

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	980	504	56	20	0	570	1540	72	1	14	37
The Fit	1 each	580	387	43	12	0	50	840	28	0	1	20
The Southern	1 each	660	333	37	17	0	230	1550	50	0	3	29
The Sticky Cinn	1 each	980	477	53	23	0	345	2140	70	0	16	43
The Toast	1 each	990	378	42	16	0	350	1770	115	0	49	30
Panini												
The Veggie	1 each	520	225	25	5	0	20	1090	60	4	4	16
The Cali	1 each	840	432	48	15	0	110	1500	56	2	3	43
The Chick	1 each	710	297	33	8	0	95	1170	56	2	5	40
The Local BLT	1 each	710	297	33	8	0	20	1270	78	1	15	25
The Monte	1 each	520	99	11	4	0	60	1570	72	0	17	33
The Pimento	1 each	660	225	25	27	0	100	1080	56	0	5	29
Tomato Soup	1/2 cup	70	10	1	1	0	5	205	13	2	8	2
Substitute Items												
Big 16 Whole Wheat	2 slices	200	18	2	0	0	0	270	36	8	2	12
Ezekiel Bread	2 slices	160	10	1	0	0	0	0	15	3	0	4
Udi's White Bread	2 slices	140	35	4	0	0	0	300	22	1	2	4
Vegan Cheddar	1 slice	45	25	3	1	0	0	135	6	0	0	1
Vegan Chipotle Ranch	2 Tbsp.	180	171	19	2	0	0	200	1	0	0	0
Vegan Mayo	1 Tbps.	90	90	10	1	0	0	80	0	0	0	0
Vegan Pepperjack	1 slice	45	25	3	1	0	0	140	6	0	0	1

Bistro 1908 | Gelato & Juice

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Juice (offered on a rotation)												
Berry a Peeling	1 each	180	9	1	0	0	0	0	46	10	31	2
Don't Forget Your Roots	1 each	230	9	1	0	0	0	310	54	13	22	5
Fennel to the Metal	1 each	330	126	14	10	0	0	45	51	12	31	4
Flower Power	1 each	140	0	0	0	0	0	115	31	8	19	6
Pink Panther	1 each	180	9	1	0	0	0	0	45	8	34	3
Rainbow Blitz	1 each	190	9	1	0	0	0	120	454	12	26	4
Rock the Beet	1 each	240	9	1	0	0	0	80	61	15	38	3
Sun Kissed	1 each	240	0	0	0	0	0	0	60	5	37	3
Smoothie												
Sun Kissed	1 each	360	9	1	0	0	5	45	81	9	59	15
The Cool Bean	1 each	110	36	4	2	0	10	65	14	0	12	4
The MadiPolozza	1 each	270	18	2	0	0	0	65	62	9	39	6
Substitute Items												
Chia Seeds	1 Tbsp.	60	24	3	0	0	0	0	5	5	0	3
Matcha	1 Tsbp	45	0	0	0	0	0	0	6	3	3	3
Non-Dairy Yogurt	1/2 cup	85	30	4	3	0	0	35	12	1	13	3
Rice Milk	1 cup	130	20	2	0	0	0	75	27	0	14	1
Soy Milk	1 cup	90	35	4	1	0	0	120	7	2	5	7
Whey Protein	1 scoop	40	5	1	0	0	0	33	1	0	1	8
Kombucha (offered on a rotation)												
Blue Ridge Bucha Black Raspberry	1 each	50	0	0	0	0	0	0	16	0	12	0
Blue Ridge Bucha Bluegrass Bucha	1 each	40	0	0	0	0	0	0	14	0	14	0
Blue Ridge Bucha Chai	1 each	50	0	0	0	0	0	0	18	0	16	0
Blue Ridge Bucha Cherry Root	1 each	50	0	0	0	0	0	0	18	0	14	0
Blue Ridge Bucha ColdBrecha	1 each	50	0	0	0	0	0	0	16	0	16	0
Blue Ridge Bucha Elderflower Sunrise	1 each	30	0	0	0	0	0	0	14	0	14	0
Blue Ridge Bucha Ginger	1 each	30	0	0	0	0	0	0	14	0	12	0
Blue Ridge Bucha Jasmine Grape	1 each	40	0	0	0	0	0	10	16	0	16	0
Blue Ridge Bucha Wild Pear	1 each	50	0	0	0	0	0	0	18	0	16	0
Gelato												
Due to manufacture provided information, we are unable to gather nutrition information for gelato at this time.												

