

NUTRITIONAL INFORMATION

Updated: 8/31/10

Flatbreads	Calories	Fat	Cholesterol	Sodium	Carbs	Sugars	Fiber	Protein
Artichoke Flatbread	429	19	39	1234	36	4	4	21
Eggplant Parmesan Flatbread	297	12	30	1053	31	3	3	15
Fig Flatbread	400	15	40	820	44	17	6	21
Garlic Chicken Flatbread	417	13	48	1023	37	3	2	25
Mediterranean Lamb Gyro Flatbread	474	20	71	635	33	4	2	27
Pork Taco Flatbread	443	17	58	1055	35	5	3	26
Reuben Flatbread	414	18	72	1519	33	4	4	30
Rosemary & Parmesan Crispbread	361	14	37	1287	28	1	1	20
Smoked Salmon Flatbread	355	9	31	1301	30	2	2	24
Spicy Chipotle Shrimp Flatbread	417	11	148	805	36	7	3	32
Steak & Cremini Mushroom Flatbread	440	17	60	1268	45	3	3	26
Tomato Flatbread	376	13	37	754	33	5	3	21
Sushi	Calories	Fat	Cholesterol	Sodium	Carbs	Sugars	Fiber	Protein
Crab Roll	288	6	43	1606	39	9	4	18
Crab Roll, no organic tamari/ginger	266	6	43	1244	35	8	4	16
Smoked Salmon Roll	244	3	16	1167	35	7	2	17
Smoked Salmon Roll, no organic tamari/ginger	222	3	15	805	30	6	2	16
Spicy Tuna Roll	202	2	11	865	35	7	2	10
Spicy Tuna Roll, no organic tamari/ginger	192	2	11	502	32	7	2	9
Appetizers	Calories	Fat	Cholesterol	Sodium	Carbs	Sugars	Fiber	Protein
Artichoke-Stuffed Artichoke	290	15	15	790	29	6	10	10
Chicken Skewers, Chipotle	286	6	95	802	17	6	3	40
Chicken Skewers, Tandoori	284	15	115	1157	17	11	2	40
Chicken Skewers, Teriyaki	309	10	115	1611	30	21	2	40
Chili Relleno Appetizer	227	17	60	1280	18	8	5	26
Chipotle Grilled Prawns	188	8	166	1125	9	4	4	19
Crab and Shrimp Stuffed Mushrooms	326	15	205	1102	13	2	1	34
Dungeness Crab/Shrimp Stuffed Mushroom (CA)	343	16	222	1046	15	2	1	35
Edamame w/o Green Tea	241	7	0	27	30	3	23	13
Edamame with Green Tea	240	7	0	910	30	3	23	13
Housemade Sonoma Goat Cheese Ravioli	295	14	41	942	23	3	1	15
Maui Tuna Crunch Appetizer	126	3	21	907	9	4	0	14
Mussels Marinara	237	5	48	594	20	5	2	23
Stone Claw Crabs	230	4	89	1367	21	13	4	27
Tataki Hamachi	239	14	47	122	6	2	3	23
Small Salads	Calories	Fat	Cholesterol	Sodium	Carbs	Sugars	Fiber	Protein
Cranberry Tabbouleh	198	12	0	631	22	10	5	4
Kalymnos Greek Salad	304	24	43	1163	15	7	3	9
Organic Baby Spinach with Pears	327	21	11	675	34	18	5	7
Organic Baby Spinach with Raspberries	325	26	16	774	21	6	6	9
Organic Mixed Greens (side)	48	3	0	148	6	2	1	1

