

IANN News



**National
Association of
Neonatal
Nurses**

Iowa Chapter

*(Official newsletter of the Iowa
Association of Neonatal Nurses)*

<https://iann.nursingnetwork.com>

March- June 2021



What's inside??

- Letter from President
- July Meeting Details
- July Donation Site
- March Meeting Minutes

From the President

Greetings IANN members. I hope you are enjoying your start to summer! I would like to encourage you to attend our annual IANN conference that will be held virtually this year on July 21st. Register by mail or at this link: <https://iann.nursingnetwork.com/>. We have some great speakers lined up and the theme is “Matters of the Heart”. National speakers Terry Johnson and Jamie Strott will be speaking about the “Microbiome & Optimum Nutrition for the Cardiac Baby” and then again about moral distress and how it affects us as nurses. Patrick McNamara will speak about PDA management, Regan Giesinger will speak about neonatal hypotension, and Bassel Mohammed Nijres will speak about transcatheter PDA closure in small babies.

Here are some fun facts about congenital heart disease from an article by Gleb (2015).

* Thomas Beville Peacock was a London physician in the 1800's and is credited as the first to present CHD in an organized fashion and looked at fetal circulation and possible environmental effects of heart defects

* Maude Abbott was a renowned pathologist at McGill University in the early 1900's. She studied causes of CHD, family recurrence, and genetics of CHD.

* Robert Gross performed the first patent ductus arteriosus ligation in 1939

* Helen Brooke Taussig is the most famous pediatric cardiologist of all time and practiced in the 1930's and 1940's. She studied the correlation of environmental toxicants to the fetus and the origins of CHD. The first Blalock-Taussig-Thomas shunt surgery was performed in 1944.

Look how far care for these patients has come. Plan to attend on July 21 to learn recent information about a variety of cardiac topics and management.

We are getting together in person for our summer quarterly meeting on July 14 at 10 a.m. for the first time in over a year. A zoom option is available as well:

<https://uiowa.zoom.us/j/95663887038>
?from=addon but we would love to see you in person either at Zeppelin's in Cedar Rapids or Des Moines with a location TBD. If anyone would like to attend a live meeting in Des Moines we will set that up for 8 or more people. Email emily-wilson@uiowa.edu or janeenich@rb.com to let us know that you plan to attend. See the newsletter for more meeting details.

We hope to see you at the meeting and the conference!

Emily Spellman, President
Emily-Wilson@uiowa.edu



The 'IANN News' is the official publication of the National Association of Neonatal Nurses - Iowa Chapter. The chapter welcomes the participation of its members in contributing to this newsletter but reserves the right to reasonably edit all items submitted. The opinions herein do not necessarily reflect or express those of the IANN membership or its officers. The 'IANN News' is the responsibility of the Communications Committee. Please forward any contributions to:

Erin Weber
319-929-0102
erin-weber@uiowa.edu

Upcoming Events

IANN Conference

Date: July 21st

Time: 8:45am- 1515

Location: Zoom

5 hours CE for a bargain price!

Online registration:

<https://iann.nursingnetwork.com/>

Brochure and registration information attached

2021 IANN Meetings

- **July 14th**

Time: 10am-noon

Location: 3 options

Sponsor: Mead Johnson

- **October 20th**

Time: TBD

Location: Mercy Des Moines and Zoom

Sponsor: Abbott

July Meeting Details

Option 1- Zeppelins Bar & Grill. 5300 Edgewood Rd NE Cedar Rapids

Option 2- Zoom

<https://uiowa.zoom.us/j/95663887038?from=addon>

Option 3- Restaurant in Des Moines TBD. Send Emily Spellman your RSVP if planning on attending and she will share the location as soon as we have it.

If you plan to attend in Cedar Rapids, please send your lunch order ahead of time

to janeenich@rb.com Menu attached!

If you plan to attend in Des Moines, please send Emily Spellman your RSVP so I can pass along to Janee.

