

### Seasons 52 Menu Item Nutritional Analyses

Seasons 52 recipes are designed to provide the approximate nutritional values shown, determined from USDA guidelines. Each week an ever-changing array of seasonal produce will cause some fluctuation in values.

Food Item	Calories	Fat	Cholesterol	Sodium	Carbs	Sugars	Fiber	Protein
<b>Starters</b>								
Autumn Vegetable Barley Soup, 8 ounce	90	1	1	508	18	3	2	3
Autumn Vegetable Barley Soup, 12 ounce	123	1	1	729	26	4	3	4
<b>Flatbreads</b>								
Parmesan Crispbread	367	16	37	1635	26	1	2	26
Rueben Flatbread	459	19	80	1647	33	4	4	34
Ripe Plum Tomato Flatbread	427	19	49	1520	33	5	3	30
Steak & Mushroom Flatbread	401	17	57	1114	44	3	2	26
Spicy Shrimp Flatbread	400	12	142	1318	38	8	3	32
Garlic Chicken Flatbread	474	24	36	2484	42	4	2	21
<b>Appetizers</b>								
Edamame with Green Tea	352	3	0	570	19	0	19	29
Edamame without Green Tea	351	3	0	27	19	0	19	29
Mushroom and Grilled Polenta	325	15	28	1591	34	5	3	16
Sesame Chicken Skewers, Autumn	320	7	116	781	18	13	2	44
Seasoned Beef Carpaccio	252	10	54	1150	19	1	1	21
Spicy Chicken Chili Relleno	369	20	73	1280	19	8	6	32
Goat Cheese Ravioli	266	12	28	911	23	3	1	14
Shrimp and Crab Stuffed Mushrooms	360	14	216	1254	20	2	1	37
Grilled & Chilled Shrimp	368	12	222	1340	39	8	11	31
<b>Small Salads</b>								
House Green Salad, Autumn	210	11	0	465	27	12	6	10
Spinach Salad with Pears	334	26	16	409	25	9	5	9
Greek Salad, Small	312	23	43	1276	18	7	2	7
Tabbouleh	344	22	0	1048	34	20	6	7
<b>Main Plates</b>								
<b>Hot &amp; Cold Salads</b>								
BBQ Grilled Chicken Salad	475	16	93	1706	41	12	8	43
Asian Duck Breast Salad	442	9	83	1423	47	33	16	29
Seasonal Vegetable Plate with Crackers	409	12	0	1948	63	22	10	18
Lump Baby Crab Iceberg Salad with Sauces	243	6	132	1840	25	22	4	25
Lump Baby Crab Iceberg Salad without Sauces	180	3	132	1046	15	10	3	25
Salmon Salad, Wasabi/Autumn	473	19	79	1454	57	30	9	35
<b>Seafood Entrees</b>								
Shrimp Fusilloni Pomodoro	463	11	274	1588	49	6	7	44
Sesame Crusted Tuna	474	17	65	1453	26	6	2	47
Pan-Seared Snapper	408	5	68	1445	47	7	5	43
Grilled Ruby Red Trout	393	12	109	421	28	7	5	43
Crab Stuffed Shrimp	458	10	143	1502	63	10	7	30
Cedar Plank Salmon	447	17	115	472	28	7	5	47
Grilled Scallops	451	14	108	2365	21	3	3	59
<b>Poultry &amp; Meat Entrees</b>								
Boneless Quail Breast	370	6	99	1010	32	13	5	44
Tamarind Glazed Turkey Skewer	461	4	85	1586	51	25	8	59
Beef Filet Au Poivre	450	17	108	1659	32	8	5	42
Pork Tenderloin Medallions	435	13	128	1558	32	8	4	47
Farm Fresh Chicken Breast	446	7	111	2119	44	6	6	53
<b>Sandwiches</b>								
Blackened Fresh Fish Sandwich	376	5	67	1669	41	7	4	42
Roast Beef, Sandwich	363	8	63	894	45	7	4	29
Grilled Chicken Boursin Wrap	475	11	84	864	49	5	6	44
Roast Vegetable Sandwich	385	15	25	1128	49	10	6	20
<b>Lower Sodium Items</b>								
Arugula Salad, LS	325	14	18	145	48	33	6	10
Salmon Joe's Rub, LS	475	18	84	470	47	25	9	34
Chicken Portobello Scallopini, LS	471	12	77	440	47	8	8	41
<b>Kids' Items</b>								
Children's Flatbread	434	17	31	1154	50	0	1	21
Children's Pasta, Bocconcini	283	4	3	557	50	8	3	10
Children's Chicken Entrée	297	5	92	400	21	2	3	41
<b>Desserts</b>								
Boston Cream Pie	203	10	20	162	25	18	0	2
Carrot Cake	215	6	0	89	41	33	1	1
Red Velvet Cake	280	11	0	274	43	35	1	2
Rocky Road Mini	286	16	53	171	39	30	3	5
Mango and Strawberry Cheesecake	254	16	95	148	23	2	2	4
Pecan Pie Mini	324	18	74	249	39	18	1	3
Fresh Fruit Mini	46	0	0	0	11	6	2	0
Key Lime Pie Mini	258	10	37	116	36	26	0	5
Tiramisu	275	15	101	38	30	15	2	3

These nutrition value calculations were performed using data provided by the U.S. Department of Agriculture.

Seasons 52 has made every effort to provide complete and current nutrition information, but changes in recipes, and the hand crafted nature of our menu items mean that variations from these values can occur from time to time. Therefore, the values shown here should be considered approximations. In addition, guests who have special food sensitivities or dietary needs should not rely solely on this information as the basis for deciding whether to consume a particular menu item, and are individually responsible for ensuring that any such menu item meets their individual dietary requirements. Seasons 52 assumes no liability for your use of this information. For further information on menu items, if available, please call us at 407-245-6396.

NOTE: There are no peanuts in the restaurant.

\*Not Including Low Sodium Soy Served As Condiment