Joey Nutrition Report

Nutrition Facts table label rounded report

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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
ily Calorie and Sodium Requirements - Healthy adu	ılts should aim for 1,500 to 2,300 milligrams of sodiu	m per day. Children an	d Seniors need les	s. Healthy adults	should aim for 2,	000 to 2,400 calorie	s per day. Individ	ual needs vary dep	ending on age, act	ivity level and ge	nder. (Source: Hea	lth 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
Chilli Chilata	Shared between 2	148	270	10	1	0.1	35	450	28	1	13	1
Chili Chicken	baked no breading	260	370	5	1 0	0	80 40	790	44	1	26	3
	Baked no breading shared by 2	130 206	180 490	3	7	0		390	22	0	13 7	
Gyoza	Shared between 2	103	250	32 16	4	0	55 30	1340 670	30 15	2 1	4	
	Full serving, no dip	369	1050	67	20	0.4	555	2620	9	2	1	
Hibachi Wings USA (no dip)	Shared between 2, no dip	184	520	34	10	0.2	275	1310	5	1	0	
Parmesan Dip USA	Sharea between 2, no aip	45	160	17	3	0.0	10	170	1	0	0	
Hot Wings	Shared between 2, no blue cheese sauce	110	420	27	8	0.3	170	820	0	0	0	
Blue Cheese Dressing		45	220	23	2	0	20	320	1	0	1	
· ·	Full service, no crispy naan	253	530	40	9	0	25	1410	28	5	8	
Hummus (no crispy naan)	Shared between 2, no crispy naan	126	270	20	4.5	0	10	710	14	2	4	
Crispy Naan		81	360	20	3	0.1	0	220	38	1	1	
Korean Fried Cauliflower	Full serving	248	470	28	2	0.1	0	900	48	4	19	
Korean Fried Cadimower	Shared between 2	124	230	14	1	0	0	450	24	2	10	
Lettuce Wraps - Prawn (no aioli)	No aioli	511	970	54	6	0.1	200	1650	80	5	28	
Lettace wraps Trawn (no alon)	Shared between 2 (no aioli)	255	480	27	3	0.1	100	820	40	3	14	
Spicy aioli		30	190	20	1	0.0	25	220	0	0	0	
Lettuce Wraps - Crispy Tofu (no aioli)	No aioli	521	870	52	6	0.1	0	1450	73	5	28	
	Shared between 2	260	440	26	3	0.1	0	730	37	2	14	
Spicy aioli		30	190	20	1	0.0	25	220	0	0	0	
Lettuce Wraps - Fried Chicken (no aioli)	No aioli	511	900	44	5	0.2	85	1530	78	5	28	
	Shared between 2 (no aioli)	255	450	22	3	0.1	40	770	39	3	14	
Spicy aioli		30	190	20	1	0.0	25	220	0	0	0	
Nachos	Shared between 3	697 232	1530 510	81 27	33 11	1.5 0.5	190 65	3250 1625	143 48	21 7	10 3	
	Shared between 2	150	420	28	7	0.5	50	1023	24	1	5	
Sliders Royale	One slider	100	280	19	5	0.2	30	690	16	1	4	
	9 oz, no spicy aioli	178	620	36	3	0.1	0	1170	72	8	21	
Yam Fries	Shared between 2, no spicy aioli	89	310	18	2	0.1	0	590	36	4	11	
Spicy Aioli	· ,	45	280	28	3	0.0	15	340	1	0	1	
Kids Chicken Strips only		148	390	21	1.5	0.2	55	660	25	0	9	
Honey Mustard Dressing		45	210	18	2	0	10	560	5	0	5	
Side Fries	7 oz	118	360	19	3	0	0	830	43	5	0	
Kids Grilled Cheese Sandwich only		127	370	18	10	1	45	910	42	4	2	
Side Fries	7 oz	118	360	19	3	0	0	830	43	5	0	
5 Spice Ribs		308	1250	84	31	0.5	295	2140	3	1	0	
3 Spice rius	Shared between 2	154	630	42	15	0.3	145	1070	1	0	0	
uffle Parmesan Fries (no tarragon remoulade)	No Tarragon Remoulade	157	510	29	7	0.2	20	1100	49	5	0	
ame rannesan rines (no tarragon remodiade)	Shared between 2 (No Tarragon Remoulade)	78	250	14	3.5	0.1	10	550	24	3	0	
Tarragon Remoulade		42	270	27	2.5	0	15	500	1	0	0	(
Ahi Tuna Poke		233	360	22	2.5	0	35	940	21	6	6	
Roasted Corn Guacamole		339	680	35	4	0.1	5	1360	90	17	7	
Crab Cake		280	700	58	6	0.1	140	1450	20	3	7	
Harrisa Prawn		113	280	21	9	1	190	1020	3	0	0	
Lobster + Prawn Sushi Tacos	3 tacos	154	260	12	1.5	0	40	1060	40	1	8	
Truffle Scented Popcorn		59	290	19	4.5	0.3	15	350	27	5	0	
Aged Cheddar Dip		202	820	61	21	1	105	1080	46	5	1	
Ahi Tuna Tartar		234	500	23	2	0	25	1350	56	8	6	:

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
Frito Misto	303	1020	66	7	0.2	155	1680	75	4	4	23

