

NUTRITIONAL INFORMATION



"Thank you for being a Lazy Dog guest! Whenever possible, we use local, organic and humanely harvested ingredients because they just taste better.

We understand you rely on us to deliver quality food, and we take that responsibility seriously. We hope this message finds you well, happy, and hungry!"

--The Lazy Dog Café

The Lazy Dog is constantly evolving the menu and therefore our test items, seasonal items and any special promotional items may not have the nutritional information available. Once an item makes the "cut" to our permanent menu we will be sure to add the nutritional information as well.

The attached information is based on a number of sources, including: information provided by our suppliers and manufacturers, standard published USDA analysis, assistance from an outside, nutritional analysis company, and standard industry computer software. All nutritional information is rounded up to comply with FDA guidelines. The nutritional information accuracy cannot be guaranteed based on several factors, including: variance in recipe production and portioning, substitutions on products made by our suppliers from time to time, seasonal variance of products, and regional adjustments to our recipes. Any modification of menu items will also change the nutritional value.

The Lazy Dog Café nutritional values provided in this guide should be considered approximations.

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STARTERS (dipping sauce not included)

	Calories	Fat	Sat Fat	Sodium	Carbs	Fiber	Protein
Hawaiian Ahi Poke w/o Seaweed Salad (4 portions)	110	6g	1.5g	190mg	6g	< 1g	8g
Cajun Fries (4 servings total)	220	13g	2.5g	700mg	24g	3g	3g
Wok Fired Calamari (4 servings total)	330	17g	3g	200mg	32g	2g	12g
Chicken Tenders w/o FF (per tender)	180	4g	1g	370mg	18g	1g	18g
Grilled Garlic Flatbread (8 servings total)	140	7g	3.5g	330mg	14g	< 1g	4g
Hummus Trio (4 servings total)	260	16g	5g	630mg	23g	3g	6g
Inside Out Quesadilla (6 servings total)	230	16g	9g	430mg	11g	1g	11g
Mediterranean Pizzetti (4 portions)	190	12g	3.5g	300mg	15g	< 1g	6g
Chicken Lettuce Wraps (5 portions)	120	7g	1.5g	100mg	9g	< 1g	8g
Sundried Tomato Spinach Dip (4 servings total)	320	23g	8g	490mg	19g	3g	10g
Togarashi Edamame (4 servings total)	140	9g	1.5g	820mg	8g	3g	8g
Wings BBQ (per wing)	220	18g	4g	115mg	3g	0g	11g
Wings High Altitude (per wing)	230	19g	4.5g	370mg	2g	0g	10g
Zucchini Fries (per piece)	50	3g	1g	65mg	4g	0g	1g

GREENS (no dressing included)

Wedge	190	13g	8g	610mg	10g	3g	11g
Mixed Greens	240	12g	2.5g	470mg	30g	6g	5g
Caesar	270	13g	6g	700mg	25g	5g	14g
Cobb	680	44g	17g	1750mg	13g	6g	58g
Maggies Snake River	570	39g	14g	980mg	36g	5g	25g
Tex Mex	600	36g	10g	840mg	34g	10g	38g
Grilled Mahi Mahi Caesar	420	16g	4g	540mg	29g	14g	44g
Grilled Chicken Caesar	470	20g	7g	950mg	25g	5g	47g

DIPS & DRESSINGS (2oz portion)

Bleu Cheese	270	29g	5g	310mg	2g	0g	2g
Sherry Dressing	220	21g	3g	580mg	5g	0g	0g
Asian Vinaigrette	240	22g	3g	530mg	11g	< 1g	1g
Balsamic	330	31g	4.5g	330mg	11g	0g	1g
Caesar	250	26g	4g	320mg	3g	0g	2g
Ranch	170	17g	3g	360mg	3g	0g	1g
Tex-Mex	150	14g	2g	360mg	6g	0g	1g
Thousand Island	210	21g	3g	390mg	6g	0g	11g

