



**NUTRITIONAL
INFORMATION
STORE COPY**

APPETIZERS

| Appetizers | Calories (kcal) | Calories from Fat (kcal) | Calories from SatFat (kcal) | Calories from Trans-Fat (kcal) | Cholesterol (mg) | Carbohydrates (g) | Dietary Fiber (g) | Sodium (mg) | Total Sugars (g) | Protein (g) |
|---|-----------------|--------------------------|-----------------------------|--------------------------------|------------------|-------------------|-------------------|-------------|------------------|-------------|
| Jumbo Prawn Cocktail (4) | 68 | 5 | 1 | 0 | 46 | 12 | 1 | 550 | 7 | 12 |
| Ahi Poke | 381 | 63 | 7 | 0 | 48 | 44 | 4 | 1564 | 16 | 34 |
| Bruschetta | 814 | 472 | 129 | 0 | 41 | 60 | 3 | 1469 | 10 | 26 |
| Snow Crab & Shrimp Stuffed Mushrooms | 1039 | 687 | 316 | 0 | 221 | 31 | 2 | 3825 | 3 | 53 |
| Fried Calamari | 895 | 585 | 82 | 0 | 336 | 48 | 3 | 1687 | 2 | 27 |
| Steamed Pacific Clams | 467 | 64 | 17 | 0 | 51 | 66 | 3 | 1964 | 1 | 28 |
| Dungeness Crab, Shrimp, and Artichoke Dip | 933 | 534 | 129 | 0 | 126 | 69 | 7 | 1565 | 2 | 30 |
| Seared Pacific Jumbo Scallops | 823 | 530 | 244 | 9 | 153 | 36 | 2 | 1376 | 3 | 33 |
| Crispy Artichoke Hearts | 924 | 435 | 146 | 0 | 81 | 90 | 7 | 2855 | 5 | 36 |
| Lobster Quesadilla | 755 | 362 | 105 | 0 | 118 | 52 | 8 | 1306 | 9 | 28 |
| Washington Dungeness Crab Cake | 472 | 367 | 40 | 1 | 69 | 15 | 1 | 847 | 1 | 10 |
| Oyster Shooter (1 each) | 526 | 133 | 33 | 0 | 243 | 25 | 1 | 1046 | 21 | 69 |
| Oysters Rockefeller (1 Each) | 149 | 108 | 58 | 0 | 69 | 3 | 0 | 130 | 0 | 6 |

SOUPS

| Soups | | Calories (kcal) | Calories from Fat (kcal) | Calories from SatFat (kcal) | Calories from Trans-Fat (kcal) | Cholesterol (mg) | Carbohydrates (g) | Dietary Fiber (g) | Sodium (mg) | Total Sugars (g) | Protein (g) |
|------------------------------|--|-----------------|--------------------------|-----------------------------|--------------------------------|------------------|-------------------|-------------------|-------------|------------------|-------------|
| Northwest Clam Chowder- Cup | | 285 | 136 | 80 | 3 | 50 | 30 | 2 | 749 | 3 | 7 |
| Northwest Clam Chowder- Bowl | | 570 | 273 | 161 | 5 | 101 | 60 | 3 | 1498 | 6 | 15 |
| Lobster Bisque - Cup | | 330 | 260 | 147 | 5 | 87 | 14 | 76 | 803 | 5 | 4 |
| Lobster Bisque - Bowl | | 661 | 520 | 294 | 10 | 174 | 28 | 152 | 1606 | 10 | 8 |

SALADS

| Salads | | Calories (kcal) | Calories from Fat (kcal) | Calories from SatFat (kcal) | Calories from Trans-Fat (kcal) | Cholesterol (mg) | Carbohydrates (g) | Dietary Fiber (g) | Sodium (mg) | Total Sugars (g) | Protein (g) |
|---|---|-----------------|--------------------------|-----------------------------|--------------------------------|------------------|-------------------|-------------------|-------------|------------------|-------------|
| Caesar Salad (No Protein) | | 621 | 508 | 82 | 1 | 86 | 16 | 3 | 672 | 6 | 12 |
| Blackened Chicken | + | 251 | 46 | 16 | 0 | 117 | 9 | 3 | 101 | 1 | 40 |
| Grilled Chicken | + | 211 | 38 | 15 | 0 | 117 | 0 | 0 | 111 | 0 | 38 |
| Blackened Salmon | + | 569 | 384 | 58 | 0 | 105 | 9 | 3 | 91 | 1 | 38 |
| Grilled Salmon | + | 395 | 220 | 32 | 0 | 122 | 0 | 0 | 177 | 0 | 42 |
| Petite Chicken Caesar | | 220 | 61 | 30 | 1 | 84 | 9 | 2 | 237 | 3 | 28 |
| Chicken Chop Chop Salad | | 655 | 349 | 150 | 2 | 165 | 22 | 6 | 1981 | 8 | 56 |
| CI's Dungeness Crab & Oregon Bay Shrimp Louie *Full | | 538 | 267 | 48 | 0 | 360 | 30 | 5 | 1532 | 22 | 37 |
| CI's Dungeness Crab & Oregon Bay Shrimp Louie *Petite | | 415 | 238 | 39 | 0 | 226 | 20 | 3 | 1196 | 15 | 24 |
| Cobb Steak Salad | | 1492 | 1140 | 229 | 9 | 346 | 29 | 11 | 1244 | 11 | 63 |
| Berry Salmon Salad | | 603 | 320 | 54 | 1 | 119 | 29 | 9 | 348 | 16 | 43 |
| Wedge | | 642 | 561 | 147 | 1 | 56 | 14 | 6 | 489 | 7 | 11 |
| Side Green Salad (No Dressing) | | 40 | 3 | 0 | 0 | 0 | 8 | 3 | 63 | 4 | 2 |
| Side Caesar Salad | | 311 | 254 | 41 | 1 | 43 | 8 | 2 | 336 | 3 | 6 |

