

| <b>HELLO BISTRO<br/>Nutrition Facts</b> | <b>Calories<br/>(kcal)</b> | <b>Fat<br/>(g)</b> | <b>Carbs<br/>(g)</b> | <b>Protein<br/>(g)</b> | <b>Cholesterol<br/>(mg)</b> | <b>Dietary<br/>Fiber (g)</b> | <b>Sodium<br/>(mg)</b> | <b>% calories<br/>from fat</b> | <b>% calories<br/>from carbs</b> |
|---|----------------------------|--------------------|----------------------|------------------------|-----------------------------|------------------------------|------------------------|--------------------------------|----------------------------------|
|---|----------------------------|--------------------|----------------------|------------------------|-----------------------------|------------------------------|------------------------|--------------------------------|----------------------------------|

#### **BEEFY BURGERS**

|                              |      |    |    |    |     |   |      |    |    |
|------------------------------|------|----|----|----|-----|---|------|----|----|
| Mean Green Avocado Burger    | 863  | 57 | 49 | 39 | 201 | 5 | 1210 | 59 | 23 |
| Hello Bistro Burger          | 751  | 46 | 44 | 40 | 186 | 3 | 1138 | 55 | 23 |
| Over-Easy Cheeseburger       | 910  | 60 | 39 | 51 | 415 | 2 | 892  | 60 | 17 |
| E'nP Superburger             | 1002 | 64 | 39 | 65 | 225 | 3 | 1179 | 57 | 15 |
| 3-Grain Veggie Burger        | 513  | 30 | 46 | 17 | 75  | 4 | 857  | 52 | 36 |
| John Wayne BBQ Burger        | 702  | 42 | 45 | 36 | 169 | 2 | 1076 | 54 | 26 |
| California Turkey Burger     | 429  | 26 | 22 | 29 | 75  | 6 | 716  | 55 | 21 |
| Mushroom & Onion Jack Burger | 754  | 47 | 42 | 39 | 179 | 2 | 482  | 56 | 22 |
| Hawaii 5-Oh Turkey Burger    | 970  | 69 | 46 | 41 | 215 | 3 | 901  | 64 | 19 |

#### **GRILLED SAM'ICHES**

|                                |      |    |    |    |     |    |      |    |    |
|--------------------------------|------|----|----|----|-----|----|------|----|----|
| Apple & Cheddar Grilled Cheese | 727  | 39 | 65 | 28 | 83  | 3  | 1961 | 48 | 36 |
| Dad's Pot Roast Melt           | 1007 | 64 | 67 | 40 | 107 | 4  | 1733 | 57 | 27 |
| E'nP Gourmet Grilled Cheese    | 765  | 52 | 34 | 39 | 131 | 2  | 1462 | 61 | 18 |
| Italiano Grilled Cheese        | 588  | 52 | 41 | 29 | 65  | 3  | 1275 | 80 | 28 |
| Caprese Grilled Cheese         | 772  | 39 | 78 | 30 | 44  | 5  | 1826 | 45 | 40 |
| All-American Scrambler         | 634  | 27 | 65 | 30 | 255 | 3  | 1331 | 38 | 41 |
| California Scrambler           | 742  | 37 | 75 | 30 | 243 | 10 | 1258 | 45 | 40 |
| Texas Scrambler                | 711  | 48 | 35 | 34 | 491 | 2  | 1306 | 60 | 20 |

