Mellow Mushroom Newnan & Grant Park - Nutrition & Allergens - Updated November 2026

Munchies	Item	Size / Portion	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Gluten	Vegan	Vegetarian
Munchies	Pretzel Bites w/ Classic Beer Cheese	Order	1240	300	34	15	0.5	0	1.5	60	2890	60	189	4	18	18	46			X				X		X	X		X
Munchies	Pretzel Bites w/ Spicy Beer Cheese	Order	1240	300	34	13	0	0	1.5	50	2760	70	189	4	18	18	44			X				X		X	X		
Munchies	Magic Meatballs	Order	460	250	29	11		0	0	110	1880	260	21	2	5	2	30	X		X		X				X	X		
Munchies	Mellow Rollz - Greek Feta	4 Rollz	770	230	26	15		0	0.5	70	1730	270	103	3	10	9	38			X				X		X	X		X
Munchies	Mellow Rollz - Pepperoni	4 Rollz	870	310	35	18		1	5	90	2010	210	99	2	9	9	45			X				X		X	X		
Munchies	Mellow Rollz - Greek Feta	8 Rollz	1560	460	52	30		0	1.5	140	3480	550	205	6	21	17	76			X				X		X	X		X
Munchies	Mellow Rollz - Pepperoni	8 Rollz	1760	640	72	37		2	11	185	4040	430	199	4	18	17	91			X				X		X	X		
Munchies	Hot Honey Drizzle (Rollz add-on)	4 Rollz	35										8		8	7													X
Munchies	Hot Honey Drizzle (Rollz add-on)	8 Rollz	70										17		16	14													X

Wings	Item	Size / Portion	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Gluten	Vegan	Vegetarian
Wings	Caribbean Jerk Wings - Classic	5 wings	550	300	34	9		7	13	145	790	310	7		7	7	46							X					
Wings	Honey Sriracha Wings - Classic	5 wings	570	300	34	9		7	13	145	620	320	19		18	15	46							X					
Wings	Buffalo (Hot) Wings - Classic	5 wings	500	300	34	9		7	13	145	860	310	7				46							X					
Wings	Buffalo (Mild) Wings - Classic	5 wings	560	350	40	11		7	13	145	730	310	1				46			X				X					
Wings	Sweet Thai Chili Wings - Classic	5 wings	590	300	34	9		7	13	145	780	340	24		23	17	46							X					
Wings	Cloud 9 Garlic Parmesan Wings - Classic	5 wings	670	450	50	14		12	18	165	450	340	1		0		52	X		X				X					
Wings	Lemon Pepper Wet Wings - Classic	5 wings	610	410	46	17		8	17	175	1770	330	1				46			X				X					
Wings	Lemon Pepper Dry Wings - Classic	5 wings	500	300	34	9		7	13	145	1770	310					46							X					
Wings	Teriyaki Wings - Classic	5 wings	550	300	34	9		7	13	145	820	310	13		10	10	47							X		X	X		
Wings	BBQ Wings - Classic	5 wings	560	300	34	9		7	13	145	390	430	14		12	11	46							X					
Wings	Naked Wings - Classic	5 wings	500	300	34	9		7	13	145	140	310					46							X					
Wings	Caribbean Jerk Wings - Boneless	5 wings	390	130	14	2.5		8	3	50	1950	370	33	1	8	8	22									X	X		
Wings	Honey Sriracha Wings - Boneless	5 wings	420	130	14	2.5		8	3	50	1780	400	48	2	21	17	23									X	X		
Wings	Buffalo (Hot) Wings - Boneless	5 wings	330	130	14	2.5		8	3	50	2360	370	37	1			22									X	X		
Wings	Buffalo (Mild) Wings - Boneless	5 wings	400	180	21	3.5		8	3	50	1840	370	27	1			22			X				X		X	X		
Wings	Sweet Thai Chili Wings - Boneless	5 wings	460	130	14	2.5		8	3	50	2030	400	56	1	29	21	22									X	X		
Wings	Cloud 9 Garlic Parmesan Wings - Boneless	5 wings	570	310	35	10		13	8	80	1710	420	26	2	0		34	X		X						X	X		
Wings	Lemon Pepper Wet Wings - Boneless	5 wings	450	240	27	10		8	6	80	2860	380	26	1	0		23			X						X	X		
Wings	Lemon Pepper Dry Wings - Boneless	5 wings	330	130	14	2.5		8	3	50	2860	370	25	1			22									X	X		
Wings	Teriyaki Wings - Boneless	5 wings	390	130	14	2.5		8	3	50	1910	370	38	1	10	10	23							X		X	X		
Wings	BBQ Wings - Boneless	5 wings	390	130	15	2.5		8	3	50	1480	480	39	1	12	11	22									X	X		
Wings	Naked Wings - Boneless	5 wings	330	130	14	2.5		8	3	50	1230	370	25	1			22									X	X		
Wings	Caribbean Jerk Wings - Classic	10 wings	1090	600	67	19		14	27	285	1570	630	14		14	14	91							X					
Wings	Honey Sriracha Wings - Classic	10 wings	1140	600	67	19		14	27	285	1250	650	39		36	29	91							X					
Wings	Buffalo (Hot) Wings - Classic	10 wings	1000	600	67	19		14	27	285	1720	630	14				91							X					
Wings	Buffalo (Mild) Wings - Classic	10 wings	1120	700	79	21		14	27	285	1450	630	2				91			X				X					
Wings	Sweet Thai Chili Wings - Classic	10 wings	1180	600	67	19		14	27	285	1480	670	45		43	32	91							X					
Wings	Cloud 9 Garlic Parmesan Wings - Classic	10 wings	1320	870	99	27		25	36	320	810	670	1		0		101	X		X				X					
Wings	Lemon Pepper Wet Wings - Classic	10 wings	1150	750	84	30		15	31	330	2730	650	1				92			X				X					
Wings	Lemon Pepper Dry Wings - Classic	10 wings	1000	600	67	19		14	27	285	2730	630					91							X					
Wings	Teriyaki Wings - Classic	10 wings	1110	600	67	19		14	27	285	1640	630	26		20	20	93							X		X	X		
Wings	BBQ Wings - Classic	10 wings	1120	600	68	19		14	27	285	780	860	27		24	22	91							X					
Wings	Naked Wings - Classic	10 wings	1000	600	67	19		14	27	285	280	630					91							X					
Wings	Caribbean Jerk Wings - Boneless	10 wings	780	250	29	5		16	6	95	3890	730	67	3	16	16	45									X	X		
Wings	Honey Sriracha Wings - Boneless	10 wings	840	250	29	5		16	6	95	3550	800	95	3	41	33	45									X	X		
Wings	Buffalo (Hot) Wings - Boneless	10 wings	670	250	29	5		16	6	95	4720	730	74	3	0	0	45									X	X		
Wings	Buffalo (Mild) Wings - Boneless	10 wings	800	360	41	7		16	6	95	3690	730	53	3	0	0	45			X				X		X	X		
Wings	Sweet Thai Chili Wings - Boneless	10 wings	910	250	29	5		16	6	95	4060	800	111	3	58	42	45									X	X		
Wings	Cloud 9 Garlic Parmesan Wings - Boneless	10 wings	1080	590	67	17		27	16	150	3240	820	52	3	0	0	63	X		X						X	X		
Wings	Lemon Pepper Wet Wings - Boneless	10 wings	820	400	46	16		17	11	140	4900	750	52	3	0	0	45			X						X	X		
Wings	Lemon Pepper Dry Wings - Boneless	10 wings	670	250	29	5		16	6	95	4900	730	51	3	0	0	45									X	X		
Wings	Teriyaki Wings - Boneless	10 wings	780	250	29	5		16	6	95	3810	730	77	3	20	20	46							X		X	X		
Wings	BBQ Wings - Boneless	10 wings	790	260	29	5		16	6	95	2950	970	78	3	24	22	45									X	X		
Wings	Naked Wings - Boneless	10 wings	670	250	29	5		16	6	95	2450	730	51	3	0	0	45									X	X		
Wings	Caribbean Jerk Wings - Classic	15 wings	1640	890	101	28		22	40	430	2360	940	22		22	22	137							X					

