

| Nutrition Facts | Selection # | Serving Size | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) | Vitamin A %DV | Vitamin C %DV | Calcium %DV | Iron %DV |
|--|-------------|--------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|-------------|---------------|---------------|-------------|----------|
| APPETIZERS | | | | | | | | | | | | | | | | | |
| Antipasto Bread | 2670 | 5 oz. | 310 | 110 | 12 | 6 | 0 | 25 | 620 | 37 | 0 | 1 | 13 | 10 | 20 | 25 | 2 |
| Aged Cheddar & Bacon Tater Tots | 2679 | 4 pieces | 210 | 100 | 11 | 2.5 | 0 | 10 | 470 | 21 | 1 | 1 | 6 | 0 | 4 | 6 | 4 |
| Arancini with Chicken, Swiss and Ham | 2567 | 3 pieces | 190 | 110 | 13 | 4 | 0 | 30 | 220 | 14 | 1 | 0 | 9 | 2 | 2 | 8 | 4 |
| Arancini, Black Truffle & Mushroom | 2725 | 2 pieces | 80 | 45 | 5 | 2 | 0 | 10 | 260 | 9 | 0 | 0 | 3 | 2 | 2 | 4 | 2 |
| Beef Snack Sticks | 2257 | 1 link | 80 | 50 | 7 | 2 | 0 | 25 | 370 | 0 | 0 | 0 | 7 | 0 | 0 | 0 | 4 |
| Brie Bites, Caramelized Onion | 2727 | 2 pieces | 140 | 70 | 8 | 4 | 0 | 20 | 180 | 13 | 1 | 4 | 4 | 0 | 0 | 8 | 4 |
| Brie Bites, Fig and Apple | 2728 | 2 pieces | 140 | 70 | 8 | 4 | 0 | 20 | 180 | 13 | 1 | 4 | 4 | 0 | 0 | 8 | 4 |
| Brie Bites, Raspberry Chipotle | 2726 | 2 pieces | 140 | 70 | 7 | 4 | 0 | 20 | 170 | 14 | 0 | 5 | 4 | 0 | 0 | 8 | 2 |
| Chicken Wings, Buffalo | 2499 | 3 pieces | 330 | 190 | 21 | 6 | 0 | 105 | 2210 | 10 | 1 | 3 | 24 | 30 | 2 | 2 | 8 |
| Dip, Creamy Artichoke Parmesan | 2677 | 2 oz. | 160 | 140 | 16 | 7 | 0 | 35 | 350 | 4 | 0 | 0 | 5 | 8 | 0 | 4 | 4 |
| Dip, Buffalo Chicken | 2678 | 2 oz. | 170 | 120 | 14 | 9 | 0 | 55 | 200 | 1 | 0 | 0 | 9 | 10 | 0 | 10 | 4 |
| Filet Mignon Spring Rolls | 2694 | 1 pc. | 190 | 60 | 6 | 3 | 0 | 30 | 510 | 24 | 1 | 1 | 7 | 2 | 2 | 6 | 4 |
| Filet Mignon Bites | 2692 | 2 pieces | 80 | 45 | 5 | 2.5 | 0 | 5 | 135 | 7 | 0 | 0 | 2 | 4 | 0 | 0 | 0 |
| Flatbread, Buffalo Chicken | 2736 | 5 oz. | 240 | 80 | 9 | 6 | 0 | 30 | 1650 | 25 | 3 | 2 | 14 | 8 | 2 | 15 | 8 |
| Flatbread, Italian Sausage | 2667 | 5 oz. | 380 | 200 | 22 | 8 | 0 | 25 | 820 | 30 | 4 | 3 | 15 | 8 | 15 | 15 | 10 |
| Flatbread, Pulled Pork Artisan | 2625 | 5 oz. | 280 | 80 | 9 | 5 | 0 | 30 | 790 | 32 | 3 | 7 | 15 | 6 | 8 | 15 | 8 |
| Flatbread, Steak Lovers | 2626 | 5 oz. | 340 | 160 | 18 | 8 | 0 | 45 | 660 | 31 | 4 | 3 | 13 | 15 | 20 | 10 | 15 |
| Everything Dog in a Blanket | 2741 | 3 pc. | 300 | 200 | 22 | 9 | 0 | 55 | 510 | 16 | 1 | 1 | 9 | 6 | 0 | 4 | 8 |
| Gourmet Franks in a Blanket | 2307 | 3 pc. | 290 | 190 | 22 | 9 | 0 | 55 | 560 | 16 | 0 | 0 | 8 | 6 | 0 | 2 | 8 |
| Salmon Lox, Norwegian | 2661 | 2 oz. | 140 | 80 | 9 | 3 | 0 | 35 | 400 | 0 | 0 | 0 | 11 | 0 | 0 | 0 | 0 |
| BEEF | | | | | | | | | | | | | | | | | |
| Beef Ribeye Steaks | 516 | 8 oz. | 620 | 450 | 50 | 20 | 0 | 155 | 130 | 0 | 0 | 0 | 40 | 0 | 0 | 2 | 25 |
| Beef Rib Roast, Boneless | 686 | 3 oz. | 230 | 170 | 19 | 8 | 0 | 60 | 50 | 0 | 0 | 0 | 15 | 0 | 0 | 0 | 8 |
| Beef Pot Roast –Fully Cooked | 1163 | 6 oz. | 220 | 80 | 8 | 2 | 0 | 95 | 710 | 2 | <1 | 2 | 33 | 0 | 0 | 4 | 25 |
| Beef Ribeye Slices/Fully Cooked | 1167 | 8 oz. | 570 | 410 | 45 | 18 | 0 | 140 | 450 | 3 | 0 | 0 | 36 | 2 | 0 | 4 | 25 |
| Beef Sirloin Tips | 1547 | 3 oz. | 180 | 110 | 12 | 5 | 0 | 55 | 45 | 0 | 0 | 0 | 16 | 0 | 0 | 0 | 10 |
| Beef Flat Iron Steaks | 1582 | 7 oz. | 350 | 190 | 21 | 8 | 0 | 130 | 150 | 0 | 0 | 0 | 38 | 0 | 0 | 0 | 25 |
| Beef Sirloin Stew | 1637 | 1 cup | 200 | 80 | 8 | 2 | 0 | 30 | 1100 | 20 | 3 | 4 | 14 | 10 | 15 | 4 | 10 |
| Beef Porterhouse Steak | 1640 | 24 oz. | 1760 | 1230 | 137 | 55 | 0 | 465 | 350 | 0 | 0 | 0 | 122 | 0 | 0 | 4 | 70 |
| Beef, Frank Classic | 2317 | 3 oz. | 200 | 140 | 15 | 4.5 | 0 | 35 | 920 | 5 | 0 | 3 | 11 | 0 | 0 | 4 | 6 |
| Beef Brisket, Burger | 2370 | 6 oz. | 470 | 340 | 38 | 15 | 0 | 155 | 105 | 0 | 0 | 0 | 31 | 0 | 0 | 2 | 15 |
| Beef Brisket, Classic Roast | 2425 | 4 oz. | 330 | 230 | 25 | 8 | 0 | 75 | 620 | 10 | 0 | 7 | 14 | 2 | 6 | 2 | 8 |
| Beef Flank Steak | 2443 | 4 oz. | 140 | 50 | 6 | 2.5 | 0 | 60 | 55 | 0 | 0 | 0 | 21 | 0 | 0 | 2 | 8 |
| Beef Ribeye Steak, King Cut | 2524 | 10 oz. | 780 | 560 | 62 | 25 | 0 | 195 | 160 | 0 | 0 | 0 | 50 | 0 | 0 | 2 | 30 |
| Beef Flat Iron Steaks | 2530 | 4 oz. | 270 | 120 | 13 | 5 | 0 | 95 | 80 | 0 | 0 | 0 | 35 | 0 | 0 | 2 | 25 |
| Beef Brisket, Sliced, Hickory Smoked | 2766 | 3 oz. | 250 | 180 | 20 | 9 | 0 | 75 | 440 | 1 | 0 | 0 | 15 | 2 | 2 | 0 | 8 |
| Beef Jerky, Teriyaki | 2636 | 1 oz. | 60 | 15 | 1.5 | 0.5 | 0 | 15 | 380 | 2 | 0 | 1 | 8 | 0 | 0 | 0 | 4 |
| Beef Jerky, Mild Pepper | 2637 | 1 oz. | 60 | 15 | 1.5 | 0.5 | 0 | 15 | 280 | 3 | 0 | 2 | 8 | 0 | 20 | 0 | 4 |
| Beef Jerky, Original | 2638 | 1 oz. | 60 | 15 | 1.5 | 0.5 | 0 | 15 | 280 | 3 | 0 | 3 | 8 | 0 | 20 | 0 | 4 |
| Beef Brisket, Raw | 2644 | 4 oz. | 150 | 40 | 4.5 | 1.5 | 0 | 75 | 85 | 0 | 0 | 0 | 25 | 0 | 0 | 2 | 15 |
| Beef, Bacon Wrapped Vintage FLT | 2668 | 5 oz. | 300 | 190 | 21 | 9 | 0 | 75 | 180 | 0 | 0 | 0 | 26 | 0 | 2 | 4 | 10 |
| Beef Shepherd's Pie | 2740 | 1 cup | 330 | 180 | 20 | 9 | 1 | 60 | 730 | 23 | 3 | 4 | 14 | 8 | 20 | 6 | 10 |
| Beef Sirloin Tips with Mushroom and Wine Sauce | 1568 | 9 oz. | 240 | 90 | 10 | 3.5 | 0 | 80 | 1100 | 8 | <1 | 1 | 31 | 2 | 6 | 4 | 15 |
| Beef Sirloin Tips with Mushroom and Wine Sauce | 2795 | 9 oz. | 320 | 150 | 16 | 7 | 0 | 90 | 1020 | 9 | 1 | 3 | 33 | 4 | 6 | 4 | 15 |
| Beef Sirloin Tri Tip Roast | 2285 | 3 oz. | 170 | 100 | 11 | 4.5 | 0 | 55 | 50 | 0 | 0 | 0 | 17 | 0 | 0 | 0 | 10 |
| Beef Short Ribs, Boneless | 2762 | 3 oz | 330 | 270 | 30 | 13 | 0 | 65 | 40 | 0 | 0 | 0 | 12 | 0 | 0 | 0 | 8 |
| Beef Skirt Steak | 2545 | 4 oz. | 170 | 80 | 8 | 3 | 0 | 70 | 75 | 0 | 0 | 0 | 24 | 0 | 0 | 0 | 10 |
| Beef Stroganoff w/Noodles | 1567 | 1 cup | 340 | 130 | 14 | 6 | 0 | 35 | 1200 | 24 | 1 | 2 | 26 | 4 | 0 | 4 | 15 |

