Saltlik Nutrition Report

Nutrition Facts table label rounded report

Prepared by: Kathy Romses, Registered Dietitian

SALTLIK NUTRITION REPORT

December 18 2023

 $\hbox{*Vitamin C values have been decreased by 50\% from reports because this vitamin is lost easily with cooking and exposure to air}$

To Start + Share House Baked Focaccia House Baked Focaccia House Baked Focaccia Focascia House Baked Focaccia Focascia F	Itam Nama	Modifications	Camaina Cir. ()	Cala (kaal)	Fat (a)	CatFat (-)	TueneFet (=\	Chal /ma'	Cod (ma)	Coult (a)	F:b (a)	Sugar (a)	Duct (a)
House Baked Focacia 400 1120 58 20 1.5 65 1480 128 5 8 20 20 1.5 65 1480 128 5 8 20 8 20 8 20 8 20 20 8 20 8 20 8 20 8 20 8 20 8 20 8 20 8 20 8 20 8 20 8 20 8 20 8	Item Name	iviodifications	Serving Size (g)	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Roasted Beet Hummus													
Tomato - Burnata Crostoner 186 420 26 10 0.1 50 640 30 2 7 18						20		65			5	8	
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 Roasted Tumeric Cauliflower 177 340 29 3 0.1 0 270 20 5 9 6 Roasted Tumeric Cauliflower 300 300 11 0.5 0.2 0 960 40 9 23 10 Lobster Mashed Potatoes 386 930 59 33 1.5 210 1960 69 7 3 4 Kobe Fat Fries 228 840 53 7 1.5 15 2300 75 4 0 9 Baking Powder Biscuits 228 40 </td <td>Roasted Beet Hummus</td> <td></td> <td>277</td> <td>780</td> <td>64</td> <td>8</td> <td>0.1</td> <td>5</td> <td>1160</td> <td></td> <td>8</td> <td>6</td> <td>10</td>	Roasted Beet Hummus		277	780	64	8	0.1	5	1160		8	6	10
Wok-Fried Calamari 308 790 48 4.5 0.1 475 1960 50 2 6 33 Ah Tuna Tartare 298 450 26 2.5 0.1 25 1450 38 7 10 19 Roasted Tumeric Cauliflower 177 340 29 3 0.1 0 270 20 5 9 6 Araple Mustard Brussels Sprouts 300 300 11 0.5 0.2 0 1960 40 9 23 10 Lobster Mashed Potatoes 586 930 59 33 1.5 210 1960 69 7 3 34 Kobe Fat Fries 228 8840 53 7 1.5 15 2300 59 7 3 34 Sobate Tries 228 480 53 7 1.5 15 2300 75 4 3 6 14 Sobate Tries 228	Tomato + Burrata Crostone		186	420	26	10	0.1	50	640	30	2	7	18
Ashi Tuna Tartare 298 450 26 2.5 0.1 25 1450 38 7 10 19 Asapted Tumeric Cauliflower 177 340 29 3 0.1 0 270 20 5 9 6 Asapted Mustard Brussels Sprouts 300 300 11 0.5 0.2 0 1960 40 9 23 10 Lobster Mashed Potatoes 586 930 59 33 1.5 210 1960 69 7 3 34 Kobe Fat Fries 228 840 53 7 1.5 15 2300 75 4 0 9 Baking Powder Biscuits 243 960 73 40 3 170 1290 64 3 6 14 Some Ed Trout Dip 14 490 41 15 0.4 100 640 17 2 2 12 Sough + Salads Modifications	Wagyu Carpaccio		384	1050	63	16	1	75	1880	90	8	11	32
Roasted Tumeric Cauliflower 177 340 29 3 0.1 0 270 20 5 9 6 Japle Mustard Brussels Sprouts 300 300 11 0.5 0.2 0 1960 40 9 23 13 Lobster Mashed Potatoes 586 930 59 33 1.5 210 1960 69 7 3 34 K Kobe Fat Fries 228 840 53 7 1.5 15 2300 75 4 0 9 Baking Powder Biscuits 228 840 53 7 1.5 15 2300 75 4 0 9 Baking Powder Biscuits 228 840 53 7 1.5 15 2300 75 4 0 14 0 9 14 0 9 14 0 14 0 14 0 14 0 14 0 10 0 0	Wok-Fried Calamari		308	790	48	4.5	0.1	475	1960	50	2	6	33
Maple Mustard Brussels Sprouts 300 300 11 0.5 0.2 0 1960 40 9 23 10 Lobser Mashed Potatoes 586 930 59 33 1.5 210 1960 69 7 3 34 Kobe Fat Fries 228 840 53 7 1.5 15 2300 75 4 0 9 Baking Powder Biscuits 243 960 73 40 3 170 1290 64 3 6 14 Smoked Trout Dip 174 490 41 15 0.4 100 640 17 2 2 12 Vinnie's Broccoli 208 410 34 6 0.2 25 1140 19 5 9 10 Soup + Salads Modifications Gram/Serving Cals (kat) Fat (g) SatFat (g) TransFat (g) Chol (mg) Carl (g) Fib (g) Sugra (g) Prot (g)	Ahi Tuna Tartare		298	450	26	2.5	0.1	25	1450	38	7	10	19
