

Item Name	Unit	Calories (Kcal)	Fat (g)	Saturated fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Low Fat	Fat Free	Soy	Egg	Dairy	Peanut	Shellfish	Tree Nut	Wheat	Fish	Gluten
Asian Chicken Salad, LG	Serving	631	173	19.2	2.7	0.0	8	2682	91	12.1	43	21	1350	682	128	6	1754	x	x		x		X	X			X
Asian Chicken Salad, SM	Serving	377	95	10.6	1.7	0.0	5	1502	56	7.0	24	13	8975	342	78	4	811	x	x		x		X	X			X
Asian Salmon Salad	Serving	858	275	30.5	5.3	0.0	110	2255	84	10.7	40	52	1380	19	118	5	1716	x	x		x		X	X	X		X
BBQ Chicken Salad, LG	Serving	720	180	19.9	11.4	0.0	66	1447	112	5.5	73	23	1508	63	258	3	180	x	x	x				X			X
BBQ Chicken Salad, SM	Serving	410	98	10.9	6.0	0.0	34	777	65	3.7	39	13	9776	33	143	2	102	x	x	x				X			X
Cheese Burger Salad, LG	Serving	1231	663	73.6	24.1	0.0	198	2858	70	9.5	18	67	2809	86	93	4	937	x		x				X			X
Cheese Burger Salad, SM	Serving	835	442	49.1	19.2	0.0	137	2807	60	6.3	31	43	1023	18	363	3	493	x		x				X			X
Chicken Cashew Salad, LG	Serving	505	248	27.5	9.6	0.0	217	1253	42	9.9	15	22	1381	8	279	5	121		x	x			X				
Chicken Cashew Salad, SM	Serving	351	154	17.1	5.8	0.0	203	781	33	6.0	11	16	9163	6	165	4	83		x	x			X				
Chopped Dinner Salad	Serving	297	136	15.1	7.3	0.0	122	456	26	2.7	7	14	6669	7	237	2	99		x	x				X			X
Cobb Salad, LG	Serving	569	313	34.8	17.6	0.0	265	2104	33	5.1	11	32	1486	12	425	4	181		x	x							
Cobb Salad, SM	Serving	399	203	22.5	11.1	0.0	145	1248	29	3.7	9	21	9855	9	275	3	130		x	x							
Dinner Salad	Serving	127	29	3.3	0.9	0.0	0	197	20	1.1	4	4	212	3	13	1	33							X			X
Grilled Chicken Salad, LG	Serving	273	105	11.7	6.8	0.0	31	959	29	3.3	8	13	9209	6	146	2	84			x				X			X
Grilled Chicken Salad, SM	Serving	438	205	22.7	14.1	0.0	63	1233	35	4.4	10	23	1387	8	261	3	122			x				X			X
Key West Salad LG	Serving	788	314	34.9	11.1	0.0	43	455	107	9.2	66	11	749	68	115	3	1482	x	x	x			X	X	X		X
Key West Salad SM	Serving	466	171	19.0	6.0	0.0	22	324	66	5.4	36	7	448	43	67	2	777	x	x	x			X	X	X		X
Popcorn Chicken Salad, LG	Serving	1016	300	33.3	10.8	0.0	86	3396	158	4.1	125	29	1514	7	209	2	194						X	X			X
Popcorn Chicken Salad, SM	Serving	409	219	24.4	9.1	0.0	66	1323	26	2.7	4	21	9711	4	184	1	82						X	X			X
Santa Fe Salad, LG	Serving	923	333	37.0	11.6	0.0	46	2496	120	15.3	15	33	1690	80	586	9	818	x		x			X		X		
Santa Fe Salad, SM	Serving	764	232	25.8	8.1	0.0	31	1853	109	10.0	11	27	1080	42	449	8	437	x		x			X		X		
Spinach Salad, LG	Serving	260	68	7.6	2.0	0.0	186	438	34	6.5	9	16	1611	57	216	6	1250		x								
Spinach Salad, SM	Serving	227	65	7.2	1.9	0.0	186	390	28	4.4	7	14	1077	37	151	5	791		x	x							X
Steak Salad, w/Sirloin, LG	Serving	972	520	57.8	19.6	0.0	310	1389	58	8.4	9	53	1461	20	843	7	923			x			X	X			X
Steak Salad w/Sirloin, SM	Serving	542	292	32.4	11.2	0.0	252	920	31	4.7	6	31	9521	11	441	4	472		x	x							X
Strawberry Walnut Salad, LG	Serving	795	483	53.7	14.5	0.0	26	1295	71	3.5	48	11	162	43	59	1	113			x			X	X			X
Strawberry Walnut Salad, SM	Serving	720	447	49.7	11.9	0.0	18	696	64	2.7	43	8	122	32	44	1	82	x	x	x			X	X			X
Supreme Chicken Salad, LG	Serving	757	552	61.4	16.4	0.0	76	1174	29	3.1	8	20	277	6	40	1	191	x	x	x			X	X			X
Supreme Chicken Salad, SM	Serving	436	285	31.7	8.4	0.0	38	675	25	2.1	6	12	214	5	26	1	115	x		x				X			X

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**generic salad dressing** 3 souffle 122.25 10.888 1.975 0 9.625 166.875 5.25 0.0125 4.875 0.375 6.625 0 0 0 0.75 0

All percentages represent US Reference Daily Intakes (RDI) for a 2000 Calories/day diet.

Fat Free is defined as having less than .5 grams of fat per serving. Low Fat is between .5 and 3 grams of fat per serving.

**NUTRITIONAL INFORMATION**

Nutritional information and values provided are estimates only. The nutritional values we provide are derived using an industry standard database but do not account for natural variability that occurs with our ingredients, variations that occur due to the hand-prepared nature of each item or variations that may occur due to substitutions that our guests request. Please understand that the Company makes no representation or warranty regarding the information regarding the nutritional information provided.