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
Sustili Colle	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
armer'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		0.1	90	1000	76	11	3	35
Baja Fish Tacos (New - 2 tacos)					12							
Daia I ISII Tacus (INCW - 2 lacus)		373	890	51	9	0.1	95	1040	74	8	3	34
	No cheese, no goddess	334	710	51 34	9 3	0.1 0.1	95 70	1040 790	74 73	8 8	3	29
Baja Cauliflower Tacos (New 2 tacos)	No cheese, no goddess	334 352	710 790	51 34 54	9 3 8	0.1 0.1 0.5	95 70 25	1040 790 1820	74 73 62	8 8 10	3 6	29 13
Baja Cauliflower Tacos (New 2 tacos) Butcher's Sandwich	No cheese, no goddess	334 352 546	710 790 1130	51 34 54 55	9 3 8 14	0.1 0.1 0.5 0.1	95 70 25 115	1040 790 1820 4230	74 73 62 88	8 8 10 8	3 6 5	29 13 49
Baja Cauliflower Tacos (New 2 tacos)	No cheese, no goddess	334 352 546 284	710 790 1130 920	51 34 54 55 65	9 3 8 14 14	0.1 0.1 0.5	95 70 25 115 125	1040 790 1820 4230 1760	74 73 62 88 34	8 8 10 8 2	3 6 5 6	29 13 49 40
Baja Cauliflower Tacos (New 2 tacos) Butcher's Sandwich		334 352 546 284 348	710 790 1130 920 840	51 34 54 55 65	9 3 8 14 14	0.1 0.1 0.5 0.1 0.3	95 70 25 115 125 125	1040 790 1820 4230 1760 1210	74 73 62 88 34 48	8 8 10 8 2 2	3 6 5 6 14	29 13 49 40 41
Baja Cauliflower Tacos (New 2 tacos) Butcher's Sandwich California Chicken Sandwich	with cheese	334 352 546 284 348 362	710 790 1130 920 840 910	51 34 54 55 65 55 62	9 3 8 14 14 12 17	0.1 0.1 0.5 0.1	95 70 25 115 125 125 145	1040 790 1820 4230 1760 1210 1770	74 73 62 88 34 48	8 8 10 8 2	3 6 5 6 14 13	29 13 49 40 41
Baja Cauliflower Tacos (New 2 tacos) Butcher's Sandwich	with cheese with cheese & bacon	334 352 546 284 348 362 401	710 790 1130 920 840 910 1080	51 34 54 55 65 55 62 77	9 3 8 14 14 12 17 21	0.1 0.1 0.5 0.1 0.3 1 1	95 70 25 115 125 125 145 180	1040 790 1820 4230 1760 1210 1770 2210	74 73 62 88 34 48 48	8 8 10 8 2 2 2 1	3 6 5 6 14 13 14	29 13 49 40 41 46 52
Baja Cauliflower Tacos (New 2 tacos) Butcher's Sandwich California Chicken Sandwich	with cheese with cheese & bacon with cheese & mushrooms	334 352 546 284 348 362 401 462	710 790 1130 920 840 910 1080 1060	51 34 54 55 65 55 62 77 76	9 3 8 14 14 12 17 21 18	0.1 0.5 0.1 0.3 1 1 1	95 70 25 115 125 125 145 180 145	1040 790 1820 4230 1760 1210 1770 2210 1900	74 73 62 88 34 48 48 50	8 8 10 8 2 2 1 1 1 2	3 6 5 6 14 13 14 15	29 13 49 40 41 46 52 49
Baja Cauliflower Tacos (New 2 tacos) Butcher's Sandwich California Chicken Sandwich	with cheese with cheese & bacon	334 352 546 284 348 362 401 462 500	710 790 1130 920 840 910 1080 1060 1220	51 34 54 55 65 55 62 77 76 91	9 3 8 14 14 12 17 21 18 23	0.1 0.1 0.5 0.1 0.3 1 1 1	95 70 25 115 125 125 145 180 145 180	1040 790 1820 4230 1760 1210 1770 2210 1900 2340	74 73 62 88 34 48 48 50 51	8 8 10 8 2 2 1 1 1 2	3 6 5 6 14 13 14 15	29 13 49 40 41 46 52 49 55
Baja Cauliflower Tacos (New 2 tacos) Butcher's Sandwich California Chicken Sandwich	with cheese with cheese & bacon with cheese & mushrooms with cheese, bacon & mushrooms	334 352 546 284 348 362 401 462 500 309	710 790 1130 920 840 910 1080 1060 1220 480	51 34 54 55 65 55 62 77 76 91	9 3 8 14 14 12 17 21 18 23	0.1 0.5 0.1 0.3 1 1 1 1 1 0.5	95 70 25 115 125 125 145 180 145 180	1040 790 1820 4230 1760 1210 1770 2210 1900 2340 730	74 73 62 88 34 48 48 50 51	8 8 10 8 2 2 1 1 1 2 2	3 6 5 6 14 13 14 15 16	29 13 49 40 41 46 52 49 55
