

Nutrition Facts

Serving Size 1 EA/Portion

All American Burger with Cheddar

Amount Per Serving

Calories 882.3

Calories from Fat 597.2

% Daily Value*

Total Fat 66.8g **103%**

Saturated Fat 18.3g **91%**

Trans Fat 0g

Cholesterol 127mg **42%**

Sodium 693mg **29%**

Total Carbohydrates 34.6g **12%**

Dietary Fiber 1.1g **4%**

Sugars 4.1g

Protein 32g

Vitamin A **0%**

Vitamin C **0%**

Calcium **0%**

Iron **0%**

Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Nutrition Facts

Serving Size 1 EA/Portion

All American Burger with Pepper Jack

Amount Per Serving

Calories 868.8

Calories from Fat 583.7

% Daily Value*

Total Fat 65.5g **101%**

Saturated Fat 17.6g **88%**

Trans Fat 0g

Cholesterol 127mg **42%**

Sodium 672.8mg **28%**

Total Carbohydrates 34.6g **12%**

Dietary Fiber 1.1g **4%**

Sugars 4.1g

Protein 32g

Vitamin A **0%**

Vitamin C **0%**

Calcium **0%**

Iron **0%**

Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Nutrition Facts

Serving Size 1 EA/Portion

All American Burger with Provolone

Amount Per Serving

Calories 875.6

Calories from Fat 587.1

% Daily Value*

Total Fat 65.5g

101%

Saturated Fat 17.4g

87%

Trans Fat 0g

Cholesterol 120.2mg

40%

Sodium 753.8mg

31%

Total Carbohydrates 34.6g

12%

Dietary Fiber 1.1g

4%

Sugars 4.1g

Protein 32.4g

Vitamin A

0%

Vitamin C

0%

Calcium

0%

Iron

0%

Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Nutrition Facts

Serving Size 1 EA/Portion

All American Burger with Swiss

Amount Per Serving

Calories 882.3

Calories from Fat 583.7

% Daily Value*

Total Fat 65.5g **101%**

Saturated Fat 18.3g **91%**

Trans Fat 0g

Cholesterol 127mg **42%**

Sodium 578.3mg **24%**

Total Carbohydrates 35.9g **12%**

Dietary Fiber 1.1g **4%**

Sugars 4.1g

Protein 33.4g

Vitamin A **0%**

Vitamin C **0%**

Calcium **0%**

Iron **0%**

Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Nutrition Facts

Serving Size 1 EA/Portion

All Inclusive Breakfast

Amount Per Serving

Calories 1014.6

Calories from Fat 469.8

% Daily Value*

Total Fat 51.6g **79%**

Saturated Fat 8.7g **44%**

Trans Fat 0g

Cholesterol 553mg **184%**

Sodium 3792.6mg **158%**

Total Carbohydrates 118.3g **39%**

Dietary Fiber 9.3g **37%**

Sugars 30.9g

Protein 61g

Vitamin A **0%**

Vitamin C **0%**

Calcium **0%**

Iron **9%**

Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Nutrition Facts

Serving Size 4 Ounce

Ambrosia Salad

Amount Per Serving

Calories 506.1

Calories from Fat 280.1

% Daily Value*

Total Fat 32.9g **51%**

Saturated Fat 32g **160%**

Trans Fat 0g

Cholesterol 9.7mg **3%**

Sodium 198mg **8%**

Total Carbohydrates 56.2g **19%**

Dietary Fiber 7g **28%**

Sugars 46.8g

Protein 6.2g

Vitamin A **0%**

Vitamin C **0%**

Calcium **0%**

Iron **0%**

Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Nutrition Facts

Serving Size 1 EA/Portion

Bacon Egg Cheese Biscuit

Amount Per Serving

Calories 462.5

Calories from Fat 249

% Daily Value*

Total Fat 39.1g **60%**

Saturated Fat 14.6g **73%**

Trans Fat 0g

Cholesterol 251.2mg **84%**

Sodium 959.6mg **40%**

Total Carbohydrates 34.7g **12%**

Dietary Fiber 1.7g **7%**

Sugars 7.9g

Protein 18.2g

Vitamin A **0%**

Vitamin C **0%**

Calcium **6%**

Iron **9%**

Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Nutrition Facts

Serving Size 1 EA/Portion

Basil Garlic Marinade

Amount Per Serving

Calories 2040.2

Calories from Fat 1892.7

% Daily Value*

Total Fat 220.8g **340%**

Saturated Fat 31.6g **158%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 1543.6mg **64%**

