



## **NUTRITION INFORMATION**

At Granite City Brewery we are always looking for ways to make your dining experience with us the simplest, as well as the best time you'll have while dining out with friends and family. We strive everyday to treat our guest and provide them with the information they need to enjoy the meal that is perfect for them. We are home of the lawless brunch, and the place to be for craft beer and scratch kitchen entrées. We work hard every day to give you the nutrition information you need, whether in our restaurants or online. Every guest matters to us, every day.

Some menu items may not be available at all of our locations. Seasonal items, limited time offers, or test products may not be included. If you have any additional questions please send us a message to our corporate office by visiting: [www.gcfb.com/contact/](http://www.gcfb.com/contact/) and we will get back to you as soon as we can.

2,000 calories a day is used for general nutrition advice, but calorie needs vary.



### Nutrition Guide

All information is displayed by Serving

Menu Item	Calories	Calories from Fat	Total Fat (grams)	Saturated Fat (grams)	Trans Fat (grams)	Cholesterol (milligrams)	Sodium (milligrams)	Total Carbs (grams)	Dietary Fiber (grams)	Sugars (grams)	Protein (grams)
<b>SMALL PLATES</b>											
Maple Pepper Pork Belly	1020	620	69	25	0.0	100	2570	88	2	67	14
Mama Mia Meatballs	1600	750	84	34	2.5	305	5540	124	12	7	92
Poke Tuna Tostata	1000	580	64	10	0.0	40	5930	81	6	53	26
Chicken Tinga Sopes	940	270	30	9	0.0	110	2020	109	18	24	46
Rushing River Cakes	1120	860	96	28	0.0	210	2780	30	4	7	33
Smoky Salmon Spread	950	570	64	35	0.0	200	930	64	2	5	32
Beer Battered Cheese Bites	790	520	58	14	0.0	95	1690	49	0	4	4
Parmesan Truffle Fries	970	650	72	12	0.0	50	3430	68	0	0	16
Hummus & Naan	840	230	25	5	0.0	40	2720	133	6	15	29
Chips and Dip w/Gouda	1020	550	61	23	0.0	90	2130	91	6	4	28
Chips and Dip w/Guac	920	480	54	10	0.0	Less than 5 mg	1570	102	15	3	12
Chips and Dip w/Salsa	740	310	35	7	0.0	0	2000	100	9	1	11
Crackling Keto Chips	680	340	38	12	0.0	95	21840	10	5	4	64
Wild Mushroom Risotto Bites	770	410	45	19	0.0	275	2360	63	5	6	20
Street Corn Fritters	600	230	26	10	0.0	130	10960	81	6	22	16
Avocado Bruschetta	530	280	31	6	0.0	5	1510	57	9	20	12
Caprese Bruschetta	430	280	31	16	0.0	65	390	16	1	4	23
Beet Bruschetta	240	140	16	7	0.0	20	250	16	2	8	8
Blistered Green Beans	870	500	55	8	0.0	0	1300	88	24	41	14
Crispy Brussel Sprouts	460	250	28	6	0.0	35	1870	45	18	12	23
Sesame Miso Cauliflower	710	510	56	8	0.0	0	1030	51	9	39	7
<b>APPETIZERS</b>											
Idaho Nachos	770	408	45	18	0	83	1998	68	8	0	25
GC Dip	510	490	50	15	0	70	290	10	0	0	0
BBQ Pork Nacho	600	335	38	13	0	70	853	45	4	5	23
Mushroom Steak Tips	380	288	33	9	0	48	773	10	0	5	13
Ponzu Lettuce Wraps	230	53	6	0	0	20	1663	33	3	23	10
Spinach & Artichoke Dip	290	178	20	6	0	30	658	18	0	4	10
Smokehouse Tater Tachos	420	245	28	10	0	53	2328	28	1	10	15
Big Bavarian Pretzel	280	95	11	4	0	23	1220	33	0	0	11
Onion Ring Tower	290	160	18	4	0	10	1105	30	1	11	3
Asian Glazed Shrimp	170	37	3	0	0	80	820	20	0	15	12
City Wings (Fiery Buffalo)	260	200	23	5	0	60	1250	4	0	0	13
City Wings (Mango Habanero)	300	188	20	5	0	60	908	15	0	15	13
City Wings (Old Bay)	240	185	20	5	0	60	1143	3	0	0	13
City Wings (Gochajang)	300	185	20	5	0	60	1383	18	1	10	13
Boneless Wings (Fiery Buffalo)	390	198	23	4	0	48	1298	35	1	0	15
Boneless Wings (Mango Habanero)	430	185	20	4	0	48	953	45	1	15	18
Boneless Wings (Old Bay)	370	183	20	4	0	48	1190	33	1	0	15
Boneless Wings (Gochujang)	430	183	20	4	0	48	1428	48	3	11	18
Cauliflower Wings	210	93	10	1	0	5	1235	25	4	13	3

