

# Nutritional Information - Hot Entrees



Menu Item	Serving Size	Calories	Nutritional Information														Additional info									
			Cals from Fat	Carbohydrates (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Vegetarian	Vegan	Gluten Free	Egg		Dairy	Soy	Tree Nuts	Peanuts	Fish	Shellfish			
<b>Meatless</b>																										
Asian vegetable stir fry	7 oz portion	278	108	40	13	10	0	0	634	4	31	4	X	X	X											
Cheese lasagna	12 oz portion	647	133	65	28	17	0	110	966	6	9	37	X			X	X	X								
Cheese ravioli	9 pieces with sauce	370	85	57	10	5	0	60	1035	7	15	17	X			X	X									
Cheese tortellini with broccoli & sundried tomatoes in basil cream sauce	10 oz portion	433	229	40	27	9	0	33	406	4	4	12	X			X	X	X								
Chickpea & cauliflower kung pao	3.5 oz portion	184	82	22	10	2	0	0	307	3	4	6	X	X				X							Contains: coconut	
Eggplant parmesan	3 each	309	154	15	18	10	0	215	928	3	5	24	X		X	X	X									
Eggplant stuffed with ricotta and spinach	1.5 oz eggplant with toppings	403	279	10	38	28	0	120	4937	4	6	11	X		X	X	X									
Linguine with julienne red & yellow peppers & sundried tomato in a pesto sauce	5 oz pasta with topping	424	196	50	24	12	0	3	266	4	6	10	X		X		X									
Grilled soy marinated tofu	10 oz portion	346	124	32	22	5	0	0	520	1	24	23	X	X	X			X								
Grilled zucchini boats	1 boat with topping	41	6	11	1	1	0	0	32	3	4	3	X	X	X											
Jackfruit tacos	3 tacos	283	54	59	6	4	0	0	3468	3	46	4	X	X	X											
Portabella mushroom stuffed with spinach & topped with provolone cheese	1 mushroom with toppings	337	237	22	27	20	0	28	875	5	1	18	X		X		X									
Roasted cauliflower steaks	9 oz portion (1 steak)	106	47	14	6	2	0	0	134	7	7	6	X	X	X										Contains: coconut	
Stuffed shells with ricotta cheese	4 shells with sauce	500	157	57	17	10	0	70	1379	7	15	27	X			X	X	X								
Tortellini with butternut squash in spinach cream sauce	10 oz portion	231	26	41	3	1	0	6	455	3	2	8	X			X	X	X								
Vegetable lasagna	12 oz portion	660	134	67	28	17	0	110	978	6	10	38	X			X	X	X								
Vegetarian chili	10 oz portion	200	43	28	7	3	0	0	647	8	8	12	X	X	X											
<b>Beef &amp; Pork</b>																										
Asian beef stir fry	7 oz portion	425	167	40	20	13	0	105	1168	4	31	43			X			X								
Baby back ribs	7 oz portion	580	350	46	40	15	0	129	902	1	22	28			X											
Char grilled flank steak with ginger glaze	7 oz portion	358	114	19	13	6	0	120	1028	0	18	44			X											
Char grilled flank steak with sauteed mushroom au jus	6 oz portion	198	77	2	8	4	0	84	2	1	1	31			X											
Grilled pork tenderloin with a spicy plum sauce	7 oz portion	392	45	38	5	0	0	100	1402	0	40	40			X											
Grilled pork tenderloin with roasted shallot & sundried tomato BBQ sauce	7 oz portion	229	61	5	8	0	0	84	734	1	2	34						X								
Hot sliced top round of beef au jus	6 oz portion	359	93	4	11	4	0	150	197	0	1	59			X											
Meatball sandwich	1 sandwich	540	350	23	39	16	0	90	1370	5	9	26						X								
Orange glazed Virginia smoked ham	6 oz portion	204	25	7	3	1	0	33	1395	0	15	23			X											
Pastrami Ruben	1 sandwich	803	410	58	46	18	0	264	2149	3	7	45					X	X								
Roasted pork tenderloin with dijon cream sauce	7 oz portion	318	84	5	11	4	0	120	1273	0	2	46			X		X									
Roasted pork tenderloin with rosemary au jus	6 oz portion	125	90	6	12	1	0	0	113	1	0	1														
