

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O
1	Quantity Measure Cals (kcal) FatCals (kcal) Fat (g) SatFat (g) TransFat (g) Chol (mg) Sod (mg) Carb (g) TotFib (g) Sugar (g) Prot (g) Allergen Statement (English)														
2	Starters														
3	WO-Waffle Cheese Fries Large Complete	1	Serving	2200	1350	150	56	0	275	4930	85	7	5	74	Contains Egg, Milk.
4	WO-Waffle Cheese Fries-BBQ Pulled Pork -Large complete	1	Serving	2360	1420	158	60	0	355	5740	85	7	5	95	Contains Egg, Milk.
5	WO-Waffle Cheese Fries Small complete	1	Serving	1210	770	86	30	0	145	2560	44	4	3	37	Contains Egg, Milk.
6	WO-Waffle Cheese Fries-BBQ Pulled Pork -Small complete	1	Serving	1290	810	90	32	0	185	2960	44	4	3	48	Contains Egg, Milk.
7	WO - Hush Puppies	1	Serving	720	210	25	5	0	35	700	116	0	51	9	Contains Egg, Milk, Soy, Wheat.
8	WO-Boom Boom Shrimp Complete	1	Serving	680	430	47	7	0	205	1860	40	3	7	21	Contains Egg, Milk, Shellfish, Soy, Wheat.
9	WO - Fried Pickle Chips	1	Serving	1370	860	99	14	0	20	3370	99	3	2	17	Contains Egg, Milk, Wheat.
10	WO-Homemade Mozzarella Logs Complete	1	Serving	1050	550	62	34	0	140	2540	70	3	6	51	Contains Egg, Milk, Soy, Wheat.
11	WO-Jumbo Boneless Wings (Fried) - Buffalo	1	Serving	1070	650	74	18	0	145	3550	28	2	4	71	Contains Egg, Milk, Soy, Wheat.
12	WO-Jumbo Boneless Wings (Fried) - Sweet Chili	1	Serving	1100	470	53	10	0	145	2930	79	2	46	71	Contains Egg, Milk, Soy, Wheat.
13	WO-Jumbo Boneless Wings (Fried) - Spicy BBQ	1	Serving	940	520	59	12	0	145	2150	28	2	4	71	Contains Egg, Milk, Soy, Wheat.
14	WO-Cheeseburger Sliders Complete	1	Serving	760	350	39	16	1	115	1940	60	0	16	38	Contains Milk, Soy, Wheat.
15	WO-Spinach & Artichoke Dip complete with Tortilla Chips	1	Serving	1590	930	104	44	0	185	1860	125	12	5	32	Contains Milk.
16	WO-Spinach & Artichoke Dip complete with Toast Points	1	Serving	1150	670	75	44	0	185	2510	80	10	10	37	Contains Milk, Soy, Wheat.
17	WO-Boudin Balls	1	Serving	840	480	53	11	0	50	2600	60	2	4	23	Contains Egg, Milk, Soy, Wheat.
18	WO-Devils on Horseback Complete	1	Serving	850	420	48	14	0	380	2960	58	2	33	45	Contains Egg, Milk, Shellfish, Soy, Wheat.
19	WO-Fried Louisiana Alligator	1	Serving	820	430	49	7	0	85	2140	43	3	5	43	Contains Egg, Fish, Milk, Soy, Wheat.
20	WO-Tuna Tini complete	1	Serving	670	310	34	6	0	30	1820	72	8	51	25	Contains Egg, Fish, Soy, Wheat.
21	WO-Cajun Queseaux Complete	1	Serving	1500	850	94	37	0	125	2810	123	8	10	37	Contains Milk.
22															
23	Gumbos & Soups														
24	WO - Etouffee Cup	1	Serving	210	130	14	8	0	75	870	14	1	2	8	Contains Milk, Shellfish, Soy, Wheat.
25	WO - Etouffee Bowl	1	Serving	500	280	31	16	0	145	1930	42	4	4	19	Contains Milk, Shellfish, Soy, Wheat.
26	WO-Duck & Andouille Gumbo-Cup complete	1	Serving	150	70	8	3.5	0	45	940	10	0	2	11	Contains Fish, Milk, Soy, Wheat.
27	WO-Duck & Andouille Gumbo -Bowl Complete	1	Serving	390	170	19	7	0	90	2060	33	1	4	25	Contains Fish, Milk, Soy, Wheat.
28	WO- Red Beans and rice - Cup	1	Serving	200	60	7	2	0	15	1210	23	0	3	12	Contains Milk, Soy, Wheat.
29	WO- Red Beans and rice - Bowl	1	Serving	480	150	17	4.5	0	30	2600	60	1	7	28	Contains Milk, Soy, Wheat.
30															
31	Signature Salads (As Served including Dressing)														

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O
32	WO-Chicken Berry Pecan Salad	1	Serving	590	310	34	6	0	55	910	38	7	30	33	Contains Egg, Milk, Peanut, Soy, Tree Nuts, Wheat.
33	WO- Cypress Cobb Salad	1	Serving	810	490	55	15	0	225	1350	25	9	7	52	Contains Egg, Milk, Soy, Wheat.
34	WO-Seared Ahi Tuna Salad complete	1	Serving	570	230	26	4	0	30	1580	60	9	33	27	Contains Egg, Fish, Soy, Wheat.
35	WO-Zydeco Salad	1	Serving	1000	420	47	6	0	190	2920	119	8	66	27	Contains Egg, Milk, Peanut, Shellfish, Soy, Tree Nuts, Wheat.
36	<b>Quantity Measure Cals (kcal) FatCals (kcal) Fat (g) SatFat (g) TransFat (g) Chol (mg) Sod (mg) Carb (g) TotFib (g) Sugar (g) Prot (g) Allergen Statement (English)</b>														
37	<b>Signature Salads (As Served including Dressing)</b>														
38	WO- Caesar Salad	1	Serving	390	240	27	9	0	15	860	31	6	7	11	Contains Egg, Fish, Milk, Soy, Wheat.
39	WO-Blackened Chicken Caesar Salad	1	Serving	720	430	48	12	0	70	2800	36	8	8	41	Contains Egg, Fish, Milk, Soy, Wheat.
40	WO-Blackened Shrimp Caesar Salad	1	Serving	700	490	56	11	0	85	2620	36	8	7	19	Contains Egg, Fish, Milk, Shellfish, Soy, Wheat.
41	WO - Avery Island Salad	1	Serving	900	600	68	12	0	100	2850	52	8	36	22	Contains Egg, Milk, Peanut, Shellfish, Soy, Tree Nuts, Wheat.
42	WO-Side Caesar	1	Serving	220	130	15	6	0	10	480	19	3	4	6	Contains Egg, Fish, Milk, Soy, Wheat.
43	WO-Side Salad Without Dressing	1	Serving	160	70	7	3.5	0	15	330	18	3	3	8	Contains Milk, Soy, Wheat.
44															
45	<b>Dressing Choices (2 fl oz)</b>														
46	WO-Ranch Dressing 1.5 fl oz	1	Serving	190	160	18	3.5	0	15	135	3	0	1	1	Contains Egg, Milk.
47	WO-Bleu Cheese Dressing 1.5 fl oz	1	Serving	250	240	27	5	0	20	340	1	0	1	1	Contains Egg, Milk.
48	WO-Caesar Dressing 1.5 fl oz	1	Serving	100	90	10	2	0	5	270	1	0	1	1	Contains Egg, Fish, Milk.
49	WO-Thousand Island Dressing 1.5 fl oz	1	Serving	210	180	19	3	0	15	400	9	0	7	0	Contains Egg.
50	WO-Honey Mustard Dressing 1.5 fl oz	1	Serving	210	160	18	3	0	15	220	12	0	10	1	Contains Egg.
51	WO - Italian Dressing 1.5 fl oz	1	Serving	180	180	19	3	0	0	550	3	0	3	0	
52	WO-Italian Raspberry Walnut Vinaigrette Dressing 1.5 fl oz	1	Serving	200	160	18	3	0	0	135	8	0	8	0	Contains Tree Nuts.
53	WO-Tabasco Pepper Jelly Vinaigrette 1.5 fl oz	1	Serving	220	130	15	2	0	0	290	21	0	18	0	
54	WO-Balsamic Vinaigrette 1.5 fl oz	1	Serving	140	110	12	2	0	0	450	6	0	6	0	Contains Milk.
55	WO- Sesame Vinaigrette Dressing 1.5 fl oz	1	Serving	160	110	12	2	0	0	390	15	0	12	0	Contains Soy, Wheat.
56															
57	<b>Tacos (As served - chips and queso not included)</b>														
58	WO- Boom Boom Shrimp Tacos	1	Serving	990	480	54	10	0	155	2700	94	8	20	26	Contains Egg, Milk, Shellfish, Soy, Wheat.
59	WO- Blackened Redfish Tacos	1	Serving	890	580	66	9	0	135	1460	42	8	2	32	Contains Egg, Fish, Wheat.
60	WO - Hawaiian Pork Tacos	1	Serving	570	260	29	8	0	85	2160	48	4	8	28	Contains Egg, Milk, Soy, Wheat.
61	WO - Tuna Taco	1	Serving	600	320	35	7	0	25	880	52	7	13	17	Contains Egg, Fish, Soy, Wheat.
62															
63	<b>Wraps (As Served, Fries Not Included)</b>														
64	WO-California Club Wrap complete	1	Serving	1050	550	61	18	0	135	2370	71	6	17	56	Contains Egg, Milk, Soy, Wheat.
65	WO-Grilled Shrimp Wrap complete	1	Serving	700	310	35	12	0	140	3430	74	6	16	24	Contains Milk, Shellfish, Soy, Wheat.
66	WO-Grilled Buffalo Chicken Wrap complete	1	Serving	1100	650	72	28	0	135	3270	57	4	3	54	Contains Egg, Milk, Soy, Wheat.
67	WO - Blackened Gator Wrap	1	Serving	1010	520	58	25	0	100	3530	79	6	4	41	Contains Egg, Fish, Milk, Soy, Wheat.
68															
69	<b>Bistreaux Specialties</b>														

