

MILLER'S ALE HOUSE

NUTRITIONAL GUIDE

Printed information is valid: 8/1/2020

Miller's Ale House has made an effort to provide complete nutrition information. Due to the handcrafted nature of our menu items and changes to recipes, ingredients and kitchen procedures, variations between the nutrition reported here and what is actually served may occur. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request. Menu item availability varies per location.

NUTRITIONAL INFORMATION	Dining Room Portions										
	CALORIES	CALORIES FROM FAT	FAT	SAT FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
ZINGERS® & FRESH CHICKEN WINGS											
WORLD FAMOUS ZINGERS®											
<i>(listed without Wing Sauce or Dressing)</i>											
WORLD FAMOUS ZINGERS®											
Zingers Mountain Melt®	1990	1550	172g	38g	0g	175mg	2780mg	46g	4g	4g	69g
Zingers®	750	440	49g	8g	0g	140mg	240mg	18g	< 1g	3g	58g
Fresh Chicken Wings											
<i>(listed without Wing Sauce or Dressing)</i>											
10 Wings	530	100	11g	1.5g	0g	265mg	180mg	5g	0g	4g	106g
20 Wings	1050	200	22g	3g	0g	520mg	340mg	9g	< 1g	8g	208g
Zinger® & Wing Sauces (1 fl. oz.)											
Mild	80	80	9g	1.5g	1.5g	0mg	450mg	0g	0g	0g	0g
Garlic	140	140	16g	4.5g	0g	0mg	260mg	0g	0g	0g	0g
Honey BBQ	70	0	0g	0g	0g	0mg	220mg	17g	0g	16g	0g
Teriyaki	45	10	1g	0g	0g	0mg	330mg	8g	0g	7g	0g
Garlic Parmesan	80	70	8g	2.5g	0g	< 5	8560mg	19g	2g	< 1g	10g
Honey Mustard	130	100	11g	1.5g	0g	15mg	150mg	6g	0g	6g	0g
Medium	120	120	14g	2.5g	2g	0mg	680mg	0g	0g	0g	0g
Spiced Honey	120	0	0g	0g	0g	0mg	20mg	32g	0g	32g	0g
Caribbean Jerk	40	0	0g	0g	0g	0mg	760mg	10g	0g	8g	0g
Hot Garlic	60	60	7g	2g	0g	0mg	690mg	0g	0g	0g	0g
Sweet Thai Chili	70	0	0g	0g	0g	0mg	460mg	17g	0g	14g	0g
Sriracha BBQ	35	0	0g	0g	0g	0mg	340mg	11g	0g	7g	0g
Hot	0	0	0g	0g	0g	0mg	1140mg	0g	0g	0g	0g
Korean BBQ	70	10	1.5g	0g	0g	0mg	590mg	13g	0g	11g	1g
Mango Habanero	50	0	0g	0g	0g	0mg	250mg	12g	0g	8g	0g
Honey Lime Sriracha	45	0	0g	0g	0g	0mg	150mg	15g	0g	11g	0g
Mt. St. Helens	10	0	0g	0g	0g	0mg	1120mg	1g	< 1g	0g	0g
Nashville Hot	120	110	12g	2g	0g	0mg	390mg	4g	< 1g	2g	0g
5 Pepper Fire	15	10	1g	0.5g	0g	0mg	600mg	1g	0g	< 1g	0g
STARTING LINE-UP											
SOUPS											
French Onion Soup	280	130	15g	7g	0g	35mg	1240mg	20g	2g	7g	13g
Soup of the Day											
Beef and White Bean Chili	460	240	27g	10g	1g	80mg	1090mg	27g	6g	3g	27g
Beer Cheese	370	210	24g	14g	1.5g	75mg	1490mg	16g	1g	3g	20g
Chicken and Poblano Pepper	300	160	19g	10g	0g	70mg	1200mg	24g	4g	5g	11g
Clam Chowder	360	230	23g	13g	0g	65mg	1270mg	20g	3g	3g	10g
Farmer's Market Vegetable	120	35	4g	g	0g	0mg	1350mg	19g	3g	7g	3g
French Onion Soup	290	130	15g	7g	0g	35mg	1310mg	21g	3g	8g	14g
Hearty Vegetable	90	20	3g	g	0g	0mg	910mg	15g	2g	2g	0g
Italian Wedding	160	50	6g	2g	0g	25mg	1230mg	20g	1g	1g	8g
Roasted Poblano Corn Chowder	270	140	16g	10g	0g	50mg	1020mg	29g	2g	5g	3g
Shrimp And Roasted Corn Chowder	300	160	18g	9g	0g	70mg	880mg	30g	3g	9g	8g
Tomato Bisque with Spinach and Orzo	350	250	29g	18g	0g	95mg	1180mg	19g	4g	11g	8g
White Chicken Chili W/ Cilantro	350	140	15g	5g	0g	75mg	750mg	27g	5g	3g	24g
House Salad <i>(add dressing)</i>	200	70	7g	2g	0g	10mg	400mg	29g	3g	4g	8g
Caesar Salad <i>(with dressing)</i>	280	170	18g	3g	0g	15mg	710mg	26g	2g	2g	9g
STARTERS AND APPS											
Potstickers- Pan Fried	810	370	40g	9g	0g	40mg	1900mg	93g	4g	28g	19g
Potstickers- Steamed	550	110	12g	4g	0g	40mg	1900mg	93g	4g	28g	19g
Southwestern Chicken Egg Rolls	1080	610	67g	19g	0g	140mg	3050mg	80g	10g	5g	39g
Fully Loaded Cheese Fries	1820	1650	185g	38g	0g	70mg	3780mg	34g	4g	4g	18g
Fried Calamari	860	380	44g	7g	0g	400mg	3440mg	80g	2g	31g	33g
Cheese Curds	430	360	80g	6g	0g	170mg	1750mg	35g	8g	3g	48g
Warm Bavarian Pretzel	490	260	29g	10g	0.5g	40mg	1860mg	44g	1g	7g	13g
Creamy Spinach & Artichoke Dip	680	390	41g	28g	0.5g	10mg	1420mg	64g	4g	9g	15g
Mozzarella Planks	1040	600	65g	22g	0g	100mg	2730mg	85g	2g	9g	41g
Tex-Mex Chicken Nachos	1880	1190	129g	37g	0g	340mg	3900mg	101g	7g	5g	77g
Guacamole, Jalapeños & Sour Cream	220	150	16g	8g	0g	35mg	1710mg	9g	4g	4g	4g

