

*Mimi's*<sup>TM</sup>

**NUTRITIONAL INFORMATION**

## MIMI'S CAFE BREAKFAST

	Calories	Calories from Fat	Protein (g)	Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
<b>OMELETS</b>											
Santa Fe Omelet with Roasted Potatoes	750	435	40	39	6	5	48	19	0	880	1673
Santa Fe Egg White Omelet with Mixed Fruit	250	38	20	32	3	20	4	1	0	0	902
Smoked Salmon Omelet with Roasted Potatoes	570	334	35	22	4	2	37	12	0	869	1336
Hickory Smoked Ham and Cheese Omelet with Roasted Potatoes	680	419	41	25	4	4	47	18	0	904	1371
Egg White and Veggie Omelet with Mixed Fruit	290	72	24	28	3	19	8	4	0	15	629
Bacon Avocado Omelet with Roasted Potatoes	930	605	52	28	7	4	67	26	0	1161	1660
Mushroom Bacon & Brie Omelet with Roasted Potatoes	780	513	39	26	5	3	57	22	0	878	1420
<b>BENEDICTS</b>											
Eggs Benedict with Roasted Potatoes	880	507	41	51	5	8	56	27	1	567	2618
Smoked Salmon Benedict with Roasted Potatoes	810	467	34	52	5	7	52	23	1	534	1898
Corned Beef Hash Benedict with Roasted Potatoes	940	604	43	42	5	9	67	30	1	595	3658
<b>HANDMADE CREPES AND QUICHE</b>											
Hickory Smoked Ham and Swiss Crepes with Roasted Potatoes	730	433	39	35	4	6	48	25	0	208	1820
Eggs Spinach and Cheese Crepes with Roasted Potatoes	660	397	27	39	6	8	44	19	0	683	1332
Turkey, Bacon, Mushroom and Brie Crepes with Roasted Potatoes	810	494	47	30	4	4	55	24	0	720	1840
Quiche Lorraine with Mixed Fruit	500	250	25	35	2	23	28	14	0	276	931
Quiche Florentine with Mixed Fruit	460	224	22	35	2	23	25	13	0	259	739
<b>AMERICAN COMFORT</b>											
Fried Chicken and Waffles with Syrup	1360	350	75	175	3	63	39	19	0	303	1247
Steak and Eggs with Frites	1160	662	75	45	5	16	74	27	0	588	3031
Farmhouse Tacos	1090	618	50	67	7	8	69	17	0	921	2632
All Butter Croissant, Egg and Bacon Sandwich with Mixed Fruit	980	602	36	59	4	22	67	29	1	554	1485
Bruleed Banana Oatmeal	450	87	12	81	11	27	10	1	0	0	375
Steel Cut Oatmeal with Mixed Fruit	530	103	13	95	10	48	11	3	0	9	407

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<b>FARMHOUSE TWO EGG BREAKFAST</b>											
Hickory Smoked Bacon and Eggs	530	335	25	22	3	2	37	13	0	454	1305
Pork Sausage and Eggs	690	466	30	24	3	4	52	6	0	481	1490
Turkey Sausage and Eggs	460	232	32	24	4	3	26	8	0	482	1382
Slow Smoked Ham and Eggs	1070	627	78	27	3	7	70	21	0	2032	3325
Corned Beef Hash and Eggs	850	476	52	42	6	7	53	18	0	556	4718
Two Eggs, Any Style with Roasted Potatoes	330	173	15	22	3	2	19	6	0	424	625
<b>GRIDDLE</b>											
Orange Creme French Toast	1090	381	32	145	7	40	42	21	0	397	1794
Cinnamon Roll French Toast	730	281	19	94	3	47	31	13	0	333	864
Brioche French Toast	500	151	19	66	3	15	17	6	0	325	965
Four Buttermilk Griddlecakes	840	270	22	118	5	26	30	7	0	131	2168
Bananas Foster Griddlecakes	1220	332	24	192	9	86	37	7	0	134	2344
Buttermilk Berry Griddlecakes	1060	340	24	150	6	53	38	12	0	163	2273
<b>WAFFLES</b>											
Malted Berry Waffles	610	217	11	84	2	34	24	14	0	188	150
Banana Foster Waffles	740	209	11	118	5	61	23	10	0	159	217
Two Waffles	460	238	8	45	1	1	26	14	0	155	143
<b>BAKERY</b>											
All Butter Croissant	360	180	7	38	2	5	20	12	1	55	470
Almond Croissant	370	180	6	40	2	12	20	10	0	60	290
Buttermilk Spice Muffin	540	180	8	79	2	46	20	7	0	53	453
Carrot Raisin Nut Muffin	510	242	6	64	2	38	27	4	0	68	635
Low-Fat Blueberry Muffin	340	27	5	76	2	42	3	0	0	0	843
Honey Bran Muffin	400	87	9	74	2	39	10	3	0	53	392
Cinnamon Brioche Roll	600	180	9	99	3	52	20	8	0	20	520