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O
70	WO - Uncle B's Chicken Tenders Grilled	1	Serving	1140	510	56	8	0	110	3140	72	6	16	49	Contains Egg.
71	<b>Quantity Measure Cals (kcal) FatCals (kcal) Fat (g) SatFat (g) TransFat (g) Chol (mg) Sod (mg) Carb (g) TotFib (g) Sugar (g) Prot (g)</b>														<b>Allergen Statement (English)</b>
72	<b>Bistreaux Specialties</b>														
73	WO-Uncle B's Chicken Tender Complete	1	Serving	1400	650	74	10	0	120	2600	84	6	19	65	Contains Egg, Milk, Soy, Wheat.
74	WO - Lemon Chicken	1	Serving	900	370	42	21	0	320	2230	53	6	4	79	Contains Milk, Soy, Wheat.
75	WO- Tuscan Chicken (Grill recipes)	1	Serving	1510	920	107	18	0	135	5050	73	13	16	74	Contains Milk, Soy, Wheat.
76	WO - Cajundilla	1	Serving	1430	730	81	32	0	230	4440	89	4	8	85	Contains Egg, Milk, Soy, Wheat.
77	WO - Pastalaya	1	Serving	1180	610	68	20	0	205	2460	88	8	8	58	Contains Egg, Fish, Milk, Soy, Wheat.
78	WO - Pasta Alfredoaux	1	Serving	1020	430	48	24	0	95	1840	124	6	8	29	Contains Egg, Milk, Soy, Wheat.
79	WO - Pasta Alfredoaux - Blackened Chicken	1	Serving	1310	580	66	26	0	150	3110	127	7	9	59	Contains Egg, Milk, Soy, Wheat.
80	WO - Pasta Alfredoaux - Shrimp	1	Serving	1330	680	77	26	0.5	165	3610	130	8	8	38	Contains Egg, Milk, Shellfish, Soy, Wheat.
81	WO-Cajun Ribeye (Grill recipe)	1	Serving	1950	1310	149	41	0	240	4680	83	8	8	78	Contains Milk, Soy, Wheat.
82															
83	<b>Seafood</b>														
84	WO-Voodoo Shrimp (grill recipe)	1	Serving	1080	580	64	33	0	245	2970	98	3	32	28	Contains Milk, Shellfish, Soy, Wheat.
85	WO - Bayou Pasta	1	Serving	1320	540	60	21	0	360	2510	148	7	10	52	Contains Egg, Milk, Shellfish, Soy, Wheat.
86	WO - Crawfish Etou-Ways	1	Serving	930	380	43	15	0	240	2860	94	5	4	45	Contains Egg, Milk, Shellfish, Soy, Wheat.
87	WO-Catfish Atchafalaya-Fried Complete	1	Serving	1200	500	57	18	0	275	4130	112	5	5	63	Contains Egg, Fish, Milk, Shellfish, Soy, Wheat.
88	WO-Catfish atchafalaya (grill recipe)	1	Serving	1270	670	77	19	0	295	4050	80	5	4	67	Contains Egg, Fish, Milk, Shellfish, Soy, Wheat.
89	WO-Mardi Gras Mahi (grill recipe)	1	Serving	1350	750	85	34	0	405	3070	78	6	6	69	Contains Egg, Fish, Milk, Shellfish, Soy, Wheat.
90	WO - Mango Mahi	1	Serving	1010	320	38	13	0	215	2750	103	4	46	63	Contains Fish, Milk, Soy, Wheat.
91	WO - Redfish Rudy	1	Serving	1130	750	87	9	0	125	3900	57	9	15	35	Contains Fish, Milk, Soy, Wheat.
92	WO - Sweet Chili Salmon	1	Serving	950	500	56	17	0	120	2280	63	7	36	49	Contains Fish, Milk, Soy, Wheat.
93	WO-Fried Jumbo Gulf Shrimp Platter Complete	1	Serving	1690	790	89	12	0	265	4410	137	8	36	48	Contains Egg, Milk, Shellfish, Soy, Wheat.
94	WO-Fried Catfish Platter complete	1	Serving	2110	970	110	16	0	180	5440	170	8	36	72	Contains Egg, Fish, Milk, Soy, Wheat.
95	WO-Louisiana Combo Platter Complete - Shrimp and Catfish	1	Serving	2140	1000	113	20	0	270	5750	179	10	38	68	Contains Egg, Fish, Milk, Shellfish, Soy, Wheat.
96															
97	<b>Sandwiches and Poboy (As Served, Fries Not Included)</b>														
98	WO - Boom Boom Shrimp Poboy	1	Serving	1540	980	110	28	0	215	3120	103	5	10	32	Contains Egg, Milk, Shellfish, Soy, Wheat.
99	WO - Fried Catfish Poboy	1	Serving	1320	760	86	25	0	85	2670	94	4	6	42	Contains Egg, Fish, Milk, Soy, Wheat.
100	WO - Fried Shrimp Poboy	1	Serving	1240	730	82	24	0	200	2700	94	4	6	32	Contains Egg, Milk, Shellfish, Soy, Wheat.
101	WO - Warm Turkey & Swiss Sandwich	1	Serving	1020	530	59	23	0	125	2940	62	4	20	59	Contains Egg, Milk, Soy, Wheat.
102	WO - Grilled Chicken Avocado	1	Serving	1370	660	75	29	0	155	2300	98	5	40	82	Contains Egg, Milk, Soy, Wheat.
103	WO - Black Jack Chicken Sandwich	1	Serving	1190	610	70	27	0	135	5710	69	8	17	71	Contains Egg, Milk, Soy, Wheat.
104	WO - Buffalo Chicken Sandwich	1	Serving	1210	670	77	25	0	125	2870	68	4	13	65	Contains Egg, Milk, Soy, Wheat.
105	WO - Grown Up Grilled Cheese Sandwich	1	Serving	1160	660	74	36	0	130	2830	71	6	20	55	Contains Milk, Soy, Wheat.