Bistro 1908 | Get Your Green On

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Base												
Bib Lettuce	1 cup	7	0	0	0	0	0	3	1	1	0	1
Spinach	1 cup	15	0	0	0	0	0	45	2	1	0	2
Arugula	1 cup	5	0	0	0	0	0	5	1	0	0	1
Kale	1 cup	7	0	0	0	0	0	11	1	1	0	1
Grain												
Quinoa	1/4 cup	50	5	1	0	0	0	0	9	1	0	2
Protein												
Beyond Chicken (meatless)	6 slices	130	30	4	0	0	0	330	5	3	0	20
Grilled Chicken	1/2 cup	190	90	10	3	0	75	250	0	0	0	23
Salmon	1/4 cup	90	45	5	1	0	40	270	0	0	0	12
Tofu	1/2 cup	110	6	1	0	0	0	0	3	1	0	11
Tuna	1 serving	220	160	17	4	0	30	310	0	0	0	12
Topping												
Apples	30	0	0	0	0	0	0	1	8	1	6	0
Beets	2 Tbsp.	10	0	0	0	0	0	35	2	1	2	2
Black Beans	2 Tbsp.	25	0	0	0	0	0	40	5	2	0	2
Blueberries	1/4 cup	22	0	0	0	0	0	0	5	1	4	0
Broccoli	6 each	45	0	0	0	0	0	37	6	3	3	2
Cheddar Cheese	2 Tbps.	55	40	5	3	0	15	90	1	0	0	4
Corn	2 Tbsp.	25	0	0	0	0	0	0	6	1	3	1
Cottage cheese	2 Tbsp.	20	0	0	0	0	5	110	1	0	1	3
Cucumber	2 Tbsp.	0	0	0	0	0	0	0	0	0	0	0
Feta Crumbles	2 Tbps.	70	50	6	4	0	15	350	1	0	0	4
Garbanzo beans	2 Tbsp.	25	5	1	0	0	0	40	4	1	1	1
Guacamole	2 Tbsp.	60	45	5	1	0	0	105	3	2	0	1
Hardboiled Eggs	2 Tbsp.	40	25	3	1	0	95	35	1	0	1	3
Mushrooms	5 slices	7	0	0	0	0	0	2	1	0	0	1
Red Grapes	1/4 cup	25	0	0	0	0	0	1	7	0	6	0
Red Onions	2 Tbsp.	8	0	0	0	0	0	1	2	0	1	0
Shredded Carrots	1/4 cup	10	0	0	0	0	0	20	3	1	1	0
Tomatoes	2 Tbsp.	5	0	0	0	0	0	0	1	0	1	0

Bistro 1908 | Get Your Green On

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Crunch												
Chia seeds	1 Tbsp.	60	24	3	0	0	0	0	6	6	0	3
Croutons	6 croutons	30	10	1	0	0	0	85	5	0	0	1
Dries Cranberries	2 Tbps.	65	3	0	0	0	0	3	16	2	19	0
Golden Raisens	1 Tbsp.	30	0	0	0	0	0	3	6	0	6	0
Hemp Seeds	1 Tbsp.	54	42	6	0	0	0	0	0	0	0	3
Imitation Bacon Bites	1 Tbsp.	35	15	2	0	0	0	125	2	1	0	2
Pumpkin Seeds	1 Tbsp.	45	33	3	0	0	0	0	0	0	0	3
Sliced Almonds	2 Tbsp.	85	65	8	1	0	0	3	3	2	1	3
Sunflower Seeds	1 Tbsp.	75	60	6	0	0	0	75	3	0	0	3
Dressing												
Apple Cider Vinaigrette	3 Tbsp.	180	189	21	3	0	0	210	1	0	1	0
Apple Fennel	2 Tbps.	90	81	9	1	0	0	170	3	0	2	0
Avocado Ranch	3 Tbsp.	100	90	10	2	0	5	160	3	1	0	0
Balsamic Thyme	2 Tbps.	110	108	12	2	0	0	150	2	0	2	0
Blue Cheese Dressing	3 Tbsp.	220	198	22	6	0	20	300	1	0	0	2
Chipotle Mayonnaise	3 Tbsp.	320	290	32	6	0	15	280	1	0	0	0
Chipotle Vinaigrette	3 Tbsp.	80	54	6	1	0	0	60	9	0	7	0
Greek Yogurt Dressing	3 Tbsp.	130	110	13	2	0	0	170	2	0	2	2
Italian Herb Vinegrette	3 Tbsp.	330	330	38	6	0	0	35	1	0	0	0
Sriracha Ranch	3 Tbsp.	140	135	15	2	0	15	370	3	0	1	0
Yogurt Dill	2 Tbps.	60	45	5	0	0	0	270	3	0	2	1

