Hurricane Grill and Wings Nutritional Information

January 2020

Starters	Calories	Calories from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Chips, Salsa & Guacamole	750	400	45g	7g	0g	0mg	1420mg	80g	13g	6g	13g	20%	40%	8%	15%
Firecracker Shrimp	970	630	70g	11g	0g	185mg	2080mg	61g	3g	7g	22g	8%	10%	10%	15%
Fried Pickles	1030	750	83g	14g	0g	25mg	3120mg	58g	3g	6g	9g	10%	6%	2%	10%
Garlic 'n Parm Fries	1160	680	74g	18g	0g	10mg	3300mg	120g	11g	0g	16g	30%	70%	10%	25%
Grilled Avocado	830	500	57g	12g	0g	30mg	2010mg	68g	22g	3g	17g	15%	50%	15%	20%
Hurricane Nachos	1270	770	84g	29g	0g	125mg	3710mg	92g	10g	12g	33g	45%	20%	45%	15%
add guacamole	65	45	6g	1g	0g	0mg	95mg	4g	3g	< 1g	< 1g	2%	8%	0%	2%
add chicken	180	20	2.5g	0g	0g	100mg	430mg	0g	0g	0g	39g	0%	4%	4%	6%
add beef	350	200	22g	9g	**	140mg	60mg	0g	0g	0g	35g	0%	0%	2%	15%
Kick'n Chicken Tater Tots	1730	970	105g	23g	0g	135mg	5610mg	136g	10g	5g	59g	45%	120%	30%	15%
Mac N Cheese Bites	980	580	65g	25g	0g	125mg	2510mg	66g	3g	3g	34g	10%	2%	210%	8%
Bavarian Pretzel with Beer Cheese Dip	1920	870	94g	27g	0g	95mg	3530mg	205g	6g	13g	52g	2%	0%	6%	0%
Mozzarella Cheese Sticks	760	370	43g	15g	0g	80mg	1820mg	63g	9g	13g	25g	25%	20%	70%	2%
Perfect Storm	1930	1120	124g	29g	0g	190mg	5090mg	152g	9g	23g	53g	25%	50%	45%	25%
Riptide Calamari	970	350	39g	6g	0g	360mg	3040mg	116g	3g	52g	32g	60%	50%	10%	20%
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%
Caesar Salad - Grilled Chicken	890	620	69g	11g	0g	155mg	2160mg	22g	4g	2g	45g	320%	15%	15%	20%
Caesar Salad - Crispy Chicken	1080	680	76g	12g	0g	120mg	3310mg	57g	5g	4g	42g	320%	10%	20%	15%
Honey Pecan Salad - Grilled Chicken	990	450	56g	10g	0g	165mg	1790mg	77g	7g	66g	45g	120%	35%	8%	8%
Honey Pecan Salad - Crispy Chicken	1170	510	63g	12g	0g	125mg	2940mg	112g	8g	68g	42g	120%	30%	10%	6%
Hurricane Salad - Grilled Chicken	640	310	34g	15g	0g	200mg	2010mg	17g	5g	5g	64g	130%	35%	30%	15%
Hurricane Salad - Crispy Chicken	820	370	42g	16g	0g	160mg	3160mg	51g	6g	7g	61g	130%	35%	30%	10%
Seared Ahi Tuna Salad	700	420	46g	7g	0g	50mg	1840mg	40g	5g	30g	31g	180%	110%	8%	15%
Side House Salad*	80	45	5g	2.5g	0g	15mg	105mg	5g	2g	3g	5g	80%	10%	15%	4%
Side Caesar Salad	450	380	42g	6g	0g	30mg	860mg	12g	2g	1g	5g	170%	6%	8%	8%
Homemade Chili	380	200	22g	8g	0g	55mg	520mg	25g	5g	3g	20g	4%	0%	10%	4%
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%
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 Lime Vinaigrette	130	100	11g	1.5g	0g	10mg	170mg	8g	0g	8g	0g	0%	0%	0%	0%
Mandarin Ginger Dressing	140	100	11g	1.5g	0g	0mg	100mg	9g	0g	7g	0g	0%	2%	0%	0%
Oil Vinaigrette	70	50	6g	1g	0g	0mg	260mg	3g	0g	2g	0g	0%	0%	0%	0%
Zinfandel Vinaigrette	45	15	1.5g	0g	0g	0mg	540mg	7g	0g	6g	0g	0%	0%	0%	0%
Wings & Tenders (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	520	180	20g	4.5g	0g	90mg	1850mg	48g	3g	3g	40g	0%	10%	0%	6%
Carrot Sticks - each	3	0	0g	0g	0g	0mg	5mg	< 1g	0g	0g	0g	25%	0%	0%	0%
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%
4 Tenders	510	130	16g	2.5g	0g	95mg	2630mg	47g	1g	3g	44g	0%	0%	8%	0%
6 Tenders	760	200	24g	4g	0g	140mg	3940mg	70g	2g	4g	66g	0%	0%	10%	0%
8 Tenders	1010	270	32g	5g	0g	185mg	5250mg	93g	3g	5g	88g	0%	0%	15%	0%
**Add Fries & Coleslaw	640	350	38g	8g	0g	10mg	1710mg	74g	8g	9g	7g	4%	130%	8%	15%
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**
1/2 LB Steak Burger (Meat & Bun Only)	960	590	66g	24g	0g	150mg	1410mg	39g	2g	7g	49g	10%	50%	25%	20%
Impossible Burger (Protien & Bun Only)	710	390	43g	19g	0g	10mg	1830mg	46g	2g	8g	35g	10%	10%	15%	25%
Bacon Guacamole Burger	1220	790	88g	30g	0g	180mg	1900mg	45g	4g	9g	60g	20%	60%	40%	20%
Classic Bacon & Onion Burger	1400	890	98g	35g	0g	185mg	1810mg	69g	3g	20g	60g	4%	60%	40%	20%
Hangover Burger	1450	880	97g	37g	0g	405mg	2460mg	60g	4g	10g	80g	120%	60%	50%	35%
Mac Daddy Burger	1410	840	94g	38g	0g	235mg	2650mg	61g	3g	9g	75g	110%	60%	130%	25%
Mushroom Swiss Burger	1120	730	81g	28g	0g	170mg	1370mg	40g	3g	5g	58g	4%	40%	45%	20%
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: Guacamole	65	45	6g	1g	0g	0mg	95mg	4g	3g	< 1g	< 1g	2%	8%	0%	2%
Burger Topping: Sauteed Mushrooms	40	40	4.5g	1g	0g	0mg	20mg	< 1g	0g	0g	< 1g	0%	0%	0%	0%
Burger Topping: Sauteed Onions	45	40	4g	1g	0g	0mg	20mg	2g	0g	< 1g	0g	0%	2%	0%	0%
Burger Topping: Sauteed Peppers	35	40	4g	1g	0g	0mg	20mg	0g	0g	0g	0g	0%	10%	0%	0%

