



NUTRITIONAL GUIDE

STARTERS	TOTAL CALORIES (KCAL)	FAT CALORIES (KCAL)	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTER OL (MG)	SODIUM (MG)	TOTAL CARBS (G)	FIBER (G)	SUGARS (G)	PROTEIN (G)	VIT A (IU)	VIT C (MG)	CALCIUM (MG)	IRON (MG)
Chips and Queso	928	370	41	24	0	113	3301	103	10	19	33	2385	24	994	3
Chips and Salsa	474	66	7	1	0	0	1046	91	10	7	10	1176	22	147	2
Fried Jalapenos, Large	610	200	22	11	0	54	4415	78	14	12	21	1840	1	478	6
Fried Jalapenos, Small	337	122	14	7	0	35	2368	40	7	7	12	1006	1	300	3
Fried Mushrooms, Large	624	97	11	3	0	44	908	104	8	15	28	267	8	176	7
Fried Mushrooms, Large with Country Gravy	735	168	19	7	0	67	1221	112	8	18	30	513	9	248	8
Fried Mushrooms, Large with Ranch Dressing	949	399	44	9	0	76	1535	111	8	17	29	367	8	236	7
Fried Mushrooms, Small	312	49	5	1	0	22	454	52	4	7	14	133	4	88	4
Fried Mushrooms, Small with Country Gravy	423	119	13	6	0	45	767	60	4	10	16	379	5	160	4
Fried Mushrooms, Small with Ranch Dressing	637	350	39	8	0	55	1081	58	4	10	16	234	4	148	4
Fried Onion Bites, Large	684	274	30	6	0	44	1493	90	7	24	14	1050	24	190	4
Fried Onion Bites, Small	466	238	26	5	0	33	1246	51	4	16	8	981	15	117	2
Fried Pickles, Large	726	371	41	8	0	37	5714	78	6	8	13	235	3	311	6
Fried Pickles, Small	526	336	37	7	0	35	3171	42	3	5	8	168	2	186	3
Hand Breaded Onion Rings	1118	382	42	9	0	44	2105	159	7	17	27	460	3	289	9
Icehouse Queso	1266	557	62	33	0	180	3899	123	12	21	50	2557	25	1152	4
Loaded Fries	574	308	34	15	0	58	1975	49	4	6	15	597	2	401	2
Mac and Cheese Brisket Balls	1032	566	63	23	0	144	1987	84	3	19	32	1265	9	529	4
Mozzarella Sticks, Large	905	342	38	22	0	101	1578	89	4	7	50	1958	20	1220	4
Mozzarella Sticks, Small	475	178	20	11	0	50	928	47	3	5	26	1260	19	610	2
Pick Any Two Combo Appetizer	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Pick Any Two Combo Appetizer with Fried Mushrooms with Gravy	423	119	13	6	0	45	767	60	4	10	16	379	5	160	4
Pick Any Two Combo Appetizer with Fried Pickles with Ranch	526	336	37	7	0	35	3171	42	3	5	8	168	2	186	3
Pick Any Two Combo Appetizer with Fried Mozzarella Sticks with Marinara	475	178	20	11	0	50	928	47	3	5	26	1260	19	610	2

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Pick Any Two Combo Appetizer with Fried Mushrooms with Ranch	637	350	39	8	0	55	1081	58	4	10	16	234	4	148	4
Pick Any Two Combo Appetizer with Fried Onion Bites with Sriracha Ranch	466	238	26	5	0	33	1246	51	4	16	8	981	15	117	2
The Sampler	2619	879	98	37	0	192	9033	343	24	44	91	3347	29	1606	21
Willie's Nachos	1222	590	66	41	0	201	4163	106	12	22	44	3167	11	1370	3
Willie's Nachos with Chicken	1539	678	75	42	0	332	4523	107	12	22	96	3215	15	1399	4
Willie's Nachos with Chicken and Beef	1571	764	85	47	0	318	4580	108	12	22	83	3191	13	1401	5
Willie's Nachos with Ground Beef	1603	851	95	52	0	303	4637	109	12	23	69	3168	12	1403	6
SOUPS, SALADS, AND SPUDS	TOTAL CALORIES (KCAL)	FAT CALORIES (KCAL)	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBS (G)	FIBER (G)	SUGARS (G)	PROTEIN (G)	VIT A (IU)	VIT C (MG)	CALCIUM (MG)	IRON (MG)
Caesar Salad, Large	651	497	55	13	0	119	1382	26	6	4	19	15193	64	474	4
Caesar Salad, Large with Blackened Chicken	1028	631	70	15	0	250	2822	30	7	5	73	15905	69	539	7
Caesar Salad, Large with Blackened Salmon	1108	763	85	18	0	252	2236	28	7	4	65	15749	74	525	6
Caesar Salad, Large with Blackened Shrimp	886	593	66	14	0	359	1853	28	6	5	52	15533	67	562	8
Caesar Salad, Large with Fried Chicken	1538	685	76	17	0	324	2666	114	10	13	101	15503	69	666	11
Caesar Salad, Large with Fried Shrimp	1037	592	66	15	0	367	2114	61	7	9	57	15531	67	617	9
Caesar Salad, Large with Grilled Chicken	968	585	65	15	0	250	1742	27	6	5	72	15241	67	503	6
Caesar Salad, Large with Grilled Salmon	1206	864	96	21	0	267	2114	29	6	5	64	15426	82	508	5
Caesar Salad, Large with Grilled Shrimp	930	637	71	15	0	366	1818	29	6	5	51	15478	68	560	8
Caesar Salad, Small	517	405	45	10	0	97	1088	19	4	3	14	10175	43	356	3
Caesar Salad, Small with Blackened Chicken	706	472	52	12	0	163	1808	21	5	3	41	10531	45	388	4

