

Farmstead De-lites

Healthy Options Menu

Healthy dining is important for all of us, so Farmstead now offers a variety of heart-healthy options with lower fat, carbs, and sodium. Nutritional information is available so you can balance your portions according to your diet.



— Lite Dinners —

Includes one meat, two side dishes and optional dinner roll

Dinner Roll

120 calories | 2g fat | 320mg sodium | 23g carbs

Grilled Chicken Breast10.89

5oz boneless serving

230 calories | 5g fat | 105mg sodium | 0g carbs

Grilled Pork Chop10.89

4oz boneless serving

220 calories | 11g fat | 85mg sodium | 0g carbs

Grilled Salmon13.89

6-8oz serving

280 calories | 13g fat | 170mg sodium | 0g carbs

Grilled Cod11.79

6-8oz serving, with lemon pepper seasoning

210 calories | 1.5g fat | 230mg sodium | 0g carbs

— Meals & Salads —

Chicken Stir Fry9.79

5 oz chicken breast with mushrooms, broccoli, cauliflower, carrots, snow peas, green peppers onions, rice and oriental dressing.

600 calories | 9g fat | 1,610mg sodium | 95g carbs

Grilled Chicken Salad8.19

5 oz grilled chicken breast, lettuce, tomato, green pepper, onion

240 calories | 4.5g fat | 110mg sodium | 8g carbs

Strawberry Poppyseed Salad...8.69

Spinach and romaine lettuce, honey-roasted pecans, fresh strawberries, 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

— Side Dishes —

\$2.49 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 calories | 1g fat | 610mg sodium | 40g carbs

Green Beans

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

Fresh Fruit Cup

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

Tossed Salad

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

Grilled Vegetables

35 cal | 0g fat | 30mg sodium | 7g 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

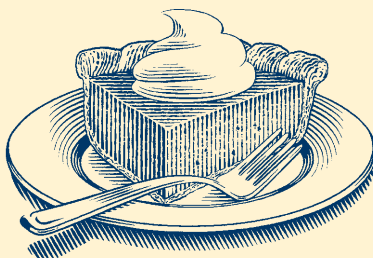
French, per serving (28g)

90 calories | 6g fat | 210mg sodium | 9g carbs

Vinegar & Oil, per serving (30g)

140 calories | 15g fat | 0mg sodium | 0g carbs

Lite Desserts



No Sugar Added Apple Pie ...2.99

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

No Sugar Added Cherry Pie 2.99

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

Angel Food Cake2.99

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

Vanilla Yogurt2.99

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