

Houlihan's cooks from scratch using superior quality ingredients, including local delivery of fresh produce every morning. We think real cooking, with pure, quality ingredients is a big part of maintaining a balanced diet and healthy lifestyle. Our menu offers dishes both indulgent, sharable, and on the lighter side for those looking for fare lower in calories. Please note that menu items do vary by location and the availability of produce and other ingredients. You can view any specific restaurant's menu by selecting their location on our website.

V = Vegetarian Friendly/Meatless items

G = We are not a gluten-free environment, however these items contain gluten-free ingredients

APPETIZERS + SHAREABLES		Calories	Calories	Total	Saturated	Trans Fat	Cholesterol	Sodium	Total	Dietary	Sugar	Protein
			From Fat	Fat (g)	Fat (g)	(g)	(mg)	(mg)	Carbs (g)	Fiber (g)	(g)	(g)
Jumbo Stuffed Shrooms (w/ dip sauce)	V	1205	760	85	28	0	190	1844	82	5	11	27
Chicken Lettuce Wraps		852	303	34	6	0	75	2334	103	4	63	29
Chicken Tenders (w/ dip sauces)		780	270	30	6	0	190	2090	60	2	40	57
Chicken Tenders – Buffalo (w/ dip sauce)		836	453	50	10	0	193	1942	35	2	8	58
Boneless Wings - Buffalo (w/ dip sauce)		788	477	53	11	0	185	4491	32	2	5	46
Boneless Wings - Thai Chile (w/ dip sauce)		780	210	23	5	0	147	4671	91	3	62	48
Boneless Wings - Lemon Pepper		1055	763	85	22	0	183	2382	28	2	4	43
Boneless Wings - Mango Habanero		521	168	19	4	0	147	1681	44	2	16	43
Chicken Wings – Buffalo (w/ dip sauce)		1101	854	95	18	0	299	2628	18	0	5	48
Chicken Wings – Thai Chile (w/ dip sauce)		1022	434	48	9	0	261	5513	95	2	80	49
Chicken Wings - Lemon Pepper		1114	930	103	26	0	271	1847	7	0	0	38
Chicken Wings - Mango Habanero		580	336	37	8	0	235	1146	23	0	12	38
Pan Fried Pork Dumplings (w/ dip sauce)		420	183	20	5	0	30	2129	43	3	11	14
Spinach Dip with Lavosh Crackers	V	1068	580	65	35	0	190	2229	89	5	14	40
Calamari		668	260	29	5	0	450	2262	65	5	14	38
Grilled Chicken Nachos		1507	872	97	47	0	268	3772	84	13	10	72
Spicy Chicken and Avocado Eggrolls-6 (w/ dips and sauce)		695	310	34	12	0	87	1416	65	4	16	27
Char-Crusted Ahi Tuna		388	171	19	3	0	61	1137	24	2	10	30
Firecracker Shrimp		607	369	41	6	0	243	984	28	2	11	32
Firecracker Cauliflower	V	992	438	49	7	0	116	2128	118	10	26	23

HOMEMADE SOUPS AND SIDE SALADS		Calories	Calories	Total	Saturated	Trans Fat	Cholesterol	Sodium	Total	Dietary	Sugar	Protein
			From Fat	Fat (g)	Fat (g)	(g)	(mg)	(mg)	Carbs (g)	Fiber (g)	(g)	(g)
French Onion Soup with Provolone & Croutons		309	181	20	11	0	53	1577	13	1	4	18
Original Baked Potato Soup (w/ saltines)	V	506	295	33	18	0	89	1776	35	4	4	15
Tomato Soup with Cheese Fritters	V	342	186	21	10	0	56	2153	29	3	14	9
Signature Tuscan Salad	V	329	197	22	6	0	15	624	25	5	4	9
House Chop Salad with cheddar cheese		235	136	15	7	0	31	416	16	3	3	9
House Chop Salad with bleu cheese crumbles		231	133	15	7	0	30	469	15	3	3	9
<i>add buttermilk ranch dressing</i>		176	157	17	3	0	22	142	4	0	2	1
<i>add balsamic vinaigrette dressing</i>		224	203	23	3	0	0	180	5	0	4	0
Caesar Salad		351	293	33	8	0	34	504	8	3	2	5

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DINNER ENTREES		Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Down Home Pot Roast		1033	503	56	32	0	282	3071	67	9	9	55
Meatloaf #9		1182	604	67	30	0	211	4870	80	10	20	56
Lemony Chicken Picatta		831	631	70	34	0	282	2890	91	5	5	55
Stuffed Chicken Breast (w/ mashed potato)		926	478	53	26	0	238	2291	63	6	6	45
<i>grilled asparagus</i>		43	22	2	0	0	0	170	3	2	2	2
Seared Georges Bank Scallops	GS	501	201	22	4	0	84	1935	30	2	3	44
Seared Georges Bank Scallops (small)	GS	349	139	15	3	0	46	1396	27	2	3	25
Original Fajitas - Chicken		1289	572	64	23	0	178	4167	112	12	31	64
Original Fajitas - Beef		1449	661	73	29	0	181	3630	111	11	31	80
Original Fajitas - Combo		1367	616	68	26	0	179	3898	111	11	31	72
Jambalaya		720	312	35	9	0	259	2685	53	5	9	48
Jalapeno Popper Stuffed Chicken		1261	507	56	27	0	283	3119	130	8	30	55
Huge Panko Fried Shrimp (5)*		1260	243	27	6	0	331	3493	195	12	33	58
Huge Panko Fried Shrimp (7)*		1300	189	21	5	0	463	3368	203	10	38	75
Atlantic Salmon - 5oz	GS	310	182	20	6	0	89	472	3	1	1	29
<i>mashed potatoes</i>		328	201	22	15	0	74	941	26	4	3	3
<i>grilled asparagus</i>		43	22	2	0	0	0	170	3	2	2	2
<i>dill caper sauce</i>		143	137	15	2	0	16	222	2	0	0	0
Seared Salmon Pesto	GS	457	290	32	7	0	74	858	13	0	8	29
Sedona Shrimp Pasta		964	436	48	22	0	294	1418	82	7	4	49
Chicken Tender Platter		664	259	29	7	0	216	2073	36	2	5	64
<i>french fries</i>		352	176	20	5	0	0	907	40	4	0	4
<i>honey mustard sauce</i>		280	216	24	4	0	30	220	12	0	12	0
Fish & Chips (w/ slaw)		324	76	8	1	0	61	1151	31	3	4	28
<i>french fries</i>		352	176	20	5	0	0	907	40	4	0	4
<i>dill caper sauce</i>		143	275	15	2	0	31	222	2	0	0	0