Baja Cauliflower Tacos (New 2 tacos) Butcher's Sandwich California Chicken Sandwich Hand Pressed Burger	with cheese with cheese & bacon with cheese & mushrooms with cheese, bacon & mushrooms with cheese	334 352 546 284 348 362 401 462 500 309 337	710 790 1130 920 840 910 1080 1060 1220 480 560	51 34 54 55 65 55 62 77 76 91 33 40	9 3 8 14 14 12 17 21 18 23 10	0.1 0.5 0.1 0.3 1 1 1 1 0.5	95 70 25 115 125 125 145 180 145 180 100	1040 790 1820 4230 1760 1210 1770 2210 1900 2340 730 1290	74 73 62 88 34 48 48 50 51 53 11	8 8 10 8 2 2 1 1 1 2 2 2	3 6 5 6 14 13 14 15 16 7	29 13 49 40 41 46 52 49 55 34
Baja Cauliflower Tacos (New 2 tacos) Butcher's Sandwich California Chicken Sandwich	with cheese with cheese & bacon with cheese & mushrooms with cheese, bacon & mushrooms with cheese with cheese	334 352 546 284 348 362 401 462 500 309 337 350	710 790 1130 920 840 910 1080 1060 1220 480 560 610	51 34 54 55 65 55 62 77 76 91 33 40 45	9 3 8 14 14 12 17 21 18 23 10 14	0.1 0.5 0.1 0.3 1 1 1 1 1 0.5	95 70 25 115 125 125 145 180 145 180 100 120	1040 790 1820 4230 1760 1210 1770 2210 1900 2340 730 1290 1390	74 73 62 88 34 48 48 50 51 53 11 12	8 8 10 8 2 2 1 1 1 2 2 2 2 2	3 6 5 6 14 13 14 15 16 7	29 13 49 40 41 46 52 49 55 34 40 41
Baja Cauliflower Tacos (New 2 tacos) Butcher's Sandwich California Chicken Sandwich Hand Pressed Burger	with cheese with cheese & bacon with cheese & mushrooms with cheese, bacon & mushrooms with cheese	334 352 546 284 348 362 401 462 500 309 337 350 437	710 790 1130 920 840 910 1080 1060 1220 480 560 610 700	51 34 54 55 65 55 62 77 76 91 33 40 45	9 3 8 14 14 12 17 21 18 23 10 14 16	0.1 0.5 0.1 0.3 1 1 1 1 0.5	95 70 25 115 125 125 145 180 145 180 100 120 130 120	1040 790 1820 4230 1760 1210 1770 2210 1900 2340 730 1290 1390 1420	74 73 62 88 34 48 48 50 51 53 11	8 8 10 8 2 2 1 1 1 2 2 2	3 6 5 6 14 13 14 15 16 7 7 8 9	29 13 49 40 41 46 52 49 55 34
Baja Cauliflower Tacos (New 2 tacos) Butcher's Sandwich California Chicken Sandwich Hand Pressed Burger	with cheese with cheese & bacon with cheese & mushrooms with cheese, bacon & mushrooms with cheese with cheese	334 352 546 284 348 362 401 462 500 309 337 350 437 450	710 790 1130 920 840 910 1080 1060 1220 480 560 610 700 760	51 34 54 55 65 55 62 77 76 91 33 40 45 54	9 3 8 14 14 12 17 21 18 23 10 14 16 15	0.1 0.1 0.5 0.1 0.3 1 1 1 1 0.5 1 1	95 70 25 115 125 125 145 180 145 180 100 120 130 120 130	1040 790 1820 4230 1760 1210 1770 2210 1900 2340 730 1290 1390 1420 1520	74 73 62 88 34 48 48 50 51 53 11 12 12 12 15	8 8 10 8 2 2 1 1 1 2 2 2 2 2 2 3 3	3 6 5 6 14 13 14 15 16 7 7 8 9	29 13 49 40 41 46 52 49 55 34 40 41 42 44
Baja Cauliflower Tacos (New 2 tacos) Butcher's Sandwich California Chicken Sandwich Hand Pressed Burger	with cheese with cheese & bacon with cheese & mushrooms with cheese, bacon & mushrooms with cheese with cheese & bacon with cheese & mushrooms with cheese, bacon & mushrooms	334 352 546 284 348 362 401 462 500 309 337 350 437 450 351	710 790 1130 920 840 910 1080 1060 1220 480 560 610 700 760	51 34 54 55 65 55 62 77 76 91 33 40 45 54 59	9 3 8 14 14 12 17 21 18 23 10 14 16 15 17	0.1 0.5 0.1 0.3 1 1 1 1 0.5 1 1 1 0.5	95 70 25 115 125 125 145 180 145 180 100 120 130 120 130 35	1040 790 1820 4230 1760 1210 1770 2210 1900 2340 730 1290 1390 1420 1520 1500	74 73 62 88 34 48 48 50 51 53 11 12 12 15 15	8 8 10 8 2 2 1 1 1 2 2 2 2 2 2 3 3 3	3 6 5 6 14 13 14 15 16 7 7 8 9 9	29 13 49 40 41 46 52 49 55 34 40 41 42 44
