



## Food & Beverage Nutrition Guide

Printed information is valid March 2019 through May 2019

Cheddar's Scratch Kitchen has made an effort to provide complete and current nutrition information. Due to the handcrafted nature of our menu items and changes in recipes, ingredients, and kitchen procedures, variations between the nutrition reported here and what is actually served may occur. Sides and sauces are included unless otherwise noted under menu item. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

If you have any questions about this information, please contact one of our Guest Relations Representatives at 1-888-642-7336.

Menu Item	Calories	Calories from Fat	Total Fat (Grams)	Saturated Fat (Grams)	Trans Fat (Grams)	Cholesterol (Milligrams)	Protein (Grams)	Sodium (Milligrams)	Total Carbs (Grams)	Dietary Fiber (Grams)	Sugars (Grams)
<b>APPETIZERS</b>											
Kickin Tenders - Buffalo (4)	950	580	64	12	0.5	175	58	1710	35	2	6
Kickin Tenders - Buffalo (6)	1470	910	101	19	1	270	87	2640	53	3	9
Kickin Tenders - Honey Hot (4)	980	520	58	9	0	175	58	1810	57	2	24
Kickin Tenders - Honey Hot (6)	1510	830	92	15	0.5	270	87	2800	85	3	36
Santa Fe Spinach Dip	1320	780	87	41	2	185	42	2460	99	13	17
Chips & Homemade Queso	1030	550	62	25	1	110	30	2080	84	9	9
Chips & Homemade Queso w/ Beef	1040	560	62	25	1	115	33	2140	85	9	9
Honey Butter Croissants (4)	870	510	56	24	4.5	0	14	500	79	4	19
Cheddar's Trio Sampler	2220	1280	142	51	2.5	365	101	4050	134	14	27
Cheddar's Cheese Fries	2370	1220	135	45	2.5	160	72	5630	216	29	3
<i>Ranch Dressing (3 fl. oz.)</i>	370	350	39	6	0	35	2	800	4	0	3
Wisconsin Cheese Bites	1200	800	89	38	1.5	180	52	3160	49	5	less than 1 g
<i>Marinara</i>	45	15	1.5	0.5	0	0	2	340	7	1	4
Texas Nachos - Chicken	1950	910	101	34	1.5	280	88	3740	171	16	41
<i>Queso (3 fl. oz.)</i>	210	150	16	10	0	55	11	730	4	0	2
<i>Salsa (3 fl. oz.)</i>	20	0	0	0	0	0	less than 1 g	510	5	less than 1 g	3
Texas Nachos - Beef	1930	980	109	38	2	195	65	3780	171	17	40
<i>Queso (3 fl. oz.)</i>	210	150	16	10	0	55	11	730	4	0	2
<i>Salsa (3 fl. oz.)</i>	20	0	0	0	0	0	less than 1 g	510	5	less than 1 g	3
Homemade Onion Rings	1740	1100	123	42	0.5	10	23	1630	137	11	12
<i>Ranch Dressing (1.75 fl. oz.)</i>	220	210	23	3.5	0	20	1	470	2	0	2
<i>Cajun Dipping Sauce (1.75 fl. oz.)</i>	300	290	32	5	0	25	less than 1 g	480	3	less than 1 g	2
Crab Dip (where available)	1100	610	68	29	1.5	200	40	1620	87	8	7
<b>HOMEMADE SOUPS</b>											
Baked Potato Soup - Bowl	570	350	38	20	1	70	14	2250	42	3	5
Baked Potato Soup - Cup	330	200	22	11	0	40	9	1280	23	2	3
Crispy Chicken Tender Noodle Soup - Bowl	320	130	15	4.5	0	55	19	1370	27	2	5
Crispy Chicken Tender Noodle Soup - Cup	160	70	7	2	0	25	10	690	13	1	3
<b>SALADS</b>											
Blackened Salmon Salad	640	380	42	10	0	95	46	1130	23	10	7
