

Starters	Calories	Calories from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Bacon Jalapeno Cheese Fries	1440	820	93g	35g	0g	120mg	4880mg	126g	11g	6g	40g	25%	50%	60%	25%
Bacon Jalapeno Cheese Fries (half)	720	410	46g	18g	0g	60mg	2440mg	63g	6g	3g	20g	10%	25%	30%	10%
Baja Chicken Quesadilla	860	460	51g	22g	0g	210mg	1730mg	39g	2g	4g	60g	30%	10%	60%	15%
Bleu Cheese & Jalapeno Queso Dip	1290	830	93g	34g	0g	100mg	4370mg	83g	7g	6g	27g	25%	20%	60%	6%
Chicken Tender App	630	170	20g	3.5g	0g	115mg	3280mg	58g	2g	3g	55g	0%	0%	10%	0%
Chips & Salsa	550	240	26g	4g	0g	0mg	1330mg	70g	4g	6g	12g	10%	10%	6%	8%
Firecracker Shrimp	970	630	70g	11g	0g	190mg	2190mg	62g	3g	8g	22g	8%	15%	10%	15%
Fried Pickles	760	490	54g	9g	0g	25mg	3120mg	58g	3g	6g	9g	10%	6%	2%	10%
Garlic 'n Parm Fries	1020	630	68g	16g	0g	10mg	2680mg	97g	9g	0g	13g	30%	60%	10%	20%
Hurricane Nachos	1150	680	74g	22g	0g	85mg	3590mg	88g	10g	10g	31g	40%	20%	35%	15%
Hurricane Nachos (half)	580	340	37g	11g	0g	40mg	1790mg	45g	5g	6g	16g	20%	10%	20%	6%
Jumbo Onion Rings	1010	630	67g	11g	0g	30mg	2070mg	91g	2g	11g	9g	4%	15%	6%	10%
Mozzarella Cheese Sticks	800	410	47g	16g	0g	80mg	1820mg	63g	9g	13g	25g	25%	20%	70%	2%
Perfect Storm	2170	1450	160g	29g	0g	180mg	5730mg	145g	9g	11g	40g	25%	60%	15%	30%
Riptide Calamari	970	470	51g	9g	0g	320mg	2480mg	90g	3g	35g	29g	60%	40%	10%	20%
Shrimp BLT Quesadilla	1270	820	91g	30g	0g	235mg	2780mg	67g	4g	6g	47g	25%	8%	70%	25%
Spinach & Artichoke Dip	810	430	48g	17g	0g	65mg	2110mg	71g	4g	6g	25g	40%	0%	60%	8%
Wood-Smoked Fish Dip	770	410	47g	7g	0g	0mg	2030mg	62g	5g	9g	24g	15%	20%	15%	15%
Salads and Soup (*without dressing)	Calories	Calories from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Cabana Bleu Salad	460	250	31g	6g	0g	35mg	570mg	42g	3g	37g	5g	50%	15%	2%	2%
Grilled Chicken Caesar Salad	890	620	69g	11g	0g	155mg	2160mg	22g	4g	2g	45g	320%	15%	15%	20%
Honey Pecan Chicken Salad	980	450	55g	10g	0g	165mg	1790mg	76g	7g	65g	45g	110%	35%	8%	8%
House Chili	460	240	27g	9g	0g	65mg	640mg	30g	6g	4g	25g	4%	0%	10%	4%
Side House Salad*	70	45	4.5g	2.5g	0g	15mg	100mg	4g	2g	2g	5g	50%	10%	10%	2%
Hurricane Chicken Salad*	630	310	34g	15g	0g	200mg	2010mg	16g	4g	5g	64g	120%	35%	30%	10%
Side Cabana Bleu Salad	460	250	31g	6g	0g	35mg	570mg	42g	3g	37g	5g	50%	15%	2%	2%
Side Caesar Salad	450	380	42g	6g	0g	30mg	860mg	12g	2g	1g	5g	170%	6%	8%	8%
