

# Nutrition Guide

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2012

	calories (kCal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrate (g)	fibre (g)	sugars (g)	protein (g)	vitamin a (ug)	vitamin c (mg)	calcium (mg)	iron (mg)
<b>share plates</b>														
rock salt chili prawns	379	15.73	1.293	0.328	99	1771	45.93	0.5	27.99	16.14	35	1.3	48	2.54
prawn tacos	926	64.38	20.67	2.592	124	1870	75.42	9.5	11.48	20.47	589	40	180	5.85
wok seared squid	384	15.86	3.962	0	546	644	19.67	0.7	0.75	38.35	31	19.7	96	2.37
edamame	532	32.86	3.325	0.346	0	858	31.94	16.5	6.82	34.29	0	18.3	198	7.52
ginger beef	727	27.6	6.737	0.324	147	4566	42.51	5.3	16.09	76.69	182	7.1	112	12.07
shrimp gyoza	635	46.8	3.752	0.66	30	3096	35.97	5.4	1.1	16.17	22	26.1	56	1.87
wings with five-spice dry rub	1259	90.81	22.31	1.728	274	5416	21.89	0.3	3.81	84.09	134	0	59	4.16
wings with sriracha hot sauce	1210	81.1	20.42	0	259	4157	23.81	2.6	9.28	88.8	245	34.7	53	5.43
wings with honey-ginger glaze	1241	70.95	19.34	0	259	2759	64.17	0.6	53.68	84.81	122	0.3	54	4.93
palmito dip	1513	107.4	46.19	0.791	202	1870	117.8	13.3	6.1	29.5	762	6.1	677	4.73
ravioli appetizer	645	32.5	19.33	0	140	1054	66.77	4.4	3.22	24.55	331	5.2	397	1.85
yam fries	653	34.45	4.001	2.056	15	1630	84.57	9.9	5.06	4.34	27	30.9	45	1.46
lettuce cups (pork)	946	75.5	18	0.85	106	1640	37.65	5.9	23.28	31.87	383	14	74.4	5.07
<b>soups + salads</b>														
red pepper bisque	485	37.98	6.68	0	85	982	32.39	7	18.22	5.21	97	3.1	24	0.17
ramen noodle bowl	729	30.53	9.669	0.138	116	2264	68.85	11.8	9.11	47.38	271	91.2	147	4.93
caesar salad	604	48.82	12.05	0	29	1482	26.07	4.1	3.8	16.98	387	28.8	416	2.39
rockford greens	399	32.82	7.283	0	28	1076	22.5	4	11.24	9.46	556	21.5	241	1.37
roasted chicken salad	614	24.42	2.062	0.003	71	481	61.94	9.5	18.56	44	1188	96.2	229	4.86
almond chicken salad	708	38.05	2.989	0.364	70	765	62.19	9.3	31.3	38.81	1684	108.7	236	2.82
salmon spinach salad	508	32.95	8.549	0	94	2939	21.28	2.9	13.17	33.89	588	84.4	152	4.49
blackened chicken salad	1180	81.45	15.99	0.003	105	804	78.8	16.9	34.17	47.98	1302	59.8	370	4.08
<b>sandwiches + burgers</b>														
rockford burger	897	59.34	20.31	2.213	125	1514	59.26	3.6	25.91	34.95	45	13.7	89	5.61
peppercorn burger	939	68.55	22.23	2.789	135	1374	42.75	3.2	9	35.08	75	8.8	99	5.7
blue cheese + bacon burger	1007	73.55	28.17	2.127	167	1717	40.12	2.7	10.15	46.84	104	6.8	254	5.61
pulled chicken club	686	33.34	8.022	1.066	99	2016	63.82	5.5	22.05	35.15	287	18	109	3.44
grilled salmon burger	778	47.38	5.287	0	97	1878	55.84	3.7	18.85	32.82	159	16.2	139	3.91
blackened chicken burger	500	14.27	7.34	0.036	102	1739	52.05	3.7	19.29	41.56	126	12.8	345	3.57
steak baguette	1931	102.3	16.89	2.568	120	2800	187.1	12.5	7.15	67.28	54	73.9	265	11.52

calories (kCal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrate (g)	fibre (g)	sugars (g)	protein (g)	vitamin a (ug)	vitamin c (mg)	calcium (mg)	iron (mg)
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## pans + rice bowls

pan roasted salmon	962	72.55	20.73	2.051	178	500	35.19	73	4.62	44.38	513	49.5	149	4.13
mushroom chicken	1957	132.6	36.63	0.411	449	1702	50.84	7.7	8.88	135.1	700	109.2	220	5.63
ravioli entrée	1055	50.9	29.6	0	218	1961	111.9	74	5.75	44.42	441	6	761	1.29
chicken fettucini	1052	50.33	29.49	0	259	1040	73.15	4.1	1.98	75.77	368	0.5	752	2.44
teriyaki chicken rice bowl	1108	39.02	6.266	0.689	82	2302	146.9	7	26.46	50.13	408	189.5	207	5.18
mumbai rice bowl (prawn)	1389	102.7	30.89	1.313	221	392	100.6	4.8	5.62	24.39	604	65.3	214	4.24

