

CHESAPEAKE

Carb Counter

Carb counted menu items with a fiber & protein focus – to be included in a balanced meal. Recommendations for carbohydrate intakes vary by individual.

ENTREES

Carb Free	GRILLED CHICKEN, SHRIMP, OR SALMON (0g carb) BLACKENED CATFISH (0g carb)
<1 Serving	GREEN GODDESS SALMON (4g carb) CAJUN CHICKEN W/BLACK BEAN SALSA (6g carb) FLOUNDER FLORENTINE (7g carb) CHICKEN MARSALA (7g carb) CAULIFLOWER TACOS (8g carb)
1 Servings	MANDARIN ORANGE SALAD (17g carb)
3 Servings	SHRIMP POMODORO (33g carb)

SIDES

<1 Servings	HOUSE SALAD (5g carb) SPAGHETTI SQUASH W/PESTO (6g carb) STEWED TOMATOES (7g carb) STEAMED BROCCOLI (7g carb) FRUIT SALAD (10g carb) WATERMELON FETA SALAD (9g carb)
1-2 Servings	STEAMED BEETS (11g carb) MASHED POTATOES (18g carb) CILANTRO LIME RICE (30g carb)
3 Servings	BAKED POTATO (49g carb)