



Nutrition Facts

	Selection #	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV
APPETIZERS																	
Antipasto Bread	1483	5 oz.	340	140	15	5	0.5	45	1180	19	1	2	30	4	15	15	4
Artichoke Spinach Dip	1652	3.5 oz.	120	70	8	5	0	25	300	8	<1	2	6	30	10	20	6
Basil Pesto & Gorgonzola Bistro Bites	2004	1 pastry	70	50	6	3	0	15	95	3	0	0	2	4	0	0	0
Blazin' Buffalo Popcorn Shrimp	2007	3 oz.	200	70	8	1.5	0	40	620	24	1	1	8	0	0	10	10
Buffalo Chicken Wings	2008	2 pcs.	180	110	12	3.5	0	60	730	0	0	0	15	20	8	0	4
Caramelized Onion & Feta Bistro Bites	2004	1 pastry	70	50	5	3.5	0	20	100	4	0	0	1	4	0	0	0
Chicken & Cheddar Bites	1644	About 3 pcs.	240	150	17	3.5	0	45	520	8	0	1	14	6	2	6	4
Filet Mignon Philly Cheese Spring Rolls	2009	1 pc.	220	60	7	3.5	0	30	320	30	<1	1	12	6	0	15	6
Seafood Stuffed Mushrooms	1636	2 pcs.	150	90	10	6	0	35	350	12	1	2	5	10	4	8	6
Scallops, Bacon Wrapped	2003	2 pcs.	130	45	5	2	0	35	270	5	0	3	10	0	4	0	0
Shrimp & Crab Parmesan Dip	1488	2 Tbsp	50	35	4	1.5	0	30	200	2	1	0	3	0	15	0	0
BEEF																	
BBQ Beef Brisket with au jus	1733	3 oz.	110	25	3	1	0	30	420	5	0	2	16	10	0	2	10
BBQ Shredded Beef	1626	2 oz.	90	20	2	1	0	25	530	10	0	10	8	0	0	0	4
Beef Flat Iron Steaks	1582	7 oz.	300	130	15	4.5	0	120	120	0	0	0	39	0	0	2	25
Beef Jerky Original Bold Flavor	1151	1 oz.	60	25	2.5	1	0	25	190	0	0	0	9	0	0	0	4
Beef Porterhouse Steak	1640	24 oz.	1760	1230	137	55	0	465	350	0	0	0	122	0	0	4	70
Beef Pot Roast –Fully Cooked	1163	3 oz.	110	40	4	1	0	50	360	1	0	1	17	0	0	2	10
Beef Rib Roast, Boneless	686	3 oz.	230	170	19	8	0	60	50	0	0	0	15	0	0	0	8
Beef Rib Steaks, Bone In	494	16 oz.	1190	860	96	39	0	295	240	0	0	0	76	0	0	4	45
Beef Ribeye Slices/Fully Cooked	1167	8 oz.	570	410	45	18	0	140	450	3	0	0	36	2	0	4	25
Beef Ribeye Steaks	472	6 oz.	450	320	35	14	0	115	95	0	0	0	30	0	0	2	20
Beef Ribeye Steaks	544	7 oz.	520	370	41	17	0	135	110	0	0	0	35	0	0	2	20
Beef Ribeye Steaks	516	8 oz.	590	420	47	19	0	150	125	0	0	0	40	0	0	2	25
Beef Ribeye Steaks	568	10 oz.	740	530	58	24	0	190	160	0	0	0	50	0	0	2	30
Beef Rib Roast, Bone In	686	3 oz.	220	160	18	7	0	55	45	0	0	0	14	0	0	0	8
Beef Sirloin Stew	1637	1 cup	210	80	8	2	0	30	1120	20	2	4	14	15	10	4	8
Beef Sirloin Tips	1547	3 oz.	180	110	12	5	0	55	45	0	0	0	16	0	0	0	10
Beef Sirloin Tips with Mushroom and Wine Sauce	1568	9 oz.	260	60	7	2.5	0	65	1100	8	<1	1	39	2	2	4	20
