

JOEY 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)
Daily Calorie and Sodium Requirements - Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and Seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. (Source: Health Canada)												
To Start												
Blue Cheese Fries		343	1340	104	38	1.5	195	1860	76	9	2	18
	Shared between 2	172	670	52	19	0.5	100	930	38	4	1	9
Chili Chicken	Shared between 2	148	270	10	1	0.1	35	450	28	1	13	17
	baked no breading	260	370	5	1	0	80	790	44	1	26	34
	Baked no breading shared by 2	130	180	3	0	0	40	390	22	0	13	17
Gyoza		206	490	32	7	0	55	1340	30	2	7	16
	Shared between 2	103	250	16	4	0	30	670	15	1	4	8
Hibachi Wings USA (no dip)	Full serving, no dip	369	1050	67	20	0.4	555	2620	9	2	1	94
	Shared between 2, no dip	184	520	34	10	0.2	275	1310	5	1	0	47
Parmesan Dip USA		45	160	17	3	0.0	10	170	1	0	0	1
Hot Wings	Shared between 2, no blue cheese sauce	110	420	27	8	0.3	170	820	0	0	0	41
Blue Cheese Dressing		45	220	23	2	0	20	320	1	0	1	1
Hummus (no crispy naan)	Full service, no crispy naan	253	530	40	9	0	25	1410	28	5	8	9
	Shared between 2, no crispy naan	126	270	20	4.5	0	10	710	14	2	4	5
Crispy Naan		81	360	20	3	0.1	0	220	38	1	1	5
Korean Fried Cauliflower	Full serving	248	470	28	2	0.1	0	900	48	4	19	6
	Shared between 2	124	230	14	1	0	0	450	24	2	10	3
Lettuce Wraps - Prawn (no aioli)	No aioli	511	970	54	6	0.1	200	1650	80	5	28	39
	Shared between 2 (no aioli)	255	480	27	3	0.1	100	820	40	3	14	20
Spicy aioli		30	190	20	1	0.0	25	220	0	0	0	0
Lettuce Wraps - Crispy Tofu (no aioli)	No aioli	521	870	52	6	0.1	0	1450	73	5	28	28
	Shared between 2	260	440	26	3	0.1	0	730	37	2	14	14
Spicy aioli		30	190	20	1	0.0	25	220	0	0	0	0
Lettuce Wraps - Fried Chicken (no aioli)	No aioli	511	900	44	5	0.2	85	1530	78	5	28	46
	Shared between 2 (no aioli)	255	450	22	3	0.1	40	770	39	3	14	23
Spicy aioli		30	190	20	1	0.0	25	220	0	0	0	0
Nachos		697	1530	81	33	1.5	190	3250	143	21	10	76
	Shared between 3	232	510	27	11	0.5	65	1625	48	7	3	25
Sliders Royale	Shared between 2	150	420	28	7	0	50	1030	24	1	5	18
	One slider	100	280	19	5	0.2	30	690	16	1	4	12
Yam Fries	9 oz, no spicy aioli	178	620	36	3	0.1	0	1170	72	8	21	4
	Shared between 2, no spicy aioli	89	310	18	2	0.1	0	590	36	4	11	2
Spicy Aioli		45	280	28	3	0.0	15	340	1	0	1	0
Kids Chicken Strips only		148	390	21	1.5	0.2	55	660	25	0	9	25
Honey Mustard Dressing		45	210	18	2	0	10	560	5	0	5	1
Side Fries	7 oz	118	360	19	3	0	0	830	43	5	0	5
Kids Grilled Cheese Sandwich only		127	370	18	10	1	45	910	42	4	2	12
	7 oz	118	360	19	3	0	0	830	43	5	0	5
5 Spice Ribs		308	1250	84	31	0.5	295	2140	3	1	0	78
	Shared between 2	154	630	42	15	0.3	145	1070	1	0	0	39
Truffle Parmesan Fries (no tarragon remoulade)	No Tarragon Remoulade	157	510	29	7	0.2	20	1100	49	5	0	11
