

Nutritional Information

Starters

Item	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Fiber	Sugar	Protein
Supremas	1540 - 1890	105 - 140	30 - 37	2 - 11	165 - 235	3210 -4940	87 -117	6 - 13	9 - 10	44 - 72
Chips/Dips	1,450.0	90.0	32.0	2.0	145.0	3,770	127.0	15.0	11.0	41.0
Fried Cheese Bites	1,210.0	89.0	32.0	6.0	170.0	3,570	51.0	1.0	12.0	35.0
Pretzel Sticks	1,060.0	38.0	18.0	2.0	70.0	1,920	136.0	4.0	3.0	37.0
Brussels Sprouts	600.0	41.0	8.0	6.0	40.0	2,930	40.0	8.0	21.0	22.0
Flautas	1,287.1	49.0	24.5	0.3	246.1	5,029	167.7	0.8	44.2	46.2
Hummus	604.0	32.0	3.4	0.0	0.0	1,321	75.9	3.4	15.1	20.0
Meat & Cheese Plate	1,028.3	76.6	34.9	0.0	192.4	2,867	27.0	0.8	7.8	57.8

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Pizza

Chicken Bacon Ranch	1,290.0	83.0	25.0	1.0	235.0	3,390.0	65.0	4.0	8.0	66.0
Pepperoni Flatbread	850.0	45.0	20.0	0.0	120.0	1,990.0	72.0	5.0	7.0	40.0
Caprese Flatbread	1,030.0	59.0	23.0	1.0	130.0	2,580.0	71.0	6.0	11.0	48.0
Shrimp Scampi Flatbread	986.7	57.5	30.8	0.0	232.1	1,778.2	71.7	0.2	6.9	42.4

Item	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Fiber	Sugar	Protein
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Breakfast

Chilaquiles	1,143.4	90.3	26.7	0.0	329.9	4,331.3	71.5	4.0	10.3	59.0
Breakfast Bowl	840.0	62.3	28.3	0.0	297.5	1,640.5	44.7	0.5	2.3	50.3
Breakfast Burrito	1,554.2	102.7	35.6	0.0	321.4	3,403.5	109.1	1.1	2.5	65.8

Item	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Fiber	Sugar	Protein
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Bowls/Salads

Cobb Salad	920.0	74.0	24.0	2.0	230.0	1,950.0	14.0	7.0	5.0	50.0
Caesar Salad	520.0	43.0	9.0	7.0	60.0	740.0	23.0	5.0	4.0	12.0
Antipasto Salad	1,076.0	78.3	24.3	0.0	131.0	2,186.5	53.2	7.5	6.0	32.7
Chipotle Chicken Quinoa Salad	1,163.5	87.7	10.0	0.0	133.3	1,710.4	67.1	1.8	10.2	39.0
Mediterranean Chickpea Salad	957.1	50.2	8.5	0.0	26.0	1,180.4	103.8	26.9	22.4	32.5
Cauliflower Burrito Bowl	1,061.6	80.1	21.2	0.0	201.2	2,068.3	39.9	4.2	12.1	53.4
Greek Bowl	1,371.1	99.6	30.8	0.0	306.3	3,648.4	54.0	2.0	8.5	68.8
Asian Bowl	990.0	47.0	10.0	0.0	85.0	2,710.0	96.0	9.0	17.0	43.0
Diabla Shrimp Bowl	1,338.0	111.3	19.7	0.1	305.8	2,588.5	34.1	0.3	2.7	51.9

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Tacos

Lobster Diabla Tacos	1,045.7	81.3	17.0	0.1	98.5	1,664.0	60.5	0.6	7.0	15.7
Picadillo Beef Tacos	926.7	48.5	20.7	1.4	154.3	2,839.0	82.1	1.6	6.6	38.7
Ancho Chicken Tacos	562.8	32.2	7.9	0.0	120.0	1,500.2	48.8	0.4	6.0	25.4

Item	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Fiber	Sugar	Protein
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Entrees