#### **SALADS BY US (Does not include dressing)**

|                                 |     |    |    |    |     |    |      |    |    |
|---------------------------------|-----|----|----|----|-----|----|------|----|----|
| A Tandoori Salad Story          | 440 | 23 | 37 | 48 | 28  | 12 | 346  | 47 | 34 |
| Apple Almond Crunch             | 274 | 15 | 10 | 27 | 69  | 4  | 641  | 48 | 14 |
| BBQ Chicken                     | 363 | 15 | 27 | 32 | 78  | 10 | 588  | 37 | 30 |
| Buffalo Chicken                 | 538 | 35 | 26 | 31 | 82  | 7  | 1702 | 59 | 19 |
| Caribbean Shrimp                | 262 | 10 | 28 | 19 | 111 | 10 | 496  | 34 | 43 |
| Chicken Caesar                  | 300 | 16 | 13 | 28 | 77  | 5  | 637  | 48 | 17 |
| Chicken Fiesta                  | 413 | 20 | 38 | 27 | 48  | 27 | 464  | 44 | 37 |
| Classic Cobb                    | 565 | 36 | 20 | 42 | 204 | 10 | 1172 | 57 | 14 |
| Hello Bistro Salad              | 350 | 17 | 17 | 33 | 183 | 6  | 615  | 44 | 19 |
| My Big Fat Greek Chicken Salad  | 259 | 12 | 14 | 25 | 73  | 5  | 834  | 42 | 22 |
| Quinoavocado                    | 684 | 44 | 56 | 13 | 0   | 14 | 690  | 58 | 33 |
| Rockin' Moroccan Salmon         | 361 | 20 | 18 | 29 | 61  | 5  | 1347 | 50 | 20 |
| Sesame Soba Salmon              | 480 | 27 | 38 | 28 | 57  | 12 | 404  | 51 | 32 |
| Strawberry Fields Forever Salad | 310 | 14 | 11 | 36 | 94  | 5  | 440  | 41 | 14 |
| Zesty Fajita Farro              | 417 | 20 | 40 | 28 | 48  | 17 | 227  | 43 | 38 |

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|---|----------------------------|--------------------|----------------------|------------------------|-----------------------------|------------------------------|------------------------|--------------------------------|----------------------------------|
|---|----------------------------|--------------------|----------------------|------------------------|-----------------------------|------------------------------|------------------------|--------------------------------|----------------------------------|

#### **SIDES & SOUP**

|                          |     |    |    |    |    |   |      |    |    |
|--------------------------|-----|----|----|----|----|---|------|----|----|
| French Fries             | 449 | 23 | 57 | 5  | 0  | 6 | 309  | 47 | 51 |
| Mixed Greens Side Salad  | 53  | 3  | 5  | 4  | 7  | 3 | 78   | 45 | 36 |
| E'nP Chili               | 124 | 4  | 13 | 10 | 18 | 4 | 621  | 30 | 41 |
| E'nP Potato Soup         | 157 | 7  | 20 | 3  | 14 | 1 | 1120 | 40 | 51 |
| E'nP Chicken Noodle Soup | 137 | 4  | 17 | 7  | 23 | 1 | 549  | 28 | 50 |
| Tuscan Tomato Bean Soup  | 228 | 3  | 42 | 10 | 5  | 6 | 741  | 12 | 74 |

#### **TINY HUMANS (Includes 16 oz. milk and fries)**

|                          |      |    |     |    |    |   |      |    |    |
|--------------------------|------|----|-----|----|----|---|------|----|----|
| Kids Grilled Cheese Meal | 1049 | 47 | 116 | 41 | 87 | 6 | 1495 | 40 | 44 |
| Kids Cheeseburger Meal   | 728  | 32 | 73  | 38 | 83 | 4 | 686  | 40 | 40 |
| Kids Hamburger Meal      | 679  | 28 | 73  | 35 | 70 | 4 | 611  | 37 | 43 |

#### **SWEETS**

|                         |     |    |     |    |     |   |     |    |    |
|-------------------------|-----|----|-----|----|-----|---|-----|----|----|
| E'nP Mini Smiley Cookie | 90  | 3  | 15  | 1  | 5   | 0 | 35  | 25 | 67 |
| Vanilla Shake           | 683 | 30 | 94  | 15 | 121 | 2 | 279 | 39 | 55 |
| Chocolate Shake         | 741 | 30 | 108 | 16 | 95  | 4 | 299 | 37 | 58 |
| Strawberry Shake        | 723 | 33 | 94  | 15 | 132 | 2 | 290 |    |    |
| Strawberry Banana Shake | 795 | 33 | 112 | 16 | 132 | 4 | 290 | 37 | 56 |