Menu Item	Calories	Calories from Fat	Total Fat (grams)	Saturated Fat (grams)	Trans Fat (grams)	Cholesterol (milligrams)	Sodium (milligrams)	Total Carbs (grams)	Dietary Fiber (grams)	Sugars (grams)	Protein (grams)
<b>FLATBREADS</b>											
Maple Pepper Bacon	340	220	25	9	0	40	498	23	1	5	11
Spicy Italian Flatbread	300	160	18	9	0	55	1268	20	1	3	15
Truffle Proscuitto Flatbread	320	208	23	8	0	43	795	18	0	1	13
Margherita	190	75	9	5	0	20	418	20	1	4	9
Taco Flatbread	440	305	35	13	0	70	848	18	0	3	18
BBQ Chicken	260	95	10	6	0	43	593	25	0	13	15
<b>SOUPS</b>											
The Northern Cheddar & Ale (cup)	340	270	30	19	0	95	570	9	1	1	8
The Northern Cheddar & Ale (bowl)	680	540	60	37	0	195	1140	18	1	2	16
Baked French Onion (cup)	170	90	10	6	0	20	1260	14	1	4	8
Baked French Onion (bowl)	330	190	21	11	0	45	2510	27	3	8	16
Cheesy Chicken Tortilla (cup)	330	200	22	12	0	75	1250	17	1	6	16
Cheesy Chicken Tortilla (bowl)	650	400	44	24	0	155	2510	35	3	13	32
Clam Chowder (cup)	440	320	35	21	0	145	940	17	2	2	15
Clam Chowder (bowl)	870	630	70	42	0	290	1880	35	5	4	30
<b>STARTER SALADS</b>											
Wedge Salad	870	780	86	25	0	110	1190	18	4	7	12
Caesar Salad	480	300	33	7	0	35	1130	34	4	4	10
House Salad	350	270	30	6	0	10	350	19	5	10	7
Add Chicken	260	80	9	2	0	125	125	1	0	0	43
Add Top Sirloin	300	180	20	8	0	105	390	1	0	0	28
Add Jumbo Shrimp	160	25	3	1	0	230	220	1	0	0	31
Add Atlantic Salmon	330	180	20	4	0	105	105	0	0	0	36
<b>BURGERS</b>											
Bedda Chedda Burger	1760	1180	131	54	3	375	2840	68	0	38	72
Smokestack Burger	1520	860	96	38	5	370	4920	73	1	41	89
Bleu Peppercorn Burger	1830	1340	149	48	4	330	1350	66	6	14	59
Classic Cheeseburger	830	470	52	19	3	230	2530	40	2	9	50
Southwest Turkey Burger	820	410	45	11	0	190	3880	57	5	11	45
Beyond Burger	880	470	52	16	0	20	3150	64	7	8	39
Gastro Pub Bison Burger	990	510	56	20	0	160	3470	64	4	11	44
Maple Pepper Bacon Burger	1320	870	97	38	3	315	3270	48	1	15	66
<b>SANDWICHES</b>											
Roasted Prime Rib	1330	730	81	24	0	160	2830	87	4	6	70
El Cubano Sandwich	1530	760	84	29	0	215	4350	112	5	24	79
Pressed Caprese Sandwich	1280	800	89	22	0	45	2320	97	4	19	28
Turkey Overlake	1680	1150	128	39	0	210	2450	87	12	19	53
BTA Grilled Cheese	1220	690	77	28	0	95	1850	105	9	27	33
Spicy Chicken Sandwich	840	360	40	8	0	285	7410	69	1	17	60
Spinach & Artichoke Chicken	1060	600	66	15	0	180	1410	55	4	11	66
Buffalo Chicken Wrap	1020	380	42	11	0	215	7430	103	8	14	65
<b>TACOS</b>											
Grilled Mahi Tacos	1330	610	68	14	0	100	1870	117	12	5	58
Crispy Asian Shrimp Tacos	1430	480	53	14	0	160	4980	187	13	47	40
Triple Threat Pork Tacos	2650	1740	193	59	0	325	6140	152	16	37	81
Chicken Tinga Tacos	1420	860	96	28	0	155	2280	99	13	6	52

