



## Menu Nutrition Guide

**Nutrition information is valid as of September 22, 2025**

The Capital Grille has made an effort to provide complete and current nutrition information. Due to the handcrafted nature of our menu items and changes in recipes, ingredients, and kitchen procedures, variations between the nutrition reported here and what is actually served may occur. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. Please note, not all items are available at every location.

If you have any questions about this information, please contact one of our Guest Relations Representatives at 1-800-626-8061

# BREAKFAST MENU

(Available Select Locations Only)

|                                                 | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Sodium (mg) | Total Carbs (g) | Protein (g)   | Dietary Fiber (g) | Calories from Fat | Cholesterol (mg) | Sugar (g)     |
|----------------------------------------------------------------------------------------------------------------------------------|----------|---------------|-------------------|---------------|-------------|-----------------|---------------|-------------------|-------------------|------------------|---------------|
| <b>ENTRÉES</b>                                                                                                                   |          |               |                   |               |             |                 |               |                   |                   |                  |               |
| <b>All American Entree</b><br>(served with Seasonal Fresh Fruit, Lyonnaise Potatoes, and Choice of Eggs, Meat and Toast)         | 220      | 10            | 2.5               | 0             | 180         | 30              | 3             | 5                 | 90                | less than 5 mg   | 5             |
| <i>Choice of Eggs:</i>                                                                                                           |          |               |                   |               |             |                 |               |                   |                   |                  |               |
| <i>Poached Eggs</i>                                                                                                              | 140      | 10            | 3                 | 0             | 140         | less than 1 g   | 13            | 0                 | 90                | 370              | 0             |
| <i>Scrambled Eggs</i>                                                                                                            | 320      | 26            | 12                | 0.5           | 690         | 1               | 19            | 0                 | 230               | 590              | less than 1 g |
| <i>Fried Eggs</i>                                                                                                                | 180      | 14            | 4                 | 0             | 190         | less than 1 g   | 13            | 0                 | 120               | 370              | 0             |
| <i>Choice of Meat:</i>                                                                                                           |          |               |                   |               |             |                 |               |                   |                   |                  |               |
| <i>Applewood Smoked Bacon</i>                                                                                                    | 410      | 35            | 14                | 0             | 780         | 1               | 21            | 0                 | 320               | 75               | less than 1 g |
| <i>Canadian Bacon</i>                                                                                                            | 120      | 3             | 1                 | 0             | 850         | 2               | 23            | 0                 | 25                | 55               | 1             |
| <i>Country Link Sausage</i>                                                                                                      | 510      | 46            | 17                | 0             | 1190        | 3               | 18            | 0                 | 420               | 90               | 0             |
| <i>Rustic Apricot Sausage Patties</i>                                                                                            | 450      | 41            | 15                | 0             | 1050        | 3               | 16            | 0                 | 370               | 80               | 0             |
| <i>Choice of Toast:</i>                                                                                                          |          |               |                   |               |             |                 |               |                   |                   |                  |               |
| <i>Whole Wheat Toast</i>                                                                                                         | 150      | 2             | 0                 | 0.5           | 280         | 26              | 8             | 4                 | 20                | 0                | 3             |
| <i>White Toast</i>                                                                                                               | 130      | 2             | 0                 | 0             | 240         | 24              | 4             | 1                 | 15                | 0                | 3             |
| <i>Pumpernickel Toast</i>                                                                                                        | 160      | 2             | 0                 | 0             | 380         | 30              | 6             | 4                 | 20                | 0                | 0             |
| <i>Butter (1 Tbsp.)</i>                                                                                                          | 100      | 12            | 7                 | 0             | 0           | 0               | 0             | 0                 | 100               | 30               | 0             |
| <i>Preserves (1 oz.)</i>                                                                                                         | 70       | 0             | 0                 | 0             | 0           | 18              | 0             | 0                 | 0                 | 0                | 17            |
| <b>Three Egg Omelette Entrée</b><br>(served with Seasonal Fresh Fruit, Lyonnaise Potatoes and Choice of 3 ingredients and Toast) | 540      | 36            | 15                | 0.5           | 640         | 31              | 22            | 5                 | 320               | 595              | 6             |
| <i>Choice of 3 ingredients:</i>                                                                                                  |          |               |                   |               |             |                 |               |                   |                   |                  |               |
| <i>Fresh Tomato</i>                                                                                                              | 5        | 0             | 0                 | 0             | 0           | 1               | 0             | 0                 | 0                 | 0                | less than 1 g |
| <i>Sweet Peppers</i>                                                                                                             | 5        | 0             | 0                 | 0             | 0           | 1               | 0             | 0                 | 0                 | 0                | less than 1 g |
| <i>Onions</i>                                                                                                                    | 10       | 0             | 0                 | 0             | 0           | 2               | 0             | 0                 | 0                 | 0                | less than 1 g |
| <i>Roasted Mushrooms</i>                                                                                                         | 25       | 2             | 0                 | 0             | 45          | 1               | less than 1 g | 0                 | 15                | 0                | less than 1 g |
| <i>Sausage</i>                                                                                                                   | 110      | 10            | 3.5               | 0             | 260         | less than 1 g   | 4             | 0                 | 90                | 20               | 0             |
| <i>Smoked Bacon</i>                                                                                                              | 70       | 6             | 2                 | 0             | 125         | 0               | 3             | 0                 | 50                | 10               | 0             |
| <i>Ham</i>                                                                                                                       | 30       | 0.5           | 0                 | 0             | 210         | 0               | 6             | 0                 | 5                 | 15               | 0             |

