

ELEPHANT BAR

Nutritional Information

Effective 4/29/2015

Category	Cal (Kcal)	Fat-T (g)	Fat-S(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)
Shareables/Bar Bites									
Chicken Lettuce Wraps	610	35	8	125	1950	38	4	22	37
Chicken Potstickers	710	21	2.5	10	1230	60	2	21	3
Coconut Shrimp Skewers	640	27	7	60	2020	82	5	49	22
French Onion Ribeye Sliders	700	33	12	100	1460	56	2	8	43
Nachos	1850	116	45	170	3040	154	18	20	45
Nachos with BBQ Chicken	2040	120	46	245	3430	163	18	26	73
Parmesan Crusted Green Beans	1140	88	19	50	2110	59	4	26	22
Potato Skins	870	63	18	70	1920	53	9	4	24
Potato Skins with Buffalo Chicken	1320	93	30	135	5090	80	10	7	40
Quick-Seared Ahi Tuna	390	17	3	50	2390	28	1	12	28
Soy-Ginger Calamari	720	49	8	265	2750	29	3	12	40
Tempura Salmon Roll	710	27	6	10	1410	100	4	29	18
The Grazer	3360	205	47	220	13730	312	26	117	71
The Mammoth	2440	137	51	275	15730	562	41	39	131
Zesty Artichoke Dip	1300	87	28	120	1500	105	8	6	29
American Flair									
Apple Cider Glazed Pork Chop	1380	90	32	310	5710	59	6	15	84
Cajun Chicken	480	11	3	100	2080	54	7	5	44
Cowboy Ribeye	1430	89	32	360	5830	60	6	10	102
Farmhouse Chicken	2000	172	56	325	8380	53	10	9	69
Grilled Ham & Turkey Triple Club	860	59	9	80	2220	43	8	8	35
Kona BBQ Pork Ribs - Full Rack	1740	144	47	465	4080	68	9	45	118
Kona BBQ Pork Ribs - Half Rack	910	97	28	235	2440	84	7	34	62
Lemon Garlic Chicken Breast	570	19	4	95	1200	55	7	7	45
Mango and Baby Kale Salad	410	31	8	20	190	26	5	18	12
Monterey Chicken Sandwich	1340	88	19	195	2140	35	5	3	71
Napa Valley Cobb Salad	1830	146	41	350	2670	55	13	22	77
Pecan Rainbow Trout	1700	111	21	130	4980	121	15	1	60
Petite Sirloin	410	29	16	155	780	2	0	1	36
Philly Cheese Steak	850	49	19	115	1610	52	4	6	50
Pistachio Crusted Salmon Salad	1390	103	19	115	6770	68	11	24	55
Pub Burger	1850	151	59	365	3670	114	9	9	83
Top Sirloin	1150	72	26	230	5770	58	6	8	68
Triple-Smoked Burger	1520	121	40	280	1710	31	7	3	74

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Globally Inspired									
Baked French Onion Soup	330	20	11	55	820	19	2	6	18
Blackened Mahi-Mahi	1080	75	18	175	4210	62	12	10	44
Caramelized Pear & Blue Cheese Burger	1330	100	30	230	2190	35	3	10	68
Chicken Marsala	1080	63	27	235	3080	55	7	7	67
Chicken Tortilla Soup	400	21	8	35	870	41	5	5	15
Chimichurri Gardenburger	770	46	9	10	1330	72	10	9	19
Crispy Teriyaki Chicken	1010	53	9	120	2570	75	5	49	77
Garlic Chicken Alfredo	1440	107	54	435	1910	69	1	2	53
Herb Crusted Lamb Chops	1970	146	42	190	4300	112	13	17	56
Home-Style Pot Roast	640	22	10	115	2910	57	6	14	45
Macau Shrimp & Noodle Soup with Salmon	680	33	6	165	2470	50	3	15	41
Mediterranean Chicken Sandwich	1340	58	12	135	5170	120	7	8	52
MisoYaki Salmon	1030	47	9	115	2210	52	5	37	49
Mongolian Beef	1020	76	19	65	2470	58	5	40	48
Moroccan Shrimp Salad	660	43	11	60	700	61	7	27	12
Old English Fish & Chips	1090	43	8	110	5830	73	3	4	50
Orange Peel Chicken	1050	36	6	110	1840	65	6	44	65
Parmesan Chicken	1580	94	41	225	3694	108	7	10	69
Parmesan Chicken & Shrimp	1690	100	45	375	4390	109	7	10	84
Quick Seared Ahi Tuna Salad	720	42	6	45	4230	52	5	31	33
Shrimp & Chicken Jambalaya	1090	92	36	490	4250	45	2	19	68
Street-Style Tacos - Chicken	430	18	4.5	80	680	38	8	6	31
Street-Style Tacos - Korean Beef	820	41	12	100	2440	81	11	32	33
Thai-High Chicken Salad	1070	50	9	120	1730	83	5	54	80
Dessert									
Cookie Ele Mode - Chocolate Chunk	1030	58	31	90	520	118	2	80	9
Cookie Ele Mode - Combo	1010	55	31	95	600	119	2	80	9
Cookie Ele Mode - Macadamia White Chocolate	990	52	30	105	690	120	2	80	9
Crème Brulee	990	75	46	740	300	53	0	52	11
Goey Butter Cake	1070	58	32	215	620	126	4	98	12
Hot Apple Walnut Cobbler	960	40	18	60	790	143	7	106	11
Ice Cream Mud Pie	1320-2050	136	91	455	720	154	4	127	19
Mini Indulgence Sampler	1970-2500	108-156	67-100	440-650	860	226-236	6	192-205	19
New York Cheesecake with Strawberry Sauce	1020	67	39	335	690	89	3	73	17

