Menu Item	Calories	Calories from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Diet. Fiber (g)	Sugars (g)	Protein (g)
Lunch Specialities											
w/o sides											
Chic Fried Chic w/Mash	737	265	29	7.1	0.8	146	2942	54	3.5	7.6	61
Turkey & Dressing	389	82	9.1	2.4	0	55	2353	45	1	20	33
Angus Chopped Steak	495	285	32	11	0.9	141	1391	8.1	0.9	3.6	41
Lunch Crab Cake	696	428	48	8.8	0	247	1613	31	2.4	5.4	34
Half Reuben	570	252	28	7.5	1	57	2252	56	4	10	29
Lunch Grilled Chic Parm	447	147	16	7.6	0	101	852	31	1.8	6.6	40
Grilled Rainbow Trout	391	133	15	3.7	0.8	66	918	37	2.6	6.3	28
Half Brisket Sand	864	478	58	19	0.5	80	2040	68	4.5	15	30
Chix Taco (1)	496	222	25	5	0	39	1081	51	4.5	13	17
Half Chicken Sand	439	179	20	8	0.5	101	1019	24	1.5	4	39

Menu Item	Calories	Calories from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Diet. Fiber (g)	Sugars (g)	Protein (g)
Appetizers											
Mozzarella Sticks	640	272	30	15	0	60	2223	61	4.2	10	31
Deviled Eggs	447	278	31	9.6	0	652	795	19	0.6	15	23
Shrimp Cocktail	222	27	3	0.5	0	230	1191	20	2.3	14	32
Queso/Chips	595	249	28	13	0	62	1495	59	8.8	12	22
Onion Rings, Half	816	333	37	5.7	0	26	1427	100	5.8	22	13
Onion Rings, Full	1380	526	58	9.2	0	40	2403	176	10	37	24
Pizza Florentine	799	497	55	32	0.8	169	1251	40	2.9	4.3	32
Pizza Flor. w/Chicken	875	512	57	32	0.8	201	1391	41	2.9	5.1	45
Shrimp & Crab Cake	1355	787	87	15	9.9	691	2460	45	3	4.6	95
Crispy Calamari & Shrp	759	364	40	7	0	467	3168	53	3	17	47
Scallops Rockefeller	372	212	24	12	0.8	87	618	18	1.6	2.7	19
Tamale Cakes	1362	779	87	16	6.8	80	2689	133	13	54	14
Smoked Salmon Dip	741	561	62	12	0	95	1187	19	2	4	25
Shrimp Appetizer	1345	498	55	9.6	9.9	1103	2282	56	3.2	1.7	154
Salads											
w/o Dressings											
House Salad	165	80	8.9	4.3	0.4	25	349	13	3.1	4.2	7.9
Chopped Salad	341	190	21	9	0	45	732	23	7	5.9	14
Caesar Salad	169	58	6.4	1	0	5	390	20	2	1.1	7.3
Grilled Chic Sal (SP)	362	97	11	2.8	0.8	41	791	40	4.5	8.7	22
Grilled Chic Sal	490	152	17	4.7	1.5	32	1184	59	6.7	12	22
Santa Fe Salad (SP)	211	69	7.7	2.7	0	15	362	27	6	6.8	8.5
Santa Fe Salad	558	169	19	6.1	0	96	989	54	11	14	43
Crispy Chic Sal (SP)	425	180	20	9.1	0.8	91	1308	28	3.6	4.3	31
Crispy Chic Sal	765	347	39	18	1.5	162	2280	49	5.7	7.1	53
Tenderloin Caesar (SP)	374	153	17	6.2	0	68	682	23	3.1	2.8	29
Tenderloin Caesar	794	352	39	13	0	138	1992	47	5.2	5.8	58
Grilled Chic Caesar	491	147	16	2.7	0	76	1060	42	4.1	4	41
Grilled Salmon Caesar	1047	591	66	12	5	177	1222	41	4.5	2.6	71
Wedge Salad	159	94	10	5.6	0	33	482	6.8	2.6	4.2	9

