

Talons Grille

Healthy & Low Sodium Spirals



H = Healthy Spiral- 2000- 20 Factors per day,

S = Low Sodium Spiral- Goal- 6 per Meal if 20 factors/2 Gm Sodium, 13 per Meal if 40 Factors/4 Gm Sodium

| Breakfast Plates | H | S |
|--|----------|----------|
| Egg Special – Three eggs cooked to order accompanied by two sides of your choice (Factors- Eggs only) | 3 | 2 |
| French Toast – Four lightly sugared slices of French Toast accompanied by two sides of your choice (Factors- Toast only) | 3 | 6 |
| Healthy Started – One nutritious bowl of yogurt sided with fresh fruit and an energy packed granola bar | 5 | 4 |

| Breakfast Plates | H | S |
|---|----------|----------|
| Pancakes – Three fluffy pancakes accompanied by two sides of your choice (Factors- Pancakes only) | 3 | 12 |
| Sausage Gravy and Biscuits – Two golden biscuits covered in sausage gravy and accompanied by two sides of your choice. (Factors-Sausage Gravy & Biscuits) | 5 | 10 |

| Talons Grille Classics | H | S |
|--|----------|----------|
| Belgian Waffle – One Belgian waffle, cooked in the front of the house, accompanied by two sides of your choice (Factors- Waffle only) | 5 | 14 |

| Talons Grille Classics | H | S |
|---|----------|----------|
| Your Way Omelet – Your choice of four omelet toppings and cheese accompanied by two sides of your choice (Factors-Omelet w/Cheese) | 5 | 4 |

| Breakfast Sandwiches | H | S |
|---|----------|----------|
| Biscuit Combinations – Two specialty biscuits dressed with your choice of bacon, egg, sausage, or cheese accompanied by two sides of your choice | | |

| Breakfast Sandwiches | H | S |
|--|----------|----------|
| Morning BLT – Your choice of bread, two eggs, mayo, bacon, lettuce, and tomato accompanied by two sides of your choice (Factors-Sandwich) | 5 | 8 |

| Side Items | H | S |
|-----------------------|----------|----------|
| Bacon | 2 | 4 |
| Biscuits with Gravy | 5 | 10 |
| Biscuit without Gravy | 5 | 6 |
| Breakfast Ham | 5 | 8 |
| Cereals | | |
| Cheerios | 2 | 4 |
| Honey Nut Cheerios | 2 | 4 |
| Cinnamon Toast Crunch | 3 | 4 |
| Fruit | 1 | 0 |
| Grits | 3 | 0 |
| Hash browns | 3 | 4 |
| Sausage Patties | 2 | 4 |
| Toast | | |
| Sourdough Toast | 2 | 2 |
| 12 Grain Toast | 2 | 2 |
| Yogurt | 1 | 2 |

| Omelet Toppings | H | S |
|------------------------|----------|----------|
| Bacon | 1 | 2 |
| Black Olives | 1 | 2 |
| Green Peppers | 0 | 0 |
| Ham | 1 | 6 |
| Jalapenos | 0 | 2 |
| Mushrooms | 0 | 0 |
| Onions | 0 | 0 |
| Red Peppers | 0 | 0 |
| Sausage | 2 | 4 |
| Spinach | 0 | 0 |
| Tomato | 0 | 0 |

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Salad

0 0

Appetizers

Chicken Sate – Grilled Indonesian chicken tenders served with spicy peanut sauce

H 7
S 8

Hummus and Pita – Chef’s homemade Mediterranean hummus served with toasted pita chips

H 5
S 8

Appetizers

Teriyaki Beef Tips – Grilled marinated beef tips served with sweet teriyaki sauce

H 3
S 8

Tomato Basil Crostini – Crusty French bread with fresh mozzarella, tomatoes, basil, finished with olive oil and balsamic vinegar

H 7
S 8

Salads

Caesar – Croutons, parmesan cheese, and Caesar dressing tossed with romaine lettuce

H 12
S 30

Chef’s – Ham, turkey, cheddar cheese, croutons, cucumber, tomato on mixed greens with choice of dressing

H 3
S 6

Cobb – Bleu cheese, apple wood smoked bacon, sliced egg, diced tomato, avocado on romaine lettuce with choice of dressing

H 3
S 12

Salads

Greek – Spring greens with kalamata olives, feta cheese, banana peppers, red onions, and house made Greek dressing.