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<b>ENTREES</b>											
Not your Mother's Meatloaf	1630	950	106	43	2	295	3800	121	12	43	57
Chicken Limone	1140	710	79	29	0	275	2330	33	5	4	70
Honey Rosemary Strip	1260	890	99	30	0	210	2810	51	5	14	49
Major Miso Bowl	2060	1240	138	42	0	420	7970	115	9	51	97
Oooowie! Jambalaya	1090	680	75	22	0	315	4750	40	6	3	70
Fish & Chips	1810	1090	121	20	1	150	2950	104	17	11	43
Ponzu Salmon	880	320	36	6	0	105	3730	93	5	55	44
<b>STEAKS</b>											
Ribeye	1680	990	110	38	0	335	5110	54	9	5	127
Center Cut Filet	1340	900	100	30	0	245	5030	54	9	5	57
Top Sirloin	1380	900	100	29	0	265	5060	54	9	5	68
<b>CLASSIC SIDES</b>											
Shoestring Fries	480	170	19	4	0	5	660	40	9	0	2
Garlic-Mashed Potatoes	250	160	18	11	0	50	450	21	2	1	3
Lemon Herb Rice	110	15	2	0	0	0	390	22	1	0	2
Green Bean Almondine	170	130	15	5	0	15	690	10	4	2	3
Kettle Chips	460	250	27	3	0	0	490	49	3	3	6
Creamy Coleslaw	320	260	29	5	0	30	440	18	3	9	1
Garlic-Buttered Cauliflower Rice	100	70	8	3	0	10	130	7	3	3	3
Chipotle Mashed Potatoes	470	370	42	15	0	70	790	24	2	2	4
<b>SIGNATURE SIDES</b>											
Sweet Potato Fries	700	270	30	6	0	0	790	103	16	29	6
Parmesan Herb Potatoes	530	350	38	8	0	35	2940	41	4	3	10
Asparagus	140	120	14	2	0	0	520	4	2	2	2
Garlic Buttered Broccolini	130	100	11	4	0	15	680	8	3	2	3
Beer Battered Onion Rings	560	360	40	8	0	25	860	48	4	10	4
Waffle Fries	930	380	42	8	0	5	160	128	15	1	10
Granite City Dip	510	490	54	15	0	70	290	8	0	1	2
<b>CITY LITES</b>											
Spicy Sesame-Seared Ahi Tuna	580	250	28	4	0	65	4990	41	11	18	45
Cracked Pepper Sirloin	660	310	34	9	0	105	370	56	11	6	37
Shrimp Fried Rice	550	210	23	5	0	485	4160	37	9	10	48
Mediterranean Chop Salad	460	200	22	8	0	125	2630	21	11	10	48
Chicken Giardiniera	500	180	20	7	0	140	2660	16	4	9	50
Herb Roasted Salmon	540	320	35	9	0	120	780	23	10	4	42
<b>PASTAS</b>											
Cajun Pasta	1210	560	62	26	0	230	3160	88	8	9	76
Chicken & Asparagus Linguini	1360	640	72	25	0	195	2950	100	9	28	67
Mediterranean Shrimp Scampi	1690	980	109	56	0	420	5420	92	4	20	51
Bock & Cheese Pasta	1360	740	82	38	0	260	2880	83	5	4	71
<b>SALADS</b>											
Grilled Asian Chicken	870	400	45	9	0	110	1770	81	13	38	46
Strawberry Salad	1270	880	97	20	0	155	2660	51	11	31	59
Buddha Bowl	580	160	17	2	0	0	3360	101	16	33	16
Steak Salad	710	440	48	12	0	120	2480	39	10	8	35
Salmon Citrus Salad	880	660	73	13	0	90	560	31	8	17	35
Bruschetta Chicken Salad	1530	1070	119	23	0	195	3210	96	11	12	67

