



Get a lot. For not a lot.™

Food & Beverage Nutrition Guide

Printed information effective: April 12, 2021

Cheddar's Scratch Kitchen has made an effort to provide complete and current nutrition information. 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. Choice of side nutritionals not included. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

If you have any questions about this information, please contact one of our Guest Relations Representatives at 1-888-642-7336.

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											
Chips & Homemade Queso	1030	550	62	25	1	110	30	2080	84	9	9
Cheddar's Cheese Fries	2310	1170	130	42	2	145	68	5530	216	29	3
<i>Ranch Dressing (3 fl. oz.)</i>	370	350	39	6	0	35	2	800	4	0	3
Cheddar's Coconut Shrimp App	600	330	37	9	0	105	19	1080	49	4	16
Honey Butter Croissants (2)	440	250	28	12	2.5	0	7	250	40	2	9
Santa Fe Spinach Dip	1300	760	85	39	2	170	41	2410	98	13	16
Cheddar's Trio Sampler	2360	1380	154	58	3	400	106	4410	139	15	29
Wisconsin Cheese Bites	1200	800	89	38	1.5	180	52	3160	49	5	less than 1 g
SALADS & SOUP											
Grilled Chicken Pecan Salad	620	340	38	13	0.5	160	55	1190	20	9	7
<i>Honey Mustard Dressing (3 fl. oz.)</i>	370	290	32	5	0	25	2	530	20	2	18
Crispy Chicken Tender Salad	750	400	45	15	1	170	58	1000	32	6	6
<i>Honey Mustard Dressing (3 fl. oz.)</i>	370	290	32	5	0	25	2	530	20	2	18
Caesar Pasta Salad - Chicken	860	470	52	12	0	160	51	2240	49	6	8
Caesar Pasta Salad - Salmon	940	570	63	14	0	120	43	1690	51	6	8
House Salad (Dressing not included)	140	80	9	4	0	75	7	210	9	3	3
Caesar Salad	290	230	26	7	0	30	8	810	9	2	3
(4) Grilled Shrimp (add on)	80	20	2.5	1	0	95	13	390	1	0	0
Blackened Salmon (add on)	260	140	15	3	0	75	26	620	1	0	0
Soup - Potato, cup	330	200	22	11	0	40	9	1280	23	2	3
Soup - Potato, bowl	570	350	38	20	1	70	14	2250	42	3	5
DRESSINGS											
Homemade Ranch - 1.75 fl. oz.	220	210	23	3.5	0	20	1	470	2	0	2
Honey Mustard - 1.75 fl. oz.	210	170	19	3	0	15	1	310	12	less than 1 g	10
Chunky Blue Cheese - 1.75 fl. oz.	280	260	29	6	0	30	3	430	2	0	1
Balsamic Vinaigrette - 1.75 fl. oz.	110	80	8	1	0	0	0	340	8	0	8
Honey Lime - 1.75 fl. oz.	260	210	23	3.5	0	20	less than 1 g	240	16	0	15
Thousand Island - 1.75 fl. oz.	260	220	24	3.5	0	20	0	340	9	0	9
CHICKEN											
Grilled Chicken Alfredo	1550	880	98	51	2.5	305	66	2290	103	7	12
Lemon Pepper Chicken	520	110	12	4.5	0	220	68	2340	35	less than 1 g	2
Chicken Tender Platter - Classic	1050	580	65	10	0	210	72	1350	48	3	13
Chicken Tender Platter - Buffalo	1180	710	79	15	0.5	220	72	2140	43	2	7
Chicken Tender Platter - Honey Hot	1250	630	70	11	0.5	220	72	2490	84	2	42
<i>French Fries</i>	460	190	22	3.5	0	0	6	1000	61	8	less than 1 g
<i>Freshly Made Coleslaw</i>	170	120	13	2	0	10	less than 1 g	200	14	1	12

