

NUTRITIONAL INFORMATION

APPETIZERS cal/serving	TOTAL CAL (kcal)	FAT CAL (kcal)	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Ahi Tuna Tacos (3 servings)	220	120	10	10	0	40	590	10	0	0	10
Artisan Hummus & Roasted Vegetables (4 servings)	220	90	10	0	0	0	460	30	0	0	10
Asian Ahi Tuna Sashimi (3 servings)	80	40	0	0	0	10	470	0	0	0	10
Asian Pork Belly Tostadas (3 servings)	310	220	20	10	0	40	440	10	0	0	10
Candied Bacon & Artisan Cheeses (4 servings)	340	160	20	10	0	30	580	40	0	20	10
Chicken Potstickers (3 servings)	270	140	20	0	0	20	690	20	0	10	10
Chopped Deviled Eggs & Toast (4 servings)	325	210	20	5	0	100	720	20	0	5	10
Classic Tomato Bruschetta (2 servings)	460	310	40	10	0	30	780	30	0	10	10
Cooper's Hawk Calamari (4 servings)	320	130	20	0	0	170	880	30	0	10	10
Crispy Brussels Sprouts (3 servings)	170	90	10	0	0	0	610	20	0	10	0
House-Made Meatballs (4 servings)	330	200	20	10	0	50	580	20	0	0	10
Mexican Drunken Shrimp (3 servings)	230	170	20	10	0	100	310	0	0	0	10
Over the Border Egg Rolls (3 servings)	550	340	40	10	0	180	900	30	0	10	20
Sweet & Crunchy Shrimp (4 servings)	390	200	20	0	0	80	730	30	0	10	10
Thai Lettuce Wraps (4 servings)	320	140	10	0	0	30	770	30	10	20	10

FLATBREADS cal/serving	TOTAL CAL (kcal)	FAT CAL (kcal)	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Caprese Flatbread (3 servings)	250	130	10	0	0	20	550	20	0	10	10
Carne Asada Flatbread (3 servings)	300	180	20	10	0	30	550	20	0	0	10
Italian Sausage & Whipped Ricotta Flatbread (3 servings)	280	160	20	10	0	30	650	20	0	0	10
Roasted Vegetable & Goat Cheese Flatbread (3 servings)	280	150	20	10	0	20	500	20	0	10	10

APPETIZER SALADS cal/serving	TOTAL CAL (kcal)	FAT CAL (kcal)	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Caesar Salad (2 servings)	200	130	20	10	0	20	330	10	0	0	10
Chopped Wedge Salad (2 servings)	390	330	40	10	0	20	750	10	0	10	10
Plain Ol' House Salad (2 servings)	60	20	0	0	0	10	60	10	0	0	0
Shaved Brussels Sprouts Salad (2 servings)	370	290	30	10	0	20	550	10	10	10	10

SOUPS	TOTAL CAL (kcal)	FAT CAL (kcal)	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Chicken Tortilla Soup, Bowl	270	120	10	0	0	40	1700	20	0	10	20
Chicken Tortilla Soup, Cup	180	80	10	0	0	30	1130	10	0	0	10
Crab & Lobster Bisque, Bowl	590	430	50	30	0	190	1420	20	0	10	10
Crab & Lobster Bisque, Cup	400	290	30	20	0	130	960	20	0	0	10
Vegetarian Tortilla Soup, Bowl	200	90	10	0	0	10	1490	20	0	10	0
Vegetarian Tortilla Soup, Cup	130	60	10	0	0	10	990	10	0	0	0

BEEF & PORK

	TOTAL CAL (kcal)	FAT CAL (kcal)	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Bourbon Lacquered BBQ Pork Chop	1350	685	75	40	0	285	4560	90	5	40	65
Churrasco Grilled Steak	1170	740	80	20	0	140	4170	50	0	5	50
Crispy Asian Pork	1570	950	100	30	0	300	3990	100	10	40	50
Filet Mignon	440	150	20	10	0	145	815	10	0	0	40
Add Bleu Cheese Crust	290	225	25	15	0	70	445	10	0	0	5
Add Parmesan Crust	300	230	25	15	0	70	410	10	1	0	5
Add Horseradish Crust	240	180	20	10	0	55	550	10	0	0	5
Ginger Soy Glazed Center-Cut NY Strip	1710	1220	135	65	0	380	4960	50	5	20	65
Red Wine Braised Short Ribs	1640	1250	140	70	0	320	2410	50	5	10	35
Trio of Medallions	1330	875	100	55	0	390	4780	40	0	0	70

