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Spice Trail

**Mongolian Wok Mongolian Beef**
Shredded beef stir-fried with broccoli, bell peppers, carrots, water, onions, and Mongolian barbecue sauce

- **Cal 440**
- Serv Size: 1 Entree (308g) • Fat cal 140 • Total fat 15g
- Sat fat 4g • Trans fat 0g • Cholest 75mg • Sodium 700mg
- Total carb 29g • Fiber 4g • Sugars 17g • Protein 31g
- Contains wheat, shellfish

**Stir-Fried Vegetables with Tofu**
Tofu, Carrot and Zucchini Stir-Fried with Sesame Oil, Soy Sauce and Hot Pepper

- VE Cal 325
- Serv Size: 2 Slices Tofu+VEG (175g) • Fat cal 110 • Total fat 12g
- Sat fat 1.5g • Trans fat 0g • Cholest 0mg • Sodium 85mg
- Total carb 7g • Fiber 2g • Sugars 2g • Protein 11g
- Contains wheat, soy

**Jerk Chicken**

- Cal 400
- Serv Size: 1 oz (28g) • Fat cal 15 • Total fat 2g
- Sat fat 0g • Trans fat 0g • Cholest 20mg • Sodium 200mg
- Total carb < 1g • Fiber 0g • Sugars 0g • Protein 5g

**Tikka Masala**

- Cal 600
- Serv Size: 2 Tbsp (29g) • Fat cal 10 • Total fat 1g
- Sat fat .5g • Trans fat 0g • Cholest < 5mg • Sodium 60mg
- Total carb 1g • Fiber 0g • Sugars < 1g • Protein 0g
- Contains Dairy

**Vietnamese Beef Broth & Brisket**
Vietnamese-Style Beef Broth & Brisket

- Cal 260
- Serv Size: 3 oz + 8 oz Ladle (312g) • Fat cal 180 • Total fat 20g
- Sat fat 8g • Trans fat 0g • Cholest 85mg • Sodium 530mg
- Total carb 6g • Fiber 0g • Sugars 6g • Protein 17g
- Contains fish, soy

**Lamb Vindaloo**
Spicy Lamb and Potato Dish from Goa, Prepared with lots of Spices, Vinegar and Tamarind

- Cal 470
- Serv Size: 8 oz Ladle (304g) • Fat cal 200 • Total fat 23g
- Sat fat 3.5g • Trans fat 0g • Cholest 75mg • Sodium 970mg
- Total carb 28g • Fiber 8g • Sugars 10g • Protein 26g
**Spice Trail**

**Hakka Noodles**
Plain Noodles
![VG](Cal 170)
Serv Size: 4 oz (113g) • Fat cal 20 • Total fat 2g
Sat fat .5g • Trans fat 0g • Cholest 35mg • Sodium 10mg
Total carb 32g • Fiber 2g • Sugars < 1g • Protein 6g
Contains wheat

**Jasmine Rice**
Jasmine scented rice steamed only with water, salt and scallions
![VG](Cal 220)
Serv Size: 0.50 - 5 oz (71g) • Fat cal 0 • Total fat 0g
Sat fat 0g • Trans fat 0g • Cholest 0mg • Sodium 45mg
Total carb 24g • Fiber 0g • Sugars 0g • Protein 2g

**Vegetable Fried Rice**
Rice Stir Fried with Fresh Vegetables, Ginger & Garlic
![VG](Cal 230)
Serv Size: 12 oz (343g) • Fat cal 130 • Total fat 14g
Sat fat 2.5g • Trans fat 0g • Cholest 0mg • Sodium 1840mg
Total carb 53g • Fiber 7g • Sugars 6g • Protein 10g
Contains wheat, soy

**Sesame Ginger Green Beans**
Whole Green Beans Stir-Fried with Rice Vinegar.
![VG](Cal 65)
Serv Size: 4 oz (113g) • Fat cal 50 • Total fat 6g
Sat fat .5g • Trans fat 0g • Cholest 0mg • Sodium 0mg
Total carb 7g • Fiber 3g • Sugars 1g • Protein 2g
Contains Soy, wheat

**Sweet Chili Edamame beans**
![VG](Cal 190)
Serv Size: 4 oz (113g) • Fat cal 25 • Total fat 3g
Sat fat 0g • Trans fat 0g • Cholest 0mg • Sodium 230mg
Total carb 12g • Fiber 2g • Sugars 7g • Protein 2g
Contains wheat, soy

**Stir Fried Vegetables**
![VG](Cal 200)
Serv Size: 4 oz (113g) • Fat cal 25 • Total fat 3g
Sat fat 0g • Trans fat 0g • Cholest 0mg • Sodium 230mg
Total carb 12g • Fiber 2g • Sugars 7g • Protein 2g
Contains wheat, soy

