

CHESAPEAKE

Carb Counter

Carb counted menu items with one serving or less each. To be included in a balanced meal. Recommendations for carbohydrate intakes vary by individual.

ENTREES

GRILLED CHICKEN, SALMON, SHRIMP (0g carb)

BLACKENED CATFISH (0g carb)

FLOUNDER MEUNIERE (2g carb)

CHICKEN PROVENÇAL (5g carb)

VEAL MARSALA (7g carb)

CHICKEN MARSALA (7g carb)

SIDES

SAUTEED BROCCOLI RABE (3g carb)

HOUSE SALAD (5g carb)

CAJUN ROASTED CAULIFLOWER (5g carb)

FRUIT SALAD (7g carb)

GREEN BEANS ALAMANDINE (8g carb)

ESCAROLE & FENNEL (6g carb)

STEAMED GREEN BEANS (8g carb)

RICE CONFETTI (11g carb)

