



## NUTRITIONAL INFORMATION

| Starters                                         | Calories | Total Fat | Sat Fat (g) | Trans Fat | Fiber (g) | Carb (g) | Protein (g) | Sodium |
|--------------------------------------------------|----------|-----------|-------------|-----------|-----------|----------|-------------|--------|
| Breaded Mozzarella                               | 817      | 46        | 15          | 6         | 25        | 67       | 7           | 26     |
| Chicken Spinach Flatbread                        | 1020     | 55        | 30          | 0         | 5         | 71       | 58          | 1790   |
| Chips & Queso                                    | 1591     | 98        | 39          | 0         | 11        | 145      | 45          | 3203   |
| Deviled Eggs                                     | 470      | 40        | 9           | 0         | <1        | 4        | 22          | 740    |
| Grilled Chicken Quesadilla                       | 1818     | 109       | 47          | 7         | 11        | 119      | 87          | 3733   |
| Hand-Breaded Chicken Tenders - Buffalo (without  | 654      | 17        | 4           | 1         | 2         | 38       | 82          | 1753   |
| Hand-Breaded Chicken Tenders - Southern (without | 654      | 17        | 4           | 1         | 2         | 38       | 82          | 1753   |
| House-Made Potato Skins                          | 1332     | 95        | 29          | 8         | 9         | 88       | 31          | 1895   |
| Margherita Flatbread                             | 760      | 38        | 15          | 0         | 5         | 70       | 32          | 1210   |
| Mile High Nachos - Chicken                       | 3249     | 198       | 83          | 0         | 22        | 252      | 127         | 5155   |
| Mile High Nachos - Chili                         | 3369     | 210       | 88          | 1         | 22        | 258      | 125         | 5393   |
| Sampler Platter (without sauces)                 | 2072     | 122       | 42          | 13        | 8         | 108      | 129         | 5296   |
| Seared Ahi Tuna Nachos                           | 1060     | 60        | 7           | 0         | 3         | 92       | 36          | 2409   |
| Spinach-Artichoke Dip                            | 1049     | 51        | 8           | 0         | 11        | 130      | 18          | 732    |
| Wings (without sauces)                           | 1463     | 120       | 25          | 0         | 1         | 2        | 88          | 602    |

| Salads & Soups                                 | Calories | Total Fat | Sat Fat (g) | Trans Fat | Fiber (g) | Carb (g) | Protein (g) | Sodium |
|------------------------------------------------|----------|-----------|-------------|-----------|-----------|----------|-------------|--------|
| BBQ Chopped Salad                              | 860      | 56        | 11          | 2         | 13        | 54       | 43          | 1580   |
| Chicken Caesar Salad                           | 880      | 66        | 12          | 4         | 5         | 34       | 39          | 1380   |
| Chicken Cobb Salad (does not include dressing) | 780      | 54        | 20          | 0         | 7         | 16       | 61          | 1670   |
| Cranberry Apple Spinach Salad                  | 1042     | 63        | 21          | 0         | 7         | 59       | 65          | 2056   |
| Harvest Chopped Salad                          | 1180     | 84        | 20          | 0         | 10        | 52       | 60          | 1810   |
| Mediterranean Quinoa Salad                     | 720      | 61        | 10          | 0         | 7         | 37       | 11          | 1161   |
| Southwestern Salmon Salad                      | 690      | 42        | 7           | 1.5       | 6         | 46       | 33          | 2060   |
| French Onion Soup                              | 298      | 17        | 10          | 0         | 1         | 20       | 14          | 1563   |
| Loaded Potato Soup                             | 253      | 18        | 10          | 0         | 1         | 20       | 5           | 751    |
| Champps Chili                                  | 433      | 29        | 15          | 1         | 3         | 14       | 30          | 1126   |
| Chicken Noodle Soup                            | 280      | 7         | 2           | 0         | 3         | 29       | 24          | 1680   |
| Side Garden Salad                              | 180      | 12        | 2           | 2         | 3         | 18       | 3           | 250    |
| Side Caesar Salad                              | 290      | 23        | 5           | 2         | 2         | 15       | 6           | 580    |

