

BAZILLE NUTRITION

Recipe Name	Serving Size Grams	Serv Per Container	Calories	Total Fat(g)	Total Fat %	Saturated Fat(g)	Saturated Fat %	Trans Fat(g)	Cholesterol(mg)	Cholesterol %	Sodium (mg)	Sodium %	Total Carb.(g)	Total Carb. %	Dietary Fiber(g)	Dietary Fiber %	Sugars(g)	Added Sugars	Added Sugars %	Protein(g)	Vitamin D(mcg)	Vitamin D(%DV)	Calcium (mg)	Calcium (%DV)	Iron(mg)	Iron(%DV)	Potassium(mg)	Potassium %
Bazille Burger w/ fries	626	1	1470	97	150	29	147	2.5	200	67	1330	55	89	30	7	28	10	0	0	54	0	13	254	25	8	43	1430	41
Bazille Burger w/ side salad	458	1	1110	77	118	24	122	2.5	195	65	1070	44	51	17	3	13	7	1	0	51	0	11	276	28	7	40	960	27
Bazille Burger beyond burger w/ fries	626	1	1380	88	135	23	116	0	60	21	1780	74	98	33	10	40	10	0	0	50	0	13	358	36	11	60	980	28
Bazille Burger beyond burger w/ side salad	458	1	1030	67	103	18	91	0	55	18	1520	63	60	20	6	25	7	1	0	48	0	11	380	38	10	56	500	14
Bistro Club w/ fries	496	1	1200	75	116	16	81	0	135	45	1490	62	85	28	9	37	11	0	0	44	0	16	94	9	6	32	1410	40
Bistro Club w/side salad	405	1	840	55	84	11	56	0	125	42	1230	51	47	16	6	23	8	1	0	42	0	14	117	12	5	29	940	27
Cauliflower pizza crust - Nutrition ONLY	300	1	780	6	9	0	0	0	0	0	1740	73	174	58	12	48	18	18	0	6	0	0	120	12	6	36	180	5
Cilantro Lime Chicken Tacos	126	1	310	20	31	4	20	0	45	15	200	8	21	7	3	11	2	1	0	12	0	1	173	17	2	9	330	9
Cilantro Lime Shrimp Salad	368	1	420	25	38	6	28	0	185	62	1000	41	26	9	3	14	6	3	0	27	0	1	121	12	2	11	610	17
Crab Bisque Cup (includes crostini)	170	1	400	33	50	20	98	0	120	39	710	30	18	6	1	6	3	0	0	7	0	6	113	11	1	6	270	8
Crab Bisque Bowl (includes crostini)	340	1	740	62	95	37	185	0	225	76	1310	55	30	10	3	11	6	0	0	12	0	11	190	19	2	12	540	15
Crab, Mango and Avocado Salad	351	1	390	21	33	2.5	13	0	55	18	490	21	36	12	6	23	12	3	0	16	0	0	109	11	1	8	710	20
Crisp Calamari	263	1	490	16	24	2.5	13	0	470	156	780	32	48	16	2	8	23	20	0	35	0	7	132	13	2	13	590	17
Halibut and Chips	579	1	960	58	90	9	47	0	80	26	740	31	75	25	7	29	14	7	0	31	6	62	85	8	3	18	1490	43
Heirloom Tomatoes and Burrata	252	1	460	35	55	11	56	0	40	14	370	15	19	6	2	8	0	0	0	12	0	0	351	35	1	6	310	9
Housemade Chicken Sausage and Burrata Pasta	493	1	930	60	93	22	112	0	200	67	850	36	53	18	3	12	6	0	0	41	0	4	497	50	6	31	800	23
Kale and Manchego Salad	145	1	340	24	37	4	20	0	10	4	105	4	28	9	4	15	17	3	0	8	0	1	190	19	3	16	390	11
Kung Pao Brussels Sprouts	260	1	350	21	32	3	15	0	35	12	550	23	31	10	7	28	13	9	0	14	0	0	98	10	3	19	850	24
Little Gem Caesar	277	1	440	36	55	9	47	0	40	14	800	33	13	4	3	11	4	0	0	18	0	3	486	49	3	17	500	14
Little Gem Caesar with Roasted Chicken	433	1	660	46	70	12	58	0	155	52	930	39	14	5	3	12	5	0	0	47	0	3	515	51	5	26	840	24
Little Gem Caesar with Wild Salmon	393	1	630	44	68	11	53	0	105	35	910	38	14	5	3	11	4	0	0	46	12	117	495	49	4	20	510	14
