

# 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
<b>Parmesan Artichoke Dip</b>	<b>1396</b>	<b>58</b>	<b>209</b>	<b>39</b>	<b>11</b>	<b>35</b>
<i>split btw 4 people</i>	<b>349</b>	<b>14</b>	<b>52</b>	<b>10</b>	<b>3</b>	<b>9</b>
<b>Chicken &amp; Mushroom Flatbread</b>	<b>661</b>	<b>41</b>	<b>39</b>	<b>5</b>	<b>37</b>	<b>18</b>
<i>split btw 2 people</i>	<b>330</b>	<b>20</b>	<b>19</b>	<b>3</b>	<b>18</b>	<b>9</b>
<b>Walleye Fingers</b>	<b>384</b>	<b>20</b>	<b>15</b>	<b>2</b>	<b>34</b>	<b>10</b>
Tartar Sauce (2oz)	247	26	4	2	0	7
<b>Hawaiian Tuna Poke</b>	<b>296</b>	<b>10</b>	<b>12</b>	<b>1</b>	<b>27</b>	<b>6</b>
	<b>27</b>					
<b>Coriander Crusted Scallops</b>	<b>276</b>	<b>19</b>	<b>11</b>	<b>2</b>	<b>13</b>	<b>7</b>
<b>Mango Ceviche</b>	<b>587</b>	<b>14</b>	<b>99</b>	<b>3</b>	<b>18</b>	<b>16</b>
<b>Woodfire Rotisserie Buffalo Wings (baked)</b>	<b>580</b>	<b>35</b>	<b>10</b>	<b>0</b>	<b>50</b>	<b>15</b>
Blue Cheese Dressing (2oz)	286	30	4	0	3	8
<b>Chicken Wild Rice Soup</b>	<b>280</b>	<b>22</b>	<b>12</b>	<b>1</b>	<b>8</b>	<b>8</b>
<b>Butternut Squash Soup</b>	<b>220</b>	<b>11</b>	<b>30</b>	<b>2</b>	<b>3</b>	<b>6</b>
<b>Chicken Tortilla Soup</b>	<b>220</b>	<b>9</b>	<b>24</b>	<b>3</b>	<b>12</b>	<b>6</b>

SALADS	Calories	Fat	Carbs	Fiber	Protein	WW PPlus
<i>All salads are calculated with the dressing on the side.</i>						
<b>Doolittles Cobb</b>	<b>617</b>	<b>37</b>	<b>13</b>	<b>6</b>	<b>54</b>	<b>15</b>
<i>see dressing choices</i>						
<b>Chicken Cranberry Salad</b>	<b>647</b>	<b>32</b>	<b>50</b>	<b>12</b>	<b>42</b>	<b>17</b>
<i>poppyseed dressing 2 oz</i>	<b>299</b>	<b>28</b>	<b>14</b>	<b>0</b>	<b>0</b>	<b>9</b>
<b>Roasted Pear Salad</b>	<b>628</b>	<b>35</b>	<b>40</b>	<b>9</b>	<b>40</b>	<b>16</b>
<i>raspberry vinaigrette 2 oz</i>	<b>79</b>	<b>1</b>	<b>16</b>	<b>0</b>	<b>0</b>	<b>2</b>
<b>Southwest BBQ Chicken</b>	<b>501</b>	<b>18</b>	<b>43</b>	<b>10</b>	<b>42</b>	<b>12</b>
<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

<b>Roasted Corn with Avocado Salad</b>	<b>560</b>	<b>34</b>	<b>30</b>	<b>12</b>	<b>33</b>	<b>14</b>
<i>tomato vinaigrette</i>	133	11	9	0	0	4
<b>Toasted Quinoa with Jewel Yam</b>	<b>559</b>	<b>26</b>	<b>51</b>	<b>10</b>	<b>35</b>	<b>15</b>
<i>maple vinaigrette</i>	250	18	20	1	1	7
<b>Roasted Beet Salad</b>	<b>687</b>	<b>42</b>	<b>41</b>	<b>9</b>	<b>39</b>	<b>18</b>
<i>shallot vinaigrette</i>	265	24	4	0	0	7
<b>Caesar Chicken Salad</b>	<b>438</b>	<b>19</b>	<b>20</b>	<b>3</b>	<b>42</b>	<b>11</b>
<i>caesar dressing 2 oz</i>	237	21	7	0	3	6
<b>Citrus Arugula &amp; Strawberry Salad</b>	<b>582</b>	<b>40</b>	<b>22</b>	<b>10</b>	<b>40</b>	<b>16</b>
<i>lemon cilantro vinaigrette</i>	210	18	8	0	0	5

<b>SAUTE</b>	<b>Calories</b>	<b>Fat</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Protein</b>	<b>WW PPlus</b>
<b>Cavatappi w Sausage &amp; Butternut Squash</b>	<b>961</b>	<b>61</b>	<b>67</b>	<b>5</b>	<b>29</b>	<b>25</b>
<b>Flying Tiger Chicken &amp; Peapods</b>	<b>885</b>	<b>62</b>	<b>56</b>	<b>8</b>	<b>31</b>	<b>24</b>
<i>Crispy Wontons - per cup</i>	230	13	23	0	4	6
<b>Flying Tigress &amp; Peapods (vegetarian)</b>	<b>438</b>	<b>14</b>	<b>28</b>	<b>8</b>	<b>7</b>	<b>7</b>