DINNER ENTREES		Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
STEAKS* - side options listed below												
Top Sirloin (5oz)	GS	337	217	24	9	0	77	754	0	0	0	28
Barrel Cut Filet Mignon (6oz)	GS	486	338	38	15	0	116	1448	1	0	0	34
Barrel Cut Petite Filet Mignon (4oz)	GS	325	227	25	10	0	76	738	0	0	0	23
Kansas City Strip (12 oz)	GS	857	552	61	24	0	202	1536	1	0	0	70
Firecracker Shrimp Add-On		602	366	41	6	0	243	982	28	2	11	32
All steaks served upon request with a side of:												
<i>Parmesan Garlic Sauce</i>		277	263	29	5	0	28	291	3	0	0	2

* Steak Side Choices												
<i>French Fries</i>	V	352	176	20	5	0	0	907	40	4	0	4
<i>Sweet Potato Fries</i>	V/GS	564	366	41	11	0	25	551	48	4	12	3
<i>Basil Brussels Sprouts</i>	V/GS	394	318	35	6	0	17	771	14	4	4	6
<i>Mac and Cheese</i>		340	144	16	9	0	44	323	39	2	2	9
<i>Grilled Asparagus</i>	V/GS	43	22	2	0	0	0	170	3	2	2	2
<i>Garlic Green Beans</i>	V/GS	61	32	4	1	0	0	280	5	2	2	1
<i>Fresh Fruit</i>	V/GS	71	5	1	0	0	0	2	15	4	9	1
<i>Loaded Baked Potato</i>		716	343	38	21	0	85	1131	71	5	4	20
<i>Mashed Potatoes</i>	V/GS	328	201	22	15	0	74	941	26	4	3	3

SANDWICHES *		Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
SANDWICHES* - side options listed below												
Brentwood Chicken Sandwich (Fried)		1332	680	76	21	0	237	3057	94	4	26	64
Brentwood Chicken Sandwich (Grilled)		1051	635	71	20	0	186	2015	47	2	9	57
<i>honey mustard</i>		280	216	24	4	0	30	220	12	0	12	0
Brentwood Chicken Sandwich (Grill) - Gluten Free Bun	GS	1021	631	70	19	0	176	2225	47	3	4	51
<i>honey mustard</i>		280	216	24	4	0	30	220	12	0	12	0
French Dip (w/ au jus)		816	229	25	11	0	127	3968	75	2	6	68
<i>creamy horseradish</i>		255	243	27	4	0	23	315	3	0	2	2
Turkey Club Sandwich		883	514	57	24	0	186	2200	53	1	7	41
So Cal Fish Tacos		973	345	38	9	0	114	2304	115	10	16	41
Southwest Grilled Chicken Wrap		830	519	58	15	0	96	1839	48	5	8	31

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HOULIHAN'S

Houlihan's Menu Nutritional Facts

BURGERS *		Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
BURGERS* - side options listed below												
Veggie Burger - Toasted Bun	V	521	181	20	5	0	15	1871	71	8	12	14
Veggie Burger - Gluten Free Bun	V	491	176	20	4	0	5	2081	71	9	7	8
Impossible Burger	V	1070	530	59	21	0	32	2733	97	10	12	36
Black Angus Burger - Toasted Bun		739	370	41	15	0	130	1541	46	3	10	43
Black Angus Burger - Gluten Free Bun	GS	709	385	41	13	0	120	1751	46	4	5	37
add cheddar cheese		160	108	12	8	0	40	280	0	0	0	10
add gouda cheese		206	147	16	11	0	57	492	1	0	0	14
add provolone		152	104	12	7	0	33	371	1	0	0	11
add gorgonzola cheese		110	72	8	5	0	30	280	0	0	0	6
add American cheese		121	82	9	6	0	30	526	2	0	2	8
add swiss cheese		158	105	12	7	0	40	84	1	0	0	12
add BBQ sauce		50	0	0	0	0	0	320	12	0	6	0
add bacon strips		80	64	7	3	0	13	266	0	0	0	4
add sauteed mushrooms		42	16	2	0	0	0	222	5	1	1	2
The Kansas City Burger - Toasted Bun		1252	593	66	27	0	216	2988	87	4	27	71
The Kansas City Burger - Gluten Free Bun		1222	588	65	26	0	206	3198	87	5	22	65

* Sandwich & Burger Side Choices – add one of the following to all Sandwiches and Burgers

French Fries	V	352	176	20	5	0	0	907	40	4	0	4
Sweet Potato Fries	V/GS	564	366	41	11	0	25	551	48	4	12	3
Basil Brussels Sprouts	V/GS	394	318	35	6	0	17	771	14	4	4	6
Mac and Cheese		340	144	16	9	0	44	323	39	2	2	9
Tortilla Chips with Salsa	V/GS	116	16	2	0	0	0	204	21	2	1	3
Fresh Fruit	V/GS	71	5	1	0	0	0	2	15	5	9	1
Loaded Baked Potato		716	343	38	21	0	85	1131	71	5	4	20
Mashed Potato	V/GS	328	201	22	15	0	74	941	26	4	3	3
Garlic Green Beans	V/GS	61	32	4	1	0	0	280	5	2	2	1
Grilled Asparagus	V/GS	43	22	2	0	0	0	170	3	2	2	2

Condiments

Ketchup (1.5 oz.)		62	1	0	0	0	0	480	15	1	12	1
Yellow Mustard (1 Tbsp.)		0	0	0	0	0	0	180	0	0	0	0
Pickle Planks (2)		5	0	0	0	0	0	520	1	1	0	0