July Meeting Community Donation Site

Linn County Safe Sleep Task Force

Checks should be made out to IAPSAC with the Safe Sleep Task Force written in the memo. Money is used to purchase pack n plays. Other items needed are pack n play sheets, soothie pacifiers and Dr. Brown bottles.

Checks can be mailed to:

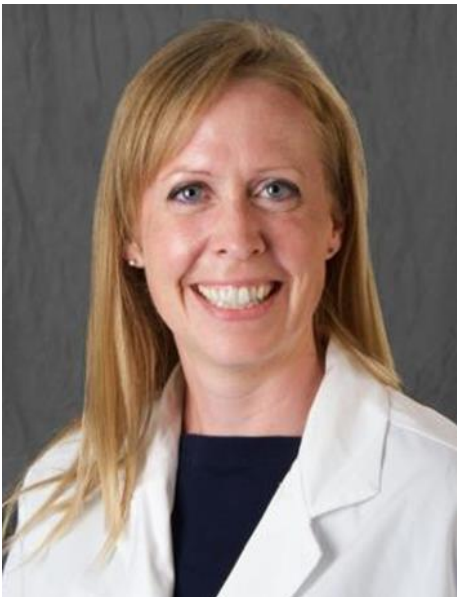
Denise Easley
203 Stoney Point Road SW
Cedar Rapids, Iowa 52404

Also, can Venmo
@Denise-Easley-1

2021 IANN Officers



Emily Spellman, President
UI Stead Family Children's Hospital, IC
Emily-Wilson@uiowa.edu



Kathryn (Kayti) Steffen, Vice President
UI Stead Family Children's Hospital, IC
Kathryn-Steffen@uiowa.edu



Penny Smith, Secretary
UI Stead Family Children's Hospital, IC
Penny-smith@uiowa.edu



Becky Davila, Treasurer
UI Stead Family Children's Hospital, IC
rebecca-chuffodavila@uiowa.edu

2021 IANN and

NANN Members

Donia Bass- Mercy Children's, DSM
Susan Berends - UI Children's, IC
Stephanie Boes
Erin Burns-UI Children's, IC
Kathlyn Carroll- UI Children's, IC
Brittany Carstens- Mercy, IC
Kelley Chess - Mercy Children's, DSM
Laura Corbett- UI Children's, IC
Denise Craft- St. Luke's, CR
Becky Davila - UI Children's, IC
Allyssa Dolphin
Denise Easley - St. Luke's, CR
Rachel Evans - Mercy Children's, DSM
Emily Feltes- UI Children's, IC
Carmen Furnau- UI Children's, IC
Kristy Fuller- Caring Essentials, LLC
Mallory Gibbs
Danielle Glanz- St. Luke's, CR
Dawn Goeke- Genesis, Davenport
Laura Grigsby- St. Luke's, Sioux City
Amanda Hamilton
Roxan Hammer - Blank Children's, DSM
Kirsten Hanrahan - UI Children's, IC
Stacey Happel- Mercy, CR
Jennifer Haverly- St. Luke's, CR
Joan Hengst- Finley, DBQ
Alyssa Henscheid- UI Children's, IC
Bev Herman - UI Children's, IC
Kristin Hermanson- St. Luke's, CR
Whitney Hinrichs- Unity Point, DSM
Kelsey Hoepfner- UI Children's, IC
Denise Holida - UI Children's, IC
Cyndie Homewood- St. Luke's, CR
Teresa Horak, Covenant, Waterloo
-Tasia Llg- St. Luke's, CR
Shelley Jacobus- UI Children's, IC
Christina Johnson- St. Luke's, CR
Kristi Jones- Blank Children's, DSM
Pam Kalkhoff - UI Children's, IC
Julie Kennedy - Mercy, CR
Samantha Lawson- Blank Children's DSM
Lisa Loesch- St. Luke's, CR
Charity Mattes- Mercy, DSM