|                                         | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Sodium (mg) | Total Carbs (g) | Protein (g) | Dietary Fiber (g) | Calories from Fat | Cholesterol (mg) | Sugar (g)     |
|--------------------------------------------------------------------------------------------------------------------------|----------|---------------|-------------------|---------------|-------------|-----------------|-------------|-------------------|-------------------|------------------|---------------|
| <i>Swiss Cheese</i>                                                                                                      | 60       | 4.5           | 2.5               | 0             | 25          | 0               | 4           | 0                 | 40                | 15               | 0             |
| <i>Cheddar Cheese</i>                                                                                                    | 60       | 5             | 3.5               | 0             | 100         | 0               | 4           | 0                 | 45                | 15               | 0             |
| <i>Choice of Toast:</i>                                                                                                  |          |               |                   |               |             |                 |             |                   |                   |                  |               |
| <i>Whole Wheat Toast</i>                                                                                                 | 150      | 2             | 0                 | 0.5           | 280         | 26              | 8           | 4                 | 20                | 0                | 3             |
| <i>White Toast</i>                                                                                                       | 130      | 2             | 0                 | 0             | 240         | 24              | 4           | 1                 | 15                | 0                | 3             |
| <i>Pumpnickel Toast</i>                                                                                                  | 160      | 2             | 0                 | 0             | 380         | 30              | 6           | 4                 | 20                | 0                | 0             |
| <i>Butter (1 Tbsp.)</i>                                                                                                  | 100      | 12            | 7                 | 0             | 0           | 0               | 0           | 0                 | 100               | 30               | 0             |
| <i>Preserves (1 oz.)</i>                                                                                                 | 70       | 0             | 0                 | 0             | 0           | 18              | 0           | 0                 | 0                 | 0                | 17            |
| <b>The Grille's Lobster Eggs Benedict Entrée</b>                                                                         | 970      | 65            | 34                | 0             | 1180        | 56              | 37          | 6                 | 590               | 695              | 7             |
| <b>Classic Eggs Benedict Entrée</b>                                                                                      | 1020     | 68            | 34                | 0             | 1630        | 57              | 44          | 6                 | 610               | 625              | 8             |
| <b>Peppered Filet Hash Entrée</b>                                                                                        | 730      | 38            | 18                | 0.5           | 1530        | 25              | 72          | 4                 | 340               | 385              | 6             |
| <b>Steak &amp; Eggs Entrée</b><br>(served with Steak, Lyonnaise Potatoes, Seasonal Berries and choice of Eggs and Toast) | 610      | 33            | 12                | 1             | 540         | 30              | 51          | 5                 | 290               | 125              | 5             |
| <i>Choice of Eggs:</i>                                                                                                   |          |               |                   |               |             |                 |             |                   |                   |                  |               |
| <i>Poached Eggs</i>                                                                                                      | 140      | 10            | 3                 | 0             | 140         | less than 1 g   | 13          | 0                 | 90                | 370              | 0             |
| <i>Scrambled Eggs</i>                                                                                                    | 320      | 26            | 12                | 0.5           | 690         | 1               | 19          | 0                 | 230               | 590              | less than 1 g |
| <i>Fried Eggs</i>                                                                                                        | 180      | 14            | 4                 | 0             | 190         | less than 1 g   | 13          | 0                 | 120               | 370              | 0             |
| <i>Choice of Toast:</i>                                                                                                  |          |               |                   |               |             |                 |             |                   |                   |                  |               |
| <i>Whole Wheat Toast</i>                                                                                                 | 150      | 2             | 0                 | 0.5           | 280         | 26              | 8           | 4                 | 20                | 0                | 3             |
| <i>White Toast</i>                                                                                                       | 130      | 2             | 0                 | 0             | 240         | 24              | 4           | 1                 | 15                | 0                | 3             |
| <i>Pumpnickel Toast</i>                                                                                                  | 160      | 2             | 0                 | 0             | 380         | 30              | 6           | 4                 | 20                | 0                | 0             |
| <i>Butter (1 Tbsp.)</i>                                                                                                  | 100      | 12            | 7                 | 0             | 0           | 0               | 0           | 0                 | 100               | 30               | 0             |
| <i>Preserves (1 oz.)</i>                                                                                                 | 70       | 0             | 0                 | 0             | 0           | 18              | 0           | 0                 | 0                 | 0                | 17            |
| <b>Smoked Salmon Entrée</b>                                                                                              | 510      | 19            | 7                 | 0             | 1640        | 56              | 29          | 3                 | 170               | 75               | 9             |
| <b>Blueberry Pancakes Entrée</b>                                                                                         | 1390     | 87            | 52                | 0             | 890         | 137             | 17          | 5                 | 780               | 320              | 76            |
| <b>Continental Breakfast Entrée</b>                                                                                      | 460      | 22            | 7                 | 0             | 500         | 61              | 7           | 5                 | 200               | 105              | 31            |
| <b>Healthy Start Entrée</b>                                                                                              | 720      | 25            | 5                 | 0             | 140         | 112             | 19          | 12                | 220               | 10               | 63            |