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# Spice Trail

## Pad Thai With Shrimp
A Light, Refreshing Salad: Rice Noodles Tossed with Shredded Asian-style Veggies and Pad Thai Sauce, Topped with Shrimp

<table>
<thead>
<tr>
<th>Cal 365</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serv Size: Servings (338g)</td>
</tr>
<tr>
<td>Sat fat 2.5g • Trans fat 0g • Cholest 160mg • Sodium 2200mg</td>
</tr>
<tr>
<td>Total carb 64g • Fiber 3g • Sugars 18g • Protein 15g</td>
</tr>
</tbody>
</table>

Contains shellfish, soy, gluten

## Seasonal fruit

<table>
<thead>
<tr>
<th>Cal 90</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serv Size: 1 Banana (98g)</td>
</tr>
<tr>
<td>Sat fat 0g • Trans fat 0g • Cholest 0mg • Sodium 0mg</td>
</tr>
<tr>
<td>Total carb 22g • Fiber 3g • Sugars 12g • Protein 1g</td>
</tr>
</tbody>
</table>

## Biscuit w/ Egg, Cheese & Bacon
Biscuit Filled with Crisp Bacon, Scrambled Eggs, and American Cheese

<table>
<thead>
<tr>
<th>Cal 390</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serv Size: 1 Sandwich (137g)</td>
</tr>
<tr>
<td>Sat fat 15g • Trans fat 0g • Cholest 225mg • Sodium 1200mg</td>
</tr>
<tr>
<td>Total carb 26g • Fiber &lt; 1g • Sugars 3g • Protein 16g</td>
</tr>
</tbody>
</table>

Contains milk, eggs, wheat, soy, pork

## English Muffin w/ Egg & Bacon
Toasted English Muffin Filled with Crisp Bacon and Scrambled Egg Whites

<table>
<thead>
<tr>
<th>Cal 270</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serv Size: 1 Sandwich (120g)</td>
</tr>
<tr>
<td>Sat fat 5g • Trans fat 0g • Cholest 215mg • Sodium 620mg</td>
</tr>
<tr>
<td>Total carb 23g • Fiber &lt; 1g • Sugars 2g • Protein 14g</td>
</tr>
</tbody>
</table>

Contains milk, eggs, wheat, soy, pork

## English Muffin w/ Egg & Cheese
Scrambled Eggs on a Toasted English Muffin with American Cheese

<table>
<thead>
<tr>
<th>Cal 250</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serv Size: 1 Sandwich (117g)</td>
</tr>
<tr>
<td>Sat fat 5g • Trans fat 0g • Cholest 200mg • Sodium 560mg</td>
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<tr>
<td>Total carb 23g • Fiber &lt; 1g • Sugars 2g • Protein 13g</td>
</tr>
</tbody>
</table>

Contains milk, eggs, wheat, soy, gluten

## English Muffin with Egg & Ham
Scrambled Eggs on a Toasted English Muffin with Shaved Ham

<table>
<thead>
<tr>
<th>Cal 260</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serv Size: 1 Sandwich (161g)</td>
</tr>
<tr>
<td>Sat fat 3.5g • Trans fat 0g • Cholest 220mg • Sodium 780mg</td>
</tr>
<tr>
<td>Total carb 25g • Fiber &lt; 1g • Sugars 4g • Protein 20g</td>
</tr>
</tbody>
</table>

Contains milk, eggs, wheat, soy, gluten

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**Spice Trail**

**Croissant w/ Egg & Sausage**  
Scrambled Eggs and a Sausage Patty on a Toasted Croissant  
**Cal 500**  
Serv Size: 1 Sandwich (152g) • Fat cal 330 • Total fat 36g  
Sat fat 16g • Trans fat 1g • Cholest 275mg • Sodium 720mg  
Total carb 25g • Fiber 1g • Sugars 5g • Protein 19g  
Contains milk, eggs, wheat, soy

**Bagel w/ Egg & Sausage**  
Scrambled Eggs on a Toasted Bagel with a Sausage Patty  
**Cal 560**  
Serv Size: 1 Sandwich (209g) • Fat cal 230 • Total fat 25g  
Sat fat 9g • Trans fat 0g • Cholest 235mg • Sodium 1100mg  
Total carb 58g • Fiber 2g • Sugars 3g • Protein 24g  
Contains milk, eggs, wheat, soy

**Fruit Cup**  
Serv Size: #8 Scoop (101g) • Fat cal 0 • Total fat 0g  
Sat fat 0g • Trans fat 0g • Cholest 0mg • Sodium 0mg  
Total carb 12g • Fiber 2g • Sugars 10g • Protein 1g

**Greek Lowfat Yogurt Parfait**  
Serv Size: 1 Cup (248g) • Fat cal 15 • Total fat 1.5g  
Sat fat 1g • Trans fat 0g • Cholest 10mg • Sodium 130mg  
Total carb 46g • Fiber 0g • Sugars 39g • Protein 8g  
Contains milk, contains gluten as oats are produced in a facility exposed to gluten

**vegetable Pot Stickers**  
Pan-Seared Pot Stickers Served with Soy Sauce  
**Cal 260**  
Serv Size: 1 Pot Sticker + Sauce (29g) • Fat cal 20 • Total fat 2.5g  
Sat fat 0g • Trans fat 0g • Cholest < 5mg • Sodium 630mg  
Total carb 5g • Fiber 0g • Sugars 0g • Protein 2g  
Contains wheat

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**Omelet Station**
Fluffy Eggs and Egg Whites, Sweet Peppers, Smoked Ham, Shredded Cheddar, Diced Tomatoes, Feta Cheese, Bacon, and More!

