



NUTRITIONAL MENU GUIDE

SMALL PLATES

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Sugars (g)	Fiber (g)	Protein (g)
SPICY CHICKEN TINGA QUESADILLA	460	250	28	9	0	45	970	36	2	3	16
PETITE WEDGE	280	250	27	6	0	55	330	5	3	2	5
ASPARAGUS + ARUGULA SALAD	180	130	16	1.5	0	0	170	10	5	3	5
WHITE CORN GUACAMOLE + CHIPS	410	200	22	7	0	0	610	49	3	7	7
CRISPY MAC 'N' CHEESE	690	340	38	16	1	165	1080	62	8	4	25
BIANCO FLATBREAD	380	130	15	9	0	50	740	38	1	1	18
SHAVED MUSHROOM + SPINACH FLATBREAD	400	160	18	8	0	30	930	40	2	2	18
SPICY FENNEL SAUSAGE + POBLANO FLATBREAD	390	130	15	7	0	45	790	42	3	2	17

APPETIZERS

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Sugars (g)	Fiber (g)	Protein (g)
TUSCAN HUMMUS											
with Traditional Pita	830	210	23	0.5	0	0	1660	140	5	9	23
with Wheat Whole Grain Pita	970	290	33	0.5	0	0	1520	145	19	14	28
SPINACH ARTICHOKE DIP	930	460	51	23	0	70	1470	87	5	9	22
AVOCADO CLUB EGG ROLLS	1190	740	82	20	0.5	165	2280	67	25	6	47
LETTUCE WRAPS											
with Chicken	610	310	34	5	0	150	1280	40	16	3	32
with Shrimp	480	210	23	2.5	0	110	1490	40	16	3	25
with Chicken & Shrimp	700	310	35	5	0	260	1590	40	16	3	52
SESAME GINGER CHICKEN DUMPLINGS	370	80	9	1	0	60	1610	51	16	2	20
TORTILLA SPRING ROLLS											
Any Two	760-980	300-400	34-44	14-18	0	40-70	1720-2220	80-106	4-30	6-8	32-36
Any Three	1140-1470	450-600	51-66	21-27	0	60-105	2580-3330	120-159	6-45	9-12	48-54
Mediterranean Veggie (1 roll)											
with Marinara	400	160	18	9	0	35	860	41	5	3	16
Baja Chicken (1 roll)											
with Guacamole	380	150	17	8	0	35	930	40	2	4	17
Thai Chicken (1 roll)											
with Peanut Sauce	490	200	22	7	0	20	1110	53	15	4	18

SOUPS

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Sugars (g)	Fiber (g)	Protein (g)
SEDONA TORTILLA											
Bowl	480	290	32	19	0	100	1330	44	7	6	6
Cup	260	150	17	9	0	50	670	25	4	3	3
DAKOTA SMASHED PEA + BARLEY											
Bowl	340	0	0	0	0	0	1300	66	5	3	23
Cup	170	0	0	0	0	0	650	33	3	2	11
TWO IN A BOWL	430	150	17	9	0	50	1320	58	6	5	15

LITE ADVENTURES

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Sugars (g)	Fiber (g)	Protein (g)
QUINOA + ARUGULA SALAD	590	310	36	4.5	0	10	730	58	13	9	17
FIRE-ROASTED CHILE RELLENO	420	240	27	11	0	75	870	29	11	6	21
SHRIMP SCAMPI ZUCCHINI FETTUCINE	470	220	24	11	0	125	1030	30	5	4	27
GRILLED CHICKEN CHIMICHURRI	460	230	27	4	0	100	820	19	7	8	41
CEDAR PLANK SALMON	650	310	34	8	0	115	500	35	12	4	52

