

Joey Nutrition Report

Nutrition Facts table label rounded report

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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

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)	Vit A (%DV)	*Vit C (%DV)	Calcium (%DV)	Iron (%DV)
To Start																
Blue Cheese Fries		294	1160	91	34	1.5	180	1850	65	7	2	16	50	15	20	15
Crispy Calamari	Shared between 2	314	1420	105	6	0.3	445	2220	82	4	4	37	25	10	15	8
Calamari	Shared between 2	157	710	52	3	0.2	225	1110	41	2	2	18	2	10	6	15
	Shared between 2	404	1570	125	10	1.5	440	1550	74	5	3	38	8	20	10	40
	Shared between 2	202	790	63	5	0.1	220	800	37	3	1	19	4	10	6	20
Chili Chicken	Shared between 2	148	270	10	1	0.1	35	450	28	1	13	17	2	2	2	8
	baked no breading	260	370	5	1	0	80	790	44	1	26	34	2	3	4	15
	Baked no breading shared by 2	130	180	3	0	0	40	390	22	0	13	17	0	1	2	6
	No wontons sub rice shared by 2	248	295	9	1	0.1	40	685	35	1	13	17	1	2	3	6
Gyza	Shared between 2	103	250	16	4	0	30	790	15	1	4	8	0	2	2	6
BBQ Wings	Shared between 2	166	480	35	8	0.3	165	1600	2	1	1	38	30	2	4	15
	No dip shared by 2	144	370	23	7	0.3	155	1440	1	1	0	37	30	2	2	15
Hoisin Ginger Wings	Shared between 2	154	430	23	7	0.3	155	1140	14	0	11	38	10	6	4	15
Hibachi Wings & Parmesan Dip USA	Shared between 2	250	765	55	15	0.3	350	1740	7	2	1	59	10	4	10	25
	No dip shared by 2	227	640	41	12	0.3	340	1610	6	2	1	58	8	3	6	25
Hot Wings & Blue Cheese Dressing	Shared between 2	128	530	39	9	0.4	185	980	1	0	1	42	10	20	4	15
	No blue cheese sauce	110	420	27	8	0.3	170	820	0	0	0	41	10	20	2	15
Hummus	Shared between 2	225	635	41	8	0.1	15	925	53.5	3.5	6	10.5	10	35	15	30
Korean Fried Cauliflower	Shared between 2	125	230	14	1	0	0	450	24	2	10	3	0	30	4	6
		540	1170	76	8	0.1	210	2240	81	5	28	40	25	15	15	50
Lettuce Wraps - Shrimp NEW	Shared between 2	270	590	38	4	0.1	105	1120	41	3	14	20	10	5	6	25
		536	1050	73	8	0.1	10	1770	70	5	25	28	15	10	40	40
Lettuce Wraps - Crispy Tofu NEW	Shared between 2	268	520	37	4	0.1	5	890	35	3	12	14	8	5	20	20
		526	1080	65	7	0.2	95	1860	75	5	25	46	15	10	8	30
Lettuce Wraps - Fried Chicken NEW	Shared between 2	263	540	33	4	0.1	45	930	37	3	12	23	8	10	4	15
	Shared between 2	275	540	35	4	0.1	40	900	36	3	15	22	35	20	4	15
Lettuce Wraps - Shrimp	Shared between 2	249	400	25	3	0.3	100	1290	29	3	15	16	35	20	8	15
		250	440	28	3	0.1	0	1240	32	3	15	19	35	20	6	25
Lettuce Wraps - Vegetable	Shared between 2	287	380	25	3	0.1	0	1420	37	4	19	7	40	50	6	15
Lettuce Wraps - Vegetarian	Shared between 2	272	370	25	3	0.1	0	1210	36	4	17	6	40	50	6	15
Nachos	Shared between 2	697	1530	81	33	1.5	190	3250	143	21	10	76	70	385	100	45
	Shared between 3	232	510	27	11	0.5	65	1080	48	7	3	25	25	130	30	15
Sliders Royale	Shared between 2	160	480	34	9	1	65	795	29	2	9	19	8	2	13	23
