



	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugars	Protein
Lunch										
Tomato Bisque	438.7 kcal	40.8 g	23.3 g	1.4 g	117.3 mg	487.6 mg	15.2 g	1.2 g	5.1 g	3.7 g
Garden Salad (8 oz) no dressing	93.5 kcal	1.2 g	0.2 g	0 g	0 g	103.5 mg	19.2 g	5.7 g	7.4 g	4g
Kale Caesar Salad (8 oz)	497.1 kcal	34 g	16.2 g	0 g	67.5 mg	1050.6 mg	14.8 g	6.2 g	1.8 g	35.5 g
Ibby's Beet Salad	701 kcal	29.6 g	5.7 g	0.2 g	6.5 mg	1877.1 mg	90 g	8.4 g	9.9 g	19.3 g
Greek Salad	530.2 kcal	38.7 g	17.4 g	0 g	80 mg	1129.6 mg	32.4 g	1.7 g	15.8 g	14.8 g
Burrata Caprese	599 kcal	35 g	18.8 g	0.6 g	80.6 mg	1058.6 mg	38 g	5.8 g	4.9 g	31.9 g
Quattro Formaggio Panini w/ bacon and tomato	726.1 kcal	46.2 g	20.2 g	0.9 g	155.3 mg	1457.3 mg	40.4 g	4.1 g	6.5 g	37.6 g
Smoked Turkey Club	726.1 kcal	46.2 g	20.2 g	0.9 g	155.3 mg	1457.3 mg	40.4 g	4.1 g	6.5 g	37.6 g
Falafel Shawarma	331.5 kcal	8.9 g	1.2 g	0.1 g	4 mg	948.4 mg	51.4 g	13.3 g	11.7 g	16.6 g
Ibby's House Burger	961 kcal	64.1 g	27.2 g	0.5 g	204.5 mg	1461.6 mg	40 g	2.6 g	10.6 g	52.9 g
Ibby's Burger with Bacon	1017.1 kcal	68.3 g	28.7 g	0.5 g	216.4 mg	1663.7 mg	40.2 g	2.6 g	10.7 g	57 g
Italian Beef Sandwich	370.3 kcal	18.5 g	4.6 g	0.2 g	72.3 mg	1968.7 mg	20.9 g	5.3 g	1.9 g	27.1 g
Impossible Burger no cheese	850.5 kcal	41.5 g	11.5 g	0 g	0 mg	1637.9 mg	93 g	9.5 g	22.4 g	34.5 g
Hand-Cut Fries (¼ lb)	328.1 kcal	17 g	4.4 g	0.3 g	- mg	668.1 mg	39 g	3.9 g	0.8 g	4.6 g
Sweet Potato Fries (¼ lb)	355.3 kcal	18.9 g	1.6 g	0.4 g	- mg	363.8 mg	43.4 g	5.8 g	11 g	2.9 g
Side Salad (3 oz) no dressing	36 kcal	0.5 g	0.1 g	0 g	0 mg	39.8 mg	7.4 g	2.2 g	2.9 g	1.5 g
Dinner										
Crab Cakes	168.7 kcal	9.6 g	1.6 g	0 g	129.2 mg	461.2 mg	5.3 g	0.5 g	0.6 g	14.6 g
Toasted ravioli	686.3 kcal	41.5 g	11.7 g	0 g	51.8 mg	1360.6 mg	60 g	3.7 g	5.1 g	21.4 g
Ibby's Steak w/ no vegetable du jour	867.4 kcal	41.9 g	16.4 g	1.5 g	313.7 mg	541 mg	21.9 g	2.6 g	2.2 g	102.8 g
Prawn Pasta	1047.9 kcal	46.3 g	25.4 g	1.5 g	122.6 mg	776.3 mg	101.9 g	9.5 g	17 g	41.7 g
Pan Roasted Chicken	504.8 kcal	10.3 g	2.9 g	0.2 g	192.8 mg	663.2 mg	24.8 g	1.2 g	0.7 g	72.3 g
Grilled Lamb with Mashed Potatoes	599.2 kcal	37.4 g	14.6 g	1.7 g	152.9 mg	317.1 mg	22.3 g	2.2 g	1.5 g	44.5 g
Autumn Ravioli Primavera	384.6 kcal	9.9 g	4.6 g	0.2 g	133.1 mg	1627.3 mg	60.4 g	6.9 g	12.2 g	17.3 g
Lobster Mac n' Cheese	1536.3 kcal	50.7 g	24.7 g	1.3 g	285.8 mg	2568.1 mg	200.8 g	10.9 g	15.9 g	77.2 g
Jerk Salmon	515.7 kcal	19 g	2.9 g	0 g	161 mg	7136.7 mg	22.4 g	0.5 g	0.5 g	59.8 g
Tomato Bisque	438.7 kcal	40.8 g	23.3 g	1.4 g	117.3 mg	487.6 mg	15.2 g	1.2 g	5.1 g	3.7 g
Wings no sauce	1027.6 kcal	68.8 g	18.9 g	0.3 g	593.9 mg	2804.1 mg	1.5 g	0.6 g	0 g	94 g
Wings BBQ	1267.6 kcal	69.7 g	19 g	0.3 g	593.9 mg	4236.8 mg	58.3 g	1.8 g	46.4 g	95.1 g
Wings Buffalo	1172.9 kcal	82.8 g	22.5 g	0.3 g	593.9 mg	4361.4 mg	5.8 g	1.6 g	0.3 g	94.4 g