

Bistro 1908 - Food Local

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Menu Item	Serving Size	Calories (Kcals)	Calories From Fat (Kcals)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Breakfast Items												
The Farmer	1 each	700	369	41	12	0	50	1560	63	1	6	24
The Fit	1 each	290	117	13	6	0	50	640	28	1	6	19
The Roll	1 each	850	405	45	19	4	315	2380	63	0	20	43
The Southern	1 each	790	342	38	18	0	85	2220	80	1	35	34
The Toast	1 serving	750	252	28	14	0	260	900	109	1	59	19
Hot Grains												
The Champion	2 cup	500	162	18	2	0	0	0	15	3	30	12
The Cinn	2 cup	470	171	19	2	0	0	530	67	0	13	13
The Flax	2 cup	320	63	7	1	0	0	20	57	1	11	9
The Riser	2 cup	450	63	7	1	0	0	10	88	1	26	12
Panini												
The Cali	1 each	810	378	42	15	0	125	1530	56	2	2	49
The Chick	1 each	840	369	41	14	0	120	1350	64	1	2	49
The Monte	1 each	500	117	13	6	0	50	1180	69	0	16	27
The Pimento	1 each	660	225	25	27	0	100	1080	56	0	5	29
The Roasted Veggie	1 each	650	351	39	9	0	30	750	55	2	5	20

Bistro 1908 - Gelato & Juice

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Juice (offered on a rotation)												
Berry a Peeling	1 each	220	13.5	2	0	0	0	5	57	12	38	3
Don't Forget Your Roots	1 each	290	9	1	0	0	0	380	68	16	28	7
Fennel to the Metal	1 each	410	34	17	12	0	0	60	64	15	38	5
Flower Power	1 each	180	4.5	1	0	0	0	140	39	11	24	8
Pink Panther	1 each	220	9	1	0	0	0	0	57	10	43	3
Rainbow Rlitz	1 each	230	13.5	2	0	0	0	150	57	14	32	5
Sun Kissed	1 each	290	4.5	1	0	0	0	0	75	6	46	3
Gelato (offered on a rotation)												

Due to manufacture provided information, we are unable to gather nutrition information for the gelato at this time.

Bistro 1908 - Get Your Green On

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Signature Items												
Tex-Mex	1 each	440	126	14	2	0	0	200	71	11	20	14
Loaded Quinoa Bowl	1 each	640	0	26	6	*0	25	680	84	13	*13	22
Zen Bowl	1 each	290	40.5	5	1	0	0	85	53	8	9	13
MTO												
Local Arugula	1 cup	5	0	0	0	0	0	5	<1	0	0	<1
Almonds, sliced	1 Tbsp.	32	27	3	0	0	0	1	1	<1	0	1
Apple Slices	1/4 cup	15	0	0	0	0	0	0	4	<1	3	0
Beyond Beefy Crumbles	1/4 cup	40	30	3	0	0	0	280	1	1	0	13
Beyond Chicken	6 strips	130	30	4	0	0	0	330	5	3	0	20
Black Beans	1/4 cup	25	0	0	0	0	0	40	5	2	0	2
Broccoli	1/4 cup	10	0	0	0	0	0	10	1	1	0	1
Carrots	1/4 cup	10	0	0	0	0	0	20	3	1	1	0
Cheddar Cheese	1/4 cup	110	81	9	5	0	30	180	0	0	0	7
Chicken	1/2 cup	150	70	8	3	0	55	190	0	0	0	18
Corn	1/4 cup	25	0	0	0	0	0	0	6	1	3	1
Croutons	6 croutons	30	10	1	0	0	0	85	5	0	0	1
Cucumbers	1/4 cup	0	0	0	0	0	0	0	0	0	0	0
Feta	2 Tbsp.	35	25	3	2	0	8	175	<1	0	0	2
Garbanzo Beans	2 Tbsp.	25	9	1	0	0	0	63	4	1	1	2
Guacamole	2 Tbsp.	55	45	5	1	0	0	100	3	2	0	1
Kale	1 cup	0	0	0	0	0	0	6	1	<1	0	<1
Local Bibb Lettuce	1 cup	0	0	0	0	0	0	3	1	<1	<1	<1
Mushrooms	2 Tbsp.	0	0	0	0	0	0	1	0	0	0	0
Peppers	1/4 cup	5	0	0	0	0	0	1	1	0	0	0
Quinoa	1 serving	80	13	1	0	0	0	3	14	2	<1	3
Red Onions	1/4 cup	0	0	0	0	0	0	0	3	0	1	0
Romaine	1 cup	10	0	0	0	0	0	4	2	1	<1	<1
Spinach	1 cup	15	0	0	0	0	0	45	2	1	0	2
Spring Mix	1 cup	15	0	0	0	0	0	65	2	1	1	1
Tofu	1/2 cup	83	40	5	1	0	0	0	3	1	0	8
Tomatoes	1/4 cup	0	0	0	0	0	0	0	1	0	1	0
Dressing												
Apple Cider Vinaigrette	2 Tbsp.	90	82	9	2	0	0	65	2	0	2	0
Balsamic Vinaigrette	2 Tbsp.	60	45	5	0	0	0	180	4	0	4	0
Chipotle Mayo	1 Tbsp.	100	100	11	2	0	5	85	1	0	0	0
Chipotle Vinaigrette	2 Tbsp.	60	35	5	1	0	0	40	6	0	5	0
Creamy Caesar	2 Tbsp.	170	162	18	3	0	10	240	1	0	1	1
Homestyle Ranch	2 Tbsp.	90	90	10	2	0	10	260	1	0	1	1
Honey Mustard Dressing	2 Tbsp.	130	110	12	2	0	15	170	7	0	6	0
Light Italian	2 Tbsp.	40	30	4	1	0	0	270	2	0	2	0
Light Ranch	2 Tbsp.	110	90	10	2	0	10	280	1	0	1	1
Mayonnaise	1 Tbsp.	100	100	11	2	0	10	75	0	0	0	0

