

NUTRITIONAL ANALYSIS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
APPETIZERS											
Firecracker Shrimp Appetizer (1 serving) with Jalapeno Ranch Dressing	985	627	70	12	0	358	2765	34	2.8	7.5	50
Joese Rockin Rib Rolls (3 rolls)	1161	468	52	23	0	212	2705	107	3	34	61
Loaded Nachos (1 serving)	1517	673	75	37	0	200	2778	137	8	11	65
Mozzarella Sticks (8 pieces)	605	265	29	13	0	60	2040	56	4	12	32
Mozzarella Sticks (8 pieces) with Marinara Sauce	645	290	32	14	0	60	2158	59	5	13	33
Peel and Eat Shrimp (1 serving)	203	31	3	1	0	295	321	3	1	0	40
Peel and Eat Shrimp (1 serving) with Cocktail Sauce	263	31	3	1	0	295	1011	18	1	11	41
Potato Skins (4 pieces)	707	445	49	26	0	130	1897	26	2	1	40
Potato Skins (4 pieces) with Sour Cream	827	535	59	33	0	170	1957	30	2	3	42
Smoked Fish Dip (1 serving)	468	281	31	4	0	0	582	27	2	5	18
Smoked Fish Dip (1 serving) with Nacho Chips	649	312	35	5	0	0	582	57	2	5	23
Smoked Fish Dip (1 serving) with Saltines	516	291	32	4	0	0	734	36	2	5	19
Steamed Clams (1 serving)	177	11	1	0	0	37	69	18	1	3	16
Steamed Clams (1 serving) with Drawn Butter	577	407	45	10	14	37	429	18	1	3	16
Sweet Potato Fries, Plating (1 serving)	773	241	27	3.5	0	0	793	126	11	55	4.7
Tumbleweed Onions (1 serving)	442	109	12	2	0	0	376	72	4	12	8
Tumbleweed Onions (1 serving) with Honey Mustard	970	454	50	6	0	24	1048	115	4	46	8
Tumbleweed Onions (1 serving) with Horseradish Sauce	542	179	20	7	0	30	501	77	4	14	10
Wings, Jumbo Order (20 pieces)	1180	829	92	22	0	306	309	9	2	0	74
Wings, Jumbo Order (20 pieces) with Barbecue Sauce	1636	829	92	22	0	306	3555	111	2	87	74
Wings, Jumbo Order (20 pieces) with Blue Cheese Dressing	1520	1135	126	29	0	336	909	13	2	4	76
Wings, Jumbo Order (20 pieces) with Celery and Carrot Sticks	1199	830	92	22	0	306	359	12	4	2	75
Wings, Jumbo Order (20 pieces) with Garlic	1364	834	93	22	0	306	328	46	5	1	81
Wings, Jumbo Order (20 pieces) with Ranch Dressing	1400	1027	114	25	0	326	689	13	2	2	75
Wings, Jumbo Order (20 pieces) with Wing Sauce, Hot	1235	839	93	22	0	306	8369	18	6	4	76
Wings, Jumbo Order (20 pieces) with Wing Sauce, Medium	2215	1842	205	42	16	306	5219	13	4	2	75
Wings, Jumbo Order (20 pieces) with Wing Sauce, Mild	2706	2343	260	52	24	306	3644	11	3	1	75
Wings, Regular Order (10 pieces)	590	414	46	11	0	153	155	4	1	0	37
Wings, Regular Order (10 pieces) with Barbecue Sauce	818	414	46	11	0	153	1778	55	1	43	37
Wings, Regular Order (10 pieces) with Blue Cheese Dressing	930	720	80	18	0	183	755	8	1	4	39
Wings, Regular Order (10 pieces) with Celery and Carrot Sticks	609	416	46	11	0	153	204	8	2	2	38
Wings, Regular Order (10 pieces) with Garlic	682	417	46	11	0	153	164	23	2	1	41
Wings, Regular Order (10 pieces) with Ranch Dressing	810	612	68	14	0	173	535	8	1	2	38
Wings, Regular Order (10 pieces) with Wing Sauce, Hot	618	419	47	11	0	153	4185	9	3	2	38
Wings, Regular Order (10 pieces) with Wing Sauce, Medium	1108	921	102	21	8	153	2610	7	2	1	38
Wings, Regular Order (10 pieces) with Wing Sauce, Mild	1353	1172	130	26	12	153	1822	6	2	1	37

NUTRITIONAL ANALYSIS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Wings, Small Order (5 pieces)	295	207	23	5	0	76	77	2	1	0	19
Wings, Small Order (5 pieces) with Barbecue Sauce	409	207	23	5	0	76	889	28	1	22	19
Wings, Small Order (5 pieces) with Blue Cheese Dressing	635	513	57	12	0	106	677	6	1	4	21
Wings, Small Order (5 pieces) with Celery and Carrot Sticks	314	208	23	5	0	76	127	6	2	2	19
