



MenuWorks FDA Menu Labeling Additional Information

Report Run By: AMY LUCAS
Run Date: 10/13/2023
Eurest Sector (F00000)

Report Parameters	
Menus Included:	*2023 Core - Eurest Culinary Core Standard Menu - FDA (Master)
Days/Dates Included:	1 - 7
Meal Periods Included:	Breakfast, Lunch
Stations Included:	Fish Market - Protein, Fish Market - Seasoning/Sauce/Butter, Grill - Core Express, Grill - Sides, Grill - Bread, Grill - Protein, Grill - Toppings/Upgrades, Grill - Spreads, Grill - Cheese

Purpose of the Report:

The purpose of the FDA Menu Labeling Additional Information Report is to provide menu nutrition information using FDA guidelines as found on nutrition labels.

2000 calories a day is used for general nutrition advice, but calorie needs vary.
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Recipe Name	Recipe Number	Portion Size	Weight (oz)	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carb (g)	Total Sugars (g)	Added sugars (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Lunch - Fish Market - Protein															
EUR: Grilled Cod	16299.5	1 each	3.29oz	93.38g	120	5	0.5	0+	0	0	-	50	17	0	440
EUR: Grilled Halibut	12989.9	1 each	4.73oz	134.03g	160	3.5	0.5	0	0	0	-	80	30	0	170
EUR: Grilled Mahi	12989.13	1 serving(s)	3.17oz	89.8g	110	2	0	0+	0	0+	-	85	21	0	160
EUR: Grilled Rockfish	12989.10	1 each	3.05oz	86.4g	80	2.5	0	0	0	0	0+	40	12	0	170
EUR: Grilled Shrimp	12989.16	1 serving(s)	4.19oz	118.81g	150	5	0	0	0	0+	-	215	27	0+	360
EUR: Grilled Tilapia	18020.8	1 each	3.3oz	93.42g	150	7	1	0+	0	0	-	50	23	0	160
EUR: Grilled Wild Salmon, 4 oz.	18020.10	1 each	3.31oz	93.78g	180	9	1	0	0	0+	-	50	22	0	200
EUR: Grilled Yellow Fin Tuna	12989.14	1 each	3.65oz	103.41g	140	1.5	0	0	0	0	-	50	30	0	115
Lunch - Fish Market - Seasoning/Sauce/Butter															
Archive 05/01/2023 EUR: East Indian Infused Sea Salt	60501	1/4 tsp	0.04oz	1.2g	0	0	0	0+	0	0	-	0	0	0	340
Cajun Seasoning	49213	1/4 tsp	0.02oz	0.64g	0	0	0	0+	0	0+	-	0	0	0	90
EUR: Berbere Seasoning	112986.3	1/4 tsp	0.06oz	1.72g	0	0	0	0+	1	0+	-	0	0	0	10
EUR: Blackened Cajun Sea Salt	60666	1/4 tsp	0.04oz	1.17g	0	0	0	0+	0	0+	-	0	0	0	390
EUR: Caper Tarragon Butter	19904.2	1 tbsp	0.59oz	16.85g	100	12	7	0+	0	0	-	30	0	0	15
EUR: Chimichurri Sauce	61283.3	1 tbsp	0.53oz	14.92g	80	9	1.5	0+	less than 1 gram	0	-	0+	0	0	0
EUR: Chinese 5 Spice Seasoning	44176	1/4 tsp	0.02oz	0.49g	0	0	0	0+	0	0+	-	0	0	0	0
EUR: Chipotle Barbeque Sauce	21079.1	1 tbsp	0.56oz	15.88g	25	0	0	0	5	4+	0+	0	0	0	130
EUR: Chipotle Lime Butter	46257	1 tbsp	0.41oz	11.56g	70	8	5	0+	0	0	-	20	0	0	130
EUR: Cocktail Sauce	65491.1	1 tbsp	0.55oz	15.53g	15	0	0	0+	4	3	0+	0	0	0	135
EUR: Garden Herb Sea Salt	64945	1/4 tsp	0.03oz	0.85g	0	0	0	0	0	0	-	0	0	0	250
EUR: Guajillo Salt	64047	1/4 tsp	0.03oz	0.77g	0	0	0	0+	0	0+	-	0	0	0	200
EUR: Honey BBQ Sauce	27397.2	1 tbsp	0.62oz	17.48g	40	0	0	0+	10	9	-	0	0	0	105
EUR: Lemon Dill Compound Butter	46265	1 tbsp	0.62oz	17.48g	100	12	7	0+	0	0+	-	30	0	0	160
EUR: Lemon Truffle Salt	64897	1/4 tsp	0.04oz	1.21g	0	0	0	0	0	0	0+	0	0	0	390

