

RecipeName	Calories	Cal from Fat	TotalFat	SaturatedF	TransFat	Cholesterol	Sodium	Carbohydrates	DietaryFiber	Sugars	Protein	Vitam A	Vitamin C	Calcium	Iron
1000 Island Dressing	380	360	40g	6g	**	35mg	690mg	11g	0g	6g	0g	15%	15%	2%	2%
5 Cheese Melt	910	430	47g	28g	0g	150mg	2150mg	88g	4g	5g	50g	35%	0%	100%	25%
5 Cheese Melt Tomato and Bacon	1020	510	56g	31g	0g	160mg	2450mg	90g	4g	6g	55g	45%	15%	100%	30%
6 Pack	780	510	57g	15g	3g	270mg	260mg	0g	0g	0g	63g	10%	0%	0%	20%
6 Pk BBQ Wings	940	610	68g	17g	3g	270mg	630mg	18g	0g	15g	63g	15%	4%	0%	20%
6 Pk Boneless BBQ Wings	460	200	26g	5g	0g	105mg	470mg	21g	0g	15g	41g	2%	4%	2%	2%
6 Pk Boneless Cajun Wings	450	230	30g	5g	0g	110mg	1400mg	8g	2g	2g	43g	15%	35%	8%	6%
6 Pk Boneless Caribbean Wings	470	250	32g	5g	0g	105mg	990mg	8g	2g	2g	41g	4%	30%	6%	10%
6 Pk Boneless Garlic Wings	460	250	32g	5g	0g	105mg	970mg	5g	0g	0g	41g	2%	30%	4%	2%
6 Pk Boneless H. Mustard Wings	530	150	37g	7g	0g	115mg	610mg	10g	0g	7g	41g	0%	6%	2%	0%
6 Pk Boneless Hot Wings	320	100	15g	3.5g	0g	105mg	2000mg	5g	1g	< 1g	42g	25%	2%	4%	2%
6 Pk Boneless Mild Wings	470	260	34g	5g	0g	105mg	930mg	5g	0g	0g	41g	2%	30%	2%	0%
6 Pk Boneless Spicy Sesame Wings	550	290	36g	7g	0g	105mg	880mg	17g	0g	11g	43g	0%	4%	4%	2%
6 Pk Boneless Teriyaki Wings	350	100	15g	3.5g	0g	105mg	2260mg	12g	0g	8g	45g	0%	0%	4%	6%
6 Pack Cajun Wings	930	640	72g	17g	3g	270mg	1560mg	5g	2g	2g	65g	25%	35%	6%	25%
6 Pk Caribbean Wings	950	660	74g	17g	3g	270mg	1160mg	6g	2g	2g	63g	15%	30%	4%	25%
6 Pk Garlic Wings	940	660	74g	17g	3g	270mg	1140mg	2g	0g	0g	63g	15%	30%	2%	20%
6 Pk Honey Mustard Wings	1000	570	79g	19g	3g	275mg	770mg	7g	0g	7g	63g	10%	6%	0%	20%
6 Pk Hot Wings	790	510	57g	15g	3g	270mg	2160mg	2g	< 1g	< 1g	63g	35%	2%	0%	20%
6 Pk Mild Wings	950	680	76g	17g	3g	270mg	1100mg	2g	0g	0g	63g	15%	30%	0%	20%
6 Pk Plain Wings	780		57g		3g	270mg	260mg	0g	0g	0g	63g				
6 Pk Spicy Sesame Wings	1030	700	78g	19g	3g	270mg	1040mg	14g	0g	11g	65g	10%	4%	2%	20%
6 Pk Teriyaki Wings	830	510	57g	15g	3g	270mg	2430mg	9g	0g	8g	66g	10%	0%	2%	25%
Apple Sauce	120	0	0g	0g	0g	0mg	15mg	30g	3g	24g	0g	0%	0%	0%	0%
Asian Chicken Wrap	910	320	36g	7g	0g	50mg	1890mg	117g	6g	17g	26g	140%	100%	25%	20%
