

FRESH TO ORDER

NUTRITIONAL INFORMATION

SOUPS

	CALORIES (kcal)	CAL FROM FAT (kcal)	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
Chicken Tortilla 1/2 Bowl	322	168	19	5	0	55	1104	23	3	7	18
Chicken Tortilla Full Bowl	483	252	28	7	0	82	1657	35	5	11	27
Sweet Potato Bisque 1/2 Bowl	713	412	46	24	3	122	624	65	8	31	6
Sweet Potato Bisque Full Bowl	1070	618	69	36	5	182	936	97	12	47	9
Tomato Bisque 1/2 Bowl	318	212	24	16	0	90	943	16	2	10	2
Tomato Bisque Full Bowl	476	318	35	24	0	134	1413	25	3	14	3
Wild Mushroom 1/2 Bowl	499	401	45	29	0	159	518	9	1	3	3
Wild Mushroom Full Bowl	745	598	66	43	0	238	773	13	2	5	4
Lentil Soup 1/2 Bowl	290	117	13	2	0	0	640	36	9	4	11
Lentil Soup Full Bowl	435	176	20	2	0	0	960	54	14	6	17

SALADS

Nutrition count does not include dressing or proteins.

	CALORIES (kcal)	CAL FROM FAT (kcal)	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
Asian Salad	404	215	24	3	2	0	256	42	7	16	11
Caesar Salad	211	91	10	2	2	6	339	25	3	4	8
Club Salad	483	290	32	12	2	65	657	29	6	12	23
Market Salad	315	160	18	2	2	0	83	36	6	20	8
Mediterranean Salad	359	222	25	6	2	16	681	29	5	13	10
Small Caesar Salad	153	70	8	2	2	3	197	17	1	3	5
Southwest Salad	519	243	27	10	2	46	421	55	7	15	20
Spinach Salad	316	169	19	8	2	31	619	25	5	11	15
Fig Salad	507	230	26	9	2	32	642	58	8	38	16
Super Greens Mediterranean	499	260	29	7	0	25	1206	50	14	21	17
Super Greens Asian	329	140	16	2	0	0	400	38	14	11	16
Cobb Salad	370	209	23	10	0	100	1031	19	6	11	23

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BOWLS

Nutrition count does not include dressing or proteins.

	CALORIES (kcal)	CAL FROM FAT (kcal)	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
Southwestern Quinoa Rice Bowl	836	316	35	5	0	9	1073	116	21	14	20
Asian Quinoa Rice Bowl	916	406	45	7	0	9	1143	111	21	15	25
Mediterranean Quinoa Rice Bowl	785	307	34	9	0	34	1641	101	15	17	22

DRESSINGS

Serving size 2 oz.

	CALORIES (kcal)	CAL FROM FAT (kcal)	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
Balsamic Vinaigrette (GF)	280	234	26	4	0	0	50	12	0	12	0
Caesar	300	270	30	5	0	50	800	2	0	2	2
Dijon Vinaigrette	200	180	20	3	0	0	340	8	0	6	0
Honey Mustard (GF)	280	234	26	4	0	30	280	12	0	10	0
Ginger-Apricot Vinaigrette	160	108	12	2	0	0	240	14	2	8	0
Ranch (GF)	200	180	20	3	0	20	580	2	0	2	2
Southwest Ranch	160	144	16	2	0	20	600	2	0	2	0
EVOO & Aged Balsamic (GF)	280	252	28	4	0	0	5	7	0	6	0
Raspberry Vinaigrette	260	216	24	4	0	0	180	10	0	10	0
Strawberry Balsamic Vinaigrette (GF)	100	90	10	1	0	0	560	6	0	6	0
Yuzu Horseradish Ranch	200	180	20	3	0	20	580	2	0	2	2
Citrus Vinaigrette	286	252	28	2	0	0	178	14	0	12	0

SAUCES

Serving size 2 oz.

	CALORIES (kcal)	CAL FROM FAT (kcal)	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
Tzatziki	60	40	4	3	0	10	250	2	0	0	2
Peanut Sauce	172	67	7	1	0	0	407	26	1	22	2
Horseradish Honey Mustard	280	234	26	4	0	30	280	12	0	10	0

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NUTRITIONAL INFORMATION

SAUCES

Serving size 2 oz.

	CALORIES (kcal)	CAL FROM FAT (kcal)	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
Black Bean Orange Sauce	159	6	1	0	0	0	371	39	0	33	1
Coconut Curry Sauce	136	119	13	10	0	4	219	5	0	1	1
Balsamic Cabernet Reduction	81	46	5	1	0	0	432	7	0	4	0
Mushroom Cream Sauce	127	108	12	6	0	29	232	3	1	1	2
BBQ	110	0	0	0	0	0	460	27	1	24	1
Buffalo	45	32	3.5	0.5	0	0	1680	2	1	1	0
Lemon Pepper	240	216	24	4	0	20	960	8	0	4	0
Honey Lemon Pepper	248	108	12	2	0	10	482	39	0	36	0
Nashville Hot Lemon Pepper	220	189	21	3	0	10	790	10	1	7	0
Nashville Hot	200	162	18	2	0	0	620	12	2	10	0
Peach Habanero	120	0	0	0	0	0	720	32	0	28	0
Honey Peach Habanero	188	0	0	0	0	0	362	51	0	48	0

