	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)
SOUPS (*Includes Crostini*)																
Crab Bisque - Cup	170	400	294	33	20	0	118	713	18	1	3	7	39	12	11	6
Crab Bisque - Bowl	340	740	555	62	37	0	227	1311	30	3	6	12	77	24	19	12
French Onion	426	500	271	30	16	0	71	3122	35	4	11	22	18	35	58	7
STARTERS																
Simple Salad	114	240	181	20	2.5	0	5	201	11	1	2	4	26	23	8	4
Crispy Cauliflower	298	440	303	34	7	0	25	506	26	10	9	15	12	299	28	24
Heirloom Tomatoes & Burrata	252	480	331	37	11	0	42	374	19	2	0	12	32	52	35	6
Maple Bacon Deviled Eggs	125	340	231	26	7	0	517	453	10	0	7	16	19	5	9	9
SALADS (*Includes Dressing*)																
Asparagus Quiche	433	860	707	79	40	0	368	916	64	12	4	25	96	97	57	47
Cilantro Lime Shrimp	368	490	284	32	6	0	185	990	26	4	7	27	60	35	10	10
Crab, Mango & Avocado	351	410	205	23	3	0	55	495	38	6	12	16	29	74	11	8
Fresh Berry	303	510	328	36	6	0	25	178	48	9	30	11	45	91	16	19
Warm Asian Glazed Chicken	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
Caesar Salad	265	570	417	46	10	0	38	853	24	6	7	17	140	22	34	17
Caesar Salad w/Roasted Chicken	421	780	500	56	12	0	150	976	24	6	7	45	140	22	35	24
Caesar Salad w/Wild Salmon	381	790	500	56	11	0	115	983	24	6	7	51	140	22	35	21
SANDWICHES																
Bistro Club (with fries)	495	1200	712	79	16	0	134	1851	80	8	10	43	20	45	9	34
Bistro Club (with salad)	405	840	490	54	11	0	125	1226	47	5	8	42	36	41	12	29
Citrus Cranberry Turkey (with fries)	481	1210	651	72	16	0	113	1399	96	12	21	44	20	78	39	28
Citrus Cranberry Turkey (with salad)	390	850	429	48	11	0	105	774	63	10	18	43	36	74	41	23
Gruyere Pros Grilled Chz (with fries)	383	1070	606	67	21	0	110	1762	80	6	9	36	15	26	69	27
Gruyere Pros Grilled Chz (with salad)	348	710	384	43	16	0	102	1137	47	3	7	35	31	22	71	22
French Dip (with fries)	589	1170	580	64	21	0.5	162	2865	88	5	5	55	15	19	41	36
French Dip (with salad)	499	810	359	40	16	0.5	154	2240	55	3	3	54	31	15	43	31
Roasted Chx & Goat Chz (with fries)	417	1200	747	83	23	0	148	1312	78	5	7	38	34	60	32	33
Roasted Chx & Goat Chz (with salad)	327	830	520	58	18	0	140	690	45	3	5	37	50	60	35	31
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

	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)
ENTREES																
Chicken & Chitarra Pasta	586	940	508	56	17	0	208	375	66	6	4	42	76	46	12	35
Crab Macaroni & Cheese	428	960	565	63	35	0	285	1170	58	1	4	41	50	15	80	20
Flat Iron Steak Frites	479	1040	590	66	15	1	163	1209	59	5	5	50	17	29	7	42
Pan Seared Chicken	537	720	280	31	8	0	234	351	50	5	37	60	153	238	19	30
Salmon w/ Mediterranean Couscous	520	870	537	60	18	0	152	760	32	2	5	53	45	52	36	16
Spicy Wild Shrimp Pomodoro	503	760	337	37	6	0	236	1203	71	5	4	37	48	34	26	27
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																
Apple Cobbler	389	830	277	31	19	0	95	132	134	6	99	8	18	14	7	11
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 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
S 'Mores Pot de Creme	307	1560	756	84	51	0	395	350	187	7	122	18	45	2	25	80
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

Cafe Bistro QS 11/18