

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/Stromboli	2670	5 oz.	310	110	12	6	0	25	620	37	0	1	13	10	20	25	2
Aged Cheddar & Bacon Tater Tots	2679	4 pieces	210	100	11	2.5	0	10	470	21	1	1	6	0	4	6	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
Arancini, Black Truffle & Mushroom	2725	2 pieces	80	45	5	2	0	10	260	9	0	0	3	2	2	4	2
Beef Snack Sticks	2257	1 link	80	50	7	2	0	25	370	0	0	0	7	0	0	0	4
Brie Bites, Caramelized Onion	2727	2 pieces	140	70	8	4	0	20	180	13	1	4	4	0	0	8	4
Brie Bites, Fig and Apple	2728	2 pieces	140	70	8	4	0	20	180	13	1	4	4	0	0	8	4
Brie Bites, Raspberry Chipotle	2726	2 pieces	140	70	7	4	0	20	170	14	0	5	4	0	0	8	2
Chicken Wings, Buffalo	2499	3 pieces	330	190	21	6	0	105	2210	10	1	3	24	30	2	2	8
Cheeseburger Tots	2897	4 pieces	170	45	5	2.5	0	15	460	21	1	2	6	2	10	8	6
Dip, Creamy Artichoke Parmesan	2677	2 oz.	160	140	16	7	0	35	350	4	0	0	5	8	0	4	4
Dip, Buffalo Chicken	2678	2 oz.	170	120	14	9	0	55	200	1	0	0	9	10	0	10	4
Filet Mignon Spring Rolls	2694	1 pc.	190	60	6	3	0	30	510	24	1	1	7	2	2	6	4
Filet Mignon Bites	2692	2 pieces	80	45	5	2.5	0	5	135	7	0	0	2	4	0	0	0
Flatbread, Buffalo Chicken	2736	5 oz.	240	80	9	6	0	30	1650	25	3	2	14	8	2	15	8
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
Everything Dog in a Blanket	2741	3 pc.	300	200	22	9	0	55	510	16	1	1	9	6	0	4	8
Gourmet Franks in a Blanket	2307	3 pc.	290	190	22	9	0	55	560	16	0	0	8	6	0	2	8
Salmon Lox, Norwegian	2661	2 oz.	140	80	9	3	0	35	400	0	0	0	11	0	0	0	0
BEEF																	
Beef Ribeye Steaks	516	8 oz.	620	450	50	20	0	155	130	0	0	0	40	0	0	2	25
Beef Rib Roast, Boneless	686	3 oz.	230	170	19	8	0	60	50	0	0	0	15	0	0	0	8
Beef Pot Roast –Fully Cooked	1163	6 oz.	220	80	8	2	0	95	710	2	<1	2	33	0	0	4	25
Beef Ribeye Slices/Fully Cooked	1167	8 oz.	570	410	45	18	0	140	450	3	0	0	36	2	0	4	25
Beef Sirloin Tips	1547	3 oz.	180	110	12	5	0	55	45	0	0	0	16	0	0	0	10
Beef Flat Iron Steaks	1582	7 oz.	350	190	21	8	0	130	150	0	0	0	38	0	0	0	25
Beef Sirloin Stew	1637	1 cup	200	80	8	2	0	30	1100	20	3	4	14	10	15	4	10
Beef Stew, Heartland	2844	1 cup	310	160	17	8	0	60	840	18	2	3	17	25	30	4	10
Beef Porterhouse Steak	1640	24 oz.	1760	1230	137	55	0	465	350	0	0	0	122	0	0	4	70
Beef, Frank Classic	2317	3 oz.	200	140	15	4.5	0	35	920	5	0	3	11	0	0	4	6
Beef Brisket, Burger	2370	6 oz.	470	340	38	15	0	155	105	0	0	0	31	0	0	2	15
Beef Brisket, Classic Roast	2425	4 oz.	330	230	25	8	0	75	620	10	0	7	14	2	6	2	8
Beef Flank Steak	2443	4 oz.	140	50	6	2.5	0	60	55	0	0	0	21	0	0	2	8
Beef Ribeye Steak, King Cut	2524	10 oz.	780	560	62	25	0	195	160	0	0	0	50	0	0	2	30
Beef Flat Iron Steaks	2530	4 oz.	270	120	13	5	0	95	80	0	0	0	35	0	0	2	25
Beef Brisket, Sliced, Hickory Smoked	2766	3 oz.	250	180	20	9	0	75	440	1	0	0	15	2	2	0	8
Beef Jerky, Teriyaki	2636	1 oz.	60	15	1.5	0.5	0	15	380	2	0	1	8	0	0	0	4
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 Brisket, Raw	2644	4 oz.	150	40	4.5	1.5	0	75	85	0	0	0	25	0	0	2	15
Beef, Bacon Wrapped Vintage FLT	2668	5 oz.	300	190	21	9	0	75	180	0	0	0	26	0	2	4	10
