

9/1/20	Calorie s	Calorie s from fat	Total fat	Saturat ed fat	Trans Fat	Choles terol	Sodiu m	Total Carbs	Dietary Fiber	Sugars	Protein
CHEESESTEAKS											
Original Cheesesteak	964	312	35	17	1	152	2394	91	4	7	70
Half Original Steak	515	180	20	10	0	84	1348	46	2	3	37
Classic Cheesesteak	979	312	35	17	1	152	2652	93	5	8	71
Half Classic Steak	523	180	20	10	0	84	1477	47	3	4	38
The Works Cheesesteak	1204	514	57	20	1	172	2816	100	7	11	73
Half Works Cheesesteak	636	281	31	12	0	94	1559	50	4	6	38
Chicken Philly Steak	965	294	33	16	0	192	2637	92	5	8	73
Half Chicken Philly Steak	545	196	23	10	0	104	1464	46	3	4	39
Chicken Philly Works	1191	497	55	19	0	212	2800	99	7	11	75
Half Chicken Philly Works	657	298	34	11	0	114	1546	50	3	6	39
Fajita Cheesesteak	1118	328	37	17	1	151	2433	122	6	29	73
Half Fajita Cheesesteak	559	164	18	9	0	76	1217	61	3	14	36
Italian Cheesesteak	1008	322	35	17	1	141	2284	95	6	10	76
Half Italian Cheesesteak	504	161	17	9	0	71	1142	47	3	5	38
Nacho Ordinary Cheesesteak	1230	418	48	13	1	106	3414	136	8	12	62
Half Nacho Ordinary Cheesesteak	615	209	24	7	0	53	1707	68	4	6	31
SUBS											
Deli Sub with all toppings	821	229	26	13	0	128	4046	94	6	13	52
Half Deli Sub with all toppings	420	114	13	7	0	64	2056	50	3	8	26
Ham & Cheese Sub with all toppings	731	149	16	10	0	115	4036	96	6	16	53
Half Ham & Cheese Sub with all toppings	365	74	8	5	0	58	2014	48	3	8	27
Turkey Sub with all toppings	685	116	13	7	0	92	2848	95	6	13	47
Half Turkey Sub with all toppings	342	58	6	4	0	46	1419	48	3	7	24
Turkey Club Sub with all toppings	783	180	20	10	0	116	3145	95	6	13	55
Half Turkey Club Sub with all toppings	408	101	11	5	0	62	1618	48	3	7	29
Cheese Veggie Sub with all toppings	916	359	39	24	0	95	3066	91	6	10	47
Half Cheese Veggie Sub with all toppings	498	209	22	14	0	55	1624	46	3	5	27
Tuna Sub with all toppings	729	209	23	6	0	62	1675	84	6	7	46
Half Tuna Sub with all toppings	364	104	11	3	0	31	838	42	3	4	23
Meatball Sub	1115	483	52	22	0	120	2868	97	9	8	65
Half Meatball Sub	558	241	26	11	0	60	1434	49	5	4	32
Chicken Tender Sub	979	297	33	6	0	70	2581	123	7	7	45
Half Chicken Tender Sub	490	149	17	3	0	35	1291	62	4	3	22
MIAMI SUBS BURGERS											
Miami Subs Burger	498	207	23	9	1	103	401	36	2	6	34
MS Cheeseburger	565	254	28	12	1	120	703	37	2	6	38
MS Bacon Cheeseburger	630	297	33	14	1	135	901	37	2	6	43
MS Bistro Burger	776	411	47	17	1	136	1364	45	2	11	43
MS Nacho Ordinary Burger	734	321	36	12	1	107	1691	62	3	10	37
MS Rodeo Burger	849	377	42	17	1	136	1627	70	2	19	44
MS Big Havana Burger	708	329	37	16	1	166	2186	41	3	8	53