SALADS

Fat-Free vinaigrette available upon request

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Sugars (g)	Fiber (g)	Protein (g)
THE ORIGINAL BBQ CHICKEN											
CHOPPED											
Full	1090	600	66	17	0	110	1800	87	23	14	40
Full with Avocado	1250	730	81	19	0	110	1800	95	24	20	42
Half	550	300	33	8	0	55	930	45	12	7	20
Half with Avocado	710	430	48	11	0	55	930	54	13	14	22
CARAMELIZED PEACH											
Full	900	540	62	13	0	50	980	75	51	12	21
Full with Nueske's Applewood Smoked Bacon	960	590	67	15	0	55	1230	75	51	12	25
Full with Grilled Chicken Breast	1100	590	67	15	0	145	1150	76	51	12	55
Full with Grilled Shrimp	960	550	63	14	0	120	1380	75	51	12	34
Full with Sautéed Salmon	1220	770	88	17	0	95	1120	75	51	12	42
Half	450	270	31	7	0	25	490	38	25	6	10
Half with Nueske's Applewood Smoked Bacon	480	290	33	8	0	30	610	38	25	6	12
Half with Grilled Chicken Breast	650	320	36	8	0	120	660	38	25	6	45
Half with Grilled Shrimp	510	280	32	7	0	95	890	38	25	6	24
Half with Sautéed Salmon	770	500	57	10	0	70	630	38	25	6	31
CHINESE CHICKEN											
Full	790	320	36	5	0	30	2650	96	39	12	26
Half	420	170	18	2.5	0	20	1410	50	20	6	16
ITALIAN CHOPPED											
Full	990	670	75	16	0	115	1490	25	7	5	52
Half	490	340	37	8	0	60	740	13	3	2	26
CALIFORNIA COBB											
Full with Ranch Dressing	900	650	72	15	0	315	1530	27	10	11	40
Full with Ranch Dressing & Beets	940	650	72	15	0	315	1600	36	17	13	41
Full with Bleu Cheese Dressing	1030	770	85	20	1	335	1680	28	10	12	43
Full with Bleu Cheese Dressing & Beets	1070	770	85	20	1	335	1750	37	17	14	45
Half with Ranch Dressing	450	320	36	8	0	160	770	15	5	6	20
Half with Ranch Dressing & Beets	470	320	36	8	0	160	800	19	9	7	21
Half with Bleu Cheese Dressing	520	380	43	10	0	170	840	15	6	6	22
Half with Bleu Cheese Dressing & Beets	540	380	43	10	0	170	880	19	9	7	23
ROASTED VEGGIE											
Full	720	460	52	5	0	0	920	61	26	21	14
Full with Grilled Chicken Breast	910	500	58	6	0	95	1080	61	26	21	48
Full with Grilled Shrimp	770	460	53	5	0	70	1310	61	26	21	27
Full with Sautéed Salmon	1040	690	79	8	0	45	1050	61	26	21	35
Half	360	230	26	2.5	0	0	460	30	13	11	7
Half with Grilled Chicken Breast	550	270	31	3.5	0	95	620	31	13	11	41
Half with Grilled Shrimp	420	230	27	2.5	0	70	850	30	13	11	20
Half with Sautéed Salmon	680	460	53	6	0	45	590	30	13	11	28
MOROCCAN-SPICED CHICKEN											
Full	1500	870	99	10	0	295	1380	128	80	27	43
Half	750	430	50	5	0	145	690	64	40	14	22
THAI CRUNCH											
Full	1290	740	83	9	0	40	1560	102	48	15	45
Full with Avocado	1460	870	97	12	0	40	1570	110	48	22	47
Half	650	370	41	4.5	0	20	780	51	24	8	22
Half with Avocado	810	500	56	7	0	20	790	59	25	14	25
WALDORF CHICKEN											
Full	1230	770	87	18	0	100	1860	78	56	10	43
Half	610	390	44	9	0	50	930	39	28	5	22
CLASSIC CAESAR											
Full	530	360	40	12	0	60	810	27	6	8	17
Full with Grilled Chicken Breast	730	400	45	13	0	155	970	27	7	8	51
Full with Grilled Shrimp	590	360	40	12	0	135	1200	27	6	8	30
Full with Sautéed Salmon	850	590	66	15	0	110	940	27	6	8	38
Half	270	180	20	6	0	30	400	13	3	4	8
Half with Grilled Chicken Breast	460	220	25	7	0	125	570	14	3	4	43
Half with Grilled Shrimp	320	180	20	6	0	105	800	13	3	4	22
Half with Sautéed Salmon	590	410	46	9	0	80	540	13	3	4	29
FAT-FREE VINAIGRETTE (1.5 fl. oz.)	110	5	0	0	0	0	230	26	10	0	1
FAT-FREE VINAIGRETTE (3 fl. oz.)	220	10	1	0	0	0	460	51	20	1	1

