

BISTRO—BON COEUR MENU ITEMS

Item	Serving Size	Calories	Fat	% Cal. From Fat	Chol.	Protein	Carb.	Fiber	Sodium
BEEF									
BBQ Beef	4 oz.	237	7 g	27%	102 mg	40 g	0 g	0 g	57 mg
Beef Jambalaya	8 oz.	280	12 g	39%	41 mg	14 g	28 g	2.5 g	235 mg
Carved Eye of Round	4 oz.	216	8 g	33%	86 mg	36 g	0 g	0 g	399 mg
Carved Roast Beef	4 oz.	302	22 g	66%	83 mg	26 g	0 g	0 g	110 mg
Carved Strip Loin	4 oz.	226	9.9 g	39%	71 mg	32 g	0 g	0 g	76 mg
Eye of Round	4 oz.	216	8 g	33%	86 mg	36 g	0 g	0 g	399 mg
Grilled Beef Shish Kabob	1	37	1 g	24%	13 mg	5 g	2 g	0.4 g	43 mg
Pepper Steak	6 oz.	240	16 g	60%	46 mg	14 g	10 g	2 g	740 mg
Roast Beef	4 oz.	302	22 g	66%	83 mg	26 g	0 g	0 g	110 mg
Sirloin Steak	4 oz.	206	6.4 g	28%	82 mg	34.5 g	0 g	0 g	267 mg
Sliced Roast Beef	4 oz.	302	22 g	66%	83 mg	26 g	0 g	0 g	110 mg
Steak Pizziollo	4 oz.	300	9.5 g	29%	68 mg	37.6 g	15.5 g	5.4 g	574 mg
Strip Loin	4 oz.	226	9.9 g	39%	71 mg	32 g	0 g	0 g	76 mg
Teriyaki Sirloin	4 oz.	238	8.8 g	32%	64 mg	35 g	1.3 g	0 g	275 mg
PASTA									
Herbed Pasta ▲	4.5 oz.	186	2 g	10%	0 mg	6 g	36 g	2 g	2 mg
Lemon & Garlic Pasta ▲	1/2 cup	215	8 g	33%	0 mg	6 g	32 g	2 g	23 mg
Linguine with Herbs ▲	4.5 oz.	186	2 g	10%	0 mg	6 g	36 g	2 g	2 mg
Pasta Marinara ▲	1 cup	180	2 g	10%	0 mg	6 g	34 g	2.5 g	258 mg
Pasta Primavera ▲	4 oz.	270	4.5 g	15%	0 mg	11 g	47 g	0.32 g	164 mg
Pasta with Garlic Oil ▲	1/2 cup	215	7.2 g	30%	0 mg	5.3 g	32.5 g	1.6 g	631 mg
Soba Noodles ■	4 oz.	140	3 g	19%	0 mg	5 g	23 g	1.3 g	256 mg
PORK									
BBQ Pork Loin	3 oz.	253	13 g	46%	74 mg	25 g	9 g	0 g	310 mg
Carved Ham	4 oz.	177	9 g	46%	57 mg	22 g	2 g	0 g	1464 mg
Carved Pork Loin	4 oz.	294	18 g	55%	99 mg	33 g	0 g	0 g	541 mg
Honey Glazed Ham	4 oz.	177	9 g	46%	57 mg	22 g	2 g	0 g	1464 mg
Grilled Pork Chop	1 piece	340	18.5 g	49%	116 mg	41 g	0 g	0 g	82 mg
Honey Mustard Pork Chops	1	303	19 g	56%	49 mg	18 g	15 g	0 g	1824 mg
Montreal Pork Chop	1	255	19 g	67%	49 mg	18 g	3 g	0 g	912 mg
Pork Loin	4 oz.	294	18 g	55%	99 mg	33 g	0 g	0 g	541 mg
Roasted Pork Loin	4 oz.	294	18 g	55%	99 mg	33 g	0 g	0 g	541 mg
Sliced Ham	4 oz.	177	9 g	46%	57 mg	22 g	2 g	0 g	1464 mg
POTATOES									
Baked Potato ▲	1	220	0 g	0%	0 mg	4.6 g	51 g	4.8 g	16 mg
Baked Sweet Potato ▲	1	120	0 g	0%	0 mg	2 g	28 g	3.4 g	11 mg
Garlic Roasted Potatoes ▲	3 pieces	97	5 g	46%	0 mg	1 g	12 g	1.2 g	531 mg
Parsley Potatoes ▲	1/2 cup	82	0 g	0%	0 mg	2.8 g	17 g	2 g	4 mg
Roasted Potatoes ▲	4 oz.	151	7 g	42%	0 mg	2 g	20 g	2 g	225 mg
Sweet Potato Cakes ■	1	91	0.6 g	6%	15 mg	1.5 g	20 g	1.1 g	48 mg
POULTRY									
Cajun Chicken	4 oz.	268	4 g	13%	96 mg	35.8 g	10.6 g	1 g	88 mg
Carved Chicken	4 oz.	217	9 g	37%	95 mg	34 g	0 g	0 g	80 mg
Carved Turkey Breast	4 oz.	204	8 g	35%	84 mg	33 g	0 g	0 g	71 mg

■ These items contain no meat, poultry or fish, but may contain eggs, milk or cheese.