Menu Item	Calories	Calories from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Diet. Fiber (g)	Sugars (g)	Protein (g)
Steaks:											
Filet 6 oz.	575	424	47	15	2.7	110	646	1.1	0.1	0.4	34
Filet 9 oz.	727	505	56	20	1.3	166	968	1.1	0.1	0.4	51
Sirloin 7 oz.	470	297	33	12	0	103	404	0.8	0.1	0.3	40
Sirloin 9 oz.	706	459	51	18	1.3	147	539	1	0.1	0.4	57
Ribeye 10 oz.	851	522	58	20	1.3	357	545	1	0.1	0.4	75
Ribeye 14 oz.	1151	693	77	27	1.3	500	605	1	0.1	0.4	106
N.Y. Strip 14 oz.	1151	745	83	31	1.3	263	626	1	0.1	0.4	94
T-Bone 20 oz.	1175	780	87	32	1.3	281	635	1	0.1	0.4	86
Prime Rib 8 oz.	647	457	51	20	0.1	150	1420	4	0.6	0.9	41
Prime Rib 12 oz.	959	682	76	30	0.1	225	1929	4.4	0.6	1	61
Prime Rib 16 oz.	1271	907	101	40	0.1	300	2438	4.8	0.7	1.2	81
Horseradish Filet 6 oz.	769	549	61	23	2.7	118	925	15	0.7	2	37
Horseradish Filet 9 oz.	921	630	70	28	1.3	173	801	15	0.7	1.9	54
Scampi Filet 6 oz.	614	392	44	20	0	192	544	7.4	0.4	0.1	45
Scampi Filet 9 oz.	960	631	70	33	0	251	818	14	0.8	0.1	63
Steak Toppers:											
Bearnaise	111	87	9.7	5.3	0.7	59	280	5.1	0.2	0.5	0.8
Onion Ring	104	18	1.9	0.4	0	0.3	175	18	1.1	2.5	2.7
Blue Cheese Butter	314	290	32	20	0	22	389	0.7	0.3	0	4
Horseradish Crust	193	125	14	8.7	0	7.6	279	14	0.6	1.5	3
Sauteed Onions	34	17	1.9	0.3	0.4	0	19	3.8	0.5	1.6	0.3
Burgundy Mushrooms	123	71	7.9	1.4	1.7	0.2	473	5.5	1.2	2.3	3.3
Shrimp Scampi	332	219	24	15	0	86	726	14	0.8	0.6	13
Crab Cake	149	25	2.7	1.4	0	107	591	14	0.9	1.7	17
1/2 Skewer Shrimp	844	413	46	8.1	9.9	551	1436	29	2	1.1	77
Lobster Tail	754	595	66	41	2.5	327	260	1.3	0.6	0.3	38
Blu Butter/Merlot Glz	220	166	18	12	0	13	223	8.4	0.2	7	2.3
Bourbon Bacon Jam	161	68	7.6	2.5	0	8.3	255	14	0.4	11	3.6

Menu Item	Calories	Calories from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Diet. Fiber (g)	Sugars (g)	Protein (g)
Medallions											
w/o sides											
Blue Butter 6 oz.	479	269	30	9.8	0.6	112	795	5.9	0.7	1.7	40
Blue Butter 9 oz.	634	350	39	12	0.6	160	845	5.9	0.7	1.7	58
Boursin 6 oz.	593	348	39	15	0	130	1002	19	1.8	5.8	40
Boursin 9 oz.	750	428	48	17	0.1	177	1204	19	1.8	6	57
Peppercorn 6 oz.	378	202	22	5.6	0.5	96	826	5.2	0.6	1.6	36
Peppercorn 9 oz.	535	282	31	7.9	0.5	143	1028	5.6	0.6	1.8	54
Anthony 6 oz.	580	346	38	13	1.3	155	1108	14	0.9	2.9	38
Anthony 9 oz.	811	482	54	18	2	232	1377	18	1.2	3.5	56
Bacon Jam 6 oz.	376	187	21	5.5	0	98	498	6.3	0.2	4.8	36
Bacon Jam 9 oz.	564	280	31	8.3	0.1	147	747	9.4	0.3	7.3	55
Oscar 6 oz.	444	217	24	6	0	173	441	7	1.2	13	37
Oscar 9 oz.	599	297	33	8.3	0.1	221	491	7	1.2	13	54
Blue Merlot 6 oz.	449	261	29	12	0	103	537	6.4	0.2	5	36
Blue Merlot 9 oz.	673	391	43	17	0.1	154	805	9.6	0.3	7.5	55
Seafood:											
w/o sides											
Schrod	848	599	67	11	5	117	1097	24	0.6	4	38
Salmon	708	475	53	10	5	167	441	1.2	0.5	0.3	57
Grilled Shrimp (SP)	844	413	46	8.1	9.9	551	1436	29	2	1.1	77
Grilled Shrimp	1345	498	55	9.6	9.9	1103	2282	56	3.2	1.7	154
Crab Cakes (SP)	516	373	41	6.8	0	139	1021	17	1.5	3.7	17
Crab Cakes	696	428	48	8.8	0	247	1613	31	2.4	5.4	34
Lobster Tail	754	595	66	41	2.5	327	260	1.3	0.6	0.3	38