Total Carbohydrates 29.4g **10%**

Dietary Fiber 0g **0%**

Sugars 23.7g

Protein 0.1g

Vitamin A **0%**

Vitamin C **0%**

Calcium **0%**

Iron **0%**

Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Nutrition Facts

Serving Size 1 EA/Portion

BBQ Chicken Sandwich

Amount Per Serving

Calories 866

Calories from Fat 607.3

% Daily Value*

Total Fat 83.1g **128%**

Saturated Fat 17.2g **86%**

Trans Fat 0g

Cholesterol 183.3mg **61%**

Sodium 2136.2mg **89%**

Total Carbohydrates 48.5g **16%**

Dietary Fiber 2.7g **11%**

Sugars 1.8g

Protein 58.4g

Vitamin A **0%**

Vitamin C **0%**

Calcium **41%**

Iron **21%**

Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Nutrition Facts

Serving Size 1 EA/Portion

BBQ Ranch Chicken Salad

Amount Per Serving

Calories 579.2

Calories from Fat 453.9

% Daily Value*

Total Fat 51.4g **79%**

Saturated Fat 11.2g **56%**

Trans Fat 0g

Cholesterol 122.7mg **41%**

Sodium 1512.9mg **63%**

Total Carbohydrates 39.3g **13%**

Dietary Fiber 8.1g **32%**

Sugars 6.1g

Protein 42.9g

Vitamin A **0%**

Vitamin C **0%**

Calcium **5%**

Iron **8%**

Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Nutrition Facts

Serving Size 1 EA/Portion

Berry Spinach Salad

Amount Per Serving

Calories 421

Calories from Fat 212.1

% Daily Value*

Total Fat 23.7g **37%**

Saturated Fat 10.7g **53%**

Trans Fat 0g

Cholesterol 50.6mg **17%**

Sodium 621.1mg **26%**

Total Carbohydrates 36.8g **12%**

Dietary Fiber 4.8g **19%**

Sugars 26.6g

Protein 20.9g

Vitamin A **0%**

Vitamin C **0%**

Calcium **14%**

Iron **20%**

Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Nutrition Facts

Serving Size 2 Ounce

Black Bean Corn Salsa

Amount Per Serving

Calories 73.5

Calories from Fat 0.2

% Daily Value*

Total Fat 0.2g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 190.6mg **8%**

