



BREAKFAST · LUNCH · DINNER · SOURDOUGH

- **You are Watching Sodium**

Sodium is an essential nutrient. It helps to maintain blood volume, regulate the balance of water in the cells, and transmit nerve impulses. The American Heart Association recommends a maximum intake of 2,400 mg sodium per day. That's the amount in about 1 tsp. of salt.

If you are watching your sodium intake, try the following menu items:

- SOUPS:
 - Clam Chowder in a Bowl: 610 mg sodium
 - Carrot Ginger Soup in a Bowl: 870 mg sodium
- SALADS (bread and butter not included):
 - Side or Small Spring Salad w/o Dressing: 150 mg sodium
 - Side or Small Caesar Salad w/o Dressing: 210 mg sodium
 - Small Caesar Salad with Chicken w/o Dressing: 290 mg sodium
 - Classic Caesar Salad w/o Dressing: 350 mg sodium
 - Classic Caesar Salad with Chicken w/o Dressing: 440 mg sodium
 - Spring Salad w/o Dressing: 640 mg sodium
- SANDWICHES: (condiments not included)
 - Half Sandwich – Chicken Pesto: 681 mg sodium
 - Half Sandwich – California Veggie: 402 sodium
 - Half Sandwich – Chicken Salad: 555 mg sodium
 - Half Sandwich – Turkey Avocado: 700 mg sodium
- PIZZAS:
 - Half Pizza: Spinach & Mushroom Alfredo: 830 mg sodium
 - Half Pizza: Veggie: 940 mg sodium
- BREAKFAST:
 - Sides: Fruit Cup: 25 mg sodium
 - Granola & Yogurt Parfait: 310 mg sodium
 - Sides: Hash Browns: 370 mg sodium
 - Oatmeal: 430 sodium
 - Vegetable Scramble (toast not included): 580 mg sodium