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Caesar Salad, Small with Blackened Salmon	745	538	60	13	0	164	1515	20	4	3	37	10453	48	381	4
Caesar Salad, Small with Blackened Shrimp	634	453	50	11	0	217	1324	20	4	3	31	10345	45	399	5
Caesar Salad, Small with Fried Chicken	957	499	55	13	0	199	1725	62	6	7	55	10329	45	451	7
Caesar Salad, Small with Fried Shrimp	710	452	50	11	0	221	1454	36	4	5	34	10344	44	427	5
Caesar Salad, Small with Grilled Chicken	675	449	50	11	0	163	1268	19	4	3	41	10199	44	370	4
Caesar Salad, Small with Grilled Salmon	795	588	65	14	0	171	1454	20	4	3	37	10291	52	372	3
Caesar Salad, Small with Grilled Shrimp	656	475	53	12	0	221	1306	20	4	3	31	10317	45	398	5
Garden Salad, Large	413	162	18	5	0	27	913	51	5	4	18	10601	49	292	6
Garden Salad, Large with Dressing Choice Balsamic Vinaigrette	995	713	79	10	0	27	1421	59	5	11	19	10613	50	299	6
Garden Salad, Large with Dressing Choice Blue Cheese	862	581	65	17	0	82	1482	56	5	5	23	10855	49	423	6
Garden Salad, Large with Dressing Choice Caesar	839	567	63	14	0	125	1640	56	6	5	23	10777	51	376	7
Garden Salad, Large with Dressing Choice Honey Mustard	929	626	70	14	0	65	1440	67	6	15	19	10605	49	298	6
Garden Salad, Large with Dressing Choice Italian	752	487	54	11	0	27	1596	55	5	7	19	10648	53	300	6
Garden Salad, Large with Dressing Choice Ranch	738	464	52	12	0	60	1540	58	5	7	20	10701	50	352	6
Garden Salad, Large with Dressing Choice Thousand Island	855	576	64	14	0	68	1441	62	6	9	19	10748	56	297	6
Garden Salad, Large with Protein Choice Blackened Chicken	790	296	33	8	0	158	2352	56	6	5	72	11312	55	357	9
Garden Salad, Large with Protein Choice Blackened Salmon	869	428	48	11	0	160	1767	54	6	4	64	11156	59	343	8

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Garden Salad, Large with Protein Choice Blackened Shrimp	648	259	29	7	0	266	1384	54	5	5	51	10940	53	380	10
Garden Salad, Large with Protein Choice Fried Chicken	1034	259	29	8	0	207	1592	104	7	8	93	10760	53	386	11
Garden Salad, Large with Protein Choice Fried Shrimp	798	257	29	7	0	275	1644	86	6	9	57	10938	53	435	11
Garden Salad, Large with Protein Choice Grilled Chicken	730	251	28	7	0	158	1272	52	5	5	71	10649	53	321	8
Garden Salad, Large with Protein Choice Grilled Salmon	968	529	59	13	0	175	1645	54	5	5	64	10833	68	325	7
Garden Salad, Large with Protein Choice Grilled Shrimp	692	303	34	8	0	274	1349	54	5	5	51	10885	54	377	10
Garden Salad, Small	214	94	10	4	0	20	423	23	3	3	10	7109	33	212	3
Garden Salad, Small with Dressing Choice Balsamic Vinaigrette	796	645	72	8	0	20	930	30	4	10	11	7121	33	219	3
Garden Salad, Small with Dressing Choice Blue Cheese	663	513	57	15	0	76	992	27	3	4	15	7363	33	343	3
Garden Salad, Small with Dressing Choice Caesar	641	499	55	13	0	118	1150	28	4	3	15	7285	35	296	4
Garden Salad, Small with Dressing Choice Honey Mustard	731	558	62	13	0	58	950	38	4	13	11	7113	33	218	3
Garden Salad, Small with Dressing Choice Italian	554	418	46	9	0	20	1106	26	4	5	11	7156	36	219	3
Garden Salad, Small with Dressing Choice Ranch	539	395	44	10	0	53	1050	29	4	6	12	7209	33	272	3
Garden Salad, Small with Dressing Choice Thousand Island	656	508	56	12	0	62	950	33	4	7	11	7256	39	216	3
Garden Salad, Small with Protein Choice Blackened Chicken	403	161	18	5	0	86	1143	25	4	3	37	7464	36	244	5
Garden Salad, Small with Protein Choice Blackened Salmon	442	227	25	7	0	87	850	24	4	3	33	7386	38	237	4