SIGNATURE SIDES

	TOTAL CAL (kcal)	FAT CAL (kcal)	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Asian Slaw	260	160	20	0	0	0	480	20	0	10	0
Asparagus	110	100	10	10	0	30	600	0	0	0	0
Betty's Potatoes	310	170	20	10	0	50	690	20	0	0	10
Grilled Broccoli	70	20	0	0	0	10	230	10	0	0	0
Mary's Potatoes	360	260	30	20	0	80	530	20	0	0	0
Oven-Roasted Vegetables	190	130	10	10	0	20	520	10	0	10	0
Sherry-Glazed Mushrooms	200	150	20	10	0	30	590	10	0	0	0
Garlic Green Beans	120	90	10	10	0	30	290	10	0	0	0
Classic Mac & Cheese	590	390	40	20	0	140	520	40	0	0	10
Tomato-Braised Kale	200	150	20	10	0	40	560	10	0	0	0
Wasabi-Buttered Mashed Potatoes	410	310	30	20	0	100	580	20	0	0	0
French Fries	200	30	5	1	0	0	1550	35	0	0	0
Fresh Fruit	45	1	0	0	0	0	1	10	2	10	1

SEAFOOD

	TOTAL CAL (kcal)	FAT CAL (kcal)	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Blackened Ahi Tuna	950	290	30	10	0	130	3920	100	10	40	50
Crab Cakes	1210	750	80	20	0	270	3590	90	0	20	40
Crispy Maui Shrimp	1990	910	100	10	0	440	4360	180	10	50	80
Fish & Chips	1690	780	80	20	0	100	5550	150	10	40	50
Jambalaya	690	220	20	10	0	270	2350	60	0	10	50
Pan-Roasted Barramundi	810	350	40	20	0	110	3150	70	0	10	40
Parmesan-Crusted Shrimp Scampi	1470	950	110	30	0	310	2440	80	10	10	50
Pistachio-Crusted Grouper	1250	850	90	50	0	320	2900	50	0	0	50
Potato-Crusted Scallops	970	640	70	30	0	180	1150	50	10	20	30
Soy Ginger Atlantic Salmon	1280	840	90	40	0	260	2080	60	10	30	50

CHICKEN

	TOTAL CAL (kcal)	FAT CAL (kcal)	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Chicken Madeira	1440	810	90	50	0	380	3980	60	0	10	80
Cooper's Hawk Chicken Giardiniera	1510	920	100	40	0	290	3360	70	10	10	70
Dana's Parmesan-Crusted Chicken	1380	790	90	50	0	300	2670	70	10	10	70
Ellie's Chicken Piccata	1420	700	80	40	0	330	2750	100	10	10	70

SURF & TURF

	TOTAL CAL (kcal)	FAT CAL (kcal)	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Parmesan-Crusted Filet Medallions											
with Pistachio-Crusted Grouper	1450	935	105	55	0	365	3540	60	5	5	70
with Soy Ginger Atlantic Salmon	1390	870	95	45	0	345	3205	60	5	15	70
with Mexican Drunken Shrimp	1380	920	100	55	0	435	3085	50	5	5	65
with Blackened Ahi Tuna	1520	725	80	45	0	320	3950	60	10	10	70
with Crab Cake	1430	955	105	45	0	395	3230	55	5	5	65
with Potato-Crusted Scallops	1450	670	105	55	0	360	3120	60	10	5	65
Crispy Asian Pork											
with Pistachio-Crusted Grouper	1370	870	95	40	0	280	3680	70	10	15	50
with Soy Ginger Atlantic Salmon	1300	810	90	30	0	265	3345	70	5	30	50
with Mexican Drunken Shrimp	1300	860	95	40	0	350	3220	60	10	15	45
with Blackened Ahi Tuna	1430	660	75	30	0	235	4090	70	10	20	50
with Crab Cakes	1340	890	100	35	0	310	3370	65	5	20	45
with Potato-Crusted Scallops	1360	900	100	40	0	270	3110	70	10	15	40
Ginger Soy Glazed NY Strip											
with Pistachio-Crusted Grouper	1420	965	105	50	0	210	3810	55	5	10	60
with Soy Ginger Atlantic Salmon	1360	900	100	45	0	295	3475	55	5	20	60
with Mexican Drunken Shrimp	1350	950	105	50	0	380	3355	45	5	10	50
with Blackened Ahi Tuna	1490	755	85	40	0	265	4220	55	10	15	60
with Crab Cakes	1400	985	110	45	0	345	3500	50	5	10	55
with Potato-Crusted Scallops	1420	1000	110	55	0	305	3390	50	5	10	50
Churrasco Grilled Steak											
with Pistachio-Crusted Grouper	1250	810	90	40	0	280	2870	50	10	5	60
with Soy Ginger Atlantic Salmon	1180	745	85	30	0	260	2535	50	5	20	60
with Mexican Drunken Shrimp	1180	795	90	40	0	350	2415	40	10	5	55
with Blackened Ahi Tuna	1310	600	65	30	0	230	3280	50	10	10	60
with Crab Cakes	1220	830	90	35	0	310	2560	40	5	5	55
with Potato-Crusted Scallops	1250	840	95	40	0	270	2450	50	5	5	55