	Shared between 2 (No Tarragon Remoulade)	78	250	14	3.5	0.1	10	550	24	3	0	6
Tarragon Remoulade		42	270	27	2.5	0	15	500	1	0	0	0.5
Ahi Tuna Poke		233	360	22	2.5	0	35	940	21	6	6	21
Roasted Corn Guacamole		339	680	35	4	0.1	5	1360	90	17	7	17
Crab Cake		280	700	58	6	0.1	140	1450	20	3	7	18
Harrisa Prawn		113	280	21	9	1	190	1020	3	0	0	18
Lobster + Prawn Sushi Tacos	3 tacos	154	260	12	1.5	0	40	1060	40	1	8	11
Happy Hour	Modifications	Grams/Serving	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Truffle Scented Popcorn		59	290	19	4.5	0.3	15	350	27	5	0	4
Aged Cheddar Dip		202	820	61	21	1	105	1080	46	5	1	25

Ahi Tuna Tartar	234	500	23	2	0	25	1350	56	8	6	26
Crispy Tempura Prawns	76	250	18	1	0	70	380	12	0	1	9
Crispy Tempura Prawns (Field Test)	83	290	22	2	0	65	420	12	0	1	9

Sushi	Modifications	Grams/Serving	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Osaka Style Pressed Salmon Sushi		217	400	16	2	0	40	1350	46	2	8	17
Sushi Cone		98	220	12	1	0	35	270	23	2	1	6
	With soy sauce	128	240	12	1	0	35	1380	24	2	1	8
Tuna Poke Cone	1 cone	105	190	7	1	0	10	640	26	2	5	7
Tuna Avocado Crunch Roll		261	500	23	2	0	30	1230	59	6	9	14
Starter Salad	Modifications	Grams/Serving	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Caesar Salad Starter/Side (No dressing)		130	200	17	3.5	0.1	20	470	8	2	2	5
Caesar Dressing		30	140	13	2	0	10	380	1	0	0	2
	with rotisserie chicken	234	430	29	6	0.2	105	1090	10	3	2	32
House Salad Starter (no dressing)		172	270	21	4	0.1	10	430	16	3	10	6
Champagne vinaigrette dressing		30	130	13	2	0.0	0	310	4	0	3	0
The New Cobb Starter/Side (no dressing)		80	50	2	1	0	0	65	6	1	1	2
Grana Padano dressing		45	240	23	3	0	10	390	1	0	0	2
Entrée Salad	Modifications	Grams/Serving	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Caesar Salad (no dressing)	No dressing	255	390	34	7	0.3	35	920	14	4	3	9
	No dressing, cheese or crouton	175	30	0.5	0.1	0	0	15	6	3	2	2
Caesar Dressing		60	280	26	4.5	0.1	25	760	2	0	1	4
Katsu Chicken Peanut Salad (no dressing)	No dressing	322	500	26	5	0.2	125	630	35	4	5	30
Carrot & Miso Dressing		80	150	8	1	0	0	1340	14	1	10	2
The New Cobb (no dressing)		372	480	30	8	0.2	285	1050	19	4	4	36
Grana Padano dressing		60	320	30	4	0.0	15	520	2	0	0	2
Yellowfin Tuna Salad (no dressing)	No dressing or cilantro emulsion	303	470	14	2	0	30	670	27	6	8	23
Chili Lime Dressing		60	170	13	2.5	0	0	630	15	1	12	1
Cilantro Emulsion		28	150	16	1	0.1	0	140	3	0	2	0.1
Beach Salad (no dressing)	No dressing	368	450	27	6	0.1	75	1180	29	8	12	30
	No dressing or chicken	288	260	16	3.5	0.1	15	1120	29	8	12	10
Poppyseed Dressing		70	410	42	3	1	0	260	10	0	8	1
Grilled Caesar Salad (no dressing)	No dressing	295	450	32	9	0.2	45	1930	28	8	9	16
