

WAHLBURGERS MENU NUTRITIONAL INFORMATION

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)
House Burgers															
The Double Decker (1 sandwich)	557	345	38	16	0	138	2338	8	1	6	37	580	5	242	3
The Double Decker (1 sandwich) with Toasted Bun	770	453	50	20	0	148	2753	42	2	10	43	580	6	302	5
The Double Decker (1 sandwich) with Toasted Gluten Free Bun	830	462	51	17	0	138	2833	48	6	12	43	580	5	282	3
The Our Burger (1 sandwich)															
The Our Burger (1 sandwich)	439	269	30	11	0	111	1286	8	1	5	30	377	5	138	3
The Our Burger (1 sandwich) with Toasted Bun	663	377	42	16	0	121	1701	41	2	9	36	377	6	198	5
The Our Burger (1 sandwich) with Toasted Gluten Free Bun	722	386	43	13	0	111	1781	47	6	11	36	377	5	178	3
The Triple Decker (1 sandwich)															
The Triple Decker (1 sandwich)	762	492	55	23	0	206	3423	10	1	7	55	782	4	355	5
The Triple Decker (1 sandwich) with Toasted Bun	995	600	67	27	0	216	3838	43	2	11	61	782	5	415	6
The Triple Decker (1 sandwich) with Toasted Gluten Free Bun	1055	609	68	24	0	206	3918	49	6	13	61	782	4	395	5
Specialty Burgers															
BBQ Bacon Burger (1 sandwich)	518	332	37	15	0	127	1536	11	3	7	37	564	14	190	3
BBQ Bacon Burger (1 sandwich) with Toasted Bun	751	440	49	19	0	137	1951	44	4	11	43	564	15	250	5
BBQ Bacon Burger (1 sandwich) with Toasted Gluten Free Bun	811	449	50	16	0	127	2031	50	8	13	43	564	14	210	4
O.F.D. (1 sandwich)	600	365	41	17	0	174	1309	5	0	3	50	195	5	247	4
O.F.D. (1 sandwich) with Toasted Bun	833	473	53	21	0	184	1724	38	1	7	56	195	6	307	6
O.F.D. (1 sandwich) with Toasted Gluten Free Bun	893	482	54	18	0	174	1804	44	5	9	56	195	5	287	5
Thanksgiving Turkey Burger (1 sandwich)	340	187	21	5	0	90	404	15	1	9	22	1707	7	51	2
Thanksgiving Turkey Burger (1 sandwich) with Toasted Bun	573	295	33	9	0	100	819	48	2	13	28	1707	8	111	3
Thanksgiving Turkey Burger (1 sandwich) with Toasted Gluten Fr	633	304	34	6	0	90	899	54	6	15	28	1707	7	91	2
The Fiesta Burger (1 sandwich)	689	478	53	17	0	171	1849	3	1	2	45	828	22	210	4
The Fiesta Burger (1 sandwich) with Toasted Bun	922	586	65	22	0	181	2264	36	2	6	51	828	23	270	6
The Fiesta Burger (1 sandwich) with Toasted Gluten Free Bun	982	595	66	19	0	171	2344	42	6	8	51	828	22	250	5
The Impossible Burger (1 serving)	489	293	33	19	0	23	993	14	1	5	32	520	4	187	4
The Impossible Burger (1 serving) with Toasted Bun	722	401	45	23	0	33	1408	47	2	9	38	520	5	247	6
The Impossible Burger (1 serving) with Toasted Gluten Free Bun	782	410	46	20	0	23	1488	53	6	11	38	520	4	227	5
The Melt (1 sandwich)	646	450	50	21	0	154	2355	7	1	5	40	619	3	340	3
The Melt (1 sandwich) with Grilled Gluten Free White Bread	930	568	63	22	0	154	2791	42	3	8	46	619	3	360	3
The Melt (1 sandwich) with Grilled White Bread	1010	550	61	22	0	154	2971	65	3	13	52	619	3	460	7
The Super Melt (1 serving)	788	534	59	25	0	201	2395	7	1	5	53	619	3	353	4
Free Toppings															
Free Housemade Toppings (1 serving)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Free Housemade Toppings (1 serving) with Topping Choice BBQ	24	2	0	0	0	0	212	5	0	4	0	71	1	3	0
Free Housemade Toppings (1 serving) with Topping Choice Buffalo	14	1	0	0	0	0	424	1	0	0	0	323	0	1	0
Free Housemade Toppings (1 serving) with Topping Choice Chlck	79	77	9	1	0	4	100	0	0	0	0	46	0	2	0
Free Housemade Toppings (1 serving) with Topping Choice Must	50	48	5	1	0	3	127	0	0	0	0	0	0	4	0
Free Housemade Toppings (1 serving) with Topping Choice Pickl	1	0	0	0	0	0	16	0	0	0	0	8	0	2	0
Free Housemade Toppings (1 serving) with Topping Choice Wahl	66	52	6	1	0	3	157	3	0	3	0	55	1	3	0