	CALORIES	CALORIES FROM FAT	FAT	SAT FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
FLATBREADS											
Zingers®	850	460	57g	17g	0g	95mg	2230mg	52g	2g	5g	38g
Mediterranean	570	250	33g	12g	0g	65mg	1430mg	46g	3g	4g	22g
Pepperoni	590	270	35g	15g	0g	80mg	1300mg	44g	3g	2g	27g
ENTRÉES											
<i>(Listed without sides unless noted)</i>											
Barbeque Baby Back Ribs - 1/2 Rack	1030	450	52g	18g	0g	300mg	4720mg	32g	2g	7g	102g
Barbeque Baby Back Ribs	1320	780	83g	35g	0g	400mg	3830mg	43g	0g	38g	95g
Creole Mahi & Shrimp	1290	690	79g	34g	2g	490mg	4210mg	51g	4g	9g	98g
Zingers® Mac N Cheese	2430	1090	119g	43g	3g	215mg	3380mg	251g	12g	9g	87g
Dad's Homemade Meatloaf	1590	880	97g	33g	4g	345mg	2930mg	102g	9g	16g	77g
Cajun Chicken Pasta	1360	600	65g	25g	0.5g	140mg	3780mg	162g	3g	7g	53g
Fettuccine Alfredo	1220	700	79g	35g	0g	160mg	2070mg	137g	2g	11g	33g
Fettuccine Alfredo w/Chicken Breast	1340	600	65g	28g	0g	160mg	3070mg	155g	1g	4g	53g
Fettuccine Alfredo w/Grilled Shrimp	1500	630	67g	28g	0g	485mg	2460mg	134g	1g	3g	81g
Pork Osso Buco <i>(served with Mashed Potatoes and Gravy)</i>	1030	450	52g	18g	0g	300mg	4720mg	32g	2g	7g	102g
Atlantic Salmon - Grilled	490	270	29g	6g	0g	150mg	800mg	1g	0g	0g	53g
Atlantic Salmon - Blackened	550	300	33g	7g	0.5g	150mg	840mg	6g	0g	< 1g	54g
Atlantic Salmon - Broiled	730	480	54g	13g	0g	150mg	740mg	< 1g	0g	0g	53g
Shrimp Alfredo	1500	630	67g	28g	0g	485mg	2460mg	134g	1g	3g	81g
Mahi Tacos	1270	640	72g	15g	0g	225mg	2770mg	91g	16g	9g	72g
Mahi Tacos <i>(sub lettuce wraps)</i>	1040	580	65g	12g	0g	225mg	2260mg	50g	16g	6g	66g
English Pub Fish & Chips <i>(served with Fries)</i>	2030	1350	149g	26g	0g	125mg	2890mg	88g	6g	28g	52g
35 Fried Shrimp	960	500	53g	10g	0g	235mg	1600mg	70g	2g	14g	39g
35 Grilled Shrimp	410	100	11g	1g	0.5g	385mg	1310mg	17g	0g	14g	51g
35 Blackened Shrimp	440	100	11g	1g	0.5g	385mg	1980mg	22g	0g	15g	52g
STEAK DINNERS											
<i>(Listed without sides) Steaks also available blackened - add 10 cal</i>											
Sirloin - Grilled	300	120	13g	5g	0g	90mg	730mg	< 1g	0g	0g	41g
Sirloin - Blackened	310	110	12g	4g	0g	90mg	800mg	5g	0g	0g	42g
Filet Mignon - Grilled	320	140	16g	6g	0g	120mg	730mg	< 1g	0g	0g	41g
Filet Mignon - Blackened	330	130	15g	5g	0g	120mg	800mg	5g	0g	0g	42g
