

	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)	
SOUP & STARTERS																																
Roma Tomato Basil-Cup w/crostini	170	220	142	16	9	0	46	415	16	3	5	4	57	30	11	11																
Roma Tomato Basil-Bowl w/crostini	340	370	252	28	15	0	83	714	27	5	11	7	113	59	19	20																
Ahi Tuna Poke	281	390	116	13	1	0	51	1406	31	4	4	36	9	26	10	23																
Crispy Brussels Sprouts	209	460	362	40	10	0	34	229	21	7	4	9	33	244	11	17																
Fried Calamari	244	610	367	41	6	0	410	474	28	2	6	31	26	91	14	17																
Heirloom Tomatoes & Burrata	252	480	331	37	11	0	42	374	19	2	0	12	32	52	35	6																
Housemade Chicken Meatballs	274	680	339	38	13	0.5	180	978	45	3	4	39	21	27	33	22																
Mediterranean Hummus	425	1260	667	74	11	0	13	309	125	15	8	29	9	20	27	43																
Simple Salad	114	230	166	18	2.5	0	5	197	13	1	3	4	29	28	9	5																
SALADS <i>(Includes Dressing)</i>																																
Blackened Wild Salmon Caesar	404	710	499	55	12	0	115	940	17	5	6	50	100	20	35	20																
Cilantro Lime Chicken	363	490	274	30	8	0	134	296	17	3	7	38	63	34	6	20																
Crispy Panko Chicken Salad	467	860	549	61	13	0	382	1192	34	5	15	44	69	39	14	26																
Ginger Crusted Ahi Tuna Salad	265	460	211	23	2.5	0	35	553	32	5	15	25	76	54	14	32																
Grilled Vegetable Salad	528	560	366	41	5	0	9	329	45	11	11	15	256	211	27	30																
Miso Tofu Salad	344	420	311	35	5	0	11	310	21	4	6	10	81	71	39	16																
Shrimp & Arugula w/ Sweet Corn	390	580	364	40	9	0	207	1087	29	3	6	29	50	47	35	14																
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																
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 & PASTAS																																
Grilled Flat Iron Steak	399	510	262	29	10	1	156	225	11	2	4	50	56	220	13	37																
Lobster Risotto	473	600	251	28	14	0	189	757	57	4	5	29	53	55	36	16																
Tuscan Grilled Chicken	552	880	435	48	12	0	250	684	42	8	7	72	32	75	33	36																
Wild Salmon w/Rstd Veg & Farro	443	620	273	30	5	0	95	588	42	8	7	50	201	120	16	21																
Mushroom Ravioli	389	730	466	52	24	0	144	1271	43	4	6	23	44	37	40	8																
Pappardelle w/Chicken Meatballs	462	810	307	34	12	0	166	691	84	8	5	42	32	34	39	33																
Penne Bolognese	435	830	494	55	27	0	229	824	63	2	4	21	47	70	17	28																
Rosemary Chicken & Artichoke Pasta	587	1090	581	65	31	0	260	680	80	9	5	46	85	57	28	36																
Smoked Bacon & Asp Carbonara	389	880	474	53	26	0	232	1048	65	5	4	38	51	24	50	23																
Spicy Wild Shrimp Pomodoro	503	760	337	37	6	0	236	1203	71	5	4	37	48	34	26	27																
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																
Sausage & Sweet Pepper	477	1060	484	54	23	0	132	1675	94	6	5	49	25	111	68	19																

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SANDWICHES																																
Chicken Club (with fries)	415	1000	489	54	12	0	122	1367	85	7	15	41	20	34	9	31																
Chicken Club (with salad)	346	820	453	50	10	0	124	977	54	5	16	40	36	27	12	28																
Chicken Parm Baguette (with fries)	468	1100	536	60	13	0	152	1573	98	5	5	41	28	24	38	24																
Chicken Parm Baguette (with salad)	399	930	499	55	11	0	153	1183	66	3	6	40	44	18	42	21																
Market Burger (with fries)	497	1220	669	74	25	2.5	186	1336	81	5	7	52	13	20	3	41																
Market Burger (with salad)	418	1050	632	70	23	2.5	187	946	50	3	8	51	30	14	7	38																
Turkey & Swiss BLT (with fries)	445	1100	506	56	16	0	143	1564	86	9	10	58	20	26	32	30																
Turkey & Swiss BLT (with salad)	376	920	470	52	14	0	144	1174	54	7	11	57	36	20	35	27																
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	217	770	505	56	32	0	296	444	58	0	54	11	44	0	15	6																
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 Paradise Cake	326	1170	602	67	31	0	192	360	138	8	103	13	31	1	20	45																
Crème Brûlée	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																
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																