Beef Stroganoff w/Noodles	1567	1 cup	310	130	14	5	0	90	1240	21	<1	3	31	6	2	6	20
Beef Strip Loin Roast	2179	3 oz.	200	120	14	5	0	50	45	0	0	0	18	0	0	2	8
Beef Strip Loin Steaks, Bone In	340	14 oz.	760	480	53	21	0	200	160	0	0	0	64	0	0	2	30

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Beef Strip Loin Steaks, Boneless	879	8 oz.	530	330	36	15	0	130	115	0	0	0	47	0	0	6	20
Beef Strip Loin Steaks, Boneless	587	9 oz.	590	370	41	16	0	145	130	0	0	0	53	0	0	6	20
Beef Strip Loin Steaks, Boneless	594	10 oz.	660	410	45	18	0	165	140	0	0	0	58	0	0	6	25
Beef Strip Loin Steaks, Boneless	543	11 oz.	720	450	50	20	0	180	160	0	0	0	64	0	0	8	25
Beef Strip Loin Steaks, Boneless	470	12 oz.	790	490	54	22	0	195	170	0	0	0	70	0	0	8	30
Beef Strip Loin Steaks, PR	940	11 oz.	590	300	33	13	0	185	180	0	0	0	67	0	0	2	30
Beef T-Bone Steaks	1631	18 oz.	1180	770	86	34	0	315	270	0	0	0	96	0	0	4	60
Beef T-Bone Steaks	1635	22 oz.	1450	940	105	42	0	385	330	0	0	0	118	0	0	4	70
Beef Tenderloin (Chateaubriand)	683	3 oz.	210	140	15	6	0	55	44	0	0	0	17	0	0	2	6
Beef Tenderloin Kabobs	440	1 pc.	220	80	9	4.5	0	75	120	6	5	0	28	4	2	4	20
Beef Tenderloin Pieces	1202	3 oz.	130	45	5	2	0	50	45	0	0	0	19	0	0	2	8
Beef Tenderloin Steaks Filet Mignon	492	4 oz.	280	180	20	8	0	75	55	0	0	0	22	0	0	2	10
Beef Tenderloin Steaks Filet Mignon	469	5 oz.	350	230	25	10	0	90	70	0	0	0	28	0	0	4	10
Beef Tenderloin Steaks Filet Mignon	460	6 oz.	420	270	30	12	0	110	85	0	0	0	34	0	0	4	15
Beef Tenderloin Steaks Filet Mignon	775	7 oz.	490	320	35	14	0	130	100	0	0	0	39	0	0	4	15
Beef Tenderloin Steaks Filet Mignon	545	8 oz.	560	370	41	16	0	145	115	0	0	0	45	0	0	6	20
Beef Tenderloin Steaks Filet Mignon	611	10 oz.	700	460	51	21	0	185	140	0	0	0	56	0	0	8	25
Beef Tenderloin Steaks, PR	928	7 oz.	310	130	14	5	0	145	115	0	0	0	44	0	0	6	20
Beef Tenderloin Steaks Triple Trim Filet Mignon	885	4 oz.	170	60	7	2.5	0	70	60	0	0	0	25	0	0	2	10
Beef Tenderloin Steaks Triple Trim Filet Mignon	867	5 oz.	210	80	8	3	0	85	80	0	0	0	31	0	0	4	15
Beef Tenderloin Steaks Triple Trim Filet Mignon	871	6 oz.	250	90	10	3.5	0	105	95	0	0	0	38	0	0	4	15
Beef Tenderloin Steaks, Bacon Wrapped	395	6 oz.	360	230	25	11	0	90	220	0	0	0	310	0	2	4	10
Beef Tenderloin Tips	670	3 oz.	130	45	5	2	0	50	45	0	0	0	19	0	0	2	8
Beef Tenderloin Tips, Blackened	2180	4 oz.	180	60	7	2.5	0	70	450	1	<1	0	25	15	2	4	10
