Saltlik Nutrition Report Nutrition Facts table label rounded report

SALTLIK NUTRITION REPORT

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April 2 2023
"Vitamin C values have been decreased by 50% from reports because this vitamin is lost easily with cooking and exposure to air

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		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	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
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

Sealeys - Goverhole	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
Hunter Chicken Prives Specified Prives S	Scallops + Gnocchi		414	800	47	10	1	90	1670	63	5	8	35	70	25	8	20
Promispage-term 487 1010 68 12 1 155 120 67 5 12 28 40 15 10 25 Cacio Flepe	Grilled Salmon		391	840	57	26	1.5	230	1060	35	2	4	47	35	10	15	
Casco Fiepe	Hunter Chicken		443	720	42	7	0	130	650	35	6	6	46	20	45	6	25
Angus Beef Presend Burger protein style with letture \$160 1410 70 23 1 150 3000 87 6 10 57 25 20 25 60 Table Burger \$150 1410 78 23 1 155 2500 52 7 5 5 1 30 20 20 25 The labe Burger \$150 1410 78 25 1 25 25 25 88 8 6 16 63 20 20 25 The labe Burger \$150 1410 78 25 25 25 70 The labe Burger \$150 1410 78 25 25 25 70 The labe Burger \$150 1410 78 25 25 25 70 The labe Burger \$150 1410 78 25 25 25 70 The labe Burger \$150 1410 78 25 25 25 70 The labe Burger \$150 1410 78 25 25 25 70 The labe Burger \$150 1410 78 25 25 70 The labe Burger \$150 1410 78 25 25 70 The labe Burger \$150 1410 78 25 25 70 The labe Burger \$150 1410 78 25 25 70 The labe Burger \$150 1410 78 25 25 70 The labe Burger \$150 1410 78 25 25 70 The labe Burger \$150 1410 78 25 25 70 The labe Burger \$150 1410 78 25 25 70 The labe Burger \$150 1410 1410 1410 1410 1410 1410 The labe Burger \$150 1410 1410 1410 1410 1410 The labe Burger \$150 1410 1410 1410 1410 1410 1410 The labe Burger \$150 1410 1410 1410 1410 1410 1410 1410 The labe Burger \$150 1410 1410 1410 1410 1410 1410 1410 The labe Burger \$150 1410 1410 1410 1410 1410 1410 1410 The labe Burger \$150 1410 1410 1410 1410 1410 1410 1410 The labe Burger \$150 1410 1410 1410 1410 1410 1410 1410 The labe Burger \$150 1410 1410 1410 1410 1410 1410 1410 The labe Burger \$150 1410 1410 1410 1410 1410 1410 1410 The labe Burger \$150 1410 1410 1410 1410 1410 1410 1410 The labe Burger \$150 1410 1410 1410 1410 1410 1410 1410 The labe Burger \$150 1410 1410 1410 1410 1410 1410 1410 The labe Burger \$150	Prawn Spaghettini		487	1010	68	12	1	165	1620	67	5	12	28	40	15	10	25
Angeleer Prescribe Surger Table Burger Table Burger The burger May be with letture be 156 140 78 23 1 155 2600 85 7 5 51 30 20 20 45 The burger May be with letture be 121 2020 119 34 3 100 6400 180 34 39 66 30 70 30 130 The burger May be with letture be 1221 2020 119 35 3 100 6400 180 34 39 66 30 70 30 130 Spring Giffeed Chickens Sandwich 466 1210 81 15 1 105 2540 87 8 9 35 35 25 25 26 Spring Giffeed Chickens Sandwich 466 1210 81 15 1 105 2540 87 8 9 