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COMFORT FOOD											
Homemade Chicken Pot Pie	940	460	51	30	0.5	140	60	2250	59	4	10
<i>House Salad (Dressing not included)</i>	140	80	9	4	0	75	7	210	9	3	3
New Orleans Pasta	1540	780	87	40	1.5	350	79	4380	112	8	19
Country Fried Chicken - Single	610	270	30	7	0	95	40	1770	44	2	5
Country Fried Chicken - Double	1030	470	53	11	0	185	74	3020	64	3	6
<i>Idaho Mashed Potatoes</i>	160	70	8	3.5	0	0	3	360	19	2	2
<i>Southern Green Beans</i>	60	25	3	1	0	less than 5 mg	less than 1 g	190	8	2	4
Country Fried Steak	1030	540	60	13	0	85	48	2040	76	5	5
<i>Idaho Mashed Potatoes</i>	160	70	8	3.5	0	0	3	360	19	2	2
<i>Southern Green Beans</i>	60	25	3	1	0	less than 5 mg	less than 1 g	190	8	2	4
SANDWICHES & BURGERS Served with fries											
Monte Cristo	1460	760	85	19	0	95	44	3090	132	8	46
Buffalo Chicken Wrapper - Grilled	1520	830	92	26	1	315	91	5090	83	5	9
Buffalo Chicken Wrapper - Fried	1830	1080	120	29	1	255	83	4300	109	6	9
Buttermilk Fried Chicken Sandwich	940	490	55	15	0.5	115	48	2080	64	3	8
Smokehouse Burger	1000	470	52	20	2	155	52	2900	77	2	35
The Original Burger	700	340	38	14	1.5	115	41	1650	45	3	7
The Original Burger w/ Cheddar Cheese	780	410	45	18	2	135	46	1790	46	3	8
Bacon Cheeseburger	1050	600	66	27	2	190	63	2640	47	3	8
<i>French Fries</i>	460	190	22	3.5	0	0	6	1000	61	8	less than 1 g
COMBINATIONS											
Chicken Tenders & Grilled Shrimp	1240	570	63	12	0.5	270	74	2590	96	4	39
Chicken Tenders & Coconut Shrimp	1300	720	80	15	0	245	70	1860	77	5	27
Half Rack of Ribs & Grilled Shrimp	1120	560	62	23	0.5	315	76	2690	59	2	35
Half Rack of Ribs & Coconut Shrimp	1250	750	83	27	0.5	290	73	2140	49	3	24
Half Rack of Ribs & Chicken Tenders	1540	940	104	28	1	355	104	2350	45	2	21
6 oz. Top Sirloin Steak & Grilled Shrimp	560	210	24	10	1	180	38	1770	49	1	27
6 oz. Top Sirloin Steak & Coconut Shrimp	690	400	44	14	1	160	35	1230	38	3	16
6 oz. Top Sirloin Steak & Ribs	1070	670	75	28	1.5	310	83	1880	11	less than 1 g	9
6 oz. Top Sirloin & Chicken Tenders	980	590	65	15	1	220	66	1430	34	2	12
STEAKS & RIBS											
6 oz. Top Sirloin Steak	250	160	18	7	1	85	22	480	0	0	0
8 oz. Top Sirloin Steak	330	210	23	9	1	115	30	640	less than 1 g	0	0
12 oz. Ribeye Steak (where available)	750	460	51	18	1.5	210	65	910	6	0	0
14 oz. Ribeye Steak	890	550	61	23	2	240	78	1000	6	0	0
Hickory Smoked Baby Back Ribs (Half Rack)	810	510	57	20	0	220	61	1400	11	0	9
Hickory Smoked Baby Back Ribs (Full Rack)	1630	1020	113	41	1	440	121	2790	22	less than 1 g	17
<i>French Fries</i>	460	190	22	3.5	0	0	6	1000	61	8	less than 1 g
<i>Freshly Made Coleslaw</i>	170	120	13	2	0	10	less than 1 g	200	14	1	12
SEAFOOD											
Grilled Shrimp Alfredo	1610	910	101	53	3	480	73	2670	105	9	13
Grilled Whitefish - Lemon Pepper	490	130	15	5	0	190	52	1650	34	less than 1 g	1
Grilled Whitefish - Blackened	510	130	15	5	0	190	53	2190	36	2	1
Cornmeal Whitefish	1080	710	79	13	0.5	120	43	2330	63	4	6
<i>French Fries</i>	460	190	22	3.5	0	0	6	1000	61	8	less than 1 g
<i>Freshly Made Coleslaw</i>	170	120	13	2	0	10	less than 1 g	200	14	1	12