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Eurest Sector (F00000)

Recipe Name	Recipe Number	Portion Size	Weight (oz)	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carb (g)	Total Sugars (g)	Added sugars (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
EUR: Pesto Sauce (Frozen)	65395.2	1 tbsp	0.53oz	15g	50	5	1	0	less than 1 gram	0	0	less than 5 milligrams	1	0	90
EUR: Teriyaki Sauce, Frozen	113079.3	1 tbsp	0.5oz	14.17g	15	0	0	0	3	3	-	0	0	0	260
EUR: Tomato Garlic Salt	60669	1/4 tsp	0.08oz	2.31g	0	0	0	0	0	0+	0+	0	0	0	400
EUR: Wasabi Soy Butter	46224	1 tbsp	0.62oz	17.54g	110	12	7	0+	0	0	-	30	0	0	45
Ingredient: Salt, Sea, Himalayan, Ground, Fine	63326.1	1/4 tsp	0.01oz	0.19g	0	0	0	0	0	0	-	0	0	0	75
Lunch - Grill - Bread															
EUR: Brioche Bun Toasted with Butter	94051	1 serving(s)	2.82oz	79.95g	300	11	4.5	0+	41	8	7+	15	7	1	320
EUR: Iceberg Lettuce Wrap	93430	1 serving(s)	1.07oz	30.4g	0	0	0	0	less than 1 gram	less than 1 gram	-	0	0	0	0
EUR: White Bun Toasted with Butter	94051.2	1 serving(s)	2.55oz	72.3g	230	8	4	0+	33	5	-	15	6	1	320
EUR: Whole Wheat Bun Toasted with Butter	94051.1	1 serving(s)	2.5oz	70.88g	220	9	4	-	33	5	-	15	6	5	330
Ingredient: Bread, Rye, Sliced, 1.5 oz	48150	2 slice	2.96oz	84g	220	3	0.5	-	41	3	-	0	7	5	510
Ingredient: Bread, Sourdough, Sliced, 1.78 oz	62273.2	2 slice	3.53oz	100g	260	4	1	0	46	4	2	0	8	0	480
Ingredient: Bread, Texas Toast, Sliced, 1.6 oz	48150.1	2 slice	3.2oz	90.72g	240	3	0.5	0	45	5	-	0	8	2	440
Ingredient: Bread, White, Sliced, 1.5 oz	62272	2 slice	3oz	85.05g	230	3	0.5	0	42	5	-	0	8	2	420
Ingredient: Bread, Whole Wheat, Sliced, 1.5 oz	62274	2 slice	3oz	85.05g	210	3	0.5	0	36	4	-	0	11	5	390
Ingredient: Roll, Pretzel, 4.4 oz	62279.1	1 each	3.5oz	99.22g	280	5	0.5	0	51	7	0	35	9	3	720
Ingredient: Roll, Sandwich Thins, Whole Grain White, 1.5 oz	62282.1	1 each	1.52oz	43g	100	1	0	0	23	2	-	0	4	6	170
Ingredient: Tortilla Wrap, Flour, 12", 3.42 oz	34825	1 each	3.42oz	97g	290	8	4	0	48	1	1	0	8	2	570

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Eurest Sector (F00000)