PASTA & SPECIALTIES

	TOTAL CAL (kcal)	FAT CAL (kcal)	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Artisan Vegan Trio	920	400	40	0	0	0	1670	110	20	10	20
Roasted Vegetable Enchiladas	1070	620	70	20	0	90	2235	80	15	15	25
Country Rigatoni	1170	600	70	30	0	210	2200	90	10	10	40
Gnocchi Bolognese with Braised Short Rib	1440	790	90	40	0	270	2840	110	10	10	50
Gnocchi Carbonara	1440	760	80	40	0	350	3430	110	10	10	50
Gnocchi with Roasted Butternut Squash	1490	900	100	50	0	330	3350	110	10	10	30
Add Chicken	130	20	2	0	0	65	480	0	0	0	25
Add Shrimp	110	35	5	0	0	150	275	1	0	0	20
Campanelle Shrimp Rustica	1370	790	90	40	0	370	1700	100	10	10	40
Keaton's Spaghetti & House-Made Meatballs	1220	550	60	30	0	190	1870	110	10	20	50

HANDCRAFTED RISOTTO

	TOTAL CAL (kcal)	FAT CAL (kcal)	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Braised Short Rib Risotto	1630	1130	130	50	0	210	2660	70	10	10	40
Roasted Chicken Risotto	1240	760	80	30	0	190	2960	70	10	10	50
Shrimp & Scallop Risotto	1980	710	80	20	0	1650	3460	70	10	10	240
Sweet Corn & Tomato Risotto	1130	750	80	30	0	140	2100	70	10	10	30

BURGERS & SANDWICHES

	TOTAL CAL (kcal)	FAT CAL (kcal)	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Choice of side not included, unless indicated											
Bleu Cheese & Crispy Onion Burger	1240	840	90	30	0	190	2830	40	0	10	60
Braised Short Rib Grilled Cheese & Classic Tomato Soup	1530	1020	110	60	0	330	3510	80	0	20	40
Cilantro Ranch Chicken Sandwich	1230	740	80	20	0	140	2400	60	10	10	60
Classic Cheeseburger	770	430	50	20	0	160	1940	40	0	10	50
Crispy Buttermilk Chicken Sandwich	1090	410	50	10	0	100	3230	130	0	50	50
Crispy Fish Sandwich	1070	360	40	10	0	60	4160	130	10	10	40
Roadhouse Burger	1240	780	90	30	0	210	3020	50	0	10	60
Roasted Vegetable Burger (with Quinoa Salad)	1390	830	90	20	0	50	4290	110	10	20	30
Southern Hot Chicken (with Mac & Cheese)	2090	1380	150	50	0	260	3720	120	10	20	60
The Leonard Burger	1000	620	70	20	0	180	2820	40	0	10	50
The Prime Sandwich	1210	780	90	30	0	160	4370	60	0	10	50
Turkey Burger	680	390	40	10	0	150	1910	40	0	10	30

CHOPPED SALADS

	TOTAL CAL (kcal)	FAT CAL (kcal)	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
BBQ Ranch Chicken Salad	780	380	40	10	0	100	1780	60	10	20	40
Blackened Bleu Skirt Steak Salad	1430	1030	110	30	0	230	4200	20	10	10	80
Dee's Asian Ahi Tuna Salad	960	525	60	10	0	80	2095	70	10	30	40
Grilled Chicken Caesar Salad	1190	770	90	20	0	180	2040	40	10	10	60
Mediterranean Salad with Shrimp	740	440	50	10	0	180	2810	40	10	10	30
Citrus-Glazed Atlantic Salmon & Kale Salad	830	520	60	10	0	190	1350	30	0	20	40
Napa Chicken Salad	1160	710	80	10	0	130	1290	70	10	40	40

LUNCH-SIZED ENTRÉES

	TOTAL CAL (kcal)	FAT CAL (kcal)	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Chicken Madeira	1270	780	90	50	0	330	3400	60	0	10	50
Cooper's Hawk Chicken Giardiniera	1140	780	90	40	0	210	2670	50	10	0	40
Crispy Asian Pork	1330	850	90	30	0	200	2980	90	10	40	25
Dana's Parmesan-Crusted Chicken	1160	790	90	50	0	260	1950	50	10	10	40
Ellie's Chicken Piccata	1410	760	80	50	0	310	3390	100	10	10	60
Gnocchi Carbonara	990	560	60	30	0	260	2390	60	0	10	40
Soy Ginger Atlantic Salmon	1140	740	80	30	0	220	1980	60	10	30	40
Keaton's Spaghetti & House-Made Meatballs	750	370	40	20	0	120	1190	60	10	10	30

