

lo-calorie menu

650 calories or less

half chop chop club salad

iceberg and romaine, tomatoes, onions, eggs, mushrooms, bleu cheese crumbles, crumbled bacon. tossed with bleu cheese vinaigrette dressing, topped with diced ham and turkey. 590 calories. 9.50

half black & bleu steak salad

iceberg, romaine, cajun steak, bleu cheese crumbles, roma tomatoes, bacon crumbles, fresh guacamole, bleu cheese vinaigrette dressing. 560 calories. 7.75

half mixed up & tossed salad

iceberg, carrots, eggs, mushrooms, black olives, cheddar cheese, brew-homemade crunchy croutons, roma tomatoes. 480 calories. 5

lo-cal dressings

• **light italian** 80 calories • **non-fat roasted red pepper vinaigrette** 45 calories • **non fat ranch** 90 calories

- **add plain grilled chicken.** 70 calories. 2.75

- **add turkey or ham.** 30 calories each. 2.75

soup

cup of brew-homemade soup of the day. 4

- cheeseburger potato. 340 calories
- chicken tortilla. 290 calories
- chicken and wild rice. 290 calories
- chili. 230 calories
- mo'fo' chicken gumbo. 90 calories
- tomato tortellini. 330 calories

lo-cal bison burger

8oz. hand-pattied bison burger, lettuce, tomato, red onions, pickles, multi-grain thin bun. 220 calories. served with mashed potatoes. 200 calories. total of 420 calories. 13
add nacho cheese to mashed potatoes for only 150 calories. 1.50

lo-cal cluck lite

grilled chicken, marinated in mo'fo' hot sauce, topped with mild sauce, lettuce, tomato, red onions, pickles, multi-grain thin bun. 230 calories. served with celery and carrots with bleu cheese dressing. 320 calories. total 550 calories. 11

bar-b-q turkey ribs

3 turkey ribs slathered in our brew-homemade bar-b-q sauce 400 calories. served with coleslaw. 240 calories. total 640 calories. 11

pineapple salsa tilapia

grilled tilapia, bed of rice, topped with our brew-homemade pineapple salsa. 470 calories. served with cajun black beans. 140 calories. total 610 calories. 11

grilled chicken wrap

honey wheat tortilla, grilled chicken, lettuce, tomatoes, feta cheese, roasted red pepper vinaigrette. 550 calories. served with fresh fruit. 100 calories. total 650 calories. 11

mini desserts

minicini cookie & cream

cinnamon and sugar, chocolate chip cookie dough, graham cracker crumbs. baked and topped with a mini scoop of vanilla ice cream. 330 calories. 2.50

slater's a butter cup

mini chocolate cup filled with our creamy brew-homemade peanut butter pie, chunky toffee chips and topped with whipped cream. 240 calories. 3

now featuring **Skinnygirl**
check out our drink menu

COCKTAILS