Total Carbohydrates 14.6g **5%**

Dietary Fiber 3.3g **13%**

Sugars 2.1g

Protein 3.7g

Vitamin A **0%**

Vitamin C **0%**

Calcium **0%**

Iron **0%**

Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Nutrition Facts

Serving Size 1 EA/Portion

Blackened Salmon Salad

Amount Per Serving

Calories 365.3

Calories from Fat 303.8

% Daily Value*

Total Fat 34.5g **53%**

Saturated Fat 5.9g **29%**

Trans Fat 0g

Cholesterol 62.4mg **21%**

Sodium 604.2mg **25%**

Total Carbohydrates 16.7g **6%**

Dietary Fiber 9.8g **39%**

Sugars 5.7g

Protein 27.4g

Vitamin A **0%**

Vitamin C **0%**

Calcium **6%**

Iron **14%**

Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Nutrition Facts

Serving Size 1 EA/Portion

Breakfast Burrito

Amount Per Serving

Calories 640.1

Calories from Fat 639.3

% Daily Value*

Total Fat 71.6g **110%**

Saturated Fat 12.4g **62%**

Trans Fat 0g

Cholesterol 698mg **233%**

Sodium 1562.6mg **65%**

Total Carbohydrates 42.2g **14%**

Dietary Fiber 2.2g **9%**

Sugars 8.7g

Protein 36.5g

Vitamin A **0%**

Vitamin C **0%**

Calcium **11%**

Iron **14%**

Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Nutrition Facts

Serving Size 3 Ounce

Breakfast Fruit Side

Amount Per Serving

Calories 28.3

Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 4.2mg **0%**

Total Carbohydrates 6.8g **2%**

Dietary Fiber 0.7g **3%**

Sugars 5.9g

Protein 0.5g

Vitamin A **0%**

Vitamin C **0%**

Calcium **0%**

Iron **0%**

Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Nutrition Facts

Serving Size 2 Liquid Oz

Broccoli and Cheese Sauce

Amount Per Serving

Calories 1186.8

Calories from Fat 145.8

% Daily Value*

Total Fat 111g **171%**

Saturated Fat 72.2g **361%**

Trans Fat 0g

Cholesterol 439.9mg **147%**

Sodium 349.8mg **15%**

Total Carbohydrates 25.6g **9%**

Dietary Fiber 2.7g **11%**

Sugars 1.3g

Protein 15.4g

Vitamin A **0%**

Vitamin C **0%**

Calcium **0%**

Iron **0%**

Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Nutrition Facts

Serving Size 1 EA/Portion

Burger set up

Amount Per Serving

Calories 30.6

Calories from Fat 2.3

% Daily Value*

Total Fat 0.2g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 798mg **33%**

Total Carbohydrates 9.9g **3%**

Dietary Fiber 1.8g **7%**

Sugars 4g

Protein 1.3g

Vitamin A **0%**

Vitamin C **0%**

Calcium **2%**

Iron **2%**

Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Nutrition Facts

Serving Size 1 EA/Portion

Caesar Salad

Amount Per Serving

Calories 586

Calories from Fat 277.5

% Daily Value*

Total Fat 37.8g **58%**

Saturated Fat 8.9g **45%**

Trans Fat 0g

Cholesterol 44.6mg **15%**

Sodium 1702.9mg **71%**

Total Carbohydrates 50.1g **17%**

Dietary Fiber 3.4g **14%**

Sugars 3.3g

Protein 20.5g

Vitamin A **0%**

Vitamin C **0%**

Calcium **29%**

Iron **6%**

Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Nutrition Facts

Serving Size 1 EA/Portion

Caprese Chicken

Amount Per Serving

Calories 332.6

Calories from Fat 85

% Daily Value*

Total Fat 13.6g **21%**

Saturated Fat 6.4g **32%**

Trans Fat 0g

Cholesterol 110.4mg **37%**

Sodium 382.9mg **16%**

Total Carbohydrates 10.1g **3%**

Dietary Fiber 1.3g **5%**

Sugars 2.2g

Protein 40.3g

Vitamin A **0%**

Vitamin C **0%**

Calcium **10%**

Iron **3%**

Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Nutrition Facts

Serving Size 1 EA/Portion

Caramelized Apples

Amount Per Serving

Calories 114.4

Calories from Fat 0.4

% Daily Value*

Total Fat 0.1g **0%**

Saturated Fat 0.1g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 2.5mg **0%**

Total Carbohydrates 30.3g **10%**

Dietary Fiber 3g **12%**

Sugars 25.5g

Protein 1.4g

Vitamin A **0%**

Vitamin C **0%**

Calcium **0%**

Iron **0%**

Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Nutrition Facts

Serving Size 1 EA/Portion

Carrot Cake Energy Balls

Amount Per Serving

Calories 74.5

Calories from Fat 19.7

% Daily Value*

Total Fat 2.2g **3%**

Saturated Fat 0.2g **1%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 2mg **0%**

