

# NUTRITIONAL INFORMATION

MADE-FROM-SCRATCH



The nutritional information provided by CraftWorks Restaurants & Breweries, Inc. and/or posted on the Walnut Brewery website is based on the nutritional information and ingredient statements provided by our suppliers and distributors, and by an analysis generated using a software analysis program.

CraftWorks Restaurants, franchisees and licensed properties assume no responsibility for changes in the ingredients or prepared products used in this company's recipes and menu items or for the validity of the information provided by our suppliers and distributors that are the direct or indirect result of the actions or inactions of the suppliers, distributors, and purveyors of said ingredients and products.

The rounding up of figures is based upon guidelines of the FDA. Walnut Brewery provides nutritional information regarding its menu items that is as complete as possible. However, please note the following: (i) Test menu items, specials and/or limited time offers may not be included in the nutritional information contained herein. (ii) Special or customized orders will alter the nutritional information contained herein. (iii) From time to time, Walnut Brewery may have to obtain products from different or substitute suppliers which may alter the nutritional information contained herein. (iv) Menu item ingredients are based upon recipes and portions, but variations may occur based upon ordinary differences inherent in the preparation, local suppliers, region of the country, and season of the year. (v) Each of our menu items are prepared by hand, individually, so serving sizes can vary. (vi) Differences in available dishware, packaging, or containers may affect the serving size. The nutritional information is updated periodically in an attempt to reflect the current nutritional value of our menu items.

## STARTERS (4 SERVINGS)

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Sugars (g)	Fiber (g)	Protein (g)
Kobe Sliders	203	105	11	3	30	480	14	2	0	10
Fried Calamari	143	75	8	1	120	158	8	1	1	9
Blue Cheese Chips	165	113	13	5	19	353	8	1	1	6
Jalapeño Spinach Cheese Dip	298	152	17	9	42	779	26	3	2	11
Pub Wings - Buffalo Sauce & Blue Cheese	179	149	17	5	25	427	2	1	1	6
Pub Wings - Honey Chipotle Sauce & Ranch	185	117	12	3	21	272	13	12	1	5
Brewery Nachos	419	218	25	13	63	1078	32	2	5	21
Brewery Nachos with Beef	493	265	30	15	85	1124	32	2	5	27
Brewery Nachos with Chicken	456	232	26	14	77	1257	32	2	5	27
Add Guacamole	79	62	7	1	0	60	4	0	3	2
Classic Combo	640	370	42	9	135	1140	30	6	2	34
Southwest Egg Rolls	290	160	18	5	35	680	20	3	2	12
Seared Ahi Tuna	328	135	16	2	41	2403	21	14	2	26
Jumbo Lump Crab Cake	203	158	18	4	49	457	5	2	1	6
Chicken Quesadilla	345	240	27	14	63	1371	11	3	4	14
Crab & Shrimp Tower	308	237	27	3	57	765	9	4	4	10
Ball Park Pretzels	482	80	9	5	20	1181	82	4	3	17
Asiago Artichoke & Crab Dip	308	255	28	8	45	885	5	2	0	8

## SOUPS AND SALADS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Sugars (g)	Fiber (g)	Protein (g)
Blackened Chicken Salad	860	570	64	14	100	1750	39	16	5	33
Classic Wedge Salad	570 - 720	470 - 650	52 - 73	13 - 19	40 - 85	1220 - 1340	8	3 - 6	2	12 - 18
Greenhouse Salad	540 - 1340	380 - 1180	42 - 130	12 - 26	60 - 120	480 - 1960	16 - 44	6 - 34	8	18 - 26
Greenhouse Side Salad	270 - 670	190 - 590	21 - 65	6 - 13	30 - 60	240 - 980	8 - 22	3 - 17	4	9 - 13
Brewery Chili, Bowl	572	293	33	16	98	1698	38	11	7	31
Brewery Chili, Cup	194	95	11	5	31	736	12	4	3	13
Chicken Caesar	959	671	75	14	153	2715	20	3	5	51
Salmon Caesar	1004	762	85	17	136	1972	20	3	5	39
Caesar Side Salad	389	325	36	7	4	749	10	3	2	5
Spinach Salad	840	570	63	19	220	1820	35	16	4	31
Spinach Salad with Chicken	960	590	66	19	275	4250	36	16	4	57
Spinach Salad with Salmon	1000	630	70	20	280	1870	35	16	4	54
Chicken Waldorf	883	512	57	11	94	1588	59	43	6	34
Brewer's Cobb	558	335	37	15	295	1278	15	4	7	41
Asian Ahi Salad	583	341	38	6	46	1258	35	17	6	27
Seafood Chef Salad	879	378	42	6	627	474	78	57	12	48
Santa Fe Ranch Chicken Salad	724	358	40	10	101	1981	47	10	9	45

