

# NUTRITIONAL INFORMATION



Fridays™ offers authentic American food and exciting drinks in an atmosphere that provides an energizing Friday feeling – any day of the week.

We focus on fresh, quality ingredients; bold, craveable flavors; and fun, shareable items. We have something for every appetite including Jack Daniel's® glazed items, fresh USDA choice steaks and burgers, all-natural chicken, sweet treats, unique drinks and much more.

At Fridays™ we are constantly working with our chefs and mixologists to create and capture emerging food and drink trends that appeal to our Guests.

We happily try to accommodate any special requests and to make substitutions for vegetarian creations (though no meal is vegetarian certified).

Many of our Guests want to know more about the food we serve. Therefore, we provide several types of nutritional information to help our Guests make informed choices.

Participating Fridays™ will, upon request, provide Guests with a supplemental Gluten Sensitivity Selection menu and an Allergen menu with easy-to-read icons to identify foods that contain wheat, soy, peanuts, shellfish and other allergens. Fridays™ also provides this online nutritional analysis to help our Guests find the meal that is right for them.

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**Fridays All-natural Chicken:** We add nothing artificial to our chicken breasts. No preservatives, no growth hormones (Federal regulations prohibit the use of hormones), no additives – just chicken with a hint of sea salt. We allow the use of antibiotics to protect the health of the birds and to ensure consistent quality and flavor in every entrée.

Whatever you choose, we promise your dining experience will go from ordinary to extraordinary because “In Here, It's Always Friday.®”