Menu Item	Calories	Calories from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Diet. Fiber (g)	Sugars (g)	Protein (g)
Chicken & Pasta											
w/o sides											
Teriyaki Chicken	486	91	10	1.8	0	132	2184	36	1	27	53
Grilled Chic Parmesan	869	276	31	14	0	197	1635	63	3.6	13	78
Grilled Chicken	304	62	69	1.2	0	132	557	4.1	0.2	3.6	53
Chic Tenders (SP)	583	281	31	4.5	0	86	2200	44	9.1	22	26
Chicken Tenders	909	427	47	6.9	0	140	3462	69	14	33	44
Seafood Pasta (SP)	1177	793	88	55	0	258	860	54	3.9	7.2	31
Seafood Pasta	1868	1218	135	83	0.9	453	1708	84	6.4	17	56
Chicken Pasta (SP)	1115	723	80	50	0	213	781	53	3.7	4.2	36
Chicken Pasta	1724	1097	122	71	2.5	316	1474	83	6.1	8	60
Chops & Ribs											
w/o sides											
Pork Chop	1188	579	64	20	1.3	276	744	54	1.4	43	93
Petite Chops (SP)	637	343	38	11	1.4	138	599	23	0.8	20	46
Petite Chops	1168	673	75	21	2.8	276	1149	24	0.9	20	46
Lamb Chops (SP)	1110	630	70	32	0	299	769	32	0.1	28	83
Lamb Chops	1660	922	102	47	0	449	704	53	0.1	48	125
Ribs, Half	682	425	47	17	0	157	599	29	3.6	24	31
Ribs, Full	1259	836	93	34	0	314	1149	36	6.4	29	63
Rib Chic Combo	1393	663	74	25	0	356	2872	72	21	54	97

Menu Item	Calories	Calories from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Diet. Fiber (g)	Sugars (g)	Protein (g)
Sides											
Sweet Pot. w/Topping	545	140	16	2.9	3.5	0	398	94	14	21	7.2
Mac & Cheese	247	114	13	4.7	0	19	926	25	0.8	4.7	7.9
Creamed Spinach	331	266	30	17	1.2	92	541	6.5	1.3	1.2	4.7
Cinnamon Apples	175	23	2.5	0	0	0	81	38	1.3	33	0
Burg Mushrooms	123	71	7.9	1.4	1.7	0.2	473	5.5	1.2	2.3	3.3
Loaded Baked Pot.	463	116	13	7.4	0	44	340	71	5.3	4.3	15
Mashed Potatoes	243	114	13	3.6	1.1	6.8	1032	30	3	2	3.8
French Fries	355	138	15	3.8	0	0	572	47	2.4	0	4.7
Sweet French Fries	401	200	22	5	0	0	397	49	4.7	19	2.3
Snap Peas	213	158	18	7.2	3.2	16	160	11	2.7	4	2.7
Rice	166	29	3.3	1.6	0	0	502	30	1.2	2.5	3.8
Steamed Broccoli	201	162	18	7.3	3.2	16	190	5.9	2.2	1.5	3.4
Asparagus	164	133	15	2.7	3.3	0	233	4.9	2.5	2.2	2.6
Deviled Eggs (3)	224	139	15	4.8	0	326	397	9.3	0.3	7.7	11
Crème Corn Brulee	295	134	15	9	0	120	210	33	3	14	5
Fresh Fruit Medley	76	5.9	0.7	0	0	0	0.4	16	4.4	9.4	1.3

