



### NUTRITIONAL GUIDE

Accommodating our guests, especially those with food allergies or nutritional concerns, is our top priority. Our allergen and nutritional information is as up to date as possible, based on the information provided by our supplier partners. However, because our menu items are hand-crafted, food may come into contact with allergens during the preparation and cooking process. As always, if you have any food allergy, please alert your server and a member of our management team. Please visit <https://fordsgarageusa.com/our-story/#contactus> if you have any questions regarding this information. Updated December 2023.

Item Name	Calories	Calories from fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
<b>Start Your Engines</b>															
Famous Firestone Shrimp	780	580	65	10		10	4	175	1070	200	31		8		19
Ford's Original Nachos-Chicken	990	470	53	20		4	3	170	3700	680	65	2	40	21	49
Ford's Original Nachos-Pork	1210	700	79	32		3	1	225	3040	950	63	1	39	21	55
Sesame-Crusted Ahi Tuna	640	370	42	6		8	7	50	1600	540	38	3	21	17	28
Giant Funnel Tower of Jumbo Piston Onion Rings W/ Chipotle Ketchup	1060	490	55	8	0	31	12		2160	330	143	3	32	17	15
Giant Funnel Tower of Jumbo Piston Onion Rings W/ Ranch	1210	690	78	12	0	31	12	10	1880	380	125	3	17		16
Ford's Pickles	970	580	65	10	0	19	7	20	2700	45	79		9		10
Edsel's Hot Pretzels (No Honey Mustard Or Cheese) - 4 Sticks	650	250	28	6	0	14	5		3480		92	8	4		16
Side Ford's Beer Cheese Sauce	140	110	12	7				35	420	40	3		2		5
Buffalo Chicken Dip	1330	860	97	36	0	15	16	280	4230	680	46	3	6	1	63
Ford's Classic Wings (No Sauces Or Dressing)	1180	750	85	19	0	32	27	205	2660	1030	33	4	4	0	67
Ford's Classic Wings W/ Bourbon BBQ Sauce And Bleu Cheese Dressing	1620	1020	115	25	0	32	27	225	4020	1190	70	4	34	18	69
Ford's Classic Wings W/ Bourbon BBQ Sauce And Ranch Dressing	1570	960	108	22	0	32	27	215	3860	1240	71	4	33	16	68
Ford's Classic Wings W/ Buffalo Sauce And Bleu Cheese Dressing	1520	1060	120	27	0	32	27	225	4810	1030	40	4	8	2	70
Ford's Classic Wings W/ Buffalo Sauce And Ranch Dressing	1470	1000	113	24	0	32	27	215	4650	1080	41	4	7	0	69

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Ford's Classic Wings W/ Nashville Hot Sauce And Bleu Cheese	1760	1260	142	30	0	32	27	225	4130	1030	53	7	21	14	69
Ford's Classic Wings W/ Nashville Hot Sauce And Ranch Dressing	1700	1200	135	27	0	32	27	215	3970	1080	53	7	21	12	68
Add Bourbon BBQ Sauce	165								880	160	35		27	15	
Add Buffalo Sauce	70	45	5	2					1670		5		2		1
Add Nashville Hot Sauce	300	240	27	5					990		18	3	15	12	
<b>Go Green - Salads</b>															
Blackened Salmon Salad (No Dressing)	740	370	41	5		8	12	135	950	280	38	12	15		57
Thai Chicken Salad (No Dressing)	340	90	10	2		2	2	95	740	650	24	5	13	1	37
Grilled Chicken Cobb Salad (No Dressing)	570	290	33	9		3	10	345	1240	1050	16	9	6		52
Berries And Gorgonzola With Shrimp (No Dressing)	580	270	30	13	0	1	2	250	1400	480	46	9	34	20	33
Chicken Chop-Shop Salad (No Dressing)	490	220	24	9		2	4	345	1230	890	15	5	6		52
Add Blackened Shrimp	300	210	24	15	1	2	6	255	790	210					21
Add Salmon	480	260	29	4		6	5	135	1030	1240	1		0		49
Add Angus	390	220	25	10	2	1	11	135	1350	560	2				38
Add Grilled Chicken	260	80	10	2		1	2	105	1550	340	2		1		38
Hidden Valley Ranch Dressing	220	200	23	4			0	10	320	50	2		2		1
Blue Cheese Dressing	280	270	30	6				20	480		2		2	2	2
Ginger Peanut Dressing	170	120	13	2					340	50	13		10	9	2
Honey Mustard Dressing	250	180	20	4				30	290	10	13		12	12	
Thousand Island Dressing	260	230	26	4				30	480		8		8	6	
Italian Vinaigrette	240	210	24	4					530		4		4		
Lime Vinaigrette Dressing	140	110	12	2					460		10		8		
Strawberry Vinaigrette	210	160	18	2					0	10	10		10	8	
Roasted Garlic	290	250	28	4					420		8		4		
Oil And Vinegar	250	230	26	2					0	10	0				
<b>Go Green - Soups</b>															
Guinness French Onion Soup	700	230	26	17	0	0	2	65	2740	280	82	6	14		30
Chili	520	270	30	15	2	1	9	120	1390	890	28	6	6	1	32
<b>Burgers of Fame</b>															
Model "A" (No Fries)	940	500	56	22	2	4	14	405	3740	990	43	4	8	4	65
Ford's Signature (No Fries)	950	430	49	20	2	3	11	195	4140	930	64	3	25	14	58

