Menu Item	Total Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
NEW ENTRÉE SALADS:										
*** Chicken Caesar salad data includes Caesar dressing. All other Entrée Salads, add data for selected dressing.**										
STEAK & BLEU CHEESE SALAD	760	420	47	12	120	1060	39	9	8	45
LF DIJON VINAIGRETTE DRESSING	110	30	3	0	0	1560	21	0	21	0
STEAK & BLEU CHEESE ENTRÉE SALAD W/ LF DIJON VINAIGRETTE	870	450	50	12	120	2620	60	9	29	45
Allergens: Milk, Soy, Wheat										
SOUTHWEST CHIPOTLE CHICKEN SALAD	550	200	22	3	80	1440	50	8	7	37
SALSA RANCH DRESSING	170	150	17	3	20	620	5	1	3	2
SOUTHWEST CHIPOTLE CHICKEN SALAD W/ SALSA RANCH DRESSING	720	350	39	6	100	2060	55	9	10	39
Allergens: Egg, Milk, Soy, Wheat										
APPLE WALNUT CHICKEN SALAD	390	160	18	7	110	1140	22	5	9	38
LITE BALSAMIC VINAIGRETTE	180	140	15	2	0	1230	9	0	9	0
APPLE WALNUT CHICKEN SALAD W/ LITE BALSAMIC VINAIGRETTE	570	300	33	9	110	2370	31	5	18	38
Allergens: Milk, Soy, Tree Nuts (Walnuts)										
CRISPY CHICKEN SALAD	630	340	38	10	260	820	38	6	5	35
HONEY MUSTARD DRESSING	360	270	30	5	30	420	24	0	18	0
CRISPY CHICKEN SALAD W/ HONEY MUSTARD DRESSING	990	610	68	15	290	1240	62	6	23	35
Allergens: Milk, Egg, Soy, Wheat										
ASIAN CHICKEN SALAD	490	180	20	3	80	1200	41	6	21	36
SESAME ORIENTAL DRESSING	270	120	14	2	0	960	36	0	30	0
ASIAN CHICKEN SALAD W/ SESAME ORIENTAL DRESSING	760	300	34	5	80	2160	77	6	51	36
Allergens: Soy, Tree Nut (Almonds), Wheat										
*CHICKEN CAESAR SALAD**	1140	840	93	20	230	2160	40	4	10	53
Allergens: Soy, Tree Nut (Almonds), Wheat										
KICKIN'™BUFFALO CHICKEN SALAD	710	420	47	9	90	1370	42	7	5	29
BLEU CHEESE DRESSING	470	430	48	11	60	720	3	0	3	6
KICKIN'™BUFFALO CHICKEN SALAD W/ BLEU CHEESE DRESSING	1180	850	95	20	150	2090	45	7	8	35
Allergens: Egg, Milk, Soy, Wheat										

Menu Item	Total Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
ENTRÉE SALAD DRESSINGS:										
LF DIJON VINAIGRETTE DRESSING	110	30	3	0	0	1560	21	0	21	0
LITE PEPPERCORN PARMESAN DRESSING	230	190	21	5	20	630	6	0	3	3
SALSA RANCH DRESSING	170	150	17	3	20	620	5	1	3	2
HONEY MUSTARD DRESSING	360	270	30	5	30	420	24	0	18	0
SESAME ORIENTAL DRESSING	270	120	14	2	0	960	36	0	30	0
BLEU CHEESE DRESSING	470	430	48	11	60	720	3	0	3	6
THOUSAND ISLAND DRESSING	390	320	36	6	20	840	15	0	12	0
RANCH DRESSING	330	300	33	6	30	750	3	0	3	3
BALSAMIC VINIAGRETTE	180	140	15	2	0	1230	9	0	9	0
ITALIAN DRESSING	410	380	42	6	0	690	6	0	6	0
SIDE SALADS										
* Caesar salad data includes Caesar dressing. Side Salad, add data for selected dressing.										
SIDE SALAD	60	10	1	0	0	110	10	2	2	2
SIDE CAESAR SALAD*	410	320	36	7	70	640	15	1	5	9
SIDE SALAD DRESSINGS:										
LF DIJON VINAIGRETTE DRESSING	60	10	2	0	0	780	11	0	11	0
LITE PEPPERCORN PARMESAN DRESSING	80	60	7	3	10	210	2	0	1	1
SALSA RANCH DRESSING	90	70	8	2	10	310	2	1	2	1
HONEY MUSTARD DRESSING	180	140	15	2	20	210	12	0	9	0
SESAME ORIENTAL DRESSING	130	60	7	1	0	480	18	0	15	0
BLEU CHEESE DRESSING	240	220	24	5	30	360	2	0	2	3
RANCH DRESSING	160	150	17	3	20	380	2	0	2	2
THOUSAND ISLAND DRESSING	190	160	18	3	10	420	8	0	6	0
BALSAMIC VINAIGRETTE	90	70	8	1	0	620	5	0	5	0
ITALIAN DRESSING	210	190	21	3	0	350	3	0	3	0
NEW $9.99 LTO OFFER. Add data for side selection from Dinner Menu.										
VERMONTER WHITE CHEDDAR BURGER	1080	650	72	29	190	1360	54	3	4	55
Allergens: Egg, Milk, Soy, Wheat										

Menu Item	Total Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
NEW KIDS MENU OFFERS										
MAC & CHEESE QUESADILLA	1020	440	49	20	80	2340	111	4	14	34
Allergens: Milk, Soy, Wheat										
MAC & CHEESE QUESADILLA WITH FRIENDLY FRANK	1190	580	64	26	110	2790	113	4	14	40
Allergens: Milk, Soy, Wheat										
MAC & CHEESE QUESADILLA WITH BACON	1090	490	55	22	100	2570	111	4	14	40
Allergens: Milk, Soy, Wheat										
DIPPIN' CHICKEN SALAD	950	450	50	12	80	1880	92	6	15	35
Allergens: Egg, Milk, Soy, Wheat										
CHICKEN IN THE GARDEN SALAD	480	250	28	6	80	1470	20	4	6	35
Allergens: Egg, Milk, Soy, Wheat										
KIDS SIDE - CARROT & CELERY STICKS	100	60	7	3	10	260	6	2	3	2
Allergens: Milk, Wheat										
COOKIE JAR SUNDAE	750	320	36	22	90	290	98	3	68	11
Allergens: Egg, Milk, Soy, Wheat										
LTO ICE CREAM FLAVOR:										
RASPBERRY MANGO SORBET - 2 oz	70	0	0	0	0	0	17	0	14	0
Allergens: Milk, Soy										