

	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																
Lobster Bisque-Cup w/crostini	187	400	290	33	20	0	120	720	18	1	3	7	40	10	10	6
Lobster Bisque-Bowl w/crostini	358	740	560	62	37	0	225	1330	30	3	6	12	80	25	15	10
Roma Tomato Basil-Cup w/crostini	170	220	140	16	9	0	45	410	16	3	5	4	60	30	10	10
Roma Tomato Basil-Bowl w/crostini	340	370	250	28	15	0	85	710	27	5	11	7	110	60	20	20
Ahi Tuna Poke	281	350	80	8	1	0	50	1270	32	4	4	35	10	25	10	25
Crispy Brussels Sprouts	209	460	360	40	10	0	35	230	21	7	4	9	35	240	10	15
Fried Calamari	244	610	360	41	6	0	410	470	28	2	6	31	15	90	15	15
Heirloom Tomatoes & Burrata	252	460	320	36	11	0	40	360	18	2	0	12	30	50	35	6
Housemade Chicken Meatballs	274	660	340	38	13	0	180	940	42	3	4	38	20	25	30	20
Mediterranean Hummus	425	1320	640	71	11	0	15	350	139	14	10	33	10	20	30	45
Simple Salad	139	220	160	17	2	0	5	180	13	1	4	4	45	25	10	6
<i>SALADS (Includes Dressing)</i>																
Blackened Wild Salmon Caesar	404	720	480	54	11	0	105	920	17	5	6	45	320	30	45	20
Cilantro Lime Chicken	363	490	270	31	8	0	135	300	17	3	7	38	60	35	6	20
Crispy Panko Chicken Salad	467	820	510	57	13	0	380	1190	34	4	15	44	70	40	15	25
Ginger Crusted Ahi Tuna Salad	265	430	180	20	2	0	35	520	32	5	15	25	80	50	15	30
Grilled Vegetable Salad	497	590	380	43	5	0	5	290	48	12	12	14	260	210	25	30
Miso Tofu Salad	344	410	300	34	4.5	0	10	310	21	4	6	10	80	70	40	15
Shrimp & Arugula w/ Sweet Corn	390	560	340	37	9	0	210	1090	29	3	7	29	50	50	35	15
Warm Asian Glazed Chicken	394	690	350	39	4.5	0	120	830	48	6	17	38	120	90	20	35
Wild Salmon Nicoise	442	560	330	36	4.5	0	250	780	24	5	5	38	70	60	15	25
Baby Gem Caesar	277	450	320	36	9	0	40	810	15	4	5	18	300	25	50	15
Baby Gem Caesar w/Roasted Chicken	433	660	410	46	12	0	155	930	15	4	5	46	310	25	50	20
Baby Gem Caesar w/Wild Salmon	393	630	400	44	11	0	105	920	15	4	5	46	310	25	50	15
ENTREES & PASTAS																
Grilled Flat Iron Steak	600	850	430	48	12	1	160	810	46	6	5	57	60	290	25	45
Lobster Risotto	473	600	260	29	14	0	190	670	56	3	5	27	50	45	30	15
Mushroom Ravioli	389	780	520	58	25	0	145	1290	44	4	6	23	45	45	40	8
Penne Bolognese & Meatballs	535	1130	680	76	32	0	315	1530	75	3	6	39	60	90	30	40
Rosemary Chicken & Artichoke Pasta	587	1090	640	71	32	0	335	1030	63	6	2	48	80	50	30	35
Smoked Bacon & Asp Carbonara	396	880	470	52	25	0	230	960	68	5	4	37	50	25	45	25
Spicy Wild Shrimp Pomodoro	474	690	240	27	4	0	205	1180	75	7	4	36	30	35	30	25
Tuscan Grilled Chicken	552	870	410	46	11	0	250	640	44	8	7	72	30	70	30	35
Wild Salmon & Cauliflower	524	620	310	34	6	0	110	740	33	5	13	49	20	190	15	15

Menus vary by region or season

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SANDWICHES																
Chicken Club (with fries)	473	990	450	50	12	0	120	1020	91	8	16	42	20	35	10	30
Chicken Club (with salad)	346	820	450	50	10	0	125	990	54	5	16	40	35	30	10	30
Chicken Parm Baguette (with fries)	512	1090	500	55	13	0	150	1210	103	7	6	43	30	25	40	25
Chicken Parm Baguette (with salad)	399	930	500	55	11	0	155	1180	66	3	6	40	45	20	40	20
Market Burger (with fries)	497	1210	630	70	25	2.5	185	970	87	7	7	54	90	20	4	40
Market Burger (with salad)	418	1060	630	70	23	2.5	185	950	51	4	8	51	100	15	8	40
Turkey & Swiss BLT (with fries)	445	1090	470	52	16	0	145	1200	92	11	12	60	20	30	30	30
Turkey & Swiss BLT (with salad)	376	920	470	52	14	0	145	1170	55	7	12	57	40	25	35	25
HANDMADE PIZZA																
Margherita	438	850	270	30	14	0	65	820	105	5	4	39	30	20	70	10
Pepperoni & Mushroom	405	1050	440	49	19	0	105	1450	107	7	4	44	15	15	50	20
Prosciutto & Arugula	380	1050	430	48	21	0	135	1570	103	5	3	50	50	10	70	15
Sausage & Sweet Pepper	477	1140	480	54	23	0	130	1670	110	6	5	51	25	110	70	20
<i>KIDS' MENU (Includes Side of Fruit)</i>																
Buttered Noodles	278	490	160	18	6	0	75	75	71	4	13	14	25	60	6	15
Cheese Tortelloni	369	360	100	11	4	0	53	1010	65	8	18	14	0	81	21	19
Chicken Tenders - Ketchup	346	540	270	30	5	0	50	1070	55	4	24	16	20	100	6	15
Chicken Tenders - Ranch	346	600	360	40	7	0	55	850	47	4	18	16	10	90	8	15
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	390	160	17	2	0	65	260	31	5	16	31	15	100	6	10
DESSERTS																
Apple Cobbler	389	830	277	31	19	0	95	132	134	6	99	8	18	14	7	11
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
Lemon Ricotta Shortcake	237	820	395	44	26	0	315	194	99	5	69	13	33	41	24	15
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

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