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<b>SHAREABLE ENTREES</b>											
Ma The Meatloaf	840	483	53	23	0	155	1658	63	5	20	28
Chicken & Biscuits	810	1770	50	28	0	190	2815	60	3	11	35
Mediterranean Chicken Bowl	720	860	25	4	0	83	2163	93	6	13	38
Mama Mia Chicken Parmesan	280	400	11	6	0	113	1920	9	1	3	35
Surf & Turf	470	1220	35	11	0	160	1280	8	0	5	33
Baked Ziti	740	1450	40	18	0	118	2778	55	6	4	40
The Wharf	590	1090	30	5	0	130	4960	50	4	4	33
<b>SHAREABLE SIDES</b>											
Reggiano Hashbrowns	910	655	75	45	0	265	1325	55	8	0	18
Garlic Buttered Broccolini	140	95	10	5	0	13	680	8	3	0	3
Blistered Green Beans	440	250	30	5	0	0	650	45	13	20	8
Crispy Brussel Sprouts	230	125	15	3	0	18	935	23	10	5	13
Sesame Miso Cauliflower	360	255	30	5	0	0	515	25	5	20	3
Asparagus	90	60	8	0	0	0	520	5	3	0	3
Garlic Bread	350	80	10	3	0	10	690	60	3	0	10
Biscuits & Herbed Honey Butter	1120	530	60	30	0	40	2705	135	3	30	20
Curried Mac & Cheese	730	450	50	30	0	165	2770	30	0	3	40
<b>DESSERTS</b>											
Big Chocolate Cake	1530	780	87	46	2	200	1010	168	9	123	15
Towering Carrot Cake	1090	660	73	34	0	185	1960	103	2	83	7
Churro Donut Stack	2440	1250	138	72	0	145	290	264	7	153	15
As Big As Your Head Cookie	1560	700	78	41	0	190	1220	210	8	154	19
Double Chocolate Brownie Sundae	510	110	13	5	0	20	440	90	2	66	22
Seasonal Sorbet	100	0	0	0	0	0	10	24	1	17	0
Berry Cheesecake	330	210	24	16	1	85	240	25	1	22	4
Chocolate Chip Toffee Almond Cookie Sundae	720	300	33	18	0	85	570	103	3	77	9
Crème Brulee	210	110	12	11	0	30	90	25	1	23	2
<b>LUNCH COMBOS</b>											
Buffalo Chicken Wrap	1080	430	48	12	0	220	7510	103	8	14	65
Turkey Bacon Avocado Wrap	1000	600	66	19	0	130	2260	68	7	7	35
Chicken Salad Sandwich	1440	700	78	13	0	165	1660	135	18	63	68
Bock & Cheese Pasta	680	370	41	19	0	130	1450	42	3	2	36
Southwest Turkey Burger	820	410	45	11	0	190	3880	57	5	11	45
Cajun Pasta	610	280	31	13	0	115	1600	44	4	5	38
Margherita Flatbread	410	160	18	9	0	40	970	46	3	8	19
Pepperoni Flatbread	510	250	28	14	0	70	1440	41	3	3	23
BBQ Chicken Flatbread	670	210	23	12	0	105	1650	74	3	40	42
Wedge Salad (lunch)	870	780	86	25	0	110	1190	18	4	7	12
Asian Salad (lunch)	440	200	22	5	0	55	880	40	7	19	23
Caesar Salad (lunch)	430	260	29	6	0	35	1020	33	4	4	10

