



GRANITE CITY
 food & brewery
Nutrition Guide

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)
STARTERS											
Boneless Wings (Fiery Buffalo)	1550	780	87.0	17.0	0.0	185	5100	135	6	4	64
Boneless Wings (Mango Habanero BBQ)	1730	730	81.0	17.0	0.0	185	3380	186	6	60	65
Boneless Wings (Old Bay Dry Rub)	1490	730	81.0	17.0	0.0	185	4760	128	6	4	64
City Wings (Fiery Buffalo)	1030	790	88.0	21.0	0.0	235	4920	15	2	2	49
City Wings (Mango Habanero BBQ)	1210	740	83.0	21.0	0.0	235	3200	66	2	58	50
City Wings (Old Bay Dry Rub)	970	740	82.0	21.0	0.0	235	4570	8	2	2	49
Idaho Nachos	3080	1630	181.0	73.0	0.0	335	7990	269	32	4	99
Pretzels with Cheese Sauce	1100	320	35.0	17.0	2.5	75	8800	164	5	6	37
Asian Glazed Jumbo Shrimp	590	140	16.0	4.0	0.0	315	3090	63	2	42	45
Spinach & Artichoke Dip	1700	1040	116.0	38.0	0.0	155	3390	125	5	19	47
The Northern Kobe Beef Sliders	700	420	47.0	99.0	1.5	95	2630	42	5	6	27
Batch 1000 BBQ Pork Nachos	2550	1440	160.0	61.0	0.0	305	4400	179	16	22	94
ARTISIAN FLATBREADS											
Asian Chicken Flatbread	1310	670	74.0	26.0	0.0	205	2430	98	7	26	70
Braised Short Rib & Portabella Flatbread	1630	1140	126.0	45.0	0.0	200	2550	77	5	10	54
Maple Pepper Bacon & Tomato Flatbread	1370	880	97.0	34.0	0.0	160	1990	87	5	22	43
Margherita Flatbread	740	300	34.0	19.0	0.0	80	1670	76	5	15	35
Meat Lover's Flatbread	1210	690	76.0	36.0	0.0	205	3770	68	5	6	65
BBQ Chicken Flatbread	1040	380	42.0	24.0	0.0	170	2370	102	4	51	64
GRANITE CITY CLASSICS											
Meatloaf	1660	970	108.0	42.0	2.0	290	3810	120	12	44	58
Mediterranean Chicken	1160	330	37.0	10.0	0.0	240	1930	117	5	24	88
Broad Axe Stout-Braised Beef Short Ribs	1610	1280	142.0	60.0	0.0	270	4350	36	6	7	50
Chicken Limone	980	590	65.0	26.0	0.0	260	2220	25	4	4	68
SEAFOOD											
Ponzu Glazed Salmon	1320	330	37.0	7.0	0.0	115	4300	191	9	73	55
Simply Grilled Salmon	920	190	22.0	4.5	0.0	110	1620	132	8	23	50
The Northern Lager Fish & Chips	2110	1240	137.0	23.0	0.5	150	2420	172	20	12	50
Mahi Taco Trio	940	440	49.0	10.0	0.0	100	1490	66	8	5	53
Crispy Shrimp Taco Trio	1030	310	34.0	10.0	0.0	160	4600	136	9	47	35
HAND-TOSSED PASTA											
Grilled Chicken & Asparagus Linguini	1570	760	85.0	30.0	0.0	210	3350	119	9	29	72
Cajun Pasta	1730	970	108.0	45.0	0.0	315	3840	108	9	9	86
The Bennie Mac & Cheese	1540	870	97.0	44.0	0.0	280	2960	98	6	5	71
Mediterranean Shrimp Scampi	1770	1050	116.0	46.0	0.0	370	5090	108	5	20	55
Add Jumbo Shrimp to any Pasta	160	25	2.5	0.5	0.0	230	220	1	0	0	31

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SALADS											
House Salad	350	270	30.0	6.0	0.0	10	350	19	5	10	7
Caesar Salad	540	360	40.0	10.0	0.0	45	1220	34	4	4	10