#### **BEVERAGES**

|                                       |     |   |    |   |   |   |    |   |     |
|---------------------------------------|-----|---|----|---|---|---|----|---|-----|
| Fresh-Brewed Lipton Iced Tea          | 2   | 0 | 1  | 0 | 0 | 0 | 7  | 0 | 134 |
| Boylan Root Beer (12 oz.)             | 170 | 0 | 42 | 0 | 0 | 0 | 35 | 0 | 99  |
| Boylan Creamy Red Birch Beer (12 oz.) | 170 | 0 | 42 | 0 | 0 | 0 | 35 | 0 | 99  |
| Boylan Ginger Ale (12 oz.)            | 140 | 0 | 36 | 0 | 0 | 0 | 0  | 0 | 103 |
| Boylan Lemonade (12 oz.)              | 150 | 0 | 38 | 0 | 0 | 0 | 0  | 0 | 101 |
| Boylan Crème Soda (12 oz.)            | 160 | 0 | 40 | 0 | 0 | 0 | 35 | 0 | 100 |
| Boylan Cane Cola (12 oz.)             | 160 | 0 | 41 | 0 | 0 | 0 | 0  | 0 | 103 |
| Boylan Diet Black Cherry (12 oz.)     | 0   | 0 | 0  | 0 | 0 | 0 | 35 | 0 | 0   |
| Boylan Diet Cane Cola (12 oz.)        | 0   | 0 | 0  | 0 | 0 | 0 | 35 | 0 | 0   |

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|---|----------------------------|--------------------|----------------------|------------------------|-----------------------------|------------------------------|------------------------|--------------------------------|----------------------------------|
|---|----------------------------|--------------------|----------------------|------------------------|-----------------------------|------------------------------|------------------------|--------------------------------|----------------------------------|

### SALADS BY YOU

| <b>GREENS</b>   |    |   |    |   |   |   |    |    |    |
|-----------------|----|---|----|---|---|---|----|----|----|
| Iceberg Lettuce | 40 | 0 | 8  | 3 | 0 | 3 | 28 | 9  | 84 |
| Mixed Greens    | 39 | 1 | 7  | 3 | 0 | 4 | 67 | 12 | 75 |
| Romaine Lettuce | 24 | 0 | 5  | 2 | 0 | 3 | 11 | 16 | 78 |
| Spinach & Kale  | 60 | 1 | 12 | 5 | 0 | 3 | 79 | 15 | 80 |

| <b>EXTRAS</b>   |     |   |   |    |     |   |     |    |    |
|-----------------|-----|---|---|----|-----|---|-----|----|----|
| Grilled Chicken | 128 | 5 | 0 | 19 | 52  | 0 | 275 | 36 | 0  |
| Shrimp          | 62  | 1 | 0 | 13 | 122 | 0 | 347 | 10 | 0  |
| Alaskan Salmon  | 129 | 6 | 0 | 18 | 50  | 0 | 275 | 40 | 0  |
| Tofu            | 60  | 3 | 2 | 7  | 0   | 1 | 782 | 47 | 15 |
| Avocado         | 72  | 7 | 4 | 1  | 0   | 3 | 3   | 83 | 21 |
| Moroccan Salmon | 103 | 5 | 0 | 14 | 40  | 0 | 32  | 44 | 0  |

| <b>CHEESE</b>           |     |   |   |   |    |   |     |     |   |
|-------------------------|-----|---|---|---|----|---|-----|-----|---|
| Asiago Cheese           | 40  | 8 | 0 | 7 | 25 | 0 | 344 | 182 | 0 |
| Cheddar Cheese          | 57  | 5 | 0 | 4 | 15 | 0 | 88  | 74  | 1 |
| Crumbled Bleu Cheese    | 66  | 5 | 0 | 4 | 14 | 0 | 261 | 73  | 3 |
| Feta Cheese             | 75  | 6 | 1 | 4 | 25 | 0 | 316 | 72  | 6 |
| Fresh Mozzarella Cheese | 77  | 6 | 1 | 5 | 21 | 0 | 100 | 69  | 3 |
| Goat Cheese             | 103 | 8 | 1 | 6 | 22 | 0 | 146 | 74  | 3 |

