

# Prepared Foods Nutrition Facts



Homestyle Bar	Serving Size	Calories	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Added Sugar		Protein	Vitamin D	Calcium	Iron	Potassium
	(g)		(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(g)	(g)	(%DV)	(g)	(%DV)	(%DV)	(%DV)
<b>Entrees</b>																							
Beef Stew	4 oz (113g)	100	6	8	2	10	0	15	5	170	7	7	3	1	4	2	0	0	5	0	2	6	4
Beef Stroganoff	4 oz (113g)	100	4.5	6	1.5	8	0	15	5	440	19	4	1	0	0	1	0	0	8	0	0	6	4
Black Garlic Chicken	5 oz (142g)	180	9	12	1.5	8	0	40	13	650	28	7	3	0	0	2	0	0	15	0	0	6	2
Cajun Tilapia w/Roasted Red Pepper Sauce	1 Piece (170g)	250	18	23	3	15	0	25	8	430	19	3	1	1	4	1	0	0	21	0	4	6	2
Cajun Tilapia Cake	1 each (2 oz)	170	14	18	2.5	13	0	25	8	180	8	3	1	0	0	0	0	0	8	0	2	6	0
Carolina Pulled Pork	4 oz (113g)	170	6	8	2	10	0	70	23	490	21	7	3	0	0	5	5	10	20	0	2	6	2
Fried Haddock	1 Piece (4 oz)	260	15	19	2	10	0	30	10	500	22	18	7	0	0	0	0	0	12	0	0	0	4
Homestyle Meatloaf	1 Slice w/ Gravy (251g)	350	20	26	8	40	0	155	52	1010	44	22	8	0	0	6	2	4	26	0	4	15	2
Honey Brined Bourbon BBQ Chicken	12 oz Edible Portion w/Sauce (351g)	490	150	17	26	4.5	23	0	150	50	2260	94	51	17	2	8	47		30	10	20	2	20
Honey Brined BBQ Chicken	5 oz w/Sauce (142g)	200	9	12	2.5	13	0	70	23	1080	47	12	4	0	0	9	9	18	21	0	2	6	2
Honey Brined Fried Chicken	3 oz Chicken only (85g)	200	12	15	4	20	0	60	20	780	34	8	3	0	0	0	0	0	18	0	2	6	0
Jerk Style Bone In Chicken	5 oz (142g)	270	15	19	4.5	23	0	110	37	710	31	2	1	1	4	0	0	0	31	0	4	6	2
Memphis BBQ Burger Sliders	1 each (3 oz)	120	6	8	2	10	0	45	15	580	25	12	4	0	0	7	6	12	8	0	2	6	2
Memphis BBQ Pulled Pork	4 oz w/sauce (113g)	160	4	5	1.5	8	0	50	17	900	39	16	6	0	0	12	12	24	15	0	2	6	4
Peruvian Chicken	5 oz (142g)	270	15	19	4.5	23	0	120	40	600	26	1	0	0	0	0	0	0	34	0	2	6	0
Pulled BBQ Rotisserie Chicken	4 oz (113g)	130	2	3	0	0	0	45	15	940	41	12	4	0	0	8	8	16	17	0	2	6	6
Latin Chicken w/ Roasted Red Pepper Sauce	4 oz (113g)	180	10	13	3	15	0	65	22	530	23	2	1	1	4	1	0	0	19	0	2	6	0
Roasted Turkey	4 oz (113g)	110	30	3.5	5	1.5	8	0	35	12	610	25	3	1	0	0	1	15	0	0	0	4	0
Turkey Sage Meatloaf	4 oz (113g)	120	6	8	1.5	8	0	50	17	430	19	5	2	0	0	1	0	0	13	0	2	6	2