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O
106	Quantity	Measure	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)	Allergen Statement (English)	
107	Sandwiches and Poboy (As Served, Fries Not Included)														
108	WO - Ribeye Poboy	1	Serving	1730	1120	126	45	0	190	3070	75	4	7	74	Contains Egg, Milk, Soy, Wheat.
109	WO- Half Ribeye Poboy	1	Serving	970	660	75	27	0	95	1540	37	2	4	37	Contains Egg, Milk, Soy, Wheat.
110	WO - BBQ Pulled Pork Sandwich	1	Serving	910	510	59	22	0	115	1830	59	4	13	38	Contains Egg, Milk, Soy, Wheat.
111															
112	Burgers (Fries Not Included)														
113	WO- Burger- The Scholarship Burger	1	Serving	750	370	42	14	1	110	2710	55	4	14	37	Contains Egg, Milk, Soy, Wheat.
114	WO - Classic Burger	1	Serving	820	410	46	15	2	135	2730	54	4	13	46	Contains Egg, Milk, Soy, Wheat.
115	WO - Surf & Turf Burger	1	Serving	1140	620	70	27	2	300	5210	60	5	16	68	Contains Egg, Milk, Shellfish, Soy, Wheat.
116	WO - Hickory Burger	1	Serving	1410	760	85	31	2	215	4350	90	6	30	68	Contains Egg, Milk, Soy, Wheat.
117	WO - Stuffed Burger	1	Serving	1140	630	71	27	2	200	3140	57	4	15	64	Contains Egg, Milk, Soy, Wheat.
118	WO - The Hangover Burger	1	Serving	1250	690	77	27	2	370	3570	64	5	16	66	Contains Egg, Milk, Soy, Wheat.
119	WO - Double Bacon Cheese Burger	1	Serving	1510	890	100	37	2.5	295	5820	64	3	25	85	Contains Egg, Milk, Soy, Wheat.
120	WO - Jalapeno Jack Burger	1	Serving	1420	850	96	32	2	185	5050	82	6	17	58	Contains Egg, Milk, Soy, Wheat.
121	WO - Smoked Gouda Turkey Burger	1	Serving	1180	590	66	21	0	140	2690	90	3	33	52	Contains Egg, Milk, Soy, Wheat.
122	WO - Veggie Burger	1	Serving	820	290	33	7	0	5	1200	112	11	35	25	Contains Egg, Milk, Soy, Wheat.
123															
124	Sides														
125	WO- Hushpuppies Side	1	Serving	360	100	12	2.5	0	20	350	58	0	25	5	Contains Egg, Milk, Soy, Wheat.
126	WO-Corn grits-Side (Grill recipes)	1	Serving	270	160	18	12	0	65	300	25	1	1	3	Contains Milk, Soy, Wheat.
127	WO - Waffle Fries - Side complete	1	Serving	480	200	23	2.5	0	0	1160	37	3	2	5	
128	Wo - Chips & Queso Side	1	Serving	580	300	33	9	0	25	740	58	4	2	11	Contains Milk.
129	WO - Sweet Potato Fries - Without Glaze	1	Serving	770	310	35	4.5	0	0	550	110	0	26	5	
130	WO-Fruit Bowl complete	1	Serving	80	5	0	0	0	0	0	19	4	13	1	
131	WO-Steamed green bean- Side (Grill recipe)	1	Serving	80	40	5	2	0	0	640	10	4	5	2	Contains Milk, Soy.
132	WO- Steamed Broccoli-Side (Grill recipe)	1	Serving	120	70	8	5	0	0	95	10	3	2	3	Contains Milk, Soy.
133	WO-Cajun Queseaux-Side complete	1	Serving	200	150	16	11	0	40	890	4	0	3	10	Contains Milk.
134	WO - LA Street Corn Side	1	Serving	170	45	5	0.5	0	0	760	27	3	10	4	Contains Soy.
135	WO - Onion Strings Fried Side	1	Serving	650	370	43	6	0	0	1810	57	5	8	7	Contains Egg, Milk, Soy, Wheat.
136	WO - Loaded Mashed Potato Side	1	Serving	260	120	13	5	0	20	730	29	2	3	7	Contains Milk.
137															
138	Desserts														
139	WO - Vanilla Milkshake	1	Serving	640	230	26	17	0.5	65	300	83	0	68	13	Contains Milk.
140	Quantity	Measure	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)	Allergen Statement (English)	
141	Desserts														
142	WO-Chocolate Milkshake	1	Serving	720	250	27	18	0	65	300	109	1	87	12	Contains Milk.
143	WO- Cookies and Cream Milkshake	1	Serving	800	280	31	20	0.5	60	370	106	1	80	14	Contains Milk, Soy, Wheat.
144	WO- Salted Caramel Milkshake	1	Serving	730	250	28	17	0.5	65	300	104	1	87	14	Contains Egg, Milk, Peanut, Soy, Tree Nuts, Wheat.
145	WO-Krispy Kreme Bread Pudding complete	1	Serving	990	400	45	21	0	130	370	133	3	88	16	Contains Egg, Milk, Soy, Wheat.
146	WO - Beignets with Powdered Sugar	1	Serving	640	240	26	11	0	0	380	94	0	49	10	Contains Milk, Soy, Wheat.

Walk-On's Sports Bistreaux Nutritionals 2021

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O
147	WO - Cookie Sundae Macadamia Nut	1	Serving	1100	550	61	34	0	160	85	126	3	89	12	Contains Egg, Milk, Soy, Tree Nuts, Wheat.
148	WO-Cookie Sundae (Chocolate Chip) complete	1	Serving	1170	530	59	34	0	115	680	158	4	106	10	Contains Egg, Milk, Soy, Wheat.
149	WO-Strawberry and Cream complete	1	Serving	80	40	4.5	4	0	0	0	12	2	9	1	Contains Milk.
150	Additions														
151	WO - Vanilla Ice Cream Scoop	1	Serving	270	160	18	12	0	100	85	23	0	22	3	Contains Egg, Milk.
152															
153	<b>Kid's Menu</b>														
154	WO - Kid's Cheeseburger	1	Serving	610	310	34	10	0.5	65	1850	37	2	5	22	Contains Milk, Soy, Wheat.
155	WO - Kid's Fried Shrimp Complete	1	Serving	630	270	30	4.5	0	190	1850	52	5	4	23	Contains Egg, Milk, Shellfish, Soy, Wheat.
156	WO - Kid's Grilled Cheese	1	Serving	980	460	51	16	0	25	1420	104	4	33	16	Contains Milk, Soy, Wheat.
157	WO - Kid's Pasta Alfredo	1	Serving	460	200	22	10	0	45	820	56	3	4	13	Contains Egg, Milk, Soy, Wheat.
158	WO-Kid's Fried catfish Complete	1	Serving	680	300	34	5	0	70	2000	46	3	2	33	Contains Egg, Fish, Milk, Soy, Wheat.
159	WO - Kid's Fried Chicken Tenders	1	Serving	510	190	22	3	0	60	990	28	2	2	36	Contains Egg, Milk, Soy, Wheat.
160	WO - Kid's Grilled Chicken Tenders	1	Serving	360	110	12	1.5	0	55	1340	21	3	1	27	
161															
162	<b>Kid's Menu Sides</b>														
163	WO - Kid's Waffle Fries - Side	1	Serving	240	100	11	1	0	0	580	32	3	1	2	
164	WO - Steamed Broccoli Portions	1	Serving	110	60	7	3	0	0	80	9	3	1	3	Contains Milk, Soy.
165	WO - Kid's Garlic Bread - Side	1	Serving	45	15	1.5	0	0	0	95	7	0	0	1	Contains Milk, Wheat.
166	WO-Fruit Bowl complete	1	Serving	80	5	0	0	0	0	0	19	4	13	1	
167															
168	<b>Kid's Menu Desserts</b>														
169	WO- Ice Cream Sundae complete	1	Serving	420	200	23	16	0	100	85	53	1	49	4	Contains Egg, Milk.
170	WO - Kids Vanilla Milkshake	1	Serving	560	200	22	15	0.5	65	190	76	0	64	13	Contains Milk.
171	WO- Kids Chocolate Milkshake	1	Serving	580	210	23	16	0	65	190	86	0	69	11	Contains Milk.
172	WO- Kids Oreo Milkshake	1	Serving	640	220	24	16	0.5	60	260	84	0	67	13	Contains Milk, Soy, Wheat.
173															
174		<b>Quantity</b>	<b>Measure</b>	<b>Cals (kcal)</b>	<b>FatCals (kcal)</b>	<b>Fat (g)</b>	<b>SatFat (g)</b>	<b>TransFat (g)</b>	<b>Chol (mg)</b>	<b>Sod (mg)</b>	<b>Carb (g)</b>	<b>TotFib (g)</b>	<b>Sugar (g)</b>	<b>Prot (g)</b>	<b>Allergen Statement (English)</b>
175	<b>Kid's Beverages</b>														
176	WO - Kid's Coca Cola with Ice	1	Serving	50	0	0	0	0	0	0	15	0	15	0	
177	WO - Kid's Coke Zero with Ice	1	Serving	0	0	0	0	0	0	0	0	0	0	0	
178	WO - Kid's Diet Coke with Ice	1	Serving	0	0	0	0	0	0	5	0	0	0	0	
179	WO - Kid's Dr. Pepper with Ice	1	Serving	80	0	0	0	0	0	30	22	0	22	0	
180	WO - Kid's Lemonade with Ice	1	Serving	80	0	0	0	0	0	35	21	0	21	0	
181	WO - Kid's Mountain Blast with Ice	1	Serving	45	0	0	0	0	0	40	12	0	12	0	
182	WO - Kid's Root Beer with Ice	1	Serving	80	0	0	0	0	0	20	23	0	23	0	
183	WO - Kid's Sprite with Ice	1	Serving	50	0	0	0	0	0	10	14	0	14	0	
184	WO - Kid's Sweetened Tea with Ice	1	Serving	80	0	0	0	0	0	0	20	0	20	0	
185	WO - Kid's Unsweetened Tea with Ice	1	Serving	0	0	0	0	0	0	0	0	0	0	0	
186															
187	<b>Beverages</b>														
188	WO - Coca Cola with Ice	1	Serving	90	0	0	0	0	0	0	25	0	25	0	
189	WO - Coke Zero with Ice	1	Serving	0	0	0	0	0	0	0	0	0	0	0	
190	WO - Diet Coke with Ice	1	Serving	0	0	0	0	0	0	10	0	0	0	0	
191	WO - Dr. Pepper with Ice	1	Serving	140	0	0	0	0	0	45	37	0	37	0	

