

Depot Street Market Nutrition Information - Fall 2015

Meal	Serving Size	Calories	Fat Cals	Total Fat (g)	Sat. Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Sugars (g)	Fiber (g)	Protein (g)	Allergy Info
Poultry												
Buffalo Chicken Fingers	4 Chicken Fingers	340.8	135.9	15.1	4.2	165.5	1759.1	21.8	0.1	0.9	27.8	
Chicken Picatta	1 Chicken Breast	333	151.2	16.8	4.6	98.2	227.2	7.7	0.4	0.6	33.3	Low Sodium
Gluten Free	1 Chicken Breast	344.1	155.7	17.3	4.7	98.3	228.3	9.4	0.4	1	33.4	GF, Low Sodium
Coconut Chicken Fingers	4 Chicken Fingers	253.7	125.1	13.9	4.3	110.2	72.2	6.9	0.7	1.1	24.2	Low Sodium
Gluten Free	4 Chicken Fingers	291	132.3	14.7	4.3	110.2	124.4	14.1	4.5	3.1	23.8	GF, Low Sodium
<i>Apricot Dipping Sauce</i>	2 Tablespoons	48.3	9.9	1.1	0.1	0	26.8	7.8	7.2	0	0	GF, DF, Low Sodium
Creamy Chicken and Rice	1/3 Dish	615.1	323.1	35.9	13.7	122.2	1607.7	47.7	4.9	3.6	25.8	
Gluten Free	1/3 Dish	572.2	311.4	34.6	13	118.8	1582.8	41.2	4.8	3.3	24.3	GF
Garlic Chicken	1 Chicken Breast	370	213.3	23.7	4.6	92.6	195.5	2.7	0	0.2	35	Low Sodium
House Made Chicken Fingers	1/3 Dish	367	141.3	15.7	4.6	166.7	449.8	22.2	0.1	0.9	32.5	
Gluten Free	1/3 Dish	357.5	137.7	15.3	3.5	165.1	226.8	24.4	0.5	1.7	28.3	GF, Low Sodium
OMG! Chicken	1 Chicken Breast	409.6	158.4	17.6	6	117.7	1728.9	22.5	19.5	0.4	41.4	GF
Orange Chicken	1 Chicken Breast	249.4	45.9	5.1	1.9	81.2	271.7	17	11.7	0.3	31.9	DF, Low Sodium
Pesto Parmesan Chicken	1 Chicken Breast	403.4	188.1	20.9	5.9	104.1	514	11.1	1.5	1.4	40.7	
Gluten Free	1 Chicken Breast	425.4	219.6	24.4	8.3	113.7	715.1	4.6	1.5	1.1	44.7	GF
Sesame Chicken	1 Chicken Breast	710.6	151.2	16.8	2.9	118.8	533.9	71.7	57.5	1.4	35.9	DF
Gluten Free	1 Chicken Breast	795.3	99	11	3.4	127.2	609	105.9	81.7	2.7	36.6	DF, Low Sodium
Teriyaki Chicken	1 Chicken Breast	321	34.2	3.8	1	87.8	2478.5	41.9	36.3	0.5	34.9	GF, DF
Toasted Couscous w/ Chicken, Feta & Veggies	1/3 Bag	464.8	156.6	17.4	8.5	107.8	1731.9	44.2	2.7	4.4	33.8	
Turkey Quinoa Meatloaf	1/3 Dish	406.6	129.6	14.4	4	158.3	1077.6	35.1	21.3	1.7	33.8	GF, DF
Vegetarian												
Cheese Ravioli Lasagna	1/3 Dish	586.7	280.8	31.2	17.8	167.3	1638.8	40	5.8	3.3	35.3	
Gluten Free	1/3 Dish	619.2	260.1	28.9	16.1	235.4	1366.1	52.2	4.9	3.3	35.2	GF
Eggplant Parmesan	1/3 Dish	444.6	236.7	26.3	10.1	44.4	962.7	26.4	0.8	3.6	25.3	
Savory Quinoa Griddle Cakes	1 6oz Cake	275.8	96.3	10.7	1.3	0	473.3	38.8	2.9	7.3	9.9	GF, DF, Low Sodium, V
<i>Citrus Chive Sauce</i>	2 Tablespoons	109.1	88.2	9.8	3.1	15.4	443.2	4.6	2.1	0	0.8	GF, DF, Low Sodium
Beef												
Lasagna Bolognese	1/3 Dish	754.4	380.7	42.3	20.7	182.3	1040.5	47.3	6	4.5	43.9	
Mexican Beef Casserole	1/3 Dish	750.2	459.9	51.1	21	113.4	1095.4	45	3.2	9.3	30.8	GF
Shepherd's Pie	1/3 Dish	1142	609.3	67.7	33	198.5	2703	100.1	8.3	9.7	37.2	
Gluten Free	1/3 Dish	1113.8	616.5	68.5	33	198.5	2508.4	87.6	8.3	9.9	37.2	GF
Short Ribs w/ Yukon Mashed Potatoes	1/3 Dish	604.7	319.5	35.5	17.8	142.8	785.3	30	1.5	3	39.2	GF
Pork												
Pecan Crusted Pork Tenderloin	5oz of Tenderloin	505.6	230.4	25.6	3.8	138.7	811.4	17.6	15.1	1.8	51.5	GF, DF
Slow Roasted Pulled Pork	4 oz	150	72	6	3	67.5	825	0	0	0	24	GF, DF
Seafood												
Crab Cakes	1 6oz Cake	167.8	48.6	5.4	1.1	224.2	433.9	4.1	1.3	0.9	26.1	GF, DF, Low Sodium
<i>Lemon Garlic Aioli</i>	2 Tablespoons	104.6	74.7	8.3	1	10.3	261.4	5.7	2.1	0.9	0.3	GF, Contains Lactic Acid
Downeast Lobster Ravioli	2 Raviolis	345	166.5	18.5	10.5	100	525	29	3.5	1	14	
Flatbread Pizzas												
OMG! Chicken Pizza	1/3 Pizza	506.1	179.1	19.9	6	73.3	1802	50.6	13.6	2.3	27.6	
Gluten Free	1/3 Pizza	599.5	233.1	25.9	6	73.2	2002	65.2	20.2	3.7	30.3	GF
Plain Jane Pizza	1/3 Pizza	391	133.2	14.8	7.3	36.1	965.1	39.4	1.7	3.3	20.6	
Gluten Free	1/3 Pizza	479.1	184.5	20.5	7.8	36.3	1171.1	54.5	8	3.4	23	GF
Roasted Veggie Pizza	1/3 Pizza	420.3	171	19	6.9	36.2	757.3	41.5	3.1	2	16.3	
Gluten Free	1/3 Pizza	515.3	225	25	6.9	36.1	958	56.5	11	3.6	18.9	GF
Slow Roasted Pulled Pork BBQ Pizza	1/3 Pizza	439.2	116.1	12.9	4.5	35.3	1058	60.5	22.7	1.6	16.2	
Gluten Free	1/3 Pizza	533.1	170.1	18.9	4.5	35.3	1258.1	75.2	29.4	3	18.9	GF
Appetizers												
Buffalo Chicken Dip	1/6 Pan	599.6	446.4	49.6	20.7	133.2	1734.9	6.6	2.1	0	30.7	GF

