Joey Nutrition Report Nutrition Facts table label rounded report

JOEY NUTRITION REPORT

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"Witamin 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		294	1160	91	34	1.5	180	1850	65	7	2	16	50	15	20	15
Blue Cheese Fries	Shared between 2	147	580	46	17	0.5	90	930	33	3	1	8	25	10	10	8
Crispy Calamari	Shared between 2	314 157	1420 710	105 52	6	0.3 0.2	445 225	2220 1110	82 41	4	4	37 18	4	20 10	15 6	35 15
Calamari		404	1570	125	10	1.5	440	1550	74	5	3	38	8	20	10	40
Calanian	Shared between 2	202 148	790 270	63 10	5 1	0.1	220 35	800 450	37 28	3	1	19 17	4	10	6	20 8
	baked no breading	260	270 370	5	1	0.1	35 80	790	28 44	1	13 26	34	2	3	4	8 15
Chili Chicken	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
Gyoza	Shared between 2 Shared between 2	103 166	250 480	16 35	8	0	30 165	790 1600	15 2	1	1	8 38	0 30	2	2	6 15
BBQ Wings	No dip shared by 2	144	370	23	7	0.3	155	1440	1	1	ō	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 No dip shared by 2	250 227	765 640	55 41	15 12	0.3	350 340	1740 1610	7	2	1	59 58	10 8	4	10 6	25 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 Korean Fried Cauliflower	Shared between 2 Shared between 2	225 125	635 230	41 14	8	0.1	15	925 450	53.5 24	3.5	6 10	10.5	10 0	35 30	15	30 6
Kolean Hea Caulilowei	Silared between 2	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
Lettuce Wraps - Crispy Tofu NEW	Shared between 2	536 268	1050 520	73 37	8	0.1 0.1	10	1770 890	70 35	5	25 12	28 14	15 8	10	40 20	40 20
Lettuce wraps - Crispy Totu NEW	Snared between 2	268 526	520 1080	37 65	7	0.1	5 95	890 1860	35 75	5	12 25	14 46	8 15	10	20 8	20 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
Lettuce Wraps - Fried Chicken	Shared between 2	275	540	35	4	0.1	40	900	36	3	15	22	35	20	4	15
Lettuce Wraps - Shrimp Lettuce Wraps - Soy Chicken	Shared between 2 Shared between 2	249 250	400 440	25 28	3	0.3	100	1290 1240	29 32	3	15 15	16 19	35 35	20 20	8 6	15 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 3	697 232	1530	81 27	33 11	1.5 0.5	190 65	3250 1080	143 48	21	10	76	70	385 130	100 30	45 15
	Shared between 3 Shared between 2	160	510 480	34	9	0.5	65	795	48 29	2	9	25 19	25 8	2	13	23
Sliders Royale	One slider	107	320	22	6	0.3	43	530	19	1	6	13	5	1	8	15
Veggie Sliders	Shared between 2	175 117	550 360	45 30	7	1 0.3	35 25	900 600	35 24	4	7	11 7	6 4	2	15 10	20 15
	One slider Shared between 2	124	520	39	4	0.1	10	470	40	5	12	3	140	10	6	2
Yam Fries & Truffle Lemon Aioli	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 Shared between 2	123 485	520 1220	39 65	4	0.1 1.5	10 320	370 2320	40 40	5	12	3 106	140	10	6	2 35
Chicken Tenders	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		1023	3090	145	21	2	620	2820	255	8	25	176	15	20	25	150
	Shared between 2	512 1155	1540 3500	73 166	10 24	1 2	310 620	1410 2890	127 303	13	12 25	88 181	8 15	10 35	15 25	80 170
Crispy Chicken Strips and Fries	Shared between 2	577	1750	83	12	1	310	1440	152	7	12	101	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 One mini burger	385 257	1080 720	67 44	8	1	215 145	1130 760	52 34	3	7	69 46	15 10	5	10 6	40 25
	One mini burger	317	1260	84	31	0.5	295	1060	3	1	0	79	0	10	15	30
5 Spice Ribs	Shared between 2	159	630	42	15	0.3	145	530	2	1	0	39	0	4	8	15
Spicy Korean Chicken	Shared between 2	253 127	710 350	32 16	5	0.3 0.2	95 50	1260 630	72 36	2	21 10	31 15	4	10	8	40 20
	Shared between 2 Shared between 2	99	400	30	5	0.2	15	520	25	3	0	6	2	6	8	20 8
Truffle Parmesan Fries	No tarragon remoulade shared between 2	78	250	14	3.5	0.1	10	260	24	3	ō	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 Crispy Tempura Prawns		359 180	460 460	13 35	2.5	0	115 105	1200 950	62 23	7	15	31 16	15 25	50 10	10 10	15 20
Ahi Tuna Poke		233	360	22	2.5	0	35	940	21	6	6	21	8	10	6	15
Roasted Corn Guacamole		339 280	680 700	35	4	0.1	5 140	1360 1450	90 20	17	7	17	15	25	4	20
Crab Cake Burrata Appetizer		280 334	700 780	58 40	6 12	0.1	140 55	1450 1730	20 74	9	7 12	18 29	15 30	35 280	10 40	15 40
Harrisa Prawn Skewer		113	280	21	9	1	190	1020	3	0	0	18	20	5	8	4
Flatbread		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
Pesto Shrimp Flat Bread Tandoori Chicken Flat Bread	Shared between 2 Shared between 2	205 215	540 490	27 19	6	0	55 30	930 930	58 67	4	2 11	20 19	15 10	18	15 10	35 30
Sushi	Snared between 2  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		217	400	16	2	0	40	1350	46	2	8	17	4	4	2	6
Sound Style Fredded Summon Susill				26	3.5	0	40	2270	67	6	18	22 8	60	40	10	20
	with Japanese Salad	450	600				40	2200								25
Sushi Cone			600 250 260	13 13	1	0	40 40	2200 3890	25 27	2	2	10	2	10 10	6	25
Tuna Poke Cone	with Japanese Salad  With soy sauce  1 cone	450 134 164 105	250 260 <b>190</b>	13 13 7	1	0 0	40 10	3890 640	27 26	2 3 2	2 5	10 7	2	10 5	-	6
Tuna Poke Cone Pacific Roll	With soy sauce 1 cone	450 134 164 105 294	250 260 <b>190</b> 490	13 13 7 21	1 1 1 3	0 0 0	40 10 30	3890 640 1390	27 26 58	2 3 2 7	2 5 8	10 7 20	2 2 10	10 5 25	6 2 8	6 15
Tuna Poke Cone Pacific Roll Soup/Salad		450 134 164 105 294 Grams/Serving	250 260 <b>190</b> 490 Cals (kcal)	13 13 7 21 Fat (g)	1 1 1 3 SatFat (g)	0 0 0 0 TransFat (g)	40 10	3890 640 1390 Sod (mg)	27 26	2 3 2 7 Fib (g)	2 5 8 Sugar (g)	10 7	2 2 10 Vit A	10 5 25 Vit C	6 2 8 Calcium	6 15 Iron
Tuna Poke Cone Pacific Roll	With soy sauce 1 cone	450 134 164 105 294 Grams/Serving	250 260 <b>190</b> 490	13 13 7 21	1 1 1 3	0 0 0	40 10 30	3890 640 1390 Sod (mg) 470 1090	27 26 58 Carb (g) 8	2 3 2 7 Fib (g) 2 3	2 5 8 Sugar (g) 2	10 7 20	2 2 10 Vit A 70 70	10 5 25	6 2 8	6 15
Tuna Poke Cone Pacific Roll Soup/Salad Caesar Salad Starter/Side	With soy sauce 1 cone Modifications with rotisserie chicken	450 134 164 105 294 Grams/Serving 130 234	250 260 190 490 Cals (kcal) 200 430 270	13 13 7 21 Fat (g) 17 29 23	1 1 1 3 SatFat (g)	0 0 0 0 TransFat (g) 0.1 0.2	40 10 30 Chol (mg) 20 105 5	3890 640 1390 Sod (mg) 470 1090 350	27 26 58 Carb (g) 8 10	2 3 2 7 Fib (g) 2 3	2 5 8 Sugar (g) 2 2 7	10 7 20 Prot (g) 5 32 4	2 2 10 Vit A 70 70 35	10 5 25 Vit C 20 20 10	6 2 8 Calcium 10 10 8	6 15 Iron 8 20
Tuna Poke Cone Pacific Roll Soup/Salad Caesar Salad Starter/Side House Starter Salad/Side	With soy sauce 1 cone  Modifications	450 134 164 105 294 Grans/Serving 130 234 145 236	250 260 190 490 Cals (kcal) 200 430 270 471	13 13 7 21 Fat (g) 17 29 23 33	1 1 1 3 SatFat (g)	0 0 0 TransFat (g) 0.1 0.2 0.1	40 10 30 Chol (mg) 20 105 5	3890 640 1390 Sod (mg) 470 1090 350 970	27 26 58 Carb (g) 8 10 12	2 3 2 7 Fib (g) 2 3 3	2 5 8 Sugar (g) 2 2 7	10 7 20 Prot (g) 5 32 4 29	2 2 10 Vit A 70 70 35 40	10 5 25 Vit C 20 20	6 2 8 Calcium 10 10 8	6 15 Iron 8 20 10 23