Ribeye - Grilled	760	550	61g	26g	3.5g	190mg	770mg	< 1g	0g	0g	52g
Ribeye - Blackened	770	540	60g	25g	4g	190mg	840mg	5g	0g	0g	53g
Add Boom Boom Shrimp	1090	890	99g	16g	0g	155mg	1370mg	30g	< 1g	8g	15g
Add Lobster Tail	390	290	33g	7g	2g	145mg	1020mg	< 1g	0g	0g	19g
FAJITAS											
Grilled Marinated Chicken Breast	770	270	31g	16g	0g	130mg	2510mg	101g	5g	16g	46g
Grilled Flat Iron Steak	1000	430	48g	23g	0g	180mg	2810mg	85g	5g	22g	58g
Steak & Chicken Combo	1170	460	51g	23g	0g	240mg	4260mg	114g	5g	26g	81g
Guacamole	90	60	7g	1.5g	0g	0mg	330mg	5g	3g	0g	2g
Cold Set	220	150	17g	11g	0g	60mg	790mg	7g	1g	5g	9g
SIDES & PREMIUM SIDES											
SIDES											
Baked Potato (with Butter and Sour Cream)	280	110	12g	5g	0g	20mg	135mg	37g	4g	3g	5g
Mashed Potatoes (with Gravy)	150	40	4.5g	1.5g	0g	5mg	880mg	24g	2g	0g	3g
French Fries	450	410	46g	8g	0g	0mg	510mg	12g	1g	0g	1g
Seasonal Vegetable											
PREMIUM SIDES											
Loaded Baked Potato	430	230	24g	10g	0g	45mg	650mg	35g	2g	4g	14g
Loaded French Fries	1010	910	101g	22g	0g	50mg	1610mg	14g	1g	2g	14g
Sweet Potato Fries	960	760	83g	21g	0g	0mg	150mg	50g	4g	31g	1g
Onion Rings	1160	920	100g	16g	0g	10mg	1450mg	58g	2g	9g	7g
House Salad - sub	130	35	3.5g	1g	0g	5mg	210mg	21g	3g	5g	5g
Caesar Salad - sub	220	150	16g	3.5g	0g	15mg	590mg	15g	2g	2g	9g
SHAREABLE SIDES											
French Fries	750	680	77g	14g	0g	0mg	850mg	20g	2g	< 1g	2g
Sweet Potato Fries	1220	1000	109g	25g	0g	0mg	170mg	54g	4g	32g	1g
Onion Rings	1590	1230	133g	22g	0g	10mg	1830mg	88g	2g	12g	10g
SALADS, SANDWICHES & BURGERS											
MAIN SALADS											
<i>(listed without dressing unless noted)</i>											
Blackened Chicken Breast Salad <i>(with dressing)</i>	680	420	47g	9g	0.5g	80mg	2920mg	58g	6g	15g	32g
Zingers® <i>(no wing sauce)</i>	510	170	20g	6g	0g	135mg	400mg	28g	5g	8g	55g
Apple Cranberry Walnut Salad <i>(with dressing)</i>	1000	580	35g	12g	0g	40mg	640mg	90g	9g	70g	12g
Add Chicken Breast	1120	590	36g	12g	0g	100mg	1640mg	114g	9g	70g	35g
Add Flat Iron Steak	1290	730	50g	17g	0g	150mg	1290mg	90g	9g	70g	47g
Blackened Shrimp & Chicken Cobb Salad	670	330	35g	15g	0g	415mg	2110mg	33g	5g	7g	59g
Chicken Caesar Salad	660	420	45g	8g	0g	90mg	2470mg	55g	3g	5g	37g