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Appetizers												
Chicken & Lemongrass Potstickers	3 Potstickers	132	43.2	4.8	0.9	18	288	15.6	0.6	0.6	5.4	Low Sodium
Kale & Veggie Dumplings	3 Dumplings	120	31.5	3.5	0.3	0	285	18.5	2	1	3.5	Low Sodium
<i>Apricot Dipping Sauce</i>	<i>2 Tablespoons</i>	<i>48.3</i>	<i>9.9</i>	<i>1.1</i>	<i>0.1</i>	<i>0</i>	<i>26.8</i>	<i>7.8</i>	<i>7.2</i>	<i>0</i>	<i>0</i>	<i>GF, DF, Low Sodium</i>
Mini Crab Cakes	2 Mini Crab Cakes	83.9	24.3	2.7	0.6	112.1	216.9	2	0.7	0.5	13	GF, DF, Low Sodium
<i>Lemon Garlic Aioli</i>	<i>2 Tablespoons</i>	<i>104.6</i>	<i>74.7</i>	<i>8.3</i>	<i>1</i>	<i>10.3</i>	<i>261.4</i>	<i>5.7</i>	<i>2.1</i>	<i>0.9</i>	<i>0.3</i>	<i>GF, Contains Lactic Acid</i>
Shrimp & Crab Bruschetta	1/2 Cup (1/4 Pint)	179.1	108	12	4.4	87.6	298.2	4.2	1.7	0.2	13	GF, Low Sodium
Soups												
Butternut Squash Soup	1/3 Quart	241.4	167.4	18.6	7.4	33.8	402.1	16.7	1.5	3.8	3.9	GF, Low Sodium
Lobster Bisque	1/3 Quart	453.3	335.7	37.3	22.7	146.7	773.3	20	8	0	8	
New England Clam Chowder	1/3 Quart	360	227.7	25.3	14.7	106.7	866.7	21.3	4	1.3	12	GF
Roasted Vegetable and Chicken Chowder	1/3 Quart	144.6	39.6	4.4	2	3.6	185	25.3	5.9	4.2	3.9	GF, DF, Low Sodium
Tomato & Feta Soup	1/3 Quart	130	63	7	3	15	800	12	7	3	4	GF
Turkey Chili w/ Cheese	1/3 Quart	283.9	84.6	9.4	4.6	36	926.5	29	0.4	9.9	14.6	GF
Turkey Chili w/o Cheese	1/3 Quart	229.6	24.3	2.7	0.7	43.3	756.9	27.2	0.1	9.2	26.6	GF, DF
Sides												
Cheesy Mashed Potatoes	1/4 Dish	529	245.7	27.3	17.1	74.3	1933.7	60.5	4.1	5.6	12.4	GF
Green Beans Almandine	1/4 Dish	90.6	32.4	3.6	0.9	2.6	4.9	14	2.8	4.4	3	GF, Low Sodium
Mac & Cheese	1/4 Dish	524	215.1	23.9	14.3	68	525.8	53.8	3.5	2.3	25	
Mashed Cauliflower w/ Caramelized Onions	1/4 Dish	130.5	67.5	7.5	1.1	0	355.3	15	0	6	4.8	GF, DF, Low Sodium, V
Toasted Broccoli	1/4 Dish	129.2	66.6	7.4	1	0	43.2	13.6	2.1	4.6	5.2	DF, Low Sodium
Toasted Couscous w/ Veggies	1/4 Bag	162.5	27.9	3.1	0	0	587.5	30	1.3	2.5	5	DF
Yukon Mashed Potatoes	1/4 Dish	360	180	20	12	50	960	40	2	4	6	GF
Desserts												
7 Layer Bars	1/6 Dish	567.8	303.3	33.7	22.7	35.7	201	71.5	58.7	1.7	5.6	Low Sodium