

GLOW NUTRITIONALS - August 2014

BRUNCH										
Menu Item	Serving	Calories	Fat	Sat. Fat	Protein	Carbs	Fiber	Cholesterol	Sodium	
Smoked Salmon Benedict	298g	451	25g	5.8g	28g	32g	3.6g	438mg	899 mg	
Multigrain Cheese Crepes	243g	383	16g	7.5g	17g	45g	2.2g	104mg	232mg	
Multigrain French Toast	267g	317	4.6g	1.3g	15g	57g	5.6g	5mg	336mg	
Gourmet Cheese Board (serves 4)	255g	234	17g	8.1g	12g	9.6g	0.1g	37 mg	466 mg	
Florentine Benedict	361g	452	25g	5.8g	20g	37 g	6.0g	426mg	548 mg	
Vegetable Omelette	292g	343	17g	7g	24g	23g	3.1g	439mg	694mg	
Smoked Salmon Wrap	172g	340	14g	6g	24g	34g	6g	35mg	798 mg	
Huevos Rancheros (salad not included)	270g	440	27g	10g	23g	27g	5g	470mg	410mg	
Scrambled Eggs	446g	580	38g	9g	25g	48g	7.9g	455mg	1434mg	
Homemade Gravlax Flatbread (1/4 serving)	83g	230	12g	4.5g	10g	22g	3g	25mg	940mg	

FLATBREADS										
Menu Item	Serving	Calories	Fat	Sat. Fat	Protein	Carbs	Fiber	Cholesterol	Sodium	
Mediterranean Chicken Flatbread	107g ea (serves 4)	228	11g	1.6g	12g	22g	4g	15mg	535mg	
Glow Bruschetta Flatbread	57g	180	9g	3.5g	9g	18g	3g	10mg	220mg	

STARTERS										
Menu Item	Serving	Calories	Fat	Sat. Fat	Protein	Carbs	Fiber	Cholesterol	Sodium	
Caprese Salad	250 g	234	16.3 g	6.8 g	16.1 g	6.7 g	1.6 g	38 mg	489 mg	
Roasted Beet & Watermelon Salad	250 g	191	8.4 g	2.4 g	7.3 g	28 g	2.7 g	5 mg	280 mg	
Crabcake Order	148 g	303	19 g	3.5g	4g	20g	1.8g	60mg	294mg	
Edamame Apt	225g – ½ recipe	305	9g	0g	24g	27g	12g	0mg	230 mg	
Satay Platter	253g	300	9g	3.5g	43g	12g	1g	170mg	640mg	
Glow Lobster Mac'n Cheese	277g	330	9g	4.5g	27g	35g	2g	65mg	570mg	
Quesadillas	219g	330	15g	6g	14g	37g	4g	15mg	480mg	
Burger Sliders - Lamb Slider	60g	167	10g	3.5g	6g	12g	0.5g	22mg	140mg	
Burger Sliders - Beef Slider	60g	83	4.6g	1.5g	8g	7.2g	0.3g	32mg	167mg	
Burger Sliders - Turkey Slider	100g	159	5.9g	5.9g	14g	13g	0.6g	56mg	158mg	
Grilled Calamari	184g	280	18g	2.5g	18g	9g	0g	265mg	620mg	
Steamed Mussels	424g	480	20g	4.1g	36g	24g	4.4g	79mg	853mg	

SALADS

Menu Item	Serving	Calories	Fat	Sat. Fat	Protein	Carbs	Fiber	Cholesterol	Sodium
Side Salad + Maple Glaze Dressing (2 tbsp)	175	256	20	3.0 g	4.4 g	23 g	3.7 g	0mg	53mg
Small Caesar Salad + Caesar Dressing (2 tbsp)	232g	260	21	5.7g	5.1g	1g	0.1g	12.2mg	248mg
Small Glow Salad + Maple Glaze Dressing (2 tbsp)	275g	230	20g	3g	3.2g	19g	3.9g	0mg	44mg
Spinach Salad + Maple Glaze Dressing	288g	500	28g	12.8g	14.2g	42g	6.2g	35mg	210mg
Salad Cobb + Buttermilk Dressing	406g	309	16.4g	5.7g	20.8g	22.2g	7.4g	148mg	464mg
Arugula and Mushroom Salad + Balsamic Glaze Dressing	232g	358	23.2g	6.9g	14.4g	30g	2.4g	25mg	669mg
Large Caesar Salad + Caesar Dressing (2 tbsp)	434g	630	42g	8.9g	37.2g	3g	0.1g	89.4mg	556mg
Thai Beef Salad	241 g	532	30.7 g	0.9 g	37 g	27.7 g	2.2 g	75 mg	500 mg
Santa Fe Super Bowl	250 g	492	19.6 g	8.9 g	48.2 g	27.4 g	6 g	103 mg	564 mg
Citrus Shrimp Super Bowl	134 g	256	10.1 g	1.2 g	14.4 g	23.9 g	3.1 g	55 mg	296 mg
Salmon Niciose	250 g	516	30.1 g	6.2 g	42.4 g	17.9 g	1.1 g	100 mg	931 mg
Grilled Ahi Tuna	250 g	283	2.6 g	.2 g	42.4 g	15.9 g	2.1 g	80 mg	500 mg
Large Glow Salad + Maple Glaze Dressing	540g	450	37g	7g	6.2g	33g	7.9g	0mg	87mg

