



Nutrition Guide
Valid April 5, 2016 - June 20, 2016

Menu Item	Calories	Total Fat (Grams)	Saturated Fat (Grams)	Trans Fat (Grams)	Sodium (Milligrams)	Total Carbs (Grams)	Protein (Grams)	Dietary Fiber (Grams)	Calories from Fat	Cholesterol (Milligrams)	Sugars (Grams)
FLATBREADS											
Blackened Steak & Blue Cheese Flatbread	470	21	9	0	890	43	28	3	190	65	7
Garlic Pesto Chicken Flatbread	470	19	6	0	610	40	33	2	170	90	6
Roasted Roma Tomato Flatbread	430	18	8	0	940	42	22	3	160	35	8
All-Natural Pepperoni Flatbread	470	24	9	0	1190	39	23	2	220	55	6
Artichoke & Laura Chenel Goat Cheese Flatbread	390	15	5	0	810	47	17	6	130	25	8
Lobster & Fresh Mozzarella Flatbread	420	13	6	0	1030	43	31	3	120	120	8
Crispy Prosciutto & Camembert Flatbread	470	24	12	0	1210	37	27	2	210	65	5
APPETIZERS											
Shrimp Scampi Skillet w/Bomba Rice - Appetizer	460	25	12	1	2010	33	28	3	220	215	3
Asian-Glazed Grilled Chicken Skewers	350	14	2.5	0	370	9	45	1	140	145	5
Hummus Duo with Crisp Hawaiian Sea Salt Lavosh	400	14	1.5	0	1700	53	16	7	130	0	6
Blistered Shishito Peppers	250	21	5	0	410	14	6	3	180	25	5
Toasted Meyer Lemon & Ricotta Ravioli	300	20	11	0	600	20	10	3	180	70	3
Wood-Grilled Artichokes	300	22	11	0.5	1530	26	6	16	190	50	3
Lump Crab, Roasted Shrimp & Spinach Stuffed Mushrooms	220	8	2	0	1120	13	26	2	70	140	3
Duck Wing "Lollipops"	470	23	5	0	1840	25	41	2	210	230	9
Ahi Tuna Tartare	460	15	2.5	0	1060	52	30	7	140	35	12
Lump Crab Cake	280	20	9	0.5	570	9	18	less than 1 g	180	165	2
SOUPS											
Asparagus Soup - Cup	190	6	1.5	0	1170	29	7	3	50	10	5
Asparagus Soup - Bowl	210	6	1.5	0	1390	32	7	4	50	10	6
Chicken & White Bean Chili - Cup	400	16	3	0	1320	41	24	5	140	70	5
Chicken & White Bean Chili - Bowl	460	18	3	0	1560	46	28	5	160	90	6
Potato Leek Soup - Cup	240	10	3	0	1390	31	8	3	90	20	4
Potato Leek Soup - Bowl	270	11	3.5	0	1640	35	9	3	100	20	5
SMALL SALADS											
Kalymnos Greek Salad	230	18	4.5	0	830	13	5	4	160	20	6
Organic Field Greens	180	12	2	0	420	14	5	4	110	0	8
Spinach & Strawberries Salad	250	19	4	0	520	17	7	3	170	15	10
Shaved Kale Salad	470	44	6	0	460	15	8	4	390	less than 5 mg	7
Crisp Romaine & Baby Kale Caesar	340	16	5	0	1130	34	16	5	150	35	3
Warm Roasted Tomato Caprese	470	26	11	0	1130	39	18	4	240	45	12
Warm California Golden Beets	190	11	3.5	0	440	18	7	4	100	15	13
ENTRÉE SALADS											
Lump Crab Wedge Salad	320	15	2	0	1360	27	21	6	130	70	18
Maui Tuna Crunch	360	12	2.5	0	1070	38	26	6	110	35	24
BBQ Chicken Salad	470	18	6	0	800	30	52	7	160	160	16
Sesame Grilled Salmon Salad	450	19	4.5	0	1150	29	44	6	170	85	19
Grilled Flat Iron Steak Salad	460	21	7	0	1570	32	40	9	190	110	17
Spring Vegetarian Tasting	470	15	3.5	0	1050	61	26	12	130	15	17