## NUTRITIONAL INFORMATION

| Entreès                                             | Calories | Total Fat | Sat Fat (g) | Trans Fat | Fiber (g) | Carb (g) | Protein (g) | Sodium |
|-----------------------------------------------------|----------|-----------|-------------|-----------|-----------|----------|-------------|--------|
| 12oz Grilled NY Strip                               | 766      | 52        | 21          | 0         | 0         | 0        | 69          | 962    |
| 16oz Bone-In Ribeye                                 | 760      | 34        | 13          | 1         | 1         | 2        | 65          | 990    |
| 8oz Top Sirloin                                     | 588      | 36        | 15          | 0         | 0         | 0        | 61          | 540    |
| Beer-Battered Fish & Chips                          | 1065     | 53        | 6           | 3         | 5         | 99       | 43          | 1928   |
| Blackened Chicken Alfredo                           | 1580     | 99        | 45          | 0         | 7         | 98       | 73          | 1460   |
| Bourbon Salmon                                      | 482      | 25        | 3           | 0         | 0         | 11       | 49          | 696    |
| Creole Jambalaya (includes rice)                    | 1030     | 55        | 13          | 0         | 5         | 69       | 67          | 5310   |
| Harissa Turkey Meatloaf                             | 760      | 47        | 10          | 0.5       | 4         | 24       | 47          | 1601   |
| Mama's Fried Chicken (includes mash and cornbread)  | 1910     | 108       | 46          | 2         | 8         | 157      | 79          | 3721   |
| Nashville Hot Chicken (includes mash and cornbread) | 1980     | 129       | 43          | 1.5       | 10        | 142      | 68          | 4630   |
| Rosemary Grilled Chicken (includes spinach)         | 1510     | 120       | 26          | 0         | 6         | 27       | 88          | 3480   |
| Seaside Shrimp & Pasta                              | 1120     | 53        | 19          | 0         | 7         | 95       | 39          | 2430   |
| Slow-Roasted Baby Back Ribs - Full Rack             | 1686     | 118       | 45          | 1         | 4         | 74       | 86          | 1316   |
| Slow-Roasted Baby Back Ribs - Half Rack             | 970      | 63        | 23          | 0         | 3         | 61       | 44          | 1139   |
| Tuscan Salmon (includes broccoli)                   | 649      | 32        | 6           | 0         | 11        | 38       | 52          | 2104   |

| Handhelds                          | Calories | Total Fat | Sat Fat (g) | Trans Fat | Fiber (g) | Carb (g) | Protein (g) | Sodium |
|------------------------------------|----------|-----------|-------------|-----------|-----------|----------|-------------|--------|
| French Dip                         | 718      | 22        | 6           | 1         | 1         | 38       | 86          | 1197   |
| Barbacoa Skirt Tacos               | 800      | 33        | 4           | 0         | 15        | 90       | 41          | 1770   |
| Buffalo Chicken Sandwich - Fried   | 720      | 24        | 5           | 0         | 1         | 66       | 55          | 1710   |
| Buffalo Chicken Sandwich - Grilled | 591      | 19        | 3           | 0         | 1         | 45       | 55          | 2665   |
| Chicken Salad                      | 814      | 40        | 7           | 0         | 5         | 98       | 12          | 1066   |
| Club Sandwich                      | 659      | 29        | 14          | 0         | 3         | 43       | 60          | 2380   |
| Fiesta Chicken Tacos               | 790      | 35        | 6           | 0         | 10        | 69       | 54          | 1570   |
| Loaded Grilled Cheese              | 1120     | 80        | 24          | 1         | 2         | 53       | 49          | 3000   |
| Pepper Seared Ahi Tacos            | 630      | 41        | 6           | 1         | 6         | 60       | 32          | 2347   |
| Southwest Flatbread Sandwich       | 820      | 55        | 18          | 0.5       | 5         | 16       | 62          | 1627   |
| Turkey Avocado Wrap                | 801      | 45        | 14          | 1         | 6         | 53       | 45          | 2297   |

## NUTRITIONAL INFORMATION

| <b>Burgers</b>                 | <b>Calories</b> | <b>Total Fat</b> | <b>Sat Fat (g)</b> | <b>Trans Fat</b> | <b>Fiber (g)</b> | <b>Carb (g)</b> | <b>Protein (g)</b> | <b>Sodium</b> |
|--------------------------------|-----------------|------------------|--------------------|------------------|------------------|-----------------|--------------------|---------------|
| Bleu Ribbon Burger             | 1237            | 84               | 33                 | 0                | 1                | 48              | 69                 | 2389          |
| Bourbon Wagyu Burger           | 1190            | 71               | 21                 | 1.5              | 2                | 86              | 52                 | 2591          |
| Carolina Burger                | 1019            | 61               | 20                 | 3                | 3                | 61              | 53                 | 1643          |
| Champps Cheeseburger           | 1027            | 67               | 24                 | 0                | 1                | 47              | 56                 | 1624          |
| South of the Border            | 1079            | 70               | 25                 | 0                | 2                | 51              | 59                 | 1795          |
| Southwestern Black Bean Burger | 870             | 52               | 13                 | 0                | 11               | 77              | 25                 | 1420          |
| Truffle Mushroom Wagyu Burger  | 1130            | 81               | 21                 | 1.5              | 2                | 53              | 47                 | 2290          |
| Turkey Burger                  | 990             | 64               | 14                 | 3.5              | 3                | 56              | 49                 | 3107          |
| Wagyu Cheeseburger             | 860             | 53               | 19                 | 1.5              | <1               | 44              | 49                 | 1940          |