LUNCH SPECIALS

1/2 Chicken BLT Sandwich (no side)	500	27g	6g	1050mg	24g	4g	40g
1/2 Grilled Cheese Sandwich (no side)	690	52g	28g	1330mg	26g	1g	31g
1/2 Walnut Chicken Salad Sandwich (no side)	450	31g	4.5g	520mg	23g	3g	22g
Add Wedge Salad (no dressing)	190	13g	8g	610mg	10g	3g	11g
Add Mixed Greens House (no dressing)	240	12g	2.5g	470mg	30g	6g	5g
Add Caesar Salad (no dressing)	270	13g	6g	700mg	25g	5g	14g
House-made Chili Bowl (No Flatbread Included)	630	32g	14g	2000mg	44g	11g	43g
House-made Chili Cup (No Flatbread Included)	450	24g	11g	1390mg	30g	8g	31g
Tomato Bisque Bowl (No Flatbread Included)	420	31g	15g	1440mg	26g	2g	4g
Tomato Bisque Cup (No Flatbread Included)	270	21g	10g	950mg	16g	1g	2g
Chicken Tortilla Bowl (No Flatbread Included)	470	23g	8g	850mg	36g	5g	31g
Chicken Tortilla Cup (No Flatbread Included)	300	13g	4.5g	540mg	26g	3g	20g

LUNCH SPECIALS CONT.

	Calories	Fat	Sat Fat	Sodium	Carbs	Fiber	Protein
Baja Shrimp Tacos	1040	43g	7g	2240mg	129g	11g	32g
Sundried Pesto Pasta (No Flatbread Included)	830	45g	13g	920mg	67g	6g	39g
Tomato Basil Bisque & Grilled Cheese Sticks	1050	71g	37g	2480mg	65g	3g	36g
Pesto Chicken Hummus Salad (petite portion)	940	59g	8g	1450mg	61g	7g	43g
Fish and Chips (2 pcs.)	1650	108g	19g	2470mg	138g	20g	37g
Lunch Portion Wok Fried Chicken	320	22g	4g	170mg	5g	0g	23g
with Kung Pao (Sauce & Vegetables)	480	35g	5g	1600mg	33g	5g	10g
with Orange Peel (Sauce & Vegetables)	390	22g	3.5g	1000mg	47g	5g	5g
with Sweet & Spicy (Sauce & Vegetables)	380	19g	3g	240mg	50g	3g	4g
with Teriyaki (Sauce & Vegetables)	340	23g	4g	1500mg	31g	3g	5g
with Brown Rice	320	2.5g	0.5g	15mg	67g	5g	8g
with White Portion	310	0.5g	0g	0mg	67g	< 1g	6g

SANDWICHES (no sides included)

BBQ Beef	750	29g	12g	1910mg	72g	3g	48g
Buffalo Chicken	1240	62g	16g	3370mg	112g	11g	55g
Chicken Foccacia	1380	85g	20g	1690mg	86g	4g	70g
Club Sandwich	1220	70g	13g	2020mg	77g	4g	70g
Grilled Cheese (No Pickle Included)	1090	75g	42g	2070mg	50g	2g	54g
Pot Roast	1110	60g	20g	2820mg	85g	4g	58g
Walnut Chicken Salad	980	64g	8g	1230mg	65g	9g	44g

BURGERS (sides not included)

Ahi Tuna Burger	720	24g	8g	1350mg	74g	11g	55g
Baja California Burger	1100	72g	25g	1760mg	56g	6g	56g
BBQ Bacon Burger	1180	69g	28g	2100mg	68g	4g	66g
Cheeseburger Burger	950	57g	24g	1040mg	50g	3g	55g
Hamburger Burger	840	48g	18g	870mg	50g	3g	48g
Lazy Dog Burger Burger	1190	80g	27g	1320mg	59g	4g	56g
Bleu Burger	1190	80g	28g	2040mg	51g	3g	62g

PASTA (no flatbread included)

Fettucinne Alfredo	1320	75g	41g	1670mg	124g	7g	35g
Spaghetti & Marinara	810	16g	6g	1070mg	131g	12g	34g
Spaghetti & Meat Sauce	1340	60g	23g	1160mg	125g	10g	72g
Sundried Pesto Penne	1650	89g	26g	1840mg	134g	12g	79g
Carbonara	1780	111g	50g	3520mg	131g	10g	59g
Chicken Chow Mein	1260	47g	9g	3560mg	121g	9g	81g

SOUPS (No Flatbread or Crackers Included)

House-made Chili Bowl	630	32g	14g	2000mg	44g	11g	43g
House-made Chili Cup	450	24g	11g	1390mg	30g	8g	31g
Tomato Bisque Bowl	420	31g	15g	1440mg	26g	2g	4g
Tomato Bisque Cup	270	21g	10g	950mg	16g	1g	2g
Chicken Tortilla Bowl	470	23g	8g	850mg	36g	5g	31g
Chicken Tortilla Cup	300	13g	4.5g	540mg	26g	3g	20g

THE BRICK OVEN (per slice)

