

	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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SOUP (Includes Crostini)

<b>Roma Tomato Basil - Cup</b>	170	230	142	16	9	0	49	430	16	2	5	5	57	29	11	10
<b>Roma Tomato Basil - Bowl</b>	340	390	252	28	16	0	88	745	27	5	10	7	111	57	19	20

STARTER SALADS (Includes Dressing)

<b>Caesar Salad</b>	160	310	221	25	6	0	26	544	13	4	4	12	230	37	32	10
<b>Simple Salad</b>	114	250	191	21	2.5	0	6	210	12	1	2	4	26	24	8	4

SALADS (Includes Dressing)

<b>Blackened Wild Salmon Caesar</b>	368	750	507	56	11	0	93	900	23	6	7	41	384	44	42	21
<b>Chinese Chicken</b>	308	520	221	25	3	0	92	653	46	5	14	29	168	83	14	34
<b>Cilantro Lime Chicken</b>	306	490	297	33	8	0	105	273	20	3	8	31	115	34	6	17
<b>Fresh Berry &amp; Fig</b>	316	480	302	34	6	0	25	170	46	9	32	10	45	81	19	14
<b>Niçoise Salad with Wild Salmon</b>	497	550	319	35	4.5	0	242	681	25	5	5	35	123	57	13	24
<b>Shrimp &amp; Arugula w/ Sweet Corn</b>	390	580	364	40	9	0	207	1087	29	3	6	29	50	47	35	14

SANDWICHES

<b>Chicken Club (with chips)</b>	344	930	485	54	10	0	122	1069	73	6	14	41	20	38	9	29
<b>Chicken Club (with salad)</b>	367	840	470	52	10	0	125	987	54	5	15	40	37	34	12	28
<b>Chipotle White Cheddar (with chips)</b>	218	730	390	43	19	0	80	830	61	3	4	25	14	29	27	24
<b>Chipotle White Cheddar (with salad)</b>	242	640	378	42	19	0	84	771	43	2	5	25	31	24	32	23
<b>Cranberry Turkey (with chips)</b>	381	1080	500	56	12	0	119	1223	90	12	13	54	7	27	22	27
<b>Cranberry Turkey (with salad)</b>	404	990	485	54	12	0	121	1141	71	11	14	53	24	23	26	26
<b>French Dip (with chips)</b>	476	960	419	47	19	0	164	2335	75	4	1	58	13	20	41	27
<b>French Dip (with salad)</b>	499	870	404	45	19	0	166	2254	56	3	3	57	31	16	45	26
<b>Santa Fe Chicken Panini (with chips)</b>	395	1050	608	68	18	0	150	843	72	8	10	42	43	60	10	34
<b>Santa Fe Chicken Panini (with salad)</b>	418	960	594	66	17	0	152	740	53	7	11	41	60	56	14	35
<b>Turkey &amp; Swiss Panini (with chips)</b>	377	1160	661	73	25	0	190	1092	63	3	5	62	19	25	51	30
<b>Turkey &amp; Swiss Panini (with salad)</b>	401	1070	646	72	25	0	192	1011	44	2	7	61	37	21	55	30

HANDMADE PIZZA

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

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PASTA

<b>Grilled Chicken &amp; Spinach Alfredo</b>	450	960	457	51	27	0	255	808	79	7	6	47	94	35	51	32
<b>Penne Bolognese</b>	378	740	458	51	26	0	213	729	54	1	3	18	37	31	16	24
<b>Spicy Wild Shrimp &amp; Angel Hair</b>	493	530	175	19	2.5	0	234	1319	58	2	4	32	30	34	23	31

ENTREES

<b>Grilled Skirt Steak Chimichurri</b>	671	890	535	59	11	1	127	796	46	10	15	48	515	74	17	42
<b>Herb Chicken w/Rstd Veg &amp; Farro</b>	569	910	449	50	11	0.5	198	645	42	8	7	75	201	121	19	29
<b>Wild Salmon w/Rstd Veg &amp; Farro</b>	443	620	273	30	5	0	95	588	42	8	7	50	201	120	16	21

KIDS' MENU (Includes Side of Fruit & Raisins)

<b>Chicken Fingers w/ BBQ Sauce</b>	251	600	287	32	5	0	48	842	67	3	24	15	3	28	2	12
<b>Chicken Fingers w/ Ranch</b>	251	640	378	42	7	0	54	760	53	3	13	15	3	29	3	12
<b>Grilled Cheese &amp; Tomato Soup</b>	395	700	301	33	17	0.5	95	1393	84	11	22	21	68	52	58	28
<b>Macaroni &amp; Cheese</b>	300	630	325	36	19	0.5	111	840	70	8	13	15	25	24	35	26
<b>Pasta with Tomato Sauce</b>	325	380	83	9	1.5	0	4	578	73	10	15	12	7	43	11	31