MIAMI GRILL BURGERS											
Miami Grill Burger	463	186	21	8	1	92	392	36	2	6	31
MG Cheeseburger	530	233	26	11	1	109	693	37	2	6	35
MG Bacon Cheeseburger	596	276	31	13	1	124	892	37	2	6	40
CHICKEN WINGS											
5 Breaded Wings with fries, celery, blue cheese	920	665	74	13	0	85	2280	44	5	4	16
10 Breaded Wings with fries, celery, blue cheese	1320	935	105	19	0	145	3060	64	6	5	28
20 Breaded Wings with celery, blue cheese	2120	1540	172	30	0	290	5440	88	7	9	51
5 Grilled Wings with fries, celery, blue cheese	807	501	56	12	0	147	2019	47	3	18	28
10 Grilled Wings with fries, celery, blue cheese	1050	647	72	17	0	268	2766	49	3	18	52
20 Grilled Wings with celery, blue cheese	1581	965	107	28	0	537	4851	57	3	34	101
5 Naked Wings with fries, celery, blue cheese	890	602	67	13	0	116	1800	47	4	18	22
10 Naked Wings with fries, celery, blue cheese	1170	890	99	19	0	208	2550	27	4	3	40
20 Naked Wings with celery, blue cheese	1820	1450	161	31	0	415	4420	14	3	5	76
5 Boneless Wings with fries, celery, blue cheese	988	668	74	12	0	70	2568	50	5	3	22
10 Boneless Wings with fries, celery, blue cheese	1455	940	105	17	0	115	3635	76	6	3	40
20 Boneless Wings with celery, blue cheese	2390	1550	172	27	0	230	6590	112	8	5	75
MIAMI GRILL - GRILLED CHICKEN WINGS											
5 Grilled Wings with fries, celery, blue cheese, onions, peppers	905	562	63	13	0	147	2163	56	5	21	29
10 Grilled Wings with fries, celery, blue cheese, onions, peppers	1149	708	79	18	0	268	2910	58	5	21	53
20 Grilled Wings with celery, blue cheese, onions, peppers	1826	1086	122	30	0	537	5143	87	7	47	104
GYROS											
Gyro Sandwich on pita	730	410	46	16	0	70	1620	54	4	4	26
Gyro Platter with Fries and Side Salad	1220	740	82	27	0	110	2730	800	7	5	38

CHICKEN & PITAS											
Grilled Chicken Sandwich	355	76	8	2	0	65	1140	38	2	6	30
Grilled Chicken Sandwich with Cheese	421	123	13	5	0	82	1440	39	2	6	34
Grilled Chicken Club - Bacon & Cheese	487	166	18	7	0	97	1638	39	2	6	39
Grilled Chicken Platter with Fries and Side Salad	795	359	40	9	0	65	2544	72	6	6	37
Chicken Tenders Platter - 3 tenders with Fries and Coleslaw	955	570	63	10	0	55	2160	77	6	28	19
Chicken Tenders Platter - 5 tenders with Fries and Cole Slaw	1231	736	83	13	0	87	2909	90	7	24	29
Chicken Tenders - 3 tenders	499	249	30	4	0	48	1644	40	1	13	16
Chicken Tenders - 5 tenders	775	415	51	7	0	80	2393	53	2	10	26
Chicken Tender Sandwich	481	197	23	4	0	42	1069	49	3	2	17
Grilled Chicken Pita	472	158	17	4	0	55	1590	47	3	3	32
Tuna Pita	498	218	24	3	0	41	894	45	3	4	27
Veggie Pita	584	291	31	14	0	55	1786	49	4	6	26
