

Dierbergs Kitchen Nutrition Information - Appetizers																		
Product Name	Allergens	Serving Size (oz)	Calories	Total Fat (g)	Sat Fat (g)	Trans fats (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Includes g added Sugar	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Gluten Free Ingrid.
Appetizers																		
Chicken Naked Bites, Buffalo		4 oz	140	7	1.5	0	40	1590	5	0	0	0	12	0	5	0	209	Y
Chicken Naked Bites, Garlic Parmesan	Milk, Egg	4 oz	300	23	4.5	0	55	740	8	0	1	1	16	0	52	1	268	Y
Chicken Naked Bites, Japanese BBQ	Soy, Wheat, Sesame	4 oz	160	3.5	0.5	0	40	1090	21	0	12	4	13	0	7	0	237	N
Chicken Naked Bites, Miso Ginger	Wheat, Soy Sesame	4 oz	150	3	0	0	40	1330	17	0	10	9	13	0	0	2	207	N
Chicken Naked Bites, Plain		4 oz	150	5	1	0	65	490	7	0	0	0	20	0	0	0	344	Y
Chicken Naked Bites, Sweet Chili		4 oz	160	2	0	0	55	770	20	0	18	0	16	0	11	0	334	Y
Chicken Naked Bites, Teriyaki	Wheat, Soy, Sesame	4 oz	160	3	0.5	0	40	870	22	0	13	0	12	0	0	0	207	N
Chicken, Strips, Greg's Crazy Good	Wheat, Milk, Egg, Soy	1.9 oz	100	5	0	0	25	200	4	0	0	0	10	0	6	0	166	N
Chicken Tenders, Chipotle Ranch	Wheat Milk, Egg	1 sv	620	39	6	0.5	80	1920	43	0	2	0	26	0	14	0	22	N
Chicken Tenders, Honey BBQ	Wheat, Milk	1 sv	450	14	1.5	0.5	55	1960	56	0	14	11	25	0	11	1	23	N
Chicken Tenders, Honey Mustard	Milk, Wheat, Egg	1 sv	560	29	3.5	1	65	1980	48	0	9	7	0.26	0	5	0	8	N
Chicken Wing Dings	Wheat, Soy	3oz	140	8	2.5	0	65	750	7	0		0	11	0	0	0	2	N
Chicken Wing Dings, Buffalo	Wheat, Soy, Milk	3oz	130	8	2	0	45	1260	6	0	0	0	8	0	3	0	1	N
Chicken Wing Zings	Soy, Wheat	3oz	150	9	2.5	0	75	780	5	0	0	0	12	0	10	0	142	N
Meatballs w/ Marinara	Wheat, Soy, Milk	2oz	130	10	3	0	20	290	5	1	2	0	6	0	40	1	6	N
Meatballs w/ BBQ	Wheat, Soy, Milk	2oz	130	8	2.5	0	15	320	11	<1	7	6	5	0	36	1	13	N
Mozzarella Sticks w/ Marinara	Wheat, Milk, Egg, Soy	2 pcs	140	6	3	0	10	500	14	2	3	0	8	0	163	0	2	N
Pretzel Stick w/ Cheese	Wheat, Milk, Soy	1 pc	190	3.5	1.5	0	<5	490	33	1	1	0	7	0	68	2	0	N
Pretzel Stick w/ Honey Mustard	Wheat, Milk, Egg, Soy	1 pc	230	7	0.5	0	<5	460	35	1	3	2	6	0	22	2	3	N
Quesadilla, Chicken, Smoked	Wheat, Milk	4 oz	240	13	7	0	60	900	17	1	3	0	14	0	228	2	99	N
Ravioli, Toasted w/ Marinara	Wheat, Milk, Egg, Soy	4 oz	300	15	3	0	20	640	33	2	3	0	9	0	39	1	3	N
Wings, Boneless-General Tso	Wheat, Soy	4 oz	250	14	2	0	2	630	24	0	11	11	9	0	1	1	1	N
Wings, Boneless - Japanese BBQ	Soy, Wheat, Sesame	4 oz	210	9	1.5	0	20	1090	26	0	13	4	8	0	7	0	30	N
Wings, Boneless-Orange	Wheat	4 oz	210	8	1.5	0	20	540	27	0	16	12	7	0	0	0	0	N
Wings, Boneless-Plain	Wheat	4 oz	240	14	2.5	0	30	480	16	0	1	0	12	0	0	0	0	N
Wings, Boneless-Honey Mustard	Milk, Egg, Wheat	2 oz	90	6	1	0	25	190	2	0	2	1	7	0	1	0	1	N
Wings, Boneless- Honey BBQ	Wheat	2 oz	70	2.5	0	0	20	230	6	0	6	2	6	0	0	0	0	N
Wings, Boneless-Buffalo	Wheat	4 oz	190	13	2	0	20	1590	11	0	1	0	7	0	5	0	3	N
Wings, Boneless-Mango Chipotle	Wheat	4 oz	230	9	1.5	0	20	710	30	0	8	0	7	0	2	0	17	N
Wings, Boneless-Sweet Thai Chili	Wheat	4 oz	230	10	2	0	20	720	28	0	17	0	8	0	0	0	0	N
Wings, Boneless-Sesame Teriyaki	Wheat, Soy, Sesame	4 oz	230	11	2	0	20	740	24	0	11	9	9	0	9	0	43	N