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O
192	WO - Mountain Blast with Ice	1	Serving	70	0	0	0	0	0	70	20	0	20	0	
193	WO - Root Beer with Ice	1	Serving	140	0	0	0	0	0	30	38	0	38	0	
194	WO - Sprite with Ice	1	Serving	90	0	0	0	0	0	20	24	0	24	0	
195	WO - Lemonade with Ice	1	Serving	130	0	0	0	0	0	55	34	0	34	0	
196	WO - Sweetened Tea with Ice	1	Serving	130	0	0	0	0	0	0	33	0	33	0	
197	WO - Unsweetened Tea with Ice	1	Serving	0	0	0	0	0	0	0	0	0	0	0	
198	WO - Red Bull BLUE	1	Serving	110	0	0	0	0	0	105	28	0	27	1	
199	WO - Red Bull Original	1	Serving	110	0	0	0	0	0	105	28	0	27	1	
200	WO - Red Bull RED	1	Serving	110	0	0	0	0	0	105	28	0	27	1	
201	WO - Red Bull Sugar Free	1	Serving	5	0	0	0	0	0	105	3	0	0	1	
202	WO - Red Bull YELLOW	1	Serving	110	0	0	0	0	0	140	29	0	28	1	
203															
204	Signature Drinks														
205	WO-Mad Mary	1	Serving	300	60	6	2	0	15	2300	20	1	14	5	No allergen information
206	WO-Mad Mary with Moonshine Pickle	1	Serving	430	60	7	2	0	15	2300	21	1	14	5	No allergen information
207	WO- Signature drinks Eddy's Sangria (White)	1	Serving	260	0	0	0	0	0	5	36	1	18	0	No allergen information
208	WO - Eddy's Sangria (Red)	1	Serving	270	0	0	0	0	0	0	27	1	23	0	No allergen information
209		Quantity	Measure	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)	Allergen Statement (English)
210	Signature Drinks														
211	WO - Colada Rocks	1	Serving	300	10	1	0.5	0	0	5	39	1	35	1	Contains Tree Nuts (Coconut), no other allergen information
212	WO - Tiki Rumbull	1	Serving	170	0	0	0	0	0	35	17	1	15	1	No allergen information
213	WO - Tito's Flathead	1	Serving	140	0	0	0	0	0	0	10	1	8	1	No allergen information
214	WO-Signature Drink Blueberry Coconut Mojito	1	Serving	210	0	0	0	0	0	0	34	0	33	0	No allergen information
215	WO-Signature Drink- Moonshine Swirl (Blackberry)	1	Serving	310	0	0	0	0	0	35	74	0	65	0	No allergen information
216	WO-Signature Drink- Moonshine Swirl (Peach)	1	Serving	310	0	0	0	0	0	35	74	0	65	0	No allergen information
217	WO-Signature Drink- Moonshine Swirl (Strawberry)	1	Serving	310	0	0	0	0	0	35	74	0	65	0	No allergen information
218	WO - Raspberry Lemonade	1	Serving	340	0	0	0	0	0	20	53	0	51	0	No allergen information
219	WO-Signature Drink-Top Shelf Margarita	1	Serving	330	0	0	0	0	0	2840	36	0	32	0	No allergen information
220	WO-Popular Drinks-Margarita Rocks House	1	Serving	190	0	0	0	0	0	1120	22	0	18	0	No allergen information
221	WO - Spicy Skinny Margarita	1	Serving	180	0	0	0	0	0	870	16	1	13	0	No allergen information
222	WO - Fresh Skinny Margarita	1	Serving	180	0	0	0	0	0	1120	16	0	13	0	No allergen information
223	WO - Strait Ranch Water	1	Serving	80	0	0	0	0	0	15	3	1	1	0	No allergen information
224	WO - High West Smash	1	Serving	220	0	0	0	0	0	10	29	1	28	0	No allergen information
225	WO-Signature Drink Death Valley	1	Serving	760	0	0	0	0	0	20	70	1	67	1	No allergen information
226	WO-Signature Drink-Absolut Mule	1	Serving	190	0	0	0	0	0	0	13	0	12	0	No allergen information
227	WO-Signature Drink-Strapless Bikini	1	Serving	210	0	0	0	0	0	50	33	1	25	0	No allergen information
228	WO - Signature Drinks RumbULL	1	Serving	170	0	0	0	0	0	20	24	0	23	0	No allergen information
229	WO- Signature Drink Kentucky Mule	1	Serving	240	0	0	0	0	0	20	23	0	21	0	No allergen information

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O
230	WO - Signature Drinks Southern Smash	1	Serving	210	0	0	0	0	0	10	34	0	33	0	No allergen information
231	WO-Signature Drink 46 Old Fashioned	1	Serving	230	0	0	0	0	0	0	16	0	15	0	No allergen information
232	WO - Mocktail Raspberry Lemonade	1	Serving	230	0	0	0	0	0	30	59	0	58	0	
233	WO - Drink Topo Chico Split	1	Serving	0	0	0	0	0	0	15	0	0	0	0	
234															
235		Quantity	Measure	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)	Allergen Statement (English)
236	Wine (6 oz)														
237	WO-House Wine Cabernet	1	Serving	130	0	0	0	0	0	0	5	0	0	0	No allergen information
238	WO-House Wine Chardonnay	1	Serving	140	0	0	0	0	0	0	10	0	4	0	No allergen information
239	WO-House Wine Merlot	1	Serving	140	0	0	0	0	0	0	5	0	4	0	No allergen information
240	WO-House Wine Pinot Grigio	1	Serving	120	0	0	0	0	0	0	4	0	3	0	No allergen information
241	WO-House Wine White Zinfandel	1	Serving	130	0	0	0	0	0	0	12	0	5	0	No allergen information
242	WO-Selected Wine Kendall Jackson VR Chardonnay	1	Serving	140	0	0	0	0	0	0	2	0	0	0	No allergen information
243	WO-Selected Wine La Crema Sonoma Pinot Noir	1	Serving	130	0	0	0	0	0	0	4	0	5	0	No allergen information
244	WO-Selected Wine Ruffino Pinot Grigio	1	Serving	120	0	0	0	0	0	0	5	0	6	0	No allergen information
245	WO - Wine Ava Grace Rose	1	Serving	130	0	0	0	0	0	0	5	0	1	0	No allergen information
246	WO Wine - Imagery Chardonnay	1	Serving	140	0	0	0	0	0	0	5	0	0	0	No allergen information
247	WO - Wine Pinot Noir Meiomi	1	Serving	120	0	0	0	0	0	0	4	0	1	0	No allergen information
248	WO - Wine Kim Crawford Sauvignon Blanc	1	Serving	110	0	0	0	0	0	0	4	0	1	0	No allergen information
249	WO - Wine LaMarca Proseco	1	Serving	150	0	0	0	0	0	20	8	0	3	1	No allergen information
250	WO - Wine Benziger Chardonnay 6 oz pour	1	Serving	160	0	0	0	0	0	0	4	0	0	0	No allergen information
251	WO - Wine Conundrum White Blend 6 oz pour	1	Serving	140	0	0	0	0	0	10	4	0	--	1	No allergen information
252	WO - Wine Hess Shirttail Cabernet Sauvignon 6 fl oz	1	Serving	140	--	--	--	--	--	--	--	--	--	--	No allergen information
253	WO - Wine Mumm Napa Brut 6 oz pour	1	Serving	140	0	0	0	0	0	0	5	0	2	0	No allergen information
254	WO - Wine Chloe Rose 6 oz pour	1	Serving	140	0	0	0	0	0	0	5	0	1	0	No allergen information
255	WO - Day Drinking Rose Bubbles 1 can	1	Serving	280	0	0	0	0	0	--	8	0	8	0	No allergen information
256	WO - Day Drinking Watermelon Rose 1 can	1	Serving	300	0	0	0	0	0	--	13	--	13	0	No allergen information
257	WO - Wine Sonoma Cutrer Chardonnay 6 oz	1	Serving	140	0	0	0	0	0	0	0	0	0	0	No allergen information
258	WO - Wine Sea Sun Pinot Noir 6 oz pour	1	Serving	160	0	0	0	0	0	5	6	0	0	1	No allergen information
259	WO - Wine Decoy Cabernet 6 fl oz	1	Serving	150	0	0	0	0	--	--	5	--	--	0	No allergen information
260	Wine (750 ml)														
261	WO - Wine Benziger Chardonnay 750 ml Bottle	1	Serving	660	0	0	0	0	0	0	15	0	0	0	No allergen information

