



## Porter Creek Nutritional Information

We realize that more than ever, people are watching what they eat and trying to make good dining choices. We want to help! Our staff will do whatever they can to help you make adjustments to a dish to help it fit within your needs. Just ask!

This information is to be used as a GUIDE ONLY. The information is an estimate based on recipe information and standard product values.

Recipe alterations are noted as applicable. Some items on this list may not correspond to the menu we are currently serving due to seasonality or "specials" currently running. If there is something you would like to see on this list or if you have any questions, please send a request via email and we will do our best to accommodate your request.

<b>APPETIZERS</b>	<b>Calories</b>	<b>Fat</b>	<b>Fiber</b>	<b>Protein</b>	<b>Carbs</b>	<b>WWPoints Plus</b>
Glazed Beef Short Ribs w Sesame Slaw	564	39	2	23	59	18
Warm Goat Cheese & Roasted Beets	539	40	4	18	30	15
Sesame Ahi Tuna with Wasabi Vinaigrette	386	22	1	46	22	12
Artichoke & Chicken Flatbread	855	57	3	53	62	26
Shrimp & Applewood Smoked Bacon Flatbread	724	29	3	32	81	19

<b>SALADS</b>	<b>Calories</b>	<b>Fat</b>	<b>Fiber</b>	<b>Protein</b>	<b>Carbs</b>	<b>WWPoints Plus</b>
<i>All salads are calculated with the dressing on the side.</i>						
Mixed Greens Side Salad	139	12	2	5	5	4
Honey-Citrus Vinaigrette	70	5	0	0	6	2
Mediterranean Bibb Salad	404	18	7	32	28	10
Tomato-Oregano Vinaigrette	80	7	0	0	5	2
Peppered Salmon Salad	705	31	4	47	59	18
Modification: ordered without Croutons	453	21	4	40	22	11
Red Wine Vinaigrette	103	7	0	0	9	3
Southwest Chopped Salad	523	22	15	32	53	13
Chipotle-Lime Vinaigrette	220	20	0	0	14	7
Cobb Salad	634	46	3	47	4	16
Ranch or Blue Cheese Dressing per 1 oz	150	15	0	0	6	5
Average Value Vinaigrette per 1 oz	100	7	0	0	7	3
Wine Country Salad	540	29	2	36	34	14
Honey-Citrus Vinaigrette	140	8	0	0	20	9
Roasted Beet & Orange Salad	242	15	7	10	22	10
Lemon-Honey Vinaigrette	130	12	0	0	5	
Sesame Pork Salad w Sriracha Peanuts	463	14	6	28	22	14
Sesame Dressing	180	17	0	5	6	
Toasted Quinoa Chicken Salad	584	30	5	43	28	14
without shoestring potatoes	509	26	5	34	27	12

If you have a gluten intolerance, please ask to see our Gluten Free Menu.

<b>ENTREES</b>	<b>Calories</b>	<b>Fat</b>	<b>Fiber</b>	<b>Protein</b>	<b>Carbs</b>	<b>WWPoints Plus</b>
Hanger Steak with Pinot Noir Demi Glace	974	50	7	78	54	25
Fire Roasted Rotisserie Chicken	987	46	7	90	41	25
without the skin	885	36	7	90	41	22
Scallops w Squash Ribbons	565	39	4	34	14	14
Lemon Stuffed Rainbow Trout w Chorizo	408	19	3	46	7	10
Broiled Walleye w Smoked Tartar	602	29	4	54	30	15
Seared Scallops with Coconut Broth	621	38	6	28	42	16
Seared Scallops with Mango Ginger Sauce	613	26	5	38	54	16
Smoked Salmon Frittata	567	44	0	35	6	15
with Mixed Greens Salad	209	17	2	5	11	6
Salmon with Roasted Corn Sauce	1076	71	5	65	50	29
Rotisserie Sirloin with PC Steak Sauce	917	34	9	77	73	23
<b>SANDWICHES &amp; PASTA</b>	<b>Calories</b>	<b>Fat</b>	<b>Fiber</b>	<b>Protein</b>	<b>Carbs</b>	<b>WWPoints Plus</b>
<i>All sandwiches are calculated with a side of fruit.</i>						
Chicken & Smoked Apple Sandwich	700	25	6	50	72	18
Hot Smoked Turkey Sandwich	752	37	6	42	65	20
Asiago Crusted Pork Tenderloin Sandwich	798	38	4	31	89	22
Rotisserie Chicken with Ribbons	1040	63	5	40	69	28
Lamb Burger	624	25	4	51	38	15
Prime Rib Dip	781	29	7	69	60	20

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