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Garden Salad, Small with Protein Choice Blackened Shrimp	332	142	16	5	0	140	658	24	4	3	27	7278	35	256	5
Garden Salad, Small with Protein Choice Fried Chicken	525	143	16	5	0	110	763	49	5	5	48	7188	35	259	6
Garden Salad, Small with Protein Choice Fried Shrimp	407	141	16	5	0	144	789	40	4	5	30	7277	35	283	6
Garden Salad, Small with Protein Choice Grilled Chicken	373	138	15	5	0	86	603	23	3	3	37	7133	35	227	4
Garden Salad, Small with Protein Choice Grilled Salmon	492	277	31	8	0	94	789	24	4	3	33	7225	42	229	4
Garden Salad, Small with Protein Choice Grilled Shrimp	354	164	18	5	0	144	641	24	3	3	27	7251	35	255	5
Gumbo, Large	467	141	16	3	0	14	3872	71	6	10	11	1376	76	142	4
Gumbo, Large with Sausage	1037	627	70	21	0	119	4982	77	6	13	32	1676	76	202	6
Gumbo, Large with Shrimp	581	159	18	4	0	186	4629	72	6	10	34	1580	79	201	7
Gumbo, Small	257	76	8	2	0	7	2012	40	3	5	6	688	38	71	3
Gumbo, Small with Sausage	542	319	35	11	0	59	2567	43	3	7	16	838	38	101	3
Gumbo, Small with Shrimp	314	85	9	2	0	93	2390	40	3	5	17	790	39	101	4
Icehouse Cobb Salad	861	639	71	23	0	340	1953	24	6	8	28	10175	48	392	4
Icehouse Cobb Salad with Blackened Chicken	1239	773	86	25	0	472	3392	29	7	8	81	10886	53	456	8
Icehouse Cobb Salad with Blackened Salmon	1318	905	101	28	0	474	2807	27	7	8	73	10730	58	442	6
Icehouse Cobb Salad with Blackened Shrimp	1096	735	82	24	0	580	2424	26	6	8	60	10514	51	479	8
Icehouse Cobb Salad with Fried Chicken	1172	687	76	24	0	431	2292	50	7	10	65	10254	49	439	7
Icehouse Cobb Salad with Fried Shrimp	1247	733	81	25	0	589	2684	59	7	12	66	10512	51	534	10
Icehouse Cobb Salad with Grilled Chicken	1179	727	81	24	0	472	2312	25	6	8	80	10223	51	421	6
Icehouse Cobb Salad with Grilled Salmon	1417	1005	112	31	0	489	2685	27	6	8	73	10407	66	425	5
Icehouse Cobb Salad with Grilled Shrimp	1141	779	87	25	0	587	2389	27	6	8	60	10459	52	477	8
Loaded Baked Potato	905	547	61	25	0	105	858	61	4	4	22	3074	65	388	3

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Loaded Baked Potato with Grilled Chicken	1420	637	71	27	0	237	1230	106	8	6	80	3124	117	449	7
Loaded Baked Potato with Pulled Pork	1605	793	88	34	0	236	3344	132	10	29	64	3626	118	482	8
Loaded Baked Potato with Shredded Brisket	1761	913	101	41	0	249	2869	133	8	27	67	3076	113	435	9
BURGERS	TOTAL CALORIES (KCAL)	FAT CALORIES (KCAL)	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBS (G)	FIBER (G)	SUGARS (G)	PROTEIN (G)	VIT A (IU)	VIT C (MG)	CALCIUM (MG)	IRON (MG)
Bacon Willie Burger	2292	1388	154	56	0	740	1806	4	1	1	204	183	3	211	20
Bacon Willie Burger with Bun Choice White	2572	1460	162	60	0	755	2186	48	2	5	211	383	3	281	22
Bacon Willie Burger with Bun Choice Whole Wheat	2532	1464	163	60	0	755	2216	39	6	5	212	383	3	291	22
Bacon Willie Burger with Cheese Choice American	2392	1463	163	61	0	773	2273	4	1	1	209	517	3	378	20
Bacon Willie Burger with Cheese Choice Cheddar	2372	1451	161	60	0	760	1941	4	1	1	209	483	3	361	20
Bacon Willie Burger with Cheese Choice Monterey Jack	2372	1442	160	60	0	765	1936	4	1	1	209	383	3	361	20
Bacon Willie Burger with Cheese Choice Pepper Jack	2367	1442	160	60	0	765	1936	4	1	1	209	383	3	361	20
Bacon Willie Burger with Cheese Choice Swiss	2372	1442	160	60	0	760	1856	5	1	1	210	383	3	411	20
Bacon Willie Burger with Side of French Fries	2604	1509	168	60	0	740	2662	46	5	1	208	183	3	234	22
Cheddar Pepper Burger	2695	1578	175	67	0	757	2051	49	5	9	219	1071	15	503	20
Cheddar Pepper Burger with Side of French Fries	3007	1698	189	70	0	757	2907	91	9	9	223	1071	15	526	22
Cheese Willie Burger	2228	1348	150	54	0	715	1527	5	2	2	201	222	3	215	20
Cheese Willie Burger with Bun Choice White	2508	1420	158	58	0	730	1907	49	3	6	208	422	3	285	22
Cheese Willie Burger with Bun Choice Whole Wheat	2468	1424	158	58	0	730	1937	40	7	6	209	422	3	295	21
Cheese Willie Burger with Cheese Choice American	2328	1423	158	59	0	748	1994	5	2	2	206	556	3	382	20