Elizabeth May- UI Children's, IC
Jan McGee - Blank Children's, DSM
Brittany Miller- UI Children's, IC
Jennifer Montgomery- St. Luke's, CR
LouAnn Montgomery - UI Children's, IC
Laura Neumann- Genesis Healthcare
Barb O'Rourke- Blank Children's, DSM
Laura Pabich-Blank Children's, DSM
Cassandra Palasiewicz- UI children's
Barb Pappas - Blank Children's, DSM
Cara Paris - UI Children's, IC
Chris Parker - Blank Children's, DSM
Kerianne Rice- UI Children's, IC
Chris Ries- UI Children's, IC
Laura Rizer- Mercy Children's, DSM
Shelley Rocca- Blank Children's, DSM
Cynthia Running- St. Luke's Sioux City
Gina Rottinghaus- Covenant, Waterloo
Melissa Schnackenberg- Covenant,
Waterloo
Dawn Schwartz- ChildServe, DSM
Debra Sheldon- Mercy, CR
Barb Smith - Blank Children's, DSM
Penny Smith- UI Children's, IC
Theresa Smith- UI Children's, IC
Emily Spellman- UI Children's, IC
Kayti Steffen- UI Children's, IC
Teresa Streeter- St. Luke's, Sioux City
Ruth Teesdale, UI Children's, IC
Alison Tesensky
Jessica Wallace
Kendra Walsh- UI Children's, IC
Erin Weber- UI Children's, IC
Jean Weber- St. Luke's, CR
Nicole Weinkauff- St. Luke's CR
Nancy Woestman- Blank Children's, DSM



Interested in
membership??

Visit the NANN website @
www.nann.org

IANN Business Meeting

Minutes

Location: ZOOM

The meeting was called to order at 6:33 pm by Emily Spellman.

Attendees: Emily Spellman, Kayti Steffen, Penny Smith, Becky Chuffo-Davila, Pam Kalkhoff, Erin Weber, Susan Berends, Denise Easley, Dawn Schwartz, Barb Smith, Amanda Hamilton (guest speaker)

Meeting donation site: UnityPoint Child Life Department, Blank Children's Hospital, Des Moines. Monetary donations can be mailed to Erin Weber, 5919 Muirfield Drive SW #4, Cedar Rapids, IA 52404; Venmo: Erin-weber-3.

Meeting Sponsors from Abbott

Nutrition: Melinda Crawford, MBA, RD, CNSC; Kelly Heckart, MS, RD, LD; Brooke Krog, RD, LD

Welcome & Introductions: Emily asked members and guests to introduce themselves.

Approval of meeting minutes from January 20, 2021: One correction was made to minutes. Becky provided her new address for educational scholarship applications: 1991 Olinger Drive, Coralville, IA 52241. Kayti Steffen motioned to approve minutes; 2nd by Pam Kalkhoff. Minutes approved.

Abbott Presentation: Update on current Abbott products: Similac[®] infant formulas with

HMO's/prebiotics, Similac[®] HMF HP CL, Similac[®] Probiotic Tri-Blend. Review of Similac[®] Strongmoms[®] Premature Nutrition Program. Upcoming CE opportunity sponsored by Abbott Nutrition: *Current Topics in Neonatal Care 2021 Webinar*, Thursday, May 20, 2021, 12:00-4:30 pm CT, pre-registration is required. Speakers: Sharon Groh-Wargo, PhD, RD; Terry S. Johnson, APN, NNP-BC, MN, CLEC. This program qualifies for 4 contact hours for nurses.

Good News & Recognitions: Emily reported that Penny and Becky will be speakers at the upcoming 46th Annual Iowa Conference on Perinatal Medicine, April 12-14, 2021.

Officer Reports-

President: Emily Spellman reported that she recently submitted our annual chapter report to NANN. IANN members can nominate their peers for a NANN award, deadline for nominations is Friday, April 16, 2021.

Vice President: Kayti Steffen had no report.

Secretary: Penny Smith had no report.