Baja Cauliflower Tacos (New 2 tacos) Butcher's Sandwich California Chicken Sandwich Hand Pressed Burger Protein Style Burger	with cheese with cheese & bacon with cheese & mushrooms with cheese, bacon & mushrooms with cheese with cheese & bacon with cheese & mushrooms with cheese & mushrooms with cheese, bacon & mushrooms	334 352 546 284 348 362 401 462 500 309 337 350 437 450 351 379	710 790 1130 920 840 910 1080 1060 1220 480 560 610 700 760 750 830	51 34 54 55 65 55 62 77 76 91 33 40 45 54 59 48	9 3 8 14 14 12 17 21 18 23 10 14 16 15 17 11	0.1 0.1 0.5 0.1 0.3 1 1 1 1 0.5 1 1 1 1 0.5	95 70 25 115 125 125 145 180 145 180 100 120 130 120 130 35 55	1040 790 1820 4230 1760 1210 1770 2210 1900 2340 730 1290 1390 1420 1520 1500 2060	74 73 62 88 34 48 48 50 51 53 11 12 12 15 15 57 58	8 8 10 8 2 2 1 1 2 2 2 2 2 2 3 3 3 5 5	3 6 5 6 14 13 14 15 16 7 7 8 9 9	29 13 49 40 41 46 52 49 55 34 40 41 42 44 28 33
Baja Cauliflower Tacos (New 2 tacos) Butcher's Sandwich California Chicken Sandwich Hand Pressed Burger	with cheese with cheese & bacon with cheese & mushrooms with cheese, bacon & mushrooms with cheese with cheese & bacon with cheese & mushrooms with cheese, bacon & mushrooms with cheese, bacon & bacon	334 352 546 284 348 362 401 462 500 309 337 350 437 450 351 379 392	710 790 1130 920 840 910 1080 1060 1220 480 560 610 700 760 750 830 890	51 34 54 55 65 55 62 77 76 91 33 40 45 54 59 48 55 60	9 3 8 14 14 12 17 21 18 23 10 14 16 15 17 11 16	0.1 0.5 0.1 0.3 1 1 1 1 0.5 1 1 1 0.5 5 0.5 0.5	95 70 25 115 125 125 145 180 145 180 100 120 130 120 130 35 55 65	1040 790 1820 4230 1760 1210 1770 2210 1900 2340 730 1290 1390 1420 1520 1500 2060 2170	74 73 62 88 34 48 48 50 51 53 11 12 12 15 15 57 58 59	8 8 10 8 2 2 1 1 1 2 2 2 2 2 2 3 3 3	3 6 5 6 14 13 14 15 16 7 7 8 9 9 9	29 13 49 40 41 46 52 49 55 34 40 41 42 44 28 33 35
Baja Cauliflower Tacos (New 2 tacos) Butcher's Sandwich California Chicken Sandwich Hand Pressed Burger Protein Style Burger	with cheese with cheese & bacon with cheese & mushrooms with cheese, bacon & mushrooms with cheese with cheese & bacon with cheese & mushrooms with cheese & mushrooms with cheese, bacon & mushrooms	334 352 546 284 348 362 401 462 500 309 337 350 437 450 351 379	710 790 1130 920 840 910 1080 1060 1220 480 560 610 700 760 750 830 890 970	51 34 54 55 65 55 62 77 76 91 33 40 45 54 59 48 55 60 69	9 3 8 14 14 14 12 17 21 18 23 10 14 16 15 17 11 16 17	0.1 0.5 0.1 0.3 1 1 1 1 0.5 1 1 1 0.5 5 0.5 0.5 0.5 0.5	95 70 25 115 125 125 145 180 145 180 100 120 130 120 130 35 55	1040 790 1820 4230 1760 1210 1770 2210 1900 2340 730 1290 1390 1420 1520 1500 2060	74 73 62 88 34 48 48 50 51 53 11 12 12 15 15 57 58	8 8 10 8 2 2 1 1 2 2 2 2 2 2 3 3 3 5 5	3 6 5 6 14 13 14 15 16 7 7 8 9 9 9 15 15 15	29 13 49 40 41 46 52 49 55 34 40 41 42 44 28 33 35 36
Baja Cauliflower Tacos (New 2 tacos) Butcher's Sandwich California Chicken Sandwich Hand Pressed Burger Protein Style Burger	with cheese with cheese & bacon with cheese & mushrooms with cheese, bacon & mushrooms with cheese with cheese & bacon with cheese & mushrooms with cheese, bacon & mushrooms with cheese, bacon & bacon	334 352 546 284 348 362 401 462 500 309 337 350 437 450 351 379 392	710 790 1130 920 840 910 1080 1060 1220 480 560 610 700 760 750 830 890	51 34 54 55 65 55 62 77 76 91 33 40 45 54 59 48 55 60	9 3 8 14 14 12 17 21 18 23 10 14 16 15 17 11 16	0.1 0.5 0.1 0.3 1 1 1 1 0.5 1 1 1 0.5 5 0.5 0.5	95 70 25 115 125 125 145 180 145 180 100 120 130 120 130 35 55 65	1040 790 1820 4230 1760 1210 1770 2210 1900 2340 730 1290 1390 1420 1520 1500 2060 2170	74 73 62 88 34 48 48 50 51 53 11 12 12 15 15 57 58 59	8 8 10 8 2 2 1 1 1 2 2 2 2 2 2 2 3 3 5 5 5	3 6 5 6 14 13 14 15 16 7 7 8 9 9 9	29 13 49 40 41 46 52 49 55 34 40 41 42 44