ORIGINAL HAND-TOSSED PIZZAS

Nutritional information reflects 1 pizza
Wheat whole grain crust (with 140 additional calories) available upon request
Crispy thin crust (with 10 fewer calories) available upon request

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Sugars (g)	Fiber (g)	Protein (g)
THE ORIGINAL BBQ CHICKEN	1070	250	27	15	0	90	2890	151	20	6	56
with Nueske's Applewood Smoked Bacon	1160	310	34	18	0	105	3260	151	20	6	62
HAWAIIAN BBQ CHICKEN	1110	250	28	15	0	90	2890	161	28	7	56
SPICY CHIPOTLE CHICKEN	1260	460	51	20	0	145	2800	151	13	9	59
THAI CHICKEN	1290	410	45	15	0	85	3190	167	27	10	63
HABANERO CARNITAS	1170	350	39	16	0	125	2410	140	11	7	69
CALIFORNIA CLUB	1320	490	55	19	0	105	2810	147	9	13	64
WILD MUSHROOM	1030	340	38	16	0.5	65	2290	135	8	7	44
with White Truffle Oil	1070	380	43	16	0.5	65	2290	135	8	7	44
THE WORKS	1270	490	55	21	0	130	3230	141	10	8	56
MUSHROOM PEPPERONI SAUSAGE	1200	450	50	21	0	130	3000	137	8	7	55
PEPPERONI	1120	380	42	20	0	130	2760	134	7	5	50
with White Truffle Oil	1160	420	46	21	0	130	2760	134	7	5	50
HAWAIIAN	1070	240	27	13	0	125	2620	145	16	6	64
WHITE PIZZA	1060	340	38	18	0.5	100	2170	137	9	6	48
with Nueske's Applewood Smoked Bacon	1150	400	45	21	0.5	110	2540	137	9	6	54
FIVE CHEESE + FRESH TOMATO	1140	380	42	25	0.5	135	2700	133	7	6	55
CALIFORNIA VEGGIE	1070	280	31	15	0	70	2290	154	17	10	50
with Goat Cheese	1140	320	36	18	0	90	2410	155	18	10	55

CRISPY THIN CRUST PIZZAS

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Sugars (g)	Fiber (g)	Protein (g)
MARGHERITA	1330	550	62	28	0	160	2650	127	8	6	55
TOSTADA	1160	400	44	18	0	90	2360	158	11	14	46
with Lime Chicken	1270	430	48	18	0	120	2850	162	12	14	59
THE MEAT CRAVERS	1590	680	76	32	0	265	4620	132	8	5	94
ROASTED ARTICHOKE + SPINACH	1110	370	42	17	0	95	2340	139	8	10	48
with Chicken	1210	400	44	17	0	120	2850	143	9	10	62
PEAR + GORGONZOLA	1420	610	68	31	0	150	2330	157	23	12	51
SICILIAN	1320	520	57	25	0	190	3370	131	8	6	72
JAMAICAN JERK CHICKEN	1250	330	37	18	0	110	3980	165	37	8	63

GLUTEN-FREE PIZZAS

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Sugars (g)	Fiber (g)	Protein (g)
GF BBQ CHICKEN PIZZA	1240	470	52	19	0	90	2070	140	16	1	45
with Nueske's Applewood Smoked Bacon	1330	530	59	22	0	105	2440	140	16	1	51
GF PEPPERONI PIZZA	1290	600	66	24	0	130	1940	123	3	1	39
with White Truffle Oil	1330	640	71	25	0	130	1940	123	3	1	39
GF MARGHERITA PIZZA	1510	770	86	32	0	160	1830	121	3	2	45
GF MUSHROOM PEPPERONI SAUSAGE	1370	670	74	25	0	130	2180	125	4	2	44

PIZZA CRUSTS

Nutritional information for all pizzas includes crust

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Sugars (g)	Fiber (g)	Protein (g)
HAND-TOSSED ORIGINAL	580	20	2.5	0	0	0	1250	127	5	5	19
HAND-TOSSED WHEAT WHOLE GRAIN	720	100	12	0	0	0	1110	132	19	9	24
CRISPY THIN CRUST	570	30	3	0	0	0	1250	122	5	5	19