Salad Dressing (1 fl oz)	Calories	Calories from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Balsamic Vinaigrette	120	110	12g	2g	0g	0mg	230mg	2g	0g	2g	0g	0%	0%	0%	0%
Honey Lime Vinaigrette	130	100	11g	1.5g	0g	10mg	170mg	8g	0g	8g	0g	0%	0%	0%	0%
Buttermilk Ranch	130	120	13g	2g	0g	10mg	230mg	3g	0g	1g	1g	0%	0%	2%	0%
Bleu Cheese	160	150	17g	3.5g	0g	15mg	270mg	1g	0g	1g	1g	0%	0%	4%	0%
Caesar	190	180	20g	3g	0g	15mg	350mg	1g	0g	0g	1g	0%	0%	2%	0%
Honey Mustard															
Oil Vinaigrette	70	50	6g	1g	0g	0mg	260mg	3g	0g	2g	0g	0%	0%	0%	0%
Wings & More (no sauce, dressing or veggies)	Calories	Calories from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Jumbo Wings - 5 each	520	380	42g	32g	0g	30mg	140mg	0g	0g	0g	35g	0%	0%	0%	0%
Boneless Wings - 5 each	270	100	11g	2.5g	0g	45mg	920mg	24g	1g	1g	20g	0%	0%	6%	2%
Celery Sticks - each	1	0	0g	0g	**	0mg	5mg	0g	0g	0g	0g	0%	0%	0%	0%
Bleu Cheese Dressing - 1 oz	160	150	17g	3.5g	0g	15mg	270mg	1g	0g	1g	1g	0%	0%	4%	0%
Buttermilk Ranch Dressing - 1 oz	130	120	13g	2g	0g	10mg	230mg	3g	0g	1g	1g	0%	0%	2%	0%
Steak Burgers (Meat & Bun Only)	Calories	Calories from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Build a Burger - Beef	960	590	66g	24g	0g	150mg	1410mg	39g	2g	7g	49g	10%	50%	25%	20%
Build a Burger - Veggie	630	300	33g	4g	0g	10mg	1600mg	65g	9g	9g	15g	100%	10%	20%	30%
Burger Toppings	Calories	Calories from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Burger Topping: Lettuce	3	0	0g	0g	**	0mg	0mg	< 1g	0g	0g	0g	2%	0%	0%	0%
Burger Topping: Mayonnaise	100	100	11g	1.5g	0g	10mg	75mg	0g	0g	0g	0g	0%	0%	0%	0%
Burger Topping: Pickles	1	0	0g	0g	0g	0mg	70mg	0g	0g	0g	0g	0%	0%	0%	0%
Burger Topping: Red Onion Rings	5	0	0g	0g	**	0mg	0mg	1g	0g	< 1g	0g	0%	2%	0%	0%
Burger Topping: Tomato	5	0	0g	0g	**	0mg	0mg	2g	0g	1g	0g	6%	10%	0%	0%
Burger Topping: Bacon	70	45	5g	2g	0g	15mg	220mg	0g	0g	0g	6g	0%	0%	0%	2%
Burger Topping: Chili	80	40	4.5g	1.5g	0g	15mg	125mg	5g	2g	1g	5g	0%	0%	0%	0%
Burger Topping: Coleslaw	45	30	3.5g	0.5g	0g	< 5mg	80mg	4g	< 1g	2g	0g	0%	25%	2%	2%
Burger Topping: Fried Pickles	170	110	13g	2g	0g	0mg	540mg	11g	< 1g	< 1g	2g	2%	0%	0%	2%
Burger Topping: Guacamole	160	130	14g	2g	0g	0mg	380mg	8g	4g	2g	2g	15%	30%	0%	8%
Burger Topping: Jalapenos	4	0	0g	0g	0g	0mg	940mg	0g	0g	0g	0g	0%	0%	0%	0%
Burger Topping: Onion Rings	170	80	8g	1.5g	0g	0mg	280mg	22g	< 1g	2g	2g	0%	2%	2%	2%
