

The Chenango Room

	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:
Appetizers														
Mediterranean Cold Plate	1 plate	900	500	56	7	0	40	4360	79	13	6	21	V	milk, wheat, soy, sesame
Spinach and Artichoke Dip	8oz+2.5oz chips	960	670	74	27	0	105	1660	53	6	2	21	V	soy, milk, egg,
Chips and Salsa	6oz+2.5oz chips	410	160	18	8	0	0	1760	64	11	8	5	Vg	soy

Salads														
Southwestern Chicken Salad (mindful)	1 salad	310	120	13	2.5	0	70	400	24	5	3	24		milk, eggs, wheat, soy
Caesar Salad	1 salad	510	320	36	9	0	45	1270	35	4	5	15		eggs, milk, fish, soy, wheat
Fresh Berry Salad	1 salad	390	230	25	3.5	0	0	370	41	6	29	7	V	tree nuts, soy
Chicken Spiedie Salad	1 salad	860	590	66	19	0	110	2100	25	5	7	46		soy, milk, egg, wheat
Classic Cobb Salad	1 salad	400	230	26	10	0	280	540	10	5	4	34		milk, eggs
w/choice of dressing	1.0-1.5oz	add 10-210												
Jail Island Salmon Salad	1 salad	710	390	43	8	0	80	210	50	7	40	33		fish
Grilled Marinated Chicken Breast	4oz	add 210	90	10	3	0	75	60	1	0	Contains less than 1g	27		soy
Grilled Salmon	3.5oz	add 210	120	13	2	0	60	210	0	0	0	24		fish
add avocado	2 Tbsp	add 50	45	5	1	0	0	0	3	0	2	Contains less than 1g	Vg	

Burgers														
Black Bean Burger	1 sandwich	480	225	25	4	0	20	1160	51	11	4	18	V	eggs, milk, soy, wheat
Saigon Turkey	1 sandwich	620	310	34	7	0	60	1180	47	5	11	31		peanut, coconut, wheat, fish, milk, soy, eggs
All American Burger	1 sandwich	660	320	35	14	2	100	800	54	4	9	30		soy, wheat
Smoked Gouda Bouda Burger	1 sandwich	850	470	52	22	2	130	1730	51	3	11	40		milk, wheat, eggs, soy
BLT Angus Burger with Basil	1 sandwich	840	500	56	19	1.5	130	1230	44	3	10	39		milk, wheat, eggs, soy
Crispy Onion Pepper Jack Angus Burger	1 sandwich	770	530	59	19	2	100	1650	69	4	17	31		milk, wheat, eggs, soy
Chenango Fandango Burger	1 sandwich	970	550	61	24	2	130	1730	62	3	14	40		eggs, wheat, milk, mustard seed, soy

Wraps & Sandwiches														
Caprese Sandwich (w/o Chix)	1 sandwich	440	120	13	6	0	35	950	56	6	9	24	V	milk, wheat, soy
w/ Hearty Grain Wrap		380	130	14	6	0	35	610	42	4	10	19	V	milk, wheat, soy
Grilled Chicken Caprese Sandwich	1 sandwich	610	180	20	8	0	100	1010	57	6	9	51		milk, wheat, soy
w/ Hearty Grain Wrap		550	190	21	8	0	100	670	41	4	10	47		milk, wheat, soy
Fall Sage Chicken Salad on Croissant	1 sandwich	850	500	56	19	1.5	210	1020	41	3	8	43		eggs, milk, soy, wheat
on hearty grain wrap		690	380	42	9	0	150	950	34	4	4	41		eggs, soy, wheat
Dijon Egg Salad on Croissant	1 sandwich	530	320	35	15	1.5	350	860	37	2	7	17		eggs, milk, soy, wheat
on hearty grain wrap		370	190	21	5	0	290	780	30	3	3	15		eggs, soy, wheat
Tuna wrap (mindful)	1 wrap	330	120	13	3	0	15	700	40	6	6	16		fish, milk, eggs, wheat, soy
Chicken Caesar Wrap	1 wrap	560	180	20	6	0	60	1020	60	5	5	31		milk, eggs, wheat, soy, fish
Asian Chicken Wrap (mindful)	1 wrap	380	120	13	3.5	0	40	480	43	5	6	21		wheat, soy, sesame

Sides														
French Fries	5oz	440	190	21	3	0	0	650	59	5	0	5	Vg	wheat
portion w/ meal	3oz	270	120	13	2	0	0	470	35	3	0	3		
Potato Chips	4oz	600	350	39	4	0	0	900	61	4	0	7	V	wheat
portion w/ meal	2oz	300	170	19	2	0	0	600	31	2	0	4		
Fruit Salad (mindful)	1 cup	100	0	0	0	0	0	0	27	3	22	1	Vg	
Side Salad (mindful)	1 serving	70	0	0	0	0	0	110	16	4	8	4	Vg	
Cup Soup	8oz	90-400												
Fandango Sauce	2oz	90	50	6	1	0	0	530	9	0	3	1	V	eggs, fish
Caesar Salad	1 serving	240	160	18	4.5	0	15	720	13	6	2	6		

Dressing														
Blushwine Vinaigrette	1.5oz	180	100	11	1	0	0	630	21	0	21	0	Vg	
Ranch	1.5oz	135	140	15	2	0	15	360	2	0	2	1	V	eggs, milk, soy
Creamy Caesar	1.5oz	135	130	14	2	0	5	400	3	0	2	0		eggs, fish, milk, soy
Honey Mustard	1.5oz	195	160	18	3	0	5	250	11	0	9	2	V	eggs, mustard seed
Lite Balsamic Vinaigrette	1.5oz	90	70	8	1.5	0	0	380	5	0	3	0	Vg	
Reduced Cal Italian	1.5oz	40	15	1.5	0	0	0	750	6	0	5	0	Vg	
Blue Cheese	1.5oz	210	210	23	4.5	0	20	430	3	0	2	2	V	milk, egg
French	1.5oz	210	160	18	3	0	0	540	12	0	11	0	V	
1000 island	1.5oz	210	180	20	3	0	20	470	8	0	6	0	V	egg
Lemon juice	1.5oz	10	0	0	0	0	0	0	3	0	1	0	Vg	
Balsamic vinegar	1.5oz	30	0	0	0	0	0	0	6	0	6	0	Vg	
Balsamic glaze	1oz	40	0	0	0	0	0	0	8	0	6	0	V	milk

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Miscellaneous															
Gluten free roll	1 roll	230	50	6	0	0	0	440	39	5		6	v	egg	
Desserts															
Red Velvet Cheesecake	1 slice	540	340	38	21	0	160	300	44	less than 1g		38	8	v	egg, milk, wheat, soy
Molten Chocolate Cake	1 slice	520	280	31	18	0	40	360	54	3		35	7	v	egg, milk, soy, wheat, coconut
w/ ice cream	1 cup	280	130	14	9	0	90	100	32	0		28	4	v	milk
Molasses Cookie	2 cookies	370	150	17	1	0	0	300	52	1		30	3	Vg	wheat
Root Beer Float	1 serving	490	200	22	16	0	100	190	70	0		70	4	v	milk, eggs, soy, coconut
Oat Bar	2 bars	330	110	12	2	0	0	440	49	3		15	6	Vg	wheat