HURRICANE GRILL & WINGS | HURRICANE SPORTS GRILL | HURRICANE DOCKSIDE GRILL

Hurricane Grill and Wings Nutritional Information

January 2020

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
Buttermilk Chicken Sandwich	720	290	32g	5g	0g	75mg	2230mg	69g	4g	9g	37g	10%	20%	15%	10%
Cabo Chicken Avocado Wrap	1210	650	71g	17g	0g	160mg	2890mg	82g	10g	9g	59g	20%	25%	50%	25%
Mahi Sandwich	560	240	27g	4g	0g	135mg	1360mg	40g	3g	7g	38g	10%	200%	270%	15%
Steak Philly	1080	630	71g	24g	0g	145mg	2410mg	70g	< 1g	9g	44g	10%	35%	50%	25%
Chicken Philly	950	460	52g	16g	0g	170mg	2780mg	73g	< 1g	11g	51g	15%	40%	50%	20%
add sauteed mushrooms	40	40	4.5g	1g	0g	0mg	20mg	< 1g	0g	0g	< 1g	0%	0%	0%	0%
Steakhouse Sandwich	1080	530	58g	17g	0g	145mg	2320mg	86g	< 1g	7g	54g	25%	10%	50%	35%
Tacos & Quesadillas (no sides)	**Calories**	**Calories from fat**	**Total Fat**	**Saturated Fat**	**Trans Fat**	**Cholesterol**	**Sodium**	**Carbs**	**Fiber**	**Sugars**	**Protein**	**Vitamin A**	**Vitamin C**	**Calcium**	**Iron**
Ahi Tuna Tacos	620	240	27g	6g	0g	50mg	2730mg	55g	3g	22g	36g	35%	15%	15%	20%
Chicken BLT Tacos - crispy	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%
Coconut Shrimp Tiki Tacos	790	300	33g	9g	0g	105mg	3460mg	102g	7g	34g	24g	10%	60%	20%	25%
Firecracker Shrimp Tacos	1110	630	70g	12g	0g	115mg	2270mg	100g	5g	32g	18g	6%	70%	20%	20%
add guacamole	65	45	6g	1g	0g	0mg	95mg	4g	3g	< 1g	< 1g	2%	8%	0%	2%
Monterey Chicken Quesadilla	990	480	54g	23g	0g	210mg	2030mg	61g	2g	4g	62g	30%	10%	70%	20%
Shrimp BLT Quesadilla	1340	780	86g	30g	0g	225mg	3250mg	92g	4g	9g	50g	25%	8%	80%	25%
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	780	380	43g	12g	0g	300mg	940mg	7g	< 1g	5g	89g	8%	15%	25%	8%
Caribbean Grilled Chicken	270	50	6g	1.5g	0g	165mg	720mg	0g	0g	0g	51g	2%	0%	2%	4%
Coconut Shrimp	790	310	35g	15g	0g	115mg	1050mg	98g	6g	57g	21g	0%	0%	8%	10%
Fried Shrimp Basket	490	320	35g	6g	0g	125mg	1410mg	25g	1g	15g	17g	2%	10%	6%	8%
Island Grilled Shrimp	160	30	3g	0g	0g	230mg	1100mg	2g	0g	0g	30g	0%	0%	10%	0%
Key West Tilapia	260	110	12g	3g	0g	80mg	390mg	2g	0g	0g	38g	4%	6%	2%	4%
Tropical Mahi	220	15	1.5g	0g	0g	165mg	210mg	6g	< 1g	5g	42g	10%	280%	350%	2%
Sirloin Steak	470	260	29g	11g	0g	165mg	850mg	1g	0g	0g	47g	4%	2%	8%	20%
Yuengling Battered Fish & Chips	910	610	66g	11g	0g	100mg	1450mg	44g	0g	6g	30g	4%	0%	4%	10%
Beach Bowls	**Calories**	**Calories from fat**	**Total Fat**	**Saturated Fat**	**Trans Fat**	**Cholesterol**	**Sodium**	**Carbs**	**Fiber**	**Sugars**	**Protein**	**Vitamin A**	**Vitamin C**	**Calcium**	**Iron**
