

Nutrition Facts	Selection #	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)
APPETIZERS								
Antipasto Bread	1483	5 oz.	340	140	15	5	0.5	45
Artichoke Spinach Dip	1652	3.5 oz.	120	70	8	5	0	25
Beef Bull Wings	2251	3 oz.	100	30	3.5	1.5	0	35
Beef Jerky Original Flavor	1422	1 oz.	40	5	0.5	0	0	20
Beef Snack Sticks	2257	1 link	80	50	7	2	0	25
Beef Summer Sausage	5328	2 oz.	180	140	16	7	0	30
Buffalo Chicken Wing	2008	2 pcs.	180	110	12	3.5	0	60
Cashews	5558	12 Pcs.	170	120	13	3	0	0
Chicken Cordon Bleu Bites	2341	3 pcs.	230	120	13	4	0	55
Chicken Mini Margherita	2482	2 pieces	200	120	13	6	0	20
Chicken Wings	2499	3 pieces	330	190	21	6	0	105
Filet Mignon Pastry Bites	2299	1 pc.	70	45	5	2.5	0	10
Filet Mignon Spring Rolls	2009	1 pc.	220	60	7	3.5	0	30
Gourmet Franks in a Blanket	2280	3 pc.	300	210	23	10	0	50
Salmon Lox, Norwegian	2302	2 oz.	140	80	9	3	0	35
Seafood Stuffed Mushrooms	1636	2 pcs.	150	90	10	6	0	35

Scallops, Bacon Wrapped	2003	2 pcs.	130	45	5	2	0	35
Shrimp & Crab Parmesan Dip	1488	2 Tbsp	50	35	4	1.5	0	30
BEEF								
BBQ Shredded Beef	1626	2 oz.	100	25	3	1.5	0	25
Beef Bacon	2510	1 slice	200	160	18	8	0	45
Beef Brisket, Classic	2425	4 oz.	330	230	25	8	0	75
Beef Brisket, Corned Beef	1604	3	100	30	3	1	0	30
Beef Brisket, Homestyle	2277	6 oz.	470	340	38	15	0	140
Beef Flat Iron Steaks	1582	7 oz.	350	190	21	8	0	130
Beef Flat Iron Steaks	2530	4 oz.	270	120	13	5	0	95
Beef Porterhou se Steak	1640	24 oz.	1760	1230	137	55	0	465
Beef Pot Roast -Fully Cooked	1163	6 oz.	220	80	8	2	0	95
Beef Rib Roast, Boneless	686	3 oz.	230	170	19	8	0	60
Beef Rib Steaks, Bone In	494	16 oz.	1170	840	94	38	0	290
Beef Ribeye Slices/Fully Cooked	1167	8 oz.	570	410	45	18	0	140
Beef Ribeye Steaks	472	6 oz.	470	340	38	15	0	115
Beef Ribeye Steaks	544	7 oz.	540	390	44	18	0	135
Beef Ribeye Steaks	516	8 oz.	620	450	50	20	0	155

Beef Ribeye Steaks	568	10 oz.	780	560	62	25	0	195
Beef Ribeye Steak, King Cut	2524	10 oz.	780	560	62	25	0	195
Beef Rib Roast, Bone In	686	3 oz.	220	160	18	7	0	55
Beef Sirloin Stew	1637	1 cup	200	80	8	2	0	30
Beef Sirloin Tips	1547	3 oz.	180	110	12	5	0	55
Beef Sirloin Tips with Mushroom and Wine Sauce	1568	9 oz.	240	90	10	3.5	0	80
Beef Sirloin Tri Tip Roast	2285	3 oz.	170	100	11	4.5	0	55
Nutrition Facts	Selectio n #	Serving Size	Calorie s	Calorie s from Fat	Total Fat (g)	Saturat ed Fat (g)	Trans Fat (g)	Cholest erol (mg)
Beef Stroganoff w/Noodles	1567	1 cup	340	130	14	6	0	35
Beef Strip Loin Steaks, Bone In	340	14 oz.	760	480	53	21	0	200
Beef Strip Loin Steaks, Boneless	879	8 oz.	530	330	36	15	0	130
Beef Strip Loin Steaks, Boneless	587	9 oz.	590	370	41	16	0	145
Beef Strip Loin Steaks, Boneless	594	10 oz.	660	410	45	18	0	165
Beef Strip Loin Steaks, Boneless	543	11 oz.	720	450	50	20	0	180
Beef Strip Loin Steaks, Boneless	470	12 oz.	790	490	54	22	0	195

Beef Strip Loin Steak, Boneless King Cut	2522	9 oz.	400	150	16	6	0	170
Beef Strip Loin Steak, Boneless	2531	12 oz.	790	490	54	22	0	195
Beef Strip Loin Steaks, PR	940	11 oz.	590	300	33	13	0	185
Beef T-Bone Steaks	1631	18 oz.	1180	770	86	34	0	315
Beef T-Bone Steaks	1635	22 oz	1450	940	105	42	0	385
Beef T-Bone Steaks, King Cut	2525	10 oz.	660	430	48	19	0	175
Beef Tenderloin (Chateaubriand)	683	3 oz.	210	140	15	6	0	55
Beef Tenderloin Kabobs	440	1 pc.	220	80	9	4.5	0	75
Beef Tenderloin Pieces	1202	3 oz.	130	45	5	2	0	50
Beef Tenderloin Steaks Filet Mignon	492	4 oz.	280	180	20	8	0	75
Beef Tenderloin Steaks Filet Mignon	469	5 oz.	350	230	25	10	0	90
Beef Tenderloin Steaks Filet Mignon	460	6 oz.	420	270	30	12	0	110
Beef Tenderloin Steaks Filet Mignon	775	7 oz.	490	320	35	14	0	130
Beef Tenderloin Steaks	545	8 oz.	560	370	41	16	0	145

