

# NUTRITIONAL INFORMATION



Fridays™ offers authentic American food and exciting drinks in an atmosphere that provides an energizing Friday feeling – any day of the week.

We focus on fresh, quality ingredients; bold, craveable flavors; and fun, shareable items. We have something for every appetite including Jack Daniel's® glazed items, fresh USDA choice steaks and burgers, all-natural chicken, sweet treats, unique drinks and much more.

At Fridays™ we are constantly working with our chefs and mixologists to create and capture emerging food and drink trends that appeal to our Guests.

We happily try to accommodate any special requests and to make substitutions for vegetarian creations (though no meal is vegetarian certified).

Many of our Guests want to know more about the food we serve. Therefore, we provide several types of nutritional information to help our Guests make informed choices.

Participating Fridays™ will, upon request, provide Guests with a supplemental Gluten Sensitivity Selection menu and an Allergen menu with easy-to-read icons to identify foods that contain wheat, soy, peanuts, shellfish and other allergens. Fridays™ also provides this online nutritional analysis to help our Guests find the meal that is right for them.

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**Fridays™ All-Natural Chicken:** We add nothing artificial to our chicken breasts. No preservatives, no growth hormones (Federal regulations prohibit the use of hormones), no additives – just chicken with a hint of sea salt. We allow the use of antibiotics to protect the health of the birds and to ensure consistent quality and flavor in every entrée.

Whatever you choose, we promise your dining experience will go from ordinary to extraordinary because “In Here, It's Always Friday.®”