Tuna Poke Cone Pacific Roll Soup/Salad Caesar Salad Starter/Side	With soy sauce 1 cone Modifications with rotisserie chicken	450 134 164 105 294 Grams/Serving 130 234	250 260 190 490 Cals (kcal) 200 430 270 471 330	13 13 7 21 Fat (g) 17 29 23	1 1 1 3 SatFat (g)	0 0 0 0 TransFat (g) 0.1 0.2	40 10 30 Chol (mg) 20 105 5	3890 640 1390 Sod (mg) 470 1090 350 970 1580	27 26 58 Carb (g) 8 10	2 3 2 7 Fib (g) 2 3 3 4 8 1.25	2 5 8 Sugar (g) 2 2 7 7 9	10 7 20 Prot (g) 5 32 4	2 2 10 Vit A 70 70 35	10 5 25 Vit C 20 20 10	6 2 8 Calcium 10 10 8	6 15 Iron 8 20
Tuna Poke Cone Pacific Roll Soup/Salad Caesa Salad Starter/Side House Starter Salad/Side Moroccan Chicken Soup	With soy sauce 1 cone Modifications with rotisserie chicken	450 134 164 105 294 Grams/Serving 130 234 145 236 300	250 260 190 490 Cals (kcal) 200 430 270 471	13 13 7 21 Fat (g) 17 29 23 33 14	1 1 3 SatFat (g) 3.5 6 3 5	0 0 0 0 TransFat (g) 0.1 0.2 0.1 0.2	40 10 30 Chol (mg) 20 105 5 80 20	3890 640 1390 Sod (mg) 470 1090 350 970	27 26 58 Carb (g) 8 10 12 15	2 3 3 4 8	2 5 8 Sugar (g) 2 2 7 7 7 9 5	10 7 20 Prot (g) 5 32 4 29 16	2 2 10 Vit A 70 70 35 40	10 5 25 Vit C 20 20 10 10 8	6 2 8 Calcium 10 10 8 10 8	6 15 Iron 8 20 10 23 25

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
		255	390	34	7	0.3	35	920	14	4	3	9	130	35	20	15
Caesar Salad	No dressing, cheese or crouton	175	30	0.5	0.1	0	0	15	6	3	2	2	130	30	4	10
	with grilled chicken	328	560	44	9	0.3	90	1110	14	4	3	26	130	35	20	20
		356	560	43	8	0.3	60	780	22	7	6	24	45	40	20	20
Farmers Market Chicken Salad	No chicken	297	450	38	,	0.3	10	610	22	7	6	9	45	40	20	15
Katan Grinn Chirden Barrat Galari	No dressing	311 397	330 810	18 54	5	0.1	60 129	420 1497	21 49	17	12	24 40	45 70	40 35	20 13	15 26
Katsu Crispy Chicken Peanut Salad The New Cobb		432	810	65	12	0.3	300	1600	49 21	Δ	5	40 38	130	60	20	30
Yellowfin Tuna Salad NEW		432	640	43	6	0.1	30	1040	45	4	23	24	60	35	10	20
TEIIOWIIII TUTIA SAIAU NEW	No dressing	340	470	45 30	3.5	0.1	30	410	30	6	11	23	50	35	10	20
	No dressing	439	860	69	9	1	75	1440	39	9	20	30	80	50	25	25
Beach Salad	No chicken	359	670	58	7	1	15	1380	38	9	20	11	80	50	25	20
Death said	No dressing	369	450	27	6	0.1	75	1180	29	8	12	30	80	45	25	25
	TTO dicasing	366	550	37	11	0.3	60	3140	34	9	11	23	30	60	35	30
Grilled Caesar Salad	No dressing	295	450	32	9	0.2	45	1930	28	8	9	16	30	50	20	25
		395	640	30	4	0	100	2440	52	6	17	46	60	35	6	20
Grilled Chicken Salad	No dressing	350	480	18	2	0	100	2260	39	6	5	46	60	30	6	20
		423	860	63	11	1	135	2940	25	6	15	55	25	20	30	25
Walnut and Apple Salad	No dressing	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
Baia Fish Tacos	No cheese, no goddess	477	1130	56	4.5	0.2	105	1170	126	13	5	32	70	45	20	50
Baja FISH Tacos	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)		373	890	51	9	0.1	95	1040	74	8	3	34	25	30	25	25
Baja risii racos (New - 2 tacos)	No cheese, no goddess	334	710	34	3	0.1	70	790	73	8	3	29	20	30	10	25
		431	980	66	11	0.5	40	1350	83	13	6	18	45	80	35	20
Baja Cauliflower Tacos	with tofu mayo	431	800	45	9	0.5	30	1330	85	13	8	19	25	80	40	20
	vegan - no cheese	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
		348	840	55	12	1	125	1210	48	2	14	41	15	10	10	45
	with cheese	362	910	62	17	1	145	1770	48	1	13	46	25	10	25	45
Hand Pressed Burger	with cheese & bacon	401	1080	77	21	1	180	2210	50	1	14	52	25	10	25	50
	with cheese & mushrooms	462	1060	76	18	1	145	1900	51	2	15	49	25	15	25	50
	with cheese, bacon & mushrooms	500	1220	91	23	1	180	2340	53	2	16	55	25	15	25	50
		309	480	33	10	0.5	100	730	11	2	7	34	8	6	6	30
	with cheese	337	560	40	14	1	120	1290	12	2	7	40	15	6	20	30
Protein Style Burger	with cheese & bacon	350	610	45	16	1	130	1390	12	2	8	41	15	6	20	30
	with cheese & mushrooms	437	700	54	15	1	120	1420	15	3	9	42	15	6	20	30
	with cheese, bacon & mushrooms	450	760	59	17	1	130	1520	15	3	9	44	15	6	20	30
		351	750	48	11	0.3	35	1500	57	5	15	28	15	10	25	60
	with cheese	379	830	55	16	0.5	55	2060	58	5	15	33	25	10	40	60
Impossible Burger	with cheese & bacon	392	890	60	17	0.5	65	2170	59	5	15	35	25	10	40	60
	with cheese & mushrooms	479	970	69	17	0.5	55	2200	61	6	16	36	25	15	40	60
	with cheese, bacon & mushrooms	491	1030	74	18	0.5	65	2300	62	6	16	37	25	14	40	60
Veggie Burger	with peanut kale side salad	527	1310	95	14	1	35	2810	86	12	18	24	60	60	30	45
Veggie Burger US		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
	Full Rack	713	1880	102	32	1	290	6870	155	10	87	81	60	60	20	50
Baby Back Ribs	no salt on fries	711	1880	102	32	1	290	5979	155	10	87	81	60	60	20	50
Daby Dack Nibs	Half Rack	484	1240	68	19	0.5	150	4360	109	9	47	44	45	60	10	30
	no salt on fries	482	1240	68	19	1	150	3469	109	9	47	44	45	60	10	30
Balsamic Braised Beef Short Ribs		511	880	41	12	0.3	120	1830	75	8	27	38	20	18	10	50
BBQ Salmon Bowl	White rice	554	790	50	6	0.1	40	2680	61	5	23	27	10	60	10	15
BBQ Sallion Bowl	Brown rice	554	930	52	6	0.1	40	2270	90	7	24	30	10	60	10	25
Ahi Tuna Poke Bowl		491	550	24	3	0	35	2050	52	5	10	28	30	20	10	20
Ahi Tuna Poke		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
Roasted Peanut Curry Noodle Bowl		592	1190	60	22	0.1	160	2920	122	7	15	41	25	45	15	30
Chicken Teriyaki Rice Bowl		504	580	30	3.5	0.1	50	1980	53	4	20	25	10	40	10	20
Teriyaki Vegetable Rice Bowl		584	560	28	2.5	0.1	0	2440	66	6	28	13	20	90	15	25
Mediterranean Bowl		557	810	46	10	0.2	75	2530	59	12	14	29	25	40	30	35
Bistro Plate		699	1570	100	24	0.1	370	4460	74	9	9	86	70	50	15	50
Butter Chicken with Premade Naan and Papadam	6 1/4 oz chicken	615	1170	44	10	0.5	145	2490	133	6	16	56	30	15	15	40
	No naan (Gluten wise)	565	1020	41	10	0.5	140	2030	108	5	14	51	30	15	10	30
	8 oz chicken	648	1220	45	11	0.5	175	2510	133	6	16	67	30	15	15	40
	No naan (Gluten wise)	598	1070	41	10	0.5	170	2060	108	5	14	62	30	15	10	30
Bombay Butter Tofu		548	1030	41	10	0.5	45	2400	138	6	16	24	30	15	30	40
·	No naan (Gluten wise)	498	870	37	9	0.5	40	1950	114	5	14	19	30	15	25	30
	(	694	1200	46	11	0.5	120	2360	147	8	23	47	40	50	20	40
	Brown rice	700	1370	55	18	0.3	15	2260	176	11	23	38	45	50	22	35
Butter Chicken with Premade Naan and Papadam	No naan (GF)	624	980	37	8	0.3	105	1770	116	7	21	42	36	50	16	30
	Soy chicken	694	1190	45	10	0.5	45	2670	150	9	23	43	35	50	20	50
		656	1220	49	11	0.5	115	2420	144	8	19	47	100	35	15	40
Butter Chicken with Premade Naan and Papadam	Brown rice	656	1070	46	8	0	105	1740	118	9	19	45	100	35	15	40
	No naan (GF)	588	1000	41	8	ō	105	1970	114	7	17	42	100	35	10	30
	Soy chicken	670	1230	49	10	0.5	45	2780	148	q.	20	47	100	35	20	60
	Joy Chicken	721	1235	44	12	0.5	115	2180	159	8	22	48	41	50	16	42
