

SHORTLINE

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. Ask your doctor or a dietitian!

ENTREES

Carb Free	GRILLED CHICKEN BREAST OR SHRIMP (0 g carb)
<1 Serving	CAJUN CORNMEAL CRUSTED CATFISH (10g carb)
1-2 Servings	GREEK SALAD + PROTEIN CHOICE (13g carb) WEDGE SALAD + PROTEIN CHOICE (10g carb) +PORTOBELLO MUSHROOM (5g carb) TRIO SALAD (8g carb)
3 Servings	TUNA, CHICKEN, EGG OR SHRIMP SALAD (<1g carb) WHEAT BREAD (20g carb **per slice)

SIDES

<1 Serving	FRUIT SALAD (7g carb) HOUSE SALAD (5g carb) COLESLAW (9g carb)
1-2 Servings	STEAMED LIMA BEANS (22g carb)
3 Servings	BAKED POTATO (49 g carb)