FLATBREAD & SALAD

	TOTAL CAL (kcal)	FAT CAL (kcal)	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Caprese Flatbread											
with Caesar Salad	1140	640	70	20	0	90	2290	80	0	20	40
with Chopped Wedge Salad	1520	1040	110	30	0	100	3140	70	0	30	40
with Plain Ol' House Salad	860	420	40	10	0	70	1760	70	0	20	30
with Shaved Brussels Sprouts Salad	1120	670	70	20	0	80	2190	70	10	30	40
Carne Asada Flatbread											
with Caesar Salad	1290	790	90	30	0	120	2300	70	0	10	50
with Chopped Wedge Salad	1670	1190	130	40	0	130	3150	60	0	20	50
with Plain Ol' House Salad	1010	570	60	20	0	100	1770	60	0	10	40
with Shaved Brussels Sprouts Salad	1270	820	90	30	0	110	2200	60	10	20	50
Italian Sausage & Whipped Ricotta Flatbread											
with Caesar Salad	1240	750	80	30	0	120	2590	70	0	10	50
with Chopped Wedge Salad	1620	1150	120	40	0	130	3440	60	0	20	50
with Plain Ol' House Salad	960	530	50	20	0	100	2060	60	0	10	40
with Shaved Brussels Sprouts Salad	1220	780	80	30	0	110	2490	60	10	20	50
Roasted Vegetable & Goat Cheese Flatbread											
with Caesar Salad	1220	700	80	30	0	100	2150	80	0	20	40
with Chopped Wedge Salad	1600	1100	120	40	0	110	3000	70	0	30	40
with Plain Ol' House Salad	940	480	50	20	0	80	1620	70	0	20	30
with Shaved Brussels Sprouts Salad	1200	730	80	30	0	90	2050	70	10	30	40

SOUP & SALAD

	TOTAL CAL (kcal)	FAT CAL (kcal)	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Crab & Lobster Bisque Soup											
with Caesar Salad	790	550	60	30	0	160	1610	40	0	0	20
with Chopped Wedge Salad	1170	950	100	40	0	170	2460	30	0	10	20
with Plain Ol' House Salad	510	330	30	20	0	140	1080	30	0	0	10
Tortilla Soup											
with Caesar Salad	570	340	40	10	0	60	1780	30	0	0	20
with Chopped Wedge Salad	950	740	80	20	0	70	2630	20	0	10	20
with Plain Ol' House Salad	290	120	10	0	0	40	1250	20	0	0	10

DESSERTS cal/serving

	TOTAL CAL (kcal)	FAT CAL (kcal)	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Banoffee Pie (2 servings)	470	220	30	20	0	70	200	60	0	40	10
Caramel Banana Bread Sundae (2 servings)	540	240	30	20	0	90	160	70	0	60	10
Cooper's Hawk Chocolate Cake (2 servings)	660	420	50	30	0	180	260	60	10	40	10
Lemon Ice Wine Cheesecake (2 servings)	340	200	20	20	0	90	260	30	0	20	10
Reese's Ice Cream Cookie (2 servings)	550	250	30	20	0	60	580	70	0	50	10
S'more Budino (2 servings)	590	330	40	20	0	190	240	60	0	50	10
Salted Caramel Crème Brûlée (2 servings)	290	190	20	10	0	190	200	20	0	20	0
Wine & Chocolates (2 servings)	480	170	20	10	0	40	60	40	0	30	0
Without Wine (2 servings)	260	170	20	10	0	40	60	20	0	20	0
Key Lime Pie (2 servings)	430	230	30	20	0	140	240	50	0	30	10

CONFECTIONS

	TOTAL CAL (kcal)	FAT CAL (kcal)	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Candied Walnut Turtle	200	120	10	0	0	10	20	20	0	10	0
Cheesecake Lollipop: Dark Chocolate	210	140	20	10	0	50	110	10	0	10	0
Cheesecake Lollipop: Snickers	200	120	10	10	0	50	140	10	0	10	0
Cheesecake Lollipop: Tuxedo	210	140	20	10	0	50	110	10	0	10	0
Cheesecake Lollipop: White Chocolate	210	140	20	10	0	50	110	10	0	10	0
Chocolate-Covered Strawberry: Snickers	100	50	10	0	0	0	30	10	0	10	0
Chocolate-Covered Strawberry: Dark Chocolate	60	30	0	0	0	0	0	10	0	10	0
Chocolate-Covered Strawberry: Tuxedo	250	140	20	10	0	0	10	30	0	20	0
Chocolate-Covered Strawberry: White Chocolate	60	30	0	0	0	0	0	10	0	10	0
Chocolate Truffle: Dark Chocolate	250	170	20	10	0	20	10	20	0	20	0
Chocolate Truffle: White Chocolate	210	140	20	10	0	20	30	20	0	20	0
Chocolate Truffle: Almond	230	170	20	10	0	20	10	10	0	10	0
Chocolate Truffle: Baileys	250	160	20	10	0	10	10	20	0	20	0
Chocolate Truffle: Cabernet	250	160	20	10	0	20	10	20	0	20	0
Chocolate Truffle: Pistachio	170	120	10	10	0	20	10	10	0	10	0