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HANDHELDS											
Blackened Mahi Mahi Taco	460	17	2.5	0	1440	41	36	7	150	100	5
Braised Beef Taco	470	22	4.5	0	1820	44	33	17	190	20	12
Crispy Braised Short Rib Sandwich	520	20	8	0	1510	45	38	2	180	40	8
Lobster BLT Lettuce Wraps	190	10	2.5	0	850	5	20	1	90	105	3
Lump Crab Cake Sandwich	430	19	9	0	820	40	24	1	170	180	9
Grilled Chicken Caprese Sandwich	610	25	8	0	1200	54	41	6	230	105	7
Signature Burger	520	19	8	0	860	47	41	3	170	130	14
FISH & SEAFOOD											
Asian-Glazed Chilean Sea Bass	580	17	7	0	1360	61	46	3	150	110	17
Lobster Pappardelle	760	35	15	0.5	2210	53	53	5	320	405	5
Cedar-Plank Roasted Salmon	440	19	4.5	0	880	25	44	6	170	85	10
Caramelized Sea Scallops - Dinner	460	15	7	0	2010	42	40	6	130	90	5
Caramelized Sea Scallops - Lunch	460	15	7	0	2010	42	40	6	130	90	5
Halibut	460	14	3.5	0	870	41	43	5	120	105	11
Grilled Boneless Rainbow Trout	450	20	4	0	1020	25	42	4	180	120	5
Southern Style Shrimp & Grits	720	50	25	1	2220	27	41	4	440	330	7
POULTRY & MEAT											
Wood-Grilled Flat Iron Steak - Entrée	390	12	3.5	0	1450	32	39	6	100	100	8
Wood-Grilled Pork Tenderloin	540	20	7	0	1500	41	49	8	180	135	17
Wood-Grilled Rack of Lamb	500	18	7	1	1510	35	53	7	160	150	10
Boneless Beef Short Rib	790	50	22	2	1520	19	66	4	450	195	6
Honey & Herb Roasted Chicken	510	12	3	0	1290	37	67	7	110	230	9
Wood-Grilled Filet Mignon	420	12	4	0.5	1430	32	47	6	110	95	8
NY Strip Steak	740	30	10	1.5	1070	42	77	6	270	210	19
SIDES											
Wood-Grilled Potato Salad	190	8	1.5	0	680	24	6	3	70	10	3
Snow Peas w/Mushrooms	220	11	1	0	290	25	9	7	100	0	13
Housemade Pickles	15	0	0	0	60	4	0	0	0	0	2
Shaved Kale Salad	310	29	3.5	0	310	11	4	3	260	0	5
Farro Quinoa Citrus	270	2.5	0	0	470	53	8	6	20	0	13
Grilled Asparagus w/Sriracha Hollandaise	90	6	3	0	280	7	3	3	60	10	3
Charcoal Roasted Vegetables	120	7	1	0	180	13	2	3	70	0	7
ENTRÉE ACCOMPANIMENTS											
Shrimp Scampi Skillet w/Bomba Rice - Add on	460	25	12	1	2010	33	28	3	220	215	3
Caramelized Sea Scallops - Add on	370	23	13	1	1350	9	31	0	200	115	0
Lobster Tail - Add on	150	11	6	0	400	0	14	0	90	135	0
DESSERTS											
S'more Mini	300	17	9	0	150	36	4	4	150	30	27
Toasted Almond Amaretto Mini	300	19	8	0	85	28	3	1	170	50	20
Pecan Pie Mini	370	21	9	0	180	33	4	less than 1 g	190	125	29
Key Lime Mini	310	12	6	0	125	46	6	less than 1 g	100	30	40
Raspberry Chocolate Cannoli Mini	220	9	5	0	50	30	6	0	80	30	25
Mocha Macchiato Mini	290	19	11	0	140	27	3	2	170	70	22
Carrot Cake Mini	240	13	5	0	210	29	2	less than 1 g	120	25	22
Peanut Butter and Chocolate Mousse Mini	320	21	10	0	130	29	5	5	190	20	20
Fresh Fruit Mini	40	0	0	0	0	11	less than 1 g	2	0	0	7

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HAPPY HOUR											
HH - Chicken Yakitori Skewers	340	8	1.5	0	630	31	38	2	70	120	23
HH - Kona Crusted Lamb Chop	130	6	2	0	360	5	13	0	50	40	4
HH - Caramelized Grilled Scallops	210	17	2.5	0	580	4	12	0	140	25	0
HH - Shrimp Scampi Skillet	260	11	4	0	1240	19	22	2	100	150	3
HH - Shishito Peppers	200	18	3	0	300	9	4	2	160	15	4
HH - Duck Lollipops	290	14	3	0	1100	16	24	less than 1 g	120	140	6
HH - Wood-Grilled Meatballs	340	17	8	0	1550	18	28	2	160	115	5
HH - Tuna Tataki	80	3.5	0.5	0	260	2	10	0	30	15	1
KIDS ENTRÉES											
Kids - Signature Burger (no cheese)	540	24	10	0.5	810	43	35	3	220	130	14
Kids - Chicken Tenders	320	6	2	0	500	20	47	4	60	150	5
Kids - Cheese Flatbread	250	7	2.5	0	520	34	11	1	70	10	3
Kids - Pasta with Sauce	340	6	1	0	670	61	12	3	60	0	6