Beef Shepherd's Pie	2740	1 cup	330	180	20	9	1	60	730	23	3	4	14	8	20	6	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 Tips with Mushroom and Wine Sauce	2795	9 oz.	320	150	16	7	0	90	1020	9	1	3	33	4	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
Beef Short Ribs, Boneless	2762	3 oz	330	270	30	13	0	65	40	0	0	0	12	0	0	0	8

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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 Stroganoff w/ Noodles	2915	1 cup	380	150	17	7	0	60	840	26	2	6	29	10	8	10	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 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	492	4 oz.	280	180	20	8	0	75	55	0	0	0	22	0	0	2	10
Filet Mignon																	
Beef Tenderloin Steaks	469	5 oz.	350	230	25	10	0	90	70	0	0	0	28	0	0	4	10
Filet Mignon																	
Beef Tenderloin Steaks	460	6 oz.	420	270	30	12	0	110	85	0	0	0	34	0	0	4	15
Filet Mignon																	
Beef Tenderloin Steaks	775	7 oz.	490	320	35	14	0	130	100	0	0	0	39	0	0	4	15
Filet Mignon																	
Beef Tenderloin Steaks	545	8 oz.	560	370	41	16	0	145	115	0	0	0	45	0	0	6	20
Filet Mignon																	
Beef Tenderloin Steaks	611	10 oz.	700	460	51	21	0	185	140	0	0	0	56	0	0	8	25
Filet Mignon																	
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	885	4 oz.	170	60	7	2.5	0	70	60	0	0	0	25	0	0	2	10
Triple Trim Filet Mignon																	
Beef Tenderloin Steaks	867	5 oz.	220	90	10	3.5	0	100	80	0	0	0	32	0	0	4	15
Triple Trim Filet Mignon																	
Beef Tenderloin Steaks	871	6 oz.	250	90	10	3.5	0	105	95	0	0	0	38	0	0	4	15
Triple Trim Filet Mignon																	
Beef Tenderloin Steaks,	395	6 oz.	350	200	23	8	0	120	310	0	0	0	35	0	0	4	15
Bacon Wrapped																	
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
Beef Top Sirloin Steaks,	1516	6 oz.	430	300	33	12	0	95	310	0	0	0	32	0	0	4	10
Bacon Wrapped																	
Beef Top Sirloin Steaks,	981	8 oz.	310	90	10	4	0	105	130	0	0	0	50	0	0	6	20
Private Reserve																	
Beef Top Sirloin Steaks,	711	4 oz.	140	35	4	1.5	0	40	65	0	0	0	25	0	0	2	10
Sirloin Supreme																	
Beef Top Sirloin Steaks,	485	10 oz.	380	170	13	5	0	135	160	0	0	0	62	0	0	8	25

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London Broil	1679	7 oz.	270	80	9	3.5	0	90	210	1	0	0	43	0	0	6	20
Beef Top Sirloin Steaks, Whiskey BBQ Marinated	2285	3 oz.	170	100	11	4.5	0	55	50	0	0	0	17	0	0	0	10
Beef Tri Tip Roast	2448	7 oz.	520	310	35	14	0	95	550	20	1	1	29	0	2	6	25
Beef Wellington	929	4.5 oz.	170	50	6	2	0	395	80	6	0	0	23	380	45	2	35
Calf's Liver	2366	4.5 oz.	320	130	14	4	0	45	690	28	1	0	19	0	0	2	15
Chicken Fried Steak	2662/2664	5.3 oz.	440	340	38	14	0	110	100	0	0	0	24	0	0	4	15
Ground Beef, Filet Mignon Burger	2663	2 oz.	160	130	14	5	0	40	40	0	0	0	9	0	0	2	6
Ground Beef	1136	3 oz.	220	150	17	7	0	60	55	0	0	0	15	0	0	2	10
Omaha Steaks Premium	1249	4 oz.	290	200	23	9	0	80	75	0	0	0	19	0	0	2	10
Ground Beef Burgers	1724	5 oz.	360	260	28	11	0	100	95	0	0	0	24	0	0	2	15
