

the Chenango Room

Entrée Items	Serving	Calories	Cal from Fat	Total fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	V/Vg?	Allergens:
Mexican Cobb Salad	1 salad	440	210	23	7	0	35	1270	51	10	10	14		milk, eggs, wheat, soy
Jail Island Salmon Salad	1 salad	710	390	43	8	0	80	210	50	7	40	33		fish
Grilled Chicken Caprese Sandwich	1 sandwich	610	180	20	8	0	100	1010	57	6	9	51		milk, wheat, soy
Falafel Pita	1 sandwich	380	140	15	4	0	20	1070	57	4	4	14	V	wheat, milk
Chicken Souvlaki Pita	1 sandwich	510	200	22	6	0	130	990	40	2	3	44		wheat, milk