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|--|--------------|--------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|-------------|---------------|---------------|-------------|----------|
| Nutrition Facts | | | | | | | | | | | | | | | | | |
| Beef Tri Tip Roast | 2285 | 3 oz. | 170 | 100 | 11 | 4.5 | 0 | 55 | 50 | 0 | 0 | 0 | 17 | 0 | 0 | 0 | 10 |
| Beef Wellington | 2448 | 7 oz. | 520 | 310 | 35 | 14 | 0 | 95 | 550 | 20 | 1 | 1 | 29 | 0 | 2 | 6 | 25 |
| Calf's Liver | 929 | 4.5 oz. | 170 | 50 | 6 | 2 | 0 | 395 | 80 | 6 | 0 | 0 | 23 | 380 | 45 | 2 | 35 |
| Chicken Fried Steak | 2366 | 4.5 oz. | 320 | 130 | 14 | 4 | 0 | 45 | 690 | 28 | 1 | 0 | 19 | 0 | 0 | 2 | 15 |
| Ground Beef, Filet Mignon Burger | 2662/2664 | 5.3 oz. | 440 | 340 | 38 | 14 | 0 | 110 | 100 | 0 | 0 | 0 | 24 | 0 | 0 | 4 | 15 |
| Ground Beef, Filet Mignon Sliders | 2663 | 2 oz. | 160 | 130 | 14 | 5 | 0 | 40 | 40 | 0 | 0 | 0 | 9 | 0 | 0 | 2 | 6 |
| Ground Beef | 1136 | 3 oz. | 220 | 150 | 17 | 7 | 0 | 60 | 55 | 0 | 0 | 0 | 15 | 0 | 0 | 2 | 10 |
| Omaha Steaks Premium | | | | | | | | | | | | | | | | | |
| Ground Beef Burgers | 1249 | 4 oz. | 290 | 200 | 23 | 9 | 0 | 80 | 75 | 0 | 0 | 0 | 19 | 0 | 0 | 2 | 10 |
| Omaha Steaks | | | | | | | | | | | | | | | | | |
| Ground Beef Burgers | 1724 | 5 oz. | 360 | 260 | 28 | 11 | 0 | 100 | 95 | 0 | 0 | 0 | 24 | 0 | 0 | 2 | 15 |
| Omaha Steaks | | | | | | | | | | | | | | | | | |
| Ground Beef Burgers | 118 | 4 oz. | 240 | 150 | 17 | 7 | 0 | 80 | 75 | 0 | 0 | 0 | 21 | 0 | 0 | 2 | 15 |
| Gourmet Style | | | | | | | | | | | | | | | | | |
| Ground Beef Burgers | 446 | 5 oz. | 310 | 190 | 21 | 8 | 0 | 95 | 95 | 0 | 0 | 0 | 26 | 0 | 0 | 2 | 15 |
| Gourmet Style | | | | | | | | | | | | | | | | | |
| Ground Beef Burgers, Hamburger Steak | 605 | 8 oz. | 490 | 310 | 34 | 13 | 0 | 155 | 150 | 0 | 0 | 0 | 42 | 0 | 0 | 4 | 25 |
| Ground Beef Sliders (Filet Mignon Sliders) | 2663 | 2 oz. | 160 | 130 | 14 | 5 | 0 | 40 | 40 | 0 | 0 | 0 | 9 | 0 | 0 | 2 | 6 |
| Meatballs, All Beef | 2422 | 3 Meatballs | 280 | 210 | 24 | 9 | 0 | 65 | 450 | 5 | 0 | 1 | 12 | 2 | 0 | 2 | 6 |
| Meatballs, All Beef (15 OZ.) | 2533 | 3 Meatballs | 260 | 200 | 22 | 6 | 0 | 60 | 440 | 5 | 0 | 1 | 12 | 2 | 0 | 2 | 6 |
| Mediterranean Sirloin Skewer | 1695 | 1 pc. | 320 | 100 | 11 | 4 | 0 | 105 | 240 | 1 | 0 | 0 | 50 | 0 | 0 | 6 | 20 |
| Prime Rib Roast - Bone In | 2709, 10, 11 | 3 oz | 230 | 170 | 19 | 8 | 0 | 60 | 50 | 0 | 0 | 0 | 15 | 0 | 0 | 0 | 8 |
| Steak Burgundy in Pastry | 2757 | 8 oz. | 650 | 330 | 37 | 12 | 0 | 60 | 990 | 50 | 1 | 5 | 22 | 15 | 10 | 4 | 20 |
| BISON | | | | | | | | | | | | | | | | | |
| Bison Uncured Franks | 3601 | 3 oz. | 200 | 140 | 15 | 7 | 1 | 50 | 660 | 1 | 0 | 1 | 13 | 4 | 0 | 0 | 6 |
| Bison Burgers | 3600 | 5.3 oz | 330 | 220 | 24 | 10 | 0 | 105 | 100 | 0 | 0 | 0 | 28 | 0 | 0 | 2 | 20 |
| Bison Boneless Strip Steak | 3602 | 8 oz | 300 | 110 | 12 | 4 | 0 | 90 | 110 | 0 | 0 | 0 | 51 | 0 | 0 | 0 | 80 |
| Bison Filet Mignon | 3603 | 6 oz. | 180 | 25 | 3 | 1 | 0 | 75 | 70 | 0 | 0 | 0 | 38 | 0 | 0 | 0 | 30 |
| Ground Bison | 3604 | 3.5 oz. | 170 | 90 | 10 | 3.5 | 0 | 45 | 55 | 0 | 0 | 0 | 18 | 0 | 0 | 0 | 8 |
| Bison Ribeye Steaks | 3605 | 8 oz. | 410 | 200 | 22 | 10 | 0 | 160 | 120 | 0 | 0 | 0 | 51 | 0 | 0 | 0 | 80 |
| Bison Steak Tips | 3609 | 3 oz. | 110 | 40 | 4.5 | 1.5 | 0 | 45 | 45 | 0 | 0 | 0 | 19 | 0 | 0 | 0 | 20 |
| Bison Top Sirloin Steaks | 3607 | 6 | 200 | 50 | 5 | 1 | 0 | 90 | 115 | 0 | 0 | 0 | 39 | 0 | 0 | 0 | 15 |
| DESSERTS | | | | | | | | | | | | | | | | | |
| Lemon Meringue Mousse Cakes | 2721 | 2 pieces | 180 | 100 | 11 | 6 | 0.5 | 80 | 75 | 18 | 1 | 11 | 3 | 4 | 4 | 2 | 4 |
| Chocolate Ganache Mousse Cakes | 2721 | 2 pieces | 230 | 130 | 14 | 7 | 0.5 | 75 | 85 | 23 | 2 | 16 | 3 | 8 | 4 | 2 | 10 |
| Tiramisu Mousse Cakes | 2721 | 2 pieces | 160 | 80 | 9 | 4.5 | 0 | 55 | 75 | 18 | 0 | 14 | 3 | 6 | 10 | 2 | 6 |
| White Chocolate Mousse Cakes | 2721 | 2 pieces | 140 | 80 | 9 | 5 | 0 | 25 | 50 | 12 | 2 | 6 | 2 | 4 | 0 | 2 | 2 |
| Brownies, Caramel Pecan | 2749 | 4 oz. | 450 | 230 | 25 | 12 | 0 | 100 | 290 | 49 | 3 | 40 | 6 | 8 | 0 | 6 | 25 |
| Caramel Apple Tartlets | 1709 | 1 pc. | 350 | 170 | 19 | 10 | 0 | 10 | 320 | 42 | 1 | 19 | 3 | 2 | 4 | 2 | 8 |
| Carrot Cake | 1332 | 1/8 of cake | 340 | 200 | 22 | 6 | 0 | 30 | 140 | 35 | <1 | 28 | 2 | 60 | 4 | 2 | 4 |
| Cheesecake, New York | 2689 | 1/8 cake | 340 | 160 | 18 | 11 | 0 | 95 | 180 | 38 | 0 | 31 | 7 | 10 | 2 | 15 | 2 |
| Cheesecake, New York Individual | 2313 2830 | 1 cake | 330 | 140 | 16 | 11 | 0 | 90 | 180 | 39 | 0 | 31 | 7 | 25 | 2 | 10 | 6 |
| Cheesecake, Cherry Pie Individual | 2830 | 1 cake | 250 | 70 | 8 | 4 | 0 | 15 | 190 | 44 | 0 | 33 | 2 | 0 | 0 | 0 | 6 |
| Cheesecake, Nutella Individual | 2830 | 1 cake | 290 | 130 | 15 | 7 | 0 | 25 | 180 | 38 | 0 | 30 | 3 | 0 | 0 | 2 | 6 |
| Cheesecake, Almond Individual | 2830 | 1 cake | 300 | 140 | 16 | 7 | 0 | 30 | 135 | 32 | 1 | 24 | 4 | 0 | 0 | 4 | 6 |
| Cheesecake, Pumpkin Individual | 2383 | 1 cake | 300 | 180 | 20 | 12 | 0 | 90 | 210 | 19 | 1 | 15 | 5 | 60 | 2 | 6 | 4 |
| Cheesecake Sampler, Mascarpone | 2696 | 1 slice | 200 | 70 | 8 | 3 | 0 | 40 | 120 | 31 | 0 | 21 | 2 | 2 | 0 | 2 | 2 |
| Cheesecake Sampler, Pistachio | 2696 | 1 slice | 240 | 130 | 14 | 3.5 | 0 | 20 | 190 | 28 | 1 | 19 | 2 | 2 | 0 | 2 | 4 |
| Cheesecake Sampler, New York | 2696 | 1 slice | 240 | 110 | 13 | 8 | 0 | 65 | 130 | 26 | 0 | 22 | 5 | 8 | 2 | 10 | 2 |

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|--------------------------------------|-------------|--------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|-------------|---------------|---------------|-------------|----------|
| Cheesecake Sampler, Strawberry | 2696 | 1 slice | 230 | 100 | 12 | 3 | 0 | 20 | 160 | 30 | 0 | 20 | 2 | 2 | 2 | 2 | 4 |