SPECIALTIES

| Specialties | Calories (kcal) | Calories from Fat (kcal) | Calories from SatFat (kcal) | Calories from Trans-Fat (kcal) | Cholesterol (mg) | Carbohydrates (g) | Dietary Fiber (g) | Sodium (mg) | Total Sugars (g) | Protein (g) |
|---|-----------------|--------------------------|-----------------------------|--------------------------------|------------------|-------------------|-------------------|-------------|------------------|-------------|
| Jambalyaya | 1056 | 553 | 73 | 2 | 207 | 89 | 5 | 2167 | 10 | 63 |
| Beer Battered Cod & Chips | 891 | 301 | 82 | 1 | 12 | 92 | 4 | 2012 | 6 | 33 |
| Chicken Marsala - Lunch | 2016 | 1386 | 736 | 41 | 504 | 75 | 5 | 1256 | 15 | 64 |
| Pan Fried Pacific Oysters | 2114 | 1312 | 301 | 3 | 253 | 153 | 11 | 2458 | 17 | 45 |
| Cedar Plank Wild Alaska Salmon | 876 | 621 | 302 | 16 | 265 | 8 | 3 | 762 | 3 | 52 |
| Parmesan Crusted Wild Alaska Halibut - Lunch | 679 | 356 | 215 | 8 | 189 | 30 | 1 | 1010 | 2 | 46 |
| Crab & Shrimp Stuffed Oregon Sole - Lunch | 956 | 401 | 162 | 2 | 163 | 75 | 6 | 2539 | 15 | 49 |
| Spicy Blackened Baja Fish Tacos (No Fish) | 724 | 306 | 74 | 2 | 31 | 81 | 9 | 764 | 15 | 9 |
| Cod | 834 | 314 | 75 | 2 | 98 | 84 | 10 | 1196 | 15 | 31 |
| Halibut | 866 | 325 | 77 | 2 | 101 | 84 | 10 | 863 | 15 | 36 |
| Salmon | 974 | 421 | 91 | 2 | 119 | 9 | 10 | 835 | 15 | 39 |
| CI's Coconut Prawns | 724 | 306 | 74 | 2 | 31 | 81 | 9 | 764 | 15 | 9 |
| Parmesan Crusted Wild Alaska Halibut - Dinner | 807 | 378 | 225 | 8 | 221 | 40 | 2 | 1273 | 3 | 62 |
| Stuffed Chicken Marsala | 2210 | 1495 | 787 | 41 | 556 | 74 | 6 | 2270 | 16 | 81 |
| Seared Ahi Tuna | 1015 | 486 | 44 | 1 | 44 | 94 | 4 | 784 | 7 | 38 |
| Pan-Seared Pacific Jumbo Scallops | 1077 | 984 | 195 | 9 | 70 | 10 | 2 | 639 | 3 | 12 |

STEAKS

| Steaks | | Calories (kcal) | Calories from Fat (kcal) | Calories from SatFat (kcal) | Calories from Trans-Fat (kcal) | Cholesterol (mg) | Carbohydrates (g) | Dietary Fiber (g) | Sodium (mg) | Total Sugars (g) | Protein (g) |
|---------------------|--|-----------------|--------------------------|-----------------------------|--------------------------------|------------------|-------------------|-------------------|-------------|------------------|-------------|
| Prime Rib | | | | | | | | | | | |
| 10oz | | 1177 | 726 | 314 | 34 | 228 | 51 | 8 | 1560 | 7 | 63 |
| 14oz | | 1463 | 928 | 402 | 46 | 305 | 52 | 8 | 1478 | 7 | 84 |
| Filet Mignon | | 665 | 386 | 153 | 0 | 225 | 1 | 0 | 344 | 0 | 65 |
| Center Cut New York | | 970 | 470 | 193 | 24 | 349 | 1 | 0 | 460 | 0 | 116 |
| Grilled Sirloin | | 629 | 344 | 137 | 0 | 218 | 1 | 0 | 349 | 0 | 65 |
| Grilled Ribeye | | 871 | 389 | 139 | 17 | 326 | 3 | 0 | 449 | 0 | 117 |