Wings, Small Order (5 pieces) with Garlic	341	208	23	5	0	76	82	12	1	0	20
Wings, Small Order (5 pieces) with Ranch Dressing	515	405	45	8	0	96	457	6	1	2	20
Wings, Small Order (5 pieces) with Wing Sauce, Hot	309	210	23	5	0	76	2092	5	1	1	19
Wings, Small Order (5 pieces) with Wing Sauce, Medium	554	460	51	10	4	76	1305	3	1	1	19
Wings, Small Order (5 pieces) with Wing Sauce, Mild	676	586	65	13	6	76	911	3	1	0	19
Wings, To Go (50 pieces)	2950	2072	230	55	0	764	773	22	6	0	185
Wings, To Go (50 pieces) with Barbecue Sauce	3634	2072	230	55	0	764	5642	175	6	130	185
Wings, To Go (50 pieces) with Blue Cheese Dressing	4310	3296	366	83	0	884	3173	38	6	16	193
Wings, To Go (50 pieces) with Celery and Carrot Sticks	3024	2077	231	55	0	764	972	37	11	8	188
Wings, To Go (50 pieces) with Garlic	3226	2080	231	55	0	764	802	78	9	2	196
Wings, To Go (50 pieces) with Ranch Dressing	3830	2864	318	67	0	844	2293	38	6	8	189
Wings, To Go (50 pieces) with Wing Sauce, Hot	3032	2087	232	55	0	764	12863	36	11	6	188
Wings, To Go (50 pieces) with Wing Sauce, Medium	4503	3591	399	85	24	764	8138	29	8	3	187
Wings, To Go (50 pieces) with Wing Sauce, Mild	5238	4344	483	100	36	764	5776	25	7	2	186

NUTRITIONAL ANALYSIS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
BREADS											
Garlic Rolls (3 rolls)	484	263	29	5	4	3	248	43	0	0	10
Garlic Rolls (3 rolls) with Garlic Butter	719	492	55	10	7	3	449	44	0	0	10
Garlic Rolls (6 rolls)	969	526	58	10	7	5	496	86	0	0	20
Garlic Rolls (6 rolls) with Garlic Butter	1437	984	109	19	15	5	897	88	0	0	21
Garlic Rolls (9 rolls)	1453	789	88	15	11	8	744	129	0	0	31
Garlic Rolls (9 rolls) with Garlic Butter	2156	1477	164	29	22	8	1346	132	1	0	31
Garlic Rolls (12 rolls)	1937	1052	117	20	15	10	992	172	0	0	41
Garlic Rolls (12 rolls) with Garlic Butter	2874	1969	219	38	29	10	1794	176	1	0	42
White Bread (1 slice)	90	9	1	0	0	0	180	17	1	1	3
White Bread (2 slices)	180	18	2	0	0	0	360	34	2	2	6
SOUPS											
Beef Barley Soup (1 bowl)	178	89	10	4	0	36	748	11	2	1	11
Beef Barley Soup (1 bowl) with Oyster Crackers	238	107	12	4	0	36	888	21	2	1	12
Beef Barley Soup (1 bowl) with Saltines	202	95	11	4	0	36	824	15	2	1	12
Beef Noodle Soup (1 bowl)	159	82	9	3	0	35	713	8	1	2	10
Beef Noodle Soup (1 bowl) with Oyster Crackers	219	100	11	3	0	35	853	18	1	2	11
Beef Noodle Soup (1 bowl) with Saltines	183	87	10	3	0	35	789	13	1	2	11
Beef Vegetable Soup (1 bowl)	153	77	9	3	0	32	713	8	2	2	10
Beef Vegetable Soup (1 bowl) with Oyster Crackers	213	95	11	3	0	32	853	18	2	2	11
Beef Vegetable Soup (1 bowl) with Saltines	177	82	9	3	0	32	789	13	2	2	10
Chicken Noodle Soup (1 bowl)	121	58	6	2	0	26	565	8	1	1	7
Chicken Noodle Soup (1 bowl) with Oyster Crackers	181	76	8	2	0	26	705	18	1	1	8
Chicken Noodle Soup (1 bowl) with Saltines	145	64	7	2	0	26	641	12	1	1	8
Clam Chowder (1 bowl)	257	131	15	3	5	5	1521	21	1	1	9
Clam Chowder (1 bowl) with Oyster Crackers	317	149	17	3	5	5	1661	31	1	1	10
Clam Chowder (1 bowl) with Saltines	281	136	15	3	5	5	1597	26	1	1	9
Joes Steak House Soup with Rice (1 bowl)	212	130	14	5	1	29	778	10	1	1	9
Joes Steak House Soup with Rice (1 bowl) with Oyster Crackers	272	148	16	5	1	29	918	20	1	1	10
Joes Steak House Soup with Rice (1 bowl) with Saltines	236	136	15	5	1	29	854	15	1	1	10
Seafood Gumbo (1 bowl)	110	22	2	0	0	48	850	10	4	2	12
Seafood Gumbo (1 bowl) with Oyster Crackers	170	40	4	0	0	48	990	20	4	2	13
Seafood Gumbo (1 bowl) with Saltines	134	27	3	0	0	48	926	14	4	2	12