<b>SALAD DRESSINGS (1 OZ)</b>	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Sugars (g)	Fiber (g)	Protein (g)
Balsamic Vinaigrette	60	45	5	1	0	190	4	3	0	0
Ranch Dressing	118	110	12	2	1	156	2	1	0	1
Blue Cheese Dressing	144	133	15	4	10	199	1	1	0	1
Caesar Dressing	190	172	20	4	15	330	1	1	0	1
Roasted Jalapeño Ranch	120	113	13	2	1	244	2	1	0	1
Honey Vinaigrette	127	99	12	2	7	154	7	6	0	0
Tangy Vinaigrette	130	100	11	1	0	80	7	7	0	0
Ginger Citrus Dressing	110	91	10	2	3	198	5	4	0	0
Russian Dressing	140	117	13	2	5	260	5	3	0	0

<b>MAIN DISHES</b>	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Sugars (g)	Fiber (g)	Protein (g)
Southwestern Shrimp and Chicken	984	382	42	18	253	2793	92	11	4	58
Chicken Fried Chicken	1429	732	81	37	298	4312	92	12	7	78
Chicken Flautas	828	213	24	4	0	3051	128	5	13	19
Creole Jambalaya with White Rice	1042	564	63	26	209	3478	65	7	2	52
Chicken Enchiladas	922	458	51	24	183	3069	58	6	12	54

<b>BREWMASTER'S SELECTIONS</b>	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Sugars (g)	Fiber (g)	Protein (g)
Classic Mac 'N Chicken with Side Caesar Salad	1303	485	54	27	167	2386	129	12	8	68
Classic Mac 'N Chicken with Greenhouse Side Salad	1306	472	52	26	163	2324	136	18	8	66
Hazelnut Crusted Chicken	736 - 816	484 - 544	55 - 61	16 - 17	46 - 56	1751 - 2001	48 - 53	2 - 3	8 - 10	15 - 18
Tuscan Chicken Pasta	1460	670	75	20	290	4550	127	7	7	67
Tuscan Shrimp Pasta	1240	640	72	20	330	2790	98	7	6	50
Lobster & Shrimp Cavatappi	1430	740	82	40	460	1660	107	2	4	64
Steak & Fries	509	320	36	16	131	583	7	1	0	38
Cajun Fish Tacos	1160	480	53.5	10	140	2530	113	6	5	50
Lobster & Shrimp Tacos	940	415	46.5	13	175	1770	83	3	5	42
Buffalo Fajitas	1185	347	39	11	108	5231	125	14	15	78

<b>WB SIGNATURE STEAKS</b>	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Sugars (g)	Fiber (g)	Protein (g)
New York Strip	827	516	57	24	197	498	2	0	0	70
Top Sirloin	768	483	54	23	162	550	4	1	0	63
Filet Mignon	689	446	50	19	147	663	12	2	1	46
Texas Fire Steak, Top Sirloin	939	652	72	31	162	555	4	1	1	63
Texas Fire Steak, Filet	840	617	69	30	147	697	6	2	1	46
Texas Fire Steak, New York Strip	1060	739	82	35	197	569	4	1	1	71
Bourbonzola Topping	204	54	6	4	14	643	24	14	1	5

