

Entrees	Serving Size	Fat (g)	Calories (g)	Protein (g)
Bacon	1 slice	3	41	3
Bacon & Cheddar Burger	1 burger	19	370	20
Baked Cajun Catfish	1 fillet	7	116	11.5
Battered Cod	4oz	9	196	20
BBQ Chicken	3oz	3	180	38
BBQ Spare Ribs	4oz	16	280	116
Beef Burger	1 burger	16	369	20
Beef Rissoto	8oz	13	342	25
Beef Taco - Hard Shell	1 taco	14	240	12
Beef Taco - Soft Shell	1 taco	11	257	13
Beef Teriyaki	4oz	1.5	12	4.5
Beef Tostados	1 tostada	12	221	10
Black & Bleu Burger	1 burger	51	770	46
Bourbon Chicken	4oz	11	280	33
Bratwurst	1 link	25	283	12
Breaded Pork Chops	3 oz	10	165	11
Brunch Burger	1 burger	23	440	26
Bruschetta Turkey Burger	1burger	15	250	25
Buffalo Chicken - grilled	4oz	4	140	24
Buffalo Shrimp	4oz	13	260	12
Burrito - Chicken	1 burrito	14	350	22
Burrito - Pork	1 burrito	17	400	22
Burrito - Steak	1 burrito	15	460	26
Caesar Salad	8oz	15	135	5
California Turkey Burger	1 burger	14	257	25.5
Canadian Burger	1 burger	32	637	25
Caprese Sandwich	1 sandwich	18	294	8
Carved Turkey	3 oz	1	60	12
Carved Ham	3oz	9	140	13
Carved Roast Beef	3 oz	15	230	23
Corned Beef	3 oz	15	210	15
Pastrami	3 oz	6	123	18
Catfish Po Boy	1 sandwich	15	583	34
Cheese Quesadilla	2 slices	11	187	9
Cheesesteak - Beef	1 4" sub	17	389	22
Cheesesteak - Chicken	1 4" sub	9.5	282	19
Chicken Caprese	1 sandwich	17	340	128
Chicken Curry	3oz	8.6	160	14.8
Creamed Chip Beef	4 oz	7	140	9
Chicken Nugget	5 pieces	17	270	14
Chicken Parm	1 piece	11	236	25
Chicken Patty	1 patty	12	192	8.6
Chicken Pot Pie	4oz	11	190	5
Chicken Quesadilla	2 slices	14	337	21
Chicken Tenders	2 tenders	21	370	20

Chicken Teriyaki	4 oz	4.5	130	18
Chicken Wings	6 wings	63.6	954	58.8
Citrus Cod	1 cod loin	8	170	9
Combination Stir Fry	4oz	3	387	21
Corned Beef Reuben	1 sandwich	28	464	21
Country Fried Steak	1 patty	19	250	10
Cowboy Burger	1 burger	21	400	20
Crabcake Sandwich	1 sandwich	8.6	312	20
Cuban Burger	1 burger	24	450	26
Dry Rub Beef Sandwich	1 sandwich	19	479	52
Eggplant Parm	3oz	18	267	11.4
Enchilada - Chicken	1 enchilada	12	234	13.5
Flank Steak	3oz	6	156	24
French Dip	1 sandwich	17	289	23
Fried Chicken	1 piece	11	193	15
Fried Fish	1 fillet	11	211	13
Fried Haddock	1 fillet	11	211	13
Fried Rice - Beef	4oz	7	173	6
Fried Rice - Chicken	4oz	4	120	8
Fried Rice - Pork	4oz	6.5	170	6.5
Fried Rice - Shrimp	4oz	6	160	5.5
Garden Burger	1 burger	3	100	5
General Tso's Chicken	4oz	40	845	56
Goulasch	8oz	14.4	366	30.1
Grilled Cheese	1 sandwich	15.77	291	9.6
Grilled Chicken Sandwich	1 sandwich	6.5	252	20.9
Grilled Chicken Breast	3oz	3.064	139	27
Grilled Hawaiian Chicken	3oz	0.5	175	23
Grilled Portobello & Bleu Cheese	1 cap	5.89	102	8.59
Grilled Salmon	3oz	10	175	19
Grilled Tuna Taco	2 tacos	14	470	44
Gyro	1 gyro	12.21	593	44.15
Hawaiian Tuna & Bacon	1 sandwich	28.9	736	46.7
Herb Baked Chicken	3oz	4	170	31
Hot Dog	1 hot dog	13	148	5
Jambalaya	8oz	21.2	393	26.11
Jamican Jerk Chicken Wrap	1 wrap	13.3	579	36.2
Jerk Chicken	3oz	3.55	271	45.46
Jerk Shrimp	4oz	4.3	131	22
Loaded Mac & Cheese	4oz	21	404	20
Meatball Parm	6" sub	23.25	600	25
Meatloaft Panni	1 sandwich	25	630	28
Midwest Pork Tenderloin	1 sandwich	12	464	
Monterey Chicken Panini	1 sandwich	24	570	35
Nachos - Beef	8oz	20.14	306	19.33
Nachos - Chicken	8oz	14.3	251	20

