

**Depot Street Market Nutrition Information - ALL MEALS (amt per serving)**

Meal	Available on Winter Menu?	Servings per Reg.	Gluten Free?	Heart Healthy?	Calories	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cal from Fat	Protein (g)	Carbs (g)	Fiber (g)	Sodium (mg)	Cholesterol (mg)	DATE UPDATED
<b>Chicken</b>															
Quinoa Saute w/ Chicken	YES	6	Yes	Yes	214	5.2	1.3	0		18.5	25.3	4.2	213	35	1/17/2012
Baked Teriyaki Chk w/ Rice	YES	3	Yes	Yes	228	1.8	0.5	0		34.1	18.5	0.2	1288	82.2	8/17/2010
Bruschetta Chicken Bake	No	3	No	No	349	8.5	0	0	76.5	39.2	25.9	1.8	1257	90	
Turkey & Quinoa Meatloaf	YES	3	Yes	no	389	14.4	4	0	130	33.3	29	2	875	172	1/17/2012
Chicken Cordon Bleu	YES	3	no	no	561.8	37.8	7.8			16.2	39.1	1.6	467	28.2	8/17/2010
Chicken Marsala	YES	3	Available GF	yes	279	7.5	0.5	0	67.5	26	22	1	1475	60	
Chicken Piccata	YES	3	Available GF	no	318	18.5	2.5	0	167	24	12	1	898	60	
Chicken Pot Pie	YES	4	no	no	495	27	6	0	243	26.7	36	3	1358	42	
Dede's Sesame Chicken	YES	3	Available GF	no	514	14.6	2.4			37	58.9	1.6	432.4	117.6	8/17/2010
Creamy Chicken w/ Rice	YES	3	Available GF	no	352.9	23.3	3.9	0		19.5	15.8	1.1	568	50.5	
Orange Chicken	YES	3	No	Yes	291	1.9	0.6	0		33.2	31.1	0.4	455.6	83	8/17/2010
OMG Chicken	YES	3	Yes	No	400	20	8.8		180	43	12	2.6	1251	109	
Pesto Parmesan Chicken	YES	3	Available GF	No	429.5	20	6.3	0		43.6	16.3	1.6	615.2	101.9	8/17/2010
Toasted Couscous w/ C, F, V	YES	3.25	No	Yes	201.8	6.6	2.7	0	29.2	17	19.5	1	629.4	36.3	
<b>Vegetarian</b>															
Cheese Ravioli Lasagna	YES	3	No	No	401	24	9	0	207	25	22	1.5	860	98	
Quinoa, Sweet Potato Bake	YES	3	Yes	Yes	257.4	4.3	1.2	0		15.4	40.9	9.6	301.8	72	1/17/2012
Tessa's Pesto Pasta Primavera	YES	3	Available GF	No	Coming Soon										
Shrimp w/ Pasta, Peanut Sauce	NO	3	Yes, with Rice	Yes	433	31.5	1.5	0	85.5	31	54	3	1586	183.5	
<b>Seafood</b>															
Grilled Blackened Salmon	YES	3	Yes	No	437	36.6	8	0	329.4	23.6	2	1	589	92	
Potato Crusted Salmon	YES	3	Yes	no	315	18	4.7	0	162	24	14	1	944	45	
Fiesta Shrimp	NO	3	Yes	No	482	14.5	2	0	130.5	29.5	57	1.5	981	223	
Shrimp Scampi	YES	3	Yes w/ Rice	yes	179	9	1	0	81	20	2	0	740	183.5	
<b>Pork</b>															
Cranberry Stuffed Pork Roast	NO	3	yes	No	492	24.5	9	0	220.5	33.6	34	1	385	100	
Pecan Crusted Pork Tenderloin	YES	3	Yes	No	643	31	6	0	279	73	18	7	600	193	11/26/2010
<b>Beef</b>															
Carne Asada w/ Cilantro Crm Sc	NO	3	Yes	No	366.8	23.8	10	0	214.2	31.4	5.6	0.7	755.7	87.6	
Certified Angus Short Ribs	YES	3	Yes	No	431	25	12.5	0	225	23	20	2	615	104	
Lasagna Bolognese	YES	3	No	No	640	31.5	14	0	283.5		41	4	1586	133	
Margarita Beef Kabobs	NO	3	yes	No	227	10.5	3	0	94.5	23.5	3.5	0	462	70	
Mexican Beef Casserole	YES	3	yes	no	721	50	25	0		32.9	37.5	8.8	993	127	
Shepherd's Pie	YES	3	Available GF	No	728	46	15		414	30	43	2	1580	108	
<b>Appetizers</b>															
Shrimp and Crab Bruschetta	YES	6	yes w/o bread	No	372.5	26.7	5.5	0	240.3	18	14	1	408	121	
Mini Crab Cakes	YES	3	No	No	354.9	13.9	1.3	0		28.1	24.4	0.7	1355.4	250.5	1/17/2012
Swiss Cheese Bacon Tarts	YES	Coming Soon													
SW Egg Rolls	YES	4	No	Yes	314	8.5	2	0	76.5	20	39	3	731	8	
<b>Sides and Soups</b>															
Asian Green Beans	YES	4	no	yes	107	6.2	1	0			12.3	5.3	368	0	1/18/2011
Butternut Squash Soup	YES	3	Yes	no	192.2	11.8	5.7	0	99	5.4	16	0	461	24.6	1/18/2011
Cheesy Mashed Potatoes	YES	6	yes	Yes	142	7	2.3	0	63	5.5	15	1.5	747	12.5	
Chicken & Mushroom Chowder	No	3	yes	yes	269	9.4	2.4	0	85	30	17	2.7	521	68	1/18/2011
Green Beans Almandine	YES	3	yes	No	167.7	10.8	5.1	0		4.2	8.2	5.7	230	20.7	1/18/2012
Holly's Mac N Cheese	YES	6	No	No	560	32.1	19.5	0	289	24.4	43.1	1.6	716	85	
Roasted Veg & Chicken Chowder	YES	3	yes	no	293	17.3	11.8		155.7	15.2	22.4	4.2	723	32.9	1/17/2012
Toasted Couscous w/ Veggies	YES	6	No	Yes	100	2.5	0	0	20	3	18	1	360	0	
Toasted Broccoli	YES	4	No	Yes	130	8	1	0	72	5	13		230		
Zucchini Herb Casserole	No	4	no	no	175	11.6				8.1	10.8	1.7	411		

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Lentil Soup	YES	3	no	yes	140	4.4	1.5	0	38	5.6	19	5.1	941	4.5	1/18/2011
Quinoa, Corn & Blk Bean Saute	YES	6	Yes	Yes	134.4	1.8	0.6	0		4.9	17.1	3.2	327.3	0.9	1/18/2012
Turkey Chili	YES	3	yes	no	439	15.2	0.4	0	135	43.4	19.6	10	1568	34	1/18/2011
Tomato and Feta Soup	YES	3	yes	yes	173	9	4	0	81	5.3	17	2.6	1160	20	
Yukon Mashed Potatoes	YES	4	Yes	No	180	10	6	0	90	3	20	2	480	25	1/18/2012