Free Toppings (1 serving)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Free Toppings (1 serving) with Topping Choice Fresh Jalapenos	1	0	0	0	0	0	0	0	0	0	0	34	2	0	0
Free Toppings (1 serving) with Topping Choice Government Chee	70	54	6	4	0	15	320	1	0	1	3	200	0	100	0
Free Toppings (1 serving) with Topping Choice Lettuce	1	0	0	0	0	0	1	0	0	0	0	534	1	3	0
Free Toppings (1 serving) with Topping Choice Onion	3	0	0	0	0	0	0	1	0	0	0	0	0	1	0
Free Toppings (1 serving) with Topping Choice Tomato	2	0	0	0	0	0	0	0	0	0	0	79	1	1	0
1 Dollar Toppings															
1 Dollar Housemade Toppings (1 serving)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1 Dollar Housemade Toppings (1 serving) with Topping Choice Ca	13	6	1	0	0	0	36	1	0	1	0	0	0	1	3
1 Dollar Housemade Toppings (1 serving) with Topping Choice Ch	63	31	3	1	0	11	186	4	1	1	4	306	8	13	1
1 Dollar Housemade Toppings (1 serving) with Topping Choice Sa	4	0	0	0	0	0	37	0	0	0	0	0	0	1	0
1 Dollar Toppings (1 serving)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1 Dollar Toppings (1 serving) with Topping Choice Avocado Sprea	49	37	4	1	0	0	66	2	2	0	1	41	3	4	0
1 Dollar Toppings (1 serving) with Topping Choice Blue Cheese	200	144	16	10	0	40	760	0	0	0	12	600	0	300	0
1 Dollar Toppings (1 serving) with Topping Choice Crispy Bacon	80	64	7	3	0	13	266	0	0	0	4	0	0	1	0
1 Dollar Toppings (1 serving) with Topping Choice Government Chee	84	55	6	2	0	22	79	0	0	0	6	244	0	26	1
1 Dollar Toppings (1 serving) with Topping Choice Onion Rings	78	12	1	0	0	0	249	14	1	2	2	0	4	12	1
1 Dollar Toppings (1 serving) with Topping Choice Pepper Jack Ch	104	81	9	4	0	22	492	0	0	0	4	298	0	149	0
1 Dollar Toppings (1 serving) with Topping Choice Swiss Cheese	71	46	5	3	0	20	40	0	0	0	5	0	0	202	0
1 Dollar Toppings (1 serving) with Topping Choice White Cheddar	120	84	9	5	0	27	180	0	0	0	7	400	0	200	0
On The Side Items															
Crispy Yukon French Fries (1 serving)	390	139	15	1	0	0	1013	59	5	0	5	0	13	0	2
Sweet Potato Tots (1 serving)	291	94	10	0	0	0	880	46	4	16	2	6000	18	40	1
Tater Tots (1 serving)	351	175	19	4	0	0	1140	38	4	0	4	0	5	0	1
Thin Crispy Onion Rings (1 serving)	195	29	3	0	0	0	622	36	2	6	4	53	10	32	2
From Scratch Items															
Alma's Macaroni Salad (1 serving)	680	398	44	6	0	20	816	62	4	2	10	503	30	12	3
Alma's Macaroni Salad, Side (1 serving)	498	297	33	5	0	15	596	44	3	2	7	359	22	8	2
Housemade Chili (1 serving)	252	125	14	5	0	46	742	15	3	4	16	1225	33	50	3
Housemade Chili (1 serving) with Cheddar Cheese	362	206	23	10	0	76	922	16	3	4	23	1525	33	250	3
Smoked Bacon Mac 'N Cheese (1 serving)	922	411	46	27	0	140	742	93	4	6	23	1430	1	290	4
Smoked Bacon Mac 'N Cheese (1 serving) with Beef	1195	567	63	33	0	228	814	93	4	6	48	1430	1	313	6
Smoked Bacon Mac 'N Cheese (1 serving) with Fried Haddock Fil	1128	450	50	27	0	237	831	110	5	7	48	1645	2	343	6
Smoked Bacon Mac 'N Cheese (1 serving) with Grilled Chicken	1097	444	49	27	0	232	1651	94	5	6	56	1525	2	310	5
Smoked Bacon Mac 'N Cheese (1 serving) with Pulled Pork	1106	532	59	30	0	196	839	94	5	6	38	1461	1	307	5
Smoked Bacon Mac 'N Cheese (1 serving) with Turkey	1082	483	54	29	0	220	822	93	4	6	44	1530	1	330	5

Wahlbowls and Fresh Salads																
	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	
BBQ Bacon Wahlbowl (1 serving)	620	434	48	15	0	127	1573	11	4	5	37	5309	26	216	4	
Caesar Salad (1 salad)	559	502	56	8	0	34	470	7	3	2	8	6696	28	168	1	
Caesar Salad (1 salad) with Beef	821	657	73	14	0	122	543	7	3	2	33	6606	28	192	4	
Caesar Salad (1 salad) with Fried Haddock Filet	765	540	60	9	0	131	609	24	3	3	23	6911	30	233	3	
Caesar Salad (1 salad) with Grilled Chicken	734	534	59	9	0	117	1379	8	3	2	41	6791	30	189	2	