SIDES

Menu Item	Serving	Calories	Fat	Sat. Fat	Protein	Carbs	Fiber	Cholesterol	Sodium
Side Seasonal Vegetables	540g	340	16g	1.7g	4.8g	18g	5.5g	0mg	349mg
Sautéed Onions	250 g	176	9.7 g	1.2 g	2.1 g	23.3 g	3.2 g	0 mg	297mg
Grilled Asparagus	125 g	87	3.6 g	0.5 g	3 g	13 g	4.6 g	0 mg	390 mg
Roasted Potatoes	250 g	244	5 g	1.2 g	6 g	45 g	5 g	2 mg	368 mg
Grilled Asparagus With Olives & Tomatoes	128 g	60	4 g	0.5 g	3 g	6 g	2 g	0 g	540 mg
Southwest Summer Corn		172	10.1 g	1.7 g	3 g	21.1 g	2.3 g	0 mg	243 mg
Roasted Cauliflower With Orange Oil	123 g	110	10 g	1.5 g	2 g	6 g	2 g	0 mg	320 mg
Oven Roasted Brussels Sprouts	123 g	140	10 g	1.5 g	3 g	8 g	4 g	0 mg	320 mg
Sautéed Mushrooms	123 g	110	9 g	1.5 g	3 g	4 g	0 g	0 mg	290 mg
Sautéed Onions	123 g	130	9 g	1.5 g	1 g	11 g	2 g	0 mg	300 mg
Asian Vegetable Stir Fry	123 g	140	10 g	1.5 g	3 g	10 g	3 g	0 mg	300 mg
Garlic Sautéed Rapini	123 g	120	9 g	1.5 g	4 g	5 g	0 g	0 mg	320 mg
Quinoa Sweet Potato Succotash	123 g	200	15 g	1.5 g	3 g	23 g	3 g	0 mg	330 mg
Twice Baked Potato	200 g	350	15 g	2 g	1 g	13 g	2 g	0 mg	550 mg
Herb Roasted Sweet Potatoes	125 g	250	12 g	0.2 g	2.1 g	30 g	3.9 g	0 mg	300 mg
Roasted Garlic Mashed Potatoes	125 g	258	15 g	1.3 g	7.5 g	37 g	4.7 g	2 mg	300 mg
Steamed Jasmine Rice	125 g	150	0 g	0 g	6 g	72 g	1 g	0 mg	0 mg

Dill Roasted Fingerling Potatoes	125 g	172	5 g	0.7 g	4 g	27 g	2 g	0 mg	300 mg
Sautéed Exotic Mushrooms	250 g	116	9.5 g	1.2 g	5.3 g	5.6 g	1.7 g	0 mg	299 mg

BURGERS & SANDWICHES

Menu Item	Serving	Calories	Fat	Sat. Fat	Protein	Carbs	Fiber	Cholesterol	Sodium
Mediterranean Burger Dinner	576g	618	32g	9g	36g	63g	6.8g	78mg	800mg
Turkey Burger Dinner	454g	688	19g	3.4g	32g	106g	9.8g	72mg	494mg
5-grain Veggie Burger	262g	350	12g	2g	14g	47g	7g	55mg	620mg
Chicken Tacos		473	8 g	1.9 g	27.1 g	67 g	4 g	68 mg	580 mg
Chicken Club		780	27.8 g	5.5 g	36.4 g	28.7 g	4 g	13 mg	699 mg
Mediterranean Grilled Cheese Panini	176g	560	35g	12g	24g	39g	5g	50mg	770mg
Tandoori Chicken Naan Platter	317g	500	6g	1.5g	62g	48g	2g	140mg	550mg
Philly Sandwich	265g	462	19g	7.2g	33g	38g	4.4g	63mg	513mg