Wings, Classic - Japanese BBQ	Soy, Wheat, Sesame	4 oz	240	16	3.5	0	55	740	12	0	6	2	13	0	6	1	16	N
Wings, Classic-Plain		4oz	250	19	4.5	0	70	430	4	0	0	0	16	0	0	1	0	Y

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* Seasonal ** Denotes Vegetarian - No Milk, Egg or Animal Products																		
Wings, Classic-BBQ		4oz	230	14	3	0	50	500	15	0	9	8	11	0	8	1	16	Y
Wings, Classic-Buffero		4oz	220	17	4	0	55	990	4	0	0	0	13	0	3	1	1	Y
Wings, Classic-Mango Chipotle BBQ		4 oz	240	15	3.5	0	55	560	14	0	4	0	13	0	1	1	8	Y
Wings, Classic-Sesame Teriyaki	Wheat, Soy, Sesame	4oz	240	15	3.5	0	55	630	12	0	6	0	13	0	0	1	0	N
Wings, Classic-Sweet Thai Chili		4oz	250	19	4.5	0	70	440	5	0	<1	0	16	0	0	1	0	Y
Wings, Smoked Chicken, Teriyaki	Wheat, Soy	4 oz	250	12	3	0	45	1320	26	0	20	16	10	0	6	1	29	N
Wings, Smoked Chicken, Brn Sugar		4 oz	270	16	4	0	60	500	18	0	14	12	13	0	3	1	9	Y
Wings, Smoked Chicken, Buffalo		4 oz	240	14	3	0	45	1340	19	0	14	2	10	0	10	1	57	Y
Wings, Smoked Chicken, Mango Chipotle		4 oz	270	12	3	0	45	1060	30	0	16	1	10	0	8	1	34	Y
Wings, Smoked Chicken, Thai Chili		4 oz	260	12	3	0	45	1120	28	0	24	19	10	0	7	1	32	Y
Gold Foil Appetizers																		
GF, Brie, Cranberry Chutney*	Milk, Nut (Almond)	1 oz	80	5	3	0	20	130	5	0	4	2	4	0	35	0	35	Y
GF, Brie, Gorgonzola Walnut Grape Cups	Milk, Wheat	1 pc	60	4	2	0	10	95	5	0	<1	0	2	0	23	0	24	N
GF, Goat Cheese, Cranberry Chutney*	Milk, Nut (Almond)	1 oz	90	6	4	0	15	95	4	0	3	2	4	0	61	0	38	Y
GF, Grilled Chicken Skewers, Buffalo	Milk	1 pc	35	1.5	0	0	10	410	0.4	0	0	0	4	0	0	1	0	Y
GF, Grilled Chicken Skewers, Mango Chipotle		1 pc	50	0.5	0	0	10	220	6	0	0.4	0	4	0	0	0	1	Y
GF, Grilled Chicken Skewers, Teriyaki	Soy, Wheat	1 pc	40	0.5	0	0	10	260	4	0	3	0	4	0	0	0	0	N
GF, Grilled Chicken Skewers, Thai Chili		1 pc	45	0.5	0	0	10	240	5	0	5	1	4	0	0	1	0	Y
GF, Japanese BBQ Salmon Lettuce Wraps	Soy, Wheat, Sesame, Fish (Salmon)	1 ea	120	4.5	1	0	20	510	13	<1	9	4	8	4	20	1	222	N
GF, Japanese BBQ Shrimp Lettuce Wraps	Soy, Wheat, Sesame, Shellfish (Shrimp)	1 ea	100	1	0	0	40	670	15	<1	11	4	8	0	17	0	105	N
GF, Jumbo Lump Crab Cakes w/ Chipotle Aioli	Shellfish (Crab), Milk, Wheat, Soy, Egg	1 ea	410	35	6	0	95	540	11	2	1	1	12	0	103	1	133	N
GF, Mini BBQ Beef Sliders	Wheat, Milk, Egg, Soy, Sesame Seed	1 ea	410	9	1	0	40	900	57	2	18	3	27	0	22	13	273	
GF, Mini BBQ Chicken Sliders	Wheat, Milk, Egg, Soy, Sesame Seed	1 ea	410	8	0	0	50	910	57	2	18	3	26	0	16	13	282	N
GF, Mini BBQ Pork Sliders	Wheat, Milk, Egg, Soy, Sesame Seed	1 ea	440	13	4.5	0	60	1040	54	0	17	3	26	0	163	2	14	N
GF, Mini Mac Bites	Wheat, Milk	1 ea	100	6	2.5	0	30	180	7	0	<1	0	4	0	64	0	22	N
GF, Mini Caprese Filo Cup	Wheat, Milk	1 ea	70	4.5	1.5	0	5	90	6	0	<1	0	2	0	43	0	14	N
GF Mini Pretzel Sticks w/ Cheese Sauce	Wheat, Milk, Soy	1 pc	190	3.5	1.5	0	<5	490	33	1	1	0	7	0	68	2	0	N
GF, Mini Pretzel Sticks w/ Honey Mustard	Wheat, Milk, Egg, Soy	1 pc	230	7	0.5	0	<5	460	35	1	3	2	6	0	22	2	3	N
GF, Pineapple Chicken Skewer, Thai Chili		1 pc	60	0	0	0	15	230	9	<1	8	0	5	0	5	0	59	Y
GF, Risotto Bites w/ Marinara	Wheat, Milk, Egg	1 ea	80	4	1.5	0	10	220	8	0	<1	0	2	0	35	0	11	N
GF, Smoked Chicken Wings		4 oz	270	13	3.5	0	55	624	21	0	17	8	13	0	6	1	20	Y