Caesar Salad (1 salad) with Turkey	719	574	64	10	0	114	550	7	3	2	29	6796	28	208	2	
Cobb Salad (1 salad)	517	276	31	10	0	320	1599	9	5	2	48	7451	35	258	3	
Jenn's Chicken Wahlbowl (1 serving)	388	203	23	3	0	86	1209	10	2	5	34	5010	24	55	2	
Our Burger Wahlbowl (1 serving)	530	360	40	12	0	110	1365	9	3	5	31	5405	26	167	4	
Smoked Bacon Anzuzula Salad (1 serving)	406	328	36	6	0	16	378	10	3	6	9	1510	9	203	2	
Smoked Bacon Anzuzula Salad (1 serving) with Beef	669	483	54	13	0	105	451	10	3	6	34	1510	9	226	4	
Smoked Bacon Anzuzula Salad (1 serving) with Fried Haddock Filet	613	366	41	7	0	113	518	26	4	6	34	1725	11	256	4	
Smoked Bacon Anzuzula Salad (1 serving) with Grilled Chicken	581	360	40	7	0	99	1288	10	3	6	42	1606	11	223	3	
Smoked Bacon Anzuzula Salad (1 serving) with Turkey	566	400	44	9	0	96	458	10	3	6	30	1610	9	243	3	
Sandwiches																
	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	
Crispy Haddock Sandwich (1 sandwich)	374	203	23	4	0	106	336	17	1	1	25	345	3	55	2	
Crispy Haddock Sandwich (1 sandwich) with Toasted Bun	607	391	35	8	0	116	751	50	2	5	31	345	5	115	4	
Crispy Haddock Sandwich (1 sandwich) with Toasted Gluten Free	667	530	36	5	0	106	831	56	6	7	31	345	3	95	2	
Double Dogs (1 serving)	301	234	26	10	0	60	1061	2	0	0	16	48	0	4	2	
Double Dogs (1 serving) with Add Chili	364	266	30	11	0	71	1246	6	1	1	20	355	8	16	2	
Double Dogs (1 serving) with Add Shredded Cheddar Cheese	415	315	35	15	0	90	1241	3	0	0	23	348	0	204	2	
Double Dogs (1 serving) with Toasted Gluten Free Hot Dog Buns	807	450	50	13	0	60	1871	70	8	10	24	48	0	44	3	
Double Dogs (1 serving) with Toasted Hot Dog Buns	667	387	43	13	0	60	1611	48	2	8	24	48	0	124	4	
Jenn's Chicken Sandwich (1 sandwich)	365	200	22	3	0	91	1178	6	0	3	33	97	3	25	1	
Jenn's Chicken Sandwich (1 sandwich) with Toasted Bun	598	308	34	8	0	101	1593	39	1	7	39	97	5	85	3	
Jenn's Chicken Sandwich (1 sandwich) with Toasted Gluten Free	658	317	35	5	0	91	1673	45	5	9	39	97	3	65	2	
Mom's Sloppy Joe (1 sandwich)	509	339	38	15	0	101	857	21	1	11	18	1013	16	100	3	
Mom's Sloppy Joe (1 sandwich) with Grilled Gluten Free White Br	650	398	44	16	0	101	1125	38	2	13	21	1013	16	119	3	
Mom's Sloppy Joe (1 sandwich) with Grilled White Bread	690	389	43	16	0	101	1215	50	2	15	24	1013	16	169	4	
Portobello Sandwich (1 sandwich)	189	130	14	1	0	0	1381	9	2	3	4	135	3	19	1	
Portobello Sandwich (1 sandwich) with Toasted Bun	413	238	26	5	0	10	1696	42	3	7	10	135	4	79	3	
Portobello Sandwich (1 sandwich) with Toasted Gluten Free Bun	473	247	27	2	0	0	1776	48	7	9	10	135	3	59	1	
Smahburgers																
	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	
All Beef Pearl Hot Dog (1 serving)	346	187	21	5	0	30	1037	30	3	0	11	24	6	2	2	
All Beef Pearl Hot Dog (1 serving) with Toasted Gluten Free Hot T	599	295	33	7	0	30	1442	64	7	5	15	24	6	2	2	
All Beef Pearl Hot Dog (1 serving) with Toasted Hot Dog Bun	539	263	29	7	0	30	1312	53	4	4	15	24	6	62	3	
Chicken Tenders (1 serving)	420	135	15	1	0	116	584	29	3	0	40	0	6	0	2	
Chicken Tenders (1 serving) with Dipping Sauce Choice Barbecue	467	139	15	1	0	116	1008	40	3	9	40	141	9	5	2	
Chicken Tenders (1 serving) with Dipping Sauce Choice Honey M	507	187	21	2	0	119	785	39	3	8	40	3	6	11	2	
Chocolate Ice Cream (1 serving)	142	77	9	6	0	31	43	14	1	14	2	283	1	85	1	
Grilled Cheese (1 serving)	495	232	26	11	0	45	1497	32	3	3	12	600	6	300	1	
Grilled Cheese (1 serving) with Add Bacon	485	296	33	14	0	58	1733	33	3	3	15	600	6	301	1	
Grilled Cheese (1 serving) with Grilled Gluten Free White Bread	689	349	39	12	0	45	2002	67	5	6	18	600	6	320	1	
Grilled Cheese (1 serving) with Grilled White Bread	769	331	37	12	0	45	2182	90	5	11	24	600	6	420	5	
