

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)	Added Sug (g)	Vit D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Soy	Egg	Dairy	Peanut	Shellfish	Tree Nut	Wheat	Fish	Gluten
Asian Chicken Salad	Serving	539	14.6	2.2	0.0	75	2006	60	8.3	28	39	0	0	115	5	1286	x		x		X	X			X
Asian Salmon Salad	Serving	784	28.9	5.0	0.0	110	2278	71	9.0	36	52	0	0	154	5	1286	x		x		X	X	X		X
BBQ Chicken Salad	Serving	554	14.3	6.2	0.0	106	1206	67	4.2	40	38	0	0	260	3	129	x	x				X			X
Chicken Cashew Salad	Serving	532	23.0	6.8	0.0	273	1045	37	8.0	13	42	0	0	174	5	126		x			X				
Chopped Dinner Salad	Serving	175	11.9	6.4	0.0	121	262	7	1.8	4	11	0	0	228	1	108		x				X			X
Cobb Salad	Serving	622	32.5	11.7	0.0	303	1331	35	7.1	11	48	0	0	276	4	414		x							
Dinner Salad	Serving	135	3.3	1.5	0.0	7	208	22	1.2	4	4	0	0	14	1	33						X			X
Fresh Apple Blueberry Salad	Serving	241	12.2	4.2	0.0	19	379	24	1.8	7	9	0	0	29	1	42					X	X			X
Grilled Chicken Salad	Serving	424	15.4	7.8	0.0	103	861	32	3.9	9	37	0	0	157	3	127			x			X			X
Key West Salad	Serving	383	13.6	3.8	0.0	11	310	55	9.4	26	10	0	0	73	4	1337	x	x			X	X	X		X
Jumbo Popcorn Chicken Salad	Serving	499	29.8	9.5	0.0	79	1354	33	2.8	5	25	0	0	238	2	124					X	X			X
Santa Fe Salad	Serving	629	23.7	7.6	0.0	98	1596	64	8.7	9	42	0	0	362	6	437			x		X		X		
Steak Salad	Serving	584	34.8	11.7	0.0	260	942	33	5.2	7	34	0	0	614	5	499		x	x						X
Strawberry Walnut Salad	Serving	541	21.4	7.7	0.0	98	1030	50	6.2	24	37	0	0	103	3	209	x	x			X	X			X
Supreme Chicken Salad	Serving	693	54.3	11.6	0.0	59	1015	36	5.6	13	15	0	0	86	3	269	x		x			X			X

**generic salad dressing** 3 souffle 122.25 10.89 1.975 0 9.625 166.88 5.25 0.013 4.875 0.375 6.625 0 0 0 0.75

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.