Caesar Vinaigrette		71	100	5	2	0.1	15	1200	6	1	2	6
Mercado Salad (no dressing)	No dressing or sauce	330	430	14	1.5	0	100	1970	35	6	3	44
Peanut Sauce		20	50	3.5	0.5	0	0	290	4	1	2	2
Honey Lime Dressing		60	210	16	2	0	0	240	18	0	17	0.2
Nicoise Salad (no dressing)	No dressing	426	550	28	7	0.1	255	2480	34	5	10	32
Champagne Vinaigrette		45	190	19	2	0.0	0	470	6	0	5	0
House Salad (no dressing)	No dressing	283	280	17	5	0.2	15	220	24	5	13	12
Champagne Vinaigrette		60	250	25	3	0.0	0	630	8	0	7	0
Farmer's Market Chicken Salad (no dressing)	No dressing	335	430	19	5	0.2	90	1760	28	6	17	38
Champagne Vinaigrette		43	180	18	2	0.0	0	450	5	0	5	0
Healthy options	Subtract for no skin on rotisserie chicken	113	220	8	3	0	95	660	2	0	0	32

Sandwich & Burgers		Grams/Serving	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Listed as just sandwich with no sides												
Ahi Tuna Club		336	930	56	8	0.4	85	2260	60	3	12	41
		535	1390	81	12	0.2	150	1520	127	13	5	40
Baja Fish Tacos	No cheese, no goddess	477	1130	56	4.5	0.2	105	1170	126	13	5	32
	panfried fish	488	1030	66	11	0.1	150	1320	79	11	4	32
	Grilled chicken breast no fish	439	1080	72	12	0.1	90	1000	76	11	3	35
Baja Fish Tacos (New - 2 tacos)		373	890	51	9	0.1	95	1040	74	8	3	34
		334	710	34	3	0.1	70	790	73	8	3	29
Baja Cauliflower Tacos (New 2 tacos)		352	790	54	8	0.5	25	1820	62	10	6	13
Butcher's Sandwich		546	1130	55	14	0.1	115	4230	88	8	5	49
California Chicken Sandwich		284	920	65	14	0.3	125	1760	34	2	6	40
		348	840	55	12	1	125	1210	48	2	14	41
Hand Pressed Burger	with cheese	362	910	62	17	1	145	1770	48	1	13	46
	with cheese & bacon	401	1080	77	21	1	180	2210	50	1	14	52
	with cheese & mushrooms	462	1060	76	18	1	145	1900	51	2	15	49
	with cheese, bacon & mushrooms	500	1220	91	23	1	180	2340	53	2	16	55
Protein Style Burger		309	480	33	10	0.5	100	730	11	2	7	34
	with cheese	337	560	40	14	1	120	1290	12	2	7	40
	with cheese & bacon	350	610	45	16	1	130	1390	12	2	8	41
	with cheese & mushrooms	437	700	54	15	1	120	1420	15	3	9	42
		450	760	59	17	1	130	1520	15	3	9	44
Impossible Burger		351	750	48	11	0.3	35	1500	57	5	15	28
	with cheese	379	830	55	16	0.5	55	2060	58	5	15	33
	with cheese & bacon	392	890	60	17	0.5	65	2170	59	5	15	35
	with cheese & mushrooms	479	970	69	17	0.5	55	2200	61	6	16	36
		491	1030	74	18	0.5	65	2300	62	6	16	37
Veggie Burger		527	1310	95	14	1	35	2810	86	12	18	24
Veggie Burger US		439	1030	76	10	0.5	20	1720	72	10	10	18
Crispy Chicken Sandwich		379	950	59	7	0.5	85	2990	56	5	14	40
Mini French Dips		174	580	41	18	1	120	870	14	1	1	32

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)
BBQ Salmon Bowl	White rice	554	790	50	6	0.1	40	2360	61	4	23	26
	Brown rice	554	940	52	6	0.1	40	1950	90	7	24	29