Bistro 1908 | Grill House

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Salad												
The "Burg" Salad	1 serving	490	279	31	12	0	60	1290	32	3	14	17
The Shenandoah	1 serving	460	370	42	10	0	25	360	15	5	8	14
Avocado Cobb Salad	1 serving	610	360	41	12	0	280	840	19	3	12	38
Classic Chicken Caesar Salad	1 serving	740	500	56	18	0	120	2160	17	2	5	36
Sandwich												
Black & Blue Ribeye	1 each	440	207	23	10	0	10	900	29	1	7	31
Fresh Fish Sandwich - Fried Cod	1 each	450	234	26	5	0	55	620	25	0	6	27
Fresh Fish Sandwich - Fried Pollack	1 each	510	216	24	5	0	30	890	51	1	6	19
Fresh Fish Sandwich - Grilled Salmon	1 each	430	22	36	4	0	65	660	25	0	6	29
Fresh Fish Sandwich - Grilled Tuna	1 each	470	216	24	5	0	45	550	25	0	6	34
Q-Ban	1 each	830	261	29	7	0	80	2250	88	1	25	46
The Hot Chick	1 each	620	243	27	7	0	50	1320	72	2	32	26
Valley Grilled Chicken	1 each	360	126	14	4	0	70	360	27	1	7	29
Burger												
Double Roadhouse	1 each	1230	675	75	37	0	295	1730	33	1	7	99
Duke	1 each	930	558	62	24	0	340	1220	25	0	6	59
Farmer's Market Veggie Burger	1 each	500	234	26	4	0	55	1160	51	2	9	27
Grill House	1 each	500	207	23	13	0	130	430	27	1	6	46
JMQ	1 each	640	261	29	10	0	150	720	40	3	15	54
Roadhouse Burger	1 each	730	360	40	19	0	145	1070	36	0	9	53
Southwest Turkey Burger	1 each	690	396	44	10	0	70	830	33	0	6	28
Entrée												
Bistro Bombers	12 each	1090	667	74	20	0	160	2690	61	0	8	47
Fresh Catch of the Day - Fried Cod	1 serving	270	120	13	2	0	90	210	0	0	0	38
Fresh Catch of the Day - Fried Pollack	1 serving	410	100	11	2	0	45	770	53	2	0	24
Fresh Catch of the Day - Grilled Salmon	1 serving	240	63	7	1	0	110	300	0	0	0	43
Fresh Catch of the Day - Grilled Tuna	1 serving	320	90	10	4	0	80	90	0	0	0	54
Fresh Grilled Salmon with Dill Sauce	1 serving	260	63	7	1	0	110	390	3	0	1	43

Bistro 1908 | Grill House

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Side												
Grill House Fries	1 each	230	90	10	2	0	0	430	32	3	2	3
Grill House Mac & Cheese	1 serving	290	144	16	12	0	65	390	22	0	2	12
Grilled Seasonal Vegetable	1/2 cup	60	41	5	1	0	0	5	5	2	3	1
Onion Rings	1 serving	300	130	15	3	0	0	470	39	3	5	3
Side Salad	1 each	20	0	0	0	0	0	5	4	1	2	1
Zucchini Fries	1 serving	190	80	9	3	0	50	370	23	1	3	7
Dressing/Sauce												
Apple Cider Vinaigrette	3 Tbsp.	180	189	21	3	0	0	210	1	0	1	0
Avocado Ranch	3 Tbsp.	100	90	10	2	0	5	160	3	1	0	0
Blue Cheese Dressing	3 Tbsp.	220	198	22	6	0	20	300	1	0	0	2
Chipotle Mayonnaise	3 Tbsp.	320	290	32	6	0	15	280	1	0	0	0
Chipotle Vinaigrette	3 Tbsp.	80	54	6	1	0	0	60	9	0	7	0
Greek Yogurt Dressing	3 Tbsp.	130	110	13	2	0	0	170	2	0	2	2
Italian Herb Vinegrette	3 Tbsp.	330	330	38	6	0	0	35	1	0	0	0
Sriracha Ranch	3 Tbsp.	140	135	15	2	0	15	370	3	0	1	0
Tartar Sauce	1 each	340	297	33	6	0	15	670	1	0	1	0
Protein Add On												
Chicken	1 each	190	90	10	3	0	75	250	0	0	0	23
Grass-Fed Beef Patty	1 patty	300	162	18	8	0	110	170	1	0	0	35
No Bull Burger Original	1 each	130	18	2	0	0	40	570	20	0	2	20
Salmon	1 serving	240	63	7	1	0	110	300	0	0	0	43
Steak	1 serving	360	279	31	13	0	80	140	0	0	0	19
Tofu	1 serving	110	54	6	1	0	0	0	3	1	0	11
Tuna	1 serving	320	90	10	4	0	80	90	0	0	0	54
Turkey Patty	1 each	210	99	11	2	0	45	280	2	0	0	16
Soup (offered on a rotation)												
Broccoli Cheese Soup	12 fl. oz.	310	180	20	10	0	35	770	18	2	7	11
Butternut Squash Soup	12 fl. oz.	360	195	21	14	0	83	885	41	3	18	5
Chicken Noodle	12 fl. oz.	120	23	2	0	0	30	1470	18	2	2	9
Crab Bisque	12 fl. oz.	504	370	40	17	0	118	1277	17	0	7	13
Italian Wedding Soup	12 fl. oz.	165	45	5	2	0	15	1125	20	2	2	8
Loaded Potato Soup	12 fl. oz.	525	300	33	15	1	75	1305	39	3	3	18
Loaded Potato Soup	12 fl. oz.	140	60	6	4	0	24	520	14	2	3	6
New England Clam Chowder	12 fl. oz.	300	165	18	5	0	30	1410	27	3	5	9
Substitute Items												
Sprouted Grain Bread - Big 16	2 slices	200	18	2	0	0	0	270	36	8	2	12
Udi's White Bread	2 slices	140	35	4	0	0	0	300	22	1	2	4
Whole Wheat Hamburger Bun	1 each	150	20	2	0	0	0	300	27	2	4	5