Omaha Steaks	118	4 oz.	240	150	17	7	0	80	75	0	0	0	21	0	0	2	15
Ground Beef Burgers	446	5 oz.	310	190	21	8	0	95	95	0	0	0	26	0	0	2	15
Omaha Steaks	605	8 oz.	490	310	34	13	0	155	150	0	0	0	42	0	0	4	25
Ground Beef Burgers	2663	2 oz.	160	130	14	5	0	40	40	0	0	0	9	0	0	2	6
Omaha Steaks	2422	3 Meatballs	280	210	24	9	0	65	450	5	0	1	12	2	0	2	6
Ground Beef Burgers, Hamburger Steak	2533	3 Meatballs	260	200	22	6	0	60	440	5	0	1	12	2	0	2	6
Meatballs, All Beef (15 OZ.)	1695	1 pc.	320	100	11	4	0	105	240	1	0	0	50	0	0	6	20
Mediterranean Sirloin Skewer	2709, 10, 11	3 oz	230	170	19	8	0	60	50	0	0	0	15	0	0	0	8
Prime Rib Roast - Bone In	2757	8 oz.	650	330	37	12	0	60	990	50	1	5	22	15	10	4	20
Steak Burgundy in Pastry	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 Steak Tips	3609	3 oz.	110	40	4.5	1.5	0	45	45	0	0	0	19	0	0	0	20
Bison Top Sirloin Steaks	3607	6	200	50	5	1	0	90	115	0	0	0	39	0	0	0	15
DESSERTS																	
Lemon Meringue Mousse Cakes	2721	2 pieces	180	100	11	6	0.5	80	75	18	1	11	3	4	4	2	4
Chocolate Ganache Mousse Cakes	2721	2 pieces	230	130	14	7	0.5	75	85	23	2	16	3	8	4	2	10
Tiramisu Mousse Cakes	2721	2 pieces	160	80	9	4.5	0	55	75	18	0	14	3	6	10	2	6
White Chocolate Mousse Cakes	2721	2 pieces	140	80	9	5	0	25	50	12	2	6	2	4	0	2	2
Brownies, Caramel Pecan	2749	4 oz.	450	230	25	12	0	100	290	49	3	40	6	8	0	6	25
Caramel Apple Tartlets	1709	1 pc.	350	170	19	10	0	10	320	42	1	19	3	2	4	2	8
Cheesecake, New York	2689	1/8 cake	340	160	18	11	0	95	180	38	0	31	7	10	2	15	2
Cheesecake, New York Individual	2313 2830	1 cake	330	140	16	11	0	90	180	39	0	31	7	25	2	10	6
Cheesecake, Cherry Pie Individual	2830	1 cake	250	70	8	4	0	15	190	44	0	33	2	0	0	0	6
Cheesecake, Nutella Individual	2830	1 cake	290	130	15	7	0	25	180	38	0	30	3	0	0	2	6
Cheesecake, Almond Individual	2830	1 cake	300	140	16	7	0	30	135	32	1	24	4	0	0	4	6
Cheesecake, Pumpkin Individual	2383	1 cake	300	180	20	12	0	90	210	19	1	15	5	60	2	6	4
Cheesecake Sampler, Mascarpone	2696	1 slice	200	70	8	3	0	40	120	31	0	21	2	2	0	2	2

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Cheesecake Sampler, Pistachio	2696	1 slice	240	130	14	3.5	0	20	190	28	1	19	2	2	0	2	4
Cheesecake Sampler, New York	2696	1 slice	240	110	13	8	0	65	130	26	0	22	5	8	2	10	2
Cheesecake Sampler, Strawberry	2696	1 slice	230	100	12	3	0	20	160	30	0	20	2	2	2	2	4
Chocolate Lover's Cake	900	1/8 of cake	290	120	13	3	0	20	150	43	0	12	2	4	0	2	6
Chocolate Lover's Cake	2890	1/8 of cake	280	135	15	5	0	25	300	36	1	28	3	0	0	2	30
Chocolate Molten Lava Cake	2748	1 cake	440	220	24	14	0	105	340	51	4	31	6	10	0	4	30
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
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
Key Lime Tartlets	2282	1 pc.	230	70	8	4.5	0	45	150	34	1	25	4	2	8	10	4
Macaron, Vanilla	2703	2 pcs.	100	45	5	1.5	0	15	10	11	1	11	2	0	2	2	0
Macaron, Chocolate	2703	2 pcs.	110	60	6	2.5	0	5	10	11	1	11	2	0	2	2	4
Macaron, Raspberry	2703	2 pcs.	100	40	4.5	1.5	0	15	10	12	1	11	2	0	2	2	2