Classic Burger	984.6	74.1	20.7	1.0	115.3	1,593.6	55.1	2.0	14.5	26.4
Italian Chicken Sandwich	1,018.3	76.8	19.0	0.0	135.6	3,176.0	45.1	0.5	10.3	42.0
Lobster Grilled Cheese	1,512.6	129.9	34.8	0.0	146.5	2,444.7	58.3	0.0	7.0	16.0
Classic Grilled Cheese	900.0	75.0	20.0	0.0	50.0	1,240.0	41.0	0.0	2.0	6.0
Chicken Strips	1,150.0	83.0	10.0	0.0	95.0	1,850.0	68.0	15.0	9.0	36.0
Fish & Chips	1,490.0	108.0	14.0	12.0	95.0	3,510.0	95.0	5.0	15.0	39.0

Item	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Fiber	Sugar	Protein
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Desserts

Cookie Trio	1080 - 1200	48 - 66	18 - 30	0.0	90 - 120	630 - 660	144 - 156	6.0	84 - 90	12.0
French Toast Bread Pudding	910.0	42.0	19.0	0.5	375.0	1,040.0	98.0	2.0	62.0	32.0
Vanilla Shake	736.3	40.0	28.2	0.0	172.8	319.8	82.6	0.0	77.1	15.4
Chocolate Shake	844.3	40.7	28.6	0.0	172.8	367.0	108.2	0.0	99.6	16.3

Item	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Fiber	Sugar	Protein
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Kids

Kids Chicken Strips	780.0	57.0	7.0	0.0	65.0	1,270.0	45.0	10.0	6.0	24.0
Kids Pizza	780.0	38.0	17.0	0.0	100.0	1,690.0	71.0	4.0	7.0	37.0
Kids Corn Dogs	890.0	60.0	13.0	4.5	50.0	2,770.0	75.0	6.0	10.0	18.0
Kids Grilled Cheese	1,264.0	85.4	21.3	0.0	50.0	2,254.0	93.0	0.0	3.3	8.6

Item	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Fiber	Sugar	Protein
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Sides

French Fries	280.0	8.0	1.0	0.0	0.0	780.0	40.0	0.0	2.0	2.0
Tater Tots	400.0	12.0	7.0	0.0	50.0	1,020.0	48.0	0.0	2.0	22.0
Creamed Corn	244.1	20.3	7.9	0.0	44.9	349.0	11.1	0.1	5.5	2.9
Chips & Salsa	350.0	5.0	0.0	0.0	0.0	75.0	75.0	0.0	0.0	5.0

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Popcorn

Plain, No Butter

Bottomless Popcorn (1 Bowl)	950.0	40.0	3.5	0.0	0.0	2,744.0	125.0	25.0	1.0	20.0
Small	356.0	19.0	1.0	0.0	0.0	1,176.0	41.0	11.0	0.0	5.0
Medium	499.0	27.0	2.0	0.0	0.0	1,646.0	58.0	16.0	0.0	7.0
Large	820.0	33.0	3.0	0.0	0.0	2,744.0	73.0	20.0	0.0	9.0

Caramel Popcorn

Small	593.0	21.0	1.0	0.0	0.0	152.0	97.0	11.0	56.0	5.0
Medium	831.0	29.0	2.0	0.0	0.0	212.0	136.0	16.0	78.0	7.0
Large	1,039.0	37.0	2.0	0.0	0.0	266.0	171.0	20.0	98.0	9.0

Item	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Fiber	Sugar	Protein
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Candy

Cup of Candy

M&Ms	1,120.0	40.0	28.0	0.0	32.0	160.0	160.0	4.0	144.0	8.0
Chocolate Covered Pretzels										
Chocolate Covered Almonds										
Sour Patch Kids	864.0	0.0	0.0	0.0	0.0	96.0	220.0	0.0	132.0	0.0
Skittles	912.0	0.0	0.0	0.0	0.0	57.0	210.9	0.0	171.0	0.0
Gummi Bears	747.5	0.0	0.0	0.0	0.0	57.5	172.5	0.0	109.3	17.3
Twizzlers	800.0	2.5	0.0	0.0	0.0	475.0	180.0	0.0	95.0	5.0
Reese's Pieces	1,125.0	52.5	45.0	0.0	0.0	262.5	142.5	3.8	120.0	22.5
Peanut M&Ms	1,152.0	60.0	23.2	0.0	24.0	112.0	138.4	9.6	115.2	23.2
Milk Duds/Caramellettes	977.5	34.5	20.1	0.0	0.0	575.0	166.8	0.0	120.8	2.9