ENTRÉE SALADS		Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Chicken Caesar		613	314	35	15	0	158	1463	24	6	5	49
Caesar Dressing (3 fl oz)		510	486	54	9	0	45	660	3	0	0	0
Char-Crusted Ahi Tuna Salad		640	240	27	8	0	58	1245	61	6	25	37
Banana Ginger Vinaigrette (2 fl oz)		275	253	28	4	0	0	325	5	0	2	0
Char-Crusted Ahi Tuna Salad - Small		423	155	17	5	0	38	831	42	3	15	24
Banana Ginger Vinaigrette (1 fl oz)		138	126	14	2	0	0	163	3	0	1	0
Heartland Chicken Salad - Grilled		723	451	50	16	0	157	1583	16	6	5	54
butter milk ranch dressing (2 fl oz)		218	201	22	3	0	22	285	5	0	2	1
focaccia breadstick		102	27	3	1	0	5	185	15	1	1	3
Heartland Chicken Salad - Grilled - Small		380	239	27	9	0	82	818	9	3	3	27
butter milk ranch dressing (1 fl oz)		109	100	11	1	0	11	142	3	0	1	0
focaccia breadstick		102	27	3	1	0	5	185	15	1	1	3
Heartland Chicken Salad - Fried		692	368	41	13	0	148	1248	31	7	8	50
butter milk ranch dressing (2 fl oz)		218	201	22	3	0	22	285	5	0	2	1
focaccia breadstick		102	27	3	1	0	5	185	15	1	1	3
Heartland Chicken Salad - Fried - Small		409	208	23	8	0	94	730	19	4	4	31
butter milk ranch dressing (1 fl oz)		109	100	11	1	0	11	142	3	0	1	0
focaccia breadstick		102	27	3	1	0	5	185	15	1	1	3
Buffalo Bleu Salad		970	615	68	24	0	187	2675	35	7	10	54
butter milk ranch dressing (2 fl oz)		218	201	22	3	0	22	285	5	0	2	1
focaccia breadstick		102	27	3	1	0	5	185	15	1	1	3
Buffalo Bleu Salad - Small		544	336	37	12	0	104	1541	22	4	6	30
butter milk ranch dressing (1 fl oz)		109	100	11	1	0	11	142	3	0	1	0
focaccia breadstick		102	27	3	1	0	5	185	15	1	1	3
Chicken Asian Chop Chop		679	218	24	5	0	75	1772	80	9	48	32
Peanut Ginger Dressing (1 fl oz)		281	247	27	4	0	0	252	6	0	5	1
Large Caesar Salad without Chicken		314	168	19	11	0	50	651	24	6	5	13
Caesar Dressing (3 fl oz)		510	486	54	9	0	45	660	3	0	0	0
add Grilled Chicken		298	147	16	4	0	108	811	0	0	0	37
add Grilled Salmon		285	171	19	5	0	88	455	0	0	0	28
Dressings												
Bleu Cheese Dressing (3 fl oz)		474	445	49	9	0	57	649	5	0	1	4
butter milk ranch dressing (2 fl oz)		218	201	22	3	0	22	285	5	0	2	1
Low Fat butter milk ranch (1 fl oz)		70	40	5	1	0	10	370	7	0	1	0
Peanut Ginger Dressing (1 fl oz)		281	247	27	4	0	0	252	6	0	5	1
Balsamic Vinaigrette (2 fl oz)		224	203	23	3	0	0	180	5	0	4	0
Banana Ginger Vinaigrette (2 fl oz)		275	253	28	4	0	0	325	5	0	2	0
Poppyseed Dressing (2 fl oz)		293	219	24	3	0	0	209	18	0	17	0

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FALL SPECIALS MENU		Calories	Calories	Total	Saturated	Trans Fat	Cholesterol	Sodium	Total	Dietary	Sugar	Protein
			From Fat	Fat (g)	Fat (g)	(g)	(mg)	(mg)	Carbs (g)	Fiber (g)	(g)	(g)
Giant Cheesy Tots (6)	V	824	374	42	15	0	73	3062	91	6	14	21
HH Giant Cheesy Tots (4)	V	585	298	33	11	0	54	2046	57	5	8	14
Creole Inspired Chicken Fried Chicken		1259	674	75	38	1	290	4416	87	11	12	54
Butternut Squash & Sausage Campanelle		1308	732	81	35	0	201	2358	96	7	9	41
Butternut Squash & Veggie Campanelle	V	924	435	48	25	0	106	933	97	8	7	19
Triple Decker Grilled Cheese	V	976	539	60	29	0	146	1877	70	1	2	40
Apple Cranberry Cobbler	V	992	293	37	18	1	70	600	154	6	104	11
Bruschetta w/ Basil Cruda	V	1123	793	93	23	0	73	524	64	5	2	11
Korean Fried Chicken		855	416	46	8	0	126	2931	61	5	18	47
Korean Grilled Chicken		745	371	41	7	0	105	2603	49	4	16	44
Down Home Pot Roast		1033	503	56	32	0	282	3071	67	9	9	55
Lemon Pasta w/ Grilled Chicken		884	293	33	7	0	300	2572	94	11	6	54
Lemon Pasta without Grilled Chicken	V	586	146	17	3	0	181	1761	94	11	6	17
Large Cappuccino Cake	V	1301	470	55	27	0	153	981	188	3	145	12

