

Nordstrom restaurants are committed to offering a superior dining experience. Our menus feature fresh, local ingredients to create made from scratch dishes, which vary by restaurant type, season and region. The following is an informative nutritional guide of each menu item for your health and lifestyle.

## Nordstrom Restaurants Nutritional Guide

August 2011

### CAFE BISTRO

	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	SUGARS (G)	FIBER (G)	PROTEIN (G)
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## SOUPS

<i>Includes Crostini</i>											
Bistro Crab Bisque - Cup	430	300	32	18	0	108	980	18	2	2	9
Bistro Crab Bisque - Bowl	730	560	62	38	0	220	1580	32	5	2	16
French Onion Soup	640	260	29	14	0	75	1850	64	10	4	30

## BISTRO PLATES & APPETIZERS

Ahi Tuna Poke	430	190	20	3	0	40	1340	35	4	3	26
Anitpasto Plate	780	410	45	20	0	85	2080	55	17	5	17
Asparagus Tempura	340	180	21	3	0	0	290	31	3	4	7
Beef Carpaccio	740	460	52	9	0	30	1120	60	3	6	25
Bruschetta	350	170	19	10	0	35	610	30	6	2	14
Crab Stack	450	230	27	3	0	55	1040	42	16	6	15
Crisp Calamari	730	420	47	7	0	465	1220	43	12	3	38
Crispy Szechuan Ribs	420	240	27	10	0	90	1300	23	20	1	20
Prince Edward Island Mussels	950	540	60	14	0	125	1850	46	6	3	47

## SIDES

Crisp Potatoes Anna	420	250	28	13	0	35	10	38	1	3	5
Fresh Creamed Corn w/ Bacon	330	220	26	11	0	55	260	22	3	3	7
Grilled Asparagus	80	40	5	0	0	0	200	8	3	3	3
Herb Roasted Wild Mushrooms	200	160	18	3	0	0	340	9	3	2	4
Pommes Frites w/ Kalamata Olive Aioli	810	480	53	10	0	5	840	76	1	7	8
Wild Mushroom Risotto	330	140	15	6	0	30	520	36	3	2	11

The Dietary Guidelines for Americans recommend limiting saturated fat to **10 percent** and sodium to less than **2,300 milligrams** for a typical adult eating **2,000 calories** daily. Recommended limits may be higher or lower depending upon daily calorie consumption.

## SALADS

<i>Does Not Include Dressing</i>											
Blue Cheese & Pear	560	340	40	13	0	45	1250	42	30	7	16
Caesar w/ Roasted Chicken	740	410	46	10	0	95	1356	36	3	5	45
Chicken Artichoke & Goat Cheese	340	190	21	5	0	45	516	17	8	3	21
Cilantro Lime Shrimp	450	200	23	6	0	220	640	28	4	4	37
Crab Louis	360	120	13	4	0	510	580	20	12	6	42
Crab Stack	450	230	27	3	0	55	1040	42	16	6	15
Fresh Berry & Fig w/ Goat Cheese	560	260	31	8	0	20	520	58	46	11	19
Mediterranean Bibb Stack	160	106	11	5	0	25	710	9	3	2	6
Mission Fig & Melon w/ Crispy Ham	260	120	13	4	0	20	870	21	15	5	15
Niçoise w/ Salmon	480	250	28	5	0	280	1260	23	6	4	32
Organic Arugula w/ Crisp Parmesan	70	35	4	3	0	10	250	3	1	1	6
Pan Seared Chicken Paillard	570	280	30	8	0	180	370	6	3	1	66
Roasted Beet w/ Goat Cheese	470	380	38	8	0	20	1020	27	16	8	12
Steak & Arugula	550	300	33	6	0	35	1460	35	8	6	29
Warm Asian Glazed Chicken	370	150	17	2	0	60	710	28	7	4	29
Vine Ripe Vegetable	220	70	7	5	0	25	670	24	9	5	10
Warm Goat Cheese	430	190	21	2	0	65	840	45	19	7	13
Whole Leaf Caesar	410	250	28	10	0	40	1140	17	1	1	22

## PIZZA

Asian Salad Pizza	840	270	29	7	0	60	2110	101	17	4	41
Margherita Pizza	860	340	38	17	0	75	1800	84	8	3	44
Pepperoni Pizza	820	330	36	15	0	75	2140	83	6	3	37
Rustic Vegetable & Three Cheese Pizza	890	340	37	17	0	70	2420	89	14	3	46
Wild Mushroom Pizza	900	350	39	16	0	75	2060	89	6	3	46
Wild Mushroom & Herb Ricotta Pizza	820	300	33	15	0	70	1990	88	7	2	42

## SANDWICHES

<i>Does Not Include Bistro French Fries &amp; Kalamata Olive Aioli</i>											
Bistro Club	840	390	44	9	0	80	1690	70	3	12	42
Bistro Flat Iron Steak	820	300	33	11	0	130	1040	72	3	4	55
Black Forest Ham & Swiss	610	250	27	15	0	115	1810	49	4	1	40
Braised Short Rib	870	410	45	13	0	60	1910	90	12	5	26
Citrus Turkey	800	400	44	11	0	100	1100	62	12	4	36
Dungeness Crab & Shrimp Brioche	1030	740	83	12	0	215	1410	49	6	6	25
Herb Grilled Chicken Breast	880	390	43	7	0	160	1330	56	4	5	65
Honey Chipotle Chicken	540	150	16	3	0	65	1020	61	11	4	34
New York Steak & White Cheddar	1410	680	76	15	0	120	1990	113	7	7	68
Roast Turkey Focaccia	630	240	27	5	0	70	1320	61	7	3	33
Roasted Chicken & Goat Cheese Panini	930	310	34	12	0	85	1449	106	4	6	46
Roasted Chicken & Herb Goat Cheese	670	230	26	7	0	60	1680	72	16	7	38
Roasted Vegetable Focaccia	1020	590	66	16	0	65	2670	75	6	4	33

