	420	47	21	1.5	195	55	1350	11	2	6
GS Kurobuta Pork Burger	770	450	51	20	0	265	49	1590	27	3	20
GS Grilled Chicken & Avocado Sandwich	720	460	51	14	0.5	245	52	1260	18	6	7
GS Stacked Turkey Club	1010	680	76	22	1	195	64	2060	25	9	11
GS Ultimate BLT	790	620	69	21	0	115	31	1320	13	3	8
GS Everything-Crusted Ahi	480	220	25	4	0	65	46	1830	21	5	11
Gluten-free Bun	200	40	4.5	1.5	0	0	2	440	40	2	3
GS SIDES											
GS House Salad	200	130	14	7	0	30	9	420	11	3	7
GS Buttered Jasmine Rice	400	100	11	7	0	30	6	0	66	less than 1 g	0

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GS Pinto Beans	100	15	1.5	0	0	0	6	340	17	4	less than 1 g
GS Parmesan Mashed Potatoes	250	100	11	6	0	25	6	670	30	4	2
GS SWEETS											
GS Crustless Vanilla Bean Cheesecake Brulee	710	530	59	25	0	210	5	220	38	0	32
GS DRESSINGS & SAUCES											
nutritional per 2 fl. oz.											
GS Ranch	200	190	21	3.5	0	15	1	420	3	0	2
GS Chipotle Ranch	210	190	21	3.5	0	15	1	440	3	0	2
GS Caesar	300	280	31	5	0	30	3	650	2	0	0
GS Balsamic Vinaigrette	130	90	10	1	0	0	0	410	10	0	9
GS Oil & Vinegar	270	270	31	4	0	0	0	0	0	0	0
GS Buffalo	110	90	11	2.5	0	0	less than 1 g	1710	3	1	less than 1 g
GS Spicy Tomato	35	20	2	0	0	0	less than 1 g	210	4	less than 1 g	2
GS House Steak Sauce	70	0	0	0	0	0	less than 1 g	590	16	0	13
GS Sweet Chili	200	5	1	0	0	0	0	590	51	0	47
GS Tartar	240	210	23	3.5	0	30	less than 1 g	610	9	0	7
GS Blueberry Ketchup	130	0	0	0	0	0	less than 1 g	320	31	1	26
GS Sriracha Mayo	290	270	30	4.5	0	30	1	400	4	0	2
GS Garlic Aioli	340	340	37	6	0	40	less than 1 g	240	2	0	less than 1 g
GS Ancho BBQ Sauce	150	5	0.5	0	0	0	less than 1 g	460	35	1	33
GS Lemon Basil Aioli	350	340	37	6	0	40	1	360	3	0	less than 1 g
ZERO PROOF BEVERAGES											
Black Cherry Sparkling Refresher with Topo Chico	60	0	0	0	0	0	0	45	14	0	12
Cucumber Mint Sparkling Refresher with Topo Chico	40	0	0	0	0	0	0	45	10	0	9
Passion Fruit Sparkling Refresher with Topo Chico	50	0	0	0	0	0	0	50	12	0	12
Betty Buzz Grapefruit Soda	70	0	0	0	0	0	0	35	17	0	16
Topo Chico Sparkling	0	0	0	0	0	0	0	45	0	0	0
House-Brewed Iced Tea (all flavors)	0	0	0	0	0	0	0	5	less than 1 g	0	0
Sweet Tea	80	0	0	0	0	0	0	5	20	0	-
Classic Lemonade	110	0	0	0	0	0	0	15	29	0	28
Dragonfruit Lemonade	390	0	0	0	0	0	0	30	99	0	95
Strawberry Lemonade	300	0	0	0	0	0	0	55	78	0	73
Espresso	30	0	0	0	0	0	less than 1 g	10	6	0	0
Cappuccino	120	35	3.5	2.5	0	15	7	90	15	0	9
Mocha	340	110	12	8	0	45	10	140	50	1	39
Latte	150	45	5	3	0	20	9	115	18	0	12
Hot Chocolate	120	20	2	2	0	0	1	170	23	1	18
