



Core Menu Nutritional Information Harvest 2020

Please note our Nutritional Information is calculated using approximate ingredients from an online database and may contain discrepancies. Feature Menu items can be referenced by closest Core Menu item.

SALADS	SIZE	CALORIES	PROTEIN (G)	CARBS (G)	FAT (G)	CHOL (MG)	SODIUM (MG)
CAESAR SALAD	8oz	203.9	4.8	11.9	16.7	11.2	166.5
BISTRO SALAD	8oz	186.4	3.3	14.9	13.7	0.0	83.2
SOUPS	SIZE	CALORIES	PROTEIN (G)	CARBS (G)	FAT (G)	CHOL (MG)	SODIUM (MG)
STRAIGHT UP TOMATO	12oz	135.6	2.9	23.5	3.4	0.0	425.9
CRAB BISQUE	12oz	140.5	5.8	15.6	4.7	26.2	457.6
SUNSET CORN	12oz	199.4	11.0	27.6	6.3	36.1	383.1
MUSHROOM MEDLEY	12oz	135.5	3.9	9.3	8.4	12.2	401.5
SANDWICHES	SIZE	CALORIES	PROTEIN (G)	CARBS (G)	FAT (G)	CHOL (MG)	SODIUM (MG)
GOOEY GRILLERS	200g	247.9	17.6	8.2	16.1	55.8	471.9
DOS DIABLOS	200g	201.9	9.9	9.2	14.1	41.8	395.4
TASTIER CHICKEN	200g	227.6	11.1	14.6	14.2	41.2	403.8
EL CUBANO	200g	245.6	14.0	13.8	15.0	47.0	428.4
MAINS	SIZE	CALORIES	PROTEIN (G)	CARBS (G)	FAT (G)	CHOL (MG)	SODIUM (MG)
FRENCH ONION	15oz	187.0	9.7	20.9	7.0	18.7	676.1
MAC AND CHEESE	14oz	493.4	22.1	53.1	21.2	69.4	535.4
BOURGUIGNON	16oz	398.3	28.5	21.0	18.7	79.4	562.5
RATATOUILLE	16oz	349.1	15.4	29.2	19.5	31.6	589.2
CHICKEN POT PIE	16oz	416.0	18.1	26.3	26.7	102.5	487.9
SIDES	SIZE	CALORIES	PROTEIN (G)	CARBS (G)	FAT (G)	CHOL (MG)	SODIUM (MG)
MASHED POTATOES	6oz	152.8	2.5	21.6	6.5	14.9	89.6
HOUSE BREAD	60g	106.2	3.4	21.8	0.8	0.0	273.8
BISCUITS	1ea	101.0	2.7	13.5	4.0	2.7	71.5
DESSERTS	SIZE	CALORIES	PROTEIN (G)	CARBS (G)	FAT (G)	CHOL (MG)	SODIUM (MG)
CHOCOLATE MOUSSE	100ml	250.9	5.0	18.6	16.8	111.8	47.9
STICKY TOFFEE PUDD	115g	294.9	4.0	49.8	10.0	37.6	114.4
VANILLA ICE CREAM	2oz	69.6	1.2	7.9	3.7	14.7	26.8