Macaron, Pistachio	2703	2 pcs.	100	45	5	1	0	10	15	12	1	11	2	0	0	2	2
Pie, Apple Crumble	2526	1/6 Pie	340	120	14	7	0	15	190	51	2	30	3	2	6	2	8
Pie, Pecan	2549	1/6 Pie	470	270	31	10	0	60	230	46	2	25	5	4	0	4	8
Pie, Pumpkin	2548	1/6 Pie	300	170	19	10	0	65	210	27	2	15	3	140	0	4	6
Pie, Strawberry Rhubarb	2674	4.0 oz.	300	130	15	8	0	5	190	38	2	19	3	0	25	4	8
Pineapple Upside Down Cake	2621	1 Cake	420	140	16	9	0	95	350	62	1	47	5	10	6	6	8
Sticky Toffee Pudding Cakes	2805	1 Cake	470	200	22	13	0.5	100	400	63	3	45	4			6	10
Triple Berry Tartlets	2401	1 pc.	320	120	14	6	0	5	220	44	2	18	3	0	6	0	8
LAMB																	
Lamb Burgers	2440/2456	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, Boneless	2392	3 oz.	180	110	12	5	0	60	50	0	0	0	16	0	0	0	8
Lamb Leg, Seasoned Boneless 5LB	2627	3 oz.	180	110	12	5	0	60	50	0	0	0	16	0	0	0	8
Lamb Loin Roast, Marinated	2423	4.5 oz.	400	260	29	10	0	105	880	4	0	0	28	0	0	4	10
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
MEALS																	
Chicken & Dumplings	2750	1 Cup	310	100	11	4	0	95	850	29	2	3	20	25	10	4	10
White Chicken Chili	2751	1 Cup	300	130	15	4.5	0	60	780	25	6	2	21	8	4	8	20
Rustic Italian Beef Stew	2752	1 Cup	230	80	9	3	0	60	590	13	2	8	22	90	50	6	15
Beef Bourguignon	2753	1 Cup	260	80	8	2.5	0	70	570	13	1	2	28	45	8	6	15
Cuban Mojo Pork	2754	1 Cup	240	50	5	1.5	0	65	500	22	3	2	26	8	25	4	10
Asian Beef Short Ribs	2755	1 Cup	280	90	11	4	0	50	690	25	2	9	21	50	6	4	15
Jambalaya	2759	1 Cup	320	160	18	7	0	120	890	18	3	4	19	25	20	6	20
Rustic French Stew	2760	1 Cup	330	140	16	5	0	60	890	27	8	3	18	6	8	8	20
Chicken Cacciatore	2814	1 Cup	290	150	16	4	0	75	680	18	2	3	17	15	110	4	10
Tex Mex w/Beans, Onions & Chicken	2819	1 Cup	300	150	16	6	0	75	950	17	4	2	20	25	25	20	15
Mississippi Pot Roast	2820	1 Cup	360	210	23	12	1	100	610	14	2	1	24	10	8	4	15
Southern Style Pork	2821	1 Cup	330	150	17	8	0.5	80	760	18	1	2	24	10	4	4	6
Indian Style Chicken	2822	1 Cup	280	120	13	5	0	80	730	20	2	3	19	25	6	4	8
Ropa Vieja	2828	1 Cup	260	100	12	4	0	50	600	22	3	4	19	10	50	4	15

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
Chicken Paprikash	2835	1 Cup	370	200	23	8	0	105	830	18	2	4	22	45	30	6	10
Beef Stroganoff	2876	1 Cup	360	160	18	3	0	110	750	15	1	3	33	6	2	10	15
Mac & Cheese w/ Brisket & Pork	2877	1 Cup	390	180	20	11	0	75	980	27	1	5	24	15	4	35	10
Irish Beef Stew	2889	1 Cup	350	190	21	11	1	95	570	13	2	2	25	50	6	4	15
Swiss Steak & Potatoes	2916	1 Cup	220	80	9	3.5	0	55	840	15	1	5	22	10	35	4	15
Corned Beef & Cabbage	2917	1 Cup	210	70	8	2.5	0	55	680	14	3	3	20	50	25	4	15
Chicken Piccata	2807	1 Cup	440	210	23	9	0	95	690	41	3	1	15	10	10	45	6
Chinese Style Orange Chicken	2808	1 Cup	330	50	6	0.5	0	15	450	60	3	21	10	60	25	2	4
Indian Style Curry Chicken & Vegetables	2809	1 Cup	230	35	4	2	0	30	930	34	2	5	14	8	20	4	8
Asian Style Pepper Steak	2810	1 Cup	260	50	6	2.5	0	35	780	35	1	9	16	8	80	0	8
Steak Au Poivre	2811	1 Cup	410	230	25	14	0	115	750	18	3	3	20	10	25	60	15
Moroccan Harissa Beef & Vegetables	2812	1 Cup	250	60	6	3	0	35	610	32	4	7	18	15	25	4	15