Total Carbohydrates 12.6g **4%**

Dietary Fiber 1.8g **7%**

Sugars 9g

Protein 1.4g

Vitamin A **0%**

Vitamin C **0%**

Calcium **1%**

Iron **2%**

Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Nutrition Facts

Serving Size 1 Tablespoon

Cashew Cheese Sauce

Amount Per Serving

Calories 27.9

Calories from Fat 18.6

% Daily Value*

Total Fat 2.1g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 5.2mg **0%**

Total Carbohydrates 1.8g **1%**

Dietary Fiber 0.3g **1%**

Sugars 0.3g

Protein 1g

Vitamin A **0%**

Vitamin C **0%**

Calcium **0%**

Iron **2%**

Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Nutrition Facts

Serving Size 2 Ounce

Champagne Vinaigrette

Amount Per Serving

Calories 0.2

Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0.1mg **0%**

Total Carbohydrates 0.1g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 0g

Vitamin A **0%**

Vitamin C **0%**

Calcium **0%**

Iron **0%**

Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Nutrition Facts

Serving Size 1 EA/Portion

Chicken Cara Mia

Amount Per Serving

Calories 1018.9

Calories from Fat 79.8

% Daily Value*

Total Fat 64.8g

100%

Saturated Fat 38.4g

192%

Trans Fat 0g

Cholesterol 260.6mg

87%

Sodium 3934.4mg

164%

Total Carbohydrates 59.6g

20%

Dietary Fiber 4.3g

17%

Sugars 14.1g

Protein 42.5g

Vitamin A

1%

Vitamin C

2%

Calcium

1%

Iron

2%

Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Nutrition Facts

Serving Size 1 EA/Portion

Chicken Parmesan

Amount Per Serving

Calories 1137.8

Calories from Fat 254.4

% Daily Value*

Total Fat 30g **46%**

Saturated Fat 11.2g **56%**

Trans Fat 0g

Cholesterol 128.1mg **43%**

Sodium 3777.6mg **157%**

Total Carbohydrates 146.7g **49%**

Dietary Fiber 13.4g **54%**

Sugars 36.3g

Protein 74.6g

Vitamin A **8%**

Vitamin C **364%**

Calcium **10%**

Iron **35%**

Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Nutrition Facts

Serving Size 1 EA/Portion

Chicken Parmesan Breading

Amount Per Serving

Calories 4957.7

Calories from Fat 1195.1

% Daily Value*

Total Fat 134.6g **207%**

Saturated Fat 36.4g **182%**

Trans Fat 0g

Cholesterol 3536.8mg **1179%**

Sodium 2405.7mg **100%**

Total Carbohydrates 709.9g **237%**

Dietary Fiber 31.6g **126%**

Sugars 14.9g

Protein 224.2g

Vitamin A **0%**

Vitamin C **0%**

Calcium **0%**

Iron **117%**

Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Nutrition Facts

Serving Size 1 EA/Portion

Chopped Salad

Amount Per Serving

Calories 362.5

Calories from Fat 126.3

% Daily Value*

Total Fat 30.1g **46%**

Saturated Fat 3.7g **18%**

Trans Fat 0g

Cholesterol 110.1mg **37%**

Sodium 404.6mg **17%**

Total Carbohydrates 17g **6%**

Dietary Fiber 6.2g **25%**

Sugars 5.3g

Protein 11.3g

Vitamin A **0%**

Vitamin C **0%**

Calcium **13%**

Iron **12%**

Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Nutrition Facts

Serving Size 1 EA/Portion

Clams Casino

Amount Per Serving

Calories 1204.6

Calories from Fat 616.7

% Daily Value*

Total Fat 65.2g

100%

Saturated Fat 12.9g

64%

Trans Fat 0g

Cholesterol 1045.8mg

349%

Sodium 46233.8mg

1926%

Total Carbohydrates 118.6g

40%

Dietary Fiber 1.9g

7%

Sugars 22g

Protein 112.5g

Vitamin A

0%

Vitamin C

136%

Calcium

56%

Iron

347%

Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Nutrition Facts

Serving Size 3 Ounce

Coleslaw

Amount Per Serving

Calories 162.6

Calories from Fat 88.7

% Daily Value*

Total Fat 10.5g **16%**

Saturated Fat 1.6g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 231.8mg **10%**

