

NUTRITIONAL INFORMATION

CALORIES
FAT
SAT FAT
SODIUM (mg)
CARBS
FIBER
PROTEIN

LUNCH SPECIALS

Blackened Chicken Bowl	930	44g	17g	3660	78g	12g	58g
Half Sandwich: Grilled Cheese (Side Not Included)	560	41g	22g	1180	24g	<1g	23g
Half Sandwich: The House Club (Side Not Included)	440	28g	6g	930	34g	4g	15g
Half Sandwich: Walnut Chicken Salad (Side Not Included)	580	36g	7g	640	42g	5g	24g
Chicken Parmesan, Lunch Portion	930	33g	9g	1570	113g	10g	43g
Beer-Battered Fish & Chips, Lunch Portion	1670	112g	19g	2490	137g	20g	36g
Shrimp Tacos, White Rice	810	27g	4g	2530	113g	11g	29g
Shrimp Tacos, Brown Rice	870	30g	4.5g	2540	124g	15g	31g
Kung Pao Chicken (Rice Not Included)	480	30g	5g	1130	23g	3g	28g
Teriyaki Chicken (Rice Not Included)	410	24g	4g	1070	23g	2g	26g
Sweet & Spicy Chicken (Rice Not Included)	440	22g	3.5g	310	34g	2g	25g
White Rice	260	.5g	0g	0	56g	<1g	5g
Brown Rice	220	2g	0g	10	24g	4g	5g

KIDS 12 & UNDER MENU

Apples	30	0g	0g	0	8g	1g	0g
Carrots (Ranch Not Included)	40	0g	0g	90	9g	3g	<1g
Steamed Edamame	300	9g	0g	90	27g	12g	24g

8 & Under: (Side Not Included)

Hand Breaded Chicken Nuggets	450	19g	3.5g	700	33g	2g	33g
Noodles (Sauce Not Included)	220	1.5g	0g	0	44g	3g	8g
Kraft Mac 'n' Cheese	300	9g	2.5g	570	45g	2g	11g
Cheese Pizza - Per Slice (4)	120	6g	3g	230	12g	0g	6g

12 & Under: (Side Not Included)

Grilled Chicken Breast	470	10g	3g	210	0g	0g	88g
Build Your Own Pizza - Per Slice (4)	150	7g	3.5g	330	15g	1g	6g
Hamburger	520	27g	10g	600	41g	2g	25g
Chicken Teriyaki & Steamed White Rice	630	24g	4g	770	70g	<1g	29g
Chicken Teriyaki & Steamed Brown Rice	590	25g	4.5g	770	61g	4g	28g
Fettuccini Alfredo	870	51g	27g	1030	84g	5g	18g
Kraft Mac 'n' Cheese	600	18g	5g	1140	90g	4g	22g
Cheeseburger	640	35g	15g	790	45g	2g	35g
Hot Dog	410	29g	13g	970	25g	1g	15g

WEEKEND BRUNCH

Breakfast Burger (Side Not Included)	1490	100g	36g	2810	83g	5g	62g
Hawaiian Fried Rice, White	1500	82g	21g	4300	126g	5g	56g
Hawaiian Fried Rice, Brown	1420	85g	22g	4320	105g	10g	56g
Sunny Side Up Pizza - Per Slice (8)	203	9g	4g	458	21g	<1g	9g
Mediterranean Omelet (Sides Not Included)	590	46g	14g	1110	12g	2g	32g
Fresh Strawberry French Toast (Seasonal)	830	47g	27g	620	102g	2g	18g
Baked Berry Pancake (Syrup Not Included)	1280	57g	30g	1790	192g	6g	22g
Chilaquiles	1540	101g	33g	2770	102g	13g	57g
Housemade Carnitas + Tater Tot Hash	1290	82g	27g	2450	80g	9g	55g
Country Chickens & Biscuit	1770	127g	51g	2640	580g	9g	55g
Buttermilk Bonecakes (Syrup & Butter Not Included)	460	11g	5g	990	76g	3g	12g
Top Dog Breakfast (Side Not Included)	330	25g	8g	870	2g	0g	23g
French Toast Dippers (Syrup Not Included)	330	12g	6g	390	42g	2g	11g
Side: Hash Browns	430	30g	13g	950	36g	5g	4g
Side: Fruit, Watermelon	90	0g	0g	0	22g	1g	2g
Side: Toast, Wheat Bread (No Butter)	130	1.5g	0g	200	24g	1g	4g
Side: Toast, Sourdough (No Butter)	120	1.5g	0g	200	23g	1g	4g
Side: Toast, Rye (No Butter)	80	1g	0g	210	15g	2g	3g
Side: Whipped Butter - 1oz.	190	19g	4.5g	220	0g	0g	0g
Side: Maple Syrup - 2oz	90	0g	0g	10	21g	0g	0g

