

2016 SWEETHEART MENU NUTRITION

Product Name	Category	Serving Size (oz)	Calories	Calories from fat	Total Fat (g)	Sat Fat (g)	Trans fats (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Gluten Free Ingredients	Allergens
ENTREES															
Beef Brisket/Au Jus	Entrees	4 oz.	159	75	8.3	2.4	0	43	750	5	0	2	15	N	Wheat, Soy, Milk
Beef Wellington	Entrees	4.5 oz.	385	198	22	13	0	78	363	30	2	3	15	N	Wheat, Egg, Milk, Soy
Chicken Marsala	Entrees	4 oz.	112	26	3	0.5	0	52	331	3	0.2	0.4	16.5	Y	Milk
Chicken Piccata	Entrees	4 oz.	142	51	6	3	0	63	503	3	0.1	0.3	17	Y	Milk
Chicken Wellington	Entrees	4 oz.	340	180	20	4	0	50	320	23	1	2	13	N	Wheat, Soy, Egg, Milk
Meat Cannelloni	Entrees	4 oz.	203	91	10	4.2	0	46.6	558	15.8	0.7	2.5	11.7	N	Milk, Wheat, Eggs
Prime Rib	Entrees	4 oz.	310	192	21.3	9	0	79	213.7	1.8	0	1	25.1	N	Wheat, Soy, Milk
Stuffed Pork Loin- Cranberry Apple	Entrees	4 oz.	217	88	10	4	0	72	302	10	0.4	2	21	N	Wheat, Milk
Stuffed Pork Loin- Mushroom	Entrees	4 oz.	194	69	8	2	0.1	63	181	8	0.3	0.8	22	N	Wheat, Milk
Signature Stuffed Salmon Fillet	Entrees	4 oz.	255	157	17.5	5.4	0	60.2	278	4.8	0.3	1.4	18	N	Wheat, Milk, Fish
4-Cheese Manicotti	Entrees	4 oz.	206	102	11.3	4.7	0	33.6	503	16.7	0.6	4.7	7.4	N	Milk, Wheat, Eggs
SIDES															
Craisin Walnut Feta Salad	Salad	5.4 oz.	314	180	20	4	0	20	489	29	2	20	4	Y	Milk, Walnuts
Fresh Vegetable Medley	Side	4 oz.	81	49	5.4	0.4	0	0	88	7	2.2	4.3	1.2	Y	
Green Beans Amandine	Side	4 oz.	114	84	9.4	3.9	0	14.7	257.6	4.2	0	2.3	2.4	Y	Milk, Almond
Herb Roasted Red Skin Potato	Side	4 oz.	115	42	4.6	0.5	0	0	319.1	17.6	2.1	1.1	2.1	Y	
Parsley Buttered Linguine Noodles	Side	4 oz.	400	35	3.8	0.6	0	0	9	78	3	5	13.5	N	Wheat, Milk
Six Grain Veggie Pilaf	Side	4 oz.	201	44	4.9	0.4	0	0	250.4	29.7	3.2	1.5	4.6	N	Wheat
Spinach Bacon Salad	Salad	4 oz.	133	59	6.6	1.8	0	68.4	301	12.2	2	8.6	6.5	Y	
Three Cheese Potato Gratin	Side	4 oz.	170	81	9	5	0	25	393	27	1.3	1.8	6.5	N	Milk, Wheat
Three Cheese Risotto Balls	Side	1 ea	257	109	12.1	4.7	0	35	585	25.7	0.5	1.3	7.1	N	Egg, Milk, Wheat
Twice Baked Potatoes	Side	4 oz.	350	162	18	11.3	0	49	646	39	4	2	8	Y	Milk

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DESSERTS & APPETIZERS															
Chocolate Truffle Cheesecake	Dessert	1 ea	390	220	25	14	0	105	350	39	3	28	6	N	Wheat, Soy, Milk, Eggs
Cheesecake, Chocolate Truffle	Dessert	1 ea	390	220	25	14	0	105	350	39	3	28	6	N	Wheat, Soy, Milk, Eggs
Cheesecake, New York	Dessert	1 ea	390	230	26	14	0	115	380	34	2	24	6	N	Wheat, Eggs, Milk
Cheesecake, Salted Caramel	Dessert	1 ea	380	220	25	14	0	110	920	34	1	24	6	N	Wheat, Eggs, Milk
Cheesecake, White Choc Rasp	Dessert	1 ea	400	220	25	14	0	105	360	39	2	28	6	N	Wheat, Soy, Milk, Eggs
Classic Shrimp Cocktail	Appetizer	2 oz.	49	10	1.1	0.1	0	54	305	5	0.1	3.4	6.4	Y	Shrimp
Chipotle Seafood Crab Cakes	Appetizer	4 oz.	346	223	25	5	0	63	808	20	1	4	6	N	Fish, Shellfish, Wheat, Eggs, Soy, Milk
Lobster Bisque Soup	Appetizer	7 oz.	235	144	16	10.5	0.1	49	727	14	0.3	4.5	8	Y	Milk, Shellfish
Variety Pack - Stuffed Mushrooms	Appetizer	1 ea	79	52	5.8	2.3	0	15	268	3.5	0.8	1.2	3	N	Fish, Shellfish, Wheat, Eggs, Soy, Milk
GLAZES, SAUCES & DESSINGS															
Sherry Wine Demi-Glace	Sauce	1 oz.	21	4	0.5	0.3	0	0.4	160.6	3.5	0	0	0.4	Y	Milk
Horseradish Sauce	Sauce	1 oz.	47	33	3.7	2.2	0	18.4	221.7	2.3	0	2.2	0.8	Y	Milk, Wheat, Soy
BREAD & ROLLS															
Hawaiian Rolls	Bread	1 ea	90	20	2.5	1.5	0	15	85	16	1	5	3	N	Wheat, Soy, Milk, Eggs
Yeast Dinner Rolls	Bread	1 ea	140	35	4	1	0	10	230	23	1	4	3	N	Wheat, Eggs