

What is in each course

Most restaurants cannot tell you this. You should be able to eat a full meal without guessing, so here are the numbers.

COURSE	PROTEIN (G)	SODIUM (MG)	POTASSIUM (MG)	PHOSPHORUS (MG)
I Fluke crudo	8	30	180	90
II Cavatelli	7	15	140	110
III Duck breast	17	60	450	190
IV Poached pear	3	35	200	90
Full menu	35	140	970	480

If you have chosen an alternate

These replace the figures above for that course. Seared fluke matches the crudo exactly.

INSTEAD OF	PROTEIN (G)	SODIUM (MG)	POTASSIUM (MG)	PHOSPHORUS (MG)
I Vegetarian – kohlrabi & daikon	2	20	230	45
III Chicken instead of duck	18	55	370	175
III Vegetarian – seitan	21	35	240	180

Protein

Needs differ: dialysis raises them, earlier-stage CKD usually lowers them. Your portion of the main course was set individually from the form you returned.

Potassium

Kept low by design: no tomato, potato, avocado, nuts, seeds or chocolate. No potassium-based salt substitute is used in this kitchen tonight.

Sodium

No salt is added anywhere on this menu, and no stock, cure or prepared product is used. Flavour comes from acid, char, roasted garlic and rendered fat.

Phosphorus

Nothing here carries a phosphate additive. The fish is dry-packed, the chicken is non-enhanced, and the sponge is leavened without phosphate.

Figures are estimates for a standard portion, calculated and reviewed by [Dietitian Name], RD, CSR. Guests on an adjusted protein portion have received their own card. This menu is designed for a shared set of restrictions and is not a substitute for guidance from your own care team.