



Houlihan's cooks from scratch using superior quality ingredients, including local delivery of fresh produce every morning. Real food—without all the preservatives and ingredients you can't pronounce—is what you can and should expect from our kitchen. Sounds like a given? You'd be surprised at the number of pre-cooked ingredients most restaurants use in preparing their dishes.

We think real cooking, with pure, quality ingredients is a big part of maintaining a balanced diet and healthy lifestyle.

Our menu offers dishes both indulgent, sharable, and on the lighter side for those looking for fare lower in calories.

Please note that menu items do vary by location and the availability of produce and other ingredients. You can view any specific restaurant's menu via the drop-down box within the 'Eats' section of our website.

V = Vegetarian items

G = We are not a gluten-free environment, however these items contain gluten-free ingredients

Table with 8 columns: Item, Calories, Total Fat (g), Saturated Fat (g), Total Carbs (g), Dietary Fiber (g), Protein (g), Sodium (mg). Rows include Appetizers like Bruschetta, Jumbo Stuffed Shrooms, Lettuce Wraps, Chicken Wings, etc.

Table with 8 columns: Item, Calories, Total Fat (g), Saturated Fat (g), Total Carbs (g), Dietary Fiber (g), Protein (g), Sodium (mg). Rows include Homemade Soups and Side Salads like French Onion Soup, Original Baked Potato Soup, etc.

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SMALL PLATES MENU		Calories	Total Fat (g)	Saturated Fat (g)	Total Carbs (g)	Dietary Fiber (g)	Protein (g)	Sodium (mg)
Disco Fries		592	33	15	44	4	21	1015
Parmesan Frites	V G	330	14	3	42	4	4	466
<i>with three dipping sauces</i>		542	35	8	48	4	6	709
Truckstop Fries	V	511	30	12	44	4	6	758
American Fries	V G	270	12	3	35	3	3	373
Pickle Fries	V	256	6	3	37	3	19	1557
<i>with two dipping sauces</i>		566	36	8	45	3	13	1867
Mini Chicago Dog Slider		226	13	5	20	1	8	713
Veggie Mini Burger Slider	V	305	14	4	35	4	10	716
Pot Roast Slider - Single		229	10	4	20	1	13	446
Cheese Burger Slider - Single		371	22	8	20	1	22	460
Pulled Smoked Pork Slider - Single		283	12	3	35	3	3	373
Wild Mushroom & Arugula Flatbread	V	502	27	11	44	2	17	989
BBQ Chicken Flatbread		462	19	7	51	1	21	980
Roasted Vegetable Flatbread	V	470	24	8	46	3	17	984
Italian Sausage Flatbread		538	29	10	45	2	21	1057
Asian Style Ribs		550	36	13	22	2	33	1438
Chicken Skewers/Kabobs	G	252	10	3	5	1	32	216
White Bean & Artichoke Hummus	V	972	51	7	104	13	23	2147
Vietnamese Spring Spring Eggrolls		207	1	0	30	1	13	307
<i>add three dipping sauces</i>		95	9	1	10	0	5	432
Goat Cheese & Artichoke Poppers	V	520	32	12	41	3	19	1264
Grilled Shrimp Azteca		306	17	6	18	3	19	442
Gazpacho Shrimp Shooter - Single		50	3	0	1	0	5	110
Spicy Chicken and Avocado Eggrolls		331	15	4	36	2	15	610
<i>add sour cream</i>		410	22	8	38	2	16	630
Fancy Spaghetti Small Plate		400	17	5	44	3	16	641
Grilled 4oz Filet Mignon	G	505	41	13	11	2	20	780
Grilled 4oz Atlantic Salmon	G	332	22	8	10	2	24	486
Seared Sea Scallops	G	315	20	6	11	2	20	610
Grilled Asparagus Salad	V	255	21	4	9	3	7	287
Jumbo Stuffed Shrooms (3)	V	504	19	10	65	3	18	857
<i>add horseradish sauce</i>		340	36	5	4	0	0	400
Mini Spinach Dip and Tortilla Chips		675	30	15	77	5	14	660
Chicken Cordon Bleu		539	24	9	46	3	33	885
Mac & Cheese		665	36	21	45	2	31	728