Treasurer: Becky Chuffo-Davila reported that the 2020 federal and state tax returns have been completed. Becky reported a beginning account balance of \$21,229.95 and ending balance of \$21,329.95 (March 31, 2021). Becky

sent a check to Erin Burns in the amount of \$100 for the April meeting charity, UPH Child Life Dept. at Blank Children's Hospital

Chair Reports-

Communications: Erin Weber will send a check to Barb Smith for the April meeting donation to the UPH Child Life Department.

Membership: Pam Kalkhoff reported current IANN membership of 83 members.

Committee Reports-

Advocacy, Perinatal Guidelines Committee: Pam reported for **Cyndie Homewood**. Iowa Guidelines for Perinatal Services 9th Edition revisions have been completed and the new guidelines will be published by the Iowa Department of Public Health soon.

Advocacy, OB Task Force: Barb Smith had no report.

Community Relations: No chairperson or committee currently. Emily reported that the annual March of Dimes Walk will be held virtually this year, *March for Babies: A Mother of a Movement*. IANN members can sign up to "walk" on the MOD website, <https://www.marchofdimes.org/>. MOD "walk" for eastern Iowa is scheduled for **May 15, 2021**.

Education: Denise Easley reported for the conference

planning committee. The 8th Annual Neonatal Care Conference: Matters of the Heart is scheduled for **July 21, 2021**, 8:45am-3:15pm. We currently have four vendors engaged: Abbott, Mallinckrodt, surfactant, Prolacta; vendor fee: \$400. Speakers have all been confirmed, three speakers from UIHC and two speakers sponsored by Prolacta. Denise shared the Save-the-Date card that was recently sent out which includes names of speakers and titles of presentations. Speakers will provide live presentations at this virtual conference. We do not plan to record the conference. Registration cost: \$40, late registration fee will be assessed automatically on the website. Denise reviewed the meeting agenda plan. Denise suggested that we reward the UIHC speakers with a \$100 gift card and the group agreed. Dawn Schwartz reported that the brochure will be ready soon. Emily will be responsible for submitting application for CEU's to UIHC. This will incur set-up charge of \$50, plus an additional charge of \$7 per attendee.

NICU Sharing: MercyOne West Des Moines- Amanda Hamilton, BSN, RNC-NIC shared a PPT presentation highlighting this new Level II NICU that opened in West Des Moines in December 2020.

Old Business:
-IANN website:
<https://iann.nursingnetwork.com>

- IANN will continue to support Ronald McDonald House dinners in December. Group agreed that in lieu of in-person IANN supported holiday meals at Ronald McDonald House this year, we will donate money for food as we did in December 2020. Becky will be responsible for making these donations.

New Business:

-NANN Awards nominations are due Friday, April 16, 2021. Website: <http://nann.org/about/awards>

-NANN Annual Conference: September 15-18, 2021, Denver, CO

Next IANN meeting scheduled for **July 12, 2021** via ZOOM. Donation site TBD, sponsor Mead Johnson. Barb Smith motioned to adjourn meeting; 2nd by Penny Smith. Meeting was adjourned at 7:20 pm.

Respectfully submitted,

Penny Smith, BSN, RNC-NIC

IANN Secretary

Conference Scholarships

Would you like assistance with travels to the NANN National Conference? Apply for a \$200 scholarship from IANN..

Need CEUs? Want to go to a different conference or get CEUS online? Apply for a maximum of \$100 scholarship from IANN

Successful grant recipients will:

1. Be a current member of NANN/IANN member.
2. Each individual will be required to share new knowledge with fellow IANN members through a short presentation at the net meeting and/or write an article for the IANN Newsletter about something of interest from the conference (a new product, and interesting talk, a person of interest, etc.)

***If you are delinquent in reporting your information, you will forfeit your right to request money for the next year. **

Please submit completed Application Form to:

Becky Davila

818 Jackson St

Tiffin, Iowa 52340

Name:

Address:

E-mail address:

Phone Number:

Conference Attending:

\$ Amount Requested

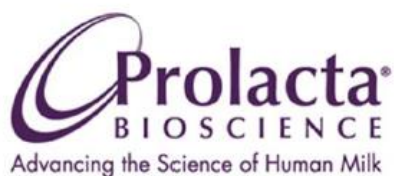
If I receive this education grant I agree to share learned information with the IANN membership within six (6) months.