Baja Cauliflower Tacos (New 2 tacos) Butcher's Sandwich California Chicken Sandwich Hand Pressed Burger Protein Style Burger	with cheese with cheese & bacon with cheese & mushrooms with cheese, bacon & mushrooms with cheese with cheese & bacon with cheese & mushrooms with cheese, bacon & mushrooms with cheese, bacon & mushrooms with cheese with cheese & bacon with cheese & bacon with cheese & mushrooms	334 352 546 284 348 362 401 462 500 309 337 350 437 450 351 379 392 479 491 527	710 790 1130 920 840 910 1080 1060 1220 480 560 610 700 760 750 830 890 970 1030 1310	51 34 54 55 65 55 62 77 76 91 33 40 45 54 59 48 55 60 69 74 95	9 3 8 14 14 14 12 17 21 18 23 10 14 16 15 17 11 16 17	0.1 0.1 0.5 0.1 0.3 1 1 1 1 0.5 1 1 1 0.5 0.5 0.5 0.5 0.5 0.5 0.5	95 70 25 115 125 125 145 180 145 180 100 120 130 120 130 35 55 65 55	1040 790 1820 4230 1760 1210 1770 2210 1900 2340 730 1290 1390 1420 1520 1500 2060 2170 2200	74 73 62 88 34 48 48 50 51 53 11 12 12 15 57 58 59 61	8 8 10 8 2 2 1 1 2 2 2 2 2 2 2 3 3 5 5 5	3 6 5 6 14 13 14 15 16 7 7 8 9 9 9 15 15 15	29 13 49 40 41 46 52 49 55 34 40 41 42 44 28 33 35 36 37
Baja Cauliflower Tacos (New 2 tacos) Butcher's Sandwich California Chicken Sandwich Hand Pressed Burger Protein Style Burger Veggie Burger Veggie Burger US	with cheese with cheese & bacon with cheese & mushrooms with cheese, bacon & mushrooms with cheese with cheese & bacon with cheese & mushrooms with cheese, bacon & mushrooms with cheese with cheese with cheese with cheese & bacon with cheese & mushrooms with cheese, bacon & mushrooms	334 352 546 284 348 362 401 462 500 309 337 350 437 450 351 379 392 479 491 527 439	710 790 1130 920 840 910 1080 1060 1220 480 560 610 700 760 750 830 890 970 1030 1310 1030	51 34 54 55 65 55 62 77 76 91 33 40 45 54 59 48 55 60 69 74 95 76	9 3 8 14 14 12 17 21 18 23 10 14 16 15 17 11 16 17 17 18	0.1 0.1 0.5 0.1 0.3 1 1 1 1 0.5 1 1 1 0.5 0.5 0.5 0.5 0.5 0.5 0.5	95 70 25 115 125 125 145 180 145 180 100 120 130 120 130 35 55 65 55 65 55	1040 790 1820 4230 1760 1210 1770 2210 1900 2340 730 1290 1390 1420 1520 1500 2060 2170 2200 2300 2810 1720	74 73 62 88 34 48 48 50 51 53 11 12 12 15 57 58 59 61 62 86 72	8 8 10 8 2 2 1 1 2 2 2 2 2 2 2 2 3 3 5 5 5 6 6	3 6 5 6 14 13 14 15 16 7 7 8 9 9 9 15 15 15	29 13 49 40 41 46 52 49 55 34 40 41 42 44 28 33 35 36 37 24
Baja Cauliflower Tacos (New 2 tacos) Butcher's Sandwich California Chicken Sandwich Hand Pressed Burger Protein Style Burger Impossible Burger Veggie Burger	with cheese with cheese & bacon with cheese & mushrooms with cheese, bacon & mushrooms with cheese with cheese & bacon with cheese & mushrooms with cheese, bacon & mushrooms with cheese with cheese with cheese with cheese & bacon with cheese & mushrooms with cheese, bacon & mushrooms	334 352 546 284 348 362 401 462 500 309 337 350 437 450 351 379 392 479 491 527	710 790 1130 920 840 910 1080 1060 1220 480 560 610 700 760 750 830 890 970 1030 1310	51 34 54 55 65 55 62 77 76 91 33 40 45 54 59 48 55 60 69 74 95	9 3 8 14 14 12 17 21 18 23 10 14 16 15 17 11 16 17 17 18	0.1 0.1 0.5 0.1 0.3 1 1 1 1 0.5 1 1 1 0.5 0.5 0.5 0.5 0.5 0.5 0.5	95 70 25 115 125 125 145 180 145 180 100 120 130 120 130 35 55 65 55 65	1040 790 1820 4230 1760 1210 1770 2210 1900 2340 730 1290 1390 1420 1520 1500 2060 2170 2200 2300 2810	74 73 62 88 34 48 48 50 51 53 11 12 12 15 15 57 58 59 61 62 86	8 8 10 8 2 2 1 1 2 2 2 2 2 2 2 2 3 3 3 5 5 6 6 6	3 6 5 6 14 13 14 15 16 7 7 8 9 9 9 15 15 15 16 16	29 13 49 40 41 46 52 49 55 34 40 41 42 44 28 33 35 36 37

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
DBQ Samon Bowl	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
Suite Stated	Seabass	501	490	19	2	0.1	75	1580	41	4	17	38
		543	940	44	16	1	70	1230	105	6	17	31
Spaghetti Pomodoro	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
Spring Pea Ravioli		437	840	58	30	2.0	185	1560	60	7	12	29
Steaks (Listed as steak, oil, and steak spice only)	Modifications	Grams/Serving	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