Recipe Name	Recipe Number	Portion Size	Weight (oz)	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carb (g)	Total Sugars (g)	Added sugars (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Ingredient: Tortilla Wrap, Spinach Herb, 12", 3.67 oz	63510	1 each	3.42oz	97g	290	8	4	0	47	0	0	0	8	2	640
Ingredient: Tortilla Wrap, Whole Wheat, 12", 3.67 oz	63512	1 each	3.42oz	97g	290	9	4	0	47	4	0	0	7	5	440
Lunch - Grill - Cheese															
Ingredient: Cheese, American, Sliced, .5 oz	1748.7	1 slice	0.5oz	14.17g	50	4.5	2.5	0	less than 1 gram	0	-	15	3	0	240
Ingredient: Cheese, Blue, Crumbles	47711.1	2 tbsp	0.6oz	16.87g	60	5	3	-	0	0	-	15	4	0	190
Ingredient: Cheese, Cheddar, Mild, Loaf, Sliced .75 oz	43037.6	3/4 ounce	0.75oz	21.26g	90	7	4	-	less than 1 gram	0	-	20	5	0	140
Ingredient: Cheese, Feta, Crumbled	62345	2 tbsp	0.66oz	18.75g	50	4	2.5	-	less than 1 gram	0	-	15	3	0	210
Ingredient: Cheese, Mozzarella, Fresh	62290	3/4 ounce	0.75oz	21.26g	60	4.5	3	-	less than 1 gram	0	-	15	5	0	105
Ingredient: Cheese, Mozzarella, Part Skim, Sliced	3664.4	3/4 ounce	0.75oz	21.26g	60	4	2.5	0	1	0	-	15	5	0	140
Ingredient: Cheese, Pepper Jack, Sliced	43037.2	3/4 ounce	0.75oz	21.26g	80	6	4	-	0	0	-	20	5	0	130
Ingredient: Cheese, Provolone, Sliced	45467.2	3/4 ounce	0.75oz	21.26g	70	6	3.5	-	0	0	-	15	5	0	150
Ingredient: Cheese, Swiss, Reduced Fat, Sliced, 1 oz	45467.3	3/4 ounce	0.75oz	21.26g	70	4.5	3	0	less than 1 gram	less than 1 gram	0	15	6	0	85
Ingredient: Cheese, Swiss, Sliced	75797.1	3/4 ounce	0.75oz	21.26g	80	7	4	0	0	0	-	20	6	0	40
Lunch - Grill - Core Express															
EUR: Beef Burger on White Bun	94936.7	1 serving(s)	5.91oz	167.53g	490	23	7	0.5	39	6	-	75	30	1	450
EUR: Black Bean Burger on Wheat Bun	8431.2	1 sandwich	5.87oz	166.42g	420	17	1.5	0+	51	7	-	0	21	11	810
EUR: Cheeseburger on Wheat Bun	8433.8	1 sandwich	5.75oz	163.01g	450	22	9	1+	33	6	-	90	30	5	630
EUR: Cheeseburger on White Bun	94936.8	1 serving(s)	6.41oz	181.7g	540	27	9	1	40	6	-	90	32	1	690