**Cal 300-620**
Serv Size: 1 Omelet (175g) • Fat cal 150 • Total fat 17g
Sat fat 7g • Trans fat 0g • Cholest 325mg • Sodium 620mg
Total carb 3g • Fiber 0g • Sugars 2g • Protein 21g
Contains Dairy, eggs, soy

**Fried Egg, sunny side eggs**
Simple and Delicious, Home Style Fried Eggs Served Hot with Fresh Fruit Salad

**Cal 200**
Serv Size: 2 Eggs (177g) • Fat cal 120 • Total fat 13g
Sat fat 3.5g • Trans fat 0g • Cholest 325mg • Sodium 270mg
Total carb 9g • Fiber < 1g • Sugars 8g • Protein 12g
Contains eggs, soy

**Scrambled Tofu**
Scrambled Tofu

**VG Cal 190**
Serv Size: 3 oz Spoodle (67g) • Fat cal 30 • Total fat 3.5g
Sat fat .5g • Trans fat 0g • Cholest 0mg • Sodium 55mg
Total carb 2g • Fiber < 1g • Sugars < 1g • Protein 6g
Contains soy

**Fresh baked Waffles**
Fluffy Vanilla Waffle Served with Pancake Syrup and choice of berries

**VG Cal 520-760**
Serv Size: 1 Waffle (288g) • Fat cal 70 • Total fat 8g
Sat fat 5g • Trans fat 0g • Cholest 15mg • Sodium 1820mg
Total carb 181g • Fiber 9g • Sugars 42g • Protein 12g
Contains wheat, dairy

**Hash Browned Potato**
Shredded Potato Fried in Oil and Seasoned with Salt and Pepper

**VG Cal 130**
Serv Size: 3 oz (85g) • Fat cal 30 • Total fat 3.5g
Sat fat 0g • Trans fat 0g • Cholest 0mg • Sodium 360mg
Total carb 16g • Fiber 2g • Sugars < 1g • Protein 1g

**Greek Yogurt Parfait**
Creamy Vanilla Yogurt with Fresh Fruit Salad and Crunchy house Granola

**Cal 200**
Serv Size: 1 Parfait (182g) • Fat cal 20 • Total fat 2g
Sat fat 1g • Trans fat 0g • Cholest < 5mg • Sodium 110mg
Total carb 42g • Fiber 2g • Sugars 26g • Protein 6g
Contains milk, May contain gluten as oats are produce in a facility exposed to gluten

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**Fresh Fruit Cup**
Apples, Oranges, Peaches, Bananas and Pineapple Tossed with Orange Juice

VC Cal 70

Serv Size: #8 Scoop (121g) • Fat cal 0 • Total fat 0g
Sat fat 0g • Trans fat 0g • Cholest 0mg • Sodium 0mg
Total carb 17g • Fiber 2g • Sugars 13g • Protein 1g

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**Assorted Fresh baked Bagel**

VC Cal 350-450

Serv Size: 1 Bagel + 1oz PC (142g) • Fat cal 70 • Total fat 8g
Sat fat 4.5g • Trans fat 0g • Cholest 20mg • Sodium 700mg
Total carb 58g • Fiber 2g • Sugars 4g • Protein 12g

Contains milk, wheat, soy

---

**Fresh Squeezed Orange Juice**
Fresh squeezed orange juice

VC Cal 180

Serv Size: 1 Tbsp (18g) • Fat cal 0 • Total fat 0g
Sat fat 0g • Trans fat 0g • Cholest 0mg • Sodium 0mg
Total carb 2g • Fiber 0g • Sugars 2g • Protein 0g

---

**2% Milk**

VC Cal 200

Serv Size: 8 Fluid oz (250g) • Fat cal 25 • Total fat 2.5g
Sat fat 1.5g • Trans fat 0g • Cholest 10mg • Sodium 150mg
Total carb 32g • Fiber 1g • Sugars 25g • Protein 8g

Contains milk

---

**Lactose Free 2% Milk**

VC Cal 0

Contains milk

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**Chocolate Milk**

VC Cal 180

Serv Size: 8 Fluid oz (250g) • Fat cal 25 • Total fat 2.5g
Sat fat 1.5g • Trans fat 0g • Cholest 10mg • Sodium 150mg
Total carb 32g • Fiber 1g • Sugars 25g • Protein 8g

