

<b>HELLO BISTRO Nutrition Facts</b>	<b>Calories (kcal)</b>	<b>Fat (g)</b>	<b>Carbs (g)</b>	<b>Protein (g)</b>	<b>Cholesterol (mg)</b>	<b>Dietary Fiber (g)</b>	<b>Sodium (mg)</b>	<b>% calories from fat</b>	<b>% calories from carbs</b>
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### **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
Basic Bistro Burger	735	46	39	38	180	2	493	56	21
Over-Easy Cheeseburger	910	60	39	51	415	2	892	60	17
Superburger	678	42	38	34	108	2	1062	56	22
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
Mushroom & Onion Jack Burger	754	47	42	39	179	2	482	56	22
California Turkey Burger	409	23	22	30	90	5	749	51	22
Cranberry Chutney Turkey Burger	756	42	61	35	184	3	388	378	32
The Godfather Burger	959	68	42	43	196	2	935	612	18

### **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
Gourmet Grilled Cheese	765	52	34	39	131	2	1462	61	18
Italiano Grilled Cheese	588	52	41	29	65	3	1275	80	28
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
Autumn Apple and Pear Salad	450	24	25	36	101	6	1048	216	22
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
Thai Peanut Salmon	311	16	22	24	36	9	533	46	28

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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
World Famous Potato Soup	157	7	20	3	14	1	1120	40	51
Homemade Chicken Noodle Soup	137	4	17	7	23	1	549	28	50
Tomato Soup	126	9	24	6	6	2	710	81	76

#### **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**

Smiley Cookie	90	3	15	1	5	0	35	25	67
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#### **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
Apple Cider Tea	50	0	13	0	0	1	8	0	104
Cranberry Orange Fresca	79	0	20	0	0	1	10	0	101

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### SALADS BY YOU

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

<b>EXTRAS</b>									
Roasted Chicken	128	5	0	19	52	0	275	36	0
Shrimp	62	1	0	13	122	0	347	10	0
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

<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
Fuji Apples	15	0	4	0	0	1	0	3	107
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
Kalamata Olives	35	3	2	0	0	0	270	77	23
Mushrooms	3	0	0	0	0	0	1	15	61
Pears	16	0	4	0	0	1	0	2	100
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
Ramen Noodles	23	1	3	1	0	0	97	39	52
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
Jalapeno Crisps	13	1	1	0	0	0	32	69	31
Peanuts	42	4	1	2	0	1	14	86	10
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)**

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	130	10	8	0	15	0	230	140	25
Red Wine Vinaigrette	150	15	3	0	0	0	330	90	8
Thai Peanut	70	4	10	1	0	0	340	51	57