



MENU ITEM / INGREDIENTS	NOTES/SPECIAL REQUESTS	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fiber (g)	Protein (g)	Sodium (mg)
HEALTHY DINING OPTIONS									
California Roll		505	22	4	130	48	7	26	3415
Spicy Tuna Dynamite Roll (1/2 order)	Analysis for 1/2 order	295	17	3	20	19	5	19	1120
Ahi Salad - Special Request	Request no crunchies & dressing on the side (not included in analysis; see separate analysis below)	300	12	7	50	17	5	30	1055
Caesar Salad - Special Request	Request dressing on the side (not included in analysis; see separate analysis below)	90	4	2	10	7	3	7	140
Ahi Caesar Salad - Special Request	Request dressing on the side (not included in analysis; see separate analysis below)	220	7	2	55	7	3	32	610
Grilled Chicken Caesar Salad - Special Request	Request dressing on the side (not included in analysis; see separate analysis below)	365	13	4	135	9	3	54	680
Blackened Chicken Caesar Salad - Special Request	Request dressing on the side (not included in analysis; see separate analysis below)	380	13	4	135	10	4	55	1050
BBQ Chicken Pizza (2 slices)	Analysis for 2 slices	315	12	5	45	34	1	18	655
Margherita Pizza (2 slices)	Analysis for 2 slices	285	13	5	20	32	2	11	725
Thai Chicken Pizza (2 slices)	Analysis for 2 slices	330	14	5	40	32	2	19	450
DRESSINGS									
Balsamic Vinaigrette	Analysis for 1 Tbl.	80	8	1	0	2	0	0	85
Caesar Dressing	Analysis for 1 Tbl.	75	8	1	1	0	0	1	55
Thai Peanut Vinaigrette	Analysis for 1 Tbl.	45	2	0	0	5	0	1	245
APPETIZERS									
Spinach Dip with Flat Bread		945	53	22	95	88	6	30	1855
California Roll		505	22	4	130	48	7	26	3415
Moo Shu Egg Rolls		620	26	7	205	54	3	42	820
Fried Chicken Strips w/ French Fries		1585	106	18	125	120	9	41	2695
Buffalo Chicken Strips w/ French Fries		1570	114	22	145	135	9	49	2290
Chicken Nachos		1980	123	47	265	142	24	87	3185
Buffalo Chicken Wings		1125	75	21	320	15	4	99	2270
Firecracker Chicken Wings		1370	83	16	280	55	3	101	2575
Onion Ring Tower		1685	101	13	25	177	8	18	3015
Hawaiian Poke Stack		650	47	7	35	36	9	26	2650
Fried Calamari		875	66	9	625	29	2	43	1025
Coconut Shrimp		575	21	5	220	72	4	27	1090
Spicy Tuna Dynamite Roll		585	34	5	45	37	7	37	2235
Seared Ahi Sashimi		400	22	3	50	24	3	28	1675
Blue Crab Cakes		530	45	17	160	19	3	15	950
Lettuce Wraps with Chicken		1215	63	10	125	89	9	87	2760
Lettuce Wraps with Mushrooms		1110	67	9	5	99	11	46	2985
Sliders		1135	61	17	185	92	4	64	1590
Bearnaise Sliders		1930	139	49	410	117	9	65	2145
STARTERS									
Clam Chowder (bowl)		365	22	10	45	40	4	7	1175
Clam Chowder (cup)		180	11	5	20	20	2	4	585
Chicken Tortilla Soup (bowl)		1075	82	35	260	41	7	52	1685
Chicken Tortilla Soup (cup)		0	0	0	0	0	0	0	0
Tomato Bisque (bowl)		370	25	14	55	35	5	5	1275
Tomato Bisque (cup)		190	13	7	25	18	2	2	645
Caesar Salad		395	36	7	15	8	3	10	355
Mixed Field Greens		390	33	5	5	22	4	4	380
Iceberg Wedge		550	51	10	20	20	4	9	1125

Yard House Bar Grill

Nutrition Information

ENTRÉE SALADS

Roasted Turkey Cobb Salad	1080	83	27	430	17	8	66	3280
BBQ Chicken Salad	1665	108	19	175	109	21	69	2290
Ahi Crunchy Salad	810	50	7	50	58	9	35	2475
Caesar Salad with Ahi	525	39	7	60	8	3	35	825
Caesar Salad with Breaded Chicken	755	52	11	145	10	3	60	865
Caesar Salad with Grilled Chicken	670	45	9	140	9	3	57	895
Caesar Salad with Blackened Chicken	685	45	9	140	11	4	58	1265

