SUMMER 2009 - NUTRITION

Flatbreads	Calories	Fat	Cholesterol	Sodium	Carbs	Sugars	Fiber	Protein
Artichoke Flatbread	447	22	48	1397	39	3	4	18
Garlic Chicken Flatbread	409	14	48	1401	37	4	1	25
Lamb Gyro Flatbread	396	16	76	691	31	2	1	32
Plum Tomato Flatbread	405	18	48	1320	34	5	3	26
Pork Taco Flatbread	467	20	78	1454	34	4	1	32
Reuben Flatbread	414	18	72	1519	33	4	4	30
Rosemary & Parmesan Crispbread	321	14	37	1237	28	1	2	20
Smoked Salmon Flatbread	316	9	32	1692	31	1	1	24
Spicy Shrimp Flatbread	400	12	142	1318	38	8	3	32
Steak & Mushroom Flatbread	463	20	67	1389	50	2	4	32

Appetizers	Calories	Fat	Cholesterol	Sodium	Carbs	Sugars	Fiber	Protein
Chili Relleno Appetizer	281	21	71	1425	18	8	6	32
Edamame w/o Green Tea	323	13	0	27	19	0	19	29
Edamame w/Green Tea	322	13	0	570	19	0	19	29
Goat Cheese Ravioli	295	14	41	942	23	3	1	15
Gulf Shrimp Cocktail	206	4	183	981	14	6	2	25
Shrimp and Crab Stuffed Mushrooms	386	15	216	1242	23	3	2	37
Spicy Chicken Skewers	286	6	95	802	17	6	3	40
Tomato Stack	330	24	21	612	20	11	3	9
Yellowfin Tuna Tartare with Cucumber Salad	216	5	32	526	18	6	2	22

Small Salads	Calories	Fat	Cholesterol	Sodium	Carbs	Sugars	Fiber	Protein
Greek Salad	252	20	31	1010	13	6	5	5
Mixed Green Salad	188	14	0	8	14	6	2	3
Soup & Salad	303	7	0	1119	54	10	6	9
Spinach Salad w/Raspberries	324	26	16	409	21	6	6	9
Tabbouleh	198	12	0	631	22	10	5	4

Hot & Cold Salads	Calories	Fat	Cholesterol	Sodium	Carbs	Sugars	Fiber	Protein
Beef Tenderloin Salad	421	21	126	969	21	8	5	38
Greek Salad	300	23	43	1178	15	6	3	8
Grilled BBQ Chicken Salad	472	22	93	1275	25	9	5	41
Lemongrass Salmon Salad	475	21	81	1334	38	18	6	31
Mediterranean Shrimp Salad	451	20	207	1676	32	10	10	36
Summer Market Vegetables	282	10	0	917	41	17	10	13

Seafood Entrées	Calories	Fat	Cholesterol	Sodium	Carbs	Sugars	Fiber	Protein
Cedar Plank Salmon	442	16	115	558	28	7	5	46
Cobia Curry	395	7	154	1709	44	8	6	44
Cobia Provençal	319	6	157	1733	21	4	7	43
Copper River Salmon	459	14	107	890	36	6	5	44
Crab Stuffed Shrimp	432	13	246	1364	39	9	6	39
Grilled Rainbow Trout	384	11	109	473	26	8	6	43
Grilled Scallops	443	14	108	1830	19	3	2	59
Halibut with Risotto	450	11	61	1187	44	5	10	47
Shrimp Penne Pasta	472	12	234	2015	55	14	8	38
Swordfish Provençal	395	13	86	1736	21	4	7	45
Tuna Niçoise	455	15	63	1581	31	6	10	42

Poultry & Meat Entrées	Calories	Fat	Cholesterol	Sodium	Carbs	Sugars	Fiber	Protein
Beef Filet Mignon	473	14	118	1771	36	12	5	50
Chicken Skewers w/Side Salad	389	9	116	885	29	18	3	45
Chili Relleno Entrée	403	24	76	1985	38	10	8	36
Colorado Buffalo	385	7	127	1594	27	4	7	55
Grilled Chicken Citron	406	10	127	1674	19	2	4	55
Pork Tenderloin	379	9	125	1394	25	6	3	47
Rack of Lamb	457	17	163	568	22	4	4	48
Veal w/Orzo	473	13	154	1759	35	7	6	49