Roasted Chicken w/ Ancho Seasoning	2831	1 Cup	230	30	3.5	5	0	35	850	33	3	5	16	15	150	4	10
Creamy Garlic Chicken w/ noodles	2832	1 Cup	350	180	20	11	0	105	700	22	2	2	19	15	2	10	10
Steak Confit	2833	1 Cup	290	160	18	7	0	60	570	16	3	2	18	6	10	8	25
Steak Diane	2834	1 Cup	340	220	24	15	0	105	690	7	2	3	18	20	20	10	10
Champagne Chicken	2843	1 Cup	360	170	19	11	0	95	770	29	0	1	20	15	0	8	6
Sesame Chicken	2885	1 Cup	390	140	16	3.5	0	55	560	50	2	14	15	6	20	4	10
Shrimp Scampi	2887	1 Cup	450	200	22	12	0.5	150	620	40	0	1	20	0	0	4	10
Korean BBQ Beef	2892	1 Cup	340	90	10	3.5	0	35	850	43	2	11	18	45	15	4	20
Pork Chili Verde	2903	1 Cup	290	110	12	5	0	35	850	29	2	2	17	15	25	4	8
PASTA/SOUPS																	
Beef Lasagna	893	1 Cup	400	180	20	11	0	70	740	31	3	7	25	20	15	40	15
Beef Lasagna	2785	1 Cup	360	160	17	9	0.5	50	890	31	3	8	21	20	15	35	15
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, Bison	3606	1 Cup	210	60	6	2	0	40	820	20	6	4	20	25	10	4	20
Chili, Con Carne	2614	1 Cup	340	170	19	6	0	50	1030	20	3	11	22	20	35	15	15
Clam Chowder, New England	2397	1 Cup	230	130	15	9	0	60	930	17	1	0	10	2	20	2	25
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	440	240	26	12	1	90	750	25	3	6	26	20	15	35	15
Meat Lover's Lasagna	2232C	1 cup	350	160	18	9	1	65	680	29	2	6	20	15	20	20	15
Meat Lover's Lasagna	2790	1 Cup	420	220	25	11	1	75	760	26	2	6	24	15	15	30	15
Omaha's Steakhouse Chili	2363	8 oz.	190	110	13	5	0	35	680	8	2	3	11	20	30	2	15
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	560	300	33	18	0	210	710	38	2	3	19	20	2	15	20
Steak and Portobello Mushroom Ravioli	2403	1/3 meal	260	70	8	4	0	35	700	31	2	5	14	4	2	8	4
Truffle Pasta, Three Cheese	2419	1/3 meal	410	140	16	9	0	75	780	45	2	3	18	10	0	30	4
PORK																	
Bacon Slices, Precooked	177	5 oz.	300	180	21	8	0	95	75	0	0	0	28	0	0	0	20
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 Hunters Sausage, Barbeque	2629	2 links	70	45	5	1.5	0	20	390	1	0	0	5	2	0	4	4
Pork Hunters Sausage, Hot & Spicy	2639	2 links	70	45	5	1.5	0	20	270	1	0	0	5	6	2	4	4
Pork Hunters Sausage, Original	2632	2 links	70	45	5	1.5	0	20	280	1	0	0	5	0	0	4	4
Pork Hunters Sausage, Red Pepper	2628	2 links	70	40	4.5	1.5	0	20	340	3	0	2	5	2	0	4	4

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Nutrition Facts																	
Pork Hunters Sausage, Roasted Garlic	2631	2 links	70	45	5	1.5	0	20	270	1	0	0	5	0	0	4	4
Pork Hunters Sausage, Teriyaki	2630	2 links	70	40	4.5	1.5	0	20	410	2	0	1	5	0	0	2	2
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 Prosciutto 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, St. Louis Style	2788	4 oz.	250	170	18	7	0	80	100	0	0	0	22	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.	110	10	1	0	0	45	490	6	0	4	18	10	2	2	4
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
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