	CALORIES	CALORIES FROM FAT	FAT	SAT FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
DRESSING (1 fl. oz.)											
Apple Cider Vinaigrette	130	100	1g	1.5g	0g	< 5mg	70mg	6g	0g	4g	0g
Balsamic Vinaigrette	100	90	10g	1.5g	0g	0mg	280mg	3g	0g	3g	0g
Blue Cheese	140	130	15g	3g	0g	10mg	230mg	< 1g	0g	< 1g	< 1g
Caesar	130	120	13g	2.5g	0g	10mg	380mg	2g	0g	< 1g	2g
Cajun Ranch	190	180	20g	3g	0g	5mg	380mg	2g	0g	1g	0g
Honey Mustard	130	100	11g	1.5g	0g	15mg	150mg	6g	0g	6g	0g
Ranch	180	180	20g	3g	0g	< 5mg	260mg	< 1g	0g	< 1g	0g
BURGERS AND SANDWICHES											
<i>(Listed without sides)</i>											
Classic Cheeseburger	880	540	60g	26g	0g	165mg	2260mg	41g	4g	8g	44g
Bacon Cheeseburger	970	590	66g	28g	0g	180mg	3620mg	43g	4g	8g	50g
Gardein® Chipotle Black Bean Veggie Burger	420	100	12g	2g	0g	0mg	1130mg	68g	13g	12g	16g
Prime Burger	1180	770	84g	33g	0g	195mg	3100mg	53g	5g	12g	53g
Cue Bacon Cheeseburger	990	580	64g	27g	0g	165mg	3000mg	55g	4g	16g	47g
Black and Blue Burger	1200	800	89g	35g	0g	210mg	3210mg	43g	4g	9g	54g
Slow Roasted Prime Rib French Dip	750	240	27g	10g	0g	175mg	2300mg	56g	4g	8g	65g
Big Red®	770	340	37g	10g	0g	80mg	5490mg	87g	4g	8g	39g
Grilled Chicken BLT	670	320	36g	10g	0g	100mg	2850mg	68g	4g	10g	41g
Chicken Philly	750	360	37g	17g	0g	240mg	3240mg	57g	4g	8g	49g
Loaded Chicken Philly <i>(Mushrooms and Peppers)</i>	70	50	6g	1g	0g	0mg	240mg	3g	1g	2g	2g
Philly Cheese Steak	770	330	36g	15g	0g	185mg	3080mg	56g	4g	6g	55g
Loaded Philly Cheese Steak <i>(Mushroom and Peppers)</i>	70	50	6g	1g	0g	0mg	240mg	3g	1g	2g	2g
Mahi-Mahi - Grilled	400	35	4g	1.5g	0g	165mg	1280mg	41g	4g	8g	48g
Mahi-Mahi - Blackened	450	70	8g	2g	0.5g	165mg	1320mg	46g	4g	8g	49g
Mahi-Mahi - Broiled	630	250	29g	9g	0g	165mg	1220mg	41g	4g	8g	48g
FINAL PLAY											
FINAL PLAY											
Capt. Jack's Buried Treasure®	1420	620	70g	42g	0g	85mg	770mg	164g	2g	147g	8g
Ghirardelli® Chocolate Brownie Sundae	2710	1090	127g	70g	0g	155mg	1530mg	372g	7g	269g	19g
Pull n' Pop Donuts™	1390	610	67g	29g	0g	0g	1040mg	177g	4g	97g	13g
BEVERAGES											
NON-ALCOHOLIC BEVERAGES											
Coca-Cola	340	0	0g	0g	0g	0mg	85mg	89g	0g	89g	0g
Diet Coke	0	0	0g	0g	0g	0mg	110mg	1g	0.18g	0g	0g
Coca-Cola Zero	0	0	0g	0g	0g	0mg	90mg	0g	0.19g	0g	0g
Sprite	310	0	0g	0g	0g	0mg	150mg	82g	0g	81g	0g
Pibb Xtra	320	0	0g	0g	0g	0mg	120mg	84g	0.22g	84g	0g
Minute Maid Lemonade(HFCS)	320	0	0g	0g	0g	0mg	210mg	84g	0g	80g	0g
Fuze Raspberry Tea	190	0	0g	0g	0g	0mg	110mg	51g	0.0g	49g	0g
Barq's Root Beer	370	0	0g	0g	0g	0mg	115mg	97g	0.21g	96g	0g
Fanta Orange Postmix	340	0	0g	0g	0g	0mg	90mg	90g	0g	88g	0g
Mello Yello	360	0	0g	0g	0g	0mg	110mg	96g	0.1g	96g	0g
Fresh Brewed Iced Tea	2	0	0g	0g	0g	0mg	7mg	1g	0g	0g	0g
Fresh Brewed Sweet Tea	160	0	0g	0g	0g	0mg	0mg	14g	0g	42g	1g
S&D Coffee	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
Perrier	0	0	0g	0g	0g	0g	0mg	0mg	0g	0g	0g
Dasani	0	0	0g	0g	0g	0g	0mg	0mg	0g	0g	0g
KIDS MENU											
KIDS MENU											
Grilled Chicken Breast	120	10	1g	0g	0g	60mg	340mg	23g	0g	0g	23g
Zingers™	440	240	26g	4.5g	0g	100mg	210mg	8g	0g	0g	42g
Mac & Cheese	300	80	9g	2.5g	0g	15mg	550mg	45g	2g	8g	10g
Cheese Quesadilla	310	160	19g	7g	0g	20mg	570mg	28g	0g	2g	9g
Fried Shrimp	460	340	37g	7g	0g	65mg	200mg	17g	< 1g	0g	11g
Mini Burger	330	110	12g	5g	0g	30mg	400mg	38g	2g	2g	16g
Hot Dog	430	150	16g	5g	0g	25mg	990mg	56g	2g	2g	14g
Pasta	800	340	38g	13g	0g	45mg	1810mg	87g	4g	8g	29g
KIDS- APPLES	60	0	0g	0g	**	0mg	0mg	16g	3g	12g	0g
KIDS- APPLESAUCE	50	0	0g	0g	0g	0mg	5mg	13g	1g	10g	0g
French Fries	400	360	41g	7g	0g	0mg	450mg	11g	1g	0g	1g
Seasonal Vegetable	90	35	4g	1.5g	0g	0mg	990mg	11g	3g	3g	2g
Vanilla Ice Cream Scoop	370	180	21g	13g	0g	80mg	105mg	42g	0g	31g	5g
Ice Cream Sandwich	150	40	4.5g	2.5g	0g	15mg	115mg	26g	0g	14g	3g
Push Pop	80	5	1g	0.5g	0g	< 5mg	25mg	18g	0g	15g	0g
LUNCH SPECIALS											
LUNCH SPECIALS											
<i>(Listed without sides)</i>											
Dad's Homemade Meatloaf	900	500	56g	21g	2.5g	230mg	1770mg	49g	7g	8g	0g
English Pub Fish & Chips	1260	930	103g	18g	0g	75mg	1640mg	50g	3g	9g	0g