	One slider	107	320	22	6	0.3	43	530	19	1	6	13	5	1	8	15
Veggie Sliders	Shared between 2	175	550	45	7	1	35	900	35	4	7	11	6	2	15	20
	One slider	117	360	30	5	0.3	25	600	24	3	5	7	4	2	10	15
Yam Fries & Truffle Lemon Aioli	Shared between 2	124	520	39	4	0.1	10	470	40	5	12	3	140	10	6	2
	No parmesan or lemon mayo shared between 2	101	350	20	2	0.1	0	310	40	5	12	2	140	10	4	2
	No salt on fries shared between 2	123	520	39	4	0.1	10	370	40	5	12	3	140	10	6	2
Chicken Tenders	Shared between 2	485	1220	65	7	1.5	320	2320	40	2	1	106	6	4	8	35
	No plum sauce shared between 2	463	1190	65	7	1.5	320	800	40	2	1	106	6	4	8	35
Chicken Tenders with Fries	Shared between 2	551	1420	75	9	1.5	320	2360	64	4	1	109	6	10	8	40
Crispy Chicken Strips	Shared between 2	1023	3090	145	21	2	620	2820	255	8	25	176	15	20	25	150
		512	1540	73	10	1	310	1410	127	4	12	88	8	10	15	80
Crispy Chicken Strips and Fries	Shared between 2	1155	3500	166	24	2	620	2980	303	13	25	181	15	35	25	170
		577	1750	83	12	1	310	1440	152	7	12	90	8	15	15	80
	Kids	782	2400	119	18	1.5	380	2140	211	10	23	111	10	25	20	110
	Kids NEW	325	1030	64	7	0.2	65	1500	79	6	14	32	0	10	0	30
Mini Crispy Chicken Burgers	Shared between 2	385	1080	67	8	1	215	1130	52	3	7	69	15	5	10	40
	One mini burger	257	720	44	5	1	145	760	34	2	5	46	10	4	6	25
5 Spice Ribs	Shared between 2	317	1260	84	31	0.5	295	1060	3	1	0	79	0	10	15	30
		159	630	42	15	0.3	145	530	2	1	0	39	0	4	8	15
Spicy Korean Chicken	Shared between 2	253	710	32	5	0.3	95	1260	72	2	21	31	4	10	8	20
	Shared between 2	127	350	16	3	0.2	50	630	36	1	10	15	3	4	4	20
Truffle Parmesan Fries	Shared between 2	99	400	30	5	0.1	15	520	25	3	0	6	2	6	8	8
	No tarragon remoulade shared between 2	78	250	14	3.5	0.1	10	260	24	3	0	6	2	6	8	8
Ceviche		268	310	13	2	0.1	115	1780	25	2	7	22	30	30	10	15
Ahi Tuna & Shrimp Ceviche		359	460	13	2	0	115	1200	62	7	15	31	15	50	10	15
Crispy Tempura Prawns		180	460	35	2.5	0.1	105	950	23	2	5	16	25	10	10	20
Ahi Tuna Poke		233	360	22	2.5	0	35	940	21	6	6	21	8	10	6	15
Roasted Corn Guacamole		339	680	35	4	0.1	5	1360	90	17	7	17	15	25	4	20
Crab Cake		280	700	58	6	0.1	140	1450	20	3	7	18	15	35	10	15
Burrata Appetizer		334	780	40	12	0	55	1730	74	9	12	29	30	280	40	40
Harris Prawn Skewer		113	280	21	9	1	190	1020	3	0	0	18	20	5	8	4
Flatbread																
Pesto Shrimp Flat Bread	Shared between 2	205	540	27	6	0	55	930	58	0	4	15	18	2	15	35
Tandoori Chicken Flat Bread	Shared between 2	215	490	19	4	0	30	930	67	3	11	19	10	8	10	30
Sushi																
	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
Osaka Style Pressed Salmon Sushi	with Japanese Salad	130	200	17	3.5	0.1	20	470	8	2	8	17	4	4	2	6
		450	600	26	3.5	0	40	2270	67	6	18	22	60	40	10	20
Sushi Cone		134	250	13	1	0	40	2200	25	2	8	2	10	6	25	2
	With soy sauce	164	260	13	1	0	40	3890	27	3	7	4	35	10	8	10