KIDS MENU		Calories	Calories	Total	Saturated	Trans Fat	Cholesterol	Sodium	Total	Dietary	Sugar	Protein
			From Fat	Fat (g)	Fat (g)	(g)	(mg)	(mg)	Carbs (g)	Fiber (g)	(g)	(g)
KID ITEMS* - side options listed below												
Kids Cheeseburger		293	144	16	6	0	93	525	19	1	3	17
Kids Chicken Tenders (w/ buttermilk ranch)		342	267	30	5	0	114	776	20	1	5	33
Kids Grilled Cheese		439	180	20	10	0	46	1096	45	0	3	20
Kids Grilled Chicken Breast with green beans		135	47	5	1	0	53	397	2	1	1	19
Kids Jr French Dip		383	97	11	5	0	64	1630	36	1	2	34
Kids Mac n Cheese		340	99	11	3	0	25	830	48	2	11	12
Kids Cheese Pizza		570	191	21	10	0	45	1450	68	3	5	27
Kids Pepperoni Pizza		989	441	49	16	0	63	3197	101	14	25	36
Kid Glazed Chicken & Rice		384	100	11	2	0	38	1560	54	3	30	15
Kids Popcorn Shrimp		536	285	32	6	0	127	1358	47	3	16	18
Kids Taco Bowl		769	374	42	17	0	119	1598	61	7	7	35

Side Choices – add carrot sticks, one side item, and one dessert (ice cream or applesauce)

Carrot Sticks with buttermilk ranch Dressing	V	183	131	15	2	0	8	451	12	2	1	2
French Fries (4 oz)	V	232	116	13	3	0	0	599	26	3	0	3
Basil Brussels Sprouts	V/GS	394	318	35	6	0	17	771	14	4	4	6
Mac and Cheese		340	144	16	9	0	44	323	39	2	2	9
Sweet Potato Fries	V/GS	564	366	41	11	0	25	551	48	4	12	3
Tortilla Chips with Salsa	V/GS	58	8	1	0	0	0	102	11	1	0	2
Fresh Fruit	V/GS	18	1	0	0	0	0	0	4	1	2	0
Side Salad w/ buttermilk ranch	V	79	41	5	1	0	10	374	9	1	2	1
Mashed Potatoes	V/GS	164	100	11	7	0	37	304	13	2	1	2
Grilled Asparagus	V/GS	43	22	2	0	0	0	170	3	2	2	2
Green Beans	V/GS	13	0	0	0	0	0	12	2	1	1	1
Ice Cream		265	113	17	10	1	60	60	24	0	24	4
Applesauce		97	0	0	0	0	0	0	23	1	21	0

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LUNCH COMBOS	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Fish Tacos Combo	487	172	19	5	0	57	1152	58	5	8	20
French Dip Sandwich Combo	688	360	40	9	0	86	3308	45	1	6	36
Mini Burgers (2) Combo	713	375	42	16	0	212	1035	40	2	7	41
Turkey Club Sandwich	442	257	28	14	0	93	1100	27	1	4	21
Southwest Chicken Wrap Combo	363	237	26	7	0	26	713	25	3	5	8

Side Choices - add one of the following to all items above

French Fries 4oz	232	116	13	3	0	0	599	26	3	0	3
Tortilla Chips with Salsa	116	16	2	0	0	0	204	21	2	1	3

Chicken Tender Combo	0	0	0	0	0	0	0	0	0	0	0
french fries	232	116	13	3	0	0	599	26	3	0	3
add honey mustard	280	216	24	4	0	30	220	12	0	12	0
Petite Filet Mignon (4 oz)	325	227	25	10	0	76	738	0	0	0	23
french fries	232	116	13	3	0	0	599	26	3	0	3
grilled asparagus	43	22	2	0	0	0	170	3	2	2	2
add parmesan garlic sauce	277	263	29	5	0	28	291	3	0	0	2

Soup and Salad - add one of the following to all items above

French Onion Soup with Provolone & Croutons	309	181	20	11	0	53	1577	13	1	4	18
Original Baked Potato Soup (w/ saltines)	506	295	33	18	0	89	1776	35	4	4	15
Tomato Soup with Cheese Fritters	342	186	21	10	0	56	2153	29	3	14	9
Signature Tuscan Salad	329	197	22	6	0	15	624	25	5	4	9
House Chop Salad with cheddar cheese	235	136	15	7	0	31	416	16	3	3	9
House Chop Salad with bleu cheese	231	133	15	7	0	30	469	15	3	3	9
add buttermilk ranch dressing	176	157	17	3	0	22	142	4	0	2	1
add balsamic vinaigrette dressing	224	203	23	3	0	0	180	5	0	4	0
Caesar Salad	351	293	33	8	0	34	504	8	3	2	5

HAPPY HOUR MENU	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
\$5 The Big Cheeseburger	937	525	58	22	0	168	1908	50	2	14	50
\$5 The Big Cheeseburger w/ Fried Avocado	1191	661	73	24	0	178	2176	75	8	16	55
\$5 The Big Cheeseburger w/ Pot Roast	1032	567	63	24	0	207	2163	51	2	14	62
Giant Cheesy Tots (4)	585	298	33	11	0	54	2046	57	5	8	14
Giant Cheesy Tots (4) Poutine Style	675	315	35	17	0	103	2199	55	4	4	33
Spinach Dip Mini (w/ tortilla chips)	563	307	34	18	0	101	1063	49	4	4	17
Char Crusted Ahi Tuna HH	251	117	13	2	0	38	687	14	1	6	19
Chicken Lettuce Wraps - HH	519	234	26	4	0	38	1251	53	2	33	15
Jumbo Stuffed Shrooms (small)	371	188	21	10	0	70	621	34	2	4	11
add horseradish sauce	340	324	36	5	0	30	420	4	0	2	2
Black Angus Mini Burger Slider - (2)	713	375	42	16	0	212	1035	40	2	7	41
Chicken Wings - Buffalo - HH	392	279	31	6	0	131	1097	7	0	2	21
add bleu cheese dressing	237	223	25	5	0	29	324	2	0	0	2
Chicken Wings - Thai Chile - HH	482	210	23	4	0	131	2108	43	1	37	23
add sesame ginger soy sauce	44	10	1	0	0	0	974	7	0	5	1
Chicken Wings - Lemon Pepper - HH	585	484	54	13	0	148	972	4	0	0	21
Chicken Wings - Mango Habanero - HH	318	187	21	4	0	130	623	12	0	6	21
Boneless Wings - Buffalo - HH	477	315	35	7	0	102	2790	17	1	3	24
Boneless Wings - Thai Chile - HH	453	110	12	2	0	73	3198	59	2	42	25
Boneless Wings - Lemon Pepper - HH	629	480	53	14	0	97	1335	14	1	2	22
Boneless Wings - Mango Habanero - HH	273	84	9	2	0	73	883	25	1	10	21
Tuna Poke Nachos - HH	330	106	12	2	0	28	982	35	3	10	20
Margherita Flatbread - HH	361	138	15	8	0	33	611	39	3	3	15