Signature

Nurses will be granted 5.0 contact hours by University of Iowa Hospital and Clinics Department of Nursing, Iowa Board of Nursing Provider #34. Participants must attend the entire program to receive full credit. Questions concerning nursing credits should be directed to the Nursing Clinical Education Center at (319) 356-1238.

Thank you very much to all of our sponsors & vendors!

Sponsors:



Prolacta Bioscience Presenters:
Terry S. Johnson, APN, NNP-BC, ASPPS, MN
Jamie Strott, MSN, NNP-BC



**National
Association of
Neonatal
Nurses**

Iowa Chapter

8th Annual Neonatal Care Virtual Conference



Matters of the Heart

Wednesday, July 21, 2021



Conference Objectives:

Target Audience:

- ♥ Nurses, practitioners, and therapists who care for neonates.

Purpose:

- ♥ This conference is designed to provide a review of selected neonatal critical care issues.

Conference Objectives:

- ♥ Identify two congenital heart defects (CHD) that necessitate immediate surgical intervention.
- ♥ Discuss the impact of a prenatal CHD on families.
- ♥ Describe two interventions to support the use of maternal breast milk with the CHD infant.
- ♥ Review the management of optimal enteral feeding in the infant with CHD.
- ♥ Understand the physiologic impact of patent ductus arteriosus (PDA) on neonatal health.
- ♥ Review evidence from PDA treatment trials.
- ♥ Discuss the impact of an early targeted approach to PDA intervention.
- ♥ Evaluate the role of blood pressure in the assessment of cardiovascular stability in the NICU.
- ♥ Discuss the different options for vasoactive support depending on disease pathophysiology.
- ♥ Review hemodynamic impact of PDA on newborn infants.
- ♥ Discuss preparation and prerequisites for PDA device closure.
- ♥ Describe procedure steps for PDA device closure.
- ♥ Review care during and after the PDA device closure procedure.
- ♥ Identify possible complications and outcomes from PDA device closure.
- ♥ Describe symptoms from caregivers working with infants who have CHD.
- ♥ Define the concept of moral distress as experienced by caregivers of infants with CHD.
- ♥ Identify work-based intervention services for the nurse experiencing moral distress.

Conference Schedule:

- 8:45 **Welcome & Announcements**
Emily Spellman, IANN President
- 9:00 **The Microbiome & Optimum Nutrition for the Cardiac Baby**
Terry S. Johnson, APN, NNP-BC, ASPPS, MN
Jamie Strott, MSN, NNP-BC
- 10:00 **Break & Virtual Vendors**
- 10:15 **The Rational Approach to Patent Ductus Arteriosus**
Dr. Patrick J. McNamara, MB, BCH, BAO, DCH, MSc (Paeds), MRCP, MRCPCH
- 11:15 **Break & Virtual Vendors**
- 11:30 **Neonatal Hypotension – Science & Speculation**
Dr. Regan Giesinger, BSch, MD, FRCPC
- 12:30 **Lunch & Virtual Vendors**
- 1:00 **Transcatheter PDA Closure in Small Infants**
Dr. Bassel Mohammad Nijres, MD, MS, FAAP
- 2:00 **Break & Virtual Vendors**
- 2:15 **Moral Distress: It's Effect on Our Nursing Hearts**
Terry S. Johnson, APN, NNP-BC, ASPPS, MN
Jamie Strott, MSN, NNP-BC
- 3:15 **Final Announcements & Evaluations**



Registration Information:

Complete the form below and mail to:

Becky Chuffo Davila, Treasurer
1991 Ollinger Drive
Coralville, IA 52241

Check payable to:

Iowa Association of Neonatal Nurses (IANN)