Contains milk

---

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Fresh Seasonal Fruit

Cal 90

Serv Size: 1 Banana (98g) • Fat cal 0 • Total fat 0g
Sat fat 0g • Trans fat 0g • Cholest 0mg • Sodium 0mg
Total carb 22g • Fiber 3g • Sugars 12g • Protein 1g

Assorted cereal cups

Cal 240-420

Serv Size: 1 INDV Box (63g) • Fat cal 30 • Total fat 3.5g
Sat fat 1g • Trans fat 0g • Cholest 0mg • Sodium 160mg
Total carb 50g • Fiber 5g • Sugars 18g • Protein 6g
May Contains, wheat

Whole Milk

Cal 200

Serv Size: 8 Fluid oz (250g) • Fat cal 25 • Total fat 2.5g
Sat fat 1.5g • Trans fat 0g • Cholest 10mg • Sodium 150mg
Total carb 32g • Fiber 1g • Sugars 25g • Protein 8g

Contains milk

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Harvest Chicken Breast
Marinated Chicken Breast

Cal 255
Serv Size: 1 Breast (90g) • Fat cal 30 • Total fat 3.5g
Sat fat .5g • Trans fat 0g • Cholest 60mg • Sodium 40mg
Total carb 2g • Fiber 0g • Sugars 2g • Protein 19g

Ancient grain primavera Stuffed Portobello mushroom

Cal 165
Serv Size: 0.50 - 1 Zucchini half (39g) • Fat cal 10 • Total fat 1g
Sat fat 0g • Trans fat 0g • Cholest 0mg • Sodium 65mg
Total carb 3g • Fiber < 1g • Sugars < 1g • Protein 1g

Citrus, Herb Crusted Salmon
Atlantic Wild Salmon Fillet Marinated in Orange & Lemon Juices, Then Roasted in a Crispy Citrus Herb Crust

Cal 230
Serv Size: 1 Fillet (104g) • Fat cal 110 • Total fat 12g
Sat fat 2.5g • Trans fat 0g • Cholest 50mg • Sodium 150mg
Total carb 2g • Fiber 1g • Sugars 0g • Protein 18g
Contains fish

Balsamic Grilled Flank Steak
Grilled Balsamic Vinaigrette Marinated Flank Steak

Cal 330
Serv Size: 3 oz (85g) • Fat cal 60 • Total fat 7g
Sat fat 3g • Trans fat 0g • Cholest 55mg • Sodium 65mg
Total carb 1g • Fiber 0g • Sugars < 1g • Protein 17g

Side Salad

Cal 120
Serv Size: 1 Serving (346g) • Fat cal 320 • Total fat 36g
Sat fat 12g • Trans fat 0g • Cholest 75mg • Sodium 1520mg
Total carb 37g • Fiber 4g • Sugars 10g • Protein 27g

Spinach Wild Rice Pilaf
Wild Rice and White Rice Tossed with Sauteed Spinach

Cal 150
Serv Size: 4 oz Spoodle (119g) • Fat cal 30 • Total fat 3g
Sat fat 0g • Trans fat 0g • Cholest 0mg • Sodium 20mg
Total carb 38g • Fiber 3g • Sugars < 1g • Protein 6g

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Fresh Squeezed Orange Juice
Fresh squeezed orange juice

VG Cal 180
Serv Size: 1 Tbsp (18g) • Fat cal 0 • Total fat 0g
Sat fat 0g • Trans fat 0g • Cholest 0mg • Sodium 0mg
Total carb 2g • Fiber 0g • Sugars 2g • Protein 0g

Pineapple, mango, spinach matcha green Tea Smoothie
A Cool Smoothie of Green Tea and Fresh Pomegranate, Topped with a Dollop of Sour Cream and Crunchy Pomegranate Seeds

Cal 200
Serv Size: 1 Smoothie (405g) • Fat cal 30 • Total fat 3.5g
Sat fat 2g • Trans fat 0g • Cholest 10mg • Sodium 50mg
Total carb 23g • Fiber 0g • Sugars 20g • Protein 3g

Local Honey and triple Berry Smoothie
Cal 150-220
Serv Size: 8 oz Smoothie (208g) • Fat cal 5 • Total fat .5g
Sat fat 0g • Trans fat 0g • Cholest < 5mg • Sodium 40mg
Total carb 31g • Fiber 1g • Sugars 27g • Protein 3g

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### Halal Chicken Tikka
Grilled chicken skewer marinated in yogurt, ginger, garlic and aromatic spices. Served with rice and chutney

**Cal 300**
- Serv Size: 1 Entree (130g)
- Fat cal 50 • Total fat 6g
- Sat fat 1.5g • Trans fat 0g • Cholest 105mg • Sodium 320mg
- Total carb 2g • Fiber 0g • Sugars < 1g • Protein 23g

