

# 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, SALMON or SHRIMP *(0g carb)*

SALMON TOGRASHI *(0g carb)*

GRILLED LEMON CHICKEN *(2g carb)*

SAUTEED CLAMS IN WHITE WINE *(6g carb)*

CHICKEN COBB SALAD *(8g carb)*

HERB CRUSTED COD *(10g carb)*

### SIDES

SAUTEED YELLOW SQUASH *(3g carb)*

SAUTEED ZUCCHINI *(3g carb)*

HOUSE SALAD *(5g carb)*

FRUIT SALAD *(7g carb)*