NUTRITIONAL ANALYSIS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
SALADS											
Caesar Salad (1 salad) no dressing*	369	196	22	8	1	30	570	26	5	3	18
Caesar Salad (1 salad) with Caesar Dressing with Egg	789	574	64	15	1.3	60	1500	35	5.1		
Caesar Salad (1 salad) with Blackened Chicken, Caesar Dressing with Egg	918	587	65	16	1	126	1866	36	5	6	48
Caesar Salad (1 salad) with Blackened Dolphin, Caesar Dressing with Egg	980	635	71	17	3	184	1988	36	5	6	53
Caesar Salad (1 salad) with Blackened Tilapia, Caesar Dressing with Egg	1045	643	71	17	2.5	173	1942	36	5.3	5.7	67
Caesar Salad (1 salad) with Blackened Tuna Steak, Caesar Dressing with Egg	1017	639	71	17	3	137	1901	36	5	6	61
Caesar Salad (1 salad) with Caesar Dressing with Egg, Chicken Salad	1054	732	81	18	1	129	2323	38	6	7	44
Caesar Salad (1 salad) with Caesar Dressing with Egg, Chicken Stickers	1294	675	75	17	1	182	3082	83	7	7	71
Caesar Salad (1 salad) with Caesar Dressing with Egg, Crab Salad	1098	790	88	19	1	86	2375	51	9	9	29
Caesar Salad (1 salad) with Caesar Dressing with Egg, Grilled Chicken	1049	675	75	16	1.3	135	1858	29	5.1	4.2	62
Caesar Salad (1 salad) with Caesar Dressing with Egg, Grilled Dolphin	1036	715	79	17	3	154	2310	30	5.1	4.3	51
Caesar Salad (1 salad) with Caesar Dressing with Egg, Grilled Tilapia	1103	724	80	17	2.5	143	2151	30	5.2	4.3	65
Caesar Salad (1 salad) with Caesar Dressing with Egg, Grilled Tuna Steak	1017	638	71	17	3	137	3863	37	5	6	61
Caesar Salad (1 salad) with Caesar Dressing with Egg, Mesquite Tuna Steak	1047	669	74	16	1.3	107	5857	35	5.1	4.2	60
Caesar Salad (1 salad) with Caesar Dressing with Egg, Tuna Salad	1188	876	97	21	1	160	1907	39	5	6	42
Deluxe Dinner Salad (1 salad)	181	89	9.9	3.7	0.5	15	283	15	2.8	3.3	9.2
Dinner Caesar Salad (1 salad) no dressing *	149	76	8.4	2.7	0.5	10	224	12	2.8	1.5	7
Dinner Caesar Salad (1 salad) with Caesar Dressing	309	229	25	5.2	0.5	10	614	13	2.8	2	7.5
Pasta Caesar Salad (1 salad) no dressing *	554	183	20	5	1	20	491	70	6	4	21
Pasta Caesar Salad (1 salad) with Caesar Dressing with Egg	974	561	62	13	0.8	50	1421	79	5.5	7.5	24
Pasta Caesar Salad (1 salad) with Caesar Dressing with Egg, Blackened Chicken	1103	575	64	13	1	116	1788	80	6	7	51
Pasta Caesar Salad (1 salad) with Caesar Dressing with Egg, Blackened Dolphin	1165	623	69	15	3	174	1909	80	6	7	56
Pasta Caesar Salad (1 salad) with Caesar Dressing with Egg, Blackened Tilapia											
Pasta Caesar Salad (1 salad) with Caesar Dressing with Egg, Blackened Tuna	1201	626	70	15	3	127	1822	80	6	7	64
Pasta Caesar Salad (1 salad) with Caesar Dressing with Egg, Chicken Salad	1239	719	80	16	1	119	2245	82	6	9	47
Pasta Caesar Salad (1 salad) with Caesar Dressing with Egg, Chicken Stickers	1479	662	74	15	1	172	3004	126	7	9	74
Pasta Caesar Salad (1 salad) with Caesar Dressing with Egg, Crab Salad	1283	778	86	17	1	76	2296	94	9	11	32
Pasta Caesar Salad (1 salad) with Caesar Dressing with Egg, Grilled Chicken	1173	582	65	14	1	155	1539	79	6	7	66
Pasta Caesar Salad (1 salad) with Caesar Dressing with Egg, Grilled Dolphin	1161	622	69	14	3	174	1992	79	6	8	56
Pasta Caesar Salad (1 salad) with Caesar Dressing with Egg, Grilled Tilapia	808	253	28	8	2	133	903	71	6	5	67
Pasta Caesar Salad (1 salad) with Caesar Dressing with Egg, Grilled Tuna Steak	1202	626	70	15	3	127	3784	80	6	8	64
Pasta Caesar Salad (1 salad) with Caesar Dressing with Egg, Tuna Salad	1373	864	96	18	1	150	1828	83	6	8	45
