



### Salad Nutritional Information - 2017

Salad nutritional do not include dressing. Please see dressings below.

<b>MEDIUM SALADS</b>	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Salmon Avocado	592	52	11	0	30	1,408	16	2	8	12
Cobb Avocado	773	61	18	0	326	1,334	17	6	6	39
Santa Fe	396	18	9	0	88	1,020	18	3	5	33
Chick Caesar	242	7	4	0	76	429	4	1	3	33
Mediterranean	486	17	6	0	91	762	41	10	10	41
Chicken Beneficial	829	53	12	0	100	969	46	6	34	48
Chef	348	15	7	0	288	1,308	15	1	10	33
Garden Avocado	432	32	9	0	234	309	19	9	6	18
Cran-Almond	647	43	5	0	77	337	42	6	27	22

Salad nutritional do not include dressing. Please see dressings below.

<b>LARGE SALADS</b>	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Salmon Avocado	608	52	11	0	30	1,432	17	3	8	13
Cobb Avocado	782	61	18	0	326	1,334	17	6	6	39
Santa Fe	404	18	9	0	88	1,020	18	3	5	33
Chick Caesar	250	7	4	0	76	429	4	1	3	33
Mediterranean	501	17	6	0	91	786	42	11	10	42
Chicken Beneficial	844	53	12	0	100	993	47	7	34	49
Chef	357	15	7	0	288	1,308	15	1	10	33
Garden Avocado	440	32	9	0	234	309	19	9	6	18
Cran-Almond	655	43	5	0	77	337	42	6	27	22

Dressing portion = 1.6 oz

<b>DRESSINGS</b>	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Fat Free Citrus	33	0	0	0	0	202	6	0	5	0
Fat Free Strawberry	73	0	0	0	2	29	17	1	14	2
Sun Dried Tomato Pesto	96	8	8	0	0	560	6	0	5	0
Santa Fe	118	12	2	0	11	364	3	1	2	0
Balsamic Vinaigrette	169	17	2	0	0	776	4	0	3	0
French	189	18	2	0	0	129	10	0	10	0
Poppyseed	191	16	2	0	9	158	13	0	12	0
Blue Cheese	202	20	5	0	27	306	3	0	1	3
Caesar	208	21	4	0	16	608	3	0	2	3
Buttermilk Ranch	220	24	3	0	22	248	3	0	1	1
Extra Virgin Olive	397	45	6	0	0	0	0	0	0	0