| <b>Desserts</b>                 | <b>Calories</b> | <b>Total Fat</b> | <b>Sat Fat (g)</b> | <b>Trans Fat</b> | <b>Fiber (g)</b> | <b>Carb (g)</b> | <b>Protein (g)</b> | <b>Sodium</b> |
|---------------------------------|-----------------|------------------|--------------------|------------------|------------------|-----------------|--------------------|---------------|
| Ice Cream Cookie                | 1407            | 67               | 42                 | 1                | 3                | 195             | 23                 | 667           |
| Messy Sundae                    | 1260            | 56               | 25                 | 0                | 5                | 165             | 17                 | 888           |
| Mile High Ice Cream Pie         | 1947            | 115              | 59                 | 0                | 5                | 210             | 23                 | 786           |
| Peanut Butter Toffee Cheesecake | 1600            | 99               | 53                 | 1.5              | 5                | 120             | 22                 | 950           |

| <b>Sides</b>              | <b>Calories</b> | <b>Total Fat</b> | <b>Sat Fat (g)</b> | <b>Trans Fat</b> | <b>Fiber (g)</b> | <b>Carb (g)</b> | <b>Protein (g)</b> | <b>Sodium</b> |
|---------------------------|-----------------|------------------|--------------------|------------------|------------------|-----------------|--------------------|---------------|
| French Fries              | 497             | 30               | 4                  | 0                | 5                | 49              | 5                  | 926           |
| Broccoli                  | 127             | 65               | 20                 | 0                | 5                | 11              | 3                  | 69            |
| Coleslaw                  | 171             | 13               | 2                  | 0                | 3                | 16              | 3                  | 525           |
| Garlic Mashed Potatoes    | 466             | 29               | 18                 | 0                | 4                | 32              | 4                  | 542           |
| Jalapeno Corn Bread       | 420             | 14               | 5                  | 0                | 2                | 65              | 14                 | 719           |
| Jasmine Rice              | 174             | 0                | 0                  | 0                | 1                | 38              | 1                  | 453           |
| Kettle Chips              | 302             | 19               | 3                  | 0                | 3                | 28              | 3                  | 405           |
| Onion Rings               | 846             | 48               | 6                  | 0                | 4                | 90              | 13                 | 773           |
| Pimento Mashed Potatoes   | 490             | 39               | 23                 | 1                | 3                | 29              | 8                  | 720           |
| Sweet Potato Waffle Fries | 569             | 41               | 7                  | 3                | 3                | 48              | 3                  | 853           |
| Waffle Fries              | 358             | 22               | 2                  | 0                | 3                | 38              | 3                  | 507           |

## NUTRITIONAL INFORMATION

| <b>Dressings ( 2 oz. Portion Size )</b> | <b>Calories</b> | <b>Total Fat</b> | <b>Sat Fat (g)</b> | <b>Trans Fat</b> | <b>Fiber (g)</b> | <b>Carb (g)</b> | <b>Protein (g)</b> | <b>Sodium</b> |
|-----------------------------------------|-----------------|------------------|--------------------|------------------|------------------|-----------------|--------------------|---------------|
| Balsamic Vinaigrette                    | 120             | 12               | 1                  | 0                | 0                | 5               | 0                  | 200           |
| Bleu Cheese                             | 265             | 28               | 0                  | 0                | 0                | 1               | 0                  | 342           |
| Caesar                                  | 380             | 40               | 0                  | 0                | 0                | 2               | 0                  | 500           |
| Chipotle Ranch                          | 212             | 22               | 0                  | 0                | 0                | 15              | 0                  | 270           |
| Citrus Vinaigrette                      | 455             | 41               | 6                  | 0                | 0                | 24              | 0                  | 504           |
| Honey Mustard                           | 302             | 27               | 3                  | 0                | 0                | 15              | 0                  | 300           |
| Lemon Vinaigrette                       | 380             | 42               | 6                  | 0                | 0                | 2               | 0                  | 530           |
| Light Italian                           | 45              | 5                | 1                  | 0                | 0                | 1               | 0                  | 440           |
| Ranch                                   | 212             | 22               | 0                  | 0                | 0                | 15              | 0                  | 270           |
| Southwestern Vinaigrette                | 280             | 28               | 4                  | 0                | 0                | 10              | 0                  | 451           |