Burger Topping: Queso	140	100	12g	7g	0g	30mg	720mg	4g	0g	2g	6g	8%	0%	20%	0%
Burger Topping: Salsa	20	0	0g	0g	0g	0mg	230mg	4g	0g	2g	2g	4%	4%	0%	0%
Burger Topping: Sautéed Mushrooms	40	40	4.5g	1g	0g	0mg	20mg	< 1g	0g	0g	< 1g	0%	0%	0%	0%
Burger Topping: Sautéed Onions	45	40	4g	1g	0g	0mg	20mg	2g	0g	< 1g	0g	0%	2%	0%	0%
Burger Topping: Sautéed Peppers	35	40	4g	1g	0g	0mg	20mg	0g	0g	0g	0g	0%	10%	0%	0%

Storm Burgers (no sides)	Calories	Calories from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Storm Burger - single	700	440	48g	13g	1.5g	90mg	1280mg	39g	2g	7g	26g	10%	10%	15%	25%
Storm Burger - double	990	640	71g	21g	2.5g	170mg	1360mg	39g	2g	7g	46g	10%	10%	15%	35%
Storm Burger - triple	1280	850	94g	30g	4g	250mg	1430mg	39g	2g	7g	65g	10%	10%	20%	50%
Sandwiches & Wraps (no sides)	Calories	Calories from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
BBQ Pulled Pork Sliders (w/ classic BBQ)	900	430	47g	13g	0g	100mg	4230mg	89g	3g	39g	31g	10%	20%	6%	35%
Cancun Chicken Wrap	750	350	39g	10g	0g	95mg	2070mg	62g	3g	3g	38g	10%	6%	35%	20%
Crispy Chicken Sandwich	720	290	32g	5g	0g	75mg	2230mg	69g	4g	9g	37g	10%	20%	15%	10%
Crispy Grouper Sliders	1550	920	101g	16g	0g	80mg	2920mg	97g	7g	20g	38g	8%	60%	15%	30%
Grilled Mahi Sandwich	560	240	27g	4g	0g	135mg	1360mg	40g	3g	7g	38g	10%	200%	270%	15%
Havana Cuban Sandwich	1210	540	58g	19g	0g	125mg	3950mg	122g	6g	7g	43g	10%	0%	45%	30%
Palm Beach Chicken Melt	830	410	46g	11g	0g	180mg	2100mg	38g	2g	6g	62g	20%	10%	60%	20%
Steak Philly	1080	630	71g	24g	0g	145mg	2410mg	70g	< 1g	9g	44g	10%	35%	50%	25%
Steakhouse Sandwich	1400	630	68g	21g	0g	145mg	2550mg	133g	4g	9g	56g	25%	10%	35%	40%
Tacos (no sides)	Calories	Calories from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Crispy Grouper Tacos	770	410	46g	9g	0g	45mg	2150mg	53g	4g	3g	25g	15%	20%	15%	20%
Baja Fish Tacos	640	360	40g	8g	0g	115mg	840mg	36g	5g	3g	33g	45%	180%	190%	15%
Chicken BLT Tacos - fried	850	440	49g	11g	0g	105mg	2830mg	61g	3g	6g	41g	10%	15%	20%	15%
Chicken BLT Tacos - grilled	690	390	43g	10g	0g	110mg	1740mg	40g	3g	6g	36g	10%	15%	20%	15%
Firecracker Shrimp Tacos	1080	590	66g	11g	0g	115mg	2500mg	104g	5g	34g	20g	10%	80%	20%	20%
Carolina Pork Tacos	590	300	33g	9g	0g	60mg	2870mg	58g	4g	19g	20g	8%	60%	15%	20%