Bistro 1908 - Grill House

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Salad												
Avocado Cobb Salad	1 each	640	480	55	15	0	240	1080	10	5	5	26
Carolina Classic	1 serving	940	612	68	27	0	185	1500	30	6	8	49
Grill House Salad	1 each	180	90	10	1	0	0	0	400	3	14	2
Kale Caesar Salad	1 each	640	486	54	17	0	75	1300	15	1	4	28
The "Burg" Salad	1 each	490	279	31	12	0	60	1290	32	3	14	17
The Shenandoah	1 each	460	278	42	10	0	25	360	15	3	8	14
Salad - Add On												
Chicken (added)	1 serving	160	80	9	3	0	55	140	0	0	0	17
Salmon (added)	1 serving	130	31.5	4	1	0	55	190	2	0	0	21
Steak (added)	1 serving	360	279	31	13	0	80	140	0	0	0	19
Tofu (added)	1 serving	110	54	6	1	0	0	0	3	1	0	11
Sandwich												
Fresh Fish	1 each	260	225	25	5	0	75	870	42	1	11	23
Q-Ban	1 each	710	261	29	11	0	85	1810	70	0	12	37
Southern BLT	1 each	740	378	42	13	0	45	1910	61	1	1	25
The Duke	1 each	900	459	51	22	0	355	1680	42	0	10	59
The Hot Chick	1 each	450	207	23	7	0	75	1950	85	0	36	32
The JMQ	1 each	760	315	35	13	0	170	830	55	3	19	53
Udi's Sliced Bread	2 slices	220	54	6	0	0	0	410	34	2	4	6
Valley Grilled Chicken	1 each	260	171	19	6	0	105	610	42	1	11	34
Burger												
Farmer's Market Veggie Burger	1 each	570	252	28	5	0	60	1260	62	0	12	28
Roadhouse Burger	1 each	860	387	43	21	0	165	1300	55	0	15	53
Southwest Turkey Burger	1 each	650	252	28	8	0	80	830	60	0	10	29
The Chophouse Burger	1 each	610	234	26	14	0	150	600	43	1	9	46
The Duke Double	1 each	1360	711	79	39	0	315	1950	49	1	10	100
Entrée												
Bistro Bombers	12 each	1030	504	56	17	0	210	3220	55	0	8	69
Fresh Grilled Salmon with Dill Sauce	1 serving	210	54	1	0	0	90	310	0	0	0	34
Side												
Fresh Grilled Seasonal Vegetables	1/2 cup	60	40.5	4	1	0	0	5	5	2	3	1
Grillhouse Fries	1 serving	200	70	8	2	0	0	1250	29	3	0	3
Onion Rings	1 serving	190	80	9	2	0	0	300	25	2	3	2
Roasted Root Vegetables	1 serving	90	30	4	0	0	0	250	15	4	5	1
Side Salad	1 serving	20	0	0	0	0	0	5	4	2	2	1
Sriracha Ranch	2 oz.	180	171	19	3	0	15	510	3	0	2	2
Vegetable Medley	1 serving	6	30	3	2	0	0	130	8	3	3	2
Zucchini Fries	1 serving	170	90	10	2	0	0	360	18	3	2	3
Soup (offered on a rotation)												
Broccoli Cheddar Soup	4 oz.	100	63	7	4	0	10	230	6	1	2	4
Broccoli Cheddar Soup	8 oz.	210	117	13	7	0	25	450	12	1	5	8
Minestrone Soup	4 oz.	70	20	2	1	0	5	190	9	1	1	3
Minestrone Soup	8 oz.	140	35	4	2	0	10	380	19	3	2	7
New England Clam Chowder	4 oz.	90	40	5	2	0	10	550	8	0	2	5
New England Clam Chowder	8 oz.	180	80	9	4	0	25	1110	16	1	4	9
Potato Cheddar Soup	4 oz.	130	70	7	4	0	20	250	9	1	2	6
Potato Cheddar Soup	8 oz.	260	130	15	8	0	45	490	19	1	4	12
Vegetable Soup	4 oz.	40	10	1	0	0	0	160	6	1	1	1
Vegetable Soup	8 oz.	80	20	3	0	0	0	320	13	2	3	2