Tuna Poke Cone	1 cone	105	190	7	1	0	10	640	26	2	5	7	2	5	2	6
Pacific Roll		294	490	21	3	0	30	1390	58	7	8	20	10	25	8	15
Soup/Salad																
	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
Caesar Salad Starter/Side		130	200	17	3.5	0.1	20	470	8	2	2	5	70	20	10	8
	with rotisserie chicken	234	430	29	6	0.2	105	1090	10	3	2	32	70	20	10	20
		145	270	23	3	0.1	5	350	12	3	7	4	35	10	8	10
House Starter Salad/Side	with rotisserie chicken	236	471	33	8	0.2	80	970	15	4	29	40	10	10	23	23
Moroccan Chicken Soup		300	330	14	3	0	20	1580	35	8	9	16	35	8	8	25
Mushroom Soup (10oz)		301	488	39	25	1.25	119	1088	21	1.25	5	9	38	4	2.5	10
The New Cobb Starter/Side		110	220	20	3	0	10	340	8	2	1	4	60	30	8	8
Peanut Kale Side Salad		117	300	26	3	0	10	560	12	2	7	5	45	35	6	6

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)	Vit A	Vit C	Calcium	Iron
Caesar Salad	No dressing, cheese or crouton with grilled chicken	255	390	34	7	0.3	35	920	14	4	3	9	130	35	20	15
		175	30	0.5	0.1	0	0	15	6	3	2	15	2	130	30	4
		328	560	44	9	0.3	90	1110	14	4	3	26	130	35	20	20
Farmers Market Chicken Salad	No chicken	356	560	43	8	0.3	60	780	22	7	6	24	45	40	20	20
	No dressing	297	450	38	7	0.3	10	610	22	7	6	9	45	40	20	15
Katsu Crispy Chicken Peanut Salad		311	330	18	5	0.1	60	420	21	7	6	24	45	40	20	15
The New Cobb		397	810	54	7	0.3	129	1497	49	17	12	40	70	35	13	26
Yellowfin Tuna Salad NEW	No dressing	432	820	65	12	0.2	300	1600	21	4	5	38	130	60	20	30
		400	640	43	6	0.1	30	1040	45	7	30	24	60	35	10	20
Beach Salad	No dressing	340	470	30	3.5	0.1	30	410	30	6	11	23	50	35	10	20
		439	860	69	9	1	75	1440	39	9	20	30	80	50	25	25
		359	670	58	7	1	15	1380	38	9	20	11	80	50	25	20
Grilled Caesar Salad	No dressing	369	450	27	6	0.1	75	1180	29	8	12	30	80	45	25	25
		366	550	37	11	0.3	60	3140	34	9	11	23	30	60	35	30
		295	450	32	9	0.2	45	1930	28	8	9	16	30	50	20	25
Grilled Chicken Salad	No dressing	395	640	30	4	0	100	2440	52	6	17	46	60	35	6	20
		350	480	18	2	0	100	2260	39	6	5	46	60	30	6	20
Walnut and Apple Salad	No dressing	423	860	63	11	1	135	2940	25	6	15	55	25	20	30	25
		363	610	38	8	1	135	2310	17	6	8	54	25	15	30	20
Healthy options	Subtract for no skin on rotisserie chicken	113	220	8	3	0	95	660	2	0	0	32	4	1	2	10
Sandwich & Burgers		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
Listed as just sandwich with no sides																
Ahi Tuna Club		344	970	56	9	0.4	115	2190	70	4	22	44	8	20	10	35
		535	1390	81	12	0.2	150	1520	127	13	5	40	80	45	40	50
		477	1130	56	4.5	0.2	105	1170	126	13	5	32	70	45	20	50
Baja Fish Tacos	No cheese, no goddess panfried fish	488	1030	66	11	0.1	150	1320	79	11	4	32	80	45	40	30
	Grilled chicken breast no fish	439	1080	72	12	0.1	90	1000	76	11	3	35	80	40	35	20
Baja Fish Tacos (New - 2 tacos)	No cheese, no goddess	373	890	51	9	0.1	95	1040	74	8	3	34	25	30	25	25