Asian Ginger Sesame	350	280	31g	6g	**	0mg	710mg	17g	0g	14g	0g	0%	0%	2%	2%
Bacon Cheeseburger	820	500	55g	23g	0g	185mg	1180mg	35g	1g	1g	57g	8%	0%	50%	15%
Baked Potato	160	0	0g	0g	**	0mg	15mg	37g	4g	2g	4g	0%	30%	2%	10%
Basil Balsamic Vinaigrette	430	400	44g	6g	**	0mg	710mg	6g	0g	3g	0g	0%	2%	8%	2%
Bayou Burger	700	390	43g	18g	0g	185mg	440mg	24g	2g	2g	52g	4%	2%	50%	15%
BBQ Chicken Club	580	230	26g	9g	0g	130mg	940mg	31g	1g	9g	52g	10%	8%	35%	15%
BBQ Chicken Dinner	810	220	25g	3.5g	0g	155mg	1430mg	80g	6g	17g	67g	8%	70%	30%	20%
BBQ Lizard Bones	370	230	19g	6g	0g	0mg	840mg	43g	0g	37g	12g	0%	10%	2%	4%
Beer Battered Haddock Dinner	1070	640	71g	12g	0g	95mg	2040mg	84g	6g	2g	22g	8%	60%	4%	15%
Beer Battered Haddock Sandwich	680	410	45g	8g	0g	70mg	1230mg	47g	2g	3g	19g	15%	20%	2%	15%
Beer Battered Onion Rings	960	430	48g	13g	0g	0mg	1440mg	123g	11g	27g	11g	6%	10%	0%	20%
Big Bleu Wrap	870	480	53g	12g	0g	105mg	2130mg	62g	3g	11g	39g	150%	6%	45%	15%
Big Ed Burger	1540	990	109g	47g	0g	375mg	2210mg	49g	1g	1g	111g	20%	0%	100%	20%

Big House Salad	440	280	32g	19g	0g	100mg	810mg	12g	4g	6g	27g	45%	20%	70%	10%
Black Angus Burger	620	360	40g	14g	0g	115mg	400mg	31g	< 1g	3g	29g	0%	0%	35%	15%
Blue Shroom Burger	460	260	30g	14g	0g	60mg	1310mg	24g	2g	2g	22g	10%	2%	35%	10%
Bo-Man's Bacon Cheeseburger	860	530	58g	24g	0g	185mg	1290mg	39g	1g	0g	58g	20%	2%	50%	15%
Bo-Man's Buffalo	490	160	17g	3.5g	0g	60mg	1960mg	50g	3g	< 1g	32g	20%	6%	6%	20%
Bo-Man's Chicken Parmesan	580	220	24g	8g	0g	90mg	1180mg	53g	3g	3g	37g	10%	2%	15%	20%
Bo-Man's Chicken Philly	450	130	14g	5g	0g	125mg	500mg	30g	2g	2g	51g	6%	8%	30%	15%
Bo-Man's Cordon Bleu	510	170	18g	7g	0g	140mg	860mg	28g	1g	0g	57g	6%	6%	45%	15%
Bo-Man's Honey Club	650	230	34g	10g	0g	140mg	1060mg	30g	1g	4g	54g	15%	8%	30%	15%
Bo-Man's Steak 'n' Cheese	480	190	20g	9g	0g	110mg	1240mg	32g	2g	2g	44g	8%	4%	20%	30%
Breaded Cheese Ravioli	660	220	26g	6g	0g	30mg	1210mg	93g	10g	11g	18g	8%	4%	15%	6%
Bucket O' Baby Back Ribs	2700	1860	206g	78g	0g	870mg	3960mg	18g	0g	15g	195g	2%	4%	0%	2%
Bucket O' St. Louis Ribs	1040	650	50g	17g	0g	0mg	2320mg	119g	0g	103g	36g	2%	35%	6%	15%
Buffalo Chicken Salad	1260	890	99g	29g	0g	205mg	3990mg	44g	7g	9g	52g	230%	35%	90%	15%
