

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

PAN SEARED TROUT *(0g carb)*

GRILLED CHICKEN, SALMON, SHRIMP *(0g carb)*

PLAIN BAKED TOFU *(3g carb)*

CHICKEN PROVENCAL *(5g carb)*

JAMAICAN JERK CHICKEN *(9g carb)*

WEDGE SALAD *(10g carb)*

COD DIJONNAISE *(12g carb)*

SIDES

HOUSE SALAD *(5g carb)*

FRUIT SALAD *(7g carb)*

GREEN BEANS *(8g carb)*

QUINOA & VEGETABLE PILAF *(8g carb)*

PLAIN BRUSSEL SPROUTS *(8g carb)*