ENTREES

Menu Item	Serving	Calories	Fat	Sat. Fat	Protein	Carbs	Fiber	Cholesterol	Sodium
Surf & Turf	304g	470	26g	5g	40g	22g	2g	150mg	440mg
Baked Salmon with Hoisin Sauce + Edamame	406g	540	23g	3.5g	41g	40g	9g	65mg	590mg
Asian Black Cod with Aztec Rice	486g	744	25g	7g	42g	73g	6.8g	65mg	637mg
Chicken Supreme	388g	745	30 g	5.7g	45g	48g	4.7g	131mg	414mg
Veal Scallopini	283g	580	32g	9g	47g	24g	2g	160mg	750mg
Grilled Striploin	554g	782	36g	9g	56g	41g	6.8g	150 mg	500 mg
Fish Tacos	235g	430	8g	2g	18g	67g	4g	45mg	260mg
White chicken chili	227g	370	18g	4g	27g	24g	4g	75mg	600mg
Mediterranean tilapia filet	390g	360	11g	2.5g	43g	21g	3g	100mg	570mg
Chicken Milanese		356	12.2 g	6.5 g	53.4 g	5.5 g	0.1 g	135 mg	922 mg
Steak Au Poivre	382.5 g	720	36 g	11 g	68 g	25 g	2 g	165 mg	590 mg
Grilled Atlantic Salmon	209 g	500	36 g	7 g	41 g	0 g	0 g	110 mg	700 mg
Grilled Ahi Tuna	181 g	270	9 g	1.5 g	39 g	0 g	0 g	80 mg	580 mg
Herb Roasted Half Chicken	250 g	548	19.1 g	4.4 g	87.9 g	0 g	0 g	241 mg	790 mg
Asian Black Cod	201 g	430	30g	4 g	32 g	9 g	1 g	75 mg	600 mg
10oz Grilled Striploin	294 g	630	31 g	10 g	82 g	0 g	0 g	165 mg	750 mg
8oz Center Cut Pork Loin	238 g	570	42 g	7 g	48 g	0 g	0 g	145 mg	700 mg
Lamb Chop	347g	700	43g	7.9g	39g	46g	6.5g	198mg	656mg

PASTAS & STIR FRYS

Menu Item	Serving	Calories	Fat	Sat. Fat	Protein	Carbs	Fiber	Cholesterol	Sodium
Glow Lobster Mac'n Cheese	277g	330	9g	4.5g	27g	35g	2g	65mg	570mg
Glow Pasta Primavera	184g	630	36g	9g	17g	64g	3g	15mg	200mg
Thai Seafood Stew	419g	692	7.9g	1.4g	38g	103g	3.1g	196mg	696mg
Mediterranean Seafood Linguine	439g	575	26g	6.4g	43g	42g	6.3g	223mg	750mg
Shrimp Linguine	339 g	460	23 g	3 g	18 g	51 g	9 g	55 mg	580 mg
Italian Sausage Rigatoni	439 g	810	37.5 g	14.8 g	47 g	70.9 g	8.2 g	110 mg	1851 mg
Indian Chicken Curry Bowl	315.4 g	576	10.4 g	.8 g	37.1 g	81 g	1 g	90 mg	853 mg
Beef Tenderloin With Stir-Fried Vegetables	142 g	427	29.6 g	11.4 g	35.7 g	24 g	.2 g	95 mg	538 mg
Asian Beef Stir Fry	476g	582	23g	5.2g	36mg	61g	6.4g	79mg	700mg

KIDS MENU

Menu Item	Serving	Calories	Fat	Sat. Fat	Protein	Carbs	Fiber	Cholesterol	Sodium
Kids Burger Sliders	411g	595	20g	5.3g	29g	60g	5.2g	50mg	540mg
Kids Chicken Panini	265g	618	27g	5.7g	28g	49g	5.9g	48mg	592mg
Kids Chicken Caesar	221g	395	29g	5.7g	20g	6.5g	2.8g	48g	395mg
Kids Fettuccine	241g	448	27g	4.2g	7.7g	38g	6.8g	0.5mg	183mg
Kids Flatbread	170g	354	17g	7.2g	23g	34g	5.5g	30mg	632mg