Chicken Caesar Pita	620	288	32	6	0	65	1867	48	3	3	34
WRAPS											
Turkey Wrap	372	84	9	4	0	50	1067	48	5	4	27
Chicken Caesar Wrap	680	333	36	9	0	68	1953	50	5	2	37
Tuna Wrap	478	191	21	6	0	41	751	45	6	2	29
Veggie Wrap	620	324	35	18	0	55	1646	48	6	4	28
NATHANS											
Hot Dog	290	160	18	6	1	30	790	24	1	2	10
Cheese Dog	330	180	20	7	1	30	1130	27	1	3	10
Chili Dog	410	240	27	9	1	50	1140	30	1	3	16
Chili Cheese Dog	450	260	29	10	1	50	1480	33	1	4	16
Nathan's Fries Regular	540	350	39	7	0	0	500	43	5	1	5
Nathan's Fries Large	830	540	60	11	0	0	860	66	8	2	8
Nathan's Cheese Fries Regular	600	380	42	9	0	5	1000	48	5	3	6
Nathan's Cheese Fries Large	910	580	64	13	0	5	1530	72	8	4	9
Nathan's Chili Fries Regular	660	430	48	10	0	20	850	49	6	2	11
Nathan's Chili Fries Large	950	620	69	14	0	20	1210	72	9	3	13
Nathan's Chili-Cheese Fries Regular	720	460	52	12	0	20	1360	53	6	4	11
Nathan's Chili-Cheese Fries Large	1030	660	74	16	0	25	1890	78	9	5	14
ARTHUR TREACHERS AND GRILLED SEAFOOD											
Fish Sandwich	684	270	29	5	0	35	1147	81	2	8	20
Fish and Chips Basket	1583	740	81	13	0	35	2360	173	8	17	36
Fish and Chips Platter	1724	832	89	14	0	39	2552	189	9	31	37
Shrimp and Chips Basket	1044	510	56	9	0	80	1893	117	8	17	20
Shrimp and Chips Platter	1186	602	65	10	0	84	2085	133	10	31	21
Seafood Combo Basket	1706	755	83	13	0	85	3427	197	11	24	42
Seafood Combo Platter	1848	847	91	15	0	89	3618	213	13	39	43
Fish Boat	4638	2130	233	37	0	90	6800	516	23	47	109
Shrimp Boat	3108	1530	169	27	0	240	5340	346	23	47	59
Seafood Boat	4581	2050	225	36	0	200	8527	528	30	62	108
Grilled Mahi Platter	851	320	33	4	0	90	2076	105	6	27	33
Grilled Shrimp Platter	972	333	34	5	0	204	2395	124	6	44	39
SIDES											
Seasoned Fries small	520	330	37	7	0	0	680	40	4	1	4
Seasoned Fries Large	780	495	56	11	0	0	1020	60	6	2	6
Kettle Chips	210	140	15	3	0	0	470	16	2	0	2
Onion Rings	700	460	51	8	0	0	960	56	2	10	6
Mozzarella Sticks	370	220	24	6	0	30	1100	28	2	5	10
Jalapeno Bites - 5 Pieces	450	190	21	6	0	15	1520	55	2	33	8
Jalapeno Bites - 9 Pieces	746	342	38	11	0	27	2459	85	4	46	14
Fiesta Rice	170	5	1	0	0	0	930	36	1	1	4
Black Beans	220	10	0	0	0	0	980	42	14	2	14
Black Beans and Rice	195	8	0	0	0	0	955	39	8	2	9
Cole Slaw - Miami Subs (5 oz.)	241	156	14	2	0	7	326	27	3	24	1
Cole Slaw - Miami Grill (5 oz.)	187	91	11	2	0	0	463	24	6	16	4
SALADS											
Side Greek Salad	75	37	5	2	0	10	624	7	2	3	4
Side Garden Salad	30	1	0	0	0	0	23	6	2	3	2
Side Caesar	221	185	20	4	0	13	487	6	1	2	3
Garden Salad (no dressing)	393	192	22	7	0	114	587	35	6	7	17
