

RECIPE NAME	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARB (mg)	DIETARY FIBER (g)	SUGAR (g)	PROTEIN (g)
STARTERS *calories listed per serving, two servings per starter										
Buffalo Chicken Dip	780	45	14	0	65	800	80	6	2	18
BLT Tots	770	59	15	0	80	2260	35	5	4	23
Chips 'N Dip	880	50	14	0	45	1860	93	11	7	21
Drake's Fried Pickles	220	14	4	0	15	2200	19	1	1	2
J.B.'s Boneless Bites Naked	460	29	5	0	50	1440	31	1	5	18
<i>Honey Mustard</i>	484	48	7	0	27	525	14	0	14	1
J.B.'s Boneless Bites Honey Jalapeno BBQ	380	15	3	0	40	1380	43	1	16	18
J.B.'s Boneless Bites Buffalo	430	26	8	0	60	2460	27			21
<i>Ranch Dressing</i>	309	32	7	0	34	468	4	0	2	2
<i>Blue Cheese Dressing</i>	276	29	6	0	21	353	1	0	1	2
Warm Pretzels & Cheese Sauce	659	17	9	1	43	1593	98	6	6	24
Sriracha Wings	920	63	18	1	485	3090	15	0	0	81
<i>Ranch Dressing</i>	309	32	7	0	34	468	4	0	2	2
<i>Blue Cheese Dressing</i>	276	29	6	0	21	353	1	0	1	2
Buffalo Chicken Quesadilla	680	36	17	1	160	1350	34	2	3	53
Quesadilla	710	41	21	0	160	1080	35	3	7	50
SALADS & CHILI										
BLT	700	51	16	0	125	2150	17	5	5	44
BLT w/ Roasted Chicken	1180	78	23	0	290	2580	19	5	7	98
BLT w/ Seared Salmon	1260	95	26	0	235	2550	19	5	7	79
Blue Cheese & Apple	1009	62	15	1	43	5014	84	11	28	35
Blue Cheese & Apple w/ Roasted Chicken	1370	72	17	1	185	5290	93	11	37	88
Blue Cheese & Apple w/ Seared Salmon	1450	89	20	1	135	5260	93	11	37	70
California Cobb	1093	67	22	0	243	1836	34	10	9	92
California Cobb w/ Seared Salmon	1440	111	27	0	190	1840	39	10	12	74
Chicken Chopped Salad	1918	141	33	0	290	5714	64	12	22	104
Salmon Chopped Salad	1610	121	32	0	230	2970	53	8	17	77

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SALADS & CHILI (CONT'D)										
Hearty Chili	460	25	12	0	100	1230	23	4	5	36
Hearty Chili w/ Grilled Cheese	1100	55	27	0	175	2700	91	7	15	64
BURGERS										
The All-American	1409	96	34	5	309	2378	51	3	14	83
Avocado Black Bean Burger	1093	64	17	3	94	1575	95	17	22	32
BBQ Burger	1852	110	45	4	393	2553	91	7	37	116
Big Bleu Burger	2075	141	47	5	398	3396	77	7	23	119
Cheddar Burger	1313	76	28	5	290	1595	68	5	18	84
Juicy Lucy's	1429	94	39	4	335	2413	54	4	17	91
Mini Cheeseburgers	1212	70	26	5	252	1943	74	5	20	69
Morning Glory Burger	1756	95	35	4	468	3012	110	10	37	108
Mushroom & Swiss Burger	1337	75	28	5	287	1090	74	6	22	87
Drake's Patty Melt	1148	71	26	1	245	976	48	3	7	80
Queso Burger	1126	68	24	4	258	1047	49	4	13	76
Triple Double Mini Burgers	1308	86	34	4	310	1603	48	2	14	85
STEAKS										
Twin Filet Medallions	807	58	20	0	249	205	0	0	0	68
Filet W/ Crab Rangoon Roll	980	45	15	0	160	1020	94		35	45
Filet W/ California Roll	970	45	13	0	125	430	93	4	3	44
Filet W/ Fried Chicken Tenders	904	58	15	2	227	1350	21	0	5	70
Filet W/ Griddle-Seared Chicken	747	42	13	0	269	262	0	0	0	87
FAVORITES										
Seared Salmon	373	24	6	0	94	116	0	0	0	36
Griddle Seared Chicken	572	12	4	0	290	408	1	0	1	106
Fried Chicken Tenders	1460	90	15	12	150	4990	104	3	14	57
<i>Honey Mustard</i>	484	48	7	0	27	525	14	0	14	1
Crispy Fish Tacos	1260	63	16	0	95	2920	112	9	9	61