Lobster Mashed Potatoes 586 930 59 33 1.5 210 1960 69 7 3 34 K Kobe Fat Fries 228 840 53 7 1.5 15 2300 75 4 0 9 Baking Powder Biscuits 243 960 73 40 3 170 1290 64 3 6 14 Smoked Trout Dip 174 490 41 15 0.4 100 640 17 2 2 12 Yinnie's Broccoli 208 410 34 6 0.2 25 1140 19 5 9 10 Soup+ Salads Modifications Grams/Serving Csl (kaal) Fat(g) SatFat(g) TronSet(g) Chol (mg) Sod (mg) Cab(g) 19 5 99 10 French Onion Soup 385 610 39 18 1 100 190 41 4 13 7	Roasted Tumeric Cauliflower		177	340	29	3	0.1	0	270	20	5	9	6
Kobe Fat Fries 228 840 53 7 1.5 15 2300 75 4 0 9 Baking Powder Biscuits 243 960 73 40 3 170 1290 64 3 6 14 Smoked Trout Dip 174 490 41 15 0.4 100 640 17 2 2 12 12 Vinnie's Broccoli 208 410 34 6 0.2 25 1140 19 5 9 10 Soup + Salads Modifications Grams/Serving Cals (kcal) Fat (g) SatFat (g) TransFat (g) Chol (mg) Sod (mg) Carb (g) Fib (g) Sugar (g) Prot (g) French Onion Soup 385 610 39 18 1 100 1900 41 4 13 28 Farmhouse Greens 317 450 28 17 3 0.1 5 700 24 4 13 <td>Maple Mustard Brussels Sprouts</td> <td></td> <td>300</td> <td>300</td> <td>11</td> <td>0.5</td> <td>0.2</td> <td>0</td> <td>1960</td> <td>40</td> <td>9</td> <td>23</td> <td>10</td>	Maple Mustard Brussels Sprouts		300	300	11	0.5	0.2	0	1960	40	9	23	10
Kobe Fat Fries 228 840 53 7 1.5 15 2300 75 4 0 9 Baking Powder Biscuits 243 960 73 40 3 170 1290 64 3 6 14 Smoked Trout Dip 174 490 41 15 0.4 100 640 17 2 2 12 12 Vinnie's Broccoli 208 410 34 6 0.2 25 1140 19 5 9 10 Soup + Salads Modifications Grams/Serving Cals (kcal) Fat (g) SatFat (g) TransFat (g) Chol (mg) Sod (mg) Carb (g) Fib (g) Sugar (g) Prot (g) French Onion Soup 385 610 39 18 1 100 1900 41 4 13 28 Farmhouse Greens 317 450 28 17 3 0.1 5 700 24 4 13 <td>Lobster Mashed Potatoes</td> <td></td> <td>586</td> <td>930</td> <td>59</td> <td>33</td> <td>1.5</td> <td>210</td> <td>1960</td> <td>69</td> <td>7</td> <td>3</td> <td>34</td>	Lobster Mashed Potatoes		586	930	59	33	1.5	210	1960	69	7	3	34
Smoked Trout Dip 174 490 41 15 0.4 100 640 17 2 2 12 Vinnie's Broccoli 208 410 34 6 0.2 25 1140 19 5 9 10 Soup + Salads Modifications Grams/Serving Cals (kcall) Fat (g) SaFat (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 Grilled Chicken Salad 317 450 21 3 0 45 1370 49 7 15 25 Baby Kale & Raddichio Salad 223 600 50 11 0.1 240 1090 15 1 3 18	Kobe Fat Fries				53	7		15	2300		4	0	9
Smoked Trout Dip 174 490 41 15 0.4 100 640 17 2 2 12 Vinnie's Brocoli 208 410 34 6 0.2 25 1140 19 5 9 10 Soup + Salads Modifications Grams/Serving Cals (kcal) Fat (g) SaFat (g) TransFat (g) Chol (mg) Sod (mg) Cat (g) Fib (g) Sugar (g) Prot (g) Fernch 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 Grilled Chicken Salad 317 450 21 3 0 45 1370 49 7 15 25 Baby Kale & Raddichio Salad 223 600 50 11 0.1 240 1090 15 1 3 18 <td>Baking Powder Biscuits</td> <td></td> <td>243</td> <td>960</td> <td>73</td> <td>40</td> <td>3</td> <td>170</td> <td>1290</td> <td>64</td> <td>3</td> <td>6</td> <td>14</td>	Baking Powder Biscuits		243	960	73	40	3	170	1290	64	3	6	14
Vinnie's Broccoli 208 410 34 6 0.2 25 1140 19 5 9 10 Soup + Salads Modifications Grams/Serving Cals (kcal) Fat (g) SatFat (g) TransFat (g) Chol (mg) Sod (mg) Carb (g) Fib (g) Sugar (g) Prot (g) 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 Grilled Chicken Salad 317 450 21 3 0 45 1370 49 7 15 25 Baby Kale & Raddichio Salad 223 600 50 11 0.1 240 1900 15 1 3 18 Added Protein 2 148 290 12 5 0.4 100 710 2 1 0 <t< td=""><td>•</td><td></td><td>174</td><td>490</td><td>41</td><td>15</td><td>0.4</td><td>100</td><td>640</td><td>17</td><td>2</td><td>2</td><td>12</td></t<>	•		174	490	41	15	0.4	100	640	17	2	2	12
