MILLER'S ALE·HOUSE

NUTRITIONAL GUIDE

Printed information is valid: 4/4/2023

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.

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
WORLD FAMOUS ZINGERS®											
(listed without Wing Sauce or Dressing)											
Zingers Mountain Melt®	1970	1530	171g	38g	0g	205mg	2290mg	46g	4g	4g	71g
Zingers®	750	440	49g	8g	0g	140mg	240mg	18g	< 1g	3g	58g
Fresh Chicken Wings											
(listed without Wing Sauce or Dressing)											
6 Wings	320	60	7g	1g	0g	160mg	105mg	3g	0g	3g	63g
12 Wings	640	120	13g	2g	0g	315mg	210mg	5g	0g	5g	127g
24 Wings	1260	230	25g	3.5g	0g	635mg	420mg	11g	<1	10g	254g
Zinger® & Wing Sauces (1 fl. oz.)											
Mild	80	80	9g	1.5g	1.5g	0mg	450mg	0g	0g	0g	0g
Garlic	190	170	21g	10g	0g	0mg	340mg	0g	0g	0g	0g
Honey BBQ	70	0	0g	0g	0g	0mg	220mg	17g	0g	16g	0g
Garlic Parmesan	90	90	10g	2g	1.5g	0mg	320mg	< 1g	0g	0g	< 1g
Teriyaki	45	10	1g	0g	0g	0mg	330mg	8g	0g	7g	0g
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
Carribean Jerk	40	0	0g	0g	0g	0mg	760mg	10g	0g	8g	0g
Hot Garlic	90	80	9g	4.5g	0g	0mg	720mg	0g	0g	0g	0g
Sweet Thai Chili	70	0	0g	0g	0g	0mg	460mg	17g	0g	14g	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
Mt. St. Helens	10	0	0g	0g	0g	0mg	1120mg	1g	< 1g	0g	0g
5 Pepper Fire®	15	10	1g	0.5g	0g	0mg	600mg	1g	0g	< 1g	0g
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
Garlic Parmesan Chips	1060	710	95g	15g	9g	<5	2370mg	46g	4g	2g	6g
Fully Loaded Cheese Fries	1810	1640	185g	38g	0g	85mg	2540mg	33g	3g	4g	18g
Fried Calamari	780	330	38g	6g	0g	320mg	3420mg	79g	2g	31g	0g
Fried Jalapeños	650	150	17g	3g	0g	<5	2730mg	103g	5g	6g	16g
Warm Bavarian Pretzel	490	260	29g	10g	0.5g	40mg	1860mg	44g	1g	7g	13g
Creamy Spinach & Artichoke Dip	810	370	38g	26g	0.5g	140mg	1240mg	66g	13g	<1	18g
Mozzarella Sticks: Full Portion	1170	1010	73g	27g	0g	120mg	2020mg	78g	2g	8g	42g
Half Portion	600	530	39g	14g	0g	60mg	1180mg	43g	2g	6g	22g
Tex-Mex Chicken Nachos: Mega Mex	2260	1460	159g	52g	0g	410mg	5880mg	116g	13g	10g	84g
Mini Mex	1000	640	70g	20g	0g	150mg	1800mg	57g	4g	2g	34g
Add Guacamole, Jalapeños & Sour Cream	220	150	16g	8g	0g	35mg	1710mg	9g	4g	4g	4g
Quesadillas											
Roasted Chile Spiced Chicken	1790	1150	128g	37g	0g	275mg	2510mg	88g	8g	8g	68g
Chipotle BBQ Pulled Pork	1610	1070	120g	34g	0g	200mg	2740mg	89g	9g	9g	43g
Margherita Flatbread	530	210	29g	10g	0g	55mg	990mg	48g	4g	5g	21g
SOUPS											
French Onion Soup	290	130	15g	7g	0g	35mg	1310mg	21g	3g	8g	14g
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
Broccoli Cheese Soup	210	120	13g	6g	0g	30mg	1510mg	15g	1g	7g	8g
Chicken and Poblano Pepper	300	160	19g	10g	0g	70mg	1200mg	24g	4g	5g	11g
Chicken Tortilla	90	25	3g	0g	0g	5mg	740mg	11g	3g	3g	6g
Clam Chowder	360	230	23g	13g	0g	65mg	1270mg	20g	3g	3g	10g
Farmer's Market Vegetable	120	35	3.5g	0g	0g	0mg	1350mg	19g	3g	7g	3g
Hearty Vegetable	90	20	2.5g	0g	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