Wings	Honey Sriracha Wings - Classic	15 wings	1710	890	101	28		22	40	430	1870	970	58		54	44	137							X					
Wings	Buffalo (Hot) Wings - Classic	15 wings	1500	890	101	28		22	40	430	2580	940	22				137							X					
Wings	Buffalo (Mild) Wings - Classic	15 wings	1680	1050	119	32		22	40	430	2180	940	4				137			X				X					
Wings	Sweet Thai Chili Wings - Classic	15 wings	1780	890	101	28		22	40	430	2330	1020	72		68	50	137							X					
Wings	Cloud 9 Garlic Parmesan Wings - Classic	15 wings	1930	1280	145	38		38	54	465	1060	990	1		0		148	X		X				X					
Wings	Lemon Pepper Wet Wings - Classic	15 wings	1730	1120	127	44		22	47	495	3690	970	1		0		138			X				X					
Wings	Lemon Pepper Dry Wings - Classic	15 wings	1500	890	101	28		22	40	430	3680	940					137							X					
Wings	Teriyaki Wings - Classic	15 wings	1660	890	101	28		22	40	430	2460	940	39		30	30	140							X		X	X		
Wings	BBQ Wings - Classic	15 wings	1680	900	102	28		22	40	430	1170	1290	41		35	33	137							X					
Wings	Naked Wings - Classic	15 wings	1500	890	101	28		22	40	430	420	940					137							X					
Wings	Caribbean Jerk Wings - Boneless	15 wings	1110	380	43	7		24	10	145	5120	1100	92	4	16	16	67									X	X		
Wings	Honey Sriracha Wings - Boneless	15 wings	1170	380	43	7		24	10	145	4780	1160	121	5	41	33	67									X	X		
Wings	Buffalo (Hot) Wings - Boneless	15 wings	1000	380	43	7		24	10	145	5950	1100	99	4	0	0	67									X	X		
Wings	Buffalo (Mild) Wings - Boneless	15 wings	1130	490	56	10		24	10	145	4910	1100	79	4	0	0	67			X				X		X	X		
Wings	Sweet Thai Chili Wings - Boneless	15 wings	1250	380	43	7		24	10	145	5280	1160	137	4	58	42	67									X	X		
Wings	Cloud 9 Garlic Parmesan Wings - Boneless	15 wings	1530	830	93	21		40	23	200	4590	1200	78	5	0	0	86	X		X						X	X		
Wings	Lemon Pepper Wet Wings - Boneless	15 wings	1240	610	69	23		25	16	210	6950	1130	78	4	0	0	67			X						X	X		
Wings	Lemon Pepper Dry Wings - Boneless	15 wings	1000	380	43	7		24	10	145	6940	1100	76	4	0	0	67									X	X		
Wings	Teriyaki Wings - Boneless	15 wings	1170	380	43	7		24	10	145	5720	1100	115	4	30	30	70							X		X	X		
Wings	BBQ Wings - Boneless	15 wings	1180	390	44	7		24	10	145	4430	1450	118	4	36	33	67									X	X		
Wings	Naked Wings - Boneless	15 wings	1000	380	43	7		24	10	145	3680	1100	76	4	0	0	67									X	X		

