

**Stonefire Grill**<http://www.exercise4weightloss.com/>

Only their healthy alternatives menu items have nutrition available.

<b>Healthy Alternatives</b> <b>Restaurant Nutrition Plus Weight Watchers Points</b> Serving Size = ½ Cup	<b>Pts +</b>	<b>Org Pts</b>	<b>Serv Size</b>	<b>Cal</b>	<b>Tot Fat</b>	<b>Sat Fat</b>	<b>Fiber</b>	<b>Pro</b>	<b>Carb</b>	<b>Sod</b>	<b>Sugar</b>
Italian Chopped Salad With Chicken Breast (Petite) W/O Dressing	12	11	n/a	500	19	9	12	50	36	640	12
Dijon Mustard Vinaigrette (1 Oz)	5	5	n/a	160	17	2.5	0	1	1	125	0
Spinach Salad (Petite) W/O Dressing And ½ The Amount Of Cheese	11	10	n/a	440	18	6	11	44	31	980	6
Roasted Red Pepper Vinaigrette (1 Oz)	4	4	n/a	150	16	2	0	0	2	260	1
12" Cheeseless Grilled Veggie Pizza (1 Slice)	4	3	n/a	170	2	0	4	8	32	690	9
Boneless Chicken Breast (A La Carte) (4 Oz)	5	4	n/a	240	4	1	10	35	14	550	13
1/2 Tri Tip Roast (A La Carte) (4 Oz)	5	5	n/a	210	9	3.5	0	25	7	290	6
Fresh Salmon (A La Carte) (4 Oz)	9	9	n/a	350	25	4.5	0	23	6	620	5
Seasonal Grilled Vegetables With Feta Cheese (Small) (½ Serving)	1	2	n/a	100	7	2.5	33	5	11	310	6
Cowboy Beans (Single) (5 Oz)	4	3	n/a	180	2	0	8	8	33	850	7

Nutritional data obtained on 07/2012 at the following link

<http://www.stonefiregrill.com/menu/healthy-alternatives/>

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