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Cheese Willie Burger with Cheese Choice Cheddar	2308	1411	157	58	0	735	1662	5	2	2	206	522	3	365	20
Cheese Willie Burger with Cheese Choice Monterey Jack	2308	1402	156	58	0	740	1657	5	2	2	206	422	3	365	20
Cheese Willie Burger with Cheese Choice Pepper Jack	2303	1402	156	58	0	740	1657	5	2	2	206	422	3	365	20
Cheese Willie Burger with Cheese Choice Swiss	2308	1402	156	58	0	735	1577	6	2	2	207	422	3	415	20
Cheese Willie Burger with Side of French Fries	2540	1468	163	58	0	715	2383	48	6	2	205	222	3	238	21
Hickory Cheddar Burger	2288	1306	145	56	0	725	2258	24	1	16	205	300	4	358	19
Hickory Cheddar Burger with Bun Choice White	2568	1378	153	60	0	740	2638	68	2	20	212	500	4	428	21
Hickory Cheddar Burger with Bun Choice Whole Wheat	2528	1382	154	60	0	740	2668	59	6	20	213	500	4	438	21
Hickory Cheddar Burger with Side of French Fries	2599	1427	159	60	0	725	3114	66	5	16	209	300	4	381	21
Icehouse Willie Burger	2350	1423	158	58	0	741	2068	8	2	3	205	387	5	218	20
Icehouse Willie Burger with Bun Choice White	2630	1495	166	62	0	756	2448	52	3	7	212	587	5	288	22
Icehouse Willie Burger with Bun Choice Whole Wheat	2590	1499	167	62	0	756	2478	43	7	7	213	587	5	298	22
Icehouse Willie Burger with Cheese Choice American	2451	1498	166	63	0	774	2535	8	2	3	210	720	5	385	20
Icehouse Willie Burger with Cheese Choice Cheddar	2510	1549	172	66	0	781	2338	8	2	3	215	987	5	518	20
Icehouse Willie Burger with Cheese Choice Monterey Jack	2510	1531	170	66	0	791	2328	8	2	3	215	787	5	518	20
Icehouse Willie Burger with Cheese Choice Pepper Jack	2500	1531	170	66	0	791	2328	8	2	3	215	787	5	518	20
Icehouse Willie Burger with Side of French Fries	2662	1544	172	61	0	741	2924	50	6	3	209	387	5	241	22
Texas Patty Melt	2717	1565	174	65	0	769	1943	52	1	7	216	699	8	597	22
Turkey Mushroom Burger	570	358	40	12	0	216	1175	5	1	2	47	598	3	192	3
Turkey Mushroom Burger with Bun Choice White	850	430	48	16	0	231	1555	49	2	6	54	798	3	262	5

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Turkey Mushroom Burger with Bun Choice Whole Wheat	810	434	48	16	0	231	1585	40	6	6	55	798	3	272	5
Turkey Mushroom Burger with Side of French Fries	882	479	53	16	0	216	2031	48	5	2	51	598	3	214	5
Willie Burger	2228	1348	150	54	0	715	1527	5	2	2	201	222	3	215	20
Willie Burger with Bun Choice White	2508	1420	158	58	0	730	1907	49	3	6	208	422	3	285	22
Willie Burger with Bun Choice Whole Wheat	2468	1424	158	58	0	730	1937	40	7	6	209	422	3	295	21
Willie Burger with Side of French Fries	2540	1468	163	58	0	715	2383	48	6	2	205	222	3	238	21
CHICKEN TENDERS AND WINGS	TOTAL CALORIES (KCAL)	FAT CALORIES (KCAL)	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBS (G)	FIBER (G)	SUGARS (G)	PROTEIN (G)	VIT A (IU)	VIT C (MG)	CALCIUM (MG)	IRON (MG)
Chicken Tenders	1073	558	62	12	0	221	1082	54	2	14	73	175	4	106	5
Chicken Tenders, Sauced and Tossed	882	395	44	9	0	215	1182	45	2	6	74	271	4	160	4
Chicken Tenders, Sauced and Tossed with Wing Sauce Choice BBQ	962	395	44	9	0	215	2022	63	2	20	74	271	4	160	4
Chicken Tenders, Sauced and Tossed with Wing Sauce Choice Buffalo	939	442	49	12	0	229	2973	47	3	7	75	1621	6	167	5
Chicken Tenders, Sauced and Tossed with Wing Sauce Choice Garlic Parmesan	1158	629	70	22	0	260	1673	52	4	7	84	1413	6	423	5
Chicken Tenders, Sauced and Tossed with Wing Sauce Choice Honey Garlic	1044	396	44	9	0	215	1503	84	2	34	75	271	4	181	5
Tender Bites	946	399	44	9	0	214	1306	59	2	7	76	260	4	154	5
Tender Bites with Wing Sauce Choice BBQ	1106	399	44	9	0	214	2986	95	2	35	76	260	4	154	5
Tender Bites with Wing Sauce Choice Buffalo	1061	492	55	15	0	241	4888	63	4	8	77	2960	7	168	6
Tender Bites with Wing Sauce Choice Garlic Parmesan	1498	867	96	35	0	304	2287	72	7	7	95	2544	8	680	6