	CALORIES	CALORIES FROM FAT	FAT	SAT FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
Margherita Flatbread & Salad Duo - 1/2 Flatbread	270	110	15g	7g	0g	45mg	690mg	23g	2g	2g	0g
Margherita Flatbread & Salad Duo - Full Flatbread	540	220	30g	14g	0g	90mg	1380mg	46g	4g	4g	0g
Southwestern BBQ Chopped Chicken Salad	1150	730	81g	15g	0.5g	130mg	4570mg	95g	9g	27g	0g
Nashville Hot Fish Sandwich	2350	1740	193g	34g	0g	70mg	5320mg	123g	11g	34g	0g

DINNER SPECIALS

DINNER SPECIALS											
<i>(Listed without sides)</i>											
Monday - Full Rack Ribs	1320	780	83g	35g	0g	400mg	3830mg	43g	0g	38g	95g
Tuesday - Sirloin	230	100	11g	3.5g	0.5g	65mg	770mg	< 1g	0g	0g	31g
Tuesday - Sirloin - N'Orleans	540	240	27g	9g	0g	110mg	1990mg	12g	1g	18g	0g
Tuesday - Sirloin - Southern	770	480	54g	14g	0g	110mg	2020mg	14g	2g	19g	0g
Tuesday - Coconut Shrimp	1050	690	76g	20g	0g	105mg	1930mg	68g	5g	37g	20g
Wednesday - Fisherman's Combo	1750	1060	115g	19g	0g	160mg	3330mg	104g	4g	35g	0g
Thursday - Prime Rib	1090	740	82g	33g	4.5g	250mg	6540mg	12g	1g	13g	72g

