

### Zatarain's

	servings	Cal	Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Carb	Fiber	Sugar	Protein
Food item			g	g	g	mg	mg	g	g	g	g
Breakfast Menu											
Scrambled eggs	4 oz	180	13.4	4	1	340	180	2	0	2	12
Pork bacon	3 pieces	230	17	6	0	50	810	<1	0	0	16
Turkey bacon	3 pieces	180	13	4	0	50	1100	2	0	0	14
Sausage	2 pieces	350	33	12	0	60	720	<1	0	0	12
Hashbrown	4 oz	150	4.5	0	0	0	25	25	2	2	2
Biscuit	1 item	210	10	2.5	0	0	350	27	<1	1	4
Croissant	1 item	230	12	6.5	0	40	270	26	2	6	5
Grits	8 oz	160	0.5	0	0	0	240	34	2	0	3
Oatmeal	6 oz	150	2.5	0	0	0	10	26	4	0	5
Omelets (made to order)	1 item	240	16	6	0	280	510	3	<1	1	19
A La Carte Menu											
Shrimp Po'Boy 6"	1 item	580	20	3.5	0	160	1000	66	4	7	35
Shrimp Po'Boy 10"	1 item	1030	39	6.5	0	280	1740	110	6	12	61
Roast Beef Po'Boy 6"	1 item	450	12	4.5	0	60	910	54	3	6	31
Roast Beef Po'Boy 10"	1 item	800	23	8.5	0	115	1490	89	5	10	58
Red Beans Side	1 item	450	26	8.5	0	25	900	44	5	2	12
Red Beans Entrée	1 item	570	35	11.5	0	35	1160	52	7	2	15
Rice	4 oz	130	1	0	0	0	180	27	0	0	2
Grilled sausage	1 piece	290	25	8.5	0	60	900	4	0	2	11
Creole fries	8 oz	700	33	5.5	0	0	820	94	9	<1	8
French bread	1 piece	260	2.5	0.5	0	0	580	50	2	4	10
Mac n cheese	6 oz	90	3	1.5	0	5	300	13	<1	<1	3
Potato salad	3 oz	130	8	3	0	16	250	11	1	1	4
Coleslaw	3 oz	100	7	1	0	<5	130	9	2	5	1

## Zatarain's Pasta Bar

Item	Serving Size	Calories	Fat (g)	Fat (cal)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergens	Vegan	Vegetarian
<b>Proteins</b>															
Roasted Chicken	2.5 oz	100	3.5	30	0.5	0	50	40	0	0	0	16			
Italian Sausage	4 oz	320	28	240	10	0	80	840	0	0	0	16			
Meatballs	3 meatballs	220	15	140	6	0	65	160	7	0	<1	13	milk, eggs, wheat, soy, gluten		
Tofu	4 oz	75	4.5	40	1	0	0	3.4	1	1	<1	8.5	Not analyzed at this time		
<b>Pastas</b>															
Penne	5 oz	250	3.1	25	0	0	0	56.3	47.5	2.5	1.25	8.75	Wheat, gluten	x	
Spaghetti	5 oz	250	3	25	0	0	0	160	47	2	2	8	Wheat, gluten	x	
Zoodles	5 oz	62.5	3.75	31.25	0	0	0	150	6.25	1	3	1		x	
<b>Sauces</b>															
Marinara	4 oz	60	2	20	0	0	0	400	10	4	4	2		x	
Alfredo	4 oz	200	16	160	10	0	40	380	8	0	1.8	4	Milk, wheat, soy, gluten		x
Cream of pesto	4 oz	290	28	250	9	0	30	460	7	1	1	5	Milk, wheat, treenuts, soy, gluten		x
Pesto	4 oz	474	5	43	8	0	<5	684	11	2		11	Not analyzed at this time		
<b>Vegetables*</b>															
Mushrooms	1 oz	15	1	10	0	0	0	0	2	0.9	0.9	1	Soy	x	
Broccoli	1 oz	10	0	0	0	0	0	10	2	<1	0	<1	Soy	x	
Green and Red Peppers	1 oz	15	1	5	0	0	0	0	2	0	1	0	Soy	x	
Onions	1 oz	20	10	1	0	0	0	0	3	0	1	0		x	
Squash and Zucchini	1 oz	15	1	0	0	0	0	<1	0	0	0	0		x	
Artichokes	1 oz	22	0	0	0	0	0	118	5	4	0	1		x	
Carrots	1 oz	11	0	0	0	0	0	0	3	<1	1.3	0			
Spinach	1 oz	10	0.5	5	0	0	0	0	<1	0	0	0		x	
Basil	1 oz	5	0	0	0	0	0	0	0	0.9	0	0	1 Soy	x	
Garlic Breadstick	1	150	4	35	1.5	0	5	280	24	0.9	0.9	5	Milk, wheat, gluten		

\*Vegetable nutrition accounts for saute