Soup + Salads Modifications Grams/Serving Cals (kcal) Fat (g) SatFat (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 Grilled Chicken Salad 317 450 21 3 0 45 1370 49 7 15 25 Baby Kale & Raddichio Salad 23 600 50 11 0.1 240 109 15 1 3 18 Added Protein Grilled Salmon 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	·		208		34	6					5	9	
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 Grilled Chicken Salad 317 450 21 3 0 45 1370 49 7 15 25 Baby Kale & Raddichio Salad 223 600 50 11 0.1 240 1090 15 1 3 18 Added Protein Grilled Salmon 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 0 23		Modifications	Grams/Serving	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)			Fib (g)	Sugar (g)	Prot (g)
Farmhouse Greens 195 280 17 3 0.1 5 700 24 4 13 7 Grilled Chicken Salad 317 450 21 3 0 45 1370 49 7 15 25 Baby Kale & Raddichio Salad 223 600 50 11 0.1 240 1090 15 1 3 18 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	•						1				4		
Grilled Chicken Salad 317 450 21 3 0 45 1370 49 7 15 25 Baby Kale & Raddichio Salad 223 600 50 11 0.1 240 1090 15 1 3 18 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						3	0.1	5			4		7
Baby Kale & Raddichio Salad 223 600 50 11 0.1 240 1090 15 1 3 18 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						3		45			7	-	25
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						11	0.1				1	3	
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	,		223	230	30		3.2	0			-		10
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			148	290	12	5	0.4	100	710	2	1	0	Δ1
Rare Seared Ahi Tuna 100 110 1 0 0 45 300 0 0 0 23						11				0	0	0	
					1					0	0	0	-
	Grilled Chicken Breast		107	250	16	2	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)	
Scallops + Gnocchi		414	800	47	10	1	90	1670	63	5	8	35	
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 Spaghettini		487	1010	68	12	1	165	1620	67	5	12	28	
Cacio E Pepe		273	680	39	18	1	50	850	61	3	2	19	
•		487	1430	96	25	1	155	3330	80	7	8	55	
Bacon Cheddar Burger	protein style with lettuce	512	1140	78	23	1	155	2930	53	7	5	51	
Table Burger	protein style than lettace	412	1240	74	24	1	175	2310	75	6	13	63	
Table Burger 6 oz		435	1170	66	20	1	135	2470	85	8	10	53	
The Table Burger Lite		398	1070	59	17	0	105	2440	85	8	10	42	
	7 oz sirloin	1221	2020	119	34	3	190	6400	180	34	39	68	
Premium Steak Sandwich	7 oz filet mignon	1205	2020	119	35	3	190	6410	180	34	39	68	
	7 OZ IIIEL IIIIKIIOII	402	1170	76	15	3 1	80	2850	81	10	39 7	33	
Spicy Blackened Chicken Sandwich	protein style with lettuce	402	830	56	10	0.2	70	2380	53	10	4	27	
Cricay Chickon Sandwich	protein style with lettace	417	1200		9				106		•	44	
Crispy Chicken Sandwich Smoky Grilled BBQ Ribs		484 772	2090	63 119	42	0.5	90 385	2670 6110	106	10	13 85	105	
,				-		1				9			
Blackened Salmon		372	930	69	16	0.5	140	1630	30	6	5	41	
Pesto Casarecce Pasta	AA 1151	396	870	51	18	0.5	80	1420	76	6	6	31	
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)	
Angus 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)	
Butter Cake		292	830	36	22	1.5	185	890	117	2	88	12	
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	
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	0.5	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		0.1	55	1180	26	1 2	2	16	
		95	170	18	10 3	0.3	10		3	1	1	2	
Sauteed Mushrooms					-	0.2		410		1		2	
Roasted Mushrooms		318	580	59	12	1	35	1590	10	3	5	8	