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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

SALTLIK 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)
To Start + Share												
Wagyu Carpaccio		384	1050	63	16	1	75	1880	90	8	11	32
Wok-Fried Calamari		308	790	48	4.5	0.1	475	1960	50	2	6	33
Ahi Tuna Tartare		298	450	26	2.5	0.1	25	1450	38	7	10	19
Maple Mustard Brussels Sprouts		300	300	11	0.5	0.2	0	1960	40	9	23	10
Lobster Mashed Potatoes		586	930	59	33	2	210	1960	69	7	3	34
Buttermilk Biscuits		243	960	73	40	3	170	1290	64	3	6	14
Vinnie's Broccoli		208	410	34	6	0	25	1140	19	5	9	10
Meatballs and Ricotta		274	740	40	11	0.3	130	1630	60	5	5	34
Salads + Veggies	Modifications	Grams/Serving	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
French Onion Soup		385	610	39	18	1	100	1900	41	4	13	28
Farmhouse Greens		195	280	17	3	0.1	5	700	24	4	13	7
Roasted Mushroom Salad		291	520	48	7	0.3	30	2460	15	5	6	14
Baby Gem Caesar		203	590	54	11	0	50	1040	15	3	2	14
Added Protein												
Grilled Steak		148	290	12	5	0.4	100	710	2	1	0	41
Grilled Salmon		168	420	30	11	0.5	125	310	0	0	0	34
Rare Seared Ahi Tuna		100	110	1	0	0	45	300	0	0	0	23
Grilled Chicken Breast		107	250	16	3	0	80	350	1	0	0	25

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)
Grilled Salmon		391	840	57	26	1.5	230	1060	35	2	4	47
Hunter Chicken		443	720	42	7	0	130	650	35	6	6	46
Prawn Spaghettni		487	1010	68	12	1	165	1620	67	5	12	28
The Saltlik Burger		420	1080	63	22	1	160	2300	66	6	6	57
Premium Steak Sandwich	7 oz sirloin	455	1240	78	31	3	190	2060	80	9	4	53
	7 oz filet mignon	439	1240	77	31	3	190	2060	80	9	4	54
Steak Sandwich NEW	7 oz sirloin	506	1420	85	36	3	220	2180	91	10	3	63
	7 oz filet mignon	490	1420	84	36	3	220	2180	91	10	3	64
Spicy Blackened Chicken Sandwich		402	1170	76	15	1	80	2850	81	10	7	33
	protein style with lettuce	417	830	56	10	0.2	70	2380	53	10	4	27
Crispy Chicken Sandwich		484	1200	63	9	0.5	90	2670	106	10	13	44
Blackened Salmon		372	930	69	16	0.5	140	1630	30	6	5	41
Pork Chop Milanese		588	1270	84	29	1	320	1590	60	5	4	67
Mezzi Rigatoni Amatriciana		391	670	27	11	0.5	45	2600	56	5	11	29
Braised Shortribs		561	1080	59	21	1	190	2540	62	7	15	63
Meatballs and Spinach Rotolo		354	760	45	16	0.5	160	2140	50	3	11	38
Calabrian Chili Chicken		508	1180	82	16	1	150	4140	67	8	4	47
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)
Beef Sirloin 7 oz		153	330	17	8	0.5	110	460	1	1	0	41
Tenderloin	6 oz	119	290	15	8	0.5	100	450	1	1	0	35
	7 oz	138	330	16	9	0.5	115	470	1	1	0	41
Bone-In Ribeye 16 oz		303	950	62	28	2.5	235	940	2	1	0	88
New York Striploin 12 oz		243	640	37	17	1.5	185	690	2	1	0	71
Steak Additions	Modifications	Grams/Serving	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Lobster Mashed Potatoes		391	630	41	23	1	130	1290	49	5	3	18
Peppercorn Sauce		41	130	10	6	0.3	30	440	4	1	1	1
Bearnaise Sauce		55	350	39	24	2	210	160	0	0	0	2
Sauteed Mushrooms		95	170	18	3	0.2	10	410	3	1	1	2
Red Wine Sauce		45	80	2	1	0	5	420	7	1	2	2
To End	Modifications	Grams/Serving	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Handmade Apple Pie		367	940	41	18	0.5	40	500	133	5	73	9
Sticky Toffee Pudding		296	880	40	24	1	165	320	126	3	88	10
Molten Chocolate Cake		269	780	48	29	1.5	330	440	84	5	70	11
Espresso Martini Tiramisu		123	350	17	10	0.3	140	160	33	1	28	6
Gluten Free Chocolate Cake		263	760	36	14	0.1	90	790	106	5	75	7
Basque Cheesecake		238	580	38	23	0.5	235	420	54	2	48	11
Sides	Modifications	Grams/Serving	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Prawn Skewer		138	230	16	7	0.5	185	920	6	2	0	18
Fries 8 oz		128	390	20	3.5	0	0	840	46	5	0	5
Farmhouse Greens		94	160	12	2	0	5	470	9	2	3	4
Radicchio and Kale Salad		147	400	34	8	0.1	135	750	9	1	2	12
Cup of French Soup		240	360	22	10	0.3	55	1180	26	2	9	16
Sauteed Mushrooms		95	170	18	3	0.2	10	410	3	1	1	2
Roasted Mushrooms		318	580	59	12	1	35	1590	10	3	5	8