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.	310	110	12	3	0	100	660	7	0	1	39	4	4	4	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, 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
Turkey Burger	3610	100g	140	70	8	2	0	65	290	1	0	0	18	0	2	2	6

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Turkey Roulade	2569	4 oz	150	35	4	1.5	0	55	680	6	1	1	22	10	4	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	390	1	0	0	8	0	0	2	2
Salame, Herb	2552	1 oz.	100	60	7	2.5	0	25	390	0	0	0	8	0	0	0	2
Salame, Smoky Dry	2530	1 oz.	100	60	7	2.5	0	25	390	1	0	0	8	0	0	2	2
Salame, Calabrese	2531	1 oz	100	60	7	2.5	0	25	370	1	0	0	8	4	0	0	2
Salame, Italian Dry	2532	1 oz.	100	60	7	2.5	0	25	400	1	0	0	8	0	0	2	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 Sauce, 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
Simmer Sauce, 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.	240	20	2	0.5	0	100	80	0	0	0	51	2	2	4	8
Coconut Shrimp	1653	~3 pcs	210	100	11	3	0	60	250	19	1	3	10	0	2	2	8
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.	230	140	15	2.5	0	20	370	14	0	0	10	0	0	2	4
Crab Cakes, Gourmet	423	1 pc.	190	100	11	1.5	0	95	410	7	1	1	15	6	10	10	10
Crab Cakes, Gourmet	2882	1 pc.	200	135	15	1.5	0	75	460	8	0	1	10	-	-	6	4
Crab Cakes, Bite Size	2496	4 pcs.	200	80	9	1	0	90	420	7	1	2	21	2	6	8	10
Crab Cakes, Mini	2879	4 pcs.	340	240	27	2.5	0	95	640	13	0	1	13	-	-	6	6
Crab Legs, King	842	3.5 oz.	100	15	1.5	0	0	55	1060	0	0	0	19	0	15	6	4
Haddock, Gluten Free, Ancient Grain	2923	5 oz.	240	90	10	1.5	0	50	430	18	1	1	21	0	0	2	6
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

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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, Faroe Island	2838	6 oz.	300	225	25	6	0	100	110	0	0	0	38	0	0	0	4
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
Scallops, Bacon Wrapped	2765	4 pieces	150	80	9	3	0	40	540	3	0	1	13	0	0	0	4
Sea Bass Fillets	2326	5 oz.	260	180	20	4.5	0	70	230	0	0	0	19	0	0	0	0
Shrimp, Bacon Wrpd w/ Pepprjack	2764	4 pieces	210	130	14	6	0	100	670	2	0	1	15	4	0	15	4
Shrimp Cakes	999	2 pcs.	140	35	4	1.5	0	125	290	11	2	2	16	4	0	25	10
Shrimp, Argentine Red	2914	4 oz.	100	0	0	0	0	143	125	3	0	0	22	0	0	30	15
Shrimp, Blackened	2333	4 oz.	160	60	7	3.5	0	140	780	3	1	0	19	0	4	6	15
Shrimp, Blackened	2893	4 oz.	70	0	0	0	0	150	530	0	0	0	16	0	0	0	0
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
Shrimp, Redhook Beer Battered	2761	6 pcs.	240	100	11	2	0	85	540	21	<1	0	14	0	2	4	15
Snow Crab Claws, Cooked	1364	3 oz.	120	50	5	1	0	80	270	0	0	0	16	4	4	8	4
Snapper, Scarlet	2888	6 oz.	170	20	2.5	0	0	65	110	0	0	0	35	0	0	4	0
Sole Almondine	843	Sole 5 oz.	380	230	26	5	0	50	510	17	1	1	19	0	2	2	4
Sole Fillets w/ Scallops/Crabmeat	847, 191, 850	1 pc.	230	130	14	4.5	0	55	300	4	0	1	21	2	4	4	4
Sole Fillets with Shrimp/Garlic	379	1 pc.	230	130	14	4.5	0	60	290	4	0	0	21	0	4	2	4
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.	280	110	12	2	0	65	700	16	1	1	28	4	2	2	8
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