Stone Baked Pizza (per slice)	Item	Size / Portion	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Gluten	Vegan	Vegetarian
Stone Baked Pizza (per slice)	Super Pepp - Mellow Classic crust	S 10"	400	120	14	7		0	2	35	980	85	53	2	7	6	18			X						X	X		
Stone Baked Pizza (per slice)	Super Pepp - Mellow Classic crust	M 14"	360	120	13	7		0	2	35	860	85	45	2	7	6	16			X						X	X		
Stone Baked Pizza (per slice)	Super Pepp - Mellow Classic crust	L 16"	550	170	19	9		0.5	3	45	1240	125	71	3	17	13	23			X						X	X		
Stone Baked Pizza (per slice)	Super Pepp - Mellow Thin crust	S 10"	360	120	13	6		0	2	35	880	85	44	1	7	5	16			X						X	X		
Stone Baked Pizza (per slice)	Super Pepp - Mellow Thin crust	M 14"	330	120	13	7		0	2	35	790	85	39	1	6	5	15			X						X	X		
Stone Baked Pizza (per slice)	Super Pepp - Mellow Thin crust	L 16"	520	170	19	9		0.5	3	45	1180	125	65	2	16	13	22			X						X	X		
Stone Baked Pizza (per slice)	Super Pepp - Gluten-free crust	S 10" only	270	130	15	6		0	2	35	640	125	24	1	5	3	10			X									
Stone Baked Pizza (per slice)	Great White - Mellow Classic crust	S 10"	400	140	16	6		0	2.5	25	760	55	50	1	5	4	16			X						X	X		X
Stone Baked Pizza (per slice)	Great White - Mellow Classic crust	M 14"	360	130	15	6		0	2.5	25	640	55	42	1	5	4	15			X						X	X		X
Stone Baked Pizza (per slice)	Great White - Mellow Classic crust	L 16"	560	230	26	11		0.5	3.5	45	1040	125	61	2	7	6	22			X						X	X		X
Stone Baked Pizza (per slice)	Great White - Mellow Thin crust	S 10"	350	140	15	6		0	2.5	25	670	55	41	1	4	4	14			X						X	X		X
Stone Baked Pizza (per slice)	Great White - Mellow Thin crust	M 14"	330	130	15	6		0	2.5	25	580	55	36	1	4	3	13			X						X	X		X
Stone Baked Pizza (per slice)	Great White - Mellow Thin crust	L 16"	500	200	22	10		0.5	3.5	45	950	180	55	2	7	5	21			X						X	X		X
Stone Baked Pizza (per slice)	Great White - Gluten-free crust	S 10" only	260	150	16	5		0	2.5	25	420	100	21	1	2	2	8			X									X
Stone Baked Pizza (per slice)	Holy Shiitake Pie - Mellow Classic crust	S 10"	430	170	20	6	0	3	6	25	730	90	50	2	5	4	15	X		X						X	X		X
Stone Baked Pizza (per slice)	Holy Shiitake Pie - Mellow Classic crust	M 14"	390	170	19	6	0	3	6	25	610	85	42	1	5	4	14	X		X						X	X		X
Stone Baked Pizza (per slice)	Holy Shiitake Pie - Mellow Classic crust	L 16"	530	220	25	9	0	4	7	35	870	130	59	2	7	6	20	X		X						X	X		X
Stone Baked Pizza (per slice)	Holy Shiitake Pie - Mellow Thin crust	S 10"	380	170	19	6	0	3	6	25	640	90	41	1	4	4	14	X		X						X	X		X
Stone Baked Pizza (per slice)	Holy Shiitake Pie - Mellow Thin crust	M 14"	350	170	19	6	0	3	6	25	540	85	36	1	4	3	12	X		X						X	X		X
Stone Baked Pizza (per slice)	Holy Shiitake Pie - Mellow Thin crust	L 16"	500	220	25	9	0	4	7	35	810	130	53	2	6	5	19	X		X						X	X		X
Stone Baked Pizza (per slice)	Holy Shiitake Pie - Gluten-free crust	S 10" only	290	180	20	6	0	3	6	25	390	135	21	1	2	2	7	X		X									X
Stone Baked Pizza (per slice)	Veg Out - Mellow Classic crust	S 10"	350	80	9	4		0	0	20	850	130	53	2	7	5	16			X						X	X		X
Stone Baked Pizza (per slice)	Veg Out - Mellow Classic crust	M 14"	300	70	8	3.5			0	15	690	115	44	2	6	4	14			X						X	X		X
Stone Baked Pizza (per slice)	Veg Out - Mellow Classic crust	L 16"	430	100	12	5		0	0	25	1010	180	63	3	8	6	20			X						X	X		X
Stone Baked Pizza (per slice)	Veg Out - Mellow Thin crust	S 10"	300	80	9	4		0	0	20	750	130	44	2	6	4	14			X						X	X		X
Stone Baked Pizza (per slice)	Veg Out - Mellow Thin crust	M 14"	270	70	8	3.5			0	15	630	115	38	2	5	4	13			X						X	X		X
Stone Baked Pizza (per slice)	Veg Out - Mellow Thin crust	L 16"	390	100	11	5		0	0	25	950	180	57	3	8	6	19			X						X	X		X
Stone Baked Pizza (per slice)	Veg Out - Gluten-free crust	S 10" only	210	90	10	3.5		0	0	20	510	170	24	2	4	2	8			X									X
Stone Baked Pizza (per slice)	Mighty Meaty - Mellow Classic crust	S 10"	430	140	16	7		0	1.5	40	1130	55	51	2	6	5	22			X						X	X		
Stone Baked Pizza (per slice)	Mighty Meaty - Mellow Classic crust	M 14"	380	130	15	6		0	1.5	40	970	55	43	1	5	5	20			X						X	X		
Stone Baked Pizza (per slice)	Mighty Meaty - Mellow Classic crust	L 16"	530	180	21	9		0	2	55	1380	85	61	2	7	7	28			X						X	X		
Stone Baked Pizza (per slice)	Mighty Meaty - Mellow Thin crust	S 10"	380	130	15	6		0	1.5	40	1040	55	43	1	5	4	20			X						X	X		
Stone Baked Pizza (per slice)	Mighty Meaty - Mellow Thin crust	M 14"	350	130	14	6		0	1.5	40	910	55	37	1	5	4	19			X						X	X		
Stone Baked Pizza (per slice)	Mighty Meaty - Mellow Thin crust	L 16"	500	180	20	9		0	2	55	1320	85	55	2	7	6	27			X						X	X		
Stone Baked Pizza (per slice)	Mighty Meaty - Gluten-free crust	S 10" only	290	150	16	6		0	1.5	40	800	100	23	1	3	2	14			X									
Stone Baked Pizza (per slice)	House Special - Mellow Classic crust	S 10"	410	130	14	6		0	1.5	35	1020	160	52	2	6	5	21			X						X	X		
Stone Baked Pizza (per slice)	House Special - Mellow Classic crust	M 14"	360	110	13	6		0	1.5	35	870	135	44	2	6	4	19			X						X	X		
Stone Baked Pizza (per slice)	House Special - Mellow Classic crust	L 16"	510	160	18	8		0	1.5	45	1260	190	63	3	8	6	26			X						X	X		
Stone Baked Pizza (per slice)	House Special - Mellow Thin crust	S 10"	370	120	14	6		0	1.5	35	930	160	44	2	5	4	19			X						X	X		

