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\*Vitamin C values have been decreased by 50% from reports because this vitamin is lost easily with cooking and exposure to air

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
Waigyu Carpaccio		384	1050	63	16	1	75	1880	90	8	11	32	15	10	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		298	450	26	2.5	0.1	25	1450	38	7	10	19	35	20	10	15
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		586	930	59	33	1.5	210	1960	69	7	3	34	45	2	20	30
Kobe Fat Fries		228	840	53	7	1.5	15	2300	75	4	0	9	2	2	6	10
Baking Powder Biscuits		243	960	73	40	3	170	1290	64	3	6	14	60	2	20	30
Smoked Trout Dip		174	490	41	15	0.4	100	640	17	2	2	12	8	0	15	4
Vinnie's Broccoli		208	410	34	6	0.2	25	1140	19	5	9	10				
Soup + Salads																
French Onion Soup		385	610	39	18	1	100	1900	41	4	13	28	20	10	50	15
Farmhouse Greens		195	280	17	3	0.1	5	700	24	4	13	7	6	45	10	8
Grilled Chicken Salad		317	450	21	3	0	45	1370	49	7	15	25	80	25	6	15
Baby Kale & Raddichio Salad		223	600	50	11	0.1	240	1090	15	1	3	18	45	25	10	15
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)	Modifications	Grams/Serving	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Scallops + Gnocchi		414	800	47	10	1	90	1670	63	5	8	35	70	25	8	20
Grilled Salmon		391	840	57	26	1.5	230	1060	35	2	4	47	35	10	15	25
Hunter Chicken		443	720	42	7	0	130	650	35	6	6	46	20	45	6	25
Prawn Spaghettini		487	1010	68	12	1	165	1620	67	5	12	28	40	15	10	25
Cacio E Pepe		273	680	39	18	1	50	850	61	3	2	19	25	0	30	20
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
Table Burger		426	1360	81	26	1	175	2500	86	6	16	63	20	20	25	70
The Table Burger Lite		411	1190	67	19	1	105	2630	96	8	13	42				
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
Crispy Chicken Sandwich		484	1200	63	9	0.5	90	2670	106	10	13	44				
Smoky Grilled BBQ Ribs		772	2090	119	42	1	385	6110	140	9	85	105	60	60	20	60
Steaks (Listed as steak only)	Modifications	Grams/Serving	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Angus Beef Sirloin 7 oz		145	280	12	5	0.4	100	430	1	0	0	40	2	0	2	30
	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	Modifications	Grams/Serving	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
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	10	0	4	15	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	Modifications	Grams/Serving	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Butter Cake		292	630	36	22	1.5	185	690	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	Modifications	Grams/Serving	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
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	840	46	5	0	5	0	5	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
Individually Baked Apple Pie		443	720	9	119	7	89	29	15	0.5	85	20	1	15
	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

Iron	Sod (mg)
15	290
7.5	145