		334	710	34	3	0.1	70	790	73	8	3	29	20	30	10	25
Baja Cauliflower Tacos	with tofu mayo vegan - no cheese	431	980	66	11	0.5	40	1350	83	13	6	18	45	80	35	20
		431	800	45	9	0.5	30	1330	85	13	8	19	25	80	40	20
		403	690	35	3	0.5	0	1150	84	13	8	12	20	80	20	20
Baja Cauliflower Tacos (New 2 tacos)		395	800	57	8	0.5	25	1440	63	11	7	14	30	80	25	20
Butcher's Sandwich		606	1240	56	14	0.1	115	3110	109	11	3	52	2	10	25	50
California Chicken Sandwich		300	920	65	14	0.3	140	1720	38	3	1	44	15	5	30	30
Hand Pressed Burger	with cheese with cheese & bacon with cheese & mushrooms with cheese, bacon & mushrooms	348	840	55	12	1	125	1210	48	2	14	41	15	10	10	45
		362	910	62	17	1	145	1770	48	1	13	46	25	10	25	45
		401	1080	77	21	1	180	2210	50	1	14	52	25	10	25	50
		462	1060	76	18	1	145	1900	51	2	15	49	25	15	25	50
		500	1220	91	23	1	180	2340	53	2	16	55	25	15	25	50
Protein Style Burger	with cheese with cheese & bacon with cheese & mushrooms with cheese, bacon & mushrooms	309	480	33	10	0.5	100	730	11	2	7	34	8	6	6	30
		337	560	40	14	1	120	1290	12	2	7	40	15	6	20	30
		350	610	45	16	1	130	1390	12	2	8	41	15	6	20	30
		437	700	54	15	1	120	1420	15	3	9	42	15	6	20	30
		450	760	59	17	1	130	1520	15	3	9	44	15	6	20	30
Impossible Burger	with cheese with cheese & bacon with cheese & mushrooms with cheese, bacon & mushrooms	351	750	48	11	0.3	35	1500	57	5	15	28	15	10	25	60
		379	830	55	16	0.5	55	2060	58	5	15	33	25	10	40	60
		392	890	60	17	0.5	65	2170	59	5	15	35	25	10	40	60
		479	970	69	17	0.5	55	2200	61	6	16	36	25	15	40	60
		491	1020	74	18	0.5	65	2300	62	6	16	37	25	14	40	60
Veggie Burger		527	1310	95	14	1	35	2810	86	12	18	24	60	30	30	45
Veggie Burger US	with peanut kale side salad	439	1030	76	10	0.5	20	1720	72	10	10	18	20	20	25	35
Spicy Bar-B-Q Chicken Sandwich		352	840	42	5	0.4	75	2710	76	6	16	35	15	25	10	40
Hourly Roasted Chicken Sandwich		361	860	45	15	0.5	150	1820	63	5	8	48	25	8	25	45
Lobster Grilled Cheese DTLA		244	640	34	12	0.5	110	890	56	2	6	25	15	2	20	35
Crispy Chicken Sandwich		378	1070	73	10	1	125	2980	63	4	16	46	90	45	20	40
Blackened Chicken Fajitas		614	1100	60	20	1	120	3060	96	14	19	40	90	470	35	60
Blackened Steak Fajitas		669	1190	62	24	1.5	155	3370	98	14	19	57	100	470	35	80

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
Baby Back Ribs	Full Rack	713	1880	102	32	1	290	6870	155	10	87	81	60	60	20	50
	no salt on fries	711	1880	102	32	1	290	9779	155	10	87	81	60	60	20	50
	Half Rack	484	1240	68	19	0.5	150	4360	109	9	47	44	45	60	10	30
Balsamic Braised Beef Short Ribs	no salt on fries	482	1240	68	19	1	150	3469	109	9	47	44	45	60	10	30
		511	880	41	12	0.3	120	1830	75	8	27	38	20	18	10	50
		554	790	50	6	0.1	40	2680	61	5	23	27	10	60	10	15
BBQ Salmon Bowl	White rice	554	930	52	6	0.1	40	2270	90	7	24	30	10	60	10	25
