Mimi's™

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)
Omelets											
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	781	513	39	26	5	3	57	22	0	878	1420
Benedicts											
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	943	604	43	42	5	9	67	30	1	595	3658
Handmade Crepes and Quiche											
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
American Comfort											
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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Farmhouse Two Egg Breakfasts											
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
Griddle											
Orange Creme French Toast	1085	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	1215	332	24	192	9	86	37	7	0	134	2344
Buttermilk Berry Griddlecakes	1060	340	24	150	6	53	38	12	0	163	2273
Waffles											
Malted Berry Waffles	611	217	11	84	2	34	24	14	0	188	150
Banana Foster Waffles	735	209	11	118	5	61	23	10	0	159	217
Two Waffles	457	238	8	45	1	1	26	14	0	155	143
Breakfast A La Carte Items											
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

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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
Bakery											
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
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

MIMI'S CAFE LUNCH & DINNER	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)
Appetizers											
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	955	508	40	68	6	3	56	25	0	119	2233
Soups											
Sam Adams French Onion Soup, Bowl	387	208	16	28	3	10	23	13	0	57	1864
Sam Adams French Onion Soup, Cup	229	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
Salads											
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
Le Duet											
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

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Half French Dip	390	110	26	39	1	3	12	6	0	68	1422
Half French Dip with Add Caramelized Onions, Add Mozzarella Cheese, Add Sauteed Green Bell Peppers, Add 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
Craft Sandwiches											
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
Sandwiches											
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
Burgers											
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
Frites Grill											
Steak Frites	1027	579	63	45	7	3	64	24	0	164	2623
Grilled Chicken and Frites	538	146	44	52	6	19	16	6	0	99	1427
Grilled Salmon and Frites	746	369	43	52	11	5	41	11	0	100	2015
Meyer Lemon Mussels and Frites	955	508	40	68	6	3	56	25	0	119	2233
Roasted Half Chicken and Frites	939	576	42	47	8	4	64	19	0	147	2111
Entrees											
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

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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	885	478	46	51	6	4	53	25	0	366	2132
Provencal Garlic Chicken	1350	899	50	55	7	5	100	41	0	267	3645
All Day Breakfast											
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
Side Dishes											
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

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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
Desserts											
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
Creme Brulee Cheesecake	920	553	11	84	1	64	61	42	0	157	755
Salad Dressings											
Red Wine Shallot Vinaigrette	238	233	0	2	0	1	26	2	0	0	336
Balsamic Vinaigrette	247	230	0	5	0	5	26	2	0	0	298
Fat Free Raspberry Vinaigrette	38	0	0	9	0	8	0	0	0	0	255
Bacon Balsamic Vinaigrette	261	233	4	4	0	4	26	4	0	18	484
Honey Dijon Vinaigrette	195	149	0	12	0	11	17	2	0	15	135
Ranch Dressing	178	165	1	2	0	1	18	3	0	16	282
Thousand Island Dressing	203	180	0	6	0	4	20	3	0	13	349
Caesar Dressing	272	264	1	0	0	0	29	3	0	23	387
Chicken Parmesan	1355	391	94	147	8	15	43	17	0	169	2065
Honey Bran Muffin	400	87	9	74	2	39	10	3	0	53	392
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

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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

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)
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
Kids Desserts											
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
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