

FIRESIDE

Carb Counter

Carb counted menu items with a fiber & protein focus – to be included in a balanced meal. Recommendations for carbohydrate intakes vary by individual.

ENTREES

Carb Free	GRILLED/SEARED SALMON (0g carb)
	GRILLED CHICKEN BREAST (0 g carb)
<1 Serving	WESTERN OMELET (1g carb)
	PERNIL (1g carb)
	BRANZINO PEPPERONATA (3g carb)
	TEX MEX CATFISH (3g carb)
	FRIED SHRIMP (10g carb)

SIDES

<1 Serving	HOUSE SALAD (5 g carb)	FRUIT SALAD (7 g carb)
	SPINACH & MUSHROOM SALAD (8g carb)	
	STEAMED BROCCOLI (8g carb)	
	STEAMED GREEN BEANS (8g carb)	
	STEAMED VEGETABLE MEDLEY (7g carb)	
	STEAMED CARROTS (11g carb)	
1-2 Servings	ROASTED ACORN SQUASH (12g carb)	
	MASHED POTATOES (18g carb)	
	PLAIN OR BUTTERED CORN (23g carb)	
	CUBAN BLACK BEANS & RICE (31g carb)	
3 Servings	BAKED POTATO (49g carb)	
	BAKED SWEET POTATO (45g carb)	

