

Dinner

Starters



Manhattan Clam Chowder

(Serving size: 6 oz– Cal: 76, Fat: 1g, Carb: 11g, Pro: 6 g, Sod: 143 mg)



Israeli Chopped Salad

(Serving size: 6 oz– Cal: 37, Fat: 2g, Carb: 4g, Pro: <1 g, Sod: 143 mg)

Main



Cavatappi Fagioli

(Serving size: 6 oz– Cal: 106, Fat: 3g, Carb: 16g, Pro: 5 g, Sod: 201 mg)



Roasted Lamb Sirloin with Chermoula

(Serving size: 3 oz– Cal: 350, Fat: 23g, Carb: 6g, Pro: 21 g, Sod: 234 mg)

*****Catch of the Day*****

Sides



Triple Mushroom Brown Rice Risotto

(Serving size: 4 oz– Cal: 72, Fat: 3g, Carb: 15g, Pro: 3 g, Sod: 83 mg)

Steamed Yellow Squash

Toasted Garlic Broccoli

Baguette

Dessert

Carrot Cake

(Serving size: 4 oz– Cal: 137, Fat: 6g, Carb: 19g, Pro: 3 g, Sod: 108 mg)

NSA Option



Fit Plate



Less than 350 mg of Sodium



Vegetarian