



Lower Sodium Menu

Thank you for choosing to dine with us. It is our pleasure to cook for you. Many items on our menu can be customized to accommodate your needs.

Appetizers

Edamame (570 mg)

Whole soybeans steamed and served hot (without soy sauce)

Gulf Shrimp Cocktail (462 mg)

With fresh lemon and cocktail sauce (without French dressing)

Housemade Sonoma Goat Cheese Ravioli (774 mg)

With roasted garlic and sweet basil in a light tomato broth (without Parmesan cheese)

Farmer's Market Vegetable Soup (8 oz) (751 mg)

With fresh basil, roasted garlic essence and melted Parmesan cheese

Salads

Mixed Greens Salad (581 mg)

With grape tomatoes, toasted seeds and light balsamic dressing

Baby Spinach Salad (774 mg)

With seasonal fruit, crumbled blue cheese, toasted pine nuts and light balsamic dressing

Kalymnos Greek Salad (796 mg)

With cucumbers, tomatoes, red onions, kalamata olives and light Greek dressing (without Feta cheese)

Cranberry Tabbouleh (590 mg)

With fresh mint, lemon, cucumbers, tomatoes and toasted almonds

Entrées

All meat and fresh fish can be made to order using olive oil

Grilled Boneless Rainbow Trout (592 mg)

With parsley new potatoes, fresh roasted asparagus, sweet carrots and broiled lemon

Cedar Plank Atlantic Salmon (567 mg)

Mustard basted salmon with fresh roasted asparagus, sweet carrots and parsley roasted red potatoes

Grilled Rack of New Zealand Lamb (585 mg)

Grilled lamb in garlic herb marinade, red bliss potatoes, asparagus and balsamic red onions (without salt & pepper)

Sandwiches (accompanied by fresh greens salad)

Chicken Wrap (690 mg)

With lettuce and tomato in soft Mediterranean bread (without Caesar dressing)

Blackened Fish (586 mg)

With tomato slices, chipotle-lime rémoulade and fresh lemon

Western Buffalo Burger (694 mg)

With guacamole, tangy roasted pepper salsa and chipotle sour cream (without bun)

Desserts

Key Lime Pie, Carrot Cake, Pecan Pie, Rocky Road, Mocha Macchiato, Fresh Fruit

The restaurant is not an allergen-free environment. Seasons 52 makes every effort to provide complete and current content information; however, due to the handcrafted nature of our menu items and variations in vendor supplied ingredients, we cannot make a guarantee regarding the allergen content of any menu item. Guests with a special food sensitivity or dietary need should not rely solely on this information as the basis for deciding whether to consume a particular menu item and are individually responsible for ensuring that any such menu item meets their individual dietary requirements.