

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
Arancini with Chicken, Swiss and Ham	2567	3 pieces	190	110	13	4	0	30	220	14	1	0	9	2	2	8	4
Baked Brie En Croute with Apricot Chutney	2560	1 oz.	80	50	6	2.5	0	15	125	2	0	0	4	4	0	4	2
Baked Brie En Croute with Sundried Tomato and Pesto	2561	1 oz.	90	60	6	3	0	15	160	4	0	0	4	4	2	6	4
Beef Bull Wings	2251	3 oz.	100	30	3.5	1.5	0	35	570	2	0	0	16	15	50	2	6
Beef Snack Sticks	2257	1 link	80	50	7	2	0	25	370	0	0	0	7	0	0	0	4
Beef Summer Sausage	5328	2 oz.	180	140	16	7	0	30	650	0	0	0	10	0	0	0	8
Buffalo Chicken Wing	2008	2 pcs.	180	110	12	3.5	0	60	730	0	0	0	15	20	8	0	4
Chicken Cordon Bleu Bites	2341	3 pcs.	230	120	13	4	0	55	570	18	1	1	10	2	0	10	4
Chicken Mini Margherita	2482	2 pieces	200	120	13	6	0	20	380	11	1	1	9	15	2	6	4
Chicken Wings	2499	3 pieces	330	190	21	6	0	105	2210	10	1	3	24	30	2	2	8
Dip, Buffalo Chicken	2678	2 oz.	170	120	14	9	0	55	200	1	0	0	9	10	0	10	4
Dip, Creamy Artichoke Parmesan	2677	2 oz.	160	140	16	7	0	35	350	4	0	0	5	8	0	4	4
Filet Mignon Spring Rolls	2009	1 pc.	220	60	7	3.5	0	30	320	30	<1	1	12	6	0	15	6
Flatbread, Italian Sausage	2667	5 oz.	380	200	22	8	0	25	820	30	4	3	15	8	15	15	10
Flatbread, Pulled Pork Artisan	2625	5 oz.	280	80	9	5	0	30	790	32	3	7	15	6	8	15	8
Flatbread, Steak Lovers	2626	5 oz.	340	160	18	8	0	45	660	31	4	3	13	15	20	10	15
Gourmet Franks in a Blanket	2280	3 pc.	300	210	23	10	0	50	570	17	0	0	5	10	10	0	2
Salmon Lox, Norwegian	2302	2 oz.	140	80	9	3	0	35	400	0	0	0	11	0	0	0	0
Scallops, Bacon Wrapped	2003	2 pcs.	130	45	5	2	0	35	270	5	0	3	10	0	4	0	0
BEEF																	
Beef Bacon	2510	1 slice	200	160	18	8	0	45	540	0	0	0	9	0	0	0	0
Beef, Bacon Wrapped Vintage FLT	2668	5 oz.	300	190	21	9	0	75	180	0	0	0	26	0	2	4	10
Beef Brisket, Classic	2425	4 oz.	330	230	25	8	0	75	620	10	0	7	14	2	6	2	8
Beef Brisket, Corned Beef	1604	3	100	30	3	1	0	30	550	1	0	0	15	0	0	2	20
Beef Brisket, Hickory Smoked	2619	3 oz.	250	180	20	9	0	75	440	1	0	0	15	2	2	0	8
Beef Brisket, Homestyle	2277	6 oz.	470	340	38	15	0	140	105	0	0	0	31	0	0	2	15
Beef Brisket, Raw	2644	4 oz.	150	40	4.5	1.5	0	75	85	0	0	0	25	0	0	2	15
Beef Flat Iron Steaks	1582	7 oz.	350	190	21	8	0	130	150	0	0	0	38	0	0	0	25
Beef Flat Iron Steaks	2530	4 oz.	270	120	13	5	0	95	80	0	0	0	35	0	0	2	25
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	6 oz.	220	80	8	2	0	95	710	2	<1	2	33	0	0	4	25
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.	1170	840	94	38	0	290	240	0	0	0	74	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.	470	340	38	15	0	115	95	0	0	0	30	0	0	2	20
Beef Ribeye Steaks	544	7 oz.	540	390	44	18	0	135	110	0	0	0	35	0	0	2	20
Beef Ribeye Steaks	516	8 oz.	620	450	50	20	0	155	130	0	0	0	40	0	0	2	25
Beef Ribeye Steaks	568	10 oz.	780	560	62	25	0	195	160	0	0	0	50	0	0	2	30
Beef Ribeye Steak, King Cut	2524	10 oz.	780	560	62	25	0	195	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	200	80	8	2	0	30	1100	20	3	4	14	10	15	4	10
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.	240	90	10	3.5	0	80	1100	8	<1	1	31	2	6	4	15
Beef Sirloin Tri Tip Roast	2285	3 oz.	170	100	11	4.5	0	55	50	0	0	0	17	0	0	0	10