	Brown rice	750	1215	42	10	0	105	1820	157	a a	22	49	37	50	16	44
Butter Chicken with Housemade Naan and Papadam	No naan (GF)	624	975	37	8	o o	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
Miso Ramen	Joy Cilicacii	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
Sake Glazed	Seabass	501	490	19	2	0.1	75	1970	40	4	17	40	26	60	6	15
	5.00035	543	940	44	16	1	70	1230	105	6	17	31	45	130	35	40
Spaghetti Pomodoro	With garlic prawns	611	1060	51	17	1	205	1940	106	6	17	45	15	130	40	40
Spagnetti i omodoro	Chicken Parmesan	671	1290	63	20	1.5	195	1860	123	7	17	58	50	130	50	50
Chicken Parmesan & Spaghetti NEW	CHICKEH Faithesait	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	0	45	60	25	10	35
Herb Crush Saimon with Mashed Fotatoes & Vegetables	With grilled seasonal veg	508	920	69	26	1.5	190	1630	42	4		33	40	35	15	20
	With asparagus instead of grilled seasonal veg	452	840	62	27	2	200	1390	42	4	4	33	45	15	15	25
Herb Crush Salmon	With regular mashed potatoes GF	456	610	41	24	2	200	1140	28	0	6	34	45 46	25	19	25
	No salt & pepper on salmon	508	920	69	26	2	190	1630	42	4		33	40	35	15	20
Cajun Blackened Chicken	140 sait & pepper on saimoff	548	1110	79	18	1	195	2250	47	7	8	54	50	45	20	30
Cajun biackerieu Chicken			1110			1	195		47	,	٥			45	20	
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	36	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
				40						6	14					
Steak & Tuna + Avocado Roll 5 oz	116	483	860			0.3	150	3960	68			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
		150	350	20	9	0.5	120	500	2	1	0	40	10	2	4	35
7 oz Sirloin	Mashed potatoes GF	376	620	33	16	0.5	145	1250	38	4	2	45	15	2	8	50
	No seasoning on steak	147	350	19	9	0.5	120	160	1	0	0	40	8	0	2	30
12 oz New York Steak		251	700	44	20	2	195	550	2	1	0	71	10	2	4	50
12 02 New York Steak	No seasoning on steak	249	700	43	20	2	195	200	1	1	0	70	8	0	2	45
		367	950	61	31	2.5	250	1250	12	4	2	72	30	4	10	80
12 oz Peppercorn New York Steak	No seasoning on steak	365	950	61	31	2.5	250	910	11	3	2	72	30	4	8	80
		451	1430	109	45	0.5	430	880	2	1	0	104	15	2	10	45
20 oz Bone-In Ribeye	No seasoning on steak	449	1425	109	45	1	430	540	1	1	0	104	13	2	8	41
		147	400	23	13	1	125	500	2	1	0	41	10	2	2	40
Fillet Mignon	No seasoning on steak	145	390	23	12	1	125	160	1	n	n	41	8	n	0	35
	6 oz top sirloin, 7 oz fries	336	850	48	12	0.5	110	1790	57	8		45	30	30	15	45
Steak Frites		334	840	48	12	0.5	110	1460	56	0 7	2	45	30	30		45
	No seasoning on steak									7	5				15	
7 oz Sirlon with Hunter Sauce, potatoes, asparagus		544	950	54	21	1	160	1810	48		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															
Dessert	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	192	305	12	6	0.2	23	165	54	2	36	3	5	0	8	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		30		10	8
										3		7		2		
Molten Chocolate Cake with Gelato	shared between 2	130	395	25	15	0.75	168	220	41		34		20	-	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	2	32	5	30	0	10	6
Warm Italian Donuts		198	640	37	20	0.1	155	470	63	0	30	10		4	8	15
Strawberry Crème Brulee 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
										2					2	15
		98		9	3	0.3	10	260	4		2	2		4		
Grilled Asparagus	Entrée portion	98	100	9	3	0.3	10 10	260 260		2	2		10 10	4 8	2	
	Entrée portion Side	98 126	100 100	9	3 3	0.3	10	260	5		2 2	3	10	8	2	20
Grilled Asparagus  Grilled Seasonal Vegetables	Entrée portion Side Entrée portion	98 126 151	100 100 150	9 9 15	3 3 2	0.3 0		260 6		2 2 2	2 2 3		10 30	4 8 2	6	20 530
Grilled Seasonal Vegetables	Entrée portion Side	98 126 151 179	100 100 150 160	9 9 15 15	2 2	0.3 0 0	10 0 0	260 6 8	5 5 7	2 2	3 4	3 2 2	10 30 35	2	6 6	20 530 540
Grilled Seasonal Vegetables Sides	Entrée portion Side Entrée portion	98 126 151 179 Grams/Serving	100 100 150 160 Cals (kcal)	9 15 15 Fat (g)	2 2 SatFat (g)	0.3 0 0 TransFat (g)	10 0 0 Chol (mg)	260 6 8 Sod (mg)	5 5 7 Carb (g)	2 2 Fib (g)		3 2 2 Prot (g)	10 30 35 Vit A	2 Vit C	6 6 Calcium	20 530 540 Iron
Grilled Seasonal Vegetables Sides Marinated Chicken Breast no skin	Entrée portion Side Entrée portion	98 126 151 179 Grams/Serving 62	100 100 150 160 Cals (kcal)	9 9 15 15 Fat (g)	2 2 SatFat (g) 0.5	0.3 0 0 TransFat (g)	10 0 0 Chol (mg)	260 6 8 Sod (mg) 190	5 5 7 Carb (g)	2 2 Fib (g)	3 4 Sugar (g) 0	3 2 2 Prot (g)	10 30 35 Vit A	Vit C	6 6 Calcium 0	20 530 540 Iron 2
Grilled Seasonal Vegetables  Sides  Marinated Chicken Breast no skin  Marinated Chicken Breast with skin	Entrée portion Side Entrée portion	98 126 151 179 Grams/Serving 62 63	100 100 150 160 Cals (kcal) 130	9 9 15 15 <b>Fat (g)</b> 6	2 2 SatFat (g) 0.5 2	0.3 0 0 TransFat (g) 0	10 0 0 Chol (mg) 50 50	260 6 8 Sod (mg) 190 180	5 5 7 Carb (g) 0	2 2 Fib (g) 0	3 4	3 2 2 Prot (g) 19 15	10 30 35 Vit A 0 2	Vit C 0 0	6 6 Calcium 0 0	20 530 540 Iron 2 2
Grilled Seasonal Vegetables Sides Marinated Chicken Breast no skin Marinated Chicken Breast with skin Coleslaw Coleslaw	Entrée portion Side Entrée portion	98 126 151 179 Grams/Serving 62 63	100 100 150 160 Cals (kcal) 130 150 210	9 9 15 15 Fat (g) 6 9	2 2 SatFat (g) 0.5 2 2.5	0.3 0 0 TransFat (g) 0 0	10 0 0 Chol (mg) 50 50 20	260 6 8 Sod (mg) 190 180 380	5 5 7 Carb (g) 0 0	2 2 Fib (g) 0 0	3 4 Sugar (g) 0 0	3 2 2 Prot (g) 19 15 3	10 30 35 Vit A 0 2 30	2 Vit C 0 0	6 6 Calcium 0 0	20 530 540 Iron 2 2 2
Grilled Seasonal Vegetables Sides Marinated Chicken Breast no skin Marinated Chicken Breast with skin Coleslaw Crispy Mashed Potato fully loaded	Entrée portion Side Entrée portion	98 126 151 179 Grams/Serving 62 63 131 201	100 100 150 160 Cals (kcal) 130 150 210 520	9 9 15 15 Fat (g) 6 9 18 36	2 2 2 SatFat (g) 0.5 2 2.5 8	0.3 0 0 TransFat (g) 0 0 0	10 0 0 Chol (mg) 50 50 20	260 6 8 Sod (mg) 190 180 380 680	5 5 7 Carb (g) 0 0 9	2 2 2 Fib (g) 0 0 2	3 4 Sugar (g) 0 0 6 3	3 2 2 Prot (g) 19 15 3	10 30 35 Vit A 0 2 30 8	2 Vit C 0 0 0 35	6 6 Calcium 0 0 6	20 530 540 Iron 2 2 6 15
Grilled Seasonal Vegetables  Sides  Marinated Chicken Breast no skin Marinated Chicken Breast with skin Colesiaw Crispy Mashed Potato fully loaded Crispy Mashed Potato no toppings	Entrée portion Side Entrée portion	98 126 151 179 Grams/Serving 62 63 131 201	100 100 150 160 Cals (kcal) 130 150 210 520 430	9 9 15 15 Fat (g) 6 9 18 36 28	2 2 SatFat (g) 0.5 2 2.5 8 4.5	0.3 0 0 TransFat (g) 0 0 0 0.4 0.1	10 0 0 Chol (mg) 50 50 20 35	260 6 8 Sod (mg) 190 180 380 680 490	5 5 7 Carb (g) 0 0 9 41 38	2 2 2 Fib (g) 0 0 2 3	3 4 Sugar (g) 0 0 6 3	3 2 2 Prot (g) 19 15 3 9	10 30 35 Vit A 0 2 30 8	2 Vit C 0 0 0 35 0	6 6 Calcium 0 0 6 10 22	20 530 540 Iron 2 2 6 15