Filet Mignon								
Beef Tenderloin Steaks Filet Mignon	611	10 oz.	700	460	51	21	0	185
Beef Tenderloin Steaks, PR	928	7 oz.	310	130	14	5	0	145
Beef Tenderloin Steaks Triple Trim Filet Mignon	885	4 oz.	170	60	7	2.5	0	70
Beef Tenderloin Steaks Triple Trim Filet Mignon	867	5 oz.	220	90	10	3.5	0	100
Beef Tenderloin Steaks Triple Trim Filet Mignon	871	6 oz	250	90	10	3.5	0	105
Beef Tenderloin Steaks, Bacon Wrapped	395	6 oz.	350	200	23	8	0	120
Beef Tenderloin Tips	670	3 oz.	130	45	5	2	0	50
Beef Top Sirloin Roast	2316	3 oz.	180	110	12	5	0	45
Beef Top Sirloin Steaks	1526	4 oz.	240	150	16	6	0	75
Beef Top Sirloin Steaks	874	5 oz.	300	180	20	8	0	75
Beef Top Sirloin Steaks	628	6 oz.	360	220	24	10	0	90
Beef Top Sirloin Steaks King Cut	2523	9 oz.	340	110	12	4.5	0	120
Nutrition Facts	Selectio n #	Serving Size	Calorie s	Calorie s from Fat	Total Fat (g)	Saturat ed Fat (g)	Trans Fat (g)	Cholest erol (mg)

**BEEF
(CONTINUED)**

Beef Top Sirloin Steaks	697	7 oz.	420	250	28	11	0	105
Beef Top Sirloin Steaks	534	8 oz.	490	290	32	13	0	120
Beef Top Sirloin Steaks, Bacon Wrapped	1516	6 oz.	430	300	33	12	0	95
Beef Top Sirloin Steaks, Private Reserve	981	8 oz.	310	90	10	4	0	105
Beef Top Sirloin Steaks, Sirloin Supreme	711	4 oz.	140	35	4	1.5	0	40
Beef Top Sirloin Steaks, London Broil	485	10 oz.	380	120	13	5	0	135
Beef Top Sirloin Steaks, Whiskey BBQ Marinated	1679	7 oz.	270	80	9	3.5	0	90
Beef Wellington	2448	7 oz.	520	310	35	14	0	95
Beef Wellington Appetizers	2449	2 piece	200	120	1	6	0	20
Calf's Liver	929	4.5 oz.	170	50	6	2	0	395
Chicken Fried Steak	2366	4.5 oz.	320	130	14	4	0	45
Ground Beef, Filet Mignon Burger	2518/2519	4 oz.	500	380	43	16	0	130
Ground Beef Omaha Steaks Premium	1136	3 oz.	220	150	17	7	0	60

Ground Beef Burgers Omaha Steaks	1249	4 oz.	290	200	23	9	0	80
Ground Beef Burgers Omaha Steaks	1724	5 oz.	360	260	28	11	0	100
Ground Beef Burgers Gourmet Style	118	4 oz.	240	150	17	7	0	80
Ground Beef Burgers Gourmet Style	446	5 oz.	310	190	21	8	0	95
Ground Beef Burgers, Hamburger Steak	605	8 oz.	490	310	34	13	0	155
Beef Ground Beef Sliders	2520/2521	2 oz.	140	100	11	4.5	0	40
Meatballs, All Beef	2422	3 Meatballs	280	210	24	9	0	65
Meatballs, All Beef (15 OZ.)	2533	3 Meatballs	260	200	22	6	0	60
Meatballs, Italian Style	138	6 pcs.	250	160	18	7	0	40
Mediterranean Sirloin Skewer	1695	1 pc.	320	100	11	4	0	105
BISON								
Bison Uncured Franks	3601	3 oz.	200	140	15	7	1	50
Bison Burgers	3600	5.3 oz	330	220	24	10	0	105
Bison Boneless Strip Steak	3602	8 oz	300	110	12	4	0	90
Bison Filet Mignon	3603	6 oz.	180	25	3	1	0	75
Ground Bison	3604	3.5 oz.	170	90	10	3.5	0	45

Bison Ribeye Steaks	3605	8 oz.	410	200	22	10	0	160
Bison Top Sirloin Steaks	3607	6	200	50	5	1	0	90
DESSERTS								
Caramel Apple Tartlets	1709	1 pc.	350	170	19	10	0	10
Carrot Cake	1332	1/8 of cake	340	200	22	6	0	30
Cheesecake, Carnegie Deli's	1475	4.5 oz.	460	270	30	19	0	105
Cheesecake, New York	427	¼ of cake	430	250	28	16	0.5	85
Cheesecake, New York Individ.	2313	1 cake	450	270	30	18	0	125
Nutrition Facts	Selection #	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)
DESSERTS (CONTINUED)								
Cheesecake Sampler, Almond	1413	1 slice	340	200	23	11	0.5	65
Cheesecake Sampler, Marble	1413	1 slice	340	210	23	12	0.5	70
Cheesecake Sampler, Plain	1413	1 slice	330	200	22	12	0.5	70
Cheesecake Sampler Strawberry	1413	1 slice	310	180	20	11	0.5	60
Chocolate Lover's Cake	900	1/8 of cake	280	140	16	7	0	20
Chocolate Molten Lava Cake	1766	1 cake	390	200	22	13	0	105

Chua Chocopod Gift Box	2479	.4 oz	60	35	3.5	2	0	20
Cookie Dough, Chocolate Chunk	1505	1 pc.	130	70	8	3.5	0	5
Cookie Dough, Milk Chocolate Macadamia Nut	1506	1 pc.	130	60	7	3	0	5
Cream Puffs	1528	1 pc.	80	50	5	3	0	35
Crème Brulee	2288	1 pc.	300	170	19	12	0	250
Cupcake Chocolate	2446	1 pc.	320	150	16	6	0	60
Chocolate White Buttercrea m Cupcakes	2446	1 pc.	350	140	16	6	0	45
White White Cupcakes	2446	1 pc.	290	60	7	3.5	0	65
Red Velvet Cupcakes	2446	1 pc.	340	190	21	9	0	75
Dulce de Leche Pyramids	2358	1 pc.	350	160	18	11	0	95
Enstrom Chocolate Truffles	2476	2 pc.	130	80	9	5	0	5
Enstrom Dark Chocoalte Almond Toffee	2473	2 pc.	170	110	13	6	0	15
Enstrom Dark Chocolate Toffee	2474	1 pc.	220	150	17	7	0	25
Enstrom Milk Chocolate Almond Toffee	2475	2 pc.	170	110	12	6	0	15
Enstrom Milk Chocolate Toffee	2472	1 pc.	220	150	17	7	0	25

