

Café North

Daily Specials

Monday

Homestyle Chicken and Rice Soup

Classic chicken rice soup with onions, carrots, celery, rice, and chunks of chicken seasoned with fresh thyme

 **Cal 130**

Serv Size: 8 oz ladle (227g) • Fat cal 35 • Total fat 4g • Sat fat 1g • Trans fat 0g
Cholest 20mg • Sodium 380mg • Total carb 15g • Fiber < 1g • Sugars 2g • Protein 7g

Contains soy

Butternut Squash Bisque

Vegetarian Butternut Squash Bisque

 **Cal 220**

Serv Size: 8 oz Ladle (243g) • Fat cal 140 • Total fat 15g • Sat fat 9g • Trans fat 0g
Cholest 45mg • Sodium 210mg • Total carb 15g • Fiber 3g • Sugars 7g • Protein 5g

Contains milk

Roasted Basic Chicken Breast

Baked Boneless-Skinless Chicken Breast Marinated with Balsamic Vinegar, Olive Oil and Garlic

 **Cal 100**

Serv Size: 2 1/2 oz (71g) • Fat cal 30 • Total fat 3.5g • Sat fat .5g • Trans fat 0g
Cholest 50mg • Sodium 40mg • Total carb 0g • Fiber 0g • Sugars 0g • Protein 16g

Rice and Orzo Pilaf

Creamy Rice Pilaf with Orzo and Almonds

 **Cal 260**

Serv Size: 4 oz (114g) • Fat cal 70 • Total fat 8g • Sat fat 2g • Trans fat 0g
Cholest 10mg • Sodium 430mg • Total carb 37g • Fiber 2g • Sugars 8g • Protein 9g

Contains milk, wheat, tree nuts, gluten