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Cheddar's Coconut Shrimp Dinner	770	430	47	11	0	140	25	1420	60	5	17
<i>French Fries</i>	460	190	22	3.5	0	0	6	1000	61	8	less than 1 g
<i>Freshly Made Coleslaw</i>	170	120	13	2	0	10	less than 1 g	200	14	1	12
Creamy Garlic Tilapia & Shrimp	600	260	29	15	0.5	220	54	2060	32	2	3
5 oz. Grilled Salmon	440	180	20	5	0	75	29	1060	33	less than 1 g	less than 1 g
5 oz. Grilled Salmon - Blackened	450	180	21	5	0	75	29	1370	34	1	1
5 oz. Grilled Salmon - Bourbon Glazed	560	190	21	5	0	75	29	1510	60	1	27
8 oz. Grilled Salmon	590	270	30	7	0	120	44	1260	33	less than 1 g	1
8 oz. Grilled Salmon - Blackened	600	270	30	8	0	120	44	1740	35	1	1
8 oz. Grilled Salmon - Bourbon Glazed	750	270	31	8	0	120	45	1850	70	1	35
MADE FROM SCRATCH SIDES											
Broccoli Cheese Casserole	220	120	14	8	0	40	9	640	16	2	2
Loaded Baked Potato	430	200	22	11	0	35	10	720	51	5	4
Loaded Baked Potato with Bacon	540	260	29	14	0.5	45	18	1340	51	5	5
Idaho Mashed Potatoes	160	70	8	3.5	0	0	3	360	19	2	2
Gravy for Mashed Potatoes	30	15	1.5	1	0	0	less than 1 g	110	3	0	1
Cheese & Bacon Mashed Potatoes	350	200	23	10	0	30	16	1120	20	2	2
French Fries	460	190	22	3.5	0	0	6	1000	61	8	less than 1 g
Cheese & Bacon Fries	650	320	36	10	0	30	19	1760	62	8	less than 1 g
Red Beans & Rice	230	50	6	2.5	0	10	9	960	34	5	4
Southern Green Beans	60	25	3	1	0	less than 5 mg	less than 1 g	190	8	2	4
Fresh Steamed Broccoli	100	70	8	3.5	0	0	3	105	6	3	2
Sweet Baby Carrots	35	0	0	0	0	0	less than 1 g	75	9	3	6
Seasoned Rice	150	35	4	2	0	0	2	600	26	less than 1 g	less than 1 g
Freshly Made Coleslaw	170	120	13	2	0	10	less than 1 g	200	14	1	12
Buttered Off-The-Cob Corn	110	20	2.5	0.5	0	0	4	80	22	2	8
House Salad (Dressing not included)	140	80	9	4	0	75	7	210	9	3	3
Caesar Salad	290	230	26	7	0	30	8	810	9	2	3
KIDS MEALS											
Kid's Chicken Tenders	630	380	42	7	0	135	44	1050	18	less than 1 g	2
Kid's Grilled Cheese	420	220	24	12	0	35	13	990	35	1	4
Kid's Junior Burger	450	230	26	10	1	65	23	980	29	less than 1 g	4
Kid's Grilled Chicken	280	60	6	2.5	0	110	34	1250	21	less than 1 g	less than 1 g
Kid's BBQ Chicken	390	60	7	2.5	0	110	34	1920	48	less than 1 g	25
Kid's Coconut Shrimp	440	240	26	6	0	70	13	750	38	3	16
Kid's Penne Pasta Alfredo	700	420	46	24	1	95	16	770	55	3	6
DESSERTS											
Cheddar's Legendary Monster Cookie	1390	690	77	42	1.5	160	16	760	157	6	115
Classic Cheesecake	760	370	42	26	1.5	155	12	450	85	2	70
Hot Fudge Cake Sundae	2510	1050	116	56	2.5	240	23	2000	351	12	275
LIMITED TIME OFFERINGS											
USDA Choice 8 oz. Filet	540	340	38	15	0	175	46	420	less than 1 g	0	0

