

	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

Roma Tomato Basil - Cup w/crostini	187	220	142	16	9	0	46	415	16	3	5	4	57	30	11	11
Roma Tomato Basil - Bowl w/crostini	357	370	252	28	15	0	83	714	27	5	11	7	113	59	19	20
Brussels Sprouts Frite	223	280	126	14	1	0	0	75	38	7	22	7	27	256	8	16
Burrata with Apples	175	530	271	30	10	0	40	478	47	3	19	16	68	8	26	9
Cilantro Lime Chicken Tacos	126	300	175	19	4	0	46	238	25	2	2	11	38	36	13	8
Fried Calamari	297	460	140	16	2.5	0	401	691	47	3	19	32	16	62	13	17
Grilled Romaine Caesar	211	320	226	25	5	0	18	434	18	3	4	7	225	12	16	13
Hamachi Tostada	150	390	206	23	3.5	0	30	530	10	1	2	11	6	20	6	6
Pear, Kale & Blue Cheese Salad	215	410	149	17	3.5	0	11	294	61	10	25	9	97	68	15	10

PASTA & PIZZA

Mushroom & Chicken Pasta	585	980	503	56	18	0	148	721	77	7	10	48	86	66	37	34
Spaghetti & Meatballs	466	1130	520	58	25	2.5	225	1007	88	7	9	57	87	44	49	63
Wild Shrimp & Saffron Chitarra Pasta	548	930	495	55	17	0	279	1280	65	5	5	39	58	160	25	21
Herbed Mushroom Flatbread	359	750	381	42	16	0	54	879	62	4	5	33	16	8	64	26
Neapolitan Pizza	229	500	183	20	9	0	37	538	59	3	3	20	13	12	34	24
Sopressata Pizza	267	700	309	34	15	0	75	1400	62	3	2	35	100	119	34	27

SEAFOOD

Cilantro Lime Shrimp	368	480	280	31	6	0	190	1003	27	4	7	27	60	37	26	11
Crab Roll (w/ fries)	368	480	280	31	6	0	190	1003	27	4	7	27	60	37	26	11
Crab Roll (w/ salad)	310	440	208	23	6	0	129	690	37	4	6	23	56	48	19	19
Glazed Wild Salmon with Farro	480	1010	575	64	9	0	87	289	64	11	14	52	67	43	16	41
Sake Marinated Ling Cod	377	400	127	14	5	0	139	2063	24	1	9	41	44	7	9	13
Wild Salmon Nicoise	442	540	318	35	4.5	0	242	678	22	5	4	35	67	54	12	25

MEAT

Braised Beef Bourguignon	646	1300	804	89	27	0	193	2522	53	9	13	60	0	58	15	52
BV Burger (w/ fries)	518	1240	676	75	25	2.5	190	1499	83	5	8	52	19	23	24	42
BV Burger (w/ salad)	462	1010	598	66	23	2.5	191	970	51	3	8	51	39	24	27	39
Brick Oven Steak Salad	418	740	239	27	6	0.5	91	365	83	5	35	42	85	44	23	44
Short Rib Grilled Cheese (w/ fries)	309	1000	569	63	28	0	125	1004	76	5	8	32	15	28	38	37
Short Rib Grilled Cheese (w/ salad)	253	780	490	54	26	0.5	125	475	43	3	8	30	35	23	39	28
Skirt Steak	525	1070	702	78	40	1	315	689	36	4	3	58	52	73	43	29

POULTRY

Pan Roasted Chicken	749	1340	858	95	28	0	323	493	37	3	3	82	38	72	9	28
Roast Turkey Club (w/ fries)	446	1030	476	53	10	0	78	1976	98	14	18	42	78	54	9	31
Roast Turkey Club (w/ salad)	391	810	397	44	8	0	79	1447	65	12	18	40	98	56	12	28
Sesame Chicken Salad	424	850	365	41	4	0	105	1059	82	8	11	40	125	75	22	54
SW Chicken Sandwich (w/ fries)	518	910	378	42	9	0	141	1258	89	7	10	41	48	43	15	38
SW Chicken Sandwich (w/ salad)	462	680	299	33	7	0	142	730	56	5	10	40	67	45	17	35

KIDS' MENU *(Includes Side of Fruit)*

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
Apple Crostata	339	910	396	44	28	0	125	49	125	4	86	8	25	19	4	14
Blackberry Apple Cobbler	370	750	238	26	16	0	80	127	123	6	89	8	16	21	7	12
Blueberry Almond Cake	227	730	391	43	18	0	125	129	77	6	56	13	15	11	16	14
Cheesecake with Bourbon Caramel	208	740	503	56	30	0	282	413	52	1	48	11	41	0	15	6
Cheesecake with Sea Salt Caramel	217	770	505	56	32	0	296	444	58	0	54	11	44	0	15	6
Chocolate Paradise Cake	350	1170	602	67	31	0	192	360	138	8	103	13	31	1	20	45
Crème Brûlée	192	640	456	51	30	0	418	58	42	1	37	6	44	7	12	6
Crisp Strawberry Crostata	221	760	414	46	29	0	150	70	79	3	54	8	25	90	8	10
Individual Chocolate Mousse Cake	236	870	485	54	31	0	107	171	92	8	68	6	23	16	13	59
Lemon Custard Cake	215	590	467	52	31	0	294	78	28	3	17	8	36	48	10	6
Lemon Ricotta Shortcake	231	820	395	44	26	0	315	194	97	4	68	13	32	37	24	15
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
Triple Choc Chip Cookies (1/2 doz)	174	830	442	49	29	0	147	50	86	9	62	11	11	0	17	108
Triple Choc Chip Cookies (1 doz)	349	1670	883	98	59	0	294	101	171	19	124	22	22	0	34	216
Warm Choc Chip Cookie with 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