Entrees (without side items)	Calories	Calories from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Beachside Chicken	650	360	40g	11g	0g	215mg	890mg	7g	< 1g	5g	64g	8%	15%	20%	6%
Caribbean Grilled Chicken	270	50	6g	1.5g	0g	165mg	720mg	0g	0g	0g	51g	2%	0%	2%	4%
Chicken Tender Basket (4)	510	130	16g	2.5g	0g	95mg	2630mg	47g	1g	3g	44g	0%	0%	8%	0%
Chicken Tender Basket (6)	760	200	24g	4g	0g	140mg	3940mg	70g	2g	4g	66g	0%	0%	10%	0%
Coconut Shrimp	740	300	34g	14g	0g	100mg	950mg	92g	6g	56g	19g	0%	0%	6%	10%
Fajita Rice Bowl	870	220	25g	7g	0g	160mg	2680mg	102g	11g	12g	61g	20%	50%	35%	35%
Garlic Parmesan Sirloin Steak	470	260	29g	11g	0g	165mg	850mg	1g	0g	0g	47g	4%	2%	8%	20%
Grilled Mahi Platter	150	10	1g	0g	0g	125mg	770mg	0g	0g	0g	31g	0%	180%	260%	0%
Island Grilled Shrimp	160	30	3g	0g	0g	230mg	1100mg	2g	0g	0g	30g	0%	0%	10%	0%
Hurricane Ribs - Full Rack	850	490	57g	20g	0g	265mg	1340mg	4g	0g	4g	89g	0%	0%	8%	25%
Hurricane Ribs - Half Rack	430	240	28g	10g	0g	130mg	670mg	2g	0g	2g	45g	0%	0%	4%	10%
Shrimp & Mahi Rice Bowl	960	220	24g	2.5g	0g	165mg	2280mg	147g	10g	53g	40g	6%	150%	120%	30%
Yuengling Battered Fish & Chips	910	610	66g	11g	0g	100mg	1450mg	44g	0g	6g	30g	4%	0%	4%	10%
Side Items	Calories	Calories from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Caribbean Yellow Rice	270	10	1g	0g	0g	0mg	770mg	57g	6g	5g	8g	4%	10%	8%	20%
Classic Coleslaw	190	120	13g	2g	0g	10mg	330mg	17g	3g	9g	2g	4%	110%	6%	4%
Natural Cut French Fries	460	230	25g	6g	0g	0mg	1380mg	57g	5g	0g	5g	0%	25%	2%	10%
Garlic 'n Parm Broccoli	170	130	14g	3g	0g	< 5mg	440mg	9g	0g	0g	5g	80%	180%	10%	8%
Kettle Chips	420	250	28g	6g	0g	0mg	1020mg	36g	3g	0g	3g	0%	6%	2%	4%
Cilantro Tomatoes	120	80	9g	1.5g	0g	0mg	1030mg	8g	2g	5g	1g	25%	30%	4%	2%
Tortilla Chips	250	120	13g	2g	0g	0mg	320mg	29g	2g	0g	3g	0%	0%	2%	4%
Garlic 'n Parm Fries	430	270	30g	7g	0g	5mg	1520mg	39g	3g	0g	6g	15%	25%	6%	8%
Onion Rings	500	220	24g	4g	0g	0mg	1430mg	64g	2g	7g	7g	0%	6%	4%	6%
Sweet Potato Fries	330	120	13g	1g	0g	0mg	890mg	49g	6g	14g	2g	140%	30%	6%	0%
Desserts	Calories	Calories from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Hershey's® Chocolate Fudge Cake	720	200	22g	4g	0g	10mg	690mg	129g	1g	93g	4g	10%	2%	4%	15%
Key Lime Pie	590	240	27g	11g	0g	310mg	310mg	76g	1g	61g	12g	20%	4%	30%	8%
Rum Cake	590	270	30g	15g	0g	85mg	250mg	71g	1g	57g	3g	15%	0%	4%	8%
Vanilla Ice Cream	230	110	12g	8g	**	50mg	90mg	27g	< 1g	24g	4g	10%	2%	15%	0%
