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## Seafood, Steak and Dinner Houses

- Broiled seafood - 210 calories
- Grilled or barbecue chicken - 270 calories
- Filet mignon (9 oz) - 350 calories
- Sirloin Steak (12 oz) - 390 calories
- Port Chops (2) - 480 calories
- Fried Shrimp - 510 calories
- Chicken fingers (5) - 620 calories
- Bacon & cheese grilled chicken sandwich - 650 calories
- Chicken Caesar salad with dressing - 660 calories
- Hamburger - 660 calories
- Chicken pot pie - 680 calories
- T-bone steak (16 oz) - 690 calories
- Oriental chicken salad with dressing - 750 calories
- BBQ baby back ribs (14) - 770 calories
- Fried clams - 830 calories
- Mushroom cheeseburger - 900 calories
- Porterhouse steak (20oz) - 930 calories
- Prime rib (16 oz) - 980 calories

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## Sides & Extras

Salad dressing, fat-free (1 Tbs.) - 5-10 calories

Salad dressing, light (1 Tbs.) - 25-50 calories

Sour cream (1 Tbs.) - 30 calories

Tossed salad, no dressing - 30 calories

Butter (1 pat) - 40 calories

Salad dressing (1 Tbs.) - 50-90 calories

Vegetable of the day - 60 calories

Cole slaw - 170 calories

Baked potato with sour cream (1 Tbs.) - 310 calories

Caesar salad - 310 calories

Baked potato with butter (1 ½ Tbs.) - 400 calories

French fries - 590 calories

Loaded baked potato (bacon, cheese, butter, & sour cream) - 620 calories

Onion rings (11) - 900 calories

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## Sandwiches

Subway Turkey breast sub - 220 calories

Subway Low-fat chicken salad sub - 250 calories

Subway roast beef sub - 260 calories

Schlotzky's Dijon chicken, light and flavorful (small) - 330 calories

Turkey with mustard - 370 calories

Au Bon Pain Thai Chicken - 420 calories

Roast beef with mustard - 460 calories

Schlotzky's Dijon chicken, light and flavorful (reg.) - 500 calories

Chicken salad - 540 calories

Egg salad - 550 calories

Bacon, lettuce, and tomato - 600 calories

Tuna salad - 720 calories

Turkey club - 740 calories

Vegetarian - 750 calories

Overstuffed corned beef with mustard - 760 calories

Schlotzky's Albacore tuna med (reg.) - 820 calories

Reuben - 920 calories

Schlotzky's Dijon chicken, light and flavorful (reg.) - 970 calories

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## Italian

Olive Garden Linguine alla Marinara - 450 calories

Olive Garden Chicken Giardino - 460 calories

Olive Garden Capellini Pomodoro - 560 calories

Olive Garden Shrimp Primavera - 630 calories

Spaghetti with marinara sauce - 850 calories

Chicken marsala with spaghetti - 870 calories

Linguine with red clam sauce - 890 calories

Linguine with white clam sauce - 910 calories

Spaghetti with meat sauce - 920 calories

Lasagna - 960 calories

Spaghetti with sausage - 1040 calories

Veal parmigiana with spaghetti - 1060 calories

Eggplant parmigiana with spaghetti - 1210 calories

Fettuccine Alfredo - 1500 calories

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## Mexican

Crispy or soft chicken taco (1) with beans and rice - **820 calories**

Chicken fajitas with flour tortillas - **840 calories**

Chicken or beef enchilada (1) with beans and rice - **930 calories**

Cheese enchilada (1) with beans and rice - **980 calories**

Taco salad with sour cream and guacamole - **1100 calories**

Chile rellenos (2) with beans and rice - **1580 calories**

Beef chimichanga (1) with beans, rice, sour cream and guacamole - **1610 calories**

Beef burrito (1) with beans, rice, sour cream, and guacamole - **1640 calories**

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## Mall Snacks

- Haagen-Dazs (1 scoop) - 120 calories
- TCBY regular cone (no ice cream) - 210 calories
- Au Bon Pain pesto chicken salad - 230 calories
- Haagen-Dazs vanilla ice cream (1 scoop) - 270 calories
- Au Bon Pain everything bagel - 360 calories
- Auntie Anne's original pretzel - 370 calories
- TCBY regular waffle cone (no ice cream) - 380 calories
- Panda Express chicken with mushrooms and rice - 390 calories
- Sbarro cheese pizza (1 slice) - 450 calories
- Great Steak & potato fries (small) - 460 calories
- Au Bon Pain Thai chicken salad with Thai peanut dressing - 460 calories
- Auntie Anne's glazing raising pretzel - 510 calories
- Bagel with cream cheese - 530 calories
- Sbarro spaghetti with sauce - 630 calories
- Schlotzky's barbeque chicken sourdough crust pizza - 650 calories
- Sbarro spinach and broccoli stuffed pizza (1 slice) - 650 calories
- Sbarro meat lasagna - 730 calories
- Sbarro baked ziti - 830 calories
- Sbarro sausage and pepperoni stuffed pizza (1 slice) - 880 calories
- Great Steak and potato fries (large) - 920 calories