Grilled Seasonal Vegetables  Sides  Marinated Chicken Breast no skin  Marinated Chicken Breast with skin  Coleslaw  Crispy Mashed Potato fully loaded  Crispy Mashed Potato no toppings  Garlic Bread	Entrée portion Side Entrée portion	98 126 151 179 Grams/Serving 62 63 131 201 159 98	100 100 150 160 Cals (kcal) 130 150 210 520 430 330	9 9 15 15 Fat(g) 6 9 18 36 28	2 2 SatFat (g) 0.5 2 2.5 8 4.5	0.3 0 0 TransFat (g) 0 0 0 0.4 0.1 1	10 0 0 Chol (mg) 50 50 20 35 10	260 6 8 Sod (mg) 190 180 380 680 490 510	5 5 7 Carb (g) 0 0 9 41 38 31	2 2 2 Fib (g) 0 0 2 3 3	3 4 Sugar (g) 0 0 6 3 1	3 2 2 Prot(g) 19 15 3 9 6	10 30 35 Vit A 0 2 30 8 28 20	2 Vit C 0 0 0 35	6 6 Calcium 0 0 6 10 22 6	20 530 540 Iron 2 2 6 15 2
Grilled Seasonal Vegetables  Sides  Marinated Chicken Breast no skin Marinated Chicken Breast with skin Colesiaw Crispy Mashed Potato fully loaded Crispy Mashed Potato no toppings	Entrée portion Side Entrée portion	98 126 151 179 Grams/Serving 62 63 131 201 159 98 126	100 100 150 160 Cals (kcal) 130 150 210 520 430 330 100	9 9 15 15 Fat (g) 6 9 18 36 28	2 2 SatFat (g) 0.5 2 2.5 8 4.5	0.3 0 0 TransFat (g) 0 0 0 0.4 0.1	10 0 0 Chol (mg) 50 50 20 35 10 50	260 6 8 Sod (mg) 190 180 380 680 490	5 5 7 Carb (g) 0 0 9 41 38	2 2 2 Fib (g) 0 0 2 3	3 4 Sugar (g) 0 0 6 3	3 2 2 Prot (g) 19 15 3 9	10 30 35 Vit A 0 2 30 8	2 Vit C 0 0 0 35 0	6 6 Calcium 0 0 6 10 22	20 530 540 Iron 2 2 6 15 2 10
Grilled Seasonal Vegetables  Sides  Marinated Chicken Breast no skin  Marinated Chicken Breast with skin  Coleslaw  Crispy Mashed Potato fully loaded  Crispy Mashed Potato no toppings  Garlic Bread	Entrée portion Side Entrée portion	98 126 151 179 Grams/Serving 62 63 131 201 159 98 126 92	100 100 150 160 Cals (kcal) 130 150 210 520 430 330	9 9 15 15 Fat(g) 6 9 18 36 28	2 2 SatFat (g) 0.5 2 2.5 8 4.5	0.3 0 0 TransFat (g) 0 0 0 0.4 0.1 1	10 0 0 Chol (mg) 50 50 20 35 10	260 6 8 Sod (mg) 190 180 380 680 490 510	5 5 7 Carb (g) 0 0 9 41 38 31	2 2 2 Fib (g) 0 0 2 3 3	3 4 Sugar (g) 0 0 6 3 1	3 2 2 Prot(g) 19 15 3 9 6	10 30 35 Vit A 0 2 30 8 28 20	2 Vit C 0 0 0 35 0	6 6 Calcium 0 0 6 10 22 6	20 530 540 Iron 2 2 6 15 2
Grilled Seasonal Vegetables  Sides  Marinated Chicken Breast no skin Marinated Chicken Breast with skin Coleslaw Crispy Mashed Potato fully loaded Crispy Mashed Potato no toppings Garlic Bread Grilled Agarragus	Entrée portion Side Entrée portion	98 126 151 179 Grams/Serving 62 63 131 201 159 98 126	100 100 150 160 Cals (kcal) 130 150 210 520 430 330 100	9 9 15 15 15 Fat (g) 6 9 18 36 28 20 9	2 2 SatFat (g) 0.5 2 2.5 8 4.5 13	0.3 0 0 TransFat (g) 0 0 0 0.4 0.1 1 0.3	10 0 0 Chol (mg) 50 50 20 35 10 50	260 6 8 Sod (mg) 190 180 380 680 490 510 260	5 5 7 Carb (g) 0 0 9 41 38 31 5	2 2 Fib (g) 0 0 2 3 3 3 2	3 4 Sugar (g) 0 0 6 3 1 0	3 2 2 Prot (g) 19 15 3 9 6 5 5	10 30 35 Vit A 0 2 30 8 28 20	2 Vit C 0 0 35 0 0	6 6 Calcium 0 0 6 10 22 6	20 530 540 Iron 2 2 6 15 2 10 20
Grilled Seasonal Vegetables  Sides  Marinated Chicken Breast no skin Marinated Chicken Breast with skin Coleslaw Crispy Mashed Potato fully loaded Crispy Mashed Potato not toppings Garlied Feread Grilled Asparagus Grilled Pawn Skewer	Entrée portion Side Entrée portion	98 126 151 179 Grams/Serving 62 63 131 201 159 98 126 92	100 100 150 160 Cals (kcal) 130 150 210 520 430 330 100 160	9 9 15 15 15 Fat (g) 6 9 18 36 28 20 9	2 2 SatFat (g) 0.5 2 2.5 8 4.5 13 3 6	0.3 0 0 TransFat (g) 0 0 0 0.4 0.1 1 0.3 0.5	10 0 0 Chol (mg) 50 50 20 35 10 50	260 6 8 Sod (mg) 190 180 380 680 490 510 260 610	5 5 7 Carb (g) 0 0 9 41 38 31 5	2 2 Fib (g) 0 0 2 3 3 3 2	3 4 Sugar (g) 0 0 6 3 1 0 2	3 2 2 Prot (g) 19 15 3 9 6 5 3	10 30 35 Vit A 0 2 30 8 28 20 10	2 Vit C 0 0 35 0 0 2 8	6 6 Calcium 0 0 6 10 22 6 2	20 530 540 Iron 2 2 2 6 15 2 10 20
Grilled Seasonal Vegetables  Sides  Marinated Chicken Breast no skin Marinated Chicken Breast with skin Coleslaw Crispy Mashed Potato fully loaded Crispy Mashed Potato fully loaded Grisp Mashed Potato no toppings Garlie Bread Grilled Apparagus Grilled Potatons Newer Mashed Potatoes Brown Rice	Entrée portion Side Entrée portion	98 126 151 179 Grams/Serving 62 63 131 201 159 98 126 92 227	100 100 150 150 160 Cals (kcal) 130 150 210 520 420 330 100 160 270 270	9 9 15 15 15 Fat (g) 6 9 18 36 28 20 9 11 13 2	2 2 SatFat (g) 0.5 2 2.5 8 4.5 13 3 6 6 0.4	0.3 0 0 TransFat (g) 0 0 0 0.4 0.1 1 0.3 0.5 0	10 0 Chol (mg) 50 50 20 35 10 50 10 155 25 0	260 6 8 Sod (mg) 190 180 380 680 490 510 260 610 750 180	5 5 7 Carb (g) 0 0 9 41 38 31 5 2 37 57	2 2 Fib (g) 0 0 2 3 3 3 3 2 0	3 4 Sugar (g) 0 0 6 3 1 0 2 0	3 2 2 2 Prot (g) 19 15 3 9 6 5 5 3 14 5 6	10 30 35 Vit A 0 2 30 8 28 20 10 15 6	2 Vit C 0 0 35 0 0 2 8 4	6 6 Calcium 0 0 6 10 22 6 2 4 4 4	20 530 540 Iron 2 2 6 15 2 10 20 15 15
Grilled Seasonal Vegetables  Sides  Marinated Chicken Breast no skin Marinated Chicken Breast with skin Coleslaw Crispy Mashed Petato fully loaded Crispy Mashed Petato fully loaded Grilled Asparagus Grilled Prawn Skewer Mashed Protatoes Brown Rice Roti Chicken (3.5.0c)	Entrée portion Side Entrée portion	98 126 151 179 Grams/Serving 62 63 131 201 159 98 126 92 227 227 91	100 100 150 150 160 Cals (kcal) 130 150 210 520 430 330 100 160 270 270	9 9 15 15 15 Fat (g) 6 9 18 36 28 20 9	2 2 SatFat (g) 0.5 2 2.5 8 4.5 13 3 6 6 0.4 1.75	0.3 0 0 Transfat (g) 0 0 0 0.4 0.1 1 0.3 0.5 0	10 0 0 Chol(mg) 50 50 20 35 10 50 10 50 20 35	260 6 8 Sod (mg) 190 180 380 680 490 510 260 610 750 180 620	5 5 7 Carb (g) 0 0 9 41 38 31 5 2 37 57	2 2 Fib (g) 0 0 2 3 3 3 3 2 0	3 4 Sugar (g) 0 0 6 3 1 0 2 0	3 2 2 Prot(g) 19 15 3 9 6 5 3 14 5 6	10 30 35 Vit A 0 2 30 8 28 20 10 15 6	2 Vit C 0 0 35 0 2 8 4 0	6 6 Calcium 0 0 6 10 22 6 2 4 4 2 1.75	20 530 540 Iron 2 2 6 15 2 10 20 15
Grilled Seasonal Vegetables  Sides  Marinated Chicken Breast no skin Marinated Chicken Breast with skin Coleslaw Crispy Mashed Potato fully loaded Crispy Mashed Potato fully loaded Grisp Mashed Potato no toppings Garlie Bread Grilled Apparagus Grilled Potatons Newer Mashed Potatoes Brown Rice	Entrée portion Side Entrée portion	98 126 151 179 Grams/Serving 62 63 131 201 159 98 126 92 227 91 198	100 150 150 160 Cals (kcal) 130 150 210 520 430 330 100 160 270 201 290	9 9 15 15 15 Fat (g) 6 9 18 36 28 20 9 11 13 2 10 4	2 2 SatFat (g) 0.5 2 2.5 8 4.5 13 3 6 6 0.4 1.75 2.5	0.3 0 0 Transfat (g) 0 0 0 0 0 0.4 0.1 1 0.3 0.5 0 0 0 0 0.2 0.2	10 0 Chol (mg) 50 50 20 35 10 50 10 155 25 0	260 6 8 Sod (mg) 190 180 380 680 490 510 260 6110 750 180 620 540	5 5 7 Carb (g) 0 9 41 38 31 5 2 37 57 3 59	2 2 Fib (g) 0 0 2 3 3 3 2 0 4 4 3 1	3 4 Sugar (g) 0 0 6 3 1 1 0 2 0 2 0	3 2 2 2 Prot (g) 19 15 3 9 6 5 5 3 14 5 6	10 30 35 VR A 0 2 30 8 28 20 10 15 6 0 4.5	2 Vit C 0 0 0 355 0 0 2 8 4 0 0 0	6 6 Calcium 0 0 6 10 22 6 2 4 4 2 1.75 2	20 530 540 Iron 2 2 6 15 2 10 20 15 15 10 10 13