<i>Pomegranate Vinaigrette (3 fl. oz.)</i>	190	90	11	1.5	0	0	0	430	24	0	23
Grilled Chicken Pecan Salad	630	340	38	13	0.5	160	56	1200	21	9	7
<i>Honey Mustard Dressing (3 fl. oz.)</i>	370	290	32	5	0	25	2	530	20	2	18
Crispy Chicken Tender Salad	760	400	45	15	1	170	59	1010	33	6	6
<i>Honey Mustard Dressing (3 fl. oz.)</i>	370	290	32	5	0	25	2	530	20	2	18
Chicken Caesar Pasta Salad	860	470	52	12	0	160	51	2240	49	6	8
House Salad (Dressing not included)	140	80	9	4	0	75	7	210	9	3	3
Caesar Salad	290	230	26	7	0	30	8	810	9	2	3
Grilled Shrimp (add on)	80	20	2.5	1	0	95	13	390	1	0	0
Blackened Salmon (add on)	260	140	15	3	0	75	26	620	1	0	0

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<b>DRESSINGS</b>											
Ranch Dressing - 1.75 fl. oz.	220	210	23	3.5	0	20	1	470	2	0	2
Honey Mustard Dressing - 1.75 fl. oz.	210	170	19	3	0	15	1	310	12	less than 1 g	10
Chunky Blue Cheese Dressing- 1.75 fl. oz.	280	260	29	6	0	30	3	430	2	0	1
Balsamic Vinaigrette - 1.75 fl. oz.	110	80	8	1	0	0	0	340	8	0	8
Honey Lime Dressing - 1.75 fl. oz.	260	210	23	3.5	0	20	less than 1 g	240	16	0	15
Pomegranate Vinaigrette - 1.75 fl. oz.	110	60	6	1	0	0	0	250	14	0	14
<b>LIGHTER SIDE</b>											
Lighter Side Grilled Whitefish - Lemon Pepper	340	90	10	3.5	0	95	28	1200	33	less than 1 g	1
Lighter Side Grilled Whitefish - Blackened	350	90	10	3.5	0	95	28	1470	35	1	1
Grilled Tilapia and Shrimp w/ Mango Salsa	490	110	12	5	0	170	51	1920	45	2	8
Lighter Side Grilled Salmon	440	180	20	5	0	75	29	1060	33	less than 1 g	less than 1 g
Lighter Side Grilled Salmon - Blackened	450	180	21	5	0	75	29	1370	34	1	1
Lighter Side Grilled Salmon - Bourbon Glazed	560	190	21	5	0	75	29	1510	60	1	27
Lemon Pepper Chicken	520	110	12	4.5	0	220	68	2340	35	less than 1 g	2
6 oz. Top Sirloin Steak w/ Onion Straws	410	260	29	9	1	90	24	520	13	1	2
Lighter Side Vegetable Plate (where available)	650	280	31	7	0	170	50	1430	45	5	12
Southern Chicken Salad (where available)	650	280	31	7	0	170	50	1430	45	5	12
<b>SCRATCH BURGERS</b>											
Burgers served with a side of Honey Mayo											
Bacon Cheeseburger	1050	600	66	27	2	190	63	2640	47	3	8
Smokehouse Burger	1150	570	63	22	2	155	53	2940	88	3	37
The Original Burger	700	340	38	14	1.5	115	41	1650	45	3	7
The Original Burger w/ Cheddar Cheese	790	410	45	18	2	135	46	1790	46	3	8
<i>Honey Mayo (1.75 fl. oz.)</i>	290	260	29	4.5	0	25	less than 1 g	280	6	0	6
<b>CHICKEN</b>											
Chicken Tender Parmesan	1780	720	80	31	2	215	115	3950	162	11	26
Grilled Chicken Alfredo	1370	710	79	43	2	290	63	2460	108	8	16
Dijon Chicken & Mushrooms	1110	580	64	18	0.5	245	72	4250	62	3	28
Key West Chicken & Shrimp	550	90	10	4	0	205	49	2330	63	2	34
Chicken Tender Platter - Classic	1050	580	65	10	0	210	72	1350	48	3	13