	Brown rice	491	550	24	3	0	35	2050	52	5	10	28	30	20	10	20
	Ahi Tuna Poke Bowl	233	360	22	3	0	35	940	21	6	6	21	8	12	6	15
Crispy Tofu Bowl		461	520	24	2.5	0	0	1330	58	4	11	16	25	20	25	25
		592	1190	60	22	0.1	160	2920	122	7	15	41	25	45	15	30
	Roasted Peanut Curry Noodle Bowl	504	580	30	3.5	0.1	50	1980	53	4	20	25	10	40	10	20
Chicken Teriyaki Rice Bowl		584	560	28	2.5	0.1	0	2440	66	6	28	13	20	90	15	25
	Teriyaki Vegetable Rice Bowl	557	810	46	10	0.2	75	2530	59	12	14	29	25	40	30	35
	Mediterranean Bowl	699	1570	100	24	0.1	370	4460	74	9	9	86	70	50	15	50
Bistro Plate		615	1170	44	10	0.5	145	2490	133	6	16	56	30	15	15	40
	6 1/4 oz chicken	565	1020	41	10	0.5	140	2030	108	5	14	51	30	15	10	30
	No naan (Gluten wise)	648	1220	45	11	0.5	175	2510	133	6	16	67	30	15	15	40
Butter Chicken with Premade Naan and Papadam	8 oz chicken	598	1070	41	10	0.5	170	2060	108	5	14	62	30	15	10	30
	No naan (Gluten wise)	548	1030	41	10	0.5	45	2400	138	6	16	24	30	15	30	40
	Bombay Butter Tofu	498	870	37	9	0.5	40	1950	114	5	14	19	30	15	25	30
Butter Chicken with Premade Naan and Papadam	No naan (Gluten wise)	694	1200	46	11	0.5	120	2360	147	8	23	47	40	50	20	40
		700	1370	55	18	0.3	15	2260	176	11	23	38	45	50	22	35
	Brown rice	624	980	37	8	0.3	105	1770	116	7	21	42	36	50	16	30
Butter Chicken with Premade Naan and Papadam	No naan (GF)	694	1190	45	10	0.5	45	2670	150	9	23	43	35	50	20	50
	Soy chicken	656	1220	49	11	0.5	115	2420	144	8	19	47	100	35	15	40
	Brown rice	656	1070	46	8	0	105	1740	118	9	19	45	100	35	15	40
Butter Chicken with Housemade Naan and Papadam	No naan (GF)	588	1000	41	8	0	105	1970	114	7	17	42	100	35	10	30
	Soy chicken	670	1230	49	10	0.5	45	2780	148	9	20	47	100	35	20	60
	Brown rice	721	1235	44	12	0.5	115	2180	159	8	22	48	41	50	16	42
Miso Ramen		750	1215	42	10	0	105	1820	157	9	22	49	37	50	16	44
	No naan (GF)	624	975	37	8	0	105	1780	116	7	21	42	35	50	12	27
	Soy chicken	721	1225	44	11	0.5	45	2480	163	9	22	44	41	50	21	57
Sake Glazed		746	790	31	4.5	0.2	160	2630	86	7	37	41	10	20	10	35
	Sablefish	489	640	40	6	0.1	80	1940	40	4	17	29	25	60	10	25
	Seabass	501	490	19	2	0.1	75	1970	40	4	17	40	26	60	6	15
Spaghetti Pomodoro		543	940	44	16	1	70	1230	105	6	17	31	45	130	35	40
	With garlic prawns	611	1060	51	17	1	205	1940	106	6	17	45	15	130	40	40
	Chicken Parmesan	671	1290	63	20	1.5	195	1860	123	7	17	58	50	130	50	50
Chicken Parmesan & Spaghetti NEW		659	1270	61	19	1.5	185	1850	122	7	17	58	50	130	50	50
	Herb Crush Salmon with Mashed Potatoes & Vegetables	541	950	64	27	1.5	190	1840	53	9	8	45	60	25	10	35
	With grilled seasonal veg	508	920	69	26	1.5	190	1630	42	4	5	33	40	35	15	20
Herb Crush Salmon	With asparagus instead of grilled seasonal veg	452	840	62	27	2	200	1390	42	4	4	33	45	15	15	25
	With regular mashed potatoes GF	456	610	41	24	2	200	1140	28	0	6	34	46	25	19	25
