

Last Updated: September 13, 2017



Cattlemens Heart-Conscious Menu

Nutrient Parameters: less than 25g total fat, less than 7g saturated fat, less than 800mg sodium

- Lemon Herb Chicken (*without* extra sauce) including the following sides
 - 3.5 oz Ranch-Style Beans
 - Salad (with lemon juice or vinegar as dressing)

- Grilled Atlantic Salmon – Plain including the following sides
 - 3.5 oz Ranch-Style Beans
 - Salad (with lemon juice or vinegar as dressing)

** The Grilled Atlantic Salmon exceeds the total fat limit by 5 g, but salmon is a great source of unsaturated fats, which are recommended in moderation to promote good heart health. The guest can be advised to take half of the salmon home if he or she is on a highly fat-restrictive diet*

- Wild Berry Sorbet

The nutritional parameters given here were generated based on industry standards as well as nutritional criteria put forth by leading health groups such as the American Diabetes Association, American Heart Association and the Academy of Nutrition and Dietetics.