Kid Meals	Calories	Calories from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Kid Jumbo Wings (4 - without sauce)	416	304	33.6g	25.6g	0g	120mg	116mg	0g	0g	0g	27.6g	0%	0%	0%	0%
Kid Boneless Wings (4 - without sauce)	210	80	9g	2g	0g	35mg	740mg	19g	1g	1g	16g	0%	4%	0%	2%
Kid Burger Sliders	410	200	22g	6g	1g	40mg	830mg	32g	2g	4g	17g	0%	0%	6%	15%
Kid Cheeseburger Sliders	460	240	27g	9g	1g	50mg	1090mg	32g	2g	4g	19g	4%	0%	15%	15%
Kid Cheese Quesadilla	520	330	36g	15g	0g	60mg	870mg	30g	2g	0g	20g	10%	0%	50%	10%
Kid Grilled Chicken	140	25	3g	0.5g	0g	85mg	360mg	0g	0g	0g	26g	0%	0%	2%	2%
Kid Mozzarella Sticks	410	210	24g	8g	0g	40mg	990mg	33g	5g	7g	13g	15%	10%	35%	2%
Kid Mac and Cheese	300	80	9g	2.5g	0g	15mg	570mg	45g	2g	8g	11g	0%	0%	15%	10%
Lunch Specials	Calories	Calories from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Lunch Hand Breaded Tenders (5)	630	170	20g	3.5g	0g	115mg	3280mg	58g	2g	3g	55g	0%	0%	10%	0%
Lunch 6 Jumbo Wings	620	460	50g	38g	0g	40mg	170mg	0g	0g	0g	41g	0%	0%	0%	0%
Lunch 6 Boneless Wings	320	120	13g	2.5g	0g	55mg	1110mg	29g	2g	2g	24g	0%	6%	0%	4%
Lunch Crispy Grouper Sliders	1030	610	67g	11g	0g	55mg	1930mg	64g	5g	14g	25g	6%	45%	8%	20%
Lunch Honey Pecan Chicken Salad	600	280	34g	6g	0g	115mg	1240mg	42g	3g	37g	30g	60%	15%	4%	6%
Lunch BBQ Pork Sliders (w/ classic BBQ)	600	280	31g	8g	0g	65mg	2820mg	59g	2g	26g	21g	8%	10%	4%	25%

Extras	Calories	Calories from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Add Chicken	120	15	1.5g	0g	0g	65mg	390mg	0g	0g	0g	26g	0%	2%	2%	4%
Add Guacamole	160	130	14g	2g	0g	0mg	380mg	8g	4g	2g	2g	15%	30%	0%	8%
Add Mahi	150	10	1g	0g	0g	125mg	780mg	0g	0g	0g	31g	0%	180%	260%	0%
Add Ranch Steak	220	80	9g	3g	0g	85mg	570mg	1g	0g	1g	30g	0%	0%	0%	20%
Add Salmon	220	70	8g	1.5g	0g	80mg	760mg	0g	0g	0g	35g	4%	0%	2%	4%
Add Shrimp	140	70	8g	1.5g	0g	145mg	990mg	1g	0g	0g	15g	4%	0%	6%	2%
Add Sour Cream	120	90	10g	7g	0g	40mg	120mg	4g	0g	2g	2g	8%	0%	8%	0%
Flavors	Calories	Calories from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Ancho Chile Lime	90	80	8g	1.5g	0g	0mg	480mg	2g	0g	1g	0g	10%	4%	0%	2%
Boss Sauce	60	50	5g	1g	0g	0mg	620mg	2g	0g	0g	< 1g	6%	2%	2%	0%
Buffalo Bleu Sauce	80	70	7g	1.5g	0g	5mg	480mg	< 1g	0g	0g	< 1g	8%	0%	2%	0%
Cajun	5	1	.1g	0g	0g	0mg	158mg	<1g	0g	0g	0g	0%	0%	0%	0%
Coco Loco	130	35	4g	4g	0g	0mg	115mg	24g	1g	21g	< 1g	0%	0%	0%	0%