| Chocolate Lover's Cake | 900 | 1/8 of cake | 290 | 120 | 13 | 3 | 0 | 20 | 150 | 43 | 0 | 12 | 2 | 4 | 0 | 2 | 6 |
| Chocolate Molten Lava Cake | 2748 | 1 cake | 440 | 220 | 24 | 14 | 0 | 105 | 340 | 51 | 4 | 31 | 6 | 10 | 0 | 4 | 30 |
| Coconut Cream Layer Cake | 2620 | 4.5 oz. | 460 | 270 | 30 | 14 | 0 | 40 | 230 | 45 | 1 | 27 | 3 | 4 | 0 | 2 | 6 |
| Cookie Dough, Chocolate Chunk | 2666 | 1 pc. | 100 | 35 | 4 | 2.5 | 0 | 20 | 150 | 14 | 0 | 7 | 1 | 4 | 0 | 2 | 4 |
| Cookie Dough, Chocolate Pecan | 2665 | 1 pc. | 120 | 60 | 6 | 3 | 0 | 20 | 150 | 16 | 1 | 9 | 2 | 2 | 0 | 2 | 4 |
| Crème Brûlée | 2288 | 1 pc. | 300 | 170 | 19 | 12 | 0 | 250 | 85 | 29 | 1 | 21 | 3 | 4 | 0 | 4 | 2 |
| Enstrom Dark Chocoalte Almond Toffee | 2594 | 3 pc. | 210 | 150 | 16 | 8 | 0 | 25 | 75 | 19 | 2 | 16 | 2 | 6 | 0 | 2 | 8 |
| Enstrom Dark Chocolate Truffles | 2592 | 3 pc. | 200 | 130 | 14 | 8 | 0 | < 5 | 15 | 22 | 3 | 17 | 2 | 0 | 35 | 2 | 20 |
| Enstrom Milk Chocolate Almond Toffee | 2590 | 3 pc. | 220 | 140 | 16 | 8 | 0 | 25 | 80 | 20 | < 1 | 18 | 2 | 6 | 0 | 4 | 4 |
| Enstrom Milk Chocolate Truffles | 2589 | 3 pc. | 210 | 120 | 13 | 8 | 0 | 10 | 30 | 23 | < 1 | 22 | 3 | 2 | 35 | 6 | 6 |
| Enstrom Chocolate Mints | 2591 | 4 pc. | 180 | 100 | 11 | 8 | 0 | 5 | 30 | 21 | < 1 | 20 | 2 | 0 | 30 | 6 | 4 |
| Key Lime Tartlets | 2282 | 1 pc. | 230 | 70 | 8 | 4.5 | 0 | 45 | 150 | 34 | 1 | 25 | 4 | 2 | 8 | 10 | 4 |
| Creamy Apricot Torte | 2360 | 1 pc. | 430 | 230 | 26 | 11 | 1 | 70 | 190 | 48 | 1 | 19 | 5 | 20 | 2 | 2 | 8 |
| Macaron, Vanilla | 2703 | 2 pcs. | 100 | 45 | 5 | 1.5 | 0 | 15 | 10 | 11 | 1 | 11 | 2 | 0 | 2 | 2 | 0 |
| Macaron, Chocolate | 2703 | 2 pcs. | 110 | 60 | 6 | 2.5 | 0 | 5 | 10 | 11 | 1 | 11 | 2 | 0 | 2 | 2 | 4 |
| Macaron, Raspberry | 2703 | 2 pcs. | 100 | 40 | 4.5 | 1.5 | 0 | 15 | 10 | 12 | 1 | 11 | 2 | 0 | 2 | 2 | 2 |
| Macaron, Pistachio | 2703 | 2 pcs. | 100 | 45 | 5 | 1 | 0 | 10 | 15 | 12 | 1 | 11 | 2 | 0 | 0 | 2 | 2 |
| Pie, Apple Crumble | 2526 | 1/6 Pie | 340 | 120 | 14 | 7 | 0 | 15 | 190 | 51 | 2 | 30 | 3 | 2 | 6 | 2 | 8 |
| Pie, Berry Crumble | 2527 | 1/6 Pie | 330 | 110 | 13 | 7 | 0 | 10 | 170 | 50 | 3 | 28 | 3 | 4 | 8 | 6 | 8 |
| Pie, Cherry | 2528 | 1/6 Pie | 330 | 150 | 17 | 9 | 0 | 5 | 230 | 40 | 2 | 19 | 3 | 0 | 2 | 0 | 10 |
| Pie, Pecan | 2549 | 1/6 Pie | 470 | 270 | 31 | 10 | 0 | 60 | 230 | 46 | 2 | 25 | 5 | 4 | 0 | 4 | 8 |
| Pie, Pumpkin | 2548 | 1/6 Pie | 300 | 170 | 19 | 10 | 0 | 65 | 210 | 27 | 2 | 15 | 3 | 140 | 0 | 4 | 6 |
| Pie, Strawberry Rhubarb | 2674 | 4.0 oz. | 300 | 130 | 15 | 8 | 0 | 5 | 190 | 38 | 2 | 19 | 3 | 0 | 25 | 4 | 8 |
| Pineapple Upside Down Cake | 2621 | 1 Cake | 420 | 140 | 16 | 9 | 0 | 95 | 350 | 62 | 1 | 47 | 5 | 10 | 6 | 6 | 8 |
| Sticky Toffee Pudding Cakes | 2805 | 1 Cake | 470 | 200 | 22 | 13 | 0.5 | 100 | 400 | 63 | 3 | 45 | 4 | | | 6 | 10 |
| Triple Berry Tartlets | 2401 | 1 pc. | 320 | 120 | 14 | 6 | 0 | 5 | 220 | 44 | 2 | 18 | 3 | 0 | 6 | 0 | 8 |
| LAMB | | | | | | | | | | | | | | | | | |
| Lamb Burgers | 2440/2456 | 5 oz. | 360 | 260 | 29 | 13 | 0 | 80 | 75 | 0 | 0 | 0 | 25 | 0 | 0 | 2 | 15 |
| Lamb Leg, Seasoned Boneless | 1195 | 3.5 oz. | 130 | 40 | 4.5 | 1.5 | 0 | 60 | 300 | 1 | 0 | 0 | 19 | 0 | 0 | 0 | 10 |
| Lamb Leg, Boneless | 2392 | 3 oz. | 180 | 110 | 12 | 5 | 0 | 60 | 50 | 0 | 0 | 0 | 16 | 0 | 0 | 0 | 8 |
| Lamb Leg, Seasoned Boneless 5LB | 2627 | 3 oz. | 180 | 110 | 12 | 5 | 0 | 60 | 50 | 0 | 0 | 0 | 16 | 0 | 0 | 0 | 8 |
| Lamb Loin Roast, Marinated | 2423 | 4.5 oz. | 400 | 260 | 29 | 10 | 0 | 105 | 880 | 4 | 0 | 0 | 28 | 0 | 0 | 4 | 10 |
| Lamb, Rack | 537 | 3 oz. | 290 | 230 | 26 | 11 | 0 | 65 | 50 | 0 | 0 | 0 | 13 | 0 | 0 | 2 | 6 |
| Loin Lamb Chops | 313 | 6 oz. | 420 | 320 | 36 | 16 | 0 | 100 | 75 | 0 | 0 | 0 | 22 | 0 | 0 | 2 | 10 |
| MEALS | | | | | | | | | | | | | | | | | |
| Chicken & Dumplings | 2750 | 1 Cup | 310 | 100 | 11 | 4 | 0 | 95 | 850 | 29 | 2 | 3 | 20 | 25 | 10 | 4 | 10 |
| White Chicken Chili | 2751 | 1 Cup | 300 | 130 | 15 | 4.5 | 0 | 60 | 780 | 25 | 6 | 2 | 21 | 8 | 4 | 8 | 20 |
| Rustic Italian Beef Stew | 2752 | 1 Cup | 230 | 80 | 9 | 3 | 0 | 60 | 590 | 13 | 2 | 8 | 22 | 90 | 50 | 6 | 15 |
| Beef Bourguignon | 2753 | 1 Cup | 260 | 80 | 8 | 2.5 | 0 | 70 | 570 | 13 | 1 | 2 | 28 | 45 | 8 | 6 | 15 |
| Cuban Mojo Pork | 2754 | 1 Cup | 240 | 50 | 5 | 1.5 | 0 | 65 | 500 | 22 | 3 | 2 | 26 | 8 | 25 | 4 | 10 |
| Asian Beef Short Ribs | 2755 | 1 Cup | 280 | 90 | 11 | 4 | 0 | 50 | 690 | 25 | 2 | 9 | 21 | 50 | 6 | 4 | 15 |
| Jambalaya | 2759 | 1 Cup | 320 | 160 | 18 | 7 | 0 | 120 | 890 | 18 | 3 | 4 | 19 | 25 | 20 | 6 | 20 |
| Rustic French Stew | 2760 | 1 Cup | 330 | 140 | 16 | 5 | 0 | 60 | 890 | 27 | 8 | 3 | 18 | 6 | 8 | 8 | 20 |
| Chicken Cacciatore | 2814 | 1 Cup | 290 | 150 | 16 | 4 | 0 | 75 | 680 | 18 | 2 | 3 | 17 | 15 | 110 | 4 | 10 |
| Tex Mex w/Beans, Onions & Chicken | 2819 | 1 Cup | 300 | 150 | 16 | 6 | 0 | 75 | 950 | 17 | 4 | 2 | 20 | 25 | 25 | 20 | 15 |
| Mississippi Pot Roast | 2820 | 1 Cup | 360 | 210 | 23 | 12 | 1 | 100 | 610 | 14 | 2 | 1 | 24 | 10 | 8 | 4 | 15 |
| Southern Style Pork | 2821 | 1 Cup | 330 | 150 | 17 | 8 | 0.5 | 80 | 760 | 18 | 1 | 2 | 24 | 10 | 4 | 4 | 6 |
| Indian Style Chicken | 2822 | 1 Cup | 280 | 120 | 13 | 5 | 0 | 80 | 730 | 20 | 2 | 3 | 19 | 25 | 6 | 4 | 8 |
| Ropa Vieja | 2828 | 1 Cup | 260 | 100 | 12 | 4 | 0 | 50 | 600 | 22 | 3 | 4 | 19 | 10 | 50 | 4 | 15 |

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|---|-------------|--------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|-------------|---------------|---------------|-------------|----------|
| Chicken Paprikash | 2835 | 1 Cup | 370 | 200 | 23 | 8 | 0 | 105 | 830 | 18 | 2 | 4 | 22 | 45 | 30 | 6 | 10 |
| Beef Stroganoff | 2876 | 1 Cup | 360 | 160 | 18 | 3 | 0 | 110 | 750 | 15 | 1 | 3 | 33 | 6 | 2 | 10 | 15 |
| Mac & Cheese w/ Brisket & Pork | 2877 | 1 Cup | 390 | 180 | 20 | 11 | 0 | 75 | 980 | 27 | 1 | 5 | 24 | 15 | 4 | 35 | 10 |