Contains Dairy

### Beef Stew
Tender Chunks of Beef, Carrots and Onions in a Rich with Tomato sauce and Thyme

**Cal 350**
- Serv Size: 6 oz Ladle (187g)
- Fat cal 90 • Total fat 10g
- Sat fat 3g • Trans fat 0g • Cholest 25mg • Sodium 970mg
- Total carb 17g • Fiber 2g • Sugars 4g • Protein 9g

### Lamb Kefta
Cal 590
- Serv Size: 1 Kefta (41g)
- Fat cal 30 • Total fat 3.5g
- Sat fat 1g • Trans fat 0g • Cholest 40mg • Sodium 140mg
- Total carb 1g • Fiber 0g • Sugars 0g • Protein 6g

Contains wheat

### Halal Roasted Curry Lamb

**Cal 630**
- Serv Size: 4 oz (113g)
- Fat cal 60 • Total fat 7g
- Sat fat 1.5g • Trans fat 0g • Cholest 45mg • Sodium 200mg
- Total carb 9g • Fiber 1g • Sugars 1g • Protein 15g

Contains Dairy

### Tandoori Chicken

**Cal 560**
- Serv Size: 4 oz (113g)
- Fat cal 45 • Total fat 5g
- Sat fat 1g • Trans fat 0g • Cholest 90mg • Sodium 230mg
- Total carb < 1g • Fiber 0g • Sugars 0g • Protein 22g

Contains Dairy

### Halal Beef pepper steak

**Cal 390**
- Serv Size: 1 Burrito, 12" (567g)
- Fat cal 370 • Total fat 41g
- Sat fat 15g • Trans fat 0g • Cholest 85mg • Sodium 2380mg
- Total carb 127g • Fiber 10g • Sugars 8g • Protein 44g

Contains wheat, soy

---

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Halal Chicken 65

Cal 360

Serv Size: 4 oz (113g) • Fat cal 45 • Total fat 5g
Sat fat 1g • Trans fat 0g • Cholest 90mg • Sodium 230mg
Total carb < 1g • Fiber 0g • Sugars 0g • Protein 22g

Contains soy

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**Grilled Basil Tofu on Focaccia Sandwich**
Grilled Tofu on focaccia with house pesto

- **Cal 625**

<table>
<thead>
<tr>
<th>Nutrition</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fat cal</td>
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<tr>
<td>Total fat</td>
<td>51g</td>
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<td>Trans fat</td>
<td>0g</td>
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<tr>
<td>Cholest</td>
<td>20mg</td>
</tr>
<tr>
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<td>1210mg</td>
</tr>
<tr>
<td>Total carb</td>
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</tr>
<tr>
<td>Fiber</td>
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<td>8g</td>
</tr>
<tr>
<td>Protein</td>
<td>19g</td>
</tr>
</tbody>
</table>

Contains wheat, soy

---

**Hot Italian Sausage Sandwich**
Served with grilled Italian banana peppers and onions on a soft Italian roll

- **Cal 540**

<table>
<thead>
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<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
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<td>Sat fat</td>
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<tr>
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</tr>
<tr>
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<tr>
<td>Fiber</td>
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<tr>
<td>Sugars</td>
<td>6g</td>
</tr>
<tr>
<td>Protein</td>
<td>26g</td>
</tr>
</tbody>
</table>

Contains Dairy, wheat, pork

---

**Gouda Mac and Cheese**

- **Cal 700**

<table>
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<tr>
<td>Sugars</td>
<td>5g</td>
</tr>
<tr>
<td>Protein</td>
<td>21g</td>
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</tbody>
</table>

Contains Dairy, wheat, pork

---

**Village Pasta Bar with choice of seasonal vegetables**

- **Cal 650-925**

<table>
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<th>Value</th>
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<tr>
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<tr>
<td>Fiber</td>
<td>6g</td>
</tr>
<tr>
<td>Sugars</td>
<td>8g</td>
</tr>
<tr>
<td>Protein</td>
<td>27g</td>
</tr>
</tbody>
</table>

Contains Dairy, wheat

---

**Cheese Tortellini with fresh nut free pesto or house- marinara**
Tortellini in Delectable Pesto Roasted Tomato Sauce, Topped with Parmesan and Served Hot in a Pizza Crust Bowl

- **Cal 720-820**

<table>
<thead>
<tr>
<th>Nutrition</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fat cal</td>
<td>260</td>
</tr>
<tr>
<td>Total fat</td>
<td>28g</td>
</tr>
<tr>
<td>Sat fat</td>
<td>12g</td>
</tr>
<tr>
<td>Trans fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholest</td>
<td>70mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>4340mg</td>
</tr>
<tr>
<td>Total carb</td>
<td>117g</td>
</tr>
<tr>
<td>Fiber</td>
<td>8g</td>
</tr>
<tr>
<td>Sugars</td>
<td>11g</td>
</tr>
<tr>
<td>Protein</td>
<td>41g</td>
</tr>
</tbody>
</table>

