

## FALL 2009 - MENU ITEM NUTRITION

<b>Flatbreads</b>	<b>Calories</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Carbs</b>	<b>Sugars</b>	<b>Fiber</b>	<b>Protein</b>
Artichoke Flatbread	429	19	39	1234	36	4	4	21
Garlic Chicken Flatbread	417	13	48	1023	37	3	2	25
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	432	16	57	785	44	3	2	26
<b>Appetizers</b>	<b>Calories</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Carbs</b>	<b>Sugars</b>	<b>Fiber</b>	<b>Protein</b>
Chicken Skewers, Teriyaki	309	10	115	1611	30	21	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 w/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
Mussels Marinara	237	5	48	594	20	5	2	23
Seared Tuna	163	3	25	2673	16	7	1	17
Seared Tuna w/o Soy Sauce	163	3	25	1873	16	7	1	17
Shrimp and Crab Stuffed Mushrooms	386	15	216	1242	23	3	2	37
<b>Small Salads</b>	<b>Calories</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Carbs</b>	<b>Sugars</b>	<b>Fiber</b>	<b>Protein</b>
Cranberry Tabbouleh	198	12	0	631	22	10	5	4
Greek Salad	254	20	30	1010	12	5	2	6
Mixed Green Salad	188	14	0	8	14	6	2	3
Soup & Salad	303	7	0	1119	54	10	6	9
Spinach Salad w/Pears	327	21	11	675	34	18	5	7
<b>Hot &amp; Cold Salads</b>	<b>Calories</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Carbs</b>	<b>Sugars</b>	<b>Fiber</b>	<b>Protein</b>
Autumn Market Vegetable Plate	367	8	0	1355	67	30	14	13
Greek Salad	304	24	43	1163	15	7	3	9
Grilled Chicken Parmesan Salad	424	23	147	2692	22	5	5	47
Grilled Duck Breast Chop Salad	440	15	82	1338	50	35	8	27
Mediterranean Shrimp Salad	451	20	207	1676	32	10	10	36
Tamarind-Glazed Salmon Salad	457	18	101	630	35	22	6	37
<b>Seafood Entrées</b>	<b>Calories</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Carbs</b>	<b>Sugars</b>	<b>Fiber</b>	<b>Protein</b>
Cedar Plank Salmon	451	17	115	567	29	7	6	46
Cobia Curry	397	7	66	1401	45	9	5	42
Crab Stuffed Shrimp	437	10	353	1867	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 Risotto	394	6	110	1475	36	12	9	50
Halibut w/Shrimp Risotto	428	8	101	1500	37	11	8	53
Mahi Blackened w/Sweet Potato	320	2	129	1086	33	8	7	39
Sesame Crusted Tuna	473	15	69	2039	31	4	3	50
Shrimp Penne Pasta	472	12	234	2015	55	14	8	38
Snapper Mayan	395	13	86	1736	21	4	7	45
<b>Poultry &amp; Meat Entrées</b>	<b>Calories</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Carbs</b>	<b>Sugars</b>	<b>Fiber</b>	<b>Protein</b>
Beef Filet Mignon	472	14	118	1772	36	12	5	49
Chicken Teriyaki Skewers w/Side Salad	389	9	116	885	29	18	3	45
Chili Relleno Entrée	403	24	76	1985	38	10	8	36
Grilled Chicken Cabernet	424	6	115	1197	38	7	7	52
Pork Tenderloin	379	9	125	1394	25	6	3	47
Quail with Maple Whiskey	368	6	99	747	33	14	5	44
Rack of Lamb	458	18	163	781	24	4	5	49
Venison Chop	433	14	149	1493	30	8	7	46

<b>Sandwiches</b>	<b>Calories</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Carbs</b>	<b>Sugars</b>	<b>Fiber</b>	<b>Protein</b>
Blackened Fish Sandwich	390	5	133	674	47	14	7	40
Chicken Caesar Wrap	452	10	89	961	48	5	6	42
Grilled Turkey Burger	462	17	99	1283	44	11	5	32
Southwest Buffalo Burger	459	18	22	1264	63	9	5	21
Vegetable Sandwich	460	18	22	1190	63	9	5	20
<b>Children's Items</b>	<b>Calories</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Carbs</b>	<b>Sugars</b>	<b>Fiber</b>	<b>Protein</b>
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
<b>Desserts</b>	<b>Calories</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Carbs</b>	<b>Sugars</b>	<b>Fiber</b>	<b>Protein</b>
Banana Caramel Pie	144	7	21	48	21	15	2	2
Blueberry Cheesecake	276	17	65	152	28	24	0	3
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
Lemon Cheesecake with Blueberries	263	16	95	150	25	6	0	4
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
<b>Vegetable Sets</b>	<b>Calories</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Carbs</b>	<b>Sugars</b>	<b>Fiber</b>	<b>Protein</b>
Beets w/Wasabi Sour Cream	75	0	2	543	17	11	3	3
Brussels Sprouts w/Garlic	104	3	0	137	17	3	4	5
Squash Trio w/Maple Glaze	212	1	0	188	53	14	12	4
<b>Soups</b>	<b>Calories</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Carbs</b>	<b>Sugars</b>	<b>Fiber</b>	<b>Protein</b>
Black Bean, 10 ounce	154	2	0	811	29	5	5	7
Black Bean, 8 ounce	136	2	0	662	25	4	4	6
Butternut Squash, 10 ounce	129	2	0	439	31	11	6	2
Butternut Squash, 8 ounce	102	1	0	308	21	7	3	2
Chicken Curry, 10 ounce	292	3	1	674	59	10	3	7
Chicken Curry, 8 ounce	192	1	1	405	38	9	2	6
Chicken Tortilla, 10 ounce	180	2	15	793	28	2	3	12
Chicken Tortilla, 8 ounce	156	2	12	648	25	2	2	10
Colorado Buffalo Chili, 10 ounce	425	7	47	1649	57	4	7	32
Colorado Buffalo Chili, 8 ounce	312	5	39	1142	39	3	6	25
Old Fashioned Chicken Noodle, 10 ounce	152	2	26	276	19	4	2	12
Old Fashioned Chicken Noodle, 8 ounce	134	2	20	246	18	3	2	10
Shrimp & Clam Cioppino, 10 ounce	235	4	110	1063	27	6	3	23
Shrimp & Clam Cioppino, 8 ounce	216	3	106	943	24	5	3	21
Steak & Roasted Onion, 10 ounce	187	4	18	742	36	3	2	11
Steak & Roasted Onion, 8 ounce	162	3	14	609	31	3	2	9
Tomato Basil Soup, 10 ounce	207	6	0	1004	31	6	3	7
Tomato Basil Soup, 8 ounce	181	4	0	888	30	5	3	6
Vegetable Soup, 10 ounce	176	2	0	777	32	6	6	6
Vegetable Soup, 8 ounce	147	2	0	636	28	4	5	5