

# Seasons 52 Menu with Prices

2026 USA - Full Price List with Calories, Mini Indulgences, Lunch, Brunch and Happy Hour - Updated September 2026

Small plates **\$9.95-\$18.95**, flatbreads **\$12.95-\$17.95**, entree salads **\$13.95-\$21.95**, seafood **\$27.95-\$45.95**, steaks **\$32.95-\$57.95**. Every dinner entree is **595 calories or fewer** - the Seasons 52 nutrition standard since 2003. Menu rotates each season; core items are constant. Pricing varies 10-15% by market.

## Starters & Small Plates

| Item                                   | Price   | Calories |
|----------------------------------------|---------|----------|
| Ahi Tuna Tartare                       | \$16.95 | 340      |
| Grilled Steak Skewers with Chimichurri | \$17.95 | 350      |
| Cedar-Roasted Blue Prawns              | \$18.95 | 290      |
| Roasted Garlic Prawns                  | \$16.95 | 310      |
| Warm Crab-Stuffed Mushrooms            | \$13.95 | 390      |
| Cedar Plank Roasted Mussels            | \$14.95 | 280      |
| Spinach & Artichoke Dip                | \$12.95 | 440      |
| Hummus with Grilled Flatbread          | \$9.95  | 380      |
| Wood-Grilled Wild Shrimp Cocktail      | \$16.95 | 160      |

## Wood-Fired Flatbreads

| Flatbread                     | Price   | Calories |
|-------------------------------|---------|----------|
| Margherita                    | \$12.95 | 550      |
| Artichoke & Goat Cheese       | \$13.95 | 560      |
| Vegetable Flatbread           | \$13.95 | 510      |
| Roasted Mushroom & Truffle    | \$14.95 | 590      |
| Spicy Chicken Chorizo         | \$14.95 | 680      |
| Prosciutto, Fig & Goat Cheese | \$15.95 | 620      |
| Grilled Steak & Blue Cheese   | \$16.95 | 680      |
| Lobster Flatbread (seasonal)  | \$17.95 | 640      |

## Salads & Soups

| Item                      | Price   | Calories |
|---------------------------|---------|----------|
| Roasted Tomato Soup (cup) | \$6.95  | 180      |
| Field Greens Salad        | \$8.95  | 160      |
| Chopped Salad             | \$9.95  | 290      |
| Caesar Salad              | \$8.95  | 280      |
| Insalata Caprese          | \$13.95 | 340      |

| Item                        | Price   | Calories |
|-----------------------------|---------|----------|
| Chicken Chopped Salad       | \$15.95 | 420      |
| Grilled Shrimp Caesar Salad | \$18.95 | 430      |
| Ahi Tuna & Wild Rice Salad  | \$19.95 | 450      |
| Cedar Plank Salmon Salad    | \$21.95 | 480      |
| Wood-Grilled Steak Salad    | \$21.95 | 520      |

## Seafood Entrees

| Item                            | Price   | Calories |
|---------------------------------|---------|----------|
| Blackened Rainbow Trout         | \$27.95 | 440      |
| Wood-Grilled Salmon             | \$28.95 | 450      |
| Shrimp & Andouille              | \$28.95 | 490      |
| Wood-Grilled Wild Shrimp        | \$29.95 | 400      |
| Cedar Plank Salmon              | \$29.95 | 475      |
| Wood-Grilled Sesame Ahi Tuna    | \$32.95 | 460      |
| Cioppino                        | \$34.95 | 520      |
| Diver Sea Scallops              | \$36.95 | 440      |
| Wood-Grilled Halibut (seasonal) | \$39.95 | 470      |
| Miso-Glazed Sea Bass            | \$41.95 | 510      |
| Chilean Sea Bass                | \$45.95 | 520      |

## Steaks

| Steak                       | Price   | Calories |
|-----------------------------|---------|----------|
| Steak Frites (bistro cut)   | \$28.95 | 490      |
| 10 oz Wood-Grilled Sirloin  | \$32.95 | 380      |
| 6 oz Filet Mignon           | \$37.95 | 420      |
| 12 oz Wood-Grilled NY Strip | \$44.95 | 450      |
| Ribeye Cap                  | \$49.95 | 510      |
| 10 oz Filet Mignon          | \$52.95 | 520      |
| 16 oz Bone-in Ribeye        | \$52.95 | 540      |
| 12 oz Filet Mignon (select) | \$57.95 | 595      |

## Chicken & Vegetarian

| Item                                 | Price   | Calories |
|--------------------------------------|---------|----------|
| Wood-Grilled Chicken with Vegetables | \$21.95 | 420      |
| Wood-Grilled Chicken Breast          | \$22.95 | 440      |

| Item                              | Price   | Calories |
|-----------------------------------|---------|----------|
| Rotisserie-Style Chicken          | \$23.95 | 450      |
| Grilled Chicken Piccata           | \$24.95 | 460      |
| Chicken Marsala                   | \$26.95 | 470      |
| Roasted Vegetable Plate (vegan)   | \$18.95 | 370      |
| Vegetable Flatbread (full)        | \$18.95 | 510      |
| Grain Bowl (vegan)                | \$19.95 | 420      |
| Wild Mushroom Ravioli             | \$21.95 | 520      |
| Beyond Meat Bolognese (vegan LTO) | \$21.95 | 480      |
| Roasted Cauliflower Steak (vegan) | \$22.95 | 390      |