Mac N Cheese (1 serving)	1009	418	46	25	0	132	1069	115	7	5	22	1403	6	277	5	
Smahburger (1 sandwich)	434	223	25	8	0	71	1595	31	3	1	22	203	6	116	3	
Smahburger (1 sandwich) with Toasted Bun	667	331	33	7	0	81	2010	64	4	5	28	203	8	156	4	
Smahburger (1 sandwich) with Toasted Gluten Free Bun	727	340	38	9	0	71	2090	70	8	7	28	203	6	156	3	
Strawberry Ice Cream (1 serving)	129	75	8	5	0	32	32	11	0	11	2	0	2	70	1	
Vanilla Ice Cream (1 serving)	142	87	10	6	0	37	37	12	0	12	2	425	1	85	1	
Vegetarian Menu Items																
	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	
Alma's Macaroni Salad (1 serving)	680	398	44	6	0	20	816	62	4	2	10	503	30	12	3	
Alma's Macaroni Salad, Side (1 serving)	498	297	33	5	0	15	596	44	3	2	7	359	22	8	2	
Almost Cobb Salad (1 serving)	342	244	27	9	0	237	690	8	5	2	15	7356	33	238	2	
Anzuzula Salad (1 serving)	366	296	33	5	0	10	245	9	3	6	8	1510	9	202	2	
Black and White Frappe (1 drink)	809	448	50	33	0	189	279	74	2	72	16	1888	5	613	3	
Black and White Frappe (1 drink) with Malt Powder	930	472	52	34	0	196	414	95	2	86	19	1888	5	667	3	
Caesar Salad (1 serving)	562	503	56	8	0	35	497	7	3	2	9	6695	28	178	1	
Chocolate Frappe (1 drink)	738	389	43	29	0	162	269	72	3	69	15	1463	5	570	3	
Chocolate Frappe (1 drink) with Malt Powder	859	414	46	30	0	169	404	92	3	82	18	1463	5	624	3	
Chocolate Ice Cream (1 serving)	213	115	13	9	0	47	64	21	1	20	3	425	1	128	1	
Chocolate Mint Frappe (1 drink)	899	428	48	31	0	178	291	101	3	98	16	1605	5	613	3	
Chocolate Mint Frappe (1 drink) with Malt Powder	1020	452	50	33	0	185	426	121	3	111	19	1605	5	667	3	
Chocolate Strawberry Frappe (1 drink)	783	425	47	31	0	179	270	73	2	71	16	1038	8	584	3	
Chocolate Strawberry Frappe (1 drink) with Malt Powder	904	449	50	32	0	186	405	94	2	84	18	1038	8	638	3	
Coffee Frappe (1 drink)	711	320	36	23	0	153	318	78	0	64	14	1496	2	536	0	
Coffee Frappe (1 drink) with Malt Powder	832	344	38	24	0	159	453	98	0	78	16	1496	2	590	0	
Creamside Float (1 drink)	593	260	29	19	0	111	201	78	0	78	7	1276	2	255	2	
Crispy Yukon French Fries (1 serving)	390	139	15	1	0	0	1013	59	5	0	5	0	13	0	2	
Grilled Cheese (1 serving)	210	162	18	11	0	45	660	3	0	3	9	600	0	300	0	
Grilled Cheese (1 serving) with Grilled Gluten Free White Bread	494	280	31	12	0	45	1496	38	2	6	15	600	0	300	0	
Grilled Cheese (1 serving) with Grilled White Bread	574	262	29	12	0	45	1676	61	2	11	21	600	0	420	4	
Grilled Fluffanutta (1 serving)	577	339	38	8	0	0	203	51	3	35	8	16	2	32	1	
Grilled Fluffanutta (1 serving) with Grilled Gluten Free White Bre	861	456	51	9	0	0	279	86	5	38	14	16	2	52	2	
Grilled Fluffanutta (1 serving) with Grilled White Bread	941	438	49	9	0	0	919	109	5	43	20	16	2	152	5	
Impossible Burger (1 serving)	489	293	33	19	0	23	993	14	1	5	32	520	4	187	4	
Impossible Burger (1 serving) with Toasted Bun	723	401	45	23	0	23	1488	47	2	9	38	520	5	247	6	
Impossible Burger (1 serving) with Toasted Gluten Free Bun	782	410	46	20	0	23	1488	53	6	11	38	520	4	227	5	

Mac N Cheese (1 serving)	882	379	42	25	0	133	608	93	4	6	21	1430	1	289	4
Mocha Frappe (1 drink)	769	385	43	28	0	168	302	78	2	71	15	1561	4	582	2
Mocha Frappe (1 drink) with Malt Powder	891	409	45	29	0	175	437	99	2	85	18	1561	4	616	2
Portobello Salad (1 serving)	180	130	14	1	0	0	1281	9	2	3	4	135	3	19	1
Portobello Sandwich (1 serving)	180	130	14	1	0	0	1281	9	2	3	4	135	3	19	1
Portobello Sandwich (1 serving) with Toasted Bun	413	238	26	5	0	10	1696	42	3	7	10	135	4	79	3
Portobello Sandwich (1 serving) with Toasted Gluten Free Bun	473	247	27	2	0	0	1726	48	7	9	10	135	3	59	1
Root Beer Float (1 drink)	559	260	29	19	0	111	156	72	0	72	7	1276	2	255	2