Creamy Horseradish	160	160	17g	2.5g	0g	15mg	160mg	1g	0g	1g	0g	2%	2%	0%	0%
Cyclone Sauce	150	130	15g	2g	0g	10mg	250mg	3g	0g	1g	0g	2%	2%	0%	0%
Dynamite Sauce	140	110	12g	1.5g	0g	10mg	640mg	7g	0g	5g	< 1g	4%	4%	0%	2%
Extra Hot Sauce	15	0	0g	0g	0g	0mg	880mg	0g	0g	0g	0g	0%	0%	0%	0%
Fire & Ice Sauce	4	0	0g	0g	0g	0mg	810mg	0g	0g	0g	0g	0%	0%	0%	0%
Firecracker	170	150	17g	2.5g	0g	15mg	270mg	3g	0g	2g	0g	2%	4%	0%	0%
Garlic Parm Herb	140	130	14g	3g	0g	5mg	410mg	3g	0g	0g	2g	15%	8%	4%	2%
Gold Rush	45	10	1g	0g	0g	0mg	730mg	9g	0g	7g	1g	6%	4%	2%	2%
Habanero Lime	6	1	.1g	0g	0g	0mg	130mg	<1g	<1g	0g	0g	0%	0%	0%	0%
Honey BBQ	100	5	.5g	0g	0g	0mg	150mg	25g	0g	24g	0g	2%	2%	0%	0%
Honey Chipotle BBQ	70	0	0g	0g	0g	0mg	130mg	17g	0g	13g	0g	2%	4%	0%	2%
Honey Garlic	80	5	.5g	0g	0g	0mg	10mg	19g	0g	17g	0	0%	0%	2%	0%
Hot	0	0	0g	0g	0g	0mg	960mg	0g	0g	0g	0g	0%	0%	0%	0%
Hot Teriyaki	60	5	0g	0g	0g	0mg	540mg	13g	0g	12g	1g	0%	0%	0%	2%
Jamaican Jerk	0	0	0g	0g	0g	0mg	200mg	0g	0g	0g	0g	0%	0%	0%	0%
Lemon Pepper	0	0	0g	0g	0g	0mg	280mg	0g	0g	0g	0g	0%	0%	0%	0%
Mango Habanero	45	0	0g	0g	0g	0mg	170mg	11g	0g	8g	0g	2%	15%	0%	0%
Maple Pepper	80	20	2.5g	0g	0g	0mg	125mg	15g	0g	12g	0g	0%	0%	2%	0%
Medium	90	90	1.5g	0g	0g	0mg	720mg	0g	0g	0g	0g	12%	0%	0%	0%
Mesquite	5	1	.1g	0g	0g	0g	240mg	<1g	.2g	.3g	.1g	0%	0%	0%	0%
Mild	120	120	2g	0g	0g	0	720mg	0g	0g	0g	0g	12%	0%	0%	0%
Ridiculously Hot	30	30	0g	0g	0g	0mg	810mg	0g	0g	0g	0g	0%	0%	0%	0%
Roasted Garlic Inferno	60	20	2g	0g	0g	0mg	330mg	11g	0g	8g	0	0%	4%	0%	0%
Salt & Vinegar	3	0	0g	0g	0g	0mg	480mg	0g	0g	0g	0g	0%	0%	0%	0%
Sweet Red Chili	80	5	.5g	0g	0g	0mg	390mg	20g	0g	17g	0g	4%	8%	0%	0%
Teriyaki	60	5	0g	0g	0g	0mg	540mg	13g	0g	12g	1g	0%	0%	0%	2%
Thai Ginger	70	15	1.5g	0g	0g	0mg	150mg	14g	0g	11g	0g	0%	6%	0%	0%
Traditional BBQ	50	0	0g	0g	0g	0mg	310mg	13g	0g	11g	0g	4%	6%	0%	2%
Trifecta Seasoning	5	0	0g	0g	0g	0mg	190mg	1g	0g	0g	0g	0%	0%	0%	0%

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Catering: Starters - Party Platters	Calories	Calories from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Chips & Salsa	1110	480	52g	8g	0g	0mg	2660mg	141g	8g	12g	24g	25%	25%	10%	15%
Firecracker Shrimp	1940	1250	140g	21g	0g	385mg	4380mg	124g	7g	15g	44g	15%	30%	25%	35%
Fried Pickles	1530	970	109g	17g	0g	50mg	6250mg	117g	6g	13g	19g	25%	10%	6%	25%