SANDWICHES

| Sandwiches | | Calories (kcal) | Calories from Fat (kcal) | Calories from SatFat (kcal) | Calories from Trans-Fat (kcal) | Cholesterol (mg) | Carbohydrates (g) | Dietary Fiber (g) | Sodium (mg) | Total Sugars (g) | Protein (g) |
|--|--|-----------------|--------------------------|-----------------------------|--------------------------------|------------------|-------------------|-------------------|-------------|------------------|-------------|
| Monte Cristo | | 1284 | 686 | 334 | 0 | 204 | 101 | 3 | 2954 | 47 | 57 |
| Half Monte Cristo | | 642 | 343 | 167 | 0 | 102 | 51 | 2 | 1477 | 23 | 28 |
| Dungeness Crab, Oregon Bay Shrimp & Artichoke Melt | | 735 | 461 | 146 | 0 | 107 | 41 | 4 | 1218 | 1 | 25 |
| Petite Crab & Shrimp Melt | | 368 | 228 | 68 | 0 | 46 | 22 | 2 | 598 | 1 | 11 |
| CI Prime cheese-burger | | 1333 | 918 | 314 | 15 | 243 | 49 | 3 | 2342 | 13 | 56 |
| Oven Roasted French Dip Sandwich | | 1659 | 993 | 425 | 5 | 279 | 85 | 5 | 10231 | 10 | 78 |
| Half French Dip | | 1008 | 392 | 152 | 3 | 107 | 103 | 4 | 9998 | 6 | 50 |
| Lobster Roll | | 496 | 279 | 76 | 2 | 221 | 26 | 1 | 1201 | 4 | 28 |
| Asparagus & Mozzarella | | 758 | 192 | 105 | 0 | 47 | 102 | 6 | 1645 | 7 | 37 |
| Shenanigans Ultimate Reuben | | 1420 | 917 | 449 | 2 | 298 | 56 | 3 | 4294 | 15 | 56 |

PASTA

| Pasta | | Calories (kcal) | Calories from Fat (kcal) | Calories from SatFat (kcal) | Calories from Trans-Fat (kcal) | Cholesterol (mg) | Carbohydrates (g) | Dietary Fiber (g) | Sodium (mg) | Total Sugars (g) | Protein (g) |
|-------------------------------------|---|-----------------|--------------------------|-----------------------------|--------------------------------|------------------|-------------------|-------------------|-------------|------------------|-------------|
| Fettuccini Alfredo | | | | | | | | | | | |
| Chicken | + | 2119 | 1142 | 576 | 30 | 422 | 164 | 10 | 623 | 13 | 85 |
| Smoked Salmon | + | 2132 | 1473 | 871 | 49 | 546 | 82 | 3 | 2846 | 10 | 74 |
| Chef Bobby's Carbonara | | 2324 | 1544 | 870 | 44 | 911 | 89 | 5 | 2964 | 12 | 94 |
| Lunch Mac and Cheese (No toppings) | | 777 | 381 | 239 | 8 | 145 | 64 | 3 | 1115 | 11 | 34 |
| Dinner Mac and Cheese (No Toppings) | | 1489 | 728 | 457 | 15 | 279 | 122 | 5 | 2141 | 23 | 66 |
| Mac and Cheese toppings | | | | | | | | | | | |
| Dungeness Crab | + | 128 | 70 | 42 | 0 | 63 | 1 | 0 | 295 | 0 | 13 |
| Bacon | + | 161 | 109 | 37 | 0 | 34 | 1 | 0 | 581 | 0 | 12 |
| Snow Crab | + | 94 | 9 | 1 | 0 | 65 | 1 | 0 | 321 | 0 | 19 |
| Andouille Sausage | + | 107 | 66 | 24 | 0 | 33 | 1 | 0 | 400 | 1 | 10 |
| Grilled Chicken | + | 143 | 55 | 23 | 0 | 58 | 1 | 0 | 75 | 0 | 19 |
| Blackened Chicken | + | 116 | 21 | 8 | 0 | 58 | 2 | 1 | 49 | 0 | 20 |
| Lobster | + | 50 | 4 | 1 | 1 | 83 | 0 | 0 | 276 | 0 | 11 |
| Petite Prawns | + | 169 | 85 | 34 | 0 | 159 | 2 | 0 | 772 | 0 | 17 |
| Roasted jalapenos | + | 18 | 1 | 0 | 0 | 0 | 4 | 1 | 3 | 2 | 1 |

LAND AND SEA ADD ONS

| Land & Sea Add ons | | Calories (kcal) | Calories from Fat (kcal) | Calories from SatFat (kcal) | Calories from Trans-Fat (kcal) | Cholesterol (mg) | Carbohydrates (g) | Dietary Fiber (g) | Sodium (mg) | Total Sugars (g) | Protein (g) |
|------------------------------|--|-----------------|--------------------------|-----------------------------|--------------------------------|------------------|-------------------|-------------------|-------------|------------------|-------------|
| Dungeness Crab Legs (1/2 lb) | | 593 | 399 | 246 | 0 | 254 | 4 | 1 | 670 | 1 | 40 |
| Grilled Salmon (6oz) | | 395 | 220 | 32 | 0 | 123 | 0 | 0 | 177 | 0 | 42 |
| Scallops(2) | | 87 | 65 | 41 | 0 | 27 | 1 | 0 | 118 | 0 | 4 |
| Coconut Shrimp (3) | | 373 | 35 | 64 | 0 | 0 | 36 | 0 | 634 | 0 | 1 |
| Grilled Jumbo Prawns (3) | | 82 | 65 | 10 | 0 | 35 | 0 | 0 | 237 | 0 | 4 |
| Dungeness Crab Cake (1) | | 103 | 10 | 2 | 0 | 58 | 13 | 1 | 500 | 1 | 10 |
| Grilled Shrimp Scampi | | 332 | 256 | 157 | 9 | 148 | 6 | 1 | 2526 | 3 | 9 |

