

Pine Barn Inn Nutritional Information

Item	Calories	Fat	Carbs	Fiber	Protein
Appetizers					
Shrimp Cocktail	134	2	9	0.5	19
Spinach Dip	450	46	5	3	9
Bread with Dip	260	3	47	2	12
Hummus For 1	495	16	73	10	16
Hummus for Table	810	24	124	15	25
Scallops in Bacon	460	30	11	0.5	36
Buffalo Wings	1655	117	1	0.75	140
Blue Cheese Dressing	116	17	1	1	1
Tuna Escabeche	193	8	3	0.5	26
Margherita Pizza	670	9	36	3.5	12
Tomato Napoleon	250	14	19	2.5	19
Chicken Tenders	657	36	49	7	34
Chicken Fingers and Fries	867	50	72	7	33
Chicken Quesadilla	860	42	58	2	62
Vegetarian Selections					
Portabella Parmesan	465	22	44	14	32
Red Curry Stirfry	325	10	45	6	11
Red Curry Stirfry Grilled Chicken	512	14	45	6	46
Red Curry Stirfry Fried Chicken	540	15	45	6	49
Red Curry Stirfry Steak	556	17	45	6	54
General Tso's Stirfry	495	8	55	6	10
General Tso's Stirfry Grilled Chicken	685	12	55	6	45
General Tso's Stirfry Fried Chicken	710	13	55	6	48
General Tso's Stirfry Steak	736	15	55	6	53
Pasta Dishes					
Smoked Salmon Pesto Pasta	570	30	51	5	24
Tuscan Vegetable Ravioli	520	8	90	9	18
Lobster Ravioli	660	16	86	6	38
Shrimp and Scallop Scampi	610	21	50	2	49
Items In Red Below Are Entrée Values Only. Does Not Include Side Dishes					
Steaks and Chops					
Filet Mignon	495	25	0	0	63
Burgundy Demi-Glace	50	5	3	0	1

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Flat Iron Steak - 5 oz	275	14	0	0	36
Flat Iron Steak - 10 oz	550	28	0	0	72
Flat Iron Steak - 16 oz	875	45	0	0	116
Lamb Rack with Sauce	650	38	3	0	72
St. Louis Ribs Half Rack BBQ	1180	74	67	2	65
St. Louis Ribs Full Rack BBQ	2360	148	134	4	130
St. Louis Ribs Half Rack BBQ	1080	72	60	2	65
St. Louis Ribs Full Rack BBQ	2160	144	120	4	130
French Fries 6 oz	420	28	39	5	5
Pulled Pork Platter (Meat Only)	420	11	47	3	33
Red Potatoes	175	4	34	3	4
Honey Cornbread	145	5	22	1	3
Chicken Dishes					
Chicken in Lemon Butter Sauce	465	15	15	0	56
Chicken and Lemon Butter with Cra	525	15	15	0	67
Chicken Marsala	630	21	19	0	80
Chicken Italiano	760	22	91	9	47
Chicken Parmesan Breaded	1030	33	112	10	64
Chicken Parmesan Grilled	865	23	78	14	80
Seafood					
Crab Cakes	500	28	12	2	36
Seafood Sampler	590	25	5	0	78
Poached Salmon	500	31	1	0	47
Sugar Maple Planked Salmon	520	33	60	2	49
Trout Almondine	670	37	16	3	60
Panko Ahi Tuna - 6 oz	575	8	77	3	45
Panko Ahi Tuna - 12 oz	900	16	98	5	87
Fried Shrimp Basket (Lunch)	917	55	62	5	43
<i>(includes French fries and cole slaw)</i>					
Side Dishes					
Vegetarian Rice Pilaf	260	4	77	1	4
Baked Potato	290	0	64	7	8
Sweet Potato	240	0	56	8	3
Cole Slaw	95	3	15	2	2
Sandwiches					
Whole Wheat Bun	150	2.5	27	2	5

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White Seeded	180	1.5	35	1	6
100 Calorie Flat	90	1	20	5	5
Gluten Free Bun	250	9	40	2	5
Lettuce and Tomato	4	0	0	0	0