Organic Mixed Greens with Pumpkin Seeds	171	12	0	654	17	6	2	4
Organic Mixed Greens with Sunflower Seeds	188	14	0	581	14	6	2	3
Organic Portobello Salad	224	19	15	477	9	4	2	7
Tomato and Haas Avocado	371	22	0	690	42	15	7	8
Wild Organic Arugula	271	16	10	291	29	18	5	9
Wild Organic Arugula w/Pistachios	300	17	24	288	30	19	6	12
Entrée Salads	Calories	Fat	Cholesterol	Sodium	Carbs	Sugars	Fiber	Protein
BBQ Chicken Salad	444	24	97	2547	35	8	7	38
Farmer's Market Vegetable Plate, Autumn	384	17	4	1090	48	22	12	17
Farmer's Market Vegetable Plate, Summer	342	11	0	1196	50	24	10	15
Farmer's Market Vegetable Plate, Summer (CA)	384	17	4	1090	48	22	12	17
Grilled Chicken Parmesan Salad	424	23	147	2692	22	5	5	47
Grilled Duck Breast Salad	440	15	82	1338	50	35	8	27
Kalymnos Greek Salad	330	26	55	1446	14	6	2	10
Lemongrass Salmon Salad	456	23	83	1098	27	14	5	34
Maui Tuna Crunch Salad	411	15	34	980	43	25	6	25
Mediterranean Shrimp Salad	451	20	207	1676	32	10	10	36
Tamarind-Glazed Salmon Salad	474	21	115	861	29	17	5	45
Seafood Entrées	Calories	Fat	Cholesterol	Sodium	Carbs	Sugars	Fiber	Protein
Alaskan Wild Salmon	459	14	109	870	36	6	5	44
Caramelized Sea Scallops	447	14	108	1608	19	3	2	58
Cedar Plank Atlantic Salmon	450	17	115	660	27	7	6	46
Cedar Plank Salmon (CA)	440	16	115	548	27	7	6	45
Cobia Curry	418	5	74	1614	44	9	5	47
Copper River Salmon	459	14	107	890	36	6	5	44
Crab-Stuffed Shrimp	404	9	309	1861	37	10	9	43
Grilled Boneless Rainbow Trout	388	12	109	684	25	7	6	43
Grouper with Shrimp Risotto	392	6	110	1559	34	9	7	50
Halibut Curry	430	7	65	1451	43	8	5	47
Halibut with Shrimp Risotto	387	8	110	1517	33	9	7	50
Mahi Mahi with Sweet Potato	315	3	129	956	32	9	8	38
Mediterranean Fish	473	17	192	1728	37	5	8	44
Sesame Crusted Tuna	473	15	69	2062	31	4	3	50
Snapper Curry	418	5	71	1599	46	8	5	45
Snapper Mayan Style	304	9	55	1122	22	4	6	35
Swordfish Ponzu	455	14	68	2236	47	11	4	34
Swordfish Provençal	395	14	86	1737	21	5	7	46
Tazmanian Trout	406	13	151	1289	32	3	4	39
Tiger Shrimp Penne Pasta	472	12	234	2015	55	14	8	38
Tuna Niçoise	455	15	63	1581	31	6	10	42
Tuna Noodle Bowl	456	14	57	1291	35	4	3	44
Poultry & Meat Entrées	Calories	Fat	Cholesterol	Sodium	Carbs	Sugars	Fiber	Protein
Mesquite-Grilled Filet Mignon	472	14	118	1772	36	12	5	49

