



# Nutritional Guide

## Starters & Small Plates

	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARB (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Hummus Plate - Whole	650	190	21	3	0	0	1760	94	13	12	21
Hummus Plate - Half	320	90	11	1.5	0	0	880	47	7	6	11
Artichoke Spinach Dip - Whole	930	470	53	29	0	135	2760	82	8	17	37
Artichoke Spinach Dip - Half	460	230	26	15	0	70	1380	41	4	9	18
Blue Lemon Duo	1060	340	38	16	0	70	2850	143	13	15	38
Beets and Goat Cheese Toast	360	150	17	6	0	10	1500	43	4	12	11
Buratta Cheese & Heirloom Tomato Toast	470	250	29	19	0	45	730	35	2	4	16
Roasted Corn Queso	1720	660	76	21	0	75	2150	227	20	8	35

## Soups

	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARB (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Tomato Bisque - Bowl	400	200	23	13	0	75	1170	40	3	10	6
Tomato Bisque - Cup	270	110	12	7	0	40	720	32	2	5	5
Butternut Squash - Bowl	510	280	32	17	0	95	910	52	4	18	7
Butternut Squash - Cup	330	150	17	9	0	50	590	39	3	10	5
Lemon Chicken Rice - Bowl	190	20	2	0	0	10	1110	34	2	3	8
Lemon Chicken Rice - Cup	150	10	1.5	0	0	5	670	28	2	2	6

## Salads

	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARB (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Mango Mint Chicken Salad	450	230	27	4.5	0	75	140	28	8	10	31
Mediterranean Salad	560	410	50	10	0	20	2400	27	7	8	13
Pear and Gorgonzola Salad	530	280	32	9	0	115	620	30	7	19	36
Raspberry Chicken Salad	480	230	28	6	0	95	520	32	10	20	34
Asian Sesame Salad	710	240	31	5	0	80	280	80	11	15	42
Steak and Beet Salad	630	400	45	8	0	50	1400	33	7	24	25

## Sandwiches

	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARB (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Short Rib Grilled Cheese	910	490	55	27	0	165	1610	57	3	2	51
Southwest Roasted Turkey Avocado	690	290	33	7	0	65	1550	64	8	7	35
Lemon Grilled Chicken BLT	680	280	32	7	0	115	1340	58	3	5	42
Hummus Spinach Tortilla Wrap	450	230	20	4	0	0	1200	56	7	7	12
Blue Lemon Burger	1010	580	65	24	2	165	1570	59	3	10	45
Twisted Burger	910	500	55	19	2	305	1080	60	3	9	42
Chicken Philly Panini	630	220	25	9	0	105	1180	59	3	3	43

## Entrees

	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARB (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Fresh Black Bean Ravioli	610	190	21	5	0	45	1180	90	14	5	50
Lemon Herb Alfredo	470	370	42	17	0	85	350	20	3	9	6
Lemon Herb Alfredo- Chicken	670	410	46	18	0	215	430	20	3	9	45
Tropical Curry	550	200	29	23	0	0	1620	64	4	15	9
Braised Beef Short Ribs	580	240	27	11	0	95	960	57	9	8	36
Street Tacos - Steak- (Corn Tortilla)	830	400	46	12	0	70	700	79	15	8	29
Street Tacos - Steak- (Flour Tortilla)	890	430	49	13	0	70	1090	85	15	8	32
Blue Lemon Prime Steak Griller	560	280	30	14	0	145	1020	33	6	11	41
Iron Seared Salmon	500	200	22	1.5	0	110	2060	39	7	4	42
Summer BBQ Grilled Turkey	640	310	36	15	0	145	1810	35	5	11	41
Korean Style Beef-Rice Bowl	870	310	35	13	0	115	6290	97	3	28	45
Street Taco- Salmon- Flour tortilla	280	120	14	2.5	0	35	400	24	5	3	15
Street Taco- Salmon- Corn Tortilla	250	110	12	2	0	35	210	21	5	3	13
Street Taco- Shrimp- Flour tortilla	260	100	11	2.5	0	70	510	24	5	3	15
Street Taco- Shrimp- Corn tortilla	230	90	10	2	0	70	320	21	5	3	13
Maple Glazed Chicken	450	70	8	3	0	135	630	52	7	25	43

## Kids

	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARB (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Kids Chicken Tenders	390	90	13	3	0	60	1110	36	3	0	33
Kids Grilled Cheese	430	170	19	7	0	25	780	50	2	2	15
Kids Pasta - Alfredo	740	230	26	14	0	70	470	106	5	6	23
Kids Pasta - Marinara	600	100	11	3	0	10	850	104	6	6	22
Kids Curly Mac & Cheese	680	190	22	11	0	60	340	106	5	8	19
Kids Oven Roasted Turkey Sandwich	590	210	24	6	0	50	1850	62	3	12	28

## Sides

	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARB (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Spinach and Pear Salad	210	130	14	4.5	0	20	280	15	3	10	6
Garden Vegetable Salad	25	0	1	0	0	0	25	6	2	3	2
Sweet Potato Fries	350	90	11	1	0	0	400	61	7	17	2
Swee Potato Fries (Side Portion)	180	45	5	0.5	0	0	200	31	4	8	1
Apples and Toffee Dip	280	100	12	6	0	25	115	45	2	41	2
Roasted Fingerling Potatoes	230	25	2.5	0	0	0	640	51	6	6	8
Blue Lemon Rice	120	15	1.5	0	0	0	660	24	1	1	2

## Breakfast

	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARB (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Lemon Buttermilk Pancakes	450	150	17	10	0	80	500	70	3	42	5
Banana Foster French Toast	990	350	27	12	0	135	1110	164	8	71	19
American Breakfast	580	190	21	6	0	440	1100	62	8	3	32
Breakfast Steak Tacos	610	270	29	12	0	220	910	57	7	5	33
Blue Lemon Breakfast Wrap	680	360	34	12	0	610	1130	53	4	3	38
Fruit and Yogurt Parfait	460	80	10	3.5	0	160	330	77	3	61	18
Kids Pancakes	240	90	10	6	0	50	310	35	0	19	3
Kids French Toast	270	70	8	4	0	70	410	44	1	18	6
Kids Breakfast Wrap	420	210	22	9	0	260	710	32	2	1	22

## Dressing (2oz)

	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARB (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
House Balsamic Vinaigrette	100	5	1	0	0	0	230	23	0	21	1
House Blue Lemon Vinaigrette	320	300	36	5	0	0	460	4	0	4	0
House Honey Soy Ginger	300	250	29	4	0	0	640	11	0	10	1
House Mint Lime Vinaigrette	180	160	18	9	0	0	240	7	1	4	0
House Raspberry Vinaigrette	260	230	25	2	0	0	210	8	0	8	1
House Ranch Dressing	140	130	14	3.5	0	10	250	3	0	2	1