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GLUTEN-FRIENDLY MENU											
Gluten-friendly items are modified to be made without gluten-containing ingredients											
GLUTEN-FRIENDLY SALADS											
Grilled Chicken Pecan Salad	620	340	38	13	0.5	160	55	1190	20	9	7
<i>Honey Mustard Dressing (3 fl. oz.)</i>	370	290	32	5	0	25	2	530	20	2	18
Chicken Caesar Salad	640	420	47	11	0	155	43	2050	13	5	7
Salmon Caesar Salad	720	530	59	13	0	120	36	1570	13	5	6
GLUTEN-FRIENDLY SCRATCH BURGERS											
Bacon Cheeseburger	710	460	51	21	2	190	54	2150	6	1	2
Smokehouse Burger	650	330	37	15	1.5	155	43	2420	34	less than 1 g	29
The Original Burger	350	200	22	9	1.5	115	33	1170	4	1	2
The Original Burger with Cheddar Cheese	440	270	30	13	1.5	135	38	1310	5	1	2
GLUTEN-FRIENDLY ENTREES											
6 oz. Top Sirloin Steak	250	160	18	7	1	85	22	480	0	0	0
8 oz. Top Sirloin Steak	330	210	23	9	1	115	30	640	less than 1 g	0	0
14 oz. Ribeye Steak	890	550	61	23	2	240	78	1000	6	0	0
House Smoked Baby Back Ribs (Half Rack)	810	510	57	20	0	220	61	1400	11	0	9
House Smoked Baby Back Ribs (Full Rack)	1630	1020	113	41	1	440	121	2790	22	less than 1 g	17
Top Sirloin Steak & Ribs	1070	670	75	28	1.5	310	83	1880	11	less than 1 g	9
Top Sirloin Steak & Grilled Shrimp	450	210	23	10	1	180	37	1320	21	1	less than 1 g
Half Rack of Ribs & Grilled Shrimp	1010	560	62	23	0.5	315	75	2240	32	1	9
Lemon Pepper Chicken	520	110	12	4.5	0	220	68	2340	35	less than 1 g	2
Lemon Pepper White Fish	490	130	15	5	0	190	52	1650	34	less than 1 g	1
Grilled Salmon	590	270	30	7	0	120	44	1260	33	less than 1 g	1
Blackened Salmon	600	270	30	8	0	120	44	1740	35	1	1
GLUTEN-FRIENDLY SIDES											
Idaho Mashed Potatoes	160	70	8	3.5	0	0	3	360	19	2	2
Cheese & Bacon Mashed Potatoes	350	200	23	10	0	30	16	1120	20	2	2
Loaded Baked Potato	430	200	22	11	0	35	10	720	51	5	4
Side - Red Beans & Rice	230	50	6	2.5	0	10	9	960	34	5	4
Southern Green Beans	60	25	3	1	0	less than 5 mg	less than 1 g	190	8	2	4
Buttered Off-The-Cob Corn	110	20	2.5	0.5	0	0	4	80	22	2	8
Fresh Steamed Broccoli	100	70	8	3.5	0	0	3	105	6	3	2
Sweet Baby Carrots	35	0	0	0	0	0	less than 1 g	75	9	3	6
Seasoned Rice	150	35	4	2	0	0	2	600	26	less than 1 g	less than 1 g
Freshly Made Coleslaw	170	120	13	2	0	10	less than 1 g	200	14	1	12