<i>French Fries</i>	460	190	22	3.5	0	0	6	1000	61	8	less than 1 g
<i>Freshly Made Coleslaw</i>	170	120	13	2	0	10	less than 1 g	200	14	1	12
Chicken Tender Platter - Buffalo	1180	710	79	15	0.5	220	72	2140	43	2	7
<i>French Fries</i>	460	190	22	3.5	0	0	6	1000	61	8	less than 1 g
<i>Freshly Made Coleslaw</i>	170	120	13	2	0	10	less than 1 g	200	14	1	12
Chicken Tender Platter - Honey Hot	1210	630	70	11	0.5	220	72	2300	75	2	34
<i>French Fries</i>	460	190	22	3.5	0	0	6	1000	61	8	less than 1 g
<i>Freshly Made Coleslaw</i>	170	120	13	2	0	10	less than 1 g	200	14	1	12
<b>COMFORT FOOD</b>											
Better Than Mom's Meatloaf	1230	470	53	21	2	270	57	3520	131	9	65
Homemade Chicken Pot Pie	940	460	51	30	0.5	140	60	2250	59	4	10
House Salad (Dressing not included)	140	80	9	4	0	75	7	210	9	3	3
New Orleans Pasta	1480	730	81	37	1.5	345	77	4490	112	8	19
Country Fried Steak	1030	540	60	13	0	85	48	2040	76	5	5
<i>Idaho Mashed Potatoes</i>	160	70	8	3.5	0	0	3	360	19	2	2
<i>Southern Green Beans</i>	60	25	3	1	0	less than 5 mg	less than 1 g	190	8	2	4
Country Fried Chicken - Lunch	610	270	30	7	0	95	40	1770	44	2	5
<i>Idaho Mashed Potatoes</i>	160	70	8	3.5	0	0	3	360	19	2	2
<i>Southern Green Beans</i>	60	25	3	1	0	less than 5 mg	less than 1 g	190	8	2	4
Country Fried Chicken - Dinner	1030	470	53	11	0	185	74	3020	64	3	6
<i>Idaho Mashed Potatoes</i>	160	70	8	3.5	0	0	3	360	19	2	2
<i>Southern Green Beans</i>	60	25	3	1	0	less than 5 mg	less than 1 g	190	8	2	4

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<b>SANDWICHES</b>											
Monte Cristo	1460	760	85	19	0	95	44	3090	132	8	46
Philly Cheesesteak	1010	600	67	29	2.5	115	35	3680	61	4	9
Cheddar's Club	1040	570	63	20	0.5	145	49	3120	69	3	11
Maple Bacon Chicken Sandwich	930	410	46	17	0.5	170	58	2290	63	3	24
Buffalo Chicken Wrapper - Grilled	1520	830	92	26	1	315	91	5090	83	5	9
Buffalo Chicken Wrapper - Fried	1830	1080	120	29	1	255	83	4300	109	6	9
<b>COMBINATIONS</b>											
Chicken Tenders & Grilled Shrimp	1240	570	63	12	0.5	270	74	2590	96	4	39
Chicken Tenders & Fried Shrimp	1330	700	78	13	0.5	255	71	2840	86	6	24
6 oz. Top Sirloin Steak w/ Grilled Shrimp	720	310	35	11	1	185	39	1810	62	2	29
6 oz. Top Sirloin Steak w/ Fried Shrimp	870	460	51	13	1	170	38	2350	63	5	18
6 oz. Top Sirloin Steak & Ribs	1110	670	75	25	1	265	73	2340	34	2	19
6 oz. Top Sirloin & Chicken Tenders	1140	690	77	17	1	220	67	1470	47	3	15
Half Rack of Ribs & Grilled Shrimp	1010	460	51	19	0.5	270	64	3110	69	2	43
Half Rack of Ribs & Fried Shrimp	1150	610	67	20	0.5	255	63	3650	70	4	32
Half Rack of Ribs & Chicken Tenders	1430	840	93	24	0.5	310	92	2770	54	3	29
<b>STEAKS</b>											
6 oz. Top Sirloin Steak w/ Onion Straws	410	260	29	9	1	90	24	520	13	1	2
8 oz. Top Sirloin Steak w/ Onion Straws	490	310	35	11	1	115	31	670	14	1	3
14 oz. Ribeye Steak	890	550	61	23	2	240	78	1000	6	0	0