CATERING MENU

CATERING MENU											
50 Wings	2640	510	55g	8g	0g	1305mg	870mg	22g	1g	21g	523g
World Famous Zingers - 50	6500	3940	432g	74g	0g	1150mg	1990mg	147g	5g	25g	479g
Ribs	5020	2990	319g	139g	0g	1595mg	14490mg	160g	0g	128g	378g
Mini Burgers	7970	3820	421g	166g	0g	900mg	9290mg	640g	43g	61g	398g
Cajun Chicken Linguine	6250	3920	440g	174g	23g	875mg	20880mg	483g	36g	58g	195g
Creole Jambalaya	4650	2280	255g	80g	12g	690mg	17500mg	452g	24g	34g	197g
Fajitas - Veggie & Black Bean Rice	4370	1450	167g	90g	0g	425mg	12670mg	577g	62g	78g	177g
Fajitas - Grilled Marinated Chicken Breast	3320	1190	137g	70g	.5g	520mg	12630mg	434g	21g	86g	186g
Fajitas - Grilled Flat Iron Steak	4000	1710	193g	91g	.5g	715mg	11680mg	340g	21g	86g	229g
Fajitas - Steak & Chicken Combo	3660	1450	165g	274g	.5g	620mg	12150mg	387g	21g	86g	208g
Spinach Dip	3630	2610	274f	45g	0g	0mg	7870mg	222g	10g	49g	51g
House Salad	1110	350	37g	9g	0	55mg	2020mg	167g	19g	30g	45g
Caesar Salad	1400	840	89g	15g	0g	60mg	3570mg	129g	12g	12g	47g
Add Chicken Breast	480	45	4.5g	0g	0g	235mg	3980mg	96g	<1g	0g	94g

DRINK BOOK

DRINK BOOK											
"The Don" Blanco	250	0	0g	0g	0g	0mg	55mg	33g	0g	30g	0g
1800 Perfect Margarita	240	0	0g	0g	0g	0mg	45mg	31g	0g	27g	0g
1800 Watermelon Rita Pitcher	810	0	0g	0g	0g	0mg	40mg	138g	< 1g	133g	0g
Ale House Cosmo	210	0	0g	0g	0g	0mg	10mg	14g	0g	13g	0g
Apple Pear Martini	210	0	0g	0g	0g	0mg	15mg	32g	0g	30g	0g
Beach Whiskey Bonfire Cinnamon	70	0	0g	0g	0g	0mg	0mg	6g	0g	6g	0g
Beach Whiskey Island Coconut	50	0	0g	0g	0g	0mg	0mg	4g	0g	5g	0g
Big LIT	280	0	0g	0g	0g	0mg	0mg	16g	0g	14g	0g
Blackberry Smash	180	0	0g	0g	0g	0mg	0mg	23g	2g	20g	< 1g
Bulleit Manhattan	170	0	0g	0g	0g	0mg	0mg	2g	0g	0g	0g
Captain Morgan Cannon Blast	70	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
Cherry Limeade	210	0	0g	0g	0g	0mg	5mg	39g	2g	32g	0g
Curzan Classic Mojito	220	0	0g	0g	0g	0mg	0mg	33g	1g	29g	0g
Don Blanco Shot	70	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
Electric Blue LIT Pitcher	500	0	0g	0g	0g	0mg	0mg	54g	0g	48g	0g
Electric Lemonade	230	0	0g	0g	0g	0mg	0mg	27g	0g	25g	0g
Grande Margarita	270	0	0g	0g	0g	0mg	55mg	36g	0g	34g	0g
Grey Goose Mule	260	0	0g	0g	0g	0mg	0mg	33g	< 1g	30g	0g
Hemingway Daquiri	210	0	0g	0g	0g	0mg	0mg	23g	0g	19g	0g
Irish Breakfast	100	0	0g	0g	0g	0mg	0mg	12g	0g	11g	0g
Jagermeister Spice	90	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
Kiwi Margarita	340	0	0g	0g	0g	0mg	45mg	54g	0g	49g	0g
Long Island Tea- House	160	0	0g	0g	0g	0mg	0mg	22g	0g	21g	0g
Long Island Tea- Top Shelf	280	0	0g	0g	0g	0mg	0mg	19g	0g	17g	0g
Mango Margarita	300	0	0g	0g	0g	0mg	50mg	40g	0g	38g	0g
Margarita Pitcher	630	0	0g	0g	0g	0mg	125mg	96g	< 1g	88g	0g
Meister Mary	150	0	0g	0g	0g	0mg	470mg	21g	2g	17g	1g
Meyers Platinum & Pepsi	70	0	0g	0g	0g	0mg	0mg	5g	0g	5g	0g
Mojito Pitcher	520	0	0g	0g	0g	0mg	0mg	69g	1g	63g	0g
Painkiller	350	25	3g	2.5g	0g	0mg	20mg	46g	2g	41g	< 1g
Patron Pineapple Margarita	120	0	0g	0g	0g	0mg	0mg	1g	0g	< 1g	0g
Patron Xo Cafe Incendio	100	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
Pineapple Mango Mojito	160	0	0g	0g	0g	0mg	5mg	40g	1g	36g	0g
Pomegranate Margarita	270	0	0g	0g	0g	0mg	55mg	48g	0g	44g	0g
Rum Punch	310	0	0g	0g	0g	0mg	0mg	48g	0g	46g	0g
Sangria (Red)	160	0	0g	0g	0g	0mg	5mg	30g	1g	23g	< 1g
Sangria (White)	140	0	0g	0g	0g	0mg	0mg	24g	1g	19g	< 1g
Sangria Pitcher (Red)	450	0	0g	0g	0g	0mg	15mg	76g	1g	59g	1g

