BAR VERDE / BISTRO VERDE 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 %
Artichoke Spinach Dip	395	1	1240	81	104	22	110	0	90	30	3330	145	98	36	9	33	15	9	18	31	1	4	908	70	6	30	720	15
Chef's Featured Steak - filet with Crispy Parmesan Potatoes	513	1	890	74	95	20	102	0	170	56	2480	108	41	15	7	26	3	0	0	47	0	0	257	20	10	50	2160	45
Chef's Featured Steak - flat iron with Crispy Parmesan Potatoes	570	1	890	55	71	11	57	1	160	53	2540	110	41	15	7	26	3	0	0	58	0	0	260	20	10	60	1540	35
Chef's Featured Steak - skirt with Crispy Parmesan Potatoes	567	1	910	54	70	12	60	0	120	40	2490	108	41	15	7	26	3	0	0	48	0	0	247	20	8	45	1540	35
Chitarra Genovese	399	1	930	36	46	10	48	0	35	12	1030	45	121	44	9	29	3	1	1	30	1	2	321	25	4	20	640	15
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 Salad	215	1	300	22	28	6	28	0	20	6	520	22	20	7	3	12	6	3	5	11	0	0	44	4	2	10	520	10
Cilantro Lime Salad with Petite Tender	386	1	630	41	53	10	51	0	115	38	1010	44	20	7	3	12	6	3	5	45	0	0	44	4	6	30	530	10
Cilantro Lime Salad with Roasted Chicken	357	1	510	31	40	8	39	0	135	45	710	31	20	7	3	12	6	3	5	38	0	0	69	6	4	20	820	15
Cilantro Lime Salad with Wild Pacific Shrimp	348	1	450	29	37	6	31	0	185	62	1340	58	21	8	3	12	6	3	5	29	0	1	120	10	2	15	680	15
Cilantro Lime Salad with Alaskan Sockeye Salmon	329	1	500	32	41	7	35	0	85	28	810	35	20	7	3	12	6	3	5	39	11	60	53	4	3	15	530	10
Cilantro Lime Salad with Roasted Cauliflower	357	1	400	25	32	6	29	0	20	6	1040	45	28	10	8	28	11	3	5	15	0	0	91	8	4	15	960	20
Crab Macaroni & Cheese	511	1	1000	54	73	36	180	0	275	92	2170	94	110	40	6	22	6	1	1	60	1	8	775	60	4	20	730	15
Crisp Calamari	304	1	630	41	53	6	32	0	475	159	790	34	28	10	2	5	6	0	0	36	1	5	150	12	3	17	760	16
Crispy Chicken Paillard	412	1	950	62	79	11	54	0	225	75	1480	64	31	11	8	29	8	2	4	44	1	4	344	25	5	30	1130	25
Crispy Chicken Sandwich - Fries	619	1	1430	85	109	21	107	0	205	68	2820	122	107	39	8	27	14	3	7	55	2	10	277	21	7	38	1510	32
Crispy Chicken Sandwich w/ side salad	479	1	1060	65	83	16	82	0	195	65	2270	98	69	25	4	14	11	4	8	53	2	9	298	23	6	36	1030	22
Crispy Chicken Sandwich w/ side caesar	494	1	1070	65	83	17	87	0	200	67	2180	95	67	24	4	16	10	1	3	55	2	10	351	25	7	40	1050	20
French Dip - Fries	549	1	1400	72	93	24	119	0	200	66	4030	175	114	42	8	29	8	3	6	67	1	3	414	32	9	51	1300	28
French Dip w/ side salad	543	1	1050	52	67	19	93	0	190	64	3480	188	76	28	5	16	5	4	8	64	1	2	435	33	9	49	830	18
French Dip w/ side caesar	578	1	1080	52	67	19	97	0	195	65	3630	158	81	29	5	19	6	3	6	67	0	0	500	40	10	50	990	20