	No salt & pepper on salmon	508	920	69	26	2	190	1630	42	4	5	33	40	35	15	20
Cajun Blackened Chicken		548	1110	79	18	1	195	2250	47	7	8	54	50	45	20	30
	Grilled Mushroom Chicken, potatoes, asparagus, hunter sauce	464	870	53	12	0.3	165	1250	31	5	7	50	20	6	6	30
	Truffle Ravioli	393	890	59	33	2.0	295	1760	60	2	5	32	40	10	25	25
Steak & Black Truffle Ravioli		443	780	44	24	1.5	270	1620	42	2	4	52	30	10	20	45
	Oven Roasted Cod	525	920	49	18	0.2	95	1870	85	6	12	35	30	50	15	40

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)	Vit A	Vit C	Calcium	Iron
Steak & Rainbow Roll		531	910	46	7	0.5	145	7720	65	5	12	57	4	20	15	50
Steak & Pressed Salmon Sushi		444	800	37	6	0.2	130	3930	57	3	11	55	4	10	6	40
Steak & Sushi Cones 5.5 oz & salt + pepper		423	750	26	6	0.3	145	5770	54	5	4	52	6	25	15	70
Steak & Sushi Cones 5 oz		410	730	35	6	0.3	140	5100	53	5	4	49	6	25	15	70
Steak & Tuna + Avocado Roll 5.5 oz		493	880	41	7	0.3	160	3970	68	6	14	55	6	25	15	45
Steak & Tuna + Avocado Roll 5 oz		483	860	40	7	0.3	150	3960	68	6	14	52	6	25	15	40
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
7 oz Sirloin		150	350	20	9	0.5	120	500	2	1	0	40	10	2	4	35
	Mashed potatoes GF	147	350	19	9	0.5	120	160	1	0	0	40	8	0	2	30
	No seasoning on steak	251	700	44	20	2	195	550	2	1	0	71	10	2	4	50
12 oz New York Steak	No seasoning on steak	249	700	43	20	2	195	200	1	1	0	70	8	0	2	45
12 oz Peppercorn New York Steak		367	950	61	31	2.5	250	1250	12	4	2	72	30	4	10	80
	No seasoning on steak	365	950	61	31	2.5	250	910	11	3	2	72	30	4	8	80
20 oz Bone-In Ribeye		451	1430	109	45	0.5	430	880	2	1	0	104	15	2	10	45
	No seasoning on steak	449	1425	109	45	1	430	540	1	1	0	104	13	2	8	41
Fillet Mignon		147	400	23	13	1	125	500	2	1	0	41	10	2	2	40
	No seasoning on steak	145	390	23	12	1	125	160	1	0	0	41	8	0	0	35
Steak Frites		336	850	48	12	0.5	110	1790	57	8	5	45	30	30	15	45
	6 oz top sirloin, 7 oz fries	334	840	48	12	1	110	1460	56	7	5	45	30	30	15	45
7 oz Sirloin with Hunter Sauce, potatoes, asparagus		544	950	54	21	1	160	1810	48	7	8	50	25	10	10	60
7 oz Tenderloin with Hunter Sauce, potatoes, asparagus		528	950	53	21	1.5	165	1820	48	7	8	51	25	10	10	70
11 oz New York with Hunter Sauce, potatoes, asparagus		613	1210	71	28	2	220	1850	48	7	8	74	25	10	10	80
The Prime Time, potatoes, asparagus, prawns, sauce		680	1180	66	31	2	485	3060	49	6	7	79	50	10	20	60
What comes with your steak																
Fully Loaded Crispy Mashed Potato		201	520	36	8	0.4	35	680	41	3	3	9	8	0	10	15
Grilled Seasonal Vegetables	see seasonal veg below															
Desert	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
Individually Baked Apple Pie with Gelato	shared between 2	222	305	12	5	0.2	23	165	54	2	36	3	5	0	5	5
Individually Baked Apple Pie with Ice Cream	shared between 2	222	360	15	7.5	0.3	43	145	60	4	45	5	10	0	10	10