35 35 25 25 25 Spring Giffeed Chickens Sandwich 466 1210 81 15 1 105 2540 87 8 9 35 35 25 25 25 Spring Giffeed Chickens Sandwich 466 470 470 470 470 470 470 Spring Giffeed Chickens Sandwich 466 470 470 470 470 470 Spring Giffeed Chickens Sandwich 466 470 470 470 470 470 470 470 Spring Giffeed Chickens Sandwich 466 470 470 470 470 470 470 470 Spring Giffeed Chickens Sandwich 470 470 470 470 470 470 470 470 Spring Giffeed Chickens Sandwich 470 470 470 470 470 470 470 Spring Giffeed Chickens Sandwich 470	Cacio E Pepe		273	680	39	18	1	50	850	61	3	2	19	25	0	30	20
Table Borger Table	Angur Boof Brossed Burger						1				6	10					
The table Burger Life	Aligus beel Flessed bulgel	protein style with lettuce	516	1140	78	23	1	155	2600	52	7	5	51	30	20	20	45
Permium Steak Sandwich 7 oz sirkeim 7 noz lifetimgen 1 2020 1 19 34 3 190 6400 1800 34 39 68 30 70 30 130 5 psyc gliffed Chicken Sandwich 9 control style with lettuce 4 15 800 55 10 10 0.0 2 70 180 180 34 39 68 30 70 30 130 5 psyc gliffed Chicken Sandwich 9 control style with lettuce 4 15 800 55 10 0.0 2 70 180 180 180 180 180 180 180 180 180 18							1				6	16		20	20	25	70
Permanus Nata Asindrovich	The Table Burger Lite				67	19	1				8	13					
Treather Improve 1.05 200 119 35 3 190 6410 180 34 39 68 30 70 30 140 150 150 140 150 150 140 150 150 150 150 150 150 150 150 150 15	Dromium Stock Sandwich						3										
Specified Christens Analyses 415 830 56 10 0.2 70 1990 52 10 4 27 35 20 15 25	Premium steak sandwich	7 oz filet mignon			119		3				34	39					
Part Process Part Process Part P	Saint Cailled Chicken Sandwich		406	1210	81	15	1	105	2540	87	8	9	35	35	25	25	40
Series S	Spicy Griffed Chicken Salldwich	protein style with lettuce			56	10		70			10	4		35	20	15	25
Setax Listed as states (only) Modifications Grams/Serving Cals Keal) Fat (g) Safa (g) Fat (g)					63	9	0.5				10		44				
Angus Beef Sirioin 7 oz 145 280 12 5 0.4 100 430 1 0 0 40 2 0 2 30 4 Flet Mignon 7 oz 130 280 11 6 0.4 100 430 1 0 0 0 41 2 0 2 0 2 40 Flet Mignon 10 oz 184 410 16 8 0.5 140 530 1 1 0 0 0 41 2 0 2 60 2 40 Flet Mignon 10 0z 184 410 16 8 0.5 140 530 1 1 0 0 58 2 0 0 2 60 Flet Mignon 10 0z 184 410 16 8 0.5 140 530 1 1 1 0 0 58 2 0 0 2 60 Flet Mignon 10 0z 184 410 16 8 0.5 140 530 1 1 1 0 0 58 2 0 0 2 60 Flet Mignon 10 0z 184 410 16 8 0 0 5 140 530 1 1 1 0 0 58 2 0 0 2 60 Flet Mignon 10 0z 184 410 10 10 10 10 1 1 0 0 58 2 0 0 2 60 Flet Mignon 10 0z 184 410 10 10 10 10 10 10 10 10 10 10 10 10 1											9	85					
Filet Migron 10 cs 134 410 16 8 0.4 100 830 1 0 0 41 2 0 2 40 80 80 11 6 0.4 100 830 1 0 0 41 2 0 2 40 80 80 80 11 1 0 0 58 2 0 2 40 80 80 80 80 11 1 0 0 58 2 0 0 2 60 80 80 80 80 80 80 80 80 80 80 80 80 80		Modifications	Grams/Serving		Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Filest Milgroom 10 or 10 or 18	Angus Beef Sirloin 7 oz				12	5			430	1	0	0	40	2	0	2	30
Bone-Inkileye 18 or	Filet Misses		130	280	11	6	0.4	100	430	1	0	0	41	2	0	2	40
New York Stripfon 11 or 12 15 15 15 15 15 15 15		10 oz				8					1	0		2	0	2	