Grilled Seasonal Vegetables  Sides  Marinated Chicken Breast no skin Marinated Chicken Breast with skin Coleslaw Crispy Mashed Petato fully loaded Crispy Mashed Petato fully loaded Grilled Apparagus Grilled Prawn Skewer Mashed Pratones Brown Skewer Mashed Pratones Brown Rice Rott Chicken (3-502) Side Aromatic Rice	Entrée portion Side Entrée portion Side	98 126 151 179 Grams/Serving 63 131 201 159 98 126 92 227 227 91 198 139	100 100 150 150 160 Cals [kcal] 130 150 210 520 420 330 100 160 270 201 290 450	9 15 15 Fat (g) 6 9 18 36 28 20 9 11 13 2 10 4 23	2 SatFat (g) 0.5 2 2.5 8 4.5 13 3 6 6 0.4 1.75 2.5 4.5	0.3 0 0 TransFat (g) 0 0 0 0 0.4 0.1 1 0.3 0.5 0 0 0 0.2 0.2	10 0 0 Chol(mg) 50 50 20 35 10 50 10 50 20 35	260 6 8 Sod (mg) 190 180 380 680 490 510 260 610 750 180 620 540	5 5 7 Carb (g) 0 0 9 41 38 31 5 2 37 57 3 59 55	2 2 Fib (g) 0 0 2 3 3 3 2 0 4 4 3 1	3 4 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9	3 2 2 Prot (g) 19 15 3 9 6 5 3 14 5 6 6 25 5	10 30 35 Vit A 0 2 30 8 28 20 10 15 6 0 4.5	2 Vit C 0 0 0 35 0 0 2 2 8 4 0 0 0	6 6 6 Calcium 0 0 0 6 10 0 22 6 4 4 4 2 2 1.75 2 0 0	20 530 540 Iron 2 2 6 15 2 10 20 15 15 15 15 10
Grilled Seasonal Vegetables  Sides  Marinated Chicken Breast no skin Marinated Chicken Breast with skin Coleslaw Crispy Mashed Petato fully loaded Crispy Mashed Petato fully loaded Grilled Asparagus Grilled Prawn Skewer Mashed Protatoes Brown Rice Roti Chicken (3.5.0c)	Entrée portion Side Entrée portion Side	98 126 151 179 Grams/Serving 62 63 131 201 159 98 126 92 227 91 198 139 169	100 100 150 150 160 Cals [kcal] 130 150 210 520 430 330 100 160 270 270 201 290 485	9 15 15 15 15 15 16 9 18 36 28 20 9 11 13 2 10 4 23 23	2 2 SatFat (g) 0.5 2 2.5 8 4.5 13 3 6 6 0.4 1.75 2.5	0.3 0 0 0 0 0 0 0 0.4 0.1 1 0.3 0.5 0 0	10 0 0 Chol(mg) 50 50 20 35 10 50 10 50 20 35	260 6 8 8 Sod (mg) 190 180 380 680 490 510 260 610 750 180 620 540 1610 1850	5 5 7 Carb (g) 0 9 41 38 31 5 2 37 57 3 59 55 63	2 2 Fib (g) 0 0 2 3 3 3 2 0 4 4 3 1	3 4 Sugar (g) 0 0 6 3 1 1 0 2 0 2 0	3 2 2 Prot(g) 19 15 3 9 6 5 3 14 5 6	10 30 35 Vit A 0 2 30 8 28 28 20 10 15 6 0 4.5 4	2 VR C 0 0 0 35 0 0 2 8 8 4 0 0 0 2 2 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	6 6 Calcium 0 0 6 10 22 6 2 4 4 2 1.75 2	20 530 540 Iron 2 2 6 6 15 2 10 20 15 15 10 10 13 8 10
Grilled Seasonal Vegetables  Sides  Marinated Chicken Breast no skin Marinated Chicken Breast with skin Coleslaw Crispy Mashed Petato fully loaded Crispy Mashed Petato fully loaded Grilled Apparagus Grilled Prawn Skewer Mashed Pratones Brown Skewer Mashed Pratones Brown Rice Rott Chicken (3-502) Side Aromatic Rice	Entrée portion Side Entrée portion Side	98 126 151 179 Grams/Serving 63 131 201 159 98 126 92 227 227 91 198 139 169	100 100 150 150 150 160 Cals (kcal) 130 150 210 520 430 330 100 270 270 270 290 485 485	9 15 15 15 15 16 6 9 18 36 28 20 9 11 13 2 10 4 23 23	2 2 SatFat (g) 0.5 2 2.5 8 4.5 13 3 6 6 0.4 1.75 2.5 4.5 4.5 5	0.3 0 0 Transfat (g) 0 0 0 0 0.4 0.1 1 0.3 0.5 0 0 0 0.2 0.2 0.0	10 0 Chol [mg] 50 50 50 20 35 10 10 55 25 0 75 10 0 0	260 6 8 Sod (mg) 190 180 380 680 490 510 260 610 750 180 620 540 1610 1850 719	5 5 7 Carb (g) 0 0 9 41 38 31 5 2 37 57 3 59 55 63 55	2 2 Fib (g) 0 0 2 3 3 3 2 0 4 4 3 1	3 4 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9	3 2 2 Prot (g) 19 15 3 9 6 5 3 14 5 6 6 25 5	10 30 35 Vit A 0 2 30 8 28 20 10 15 6 0 4.5 4	2 Vit C 0 0 355 0 0 2 8 4 0 0 0 0 2 10 10	6 6 Calcium 0 0 0 6 6 10 0 22 6 6 2 4 4 2 2 1.75 2 0 0 0 0 0	20 530 540 Iron 2 2 6 6 15 2 10 20 15 15 11 13 8 10 10
Grilled Seasonal Vegetables  Sides  Marinated Chicken Breast no skin Marinated Chicken Breast with skin Coleslaw Crispy Mashed Potato fully loaded Crispy Mashed Potato fully loaded Grisp Mashed Potato no toppings Garlie Bread Grilled Asparagus Grilled Pawan Stewer Mashed Potatoes Brown Rice Roti Chicken (3.502) Side Armatic Rice Side Fries CAN	Entrée portion Side Entrée portion Side  With ketchup No salt on fries	98 126 151 179 Grams/Serving 62 63 131 201 159 98 126 92 227 21 198 139 169 137 149	100 100 150 150 160 Cals (kcal) 130 150 210 520 430 330 100 160 270 270 201 290 450 450 570	9 9 15 15 Fat (g) 6 9 18 36 28 20 9 11 13 2 10 4 23 23 23 35	2 SatFat (g) 0.5 2 2.5 8 4.5 13 3 6 6 0.4 1.75 2.5 4.5	0.3 0 0 TransFet (g) 0 0 0.4 0.1 1 0.3 0.5 0 0 0 0.2 0.2	10 0 0 Chol(mg) 50 50 20 35 10 50 10 10 155 25 0 75 10 0 0	260 6 8 8 Sod (mg) 190 180 380 680 490 510 260 610 750 180 620 540 1610 1850 719 880	5 5 7 Carb (g) 0 0 9 41 38 31 5 2 37 57 3 59 55 63 55 57	2 2 Fib (g) 0 0 2 3 3 3 2 0 4 4 3 1	3 4 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9	3 2 2 Prot (g) 19 15 3 9 6 5 3 14 5 6 6 25 5	10 30 35 Vit A 0 2 30 8 28 28 20 10 15 6 0 4.5 4	2 Vit C 0 0 355 0 0 2 8 4 0 0 0 2 10 10 10	6 6 6 Calcium 0 0 0 6 6 100 22 2 6 2 4 4 2 2 1.75 2 2 0 0 0 0 0 0 0 0	20 530 540 Iron 2 2 6 6 15 2 10 20 15 15 10 10 13 8 10 10 10 10
Grilled Seasonal Vegetables  Sides  Marinated Chicken Breast no skin Marinated Chicken Breast with skin Coleslaw Crispy Mashed Petato fully loaded Crispy Mashed Petato fully loaded Grilled Apparagus Grilled Prawn Skewer Mashed Pratones Brown Skewer Mashed Pratones Brown Rice Rott Chicken (3-502) Side Aromatic Rice	Entrée portion Side Entrée portion Side  With ketchup No salt on fries With ketchup	98 126 151 179 Grams/Serving 63 131 201 159 98 126 92 227 227 91 198 139 169 137 149 209	100 100 150 150 160 Cals (kcal) 130 150 210 520 430 100 160 270 270 201 290 455 455 570 650	9 9 15 15 Fat (g) 6 9 18 36 28 20 9 11 13 2 10 4 23 23 23 23 35 39	2 2 SatFat (g) 0.5 2 2.5 8 4.5 13 3 6 6 0.4 1.75 2.5 4.5 4.5 5	0.3 0 0 Transfat (g) 0 0 0 0 0 0 0 0 0 0.4 0.1 1 0.3 0.5 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	10 0 Chol [mg] 50 50 50 20 35 10 10 155 25 0 75 10 0 0 0 10	260 6 8 8 Sod (mg) 190 180 380 680 680 680 610 266 610 180 620 540 1610 1850 779 890 1670	5 7 Carb (g) 0 9 41 38 31 5 2 37 57 3 59 55 63 55 57 64	2 2 Fib (g) 0 0 2 3 3 3 2 0 4 4 3 1	3 4 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9	3 2 2 Prot (g) 19 15 3 9 6 5 3 14 5 6 6 25 5	10 30 35 Vit A 0 2 30 8 8 28 20 10 15 6 0 4.5 4 0 2 0 0 4	2 Vit C 0 0 0 355 0 0 2 2 8 4 0 0 0 0 2 2 10 10 10 10 10 10 10 10 10 10 10 10 10	6 6 Calcium 0 0 0 6 6 10 0 22 2 6 2 4 4 2 2 1.75 2 0 0 0 0 0 0 0 0 0	20 530 540 Iron 2 2 2 6 6 15 2 2 10 20 15 15 15 10 20 15 15 10 10 10 11 10 10 10 10 10 10 10 10 10
