

DOOLITTLES

WOODFIRE GRILL

Doolittles Nutritional Information

We realize that more than ever, people are watching what they eat and trying to make good choices. We want to help! Our staff will do whatever they can to help you make adjustments to a dish to help it fit within your needs. Just ask!

APPETIZERS	Calories	Fat	Carbs	Fiber	Protein	WW PPlus
Parmesan Artichoke Dip	1396	58	209	39	11	35
<i>split btw 4 people</i>	349	14	52	10	3	9
Chicken & Mushroom Flatbread	661	41	39	5	37	18
<i>split btw 2 people</i>	330	20	19	3	18	9
Walleye Fingers	384	20	15	2	34	10
Tartar Sauce (2oz)	247	26	4	2	0	7
Coriander Crusted Scallops	276	19	11	2	13	7
Mango Ceviche	587	14	99	3	18	16
Woodfire Rotisserie Buffalo Wings (baked)	580	35	10	0	50	15
Blue Cheese Dressing (2oz)	286	30	4	0	3	8
Chicken Wild Rice Soup	280	22	12	1	8	8
Butternut Squash Soup	220	11	30	2	3	6
Chicken Tortilla Soup	220	9	24	3	12	6

SALADS	Calories	Fat	Carbs	Fiber	Protein	WW PPlus
<i>All salads are calculated with the dressing on the side.</i>						
Doolittles Cobb	617	37	13	6	54	15
<i>see dressing choices</i>						
Chicken Cranberry Salad	647	32	50	12	42	17
<i>poppyseed dressing 2 oz</i>	299	28	14	0	0	9
Roasted Pear Salad	628	35	40	9	40	16
<i>raspberry vinaigrette 2 oz</i>	79	1	16	0	0	2
Southwest BBQ Chicken	501	18	43	10	42	12
<i>sweet lime 2 oz</i>	160	8	20	0	2	4
<i>1.5 oz fried corn tortilla strip (on the side)</i>	202	9	29	0	0	5

Roasted Corn with Avocado Salad	560	34	30	12	33	14
<i>tomato vinaigrette</i>	133	11	9	0	0	4
Toasted Quinoa with Jewel Yam	559	26	51	10	35	15
<i>maple vinaigrette</i>	250	18	20	1	1	7
Thai Chicken Salad	457	24	28	9	39	12
<i>thai peanut dressing 2 oz</i>	256	22	11	0	2	7
Citrus Arugula & Strawberry Salad	582	40	22	10	40	16
<i>lemon cilantro vinaigrette</i>	210	18	8	0	0	5
Shrimp Noodle Salad	557	16	55	10	24	11
<i>Thai Ginger Vinaigrette included so noodles do not become sticky</i>						

SAUTE	Calories	Fat	Carbs	Fiber	Protein	WW PPlus
Flying Tiger Chicken & Peapods	885	62	56	8	31	24
<i>Crispy Wontons - per cup</i>	230	13	23	0	4	6

DRESSING	Calories	Fat	Carbs	Fiber	Protein	WW PPlus
<i>2 oz dressing</i>						
Poppyseed	299	28	14	0	0	9
Balsamic Vinaigrette	161	8	14	0	0	4
Blue Cheese	286	30	4	0	3	8
Ranch	274	29	4	0	1	8
Thai Peanut	256	22	11	0	2	7
Sweet Lime	140	13	8	0	0	4
Raspberry Vinaigrette	79	1	16	0	0	2
Peanut Chipotle Vinaigrette	160	8	20	0	2	4

SANDWICHES & PASTA	Calories	Fat	Carbs	Fiber	Protein	WW PPlus
<i>See "Sides" to add your choice of side. The bread has been modified to be dry-grilled without butter.</i>						
Prime Rib French Dip	626	35	41	1	34	16
Chicken Sandwich	580	17	42	2	64	15
Sierra Turkey Ciabatta <i>*Dry bread not applicable</i>	679	29	34	2	67	17
Tuna Melt <i>*Dry bread not applicable</i>	1056	70	62	4	48	21
Walleye Sandwich	721	29	78	4	42	19