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On the Side									
Baked Potato	160	0	0	0	15	37	4	2	4
Beer-Battered Onion Rings	400	0.5	0	0	1690	87	4	5	7
Brown Rice	190	2	0	0	10	40	3	1	5
Coleslaw	170	2	0	1	304	6	2	4	1
French Fries	600	28	5	0	740	74	5	0	9
Garlic Mashed Potatoes	320	13	8	35	970	47	4	4	6
Rustica Baked Garlic Bread	1020	73	42	175	2420	82	5	11	18
Sautéed Green Beans	120	11	7	25	190	7	2	3	2
Sautéed Spinach	250	23	14	60	510	7	4	1	7
Sautéed Vegetables	120	0.5	0	0	65	13	4	6	4
White Rice	220	0	0	0	0	48	1	0	5
Premium Sides									
Bourbon Street Rice with Andouille Sausage (serves 2)	420	2	2	10	800	78	4	2	12
Caesar Salad	440	41	9	40	1060	9	2	3	10
Creamy Macaroni & Cheese	435	21	3.75	60	1575	24	1.5	3	36
Garden Side Salad	160	11	6	30	240	7	2	2	9
Herb-Infused Fingerling Potatoes	500	26	4	0	12390	60	8	5	7
Housemade Herb & Parmesan Chips	360	15	4	0	25	46	3	2	5
Loaded Garlic Mashed Potatoes	510	26	15	65	1410	52	6	4	18
Loaded Baked Potato	340	13	7	30	450	41	5	2	16
Sweet Potato Fries	720	35	5	10	2070	95	7	42	6
Vegetable Fried Rice (serves 2)	780-810	39-41	7	214	1940-1950	135-152	4-8	40-41	22
Dressings									
1,000 Island	130	12	2	10	260	5	0	5	0
Bleu Cheese	140	15	4	10	180	1	0	0	1
Blood Orange Vinaigrette	70	7	1	0	43	1	0	1	0
Caesar	150	15	3	15	390	2	0	1	2
Honey Citrus	140	15	2	0	80	4	0	3	0
Honey Dijon (fat free)	45	0	0	0	280	9	1	5	1
Lemon Herb (fat free)	10	0	0	0	490	3	0	2	0
Ranch (fat free)	30	0	0	0	390	8	1	3	0
Ranch	110	12	2	5	210	2	0	1	1
Red Ginger Sesame Vinaigrette	50	3	0	0	620	5	0	5	1
Red Wine Vinaigrette	160	17	2	0	100	1	0	1	0
White Balsamic Herb Vinaigrette	180	18	2	0	70	2	0	2	0

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Non-Alcoholic Beverages									
Green Tea Ginger Spritzer	140	0	0	0	55	35	0	35	0
Mango Raspberry Swirl	370	0	0	0	65	89	0	82	0
Strawberry Banana Freeze	330	1	0	0	25	79	2	70	1
Kona Kooler	210	0	0	0	250	51	0	49	1
Kona Kooler with Sugar Free Red Bull	120	0	0	0	250	26	0	24	1
Red Bull	110	0	0	0	200	28	0	27	0
Sugar Free Red Bull	10	0	0	0	100	3	0	0	0
Lemonade	100	0	0	0	35	28	0	27	0
Strawberry and Raspberry Lemonade	140	0	0	-	35-30	38	-	36	0
Iced Tea	0	0	0	0	0	0	0	0	0
Half and Half	50	0	0	0	15	14	0	13	0
Voss Water	0	0	0	-	0	0	-	-	0
Kids Menu									
Kid Corn Dog	800	51	12	25	1110	70	6	13	13
Kid's Burger	730	32	9	55	820	82	5	7	27
Kid's Burger with Cheddar Cheese	840	41	15	85	1000	82	5	7	34
Kid's Buttered Noodles	540	29	8	10	620	52	3	1	15
Kid's Chicken and Vegetable Stir Fry	680	31	5	85	1210	54	3	31	41
Kid's Chicken Crispers	710	43	8	50	1680	50	3	3	29
Kid's Chicken Quesadilla	730	44	20	140	940	37	9	4	48
Kid's Hot Caramel Sundae	680	33	20	110	300	81	0	67	6
Kid's Hot Caramel Sundae (aerosol)	520	19	11	45	330	78	0	63	6
Kid's Hot Fudge Sundae	680	39	27	100	250	65	2	57	6
Kid's Hot Fudge Sundae (aerosol)	520	25	18	35	280	62	2	53	6
Kid's Strawberry Sundae	450	29	17	100	105	33	1	25	5
Kid's Strawberry Sundae (aerosol)	290	15	8	35	130	30	1	21	5
Kid's Tropical Citrus Teriyaki Chicken	290	6	0.5	45	270	44	3	33	18
Macaroni and Cheese	500	16	4.5	35	1190	70	3	17	17