| <div> <div> <div>T H E</div> <div>CAPITAL®</div> <div>G • R • I • L • L • E</div> </div> </div> | Calories | Total Fat<br>(g) | Saturated Fat<br>(g) | Trans Fat<br>(g) | Sodium<br>(mg) | Total Carbs<br>(g) | Protein<br>(g)   | Dietary Fiber<br>(g) | Calories from<br>Fat | Cholesterol<br>(mg) | Sugar<br>(g)     |
|-------------------------------------------------------------------------------------------------|----------|------------------|----------------------|------------------|----------------|--------------------|------------------|----------------------|----------------------|---------------------|------------------|
| <b>SIDES</b>                                                                                    |          |                  |                      |                  |                |                    |                  |                      |                      |                     |                  |
| <b>Assorted Cereal</b><br>(served with choice of 2% or whole milk)                              |          |                  |                      |                  |                |                    |                  |                      |                      |                     |                  |
| <i>All Bran</i>                                                                                 | 200      | 4                | 1                    | 0                | 200            | 58                 | 10               | 23                   | 35                   | 0                   | 12               |
| <i>Corn Flakes</i>                                                                              | 120      | 0                | 0                    | 0                | 260            | 29                 | 3                | 1                    | 0                    | 0                   | 3                |
| <i>Granola</i>                                                                                  | 400      | 16               | 3                    | 0                | 20             | 58                 | 8                | 7                    | 140                  | 0                   | 27               |
| <i>Raisin Bran</i>                                                                              | 230      | 2                | 0                    | 0                | 260            | 57                 | 6                | 8                    | 20                   | 0                   | 23               |
| <i>Rice Krispies</i>                                                                            | 140      | 1                | 0                    | 0                | 230            | 31                 | 3                | 1                    | 10                   | 0                   | 1                |
| <i>Milk, 2%</i>                                                                                 | 240      | 10               | 6                    | 0                | 230            | 23                 | 16               | 0                    | 90                   | 40                  | 23               |
| <i>Milk, whole</i>                                                                              | 300      | 16               | 9                    | 0                | 210            | 23                 | 15               | 0                    | 140                  | 50                  | 23               |
| <b>Blueberry Pancake</b>                                                                        | 350      | 22               | 13                   | 0                | 220            | 35                 | 4                | 1                    | 190                  | 80                  | 19               |
| <b>Oatmeal with Dried Apricots and Cranberries</b>                                              | 340      | 5                | 1                    | 0                | 170            | 68                 | 9                | 9                    | 45                   | 0                   | 25               |
| <b>Assorted Freshly Baked Pastries</b>                                                          | 440      | 22               | 7                    | 0                | 500            | 55                 | 7                | 2                    | 190                  | 105                 | 28               |
| <b>Bagel with Cream Cheese</b>                                                                  | 460      | 21               | 13                   | 0.5              | 650            | 55                 | 13               | 2                    | 190                  | 60                  | 10               |
| <b>Applewood Smoked Bacon</b>                                                                   | 410      | 35               | 14                   | 0                | 780            | 1                  | 21               | 0                    | 320                  | 75                  | less than<br>1 g |
| <b>Canadian Bacon</b>                                                                           | 120      | 3                | 1                    | 0                | 850            | 2                  | 23               | 0                    | 25                   | 55                  | 1                |
| <b>Country Link Sausage</b>                                                                     | 510      | 46               | 17                   | 0                | 1190           | 3                  | 18               | 0                    | 420                  | 90                  | 0                |
| <b>Rustic Apricot Sausage Patties</b>                                                           | 450      | 41               | 15                   | 0                | 1050           | 3                  | 16               | 0                    | 370                  | 80                  | 0                |
| <b>Lyonnais Potatoes</b>                                                                        | 190      | 10               | 2.5                  | 0                | 180            | 24                 | 3                | 2                    | 90                   | less than<br>5 mg   | 2                |
| <b>Seasonal Fresh Fruit</b>                                                                     | 25       | 0                | 0                    | 0                | 0              | 6                  | less than<br>1 g | 2                    | 0                    | 0                   | 3                |
| <b>FRESHLY SQUEEZED JUICE</b>                                                                   |          |                  |                      |                  |                |                    |                  |                      |                      |                     |                  |
| <b>Apple Juice</b>                                                                              | 220      | 0                | 0                    | 0                | 70             | 56                 | 0                | 0                    | 0                    | 0                   | 56               |
| <b>Cranberry Juice</b>                                                                          | 240      | 0                | 0                    | 0                | 70             | 60                 | 0                | 0                    | 0                    | 0                   | 60               |
| <b>Grapefruit Juice</b>                                                                         | 190      | 0                | 0                    | 0                | 0              | 45                 | 2                | 0                    | 0                    | 0                   | 45               |
| <b>Orange Juice</b>                                                                             | 220      | 1                | 0                    | 0                | 0              | 52                 | 3                | less than<br>1 g     | 10                   | 0                   | 42               |
| <b>Pineapple Juice</b>                                                                          | 260      | 0                | 0                    | 0                | 20             | 60                 | 2                | 0                    | 0                    | 0                   | 52               |
| <b>Tomato Juice</b>                                                                             | 100      | 0                | 0                    | 0                | 1360           | 20                 | 4                | 4                    | 0                    | 0                   | 14               |

# LUNCH MENU

|           | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Sodium (mg) | Total Carbs (g) | Protein (g) | Dietary Fiber (g) | Calories from Fat | Cholesterol (mg) | Sugar (g) |
|--------------------------------------------------------------------------------------------|----------|---------------|-------------------|---------------|-------------|-----------------|-------------|-------------------|-------------------|------------------|-----------|
| <b>APPETIZERS &amp; SOUPS</b>                                                              |          |               |                   |               |             |                 |             |                   |                   |                  |           |
| New England Clam Chowder - Cup                                                             | 220      | 16            | 9                 | 0             | 650         | 13              | 6           | less than 1 g     | 140               | 65               | 3         |
| New England Clam Chowder - Bowl                                                            | 310      | 22            | 13                | 0             | 930         | 18              | 9           | 1                 | 200               | 90               | 4         |
| Butternut Squash Bisque - Cup                                                              | 190      | 13            | 8                 | 0             | 900         | 19              | 2           | 3                 | 120               | 35               | 6         |
| Butternut Squash Bisque - Bowl                                                             | 270      | 19            | 11                | 0.5           | 1290        | 27              | 3           | 4                 | 170               | 50               | 8         |
| French Onion Soup - Cup                                                                    | 380      | 21            | 13                | 0             | 1390        | 28              | 20          | 2                 | 190               | 55               | 6         |
| French Onion Soup - Crock (where available)                                                | 740      | 40            | 25                | 0             | 3080        | 54              | 39          | 4                 | 360               | 105              | 14        |
| Field Greens w/Parmesan Vinaigrette                                                        | 210      | 18            | 3                 | 0             | 450         | 11              | 3           | 4                 | 160               | 0                | 6         |
| Caesar Salad                                                                               | 420      | 27            | 10                | 0             | 690         | 29              | 13          | 3                 | 240               | 50               | 1         |
| Shrimp/Prawn Cocktail (5)                                                                  | 170      | 0.5           | 0                 | 0             | 1460        | 16              | 26          | 2                 | 0                 | 250              | 11        |
| Pan-Fried Calamari with Hot Cherry Peppers (nutritionals listed are per serving; serves 2) | 710      | 56            | 19                | 1             | 1780        | 36              | 17          | 4                 | 500               | 365              | 4         |
| <b>ENTRÉE SALADS</b>                                                                       |          |               |                   |               |             |                 |             |                   |                   |                  |           |
| Seared Salmon w/Avocado, Mango & Tomato                                                    | 750      | 57            | 11                | 0             | 940         | 26              | 38          | 10                | 510               | 110              | 12        |
| Maine Lobster Salad with Citrus Vinaigrette                                                | 470      | 34            | 4.5               | 0             | 740         | 21              | 25          | 9                 | 300               | 170              | 10        |
| Capital Grille "Cobb" Salad w/Tenderloin                                                   | 680      | 49            | 15                | 0             | 1200        | 21              | 43          | 8                 | 440               | 175              | 10        |
| <b>SANDWICHES</b>                                                                          |          |               |                   |               |             |                 |             |                   |                   |                  |           |
| Ribeye Steak Sandwich w/Onions and Havarti                                                 | 1180     | 59            | 30                | 2             | 1270        | 71              | 91          | 3                 | 530               | 235              | 8         |
| <i>Creamy Horseradish Sauce</i>                                                            | 100      | 9             | 6                 | 0             | 60          | 4               | 2           | 0                 | 80                | 35               | 2         |
| Mini Tenderloin Sandwiches                                                                 | 530      | 30            | 17                | 1             | 540         | 34              | 31          | 1                 | 270               | 145              | 9         |
| The Grille's Signature Cheeseburger                                                        | 1040     | 70            | 31                | 2             | 1390        | 51              | 52          | 4                 | 630               | 235              | 12        |
| <b>BURGER &amp; SANDWICH ACCOMPANIMENTS</b>                                                |          |               |                   |               |             |                 |             |                   |                   |                  |           |
| Duck Fat Fries                                                                             | 380      | 19            | 3.5               | 0             | 860         | 48              | 3           | 2                 | 170               | 0                | 0         |
| Parmesan Truffle Fries                                                                     | 350      | 18            | 3.5               | 0             | 860         | 41              | 5           | 4                 | 160               | less than 5 mg   | 0         |

