

Item Name	Unit	Calories (Kcal)	Fat (g)	Saturated fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Added Sug (g)	Vit D (mcg)	Protein (g)	Calcium (mg)	Iron (mg)	Potassium (mg)	Soy	Egg	Dairy	Peanut	Shellfish	Tree Nut	Wheat	Fish	Gluten
Baked Spaghetti	Serving	1110	69.0	37.0	0.0	190	3690	78	8.0	26	0	0	34	1490	2	101	x	x	x			x		x	
BBQ Baby Back Rib - seasonal	Serving	2170	99.0	34.0	0.0	350	3890	240	16.0	144	0	0	94	351	13	1823	x					x		x	
BBQ Chicken Breast	Serving	1170	43.0	20.0	0.0	235	2330	133	7.0	76	0	0	73	469	4	393	x		x			x		x	
Chicken Finger Dinner, LG	Serving	1300	53.0	7.0	0.0	110	2530	152	11.0	24	0	0	73	94	3	1216	x		x			x		x	
Chicken Finger Dinner, SM	Serving	1050	46.0	6.0	0.0	65	1770	128	9.0	24	0	0	48	94	3	1216	x					x		x	
Fish Dinner Battered	Serving	960	19.0	8.0	0.0	105	1280	114	9.0	22	0	0	34	94	3	1216	x	x	x			x	x	x	
Macaroni & Cheese, Dinner	Serving	880	36.0	23.0	0.0	115	1570	109	9.0	16	0	0	39	590	4	1524	x	x	x			x		x	
Meatloaf Dinner	Serving	1310	54.0	21.0	0.0	205	2810	148	10.0	36	0	0	53	145	7	1348	x	x	x			x		x	
Miso Salmon Dinner	Serving	780	27.0	7.0	0.0	120	2280	90	10.0	28	0	0	57	246	5	376									
Monterey Chicken	Serving	1070	63.0	15.0	0.0	175	2410	74	9.0	13	0	0	67	310	4	1430	x	x	x			x		x	
Pork Chop Dinner, Simply	Serving	880	36.0	13.0	0.0	155	1270	82	8.0	11	0	0	64	156	65	1216	x		x						
Pot Roast, Dinner	Serving	780	34.0	21.0	0.0	140	1560	90	8.0	11	0	0	44	94	10	1216	x		x						
Salmon Dinner	Serving	1020	49.0	9.0	0.0	115	1190	103	8.0	28	0	0	50	134	4	1216	x		x	x		x		x	
Seafood Combo Dinner	Serving	1400	38.0	10.0	0.0	145	4760	171	14.0	59	0	0	45	123	10	1238	x			x		x		x	
Shrimp Dinner	Serving	990	36.0	6.0	0.0	80	4270	150	13.0	47	0	0	31	143	15	1216	x				x		x		
Spaghetti & Meatball	Serving	580	24.0	2.0	0.0	40	2440	80	10.0	27	0	0	21	138	4	153	x		x			x	x	x	
Strip Steak Dinner	Serving	990	45.0	19.0	0.0	155	570	82	8.0	11	0	0	70	208	29	1216	x		x			x	x	x	
Strip Steak Peppercorn	Serving	1030	45.0	19.0	0.0	155	1460	92	8.0	11	0	0	70	208	29	1216	x	x			x		x		
Strip Steak w/Kent. Bourb	Serving	1090	45.0	19.0	0.0	155	7900	103	8.0	28	0	0	71	208	29	1217	x		x			x		x	
Italian Stuffed Pepper Dinner	Serving	1350	71.0	31.0	0.0	180	4160	121	13.0	42	0	1	66	126	5	560		x				x		x	

All percentages represent US Reference Daily Intakes (RDI) for a 2000 Calories/day diet.

Fat Free is defined as having less than .5 grams of fat per serving. Low Fat is between .5 and 3 grams of fat per serving.

NUTRITIONAL INFORMATION

Nutritional information and values provided are estimates only. The nutritional values we provide are derived using an industry standard database but do not account for natural variability that occurs with our ingredients, variations that occur due to the hand-prepared nature of each item or variations that may occur due to substitutions that our guests request. Please understand that the Company makes no representation or warranty regarding the information regarding the nutritional information provided.

Revised 01/2021