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<b>WINE</b>										
Twisted Moscato Glass	150	0	0	0	0	0	9	0	0	0
Twisted Moscato Bottle	630	0	0	0	0	0	40	0	0	1
Chateau St. Micheal Glass	140	0	0	0	0	0	7	0	0	0
Chateau St. Micheal Bottle	600	0	0	0	0	0	28	0	0	1
La Marca Prosecco Glass	110	0	0	0	0	5	2	0	1	0
Yes Way Rose Glass	150	0	0	0	0	10	7	0	7	0
Yes Way Rose Bottle	620	0	0	0	0	35	29	0	29	0
Barone Fini Pinot Grigio Glass	150	0	0	0	0	0	4	0	0	0
Barone Fini Pinot Grigio Bottle	620	0	0	0	0	0	15	0	0	1
Benzinger Sauvignon Blanc Glass	140	0	0	0	0	0	4	0	0	0
Benzinger Sauvignon Blanc Bottle	610	0	0	0	0	0	15	0	0	1
Kim Crawford Savignon Blanc Glass	140	0	0	0	0	0	4	0	0	0
Kim Crawford Savignon Blanc Bottle	610	0	0	0	0	0	15	0	0	1
Proverb Chardonnay Glass	150	0	0	0	0	5	4	0	14	0
Proverb Chardonnay Bottle	610	0	0	0	0	30	19	0	59	2
Wente Estate Grown Chardonnay Glass	150	0	0	0	0	5	4	0	14	0
Wente Estate Grown Chardonnay Bottle	610	0	0	0	0	30	19	0	59	2
La Crema Charnonnay Glass	150	0	0	0	0	5	4	0	14	0
La Crema Charnonnay Bottle	610	0	0	0	0	30	19	0	59	2
Mirassou Pinot Noir Glass	150	0	0	0	0	0	4	0	0	0
Mirassou Pinot Noir Bottle	620	0	0	0	0	0	17	0	0	1
Prophecy Pinot Noir Glass	150	0	0	0	0	0	4	0	0	0
Prophecy Pinot Noir Bottle	640	0	0	0	0	0	18	0	0	1
Entwine Merlot Glass	150	0	0	0	0	5	4	0	1	0
Entwine Merlot Bottle	630	0	0	0	0	30	19	0	5	1
Proverb Cabernet Sauvignon Glass	150	0	0	0	0	0	5	0	0	0
Proverb Cabernet Sauvignon Bottle	620	0	0	0	0	0	19	0	0	1
Josh Cellars Cabernet Sauvignon Glass	150	0	0	0	0	0	5	0	0	0
Josh Cellars Cabernet Sauvignon Bottle	620	0	0	0	0	0	19	0	0	1
Alexander Valley Cabernet Sauvignon Glass	150	0	0	0	0	0	5	0	0	0
Alexander Valley Cabernet Sauvignon Bottle	620	0	0	0	0	0	19	0	0	1
Federalist Red Blend Glass	150	0	0	0	0	5	5	0	1	0
Federalist Red Blend Bottle	630	0	0	0	0	30	19	0	5	1
Conquista Malbec Glass	150	0	0	0	0	0	6	0	1	0
Conquista Malbec Bottle	650	0	0	0	0	0	26	0	6	0
White Sangria	250	0	0	0	0	15	37	1	40	1
Red Sangria	220	0	0	0	0	10	40	3	32	1
Mezza di Mezzacorona Glass	110	0	0	0	0	5	2	0	1	0
Joia Craft Cocktails (Cosmopolitan)	240	0	0	0	0	0	25	0	24	0
Joia Craft Cocktails (Greyhound)	220	0	0	0	0	0	28	0	27	0
Joia Craft Cocktails (Moscow Mule)	250	0	0	0	0	0	28	0	27	0
White Claw Hard Seltzer	110	0	0	0	0	20	4	0	4	0
White Claw Hard Seltzer	110	0	0	0	0	20	4	0	4	0
White Claw Hard Seltzer	110	0	0	0	0	20	4	0	4	0
White Claw Hard Seltzer	10	0	0	0	0	0	0	0	0	0
Barefoot Spritzers (Crisp White)	140	0	0	0	0	0	14	0	0	0
Barefoot Spritzers (Moscato)	180	0	0	0	0	10	20	0	18	0
Barefoot Spritzers (Red Sangria)	150	0	0	0	0	20	17	0	16	0
Barefoot Spritzers (Rose)	150	0	0	0	0	10	17	0	16	0
Barefoot Spritzers Summer Red)	150	0	0	0	0	10	16	0	15	0