Grilled Seasonal Vegetables  Sides  Marinated Chicken Breast no skin Marinated Chicken Breast with skin Coleslaw Crispy Mashed Potato fully loaded Crispy Mashed Potato fully loaded Grisp Mashed Potato no toppings Garlie Fread Grilled Asparagus Grilled Potatons Brown Stewer Mashed Potatoes Brown Rice Roti Chicken (3,502) Side Aromatic Rice Side Fries CAN	Entrée portion Side Entrée portion Side  With ketchup No salt on fries	98 126 151 179 Grams/Serving 62 63 131 201 159 98 126 92 227 227 91 198 139 169 137 149 209 147	100 100 150 150 150 160 Cals (kcal) 150 210 220 430 330 100 270 270 201 290 485 450 570 650 565	9 9 15 15 Fat (g) 6 9 18 36 28 20 9 11 13 2 10 4 23 23 23 35	2 2 SatFat (g) 0.5 2 2.5 8 4.5 13 3 6 6 0.4 1.75 2.5 4.5 4.5 5	0.3 0 Transfat(g) 0 0 0 0 0.4 0.1 1 0.3 0.5 0 0 0 0.2 0.2 0 0 0 0.1 0.1 0.1 0.1	10 0 0 Chol(mg) 50 50 20 35 10 50 10 10 155 25 0 75 10 0 0	260 6 8 Sod [mg] 190 180 380 680 490 510 260 610 750 180 620 540 1610 1850 719 890 1670 550	5 5 7 Carb (g) 0 0 9 41 38 31 5 2 37 57 3 59 55 63 55 57 64 56	2 2 Fib (g) 0 0 2 3 3 3 2 0 4 4 3 1	3 4 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9	3 2 2 Prot (g) 19 15 3 9 6 5 3 14 5 6 6 25 5	10 30 35 Vit A 0 2 30 8 28 20 10 15 6 0 4.5 4	2 Vit C 0 0 355 0 0 2 8 4 0 0 0 2 10 10 10	6 6 6 Calcium 0 0 0 6 6 100 22 2 6 2 4 4 2 2 1.75 2 2 0 0 0 0 0 0 0 0	20 530 540 Iron 2 2 6 6 15 2 10 20 15 15 10 13 8 10 10 10 11 11 10 10 10 11 10 10 10 10
Grilled Seasonal Vegetables  Sides  Marinated Chicken Breast no skin Marinated Chicken Breast with skin Coleslaw Crispy Mashed Potato fully loaded Crispy Mashed Potato fully loaded Grisp Mashed Potato no toppings Garlie Bread Grilled Asparagus Grilled Pawan Stewer Mashed Potatoes Brown Rice Roti Chicken (3.502) Side Armatic Rice Side Fries CAN	Entrée portion Side Entrée portion Side  With ketchup No salt on fries With ketchup	98 126 151 179 Grams/Serving 63 131 201 159 98 126 92 227 227 91 198 139 169 137 149 209	100 100 150 150 160 Cals (kcal) 130 150 210 520 430 100 160 270 270 201 290 455 455 570 650	9 9 15 15 Fat (g) 6 9 18 36 28 20 9 11 13 2 10 4 23 23 23 23 35 39	2 2 SatFat (g) 0.5 2 2.5 8 4.5 13 3 6 6 6 0.4 1.75 2.5 4.5 4.5 5 6 6	0.3 0 0 Transfat (g) 0 0 0 0 0 0 0 0 0 0.4 0.1 1 0.3 0.5 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	10 0 Chol [mg] 50 50 50 20 35 10 10 155 25 0 75 10 0 0 0 10	260 6 8 8 Sod (mg) 190 180 380 680 680 680 610 266 610 180 620 540 1610 1850 779 890 1670	5 7 Carb (g) 0 9 41 38 31 5 2 37 57 3 59 55 63 55 57 64	2 2 Fib (g) 0 0 2 3 3 3 2 0 4 4 3 1	3 4 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9	3 2 2 Prot (g) 19 15 3 9 6 5 3 14 5 6 6 25 5	10 30 35 Vit A 0 2 30 8 8 28 20 10 15 6 0 4.5 4 0 2 0 0 4	2 Vit C 0 0 0 355 0 0 2 2 8 4 0 0 0 0 2 2 10 10 10 10 10 10 10 10 10 10 10 10 10	6 6 Calcium 0 0 0 6 6 10 0 22 2 6 2 4 4 2 2 1.75 2 0 0 0 0 0 0 0 0 0	20 530 540 Iron 2 2 6 6 15 2 10 20 15 15 10 10 10 11 10 10 10 10 10 10
Grilled Seasonal Vegetables  Sides  Marinated Chicken Breast no skin Marinated Chicken Breast with skin Coleslaw Crispy Mashed Potato fully loaded Crispy Mashed Potato fully loaded Grisp Mashed Potato no toppings Garlie Fread Grilled Asparagus Grilled Potatons Brown Stewer Mashed Potatoes Brown Rice Roti Chicken (3,502) Side Aromatic Rice Side Fries CAN	Entrée portion Side Entrée portion Side  With ketchup No salt on fries With ketchup	98 126 151 179 Grams/Serving 62 63 131 201 159 98 126 92 227 227 91 198 139 169 137 149 209 147	100 100 150 150 150 160 Cals (kcal) 150 210 220 430 330 100 270 270 201 290 485 450 570 650 565	9 9 15 15 Fat (g) 6 9 18 36 28 20 9 11 13 2 10 4 23 23 35 39 355	2 2 SatFat (g) 0.5 0.5 2 2.5 8 4.5 13 3 6 6 0.4 1.75 2.5 4.5 5 6 8 6	0.3 0 Transfat(g) 0 0 0 0 0.4 0.1 1 0.3 0.5 0 0 0 0.2 0.2 0 0 0 0.1 0.1 0.1 0.1	10 0 Chol(mg) 50 50 20 35 10 10 10 155 25 0 75 10 0 0 10 0 0	260 6 8 Sod [mg] 190 180 380 680 490 510 260 610 750 180 620 540 1610 1850 719 890 1670 550	5 5 7 Carb (g) 0 0 9 41 38 31 5 2 37 57 3 59 55 63 55 57 64 56	2 2 Fib (g) 0 0 0 2 3 3 3 2 0 0 4 3 3 1 1 2 5 6 6 5 5 6 6 5 5 6 6 5	3 4 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9	3 2 2 Prot (g) 19 15 3 9 6 5 5 3 14 5 5 5 5 5 5 5 5 5 5 8 8 5 5	10 30 35 Vit A 0 2 30 8 8 28 20 10 15 6 0 4.5 4 0 0 4 0	2 Vit C 0 0 0 35 0 0 2 8 4 0 0 0 2 1 10 10 10 15 10 10 10 10 10 10 10 10 10 10 10 10 10	6 6 6 Calcium 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	20 530 540 Iron 2 2 6 6 15 2 10 20 15 15 10 13 8 10 10 10 11 11 10 10 10 11 10 10 10 10
Grilled Seasonal Vegetables  Sides  Marinated Chicken Breast mo skin Marinated Chicken Breast with skin Coleslaw Crispy Mashed Potato fully loaded Crispy Mashed Potato fully loaded Grisp Mashed Potato no toppings Garlie Fread Grilled Asparagus Grilled Potatons Brilled Asparagus Grilled Potatons Brown Stewer Mashed Potatoes Brown Rice Roti Chicken (3.502) Side Aromatic Rice Side Fries CAN Side Fries US Side Fries US Side Naan Bread Premade Side Naan Bread Housemade	Entrée portion Side Entrée portion Side  With ketchup No salt on fries With ketchup	98 126 151 179 Grams/Serving 62 63 131 201 159 98 126 92 227 227 91 198 139 169 137 149 209 147 70 97	100 150 150 160 2als (tecal) 130 230 250 2450 250 260 270 270 270 271 290 485 485 485 450 565 220	9 9 9 15 15 15 15 16 16 16 16 17 18 18 18 18 18 18 18 18 18 18 18 18 18	2 2 2 SatFat (g) 0.5 2 2 2.5 8 4.5 13 3 6 6 0.4 1.75 2.5 4.5 5 6 8 6 6 3 3	0.3 0 Transfat (g) 0 0 0 0 0.4 0.1 1 0.3 0.5 0 0 0.2 0.2 0 0 0 0.1 0.1 0.1 0.2 0.2 0 0 0 0 0 0.1 0.1 0.1 0.1	10 0 Chol(mg) 50 20 35 10 50 10 10 155 25 0 0 0 0 0 10 15	260 6 8 Sod (mg) 190 180 380 680 490 510 260 610 750 620 540 1610 1850 719 890 1670 550 590 400	5 5 7 Carb (g) 0 9 41 38 31 5 2 37 57 3 59 55 63 55 57 64 56 31 43	2 2 6 0 0 2 3 3 3 2 0 4 4 3 1 2 5 6 6 5 5	3 4 Sugar (g) 0 0 6 3 1 0 2 0 0 2 0 0 3 111 3 0 3 0 2 2	3 2 2 9 19 19 15 3 3 9 6 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5	10 30 35 Vit A 0 2 30 8 28 20 10 15 6 0 4.5 4 0 0 4 4	2 Vit C 0 0 35 0 0 2 8 4 4 0 0 0 2 10 10 10 10 10	6 6 Calcium 0 0 6 10 22 6 2 4 4 2 1.75 2 0 0 0 0 4	20 530 540 Iron 2 2 6 15 2 20 15 10 20 15 10 10 10 10 10 10 10 10