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BEEF (CONTINUED)																	
Beef Skirt Steak	2545	4 oz.	170	80	8	3	0	70	75	0	0	0	24	0	0	0	10
Beef Stroganoff w/Noodles	1567	1 cup	340	130	14	6	0	35	1200	24	1	2	26	4	0	4	15
Beef Strip Loin Steaks, Bone In	340	14 oz.	760	480	53	21	0	200	160	0	0	0	64	0	0	2	30
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 Steak, Boneless King Cut	2522	9 oz.	400	150	16	6	0	170	150	0	0	0	58	0	0	8	25
Beef Strip Loin Steak, Boneless	2531	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 T-Bone Steaks, King Cut	2525	10 oz.	660	430	48	19	0	175	150	0	0	0	54	0	0	2	35
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.	220	90	10	3.5	0	100	80	0	0	0	32	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.	350	200	23	8	0	120	310	0	0	0	35	0	0	4	15
Beef Tenderloin Tips	670	3 oz.	130	45	5	2	0	50	45	0	0	0	19	0	0	2	8
Beef Top Sirloin Roast	2316	3 oz.	180	110	12	5	0	45	45	0	0	0	17	0	0	2	6
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	20	8	0	75	70	0	0	0	28	0	0	4	10
Beef Top Sirloin Steaks	628	6 oz.	360	220	24	10	0	90	85	0	0	0	34	0	0	4	15
Beef Top Sirloin Steaks King Cut	2523	9 oz.	340	110	12	4.5	0	120	150	0	0	0	56	0	0	8	25
Beef Top Sirloin Steaks	697	7 oz.	420	250	28	11	0	105	100	0	0	0	39	0	0	4	15
Beef Top Sirloin Steaks	534	8 oz.	490	290	32	13	0	120	115	0	0	0	45	0	0	6	20

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BEEF (CONTINUED)																	
Beef Top Sirloin Steaks, Bacon Wrapped	1516	6 oz.	430	300	33	12	0	95	310	0	0	0	32	0	0	4	10
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.	380	120	13	5	0	135	160	0	0	0	62	0	0	8	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
Beef Tri Tip Roast	2285	3 oz.	170	100	11	4.5	0	55	50	0	0	0	17	0	0	0	10
Beef Wellington	2448	7 oz.	520	310	35	14	0	95	550	20	1	1	29	0	2	6	25
Beef Wellington Appetizers	2449	2 piece	200	120	1	6	0	20	330	11	1	0	8	0	2	2	8
Calf's Liver	929	4.5 oz.	170	50	6	2	0	395	80	6	0	0	23	380	45	2	35
Chicken Fried Steak	2366	4.5 oz.	320	130	14	4	0	45	690	28	1	0	19	0	0	2	15
Ground Beef, Filet Mignon Burger	2662/2664	5.3 oz.	440	340	38	14	0	110	100	0	0	0	24	0	0	4	15
Ground Beef, Filet Mignon Sliders	2663	2 oz.	160	130	14	5	0	40	40	0	0	0	9	0	0	2	6
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 Omaha Steaks	1724	5 oz.	360	260	28	11	0	100	95	0	0	0	24	0	0	2	15
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 Gourmet Style	446	5 oz.	310	190	21	8	0	95	95	0	0	0	26	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
Ground Beef Sliders (Filet Mignon Sliders)	2663	2 oz.	160	130	14	5	0	40	40	0	0	0	9	0	0	2	6
Meatballs, All Beef	2422	3 Meatballs	280	210	24	9	0	65	450	5	0	1	12	2	0	2	6
Meatballs, All Beef (15 OZ.)	2533	3 Meatballs	260	200	22	6	0	60	440	5	0	1	12	2	0	2	6
Mediterranean Sirloin Skewer	1695	1 pc.	320	100	11	4	0	105	240	1	0	0	50	0	0	6	20
BISON																	
Bison Uncured Franks	3601	3 oz.	200	140	15	7	1	50	660	1	0	1	13	4	0	0	6
Bison Burgers	3600	5.3 oz	330	220	24	10	0	105	100	0	0	0	28	0	0	2	20
Bison Boneless Strip Steak	3602	8 oz	300	110	12	4	0	90	110	0	0	0	51	0	0	0	80