French Vanilla Iced Souffle	2344	1 pc.	400	260	29	17	0	260
French Pastry, Raspberry Bar	2346	1 pc.	70	50	5	3.5	0	15
French Pastry, Chocolate Éclair	2346	1 pc.	120	80	8	5	0	75
French Pastry, Chocolate Puff	2346	1 pc.	90	60	6	2.5	0	35
French Pastry, Lemon Tartlet	2346	1 pc.	60	25	3	1.5	0	25
Ice Cream, Caramel	2542	1/2 cup	230	120	13	10	0	55
Ice Cream, Chocolate Cake with Chocolate Chunk	2539	1/2 cup	260	130	14	10	0	45
Ice Cream, Chocolate Malt Ball	2538	1/2 cup	270	130	14	11	0	50
Ice Cream, Sea Salt Caramel	2541	1/2 cup	220	110	13	9	0	50
Ice Cream, Vanilla	2540	1/2 cup	220	110	12	9	0	50
Key Lime Tartlets	2282	1 pc.	230	70	8	4.5	0	45
Lemon Lava Cakes	2014	1 cake	470	210	23	15	0.5	145
Lemon Tart	2339	1/10 of tart	210	100	11	6	0	120
Lithuanian Torte	2360	1 pc.	430	230	26	11	1	70
Pie, Apple Crumble	2526	1/6 Pie	340	120	14	7	0	15
Pie, Berry Crumble	2527	1/6 Pie	330	110	13	7	0	10
Pie, Cherry	2528	1/6 Pie	330	150	17	9	0	5
Pumpkin Pie	2268	1/8 of Pie	260	120	14	5	0	50

Red Velvet Dream Cake	2318	1 pc.	420	180	20	12	0	105
Rugelach	2489	1 oz.	130	80	9	5	0	25
Tiramisu Cake	574	1/7 of cake	420	300	34	18	0	110
Tiramisu Cake, Individual	2337	1 pc.	390	260	29	15	0	110
LAMB								
Lamb Burgers	2456	5 oz.	360	260	29	13	0	80
Lamb Leg Roast, Boneless	540	4 oz.	290	220	24	10	0	85
Lamb Leg, Seasoned Boneless	1195	3.5 oz.	130	40	4.5	1.5	0	60
Lamb, Rack	537	3 oz.	290	230	26	11	0	65
Loin Lamb Chops	313	6 oz.	420	320	36	16	0	100
PASTA/SOUPS								
Beef Lasagna	893	1 Cup	400	180	20	11	0	70
Black Bean Soup, Santa Fe	2362	1 cup	210	20	2.5	0.5	0	0
Nutrition Facts	Selection #	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)
PASTA/SOUPS (CONTINUED)								
Chicken Vegetable Soup	2457	1 Cup	110	45	5	1.5	0	40
Lobster Bisque	1454	1 Cup	230	140	15	7	2.5	50
Lobster Mac & Cheese	2229	5.5 oz.	280	110	13	8	0	40
Maine Lobster Ravioli	1572	½ pkg.	480	200	22	14	0	110
Tomato Florentine Soup	2365	1 cup	240	180	21	14	0	50
Meat Lover's Lasagna	2232	1 cup	420	230	25	12	0.5	80

Omaha's Steakhouse Chili	2363	8 oz.	190	110	13	5	0	35
Roasted Vegetable Lasagna	2186	½ tray	510	220	25	14	0	155
Shrimp Fettuccine Alfredo	2187	½ meal	350	130	14	9	2	135
Ultimate Mac & Cheese Lasagna	2301	½ tray	300	170	19	11	0	65
PORK								
Bacon Slices, Applewood Smoked	2509	1 Slice	80	60	7	2.5	0	15
Bacon Slices, Cajun Style	2508	1 Slice	80	60	7	2.5	0	15
Bacon Slices, Peppered	2507	1 Slice	90	60	7	2.5	0	15
BBQ Pulled Pork	1625	2 oz.	90	20	2.5	1	0	25
Carnitas Pork Roast	2297	4 oz.	150	50	6	2	0	60
Pork Breakfast Sausage	1654	2 pcs.	420	380	42	14	0	45
Pork Chop, Bacon Wrapped	1662	6 oz.	310	170	19	6	0	110
Pork and Bacon Burgers	2455	5 oz.	290	170	19	7	0	90
Pork Chop, Boneless	821	5 oz.	240	120	13	4.5	0	100
Pork Chop, Polynesian	2208	3 oz.	110	30	3	1	0	45
Pork Loin Proscuitto Wrapped, Stuffed	2471	4 oz.	170	70	8	2.5	0	45

Pork Loin Ribs with BBQ Sauce	909	3 Ribs	330	190	21	8	0	55
Pork, Ribs	2514	4 oz.	250	170	18	7	0	80
Pork Roast, Cajun	2498	4 oz.	130	35	4	1.5	0	60
Pork Tenderloin, Chateaubria nd	947	9 oz.	310	80	9	3	0	165
Pork Tenderloin, Chile Lime	2516	4 oz.	130	35	4	1	0	65
Tex Mex Pot Pie (Pulled Pork)	2351	1 Pie	540	280	31	16	0	35
POULTRY								
Artichoke/P armesan Chicken Breast	1376	7.75 oz.	250	70	7	2.5	0	110
Broccoli /Cheese Chicken Breast	1479	7.75 oz	350	140	16	4.5	0.5	105
Chicken Breast, Boneless/S kinless	756	4 oz.	130	15	1.5	0.5	0	70
Chicken Breast, BBQ Rubbed	2289	3 oz.	150	15	1.5	0	0	60
Chicken Breast, Caribbean	2164	3 oz.	110	10	1.5	0	0	45
Chicken Breast, Italian	813	3 oz.	110	15	1.5	0	0	50
Chicken Breast, Mediterrane an	2167	3 oz.	130	40	4.5	0.5	0	45
Chicken Breast, Oven Roasted	2166	3 oz.	100	10	1	0	0	45
Chicken Breast, Sesame	2165	3 oz.	140	35	3.5	0.5	0	45