Total Carbohydrates 15.9g **5%**

Dietary Fiber 3.7g **15%**

Sugars 11.3g

Protein 1.9g

Vitamin A **0%**

Vitamin C **0%**

Calcium **1%**

Iron **0%**

Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Nutrition Facts

Serving Size 1 Ounce

Compound Butter

Amount Per Serving

Calories 279.7

Calories from Fat 220.5

% Daily Value*

Total Fat 22.1g **34%**

Saturated Fat 7.9g **39%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 174.1mg **7%**

Total Carbohydrates 16.8g **6%**

Dietary Fiber 1g **4%**

Sugars 15g

Protein 1g

Vitamin A **0%**

Vitamin C **0%**

Calcium **0%**

Iron **0%**

Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Nutrition Facts

Serving Size 3 Ounce

Crab Cakes

Amount Per Serving

Calories 190.8

Calories from Fat 74.8

% Daily Value*

Total Fat 9.3g **14%**

Saturated Fat 2.2g **11%**

Trans Fat 0g

Cholesterol 125.7mg **42%**

Sodium 1137.2mg **47%**

Total Carbohydrates 11.7g **4%**

Dietary Fiber 1g **4%**

Sugars 10.3g

Protein 15.5g

Vitamin A **0%**

Vitamin C **0%**

Calcium **13%**

Iron **7%**

Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Nutrition Facts

Serving Size 1 EA/Portion

Croissant Egg Sandwich

Amount Per Serving

Calories 2456.6

Calories from Fat 1428.7

% Daily Value*

Total Fat 168.8g **260%**

Saturated Fat 108g **540%**

Trans Fat 0g

Cholesterol 795.3mg **265%**

Sodium 2613.7mg **109%**

Total Carbohydrates 67.1g **22%**

Dietary Fiber 1.7g **7%**

Sugars 14.9g

Protein 180.7g

Vitamin A **0%**

Vitamin C **0%**

Calcium **0%**

Iron **0%**

Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Nutrition Facts

Serving Size 1 EA/Portion

Croissant Egg Sandwich

Amount Per Serving

Calories 372.6

Calories from Fat 190.8

% Daily Value*

Total Fat 21.7g **33%**

Saturated Fat 11g **55%**

Trans Fat 0g

Cholesterol 281.1mg **94%**

Sodium 725.2mg **30%**

Total Carbohydrates 23.9g **8%**

Dietary Fiber 1g **4%**

Sugars 2.5g

Protein 21.1g

Vitamin A **0%**

Vitamin C **0%**

Calcium **0%**

Iron **0%**

Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Nutrition Facts

Serving Size 1 EA/Portion

Denver Omlete

Amount Per Serving

Calories 369.4

Calories from Fat 88.7

% Daily Value*

Total Fat 21.9g **34%**

Saturated Fat 9.4g **47%**

Trans Fat 0g

Cholesterol 483.4mg **161%**

Sodium 526mg **22%**

Total Carbohydrates 14.1g **5%**

Dietary Fiber 2.2g **9%**

Sugars 9.4g

Protein 26.4g

Vitamin A **0%**

Vitamin C **0%**

Calcium **7%**

Iron **15%**

Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Nutrition Facts

Serving Size 0.5 Cup

Edamame Hummus

Amount Per Serving

Calories 143.7

Calories from Fat 90.3

% Daily Value*

Total Fat 10.5g **16%**

Saturated Fat 1.4g **7%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 10.7mg **0%**

Total Carbohydrates 6.8g **2%**

Dietary Fiber 3g **12%**

Sugars 1.8g

Protein 8.3g

Vitamin A **0%**

Vitamin C **0%**

Calcium **0%**

Iron **0%**

Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Nutrition Facts

Serving Size 1 EA/Portion

Ensign Edamame Toast

Amount Per Serving

Calories 3002.2

Calories from Fat 427.6

% Daily Value*

Total Fat 48.4g **74%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 4105.4mg **171%**