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<b>BREAKFAST À LA CARTE ITEMS</b>											
Two Eggs, Any Style	160	105	13	1	0	1	12	3	0	424	352
Two Egg Whites	80	16	12	2	0	0	2	0	0	0	411
Hickory Smoked Bacon	200	162	10	0	0	0	18	7	0	30	680
Pork Sausage Links	370	293	16	1	0	1	33	0	0	57	865
Turkey Sausage Links	140	59	17	2	1	0	7	2	0	58	757
Slow Smoked Ham	150	72	17	1	0	1	8	3	0	60	1413
Corned Beef Hash	330	185	15	21	1	1	21	9	1	37	785
Two Buttermilk Griddlecakes	950	294	16	146	4	59	33	10	0	98	1728
Mixed Fruit	80	2	1	19	1	16	0	0	0	0	2
Herb Roasted Potatoes	160	45	3	26	2	1	5	2	0	0	286
Pancake and Waffle Syrup	170	0	0	41	0	29	0	0	0	0	0
Steel Cut Oatmeal	530	103	13	95	10	48	11	3	0	9	407
Whole Wheat Toast	220	9	8	46	6	4	1	0	0	20	420
Rye Toast	300	18	10	60	4	0	2	0	0	0	760
White Toast	140	23	4	26	1	3	3	0	0	5	277
Sourdough Toast	280	36	10	50	0	2	4	0	0	0	560
English Muffin	110	5	5	21	1	1	1	0	0	0	221

<b>MIMI'S CAFE LUNCH &amp; DINNER</b>											
	<i>Calories</i>	<i>Calories from Fat</i>	<i>Protein (g)</i>	<i>Carbohydrate (g)</i>	<i>Dietary Fiber (g)</i>	<i>Sugars (g)</i>	<i>Total Fat (g)</i>	<i>Saturated Fat (g)</i>	<i>Trans Fat (g)</i>	<i>Cholesterol (mg)</i>	<i>Sodium (mg)</i>
<b>APPETIZERS</b>											
Warm Spinach Artichoke Dip	700	361	24	64	7	6	40	18	0	69	2320
Baked Brie to Share	440	155	13	56	2	31	17	10	0	38	662
Calamari	350	84	35	32	3	3	9	2	0	463	1184
Seven Meatballs	990	636	45	40	3	3	71	30	0	269	2137
Hand Mixed Guacamole and Chips	680	381	11	74	21	4	42	6	0	0	2300
Meyer Lemon Mussels & Frites	960	508	40	68	6	3	56	25	0	119	2233
<b>SOUPS</b>											
Sam Adams French Onion Soup, Bowl	390	208	16	28	3	10	23	13	0	57	1864
Sam Adams French Onion Soup, Cup	230	122	9	17	2	6	14	8	0	31	1097
Tomato Basil, Bowl	560	393	4	28	4	8	44	24	0	159	1150
Tomato Basil, Cup	320	224	2	16	2	5	25	14	0	91	657
Corn Chowder, Bowl	480	250	8	48	4	12	28	16	0	99	1348
Corn Chowder, Cup	270	143	5	27	2	7	16	9	0	57	771
<b>SALADS</b>											
Mediterranean Salad with Roasted Chicken	510	339	20	18	6	6	38	7	0	51	1938
Grilled Chicken Caesar Salad	810	475	35	46	5	20	53	10	0	123	1187
Chicken Chop Salad	490	248	16	44	8	26	28	5	0	37	967
Bacon and Bleu Cheese Salad	730	474	24	39	8	23	53	16	0	66	1443
Spinach Salad with Grilled Atlantic Salmon	740	495	50	11	3	6	55	12	0	341	1095
Cobb Salad	450	265	30	14	6	6	29	12	0	286	1094
<b>SALAD DRESSINGS</b>											
Red Wine Shallot Vinaigrette	240	233	0	2	0	1	26	2	0	0	336
Balsamic Vinaigrette	250	230	0	5	0	5	26	2	0	0	298
Fat Free Raspberry Vinaigrette	40	0	0	9	0	8	0	0	0	0	255
Bacon Balsamic Vinaigrette	260	233	4	4	0	4	26	4	0	18	484
Honey Dijon Vinaigrette	200	149	0	12	0	11	17	2	0	15	135
Ranch Dressing	180	165	1	2	0	1	18	3	0	16	282
Thousand Island Dressing	200	180	0	6	0	4	20	3	0	13	349
Caesar Dressing	270	264	1	0	0	0	29	3	0	23	387

