



NUTRITION GUIDE

Valid: March 4, 2025

Seasons 52 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. If you have any questions about this information, please contact one of our Guest Relations Representatives at 1-407-245-4052.

MENU ITEM	Calories	Total Fat (Grams)	Saturated Fat (Grams)	Trans Fat (Grams)	Sodium (Milligrams)	Total Carbs (Grams)	Protein (Grams)	Dietary Fiber (Grams)	Calories from Fat	Cholesterol (Milligrams)	Sugars (Grams)
FLATBREADS											
Pesto Chicken and Fresh Mozzarella	510	22	8	0	860	42	35	2	200	95	7
Wood-Grilled Artichoke Flatbread	580	32	11	0	1070	49	23	6	290	50	8
Philly Cheesesteak	540	23	9	0	1680	43	41	3	200	90	8
Roasted Tomato	450	19	7	0	830	49	20	6	170	30	9
All-Natural Pepperoni	580	31	11	0	1420	50	28	6	280	70	9
Chipotle BBQ Shrimp	500	20	9	0	1660	47	33	3	180	155	11
STARTERS											
Lump Crab Cake	300	22	9	0.5	850	8	18	less than 1 g	190	125	1
Slow-Roasted Meatballs	580	25	7	0	1760	58	34	3	220	145	6
Grilled Artichokes with Preserved Lemon Hummus	580	36	6	0	1080	50	16	9	320	0	5
Avocado Toast	370	21	2.5	0	820	42	8	10	190	0	5
Lump Crab and Shrimp-Stuffed Mushrooms	240	8	2.5	0	830	17	25	2	80	145	3
Ahi Tuna Tartare	470	13	2	0	1230	51	37	7	120	45	12
SOUPS											
Tuscan White Bean Soup - Cup	150	3	0.5	0	1380	24	7	5	30	less than 5 mg	3
Tuscan White Bean Soup - Bowl	230	5	1.5	0	1860	36	11	6	50	5	5
Rotisserie Chicken & Artichoke Soup - Cup	210	9	4.5	0	1150	20	11	2	80	45	3
Rotisserie Chicken & Artichoke Soup - Bowl	290	12	6	0	1530	31	15	2	110	60	4
Lobster Bisque - Cup	200	12	7	0	920	15	5	0	110	65	4
Lobster Bisque - Bowl	250	15	9	0	1130	18	5	0	140	75	5
SMALL SALADS											
Spinach & Strawberry	230	16	4	0	490	16	6	3	140	15	10
Romaine Caesar	370	23	11	0	1140	24	16	5	210	65	3
Field Greens	210	14	2	0	430	19	5	4	120	0	11
ENTRÉE SALADS											
Mediterranean Chicken	590	36	10	0	1600	28	41	5	320	200	8
Wood-Grilled Tenderloin	470	22	7	0.5	880	27	45	8	200	105	13
Sesame-Grilled Salmon	510	21	5	0	1700	32	50	6	190	100	23
Maui Tuna Crunch	360	11	3.5	0	1150	39	27	7	100	35	28
MAY WE SUGGEST											
Wood-Grilled Wild Alaska Halibut	420	20	2.5	0	890	16	43	2	180	105	6
Caramelized Grilled Sea Scallops Entrée	460	16	8	0	2470	39	39	3	150	100	4

MENU ITEM	Calories	Total Fat (Grams)	Saturated Fat (Grams)	Trans Fat (Grams)	Sodium (Milligrams)	Total Carbs (Grams)	Protein (Grams)	Dietary Fiber (Grams)	Calories from Fat	Cholesterol (Milligrams)	Sugars (Grams)
Brick Oven-Roasted Chilean Sea Bass	520	16	2.5	0	1460	46	46	4	140	85	9
Cedar Plank-Roasted Salmon	550	29	6	0	1580	24	50	4	260	100	4
Wood-Grilled Kona Crusted Lamb Loin	580	37	19	1	980	21	41	4	330	180	4
Filet Mignon and Maine Lobster Tail	550	28	10	1	2070	21	56	4	250	225	3

ENTRÉES

Rotisserie Half Chicken	590	11	3	0	870	59	66	5	100	230	21
Wood-Grilled Shrimp and Grits	590	37	17	1	1880	19	47	3	330	360	5
Wood-Grilled Dry-Rubbed Pork Chop	540	21	7	0	610	55	35	5	190	115	44
Wood-Grilled Rainbow Trout	460	23	4.5	0	1060	22	43	4	210	120	3
Black Lentil Bolognese	550	18	3.5	0	2270	78	19	6	160	15	6
Brick-Oven Gnocchi	580	24	7	0	2670	77	18	7	210	25	15
Wood-Grilled Filet Mignon - 6 oz.	520	28	13	1	1500	24	45	5	250	135	6
Wood-Grilled Filet Mignon - 8 oz.	580	30	14	1	1520	24	55	5	270	160	6