Ahi Tuna Poke Bowl		512	780	34	6	0	30	2090	84	4	13	29
Ahi Tuna Poke		233	780	34	6	0	30	2090	84	4	13	29
Crispy Tofu Bowl		461	520	24	2.5	0	0	1330	58	4	11	16
Roasted Peanut Curry Noodle Bowl		582	1100	50	19	0.1	140	2890	127	6	22	35
Chicken Teriyaki Rice Bowl		504	580	30	3.5	0.1	50	1660	53	4	20	24
Teriyaki Vegetable Rice Bowl		584	570	28	2.5	0.1	0	1960	65	6	28	12
Mediterranean Bowl		547	790	46	10	0.2	75	1450	57	12	14	29
Mediterranean Bowl 2.0		646	960	45	8	0.2	65	2430	92	8	11	30
Butter Chicken with Premade Naan and Papadam	6 1/4 oz chicken	615	1170	44	10	0.5	145	2490	133	6	16	56
	No naan (Gluten wise)	565	1020	41	10	0.5	140	2030	108	5	14	51
	8 oz chicken	648	1220	45	11	0.5	175	2510	133	6	16	67
	No naan (Gluten wise)	598	1070	41	10	0.5	170	2060	108	5	14	62
Bombay Butter Tofu		548	1030	41	10	0.5	45	2400	138	6	16	24
	No naan (Gluten wise)	498	870	37	9	0.5	40	1950	114	5	14	19
Sake Glazed	Sablefish	489	640	40	6	0.1	80	1940	40	4	17	29
	Seabass	501	490	19	2	0.1	75	1580	41	4	17	38
Spaghetti Pomodoro		543	940	44	16	1	70	1230	105	6	17	31
	With garlic prawns	611	1060	51	17	1	205	1940	106	6	17	45
	Chicken Parmesan	671	1290	63	20	1.5	195	1860	123	7	17	58
Chicken Parmesan & Spaghetti NEW		659	1270	61	19	1.5	185	1850	122	7	17	58
Herb Crush Salmon with Mashed Potatoes & Vegetables		541	950	64	27	1.5	190	1840	53	9	8	45
Truffle Ravioli		393	890	59	33	2.0	295	1760	60	2	5	32
Steak & Black Truffle Ravioli		443	780	44	24	1.5	270	1620	42	2	4	52
Blackened Chicken		548	1110	79	18	1	195	2250	47	7	8	54
Oven Roasted Cod		525	920	49	18	0.2	95	1870	85	6	12	35

Spicy Prawn Noodles		612	1480	80	9	0.3	190	5900	139	10	52	47
Steak & Sushi	Modifications	Grams/Serving	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Steak & Pressed Salmon Sushi		444	790	34	6	0.2	130	3440	57	3	11	54
Steak & Sushi Cones 5.5 oz & salt + pepper		423	740	34	6	0.3	145	4210	54	5	4	50
Steak & Sushi Cones 5 oz		410	720	33	6	0.3	140	3550	53	4	4	47
Steak & Tuna + Avocado Roll 5.5 oz		493	880	41	7	0.3	160	3970	68	6	14	55
Steak & Tuna + Avocado Roll 5 oz		483	860	40	7	0.3	150	3960	68	6	14	52
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)
7 oz Sirloin		150	350	20	9	0.5	120	500	2	1	0	40
	Mashed potatoes GF	376	620	33	16	0.5	145	1250	38	4	2	45
	No seasoning on steak	147	350	19	9	0.5	120	160	1	0	0	40
12 oz New York Steak		251	700	44	20	2	195	550	2	1	0	71
	No seasoning on steak	249	700	43	20	2	195	200	1	1	0	70
12 oz Peppercorn New York Steak		367	950	61	31	2.5	250	1250	12	4	2	72
	No seasoning on steak	365	950	61	31	2.5	250	910	11	3	2	72
20 oz Bone-In Ribeye		451	1430	109	45	0.5	430	880	2	1	0	104
	No seasoning on steak	449	1425	109	45	1	430	540	1	1	0	104
Fillet Mignon		147	400	23	13	1	125	500	2	1	0	41