## Sides (\$5.95-\$8.95, under 300 cal)

| Side                          | Price  | Calories |
|-------------------------------|--------|----------|
| Whipped Cauliflower           | \$5.95 | 130      |
| Wild Rice Blend               | \$5.95 | 190      |
| Yukon Gold Mashed Potatoes    | \$6.95 | 210      |
| Sweet Potato Fries            | \$6.95 | 280      |
| Roasted Mushrooms & Onions    | \$6.95 | 160      |
| Truffle Mashed Potatoes       | \$7.95 | 230      |
| Grilled Asparagus             | \$7.95 | 120      |
| Wild Field Mushrooms          | \$7.95 | 180      |
| Roasted Brussels Sprouts      | \$7.95 | 200      |
| Charred Broccolini            | \$7.95 | 160      |
| Wood-Grilled Vegetable Medley | \$8.95 | 170      |

## Mini Indulgences (\$3.25 each, under 300 cal)

| Mini Indulgence                  | Price  | Calories |
|----------------------------------|--------|----------|
| Belgian Chocolate S'mores        | \$3.25 | 290      |
| Meyer Lemon Cream                | \$3.25 | 280      |
| Mocha Espresso                   | \$3.25 | 230      |
| Key Lime Pie                     | \$3.25 | 280      |
| Chocolate Peanut Butter Torte    | \$3.25 | 290      |
| Pecan Pie with Vanilla Mousse    | \$3.25 | 290      |
| Carrot Cake                      | \$3.25 | 270      |
| Cheesecake with Fresh Berries    | \$3.25 | 270      |
| Raspberry Chocolate Chip Cannoli | \$3.25 | 260      |

| Mini Indulgence        | Price  | Calories |
|------------------------|--------|----------|
| Pumpkin Pie (fall LTO) | \$3.25 | 280      |

## Lunch (weekdays 11am-3pm)

| Item                            | Price   | Calories |
|---------------------------------|---------|----------|
| Turkey Club Wrap                | \$13.95 | 470      |
| Grain Bowl (lunch size)         | \$13.95 | 380      |
| Wood-Grilled Chicken Wrap       | \$14.95 | 460      |
| Flatbread + Cup of Soup Combo   | \$14.95 | 580      |
| Flatbread + Half Salad Combo    | \$14.95 | 540      |
| Ahi Tuna Tacos (2)              | \$16.95 | 420      |
| Roasted Chicken Piccata (lunch) | \$16.95 | 390      |
| Grilled Salmon Sandwich         | \$17.95 | 510      |
| Wood-Grilled Steak Sandwich     | \$18.95 | 530      |
| Cedar Plank Salmon (lunch)      | \$19.95 | 410      |

## Brunch (Sundays 10am-2pm)

| Item                            | Price   | Calories |
|---------------------------------|---------|----------|
| Blueberry Pancakes              | \$13.95 | 490      |
| Avocado Toast with Poached Eggs | \$14.95 | 410      |
| Seasonal Vegetable Frittata     | \$15.95 | 420      |
| Chilaquiles Verdes              | \$16.95 | 490      |
| Brunch Burger                   | \$17.95 | 590      |
| Chicken & Belgian Waffles       | \$18.95 | 560      |
| Wood-Grilled Salmon & Eggs      | \$21.95 | 480      |
| Steak & Eggs (6 oz sirloin)     | \$22.95 | 520      |
| Bloody Mary                     | \$12    | -        |
| Mimosa (glass)                  | \$8     | -        |
| Bottomless Brunch (90 min)      | \$18    | -        |

## Happy Hour (Mon-Fri 4-6:30pm, bar only)

| Item                | Regular         | Happy Hour |
|---------------------|-----------------|------------|
| Wine by the glass   | \$8-\$22        | \$6-\$12   |
| Signature cocktails | \$13-\$16       | \$8-\$10   |
| Draft beer          | \$6-\$9         | \$4-\$6    |
| Any flatbread       | \$12.95-\$17.95 | \$9 flat   |

| Item                    | Regular | Happy Hour |
|-------------------------|---------|------------|
| Ahi Tuna Tartare        | \$16.95 | \$11       |
| Roasted Prawns          | \$16.95 | \$11       |
| Spinach & Artichoke Dip | \$12.95 | \$8        |

**Disclaimer:** Prices are estimated U.S. averages for September 2026. Seasons 52 rotates about a third of its menu each season, so specific dishes at your local restaurant may vary. Pricing also varies 10-15% by market. Full guide with FAQs, catering, private dining and wine list at [usmenuprices.us/seasons-52-menu](https://usmenuprices.us/seasons-52-menu).