Contains Dairy, wheat, soy

---

**Side Caesar Salad**
Parmesan Cheese & Croutons over Romaine Lettuce

- **Cal 120**

<table>
<thead>
<tr>
<th>Nutrition</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fat cal</td>
<td>20</td>
</tr>
<tr>
<td>Total fat</td>
<td>2.5g</td>
</tr>
<tr>
<td>Sat fat</td>
<td>1g</td>
</tr>
<tr>
<td>Trans fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholest</td>
<td>&lt; 5mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>180mg</td>
</tr>
<tr>
<td>Total carb</td>
<td>6g</td>
</tr>
<tr>
<td>Fiber</td>
<td>1g</td>
</tr>
<tr>
<td>Sugars</td>
<td>1g</td>
</tr>
<tr>
<td>Protein</td>
<td>3g</td>
</tr>
</tbody>
</table>

Contains Dairy, wheat, fish
**Fresh Seasonal vegetables**

<table>
<thead>
<tr>
<th>Serv Size: 4 Spears (57g)</th>
<th>Fat cal 5 • Total fat .5g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat fat 0g • Trans fat 0g</td>
<td>Cholest 0mg • Sodium 130mg</td>
</tr>
<tr>
<td>Total carb 2g • Fiber 1g</td>
<td>Sugars &lt; 1g • Protein 1g</td>
</tr>
</tbody>
</table>

**Cal 110**

**Tomato and Fresh Mozzarella Salad**

Red ripened tomatoes with fresh mozzarella cheese, olive oil, basil and black pepper

**Cal 120**

<table>
<thead>
<tr>
<th>Serv Size: 1 oz (28g)</th>
<th>Fat cal 20 • Total fat 2.5g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat fat 1g • Trans fat 0g</td>
<td>Cholest 10mg • Sodium 20mg</td>
</tr>
<tr>
<td>Total carb &lt; 1g • Fiber 0g</td>
<td>Sugars 0g • Protein 2g</td>
</tr>
</tbody>
</table>

Contains Dairy

**Tuscan Wheat berry salad**

White beans simmered in vegetable stock with carrots, onions, and fresh rosemary tossed with tender wheatberry

**Cal 330**

<table>
<thead>
<tr>
<th>Serv Size: 6 oz Ladle (172g)</th>
<th>Fat cal 50 • Total fat 6g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat fat 1g • Trans fat 0g</td>
<td>Cholest 0mg • Sodium 230mg</td>
</tr>
<tr>
<td>Total carb 38g • Fiber 11g</td>
<td>Sugars 3g • Protein 12g</td>
</tr>
</tbody>
</table>

Contains wheat

**Grilled Chicken Breast**

Chargrilled Chicken Breast Marinated in Olive Oil and Garlic

**Cal 250**

<table>
<thead>
<tr>
<th>Serv Size: 1 Breast (109g)</th>
<th>Fat cal 60 • Total fat 6g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat fat 1g • Trans fat 0g</td>
<td>Cholest 75mg • Sodium 530mg</td>
</tr>
<tr>
<td>Total carb 0g • Fiber 0g</td>
<td>Sugars 0g • Protein 23g</td>
</tr>
</tbody>
</table>

**Focaccia cheese Breadstick**

House-Baked Soft Breadsticks

**Cal 350-410**

<table>
<thead>
<tr>
<th>Serv Size: 1 Breadstick (45g)</th>
<th>Fat cal 25 • Total fat 2.5g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat fat 1g • Trans fat 0g</td>
<td>Cholest 0mg • Sodium 270mg</td>
</tr>
<tr>
<td>Total carb 23g • Fiber &lt; 1g</td>
<td>Sugars &lt; 1g • Protein 4g</td>
</tr>
</tbody>
</table>

Contains Dairy, wheat

**Gnocchi w/Brown Butter vegetables and seafood**

Cal 420

<table>
<thead>
<tr>
<th>Serv Size: 1 Bowl (281g)</th>
<th>Fat cal 420 • Total fat 47g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat fat 20g • Trans fat 1g</td>
<td>Cholest 125mg • Sodium 1830mg</td>
</tr>
<tr>
<td>Total carb 81g • Fiber 5g</td>
<td>Sugars 3g • Protein 18g</td>
</tr>
</tbody>
</table>

Contains shellfish, wheat, dairy

---

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Linguini Seafood plate
Fresh Cooked Lobster, Shrimp, Mussels, and Little Neck Clams
Tossed with Pasta in a Spicy Tomato Sauce
Cal 420
Serv Size: 1 Entree (488g) • Fat cal 160 • Total fat 18g
Sat fat 2.5g • Trans fat 0g • Cholest 345mg • Sodium 1350mg
Total carb 30g • Fiber 5g • Sugars 7g • Protein 52g
Contains shellfish, wheat