Beef Teriyaki Stir Fry	2191	18 oz.	520	170	19	7	0	65	2280	57	5	19	29	60	60	8	15
Beef Top Sirloin Steaks	1526	4 oz.	240	150	16	6	0	75	60	0	0	0	22	0	0	0	15
Beef Top Sirloin Steaks	874	5 oz.	300	180	21	8	0	95	75	0	0	0	28	0	0	0	20
Beef Top Sirloin Steaks	628	6 oz.	360	220	25	10	0	110	90	0	0	0	33	0	0	2	25
Beef Top Sirloin Steaks	697	7 oz.	420	260	29	11	0	130	105	0	0	0	38	0	0	2	25

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Beef Top Sirloin Steaks	534	8 oz.	480	300	33	13	0	150	125	0	0	0	44	0	0	2	30
Beef Top Sirloin Steaks, Bacon Wrapped	1516	6 oz.	340	210	24	10	0	100	290	2	0	2	30	0	0	0	20
Beef Top Sirloin Steaks, Caesar Marinated	2209	5 oz.	280	170	19	8	0	85	630	3	0	1	25	2	2	4	20
Beef Top Sirloin Steaks, Private Reserve	981	8 oz.	310	90	10	4	0	105	130	0	0	0	50	0	0	6	20
Beef Top Sirloin Steaks, Sirloin Supreme	711	4 oz.	140	35	4	1.5	0	40	65	0	0	0	25	0	0	2	10
Beef Top Sirloin Steaks, London Broil	485	10 oz.	360	90	10	3.5	0	105	160	0	0	0	63	0	0	6	25
Beef Top Sirloin Steaks, Whiskey BBQ Marinated	1679	7 oz.	270	80	9	3.5	0	90	210	1	0	0	43	0	0	6	20
Calf's Liver	929	4.5 oz.	170	50	6	2	0	395	80	6	0	0	23	380	45	2	35
Ground Beef Omaha Steaks Premium	1136	3 oz.	220	150	17	7	0	60	55	0	0	0	15	0	0	2	10
Ground Beef Burgers Omaha Steaks	1249	4 oz.	290	200	23	9	0	80	75	0	0	0	19	0	0	2	10
Ground Beef Burgers Gourmet Style	118	4 oz.	240	150	17	7	0	80	75	0	0	0	21	0	0	2	15
Ground Beef Burgers, Hamburger Steak	605	8 oz.	490	310	34	13	0	155	150	0	0	0	42	0	0	4	25
Meatballs, Italian Style	138	6 pcs.	260	170	18	9	0	35	680	0	0	0	17	0	0	0	0
Mediterranean Sirloin Skewer	1695	1 Kabob	320	100	11	4	0	105	240	1	0	0	50	0	0	6	20
Southwest Boneless Short Rib Roast, Fully Cooked	2002	3 oz.	150	70	8	3.5	0	45	560	5	0	2	14	10	0	2	10
DESSERTS																	
Caramel Apple Tartlets	1709	1 pc.	350	170	19	10	0	10	320	42	1	19	3	2	4	2	8
Carrot Cake	1332	1/8 of cake	340	200	22	6	0	30	140	35	<1	28	2	60	4	2	4
Cheesecake, Brownie	1618	1 slice	290	160	17	7	2.5	65	120	29	2	21	4	6	0	4	2
Cheesecake, Carnegie Deli's	1475	4.5 oz.	460	270	30	19	0	105	200	38	1	23	8	10	2	6	6
Cheesecake, Key Lime	1524	1/7 of cake	200	120	13	6	0	20	140	18	1	13	3	2	2	2	4
Cheesecake, New York	427	1/3 of cake	510	310	34	17	4	105	240	43	1	23	8	15	0	6	6

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Cheesecake Sampler, Almond	1413	1 slice	340	200	23	12	0	60	270	28	1	18	5	10	0	8	2