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Tender Bites with Wing Sauce															
Choice Honey Garlic	1270	400	44	9	0	214	1947	137	3	62	78	260	4	196	6
Wings, 10	1143	621	69	18	0	257	2248	60	4	8	66	4387	9	141	6
Wings, 10 with Dressing Choice															
Bleu Cheese	1593	1040	116	29	0	312	2818	65	4	9	71	4641	9	272	6
Wings, 10 with Dressing Choice															
Ranch	1468	923	103	24	0	290	2875	67	4	11	68	4487	9	201	7
Wings, 10 with Wing Sauce															
Choice BBQ	1223	621	69	18	0	257	3088	78	4	22	66	4387	9	141	6
Wings, 10 with Wing Sauce															
Choice Buffalo	1201	668	74	21	0	270	4040	63	4	9	67	5737	10	148	7
Wings, 10 with Wing Sauce															
Choice Garlic Parmesan	1419	856	95	31	0	302	2739	67	6	8	76	5529	10	404	7
Wings, 10 with Wing Sauce															
Choice Honey Garlic	1305	622	69	18	0	257	2569	100	4	36	67	4387	9	162	7
Wings, 15	1708	932	104	27	0	385	3354	89	5	11	99	4729	12	202	10
Wings, 15 with Dressing Choice															
Bleu Cheese	2157	1350	150	38	0	441	3923	94	5	12	104	4984	12	333	10
Wings, 15 with Dressing Choice															
Ranch	2033	1233	137	33	0	418	3981	96	5	14	101	4830	12	262	10
Wings, 15 with Wing Sauce															
Choice BBQ	1828	932	104	27	0	385	4614	116	5	32	99	4729	12	202	10
Wings, 15 with Wing Sauce															
Choice Buffalo	1794	1002	111	31	0	406	6041	92	6	13	100	6755	14	213	10
Wings, 15 with Wing Sauce															
Choice Garlic Parmesan	2122	1283	143	46	0	453	4090	99	8	12	114	6443	14	597	10
Wings, 15 with Wing Sauce															
Choice Honey Garlic	1951	933	104	27	0	385	3835	148	6	53	101	4729	12	234	10
Wings, 20	2273	1242	138	36	0	514	4460	118	6	15	132	5072	15	263	13
Wings, 20 with Dressing Choice															
Bleu Cheese	2722	1661	185	47	0	569	5029	123	6	15	137	5326	15	394	13
Wings, 20 with Dressing Choice															
Ranch	2598	1543	171	42	0	547	5086	124	6	17	134	5173	15	323	13
Wings, 20 with Wing Sauce															
Choice BBQ	2433	1242	138	36	0	514	6140	154	6	43	132	5072	15	263	13
Wings, 20 with Wing Sauce															
Choice Buffalo	2387	1335	148	42	0	541	8042	122	8	17	133	7772	18	277	13

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Wings, 20 with Wing Sauce Choice Garlic Parmesan	2825	1710	190	61	0	604	5441	131	10	15	152	7356	19	790	13
Wings, 20 with Wing Sauce Choice Honey Garlic	2596	1243	138	36	0	514	5101	197	7	70	134	5072	15	305	14
Wings, 5	579	311	35	9	0	128	1143	32	2	5	33	4044	5	80	3
Wings, 5 with Dressing Choice Bleu Cheese	1028	730	81	20	0	184	1712	36	2	6	38	4299	6	211	3
Wings, 5 with Dressing Choice Ranch	904	613	68	15	0	161	1770	38	2	7	35	4145	6	139	3
Wings, 5 with Wing Sauce Choice BBQ	619	311	35	9	0	128	1563	41	2	12	33	4044	5	80	3
Wings, 5 with Wing Sauce Choice Buffalo	607	335	37	10	0	135	2038	33	3	5	34	4719	6	83	3
Wings, 5 with Wing Sauce Choice Garlic Parmesan	717	428	48	15	0	151	1388	35	3	5	38	4615	6	211	3
Wings, 5 with Wing Sauce Choice Honey Garlic	660	312	35	9	0	128	1303	51	3	19	34	4044	5	90	3
SANDWICHES AND PO- BOYS	TOTAL CALORIES (KCAL)	FAT CALORIES (KCAL)	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTER OL (MG)	SODIUM (MG)	TOTAL CARBS (G)	FIBER (G)	SUGARS (G)	PROTEIN (G)	VIT A (IU)	VIT C (MG)	CALCIUM (MG)	IRON (MG)
Chicken Willie Sandwich, Blackened	564	288	32	8	0	167	1648	7	2	1	59	1133	7	220	3
Chicken Willie Sandwich, Blackened with Bun Choice White	844	360	40	12	0	182	2028	51	3	5	66	1333	7	290	5
Chicken Willie Sandwich, Blackened with Bun Choice Whole Wheat	804	364	40	12	0	182	2058	42	7	5	67	1333	7	300	5
Chicken Willie Sandwich, Blackened with Side of French Fries	875	408	45	12	0	167	2504	49	6	1	63	1133	7	243	5
Chicken Willie Sandwich, Fried	530	228	25	8	0	117	702	35	2	4	38	545	4	233	3
Chicken Willie Sandwich, Fried with Bun Choice White	810	300	33	12	0	132	1082	79	3	8	45	745	4	303	5
Chicken Willie Sandwich, Fried with Bun Choice Whole Wheat	770	304	34	12	0	132	1112	70	7	8	46	745	4	313	5