PINOT GRIS/GRIGIO

| Pinot Gris/Grigio | Calories (kcal) | Calories from Fat (kcal) | Calories from SatFat (kcal) | Calories from Trans-Fat (kcal) | Cholesterol (mg) | Carbohydrates (g) | Dietary Fiber (g) | Sodium (mg) | Total Sugars (g) | Protein (g) |
|-----------------------------|-----------------|--------------------------|-----------------------------|--------------------------------|------------------|-------------------|-------------------|-------------|------------------|-------------|
| Acrobat Pinot Gris - 6oz | 148 | 0 | 0 | 0 | 0 | 4 | 0 | 0 | 0 | 0 |
| Acrobat Pinot Gris - 9oz | 221 | 0 | 0 | 0 | 0 | 5 | 0 | 0 | 0 | 0 |
| Acrobat Pinot Gris - Bottle | 590 | 0 | 0 | 0 | 0 | 15 | 0 | 0 | 0 | 0 |
| Ecco Pinot Grigio - 6oz | 146 | 0 | 0 | 0 | 0 | 4 | 0 | 18 | 1 | |
| Ecco Pinot Grigio - 9oz | 220 | 0 | 0 | 0 | 0 | 5 | 0 | 27 | 1 | 0 |
| Ecco Pinot Grigio - Bottle | 586 | 0 | 0 | 0 | 0 | 14 | 0 | 71 | 3 | 0 |

RIESLING

| Riesling | Calories (kcal) | Calories from Fat (kcal) | Calories from SatFat (kcal) | Calories from Trans-Fat (kcal) | Cholesterol (mg) | Carbohydrates (g) | Dietary Fiber (g) | Sodium (mg) | Total Sugars (g) | Protein (g) |
|------------------------------|-----------------|--------------------------|-----------------------------|--------------------------------|------------------|-------------------|-------------------|-------------|------------------|-------------|
| Poet's Leap - 6oz | 144 | 0 | 0 | 0 | 0 | 7 | 0 | 0 | 0 | 0 |
| Poet's Leap - 9oz | 216 | 0 | 0 | 0 | 0 | 10 | 0 | 0 | 0 | 0 |
| Poet's Leap - Bottle | 576 | 0 | 0 | 0 | 0 | 26 | 0 | 0 | 0 | 0 |
| Dunham Lewis Estate - 6oz | 144 | 0 | 0 | 0 | 0 | 7 | 0 | 0 | 0 | 0 |
| Dunham Lewis Estate - 9oz | 216 | 0 | 0 | 0 | 0 | 11 | 0 | 0 | 0 | 0 |
| Dunham Lewis Estate - Bottle | 576 | 0 | 0 | 0 | 0 | 28 | 0 | 0 | 0 | 0 |

PINOT NIOR

| Pinot Noir | Calories (kcal) | Calories from Fat (kcal) | Calories from SatFat (kcal) | Calories from Trans-Fat (kcal) | Cholesterol (mg) | Carbohydrates (g) | Dietary Fiber (g) | Sodium (mg) | Total Sugars (g) | Protein (g) |
|---------------------|-----------------|--------------------------|-----------------------------|--------------------------------|------------------|-------------------|-------------------|-------------|------------------|-------------|
| Van Duzer - 6oz | 144 | 0 | 0 | 0 | 0 | 4 | 0 | 0 | 0 | 0 |
| Van Duzer - 9oz | 216 | 0 | 0 | 0 | 0 | 6 | 0 | 0 | 0 | 0 |
| Van Duzer - Bottle | 576 | 0 | 0 | 0 | 0 | 16 | 0 | 0 | 0 | 0 |
| Eola Hills - 6oz | 125 | 0 | 0 | 0 | 0 | 4 | 0 | 10 | 1 | 0 |
| Eola Hills - 9oz | 188 | 0 | 0 | 0 | 0 | 6 | 0 | 15 | 2 | 0 |
| Eola Hills - Bottle | 500 | 0 | 0 | 0 | 0 | 16 | 0 | 40 | 4 | 0 |