Sauteed Mushrooms (add on)	130	100	11	5	0	0	2	590	4	0	1
<b>HOUSE SMOKED BABY BACK RIBS</b> Served with Fries and Coleslaw											
Hickory Smoked Baby Back Ribs w/ Honey BBQ Glaze - Half Rack	700	410	45	16	0	175	49	1820	20	less than 1 g	17
Hickory Smoked Baby Back Ribs w/ Honey BBQ Glaze - Full Rack	1400	820	91	33	1	350	97	3640	41	1	33
<i>French Fries</i>	460	190	22	3.5	0	0	6	1000	61	8	less than 1 g
<i>Freshly Made Coleslaw</i>	170	120	13	2	0	10	less than 1 g	200	14	1	12
<b>SEAFOOD</b>											
Blackened Salmon & Grilled Shrimp	930	320	36	10	0	235	63	3020	86	3	35
Blackened Salmon & Fried Shrimp	1140	510	57	12	0	220	62	3710	93	6	22
Grilled Salmon	590	270	30	7	0	120	44	1260	33	less than 1 g	1
Grilled Salmon - Blackened	600	270	30	8	0	120	44	1740	35	1	1
Grilled Salmon - Bourbon Glazed	750	270	31	8	0	120	45	1850	70	1	35
Grilled Whitefish - Lemon Pepper	490	130	15	5	0	190	52	1650	34	less than 1 g	1
Grilled Whitefish - Blackened	510	130	15	5	0	190	53	2190	36	2	1
Cornmeal Whitefish - Lunch	820	600	67	11	0	85	26	1530	39	2	3
<i>French Fries</i>	460	190	22	3.5	0	0	6	1000	61	8	less than 1 g
<i>Freshly Made Coleslaw</i>	170	120	13	2	0	10	less than 1 g	200	14	1	12
Cornmeal Whitefish - Dinner	1170	810	90	15	0.5	125	43	2330	62	4	4
<i>French Fries</i>	460	190	22	3.5	0	0	6	1000	61	8	less than 1 g
<i>Freshly Made Coleslaw</i>	170	120	13	2	0	10	less than 1 g	200	14	1	12
Hand-Breaded Fried Shrimp	820	390	44	7	0	160	27	3020	79	6	14
<i>French Fries</i>	460	190	22	3.5	0	0	6	1000	61	8	less than 1 g
<i>Freshly Made Coleslaw</i>	170	120	13	2	0	10	less than 1 g	200	14	1	12
<b>LUNCH COMBINATIONS</b>											
Combo - Monte Cristo	800	380	42	10	0	45	22	1550	83	4	32
Combo - Cheddar's Club	520	280	31	10	0	75	24	1560	34	1	5
Combo - Chicken Caesar Pasta Salad (where available)	450	250	27	7	0	85	27	1190	25	3	4
Combo - Buffalo Chicken Wrapper - Grilled	900	540	60	16	0.5	170	46	2960	45	3	7
Combo - Buffalo Chicken Wrapper - Fried	1060	670	74	18	0.5	135	42	2560	57	3	7
Combo - Blackened Shrimp Alfredo (where available)	760	400	44	23	1	185	30	1350	62	5	8
Combo - Broccoli Cheese Chicken (where available)	530	230	26	14	0.5	180	47	1800	25	3	3
Combo - Chicken Alfredo (where available)	680	340	38	22	1	205	46	1490	42	2	5

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Combo - Chicken Salad (where available)	300	110	12	2.5	0	85	25	700	22	2	5
Combo - Hot Turkey Sandwich (where available)	580	340	38	19	1	135	36	1900	26	1	4
Combo - Loaded Nacho Potato (where available)	630	290	32	18	1	105	29	1580	56	6	7
Combo - Meatloaf Sandwich (where available)	730	280	32	13	1	135	32	1970	77	5	27
<b>MADE FROM SCRATCH SIDES</b>											
Broccoli Cheese Casserole	220	120	14	8	0	40	9	640	16	2	2
Loaded Baked Potato	430	200	22	11	0	35	10	720	51	5	4