5 oz Sirloin		107	220	11	4	0.3	70	390	1	0	0	29
5.5 oz Sirloin		117	240	12	4	0.3	75	390	1	0	0	32
7 oz Sirloin		163	300	14	5	0.4	100	410	1	0	0	40
11 oz Sirloin		229	460	21	8	0.5	155	460	1	0	0	63
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	no salt and pepper	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, oil, spice and garlic butter only)	Modifications	Grams/Serving	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
		163	400	24	11	1	125	480	2	1	0	41
7 oz Sirloin	No seasoning on steak	160	390	24	11	1	125	150	1	0	0	40
11 oz New York Steak		233	660	41	19	1.5	180	690	2	1	0	65
	No seasoning on steak	229	650	41	18	1.5	180	190	1	0	0	64
12 oz New York Steak		252	710	44	20	1.5	195	700	2	1	0	71
12 02 New York Steak	No seasoning on steak	249	700	43	20	1.5	195	200	1	0	0	70
12 oz Peppercorn New York Steak		369	960	61	31	2.5	250	1760	12	4	2	72
12 021 epperconnivew fork steak	No seasoning on steak	365	950	61	31	2.5	250	910	11	3	2	72
14 oz New York Steak		293	810	49	22	2	225	1250	3	1	0	82
2 / OZ NOM FORMOTOM	No seasoning on steak	287	800	49	22	2	225	230	1	0	0	82
16 oz Bone-In Ribeye		367	1190	92	39	1	355	1290	3	1	0	84
	No seasoning on steak	362	1180	91	39	1	355	270	1	0	0	83
20 oz Bone-In Ribeye		451	1450	110	46	1	435	1330	3	1	0	104
·	No seasoning on steak	446	1440	110	46	1	435	310	1	0	0	104
7 oz Filet Mignon	No secondina an ataol.	147	400	23	12 12	1	125	490	2	0	0	41
	No seasoning on steak 6 oz top sirloin, 7 oz fries, greens, aioli	144 343	390 910	23 55	16	1	125 125	160 1820	57	8	U E	41 45
Steak Frites	No seasoning on steak	343 341	910	55 55	16	1	125	1490	57 57	o 7	5	45 45
What comes with your steak	No seasoning on steak	341	910	33	10	1	123	1490	37	,	3	45
Fully Loaded Crispy Mashed Potato		201	520	36	8	0.4	35	680	41	3	3	9
Grilled Seasonal Vegetables	see seasonal veg below	201	320	30		0.4	33	000	71	3	3	3
Dessert	Modifications	Grams/Serving	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Individually Baked Apple Pie with Gelato	shared between 2	192	305	12	6	0.2	23	165	54	2	36	3
Individually Baked Apple Pie with Ice Cream	shared between 2	222	360	15	7.5	0.3	43	145	60	4	45	5
Key Lime Pie	shared between 2	141	455	29	18	1	188	330	40	1	28	7
Molten Chocolate Cake with Gelato	shared between 2	130	395	25	15	0.75	168	220	41	3	34	6
Molten Chocolate Cake with Ice Cream	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
Warm Italian Donuts		198	640	37	20	0.1	155	470	63	0	30	10
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
Cido	Side	179	160	15	2	U Tuescapat (a)	0 Chal (max)	8	/ Co.ub. / = \	2	5	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
Brown Rice		227	270	2	0.4	0	0	180	57	3	0	6
Side Aromatic Rice		198	290	4	2.5	0.2	10	540	59	2	0	5
		135	410	21	3.5	0	0	840	49	5	0	5
Side Fries CAN	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
		149	570	35	6	0.1	0	890	57	5	0	5
Side Fries US	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
		247	1040	78	7	0.2	20	940	81	9	24	6
Yam Fries with spicy aioli	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

Med Visible Representative 10	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)
Blue Cheene Suiter 16	Red Wine Rosemary Au Jus 1 fl oz		30	5	0.1	0	0	0	230	0	0	0	0.2
But Cheese Dressing all roc But Cheese Dressing all roc	Coleslaw Dressing 1 fl oz		30	130	12	1.5	0	15	240	3	0	2	1
Billien Cheener Source 11 flars	Blue Cheese Butter		16	70	6	4	0.3	15	140	2	0	1	1