Pasta Salad (1 salad) no dressing*	1617	807	90	14	0	15	2043	162	8	11	36
Pasta Salad (1 salad) with Caesar Dressing	2257	1419	158	24	0	15	3603	166	8	13	38
Pasta Salad (1 salad) with Blackened Chicken, Caesar Dressing	2386	1432	159	25	0	81	3970	166	9	13	64
Pasta Salad (1 salad) with Blackened Dolphin, Caesar Dressing	2449	1480	164	26	2	139	4091	166	9	13	69
Pasta Salad (1 salad) with Blackened Tilapia, Caesar Dressing	1873	876	97	16	1	128	2485	162	9	11	81

NUTRITIONAL ANALYSIS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
SALADS											
Pasta Salad (1 salad) with Blackened Tuna, Caesar Dressing	2485	1484	165	26	2	92	4004	166	9	13	78
Pasta Salad (1 salad) with Chicken Salad, Caesar Dressing	2522	1577	175	27	0	84	4426	168	9	15	60
Pasta Salad (1 salad) with Grilled Tilapia, Caesar Dressing	1872	876	97	16	1	128	2455	162	9	11	81
Pasta Salad (1 salad) with Crab Salad, Caesar Dressing	2566	1635	182	28	0	41	4478	181	12	17	46
Pasta Salad (1 salad) with Grilled Chicken, Caesar Dressing	2457	1439	160	25	0	120	3721	166	8	13	80
Pasta Salad (1 salad) with Grilled Dolphin, Caesar Dressing	2445	1479	164	26	2	139	4173	166	8	13	69
Pasta Salad (1 salad) with Grilled Tilapia, Caesar Dressing	1872	876	97	16	1	128	2455	162	9	11	81
Pasta Salad (1 salad) with Grilled Tuna Steak, Caesar Dressing	2486	1483	165	26	2	92	5966	167	9	13	78
Pasta Salad (1 salad) with Mesquite Tuna Steak, Caesar Dressing	2455	1433	159	25	0	92	7720	171	8	13	77
Pasta Salad (1 salad) with Tuna Salad, Caesar Dressing	2657	1721	191	30	0	115	4010	169	9	13	59
Salad Salad (1 salad)	456	237	26	7	1	434	472	31	4	6	24
Salad Salad (1 salad) with Blackened Chicken	585	251	28	7	1	500	838	32	5	6	50
Salad Salad (1 salad) with Blackened Dolphin	647	299	33	9	3	558	960	32	5	6	55
Salad Salad (1 salad) with Blackened Tilapia	712	307	34	9	2	547	914	32	5	6	70
Salad Salad (1 salad) with Blackened Tuna	684	302	34	9	3	511	873	32	5	6	64
Salad Salad (1 salad) with Chicken Salad	721	395	44	10	1	503	1295	34	5	8	46
Salad Salad (1 salad) with Chicken Stickers	961	338	38	9	1	556	2054	78	6	7	74
Salad Salad (1 salad) with Crab Salad	765	454	50	11	1	460	1347	46	8	10	32
Salad Salad (1 salad) with Grilled Chicken	656	258	29	8	1	539	590	31	4	6	66
Salad Salad (1 salad) with Grilled Dolphin	644	298	33	8	3	558	1042	31	4	6	55
Salad Salad (1 salad) with Grilled Tilapia	711	307	34	9	2	547	883	31	4	6	69
Salad Salad (1 salad) with Grilled Tuna Steak	685	302	34	9	3	511	2835	32	4	7	64
Salad Salad (1 salad) with Mesquite Tuna Steak	654	252	28	7	1	511	4589	37	4	6	64
Salad Salad (1 salad) with Tuna Salad	855	540	60	12	1	534	879	34	5	7	45
SALAD DRESSINGS											
Blue Cheese Crumbles (1 serving)	202	146	16	10	0	51	769	0	0	0	12
Blue Cheese Dressing (2 fluid ounces)	340	306	34	7	0	30	600	4	0	4	2
Blue Cheese Dressing (4 fluid ounces)	680	612	68	14	0	60	1200	8	0	8	4
Caesar Dressing (4 fluid ounces)	640	612	68	10	0	0	1560	4	0	2	2
Caesar Dressing with Egg (4 fluid ounces)	560	504	56	10	0	40	1240	12	0	4	4
Creamy Italian Dressing (4 fluid ounces)	420	396	44	4	0	0	1716	4	0	4	0
Fat Free Raspberry Vinaigrette (4 fluid ounces)	100	0	0	0	0	0	720	28	0	24	0
Honey Mustard Dressing (4 fluid ounces)	440	288	32	4	0	20	560	36	0	28	0
Jalapeno Ranch Dressing (4 fluid ounces)	480	432	48	8	0	40	1160	4	0	4	4
Light Olive Oil Vinaigrette (4 fluid ounces)	240	216	24	4	0	0	1040	12	0	8	0
Lite Ranch Dressing (4 fluid ounces)	360	324	36	10	0	20	840	12	0	4	0