# NUTRITIONAL INFORMATION page 2



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## STARTERS

	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Apps All Around	1600-3490	29-71	0-3	85-349	3300-9320	4-20	XX-XX	81-243
Buffalo Wings (Boneless) Classic (add choice of dressing)	590	7	0	35	3030	34	2	35
Buffalo Wings (Boneless) Cider Glaze with Sriracha Ranch	1010	8	0	134	2440	35	2	40
Buffalo Wings (Boneless) Garlic Parmesan (add choice of dressing)	860	12	0.5	44	2340	38	3	60
Buffalo Wings (Boneless) Ghost Pepper (add choice of dressing)	580	6	0	47	2780	35	3	28
Buffalo Wings (Boneless) Memphis BBQ (add choice of dressing)	670	6	0	72	2620	35	4	27
Buffalo Wings (Boneless) Miso with Sriracha Ranch	790	8	0	71	2800	37	4	40
Buffalo Wings (Boneless) PB&J with Thai Peanut Sauce	960	13	0	85	2470	44	4	42
Buffalo Wings (Boneless) Sriracha Buffalo with Sriracha Ranch	750	8	0	3	3960	36	4	46
Buffalo Wings (Traditional) Classic (add choice of dressing)	470	14	0	46	2320	43	4	32
Buffalo Wings (Traditional) Cider Glaze with Sriracha Ranch	890	9	0	101	1720	44	0	37
Buffalo Wings (Traditional) Garlic Parmesan (add choice of dressing)	740	13	0.5	12	1620	46	1	57
Buffalo Wings (Traditional) Ghost Pepper (add choice of dressing)	450	7	0	14	2070	44	2	25
Buffalo Wings (Traditional) Memphis BBQ (add choice of dressing)	540	7	0	40	1900	44	2	24
Buffalo Wings (Traditional) Miso with Sriracha Ranch	670	9	0	39	2080	46	2	37
Buffalo Wings (Traditional) PB&J with Thai Peanut Sauce	790	13	0	51	1580	45	2	37
Buffalo Wings (Traditional) Sriracha Buffalo with Sriracha Ranch	620	14	0	14	3240	52	2	44
Side Bleu Cheese	200	4	0.5	1	310	2	0	21
Side Ranch	130	2.5	0	1	300	1	0	14
Crispy Green Bean Fries with Cucumber-Wasabi Ranch	650	14	0	44	1210	6	5	50
Loaded Potato Skins with Green Onion Sour Cream	730	17	1	44	920	17	5	53
Mozzarella Sticks with Marinara Sauce	560	16	1	37	800	27	6	33
Pan-Seared Pot Stickers	390	6	0	48	1420	12	1	17
Warm Pretzels with Beer-Cheese Sauce	540	10	0.5	61	1440	18	3	26
Ahi Tuna Crisps	350	4	0	17	640	14	5	26
Bacon-Wrapped Stuffed Jalapeños	480	14	0.5	14	1330	40	1	30
BBQ Chicken Flatbread	620	12	0	64	970	27	4	29
Buffalo Wings (Boneless)	900-1340	11-19	0-0.5	54-143	2950-4570	43-55	3-5	55-87
Classic (add choice of dressing)	720	8	0	44	3330	42	3	42
Sriracha with Sriracha Ranch	870	15	0	55	4260	44	4	53
Ghost Pepper (add choice of dressing)	700	7	0	55	3080	44	5	34
Memphis BBQ (add choice of dressing)	790	7	0	80	2920	43	4	34
PB&J with Thai Peanut Sauce	1090	15	0	94	2770	53	5	49
Garlic Parmesan (add choice of dressing)	990	14	0.5	53	2640	46	4	66
Cider Glaze with Sriracha Ranch	1140	9	0	142	2740	43	3	47
Miso with Sriracha Ranch	920	9	0	80	3100	45	4	46
Buffalo Wings (Traditional)	910-1340	15-23	0-0.5	5-103	2250-3870	73-84	0-2	62-94
Classic (add choice of dressing)	720	12	0	4	2640	71	0	48
Sriracha with Sriracha Ranch	880	19	0	15	3560	73	2	59
Ghost Pepper (add choice of dressing)	710	11	0	15	2390	73	2	41
Memphis BBQ (add choice of dressing)	800	11	0	41	2220	72	2	40
PB&J with Thai Peanut Sauce	1090	19	0	54	2080	82	2	55
Garlic Parmesan (add choice of dressing)	990	18	0.5	13	1940	75	1	73
Cider Glaze with Sriracha Ranch	1140	13	0	102	2040	72	1	53
Miso with Sriracha Ranch	920	13	0	40	2410	74	2	52
Crispy Green Bean Fries	900	21	0	69	1720	9	8	65
Jack Daniel's® Sampler	1820	22	0	231	4390	84	9	66
Jack™ Sliders	640-1270	14-27	1.5-3	44-89	2360-4280	23-45	2-4	41-82
Loaded Potato Skins	1380	32	2	88	2060	34	9	98
Mozzarella Sticks	820	23	1.5	54	1180	39	8	50
Pan-Seared Pot Stickers	590	9	0	72	2150	18	2	25
Sesame Jack™ Chicken Strips	1090	10	0	159	2700	39	6	35
Spinach Florentine Flatbread	540	15	0	49	1000	17	3	30
Tostado Nachos	1370	50	0	54	2260	74	9	94
Tuscan Spinach Dip	870	29	1	59	1440	20	5	59
Warm Pretzels with Craft Beer-Cheese Dipping Sauce	1180	25	1.5	125	3170	40	7	60

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<b>RIBS</b>	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Baby Back Ribs, Full Rack	1300	24	0	101	3010	67	7	70
Memphis Rubbed Ribs, Full Rack	1240	24	0	87	2870	67	7	70
Baby Back Ribs, 1/2 Rack	900	14	0	85	2420	36	6	46
Jack Daniel's <sup>®</sup> Ribs	1590	24	0	175	3080	68	7	71

<b>SIZZLING</b>	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Sizzling Chicken & Shrimp	1150	25	0	45	2180	61	6	78
Sizzling Chicken & Cheese	1040	26	0.5	41	2190	59	6	68
Sizzling Chicken & Spinach	440	6	0	25	1520	44	6	17

