

	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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STARTERS

Roma Tomato Basil - Cup (w/crostini)	170	220	142	16	9	0	46	415	16	3	5	4	57	30	11	11
Roma Tomato Basil - Bowl (w/crostini)	340	370	252	28	15	0	83	714	27	5	11	7	113	59	19	20
Rustic Cheddar Chive Biscuit	109	320	163	18	11	0	50	278	30	1	3	9	14	3	28	11

STARTER SALADS *(Includes Dressing)*

Simple Salad	114	250	191	21	2.5	0	6	210	12	1	2	4	26	24	8	4
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SALADS *(Includes Dressing)*

Asian Chicken	312	570	287	32	3.5	0	92	603	42	5	15	31	121	86	19	31
Chicken, Apple & Goat Cheese	362	680	448	50	10	0	124	304	38	7	23	32	49	33	13	15
Cilantro Lime Chicken	306	440	253	28	7	0	105	266	17	3	7	31	62	34	6	18
Fresh Berry	303	510	328	36	6	0	25	178	48	9	30	11	45	91	16	19
Shrimp & Arugula w/ Sweet Corn	390	580	364	40	9	0	207	1087	29	3	6	29	50	47	35	14
Wild Salmon Niçoise	442	540	318	35	4.5	0	242	678	22	5	4	35	67	54	12	25
Caesar Salad	265	570	417	46	10	0	38	853	24	6	7	17	140	22	34	17
Caesar Salad with Chicken	350	720	481	53	12	0	124	946	24	6	7	38	140	22	35	24
Caesar Salad with Wild Salmon	381	790	500	56	11	0	115	983	24	6	7	51	140	22	35	21

SANDWICHES

Chicken Club (w/ chips)	344	940	486	54	10	0	122	1130	74	6	15	41	24	39	10	30
Chicken Club (w/ salad)	367	840	470	52	10	0	125	1000	54	5	15	40	37	34	12	28
Cranberry Turkey (w/ chips)	347	940	403	45	11	0	116	917	85	9	19	49	14	27	28	28
Cranberry Turkey (w/ salad)	370	840	387	43	11	0	118	786	65	8	19	47	27	23	31	26
French Dip (w/ chips)	476	920	381	42	16	0.5	152	2377	76	4	3	56	18	20	40	33
French Dip (w/ salad)	499	820	366	41	16	0.5	154	2246	55	3	3	54	31	16	43	31
Santa Fe Chicken Panini (w/ chips)	395	1060	609	68	18	0	150	892	74	8	11	42	47	61	11	36
Santa Fe Chicken Panini (w/ salad)	418	960	593	66	17	0	152	761	53	7	11	41	60	56	14	34
White Cheddar Asparagus (w/ chips)	249	760	424	47	19	0	81	755	63	5	5	25	32	23	48	31
White Cheddar Asparagus (w/ salad)	272	660	408	45	19	0	83	625	42	3	5	24	45	19	51	29

HANDMADE PIZZA

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

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PASTA

Chicken & Cheese Tortelloni	403	840	495	55	25	0	246	1338	56	7	4	43	121	63	47	27
Chili Spiced Chicken	418	980	501	56	11	0.5	193	1288	73	6	8	47	32	35	10	33
Penne Bolognese	378	740	458	51	26	0	213	686	54	1	3	19	44	57	16	24
Spicy Wild Shrimp Pomodoro	503	760	337	37	6	0	236	1203	71	5	4	37	48	34	26	27

ENTREES

Asparagus Quiche	433	860	711	79	41	0	369	919	64	12	4	26	96	97	57	47
Grilled Skirt Steak Chimichurri	671	890	535	59	11	1	127	796	46	10	15	48	515	74	17	42
Pan Seared Chicken	407	540	289	32	11	0	247	328	7	2	2	56	37	44	14	21
Wild Salmon w/Rstd Veg & Farro	443	620	273	30	5	0	95	588	42	8	7	50	201	120	16	21

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