DESSERTS	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Brownie Batter Cake	568	253	28	16	0	70	300	80	4	51	6
Salty Caramel Goopy Buttercake	747	291	35	19	1	110	595	99	0	75	7
Apple Cranberry Cobbler	992	293	37	18	1	70	600	154	6	104	11
Vanilla Bean Brulee Cheesecake	670	387	43	25	2	165	460	62	1	48	8
Houlihan's Chocolate Chunk Cookie (lunch only)	190	90	10	6	0	25	140	25	1	14	2

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SERVED IN NEW YORK / NEW JERSEY AND SELECT LOCATIONS	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Ultimate Chili Stack Nacho	2128	981	109	55	0	279	4311	177	19	8	88
Cheese Fries	1327	883	98	36	0	176	4402	64	6	3	41
Potato Skins	1105	627	70	39	0	197	3148	64	5	2	48
Wings & Things Appetizer Combo	2267	1241	138	51	0	410	4683	170	11	12	80
Salmon Caesar Salad	1268	795	88	15	0	178	1930	53	8	5	60
Grilled Shrimp Caesar Salad	1087	704	78	13	0	245	1563	51	6	4	40
Fire Grilled BBQ Salmon Salad	1182	608	67	12	0	91	1910	101	11	39	40
Veggie Club Sandwich	620	319	35	12	0	43	1192	53	10	6	24
Pecan Chicken Salad	1737	1052	117	18	0	186	3153	116	19	52	57
Crab Melt Sandwich	704	380	42	11	0	162	1291	45	7	6	35
Turkey Burger	657	333	37	8	0	139	1759	42	3	6	36
Cajun Chicken Grill Sandwich	857	493	55	15	0	125	2518	49	4	9	42
Chicken Parmesan Sandwich	1304	430	48	12	0	191	4027	148	10	21	70
Caesar Salad - Entrée	889	617	69	12	0	54	1280	49	6	4	14
buttermilk ranchouse Steak Salad	1243	805	89	28	0	150	1802	58	7	10	47
Navajo Chicken Pasta	1371	680	76	27	0	184	1374	120	8	10	45
Alfredo Pasta w/ Chicken and Breadsticks	1373	660	73	38	0	474	1690	104	5	6	64
12oz Prime Rib	1604	1144	127	49	0	323	2560	44	7	11	68
Ribs & Shrimp Combo	1245	536	59	16	0	274	4360	112	9	35	65
Teriyaki Ribeye	1469	647	72	31	0	465	1639	94	9	16	103
Jambalaya	1716	945	105	15	0	278	3068	138	7	10	56
Twin Lobster Tails w/ drawn butter	748	486	54	32	2	380	1000	0	0	0	68
Carrot Cake Jar	1583	920	102	29	0	241	1036	152	6	110	15
Large Strawberry Cheesecake	1066	676	75	38	0	301	682	75	4	60	18
Large Cappuccino Cake	1301	470	55	27	0	153	981	188	3	145	12
Large Caramel Nut Crunch Pie	1131	455	60	32	1	143	514	135	2	110	13
Kamikaze Brownie	1001	407	50	27	1	145	395	128	2	95	8
Raspberry Sorbet	260	0	0	0	0	0	30	66	0	66	0
Loaded Mashed Cauliflower	199	140	16	9	0	43	544	8	3	3	6

