

## Calories / Fat gm / Net Carb gm / Fiber gm

### Appetizers

*Per serving (with four servings per item).*

Spinach Artichoke Dip.....	312 / 19 / 26 / 3
Asian Dumplings.....	122 / 5 / 13 / 2
Fresh Avocado Quesadilla.....	186 / 15 / 12 / 2
Southwestern Spring Rolls.....	176 / 10 / 14 / 1
Queso Dip & Chips.....	334 / 21 / 26 / 2
Cheddar Fries.....	294 / 16 / 24 / 2
Thai Phoon Tenders.....	265 / 18 / 12 / 1
Jumbo Lump Crab Cake.....	78 / 4 / 4 / 2
Thai Phoon Shrimp.....	194 / 13 / 11 / 1
Fresh Guacamole Dip.....	290 / 18 / 24 / 7
Fire Wings.....	54 / 5 / 1 / 0
Fried Mozzarella.....	183 / 11 / 11 / 2
Chicken Quesadilla.....	141 / 7 / 11 / 1
Classic Sampler.....	382 / 21 / 27 / 3
Grand Sampler.....	411 / 25 / 20 / 2

### Fresh Combinations

Gourmet Chicken Pot Pie (lunch portion)	125 / 90 / 40 / 3
Chicken & Broccoli Quiche.....	872 / 67 / 34 / 1
Ruby Minis (2).....	636 / 42 / 36 / 1
Turkey Minis (2).....	486 / 29 / 32 / 1

### Salads & Soups

Signature House Salad.....	438 / 34 / 24 / 4
Carolina Chicken Salad.....	986 / 69 / 35 / 6
Club House Salad.....	733 / 47 / 9 / 7
White Bean Chicken Chili.....	216 / 7 / 24 / 9
Broccoli & Cheese Soup.....	446 / 37 / 22 / 1

### Kids' Meals

Pasta with Marinara.....	314 / 4 / 53 / 7
Pasta with Butter.....	448 / 24 / 43 / 5
Chicken Tenders & Fries.....	714 / 31 / 74 / 7
Chicken Breast & Broccoli.....	276 / 12 / 5 / 3
Chop Steak & Mashed Potatoes.....	497 / 35 / 29 / 4
Macaroni & Cheese.....	714 / 37 / 65 / 0
Mini Cheeseburgers & Fries.....	907 / 49 / 82 / 5
Turkey Minis & Fries.....	893 / 47 / 82 / 6

*Nutrition information does not include any side items, dipping sauces, bread, or crackers served on the side.*

### Handcrafted Burgers

Bacon Cheeseburger*.....	1193 / 85 / 48 / 4
Classic Cheeseburger*.....	1103 / 78 / 48 / 4
Ruby's Classic Burger*.....	1013 / 71 / 48 / 4
Smokehouse Burger*.....	1382 / 96 / 71 / 6
Alpine Swiss Burger*.....	1257 / 91 / 55 / 6
Ruby Minis (4).....	1271 / 84 / 72 / 2
Turkey Minis (4).....	973 / 58 / 64 / 3
Mini Trio.....	836 / 50 / 55 / 3
Turkey Burger.....	813 / 45 / 49 / 4
Avocado Turkey Burger.....	1026 / 62 / 49 / 7
Bella Turkey Burger.....	1057 / 65 / 56 / 6
Bison Bacon Cheeseburger.....	1072 / 71 / 48 / 5
Veggie Burger.....	945 / 51 / 60 / 15
Chicken BLT.....	972 / 62 / 59 / 5
Buffalo Chicken Burger.....	1033 / 70 / 62 / 5

### Premium Burgers

Triple Prime Burger*.....	933 / 60 / 51 / 3
Triple Prime Cheddar Burger*.....	1093 / 74 / 51 / 3
Triple Prime Bacon Cheddar Burger*..	1183 / 81 / 51 / 3
Jumbo Lump Crab Burger.....	1068 / 66 / 68 / 8
The Ultimate Chicken.....	1068 / 60 / 46 / 4
Blackened Fish Burger.....	839 / 48 / 47 / 3

### Ribs & Rib Combos

#### Premium Baby Back Ribs

Classic BBQ - Half Rack.....	493 / 32 / 14 / 0
Classic BBQ - Full Rack.....	986 / 65 / 29 / 0
Memphis Dry Rub - Half Rack.....	535 / 40 / 3 / 0
Memphis Dry Rub - Full Rack.....	1076 / 80 / 7 / 0
Asian Glazed - Half Rack.....	546 / 25 / 19 / 1
Asian Glazed - Full Rack.....	1091 / 50 / 38 / 1
Triple Play.....	1177 / 65 / 63 / 3
Ribs & Chicken Tenders.....	966 / 57 / 44 / 2
Ribs & Steak*.....	802 / 50 / 16 / 0
Ribs & Louisiana Fried Shrimp.....	916 / 49 / 53 / 2

*\* These menu items are cooked to order. 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 conditions.*