Stack Additions Modifications Gramt/Serving Cale (licat) Falt (g) Salfat (g) Transfat (g) Chol (mg) Sod (mg) Carb (g) Fib (g) Sugar (g) Frot (g) Vit A Vit C Calcium Transfat (g) Chol (mg) Carb (g) Fib (g) Sugar (g) Frot (g) Vit A Vit C Calcium Transfat (g) Chol (mg) Carb (g) Fib (g) Sugar (g) Frot (g) Vit A Vit C Calcium Transfat (g) Chol (mg) Carb (g) Fib (g) Sugar (g) Frot (g) Vit A Vit C Calcium Transfat (g) Chol (mg) Carb (g)										2	1			6		8	
Lobster Mashed Potatoes 391 630 41 23 1 130 120 49 5 3 18 30 2 15 20 20 20 20 20 20 20 2	New York Striploin 11 oz		215	540	29	12	1	155	530		1	0	64	2	0	2	45
Peopercom Sauce 41 130 10 6 0.3 30 440 4 1 1 1 1 10 0 4 15		Modifications			Fat (g)		TransFat (g)				Fib (g)	Sugar (g)			Vit C		
Beamake Sauce Sauce Multiproms \$ 95 \$170 \$18 \$3 0.2 10 0.10 0.0 0.0 0.0 2 35 0.0 0.0 4 2 2 2 2 2 2 2 2 2			391			23				49	5	3	18		2	15	
Sate of Mushrooms 95 170 18 3 0.2 10 410 3 1 1 2 4 3 0 4	Peppercorn Sauce		41		10	6	0.3	30	440	4	1	1	1	10	0	4	15
Red Wine Succe 45 80 2 1 0 5 420 7 1 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2						24					0	0		35	0	4	2
To End Modifications Grams/Serving Cals (local) Fat (g) SatFat (g) TransFat (g) Chol (mg) Sod (mg) Carb (g) Fib (g) Sugar (g) Prot (g) Vit A Vit C Calcium Iron Substitute Calcium Carb (g) Fib (g) Sugar (g) Prot (g) Vit A Vit C Calcium Iron Substitute Calcium Carb (g) Fib (g) Sugar (g) Prot (g) Vit A Vit C Calcium Iron Substitute Calcium Carb (g) Fib (g) Sugar (g) Prot (g) Vit A Vit C Calcium Iron Substitute Calcium Carb (g) Fib (g) Sugar (g) Prot (g) Vit A Vit C Calcium Iron Carb (g) Fib (g) Sugar (g) Prot (g) Vit A Vit C Calcium Iron Carb (g) Fib (g) Sugar (g) Prot (g) Vit A Vit C Calcium Iron Carb (g) Fib (g) Sugar (g) Prot (g) Vit A Vit C Calcium Iron Carb (g) Fib (g) Sugar (g) Prot (g) Vit A Vit C Calcium Iron Carb (g) Fib (g) Sugar (g) Prot (g) Vit A Vit C Calcium Iron Carb (g) Fib (g) Sugar (g) Prot (g) Vit A Vit C Calcium Iron Carb (g) Fib (g) Sugar (g) Prot (g) Vit A Vit C Calcium Iron Carb (g) Fib (g) Sugar (g) Prot (g) Vit A Vit C Calcium Iron Fib (g) Sugar (g) Prot (g) Vit A Vit C Calcium Iron Fib (g) Sugar (g) Prot (g) Vit A Vit C Calcium Iron Fib (g) Sugar (g) Prot (g) Vit A Vit C Calcium Iron Fib (g) Fib (g) Sugar (g) Prot (g) Vit A Vit C Calcium Iron Fib (g) Fib (g) Sugar (g) Prot (g) Vit A Vit C Calcium Iron Fib (g) Fib (g) Sugar (g) Prot (g) Vit A Vit C Calcium Iron Fib (g) Fib (g) Sugar (g) Fib (g) Sugar (g) Fib (g) Sugar (g) Fib (g) Fib (g) Sugar (g) Fib (g) Suga						3		10			1	1	-	4	3	0	4
Butter Cake 122 830 36 22 1.5 185 890 117 2 88 12 25 4 25 15 15 15 16 16 17 18 18 18 18 18 18 18 18 18 18 18 18 18						1		5			1	2	2		2		2