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HOULIHAN'S

Houlihan's Menu Nutritional Facts

SERVED IN LIMITED RESTAURANTS		Calories		Total	Saturated	Trans Fat	Cholesterol	Sodium	Total	Dietary	Sugar	Protein
			From Fat	Fat (g)	Fat (g)	(g)	(mg)	(mg)	Carbs (g)	Fiber (g)	(g)	(g)
Avocado Fries	V	997	511	57	10	0	45	1746	103	16	9	19
Spicy Cauliflower Stir Fry	V	928	418	46	6	0	0	3400	106	11	24	17
Smokey Cheesy Jumbo Tots (6)	V	780	369	41	14	0	70	2891	82	7	10	21
So Hot Right Now Chicken Sandwich		1014	441	49	11	0	179	2758	88	5	18	54
Black Angus Mini Burger Slider - Single		355	187	21	8	0	107	515	20	1	3	21
Tuna Poke Nachos		646	208	23	3	0	57	1640	67	6	18	39
BBQ Chicken Flatbread		776	254	28	14	0	92	1740	92	3	11	36
BBQ Chicken Flatbread - Gluten Free Crust	GS	730	244	27	13	0	92	1633	89	2	18	29
Margherita Flatbread	V	721	276	31	15	0	67	1222	77	5	5	31
Margherita Flatbread - Gluten Free Crust	V/GS	676	265	29	14	0	67	1114	74	3	11	24
Chicken Tortilla Soup	GS	252	117	13	5	0	46	1788	18	2	6	14
Cavatappi Adult Mac & Cheese		1385	788	88	37	0	275	2651	71	4	6	77
Chicken Fettuccine Alfredo		1184	599	67	34	0	288	1914	76	4	3	60
<i>focaccia roll</i>		177	51	5	2	7	5	356	27	1	4	4
BBQ Baby Back Ribs - Half Slab	GS	696	411	46	17	0	157	1105	36	0	18	31
<i>french fries OR</i>		292	104	12	3	0	0	826	42	4	0	4
<i>loaded baked potato</i>		716	343	38	21	0	85	1131	71	5	4	20
<i>grilled asparagus</i>		43	22	2	0	0	0	170	3	2	2	2
BBQ Baby Back Ribs - Full Slab	GS	1392	822	91	34	0	314	2211	72	0	36	62
<i>french fries OR</i>		292	104	12	3	0	0	826	42	4	0	4
<i>loaded baked potato</i>		716	343	38	21	0	85	1131	71	5	4	20
<i>grilled asparagus</i>		43	22	2	0	0	0	170	3	2	2	2
Top Sirloin (9oz)	GS	614	392	44	17	0	138	1493	1	0	0	51
Bavette Steak w/ Parmesan Frites		1300	868	96	23	0	171	3310	60	6	13	47
Steak & Wedge Salad		1311	978	109	33	0	203	2650	32	7	10	49
Korean Fried Chicken		855	416	46	8	0	126	2931	61	5	18	47
Korean Grilled Chicken		745	371	41	7	0	105	2603	49	4	16	44
Melty Cheesy Cheeseburger (w/o fries)		1124	591	66	28	0	194	2961	68	3	20	60
Southwest Burger		1184	568	63	26	0	189	2313	91	7	10	57
Prime Steak & Wedge Salad		773	499	55	23	0	146	1733	22	5	7	44
<i>Bleu Cheese Dressing (3 fl oz)</i>		474	445	49	9	0	57	649	5	0	1	4
Power Greens Salad	V	221	100	11	3	0	11	330	20	9	7	11
<i>Poppyseed Dressing (2 fl oz)</i>		293	219	24	3	0	0	209	18	0	17	0
<i>focaccia breadstick</i>		102	27	3	1	0	5	185	15	1	1	3
<i>add Grilled Chicken</i>		298	147	16	4	0	108	811	0	0	0	37
<i>add Grilled Salmon</i>		285	171	19	5	0	88	455	0	0	0	28
Housemade Vanilla Bean Crème Brulee	GS/V	630	405	45	26	0	665	49	41	1	39	7
Giant Peanut Butter Cup	V	1093	731	81	39	1	65	650	89	11	57	17
Avocado Toast	V	895	550	61	21	0	80	1336	62	12	3	32
Avocado Toast - HH	V	448	277	31	10	0	40	668	31	6	2	16
Appetizer Party		1740-1810	1051	117	43	0	332	3221	97	5	11	50
Houlihan's Queso	GS	858	545	61	31	1	150	2587	52	4	6	23
Loaded Guacamole	V/GS	765	383	43	15	0	43	2264	80	15	10	18
Loaded Guacamole - HH	V	341	159	18	5	0	8	1156	40	7	5	8
Meatloaf Bites w/ Brooklyn Ketchup		390	250	28	12	0	87	993	13	1	7	20
French Fried Asparagus (w/ dip sauce)	V	466	172	19	9	0	81	1246	54	6	12	17
Bacon Wrapped Potato Wedges	GS	464	295	33	16	0	79	1137	28	1	19	13
Holy Grail of Bacon	GS	395	235	26	11	0	75	1864	14	0	13	23
Parmesan Frites (w/ dip sauces)	V/GS	800	480	54	9	0	40	1777	70	6	9	7
Zucchini & Basil Pesto Salad	V	479	406	45	6	0	3	1002	13	4	3	5
BBQ Chicken Flatbread		764	248	28	13	0	92	1693	92	3	11	35
BBQ Chicken Flatbread - Gluten Free Crust	GS	718	237	26	13	0	92	1586	89	2	17	28
Italian Sausage Flatbread		856	369	41	18	0	102	1797	79	5	6	38
Italian Sausage Flatbread - Gluten Free Crust	GS	811	421	40	18	0	110	1690	76	3	12	31
Spinach & Artichoke Flatbread		1073	523	54	23	0	130	2063	111	12	9	31
Spinach & Artichoke Flatbread - Gluten Free Crust	GS	1028	513	53	23	0	130	1956	108	10	15	24
Wild Mushroom and Arugula Flatbread		740	292	32	17	0	81	1479	79	5	4	30
Wild Mushroom and Arugula Flatbread - GF Crust	GS	694	282	31	16	0	81	1372	76	3	10	22
Hog Wild Flatbread		962	470	52	20	0	120	2014	78	5	5	45
Hog Wild Flatbread - Gluten Free Crust	GS	917	460	51	20	0	120	1907	75	3	11	38
Cheeseburger Flatbread		854	300	34	15	0	110	2299	94	5	21	41
Cheeseburger Flatbread - Gluten Free Crust	GS	808	290	33	14	0	110	2192	91	3	27	34
Six Cheese & Roasted Garlic Flatbread		1249	710	78	47	0	250	2019	74	3	1	61
Six Cheese & Roasted Garlic Flatbread - GF Crust	V/GS	1203	700	77	47	0	250	1912	71	2	8	54
BBQ Chicken Flatbread - HH		382	124	14	7	0	44	846	46	1	5	17
Cheeseburger Flatbread - HH		427	152	17	7	0	56	1150	47	2	10	20
Hog Wild Flatbread - HH		481	232	26	10	0	56	1007	39	2	2	22
Italian Sausage Flatbread - HH		428	182	20	9	0	51	899	39	3	3	19
Six Cheese & Roasted Garlic Flatbread - HH		624	352	39	23	0	124	1009	37	1	1	30
Spinach & Artichoke Flatbread - HH		537	260	27	11	0	64	1032	55	6	5	15
Short Rib Lasagna		805	488	54	22	0	114	1272	43	5	4	33