PASTAS + SPECIALTIES

Substitute multigrain penne upon request (with 20 additional calories)

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Sugars (g)	Fiber (g)	Protein (g)
CHICKEN TEQUILA FETTUCCINE	1010	530	59	33	1	215	1440	88	7	7	34
ASPARAGUS + SPINACH											
SPAGHETTINI	1010	470	54	10	0	25	1410	103	7	11	34
with Grilled Chicken Breast	1210	510	59	11	0	120	1580	104	7	11	68
with Shrimp	1080	470	55	10	0	105	1650	103	7	11	49
with Sautéed Salmon	1330	700	80	13	0	70	1550	103	7	11	55
JAMBALAYA FETTUCCINE	1100	470	54	12	0	220	2370	97	10	9	58
FOUR CHEESE RAVIOLI	1020	580	65	38	1	265	1460	72	6	5	36
with Sautéed Mushrooms	1130	680	76	45	1	295	1460	76	7	6	37
PESTO CREAM PENNE	1220	680	76	41	1.5	220	1210	104	11	8	33
with Chicken	1210	690	77	41	1.5	255	1170	87	10	7	44
with Shrimp	1190	680	76	41	1.5	300	1370	87	10	7	45
with Chicken & Shrimp	1370	800	89	49	1.5	370	1410	88	10	7	59
KUNG PAO SPAGHETTI	830	250	28	3	0	0	1610	115	13	10	29
with Chicken	880	280	32	3.5	0	40	1580	107	13	9	40
with Shrimp	880	280	32	3.5	0	85	1790	107	13	9	41
with Chicken & Shrimp	1020	320	36	4	0	130	1830	117	13	9	56
GARLIC CREAM FETTUCCINE	1190	660	74	45	2	245	1290	100	6	6	30
with Chicken	1180	680	75	45	2	285	1250	83	6	5	41
with Shrimp	1160	670	74	45	2	325	1450	83	6	5	42
with Chicken & Shrimp	1340	780	87	52	2	395	1480	84	6	5	56
with Sautéed Mushrooms	1200	670	74	45	2	245	1290	103	7	7	31
SPAGHETTI BOLOGNESE	830	250	28	7	0	65	1440	105	11	8	37
with Sautéed Mushrooms	940	350	39	14	0	95	1440	108	12	9	38
CHICKEN MILANESE	910	630	73	9	0	180	1500	32	6	5	42
CHICKEN PICCATA	1630	690	78	24	0	375	2140	95	6	8	130

TACOS + SANDWICHES

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Sugars (g)	Fiber (g)	Protein (g)
CARNITAS TACOS	880	380	43	12	0	70	1730	76	5	8	50
with Avocado	960	450	50	13	0	70	1740	80	5	11	51
FISH TACOS	960	480	54	12	0	95	1620	87	5	8	36
with Avocado	1040	540	61	14	0	95	1620	91	5	12	37

Sandwiches served on our signature bread and your choice of side:
Cup of soup • Caesar salad

GRILLED VEGGIE SANDWICH	650	280	31	9	0	45	1040	72	6	5	23
CALIFORNIA CLUB CHICKEN SANDWICH	740	330	36	5	0	45	1450	73	5	6	31
CALIFORNIA CLUB TURKEY SANDWICH	760	320	35	5	0	75	1750	71	6	6	39
GRILLED CHICKEN CAESAR SANDWICH	800	300	34	6	0	125	1190	68	6	3	53
ITALIAN DELI SANDWICH	1040	590	66	18	0	125	2540	68	3	3	46

Please see soup listings for nutritional information

CAESAR SALAD, SIDE FOR SANDWICHES	200	150	17	4	0	25	310	7	2	2	5
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DESSERTS