Oil and Vinegar Dressing (4 fluid ounces)	523	504	56	8	0	0	2	0	0	0	0
Peppery Parmesan Dressing (4 fluid ounces)	640	576	64	10	0	40	1400	8	0	8	4
Ranch Dressing (4 fluid ounces)	440	396	44	6	0	40	760	8	0	4	2
Sun Dried Tomato Basil Vinaigrette (4 fluid ounces)	180	0	0	0	0	0	1040	40	0	36	0
Thousand Island Dressing (4 fluid ounces)	520	432	48	8	0	40	1200	24	0	20	0
Toasted Sesame Dressing (4 fluid ounces)	200	0	0	0	0	0	1480	48	0	28	0

NUTRITIONAL ANALYSIS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
ENTREES											
Blackened Dolphin, 12 oz (1 serving)	337	73	8	2	2	248	931	3	1	0	63
Blackened Dolphin, 8 oz (1 serving)	242	65	7	2	2	166	538	2	1	0	42
Blackened Salmon (1 serving)	732	479	53	11	7	167	2106	6	2	0	58
Blackened Tilapia, 12 oz (1 serving)	390	103	11	3	2	170	808	3	1	0	69
Blackened Tuna Steak (1 serving)	403	112	12	3	3	128	1939	6	2	0	67
Broiled Dolphin, 12 oz (1 serving)	461	121	13	3	4	248	1151	14	1	0	63
Broiled Dolphin, 8 oz (1 serving)	337	81	9	2	2	166	1022	14	1	0	42
Cajun Chicken and Pasta (1 serving) with Garlic Rolls	1933	1066	118	21	17	134	2561	135	9	5	77
Cajun Pork Steak Dinner (1 serving) with Ranch Dressing	928	600	67	17	0	225	2365	11	0	2	67
Cajun Shrimp and Pasta (1 serving) with Garlic Rolls	1566	767	85	15	11	298	2431	135	9	5	64
Cajun Vegetable Pasta (1 serving) with Garlic Rolls	1603	961	107	19	14	3	2342	135	9	5	25
Cajun Tuna Steak Tidbits (1 serving) with Garlic Rolls	854	387	43	8	7	105	1598	50	2	2	65
Chicken Pesto (1 serving) with Garlic Rolls	1986	1034	115	25	4	149	3098	146	8	13	84
Chicken Sticker Dinner (1 serving)	757	151	17	3	0	183	2374	71	3	2	75
Chicken Sticker Dinner (1 serving) with Wing Sauce, Hot	785	157	17	3	0	183	6404	75	5	4	76
Chicken Sticker Dinner (1 serving) with Wing Sauce, Medium	1275	658	73	13	8	183	4829	73	4	3	75
Chicken Sticker Dinner (1 serving) with Wing Sauce, Mild	1520	909	101	18	12	183	4041	72	3	2	75
Dolphin Finger Dinner (1 serving)	414	113	13	2	0	191	1298	27	2	2	47
Dolphin Francaise, 12 oz (1 serving)	1527	776	86	18	19	461	1199	98	1	2	82
Dolphin Francaise, 8 oz (1 serving)	1436	769	85	18	19	378	1099	98	1	2	61
Fish and Chips (1 serving)	414	113	13	2	0	191	1298	27	2	2	47
Fried Dolphin, 12 oz (1 serving)	572	164	18	3	0	274	1613	32	2	2	69
Fried Dolphin, 8 oz (1 serving)	382	109	12	2	0	183	1076	22	2	1	46
Fried Shrimp (1 serving)	403	113	13	2	0	310	1352	28	2	1	44
Fried Tilapia, 12 oz (1 serving)	625	195	22	5	0	195	1491	32	2	2	75

NUTRITIONAL ANALYSIS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
ENTREES CONT.											
Full Rack of Ribs (1 serving)	1327	826	92	34	0	315	1917	52	0	43	63
Glazed Toasted Sesame Salmon (1 serving)	607	278	31	6	0	167	1433	25	0	14	57
Grilled Dolphin, 12 oz (1 serving)	379	121	13	3	4	248	390	1	1	0	63
Grilled Dolphin, 8 oz (1 serving)	255	81	9	2	2	166	261	1	1	0	42
Grilled Salmon (1 serving)	597	362	40	8	3	167	769	2	1	0	57
Grilled Garlic and Herb Tilapia (1 serving)	814	524	58	11	5.5	170	741	3.2	0.8	0.4	69
Grilled Tuna Steak (1 serving)	300	25	3	1	0	128	2361	2	1	1	67
Guisseppes Pasta (1 serving) with Garlic Rolls	1319	607	67	13	4	18	1122	144	7	11	31
Guisseppes Pasta with Chicken (1 serving) with Garlic Rolls	1581	632	70	13	4	149	3205	146	8	11	84
Guisseppes Pasta with Shrimp (1 serving) with Garlic Rolls	1514	637	71	13	4	313	1410	146	7	11	71
Half BBQ Chicken (1 serving)	829	450	50	14	0	249	1045	26	0	22	62