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## Beverages

- Coffee with one liquid creamer (8 oz) - 30 calories
- Milk, fat -free (8 oz) - 90 calories
- Beer, light (12oz) - 100 calories
- Apple or orange juice (8 oz) - 110 calories
- Cappuccino with skim milk - 110 calories
- Beer, regular (12 oz) - 150 calories
- Mimosa (8 oz) - 150 calories
- Martini (2.5 oz) - 160 calories
- Caffe latte with skim milk - 160 calories
- White wine (8 oz) - 160 calories
- Red wine (8 oz) - 170 calories
- Gin and tonic, on the rock (7.5 oz) - 180 calories
- Caramel macchiato with skim milk - 190 calories
- Caffe mocha with skim milk - 240 calories
- White chocolate mocha with skim milk - 240 calories
- Draft beer, regular (22 oz) - 280 calories
- Margarita (from mix on the rocks) (8 oz) - 290 calories
- Coffee frappuccino, venti - 300 calories
- McDonald's Coca-Cola, large (32 oz) - 310 calories
- McDonald's Coca-Cola, super size (42 oz.) - 410 calories
- Caffe mocha with whole milk, venti - 430 calories
- White chocolate mocha with whole milk, venti - 500 calories
- Burger King vanilla shake, large (32 oz) - 630 calories
- Dunkin donuts Coolatta made with cream, large (32 oz) - 820 calories
- McDonald's Chocolate shake, large (32 oz) - 1030 calories
- Bakin-Robbins Chocolate milkshake, large (24 oz) - 1130 calories

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## Theater Popcorn

Kid's - 300 calories

Small - 400 calories

Medium - 900 calories

Large - 1160 calories

Kid's with butter - 470 calories

Small with butter - 630 calories

Medium with butter - 1120 calories

Large with butter - 1640 calories

## Sweets

Mrs. Field's milk chocolate chip cookie - 250 calories

Au Bon Pain low fat berry muffin - 260 calories

Mrs. Field's white chunk macadamia cookie - 270 calories

Dunkin donuts chocolate glazed cake donut - 340 calories

Vie de France butter croissant, large - 350 calories

Mrs. Field's double fudge brownie - 420 calories

Au Bon Pain blueberry muffin - 430 calories

Vie de France chocolate croissant - 430 calories

Starbucks cinnamon scone - 530 calories

Apple pie - 540 calories

Baklava - 550 calories

Dunkin Donuts chocolate chip muffin - 590 calories

Au Bon Pain almond croissant - 630 calories

Cinnabon Cinnabon - 670 calories

The Cheesecake Factory original cheesecake (1 slice) - 710 calories

Au Bon Pain pecan roll - 800 calories

Fudge brownie sundae - 1130 calories

The Cheesecake Factory carrot cake (1 slice) - 1560 calories

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## Eating Out Sample Menu

### Appetizers

- Shrimp Cocktail - 156 calories, 1.5g fat
- Mozzarella Sticks (5) - 460 calories, 28g fat
- Nachos (ground beef, cheese, sour cream) - 635 calories, 39g fat
- Oysters on the half shell - 120 calories, 2g fat
- Buffalo wings (6) - 471 calories, 33g fat
- Oysters Rockefeller - 355 calories, 26g fat

### Salads

- Caesar - 310 calories, 26g fat
- Garden (dressing on the side) - 65 calories, 3g fat
- Cobb Salad - 280 calories, 14g fat
- Taco Salad (entrée) - 850 calories, 52g fat
- Oriental Chicken Salad - 750 calories, 49g fat

### Soups

- Chili - 310 calories, 10g fat
- Lobster Bisque - 220 calories, 15g fat
- Minestrone - 100 calories, 1g fat
- Lentil Soup - 140 calories, 2g fat
- Gaspacho - 45 calories, 0g fat

### Sides

- French Fries - 370 calories, 20g fat
- Onion Rings Med - 310 calories, 14g fat

### Sandwiches

- Turkey Club - 596 calories, 36g fat
- Tuna Salad - 720 calories, 43g fat
- Bacon Cheeseburger - 610 calories, 33g fat
- Roast Beef - 270 calories, 11g fat
- Chicken Salad - 517 calories, 32g fat
- Veggie Burger - 330 calories, 10g fat
- Fish Fillet - 450 calories, 20g fat

### Entrees

- Lasagna - 960 calories, 21g fat
- Porterhouse Steak - 960 calories, 32g fat
- Chicken Marsala - 460 calories, 7g fat
- Broiled Salmon - 175 calories, 10g fat
- Roasted Chicken and Rice - 435 calories, 16g fat
- Chicken Pot Pie - 750 calories, 34g fat
- Combo Burrito (chicken, beef, cheese) - 413 calories, 17g fat

### Desserts

- Pumpkin Pie - 400 calories, 25g fat
- Carrot Cake - 625 calories, 28g fat
- Angel Food Cake with Fruit - 250 calories, 0g fat
- Chocolate Mousse - 380 calories, 32g fat
- Chocolate Brownie Sundae - 1130 calories, 57g fat

### Beverages

- Soft Drink - 150 calories, 0g fat
- Wine - 160 calories, 0g fat
- Irish Coffee - 280 calories, 11g fat
- Pina Colada - 260 calories, 3g fat
- Beer - 150 calories, 0g fat