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Sugars (g)	Fiber (g)	Protein (g)
SALTED CARAMEL PUDDING	530	305	34	20	0	206	745	51	40	0	5
RED VELVET CAKE	810	390	44	19	0	120	370	96	75	1	7
with Häagen-Dazs	1090	560	63	31	0.5	215	420	119	96	1	12
KEY LIME PIE	790	400	44	25	0.5	125	300	94	75	1	10
BELGIAN CHOCOLATE SOUFFLÉ CAKE	690	460	51	30	1	235	65	53	43	5	8
with Häagen-Dazs	970	630	70	41	1.5	335	120	76	64	5	13
BUTTER CAKE	1100	660	73	45	2	315	640	103	64	6	10
with Häagen-Dazs	1380	830	92	56	2.5	415	700	125	86	6	15
TIRAMISU	820	560	62	33	0.5	335	210	52	41	1	10

SMOOTHIES + BLENDED BEVERAGES

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Sugars (g)	Fiber (g)	Protein (g)
NON-FAT YOGURT SMOOTHIES											
Strawberry	220	0	0	0	0	0	130	52	44	2	2
Strawberry Banana	220	2	0	0	0	0	98	52	40	3	2
Mango	200	0	0	0	0	0	130	50	44	4	2
Mango Banana	210	2	0	0	0	0	98	51	40	5	2
FLAVORED FROZEN LEMONADE											
Original	180	0	0	0	0	0	13	46	41	1	0
Strawberry	210	0	0	0	0	0	28	52	47	1	0
Peach	180	0	0	0	0	0	9	45	40	1	0
Raspberry	230	0	0	0	0	0	19	56	51	1	0
Mango	240	0	0	0	0	0	16	59	53	1	0
FLAVORED COLADAS											
Strawberry	350	72	8	7	0	0	39	68	65	2	1
Pineapple	460	114	13	12	0	0	37	85	81	2	2
Mango Raspberry	420	7	1	1	0	0	27	101	96	0	0

BEVERAGES

[illegible]