CABERNET FRANC

| Cabernet Franc | Calories (kcal) | Calories from Fat (kcal) | Calories from SatFat (kcal) | Calories from Trans-Fat (kcal) | Cholesterol (mg) | Carbohydrates (g) | Dietary Fiber (g) | Sodium (mg) | Total Sugars (g) | Protein (g) |
|----------------|-----------------|--------------------------|-----------------------------|--------------------------------|------------------|-------------------|-------------------|-------------|------------------|-------------|
| Hence Cellars | 600 | 0 | 0 | 0 | 0 | 17 | 0 | 0 | 0 | 0 |
| Tamarack | 600 | 0 | 0 | 0 | 0 | 17 | 0 | 0 | 0 | 0 |

MALBEC

| Malbec | Calories (kcal) | Calories from Fat (kcal) | Calories from SatFat (kcal) | Calories from Trans-Fat (kcal) | Cholesterol (mg) | Carbohydrates (g) | Dietary Fiber (g) | Sodium (mg) | Total Sugars (g) | Protein (g) |
|---------------------|-----------------|--------------------------|-----------------------------|--------------------------------|------------------|-------------------|-------------------|-------------|------------------|-------------|
| Dona Paula - 6oz | 148 | 0 | 0 | 0 | 0 | 5 | 0 | 0 | 0 | 0 |
| Dona Paula - 9oz | 221 | 0 | 0 | 0 | 0 | 7 | 0 | 0 | 0 | 0 |
| Dona Paula - Bottle | 590 | 0 | 0 | 0 | 0 | 19 | 0 | 0 | 0 | 0 |
| Tomero - 6oz | 126 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Tomero - 9oz | 190 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Tomero - Bottle | 506 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

CHARDONNAY

| Chardonnay | Calories (kcal) | Calories from Fat (kcal) | Calories from SatFat (kcal) | Calories from Trans-Fat (kcal) | Cholesterol (mg) | Carbohydrates (g) | Dietary Fiber (g) | Sodium (mg) | Total Sugars (g) | Protein (g) |
|--------------------------------|-----------------|--------------------------|-----------------------------|--------------------------------|------------------|-------------------|-------------------|-------------|------------------|-------------|
| Chateau Ste. Michelle - 6oz | 150 | 0 | 0 | 0 | 0 | 6 | 0 | 6 | 0 | 0 |
| Chateau Ste. Michelle - 9oz | 225 | 0 | 0 | 0 | 0 | 9 | 0 | 9 | 0 | 0 |
| Chateau Ste. Michelle - Bottle | 600 | 0 | 0 | 0 | 0 | 24 | 0 | 24 | 0 | 0 |
| Noverlty Hill - 6oz | 142 | 0 | 0 | 0 | 0 | 5 | 0 | 0 | 0 | 1 |
| Noverlty Hill - 9oz | 213 | 0 | 0 | 0 | 0 | 7 | 0 | 0 | 0 | 1 |
| Noverlty Hill - Bottle | 568 | 0 | 0 | 0 | 0 | 18 | 0 | 0 | 0 | 2 |
| Argyle - 6oz | 142 | 0 | 0 | 0 | 0 | 5 | 0 | 0 | 0 | 1 |
| Argyle - 9oz | 213 | 0 | 0 | 0 | 0 | 7 | 0 | 0 | 0 | 1 |
| Argyle - Bottle | 568 | 0 | 0 | 0 | 0 | 18 | 0 | 0 | 0 | 2 |
| Kendall Jackson - 6oz | 144 | | | | 0 | 5 | 0 | 0 | 0 | 0 |
| Kendall Jackson - 9oz | 216 | 0 | 0 | 0 | 0 | 8 | 0 | 0 | 0 | 0 |
| Kendall Jackson - Bottle | 576 | 0 | 0 | 0 | 0 | 20 | 0 | 0 | 0 | 0 |