Bison Filet Mignon	3603	6 oz.	180	25	3	1	0	75	70	0	0	0	38	0	0	0	30
Ground Bison	3604	3.5 oz.	170	90	10	3.5	0	45	55	0	0	0	18	0	0	0	8
Bison Ribeye Steaks	3605	8 oz.	410	200	22	10	0	160	120	0	0	0	51	0	0	0	80
Bison Top Sirloin Steaks	3607	6	200	50	5	1	0	90	115	0	0	0	39	0	0	0	15
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, New York	427	¼ of cake	430	250	28	16	0.5	85	190	36	1	19	6	10	0	4	4
Cheesecake, New York Individ.	2313	1 cake	450	270	30	18	0	125	270	39	0	30	9	25	2	20	6
Cheesecake Sampler, Almond	1413	1 slice	340	200	23	11	0.5	65	270	28	1	18	5	10	0	6	2

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DESSERTS (CONTINUED)																	
Cheesecake Sampler, Marble	1413	1 slice	340	210	23	12	0.5	70	290	29	1	19	5	10	0	6	2
Cheesecake Sampler, Plain	1413	1 slice	330	200	22	12	0.5	70	280	28	1	19	5	10	0	6	0
Cheesecake Sampler Strawberry	1413	1 slice	310	180	20	11	0.5	60	250	29	1	20	4	10	4	6	2
Chocolate Lover's Cake	900	1/8 of cake	280	140	16	7	0	20	500	34	2	27	3	4	0	2	20
Chocolate Molten Lava Cake	1766	1 cake	390	200	22	13	0	105	260	44	2	30	6	10	0	4	8
Chuaao Chocopod Gift Box	2479	.4 oz	60	35	3.5	2	0	20	20	6	1	5	1	0	0	0	0
Coconut Cream Layer Cake	2620	4.5 oz.	460	270	30	14	0	40	230	45	1	27	3	4	0	2	6
Cookie Dough, Chocolate Chunk	2666	1 pc.	100	35	4	2.5	0	20	150	14	0	7	1	4	0	2	4
Cookie Dough, Chocolate Pecan	2665	1 pc.	120	60	6	3	0	20	150	16	1	9	2	2	0	2	4
Crème Brulee	2288	1 pc.	300	170	19	12	0	250	85	29	1	21	3	4	0	4	2
Dulce de Leche Pyramids	2358	1 pc.	350	160	18	11	0	95	100	22	1	11	5	10	0	6	4
Enstrom Dark Chocoalte Almond Toffee	2594	3 pc.	210	150	16	8	0	25	75	19	2	16	2	6	0	2	8
Enstrom Dark Chocolate Truffles	2592	3 pc.	200	130	14	8	0	< 5	15	22	3	17	2	0	35	2	20
Enstrom Milk Chocolate Almond Toffee	2590	3 pc.	220	140	16	8	0	25	80	20	< 1	18	2	6	0	4	4
Enstrom Milk Chocolate Truffles	2589	3 pc.	210	120	13	8	0	10	30	23	< 1	22	3	2	35	6	6
Enstrom Chocolate Mints	2591	4 pc.	180	100	11	8	0	5	30	21	< 1	20	2	0	30	6	4
French Pastry, Raspberry Bar	2346	1 pc.	70	50	5	3.5	0	15	25	6	0	2	1	4	0	2	2
French Pastry, Chocolate Éclair	2346	1 pc.	120	80	8	5	0	75	95	10	<1	4	2	8	0	2	6
French Pastry, Chocolate Puff	2346	1 pc.	90	60	6	2.5	0	35	85	7	1	2	2	4	0	2	6
French Pastry, Lemon Tartlet	2346	1 pc.	60	25	3	1.5	0	25	25	8	<1	5	1	2	2	0	0
Ice Cream, Cinnamon	2542	1/2 cup	230	120	13	10	0	55	60	23	1	20	2	10	0	10	0
Ice Cream, Chocolate Cake with Chocolate Chunk	2539	1/2 cup	260	130	14	10	0	45	90	29	2	23	4	8	0	10	4
Ice Cream, Peppermint	2571	1/2 cup	280	140	15	11	0	55	60	32	0	28	3	10	0	10	2
Ice Cream, Sea Salt Caramel	2541	1/2 cup	220	110	13	9	0	50	110	23	0	20	2	10	0	10	0
Ice Cream ,Vanilla	2540	1/2 cup	220	110	12	9	0	50	70	23	0	20	2	8	0	8	0
Key Lime Tartlets	2282	1 pc.	230	70	8	4.5	0	45	150	34	1	25	4	2	8	10	4
Lemon Tart	2339	1/10 of tart	210	100	11	6	0	120	115	25	0	13	3	10	6	2	6
Napoleon Torte	2360	1 pc.	430	230	26	11	1	70	190	48	1	19	5	20	2	2	8
Pie, Apple Crumble	2526	1/6 Pie	340	120	14	7	0	15	190	51	2	30	3	2	6	2	8
Pie, Berry Crumble	2527	1/6 Pie	330	110	13	7	0	10	170	50	3	28	3	4	8	6	8