	CALORIES	CALORIES FROM FAT	FAT	SAT FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
SALADS											
(listed without dressing unless noted)											
Zingers® *(no wing sauce)*	510	170	20g	6g	0g	135mg	390mg	28g	5g	8g	55g
Cobb Salad with Blackened Shrimp & Chicken	670	310	35g	15g	0g	450mg	2320mg	36g	5g	7g	64g
Chicken Caesar Salad *(with dressing)*	500	300	32g	6g	0g	65mg	1960mg	47g	4g	4g	29g
Chicken & Pear Salad	1140	740	74g	25g	0g	175mg	2170mg	91g	10g	38g	56g
Chimichurri Steak Salad	920	510	74g	74g	24g	160mg	1370mg	19g	7g	8g	47g
House Salad *(add dressing)*	200	70	7g	2g	0g	10mg	400mg	29g	3g	4g	8g
Caesar Salad *(with dressing)*	420	290	31g	6g	0g	25mg	1100mg	30g	4g	4g	12g
DRESSING (1 fl. oz.)											
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
HOUSE FAVORITES											
(Listed without sides unless noted)											
Barbeque Baby Back Ribs *(Includes coleslaw)*	1320	780	83g	35g	0g	400mg	3830mg	43g	0g	38g	95g
Barbeque Baby Back Ribs - 1/2 Rack *(Includes coleslaw)*	690	400	43g	18g	0g	200mg	2010mg	23g	0g	22g	47g
Zingers® Mac & Cheese	1860	1070	119g	49g	3g	215mg	3110mg	126g	6g	5g	64g
Cajun Chicken Pasta	1630	770	86g	41g	0.5g	195mg	4210mg	173g	3g	7g	62g
Pork Osso Buco *(served with Mashed Potatoes and Gravy)*	1030	450	52g	18g	0g	300mg	4720mg	32g	2g	7g	102g
Mimi's Fiesta Chicken & Shrimp	650	360	45g	9g	0g	185mg	1570mg	35g	3g	3g	40g
Atlantic Salmon - Grilled	500	270	29g	6g	0g	150mg	770mg	1g	0g	0g	53g
Atlantic Salmon - Blackened	550	300	33g	7g	0.5g	150mg	840mg	6g	0g	< 1g	54g
Atlantic Salmon - Broiled	810	530	63g	21g	0g	150mg	860mg	< 1g	0g	0g	53g
Tacos											
Mahi	1280	640	72g	15g	0g	225mg	2750mg	92g	16g	9g	72g
Roasted Chile Spiced Chicken	860	350	40g	12g	0g	125mg	3050mg	93g	17g	9g	42g
Chipotle BBQ Pulled Pork	1350	730	83g	20g	0g	150mg	3320mg	101g	16g	16g	58g
Mahi *(sub lettuce wraps)*	1040	580	65g	12g	0g	225mg	2250mg	50g	16g	6g	66g
Roasted Chile Spiced Chicken *(sub lettuce wraps)*	620	290	33g	7g	0g	125mg	2550mg	51g	17g	6g	36g
Chipotle BBQ Pulled Pork *(sub lettuce wraps)*	1110	670	76g	4g	0g	125mg	2050mg	9g	17g	3g	30g
Chicken Parmesan Pasta	1540	760	85g	34g	0g	185mg	2010mg	149g	3g	8g	64g
Chicken Pesto Raviolo	900	450	60g	28g	0g	140mg	1860mg	55g	5g	<1	29g
Chicken Scampi Pasta Bake	1660	920	98g	59g	0g	330mg	4380mg	115g	6g	2g	106g
Cilantro Lime Chicken	910	190	35g	11g	0g	175mg	1910mg	127g	+	8g	76g
English Pub Fish & Chips *(served with Fries & Includes coleslaw)*	1765	970	107g	20g	<.74g	158mg	2310mg	130.4g	13g	13g	69g
35 Fried Shrimp *(Includes coleslaw)*	960	500	53g	10g	0g	235mg	1600mg	70g	2g	14g	39g
35 Grilled Shrimp *(Includes coleslaw)*	410	100	11g	1g	0.5g	385mg	1310mg	17g	0g	14g	51g
35 Blackened Shrimp *(Includes coleslaw)*	440	100	11g	1g	0.5g	385mg	1980mg	22g	0g	15g	52g
Snow Crab	1020	360	66g	14g	0g	320mg	3980mg	0g	0g	0g	108g
1/2 Pound of Snow Crab legs add on	510	180	33g	7g	0g	160mg	1990mg	0g	0g	0g	54g
STEAK DINNERS											
(Listed without sides)											
Choice Center Cut Sirloin											
6oz - Grilled	250	110	13g	6g	0g	65mg	700mg	<1	0g	0g	31g
6oz - Blackened	240	90	10g	3g	0.5g	65mg	770mg	5g	0g	0g	32g
10oz - Grilled	380	150	17g	7g	0g	110mg	750mg	<1	0g	0g	51g
10oz - Blackened	370	130	14g	5g	0.5g	110mg	820mg	5g	0g	0g	52g
Filet Mignon - Grilled	340	150	18g	7g	0g	120mg	730mg	< 1	0g	0g	41g
Filet Mignon - Blackened	330	130	15g	5g	0.5g	120mg	800mg	5g	0g	0g	42g
Ribeye - Grilled	780	560	63g	28g	3.5g	190mg	760mg	< 1	0g	0g	52g
Ribeye - Blackened	770	540	60g	25g	4g	190mg	840mg	5g	0g	0g	53g
Teriyaki Steak & Potsticker Skewers	1150	440	49g	17g	0g	160mg	2200mg	128g	4g	47g	47g
FAJITAS											
Chicken	970	290	33g	16g	0g	230mg	3060mg	141g	5g	16g	86g
Steak	1200	580	65g	30g	0g	250mg	2790mg	85g	5g	22g	68g
Steak & Chicken Combo	1140	390	44g	21g	0g	250mg	4290mg	121g	5g	26g	91g
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