Stone Baked Pizza (per slice)	House Special - Mellow Thin crust	M 14"	330	110	13	6		0	1.5	35	810	135	38	2	5	4	18			X						X	X		
Stone Baked Pizza (per slice)	House Special - Mellow Thin crust	L 16"	480	160	18	8		0	1.5	45	1190	190	56	3	8	6	25			X						X	X		
Stone Baked Pizza (per slice)	House Special - Gluten-free crust	S 10" only	280	130	15	6		0	1.5	35	690	210	23	2	3	2	13			X									
Stone Baked Pizza (per slice)	Buffalo Chicken - Bleu Cheese swirl - Mellow Classic crust	S 10"	460	170	19	7		0	0	50	1060	90	50	1	5	4	24	X		X				X		X	X		
Stone Baked Pizza (per slice)	Buffalo Chicken - Bleu Cheese swirl - Mellow Classic crust	M 14"	420	160	18	7		0	0	50	930	90	43	1	5	4	22	X		X				X		X	X		
Stone Baked Pizza (per slice)	Buffalo Chicken - Bleu Cheese swirl - Mellow Classic crust	L 16"	590	230	26	10		0	0	65	1350	105	60	2	7	6	30	X		X				X		X	X		
Stone Baked Pizza (per slice)	Buffalo Chicken - Bleu Cheese swirl - Mellow Thin crust	S 10"	420	160	18	7		0	0	50	970	90	42	1	4	4	22	X		X				X		X	X		
Stone Baked Pizza (per slice)	Buffalo Chicken - Bleu Cheese swirl - Mellow Thin crust	M 14"	390	160	18	7		0	0	50	870	90	37	1	4	3	21	X		X				X		X	X		
Stone Baked Pizza (per slice)	Buffalo Chicken - Bleu Cheese swirl - Mellow Thin crust	L 16"	560	230	26	10		0	0	65	1290	105	54	2	6	5	28	X		X				X		X	X		
Stone Baked Pizza (per slice)	Buffalo Chicken - Bleu Cheese swirl - Gluten-free crust	S 10" only	330	170	20	6		0	0	50	720	135	22		2	2	16	X		X				X					
Stone Baked Pizza (per slice)	Buffalo Chicken - Ranch swirl - Mellow Classic crust	S 10"	460	170	19	6		0	0	45	1030	90	50	1	5	4	23	X		X				X		X	X		
Stone Baked Pizza (per slice)	Buffalo Chicken - Ranch swirl - Mellow Classic crust	M 14"	420	160	19	6		0	0	45	900	90	43	1	5	4	22	X		X				X		X	X		
Stone Baked Pizza (per slice)	Buffalo Chicken - Ranch swirl - Mellow Classic crust	L 16"	590	240	27	9		0	0	60	1310	105	60	2	6	6	29	X		X				X		X	X		
Stone Baked Pizza (per slice)	Buffalo Chicken - Ranch swirl - Mellow Thin crust	S 10"	420	170	19	6		0	0	45	940	90	42	1	4	4	22	X		X				X		X	X		
Stone Baked Pizza (per slice)	Buffalo Chicken - Ranch swirl - Mellow Thin crust	M 14"	390	160	18	6		0	0	45	840	90	37	1	4	3	20	X		X				X		X	X		
Stone Baked Pizza (per slice)	Buffalo Chicken - Ranch swirl - Mellow Thin crust	L 16"	560	240	27	9		0	0	60	1250	105	54	2	6	5	27	X		X				X		X	X		
Stone Baked Pizza (per slice)	Buffalo Chicken - Ranch swirl - Gluten-free crust	S 10" only	330	180	20	6		0	0	45	690	135	22		2	2	15	X		X				X					
Stone Baked Pizza (per slice)	Funky Q - Mellow Classic crust	S 10"	450	130	15	7		0	0	45	1030	170	58	1	12	11	23			X						X	X		
Stone Baked Pizza (per slice)	Funky Q - Mellow Classic crust	M 14"	400	110	13	6		0	0	40	880	170	50	1	12	11	21			X						X	X		
Stone Baked Pizza (per slice)	Funky Q - Mellow Classic crust	L 16"	560	160	18	9		0	0	55	1270	210	70	2	16	15	28			X						X	X		
Stone Baked Pizza (per slice)	Funky Q - Mellow Thin crust	S 10"	410	130	14	7		0	0	45	940	170	50	1	11	10	21			X						X	X		
Stone Baked Pizza (per slice)	Funky Q - Mellow Thin crust	M 14"	370	110	13	6		0	0	40	820	170	44		11	10	19			X						X	X		
Stone Baked Pizza (per slice)	Funky Q - Mellow Thin crust	L 16"	520	160	18	9		0	0	55	1200	210	64	2	15	14	27			X						X	X		
Stone Baked Pizza (per slice)	Funky Q - Gluten-free crust	S 10" only	320	140	15	7		0	0	45	700	210	29		9	8	15			X									

