

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

September 2011

Specialty Coffee Food

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Item Name	Nutritional Profile (per 100g)											Detailed Nutrient Breakdown (per 100g)										
	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)	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)
PARFAITS & CUPS																						
Cut Seasonal Fruit Cup	110	0	0	0	0	0	0	29	21	3	1											
Strawberries Crème Anglaise	310	160	18	11	0	65	20	37	8	3	2											
Fruit Cup	80	0	0	0	0	0	25	21	17	3	1											
Greek Yogurt Parfait	450	190	20	11	0	45	120	54	38	3	10											
Pretzels w/ Natural Peanut Butter	540	250	29	0	0	0	930	57	2	8	20											
Pretzels w/ Spicy Brown Mustard	250	0	0	0	0	0	1360	55	2	2	4											
Tomato Mozzarella & Cucumber Cup	190	120	14	8	0	45	45	8	4	2	11											
Yogurt Parfait	410	120	13	4	0	10	170	57	43	4	6											
Vegetable Sticks w/ Ranch Dressing	370	280	31	5	0	15	610	18	12	5	4											
SALADS																						
Albacore Tuna & Tomato Salad	400	210	23	4	0	245	660	24	7	5	25											
BBQ Chicken Salad	405	200	23	7	0	74	840	22	10	7	28											
Chicken & Cherry Waldorf Salad	470	190	21	3	0	41	200	41	27	7	29											
Chicken Caesar Salad	370	210	23	4	0	55	410	12	12	3	20											
Chinese Chicken Salad	375	90	10	5	0	56	734	21	8	3	20											
Chipotle Chicken Southwestern Salad	460	220	25	8	0	105	510	27	17	7	36											
Citrus Couscous Chicken Salad	470	220	23	3	0	45	790	36	16	3	23											
Cobb Salad	440	250	28	10	0	155	1020	10	3	6	37											
Harvest Chicken Spinach Salad	360	130	15	5	0	55	470	33	2	6	26											
Lemon Chicken Bowtie Pasta Salad	680	260	29	6	0	70	830	70	10	4	33											
Mediterranean Chicken Salad	251	120	13	5	0	72	1218	7	2	2	25											
Pistachio Chicken Salad	280	70	8	1	0	50	240	28	20	4	24											
Thai Chicken Pasta Salad	630	160	18	3	0	75	1200	76	21	5	38											
DRESSINGS - 2 oz servings																						
Caesar Dressing	313	300	34	5	0	19	413	1	0	0	3											
Champagne Vinaigrette	313	293	33	3	0	0	125	5	5	0	0											
Dark Cherry Balsamic Vinaigrette	200	150	18	1	0	0	138	14	5	0	0											
Dijon Balsamic Vinaigrette	388	363	41	4	0	0	225	8	5	0	0											
Ginger Sesame Dressing	200	125	15	1	0	0	1063	21	20	0	0											
SANDWICHES																						
Albacore Tuna Sandwich	513	210	23	4	0	42	834	47	12	8	30											
Chicken, Basil & Swiss Sandwich	800	380	41	15	0	135	940	54	8	4	51											
Chicken Ciabatta Sandwich	760	350	38	11	0	125	1160	52	3	3	48											
Italian Sandwich	970	570	63	21	0	145	2900	58	5	3	41											
Roast Turkey & Swiss Croissant	850	500	55	21	0	145	2080	55	13	4	31											
Smoked Turkey & Brie Sandwich	640	280	33	10	0	90	1840	56	19	6	28											
Traditional Turkey Sandwich	356	50	3	1	0	73	106	44	10	2	34											
Turkey Rosemary Ciabatta Sandwich	652	380	33	10	0	92	1048	52	4	4	35											
WRAPS																						
Asian Chicken Wrap	520	100	11	1	0	45	1510	77	17	9	32											
BBQ Chicken Wrap	750	270	30	13	0	110	1410	75	13	11	46											
Chicken Caesar Wrap	730	280	31	9	0	100	1240	62	3	7	51											
Chipotle Chicken Wrap	850	390	43	12	0	130	1290	67	6	8	5											
Greek Salad Wrap	740	290	32	10	0	120	1470	67	8	8	46											
Vegetable & Hummus Wrap	633	220	25	5	0	25	1667	86	10	13	21											
Vegetable Wrap w/ Herb Cream Cheese	630	270	31	19	0	90	1630	67	6	8	24											
SNACKS																						
Albacore Tuna Salad & Lavosh Crackers	390	140	16	2	0	30	670	41	9	6	22											
Cheese & Crackers	670	390	44	27	0	120	860	31	16	1	34											
Half Turkey Sandwich & Salad	250	60	6	1	0	40	280	26	6	5	22											
Hard Cooked Eggs	140	80	9	3	0	430	130	2	0	0	12											
Hummus Dip w/ Vegetables	410	190	21	3	0	15	1260	48	11	11	10											
In House Trail Mix	770	190	21	2	0	0	50	130	75	15	16											
Protein Snack Box	920	520	60	17	0	270	830	60	17	9	44											
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.																						
Nutritional Analysis Prepared by: NUTRITION + CULINARY CONSULTANTS																						