Handmade Apple Pie Sick Toffee Pudding 9 940 41 18 0.5 40 500 133 5 73 9 15 0 20 25 Sick Toffee Pudding 9 780 48 29 1.5 330 440 84 5 70 11 40 0 5 25 20 Modifications Grant/Serving Cale (Law) Fat(g) State(g) Transfat(g) Chol(mg) Sod(mg) Carle (g) Fib (g) Sugar (g) Prot (g) VIA VIA C Calcium Iron Plawn Skewer 128 20 16 7 no.5 185 20 6 70 18 25 20 10 15 Farmhouse Greens 9 4 160 12 2 0 5 5 470 9 1 2 3 4 2 25 16 4 Academic Calcium Characteristics (G) Fat		Modifications			Fat (g)		TransFat (g)	Chol (mg)	Sod (mg)		Fib (g)	Sugar (g)	Prot (g)		Vit C	Calcium	
Sticky Toffee Pudding 96 880 40 24 1 165 320 126 3 88 10 40 0 20 20 20 Molten Chocale Cake 269 780 48 29 1.5 330 440 84 5 70 11 40 5 1.5 35 15 35 165 165 165 165 165 165 165 165 165 16	Butter Cake			830	36	22	1.5	185	890	117	2	88	12		4	25	
Molten Chocolate Cake 269 780 48 29 1.5 330 440 84 5 70 11 40 5 15 35 Sides Modifications Gram/Serving Cak (kral) Fat(g) Satfat(g) TransFat (g) Chol (mg) Sod (mg) Cab (g) Fib (g) Sugr (g) Prot (g) VIR A VRC Cakium Iron 6 Fries 8 co 128 390 20 3.5 0 0 840 46 5 0 5 0 10 0 15 6 4 10 1 2 25 6 4 4 2 25 6 4 4 4 2 25 6 4 4 4 2 25 6 4 4 4 2 25 6 4 4 4 2 25 6 4 4 4 2 25 15 8 10 1							0.5				5		9		0	20	
Sides Modifications Gram/Serving Cals (lacu) Fat (g) Suffat (g) TransFat (g) Chol (mg) Sod (mg) Cab (g) Fib (g) Sugar (g) Prot (g) Vit A Vit C Calcium Iron Pawn Skewer 138 230 16 7 0.5 185 920 6 2 0 18 25 20 10 6 Fires 8 cr 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 Radicchion And Isle Salad 147 400 34 8 0.1 135 750 9 1 2 12 25 6 4 Cup of French Soup 240 360 22 10 0.3 55 1180	Sticky Toffee Pudding				40	24		165	320	126	3	88	10	40	0	20	
Prawn Skewer 138 230 16 7 0.5 185 920 6 2 0 18 25 20 10 6 Fries 8 or 128 390 20 3.5 0 0 840 46 5 0 5 0 10 0 15 Farmbuse Greens 94 160 12 2 0 0 5 470 9 2 3 4 2 25 6 4 8 8 adicchio and Kale Salad 147 400 34 8 0.1 135 750 9 1 2 2 12 25 15 8 10 Cup Friench 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 2 4 3 0 4					48	29	1.5	330	440		5	70	11		5		35
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 A Radicchio and Kale Salad 147 400 34 8 0.1 135 750 9 1 2 12 25 15 8 10 Cup of French Stup 240 360 22 10 0.3 55 1180 26 2 9 16 10 5 30 10 Sauteed Mulsthroms 95 170 18 3 0.2 10 410 3 1 1 2 4 3 0 4	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
Farmhouse Greens 94 160 12 2 0 5 470 9 2 3 4 2 25 6 4 Radicthio 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			138	230	16	7	0.5	185	920	6	2	0	18	25	20	10	6
Radicchio and Kale Salad 147 400 34 8 0.1 135 750 9 1 2 12 25 15 8 10 Cup of French Soup 2 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	Fries 8 oz		128	390	20	3.5	0	0	840	46	5	0	5	0	10	0	15
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			94	160	12	2	0	5	470	9	2	3	4	2	25	6	4
Sauteed Mushrooms 95 170 18 3 0.2 10 410 3 1 1 2 4 3 0 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
Roasted Mushrooms 318 580 59 12 1 35 1590 10 3 5 8 15 10 2 15	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	Cal	cium
Individually Baked Apple Pie		443	720) 9	9 119)	7 89	29	15	0.5	85	, (20	1	15
	shared between 2	221.5	360	4.5	5 59.5	3.5	5 44.5	14.5	7.5	0.25	42.5	<u>,</u>	10	0.5	7.5

Iron	Sod (mg)						
	15	290					
	7.5	145					