

# Signature Field & Sea Combo Entrée with Steak & Griddle Seared Crab Cake

Griddled Flat Iron Steak & Griddled Crab Cake  
with Red Wine Sauce, Vegetables & Starch

A premium dinner offering that allows for customers to enjoy a classic Field & Sea combination entrée. Starch choices include one of the three dining car options based upon preference.



## WIMS #:

*Allergens: None for steak – Crab Cake*

*Allergens include crab, scallops, shrimp, soy & wheat.*

**Crab Cake Ingredients:** See listing on the lunch menu for the Seafood Cake Sandwich

**Red Wine Sauce Allergens:** egg, milk, fish (anchovies)

**Nutritional Data:** For the steak & one 4 oz griddled seafood cake + Red Wine Sauce – does not include starch

	Flat Iron Steak		4 oz Crab Cake		1.75 oz Red Wine Sauce	
Calories	300		220		160	
Calories from Fat	130		120		150	
	% D.V.		% D.V.		%D.V.	
Total Fat (g)	15	23	14	22	17	26
Saturated Fat (g)	5	25	2	10	10	50
Cholesterol (mg)	130	43	120	40	60	20
Sodium (mg)	560	23	580	24	240	10
Total Carbohydrate (g)	1	0	9	3	2	1
Dietary Fiber (g)	0	0	0	0	0	0
Protein (g)	38	76	16	34	1	2