ENTRÉE & SALAD ACCOMPANIMENTS

Lemon-Grilled Shrimp Skewer	120	4.5	0.5	0	490	1	19	less than 1 g	40	140	0
Wood-Grilled Maine Lobster Tail	110	5	1	0	530	less than 1 g	14	0	45	105	0
Caramelized Grilled Sea Scallops	90	2.5	0	0	780	4	13	0	20	25	0
Wood-Grilled Chicken Breast	230	11	4.5	0	600	less than 1 g	32	0	100	180	0

FOR THE TABLE

Mac 'N' Cheese	590	31	13	0	1280	62	20	2	280	60	7
Herb Roasted Carrots	200	12	2	0	1000	21	4	7	100	less than 5 mg	12
Loaded Potato Skillet	520	31	11	0	1750	46	18	5	280	55	5
Yukon Mashed Skillet	580	43	27	1.5	590	45	7	5	380	125	5
Truffled Risotto	510	28	15	0.5	1350	54	12	3	250	80	5
Steamed Spinach in Ponzu Sauce	140	9	1	0	620	13	6	5	80	0	4

FLATBREAD PAIRINGS

Pesto Chicken and Fresh Mozzarella - Half	260	11	4	0	430	21	17	1	100	50	3
Wood-Grilled Artichoke Flatbread - Half	290	16	6	0	540	25	12	3	140	25	4
Philly Cheesesteak - Half	270	11	4.5	0	840	22	21	2	100	45	4
Roasted Tomato - Half	220	9	3.5	0	410	24	10	3	80	15	5
All-Natural Pepperoni - Half	290	15	6	0	710	25	14	3	140	35	5
Chipotle BBQ Shrimp - Half	250	10	4.5	0	830	23	17	1	90	80	5

LUNCH FEATURES

Mahi Mahi Tacos with Southwest Salad	530	21	3.5	0	1590	48	38	10	190	105	9
Wood-Grilled Steak Tacos with Southwest Salad	500	22	4	0	1490	48	31	10	200	50	9
Naked Cheeseburger	480	31	12	1	920	6	43	1	280	150	4
Grilled Chicken Caprese Sandwich	590	21	6	0	1380	54	48	4	190	190	4
Lump Crab Cake Sandwich	560	27	11	0	1450	55	28	5	240	165	12

KIDS

Mac 'N' Cheese	590	28	14	0.5	1060	61	25	4	250	70	12
Burger	580	26	12	0.5	830	53	36	5	230	140	15
Grilled Chicken Breast	410	22	11	0.5	860	19	36	3	200	210	4
Cheese Flatbread	320	12	3	0	660	39	12	2	110	10	5
Pasta	350	10	1.5	0	830	55	11	3	90	0	6
Add Chicken Breast	230	11	4.5	0	600	less than 1 g	32	0	100	180	0
Add Shrimp	120	4.5	0.5	0	490	1	19	less than 1 g	40	140	0

