

Talons Grille

Healthy & Low Sodium Spirals



H = Healthy Spiral- 2000- 20 Factors per day,

S = Low Sodium Spiral- Goal- 6 per Meal if 20 factors/2 Gm Sodium, 13 per Meal if 40 Factors/4 Gm Sodium

Breakfast Plates	H	S
Egg Special – Three eggs cooked to order accompanied by two sides of your choice (Factors- Eggs only)	3	2
French Toast – Four lightly sugared slices of French Toast accompanied by two sides of your choice (Factors- Toast only)	3	6
Healthy Started – One nutritious bowl of yogurt sided with fresh fruit and an energy packed granola bar	5	4

Breakfast Plates	H	S
Pancakes – Three fluffy pancakes accompanied by two sides of your choice (Factors- Pancakes only)	3	12
Sausage Gravy and Biscuits – Two golden biscuits covered in sausage gravy and accompanied by two sides of your choice. (Factors-Sausage Gravy & Biscuits)	5	10

Talons Grille Classics	H	S
Belgian Waffle – One Belgian waffle, cooked in the front of the house, accompanied by two sides of your choice (Factors- Waffle only)	5	14

Talons Grille Classics	H	S
Your Way Omelet – Your choice of four omelet toppings and cheese accompanied by two sides of your choice (Factors-Omelet w/Cheese)	5	4

Breakfast Sandwiches	H	S
Biscuit Combinations – Two specialty biscuits dressed with your choice of bacon, egg, sausage, or cheese accompanied by two sides of your choice		

Breakfast Sandwiches	H	S
Morning BLT – Your choice of bread, two eggs, mayo, bacon, lettuce, and tomato accompanied by two sides of your choice (Factors-Sandwich)	5	8

Side Items	H	S
Bacon	2	4
Biscuits with Gravy	5	10
Biscuit without Gravy	5	6
Breakfast Ham	5	8
Cereals		
Cheerios	2	4
Honey Nut Cheerios	2	4
Cinnamon Toast Crunch	3	4
Fruit	1	0
Grits	3	0
Hash browns	3	4
Sausage Patties	2	4
Toast		
Sourdough Toast	2	2
12 Grain Toast	2	2
Yogurt	1	2

Omelet Toppings	H	S
Bacon	1	2
Black Olives	1	2
Green Peppers	0	0
Ham	1	6
Jalapenos	0	2
Mushrooms	0	0
Onions	0	0
Red Peppers	0	0
Sausage	2	4
Spinach	0	0
Tomato	0	0

Talons Grille

Healthy & Low Sodium Spirals



H = Healthy Spiral- 2000- 20 Factors per day,

S = Low Sodium Spiral- Goal- 6 per Meal if 20 factors/2 Gm Sodium, 13 per Meal if 40 Factors/4 Gm Sodium

Salad

0 0

Appetizers

Chicken Sate – Grilled Indonesian chicken tenders served with spicy peanut sauce

H 7
S 8

Hummus and Pita – Chef’s homemade Mediterranean hummus served with toasted pita chips

5 8

Appetizers

Teriyaki Beef Tips – Grilled marinated beef tips served with sweet teriyaki sauce

H 3
S 8

Tomato Basil Crostini – Crusty French bread with fresh mozzarella, tomatoes, basil, finished with olive oil and balsamic vinegar

7 8

Salads

Caesar – Croutons, parmesan cheese, and Caesar dressing tossed with romaine lettuce

H 12
S 30

Chef’s – Ham, turkey, cheddar cheese, croutons, cucumber, tomato on mixed greens with choice of dressing

3 6

Cobb – Bleu cheese, apple wood smoked bacon, sliced egg, diced tomato, avocado on romaine lettuce with choice of dressing

3 12

Salads

Greek – Spring greens with kalamata olives, feta cheese, banana peppers, red onions, and house made Greek dressing.

H 5
S 2

Spinach – Strawberries, pecans, and bleu cheese tossed with spinach and balsamic vinaigrette

7 10

Entrees

Char Broiled Steak Pizziola - Ribeye steak grilled to order with a fresh tomato and mushroom sauce served with herbed orzo and veggie du jour

H 7
S 6

Fettuccine Carbonara - House made fettuccine, tossed with bacon, and an egg-parmesan sauce with fresh ground pepper, and a breadstick

5 8

Grilled Shoyu Pork Chops - Marinated pork loin chops grilled to perfection, served with roasted garlic potato hash and veggie du jour

5 12

Grilled Veggie Ravioli - House made ravioli filled with grilled veggies and cheese, pesto cream, and served with a breadstick

7 6

Entrees

Pan Roasted Chicken Breast - Fresh chicken breast pan roasted with thyme mushroom cream served with roasted garlic potato hash and veggie du jour

H 5
S 4

Pan Seared Grouper - Delicate, flaky grouper filet with a gazpacho relish served with herbed orzo and veggie du jour

5 2

Ratatouille Talón - A boat-load of seasoned vegetables roasted in olive oil and garlic served with herbed orzo

5 6

Tilapia Tacos - (no salad) Two soft tacos filled with pan seared tilapia and topped with fresh pico de gallo served with saffron beans and rice and lime slaw

7 6

Talons Grille

Healthy & Low Sodium Spirals



H = Healthy Spiral- 2000- 20 Factors per day,

S = Low Sodium Spiral- Goal- 6 per Meal if 20 factors/2 Gm Sodium, 13 per Meal if 40 Factors/4 Gm Sodium

Sandwiches		H	S	Sandwiches		H	S
Cuban - (Ciabatta) House roasted pork, ham, Swiss cheese, pickles, and Dijon mustard		10	16	Southwest Turkey Bacon Avocado - (Multigrain, Sourdough, or as a Wrap) Oven roasted turkey, apple wood smoked bacon, avocados, lettuce, tomatoes, and southwest sauce		5	10
Dagwood BLT - (Multigrain, Sourdough or as a Wrap) Triple-decker apple wood smoked bacon, lettuce, and tomato with mayo		5	10	Triple Decker Club - (Multigrain, Sourdough or as a Wrap) Oven roasted turkey, ham, apple wood smoked bacon, lettuce, tomato, mayo		5	8
French Dip - (Ciabatta) House roasted beef and Swiss cheese with au jus		10	12	Ultra Grilled Cheese - (Multigrain or Sourdough) Cheddar, Swiss, and pepper jack cheeses		5	6
Pizza		H	S	Pizza		H	S
Margherita - Olive oil, roma tomatoes, fresh mozzarella and basil		10	6	Pesto Veggie - Parsley walnut pesto, roasted red peppers, artichokes, and black olives		10	14
Pesto Chicken - Parsley walnut pesto, chicken, roasted red peppers, and artichokes		12	18	Spicy Chicken - Hot sauce, chicken, apple wood smoked bacon, roasted red peppers, ranch dressing, mozzarella and Monterey jack		12	28
Drinks		H	S	Drinks		H	S
Coca-Cola		2	0	Mello Yello		2	0
Diet Coke		0	0	Minute Maid Apple Juice		3	0
Fanta Orange		2	0	Mr. Pibb		2	0
Grape Juice		2	0	Powerade Mountain Blast		2	2
Iced Tea		3	2	Premium Orange Blend		2	0
Lemonade		2	0	Sprite		2	2
Maxwell House Coffee		0	0	Chocolate Skim Milk		2	2
Apple Juice		3	0	Whole Milk		2	2