Sausage Lasagna	12 oz portion	647	133	65	28	17	0	110	966	6	9	37				X	X	X								
Sausage sandwich	1 sandwich	657	429	20	48	18	0	96	1757	4	12	35						X								
<b>Poultry</b>																										
Asian chicken stir fry	7 oz portion	425	138	40	17	10	0	89	679	4	31	30			X											
Char grilled BBQ chicken	7 oz portion	349	68	23	8	1	0	142	731	0	20	42			X											
Char grilled chicken with wild mushrooms & lemon herb sauce	6 oz portion	191	33	8	4	1	0	97	52	2	1	30			X											
Char grilled smokey maple chicken	6 oz portion	330	149	2	17	2	0	136	419	0	1	41			X											
Chargrilled chicken breast with lime/brown sugar & whole grain mustard marinade	7 oz portion	289	45	7	7	0	0	133	501	1	6	40			X											
Fettucini with chicken, julienne red & yellow peppers & sundried tomato in a pesto sauce	5 oz pasta with topping	182	36	1	4	0	0	107	55	1	1	32														
Hot sliced turkey breast with gravy	6 oz portion	222	32	11	4	1	0	93	3192	1	7	36			X											
Sauteed chicken breast with artichoke hearts in a lemon herb sauce	7 oz portion	204	39	4	6	2	0	12	854	2	2	36			X											
Sauteed chicken breast with dijon cream sauce	7 oz portion	291	74	4	9	3	0	146	361	0	2	42					X									
Sauteed chicken strips and julienne vegetables in an asian black bean sauce	7 oz portion	147	29	1	4	0	0	85	52	1	1	26						X								
Sauteed chicken with spinach, sundried tomatoes & goat chese in a lemon herb sauce	7 oz portion	268	57	4	7	1	0	147	218	2	2	45			X		X									
Sauteed chicken breast with mushrooms, shallots, & marsala wine	6 oz portion	215	59	7	7	3	0	82	563	1	1	26			X											
Turkey Ruben	1 sandwich	759	366	60	42	15	0	143	2214	3	12	38														
White bean chicken chili	8 oz portion	219	43	11	5	1	0	91	90	4	2	30			X		X									
<b>Fish</b>																										
BBQ seasoned salmon filet	7 oz portion	233	50	4	7	2	0	97	687	2	2	39			X								X			Contains: Salmon
Broiled flounder filet stuffed with sauteed spinach & roasted pepper	1 portion	147	66	2	8	1	0	62	429	1	1	20			X							X				Contains: Flounder
Broiled salmon filet with lemon dill sauce	6 oz portion	295	121	2	14	4	0	98	667	6	1	38			X		X					X				Contains: Salmon
Herb crusted salmon filet in dijon cream sauce	7 oz portion	286	75	1	9	4	0	117	822	0	0	44			X		X					X				Contains: Salmon
Jumbo crabcake with herbed tartar	2-3 oz cakes with tartar	325	86	23	10	2	0	168	1283	7	2	36										X				Contains: Crab
Pan seared sea bass with black bean garlic sauce & cilantro	7 oz portion	224	58	3	7	1	0	90	1054	1	2	43					X					X				Contains: Sea bass
Sauteed shrimp & scallop scampis with fresh tomato	6 oz portion	172	51	4	6	1	0	141	731	1	3	23			X							X				Contains: Shrimp; Scallops

**X1**

Mini sandwiches are calculated as the equivalent of 1/3 of a normal sized sandwich. See our sandwiches nutrition facts chart for additional information.

**DISCLAIMER**

Nutritional information is based on standard recipes and uses the latest nutritional data available from the USDA as well as nutritional data provided by food manufacturers about their products. Variations may occur due to product availability and food preparation. If you have a food allergy, please note that many of our menu items may potentially come in contact with other allergens. This site is not a substitute for the services of a trained health professional.