



Core Menu Nutritional Information Spring 2019

Please note our Nutritional Information is calculated using approximate ingredients from an online database and may contain discrepancies. Feature Menu items can be referenced by closest Core Menu item.

STARTERS	SIZE	CALORIES	PROTEIN (G)	CARBS (G)	FAT (G)	CHOL (MG)	SODIUM (MG)
OLIVES	4oz	61.6	0.6	4.3	5.7	0.0	292.9
HUMMUS	142g	254.0	7.4	28.6	12.5	0.0	200.2
GUACAMOLE	142g	273.0	5.8	37.0	12.6	0.0	125.6
FONDUEMENTALE	284g	266.0	6.1	43.4	7.2	23.2	375.5
BRIE FONDUE	284g	266.0	6.1	43.4	7.2	23.2	375.5
SALADS	SIZE	CALORIES	PROTEIN (G)	CARBS (G)	FAT (G)	CHOL (MG)	SODIUM (MG)
KALE CAESAR SALAD	8oz	203.9	4.8	11.9	16.7	11.2	166.5
BISTRO SALAD	8oz	186.4	3.3	14.9	13.7	0.0	83.2
SERIOUS SPINACH SALAD	18oz	789.9	35.9	51.5	52.0	86.1	522.4
SALMON GRAINS + GREENS	18oz	756.4	35.1	53.3	48.4	62.5	230.5
SOUPS	SIZE	CALORIES	PROTEIN (G)	CARBS (G)	FAT (G)	CHOL (MG)	SODIUM (MG)
STRAIGHT UP TOMATO	12oz	135.6	2.9	23.5	3.4	0.0	425.9
CRAB BISQUE	12oz	140.5	5.8	15.6	4.7	26.2	457.6
TOM KAH GAI	12oz	179.9	12.3	10.8	10.7	29.6	425.6
CAULIFLOWER	12oz	135.1	5.7	16.0	6.2	19.7	476.2
SANDWICHES	SIZE	CALORIES	PROTEIN (G)	CARBS (G)	FAT (G)	CHOL (MG)	SODIUM (MG)
GOOEY GRILLERS	200g	247.9	17.6	8.2	16.1	55.8	471.9
TASTIER CHICKEN	200g	227.6	11.1	14.6	14.2	41.2	403.8
EL CUBANO	200g	245.6	14.0	13.8	15.0	47.0	428.4
MAINS	SIZE	CALORIES	PROTEIN (G)	CARBS (G)	FAT (G)	CHOL (MG)	SODIUM (MG)
FRENCH ONION	15oz	187.0	9.7	20.9	7.0	18.7	676.1
MAC AND CHEESE	14oz	493.4	22.1	53.1	21.2	69.4	535.4
CHICKEN POT PIE	16oz	416.0	18.1	26.3	26.7	102.5	487.9
SHEPHERDS PIE	16oz	405.2	32.2	27.6	17.7	97.7	415.1
BOURGUIGNON	16oz	398.3	28.5	21.0	18.7	79.4	562.5
BURGOO	16oz	445.9	35.2	51.6	12.3	91.0	582.0
RATATOUILLE	16oz	349.1	15.4	29.2	19.5	31.6	589.2
SIDES	SIZE	CALORIES	PROTEIN (G)	CARBS (G)	FAT (G)	CHOL (MG)	SODIUM (MG)
MASHED POTATOES	6oz	152.8	2.5	21.6	6.5	14.9	89.6
FLATBREAD	60g	120.7	3.6	19.8	2.4	0.0	224.5
HOUSE BREAD	60g	106.2	3.4	21.8	0.8	0.0	273.8
BISCUITS	1ea	101.0	2.7	13.5	4.0	2.7	71.5
DESSERTS	SIZE	CALORIES	PROTEIN (G)	CARBS (G)	FAT (G)	CHOL (MG)	SODIUM (MG)
CHOCOLATE MOUSSE	100ml	250.9	5.0	18.6	16.8	111.8	47.9
FEATURE CRUMBLE	115g	252.1	3.5	53.0	4.5	12.0	75.0
CHOCOLATE CHILI POT	115g	225.0	4.2	30.6	10.9	44.6	112.8
VANILLA ICE CREAM	2oz	69.6	1.2	7.9	3.7	14.7	26.8
BRUNCH	SIZE	CALORIES	PROTEIN (G)	CARBS (G)	FAT (G)	CHOL (MG)	SODIUM (MG)
AVOCADO TOAST	8oz	362.2	5.4	25.6	29.9	0.0	199.1
BURGOO + EGGS	16oz	397.0	25.7	42.8	14.5	109.6	459.6
EGGS RATATOUILLE	16oz	283.4	13.8	18.2	17.7	77.7	440.6
BBQ PORK TATER SKILLET	16oz	315.9	16.3	23.8	18.1	144.1	657.2