Sandwiches											
w/o side items											
Beyond Burger	1077	580	64	20	1	56	2290	74	7.3	9	51
Brisket Philly	1728	955	106	37	1	160	4079	136	9	29	59
Prime Rib Sandwich	741	376	42	16	0.1	113	1645	52	2.5	6.8	39
Grilled Chicken	932	407	45	16	0.8	207	2159	48	2.7	8.8	78
Burger w/Amer. Cheese	838	426	47	20	1.8	181	2731	46	2.7	7.2	55
Blue Bacon Burger	1157	729	81	37	1.6	175	1977	45	3.1	5.5	56
Voodoo Chix Tacos (2)	992	443	49	10	0	77	2162	102	9	25	33

Menu Item	Calories	Calories from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Diet. Fiber (g)	Sugars (g)	Protein (g)
Soups											
Baked Potato (B)	283	166	18	8.1	1.5	49	1201	21	1.9	4.6	8.2
Baked Potato (C)	195	119	13	5.9	0.9	36	793	13	1.1	2.7	6.4
Black Bean (B)	210	42	4.7	2.3	0	12	663	29	9.6	2	12
Black Bean (C)	142	37	4.1	2.1	0	11	431	18	5.8	1.8	7.3
Broccoli Cheese (B)	318	206	23	11	1.8	49	1163	15	1.5	6.6	12
Broccoli Cheese (C)	202	132	15	7.1	1.1	33	716	9.1	0.9	4	7.7
Gumbo (B)	244	100	11	2.6	0	26	1163	23	3	6.2	12
Gumbo (C)	149	61	6.7	1.6	0	16	706	15	1.8	3.8	7.3
Chic Tortilla (B)	277	160	18	4.1	0	29	869	17	1.5	2.2	12
Chic Tortilla (C)	206	111	12	3	0	20	569	15	1	1.2	8.4
Clam Chowder (B)	313	180	20	11	0	75	1025	25	1.3	3.8	10
Clam Chowder (C)	188	108	12	6.8	0	45	615	15	0.8	2.3	6
Chic Mushroom (B)	299	188	21	8.4	2.2	68	1048	12	1	4.6	15
Chic Mushroom (C)	191	121	13	5.5	1.3	44	647	7.7	0.7	2.8	9.5
Prime Rib Chili (B)	395	205	23	8.7	0	55	1305	28	7.7	5	20
Prime Rib Chili (C)	260	140	16	6.4	0	40	813	17	4.6	3.4	13
Prime Rib Veg (B)	241	144	16	5	1.3	28	1067	14	2.4	4.3	10
Prime Rib Veg (C)	155	93	10	3.4	0.8	19	668	8.4	1.4	2.6	7
Shrimp Bisque (B)	427	291	32	20	0	168	1347	17	0.9	9	17
Shrimp Bisque (C)	256	175	19	12	0	101	808	11	0.5	5.4	10
Tomato Dill (B)	226	133	15	6.4	16	29	1246	19	2	9.2	2.7
Tomato Dill (C)	143	85	9.5	4.1	1	18	789	12	1.2	5.7	1.7
Tuscan Bean (B)	213	113	13	2.5	0	13	1125	19	3.8	1.3	7.5
Tuscan Bean (C)	128	68	7.5	1.5	0	7.5	675	11	2.3	0.8	4.5
Chic Poblano (B)	567	418	46	11	0	177	1531	21	2.6	5.3	18
Chic Poblano (C)	341	251	28	6.6	0	106	922	13	1.6	3.2	11