Hot Tea (all flavors)	0	0	0	0	0	0	0	5	less than 1 g	0	0
Coffee	0	0	0	0	0	0	0	0	0	0	0
Coke	90	0	0	0	0	0	0	30	26	0	26
Coke Zero Sugar	0	0	0	0	0	0	0	25	0	0	0
Cherry Coke	100	0	0	0	0	0	0	25	28	0	28
Diet Coke	0	0	0	0	0	0	0	25	0	0	0
Sprite	90	0	0	0	0	0	0	45	25	0	25
Barq's Root Beer	110	0	0	0	0	0	0	45	30	0	30
Dr. Pepper	100	0	0	0	0	0	0	35	27	0	27
Seagram's Ginger Ale	80	0	0	0	0	0	0	15	21	0	21
Apple Juice	110	0	0	0	0	0	0	35	28	0	28
Dole Pineapple Juice	130	0	0	0	0	0	1	10	30	0	26

Menu Item	Calories	Calories from Fat	Total Fat (Grams)	Saturated Fat (Grams)	Trans Fat (Grams)	Cholesterol (Milligrams)	Protein (Grams)	Sodium (Milligrams)	Total Carbs (Grams)	Dietary Fiber (Grams)	Sugars (Grams)
Orange Juice	110	0	0	0	0	0	2	15	25	0	24
Ocean Spray Ruby Red Grapefruit Juice	110	0	0	0	0	0	0	65	28	0	28
Ocean Spray Cranberry Juice	120	0	0	0	0	0	0	35	30	0	30
Red Bull	110	0	0	0	0	0	1	100	28	0	27
Sugar free Red Bull	10	0	0	0	0	0	1	100	3	0	0
Vitamin Water XXX	45	0	0	0	0	0	0	0	13	0	12
Milk, 2%	230	80	9	6	0	35	15	220	22	0	22
MARGARITAS											
Grand Patron Margarita	270	0	0	0	0	0	0	10	30	0	26
Pink Dragon	260	0	0	0	0	0	0	10	33	0	28
Salted Watermelon Margarita	270	0	0	0	0	0	0	10	38	0	34
House Margarita	220	0	0	0	0	0	0	10	27	0	23
Grapefruit Paloma	200	0	0	0	0	0	0	15	17	0	14
Picante Margarita	270	0	0	0	0	0	0	750	39	0	34
MARTINIS											
Espresso Martini	240	0	0	0	0	0	0	10	21	0	18
Dragon Fruit Cosmo	190	0	0	0	0	0	0	10	22	0	20
Black Orchid	230	0	0	0	0	0	0	10	21	0	21
Lavender Drop	220	0	0	0	0	0	0	5	25	0	23
MULES											
Grey Goose Strawberry Mule	250	0	0	0	0	0	0	25	38	0	34
Hawaiian Mule	240	0	0	0	0	0	0	15	37	0	35
Moscow Mule	240	0	0	0	0	0	0	15	37	0	34
MOCKTAILS											
Pina Spritz	130	0	0	0	0	0	0	10	34	0	32
Buzz-Free Mojito	150	0	0	0	0	0	0	20	38	0	35
Black Cherry Sparkling Refresher with Topo Chico	60	0	0	0	0	0	0	45	14	0	12
Cucumber Mint Sparkling Refresher with Topo Chico	40	0	0	0	0	0	0	45	10	0	9
Passion Fruit Sparkling Refresher with Topo Chico	50	0	0	0	0	0	0	50	12	0	12
Betty Buzz Grapefruit Soda	70	0	0	0	0	0	0	35	17	0	16
BOLD											
Smoked Old Fashioned	230	0	0	0	0	0	0	0	20	0	19
The Cure	240	0	0	0	0	0	0	0	23	0	20
Old 43	230	0	0	0	0	0	0	5	22	0	19
It's Mezmerizing	260	0	0	0	0	0	0	5	31	0	28
Royal Apple (NYC only)	230	0	0	0	0	0	0	10	25	0	23
VACATION MODE											
The Coco Passion	300	0	0	0	0	0	0	15	48	0	45
Pineapple Express	220	0	0	0	0	0	0	15	28	0	26
Passion Fruit Mojito	280	0	0	0	0	0	0	25	46	0	43
Mango Mojito	280	0	0	0	0	0	0	25	47	0	42
Strawberry Mojito	280	0	0	0	0	0	0	35	47	0	42
Classic Mojito	230	0	0	0	0	0	0	25	34	0	31
