

BAR / 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 %
Apple Crostata	339	1	900	44	68	28	138	0	125	42	50	2	124	41	4	17	85	60	0	8	0	7	41	4	2	14	210	6
Baked Cheesy Paccheri and Broccoli	543	1	1710	98	151	50	251	0	270	90	1550	64	146	49	9	37	7	0	0	63	0	23	1086	109	4	22	850	24
Bistro Verde Breakfast Sandwich	498	1	820	39	60	14	70	0	455	151	710	30	86	29	7	29	22	3	0	32	0	22	415	42	6	33	1020	29
Bourbon Caramel Pecan Cheesecake	208	1	880	62	96	33	166	0	310	104	510	21	69	23	2	8	56	52	0	14	0	17	180	18	2	10	260	7
Brussels Sprouts Frite	211	1	350	22	34	2.5	12	0	0	0	75	3	35	12	7	29	19	14	0	9	0	0	75	8	4	21	810	23
Bucatini with Pesto and Speck	424	1	1440	70	108	15	75	0	95	32	1070	45	159	53	12	48	2	0	0	45	0	2	407	41	5	28	990	28
Burrata with Heirloom Tomatoes	319	1	500	31	48	10	50	0	40	13	510	21	34	11	4	16	1	0	0	17	0	0	339	34	2	10	510	15
BV Burger	557	1	1220	71	109	26	128	2.5	190	63	1070	45	87	29	6	26	8	0	0	54	0	10	236	24	7	41	1370	39
BV Burger w/ salad	463	1	1050	70	107	24	118	2.5	195	64	1030	43	52	17	3	13	7	1	0	52	0	10	281	28	7	40	950	27
BV Burger with beyond burger patty	532	1	1140	62	95	19	97	0	50	16	1530	64	96	32	9	38	8	0	0	50	0	10	341	34	10	57	920	26
BV Burger with beyond burger patty w/ salad	435	1	970	60	93	17	87	0	50	17	1480	62	61	20	6	25	7	1	0	48	0	10	386	39	10	56	500	14
Chitarra and Buffalo Mozzarella	509	1	1300	49	76	17	86	0	60	20	950	39	161	54	10	41	4	0	0	45	0	1	549	55	5	30	820	23
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 Shrimp Salad	349	1	420	24	38	5	26	0	190	63	1010	42	26	9	4	15	7	3	0	27	0	2	264	26	2	11	640	18
Cinnamon Crunch Belgian Waffles	338	1	620	29	45	16	78	0	160	54	220	9	81	27	5	19	53	16	0	10	0	12	170	17	2	13	330	9
Classic 2 Egg Breakfast	515	1	930	50	78	23	113	0	450	149	490	21	96	32	7	28	24	3	0	25	0	25	301	30	6	35	1130	32
Crab Roll	409	1	770	33	50	12	60	0	155	52	590	24	90	30	7	26	14	0	0	20	0	2	167	17	4	25	970	28
Crab Roll w/ salad	310	1	600	31	48	10	50	0	160	53	540	23	55	18	3	13	13	1	0	18	0	2	212	21	4	24	550	16
Creme Brulee Brioche French Toast	599	1	1300	60	92	32	160	0	350	117	380	16	179	60	10	40	107	65	0	19	0	14	300	30	6	33	910	26
Crispy Halibut Tacos	492	1	870	51	78	7	36	0	60	19	570	24	77	26	11	45	18	11	0	29	5	46	210	21	4	21	1250	36
Fresh Berries and Acai Yogurt	645	1	830	34	52	11	55	0	35	12	125	5	115	38	19	74	86	41	0	28	0	0	345	34	6	31	760	22
Fresh Fish of the Day (varies)	551	1	780	73	112	26	129	0	90	30	640	27	31	10	6	25	3	0	0	7	0	6	165	16	5	25	1240	35
Fried Calamari	297	1	440	13	21	2.5	11	0	400	134	690	29	47	16	3	11	19	15	0	32	0	6	130	13	3	17	680	20
Green Goddess Avocado Grain Bowl	562	1	830	49	75	7	36	0	190	63	310	13	85	28	9	35	23	3	0	17	0	10	123	12	3	18	940	27
Green Goddess Avocado Grain Bowl with Gravlax	633	1	910	52	80	8	40	0	205	68	1730	72	85	28	9	35	23	3	0	30	0	10	131	13	4	21	1060	30
Green Goddess Avocado Grain Bowl with Miso Glazed Salmon	695	1	1050	59	91	9	43	0	250	84	780	33	89	30	9	36	26	5	0	46	12	123	134	13	4	22	950	27
