



NUTRITION GUIDE

APPETIZERS & SOUPS
GOURMET BURGERS & SANDWICHES
SIGNATURE SALADS
PASTA & PIZZA
RIBS & CHICKEN
STEAK & SEAFOOD
CLASSIC PUB FAVORITES
KIDS' MEALS
SALAD DRESSINGS, DIPS & GRAVIES

	SERVING SIZE	ENERGY (Kcal)	TOTAL FAT (g)	TOTAL FAT (% daily value)	SATURATED FAT (g)	TRANS FAT (g)	SATURATED & TRANS FAT (% daily value)	% OF TRANS FAT OF TOTAL FAT	CHOLESTEROL (mg)	CHOLESTEROL (% daily value)	SODIUM (mg)	SODIUM (% daily value)	CARBONHYDRATE (g)	CARBONHYDRATE (% daily value)	FIBRE (g)	FIBRE (% daily value)	SUGAR (g)	PROTEIN (g)	VITAMIN A (% daily value)	VITAMIN C (% daily value)	CALCIUM (% daily value)	IRON (% daily value)
APPETIZERS & SOUPS																						
CLASSIC CHICKEN WINGS (8 PIECES)	310 g	950	59	91	12	0	60	0.0	340	113	250	10	27	9	3	12	0	77	4	0	10	35
MILD SAUCE	60 ml	240	18	28	8	0.4	42	2.2	20	7	840	35	16	5	0	0	16	0.4	8	8	0	0
MEDIUM SAUCE	60 ml	200	16	25	8	0.4	42	2.5	20	7	1320	55	8	3	0	0	8	0.4	15	0	0	0
HOT SAUCE	60 ml	160	16	25	6	0.4	32	2.5	20	7	1880	78	4	1	0	0	4	0.4	15	0	0	0
BLACK PEPPER GARLIC SAUCE	60 ml	240	3	5	0.2	0.1	2	3.3	0	0	850	35	51	17	1	4	23	1	0	0	2	8
HONEY GARLIC SAUCE	60 ml	140	0	0	0	0	0	0.0	0	0	360	15	32	11	0	0	28	1	0	0	0	2
GUINNESS BBQ	60 ml	110	0.1	1	0	0	0	0.0	0	0	520	22	25	8	1	4	21	1	0	0	10	15
HOT STRIPE RANCH	90 ml	340	35	54	7	0.4	37	1.1	20	7	1390	58	5	2	0	0	4	1	8	2	0	2
INDIAN BUTTER SPICE	20 ml	150	14	22	9	0	45	0.0	40	13	440	18	3	1	1	4	1	1	15	4	0	0
LEMON CITRUS PEPPER	30 ml	150	14	22	9	0	45	0.0	40	13	900	38	3	1	1	4	0	0.5	15	10	2	8
SEA SALT AND TOASTED PEPPER	20 ml	130	14	22	9	0	45	0.0	40	13	2460	102	1	1	0	0	0	0.2	15	0	0	4
GOURMET BURGERS & SANDWICHES																						
CLASSIC CHICKEN WINGS (16 PIECES)	620 g	1900	118	182	24	0	120	0.0	680	227	500	21	54	18	6	24	0	154	8	0	20	70
FRENCH ONION SOUP	425 ml	450	23	35	14	0	70	0.0	75	25	510	21	32	11	3	12	6	22	30	35	50	20
BAKED POTATO SOUP	310 ml	240	11	17	4.5	0	23	0.0	25	8	1050	44	28	9	2	8	3	9	4	4	10	6
BROCCOLI CHEDDAR SOUP	300 ml	190	10	15	5	0.1	26	1.0	30	10	1020	43	18	6	5	20	5	9	6	15	25	2
BUTTERNUT SQUASH SOUP	290 ml	100	1	2	0.3	0	2	0.0	0	0	890	37	20	7	2	8	6	1	50	2	2	10