Total Carbohydrates 553g **184%**

Dietary Fiber 62.9g **252%**

Sugars 117.6g

Protein 110.8g

Vitamin A **0%**

Vitamin C **0%**

Calcium **2%**

Iron **2%**

Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Nutrition Facts

Serving Size 1 EA/Portion

Fettuccine Florentine (Alfredo)

Amount Per Serving

Calories 2191.8

Calories from Fat 63.3

% Daily Value*

Total Fat 160.7g **247%**

Saturated Fat 104.3g **521%**

Trans Fat 0g

Cholesterol 634.4mg **211%**

Sodium 4327.2mg **180%**

Total Carbohydrates 148.9g **50%**

Dietary Fiber 9.8g **39%**

Sugars 16g

Protein 31.6g

Vitamin A **0%**

Vitamin C **0%**

Calcium **5%**

Iron **3%**

Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Nutrition Facts

Serving Size 2 Teaspoon

Fine Herb

Amount Per Serving

Calories 0

Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrates 0g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 0g

Vitamin A **0%**

Vitamin C **0%**

Calcium **0%**

Iron **0%**

Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Nutrition Facts

Serving Size 1 EA/Portion

Fish and Chips

Amount Per Serving

Calories 163.8

Calories from Fat 6

% Daily Value*

Total Fat 0.6g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 45.6mg **15%**

Sodium 207.6mg **9%**

Total Carbohydrates 12.4g **4%**

Dietary Fiber 5.3g **21%**

Sugars 3.9g

Protein 25.2g

Vitamin A **0%**

Vitamin C **0%**

Calcium **1%**

Iron **1%**

Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Nutrition Facts

Serving Size 1 EA/Portion

Flat Iron Steak Salad

Amount Per Serving

Calories 787

Calories from Fat 439.4

% Daily Value*

Total Fat 80g **123%**

Saturated Fat 20.4g **102%**

Trans Fat 0g

Cholesterol 172.8mg **58%**

Sodium 1149.3mg **48%**

Total Carbohydrates 10g **3%**

Dietary Fiber 2g **8%**

Sugars 2g

Protein 61.6g

Vitamin A **0%**

Vitamin C **0%**

Calcium **0%**

Iron **2%**

Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Nutrition Facts

Serving Size 1 EA/Portion

Florentine Omelet

Amount Per Serving

Calories 260.4

Calories from Fat 25.9

% Daily Value*

Total Fat 15g **23%**

Saturated Fat 5.8g **29%**

Trans Fat 0g

Cholesterol 458.1mg **153%**

Sodium 324mg **13%**

Total Carbohydrates 8.5g **3%**

Dietary Fiber 1.7g **7%**

Sugars 6.3g

Protein 20.4g

Vitamin A **0%**

Vitamin C **0%**

Calcium **8%**

Iron **17%**

Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Nutrition Facts

Serving Size 1 Slice

Fresh Fruit Salad

Amount Per Serving

Calories 137.7

Calories from Fat 0.5

% Daily Value*

Total Fat 0.1g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 13.1mg **1%**