Box of Candy

Gummy Bear	300.0	0.0	--	--	--	15.0	69.0	0.0	42.0	6.0
M&M Peanut	440.0	24.0	9.0	0.0	10.0	20.0	52.0	4.0	44.0	8.0
M&M Plain	420.0	16.0	10.0	--	10.0	60.0	64.0	2.0	58.0	4.0
Skittles Original	400.0	3.8	3.8	0.0	0.0	25.0	92.5	0.0	75.0	0.0
Sour Patch Kids	360.0	0.0	0.0	0.0	0.0	85.0	89.0	--	78.0	--
Milk Duds	595.0	21.0	12.3	0.0	0.0	350.0	98.0	0.0	70.0	3.5
Raisinets	440.0	18.0	12.0	0.0	0.0	40.0	68.0	0.0	60.0	4.0
Reese's Pieces	600.0	27.0	24.0	0.0	0.0	135.0	75.0	3.0	63.0	12.0

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Item	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Fiber	Sugar	Protein
<u>Beverages</u>										
16oz Drink	0 - 220	0.0	0.0	0.0	0.0	45 - 105	0 - 60	0.0	0 - 58	0.0
20oz Drink	0 - 280	0.0	0.0	0.0	0.0	60 - 130	0 - 75	0.0	0 - 72	0.0
32oz Drink	0 - 640	0.0	0.0	0.0	0.0	45 - 210	0 - 163	0.0	0 - 145	0.0
Bottomless Drinks (per Serving)	0 - 640	0.0	0.0	0.0	0.0	45 - 210	0 - 163	0.0	0 - 145	0.0
Coffee	5.0	0.0	0.0	0.0	0.0	5.0	0.0	0.0	0.0	0.0
Smart Water	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Topo Chico	0.0	0.0	0.0	0.0	0.0	15.0	0.0	0.0	0.0	0.0
Mexican Coke 12oz	140.0	0.0	0.0	0.0	0.0	45.0	39.0	0.0	39.0	0.0
Vitamin Water Acai Berri 20oz	120.0	0.0	0.0	0.0	0.0	0.0	31.0	0.0	31.0	0.0
Monster Ultra Zero 12oz	10.0	0.0	0.0	0.0	0.0	370.0	6.0	0.0	0.0	0.0
Simply Apple Juice	160.0	0.0	0.0	0.0	0.0	5.0	43.0	0.0	40.0	0.0
Simply Orange Juice	160.0	0.0	0.0	0.0	0.0	0.0	37.0	0.0	33.0	2.0
ICEE 20 oz	290 - 300	0.0	0.0	0.0	0.0	0.0	77 - 81	0.0	77 - 81	0.0
ICEE 32 oz	440 - 480	0.0	0.0	0.0	0.0	0.0	123 - 130	0.0	123 - 130	0.0

Item	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Fiber	Sugar	Protein
<u>Dipping Sauces</u>										
Ranch Dressing 1.5 oz	180.0	18.0	1.5	0.0	15.0	345.0	3.0	0.0	1.5	1.5
Marinara 2oz	35.0	0.2	0.0	0.0	0.0	240.0	7.0	0.0	4.5	1.0
Queso 2oz	178.2	15.7	8.6	0.0	51.5	776.0	2.6	2.2	0.3	8.7
BBQ Ranch 1.5 oz	146.0	12.6	2.1	0.0	11.0	366.0	8.5	0.0	7.3	1.0
Salsa 2oz	63.1	4.7	0.3	0.0	0.0	652.3	5.7	0.5	3.3	0.5
Bleu Cheese 1.5 oz	210.0	21.0	5.2	0.0	15.0	435.0	10.5	0.0	0.0	3.0
Sriacha Aioli 2oz	231.0	24.0	3.9	0.1	14.0	333.0	2.0	0.2	1.2	0.5
Sour Cream 1oz	60.0	5.0	3.5	0.0	20.0	20.0	2.0	0.0	2.0	1.0
Tartar Sauce 1.5 oz	255.0	25.5	3.8	0.0	22.5	315.0	6.0	0.0	3.0	0.0
Ketchup 2oz	40.0	0.0	0.0	0.0	0.0	360.0	10.0	0.0	8.0	0.0
Burger Sauce 1 oz	186.0	17.5	3.2	0.0	7.9	390.3	8.2	0.1	5.0	0.0