Beuver Bluers I for 30 150 16 10 0.5 45 115 1 0 0 0.3 2 Child Lens Organization Flore (10 15 18 10 1 0 0 0 1 2 Child Lens Organization Flore (10 15 18 10 1 0 0 0 1 2 Child Lens Organization Flore (10 15 18 10 1 0 0 0 1 2 Child Lens Organization Flore (10 15 18 10 1 0 0 0 1 2 Child Lens Organization Flore (10 15 18 10 1 0 0 0 1 2 Child Lens Organization Flore (10 15 18 10 1 0 0 0 1 2 Child Lens Organization Flore (10 15 18 10 1 0 0 0 1 2 Child Lens Organization Flore (10 15 18 10 1 0 0 0 0 1 2 Child Lens Organization Flore (10 15 18 10 1 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Blue Cheese Dressing 1 fl oz		30	150	15	1.5		15	210	1	0	1	1
Chil Interpressing Flor So So So So So So So	Blue Cheese Sauce 1 fl oz		30	110	12	5	0.2	30	110	1	0	0	1
Chill time Oressing all floc			30			10	0.5	45	115	1	0	0	0.3
Chipotle Mayo 1 flox Clienter State Histor Freech Wingster Hill (1972) Brunkin Ginger Winaggreit Hill (1972) Brunkin Hill (1972)	Lemon Caper Caesar Dressing 1 fl oz		30	150	15	2.5	0	15	390	1	0	0	2
Cliente Fruitsion 10	Chili Lime Dressing 1 fl oz		30				0	0	320	7	0	6	0.3
Drumkin Groger Vinalgente Hoz 30 130 12 1 0 0 280 5 0 4 0.4 French Vinalgente 1 Hoz 30 180 20 13 1 50 140 22 0 0 0 Garke Butter 1 Hoz 30 180 20 13 1 50 140 22 0 0 1 Green Godden's Sauce 1 Hoz 30 180 20 13 1 50 140 22 0 0 0 1 Green Godden's Sauce 1 Hoz 30 150 16 2 0 15 170 1 0 0 0 1 Husin Groger Sauce 2 Hoz 30 30 30 30 30 0 0 0			30		18	1.5		15		1	0	1	0.4
French Vinsignette II flors Garile State II flors Garile Chill Squee I flors Garile Chill Squee I flor 30 80 80 50 0.5 0.5 0.0 0.5 560 6 0.0 4 1 Garile Chill Squee I flor 30 80 80 5 0.5 0.5 0.0 0.5 560 6 0.0 4 1 Hoisin Giaze I flors 30 80 80 5 0.5 0.5 0.0 0.5 560 6 0.0 4 1 Hoisin Giaze I flors 30 80 80 0.1 0.0 0.0 0.0 700 13 0.0 11 1 Hoisin Giaze I flors 30 80 80 80 0.0 0.0 0.0 0.0 700 13 0.0 11 1 Hoisin Giaze I flors 30 80 80 80 80 0.0 0.0 0.0 0.0 0.0 0.0 13 0.0 11 1 Hoisin Giaze I flors With Inflire 30 31 20 20 25 22 0.0 10 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0			30		17	1	0.1	0	150	3	0	2	0.1
Garlic Butter J H D Sal	Drunkin Ginger Vinaigrette 1 fl oz		30		12	1		0	280	5	0	4	0.4
Garlie Chill Sauce 1 fl α 30 80 5 05 0 0 560 6 0 4 1			30			2	0.1	0	210	1	0	0	0.3
Green Goodbean Sauce 1 flow 30 150 16 2 0 15 170 1 0 0 1 1 1 1 1 1			30	180	20	13	1	50	140	2	0	0	1
Hoisin Glaze I flor 30 60 0.1 0 0 0 70 13 0 11 1 1 1 1 1 1 1	Garlic Chili Sauce 1 fl oz		30		5	0.5	0	0	560	6	0	4	1
Methop # Hoz	Green Goddess Sauce 1 fl oz		30	150	16	2	0	15	170	1	0	0	1
Lemon Mayo Aiol 1 fl or With truffie oil 31 227 25 2 0 10 200 0 0 0 0 0 0 0 1							0	0		13	0	11	1
Mushroom Peppercom Sauce 60 80 4 2 0 10 200 0 0 0 1	Ketchup 1 fl oz		30		0	0	0	0		8	1	8	
Mushroom Peppercom Sauce	Lemon Mayo Aioli 1 fl oz		30			2	0	10	200	0	0	0	0.5
Oil & Balsamic Vinegar I flioz 30 150 15 2 0 0 4 3 0 2 0.1		With truffle oil			26		0			0	0	0	1
Parmesan Dju DÁ 11 02 30 170 18 2 0 20 150 1 0 0 1	Mushroom Peppercorn Sauce		60	80	4	2	0	10	780	7	1	3	3
Peppercom Sauce 1 fl αz 30 60 45 3 0.1 15 180 3 1 1 0.3	Oil & Balsamic Vinegar 1 fl oz		30	150	15	2	0	0	4	3	0	2	0.1
Ponzu Sauce 1 fl oz 30 15 0 0 0 0 420 2 0 0 0 1	•		30	170	18	2		20	150	1	0	0	1
Soy Cream Ifloc 30 50 45 2.5 0 15 25 2 0 2 1			30	60	4.5	3	0.1	15		3	1	1	0.3
Soy Chili Sauce I fl oz 30 250 27 2 0.1 0 140 1 0 0 0.3 Soy Chili Sauce I fl oz 30 110 9 1.5 0 0 1070 4 0 0 1 Soy Sauce I fl oz 30 20 0 0 0 1690 2 0 0 3 Low Sodium Soy Sauce I fl oz 30 20 20 0 0 0 1100 2 0 0 2 Spiry Aiolify Spicy Mayo I fl oz 30 20 20 0 0 0 1110 2 0 0 2 Spiry Aiolify Spicy Mayo I fl oz 30 20 22 2 0 10 240 1 0 1 0.4 Fright Spiry Mayo I fl oz 30 30 20 2 0 0 0 0 0 0 0 0 0 0 0 0 0 <th< td=""><td>Ponzu Sauce 1 fl oz</td><td></td><td>30</td><td>15</td><td>0</td><td>0</td><td>0</td><td>0</td><td>420</td><td>2</td><td>0</td><td>0</td><td>1</td></th<>	Ponzu Sauce 1 fl oz		30	15	0	0	0	0	420	2	0	0	1