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DINNER ENTREES	Calories	Total Fat (g)	Saturated Fat (g)	Total Carbs (g)	Dietary Fiber (g)	Protein (g)	Sodium (mg)
Stuffed Chicken Breast <sup>1</sup>	1090	62	28	71	10	55	2138
Grilled Rosemary Chicken Breast <sup>1</sup>	697	36	18	36	8	51	1140
Chicken Parmesan	1298	41	10	155	11	76	2184
Seared Scallops w/ Asparagus Risotto	591	32	8	31	3	44	1512
Chicken Fettuccine Alfredo	996	28	12	106	5	79	916
Meatloaf No. 9	1162	74	36	70	8	46	2485
Down Home Pot Roast	1109	67	38	57	8	61	2401
Full Slab of Ribs	1620	91	28	114	11	82	4021
Half Slab of Ribs	1045	61	17	78	9	44	2302
Almond Crusted Tilapia	1326	82	26	70	14	71	1751
Wild Mushroom Enchiladas <sup>v</sup>	1214	68	32	100	13	47	2576
Prime 9oz Top Sirloin <sup>2</sup>	1298	70	32	93	13	74	1402
Prime 5oz Top Sirloin <sup>2</sup>	1042	52	24	93	13	50	1064
<i>add 4 Jumbo Fried Shrimp</i>	246	7	2	19	1	25	451
<i>add cocktail sauce</i>	60	0	0	15	0	1	690
Filet Mignon <sup>2</sup>	1318	78	32	93	13	56	1896
New York Strip <sup>2</sup>	1478	79	32	93	13	92	2236
Lobster Tail Add-On for all Steaks	112	0	0	0	0	27	168
<i>with clarified butter for dipping</i>	346	26	16	0	0	27	168
Atlantic Salmon - Wood Grilled <sup>1</sup>	788	51	20	35	8	44	1400
Atlantic Salmon - Simply Prepared <sup>3</sup>	554	29	6	25	3	44	760
Huge Panko Battered Shrimp <sup>4</sup>	961	43	7	94	7	49	2061
<i>add cocktail sauce</i>	60	0	0	15	0	1	690
Chipotle Smoked Chicken Enchiladas	1211	67	31	94	12	56	2492
Pasta with Basil Pesto with Chicken	1311	72	13	117	8	48	1028
Pasta with Basil Pesto <sup>v</sup>	1216	71	13	116	8	28	842
Pasta with Shrimp and Scallops	1018	35	6	120	6	51	1344
Big Fancy Spaghetti	924	37	12	107	6	35	1417
5oz Petite Sirloin <sup>3</sup>	519	31	12	25	3	35	602
Chicken Finger Platter <sup>4</sup>	1241	53	9	101	9	83	2227
<i>add honey mustard sauce</i>	280	24	4	12	0	0	220
Sizzling Fajitas - Chicken	1317	60	23	115	13	74	3078
Sizzling Fajitas - Steak	1433	73	28	119	13	73	3082
Sizzling Fajitas - Combo	1376	66	25	117	13	73	3162
Grilled Shrimp Entree <sup>3</sup>	556	26	4	32	5	48	1239

<sup>1</sup> with french green beans & mashed potatoes

<sup>2</sup> with french green beans & loaded baked potato

<sup>3</sup> with panzanella bread salad & grilled asparagus

<sup>4</sup> with french fries and peanut ginger slaw

See the Sandwich/Burgers section for full side item nutritional

Suggestions to Lighten Up Your Meal	Calories	Total Fat (g)	Saturated Fat (g)	Total Carbs (g)	Dietary Fiber (g)	Protein (g)	Sodium (mg)
Sub Mashed Potatoes with Mediterranean Orzo	-158	-13	-12	-8	-3	-1	-241
Sub Loaded Baker with Mediterranean Orzo	-465	-17	-12	-63	-8	-13	-802
Sub French Fries with Tortilla Chips and Salsa	-106	-9	-3	-7	-1	0	-59

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SANDWICHES *	Calories	Total Fat (g)	Saturated Fat (g)	Total Carbs (g)	Dietary Fiber (g)	Protein (g)	Sodium (mg)
Brentwood Chicken Sandwich	869	43	14	52	3	64	1490
French Dip	962	38	14	67	2	89	2926
So Cal Fish Tacos	876	39	9	90	6	40	1688
Southwest Grilled Chicken Wrap	862	61	15	47	5	32	1684
Pork Tenderloin Sandwich	1098	52	15	98	5	58	1895
Farmhouse Club	540	25	9	41	2	38	2115
Taos Turkey Wrap	472	21	6	39	4	33	1895
Honey Dijon Chicken Salad Sandwich	817	50	7	52	8	38	696