<b>SEAFOOD</b>	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Sugars (g)	Fiber (g)	Protein (g)
Off the Hook: Cod	568	218	24	9	87	1466	40	5	3	41
Off the Hook: Grouper	588	224	25	10	75	1464	40	5	3	44
Off the Hook: Halibut	622	247	27	10	65	1466	40	5	3	47
Off the Hook: Mahi Mahi	575	219	24	10	146	1534	40	5	3	43
Off the Hook: Salmon	767	400	44	14	119	1476	40	5	3	46
Off the Hook: Sea Bass	598	242	27	10	83	1494	40	5	3	43
Off the Hook: Snapper	602	230	26	10	75	1486	40	5	3	47
Off the Hook: Swordfish	644	278	31	11	79	1538	40	5	3	45
Off the Hook: Trout	699	324	36	11	117	1462	40	5	3	47
Off the Hook: Wahoo	716	347	39	14	95	1530	40	5	3	46
Off the Hook: Walleye	566	220	24	10	142	1555	40	5	3	40
Cedar Plank Pecan Crusted Salmon	1060 - 1090	610 - 630	67 - 77	17 - 20	190 - 200	2360 - 2480	62	15	6	56
Cod Fish & Chips	1103	568	63	11	131	3102	80	5	5	50
Ponzu Salmon	592	237	26	5	84	3200	52	13	5	37

## STEAKBURGERS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Sugars (g)	Fiber (g)	Protein (g)
Kobe Cheeseburger	670	340	38	16	160	1280	24	3	1	53
The Laredo	1050	641	71	23	150	1358	51	8	5	50
Hickory Bacon BBQ	988	511	57	25	177	2195	58	16	2	58
Patty Melt	1095	553	61	24	183	1688	68	7	1	60
The 2:00 A.M. Burger	1062	555	62	25	405	2026	61	7	3	70
The Classic Cheeseburger	793	390	43	19	123	1076	47	2	8	43
Bacon	152	121	13	6	24	503	0	0	0	7
Veggie Burger	582	200	22	10	47	1853	74	11	5	22
Bourbonzola Burger	915	360	40	17	137	1641	74	26	2	49
The Laredo Veggie Burger	954	536	60	20	74	2135	78	11	8	28
Hickory Bacon BBQ Veggie Burger	891	405	45	21	101	2971	85	19	5	36
The 2:00 A.M. Veggie Burger	966	449	50	21	298	2627	88	10	6	41
Bourbonzola Veggie Burger	818	254	28	13	61	2418	101	29	5	27
The Classic Veggie Burger	582	200	22	10	47	1853	74	11	5	22
Patty Melt Veggie Burger	998	447	50	21	107	2465	95	10	4	39

## SANDWICHES

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Sugars (g)	Fiber (g)	Protein (g)
Hickory Bacon Chicken Sandwich	720	330	37	10	135	2510	50	25	1	46
Blackened Chicken Sandwich	780	410	46	7	115	1960	48	17	2	43
Chicken Avocado Sandwich	840	480	53	10	120	2090	43	18	5	45
Brewer's Club	1054	582	65	25	149	3115	59	7	1	55
Reuben	856	417	46	19	131	3373	56	4	5	50
Turkey Reuben	706	344	30	13	120	3047	45	4	5	50
Pulled BBQ Pork	840	423	47	15	100	4457	74	28	2	31
Roasted Turkey Sandwich	850	320	36	8	145	2080	66	8	3	62

## RUSTIC PIZZAS (1 SLICE)

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Sugars (g)	Fiber (g)	Protein (g)
Pepperoni Pizza	142	49	5	2	11	292	17	1	1	7
BBQ Chicken Pizza	166	50	6	2	16	405	20	3	1	9
Fab Five Pizza	154	55	6	3	13	315	18	2	1	7
Margherita Pizza	136	46	5	2	9	231	17	1	1	5
Roasted Vegetable Pizza	220	100	11	3.5	15	510	22	2	1	8

## SIDES

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Sugars (g)	Fiber (g)	Protein (g)
French Fries with Entrée	152	68	8	2	0	575	18	0	2	2
Side of French Fries	612	272	30	6	0	3773	73	0	8	8
Housemade Chips with Entrée	162	81	9	2	0	147	18	0	1	1
Side of Housemade Chips	324	162	18	4	0	294	36	0	3	3
Onion Rings Side	467	269	30	5	0	1156	48	8	3	5
Brewery Slaw	87	66	7	1	0	63	5	3	1	1
Fresh Fruit	81	6	1	0	2	10	19	16	1	0
Vegetables with Entrée	80 - 110	60 - 80	6 - 10	.5 - 3	0 - 10	250 - 370	5	1	2	3
White Cheddar Mashed Potatoes with Entrée	269	133	15	9	36	869	27	0	3	7
Side of White Cheddar Mashed Potatoes	537	266	30	18	71	1738	53	1	7	13
Lemon Rice with Entrée	157	21	2	0	0	633	30	1	0	3
Side of Lemon Rice	314	43	5	1	0	1266	61	2	1	6
Red Ale Rice with Entrée	215	29	3	0	0	953	39	2	0	4
Side of Red Ale Rice	431	57	6	1	0	1905	78	4	1	8
Black Beans	130	5	0.5	0	0	450	26	0	1	3
Mac 'N Cheese Side	379	124	14	8	34	477	46	4	2	15