Napa Veggie Burger	1 burger	6	275	11
Orange Beef	4oz	7	220	15
Orange Glazed Salmon	4oz	8.5	350	23
Pancakes	2 pancakes	8	170	6
Parm Tilapia	4oz	13.44	203	19
Pizza Burger	1 burger	18.2	409	24
Popcorn Chicken	6 pieces	12	250	14
Portobello Parm	1 cap	12	198	15
Pot Roast	3oz	3	105	18
Potato Crusted Cod	3oz	7	150	12
Pulled BBQ Beef	4oz	4	160	12
Pulled BBQ Chicken	4oz	8	200	16
Rice Bowl - Chicken	8oz	10	390	17
Rice Bowl - Shrimp	8oz	4.5	390	20
Rissoto - Beef	4oz	8	454	25
Rissoto - chicken	4oz	17.9	434	27
Rissoto - Shrimp	4oz	19	473	12
Roast Pork Loin	3oz	3	122	22
Roast Turkey	3oz	0	90	15
Salisbury Steak	1 steak	12	218	18.8
Salmon BLT	1 sandwich	20	450	30
Sausage Hoagie	1 hoagie	20	456	26
Sausage Link	1 link	3.6	44	2.53
Sausage Patty	1 patty	3.6	44	2.53
Scrambled Eggs	3oz	15.21	199	13
Sesame Seared Tofu	4oz	15	368	19
Shrimp Burger	4oz	2.5	190	25
Shrimp Po boy	1 sandwich	19	405	11
Sloppy Joes	1 sandwich	8	290	10
Southwest Chicken wrap	1 wrap	20	563	31
Spinach & Cheese Omelet	1 omelet	18.5	251	20
Steak Fajita	1 fajita	16	377	23
Stir Fry - Chicken	8oz	10	186	17
Stir Fry - Shrimp	8oz	9.6	393	22.9
Stir Fry - Steak	8oz	10.3	320	17
Stuffed Chicken Breast	4oz	5	280	23
Stuffed Peppers	1 pepper	5.1	260	26.1
Swedish Meatball	3oz	13	190	16
Tempura Chicken	4 pieces	9	210	17
Teriyaki Pork	4oz	3.4	133	20
Teriyaki Salmon	4oz	7	290	20
Tex Mex Burger	1 burger	21	400	20
The Bobbie Sandwich	1 sandwich	9.5	398	27.5
Turkey Burger	1 burger	12	217	25.3
Turkey Tetrazini	8oz	19	366	18
Waffles	1 waffle	3	103	2

Walking Tacos - Beef	1 bag	30	425	17
Sides	Serving Size	Fat (g)	Calories (g)	Protein (g)
Baked Beans	4oz	1	133	6
Baked Potatoes	1 large size potato	0	278	7
Broccoli Cheddar Soup	12oz	19	297	12
Brown Rice	4oz	1	108	2.5
Chicken Noodle Soup	12oz	2	160	15
Chili	12oz	22	418	26
Cole Slaw	4oz	11	147	0
Egg Noodles	4oz	1	75	2.5
Fiesta Rice	4oz	0	100	2
Fried Rice	4oz	6	166	6
Fries	2.5 oz	11	230	3
Lo Mein	4oz	6	155	7
Mac and Cheese	4oz	11	210	9
Mashed Potatoes	4oz	4.5	118.5	2
Onion Rings	8-9 rings	15	276	3.7
Oven Roasted Potatoes	4oz	0	104	4
Parsley Potatoes	4oz	2.1	127	3
Pierogies	4oz	2.5	170	5
Red Beans and Rice	4oz	1	125	4
Rice Pilaf	4oz	3.3	129	2
Stuffing	4oz	1	150	3
Tater Tots	9 tots	8	160	2
Tomato Orzo	4oz	4	84	8
Tomato Soup	4oz	0	90	2
White Rice	4oz	0	100	2
Pasta/Pizza Items	Serving Size	Fat (g)	Calories (g)	Protein (g)
Pasta - Plain	8oz	1	220	8
Marinara Sauce	4 oz	3	80	2
Alfredo Sauce	4 oz	14	162	4
Garlic Butter Sauce	4oz	8	75	
Cheese Pizza	1 slice	10	272	12
Buffalo Chicken Pizza	1 slice	17	370	13
Sausage Pizza	1 slice	15	330	12
Hawaiian Pizza	1 slice	8	220	12
Meatlover pizza	1 slice	16	310	16
white pizza	1 slice	9.5	279	11
veggie pizza	1 slice	8.9	242	9

