

	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)
STARTERS																
Crab Bisque - Cup <i>(Includes Crostini)</i>	170	400	294	33	20	0	118	713	18	1	3	7	39	12	11	6
Crab Bisque - Bowl <i>(Includes Crostini)</i>	340	740	555	62	37	0	227	1311	30	3	6	12	77	24	19	12
French Onion Soup	426	500	271	30	16	0	71	3122	35	4	11	22	18	35	58	7
Kale & Manchego Salad	145	330	204	23	4	0	12	103	28	4	17	8	143	80	19	16
Simple Salad	114	240	181	20	2.5	0	5	201	11	1	2	4	26	23	8	4
SHARE PLATES																
Cilantro Lime Chicken Tacos	126	300	175	19	4	0	46	238	25	2	2	11	38	36	13	8
Crisp Calamari	263	500	154	17	2.5	0	468	689	50	2	22	35	6	17	14	14
Heirloom Tomatoes & Burrata	252	480	331	37	11	0	42	374	19	2	0	12	32	52	35	6
Kung Pao Brussels Sprouts	260	350	187	21	3	0	36	604	30	7	13	15	28	243	10	18
Maple Bacon Deviled Eggs	125	340	231	26	7	0	517	453	10	0	7	16	19	5	9	9
Margherita Pizza	438	780	276	31	14	0	67	822	88	4	4	36	30	19	65	4
Prosciutto & Arugula Pizza	380	970	433	48	21	0	135	1574	87	4	3	48	48	13	67	8
SALADS																
Cilantro Lime Shrimp Salad	368	490	284	32	6	0	185	990	26	4	7	27	60	35	10	10
Crab, Mango & Avocado Salad	351	410	205	23	3	0	55	495	38	6	12	16	29	74	11	8
Warm Asian Glazed Chicken Salad	394	650	316	35	4.5	0	121	872	47	6	17	38	122	86	20	34
Wild Salmon Nicoise	442	540	318	35	4.5	0	242	678	22	5	4	35	67	54	12	25
Baby Gem Caesar	277	450	325	36	9	0	42	807	15	4	5	18	90	18	37	14
Baby Gem Caesar w/Roasted Chicken	433	660	413	46	12	0	157	931	15	4	5	46	100	18	39	22
Baby Gem Caesar w/Wild Salmon	393	670	409	45	11	0	119	938	15	4	5	52	90	18	38	18
SEAFOOD																
Lobster Macaroni & Cheese	396	790	436	48	26	0	301	995	53	1	3	36	41	11	45	24
Salmon w/ Mediterranean Couscous	520	870	537	60	18	0	152	760	32	2	5	53	45	52	36	16
Seared Scallops	383	540	238	26	11	0	75	955	44	2	4	30	20	22	14	10
Shrimp Chitarra	518	810	413	46	12	0	265	1062	62	4	3	35	94	48	23	24
MEAT																
Bazille Burger (w/ fries)	548	1470	910	101	29	2.5	202	1689	83	5	10	52	21	25	25	44
Bazille Burger (w/ salad)	458	1110	689	77	24	2.5	194	1064	51	3	7	51	36	21	27	39
Flat Iron Steak Frites	479	1040	590	66	15	1	163	1209	59	5	5	50	17	29	7	42
French Dip (w/ fries)	589	1170	580	64	21	0.5	162	2865	88	5	5	55	15	19	41	36
French Dip (w/ salad)	499	810	359	40	16	0.5	154	2240	55	3	3	54	31	15	43	31
Handmade Gnocchi w/ Lamb Ragù	403	880	462	51	22	0	127	603	64	5	3	36	24	15	35	27
Beef & Comte Patty Melt (w/ fries)	543	1550	1000	111	25	2.5	235	1740	84	7	10	61	12	30	66	47
Beef & Comte Patty Melt (w/ salad)	453	1190	778	86	20	2.5	226	1115	51	5	7	60	27	26	69	43
Skirt Steak Romesco	416	830	548	61	14	1	144	287	26	5	5	48	92	99	17	28

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POULTRY																
Bistro Club (w/ fries)	495	1200	712	79	16	0	134	1851	80	8	10	43	20	45	9	34
Bistro Club (w/ salad)	405	840	490	54	11	0	125	1226	47	5	8	42	36	41	12	29
Housemade Chx Sausage & Burrata	531	820	430	48	18	0	118	810	67	6	7	31	51	203	35	30
Pan Seared Chicken	537	720	280	31	8	0	234	351	50	5	37	60	153	238	19	30
SW Chicken Sandwich (w/ fries)	524	1110	573	64	12	0	151	1404	90	7	12	41	49	47	16	40
SW Chicken Sandwich (w/ salad)	434	750	352	39	7	0	143	779	57	5	9	40	65	43	18	35
KIDS' MENU <i>(Includes Side of Fruit)</i>																
Buttered Noodles	264	460	153	17	6	0	68	71	66	4	13	13	2	59	6	12
Cheese Tortelloni	369	360	100	11	4	0	53	1010	65	8	18	14	0	81	21	19
Chicken Tenders - BBQ	346	510	208	23	4.5	0	48	930	61	4	29	16	0	89	5	13
Chicken Tenders - Ketchup	346	480	209	23	4.5	0	48	1069	55	4	24	16	0	97	6	14
Chicken Tenders - Ranch	346	540	299	33	6	0	54	848	47	4	18	16	0	89	7	13
Grilled Cheese & Soup - Tomato Basil	424	670	309	34	19	0	94	926	71	10	25	24	8	90	45	25
Macaroni & Cheese	415	840	484	54	29	0.5	166	1252	79	11	17	22	10	60	53	33
Penne Alfredo with Chicken	509	950	464	52	26	0	188	1099	86	3	15	36	10	60	52	17
Roasted Chicken Breast	368	350	112	12	2.5	0	115	277	30	4	15	31	2	89	8	15
Seared Wild Salmon	350	420	167	19	2.5	0	77	284	31	5	16	37	0	102	7	11
DESSERTS																
Affogato	85	120	46	5	3.5	0	23	38	57	0	57	2	0	0	1	0
Apple Cobbler	389	830	277	31	19	0	95	132	134	6	99	8	18	14	7	11
Blueberry Almond Cake	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
Individual Chocolate Mousse Cake	236	870	485	54	31	0	107	171	92	8	68	6	23	16	13	59
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
Pineapple Brown Butter Cake	214	970	416	46	28	0	218	223	129	2	86	12	32	19	17	20
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
Triple Berry Shortcake	395	930	384	43	26	0	177	391	126	8	52	14	33	101	25	30
Warm Choc Chip Cookie w/ Gelato	205	800	387	43	26	0	105	480	101	5	68	8	6	0	4	15
White Chocolate Bread Pudding	257	930	565	63	38	0	280	338	81	3	53	11	60	10	20	6

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