Sandwiches	Calories	Fat	Cholesterol	Sodium	Carbs	Sugars	Fiber	Protein
Blackened Cobia Sandwich	382	5	127	818	44	12	5	38
Grilled Garlic Herb Chicken Sandwich	410	7	68	836	48	5	6	40
Grilled Turkey Burger	466	19	105	1487	40	10	4	33
Southwest Buffalo Burger	453	19	52	1093	43	8	6	28
Vegetable Sandwich	460	18	22	1190	63	9	5	20
Children's Items	**Calories**	**Fat**	**Cholesterol**	**Sodium**	**Carbs**	**Sugars**	**Fiber**	**Protein**
Children's Chicken Entrée	290	5	93	767	20	2	4	41
Children's Flatbread	434	17	31	1154	50	0	1	21
Children's Pasta	283	4	3	557	50	8	3	10
Children's Turkey Burger	449	17	107	1439	39	9	7	36
Desserts	**Calories**	**Fat**	**Cholesterol**	**Sodium**	**Carbs**	**Sugars**	**Fiber**	**Protein**
Blueberry Cheesecake	276	17	65	152	28	24	0	3
Carrot Cake	275	9	20	258	44	36	1	2
Chocolate Peanut Butter Mousse	293	17	27	203	36	22	2	5
Fresh Fruit	47	0	0	0	13	9	1	0
German Chocolate Cake	215	9	12	234	30	22	1	2
Key Lime Pie	216	9	107	98	28	26	0	4
Lemon Cheesecake with Blueberries	263	16	95	150	25	6	0	4
Mocha Macchiato	318	17	129	88	35	23	0	3
Pecan Pie with Vanilla Mousse	324	18	74	249	39	18	1	3
Pineapple Colada	178	13	27	149	15	10	1	2
Raspberry Chocolate Chip Canoli	251	9	21	49	37	27	0	6
Red Velvet	208	6	33	147	37	28	1	2
Rocky Road	344	20	62	129	39	30	2	4
Strawberry Shortcake	113	5	9	135	17	9	2	1
Vegetable Sets	**Calories**	**Fat**	**Cholesterol**	**Sodium**	**Carbs**	**Sugars**	**Fiber**	**Protein**
Asparagus w/Caper Salsa	117	6	11	656	12	7	4	6
Corn on the Cob	129	2	0	202	28	5	4	5
Eggplant Stacks	135	5	10	810	16	3	3	6
Grilled Broccoli Caesar	126	7	13	772	15	3	5	6
Soups	**Calories**	**Fat**	**Cholesterol**	**Sodium**	**Carbs**	**Sugars**	**Fiber**	**Protein**
Black Bean, 10 ounce	154	2	0	811	29	5	5	7
Black Bean, 8 ounce	136	2	0	662	25	4	4	6
Chicken Curry, 10 ounce	292	3	1	674	59	10	3	7
Chicken Curry, 8 ounce	192	1	1	405	38	9	2	6
Chicken Tortilla, 10 ounce	180	2	15	793	28	2	3	12
Chicken Tortilla, 8 ounce	156	2	12	648	25	2	2	10
Corn Soup, 10 ounce	175	1	0	792	38	4	5	5
Corn Soup, 8 ounce	156	1	0	653	33	3	3	5
Country Style White Bean, 10 ounce	220	4	0	1164	37	6	8	9
Country Style White Bean, 8 ounce	194	4	0	968	32	5	6	7
Gazpacho, 10 ounce	236	8	1	995	34	9	4	7
Gazpacho, 8 ounce	221	7	1	912	33	8	4	7
Old Fashion Chicken Noodle, 10 ounce	152	2	26	276	19	4	2	12
Old Fashion Chicken Noodle, 8 ounce	134	2	20	246	18	3	2	10
Shrimp & Clam Cioppino, 10 ounce	235	4	110	1063	27	6	3	23
Shrimp & Clam Cioppino, 8 ounce	216	3	106	943	24	5	3	21
Steak & Roasted Onion, 10 ounce	187	4	18	742	36	3	2	11
Steak & Roasted Onion, 8 ounce	162	3	14	609	31	3	2	9
Tomato Basil Soup, 10 ounce	207	6	0	1004	31	6	3	7
Tomato Basil Soup, 8 ounce	181	4	0	888	30	5	3	6
Vegetable Soup, 10 ounce	176	2	0	777	32	6	6	6
Vegetable Soup, 8 ounce	147	2	0	636	28	4	5	5
Updated 6/17/09								