Chicken Penne Pasta	470	9	82	2123	52	9	7	45
Colorado Buffalo Steak	385	7	127	1594	27	4	7	55
Fieldale Farms All-Natural Chicken Citron	447	10	110	999	38	8	8	50
Grilled Chicken Cabernet	424	6	115	1197	38	7	7	52
Grilled Rack of New Zealand Lamb	458	18	163	678	22	4	5	49
Grilled Rack of New Zealand Lamb (CA)	473	19	163	637	27	5	5	48
Grilled Turkey Tenderloin Skewer	467	8	80	1603	49	11	5	51
Grilled Turkey Tenderloin Skewer (CA)	452	8	80	1603	49	11	4	48
Quail with Bourbon-Chili Glaze (CA)	384	7	99	827	37	15	7	44
Quail with Maple Whiskey Sauce	372	6	99	751	33	14	5	44
Simply Seasonal Strip Steak, 8 oz	473	20	128	1091	16	5	7	61
Veal Tenderloin	473	13	154	1759	35	7	6	49
Venison Chop	433	14	149	1493	30	8	7	46
Wood-Roasted Pork Tenderloin	457	15	140	1874	25	7	3	53
Sandwiches	Calories	Fat	Cholesterol	Sodium	Carbs	Sugars	Fiber	Protein
Blackened Fish Sandwich	390	5	133	674	47	14	7	40
Grilled Chicken Caesar Wrap	452	10	89	961	48	5	6	42
Grilled Portobello Turkey Burger	462	17	99	1283	44	11	5	32
Oak-Fired Western Buffalo Burger	459	18	22	1264	63	9	5	21
Roasted Market Vegetable Sandwich	350	14	18	1070	46	9	5	16
Lunch Items	Calories	Fat	Cholesterol	Sodium	Carbs	Sugars	Fiber	Protein
Buffalo Chili and Salad	317	7	31	999	41	5	6	22
Chili Relleno Lunch Entrée	403	24	76	1985	38	10	8	36
Chipotle Chicken Skewers with Side Salad	353	20	115	1398	24	13	3	41
Chipotle Shrimp Skewers with Side Salad	230	8	249	1220	9	4	4	28
Fish Tacos	490	14	80	1150	29	1	4	43
Housemade Sonoma Goat Cheese Ravioli	442	16	34	1947	31	5	4	17
Simply Seasonal Strip Steak, 6 oz	342	14	92	809	12	7	4	46
Tandoori Chicken Skewers with Side Salad	341	18	115	1370	24	14	3	41
Teriyaki Chicken Skewers with Side Salad	327	13	112	1628	31	19	3	41
Vegetable Soup & Salad	348	17	0	1660	54	11	7	9
Children's Items	Calories	Fat	Cholesterol	Sodium	Carbs	Sugars	Fiber	Protein
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
Children's Turkey Burger	449	17	107	1439	39	9	7	36
Desserts	Calories	Fat	Cholesterol	Sodium	Carbs	Sugars	Fiber	Protein
Baklava	319	17	45	125	39	20	1	4
Banana Caramel Pie	144	7	21	48	21	15	2	2
Blueberry Cheesecake	263	16	95	150	25	6	0	4
Carrot Cake	275	9	20	258	44	36	1	2
Eggnog	241	13	14	182	23	14	0	4

Fresh Fruit	47	0	0	0	13	9	1	0
German Chocolate Cake	290	16	25	250	33	22	2	3
Key Lime Pie	216	9	107	98	28	26	0	4
Mango Cheesecake	275	17	65	150	28	20	3	3
Meyer Lemon Pound Cake	210	11	35	120	27	23	1	3
Mocha Macchiato	371	20	52	74	45	42	0	4
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
Raspberry Mango Cheesecake	274	17	65	150	28	23	0	3
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, Grilled	117	6	11	656	11	7	4	6
Beets with Wasabi Sour Cream	78	0	2	665	17	11	3	3
Broccoli, Grilled Caesar	137	6	13	959	17	4	6	6
Brussels Sprouts with Garlic	103	3	0	137	17	2	4	4
Cauliflower Curry	120	5	0	756	16	5	4	5
Corn on the Cob	129	2	0	202	28	5	4	5
Eggplant Parmesan	181	8	11	1001	21	4	5	8
Peas and Onions	110	3	0	166	17	5	4	4
Roasted Potato Skillet	244	4	3	1375	44	2	5	6
Squash Trio with Maple Glaze	212	5	0	188	53	14	12	4
Tomato with Tapenade & Pesto	324	30	9	1681	14	5	2	5
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 and Shrimp Gumbo, 10 oz	237	6	120	971	17	3	1	28
Chicken and Shrimp Gumbo, 8 oz	168	4	67	659	14	2	1	18
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
Corn Soup, 10 oz	175	1	0	792	38	4	5	5
Corn Soup, 8 oz	156	1	0	653	33	3	3	5
Gazpacho, 10 oz	236	8	1	995	34	9	4	7

Gazpacho, 8 oz	221	7	1	912	33	8	4	7
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
Roasted Tomato Soup, 10 oz	207	6	0	1004	31	6	3	7
Roasted Tomato Soup, 8 oz	181	4	0	888	30	5	3	6
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
Vidalia Onion Soup, 10 oz	196	2	1	643	36	5	3	6
Vidalia Onion Soup, 8 oz	116	1	0	392	21	3	2	4
White Bean Soup, 10 oz	216	8	2	1003	28	5	6	8
White Bean Soup, 8 oz	190	8	2	806	24	4	5	6