

Menu Item	Serving (the whole item)	Calories	Fat (g)	Sat.Fat (g)	Trans. Fat (g)	Protien (g)	
APPITIZERS							
Flatbread w/dippers		250	4	0	0	7	
Vegan Stuff Mushrooms		86	2	0	0	2	
Stuff Mushrooms		180	8	3	0	6	
Wings&Drumettes		120	4	3	0	10 to 12	
Stuffed Grape Leaves		180	6	0	0	2	
Soup (cup) TBD		60-100	1	0	0	2 to 6	
Garlic Potatoes							
Menu Item	Serving (the whole item)	Calories	Fat (g)	Sat.Fat (g)	Trans. Fat (g)	Protien (g)	
SALADS 1/2 SIZE							
EB garden	1/2 size	80	0	0	0	1	
Caesar w/dressing (w/out chicken)	1/2 size	200	20	3	0	2	
Chicken Fresh Mots	1/2 size	270	7	3	0	7	
Pear & Feta	1/2 size	215	6	3	0	4	
Fajita Steak	1/2 size	280	9	3	0	8	
Happy Greek	1/2 size	280	8	2	0	4	
Spinach Serenity	1/2 size	85	0	0	0	3	
DRESSINGS	Serving (the whole item)	Calories	Fat (g)	Sat.Fat (g)	Trans. Fat (g)	Protien (g)	
Balsamic/house	2.5 OZ	100	9	0	0	0	
Raspberry	2.5 OZ	100	7	0	0	0	
Caesar	2.5 OZ	230	25	3	0	2	
Ranch	2.5 OZ	280	29	4	0	0	
Goddess	2.5 OZ	255	26	4	2	2	
Menu Item	Serving (the whole item)	Calories	Fat (g)	Sat.Fat (g)	Trans. Fat (g)	Protien (g)	
BURGERS/SANDWICHES							
(side not included)							
Veggie Grill	the whole sandwich/burger	210	2	0	0	2	
Aloha Burger	the whole sandwich/burger	350	8	4	0	11	
Meat & Potato	the whole sandwich/burger	346	8	4	0	11	
Italian Mob	the whole sandwich/burger	361	8	4	0	10	
Classic	the whole sandwich/burger	284	5	3	0	7	
Chicken Melt	the whole sandwich/burger	300	4	2	0	9	
Portabello	the whole sandwich/burger	250	3	1	0	4	

Philly Steak	the whole sandwich/burger	603	7	6	0	12
Menu Item	Serving (the whole item)	Calories	Fat (g)	Sat.Fat (g)	Trans. Fat (g)	Protien (g)
Pizza	personal pizza all 4 slices					
Cheese	personal pizza all 4 slices	360	9	4	0	9
Pepperoni	personal pizza all 4 slices	485	19	12	0	16
Farmers Garden	personal pizza all 4 slices	410	10	4	0	10
Lunch Veggie	personal pizza all 4 slices	382	9	4	0	10
Margarita	personal pizza all 4 slices	370	9	4	0	9
Philly Steak	personal pizza all 4 slices	522	17	13	0	18
4 Cheese & Sundried	personal pizza all 4 slices	446	15	8	0	10
BBQ chicken	personal pizza all 4 slices	480	12	4	0	19
Veggie Medley	personal pizza all 4 slices	402	9	4	0	10
Grass Fed Burger Pizza	personal pizza all 4 slices	535	18	14	0	17
Spinach & Artichokes	personal pizza all 4 slices	410	10	4	0	11
The Vegan	personal pizza all 4 slices	392	7	0	0	7
Carnivores Delight	personal pizza all 4 slices	663	33		0	25
Menu Item	Serving (the whole item)	Calories	Fat (g)	Sat.Fat (g)	Trans. Fat (g)	Protien (g)
Vegan GF Cookies	3 pcs	330	7	0	0	1
Vegan GF Brownies	1 pcs	400	16	0	0	1
Raw Cheesecake	1 slice	280	9	0	0	10

substitution of ingredients/toppings may alter nutritional values.

variation can be expected due to seasonal influences, production assembly, local vendors and other factors

EARTH BISTRO

Jun-15

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