| <b>GOOD STUFF (seasonal availability)</b> |    |   |    |   |     |   |     |    |     |
|---|----|---|----|---|-----|---|-----|----|-----|
| Artichoke Hearts                          | 31 | 0 | 7  | 2 | 0   | 3 | 181 | 3  | 89  |
| Bacon                                     | 6  | 1 | 0  | 0 | 1   | 0 | 28  | 75 | 1   |
| Bean Sprouts                              | 17 | 1 | 1  | 2 | 0   | 0 | 2   | 50 | 32  |
| Beets                                     | 11 | 0 | 2  | 0 | 0   | 1 | 66  | 4  | 89  |
| Black Beans                               | 17 | 0 | 3  | 1 | 0   | 1 | 46  | 4  | 73  |
| Black Olives                              | 33 | 3 | 2  | 0 | 0   | 1 | 247 | 83 | 21  |
| Broccoli                                  | 5  | 0 | 1  | 0 | 0   | 0 | 5   | 9  | 75  |
| Carrots                                   | 6  | 0 | 1  | 0 | 0   | 0 | 10  | 5  | 91  |
| Cauliflower                               | 4  | 0 | 1  | 0 | 0   | 0 | 4   | 2  | 75  |
| Celery                                    | 3  | 0 | 1  | 0 | 0   | 0 | 15  | 9  | 75  |
| Chickpeas                                 | 31 | 0 | 5  | 2 | 0   | 1 | 26  | 14 | 66  |
| Corn                                      | 10 | 0 | 2  | 0 | 0   | 0 | 0   | 7  | 92  |
| Cucumbers                                 | 4  | 0 | 1  | 0 | 0   | 0 | 1   | 7  | 103 |
| Diced Eggs                                | 44 | 3 | 0  | 4 | 120 | 0 | 35  | 62 | 3   |
| Diced Ham                                 | 18 | 1 | 0  | 2 | 10  | 0 | 158 | 35 | 6   |
| Edamame                                   | 40 | 2 | 3  | 4 | 0   | 1 | 4   | 41 | 31  |
| Farro                                     | 70 | 0 | 15 | 2 | 0   | 3 | 3   | 0  | 86  |
| Granny Smith Apples                       | 15 | 0 | 4  | 0 | 0   | 1 | 0   | 0  | 107 |

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|---|----------------------------|--------------------|----------------------|------------------------|-----------------------------|------------------------------|------------------------|--------------------------------|----------------------------------|
|---|----------------------------|--------------------|----------------------|------------------------|-----------------------------|------------------------------|------------------------|--------------------------------|----------------------------------|

### GOOD STUFF (continued)

|                     |    |   |    |   |   |   |      |    |    |
|---------------------|----|---|----|---|---|---|------|----|----|
| Green Olives        | 41 | 4 | 1  | 0 | 0 | 1 | 441  | 95 | 11 |
| Hearts of Palm      | 5  | 0 | 1  | 0 | 0 | 0 | 80   | 22 | 69 |
| Kalamata Olives     | 35 | 3 | 2  | 0 | 0 | 0 | 270  | 77 | 23 |
| Lentils             | 33 | 0 | 6  | 3 | 0 | 2 | 1    | 3  | 69 |
| Mandarin Oranges    | 11 | 0 | 1  | 0 | 0 | 0 | 1    | 1  | 48 |
| Mushrooms           | 3  | 0 | 0  | 0 | 0 | 0 | 1    | 15 | 61 |
| Pepperoncini        | 30 | 0 | 6  | 0 | 0 | 0 | 1080 | 0  | 80 |
| Pickled Peppers     | 7  | 0 | 2  | 0 | 0 | 0 | 28   | 4  | 98 |
| Radishes            | 5  | 0 | 1  | 0 | 0 | 0 | 11   | 5  | 77 |
| Strawberries        | 18 | 0 | 4  | 0 | 0 | 1 | 1    | 0  | 89 |
| Red Onions          | 6  | 0 | 1  | 0 | 0 | 0 | 0    | 2  | 95 |
| Sweet Green Peas    | 22 | 0 | 4  | 1 | 0 | 1 | 20   | 3  | 73 |
| Red & Green Peppers | 4  | 0 | 1  | 0 | 0 | 0 | 0    | 9  | 85 |
| Tomatoes            | 5  | 0 | 1  | 0 | 0 | 0 | 1    | 11 | 89 |
| Vermicelli Noodles  | 90 | 1 | 18 | 3 | 0 | 1 | 81   | 5  | 78 |

