

## 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
<b>Poultry</b>												
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
<b>Vegetarian</b>												
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
<b>Beef</b>												
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
<b>Pork</b>												
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
<b>Seafood</b>												
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	
<b>Flatbread Pizzas</b>												
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
<b>Appetizers</b>												
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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<b>Appetizers</b>												
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
<b>Soups</b>												
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
<b>Sides</b>												
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
<b>Desserts</b>												
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