Seasonal Fruit
Cal 90
Serv Size: 1 Banana (98g) • Fat cal 0 • Total fat 0g
Sat fat 0g • Trans fat 0g • Cholest 0mg • Sodium 0mg
Total carb 22g • Fiber 3g • Sugars 12g • Protein 1g

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<table>
<thead>
<tr>
<th>Recipe Name</th>
<th>Description</th>
<th>Calories</th>
<th>Fat cal</th>
<th>Total fat</th>
<th>Sat fat</th>
<th>Trans fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Total carb</th>
<th>Fiber</th>
<th>Sugars</th>
<th>Protein</th>
<th>Allergens</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sweet Corn Chowder</td>
<td>Creamy Corn Chowder with Chunks of Potato and Diced Bacon</td>
<td>220</td>
<td>90</td>
<td>10</td>
<td>4.5</td>
<td>0</td>
<td>15</td>
<td>550</td>
<td>17</td>
<td>1</td>
<td>3</td>
<td>4</td>
<td>Dairy, wheat, pork</td>
</tr>
<tr>
<td>Old-Fashioned Chicken Noodle Soup</td>
<td>Classic chicken noodle soup with onions, carrots, celery, noodles, and chunks of chicken seasoned with fresh thyme</td>
<td>150</td>
<td>40</td>
<td>4.5</td>
<td>1</td>
<td>0</td>
<td>25</td>
<td>250</td>
<td>11</td>
<td>&lt;1</td>
<td>1</td>
<td>8</td>
<td>Wheat</td>
</tr>
<tr>
<td>Potato Leek Soup</td>
<td>Hearty Vegetable Broth Simmered with Fresh Leeks and Potatoes</td>
<td>120</td>
<td>30</td>
<td>3.5</td>
<td>1.5</td>
<td>0</td>
<td>5</td>
<td>220</td>
<td>31</td>
<td>2</td>
<td>5</td>
<td>4</td>
<td>Dairy, wheat</td>
</tr>
<tr>
<td>Broccoli Cheddar Cheese Soup</td>
<td>Creamy Cheddar Soup with Chunks of Broccoli, Seasoned with Nutmeg, Cayenne and Dry Mustard</td>
<td>280</td>
<td>170</td>
<td>19</td>
<td>12</td>
<td>0</td>
<td>60</td>
<td>760</td>
<td>13</td>
<td>1</td>
<td>8</td>
<td>15</td>
<td>Dairy, wheat</td>
</tr>
<tr>
<td>Shrimp Bisque</td>
<td>Creamy Sherry Enhanced Shrimp Bisque, Seasoned with Garlic, Thyme and Tabasco</td>
<td>280</td>
<td>180</td>
<td>20</td>
<td>10</td>
<td>0</td>
<td>60</td>
<td>530</td>
<td>16</td>
<td>&lt;1</td>
<td>6</td>
<td>11</td>
<td>Shellfish, dairy</td>
</tr>
<tr>
<td>Spicy Chicken and Corn Chowder</td>
<td>Creamy chicken soup with sweet corn, red potatoes, celery, onions and fresh parsley</td>
<td>210</td>
<td>70</td>
<td>8</td>
<td>4</td>
<td>0</td>
<td>20</td>
<td>250</td>
<td>13</td>
<td>1</td>
<td>2</td>
<td>8</td>
<td>Dairy, wheat</td>
</tr>
</tbody>
</table>
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Roasted Brussels Sprouts

Serv Size: 1 oz (28g) • Fat cal 20 • Total fat 2g
Sat fat 0g • Trans fat 0g • Cholest 0mg • Sodium 100mg
Total carb 2g • Fiber < 1g • Sugars 0g • Protein 1g

Fresh Seasonal vegetables

Serv Size: 4 Spears (57g) • Fat cal 5 • Total fat .5g
Sat fat 0g • Trans fat 0g • Cholest 0mg • Sodium 130mg
Total carb 2g • Fiber 1g • Sugars < 1g • Protein 1g

Soup Bread Boule

Cal 380
Serv Size: 1 Slice-Cut 4x4 (67g) • Fat cal 40 • Total fat 4.5g
Sat fat 0g • Trans fat 0g • Cholest 0mg • Sodium 410mg
Total carb 30g • Fiber 3g • Sugars 2g • Protein 5g
Contains wheat

Curly French Fries

Cal 200
Serv Size: 3 oz (85g) • Fat cal 120 • Total fat 13g
Sat fat 1.5g • Trans fat 0g • Cholest 0mg • Sodium 35mg
Total carb 18g • Fiber 2g • Sugars 0g • Protein 2g
Contains soy