Build Your Own (per slice)	Item	Size / Portion	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Gluten	Vegan	Vegetarian
Build Your Own (per slice)	Cheese Pizza - Mellow Classic crust	S 10"	350	90	10	5			0	25	830	35	51	1	5	5	17			X						X	X		X
Build Your Own (per slice)	Cheese Pizza - Mellow Classic crust	M 14"	310	80	9	4.5			0	20	700	35	43	1	5	4	15			X						X	X		X
Build Your Own (per slice)	Cheese Pizza - Mellow Classic crust	L 16"	430	110	13	6			0	30	1000	50	61	2	7	6	21			X						X	X		X
Build Your Own (per slice)	Pepperoni Pizza - Mellow Classic crust	S 10"	380	110	13	6		0	1.5	30	930	65	51	1	5	5	18			X						X	X		
Build Your Own (per slice)	Pepperoni Pizza - Mellow Classic crust	M 14"	350	110	13	6		0	1.5	30	830	70	43	1	5	4	17			X						X	X		
Build Your Own (per slice)	Pepperoni Pizza - Mellow Classic crust	L 16"	490	150	17	8		0	2.5	40	1180	100	61	2	7	6	24			X						X	X		
Build Your Own (per slice)	Crust - Mellow Classic	S 10"	240	20	2	0					520		47	1	4	4	9									X	X	X	X
Build Your Own (per slice)	Crust - Mellow Classic	M 14"	200	15	2	0					400		39		4	4	7									X	X	X	X
Build Your Own (per slice)	Crust - Mellow Classic	L 16"	280	20	2.5	0					570		55	2	6	6	10									X	X	X	X
Build Your Own (per slice)	Crust - Mellow Thin	S 10"	200	15	2	0					420		38		4	4	7									X	X	X	X
Build Your Own (per slice)	Crust - Mellow Thin	M 14"	170	15	1.5	0					330		33		3	3	6									X	X	X	X
Build Your Own (per slice)	Crust - Mellow Thin	L 16"	250	20	2	0					510		49	2	5	5	9									X	X	X	X
Build Your Own (per slice)	Crust - Gluten-free	S 10" only	110	25	3						180	45	18		2	2	1											X	X
Build Your Own (per slice)	Base - Mellow Red Sauce	S 10"	15	5	0.5	0					100		2		1	0	0											X	X
Build Your Own (per slice)	Base - Mellow Red Sauce	M 14"	15	5	0.5	0					100		2		1	0	0											X	X
Build Your Own (per slice)	Base - Mellow Red Sauce	L 16"	25	10	1	0					150		3		1	1	1											X	X
Build Your Own (per slice)	Base - Olive Oil & Garlic	S 10"	35	30	3.5	0		0	2.5		0	7.1	1				0											X	X
Build Your Own (per slice)	Base - Olive Oil & Garlic	M 14"	35	30	3.5	0		0	2.5		0	7.1	1				0											X	X
Build Your Own (per slice)	Base - Olive Oil & Garlic	L 16"	45	40	4.5	0.5		0	3		0	10	1				0											X	X
Build Your Own (per slice)	Base - Pesto	S 10"	45	40	4.5	0.5					95	15	0				1			X									X
Build Your Own (per slice)	Base - Pesto	M 14"	45	40	4.5	0.5					95	15	0				1			X									X
Build Your Own (per slice)	Base - Pesto	L 16"	70	60	7	1					150	25	0				1			X									X
Build Your Own (per slice)	Cheese - Mozzarella	S 10"	20	15	1.5	1				5	50	8.9	0				2			X									X
Build Your Own (per slice)	Cheese - Mozzarella	M 14"	15	10	1	0.5				4	35	6.6	0				1			X									X
Build Your Own (per slice)	Cheese - Mozzarella	L 16"	20	15	1.5	1				5	50	8.9	0				2			X									X
Build Your Own (per slice)	Cheese - Feta	S 10"	20	15	1.5	1				5	70	5	0				1			X									X
Build Your Own (per slice)	Cheese - Feta	M 14"	20	15	1.5	1				5	70	5	0				1			X									X
Build Your Own (per slice)	Cheese - Feta	L 16"	25	15	2	1.5				5	85	6.3	0				1			X									X
Build Your Own (per slice)	Cheese - Seasoned Ricotta	S 10"	20	15	2	1.5			0	5	55	20	0		0		1			X									X
Build Your Own (per slice)	Cheese - Seasoned Ricotta	M 14"	20	15	2	1.5			0	5	55	20	0		0		1			X									X
Build Your Own (per slice)	Cheese - Seasoned Ricotta	L 16"	20	15	1.5	1			0	5	45	15	0		0		1			X									X
Build Your Own (per slice)	Cheese - Aged White Cheddar	S 10"	30	20	2.5	1.5	0			5	45	6.3	0				2			X									X
Build Your Own (per slice)	Cheese - Aged White Cheddar	M 14"	30	20	2.5	1.5	0			5	45	6.3	0				2			X									X
Build Your Own (per slice)	Cheese - Aged White Cheddar	L 16"	40	30	3.5	2	0			10	70	9.5	0				3			X									X
Build Your Own (per slice)	Cheese - Dairy-free Cheese	S 10"	20	15	1.5	1.5					60	2.3	1				0											X	X
Build Your Own (per slice)	Cheese - Dairy-free Cheese	M 14"	15	10	1.5	1					45	1.7	1				0											X	X