GRILLED BURGERS Fries & pickle not included in burger analysis, see separate analysis below

Turkey Burger	1255	81	21	200	83	5	61	2810
Classic Cheese Burger	1260	87	26	180	67	3	55	1380
Hawaiian Burger	1485	94	30	200	104	3	61	2810
Pepper Jack Burger	1385	98	31	200	68	6	62	1550
Avocado & Swiss Burger	1325	94	26	175	69	7	57	1305
BBQ Cheddar Bacon Burger	1495	93	31	205	98	2	65	2085
Bearnaise Burger	2025	163	57	405	89	7	55	2010
Sliders	1135	61	17	185	92	4	64	1590
Bearnaise Sliders	1930	139	49	410	117	9	65	2145

SANDWICHES Fries & pickle not included in sandwich analysis, see separate analysis below

Grilled Pastrami Sandwich	1015	59	10	155	82	3	53	3450
Roast Beef Dip	1150	57	21	225	78	3	83	1695
Spicy Chicken Breast Sandwich	1405	82	20	200	103	4	70	2215
Cuban Roast Pork Dip Sandwich	1710	117	32	225	93	5	77	3005
Turkey Club Sandwich	1055	57	13	180	111	9	61	2870
Chicken and Avocado Sandwich	1270	82	20	180	70	9	71	1585
Chicken and Avocado Sandwich	1260	71	18	175	91	9	71	1960
Chicken and Avocado Sandwich	1285	82	20	180	73	10	72	1955
Grilled Cheese & Tomato Bisque	1580	111	48	195	88	13	55	3385
Grilled Cheese & Tomato Bisque	1395	94	43	180	85	8	48	3077
Ahi Steak Sandwich	980	64	13	110	55	4	56	1240
Roasted Turkey Melt Sandwich	1150	71	17	190	75	3	59	3145
Portabello Burger	1105	80	20	55	82	8	25	2760
Blue Crab Cake Hoagie	1220	79	15	195	95	10	38	2200

PIZZA

BBQ Chicken Pizza	1260	46	21	175	135	4	73	2625
Margherita Pizza	1135	50	18	80	128	8	45	2890
Four Cheese Pizza	1100	52	26	135	106	4	50	1605
Pepperoni & Mushroom Pizza	1370	76	29	140	110	5	59	3550
Thai Chicken Pizza	1320	55	18	160	129	7	77	1805
Ham & Pineapple Pizza	1055	40	17	105	116	5	57	2240

HOUSE FAVORITES

Rotisserie Chicken	1915	125	32	385	82	7	114	5955
Fish and Chips	1930	126	14	120	159	17	46	3155
Southern Fried Chicken Breast	1095	74	32	210	62	4	39	3175
Chicken Enchilada Stack	1820	127	58	460	73	11	102	2860
Penne with Chicken	1675	119	45	295	88	9	62	1275
Ginger Crusted Salmon	1385	91	19	160	89	10	57	2410
Korean BBQ Beef Bowl	1330	78	10	0	147	9	15	3405
Top Sirloin Steak	1005	53	17	270	47	4	84	1955
Chicken Rice Bowl	1420	77	11	115	133	11	58	2585
Macaroni and Cheese2	1865	131	59	365	96	5	78	1800
Crab Crusted Swordfish	1265	92	33	245	50	8	62	2085

Yard House Bar Grill

Nutrition Information

Porcini Crusted Halibut		1265	99	50	295	38	6	59	1095
Grilled Ribeye Steak		1130	74	35	275	39	6	78	1315
Orange Peel Chicken		1820	85	14	170	197	6	68	2440
Parmesan Crusted Chicken		1350	68	27	370	98	8	77	2725
St.Louis Style Ribs	full rack	2215	115	43	275	191	9	106	3380
St.Louis Style Ribs	half rack	1140	58	21	135	104	4	53	1840
Lobster Garlic Noodles		1165	66	26	455	85	8	63	3225