H 5
S 2

Spinach – Strawberries, pecans, and bleu cheese tossed with spinach and balsamic vinaigrette

H 7
S 10

Entrees

Char Broiled Steak Pizziola - Ribeye steak grilled to order with a fresh tomato and mushroom sauce served with herbed orzo and veggie du jour

H 7
S 6

Fettuccine Carbonara - House made fettuccine, tossed with bacon, and an egg-parmesan sauce with fresh ground pepper, and a breadstick

H 5
S 8

Grilled Shoyu Pork Chops - Marinated pork loin chops grilled to perfection, served with roasted garlic potato hash and veggie du jour

H 5
S 12

Grilled Veggie Ravioli - House made ravioli filled with grilled veggies and cheese, pesto cream, and served with a breadstick

H 7
S 6

Entrees

Pan Roasted Chicken Breast - Fresh chicken breast pan roasted with thyme mushroom cream served with roasted garlic potato hash and veggie du jour

H 5
S 4

Pan Seared Grouper - Delicate, flaky grouper filet with a gazpacho relish served with herbed orzo and veggie du jour

H 5
S 2

Ratatouille Talón - A boat-load of seasoned vegetables roasted in olive oil and garlic served with herbed orzo

H 5
S 6

Tilapia Tacos - (no salad) Two soft tacos filled with pan seared tilapia and topped with fresh pico de gallo served with saffron beans and rice and lime slaw

H 7
S 6

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| Sandwiches | | H | S | Sandwiches | | H | S |
|--|--|----------|----------|--|--|----------|----------|
| Cuban - (Ciabatta) House roasted pork, ham, Swiss cheese, pickles, and Dijon mustard | | 10 | 16 | Southwest Turkey Bacon Avocado - (Multigrain, Sourdough, or as a Wrap) Oven roasted turkey, apple wood smoked bacon, avocados, lettuce, tomatoes, and southwest sauce | | 5 | 10 |
| Dagwood BLT - (Multigrain, Sourdough or as a Wrap) Triple-decker apple wood smoked bacon, lettuce, and tomato with mayo | | 5 | 10 | Triple Decker Club - (Multigrain, Sourdough or as a Wrap) Oven roasted turkey, ham, apple wood smoked bacon, lettuce, tomato, mayo | | 5 | 8 |
| French Dip - (Ciabatta) House roasted beef and Swiss cheese with au jus | | 10 | 12 | Ultra Grilled Cheese - (Multigrain or Sourdough) Cheddar, Swiss, and pepper jack cheeses | | 5 | 6 |
| Pizza | | H | S | Pizza | | H | S |
| Margherita - Olive oil, roma tomatoes, fresh mozzarella and basil | | 10 | 6 | Pesto Veggie - Parsley walnut pesto, roasted red peppers, artichokes, and black olives | | 10 | 14 |
| Pesto Chicken - Parsley walnut pesto, chicken, roasted red peppers, and artichokes | | 12 | 18 | Spicy Chicken - Hot sauce, chicken, apple wood smoked bacon, roasted red peppers, ranch dressing, mozzarella and Monterey jack | | 12 | 28 |
| Drinks | | H | S | Drinks | | H | S |
| Coca-Cola | | 2 | 0 | Mello Yello | | 2 | 0 |
| Diet Coke | | 0 | 0 | Minute Maid Apple Juice | | 3 | 0 |
| Fanta Orange | | 2 | 0 | Mr. Pibb | | 2 | 0 |
| Grape Juice | | 2 | 0 | Powerade Mountain Blast | | 2 | 2 |
| Iced Tea | | 3 | 2 | Premium Orange Blend | | 2 | 0 |
| Lemonade | | 2 | 0 | Sprite | | 2 | 2 |
| Maxwell House Coffee | | 0 | 0 | Chocolate Skim Milk | | 2 | 2 |
| Apple Juice | | 3 | 0 | Whole Milk | | 2 | 2 |