

Item Name	Unit	Calories (Kcal)	Fat (g)	Saturated fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Added Sug (g)	Vit D (mcg)	Protein (g)	Calcium (mg)	Iron (mg)	Potassium (mg)	Soy	Egg	Dairy	Peanut	Shellfish	Tree Nut	Wheat	Fish	Gluten	
Asian Chicken Salad	Serving	540	15.0	2.5	0.0	75	2010	60	8.0	28	0	0	39	115	5	1286	x		x		x	x			x	
Asian Salmon Salad	Serving	780	29.0	5.0	0.0	110	2280	71	9.0	36	0	0	52	155	5	1286	x		x		x	x	x		x	
BBQ Chicken Salad	Serving	550	14.0	6.0	0.0	105	1210	67	4.0	40	0	0	38	260	3	129	x	x				x			x	
Chicken Cashew Salad	Serving	560	26.0	8.0	0.0	275	1080	37	8.0	13	0	0	42	175	5	126		x	x		x					
Chopped Dinner Salad	Serving	270	13.0	6.0	0.0	115	410	26	3.0	7	0	0	11	139	2	101		x	x				x		x	
Cobb Salad	Serving	620	33.0	12.0	0.0	305	1330	35	7.0	11	0	0	48	276	4	414		x	x							
Dinner Salad	Serving	160	6.0	2.5	0.0	5	250	22	1.0	4	0	0	4	15	1	34							x		x	
Fresh Apple Blueberry Salad	Serving	260	15.0	5.0	0.0	20	420	24	2.0	7	0	0	9	29	1	42					x	x			x	
Grilled Chicken Salad	Serving	450	18.0	9.0	0.0	105	900	32	4.0	9	0	0	37	157	3	128			x				x		x	
Jumbo Popcorn Chicken	Serving	500	30.0	9.0	0.0	80	1350	33	3.0	5	0	0	25	238	2	124	x	x			x	x	x		x	
Key West Salad	Serving	380	14.0	4.0	0.0	10	310	55	9.0	26	0	0	10	74	4	1339					x	x			x	
Santa Fe Salad	Serving	630	24.0	8.0	0.0	100	1600	64	9.0	9	0	0	42	362	6	437	x		x		x		x			
Steak Salad	Serving	580	35.0	12.0	0.0	260	940	33	5.0	7	0	0	34	614	5	499		x	x						x	
Strawberry Walnut Salad	Serving	560	24.0	9.0	0.0	100	1070	50	6.0	24	0	0	37	105	3	210	x	x	x		x	x			x	
Strawberry Walnut Salad Veg.	Serving	460	22.0	9.0	0.0	30	500	54	7.0	26	0	0	13	110	3	254	x	x	x		x	x			x	
Supreme Chicken Salad	Serving	720	57.0	12.0	0.0	60	1050	36	6.0	13	0	0	15	86	3	269	x		x			x			x	

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