WINE

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Sugars (g)	Fiber (g)	Protein (g)
CARIBBEAN SUNSET SANGRIA	280	0	0	0	0	0	3	44	28	0	0
APPLEBERRY SANGRIA	270	0	0	0	0	0	11	37	19	1	0
ZONIN PROSECCO	110	0	0	0	0	0	5	2	2	0	0
JACOB'S CREEK MOSCATO											
6 oz	150	0	0	0	0	0	0	8	0	0	0
9 oz	225	0	0	0	0	0	0	12	0	0	0
Bottle	750	0	0	0	0	0	0	40	0	0	1
BERINGER WHITE ZINFANDEL											
6 oz	110	0	0	0	0	0	5	8	5	0	0
9 oz	160	0	0	0	0	0	8	12	8	0	0
Bottle	550	0	0	0	0	0	25	42	27	0	0
CHATEAU STE. MICHELLE RIESLING											
6 oz	160	0	0	0	0	0	0	6	0	0	0
9 oz	240	0	0	0	0	0	0	9	0	0	0
Bottle	800	0	0	0	0	0	0	28	0	0	1
ECCO DOMANI PINOT GRIGIO											
6 oz	110	0	0	0	0	0	0	3	1	0	0
9 oz	160	0	0	0	0	0	0	5	1	0	0
Bottle	540	0	0	0	0	0	0	16	3	0	0
SANTA MARGHERITA PINOT GRIGIO											
6 oz	120	0	0	0	0	0	0	3	0	0	0
9 oz	180	0	0	0	0	0	0	5	0	0	0
Bottle	610	0	0	0	0	0	0	15	0	0	1
NOBILO SAUVIGNON BLANC											
6 oz	120	0	0	0	0	0	0	3	0	0	0
9 oz	180	0	0	0	0	0	0	5	0	0	0
Bottle	610	0	0	0	0	0	0	15	0	0	1
LINDEMANS "BIN 65" CHARDONNAY											
6 oz	110	0	0	0	0	0	5	6	2	0	0
9 oz	170	0	0	0	0	0	8	9	3	0	0
Bottle	560	0	0	0	0	0	25	30	12	0	0
CLOS DU BOIS CHARDONNAY											
6 oz	110	0	0	0	0	0	5	6	2	0	0
9 oz	170	0	0	0	0	0	8	9	3	0	0
Bottle	560	0	0	0	0	0	25	30	12	0	0
KENDALL JACKSON "VINTNER'S RESERVE" CHARDONNAY											
6 oz	110	0	0	0	0	0	5	6	2	0	0
9 oz	170	0	0	0	0	0	8	9	3	0	0
Bottle	560	0	0	0	0	0	25	30	12	0	0
SONOMA-CUTRER, RUSSIAN RIVER RANCHES CHARDONNAY											
6 oz	140	0	0	0	0	0	5	6	2	0	0
9 oz	210	0	0	0	0	0	8	9	3	0	0
Bottle	700	0	0	0	0	0	25	30	12	0	0
MIRASSOU PINOT NOIR											
6 oz	120	0	0	0	0	0	0	3	0	0	0
9 oz	180	0	0	0	0	0	0	5	0	0	0
Bottle	620	0	0	0	0	0	0	17	0	0	1
GREG NORMAN PINOT NOIR											
6 oz	120	0	0	0	0	0	0	3	0	0	0
9 oz	180	0	0	0	0	0	0	5	0	0	0
Bottle	620	0	0	0	0	0	0	17	0	0	1
LA CREMA PINOT NOIR											
6 oz	140	0	0	0	0	0	0	3	0	0	0
9 oz	210	0	0	0	0	0	0	5	0	0	0
Bottle	700	0	0	0	0	0	0	17	0	0	1
BERINGER "FOUNDERS' ESTATE" MERLOT											
6 oz	130	0	0	0	0	0	0	5	5	0	0
9 oz	190	0	0	0	0	0	0	8	7	0	0
Bottle	630	0	0	0	0	0	0	25	24	0	0
BLACKSTONE MERLOT											
6 oz	130	0	0	0	0	0	0	5	5	0	0
9 oz	190	0	0	0	0	0	0	8	7	0	0
Bottle	630	0	0	0	0	0	0	25	24	0	0
MARKHAM MERLOT											
6 oz	150	0	0	0	0	0	0	5	5	0	0
9 oz	225	0	0	0	0	0	0	8	7	0	0
Bottle	750	0	0	0	0	0	0	25	24	0	0
PENFOLDS RAWSON'S RETREAT SHIRAZ-CAB											
6 oz	100	0	0	0	0	0	5	3	2	0	0
9 oz	150	0	0	0	0	0	8	5	3	0	0
Bottle	510	0	0	0	0	0	25	17	8	0	1
RAVENSWOOD "VINTNER'S BLEND" ZINFANDEL											
6 oz	130	0	0	0	0	0	5	8	5	0	0
9 oz	195	0	0	0	0	0	8	12	8	0	0
Bottle	650	0	0	0	0	0	25	42	27	0	0

WINE

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Sugars (g)	Fiber (g)	Protein (g)
TAMARÍ RESERVA MALBEC											
6 oz	130	0	0	0	0	0	0	5	0	0	0
9 oz	200	0	0	0	0	0	0	8	0	0	0
Bottle	650	0	0	0	0	0	0	28	0	0	1
J. LOHR SEVEN OAKS CABERNET SAUVIGNON											
6 oz	150	0	0	0	0	0	0	4	0	0	0
9 oz	225	0	0	0	0	0	0	6	0	0	0
Bottle	750	0	0	0	0	0	0	19	0	0	1
COLUMBIA CREST “GRAND ESTATES” CABERNET SAUVIGNON											
6 oz	120	0	0	0	0	0	0	4	0	0	0
9 oz	180	0	0	0	0	0	0	6	0	0	0
Bottle	620	0	0	0	0	0	0	19	0	0	1
RODNEY STRONG CABERNET SAUVIGNON											
6 oz	140	0	0	0	0	0	0	4	0	0	0
9 oz	210	0	0	0	0	0	0	6	0	0	0
Bottle	700	0	0	0	0	0	0	19	0	0	1
COLBY RED BLEND											
6 oz	145	0	0	0	0	0	8	5	2	0	0
9 oz	215	0	0	0	0	0	11	8	2	0	0
Bottle	620	0	0	0	0	0	32	21	6	0	0