	CALORIES	CALORIES FROM FAT	FAT	SAT FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
BURGERS											
(Listed without sides)											
Classic Cheeseburger	880	540	60g	26g	0g	165mg	2200mg	41g	4g	8g	44g
Add Bacon	90	60	7g	2.5g	0g	0mg	350mg	0g	0g	0g	5g
Gardein® Chipotle Black Bean Veggie Burger	420	100	12g	2g	0g	0mg	1130mg	68g	13g	12g	16g
Add Guacamole	90	60	7g	1.5g	0g	0mg	330mg	5g	3g	0g	2g
Prime Burger	1180	770	84g	33g	0g	195mg	3040mg	54g	5g	12g	53g
Cue Bacon Cheeseburger	990	580	64g	27g	0g	165mg	2950mg	56g	4g	16g	47g
Smashed Queso Burger	1290	850	95g	37g	0g	210mg	1980mg	51g	5g	16g	55g
SANDWICHES											
Big Red®	800	340	38g	10g	0g	100mg	5590mg	94g	4g	8g	45g
Grilled Chicken BLT	590	210	24g	7g	0g	110mg	2650mg	74g	4g	9g	47g
Mahi-Mahi - Grilled	400	35	4g	1.5g	0g	165mg	1250mg	41g	4g	8g	48g
Mahi-Mahi - Blackened	450	70	8g	2g	0.5g	165mg	1340mg	46g	4g	8g	49g
Mahi-Mahi - Broiled	710	300	37g	16g	0g	165mg	1350mg	41g	4g	8g	48g
Pulled Pork Sandwich	630	210	23g	7g	0g	125mg	2230mg	65g	4g	26g	40g
Philly Cheese Steak	950	470	50g	19g	0g	140mg	3090mg	59g	5g	5g	59g
Add Mushrooms and Peppers	70	50	6g	1g	0g	0mg	240mg	3g	1g	2g	2g
SWEETS											
Capt. Jack's Buried Treasure®	1420	620	70g	42g	0g	85mg	770mg	164g	2g	147g	8g
Capt. Jack's Buried Treasure® Pint	1096	516	56g	32g	4g	84mg	352mg	116g	2g	112g	8g
Ghirardelli® Chocolate Brownie Sundae	1330	550	64g	57g	21g	125mg	470mg	180g	1g	137g	9g
Pull N' Pop Donuts	1290	580	64g	26g	0g	0mg	760mg	167g	2g	106g	0g
Key Lime Pie	1020	310	36g	15g	4.5g	75mg	530mg	160g	4g	116g	15g
KIDS MENU											
Grilled Chicken Breast	80	10	1g	0g	0g	40mg	240mg	17g	0g	0g	17g
Chicken 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	530	270	30g	11g	0g	85mg	690mg	38g	2g	2g	24g
Seasonal Fruit	60	0	0g	0g	0g	0mg	0mg	15g	3g	12g	1g
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	280	140	16g	10g	0g	60mg	80mg	32g	0g	24g	0g
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											
(listed without sides unless noted)											
Dad's Homemade Meatloaf	900	450	50g	19g	2g	225mg	2260mg	80g	3g	32g	43g
English Pub Fish & Chips *(served with fries)*	1260	930	103g	18g	0g	75mg	1640mg	50g	3g	9g	28g
Soup and Salad Duo - see above for combinations											
Chicken Club Flatbread Half *(does not include salad choice)*	480	270	32g	10g	0g	80mg	1130mg	32g	2g	2g	23g
Chicken Club Flatbread Full *(does not include salad choice)*	950	530	63g	19g	0g	160mg	2260mg	64g	5g	4g	46g
Blackened Salmon Caesar Salad	550	330	35g	7g	0g	75mg	1120mg	28g	2g	3g	35g
BBQ Chicken Sandwich	890	470	51g	11g	0g	80mg	2920mg	93g	5g	16g	39g
DEALS OF THE DAY											
(Listed without sides)											
Zingers® *(no wing sauce)*	510	170	20g	6g	0g	135mg	390mg	28g	5g	8g	55g
Barbecue Baby Back Ribs	1320	780	83g	35g	0g	400mg	3830mg	43g	0g	38g	95g
12 Wings	640	120	13g	2g	0g	315mg	210mg	5g	0g	5g	127g
Prime Rib	1030	700	78g	33g	4.5g	250mg	3170mg	8g	1g	10g	68g
Prime Rib French Dip	750	240	27g	10g	0g	175mg	2300mg	56g	4g	8g	65g
ALL DAY EVERY DAY DEALS											
Classic Cheeseburger	880	540	60g	26g	0g	165mg	2200mg	41g	4g	8g	44g
Sirloin & Fried Shrimp	1000	640	53g	15g	0g	210mg	1760mg	73g	6g	13g	57g
Snow Crab	1020	360	66g	14g	0g	320mg	3980mg	0g	0g	0g	108g
SIDES											
Baked Potato (with Butter and Sour Cream)	280	110	12g	5g	0g	20mg	135mg	37g	4g	3g	5g
Housemade Kettle Chips	350	190	28g	3.5g	2g	0mg	540mg	21g	2g	1g	2g
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
Cilantro Lime Rice	250	35	4g	1g	0g	0mg	0mg	48g	1g	1g	5g
Vegetable Medley	50	20	2g	1g	0g	0mg	80mg	6g	2g	2g	2g
PREMIUM SIDES											
Loaded Baked Potato	410	210	23g	10g	0g	75mg	810mg	35g	2g	4g	16g
Loaded French Fries	990	890	100g	22g	0g	80mg	1760mg	14g	1g	2g	16g
Onion Rings	1160	920	100g	16g	0g	10mg	1450mg	58g	2g	9g	7g
House Salad - sub	130	35	3.5g	1g	0 **	5mg	210mg	21g	3g	5g	5g
Caesar Salad - sub	210	150	16g	3g	0 **	10mg	550mg	15g	2g	2g	6g
Mac & Cheese	340	50	6g	2.5g	0g	15mg	110mg	59g	3g	1g	13g