	Is this a vegan-safe item?	Do the menu items below contain the allergen or have risk of contamination from allergen?								
Menu Item	Vegan	Gluten	Dairy	Egg	Fish	Shellfish	Tree Nut	Peanut	Soybean	Shelf Life
Starters	All fryer oil is soy-based.									
Supremas (Chips)	No-/Bacon/Queso/chili lime crema/ Cream Corn	No	Yes-chili lime crema/ Queso/Cream Corn	Yes-Cream Corn/ Mayo	No	No	No	No	No	
Supremas (Papas)	No-Fryer Risk/Bacon/Queso/chili lime crema/ Cream Corn	Yes-Fryer Risk	Yes-chili lime crema/ Queso/Cream Corn	Yes-Cream Corn/ Mayo	Yes-Fryer Risk	Yes-Fryer Risk	No	No	Yes-Fry Oil	
Supremas (Tots)	No-Fryer Risk/Bacon/Queso/chili lime crema/ Cream Corn	Yes-Fryer Risk	Yes-chili lime crema/ Queso/Cream Corn	Yes-Cream Corn/ Mayo	Yes-Fryer Risk	Yes-Fryer Risk	No	No	Yes-Fry Oil	
Flautas	No-Cheese	Yes- Fryer risk	Yes-Cheese	No	Yes-Fryer Risk	Yes-Fryer Risk	No	No	No	
Chips & Dips	No-Queso (Yes-Salsa)	No	Yes-Queso	No	No	No	No	No	No	
Fried Cheese Bites	No-Fryer Risk/Cheese	Yes-Breading/Fryer Risk	Yes-Cheese/BBQ Ranch	Yes - mayo (BBQRanch)	Yes-Fryer Risk	Yes-Fryer Risk	No	No	Yes-Fry Oil	
Pretzel Sticks	No-Butter/Queso	Yes-Bread Sticks	Yes-Queso	No	No	No	No	No	Yes - Fry Oil	
Brussels Sprouts	No-Fryer Risk/Bacon	Yes-Fryer Risk	Yes-Fryer Risk	No	Yes-Fryer Risk	Yes-Fryer Risk	No	No	Yes-Fry Oil	
Seasonal Date Plate	No	Yes-Crackers	Yes-Cheeses	No	No	No	Yes-Nuts	No	No	
Hummus Plates	Yes	Yes-Pita	No	No	No	No	No	No	No	
Pizzas	MH pizzas can be made with a gluten-free crust. Cinepolis Cauliflower crust (GF)									
Caprese Pizza	No	Yes-Pizza Dough / Flatbread	Yes-Mozzarella Cheese	No	No	No	No	No	No	
Chicken Bacon Ranch Pizza	No	Yes-Pizza Dough / Flatbread	Yes-Mozzarella Cheese/Ranch	Yes-Ranch (Mayo)	No	No	No	No	No	
Shrimp campì pizza	No	Yes-Pizza Dough / Flatbread	Yes-Mozzarella Cheese/ Butter	No	No	Yes Shrimp	No	No	No	
Cheese Pizza	No	Yes-Pizza Dough / Flatbread	Yes-Mozzarella Cheese	No	No	No	No	No	No	
The Classic Pepperoni Pizza	No	Yes-Pizza Dough / Flatbread	Yes-Mozzarella Cheese/Parmesan	No	No	No	No	No	No	
Salads & Bowls										
Cobb Salad	No-Ranch/Bacon/Egg/Cheese/Chicken	No	Yes-Ranch/Gorgonzola	Yes-Ranch (Mayo)	No	No	No	No	No	
Classic Caesar Salad	No-Dressing/Cheese/Croutons	Yes-Croutons	Yes-Caesar Dressing/Parmesan	Yes-Caesar Dressing	Yes-Anchovies	No	No	No	No	
Antipaststo Salad	No Salami. Chorizo, Mozzarella	yes pasta	Yes Mozzarella	No	No	No	No	No	No	
Chipotle Chicken Quinoa Salad	No-Ancho Chicken/ Honey	Yes-Fried tortillas	No	No	Yes-Fryer Risk/ Tortilla strips	Yes-Fryer Ri	No	No	Yes-Fryer Risk/ Onions	