Chicken Cordon Bleu	1424	7.75 oz.	360	120	13	5	0	115
Chicken Fettuccine Alfredo	2367	½ Tray	370	140	15	9	0	90
Chicken Fingers, Italian Style	382	1-1½ pcs.	180	60	7	0.5	0	35
Chicken Fingers, Italian Style 1.5LB	2513	4 oz	250	170	18	7	0	80
Chicken Kiev	1425	7.75 oz.	490	260	29	14	1	140
Chicken Roulade, Mango	2203	4 oz.	170	25	2.5	0	0	45
Chicken Patty, Ultimate	2314	~4 oz.	160	45	5	1.5	0	105
Nutrition Facts	Selection #	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)
POULTRY (CONTINUED)								
Chicken Bacon	2512	1 Slice	130	40	4.5	1	0	25
Chicken Skewers w/Vegetables	1694	6 oz.	130	15	1.5	0	0	60
Chicken Tenderloins, Oven Fried	2206	1 pc.	170	60	7	0.5	1.5	30
Chicken Vegetable Soup	2457	1 cup	110	45	5	1.5	0	40
Chicken in Pastry	476	1 pc.	680	400	44	19	0	100
Duckling Breast w/Orange Sauce	558	1 pc; 4 tbsp sauce	620	410	46	13	0.5	295
Herb Roasted Chicken	2300	6 oz.	370	170	19	5	1	135
Wild Rice Chicken Breast	1437	7.75 oz.	250	60	7	1.5	0	110

Mushroom Trio Chicken Breast	2005	7.75 oz	230	60	7	3	0	110
Prosciutto Wrapped Chicken Cordon Bleu	2492	5 oz.	230	110	12	6	0	95
Pulled Chicken, Smoky & Sweet	2327	2 oz.	90	35	4	2	0	35
Rotisserie Chicken	2495	5.3 oz.	430	340	38	11	0	100
Salsa Chicken Pot Pie	2348	1 Pie	590	290	32	17	0	55
Turkey Bacon	1244	1 Slice	40	15	1.5	0	0	20
Turkey, Oven Ready	2511	4 oz.	170	70	8	2	0	80
Turkey Breast, Oven Roasted	2193	2 oz.	60	5	0.5	0	0	25
Turkey Burger	3610	100g	140	70	8	2	0	65

SALAME

Salame, Chorizo	2461	1 oz.	90	60	7	2.5	0	25
Salame, Toscano	2462	1 oz.	80	40	4.5	1.5	0	25
Salame, Sopressata	2463	1 oz.	90	60	7	2.5	0	25
Salame, Peppered	2464	1 oz.	90	60	7	2.5	0	25
Salame, Herb	2465	1 oz.	90	60	7	2.5	0	25
Salame, Italian Dry	2466	1 oz.	90	60	7	2.5	0	25
Salame, Italian Dry (5 oz.)	2532	1 oz.	100	60	7	2.5	0	25

SAUCES & GLAZES

Apricot Mango Wasabi Sauce	5411	1 Tbsp	25	0	0	0	0	0
----------------------------	------	--------	----	---	---	---	---	---

Asian Inspired Sesame Glaze	2260	½ oz.	60	50	6	3	0	15
Barbeque Sauce	2269	2 Tbsp	40	0	0	0	0	0
Beef Gravy, Classic	2261	2 oz.	30	10	1	0	0	0
Country Style White Gravy	2361	2 oz.	50	10	1	1	0	0
Horseradish Sauce	1755	1 tsp.	20	15	2	0.5	0	<5
Lemon Dill Tartar Sauce	2011	2 Tbsp	120	100	11	2	0	10
Lemon Parsley Butter Sauce	703	½ oz.	100	100	11	7	0	30
Napa Cabernet Glaze	2263	½ oz.	60	60	7	4	0	15
Seasoned Butter Sauce	795	½ oz.	100	100	11	7	0	30
Steak Sauce	2270	2 Tbsp	60	0	0	0	0	0
Sweet Chipotle BBQ Sauce	2271	2 Tbsp	35	0	0	0	0	0
Sweet & Tangy Cocktail Sauce	1740	¼ cup	90	10	1	0	0	0
Trio-of-Chiles Glaze	2265	½ oz.	60	45	5	3	0	15
Turkey Gravy	2266	2 oz.	140	45	5	1	0	10
Tuscan Balsamic Glaze	2267	½ oz.	60	60	6	4	0	15
SEAFOOD								
Ahi Tuna Steaks	2027	6 oz.	180	15	1.5	0	0	75
Catfish Fillets, Lemon Peppered	562	4.5 oz.	180	90	10	2.5	0	60
Coconut Shrimp	1653	~3 pcs	200	90	10	3	0	80