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FAMILY BUNDLES											
All bundles served with 6 honey butter croissants & choice of two family-sized sides											
Classic Chicken Tender Bundle (sauce not included)	2590	1250	139	23	0	625	225	3210	110	5	3
Buffalo Sauce - 6 fl. oz.	230	170	19	8	0	0	1	1200	13	less than 1 g	8
Honey Hot Sauce - 6 fl. oz.	380	0	0	0	0	0	less than 1 g	1900	95	1	79
Honey Mustard - 6 fl. oz.	730	570	64	10	0	50	4	1050	40	3	36
Ranch - 6 fl. oz.	740	710	79	12	0.5	65	4	1600	7	0	6
Baby Back Ribs Bundle	3490	2050	228	82	2	885	244	8430	101	3	83
Baby Back Ribs & Tenders Bundle	3570	2040	226	59	2	785	238	7000	142	6	75
Grilled Salmon Bundle	2080	710	79	20	0	295	115	5450	216	4	106
Salmon & Tenders Bundle	2900	1370	152	28	1	495	173	5330	208	7	95
Honey Butter Croissants (6)	1310	760	85	37	7	0	21	750	119	6	28
Family-Size Sides											
Fresh Steamed Broccoli	420	300	33	15	0	less than 5 mg	14	410	24	11	7
French Fries	1850	780	86	14	0.5	5	25	4010	243	33	2
Cheese & Bacon Fries	2600	1290	143	41	1.5	130	77	7030	247	33	4
Broccoli Cheese Casserole	890	490	54	30	1.5	170	34	2540	64	7	8
Buttered Off-The-Cob Corn	440	80	9	2.5	0	0	15	320	90	9	32
Freshly Made Coleslaw	690	460	51	8	0	45	4	800	56	6	49
Mashed Potatoes	640	300	33	14	0	less than 5 mg	11	1450	76	7	7
Cheese & Bacon Mashed Potatoes	1390	810	90	40	1.5	130	63	4480	80	7	8
Seasoned Rice	620	150	16	7	0	0	9	2400	105	2	3
Red Beans & Rice	920	210	24	9	0.5	30	35	3850	135	19	16
Southern Green Beans	250	100	11	3.5	0	10	4	770	31	7	15
Sweet Baby Carrots	150	0	0	0	0	0	2	300	35	10	22
FAMILY SALAD											
Served with choice of salad dressing											
Family House Salad	560	300	33	14	1	305	31	810	40	10	14
Choice of Dressing											
Ranch Dressing - 8 fl. oz.	990	940	105	16	0.5	90	5	2140	10	0	7
Honey Mustard Dressing - 8 fl. oz.	730	570	64	10	0	50	4	1050	40	3	36
Chunky Blue Cheese Dressing - 8 fl. oz.	1280	1210	134	29	1	145	12	1990	8	0	5
Balsamic Vinaigrette - 8 fl. oz.	490	350	39	5	0	0	0	1570	37	less than 1 g	34
Honey Lime Dressing - 8 fl. oz.	1200	940	104	16	0.5	85	3	1120	72	1	69
Thousand Island Dressing - 8 fl. oz.	1190	1000	111	17	0	85	0	1540	43	0	43
FAMILY-SIZE BEVERAGES											
Gallon Iced Tea - Sweet	1470	0	0	0	0	0	0	115	381	0	369
Gallon Iced Tea - Peach	1880	0	0	0	0	0	less than 1 g	270	481	1	465
Gallon Iced Tea - Mango	1890	0	0	0	0	0	0	135	485	0	468
Gallon Iced Tea - Strawberry	1890	0	0	0	0	0	0	250	485	0	463
Gallon Iced Tea - Raspberry	1850	0	0	0	0	0	0	230	473	0	456
Gallon Lemonade	1320	0	0	0	0	0	13	260	316	0	303
Gallon Lemonade - Strawberry	1690	0	0	0	0	0	13	240	417	8	387
Gallon Lemonade - Raspberry	1690	0	0	0	0	0	15	280	415	0	399

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NON-ALC BEVERAGE											
Hand-Crafted Lemonade - Traditional	120	0	0	0	0	0	1	25	30	0	28
Hand-Crafted Lemonade - Raspberry	160	0	0	0	0	0	1	25	39	0	37
Hand-Crafted Lemonade - Strawberry	180	0	0	0	0	0	1	25	44	less than 1 g	41
Iced Tea - Sweet	140	0	0	0	0	0	0	10	36	0	35
Iced Tea - Peach	200	0	0	0	0	0	0	30	51	0	49
Iced Tea - Raspberry	200	0	0	0	0	0	0	25	50	0	48
Iced Tea - Strawberry	200	0	0	0	0	0	0	25	51	0	49
Iced Tea - Mango	200	0	0	0	0	0	0	15	51	0	49
Coca-Cola - 12 fl. oz.	140	0	0	0	0	0	0	45	39	0	39
Coke Zero Sugar - 12 fl. oz.	0	0	0	0	0	0	0	40	0	0	0
Diet Coke - 12 fl. oz.	0	0	0	0	0	0	0	40	0	0	0
Dr. Pepper - 12 fl. oz.	150	0	0	0	0	0	0	60	40	0	38
Diet Dr. Pepper - 12 fl. oz.	0	0	0	0	0	0	0	60	0	0	0
Barq's Root Beer - 12 fl. oz.	160	0	0	0	0	0	0	70	45	0	45
Fanta Orange - 12 fl. oz.	160	0	0	0	0	0	0	60	45	0	44
Sprite - 12 fl. oz.	140	0	0	0	0	0	0	65	38	0	38
Coffee	0	0	0	0	0	0	0	0	0	0	0
Kid's Milk, 2% - 8 fl. oz.	120	45	5	3	0	20	8	115	12	0	12
Kid's Apple Juice - 8 fl. oz.	110	0	0	0	0	0	0	35	28	0	28
Kid's Coca-Cola - 8 fl. oz.	90	0	0	0	0	0	0	30	26	0	26
Kid's Coke Zero Sugar - 8 fl. oz.	0	0	0	0	0	0	0	25	0	0	0
Kid's Diet Coke - 8 fl. oz.	0	0	0	0	0	0	0	25	0	0	0
Kid's Dr. Pepper - 8 fl. oz.	100	0	0	0	0	0	0	40	26	0	26
Kid's Diet Dr. Pepper - 8 fl. oz.	0	0	0	0	0	0	0	40	0	0	0
Kid's Barq's Root Beer - 8 fl. oz.	110	0	0	0	0	0	0	45	30	0	30
Kid's Fanta Orange - 8 fl. oz.	110	0	0	0	0	0	0	40	30	0	29
Kid's Sprite - 8 fl. oz.	90	0	0	0	0	0	0	45	25	0	25