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EUR: Chicken Philly Cheese Steak	63749.5	1 sandwich	11.92oz	338.05g	630	29	10	0+	52	5	-	100	38	4	1060
EUR: Crispy Chicken on White Bun	95110.1	1 serving(s)	6.63oz	187.87g	540	25	4.5	0	52	6	0+	50	26	2	920
EUR: Fish and Chips, Battered Cod	24124.2	1 plate	8.61oz	244.22g	520	32	3	0	45	0	0	25	14	2	730
EUR: Grilled Cheese	15832	1 sandwich	4.86oz	137.69g	420	17	9	0+	49	6	-	40	17	3	900
EUR: Grilled Chicken on Whole Wheat Bun	8432.1	1 sandwich	5.35oz	151.54g	330	11	2	0+	33	5	-	80	29	5	590
EUR: Grilled Chicken Sandwich on Wheat Bun, 5 oz	18020.16	1 sandwich	6.08oz	172.23g	360	11	2	0+	33	5	-	100	35	5	630
EUR: Grilled Chicken Sandwich on Wheat with Lettuce and Tomato	9136.12	1 sandwich	6.68oz	189.34g	320	10	2	0	28	3	-	80	31	4	540
EUR: Guinness Beer Batter Fish & Chips	107000.8	1 serving(s)	10.31oz	292.15g	610	40	5	0	41	2	1+	60	18	2	830
EUR: Guinness Beer Batter Fish Sandwich	107000.1	1 serving(s)	11.12oz	315.27g	700	41	11	0+	61	11+	8+	70	21	3	1020
EUR: Hot Dog - All Beef 5:1	6062.2	1 each	4.65oz	131.83g	400	27	11	1.5	23	4	-	55	15	less than 1 gram	990
EUR: Philly Cheese Steak	63749	1 sandwich	11.92oz	338.05g	770	38	14	0+	49	3	-	145	56	4	850
EUR: Turkey Burger on Wheat	5816.22	1 each	5.78oz	163.88g	330	11	2.5	0+	34	6	0+	85	25	5	650
EUR: Turkey Burger on Wheat Bun	68714.2	1 each	5.93oz	168.12g	370	16	3	0+	34	6	0+	85	25	5	650
EUR: Turkey Burger on Wheat Bun (FIT)	114186	1 each	5.18oz	146.87g	380	16	4	0+	33	5	0+	85	27	5	400
EUR: Ultimate Beef Patty Melt on Rye	2399.9	1 sandwich	11.42oz	323.66g	880	56	25	1+	49	6	0+	160	43	6	1040
Ingredient: Chicken, Tender, Breaded, Fritter, 2 oz	1084.7	3 each	8.82oz	250.18g	740	50	6	0.5	36	0	0	50	31	2	1250
Lunch - Grill - Protein															
EUR: All Natural Angus Beef Patty 80/20	94936.4	1 serving(s)	3.12oz	88.46g	270	19	6	0.5	0	0	-	75	22	0	65

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EUR: Angus Beef Patty 80/20	94936.5	1 serving(s)	2.88oz	81.65g	250	18	6	0.5	0	0	-	70	20	0	60
EUR: Beef Patty 80/20 (1/4 lb / 4 oz)	94936.2	1 serving(s)	3.16oz	89.59g	270	20	6	0.5	0	0	-	75	22	0	65
EUR: Beef Patty 90/10	94936.6	1 serving(s)	3.04oz	86.19g	220	14	4	0	0	0	-	70	21	0	55
EUR: Black Bean Chipotle Patty	93629	1 serving(s)	3.46oz	98.1g	210	10	1	0	18	2	-	0	15	6	470
EUR: Buttermilk Breaded Chicken	64037	1 each	8.31oz	235.62g	480	14	3	0+	50	6	0+	245	36	3	1600
EUR: Crispy Chicken	95110	1 serving(s)	4.19oz	118.85g	300	19	3	0	15	3	3	30	17	0	530
EUR: Grilled Chicken Breast, 4 oz	18020.3	1 each	3.1oz	87.75g	160	8	1.5	0	0	0	-	80	23	0	260
EUR: Grilled Chicken Breast, 5 oz	18020	1 each	3.83oz	108.45g	190	8	1.5	0	0	0	-	100	29	0	290
EUR: Guinness Beer Batter Cod Fillet	107000.3	1 each	4.28oz	121.24g	280	18	2	0	15	less than 1 gram	less than 1 gram	35	13	0	410
EUR: Guinness Beer Batter Cod Tender	107000.4	3 each	4.81oz	136.4g	350	21	3	0	19	1	1	45	16	0	520
EUR: Hand Formed Beef Patty 80/20 (4 oz)	94936.3	1 serving(s)	3.12oz	88.46g	270	19	6	0.5	0	0	-	75	22	0	65
EUR: Hand Formed Garlic Herb Ground Turkey Patty	5816.24	1 each	4.01oz	113.68g	290	19	4.5	0	0	0	-	115	28	0	140
EUR: Hand Formed Turkey Patty	94936.9	1 serving(s)	3.11oz	88.19g	250	18	4	0	0	0	-	85	21	0	300
EUR: Impossible Burger Patty	120577	1 serving(s)	4oz	113.4g	240	15	8	0	9	less than 1 gram	less than 1 gram	0	19	0	390
EUR: Quinoa, Mushrooms, Black Bean Patty	55502.7	1 serving(s)	4.22oz	119.74g	160	4	1	0+	23	2	0+	40	7	3	170
EUR: Turkey Patty	94936.1	1 serving(s)	3.68oz	104.33g	200	13	2.5	0	1	0	0+	85	20	0	320
Ingredient: Burger, Garden, Meatless, 3.4 oz	82258	1 each	3.4oz	96.41g	150	4.5	2	0	21	less than 1 gram	0	10	8	3	630
Ingredient: Chicken, Tender, Breaded, Fritter, 2 oz	1084.7	3 each	8.82oz	250.18g	740	50	6	0.5	36	0	0	50	31	2	1250