PROTEIN ADD-ONS

	CALORIES (kcal)	CAL FROM FAT (kcal)	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
Blackened Lime Shrimp	71	8	1	0	0	125	402	1	0	1	15
Blackened Chicken Tenders	132	22	2	0	0	50	662	2	0	1	18
Almond Chicken Skewers	127	48	5	1	0	54	358	4	1	0	11
Chicken Tenders	159	30	3	0	0	45	563	11	0	1	14
Fire-Grilled Chicken (GF)	160	32	4	1	0	74	865	8	0	5	23
Grilled Salmon	308	185	21	4	0	60	187	6	0	6	23
Grilled Prime Steak	149	48	6	2	0	57	626	2	0	1	21
Seared Tofu (GF, no Dijon Drizzle)	262	189	21	3	0	0	196	7	2	3	12
Almond Crusted Tuna Filet	267	140	16	2	0	37	434	9	1	3	23
Salmon Hush Puppies	472	303	34	9	0	70	609	21	1	1	22
Hard Boiled Egg	78	48	5	2	0	187	62	1	0	1	6

FRESH TO ORDER

NUTRITIONAL INFORMATION

SANDWICHES

All sandwiches are served on ciabatta bread. Sides not included in nutrition count.

CALORIES (kcal) CAL FROM FAT (kcal) TOTAL FAT (g) SAT FAT (g) TRANS FAT (g) CHOLESTEROL (mg) SODIUM (mg) CARBS (g) FIBER (g) SUGARS (g) PROTEIN (g)

	CALORIES (kcal)	CAL FROM FAT (kcal)	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
Asian Chicken Crunch											
With Sauce	557	204	23	3	0	62	1425	63	5	14	21
No Sauce	446	110	13	1	0	55	1151	60	5	11	20
Chicken BLT											
With Sauce	568	190	21	3	0	86	1843	59	4	14	34
No Sauce	439	78	9	1	0	74	1558	57	4	12	32
Smokey Southwest Chicken											
With Dressing	698	262	29	6	0	95	1502	69	3	12	40
No Dressing	618	190	21	5	0	85	1202	68	3	11	40
Chicken Tender											
With Dressing	634	236	26	7	0	84	1539	65	2	12	28
No Dressing	494	119	13	5	0	69	1399	59	2	7	28
Grilled Salmon											
With Aioli	795	403	45	7	0	70	1330	65	4	17	34
No Aioli	668	288	32	5	0	60	1066	63	4	15	0
Grilled Steak											
With Aioli	599	287	25	5	2	70	1737	58	3	15	32
No Aioli	487	228	14	3	2	62	1455	56	3	13	31
Tomato Mozzarella (V)											
With Pesto	572	286	32	11	0	24	1427	54	3	11	20
No Pesto	473	191	21	9	0	21	1246	53	3	11	18
Turkey Club											
With Aioli	559	284	23	7	0	71	1832	54	3	11	31
No Aioli	439	167	12	5	0	55	1652	50	3	8	29
Salmon Hush Puppy Panini											
With Sauce	818	397	44	11	0	70	1409	74	3	11	31
No Sauce	738	334	37	10	0	70	1189	70	3	8	31

FRESH TO ORDER

NUTRITIONAL INFORMATION

BURGERS

Nutrition count does not include sides.

	CALORIES (kcal)	CAL FROM FAT (kcal)	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
Bison Burger											
With Sauce	723	317	38	11	1	91	954	57	2	13	34
No Sauce	637	269	33	10	1	87	675	49	2	6	34
Black Bean Burger (V)											
With Sauce	804	257	29	4	0	15	1563	109	14	16	27
No Sauce	741	204	23	3	0	9	1458	107	14	14	27
Salmon Burger											
With Sauce	888	438	49	12	0	70	1567	81	6	14	32
No Sauce	808	375	42	11	0	70	1347	77	6	10	32
Butcher Blend Beef Burger											
With Sauce	995	576	64	23	0	105	1246	56	2	11	48
No Sauce	825	414	46	20	0	95	1026	55	2	11	47
Smokehouse Burger	1381	810	90	31	0	115	1926	80	4	21	61

PLATES

Nutrition count does not include sides.

	CALORIES (kcal)	CAL FROM FAT (kcal)	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
Fire-Grilled Chicken w/ Mushroom Cream Sauce											
With Sauce	498	181	20	9	0	187	2262	26	2	18	49
No Sauce	405	106	12	4	0	157	2167	24	2	17	49
Fire-Grilled Chicken w/ Coconut Curry Sauce											
With Sauce	627	276	34	12	0	179	2442	31	2	20	49
No Sauce	481	172	22	4	0	157	1814	22	1	15	47
Fire-Grilled Chicken w/ Cabernet Reduction											
With Sauce	509	186	24	4	0	147	2166	26	1	16	47
No Sauce	448	137	19	3	0	147	1752	22	1	16	47
Crispy Ale-Laced Chicken Tenders											
With Sauce	562	237	26	4	0	113	1475	39	1	15	29