Online card payment option (\$10 handling fee):

iann.nursingnetwork.com

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

NANN #: _____

Email: _____

~* Registration deadline: July 1, 2021 *~

Fees: NANN members: \$40
Non-NANN members: \$50

After July 1, 2021:

NANN members: \$50
Non-NANN members: \$60

Registration fee covers the cost of the program materials and awarding of continuing education credits. **All day attendance is required for credit.**

If you have questions, please contact:

Emily Spellman: emily-wilson@uiowa.edu
Becky Chuffo Davila: rebecca-chuffodavila@uiowa.edu

We reserve the right to cancel this program due to insufficient registration. If this occurs, we will attempt to reach you to provide a full refund. If you choose to cancel following registration, no refund will be provided after July 1, 2021.

If you plan to attend the meeting at Zeppelins on July 14 please send your order to janeenich@rb.com

ENTRÉES

Add a cup of soup or house salad | 4.25
Add Caesar salad | 5.25

CHICKEN MARSALA

Char-broiled chicken breast with marsala wine-mushroom sauce. Served with our buttermilk chive mashed potatoes & steamed broccolini | 19.95

CURRY BOWL

Crispy fried cauliflower, spinach & chickpeas in our spicy curry sauce. Served with naan bread & ginger coconut milk rice | 15.95

SMOKED BBQ PORK RIBS

House-smoked pork ribs with our traditional BBQ or raspberry BBQ sauce. Served with brown sugar-bacon baked beans and our buttermilk chive mashed potatoes

Full Rack 28.95 | Half Rack 18.95

FISH AND CHIPS

North Atlantic cod filet, fries, coleslaw & tartar sauce 17.95

ORANGE MISO SALMON*

Roasted salmon filet glazed with orange-miso & honey served with mushrooms, edamame, red onion, asparagus & ginger coconut milk rice | 23.95

BLACKENED CHICKEN ALFREDO

Linguini noodles, broccoli, tomatoes, basil, parmesan cream sauce & blackened chicken breast | 18.95

BACON WRAPPED FILET MIGNON 7 OZ*

Topped with mushrooms, roasted garlic cloves & caramelized onions in black peppercorn-demiglace with a side of buttermilk chive mashed potatoes 29.95

12 OZ NEW YORK STRIP*

Served buttermilk chive mashed potatoes and grilled asparagus. Topped with a black peppercorn-demiglace | 29.95

DESSERT

SKILLET COOKIE

Chocolate chip cookie topped with vanilla ice cream | 7.95

BLUEBERRY CRISP

Served with vanilla ice cream | 6.25



2 FOR 1 PREMIUM HAPPY HOUR

3:00pm-6:00pm Daily

Order any cocktail, beer or wine and get your second one free

No substitutions, shots or bottles of wine. Guest must be present. Please, no stacking. No 2 for 1 discount in dining area without purchase of one food item per person.

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness. *



5300 EDGEWOOD RD. NE
CEDAR RAPIDS, IA 52411

319-393-3047

ZEPPELINSR.COM

APPETIZERS

BOOM BOOM CAULIFLOWER

Crispy fried cauliflower flowerets tossed in Japanese style sweet & spicy yum yum sauce | 13.95

BIG BOWL OF BRUSSELS

Crispy brussels sprouts, roasted garlic cloves, Granny Smith apples, cashews, maple-cider-mustard vinaigrette | 11.95

CHEESE WONTONS

Monterey Jack & honey mustard | 10.95

SMOKED WINGS

Choice of sauce: Hindenburg, BBQ, raspberry BBQ, Thai peanut, or ATOMIC 2.0. Served with carrots, celery & Maytag blue cheese dressing | 14.95

OPAH HUMMUS

Topped with kalamata olives, feta cheese, pistachios, roasted garlic oil & basil with a side of naan | 11.95

FIRE ROASTED CORN QUESO

Creamy queso dip topped with fire roasted corn and served with tortilla chips | 10.95

LETTUCE WRAPS

Peanut sauce-chicken, cabbage, carrot, cucumber, herbs, peanut dukkha & sesame ginger sauce | 13.95