| <div> <div>THE</div> <div>CAPITAL®</div> <div>G · R · I · L · L · E</div> </div>      | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Sodium (mg) | Total Carbs (g) | Protein (g) | Dietary Fiber (g) | Calories from Fat | Cholesterol (mg) | Sugar (g) |
|---------------------------------------------------------------------------------------|----------|---------------|-------------------|---------------|-------------|-----------------|-------------|-------------------|-------------------|------------------|-----------|
| Housemade Chips                                                                       | 320      | 23            | 2                 | 0             | 370         | 25              | 3           | 2                 | 210               | 0                | 0         |
| Add Caviar and Caramelized Onion Dip                                                  | 160      | 14            | 8                 | 0             | 420         | 6               | 4           | 0                 | 130               | 95               | 3         |
| <b>PLATES</b>                                                                         |          |               |                   |               |             |                 |             |                   |                   |                  |           |
| Seared Salmon with Mediterranean Couscous                                             | 670      | 37            | 15                | 0.5           | 1410        | 41              | 42          | 4                 | 330               | 140              | 7         |
| Roasted Chicken Breast w/Parmesan Risotto (L)                                         | 640      | 38            | 21                | 1             | 1010        | 29              | 43          | 2                 | 340               | 275              | 5         |
| Dry Aged NY Strip Steak Frites with Aji Verde                                         | 630      | 46            | 14                | 1             | 630         | 1               | 54          | 0                 | 410               | 150              | 0         |
| Duck Fat Fries and Herb Aioli                                                         | 780      | 64            | 10                | 0             | 1320        | 49              | 4           | 2                 | 580               | 35               | 1         |
| <b>PLATES ACCOMPANIMENTS</b>                                                          |          |               |                   |               |             |                 |             |                   |                   |                  |           |
| New England Clam Chowder - Cup                                                        | 220      | 16            | 9                 | 0             | 650         | 13              | 6           | less than 1 g     | 140               | 65               | 3         |
| Butternut Squash Bisque - Cup                                                         | 190      | 13            | 8                 | 0             | 900         | 19              | 2           | 3                 | 120               | 35               | 6         |
| Field Greens w/Parmesan Vinaigrette                                                   | 120      | 9             | 1.5               | 0             | 250         | 9               | 2           | 3                 | 80                | 0                | 5         |
| Caesar Salad                                                                          | 420      | 27            | 10                | 0             | 690         | 29              | 13          | 3                 | 240               | 50               | 1         |
| <b>ENTREES</b>                                                                        |          |               |                   |               |             |                 |             |                   |                   |                  |           |
| Filet Mignon 8 oz.                                                                    | 390      | 23            | 11                | 1             | 400         | 2               | 43          | 0                 | 210               | 120              | 0         |
| Filet Mignon 10 oz.                                                                   | 490      | 29            | 13                | 1             | 500         | 3               | 54          | 0                 | 260               | 145              | 0         |
| Bone-In Dry Aged Strip 14 oz.                                                         | 650      | 39            | 16                | 1.5           | 580         | 0               | 77          | 0                 | 350               | 200              | 0         |
| Sesame Seared Tuna w/Gingered Rice (L)                                                | 430      | 8             | 1                 | 0             | 1830        | 37              | 53          | less than 1 g     | 70                | 70               | 12        |
| <b>TO SHARE</b>                                                                       |          |               |                   |               |             |                 |             |                   |                   |                  |           |
| Sam's Mashed Potatoes<br>(nutritionals listed are per serving; serves 2)              | 460      | 36            | 23                | 1.5           | 960         | 31              | 5           | 3                 | 320               | 105              | 4         |
| Parmesan Truffle Fries<br>(nutritionals listed are per serving; serves 2)             | 460      | 24            | 4.5               | 0             | 1130        | 54              | 7           | 5                 | 210               | 5                | 0         |
| Au Gratin Potatoes<br>(nutritionals listed are per serving; serves 2)                 | 420      | 28            | 15                | 1             | 1050        | 27              | 15          | 3                 | 250               | 75               | 5         |
| Creamed Spinach<br>(nutritionals listed are per serving; serves 2)                    | 400      | 35            | 21                | 1             | 980         | 16              | 10          | 5                 | 310               | 105              | 6         |
| Grilled Asparagus with Lemon Mosto<br>(nutritionals listed are per serving; serves 2) | 80       | 7             | 1                 | 0             | 410         | 5               | 3           | 2                 | 60                | 0                | 2         |