Greek Salad	443	214	25	9	0	129	2084	43	8	10	20
MS Chicken Breast Club	596	270	31	10	0	185	1551	36	6	7	46
MS Chicken Tender Club	727	366	41	11	0	165	1621	55	7	7	37
Tuna Salad	477	230	26	4	0	130	717	35	6	7	30
Caesar Salad	546	365	40	7	0	15	1241	35	5	5	11
MG Caesar Salad	541	365	40	7	0	15	1239	34	5	5	11
Chicken Caesar Salad	696	410	45	8	0	70	2061	37	5	5	34
MG Chicken Caesar Salad	693	412	45	8	0	70	2059	36	5	5	34
MG Chicken Breast Club	495	199	23	5	0	160	1423	35	6	7	38
MG Mahi Salad	376	118	14	2	0	172	625	33	6	7	31

MG Mahi Caesar Salad	637	372	41	7	0	98	1579	34	5	5	32
MG Shrimp Salad	497	131	15	2	0	286	943	53	6	24	36
MG Shrimp Caesar Salad	679	385	42	7	0	212	1431	36	5	5	37
KIDS MEALS											
Kids Hot Dog, fries, cookie (add drink)	800	445	50	17	1	45	1300	76	4	22	15
Kids Burger, fries, cookie (add drink)	966	495	54	21	0	78	1256	93	4	30	25
Kids Cheese Burger, fries, cookie (add drink)	1033	542	59	24	0	94	1558	94	4	30	29
Kids Tenders, fries, cookie (add drink)	850	425	47	13	0	50	1690	87	4	30	19
Kids 4 Wings, fries, cookie (add drink)	830	501	56	15	0	63	1134	68	4	20	15
Kids Corn Nuggets, fries, cookie (add drink)	860	525	59	17	0	35	910	72	3	25	10
MG Kids Burger, fries, cookie (add drink)	960	473	52	18	1	107	893	85	4	24	35
MG Grilled Chicken Strips, fries, cookie (add drink)	660	330	37	12	0	70	1330	54	3	20	28
MG Chicken Nuggets (boneless), fries, cookie (add drink)	884	503	56	14	0	51	1364	73	4	20	19
MR Cheese Quesadilla, fries, cookie (add drink)	824	477	54	30	0	134	1693	44	4	0	44
BREAKFAST											
Pancakes	810	185	21	11	0	40	1750	151	3	58	11
Pancakes w/Strawberries	540	55	6	3	0	5	1598	112	3	33	11
Pancake Platter	757	401	45	16	0	378	907	73	1	45	20
El Grande - Bacon	512	234	25	10	0	351	1087	39	2	2	29
El Grande - Ham	444	179	19	8	0	342	1139	40	2	3	27
El Grande - Sausage	604	329	35	13	0	372	1169	40	2	2	30
Kaiser Sandwich - Bacon	481	225	24	10	0	365	847	35	1	4	30
Kaiser Sandwich - Ham	413	170	18	7	0	356	900	36	1	5	27
Kaiser Sandwich - Sausage	573	320	34	13	0	386	930	36	1	4	30
Kaiser Sandwich - Steak	453	183	19	8	0	366	725	36	1	4	32
Breakfast Pita - Bacon	624	311	34	11	0	363	1247	46	3	4	34
Breakfast Pita - Ham	555	257	28	9	0	355	1299	47	3	5	31
Breakfast Pita - Sausage	715	407	44	15	0	385	1329	47	3	4	34
Breakfast Pita - Steak	595	259	28	10	0	365	1179	47	3	4	36
Breakfast Sub	380	119	13	6	0	327	864	42	2	3	22
French Toast Sticks (6each)	691	156	17	3	0	0	260	80	5	30	7
Kids Breakfast	405	73	8	1	0	0	195	57	3	26	4
Hash Browns (6 each)	180	120	14	2	0	0	330	14	1	1	1