<b>SEAFOOD</b>	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Bourbon Barrel Mahi Mahi	260	4.5	0	4	610	29	0	14
Grilled Norwegian Salmon with Langostino Lobster	430	7	0	10	1230	42	1	24
Fridays <sup>SM</sup> Shrimp	750	6	0	91	3320	31	9	29

<b>SALADS</b>	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Pecan-Crusted Chicken Salad	1080	16	0	76	1650	39	11	71
Lunch Pecan-Crusted Chicken Salad	540	8	0	38	830	20	6	36
Grilled Chicken Cobb Salad (add choice of dressing)	570	13	0	16	970	57	9	33
Blackened Ahi Tuna Cobb Salad	550	13	0	17	1160	41	8	37
Grilled Norwegian Salmon Cobb Salad	660	15	0	22	1510	52	8	42
Flat Iron 4 oz. Steak Cobb Salad	520	14	0	17	1200	42	8	34
Lunch Grilled Chicken Cobb Salad (add choice of dressing)	300	7	0	9	530	24	4	19
Chicken Caesar Salad	800	12	1	22	1850	45	6	60
Blackened Ahi Tuna Caesar Salad	810	13	1	30	1440	31	4	65
Grilled Norwegian Salmon Caesar Salad	920	14	1	35	1790	42	4	69
Flat Iron 4 oz. Steak Caesar Salad	780	13	1	30	1470	32	4	62
Lunch Chicken Caesar Salad	510	8	0.5	15	1110	19	3	42
Chipotle Yucatan Chicken Salad	760	17	0	35	1420	43	10	52
Lunch Chipotle Yucatan Chicken Salad	400	8	0	19	710	22	6	27
Harvest Apple Chicken Salad	870	11	0	52	1420	51	10	50
Harvest Apple Blackened Ahi Tuna Salad	840	11	0	51	970	34	8	54
Harvest Apple Grilled Norwegian Salmon Salad	940	12	0	56	1320	45	9	59
Harvest Apple Flat Iron 4 oz. Steak Salad	820	11	0	51	1000	35	8	53
Lunch Harvest Apple Chicken Salad	330	4	0	20	640	17	3	21

<b>SALAD DRESSINGS (1.25 OZ.SERVING)</b>	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Avocado Vinaigrette	130	2	0	2	570	0	1	14
Balsamic Vinaigrette	190	3	0	4	240	0	0	19
Bleu Cheese	200	4	0.5	1	310	2	0	21
Caesar	190	3.5	0	2	300	1	0	20
Honey Mustard	200	3	0	8	290	0	0	18
Low Fat Balsamic Vinaigrette	50	0	0	9	180	0	0	2
Pomegranate Vinaigrette	130	1.5	0	12	100	0	0	9
Ranch	130	2.5	0	1	300	1	0	14
Thousand Island	200	3	0	6	290	0	0	19

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## SOUPS & MORE

	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
White Cheddar Broccoli Cheese	280	11	0	18	1530	11	2	20
French Onion	350	11	0	25	2550	15	1	21
Soup of the Day - New England Clam Chowder	500	18	0	45	1560	14	2	30
Soup of the Day - Tortilla	210	2	0	18	1500	14	0	10
Soup of the Day - Chicken Noodle	250	3	1	33	1240	15	2	7
Soup of the Day - Tomato Basil	300	14	0	20	1930	5	4	24
House Salad w/Bread Stick (add choice of dressing)	210	3	0	30	280	8	4	7
Classic Wedge Salad	620	15	1	12	1140	13	3	59
Caesar Salad w/ Bread Stick	370	6	0	32	590	9	2	23

## CHICKEN & PASTA

	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Bourbon Barrel Chicken	270	5	0	5	870	30	0	14
Bruschetta Chicken Pasta	860	7	0	93	870	42	7	35
Cajun Shrimp & Chicken Pasta	1110	30	0	86	2410	59	6	59
Crispy Chicken Fingers	1030	18	0	87	2760	38	7	59
Parmesan-Crusted Chicken	980	23	0.5	55	2110	63	6	57