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Chicken Willie Sandwich, Fried with Side of French Fries	842	348	39	11	0	117	1558	77	6	4	42	545	4	255	4
Chicken Willie Sandwich, Grilled	504	242	27	8	0	167	568	3	1	1	58	469	5	185	2
Chicken Willie Sandwich, Grilled with Bun Choice White	784	314	35	12	0	182	948	47	2	5	65	669	5	255	4
Chicken Willie Sandwich, Grilled with Bun Choice Whole Wheat	744	318	35	12	0	182	978	38	6	5	66	669	5	265	4
Chicken Willie Sandwich, Grilled with Side of French Fries	815	363	40	11	0	167	1424	45	5	1	62	469	5	208	3
Icehouse Chicken Willie Sandwich, Blackened	606	309	34	8	0	167	2058	10	2	2	58	1097	9	74	4
Icehouse Chicken Willie Sandwich, Blackened with Bun Choice White	886	381	42	12	0	182	2438	54	3	6	65	1297	9	144	6
Icehouse Chicken Willie Sandwich, Blackened with Bun Choice Whole Wheat	846	385	43	12	0	182	2468	45	7	6	66	1297	9	154	6
Icehouse Chicken Willie Sandwich, Blackened with Cheese Choice American	706	384	43	13	0	201	2525	10	2	2	63	1431	9	241	4
Icehouse Chicken Willie Sandwich, Blackened with Cheese Choice Cheddar	686	372	41	12	0	187	2193	10	2	2	63	1397	9	224	4
Icehouse Chicken Willie Sandwich, Blackened with Cheese Choice Monterey Jack	686	363	40	12	0	192	2188	10	2	2	63	1297	9	224	4
Icehouse Chicken Willie Sandwich, Blackened with Cheese Choice Pepper Jack	681	363	40	12	0	192	2188	10	2	2	63	1297	9	224	4
Icehouse Chicken Willie Sandwich, Blackened with Side of French Fries	918	430	48	11	0	167	2915	52	6	2	62	1097	9	97	5
Icehouse Chicken Willie Sandwich, Fried	939	326	36	9	0	200	1646	76	4	9	71	634	7	163	7

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Icehouse Chicken Willie Sandwich, Fried with Bun Choice White	1219	398	44	13	0	215	2026	120	5	13	78	834	7	233	9
Icehouse Chicken Willie Sandwich, Fried with Bun Choice Whole Wheat	1179	402	45	13	0	215	2056	111	9	13	79	834	7	243	8
Icehouse Chicken Willie Sandwich, Fried with Cheese Choice American	1039	401	45	14	0	233	2113	76	4	9	76	967	7	330	7
Icehouse Chicken Willie Sandwich, Fried with Cheese Choice Cheddar	1019	389	43	13	0	220	1781	76	4	9	76	934	7	313	7
Icehouse Chicken Willie Sandwich, Fried with Cheese Choice Monterey Jack	1019	380	42	13	0	225	1776	76	4	9	76	834	7	313	7
Icehouse Chicken Willie Sandwich, Fried with Cheese Choice Pepper Jack	1014	380	42	13	0	225	1776	76	4	9	76	834	7	313	7
Icehouse Chicken Willie Sandwich, Fried with Side of French Fries	1250	447	50	13	0	200	2502	118	8	9	75	634	7	186	8
Icehouse Chicken Willie Sandwich, Grilled	546	263	29	7	0	167	979	6	1	2	58	434	7	39	3
Icehouse Chicken Willie Sandwich, Grilled with Bun Choice White	826	335	37	11	0	182	1359	50	2	6	65	634	7	109	5
Icehouse Chicken Willie Sandwich, Grilled with Bun Choice Whole Wheat	786	340	38	11	0	182	1389	41	6	6	66	634	7	119	4
Icehouse Chicken Willie Sandwich, Grilled with Cheese Choice American	646	338	38	12	0	201	1445	6	1	2	63	767	7	205	3
Icehouse Chicken Willie Sandwich, Grilled with Cheese Choice Cheddar	626	326	36	11	0	187	1114	6	1	2	63	734	7	189	3
Icehouse Chicken Willie Sandwich, Grilled with Cheese Choice Monterey Jack	626	317	35	11	0	192	1109	6	1	2	63	634	7	189	3

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Icehouse Chicken Willie Sandwich, Grilled with Cheese Choice Pepper Jack	621	317	35	11	0	192	1109	6	1	2	63	634	7	189	3
Icehouse Chicken Willie Sandwich, Grilled with Side of French Fries	858	384	43	11	0	167	1835	48	5	2	62	434	7	61	4
Pulled Pork Sandwich	812	367	41	14	0	135	2699	66	6	26	46	941	17	89	3
Pulled Pork Sandwich with Side of French Fries	1123	488	54	17	0	135	3556	109	10	26	50	941	17	112	5
Shrimp Po-Boy, Blackened	1071	527	59	13	0	290	2643	96	8	27	46	2708	49	252	6
Shrimp Po-Boy, Blackened with Side of French Fries	1382	648	72	17	0	290	3499	138	12	27	50	2708	49	275	8
Shrimp Po-Boy, Fried	1221	525	58	14	0	299	2903	129	9	31	52	2706	48	307	8
Shrimp Po-Boy, Fried with Side of French Fries	1533	646	72	17	0	299	3760	171	13	31	56	2706	48	330	9
Shrimp Po-Boy, Grilled	1115	571	63	14	0	298	2608	96	7	27	46	2653	49	250	6
Shrimp Po-Boy, Grilled with Side of French Fries	1426	692	77	18	0	298	3464	139	12	27	50	2653	49	273	8
Texas Fried Chicken Club	1081	533	59	20	0	184	1650	79	2	7	52	1370	18	472	6
Texas Fried Chicken Club with Side of French Fries	1393	654	73	23	0	184	2506	122	6	7	56	1370	18	495	7
COASTAL CATCH	TOTAL CALORIES (KCAL)	FAT CALORIES (KCAL)	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBS (G)	FIBER (G)	SUGARS (G)	PROTEIN (G)	VIT A (IU)	VIT C (MG)	CALCIUM (MG)	IRON (MG)
Blackened Gulf Shrimp	565	416	46	19	0	289	864	4	0	1	33	1796	7	92	4
Blackened Redfish Filet	666	468	52	19	0	187	1730	4	1	1	41	1680	9	22	1
Blackened Salmon Filet	787	586	65	23	0	183	1246	4	1	0	46	2012	14	55	2
Catfish and Shrimp Combo, Large	1172	608	68	13	0	297	2387	80	6	27	63	2271	46	180	6
Catfish and Shrimp Combo, Small	966	536	60	11	0	209	2075	65	5	25	45	2159	45	139	4
Fried Catfish, Large	1044	599	67	13	0	169	2064	64	5	25	49	2089	44	96	3
Fried Catfish, Small	821	500	56	11	0	115	1801	52	5	24	30	2032	44	85	2
Fried Crawfish Tails, Large	966	426	47	9	0	316	2066	90	7	28	48	2201	46	213	6
Fried Crawfish Tails, Small	727	390	43	8	0	176	1737	62	6	25	25	2074	44	141	4
Fried Gulf Shrimp, Large	971	472	52	10	0	346	2323	78	6	28	50	2369	47	247	8
Fried Gulf Shrimp, Small	778	425	47	9	0	222	1957	61	6	26	31	2200	45	176	5

