


BOWDOIN'S

STARTERS


 **tuna tartare** 9.00
avocado, lime, champagne mango, rice chip
calories 370, fat 18g, sat fat 3g, sodium 60mg,
carbs 23g, sugar 9g,

french onion soup 8.00 
swiss emmental, grand central brioche, thyme
calories 270, fat 15g, sat fat 8g, sodium 490mg, carbs 23g,
sugar 9g,


house-made soup of the day 7.00
chef's selection


ENTREE SALADS


 **farmer's market salad** 9.00 
baby greens, locally-grown seasonal vegetables, shaved
truffle, house-made roasted garlic balsamic
calories 210, fat 16g, sat fat 1.5g, sodium 85mg, carbs 12g,
sugar 7g, protein 2g, fiber 3g


 **lyonnaise salad** 10.00
local bitter greens, chicory flowers, bacon lardon,
egg 63, house-made red wine vinaigrette
calories 400, fat 27g, sat fat 6g, sodium 740mg, carbs 26g,
sugar 13g, protein 14g, fiber 4g contains: wheat, dairy, egg

CHOICE OF ADD-ON PROTEIN:

 **draper valley chicken breast** 5.50
calories 180, fat 7g, sat fat 1g, sodium 650mg, carbs 1g, sugar 0g, protein 27g, fiber 0g


 **childer's high desert grass fed steak** 6.50
calories 260, fat 11g, sat fat 4.5g, sodium 200mg, carbs 0g, sugar 0g, protein 38g, fiber 0g

 **columbia river salmon** 7.50
calories 180, fat 6g, sat fat 1g, sodium 230mg, carbs 0g, sugar 0g, protein 30g, fiber 0g
contains: fish


 **grilled local herbed tofu** 4.50
calories 140, fat 9g, sat fat 1g, sodium 70mg, carbs 2g, sugar 0g, protein 13g, fiber 0g
contains: soy

CONSUMER ADVISORY: In the interest of public health, please be aware that consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

2,000 calories a day is used for general nutrition advice, but calorie needs vary.
Additional nutrition information available upon request.


 indicates dietitian-approved eat well dishes
≤ 600 calories, ≤ 6 grams saturated fat, ≤ 800 mg sodium

 indicates vegetarian item


 indicates vegan item

BOWDOIN'S

MAINS all main entrees include a small farmer's market salad with a house-made roasted garlic balsamic (100 calories)


edible garden 11.00 
local/seasonal selection of farmer's market vegetables,
house-made herb hummus, rye bread soil
calories 700, fat 30g, sat fat 4.5g, sodium 910mg, carbs 87g,
sugar 15g, protein 24g, fiber 15g contains: wheat, soy


poucet ratatouille 18.00
draper valley chicken breast, summer squash ratatouille,
charred tomatoes, chicken jus
calories 370, fat 21g, sat fat 2g, sodium 1150mg, carbs 16g,
sugar 7g, protein 29g, fiber 4g


salmon provencal 16.00 
bean fricassee, rainbow chard, basil cream
calories 750, fat 52g, sat fat 10g, sodium 780mg, carbs 26g,
sugar 4g, protein 46g, fiber 7g contains: dairy fish

steak + frites 20.00
high desert grass fed hangar, chimichurri,
parmesan truffle frites
calories 660, fat 38g, sat fat 8g, sodium 890mg, carbs 32g,
sugar 1g, protein 44g, fiber 3g contains: dairy

DESSERTS

chocolate lava cake 5.00 
local woodblock chocolate ganache, salt & straw
sea salt and caramel
calories 570, fat 38g, sat fat 23g, sodium 150mg, carbs 57g,
sugar 46g, protein 7g, fiber 2g contains: wheat, dairy, egg

mt hood strawberry bar 5.00 
bob's red mill oats, turbinado sugar, salt & straw roasted
strawberry and coconut
calories 370, fat 16g, sat fat 12g, sodium 75mg, carbs 54g,
sugar 31g, protein 3g, fiber 2g contains: dairy

local berries + mint 5.00 
seasonal berries, lemongrass, whipped cream
calories 320, fat 22g, sat fat 14g, sodium 20mg, carbs 25g,
sugar 18g, protein 3g, fiber 5g contains: dairy

wine 8.75 glass / 27.00 bottle , 120 cal per serving

willamette valley pinot (or)
willamette valley chardonnay (or)
jovino pinot noir (or)
chateau ste michelle cabernet sauvignon (wa)
chateau ste michelle merlot (wa)

seasonal beer 4.75 glass, 190-240 cal per serving

san pellegrino mineral water 2.50

iced tea 2.00 / 0 cal

fountain soda 1.95 / 0- 300 cal per serving

reserve your table: bowdoins@nike.com

we're hungry for your feedback - yourdiningvoice.com/nike