

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

June 2015



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)
 VIT A (%DV)
 VIT C (%DV)
 CALCIUM (%DV)
 IRON (%DV)

SOUPS

Crab Bisque Bowl	340	693	555	62	37	0	233	1297	22	2	5	11	57	30	16	11
Crab Bisque Cup	170	346	277	31	18	0	116	649	11	1	3	5	29	15	8	6
French Onion Soup	426	635	302	34	16	0	71	3150	57	7	16	26	105	43	63	18

STARTERS

Ale Battered Onion Rings	368	631	192	21	2	0	2	920	97	9	32	11	9	69	16	19
Caesar Salad	160	302	220	24	6	0	26	504	11	3	3	11	128	33	30	8
Crisp Calamari	263	522	179	20	3.5	0	471	583	47	2	19	36	6	16	17	15
Grilled Farm Bread Bruschetta	216	490	306	34	12	0	45	446	25	3	2	17	30	36	43	6
Spinach, Arugula & Goat Cheese	200	374	282	31	5	0	19	225	22	2	6	7	59	97	8	11

SALADS

Blackened Salmon Caesar	378	851	606	67	14	0	113	929	23	6	7	42	392	44	57	27
Cobb Salad	449	687	412	46	16	0	316	1536	14	7	5	54	383	38	28	27
Ginger Sesame Chicken Salad	397	659	315	35	4.5	0	120	897	48	6	18	38	184	85	17	37
Grilled Vegetable Salad	426	446	293	33	4	0	6	202	36	9	12	11	144	102	16	20
Shrimp & Crab Louis	479	602	325	36	6	0	386	1246	31	3	8	36	130	39	18	20
Sliced Peppered Steak Salad	363	665	384	43	9	0.5	93	798	30	4	11	40	41	58	36	27
Strawberry Almond Chicken Salad	424	736	501	56	9	0	140	325	28	6	18	39	134	94	19	23

SANDWICHES

Chicken Burger	688	1478	850	94	21	0	255	2103	100	9	14	61	38	54	41	40
Half Pound Angus Burger	616	1544	899	100	27	2.5	219	2004	103	7	11	54	25	35	20	50
Prime Rib French Dip	676	1509	875	97	37	2.5	215	3227	97	6	8	65	30	24	58	54
Roast Turkey Club	543	1500	813	90	20	0	184	3116	95	8	13	71	21	23	22	44
Veggie Burger	708	1367	663	74	15	0	80	2783	145	16	10	33	43	32	48	54

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GRILL ENTREES

Chicken Paillard	424	582	315	35	11	0	255	294	9	2	4	57	34	56	14	22
Crab Macaroni & Cheese	402	785	436	48	27	0	237	723	53	1	2	30	39	12	46	20
Grilled Halibut	686	901	381	42	20	0	164	644	77	7	9	51	143	68	39	26
Halibut & Chips	489	1235	800	89	13	0	98	1370	71	5	9	33	50	46	8	18
Rib Eye Steak	664	1324	940	104	32	4	238	1142	33	7	4	75	216	108	19	63
Roasted Chicken Pommes Frites	697	1742	1134	126	36	0	373	1450	62	5	4	83	23	36	8	36
Salmon & Mushroom Risotto	582	1278	767	85	32	0	222	672	73	5	8	54	142	40	43	20

SIDES

Grill French Fries w/ Horseradish Aioli	244	664	358	40	7	0	7	1104	68	5	4	5	0	21	0	10
Grilled Asparagus with Lemon	193	78	41	5	0.5	0	0	34	8	4	4	4	25	30	6	20
Herbed Mushroom Risotto	342	714	358	40	17	0	68	512	69	4	7	18	111	17	34	9
Macaroni & Cheese	233	519	275	31	18	0	141	446	41	0	1	18	20	1	32	14
Sauteed Spinach with Garlic	132	91	45	5	0.5	0	0	110	10	3	1	4	213	68	14	19

DRESSINGS & OTHER

Grill French Fries for Sandwich	113	292	128	14	3	0	0	474	37	3	1	3	0	10	0	6
BBQ Sauce, 1½ oz	43	90	0	0	0	0	0	360	23	0	19	0	0	0	0	0
Blue Cheese Dressing, 1½ oz	43	176	167	19	4.5	0	17	241	1	0	2	2	2	0	4	0
Bread Service (with butter)	99	285	117	13	7	0	31	126	36	1	9	7	8	0	4	15
Caesar Dressing, 1½ oz	43	189	179	20	3.5	0	11	217	1	0	2	2	1	2	5	1
Creamy Herb Vinaigrette, 1¼ oz	35	174	162	18	2.0	0	1	48	13	0	0	0	2	2	2	2
Dijon Balsamic Vinaigrette, 1½ oz	43	216	206	23	1.5	0	0	28	12	0	11	0	2	0	0	0
Ginger Sesame Dressing, 1 oz	28	116	71	8	0.5	0	0	233	11	0	7	1	0	0	1	1
Horseradish Aioli, 1½ oz	43	153	134	15	2	0	7	275	3	0	6	1	0	2	0	0
Louis Dressing, 1½ oz	43	152	135	15	2.5	0	8	311	3	0	5	0	3	6	0	0
Ranch, 1½ oz	43	147	137	15	2.5	0	8	236	2	0	3	1	0	0	3	0
Roasted Shallot Vinaigrette, 1 oz	28	143	132	15	1	0	0	13	3	0	9	0	2	2	0	0

KIDS' CAFÉ

<i>Includes Side of Fruit & Raisins</i>																
Chicken Fingers with French Fries	304	656	280	31	7	0	58	1127	78	4	25	18	4	30	2	15
Grilled Cheese with French Fries	266	589	207	23	11	0	36	1184	81	6	18	17	10	30	36	21
Macaroni & Cheese	300	609	276	31	18	0	98	773	71	6	14	17	23	26	24	20
Pasta with Tomato Sauce	331	357	43	5	1.5	0	7	499	67	6	12	14	3	25	13	20

2,000 calories a day is used for general nutrition advice, but calorie needs vary