Trout Fillets, Harissa Encrusted	2743	5.75oz.	360	180	20	4	0	75	490	18	2	3	26	35	50	10	10
Trout Fillets, Parmesan Crusted	2006	5 ¼oz.	330	150	16	4.5	0	75	940	19	<1	2	27	4	4	15	10
SEASONINGS																	
Steak Seasoning	1141	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
Blackened Seasoning	1741	¼ tsp.	0	0	0	0	0	0	95	0	0	0	0	0	0	0	0
Private Reserve Rub	2650	1/3 tsp.	0	0	0	0	0	0	135	0	0	0	0	0	0	0	0
Signature Steak Rub	2651	1/3 tsp.	0	0	0	0	0	0	135	0	0	0	0	0	0	0	0
Sweet Smokey Applewood Rub	2652	1/3 tsp.	5	0	0	0	0	0	85	1	0	0	0	0	0	0	0
Ancho Chile Barbeque Rub	2653	1/3 tsp.	5	0	0	0	0	0	80	1	0	0	0	0	0	0	0
Garlic and Herb Rub	2654	1/3 tsp.	0	0	0	0	0	0	115	1	0	0	0	0	0	0	0
Asian Barbeque Rub	2655	1/2 tsp.	5	0	0	0	0	0	115	0	0	0	0	0	0	0	0
Lemon Pepper	2680	1 tsp.	5	0	0	0	0	0	95	1	0	0	0	0	0	0	0
Mediterranean Rub	2681	1 tsp.	0	0	0	0	0	0	110	1	0	0	0	0	0	0	0
Tex Mex Rub	2682	1 tsp.	5	0	0	0	0	0	80	1	0	0	0	0	0	0	0
Tangy Buffalo Rub	2683	1 tsp.	0	0	0	0	0	0	120	0	0	0	0	2	20	0	0

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
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 Summer Sausage	5328	2 oz.	180	140	16	7	0	30	650	0	0	0	10	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	1372	3 oz.	130	50	6	2	0	50	870	0	0	0	17	0	0	0	4
Ham, Spiral Sliced	2578,79&80	3 oz.	160	90	10	3.5	0	50	990	1	0	1	16	0	0	2	4
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	1/2 cup	90	35	4	1.5	0	5	220	8	2	2	5	6	80	2	4
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
Creamed Spinach	2690	5.5 oz.	130	70	8	5	0	25	640	9	2	2	5	40	2	15	6
Cornbread Sausage Dressing	2717	4 oz.	300	170	19	9	0	55	430	28	1	12	5	6	4	2	6
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	3/4 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
Mexican Street Corn	2803	3 oz.	170	120	13	3.5	0	20	220	12	2	3	4	15	10	6	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	2236, 2588	1 pc.	130	50	6	0.5	0	0	310	19	1	1	2	0	4	0	0
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	2708	1/2 Tray	190	90	10	5	0	15	650	22	2	2	3	4	25	4	4
Potatoes, Scaloped	2672	2/3 Cup	200	100	11	7	0	30	690	17	1	4	7	6	8	20	0
Potatoes, Steakhouse	2230	1/2 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
Roasted Root Vegetables	2720	1/2 Cup	60	0	0	0	0	0	20	13	2	5	2	80	0	2	0
Roasted Potato Salad	2802	1/4 Tray	270	180	20	6	0	30	330	14	1	2	8	6	30	10	6
Quiche Lorraine	2438	4 oz.	390	230	26	13	0	130	170	26	<1	4	12	10	0	15	6
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	1/2 cup	160	80	9	5	0	25	590	18	1	1	4	6	2	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
Five Grain Rice Pilaf	2747	1 cup	170	60	7	3	0	10	250	24	2	1	4	6	4	0	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.	180	50	5	3.5	0	0	310	33	3	13	6	350	25	4	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																	
Garden Sun Veggie Burger	2442	4oz	360	190	21	2	0	0	300	32	6	3	12	50	0	6	20

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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 January 2018.**