LIFE BALANCE 600 calories or less

	TOTAL CAL (kcal)	FAT CAL (kcal)	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Life Balance Appetizers											
Ahi Tuna Tacos	442	280	30	10	0	40	1190	30	10	10	10
Ahi Tuna Sashimi	300	110	10	0	0	40	1410	10	0	0	20
Chicken Potstickers	570	280	30	0	0	40	1300	50	0	20	20
House Salad	333	280	30	0	0	10	980	20	0	10	0
Shaved Brussels Sprouts Salad	600	440	50	10	0	30	1070	20	10	0	15
Life Balance Entrées											
BBQ Ranch Chicken Salad	580	330	40	10	0	70	1350	40	10	20	30
Mediterranean Salad with Shrimp	600	400	40	5	0	175	2565	20	5	10	30
Turkey Burger with Side Salad	600	320	35	10	0	100	1440	45	1	15	30
Giardiniera Burger with Side Salad	596	250	30	10	0	80	1690	45	1	15	30
Grilled Tenderloin Medallions	550	220	20	10	0	160	2504	30	0	5	40
Herb-Roasted Chicken Giardiniera	518	150	20	0	0	120	3540	50	0	10	50
Pan-Roasted Barramundi	600	290	30	15	0	105	2640	40	5	10	40
Blackened Ahi Tuna	590	180	20	10	0	115	2970	65	10	35	45
Grilled Atlantic Salmon	600	320	35	5	0	100	2450	35	0	5	35

KID'S MENU

	TOTAL CAL (kcal)	FAT CAL (kcal)	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Kid's Apple Juice	170	0	0	0	0	0	0	40	0	40	0
Kid's Broccoli Side	30	0	0	0	0	0	180	0	0	0	0
Kid's Cheeseburger	520	240	30	10	0	100	1500	12	0	15	30
Kid's Cheeseburger, Gluten-Free	310	250	30	10	0	150	1710	55	0	15	30
Kid's Chicken Potstickers	300	50	10	0	0	30	820	45	0	25	10
Kid's Chicken Tenders	600	290	30	10	0	60	2250	55	0	15	30
Kid's Chocolate Milk	140	20	0	0	0	10	160	20	0	20	10

KID'S MENU continued

	TOTAL CAL (kcal)	FAT CAL (kcal)	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Kid's Filet Medallions	270	95	10	5	0	105	740	5	0	5	35
Kid's Flatbread	290	110	10	10	0	30	730	25	0	5	10
Kid's Green Beans & Carrots Side	40	0	0	0	0	0	180	10	0	0	0
Kid's Grilled Cheese	470	250	30	20	0	90	1240	45	0	5	10
Kid's Hamburger	470	200	20	10	0	90	1260	45	0	15	30
Kid's Hamburger, Gluten-Free	560	210	20	10	0	140	1470	55	0	15	30
Kid's Mac & Cheese	1320	890	100	60	0	290	790	75	0	5	30
Kid's Mac & Cheese, Gluten-Free	1400	910	100	60	0	290	800	95	0	5	20
Kid's Milk	200	70	10	0	0	30	190	20	0	20	10
Kid's Orange Juice	160	10	0	0	0	0	0	40	0	30	0
Kid's Parmesan Chicken with Angel Hair	840	390	40	20	0	150	1740	65	0	15	50
Kid's Parmesan Chicken with Penne, Gluten-Free	590	250	30	10	0	90	1250	65	0	15	20
Kid's Pineapple Juice	210	0	0	0	0	0	0	50	0	50	0
Kid's Soy Glazed Salmon	470	260	30	10	0	120	880	15	0	15	30
Kid's Spaghetti & Meatballs	790	320	40	10	0	100	1370	85	10	15	30
Kid's Ice Cream Sundae	340	220	20	10	0	80	50	30	0	20	0
Kid's Vanilla Ice Cream	110	70	10	0	0	30	30	10	0	10	0

