

WINTER 2009 - NUTRITIONAL INFORMATION

Flatbreads	Calories	Fat	Cholesterol	Sodium	Carbs	Sugars	Fiber	Protein
Artichoke Flatbread	429	19	39	1234	36	4	4	21
Garlic Chicken Flatbread	417	13	48	1023	37	3	2	25
Eggplant Parmesan Flatbread	297	12	30	1053	31	3	3	15
Mediterranean Lamb Gyro Flatbread	474	20	71	635	33	4	2	27
Plum Tomato Flatbread	376	13	37	754	33	5	3	21
Pork Taco Flatbread	443	17	58	1055	35	5	3	26
Reuben Flatbread	414	18	72	1519	33	4	4	30
Rosemary & Parmesan Crispbread	321	14	37	1237	28	1	2	20
Smoked Salmon Flatbread	355	9	31	1301	30	2	2	24
Spicy Shrimp Flatbread	417	11	148	805	36	7	3	32
Steak & Mushroom Flatbread	440	17	60	1268	45	3	3	26
Appetizers	Calories	Fat	Cholesterol	Sodium	Carbs	Sugars	Fiber	Protein
Chicken Skewers, Tandoori	284	15	115	1157	17	11	2	40
Chili Relleno Appetizer	227	17	60	1280	18	8	5	26
Edamame w/o Green Tea	323	13	0	27	19	0	19	29
Edamame with Green Tea	322	13	0	570	19	0	19	29
Goat Cheese Ravioli	295	14	41	942	23	3	1	15
Gulf Shrimp Cocktail	206	4	183	981	14	6	2	25
Maui Tuna Crunch Appetizer	126	3	21	907	9	4	0	14
Mussels Marinara	237	5	48	594	20	5	2	23
Seared Tuna w/o Tamari Sauce	163	3	25	1873	16	7	1	17
Shrimp and Crab Stuffed Mushrooms	326	15	205	1102	13	2	1	34
Small Salads	Calories	Fat	Cholesterol	Sodium	Carbs	Sugars	Fiber	Protein
Cranberry Tabbouleh	198	12	0	631	22	10	5	4
Greek Salad	304	24	43	1163	15	7	3	9
Mixed Green Salad	188	14	0	581	14	6	2	3
Organic Mixed Greens Salad	224	19	15	477	9	4	2	7
Soup & Salad	303	7	0	1119	54	10	6	9
Spinach Salad with Pears	328	21	11	670	34	18	5	7
Hot & Cold Salads	Calories	Fat	Cholesterol	Sodium	Carbs	Sugars	Fiber	Protein
Market Vegetable Plate	415	14	0	1441	64	36	14	15
Greek Salad, Large	330	26	55	1446	14	6	2	10
Grilled BBQ Chicken Salad	472	22	93	1275	25	9	5	41
Grilled Duck Breast Chop Salad	440	15	82	1338	50	35	8	27
Salmon Salad, Lemongrass	455	23	83	1098	29	14	5	34
Tuna Maui Crunch Salad	411	15	34	980	43	25	6	25
Seafood Entrées	Calories	Fat	Cholesterol	Sodium	Carbs	Sugars	Fiber	Protein
Cedar Plank Salmon	470	19	115	690	27	7	6	46
Cobia Curry	397	7	66	1401	45	9	5	42
Crab Stuffed Shrimp	437	10	353	1723	39	11	8	49
Grilled Rainbow Trout	390	12	109	592	28	7	6	43
Grilled Scallops	447	14	108	1608	19	3	2	58
Grilled Swordfish Ponzu	467	10	71	2053	49	12	7	43
Grouper with Shrimp Risotto	394	6	110	1475	36	12	9	50
Halibut with Shrimp Risotto	428	8	101	1500	37	11	8	53
Mahi Blackened with Sweet Potato	320	2	129	1086	33	8	7	39
Sesame Crusted Tuna	473	15	69	2062	31	4	3	50
Shrimp Penne Pasta	472	12	234	2015	55	14	8	38
Snapper Mayan Style	395	13	86	1736	21	4	7	45
Wild Snapper with Shrimp Risotto	430	14	91	1751	36	11	7	41
Poultry & Meat Entrées	Calories	Fat	Cholesterol	Sodium	Carbs	Sugars	Fiber	Protein
Beef Filet Mignon	438	13	118	1792	35	12	5	45
Chili Relleno Entrée	403	24	76	1985	38	10	8	36
Chicken Penne Pasta	470	9	82	2123	52	9	7	45
Grilled Chicken Cabernet	424	6	115	1232	38	7	7	52
Pork Tenderloin	457	15	140	1874	25	7	3	53
Quail with Maple Whiskey	372	6	99	751	33	14	5	44
Rack of Lamb	458	18	163	568	24	4	5	49
Venison Chop	433	14	149	1493	30	8	7	46