# NUTRITIONAL INFORMATION page 2



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## STARTERS

	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
<b>Apps All Around</b>								
Buffalo Wings (Boneless) Classic (add choice of dressing)	590	7	0	35	3030	34	2	35
Buffalo Wings (Boneless) Cider Glaze with Sriracha Ranch	1010	8	0	134	2440	35	3	40
Buffalo Wings (Boneless) Garlic Parmesan (add choice of dressing)	860	12	0.5	44	2340	38	3	60
Buffalo Wings (Boneless) Ghost Pepper (add choice of dressing)	580	6	0	47	2780	35	4	28
Buffalo Wings (Boneless) Memphis BBQ (add choice of dressing)	670	6	0	72	2620	35	4	27
Buffalo Wings (Boneless) Miso with Sriracha Ranch	790	8	0	71	2800	37	4	40
Buffalo Wings (Boneless) Sriracha Buffalo with Sriracha Ranch	750	14	0	46	3960	36	4	46
Buffalo Wings (Traditional) Classic (add choice of dressing)	470	5	0	3	2320	43	4	32
Buffalo Wings (Traditional) Cider Glaze with Sriracha Ranch	890	9	0	101	1720	44	1	37
Buffalo Wings (Traditional) Garlic Parmesan (add choice of dressing)	740	13	0.5	12	1620	46	1	57
Buffalo Wings (Traditional) Ghost Pepper (add choice of dressing)	450	7	0	14	2070	44	2	25
Buffalo Wings (Traditional) Memphis BBQ (add choice of dressing)	540	7	0	40	1900	44	2	24
Buffalo Wings (Traditional) Miso with Sriracha Ranch	670	9	0	39	2080	46	2	37
Buffalo Wings (Traditional) Sriracha Buffalo with Sriracha Ranch	620	14	0	14	3240	45	2	44
Side Bleu Cheese	200	4	0.5	1	310	2	0	21
Side Ranch	130	2.5	0	1	300	1	0	14
Crispy Green Bean Fries with Cucumber-Wasabi Ranch	650	14	0	44	1210	6	5	50
Loaded Potato Skins with Green Onion Sour Cream	730	17	1	44	920	17	5	53
Mozzarella Sticks with Marinara Sauce	560	16	1	37	800	27	6	33
Pan-Seared Pot Stickers	390	6	0	48	1420	12	1	17
Warm Pretzels with Beer-Cheese Sauce	540	10	0.5	61	1440	18	3	26
Bacon-Wrapped Stuffed Jalapeños	480	14	0.5	14	1330	40	1	30
BBQ Chicken Flatbread	620	12	0	64	970	27	4	29
Buffalo Wings (Boneless)	830-1140	9.5	0-1	54-143	2240-4260	43-77	0-5	43-77
Classic (add choice of dressing)	720	8	0	44	3330	42	3	42
Sriracha with Sriracha Ranch	870	15	0	55	4260	44	4	53
Ghost Pepper (add choice of dressing)	700	7	0	55	3080	44	5	34
Memphis BBQ (add choice of dressing)	790	7	0	80	2920	43	4	34
Garlic Parmesan (add choice of dressing)	990	14	0.5	53	2640	46	4	66
Cider Glaze with Sriracha Ranch	1140	9	0	142	2740	43	3	47
Miso with Sriracha Ranch	920	9	0	80	3100	45	4	46
Buffalo Wings (Traditional)								
Classic (add choice of dressing)	720	12	0	4	2640	71	0	48
Sriracha with Sriracha Ranch	880	19	0	15	3560	73	2	59
Ghost Pepper (add choice of dressing)	710	11	0	15	2390	73	2	41
Memphis BBQ (add choice of dressing)	800	11	0	41	2220	72	2	40
Garlic Parmesan (add choice of dressing)	990	18	0.5	13	1940	75	1	73
Cider Glaze with Sriracha Ranch	1140	13	0	102	2040	72	1	53
Miso with Sriracha Ranch	920	13	0	40	2410	74	2	52
Crispy Green Bean Fries	900	21	0	69	1720	9	8	65
Chicken Tostado Nachos	560	13	0	39	1950	37	6	31
Jack Daniel's® Sampler	1820	22	0	231	4390	84	9	66
Jack™ Sliders	640-1270	14-27	1.5-3	44-89	2360-4280	23-45	2-4	41-82
Loaded Potato Skins	1380	32	2	88	2060	34	9	98
Mozzarella Sticks	820	23	1.5	54	1180	39	8	50
Pan-Seared Pot Stickers	590	9	0	72	2150	18	2	25
Sesame Jack™ Chicken Strips	1090	10	0	159	2700	39	6	35
Spicy Chicken Sliders	450-900	7-15	0	54-108	1800-3600	20-39	2-5	18-36
Sriracha Shrimp Roll	660	6	0	61	1390	21	7	37
Spinach Florentine Flatbread	540	15	0	49	1000	17	3	30
Tuscan Spinach Dip	870	29	1	59	1440	20	5	59
Warm Pretzels with Craft Beer-Cheese Dipping Sauce	1180	25	1.5	125	3170	40	7	60

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<b>RIBS</b>	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Baby Back Ribs, Full Rack	1300	24	0	101	3010	67	7	70
Baby Back Ribs, 1/2 Rack	900	14	0	85	2420	36	6	46
Jack Daniel's® Ribs	1590	24	0	175	3080	68	7	71

<b>SIZZLING</b>	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Sizzling Chicken & Shrimp	1150	25	0	45	2180	61	6	78
Sizzling Chicken & Cheese	1040	26	0.5	41	2190	59	6	68
Sizzling Chicken & Spinach	460	5	0	29	1800	46	6	17

<b>SEAFOOD</b>	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Bourbon Barrel Mahi Mahi	260	4.5	0	4	610	29	0	14
Bruschetta Shrimp Pasta	860	7	0	93	870	42	7	35
Grilled Norwegian Salmon with Langostino Lobster	430	7	0	10	1230	42	1	24
Fridays™ Shrimp	750	6	0	91	3320	31	9	29