## HANDCRAFTED BURGERS

	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
All-American Stacked Burger	1480	34	3	94	4060	65	7	93
Smoke Stacked Burger	1630	36	3	108	4180	66	7	102
New York Cheddar & Bacon Burger	1490	33	2.5	108	4280	62	8	89
Classic Cheeseburger	1250	26	2.5	97	3510	51	8	72
Jack Daniel's® Burger	1510	26	2.5	151	4070	57	8	74
Turkey Burger	960	10	0	98	2760	38	8	44
Sedona Black Bean Burger	1260	17	0.5	122	3320	39	18	71
Sicilian Stacked Burger	1650	36	3	111	3720	69	10	XX
Your Call Burger	1130	20	2.5	95	3100	45	8	62
Choose a Cheese:	40-150	2-7	0	0-1	60-510	7-10	0-1	3-12
Choose a Spread:	30-70	0-1	0	0-7	60-110	0	0	0-8
Choose a Topping:	5-190	0-5	0	1-11	0-670	0-7	0-3	0-140

## SANDWICHES

	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Jack Daniel's® Chicken Sandwich (add choice of side)	1220	19	0	110	2970	54	3	62
French Dip (add choice of side)	740	19	0	49	1550	40	3	43
Rotisserie Chicken Salad Sandwich (add choice of side)	810	8	0.5	57	1910	29	9	56
California Club (add choice of side)	750	13	0.5	41	2810	44	5	46

## SANDWICH SIDES

	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Seasoned Fries	320	3	0	40	1010	5	5	16
Side Salad (add choice of dressing)	40	0.5	0	5	55	2	1	1.5

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<b>FRESH USDA CHOICE STEAKS</b>									
	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)	
Rib-Eye (add choice of sides)	560	12	0	3	870	64	1	32	
with Langostino Lobster Topping (add additional nutritional values)	160	4	0	4	540	13	0	9	
with Half-Rack of Ribs (add additional nutritional values)	490	10	0	38	1170	31	1	24	
with Half-Rack of Memphis Rubbed Ribs (add additional nutritional values)	460	10	0	31	1100	31	1	24	
Flat Iron (add choice of sides)	380	8	0	3	840	38	1	26	
with Langostino Lobster Topping (add additional nutritional values)	160	4	0	4	540	13	0	9	
with Half-Rack of Ribs (add additional nutritional values)	490	10	0	38	1170	31	1	24	
with Half-Rack of Memphis Rubbed Ribs (add additional nutritional values)	460	10	0	31	1100	31	1	24	
10 oz. New York Strip (add choice of sides)	500	13	0	4	1160	49	1	33	
with Langostino Lobster Topping (add additional nutritional values)	160	4	0	4	540	13	0	9	
with Half-Rack of Ribs (add additional nutritional values)	490	10	0	38	1170	31	1	24	
with Half-Rack of Memphis Rubbed Ribs (add additional nutritional values)	460	10	0	31	1100	31	1	24	
<b>JACK DANIEL'S GRILL<sup>®</sup></b>									
	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)	
Jack Daniel's <sup>®</sup> Rib-Eye (add choice of sides)	690	7	0	57	1320	65	1	22	
with Crispy Jack Daniel's <sup>®</sup> Shrimp (add additional nutritional values)	200	1.5	0	22	920	13	2	7	
with Half-Rack Jack Daniel's <sup>®</sup> Ribs (add additional nutritional values)	530	10	0	49	760	32	1	24	
Jack Daniel's <sup>®</sup> Flat Iron (add choice of sides)	500	4	0	57	1290	39	1	16	
with Crispy Jack Daniel's <sup>®</sup> Shrimp (add additional nutritional values)	200	1.5	0	22	920	13	2	7	
with Half-Rack Jack Daniel's <sup>®</sup> Ribs (add additional nutritional values)	530	10	0	49	760	32	1	24	
Jack Daniel's <sup>®</sup> New York Strip (add choice of sides)	620	9	0	57	1280	49	1	23	
with Crispy Jack Daniel's <sup>®</sup> Shrimp (add additional nutritional values)	200	1.5	0	22	920	13	2	7	
with Half-Rack Jack Daniel's <sup>®</sup> Ribs (add additional nutritional values)	530	10	0	49	760	32	1	24	
Jack Daniel's <sup>®</sup> Chicken & Shrimp (add choice of sides)	530	2.5	0	67	1890	43	2	11	
Jack Daniel's <sup>®</sup> Chicken (add choice of sides)	530	2	0	58	1640	60	1	8	
Jack Daniel's <sup>®</sup> Mixed Grill (add choice of sides)									
Half-Rack of Ribs	530	10	0	49	760	32	1	24	
All-Natural Chicken	210	1	0	14	670	30	0	3.5	
Crispy Shrimp	200	1.5	0	22	920	13	2	7	
Jack Daniel's <sup>®</sup> Ribs & Shrimp	1790	26	0	197	4000	81	9	78	
Jack Daniel's <sup>®</sup> Ribs	1590	24	0	175	3080	68	7	71	
<b>SIGNATURE SIDES</b>									
	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)	
Fresh Broccoli	50	0	0	10	370	3	5	0.5	
Coleslaw	90	1	0	7	250	0	0	6	
Parmesan Steak Fries	540	9	0	37	620	6	4	40	
Mashed Potatoes	210	4.5	0	21	540	3	3	10	
Sweet Potato Fries	390	9	0	50	230	3	6	20	
Jasmine Rice Pilaf	420	2.5	0	72	470	7	5	11	
Seasoned Fries	320	3	0	40	1010	5	5	16	
Tomato Mozzarella Salad	110	3.5	0	5	220	5	1	6	
Cheddar Mac & Cheese	470	12	0	43	430	18	4	23	
Fresh Spinach	180	5	0	8	570	4	2	14	