| <b>Wing Sauces ( 2 oz. Portion Size )</b> | <b>Calories</b> | <b>Total Fat</b> | <b>Sat Fat (g)</b> | <b>Trans Fat</b> | <b>Fiber (g)</b> | <b>Carb (g)</b> | <b>Protein (g)</b> | <b>Sodium</b> |
|-------------------------------------------|-----------------|------------------|--------------------|------------------|------------------|-----------------|--------------------|---------------|
| Clasic Buffalo                            | 156             | 17               | 3                  | 0                | 0                | 2               | 1                  | 1691          |
| Honey Sriracha                            | 110             | 5                | 1                  | 0                | 0                | 17              | 1                  | 1170          |
| Caribbean Jerk                            | 122             | 4                | 1                  | 0                | 0                | 24              | 1                  | 1302          |
| Hot Honey                                 | 170             | 7                | 1                  | 0                | 1                | 30              | 0                  | 818           |
| Parmesan Garlic                           | 375             | 39               | 8                  | 0                | 1                | 4               | 6                  | 668           |
| Chipotle BBQ                              | 135             | 18               | 3                  | 0                | 0                | 31              | 1                  | 956           |
| Flamin' Hot                               | 73              | 7                | 1                  | 0                | 1                | 4               | 2                  | 1945          |

| <b>Brunch Menu</b>                                           | <b>Calories</b> | <b>Total Fat</b> | <b>Sat Fat (g)</b> | <b>Trans Fat</b> | <b>Fiber (g)</b> | <b>Carb (g)</b> | <b>Protein (g)</b> | <b>Sodium</b> |
|--------------------------------------------------------------|-----------------|------------------|--------------------|------------------|------------------|-----------------|--------------------|---------------|
| Apple Butter French Toast (does not include protein choice)  | 1180            | 54               | 23                 | 0                | 4                | 152             | 20                 | 1080          |
| Champps Breakfast Tacos (does not include hashbrown choice)  | 1210            | 72               | 22                 | 2                | 9                | 91              | 53                 | 2040          |
| Chicken Fried Steak & Eggs (does not include protein choice) | 1090            | 65               | 18                 | 0                | 7                | 58              | 66                 | 2690          |
| Kid's French Toast (does not include protein choice)         | 610             | 28               | 11                 | 0                | 3                | 79              | 12                 | 530           |
| Kid's Scrambler (does not include protein choice or toast)   | 300             | 26               | 6                  | 2                | 0                | 2               | 14                 | 516           |
| Mediterranean Breakfast Sandwich                             | 1070            | 48               | 17                 | 1                | 5                | 102             | 54                 | 2530          |
| Tex Mex Benedict (does not include hashbrown choice)         | 1100            | 63               | 29                 | 0                | 5                | 83              | 53                 | 2850          |



## NUTRITIONAL INFORMATION

| <b>Brunch Menu</b> <i>(continued)</i>           | <b>Calories</b> | <b>Total Fat</b> | <b>Sat Fat (g)</b> | <b>Trans Fat</b> | <b>Fiber (g)</b> | <b>Carb (g)</b> | <b>Protein (g)</b> | <b>Sodium</b> |
|-------------------------------------------------|-----------------|------------------|--------------------|------------------|------------------|-----------------|--------------------|---------------|
| Side of Fresh Fruit <i>(seasonal average)</i>   | 40              | 0                | 0                  | 0                | 2                | 9               | <1                 | 0             |
| Crispy Hashbrowns Side                          | 280             | 16               | 3                  | 0                | 3                | 28              | 6                  | 570           |
| Hashbrown Casserole Side                        | 390             | 29               | 18                 | 1                | 3                | 26              | 9                  | 1110          |
| Applewood-Smoked Bacon Side <i>(two strips)</i> | 55              | 4                | 2                  | 0                | 0                | 0               | 4                  | 182           |
| Sausage Links Side <i>(two links)</i>           | 110             | 7                | 2                  | 0                | <1.00            | 2               | 11                 | 330           |