Cod, Fire Roasted Citrus	2364	1 pc.	130	30	3.5	1	0	50
Cod, Pub-Style	1544	2 pcs.	260	150	17	8	0	50
Crab Cakes, Gourmet	423	1 pc.	190	100	11	1.5	0	95
Nutrition Facts	Selection #	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)
SEAFOOD (CONTINUED)								
Crab Legs, King	842	3.5 oz.	100	15	1.5	0	0	55
Halibut Fillets	2024	6 oz.	190	35	4	0.5	0	55
Halibut Steaks	2501	6 oz.	180	25	3	0	0	60
Lobster Tails, Gourmet (Cold Water)	555	6 oz.	190	25	2.5	0	0	120
Lobster Tails (Warm Water)	633	6 oz.	200	25	2.5	0	0	120
Lobster Tails Halves	2502	1 Tail	50	5	0.5	0	0	55
Mahi Mahi Steaks	680	6 oz.	150	10	1	0	0	125
Mahi Mahi, Caribbean Crusted	2298	5 oz.	220	45	5	1	0	70
Salmon Burgers	2453	4 oz.	190	100	11	4	0	50
Salmon Cakes, Wild	2328	2 pcs.	230	140	15	3.5	0	70
Salmon Fillets, Classic Marinated	1527	6 oz.	360	200	22	4	0	90
Salmon Fillets, Fire Roasted	2330	1 fillet	180	70	7	2	0	55
Salmon Fillets, Grill Seasoning	1417	6 oz.	360	200	22	4	0	90

Salmon Fillets, Hickory Marinated	1665	6 oz.	360	200	22	4	0	90
Salmon Fillets, Lemon-Dill	2303	6 oz.	270	150	17	3	0	70
Salmon Fillets, Mediterranean	1698	5.5 oz	380	220	24	7	0	50
Salmon Fillets, Wild	2025	6 oz.	290	130	15	2.5	0	105
Salmon Mignon	2332	4 oz.	210	110	12	2.5	0	65
Sea Bass Fillets	2326	5 oz.	140	25	2.5	1	0	60
Shrimp Cakes	999	2 pcs.	140	35	4	1.5	0	125
Shrimp, Blackened	2333	4 oz.	150	45	5	2	0	155
Shrimp, Jumbo (Fully Cooked)	1722	~4 pcs	50	0	0	0	0	130
Shrimp, Oven Fried	2182	~5 pcs	220	110	12	2	0	40
Snow Crab Claws, Cooked	1364	3 oz.	70	10	1	0	0	80
Sole Almondine	843	5 oz.	420	260	29	6	0	55
Sole Fillets w/ Scallops/Crabmeat	850	1 pc.	190	120	14	4	0	50
Sole Fillets with Shrimp/Garlic	379	1 pc.	190	120	14	4	0	55
Steelhead Trout, Lemon Parm.	2336	6 oz.	200	60	7	1.5	0	80
Swordfish Steaks	771	6 oz.	190	60	6	2	0	60
Tilapia Fillets, Lemon Peppered	1736	6 oz.	220	90	10	2	0	15

Tilapia Fillets, Tortilla Crusted	1699	6.5 oz.	310	120	13	3.5	1.5	60
Trout Fillets, Butterflied	975	5.25 oz.	200	80	8	2	0	90
Trout Fillets, Parmesan Crusted	2006	5 ¾oz.	330	150	16	4.5	0	75
SEASONINGS								
Blackened Seasoning	1741	¼ tsp.	0	0	0	0	0	0
Salt-Free Steak Seasoning	1672	¼ tsp.	0	0	0	0	0	0
Southwest Chipotle Seasoning	1670	¼ tsp.	0	0	0	0	0	0
Steak Seasoning	1141	¼ tsp.	0	0	0	0	0	0
Nutrition Facts	Selectio n #	Serving Size	Calorie s	Calorie s from Fat	Total Fat (g)	Saturat ed Fat (g)	Trans Fat (g)	Cholest erol (mg)
SMOKED MEATS								
Bacon Slice, Precooked	177	4 pcs.	80	60	6	3	0	15
Bacon Slice Thick Cut Precooked	2279	2 pcs.	100	70	8	2.5	0	25
Bratwurst	1427	4 oz.	350	280	31	10	0	65
Corned Beef, Old Fashioned (Cooked)	1604	3 oz.	110	40	4.5	1.5	0	40
Franks, Gourmet	883	3 oz.	240	180	20	7	0	45
Ham, Smoked Boneless	1372	3 oz.	130	50	6	2	0	50
Ham, Spiral Sliced (Cooked)	714	3 oz.	160	90	10	3.5	0	50

Andouille Sausage	2535	3 oz.	210	150	17	7	0	55
Chicken Chipotel Sausage	2537	3 oz.	160	90	10	3	0	75
Italian Sausage	2190	3 oz.	220	160	17	6	0	60
Kielbasa Sausage	2534	3 oz.	220	150	17	7	0	50
Polish Sausage	2169	3 oz.	190	130	14	5	0	50
Pork Potsticker Sausage	230	3 oz.	230	160	18	7	0	55
VEAL								
Veal Patties, Italian Breaded	660	4 oz.	270	150	17	7	0	60
VEGETABLES & SIDE DISHES								
Applesauce	2493	2 oz.	30	0	0	0	0	0
Asparagus w/Hollandaise Sauce	1556	3 oz.	45	25	2.5	1.5	0	20
Broccoli & Cauliflower w/ Garlic	1730	2.5 oz.	70	60	6	1	0	0
Carrots, Glazed	2194	4 oz.	110	70	8	4.5	0	20
Cheddar Cheese Hash Browns	2278	1 pc.	250	140	16	4.5	0	15
Green Bean Casserole	1552	6 oz.	190	100	11	6	0	10
Green Beans, Whole	1519	3¼ oz.	100	70	8	4.5	0	15
Mixed Vegetables	309	1 cup	35	0	0	0	0	0
Omaha Steakhouse Fries	2329	3.5 oz.	100	10	1	0	0	0
Potatoes Au Gratin	1205	1 pc.	170	90	9	1.5	0	0