GLUTEN-FREE

	TOTAL CAL (kcal)	FAT CAL (kcal)	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
GF Appetizers cal/serving											
Artisan Hummus with Roasted Vegetables (4 servings)	120	80	10	0	0	0	230	10	0	0	0
Caesar Salad (2 servings)	160	120	20	10	0	20	210	10	0	0	10
Mexican Drunken Shrimp (3 servings)	230	170	20	10	0	100	310	0	0	0	10
Plain Ol' House Salad (2 servings)	20	0	0	0	0	0	20	10	0	0	0
Shaved Brussels Sprouts Salad (2 servings)	370	290	30	10	0	20	550	10	10	10	10
Thai Lettuce Wraps with Cashew Dipping Sauce (4 servings)	210	90	10	0	0	20	300	20	0	20	10
GF Beef											
Filet Mignon	460	150	20	10	0	145	815	10	0	0	40
Grilled Tenderloin Medallions	860	445	50	25	0	240	2890	40	0	0	60
GF Seafood											
Blackened Ahi Tuna	690	210	20	10	0	150	3500	70	10	20	50
Broiled Fresh Fillet of Grouper	1030	730	80	50	0	290	2160	30	0	0	50
Pan-Roasted Barramundi	920	460	50	20	0	110	2940	70	0	10	40
Potato-Crusted Scallops	970	640	70	30	0	180	1150	50	10	20	30
Seared Atlantic Salmon	970	670	70	30	0	260	2340	30	0	0	50
GF Sides											
Asparagus	110	100	10	10	0	30	600	0	0	0	0
Broccoli	70	20	0	0	0	10	230	10	0	0	0
Jasmine Rice	270	40	0	0	0	10	670	50	0	10	0
Mary's Potatoes	360	260	30	20	0	80	530	20	0	0	0
Oven-Roasted Vegetables	190	130	10	10	0	20	520	10	0	10	0
Wasabi-Buttered Mashed Potatoes	410	310	30	20	0	100	580	20	0	0	0

GLUTEN-FREE continued

	TOTAL CAL (kcal)	FAT CAL (kcal)	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
GF Chopped Salads											
BBQ Ranch Chicken Salad	700	380	40	10	0	100	1560	40	10	20	40
Blackened Bleu Skirt Steak Salad	1100	850	90	20	0	140	2850	10	0	10	50
Grilled Chicken Caesar Salad	950	680	80	20	0	160	1500	10	10	0	50
Mediterranean Salad with Shrimp	620	400	40	10	0	180	2560	20	10	10	30
Napa Chicken Salad	1140	710	80	10	0	130	1280	70	10	40	40
GF Chicken											
Chicken Madeira	1340	830	90	50	0	390	3830	40	0	10	70
Cooper's Hawk Chicken Giardiniera	1240	860	100	30	0	270	3050	40	10	0	50
Dana's Parmesan-Crusted Chicken	1260	880	100	50	0	320	2340	40	10	10	60
Ellie's Chicken Piccata	1390	960	110	60	0	430	3370	30	0	10	60
GF Pasta & Specialties											
Artisan Vegan Trio	720	370	40	0	0	0	1220	70	20	10	20
Butternut Squash & Brown Butter Cream Pasta	1340	840	90	50	0	230	1230	100	0	10	20
Chicken Carbonara	1310	700	80	40	0	260	1870	100	10	10	40
Country Italian Sausage	1230	610	70	30	0	210	2200	110	0	10	40
Penne Shrimp Rustica	1420	800	90	40	0	370	1710	110	10	10	40
GF Risotto											
Braised Short Rib Risotto	1630	1130	130	50	0	210	2660	70	10	10	40
Roasted Chicken Risotto	1240	760	80	30	0	190	2960	70	10	10	50
Shrimp & Scallop Risotto	1980	710	80	20	0	1650	3460	70	10	10	240
Sweet Corn & Tomato Risotto	1130	750	80	30	0	140	2100	70	10	10	30
GF Burgers & Sandwiches											
Bleu Cheese Burger, Side of Fruit	1330	880	100	30	0	240	2700	50	0	10	50
Cilantro Ranch Chicken Sandwich, Side of Fruit	1260	780	90	20	0	190	2440	60	10	10	50
Classic Cheeseburger, Side of Fruit	1120	610	70	20	0	230	2880	60	0	20	50
The Leonard Burger, Side of Fruit	1170	650	70	20	0	230	3420	70	0	20	50
Turkey Burger, Side of Fruit	870	510	60	10	0	200	2240	60	0	10	30
GF Lunch-Sized Entrées											
Chicken Madeira	1190	780	90	50	0	330	3190	40	0	10	50
Cooper's Hawk Chicken Giardiniera	1010	750	80	30	0	200	2520	30	0	0	30
Dana's Parmesan-Crusted Chicken	1020	760	80	40	0	250	1800	40	10	10	30
Ellie's Chicken Piccata	1240	930	100	60	0	360	2280	30	0	10	40
Seared Atlantic Salmon	850	600	70	30	0	230	1790	30	0	0	40
GF Desserts cal/serving											
Flourless Chocolate Torte (2 servings)	370	180	20	10	0	90	80	50	10	40	10
Lemon Ice Wine Cheesecake (2 servings)	270	160	20	10	0	80	190	20	0	20	10
S'more Budino (2 servings)	490	240	30	20	0	160	110	60	0	50	0
Salted Caramel Crème Brûlée (2 servings)	290	190	20	10	0	190	200	20	0	20	0