<b>SALADS</b>	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Pecan-Crusted Chicken Salad	1080	16	0	76	1650	39	11	71
Pecan-Crusted Chicken Salad (lunch portion)	540	8	0	38	830	20	6	36
Cobb Salad with Grilled Chicken	570	13	0	16	970	57	9	33
Cobb Salad with Grilled Sriracha Shrimp	530	12	0	18	1280	49	8	29
Cobb Salad with Grilled Norwegian Salmon	660	15	0	22	1510	52	8	42
Cobb Salad with Flat Iron 4 oz. Steak	520	14	0	17	1200	42	8	34
Grilled Chicken Cobb Salad (lunch portion)	300	7	0	9	530	24	4	19
Caesar Salad with Grilled Chicken	800	12	1	22	1850	45	6	60
Caesar Salad with Grilled Sriracha Shrimp	790	11	1	31	1550	38	4	56
Caesar Salad with Grilled Norwegian Salmon	920	14	1	35	1790	42	4	69
Caesar Salad with Flat Iron 4 oz. Steak	780	13	1	30	1470	32	4	62
Chicken Caesar Salad (lunch portion)	510	8	0.5	15	1110	19	3	42
Chipotle Yucatan Chicken Salad	760	17	0	35	1420	43	10	52
Chipotle Yucatan Chicken Salad (lunch portion)	400	8	0	19	710	22	6	27
Strawberry Fields Salad	610	10	0	40	570	11	6	47
Strawberry Fields Salad with Grilled Chicken	800	12	0	40	720	45	8	53
Strawberry Fields Salad with Grilled Sriracha Shrimp	760	10	0	42	1030	35	6	49
Strawberry Fields Salad with Grilled Norwegian Salmon	890	13	0	46	1260	39	7	62
Strawberry Fields Salad with Flat Iron 4 oz. Steak	780	13	0	41	950	29	6	57
Strawberry Fields Salad (lunch portion)	410	6	0	28	350	6	4	32

<b>SALAD DRESSINGS (1.25 OZ.SERVING)</b>	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Avocado Vinaigrette	130	2	0	2	570	0	1	14
Balsamic Vinaigrette	190	3	0	4	240	0	0	19
Bleu Cheese	200	4	0.5	1	310	2	0	21
Caesar	190	3.5	0	2	300	1	0	20
Honey Mustard	200	3	0	8	290	0	0	18
Low Fat Balsamic Vinaigrette	50	0	0	9	180	0	0	2
Ranch	130	2.5	0	1	300	1	0	14
Thousand Island	200	3	0	6	290	0	0	19

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## SOUPS & MORE

	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
White Cheddar Broccoli Cheese	280	11	0	18	1530	11	2	20
French Onion	350	11	0	25	2550	15	1	21
Soup of the Day - New England Clam Chowder	500	18	0	45	1560	14	2	30
Soup of the Day - Tortilla	210	2	0	18	1500	14	0	10
Soup of the Day - Turkey Kale	150	0	0	17	960	9	3	5
Soup of the Day - Tomato Basil	300	14	0	20	1930	5	4	24
House Salad w/Bread Stick (add choice of dressing)	210	3	0	30	280	8	4	7
Caesar Salad w/ Bread Stick	370	6	0	32	590	9	2	23

## CHICKEN & PASTA

	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Bourbon Barrel Chicken	270	5	0	5	870	30	0	14
Bruschetta Chicken Pasta	860	7	0	93	870	42	7	35
Cajun Shrimp & Chicken Pasta	1110	30	0	86	2410	59	6	59
Crispy Chicken Fingers	1030	18	0	87	2760	38	7	59
Parmesan-Crusted Chicken	980	23	0.5	55	2110	63	6	57

## HANDCRAFTED BURGERS

	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
All-American Stacked Burger	1480	34	3	94	4060	65	7	93
Smoke Stacked Burger	1630	36	3	108	4180	66	7	102
Truffle Stacked Burger	1550	36	3.5	93	3270	62	8	82
New York Cheddar & Bacon Burger	1490	33	2.5	108	4280	51	8	72
Classic Cheeseburger	1250	26	2.5	97	3510	57	8	74
Jack Daniel's® Burger	1510	26	2.5	151	4070	68	7	99
Turkey Burger	960	10	0	98	2760	38	8	44
Sedona Black Bean Burger	1120	14	0	121	3190	41	17	55
Your Call Burger	1130	20	2.5	95	3100	45	8	62
Choose a Cheese:	40-160	2-8	0	0-1	120-640	2-12	0-1	3-12
Choose a Spread:	30-70	0-1	0	0-7	60-85	0	0	0-8
Choose 2 Toppings:	5-130	0-3	0	1-11	0-320	0-7	0-3	0-140