| Chicken Piccata | 2807 | 1 Cup | 440 | 210 | 23 | 9 | 0 | 95 | 690 | 41 | 3 | 1 | 15 | 10 | 10 | 45 | 6 |
| Chinese Style Orange Chicken | 2808 | 1 Cup | 330 | 50 | 6 | 0.5 | 0 | 15 | 450 | 60 | 3 | 21 | 10 | 60 | 25 | 2 | 4 |
| Indian Style Curry Chicken & Vegetables | 2809 | 1 Cup | 230 | 35 | 4 | 2 | 0 | 30 | 930 | 34 | 2 | 5 | 14 | 8 | 20 | 4 | 8 |
| Asian Style Pepper Steak | 2810 | 1 Cup | 260 | 50 | 6 | 2.5 | 0 | 35 | 780 | 35 | 1 | 9 | 16 | 8 | 80 | 0 | 8 |
| Steak Au Poivre | 2811 | 1 Cup | 410 | 230 | 25 | 14 | 0 | 115 | 750 | 18 | 3 | 3 | 20 | 10 | 25 | 60 | 15 |
| Moroccan Harissa Beef & Vegetables | 2812 | 1 Cup | 250 | 60 | 6 | 3 | 0 | 35 | 610 | 32 | 4 | 7 | 18 | 15 | 25 | 4 | 15 |
| Roasted Chicken w/ Ancho Seasoning | 2831 | 1 Cup | 230 | 30 | 3.5 | 5 | 0 | 35 | 850 | 33 | 3 | 5 | 16 | 15 | 150 | 4 | 10 |
| Creamy Garlic Chicken w/ noodles | 2832 | 1 Cup | 350 | 180 | 20 | 11 | 0 | 105 | 700 | 22 | 2 | 2 | 19 | 15 | 2 | 10 | 10 |
| Steak Confit | 2833 | 1 Cup | 290 | 160 | 18 | 7 | 0 | 60 | 570 | 16 | 3 | 2 | 18 | 6 | 10 | 8 | 25 |
| Steak Diane | 2834 | 1 Cup | 340 | 220 | 24 | 15 | 0 | 105 | 690 | 7 | 2 | 3 | 18 | 20 | 20 | 10 | 10 |
| PASTA/SOUPS | | | | | | | | | | | | | | | | | |
| Beef Lasagna | 893 | 1 Cup | 400 | 180 | 20 | 11 | 0 | 70 | 740 | 31 | 3 | 7 | 25 | 20 | 15 | 40 | 15 |
| Beef Lasagna | 2785 | 1 Cup | 360 | 160 | 17 | 9 | 0.5 | 50 | 890 | 31 | 3 | 8 | 21 | 20 | 15 | 35 | 15 |
| Black Bean Soup, Santa Fe | 2362 | 1 Cup | 210 | 20 | 2.5 | 0.5 | 0 | 0 | 650 | 37 | 15 | 9 | 11 | 0 | 0 | 8 | 20 |
| Chicken Vegetable Soup | 2457 | 1 Cup | 110 | 45 | 5 | 1.5 | 0 | 40 | 700 | 5 | 1 | 2 | 11 | 70 | 6 | 2 | 6 |
| Chili, Bison | 3606 | 1 Cup | 210 | 60 | 6 | 2 | 0 | 40 | 820 | 20 | 6 | 4 | 20 | 25 | 10 | 4 | 20 |
| Chili, Con Carne | 2614 | 1 Cup | 340 | 170 | 19 | 6 | 0 | 50 | 1030 | 20 | 3 | 11 | 22 | 20 | 35 | 15 | 15 |
| Clam Chowder, New England | 2397 | 1 Cup | 230 | 130 | 15 | 9 | 0 | 60 | 930 | 17 | 1 | 0 | 10 | 2 | 20 | 2 | 25 |
| Lobster Bisque | 1454 | 1 Cup | 230 | 140 | 15 | 7 | 2.5 | 50 | 1040 | 16 | <1 | 2 | 7 | 15 | 4 | 8 | 2 |
| Maine Lobster Ravioli | 1572 | ½ pkg. | 480 | 200 | 22 | 14 | 0 | 110 | 990 | 50 | 2 | 5 | 16 | 40 | 250 | 8 | 20 |
| Tomato Florentine Soup | 2365 | 1 cup | 240 | 180 | 21 | 14 | 0 | 50 | 640 | 10 | 4 | 7 | 4 | 15 | 0 | 8 | 0 |
| Meat Lover's Lasagna | 2232 | 1 cup | 440 | 240 | 26 | 12 | 1 | 90 | 750 | 25 | 3 | 6 | 26 | 20 | 15 | 35 | 15 |
| Meat Lover's Lasagna | 2232C | 1 cup | 350 | 160 | 18 | 9 | 1 | 65 | 680 | 29 | 2 | 6 | 20 | 15 | 20 | 20 | 15 |
| Meat Lover's Lasagna | 2790 | 1 Cup | 420 | 220 | 25 | 11 | 1 | 75 | 760 | 26 | 2 | 6 | 24 | 15 | 15 | 30 | 15 |
| Omaha's Steakhouse Chili | 2363 | 8 oz. | 190 | 110 | 13 | 5 | 0 | 35 | 680 | 8 | 2 | 3 | 11 | 20 | 30 | 2 | 15 |
| Roasted Vegetable Lasagna | 2186 | ½ tray | 510 | 220 | 25 | 14 | 0 | 155 | 930 | 46 | 3 | 8 | 24 | 45 | 45 | 45 | 10 |
| Shrimp Fettuccine Alfredo | 2673 | ½ meal | 560 | 300 | 33 | 18 | 0 | 210 | 710 | 38 | 2 | 3 | 19 | 20 | 2 | 15 | 20 |
| Steak and Portobello Mushroom Ravioli | 2403 | 1/3 meal | 260 | 70 | 8 | 4 | 0 | 35 | 700 | 31 | 2 | 5 | 14 | 4 | 2 | 8 | 4 |
| Truffle Pasta, Three Cheese | 2419 | 1/3 meal | 410 | 140 | 16 | 9 | 0 | 75 | 780 | 45 | 2 | 3 | 18 | 10 | 0 | 30 | 4 |
| PORK | | | | | | | | | | | | | | | | | |
| Bacon Slices, Precooked | 177 | 5 oz. | 300 | 180 | 21 | 8 | 0 | 95 | 75 | 0 | 0 | 0 | 28 | 0 | 0 | 0 | 20 |
| Bacon Slices, Applewood Smoked | 2509 | 1 Slice | 80 | 60 | 7 | 2.5 | 0 | 15 | 280 | 0 | 0 | 0 | 6 | 0 | 0 | 0 | 0 |
| Bacon Slices, Cajun Style | 2508 | 1 Slice | 80 | 60 | 7 | 2.5 | 0 | 15 | 260 | 0 | 0 | 0 | 2 | 0 | 0 | 0 | 2 |
| Bacon Slices, Peppered | 2507 | 1 Slice | 90 | 60 | 7 | 2.5 | 0 | 15 | 350 | 0 | 0 | 0 | 6 | 0 | 0 | 0 | 0 |
| BBQ Pulled Pork | 1625 | 2 oz. | 90 | 20 | 2.5 | 1 | 0 | 25 | 510 | 10 | 0 | 10 | 8 | 0 | 0 | 0 | 2 |
| Carnitas Pork Roast | 2297 | 4 oz. | 150 | 50 | 6 | 2 | 0 | 60 | 460 | 6 | 0 | 4 | 18 | 2 | 0 | 2 | 8 |
| Pork Hunters Sausage, Barbeque | 2629 | 2 links | 70 | 45 | 5 | 1.5 | 0 | 20 | 390 | 1 | 0 | 0 | 5 | 2 | 0 | 4 | 4 |
| Pork Hunters Sausage, Hot & Spicy | 2639 | 2 links | 70 | 45 | 5 | 1.5 | 0 | 20 | 270 | 1 | 0 | 0 | 5 | 6 | 2 | 4 | 4 |
| Pork Hunters Sausage, Original | 2632 | 2 links | 70 | 45 | 5 | 1.5 | 0 | 20 | 280 | 1 | 0 | 0 | 5 | 0 | 0 | 4 | 4 |
| Pork Hunters Sausage, Red Pepper | 2628 | 2 links | 70 | 40 | 4.5 | 1.5 | 0 | 20 | 340 | 3 | 0 | 2 | 5 | 2 | 0 | 4 | 4 |
| Pork Hunters Sausage, Roasted Garlic | 2631 | 2 links | 70 | 45 | 5 | 1.5 | 0 | 20 | 270 | 1 | 0 | 0 | 5 | 0 | 0 | 4 | 4 |
| Pork Hunters Sausage, Teriyaki | 2630 | 2 links | 70 | 40 | 4.5 | 1.5 | 0 | 20 | 410 | 2 | 0 | 1 | 5 | 0 | 0 | 2 | 2 |
| Pork Breakfast Sausage | 1654 | 2 pcs. | 420 | 380 | 42 | 14 | 0 | 45 | 800 | 2 | 0 | 1 | 12 | 2 | 0 | 2 | 4 |
| Pork Chop, Bacon Wrapped | 1662 | 6 oz. | 310 | 170 | 19 | 6 | 0 | 110 | 310 | 0 | 0 | 0 | 33 | 0 | 2 | 2 | 8 |
| Pork Chop, Bacon Wrapped Vintage | 2669 | 6 oz. | 310 | 170 | 19 | 6 | 0 | 110 | 310 | 0 | 0 | 0 | 33 | 0 | 2 | 2 | 8 |
| Pork and Bacon Burgers | 2455 | 5 oz. | 290 | 170 | 19 | 7 | 0 | 90 | 360 | 0 | 0 | 0 | 28 | 0 | 0 | 2 | 8 |
| Pork Chop, Boneless | 821 | 5 oz. | 240 | 120 | 13 | 4.5 | 0 | 100 | 80 | 0 | 0 | 0 | 29 | 0 | 0 | 2 | 4 |

| Nutrition Facts | Selection # | Serving Size | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) | Vitamin A %DV | Vitamin C %DV | Calcium %DV | Iron %DV |
|--|-------------|-------------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|-------------|---------------|---------------|-------------|----------|
| Pork Chop, Polynesian | 2208 | 3 oz. | 110 | 30 | 3 | 1 | 0 | 45 | 640 | 4 | 0 | 3 | 16 | 2 | 2 | 2 | 4 |
| Pork Loin Proscuitto Wrapped, Stuffed | 2471 | 4 oz. | 170 | 70 | 8 | 2.5 | 0 | 45 | 550 | 6 | 1 | 2 | 19 | 15 | 2 | 2 | 6 |
