

SHORTLINE

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 BREAST OR SHRIMP (*0 g carb*)

TUNA, CHICKEN, EGG OR SHRIMP SALAD (*<1g carb*)

TRIO SALAD (*8g carb*)

CAJUN CORNMEAL CRUSTED CATFISH (*10g carb*)

GREEK SALAD + PROTEIN CHOICE (*13g carb*)

WEDGE SALAD + PROTEIN CHOICE (*10g carb*)

+PORTOBELLO MUSHROOM (*5g carb*)

SIDES

FRUIT SALAD (*7g carb*)

HOUSE SALAD (*5g carb*)

COLESLAW (*9g carb*)

SEE DAILY SPECIALS VEGETABLES*