Cheesecake Sampler, Marble	1413	1 slice	330	200	22	12	0	65	280	28	1	18	5	10	0	8	2
Cheesecake Sampler, Plain	1413	1 slice	330	200	22	13	0	70	280	28	1	19	5	10	0	8	0
Cheesecake Sampler Strawberry	1413	1 slice	320	180	20	11	0	55	250	30	1	20	4	10	4	6	2
Chocolate Molten Lava Cake	1766	1 cake	390	200	22	13	0	105	260	44	2	30	6	10	0	4	8
Chocolate Lover's Cake	900	1/6 of cake	360	190	21	9	0	25	650	45	3	35	4	6	0	2	25
Cookie Dough, Chocolate Chunk	1505	1 pc.	140	70	8	3	1.5	5	70	16	1	10	1	0	0	0	4
Cookie Dough, Milk Chocolate Macadamia Nut	1506	1 pc.	130	60	7	3	0	5	60	17	0	11	1	2	0	0	2
Cream Puffs	1528	1 pc.	80	50	5	3	0	35	55	6	0	2	2	8	0	2	2
Dark Chocolate Ecstasy Cake	968	1/28 of cake	300	150	16	7	0	25	260	39	3	28	4	4	0	6	20
Lemon Lava Cakes	2014	1 cake	470	210	23	15	0.5	145	280	60	1	35	5	15	2	2	10
Tiramisu Cake	574	1/7 of cake	420	300	34	18	0	110	100	26	2	16	7	20	0	8	10
LAMB																	
Lamb Leg, Seasoned Boneless	1195	3.5 oz.	190	130	14	5	1	65	260	1	0	0	17	0	0	0	10
Lamb, Rack	537	3 oz.	230	190	21	9	0	45	35	0	0	0	9	0	0	0	4
Lamb Rib Chop, Frenched	2207	6 oz.	410	330	37	16	0	90	70	0	0	0	19	0	0	2	10
Loin Lamb Chops	313	6 oz.	420	320	36	16	0	100	75	0	0	0	22	0	0	2	10
PASTA/SOUPS																	
Beef Lasagna	893	1 Cup	390	180	20	11	0	65	750	30	3	7	24	20	15	40	15
Lobster Bisque	1454	1 Cup	230	140	15	7	2.5	50	1040	16	<1	2	7	15	4	8	2
Lobster Mac & Cheese	2229	5.5 oz.	280	110	13	8	0	40	590	31	1	2	15	8	0	20	8
Maine Lobster Ravioli	1572	1/2 pkg.	480	180	20	12	0	105	1070	51	3	2	18	130	280	8	20
Meat Lover's Lasagna	2232	1 cup	400	210	23	12	0.5	75	750	23	2	5	25	15	10	30	15
Roasted Vegetable Lasagna	2186	1/2 tray	500	220	24	14	0	155	930	44	4	8	23	40	35	45	15
Shrimp Fettuccine Alfredo	2187	1/2 meal	330	130	14	9	2	135	510	27	2	1	22	4	0	15	8
Steakhouse Penne Pasta	2172	1 cup	370	80	9	4	0	15	530	61	6	16	18	80	30	20	20
Thai Chicken Noodle	2184	1/2 tray	320	100	11	5	0	40	770	41	3	12	13	70	25	2	15
PORK																	
BBQ Pulled Pork	1625	2 oz.	90	20	2.5	1	0	25	510	10	0	10	8	0	0	0	2
Pork Breakfast Sausage	1654	2 pcs.	420	380	42	14	0	45	800	2	0	1	12	2	0	2	4
Pork Chop, Asian Firecracker	2173	5 oz.	180	50	6	2	0	80	290	5	0	3	28	2	2	2	6
Pork Chop, Bacon Wrapped	1662	6 oz.	280	140	16	6	0	80	260	1	0	1	34	0	0	0	8
Pork Chop, Boneless	821	5 oz.	180	50	6	2	0	90	70	0	0	0	30	0	2	2	6
Pork Chop, Polynesian	2208	3 oz.	110	30	3	1	0	45	620	4	0	2	16	0	2	2	4