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<b>FRIDAYS™ LUNCH</b>									
	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)	
Ham & Cheddar Sliders w/ Fries Only	640	9	0	65	2280	21	5	33	
1/2 Turkey & Swiss w/ Fries Only	550	7	0	49	1860	25	4	29	
1/2 BLT & Avocado w/ Fries Only	620	10	0	50	1530	20	6	38	
Half Rotisserie Chicken Salad Sandwich w/ Fries Only	650	6	0	59	1820	18	8	40	
Half California Club w/ Fries Only	610	9	0	50	2160	26	6	35	
Chipotle Yucatan Chicken Salad w/ Breadstick Only	530	10	0	39	880	26	7	31	
Crispy Chicken Fingers w/ Fries Only	740	12	0	61	1920	24	5	45	
Half French Dip w/ Fries Only	610	12	0	54	1530	23	5	33	
Fridays™ Shrimp w/ Fries Only	570	10	0	55	2300	18	5	31	
Traditional Wings w/ Buffalo Sauce w/ Fries Only	810	12	0	32	2770	60	4	50	
Balsamic Chicken Caesar Salad w/ Breadstick Only	640	10	0.5	35	1290	23	4	46	

  

<b>DESSERTS</b>									
	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)	
Tennessee Whiskey Cake	1110	26	0	151	630	12	4	52	
Brownie Obsession®	1200	32	0	153	480	12	4	60	
Vanilla Bean Cheesecake	920	39	0	88	380	10	2	57	
Oreo® Madness	500	10	0	76	330	6	3	21	
Kid's Dessert - Cup of Dirt	480	9	0	79	300	7	2	16	
Kid's Dessert - Vanilla Ice Cream	460	17	0	49	170	6	0	26	
Kid's Sundae	690	20	0	94	240	8	1	31	

  

