

SALTLIK NUTRITION REPORT

Item Name	Modifications	Serving Size (g)	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)	Vit A (%DV)	*Vit C (%DV)	Calcium (%DV)	Iron (%DV)
To Start + Share																
House Baked Focaccia		400	1120	58	20	1.5	65	1480	128	5	8	22	20	0	4	60
Roasted Beet Hummus		277	780	64	8	0.1	5	1160	46	8	6	10	4	5	20	35
Tomato + Burrata Crostone		186	420	26	10	0.1	50	640	30	2	7	18	15	5	35	20
Wagyu Carpaccio		441	1220	76	19	1.5	90	2020	98	6	7	35	15	5	10	60
Wok-Fried Calamari		308	790	48	4.5	0.1	475	1960	50	2	6	33	4	30	8	15
Ahi Tuna Tartare		350	550	32	3	0.1	30	1860	46	8	12	24	35	25	10	20
Roasted Tumeric Cauliflower		177	340	29	3	0.1	0	270	20	5	9	6	0	100	6	15
Maple Mustard Brussels Sprouts		300	300	11	0.5	0.2	0	1960	40	9	23	10	15	160	10	25
Lobster Mashed Potatoes		391	630	41	23	1	130	1290	49	5	3	18	30	2	15	20
Kobe Fat Fries		228	840	53	7	1.5	15	2300	75	4	0	9	2	2	6	10
Soup + Salads																
French Onion Soup		385	610	39	18	1	100	1900	41	4	13	28	20	10	50	15
Farmhouse Greens		239	370	25	4	0.1	5	960	29	5	15	9	8	55	15	10
Grilled Chicken Salad		428	660	30	4	0	80	2250	65	9	18	42	100	30	6	20
Baby Kale & Raddichio Salad		299	820	68	16	0.2	265	1560	22	2	4	24	50	35	15	25
Added Protein																
Grilled Steak		148	290	12	5	0.4	100	710	2	1	0	41	10	0	2	35
Grilled Salmon		168	420	30	11	0.5	125	310	0	0	0	34	10	5	2	4
Rare Seared Ahi Tuna		100	110	1	0	0	45	300	0	0	0	23	2	0	2	6
Grilled Chicken Breast		107	250	16	3	0	80	350	1	0	0	25	4	0	0	6
Mains (Listed as complete dish)																
Scallops + Gnocchi		554	1030	57	11	1	100	2230	93	8	12	40	130	35	10	30
Grilled Salmon		471	980	65	30	1.5	265	1310	49	4	6	52	40	15	20	35
Hunter Chicken		443	720	42	7	0	130	650	35	6	6	46	20	45	6	25
Prawn Spaghetini		721	1470	84	15	1	260	2510	124	7	15	48	45	15	15	50
Cacio E Pepe		361	890	52	23	2	65	1110	81	4	3	24	30	0	40	30
Angus Beef Pressed Burger	protein style with lettuce	497	1480	101	26	1	180	3080	87	6	10	57	25	20	25	60
		516	1140	78	23	1	155	2600	52	7	5	51	30	20	20	45
Premium Steak Sandwich	7 oz sirloin	1221	2020	119	34	3	190	6400	180	34	39	68	30	70	30	130
	7 oz filet mignon	1205	2020	119	35	3	190	6410	180	34	39	68	30	70	30	140
Spicy Grilled Chicken Sandwich	protein style with lettuce	406	1210	81	15	1	105	2540	87	8	9	35	35	25	25	40
		415	830	56	10	0.2	70	1990	52	10	4	27	35	20	15	25
Smoky Grilled BBQ Ribs		772	2090	119	42	1	385	6110	140	9	85	105	60	60	20	60
Steaks (Listed as steak only)																
Angus Beef Sirloin 7 oz		145	280	12	5	0.4	100	430	1	0	0	40	2	0	2	30
Filet Mignon	7 oz	130	280	11	6	0.4	100	430	1	0	0	41	2	0	2	40
	10 oz	184	410	16	8	0.5	140	530	1	1	0	58	2	0	2	60
Bone-In Ribeye 18 oz		339	1070	69	31	2.5	265	970	2	1	0	99	6	0	8	70
New York Striploin 11 oz		215	540	29	12	1	155	530	1	1	0	64	2	0	2	45
Steak Additions																
Lobster Mashed Potatoes		391	630	41	23	1	130	1290	49	5	3	18	30	2	15	20
Peppercorn Sauce		41	130	10	6	0.3	30	440	4	1	1	1	10	0	4	15
Bearnaise Sauce		55	350	39	24	2	210	160	0	0	0	2	35	0	4	2
Sauteed Mushrooms		95	170	18	3	0.2	10	410	3	1	1	2	4	3	0	4
Red Wine Sauce		45	80	2	1	0	5	420	7	1	2	2	2	2	2	2
To End																
Butter Cake		292	830	36	22	1.5	185	890	117	2	88	12	25	4	25	15
Handmade Apple Pie		367	940	41	18	0.5	40	500	133	5	73	9	15	0	20	25
Sticky Toffee Pudding		296	880	40	24	1	165	320	126	3	88	10	40	0	20	20
Molten Chocolate Cake		269	780	48	29	1.5	330	440	84	5	70	11	40	5	15	35
Sides																
Prawn Skewer		138	230	16	7	0.5	185	920	6	2	0	18	25	20	10	6
Fries 8 oz		128	390	20	3.5	0	0	840	46	5	0	5	0	10	0	15
Farmhouse Greens		94	160	12	2	0	5	470	9	2	3	4	2	25	6	4
Radicchio and Kale Salad		147	400	34	8	0.1	135	750	9	1	2	12	25	15	8	10
Cup of French Soup		240	360	22	10	0.3	55	1180	26	2	9	16	10	5	30	10
Sauteed Mushrooms		95	170	18	3	0.2	10	410	3	1	1	2	4	3	0	4
Roasted Mushrooms		318	580	59	12	1	35	1590	10	3	5	8	15	10	2	15

Item Name	Modifications	Grams/Serving	Cals (kcal)	Prot (g)	Carb (g)	Fib (g)	Sugar (g)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Vit A	Vit C	Calcium	Iron	Sod (mg)
Individually Baked Apple Pie		443	720	9	119	7	89	29	15	0.5	85	20	1	15	15	290
	shared between 2	221.5	360	4.5	59.5	3.5	44.5	14.5	7.5	0.25	42.5	10	0.5	7.5	7.5	145