TAPAS

Menu Item	Serving	Calories	Fat	Sat. Fat	Protein	Carbs	Fiber	Cholesterol	Sodium
Tandoori Chicken Kebobs		357	17.1 g	5.1 g	42.3 g	6 g	0 g	124 mg	771 mg
Lobster Bao		450	16.5 g	3 g	18.5 g	50 g	1.5 g	69.5 mg	750 mg
Lamb Kafta	284 g	600	36 g	16 g	42 g	25 g	1 g	155 mg	760 mg
Korean Style Short Ribs	170 g	326	17 g	7 g	32 g	3g	0 g	100mg	443 mg

MOZZARELLA BAR

Menu Item	Serving	Calories	Fat	Sat. Fat	Protein	Carbs	Fiber	Cholesterol	Sodium
Prosciutto Mozzarella – per triangle	80g	210	11g	4g	14g	14g	0g	30mg	630mg
Glow Tomato Mozzarella	57g	180	10g	3.5g	9g	12g	0g	5mg	150mg
Wild Mushroom Mozzarella	90g	140	5g	1g	10g	13g	0g	5mg	320mg

SOUPS

Menu Item	Serving	Calories	Fat	Sat. Fat	Protein	Carbs	Fiber	Cholesterol	Sodium
Silky Sweet Potato, Topped With Crab	250 g	178	3.5g	1.2 g		25 g	6.1 g	5.1 mg	677 mg
Lemongrass Chicken Chowder	250 g	239	10.5 g	3.6 g	11.2 g	26.1 g	3.7 g	14 mg	375 mg
Roma Tomato With Basil Croutons	250 g	108	4.7 g	1.4 g	4.5 g	12 g	2.3 g	3.6 mg	430 mg
Tex Mex Tortilla	227g	180	2	0	8g	33g	9g	0mg	420mg
Carrot & Ginger Soup	381g	220	0g	0g	4g	51g	8g	0mg	240mg
Onion Soup	405g	110	5g	1g	7g	7g	1g	0mg	105mg
Roasted Mushroom Bisque	63g	140	14g	2g	1g	2g	0g	0mg	0mg
Black Bean Soup & Avocado Salsa	336g	310	10g	1.5g	15g	40g	15g	0	75mg
Charred Corn & Potato Chowder	393g	120	7g	1g	4g	11g	1g	0mg	100mg

DESSERT

Menu Item	Serving	Calories	Fat	Sat. Fat	Protein	Carbs	Fiber	Cholesterol	Sodium
Espresso Mousse w/ Chocolate Espresso Bean	Per (46g)	146	8.1g	4.6g	2.9g	18g	0.9g	59mg	28mg
Three Chocolate Mousse	Per (46g)	146	8.1g	4.6g	2.9g	18g	0.9g	59mg	28mg
New York Cheesecake w/ Raspberry Sauce	Per (60g)	144	5g	2.3g	3.9g	23g	1.1g	12mg	91mg
Rocky Road Cheesecake	Per (51g)	154	7.3g	3.7g	4.2g	20g	1.1g	13mg	47mg
Peanut Butter Cheesecake	Per (51g)	186	8.6g	2.8g	5.3g	41g	1.1g	12mg	185mg
Key Lime Pie	Per (51g)	123	3.1g	1.8g	3.8g	21g	0.4g	27mg	71mg
Banana Cream Pie	Per (51g)	118	5.4g	2.8g	3.5g	16g	1.1g	14mg	114mg
Tiramisu	Per 130	130	6.3g	3.5g	3.7g	17g	1.3g	24mg	143mg
Black Forest Cake	Per (51g)	153	6.4g	3.2g	2.5g	22g	0.5g	42mg	51mg
Coconut Cream Pie	Per (50g)	186	10g	5.8g	3.4g	20g	0.4g	60mg	52m
Dark Chocolate Bark	1/2oz	83	7.8g	1.9g	1.6g	4.3g	1g	0mg	0.2mg
Biscotti - one cookie	28g	110	3g	1g	1g	19g	1g	10mg	20mg
Gourmet Cheese Board	255g	234	17g	8.1g	12g	9.6g	0.1g	37mg	466mg
Fruit Compote	1oz	77	0.0g	0g	0.1g	20g	0.3g	0mg	0.6mg