Strawberry Frappe (1 drink)	680	384	43	27	0	166	222	59	1	58	14	188	11	505	3
Strawberry Frappe (1 drink) with Malt Powder	801	408	45	29	0	172	357	80	1	71	17	188	11	559	3
Strawberry Ice Cream (1 serving)	193	113	13	8	0	48	48	17	0	17	3	0	3	106	1
Sweet Potato Tots (1 serving)	291	94	10	0	0	0	880	46	4	16	2	6000	18	40	1
Tater Tots (1 serving)	351	175	19	4	0	0	1140	38	4	0	4	0	5	0	1
Thin Crispy Onion Rings (1 serving)	195	29	3	0	0	0	622	36	2	6	4	53	10	32	2
Vanilla Frappe (1 drink)	768	453	50	32	0	188	244	64	0	63	15	2101	5	570	3
Vanilla Frappe (1 drink) with Malt Powder	889	478	53	34	0	194	379	84	0	77	18	2101	5	624	3
Vanilla Ice Cream (1 serving)	213	130	14	9	0	55	55	18	0	18	3	638	1	128	1

Frappes and Floats and Desserts															
	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)
Black and White Frappe (1 drink)	809	443	50	33	0	189	279	74	2	72	16	1888	5	613	3
Black and White Frappe (1 drink) with Malt Powder	930	472	52	34	0	196	414	95	2	86	19	1888	5	667	3
Chocolate Frappe (1 drink)	738	389	43	29	0	162	269	72	3	69	15	1463	5	570	3
Chocolate Frappe (1 drink) with Malt Powder	859	414	46	30	0	169	404	92	3	82	18	1463	5	624	3
Chocolate Ice Cream (1 serving)	213	115	13	9	0	47	64	21	1	20	3	425	1	128	1
Chocolate Mint Frappe (1 drink)	899	428	48	31	0	178	201	101	3	98	16	1605	5	613	3
Chocolate Mint Frappe (1 drink) with Malt Powder	1020	452	50	33	0	185	426	121	3	111	19	1605	5	667	3
Chocolate Strawberry Frappe (1 drink)	783	425	47	31	0	179	270	73	2	71	16	1038	8	584	3
Chocolate Strawberry Frappe (1 drink) with Malt Powder	904	449	50	32	0	186	495	94	2	84	18	1038	8	638	3
Coffee Frappe (1 drink)	711	320	36	23	0	153	318	78	0	64	14	1496	2	536	0
Coffee Frappe (1 drink) with Malt Powder	832	344	38	24	0	159	453	98	0	78	16	1496	2	590	0
Creamsicle Float (1 drink)	593	260	29	19	0	111	201	78	0	78	7	1276	2	255	2
Grilled Fluffanutta (1 serving)	577	339	38	8	0	0	203	51	3	35	8	16	2	32	1
Grilled Fluffanutta (1 serving) with Grilled Gluten Free White Bread	861	456	51	9	0	0	738	86	5	38	14	16	2	32	2
Grilled Fluffanutta (1 serving) with Grilled White Bread	941	438	49	9	0	0	919	109	5	43	20	16	2	32	5
Mocha Frappe (1 drink)	769	385	43	28	0	168	302	79	2	71	15	1561	4	582	2
Mocha Frappe (1 drink) with Malt Powder	891	409	45	29	0	175	437	99	2	85	18	1561	4	616	2
Root Beer Float (1 drink)	559	260	29	19	0	111	156	72	0	72	7	1276	2	255	2
Strawberry Frappe (1 drink)	680	384	43	27	0	166	222	59	1	58	14	188	11	505	3
Strawberry Frappe (1 drink) with Malt Powder	801	408	45	29	0	172	357	80	1	71	17	188	11	559	3
Strawberry Ice Cream (1 serving)	193	113	13	8	0	48	48	17	0	17	3	0	3	106	1
Vanilla Frappe (1 drink)	768	453	50	32	0	188	244	64	0	63	15	2101	5	570	3
Vanilla Frappe (1 drink) with Malt Powder	889	478	53	34	0	194	379	84	0	77	18	2101	5	624	3
Vanilla Ice Cream (1 serving)	213	130	14	9	0	55	55	18	0	18	3	638	1	128	1

Beverages															
	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)
Aquahydrate (1 bottle)	0	0	0	0	0	0	11	0	0	0	0	0	0	0	0
Arnold Palmer (1 drink)	104	0	0	0	0	0	4	26	0	22	0	10	25	7	0
Cherry Coca Cola (12 fluid ounces)	94	0	0	0	0	0	4	25	0	25	0	0	0	0	0
Cherry Coca Cola (16 fluid ounces)	125	0	0	0	0	0	5	34	0	34	0	0	0	0	0
Cherry Coca Cola (22 fluid ounces)	172	0	0	0	0	0	7	46	0	46	0	0	0	0	0
Coca Cola (12 fluid ounces)	89	0	0	0	0	0	5	24	0	24	0	0	0	0	0
Coca Cola (16 fluid ounces)	119	0	0	0	0	0	7	32	0	32	0	0	0	0	0
Coca Cola (22 fluid ounces)	163	0	0	0	0	0	10	45	0	45	0	0	0	0	0
Coffee (1 serving)	0	0	0	0	0	0	5	0	0	0	0	0	0	5	0
Decaf Coffee (1 serving)	0	0	0	0	0	0	5	0	0	0	0	0	0	5	0
Diet Coke (12 fluid ounces)	0	0	0	0	0	0	9	0	0	0	0	0	0	0	0
