

RED WINES

6 oz. 150 cal | 9 oz. 220 cal | Bottle 630 cal

NEW WORLD

Cabernet Sauvignon

		6 oz.	9 oz.	Bottle
Duckhorn, "Decoy"	<i>Sonoma</i>	14	21	56
J. Lohr, "Seven Oaks"	<i>Paso Robles</i>	12	18	48
Louis M. Martini	<i>California</i>	11.5	17	46
Hogue Cellars	<i>Washington</i>	10.5	15.5	42
Hess, "Shirtail Ranches"	<i>North Coast</i>	15.5	23	60

Merlot

14 Hands	<i>Washington</i>	10	15	38
Swanson	<i>Napa Valley</i>	14.5	22	56
Tangley Oaks	<i>Napa Valley</i>	12	18	46

Pinot Noir

Estancia	<i>Monterey</i>	11	16.5	44
Meiomi	<i>California</i>	14	21	56
Elouan	<i>Oregon</i>	12.5	18.5	48

Other Reds

Red Blend, Apothic	<i>California</i>	9.5	14	38
Red Blend, Conundrum	<i>California</i>	13	19.5	54 (liter)
Zinfandel, Cline, "Ancient Vines"	<i>California</i>	12.5	18.5	50
Malbec, Terrazas de los Andes	<i>Mendoza</i>	11	16.5	42

OLD WORLD

Italian

Barbera, Marchesi di Barolo, "Maraia," DOC	<i>Piedmont</i>	10.5	15.5	42
Chianti, Castello di Gabbiano, DOCG	<i>Tuscany</i>	10	15	38
Chianti Classico, Ruffino, "Aziano", DOCG	<i>Tuscany</i>	13	19.5	51
Super Tuscan, Villa Antinori, IGT	<i>Tuscany</i>	14.5	22	56
Lambrusco, Cavicchioli Dolce, IGT	<i>Emilia-Romagna</i>	9.5	14	36

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Additional nutrition information available upon request.