Buffalo Chicken Sandwich	330	45	5g	1g	0g	100mg	1290mg	23g	2g	2g	44g	20%	8%	25%	15%
Buffalo Chicken Wrap	690	300	34g	19g	0g	185mg	1920mg	28g	3g	4g	66g	45%	20%	90%	20%
Caesar Salad	310	260	29g	6g	**	25mg	760mg	6g	3g	3g	8g	200%	8%	25%	10%
Cajun Chicken Spinach Salad	800	310	34g	16g	0g	350mg	1310mg	45g	4g	37g	72g	260%	25%	80%	25%
Cajun Chicken Wrap	700	300	33g	19g	0g	185mg	980mg	30g	3g	4g	67g	110%	60%	90%	25%
Cheddar Club	530	210	24g	10g	0g	140mg	810mg	22g	1g	1g	55g	15%	6%	45%	15%
Cheeseburger	720	420	46g	20g	0g	175mg	880mg	35g	1g	1g	53g	8%	0%	50%	10%
Chicken Caesar Salad	660	390	43g	10g	0g	140mg	1300mg	12g	5g	5g	54g	400%	20%	60%	25%
Chicken Quesadillas	950	460	52g	32g	0g	255mg	1660mg	37g	5g	8g	75g	45%	60%	120%	20%
Chinese Chicken Salad	970	400	45g	8g	0g	100mg	1350mg	94g	6g	31g	46g	70%	170%	30%	20%
Chipotle Chicken Mini's	1150	370	57g	11g	3g	130mg	3870mg	149g	7g	30g	48g	10%	4%	20%	45%
Chopped Lizard Salad	480	310	35g	21g	0g	265mg	790mg	10g	3g	6g	32g	50%	25%	70%	15%
Cole Slaw	130	40	4.5g	0.5g	**	15mg	40mg	21g	3g	**	2g	10%	90%	8%	6%
Cottage Cheese	130	20	2g	1.5g	0g	20mg	710mg	9g	0g	21g	0g	8%	0%	10%	10%
Creamy Bleu Cheese	510	500	56g	9g	**	55mg	380mg	3g	0g	0g	3g	2%	0%	6%	0%
Crumbled Bleu Cheese	300	210	24g	15g	0g	70mg	1170mg	2g	0g	0g	18g	20%	0%	45%	0%
French Fries	370	80	10g	1.5g	0g	0mg	1110mg	64g	7g	3g	7g	**	15%	**	6%
Fried Cheese Wedges	570	260	60g	23g	0g	85mg	1420mg	75g	5g	12g	40g	6%	15%	2%	2%
Full Slab Baby Back Ribs	2220	1360	152g	54g	0g	585mg	3650mg	80g	6g	17g	137g	8%	60%	4%	10%
Full Slab BBQ St. Louis Ribs	960	460	37g	12g	0g	5mg	2180mg	129g	6g	61g	31g	6%	80%	8%	20%
Funnel Cake Sticks	650	240	28g	16g	0g	75mg	370mg	95g	0g	54g	8g	10%	0%	15%	2%
Garlic Cheese Bread	170	60	6g	1.5g	0g	0mg	330mg	25g	< 1g	0g	5g	2%	0%	4%	8%
Greek Dressing	420	420	47g	9g	**	5mg	600mg	3g	1g	3g	0g	0%	2%	6%	2%
Greek Grilled Chicken Salad	990	680	77g	23g	0g	180mg	2570mg	24g	10g	14g	57g	450%	160%	80%	30%
Grilled Salmon Dinner	630	160	19g	4g	0g	145mg	1010mg	62g	6g	2g	52g	10%	60%	8%	20%

Gyro	800	410	46g	26g	0g	115mg	2330mg	61g	4g	10g	33g	20%	25%	50%	25%
Half Slab BBQ Baby Back Ribs	1080	590	65g	23g	0g	250mg	1880mg	62g	6g	2g	62g	6%	60%	4%	10%
Half Slab BBQ St. Louis Ribs	660	280	24g	7g	0g	5mg	1530mg	95g	6g	32g	19g	6%	70%	6%	15%