	CALORIES	CALORIES FROM FAT	FAT	SAT FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
Sangria Pitcher (White)	390	0	0g	0g	0g	0mg	0mg	58g	1g	48g	1g
Sauza Blue Margarita	220	0	0g	0g	0g	0mg	45mg	36g	0g	33g	0g
Sauza Blue Tequila Sunrise	100	0	0g	0g	0g	0mg	0mg	10g	0g	9g	0g
Shooter- Irish Car Bomb	120	20	2g	1g	0g	5mg	35mg	7g	0g	3g	< 1g
Shooter- Skittles	130	0	0g	0g	0g	0mg	0mg	12g	0g	11g	0g
Shooters- Baby Irish Stout	100	20	2g	1g	0g	5mg	15mg	9g	0g	9g	0g
Shooters- Cinnamon Toast Crunch	120	20	2g	0g	0g	10mg	0mg	10g	0g	0g	< 1g
Shooters- Fire Apple	90	0	0g	0g	0g	0mg	0mg	12g	0g	2g	0g
Shooters- Grape Bomb	100	0	0g	0g	0g	0mg	25mg	7g	0g	7g	0g
Shooters- Jager Bomb	130	0	0g	0g	0g	0mg	25mg	18g	0g	18g	0g
Shot- Captain Morgan (Double)	120	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
Captain Morgan- Single	60	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
Jagermeister	100	0	0g	0g	0g	0mg	0mg	11g	0g	11g	0g
Patron Xo Cafe	110	0	0g	0g	0g	0mg	0mg	11g	0g	11g	0g
Smirnoff Grape	70	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
Vegas Bomb	140	0	0g	0g	0g	0mg	30mg	15g	0g	15g	0g
Smirnoff Bay Breeze	90	0	0g	0g	0g	0mg	5mg	6g	0g	6g	0g
Smirnoff Cape Cod	90	0	0g	0g	0g	0mg	15mg	6g	0g	6g	0g
Smirnoff Martini	140	10	1g	0g	0g	0mg	160mg	0g	0g	0g	0g
Strawberry Coconut Mojito	220	0	0g	0g	0g	0mg	15mg	36g	< 1g	32g	0g
Strawberry Margarita	270	0	0g	0g	0g	0mg	50mg	34g	0g	31g	0g
Strawberry Mule	220	0	0g	0g	0g	0mg	30mg	54g	0g	18g	0g
The Wave Glass- Big	300	0	0g	0g	0g	0mg	50mg	46g	< 1g	41g	0g
Tito's Loaded Bloody Mary	190	10	1g	0g	0g	0mg	590mg	7g	2g	3g	2g
Tito's Strawberry Lemonade Glass	170	0	0g	0g	0g	0mg	35mg	23g	0g	21g	0g
Tito's Strawberry Lemonade Pitcher	440	0	0g	0g	0g	0mg	70mg	46g	< 1g	41g	0g
Top Shelf Margarita	280	0	0g	0g	0g	0mg	45mg	31g	0g	27g	0g
Tropical Mule	210	0	0g	0g	0g	0mg	5mg	21g	1g	21g	< 1g
Ultimate Tito's	250	10	1g	0g	0g	0mg	160mg	0g	0g	0g	0g
Watermelon Margarita	280	0	0g	0g	0g	0mg	45mg	50g	0g	47g	0g
Watermelon Margarita Pitcher	710	0	0g	0g	0g	0mg	105mg	116g	0g	110g	0g
Wave	300	0	0g	0g	0g	0mg	50mg	46g	< 1g	41g	0g
Wave Pitcher	890	0	0g	0g	0g	0mg	135mg	133g	< 1g	119g	0g
Angry Orchard	220	0	0g	0g	0g	0mg	20mg	28g	0g	23g	0g
Blue Moon	200	0	0g	0g	0g	0mg	20mg	16g	< 1g	< 1g	2g