# DINNER MENU

|                   | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Sodium (mg) | Total Carbs (g) | Protein (g) | Dietary Fiber (g) | Calories from Fat | Cholesterol (mg) | Sugar (g)     |
|----------------------------------------------------------------------------------------------------|----------|---------------|-------------------|---------------|-------------|-----------------|-------------|-------------------|-------------------|------------------|---------------|
| <b>APPETIZERS</b>                                                                                  |          |               |                   |               |             |                 |             |                   |                   |                  |               |
| Fresh Oysters On The Half Shell (6)                                                                | 130      | 1             | 0                 | 0             | 890         | 24              | 4           | 2                 | 10                | 15               | 12            |
| Crab Cocktail                                                                                      | 460      | 38            | 8                 | 0             | 820         | 3               | 27          | 0                 | 340               | 145              | 2             |
| Lobster and Crab Cake<br>(nutritionals listed are per serving; serves 2)                           | 350      | 32            | 7                 | 0             | 620         | 3               | 15          | 0                 | 290               | 100              | less than 1 g |
| Shrimp/Prawn Cocktail (5)                                                                          | 170      | 0.5           | 0                 | 0             | 1460        | 16              | 26          | 2                 | 0                 | 250              | 11            |
| Caviar & Caramelized Onion Dip, Housemade Chips<br>(nutritionals listed are per serving; serves 2) | 450      | 35            | 12                | 0.5           | 790         | 26              | 7           | 2                 | 320               | 105              | 4             |
| Wagyu Steak Tartare<br>(nutritionals listed are per serving; serves 2)                             | 310      | 20            | 8                 | 0             | 700         | 16              | 16          | 1                 | 180               | 220              | 4             |
| Double Cut Cherrywood Bacon, Korean BBQ Glaze<br>(nutritionals listed are per serving; serves 2)   | 450      | 27            | 9                 | 0             | 1720        | 14              | 25          | less than 1 g     | 240               | 60               | 10            |
| Prosciutto Wrapped Mozzarella w/Tomatoes<br>(nutritionals listed are per serving; serves 2)        | 440      | 29            | 16                | 0             | 930         | 18              | 23          | 1                 | 260               | 90               | 2             |
| Pan-Fried Calamari with Hot Cherry Peppers<br>(nutritionals listed are per serving; serves 2)      | 710      | 56            | 19                | 1             | 1780        | 36              | 17          | 4                 | 500               | 365              | 4             |
| Tuna Tartare w/Avocado, Mango and Sriracha<br>(nutritionals listed are per serving; serves 2)      | 130      | 3             | 0.5               | 0             | 530         | 9               | 16          | 1                 | 30                | 20               | 4             |
| Cold Shellfish Platter<br>(total nutritionals listed; serves 2-4)                                  | 430      | 3.5           | 1                 | 0             | 2660        | 24              | 72          | 3                 | 30                | 600              | 12            |
| Grand Plateau<br>(total nutritionals listed; serves 4-6)                                           | 1120     | 44            | 9                 | 0.5           | 4750        | 28              | 147         | 4                 | 390               | 1140             | 14            |
| <b>SOUPS &amp; SALADS</b>                                                                          |          |               |                   |               |             |                 |             |                   |                   |                  |               |
| Butternut Squash Bisque - Cup                                                                      | 190      | 13            | 8                 | 0             | 900         | 19              | 2           | 3                 | 120               | 35               | 6             |
| Butternut Squash Bisque - Bowl                                                                     | 270      | 19            | 11                | 0.5           | 1290        | 27              | 3           | 4                 | 170               | 50               | 8             |
| New England Clam Chowder - Cup                                                                     | 220      | 16            | 9                 | 0             | 650         | 13              | 6           | less than 1 g     | 140               | 65               | 3             |
| New England Clam Chowder - Bowl                                                                    | 310      | 22            | 13                | 0             | 930         | 18              | 9           | 1                 | 200               | 90               | 4             |
| French Onion Soup - Cup                                                                            | 380      | 21            | 13                | 0             | 1390        | 28              | 20          | 2                 | 190               | 55               | 6             |
| French Onion Soup - Crock<br>(where available)                                                     | 740      | 40            | 25                | 0             | 3080        | 54              | 39          | 4                 | 360               | 105              | 14            |
| Lobster Bisque - Cup                                                                               | 320      | 26            | 13                | 0             | 870         | 10              | 13          | 0                 | 230               | 95               | 2             |
| Lobster Bisque - Bowl                                                                              | 370      | 29            | 16                | 0             | 1070        | 13              | 13          | 0                 | 260               | 125              | 3             |
| Spinach Salad with Poached Pears, Brown Butter Vinaigrette                                         | 470      | 32            | 16                | 0.5           | 530         | 43              | 10          | 4                 | 280               | 60               | 33            |
| Roasted Beet and Goat Cheese Salad                                                                 | 310      | 18            | 6                 | 0             | 400         | 31              | 10          | 5                 | 160               | 30               | 24            |
| Field Greens w/Parmesan Vinaigrette                                                                | 210      | 18            | 3                 | 0             | 450         | 11              | 3           | 4                 | 160               | 0                | 6             |
| Caesar Salad                                                                                       | 420      | 27            | 10                | 0             | 690         | 29              | 13          | 3                 | 240               | 50               | 1             |
| Wedge Salad w/Bleu Cheese & Bacon                                                                  | 590      | 53            | 15                | 0             | 1140        | 13              | 18          | 4                 | 480               | 100              | 8             |

