

BRICKTOWN BREWERY

2023 Nutritional Guide

| | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugars (g) | Protein (g) |
|------------------------------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-------------------|------------------|-------------|
| FORK & SPOON | | | | | | | | | | | |
| BBQ Chicken Salad | 1160 | 660 | 73 | 17 | 0 | 170 | 3700 | 73 | 14 | 25 | 60 |
| Brewery Garden Salad (No Dressing) | 190 | 80 | 9 | 4 | 0 | 20 | 330 | 20 | 4 | 6 | 10 |
| Chicken Caesar Salad | 880 | 560 | 62 | 14 | 0 | 165 | 3360 | 27 | 2 | 2 | 58 |
| Chicken, Berries, & Pecan Salad | 1400 | 930 | 104 | 23 | 0 | 215 | 3040 | 69 | 41 | 52 | 107 |
| Cobb Salad | 1280 | 890 | 99 | 16 | 0 | 350 | 3810 | 38 | 14 | 19 | 79 |
| Grilled Shrimp & Avocado Salad | 1240 | 990 | 110 | 22 | 0 | 255 | 1070 | 46 | 44 | 22 | 82 |
| Protein Salad Bowl Pork | 940 | 580 | 64 | 29 | 5 | 145 | 800 | 32 | 8 | 7 | 50 |
| Protein Salad Bowl Chicken | 920 | 480 | 53 | 24 | 5 | 215 | 3170 | 35 | 8 | 8 | 66 |
| The Best Fried Chicken Salad | 1320 | 770 | 85 | 18 | 0 | 160 | 2480 | 86 | 12 | 47 | 63 |
| | | | | | | | | | | | |
| French Onion Soup Bowl | 460 | 240 | 26 | 13 | 0 | 65 | 1990 | 35 | 3 | 10 | 28 |
| French Onion Soup Cup | 310 | 150 | 16 | 8 | 0 | 40 | 1390 | 28 | 2 | 7 | 18 |
| San Marzano Tomato Soup Bowl | 310 | 430 | 48 | 12 | 0 | 25 | 930 | 22 | 2 | 6 | 5 |
| San Marzano Tomato Soup Cup | 200 | 290 | 32 | 8 | 0 | 15 | 610 | 14 | 1 | 4 | 3 |
| | | | | | | | | | | | |
| DRESSINGS | | | | | | | | | | | |
| Blue Cheese Dressing | 120 | 120 | 13 | 2.5 | 0 | 10 | 200 | 2 | 0 | 0 | 2 |
| Brown Derby Vinaigrette | 120 | 130 | 14 | 1 | 0 | 0 | 35 | 0 | 0 | 0 | 0 |
| Caesar Dressing | 100 | 100 | 11 | 1 | 0 | | 150 | 0 | 0 | 0 | 0 |
| Honey Mustard | 90 | 50 | 6 | 0.5 | 0 | 10 | 280 | 11 | 0 | 11 | 0 |
| Parmesan Garlic | 170 | 170 | 18 | 3.5 | 0 | 10 | 190 | 2 | 0 | 0 | 0 |
| Poppy Seed Dressing | 170 | 250 | 17 | 3 | 0 | 10 | 225 | 6 | 10 | 4 | 16 |
| Ranch Dressing | 110 | 100 | 11 | 2 | 0 | 5 | 135 | 2 | 0 | <1 | <1 |