Diet Coke (16 fluid ounces)	0	0	0	0	0	0	12	0	0	0	0	0	0	0	0
Diet Coke (22 fluid ounces)	0	0	0	0	0	0	17	0	0	0	0	0	0	0	0
Diet IBC Root Beer (1 bottle)	0	0	0	0	0	0	110	0	0	0	0	0	0	0	0
Farm Fresh Chocolate Milk (12 fluid ounces)	315	108	12	7	0	30	285	39	2	38	9	450	5	450	0
Farm Fresh Chocolate Milk (16 fluid ounces)	420	144	16	10	0	40	380	52	2	50	12	600	7	600	0
Farm Fresh Chocolate Milk (22 fluid ounces)	578	198	22	14	0	55	523	72	3	69	17	825	10	825	0
Farm Fresh Whole Milk (12 fluid ounces)	240	108	12	7	0	52	188	20	0	18	12	450	4	450	0
Farm Fresh Whole Milk (16 fluid ounces)	320	144	16	10	0	70	250	26	0	24	16	600	5	600	0
Farm Fresh Whole Milk (22 fluid ounces)	440	198	22	14	0	96	344	36	0	33	22	825	7	825	0
Fresh Brewed Tea (12 fluid ounces)	0	0	0	0	0	0	7	0	0	0	0	0	0	7	0
Fresh Brewed Tea (16 fluid ounces)	0	0	0	0	0	0	10	0	0	0	0	0	0	10	0
Fresh Brewed Tea (22 fluid ounces)	0	0	0	0	0	0	14	0	0	0	0	0	0	14	0
Fuze Raspberry Iced Tea (12 fluid ounces)	81	0	0	0	0	0	0	21	0	20	0	0	0	5	0
Fuze Raspberry Iced Tea (16 fluid ounces)	108	0	0	0	0	0	0	28	0	26	0	0	0	7	0
Fuze Raspberry Iced Tea (22 fluid ounces)	149	0	0	0	0	0	0	38	0	36	0	0	0	10	0
Hi-C Fruit Punch (12 fluid ounces)	94	0	0	0	0	0	8	25	0	25	0	0	0	0	0
Hi-C Fruit Punch (16 fluid ounces)	125	0	0	0	0	0	11	34	0	34	0	0	0	0	0
Hi-C Fruit Punch (22 fluid ounces)	172	0	0	0	0	0	15	46	0	46	0	0	0	0	0
Housemade Lemonade (12 fluid ounces)	97	0	0	0	0	0	4	24	0	21	0	10	23	7	0
Housemade Lemonade (16 fluid ounces)	129	0	0	0	0	0	5	32	0	28	0	13	31	9	0
Housemade Lemonade (22 fluid ounces)	177	0	0	0	0	0	6	44	0	38	0	18	43	12	0
IBC Root Beer (1 bottle)	160	0	0	0	0	0	55	43	0	43	0	0	0	0	0
Iced Coffee (12 fluid ounces)	0	0	0	0	0	0	7	0	0	0	0	0	0	7	0
Iced Coffee (16 fluid ounces)	0	0	0	0	0	0	10	0	0	0	0	0	0	10	0
Iced Coffee (22 fluid ounces)	0	0	0	0	0	0	14	0	0	0	0	0	0	14	0
Mexican Coke (1 bottle)	156	0	0	0	0	0	85	39	0	39	0	0	0	0	0
Mexican Fanta Orange (1 bottle)	168	0	0	0	0	0	90	42	0	42	0	0	0	0	0
Mexican Sprite (1 bottle)	160	0	0	0	0	0	105	40	0	40	0	0	0	0	0
Sprite (12 fluid ounces)	89	0	0	0	0	0	20	23	0	23	0	0	0	0	0
Sprite (16 fluid ounces)	116	0	0	0	0	0	26	31	0	31	0	0	0	0	0
Sprite (22 fluid ounces)	160	0	0	0	0	0	36	43	0	43	0	0	0	0	0

Adult Frappes		Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Birthday Cake Adult Frappe (1 drink)		1161	532	66	40	2	221	278	104	0	94	14	2551	4	510	4
Fluffnuttah Adult Frappe (1 drink)		1073	547	61	39	0	221	226	96	0	84	14	2551	4	510	4
Hot Fudge Sundae Adult Frappe (1 drink)		1015	488	54	36	0	187	255	97	3	92	14	1701	4	510	4
Mud Pie Adult Frappe (1 drink)		1078	394	44	25	2	157	470	129	1	97	11	1570	0	419	1
S'Mores Adult Frappe (1 drink)		1193	474	53	34	0	187	361	141	4	110	15	1701	4	545	4

Draft Beers		Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Anzry Orchard (14 fluid ounces)		210	0	0	0	0	0	0	23	0	18	0	0	0	0	0
Anzry Orchard (16 fluid ounces)		240	0	0	0	0	0	0	26	0	20	0	0	0	0	0
Anzry Orchard (20 fluid ounces)		300	0	0	0	0	0	0	33	0	25	0	0	0	0	0
Anzry Orchard (21 fluid ounces)		315	0	0	0	0	0	0	34	0	26	0	0	0	0	0
Anzry Orchard (32 fluid ounces)		480	0	0	0	0	0	0	52	0	40	0	0	0	0	0
Blue Moon (14 fluid ounces)		191	0	0	0	0	0	9	15	0	0	2	0	0	0	0
Blue Moon (16 fluid ounces)		219	0	0	0	0	0	10	17	0	0	3	0	0	0	0
Blue Moon (20 fluid ounces)		273	0	0	0	0	0	13	22	0	0	3	0	0	0	0
Blue Moon (21 fluid ounces)		287	0	0	0	0	0	13	23	0	0	4	0	0	0	0
Blue Moon (32 fluid ounces)		437	0	0	0	0	0	20	35	0	0	5	0	0	0	0
Bud Light (14 fluid ounces)		128	0	0	0	0	0	11	8	0	0	1	0	0	0	0
Bud Light (16 fluid ounces)		147	0	0	0	0	0	12	9	0	0	1	0	0	0	0
Bud Light (20 fluid ounces)		183	0	0	0	0	0	15	11	0	0	2	0	0	0	0