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|------------------------------------------------------------------------------------|----------|---------------|-------------------|---------------|-------------|-----------------|---------------|-------------------|-------------------|------------------|---------------|
| <b>CHEF RECOMMENDS</b>                                                             |          |               |                   |               |             |                 |               |                   |                   |                  |               |
| Sliced Filet Mignon w/Cipollini Onions (D)                                         | 580      | 30            | 14                | 1.5           | 930         | 23              | 57            | 3                 | 270               | 150              | 10            |
| Porcini Rubbed Bone-In Ribeye                                                      | 990      | 72            | 30                | 2             | 1060        | 5               | 80            | 0                 | 650               | 210              | less than 1 g |
| Kona Crusted Bone-In Strip w/Shallot Butter                                        | 950      | 65            | 31                | 3             | 1030        | 9               | 85            | less than 1 g     | 580               | 285              | 2             |
| Dry Aged Strip au Poivre                                                           | 730      | 41            | 20                | 2             | 510         | 5               | 85            | less than 1 g     | 370               | 255              | 2             |
| Gorgonzola-Crusted Dry Aged Bone-In NY Strip                                       | 1100     | 68            | 34                | 2             | 1420        | 12              | 110           | 0                 | 610               | 305              | 4             |
| Tenderloin w/Butter Poached Lobster Tails                                          | 570      | 30            | 16                | 1             | 940         | 0               | 74            | 0                 | 260               | 365              | 0             |
| <b>HAND-CARVED STEAKS &amp; CHOPS</b>                                              |          |               |                   |               |             |                 |               |                   |                   |                  |               |
| Bone-In Ribeye 22 oz.                                                              | 990      | 72            | 31                | 2             | 1060        | 4               | 80            | 0                 | 650               | 210              | 0             |
| Dry Aged Porterhouse 24 oz.                                                        | 960      | 61            | 27                | 3.5           | 450         | 4               | 99            | 0                 | 550               | 260              | 0             |
| Dry Aged Bone-In NY Strip 18 oz.                                                   | 830      | 49            | 20                | 2             | 740         | 0               | 98            | 0                 | 440               | 255              | 0             |
| Dry Aged Strip 14 oz.                                                              | 710      | 42            | 17                | 1.5           | 630         | 0               | 83            | 0                 | 370               | 220              | 0             |
| Filet Mignon 10 oz.                                                                | 490      | 29            | 13                | 1             | 500         | 3               | 54            | 0                 | 260               | 145              | 0             |
| Wagyu Filet Mignon with Crispy Potato                                              | 550      | 31            | 13                | 1             | 930         | 21              | 45            | 1                 | 280               | 180              | 7             |
| Roasted Chicken Breast w/Parmesan Risotto (D)                                      | 840      | 44            | 23                | 1             | 1500        | 29              | 80            | 2                 | 390               | 465              | 5             |
| Double Cut Lamb Rib Chops                                                          | 710      | 35            | 18                | 1.5           | 800         | 19              | 79            | less than 1 g     | 320               | 235              | 9             |
| <b>ENHANCEMENTS</b>                                                                |          |               |                   |               |             |                 |               |                   |                   |                  |               |
| Oscar-Style with Jumbo Lump Crab                                                   | 760      | 74            | 38                | 0             | 720         | 3               | 20            | 1                 | 670               | 335              | 2             |
| Kona Crust                                                                         | 280      | 26            | 16                | 1             | 2240        | 11              | 3             | 2                 | 230               | 65               | 5             |
| Porcini Rub                                                                        | 120      | 8             | 1                 | 0             | 1480        | 12              | less than 1 g | less than 1 g     | 70                | 0                | 8             |
| Gorgonzola Crust                                                                   | 270      | 21            | 14                | 0             | 650         | 11              | 11            | 0                 | 190               | 55               | 4             |
| Courvoisier Cream                                                                  | 200      | 19            | 12                | 0.5           | 250         | 5               | 2             | less than 1 g     | 170               | 55               | 2             |
| Béarnaise                                                                          | 550      | 60            | 35                | 0             | 250         | 0               | 3             | 0                 | 540               | 240              | 0             |
| <b>SEAFOOD</b>                                                                     |          |               |                   |               |             |                 |               |                   |                   |                  |               |
| Sesame Seared Tuna w/Gingered Rice (D)                                             | 500      | 8             | 1                 | 0             | 1900        | 37              | 68            | less than 1 g     | 80                | 90               | 12            |
| Seared Citrus-Glazed Salmon with Marcona Almonds                                   | 720      | 48            | 15                | 0.5           | 480         | 25              | 50            | 5                 | 430               | 165              | 16            |
| Seared Sea Scallops w/Lobster and Asparagus Risotto                                | 720      | 47            | 24                | 0.5           | 2280        | 33              | 40            | 2                 | 420               | 190              | 6             |
| Seared Sea Bass with Miso Butter (D)                                               | 830      | 66            | 39                | 2.5           | 660         | 6               | 50            | 2                 | 590               | 265              | 3             |