<b>DRESSING</b>	<b>Calories</b>	<b>Fat</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Protein</b>	<b>WW PPlus</b>
<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
Caesar Dressing	237	21	7	0	3	6

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

<b>SIGNATURE WOODFIRE</b>	<b>Calories</b>	<b>Fat</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Protein</b>	<b>WW PPlus</b>
<b>Spit Roasted Chicken 1/2</b>	<b>1103</b>	<b>59</b>	<b>47</b>	<b>7</b>	<b>98</b>	<b>29</b>
<b>Woodfired Pork Chop</b>	<b>885</b>	<b>32</b>	<b>84</b>	<b>7</b>	<b>64</b>	<b>23</b>
<b>Pork Tenderloin w Chile Chocolate Sauce</b>	<b>849</b>	<b>30</b>	<b>63</b>	<b>11</b>	<b>75</b>	<b>21</b>
<b>Jamaican Pork Tenderloin w Sweet Potato Hash</b>	<b>667</b>	<b>26</b>	<b>52</b>	<b>10</b>	<b>50</b>	<b>16</b>
<b>Filet of Beef Tenderloin</b> <i>no sauce</i>	<b>774</b>	<b>42</b>	<b>18</b>	<b>4</b>	<b>68</b>	<b>19</b>
<b>Top Sirloin</b> <i>no sauce</i>	<b>970</b>	<b>67</b>	<b>18</b>	<b>4</b>	<b>60</b>	<b>24</b>
<b>FISH &amp; SEAFOOD</b>	<b>Calories</b>	<b>Fat</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Protein</b>	<b>WW PPlus</b>
<b>Fish Tacos (calculated per taco)</b>	<b>352</b>	<b>24</b>	<b>20</b>	<b>1.6</b>	<b>13</b>	<b>9</b>
<b>Steelhead Trout with Burnt Lemon Oil</b>	<b>953</b>	<b>61</b>	<b>48</b>	<b>3</b>	<b>48</b>	<b>25</b>
<b>Lemon Scented Salmon</b>	<b>757</b>	<b>52</b>	<b>19</b>	<b>6</b>	<b>44</b>	<b>19</b>
<b>Salmon with Wild Rice</b>	<b>917</b>	<b>56</b>	<b>58</b>	<b>4</b>	<b>45</b>	<b>24</b>
<b>Pan Seared Scallops with Bacon Fingerling Hash</b> <i>Mustard Butter Sauce</i>	<b>571</b> <b>233</b>	<b>34</b> <b>25</b>	<b>46</b> <b>1.3</b>	<b>4</b> <b>0</b>	<b>48</b> <b>0</b>	<b>18</b> <b>6</b>
<b>Sesame Tuna w Soba Noodles</b>	<b>769</b>	<b>29</b>	<b>77</b>	<b>19</b>	<b>45</b>	<b>18</b>
<b>Arctic Char w Thai Chile Butter Sauce</b> <i>no rice</i>	<b>684</b>	<b>49</b>	<b>14</b>	<b>2</b>	<b>48</b>	<b>18</b>
<b>Australian Sea Bass w Mussels</b> <i>Orange Black Pepper Aioli on the side</i> <i>no polenta</i>	<b>769</b> <b>179</b>	<b>51</b> <b>20</b>	<b>17</b> <b>0</b>	<b>2</b> <b>0</b>	<b>54</b> <b>0</b>	<b>20</b> <b>5</b>
<b>Snapper w Coconut-Lemongrass Sauce</b>	<b>544</b>	<b>21</b>	<b>28</b>	<b>6</b>	<b>49</b>	<b>13</b>
<b>Mediterranean Stew</b> <i>Stew with 2 grilled baguette slices</i>	<b>590</b> <b>977</b>	<b>46</b> <b>61</b>	<b>19</b> <b>76</b>	<b>2</b> <b>4</b>	<b>31</b> <b>41</b>	<b>17</b> <b>27</b>

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

<b>Swiss &amp; Crimini Burger</b>	<b>930</b>	<b>51</b>	<b>46</b>	<b>2</b>	<b>66</b>	<b>24</b>
.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
<b>Applewood Bacon &amp; Smoked Cheddar</b>	<b>1012</b>	<b>58</b>	<b>43</b>	<b>4</b>	<b>74</b>	<b>26</b>
.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
<b>Lamb Burger</b>	<b>573</b>	<b>19</b>	<b>28</b>	<b>1</b>	<b>51</b>	<b>12</b>
<b>Salmon Burger with Red Pepper Remoulade</b>	<b>562</b>	<b>22</b>	<b>29</b>	<b>1</b>	<b>40</b>	<b>12</b>

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

<b>Dessert</b>	<b>Calories</b>	<b>Fat</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Protein</b>	<b>WW PPlus</b>
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<b>Molten Nirvana</b>	<b>705</b>	<b>39</b>	<b>81</b>	<b>3</b>	<b>10</b>	<b>19</b>
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<b>SIDES</b>	<b>Calories</b>	<b>Fat</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Protein</b>	<b>WW PPlus</b>
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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
Caesar Salad, Starter	106	4	13	3	5	3
1.5 oz caesar dressing	180	16	5	0	2	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.

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