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PORK (CONTINUED)																	
Pork Loin Ribs with BBQ Sauce	909	3 Ribs	330	190	21	8	0	55	840	18	1	15	18	15	0	4	10
Pork Tenderloin, Chateaubriand	947	9 oz.	310	80	9	3	0	165	130	0	0	0	54	0	0	2	15
Pork Tenderloin, Cuban Mojo	1768	4.5 oz.	180	40	4.5	1.5	0	85	540	5	4	3	27	0	4	2	10
Pork Tenderloin, Lemon Chipotle	1732	5 oz.	170	40	4.5	1.5	0	80	500	4	0	2	27	2	4	2	10
POULTRY																	
Artichoke & Parmesan Chicken Breast	1376	7.75 oz.	250	70	7	2.5	0	110	960	3	<1	1	43	4	8	15	8
Broccoli /Cheese Chicken Breast	1479	7.75 oz.	350	140	16	4.5	0.5	105	970	15	<1	1	40	6	15	15	8
Chicken Breast, Boneless/Skinless	756	4 oz.	120	15	1.5	0	0	65	75	0	0	0	26	0	0	2	4
Chicken Breast, Caribbean	2164	3 oz.	100	10	1	0	0	40	135	4	0	1	17	10	4	2	4
Chicken Breast, Italian Style Marinated	813	3 oz.	90	10	1	0	0	55	340	1	0	1	21	0	0	2	2
Chicken Breast, Mediterranean	2167	3 oz.	110	25	3	0.5	0	35	810	5	<1	0	16	6	2	0	8
Chicken Breast, Oven Roasted	2166	3 oz.	90	5	0.5	0	0	40	490	1	0	0	17	0	4	2	4
Chicken Breast, Sesame	2165	3 oz.	110	20	2.5	0	0	40	470	5	0	3	16	2	2	2	25
Chicken Cordon Bleu	1424	7.75 oz.	360	120	13	5	0	115	1290	14	<1	1	44	6	4	15	8
Chicken Fingers, Italian Style	382	1-1½ pcs.	190	70	8	1.5	0	35	570	15	<1	0	16	0	2	2	4
Chicken Kiev	1425	7.75 oz.	490	260	29	14	1	140	910	18	<1	2	36	15	4	4	8
Chicken Roulade, Mango	2203	4 oz.	170	25	2.5	0	0	45	310	24	1	12	16	6	2	4	4
Chicken Skewers w/Vegetables	1694	6 oz.	130	15	1.5	0	0	60	290	3	<1	2	25	25	90	2	6
Chicken Tenderloins, Oven Fried	2206	1 pc.	170	60	7	0.5	1.5	30	630	14	<1	0	14	0	2	0	6
Duckling Breast w/Orange Sauce	558	1 pc;4 tbsp sauce	620	410	46	13	0.5	295	1100	9	0	6	43	6	10	0	35
Long Grain & Wild Rice Chicken Breast	1437	7.75 oz.	290	80	9	2	0	90	720	13	<1	1	37	2	4	4	10
Mushroom Trio Chicken Breast	2005	7.75 oz.	230	60	7	3	0	110	760	3	<1	1	41	10	4	2	8
Turkey, Oven Ready	1244	4 oz.	170	70	8	2	0	80	470	3	0	3	21	8	0	2	10
Turkey Breast, Oven Roasted	2193	2 oz.	60	5	0.5	0	0	25	480	1	0	1	11	0	0	0	2
White Chicken & Sauce in Crust Pastry	476	1 pc.	550	270	30	8	4	45	850	49	4	2	22	15	0	6	10

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SAUCES																	
Apricot Mango Wasabi Sauce	5411	1 Tbsp	25	0	0	0	0	0	0	6	0	4	0	0	0	0	0
Horseradish Sauce	1755	1 tsp.	20	15	2	0.5	0	<5	30	1	0	<1	0	0	0	0	0