"I LOVE COOKING AND EATING, BUT JUST LIKE MANY OF YOU I'M ALWAYS TRYING TO BE AWARE OF WHAT AND HOW I'M EATING. WITH THAT IN MIND I WANTED TO SHARE MY TIPS ON HOW TO MODIFY YOUR FAVORITE DISHES KEEPING 'HEALTHIER EATING' IN MIND." - CHEF GABE



HOLD THE CHEESE PLEASE

While cheese is very tasty it is also high in fat and calories. So if the dish you want to order has cheese in it, just be sure to ask your Lazy Dog Server to "Hold the Cheese Please."

DREAMY CREAMY

So you are watching what you eat and want to be healthy however you dream of Fettuccine Alfredo at night. Don't worry, we've got you covered. Instead of ordering our amazing Fettuccine Alfredo- opt for Spaghetti Marinara with a side of Alfredo next time, this way you can add a little here or there to get your creamy fix. From one cheese lover to another, remember freshly grated Parmesan is a great substitute for creamy sauce.

SO SAUCY

Lazy Dog has the best tasting sauces and our dishes are created to taste great and share. But, if you are watching what you eat it is always a good idea to ask your server for "S.O.S," or "Lite Sauce" to reduce the amount of fat and/or calories you take in.

LET'S TAKE A DIP

A lot of our dishes come with garnishing sauces or dips. These items are a big part of the flavor of the dish, but if you can avoid taking a dip you will reduce the amount of potential fat and calorie intake. A good example is ketchup. Yeah it's yummy, but it is full of sugar and calories. When possible....skip the dip.

UNDRESSED

When it comes to eating healthy the number one item we all go to are salads. But, did you know that eating a Caesar salad is not so bueno for your diet. In fact, Caesar dressing is loaded with fat and calories. So, order any of our yummy salads and be sure to ask your server to order it "Dry with No Dressing." Then ask for your server to bring our "Olive Oil and Balsamic Cruets" with your salad. Cruets are those little cute glass jars that we store the olive oil and balsamic in. This way you can tailor the dressing to your taste at the table and add as much or as little olive oil as you want.

THE DOUGH BOY

If I ate as much pasta and pizza as I would like to I would become "the dough boy." Items made with flour contain carbohydrates. "Carbs" convert to sugar in the body. This is bad for dieting. Whenever possible avoid the power of flour.

WASKLY WABBIT

Have you ever heard the saying "That stuff is rabbit food." Well basically it is used for people who eat a lot of veggies. Veggies are good....actually they are great. If you really want a sandwich or burger but want to avoid the flour power: ask for your sandwich or burger with "No Bun...sub Lettuce Cup." We will be happy to replace the flour power with rabbit food. It will still taste great, but will reduce your carb intake substantially.



NUTRITION GUIDE



Above: Spice Crusted Ahi Tuna Salad

For your convenience we have provided our most current Nutritional Information. At Lazy Dog we pride ourselves on using the freshest and finest ingredients as well as the healthiest cooking techniques: grilling, steaming, roasting, and baking. 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.