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O
262	WO - Wine Conundrum White Blend 750 ml Bottle	1	Serving	610	0	0	0	0	0	30	16	0	--	3	No allergen information
263	WO - Hess Shirtail Cabernet Sauvignon 750 ml	1	Serving	610	--	--	--	--	--	--	--	--	--	--	No allergen information
264	WO - Wine Mumm Napa Brut 750 ml Bottle	1	Serving	570	0	0	0	0	0	20	20	0	10	0	No allergen information
265	WO - Wine Chloe Rose 750 ml Bottle	1	Serving	610	0	0	0	0	0	0	20	0	5	0	No allergen information
266	WO - Wine Sonoma Cutrer Chardonnay Full Bottle	1	Serving	580	0	0	0	0	0	0	0	0	0	0	No allergen information
267	WO - Wine Sea Sun Pinot Noir 750 ml Bottle	1	Serving	660	0	0	0	0	0	30	25	0	0	4	No allergen information
268	WO - Wine Decoy Cabernet 750 ml	1	Serving	620	0	0	0	0	--	--	19	--	--	1	No allergen information
269															
270	Beer Mandates (Bottles)														
271	WO-Beer Bud Light Bottlle	1	Serving	100	0	0	0	0	0	10	5	0	--	1	
272	WO- Beer Bottle Sierra Nevada Pale Ale	1	Serving	180	0	0	0	0	0	30	15	1	0	2	
273	WO-Beer Michelob Ultra Bottle	1	Serving	100	0	0	0	0	0	--	3	--	--	1	
274	WO-Beer Miller Lite Bottle	1	Serving	100	0	0	0	0	0	5	3	0	0	1	
275	WO-Beer Budweiser Bottle	1	Serving	150	0	0	0	0	0	10	11	0	--	1	
276	WO-Beer Coors Light Bottle	1	Serving	100	0	0	0	0	0	10	5	0	--	1	
277	WO - Beer Corona Light Bottle	1	Serving	100	0	0	0	0	0	15	5	0	3	1	
278	WO - Beer Corona Extra Bottle	1	Serving	150	0	0	0	0	0	15	14	0	4	1	
279	WO-Heineken Lager Beer 12 oz	1	Serving	140	0	0	0	0	0	10	11	0	2	1	
280	WO - Beer Dos Equis Bottle	1	Serving	130	0	0	0	0	0	30	11	0	3	1	
281															
282	Beer Mandates (16 oz pour)														
283	WO- 16 oz Beer Sierra Nevada BFD	1	Serving	210	0	0	0	0	0	15	16	1	0	3	
284	WO- 16 oz Beer Sierra Nevada Hazy Little Thing IPA	1	Serving	270	0	0	0	0	0	15	21	1	0	4	
285	WO- 16 oz Beer Sierra Nevada Kellerweis	1	Serving	220	0	0	0	0	0	25	21	0	0	4	
286	WO- 16 oz beer Sierra Nevada Pale Ale	1	Serving	210	0	0	0	0	0	40	19	0	0	2	
287	WO- 16 oz beer Sierra Nevada Torpedo Extra IPA	1	Serving	320	0	0	--	0	0	45	31	1	0	3	
288	WO- 16 oz Beer Sierra Nevada Tropical Torpedo IPA	1	Serving	280	0	0	0	0	0	45	23	1	0	1	
289	WO- 16oz Sierra Nevada Summerfest (Seasonal)	1	Serving	210	0	0	0	0	0	35	18	1	0	3	
290	WO- 16 oz Sierra Nevada Celebration IPA (Seasonal)	1	Serving	300	0	0	0	0	0	35	26	0	1	3	
291	WO- 16oz Beer Sierra Nevada Hop Bullet Double IPA	1	Serving	320	0	0	0	0	0	15	21	1	0	4	

## Walk-On's Sports Bistreaux Nutritionals 2021

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O
292	WO- 16oz Beer Sierra Nevada Otra Vez Lime and Agave	1	Serving	210	0	0	0	0	0	10	21	1	0	3	
293	WO - Beer Abita 30 90 16 oz	1	Serving	180	0	0	0	0	0	--	13	--	0	3	
294	WO - Beer Abita Amber 16 oz	1	Serving	170	0	0	0	0	0	--	13	--	0	3	
295	WO - Beer Abita Andygator 16 oz	1	Serving	310	0	0	0	0	0	--	25	--	0	4	
296	WO - Beer Abita Big Easy 16 oz	1	Serving	180	0	0	0	0	0	--	13	--	0	3	
297	WO - Beer Abita Christmas Ale 16 oz	1	Serving	220	0	0	0	0	0	--	20	--	0	3	
298	WO - Beer Abita Creole Cream 16 oz	1	Serving	190	0	0	0	0	0	--	13	--	0	3	
299	WO - Beer Abita Golden 16 oz	1	Serving	170	0	0	0	0	0	--	13	--	0	2	
300	WO - Beer Abita Light 16 oz	1	Serving	160	0	0	0	0	0	--	11	--	0	3	
301	WO - Beer Abita Louisiana Spiced Ale 16 oz	1	Serving	200	0	0	0	0	0	--	17	--	0	3	
302	WO - Beer Abita Mardi Gras Bock 16 oz	1	Serving	250	0	0	0	0	0	--	21	--	0	3	
303	WO - Beer Abita Oktoberfest 16 oz	1	Serving	220	0	0	0	0	0	--	20	--	0	3	
304	WO - Beer Abita Peach Lager 16 oz	1	Serving	180	0	0	0	0	0	--	15	--	1	3	
305	WO - Beer Abita Pecan Ale 16 oz	1	Serving	210	0	0	0	0	0	--	17	--	0	3	
306	WO - Beer Abita Purple Haze 16 oz	1	Serving	170	0	0	0	0	0	--	15	--	1	2	
307	WO - Beer Abita Seersucker Summer Pills 16 oz	1	Serving	210	0	0	0	0	0	--	17	--	0	3	
308	WO - Beer Abita Strawberry Lager 16 oz	1	Serving	170	0	0	0	0	0	--	15	--	1	2	
309	WO - Beer Abita Sweet Orange Lager 16 oz	1	Serving	170	0	0	0	0	0	--	15	--	1	3	
310	WO - Beer Abita The Boot 16 oz	1	Serving	190	0	0	0	0	0	--	16	--	0	3	
311	WO - Beer Abita To Gose 16 oz	1	Serving	170	0	0	0	0	0	--	13	--	0	3	
312	WO - Beer Abita Tubrodog 16 oz	1	Serving	220	0	0	0	0	0	--	20	--	0	3	
313	WO - Beer Abita Wrought Iron 16 oz	1	Serving	280	0	0	0	0	0	--	23	--	0	3	
314	WO - Beer Karbach Love Street 16 oz	1	Serving	200	0	0	0	0	0	40	14	0	3	3	
315	WO - Beer Elysian Space Dust 16 oz	1	Serving	310	0	0	0	0	0	0	20	0	0	4	
316	WO_ Beer Pabst Blue Ribbon 16 oz	1	Serving	190	0	0	0	0	0	15	16	0	15	2	
317	WO- Beer 16 oz Shiner Bock	1	Serving	190	0	0	0	0	0	50	16	0	0	2	
318	WO- Beer 16oz Yuengling Lager	1	Serving	190	0	0	0	0	0	--	16	0	0	--	
319	WO- Beer Yuengling Light 16 oz	1	Serving	130	0	0	0	0	0	--	12	0	0	--	
320	WO- Sculpin India Pale Ale 16 oz	1	Serving	270	0	0	0	0	0	170	19	0	0	3	
321	WO- Beer Ballast Point Grapefruit Sculpin IPA 16 oz	1	Serving	270	0	0	0	0	0	170	19	0	0	3	
322	WO- Beer 16 oz Ballast Point Unfiltered Sculpin IPA	1	Serving	270	0	0	0	0	0	35	19	0	0	3	
323	WO- 16 oz Aloha Sculpin	1	Serving	250	0	0	0	0	0	55	16	0	0	3	
324	WO 16oz Manta Ray Double IPA	1	Serving	300	0	0	0	0	0	140	17	0	0	3	
325	WO- Beer 16oz Ballast Point Victory at Sea Imperial Porter	1	Serving	380	0	0	0	0	0	65	30	0	0	2	