Idaho Mashed Potatoes	160	70	8	3.5	0	0	3	360	19	2	2
Gravy for Mashed Potatoes	30	15	1.5	1	0	0	less than 1 g	110	3	0	1
French Fries	460	190	22	3.5	0	0	6	1000	61	8	less than 1 g
Southern Green Beans	60	25	3	1	0	less than 5 mg	less than 1 g	190	8	2	4
Buttered Off-The-Cob Corn	110	20	2.5	0.5	0	0	4	80	22	2	8
Fresh Steamed Broccoli	100	70	8	3.5	0	0	3	105	6	3	2
Sweet Baby Carrots	35	0	0	0	0	0	less than 1 g	75	9	3	6
Seasoned Rice	150	35	4	2	0	0	2	600	26	less than 1 g	less than 1 g
Freshly Made Coleslaw	170	120	13	2	0	10	less than 1 g	200	14	1	12
Mac & Cheese	270	110	12	6	0	25	10	820	28	1	2
House Salad (Dressing not included)	140	80	9	4	0	75	7	210	9	3	3
Caesar Salad	290	230	26	7	0	30	8	810	9	2	3
<b>KIDS MEALS</b>											
Kid's Chicken Tenders	630	380	42	7	0	135	44	1050	18	less than 1 g	2
Kid's Grilled Cheese	420	220	24	12	0	35	13	990	35	1	4
Kid's Junior Burger	450	230	26	10	1	65	23	980	29	less than 1 g	4
Kid's Penne Pasta Marinara	420	130	14	3.5	0	less than 5 mg	12	980	63	4	10
Kid's Grilled Chicken	280	60	6	2.5	0	110	34	1250	21	less than 1 g	less than 1 g
Kid's Grilled Chicken w/ BBQ Sauce	390	60	7	2.5	0	110	34	1920	48	less than 1 g	25
Kid's Mac & Cheese	680	290	32	15	0.5	55	22	1880	71	3	6
<b>DESSERTS</b>											
Apple Crisp A La Mode	1310	480	53	27	1	85	12	620	199	7	138
Chocolate Raspberry Mini Cake	600	280	31	14	0.5	80	6	550	77	3	54
Cheddar's Painkiller Mini Cake	480	200	22	12	0	50	4	380	64	1	47
Cheddar's Legendary Monster Cookie	1390	690	77	42	1.5	160	16	760	157	6	115
Hot Fudge Cake Sundae	2510	1050	116	56	2.5	240	23	2000	351	12	275
<b>GLUTEN-FRIENDLY MENU</b> Gluten-friendly items are modified to be made without gluten-containing ingredients.											
<b>GLUTEN-FRIENDLY APPETIZERS</b>											
Cheddar's Cheese Fries	2370	1220	135	45	2.5	160	72	5630	216	29	3
<i>Ranch Dressing (3 fl. oz.)</i>	370	350	39	6	0	35	2	800	4	0	3
<b>GLUTEN-FRIENDLY SALADS</b>											
Grilled Chicken Pecan Salad	630	340	38	13	0.5	160	56	1200	21	9	7
<i>Honey Mustard Dressing (3 fl. oz.)</i>	370	290	32	5	0	25	2	530	20	2	18
Blackened Salmon Salad	610	360	40	9	0	95	46	1050	21	10	7
<i>Pomegranate Vinaigrette (3 fl. oz.)</i>	190	90	11	1.5	0	0	0	430	24	0	23
Chicken Caesar Pasta Salad	650	420	47	11	0	160	44	2110	13	5	7
<b>GLUTEN-FRIENDLY SCRATCH BURGERS</b> Burgers served with a side of Honey Mayo											
Bacon Cheeseburger	710	460	51	21	2	190	54	2150	6	1	2
Smokehouse Burger	650	330	37	15	1.5	155	43	2420	34	less than 1 g	29
The Original Burger	350	200	22	9	1.5	115	33	1170	4	1	2
The Original Burger with Cheddar Cheese	440	270	30	13	1.5	135	38	1310	5	1	2
<i>Honey Mayo (1.75 fl. oz.)</i>	290	260	29	4.5	0	25	less than 1 g	280	6	0	6

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<b>GLUTEN-FRIENDLY ENTREES</b>											