BURGERS *	Calories	Total Fat (g)	Saturated Fat (g)	Total Carbs (g)	Dietary Fiber (g)	Protein (g)	Sodium (mg)
Build Your Own Burger - 7oz	703	36	13	50	2	43	1002
Build Your Own Burger - 10oz	862	46	17	50	2	58	1046
Build Your Chicken Sandwich	638	22	6	51	3	54	1330
<i>add cheddar cheese</i>	180	14	9	0	0	10	250
<i>add gouda cheese</i>	154	12	8	1	0	10	369
<i>add provolone</i>	150	12	8	0	0	11	480
<i>add gorgonzola cheese</i>	75	6	4	0	0	5	210
<i>add American cheese</i>	122	9	6	2	0	8	526
<i>add BBQ sauce</i>	50	0	0	12	0	0	330
<i>add bacon strips</i>	100	9	3	0	0	4	300
72 Shroom Burger - 7oz	1023	61	19	68	3	49	2012
72 Shroom Burger - 10oz	1182	71	23	68	3	64	2056
72 Shroom Chicken	910	42	11	69	3	59	2343
Spicy Fritos® Burger - 7oz	1118	70	23	68	5	51	2414
Spicy Fritos® Burger - 10oz	1277	80	27	68	5	67	2458
Spicy Fritos® Chicken	1005	52	14	69	5	62	2744
Cheesy Royale Yum Yum Burger - 7oz	1102	72	26	57	3	55	2632
Cheesy Royale Yum Yum Burger - 10oz	1261	82	30	57	3	70	2676
Cheesy Royale Yum Yum Chicken	989	53	18	58	3	66	2962
Veggie Burger	825	37	14	90	12	28	2388

\* Side Choices – add one of the following to all Sandwiches and Burgers

<i>French Fries 5oz</i>	270	12	3	35	3	3	373
<i>Tortilla Chips with Salsa</i>	173	4	0	30	2	3	365
<i>Mediterranean Orzo</i>	157	7	1	20	1	4	705
<i>Peanut Ginger Slaw</i>	200	18	2	7	2	3	209
<i>Loaded Baked Potato</i>	609	23	12	83	9	17	420
<i>Mashed Potato</i>	333	23	15	26	4	3	609
<i>French Green Beans</i>	116	8	1	9	4	2	292

Condiments

<i>Chipotle Ketchup 1.5 OZ</i>	55	0	0	13	1	1	608
<i>Grey Poupon Mustard 1TBSP</i>	22	1	0	1	1	1	357
<i>Yellow Mustard 1TBSP</i>	10	1	0	1	1	1	165
<i>Pickle Planks 2</i>	5	0	0	1	1	0	520

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ENTRÉE SALADS	Calories	Total	Saturated	Total	Dietary	Protein	Sodium
		Fat (g)	Fat (g)	Carbs (g)	Fiber (g)	(g)	(mg)
Chicken Caesar	1295	94	20	42	6	60	1777
Seared Ahi Tuna Salad	1074	67	17	77	8	36	1092
Fire Grilled BBQ Salmon Salad	1182	61	9	103	12	53	1719
Heartland Chicken Salad - Grilled	1105	73	17	52	8	60	1643
Heartland Chicken Salad - Fried	1337	87	21	79	10	61	2266
Buffalo Bleu Salad	1435	103	27	63	11	64	3069
Chicken Asian Chop Chop	999	51	8	99	10	33	2297
Prime Steak & Wedge Salad	1131	108	35	32	7	52	2209
Spinach Salad with Berries	533	38	4	40	8	8	220
<i>add Thinly Sliced Chicken</i>	95	1	0	0	0	20	186
<i>add Goat Cheese</i>	70	6	5	0	0	5	130
Mandarin Chicken Salad	1015	39	6	114	8	48	2089
Large Caesar Salad without Chicken	1020	98	20	22	6	13	786
Large House Salad with cheddar cheese, no dressing	392	22	11	34	4	15	591
Large House Salad with bleu cheese, no dressing	384	22	10	33	4	14	685
<b>Dressings</b> – Dressing nutritional values are already included in the entrée salads except for the Large House Salad.							
<i>Bleu Cheese Dressing (2 fl oz)</i>	343	36	8	2	0	3	463
<i>Creamy Garlic Ranch Dressing (2 fl oz)</i>	335	35	6	6	0	1	411
<i>Low Fat Ranch</i>	70	5	1	7	0	0	370
<i>Creamy Mango Dressing (2 fl oz)</i>	261	24	4	10	0	0	464
<i>Napa Dressing (1.5 fl oz)</i>	246	24	3	6	0	1	220
<i>Rice Wine Vinaigrette (2 fl oz)</i>	277	28	4	6	0	0	326
<i>Poppyseed Dressing (2 fl oz)</i>	292	24	3	18	0	0	121