Potatoes, Baby Gold Roasted	2359	5 pcs.	180	30	3.5	0	0	0
Potatoes, Home-style Mashed	2262	1/3 tray	210	120	14	9	0	35
Potatoes, Latkes	2493	oz.	280	220	24	4	0	80
Potatoes, Mashed Rsted Garlic	1478	4 oz.	150	70	8	5	0	20
Potatoes, Scalloped	1560	3 oz.	190	110	12	6	0	30
Potatoes, Smashed Red	2368	1 Tray	120	35	4	1	0	<5
Potatoes, Steakhouse	2230	1/2 cup	150	80	9	6	0	30
Potatoes, Stuffed Baked	1472	1 pc.	280	130	15	8	0	40
Potato Wedges, Herb Roasted	1517	4 oz.	130	40	4.5	1.5	0	5
Pepper Jack Risotto Cakes	1765	1 pc.	220	120	14	3	0	10
Quiche Lorraine	2438	4 oz.	390	230	26	13	0	125
Sage Dressing	2264	1/2 cup	160	80	9	5	0	25
Spanish Rice	2334	1/2 cup	80	0	0	0	0	0
Spinach, Creamed	1487	4 oz.	80	30	4	2.5	0	15
Stir Fry Vegetables	164	1 cup	35	0	0	0	0	0
Sweet Corn Medley	1520	4 oz.	160	50	6	3	0	15
Sweet Potato Steak Fries	2291	3 oz.	180	40	4.5	0	0	0
Rustic Roast	2435	3oz	60	0	0	0	0	0
Nutrition Facts	Selectio n #	Serving Size	Calorie s	Calorie s from Fat	Total Fat (g)	Saturat ed Fat (g)	Trans Fat (g)	Cholest erol (mg)

VEGETABLES (CONTINUED)								
Sweet Potatoes, Whipped	1485	4 oz.	140	30	3.5	2	0	5
Vegetable Medley, Roasted	1518	3.5 oz.	60	30	3.5	2	0	5
VEGETARIAN								
Vegetarian Italian Sausage	2451	1	240	90	10	1	0	0
Vegetarian Frankfurters	2450	1	180	70	8	2	0	0
BREAKFAST & BREADS								
Challah Rolls	2502	3 oz.	230	10	1	0	0	20
King Cake	2502	1 slice	210	20	2	1	0	10
Sour Cream Coffee Cakes	2231	1 cake	350	110	12	10	0	65

Omaha Steaks is providing nutrition information to you in order to make sensible decisions about the diet. Your daily values may be higher or lower depending on your calorie needs. Nutrition information for single ingredient products are based on actual lab analysis or published resources. Nutrition information for poultry, lamb & seafood.

Although this guide is updated on a regular basis, we occasionally make improvements to our products. For more nutrition information and detailed lists of ingredients for Omaha Steaks products, please visit 228-9872. **Information effective February 2012**

Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV
1180	19	1	2	30	4	15	15	4
300	8	<1	2	6	30	10	20	6
570	2	0	0	16	15	50	2	6
450	1	0	0	7	0	0	0	4
370	0	0	0	7	0	0	0	4
650	0	0	0	10	0	0	0	8
730	0	0	0	15	20	8	0	4
180	8	1	2	4	0	0	0	8
570	18	1	1	10	2	0	10	4
380	11	1	1	9	15	2	6	4
2210	10	1	3	24	30	2	2	8
110	5	0	0	2	0	0	2	0
320	30	<1	1	12	6	0	15	6
570	17	0	0	5	10	10	0	2
400	0	0	0	11	0	0	0	0
350	12	1	2	5	10	4	8	6

270	5	0	3	10	0	4	0	0
200	2	1	0	3	0	15	0	0
460	9	0	9	8	0	0	0	4
540	0	0	0	9	0	0	0	0
620	10	0	7	14	2	6	2	8
550	1	0	0	15	0	0	2	20
105	0	0	0	31	0	0	2	15
150	0	0	0	38	0	0	0	25
80	0	0	0	35	0	0	2	25
350	0	0	0	122	0	0	4	70
710	2	<1	2	33	0	0	4	25
50	0	0	0	15	0	0	0	8
240	0	0	0	74	0	0	4	45
450	3	0	0	36	2	0	4	25
95	0	0	0	30	0	0	2	20
110	0	0	0	35	0	0	2	20
130	0	0	0	40	0	0	2	25

160	0	0	0	50	0	0	2	30
160	0	0	0	50	0	0	2	30
45	0	0	0	14	0	0	0	8
1100	20	3	4	14	10	15	4	10
45	0	0	0	16	0	0	0	10
1100	8	<1	1	31	2	6	4	15
50	0	0	0	17	0	0	0	10
Sodium (mg)	Carbohy drates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV
1200	24	1	2	26	4	0	4	15
160	0	0	0	64	0	0	2	30
115	0	0	0	47	0	0	6	20
130	0	0	0	53	0	0	6	20
140	0	0	0	58	0	0	6	25
160	0	0	0	64	0	0	8	25
170	0	0	0	70	0	0	8	30

150	0	0	0	58	0	0	8	25
170	0	0	0	70	0	0	8	30
180	0	0	0	67	0	0	2	30
270	0	0	0	96	0	0	4	60
330	0	0	0	118	0	0	4	70
150	0	0	0	54	0	0	2	35
44	0	0	0	17	0	0	2	6
120	6	5	0	28	4	2	4	20
45	0	0	0	19	0	0	2	8
55	0	0	0	22	0	0	2	10
70	0	0	0	28	0	0	4	10
85	0	0	0	34	0	0	4	15
100	0	0	0	39	0	0	4	15
115	0	0	0	45	0	0	6	20

140	0	0	0	56	0	0	8	25
115	0	0	0	44	0	0	6	20
60	0	0	0	25	0	0	2	10
80	0	0	0	32	0	0	4	15
95	0	0	0	38	0	0	4	15
310	0	0	0	35	0	0	4	15
45	0	0	0	19	0	0	2	8
45	0	0	0	17	0	0	2	6
60	0	0	0	22	0	0	0	15
70	0	0	0	28	0	0	4	10
85	0	0	0	34	0	0	4	15
150	0	0	0	56	0	0	8	25
Sodium (mg)	Carbohy drates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV

100	0	0	0	39	0	0	4	15
115	0	0	0	45	0	0	6	20
310	0	0	0	32	0	0	4	10
130	0	0	0	50	0	0	6	20
65	0	0	0	25	0	0	2	10
160	0	0	0	62	0	0	8	25
210	1	0	0	43	0	0	6	20
550	20	1	1	29	0	2	6	25
330	11	1	0	8	0	2	2	8
80	6	0	0	23	380	45	2	35
690	28	1	0	19	0	0	2	15
115	0	0	0	27	0	0	4	15
55	0	0	0	15	0	0	2	10

75	0	0	0	19	0	0	2	10
95	0	0	0	24	0	0	2	15
75	0	0	0	21	0	0	2	15
95	0	0	0	26	0	0	2	15
150	0	0	0	42	0	0	4	25
40	0	0	0	10	0	0	2	6
450	5	0	1	12	2	0	2	6
440	5	0	1	12	2	0	2	6
740	4	2	1	18	4	0	6	6
240	1	0	0	50	0	0	6	20
660	1	0	1	13	4	0	0	6
100	0	0	0	28	0	0	2	20
110	0	0	0	51	0	0	0	80
70	0	0	0	38	0	0	0	30
55	0	0	0	18	0	0	0	8

120	0	0	0	51	0	0	0	80
115	0	0	0	39	0	0	0	15
320	42	1	19	3	2	4	2	8
140	35	<1	28	2	60	4	2	4
200	38	1	23	8	10	2	6	6
190	36	1	19	6	10	0	4	4
270	39	0	30	9	25	2	20	6
Sodium (mg)	Carbohy drates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV
270	28	1	18	5	10	0	6	2
290	29	1	19	5	10	0	6	2
280	28	1	19	5	10	0	6	0
250	29	1	20	4	10	4	6	2
500	34	2	27	3	4	0	2	20
260	44	2	30	6	10	0	4	8

20	6	1	5	1	0	0	0	0
55	16	1	10	1	0	0	0	4
60	17	0	11	1	2	0	0	2
55	6	0	2	2	8	0	2	2
85	29	1	21	3	4	0	4	2
270	42	1	29	4	4	0	4	35
330	50	1	34	4	2	0	4	8
270	55	0	39	4	4	0	8	10
260	38	2	28	4	6	0	4	20
100	22	1	11	5	10	0	6	4
10	15	2	12	2	0	25	0	10
55	14	1	12	2	4	0	2	4
90	17	2	14	3	6	0	4	6
60	14	1	13	2	4	0	4	4
95	17	1	15	3	6	0	4	4

85	29	0	19	4	25	0	6	10
25	6	0	2	1	4	0	2	2
95	10	<1	4	2	8	0	2	6
85	7	1	2	2	4	0	2	6
25	8	<1	5	1	2	2	0	0
60	23	1	20	2	10	0	10	0
90	29	2	23	4	8	0	10	4
95	29	1	25	3	10	0	10	2
110	23	0	20	2	10	0	10	0
70	23	0	20	2	8	0	8	0
150	34	1	25	4	2	8	10	4
280	60	1	35	5	15	2	2	10
115	25	0	13	3	10	6	2	6
190	48	1	19	5	20	2	2	8
190	51	2	30	3	2	6	2	8
170	50	3	28	3	4	8	6	8
230	40	2	19	3	0	2	0	10
180	32	1	24	3	100	2	6	6

210	54	1	35	6	2	0	6	8
70	11	0	4	1	6	0	2	4
100	26	2	16	7	20	0	8	10
180	29	<1	22	6	15	0	8	15
75	0	0	0	25	0	0	2	15
360	1	0	0	18	0	0	0	6
300	1	0	0	19	0	0	0	10
50	0	0	0	13	0	0	2	6
75	0	0	0	22	0	0	2	10
740	31	3	7	25	20	15	40	15
650	37	15	9	11	0	0	8	20
Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV
700	5	1	2	11	70	6	2	6
1040	16	<1	2	7	15	4	8	2
590	31	1	2	15	8	0	20	8
990	50	2	5	16	40	250	8	20
640	10	4	7	4	15	0	8	0
740	23	2	5	25	15	10	30	15

680	8	2	3	11	20	30	2	15
930	46	3	8	24	45	45	45	10
510	31	2	3	22	4	0	15	8
750	20	1	2	12	15	6	20	4
280	0	0	0	6	0	0	0	0
260	0	0	0	2	0	0	0	2
350	0	0	0	6	0	0	0	0
510	10	0	10	8	0	0	0	2
460	6	0	4	18	2	0	2	8
800	2	0	1	12	2	0	2	4
310	0	0	0	33	0	2	2	8
360	0	0	0	28	0	0	2	8
80	0	0	0	29	0	0	2	4
640	4	0	3	16	2	2	2	4
550	6	1	2	19	15	2	2	6

840	18	1	15	18	15	0	4	10
100	0	0	0	22	0	0	4	4
420	3	1	1	21	10	0	2	6
130	0	0	0	54	0	0	2	15
310	2	0	1	21	10	2	2	6
570	51	4	7	14	15	4	4	10
960	3	<1	1	43	4	8	15	8
970	15	<1	1	40	6	15	15	8
130	0	0	0	24	0	2	0	2
650	8	<1	5	24	10	4	2	6
230	6	<1	1	19	8	4	0	4
670	4	0	2	20	6	4	4	4
390	3	0	0	19	2	0	0	4
950	4	<1	<1	19	4	15	0	4
560	6	0	3	18	0	0	0	4

1290	14	<1	1	44	6	4	15	8
710	28	1	5	28	8	0	15	10
490	14	0	0	15	0	2	0	2
100	0	0	0	22	0	0	4	4
910	18	<1	2	36	15	4	4	8
310	24	1	12	16	6	2	4	4
330	<1	<1	0	25	0	0	0	8
Sodium (mg)	Carbohy- drates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV
240	1	0	1	5	0	0	0	0
290	3	<1	2	25	25	90	2	6
630	14	<1	0	14	0	2	0	6
70	5	1	2	11	70	6	2	6
460	48	2	2	20	20	2	4	8
1100	9	0	6	43	6	10	0	35
810	5	<1	0	44	4	0	4	10
640	5	<1	0	42	4	4	4	8