COCKTAILS & MARTINIS	TOTAL CAL (kcal)	FAT CAL (kcal)	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
(212) Manhattan	270	0	0	0	0	0	0	10	< 1	9	0
Cooper's Hawk Bellini	210	0	0	0	0	0	15	15	0	6	< 1
Bin 61 Sour	180	0	0	0	0	0	0	15	0	12	0
Cooper's Hawk Bloody Mary	320	60	45	6	0	15	2250	110	0	5	9
Burnt Lemon Sangria	250	0	0	0	0	0	10	25	0	20	0
Black-Cab Crush	250	0	0	0	0	0	0	19	2	13	0
Champagne Cocktail	180	0	0	0	0	0	10	10	0	7	0
Citrus Gin Sangria	240	0	0	0	0	0	10	20	0	16	0
Island Mojito	280	0	0	0	0	0	20	35	0	24	< 1
Original Mai Tai	320	0	0	0	0	0	5	50	1	35	< 1g
Cooper's Hawk Margarita	360	0	0	0	0	0	1750	55	< 1	49	0
Cooper's Hawk Mimosa	180	0	0	0	0	0	10	10	0	8	< 1
American Mule	160	0	0	0	0	0	0	20	< 1	20	0
Kentucky Mule	220	0	0	0	0	0	0	29	0	27	0
Negroni	210	0	0	0	0	0	0	15	< 1	7	0
Nightjar Sangria	250	0	0	0	0	0	15	25	0	18	0
Harvest Peach Collins	170	0	0	0	0	0	0	20	< 1	15	0
Red/White Sangria, Glass	320	0	0	0	0	0	20	35	0	23	0
Red/White Sangria, Pitcher	1340	0	0	0	0	0	85	140	0	94	2
Peach Sangria, Glass	330	0	0	0	0	0	20	35	0	25	0
Peach Sangria, Pitcher	1370	0	0	0	0	0	85	150	0	102	2
Raspberry Sangria, Glass	330	0	0	0	0	0	20	35	0	25	0
Raspberry Sangria, Pitcher	1390	0	0	0	0	0	85	150	0	102	2
Peach Sangria, Glass	330	0	0	0	0	0	20	35	0	27	0
Peach Sangria, Pitcher	1410	0	0	0	0	0	85	155	0	108	2
Passion Fruit Sangria, Glass	340	0	0	0	0	0	25	40	0	26	0
Passion Fruit Sangria, Pitcher	1410	0	0	0	0	0	105	150	0	108	2
Sangria-Tini	280	0	0	0	0	0	5	20	0	16	0
Blood Orange Paloma	180	0	0	0	0	0	0	20	< 1	11	< 1
Lemon Drop Martini	280	0	0	0	0	0	0	20	0	18	0
Classic Cosmopolitan	290	0	0	0	0	0	0	20	< 1	19	0
Dark Chocolate Martini	360	110	12	9	0	30	35	35	0	27	3
Dirty Nasty Martini	460	200	25	10	0	50	1520	0	0	0	14
Espresso Martini	300	35	4	2.5	0	10	25	30	0	21	< 1
Jen's French Martini	240	0	0	0	0	0	0	20	0	21	0
Pear Drop Martini	310	0	0	0	0	0	0	27	0	25	0
Dana's Pineappletini	220	0	0	0	0	0	0	15	1	12	< 1
Pink Grapefruit Martini	250	0	0	0	0	0	0	15	< 1	9	0
Pomegranate Martini	270	0	0	0	0	0	0	25	0	23	0

NON-ALCOHOLIC BEVERAGES

	TOTAL CAL (kcal)	FAT CAL (kcal)	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Coke	100	0	0	0	0	0	0	30	0	30	0
Diet Coke	0	0	0	0	0	0	0	0	0	0	0
Root Beer	150	0	0	0	0	0	0	40	0	40	0
Ginger Ale	100	0	0	0	0	0	0	30	0	30	0
Tonic Water	100	0	0	0	0	0	0	30	0	30	0
Mr. Pibb	100	0	0	0	0	0	0	30	0	30	0
Lipton Raspberry Tea	90	0	0	0	0	0	30	22	0	22	0
Sprite	100	0	0	0	0	0	50	30	0	30	0
Coffee	5	0	1	0	0	0	0	1	0	0	1
Espresso	5	0	0	0	0	0	0	1	0	0	1
Cappuccino	140	36	4	3	0	21	120	12	0	12	9
Latte	140	36	4	3	0	21	120	12	0	12	9
Café Mocha	330	122	14	9	0	55	130	33	2	30	10
Iced Tea	5	0	0	0	0	0	0	0	0	0	0
Hot Tea	5	0	0	0	0	0	0	0	0	0	0
Hot Chocolate	360	135	15	1	0	0	20	44	2	41	10
Raspberry Hibiscus Iced Tea	5	0	0	0	0	0	0	0	0	0	0
Fresh-Squeezed Lemonade	150	0	0	0	0	0	10	40	0	40	0
Raspberry Lemonade	190	0	0	0	0	0	25	50	0	50	0
Strawberry Lemonade	190	0	0	0	0	0	25	50	0	50	0
Passion Fruit Lemonade	200	0	0	0	0	0	25	50	0	50	0
Peach Lemonade	170	0	0	0	0	0	25	50	0	50	0