<b>NON-ALCOHOLIC BEVERAGES</b>									
	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)	
Soda: Coca-Cola®	150	0	0	39	45	0	0	0	
Soda: Diet Coke®	0	0	0	0	45	0	0	0	
Soda: Dr Pepper®	150	0	0	41	55	0	0	0	
Soda: Sprite®	160	0	0	40	35	0	0	0	
Fridays™ House-Made Lemonade	140	0	0	37	5	0	0	0	
Coffee (Black)	5	0	0	0	5	0	0	0	
Iced Tea (Unsweetened)	5	0	0	1	10	0	0	0	
Mango Passion Smoothie	570	3	0	137	20	1	2	3.5	
Triple Berry Smoothie	210	3	0	48	15	1	3	4	
Strawberry Banana Smoothie	330	0	0	80	25	2	4	0.5	
Strawberry Passion Fruit Tea	130	0	0	32	0	1	2	0	
Tropical Raspberry Tea	110	0	0	25	0	0	1	0	

  

<b>SIGNATURE SLUSHES</b>									
	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)	
Blue Raspberry	310	0	0	75	35	0	0	0	
Mango Peach Lemonade	150	0	0	41	40	0	0	0	
Red Bull® Passion	220	0	0	54	200	0	3	0	
Red Bull® Ruby	200	0	0	51	210	0	0	0	
Strawberry Lemonade	200	0	0	44	45	0	1	0.5	

  

<b>CRUSHES</b>									
	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)	
Cherry Limeade	230	0	0	58	15	0	0	0	
Strawberry Lemonade	170	0	0	44	15	1	2	0	

# NUTRITIONAL INFORMATION page 7



The nutritional information is valid at participating U.S.A. restaurants only. Some items may vary by restaurant and may not be available at all locations. This nutritional information is comprised of data obtained from our suppliers, a third-party consultant and independent laboratories. We will update this information with the introduction of each new menu. This information is effective on October 21, 2015.

Fridays<sup>SM</sup> strives to provide complete and accurate nutritional information; however, ingredient variations may occur due to the handcrafted nature of our menu items, Guest substitutions or regional availability of products. All items are listed as served, unless otherwise indicated.

Whatever you choose, we promise your dining experience will go from ordinary to extraordinary because

**IN HERE, IT'S ALWAYS FRIDAY.®**

KID'S DRINKS	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Kid's Chocolate Milk	230	3.5	0	36	135	9	1	5
Kid's Milk	130	3	0	12	120	8	0	5
Kid's Slush Blue Raspberry	160	0	0	39	20	0	0	0
Kid's Slush Mango Peach Lemonade	70	0	0	20	20	0	0	0
Kid's Slush Strawberry Lemonade	120	0	0	34	20	0	1	0
Kid's Soda: Coca-Cola®	110	0	0	30	10	0	0	0
Kid's Soda: Diet Coke®	0	0	0	0	0	0	0	0
Kid's Soda: Dr Pepper®	110	0	0	30	40	0	0	0
Kid's Soda: Sprite®	120	0	0	30	25	0	0	0
Kid's Lemonade	110	0	0	30	45	0	0	0
Kid's Crush: Cherry Limeade	120	0	0	30	25	0	0	0
Kid's Crush: Strawberry Lemonade	60	0	0	15	5	0	1	0

KID'S MENU	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Kid's Sliders	420	10	1	25	770	20	1	27
Chicken Fingers	500	10	0	31	1160	20	1	33
Chicken Sandwich	320	4	0	25	410	16	1	17
Mac & Cheese	440	12	0	41	1220	16	0	23
Pasta & Marinara	280	0	0	54	190	10	4	2.5
Kid's Side - Carrots w/ Ranch	150	2.5	0	7	340	1	1	14
Kid's Side - Seasoned Fries	320	3	0	40	1010	5	5	16
Kid's Side - Side Salad (add choice of dressing)	40	0.5	0	5	55	2	1	1.5
Kid's Side - Mandarin Oranges	60	0	0	14	10	1	1	0
Kid's Side - Fruit Cup	60	0	0	15	5	1	2	0