Menu Item	Calories	Calories from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Diet. Fiber (g)	Sugars (g)	Protein (g)
Desserts:											
CFC Half	613	146	16	9.1	0	76	279	110	2	90	5.1
CFC Full	1226	292	32	18	0	152	559	219	4	179	10
Key Lime Pie	559	205	23	12	2.9	23	293	79	0.2	62	8.2
Cheesecake	975	585	65	41	0	228	433	82	2.2	50	17
Moussecake	825	505	56	35	0	86	454	72	0.8	50	8
Beignets	1590	696	77	33	0	19	1361	196	4.1	81	25
Caramel Cookie	911	373	41	28	1	127	1195	127	1.1	83	9.4
English Toffee (1)	116	63	7	4.1	0	19	44	12	0	9.2	1.3
English Toffee (2)	231	125	14	8.3	0	38	87	24	0	18	2.6
Vanilla (1)	107	58	6.4	3.9	0	21	34	11	0.1	7.8	1.4
Vanilla (2)	215	115	13	7.8	0	43	68	22	0.1	16	2.9
Dinner Bread:											
Dinner Bread 1/2 loaf	800	68	7.5	0	0	0	800	160	10	25	25
1/2 loaf w/honey btr.	943	196	22	2.6	3.2	0	937	163	10	28	25
Sodas:											
Coke	163	0	0	0	0	0	9.9	45	0	45	0
Diet Coke	0	0	0	0	0	0	17	0	0	0	0
IBC Root Beer	160	0	0	0	0	0	55	43	0	43	0
Lemonade	160	0	0	0	0	0	68	43	0	43	0
Mello Yello	175	0	0	0	0	0	13	48	0	48	0
Peach Tea	129	0	0	0	0	0	15	35	0	35	0
Pibb Xtra	160	0	0	0	0	0	23	43	0	43	0
Sprite	160	0	0	0	0	0	36	43	0	43	0

Menu Item	Calories	Calories from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Diet. Fiber (g)	Sugars (g)	Protein (g)
Dressings											
Ranch 2 oz.	216	201	22	3.2	0	21	495	2	0.1	1.5	1.2
Ranch 4 oz.	433	402	45	6.4	0	41	990	4.1	0.2	2.9	2.4
Blue Cheese 2 oz.	238	209	23	7.1	0	40	430	2.4	0.1	1.7	3.8
Blue Cheese 4 oz.	476	418	46	14.2	0	80	860	4.8	0.2	3.4	7.6
Santa Fe 2 oz.	237	220	24	4.7	0	28	329	2.5	0.7	1.5	1
Santa Fe 4 oz.	474	440	48	9.4	0	56	658	5	1.4	3	2
Honey Mustard 2 oz.	294	246	27	3.7	0	25	552	11	0.2	9.9	0.2
Honey Mustard 4 oz.	588	492	54	7.4	0	50	1104	22	0.4	19.8	0.4
Balsamic Vina 2 oz.	266	220	24	3.8	0	0	433	10	0	4.5	0
Balsamic Vina 4 oz.	532	440	48	7.6	0	0	866	20	0	9	0
Raspberry Vina 2 oz.	115	41	4.5	0.5	0	0	511	18	0	13	0
Raspberry Vina 4 oz.	230	82	9	1	0	0	1022	36	0	26	0
Champ Vina 2 oz.	278	234	26	2	0	0	102	9	0	7	0
Champ Vina 4 oz.	556	468	52	5	0	0	205	17	0	15	1
Caesar Dressing 2 oz.	179	166	18	3.9	0	14	260	0.6	0.1	0.1	2.8
Caesar Dressing 4 oz.	358	332	36	7.8	0	28	520	1.2	0.2	0.2	5.6
Kids Menu											
w/o side items											
Cheese Burger	460	216	24	9.9	0.8	85	1080	31	1	1.2	29
Spaghetti w/ Marinara	334	55	6.1	1	0	5	815	60	3.2	11	11
Chicken Tenders	617	369	41	6.1	0	50	1172	47	2.2	11	15
Grilled Chicken	395	145	16	4	1	73	1312	32	3	4	32
Grilled Pork Chop	532	330	37	11	1.4	138	550	0.9	0.1	0.4	46
BBQ Ribs	491	294	33	12	0	112	1122	23	9.9	15	22
Cheese Pizza	720	198	22	10	0	50	1540	98	4	10	28
Pizza w/Pepperoni	764	235	26	12	0	61	1689	98	4	10	30
Macaroni & Cheese	397	184	20	7.6	0	31	1477	40	1.3	7.6	13
Potato Stars	339	166	18	2.6	0	0	768	42	4.8	0	3.2
Kid's French Fries	152	59	6.5	1.6	0	0	245	20	1	0	2