

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

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 | 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 |
| 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 |
| Angry Shrimp | 241 | 11 | 14 | 23 | 141 | 4 | 972 | 41 | 23 |
| 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 |
| Strawberry Fields Forever | 310 | 14 | 11 | 36 | 94 | 5 | 440 | 41 | 14 |
| Double Rainbow Chicken | 311 | 12 | 27 | 26 | 73 | 6 | 628 | 35 | 35 |

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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 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 |
| Tomato Soup | 126 | 9 | 24 | 6 | 6 | 2 | 710 | 64 | 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

| | | | | | | | | | |
|-------------------------|----|---|----|---|---|---|----|----|----|
| E'nP Mini Smiley Cookie | 90 | 3 | 15 | 1 | 5 | 0 | 35 | 25 | 67 |
|-------------------------|----|---|----|---|---|---|----|----|----|

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

| GREENS | | | | | | | | | |
|----------------|----|---|----|---|---|---|----|----|----|
| Arugula | 10 | 0 | 1 | 1 | 0 | 1 | 11 | 0 | 40 |
| 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 |

| EXTRAS | | | | | | | | | |
|-----------------|-----|---|---|----|-----|---|-----|----|----|
| Roasted Chicken | 128 | 5 | 0 | 19 | 52 | 0 | 275 | 36 | 0 |
| Shrimp | 62 | 1 | 0 | 13 | 122 | 0 | 347 | 10 | 0 |
| Angry Shrimp | 68 | 1 | 1 | 13 | 120 | 0 | 537 | 13 | 6 |
| 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 |

| CHEESE | | | | | | | | | |
|-------------------------|-----|---|---|---|----|---|-----|-----|---|
| 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 |

| GOOD STUFF (seasonal availability) | | | | | | | | | |
|---|----|---|----|---|-----|---|-----|----|-----|
| 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 |
| Grapes | 39 | 0 | 10 | 0 | 0 | 1 | 1 | 0 | 103 |

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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 |
| 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 |
| Strawberries | 18 | 0 | 4 | 0 | 0 | 1 | 1 | 0 | 89 |
| 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 |
| Yellow Tomatoes | 5 | 0 | 1 | 0 | 0 | 0 | 1 | 0 | 80 |

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)

| | | | | | | | | | |
|------------------------------|-----|----|----|---|----|---|-----|-----|----|
| 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 |
| Harissa Vinaigrette | 93 | 10 | 2 | 0 | 0 | 0 | 265 | 97 | 9 |
| 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 | 107 | 8 | 7 | 0 | 12 | 0 | 184 | 67 | 26 |
| Red Wine Vinaigrette | 150 | 15 | 3 | 0 | 0 | 0 | 330 | 90 | 8 |
| Thai Peanut | 70 | 4 | 10 | 1 | 0 | 0 | 340 | 51 | 57 |