Lemon Custard Cake	215	1	450	19	30	10	52	0	205	69	75	3	64	21	2	7	55	47	0	8	0	15	85	8	1	5	190	5
Little Gem Caesar	277	1	420	36	55	9	46	0	40	14	790	33	10	3	1	4	3	0	0	16	0	3	426	43	1	5	100	3
Little Gem Caesar with Wild Salmon	393	1	610	44	67	11	53	0	105	35	900	38	10	3	1	4	3	0	0	44	12	117	435	44	1	8	100	3
Little Gem Caesar with Roasted Chicken	433	1	630	45	69	12	58	0	155	52	950	40	10	3	1	4	3	0	0	44	0	3	452	45	2	13	390	11
Lobster and Asparagus Benedict	614	1	860	52	79	20	102	0	615	206	1140	48	69	23	8	30	22	2	0	36	0	28	283	28	7	37	1150	33
Lobster Bisque	28	1	400	33	50	20	98	0	120	39	720	30	18	6	1	6	3	0	0	7	0	6	103	10	1	6	250	7
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
Neapolitan Pizza	229	1	740	30	46	10	49	0	30	10	560	23	92	31	4	16	8	4	0	26	0	1	291	29	6	36	300	8
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
Prime French Dip - BV	670	1	1270	54	83	20	100	0	190	64	2420	101	119	40	9	36	9	3	0	69	0	3	540	54	9	49	1340	38
Prime French Dip - BV with side salad	573	1	1100	53	81	18	90	0	195	64	2370	99	84	28	6	23	9	4	0	67	0	4	584	58	9	48	920	26
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
Roast Turkey Club	504	1	970	49	75	10	52	0	70	24	1200	50	93	31	13	53	12	6	0	46	0	10	63	6	4	23	1370	39
Roast Turkey Club w/ salad	408	1	800	47	73	9	43	0	75	25	1160	48	58	19	10	40	12	7	0	44	0	10	107	11	4	22	950	27
Roma Tomato Basil Soup - Cup	189	1	230	17	26	9	44	0	45	15	410	17	16	5	3	10	5	0	0	4	0	3	114	11	2	11	420	12
Roma Tomato Basil Soup - Bowl	357	1	370	28	43	15	75	0	85	28	710	30	27	9	5	20	11	0	0	7	0	4	191	19	4	20	840	24
Seared Steak and Blue Cheese Salad	474	1	860	38	58	9	45	0	95	32	590	25	92	31	15	61	37	15	0	42	0	1	222	22	6	31	700	20
Sesame Chicken Salad	424	1	860	41	62	4	21	0	105	35	1050	44	83	28	8	33	11	1	0	41	0	0	230	23	10	56	1020	29
SMT Vegetable Frittata	709	1	1360	87	134	37	187	0	680	227	940	39	106	35	10	39	25	3	0	42	0	39	604	60	9	51	1790	51
Southwest Chicken Sandwich - BV	531	1	1020	48	74	15	74	0	170	57	990	41	97	32	8	32	12	5	0	48	0	10	289	29	7	37	1350	38
Southwest Chicken Sandwich - BV w/ salad	434	1	850	47	72	13	64	0	170	57	940	39	62	21	5	19	12	6	0	46	0	10	334	33	6	36	930	26
Signature Steak Frites	494	1	560	20	31	7	33	1	150	50	450	19	37	12	5	19	3	0	0	55	0	1	163	16	7	40	910	26
Triple Chocolate Chip Cookies	174	1	760	41	63	25	123	0	145	49	45	2	96	32	2	9	81	38	0	9	0	8	51	5	5	25	70	2
Triple Chocolate Chip Cookies (1 dozen)	349	1	1530	82	125	49	246	0	295	98	95	4	193	64	4	17	162	76	0	17	0	17	102	10	9	50	140	4
Warm Biscuits and Chicken Sausage Gravy	699	1	1750	98	151	44	219	0	320	106	920	38	157	52	10	39	34	5	0	61	0	25	581	58	10	58	1730	49
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 and Saffron Tagliatelle Pasta	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

Menus vary by region or season
2,000 calories a day is used for general nutrition advice, but calories needs vary