

| | Calories | Saturated Fat (g) | Sodium (mg) | Carbohydrates (g) | Protein (g) |
|---|----------|-------------------|-------------|-------------------|-------------|
| Entrée Salad | | | | | |
| Caesar Salad | 290 | 7 | 810 | 9 | 8 |
| Grilled Chicken Pecan Salad | 630 | 13 | 1200 | 21 | 56 |
| -without cheese* | 530 | 8 | 1035 | 21 | 49 |
| Kale Salad | 560 | 11 | 1355 | 31 | 22 |
| Kale Salad – No Parmesan | 410 | 5 | 775 | 30 | 9 |
| Grilled Shrimp (add on) | 80 | 1 | 390 | 0 | 13 |
| Grilled Salmon (add on) | 265 | 5 | 135 | 0 | 35 |
| Grilled Chicken (add on) | 145 | 1 | 882 | 0 | 28 |
| Salad Dressings | | | | | |
| Balsamic Vinaigrette | 110 | 1 | 340 | 8 | 0 |
| Pomegranate Vinaigrette | 110 | 1 | 250 | 14 | 0 |
| Chicken | | | | | |
| Key West Chicken & Shrimp | 550 | 4 | 2330 | 63 | 49 |
| Steaks | | | | | |
| 6 oz. Top Sirloin Steak w/ Onion Straws | 410 | 9 | 520 | 13 | 24 |
| Seafood | | | | | |
| Grilled Whitefish - Lemon Pepper | 490 | 5 | 1650 | 34 | 52 |
| Grilled Salmon | 590 | 7 | 1260 | 33 | 44 |
| Combinations | | | | | |
| 6 oz. Top Sirloin Steak w/ Grilled Shrimp | 720 | 11 | 1810 | 62 | 39 |



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|---|----------|-------------------|-------------|-------------------|-------------|
| Lighter Side | | | | | |
| Lighter Side Grilled Salmon | 440 | 5 | 1060 | 33 | 29 |
| Lighter Side Grilled Salmon - Blackened | 450 | 5 | 1370 | 34 | 29 |
| Lighter Side Grilled Salmon -Bourbon Glazed | 560 | 5 | 1510 | 60 | 29 |
| Lighter Side Whitefish -Lemon Pepper | 340 | 4 | 1200 | 33 | 28 |
| Lighter Side Whitefish -Blackened | 350 | 4 | 1470 | 35 | 28 |
| Grilled Tilapia & Shrimp -with Mango Salsa | 490 | 5 | 1920 | 45 | 51 |
| Lemon Pepper Chicken | 520 | 5 | 2340 | 35 | 68 |
| Sandwiches | | | | | |
| Maple Bacon Chicken Sandwich | 930 | 17 | 2260 | 63 | 58 |
| OMIT cheese & bacon* | 700 | 9 | 1195 | 63 | 42 |
| Made From Scratch Sides (Veggie Plate) | | | | | |
| Buttered Off-The-Cob Corn | 110 | 1 | 80 | 22 | 4 |
| Fresh Steamed Broccoli | 100 | 4 | 105 | 6 | 3 |
| Sweet Baby Carrots | 35 | 0 | 75 | 9 | 0 |
| Southern Green Beans | 60 | 1 | 190 | 8 | 0 |
| Freshly Made Coleslaw | 170 | 3 | 200 | 14 | 0 |
| House Salad | 140 | 4 | 210 | 9 | 7 |
| Kids | | | | | |
| Kids Chicken Tenders | 630 | 7 | 1050 | 18 | 44 |
| Kids Grilled Chicken | 280 | 3 | 1250 | 21 | 34 |
| Kids Penne Pasta Marinara | 420 | 4 | 980 | 63 | 12 |