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|--------------------------------------------------------------------------------------------------|----------|---------------|-------------------|---------------|-------------|-----------------|-------------|-------------------|-------------------|------------------|---------------|
| <b>FOR THE TABLE</b>                                                                             |          |               |                   |               |             |                 |             |                   |                   |                  |               |
| Lobster Mac 'N' Cheese<br>(nutritionals listed are per serving; serves 2)                        | 830      | 57            | 34                | 2             | 1130        | 56              | 25          | 3                 | 510               | 245              | 7             |
| Parmesan Truffle Fries<br>(nutritionals listed are per serving; serves 2)                        | 460      | 24            | 4.5               | 0             | 1130        | 54              | 7           | 5                 | 210               | 5                | 0             |
| Au Gratin Potatoes<br>(nutritionals listed are per serving; serves 2)                            | 420      | 28            | 15                | 1             | 1050        | 27              | 15          | 3                 | 250               | 75               | 5             |
| Creamed Spinach<br>(nutritionals listed are per serving; serves 2)                               | 400      | 35            | 21                | 1             | 980         | 16              | 10          | 5                 | 310               | 105              | 6             |
| Soy Glazed Brussels Sprouts with Bacon<br>(nutritionals listed are per serving; serves 2)        | 590      | 49            | 7                 | 0             | 920         | 27              | 12          | 8                 | 440               | 20               | 15            |
| Grilled Asparagus with Lemon Mosto<br>(nutritionals listed are per serving; serves 2)            | 80       | 7             | 1                 | 0             | 410         | 5               | 3           | 2                 | 60                | 0                | 2             |
| Sam's Mashed Potatoes<br>(nutritionals listed are per serving; serves 2)                         | 460      | 36            | 23                | 1.5           | 960         | 31              | 5           | 3                 | 320               | 105              | 4             |
| Roasted Wild Mushrooms<br>(nutritionals listed are per serving; serves 2)                        | 280      | 27            | 8                 | 0             | 140         | 10              | 5           | 3                 | 230               | 20               | 3             |
| Creamed Corn with Bacon<br>(nutritionals listed are per serving; serves 2)                       | 360      | 26            | 14                | 0.5           | 680         | 28              | 7           | 3                 | 240               | 65               | 10            |
| Sautéed Spinach with Garlic Confit<br>(nutritionals listed are per serving; serves 2)            | 60       | 3             | 0                 | 0             | 350         | 7               | 4           | 3                 | 25                | 0                | less than 1 g |
| Baked Potato<br>(Seattle Only)                                                                   | 280      | 0             | 0                 | 0             | 30          | 63              | 7           | 7                 | 0                 | 0                | 4             |
| <b>DESSERTS</b>                                                                                  |          |               |                   |               |             |                 |             |                   |                   |                  |               |
| The Capital Grille Cheesecake                                                                    | 1060     | 62            | 36                | 2.5           | 650         | 110             | 15          | 10                | 560               | 275              | 88            |
| Flourless Chocolate Espresso Cake                                                                | 780      | 55            | 33                | 1.5           | 85          | 62              | 8           | 6                 | 500               | 210              | 50            |
| Coconut Cream Pie                                                                                | 910      | 49            | 32                | 1.5           | 440         | 106             | 10          | 3                 | 440               | 170              | 75            |
| Seasonal Berries & Cream w/Almond Biscotti                                                       | 460      | 29            | 15                | 1             | 125         | 45              | 8           | 5                 | 260               | 185              | 26            |
| Classic Crème Brûlée                                                                             | 470      | 36            | 21                | 1.5           | 80          | 33              | 4           | less than 1 g     | 320               | 265              | 26            |
| Warm Apple Tarte with Miso Butterscotch, Toasted Almond Honey Gelato                             | 1210     | 58            | 33                | 2             | 1000        | 165             | 13          | 5                 | 510               | 165              | 116           |
| <b>BAR PLATES TO SHARE</b>                                                                       |          |               |                   |               |             |                 |             |                   |                   |                  |               |
| Sirloin w/Sweet Chili Vinaigrette, Wasabi Oil<br>(nutritionals listed are per serving; serves 2) | 240      | 13            | 2.5               | 0             | 260         | 3               | 29          | 0                 | 110               | 75               | 2             |
| Mini Tenderloin Sliders (3)<br>(nutritionals listed are per serving; serves 2)                   | 380      | 20            | 12                | 0.5           | 380         | 25              | 23          | 1                 | 180               | 100              | 6             |
| Lollipop Lamb Chops w/Herb Oil & Balsamic<br>(nutritionals listed are per serving; serves 2)     | 180      | 12            | 4.5               | 0             | 100         | 1               | 19          | 0                 | 100               | 55               | 1             |

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|-------------------------------------------------------------------------------------------------|----------|---------------|-------------------|---------------|-------------|-----------------|---------------|-------------------|-------------------|------------------|-----------|
| <b>COCKTAILS</b>                                                                                |          |               |                   |               |             |                 |               |                   |                   |                  |           |
| The Doli                                                                                        | 170      | 0             | 0                 | 0             | 0           | 8               | 0             | 0                 | 0                 | 0                | 6         |
| In Fashion                                                                                      | 220      | 0             | 0                 | 0             | 0           | 14              | 0             | 0                 | 0                 | 0                | 14        |
| Blackberry Bourbon Sidecar                                                                      | 180      | 0             | 0                 | 0             | 0           | 14              | 0             | 1                 | 0                 | 0                | 12        |
| Double Oaked & Rye Manhattan                                                                    | 230      | 0             | 0                 | 0             | 0           | 12              | 0             | 0                 | 0                 | 0                | 8         |
| Black Tie Margarita                                                                             | 200      | 0             | 0                 | 0             | 0           | 20              | 0             | 0                 | 0                 | 0                | 17        |
| Noble Paloma                                                                                    | 170      | 0             | 0                 | 0             | 20          | 15              | 0             | 0                 | 0                 | 0                | 13        |
| Passion Fruit Mojito                                                                            | 300      | 0             | 0                 | 0             | 85          | 43              | 0             | 10                | 0                 | 0                | 31        |
| Capital Cosmopolitan                                                                            | 250      | 0             | 0                 | 0             | 10          | 18              | 0             | 0                 | 0                 | 0                | 17        |
| Dirty Goose                                                                                     | 190      | 2.5           | 0.5               | 0             | 600         | less than 1 g   | less than 1 g | 0                 | 20                | 0                | 0         |
| Kona Espresso Martini                                                                           | 220      | 0             | 0                 | 0             | 10          | 22              | 0             | 0                 | 0                 | 0                | 19        |
| Negroni Bianco                                                                                  | 190      | 0             | 0                 | 0             | 5           | 10              | 0             | 0                 | 0                 | 0                | 10        |
| <b>AFTER DINNER DRINKS</b>                                                                      |          |               |                   |               |             |                 |               |                   |                   |                  |           |
| Cognac/Brandy, 2 oz.                                                                            | 130      | 0             | 0                 | 0             | 0           | 0               | 0             | 0                 | 0                 | 0                | 0         |
| Grappa, 2 oz.                                                                                   | 150      | 0             | 0                 | 0             | 0           | 0               | 0             | 0                 | 0                 | 0                | 0         |
| Scotch, 2 oz.                                                                                   | 140      | 0             | 0                 | 0             | 0           | 0               | 0             | 0                 | 0                 | 0                | 0         |
| Tequila, 2 oz.                                                                                  | 130      | 0             | 0                 | 0             | 0           | 0               | 0             | 0                 | 0                 | 0                | 0         |
| Whiskey/Bourbon, 2 oz.                                                                          | 160      | 0             | 0                 | 0             | 0           | 0               | 0             | 0                 | 0                 | 0                | 0         |
| Cordials, 2 oz. (herbal, fruit)                                                                 | 150      | 0             | 0                 | 0             | 5           | 19              | 0             | 0                 | 0                 | 0                | 19        |
| Cordials, 2 oz. (cream)                                                                         | 250      | 0             | 0                 | 0             | 0           | 28              | 0             | 0                 | 0                 | 0                | 28        |
| Port, 3 oz.                                                                                     | 140      | 0             | 0                 | 0             | 0           | 11              | 0             | 0                 | 0                 | 0                | 11        |
| Dessert Wine, 3 oz.                                                                             | 140      | 0             | 0                 | 0             | 10          | 12              | 0             | 0                 | 0                 | 0                | 7         |
| <b>WINE</b>                                                                                     |          |               |                   |               |             |                 |               |                   |                   |                  |           |
| Wine - Red, 6 oz.                                                                               | 160      | 0             | 0                 | 0             | 0           | 5               | 0             | 0                 | 0                 | 0                | 1         |
| Wine - Red, 1.5L                                                                                | 1310     | 0             | 0                 | 0             | 0           | 43              | 1             | 0                 | 0                 | 0                | 10        |
| Wine - Red, 3L                                                                                  | 2620     | 0             | 0                 | 0             | 0           | 85              | 2             | 0                 | 0                 | 0                | 20        |
| Wine - Sparkling, 5 oz.                                                                         | 120      | 0             | 0                 | 0             | 5           | 8               | 0             | 0                 | 0                 | 0                | 8         |
| Wine - White, 6 oz.                                                                             | 150      | 0             | 0                 | 0             | 10          | 4               | 0             | 0                 | 0                 | 0                | 2         |