## wok

kung pao chicken	1180	48.98	5.115	0.657	74	4586	141.5	5.7	21.29	48.73	145	14	92	4.05
lemon chicken	1226	59.6	6.453	1.083	101	218	132.8	2.2	31.21	43.39	100	79.5	66	2.26
mongolian beef noodle	1530	88.5	12.16	0.837	80	6045	124.9	10.9	1703	57.61	438	109.2	239	15.25
black pepper beef	1022	45.72	6.324	0.837	159	4978	93.55	6	8.04	50.71	229	31.1	123	9.57
szechuan beef	1129	43.58	5.604	0.837	80	3934	126.6	3.9	8.56	48.89	451	153	167	6.41

## grill + oven

sirloin steak, 7 oz.	778	48.56	13.18	1.585	144	1596	33.18	4.2	3.56	52.08	165	92.6	66	6.7
sirloin steak, 9 oz.	857	50.93	14.14	1.657	176	1631	33.18	4.2	3.56	65.59	165	92.6	70	8.12
new york steak, 10 oz.	909	53.55	15.44	1.753	178	1649	33.18	4.2	3.56	72	165	92.6	74	8.32
creole style sirloin, 7 oz.	743	44.52	10.61	1.353	134	1700	33.27	4.2	3.62	52.07	130	96.3	64	6.72
creole style sirloin, 9 oz.	822	46.89	11.58	1.425	166	1735	33.27	4.2	3.62	65.58	130	96.3	68	8.14
creole style new york, 10 oz.	874	49.51	12.87	1.521	168	1753	33.27	4.2	3.62	72.03	130	96.3	72	8.34
peppercorn sirloin, 7 oz.	734	40.39	6.473	0.889	117	2000	38.17	5	4.05	52.95	62	110.6	79	7.3
peppercorn sirloin, 9 oz.	813	42.76	7.439	0.961	149	2035	38.17	5	4.05	66.46	79	92.6	66	8.72
peppercorn sirloin, 10 oz.	865	45.38	8.932	1.057	151	2053	38.17	5	4.05	73.01	62	92.6	70	8.92
lemongrass prawns	488	23.65	2.72	0	64	1394	53.16	5.6	10.54	18.84	263	51.1	155	3.5
lemongrass prawns served with quinoa and vegetables	579	32.4	2.643	0.657	66	766	53.01	8.1	7.76	20.45	295	7.2	104	6.24
grilled peanut chicken	1927	101.2	36.84	0.328	252	3162	151.5	12.5	28.18	109.2	342	78.4	101	5.59
bbq ribs	2593	167.4	54.56	1.094	461	1665	135	12.2	18.59	129.8	45	60	243	8.12

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<b>sides</b>														
wok broccolini	321	30.31	4.228	0	6	1011	7.38	5.1	1.25	8.6	244	36.8	271	4.18
wok mushrooms	302	28.77	2.066	0.657	0	1697	7	1.5	2.61	4.1	0	2.9	11	1.09
wok-fired green beans	376	30.56	2.343	0.657	0	1151	24.92	9.1	3.92	5.86	226	46.3	116	2.94
fried rice	649	30.1	2.265	0.657	10	863	87.56	0.5	1.1	10.29	134	7.7	11	0.54
jasmine rice	288	0.8	0	0	0	0	65.57	0	0	6.4	0	0	0	0
wild rice	200	0.61	0.088	0	0	4	42.04	3.5	1.4	8.27	1	0	12	1.1
brown rice add-on	362	2.85	0.571	0	0	7	75.49	3.5	0.83	7.76	0	0	22	1.44
quinoa add-on	144	2.22	0.227	0	0	8	26.41	2.6	0	5.02	0	0	23	3.55
caesar salad	151	12.2	3	0	7.25	370.5	6.51	1	0.95	4.25	96.75	7.2	104	0.6
rockford greens	100	8.2	1.82	0	7	269	5.62	1	2.81	2.37	139	5.38	60.25	0
french fries	818	40.68	7.47	0	3	879	102.4	9.8	0.78	10.22	0	42.3	53	2.69
<b>desserts</b>														
baked apple galette	749	28.8	17.2	2.2	45	260	119.9	3	72.2	7	-	-	-	-
sticky chocolate date pudding	668	31.51	18.86	0.861	156	288	96.26	6.2	71.34	9.13	245	7.6	148	4.33
lychee-lemon cheesecake	649	51.67	31.54	0.58	181	456	39.56	2.6	28.25	10.48	504	13.5	111	2.05
rockslide	687	44.14	26.67	0	79	188	78.19	6.8	54.02	12.09	24	14.2	48	6.7
ice cream side	200	11	7	0.2	35	50	24	0	23	3	-	-	-	-