OTHER WHITES

| Other Whites | Calories (kcal) | Calories from Fat (kcal) | Calories from SatFat (kcal) | Calories from Trans-Fat (kcal) | Cholesterol (mg) | Carbohydrates (g) | Dietary Fiber (g) | Sodium (mg) | Total Sugars (g) | Protein (g) |
|----------------------------------|-----------------|--------------------------|-----------------------------|--------------------------------|------------------|-------------------|-------------------|-------------|------------------|-------------|
| Sofia Coppola Rose - 6oz | 150 | 0 | 0 | 0 | 0 | 5 | 0 | 12 | 7 | 1 |
| Sofia Coppola Rose - 9oz | 225 | 0 | 0 | 0 | 0 | 7 | 0 | 18 | 11 | 2 |
| Sofia Coppola Rose - Bottle | 600 | 0 | 0 | 0 | 0 | 19 | 0 | 48 | 29 | 5 |
| Beringer White zin - 6oz | 120 | 0 | 0 | 0 | 0 | 6 | 0 | 0 | 0 | 0 |
| Beringer White zin - 9oz | 180 | 0 | 0 | 0 | 0 | 9 | 0 | 0 | 0 | 0 |
| Beringer White zin - bottle | 480 | 0 | 0 | 0 | 0 | 24 | 0 | 0 | 0 | 0 |
| Terra D'Oro Moscato - 6oz | 150 | 0 | 0 | 0 | 0 | 14 | 0 | 0 | 0 | 1 |
| Terra D'Oro Moscato - 9oz | 225 | 0 | 0 | 0 | 0 | 20 | 0 | 0 | 0 | 1 |
| Terra D'Oro Moscato - Bottle | 600 | 0 | 0 | 0 | 0 | 54 | 0 | 0 | 0 | 2 |
| Maryhill Gewurz-taminer - 6oz | 138 | 0 | 0 | 0 | 0 | 4 | 0 | 0 | 0 | 0 |
| Maryhill Gewurz-taminer - 9oz | 207 | 0 | 0 | 0 | 0 | 6 | 0 | 0 | 0 | 0 |
| Maryhill Gewurz-taminer - Bottle | 552 | 0 | 0 | 0 | 0 | 16 | 0 | 0 | 0 | 0 |
| Crawford Sauv Blanc - 6oz | 140 | 0 | 0 | 0 | 0 | 4 | 0 | 0 | 0 | 0 |
| Crawford Sauv Blanc - 9oz | 210 | 0 | 0 | 0 | 0 | 6 | 0 | 0 | 0 | 0 |
| Crawford Sauv Blanc - Bottle | 560 | 0 | 0 | 0 | 0 | 16 | 0 | 0 | 0 | 0 |
| Oyster Bay Sauv Blanc - 6oz | 143 | 0 | 0 | 0 | 0 | 14 | 0 | 0 | 0 | 0 |
| Oyster Bay Sauv Blanc -9oz | 215 | 0 | 0 | 0 | 0 | 21 | 0 | 0 | 0 | 1 |
| Oyster Bay Sauv Blanc - Bottle | 572 | 0 | 0 | 0 | 0 | 56 | 0 | 0 | 0 | 2 |
| Goldwater Sauv Blanc - 6oz | 144 | 0 | 0 | 0 | 0 | 4 | 0 | 0 | 0 | 0 |
| Goldwater Sauv Blanc - 9oz | 216 | 0 | 0 | 0 | 0 | 5 | 0 | 0 | 0 | 0 |
| Goldwater Sauv Blanc - Bottle | 576 | 0 | 0 | 0 | 0 | 14 | 0 | 0 | 0 | 0 |

CABERNET SAVIGNON

| Cabernet Sauvignon | Calories (kcal) | Calories from Fat (kcal) | Calories from SatFat (kcal) | Calories from Trans-Fat (kcal) | Cholesterol (mg) | Carbohydrates (g) | Dietary Fiber (g) | Sodium (mg) | Total Sugars (g) | Protein (g) |
|--------------------------------|-----------------|--------------------------|-----------------------------|--------------------------------|------------------|-------------------|-------------------|-------------|------------------|-------------|
| Chateau Ste. Michelle - 6oz | 144 | 0 | 0 | 0 | 0 | 6 | 0 | 0 | 0 | 0 |
| Chateau Ste. Michelle - 9oz | 216 | 0 | 0 | 0 | 0 | 9 | 0 | 0 | 0 | 0 |
| Chateau Ste. Michelle - Bottle | 576 | 0 | 0 | 0 | 0 | 24 | 0 | 0 | 0 | 0 |
| Leonetti | 576 | 0 | 0 | 0 | 0 | 18 | 0 | 0 | 0 | 0 |
| Browne - 6oz | 144 | 0 | 0 | 0 | 0 | 4 | 0 | 0 | 0 | 0 |
| Browne - Bottle | 576 | 0 | 0 | 0 | 0 | 18 | 0 | 0 | 0 | 0 |
| Gifford Hirlinger | 576 | 0 | 0 | 0 | 0 | 18 | 0 | 0 | 0 | 0 |
| Dunham Cellars | 576 | 0 | 0 | 0 | 0 | 18 | 0 | 0 | 0 | 0 |
| Nelms Road | 576 | 0 | 0 | 0 | 0 | 18 | 0 | 0 | 0 | 0 |
| Waters | 576 | 0 | 0 | 0 | 0 | 18 | 0 | 0 | 0 | 0 |
| Kendall Jackson - 6oz | 144 | 0 | 0 | 0 | 0 | 5 | 0 | 0 | 0 | 0 |
| Kendall Jackson - 9oz | 216 | 0 | 0 | 0 | 0 | 8 | 0 | 0 | 0 | 0 |
| Kendall Jackson - Bottle | 576 | 0 | 0 | 0 | 0 | 20 | 0 | 0 | 0 | 0 |
| Sebastiani | 576 | 0 | 0 | 0 | 0 | 18 | 0 | 0 | 0 | 0 |
| Duckhorn | 576 | 0 | 0 | 0 | 0 | 18 | 0 | 0 | 0 | 0 |