Grilled Seasonal Vegetables  Sides  Marinated Chicken Breast no skin Marinated Chicken Breast with skin Colesiaw  Crispy Masted Pleaton for life Voaded Crispy Masted Pleaton for life Voaded Crispy Masted Pleaton of the Springs Garic Bread Grilled Agaragus Grilled Prawn Skewer Masted Potatons Brown Rice Brown Rice Bott Chicken (3-502) Side Aromatic Rice  Side Fries CAN  Side Fries US Side Fries US	Entrée portion Side Entrée portion Side  With ketchup No salt on fries With ketchup	98 126 151 179 Grams/Serving 63 131 201 159 98 126 92 227 227 91 198 139 169 137 149 209	100 100 150 150 160 130 130 150 210 520 430 330 100 160 270 270 270 201 290 485 485 570 650 565	9 9 9 9 115 155 Fat (g) 6 9 18 36 28 20 9 111 13 2 20 100 4 23 23 35 39 35 9	2 2 SatFat (g) 0.5 0.5 2 2.5 8 4.5 13 3 6 6 0.4 1.75 2.5 4.5 5 6 8 6 6 3 4	0.3 0 0 0 Transfat (g) 0 0 0 0 0 0.4 0.1 1 0.3 0.5 0 0 0 0 0.2 0.2 0.2 0 0 0 0.1 0.1 0.1 0.2	10 0 Chol(mg) 50 50 20 35 10 50 10 50 10 10 155 25 0 75 10 0 0 10 10 10 10 10 10 10 10 10 10 10	260 6 8 8 Sod (mg) 190 180 380 680 490 510 260 610 750 180 620 540 1610 1850 779 890 1670 550	5 7 Carb (g) 0 9 41 38 31 5 2 37 57 3 59 55 63 55 57 64 56 31	2 2 6 6 6 5 5 6 6 5 1 1	3 4 Sugar (g) 0 0 6 6 3 1 1 0 2 2 0 0 0 3 11 3 0 0 2 1 1 1	3 2 2 Prot(g) 19 15 3 9 6 5 5 5 5 5 5 5 5 6 6	100 30 35 VR A 2 2 30 8 8 28 20 10 15 6 0 4.5 4 0 0 4.5	2 Vit C 0 0 35 0 0 2 8 4 0 0 0 2 10 10 10 10 0 0 0 0 0 0 0 0 0 0	6 6 6 Calcium 0 0 0 0 0 0 0 0 0 0 0 4 4 4	20 530 540 Iron 2 2 6 15 2 10 20 15 15 10 10 10 10 10 10 10 10 10 10
Grilled Seasonal Vegetables  Sides  Marinated Chicken Breast no skin Marinated Chicken Breast with skin Coleslaw Crispy Mashed Potato fully loaded Crispy Mashed Potato fully loaded Grisp Mashed Potato no toppings Garlied Feread Grilled Asparagus Grilled Potatoes Brown Stewer Mashed Potatoes Brown Rice Rott Chicken (3.502) Side Aromatic Rice Side Fries CAN  Side Fries LIS  Side Fries US  Side Naan Bread Premade Side Naan Bread Housemade Side Rapadam Side Papadam Side Papadam	Entrée portion Side Entrée portion Side  With ketchup No salt on fries With ketchup	98 126 151 179 Grams/Serving 62 63 131 201 159 98 126 92 227 227 91 198 139 169 169 147 70 97 110 69	100 150 150 160 Cals (teal) 130 150 240 250 420 250 420 270 270 201 290 485 485 485 485 650 260 35 100	9 9 9 15 15 15 15 16 16 16 16 17 18 18 18 18 18 18 18 18 18 18 18 18 18	2 2 SatFat (g) 0.5 0.5 2 2.5 8 4.5 13 3 6 6 0.4 1.75 2.5 4.5 5 6 8 6 6 3 4	0.3 0 Transfat (g) 0 0 0 0 0.4 0.1 1 0.3 0.5 0 0 0.2 0.2 0 0 0 0.1 0.1 0.1 0.1 0.1 0.1 0.1 0.1 0	10 0 0 Chol(mg) 50 50 20 35 10 50 10 50 0 75 10 0 0 155 25 10 0 0 0 10 0 10 0 50	260 6 8 Sod [mg] 190 180 380 680 490 510 260 610 750 180 620 540 1610 1850 719 890 1670 550 590 400 140 310	5 5 7 Carb (g) 0 9 41 38 31 5 2 37 57 3 59 55 63 55 57 64 56 31 43 6 1	2 2 2 6 6 6 6 5 1 1 0 0 0	3 4 Sugar (g) 0 0 6 6 3 1 1 0 2 2 0 0 0 3 11 3 0 2 2 1 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	3 2 2 Prot(g) 19 15 3 9 6 5 5 5 5 5 5 5 5 6 2 2 13	10 30 35 Vit A 0 2 30 8 8 28 20 10 15 6 0 4.5 4 0 0 4 0 0 4 1	2 Vit C 0 0 0 355 0 0 2 8 4 0 0 0 2 10 10 10 10 10 15 10 0 0 2 2	6 6 6 Calcium 0 0 0 0 0 0 0 0 0 0 0 4 4 2 2 4 4	20 530 540 Iron 2 2 6 6 15 2 10 20 15 15 10 10 10 10 10 10 10 10 10 10 10 10 10
Grilled Seasonal Vegetables  Sides  Marinated Chicken Breast no skin Marinated Chicken Breast with skin Chieshaw Crispy Mashed Perlo fully loaded Crispy Mashed Patto no toppings Garic Bread Grilled Agaragus Grilled Prawn Skewer Mashed Potatoes Brown Rice Root Chicken (3-502) Side Aromatic Rice  Side Fries CAN  Side Fries US  Side Fries US	Entrée portion Side Entrée portion Side  With ketchup No salt on fries With ketchup	98 126 151 179 Grams/Serving 63 131 201 159 98 126 92 227 227 91 198 139 169 137 149 209 147 70 97 10 69 227	100 150 160 Cals (keal) 150 150 150 150 150 150 150 150 150 150	9 9 9 9 15 15 15 15 16 6 6 9 18 36 28 20 9 11 11 12 21 10 4 23 23 23 23 25 25 26 27 15 15 15 15 15 15 15 15 15 15 15 15 15	2 2 2 SatFat (g) 0.5 0.5 0.5 0.5 0.5 0.5 0.5 0.5 0.5 0.5	0.3 0 0 0 0 0 0 0 0 0 0 0 0.4 0.1 1 0.3 0.5 0 0 0 0 0 0.2 0.2 0 0 0 0 0.1 0.1 0.1 0.2 0.2 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	10 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	260 6 8 8 5od (mg) 190 190 380 680 490 510 260 6410 750 180 680 540 640 750 1850 540 400 140 310 550	5 5 7 Carb (g) 0 0 9 41 38 31 5 2 37 57 3 59 55 63 55 57 64 56 31 43 6 1 28	2 2 2 9 Fib (g) 0 0 0 2 2 3 3 3 3 2 0 0 4 4 3 3 1 1 2 5 6 6 5 5 5 6 6 5 5 1 1 1 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	3 4 5ugar (g) 0 0 0 6 6 3 1 1 0 2 2 0 0 0 0 3 3 1 11 3 3 0 0 2 2 1 1 0 0 0 0 0 0 0 0 0 0 0 0 0 0	3 2 2 2 9 19 19 15 15 15 15 15 15 15 15 15 15 15 15 15	100 30 35 Vit A 0 2 30 8 8 28 20 110 15 6 0 4,5 4 0 0 4 6 0 1	2 Vit C 0 0 0 35 5 0 0 0 0 2 2 8 4 4 0 0 0 10 10 10 10 15 10 0 0 0 2 2 0 0 0 0 0 0 0 0 0 0 0 0 0	6 6 Calcium 0 0 0 0 6 10 22 6 2 4 4 2 2 1.75 2 0 0 0 0 0 4 4 4 2 4 2 1 4 4 2 1 1 7 5 1 2 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	20 540 540 1ron 2 2 2 6 15 2 2 10 20 15 15 10 10 10 10 10 10 10 10 10 10 10 10 10
Grilled Seasonal Vegetables  Sides  Marinated Chicken Breast mo skin Marinated Chicken Breast with skin Coleslaw Crispy Mashed Potato fully loaded Crispy Mashed Potato fully loaded Grisp Mashed Potato no toppings Garlie Bread Grilled Asparagus Grilled Potatoes Brown Stewer Mashed Potatoes Brown Rice Roti Chicken (3,502) Side Aromatic Rice Side Fries CAN  Side Fries LSS  Side Aromatic Rice Side Rapadam Side Rapadam Side Rapadam Side Rapadam Side Sannon (3 oz) White Rice	Entrée portion Side Entrée portion Side  With ketchup No salt on fries  With ketchup No salt on fries	98 126 151 179 Grams/Serving 63 63 131 201 159 98 126 92 227 91 198 139 169 169 209 147 70 97 10 69 227 227	100 150 150 160 Cals (teal) 130 130 150 240 250 440 270 270 270 201 290 290 485 485 485 485 650 260 35 100 130	9 9 9 9 15 15 15 15 16 16 16 16 17 17 18 18 18 18 18 18 18 18 18 18 18 18 18	2 2 SatFat (g) 0.5 0.5 2 2.5 8 4.5 13 3 6 6 0.4 1.75 4.5 5 6 8 6 3 4 0 1 0.1 7	0.3 0 0 Transfat(g) 0 0 0 0.4 0.1 1 0.3 0.5 0 0 0.2 0.2 0 0 0.1 0.1 0.1 0.1 0.2 0.2 0 0 0 0 0.1 0.1 0.1 0.2 0.2 0 0 0 0 0 0.1 0.1 0.2 0.2 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	10 0 0 Chol(mg) 50 50 20 35 10 10 55 25 0 75 10 0 0 0 15 10 0 0 0 0 0 10 0 0 10 0 0 15 10 0 0 10 0 0 10 0 0 0 10 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	260 6 8 Sod (mg) 190 180 380 680 490 510 260 610 750 620 540 1610 1850 719 890 1670 550 590 400 140 310 590	5 5 7 Carb (g) 0 9 41 38 31 5 2 37 57 3 59 55 63 55 57 64 64 65 31 43 6 1 28 81	2 2 2 6 6 6 6 5 1 1 0 0 0	3 4 Sugar (g) 0 0 6 6 3 1 1 0 2 0 0 0 3 11 3 0 0 2 1 1 0 0 2 1 0 0 0 2 2 1 0 0 0 0 0	3 2 2 Prot(g) 19 15 3 9 6 5 5 5 5 5 5 5 5 5 6 2 2 13 3 6 6	10 30 35 Vit A 0 2 30 8 8 28 20 10 15 6 0 4.5 4 0 0 4 0 0 4 1 0 0 2 290	2 Vit C 0 0 0 355 0 0 2 8 4 0 0 0 2 10 10 10 10 10 15 10 0 0 2 0 2 0 2 0 2 0 2 0 2 0 2 0 2 0	6 6 6 Calcium 0 0 0 0 0 0 0 0 0 0 0 4 4 2 2 1 10 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	20 530 540 1ron 2 2 2 6 6 15 2 10 20 15 15 10 10 10 10 10 10 10 10 10 10 10 10 10
