



Core Menu Nutritional Information Harvest 2019

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)
KALE 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
BUTTERNUT SQUASH	12oz	135.5	1.5	15.8	2.4	0.0	490.4
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
CHICKEN POT PIE	16oz	416.0	18.1	26.3	26.7	102.5	487.9
BOURGUIGNON	16oz	398.3	28.5	21.0	18.7	79.4	562.5
SHEPHERDS PIE	16oz	405.2	32.2	27.6	17.7	97.7	415.1
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
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)
STICKY TOFFEE PUDDING	115g	294.9	4.0	49.8	10.0	37.6	114.4
CARAMEL APPLE CRUMBLE	115g	252.1	3.5	53.0	4.5	12.0	75.0
BANANA BREAD PUDDING	115g	263.3	5.3	39.8	11.0	33.5	126.9
CHOCOLATE CHILI POT	115g	225.0	4.2	30.6	10.9	44.6	112.8
VANILLA ICE CREAM	2oz	69.6	1.2	7.9	3.7	14.7	26.8
BRUNCH	SIZE	CALORIES	PROTEIN (G)	CARBS (G)	FAT (G)	CHOL (MG)	SODIUM (MG)
AVOCADO TOAST	8oz	362.2	5.4	25.6	29.9	0.0	199.1
BURGOO + EGGS	16oz	397.0	25.7	42.8	14.5	109.6	459.6
EGGS RATATOUILLE	16oz	283.4	13.8	18.2	17.7	77.7	440.6
BBQ PORK TATER SKILLET	16oz	315.9	16.3	23.8	18.1	144.1	657.2