SYRAH

| Syrah | Calories (kcal) | Calories from Fat (kcal) | Calories from SatFat (kcal) | Calories from Trans-Fat (kcal) | Cholesterol (mg) | Carbohydrates (g) | Dietary Fiber (g) | Sodium (mg) | Total Sugars (g) | Protein (g) |
|--------------------|-----------------|--------------------------|-----------------------------|--------------------------------|------------------|-------------------|-------------------|-------------|------------------|-------------|
| Boom Boom - 6oz | 150 | 0 | 0 | 0 | 0 | 5 | 0 | 0 | 0 | 0 |
| Boom Boom - 9oz | 225 | 0 | 0 | 0 | 0 | 7 | 0 | 0 | 0 | 0 |
| Boom Boom - Bottle | 600 | 0 | 0 | 0 | 0 | 18 | 0 | 0 | 0 | 0 |
| Dunham Cellars | 600 | 0 | 0 | 0 | 0 | 18 | 0 | 0 | 0 | 0 |
| Dusted Valley | 600 | 0 | 0 | 0 | 0 | 18 | 0 | 0 | 0 | 0 |

OTHER REDS/BLENDS

| Other Reds/Blends | Calories (kcal) | Calories from Fat (kcal) | Calories from SatFat (kcal) | Calories from Trans-Fat (kcal) | Cholesterol (mg) | Carbohydrates (g) | Dietary Fiber (g) | Sodium (mg) | Total Sugars (g) | Protein (g) |
|-------------------|-----------------|--------------------------|-----------------------------|--------------------------------|------------------|-------------------|-------------------|-------------|------------------|-------------|
| Basel Cellars | 510 | 0 | 0 | 0 | 0 | 19 | 0 | 0 | 0 | 1 |
| Tamarack | 510 | 0 | 0 | 0 | 0 | 19 | 0 | 0 | 0 | 1 |
| Saved | 510 | 0 | 0 | 0 | 0 | 19 | 0 | 0 | 0 | 1 |
| Browne - 6oz | 128 | 0 | 0 | 0 | 0 | 5 | 0 | 0 | 0 | 0 |
| Browne - Bottle | 510 | 0 | 0 | 0 | 0 | 19 | 0 | 0 | 0 | 1 |
| Owen Roe - 6oz | 128 | 0 | 0 | 0 | 0 | 5 | 0 | 0 | 0 | 0 |
| Owen Roe - 9oz | 191 | 0 | 0 | 0 | 0 | 7 | 0 | 0 | 0 | 0 |
| Owen Roe - Bottle | 510 | 0 | 0 | 0 | 0 | 19 | 0 | 0 | 0 | 1 |
| Matthews Claret | 510 | 0 | 0 | 0 | 0 | 6*3.1 | 0 | 0 | 0 | 1 |

KIDS MENU W/O SIDE

| Kids Menu W/O Side unless noted | Calories (kcal) | Calories from Fat (kcal) | Calories from SatFat (kcal) | Calories from Trans-Fat (kcal) | Cholesterol (mg) | Carbohydrates (g) | Dietary Fiber (g) | Sodium (mg) | Total Sugars (g) | Protein (g) |
|-----------------------------------|-----------------|--------------------------|-----------------------------|--------------------------------|------------------|-------------------|-------------------|-------------|------------------|-------------|
| Kid - Chicken Tenders | 300 | 162 | 32 | 0 | 40 | 17 | 1 | 760 | 0 | 15 |
| Kid - Grilled Cheese | 405 | 216 | 107 | 4 | 42 | 31 | 2 | 614 | 3 | 16 |
| Kid - Burger | 380 | 183 | 66 | 5 | 69 | 23 | 1 | 357 | 1 | 24 |
| Kid - Cheeseburger | 466 | 246 | 102 | 7 | 90 | 24 | 1 | 493 | 1 | 29 |
| Kid - Fish and Chips (With Fries) | 902 | 376 | 86 | 2 | 10 | 86 | 3 | 1960 | 1 | 29 |
| Kid Pastas | | | | | | | | | | |
| Plain | 357 | 44 | 0 | 0 | 0 | 64 | 3 | 0 | 3 | 11 |
| Alfredo | 825 | 469 | 469 | 14 | 148 | 69 | 3 | 288 | 6 | 19 |
| Butter and Parmesan | 823 | 486 | 282 | 18 | 134 | 66 | 3 | 685 | 3 | 16 |
| Scoop of Vanilla | 140 | 63 | 36 | 0 | 25 | 16 | 0 | 35 | 14 | 2 |

KIDS BEVERAGES

| Kids Beverages | Calories (kcal) | Calories from Fat (kcal) | Calories from SatFat (kcal) | Calories from Trans-Fat (kcal) | Cholesterol (mg) | Carbohydrates (g) | Dietary Fiber (g) | Sodium (mg) | Total Sugars (g) | Protein (g) |
|----------------|-----------------|--------------------------|-----------------------------|--------------------------------|------------------|-------------------|-------------------|-------------|------------------|-------------|
| Milk | 92 | 33 | 21 | 1 | 15 | 9 | 0 | 86 | 9 | 6 |
| Chocolate Milk | 176 | 27 | 17 | 2 | 12 | 31 | 1 | 87 | 27 | 6 |
| Lemonade | 6 | 0 | 0 | 0 | 0 | 1 | 0 | 16 | 1 | 0 |
| Mug Root Beer | 130 | 0 | 0 | 0 | 0 | 36 | 0 | 53 | 36 | 0 |
| Apple Juice | 75 | 0 | 0 | 0 | 0 | 18 | 0 | 16 | 16 | 0 |
| Orange Juice | 92 | 2 | 0 | 0 | 0 | 22 | 1 | 4 | 16 | 1 |

