

Food Item	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	Allergens									
																	None	milk	egg	soy	peanut	treenut	wheat	fish	shellfish	
Almond crusted sole	1	220	90	10	3	0	60	950	11	0	1	20	0	8	2	4			x	x		x	x	x		
Asian hot dog	1	550	300	34	11	0	80	1510	44	2	7	17	15	10	20	20		x	x	x			x	x		
Beef & cheddar sandwich	1	370	100	11	4.5	0	75	1110	25	1	2	42	4	0	8	20		x		x			x			
Blackened chicken sand	1	350	110	12	1.5	0	55	850	30	0	2	26	0	4	6	8			x	x			x			
Char grilled hamburger & bun	1	310	130	15	5	1	60	340	23	0	2	22	0	0	6	15				x			x			
Cheese quesadilla	1	240	120	14	8	0	35	340	19	0	0	10	8	0	30	6		x		x			x			
Chic brst w/ citrus teriyaki sauce	1	140	20	2	0	0	50	1070	8	<1	6	23	2	15	6	8				x			x			
Chicken cordon bleu	1	230	120	14	3.5	0	55	570	9	0	1	18	0	2	10	4		x					x			
Chicken filet on a bun	1	470	210	24	5	0	60	940	42	1	3	22	2	0	6	10		x	x	x			x			
Chicken strips	4 oz	310	170	19	5	0	95	610	12	0	0	22	2	0	4	6			x	x			x			
Cod strips	3	270	120	14	3	0	75	510	11	<1	1	25	0	6	4	6		x	x	x			x	x		
Coffee-rubbed Cheeseburger	1	540	260	29	11	0	115	1160	31	<1	8	37	8	10	20	25		x		x			x	x		
Cuban sandwich	1	470	120	13	4.5	0	50	1600	62	3	4	25	4	2	15	25		x		x			x			
Falafel quesadilla	1	370	180	20	10	0	40	540	34	3	3	15	35	15	35	15		x		x			x			
Fried eggs	2	160	100	12	3	0	360	160	0	0	0	10	12	0	4	8			x							
Galley boy burger	1	680	420	47	20	1.5	125	2140	34	<1	8	31	8	6	25	20		x	x	x			x			
Garlic herb tilapia	4 oz	240	120	13	2.5	0	40	330	11	0	0	20	0	0	0	6				x			x	x		
Grilled beer brat on bun	1	520	300	33	11	0	75	1220	32	1	2	20	4	0	8	15		x		x			x			
Grilled cheese	1	290	150	17	9	0	40	800	28	2	4	10	10	0	25	10		x		x			x			
Grilled chicken sandwich	1	230	30	3.5	0.5	0	50	770	23	0	2	25	0	2	6	8				x			x			
Grilled ham & swiss	1	320	130	14	8	0	50	960	28	2	3	17	8	0	20	10		x		x			x			
Hot dog on a bun	1	280	160	18	6	0	30	840	21	1	5	9	0	0	6	8				x			x			
Monterey chic w/ avocado sand	1	320	100	12	3.5	0	65	960	23	2	3	30	0	10	2	6		x		x			x			
New England cod sandwich	1	370	130	15	3	0	65	740	32	<1	3	26	0	4	8	10				x			x	x		
Pizza burger	1	550	280	31	14	1	110	1040	30	3	4	35	10	10	30	25		x		x			x			
Pollock fingers	4 oz	290	120	14	2	0	50	490	26	na	na	15	0	0	0	6		x					x	x		
Popcorn shrimp	4 oz	310	150	17	3.5	0	140	1000	28	na	na	13	2	0	6	10		x	x				x		x	

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Pork carnitas	1	300	100	11	1.5	0	<5	1170	45	2	3	8	20	30	15	15				x			x				
Pork meatball banh mi	1	350	180	20	5	0	45	1050	29	2	12	15	100	20	6	10			x	x			x	x			
Pork tenderloin sandwich	1	420	130	14	3.5	0	105	900	33	0	4	39	0	0	8	15				x			x				
Roman burger	1	440	230	26	11	1	95	690	24	2	3	29	4	10	20	15		x					x				
Southern style chicken sand	1	330	35	4	1	0	90	720	39	2	9	36	6	4	0	4		x		x			x	x			
Teriyaki glazed burger	1	340	160	18	7	1	50	750	29	0	7	15	0	0	6	10				x			x				
Toasted-roasted turkey sand	1	480	240	27	9	0	45	1380	37	7	18	25	40	85	30	4		x				x	x				
Turkey cheddar burgers	1	560	210	24	8	0	115	820	53	4	10	39	35	15	20	15		x		x			x				
Turkey club on whole grain	1	710	360	40	14	0	95	2020	57	5	5	31	15	6	30	20		x	x	x		x	x				
Wiener schnitzel ala holstein	1	570	300	33	9	0	335	1340	29	2	7	39	10	8	10	20		x	x	x			x				
Extras																											
Cheese slice	1	50	40	4.5	2.5	0	15	255	0	0	0	3	3	0	8	0		x		x							
Churro beans	1/2 c	90	0	0	0	0	<5	0	18	6	2	5	6	10	4	8	x										
French fries, all varieties	3 oz	250	120	13	3	0	<5	150	29	3	0	3	0	5	0	6				x							
Mexican fiesta rice	1/2 c	150	35	4	0	0	<5	230	25	2	3	3	6	15	4	6	x										
Onion rings	8	250	130	15	3	0	25	360	25	1	4	5	0	4	8	8		x		x			x				
Sweet potato fries	3 oz	240	135	15	1.5	0	0	130	24	3	7	1	70	15	2	0	x										

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