Key West Chicken & Shrimp	430	90	10	4	0	205	48	1880	36	2	8
6 oz. Top Sirloin Steak	250	160	18	7	1	85	22	480	0	0	0
8 oz. Top Sirloin Steak	330	210	23	9	1	115	30	640	less than 1 g	0	0
14 oz. Ribeye Steak	890	550	61	23	2	240	78	1000	6	0	0
House Smoked Baby Back Ribs (Half Rack)	700	410	45	16	0	175	49	1820	20	less than 1 g	17
House Smoked Baby Back Ribs (Full Rack)	1400	820	91	33	1	350	97	3640	41	1	33
Lemon Pepper White Fish	490	130	15	5	0	190	52	1650	34	less than 1 g	1
Dijon Chicken & Mushrooms	1110	580	64	18	0.5	245	72	4250	62	3	28
Lemon Pepper Chicken	520	110	12	4.5	0	220	68	2340	35	less than 1 g	2
Top Sirloin Steak & Ribs	950	570	63	24	1	265	71	2300	21	less than 1 g	17
Top Sirloin Steak & Grilled Shrimp	450	210	23	10	1	180	37	1320	21	1	less than 1 g
Blackened Salmon & Grilled Shrimp	810	320	35	10	0	235	62	2580	58	3	9
Blackened Salmon	600	270	30	8	0	120	44	1740	35	1	1
Grilled Salmon	590	270	30	7	0	120	44	1260	33	less than 1 g	1
<b>GLUTEN-FRIENDLY SIDES</b>											
Fresh Steamed Broccoli	100	70	8	3.5	0	0	3	105	6	3	2
Buttered Off-The-Cob Corn	110	20	2.5	0.5	0	0	4	80	22	2	8
Loaded Baked Potato	430	200	22	11	0	35	10	720	51	5	4
Seasoned Rice	150	35	4	2	0	0	2	600	26	less than 1 g	less than 1 g
Southern Green Beans	60	25	3	1	0	less than 5 mg	less than 1 g	190	8	2	4
French Fries	460	190	22	3.5	0	0	6	1000	61	8	less than 1 g
Sweet Baby Carrots	35	0	0	0	0	0	less than 1 g	75	9	3	6
Freshly Made Coleslaw	170	120	13	2	0	10	less than 1 g	200	14	1	12
Idaho Mashed Potatoes	160	70	8	3.5	0	0	3	360	19	2	2
<b>NON-ALC BEVERAGE</b>											
Hand-Crafted Lemonade - Traditional	120	0	0	0	0	0	1	25	30	0	28
Hand-Crafted Lemonade - Raspberry	160	0	0	0	0	0	1	25	39	0	37
Hand-Crafted Lemonade - Strawberry	180	0	0	0	0	0	1	25	44	less than 1 g	41
Iced Tea - Sweet	140	0	0	0	0	0	0	10	36	0	35
Iced Tea - Peach	200	0	0	0	0	0	0	30	51	0	49
Iced Tea - Raspberry	200	0	0	0	0	0	0	25	50	0	48
Iced Tea - Strawberry	200	0	0	0	0	0	0	25	51	0	49
Iced Tea - Mango	200	0	0	0	0	0	0	15	51	0	49
Coca-Cola - 12 fl. oz.	140	0	0	0	0	0	0	45	39	0	39
Coke Zero Sugar - 12 fl. oz.	0	0	0	0	0	0	0	40	0	0	0
Diet Coke - 12 fl. oz.	0	0	0	0	0	0	0	40	0	0	0
Dr. Pepper - 12 fl. oz.	150	0	0	0	0	0	0	60	40	0	38
Diet Dr. Pepper - 12 fl. oz.	0	0	0	0	0	0	0	60	0	0	0
Barq's Root Beer - 12 fl. oz.	160	0	0	0	0	0	0	70	45	0	45
Fanta Orange - 12 fl. oz.	160	0	0	0	0	0	0	60	45	0	44
Sprite - 12 fl. oz.	140	0	0	0	0	0	0	65	38	0	38
Coffee	0	0	0	0	0	0	0	0	0	0	0
Kid's Milk, 2% - 8 fl. oz.	120	45	5	3	0	20	8	115	12	0	12
Kid's Apple Juice - 8 fl. oz.	110	0	0	0	0	0	0	35	28	0	28
Kid's Coca-Cola - 8 fl. oz.	90	0	0	0	0	0	0	30	26	0	26
Kid's Coke Zero Sugar - 8 fl. oz.	0	0	0	0	0	0	0	25	0	0	0
Kid's Diet Coke - 8 fl. oz.	0	0	0	0	0	0	0	25	0	0	0
Kid's Dr. Pepper - 8 fl. oz.	100	0	0	0	0	0	0	40	26	0	26