### CRUNCHIES

|                    |    |   |   |   |   |   |    |    |    |
|--------------------|----|---|---|---|---|---|----|----|----|
| Chow Mein Noodles  | 37 | 2 | 4 | 1 | 0 | 0 | 31 | 53 | 44 |
| Croutons           | 33 | 1 | 5 | 1 | 1 | 0 | 88 | 35 | 55 |
| Dried Cranberries  | 48 | 0 | 9 | 3 | 0 | 3 | 0  | 4  | 73 |
| Fried Onion Straws | 12 | 1 | 1 | 0 | 2 | 0 | 1  | 58 | 38 |
| Jalapeno Crisps    | 13 | 1 | 1 | 0 | 0 | 0 | 32 | 69 | 31 |
| Slivered Almonds   | 41 | 4 | 1 | 2 | 0 | 1 | 2  | 79 | 14 |
| Sunflower Seeds    | 41 | 4 | 2 | 1 | 0 | 1 | 29 | 77 | 17 |
| Tortilla Strips    | 18 | 1 | 2 | 0 | 0 | 0 | 25 | 49 | 44 |

### DRESSINGS (2 Tbl. serving)

|                              |     |    |    |   |    |   |     |     |    |
|------------------------------|-----|----|----|---|----|---|-----|-----|----|
| E'nP Ranch Dressing          | 212 | 21 | 4  | 2 | 11 | 0 | 431 | 89  | 8  |
| Italian Vinaigrette          | 124 | 13 | 1  | 0 | 0  | 0 | 313 | 97  | 4  |
| Agave Chili Lime Vinaigrette | 214 | 20 | 9  | 0 | 0  | 0 | 3   | 84  | 17 |
| Apple Cider Vinaigrette      | 80  | 6  | 8  | 0 | 0  | 0 | 6   | 68  | 40 |
| Balsamic Vinaigrette         | 60  | 5  | 4  | 0 | 0  | 0 | 190 | 75  | 27 |
| Bleu Cheese                  | 160 | 16 | 1  | 1 | 10 | 0 | 280 | 90  | 3  |
| Caesar                       | 80  | 7  | 2  | 1 | 10 | 0 | 330 | 79  | 10 |
| Citrus Chipotle BBQ          | 60  | 0  | 9  | 0 | 0  | 0 | 280 | 0   | 60 |
| Citrus Lime Vinaigrette      | 70  | 6  | 5  | 0 | 0  | 0 | 230 | 77  | 29 |
| Fat-Free French              | 38  | 0  | 9  | 0 | 0  | 1 | 227 | 2   | 97 |
| Greek                        | 165 | 18 | 2  | 0 | 0  | 0 | 199 | 98  | 5  |
| Moroccan Caesar              | 159 | 18 | 0  | 0 | 0  | 0 | 383 | 102 | 0  |
| Olive Oil                    | 240 | 28 | 0  | 0 | 0  | 0 | 0   | 105 | 0  |
| Parmesan Peppercorn          | 160 | 16 | 2  | 1 | 10 | 0 | 290 | 90  | 5  |
| Poppy Seed Vinaigrette       | 81  | 5  | 4  | 0 | 0  | 0 | 120 | 56  | 20 |
| Red Wine Vinaigrette         | 150 | 15 | 3  | 0 | 0  | 0 | 330 | 90  | 8  |
| Thai Peanut                  | 70  | 4  | 10 | 1 | 0  | 0 | 340 | 51  | 57 |