**Items In Yellow Highlight Are Burgers Only - No Bun
Cheese or Condiments**

Gourmet Chop Burger - 8 oz	620	50	0	0	40
Bison Burger - 8 oz	505	36	0	0	42
Barn Burger - 6 oz	435	34.5	0	0	30
American Cheese	100	9	1	0	5
Swiss Cheese	110	8	1	0	7
Sharp Cheese	110	9	1	0	7
Pepper Jack Cheese	100	8	1	0	7
Muenster Cheese	110	9	0	0	7
Bleu Cheese	100	8	1	1	6
Provolone	100	8	1	0	7
Smoked Gouda	100	8	1	1	6
Feta	80	6	1	0	5
Asian Turkey Burger	350	8	46	6	36
Red Lentil Burger	325	8	48	6	14
Pulled Pork Sandwich	420	11	47	3	33
Patty Melt	930	54	42	5	65
Fried Flounder Sandwich	250	13	9	0.5	23
Remoulade Sauce - Tablespoon	75	8	2	0	0
Fried Flounder Club	800	38	59	3	51
Philadelphia Cheesesteak	864	47	52	3	55
Chicken Cheesesteak	655	24	56	3	51
Breadbowl Cheesesteak	1110	44	108	4	71
Chicken Breadbowl Cheesesteak	901	21	112	4	57
Chicken Salad Croissant	640	39	46	3	27
Santa Fe Wrap	605	26	57	11	40
Rueben	753	45	43	8	43
Grilled Chicken Club	765	30	51	3	72
Pine Barn Club	780	42	45	6	56
Croissant Club	841	53	39	3	51
Tuna Croissant	709	39	50	2.5	39
Tuna Melt	564	30	30	2	41
Turkey Avocado Croissant	635	37	46	8	32
Chicken Florentine Sandwich	568	20	36	2	61
Crabcake Sandwich/Wheat Bun	440	17	40	3	25
Fish Soft Taco	715	40	47	4	43
Grilled Vegetable Panini Wrap	395	15	50	5	17

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South of the Border Cheesesteak Wrap	765	49	46	5	36
Grilled Chicken Caesar Wrap	620	29	43	4	47
Grilled Chicken Faith Salad	540	19	60	9	39
Side Salads					
Faith Salad	228	15	20	4	6
Artisan Salad	325	21	23	4	12
Caesar Salad	166	13	8	1	6
Tossed Salad - No Dressing	27	0	6	2	1
Dressings - Tablespoon (1/2 ounce)					
Cilantro Lime Dressing	66	7	1	0	0
Champagne Vinaigrette	55	5.5	1	0	0
Italian Low Fat	8	0.5	1.5	0	0
1000 Island Dressing	60	5.5	2.5	0	0
Ranch Dressing	60	6.5	1	0	0
Red French Dressing	65	5.5	4	0	0
Blue Cheese	80	805	0	0	0
Balsamic Vinaigrette	25	2	2.5	0	0
Asian Vinaigrette	43	4	2	0	0
PBI Sweet Parsley Dressing	37	2	5	0	0
PBI House Vinaigrette	62	7	0	0	0
Meal Size Salads (*Includes dressing)					
Strawberry Chicken Salad*	600	32	41	8	45
Grilled Salmon Salad	360	19	19	9	31
Faith Salad*	684	45	60	4	6
Caesar Salad*	505	38	25	3	17
House Salad	95	0	20	7	4
Artisan Salad*	895	60	67	11	34
Pecan Crusted Chicken Salad	600	26	57	8	38
Carlton Salad	645	31	57	14	44
Oriental Cashew Chicken Salad	590	30	28	5	55
Kale Salad*	500	29	52	11	19
Southwest Cobb Salad	630	38	21	10	55
Asian Grilled Tuna Steak Salad	425	17	11	5	57
Salad Add-Ons					
Grilled Chicken Breast	170	4	0	0	35
Fried Chicken	265	11	11	0	28

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Shrimp on the Barbie	130	4	1	0	21
Sliders - Per Slider					
Pulled Pork	164	2.5	23	1	13
Grilled Alaskan Salmon	135	6.5	13	0	9
Pecan Chicken Slider	191	6.5	16	0	11