

# Healthy Choice

## A la carte menu

\*\*Items are all cooked without salt, oils, or butters\*\*\*

### PROTEINS

#### Filet 17

**Calories:**190 **Total Fat:** 10g15% **Saturated Fat**  
3.5g18% **Cholesterol** 70 mg23% **Sodium** 60mg23%  
**Protein** 23g

#### Grilled Salmon 11

**Calories:** **Total Fat:** 11g17% **Saturated Fat**  
2g10% **Cholesterol** 0mg0% **Sodium** 30mg1%  
**Protein** 0g

#### Shrimp 12

**Calories:**60 **Total Fat:** .5g1% **Saturated Fat**  
0g0% **Cholesterol** 125mg42% **Sodium** 650mg28%  
**Protein** 13g

#### Grilled Chicken Breast 8

**Calories:** 190 **Total Fat:** 4.5g7% **Saturated Fat**  
1g5% **Cholesterol** 110mg37% **Sodium** 110mg5%  
**Protein** 36g

### VEGGIES

#### Brussel Sprouts 4

**Calories:** 35 **Total Fat:** 0g0% **Saturated Fat**  
0g0% **Cholesterol** 0mg0% **Sodium** 20mg1%  
**Protein** 3g

#### Asparagus 5

**Calories:** 20 **Total Fat:** .12g0.18% **Saturated Fat**  
0.04g0.2% **Cholesterol** 0mg0% **Sodium** 2mg0.08%  
**Protein** 2.2g

#### Green Beans 4

**Calories:** 25 **Total Fat:** 0g0% **Saturated Fat**  
0g0% **Cholesterol** 0mg0% **Sodium** 5mg0%  
**Protein** 2g

#### Carrots 5

**Calories:** 30 **Total Fat:** 0g0% **Saturated Fat** 0g0%  
**Cholesterol** 0mg0% **Sodium** 60mg3% **Protein** 1g

#### Broccoli 4

**Calories:** 30 **Total Fat:** 0g0% **Saturated Fat**  
0g0% **Cholesterol** 0mg0% **Sodium** 30mg0%  
**Protein** 2g

#### Spinach 4

**Calories:** 23 **Total Fat:** 0.39g0.6% **Saturated Fat**  
0.06g0.32% **Cholesterol** 0mg0% **Sodium** 79mg3.29%  
**Protein** 2.9g

### STARCHES

#### Organic Tri colored quinoa 4

**Calories:**170 **Total Fat:** 2.5g3% **Saturated Fat**  
0g0% **Cholesterol** 0mg0% **Sodium** 0mg0%  
**Protein** 6g

#### Sweet Potato 2

**Calories:** 100 **Total Fat:** 0g0% **Saturated Fat**  
0g0% **Cholesterol** 0mg0% **Sodium** 60mg3%  
**Protein** 2g

#### Basmati 2

**Calories:**190 **Total Fat:** .0g0% **Saturated Fat**  
0g0% **Cholesterol** 0mg0% **Sodium** 0mg0%  
**Protein** 4g

#### Bake Potato 2

**Calories:** 110 **Total Fat:** 0g0% **Saturated Fat**  
0g0% **Cholesterol** 0mg0% **Sodium** 8mg0%  
**Protein** 3g6%

#### Multigrain rice blend 4

**Calories:** 140 **Total Fat:** 0.5g1% **Saturated Fat**  
0g0% **Cholesterol** 0mg0% **Sodium** 0mg0%  
**Protein** 4g8%