## SANDWICHES

	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Jack Daniel's® Chicken Sandwich (add choice of side)	1220	19	0	110	2970	54	3	62
French Dip (add choice of side)	740	19	0	49	1550	40	3	43
California Chicken Club (add choice of side)	640	13	0	46	2150	48	5	31
Mediterranean Mahi Naan'Wich	480	4	0	55	1080	33	4	15

## SANDWICH SIDES

	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Seasoned Fries	320	3	0	40	1010	5	5	16
Side Salad (add choice of dressing)	40	0.5	0	5	55	2	1	1.5

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<b>FRESH USDA CHOICE STEAKS</b>	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Rib-Eye (add choice of sides)	560	12	0	3	870	64	1	32
with Langostino Lobster Topping (add additional nutritional values)	160	4	0	4	540	13	0	9
with Half-Rack of Ribs (add additional nutritional values)	490	10	0	38	1170	31	1	24
Flat Iron (add choice of sides)	380	8	0	3	840	38	1	26
with Langostino Lobster Topping (add additional nutritional values)	160	4	0	4	540	13	0	9
with Half-Rack of Ribs (add additional nutritional values)	490	10	0	38	1170	31	1	24
10 oz. New York Strip (add choice of sides)	500	13	0	4	1160	49	1	33
with Langostino Lobster Topping (add additional nutritional values)	160	4	0	4	540	13	0	9
with Half-Rack of Ribs (add additional nutritional values)	490	10	0	38	1170	31	1	24

<b>JACK DANIEL'S GRILL<sup>®</sup></b>	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Jack Daniel's <sup>®</sup> Rib-Eye (add choice of sides)	690	7	0	57	1320	65	1	22
with Crispy Jack Daniel's <sup>®</sup> Shrimp (add additional nutritional values)	200	1.5	0	22	920	13	2	7
with Half-Rack Jack Daniel's <sup>®</sup> Ribs (add additional nutritional values)	530	10	0	49	760	32	1	24
Jack Daniel's <sup>®</sup> Flat Iron (add choice of sides)	500	4	0	57	1290	39	1	16
with Crispy Jack Daniel's <sup>®</sup> Shrimp (add additional nutritional values)	200	1.5	0	22	920	13	2	7
with Half-Rack Jack Daniel's <sup>®</sup> Ribs (add additional nutritional values)	530	10	0	49	760	32	1	24
Jack Daniel's <sup>®</sup> New York Strip (add choice of sides)	620	9	0	57	1280	49	1	23
with Crispy Jack Daniel's <sup>®</sup> Shrimp (add additional nutritional values)	200	1.5	0	22	920	13	2	7
with Half-Rack Jack Daniel's <sup>®</sup> Ribs (add additional nutritional values)	530	10	0	49	760	32	1	24
Jack Daniel's <sup>®</sup> Chicken & Shrimp (add choice of sides)	530	2.5	0	67	1890	43	2	11
Jack Daniel's <sup>®</sup> Chicken (add choice of sides)	530	2	0	58	1640	60	1	8
Jack Daniel's <sup>®</sup> Mixed Grill (add choice of sides)								
Half-Rack of Ribs	530	10	0	49	760	32	1	24
All-Natural Chicken	210	1	0	14	670	30	0	3.5
Crispy Shrimp	200	1.5	0	22	920	13	2	7
Jack Daniel's <sup>®</sup> Ribs & Shrimp	1790	26	0	197	4000	81	9	78
Jack Daniel's <sup>®</sup> Ribs	1590	24	0	175	3080	68	7	71