Key Lime Pie	shared between 2	141	455	29	18	1	188	330	40	1	28	7	30	2	10	8
Molten Chocolate Cake with Gelato	shared between 2	130	395	25	15	0.75	168	220	41	3	34	6	20	4	8	18
Molten Chocolate Cake with Ice Cream	shared between 2	135	430	27	16	1	190	225	43	3	37	6	23	4	8	15
1 Scoop Maple Ice Cream		131	410	25	14	0.1	295	200	36	0	33	5	30	0	8	6
1 Scoop Vanilla Ice Cream		130	410	26	16	0.2	295	210	36	0	32	5	30	0	10	6
Warm Italian Donuts		198	640	37	20	0.1	155	470	63	0	30	10	15	4	8	15
Strawberry Crème Brûlée Cheesecake		251	690	48	30	1	235	290	54	2	46	8	15	35	8	8
Butter Cake		329	860	35	21	1	185	420	128	2	102	13	20	10	25	20
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)	Vit A	Vit C	Calcium	Iron
Grilled Asparagus	Entrée portion	98	100	9	3	0.3	10	260	4	2	2	2	10	4	2	15
Grilled Seasonal Vegetables	Side	126	100	9	3	0.3	10	260	5	2	2	3	10	8	2	20
	Entrée portion	151	150	15	2	0	0	6	5	2	3	2	30	2	6	530
	Side	179	160	15	2	0	0	8	7	2	4	2	35	2	6	540
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
Marinated Chicken Breast no skin		62	130	6	0.5	0	50	190	0	0	0	19	0	0	0	2
Marinated Chicken Breast with skin		63	150	9	2	0	50	180	0	0	0	15	2	0	0	2
Coleslaw		131	210	18	2.5	0	20	380	9	2	6	3	30	35	6	6
Crispy Mashed Potato fully loaded		201	520	36	8	0.4	35	680	41	3	3	9	8	0	10	15
Crispy Mashed Potato no toppings		159	430	28	4.5	0.1	10	490	38	3	1	6	28	0	22	2
Garlic Bread		98	330	20	13	1	50	510	31	3	0	5	20	2	6	10
Grilled Asparagus		126	100	9	3	0.3	10	260	5	2	2	3	10	8	2	20
Grilled Prawn Skewer		92	160	11	6	0.5	155	610	2	0	0	14	15	4	4	15
Mashed Potatoes		227	270	13	6	0	25	750	37	4	2	5	6	0	4	15
Brown Rice		227	270	2	0.4	0	0	180	57	3	0	6	0	0	2	10
Roti Chicken (3.5oz)		91	201	10	1.75	0.2	75	620	3	1	0	25	4.5	0	1.75	13
Side Aromatic Rice		198	290	4	2.5	0.2	10	540	59	2	0	5	4	2	2	8
Side Fries CAN		139	450	23	4.5	0	0	1610	55	5	3	5	0	10	0	10
	With ketchup	169	485	23	4.5	0	0	1850	63	6	11	5	2	10	0	10
	No salt on fries	137	450	23	5	0	0	719	55	5	3	5	0	10	0	10
Side Fries US		149	570	35	6	0.1	0	890	57	5	0	5	0	10	0	10
	With ketchup	209	650	39	8	0.1	10	1670	64	6	3	8	4	15	0	14
	No salt on fries	147	565	35	6	0.1	0	550	56	5	0	5	0	10	0	6
Side Naan Bread Premade		70	220	9	3	0.2	15	590	31	1	2	5	4	0	4	10
Side Naan Bread Housemade		97	260	7	4	0.2	10	400	43	1	1	6	6	0	4	15
Side Papadam		10	35	0.1	0	0	0	140	6	0	0	2	0	0	2	2
Side Salmon (3 oz)		69	100	5	1	0	50	310	1	0	0	13	1	2	4	2
White Rice		227	130	0.3	0	0	0	590	28	0	0	3	0	0	2	2
Yam Fries with lemon mayo		247	1040	78	7	0.2	20	940	81	9	24	6	290	20	10	6
	No salt on fries	247	1040	78	7	0.2	20	740	81	9	24	6	290	20	10	6
	With ketchup	277	1080	78	7	0.2	20	1190	90	9	31	6	290	20	10	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)	Vit A	Vit C	Calcium	Iron
