



Embassy Suites Hotels Eat Right offers delicious meal choices that embody a nutritional concept of balance, variety, and moderation. Each Embassy Suites Hotels Eat Right item featured in our menu has specific nutritional information available for your review. Please ask your server if you wish to see more detailed nutritional information relating to any of these menu items.

Grilled Chicken Salad with Black Bean Salsa \$8⁰⁰

grilled chicken atop mixed green salad, served with homemade tomato, corn, and black bean salsa; dressed with herb vinaigrette

Fat 19g	Saturated Fat 3g	Cholesterol 80mg	Carbs 14g	Protein 32g	Calories 350
---------	------------------	------------------	-----------	-------------	--------------

Beef Tenderloin Salad..... \$9⁷⁵

fresh baby greens, tomatoes, cucumbers, and bleu cheese topped with grilled lean beef tenderloin and caramelized onions; dressed with olive oil and balsamic vinegar

Fat 18g	Saturated Fat 8g	Cholesterol 100mg	Carbs 14g	Protein 36g	Calories 360
---------	------------------	-------------------	-----------	-------------	--------------

Smoked Turkey Quesadilla \$6⁷⁵

whole-wheat tortilla stuffed with diced smoked turkey and mozzarella presented with lettuce, spa avocado, non-fat sour cream and corn & black bean salsa

Fat 9g	Saturated Fat 3g	Cholesterol 25mg	Carbs 53g	Protein 21g	Calories 380
--------	------------------	------------------	-----------	-------------	--------------

Spicy Gulf Shrimp and Tomato Wrap \$8⁷⁵

sautéed cajun spiced shrimp, roasted peppers, fresh chopped onion, tomato, cilantro, and garlic wrapped in a low-carb tortilla

Fat 8g	Saturated Fat 1g	Cholesterol 330mg	Carbs 44g	Protein 49g	Calories 420
--------	------------------	-------------------	-----------	-------------	--------------

Smoked Chicken Linguine \$8⁷⁵

smoked chicken breast, whole-wheat linguine tossed with pesto vegetable broth, and grilled artichokes

Fat 6g	Saturated Fat 2g	Cholesterol 105mg	Carbs 24g	Protein 49g	Calories 340
--------	------------------	-------------------	-----------	-------------	--------------

Embassy Suites Hotels Eat Right nutritional values are determined through database analysis with the Food Processor SQL from ESHA Research, Inc., Salem, OR 97302 and available ingredient product data. This data is based on average serving size and standard portion guidelines. However, slight variations in nutritional values may occur due to seasonality, use of alternate suppliers, and menu item preparation.

Cholesterol is indicated in milligrams.