DESSERTS

Chocolate Banana Crème Brulee		730	50	29	400	68	3	6	55
Peach Apple Cobbler		465	16	10	40	80	1	3	185
Brownie with Caramel Ice Cream		1010	30	10	40	166	5	12	725
Brownie with Vanilla Ice Cream		870	31	11	40	131	5	12	635
Brownie with Mint Chip Ice Cream		985	32	12	40	156	5	13	665
Macadamia Nut Cheesecake		1350	78	40	265	143	3	15	705
Kona Coffee Sundae		1160	60	26	90	159	5	10	430
Vanilla Ice Cream		210	12	8	40	23	0	3	55
Caramel Ice Cream		225	11	8	30	30	0	3	40
Kona Coffee Ice Cream		210	12	8	40	23	0	3	45
Mango Sorbet		195	0	0	0	49	0	0	0
Kids Sundae		325	15	8	105	47	0	6	90

KIDS KLUB

Kids Hamburger		760	43	13	100	60	2	37	1035
Kids Cheeseburger		845	50	17	125	60	2	42	1165
Kids Hot Dog		395	14	5	45	53	3	17	1135
Kids Chicken Fingers		630	43	11	110	31	1	31	1360
Kids Fish & Chips		1015	71	8	65	75	8	23	1335
Kids Four Cheese Pizza		700	31	14	75	78	3	27	875
Kids Pepperoni Pizza		1055	62	26	125	80	3	42	2335
Kids Mac and Cheese		945	64	40	210	61	2	35	1130
Kids Buttered Noodles		720	49	30	200	59	1	11	840
Kids Grilled Cheese		640	43	14	45	72	3	19	865
KIDS SIDES:									
French Fries		555	35	3	0	54	7	6	745
Fresh Fruit		105	1	0	0	26	3	1	10
Salad with Ranch Dressing		115	11	2	10	4	1	2	195
Broccoli with Cheese Sauce		165	13	8	40	5	3	9	215
Jasmine Rice		155	0	0	0	33	0	3	10
Parmesan Mashed Potatoes		185	14	9	40	3	1	3	285
Kids Sundae		325	15	8	105	47	0	6	90

SIDES DRESSINGS & SAUCES

French Fries (6 oz)		665	42	4	0	65	9	7	895
Potato Chips (3 cups)		440	25	2	0	50	4	4	525
Pickle half		6	0	0	0	1	0	0	415
Apple Plum Sauce	Analysis for 1 Tbl	20	1	0	0	2	0	0	50
Roasted Garlic Aioli	Analysis for 1 Tbl	70	7	1	5	2	0	0	50
Ranch Dressing	Analysis for 1 Tbl	50	5	1	5	1	0	0	90
Chipotle Ranch Dressing	Analysis for 1 Tbl	50	5	1	5	1	0	0	90
Balsamic Vinaigrette	Analysis for 1 Tbl	80	8	1	0	2	0	0	85
Caesar Dressing	Analysis for 1 Tbl	75	8	1	1	0	0	1	55
Thai Peanut Vinaigrette	Analysis for 1 Tbl	45	2	0	0	5	0	1	245
Tartar Sauce	Analysis for 1 Tbl	75	8	1	5	1	0	0	125
Cocktail Sauce	Analysis for 1 Tbl	15	0	0	0	4	0	0	190

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Thai Basil Pesto	Analysis for one 1-oz portion	135	12	2	0	6	1	0	80
Special Sauce	Analysis for one 1-oz portion	130	12	2	10	4	0	0	175

LUNCH SPECIALS

Pepperoni Pizza - Lunch Special		1005	55	23	105	81	3	45	2300
Margherita Pizza - Lunch Special		815	35	13	60	93	5	34	1970
BBQ Chicken Pizza - Lunch Special		945	34	16	135	101	4	55	1975
Crab Cake Hoagie - Lunch Special		775	52	12	115	62	5	24	1325
Beef Dip - Lunch Special		695	34	13	125	52	2	48	1280
Turkey Club Sandwich - Lunch Special		710	38	11	120	76	5	42	1900
Grilled Pastrami Sandwich - Lunch Special		715	45	8	90	55	2	31	2255
Roasted Turkey Melt Sandwich - Lunch Special		800	52	12	120	51	2	37	2230
Tomato Bisque (6 oz)		190	13	7	25	18	2	2	645
Clam Chowder (6oz)		180	11	5	20	20	2	4	585
Mixed Field Greens - Lunch Special		115	9	2	5	8	2	2	105
Caesar Salad - Lunch Special		155	14	3	10	4	1	3	150

Add to Salads:

6 oz breaded chicken		360	16	4	135	2	0	50	510
6 oz grilled chicken breast		275	9	2	125	0	0	47	250
6 oz blackened chicken breast		290	9	2	125	3	1	48	910