

TERRACE

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 (0 g carb)
	GRILLED SHRIMP (0 g carb)
	GRILLED SALMON (0 g carb)
<1 Serving	COBB SALAD W/GRILLED CHICKEN (8 g carb)
	TRIO SALAD (8g carb)
1-2 Servings	AUTUMN SALAD w/ PROTEIN (22g carb)
	+ PORTOBELLO MUSHROOM (5g carb)
3 Servings	TUNA, SHRIMP, CHICKEN, OR EGG SALAD (<1g carb)
	• WHEAT BREAD (20 g carb **per slice)

SIDES

<1 Serving	HOUSE SALAD (5 g carb)
	ROMAINE CUCUMBER & FETA SALAD (5g carb)
	FRUIT SALAD (7 g carb)
1-2 Servings	MANHATTAN CLAM CHOWDER (12g carb)
	SWEET POTATO FRIES (32g carb)