Pie, Cherry	2528	1/6 Pie	330	150	17	9	0	5	230	40	2	19	3	0	2	0	10
Pie, Pecan	2549	1/6 Pie	470	280	31	10	0	65	230	44	2	25	5	6	0	4	8
Pie, Pumpkin	2548	1/6 Pie	260	120	14	5	0	50	180	32	1	24	3	100	2	6	6
Pineapple Upside Down Cake	2621	1 Cake	420	140	16	9	0	95	350	62	1	47	5	10	6	6	8
Rugelach	2489	1 oz.	130	80	9	5	0	25	70	11	0	4	1	6	0	2	4
Strawberry Rhubarb Pie	2674	4.0 oz.	300	130	15	8	0	5	190	38	2	19	3	0	25	4	8
Tiramisu Cake, Individual	2337	1 pc.	390	260	29	15	0	110	180	29	<1	22	6	15	0	8	15
LAMB																	
Lamb Burgers	2456	5 oz.	360	260	29	13	0	80	75	0	0	0	25	0	0	2	15
Lamb Leg, Seasoned Boneless	1195	3.5 oz.	130	40	4.5	1.5	0	60	300	1	0	0	19	0	0	0	10
Lamb Leg, Seasoned Boneless 5LB	2627	3 oz.	180	110	12	5	0	60	50	0	0	0	16	0	0	0	8
Lamb, Rack	537	3 oz.	290	230	26	11	0	65	50	0	0	0	13	0	0	2	6
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	400	180	20	11	0	70	740	31	3	7	25	20	15	40	15
Bison Chili	3606	1 Cup	210	60	6	2	0	40	820	20	6	4	20	25	10	4	20

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PASTA/SOUPS (CONTINUED)																	
Black Bean Soup, Santa Fe	2362	1 Cup	210	20	2.5	0.5	0	0	650	37	15	9	11	0	0	8	20
Chicken Vegetable Soup	2457	1 Cup	110	45	5	1.5	0	40	700	5	1	2	11	70	6	2	6
Chili Con Carne	2614	1 Cup	340	170	19	6	0	50	1030	20	3	11	22	20	35	15	15
Lobster Bisque	1454	1 Cup	230	140	15	7	2.5	50	1040	16	<1	2	7	15	4	8	2
Maine Lobster Ravioli	1572	½ pkg.	480	200	22	14	0	110	990	50	2	5	16	40	250	8	20
Tomato Florentine Soup	2365	1 cup	240	180	21	14	0	50	640	10	4	7	4	15	0	8	0
Meat Lover's Lasagna	2232	1 cup	420	230	25	12	0.5	80	740	23	2	5	25	15	10	30	15
Omaha's Steakhouse Chili	2363	8 oz.	190	110	13	5	0	35	680	8	2	3	11	20	30	2	15
Quattro Formaggi Ravioli with Marinara	2618	1/2 meal	550	220	25	11	0	90	2780	61	4	10	21	25	15	40	10
Roasted Vegetable Lasagna	2186	½ tray	510	220	25	14	0	155	930	46	3	8	24	45	45	45	10
Shrimp Fettuccine Alfredo	2673	½ meal	380	80	9	3.5	0	95	630	53	2	4	22	6	0	15	20
Ultimate Mac & Cheese Lasagna	2301	½ tray	300	170	19	11	0	65	750	20	1	2	12	15	6	20	4
PORK																	
Bacon Slices, Applewood Smoked	2509	1 Slice	80	60	7	2.5	0	15	280	0	0	0	6	0	0	0	0
Bacon Slices, Cajun Style	2508	1 Slice	80	60	7	2.5	0	15	260	0	0	0	2	0	0	0	2
Bacon Slices, Peppered	2507	1 Slice	90	60	7	2.5	0	15	350	0	0	0	6	0	0	0	0
BBQ Pulled Pork	1625	2 oz.	90	20	2.5	1	0	25	510	10	0	10	8	0	0	0	2
Carnitas Pork Roast	2297	4 oz.	150	50	6	2	0	60	460	6	0	4	18	2	0	2	8
Pork Breakfast Sausage	1654	2 pcs.	420	380	42	14	0	45	800	2	0	1	12	2	0	2	4
Pork Chop, Bacon Wrapped	1662	6 oz.	310	170	19	6	0	110	310	0	0	0	33	0	2	2	8
Pork Chop, Bacon Wrapped Vintage	2669	6 oz.	310	170	19	6	0	110	310	0	0	0	33	0	2	2	8
Pork and Bacon Burgers	2455	5 oz.	290	170	19	7	0	90	360	0	0	0	28	0	0	2	8
Pork Chop, Boneless	821	5 oz.	240	120	13	4.5	0	100	80	0	0	0	29	0	0	2	4
Pork Chop, Polynesian	2208	3 oz.	110	30	3	1	0	45	640	4	0	3	16	2	2	2	4
Pork Loin Proscuitto Wrapped, Stuffed	2471	4 oz.	170	70	8	2.5	0	45	550	6	1	2	19	15	2	2	6
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, Ribs	2514	4 oz.	250	170	18	7	0	80	100	0	0	0	22	0	0	4	4