| Pork Loin Ribs with BBQ Sauce | 909 | 3 Ribs | 330 | 190 | 21 | 8 | 0 | 55 | 840 | 18 | 1 | 15 | 18 | 15 | 0 | 4 | 10 |
| Pork, Ribs | 2514 | 4 oz. | 250 | 170 | 18 | 7 | 0 | 80 | 100 | 0 | 0 | 0 | 22 | 0 | 0 | 4 | 4 |
| Pork Ribs, Original | 2647 | 4 oz. | 240 | 140 | 15 | 5 | 0 | 65 | 860 | 1 | 0 | 1 | 18 | 0 | 0 | 4 | 4 |
| Pork Ribs, St. Louis Style | 2788 | 4 oz. | 250 | 170 | 18 | 7 | 0 | 80 | 100 | 0 | 0 | 0 | 22 | 0 | 0 | 4 | 4 |
| Pork Ribs, Teriyaki | 2623 | 7.5 oz. | 450 | 270 | 31 | 11 | 0 | 130 | 1190 | 9 | 0 | 6 | 36 | 4 | 2 | 6 | 10 |
| Pork Roast, Cajun | 2498 | 4 oz. | 130 | 35 | 4 | 1.5 | 0 | 60 | 420 | 3 | 1 | 1 | 21 | 10 | 0 | 2 | 6 |
| Pork Shoulder, Whole | 2645 | 4 oz. | 150 | 60 | 7 | 2.5 | 0 | 70 | 75 | 0 | 0 | 0 | 21 | 0 | 0 | 2 | 8 |
| Pork Tenderloin, Chateaubriand | 947 | 9 oz. | 310 | 80 | 9 | 3 | 0 | 165 | 130 | 0 | 0 | 0 | 54 | 0 | 0 | 2 | 15 |
| Pork Tenderloin, Chile Lime | 2516 | 4 oz. | 130 | 35 | 4 | 1 | 0 | 65 | 310 | 2 | 0 | 1 | 21 | 10 | 2 | 2 | 6 |
| Pork Tenderloin, Hickory Smoked | 2649 | 4 oz. | 150 | 60 | 6 | 2 | 0 | 25 | 420 | 0 | 0 | 0 | 23 | 0 | 0 | 0 | 2 |
| Tex Mex Pot Pie (Pulled Pork) | 2351 | 1 Pie | 540 | 280 | 31 | 16 | 0 | 35 | 570 | 51 | 4 | 7 | 14 | 15 | 4 | 4 | 10 |
| POULTRY | | | | | | | | | | | | | | | | | |
| Artichoke/Parmesan Chicken Breast | 1376 | 7.75 oz. | 250 | 70 | 7 | 2.5 | 0 | 110 | 960 | 3 | <1 | 1 | 43 | 4 | 8 | 15 | 8 |
| Broccoli /Cheese Chicken Breast | 1480 | 7.75 oz | 350 | 140 | 16 | 4.5 | 0.5 | 105 | 970 | 15 | <1 | 1 | 40 | 6 | 15 | 15 | 8 |
| Chicken Breast, Boneless/Skinless | 756 | 4 oz. | 130 | 15 | 1.5 | 0.5 | 0 | 70 | 130 | 0 | 0 | 0 | 24 | 0 | 2 | 0 | 2 |
| Chicken Breast, BBQ Rubbed | 2289 | 3 oz. | 110 | 10 | 1 | 0 | 0 | 45 | 490 | 6 | 0 | 4 | 18 | 10 | 2 | 2 | 4 |
| Chicken Breast, Caribbean | 2164 | 3 oz. | 110 | 10 | 1.5 | 0 | 0 | 45 | 230 | 6 | <1 | 1 | 19 | 8 | 4 | 0 | 4 |
| Chicken Breast, Italian | 813/1183 | 3 oz. | 110 | 15 | 1.5 | 0 | 0 | 50 | 670 | 4 | 0 | 2 | 20 | 6 | 4 | 4 | 4 |
| Chicken Breast, Mediterranean | 2167 | 3 oz. | 130 | 40 | 4.5 | 0.5 | 0 | 45 | 390 | 3 | 0 | 0 | 19 | 2 | 0 | 0 | 4 |
| Chicken Breast, Oven Roasted | 2166 | 3 oz. | 100 | 10 | 1 | 0 | 0 | 45 | 950 | 4 | <1 | <1 | 19 | 4 | 15 | 0 | 4 |
| Chicken Breast, Sesame | 2165 | 3 oz. | 140 | 35 | 3.5 | 0.5 | 0 | 45 | 560 | 6 | 0 | 3 | 18 | 0 | 0 | 0 | 4 |
| Chicken Cordon Bleu | 1424 | 7.75 oz. | 360 | 120 | 13 | 5 | 0 | 115 | 1290 | 14 | <1 | 1 | 44 | 6 | 4 | 15 | 8 |
| Chicken Fettuccine Alfredo | 2367 | ½ Tray | 370 | 140 | 15 | 9 | 0 | 90 | 710 | 28 | 1 | 5 | 28 | 8 | 0 | 15 | 10 |
| Chicken Fingers, Italian Style | 382 | 1-1½ pcs. | 180 | 60 | 7 | 0.5 | 0 | 35 | 490 | 14 | 0 | 0 | 15 | 0 | 2 | 0 | 2 |
| Chicken Fingers, Italian Style 1.5LB | 2513 | 4 OZ | 250 | 170 | 18 | 7 | 0 | 80 | 100 | 0 | 0 | 0 | 22 | 0 | 0 | 4 | 4 |
| Chicken Kiev | 1434 | 7.75 oz. | 490 | 260 | 29 | 14 | 1 | 140 | 910 | 18 | <1 | 2 | 36 | 15 | 4 | 4 | 8 |
| Chicken Bacon | 2512 | 1 Slice | 130 | 40 | 4.5 | 1 | 0 | 25 | 240 | 1 | 0 | 1 | 5 | 0 | 0 | 0 | 0 |
| Chicken Skewers w/Vegetables | 1694 | 6 oz. | 130 | 15 | 1.5 | 0 | 0 | 60 | 290 | 3 | <1 | 2 | 25 | 25 | 90 | 2 | 6 |
| Chicken Tenderloins, Oven Fried | 2206 | 1 pc. | 170 | 60 | 7 | 0.5 | 1.5 | 30 | 630 | 14 | <1 | 0 | 14 | 0 | 2 | 0 | 6 |
| Chicken Vegetable Soup | 2457 | 1 cup | 110 | 45 | 5 | 1.5 | 0 | 40 | 70 | 5 | 1 | 2 | 11 | 70 | 6 | 2 | 6 |
| Chicken in Pastry | 476 | 1 pc. | 680 | 400 | 44 | 19 | 0 | 100 | 460 | 48 | 2 | 2 | 20 | 20 | 2 | 4 | 8 |
| Duckling Breast w/Orange Sauce | 558 | 1 pc;4 tbsp sauce | 620 | 410 | 46 | 13 | 0.5 | 295 | 1100 | 9 | 0 | 6 | 43 | 6 | 10 | 0 | 35 |
| Wild Rice Chicken Breast | 1439 | 7.75 oz. | 310 | 110 | 12 | 3 | 0 | 100 | 660 | 7 | 0 | 1 | 39 | 4 | 4 | 4 | 8 |
| Proscuitto Wrapped Chicken Cordon Bleu | 2492 | 5 oz. | 230 | 110 | 12 | 6 | 0 | 95 | 1160 | 1 | 0 | 0 | 28 | 0 | 2 | 10 | 4 |
| Pulled Chicken, Smoky & Sweet | 2327 | 2 oz. | 90 | 35 | 4 | 2 | 0 | 35 | 300 | 17 | 0 | 7 | 7 | 0 | 0 | 0 | 2 |
| Rotisserie Chicken | 2495 | 5.3 oz. | 430 | 340 | 38 | 11 | 0 | 100 | 700 | 3 | 1 | 1 | 19 | 15 | 6 | 4 | 15 |
| Salsa Chicken Pot Pie | 2348 | 1 Pie | 590 | 290 | 32 | 17 | 0 | 55 | 940 | 64 | 2 | 7 | 11 | 15 | 4 | 6 | 10 |
| Turkey, Oven Ready | 1244 | 4 oz. | 170 | 70 | 8 | 2 | 0 | 80 | 470 | 3 | 0 | 3 | 21 | 8 | 0 | 2 | 10 |
| Turkey Breast, Oven Roasted | 2193 | 2 oz. | 60 | 5 | 0.5 | 0 | 0 | 25 | 480 | 1 | 0 | 1 | 11 | 0 | 0 | 0 | 2 |
| Turkey Burger | 3610 | 100g | 140 | 70 | 8 | 2 | 0 | 65 | 290 | 1 | 0 | 0 | 18 | 0 | 2 | 2 | 6 |
| Turkey Roulade | 2569 | 4 oz | 150 | 35 | 4 | 1.5 | 0 | 55 | 680 | 6 | 1 | 1 | 22 | 10 | 4 | 2 | 8 |
| SALAME | | | | | | | | | | | | | | | | | |
| Salame, Sopressata | 2551 | 1 oz. | 100 | 60 | 7 | 2.5 | 0 | 25 | 390 | 0 | 0 | 0 | 8 | 0 | 0 | 0 | 2 |
| Salame, Peppered | 2544 | 1 oz. | 100 | 60 | 7 | 2.5 | 0 | 25 | 390 | 1 | 0 | 0 | 8 | 0 | 0 | 2 | 2 |
| Salame, Herb | 2552 | 1 oz. | 100 | 60 | 7 | 2.5 | 0 | 25 | 390 | 0 | 0 | 0 | 8 | 0 | 0 | 0 | 2 |
| Salame, Smoky Dry | 2530 | 1 oz. | 100 | 60 | 7 | 2.5 | 0 | 25 | 390 | 1 | 0 | 0 | 8 | 0 | 0 | 2 | 2 |
| Salame, Calabrese | 2531 | 1 oz | 100 | 60 | 7 | 2.5 | 0 | 25 | 370 | 1 | 0 | 0 | 8 | 4 | 0 | 0 | 2 |

| Nutrition Facts | Selection # | Serving Size | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) | Vitamin A %DV | Vitamin C %DV | Calcium %DV | Iron %DV |
|-------------------------------------|-------------|--------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|-------------|---------------|---------------|-------------|----------|
| Salame, Italian Dry | 2532 | 1 oz. | 100 | 60 | 7 | 2.5 | 0 | 25 | 400 | 1 | 0 | 0 | 8 | 0 | 0 | 2 | 2 |
| SAUCES & GLAZES | | | | | | | | | | | | | | | | | |