Sandwiches	Calories	Fat	Cholesterol	Sodium	Carbs	Sugars	Fiber	Protein
Blackened Fish Sandwich	390	5	133	674	47	14	7	40
Chicken Caesar Wrap	452	10	89	961	48	5	6	42
Chicken Skewers w/Side Salad	341	18	115	1370	24	13	3	41
Grilled Turkey Burger	462	17	99	1283	44	11	5	32
Southwest Buffalo Burger	459	18	22	1264	63	9	5	21
Vegetable Sandwich	350	14	18	1070	46	9	5	16
Children's Items	Calories	Fat	Cholesterol	Sodium	Carbs	Sugars	Fiber	Protein
Children's Turkey Burger	449	17	107	1439	39	9	7	36
Children's Buffalo Burger	428	15	57	1062	42	10	6	31
Children's Chicken Entrée	237	10	86	1193	20	2	4	33
Children's Flatbread	315	9	19	930	41	0	4	18
Children's Pasta	255	3	2	1033	47	1	3	9
Desserts	Calories	Fat	Cholesterol	Sodium	Carbs	Sugars	Fiber	Protein
Banana Caramel Pie	144	7	21	48	21	15	2	2
Carrot Cake	275	9	20	258	44	36	1	2
Fresh Fruit	47	0	0	0	13	9	1	0
German Chocolate Cake	215	9	12	234	30	22	1	2
Key Lime Pie	216	9	107	98	28	26	0	4
Mango Cheesecake	275	17	65	150	28	20	3	3
Mocha Macchiato	318	17	129	88	35	23	0	3
Peanut Butter and Chocolate Swirl	293	17	27	203	36	22	2	5
Pecan Pie	324	18	74	249	39	18	1	3
Pineapple Colada	178	13	27	149	15	10	1	2
Pumpkin Pie	255	9	29	224	41	28	1	3
Raspberry Chocolate Canoli	251	9	21	49	37	27	0	6
Red Velvet	208	6	33	147	37	28	1	2
Rocky Road	344	20	62	129	39	30	2	4
Strawberry Shortcake	113	5	9	135	17	9	2	1
Vegetable Sets	Calories	Fat	Cholesterol	Sodium	Carbs	Sugars	Fiber	Protein
Asparagus	117	6	11	656	11	7	4	6
Beets with Wasabi Sauce	78	0	2	665	17	11	3	3
Broccoli	137	6	13	959	17	4	6	6
Cauliflower Curry	120	5	0	756	16	5	4	5
Eggplant Spinach Parmesan	143	5	10	931	19	4	4	7
Squash Trio with Maple Glaze	212	1	0	188	53	14	12	4
Soups	Calories	Fat	Cholesterol	Sodium	Carbs	Sugars	Fiber	Protein
Black Bean, 10 oz	154	2	0	811	29	5	5	7
Black Bean, 8 oz	136	2	0	662	25	4	4	6
Butternut Squash, 10 oz	129	2	0	439	31	11	6	2
Butternut Squash, 8 oz	102	1	0	308	21	7	3	2
Chicken Curry, 10 oz	292	3	1	674	59	10	3	7
Chicken Curry, 8 oz	192	1	1	405	38	9	2	6
Chicken Tortilla, 10 oz	180	2	15	793	28	2	3	12
Chicken Tortilla, 8 oz	156	2	12	648	25	2	2	10
Colorado Buffalo Chili, 10 oz	335	7	47	1136	37	4	7	28
Colorado Buffalo Chili, 8 oz	267	6	39	885	29	3	6	23
Old Fashioned Chicken Noodle, 10 oz	152	2	26	276	19	4	2	12
Old Fashioned Chicken Noodle, 8 oz	134	2	20	246	18	3	2	10
Shrimp & Clam Cioppino, 10 oz	235	4	110	1063	27	6	3	23
Shrimp & Clam Cioppino, 8 oz	216	3	106	943	24	5	3	21
Steak & Roasted Onion, 10 oz	187	4	18	742	36	3	2	11
Steak & Roasted Onion, 8 oz	162	3	14	609	31	3	2	9
Vegetable Soup, 10 oz	176	2	0	777	32	6	6	6
Vegetable Soup, 8 oz	147	2	0	636	28	4	5	5
White Bean Soup, 8 oz	190	8	2	806	24	4	5	6
White Bean Soup, 10 oz	216	8	2	1003	28	5	6	8

We believe in offering our guests a broad range of dining experiences that appeal to a variety of taste and dietary preferences, and we welcome the opportunity to work with guests to customize their experience or make substitutions where possible. All items on our menus have been independently tested by accredited laboratories with expertise in nutritional testing. However, due to the handcrafted nature of our menu items and slight variances in ingredients we receive from suppliers, minor variations in nutritional values may occur.