Lobster Macaroni and Cheese	486	1	1030	66	101	32	160	0	360	120	1770	74	63	21	1	4	5	0	0	49	0	15	740	74	5	28	470	13
Maple Bacon Deviled Eggs	139	1	320	26	39	7	37	0	515	172	400	17	6	2	0	2	4	2	0	16	0	28	86	9	2	9	230	7
Margherita Pizza	438	1	850	30	45	14	71	0	65	22	820	34	105	35	5	20	4	0	0	39	0	4	653	65	2	10	320	9
Natural Beef and Comte Cheese Patty Melt w/ fries	603	1	1540	106	163	24	122	2.5	230	77	1380	57	90	30	8	34	10	0	0	62	0	3	663	66	8	46	1260	36
Natural Beef and Comte Cheese Patty Melt w/ side salad	453	1	1180	85	132	19	97	2.5	225	75	1120	47	51	17	5	19	7	1	0	60	0	1	686	69	8	43	780	22
Natural Beef and Comte Cheese Patty Melt beyond burger w/ fries	574	1	1450	96	148	18	91	0	90	30	1830	76	99	33	11	46	10	0	0	58	0	3	768	77	11	62	810	23
Natural Beef Patty Melt beyond burger w/side salad	434	1	1100	76	117	13	66	0	85	28	1570	65	60	20	8	31	7	1	0	56	0	1	790	79	11	59	330	9
Pan Seared Chicken	537	1	750	35	53	8	40	0	230	77	350	15	50	17	5	22	37	24	0	60	0	1	188	19	5	30	1320	38
Pizza Dough Proofing - Nutrition ONLY	198	1	490	2.5	4	0	1	0	0	0	0	0	99	33	4	16	1	0	0	14	0	0	0	0	1	6	25	1
Prime French Dip w/ fries	589	1	1410	72	111	24	119	0	200	66	2740	114	114	38	8	33	8	3	0	67	0	5	413	41	9	51	1280	37
Prime French Dip w/ side salad	499	1	1050	52	79	19	93	0	190	63	2480	103	76	25	5	18	5	4	0	64	0	3	436	44	9	48	810	23
Ricotta Gnocchi with Lamb Ragù	572	1	940	52	80	22	111	0	170	56	2090	87	67	22	6	22	7	1	0	48	0	6	494	49	7	39	1090	31
Seared Scallops	380	1	620	30	46	9	45	0	60	20	940	39	50	17	3	13	6	0	0	36	0	2	133	13	3	15	910	26
Shrimp Chitarra	551	1	840	49	75	12	59	0	250	84	1180	49	68	23	5	21	4	0	0	36	0	3	245	24	5	29	750	21
Simple Salad	138	1	230	19	29	2.5	12	0	5	2	190	8	11	4	1	5	2	1	0	4	0	0	89	9	1	6	250	7
Southwest Chicken Sandwich w/ fries	524	1	1130	62	95	14	68	0	160	53	1070	44	97	32	8	33	14	5	0	44	0	11	193	19	7	39	1360	39
Southwest Chicken Sandwich w/ side salad	434	1	780	41	64	9	43	0	150	50	810	34	59	20	5	18	11	6	0	42	0	9	215	21	6	35	890	25
Steak Frites - flat iron	484	1	890	54	84	13	64	1	155	52	620	26	46	15	5	20	5	0	0	50	0	3	69	7	7	38	710	20
Steak Frites - filet	484	1	880	73	113	22	110	0	165	56	560	23	46	15	5	20	5	0	0	39	0	3	66	7	6	34	1330	38
The Best Part of French Onion Soup	374	1	640	35	54	18	88	0	80	27	2350	98	44	15	4	18	9	0	0	36	0	5	767	77	2	11	740	21
Warm Asian Glazed Chicken Salad	394	1	690	39	59	4.5	23	0	120	40	830	35	49	16	6	25	17	7	0	39	0	0	209	21	6	35	960	27
Wild Salmon Nicoise	442	1	630	37	57	5	24	0	250	83	1320	55	37	12	11	42	11	2	0	42	12	123	208	21	7	37	1160	33
Wild Salmon with Saffron Couscous	498	1	830	52	80	13	64	0	140	47	640	27	38	13	2	10	4	0	0	56	17	172	270	27	2	12	240	7

Menus vary by region or season
 2,000 calories a day is used for general nutrition advice, but calorie needs vary