

Newk's

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
Salads						
Half Caesar Salad	220	n/a	370	16	2	9
Ahi Tuna Salad	330	n/a	360	29	5	31
Garden Salad	320	n/a	350	27	6	12
Shrimp Remoulade Salad	370	n/a	470	10	4	41
Salads – Added Meat						
Ahi Tuna	140	n/a	135	1	0	26
Roasted Turkey Breast	50	n/a	470	0	0	10
Shrimp	220	n/a	460	0	0	35
Grilled Chicken	170	n/a	210	0	0	32
Grilled Steak	240	n/a	540	0	0	27
Grilled Salmon	480	n/a	410	0	0	34
Half Sandwiches						
Half Farmers Market	320	n/a	580	42		11
Half Grilled Steak Sandwich	340	n/a	650	41	2	21
Half Pesto Chicken	300	n/a	600	37	4	24
Half Shrimp Po'Boy Sandwich	390	n/a	960	43	2	25
Pizza (Per Slice)						
BBQ Chicken	180	n/a	310	17	0	11
Margherita	130	n/a	210	12	0	5
Spicy Chicken	190	n/a	240	12	1	11
Spicy Shrimp	170	n/a	230	12	1	8
Soups - Cup						
Chicken Tortilla	150	n/a	1150	16	1	9
Grilled Vegetable	80	n/a	1510	12	2	2
Newcomb Chili	290	n/a	1040	27	6	17

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
Sides						
Apple Sauce	40	n/a	0	11	0	0
Fresh Fruit	140	n/a	35	36	4	2
Lays Baked Potato Chips	140	n/a	150	26	2	2
Multigrain Sunchips	210	n/a	140	29	3	3
Tippah Caviar	110	n/a	250	13	3	5
Grab-N-Go						
Chicken Salad on Wheatberry	830	n/a	1260	78	5	38
Roast Beef on Wheatberry	560	n/a	1320	75	4	42
Turkey Breast On Wheatberry	660	n/a	2060	78	4	50
Sauces / Dressings – 3 oz						
Creole Mustard	15	n/a	230	0	0	0
Horseradish Sauce	48	n/a	37	1	1	0
Mayonnaise	50	n/a	45	0	0	0
Olive Oil	70	n/a	0	0	0	0
Fat Free Ranch	30	n/a	260	3	0	5
Raspberry Vinaigrette	260	n/a	230	18	0	0
Kid's Menu						
Grilled Ham & Cheese	260	n/a	1130	27	0	20
Grilled Cheese	360	n/a	620	27	0	19
Turkey and Cheese	260	n/a	1010	28	1	22