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Lunch - Grill - Sides															
EUR: Bakers Chips	18733.1	2 cup	2.92oz	82.86g	240	22	2	0	13	less than 1 gram	0+	0	less than 1 gram	4	490
EUR: Caesar Side Salad	16373.2	1 serving(s)	3oz	85.05g	200	16	4.5	0+	6	less than 1 gram	0+	10	7	1	530
EUR: Fresh Cut Melon, Strawberry, & Pineapple	15799.2	1 cup	6oz	170.1g	70	0	0	0	18	14	-	0	1	2	10
EUR: Garden Side Salad	16811	1 serving(s)	6.26oz	177.46g	35	0	0	0	8	4	-	0	2	2	25
EUR: Grilled Vegetables	5294.29	3/4 cup	6.84oz	193.92g	70	4	0	0	9	6	-	0	2	3	90
EUR: Hand Cut Fries	63159	3-1/2 ounce	3.5oz	99.22g	190	9	0.5	0	24	2	-	0	2	2	5
EUR: Onion Rings, Battered, Black & Tan, 5/8", Fried	100401	5 ounce	5oz	141.75g	400	26	3	0	36	5	-	0	3	3	480
EUR: Roasted Potato Wedges	63250.1	3 ounce	3oz	85.05g	70	0	0	0	17	1+	-	0	2	2	110
EUR: Roasted Vegetables	8289.2	3/4 cup	5.76oz	163.22g	100	7	0.5	0	9	5+	-	0	2	3	85
EUR: Seasoned Fries, Colossal Crisp (Baked)	42877.2	3-1/2 ounce	3.5oz	99.22g	160	7	1	0	27	0	0	0	1	1	420
EUR: Steamed Brown Rice	16882.7	3/4 cup	5.81oz	164.75g	170	1.5	0	0	35	0	0+	0	3	2	5
EUR: Sweet Potato Fries	25179	3-1/2 ounce	3.5oz	99.22g	260	15	2	0	30	1	1	0	1	1	230
EUR: Sweet Potato Wedges	63058.2	3 ounce	3oz	85.05g	70	0	0	0	15	5	-	0	1	2	170
EUR: Tater Tots (baked)	68287	1-1/2 cup	4.5oz	127.57g	270	15	2	0	33	0	0	0	2	2	750
EUR: Tater Tots (fried)	8414.1	1-1/2 cup	5.25oz	148.83g	480	38	4	0	33	0	0	0	2	2	750
Ingredient: Onion Rings, Beer Battered, Thick Cut, Baked	539.1	5 ounce	5oz	141.75g	310	15	2.5	0	41	5	-	0	4	2	640
Ingredient: Potatoes, French Fries, 3/8"	8414	3-1/2 ounce	3.5oz	99.22g	190	11	0.5	0	21	0	0	0	1	1	25
Ingredient: Potatoes, French Fries, Wedges, Seasoned, 8 cut	8414.39	3-1/2 ounce	3.5oz	99.22g	220	12	1	0	25	0	0	less than 5 milligrams	2	2	180
Lunch - Grill - Spreads															