## DESSERTS (4 SERVINGS)

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Sugars (g)	Fiber (g)	Protein (g)
Carrot Cake	504	260	29	9	56	231	56	40	3	5
Triple Chocolate Brownie	308	158	18	11	83	83	36	30	1	4
Pint Glass Sundae	225	128	15	5	16	78	21	15	1	4
White Chocolate Bread Pudding	443	225	25	13	105	225	51	31	2	6
Warm Donut Holes	274	117	13	7	23	223	36	26	1	2

## BEVERAGES

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Sugars (g)	Fiber (g)	Protein (g)
Fresh-Squeezed Lemonade	160	0	0	0	0	10	42	39	0	0
Strawberry Lemonade	160	0	0	0	0	10	42	39	0	0
Mango Iced Tea	140	0	0	0	0	20	36	27	3	0
Raspberry Iced Tea	70	0	0	0	0	10	19	16	0	0
Arnold Palmer	70	0	0	0	0	0	18	16	0	0
Housemade Root Beer	140	0	0	0	0	30	36	35	0	0
Coopers Iced Brewed Tea	0	0	0	0	0	8	0	0	0	0
Diet Pepsi	0	0	0	0	0	50	0	0	0	0
Dr Pepper	182	0	0	0	0	58	45	45	0	0
Lipton Brisk Raspberry Iced Tea	149	0	0	0	0	83	40	38	0	0
Mountain Dew	182	0	0	0	0	83	51	51	0	0
Pepsi	165	0	0	0	0	41	45	45	0	0
Sierra Mist	165	0	0	0	0	41	43	43	0	0
Tropicana Lemonade	165	0	0	0	0	99	45	43	0	0
Unsweetened Iced Tea	0	0	0	0	0	0	1	0	0	0

## KIDS MENU

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Sugars (g)	Fiber (g)	Protein (g)
Kids Burger	400	176	20	7	70	670	28	5	1	24
Kids Burger with Cheese	471	230	26	11	85	1008	28	5	1	28
Kids Lil Chicken Tenders, Fried	312	93	10	1	73	1107	23	2	1	32
Kids Lil Chicken Tenders, Grilled	148	34	4	0	72	768	0	10	0	28
Kids Grilled Cheese	313	159	18	10	30	950	28	4	2	12
Kids Buttered Noodles	420	211	23	12	0	18	46	1	2	8
Kids Mac N' Cheese	340	99	11	3	25	830	48	11	2	12
Kids Make-Your-Own-Pizza	540	172	19	8	39	1036	69	6	3	23
Kids Steak	333	200	22	9	81	79	0	0	0	31
Kids French Fries	76	34	4	1	0	287	9	0	1	1
Kids White Cheddar Mashed Potatoes	179	89	10	6	24	579	18	0	2	4
Kids Side of Broccoli	23	2	0	0	0	18	4	1	1	2
Kids Root Beer Bottom Float	278	72	8	5	28	48	53	47	0	2
Kids Sundae	400	139	15	9	43	138	61	40	0	3
Kids Chocolate Milk	363	56	6	4	25	186	63	53	0	10

## BRUNCH MENU

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Sugars (g)	Fiber (g)	Protein (g)
Huevos Rancheros	1146	513	57	27	522	2910	99	13	15	55
Breakfast Burrito	1497	754	84	41	775	3508	111	15	15	71
Eggs Benedict - Traditional	1248	907	101	51	1120	2279	37	4	1	43
Eggs Benedict - Vegetarian	1265	974	108	51	1075	1309	43	4	6	28
French Toast	1002	383	43	14	434	1965	126	49	2	25
Apple French Toast	1155	442	49	17	434	2010	149	69	4	25
Western Omelet	1101	627	70	29	916	2714	62	10	5	53
Brewer's Breakfast	993	519	58	21	662	2582	79	24	6	37
Biscuits & Gravy	1414	938	104	49	238	2846	78	7	2	28
Kids Pancake	291	133	15	6	29	902	28	6	1	11