Hamburger	620	350	37g	14g	0g	155mg	370mg	22g	1g	1g	47g	0%	0%	40%	10%
Hanson Burger	740	430	46g	19g	0g	185mg	510mg	26g	2g	3g	56g	4%	4%	70%	15%
Homemade Root Beer Float	570	180	20g	13g	0g	50mg	150mg	94g	0g	76g	5g	10%	0%	20%	2%
Homemade Root Beer, 22oz	260	0	0g	0g	**	0mg	80mg	66g	0g	66g	0g	0%	0%	4%	2%
Homemade Root Beer, Pint	190	0	0g	0g	**	0mg	60mg	48g	0g	48g	0g	0%	0%	2%	2%
Honey Dijon	400	360	40g	6g	0g	5mg	380mg	17g	0g	14g	0g	0%	0%	2%	2%
Hot Fudge Sundae	660	280	31g	23g	0g	55mg	210mg	89g	2g	69g	7g	10%	0%	25%	0%
House Salad	290	190	21g	13g	0g	65mg	530mg	7g	2g	4g	18g	30%	10%	45%	6%
Jerk Chicken Sandwich	410	120	14g	1.5g	0g	100mg	790mg	25g	2g	2g	44g	10%	20%	25%	20%
Just Plain Fowl	510	240	27g	4g	0g	110mg	530mg	22g	1g	2g	44g	8%	6%	25%	15%
Italian Dressing	400	370	40g	6g	0g	0mg	650mg	6g	0g	6g	0g	0%	0%	0%	0%
Large BBQ Chicken Pizza	2620	980	105g	48g	0g	290mg	4650mg	284g	11g	44g	131g	40%	25%	170%	90%
Large Cheese Pizza	2020	680	68g	38g	0g	155mg	3780mg	249g	12g	11g	92g	45%	20%	160%	80%
Large Deluxe Pizza	2940	1370	146g	67g	0g	330mg	6020mg	269g	17g	21g	132g	50%	200%	160%	100%
Large Greek Chicken Pizza	2460	910	99g	45g	8g	270mg	5060mg	269g	22g	19g	127g	440%	350%	180%	120%
Large Vegetarian Pizza	2260	790	81g	40g	0g	155mg	4630mg	280g	22g	24g	100g	80%	220%	170%	110%
Large White Bread Pizza	2250	940	98g	47g	8g	160mg	4180mg	249g	9g	9g	95g	50%	0%	170%	70%
Lizard Lips	420	160	18g	3.5g	0g	80mg	1370mg	32g	2g	0g	30g	180%	2%	15%	4%
Loaded Lizard Nachos & Cheese	2380	1350	143g	42g	0g	95mg	4990mg	219g	16g	17g	46g	50%	220%	110%	4%
Loaded Skins	870	500	57g	32g	0g	165mg	1220mg	43g	6g	3g	46g	30%	15%	100%	20%
Maui Maui	360	45	5g	1g	0g	100mg	1420mg	30g	2g	9g	45g	0%	8%	25%	15%
Mediterranean Wrap	850	480	53g	16g	0g	150mg	1920mg	35g	5g	9g	54g	60%	140%	60%	25%
Mini Burger Basket	920	370	42g	20g	0g	165mg	2540mg	105g	5g	11g	57g	20%	4%	45%	25%
Oreo Oblivion	1550	600	68g	37g	0g	155mg	820mg	220g	5g	148g	16g	10%	0%	25%	30%
Original Big House Salad	530	320	36g	17g	**	150mg	1580mg	13g	4g	8g	37g	45%	20%	50%	20%
Original House Salad	340	210	24g	11g	**	100mg	1040mg	7g	2g	4g	24g	25%	10%	30%	10%
Patty Melt	750	400	44g	20g	0g	175mg	1010mg	44g	2g	3g	53g	10%	2%	50%	15%