WINE FLIGHTS

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Sugars (g)	Fiber (g)	Protein (g)
CHATEAU STE. MICHELLE RIESLING											
3 oz	80	0	0	0	0	0	0	3	0	0	0
NOBILO SAUVIGNON BLANC											
3 oz	60	0	0	0	0	0	0	2	0	0	0
SONOMA-CUTRER RUSSIAN RIVER RANCHES CHARDONNAY											
3 oz	70	0	0	0	0	0	3	3	1	0	0
LA CREMA PINOT NOIR											
3 oz	70	0	0	0	0	0	0	2	0	0	0
RAVENSWOOD “VINTNER’S BLEND” ZINFANDEL											
3 oz	65	0	0	0	0	0	3	4	3	0	0
J. LOHR SEVEN OAKS CABERNET SAUVIGNON											
3 oz	75	0	0	0	0	0	0	2	0	0	0
JACOB’S CREEK MOSCATO											
3 oz	75	0	0	0	0	0	0	4	0	0	0
MARKHAM MERLOT											
3 oz	75	0	0	0	0	0	0	3	2	0	0
RODNEY STRONG CABERNET SAUVIGNON											
3 oz	70	0	0	0	0	0	0	2	0	0	0

COCKTAILS

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Sugars (g)	Fiber (g)	Protein (g)
ASIAN PLUM MARTINI	210	0	0	0	0	0	0	22	18	0	0
APPLE MARTINI	200	0	0	0	0	0	1	24	9	0	0
COSMOPOLITAN	220	0	0	0	0	0	7	16	14	0	0
RASPBERRY LEMON DROP	240	0	0	0	0	0	3	22	11	1	0
CPK MARGARITA	220	0	0	0	0	0	298	25	19	0	0
ULTIMATE MARGARITA	330	0	0	0	0	0	298	27	10	0	0
PALOMA	170	0	0	0	0	0	20	20	18	0	0
MAI TAI	280	0	0	0	0	0	15	34	29	0	0
TOP SHELF LONG ISLAND ICED TEA	260	0	0	0	0	0	13	15	7	1	0
CLASSIC MOJITO	160	0	0	0	0	0	21	14	10	1	1
PASSION FRUIT MOJITO	120	0	0	0	0	0	6	16	14	1	1
MANGO MANGO MOJITO	160	0	0	0	0	0	9	24	21	1	1

DRAFT BEERS

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Sugars (g)	Fiber (g)	Protein (g)
BLUE MOON 18oz	245	0	0	0	0	0	26	20	0	0	4
BUD LIGHT 18oz	165	0	0	0	0	0	0	10	0	0	2
MILLER LITE 18oz	145	0	0	0	0	0	8	5	0	0	1
COORS LIGHT 18oz	155	0	0	0	0	0	16	8	0	0	1

BOTTLED BEERS

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Sugars (g)	Fiber (g)	Protein (g)
CRISPIN ARTISANAL CIDER 22oz	365	0	0	0	0	0	0	24	0	24	0
ACE PERRY CIDER 22oz	250	0	0	0	0	0	55	22	17	0	0
BUD LIGHT 24oz	220	0	0	0	0	0	0	13	0	0	0
MILLER LITE 24oz	190	0	0	0	0	0	10	6	0	0	1
COORS LIGHT 24oz	205	0	0	0	0	0	22	10	0	0	1
CORONA EXTRA 24oz	300	0	0	0	0	0	0	28	0	0	2
STELLA ARTOIS 22oz	300	0	0	0	0	0	0	23	0	0	3
CHIMAY GRAND RESERVE 750ml	520	0	0	0	0	0	30	36	1	0	8
NEWCASTLE BROWN ALE 18.6oz	205	0	0	0	0	0	0	15	0	0	0
GUINNESS EXTRA STOUT 22oz	300	0	0	0	0	0	45	25	0	0	2
ARROGANT BASTARD ALE 22oz	445	0	0	0	0	0	28	41	50	3	6
UNIBROUE THE TERRIBLE 25oz	280	0	0	0	0	0	0	18	0	0	0
OMMEGANG THREE PHILOSOPHERS 750ml	635	0	0	0	0	0	0	13	0	0	2
ROGUE BRUTAL IPA 22oz	360	0	0	0	0	0	26	23	64	3	3
ST. PAULI N.A. 12oz	145	0	0	0	0	0	0	10	0	0	2

