

Nutritional *guide*



	SERVING SIZE (g)	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDATES (mg)	DIETARY FIBRE (g)	PROTEIN (g)	SUGAR (g)
<i>Appetizers</i>											
TUNA SUSHI STACK (2 servings)	182	320	12	1.5	0	15	1170	44	4	3	14
TRUFFLE PARM FRIES (2 servings)	179	420	26	6	0	20	1690	37	3	10	1
POTSTICKERS (2 servings)	139	320	23	3.5	0	10	760	19	2	7	4
TINY TUNA TACOS (each taco)	79	170	5	0	0	30	390	20	2	10	2
CALAMARI (3 servings)	150	410	26	2.5	0	195	730	28	1	16	3
ROASTED TOMATOES & WHIPPED FETA (2 servings)	262	520	33	10	0	40	960	47	8	16	5
DRY RIBS (3 servings)	107	510	43	11	0	115	950	7	<1	23	0
SMASHED AVOCADO DIP (2 servings)	137	130	5	0.5	0	0	280	19	3	2	1
1LB CHICKEN WINGS (3 servings)	163	360	22	6	0	105	550	12	0	26	0
CELERY & DIP	68	70	6	1	0	10	400	3	<1	<1	<1
CASHEW CHICKEN LETTUCE WRAPS (3 servings)	264	290	15	2	0	25	1020	29	3	12	10
CASHEW TOFU LETTUCE WRAPS (3 servings)	253	290	17	2	0	5	820	28	3	7	10
CASHEW CHILI CHICKEN (2 servings)	218	460	26	3	0	50	1140	34	2	22	7
NACHOS (3 servings)	276	670	40	24	1.5	100	1500	36	3	41	2
<i>Soup & Salads</i>											
CAESAR SALAD	359	550	46	7.5	0	75	1350	21	5	14	3
CAESAR SALAD - NO DRESSING	288	210	11	4	0	25	360	18	5	10	3
SUPER GREENS SALAD	484	840	66	12	0	25	860	44	12	26	6
SUPER GREENS SALAD - NO DRESSING	442	640	45	10	0	25	610	44	12	26	6
AVOCADO & BACON COBB SALAD	623	890	62	13	0	255	2720	53	7	32	16
AVOCADO & BACON COBB SALAD- NO DRESSING	552	740	49	11	0	240	1970	46	7	30	12
THAI CHICKEN SALAD	641	990	54	7	0	60	1420	93	21	40	11
THAI CHICKEN SALAD - NO DRESSING	585	790	37	5	0	60	950	84	21	40	7
CHIMICHURRI STEAK SALAD	461	600	21	6	0	85	1240	31	5	38	20
CHIMICHURRI STEAK SALAD - NO DRESSING	405	520	21	6	0	85	760	12	5	38	14
<i>Steaks (also see sides)</i>											
STEAK FRITES	217	370	20	5	0	95	1400	2	<1	44	0
SIRLOIN	217	370	20	5	0	95	1400	2	<1	44	0
MUSHROOM SIRLOIN	369	720	52	19	0	165	2000	8	<1	47	2
NEW YORK	304	590	37	14	1.5	240	1450	2	<1	62	0
RIB EYE	388	960	61	22	0	295	1550	2	<1	100	0
TENDERLOIN	186	590	51	19	0	120	680	1	0	30	0
<i>Mains (sides included)</i>											
CHIPOTLE MANGO CHICKEN	745	970	51	8	0	125	2750	79	16	55	15
LEMON BASIL SALMON	577	910	52	13	0	125	1450	66	12	45	7
BABY BACK RIBS - HALF RACK	637	1140	61	34	0	235	2400	65	7	53	16
BABY BACK RIBS - FULL RACK	878	1760	96	52	0	405	310	94	8	100	44
CHICKEN & RIBS	784	1320	72	35	0	290	3260	69	8	75	17
<i>Pastas & Bowls (no bread)</i>											
VEGETARIAN POWER BOWL	537	540	38	6	0	140	1380	43	13	18	19
CHICKEN ZEN BOWL	800	910	27	17	0	90	3020	122	6	45	32
CHICKEN MADEIRA RIGATONI	568	1460	103	49	0	310	3680	85	4	43	8
CHICKEN ALFREDO	620	1310	81	35	0.5	240	1780	93	<1	48	5
BEEF VINDALOO	752	1220	63	19	0	120	900	46	8	31	23
TUNA POKE BOWL	534	580	38	6	0	240	1230	36	12	35	14
PRAWN THAI CURRY LAKSA	871	1060	49	26	0	80	2710	138	7	21	82
TOFU THAI CURRY LAKSA	888	1050	48	25	0	0	1540	146	7	17	82
<i>Handhelds (also see sides)</i>											
CHEESEBURGER	416	830	44	18	0	145	2330	57	4	45	5
BACON CHEESEBURGER	442	990	52	21	1.5	205	1670	53	3	68	4
LOADED CHEESEBURGER	517	1160	77	27	1.5	165	2570	67	4	45	13
BEYOND MEAT BURGER	403	800	33	10	0	20	3460	89	6	32	29
BLACKENED SHRIMP TACOS - 1 EACH	185	280	12	2	0	180	1300	24	3	17	2
BLACK BEAN TACOS - 1 EACH	121	240	12	1.5	0	0	680	27	4	9	3
CHICKEN TENDERS	569	800	50	4.5	1	125	680	48	2	35	0

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<i>Handhelds (also see sides)</i>											
SHORT RIB BEEF DIP	481	970	59	24	0	200	1660	57	3	62	4
BLACKENED CHICKEN BURGER	358	650	32	10	0	105	2170	48	2	39	3
BT’S CRISPY CHICKEN SANDWICH	385	710	31	9	0	115	1420	73	3	31	7
<i>Desserts</i>											
BITE OF BROWNIE	217	680	35	22	0	130	290	87	1	7	53
WHITE CHOCOLATE BROWNIE (2 servings)	217	770	40	26	0	135	310	96	2	10	60
SALTED CARAMEL CHEESECAKE (2 servings)	134	543	40	15	0	135	370	40	4	10	35
KEY LIME PIE (2 servings)	177	620	39	18	0	165	350	62	2	10	49
CHURRO SANDWICH (2 servings)	174	460	29	9	0	100	310	44	<1	6	17
<i>Sides</i>											
GRILLED CHICKEN	150	270	22	2.5	0	55	730	1	0	20	0
GRILLED SALMON	99	300	25	3.5	0	45	340	0	0	17	0
TOFU	113	160	5	0.5	0	0	650	25	0	5	11
TRUFFLE FRIES	303	760	50	11	0	40	3070	61	4	18	2
FRIES	238	620	45	4	0.5	0	2160	49	4	4	1
SWEET POTATO FRIES	310	630	38	4	0.5	0	1430	68	7	3	32
ANCIENT GRAINS	198	380	15	1.5	0	0	400	52	8	10	1
GARLIC CIABATTA	75	280	15	3	0	0	600	32	2	5	2
JASMINE RICE	198	350	2.5	0	0	0	370	74	0	6	0
GARLIC BUTTER PRAWNS	140	180	12	2.5	0	305	920	<1	0	16	0
PEPPERCORN SAUCE	84	340	33	18	0	85	980	8	0	2	3
SEASONAL VEGETABLES	124	110	7	2	0	5	550	11	3	1	5
MASHED POTATOES	255	370	18	12	0	50	980	41	4	6	2