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SERVED IN LIMITED RESTAURANTS		Calories	Calories	Total	Saturated	Trans Fat	Cholesterol	Sodium	Total	Dietary	Sugar	Protein
			From Fat	Fat (g)	Fat (g)	(g)	(mg)	(mg)	Carbs (g)	Fiber (g)	(g)	(g)
Pan-Roasted Chicken & Spiral Sweet Potato	GS	730	429	50	10	0	103	1800	40	10	10	40
Chicken & Biscuit (w/ biscuit)		1313	714	79	41	0	185	3084	87	5	10	56
Butternut Squash, Kale & Sausage Lasagna	GS	441	267	30	14	0	77	1192	19	4	7	24
<i>add Zucchini & Basil Pesto Salad</i>	GS	479	406	45	6	0	3	1002	13	4	4	5
Portobello Burger - Toasted Bun	V	649	352	39	14	0	55	1471	50	4	13	21
Portobello Burger - Gluten Free Bun	V/GS	619	347	39	13	0	45	1681	50	5	8	15
French Fried Asparagus w/ lemon Horseradish	V	466	226	19	9	0	117	1246	54	6	12	17
Spiralized Beet Chips	GS/V	485	270	30	6	0	30	718	49	5	13	4
Steak & Grilled Romaine Salad	GS	980	590	70	20	0	80	870	60	10	40	30
Dos Carne Burger with Toasted Bun		1370	850	90	40	0	480	2780	50	0	10	80
Dos Carne Burger with Gluten Free Bun	GS	1340	850	90	30	0	470	2990	50	0	10	70
Chicken & Italian Sausage Rigatoni		1110	430	50	10	0	360	3530	100	10	10	70
Chipotle Chicken Sandwich with Toasted Bun		760	300	30	10	0	140	1270	50	0	10	60
Chipotle Chicken Sandwich with Gluten Free Bun	GS	730	290	30	10	0	130	1480	50	10	10	50
Grilled Vegetable Pizza	V	744	362	40	16	0	67	1354	65	6	10	32
Creamy Spinach Dip	V	942	526	58	33	0	168	1510	69	5	10	30
Grilled Chicken Wings		613	425	47	9	0	211	1408	12	1	3	35
Mediterranean Black Bean Dip	V	824	555	62	8	0	4	1267	53	13	9	17
Grilled Mediterranean Chicken	GS	589	427	47	12	0	89	893	13	4	1	26
Grilled Shrimp & Jalapeno Sausage Mojo	GS	751	346	38	9	0	313	1465	48	6	7	53
SERVED IN LIMITED RESTAURANTS		Calories	Calories	Total	Saturated	Trans Fat	Cholesterol	Sodium	Total	Dietary	Sugar	Protein
			From Fat	Fat (g)	Fat (g)	(g)	(mg)	(mg)	Carbs (g)	Fiber (g)	(g)	(g)
Steak Enchiladas w/ Mexican Street Corn		1370	756	84	31	0	169	2128	102	8	15	53
Seared Mahi w/ Citrus Crab Salad		746	218	24	4	0	246	3275	66	4	28	66
Seared Mahi w/ Citrus Crab Salad - Small		373	109	12	2	0	123	1637	33	2	14	33
Bruschetta & Shrimp		1325	862	96	24	0	341	1979	64	5	24	52
Bruschetta (without Shrimp)	V	1123	793	93	23	0	73	524	64	5	2	11
Steamed Mussels with Andouille		522	240	27	10	0	124	1999	22	3	4	43
Miniature Burger Threesome		1260	630	71	26	0	321	1945	88	6	9	66
Shrimp Cocktail with Cocktail Sauce		525	160	18	3	0	345	1268	41	3	17	50
Lemon Herb Grilled Chicken		554	231	26	5	0	110	2211	32	12	3	49
Atlantic Salmon - Mustard Encrusted		1158	693	85	31	0	276	1513	36	3	6	47
3 Way Mixed Grill		822	488	54	16	0	358	896	5	1	1	77
Stir Fry – Chicken		1071	303	34	6	0	60	2494	151	7	40	40
Stir Fry – Shrimp		1058	269	30	5	0	192	2240	152	7	40	45
Stir Fry – Vegetable		977	252	28	5	0	0	2149	159	10	43	22
Sizzling Fajitas – Chicken		1317	540	60	23	0	187	3078	115	13	37	74
Sizzling Fajitas – Steak		1433	655	73	28	0	191	3082	119	13	37	73
Sizzling Fajitas – Combo		1376	598	66	25	0	189	3162	117	13	37	73
Sizzling Fajitas – Vegetable		989	393	44	15	0	56	2431	114	12	36	34
Lemon Pasta (1 serving) with Grilled Chicken		884	293	33	7	0	300	2572	94	11	6	54
Lemon Pasta (1 serving) with Spiral Cut Zucchini and Yellow S		663	201	22	5	0	300	1809	98	12	7	19
Fried Fish Sandwich		1420	571	63	12	0	88	4077	168	11	18	42
Meatloaf Sandwich		1018	335	37	14	0	136	3656	112	7	20	55
Reuben		1131	686	76	26	0	147	3269	66	7	7	44
Buffalo Chicken Sandwich		808	278	31	9	0	251	2079	84	4	13	47
Grilled Cheese Sandwich		949	482	54	28	0	125	2205	67	2	9	46
Mac & Cheese - Entrée		913	545	61	36	1	172	1071	50	2	5	32
Disco Fries		1253	714	79	43	0	194	2584	65	7	3	52
Miso Grilled Salmon		540	207	23	4	0	84	2334	40	6	13	40
Down Home Pot Roast		1030	500	60	30	0	280	3230	70	9	10	62
Down Home Pot Roast - Lunch		611	347	30	23	0	160	1870	40	5	4	31
Organic Edamame	V	246	84	9	0	0	0	498	21	10	0	18
<i>add sesame ginger soy sauce</i>		42	1	0	0	0	0	1419	3	0	1	2
Pesto Roasted Brussel Sprouts		192	15	131	5	0	24	248	10	4	2	4