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High Octane (No Fries)	790	360	41	16	2	3	12	170	3450	1040	56	6	17	12	51
Jiffy Burger (No Fries)	1240	740	83	28	2	3	11	205	4230	1130	54	7	12	4	72
American Standard (No Fries)	750	370	41	17	2	3	11	180	4030	830	39	3	6	4	50
Estate Burger (No Fries)	1000	560	63	18	2	12	15	165	3470	820	55	4	17	13	51
Black N Bleu (No Fries)	940	450	50	21	2	1	11	180	4230	810	56	4	8		61
Patty Melt (No Fries)	1160	610	69	29	2	1	14	230	3620	720	72	7	9	6	65
Mushroom Swiss (No Fries)	830	370	41	17	2	1	11	160	3100	910	54	4	6		56
BBQ Brisket (No Fries)	1060	520	59	18	2	5	12	225	4190	820	61	3	19	10	67
Bison Bacon (No Fries)	990	440	50	19	0	6	10	175	3930	970	73	4	22	10	62
Green and Clean (No Fries)	580	280	31	3		2	3	10	1160	330	61	9	8	4	16
Add Bison Burger Patty	330	140	15	6		1	6	125	2570	690	4	1	0		45
Add Angus	390	220	25	10	2	1	11	135	1350	560	2		0		38
Add Turkey Patty	220	110	12	4				75	400		3				31
Add Veggie Burger Patty	150	20	3						580		23	5	2		10
<b>Sandwiches</b>															
Smoked Brisket Burnt Ends Melt (No Fries)	1270	660	75	25	1	1	5	240	2820	130	89	4	28	12	60
Crispy Chicken Sandwich (No Fries)	830	340	39	7	0	14	6	120	1800	440	68	2	11	10	46
Buffalo Chicken Sandwich (No Fries)	840	390	44	8	0	14	6	115	4580	540	65	3	6	5	47
Chipotle Chicken Sandwich (No Fries)	830	360	40	14	0	2	3	155	2730	520	56	3	11	5	56
Pulled Pork Sandwich (No Fries)	770	370	42	14		2		150	1980	720	56	2	23	12	41
Monte Cristo	1200		49	21	0	0	0	150	2742	58	128	4	64	53	63
<b>Roadsters</b>															
Brisket Ranchero Roadster (No Fries)	750	370	42	11	1	5	10	140	2230	590	47	3	14	3	44
Americana Roadster (No Fries)	570	290	32	15	1	1	8	130	2690	600	27	3	6		36
Cali Roadster (No Fries)	910	590	67	19	2	3	22	125	2010	1270	40	12	6		38
<b>Comfort Foods</b>															
Hand Battered-Chicken Tenders (No Fries)	1610	1020	116	20	0	30	22	120	2750	740	94	4	21	12	39
Mama Ford's Homemade Meatloaf (No Potato, Green Beans)	620	270	31	12	2	1	12	255	900	510	34	2	14	11	50
Chicken Henry (No Potato & Green Beans)	1000	540	61	28	0	2	4	315	3110	1810	25	2	13		85
Blackened Salmon (No Potato & Green Beans)	740	480	54	17	0	6	6	200	900	1680	8		3		51

