

	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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#### SOUPS *(Includes Crostini)*

<b>Crab Bisque - Cup</b>	170	400	290	33	20	0	120	710	18	1	3	7	40	10	10	6
<b>Crab Bisque - Bowl</b>	340	740	560	62	37	0	225	1310	30	3	6	12	80	25	20	10
<b>French Onion</b>	426	490	270	30	16	0	70	3110	34	4	11	22	20	35	60	8

#### STARTERS

<b>Simple Salad</b>	138	230	170	19	2.5	0	5	190	11	1	2	4	45	20	10	6
<b>Crispy Cauliflower</b>	298	450	310	34	7	0	25	530	26	10	10	16	10	300	30	25
<b>Heirloom Tomatoes &amp; Burrata</b>	252	460	320	36	11	0	40	360	18	2	0	12	30	50	35	6
<b>Maple Bacon Deviled Eggs</b>	139	320	230	26	7	0	515	400	6	0	4	16	20	6	10	10

#### SALADS *(Includes Dressing)*

<b>Cilantro Lime Shrimp</b>	368	480	260	29	6	0	185	1000	30	4	7	28	60	40	15	10
<b>Crab, Mango &amp; Avocado</b>	351	390	190	21	2.5	0	55	490	36	6	12	16	35	80	10	8
<b>Fresh Berry</b>	303	530	340	38	6	0	25	180	48	9	30	11	45	90	15	20
<b>Warm Asian Glazed Chicken</b>	394	690	350	39	4.5	0	120	830	48	6	17	38	120	90	20	35
<b>Wild Salmon Nicoise</b>	442	560	330	36	4.5	0	250	780	24	5	5	38	70	60	15	25
<b>Salmon w/ Mediterranean Couscous</b>	520	870	537	60	18	0	152	760	32	2	5	53	45	52	36	16
<b>Caesar Salad</b>	265	570	420	46	10	0	40	850	24	6	7	17	460	35	45	15
<b>Caesar Salad w/Roasted Chicken</b>	421	780	500	56	12	0	150	980	24	6	7	45	460	35	45	25
<b>Caesar Salad w/Wild Salmon</b>	381	750	490	54	11	0	100	960	24	6	7	45	460	35	45	20

#### SANDWICHES

<b>Bistro Club (with fries)</b>	495	1200	680	75	16	0	135	1490	85	9	11	44	20	45	10	30
<b>Bistro Club (with salad)</b>	405	840	490	54	11	0	125	1230	47	5	8	42	35	40	10	30
<b>Cafe Bistro Burger (with fries)</b>	609	1430	840	93	29	2.5	200	1220	90	7	10	54	80	25	25	45
<b>Cafe Bistro Burger (with salad)</b>	459	1070	650	72	24	2.5	190	960	51	4	7	51	100	20	30	40
<b>Cranberry Turkey (with fries)</b>	493	1190	570	63	16	0	125	1040	103	12	22	50	10	25	30	30
<b>Cranberry Turkey (with salad)</b>	370	830	380	42	11	0	115	780	64	8	19	47	25	25	30	25
<b>French Dip (with fries)</b>	589	1170	580	64	21	0.5	160	2870	88	5	5	55	15	20	40	35
<b>French Dip (with salad)</b>	499	810	360	40	16	0.5	155	2240	55	3	3	54	30	15	45	30
<b>Roasted Chx &amp; Goat Chz (with fries)</b>	417	1190	710	79	23	0	150	950	84	7	8	39	35	60	30	30
<b>Roasted Chx &amp; Goat Chz (with salad)</b>	327	830	530	58	18	0	140	690	45	3	5	36	50	60	35	30

#### HANDMADE PIZZA

<b>Margherita</b>	438	850	270	30	14	0	65	820	105	5	4	39	30	20	70	10
<b>Pepperoni &amp; Mushroom</b>	405	1050	440	49	19	0	105	1450	107	7	4	44	15	15	50	20
<b>Smoked Bacon &amp; Egg</b>	492	1440	620	69	32	0	545	2090	129	4	23	72	40	6	70	25