Pork Ribs, Original	2647	4 oz.	240	140	15	5	0	65	860	1	0	1	18	0	0	4	4
Pork Ribs, Teriyaki	2623	7.5 oz.	450	270	31	11	0	130	1190	9	0	6	36	4	2	6	10
Pork Roast, Cajun	2498	4 oz.	130	35	4	1.5	0	60	420	3	1	1	21	10	0	2	6
Pork Shoulder, Whole	2645	4 oz.	150	60	7	2.5	0	70	75	0	0	0	21	0	0	2	8
Pork Tenderloin, Chateaubriand	947	9 oz.	310	80	9	3	0	165	130	0	0	0	54	0	0	2	15
Pork Tenderloin, Chile Lime	2516	4 oz.	130	35	4	1	0	65	310	2	0	1	21	10	2	2	6
Pork Tenderloin, Hickory Smoked	2649	4 oz.	150	60	6	2	0	25	420	0	0	0	23	0	0	0	2
Tex Mex Pot Pie (Pulled Pork)	2351	1 Pie	540	280	31	16	0	35	570	51	4	7	14	15	4	4	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	1480	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.	130	15	1.5	0.5	0	70	130	0	0	0	24	0	2	0	2
Chicken Breast, BBQ Rubbed	2289	3 oz.	150	15	1.5	0	0	60	650	8	<1	5	24	10	4	2	6
Chicken Breast, Caribbean	2164	3 oz.	110	10	1.5	0	0	45	230	6	<1	1	19	8	4	0	4
Chicken Breast, Italian	813/1183	3 oz.	110	15	1.5	0	0	50	670	4	0	2	20	6	4	4	4
Chicken Breast, Mediterranean	2167	3 oz.	130	40	4.5	0.5	0	45	390	3	0	0	19	2	0	0	4
Chicken Breast, Oven Roasted	2166	3 oz.	100	10	1	0	0	45	950	4	<1	<1	19	4	15	0	4
Chicken Breast, Sesame	2165	3 oz.	140	35	3.5	0.5	0	45	560	6	0	3	18	0	0	0	4
Chicken Cordon Bleu	1424	7.75 oz.	360	120	13	5	0	115	1290	14	<1	1	44	6	4	15	8

Nutrition Facts	Selection #	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate s (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV
POULTRY (CONTINUED)																	
Chicken Fettuccine Alfredo	2367	½ Tray	370	140	15	9	0	90	710	28	1	5	28	8	0	15	10
Chicken Fingers, Italian Style	382	1-1½ pcs.	180	60	7	0.5	0	35	490	14	0	0	15	0	2	0	2
Chicken Fingers, Italian Style 1.5LB	2513	4 OZ	250	170	18	7	0	80	100	0	0	0	22	0	0	4	4
Chicken Kiev	1434	7.75 oz.	490	260	29	14	1	140	910	18	<1	2	36	15	4	4	8
Chicken Bacon	2512	1 Slice	130	40	4.5	1	0	25	240	1	0	1	5	0	0	0	0
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
Chicken Vegetable Soup	2457	1 cup	110	45	5	1.5	0	40	70	5	1	2	11	70	6	2	6
Chicken in Pastry	476	1 pc.	680	400	44	19	0	100	460	48	2	2	20	20	2	4	8
Cornish Game Hens	2616	3 oz.	160	90	11	3	0	50	520	0	0	0	14	2	0	0	4
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
Wild Rice Chicken Breast	1439	7.75 oz.	250	60	7	1.5	0	110	640	5	<1	0	42	4	4	4	8
Mushroom Trio Chicken Breast	2005	7.75 oz	230	60	7	3	0	110	760	3	<1	1	41	10	4	2	8
Prosciutto Wrapped Chicken Cordon Bleu	2492	5 oz.	230	110	12	6	0	95	1160	1	0	0	28	0	2	10	4
Pulled Chicken, Smoky & Sweet	2327	2 oz.	90	35	4	2	0	35	300	17	0	7	7	0	0	0	2
Rotisserie Chicken	2495	5.3 oz.	430	340	38	11	0	100	700	3	1	1	19	15	6	4	15
Salsa Chicken Pot Pie	2348	1 Pie	590	290	32	17	0	55	940	64	2	7	11	15	4	6	10
Turkey Bacon	1244	1 Slice	40	15	1.5	0	0	20	200	1	0	0	6	0	0	0	0
Turkey, Oven Ready	2511	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
Turkey Burger	3610	100g	140	70	8	2	0	65	290	1	0	0	18	0	2	2	6
Turkey Roulade	2569	113g	130	15	2	0	0	45	480	7	1	2	20	15	2	2	8
SALAME																	
Salame, Sopressata	2551	1 oz.	100	60	7	2.5	0	25	390	0	0	0	8	0	0	0	2
Salame, Peppered	2544	1 oz.	100	60	7	2.5	0	25	370	0	0	0	8	0	0	0	2
