

Nutritional Details

Menu Items	Serving Size (g)	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Vit A (%DV)	Vit C (%DV)
Appetizers + Soups													
Calamari	282	800	49	4	1	530	1,310	48	3	3	42	21	80
Chicken Tenders + Fries	355	1,160	61	8	0.5	105	2,930	105	5	1	51	2	15
Kobe Beef Meatballs	280	1480	75	6	0.3	140	2,100	20	5	6	32	10	31
Ahi Poke Stack	520	1,048	63	0.1	9	48	2,230	87	8	10	31	6	18
szechuan Beans	224	110	5.1	0.7	3.1	0.3	482	15.1	4.3	1.5	2.9	14.7	31.7
Brussel Spouts	224	100	7	1	0	0	40	20	7.6	5	8	0	250
Crispy Cauliflower	408	830	70	6	0.1	0	3,010	46	9	6	9	45	90
Hot Wings + Dip	312	990	69	18	1	360	1,570	2	0	1	85	25	30
Truffle Fries	298	1,070	71	10	0.5	20	2,530	101	5	1	10	0	20
Pork Burger Sliders	275	620	31	10	0.75	150	1,250	32	2	6	45	4	3
Herbed Chicken Quesadilla	294	580	23	5	0.1	50	1,640	60	6	6	30	40	30
Salads													
Market Salad	223	310	28	4.5	0.2	10	530	12	4	5	60	60	15
Side Market Salad	111.5	155	14	2.25	0.1	5	265	6	2	2.5	30	30	7.5
Mediterranean Salad	365	510	25	3	0	0	850	64	16	10	16	100	25
Wedge Salad	493	980	61	13	0.5	110	1,900	73	16	23	47	80	20
Side Wedge Salad	246.5	490	30.5	6.5	0.25	55	950	36.5	8	11.5	23.5	40	10
Caesar salad	310	700	68	10	0.5	75	1,020	16	5	4	11	180	45
Add 1/2 Chicken Breast	111	180	3	1	0	95	670	0	0	0	39	0	0
Add Prawns	178	320	18	8	0.5	305	1,230	2	0	0	30	20	0
Add Salad Salmon	70	120	5	2	0.1	70	340	0	0	0	17	2	2
Bowls													
Thai Curry noodle Bowl	640	780	30	17	0.2	48	1,620	87	7	10	25	92	50
Linguine + Meatballs	659	1,230	71	41	1	300	2,620	91	9	5	49	70	10
Seafood Pasta	320	450	7.6	2	2	0	1,170	110	1	1.2	22	12.5	0.8
Lettuce Wraps	591	990	59	6	0.5	130	2,270	69	7	25	67	10	15
Seafood Risotto	300	430	6.6	1.7	1.6	0	1,165	71	0.3	0.4	20	12.5	0.8
Mains (sides not included, shown below)													
8oz steak	179	325	13	5.5	0.4	112	615	0	0	0	45	0	0
10oz steak	195	490	26	11	1	140	690	0	0	0	58	0	0
Chicken Breast	140	320	19.2	6	0.36	144	1,100	7.2	2.4	0	60	30	0
Bacon Wrapped Chicken	220	400	16	5	0.3	120	1000	6	2	0	50	25	0
Halibut Entree	170	230	5	1	0	35	60	2	0	0	41	3	0
Seared Steelhead	170	252	11	2	8	99	88	0	0	0	35	3	2
Rack of ribs	416	1,300	83	31	0.8	330	1,680	47	1	43	85	0	2
Asparagus	129	160	12	7	0.5	30	300	11	6	0	3	15	15
Grilled Pork Chop	280	182	10.4	3.61	0	67	60	0	0	0	20.8	0	0
Asparagus	224	41	0.12	0.04	0	0	2	3.88	2.1	1.88	2.2	3.8	9.3
Wild Mushroom	420	30	5	0	0	0.4	8	0	0	0	5	0	2

Mashed Potato	241	470	32	15	0	55	920	42	4	2	4	4	10
Potato Salad	249	490	35	7	0.2	40	540	38	3	3	7	4	15
Lamb Rack	216	700	46	23	3.2	195	170	0	0	0	62	1	0
Sandwiches (add sides from below/salad section)	Serving Size (g)	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Vit A (%DV)	Vit C (%DV)
Tennessee Chicken Sandwich	514	1,540	95	21	0.5	280	2,460	123	6	29	50	35	25
Steak Sandwich	474	1,340	67	20	1.5	115	2,950	132	7	2	51	10	20
Fish + Chips	568	1,340	86	9	0.5	95	2,810	96	5	5	41	2	35
Angus Beef Burger	315	760	42	14	1	225	1,670	45	3	8	51	6	4
Angus Beef Burger (+cheese/bacon)	420	1,210	84	33	1	300	2,410	47	3	8	67	15	4
Beyond Burger	238	650	40	11	0.1	100	1,140	49	5	7	30	6	20
Side Fries	150	470	23	4	0.3	0	830	59	3	1	6	0	10
Side Yam	144	450	23	1	0.1	0	890	57	7	17	2	170	20
Chowder	600	750	58	30	0.6	200	1400	38	3	7	23	105	13
Side Chowder	327	420	32	19	0.4	120	960	22	2	5	13	60	8
Sweets	Serving Size (g)	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Vit A (%DV)	Vit C (%DV)
Baked Doughnuts (w/ Sauce)	293	960	51	26	0	485	330	112	2	85	12	20	0
New York Cheesecake	142	320	25	15	0.1	100	80	25	1	19	3	25	30
Chocolate Lava Cake	335	1,040	52	29	1.5	215	770	144	9	106	13	35	0
Apple Crostatas	369	1,030	45	27	2	155	440	152	3	97	11	40	2

Calcium (%DV)	Iron (%DV)
8	35
6	45
12	13
10	20
5	8
7	15
15	25
10	35
6	25
4.5	35
60	35
Calcium (%DV)	Iron (%DV)
15	20
7.5	10
15	40
30	35
15	17.5
25	20
0	6
10	4
5	2
Calcium (%DV)	Iron (%DV)
15	68
40	50
0.4	0.2
10	35
0.3	0.1
Calcium (%DV)	Iron (%DV)
1.8	32
2	40
4.8	18
4	15
3	5
7	14
15	30
4	8
0	0
2.2	15.3
4	0.5

4	6
4	10
2.4	27
Calcium (%DV)	Iron (%DV)
20	70
8	70
8	32
6	50
25	50
4	60
2	15
4	0
22	18
15	10
Calcium (%DV)	Iron (%DV)
35	15
8	4
15	40
25	40