

Fresh Indian Grill

Nutritional Analysis

Category	Menu Item	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)
Base	Basmati Rice	6 oz	250	50	6	0	0	0	880	45	0	0	4
Main	Grilled Chicken	4 oz	270	150	17	4	0	100	95	1	1	0	28
	Braised Beef	4 oz	200	90	10	4	0	80	250	1	0	0	27
	Soft Tofu	4 oz	150	120	13	1	0	0	110	2	0	0	6
	Sautéed Shrimp	4 oz	60	10	2	0	0	100	760	0	0	0	12
Complement	Sautéed Vegetables	4 oz	25	0	0	0	0	0	80	5	2	3	1
	Chickpea Curry	4 oz	190	50	6	0	0	0	460	28	8	6	9
Sauces	Tikka Sauce	5 oz	110	70	8	4	0	25	730	10	2	4	1
	Vindaloo Sauce	5 oz	60	25	3	1	0	5	540	9	2	4	1
	Saag Sauce	5 oz	90	60	7	4	0	25	330	5	1	1	2
	Korma Sauce	5 oz	320	180	18	16	0	0	640	41	2	34	2
Chutneys	Yogurt Raita	2 oz	30	0	0	0	0	0	140	4	0	1	3
	Sweet Tamarind	1 oz	30	0	0	0	0	0	10	8	0	6	0
	Cilantro Garlic	1 oz	10	0	0	0	0	0	120	2	0	0	1
	Chili Lime	1 oz	10	5	1	0	0	0	230	2	1	0	0

All serving sizes are approximate

Vegetarian means no animal flesh, however, may contain dairy products.



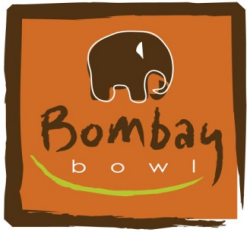
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Base	Roti Roll	3.82oz	330	70	7	4	0	0	780	55	2	0	9
	Basmati Rice	4 oz	160	35	4	0	0	0	870	30	0	0	3
Main	Grilled Chicken	4 oz	270	150	17	4	0	100	95	1	1	0	28
	Braised Beef	4 oz	200	90	10	4	0	80	250	1	0	0	27
	Soft Tofu	4 oz	150	120	13	1	0	0	110	2	0	0	6
	Sautéed Shrimp	4 oz	60	10	2	0	0	100	760	0	0	0	12
Complement	Sautéed Vegetables	4 oz	25	0	0	0	0	0	80	5	2	3	1
	Chickpea Curry	4 oz	190	50	6	0	0	0	460	28	8	6	9
Sauces	Tikka Sauce	2.5 oz	55	35	4	2	0	12	365	5	1	2	1
	Vindaloo Sauce	2.5 oz	30	12	2	0	0	3	270	5	1	2	1
	Saag Sauce	2.5 oz	45	30	4	2	0	12	165	3	0	0	1
	Korma Sauce	2.5 oz	160	90	9	8	0	0	320	20	1	17	1
Chutneys	Yogurt Raita	2 oz	30	0	0	0	0	0	140	4	0	1	3
	Sweet Tamarind	1 oz	30	0	0	0	0	0	10	8	0	6	0
	Cilantro Garlic	1 oz	10	0	0	0	0	0	120	2	0	0	1
	Chili Lime	1 oz	10	5	1	0	0	0	230	2	1	0	0