MENU ITEM	Calories	Total Fat (Grams)	Saturated Fat (Grams)	Trans Fat (Grams)	Sodium (Milligrams)	Total Carbs (Grams)	Protein (Grams)	Dietary Fiber (Grams)	Calories from Fat	Cholesterol (Milligrams)	Sugars (Grams)
MINI INDULGENCES											
Carrot Cake	170	11	5	0	150	19	3	less than 1 g	100	30	13
Pecan Pie	350	20	8	0	180	29	3	0	180	125	25
Belgian Chocolate S'mores	320	20	11	0	140	34	3	4	180	60	25
Key Lime Pie	290	14	8	0	105	38	5	0	130	80	32
Raspberry Chocolate Chip Cannoli	220	9	5	0	50	30	6	0	80	30	25
Oatmeal Cookie Cream Pie	490	24	8	0	320	65	4	2	220	0	43
Peanut Butter Torte	310	23	8	0	230	24	7	5	200	30	16
Turtle Cheesecake	310	18	10	0	190	35	4	1	160	40	24
Fresh Fruit	40	0	0	0	0	11	less than 1 g	2	0	0	7
SEASONAL COCKTAILS											
Hawaiian Pineapple Cosmopolitan	230	0	0	0	10	9	0	0	0	0	8
Espresso Martini	360	3.5	2.5	0	25	25	less than 1 g	0	35	15	23
Cucumber Basil Smash	230	0	0	0	10	26	0	0	0	0	23
Peach Riesling Mule	180	0	0	0	0	16	0	0	0	0	13
The Jetsetter	200	0	0	0	5	22	0	0	0	0	21
Strawberry Hibiscus Margarita	210	0	0	0	0	28	0	0	0	0	26
Patron Paloma	210	0	0	0	10	20	0	0	0	0	19
Mojito Spritz	240	0	0	0	0	24	0	0	0	0	21
New Old Fashioned	180	0	0	0	0	7	0	0	0	0	6
Blueberry Lemon Splash	230	0	0	0	0	21	0	0	0	0	19
BUZZ-FREE MOCKTAILS											
Grapefruit Grove	70	0	0	0	10	17	0	0	0	0	16
Botanical Smash	80	0	0	0	10	21	0	0	0	0	19
HAPPY HOUR											
Grapefruit Blyss	130	0	0	0	20	9	0	0	0	0	8
Sparkling Cosmo	150	0	0	0	5	18	0	0	0	0	17
Bourbon Iced Tea	180	0	0	0	0	22	0	0	0	0	21
AFTER DINNER											
Woodford Reserve Bourbon	150	0	0	0	0	0	0	0	0	0	0
Macallan 12 Single Malt Scotch	140	0	0	0	0	0	0	0	0	0	0
Bailey's Irish Crème	200	10	6	0	55	13	2	0	90	35	12
Godiva Chocolate Liqueur	210	0	0	0	5	22	0	0	0	0	22
WINES											
Wine, Red 6oz Glass	160	0	0	0	0	5	0	0	0	0	1
Wine, Red 9oz Glass	230	0	0	0	0	8	0	0	0	0	2
Wine, Red Bottle 750ml	660	0	0	0	0	21	less than 1 g	0	0	0	5
Wine, White 6oz Glass	150	0	0	0	10	4	0	0	0	0	2
Wine, White 9oz Glass	220	0	0	0	15	6	0	0	0	0	3
Wine, White Bottle 750ml	630	0	0	0	35	16	less than 1 g	0	0	0	7
Wine, Sparkling 5oz Glass	120	0	0	0	5	8	0	0	0	0	8
Wine, Sparkling Bottle 750ml	630	0	0	0	40	38	2	0	0	0	38
Wine, Dessert 3oz Glass	140	0	0	0	10	12	0	0	0	0	7
Wine, Port 3oz Glass	140	0	0	0	0	11	0	0	0	0	11

MENU ITEM	Calories	Total Fat (Grams)	Saturated Fat (Grams)	Trans Fat (Grams)	Sodium (Milligrams)	Total Carbs (Grams)	Protein (Grams)	Dietary Fiber (Grams)	Calories from Fat	Cholesterol (Milligrams)	Sugars (Grams)
WINE FLIGHTS											
Caymus Vineyards Wine Flight	230	0	0	0	0	8	0	0	0	0	2
Sparkling Flight	220	0	0	0	15	14	less than 1 g	0	0	0	14
BEERS & CIDERS											
Light Beer (example: Miller Light) - 12 oz.	100	0	0	0	15	6	less than 1 g	0	0	0	0
Regular Beer (under 6% ABV /example: Budweiser) - 12 oz.	150	0	0	0	15	13	2	0	0	0	0
High Alcohol Beer (6% ABV and up /example: Lagunitas IPA) - 12 oz.	210	0	0	0	15	15	3	0	0	0	0
Non-Alcoholic Beer (example: O'Douls) - 12 oz.	130	0	0	0	45	29	less than 1 g	0	0	0	29
Hard Ciders (example: Angry Orchard) - 12 oz.	200	0	0	0	15	21	0	0	0	0	21
NON-ALC BEVERAGES											
Sweet Tea Lemonade	50	0	0	0	5	13	0	0	0	0	12
Hibiscus Tea	130	0	0	0	25	34	0	0	0	0	31
Sparkling Raspberry Lemonade	60	0	0	0	15	17	0	less than 1 g	0	0	15
Dr. Pepper	100	0	0	0	40	26	0	0	0	0	26
Coke	90	0	0	0	30	26	0	0	0	0	26
Diet Coke	0	0	0	0	25	0	0	0	0	0	0
Coke Zero	0	0	0	0	25	0	0	0	0	0	0
Ginger Ale	90	0	0	0	30	24	0	0	0	0	24
Sprite	90	0	0	0	45	25	0	0	0	0	25
Coffee	0	0	0	0	0	0	0	0	0	0	0
Espresso	0	0	0	0	0	0	0	0	0	0	0
Cappuccino	100	4	2.5	0	95	10	6	0	35	15	9
Tea Assorted Variety	0	0	0	0	5	less than 1 g	0	0	0	0	0