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BBQ Pork Ribs- Full Rack (No Fries)	700	400	46	14	0	10	18	130	3870	510	38		27	15	27
BBQ Pork Ribs- Half Rack (No Fries)	400	200	23	7	0	5	9	65	2220	310	30		23	13	13
Beer Battered Fish 'N Chips (No Fries)	800	480	55	9	0	17	7	125	860	520	28	2	6	6	46
<b>Mac Bar</b>															
Pulled Pork Mac 'N Cheese	810	450	51	26				165	2300	500	47	1	17	7	38
Blackened Chicken Mac 'N Cheese	850	420	48	22		2	3	230	2470	590	33	1	7		67
Shrimp Mac 'N Cheese	690	380	43	24	0	1	3	310	2370	390	33	2	6		41
Buffalo Blackened Chicken Mac 'N Cheese	840	420	48	22		2	3	230	5710	590	33	1	7		67
<b>Sides</b>															
Ford's Fries	440	260	29	5	0	12	5		760	490	42	2	2		2
Ford's Classic Tots	300	250	28	5	0	13	5		700	210	13	1			1
Mashed Potatoes	570	190	21	5				15	1500	1990	84	6	9		12
Broccoli	120	70	8	1		0			480	480	10	4	3		4
Green Beans	60	30	4	0		0			190	230	8	3	4		2
Coleslaw	180	140	16	2				20	670	25	11		10		0
Jalapeno Cream Corn	310	200	23	14	0	2.0	6	70	460	300	22	2	7		6
Side House Salad (No Dressing)	170	45	5	3		0		15	260	940	26	6	11		10
Truffle Fries	650	460	52	9	0	24	10	5	850	490	43	2	2		5
Piston Onion Rings	400	160	18	3	0	10	4		780	170	61	1	7		7
Sweet Potato Tots & Dip	710	280	32	5	0	13	5		1060	600	105	7	58	18	3
Side Mac 'N Cheese	280	170	19	10		0	1	50	800	95	17	1	3		10
Fruit Cup	70	0	0			0	0		0	190	17	3	13		1
<b>Sweet Rides</b>															
Caramel Apple Cookie Skillet	790	350	40	20	1		1	75	500	290	103	2	48	35	7
Molten Lava Cakie	1070	470	53	29				80	430	540	149	8	87	84	10
Old-Fashioned Chocolate Milkshake	580	230	26	16		0	2	20	130	470	84	4	43	40	3
Old-Fashioned Oreo Milkshake	610	300	34	18		1	3	30	320	500	67	1	22	3	5
Old-Fashioned Strawberry Milkshake	490	220	25	16		0	2	20	115	380	60		24	20	2
Old-Fashioned Vanilla Milkshake	410	220	25	16		0	2	20	115	360	40		6	3	2
Turtle Brownie	880	440	50	19		7	10	90	280	380	106	5	68	56	8
Key Lime Pie	710	290	33	19	1	1	8	125	410	530	94	2	77	70	12
<b>Non Alcoholic Beverages</b>															
Apple Juice Box	80								10		20		19		
Black Cherry Lemonade N/A	280								70	15	68		67	62	
Black Cherry Lemonade N/A Kids	180								50	10	44		44	41	

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Black Cherry Sweet Tea N/A	220								5	85	56		54	50	
Black Cherry Sweet Tea N/A Kids	140								0	55	36		35	32	
Black Cherry Tea N/A	160								10	100	40		38	34	
Black Cherry Tea N/A Kids	100								5	65	26		25	22	
Blackberry Lemonade N/A	240	0	0						75	40	59	1	57	55	0
Blackberry Lemonade N/A Kids	160	0	0						50	10	38		38	37	0
Blackberry Sweet Tea N/A	190	0	0						10	110	47	1	44	43	0
Blackberry Sweet Tea N/A Kids	120	0	0						5	55	30		29	28	0
Blackberry Tea N/A	130	0	0						10	125	31	1	28	27	0
Blackberry Tea N/A Kids	80	0	0						5	65	19		19	18	0
Coffee	0								0	115					0
Coke	150								50	0	40		40	41	
Coke Zero									45	0					
Cranberry Juice	110								25		22		20		
Diet Coke	0								45	0					
Grapefruit Juice Can	60								5	250	14		12		1
Iced Tea	0								15	135	1				
Lemonade	160								100	20	38		38	38	
Mango Lemonade N/A	140								70	15	34		33	32	
Mango Lemonade N/A Kids	100								50	10	24		24	23	
Mango Sweet Tea N/A	80								5	85	22		20	20	
Mango Sweet Tea N/A Kids	60								0	55	16		15	15	
Mango Tea N/A	25								10	100	6		5	4	
Mango Tea N/A Kids	25								5	65	6		5	4	
Milk Box	110	20	3	2			0	10	130		13		12		8
Milk Chocolate Box	150	20	3	2				10	200		23		21		8
Orange Juice	100									410	24		20		2
Pineapple Juice	90								10	190	21		21		1
Sprite	140								70	0	38		38	38	
Strawberry Lemonade N/A	200								70	25	48	1	45	28	
Strawberry Lemonade N/A Kids	130								50	10	31		29	19	
Strawberry Sweet Tea N/A	140								5	90	36	1	32	16	
Strawberry Sweet Tea N/A Kids	90								0	55	23		21	10	
Strawberry Tea N/A	80								10	110	20	1	16		
Strawberry Tea N/A Kids	50								5	65	13		10		
Sweet Iced Tea	80								15	110	22		21	21	
Virgin Bloody Mary	80	15	2	0		0	0		8290	310	15	3	6	2	2
Virgin Daiquiri	400	20	2	2			1	10	0	5	93	5	77	2	