	No seasoning on steak	145	390	23	12	1	125	160	1	0	0	41
Steak Frites		336	850	48	12	0.5	110	1790	57	8	5	45
Let's Surf - steak with prawns & crab hollandaise US		312	860	67	37	3	435	1370	7	2	0	56
What comes with your steak												
Fully Loaded Crispy Mashed Potato		201	520	36	8	0.4	35	680	41	3	3	9
Grilled Seasonal Vegetables		see seasonal veg below										
Individually Baked Apple Pie with Gelato		384	610	23	12	0.4	45	330	108	4	72	6
Individually Baked Apple Pie with Ice Cream		443	720	29	15	0.5	85	290	119	7	89	9
		281	910	58	36	1	375	660	79	1	56	13
Molten Chocolate Cake with Gelato		259	790	49	30	1.5	335	440	82	5	68	12
Molten Chocolate Cake with Ice Cream		270	860	54	32	2	380	450	86	5	73	12
	shared between 2	135	430	27	16	1	190	225	43	3	37	6
1 Scoop Maple Ice Cream		131	410	25	14	0.1	295	200	36	0	33	5
1 Scoop Vanilla Ice Cream		130	410	26	16	0.2	295	210	36	2	32	5
Key Lime Pie NEW		285	800	45	26	0.3	580	600	81	1	63	15
Strawberry Crème Brulee Cheesecake		251	690	48	30	1	235	290	54	2	46	8
Butter Cake		329	860	35	21	1	185	420	128	2	102	13
Affogato Sundae		140	310	15	9	0.3	80	130	40	1	34	4
S'more Ice Cream Pie		272	660	30	20	0.4	55	560	94	2	69	7
Seasonal Veg	Modifications	Grams/Serving	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Grilled Asparagus	Entrée portion	98	100	9	3	0.3	10	260	4	2	2	2
	Side	126	100	9	3	0.3	10	260	5	2	2	3
Grilled Seasonal Vegetables	Entrée portion	151	150	15	2	0	0	6	5	2	3	2
	Side	179	160	15	2	0	0	8	7	2	4	2

Sides		Grams/Serving	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Marinated Chicken Breast no skin		62	130	6	0.5	0	50	190	0	0	0	19
Marinated Chicken Breast with skin		63	150	9	2	0	50	180	0	0	0	15
Coleslaw		131	210	18	2.5	0	20	380	9	2	6	3
Crispy Mashed Potato fully loaded		201	520	36	8	0.4	35	680	41	3	3	9
Crispy Mashed Potato no toppings		159	430	28	4.5	0.1	10	490	38	3	1	6
Garlic Bread		98	330	20	13	1	50	510	31	3	0	5
Grilled Asparagus		126	100	9	3	0.3	10	260	5	2	2	3
Grilled Prawn Skewer		92	160	11	6	0.5	155	610	2	0	0	14
Mashed Potatoes		227	270	13	6	0	25	750	37	4	2	5
Roti Chicken (3.5oz)		91	201	10	1.75	0.2	75	620	3	1	0	25
Side Aromatic Rice		198	290	4	2.5	0.2	10	540	59	2	0	5
Side Fries CAN		135	410	21	3.5	0	0	840	49	5	0	5
	With ketchup	169	445	21	3.5	0	0	1080	57	6	8	5
	No salt on fries	133	410	21	4	0	0	719	49	5	0	5
Side Fries US		149	570	35	6	0.1	0	890	57	5	0	5
	With ketchup	209	650	39	8	0.1	10	1670	64	6	3	8
	No salt on fries	147	565	35	6	0.1	0	550	56	5	0	5
Side Naan Bread Premade		70	220	9	3	0.2	15	590	31	1	2	5
Side Naan Bread Housemade		97	260	7	4	0.2	10	400	43	1	1	6
Side Papadam		10	35	0.1	0	0	0	140	6	0	0	2
Side Salmon (3 oz)		69	100	5	1	0	50	310	1	0	0	13
White Rice		227	130	0.3	0.1	0	0	590	28	0	0	3