Pfred's Preferred Pfries	760	380	43g	17g	0g	80mg	2650mg	63g	5g	7g	29g	15%	10%	50%	10%
Pulled BBQ Chicken Melt	1040	360	40g	11g	0g	150mg	2060mg	101g	4g	27g	65g	6%	6%	45%	30%
Quesadillas	760	450	50g	32g	0g	155mg	1550mg	37g	5g	8g	35g	45%	60%	100%	15%
Ranch Dressing	380	370	41g	9g	**	30mg	860mg	3g	0g	0g	0g	0%	0%	6%	0%
Raspberry Vinaigrette Dressing	90	0	0g	0g	**	0mg	210mg	25g	3g	19g	0g	0%	0%	0%	0%
Reuben	810	480	53g	18g	0g	195mg	2680mg	34g	5g	4g	44g	15%	8%	30%	30%
Rice Pilaf	570	15	1.5g	0g	0g	0mg	2210mg	122g	6g	12g	15g	0%	0%	10%	30%
Roasted Garlic Vinaigrette	420	370	41g	6g	**	0mg	620mg	12g	0g	6g	0g	0%	6%	0%	2%
Small BBQ Chicken Pizza	1310	490	52g	24g	0g	145mg	2320mg	142g	6g	22g	65g	20%	10%	90%	45%

Small Cheese Pizza	1010	340 34g	19g	0g	75mg	1890mg	124g	6g	6g	46g	25%	10%	80%	40%
Small Deluxe Pizza	1470	650 70g	32g	0g	150mg	3410mg	138g	8g	11g	70g	25%	100%	80%	50%
Small Greek Chicken Pizza	1230	460 49g	23g	4g	135mg	2530mg	135g	11g	10g	64g	220%	170%	90%	60%
Small Vegetarian Pizza	1130	390 41g	20g	0g	75mg	2310mg	140g	11g	12g	50g	40%	110%	90%	50%
Small White Bread Pizza	1130	470 49g	23g	4g	80mg	2090mg	125g	5g	5g	47g	25%	0%	80%	35%
Southwestern Egg Rolls	510	140 15g	7g	0g	35mg	1380mg	71g	8g	10g	24g	40%	15%	25%	30%
Spinach Salad	360	120 13g	4.5g	0g	185mg	1150mg	45g	4g	36g	14g	240%	20%	15%	20%
Steak & Asparagus Salad	880	590 64g	25g	0g	125mg	1330mg	27g	9g	11g	47g	290%	60%	80%	45%
Steak Caesar Salad	830	580 65g	20g	0g	130mg	1270mg	12g	5g	5g	48g	400%	15%	90%	20%
Steamed Broccoli	40	0 0g	0g	**	0mg	35mg	8g	3g	2g	3g	15%	170%	6%	4%
Strip Steak Sandwich	470	240 27g	11g	0g	90mg	250mg	17g	2g	2g	38g	2%	4%	45%	10%
Strip Steak Special	930	350 40g	11g	0g	100mg	1200mg	80g	8g	4g	59g	6%	60%	60%	15%
Strip Steak Wrap	340	140 16g	9g	0g	45mg	680mg	29g	3g	4g	18g	15%	6%	40%	15%
Teriyaki Chicken Dinner	710	120 14g	2g	0g	155mg	2130mg	76g	7g	15g	69g	6%	70%	35%	20%
Turkey Burger	720	200 22g	11g	0g	150mg	1660mg	58g	9g	7g	38g	40%	15%	35%	35%
Turkey Melt	920	350 39g	15g	0g	120mg	2850mg	83g	4g	7g	55g	25%	2%	40%	35%
Turkey Wrap	650	310 35g	20g	0g	145mg	2110mg	33g	2g	5g	47g	30%	15%	70%	20%
Wild West Burger	860	510 57g	24g	0g	185mg	1230mg	41g	2g	3g	57g	15%	2%	50%	15%