| American Lager Mustard | 2557 | 1 tspn. | 5 | 0 | 0 | 0 | 0 | 0 | 45 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Apricot Mango Wasabi Sauce | 5411 | 1 Tbsp | 25 | 0 | 0 | 0 | 0 | 0 | 0 | 6 | 0 | 4 | 0 | 0 | 0 | 0 | 0 |
| Asian Inspired Sesame Glaze | 2260 | ½ oz. | 60 | 50 | 6 | 3 | 0 | 15 | 160 | 2 | 0 | 1 | 0 | 8 | 2 | 0 | 2 |
| Barbeque Sauce | 2269 | 2 Tbsp | 40 | 0 | 0 | 0 | 0 | 0 | 260 | 10 | 0 | 8 | 0 | 2 | 4 | 2 | 2 |
| Beef Gravy, Classic | 2261 | 2 oz. | 30 | 10 | 1 | 0 | 0 | 0 | 300 | 3 | 1 | 1 | 2 | 0 | 0 | 0 | 4 |
| Beef Gravy, Classic | 2570 | 3.5 oz. | 260 | 15 | 2 | 0 | 0 | 0 | 690 | 58 | 3 | 1 | 4 | 0 | 0 | 2 | 0 |
| Chicken Gravy | 2566 | 3.5 oz. | 70 | 20 | 2 | 0 | 0 | 5 | 660 | 6 | 0 | 0 | 8 | 0 | 0 | 2 | 0 |
| Country Style White Gravy | 2361 | 2 oz. | 50 | 10 | 1 | 1 | 0 | 0 | 260 | 3 | 0 | 0 | 2 | 0 | 2 | 0 | 0 |
| Horseradish Sauce | 1755 | 1 tsp. | 20 | 15 | 2 | 0.5 | 0 | <5 | 30 | 1 | 0 | <1 | 0 | 0 | 0 | 0 | 0 |
| Lemon Dill Tartar Sauce | 2011 | 2 Tbsp | 120 | 100 | 11 | 2 | 0 | 10 | 260 | 4 | 0 | 3 | 0 | 0 | 0 | 0 | 0 |
| Lemon Parsley Butter Sauce | 703 | ½ oz. | 100 | 100 | 11 | 7 | 0 | 30 | 115 | 0 | 0 | 0 | 0 | 15 | 2 | 0 | 0 |
| Napa Cabernet Glaze | 2263 | ½ oz. | 60 | 60 | 7 | 4 | 0 | 15 | 135 | 1 | 0 | 0 | 0 | 10 | 0 | 0 | 2 |
| Seasoned Butter Sauce | 795 | ½ oz. | 100 | 100 | 11 | 7 | 0 | 30 | 120 | 0 | 0 | 0 | 0 | 15 | 2 | 0 | 0 |
| Simmer Sauce, Chipotle Chili | 5672 | 1/2 cup | 70 | 25 | 3 | 0 | 0 | 0 | 710 | 12 | 2 | 3 | 1 | 20 | 20 | 2 | 4 |
| Simmer Sauce, Korean | 5667 | 2 Tbsp. | 40 | 5 | 0 | 0 | 0 | 0 | 500 | 8 | 0 | 6 | 1 | 0 | 0 | 0 | 2 |
| Simmer Sauce, Mexican | 5668 | 2 Tbsp. | 15 | 5 | 1 | 0 | 0 | 0 | 200 | 2 | 1 | 1 | 0 | 6 | 4 | 0 | 2 |
| Simmer Sauce, Piccata | 5670 | 2 Tbsp. | 20 | 5 | 0.5 | 0 | 0 | 0 | 170 | 3 | 0 | 1 | 0 | 0 | 4 | 0 | 0 |
| Simmer Sauce, Sloppy Joe | 5669 | 1/2 cup | 110 | 10 | 1 | 0 | 0 | 0 | 940 | 24 | 3 | 15 | 2 | 20 | 35 | 2 | 6 |
| Simmer Sauce, Stroganoff | 5671 | 1/2 cup | 40 | 5 | 0 | 0 | 0 | 0 | 710 | 8 | 1 | 2 | 2 | 0 | 2 | 2 | 2 |
| Smoky Gourmet Ketchup | 2557 | 2 Tbsp. | 40 | 0 | 0 | 0 | 0 | 0 | 150 | 8 | 1 | 6 | 1 | 4 | 6 | 0 | 2 |
| Steak Sauce | 2270 | 2 Tbsp | 60 | 0 | 0 | 0 | 0 | 0 | 260 | 14 | 0 | 11 | 1 | 0 | 2 | 2 | 4 |
| Sweet Chipotle BBQ Sauce | 2271 | 2 Tbsp | 35 | 0 | 0 | 0 | 0 | 0 | 25 | 9 | 0 | 8 | <1 | 0 | 0 | 0 | 0 |
| Sweet & Tangy Cocktail Sauce | 1740 | ¼ cup | 90 | 10 | 1 | 0 | 0 | 0 | 250 | 19 | 1 | 16 | <1 | 2 | 8 | 0 | 2 |
| Tomato Pickle Relish | 2557 | 2 Tbsp. | 25 | 0 | 0 | 0 | 0 | 0 | 760 | 4 | 0 | 3 | 0 | 0 | 4 | 0 | 0 |
| Turkey Gravy | 2266 | 2 oz. | 140 | 45 | 5 | 1 | 0 | 10 | 250 | 20 | 0 | 0 | 4 | 0 | 0 | 0 | 0 |
| Tuscan Balsamic Glaze | 2267 | ½ oz. | 60 | 60 | 6 | 4 | 0 | 15 | 85 | 3 | 0 | 0 | 0 | 8 | 6 | 0 | 4 |
| SEAFOOD | | | | | | | | | | | | | | | | | |
| Ahi Tuna Steaks | 2027 | 6 oz. | 180 | 15 | 1.5 | 0 | 0 | 75 | 65 | 0 | 0 | 0 | 40 | 2 | 2 | 2 | 6 |
| Coconut Shrimp | 1653 | ~3 pcs | 210 | 100 | 11 | 3 | 0 | 60 | 250 | 19 | 1 | 3 | 10 | 0 | 2 | 2 | 8 |
| Cod, Fire Roasted Citrus | 2364 | 1 pc. | 130 | 30 | 3.5 | 1 | 0 | 50 | 370 | 2 | 0 | 0 | 22 | 2 | 4 | 2 | 4 |
| Cod, Pub-Style | 1544 | 2 pcs. | 230 | 140 | 15 | 2.5 | 0 | 20 | 370 | 14 | 0 | 0 | 10 | 0 | 0 | 2 | 4 |
| Crab Cakes, Gourmet | 423 | 1 pc. | 190 | 100 | 11 | 1.5 | 0 | 95 | 410 | 7 | 1 | 1 | 15 | 6 | 10 | 10 | 10 |
| Crab Cakes, Gourmet | 2882 | 1 pc. | 200 | 135 | 15 | 1.5 | 0 | 75 | 460 | 8 | 0 | 1 | 10 | - | - | 6 | 4 |
| Crab Cakes, Bite Size | 2496 | 4 pcs. | 200 | 80 | 9 | 1 | 0 | 90 | 420 | 7 | 1 | 2 | 21 | 2 | 6 | 8 | 10 |
| Crab Cakes, Mini | 2879 | 4 pcs. | 340 | 240 | 27 | 2.5 | 0 | 95 | 640 | 13 | 0 | 1 | 13 | - | - | 6 | 6 |
| Crab Legs, King | 842 | 3.5 oz. | 100 | 15 | 1.5 | 0 | 0 | 55 | 1060 | 0 | 0 | 0 | 19 | 0 | 15 | 6 | 4 |
| Halibut Fillets | 2024 | 6 oz. | 190 | 35 | 4 | 0.5 | 0 | 55 | 90 | 0 | 0 | 0 | 36 | 6 | 0 | 8 | 8 |
| Halibut Steaks | 2501 | 6 oz. | 180 | 25 | 3 | 0 | 0 | 60 | 90 | 0 | 0 | 0 | 35 | 6 | 0 | 4 | 10 |
| Lobster Tails, Gourmet (Cold Water) | 555 | 6 oz. | 190 | 25 | 2.5 | 0 | 0 | 120 | 300 | 4 | 0 | 0 | 35 | 0 | 6 | 8 | 10 |
| Lobster Tails (Warm Water) | 633 | 6 oz. | 200 | 25 | 2.5 | 0 | 0 | 120 | 300 | 5 | 0 | 0 | 35 | 2 | 6 | 4 | 2 |
| Lobster Tails Halves | 2502 | 1 Tail | 50 | 5 | 0.5 | 0 | 0 | 55 | 170 | 0 | 0 | 0 | 11 | 0 | 0 | 2 | 0 |
| Mahi Mahi Ancient Grain | 2613 | 6 oz. | 270 | 90 | 10 | 1.5 | 0 | 100 | 520 | 15 | 1 | 0 | 28 | 6 | 0 | 2 | 10 |
| Mahi Mahi Steaks | 680 | 6 oz. | 150 | 10 | 1 | 0 | 0 | 125 | 150 | 0 | 0 | 0 | 32 | 6 | 0 | 2 | 10 |
| Mahi Mahi, Caribbean Crusted | 2298 | 5 oz. | 220 | 45 | 5 | 1 | 0 | 70 | 590 | 21 | 1 | 1 | 20 | 4 | 2 | 2 | 10 |
| Salmon Burgers | 2453 | 4 oz. | 190 | 100 | 11 | 4 | 0 | 50 | 520 | 5 | 1 | 1 | 18 | 10 | 15 | 15 | 6 |
| Salmon Fillets, Classic Marinated | 1527 | 6 oz. | 360 | 200 | 22 | 4 | 0 | 90 | 100 | 0 | 0 | 0 | 40 | 0 | 0 | 0 | 8 |
| Salmon Fillets, Fire Roasted | 2330 | 1 fillet | 180 | 70 | 7 | 2 | 0 | 55 | 310 | 4 | 0 | 1 | 22 | 4 | 2 | 2 | 6 |
| Salmon Fillets, Grill Seasoning | 1417 | 6 oz. | 360 | 200 | 22 | 4 | 0 | 90 | 200 | 2 | 0 | 2 | 40 | 0 | 0 | 0 | 8 |

| | Selection # | Serving Size | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) | Vitamin A %DV | Vitamin C %DV | Calcium %DV | Iron %DV |
|-------------------------------------|---------------|--------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|-------------|---------------|---------------|-------------|----------|
| Nutrition Facts | | | | | | | | | | | | | | | | | |
| Salmon Fillets, Hickory Marinated | 1665 | 6 oz. | 360 | 200 | 22 | 4 | 0 | 90 | 200 | 0 | 0 | 0 | 40 | 0 | 0 | 0 | 8 |
| Salmon Fillets, Lemon-Dill | 2303 | 6 oz. | 270 | 150 | 17 | 3 | 0 | 70 | 320 | 1 | 0 | 1 | 30 | 6 | 4 | 2 | 4 |
| Salmon Fillets, Wild | 2025 | 6 oz. | 290 | 130 | 15 | 2.5 | 0 | 105 | 80 | 0 | 0 | 0 | 36 | 6 | 0 | 2 | 4 |