Bistro 1908 | Italian

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Flatbread												
Bruschetta Flatbread, MWG Crust	1 Pizza	1430	648	72	37	0	150	4020	130	3	9	70
Bruschetta Flatbread, Wheat Crust	1 Pizza	1210	621	69	35	0	150	3790	82	5	6	75
Bruschetta Flatbread, White Crust	1 Pizza	1150	522	58	33	0	150	4020	89	6	9	76
Buffalo Chicken Flatbread, Wheat Crust	1 Pizza	890	378	42	18	0	110	3120	79	4	4	52
Buffalo Chicken Flatbread, White Crust	1 Pizza	820	279	31	16	0	110	3360	86	5	7	53
Made Without Gluten Pizza Crust	1 each	640	120	14	4	0	0	800	116	4	4	8
Pepperoni Flatbread, MWG Crust	1 Pizza	1110	441	49	23	0	85	2180	126	2	7	46
Pepperoni Flatbread, Wheat Crust	1 Pizza	890	423	47	20	0	85	1940	77	4	4	51
Pepperoni Flatbread, White Crust	1 Pizza	820	315	35	19	0	85	2180	84	5	7	52
Three Cheese Flatbread, MWG Crust	1 Pizza	1060	360	40	22	0	85	2550	123	2	7	42
Three Cheese Flatbread, Wheat Crust	1 Pizza	840	342	38	20	0	85	2320	75	4	4	47
Three Cheese Flatbread, White Crust	1 Pizza	770	243	27	18	0	85	2550	81	5	7	48
Wheat Flatbread Crust	1 pizza	420	100	12	2	0	0	570	68	6	1	13
White Flatbread Crust	1 pizza	360	5	0	0	0	0	800	75	4	4	14
White Spinach Flatbread, MWG Crust	1 Pizza	1160	540	60	25	0	90	1790	121	1	6	30
White Spinach Flatbread, Wheat Crust	1 Pizza	940	522	58	22	0	90	1560	73	3	3	35
White Spinach Flatbread, White Crust	1 Pizza	880	423	47	21	0	90	1790	80	4	6	36
Pasta												
Bistro Arancini	1 serving	520	216	24	13	0	120	970	44	1	4	29
Chicken Parmesan Sliders	3 each	940	576	64	29	0	210	1440	44	3	3	69
Fried Ravioli	1 serving	569	117	22	6	0	40	1613	75	5	9	17
Garlic Knots	5 each	750	450	50	23	0	90	1280	61	3	1	14
Quattro Formaggi	1 serving	690	369	41	24	0	135	1930	45	0	4	45
Ravioli Romano	1 serving	580	297	33	18	0	110	1690	40	1	8	33
Spaghetti and Meatball	1 serving	520	207	23	10	0	180	2920	40	1	6	40
Zoodle Pesto	1 serving	340	252	28	6	0	15	450	15	3	10	5

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Substitute Item												
Alfredo Sauce	1/2 cup	200	117	13	8	0	40	1050	13	0	4	5
Chicken (added)	1 each	190	90	10	3	0	75	250	0	0	0	23
Gluten Free Fettucini	1 cup	200	10	1	0	0	0	0	42	2	1	5
Gluten Free Ravioli	0	0	0	0	0	0	0	0	0	0	0	0
Marinara Sauce	1/2 cup	50	14	2	0	0	0	105	9	1	5	1
Meatball (added)	1 each	170	90	10	5	0	75	1410	1	0	0	16
Vegan Alfredo Sauce	3/4 cup	288	135	15	3	0	0	1248	12	0	3	6
Vegan Cheese	1/4 cup	90	50	6	2	0	0	280	7	1	0	1
Vegan Cheese	0	0	0	0	0	0	0	0	0	0	0	0
Vegan Gnocchi	13 pieces	200	30	3	0	0	0	0	37	2	0	5
Vegan Vodka Sauce	1/2 cup	145	110	12	2	0	0	650	8	1	5	3