Yam Fries with spicy aioli		247	1040	78	7	0.2	20	940	81	9	24	6
	No salt on fries	247	1040	78	7	0.2	20	740	81	9	24	6
	With ketchup	277	1080	78	7	0.2	20	1190	90	9	31	6

Dressings, Sauces & Butters	Modifications	Grams/Serving	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Red Wine Rosemary Au Jus 1 fl oz		30	5	0.1	0	0	0	230	0	0	0	0.2
Coleslaw Dressing 1 fl oz		30	130	12	1.5	0	15	240	3	0	2	1
Blue Cheese Butter		16	70	6	4	0.3	15	140	2	0	1	1
Blue Cheese Dressing 1 fl oz		30	150	15	1.5	0	15	210	1	0	1	1
Blue Cheese Sauce 1 fl oz		30	110	12	5	0.2	30	110	1	0	0	1
Buerre Blanc 1 fl oz		30	150	16	10	0.5	45	115	1	0	0	0.3
Lemon Caper Caesar Dressing 1 fl oz		30	150	15	2.5	0	15	390	1	0	0	2
Chili Lime Dressing 1 fl oz		30	90	6	1	0	0	320	7	0	6	0.3
Chipotle Mayo 1 fl oz		30	160	18	1.5	0	15	390	1	0	1	0.4
Cilantro Emulsion 1 fl oz		30	160	17	1	0.1	0	150	3	0	2	0.1
Drunkin Ginger Vinaigrette 1 fl oz		30	130	12	1	0	0	280	5	0	4	0.4
French Vinaigrette 1 fl oz		30	150	17	2	0.1	0	210	1	0	0	0.3
Garlic Butter 1 fl oz		30	180	20	13	1	50	140	2	0	0	1
Garlic Chili Sauce 1 fl oz		30	80	5	0.5	0	0	560	6	0	4	1
Green Goddess Sauce 1 fl oz		30	150	16	2	0	15	170	1	0	0	1
Hoisin Glaze 1 fl oz		30	60	0.1	0	0	0	700	13	0	11	1
Ketchup 1 fl oz		30	35	0	0	0	0	240	8	1	8	0.4
Lemon Mayo Aioli 1 fl oz		30	220	25	2	0	10	200	0	0	0	0.5
	With truffle oil	31	227	26	2	0	10	200	0	0	0	1
Mushroom Peppercorn Sauce		60	80	4	2	0	10	780	7	1	3	3
Oil & Balsamic Vinegar 1 fl oz		30	150	15	2	0	0	4	3	0	2	0.1
Parmesan Dip USA 1 fl oz		30	170	18	2	0	20	150	1	0	0	1
Peppercorn Sauce 1 fl oz		30	60	4.5	3	0.1	15	180	3	1	1	0.3
Ponzu Sauce 1 fl oz		30	15	0	0	0	0	420	2	0	0	1
Sour Cream 1 fl oz		30	50	4.5	2.5	0	15	25	2	0	2	1
Soy Chili Sauce 1 fl oz		30	250	27	2	0.1	0	140	1	0	0	0.3
Soy Chili Sauce US 1 fl oz		30	110	9	1.5	0	0	1070	4	0	0	1
Soy Sauce 1 fl oz		30	20	0	0	0	0	1690	2	0	0	3
Low Sodium Soy Sauce 1 fl oz		30	20	0	0	0	0	1110	2	0	0	2
Spicy Aioli/ Spicy Mayo 1 fl oz		30	200	22	2	0	10	240	1	0	1	0.4
Srirachi Hot Sauce 1 fl oz		30	30	0	0	0	0	600	6	0	6	0
Teriyaki Glaze 1 fl oz		30	40	0	0	0	0	730	9	0	6	1
Truffle Oil 1 fl oz		30	170	19	4.5	0	0	1	0	0	0	0
Valentina Hot Sauce 1 fl oz		30	0	0	0	0	0	380	0	0	0	0
Yogurt 1 fl oz		30	30	1.5	1	0	5	20	3	0	2	1
Miscellaneous	Modifications	Grams/Serving	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Baked Garlic Croutons (5 croutons)		10	30	1.5	1	0.1	5	45	4	0	0	1
Cheddar		28	113	10	6	0.3	30	200	0	0	0	7
Fried Gyoza		27	90	2.5	0.2	0	0	115	15	0	1	3
Parmesan Cheese		4	15	1	0.5	0	5	25	0	0	0	1
Roti Spice		1.6	5	0.1	0	0	0	200	1	0	0	0.1
Salt 1/2 tsp		2.3	0	0	0	0	0	891	0	0	0	0
Soy Chicken		100	150	1.5	0	0	0	430	4	1	1	28
Steak Spice		2.5	5	0.2	0	0	0	340	1	0	0	0.2