| Salmon, Smoked | 2661 | 2 oz. | 70 | 20 | 2.5 | 0.5 | 0 | 30 | 600 | 0 | 0 | 0 | 13 | 0 | 0 | 2 | 2 |
| Scallops, Bacon Wrapped | 2765 | 4 pieces | 150 | 80 | 9 | 3 | 0 | 40 | 540 | 3 | 0 | 1 | 13 | 0 | 0 | 0 | 4 |
| Sea Bass Fillets | 2326 | 5 oz. | 260 | 180 | 20 | 4.5 | 0 | 70 | 230 | 0 | 0 | 0 | 19 | 0 | 0 | 0 | 0 |
| Shrimp, Bacon Wrpd w/ Pepprjack | 2764 | 4 pieces | 210 | 130 | 14 | 6 | 0 | 100 | 670 | 2 | 0 | 1 | 15 | 4 | 0 | 15 | 4 |
| Shrimp Cakes | 999 | 2 pcs. | 140 | 35 | 4 | 1.5 | 0 | 125 | 290 | 11 | 2 | 2 | 16 | 4 | 0 | 25 | 10 |
| Shrimp, Blackened | 2333 | 4 oz. | 160 | 60 | 7 | 3.5 | 0 | 140 | 780 | 3 | 1 | 0 | 19 | 0 | 4 | 6 | 15 |
| Shrimp, Jumbo (Fully Cooked) | 1722 | -4 pcs | 50 | 0 | 0 | 0 | 0 | 130 | 340 | 0 | 0 | 0 | 12 | 0 | 0 | 4 | 2 |
| Shrimp, Oven Fried | 2182 | -5 pcs | 220 | 110 | 12 | 2 | 0 | 40 | 410 | 16 | 0 | 0 | 11 | 0 | 0 | 0 | 4 |
| Shrimp, Redhook Beer Battered | 2761 | 6 pcs. | 240 | 100 | 11 | 2 | 0 | 85 | 540 | 21 | <1 | 0 | 14 | 0 | 2 | 4 | 15 |
| Snow Crab Claws, Cooked | 1364 | 3 oz. | 120 | 50 | 5 | 1 | 0 | 80 | 270 | 0 | 0 | 0 | 16 | 4 | 4 | 8 | 4 |
| Sole Almondine | 843 | 5 oz. | 380 | 230 | 26 | 5 | 0 | 50 | 510 | 17 | 1 | 1 | 19 | 0 | 2 | 2 | 4 |
| Sole Fillets w/ Scallops/Crabmeat | 847, 191, 850 | 1 pc. | 230 | 130 | 14 | 4.5 | 0 | 55 | 300 | 4 | 0 | 1 | 21 | 2 | 4 | 4 | 4 |
| Sole Fillets with Shrimp/Garlic | 379 | 1 pc. | 230 | 130 | 14 | 4.5 | 0 | 60 | 290 | 4 | 0 | 0 | 21 | 0 | 4 | 2 | 4 |
| Steelhead Trout, Lemon Parm. | 2336 | 6 oz. | 200 | 60 | 7 | 1.5 | 0 | 80 | 290 | 3 | 0 | 2 | 30 | 0 | 2 | 2 | 15 |
| Swordfish Steaks | 771 | 6 oz. | 190 | 60 | 6 | 2 | 0 | 60 | 140 | 0 | 0 | 0 | 32 | 4 | 2 | 0 | 8 |
| Tilapia Fillets, Lemon Pepered | 1736 | 6 oz. | 220 | 90 | 10 | 2 | 0 | 15 | 180 | 2 | 0 | 2 | 30 | 0 | 0 | 0 | 2 |
| Tilapia Fillets, Tortilla Crusted | 1699 | 6.5 oz. | 280 | 110 | 12 | 2 | 0 | 65 | 700 | 16 | 1 | 1 | 28 | 4 | 2 | 2 | 8 |
| Trout, Ancient Grain | 2615 | 6 oz. | 360 | 160 | 18 | 4 | 0 | 75 | 750 | 24 | 2 | 2 | 26 | 2 | 2 | 10 | 8 |
| Trout Fillets, Butterflied | 975 | 5.25 oz. | 200 | 80 | 8 | 2 | 0 | 90 | 55 | 0 | 0 | 0 | 32 | 0 | 0 | 2 | 2 |
| Trout Fillets, Harissa Encrusted | 2743 | 5.75oz. | 360 | 180 | 20 | 4 | 0 | 75 | 490 | 18 | 2 | 3 | 26 | 35 | 50 | 10 | 10 |
| Trout Fillets, Parmesan Crusted | 2006 | 5 ¼oz. | 330 | 150 | 16 | 4.5 | 0 | 75 | 940 | 19 | <1 | 2 | 27 | 4 | 4 | 15 | 10 |
| SEASONINGS | | | | | | | | | | | | | | | | | |
| Steak Seasoning | 1141 | ¼ tsp. | 0 | 0 | 0 | 0 | 0 | 0 | 95 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Southwest Chipotle Seasoning | 1670 | ¼ tsp. | 0 | 0 | 0 | 0 | 0 | 0 | 170 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Salt-Free Steak Seasoning | 1672 | ¼ tsp. | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Blackened Seasoning | 1741 | ¼ tsp. | 0 | 0 | 0 | 0 | 0 | 0 | 95 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Private Reserve Rub | 2650 | 1/3 tsp. | 0 | 0 | 0 | 0 | 0 | 0 | 135 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Signature Steak Rub | 2651 | 1/3 tsp. | 0 | 0 | 0 | 0 | 0 | 0 | 135 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Sweet Smokey Applewood Rub | 2652 | 1/3 tsp. | 5 | 0 | 0 | 0 | 0 | 0 | 85 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Ancho Chile Barbeque Rub | 2653 | 1/3 tsp. | 5 | 0 | 0 | 0 | 0 | 0 | 80 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Garlic and Herb Rub | 2654 | 1/3 tsp. | 0 | 0 | 0 | 0 | 0 | 0 | 115 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Asian Barbeque Rub | 2655 | 1/2 tsp. | 5 | 0 | 0 | 0 | 0 | 0 | 115 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Barbeque Seasonig | 2675 | 1/4 tsp. | 5 | 0 | 0 | 0 | 0 | 0 | 95 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Lemon Pepper | 2680 | 1 tsp. | 5 | 0 | 0 | 0 | 0 | 0 | 95 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Mediterranean Rub | 2681 | 1 tsp. | 0 | 0 | 0 | 0 | 0 | 0 | 110 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Tex Mex Rub | 2682 | 1 tsp. | 5 | 0 | 0 | 0 | 0 | 0 | 80 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Tangy Buffalo Rub | 2683 | 1 tsp. | 0 | 0 | 0 | 0 | 0 | 0 | 120 | 0 | 0 | 0 | 0 | 2 | 20 | 0 | 0 |
| SMOKED MEATS | | | | | | | | | | | | | | | | | |
| Bacon Slice, Precooked | 177 | 4 pcs. | 80 | 60 | 6 | 3 | 0 | 15 | 230 | 0 | 0 | 0 | 5 | 0 | 6 | 2 | 2 |
| Bacon Slice Thick Cut Precooked | 2279 | 2 pcs. | 100 | 70 | 8 | 2.5 | 0 | 25 | 390 | 1 | 0 | 1 | 8 | 0 | 0 | 0 | 2 |
| Beef Summer Sausage | 5328 | 2 oz. | 180 | 140 | 16 | 7 | 0 | 30 | 650 | 0 | 0 | 0 | 10 | 0 | 0 | 0 | 8 |
| Bratwurst | 1427 | 4 oz. | 350 | 280 | 31 | 10 | 0 | 65 | 910 | 2 | 0 | 1 | 16 | 0 | 0 | 4 | 6 |
| Corned Beef, Old Fashioned (Cooked) | 1604 | 3 oz. | 110 | 40 | 4.5 | 1.5 | 0 | 40 | 550 | 1 | 0 | 0 | 15 | 0 | 0 | 2 | 20 |
| Franks, Gourmet | 883 | 3 oz. | 240 | 180 | 20 | 7 | 0 | 45 | 780 | 4 | 0 | 1 | 11 | 6 | 0 | 2 | 4 |
| Ham, Smoked Boneless | 1372 | 3 oz. | 130 | 50 | 6 | 2 | 0 | 50 | 870 | 0 | 0 | 0 | 17 | 0 | 0 | 0 | 4 |
| Ham, Spiral Sliced | 2578,79&80 | 3 oz. | 160 | 90 | 10 | 3.5 | 0 | 50 | 990 | 1 | 0 | 1 | 16 | 0 | 0 | 2 | 4 |
| Andouille Sausage | 2535, 2658 | 3 oz. | 210 | 150 | 17 | 7 | 0 | 55 | 920 | 3 | 0 | 1 | 11 | 8 | 2 | 4 | 4 |

| Nutrition Facts | Selection # | Serving Size | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) | Vitamin A %DV | Vitamin C %DV | Calcium %DV | Iron %DV |
|-------------------------------------|-------------|--------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|-------------|---------------|---------------|-------------|----------|
| Italian Sausage | 2190 | 3 oz. | 220 | 160 | 17 | 6 | 0 | 60 | 700 | 1 | <1 | <1 | 15 | 8 | 2 | 2 | 6 |
| Kielbasa Sausage | 2534 | 3 oz. | 220 | 150 | 17 | 7 | 0 | 50 | 740 | 4 | 0 | 2 | 11 | 2 | 2 | 2 | 4 |
