

Nutritional Guide

We realize that more than ever, people are watching what they eat and trying to make good dining choices. We want to help! Our staff will do whatever they can to help you make adjustments to a dish to help it fit within your needs. Just ask!

Below, Doolittles has estimated the nutritional values for some menu items that guests have inquired about. This information is to be used as a **GUIDE ONLY**--it has NOT been determined by a lab. The information is an estimate based on recipe information and standard product values. Recipe alterations are noted as applicable.

If there is something you would like to see on this list or if you have any questions, please send a request via [email](#) and we will do our best to accommodate your request.

<u>Menu Item</u>	<u>Notes/ Suggestions</u>	<u>Fat</u>	<u>Calories</u>	<u>Fiber</u>	<u>weight watchers Points</u>
Salads					
Avg Choice of Dressing	Order dressings on the side and dip fork lightly into dressing (2 oz)	15	150	0	4
Mediterranean Starter Salad		13.6	196	2.8	
Balsamic Dressing		10	100	0	3
Grilled Beef Tenderloin Salad		24.9	596	11.1	13
Balsamic Dressing		10	100	0	3
No Name Salad		30.5	502	5.5	12
Buffalo Chicken Salad		24	528	0	13
Bleu Cheese Dressing		16	160	0	5
Chicken Cranberry Salad		26	538	5	12
Poppyseed Dressing		16	150	0	4
Mayan Chicken Salad		20.5	493	3	11
Lime Dressing		13	140	0	4
Thai Chicken Salad		13	422	7	9
Thai Peanut Dressing		15	160	0	4
Roasted Pear & Chicken Salad		29.6	624	9.4	13
Raspberry Dressing		7	120	1.2	3
Ahi Nicoise Salad		26	537	7	12
Balsamic Vinaigrette		10	100	0	3

Appetizers					
Parmesan Artichoke Dip		38	590	0.5	15
Chicken & Mushroom Flatbread		37.9	720	5	17
Artichoke & Chicken Quesadilla		75.4	1127	10.7	28
Grilled Tenderloin Skewers	Sauce not included: Gorgonzola: 19 g/fat, 170 cal Peppercorn: 4g/fat, 68 cal	17.4	522	.4	
Chicken Wild Rice Soup-Cup		12	200	1	5
Thai Chicken Lollipops	Red Chili Sce 107c/0g fat Thai Sauce 148c/6g fat	28.1	632	1.7	
Sandwiches					
Chunky Chicken Salad Ciabatta	With Fruit	15	380	2	8
Chicken Salad w Fruit	With Fruit	24.4	466.8	4.5	11
Rotisserie Chicken Sandwich	With Fruit **See below	35	610	2	15
Sierra Turkey Sandwich	With Fruit	14.5	427	8.2	9
Chipotle Mayo on the side		11	100	0	3
Reuben	With Fruit **See below	47.3	805	5	19
BBQ Pork Stacker	With Fruit **See Below	36.4	845	6.1	19
BBQ Pork Stacker w/out Coleslaw	With Fruit **See below	25.8	680	5.3	15
Prime Rib French Dip	With Fruit **See below	38.1	652	3.2	16
½ lb Burger	With Fruit **See below	38	679	3.6	16
Salmon Focaccia	With Fruit **See below	25.2	459	3.4	11
Salmon Remoulade on the side		22	200	.5	6
Rotisserie Lamb Focaccia	With Fruit **See below	41.6	738	3.8	
**Sandwich Note:	** Order the bun "DRY" (no butter for grilling) and you can deduct 102 Calories, 11.5 g Fat.	-11.5	-102	-0	-3

Pasta					
Five Cheese Tortellini		70.5	1021	3	26
Mama's Farfalle	Calculated with sauce. To remove sauce, see figures below under **Pasta Note.	69.8	1344	9.5	32
Parmesan Chicken Pomodoro	As is	46.1	1251	10.6	
Cajun Chicken Pasta	Calculated with no sauce. Order sauce on side.	23	705	2.1	16?
Portobello & Spinach Ravioli	Calculated with no sauce. Order sauce on side or substitute marinara.	7	190	2	4
**Pasta Note: Sauce On Side	Recipe too complicated to calculate-substituted fresh store-comparable product at 663 cal/66 g fat for 8 oz portion	25	279	0	8
Entrees					
Chicken Fajitas		21	711	8	15
Sour Cream, Guac, Cheese contribute addl:		32	360	0	10
Fish Tacos (3)		59.8	1020	8.4	25
Order Chipotle Mayo on side & grilled or baked Tilapia		29.9	678	7.9	15
Flying Tiger Chicken & Peapods		36.9	893.5	9.7	20
Chicken Lo Mein		33.5	852	4	19
Pan Fried Tilapia with Capers	with Wild Rice and Vegetable	44	914	6.5	
Lunch Portion Tilapia	With Wild Rice and Vegetable	38	745	6.5	
Halibut w/out Stuffing or Buerre Blanc	Calculated as requested w "light butter" and with Red Potatoes (light butter) and Vegetable	27	574	2.3	13
Honey Maple Salmon	with Red Potatoes (light butter) and Vegetable	33	692	2.3	16
Mediterranean Salmon	with Wild Rice and Vegetable	48	892	7.5	21
Parmesan Crusted Walleye	With mashed potatoes (no added butter) and Vegetable	51.4	985	6.5	
Spit Roasted Chicken	½ Chicken (no skin) with Red Potatoes (light butter) and Vegetable	23.3	601	4.6	13
Doolittles Top Sirloin	With Red Potatoes (light butter) and Vegetable	18	607	2.5	13
Desserts					
Banana Cobbler		23.3	688	2.7	15