Salame, Herb	2552	1 oz.	100	60	7	2.5	0	25	390	0	0	0	8	0	0	0	2
Salame, Italian Dry	2532	1 oz.	100	60	7	2.5	0	25	370	0	0	0	8	0	0	0	2
SAUCES & GLAZES																	
American Lager Mustard	2557	1 tspn.	5	0	0	0	0	0	45	1	0	0	0	0	0	0	0
Apricot Mango Wasabi Sauce	5411	1 Tbsp	25	0	0	0	0	0	0	6	0	4	0	0	0	0	0
Asian Inspired Sesame Glaze	2260	½ oz.	60	50	6	3	0	15	160	2	0	1	0	8	2	0	2
Barbeque Sauce	2269	2 Tbsp	40	0	0	0	0	0	260	10	0	8	0	2	4	2	2
Beef Gravy, Classic	2261	2 oz.	30	10	1	0	0	0	300	3	1	1	2	0	0	0	4
Beef Gravy, Classic	2570	3.5 oz.	260	15	2	0	0	0	690	58	3	1	4	0	0	2	0
Chicken Gravy	2566	3.5 oz.	70	20	2	0	0	5	660	6	0	0	8	0	0	2	0
Country Style White Gravy	2361	2 oz.	50	10	1	1	0	0	260	3	0	0	2	0	2	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	½ oz.	100	100	11	7	0	30	115	0	0	0	0	15	2	0	0
Napa Cabernet Glaze	2263	½ oz.	60	60	7	4	0	15	135	1	0	0	0	10	0	0	2
Seasoned Butter Sauce	795	½ oz.	100	100	11	7	0	30	120	0	0	0	0	15	2	0	0
Simmer Sauce, Chipotle Chili	5672	1/2 cup	70	25	3	0	0	0	710	12	2	3	1	20	20	2	4
Simmer Suace, Korean	5667	2 Tbsp.	40	5	0	0	0	0	500	8	0	6	1	0	0	0	2
Simmer Sauce, Mexican	5668	2 Tbsp.	15	5	1	0	0	0	200	2	1	1	0	6	4	0	2
Simmer Sauce, Piccata	5670	2 Tbsp.	20	5	0.5	0	0	0	170	3	0	1	0	0	4	0	0
Simmer Sauce, Sloppy Joe	5669	1/2 cup	110	10	1	0	0	0	940	24	3	15	2	20	35	2	6

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SAUCES & GLAZES (CONTINUED)																	
Simmer Suace, Stroganoff	5671	1/2 cup	40	5	0	0	0	0	710	8	1	2	2	0	2	2	2
Smoky Gourmet Ketchup	2557	2 Tbsp.	40	0	0	0	0	0	150	8	1	6	1	4	6	0	2
Steak Sauce	2270	2 Tbsp	60	0	0	0	0	0	260	14	0	11	1	0	2	2	4
Sweet Chipotle BBQ Sauce	2271	2 Tbsp	35	0	0	0	0	0	25	9	0	8	<1	0	0	0	0
Sweet & Tangy Cocktail Sauce	1740	¼ cup	90	10	1	0	0	0	250	19	1	16	<1	2	8	0	2
Tomato Pickle Relish	2557	2 Tbsp.	25	0	0	0	0	0	760	4	0	3	0	0	4	0	0
Turkey Gravy	2266	2 oz.	140	45	5	1	0	10	250	20	0	0	4	0	0	0	0
Tuscan Balsamic Glaze	2267	½ oz.	60	60	6	4	0	15	85	3	0	0	0	8	6	0	4
SEAFOOD																	
Ahi Tuna Steaks	2027	6 oz.	180	15	1.5	0	0	75	65	0	0	0	40	2	2	2	6
Coconut Shrimp	1653	~3 pcs	200	90	10	3	0	80	290	18	0	0	10	0	0	4	4
Cod, Fire Roasted Citrus	2364	1 pc.	130	30	3.5	1	0	50	370	2	0	0	22	2	4	2	4
Cod, Pub-Style	1544	2 pcs.	260	150	17	8	0	50	520	17	0	2	11	0	0	0	6
Crab Cakes, Gourmet	423	1 pc.	190	100	11	1.5	0	95	410	7	1	1	15	6	10	10	10
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
Halibut Steaks	2501	6 oz.	180	25	3	0	0	60	90	0	0	0	35	6	0	4	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
Lobster Tails Halves	2502	1 Tail	50	5	0.5	0	0	55	170	0	0	0	11	0	0	2	0
Mahi Mahi Ancient Grain	2613	6 oz.	270	90	10	1.5	0	100	520	15	1	0	28	6	0	2	10
Mahi Mahi Steaks	680	6 oz.	150	10	1	0	0	125	150	0	0	0	32	6	0	2	10
Mahi Mahi, Caribbean Crusted	2298	5 oz.	220	45	5	1	0	70	590	21	1	1	20	4	2	2	10
Salmon Burgers	2453	4 oz.	190	100	11	4	0	50	520	5	1	1	18	10	15	15	6
Salmon Fillets, Classic Marinated	1527	6 oz.	360	200	22	4	0	90	100	0	0	0	40	0	0	0	8
Salmon Fillets, Fire Roasted	2330	1 fillet	180	70	7	2	0	55	310	4	0	1	22	4	2	2	6