WINE

	TOTAL CAL (kcal)	FAT CAL (kcal)	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Sparkling (6 oz. Glass)	140	0	0	0	0	0	0	89	0	18	0
Sparkling (Bottle)	610	0	0	0	0	0	0	160	0	32	0
Red (6 oz. Glass)	150	0	0	0	0	0	0	5	0	1	0
Red (Bottle)	650	0	0	0	0	0	0	21	0	4	0
Rosé (6 oz. Glass)	150	0	0	0	0	0	0	7	0	7	0
Rosé (Bottle)	630	0	0	0	0	0	0	30	0	30	0
White (6 oz. Glass)	140	0	0	0	0	0	0	5	0	2	0
White (Bottle)	610	0	0	0	0	0	0	21	0	8	0
Ice Wine (3 oz. Glass)	100	0	0	0	0	0	0	12	0	12	0
Ice Wine (375 ml Bottle)	440	0	0	0	0	0	0	51	0	51	0
Sweet/Dessert (6 oz. Glass)	280	0	0	0	0	0	0	25	0	14	0
Sweet/Dessert (Bottle)	1200	0	0	0	0	0	0	106	0	59	0
Flights											
Bubbles Flight	280	0	0	0	0	0	0	95	0	19	0
White Flight	280	0	0	0	0	0	0	10	0	4	0
Red Flight	300	0	0	0	0	0	0	10	0	2	0
Cooper's Hawk Lux Flight	290	0	0	0	0	0	0	10	0	3	0
Dessert Flight	560	0	0	0	0	0	0	50	0	28	0
Candied Bacon & Artisan Cheeses Wine Flight	300	0	0	0	0	0	0	10	0	3	0

WINE continued

	TOTAL CAL (kcal)	FAT CAL (kcal)	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Large Format Bottles											
Magnum (1.5 liter)	1310	0	0	0	0	0	0	42	0	8	0
Double Magnum (3 liter)	2620	0	0	0	0	0	0	85	0	17	0
Imperial (6 liter)	5240	0	0	0	0	0	0	169	0	34	0
Salmanazar (9 liter)	7860	0	0	0	0	0	0	254	0	51	0

BEER

	TOTAL CAL (kcal)	FAT CAL (kcal)	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Amstel Light	100	0	0	0	0	0	0	5	0	0	<1
Angry Orchard Cider	220	0	0	0	0	0	0	30.9	0	23.4	0
Ballast Point Sculpin IPA	200	0	0	0	0	0	41.9	12.8	0	0	2
Blue Moon (12 oz.)	170	0	0	0	0	0	10	14.1	0	0	1.9
Bud Light	110	0	0	0	0	0	0	6.6	0	0	1
Budweiser	140	0	0	0	0	0	0	10.6	0	0	1.3
Cooper's Hawk Ale	190	0	0	0	0	0	11	18	0	0	1
Coors Light	100	0	0	0	0	0	10	5	0	1	<1
Corona Extra	150	0	0	0	0	0	0	13	0	0	<1
Corona Light	100	0	0	0	0	0	0	5	0	0	<1
Fat Tire	150	0	0	0	0	0	0	13.7	0	0	<1
Goose Island 312	150	0	0	0	0	0	0	16	0	0	<1
Guinness (pub can)	150	0	0	0	0	0	0	12.3	0	0	<1
Heineken	170	0	0	0	0	0	0	10	0	0	<1
Matilda	180	0	0	0	0	0	0	11	0	0	<1
Michelob Ultra	90	0	0	0	0	0	0	2.6	0	0	<1
Miller Lite	100	0	0	0	0	0	5	2.4	0	0	<1
Modelo Especial	140	0	0	0	0	0	19.5	13.6	0	0	1
O'Doul's (non-alcoholic)	60	0	0	0	0	0	0	13.3	0	0	<1
Sam '76	130	0	0	0	0	0	0	2	0	0	1
Stella Artois	190	0	0	0	0	0	0	17	0	0	0

COOPER'S HAWK POULTRY POLICY

It is Cooper's Hawk's goal to source strains of birds that demonstrate higher welfare outcomes that meet the criteria of the RSPCA Broiler Breed Welfare Assessment Protocol or Global Animal Partnership (GAP) by 2026. By 2024, Cooper's Hawk will ensure suppliers meet GAP's environment standards (including lighting, litter, and enrichments); that stocking density is no greater than 6 lbs./sq. ft. and broiler cages are not used; and that birds are processed in a manner that avoids live-dumping and live-shackling and instead utilizes a pre-shackle multi-step controlled atmosphere processing system that's widely hailed as more humane. Cooper's Hawk will demonstrate compliance with the above standards via third party auditing.