Au Jus 1 fl oz		30	5	0.1	0	0	0	230	0	0	0	0.2	0	0	0	0
Coleslaw Dressing 1 fl oz		30	130	12	1.5	0	15	240	3	0	2	1	0	0	2	2
Blue Cheese Butter		16	70	6	4	0.3	15	140	2	0	1	1	6	0	2	0
Blue Cheese Dressing 1 fl oz		30	150	15	1.5	0	15	210	1	0	1	1	2	0	2	0
Blue Cheese Sauce 1 fl oz		30	110	12	5	0.2	30	110	1	0	0	1	8	0	2	0
Buerre Blanc 1 fl oz		30	150	16	10	0.5	45	115	1	0	0	0.3	15	0	0	2
Lemon Caper Caesar Dressing 1 fl oz		30	150	15	2.5	0	15	390	1	0	0	2	2	2	6	0
Chili Lime Dressing 1 fl oz		30	90	6	1	0	0	320	7	0	6	0.3	0	0	0	2
Chipotle Mayo 1 fl oz		30	160	18	1.5	0	15	390	1	0	1	0.4	2	2	0	0
Cilantro Emulsion 1 fl oz		30	160	17	1	0.1	0	150	3	0	2	0.1	0	0	0	0
Drunkin Ginger Vinaigrette 1 fl oz		30	130	12	1	0	0	280	5	0	4	0.4	0	0	0	0
French Vinaigrette 1 fl oz		30	150	17	2	0.1	0	210	1	0	0	0.3	0	0	0	0
Garlic Butter 1 fl oz		30	180	20	13	1	50	140	2	0	0	1	20	2	2	2
Garlic Chili Sauce 1 fl oz		30	70	5	0.5	0	0	800	6	0	4	1	0	0	2	2
Green Goddess Sauce 1 fl oz		30	150	16	2	0	15	170	1	0	0	1	2	2	2	2
Hoisin Glaze 1 fl oz		30	60	0.1	0	0	0	700	13	0	11	1	0	0	0	0
Ketchup 1 fl oz		30	35	0	0	0	0	240	8	1	8	0.4	2	0	0	0
Lemon Mayo Aioli 1 fl oz		30	220	25	2	0	10	200	0	0	0	0.5	0	0	0	0
	With truffle oil	31	227	26	2	0	10	200	0	0	0	1	0	0	0	0
Mushroom Peppercorn Sauce		60	80	4	2	0	10	780	7	1	3	3	4	2	0	4
Oil & Balsamic Vinegar 1 fl oz		30	150	15	2	0	0	4	3	0	2	0.1	0	0	0	2
Parmesan Dip USA 1 fl oz		30	170	18	2	0	20	150	1	0	0	1	0	0	4	0
Peppercorn Sauce 1 fl oz		30	60	4.5	3	0.1	15	180	3	1	1	0.3	6	0	2	8
Ponzu Sauce 1 fl oz		30	15	0	0	0	0	720	2	0	0	1	0	2	0	2
Sour Cream 1 fl oz		30	50	4.5	2.5	0	15	25	2	0	2	1	4	0	2	0
Soy Chili Sauce 1 fl oz		30	250	27	2	0.1	0	140	1	0	0	0.3	0	0	0	0
Soy Chili Sauce US 1 fl oz		30	110	9	1.5	0	0	1070	4	0	0	1	0	0	0	0
Soy Sauce 1 fl oz		30	20	0	0	0	0	1690	2	0	0	3	0	0	0	2
Spicy Aioli/ Spicy Mayo 1 fl oz		30	200	22	2	0	10	240	1	0	1	0.4	0	2	0	0
Srirachi Hot Sauce 1 fl oz		30	30	0	0	0	0	600	6	0	6	0	0	15	0	2
Teriyaki Glaze 1 fl oz		30	40	0	0	0	0	730	9	0	6	1	0	0	2	2
Truffle Oil 1 fl oz		30	170	19	4.5	0	0	1	0	0	0	0	0	0	0	2
Valentina Hot Sauce 1 fl oz		30	0	0	0	0	0	380	0	0	0	0	0	15	0	2
Yogurt 1 fl oz		30	30	1.5	1	0	5	20	5	0	2	1	0	0	4	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)	Vit A	Vit C	Calcium	Iron
Baked Garlic Croutons (5 croutons)		10	30	1.5	1	0.1	5	45	4	0	0	1	2	0	0	2
Cheddar		28	113	10	6	0.3	30	200	0	0	0	7	6	0	0	0
Fried Gyoza		27	90	2.5	0.2	0	0	115	15	0	1	3	0	0	0	6
Parmesan Cheese		4	15	1	0.5	0	5	25	0	0	0	1	0	0	4	0
Roti Spice		1.6	5	0.1	0	0	0	200	1	0	0	0.1	0	0	0	2
Salt 1/2 tsp		2.3	0	0	0	0	0	891	0	0	0	0	0	0	0	0
Salt and Pepper Mix		0.5	0	0	0	0	0	130	0	0	0	0	0	0	0	0
Soy Chicken		100	150	1.5	0	0	0	430	4	1	1	28	0	0	4	20
Steak Spice		2.5	5	0.2	0	0	0	340	1	0	0	0.2	2	0	2	4

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