99 Cent Pita	449	187	20	8	0	340	819	43	2	2	25
DESSERTS											
Chocolate Chip Cookies	250	120	13	7	0	15	170	32	1	19	3
White Chocolate Macademia Nut Cookie	260	120	13	5	0	20	190	33	1	21	3
Oatmeal Raisin Cookies	230	90	10	6	0	15	190	34	2	19	3
Cheesecake	538	253	30	13	0	115	467	63	0	31	6
Key Lime Pie	632	180	19	14	0	30	538	100	1	56	8
Vanilla Shake	752	316	35	21	1	126	248	81	0	69	15
Chocolate Shake	794	316	35	21	1	122	252	111	5	98	18
Strawberry Shake	667	247	29	15	1	104	218	86	1	76	14
Cookies and Cream Shake	894	364	40	25	0	114	321	116	1	92	15
Ice Cream Scoop Vanilla	293	133	15	9	1	52	79	35	0	29	5
Ice Cream Scoop Chocolate	312	133	15	9	1	50	74	38	2	34	6
Ice Cream Scoop Strawberry	262	99	12	6	0	41	63	35	1	30	4
Ice Cream Scoop Cookies and Cream	312	133	15	9	1	50	74	38	2	34	6
Cake Cone Add	25	0	0	0	0	0	10	5	0	0	0
Sugar Cone Add	50	0	0.5	0	0	0	55	10	0	4	0
Waffle Cone Add	90	10	1	0	0	0	35	20	1	7	2
BEVERAGES											
Barqs Rootbeer - 20 oz.	200	0	0	0	0	0	40	55	0	55	0
Barqs Rootbeer - 28 oz.	280	0	0	0	0	0	60	76	0	76	0
Coca-Cola - 20 oz.	180	0	0	0	0	0	0	49	0	49	0
Coca-Cola - 28 oz.	250	0	0	0	0	0	0	68	0	68	0
Coke Zero - 20 oz.	0	0	0	0	0	0	5	0	0	0	0
Coke Zero - 20 oz.	0	0	0	0	0	0	10	0	0	0	0
Diet Coke - 20 oz.	0	0	0	0	0	0	20	0	0	0	0
Diet Coke - 28 oz.	0	0	0	0	0	0	25	0	0	0	0
Dr. Pepper - 20 oz.	160	0	0	0	0	0	50	44	0	43	0
Dr. Pepper - 28 oz.	220	0	0	0	0	0	70	61	0	60	0
Fanta Orange - 20 oz.	190	0	0	0	0	0	10	52	0	51	0
Fanta Orange - 28 oz.	270	0	0	0	0	0	10	73	0	72	0
Fruit Punch - 20 oz.	190	0	0	0	0	0	25	52	0	50	0
Fruit Punch - 28 oz.	260	0	0	0	0	0	35	72	0	70	0
Mr. Pibb Xtra - 20 oz.	170	0	0	0	0	0	25	47	0	47	0
Mr. Pibb Xtra - 28 oz.	240	0	0	0	0	0	35	66	0	66	0
Minute Maid Lemonade - 20 oz.	170	0	0	0	0	0	80	48	0	46	0
Minute Maid Lemonade - 28 oz.	240	0	0	0	0	0	110	67	0	64	0
Nathan's Lemonade - 20 oz.	18181818	0	0	0	0	0	0	53	0	53	0
Nathan's Lemonade - 28 oz.	306.25	0	0	0	0	0	0	74	0	74	0
Pink Lemonade HI-C - 20 oz.	170	0	0	0	0	0	80	48	0	46	0
Pink Lemonade HI-C - 28 oz.	240	0	0	0	0	0	110	67	0	64	0

Sprite - 20 oz.	170	0	0	0	0	0	40	47	0	47	0
Sprite - 28 oz.	240	0	0	0	0	0	55	66	0	66	0
Sprite Zero - 20 oz.	0	0	0	0	0	0	10	0	0	0	0
Sprite Zero - 28 oz.	5	0	0	0	0	0	15	0	0	0	0
Coffee - 16 oz.	5	1	0.1	0	0	0	1	0	0	0	0.1
Iced Coffee - 16 oz.	5	1	0.1	0	0	0	1	0	0	0	0.1
Tea Unsweetened - 20 oz	0	0	0	0	0	0	0	0	0	0	0
Tea Unsweetened - 28 oz	0	0	0	0	0	0	0	0	0	0	0
Tea Sweet - 20 oz.	229	0	0	0	0	0	0	59	0	59	0
Tea Sweet - 28 oz.	321	0	0	0	0	0	0	83	0	83	0
BEVERAGES - BOTTLES											
Coca-Cola - 20 oz. Bottles	240	0	0	0	0	0	75	65	0	65	0
