

## 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
Green Chili & Corn Queso Blanco - Full	1260	420	48	16	0	70	2180	179	12	8	29
Green Chili & Corn Queso Blanco - Half	640	210	24	8	0	35	1140	91	7	4	15
Sticky Pot Stickers	630	250	27	6	0	45	1530	84	4	40	16
Summer Grilled Chicken Lettuce Wraps	670	290	34	7	0	75	1630	70	6	55	27

## 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 and Gnocchi Cup	270	60	7	2	0	35	3040	36	4	8	8
Lemon Chicken and Gnocchi Bowl	350	80	9	2.5	0	55	4830	45	6	12	12
French Onion Soup Cup	280	70	8	4	0	20	990	41	2	3	17
French Onion Soup Bowl	450	130	14	8	0	40	1560	59	3	4	20

## Salads

Roasted "Utah" Beet Salad	410	250	29	5	0	10	2560	34	8	23	8
Mediterranean Salad	350	200	27	6	0	20	1870	23	8	6	13
Pear and Gorgonzola Salad	570	320	36	11	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
Summer Lemon Chicken Caesar Salad	650	270	31	13	0	170	1190	35	5	4	61

## Sandwiches

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	870	450	51	15	0	130	1550	59	3	5	46
Hummus Spinach Tortilla Wrap	450	230	20	4	0	0	1200	56	7	7	12
Blue Lemon Burger	1140	710	78	30	2	175	1690	60	3	11	47
Mushroom Swiss Burger	940	450	50	19	2	125	2990	78	5	12	44
Grilled Chicken Pomodoro Panini	550	110	13	3	0	135	950	60	3	5	50
Chicken Cheese Steak	630	220	25	9	0	105	1180	59	3	3	43

## Entrees

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	540	150	17	7	0	60	1800	81	10	26	26
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
Korean Style Beef-Rice Bowl	820	310	35	13	0	115	1300	89	2	23	39
Iron Seared Salmon	680	260	29	8	0	155	1100	70	12	12	49
Fire Grilled Top Sirloin Steak	810	240	27	10	0	165	1910	91	10	26	59
Grilled Chicken with Artisan Gnocchi	680	310	36	11	0	120	960	59	7	12	32
Artichoke and Tomato Grilled Chicken	630	150	17	7	0	160	1330	72	11	15	51
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

## Kids

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 Grilled Cheese and Country Ham	720	380	42	23	0	150	1690	54	2	0	33

## Sides

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
Sweer 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
Lemon & Sea Salt Sauteed Green Beans	20	0	0	0	0	0	560	2	<1	1	<1

## Dressing (2oz)

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