## HAPPY HOUR

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Sugars (g)	Fiber (g)	Protein (g)
Southwest Egg Rolls	870	480	54	15	105	2040	60	9	6	36
Ball Park Pretzels	1928	319	35	17	80	4724	328	14	10	66
Smoked Tomato Bruschetta	570	210	21	6	15	2400	75	6	3	21
Chips with Salsa & Guacamole	556	254	28	3	0	785	73	14	2	10
BBQ Pork Sliders	570	180	18	6	75	1080	63	15	3	30
Chicken Quesadilla	1380	960	108	56	252	5484	44	12	16	56
Seared Ahi Tuna	1312	540	64	8	164	9612	84	56	8	104
Fried Calamari	570	300	33	3	480	630	33	3	3	36
Jalapeño Spinach Cheese Dip	1192	608	68	36	168	3116	104	12	8	44
Pepperoni Pizza (per slice)	142	49	5	2	11	292	17	1	1	7
BBQ Chicken Pizza (per slice)	166	50	6	2	16	405	20	3	1	9
Fab Five Pizza (per slice)	154	55	6	3	13	315	18	2	1	7
Margherita Pizza (per slice)	136	46	5	2	9	231	17	1	1	5
Roasted Vegetable Pizza (per slice)	220	100	11	3.5	15	510	22	2	1	8
Southwest Combo	1732	878	98	31	154	3703	165	26	10	56

## VALUE LUNCH

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Sugars (g)	Fiber (g)	Protein (g)
French Fries with Entrée	152	68	8	2	0	575	18	0	2	2
Side of Housemade Chips	162	81	9	2	0	147	18	0	1	1
Brewery Slaw	87	66	7	1	0	63	5	3	1	1
Greenhouse Side Salad	270	190	21	6	30	240	8	3	4	9
Cup of Soup	102 - 358	18 - 262	2 - 28	1 - 17	15 - 106	366 - 1366	4 - 35	0 - 3	1 - 11	3 - 14
Brewer's Club	527	291	33	13	75	1558	30	4	1	28
Reuben	428	209	23	10	66	1687	28	2	3	25
Pulled BBQ Pork	420	212	24	8	50	2229	37	14	1	16
Chicken Waldorf	537	311	35	5	41	657	43	34	4	13
Brewer's Cobb	334	204	23	8	254	671	9	2	4	24
Santa Fe Ranch Chicken Salad	411	302	34	7	14	883	20	5	5	8

## SOUP. SALAD. SATISFACTION.

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Sugars (g)	Fiber (g)	Protein (g)
Baked Potato & Cheddar Soup, Cup	180	138	15	7	33	366	4	0	1	7
Chicken Noodle Soup, Bowl	127	23	3	1	19	914	15	3	3	11
Chicken Noodle Soup, Cup	102	18	2	1	15	731	12	2	2	9
Clam Chowder, Bowl	438	311	35	21	131	1451	19	1	4	11
Clam Chowder, Cup	358	255	28	17	106	1186	15	1	3	9
Cream of Broccoli Soup, Bowl	301	161	18	10	49	1228	21	4	7	13
Cream of Broccoli Soup, Cup	246	133	15	8	40	991	17	3	5	11
Tomato Bisque Soup, Bowl	322	237	26	8	48	1129	16	3	14	6
Tomato Bisque Soup, Cup	262	262	21	7	39	916	13	2	11	5
Lobster Bisque, Bowl	340	243	27	13	75	1060	19	1	8	5
Lobster Bisque, Cup	170	122	14	7	38	530	10	1	4	3
Stout Onion Soup, Bowl	656	210	23	12	54	2754	70	1	10	28
Stout Onion Soup, Cup	325	103	11	6	26	1366	35	1	5	14
Bread Service (1 roll)	151	64	7	4	35	166	18	0	3	4
Greenhouse Side Salad	270 - 670	190 - 590	21 - 65	6 - 13	30 - 60	240 - 980	8 - 22	3 - 17	4	9 - 13