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| BIG PLATES | | | | | | | | | | | |
| Big Mike's Meatloaf Dinner | 1780 | 840 | 93 | 35 | 2 | 330 | 5050 | 231 | 12 | 56 | 75 |
| Brewery Chicken Fried Chicken | 1040 | 440 | 49 | 16 | 0 | 250 | 3810 | 95 | 8 | 12 | 79 |
| Brewery Chicken Fried Steak | 1230 | 590 | 65 | 20 | 0 | 215 | 4010 | 115 | 9 | 13 | 65 |
| Chicken Tenders | 1400 | 500 | 55 | 9 | 0 | 230 | 5610 | 149 | 6 | 55 | 97 |
| | | | | | | | | | | | |
| SEAFOOD | | | | | | | | | | | |
| Bluesberry Poached Salmon | 1110 | 670 | 75 | 35 | 0 | 215 | 2870 | 64 | 9 | 12 | 44 |
| Fish & Chips | 1140 | 450 | 50 | 8 | 0 | 140 | 3320 | 106 | 6 | 11 | 55 |
| Fried Shrimp | 890 | 240 | 26 | 4.5 | 0 | 280 | 4830 | 120 | 27 | 24 | 41 |
| Seafood Platter | 1220 | 460 | 51 | 8 | 0 | 240 | 4630 | 128 | 20 | 23 | 56 |
| Shrimp & Tenders | 1100 | 310 | 34 | 5 | 0 | 240 | 4900 | 133 | 20 | 48 | 65 |
| | | | | | | | | | | | |
| LIMITED TIME ONLY ITEMS | | | | | | | | | | | |
| Fried Chicken Mac & Cheese | 1230 | 710 | 79 | 47 | 0 | 285 | 1800 | 79 | 4 | 5 | 51 |
| Yardbird Green Chile Mac & Cheese | 1350 | 760 | 85 | 48 | 0 | 345 | 2030 | 76 | 5 | 5 | 68 |
| Yardbird Mac & Cheese | 1340 | 760 | 85 | 48 | 0 | 345 | 1930 | 74 | 4 | 5 | 68 |
| | | | | | | | | | | | |
| LUNCH SPECIALS | | | | | | | | | | | |
| Big Mikes Meatloaf Lunch | 1080 | 450 | 50 | 19 | 57 | 160 | 2980 | 235 | 6 | 106 | 40 |
| Boneless Wings Lunch | 370 | 110 | 13 | 6 | 0 | 115 | 2540 | 21 | 2 | 5 | 43 |
| Chicken Fried Chicken Lunch | 700 | 220 | 24 | 10 | 0 | 190 | 2970 | 72 | 4 | 7 | 58 |
| Chicken Tenders Lunch | 620 | 200 | 22 | 3 | 0 | 95 | 1520 | 58 | 5 | 1 | 47 |
| Lunch Slider Basket | 860 | 540 | 60 | 22 | 2 | 155 | 900 | 48 | <1 | 18 | 32 |
| Shrimp Platter Lunch | 560 | 130 | 14 | 2 | 0 | 140 | 2380 | 84 | 19 | 12 | 22 |

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| SAUCES | | | | | | | | | | | |
| Anchor Bar Sauce | 30 | 30 | 3.5 | 2.5 | 0 | 10 | 670 | 0 | 0 | 0 | 0 |
| Bacon Aioli | 200 | 200 | 22 | 2.5 | 0 | 45 | 125 | 0 | 0 | 0 | 2 |
| Blueberry Salsa | 15 | 0 | 0 | 0 | 0 | 0 | 0 | 4 | <1 | 3 | 0 |
| Boom Boom Sauce | 150 | 140 | 16 | 2.5 | 0 | 15 | 250 | 2 | 0 | 2 | 0 |
| Buffalo Blue Cheese Sauce | 100 | 90 | 11 | 2.5 | 0 | 10 | 310 | 1 | 0 | 0 | 1 |
| Burger Sauce | 150 | 140 | 16 | 3 | 0 | 5 | 200 | 2 | <1 | <1 | 0 |
| Chili Glaze | 70 | 0 | 0 | 0 | 0 | 0 | 270 | 17 | 0 | 15 | <1 |
| Chipotle Mayo | 200 | 200 | 22 | 4 | 0 | 10 | 310 | 2 | 0 | 0 | 0 |
| Cocktail Sauce | 30 | 0 | 0 | 0 | 0 | 0 | 250 | 8 | 7 | 6 | 0 |
| Dijon Mustard | 110 | 100 | 11 | 2 | 0 | <5 | 260 | <1 | 0 | 0 | 0 |
| Gravy | 30 | 45 | 4.5 | 1 | 0 | <5 | 105 | 2 | 0 | 1 | 1 |
| Head Country BBQ Sauce | 60 | 0 | 0 | 0 | 0 | 0 | 330 | 15 | 0 | 14 | 0 |
| Mayo | 200 | 200 | 22 | 4 | 0 | 10 | 130 | 2 | 0 | 0 | 0 |
| Mustard BBQ | 45 | 0 | 0 | 0 | 0 | 0 | 260 | 10 | 0 | 9 | 0 |
| Queso | 110 | 130 | 14 | 5 | 0 | 25 | 470 | 3 | 0 | <1 | 4 |
| Salt & Pepper Honey | 130 | 0 | 0 | 0 | 0 | 0 | 300 | 34 | 85 | 34 | 127 |
| Sissy Sauce | 30 | 30 | 3.5 | 2.5 | 0 | 10 | 67 | 0 | 0 | 0 | 0 |
| Spicy Caramel | 100 | 5 | 0.5 | 0 | 0 | <5 | 60 | 24 | 0 | 18 | 0 |
| | | | | | | | | | | | |
| DESSERTS | | | | | | | | | | | |
| Bricktown Root Beer Float | 520 | 210 | 23 | 14 | 0 | 70 | 150 | 78 | 0 | 78 | 7 |
| Heath Bar Crunch® Brownie | 1050 | 490 | 55 | 30 | 0 | 150 | 400 | 133 | 6 | 104 | 13 |
| Sizzling Apple Crisp | 1100 | 320 | 35 | 21 | 0 | 100 | 500 | 188 | 4 | 131 | 10 |
| Tillamook® Vanilla Bean Ice Cream Scoop | 190 | 100 | 11 | 7 | 0 | 35 | 50 | 19 | 0 | 19 | 4 |