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)
SIGNATURE MARGARITAS											
Texas Margarita - Rocks	340	0	0	0	0	0	0	15	51	0	48
Texas Margarita - Frozen	400	0	0	0	0	0	0	25	53	0	50
Grande Top Shelf - Rocks	470	0	0	0	0	0	0	20	79	0	73
Grande Top Shelf - Frozen	490	0	0	0	0	0	0	30	67	0	62
Grande Top Shelf - Frozen Sangria Swirl	480	0	0	0	0	0	0	30	65	0	56
Grande Top Shelf - Rocks Sangria Swirl	450	0	0	0	0	0	0	20	70	0	60
Grande Top Shelf - Frozen Strawberry Swirl	540	0	0	0	0	0	0	50	85	0	79
Grande Top Shelf - Rocks Strawberry Swirl	510	0	0	0	0	0	0	45	89	0	82
Texas Frozen Swirl - Strawberry	420	0	0	0	0	0	0	35	62	0	58
Texas Frozen Swirl - Sangria	390	0	0	0	0	0	0	25	53	0	47
Maui Margarita	470	0	0	0	0	0	0	55	79	0	74
El Patron Margarita	230	0	0	0	0	0	0	5	21	0	20
HAND-CRAFTED COCKTAILS											
Cheddar's Painkiller	350	40	4.5	4	0	0	2	45	49	2	43
Island Tiki	230	0	0	0	0	0	0	10	35	0	32
Presidente Sangria	170	0	0	0	0	0	0	10	28	less than 1 g	17
Cheddar's Long Island Iced Tea	230	0	0	0	0	0	0	10	30	0	28
Texas Sweet Tea	230	0	0	0	0	0	0	15	32	0	31
WINE											
Sweet White / Blush, 6 oz.	150	0	0	0	0	0	less than 1 g	10	7	0	7
Sweet White / Blush, Bottle	640	0	0	0	0	0	3	40	29	0	29
Sparkling, Split	160	0	0	0	0	0	less than 1 g	10	10	0	10
White, 6 oz.	150	0	0	0	0	0	0	10	4	0	2
White, Bottle	630	0	0	0	0	0	less than 1 g	35	16	0	7
Red, 6 oz.	160	0	0	0	0	0	0	0	5	0	1
Red, Bottle	660	0	0	0	0	0	less than 1 g	0	21	0	5
BEER											
Beer, Light - 12 fl. oz.	100	0	0	0	0	0	less than 1 g	15	6	0	0
Beer, Light - 16 fl. oz.	140	0	0	0	0	0	1	20	8	0	0
Beer, Light - 23 fl. oz.	200	0	0	0	0	0	2	25	11	0	less than 1 g
Beer, Regular - 12 fl. oz.	150	0	0	0	0	0	2	15	13	0	0
Beer, Regular - 16 fl. oz.	200	0	0	0	0	0	2	20	17	0	0
Beer, Regular - 23 fl. oz.	290	0	0	0	0	0	3	25	24	0	0
Hard Cider - 12 fl. oz.	200	0	0	0	0	0	0	15	21	0	21