Calypso Seafood Bowl	960	220	24g	2.5g	0g	165mg	2280mg	147g	10g	53g	40g	6%	150%	120%	30%
Fajita Rice Bowl	910	230	26g	10g	0g	175mg	2650mg	106g	13g	13g	62g	25%	60%	40%	35%
Thai Ginger Chicken Bowl	1080	360	40g	7g	0g	140mg	3030mg	124g	13g	33g	53g	20%	140%	20%	40%
Teriyaki Beef Bowl	1070	340	37g	14g	0g	205mg	9170mg	111g	13g	24g	72g	50%	230%	35%	70%
add sour cream	140	100	11g	8g	0g	45mg	140mg	5g	0g	2g	2g	10%	0%	10%	0%
Side Items	**Calories**	**Calories from fat**	**Total Fat**	**Saturated Fat**	**Trans Fat**	**Cholesterol**	**Sodium**	**Carbs**	**Fiber**	**Sugars**	**Protein**	**Vitamin A**	**Vitamin C**	**Calcium**	**Iron**
Cilantro Lime 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%
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%
Natural Cut French Fries	460	230	25g	6g	0g	0mg	1380mg	57g	5g	0g	5g	0%	25%	2%	10%
Tater Tots	390	210	23g	4.5g	0g	0mg	590mg	42g	3g	0g	4g	0%	50%	2%	6%
Bacon Jalapeno Cheese Fries	720	410	46g	18g	0g	60mg	2440mg	63g	6g	3g	20g	10%	25%	30%	10%
Garlic 'n Parm Fries	600	360	39g	9g	0g	5mg	1800mg	60g	5g	0g	8g	15%	35%	6%	15%
Jumbo Onion Rings	820	540	58g	9g	0g	30mg	1750mg	66g	2g	9g	7g	4%	10%	4%	6%
Mexican Street Corn	300	220	24g	7g	0g	30mg	1150mg	16g	2g	< 1g	6g	4%	10%	10%	2%
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**
Chocolate Lava Cake	530	280	31g	17g	0g	45mg	400mg	57g	4g	38g	7g	0%	0%	6%	70%
Ice Cream	230	110	12g	8g	**	50mg	90mg	27g	< 1g	24g	4g	10%	2%	15%	0%
Key Lime Pie	590	240	27g	11g	0g	310mg	310mg	76g	1g	61g	12g	20%	4%	30%	8%
Sea Salt Caramel Cheesecake	590	310	35g	19g	0g	125mg	430mg	61g	1g	43g	8g	15%	2%	8%	6%
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 Junior Cheeseburger	460	240	27g	9g	1g	50mg	1090mg	32g	2g	4g	19g	4%	0%	15%	15%
Kid Tenders - crispy	380	100	12g	2g	0g	70mg	1970mg	35g	< 1g	2g	33g	0%	0%	6%	0%
Kid Tenders - grilled	140	30	3g	1g	0g	75mg	330mg	2g	0g	2g	25g	2%	0%	6%	2%
Kid Cheese Quesadilla	520	330	36g	15g	0g	60mg	870mg	30g	2g	0g	20g	10%	0%	50%	10%
add grilled chicken	180	20	2.5g	0g	0g	100mg	430mg	0g	0g	0g	39g	0%	4%	4%	6%
Kid Mac and Cheese	300	80	9g	2.5g	0g	15mg	570mg	45g	2g	8g	11g	0%	0%	15%	10%
Side Applesauce	50	0	0g	0g	0g	0mg	10mg	12g	2g	8g	0g	0%	0%	0%	0%
Side Corn on the Cob	90	70	7g	1.5g	0g	0mg	0mg	7g	< 1g	0g	< 1g	0%	2%	0%	2%
Side Mandarin Oranges	35	0	0g	0g	**	0mg	0mg	9g	1g	8g	< 1g	25%	50%	2%	2%
Side Steamed Broccoli	30	0	0g	0g	**	0mg	25mg	5g	**	**	3g	60%	150%	4%	4%