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Grilled Gulf Shrimp	609	460	51	20	0	296	828	5	0	1	33	1741	8	90	4
Grilled Redfish Filet	765	564	63	22	0	202	1968	6	1	1	41	1577	18	16	0
Grilled Salmon Filet	886	686	76	26	0	197	1124	5	0	1	46	1689	22	38	1
Seafood Platter	1301	596	66	13	0	411	2586	101	7	29	77	2370	47	247	8
TEX FAVS & ENTREES	TOTAL CALORIES (KCAL)	FAT CALORIES (KCAL)	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTER OL (MG)	SODIUM (MG)	TOTAL CARBS (G)	FIBER (G)	SUGARS (G)	PROTEIN (G)	VIT A (IU)	VIT C (MG)	CALCIUM (MG)	IRON (MG)
8 oz Top Sirloin	489	291	32	13	0	118	607	1	0	0	45	6	0	61	3
Baby Back Ribs, Full Rack	1353	975	108	39	0	303	5147	32	1	23	55	44	1	127	4
Baby Back Ribs, Half Rack	677	487	54	19	0	151	2574	16	0	12	28	22	0	63	2
Country Fried Chicken	811	236	26	9	0	179	1372	74	3	9	66	476	5	188	6
Country Fried Steak	901	343	38	16	0	172	1674	83	4	10	53	495	1	200	10
Grilled Blackened Chicken	377	134	15	2	0	132	1439	5	1	0	53	711	5	64	3
Grilled Chicken	317	88	10	2	0	132	359	1	0	0	53	48	4	29	2
Smothered Chopped Steak	2257	1320	147	55	0	707	2101	17	2	5	203	329	6	209	20
Steak and Shrimp	489	291	32	13	0	118	607	1	0	0	45	6	0	61	3
Steak and Shrimp with Blackened Shrimp	607	340	38	14	0	238	842	2	0	0	62	176	2	105	5
Steak and Shrimp with Fried Shrimp	682	339	38	14	0	242	973	18	1	2	64	175	2	132	6
Steak and Shrimp with Grilled Shrimp	629	362	40	14	0	241	825	2	0	0	62	149	2	103	5
KIDDOS	TOTAL CALORIES (KCAL)	FAT CALORIES (KCAL)	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTER OL (MG)	SODIUM (MG)	TOTAL CARBS (G)	FIBER (G)	SUGARS (G)	PROTEIN (G)	VIT A (IU)	VIT C (MG)	CALCIUM (MG)	IRON (MG)
Kid Chicken Tenders	334	56	6	2	0	110	333	23	1	2	44	102	2	60	3
Kid Fruit Cup	70	0	0	0	0	0	0	16	2	13	1	0	18	0	0
Kid Grilled Cheese	370	152	17	9	0	48	847	40	0	2	11	534	0	257	2
Kid Grilled Chicken Willie	349	107	12	4	0	81	470	26	0	3	30	224	2	64	2
Kid Lil Cheese Willie	409	200	22	10	0	88	816	26	0	3	23	367	0	149	3
Kid Lil Willie	359	162	18	8	0	71	582	26	0	3	20	200	0	66	3
Kid Mac and Cheese	408	187	21	14	0	72	780	38	2	6	14	720	0	332	1
Kid Mini Corn Dogs	340	182	20	8	0	36	870	30	3	4	10	0	0	0	1
Kid Mixed Veggies	138	84	9	4	0	12	144	10	3	3	3	7780	89	61	1
Kid Seasoned French Fries	207	80	9	2	0	0	516	28	3	0	3	0	0	15	1
Kid Side Salad	12	1	0	0	0	0	6	2	1	1	1	325	2	11	0

