



BALANCED CHOICES
for a healthy lifestyle

	Calories	Total Fat	Sat Fat	Carb	Fiber	Protein	Sodium
Poached Salmon with Mango Salsa	186	4.5 g	1 g	13 g	2 g	24 g	262 mg
Grapefruit and Avocado Salad with Grilled Chicken	368	11 g	2 g	51 g	7 g	22 g	105 mg
Carved Adobo Loin of Pork	237	14 g	5 g	1 g	0 g	25 g	126 mg
Almond Chicken Fettuccini	370	11 g	2 g	33 g	4 g	33 g	417 mg
Chicken Breast Salad on Whole Wheat	277	8 g	2 g	25 g	4 g	26 g	416 mg
Honey Hoisin Pork Loin (1)	267	14 g	5 g	10 g	0 g	25 g	485 mg
Pasta Primavera with Herbed Tuna Salad	255	2.5 g	0 g	34 g	6 g	25 g	407 mg
Grilled Salmon Fillet	146	5 g	1 g	0 g	0 g	23 g	130 mg
Spicy Pork Chop	222	9 g	3 g	14 g	1 g	20 g	122 mg
Chicken Piccata	251	13 g	2 g	5 g	0 g	26 g	321 mg
BBQ Roasted Salmon	187	4.5 g	1 g	13 g	0 g	23 g	349 mg
Baked Fish with Apple Chipotle Salsa	152	3 g	0 g	8 g	1 g	21 g	133 mg
Chicken Parmesan	447	8 g	2 g	46 g	5 g	45 g	500 mg
Grilled Citrus Chicken	204	3 g	1 g	18 g	0 g	26 g	159 mg
Asian Salad with Grilled Salmon	265	10 g	2 g	15 g	6 g	29 g	232 mg
Cinnamon Apple Pork with Noodles	398	13 g	5 g	48 g	2 g	24 g	381 mg
Pasta Primavera Salad with Grilled Chicken	296	5 g	1 g	30 g	6 g	34 g	251 mg
Baked Fish Florentine	170	3.5 g	0.5 g	8 g	2 g	26 g	492 mg
Hummus Spinach Feta & Tomato Sandwich (1/2 sandwich)	138	5 g	2.5 g	16 g	3 g	7 g	357 mg
Cider Glazed Chicken Breast	236	8 g	4 g	14 g	1 g	26 g	98 mg
Apple and Tuna Pita Pocket	303	8 g	1 g	43 g	7 g	17 g	509 mg
Almond Baked Fish	259	10 g	2 g	16 g	1 g	25 g	425 mg
Lemon Chicken with Thyme	191	5 g	1 g	8 g	0 g	27 g	246 mg
Italian Skillet Chicken	307	10 g	3.5 g	18 g	2 g	34 g	539 mg

Maple Glazed Salmon	187	4 g	1 g	13 g	0 g	23 g	229 mg
Curry Grilled Salmon	148	4 g	1 g	3 g	1 g	23 g	272 mg
Citrus Marinated Pork Loin	203	9 g	3 g	4 g	1 g	25 g	164 mg
Chicken Breast Cacciatore	230	8 g	1.5 g	12 g	3 g	28 g	294 mg
Cuban Style Chicken Breast	178	3 g	1 g	9 g	2 g	27 g	452 mg
Cod Piccatta	232	10 g	2 g	7 g	0 g	27 g	665 mg
Baked Pollock Mediterranean	204	4 g	0 g	12 g	2 g	24 g	194 mg
Honey Dijon Grilled Chicken Sandwich	360	7 g	2 g	41 g	3 g	32 g	512 mg
Cider Glazed Chicken Breast	236	8 g	4 g	14 g	1 g	26 g	98 mg
Beef and Green Peppers	231	11 g	4 g	8 g	1 g	21 g	229 mg
Honey Glazed Chicken	234	5 g	1 g	20 g	0 g	26 g	205 mg
Crab Cakes	135	7 g	1 g+	13 g	1 g+	6 g	600 mg
Honey Hoisin Pork Loin (2)	190	8 g	3 g	6 g	0 g	23 g	341 mg
Herbed Lemon BBQ Chicken	174	5 g	1 g+	5 g	0 g+	26 g	297 mg
Grilled Pork Loin with Asian Sauce	136	4 g	1 g	0 g	0 g	22 g	93 mg
Beef and Broccoli Stir Fry	397	12 g	4 g	35 g	3 g	36 g	553 mg
Lemon Mustard Herb Chicken with Walnuts	255	8 g	1.5 g	3 g	0 g	26 g	530 mg
Asian Salad w/ Grilled Chicken and Peanuts	267	8 g	2 g	16 g	6 g	34 g	274 mg
Orange Marinated Tilapia with Walnuts	188	6 g	0 g	10 g	0 g	23 g	161 mg
Herbed Tuna Salad	78	1 g	0 g	3 g	0 g	14 g	283 mg
Cashew Chicken Stir Fry	304	18 g	3.5 g	18 g	3 g	19 g	404 mg

*We attempt to provide nutrition information that is as complete as possible. The nutritional values listed are based on standard product formulations and data from our suppliers. Variations may occur due to the use of regional suppliers, seasonal influences, and differences in product preparation at the restaurant level, recipe revisions, and other factors. This information is always subject to change, and will be updated periodically.

+ Indicates partial nutrition values