

# FIRESIDE

## 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 SALMON OR CHICKEN (0g carb)
<1 Serving	PICKLE BRINED FRIED CHICKEN (2g carb) TROUT ALMONDINE (7g carb) CHICKEN TIKKA MASALA (8g carb)
1-2 Servings	PANEER TIKKA MASALA (11g carb) STUFFED PORTABELLA MUSHROOM (13g carb) TUNA SALAD SANDWICH (25g carb)
3 Servings	PENNE WITH SAUSAGE, ASPARAGUS, & PESTO (46g carb)

---

### SIDES

---

<1 Serving	STEAMED SPINACH (4g carb) HOUSE SALAD (5 g carb) SAUTEED CABBAGE (7g carb) STEAMED GREEN BEANS (8g carb) STEAMED CARROTS (9g carb) FRUIT SALAD (10 g carb) WATERMELON & FETA SALAD (9g carb)
1-2 Servings	RED BEANS & RICE (23g carb) ROASTED POTATOES (23g carb)

---

