

	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)
STARTERS																
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	357	370	250	28	15	0	85	710	27	5	11	7	630	40	15	20
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	473	600	260	29	14	0	190	670	56	3	5	27	50	45	30	15
Brussels Sprouts Frite	285	720	420	47	6	0	0	85	69	10	40	19	0	170	7	42
Burrata with Apples & Walnuts	319	480	280	31	10	0	40	470	31	4	1	16	25	70	35	10
Cilantro Lime Chicken Tacos	126	310	180	20	4	0	45	200	21	3	2	12	200	30	13	9
Fried Calamari	297	370	45	4.5	1.5	0	400	690	47	3	19	32	90	40	10	17
Grilled Romaine Caesar	211	320	230	25	5	0	20	430	18	3	4	7	1250	8	12	13
Hamachi Tostada	150	410	220	24	3.5	0	30	530	13	2	2	12	30	15	7	7
PASTA & PIZZA																
Wild Mushroom & Chicken Penne	699	1230	630	70	29	0	550	660	103	8	28	48	250	90	31	44
Wild Shrimp & Saffron Tagliatelle	562	970	500	56	17	0	285	1280	73	5	5	41	60	160	25	25
Spaghetti & Meatballs	267	700	310	34	15	0	75	1400	62	3	2	35	100	120	34	27
Three Cheese Ravioli with Sage	466	750	280	31	12	1	90	640	79	7	10	33	480	35	21	49
Neapolitan Pizza	229	500	180	20	9	0	35	540	59	3	3	20	80	8	26	24
Sopressata Pizza	267	700	310	34	15	0	75	1400	62	3	2	35	20	180	45	25
SEAFOOD																
Cilantro Lime Shrimp	368	490	280	31	6	0	190	1010	30	4	7	27	330	30	22	12
Crab Roll (w/ fries)	409	770	290	33	12	0	155	590	89	6	14	20	220	25	13	25
Crab Roll (w/ salad)	310	550	250	28	10	0	160	480	51	3	13	17	330	30	15	24
Crispy Halibut Tacos	492	780	450	50	7	0	10	500	77	11	18	11	600	50	16	20
Sake Marinated Ling Cod	377	440	140	15	5	0	140	1850	29	2	11	45	250	8	8	19
Wild Salmon Nicoise	442	620	330	37	5	0	250	1320	36	10	11	42	400	60	15	37
MEAT																
BV Burger (w/ fries)	557	1230	640	71	26	2.5	190	1070	88	7	8	54	160	15	18	41
BV Burger (w/ salad)	444	1010	600	66	23	2.5	190	970	49	3	7	51	270	15	21	40
Seared Steak & Blue Cheese Salad	474	860	340	38	9	0	95	590	92	15	37	42	0	70	17	31
Skirt Steak Frites	494	570	180	20	7	1	150	410	38	5	3	56	80	50	13	41
POULTRY																
Crispy Chicken & Asparagus Pozole	838	1320	830	92	21	0	320	600	23	6	7	97	0	40	12	48
Roast Turkey Club (w/ fries)	504	1030	440	49	10	0	80	1550	104	15	19	44	440	40	7	30
Roast Turkey Club (w/ salad)	462	720	320	36	8	0	150	770	58	5	12	41	380	35	16	36
Sesame Chicken Salad	424	860	370	41	4	0	105	1050	83	8	11	41	700	60	18	56
SW Chicken Sandwich (w/ fries)	518	940	360	40	10	0	145	870	97	8	12	44	270	35	14	37
SW Chicken Sandwich (w/ salad)	462	720	320	36	8	0	150	770	58	5	12	41	70	50	20	35

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KIDS' MENU <i>(Includes Side of Fruit)</i>																
Buttered Noodles	278	490	160	18	6	0	75	75	71	4	13	14	25	60	6	15
Chicken Tenders - BBQ	346	560	270	30	5	0	50	930	61	4	29	16	10	90	6	15
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																
Affogato	339	900	400	44	28	0	125	50	124	4	85	8	140	8	3	14
Apple Crostata	339	910	396	44	28	0	125	49	125	4	86	8	25	19	4	14
Cheesecake with Bourbon Caramel	208	880	560	62	33	0	310	480	69	2	56	14	230	0	14	10
Chocolate Paradise Cake	350	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 Custard Cake	215	590	467	52	31	0	294	78	28	3	17	8	36	48	10	6
Sorbet & Gelato	170	310	122	14	9	0	60	75	38	0	38	6	0	0	0	0
Triple Choc Chip Cookies (1/2 doz)	174	830	442	49	29	0	147	50	86	9	62	11	11	0	17	108
Triple Choc Chip Cookies (1 doz)	349	1670	883	98	59	0	294	101	171	19	124	22	22	0	34	216
White Chocolate Bread Pudding	257	930	565	63	38	0	280	338	81	3	53	11	60	10	20	6
BRUNCH																
Creme Brulee Brioche French Toast	599	1300	540	60	32	0	350	380	179	10	107	19	0	70	23	33
Warm Biscuit & Chicken Ssg Gravy	699	1230	630	70	29	0	550	660	103	8	28	48	250	90	31	44
Classic 2 Egg Breakfast	515	930	450	50	23	0	450	490	96	7	24	25	0	90	23	35
Bistro Verde Breakfast Sandwich	424	850	360	41	4	0	105	1040	82	7	11	40	130	80	20	60
SMT Vegetable Frittata	515	930	450	50	23	0	450	490	96	7	24	25	0	90	23	35
Lobster Asparagus Benedict	614	860	460	52	20	0	615	1140	69	8	22	36	0	90	22	37
Green Goddess & Avo Grain Bowl	562	790	410	46	7	0	190	310	82	7	22	17	0	90	9	18
Grain Bowl with Miso Glazed Salmon	695	1020	510	56	8	0	250	780	87	7	25	45	0	90	10	22
Grain Bowl with Gravlax	633	880	440	49	7	0	205	1730	82	7	22	30	0	90	10	21
Fresh Berries & Acai Yogurt	645	830	300	34	11	0	35	125	115	19	86	28	0	120	27	31

Menus vary by region or season

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