<b>SIGNATURE SIDES</b>	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Mashed Potatoes	210	4.5	0	21	540	3	3	10
Cheddar Mac & Cheese	470	12	0	43	430	18	4	23
Seasoned Fries	320	3	0	40	1010	5	5	16
Sweet Potato Fries	390	9	0	50	230	3	6	20
Jasmine Rice Pilaf	420	2.5	0	72	470	7	5	11
Fresh Broccoli	50	0	0	10	370	0	5	0.5
Fresh Spinach	180	5	0	8	570	4	2	14
Coleslaw	90	1	0	7	250	3	0	6
Tomato Mozzarella Salad	90	3.5	0	5	220	5	1	6

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<b>FRIDAYS<sup>SM</sup> LUNCH</b>								
	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Italian Pretzel Grinder w/ Fries Only	680	9	0	63	1920	26	5	35
1/2 BLT & Avocado w/ Fries Only	620	10	0	50	1860	25	4	29
Strawberry Fields Salad with Chicken w/ Breadstick Only	650	9	0	47	620	22	5	42
Bruschetta Pasta Pomodoro	270	1	0	46	280	9	3	6
Half California Club w/ Fries Only	560	9	0	53	1830	27	6	27
Chipotle Yucatan Chicken Salad w/ Breadstick Only	530	10	0	39	880	26	7	31
Smoked Sausage Mac & Cheese	620	17	0	47	1420	24	3	37
Chicken & Bacon Mac & Cheese	630	12	0.5	44	1570	34	3	35
Jack <sup>SM</sup> Sliders <sup>®</sup> w/ Fries Only	870	16	1.5	74	3120	26	5	53
Spicy Chicken Sliders w/ Fries Only	860	9	1.5	95	2590	24	6	43
Cajun Chicken Pasta w/ Breadstick Only	440	11	0	43	1160	23	3	20
Cesar Salad with Grilled Chicken	640	10	0.5	35	1290	23	4	46

  

<b>DESSERTS</b>								
	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Tennessee Whiskey Cake	1110	26	0	151	630	12	4	52
Brownie Obsession <sup>®</sup>	1200	32	0	153	480	12	4	60
Vanilla Bean Cheesecake	920	39	0	88	380	10	2	57
Oreo <sup>®</sup> Madness	500	10	0	76	330	6	3	21
Kid's Dessert - Cup of Dirt	480	9	0	79	300	7	2	16
Kid's Dessert - Vanilla Ice Cream	460	17	0	49	170	6	0	26
Kid's Sundae	690	20	0	94	240	8	1	31

  

<b>NON-ALCOHOLIC BEVERAGES</b>								
	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Soda: Coca-Cola <sup>®</sup>	150	0	0	39	45	0	0	0
Soda: Diet Coke <sup>®</sup>	0	0	0	0	45	0	0	0
Soda: Dr Pepper <sup>®</sup>	150	0	0	41	55	0	0	0
Soda: Sprite <sup>®</sup>	160	0	0	40	35	0	0	0
Fridays <sup>SM</sup> House-Made Lemonade	140	0	0	37	5	0	0	0
Coffee (Black)	5	0	0	0	5	0	0	0
Iced Tea (Unsweetened)	0	0	0	0	35	0	0	0
Mango Passion Smoothie	310	3	0	70	15	1	1	3.5
Triple Berry Smoothie	220	3	0	46	15	2	3	3.5
Green Passion Smoothie	300	0	0	71	55	4	2	0
Strawberry Banana Smoothie	330	0	0	78	20	2	4	0
Strawberry Passion Fruit Tea	130	0	0	31	0	1	1	0
Tropical Raspberry Tea	110	0	0	25	0	0	1	0

  

<b>SIGNATURE SLUSHES</b>								
	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Blue Raspberry Lemonade	280	0	0	67	10	1	4	0
Mango Peach Lemonade	230	0	0	57	15	0	1	0
Cherry Limeade	260	0	0	63	15	0	2	0
Red Bull <sup>®</sup> Passion	210	0	0	54	200	0	3	0
Ruby Red Bull <sup>®</sup>	200	0	0	51	210	0	0	0
Strawberry Lemonade	210	0	0	55	40	1	0	0

# NUTRITIONAL INFORMATION page 7



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Whatever you choose, we promise your dining experience will go from ordinary to extraordinary because

