

	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																			
Crab Bisque - Cup	170	340	262	29	17	0	109	598	12	1	3	5	37	12	8	6			
Crab Bisque - Bowl	340	680	523	58	35	0	217	1195	24	2	5	10	74	24	15	11			
French Onion Soup	426	500	271	30	16	0	71	3122	35	4	11	22	18	34	58	7			
STARTERS																			
Brussels Sprouts Frite	209	280	126	14	1	0	0	75	38	7	22	7	27	256	8	16			
Crisp Calamari	263	500	154	17	2.5	0	468	689	50	2	22	35	6	17	14	14			
Heirloom Tomatoes & Burrata	252	480	331	37	11	0	42	374	19	2	0	12	32	52	35	6			
Simple Salad	114	250	191	21	2.5	0	6	210	12	1	2	4	26	24	8	4			
SALADS <i>(Includes Dressing)</i>																			
BLTA Salad	373	730	388	43	8	0	32	837	67	11	14	25	140	45	26	22			
Cilantro Lime Shrimp	368	490	284	32	6	0	187	992	26	4	7	27	59	37	12	11			
Chicken Cobb Salad	441	800	537	60	20	0	333	1748	11	5	4	55	219	41	29	22			
Grilled Vegetable Salad	528	560	366	41	5	0	9	329	45	11	11	15	256	211	27	30			
Shrimp & Crab Louis	479	590	324	36	6	0	407	1293	28	3	10	36	83	58	21	21			
Warm Asian Glazed Chicken	394	650	316	35	4.5	0	121	872	47	6	17	38	122	86	20	34			
Warm Wild Salmon & Spinach	332	560	345	38	11	0	98	893	16	3	8	41	147	67	28	18			
Baby Gem Caesar	277	450	325	36	9	0	42	807	15	4	5	18	90	18	37	14			
Baby Gem Caesar w/Roasted Chicken	433	660	413	46	12	0	157	931	15	4	5	46	100	18	39	22			
Baby Gem Caesar w/Wild Salmon	393	670	409	45	11	0	119	938	15	4	5	52	90	18	38	18			
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	286	1166	58	1	4	41	53	17	78	22			
Flat Iron Steak	448	610	329	37	9	1	149	314	20	3	3	49	84	51	8	41			
Grilled Wild Salmon	441	660	374	42	16	0	159	513	30	4	11	47	175	163	12	14			
Halibut & Chips	445	980	605	67	10	0	90	1070	60	5	7	32	47	54	6	15			
Lemon Herb Grilled Halibut	507	690	333	37	15	0	143	488	41	4	5	46	47	44	29	17			
Pan Seared Chicken	413	540	289	32	11	0	247	328	7	2	2	56	37	44	14	21			
SANDWICHES																			
Chicken Burger (with fries)	611	1410	784	87	19	0	205	1667	98	8	16	55	30	47	31	36			
Chicken Burger (with salad)	522	1050	569	63	14	0	197	1048	65	5	14	54	46	44	33	32			
Crispy Chicken (with fries)	549	1290	689	77	11	0	140	1571	106	7	19	40	8	24	9	35			
Crispy Chicken (with salad)	457	930	474	53	6	0	133	952	73	5	16	39	24	21	11	30			
Grill Burger (with fries)	561	1450	873	97	29	2.5	200	1674	86	5	11	53	22	25	25	44			
Grill Burger (with salad)	472	1090	658	73	24	2.5	192	1055	53	3	9	52	37	22	28	40			
Prime Rib French Dip (with fries)	622	1350	793	88	31	2	174	1916	90	5	7	51	14	19	41	30			
Prime Rib French Dip (with salad)	533	990	578	64	27	2	166	1297	57	3	5	50	30	15	43	25			
Turkey & Avocado Club (with fries)	572	1260	671	75	15	0	127	1832	93	13	16	53	40	44	11	35			
Turkey & Avocado Club (with salad)	505	900	456	51	10	0	119	1212	61	10	14	52	56	41	13	30			

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KIDS' MENU <i>(Includes Side of Fruit)</i>																			
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			
Crisp Strawberry Crostata	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			
Peach Blackberry Cobbler	383	720	270	30	19	0	93	117	107	5	77	9	28	27	7	13			
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