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Kid Side Salad with Dressing Choice Balsamic Vinaigrette	594	552	61	4	0	0	514	10	1	8	1	337	3	18	0
Kid Side Salad with Dressing Choice Blue Cheese	461	420	47	11	0	56	575	7	1	2	6	580	3	142	0
Kid Side Salad with Dressing Choice Caesar	439	406	45	9	0	98	733	7	1	2	5	501	5	95	1
Kid Side Salad with Dressing Choice Honey Mustard	528	465	52	9	0	38	533	17	1	12	1	330	2	17	0
Kid Side Salad with Dressing Choice Italian	351	325	36	5	0	0	689	6	1	3	1	373	6	19	1
Kid Side Salad with Dressing Choice Ranch	337	302	34	6	0	33	633	9	1	4	2	426	3	71	0
Kid Side Salad with Dressing Choice Thousand Island	454	415	46	8	0	42	534	12	1	5	1	473	9	16	0
DESSERTS AND SHAKES	TOTAL CALORIES (KCAL)	FAT CALORIES (KCAL)	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTER OL (MG)	SODIUM (MG)	TOTAL CARBS (G)	FIBER (G)	SUGARS (G)	PROTEIN (G)	VIT A (IU)	VIT C (MG)	CALCIUM (MG)	IRON (MG)
Apple Sizzler	1355	797	89	47	0	156	910	121	3	76	9	1690	0	308	3
Bourbon Bread Pudding	919	351	39	24	0	210	544	124	1	103	12	1157	1	241	1
Peach Cobbler	796	344	38	21	0	101	456	108	1	90	8	1632	2	262	1
Willie Wonka	1495	699	78	25	0	124	612	190	7	153	13	808	0	226	6
A LA CARTE SIDES	TOTAL CALORIES (KCAL)	FAT CALORIES (KCAL)	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTER OL (MG)	SODIUM (MG)	TOTAL CARBS (G)	FIBER (G)	SUGARS (G)	PROTEIN (G)	VIT A (IU)	VIT C (MG)	CALCIUM (MG)	IRON (MG)
Baked Potato	905	547	61	25	0	105	858	61	4	4	22	3074	65	388	3
Caesar Side Salad	394	316	35	8	0	76	811	13	3	2	10	6803	29	246	2
Chips and Queso	445	169	19	10	0	48	1083	53	5	6	15	518	1	425	1
Chips and Salsa	275	39	4	1	0	0	481	53	6	3	6	504	10	81	1
Coleslaw	231	151	17	3	0	15	621	18	5	13	2	2011	39	63	1
French Fries	311	121	13	4	0	0	856	42	4	0	4	0	0	23	1
Garden Side Salad	122	56	6	3	0	13	223	12	2	2	6	4739	22	141	2
Garden Side Salad with Dressing Choice Balsamic Vinaigrette	704	607	67	7	0	13	731	19	3	9	6	4751	22	148	2
Garden Side Salad with Dressing Choice Blue Cheese	571	475	53	14	0	69	792	16	2	3	11	4993	22	272	2

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Garden Side Salad with Dressing Choice Caesar	549	461	51	11	0	112	950	17	3	2	11	4915	24	225	2
Garden Side Salad with Dressing Choice Honey Mustard	639	521	58	12	0	52	750	27	3	12	7	4743	22	147	2
Garden Side Salad with Dressing Choice Italian	461	381	42	8	0	13	906	15	3	4	7	4787	25	149	2
Garden Side Salad with Dressing Choice Ranch	447	358	40	9	0	46	850	18	2	5	8	4840	22	201	2
Garden Side Salad with Dressing Choice Thousand Island	564	470	52	11	0	55	751	22	3	6	7	4886	28	146	2
Loaded Baked Potato	905	547	61	25	0	105	858	61	4	4	22	3074	65	388	3
Loaded Fries	574	308	34	15	0	58	1975	49	4	6	15	597	2	401	2
Loaded Mashed Potatoes	424	208	23	11	0	65	1213	33	2	0	17	813	4	312	1
Mac and Cheese	421	192	21	14	0	73	785	39	2	7	14	747	0	335	1
Mashed Potatoes	192	41	5	1	0	0	662	32	2	0	4	142	2	7	1
Mashed Potatoes with Brown Gravy	217	49	5	1	0	0	1170	37	2	0	4	142	2	9	1
Mashed Potatoes with Country Gravy	303	112	12	6	0	23	975	40	2	3	6	388	3	79	1
Mixed Veggies	138	84	9	4	0	12	144	10	3	3	3	7780	89	61	1
Onion Rings	331	33	4	1	0	5	616	64	3	6	11	150	1	95	4
Seasoned Rice	216	8	1	0	0	2	733	47	1	2	4	62	15	12	2
Street Corn	195	76	8	2	0	8	108	26	4	4	5	365	10	23	1
Sweet Potato Fries	451	175	19	11	0	0	596	68	6	16	2	6000	5	41	1
Tater Tots	339	176	20	5	0	0	890	38	4	2	4	0	0	6	2
MARGARITAS AND MORE	TOTAL CALORIES (KCAL)	FAT CALORIES (KCAL)	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBS (G)	FIBER (G)	SUGARS (G)	PROTEIN (G)	VIT A (IU)	VIT C (MG)	CALCIUM (MG)	IRON (MG)
Cat 5 Hurricane	349	0	0	0	0	0	55	44	0	42	0	90	22	8	0
El Jefe, Frozen	555	1	0	0	0	0	16	62	1	51	0	17	10	14	0
El Jefe, On The Rocks	359	1	0	0	0	0	19	56	1	51	0	17	10	14	0
Fresh Watermelon Margarita, Frozen	440	1	0	0	0	0	17	58	1	50	1	490	10	13	0
Fresh Watermelon Margarita, On The Rocks	238	1	0	0	0	0	8	29	0	24	0	248	7	8	0

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Icehouse Old Fashioned	211	0	0	0	0	0	0	13	1	11	0	34	11	13	0
Spicy Willie Rita	215	0	0	0	0	0	13	35	1	31	0	33	10	11	0
The Big Willie	655	1	0	0	0	0	26	90	1	77	0	7	13	13	0
Top Shelf Rita, Frozen	542	0	0	0	0	0	21	69	0	59	0	6	3	8	0
Top Shelf Rita, On The Rocks	434	0	0	0	0	0	16	54	0	45	0	6	3	7	0

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