

	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																																					
<b>Crab Bisque - Cup</b>	170	340	262	29	17	0	109	598	12	1	3	5	37	12	8	6																					
<b>Crab Bisque - Bowl</b>	340	680	523	58	35	0	217	1195	24	2	5	10	74	24	15	11																					
<b>French Onion Soup</b>	426	500	271	30	16	0	71	3122	35	4	11	22	18	34	58	7																					
STARTERS																																					
<b>Brussels Sprouts Frite</b>	209	280	126	14	1	0	0	75	38	7	22	7	27	256	8	16																					
<b>Crisp Calamari</b>	263	500	154	17	2.5	0	468	689	50	2	22	35	6	17	14	14																					
<b>Heirloom Tomatoes &amp; Burrata</b>	252	480	331	37	11	0	42	374	19	2	0	12	32	52	35	6																					
<b>Simple Salad</b>	114	250	191	21	2.5	0	6	210	12	1	2	4	26	24	8	4																					
SALADS <i>(Includes Dressing)</i>																																					
<b>BLTA Salad</b>	373	730	388	43	8	0	32	837	67	11	14	25	140	45	26	22																					
<b>Cilantro Lime Shrimp</b>	368	490	284	32	6	0	187	992	26	4	7	27	59	37	12	11																					
<b>Chicken Cobb Salad</b>	441	800	537	60	20	0	333	1748	11	5	4	55	219	41	29	22																					
<b>Grilled Vegetable Salad</b>	528	560	366	41	5	0	9	329	45	11	11	15	256	211	27	30																					
<b>Shrimp &amp; Crab Louis</b>	479	590	324	36	6	0	407	1293	28	3	10	36	83	58	21	21																					
<b>Warm Asian Glazed Chicken</b>	394	650	316	35	4.5	0	121	872	47	6	17	38	122	86	20	34																					
<b>Warm Wild Salmon &amp; Spinach</b>	332	560	345	38	11	0	98	893	16	3	8	41	147	67	28	18																					
<b>Baby Gem Caesar</b>	277	450	325	36	9	0	42	807	15	4	5	18	90	18	37	14																					
<b>Baby Gem Caesar w/Roasted Chicken</b>	433	660	413	46	12	0	157	931	15	4	5	46	100	18	39	22																					
<b>Baby Gem Caesar w/Wild Salmon</b>	393	670	409	45	11	0	119	938	15	4	5	52	90	18	38	18																					
ENTREES																																					
<b>Chicken &amp; Chitarra Pasta</b>	586	940	508	56	17	0	208	375	66	6	4	42	76	46	12	35																					
<b>Crab Macaroni &amp; Cheese</b>	428	960	565	63	35	0	286	1166	58	1	4	41	53	17	78	22																					
<b>Flat Iron Steak</b>	448	610	329	37	9	1	149	314	20	3	3	49	84	51	8	41																					
<b>Grilled Wild Salmon</b>	441	660	374	42	16	0	159	513	30	4	11	47	175	163	12	14																					
<b>Halibut &amp; Chips</b>	445	980	605	67	10	0	90	1070	60	5	7	32	47	54	6	15																					
<b>Lemon Herb Grilled Halibut</b>	507	690	333	37	15	0	143	488	41	4	5	46	47	44	29	17																					
<b>Pan Seared Chicken</b>	413	540	289	32	11	0	247	328	7	2	2	56	37	44	14	21																					
SANDWICHES																																					
<b>Chicken Burger (with fries)</b>	611	1410	784	87	19	0	205	1667	98	8	16	55	30	47	31	36																					
<b>Chicken Burger (with salad)</b>	522	1050	569	63	14	0	197	1048	65	5	14	54	46	44	33	32																					
<b>Crispy Chicken (with fries)</b>	549	1290	689	77	11	0	140	1571	106	7	19	40	8	24	9	35																					
<b>Crispy Chicken (with salad)</b>	457	930	474	53	6	0	133	952	73	5	16	39	24	21	11	30																					
<b>Grill Burger (with fries)</b>	561	1450	873	97	29	2.5	200	1674	86	5	11	53	22	25	25	44																					
<b>Grill Burger (with salad)</b>	472	1090	658	73	24	2.5	192	1055	53	3	9	52	37	22	28	40																					
<b>Prime Rib French Dip (with fries)</b>	622	1350	793	88	31	2	174	1916	90	5	7	51	14	19	41	30																					
<b>Prime Rib French Dip (with salad)</b>	533	990	578	64	27	2	166	1297	57	3	5	50	30	15	43	25																					
<b>Turkey &amp; Avocado Club (with fries)</b>	572	1260	671	75	15	0	127	1832	93	13	16	53	40	44	11	35																					
<b>Turkey &amp; Avocado Club (with salad)</b>	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>																																					
<b>Buttered Noodles</b>	264	460	153	17	6	0	68	71	66	4	13	13	22	59	6	12																					
<b>Cheese Tortelloni</b>	369	360	100	11	4	0	53	1010	65	8	18	14	12	81	21	19																					
<b>Chicken Tenders - BBQ</b>	346	510	208	23	4.5	0	48	930	61	4	29	16	11	89	5	13																					
<b>Chicken Tenders - Ketchup</b>	346	480	209	23	4.5	0	48	1069	55	4	24	16	18	97	6	14																					
<b>Chicken Tenders - Ranch</b>	346	540	299	33	6	0	54	848	47	4	18	16	12	89	7	13																					
<b>Grilled Cheese &amp; Soup - Tomato Basil</b>	424	670	309	34	19	0	94	926	71	10	25	24	70	90	45	25																					
<b>Macaroni &amp; Cheese</b>	424	860	427	47	25	0	137	1044	86	3	15	24	32	60	51	13																					
<b>Roasted Chicken Breast</b>	368	350	112	12	2.5	0	115	277	30	4	15	31	12	89	8	15																					
<b>Seared Wild Salmon</b>	350	420	167	19	2.5	0	77	284	31	5	16	37	14	102	7	11																					
DESSERTS																																					
<b>Apple Cobbler</b>	389	830	277	31	19	0	95	132	134	6	99	8	18	14	7	11																					
<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>Crisp Strawberry Crostata</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																																