Diet Coke - 20 oz. Bottles	0	0	0	0	0	0	70	0	0	0	0
Sprite - 20 Bottles	240	0	0	0	0	0	110	64	0	64	0
BEVERAGES - SMOOTHIES											
SMOOTHIE MANGO - 20 oz.	300	0	0	0	0	0	70	82	0	78	0
SMOOTHIE STRAWBERRY - 20 oz.	310	0	0	0	0	0	70	84	0	81	0
CATERING											
Breaded Wing Party Platter - 40 each	4440	1112	123	20	0	125	5070	20	6	11	7
Breaded Wing Party Platter - 80 each	8880	2224	246	40	0	250	10140	40	12	22	14
Grilled Wing Party Platter - 40 each	2821	1112	123	20	0	125	5070	20	6	11	7
Grilled Wing Party Platter - 80 each	5641	2224	246	40	0	250	10140	40	12	22	14
Naked Wing Party Platter - 40 each	3840	3090	343	66	0	855	9270	30	6	11	153
Naked Wing Party Platter - 80 each	7680	6180	686	132	0	1710	18540	60	12	22	306
Boneless Wing Party Platter - 40 each	4980	3290	365	58	0	485	13610	226	16	11	151
Boneless Wing Party Platter - 80 each	9960	6580	730	116	0	970	27220	452	32	22	302
Krispy Chicken Tenders - 30 each	4623	2653	321	44	0	479	16114	279	12	10	156
Krispy Chicken Tenders - 60 each	9246	5306	643	87	0	958	32228	558	24	21	312
Mozzarella Sticks - 40 each	2417	1448	158	40	0	200	6715	177	14	27	65
Mozzarella Sticks - 80 each	4833	2897	316	80	0	400	13430	353	28	53	130
Small Combination Platter - Wings, Tenders, Mozzarella Sticks, Jalapeno bites	5079	3040	346	68	0	440	16806	356	24	100	129
Large Combination Platter - Wings, Tenders, Mozzarella Sticks, Jalapeno bites	10157	6080	692	135	0	879	33611	712	47	200	258
Small Sub Tray - Turkey, Tuna, Deli and Ham & Cheese Subs	3953	1506	167	51	0	447	18217	406	25	72	199
Large Sub Tray - Turkey, Tuna, Deli and Ham & Cheese Subs	7905	3012	335	101	0	893	36434	811	51	144	397
6' Sub Turkey	11980	2380	264	156	0	1592	44520	1587	85	170	798
6' Sub Assorted Deli Meats	13517	3703	413	232	0	2000	60954	1580	85	186	857
Key Lime Pie (whole)	4304	2024	240	104	0	920	3736	504	0	248	48
Cheesecake (Whole)	5056	1440	152	112	0	240	4304	800	8	448	64
Chocolate Chunch Cookies - 30 each	7500	3600	390	210	0	450	5100	960	30	570	90
White Chocolate Macadamia Nut Cookies - 30 each	7800	3600	390	150	0	600	5700	990	30	630	90
Oatmeal Raisin Cookies - 30 each	6900	2700	300	180	0	450	5700	1020	60	570	90
Party Garden Salad	1510	683	79	25	0	455	2585	143	25	29	70
Party Caesar Salad	2075	1340	148	26	0	60	4968	143	22	22	46
Party Greek Salad	1833	768	92	33	0	515	13476	212	36	64	84
Party Grilled Chicken Club Salad	2272	955	109	36	0	738	6219	149	25	29	183
Party Krispy Chicken Club Salad	2792	775	89	32	0	518	2939	141	25	29	91
Party Chicken Caesar Salad	2675	1520	168	30	0	280	8248	151	22	22	138