760	3	<1	1	41	10	4	2	8
1160	1	0	0	28	0	2	10	4
300	17	0	7	7	0	0	0	2
700	3	1	1	19	15	6	4	15
940	64	2	7	11	15	4	6	10
200	1	0	0	6	0	0	0	0
470	3	0	3	21	8	0	2	10
480	1	0	1	11	0	0	0	2
290	1	0	0	18	0	2	2	6
420	1	0	1	7	0	2	0	2
440	2	0	1	7	0	0	2	2
460	1	0	0	7	0	0	0	2
460	1	0	0	7	0	0	0	4
450	1	0	0	7	0	0	2	4
460	1	0	0	7	0	0	0	2
370	0	0	0	8	0	0	0	2
0	6	0	4	0	0	0	0	0

160	2	0	1	0	8	2	0	2
260	10	0	8	0	2	4	2	2
300	3	1	1	2	0	0	0	4
260	3	0	0	2	0	2	0	0
30	1	0	<1	0	0	0	0	0
260	4	0	3	0	0	0	0	0
115	0	0	0	0	15	2	0	0
135	1	0	0	0	10	0	0	2
120	0	0	0	0	15	2	0	0
260	14	0	11	1	0	2	2	4
25	9	0	8	<1	0	0	0	0
250	19	1	16	<1	2	8	0	2
50	3	0	2	1	6	2	0	2
250	20	0	0	4	0	0	0	0
85	3	0	0	0	8	6	0	4
65	0	0	0	40	2	2	2	6
360	1	0	0	20	2	2	2	4
290	18	0	0	10	0	0	4	4

370	2	0	0	22	2	4	2	4
520	17	0	2	11	0	0	0	6
410	7	1	1	15	6	10	10	10
Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV
1060	0	0	0	19	0	15	6	4
90	0	0	0	36	6	0	8	8
90	0	0	0	35	6	0	4	10
300	4	0	0	35	0	6	8	10
300	5	0	0	35	2	6	4	2
170	0	0	0	11	0	0	2	0
150	0	0	0	32	6	0	2	10
590	21	1	1	20	4	2	2	10
520	5	1	1	18	10	15	15	6
240	8	1	1	12	10	25	2	12
100	0	0	0	40	0	0	0	8
310	4	0	1	22	4	2	2	6
200	2	0	2	40	0	0	0	8

200	0	0	0	40	0	0	0	8
320	1	0	1	30	6	4	2	4
730	9	0	1	31	2	15	0	15
80	0	0	0	36	6	0	2	4
65	0	0	0	15	0	8	2	2
100	0	0	0	25	0	0	0	15
290	11	2	2	16	4	0	25	10
970	5	1	0	21	15	4	6	20
340	0	0	0	12	0	0	4	2
410	16	0	0	11	0	0	0	4
440	0	0	0	15	0	0	6	4
400	18	1	1	22	2	0	4	4
520	4	0	1	13	2	2	4	2
530	3	0	0	13	2	0	2	2
290	3	0	2	30	0	2	2	15
140	0	0	0	32	4	2	0	8
180	2	0	2	30	0	0	0	2

460	18	0	2	29	0	0	0	10
55	0	0	0	32	0	0	2	2
940	19	<1	2	27	4	4	15	10
95	0	0	0	0	0	0	0	0
0	0	0	0	0	0	0	0	0
170	0	0	0	0	0	0	0	0
95	0	0	0	0	0	0	0	0
Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV
230	0	0	0	5	0	6	2	2
390	1	0	1	8	0	0	0	2
910	2	0	1	16	0	0	4	6
550	1	0	0	15	0	0	2	20
780	4	0	1	11	6	0	2	4
870	0	0	0	17	0	0	0	4
990	1	0	1	16	0	0	2	4

920	3	0	1	11	8	2	4	4
630	1	0	0	14	10	0	2	6
700	1	<1	<1	15	8	2	2	6
740	4	0	2	11	2	2	2	4
870	2	0	2	12	4	2	2	6
770	3	0	1	13	0	0	0	4
490	22	2	3	16	2	0	2	2
5	7	1	5	0	0	60	0	0
100	4	1	<1	3	15	35	4	2
140	2	1	1	1	4	35	0	0
180	11	2	6	<1	20	15	4	4
530	23	1	2	4	2	20	8	2
610	19	3	6	5	6	8	10	6
150	6	2	2	1	15	20	4	4
20	6	2	3	1	20	4	4	0
510	21	2	1	2	0	15	2	40
230	20	1	2	3	0	10	2	0

430	34	3	4	4	0	35	2	6
390	19	1	3	3	8	25	4	2
620	24	2	0	4	0	15	0	8
300	17	1	2	2	6	25	2	2
400	14	1	4	5	4	10	10	2
420	18	2	2	2	0	20	2	4
510	10	1	2	8	8	10	20	2
400	27	3	4	9	10	35	20	8
750	22	2	1	3	0	15	2	6
410	21	2	1	5	20	10	6	4
460	27	1	3	13	10	0	15	2
590	18	1	1	4	6	2	2	4
360	19	1	0	2	0	0	2	4
470	9	2	3	4	90	25	10	6
40	6	2	3	1	20	25	2	0
360	22	3	4	3	4	15	0	8
910	33	2	3	4	120	10	4	4
25	13	2	3	2	70	10	2	4
Sodium (mg)	Carbohy- drates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV

[Redacted]								
70	26	2	11	2	180	20	6	4
140	7	2	4	2	15	90	2	6
[Redacted]								
560	11	4	2	25	0	8	4	10
690	6	4	2	21	4	0	0	10
[Redacted]								
240	49	1	13	6	0	0	2	15
590	44	1	16	4	2	0	8	8
190	55	1	35	6	6	2	10	8

Balance, variety and moderation in your diet. Nutrition
Percent Daily Values (DV) are based on a 2,000 calories
ion is based on raw, uncooked values for steaks, chops,

ducts that may not be immediately reflected in this list. For
t our website at www.omahasteaks.com. Or call 1-800-