**IN HERE, IT'S ALWAYS FRIDAY.®**

KID'S DRINKS	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Kid's Chocolate Milk	230	3.5	0	36	135	9	1	5
Kid's Milk	130	3	0	12	120	8	0	5
Kid's Slush Blue Raspberry	160	0	0	39	20	0	0	0
Kid's Slush Mango Peach Lemonade	100	0	0	26	20	0	0	0
Kid's Slush Strawberry Lemonade	120	0	0	34	20	0	1	0
Kid's Soda: Coca-Cola®	110	0	0	30	35	0	0	0
Kid's Soda: Diet Coke®	0	0	0	0	35	0	0	0
Kid's Soda: Dr Pepper®	110	0	0	30	40	0	0	0
Kid's Soda: Sprite®	120	0	0	30	25	0	0	0
Kid's Lemonade	110	0	0	30	45	0	0	0
Kid's Crush: Cherry Limeade	120	0	0	29	5	0	0	0
Kid's Crush: Strawberry Lemonade	60	0	0	15	5	0	1	0

KID'S MENU	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Kid's Sliders	470	10	1	31	1290	17	1	31
Chicken Fingers	500	10	0	31	1160	20	1	33
Chicken Sandwich	320	4	0	25	410	16	1	17
Mac & Cheese	440	12	0	41	1220	16	0	23
Pasta & Marinara	240	0	0	46	150	9	4	2
Kid's Side - Carrots w/ Ranch	150	2.5	0	7	340	1	1	14
Kid's Side - Seasoned Fries	320	3	0	40	1010	5	5	16
Kid's Side - Side Salad (add choice of dressing)	40	0.5	0	5	55	2	1	1.5
Kid's Side - Mandarin Oranges	60	0	0	14	10	1	1	0
Kid's Side - Fruit Cup	45	0	0	12	0	1	1	0

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THE 474 APPS									
	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)	
Crispy Green Bean Fries	650	14	0	44	1210	6	5	50	
Traditional Buffalo Wings	580-930	17	1	40	3230	48	2	78	
Boneless Wings	700-1060	8-16	0-1	36-133	2420-3940	35-40	2-4	40-81	
Pan Seared Pot Stickers	390	6	0	48	1420	18	3	19	
Beer-Cheese Dipping Sauce	540	10	5	61	1440	18	3	26	
Mozzarella Sticks	560	16	1	37	800	27	6	33	
Loaded Potato Skins	730	17	1	44	920	17	5	53	

  

THE 474 ENTREES									
	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)	
Crispy Chicken Fingers	820	13	0	71	2170	25	6	49	
Bruschetta Chicken Pasta	430	3.5	0	47	440	21	3	18	
Cajun Shrimp & Chicken Pasta	650	19	0	44	1600	29	3	39	
Half-Rack BBQ Rack Ribs	900	14	0	85	2420	36	6	46	
Half-Rack JD Ribs	910	14	0	90	1960	36	6	46	
Jack Daniels <sup>®</sup> Chicken	330	1	0	44	970	30	0	4	
Fridays <sup>™</sup> Shrimp	650	10	0	65	2550	19	7	35	
Pecan-Crusted Chicken Salad	540	8	0	38	830	20	6	36	
Strawberry Fields Salad with Grilled Chicken	520	7	0	28	450	19	4	38	
Strawberry Fields Salad with Grilled Sriracha Shrimp	490	6	0	29	600	20	4	33	
Cobb Salad with Grilled Chicken	300	7	0	9	530	24	4	42	
Cobb Salad with Grilled Sriracha Shrimp	280	6	0	10	680	25	4	38	
Caesar Salad with Grilled Chicken	510	8	0.5	15	1110	19	3	27	
Caesar Salad with Grilled Sriracha Shrimp	520	8	0.5	22	1010	23	2		
Chipotle Yucatan Chicken Salad	400	8	0	19	710	22	6		

  

THE 474 DESSERTS									
	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)	
Tennessee Whiskey Cake	670	18	0	88	360	8	2	32	
Brownie Obsession <sup>®</sup>	720	20	0	89	280	8	2	37	