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<b>LE DUET</b>												
Caesar Salad	300	214	5	16	2	7	24	4	0	27	391	
House Salad	200	107	4	19	3	7	12	2	0	10	280	
Petite Bacon and Bleu Cheese Salad	270	178	8	15	3	8	20	5	0	20	504	
Petite Spinach Salad	210	148	12	5	2	3	16	5	0	228	396	
Half Roasted Turkey Club	570	316	24	39	0	2	35	8	0	62	1161	
Half Tuna and Cheddar Melt	350	211	18	16	1	2	23	10	0	52	719	
Half 5-Cheese Grilled Sandwich	320	195	16	16	0	1	22	12	0	42	556	
Half Chicken Cordon Bleu	550	220	34	46	2	3	24	9	0	76	1302	
Half West Coast Reuben	630	332	34	39	3	5	37	14	0	98	1689	
Half French Dip	390	110	26	39	1	3	12	6	0	68	1422	
Half French Dip with Caramelized Onions, Mozzarella Cheese, Sauteed Green Bell Peppers, Sauteed Mushrooms	460	161	30	41	1	4	18	9	0	77	1516	
Half Grilled Chicken and Guacamole Sandwich	490	185	36	40	6	2	21	8	0	78	1270	
<b>CRAFT SANDWICHES</b>												
Chicken Cordon Bleu	1100	439	67	92	4	5	49	19	0	153	2603	
West Coast Reuben	1190	628	60	76	6	9	70	26	0	166	2671	
Grilled Chicken and Guacamole Sandwich	950	344	72	77	10	4	38	15	0	156	2410	
Roasted Turkey and Brie Melt	670	275	28	68	3	30	31	17	1	120	1195	
French Dip	680	160	50	73	2	4	18	8	0	113	2204	
Roasted Turkey Club	1110	595	47	77	1	4	66	14	0	120	2302	
<b>SANDWICHES</b>												
Tuna and Cheddar Melt	700	422	36	32	1	4	47	19	0	105	1437	
5-Cheese Grilled Cheese Sandwich	650	390	32	31	0	3	43	24	0	84	1111	
<b>BURGERS</b>												
Bacon Avocado Sourdough Burger	1240	787	69	41	4	7	87	34	0	214	1867	
Brioche Cheeseburger	820	404	48	51	3	8	45	16	0	150	1118	
Hickory Bacon Cheddar Burger	1250	603	69	90	4	31	67	29	0	219	2670	
Hand Made Guacamole Burger	1040	564	61	56	7	8	63	26	0	186	1622	
Mushroom Brie Burger	760	419	51	29	2	2	47	19	0	161	871	

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<b>FRITES GRILL</b>											
Steak Frites	1030	579	63	45	7	3	64	24	0	164	2623
Grilled Chicken and Frites	540	146	44	52	6	19	16	6	0	99	1427
Grilled Salmon and Frites	750	369	43	52	11	5	41	11	0	100	2015
Meyer Lemon Mussels and Frites	960	508	40	68	6	3	56	25	0	119	2233
Roasted Half Chicken and Frites	940	576	42	47	8	4	64	19	0	147	2111
<b>ENTRÉES</b>											
Coastal Shrimp Pasta	1130	556	38	101	8	7	62	14	0	172	1680
French Pot Roast	510	287	34	22	1	6	32	12	0	153	1809
Roasted Chicken Crepes	360	242	15	12	2	4	27	12	0	147	558
Quiche Lorraine	420	249	24	16	1	7	28	14	0	276	930
Quiche Florentine	380	222	22	16	1	7	25	13	0	259	737
Chicken Tillamook Cheddar Mac	1560	1014	59	77	4	6	113	41	1	234	2679
Chicken Pot Pie	860	503	33	60	5	13	56	20	0	144	2072
Beer Battered Fish and Frites	1470	793	46	115	8	22	88	12	0	43	2542
Chicken Parmesan	1360	391	94	147	8	15	43	17	0	169	2065
Grilled Atlantic Salmon with Cheesy Au Gratin Potatoes	1240	753	49	67	8	4	84	39	0	252	2637
Grilled Atlantic Salmon with Roasted Potatoes	930	510	44	60	7	4	57	19	0	132	2082
Slow Roasted Turkey with Cheesy Au Gratin Potatoes	1230	591	47	104	9	12	66	33	0	206	4289
Slow Roasted Turkey with Mashed Potatoes	880	341	41	92	8	12	38	12	0	92	3999
Meatloaf with Cheesy Au Gratin Potatoes	1010	598	41	54	4	5	66	35	0	307	2528
Meatloaf with Mashed Potatoes	660	349	35	42	3	6	39	15	0	193	2238
Beef Pot Roast with Cheesy Au Gratin Potatoes	960	570	42	51	4	6	63	34	0	270	2210
Beef Pot Roast with Mashed Potatoes	620	320	35	38	4	7	36	14	0	156	1920
Fire Grilled Shrimp Brochette	890	478	46	51	6	4	53	25	0	366	2132
Provençal Garlic Chicken	1350	899	50	55	7	5	100	41	0	267	3645