Half Rack Ribs (1 serving)	664	413	46	17	0	158	959	26	0	22	31
Half Rack Ribs and Half Chicken (1 serving)	1493	863	96	31	0	407	2004	52	0	43	93
Half Rack Ribs and Shrimp (1 serving)	868	469	52	18	0	313	1635	40	1	22	54
Half Rack Ribs and Shrimp (1 serving) with Cocktail Sauce	928	469	52	18	0	313	2325	55	1	33	55
Half Rack Ribs and Shrimp (1 serving) with Tartar Sauce	1188	775	86	23	0	343	2035	44	1	24	54
Half Rack Ribs and Stickers (1 serving)	1042	489	54	19	0	249	2146	61	1	22	69
Half Rack Ribs and Stickers (1 serving) with Barbecue Sauce	1156	489	54	19	0	249	2957	87	1	44	69
Half Rack Ribs and Stickers (1 serving) with Wing Sauce, Hot	1056	491	55	19	0	249	4161	64	2	23	69
Half Rack Ribs and Stickers (1 serving) with Wing Sauce, Medium	1301	742	82	24	4	249	3373	62	2	23	69
Half Rack Ribs and Stickers (1 serving) with Wing Sauce, Mild	1424	867	96	26	6	249	2979	62	2	23	69
Half Rack Ribs and Wings (1 serving)	1018	662	74	24	0	249	1052	28	1	22	54
Half Rack Ribs and Wings (1 serving) with Barbecue Sauce	1132	662	74	24	0	249	1863	54	1	43	54
Half Rack Ribs and Wings (1 serving) with Wing Sauce, Hot	1031	664	74	24	0	249	3066	31	2	23	54
Half Rack Ribs and Wings (1 serving) with Wing Sauce, Medium	1277	915	102	29	4	249	2279	30	1	22	54
Half Rack Ribs and Wings (1 serving) with Wing Sauce, Mild	1399	1040	116	31	6	249	1885	29	1	22	54
Joes Meal, Fried Shrimp (1 serving)	347	91	10	2	0	247	1314	28	2	2	35
Joes Meal, Full Rack of Ribs (1 serving)	1327	826	92	34	0	315	1917	52	0	43	63

NUTRITIONAL ANALYSIS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
ENTREES CONT.											
Joes Meal, Half Rack Ribs (1 serving)	664	413	46	17	0	158	959	26	0	22	31
Joes Meal, Half Chicken (1 serving)	829	450	50	14	0	249	1045	26	0	22	62
Joes Meal, New York Strip (1 serving)	527	325	36	15	0	131	657	0	0	0	47
Joes Meal, Prime Rib (8 ounces)	625	451	50	20	0	150	579	1	0	0	40
Joes Meal, Prime Rib (8 ounces) with Au Jus	635	452	50	20	0	150	926	3	0	1	40
Lemon Chicken and Pasta (1 serving) with Garlic Rolls	2080	1093	121	64	6	454	2111	143	4	2	77
Lemon Garlic Salmon (1 serving)	747	507	56	11	4	167	893	3	1	0	57
Lemon Pepper Tilapia (1 serving)	946	513	57	33	4	330	1098	25	0	0	72
Mesquite Tuna Steak (1 serving)	328	25	3	1	0	128	5512	9	1	0	66
New York Strip, 12 oz (1 serving)	789	488	54	22	0	197	549	0	0	0	70
Prime Rib, 12 oz (1 serving)	938	676	75	30	0	225	868	1	0	0	60
Prime Rib, 12 oz (1 serving) with Au Jus	957	679	75	30	0	225	1563	5	0	1	61
Prime Pork Rib Eye, Plating (1 serving)	1016	675	75	20	4.6	210	3999	17	1.5	6.2	68
Ribeye, 12 oz (1 serving)	902	513	57	22	0	428	556	0	0	0	90
Sauteed Dolphin, 12 oz (1 serving)	1007	490	54	11	9	249	961	52	1	2	70
Sauteed Dolphin, 8 oz (1 serving)	916	483	54	10	9	166	861	52	1	2	49
Sauteed Tilapia (1 serving)	1061	521	58	12	9	171	838	52	1	2	75
Shrimp Pesto (1 serving) with Garlic Rolls	1932	1039	115	25	4	313	3239	148	8	13	71
Shrimp Scampi (1 serving) with Linguine with Garlic Rolls	2076	1230	137	29	19	330	2338	129	4.9	4.8	74
Shrimp Scampi (1 serving) with Dirty Rice with Garlic Rolls	2000	1213	135	29	19	330	2381	115	1.5	3.2	70
Surf and Turf (1 serving)	731	382	42	16	0	286	1168	15	1	1	69
Tilapia Francaise (1 serving)	1581	807	90	20	19	383	1077	98	1	2	87
Vegetable Pesto (1 serving) with Garlic Rolls	1363	805	89	20	0.9	15	2790	114	12	16	23

NUTRITIONAL ANALYSIS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
SANDWICHES											