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Zucchini Marinara	552	264	29	7	0	24	1663	60	17	8	10
<i>add grilled chicken</i>	298	147	16	4	0	108	811	0	0	0	37
<i>add bread</i>	177	51	6	2	0	5	356	27	1	2	4
Fisherman's Wharf Ravioli	456	91	10	3	0	68	1883	68	9	7	24
<i>focaccia bread</i>	177	51	6	2	0	5	356	27	1	2	4
Lobster Corn Dog	703	369	41	6	0	168	2301	54	3	17	31
Veggie Burger (without side)	450	270	30	10	0	50	1490	50	10	10	20
Veggie Burger (without side)- Gluten Free Bun	GS 420	265	29	8	0	40	1680	50	12	5	14
Goat Cheese & Artichoke Poppers	779	445	49	17	0	166	1858	59	4	12	27
Pulled Smoked Pork Slider - Single	345	140	16	6	0	99	653	26	1	4	24
Achiote Grilled Shrimp Tacos (without side)	717	330	37	7	0	254	1579	56	6	9	39
BBQ Salmon Salad	677	325	36	5	0	84	863	54	9	23	35
<i>Mango Dressing (2 fl oz)</i>	270	230	26	4	0	0	263	9	0	9	0
<i>focaccia roll</i>	177	51	6	2	0	5	356	27	1	2	4
Crispy Carnitas Lettuce Wraps	520	145	16	4	0	71	1878	58	6	28	34
Grande Cappuccino Cake	1301	470	55	27	0	153	981	188	3	145	12
Caramel Nut Crunch Pie	1131	455	60	32	1	143	514	135	2	110	13
Crème Brulee	656	397	44	27	0	525	46	51	0	50	5
White Bean & Artichoke Hummus	V 892	399	44	7	0	7	2209	99	12	6	22
White Bean & Artichoke Hummus - HH w/ Pita	699	180	32	5	0	3	1689	82	11	3	18
Pot Roast Slider - Single	241	97	11	4	0	68	490	22	1	3	13
Veggie Mini Burger Slider - Single	V 307	140	16	4	0	50	608	33	5	2	10
Scallop Only - Add On (4 oz)	114	27	3	0	0	38	512	3	0	0	19
Smores Fondue Crock	841	190	21	10	2	18	393	155	2	113	6
Shrimp Pasta Alfredo (without bread)	1205	602	68	36	0	391	1176	84	4	5	58
Buffalo Bleu Salad w/ Grilled Chicken (without bread)	1243	829	92	27	0	216	2458	28	6	9	64
8 oz Filet (steak only)	650	454	50	20	0	152	1476	0	0	0	46
9 oz. Steak & Wedge Salad (undressed)	1113	711	79	31	0	208	2740	28	7	9	68
Side Choice - Broccoli	82	7	1	0	0	0	99	12	4	3	7
Pickle Fries (with sauce)	822	384	42	11	0	124	3424	82	6	15	32
Calamari Salad (Ahi Tuna Style - full)	1170	550	60	10	0	440	2550	110	10	30	40
Calamari Salad (Ahi Tuna Style - small)	880	360	40	10	0	440	2230	90	10	20	40
Mini Burger Slider - Double + Fries	967	256	28	0	0	106	1433	63	5	15	25
Onion Straws - Add On	116	20	2	0	0	6	435	21	2	3	3
Panko Shrimp Dinner	946	282	31	7	0	300	2395	114	10	17	51
Fried Shrimp (5) - Add On (with Cocktail Sauce)	368	81	9	2	0	215	1261	41	1	13	32
Grilled Shrimp (5) - Add On	198	87	10	1	0	192	283	2	0	0	26
Marinated Grilled Shrimp (5) - Add On	240	87	10	1	0	192	973	17	0	11	27
Seared Ahi Tuna Tacos	688	330	37	7	0	254	1579	56	6	9	39
Grilled Rosemary Chicken	708	383	43	19	0	182	1695	35	8	4	42
Blackened Chicken & Caramelized Onion Quesadilla	972	563	63	29	0	177	1651	51	7	10	48
Thai Noodle Salad - Chicken (w/ dressing & roll)	1472	691	77	18	0	108	2823	114	22	44	75
Thai Noodle Salad - Salmon (w/ dressing & roll)	1459	714	79	19	0	88	2467	114	22	44	66
Salmon BLT (without side)	1117	579	65	13	0	134	2277	82	3	21	52
Whole Grain (Farmhouse) Club Sandwich (without side)	540	230	25	9	0	116	2115	41	2	6	38
Black & Bleu Burger (without side)	782	454	50	18	0	257	1732	51	4	8	51
Gorgonzola Burger (without side)	982	510	57	23	0	194	2317	50	5	11	61
Yum Yum Burger (without side)	1102	644	72	26	0	287	2632	57	3	15	55
Mushroom Swiss Burger (without side)	920	480	53	22	0	191	1855	51	5	11	63
Burger 72 (without side)	1023	545	61	19	0	269	2012	68	3	9	49
Frito Burger (without side)	1118	629	70	23	0	259	2414	68	5	8	51
Walleye Sandwich (without side)	940	290	30	10	0	170	2270	110	10	10	50
Walleye Dinner (without side)	820	450	50	30	0	260	1250	50	0	10	40
Dill Caper Sauce (2 fl.oz.)	290	270	30	0	0	30	440	0	0	0	0
Veggie Burger (black bean house made)	450	270	30	10	0	50	1490	30	10	10	20
Veggie Slider (3) (black bean house made)	890	430	50	10	0	160	1750	90	10	10	30
Asian Chop Chop Wrap (without side)	740	240	30	10	0	110	2610	80	0	30	50
Roasted Cobb Salad	790	540	60	20	0	50	1140	50	10	10	10
Pasta Provencal	1440	770	90	20	0	190	1950	100	10	10	60
Grilled Mediterranean Chicken	GS 589	427	47	12	0	89	893	13	4	1	26
Fettucine Alfredo without Chicken (no bread)	921	450	50	30	0	176	736	86	4	3	23

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Mediterranean Black Bean Dip	V	824	555	62	9	0	4	1267	53	13	9	17
Quiche O' Day		490	320	40	20	0	80	920	30	0	0	20
Kid Pasta Marinara		323	68	8	1	0	0	361	55	4	5	10
Pecan Pie		954	512	57	26	0	202	441	98	3	52	9
Giant Peanut Butter Cup	V	1093	731	81	39	1	65	650	89	11	57	17
Cheesecake		1064	673	75	38	0	291	678	76	4	60	18
Almond Crusted Tilapia (without side)		864	491	55	23	0	214	1034	34	7	8	56
Almond Crusted Tilapia (small)(without side)		592	387	43	21	0	147	711	19	4	5	29
Thai Grilled Chicken		345	103	11	3	0	105	1527	21	1	18	38
<i>pineapple brown rice</i>		100	9	1	0	0	0	295	21	2	4	2
<i>grilled asparagus</i>		43	22	2	0	0	0	170	3	2	2	2

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