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<b>ALL DAY BREAKFAST</b>												
Steak and Eggs with Frites	1160	662	75	45	5	16	74	27	0	588	3031	
Farmhouse Tacos	1090	618	50	67	7	8	69	17	0	921	2632	
Quiche Lorraine	420	249	24	16	1	7	28	14	0	276	930	
Quiche Florentine	380	222	22	16	1	7	25	13	0	259	737	
<b>SIDE DISHES</b>												
Fresh Hand-Cut Idaho Russet Fries	150	34	3	27	4	2	4	1	0	0	481	
Roasted Potatoes	290	173	3	26	2	1	19	6	0	0	659	
Mashed Potatoes	130	39	2	21	2	2	4	2	0	5	550	
Golden Buttermilk Onion Strings	190	23	5	36	2	6	3	1	0	1	911	
Mixed Fruit	80	2	1	19	1	16	0	0	0	0	2	
House Salad	190	102	4	17	3	6	11	2	0	8	260	
Green Beans	120	86	2	6	3	1	10	4	0	0	100	
Sauteed Spinach	70	36	3	5	3	1	4	2	0	0	573	
Brussels Sprouts	90	56	3	7	3	2	6	1	0	0	146	
Broccoli	110	84	3	5	2	1	9	4	0	0	113	
Cheddar Cheese	160	126	10	0	0	0	14	8	0	50	270	
Jack Cheese	180	131	11	0	0	0	15	10	0	40	308	
Swiss Cheese	170	108	12	2	0	0	12	8	0	38	90	
Bleu Cheese Crumbles	150	109	9	2	0	0	12	8	0	30	592	
Mozzarella Cheese	140	81	12	2	0	0	9	5	0	23	255	
<b>DESSERTS</b>												
Birthday Crepe Cake	570	312	5	59	0	46	35	27	0	92	189	
Strawberry Shortcake Crepe Cake	550	201	4	81	3	64	22	18	0	74	99	
French Silk Mud Pie	1130	609	9	121	6	94	68	44	0	115	273	
Crème Brûlée Cheesecake	920	553	11	84	1	64	61	42	0	157	755	



## MIMI'S CAFE KIDS

	Calories	Calories from Fat	Protein (g)	Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
<b>KIDS MENU</b>											
Griddle Cakes	650	135	11	117	3	53	15	3	0	65	1084
Scrambled Eggs & Bacon	310	221	21	0	0	0	25	8	0	575	969
Chocolate Chip Griddle Cakes	800	203	11	135	3	68	23	8	0	65	1084
Turkey Dinner	270	97	20	23	1	3	11	3	0	48	1472
Tillamook Mac N Cheese	290	161	10	22	1	2	18	6	0	26	583
Kids Ham and Cheese Crepes	410	268	30	6	0	2	30	15	0	189	1736
PB and J Crepes	390	196	10	35	2	22	22	6	0	71	159
Soup and Salad Combination	100	20	4	15	3	5	2	1	0	7	143
Chicken Fingers	410	102	38	38	0	0	11	2	0	100	1740
Noodles with Marinara	280	55	8	50	3	6	6	1	0	0	295
Noodles with Alfredo Sauce	640	399	9	42	2	1	44	29	0	165	718
Noodles with Butter and Parmesan	440	237	9	42	2	1	26	11	0	5	308
Mini Corn Dogs	280	140	8	26	1	7	15	4	0	39	525
Grilled Cheese Sandwich	530	226	19	58	3	7	25	12	0	62	943
Grilled Chicken and Vegetables	220	95	26	5	2	1	11	4	0	58	390
French Onion Soup, Cup	220	103	10	17	2	5	11	4	0	9	1444
Tomato Basil, Cup	320	224	2	16	2	5	25	14	0	91	657
Corn Chowder, Cup	270	143	5	27	2	7	16	9	0	57	771
<b>KIDS DESSERTS</b>											
Ice Cream	90	42	2	11	0	7	5	3	0	17	30
Ice Cream with Caramel Syrup	160	44	2	26	0	22	5	3	0	18	68
Ice Cream with Chocolate Syrup	150	44	3	23	0	19	5	3	0	17	40