NUTRITIONAL INFORMATION

STARTERS

	CALORIES	FAT	SAT FAT	SODIUM (mg)	CARBS	FIBER	PROTEIN
Grizzly Fries - Per Portion (4)	220	63g	12g	1480	64g	6g	16g
Cajun Fries - (Dipping Sauce Not Included) Per Portion (4)	210	12g	2.5g	590	23g	3g	2g
Queso Dip - Per Portion (4)	283	21g	9g	730	15g	1g	9g
Hummus Trio - (Flatbread Not Included) Per Portion (4)	120	9g	1g	280	10g	2g	3g
Wok-Fired Calamari & White Rice - Per Portion (4)	270	11g	2g	260	31g	1g	11g
Wok-Fired Calamari & Brown Rice - Per Portion (4)	260	11g	2g	260	29g	2g	11g
Ahi Poke Jar - Per Portion (4)	160	11g	2g	340	11g	<1g	6g
Chicken Lettuce Wraps - (Sauce Not Included) Per Portion (4)	70	5g	1g	90	6g	0g	1g
Chipotle Chicken Quesadilla - (Dips Not Included) Per Portion (6)	220	13g	7g	320	11g	<1g	14g
Chicken Chile Verde Nachos - Per Portion (4)	400	22g	9g	990	31g	4g	18g
Crispy Wings - (Dipping Sauce Not Included) Per Wing (8)	150	11g	2.5g	80	0g	0g	12g
Grilled Garlic Flatbread - Per Piece (8)	60	2g	1g	150	8g	0g	2g

SMALL PLATES

Ancient Grains & Roasted Veggie Salad - Per Portion (2)	220	18g	4g	520	11g	2g	5g
Togarashi Edamame Beans - Per Portion (2)	360	16g	2g	6870	28g	8g	22g
Hatch Chile & Bacon Mac N' Cheese - Per Portion (2)	290	19g	10g	480	18g	1g	12g
Sweet Potato Tater Tots - (Dip Not Included) Per Portion (2)	360	23g	3g	770	33g	3g	2g
Loaded Potato Hush Puppies - Per Portion (5)	280	17g	6g	420	25g	2g	7g
Spicy Buffalo Chicken Lollipops Per Portion (4)	230	12g	3g	690	16g	1g	14g
Cast Iron Turkey Meatball - Per Portion (2)	210	12g	4g	490	11g	2g	15g
Caramelized Brussels Sprouts - Per Portion (2)	230	18g	6g	780	14g	4g	5g
Waffle-Cut Potato Chips - Per Portion (2)	780	63g	28g	1890	39g	4g	15g

SOUPS

(Flatbread/Crackers Not Included)

Chicken Tortilla - Cup	300	13g	4.5g	540	26g	3g	20g
Chicken Tortilla - Bowl	470	23g	8g	850	36g	5g	31g
Housemade Corn Chowder (Seasonal) - Cup	450	26g	15g	680	18g	1g	8g
Housemade Corn Chowder (Seasonal) - Bowl	670	39g	22g	1010	27g	2g	13g

FRESH GREENS

(Dressing Not Included)

Caesar	220	12g	3.5g	430	20g	5g	9g
Grilled Chicken Caesar	510	17g	5g	1010	30g	5g	54g
Strawberry Field Salad	730	57g	10g	1620	47g	8g	14g
Cobb	680	44g	17g	1750	13g	6g	58g
Tex-Mex	670	39g	10g	1540	45g	10g	38g
House Baby Greens	70	2g	0.5g	260	11g	2g	2g
Wedge Salad	230	20g	7g	350	9g	3g	5g

NUTRITIOUS & DELICIOUS

Grilled Steak Salad	540	39g	12g	1520	17g	4g	30g
Charred Lemon Chicken	650	34g	11g	2000	42g	7g	47g
Spinach, Feta & Chicken Salad	380	17g	6g	950	22g	6g	35g
Spicy Thai Chicken Salad	440	14g	2.5g	670	47g	10g	35g
Naked Turkey Burger	670	29g	9g	1590	65g	5g	41g
Spice Crusted Ahi Tuna Salad	330	13g	2g	1670	18g	5g	33g
Lemon Caper Chicken Pasta	525	5g	2g	1870	65g	7g	51g
Grilled Portobello Burger	520	19g	6g	740	66g	6g	21g
Sesame Crusted Ahi Tuna	460	17g	7g	2200	27g	10g	56g
Cast Iron Idaho Trout	590	33g	9g	1510	30g	4g	39g
Pickled Cucumber Salad Side	80	2g	0g	380	15g	2g	2g