Bistro 1908 - Italian

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Signature Item												
Garlic Knot Sliders	3 each	860	558	62	30	0	125	1850	46	1	3	39
Pasta												
Quattro Formaggi	1 serving	690	369	41	24	0	135	1630	45	0	4	49
Ravioli Romano	1 serving	530	243	31	17	0	110	1590	32	0	2	31
Spaghetti and Meatball	1 serving	530	207	23	10	0	180	2690	41	1	6	43
Steak House Mac & Cheese	1 serving	570	288	32	24	0	130	830	43	0	5	22
Stuffed Meatball	1 each	360	216	24	14	0	165	2090	8	1	3	22
Pasta - Add On												
Chicken (added)	1 each	160	80	9	3	0	55	140	0	0	0	17
Meatball (added)	1 each	170	90	10	5	0	75	1280	1	0	0	18
Pizza												
Bruschetta Flatbread	1 Pizza	960	102	51	23	0	90	1990	81	1	3	63
Bruschetta Flatbread, Wheat	1 Pizza	990	486	54	24	0	90	1820	83	5	3	64
Buffalo Chicken	1 Pizza	1100	495	55	24	0	175	2550	80	0	2	71
Buffalo Chicken, wheat	1 Pizza	1120	522	58	25	0	175	2380	82	4	2	72
Farmers Market	1 Pizza	670	243	27	9	0	30	1070	80	1	3	32
Farmers Market, wheat	1 Pizza	690	270	30	10	0	30	910	82	5	4	32
Pepperoni	1 Pizza	920	102	51	21	0	90	2080	80	0	2	43
Pepperoni, wheat	1 Pizza	950	486	54	21	0	90	1920	82	5	2	43
Three Cheese	1 Pizza	960	432	48	26	0	115	3060	78	0	2	54
Three Cheese Flatbread, Wheat	1 Pizza	990	459	51	26	0	115	2900	80	4	2	54
Side + Extras												
Garlic Knots	5 each	720	423	47	22	0	85	1250	61	1	1	14
Made without Gluten Pizza Crust Availble	1 each	640	120	14	4	0	40	840	116	4	4	8
Vegan Cheese Available	2 oz	100	36	4	0	0	0	250	20	4	0	2