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Item	Serving Size	Calories	Fat	% Cal. From Fat	Chol.	Protein	Carb.	Fiber	Sodium
Chicken & Vegetable Stir Fry	6 oz.	119	1 g	7%	37 mg	17.6 g	10 g	2.7 g	1232 mg
Chicken Breast Cacciatore	1 piece	176	4 g	20%	72 mg	27 g	8 g	1.3 g	741 mg
Four Peppercorn Chicken	3 oz.	218	8.3 g	34%	71 mg	16 g	12.8 g	1.3 g	458 mg
Honey Dijon Chicken Breast	1 piece	189	9 g	43%	62 mg	22 g	5 g	0 g	287 mg
Low Fat Chick. Salad w/ White Grapes	2.5 oz.	130	6 g	42%	36 mg	14 g	5 g	0.7 g	208 mg
Mesquite Chicken	4 oz.	163	3.5 g	19%	84 mg	31 g	0 g	0 g	73 mg
Sliced Turkey Breast	4 oz.	204	8 g	35%	84 mg	33 g	0 g	0 g	71 mg
Teriyaki Chicken Breast	1 piece	142	2 g	13%	47 mg	19 g	12 g	0 g	414 mg
Turkey Breast	4 oz.	204	8 g	35%	84 mg	33 g	0 g	0 g	71 mg
Turkey London Broil	4 oz.	204	8 g	35%	84 mg	33 g	0 g	0 g	71 mg
SALADS									
Citrus Salad ▲	1/2 cup	62	0 g	0%	0 mg	0 g	17 g	2 g	5 mg
Citrus Salad with Pineapple ▲	1/2 cup	60	0 g	0%	0 mg	0 g	15 g	2 g	5 mg
Cucumber Salad ▲	1/2 cup	60	0 g	0%	0 mg	1 g	15 g	1 g	170 mg
Fruit Salad ▲	1/2 cup	60	0 g	0%	0 mg	0 g	16 g	1 g	14 mg
Tropical Fruit Salad ▲	1/2 cup	70	0 g	0%	0 mg	0 g	17 g	1 g	10 mg
SEAFOOD									
Baked Cod	1 piece	90	2 g	20%	43 mg	18 g	0 g	0 g	15 mg
Baked Halibut	4 oz.	160	3.3 g	18%	46 mg	30 g	0 g	0 g	270 mg
Baked Flounder	1 piece	78	2 g	23%	22 mg	14 g	1 g	0 g	63 mg
Baked Orange Roughy	4 oz.	140	5.5 g	35%	29 mg	21 g	0 g	0 g	284 mg
Salsa for Orange Roughy	1/4 cup	9	0 g	0%	0 mg	0 g	2 g	0.5 g	139 mg
Broiled Flounder	1 piece	149	5 g	30%	60 mg	24 g	2 g	0 g	462 mg
Broiled Haddock	4 oz.	127	1 g	7%	84 mg	27 g	0 g	0 g	291 mg
Broiled Salmon	4 oz.	252	13.8 g	49%	81 mg	29 g	1 g	0 g	262 mg
Catfish with Roasted Garlic	1 serving	267	15 g	51%	103 mg	31 g	2 g	0 g	193 mg
Cod with Spinach & Tomatoes	1 piece	145	1 g	6%	62 mg	28 g	6 g	1.2 g	200 mg
Gingered Flounder	1 serving	149	5 g	30%	64 mg	25 g	1 g	0 g	505 mg
Grilled Cod	4 oz.	106	1 g	8%	53 mg	22 g	0 g	0 g	239 mg
Grilled Flounder	4 oz.	109	4 g	33%	44 mg	17 g	0 g	0 g	216 mg
Grilled Haddock	4 oz.	112	1 g	8%	73 mg	224 g	0 g	0 g	86 mg
Grilled Tuna	3 oz.	118	1 g	8%	49 mg	25 g	0 g	0 g	40 mg
Grilled Whitefish	3.5 oz.	170	7 g	37%	76 mg	24 g	0 g	0 g	64 mg
Herb Crusted Salmon	5 oz.	381	25 g	59%	105 mg	38 g	1 g	0 g	183 mg
Lemon Pepper Cod	4 oz.	124	1 g	7%	62 mg	26 g	0 g	0 g	281 mg
Shrimp & Broccoli Stir Fry	1/2 cup	108	4.2 g	35%	82 mg	12.7 g	5.3 g	1.8 g	157 mg
Shrimp Jambalaya	4.5 oz.	192	4 g	19%	64 mg	12 g	27 g	1.5 g	670 mg
SIDE DISHES									
Applesauce ▲	1/2 cup	97	0 g	0%	0 mg	0 g	25 g	1.5 g	4 mg
Baked Beans ▲	1/2 cup	118	0.6 g	3%	0 mg	6 g	26 g	6.3 g	500 mg
Barley Pilaf ▲	5 oz.	191	3 g	14%	0 mg	3 g	38 g	6 g	282 mg
Brown Rice ▲	1/2 cup	108	0.8 g	7%	0 mg	2.5 g	22 g	1.8 g	5 mg
Caribbean Rice ▲	1/2 cup	96	0 g	0%	0 mg	2 g	22 g	1 g	307 mg
Corny Couscous ▲	4 oz.	250	3 g	11%	0 mg	7.7 g	49.2 g	3.5 g	391 mg
Couscous Pilaf ▲	5 oz.	168	5.7 g	30%	0 mg	4 g	25 g	2.3 g	20.2 mg

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