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FAVORITES (CONT'D)										
Fried Fish	590	20	4	0	60	2470	52	2	3	48
<i>Tartar Sauce</i>	453	47	7	0	27	561	7	0	6	3
Buffalo Chicken Mac & Cheese	1472	38	12	1	183	3068	192	8	6	89
Teriyaki Chicken Bowl	1240	39	10	0	200	3760	169	10	33	46
Chicken Asada Tacos	1355	50	19	1	267	1923	118	11	9	103
SANDWICHES										
Drake's BLT	1039	65	17	0	125	2992	66	5	11	51
Buffalo Chicken Wrap	1184	72	28	0	278	4372	38	3	3	91
Fried Bologna Sandwich	891	52	19	1	111	2161	70	5	15	41
Buffalo Chicken Minis	900	45	21	0	340	3850	57	3	12	65
<i>Ranch Dressing</i>	309	32	7	0	34	468	4	0	2	2
<i>Blue Cheese Dressing</i>	276	29	6	0	21	353	1	0	1	2
Fried Fish Minis	890	53	17	5	215	1210	62	4	16	44
<i>Tartar Sauce</i>	453	47	7	0	27	561	7	0	6	1
Nick's Club Sandwich	1522	101	25	0	197	3933	89	8	27	66
Southern Fried Chicken Sandwich	859	28	6	6	199	1608	78	4	17	67
Turkey, Swiss & Avocado Grill	580	35	8	0	95	2160	40	5	9	28
SIDES										
Tater Tots	300	18	3	0	0	992	30	5	2	2
Drake's Fries	350	17	5	0	0	780	50	5	2	5
Waffled Sweet Potato Fries	470	34	3	0	0	330	39	5	10	3
Broccoli Florets	60	1	0	0	0	75	12	6	2	4
Coleslaw	170	9	2	0	15	230	20	4	14	2
Mac & Cheese	861	23	12	1	58	727	130	6	6	35
DESSERT										
Cookie	1343	59	31	3	156	529	179	3	135	14

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KIDS										
Kids Cheeseburger Minis	749	47	23	2	247	884	36	1	8	45
Kids Chicken Tenders	482	6	2	2	146	2500	39	0	1	59
Kids Grilled Chicken Tenders	346	14	3	0	146	164	0	0	0	53
Kids Grilled Cheese	541	27	14	1	65	1211	61	4	10	21
Kids Mac & Cheese	1159	31	16	1	79	999	175	8	8	48
Kids Quesadilla	823	42	23	0	122	1439	59	3	0	50
SUSHI										
Seaweed Salad	152	10	1	0	0	1410	11	3	1	4
Miso Soup	25	1	0	0	0	390	3	0	0	2
Baked Lava Roll	1160	51	8	0	100	2600	142	6	29	27
Eel Roll	680	14	3	0	91	1062	107	3	17	24
Dragon Roll	871	21	4	0	91	1065	139	6	19	27
Fantasy Roll With White Tuna	560	31	4	0	96	1754	38	4	11	31
Fantasy Roll With Yellow Tail	523	27	4	0	67	1690	44	4	11	25
Fantasy Roll With Tuna	518	26	4	0	76	1708	37	4	11	33
Fantasy Roll With Salmon	811	18	3	0	73	793	120	3	11	36
Fantasy Roll With Shrimp	511	26	4	0	169	2213	37	4	11	30
Rainbow Roll	710	14	2	0	102	856	105	4	6	37
New York Roll	610	7	1	0	50	358	92	3	2	40
Boston Roll	690	20	4	0	56	366	92	3	2	30
Tuna Lover's Roll	810	28	4	0	80	660	94	3	4	38
Midori Roll	730	20	4	0	45	1000	100	3	10	31
Crunchy Munchy Roll	710	11	2	0	155	1640	115	4	14	30
Surf & Turf Roll	820	25	9	0	95	1360	112	4	15	30
Crab Rangoon Roll	810	12	5	0	45	1390	153	1	58	16
Mardi Party Roll	790	21	8	0	44	1200	129	3	34	18
Tempura Rainbow Roll	870	31	5	0	235	1470	97	3	4	45