	CALORIES	CALORIES FROM FAT	FAT	SAT FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
ADD ONS											
French Fries	750	680	77g	14g	0g	0mg	850mg	20g	2g	< 1g	2g
Onion Rings	1590	1230	133g	22g	0g	10mg	1830mg	88g	2g	12g	10g
Caesar Salad	420	290	31g	6g	0g	25mg	1100mg	30g	4g	4g	12g
House Salad	200	70	7g	2g	0 **	10mg	400mg	29g	3g	4g	8g
PARTY PLATTERS											
50 Wings	2660	510	55g	8g	0g	1320mg	880mg	23g	1g	21g	529g
24 Wings	1260	230	25g	3.5g	0g	635mg	420mg	11g	<1	10g	254g
World Famous Zingers - 24	3010	1780	195g	34g	0g	550mg	950mg	70g	2g	12g	230g
Mini Burgers	7980	4050	450g	165g	0g	1275mg	10390mg	576g	31g	31g	361g
Zingers Mac & Cheese	7430	4280	478g	194g	11g	850mg	12440mg	506g	23g	19g	255g
House Salad	1010	340	36g	9g	0g	55mg	2010mg	144g	15g	20g	42g
Caesar Salad	1400	840	89g	15g	0g	60mg	3570mg	129g	12g	12g	0g
Add Chicken Breast	480	45	4.5g	0g	0g	235mg	3980mg	96g	<1g	0g	0g
Side Onion Rings	4620	3680	400g	66g	0g	40mg	5780mg	231g	7g	35g	27g
Side Mac & Cheese	1360	200	22g	10g	0g	60mg	450mg	237g	11g	6g	54g
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	80	0	0g	0g	0g	0mg	5mg	21g	0g	21g	0g
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
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
Old Fashioned	140	0	0g	0g	0g	0mg	0mg	20g	0g	19g	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
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
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

	CALORIES	CALORIES FROM FAT	FAT	SAT FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
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
Hoegaaarden 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 Belguim, 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