KIDS MENU	Calories	Total	Saturated	Total	Dietary	Protein	Sodium
		Fat (g)	Fat (g)	Carbs (g)	Fiber (g)	(g)	(mg)
Kids Cheeseburger	320	18	7	19	1	20	469
Kids Chicken Finger	336	9	2	26	2	35	724
Kids Grilled Chicken Sandwich	255	8	3	19	0	25	391
Kids Corn Dog	263	16	4	25	0	5	570
Kids Mac n Cheese	340	11	3	48	2	12	830
Kids Pasta with Marinara Sauce	302	7	1	49	4	9	351
Kids Turkey Wrap	194	7	1	18	1	15	817
Kids Cheese Pizza	534	22	10	59	3	24	735
<b>Side Choices</b> – add carrot sticks, one side item, and one dessert (ice cream or applesauce)							
<i>Carrot Sticks with Ranch Dressing</i>	121	7	1	14	1	0	591
<i>French Fries</i>	162	7	2	21	2	2	224
<i>Tortilla Chips with Salsa</i>	81	3	1	13	1	2	90
<i>Pico Rice</i>	91	1	0	19	0	3	218
<i>Strawberries</i>	15	0	0	3	1	0	1
<i>Mandarin Oranges</i>	40	0	0	10	1	1	8
<i>Side Salad w/ Ranch</i>	79	5	1	9	1	1	374
<i>Mashed Potato</i>	167	12	13	13	2	2	305
<i>French Green Beans</i>	21	0	0	4	2	1	138
<i>Ice Cream</i>	255	16	10	23	0	4	58
<i>Applesauce</i>	97	0	0	24	1	0	0

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LUNCH COMBOS	Calories	Total Fat (g)	Saturated Fat (g)	Total Carbs (g)	Dietary Fiber (g)	Protein (g)	Sodium (mg)
Fish Tacos Combo	438	20	4	45	3	20	844
Farmhouse Club Combo	394	20	5	26	3	21	1055
Chicken Salad Sandwich Combo	414	25	4	26	4	19	372
French Dip Sandwich Combo	435	13	6	34	1	45	1745
Mini Burgers (2) Combo	742	44	16	40	2	44	920
Mini Veggie Burgers (2) Combo	610	28	8	70	8	20	1432
Mini Chicago Dogs (2) Combo	451	25	9	40	1	16	1425
Taos Turkey Wrap	236	11	3	19	2	16	948
Southwest Chicken Wrap Combo	440	30	7	24	2	18	753
<b>Side Choices - add one of the following to all items above</b>							
French Fries 3oz	162	7	2	21	2	2	224
Tortilla Chips with Salsa	173	4	0	30	2	3	365
Chipotle Chicken Enchiladas Combo	1078	59	27	85	11	47	2359
Chicken Fingers Combo with fries and slaw	940	42	11	85	7	63	1887
add honey mustard sauce	280	24	4	12	0	0	220
Wild Mushroom Flatbread Combo	502	27	11	44	2	17	989
BBQ Chicken Flatbread Combo	462	19	7	51	1	21	980
Italian Sausage Flatbread Combo	538	29	10	45	2	21	1057
Roasted Vegetable Flatbread Combo	470	24	8	46	3	17	984
Grilled Shrimp Combo	438	20	3	31	5	33	1094
Down Home Pot Roast Combo	612	39	23	31	5	31	1262
Mac & Cheese Combo	665	36	21	45	2	31	728
Grilled Vegetable Pizza	744	40	16	65	6	32	1354
BBQ Salmon Salad – Small	651	34	5	58	6	28	973
Asian Tuna Salad – Small	626	40	8	45	3	22	814
Buffalo Bleu Salad – Small	1037	60	17	70	7	43	2282
Heartland Chicken Salad – Grilled – Small	687	43	12	40	5	37	1123
Heartland Chicken Salad – Fried – Small	895	49	13	65	6	50	1630
Grilled Chicken Caesar Salad – Small	697	51	11	24	4	31	1088
<b>Soup and Salad - add one of the following to all items above</b>							
French Onion Soup with Provolone & Croutons	248	15	8	15	1	13	1823
Original Baked Potato Soup	371	26	15	21	3	10	1284
Chicken Tortilla Soup	173	7	2	13	2	13	2108
Tomato Soup with Cheese Fritters	320	21	10	25	3	7	1574
Chicken Noodle Soup	158	6	3	12	1	14	1406
Signature Tuscan Salad	360	24	6	28	5	9	578
House Chop Salad with cheddar cheese	196	11	5	17	2	7	295
House Chop Salad with bleu cheese	192	11	5	17	2	7	343
add ranch dressing	168	17	3	3	0	0	206
add balsamic vinaigrette dressing	140	14	2	3	0	0	76
Caesar Salad Small	381	32	6	14	3	6	545
Grilled Asparagus Salad	255	21	4	9	3	7	287
Spinach Salad Side	266	19	2	20	4	4	110