KIDS SIDES

| Kid Sides | Calories (kcal) | Calories from Fat (kcal) | Calories from SatFat (kcal) | Calories from Trans-Fat (kcal) | Cholesterol (mg) | Carbohydrates (g) | Dietary Fiber (g) | Sodium (mg) | Total Sugars (g) | Protein (g) |
|---------------------------|-----------------|--------------------------|-----------------------------|--------------------------------|------------------|-------------------|-------------------|-------------|------------------|-------------|
| Fries | 329 | 169 | 27 | 0 | 0 | 37 | 4 | 310 | 0 | 3 |
| Fruit | 52 | 1 | 0 | 0 | 0 | 13 | 2 | 10 | 11 | 1 |
| Salad | 10 | 1 | 0 | 0 | 0 | 2 | 1 | 16 | 1 | 1 |
| Carrots & Ranch (Kid App) | 179 | 153 | 28 | 0 | 16 | 6 | 1 | 326 | 3 | 1 |

SIDES

| Sides | Calories (kcal) | Calories from Fat (kcal) | Calories from SatFat (kcal) | Calories from Trans-Fat (kcal) | Cholesterol (mg) | Carbohydrates (g) | Dietary Fiber (g) | Sodium (mg) | Total Sugars (g) | Protein (g) |
|------------------------|-----------------|--------------------------|-----------------------------|--------------------------------|------------------|-------------------|-------------------|-------------|------------------|-------------|
| Parmesan Truffle Fries | 774 | 430 | 82 | 1 | 12 | 77 | 7 | 878 | 1 | 11 |
| Sweet Potato Fries | 513 | 264 | 33 | 0 | 0 | 61 | 8 | 584 | 16 | 3 |
| Seasonal Fruit | 52 | 2 | 0 | 0 | 0 | 13 | 2 | 10 | 11 | 1 |
| Fries | 660 | 340 | 54 | 0 | 0 | 75 | 7 | 621 | 1 | 7 |

NUTRITIONAL INFORMATION: The nutritional information contained in our restaurants or on our website (www.theram.com, cbpotts.com, www.cishenanigans.com). The information listed on our menus and websites is meant to provide a general estimate of the nutritional values associated with our menu items. The estimated nutritional values for a menu item may vary from the testing results due to variations in: serving sizes; preparation techniques; ingredient recipes supplied by our vendors; both seasonal and regional differences in products supplied to us; supplier substitutions; and, supplier testing methods. Nutritional values for some menu items, such as those that are limited time only or are regional in nature, are not available at this time. The range of tolerance or reactions to the presence of food and beverage allergens varies greatly from person to person. Decisions on the amount of precautions you should take or risks you may expose yourself to, are always best made by you in consultation with your health care provider.

ALLERGEN INFORMATION: We understand the challenges facing the community of people who struggle with food allergies or have to manage food and beverage sensitivities in their lives. We know how difficult it is to eat safely, especially when eating out. Your options are severely limited because of the absence of available information. It is important that you are aware that milk, eggs, tree nuts, seafood, soy, wheat, sesame products, crustacean shellfish, fish, sulfites and other allergens are present in our restaurants. We ask that when placing your order you alert your server and the manager on duty to your food or beverage allergy or sensitivity. The more information relating to your specific needs you can provide, the better we can attempt to protect you. We will then try our best to avoid any accidental cross-contact, but we do not have separate equipment dedicated for the preparation of allergen based food requests . All food in our establishment may come into contact with surfaces, fryers, grills, utensils or other equipment that have previously contacted an allergen . Finally, it is a good idea to remind your server about your request when your food arrives at the table in order to confirm that you are receiving the correct dish.

SUPPLIER DISCLOSURES: The nutritional and allergen information provided here and on our websites is based entirely on the information provided by our ingredient manufacturers and suppliers. We have limited this disclosure to the "Big 8" (wheat, soy, milk, eggs, peanuts, tree nuts, fish and shellfish) as those are the only ones manufacturers are required to disclose. Suppliers may change the ingredients in their products or the way they prepare their products without informing us. From time to time we or our suppliers may substitute products due to inventory shortages and we can't be sure that the substitute products will be free of the allergen you wish to avoid. If there are changes we are made aware of we will update our website, so please check our website frequently. The labeling practices and terminology relating to manufacturer's handling of other potential allergens in their facilities varies greatly and can be vague. Because of this, we have not included in our listings allergens that may be present in the supplier's plants or may even come in contact with the same manufacturing equipment. Cross contact may have occurred at these facilities and is beyond our control. For example, our almonds may be packaged at a facility which also processes other tree nuts.

NOTICE: Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food - borne illness, especially if you have a medical condition. No allergen or nutritional information in restaurant materials or our website should ever be considered a guarantee, but simply our effort to better serve our customers. The Ram Restaurant Group, including its franchisees and licensees, is not liable for the validity of information provided by our suppliers and distributors of products used in our kitchens.