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Base	Salad (Lettuce, Cucumber, and Red Bell Pepper)	5.5 oz	25	0	0	0	0	0	10	5	2	3	1
Main	Grilled Chicken	4 oz	270	150	17	4	0	100	95	1	1	0	28
	Braised Beef	4 oz	200	90	10	4	0	80	250	1	0	0	27
	Soft Tofu	4 oz	150	120	13	1	0	0	110	2	0	0	6
	Sautéed Shrimp	4 oz	60	10	2	0	0	100	760	0	0	0	12
Complement	Sautéed Vegetables	4 oz	25	0	0	0	0	0	80	5	2	3	1
	Chickpea Curry	4 oz	190	50	6	0	0	0	460	28	8	6	9
Salad Dressing	Orange Vinaigrette	1.5 oz	45	20	2	0	0	0	0	6	0	5	0
Or													
Sauces	Tikka Sauce	2.5 oz	55	35	4	2	0	12	365	5	1	2	1
	Vindaloo Sauce	2.5 oz	30	12	2	0	0	3	270	5	1	2	1
	Saag Sauce	2.5 oz	45	30	4	2	0	12	165	3	0	0	1
	Korma Sauce	2.5 oz	160	90	9	8	0	0	320	20	1	17	1
Chutneys	Yogurt Raita	2 oz	30	0	0	0	0	0	140	4	0	1	3
	Sweet Tamarind	1 oz	30	0	0	0	0	0	10	8	0	6	0
	Cilantro Garlic	1 oz	10	0	0	0	0	0	120	2	0	0	1
	Chili Lime	1 oz	10	5	1	0	0	0	230	2	1	0	0

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Base	Kid's Bowl	3 oz	125	25	3	0	0	0	440	22	0	0	2
Main	Grilled Chicken	2 oz	140	75	9	2	0	50	47	1	0	0	14
	Braised Beef	2 oz	100	45	5	2	0	40	125	0	0	0	13
	Soft Tofu	2 oz	75	60	7	0	0	0	55	1	0	0	3
	Sautéed Shrimp	2 oz	30	5	1	0	0	50	380	0	0	0	6
	Sautéed Vegetables	2 oz	12	0	0	0	0	0	40	3	1	2	1
Complement	Chickpea Curry	2 oz	95	25	3	0	0	0	230	14	4	3	4
	Tikka Sauce	2.5 oz	55	35	4	2	0	12	365	5	1	2	1
Sauces	Vindaloo Sauce	2.5 oz	30	12	2	0	0	3	270	5	1	2	1
	Saag Sauce	2.5 oz	45	30	4	2	0	12	165	3	0	0	1
	Korma Sauce	2.5 oz	160	90	9	8	0	0	320	20	1	17	1
Chutneys	Yogurt Raita	2 oz	30	0	0	0	0	0	140	4	0	1	3
	Sweet Tamarind	1 oz	30	0	0	0	0	0	10	8	0	6	0
	Cilantro Garlic	1 oz	10	0	0	0	0	0	120	2	0	0	1
	Chili Lime	1 oz	10	5	1	0	0	0	230	2	1	0	0

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Base	Naan Bread	2.82 oz	190	20	2	0	0	0	480	36	1	1	5
	Cheese	1.5 oz	160	120	13	8	0	40	230	0	0	0	10
Main	Grilled Chicken	2 oz	140	75	9	2	0	50	47	1	0	0	14
	Braised Beef	2 oz	100	45	5	2	0	40	125	0	0	0	13
	Soft Tofu	2 oz	75	60	7	0	0	0	55	1	0	0	3
	Sautéed Shrimp	2 oz	30	5	1	0	0	50	380	0	0	0	6
Sauces	Tikka Sauce	2.5 oz	55	35	4	2	0	12	365	5	1	2	1
	Vindaloo Sauce	2.5 oz	30	12	2	0	0	3	270	5	1	2	1
	Saag Sauce	2.5 oz	45	30	4	2	0	12	165	3	0	0	1
	Korma Sauce	2.5 oz	160	90	9	8	0	0	320	20	1	17	1
Chutneys	Yogurt Raita	2 oz	30	0	0	0	0	0	140	4	0	1	3
	Sweet Tamarind	1 oz	30	0	0	0	0	0	10	8	0	6	0
	Cilantro Garlic	1 oz	10	0	0	0	0	0	120	2	0	0	1
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Sides	Naan Bread	2.82 oz	190	20	2	0	0	0	480	36	1	1	5
	Samosa	2.5 oz	190	90	10	4	0	0	397	21	2	1	4
Desserts	Rice Krispie Treat	3 oz	360	80	9	3	0	0	400	66	0	32	2
	Rice Pudding	4.5 oz	167	45	5	3	0	13	51	26	5	21	5
Drinks	200 Mile Chai	11 oz	130	35	4	3	0	15	70	20	0	18	4
	Mango Lassi	14 oz	300	80	8	4	0	25	180	47	3	40	11

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