SIGNATURE WOODFIRE	Calories	Fat	Carbs	Fiber	Protein	WW PPlus
Spit Roasted Chicken 1/2	1103	59	47	7	98	29
Woodfired Pork Chop	885	32	84	7	64	23
Pork Tenderloin w Chile Chocolate Sauce	849	30	63	11	75	21
Jamaican Pork Tenderloin w Sweet Potato Hash	667	26	52	10	50	16
Filet of Beef Tenderloin <i>no sauce</i>	774	42	18	4	68	19
Top Sirloin <i>no sauce</i>	970	67	18	4	60	24
FISH & SEAFOOD	Calories	Fat	Carbs	Fiber	Protein	WW PPlus
Fish Tacos (calculated per taco)	352	24	20	1.6	13	9
Steelhead Trout with Burnt Lemon Oil	953	61	48	3	48	25
Lemon Scented Salmon	757	52	19	6	44	19
Pan Seared Scallops with Bacon Fingerling Hash <i>Mustard Butter Sauce</i>	571 233	34 25	46 1.3	4 0	48 0	18 6
Sesame Tuna w Soba Noodles	769	29	77	19	45	18
Arctic Char w Thai Chile Butter Sauce <i>no rice</i>	684	49	14	2	48	18
Australian Sea Bass w Mussels <i>Orange Black Pepper Aioli on the side</i> <i>no polenta</i>	769 179	51 20	17 0	2 0	54 0	20 5
Snapper w Coconut-Lemongrass Sauce	544	21	28	6	49	13
Mediterranean Stew <i>Stew with 2 grilled baguette slices</i>	590 977	46 61	19 76	2 4	31 41	17 27

BURGERS	Calories	Fat	Carbs	Fiber	Protein	WW PPlus
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See "Sides" to add your choice of side.
The bread has been modified to be dry-grilled without butter.

Swiss & Crimini Burger	930	51	46	2	66	24
.5 oz grill butter blend	102	12	0	0	0	3
1 oz dijon tarragon aioli (on the side)	128	14	1	0	0	4
Applewood Bacon & Smoked Cheddar	1012	58	43	4	74	26
.5 oz grill butter blend	102	12	0	0	0	3
1 oz smoked paprika aioli (on the side)	120	13	1	0	0	3
Lamb Burger	573	19	28	1	51	12

GLUTEN FREE	Calories	Fat	Carbs	Fiber	Protein	WW PPlus
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GF Roasted Pear Salad (dressing on side)	555	29	44	12	33	
GF Doolittles Cobb Salad (dressing on side)	524	23	11	5	40	
GF Grilled Salmon	850	52	45	6	50	

Dessert	Calories	Fat	Carbs	Fiber	Protein	WW PPlus
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Molten Nirvana	705	39	81	3	10	19
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SIDES	Calories	Fat	Carbs	Fiber	Protein	WW PPlus
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Fruit 6 oz	120	0	32	4	1	0
Mashed Potatoes 8 oz	256	10	38	4	5	7
Cole Slaw 6 oz	194	15	15	3	2	5
Vegetables Seasonal 3 oz	126	12	6	2	1	4
Red Potatoes Parsley Buttered 8 oz	407	25	34	5	5	10
French Fries 6 oz	440	25	43	4	4	11
Gravy 4 oz	164	12	10	0	4	5
Chicken Wild Rice Soup 8 oz	280	22	15	1	16	9
Butternut Squash Soup 8 oz	220	11	30	2	3	6

This information is to be used as a GUIDE ONLY. The information is an estimate based on recipe information and standard product values. Recipe alterations are noted as applicable. If there is something you would like to see on this list or if you have any questions, please send a request via email and we will do our best to accommodate your request. Some items on this list may not correspond to the menu we are currently serving due to seasonality or "specials" currently running.

Email: mbrudos@rocarestaurants.com