# Nutrition Information

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### Specialties

New Orleans Seafood .....	452 / 31 / 2 / 0
Herb Crusted Tilapia .....	406 / 25 / 1 / 0
Chicken Piccata .....	409 / 29 / 13 / 1
Chicken Bella .....	573 / 36 / 10 / 2
Louisiana Fried Shrimp .....	423 / 17 / 38 / 2
Petite Sirloin* .....	309 / 18 / 2 / 0
Creole Catch .....	312 / 16 / 0 / 0
Bistro Barbecue Chicken .....	708 / 46 / 33 / 2
Chicken Tenders .....	709 / 37 / 44 / 2
Steak* & Parmesan Fries .....	309 / 18 / 2 / 0
Shrimp & Chicken Tenders .....	684 / 33 / 48 / 3
Chicken Fresco .....	465 / 23 / 6 / 1
Parmesan Shrimp Pasta .....	930 / 62 / 85 / 8
Shrimp Diablo .....	623 / 10 / 89 / 11
Parmesan Chicken Pasta .....	1302 / 93 / 105 / 10
Chicken & Broccoli Pasta .....	1013 / 67 / 87 / 10
Italian Shrimp Pasta .....	1246 / 86 / 113 / 10
Sonora Chicken Pasta .....	1036 / 36 / 97 / 11

### Dressings, Sauces & Toppings

*Nutrition information below is for 1 oz. serving.*

Blue Cheese .....	177 / 19 / 1 / 0
Creamy Parmesan Dressing .....	97 / 10 / 2 / 0
Ranch .....	101 / 11 / 1 / 0
Light Ranch .....	55 / 5 / 1 / 0
Fresh Avocado Ranch .....	59 / 5 / 3 / 0
Balsamic Vinaigrette .....	35 / 2 / 4 / 0
Salsa .....	10 / 0 / 3 / 0
Barbecue Sauce .....	50 / 0 / 13 / 0
Marinara Sauce .....	17 / 1 / 2 / 0
Sour Cream .....	30 / 2 / 2 / 0
Chocolate Sauce .....	100 / 1 / 23 / 1
Peanut Sauce .....	66 / 3 / 8 / 0
Lemon Butter Sauce .....	93 / 9 / 1 / 0
Sweet & Spicy Chile Sauce .....	170 / 17 / 2 / 0
Asian Barbecue Sauce .....	59 / 3 / 7 / 0
Parmesan Cream Sauce .....	96 / 9 / 2 / 0

*Nutrition information is for one serving and is based on lab analysis of food products prepared in our test kitchen or by our suppliers. Due to food preparation, amounts may vary.*

### Handcrafted Steaks\*

Top Sirloin .....	359 / 19 / 2 / 0
Premium Aged Prime Sirloin .....	527 / 33 / 0 / 0
Rib Eye .....	708 / 48 / 5 / 1
Cowboy Rib Eye .....	936 / 58 / 27 / 3
Bayou Sirloin .....	382 / 21 / 5 / 0
Sirloin & Louisiana Fried Shrimp .....	731 / 35 / 40 / 2
Peppercorn Mushroom Sirloin .....	545 / 36 / 13 / 2
Sirloin* & Crab Cakes .....	579 / 34 / 12 / 3

### Side Items

Sautéed Baby Portabella Mushrooms..	173 / 14 / 7 / 2
Premium Baby Green Beans .....	85 / 5 / 5 / 3
Fresh Steamed Broccoli .....	103 / 7 / 4 / 3
Fresh Tomato & Mozzarella Salad .....	112 / 7 / 6 / 1
Creamy Mashed Cauliflower .....	153 / 10 / 9 / 5
Mashed Potatoes .....	254 / 15 / 29 / 4
<b>Brown-Rice Pilaf</b>	
(with cheese & tomatoes) .....	221 / 6 / 33 / 2
<b>Baked Potato</b> (with butter & sour cream) .....	459 / 19 / 51 / 11
<b>Baked Potato</b> (with cheese, bacon, sour cream & butter) .....	614 / 32 / 52 / 11
<b>Fries</b> .....	359 / 13 / 52 / 5
<b>Bread</b> .....	135 / 6 / 17 / 0
<b>Signature House Salad</b> .....	438 / 34 / 24 / 4

### Desserts

Chocolate Chip Cookie (1 cookie) .....	320 / 15 / 40 / 2
<b>White Chocolate Macadamia</b>	
<b>Nut Cookie</b> (1 cookie) .....	340 / 20 / 38 / 1
<b>Double Chocolate Cake</b> .....	955 / 48 / 112 / 6
<b>Gourmet Cookie &amp; Ice Cream</b> .....	750 / 37 / 92 / 2
<b>Blondie</b> .....	677 / 31 / 91 / 2
<b>Chocolate Tallcake</b> .....	605 / 21 / 93 / 1
<b>Strawberries &amp; Ice Cream</b> .....	914 / 50 / 95 / 3

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