Hurricane Grill and Wings Nutritional Information

January 2020

Local Specials	Calories	Calories from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Beach Burger Sliders	790	470	52g	12g	1g	75mg	1380mg	52g	4g	7g	25g	0%	4%	8%	20%
Buffalo Chicken Dip	1320	690	75g	23g	0g	160mg	3250mg	107g	6g	8g	49g	35%	15%	25%	4%
Cancun Chicken Wrap	840	430	48g	11g	0g	100mg	2290mg	65g	3g	6g	37g	8%	4%	35%	20%
Cancun Chicken Wrap - Crispy	970	470	53g	12g	0g	75mg	2840mg	88g	3g	7g	35g	6%	2%	35%	15%
Chicken Salad Lettuce Wraps	730	430	50g	7g	0g	95mg	1120mg	47g	4g	38g	24g	100%	15%	6%	8%
Havana Cuban Sandwich	1210	540	58g	19g	0g	125mg	3950mg	122g	6g	7g	43g	10%	0%	45%	30%
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%
Mahi Philly	890	410	46g	14g	0g	160mg	2510mg	70g	< 1g	9g	52g	10%	220%	310%	15%
Smothered Burgerito	1530	830	92g	39g	0g	215mg	3540mg	100g	7g	8g	71g	20%	60%	70%	30%
Wood-Smoked Fish Dip	770	410	47g	7g	0g	0mg	2030mg	62g	5g	9g	24g	15%	20%	15%	15%
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	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%
Chiptole BBQ	70	0	0g	0g	0g	0mg	130mg	17g	0g	13g	0g	2%	4%	0%	2%
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 Ginger	100	50	6g	1g	0g	0mg	420mg	11g	0g	9g	0g	0%	0%	4%	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 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	80	35	3.5g	.5g	0g	0mg	420mg	13g	0g	10g	0g	2%	6%	2%	2%
KH Big Island Lava	30	0	0g	0g	0g	0mg	1080mg	8g	0g	6g	0g	2%	0%	0%	0%
KH Original Sweet Pineapple BBQ	120	0	0g	0g	0g	0mg	480mg	30g	0g	28g	0g	0%	4%	0%	0%
Lemon Pepper	0	0	0g	0g	0g	0mg	280mg	0g	0g	0g	0g	0%	0%	0%	0%
Mango Habanero	50	0	0	0	0	0mg	170mg	13g	0g	12g	0g	0%	0%	0%	0%
Medium	90	90	1.5g	0g	0g	0mg	720mg	0g	0g	0g	0g	12%	0%	0%	0%
Mesquite	5	1	.1g	0g	0g	0mg	240mg	<1g	.2g	.3g	.1g	0%	0%	0%	0%
Mild	120	120	2g	0g	0g	0mg	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%
Secret Weapon	60	0	0g	0g	0g	0mg	740mg	14g	0g	11g	1g	0%	0%	0%	2%
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%
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%