Bud Light (21 fluid ounces)		191	0	0	0	0	0	16	12	0	0	2	0	0	0	0
Bud Light (32 fluid ounces)		293	0	0	0	0	0	24	18	0	0	2	0	0	0	0
Coors Light (14 fluid ounces)		119	0	0	0	0	0	12	6	0	1	1	0	0	0	0
Coors Light (16 fluid ounces)		136	0	0	0	0	0	13	7	0	1	1	0	0	0	0
Coors Light (20 fluid ounces)		179	0	0	0	0	0	17	8	0	2	1	0	0	0	0
Coors Light (21 fluid ounces)		179	0	0	0	0	0	18	9	0	2	1	0	0	0	0
Coors Light (32 fluid ounces)		272	0	0	0	0	0	27	13	0	3	2	0	0	0	0
Guinness (14 fluid ounces)		205	0	0	0	0	0	0	16	0	0	0	0	0	0	0
Guinness (16 fluid ounces)		235	0	0	0	0	0	0	19	0	0	0	0	0	0	0
Guinness (20 fluid ounces)		293	0	0	0	0	0	0	23	0	0	0	0	0	0	0
Guinness (21 fluid ounces)		308	0	0	0	0	0	0	25	0	0	0	0	0	0	0
Guinness (32 fluid ounces)		469	0	0	0	0	0	0	37	0	0	0	0	0	0	0
Miller (14 fluid ounces)		165	0	0	0	0	0	12	14	0	0	0	0	0	0	0
Miller (16 fluid ounces)		188	0	0	0	0	0	13	16	0	0	0	0	0	0	0
Miller (20 fluid ounces)		235	0	0	0	0	0	17	20	0	0	0	0	0	0	0
Miller (21 fluid ounces)		247	0	0	0	0	0	18	21	0	0	0	0	0	0	0
Miller (32 fluid ounces)		376	0	0	0	0	0	27	33	0	0	0	0	0	0	0
Sam Adams (14 fluid ounces)		210	0	0	0	0	0	0	22	0	1	2	0	0	5	0
Sam Adams (16 fluid ounces)		240	0	0	0	0	0	0	25	0	1	3	0	0	6	0
Sam Adams (20 fluid ounces)		300	0	0	0	0	0	0	31	0	2	3	0	0	8	0
Sam Adams (21 fluid ounces)		315	0	0	0	0	0	0	33	0	2	4	0	0	8	0
Sam Adams (32 fluid ounces)		480	0	0	0	0	0	0	50	0	3	5	0	0	12	0
Sam Adams Boston Lager (14 fluid ounces)		210	0	0	0	0	0	0	22	0	1	2	0	0	5	0
Sam Adams Boston Lager (16 fluid ounces)		240	0	0	0	0	0	0	25	0	1	3	0	0	6	0
Sam Adams Boston Lager (20 fluid ounces)		300	0	0	0	0	0	0	31	0	2	3	0	0	8	0
Sam Adams Boston Lager (21 fluid ounces)		315	0	0	0	0	0	0	33	0	2	4	0	0	8	0
Sam Adams Boston Lager (32 fluid ounces)		480	0	0	0	0	0	0	50	0	3	5	0	0	12	0
Sam Adams Seasonal (14 fluid ounces)		190	0	0	0	0	0	0	15	0	0	0	0	0	0	0
Sam Adams Seasonal (16 fluid ounces)		217	0	0	0	0	0	0	17	0	0	0	0	0	0	0
Sam Adams Seasonal (20 fluid ounces)		272	0	0	0	0	0	0	22	0	0	0	0	0	0	0
Sam Adams Seasonal (21 fluid ounces)		285	0	0	0	0	0	0	23	0	0	0	0	0	0	0
Sam Adams Seasonal (32 fluid ounces)		435	0	0	0	0	0	0	35	0	0	0	0	0	0	0
Stella Artois (14 fluid ounces)		175	0	0	0	0	0	20	14	0	0	0	0	0	0	0
Stella Artois (16 fluid ounces)		200	0	0	0	0	0	23	15	0	0	0	0	0	0	0
Stella Artois (20 fluid ounces)		250	0	0	0	0	0	28	19	0	0	0	0	0	0	0
Stella Artois (21 fluid ounces)		264	0	0	0	0	0	30	20	0	0	0	0	0	0	0
Stella Artois (32 fluid ounces)		400	0	0	0	0	0	45	31	0	0	0	0	0	0	0
Wachusett Blueberry (14 fluid ounces)		280	0	0	0	0	0	0	23	0	0	1	0	0	0	0
Wachusett Blueberry (16 fluid ounces)		320	0	0	0	0	0	0	27	0	0	2	0	0	0	0
Wachusett Blueberry (20 fluid ounces)		400	0	0	0	0	0	0	34	0	0	2	0	0	0	0
Wachusett Blueberry (21 fluid ounces)		420	0	0	0	0	0	0	35	0	0	2	0	0	0	0
Wachusett Blueberry (32 fluid ounces)		640	0	0	0	0	0	0	54	0	0	3	0	0	0	0
Wahlbrewski (14 fluid ounces)		165	0	0	0	0	0	0	13	0	0	2	0	0	0	0
Wahlbrewski (16 fluid ounces)		188	0	0	0	0	0	0	15	0	0	2	0	0	0	0
Wahlbrewski (20 fluid ounces)		235	0	0	0	0	0	0	19	0	0	3	0	0	0	0
Wahlbrewski (21 fluid ounces)		247	0	0	0	0	0	0	20	0	0	3	0	0	0	0
Wahlbrewski (32 fluid ounces)		376	0	0	0	0	0	0	31	0	0	4	0	0	0	0

Bottled Beers		Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Bud Light (1 bottle)		110	0	0	0	0	0	9	7	0	0	1	0	0	0	0
Budweiser (1 bottle)		145	0	0	0	0	0	9	11	0	0	1	0	0	0	0
Coney Island Hard Root Beer (1 bottle)		319	0	0	0	0	0	32	51	0	41	0	0	0	0	0
Coors Light (1 bottle)		102	0	0	0	0	0	10	5	0	1	1	0	0	0	0
Corona (1 bottle)		148	0	0	0	0	0	0	14	0	0	0	0	0	0	0
Heineken (1 bottle)		142	0	0	0	0	0	9	11	0	2	2	0	0	0	0
Michelob Ultra (1 bottle)		95	0	0	0	0	0	9	3	0	0	1	0	0	0	0
