

Bistro 1908 -Sandwich Station

Disclaimer: The nutritional information on this site is for the serving size listed, based on adherence to the recipe, as developed and tested in our culinary center. Any changes from the recipe, such as changes to meet local taste preferences, product substitutions or serving size modifications will change the nutrient content of an item, and render the information inaccurate. We hope this information will help you meet your nutritional goals.

Menu Item	Serving Size	Calories (Kcals)	Calories From Fat (%)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Sandwich												
Roasted Veggie	1 each	710	387	43	18	*0	90	1240	48	3	*3	35
The Monte	1 each	480	108	12	6	0	50	1110	67	2	19	26
The Frenchie	1 each	760	342	38	12	*0	105	1440	69	4	*9	37
The Cali	1 each	680	315	35	12	*0	115	1750	48	4	*2	44
Pimento Cheese	1 each	490	207	23	13	*0	60	950	47	2	*3	22
Udi's Sliced Bread	2 each	140	36	4	0	0	0	300	22	1	2	4
Dessert**												
Assorted Petite Fours	4 each	280	144	16	10	*	20	140	34	0	24	2
Cannoli	1 each	400		23	12	*0.5	80	220	31	2	18	18

**Offered on Rotation

Revised: 8/29/16

Bistro 1908 - Grillhouse

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From the Field												
Grillhouse Salad	1 each	200	90	10	2	*0	0	450	24	5	15	3
The "Burg" Salad	1 each	390	207	23	8	*0	30	640	34	6	16	11
Spinach Salad	1 each	240	135	15	5	*0	50	850	15	3	*8	13
The Shenandoah	1 each	390	288	32	11	*0	35	200	14	4	*8	15
Avocado Cobb Salad	1 each	410	243	27	8	*0	220	1160	21	6	*11	24
Kale Caesar Salad	1 each	520	351	39	9	*0.5	25	880	29	4	6	19
Steak (added)	1 serving	250	99	11	5	*0	100	910	<1	0	0	34
Chicken (added)	1 serving	170	36	4	1	*0	85	490	0	0	0	32
Salmon (added)	1 serving	210	63	7	2	*0	75	270	0	0	0	33
Tofu (added)	1 serving	135	68	8	0	0	0	15	<1	<1	0	15
Sandwich												
Q-Ban	1 each	540	171	19	7	*0	80	1200	62	2	18	29
Southern BLT	1 each	280	198	22	5	*0	25	740	15	3	9	9
Valley Grilled Chicken	1 each	670	153	17	4	*0	70	1330	84	8	6	39
Fresh Fish	1 each	520	216	24	4	*0	55	720	50	9	*6	29
Burgers												
The Chopped Steak	1 each	410	198	22	10	*0	140	190	5	1	3	44
The Duke	1 each	600	351	39	14	*0	360	1170	5	0	2	54
The JMQ	1 each	490	225	25	9	*0	160	410	14	2	*10	49
Roadhouse Burger	1 each	580	306	34	12	*0	150	690	18	<1	6	48
Southwest Turkey Burger	1 each	620	306	34	10	*0	150	1000	36	3	5	37
Farmer's Market Veggie Burger	1 each	230	81	9	1	*0	10	350	31	4	9	7
Udi's Sliced Bread	2 each	140	36	4	0	0	0	300	22	1	2	4
Entrée												
Grayson Natural Farms Ribeye	1 serving	570	279	31	12	*1.5	210	1270	1	<1	0	74
Fresh Grilled Salmon	1 serving	320	126	14	2	*0	125	1220	<1	0	*0	45
Sides**												
Grillhouse Fries	1 serving	240	108	12	3	*0	0	2530	29	3	0	3
Onion Rings	1 serving	150	9	1	0	0	0	390	33	2	4	4
Zucchini Fries	1 serving	90	0	0	0	0	0	360	20	2	4	2
Sriracha Ranch	2 oz.	200	180	20	3	0	20	650	3	0	2	1
Vegetable Medley	1 serving	45	23	3	0	*0	0	70	5	2	2	1
Roasted Root Vegetables	1 serving	60	0	0	0	*0	0	170	15	3	*5	2
Vegetable Soup	4 oz.	130	72	8	4	*0	15	220	8	<1	3	5
Vegetable Soup	8 oz.	250	144	16	7	*0	25	440	16	2	6	10
New England Clam Chowder	4 oz.	70	18	2	1	*0	<5	220	9	2	<1	4
New England Clam Chowder	8 oz.	130	36	4	2	*1	10	440	17	4	2	7
Potato Cheddar Soup	4 oz.	180	90	10	5	*0	25	300	16	1	5	7
Potato Cheddar Soup	8 oz.	350	171	19	10	*0	55	590	32	3	11	13
Broccoli Cheddar Soup	4 oz.	40	0	0	0	*0	0	140	8	1	*1	1
Broccoli Cheddar Soup	8 oz.	80	9	1	0	*0	0	290	16	2	*3	2
Minestrone Soup	4 oz.	150	54	6	2	*0	25	510	12	<1	*3	11
Minestrone Soup	8 oz.	290	108	12	4	*0	45	1020	24	1	*6	21
Side Salad	1 serving	20	0	0	0	*	0	10	4	2	2	1

*Some values for this nutrient are unavailable; the number listed is incomplete.

Revised: 8/29/16

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Bistro 1908 - Italian

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Pasta												
Spaghetti and Meatball	1 serving	1000	288	32	14	*3.5	285	1220	115	8	*5	62
Quattro Formaggi	1 serving	1270	549	61	35	*1	250	1320	118	6	8	65
Ravioli Romano	1 serving	880		19	10	*0	155	400	132	7	3	47
Steak House Mac & Cheese	1 serving	650	342	38	23	*1.5	110	890	40	2	*7	33
Chicken (added)	1 each	110	23	3	1	*0	60	330	0	0	0	21
Meatball (added)	1 each	500	261	29	13	*3.5	205	970	15	1	*1	42
Pizza												
Pepperoni	1 each	890	387	43	18	*0	90	2650	84	4	3	42
Pepperoni, wheat	1 each	880	378	42	18	*0	90	2080	87	8	5	42
Farmers Market	1 each	610	135	15	7	*0	30	1630	89	5	5	31
Farmers Market, wheat	1 each	600	126	14	7	*0	30	1060	92	8	7	32
Buffalo Chicken	1 each	880	297	33	17	*0.5	140	2860	91	4	5	54
Buffalo Chicken, wheat	1 each	870	288	32	17	*0.5	140	2290	94	7	6	54
Three Cheese	1 each	510	90	10	5	*0	20	1500	82	4	2	23
Three Cheese Flatbread, Wheat	1 each	500	81	9	5	*0	20	930	85	8	4	23
Meatball Sandwich	1 each	710	369	41	19	*3.5	240	1390	25	2	*2	59
Garlic Knots	5 each	130	90	10	2	*0	0	70	8	2	2	4

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