Soy Chili Sauce US I floor 30 110 9 1.5 0 0 1070 4 0 0 1 1 1 1 1 1 1 1	Sour Cream 1 fl oz		30	50	4.5	2.5	0	15	25	2	0	2	1
Soy Sauce 1 floz 30 20 0 0 0 1690 2 0 0 3			30		27		0.1	0	140	1	0	0	0.3
Low Sodium Soy Sauce 1 fl oz 30 20 00 0 0 0 1110 2 0 0 0 2 2 5 5 5 5 5 5 5 5					9	1.5	0	0	1070	4	0	0	1
Spicy Aloil/ 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 60 6 0 6 0 Terlyaki Glaze 2 30 40 0 0 0 60 6 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 30 170 19 4.5 0 0 1 0 0 0 0 Valentina Hot Sauce 1 fl oz 30 30 0 0 0 0 380 0 0 0 0 380 0 0 0 0 380 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 <td></td> <td></td> <td>30</td> <td>20</td> <td>0</td> <td>0</td> <td>0</td> <td>0</td> <td>1690</td> <td>2</td> <td>0</td> <td>0</td> <td>3</td>			30	20	0	0	0	0	1690	2	0	0	3
Srirachi Hot Sauce 1 fl oz 30 30 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 1 0 0 0 0 Valentina Hot Sauce 1 fl oz 30 0 0 0 0 0 0 380 0			30	20		0	0	0	1110	2	0	0	2
Teriyaki Glaze 1 fl oz 30 40 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 0 380 0 0 0 0 0 380 1 0 0 0 0 0 0 0 0 0 0 0 0 </td <td>Spicy Aioli/ Spicy Mayo 1 fl oz</td> <td></td> <td>30</td> <td>200</td> <td>22</td> <td>2</td> <td>0</td> <td>10</td> <td></td> <td>1</td> <td>0</td> <td>1</td> <td>0.4</td>	Spicy Aioli/ Spicy Mayo 1 fl oz		30	200	22	2	0	10		1	0	1	0.4
Truffle Oil 1 floz 30 170 19 4.5 0 0 1 0 0 0 0 Valentina Hot Sauce 1 floz 30 30 0 0 0 0 380 0 0 0 Yogurt 1 floz 30 30 30 1.5 1 0 5 20 3 0 2 1 Miscellaneous Modifications Grams/Serving Cals (kcal) Fat (g) SatFat (g) TrusFat (g) Chol (mg) Sod (mg) Carb (g) Fib (g) Sugar (g) Pot (g) Baked Garlic Croutons) 6 10 3 1.5 1 0.1 5 4 0 0 0 1 Cheddar 10 30 1.5 1 0.1 5 45 4 0 0 7 Fried Gyoza 27 90 2.5 0.2 0 0 15 15 15 0 0 0 0				30	0	0	0	0	600	6	0	6	0
Valentina Hot Sauce 1 floz 30 0 0 0 0 380 0 0 0 Yogurt 1 floz 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 15 15 0 0 1 3 1 3 1 3 1 1 3 1 1 3 1 1 1 1 1 1 1 1 1 <td>Teriyaki Glaze 1 fl oz</td> <td></td> <td></td> <td></td> <td>0</td> <td>0</td> <td>0</td> <td>0</td> <td>730</td> <td>9</td> <td>0</td> <td>6</td> <td>1</td>	Teriyaki Glaze 1 fl oz				0	0	0	0	730	9	0	6	1
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) Cab (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 3 1 3 1 0 0 0 0 0 0 0 0 0 0 0 0 0	Truffle Oil 1 fl oz		30	170	19	4.5	0	0		0	0	0	0
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 Salt 1/2 tsp 2.3 0 0 0 0 0 0 0 0 0 0 0 0 0 0<	Valentina Hot Sauce 1 fl oz		30			0	0	0	380	0	0	0	0
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 Salt and Pepper Mix 0.5 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 <t< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td><u>+</u></td></t<>													<u>+</u>
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 Salt and Pepper Mix 0.5 0		Modifications	Grams/Serving			SatFat (g)		Chol (mg)		Carb (g)	Fib (g)	Sugar (g)	Prot (g)
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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 0 891 0 0 0 0 Salt and Pepper Mix 0.5 0							0.3		200	0	0	0	7
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 0 891 0 0 0 0 Salt and Pepper Mix 0.5 0 0 0 0 0 130 0 0 0 0	,		27	90	2.5	0.2	0	0	115	15	0	1	3
Salt 1/2 tsp 2.3 0 0 0 0 0 891 0 0 0 0 Salt and Pepper Mix 0.5 0 0 0 0 0 130 0 0 0 0							0	5		0	0	0	1
Salt and Pepper Mix 0.5 0 0 0 0 0 130 0 0 0				5			0	0		1	0	0	0.1
"				0	0	0	0	0	891	0	0	0	0
Steak Spice 2.5 5 0.2 0 0 0 340 1 0 0 0.2	Salt and Pepper Mix			0	0	0	0	0		0	0	0	0
	Steak Spice		2.5	5	0.2	0	0	0	340	1	0	0	0.2