Lemon Dill Tartar Sauce	2011	2 Tbsp	120	100	11	2	0	10	260	4	0	3	0	0	0	0	0
Lemon Parsley Butter Sauce	703	1 oz.	200	200	22	14	0	60	220	0	0	0	0	6	2	0	2
Mushroom Demi Sauce	1680	2 oz.	45	20	2	0.5	0	5	230	3	0	1	4	0	0	0	4
Raspberry Honey Mustard	5410	1 tsp.	20	0	0	0	0	0	30	4	0	4	0	0	0	0	0
Seasoned Butter Sauce	795	1 oz.	200	200	22	14	0	60	230	0	0	0	0	25	2	2	2
Smoky Mustard	5409	1tsp.	20	15	1.5	0	0	0	80	<1	0	0	0	0	0	0	0
Steak & Chop Sauce	1739	1 Tbsp	40	10	1	0	0	0	200	5	0	1	0	0	0	0	2
Sweet & Tangy Cocktail Sauce	1740	¼ cup	90	10	1	0	0	0	250	19	1	16	<1	2	8	0	2
SEAFOOD																	
Ahi Tuna Steaks	2027	6 oz.	180	15	1.5	0	0	75	65	0	0	0	40	2	2	2	6
Catfish Fillets, Lemon Peppered	562	4.5 oz.	180	100	10	2	0	65	360	2	1	1	21	0	10	10	4
Champagne Crab Cakes	423	1 pc.	220	120	13	2	0	85	570	15	<1	2	12	8	6	0	15
Coconut Shrimp	1653	About 3 pcs.	200	90	10	3	0	80	290	18	0	0	10	0	0	4	4
Cod, Pub-Style	1544	2 pcs.	260	150	17	8	0	50	520	17	0	2	11	0	0	0	6
Crab Legs, King	842	3.5 oz.	100	15	1.5	0	0	55	1060	0	0	0	19	0	15	6	4
Halibut Fillets	2024	6 oz.	190	35	4	0.5	0	55	90	0	0	0	36	6	0	8	8
Kung Pao Shrimp Stir Fry	2192	11 oz.	330	40	4.5	0.5	0	45	1180	56	5	14	16	35	40	10	10
Lobster Tails, Gourmet (Cold Water)	555	6 oz.	190	25	2.5	0	0	120	300	4	0	0	35	0	6	8	10
Lobster Tails (Warm Water)	633	6 oz.	200	25	2.5	0	0	120	300	5	0	0	35	2	6	4	2
Mahi Mahi Steaks	680	6 oz.	150	15	1.5	0.5	0	145	220	0	0	0	32	0	0	0	15
Orange Roughy Fillets	651	4 oz.	80	5	1	0	0	25	70	0	0	0	17	0	0	4	2
Salmon, Cedar Plank	2234	1 fillet	440	250	27	10	0	140	280	9	0	8	35	15	0	2	6
Salmon Fillets, Classic Marinated	1527	6 oz.	360	200	22	4	0	90	200	0	0	0	40	0	0	0	8
Salmon Fillets, Grill Seasoning	1417	6 oz.	360	200	22	4	0	90	200	2	0	2	40	0	0	0	8
Salmon Fillets, Hickory Marinated	1665	6 oz.	360	200	22	4	0	90	200	0	0	0	40	0	0	0	8
Salmon Fillets, Mediterranean Crusted	1698	5.5 oz	380	220	24	7	0	50	730	9	0	1	31	2	15	0	15
Salmon Fillets, Wild	2025	6 oz.	290	130	15	2.5	0	105	80	0	0	0	36	6	0	2	4
Shrimp Cakes	999	2 pcs.	140	35	4	1.5	0	125	290	11	2	2	16	4	0	25	10
Shrimp, Jumbo (Fully Cooked)	1722	About 4 pcs.	50	0	0	0	0	130	340	0	0	0	12	0	0	4	2
Shrimp, Tempura	2182	3 oz.	220	110	12	2	0	40	410	16	0	0	11	0	0	0	4
Snow Crab Claws, Cooked	1364	3 oz.	70	10	1	0	0	80	440	0	0	0	15	0	0	6	4

Nutrition Facts	Selection #	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV
SEAFOOD (CONTINUED)																	
Sole Almondine	843	5 oz.	420	260	29	6	0	55	400	18	1	1	22	2	0	4	4
Sole Fillets Stuffed w/ Scallops/Crabmeat	850	1 pc.	250	110	12	3	1.5	50	680	20	0	2	16	0	0	8	4
Sole Fillets Stuffed with Shrimp/Garlic	379	1 pc.	190	70	8	2	0.5	60	710	14	1	2	15	4	0	2	8
Swordfish Steaks	771	6 oz.	210	60	7	2	0	65	150	0	0	0	34	0	0	0	8
Tilapia Fillets, Lemon Peppered	1736	6 oz.	220	90	10	2	0	15	180	2	0	2	30	0	0	0	2
Tilapia Fillets, Tortilla Crusted	1699	6.5 oz.	310	120	13	3.5	1.5	60	460	18	0	2	29	0	0	0	10
Trout Fillets, Butterflied	975	5.5 oz.	200	80	8	2	0	90	55	0	0	0	32	0	0	2	2
Trout Fillets, Parmesan Crusted	2006	5.75 oz.	330	150	16	4.5	0	75	940	19	<1	2	27	4	4	15	10
SEASONINGS																	
Blackened Seasoning	1741	¼ tsp.	0	0	0	0	0	0	95	0	0	0	0	0	0	0	0
Salt-Free Steak Seasoning	1672	¼ tsp.	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Southwest Chipotle Seasoning	1670	¼ tsp.	0	0	0	0	0	0	170	0	0	0	0	0	0	0	0
Steak Seasoning	1141	¼ tsp.	0	0	0	0	0	0	95	0	0	0	0	0	0	0	0
SMOKED MEATS																	
Bacon Slices, Precooked	177	4 pcs.	80	60	6	3	0	15	230	0	0	0	5	0	6	2	2
Beef Brisket, Smoked	2195	3 oz.	250	180	20	9	0	75	440	1	0	0	15	0	0	0	8
Bratwurst	1427	4 oz.	350	280	31	10	0	65	910	2	0	1	16	0	0	4	6
Corned Beef, Old Fashioned (Cooked)	1604	3 oz.	110	40	4.5	1.5	0	40	550	1	0	0	15	0	0	2	20
Franks, Gourmet	883	3 oz.	240	180	20	7	0	45	780	4	0	1	11	6	0	2	4
Ham, Smoked Boneless w/Natural Juices	1372	3 oz.	130	50	6	2	0	50	870	0	0	0	17	0	0	0	4
Ham, Spiral Sliced (Fully Cooked)	714	3 oz.	160	90	10	3.5	0	50	990	1	0	1	16	0	0	2	4
Italian Sausage	2190	3 oz.	220	160	17	6	0	60	700	1	1	1	15	8	2	2	6
Polish Sausage	2169	3 oz.	190	130	14	5	0	50	870	2	0	2	12	4	2	2	6
Turkey Breast, Smoked Boneless	1373	3 oz.	90	10	1	0	0	40	870	2	<1	<1	19	0	6	0	2
VEAL																	
Veal Patties Breaded w/ Italian Seasoning	660	4 oz.	270	150	17	7	0	60	490	22	2	3	16	2	0	2	2

Nutrition Facts	Selection #	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV
VEGETABLES & SIDE DISHES																	
Asparagus Spears w/Hollandaise Sauce	1556	3 oz.	45	20	2.5	1.5	0	20	100	4	2	2	3	10	20	0	0
Broccoli & Cauliflower w/Roasted Garlic	1730	2.5 oz.	70	60	6	1	0	0	140	3	2	1	1	4	25	2	0
Carrots, Glazed	2194	4 oz.	120	80	8	4.5	0	20	150	10	2	5	1	270	2	2	4
Green Bean Casserole	1552	6 oz.	190	100	11	6	0	10	750	19	3	6	5	10	10	15	4