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DESSERTS	Calories	Total Fat (g)	Saturated Fat (g)	Total Carbs (g)	Dietary Fiber (g)	Protein (g)	Sodium (mg)
Caramel Nut Crunch Pie	523	28	14	61	1	7	258
Cappuccino Cake	613	26	11	88	1	6	455
Crème Brulee	343	22	13	27	0	3	27
White Chocolate Banana Cream Pie	510	27	17	56	1	5	192
Bourbon Pecan Pie	954	57	26	98	3	9	441
Italian Style Donuts	1137	34	18	188	3	18	992
Smores	985	26	13	180	2	6	382
<b>Pick 3 Ice Cream Choices</b>							
Chick-O-Stick Ice Cream	339	19	10	37	0	5	88
Macchiato Caramel Ice Cream	312	17	10	35	0	3	82
Raspberry Ice Cream	304	16	10	36	0	4	58
Smores Ice Cream	369	18	10	48	0	4	90
Caramel Nut Crunch Ice Cream	357	21	12	37	0	5	92
Vanilla Ice Cream	255	16	10	23	0	4	58

ALA CARTE BRUNCH - Select Locations Only	Calories	Total Fat (g)	Saturated Fat (g)	Total Carbs (g)	Dietary Fiber (g)	Protein (g)	Sodium (mg)
Half Dozen Donuts	371	4	1	78	2	6	549
Full Dozen Donuts	742	8	2	156	4	12	1099
Smoked Salmon Starter	212	12	4	12	3	13	722
Southwest Frittata	1238	52	17	123	14	59	3004
Pot Roast Frittata	1126	52	16	98	8	57	2594
Wild Mushroom & Brie Omelette	1237	61	22	100	8	57	2671
Cobb Omelette	1063	46	12	99	9	50	2702
Ham & Cheese Omelette	1016	42	11	99	8	48	2419
French Toast	1280	40	11	177	7	45	2191
Sweet Potato Pancakes	908	26	7	145	7	17	1377
<b>Side Choices – add one to the following to the French Toast and the Pancakes only</b>							
<i>Bacon</i>	105	9	3	2	0	5	375
<i>Chicken Sausage</i>	94	6	1	0	0	9	338
Smoked Salmon & Pretzel Bread	874	37	13	97	6	35	2544
<b>BBLT</b>	<b>798</b>	<b>39</b>	<b>6</b>	<b>82</b>	<b>6</b>	<b>22</b>	<b>1671</b>
<b>Ala Carte Side Choices</b>							
<i>Potato Griddle Cakes</i>	254	12	3	22	3	9	665
<i>Fruit Salad</i>	32	0	0	7	0	0	5
<i>Toast</i>	320	2	0	64	4	12	480
<i>Bacon</i>	105	9	3	2	0	5	375
<i>Chicken Sausage</i>	94	6	3	2	0	5	375
<i>Maple Syrup</i>	200	0	0	53	0	0	5

