

Newk's

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
Salads (full size-no dressing)						
Caesar Salad	220	n/a	330	18	2	6
Garden Salad	280	n/a	410	15	4	14
Shrimp & Avocado Salad	380	n/a	620	12	6	25
Salads – Added Meat Equivalent to 1 serving						
Shrimp	110	n/a	230	0	0	18
Grilled Chicken	170	n/a	210	0	0	32
Grilled Steak	180	n/a	410	0	0	20
Grilled Salmon	480	n/a	410	0	0	33
Half Sandwiches						
Half Shrimp Po'Boy Sandwich	340	n/a	920	42	1	15
Half Turkey & Swiss Sandwich	350	n/a	1260	37	4	21
Half Pesto Chicken	440	n/a	720	38	4	28
Half Chicken Salad Sandwich	470	n/a	850	37	4	21
Half Portabella Veggie	340	n/a	540	40	1	12
Pizza (Per Slice)						
BBQ Chicken	160	n/a	300	13	0	8
Margherita	120	n/a	210	8	0	4
Mediterranean	160	n/a	370	8	0	9
Spicy Shrimp	140	n/a	240	8	0	8
Soups - Cup						
Chicken & Dumplings	150	n/a	1150	16	1	9
Tomato Basil	360	n/a	1200	25	2	5
Chili	250	n/a	980	22	6	14

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
Sides						
Apple Sauce	40	n/a	0	11	<1	0
Fresh Fruit	45	n/a	10	11	0	0
Newk's Jalapeno Kettle Chips	200	n/a	300	23	0	2
Multigrain Sunchips	210	n/a	140	29	3	3
Pasta Salad	230	n/a	450	27	1	4
Grab-N-Go						
Roast Beef on Croissant	530	n/a	1040	41	0	33
Chicken Salad on Wheatberry	900	n/a	1440	75	3	44
Turkey Breast On Wheatberry	620	n/a	1820	74	3	44
Sauces / Dressings - 3 oz						
Lemon Basil Vinaigrette	280	n/a	40	6	3	0
Balsamic Vinaigrette	350	n/a	5	4	0	0
Kid's Menu						
Ham & Cheese Sandwich	260	n/a	1130	27	0	19
Turkey & Cheese Sandwich	260	n/a	1000	27	0	21
Cheese Pizza	390	n/a	620	24	1	13

Winter 2024