Ginger Sesame Salad	227	1	450	28	36	2.5	12	0	5	2	930	40	43	16	6	20	15	7	14	10	0	0	175	13	4	25	600	13
Ginger Sesame Salad with Petite Tender	404	1	780	43	56	7	33	0	100	34	1800	78	43	16	6	20	15	7	14	45	0	0	175	15	8	45	620	15
Ginger Sesame Salad with Roasted Chicken	369	1	660	38	48	4.5	23	0	120	40	1120	49	43	16	6	20	15	7	14	37	0	0	200	15	6	33	900	19
Ginger Sesame Salad with Wild Pacific Shrimp	346	1	580	34	43	3	14	0	175	58	1730	75	44	16	6	20	15	7	14	28	0	1	250	19	5	27	760	16
Ginger Sesame Salad with Alaskan Sockeye Salmon	346	1	660	39	49	3.5	18	0	70	23	1440	63	43	16	6	20	15	7	14	38	11	57	184	14	5	28	610	13
Ginger Sesame Salad with Roasted Cauliflower	369	1	550	20	25	1.5	8	0	10	3	1500	65	57	21	10	36	19	7	14	14	0	0	198	15	6	30	1040	20
Green Goddess Grain Bowl	433	1	610	31	40	4	21	0	185	62	1490	65	68	25	11	38	17	9	17	19	1	6	136	10	6	30	690	15
Green Goddess Grain Bowl with Petite Tender	610	1	930	46	59	9	43	0	280	94	2370	103	68	25	11	38	17	9	17	54	1	6	136	10	9	50	700	15
Green Goddess Grain Bowl with Roasted Chicken	589	1	810	40	52	6	32	0	300	100	1720	75	68	25	11	38	17	9	17	47	1	6	162	10	7	40	980	20
Green Goddess Grain Bowl with Wild Pacific Shrimp	567	1	750	38	49	5	24	0	355	118	2310	100	69	25	11	39	17	9	17	38	1	6	213	15	6	35	850	20
Green Goddess Grain Bowl with Alaskan Sockeye Salmon	553	1	810	41	53	6	28	0	250	84	1980	86	68	25	11	38	17	9	17	47	12	60	145	10	6	35	690	15
Green Goddess Grain Bowl with Roasted Cauliflower	589	1	710	34	44	4.5	23	0	185	62	2010	88	76	28	15	54	21	9	17	23	1	6	180	15	7	35	1120	25
Halibut and Chips	579	1	960	58	75	9	47	0	80	26	2040	89	75	27	7	26	14	7	13	31	6	31	84	6	3	18	1510	32
Heirloom Tomatoes and Burrata	252	1	470	34	44	11	54	0	45	15	900	39	23	8	2	8	1	1	2	13	0	0	351	27	2	11	320	7
Kung Pao Brussels Sprouts	260	1	350	21	27	3	15	0	35	12	670	29	31	11	7	25	13	9	17	14	0	0	98	8	3	20	850	20
Little Gem Caesar	277	1	450	37	47	9	47	0	45	14	1010	44	15	6	4	14	6	0	0	20	1	2	518	40	4	25	730	16
Little Gem Caesar with Petite Tender	462	1	780	52	66	14	68	0	140	46	1500	65	15	6	4	14	6	0	0	55	1	2	518	40	8	45	740	15
Little Gem Caesar with Roasted Chicken	433	1	660	46	59	12	58	0	160	53	1240	54	16	6	4	14	6	0	0	59	1	2	530	40	9	50	740	15
Little Gem Caesar with Wild Pacific Shrimp	420	1	590	42	54	10	49	0	210	70	1810	79	17	6	4	14	6	0	0	38	0	2	592	46	5	26	890	19
Little Gem Caesar with Alaskan Sockeye Salmon	393	1	650	45	57	11	53	0	105	36	1310	57	15	6	4	14	6	0	0	48	12	58	526	40	5	28	740	16
Little Gem Caesar with Roasted Cauliflower	431	1	550	43	55	10	49	0	40	13	1950	85	31	11	9	31	10	0	0	23	1	2	536	40	6	30	1180	25