Build Your Own (per slice)	Cheese - Dairy-free Cheese	L 16"	20	15	1.5	1.5					60	2.3	1				0											X	X
Build Your Own (per slice)	Meat/Protein - Pepperoni	S 10"	35	25	2.5	1		0	1.5	5	100	25					1												
Build Your Own (per slice)	Meat/Protein - Pepperoni	M 14"	40	30	3.5	1.5		0	1.5	10	125	35					2												
Build Your Own (per slice)	Meat/Protein - Pepperoni	L 16"	50	35	4	1.5		0	2	10	150	40					2												
Build Your Own (per slice)	Meat/Protein - Italian Sausage	S 10"	15	10	1	0				4	40		0				1												
Build Your Own (per slice)	Meat/Protein - Italian Sausage	M 14"	15	10	1	0				4	40		0				1												
Build Your Own (per slice)	Meat/Protein - Italian Sausage	L 16"	20	10	1.5	0				5	65		0				2												
Build Your Own (per slice)	Meat/Protein - Ham	S 10"	5	0	0					2	50		0		0	0	1												
Build Your Own (per slice)	Meat/Protein - Ham	M 14"	5	0	0					2	50		0		0	0	1												
Build Your Own (per slice)	Meat/Protein - Ham	L 16"	10	0	0					4	75		0		0	0	2												
Build Your Own (per slice)	Meat/Protein - Applewood-smoked Bacon	S 10"	20	10	1.5	0.5				4	55						1												
Build Your Own (per slice)	Meat/Protein - Applewood-smoked Bacon	M 14"	20	10	1.5	0.5				4	55						1												
Build Your Own (per slice)	Meat/Protein - Applewood-smoked Bacon	L 16"	25	20	2	1				5	80						1												
Build Your Own (per slice)	Meat/Protein - Chicken	S 10"	35	5	1	0		0	0	20	15	55					7												
Build Your Own (per slice)	Meat/Protein - Chicken	M 14"	35	5	1	0		0	0	20	15	55					7												
Build Your Own (per slice)	Meat/Protein - Chicken	L 16"	35	5	1	0		0	0	20	15	55					7												
Build Your Own (per slice)	Meat/Protein - Ribeye Steak	S 10"	70	50	5	2.5	0	0	2.5	20	15	65					6												
Build Your Own (per slice)	Meat/Protein - Ribeye Steak	M 14"	70	50	5	2.5	0	0	2.5	20	15	65					6												
Build Your Own (per slice)	Meat/Protein - Ribeye Steak	L 16"	120	80	9	4	0.5	0	4.5	35	20	105					10												
Build Your Own (per slice)	Meat/Protein - Tempeh	S 10"	20	10	1	0					10	25	2		0	0	1							X		X	X		X
Build Your Own (per slice)	Meat/Protein - Tempeh	M 14"	20	10	1	0					10	25	2		0	0	1							X		X	X		X
Build Your Own (per slice)	Meat/Protein - Tempeh	L 16"	30	10	1.5	0					20	35	2		0	0	2							X		X	X		X
Build Your Own (per slice)	Veggie - Banana Peppers	S 10"	0	0							200	20	0		0												X	X
Build Your Own (per slice)	Veggie - Banana Peppers	M 14"	0	0							200	20	0		0												X	X
Build Your Own (per slice)	Veggie - Banana Peppers	L 16"	0	0							250	25	0		0												X	X
Build Your Own (per slice)	Veggie - Bell Peppers	S 10"	0	0							0	20	0		0		0										X	X
Build Your Own (per slice)	Veggie - Bell Peppers	M 14"	0	0							0	20	0		0		0										X	X
Build Your Own (per slice)	Veggie - Bell Peppers	L 16"	0	0							0	25	1		0		0										X	X
Build Your Own (per slice)	Veggie - Black Olives	S 10"	10	5	0.5				0		60		0														X	X
Build Your Own (per slice)	Veggie - Black Olives	M 14"	10	5	0.5				0		60		0														X	X
Build Your Own (per slice)	Veggie - Black Olives	L 16"	10	5	1				0.5		80		1														X	X
Build Your Own (per slice)	Veggie - Caramelized Onions	S 10"	5	0	0			0			5	15	1		1	0	0												X
Build Your Own (per slice)	Veggie - Caramelized Onions	M 14"	5	0	0			0			5	15	1		1	0	0												X
Build Your Own (per slice)	Veggie - Caramelized Onions	L 16"	10	0	0			0			5	20	1		1	0	0												X
Build Your Own (per slice)	Veggie - Grillo's Pickles	S 10"	0								40		0														X	X
Build Your Own (per slice)	Veggie - Grillo's Pickles	M 14"	0								40		0														X	X
Build Your Own (per slice)	Veggie - Grillo's Pickles	L 16"	0								40		0														X	X
Build Your Own (per slice)	Veggie - Mushrooms	S 10"	0	0							0	35	0		0		0										X	X
Build Your Own (per slice)	Veggie - Mushrooms	M 14"	0	0							0	35	0		0		0										X	X
Build Your Own (per slice)	Veggie - Mushrooms	L 16"	0	0							0	45	0		0		0										X	X
Build Your Own (per slice)	Veggie - Pickled Jalapenos	S 10"	0	0	0						130		0														X	X
Build Your Own (per slice)	Veggie - Pickled Jalapenos	M 14"	0	0	0						130		0														X	X
Build Your Own (per slice)	Veggie - Pickled Jalapenos	L 16"	0	0	0						160		0														X	X
Build Your Own (per slice)	Veggie - Pickled Red Onions	S 10"	10	0							85	30	2		1	0	0												X
Build Your Own (per slice)	Veggie - Pickled Red Onions	M 14"	10	0							85	30	2		1	0	0												X
Build Your Own (per slice)	Veggie - Pickled Red Onions	L 16"	10	0							85	30	2		1	0	0												X
Build Your Own (per slice)	Veggie - Pineapple	S 10"	10									15	2		2		0										X	X
Build Your Own (per slice)	Veggie - Pineapple	M 14"	10									15	2		2		0										X	X
Build Your Own (per slice)	Veggie - Pineapple	L 16"	10									20	2		2		0										X	X
Build Your Own (per slice)	Veggie - Spinach	S 10"	0	0							10	60	0				0										X	X
Build Your Own (per slice)	Veggie - Spinach	M 14"	0	0							10	60	0				0										X	X
Build Your Own (per slice)	Veggie - Spinach	L 16"	0	0	0						10	80	1		0		0										X	X
Build Your Own (per slice)	Veggie - Sweet Onions	S 10"	0	0							0	15	1		0		0										X	X
Build Your Own (per slice)	Veggie - Sweet Onions	M 14"	0	0							0	15	1		0		0										X	X
Build Your Own (per slice)	Veggie - Sweet Onions	L 16"	5	0							0	20	1		1		0										X	X
Build Your Own (per slice)	Veggie - Roasted Mushroom Trio	S 10"	5	5	0.5	0			0		0	20	0		0		0			X								X
Build Your Own (per slice)	Veggie - Roasted Mushroom Trio	M 14"	5	5	0.5	0			0		0	20	0		0		0			X								X
Build Your Own (per slice)	Veggie - Roasted Mushroom Trio	L 16"	10	10	1	0.5			0	2	0	30	0		0		0			X								X
Build Your Own (per slice)	Veggie - Roasted Tomatoes	S 10"	30	25	3	0					10		0		0		0										X	X
Build Your Own (per slice)	Veggie - Roasted Tomatoes	M 14"	30	25	3	0					10		0		0		0										X	X
Build Your Own (per slice)	Veggie - Roasted Tomatoes	L 16"	40	40	4.5	0					15		1		1		0										X	X