BBQ Chicken Breast Sandwich (1 sandwich)	660	98	11	2	2	132	1008	71	0	22	63
BBQ Pork Sandwich (1 sandwich)	659	237	26	8	2	79	1059	71	1	17	32
Bahama Burger (1 sandwich)	824	384	43	14	2	176	523	46	0	1	60
Big Daddy Burger (1 sandwich)	929	464	52	20	2	199	1001	47	0	2	65
Blackened Chicken Breast Sandwich (1 sandwich)	600	148	16	3	4	132	535	46	1	1	63
Blackened Chicken Philly Sandwich (1 sandwich)	902	271	30	10	3	169	1518	79	1	3	76
Blackened Prime Rib Sandwich (1 sandwich)	836	470	52	17	3	113	1413	49	1	1	41
Blackened Tilapia Sandwich (1 sandwich)	514	149	17	3	4	85	476	46	1	1	45
Blackened Tuna Steak Sandwich (1 sandwich)	538	139	15	3	4	77	1037	49	2	1	51
Caesar Burger (1 sandwich)	1036	573	64	19	2	186	1098	47	1	1	65
Cajun Burger (1 sandwich)	828	384	43	14	2	176	816	47	1	1	60
Caribbean Burger (1 sandwich)	1038	495	55	22	2	210	1306	59	0	12	71
Chicken Philly Sandwich (1 sandwich)	895	271	30	10	3	169	933	78	1	3	75
Chicken Salad Sandwich (1 sandwich)	562	230	26	4	2	69	873	48	1	2	33
Chipotle Chicken Stack Sandwich (1 serving)	992	336	37	12	1.8	172	1607	75	0.8	9.5	79
Crab Salad Sandwich (1 sandwich)	606	289	32	5	2	26	924	60	4	4	18
Flanigan Burger (1 sandwich)	963	477	53	20	2	201	1012	51	1	3	67
Fried Dolphin Sandwich (1 sandwich)	585	155	17	3	2	137	856	62	2	2	45
Fried Dolphin Sandwich (1 sandwich) with Tartar Sauce	905	461	51	8	2	167	1256	66	2	4	45
Fried Tilapia Sandwich (1 sandwich)	612	170	19	4	2	98	795	62	2	2	48
Fried Tilapia Sandwich (1 sandwich) with Tartar Sauce	932	476	53	9	2	128	1195	66	2	4	48
Fresh Blackened Tuna Hoagie (1 serving)	924	279	31	14	1.8	162	1097	79	2.2	3.7	81
Fresh Grilled Tuna Hoagie (1 serving)	918	278	31	14	1.8	162	1638	78	1.7	3.9	81
Fresh Mesquite Tuna Hoagie (1 serving)	924	277	31	14	1.8	162	1862	79	1.7	3.7	81
Grilled Chicken Breast Sandwich (1 sandwich)	546	98	11	2	2	132	196	45	0	1	63

NUTRITIONAL ANALYSIS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Grilled Dolphin Sandwich (1 sandwich)	444	84	9	2	2	124	1285	47	1	1	42

NUTRITIONAL ANALYSIS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
SANDWICHES											
Grilled Tuna Steak Sandwich (1 sandwich)	481	88	10	2	2	77	1198	47	1	1	51
Mesquite Tuna Steak Sandwich (1 sandwich)	500	87	10	2	2	77	4167	52	1	1	50
Philly Cheese Steak Sandwich (1 sandwich)	996	426	47	18	3	183	1658	78	1	3	65
Prime Dip (1 sandwich)	850	383	43	15	0	113	475	71	0	0	43
Prime Dip (1 sandwich) with Au Jus	869	386	43	15	0	113	1170	74	0	1	44
Teriyaki Chicken Sandwich (1 sandwich)	729	200	22	8	2	160	2308	52	0	7	74
Teriyaki Chicken Sandwich (1 sandwich) with Honey Mustard	1257	545	61	13	2	184	2980	95	0	40	74
Texas Burger (1 sandwich)	1380	772	86	28	5	222	2470	69	2	5	77
Tuna Salad Sandwich (1 sandwich)	697	375	42	7	2	100	457	49	1	1	31
SIDES											
Angel Hair Pasta (1 serving)	357	17	2	0	0	0	0	75	4	2	11
Angel Hair Pasta (1 serving) with Drawn Butter	757	413	46	10	14	0	360	75	4	2	11
Baked Potato (1 serving)	273	44	5	1	0	0	575	51	4	2	6
Baked Potato (1 serving) with Bacon Bits	333	89	10	3	0	10	835	51	4	2	10
Baked Potato (1 serving) with Butter	487	256	28	6	7	0	767	51	4	2	6
Baked Potato (1 serving) with Cheese	383	125	14	7	0	30	765	51	4	2	13
Baked Potato (1 serving) with Sour Cream	337	92	10	4	0	21	607	53	4	3	7
Black Beans and Rice (1 serving)	148	22	2	0	0	0	560	25	4	0	6
Celery and Carrots (1 serving)	19	1	0	0	0	0	50	4	1	2	1
Celery and Carrots (1 serving) with Blue Cheese Dressing	359	307	34	7	0	30	650	8	1	6	3
