



121 N. 2nd St., DeKalb
815.756.4749



Members receive 10% off Wellness Club entrees.
Non-members may purchase these entrees at full price. Menu items are listed at full price.

Creole Haddock.....\$13.95

Haddock, Fresh Vegetables, White Rice, Flour

Calories: 386 Fat: 1 g Saturated Fat: 0 g

Dieters Choice\$12.75

Broiled Skinless Breast, Wild Rice, Fresh Vegetables

Calories: 530 Fat: 4 g Saturated Fat: 1 g

Lemon Trout.....\$15.50

Trout, Olive Oil, Flour, Chablis, Wild Rice, Steamed Vegetables

Calories: 543 Fat: 20 g Saturated Fat: 3 g

For an addition 1/2 cup rice add additional 83 calories

Chicken Marsala\$14.25

Skinless Chicken Breast, Olive Oil, Mushroom/Onions, Flour, Marsala Wine, Thin Spaghetti

Calories: 617 Fat: 17 g Saturated Fat: 3 g

To subtract 98 calories, ask for 1/2 cup spaghetti

Vegetable Broccoli Stir Fry\$12.75

Sesame Oil, Fresh Garden Vegetables, Soy Sauce, Corn Starch, White Rice or Wild Rice

Calories: 410 w/white rice, 371 w/wild rice Fat: 14 g Saturated Fat: 2 g

10% discount applies only to entrées on this list and may not be combined with any other discount or special pricing. Prices subject to change. This discount cannot be applied to regular menu entrées, beverages or gratuity. Nutritional values listed are estimated based upon recipe amounts. Actual values may vary according to preparation.