Total Carbohydrates 32g **11%**

Dietary Fiber 1.3g **5%**

Sugars 28.8g

Protein 0.8g

Vitamin A **0%**

Vitamin C **0%**

Calcium **0%**

Iron **0%**

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Nutrition Facts

Serving Size 3 Slice

Garlic Bread

Amount Per Serving

Calories 394.5

Calories from Fat 373.9

% Daily Value*

Total Fat 41.7g **64%**

Saturated Fat 26.5g **132%**

Trans Fat 0g

Cholesterol 108.7mg **36%**

Sodium 1150.9mg **48%**

Total Carbohydrates 6g **2%**

Dietary Fiber 0.1g **0%**

Sugars 0g

Protein 1.7g

Vitamin A **0%**

Vitamin C **0%**

Calcium **0%**

Iron **0%**

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Nutrition Facts

Serving Size 1 EA/Portion

Grilled Cesar Salad

Amount Per Serving

Calories 517.9

Calories from Fat 342.4

% Daily Value*

Total Fat 37.2g **57%**

Saturated Fat 10.6g **53%**

Trans Fat 0g

Cholesterol 492.1mg **164%**

Sodium 932.8mg **39%**

Total Carbohydrates 16.7g **6%**

Dietary Fiber 7.2g **29%**

Sugars 6.2g

Protein 28.3g

Vitamin A **0%**

Vitamin C **0%**

Calcium **11%**

Iron **18%**

Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Nutrition Facts

Serving Size 1 EA/Portion

Grilled Flat Iron Steak

Amount Per Serving

Calories 710.9

Calories from Fat 423.8

% Daily Value*

Total Fat 49.5g **76%**

Saturated Fat 10.5g **52%**

Trans Fat 0g

Cholesterol 120.8mg **40%**

Sodium 501.7mg **21%**

Total Carbohydrates 5g **2%**

Dietary Fiber 0g **0%**

Sugars 4g

Protein 59.5g

Vitamin A **0%**

Vitamin C **0%**

Calcium **0%**

Iron **0%**

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Nutrition Facts

Serving Size 1 EA/Portion

Guacamole Bacon Burger

Amount Per Serving

Calories 977

Calories from Fat 738.3

% Daily Value*

Total Fat 95g **146%**

Saturated Fat 21.3g **107%**

Trans Fat 0g

Cholesterol 168.6mg **56%**

Sodium 1688.2mg **70%**

Total Carbohydrates 58.7g **20%**

Dietary Fiber 3.6g **15%**

Sugars 12.9g

Protein 50.2g

Vitamin A **0%**

Vitamin C **0%**

Calcium **12%**

Iron **17%**

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Nutrition Facts

Serving Size 1 EA/Portion

Ham and Cheese Bagel

Amount Per Serving

Calories 636.2

Calories from Fat 199.5

% Daily Value*

Total Fat 21.6g **33%**

Saturated Fat 8.8g **44%**

Trans Fat 0g

Cholesterol 318.6mg **106%**

Sodium 2497.7mg **104%**

Total Carbohydrates 69.8g **23%**

Dietary Fiber 3g **12%**

Sugars 12.4g

Protein 39.7g

Vitamin A **0%**

Vitamin C **0%**

Calcium **0%**

Iron **0%**

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Nutrition Facts

Serving Size 1 EA/Portion

House Salad

Amount Per Serving

Calories 87

Calories from Fat 4.8

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0.1g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 60.4mg **3%**

Total Carbohydrates 18.9g **6%**

Dietary Fiber 6.5g **26%**

Sugars 10.7g

Protein 4.6g

Vitamin A **0%**

Vitamin C **0%**

Calcium **5%**

Iron **6%**

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Nutrition Facts

Serving Size 1 Tablespoon

Housemade Lemon Dressing

Amount Per Serving

Calories 93.7

Calories from Fat 29.6

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 0.5g **2%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 40.8mg **2%**

Total Carbohydrates 16.8g **6%**

Dietary Fiber 1g **4%**

Sugars 15g

Protein 1g

Vitamin A **0%**

Vitamin C **0%**

Calcium **0%**

Iron **0%**

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Nutrition Facts

Serving Size 1 EA/Portion

Idaho Steel-head Trout

Amount Per Serving

Calories 316.3

Calories from Fat 0

% Daily Value*

Total Fat 22.7g **35%**

Saturated Fat 13.2g **66%**

Trans Fat 0g

Cholesterol 85mg **28%**

Sodium 30mg **1%**

Total Carbohydrates 24.9g **8%**

Dietary Fiber 2.7g **11%**

Sugars 0.7g

Protein 2.7g

Vitamin A **0%**

Vitamin C **0%**

Calcium **3%**

Iron **0%**

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