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BOX LUNCHES	Calories	Total	Saturated	Total	Dietary	Protein	Sodium
		Fat (g)	Fat (g)	Carbs (g)	Fiber (g)	(g)	(mg)
Spinach Salad with Berries	533	38	4	40	8	8	220
<i>add Thinly Sliced Chicken</i>	95	1	0	0	0	20	186
<i>add Goat Cheese</i>	70	6	5	0	0	5	130
Chicken Caesar Salad	1333	98	21	43	6	60	2081
Heartland Chicken Salad	965	69	16	29	7	56	1394
Entrée Tuscan Salad	644	40	10	56	12	18	992
Whole Grain Club Sandwich	540	25	9	41	2	38	2115
Whole Grain Smoked Turkey Sandwich	713	39	10	48	7	45	2151
Ham & Cheddar Sandwich	443	13	5	48	4	32	2223
Taos Turkey Wrap	472	21	6	39	4	33	1895
Beef & Cheddar Sandwich	698	34	9	47	3	50	1412
Honey Dijon Chicken Salad Sandwich	817	50	7	52	8	38	696
Veggie Club Sandwich	570	28	11	56	11	25	894
1/2 Whole Grain Club Sandwich	364	20	5	26	3	21	1055
1/2 Whole Grain Smoked Turkey Sandwich	357	20	5	24	4	23	1076
1/2 Ham & Cheddar Sandwich	235	7	3	26	2	16	1038
1/2 Taos Turkey Wrap	26	11	3	19	2	16	948
1/2 Beef & Cheddar Sandwich	349	17	5	24	2	25	706
1/2 Honey Dijon Chicken Salad Sandwich	409	25	4	26	4	19	348
1/2 Veggie Club Sandwich	285	14	6	28	6	12	447
<b>Sides</b>							
<i>Focaccia Bread (salads only)</i>	140	36	1	23	1	4	249
<i>Potato Chips</i>	300	16	3	34	2	4	100
<i>Chocolate Chip Cookie</i>	165	9	5	21	0	2	160
<i>Apple</i>	61	0	0	15	3	0	1

SERVED IN NEW YORK / NEW JERSEY	Calories	Total	Saturated	Total	Dietary	Protein	Sodium
		Fat (g)	Fat (g)	Carbs (g)	Fiber (g)	(g)	(mg)
Ultimate Chili Stack Nacho	2368	118	53	216	20	93	4584
Cheese Fries	1354	101	36	65	6	42	4188
Potato Skins	1130	74	38	65	5	49	2178
Wings & Things Appetizer Combo	2333	146	51	171	10	80	4236
Salmon Caesar Salad	1423	104	17	56	10	64	1416
Grilled Shrimp Caesar Salad	1187	89	15	51	6	44	1236
Veggie Club Sandwich	621	35	12	53	10	24	1003
Cajun Chicken Grill Sandwich	882	49	14	57	4	50	1935
Chicken Parmesan Sandwich	1235	39	11	141	7	76	3199
Navajo Chicken Pasta	1407	74	27	121	8	51	1369
Alfredo Pasta w/ Chicken and Breadsticks	1370	68	36	109	5	70	1599
12oz Prime Rib	1598	127	49	42	7	66	2851
Ribs & Shrimp Combo	1208	50	13	132	8	57	3748
Teriyaki Ribeye	1515	72	31	104	12	104	1258
Jambalaya	1565	101	16	108	5	58	2732
Large Cheesecake	1064	75	38	76	4	18	678
Large Cappuccino Cake	1369	57	27	198	3	13	946
Large Caramel Nut Crunch Pie	1174	59	32	144	2	13	483
Kamikaze Brownie	1001	50	27	128	2	8	394

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SERVED IN LIMITED RESTAURANTS		Calories	Total Fat (g)	Saturated Fat (g)	Total Carbs (g)	Dietary Fiber (g)	Protein (g)	Sodium (mg)
Grilled Vegetable Pizza	V	744	40	16	65	6	32	1354
Bruschetta & Shrimp		1325	96	24	66	5	52	822
Steamed Mussels with Andouille		634	37	13	38	5	33	2116
Miniature Burger Threesome		1142	68	27	87	4	45	1471
Shrimp Cocktail with Cocktail Sauce		525	18	3	41	3	50	1268
Herb Grilled Chicken		489	18	5	27	3	51	791
Atlantic Salmon - Mustard Encrusted		1158	85	31	36	3	47	1513
3 Way Mixed Grill		1371	58	25	116	5	93	5110
Stir Fry – Chicken		1056	29	5	151	7	45	2127
Stir Fry – Shrimp		1058	30	5	152	7	45	2240
Stir Fry – Vegetable		977	28	5	159	10	22	2149
Tuscany Lemon Chicken Pasta		1608	83	40	112	6	77	1834
Shrimp Scampi		1205	69	32	94	5	44	1390
Gorgonzola Chicken Sandwich		776	34	12	59	3	51	1324
Reuben		1081	69	24	66	7	44	3368
Buffalo Chicken Sandwich		762	25	6	83	4	49	1311
BBQ Veggie Melt	V	707	38	13	63	8	26	1194
Low Carb Burger with Cauli Mash & Veg	V	846	58	27	20	8	57	1782

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