

	SERVING SIZE (G)	CALORIES	CALORIES FROM FAT	FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	FIBER (G)	SUGARS (G)	PROTEIN (G)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
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SOUPS *(Includes Crostini)*

Crab Bisque - Cup	170	400	297	33	20	0	121	731	17	1	3	7	30	14	11	6
Crab Bisque - Bowl	340	730	562	62	37	0	232	1347	27	2	5	12	57	29	19	11
French Onion Soup	426	500	271	30	16	0	71	3122	35	4	11	22	18	35	58	7

STARTERS

Simple Salad	114	240	181	20	2.5	0	5	201	11	1	2	4	26	23	8	4
Caesar Salad	160	310	221	25	6	0	26	544	13	4	4	12	230	37	32	10
Maple Bacon Deviled Eggs	125	340	231	26	7	0	517	453	10	0	7	16	19	5	9	9
Grilled Farm Bread Bruschetta	220	470	306	34	11	0	45	446	22	2	1	16	45	55	41	6
Mediterranean Hummus	341	780	288	32	6	0	13	972	94	11	6	23	4	10	27	37

SALADS *(Includes Dressing)*

Caesar Salad with Roasted Chicken	388	680	422	47	11	0	148	875	21	6	6	44	369	43	43	23
Cilantro Lime Shrimp	414	540	329	37	6	0	187	1003	30	5	8	27	130	46	13	11
Crab, Mango & Avocado	351	410	205	23	3	0	55	495	38	6	12	16	29	74	11	8
Fresh Berry & Fig	316	480	302	34	6	0	25	170	46	9	32	10	45	81	19	14
Nicoise Salad with Wild Salmon	497	550	319	35	4.5	0	242	681	25	5	5	35	123	57	13	24
Warm Asian Glazed Chicken	397	610	271	30	4	0	120	863	47	6	17	37	180	84	16	36

SANDWICHES

Bistro Club (with fries)	507	1200	712	79	16	0	134	1767	80	8	10	43	20	45	9	34
Bistro Club (with salad)	405	840	490	54	11	0	125	1142	47	5	8	42	36	41	12	29
Citrus Cranberry Turkey (with fries)	500	1300	691	77	16	0	113	1699	103	15	15	49	20	78	35	28
Citrus Cranberry Turkey (with salad)	410	940	469	52	11	0	105	1075	70	13	12	48	36	74	37	23
Gruyere Pros Grilled Chz (with fries)	383	1070	606	67	21	0	110	1762	80	6	9	36	15	26	69	27
Gruyere Pros Grilled Chz (with salad)	348	710	384	43	16	0	102	1137	47	3	7	35	31	22	71	22
French Dip (with fries)	589	1230	618	69	23	0	174	2873	89	6	5	58	15	19	43	31
French Dip (with salad)	499	860	397	44	18	0	166	2248	56	3	3	57	31	15	45	26
Roasted Chx & Goat Chz (with fries)	452	1170	718	80	23	0	150	1499	79	6	10	38	26	40	36	37
Roasted Chx & Goat Chz (with salad)	362	810	496	55	18	0	142	874	46	3	8	37	42	37	38	32

HANDMADE PIZZA

Margherita	438	780	276	31	14	0	67	822	88	4	4	36	30	19	65	4
Pepperoni & Mushroom	405	970	438	49	19	0	103	1449	90	6	4	42	17	13	51	14
Prosciutto & Arugula	380	970	433	48	21	0	135	1574	87	4	3	48	48	13	67	8

ENTREES

Crab Macaroni & Cheese	414	830	456	51	28	0	241	775	58	1	2	31	43	17	48	23
Flat Iron Steak Frites	538	1270	777	86	24	1	213	1117	59	5	5	56	17	29	6	48
Roasted Chicken Pommes Frites	696	1640	1065	118	32	0	328	1381	61	6	5	79	22	49	8	33
Sauteed Chicken & Angel Hair Pasta	557	770	433	48	15	0	199	491	47	4	4	37	61	46	12	35
Wild Salmon & Mushroom Risotto	596	1140	704	78	34	0	221	691	54	3	4	55	42	30	34	15

KIDS' MENU *(Includes Side of Fruit & Raisins)*

Chicken Fingers w/ BBQ Sauce	288	650	302	34	6	0	48	1019	75	3	25	15	3	28	2	13
Chicken Fingers w/ Ranch	288	690	393	44	8	0	54	936	61	3	13	16	3	28	3	13
Grilled Cheese Sandwich & Fries	266	670	247	27	12	0.5	55	1313	90	9	18	20	14	28	50	20
Macaroni & Cheese	300	630	325	36	19	0.5	111	840	70	8	13	15	25	24	35	26
Pasta with Tomato Sauce	325	380	83	9	1.5	0	4	578	73	10	15	12	7	43	11	31

DESSERTS

Apple Cobbler	389	830	277	31	19	0	95	132	134	6	99	8	18	14	7	11
Blackberry Apple Cobbler	370	750	238	26	16	0	80	127	123	6	89	8	16	21	7	12
Blueberry Almond Cake with Gelato	227	730	391	43	18	0	125	129	77	6	56	13	15	11	16	14
Cheesecake with Sea Salt Caramel	217	770	505	56	32	0	296	444	58	0	54	11	44	0	15	6
Chocolate Banana Creme Brulee	283	930	642	71	43	0	455	69	67	4	50	9	51	11	17	37
Chocolate Paradise Cake	350	1170	602	67	31	0	192	360	138	8	103	13	31	1	20	45
Chocolate Pot de Creme	247	970	644	72	38	0	371	160	71	5	59	13	39	1	22	49
Creme Brulee	192	640	456	51	30	0	418	58	42	1	37	6	44	7	12	6
Lemon Ricotta Shortcake	237	820	395	44	26	0	315	194	99	5	69	13	33	41	24	15
Maple Apple Cobbler	367	710	200	22	14	0	66	127	123	6	86	7	12	13	9	12
Peach Blackberry Cobbler	383	720	270	30	19	0	93	117	107	5	77	9	28	27	7	13
Pineapple Brown Butter Cake	214	970	416	46	28	0	218	223	129	2	86	12	32	19	17	20
Triple Berry Shortcake	395	930	384	43	26	0	177	391	126	8	52	14	33	101	25	30
S'mores Pot De Creme	307	1560	756	84	51	0	395	350	187	7	122	18	45	2	25	80
Sorbet & Gelato	170	310	122	14	9	0	60	75	38	0	38	6	0	0	0	0
Strawberry Blueberry Cobbler	388	730	275	31	19	0	94	121	109	5	74	8	17	155	8	14
White Chocolate Bread Pudding	388	1570	972	108	65	0	526	305	134	3	95	21	71	18	47	20
Warm Choc Chip Cookie w/ Gelato	205	800	387	43	26	0	105	480	101	5	68	8	6	0	4	15