Large Caesar Salad	1000	640	72.0	18.0	0.0	85	2210	69	9	9	21
Wedge Salad	740	630	70.0	20.0	0.0	100	1360	18	4	7	15
Asian Chicken Salad	870	400	45.0	9.0	0.0	110	1770	81	13	38	46
Blackened Salmon Salad	910	670	74.0	13.0	0.0	95	570	31	8	17	37
Chicken Bruschetta Salad	1430	1000	111.0	24.0	0.0	170	3330	96	13	12	61
Steak Salad	790	440	49.0	12.0	0.0	120	3130	56	12	9	39
Add Shrimp	160	25	2.5	0.5	0.0	230	220	1	0	0	31
Add Chicken	310	100	11.0	1.5	0.0	145	150	1	0	0	51
GC STEAK BURGERS											
"Big Show" Burger	1500	760	84.0	32.0	3.0	270	3810	93	3	40	76
Bedda Chedda Bacon Burger	1490	900	100.0	44.0	3.0	350	3170	69	0	38	77
Bleu Peppercorn Burger	1560	1060	117.0	38.0	3.5	310	1680	66	6	14	64
GC Classic Cheeseburger	830	470	52.0	19.0	3.0	230	2530	40	2	9	50
Bison Burger	930	470	53.0	19.0	0.0	170	2390	61	4	10	43
Maple Pepper Bacon Burger	1280	830	92.0	38.0	3.0	310	3290	47	1	15	66
"The CEO" Triple Blend Cheeseburger	1540	1020	113.0	48.0	0.0	390	3570	54	2	13	73
BREWHOUSE STEAKS											
Top Sirloin	1440	960	106.0	32.0	0.0	275	2780	55	10	5	68
Ribeye	1740	1050	116.0	41.0	0.0	340	2840	55	10	5	127
Center Cut Filet	1400	960	106.0	33.0	0.0	250	2750	55	10	5	57
BUTCHER BLOCK SANDWICHES											
Buffalo Chicken Wrap	1110	510	56.0	12.0	0.0	90	3640	119	7	9	38
Spinach & Artichoke Chicken	1180	530	59.0	15.0	0.0	190	1860	88	13	21	82
BTA Grilled Cheese	1110	570	63.0	24.0	0.0	85	1700	105	16	38	39
Turkey Overlake	1190	650	72.0	21.0	0.0	165	2770	87	12	19	58
Roasted Prime Rib	1310	740	82.0	24.0	0.0	160	2800	80	4	7	70
Pulled Pork Waffle	1270	590	65.0	18.0	0.0	180	3720	110	4	49	53
Spicy Chicken	1170	670	74.0	29.0	0.0	345	1670	43	1	11	84
SIDES											
Mashed Potatoes	140	90	10.0	6.0	0.0	25	250	12	1	1	2
Horseradish Mashed Potatoes	290	230	26.0	9.0	0.0	45	580	15	1	2	2
Natural-cut Fries	780	320	35.0	7.0	0.0	Less than 5 mg	135	108	12	1	9
Waffle Fries	930	380	42.0	8.0	0.0	5	160	128	15	1	10
Petite Green Beans	230	190	21.0	8.0	0.0	25	770	11	5	2	3
Sticky Rice	440	5	0.5	0.0	0.0	0	950	98	1	17	7
Broccolini	180	140	16.0	6.0	0.0	20	750	9	3	2	4
Chef Will's Parmesan Potatoes	530	350	38.0	8.0	0.0	35	580	41	4	3	10
Sweet Potato Fries	700	270	30.0	6.0	0.0	0	790	103	16	29	6
Stir Fried Vegetables	410	250	28.0	4.0	0.0	0	700	43	6	14	5
Asparagus	100	70	8.0	3.0	0.0	10	620	5	2	2	2
Kettle Chips	460	250	27.0	3.0	0.0	0	490	49	3	3	6
Coleslaw	320	260	29.0	4.5	0.0	30	440	18	3	9	1
GC Signature Dip	510	490	54.0	15.0	0.0	70	290	8	0	1	2

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SOUPS											
The Northern Cheddar & Ale (cup)	340	270	30.0	19.0	0.0	95	570	9	1	1	8
The Northern Cheddar & Ale (bowl)	680	540	60.0	37.0	0.0	195	1140	18	1	2	16