Mediterranean Chickpea Salad	Yes	No	Yes-Feta	No	No	No	No	No	No	
Cauliflower Burrito Bowl	No-Cheddar jack cheese/chili lime crema	No	Yes-cheddar jack cheese/chili lime crema	Yes -ranch dressing	No	No	No	No	No	
Greek Bowl	No-feta cheese/lamb beef/lemon dill cream	Yes-pita bread	Yes-rfetta cheese/lemon dill cream	No	No	No	No	No	No	
Poke Bowl	No-Ahi Tuna/Honey	No	Yes-Spicy Aioli	Yes-Spicy Aioli	Yes-Tuna	No	No	No	No	
Diabla Shrimp Bowl	No-Shrimp/ancho tortilla strips/chili lime crema	YesAncho tortilla strips	Yes-Chili lime crema	No	No	Yes Shrimp	No	No	No	
Side House Salad	No-Balsamic/Honey (default)	Yes	Yes-Butter Croutons/ Parmesan	No	See Dressing Choice	See Dressing Choice	See Dressing Choice	See Dressing Choice	See Dressing Choice	
Cobb Salad Wrap	No-Ranch/Bacon/Egg/Cheese	Yes-Tortilla	Yes-Butter Croutons/ Parmesan/Buttermilk	Yes-Ranch (Mayo)	No	No	No	No	No	
Classic Caesar Wrap	No-Flour Tortilla/Dressing/Cheese	Yes-Croutons/ Flour Tortilla	Yes-Caesar Dressing/Parmesan	Yes-Caesar Dressing	Yes-Anchovies	No	No	No	No	
Breakfast										
Breakfast Bowl	No-Eggs/Cream/chorizo/cheddar jack cheese	Yes-Tots	Yes Cream	Yes eggs	No	No	No	No	Yes	
Breakfast Burrito	No-Eggs/Cream/chorizo/cheddar jack cheese/chipotle aioli	Yes -Flour tortilla	Yes- Cream/chipotle aioli/cheddar jack cheese/	o	No	No	No	No	No	
Chilaquiles	No - Ancho Chicken/ Eggs/Chorizo	No	Yes-Sour Cream Mix/Queso Fresco	Yes	No	No	No	No	No	
Entrees	All burger buns can be subbed for a gluten-free bun. All meat patties can be subbed for a Vegan beyond burger or turkey patty.									
Classic Burger	No-Cheese/Beef/Bun	Yes	Yes-Cheddar Cheese/special burger sauce	No	No	No	No	No	No	
The Italian Chicken	No-Chicken/Cheese/Bun/Salami	Yes-Bun	Yes-Cheddar cheese/	No	No	No	No	No	No	
Lobster Grolled cheese	No-Lobster/Butter/cheddar jack cheese/Mayo	Yes-Texas Toast	Yes-Mayo/butter/cheddar jack cheese	No	No	No	No	No	No	
Fish and Chips	No-Fish/Tartar Sauce/Fryer Risk	Yes-Breading/Fryer Risk	Yes-Tartar Sauce/Fryer Risk	No	Yes-Fryer Risk	Yes-Fryer Risk	No	No	Yes-Fryer Risk	
Fried Chicken Strip Basket	No-Chicken/Fryer Risk	Yes-Chicken Breading/Fryer Risk	Yes-Chicken Breading/Fryer Risk	No	Yes-Fryer Risk	Yes-Fryer Risk	No	No	Yes-Fryer Risk	
Tacos										
Picadillo Tacos	No-Beef/fryer risk/sour cream/queso fresco	Yes-Fryer Risk	Yes Sour cream/queso fresco	No	No	No	No	No	No	
Lobster Diabla Tacos	No-Lobste/Lime Crema	Yes-Fryer Risk	Yes-Butter	No	No	Yes-Lobster	No	No	No	
Ancho Chicken Tacos	No-Chicken/sour cream/queso fresco	Yes-Fryer Risk	Yes-Queso Fresco/Sour cream	No	No	No	No	No	No	