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Italian Entrees																							
Antibiotic Free Chicken Parmesan	1 Piece (191g)	290	13	17	3.5	18	0	90	30	600	26	17	6	0	0	6	0	0	28	0	10	6	10
Chicken Cacciatore	4 oz (113g)	90	4	5	1	5	0	0	0	200	9	5	2	1	4	2	0	0	9	0	2	15	4
Eggplant Lasagna	8 oz (234g)	340	22	28	10	50	0	45	15	1060	46	22	8	2	7	6	0	0	15	0	30	6	8
Meat Lasagna	1 Piece (9 oz)	380	21	27	10	50	0	80	27	1130	49	26	9	3	11	8	0	0	21	0	35	10	15
Meatballs & Sausage in Sauce	1 Meatball & 1 Sausage w/Sauce (112g)	230	16	21	6	30	0.5	45	15	600	26	7	3	2	7	1	0	0	14	0	2	6	8
Penne w/ Sausage & Vodka Blush Sauce	4 oz (113g)	190	10	13	2.5	13	0	20	7	290	13	18	7	1	4	2	0	0	7	0	2	6	2
Rigatoni Bolognese	4 oz (113g)	150	6	8	2	10	0	20	7	240	10	18	7	1	4	2	0	0	9	0	4	10	4
Sides																							
Arancini	1 each (46g)	60	3	4	1	5	0	5	2	170	7	6	2	0	0	0	0	0	2	0	2	0	0
Au Gratin Potatoes	4 oz (113g)	130	5	6	3	15	0	15	5	260	11	15	5	0	0	2	0	0	5	0	10	6	2
Bread Pudding w/Caramel Sauce	1 Piece (145g)	220	3.5	4	1.5	8	0	60	20	330	14	42	15	1	4	28	23	46	7	6	8	6	2
Buffalo Chicken Mac & Cheese	4 oz (113g)	160	8	10	3.5	18	0	20	7	580	25	16	6	1	4	3	0	0	7	0	8	6	2
Chipotle Corn Cake	1 each (57g)	120	4.5	6	1.5	8	0	20	7	200	9	19	7	1	4	7	6	12	2	0	2	6	2
Cornbread Stuffing	4 oz (113g)	170	4	5	2.5	13	0	5	2	700	30	25	9	0	0	6	3	6	5	0	0	0	2
Egg Noodles	4 oz (113g)	440	7	9	2	11	0	125	42	430	19	78	28	0	0	4	0	0	16	0	4	20	0
French Fries	5 oz (142g)	290	19	24	6	30	0	0	0	440	19	33	12	3	11	2	0	0	3	0	2	6	10
Fried Calamari	4 oz (113g)	310	21	27	4	20	0	165	55	240	10	15	5	0	0	1	0	0	15	0	2	0	0
Herb Stuffing	4 oz (113 g)	140	7	9	2.5	13	0	10	3	380	17	16	6	1	4	2	0	0	3	0	2	6	2
Homestyle Gravy	4 oz (114)	60	4	5	2.5	12	0	10	3	590	26	5	2	0	1	0	0	0	1	0	0	2	0
Homestyle Thinned Seasoned Tomato Sauce	2 oz (57g)	20	1	1	0	0	0	0	0	160	7	3	1	1	4	2	0	0	1	0	2	0	2
Kale & Quinoa Cake	1 Cake (85g)	130	8	10	0.5	3	0	35	12	80	3	12	4	1	4	3	1	2	4	0	4	6	4
Macaroni & Cheese	4 oz (113g)	180	9	11	4.5	22	0	20	7	330	14	18	7	1	2	3	0	0	7	2	10	4	2

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Mashed Sweet Potatoes	4 oz (113g)	90	6	7	3.5	18	0	15	6	280	12	9	3	1	4	4	0	0	1	0	2	4	4
Penne Pasta	4 oz (113g)	150	3	4	0	0	0	0	0	0	0	27	10	1	4	1	0	0	5	0	0	6	2
Potato Gratin	1 Each (101g)	180	12	15	8	40	0	40	13	380	17	14	5	1	4	0	0	0	4	0	8	0	4
Signature Whipped Potatoes	4 oz (113g)	160	11	14	7	35	0	30	10	350	15	14	5	1	4	1	0	0	2	0	2	0	6
Spicy Marinara Sauce	2 oz (57g)	25	1	1	0	0	0	0	0	190	8	4	1	1	4	2	0	0	1	0	2	0	4
Truffle Mac & Cheese	4 oz (113g)	180	9	12	3.5	18	0	15	5	330	14	18	7	1	4	3	0	0	6	0	8	6	2
<b>Vegetables</b>																							
Braised Collard Greens	4 oz (113g)	90	6	8	2.5	13	0	10	3	320	14	9	3	3	11	4	0	0	2	0	10	6	4
Butternut Squash w/ Spinach & Craisins	4 oz (113g)	120	8	10	1	5	0	0	0	220	10	12	4	3	11	5	0	0	1	0	4	6	6
Cauliflower Spinach Gratin	4 oz (113g)	70	4	5	2	10	0	10	3	530	23	6	2	2	6	3	0	0	3	0	4	4	2
Roasted Yams	4 oz (113g)	140	5	6	1	5	0	0	0	105	5	22	8	4	14	7	0	0	2	0	4	6	10
Greens & Beans	4 oz (113g)	45	1.5	2	0	0	0	0	0	390	17	7	3	2	7	1	0	0	2	0	4	6	4
Honey Roasted Root Vegetables	4 oz (113g)	110	6	8	2	10	0	5	2	170	7	14	5	0	0	7	0	0	1	0	2	0	0
Roasted Butternut Squash	4 oz (113g)	90	5	6	1	5	0	0	0	170	7	12	4	2	7	2	0	0	1	0	4	6	8
Roasted Cauliflower w/Parmesan Cheese	4 oz (113g)	70	6	7	1	5	0	0	0	280	12	4	2	2	8	2	0	0	2	0	2	2	4
Roasted Red Potatoes	4 oz (113g)	110	4.5	6	0.5	3	0	0	0	240	10	17	6	2	7	1	0	0	2	0	0	6	10
Stewed Okra w/ Tomatoes & Corn	4 oz (113g)	90	3.5	4	1	5	0	10	3	340	15	11	4	2	7	3	0	0	5	0	2	6	6
Tuscan Garbanzo Beans & Kale	4 oz (113g)	80	2.5	3	0	0	0	0	0	390	17	10	4	1	4	2	0	0	2	0	2	6	4

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