#### ENTREES

<b>Asparagus Quiche</b>	433	820	670	75	40	0	370	910	63	12	4	25	100	100	60	45
<b>Chicken &amp; Chitarra Pasta</b>	599	960	510	57	17	0	215	380	69	5	3	43	80	30	10	35
<b>Crab Macaroni &amp; Cheese</b>	442	1010	600	67	36	0	300	1490	58	1	4	43	50	20	80	25
<b>Flat Iron Steak Frites</b>	484	890	490	55	14	1	165	620	46	5	5	50	15	25	8	40
<b>Pan Seared Chicken</b>	537	720	280	31	8	0	235	350	50	5	37	60	150	240	20	30
<b>Spicy Wild Shrimp Pomodoro</b>	489	730	330	36	6	0	230	1190	66	4	4	36	40	35	25	25

#### KIDS' MENU *(Includes Side of Fruit)*

<b>Buttered Noodles</b>	278	490	160	18	6	0	75	75	71	4	13	14	25	60	6	15
<b>Cheese Tortelloni</b>	369	360	100	11	4	0	53	1010	65	8	18	14	0	81	21	19
<b>Chicken Tenders - BBQ</b>	346	560	270	30	5	0	50	930	61	4	29	16	10	90	6	15
<b>Chicken Tenders - Ketchup</b>	346	540	270	30	5	0	50	1070	55	4	24	16	20	100	6	15
<b>Chicken Tenders - Ranch</b>	346	600	360	40	7	0	55	850	47	4	18	16	10	90	8	15
<b>Grilled Cheese &amp; Soup - Tomato Basil</b>	424	670	309	34	19	0	94	926	71	10	25	24	8	90	45	25
<b>Macaroni &amp; Cheese</b>	415	840	484	54	29	0.5	166	1252	79	11	17	22	10	60	53	33
<b>Penne Alfredo with Chicken</b>	509	950	464	52	26	0	188	1099	86	3	15	36	10	60	52	17
<b>Roasted Chicken Breast</b>	368	350	112	12	2.5	0	115	277	30	4	15	31	2	89	8	15
<b>Seared Wild Salmon</b>	350	390	160	17	2	0	65	260	31	5	16	31	15	100	6	10

#### DESSERTS

<b>Blackberry Apple Cobbler</b>	370	750	238	26	16	0	80	127	123	6	89	8	16	21	7	12
<b>Blueberry Almond Cake</b>	227	730	391	43	18	0	125	129	77	6	56	13	15	11	16	14
<b>Cheesecake with Sea Salt Caramel</b>	217	770	505	56	32	0	296	444	58	0	54	11	44	0	15	6
<b>Chocolate Banana Creme Brulee</b>	283	930	642	71	43	0	455	69	67	4	50	9	51	11	17	37
<b>Chocolate Paradise Cake</b>	350	1170	602	67	31	0	192	360	138	8	103	13	31	1	20	45
<b>Chocolate Pot de Creme</b>	247	970	644	72	38	0	371	160	71	5	59	13	39	1	22	49
<b>Creme Brulee</b>	192	640	456	51	30	0	418	58	42	1	37	6	44	7	12	6
<b>Individual Chocolate Mousse Cake</b>	236	870	485	54	31	0	107	171	92	8	68	6	23	16	13	59
<b>Lemon Ricotta Shortcake</b>	237	820	395	44	26	0	315	194	99	5	69	13	33	41	24	15
<b>Maple Apple Cobbler</b>	367	710	200	22	14	0	66	127	123	6	86	7	12	13	9	12
<b>Pineapple Brown Butter Cake</b>	214	970	416	46	28	0	218	223	129	2	86	12	32	19	17	20
<b>S'Mores Pot de Creme</b>	307	1560	756	84	51	0	395	350	187	7	122	18	45	2	25	80
<b>Sorbet &amp; Gelato</b>	170	310	122	14	9	0	60	75	38	0	38	6	0	0	0	0
<b>Strawberry Blueberry Cobbler</b>	388	730	275	31	19	0	94	121	109	5	74	8	17	155	8	14
<b>Triple Berry Shortcake</b>	395	930	384	43	26	0	177	391	126	8	52	14	33	101	25	30
<b>Warm Choc Chip Cookie w/ Gelato</b>	205	800	387	43	26	0	105	480	101	5	68	8	6	0	4	15
<b>White Chocolate Bread Pudding</b>	257	930	565	63	38	0	280	338	81	3	53	11	60	10	20	6

Menus vary by region or season

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

Cafe Bistro 03/19