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SUSHI (CONT'D)										
Volcano Roll	820	24	4	0	115	920	103	3	8	41
Chicago Roll	990	48	14	0	95	1710	107	6	11	29
Crunchy Texas Roll	960	34	4	0	73	1840	127	4	23	29
Drake's Yum Yum Roll	1030	47	8	0	350	2460	97	2	5	47
Tuna Stack	501	6	1	0	40	1440	76	4	50	33
Dynamite Roll	930	13	2	0	240	2230	158	5	57	37
Dynamite Bowl	1280	30	5	0	60	2240	212	4	43	34
Salmon Poke Bowl	1150	42	7	0	50	2950	155	10	19	35
Tuna Poke Bowl	1090	31	5	0	45	2940	155	10	19	42
Teriyaki Chicken Bowl	1240	39	10	0	200	3760	169	10	33	46
Crunchy Cali Bowl	630	23	4	0	70	1590	85	5	12	18
California Roll	510	9	1	0	0	300	94	4	3	10
Spicy California Roll	650	18	3	0	45	830	95	4	4	24
Teriyaki Salmon Roll	750	15	2	0	26	2076	126	4	33	21
Spring Roll With Salmon	475	20	4	0	39	620	59	5	12	16
Spring Roll With Shrimp	461	14	3	0	189	1390	60	5	12	24
Spring Roll With Eel	494	21	4	0	101	621	59	5	12	18
Spring Roll With White Tuna	441	16	2	0	55	623	58	5	12	17
Spring Roll With Tuna	409	11	2	0	34	589	58	5	12	21
Spicy Roll With Tuna	720	24	4	0	35	600	96	4	5	26
Spicy Roll With Shrimp	720	25	4	0	128	1100	97	4	5	23
Spicy Roll With Salmon	760	31	5	0	40	600	96	4	5	21
Spicy Roll With White Tuna	750	30	4	0	55	630	96	4	5	22
Spicy Roll With Yellow Tail	730	25	4	0	25	580	102	4	5	18
Philly Roll With Shrimp	388	28	13	1	177	1016	17	3	9	18
Philly Roll With Salmon	800	35	14	1	85	510	96	3	4	24
Philly Roll With Crab	740	27	13	1	70	779	104	4	8	17
Philly Roll With Yellow Tail	770	29	13	1	75	490	102	3	4	21

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SUSHI (CONT'D)										
Philly Roll With White Tuna	790	33	13	1	105	540	96	3	4	25
Vegetable Roll	510	8	1	0	0	326	97	5	4	10
Orange Shrimp Bowl	520	12	2	0	40	950	91	5	24	12
Crunchy Roll with Tuna	580	8	1	0	35	380	94	3	3	26
Crunchy Roll With Shrimp	570	8	1	0	134	920	96	3	3	23
Crunchy Roll With Salmon	620	15	3	0	45	414	95	3	3	22
Crunchy Roll With Yellow Tail	580	9	1	0	30	390	102	3	3	19
Crunchy Roll with White Tuna	610	14	1	0	55	410	94	3	3	22
Dumpling Bowl	550-570	23-25	4-5	1	25-80	1930-2060	70-75	5	44-46	9-14
Shrimp Dumplings	318	3	1	0	114	2177	49	2	8	21
Spicy Beef Dumplings	290	8	3	1	16	2035	40	2	11	13
Pork Dumplings	283	6	2	0	20	1961	42	3	11	12
Chicken Dumplings	240	4	1	0	15	1315	37	3	15	11
Edamame	367	21	3	0	0	1149	23	13	0	29
Side Of Rice	540	0	0	0	0	1	117	0	10	11
Tuna Nigiri	320	1	0	0	20	319	55	1	2	17
Salmon Nigiri	350	6	1	0	25	323	55	1	2	13
Eel Nigiri	380	9	2	0	70	324	56	1	2	15
Shrimp Nigiri	330	2	0	0	120	833	56	1	2	18
Squid Nigiri	370	5	1	0	55	372	66	1	2	10
White Tuna Nigiri	340	5	0	0	35	345	55	1	2	14
Crab Stick Nigiri	340	1	0	0	15	750	68	1	7	11
Yellow Tail Nigiri	320	2	0	0	15	310	60	1	2	11
Tuna Sashimi	109	4	1	0	159	337	10	1	0	10
Salmon Sashimi	119	6	1	0	23	331	6	1	0	9
Squid Sashimi	139	5	1	0	57	379	17	1	0	6
White Tuna Sashimi	112	5	0	0	35	353	6	1	0	10
Yellow Tail Sashimi	92	2	0	0	13	314	11	1	0	7