Jumbo Onion Rings	2030	1250	134g	21g	0g	60mg	4140mg	182g	5g	23g	19g	8%	25%	10%	20%
Catering: Salads	Calories	Calories from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Cabana Bleu Salad	1580	810	102g	19g	0g	110mg	1940mg	152g	13g	131g	18g	220%	60%	8%	10%
Caesar Salad	1410	1160	129g	20g	0g	100mg	2730mg	46g	8g	4g	19g	630%	25%	25%	30%
House Salad	300	170	19g	10g	0g	60mg	400mg	16g	6g	9g	18g	220%	40%	50%	10%
Honey Pecan Chicken Salad	1980	900	111g	21g	0g	325mg	9860mg	156g	14g	131g	91g	230%	70%	30%	15%
Hurricane Chicken Salad	1240	580	64g	28g	0g	380mg	3860mg	32g	9g	9g	134g	230%	70%	60%	30%
Grilled Chicken Caesar Salad	1790	1240	137g	21g	0g	315mg	4320mg	44g	8g	4g	91g	640%	30%	35%	35%
Catering Sandwiches	Calories	Calories from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
BBQ Pork Sliders (w/ classic BBQ)	3610	1710	189g	50g	0g	400mg	16930mg	356g	12g	156g	124g	50%	70%	25%	140%
Steak Philly	3240	1900	213g	71g	0g	440mg	7240mg	210g	2g	26g	133g	30%	100%	150%	70%
Catering: Party Sides	Calories	Calories from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Side Caribbean Yellow Rice	1060	40	4.5g	0g	0g	0mg	3070mg	228g	24g	21g	32g	15%	45%	30%	70%
Side Cilantro Tomato	400	270	30g	5g	0g	0mg	3420mg	28g	6g	18g	4g	80%	100%	15%	8%
Side Coleslaw	370	240	27g	4.5g	0g	20mg	660mg	34g	6g	18g	3g	6%	210%	10%	8%
Side Garlic 'n Parm Broccoli	550	400	44g	9g	0g	15mg	1350mg	33g	0g	0g	20g	320%	730%	35%	30%
Side Kettle Chips	1260	760	83g	18g	0g	0mg	3050mg	107g	10g	0g	10g	2%	20%	4%	10%
Catering: Wings/Tenders (sauce not included)	Calories	Calories from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
30 Wings	3120	2280	252g	192g	0g	190mg	870mg	0g	0g	0g	207g	0%	0%	0%	0%
50 Wings	5200	3800	420g	320g	0g	320mg	1450mg	0g	0g	0g	345g	0%	0%	0%	0%
75 Wings	7800	5700	630g	480g	0g	480mg	2170mg	0g	0g	0g	518g	0%	0%	0%	0%
100 Wings	10400	7600	840g	640g	0g	640mg	2900mg	0g	0g	0g	690g	0%	0%	0%	0%
30 Boneless	1610	580	64g	14g	0g	265mg	5540mg	144g	8g	8g	121g	0%	30%	0%	15%
50 Boneless	2680	970	107g	23g	0g	445mg	9240mg	240g	13g	13g	202g	0%	50%	0%	25%
75 Boneless	4020	1450	161g	34g	0g	665mg	13860mg	361g	19g	19g	304g	0%	80%	0%	40%
100 Boneless	5360	1940	215g	46g	0g	885mg	18480mg	481g	25g	25g	405g	0%	100%	0%	50%
25 Tenders	3170	830	100g	17g	0g	585mg	16420mg	292g	8g	17g	275g	0%	0%	50%	0%

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