Lobster Bisque - Cup (includes crostini)	187	1	410	33	42	20	98	0	120	39	930	41	20	7	1	5	3	0	0	8	1	3	103	8	1	6	250	5
Lobster Bisque - Bowl (includes crostini)	358	1	750	62	79	37	184	0	225	76	1700	74	32	12	3	9	6	0	0	13	1	5	171	13	2	12	490	10
Mushroom and Chicken Campanelle	566	1	1320	58	89	17	85	0	140	47	740	31	137	46	9	38	5	0	0	62	0	6	450	45	6	32	1320	38
Nordstrom Burger w/ fries	571	1	1350	87	112	27	133	2	180	60	2210	96	89	32	7	24	10	0	0	49	1	6	246	20	7	40	1350	30
Nordstrom Burger w/ side salad	439	1	1000	78	101	26	130	3	215	71	1890	82	53	19	3	12	8	2	3	57	1	5	283	22	8	44	1070	23
Nordstrom Burger w/ caesar salad	465	1	1020	67	78	23	113	2	180	59	1790	78	53	19	4	15	8	0	0	49	1	6	337	25	8	40	1000	20
Nordstrom Burger w/ beyond burger patty	571	1	1340	83	107	23	113	0	60	20	2690	117	98	36	10	35	10	35	0	50	1	6	353	25	11	60	960	20
Nordstrom Burger w/beyond burger patty w/ side salad	439	1	990	63	81	18	88	0	50	17	2200	96	61	22	6	22	7	1	2	48	1	5	385	30	10	57	550	12
Nordstrom Burger w/beyond burger patty w/ side caesar	465	1	1010	63	81	19	93	0	55	19	2260	98	62	23	7	25	0	0	0	50	1	6	443	35	11	60	610	15
Pappardelle Bolognese with Meatballs	543	1	1500	71	110	27	137	1.5	250	84	1200	50	142	47	10	39	7	0	0	68	0	8	629	63	8	44	1250	36
Rigatoni and Chicken Sausage	538	1	1350	64	98	19	93	0	130	43	790	33	136	45	9	38	6	0	0	47	0	6	416	42	6	32	930	26
Roasted Turkey and Avocado Club - Fries	609	1	1100	64	82	13	67	0	105	34	3100	135	86	31	9	33	13	3	5	44	1	6	87	7	6	32	1250	27
Roasted Turkey and Avocado Club w/ side salad	448	1	740	44	56	8	42	0	95	32	2370	103	45	17	5	19	9	3	6	41	1	5	97	7	5	28	700	15
Roasted Turkey and Avocado Club w/ side caesar	462	1	760	44	56	9	47	0	100	34	2490	108	48	18	6	22	10	2	4	44	1	6	166	15	6	35	830	20
Roma Tomato Basil Soup - Cup (includes crostini)	170	1	230	16	20	9	43	0	45	15	710	31	18	7	3	9	5	0	0	5	1	1	114	9	2	11	420	9
Roma Tomato Basil Soup - Bowl (includes crostini)	340	1	380	28	36	15	75	0	85	28	1260	55	28	10	5	18	11	0	0	7	0	2	191	15	4	21	840	18
Shrimp and Arugula with Sweet Corn	390	1	560	37	48	9	45	0	210	69	1990	86	29	11	3	11	7	2	4	29	1	2	346	27	2	14	710	15
Simple Salad	139	1	270	23	30	3	14	0	5	2	510	22	20	7	3	11	3	2	3	6	0	0	99	8	2	19	570	10
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 Shrimp Tagliatelle	528	1	1070	47	72	17	85	0	240	80	1330	56	108	36	7	26	2	0	0	45	0	5	278	28	3	17	700	20

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

bv 05/23

Menus vary by region or season