

Menu Options and Calories

| Menu Options | Serving Size | Calories |
|---------------------|---------------------|-----------------|
| Beef (salted) | 4 ounces - ¼ pound | 150 calories |
| Pork (salted) | 4 ounces – ¼ pound | 600 calories |
| Fish (salted) | 4 ounces – ¼ pound | 290 calories |
| Potato | 1 potato | 285 calories |
| Hardtack | 4 ounces - ¼ pound | 330 calories |
| Coffee | 8 ounces – 1 cup | 5 calories |
| Duff | 4 ounces – ¼ pound | 285 calories |
| Pea Soup | 8 ounces - 1 cup | 160 calories |
| Molasses | 1 teaspoon | 20 calories |