HOMESTYLE MINISTRONE SOUP	295 ml	120	4.5	7	1.5	0.1	8	2.2	10	3	960	40	15	5	5	20	2	6	25	2	10	6
TOMATO BISQUE SOUP	290 ml	120	4	6	1.5	0	8	0.0	5	2	900	38	19	6	3	12	8	4	4	2	8	4
KELSEY'S FULLY LOADED NACHOS	645 g	2160	125	192	44	1.5	228	1.2	255	85	2700	113	167	56	11	44	9	88	70	130	140	50
FOUR CHEESE SPINACH DIP (WITHOUT NAAN)	240 g	450	37	57	22	1	115	2.7	115	38	1290	54	18	6	3	12	11	12	80	60	35	15
BRUSCHETTA FETA (WITHOUT NAAN)	220 g	300	27	42	8	0.3	42	1.1	30	10	1130	47	8	3	2	8	4	9	20	60	15	6
BAKED FETA SHRIMP (WITHOUT NAAN)	295 g	530	44	68	21	1.5	113	3.4	220	73	830	35	13	4	2	8	4	22	40	50	15	25
BAKED NAAN (16 WEDGES)	175 g	590	18	28	2	0	10	0.0	0	0	680	28	83	28	4	16	4	15	0	0	0	40
POPCORN SHRIMP	230 g	540	24	37	1.5	0.5	10	2.1	145	48	1360	57	54	18	2	8	2	25	8	4	6	20
SPICY THAI CHILI SAUCE	30 ml	50	0	0	0	0	0	0.0	0	0	180	8	11	4	0	0	9	1	0	0	0	0
CILANTRO LIME SAUCE	30 ml	50	4	6	2.5	0	13	0.0	10	3	130	5	3	1	0	0	1	1	6	2	2	2
BLUE CHEESE KETTLE CHIPS	300 g	1200	89	137	12	2	70	2.2	35	12	2430	101	82	27	8	32	4	13	2	110	4	30
CALAMARI	235 g	720	50	77	5	1	30	2.0	445	148	1990	83	46	15	3	12	10	24	2	4	6	20
TZATSIKI SAUCE	30 ml	30	2	3	0.5	0	3	0.0	5	2	65	3	2	1	0	0	1	1	2	0	2	0
SPICY THAI CHILI SAUCE	30 ml	50	0	0	0	0	0	0.0	0	0	180	8	11	4	0	0	9	1	0	0	0	0
SIGNATURE SALADS																						
CRACKED PEPPERCORN BURGER	290 g	930	56	86	21	1	110	1.8	145	48	1300	54	58	19	4	16	7	49	10	2	45	70
CHEDDAR BACON BURGER	335 g	910	63	97	25	1	130	1.6	165	55	1390	58	44	15	2	8	7	46	20	8	20	50
BLUE CHEESE BACON BURGER	325 g	890	59	91	27	1	140	1.7	170	57	1470	61	42	14	3	12	7	48	20	8	30	50
CLASSIC BURGER	300 g	780	50	77	19	1	100	2.0	130	43	1140	48	43	14	2	8	7	40	15	8	15	50
KELSEY'S VEGETABLE BURGER	340 g	690	32	49	16	0	80	0.0	25	8	950	40	62	21	12	48	12	39	20	15	35	60
FARMHOUSE TURKEY CLUBHOUSE	405 g	770	33	51	8	0	40	0.0	105	35	2170	90	71	24	5	20	5	54	8	8	0	40
BUFFALO CHICKEN SANDWICH	315 g	660	26	40	7	0.2	36	0.8	120	40	1500	63	53	18	3	12	11	48	10	15	15	30
CLASSIC CLUBHOUSE WRAP	420 g	770	41	63	14	0	70	0.0	105	35	1830	76	63	21	5	20	8	41	15	35	40	15
PHILLY CHEESE STEAK SANDWICH	430 g	920	47	72	12	0.2	61	0.4	95	32	1540	64	66	22	4	16	7	56	35	120	35	35