Baked French Onion (cup)	170	90	10.0	6.0	0.0	20	1260	14	1	4	8
Baked French Onion (bowl)	330	190	21.0	11.0	0.0	45	2510	27	3	8	16
Chicken Noodle (cup)	130	40	4.0	1.0	0.0	15	950	15	2	3	8
Chicken Noodle (bowl)	260	80	8.0	2.0	0.0	35	1890	30	3	6	16
Turkey Wild Rice Almondine (cup)	370	280	31.0	17.0	0.0	100	910	15	1	2	8
Turkey Wild Rice Almondine (bowl)	730	570	63.0	33.0	0.0	200	1820	31	3	4	15
Tomato Basil (cup)	260	190	21.0	13.0	0.0	70	840	16	3	2	5
Tomato Basil (bowl)	520	380	42.0	26.0	0.0	145	1690	33	5	3	9
Cheesy Chicken Tortilla (cup)	330	200	22.0	12.0	0.0	75	1250	17	1	6	16
Cheesy Chicken Tortilla (bowl)	650	400	44.0	24.0	0.0	155	2510	35	3	13	32
Clam Chowder (cup)	340	220	24.0	14.0	0.0	120	620	15	2	1	18
Clam Chowder (bowl)	680	430	48.0	29.0	0.0	245	1250	30	4	2	36
LUNCH COMBOS											
Buffalo Chicken Wrap	1170	550	62.0	13.0	0.0	95	3720	120	7	9	38
Veggie Wrap	1100	620	68.0	14.0	0.0	45	2940	99	8	33	24
Grilled Chicken Avocado Wrap	1180	640	71.0	27.0	0.0	210	2840	74	9	11	68
Chicken Salad Sandwich	990	440	49.0	9.0	0.0	80	1340	107	15	40	43
Cajun Pasta	1050	620	69.0	29.0	0.0	175	2500	64	5	5	46
The Bennie Mac & Cheese	960	570	64.0	28.0	0.0	160	2090	59	4	3	40
Margherita Flatbread	410	160	18.0	9.0	0.0	40	970	46	3	8	19
Pepperoni Flatbread	510	250	28.0	14.0	0.0	70	1440	41	3	3	23
BBQ Chicken Flatbread	670	210	23.0	12.0	0.0	105	1650	74	3	40	42
Bedda Chedda Burger	860	480	53.0	23.0	1.5	215	1710	52	0	23	42
Asian Salad	440	200	22.0	4.5	0.0	55	880	40	7	19	23
Caesar Salad	500	320	36.0	9.0	0.0	40	1110	34	4	4	10
Wedge Salad	740	630	70.0	20.0	0.0	100	1360	18	4	7	15
KID'S MENU											
Quesadilla	810	430	48.0	24.0	0.0	100	1550	61	3	5	35
Add Chicken to Quesadilla	180	40	4.5	2.0	0.0	90	105	1	2	0	34
Macaroni and Cheese	300	80	9.0	5.0	0.0	15	310	45	2	8	11
Pepperoni Pizza	510	250	28.0	14.0	0.0	70	1440	41	3	3	24
Saucy Pasta (Butter)	430	240	26.0	14.0	0.0	55	370	42	2	2	7
Saucy Pasta (Marinara)	280	60	6.0	1.0	0.0	0	580	48	3	2	8
Grilled Cheese	450	180	20.0	5.0	0.0	15	1270	51	2	4	17
Chicken Bites	760	440	49.0	9.0	0.0	90	1310	54	2	2	27
Grilled Chicken Breast	400	200	22.0	3.5	0.0	120	135	1	0	0	48
Grilled Salmon	380	260	29.0	5.0	0.0	85	85	0	0	0	28
Steak Burger	550	270	30.0	11.0	1.5	165	1630	36	0	7	32
Add Lettuce, Tomato, Onion	25	0	0.0	0.0	0.0	0	5	6	2	3	1
Add Bacon	190	170	19.0	6.0	0.0	30	340	0	0	0	5
Kid's Brownie Sundae	510	110	13.0	4.5	0.0	20	440	90	2	66	22
Kids French Fries	260	110	12.0	2.0	0.0	Less than 5 mg	45	36	4	0	3
Kids Chips	150	80	9.0	1.0	0.0	0	160	16	1	1	2
Mashed Potatoes	140	90	10.0	6.0	0.0	25	250	12	1	1	2
Broccolini	180	140	16.0	6.0	0.0	20	750	9	3	2	4
Fruit	210	10	1.0	0.0	0.0	0	75	52	5	49	4
Applesauce	50	0	0.0	0.0	0.0	0	10	12	2	8	0