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, Lemon-Dill	2303	6 oz.	270	150	17	3	0	70	320	1	0	1	30	6	4	2	4
Salmon Fillets, Wild	2025	6 oz.	290	130	15	2.5	0	105	80	0	0	0	36	6	0	2	4
Salmon, Smoked	2661	2 oz.	70	20	2.5	0.5	0	30	600	0	0	0	13	0	0	2	2
Sea Bass Fillets	2326	5 oz.	140	25	2.5	1	0	60	100	0	0	0	25	0	0	0	15
Shrimp Cakes	999	2 pcs.	140	35	4	1.5	0	125	290	11	2	2	16	4	0	25	10
Shrimp, Blackened	2333	4 oz.	150	45	5	2	0	155	970	5	1	0	21	15	4	6	20
Shrimp, Jumbo (Fully Cooked)	1722	~4 pcs	50	0	0	0	0	130	340	0	0	0	12	0	0	4	2
Shrimp, Oven Fried	2182	~5 pcs	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
Sole Almondine	843	5 oz.	420	260	29	6	0	55	400	18	1	1	22	2	0	4	4
Sole Fillets w/ Scallops/Crabmeat	850	1 pc.	190	120	14	4	0	50	520	4	0	1	13	2	2	4	2
Sole Fillets with Shrimp/Garlic	379	1 pc.	190	120	14	4	0	55	530	3	0	0	13	2	0	2	2
Steelhead Trout, Lemon Parm.	2336	6 oz.	200	60	7	1.5	0	80	290	3	0	2	30	0	2	2	15
Swordfish Steaks	771	6 oz.	190	60	6	2	0	60	140	0	0	0	32	4	2	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, Ancient Grain	2615	6 oz.	360	160	18	4	0	75	750	24	2	2	26	2	2	10	8
Trout Fillets, Butterflied	975	5.25 oz.	200	80	8	2	0	90	55	0	0	0	32	0	0	2	2

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SEAFOOD (CONTINUED)																	
Trout Fillets, Parmesan Crusted	2006	5 ¼oz.	330	150	16	4.5	0	75	940	19	<1	2	27	4	4	15	10
SEASONINGS																	
Ancho Chile Barbeque Rub	2653	1/3 tspn.	5	0	0	0	0	0	80	1	0	0	0	0	0	0	0
Asian Barbeque Rub	2655	1/2 tspn.	5	0	0	0	0	0	115	0	0	0	0	0	0	0	0
Blackened Seasoning	1741	¼ tsp.	0	0	0	0	0	0	95	0	0	0	0	0	0	0	0
Garlic and Herb Rub	2654	1/3 tspn.	0	0	0	0	0	0	115	1	0	0	0	0	0	0	0
Private Reserve Rub	2650	1/3 tspn.	0	0	0	0	0	0	135	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
Signature Steak Rub	2651	1/3 tspn.	0	0	0	0	0	0	135	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
Sweet Smokey Applewood Rub	2652	1/3 tspn.	5	0	0	0	0	0	85	1	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 Slice, Precooked	177	4 pcs.	80	60	6	3	0	15	230	0	0	0	5	0	6	2	2
Bacon Slice Thick Cut Precooked	2279	2 pcs.	100	70	8	2.5	0	25	390	1	0	1	8	0	0	0	2
Beef Jerky, Mild Pepper	2637	1 oz.	60	15	1.5	0.5	0	15	280	3	0	2	8	0	20	0	4
Beef Jerky, Original	2638	1 oz.	60	15	1.5	0.5	0	15	280	3	0	3	8	0	20	0	4
Beef Jerky, Peppercorn and Herb	2656	1 oz.	50	15	1.5	0.5	0	15	500	2	0	0	8	0	0	0	2
Beef Jerky, Smoked Barbeque	2635	1 oz.	60	15	1.5	0.5	0	15	280	3	0	3	8	0	20	0	4
Beef Jerky, Teriyaki	2636	1 oz.	60	15	1.5	0.5	0	15	380	2	0	1	8	0	0	0	4
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	1372	3 oz.	130	50	6	2	0	50	870	0	0	0	17	0	0	0	4
Ham, Spiral Sliced (Cooked) (7LB)	714	3 oz.	160	90	10	3.5	0	50	990	1	0	1	16	0	0	2	4
Ham, Spiral Sliced (Cooked) (8 LB)	2578	3 oz.	160	90	10	3.5	0	50	990	1	0	1	16	0	0	2	4
Ham, Spiral Sliced (Cooked) (9 LB)	2579	3 oz.	160	90	10	3.5	0	50	990	1	0	1	16	0	0	2	4
Ham, Spiral Sliced (Cooked) (10 LB)	2580	3 oz.	160	90	10	3.5	0	50	990	1	0	1	16	0	0	2	4
Hunters Sausage, Barbeque (pork)	2629	2 links	70	45	5	1.5	0	20	390	1	0	0	5	2	0	4	4
Hunters Sausage, Hot & Spicy (pork)																	