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Virgin Pina Colada	370	60	7	2					20	0	77	4	68	2	
Watermelon Lemonade N/A	180	0	0						75	65	44		41	39	0
Watermelon Lemonade N/A Kids	120		26						50	20	28		27	26	
Watermelon Sweet Tea N/A	120	0	0						5	130	32		29	26	0
Watermelon Sweet Tea N/A Kids	80		17						0	65	20		19	17	
Watermelon Tea N/A	60	0	0						10	150	16		13	10	0
Watermelon Tea N/A Kids	40		7						5	75	9		8	7	
<b>Cocktails</b>															
The Edison Mule	210								0	30	16		14	14	0
Rewired Hot Engine	330								100		39		32	29	0
merica Mule	220	0	0						0	35	19		16	9	0
The Kentucky Mule	290								0	55	22		20	18	0
Old Fashioned Burnout	280								0		3		2	2	
Lincoln Punch	160	0	0						0	140	19		17	9	1
Ol' Reliable Tea	230		0						0		30		27	14	0
Bee's Knees	190								0	20	22		21		0
Mustang Mary	320	70	8	3		0		15	3520	110	11	1	3		7
Pedal Down Paloma	300								480	30	33		30	27	0
The Don's Mom	300	0	0						0	45	23		21	19	0
Motor-jito	140	0	0						5	70	23	1	19	19	0
Backseat Driver	440	0	0						0	130	52	1	47	8	1
Original Spiked Lemonade	330	0	0						0	80	47	2	43	41	0
Cruisin' Colada	420	0	0						0	65	64	2	60	58	0
Espresso Lane	170		1	1			0	3	0		11		9	6	1
Strawberry Spiked Lemonade	340	0	0						0	85	52	3	45	31	0
Mimosa	210									160	12		10		1
Red Sangria-house	220	0	0						0	160	27	1	21	13	1
White Sangria-house	180								0	40	11		6	1	0
Strawberry Margarita Frozen	300	0	0			0			20	85	44	2	37	13	0
Strawberry Margarita Rocks	240	0	0			0			15	85	28	2	23	1	0
Mango Margarita Frozen	310								220	15	40		36	34	0
Mango Margarita Rocks	210								200	15	16		14	4	0
Blue Oval Margarita Frozen or Rocks	190	10	1	1					15	30	14		13	5	0
Rattle & Roll Margarita	320								100		28		24	22	0
Top Shelf Patron	290								480		23		18	17	0
Mai Tai'r For Four	1130	0	0			0			10	470	128	3	115	56	2
Mai Tai'r For Two	560	0	0						0	220	63	1	57	28	1
Mai Tai'r Single	280	0	0						0	110	31		29	14	0
Cruise Control For Four	990	0	0			0			0	230	121	3	102	78	1
Cruise Control For Two	490	0	0						0	115	60	2	51	39	0
Cruise Control Single	250								0	60	30		26	20	0
BYO Mimosa (Brunch)	900									960	64		56		4

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Mechanic's Mary (Brunch)	330	120	13	5		1	2	225	4530	340	8	2	4		12
<b>Brunch</b>															
Breakfast Burrito	1000		67	23	1	1	6	305	2382	535	60	3	7	0	35
Cinnamon Wheel	630	110	13	4					690	95	124	3	62	62	11
Monte Cristo	1200		49	21	0	0	0	150	2742	58	128	4	64	53	63
Brunch Burger (No Potatoes)	950		59	22	2	3	15	402	3449	799	43	3	10	9	59
Mechanic's Skillet	1030		88	25	0	41	25	314	698	626	31	3	8	0	24
Breakfast Egg Melt	1060		74	36	0	1	6	412	4648	634	109	8	23	0	87
Chicken & Waffles W/ Syrup	1400		66	22	1	16	20	595	2647	711	153	3	65	62	71
Side Breakfast Potatoes	280		8	2	0	0	0	0	1389	349	24	3	2	0	3
<b>Kids Meals</b>															
Junior Cheeseburger (No Fries)	400	190	22	10	1	0	7	85	880	340	22	1	4		26
Fish Planks (No Tartar Sauce Or Fries)	170	80	9	2		5	2	30	160	170	9	1			14
Fish Planks: Add Tartar Sauce	240	210	24	4				20	380		6		6	6	
Grilled Chicken Sandwich (No Fries)	400	120	13	4		1	3	105	1470	490	25	2	6		42
Chicken Tenders (No Ranch Or Fries)	670	380	43	8	0	18	13	50	1290	410	47	2	4		23
Chicken Tenders: Add Ranch Dressing	220	200	23	4			0	10	320	50	2		2		1
Junior Mac 'N Cheese (No Fries)	320	120	13	8				35	370	150	39	1	3		12
Grilled Cheese Sandwich (No Fries)	490	180	21	12	0	0	1	50	1350	30	60	4	8		16