NINA'S NACHOS

Chicken, pico de gallo, Monterey jack & cheddar cheese. Served with house made salsa | 13.95
Fresh Guacamole - add 1.25 • Jalapeños - add .75

PARMESAN FRIES

Parmesan cheese, roasted garlic oil, basil & smoked onion ranch | 9.95

GYOZA DUMPLINGS

Crispy chicken & vegetable dumplings topped with sushi sauce, boom boom sauce & togarashi | 13.95

SANDWICHES

Choice of fries, coleslaw, cottage cheese, apple sauce.

Substitute parmesan fries, onion tanglers or maple sweet potato fries | 1.95

Add a cup of soup or house salad | 4.25

Add Caesar salad | 5.25

REUBEN ROYALE

Corned beef, sauerkraut, Swiss cheese & house sauce on marble rye bread | 13.95

BUTTERBALL TURKEY

Turkey breast, Granny Smith apples, applewood-smoked bacon, Havarti cheese & apple butter on marble rye bread | 12.95

YELLOWFIN TUNA SALAD

Golden raisins, pistachios, mixed greens, tomato, pickles & havarti on marble rye bread | 10.95

SALMON GYROS

Cherry tomatoes, mixed greens, red onions, feta cheese, basil & tzatziki sauce on naan bread | 13.95

BOOKMAKER*

Grilled chuck tender steak on ciabatta hoagie bun with sautéed onions, peppers, provolone cheese & smoked onion ranch | 15.95

THE CHARLEY

Shaved prime rib, crispy onion tanglers, cheddar cheese, horseradish sauce & a fried egg on ciabatta bread | 15.95

VOODOO CHICKEN

Char-broiled chicken breast, jalapeno, pickles, applewood-smoked bacon, smoked gouda cheese, crispy onion tanglers & sriracha mustard sauce on a pretzel bun provided by Great Harvest Bread Company | 13.95

SOUP

SOUP DU JOUR

Cup 4.95 / Bowl 6.95

BURGERS

ZEPPELIN BURGER*

½ pound Angus beef patty, applewood-smoked bacon, cheddar cheese, BBQ sauce & crispy onion tanglers on a brioche bun | 13.95

SMOKE HOUSE TURKEY BURGER

Turkey patty, raspberry BBQ sauce, Granny Smith apples, smoked gouda cheese & applewood-smoked bacon on a pretzel bun provided by Great Harvest Bread Company | 13.95

GUATEMALAN VEGGIE BURGER

Black bean burger patty with sautéed peppers, Swiss cheese, guacamole & crispy onion tanglers on a brioche bun | 11.95

SALADS

NAPA VALLEY SPINACH

Baby spinach, Granny Smith apples, cashews, red onions, applewood-smoked bacon, craisins, hard-boiled eggs, blue cheese crumbles & maple vinaigrette | 10.95

MEDITERRANEAN CHICKEN

Mixed greens, chicken breast, cherry tomatoes, red onions, cucumbers, kalamata olives, feta cheese, pistachios & herbs with Greek Feta vinaigrette | 13.95

BEN POW

Chicken breast, mixed greens, carrots, cabbage, cucumbers, ramen noodles, peanut dukkha, fresh herbs, three cheese wontons with Thai peanut dressing & honey mustard | 13.95

COBB

Romaine, chicken breast, Maytag blue cheese crumbles, hard-boiled eggs, red onions, heirloom cherry tomatoes, applewood-smoked bacon, cucumbers & smoked onion ranch dressing | 14.95

TERIYAKI SALMON

Mixed greens with teriyaki glazed salmon filet, cucumbers, cabbage, onions, edamame, herbs, chow mein noodles, cashews & sesame ginger vinaigrette | 17.95

SANTE FE STEAK*

Blackened chuck tender over mixed greens, pico de gallo, shredded cheese, cashews, tortilla strips, herbs, basil lime vinaigrette & chipotle ranch | 15.95