WOK-FIRED BOWLS

Kung Pao Chicken, White Rice	450	14g	2g	1290	69g	5g	11g
Kung Pao Chicken, Brown Rice	460	15g	2.5g	1300	70g	8g	12g
Sweet & Spicy Chicken, White Rice	420	5g	1g	200	86g	4g	8g
Sweet & Spicy Chicken, Brown Rice	430	7g	1g	210	86g	7g	8g
Teriyaki Chicken, White Rice	390	9g	1.5g	1210	70g	4g	9g
Teriyaki Chicken, Brown Rice	400	10g	1.5g	1210	70g	6g	9g
Chicken Curry, White Rice	1320	71g	27g	3150	103g	10g	62g
Chicken Curry, Brown Rice	1330	72g	27g	3160	103g	13g	62g

PASTA & NOODLES (Flatbread Not Included)

Fettuccini Alfredo	1320	75g	41g	1670	124g	7g	35g
Chicken Fettuccini	1410	75g	39g	2070	123g	7g	55g
Carbonara	1390	83g	37g	2270	108g	7g	44g
Sundried Tomato Pesto	1320	75g	22g	1680	96g	9g	66g
Chicken Parmesan	1450	62g	18g	2550	147g	13g	71g

PIZZA & CRISPS (Per Slice)

Three Cheese & Basil, Large (8)	140	4g	2g	350	21g	<1g	6g
Three Cheese & Basil, Small (4)	70	2g	1g	175	11g	1g	4g
BBQ Chicken Crisp, Large (8)	95	4g	2g	155	8g	1g	7g
BBQ Chicken Crisp, Small (4)	48	2g	1g	78	4g	1g	4g
Blistered Heirloom Tomato Crisp, Large (8)	79	4g	2g	203	7g	1g	4g
Blistered Heirloom Tomato Crisp, Small (4)	40	2g	1g	102	4g	1g	2g
Sausage + Chili Oil, Large (8)	175	7g	2g	416	15g	1g	7g
Sausage + Chili Oil, Small (4)	88	4g	1g	208	8g	1g	4g
Pepperoni, Red Onion & Black Olives, Large (8)	160	6g	2.5g	380	22g	1g	6g
Pepperoni, Red Onion & Black Olives, Small (4)	140	6g	2.5g	350	18g	1g	6g
Black & Bleu, Large (8)	240	12g	4g	480	22g	<1g	11g
Black & Bleu, Small (4)	220	12g	4g	450	19g	<1g	10g

SANDWICHES (Sides Not Included)

Walnut Chicken Salad Sandwich	1050	65g	13g	1550	81g	9g	41g
Roasted Chicken & Havarti	1400	84g	19g	2110	89g	4g	71g
Pot Roast Beef Dip	1130	57g	20g	3510	91g	4g	59g
Grilled Cheese (Pickles Not Included)	980	61g	34g	2160	59g	2g	48g
The House Club	970	52g	9g	1510	67g	8g	61g
BBQ Pulled Pork Sandwich	860	37g	15g	1550	92g	7g	40g
Fried Chicken Sandwich	1190	79g	28g	2460	78g	5g	40g
Ahi Tuna Sandwich	660	18g	8g	1600	64g	4g	60g

BURGERS (Side Not Included)

All-American Cheeseburger	990	57g	23g	2380	63g	3g	58g
Cheeseburger	830	44g	21g	980	51g	3g	56g
Baja California Burger	990	59g	22g	1690	58g	6g	57g
Black & Bleu Burger	1070	66g	24g	2170	56g	4g	63g
BBQ Bacon Ranch Cheeseburger	1100	63g	26g	2120	64g	4g	70g
Avocado & Swiss Turkey Burger	940	54g	17g	1380	70g	8g	49g
Bison Burger	970	65g	21g	1520	53g	3g	43g

MEAT (Sides Included)