## KIDS' CAFE

Buttered Noodles	363	81	9	5	0	21	226	63	23	4	10
Chicken Fingers w/ French Fries	470	160	18	4	0	25	630	61	23	4	17
Fruit, Cheese & Crackers	533	266	31	19	0	82	649	45	30	3	24
Grilled Cheese w/ French Fries	695	390	45	20	0	72	1370	69	53	5	25
Kids' Cheese Pizza	771	190	21	11	0	52	1465	109	15	5	36
Macaroni & Cheese	413	80	9	3	0	15	576	73	33	4	12
Simple Chicken Sandwich w/ French Fries	440	160	19	4	0	35	140	55	25	5	16
Simple Turkey Sandwich w/ French Fries	390	120	14	3	0	36	219	53	23	5	18
BBQ Dipping Sauce	90	7	1	0	0	0	240	15	12	0	0
Ranch Dressing	150	144	16	3	0	10	150	1	1	0	0

## BISTRO SPECIALTIES

Bistro Flat Iron Steak Frites - 10 oz	1380	950	105	21	0	245	1090	28	1	4	79
Bistro Flat Iron Steak Frites - 12 oz	1420	920	102	21	0	285	1210	28	1	4	94
Braised Short Rib Pappardelle	550	250	28	13	0	110	870	44	5	2	23
Chicken Pommes Frites - Bistro N Dinner	1508	1130	124	31	0	290	1310	26	0	3	66
Chicken Pommes Frites - all others	1450	1060	118	30	0	285	1390	28	1	4	67
Crab Macaroni & Cheese	770	410	46	26	0	175	1440	57	3	3	28
Filet Bordelaise	850	400	45	19	0	185	460	46	4	5	62
Filet Mignon	760	410	45	20	0	230	440	14	2	4	71
Jumbo Lump Crab Cake - Bistro N Lunch	490	360	40	10	0	95	860	18	3	3	14
Jumbo Lump Crab Cake - Bistro N Dinner	670	470	52	12	0	175	1300	23	3	3	26
Pan Seared Chicken Paillard	570	280	30	8	0	180	370	6	3	1	66
Pan Seared Crab Cake	430	270	30	5	0	135	1420	19	6	4	22
Pan Seared Scallops	560	310	35	10	0	125	690	26	6	2	36
Salmon w/ Gazpacho Salsa	790	510	57	12	0	95	1050	34	9	6	39
San Francisco Cioppino	710	370	41	6	0	145	1870	33	5	3	48
Sautéed Chicken & Angel Hair Pasta	870	410	45	16	0	140	830	68	5	6	47
Shrimp & Asparagus Risotto - Bistro N Dinner	800	520	59	3	0	195	780	42	7	4	28
Shrimp & Asparagus Risotto - all others	700	480	53	28	0	165	640	32	6	4	23
Steak Au Poivre	1460	780	86	41	0	315	840	53	4	6	88

## DESSERTS

Chocolate Paradise Cake	1300	700	84	37	0	200	540	169	125	9	15
Chocolate Pot de Crème	570	380	46	21	0	305	45	43	25	2	7
Crème Brûlée	640	450	51	30	0	455	55	42	37	0	6
Triple Berry Shortcake	1130	570	62	42	0	210	320	128	53	7	10
White Chocolate Bread Pudding	1410	880	98	60	0	512	530	115	76	3	18

## DRESSINGS & OTHER

Caesar Dressing, 2 oz	340	320	36	6	0	20	440	2	1	0	3
Champagne Vinaigrette, 1-1/2 oz	250	234	26	2	0	0	100	4	4	0	0
Cilantro Lime Vinaigrette, 1-1/2 oz	180	162	18	2	0	0	320	6	5	0	0
Dark Cherry Balsamic Vinaigrette, 1 oz	110	80	9	0	0	0	75	7	5	7	0
Dark Cherry Balsamic Vinaigrette, 1-1/2 oz	160	120	14	1	0	0	110	11	4	0	0
Dijon Balsamic Vinaigrette, 1-1/4 oz	190	180	20	2	0	0	110	4	2	0	0
Dijon Balsamic Vinaigrette, 1-1/2 oz	310	290	33	3	0	0	180	6	4	0	0
Ginger Sesame Dressing, 1-1/2 oz	160	100	12	1	0	0	850	17	16	0	0
Louis Dressing, 1 oz	180	160	18	3	0	10	410	3	2	0	0
Olive Oil, 2 Tbl	240	240	28	4	0	0	0	0	0	0	0
Red Wine Vinaigrette, 1-1/2 oz	200	200	22	2	0	0	170	0	0	0	0
Roasted Tomato Sherry Vinaigrette, 1-1/2 oz	90	80	9	1	0	0	150	2	1	0	0
Vanilla Bean Vinaigrette, 1-1/2 oz	230	210	23	2	0	0	220	4	4	0	0
Bistro French Fries for Sandwich	540	350	39	7	0	5	677				