## Walk-On's Sports Bistreaux Nutritionals 2021

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O
326	WO- Beer 16oz Ballast Point Fathom IPA	1	Serving	230	0	0	0	0	0	50	15	0	0	2	
327	WO- Beer 16 oz Ballast Point Bonito Blonde Ale	1	Serving	190	0	0	0	0	0	55	15	0	0	2	
328	WO- Beer 16oz Ballast Point Longfin Lager	1	Serving	180	0	0	0	0	0	35	13	0	0	2	
329	WO - Beer 16oz Ballast Point Even Keel Session IPA	1	Serving	180	0	0	0	0	0	50	18	0	0	2	
330	WO- Beer 16oz Ballast Point Mango Even Keel Session IPA	1	Serving	180	0	0	0	0	0	50	19	0	0	2	
331	WO- Beer 16oz Ballast Point California Kolsch	1	Serving	200	0	0	0	0	0	55	14	0	0	3	
332	WO- Beer 16 oz Ballast Point Tart Peach Kolsch German Style Pale Ale	1	Serving	200	0	0	0	0	0	50	15	0	0	2	
333	WO- Beer 16oz Ballast Point Grunion Pale Ale	1	Serving	200	0	0	0	0	0	55	13	0	0	2	
334	WO- Beer 16oz Ballast Point Piper Down Scottish Ale	1	Serving	240	0	0	0	0	0	35	20	0	0	2	
335	WO- Beer 16oz Ballast Point Orange Vanilla Cream Ale	1	Serving	240	0	0	0	0	0	35	24	0	0	2	
336	WO- Beer 16oz Ballast Point Sour Wench Blackberry Ale	1	Serving	280	0	0	0	0	0	20	23	0	0	3	
337	WO- Beer 16oz Ballast Point Dead Ringer Oktoberfest Lager	1	Serving	250	0	0	0	0	0	50	21	0	0	2	
338	WO-Beer Budweiser 16 oz	1	Serving	190	0	0	0	0	0	--	14	--	--	2	
339	WO-Heineken Beer Light 16 oz	1	Serving	140	0	0	0	0	0	20	10	--	0	1	
340	WO-Beer Bud Light 16 oz	1	Serving	150	0	0	0	0	0	--	9	--	--	1	
341	WO-Beer Michelob Ultra 16 oz	1	Serving	130	0	0	0	0	0	--	3	--	--	1	
342	WO-Beer Coors Light 16 oz	1	Serving	140	0	0	0	0	0	15	7	0	1	1	
343	WO-Beer Miller Lite 16 oz	1	Serving	130	0	0	0	0	0	5	4	0	0	1	
344	WO-Dos Equis Beer 16 oz	1	Serving	170	0	0	0	0	0	45	15	0	4	1	
345	WO-Heineken Lager Beer 16 oz	1	Serving	190	0	0	0	0	0	10	15	0	3	1	
346	WO - Beer Modelo Especial 16 oz	1	Serving	200	0	0	0	0	0	15	18	0	6	2	
347	WO - Beer Stella Artois 16 oz	1	Serving	200	0	0	0	0	0	--	16	--	--	--	
348	WO - Beer Corona Extra 16 oz	1	Serving	200	0	0	0	0	0	20	19	0	6	2	
349	WO - Beer Corona Light 16 oz	1	Serving	140	0	0	0	0	0	25	7	0	4	1	
350	WO - Beer Angry Orchard Crisp Apple Cider 16 oz	1	Serving	250	0	0	0	0	0	25	33	0	27	0	
351	WO - Beer Sam Adams 76 16 oz	1	Serving	170	0	0	0	0	0	25	19	0	0	1	
352	WO - Beer Sam Adams Boston Lager 16 oz	1	Serving	230	0	0	0	0	0	25	23	1	1	3	
353	WO - Beer Sam Adams New England IPA 16 oz	1	Serving	270	0	0	0	0	0	25	19	1	0	3	

## Walk-On's Sports Bistreaux Nutritionals 2021

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O
354	WO - Beer Sam Adams Octoberfest 16 oz	1	Serving	250	0	0	0	0	0	25	25	1	0	3	
355	WO - Beer Sam Adams Summer Ale 16 oz	1	Serving	230	0	0	0	0	0	25	19	1	0	3	
356	WO - Beer Sam Adams Winter Lager 16 oz	1	Serving	250	0	0	0	0	0	40	24	1	0	3	
357	WO - Beer New Belgium Fat Tire 16 oz	1	Serving	220	0	0	0	0	0	5	16	3	0	3	
358	WO- Beer Leinenkugel's Berry Weiss 16 oz.	1	Serving	270	0	0	0	0	0	15	36	0	20	2	
359	WO-Beer Leinenkugel's Pomegranate Shandy 16 oz.	1	Serving	210	0	0	0	0	0	15	25	0	11	2	
360	WO-Beer Leinenkugel's Pomegranate Shandy 16 oz.	1	Serving	210	0	0	0	0	0	15	25	0	11	2	
361	WO-Beer Leinenkugel's Grapefruit Shandy 16 oz.	1	Serving	200	0	0	0	0	0	15	21	0	7	2	
362	WO-Beer Leinenkugel's Canoe Paddler 16 oz.	1	Serving	200	0	0	0	0	0	20	17	0	0	2	
363	WO-Beer Leinenkugel's Creamy Dark 16 oz.	1	Serving	230	0	0	0	0	0	25	23	0	0	2	
364	WO-Beer Leinenkugel's IPL 16oz.	1	Serving	260	0	0	0	0	0	20	23	0	1	3	
365	WO-Beer Leinenkugel's Harvest Patch Shandy 16 oz.	1	Serving	190	0	0	0	0	0	15	19	0	5	2	
366	WO-Beer Leinenkugel's Honey Weiss 16 oz.	1	Serving	200	0	0	0	0	0	15	16	0	0	2	
367	WO-Beer Leinenkugel's Lemon Berry Shandy 16oz.	1	Serving	210	0	0	0	0	0	15	24	0	9	2	
368	WO-Beer Leinenkugel's Light 16oz.	1	Serving	150	0	0	0	0	0	20	8	0	3	1	
369	WO-Beer Leinenkugel's Northwoods Lager 16 oz.	1	Serving	220	0	0	0	0	0	15	21	0	0	2	
370	WO-Beer Leinenkugel's original 16 oz.	1	Serving	210	0	0	0	0	0	20	20	0	0	1	
371	WO-Beer Leinenkugel's Orange Shandy 16 oz.	1	Serving	180	0	0	0	0	0	15	17	0	3	1	
372	WO-Beer Leinenkugel's Snowdrift Vanilla Porter 16 oz.	1	Serving	280	0	0	0	0	0	15	29	0	0	2	
373	WO-Beer Leinenkugel's Red Lager 16 oz.	1	Serving	220	0	0	0	0	0	15	22	0	0	2	
374	WO-Beer Leinenkugel's Special Ale 16 oz.	1	Serving	220	0	0	0	0	0	10	20	0	0	2	
375	WO-Beer Leinenkugel's Summer shandy 16 oz.	1	Serving	180	0	0	0	0	0	15	17	0	3	2	
376	WO-Beer Leinenkugel's sunset wheat 16 oz.	1	Serving	220	0	0	0	0	0	15	21	0	3	2	
377	WO-Beer Leinenkugel's watermelon shandy 16 oz.	1	Serving	190	0	0	0	0	0	15	19	0	5	2	