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|-------------------------------------------------------------------------------------------------|----------|---------------|-------------------|---------------|-------------|-----------------|-------------|-------------------|-------------------|------------------|-----------|
| Wine - White, 1.5L                                                                              | 1250     | 0             | 0                 | 0             | 75          | 32              | 1           | 0                 | 0                 | 0                | 14        |
| Wine - White, 3L                                                                                | 2510     | 0             | 0                 | 0             | 150         | 64              | 2           | 0                 | 0                 | 0                | 29        |
| NON-ALCOHOLIC BEVERAGES                                                                         |          |               |                   |               |             |                 |             |                   |                   |                  |           |
| Housemade Grapefruit Soda                                                                       | 110      | 0             | 0                 | 0             | 25          | 27              | 0           | 0                 | 0                 | 0                | 27        |
| Fresh Mint Lemonade                                                                             | 140      | 0             | 0                 | 0             | 105         | 36              | 0           | 0                 | 0                 | 0                | 35        |
| Fresh Brewed Iced Tea                                                                           | 0        | 0             | 0                 | 0             | 5           | less than 1 g   | 0           | 0                 | 0                 | 0                | 0         |

# HAPPY HOUR MENU

|              | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Sodium (mg) | Total Carbs (g) | Protein (g)   | Dietary Fiber (g) | Calories from Fat | Cholesterol (mg) | Sugar (g) |
|-----------------------------------------------------------------------------------------------|----------|---------------|-------------------|---------------|-------------|-----------------|---------------|-------------------|-------------------|------------------|-----------|
| <b>BUTCHER BOARDS TO SHARE</b>                                                                |          |               |                   |               |             |                 |               |                   |                   |                  |           |
| Mini Tenderloin Sliders (2)<br>(nutritionals listed are per serving; serves 2)                | 250      | 13            | 8                 | 0             | 250         | 16              | 15            | less than 1 g     | 120               | 70               | 4         |
| Candied Bacon Cheeseburger Sliders (2)<br>(nutritionals listed are per serving; serves 2)     | 420      | 26            | 12                | 0.5           | 570         | 22              | 25            | less than 1 g     | 230               | 100              | 10        |
| Crispy Chicken Sliders (2)<br>(nutritionals listed are per serving; serves 2)                 | 310      | 14            | 3                 | 0             | 600         | 24              | 22            | less than 1 g     | 120               | 80               | 6         |
| <b>COCKTAIL PLATES TO SHARE</b>                                                               |          |               |                   |               |             |                 |               |                   |                   |                  |           |
| Pan-Fried Calamari with Hot Cherry Peppers<br>(nutritionals listed are per serving; serves 2) | 710      | 56            | 19                | 1             | 1780        | 36              | 17            | 4                 | 500               | 365              | 4         |
| Prosciutto Wrapped Mozzarella w/Tomatoes<br>(nutritionals listed are per serving; serves 2)   | 440      | 29            | 16                | 0             | 930         | 18              | 23            | 1                 | 260               | 90               | 2         |
| Lollipop Lamb Chops w/Herb Oil & Balsamic<br>(nutritionals listed are per serving; serves 2)  | 180      | 12            | 4.5               | 0             | 100         | 1               | 19            | 0                 | 100               | 55               | 1         |
| Tuna Tartare<br>(nutritionals listed are per serving; serves 2)                               | 130      | 3             | 0.5               | 0             | 530         | 9               | 16            | 1                 | 30                | 20               | 4         |
| <b>BOTTLED COCKTAILS</b>                                                                      |          |               |                   |               |             |                 |               |                   |                   |                  |           |
| The Churchill                                                                                 | 310      | 0             | 0                 | 0             | 10          | 42              | less than 1 g | 0                 | 0                 | 0                | 37        |
| Nine to Five                                                                                  | 220      | 0             | 0                 | 0             | 5           | 26              | less than 1 g | less than 1 g     | 0                 | 0                | 24        |
| Slow Ride                                                                                     | 210      | 0             | 0                 | 0             | 5           | 30              | less than 1 g | 0                 | 0                 | 0                | 26        |
| <b>BOTTLED BEERS</b>                                                                          |          |               |                   |               |             |                 |               |                   |                   |                  |           |
| Beer (under 6% ABV)                                                                           | 150      | 0             | 0                 | 0             | 15          | 13              | 2             | 0                 | 0                 | 0                | 0         |
| Beer (6% ABV and up)                                                                          | 210      | 0             | 0                 | 0             | 15          | 15              | 3             | 0                 | 0                 | 0                | 0         |