



Core Menu Nutritional Information Harvest 2022

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)
BISTRO SALAD	8oz	203.9	4.8	11.9	16.7	11.2	166.5
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
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
TASTY 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	287.0	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
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
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