Cole Slaw (1 serving)	287	178	20	3	0	18	546	26	3	21	2
Dirty Rice (1 serving)	210	0	0	0	0	0	33	46	0	0	5
French Fries (12 ounces)	688	308	34	12	0	0	100	84	8	0	8
French Fries (8 ounces)	459	205	23	8	0	0	67	56	5	0	5
Fresh Broccoli (1 serving)	81	6	1	0	0	0	64	13	5	3	6
Fresh Broccoli (1 serving) with Butter	140	64	7	2	2	0	117	13	5	3	6
Fresh Broccoli (1 serving) with Salt	81	6	1	0	0	0	106	13	5	3	6
Hoagie Roll (1 roll)	380	45	5	0	0	0	0	70	0	0	13
Kaiser Roll (1 roll)	290	72	8	1	2	0	45	44	0	0	10
Linguine (1 serving)	357	17	2	0	0	0	0	75	4	2	11
Linguine (1 serving) with Drawn Butter	757	413	46	10	14	0	360	75	4	2	11
Nacho Chips (1 serving)	362	62	7	1	0	0	0	60	0	0	10
Pasta Salad (1 serving)	657	310	34	5	0	5	766	70	4	5	15
Steamed Vegetable Medley (1 serving)	53	3	0	0	0	0	38	10	4	3	2
Steamed Vegetable Medley (1 serving) with Butter	104	53	6	1	2	0	83	10	4	3	2
Sweet Potato Fries (1 serving)	459	138	15	2	0	0	453	76	6.2	35	2.7

NUTRITIONAL ANALYSIS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
KIDS MENU											
Chicken Grillers (1 serving)	125	13	1	0	0	66	74	0	0	0	26
Chicken Wings (1 serving)	295	207	23	5	0	76	77	2	1	0	19
Chicken Wings (1 serving) with Wing Sauce, Hot	309	210	23	5	0	76	2092	5	1	1	19
Chicken Wings (1 serving) with Wing Sauce, Medium	554	460	51	10	4	76	1305	3	1	1	19
Chicken Wings (1 serving) with Wing Sauce, Mild	676	586	65	13	6	76	911	3	1	0	19
Grilled Cheese (1 serving)	684	495	55	15	14	22	1197	35	2	3	10
Ice Cream (1 serving)	300	180	20	12	0	70	60	28	0	22	4
Ice Cream (1 serving) with Chocolate Syrup	500	180	20	12	0	70	90	76	0	60	4
Jurassic Juniors (1 serving)	528	344	38	8	0	80	736	21	3	2	24
Macaroni and Cheese (1 serving)	460	279	31	19	1	75	1020	30	3	1	14
Mini Corn Dogs (1 serving)	416	222	25	6	0	40	768	40	0	10	8
Ribs (1 serving)	477	273	30	11	0	104	909	26	0	22	21
Skateboard Burger (1 sandwich)	536	246	27	9	2	69	110	44	0	0	27
Skateboard Burger (1 sandwich) with American Cheese	641	327	36	14	2	91	587	45	0	1	31
DESSERTS											
Banzai Brownie (6 servings)	2086	980	109	48	6.7	211	1268	250	9	184	22
Chocolate Ecstasy (1 serving)	916	316	35	13	0	55	820	142	6	110	9
Dulce de Leche Cheesecake (1 serving)	997	588	65	40	2	264	664	90	0	68	16
Ice Cream/Kid's or side (1 serving)	300	180	20	12	0	70	60	28	0	22	4
Kids Ice Cream (1 serving) with Chocolate Syrup	500	180	20	12	0	70	90	76	0	60	4
Key Lime Pie (1 serving)	402	147	16	10	3	20	222	57	0	42	5
Key Lime Pie (1 serving) with Whipped Cream	447	174	19	13	3	20	222	60	0	45	5
Root Beer Float (1 drink)	411	180	20	12	0	70	84	58	0	52	4
Flanigan's Shenanigan (6 servings)	1523	691	77	33	2.6	147	681	193	2.6	149	12
BEVERAGES											
Coffee (1 serving)	0	0	0	0	0	0	0	0	0	0	0
Coffee (1 serving) with Cream	20	14	2	1	0	8	15	1	0	1	1
Coffee (1 serving) with Sugar	16	0	0	0	0	0	0	4	0	4	0
Coke (1 serving)	238	0	0	0	0	0	14	65	0	65	0
Decaf Coffee (1 serving)	0	0	0	0	0	0	0	0	0	0	0
Decaf Coffee (1 serving) with Cream	20	14	2	1	0	8	15	1	0	1	1
Decaf Coffee (1 serving) with Sugar	16	0	0	0	0	0	0	4	0	4	0
Diet Coke (1 serving)	0	0	0	0	0	0	24	0	0	0	0
Iced Tea (1 serving)	0	0	0	0	0	0	12	0	0	0	0
Iced Tea (1 serving) with Cream	20	14	2	1	0	8	27	1	0	1	1
Iced Tea (1 serving) with Sugar	16	0	0	0	0	0	12	4	0	4	0
Pink Lemonade (1 serving)	230	0	0	0	0	0	98	58	0	58	0
Raspberry Iced Tea (1 serving)	187	0	0	0	0	0	60	50	0	50	0
Root Beer (1 serving)	266	0	0	0	0	0	58	72	0	72	0
Sprite (1 serving)	233	0	0	0	0	0	53	62	0	62	0