## Walk-On's Sports Bistreaux Nutritionals 2021

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O
378	WO-Beer Leinenkugel's Anniversary Lager 16 oz.	1	Serving	230	0	0	0	0	0	15	19	0	0	3	
379	WO-Beer Leinenkugel's Wisconsin Red Pale Ale 16oz.	1	Serving	240	0	0	0	0	0	15	21	0	0	2	
380	WO-Beer Leinenkugel's Cherry Blonde Lager 16 oz.	1	Serving	210	0	0	0	0	0	15	19	0	5	2	
381	WO-Beer Leinenkugel's Oktoberfest 16 oz.	1	Serving	230	0	0	0	0	0	15	24	0	0	2	
382	WO-Beer Blue Moon Belgium White 16 oz	1	Serving	220	0	0	0	0	0	20	19	0	0	3	
383	WO - Beer Lagunitas IPA 16 oz	1	Serving	250	0	0	0	0	0	20	19	0	3	4	
384	WO - Beer Sweetwater 420 Extra Pale 16 oz	1	Serving	220	0	0	0	0	0	--	17	--	--	3	
385	WO - Beer Revolver Blood & Honey Ale 16 oz	1	Serving	280	0	0	0	0	0	120	23	0	0	3	
386	WO - Beer Canebrake Wheat Ale 16 oz	1	Serving	200	0	0	0	0	0	10	17	0	1	2	
387		<b>Quantity</b>	<b>Measure</b>	<b>Cals (kcal)</b>	<b>FatCals (kcal)</b>	<b>Fat (g)</b>	<b>SatFat (g)</b>	<b>TransFat (g)</b>	<b>Chol (mg)</b>	<b>Sod (mg)</b>	<b>Carb (g)</b>	<b>TotFib (g)</b>	<b>Sugar (g)</b>	<b>Prot (g)</b>	
388	<b>Beer Mandates (22 oz pour)</b>														
389	WO- 22 oz Beer Sierra Nevada BFD	1	Serving	280	0	0	0	0	0	20	22	2	0	4	
390	WO 22 oz Beer Sierra Nevada Hazy Little Thing IPA	1	Serving	380	0	0	0	0	0	20	29	2	0	6	
391	WO- 22 oz Beer Sierra Nevada Kellerweis	1	Serving	310	0	0	0	0	0	35	28	0	0	5	
392	WO- 22 oz Beer Sierra Nevada Pale Ale	1	Serving	290	0	0	0	0	0	55	26	0	0	3	
393	WO- 22 oz Beer Sierra Nevada Torpedo Extra IPA	1	Serving	430	0	0	--	0	0	60	43	1	0	5	
394	WO- 22 oz Beer Sierra Nevada Tropical Torpedo IPA	1	Serving	380	0	0	0	0	0	60	32	1	1	1	
395	WO- 22oz Sierra Nevada Summerfest	1	Serving	300	0	0	0	0	0	45	25	1	1	4	
396	WO- 22oz Sierra Nevada Celebration IPA (Seasonal)	1	Serving	410	0	0	0	0	0	50	36	0	2	5	
397	WO- 22oz Beer Sierra Nevada Otra Vez Lime and Agave	1	Serving	290	0	0	0	0	0	10	29	2	0	4	
398	WO- 22oz Beer Sierra Nevada Hop Bullet Double IPA	1	Serving	440	0	0	0	0	0	20	29	2	0	6	
399	WO - Beer New Belgium Fat Tire 22 oz	1	Serving	300	0	0	0	0	0	10	22	4	0	4	
400	WO - Beer Abita 30 90 22 oz	1	Serving	250	0	0	0	0	0	--	18	--	0	4	
401	WO - Beer Abita Amber 22 oz	1	Serving	230	0	0	0	0	0	--	18	--	0	4	
402	WO - Beer Abita Andygator 22 oz	1	Serving	430	0	0	0	0	0	--	35	--	0	6	
403	WO - Beer Abita Big Easy 22 oz	1	Serving	250	0	0	0	0	0	--	18	--	0	4	
404	WO - Beer Abita Christmas Ale 22 oz	1	Serving	310	0	0	0	0	0	--	28	--	0	4	
405	WO - Beer Abita Creole Cream 22 oz	1	Serving	270	0	0	0	0	0	--	18	--	0	4	
406	WO - Beer Abita Golden 22 oz	1	Serving	230	0	0	0	0	0	--	18	--	0	3	

## Walk-On's Sports Bistreaux Nutritionals 2021

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O
407	WO - Beer Abita Light 22 oz	1	Serving	220	0	0	0	0	0	--	15	--	0	4	
408	WO - Beer Abita Louisiana Spiced Ale 22 oz	1	Serving	280	0	0	0	0	0	--	24	--	0	4	
409	WO - Beer Abita Mardi Gras Bock 22 oz	1	Serving	340	0	0	0	0	0	--	29	--	0	5	
410	WO - Beer Abita Octoberfest 22 oz	1	Serving	310	0	0	0	0	0	--	28	--	0	4	
411	WO - Beer Abita Peach Lager 22 oz	1	Serving	240	0	0	0	0	0	--	20	--	2	4	
412	WO - Beer Abita Pecan Ale 22 oz	1	Serving	290	0	0	0	0	0	--	24	--	0	4	
413	WO - Beer Abita Purple Haze 22 oz	1	Serving	230	0	0	0	0	0	--	20	--	2	3	
414	WO - Beer Abita Seersucker Summer Pills 22 oz	1	Serving	280	0	0	0	0	0	--	24	--	0	4	
415	WO - Beer Abita Strawberry Lager 22 oz	1	Serving	230	0	0	0	0	0	--	20	--	2	3	
416	WO - Beer Abita Sweet Orange Lager 22 oz	1	Serving	240	0	0	0	0	0	--	20	--	2	4	
417	WO - Beer Abita The Boot 22 oz	1	Serving	260	0	0	0	0	0	--	22	--	0	4	
418	WO - Beer Abita To Gose 22 oz	1	Serving	240	0	0	0	0	0	--	18	--	0	4	
419	WO - Beer Abita Tubrodog 22 oz	1	Serving	310	0	0	0	0	0	--	28	--	0	4	
420	WO - Beer Abita Wrought Iron 22 oz	1	Serving	380	0	0	0	0	0	--	31	--	0	4	
421	WO - Beer Karbach Love Street 22 oz	1	Serving	270	0	0	0	0	0	55	19	0	4	4	
422	WO - Beer Elysian Space Dust 22 oz	1	Serving	420	0	0	0	0	0	0	28	0	0	6	
423	WO_ Beer Pabst Blue Ribbon 22 oz	1	Serving	260	0	0	0	0	0	20	22	1	21	2	
424	WO- Beer Yuengling Light 22 oz	1	Serving	180	0	0	0	0	0	--	16	0	0	--	
425	WO- Beer 22oz Yuengling Lager	1	Serving	260	0	0	0	0	0	--	22	0	0	--	
426	WO- Beer 22 oz Shiner Bock	1	Serving	260	0	0	0	0	0	70	22	0	0	2	
427	WO- Sculpin India Pale Ale 22 oz	1	Serving	380	0	0	0	0	0	230	26	0	0	3	
428	WO- Beer 22 oz Ballast Point Grapefruit Sculpin IPA	1	Serving	370	0	0	0	0	0	240	27	0	0	3	
429	WO- 22oz Unfiltered Sculpin IPA	1	Serving	370	0	0	0	0	0	50	25	0	0	4	
430	WO - Beer 22oz Ballast Point Aloha Sculpin Pale ale	1	Serving	350	0	0	0	0	0	70	21	0	0	4	
431	WO - Beer 22oz Ballast Point Manta Ray Double IPA	1	Serving	420	0	0	0	0	0	190	23	0	0	4	
432	WO- Beer 22oz Ballast Point Victory at Sea Imperial Porter	1	Serving	530	0	0	0	0	0	90	42	0	0	3	
433	WO- Beer 22oz Ballast Point Fathom IPA	1	Serving	320	0	0	0	0	0	70	21	0	0	3	
434	WO- Beer 22oz Ballast Point Bonito Blonde Ale	1	Serving	260	0	0	0	0	0	75	21	0	0	3	
435	WO - Beer 22oz Ballast Point Longfin Lager	1	Serving	250	0	0	0	0	0	45	19	0	0	3	
436	WO- Beer 22oz Ballast Point Even Keel Session IPA	1	Serving	240	0	0	0	0	0	65	25	0	0	2	