	Calories	Fat	Sat. Fat	Sodium	Carbs	Fiber	Protein
BBQ	190	7g	3.5g	370mg	19g	< 1g	12g
Mini BBQ	180	7g	3.5g	350mg	17g	< 1g	12g
Black and Blue	240	14g	5g	530mg	16g	< 1g	13g
Mini Black and Blue	230	13g	5g	510mg	14g	< 1g	13g
Cheese	140	6g	3.5g	270mg	14g	< 1g	7g
Mini Cheese	120	6g	3g	230mg	12g	< 1g	6g
Margherita	210	13g	4.5g	380mg	15g	< 1g	8g
Mini Margherita	200	13g	4.5g	360mg	14g	< 1g	7g
Mediterranean Flatbread	200	12g	3.5g	320mg	17g	1g	6g
Mini Meditteranean Flatbread	190	12g	3.5g	300mg	15g	< 1g	6g
Pepperoni	170	9g	4.5g	370mg	14g	< 1g	8g
Mini Pepperoni	150	8g	4g	340mg	12g	< 1g	7g
Yankee	170	9g	4g	370mg	14g	< 1g	8g
Mini Yankee	160	9g	4g	350mg	13g	< 1g	8g

WOK FIRED DISHES

Kung Pao (Sauce & Vegetables)	480	35g	5g	1600mg	33g	5g	10g
Orange Peel (Sauce & Vegetables)	390	22g	3.5g	1000mg	47g	5g	5g
Sweet & Spicy (Sauce & Vegetables)	380	19g	3g	240mg	50g	3g	4g
Teriyaki (Sauce & Vegetables)	340	23g	4g	1500mg	31g	3g	5g
Wok Fired Chicken	640	44g	8g	340mg	10g	0g	46g
Wok Fired Calamari	600	44g	8g	300mg	16g	0g	32g
Wok Fired Shrimp	630	45g	8g	510mg	12g	0g	41g
Wok Fired Tofu	650	54g	9g	30mg	11g	5g	36g
Wok Rice: Brown Rice	320	2.5g	0.5g	15mg	67g	5g	8g
Wok Rice: White Portion	310	0.5g	0g	0mg	67g	< 1g	6g
Stir Fried Brown Rice (4 Portions)	350	9g	2g	960mg	56g	5g	11g
Stir Fried White Rice (4 Portions)	340	8g	1.5g	950mg	55g	2g	10g

FAVORITES (all sides & sauces included)

Coulotte Steak	1260	83g	34g	1830mg	66g	8g	59g
Garlic Butter Flatiron Steak	1340	91g	38g	2030mg	64g	8g	63g
Not Your Mama's Meatloaf (Petite Portion)	890	50g	21g	2610mg	83g	10g	25g
Not Your Mama's Meatloaf	1150	63g	26g	3570mg	106g	13g	38g
Mushroom Flatiron Steak	1230	77g	30g	1930mg	67g	9g	64g
New York Steak	1730	120g	48g	2060mg	64g	8g	93g
Pot Roast	1080	62g	25g	2860mg	63g	9g	66g
Bahama Chicken	1070	16g	2.5g	3900mg	148g	9g	80g
Pesto Chicken Hummus Salad	1730	116g	17g	2440mg	90g	12g	82g
Smothered Chicken	1230	65g	28g	2140mg	69g	9g	88g
Cast Iron Trout	790	53g	17g	1550mg	26g	5g	53g
Fish and Chips	2150	138g	24g	3240mg	168g	20g	59g
Ginger Soy Salmon	930	49g	8g	2350mg	68g	6g	56g
Tortilla Crusted Mahi Mahi	730	9g	3.5g	1470mg	103g	10g	57g
Ahi Fish Tacos	1130	35g	6g	2080mg	147g	14g	57g

(noo-trish-uhn)

SIDES

	Calories	Fat	Sat Fat	Sodium	Carbs	Fiber	Protein
French Fries	490	27g	6g	1200mg	56g	5g	5g
Cajun Fries (no dip included)	630	37g	7g	1890mg	66g	7g	7g
Confetti Veggies	210	16g	7g	510mg	10g	3g	2g
Mashed Potatoes	570	32g	20g	1160mg	67g	5g	9g
Sauteed Spinach	220	16g	7g	600mg	9g	4g	6g
Steamed Edamame	320	15g	1.5g	30mg	25g	10g	28g
Traditional Cole Slaw--Full Side	630	45g	7g	620mg	56g	18g	11g

(noo-trish-uhn)