| Polish Sausage | 2169 | 3 oz. | 190 | 130 | 14 | 5 | 0 | 50 | 870 | 2 | 0 | 2 | 12 | 4 | 2 | 2 | 6 |
| VEAL | | | | | | | | | | | | | | | | | |
| Veal Patties, Italian Breaded | 660 | 4 oz. | 270 | 150 | 17 | 7 | 0 | 60 | 490 | 22 | 2 | 3 | 16 | 2 | 0 | 2 | 2 |
| VEGETABLES & SIDE DISHES | | | | | | | | | | | | | | | | | |
| Apple and Cranberry Stuffing | 2568 | 4 oz. | 140 | 20 | 2.5 | 0 | 0 | 0 | 490 | 27 | 3 | 10 | 4 | 70 | 10 | 6 | 10 |
| Asparagus w/Hollandaise Sauce | 1556 | 3 oz. | 45 | 25 | 2.5 | 1.5 | 0 | 20 | 100 | 4 | 1 | <1 | 3 | 15 | 35 | 4 | 2 |
| Broccoli & Cauliflower w/ Garlic | 1730 | 2.5 oz. | 70 | 60 | 6 | 1 | 0 | 0 | 140 | 2 | 1 | 1 | 1 | 4 | 35 | 0 | 0 |
| Brussell Sprouts | 2565 | 1/2 cup | 90 | 35 | 4 | 1.5 | 0 | 5 | 220 | 8 | 2 | 2 | 5 | 6 | 80 | 2 | 4 |
| Carrots, Glazed | 2194 | 4 oz. | 110 | 70 | 8 | 4.5 | 0 | 20 | 180 | 11 | 2 | 6 | <1 | 20 | 15 | 4 | 4 |
| Cheddar Cheese Hash Browns | 2278 | 1 pc. | 250 | 140 | 16 | 4.5 | 0 | 15 | 530 | 23 | 1 | 2 | 4 | 2 | 20 | 8 | 2 |
| Creamed Spinach | 2690 | 5.5 oz. | 130 | 70 | 8 | 5 | 0 | 25 | 640 | 9 | 2 | 2 | 5 | 40 | 2 | 15 | 6 |
| Cornbread Sausage Dressing | 2717 | 4 oz. | 300 | 170 | 19 | 9 | 0 | 55 | 430 | 28 | 1 | 12 | 5 | 6 | 4 | 2 | 6 |
| Green Bean Casserole | 1552 | 6 oz. | 190 | 100 | 11 | 6 | 0 | 10 | 610 | 19 | 3 | 6 | 5 | 6 | 8 | 10 | 6 |
| Green Beans, Whole | 1519 | 3¼ oz. | 100 | 70 | 8 | 4.5 | 0 | 15 | 150 | 6 | 2 | 2 | 1 | 15 | 20 | 4 | 4 |
| Mixed Vegetables | 309 | 1 cup | 35 | 0 | 0 | 0 | 0 | 0 | 20 | 6 | 2 | 3 | 1 | 20 | 4 | 4 | 0 |
| Mexican Street Corn | 2803 | 3 oz. | 210 | 130 | 14 | 3.5 | 0 | 20 | 300 | 16 | 2 | 5 | 7 | 15 | 10 | 15 | 2 |
| Omaha Steakhouse Fries | 2329 | 3.5 oz. | 100 | 10 | 1 | 0 | 0 | 0 | 510 | 21 | 2 | 1 | 2 | 0 | 15 | 2 | 40 |
| Potatoes Au Gratin | 2236, 2588 | 1 pc. | 130 | 50 | 6 | 0.5 | 0 | 0 | 310 | 19 | 1 | 1 | 2 | 0 | 4 | 0 | 0 |
| Potatoes, Mashed Rsted Garlic | 1478 | 4 oz. | 150 | 70 | 8 | 5 | 0 | 20 | 300 | 17 | 1 | 2 | 2 | 6 | 25 | 2 | 2 |
| Potatoes, Smashed Red | 2708 | 1/2 Tray | 190 | 90 | 10 | 5 | 0 | 15 | 650 | 22 | 2 | 2 | 3 | 4 | 25 | 4 | 4 |
| Potatoes, Scalloped | 2672 | 2/3 Cup | 200 | 100 | 11 | 7 | 0 | 30 | 690 | 17 | 1 | 4 | 7 | 6 | 8 | 20 | 0 |
| Potatoes, Steakhouse | 2230 | ½ cup | 150 | 80 | 9 | 6 | 0 | 30 | 510 | 10 | 1 | 2 | 8 | 8 | 10 | 20 | 2 |
| Potatoes, Stuffed Baked | 1472 | 1 pc. | 280 | 130 | 15 | 8 | 0 | 40 | 400 | 27 | 3 | 4 | 9 | 10 | 35 | 20 | 8 |
| Pepper Jack Risotto Cakes | 1765 | 1 pc. | 220 | 120 | 14 | 3 | 0 | 10 | 410 | 21 | 2 | 1 | 5 | 20 | 10 | 6 | 4 |
| Roasted Root Vegetables | 2720 | 1/2 Cup | 60 | 0 | 0 | 0 | 0 | 0 | 20 | 13 | 2 | 5 | 2 | 80 | 0 | 2 | 0 |
| Roasted Potato Salad | 2802 | 1/4 Tray | 270 | 180 | 20 | 6 | 0 | 30 | 330 | 14 | 1 | 2 | 8 | 6 | 30 | 10 | 6 |
| Quiche Lorraine | 2438 | 4 oz. | 390 | 230 | 26 | 13 | 0 | 130 | 170 | 26 | <1 | 4 | 12 | 10 | 0 | 15 | 6 |
| Quinoa and Kale Cakes | 2617 | 3 oz. | 140 | 80 | 9 | 2.5 | 0 | 10 | 540 | 11 | 1 | 1 | 4 | 70 | 30 | 15 | 4 |
| Sage Dressing | 2264 | ½ cup | 160 | 80 | 9 | 5 | 0 | 25 | 590 | 18 | 1 | 1 | 4 | 6 | 2 | 2 | 4 |
| Spinach, Creamed | 1487 | 4 oz. | 80 | 30 | 4 | 2.5 | 0 | 15 | 470 | 9 | 2 | 3 | 4 | 90 | 25 | 10 | 6 |
| Sweet Corn Medley | 1520 | 4 oz. | 160 | 50 | 6 | 3 | 0 | 15 | 360 | 22 | 3 | 4 | 3 | 4 | 15 | 0 | 8 |
| Sweet Potato Steak Fries | 2291 | 3 oz. | 180 | 40 | 4.5 | 0 | 0 | 0 | 910 | 33 | 2 | 3 | 4 | 120 | 10 | 4 | 4 |
| Five Grain Rice Pilaf | 2747 | 1 cup | 170 | 60 | 7 | 3 | 0 | 10 | 250 | 24 | 2 | 1 | 4 | 6 | 4 | 0 | 4 |
| Rustic Roasting Vegetables | 2435 | 3oz | 60 | 0 | 0 | 0 | 0 | 0 | 25 | 13 | 2 | 3 | 2 | 70 | 10 | 2 | 4 |
| Sweet Potatoes, Whipped | 1485 | 4 oz. | 180 | 50 | 5 | 3.5 | 0 | 0 | 310 | 33 | 3 | 13 | 6 | 350 | 25 | 4 | 4 |
| Vegetable Medley, Roasted | 1518 | 3.5 oz. | 60 | 30 | 3.5 | 2 | 0 | 5 | 140 | 7 | 2 | 4 | 2 | 15 | 90 | 2 | 6 |
| VEGETARIAN | | | | | | | | | | | | | | | | | |
| Garden Sun Veggie Burger | 2442 | 4oz | 360 | 190 | 21 | 2 | 0 | 0 | 300 | 32 | 6 | 3 | 12 | 50 | 0 | 6 | 20 |
| Vegetarian Italian Sausage | 2451 | 1 | 240 | 90 | 10 | 1 | 0 | 0 | 560 | 11 | 4 | 2 | 25 | 0 | 8 | 4 | 10 |
| VegetarianFrankfurters | 2450 | 1 | 180 | 70 | 8 | 2 | 0 | 0 | 690 | 6 | 4 | 2 | 21 | 4 | 0 | 0 | 10 |
| BREAKFAST & BREADS | | | | | | | | | | | | | | | | | |
| Sour Cream Coffee Cakes | 2231 | 1 cake | 350 | 110 | 12 | 10 | 0 | 65 | 190 | 55 | 1 | 35 | 6 | 6 | 2 | 10 | 8 |
| Irish Soda Bread Rolls | 2436 | 1 roll | 230 | 60 | 6 | 2.5 | 0 | 15 | 690 | 38 | 1 | 9 | 5 | 0 | 0 | 4 | 10 |

Omaha Steaks is providing nutrition information to you in order to make sensible decisions about balance, variety and moderation in your diet. Nutrition information for single ingredient products are based on actual lab analysis or published resources. Percent Daily Values (DV) are based on a 2,000 calories diet. Your daily values may be higher or lower depending on your calorie needs. Nutrition information is based on raw, uncooked values for steaks, chops, poultry, lamb & seafood.

Although this guide is updated on a regular basis, we occasionally make improvements to our products that may not be immediately reflected in this list. For more nutrition information and detailed

Nutrition Facts

lists of ingredients for Omaha Steaks products, please visit our website at www.omahasteaks.com. Or call 1-800-228-9872. **Information effective October 2017**

| Selection # | Serving Size | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) | Vitamin A %DV | Vitamin C %DV | Calcium %DV | Iron %DV |
|-------------|--------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|-------------|---------------|---------------|-------------|----------|
|-------------|--------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|-------------|---------------|---------------|-------------|----------|