Malibu Peach	280	0	0	0	0	0	0	15	30	0	30
REFRESHING											
Passion Fruit Spritz	250	0	0	0	0	0	0	20	30	0	28
Long Beach Tea	270	0	0	0	0	0	0	20	30	0	27
Jenn's Blackberry Rickey	360	0	0	0	0	0	0	15	45	0	42

Menu Item	Calories	Calories from Fat	Total Fat (Grams)	Saturated Fat (Grams)	Trans Fat (Grams)	Cholesterol (Milligrams)	Protein (Grams)	Sodium (Milligrams)	Total Carbs (Grams)	Dietary Fiber (Grams)	Sugars (Grams)
Sunset Sangria	240	0	0	0	0	0	0	10	33	0	31
Midnight Sangria	220	0	0	0	0	0	0	0	24	0	20
ISLAND COCKTAILS											
Only Available in Hawaii											
The Local Mai Tai	340	0	0	0	0	0	0	10	46	0	40
Guavarita	270	0	0	0	0	0	0	10	36	less than 1 g	30
Polu Hawaiian	260	0	0	0	0	0	0	5	27	0	24
Pineapple Lych-ini	260	0	0	0	0	0	0	10	29	0	28
BEERS											
House Light Lager - Pint/Goblet	130	0	0	0	0	0	1	30	6	0	less than 1 g
House Light Lager - 23 oz.	180	0	0	0	0	0	2	45	8	0	1
House Light Lager - Half Yard	250	0	0	0	0	0	3	60	12	0	2
Beer (Light) - Pint/Goblet	140	0	0	0	0	0	1	20	8	0	0
Beer (Light) - 23 oz.	200	0	0	0	0	0	2	25	11	0	less than 1 g
Beer (Light) - Half Yard	270	0	0	0	0	0	2	40	15	0	less than 1 g
Beer (Light) - Growler	550	0	0	0	0	0	5	75	31	0	2
Beer (under 6% ABV) - Bottle	150	0	0	0	0	0	2	15	13	0	0
Beer (under 6% ABV) - Pint/Goblet	200	0	0	0	0	0	2	20	17	0	0
Beer (under 6% ABV) - 23 oz.	290	0	0	0	0	0	3	25	24	0	0
Beer (under 6% ABV) - Half Yard	410	0	0	0	0	0	4	40	34	0	0
Beer (under 6% ABV) - Growler	820	0	0	0	0	0	9	75	67	0	0
Beer (6% ABV and up) - Bottle	210	0	0	0	0	0	3	15	15	0	0
Beer (6% ABV and up) - Pint/Goblet	270	0	0	0	0	0	4	20	20	0	0
Beer (6% ABV and up) - 23 oz.	380	0	0	0	0	0	0	25	40	0	40
Beer (6% ABV and up) - Half Yard	550	0	0	0	0	0	9	40	39	0	0
Beer (6% ABV and up) - Growler	1100	0	0	0	0	0	17	75	78	0	0
Beer (Non-Alcoholic) - Bottle	130	0	0	0	0	0	less than 1 g	45	29	0	29
Cider - Pint/Goblet	270	0	0	0	0	0	0	20	28	0	28
Cider - 23 oz.	390	0	0	0	0	0	6	25	28	0	0
Cider - Half Yard	530	0	0	0	0	0	0	40	56	0	56
Cider - Growler	1060	0	0	0	0	0	0	75	112	0	112
Hard Seltzer - Pint/Goblet	130	0	0	0	0	0	0	0	1	0	1
Hard Seltzer - 23 oz.	190	0	0	0	0	0	0	0	2	0	2
WINE											
Wine - Red, 6 oz.	160	0	0	0	0	0	0	0	5	0	1
Wine - Red, 9 oz.	230	0	0	0	0	0	0	0	8	0	2
Wine - Red, Bottle	660	0	0	0	0	0	less than 1 g	0	21	0	5
Wine - White, 6 oz.	150	0	0	0	0	0	0	10	4	0	2
Wine - White, 9 oz.	220	0	0	0	0	0	0	15	6	0	3
Wine - White, Bottle	630	0	0	0	0	0	less than 1 g	35	16	0	7
Wine Sparkling, 5.25 oz.	130	0	0	0	0	0	0	10	8	0	8
Wine Sparkling, Bottle	630	0	0	0	0	0	2	40	38	0	38