Sweet Potato Fries

Sweet Potatoes Deep Fried until Crispy

Cal 280
Serv Size: 2 oz (57g) • Fat cal 80 • Total fat 9g
Sat fat 1g • Trans fat 0g • Cholest 0mg • Sodium 120mg
Total carb 15g • Fiber 2g • Sugars 4g • Protein 1g
Contains wheat

Cole Slaw

A Classic Vinaigrette Cole Slaw

Cal 75
Serv Size: #12 Scoop (63g) • Fat cal 20 • Total fat 2g
Sat fat 0g • Trans fat 0g • Cholest 0mg • Sodium 80mg
Total carb 7g • Fiber 1g • Sugars 5g • Protein 1g
Contains Dairy, egg

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Grilled Chicken Breast (5 oz)
Chargrilled Chicken Breast Marinated in Olive Oil and Garlic

Cal 290

Serv Size: 1 Breast (109g) • Fat cal 60 • Total fat 6g
Sat fat 1g • Trans fat 0g • Cholest 75mg • Sodium 530mg
Total carb 0g • Fiber 0g • Sugars 0g • Protein 23g

Fried Chicken
Marinated Chicken, Deep-Fried with a Coating of Seasoned Flour

Cal 670

Serv Size: 2 Eighths (238g) • Fat cal 380 • Total fat 42g
Sat fat 9g • Trans fat 0g • Cholest 170mg • Sodium 480mg
Total carb 17g • Fiber < 1g • Sugars < 1g • Protein 54g
Contains wheat, gluten

New York Strip Steak 8 oz

Cal 525

Serv Size: Steaks (116g) • Fat cal 50 • Total fat 6g
Sat fat 2g • Trans fat 0g • Cholest 60mg • Sodium 65mg
Total carb 0g • Fiber 0g • Sugars 0g • Protein 27g
Contains Dairy

Vegan Black Bean Burger
Grilled Black Bean and Rice Burger

Cal 310

Serv Size: 1 Burger (181g) • Fat cal 15 • Total fat 2g
Sat fat 0g • Trans fat 0g • Cholest 0mg • Sodium 490mg
Total carb 31g • Fiber 7g • Sugars 2g • Protein 7g
Contains wheat

Fried Green Tomato Sandwich
Cornmeal Fried Green Tomatoes on Grilled Sourdough with Roasted Garlic Mayonnaise and Watercress

Cal 280

Serv Size: 0.50 - 1 Sandwich (109g) • Fat cal 100 • Total fat 12g
Sat fat 3g • Trans fat 0g • Cholest < 5mg • Sodium 470mg
Total carb 23g • Fiber 2g • Sugars 3g • Protein 5g
Contains Dairy, wheat, soy

Roasted Pork Shoulder
Slow roasted pork shoulder

Cal 290

Serv Size: 4 oz (113g) • Fat cal 460 • Total fat 52g
Sat fat 19g • Trans fat 0g • Cholest 70mg • Sodium 240mg
Total carb 3g • Fiber 0g • Sugars 3g • Protein 9g

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House-made Turkey Burger
Cal 295
Serv Size: 1 Burger/2.38 oz (67g) • Fat cal 45 • Total fat 5g
Sat fat 1.5g • Trans fat 0g • Cholest 50mg • Sodium 340mg
Total carb 0g • Fiber 0g • Sugars 0g • Protein 15g
Contains wheat

Grass-fed Angus beef Burger
Grilled Seasoned Burger Cooked to Perfection, Served on a brioche Bun
Cal 560
Serv Size: 1 Plate (353g) • Fat cal 230 • Total fat 26g
Sat fat 5g • Trans fat 0g • Cholest 35mg • Sodium 1220mg
Total carb 61g • Fiber 6g • Sugars 6g • Protein 20g
Contains wheat

Vegetable Plate
Assorted seasonal vegetables plate
Cal 380
Serv Size: 1 plate (331g) • Fat cal 190 • Total fat 21g
Sat fat 3g • Trans fat 0g • Cholest 0mg • Sodium 590mg
Total carb 29g • Fiber 5g • Sugars 21g • Protein 4g
Contains Wheat, dairy, eggs
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**Sweet Potato Fries**
Sweet Potatoes Deep Fried until Crispy

- **Cal 280**
- Serv Size: 2 oz (57g) • Fat cal 80 • Total fat 9g
- Sat fat 1g • Trans fat 0g • Cholest 0mg • Sodium 120mg
- Total carb 15g • Fiber 2g • Sugars 4g • Protein 1g
- **Contains gluten**

**Caesar Salad**
Parmesan Cheese & Croutons over Romaine Lettuce

- **Cal 150**
- Serv Size: 1 Salad (55g) • Fat cal 20 • Total fat 2.5g
- Sat fat 1g • Trans fat 0g • Cholest < 5mg • Sodium 180mg
- Total carb 6g • Fiber 1g • Sugars 1g • Protein 3g
- Contains Dairy, wheat, fish