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PLATES

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	CALORIES (kcal)	CAL FROM FAT (kcal)	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
No Sauce	322	61	6	1	0	90	1127	23	1	1	29
Almond Chicken Skewers											
With Sauce	629	185	21	4	0	136	1452	73	4	54	30
No Sauce	367	137	16	3	0	136	998	20	4	6	29
Grilled Salmon w/ Coconut Curry Sauce											
With Sauce	802	500	59	18	0	152	1216	16	2	9	50
No Sauce	656	396	47	10	0	130	588	7	1	4	48
Grilled Salmon w/ Black Bean Orange Sauce											
With Sauce	849	442	49	9	0	120	1578	52	1	43	48
No Sauce	689	441	49	9	0	120	657	11	0	9	47
Prime Steak Medallion w/ Balsamic Cabernet Reduction											
With Sauce	380	135	18	4	0	114	819	11	1	7	43
No Sauce	319	86	13	3	0	114	405	7	1	7	43
Prime Steak Medallion w/ Mushroom Cream Sauce											
With Sauce	488	219	28	11	0	153	967	13	2	8	45
No Sauce	395	144	20	6	0	123	872	11	2	7	45
Salmon Hush Puppies											
With Sauce	1104	859	81	21	0	140	1659	50	2	10	45
No Sauce	944	607	67	19	0	140	1219	42	2	3	44

SIDES

	CALORIES (kcal)	CAL FROM FAT (kcal)	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
Garlic Mashed Potatoes (GF, V)	297	131	15	6	0	30	527	35	4	1	3
Roasted Vegetables (GF, V)	222	85	13	2	0	0	948	26	4	12	6
Sweet Mashed Potatoes (GF, V)	181	66	7	2	1	4	81	27	3	13	2
Indian Harvest Rice (GF, V)	295	83	9	4	0	15	703	45	5	1	7

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SIDES

	CALORIES (kcal)	CAL FROM FAT (kcal)	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
Macaroni & Cheese (V)	637	274	30	12	3	64	1373	66	2	6	25
Garlic Jack Grit Cake	679	361	40	23	0	130	750	55	0	0	20
Fruit Salad (GF, V, Vegan)	125	4	0	0	0	0	31	32	3	27	2
Apple	97	3	0	0	0	0	2	23	5	16	1
Croissant	95	50	6	1	2	0	56	9	0	2	2
Ciabatta	224	27	3	0	0	0	470	40	2	0	7
French Fries (V)	610	270	30	5	0	0	470	78	6	1	7

KIDS MENU

	CALORIES (kcal)	CAL FROM FAT (kcal)	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
Grilled Chicken Breast w/ Indian Harvest Rice											
<i>With Sauce</i>	439	98	11	4	0	85	1706	52	5	14	28
<i>No Sauce</i>	394	70	8	3	0	85	1442	48	5	12	28
Coconut Chicken											
<i>With Sauce</i>	333	138	15	6	0	90	1296	22	2	15	25
<i>No Sauce</i>	260	86	9	2	0	79	982	18	2	13	24
Chicken Tender Platter											
<i>With Sauce</i>	505	264	29	4	0	75	1032	38	1	23	15
<i>No Sauce</i>	195	30	3	0	0	45	614	19	1	7	15
Grilled Salmon (Kids)											
<i>With Sauce</i>	532	235	29	5	0	60	643	42	1	36	24
<i>No Sauce</i>	447	235	29	5	0	60	318	20	1	17	24
Grilled Steak Medallion (Kids)											
<i>With Sauce</i>	281	98	14	3	0	57	825	15	1	11	22
<i>No Sauce</i>	236	70	11	2	0	57	561	11	1	9	22
Kids Chicken Caesar	415	195	22	4	0	104	1497	24	2	14	28
Macaroni and Cheese	674	274	30	12	3	64	1425	74	3	13	25

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KIDS MENU

	CALORIES (kcal)	CAL FROM FAT (kcal)	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
Carrot Sticks	47	0	0	0	0	0	87	11	3	7	1
Fruit Cup	56	2	0	0	0	0	11	14	1	12	1

DESSERTS

	CALORIES (kcal)	CAL FROM FAT (kcal)	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
Fudge Brownie	1229	412	46	6	7	60	401	190	11	103	19
Cupcake – Vanilla Bean	250	153	17	10	0	55	170	33	0	25	2
Cupcake – Red Velvet	320	180	20	12	0	50	190	34	1	24	2
Cookies – M&M; Choc Chunk	520	180	20	9	0	50	400	78	2	52	6
Cookies – Macadamia White Choc	530	243	27	10	0	45	320	70	3	27	6
Cookies – Oatmeal Raisin	520	180	20	8	0	40	310	81	4	45	7
Cookies – Red Velvet	570	243	27	14	0	50	270	78	2	51	7
Cookies – Reese's PB Chocolate	580	369	41	19	0	40	330	59	5	35	14
Cookies – S'more	540	207	23	11	0	45	390	80	3	53	19
Cookies – Triple Chocolate	460	144	16	7	0	45	310	79	2	27	6