

FIRESIDE

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 or GRILLED SALMON *(0g carb)*

SEARED SHRIMP *(0g carb)*

TUNA SALAD *(0g carb)*

SALMON TOGRASHI *(0g carb)*

SAUTEED TILAPIA W/GARLIC HERB SAUCE *(2g carb)*

GREEK CHICKEN *(4g carb)*

ASIAN BEEF LETTUCE WRAPS *(7g carb)*

WEDGE SALAD *(10g carb)*

SIDES

BLISTERED CHERRY TOMATOES *(5g carb)*

FRUIT SALAD *(7g carb)*

SAUTEED BROCCOLI W/ LEMON & GARLIC *(9g carb)*

SAUTEED SAUERKRAUT *(10g carb)*