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<b>SHAREABLE COCKTAILS</b>											
The Southside-Shareable	220	1.25	1	0	0	0	25	175	9	95	4
Blue Chi Chi-Shareable	290	10	1	1	0	0	30	100	4	81	2
Irish Tiki Punch-Shareable	260	5	1	0	0	0	40	133	6	243	2
Perfect Clooney-Rita-Shareable	210	0	0	0	0	0	140	132	1	115	0
<b>COCKTAILS</b>											
Barrel Aged Old Fashioned	280	0	0	0	0	0	0	12	1	11	0
American Mule	150	0	0	0	0	0	10	15	0	13	0
Spicy Paloma	310	0	0	0	0	0	40	42	1	34	1
Cucumber Mule	160	0	0	0	0	0	10	15	0	13	0
Bourbon Berry Smash	230	0	0	0	0	0	15	21	1	19	0
GC Classic Margarita	260	0	0	0	0	0	45	38	0	35	0
Perfect Clooney-Rita	280	0	0	0	0	0	45	44	0	38	0
GC Classic Mojito	160	0	0	0	0	0	5	19	2	12	1
Irish Tiki Punch	260	0	0	0	0	0	15	44	2	81	1
Blue Chi Chi	290	0	0	0	0	0	10	33	1	27	1
Amelia Earhart	180	0	0	0	0	0	0	23	0	8	0
Pomegranate Mojito	220	0	0	0	0	0	10	38	2	31	1
Blueberry Long Island	260	0	0	0	0	0	45	33	1	29	0
Juicy Watermelon Martini	210	0	0	0	0	0	5	30	1	28	1
Black Cherry Manhattan	320	0	0	0	0	0	0	53	2	50	0
The Southside	290	0	0	0	0	0	10	58	3	32	1
Irish Made	240	0	0	0	0	0	5	24	2	14	1
Flying Monkey	190	0	0	0	0	0	20	26	1	23	0
<b>BEER</b>											
Northern 16oz	150	0	0	0	0	0	20	10	0	0	2
Northern 25 oz	230	0	0	0	0	0	30	16	0	0	3
Northern Pitcher	510	0	0	0	0	0	70	35	0	0	6
Northern Growler	720	0	0	0	0	0	95	49	0	0	9
Duke 16oz	190	0	0	0	0	0	20	16	1	0	2
Duke 25oz	290	0	0	0	0	0	35	25	1	0	2
Duke Pitcher	640	0	0	0	0	0	70	54	3	0	5
Duke Growler	900	0	0	0	0	0	100	76	4	0	8
Bennie 16oz	190	0	0	0	0	0	20	18	0	0	2
Bennie 20oz	230	0	0	0	0	0	25	22	0	0	2
Bennie 25oz	300	0	0	0	0	0	30	29	0	0	3
Bennie Pitcher	640	0	0	0	0	0	70	63	0	0	6
Bennie Growler	910	0	0	0	0	0	95	89	0	0	9
Broad Axe 16oz	190	0	0	0	0	0	15	19	0	0	2
Broad Axe 25oz	300	0	0	0	0	0	25	30	0	0	3
Broad Axe Pitcher	650	0	0	0	0	0	60	65	0	0	6
Broad Axe Growler	910	0	0	0	0	0	85	91	0	0	8