Salads	Item	Size / Portion	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Gluten	Vegan	Vegetarian
Salads	Keep It Greek	Half	100	50	6	3		0	1.5	15	690	380	7	3	3		4			X									X
Salads	Keep It Greek	Regular	290	170	20	11		0	3	50	1710	790	15	7	5		13			X									X
Salads	Caesar Supreme	Half	130	70	8	4.5		0		15	230	250	6	2	1		8			X						X	X		X
Salads	Caesar Supreme	Regular	190	110	12	7		0		25	360	480	10	4	2		13			X						X	X		X
Salads	Mellow Cobb	One size	410	260	30	12		1.5	6	50	900	900	21	8	5	1	16			X						X	X		
Salads	House	Half	90	35	4	1		0	1.5	5	300	330	9	4	4		4			X									X
Salads	House	Regular	150	60	7	2.5		0	2	10	460	590	15	5	6		8			X									X
Salads	Asian Crunch	One size	280	110	13	1.5		0			320	510	39	5	12		6									X	X	X	X
Salads	Apple Harvest	One size	500	280	32	12	0	3	2	45	470	760	37	9	24	8	19			X	X				X				X
Salads	Grilled Chicken (salad add-on)	Half	70	15	1.5	0		0	0.5	35	30	110					13												
Salads	Crispy Chicken (salad add-on)	Half	100	40	4.5	0.5		2.5	1	15	370	110	8				7									X	X		
Salads	Grilled Chicken (salad add-on)	Regular	140	25	3	1		0.5	1	70	65	220					26												
Salads	Crispy Chicken (salad add-on)	Regular	200	80	9	1.5		5	2	30	740	220	15				13									X	X		
Salads	Crispy Thai Chili Chicken (Asian Crunch add-on)	Portion	360	110	12	2		7	2.5	40	1560	330	41	1	19	14	19									X	X		

Dressings	Item	Size / Portion	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Gluten	Vegan	Vegetarian
Dressings	Balsamic Vinaigrette	Half-salad portion	90	70	8	1					260		5		4	3	0							X				X	X
Dressings	Balsamic Vinaigrette	Regular-salad portion	190	140	16	2					530		10		8	6	1							X				X	X
Dressings	Bleu Cheese	Half-salad portion	130	120	13	3				15	260		2		1		2	X		X				X					X
Dressings	Bleu Cheese	Regular-salad portion	260	230	26	6				25	510		4		1		4	X		X				X					X
Dressings	Caesar	Half-salad portion	160	150	17	3				10	270		1		0		1	X	X	X				X					
Dressings	Caesar	Regular-salad portion	320	300	34	6				20	550		2		0		3	X	X	X				X					
Dressings	Creamy Asian	Half-salad portion	110	60	7	1		4	2	3	490	7	11		10	8	0	X						X		X	X		X
Dressings	Creamy Asian	Regular-salad portion	230	130	15	2		8	4	5	970	15	23		20	17	1	X						X		X	X		X
Dressings	Esperanza	Half-salad portion	150	140	16	2.5				10	260		1				1	X	X					X					
Dressings	Esperanza	Regular-salad portion	290	280	32	4.5				20	520		2				1	X	X					X					
Dressings	Greek Feta	Half-salad portion	120	110	12	2				5	450	15	2		1	1	1			X				X					X
Dressings	Greek Feta	Regular-salad portion	240	210	24	4				10	900	30	4		2	2	2			X				X					X
Dressings	Ranch	Half-salad portion	140	120	14	2				10	200		2		0		1	X		X				X					X
Dressings	Ranch	Regular-salad portion	270	250	28	4				20	400		4		1		2	X		X									X

Subs & Wraps	Item	Size / Portion	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Gluten	Vegan	Vegetarian
Subs & Wraps	Beer Cheese Philly	Half	610	330	37	17	1.5	2.5	11	105	1050	380	38	2	5	1	30	X		X				X		X	X		
Subs & Wraps	Beer Cheese Philly	Whole	1590	1020	115	39	3	23	38	220	2440	760	76	5	10	2	60	X		X				X		X	X		
Subs & Wraps	Meatball Parmesan	Half	660	340	39	20	0	0	1.5	125	1770	270	41	1	2	1	38	X		X		X		X		X	X		
Subs & Wraps	Meatball Parmesan	Whole	1300	670	76	38	0	0	3	240	3440	530	83	3	4	2	73	X		X		X		X		X	X		
Subs & Wraps	Italian Deluxe	Half	690	450	51	16		9	10	70	1550	210	36	2	5	2	21	X		X				X		X	X		
Subs & Wraps	Italian Deluxe	Whole	1320	870	98	29		18	20	130	3030	390	71	4	10	3	37	X		X				X		X	X		
Subs & Wraps	The Avocado	Half	620	390	44	12		11	16	35	780	780	45	9	4	0	14	X		X						X	X		X
Subs & Wraps	The Avocado	Whole	1240	780	88	24		22	32	75	1570	1560	90	18	9	1	28	X		X						X	X		X
Subs & Wraps	Buffalo Bang Chicken Wrap	Whole	1380	710	80	29		10	4	155	4720	700	98	8	3	1	63	X		X				X		X	X		
Subs & Wraps	Chicken Caesar Wrap	Whole	1180	610	69	25		1.5	2	230	1940	880	56	4	3	1	89	X	X	X				X		X	X		
Subs & Wraps	Kettle Chips - Miss Vickie's BBQ (side)	Bag	200	100	11	1.5					200	500	23	2	3	2	3			X							X		X
Subs & Wraps	Kettle Chips - Miss Vickie's Sea Salt (side)	Bag	210	110	12	1.5					125	520	23	2	1		3											X	X

Smashburger	Item	Size / Portion	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Gluten	Vegan	Vegetarian
Smashburger	All American Smashburger w/ tots (no sauce)	Plate	1700	1020	116	33	2	31	33	190	2810	1200	92	5	20	15	49	X		X				X		X	X		
Smashburger	Mel's Special Sauce (served with Smashburger)	Portion	420	370	42	6		23	12	20	740	5.2	9		6	6	0	X						X		X	X		X
Smashburger	Add Bacon	Add-on	90	60	7	3				20	270						5												
Smashburger	Add Avocado	Add-on	80	70	7	1		1	5		0	240	4	3	0		1											X	X
Smashburger	Add Additional Beef Patty	Add-on	210	150	17	6	1	0	7	60	55	240	1				14												