Blue Moon 23 oz.	270	0	0g	0g	0g	0mg	25mg	22g	1g	1g	3g
Blue Moon Pitcher	630	0	0g	0g	0g	0mg	60mg	53g	3g	3g	7g
Blue Pt. Toasted Lager- Pint (14 oz.)	170	0	0g	0g	0g	0mg	20mg	18g	0g	0g	2g
Bud Light	100	0	0g	0g	0g	0mg	10mg	3g	0g	0g	1g
Budweiser Pint (14 oz.)	170	0	0g	0g	0g	0mg	10mg	12g	0g	0g	2g
Coors Light 14 oz. Pint	120	0	0g	0g	0g	0mg	15mg	6g	< 1g	1g	1g
Corona Light 14 oz. Pint	120	0	0g	0g	0g	0mg	0mg	6g	0g	0g	1g
Dos Equis 14 oz. Pint	150	0	0g	0g	0g	0mg	35mg	13g	0g	3g	1g
Founders All Day IPA 14 oz. Pint	160	0	0g	0g	0g	0mg	30mg	13g	1g	0g	1g
Goose IPA- Pint (14oz)	240	0	0g	0g	0g	0mg	20mg	25g	0g	0g	2g
Guinness 20 oz.	180	0	0g	0g	0g	0mg	110mg	14g	0g	1g	2g
Guinness Blonde American Lager 14 oz. Pint	180	0	0g	0g	0g	0mg	0mg	13g	0g	1g	3g
Heineken 14 oz. Pint	170	0	0g	0g	0g	0mg	10mg	13g	0g	2g	1g
Hoegaarden Wheat Beer- Pnt (14oz)**	190	0	0g	0g	0g	0mg	20mg	16g	0g	0g	2g
Illusive Traveler- Grapefruit Shandy 14 oz. Pint	190	0	0g	0g	0g	0mg	25mg	21g	1g	10g	1g
Kona Longboard- 14 oz. Pint	170	0	0g	0g	0g	0mg	0mg	13g	0g	0g	2g
Lagunitas IPA 14 oz. Pint	220	0	0g	0g	0g	0mg	20mg	17g	0g	0g	3g
Leinenkugals 14 oz. Pint	180	0	0g	0g	0g	0mg	20mg	17g	0g	0g	1g
Michelob Ultra- Pint (14 oz)	110	0	0g	0g	0g	0mg	20mg	3g	0g	0g	< 1g
Miller Lite 14 oz. Pint	110	0	0g	0g	0g	0mg	0mg	4g	0g	0g	< 1g
Miller Lite 23 oz.	150	0	0g	0g	0g	0mg	0mg	5g	0g	0g	< 1g
Miller Lite Pitcher	360	0	0g	0g	0g	0mg	0mg	12g	0g	0g	2g
New Belgium Fat Tire 14 oz. Pint	160	0	0g	0g	0g	0mg	5mg	10g	2g	0g	2g
New Belgium, Voodoo Ranger 14 oz. Pint	220	0	0g	0g	0g	0mg	10mg	18g	0g	0g	0g
Newcastle Brown Ale 14 oz. Pint	150	0	0g	0g	0g	0mg	35mg	12g	0g	7g	1g
Rebel IPA 14 oz. Pint	220	0	0g	0g	0g	0mg	20mg	18g	1g	0g	2g
Samuel Adams Boston Lager	240	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
Shock Top Belgian White 5% - Pint (14oz)**	200	0	0g	0g	0g	0mg	20mg	17g	0g	0g	3g
Sierra Nevada - Pale Ale 14 oz. Pint	200	0	0g	0g	0g	0mg	0mg	16g	0g	0g	2g
Sierra Nevada - Sidecar	210	0	0g	0g	0g	0mg	25mg	18g	0g	0g	< 1g
Stella Artois - Pint (14 oz)	170	0	0g	0g	0g	0mg	40mg	13g	0g	0g	2g
Terapin Hopsecutioner IPA	210	0	0g	0g	0g	0mg	15mg	15g	0g	0g	2g
Terrapin, Hi-5 IPA 14 oz. Pint	210	0	0g	0g	0g	0mg	10mg	19g	0g	0g	2g
Yuengling 14 oz. Pint	160	0	0g	0g	0g	0mg	15mg	13g	0g	0g	1g