Green Beans, Whole	1519	3.25 oz.	100	70	8	4.5	0	15	160	4	2	2	1	10	8	2	2
Mixed Vegetables	309	1 cup	35	0	0	0	0	0	20	6	2	3	1	20	4	4	0
Potatoes Au Gratin	1205	1 pc.	170	90	9	1.5	0	0	230	20	1	2	3	0	10	2	0
Potatoes, Mashed Roasted Garlic	1478	4 oz.	150	70	8	5	0	20	300	17	1	2	2	6	25	2	2
Potatoes, Scalloped	1560	3 oz.	190	110	12	6	0	30	400	14	1	4	5	4	10	10	2
Potatoes, Steakhouse	2230	½ cup	150	80	9	6	0	30	510	10	1	2	8	8	10	20	2
Potatoes, Stuffed Baked	1472	1 pc.	280	130	15	8	0	40	400	27	3	4	9	10	35	20	8
Potato Wedges, Herb Roasted	1517	4 oz.	120	25	3	1	0	5	750	22	2	1	3	2	15	2	6
Pepper Jack Risotto Cakes	1765	1 pc.	150	60	7	2	0	10	450	18	<1	1	4	10	20	6	2
Rice, Panko Fried	2204	2 pcs.	100	30	3	0	0	0	400	17	1	0	2	2	2	0	2
Rice, White	2185	½ tray	210	0	0	0	0	0	0	47	0	0	4	0	0	0	10
Spinach, Creamed	1487	4 oz.	80	30	4	2.5	0	15	470	9	2	3	4	90	25	10	6
Stir Fry Vegetables	164	1 cup	35	0	0	0	0	0	40	6	2	3	1	20	25	2	0
Sweet Corn Medley	1520	4 oz.	160	60	6	3	0	15	320	24	1	9	3	4	10	0	0
Sweet Potatoes, Whipped	1485	4 oz.	210	70	9	6	0	25	370	30	2	25	2	270	15	4	4
Vegetable Medley, Roasted	1518	3.5 oz.	70	35	4	2	0	10	150	5	2	3	2	70	70	2	2
BREAKFAST & BREADS																	
All American Breakfast Burrito	2168	1 pc.	590	280	32	13	0	250	1540	43	<1	2	39	15	4	30	20
Heidelberg Breakfast Casserole	2163	3.5 oz.	190	110	12	6	0	30	430	11	1	2	10	10	15	20	4
Italian Omelet	2189	1 pc.	270	180	20	10	0	220	430	11	2	3	12	20	35	15	10
Onion Poppyseed Buns	1742	1 Bun	150	25	2.5	0.5	0	15	290	27	1	2	5	4	0	2	10
Sour Cream Coffee Cakes	2231	1 cake	350	110	12	10	0	65	190	55	1	35	6	6	2	10	8

Omaha Steaks is providing nutrition information to you in order to make sensible decisions about balance, variety and moderation in your diet. Nutrition information for single ingredient products are based on actual lab analysis or published resources. Percent Daily Values (DV) are based on a 2,000 calories diet. Your daily values may be higher or lower depending on your calorie needs.

Although this guide is updated on a regular basis, we occasionally make improvements to our products that may not be immediately reflected in this list. For more nutrition information and detailed lists of ingredients for Omaha Steaks products, please visit our website at www.omahasteaks.com. Or call 1-800-228-9872. **Information effective February 2009.**