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MenuWorks FDA Menu Labeling Additional Information

Report Run By: AMY LUCAS
Run Date: 10/13/2023
Eurest Sector (F00000)

Recipe Name	Recipe Number	Portion Size	Weight (oz)	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carb (g)	Total Sugars (g)	Added sugars (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
EUR: Buffalo Blue Spread	22405.10	2 tbsp	1.08oz	30.65g	100	10	3	0+	less than 1 gram	0	0+	10	2	0	430
EUR: Chipotle Mayonnaise	22403.7	2 tbsp	0.93oz	26.26g	170	18	2.5	0	0	0	0+	10	0	0	150
EUR: Dijonnaise	60194	2 tbsp	1.08oz	30.56g	50	4.5	0.5	0	2	less than 1 gram	0	5	less than 1 gram	0	420
EUR: Garlic Parmesan Ranch Sauce (Plus 1)	24747.22	2 tbsp	0.72oz	20.49g	70	7	1.5	0+	less than 1 gram	0	0+	10	1	0	130
EUR: Pesto Mayonnaise (No Nuts)	60740	2 tbsp	1.14oz	32.36g	80	8	1.5	0	2	0	0	10	0	0	220
EUR: Pico de Gallo	11315	2 tbsp	1.06oz	30.01g	5	0	0	0	1	less than 1 gram	-	0	0	0	100
Ingredient: Sauce, Barbecue, Classic	39576	2 tbsp	1.1oz	31.25g	50	0	0	0	13	10	-	0	0	0	320
Lunch - Grill - Toppings/Upgrades															
archive 02/01/2022 EUR: Bacon, 18/22, cooked	608.15	2 slice	0.64oz	18.14g	80	6	2	0	0	0	-	20	6	0	310
EUR: Caramelized Onions	17140.6	2 tbsp	0.36oz	10.23g	10	1	0	0	less than 1 gram	0	-	0	0	0	0
EUR: Egg (Cooked to Order)	5306.1	1 each	1.73oz	48.97g	100	9	1.5	0	0	0	-	165	6	0	180
EUR: Frizzled Onions	60736	1/4 cup	2.25oz	63.79g	210	2	0	0+	42	7	0+	0	6	3	1050
EUR: Sauteed Mushrooms	496.1	2 tbsp	1oz	28.35g	25	2	1	0+	less than 1 gram	less than 1 gram	-	5	less than 1 gram	0	20
Ingredient: Avocado, Quartered, Fresh	65294	1 serving(s)	1.11oz	31.45g	50	4.5	0.5	0	3	0	-	0	less than 1 gram	2	0
Ingredient: Bacon, Applewood, Sliced	608.19	2 slice	0.8oz	22.68g	110	8	2.5	0	0	0	-	20	8	0	380
Ingredient: Lettuce, Arugula, Baby, Fresh	62323	1/4 cup	0.18oz	5g	0	0	0	0	0	0	-	0	0	0	0
Ingredient: Lettuce, Iceberg, Shredded, Fresh	13404	1/4 cup	0.63oz	18g	0	0	0	0	less than 1 gram	0	-	0	0	0	0
Ingredient: Onions, Red, Each Slice, Fresh	14918	1 slice	0.44oz	12.6g	5	0	0	0	1	less than 1 gram	-	0	0	0	0

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MenuWorks FDA Menu Labeling Additional Information

Report Run By: AMY LUCAS
Run Date: 10/13/2023
Eurest Sector (F00000)

Recipe Name	Recipe Number	Portion Size	Weight (oz)	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carb (g)	Total Sugars (g)	Added sugars (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Ingredient: Pickles, Dill Spears	5197	1 each	1.06oz	30g	0	0	0	0	less than 1 gram	0	-	0	0	0	240
Ingredient: Tomatoes, Each Slice, 1/2", Fresh	57721	1 slice	0.87oz	24.57g	0	0	0	0	less than 1 gram	less than 1 gram	-	0	0	0	0

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