Kid's Diet Dr. Pepper - 8 fl. oz.	0	0	0	0	0	0	0	40	0	0	0
Kid's Barq's Root Beer - 8 fl. oz.	110	0	0	0	0	0	0	45	30	0	30
Kid's Fanta Orange - 8 fl. oz.	110	0	0	0	0	0	0	40	30	0	29

Menu Item	Calories	Calories from Fat	Total Fat (Grams)	Saturated Fat (Grams)	Trans Fat (Grams)	Cholesterol (Milligrams)	Protein (Grams)	Sodium (Milligrams)	Total Carbs (Grams)	Dietary Fiber (Grams)	Sugars (Grams)
Kid's Sprite - 8 fl. oz.	90	0	0	0	0	0	0	45	25	0	25
<b>MARGARITAS, COCKTAILS, SPIKED TEAS &amp; PUNCH</b>											
El Patron	230	0	0	0	0	0	0	5	21	0	20
Grande Top Shelf - Rocks	470	0	0	0	0	0	0	20	79	0	73
Grande Top Shelf - Frozen	490	0	0	0	0	0	0	30	67	0	62
Grande Top Shelf - Frozen Sangria Swirl	480	0	0	0	0	0	0	30	65	0	56
Grande Top Shelf - Rocks Sangria Swirl	450	0	0	0	0	0	0	20	70	0	60
Grande Top Shelf - Frozen Strawberry Swirl	540	0	0	0	0	0	0	50	85	0	79
Grande Top Shelf - Rocks Strawberry Swirl	510	0	0	0	0	0	0	45	89	0	82
Maui Margarita	470	0	0	0	0	0	0	55	79	0	74
Texas Frozen Swirl - Strawberry	420	0	0	0	0	0	0	35	62	0	58
Texas Frozen Swirl - Sangria	390	0	0	0	0	0	0	25	53	0	47
Texas Margarita - Rocks	340	0	0	0	0	0	0	15	51	0	48
Texas Margarita - Frozen	400	0	0	0	0	0	0	25	53	0	50
Shaker Margarita	280	0	0	0	0	0	0	10	41	0	38
Top Shelf Shaker - Patron Silver	280	0	0	0	0	0	0	10	41	0	38
Top Shelf Shaker - Cabo Wabo Resposado	280	0	0	0	0	0	0	10	41	0	38
Top Shelf Shaker - Patron Anejo	280	0	0	0	0	0	0	10	41	0	38
Top Shelf Shaker - Sauza Conmemorativo Anejo	280	0	0	0	0	0	0	10	41	0	38
Cheddar's Painkiller	350	40	4.5	4	0	0	2	45	49	2	43
Island Tiki	230	0	0	0	0	0	0	10	35	0	32
Spiked Cherry Limeade	200	0	0	0	0	0	0	20	31	0	29
Presidente Sangria	170	0	0	0	0	0	0	10	28	less than 1 g	17
Cheddar's Pina Colada	370	50	5	5	0	0	1	45	53	2	47
Spicy Mango Mojito	230	0	0	0	0	0	0	15	47	0	44
Top Shelf Long Island Iced Tea	230	0	0	0	0	0	0	10	30	0	28
Texas Sweet Tea	230	0	0	0	0	0	0	15	32	0	31
Passion Punch	200	0	0	0	0	0	0	10	26	0	24
Cheddar's Long Island Iced Tea	230	0	0	0	0	0	0	10	30	0	28
<b>WINE</b>											
Sweet White / Blush, 6 oz.	150	0	0	0	0	0	less than 1 g	10	7	0	7
Sweet White / Blush, Bottle	640	0	0	0	0	0	3	40	29	0	29
Sparkling, Split	160	0	0	0	0	0	less than 1 g	10	10	0	10
White, 6 oz.	150	0	0	0	0	0	0	10	4	0	2
White, Bottle	630	0	0	0	0	0	less than 1 g	35	16	0	7
Red, 6 oz.	160	0	0	0	0	0	0	0	5	0	1
Red, Bottle	660	0	0	0	0	0	less than 1 g	0	21	0	5
<b>BEER</b>											
Beer, Light - 12 fl. oz.	100	0	0	0	0	0	less than 1 g	15	6	0	0
Beer, Light - 16 fl. oz.	140	0	0	0	0	0	1	20	8	0	0
Beer, Light - 23 fl. oz.	200	0	0	0	0	0	2	25	11	0	less than 1 g
Beer, Regular - 12 fl. oz.	150	0	0	0	0	0	2	15	13	0	0
Beer, Regular - 16 fl. oz.	200	0	0	0	0	0	2	20	17	0	0
Beer, Regular - 23 fl. oz.	290	0	0	0	0	0	3	25	24	0	0
Hard Cider - 12 fl. oz.	200	0	0	0	0	0	0	15	21	0	21