

*Mimi's*TM

NUTRITIONAL INFORMATION

MIMI'S CAFE BREAKFAST											
	<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>
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
Andouille Sausage and Red Pepper Omelet with Roasted Potatoes	760	460	43	31	5	7	51	20	0	895	1639
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	910	577	33	50	5	6	64	31	2	544	1714
Potato Cake Eggs Benedict with Mixed Fruit	900	482	29	73	6	22	54	25	1	574	1780
Handmade Crepes and Quiche											
Hickory Smoked Ham and Swiss Crepes with Roasted Potatoes	730	433	39	35	4	6	48	25	0	208	1820
Banana and Strawberry Crepes with Nutella with Roasted Potatoes	700	257	9	100	10	59	29	13	0	71	336
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
Steel Cut Oatmeal with Mixed Fruit	530	103	13	95	10	48	11	3	0	9	407
Farmhouse Two Egg Breakfasts											
Hickory Smoked Bacon and Eggs	530	335	25	22	3	2	37	13	0	454	1305

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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	790	420	37	53	6	3	47	19	2	479	1803	
Two Eggs, Any Style with Roasted Potatoes	330	173	15	22	3	2	19	6	0	424	625	
Griddle Cakes												
Orange Creme French Toast with Mixed Fruit	1160	382	33	164	8	55	42	21	0	397	1796	
Cinnamon Roll French Toast with Mixed Fruit	810	282	20	113	5	62	31	13	0	333	866	
Brioche French Toast with Mixed Fruit	580	153	20	85	5	31	17	6	0	325	965	
Three Buttermilk Griddlecakes with Mixed Fruit	1120	397	25	152	7	45	44	12	0	147	2543	
Lemon Poppyseed Griddle Cakes with Mixed Fruit	1110	386	24	152	8	47	43	11	0	141	2438	
Banana Nut Bread Griddle Cakes with Mixed Fruit	1520	707	28	176	13	70	79	15	0	130	2265	
Waffles												
Strawberries and Creme Waffles with Mixed Fruit	970	273	12	166	2	91	30	19	0	197	190	
Bacon and Apple Waffles with Mixed Fruit	940	328	15	137	2	65	36	19	0	186	561	
Lemon Poppyseed Waffles with Mixed Fruit	830	197	10	146	3	74	22	6	0	63	1112	
Banana Nut Bread Waffles with Mixed Fruit	1230	496	16	169	8	88	55	11	0	68	1222	
Two Waffles with Mixed Fruit	910	238	8	159	1	80	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	
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	

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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	
Whole Wheat Toast with Butter	270	59	8	46	6	4	7	3	0	20	475	
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	
Chocolate Croissant	260	130	5	27	1	7	14	8	1	47	246	
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	

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										
Trio of Seasoned Deviled Eggs	570	422	30	7	1	3	47	12	0	922	795
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
Soups											
French Onion Soup, Bowl	410	195	19	28	4	8	22	9	0	28	2458
French Onion Soup, Cup	220	103	10	17	2	5	11	4	0	9	1444
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
Bacon and Bleu Cheese Salad with Grilled Chicken	840	485	47	39	8	23	54	16	0	123	1719
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 Hand Pulled Chicken Salad Croissant	350	191	14	24	2	6	21	8	0	65	321
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

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Half BLTA Sandwich	470	296	15	30	2	4	33	10	0	46	1043
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,and 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	980	369	72	79	11	5	41	15	0	156	2538
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
Half French Dip with Caramelized Onions, Mozzarella Cheese, Sauteed Green Bell Peppers,and Sauteed Mushrooms	880	294	60	78	3	6	33	15	0	130	2429
Roasted Turkey Club	1110	595	47	77	1	4	66	14	0	120	2302
Sandwiches											
Hand Pulled Chicken Salad Croissant	570	344	13	42	3	8	38	15	1	82	614
Tuna and Cheddar Melt	700	422	36	32	1	4	47	19	0	105	1437
BLTA	820	586	21	37	8	5	65	17	0	70	1690
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
Entrees											

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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
Wild Caught Sauteed Sole with Cheesy Au Gratin Potatoes	1370	741	52	93	8	5	82	42	0	231	3190
Wild Caught Sauteed Sole with Roasted Potatoes	1050	498	46	86	8	4	55	23	0	112	2636
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
All Day Breakfast											
Fried Chicken and Waffles	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
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

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	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)
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
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
Desserts											
S'mores Crepe Cake	1010	463	9	124	4	105	51	36	0	122	201
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
Triple Croissant Bread Pudding	1590	190	3	32	2	28	22	13	0	120	30

MIMI'S CAFE KIDS	<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>
Kids Meals											
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
Kids Dinner											
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