At Hurricane Grill and Wings our top priority is the health, safety and satisfaction of our guests. We are committed to providing the most accurate information possible. Menu item ingredients information is based on standard product recipes and as all of our menu items are prepared to order, so variations may occur due to ordinary differences inherent in the preparation of menu items, local suppliers, region of the country and season of the year. The nutrtitional analysis is comprised of data from Hurricane Grill and Wings suppliers, the United States Department of Agriculture and nutrient database analysis of Hurricane Grill and Wings recipes using MenuCalc Nutrtitional Analysis program.

HURRICANE GRILL & WINGS | HURRICANE SPORTS GRILL | HURRICANE DOCKSIDE GRILL

Hurricane Grill and Wings Nutritional Information for Hurricane 2Go Items

January 2020

H2Go Starters	Calories	Calories from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Guacamole, Chips & Salsa	1490	800	90g	14g	0g	0mg	2610mg	156g	27g	11g	24g	30%	70%	15%	25%
Firecracker Shrimp	1940	1250	140g	21g	0g	385mg	4380mg	124g	7g	15g	44g	15%	30%	25%	35%
Fried Pickles	2050	1490	165g	27g	0g	50mg	6250mg	117g	6g	13g	19g	25%	10%	6%	25%
Jumbo Onion Rings	2140	1250	134g	21g	0g	60mg	4460mg	207g	5g	25g	21g	8%	30%	15%	20%
Mexican Street Corn	1200	880	97g	28g	0g	125mg	4730mg	65g	7g	2g	22g	15%	40%	40%	10%
H2Go 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	1780	1240	137g	21g	0g	315mg	4320mg	43g	7g	4g	91g	600%	30%	30%	35%
H2Go Party Platters	**Calories**	**Calories from fat**	**Total Fat**	**Saturated Fat**	**Trans Fat**	**Cholesterol**	**Sodium**	**Carbs**	**Fiber**	**Sugars**	**Protein**	**Vitamin A**	**Vitamin C**	**Calcium**	**Iron**
Cabo Chicken Avocado Wraps	6120	3230	357g	85g	0g	805mg	15880mg	428g	49g	64g	293g	90%	130%	250%	120%
Fried Jumbo Shrimp	910	330	37g	6g	0g	415mg	4030mg	74g	5g	36g	68g	10%	50%	20%	30%
H2Go 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 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%
Side Tater Tots	1560	840	92g	18g	0g	0mg	2890mg	169g	13g	1g	15g	2%	200%	8%	25%
H2Go Wings (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	5200	1810	201g	43g	0g	885mg	18480mg	481g	25g	25g	405g	0%	100%	0%	50%
75 Boneless	7800	2720	302g	65g	0g	1330mg	27720mg	721g	38g	38g	607g	0%	150%	0%	80%
100 Boneless	10400	3630	402g	86g	0g	1770mg	36960mg	962g	51g	51g	810g	0%	200%	0%	100%
25 Tenders	3170	830	100g	17g	0g	585mg	16420mg	292g	8g	17g	275g	0%	0%	50%	0%
50 Tenders	6350	1670	200g	33g	0g	1165mg	32830mg	583g	17g	33g	550g	0%	0%	100%	0%
75 Tenders	9525	2500	300g	50g	0g	1750mg	49250mg	875g	25g	50g	825g	0%	0%	150%	0%

At Hurricane Grill and Wings our top priority is the health, safety and satisfaction of our guests. We are committed to providing the most accurate information possible. Menu item ingredients information is based on standard product recipes and as all of our menu items are prepared to order, so variations may occur due to ordinary differences inherent in the preparation of menu items, local suppliers, region of the country and season of the year. The nutrtitional analysis is comprised of data from Hurricane Grill and Wings suppliers, the United States Department of Agriculture and nutrient database analysis of Hurricane Grill and Wings recipes using MenuCalc Nutrtitional Analysis program.