STACKED PASTRAMI SANDWICH	330 g	650	25	38	14	0.3	72	1.2	150	50	2500	104	54	18	2	8	4	48	15	0	35	50
PULLED PORK SANDWICH	490 g	1170	49	75	19	0	95	0.0	175	58	3620	151	112	37	5	20	25	66	6	20	35	60
ROASTED CHICKEN QUESADILLA *RICE SEE BELOW	410 g	920	54	83	23	0.1	116	0.2	145	48	2290	95	66	22	3	12	8	47	60	150	60	15
PASTA & PIZZA																						
SONOMA VALLEY SALAD (w/ HONEY CITRUS DRESSING)	315 g	550	41	63	7	0.4	37	1.0	20	7	810	34	32	11	5	20	13	14	70	110	15	25
CLUBHOUSE SALAD (w/ RANCH DRESSING, NO CHICKEN)	355 g	530	45	69	13	0.2	66	0.4	50	17	1500	63	23	8	6	24	6	15	60	60	15	15
CAESAR SALAD (w/ CAESAR DRESSING)	255 g	470	41	63	8	0.4	42	1.0	35	12	660	28	18	6	4	16	3	9	150	70	15	15
CHICKEN BREAST (SALAD AND PASTA TOPPER)	100 g	80	1	2	0.2	0	1	0.0	55	18	720	30	0	0	0	0	0	20	0	4	2	4
SALMON (SALAD TOPPER)	95 g	210	12	18	3	0	15	0.0	70	23	200	8	0	0	0	0	22	4	2	2	2	8
SHRIMP (SALAD AND PASTA TOPPER)	75 g	70	1	2	0.2	0	1	0.0	140	47	470	20	0	0	0	0	0	15	4	4	2	15
HOUSE SALAD - SIDE	90 g	80	3.5	5	1	0.1	6	2.9	5	2	150	6	8	3	1	4	2	4	25	15	6	6
SONOMA VALLEY SALAD - SIDE (w/ HONEY CITRUS DRESSING)	155 g	240	14	22	3.5	0.1	18	0.7	10	3	370	15	20	7	4	16	9	9	35	50	8	15
CAESAR SALAD - SIDE (w/ CAESAR DRESSING)	130 g	230	20	31	4	0.2	21	1.0	15	5	330	14	9	3	2	8	2	5	80	35	6	8
STRAWBERRY, SPINACH AND ARUGULA SALAD	215 g	200	14	22	3.5	0	18	0.0	10	3	330	14	13	4	5	20	6	8	80	100	20	25
KELSEY'S COLESLAW	85 g	90	3.5	5	0.4	0	2	0.0	5	2	350	15	12	4	1	4	11	1	0	4	2	2
RIBS & CHICKEN																						
CLASSIC SHRIMP ALFREDO	570 g	760	38	58	17	1.5	93	3.9	235	78	1630	68	68	23	5	20	4	40	50	90	30	50
CHICKEN PESTO LINGUINE	485 g	700	36	55	12	1.5	68	4.2	110	37	1570	65	63	21	3	12	2	36	10	15	20	25
LOBSTER & CRAB LINGUINE	420 g	850	50	77	30	0	150	0.0	205	68	1050	44	63	21	3	12	1	34	60	35	10	30
BALSAMIC CHICKEN PENNE	565 g	760	35	54	12	0.5	63	1.4	110	37	1480	62	72	24	5	20	6	45	60	90	30	40
ITALIAN SAUSAGE RAVIOLI	325 g	700	26	40	8	0.4	42	1.5	65	22	1390	58	90	30	6	24	4	30	15	80	25	50
BARBECUE CHICKEN PIZZA - (8 PIECES)	580 g	1300	59	91	26	0.2	131	0.3	180	60	3800	158	131	44	4	16	25	64	25	10	70	70
VEGETARIAN PIZZA - (8 PIECES)	580 g	940	33	51	13	0	65															