SPECIALTY COFFEES

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Sugars (g)	Fiber (g)	Protein (g)
B-52 COFFEE	230	64	7	3	0	19	23	20	1	0	1
IRISH COFFEE	160	40	4.5	3	0	19	5	5	5	0	0

CPKIDS BEVERAGES

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Sugars (g)	Fiber (g)	Protein (g)
FOUNTAIN BEVERAGE	0-115	0	0	0	0	0	1-30	0-30	0-30	0	0
APPLE JUICE	110	0	0	0	0	0	9	25	25	0	0
LEMONADE	100	0	0	0	0	0	10	25	22	0	0
MILK	160	72	8	5	0	35	125	13	12	0	8
CHOCOLATE MILK	260	61	7	4	0	29	124	41	34	0	7

CPKIDS PIZZAS

Nutritional information reflects one whole pizza

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Sugars (g)	Fiber (g)	Protein (g)
KIDS ORIGINAL BBQ CHICKEN	560	80	9	4.5	0	30	1470	89	10	3	25
KIDS MUSHROOM PEPPERONI SAUSAGE	610	170	19	7	0	50	1430	82	4	3	25
KIDS HAWAIIAN	580	90	10	4.5	0	50	1340	87	9	3	30
KIDS TRADITIONAL CHEESE	560	110	12	6	0	30	1180	83	5	2	23
KIDS PEPPERONI	600	150	17	8	0	45	1390	82	4	2	25

CPKIDS PASTA & SALAD

Substitute multigrain penne for any pasta upon request (with 20 additional calories)

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Sugars (g)	Fiber (g)	Protein (g)
KIDS CURLY MAC 'N' CHEESE	770	410	46	28	1.5	160	780	69	5	4	21
with Edamame	800	420	47	28	1.5	160	780	71	5	5	25
KIDS FUSILLI WITH MEAT SAUCE	500	130	14	3.5	0	30	660	70	6	5	21
KIDS BUTTERED FUSILLI	410	120	13	7	0	30	540	61	1	4	12
KIDS FUSILLI OLIVE OIL	430	140	16	1.5	0	0	540	61	1	4	12
KIDS FUSILLI WITH TOMATO SAUCE	400	70	8	1	0	0	680	68	6	6	13
KIDS FUSILLI ALFREDO	690	360	40	24	1	135	520	65	3	4	19
KIDS SALAD	260	190	21	3.5	0	15	310	15	3	3	4

CPKIDS CHICKEN

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Sugars (g)	Fiber (g)	Protein (g)
KIDS GRILLED CHICKEN BREAST WITH BROCCOLI	240	50	6	1.5	0	95	210	9	3	5	39
KIDS CRISPY CHICKEN WITH BROCCOLI	590	300	33	6	0	80	2000	47	16	7	29

CPKIDS SWEETS

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Sugars (g)	Fiber (g)	Protein (g)
KIDS FRESH FRUIT	60	0	0	0	0	0	0	16	13	1	1
KIDS SUNDAE	570	340	37	23	1	145	80	53	47	2	6
KIDS BROWNIE	490	210	24	7	0	35	240	67	46	2	4

Signature drinks or liqueurs with added ingredients may increase caloric content. This information is for reference only. Nutrition information will vary depending on brand and portion size.

The Dietary Guidelines for Americans recommend limiting saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2,000 calories daily. Recommended limits may be higher or lower depending upon daily calorie consumption.

A 2,000 calorie daily diet is used as the basis for general nutrition advice. However, individual caloric needs may vary. Visit mypyramid.gov for more information.

The nutritional information in this menu is derived from information provided by our suppliers, analyses using industry standard software, and published resources, including those from the U.S.D.A. All nutritional information given is based on standard recipes and serving sizes and California Pizza Kitchen cannot guarantee that the information provided is completely accurate as it relates to the prepared menu items at each restaurant. Variations in serving sizes, preparation techniques, product assembly supply sources and regional and seasonal differences in ingredients, may affect the nutritional values for each menu item. You should expect some variations in the nutrient content of the products purchased in our restaurants, and greater variation if an order is customized or topping combinations are altered.

WARNING: Drinking distilled spirits, beer, coolers, wine and other alcoholic beverages may increase cancer risk, and, during pregnancy, can cause birth defects.