## Walk-On's Sports Bistreaux Nutritionals 2021

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O
437	WO- Beer 22oz Ballast Point Mango Even Keel Session IPA	1	Serving	250	0	0	0	0	0	70	26	0	0	2	
438	WO- Beer 22oz Ballast Point California Kolsch	1	Serving	280	0	0	0	0	0	70	20	0	0	3	
439	WO- Beer 22oz Ballast Point Tart Peach Kolsch German-Style Pale Ale	1	Serving	280	0	0	0	0	0	70	20	0	0	3	
440	WO- Beer 22oz Ballast Point Grunion Pale Ale	1	Serving	270	0	0	0	0	0	75	18	0	0	3	
441	WO- Beer 22oz Ballast Point Piper Down Scottish Ale	1	Serving	320	0	0	0	0	0	50	27	0	0	3	
442	WO- Beer 22oz Ballast Point Orange Vanilla Cream Ale	1	Serving	330	0	0	0	0	0	50	32	0	0	3	
443	WO- Beer 22oz Ballast Point Sour Wench Blackberry Ale	1	Serving	390	0	0	0	0	0	30	32	0	0	3	
444	WO- Beer 22oz Ballast Point Dead Ringer Oktoberfest Lager	1	Serving	340	0	0	0	0	0	70	28	0	0	3	
445	WO-Beer Budweiser 22 oz	1	Serving	270	0	0	0	0	0	--	19	--	--	2	
446	WO-Beer Bud Light 22 oz	1	Serving	200	0	0	0	0	0	--	12	--	--	2	
447	WO-Beer Michelob Ultra 22 oz	1	Serving	170	0	0	0	0	0	--	5	--	--	1	
448	WO-Beer Coors Light 22 oz	1	Serving	190	0	0	0	0	0	20	9	0	2	2	
449	WO-Beer Miller Lite 22 oz	1	Serving	180	0	0	0	0	0	10	6	0	0	2	
450	WO-Dos Equis Beer 22 oz	1	Serving	240	0	0	0	0	0	60	20	0	6	2	
451	WO-Heineken Lager Beer 22 oz	1	Serving	260	0	0	0	0	0	15	20	0	4	2	
452	WO-Heineken Beer Light 22 oz	1	Serving	190	0	0	0	0	0	25	13	--	0	2	
453	WO - Beer Modelo Especial 22 oz	1	Serving	270	0	0	0	0	0	25	25	0	8	2	
454	WO - Beer Stella Artois 22 oz	1	Serving	280	0	0	0	0	0	--	21	--	--	--	
455	WO - Beer Corona Extra 22 oz	1	Serving	280	0	0	0	0	0	25	26	0	8	2	
456	WO - Beer Corona Light 22 oz	1	Serving	190	0	0	0	0	0	30	9	0	6	2	
457	WO - Beer Angry Orchard Crisp Apple Cider 22 oz	1	Serving	350	0	0	0	0	0	35	46	0	37	0	
458	WO - Beer Sam Adams 76 22 oz	1	Serving	240	0	0	0	0	0	35	26	0	0	2	
459	WO - Beer Sam Adams Boston Lager 22 oz	1	Serving	310	0	0	0	0	0	35	31	2	2	4	
460	WO - Beer Sam Adams New England IPA 22 oz	1	Serving	370	0	0	0	0	0	35	26	2	0	4	
461	WO - Beer Sam Adams Octoberfest 22 oz	1	Serving	350	0	0	0	0	0	35	35	2	0	4	
462	WO - Beer Sam Adams Summer Ale 22 oz	1	Serving	310	0	0	0	0	0	35	26	2	0	4	
463	WO - Beer Sam Adams Winter Lager 22 oz	1	Serving	350	0	0	0	0	0	55	33	2	0	4	
464	WO- Beer Leinenkugel's Berry Weiss 22 oz.	1	Serving	370	0	0	0	0	0	20	49	0	28	2	

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O
465	WO-Beer Leinenkugel's Wisconsin Red Pale Ale 22oz.	1	Serving	330	0	0	0	0	0	20	30	0	0	3	
466	WO-Beer Leinenkugel's Cherry Blonde Lager 22 oz.	1	Serving	300	0	0	0	0	0	20	26	0	7	3	
467	WO-Beer Leinenkugel's Anniversary Lager 22 oz.	1	Serving	310	0	0	0	0	0	20	27	0	0	4	
468	WO-Beer Leinenkugel's watermelon shandy 22oz.	1	Serving	260	0	0	0	0	0	20	25	0	7	2	
469	WO-Beer Leinenkugel's sunset wheat 22oz.	1	Serving	300	0	0	0	0	0	20	30	0	4	3	
470	WO-Beer Leinenkugel's Summer shandy 22oz.	1	Serving	250	0	0	0	0	0	20	23	0	4	2	
471	WO-Beer Leinenkugel's Special Ale 22oz.	1	Serving	310	0	0	0	0	0	15	27	0	0	3	
472	WO-Beer Leinenkugel's Snowdrift Vanilla Porter 22 oz.	1	Serving	380	0	0	0	0	0	20	40	0	0	3	
473	WO-Beer Leinenkugel's Red Lager 22 oz.	1	Serving	300	0	0	0	0	0	20	30	0	0	3	
474	WO-Beer Leinenkugel's original 22 oz.	1	Serving	280	0	0	0	0	0	30	27	0	0	2	
475	WO-Beer Leinenkugel's Orange Shandy 22 oz.	1	Serving	250	0	0	0	0	0	20	23	0	4	2	
476	WO-Beer Leinenkugel's Oktoberfest 22 oz.	1	Serving	320	0	0	0	0	0	20	33	0	0	3	
477	WO-Beer Leinenkugel's Northwoods Lager 22 oz.	1	Serving	300	0	0	0	0	0	20	28	0	0	3	
478	WO-Beer Leinenkugel's Light 22 oz.	1	Serving	200	0	0	0	0	0	30	12	0	4	2	
479	WO-Beer Leinenkugel's Lemon Berry Shandy 22 oz.	1	Serving	290	0	0	0	0	0	20	33	0	13	2	
480	WO-Beer Leinenkugel's IPL 22 oz.	1	Serving	350	0	0	0	0	0	30	31	0	2	4	
481	WO-Beer Leinenkugel's Honey Weiss 22 oz.	1	Serving	270	0	0	0	0	0	20	22	0	0	3	
482	WO-Beer Leinenkugel's Harvest Patch Shandy 22 oz.	1	Serving	260	0	0	0	0	0	20	27	0	7	2	
483															
484	WO-Beer Leinenkugel's Grapefruit Shandy 22 oz.	1	Serving	270	0	0	0	0	0	20	29	0	9	2	
485	WO-Beer Leinenkugel's Creamy Dark 22 oz.	1	Serving	310	0	0	0	0	0	35	32	0	0	3	
486	WO-Beer Leinenkugel's Canoe Paddler 22 oz.	1	Serving	280	0	0	0	0	0	30	23	0	0	3	
487	WO-Beer Leinenkugel's Pomegranate Shandy 22 oz.	1	Serving	290	0	0	0	0	0	20	34	0	15	3	
488	WO-Beer Blue Moon Belgium White 22 oz	1	Serving	310	0	0	0	0	0	30	26	0	0	3	