Hunters Sausage, Original (pork)	2632	2 links	70	45	5	1.5	0	20	280	1	0	0	5	0	0	4	4
Hunters Sausage, Red Pepper (pork)	2628	2 links	70	45	5	1.5	0	20	270	1	0	0	5	6	2	4	4
Hunters Sausage, Teriyaki (pork)	2630	2 links	70	40	4.5	1.5	0	20	410	2	0	1	5	0	0	2	2
Andouille Sausage	2535/2658	3 oz.	210	150	17	7	0	55	920	3	0	1	11	8	2	4	4
Italian Sausage	2190	3 oz.	220	160	17	6	0	60	700	1	<1	<1	15	8	2	2	6
Kielbasa Sausage	2534	3 oz.	220	150	17	7	0	50	740	4	0	2	11	2	2	2	4
Polish Sausage	2169	3 oz.	190	130	14	5	0	50	870	2	0	2	12	4	2	2	6
VEAL																	
Veal Patties, Italian Breaded	660	4 oz.	270	150	17	7	0	60	490	22	2	3	16	2	0	2	2
VEGETABLES & SIDE DISHES																	
Apple and Cranberry Stuffing	2568	4 oz.	140	20	2.5	0	0	0	490	27	3	10	4	70	10	6	10
Asparagus w/Hollandaise Sauce	1556	3 oz.	45	25	2.5	1.5	0	20	100	4	1	<1	3	15	35	4	2
Broccoli & Cauliflower w/ Garlic	1730	2.5 oz.	70	60	6	1	0	0	140	2	1	1	1	4	35	0	0
Brussell Sprouts	2565	3.5 oz.	80	35	4	1.5	0	15	220	8	3	1	6	4	2	0	0
Carrots, Glazed	2194	4 oz.	110	70	8	4.5	0	20	180	11	2	6	<1	20	15	4	4
Cheddar Cheese Hash Browns	2278	1 pc.	250	140	16	4.5	0	15	530	23	1	2	4	2	20	8	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 (CONTINUED)																	
Green Bean Casserole	1552	6 oz.	190	100	11	6	0	10	610	19	3	6	5	6	8	10	6
Green Beans, Whole	1519	3¼ oz.	100	70	8	4.5	0	15	150	6	2	2	1	15	20	4	4
Mixed Vegetables	309	1 cup	35	0	0	0	0	0	20	6	2	3	1	20	4	4	0
Omaha Steakhouse Fries	2329	3.5 oz.	100	10	1	0	0	0	510	21	2	1	2	0	15	2	40
Potatoes Au Gratin	1205	1 pc.	170	90	9	1.5	0	0	230	20	1	2	3	0	10	2	0
Potatoes, Baby Gold Roasted	2359	5 pcs.	180	30	3.5	0	0	0	430	34	3	4	4	0	35	2	6
Potatoes, Mashed Rsted Garlic	1478	4 oz.	150	70	8	5	0	20	300	17	1	2	2	6	25	2	2
Potatoes, Smashed Red	2368	1 Tray	120	35	4	1	0	<5	420	18	2	2	2	0	20	2	4
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
Pepper Jack Risotto Cakes	1765	1 pc.	220	120	14	3	0	10	410	21	2	1	5	20	10	6	4
Quiche Lorraine	2438	4 oz.	390	230	26	13	0	125	460	27	1	3	13	10	0	15	2
Quinoa and Kale Cakes	2617	3 oz.	140	80	9	2.5	0	10	540	11	1	1	4	70	30	15	4
Sage Dressing	2264	½ cup	160	80	9	5	0	25	590	18	1	1	4	6	2	2	4
Spanish Rice	2334	½ cup	80	0	0	0	0	0	360	19	1	0	2	0	0	2	4
Spinach, Creamed	1487	4 oz.	80	30	4	2.5	0	15	470	9	2	3	4	90	25	10	6
Sweet Corn Medley	1520	4 oz.	160	50	6	3	0	15	360	22	3	4	3	4	15	0	8
Sweet Potato Steak Fries	2291	3 oz.	180	40	4.5	0	0	0	910	33	2	3	4	120	10	4	4
Rustic Roasting Vegetables	2435	3oz	60	0	0	0	0	0	25	13	2	3	2	70	10	2	4
Sweet Potatoes, Whipped	1485	4 oz.	140	30	3.5	2	0	5	70	26	2	11	2	180	20	6	4
Vegetable Medley, Roasted	1518	3.5 oz.	60	30	3.5	2	0	5	140	7	2	4	2	15	90	2	6
VEGETARIAN																	
Vegetarian Italian Sausage	2451	1	240	90	10	1	0	0	560	11	4	2	25	0	8	4	10
VegetarianFrankfurters	2450	1	180	70	8	2	0	0	690	6	4	2	21	4	0	0	10
BREAKFAST & BREADS																	
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. Nutrition information is based on raw, uncooked values for steaks, chops, poultry, lamb & seafood.

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 2012**