Kids Menu	Item	Size / Portion	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Gluten	Vegan	Vegetarian

Kids Menu	French Bread Pizza - Cheese	Kids	360	110	12	6				30	920	120	46	4	4	2	19			X						X	X		X
Kids Menu	French Bread Pizza - Pepperoni	Kids	430	160	18	9		0.5	2.5	45	1140	180	46	4	4	2	22			X						X	X		
Kids Menu	4 Naked Boneless Wings	Kids	280	110	12	2		7	2.5	40	1030	310	21	1			19									X	X		
Kids Menu	Tots (kids side)	Kids	270	120	14	3.5		4.5	4		1850	360	23	3	1		2											X	X
Kids Menu	Apple Slices (kids side)	Kids	90	0	0	0		0			0	190	25	4	19		0											X	X

Sides & Sauces	Item	Size / Portion	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Gluten	Vegan	Vegetarian
Sides & Sauces	Beer Cheese - Classic	Side	270	210	24	11	1			55	970	65	4		1	1	11			X				X		X	X		X
Sides & Sauces	Beer Cheese - Spicy	Side	270	210	24	9	0			40	790	75	4		1	1	8			X				X		X	X		
Sides & Sauces	Dipping Sauce - Creamy Pesto	Side	370	360	41	6		17	14	15	390	15	1				1	X		X									X
Sides & Sauces	Dipping Sauce - Esperanza	Side	290	280	32	4.5				20	520		2				1	X	X					X					
Sides & Sauces	Dipping Sauce - Garlic Aioli	Side	410	400	45	6		20	17	15	390	5.7	0				0	X											X
Sides & Sauces	Dipping Sauce - Red Sauce	Side	45	20	2	0					270		5	1	2	1	1											X	X
Sides & Sauces	Dipping Sauce - Ranch	Side	270	250	28	4				20	400		4		1		2	X		X									X
Sides & Sauces	Dipping Sauce - Spicy Ranch	Side	220	210	23	3.5				15	580		5		1		1	X		X									X
Sides & Sauces	Dipping Sauce - Vodka Sauce	Side	90	60	7	3	0			10	420	20	4		2	1	2			X				X					X

Desserts	Item	Size / Portion	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Gluten	Vegan	Vegetarian
Desserts	Gourmet Cookie - Chocolate Chunk	Each	610	260	29	13				35	470	240	84	3	49	47	6	X		X				X		X	X		X
Desserts	Gourmet Cookie - Peanut Butter	Each	610	330	37	11				25	380	350	61	4	41	38	13	X		X	X			X		X	X		X
Desserts	Gourmet Cookie - Sugar	Each	590	250	28	15	1			120	350	70	79	1	42	41	6	X		X				X		X	X		X
Desserts	Gluten-Free Brownie	Each	350	170	19	10				65	140		41	3	28	28	5	X		X				X		X	X		X

Beverages	Item	Size / Portion	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Gluten	Vegan	Vegetarian
Beverages	Fountain - Barq's Caffeine Free	Serving									85	85																X	X
Beverages	Fountain - Barq's Red Creme	Serving	260								90		69		69	69												X	X
Beverages	Fountain - Barq's Root Beer	Serving	290								125		81		80	80												X	X
Beverages	Fountain - Cherry Coke	Serving	270								65		76		76	76												X	X
Beverages	Fountain - Coca Cola	Serving	270								80		73		73	73												X	X
Beverages	Fountain - Coke Zero	Serving									75	95																X	X
Beverages	Fountain - Diet Coke	Serving	0								75																	X	X
Beverages	Fountain - Dr. Pepper	Serving	270								110		71		69	69												X	X
Beverages	Fountain - Fanta Orange	Serving	290								95		80		80	80												X	X
Beverages	Fountain - Ginger Ale	Serving	190								95		51		51													X	X
Beverages	Fountain - Hi C Fruit Punch	Serving	280								25		76		76													X	X
Beverages	Fountain - Hi C Pink Lemonade	Serving	260								110	40	68		68	67												X	X
Beverages	Fountain - Lemonteazer - with Sweet Tea	Serving	230								85	110	58		57	57													X
Beverages	Fountain - Lemonteazer - with Unsweetened Tea	Serving	130								85	120	31		30	30												X	X
Beverages	Fountain - Lipton Sweet Tea	Serving	210								15	190	56		54	54													X
Beverages	Fountain - Lipton Unsweetened Tea	Serving	5								15	210	2															X	X
Beverages	Fountain - Mello Yello	Serving	260								70		72		72	72												X	X
Beverages	Fountain - Minute Maid Lemonade	Serving	250								150	35	60		60	60												X	X
Beverages	Fountain - Mr. Pibb	Serving	220								80		60		60	60												X	X
Beverages	Fountain - Powerade Fruit Punch	Serving	120								230	55	34		33													X	X
Beverages	Fountain - Powerade Mountain Blast	Serving	120								230	55	33		33	33												X	X
Beverages	Fountain - Sprite	Serving	210								100		59		59	59												X	X

Cocktails	Item	Size / Portion	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Gluten	Vegan	Vegetarian
Cocktails	Moondust Margarita	Drink	200	0							0	75	24		22	17	0	*Allergen information not available*											
Cocktails	Frozen Margarita	Drink	290	0							5	60	43		40	39	0	*Allergen information not available*											
Cocktails	Add a Shooter (Frozen Margarita)	Drink	45									0.1	3		3	3		*Allergen information not available*											
Cocktails	House Margarita	Drink	190	0							30	30	17		15	14	0	*Allergen information not available*											
Cocktails	Lychee Squeeze	Drink	240	0							15	50	35		29	28	0	*Allergen information not available*											
Cocktails	Lemondrop Cooler	Drink	220	0	0						0	65	31	1	28	27	0	*Allergen information not available*											