

Newk's

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
Salads						
Asian Shrimp & Pineapple Salad	80	n/a	30	18	5	3
Caesar Salad	220	n/a	330	19	4	9
Garden Salad	290	n/a	420	18	6	15
Shrimp & Avocado Salad	350	n/a	690	15	7	34
Salads – Added Meat Equivalent to 1 serving						
Oven-Roasted Turkey Breast	50	n/a	470	<1	0	10
Shrimp	140	n/a	300	0	0	23
Grilled Chicken	170	n/a	210	0	0	32
Grilled Steak	240	n/a	540	<1	0	27
Grilled Salmon	480	n/a	410	0	0	34
Half Sandwiches						
Half Shrimp Po'Boy Sandwich	360	n/a	880	43	2	19
Half Turkey & Swiss Sandwich	370	n/a	1320	39	2	25
Half Pesto Chicken	420	n/a	650	39	2	28
Half Chicken Salad Sandwich	510	n/a	1030	39	2	22
Pizza (Per Slice)						
BBQ Chicken	170	n/a	300	17	<1	9
Margherita	130	n/a	210	12	<1	5
Mediterranean	170	n/a	420	13	1	10
Spicy Shrimp	170	n/a	230	12	1	8
Soups - Cup						
Chicken Tortilla	150	n/a	1150	16	1	9
Tomato Basil	360	n/a	1210	26	2	5
Chili	270	n/a	990	26	6	15

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	140	n/a	35	36	4	2
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	2	5
<i>Grab-N-Go</i>						
Roast Beef on Croissant	480	n/a	1020	41	0	35
Chicken Salad on Wheatberry	830	n/a	1260	77	5	38
Turkey Breast On Wheatberry	650	n/a	2080	78	4	50
<i>Sauces / Dressings – 3 oz</i>						
Ranch	300	n/a	590	5	0	2
Lemon Basil Vinaigrette	340	n/a	45	6	0	0
Honey Mustard	400	n/a	590	39	0	0
Balsamic Vinaigrette	420	n/a	5	5	0	0
Caesar	430	n/a	610	2	0	1
Blue Cheese	500	n/a	680	2	0	4
<i>Kid's Menu</i>						
Ham & Cheese Sandwich	260	n/a	1130	27	<1	19
Turkey & Cheese Sandwich	260	n/a	1000	28	<1	22
Cheese Pizza	320	n/a	660	38	2	16
<i>Desserts</i>						
Big Crispy	280	n/a	210	60	0	2
Brownie	520	n/a	180	66	3	6
Caramel Cake Slice	680	n/a	700	106	0	7