Grilled Seasonal Vegetables  Sides  Marinated Chicken Breast no skin Marinated Chicken Breast with skin Coleslaw Crispy Mashed Potato fully loaded Crispy Mashed Potato fully loaded Grisp Mashed Potato no toppings Garlied Feread Grilled Asparagus Grilled Potatoes Brown Stewer Mashed Potatoes Brown Rice Rott Chicken (3.502) Side Aromatic Rice Side Fries CAN  Side Fries LIS  Side Fries US  Side Naan Bread Premade Side Naan Bread Housemade Side Rapadam Side Papadam Side Papadam	Entrée portion Side Entrée portion Side  With ketchup No salt on fries With ketchup No salt on fries	98 126 151 179 Grams/Serving 63 131 201 159 98 126 92 227 227 91 198 139 169 137 149 209 147 70 97 10 69 227 247	100 150 160 Cals (keal) 150 150 150 150 150 150 150 150 150 150	9 9 9 9 15 15 15 15 16 6 6 6 9 18 36 28 20 9 9 11 11 12 20 23 23 23 23 25 20 9 7 0.1 5 0.3 78 78	2 2 SatFat (g) 0.5 0.5 2 2.5 8 4.5 13 3 6 6 0.4 1.75 2.5 4.5 6 8 6 3 4 0 1 7 7	0.3 0 0 0 0 0 0 0 0 0 0 0.4 0.1 1 0.3 0.5 0 0 0 0 0.2 0.2 0.1 0.1 0.1 0.1 0.2 0.2 0.2 0 0 0 0 0 0 0 0 0 0 0 0 0 0	10 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	260 6 8 8 5od (mg) 190 180 380 680 490 510 260 6410 750 180 620 540 1610 1850 749 890 400 440 310 590 940 740	5 7 Carb (g) 0 0 9 41 38 31 5 2 37 57 3 59 55 63 55 57 64 56 31 43 6 1 28 81	2 2 2 9 Fib (g) 0 0 0 2 2 3 3 3 3 2 0 0 4 4 3 3 1 1 2 5 6 6 5 5 5 6 6 5 5 1 1 1 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	3 4 5ugar (g) 0 0 0 6 6 3 1 1 0 2 2 0 0 0 0 3 3 111 3 0 3 3 0 2 1 1 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	3 2 2 2 9 19 19 15 15 15 15 15 15 15 15 15 15 15 15 15	10 30 35 Vit A 0 2 30 8 8 28 20 10 15 6 0 4,5 4 0 0 4 6 0 1 1 0 2 90 2 90	2 Vit C 0 0 35 0 0 2 8 4 0 0 0 2 10 10 10 0 2 0 0 2 0 0 0 0 0 0	6 6 Calcium 0 0 0 0 6 10 22 2 4 4 2 2 1.75 2 0 0 0 0 0 4 4 4 2 2 1 10 10 10 10 10 10 10 10 10 10 10 10 1	20 540 540 1ron 2 2 2 6 15 2 2 10 20 15 15 10 10 10 10 10 10 10 10 10 10 10 10 10
Grilled Seasonal Vegetables  Sides  Marinated Chicken Breast mo skin Marinated Chicken Breast with skin Coleslaw Crispy Mashed Potato fully loaded Crispy Mashed Potato fully loaded Grisp Mashed Potato no toppings Garlie Bread Grilled Asparagus Grilled Potatoes Brown Stewer Mashed Potatoes Brown Rice Roti Chicken (3,502) Side Aromatic Rice Side Fries CAN  Side Fries LSS  Side Aromatic Rice Side Rapadam Side Rapadam Side Rapadam Side Rapadam Side Sannon (3 oz) White Rice	Entrée portion Side Entrée portion Side  With ketchup No salt on fries  With ketchup No salt on fries	98 126 151 179 Grams/Serving 63 63 131 201 159 98 126 92 227 91 198 139 169 169 209 147 70 97 10 69 227 227	100 150 150 160 Cals (teal) 130 130 150 240 250 440 270 270 270 201 290 290 485 485 485 485 650 260 35 100 130	9 9 9 9 15 15 15 15 16 16 16 16 17 17 18 18 18 18 18 18 18 18 18 18 18 18 18	2 2 SatFat (g) 0.5 0.5 2 2.5 8 4.5 13 3 6 6 0.4 1.75 4.5 5 6 8 6 3 4 0 1 0.1 7	0.3 0 0 Transfat(g) 0 0 0 0.4 0.1 1 0.3 0.5 0 0 0.2 0.2 0 0 0.1 0.1 0.1 0.1 0.2 0.2 0 0 0 0 0.1 0.1 0.1 0.2 0.2 0 0 0 0 0 0.1 0.1 0.2 0.2 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	10 0 0 Chol(mg) 50 50 20 35 10 10 55 25 0 75 10 0 0 0 15 10 0 0 0 0 0 10 0 0 10 0 0 15 10 0 0 10 0 0 10 0 0 0 10 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	260 6 8 Sod (mg) 190 180 380 680 490 510 260 610 750 620 540 1610 1850 719 890 1670 550 590 400 140 310 590	5 5 7 Carb (g) 0 9 41 38 31 5 2 37 57 3 59 55 63 55 57 64 64 65 31 43 6 1 28 81	2 2 2 9 Fib (g) 0 0 0 2 2 3 3 3 3 2 0 0 4 4 3 3 1 1 2 5 6 6 5 5 5 6 6 5 5 1 1 1 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	3 4 Sugar (g) 0 0 6 6 3 1 1 0 2 0 0 0 3 11 3 0 0 2 1 1 0 0 2 1 0 0 0 2 2 1 0 0 0 0 0	3 2 2 Prot(g) 19 15 3 9 6 5 5 5 5 5 5 5 5 5 6 2 2 13 3 6 6	10 30 35 Vit A 0 2 30 8 8 28 20 10 15 6 0 4.5 4 0 0 4 0 0 4 1 0 0 2 290	2 Vit C 0 0 0 355 0 0 2 8 4 0 0 0 2 10 10 10 10 10 15 10 0 0 2 0 2 0 2 0 2 0 2 0 2 0 2 0 2 0	6 6 6 Calcium 0 0 0 0 0 0 0 0 0 0 0 4 4 2 2 1 10 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	20 530 540 1ron 2 2 2 6 6 15 2 10 20 15 15 10 10 10 10 10 10 10 10 10 10 10 10 10
Grilled Seasonal Vegetables  Sides  Marinated Chicken Breast no skin Marinated Chicken Breast with skin Coleslaw Crispy Mashed Potato fully loaded Crispy Mashed Potato fully loaded Grispy Mashed Potato no toppings Garile Bread Grilled Aparagus Grilled Payan Sewer Mashed Potatoes Brown Rice Rott Chicken (3,500) Side Aromatic Rice Side Fries CAN Side Fries US Side Fries US Side Naan Bread Premade Side Naan Bread Housemade Side Papadam Side Salmon (3 or) White Rice	Entrée portion Side Entrée portion Side  With ketchup No salt on fries With ketchup No salt on fries	98 126 151 179 Grams/Serving 63 131 201 159 98 126 92 227 227 91 198 139 169 137 149 209 147 70 97 10 69 227 247	100 150 160 Cals (keal) 150 150 150 150 150 150 150 150 150 150	9 9 9 9 15 15 15 15 16 6 6 6 9 18 36 28 20 9 9 11 11 12 20 23 23 23 23 25 20 9 7 0.1 5 0.3 78 78	2 2 SatFat (g) 0.5 0.5 2 2.5 8 4.5 13 3 6 6 0.4 1.75 2.5 4.5 6 8 6 3 4 0 1 7 7	0.3 0 0 0 0 0 0 0 0 0 0 0.4 0.1 1 0.3 0.5 0 0 0 0 0.2 0.2 0.1 0.1 0.1 0.1 0.2 0.2 0.2 0 0 0 0 0 0 0 0 0 0 0 0 0 0	10 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	260 6 8 8 5od (mg) 190 180 380 680 490 510 260 6410 750 180 620 540 1610 1850 749 890 400 440 310 590 940 740	5 7 Carb (g) 0 0 9 41 38 31 5 2 37 57 3 59 55 63 55 57 64 56 31 43 6 1 28 81	2 2 2 9 Fib (g) 0 0 0 2 2 3 3 3 3 2 0 0 4 4 3 3 1 1 2 5 6 6 5 5 5 6 6 5 5 1 1 1 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	3 4 5ugar (g) 0 0 0 6 6 3 1 1 0 2 2 0 0 0 0 3 3 111 3 0 3 3 0 2 1 1 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	3 2 2 Prot(g) 19 15 3 9 6 5 5 5 5 5 5 5 5 5 6 2 2 13 3 6 6	10 30 35 Vit A 0 2 30 8 8 28 20 10 15 6 0 4,5 4 0 0 4 6 0 1 1 0 2 90 2 90	2 Vit C 0 0 35 0 0 2 8 4 0 0 0 2 10 10 10 0 2 0 0 2 0 0 0 0 0 0	6 6 Calcium 0 0 0 0 6 10 22 2 4 4 2 2 1.75 2 0 0 0 0 0 4 4 4 2 2 1 10 10 10 10 10 10 10 10 10 10 10 10 1	20 530 540 1ron 2 2 2 6 6 15 2 10 20 15 15 10 10 10 10 10 10 10 10 10 10 10 10 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)	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
Lemon Mayo Alon 1 il oz	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	3	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
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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	119	1	7 89	9 29	15	0.5	85	i i	20	1	15
iliulvidually Bakeu Apple Pie	shared between 2	221.5	360	4.5	59.5	3.5	5 44.5	14.5	7.5	0.25	42.5	,	10	0.5	7.5

Iron	Sc	od (mg)
	15	290
	7.5	145