Campfire Pot Roast	1090	65g	26g	2950	56g	9g	66g
Garlic-Butter Flat Iron Steak	1370	103g	41g	2050	49g	6g	62g
New York Steak	1290	84g	31g	1600	48g	6g	83g
BBQ Ribs, 6 pc.	1390	80g	14g	2150	115g	7g	51g
BBQ Ribs, 12 pc.	1840	109g	20g	2290	115g	7g	94g
Sticky Ribs, 6 pc.	1330	80g	14g	2590	99g	7g	51g
Sticky Ribs, 12 pc.	1780	110g	20g	2730	99g	4g	95g
Slow-Braised Pork Shoulder	1790	100g	25g	2720	115g	10g	102g
BBQ Bison Meatloaf	1340	76g	30g	3770	115g	13g	46g
Bone-In Pork Schnitzel	1350	90g	19g	2720	74g	5g	59g

FISH (Sides Included)

Ginger Soy Salmon, White Rice	1110	57g	11g	2930	89g	6g	59g
Ginger Soy Salmon, Brown Rice	1070	59g	11g	2940	78g	9g	58g
Beer-Battered Fish & Chips	2270	154g	26g	3260	167g	20g	59g
Mahi Mahi Fish Tacos, Spanish Rice	1090	50g	7g	3780	116g	13g	48g

CHICKEN (Sides Included)

Chicken Pot Pie	1320	72g	19g	1700	105g	5g	53g
Fried Chicken Dinner	1910	131g	45g	4120	106g	9g	72g
Chicken Poblano	1330	87g	29g	2710	72g	6g	65g

SIDEKICKS

Sauteed Spinach	220	16g	7g	600	9g	4g	6g
French Fries	540	31g	6g	1200	56g	5g	5g
Black Beans	140	5g	1g	1400	20g	4g	4g
Steamed White Rice	260	.5g	0g	0	56g	<1g	5g
Steamed Brown Rice	220	2g	0g	10	46g	4g	5g
Red Skin Potato Mash	580	37g	23g	1170	58g	6g	9g
Creamy Apple Cider Coleslaw	370	27g	3.5g	330	34g	10g	6g
Sweet Corn Succotash Salad	210	4.5g	.5g	740	39g	8g	8g
Fruit, Watermelon	90	0g	0g	0	22g	1g	2g

SWEET TOOTH

White Chocolate Cheesecake (Seasonal) - Per Portion (2)	740	51g	21g	31	63g	1	8g
Banana Pudding - Per Portion (2)	300	16g	8g	115	37g	1	4g
Butter Cake - Per Portion (4)	310	19g	8g	90	41g	<1	3g
White Chocolate Chip Brownie - Per Portion (4)	350	16g	9g	220	48g	<1	4g
Simms Family S'more - Per Portion (4)	400	20g	8g	290	52g	1	5g
Root Beer Float - Per Portion (1)	570	21g	15g	230	93g	0	6g
Birthday Dessert - Per Portion (1)	440	15g	9g	130	104g	1	4g
BYO Sundae - Per Portion (2)	460	23g	10g	240	74g	2	7g

DRESSINGS, DIPS & SAUCES

Dressing: Balsamic Bleu Cheese Dressing - 2oz	330	33g	4.5g	620	8	0g	0g
Dressing: Bleu Cheese Dressing - 2oz	290	31g	5g	300	<1	0g	1g
Dressing: Caesar Dressing - 2oz	340	37g	5g	460	2g	0g	<1g
Dressing: Ranch Dressing - 2oz	200	20g	3g	380	4g	0g	1g
Dressing: Chipotle BBQ Sauce - 2oz	130	12g	1.5g	430	6g	0g	<1g
Dressing: Thousand Island Dressing - 2oz	250	25g	3.5g	520	10g	0g	0g
Dressing: Honey Mustard - 2oz	240	23g	3g	420	11g	0g	<1g
Dressing: Asian Vinaigrette - 2oz	210	19g	3g	430	9g	0g	1g
Dressing: Balsamic Vinaigrette - 2oz	410	41g	6g	860	12g	0g	0g
Dressing: Red Wine Vinaigrette - 2oz	290	31g	4.5g	280	3g	0g	0g
Dressing: Low Cal Italian Vinaigrette - 2oz	60	3.5g	0g	240	7g	<1g	0g
Dip: Guacamole - 1oz Portion	70	7g	1g	360	4g	3g	<1g