

Nutrition Facts

DV: Recommended Daily Value

Menu	Serving	Calories	Fat (g)	%DV Fat	Saturated fat (g)	Trans fat (g)	%DV Saturated + trans fat	Cholesterol (mg)	Sodium (mg)	%DV Sodium	Carbohydrate (g)	%DV Carbohydrate	Fibre (g)	%DV Fibre	Sugars (g)	Protein (g)	%DV Vitamin A	%DV Vitamin C	%DV Calcium	%DV Iron	
Salad bar - Proteins																					
Filet Mignon Brochette with peppercorn sauce and rice	238g	330	12	18	4	0,4	22	85	820	34	20	7	1	4	2	37	0	6	2	30	
Grilled BlackTiger Shrimps (5) with rice	161g	210	8	12	1,5	0,1	8	185	690	29	14	5	0	0	1	21	10	10	4	25	
Grilled Wild Pacific Salmon with rice	192g	260	9	14	1,5	0,1	8	50	1090	45	14	5	0	0	1	30	6	6	2	10	
Grilled Chicken Breast with rice	179g	280	9	14	1	0,1	6	95	930	39	15	5	0	0	1	34	0	6	0	10	
Grilled Thai Chicken Breast with rice	209g	340	9	14	1	0,1	6	95	1300	54	31	10	0	0	15	34	2	8	2	10	
Salmon Salad	150g	230	16	25	1,5	0	8	45	650	27	2	1	1	4	1	20	6	2	2	4	