



# DER DUTCHMAN

## De-Lites Menu

Order from this menu for heart-healthy options with lower fat, carbs, and sodium

### LITE DINNERS

Includes one meat, two side dishes and optional dinner roll  
Dinner Roll 120 calories | 2g fat | 320mg sodium | 23g carbs

**Grilled Chicken Breast** ..... 11.39

5oz boneless serving  
230 calories | 5g fat | 105mg sodium | 0g carbs

**Grilled Pork Chop** ..... 11.29

4oz boneless serving  
220 calories | 11g fat | 85mg sodium | 0g carbs

**Tilapia** ..... 12.89

6-8oz serving, with lemon pepper seasoning  
190 calories | 3.5g fat | 180mg sodium | 0g carbs

**Grilled Salmon** ..... 14.29

6-8oz serving  
280 calories | 13g fat | 170mg sodium | 0g carbs

**Grilled Cod** ..... 12.29

6-8oz serving, with lemon pepper seasoning  
210 calories | 1.5g fat | 230mg sodium | 0g carbs

### SALADS

**Grilled Chicken Salad** ..... 8.99

5oz grilled chicken breast, lettuce, tomato, green pepper, onion  
240 calories | 4.5g fat | 110mg sodium | 8g carbs

**Strawberry Poppyseed Salad** ..... 9.29

Spinach and romaine lettuce, fresh strawberries, honey-roasted pecans, charbroiled chicken with poppyseed dressing  
260 calories | 24g fat | 150mg sodium | 10g carbs

With Feta cheese, add:

70 calories | 5g fat | 290mg sodium | 2g carbs

### Salad Dressings

Ranch, per serving (30g)  
100 calories | 10g fat | 100mg sodium | 1g carbs

Sweet & Sour, per serving (38g)  
190 calories | 15g fat | 30mg sodium | 13g carbs

French, per serving (28g)  
90 calories | 6g fat | 210mg sodium | 9g carbs

Vinegar & Oil, per serving (30g)  
140 calories | 15g fat | 0mg sodium | 0g carbs



### SIDES \$2.59 each if ordered individually

**Baked Potato**

230 calories | 0g fat | 25mg sodium | 53g carbs

**Mashed Potatoes**

100 calories | 2.5g fat | 270mg sodium | 18g carbs

**Sweet Potato**

130 calories | 0g fat | 45mg sodium | 33g carbs

**Garden Blend Rice**

180 cals | 1g fat | 610mg sodium | 40g carbs

**Green Beans**

20 calories | 0g fat | 270mg sodium | 4g carbs

**Tossed Salad**

160calories | 13g fat | 150mg sodium | 8g carbs

**Fresh Fruit Cup** add .60

130 calories | 0g fat | 20mg sodium | 34g carbs

**Grilled Vegetables** add .60

35 cals | 0g fat | 30mg sodium | 7g carbs

### DESSERTS

**No Sugar Added Apple Pie** ..... 3.79

390 calories | 18g fat | 380mg sodium | 50g carbs

**No Sugar Added Cherry Pie** ..... 3.79

370 calories | 18g fat | 570mg sodium | 47g carbs

**Angel Food Cake** ..... 2.99

150 calories | 0g fat | 80mg sodium | 31g carbs

**Vanilla Yogurt** ..... 2.99

200 calories | 4.5g fat | 110mg sodium | 30g carbs