Miller Lite (1 bottle)		96	0	0	0	0	0	5	3	0	0	0	0	0	0	0
O'Douls NA (1 bottle)		65	0	0	0	0	0	0	13	0	0	1	0	0	0	0
Redbridge (1 bottle)		160	0	0	0	0	0	0	16	0	0	0	0	0	0	0
Stella Artois (1 bottle)		150	0	0	0	0	0	17	12	0	0	0	0	0	0	0
Yuengling (1 bottle)		142	0	0	0	0	0	0	12	0	0	0	0	0	0	0

Red Wines		Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Alamos Malbec (1 glass)		99	0	0	0	0	0	0	4	0	4	0	0	0	0	0
Murphy Goode Pinot Noir (1 glass)		98	0	0	0	0	0	0	3	0	0	0	0	0	0	0
William Hill Cabernet Sauvignon (1 glass)		98	0	0	0	0	0	0	3	0	0	0	0	0	0	0

White Wines		Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Coppola Bianco Pinot Grigio (1 glass)		98	0	0	0	0	0	0	2	0	0	0	0	0	0	0
Joel Gott Sauvignon Blanc (1 glass)		97	0	0	0	0	0	0	2	0	0	0	0	0	0	0
La Marca Prosecco (4 fluid ounces)		104	0	0	0	0	0	0	3	0	0	0	0	0	0	0
Rodney Strong Chardonnay (1 glass)		88	0	0	0	0	0	4	5	0	2	0	0	0	0	0

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholester ol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Our Housemade Sangrias															
Spiced Orchard Sangria (1 drink)	206	1	0	0	0	0	6	17	1	12	0	36	19	18	0
Wicked Red Sangria (1 drink)	186	0	0	0	0	0	8	20	1	15	0	67	24	19	1
Hearty Burgers															
The Beast (1 sandwich)	807	488	54	19	0	228	2544	11	1	9	64	551	5	198	6
The Beast (1 sandwich) with Toasted Bun	1040	595	66	24	0	238	2750	44	2	13	70	551	7	218	7
The Beast (1 sandwich) with Toasted Gluten Free Bun	1100	605	67	21	0	228	2839	50	6	15	70	551	5	198	6
Appetizers															
American Government Cheese Wedges (1 serving)	634	408	45	18	0	224	1775	35	2	13	21	1143	3	459	1
BBQ Buffalo Boneless Wings (1 serving)	695	399	44	6	0	171	1184	20	2	16	51	452	6	40	1
Buffalo Chicken Dip (1 serving)	717	432	48	25	0	173	1178	30	2	3	40	1781	4	429	1
Chicken Parmesan Sliders (1 serving)	816	412	46	17	0	191	1531	43	1	8	66	287	7	618	3
Chipotle Chili Glazed Chicken Tenders (1 serving)	1127	590	66	7	0	326	671	31	1	28	99	398	1	20	2
Chipotle Chili Glazed Chicken Wings (1 serving)	1043	739	82	16	0	162	1637	31	1	28	46	398	1	20	0
Coke and Sriracha Glazed Wings (1 serving)	1251	744	83	23	0	337	2911	17	0	16	105	97	2	3	0
Hummus (1 serving)	933	331	37	8	0	0	2148	131	14	5	32	29	25	769	10
Mild Buffalo Boneless Wings (1 serving)	673	383	43	16	0	216	1566	10	2	9	57	2079	9	196	1
Panko Crusted Fried Pickles (1 serving)	529	141	16	3	0	149	415	78	4	5	16	756	11	82	4
Panko Crusted Fried Pickles (1 serving) with Buttermilk Ranch Dn	865	470	52	9	0	166	2780	80	4	6	17	804	11	99	4
Panko Crusted Fried Pickles (1 serving) with Wahl Sauce	706	280	31	6	0	157	834	88	4	12	16	902	14	88	4
Pulled Pork Sangz (1 serving)	649	339	38	11	0	96	1683	56	4	18	31	538	20	132	4
Pulled Pork Sliders (1 serving)	685	386	43	14	0	94	1261	52	2	14	29	550	7	305	3
Sloppy Chips (1 serving)	868	528	59	27	0	150	1331	54	4	10	28	1968	24	381	3
Sloppy Joe Sliders (1 serving)	1018	626	70	32	0	175	1998	70	3	16	30	1646	19	340	6
South of the Border Poutine (1 serving)	1494	1021	113	39	0	210	3942	79	6	21	35	1726	18	259	4
Spicy Cheese and Bacon Tots (1 serving)	1145	781	87	34	0	145	2933	59	5	9	26	1075	9	219	3
Spicy Queso Roasted Corn Dip (1 serving)	890	637	71	43	0	235	1425	35	3	5	19	3084	33	647	1
Sriracha Buffalo Chicken Tenders (1 serving)	967	470	52	16	0	372	1640	9	1	8	106	1909	8	181	2
Sriracha Buffalo Chicken Wings (1 serving)	883	618	69	25	0	208	2605	9	1	8	53	1909	8	181	0
Sweet and Spicy Cranberry Glazed Chicken Tenders (1 serving)	839	266	30	3	0	315	717	38	2	33	100	86	6	35	3
Sweet and Spicy Cranberry Glazed Chicken Wings (1 serving)	755	414	46	11	0	151	1683	38	2	33	47	86	6	35	1