Bread	Serving Size	Fat (g)	Calories (g)	Protein (g)
Hoagie Roll - White	6"	2	190	7
Hoagie Roll - Wheat	6"	2.5	200	8
Pretzel Roll	1 roll	4	200	6
10" Tortilla White	10" tortilla	4.5	210	6
10" Tortilla Wheat	10" tortilla	5	200	6
Gluten Free Bread	2 slices	4	130	4
Gluten Free Roll	1 bun	5	190	5
White Bread	2 slices	2	160	6
Wheat Bread	2 slices	2	140	7
Kaiser Roll	1 roll	1.5	160	6
Vegetables	Serving Size	Fat (g)	Calories (g)	Protein (g)
Corn	4 oz	4	303	8
Broccoli	4 oz	0	40	4
Cauliflower	4 oz	0	28	4
Asparagus	4 oz	0	20	2
Spinach	4 oz	0	20	2.5
Butternut Squash	4 oz	0	41	2
Carrots	4 oz	0	26	0.5
Brussels Sprouts	4 oz	0	28	2

Carbs (g)	Fiber (g)
0	0
29	2
1	0
8	0.5
0	0
30	1
28	0
15	2
23	2
20	1
16	2
44	3
8	0
2	0
7	0
32	1
32	0
0	0
26	
40	4.5
40	4
55	9
7	2
1.5	1.25
65	4
24	2
1	0
0	0
0	0
0	0
0	0
78	7
14	1
34	1.5
31	2.2
1	0
0	1
11	0
15	0
7	0
9.6	0
16	0.6
24	2
24	0

5	0
32.4	0.96
16	
70	11
29.6	3.4
12	1
32	2
36.7	2
30	2
23	3
16.5	0
19.33	3.1
0	0
30	0
6	0
15	0.2
15	0.2
21	1.4
21	0.6
21	0.7
21	0.7
18	5
61	2
27.46	1.7
27.85	1.2
26	1.2
0	0
18.8	0.2
6.4	3
0	0
50	1
74	3.9
67.3	3.7
4	0
2	0
22.7	1
79	4
11.61	1
0	0
33	2
30	3
73	1
63	2
11.66	1
10.1	1

10	3
23	3
45	3
22	0
1.5	0.1
36	2.2
22	2
8	2
0	0
11	0
18	0
16	2
56	3
61	3
75	0
38.6	0.9
60	2
0	0
3	0
7.68	0.5
38	2
40	2
0	0
0	0
2	0
43	6
15	1
40	2
24	4
41	3
2	1
33	2.9
6	1.3
57.3	3.7
38	1.84
6	1
26.6	3
5	0
16	1
5.2	0
36	4
32	2
61.5	6
27	1.8
16	1

23	3
Carbs (g)	Fiber (g)
26	7
63	7
20	7
22.5	2
20	2
26	9
12	1
13.5	1
18.5	1
21	1
29	3
17	1.5
26	1.5
17.5	1.5
31	0
24	4
24.8	3.2
32	1
20	3
22	1
21	1
20	2
12	0
20	1
18.5	1
Carbs (g)	Fiber (g)
43	3
11	2
6	0
34	2
39	1
37	2
28	1
26	1
34	1
30	2

Carbs (g)	Fiber (g)
36	2
40	4
35	1
36	2
34	4
22	1
34	4
28	0
24	4
31	1
Carbs (g)	Fiber (g)
62	6
8	4
4	4
4	2
3.5	2
11	0
6	2
6	2