

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	Sesame
Asian Chicken Salad	Serving	544	26.4	4.0	0.0	71	2050	40	7.0	28	0	0	35	109	4	1275	x		x		X	X		X	x	
Asian Salmon Salad	Serving	789	40.7	6.7	0.0	105	2322	51	7.7	36	0	0	48	149	5	1274	x		x		X	X	X	X	x	
Chicken Cashew Salad	Serving	550	23.0	7.0	0.0	270	913	17	7.0	9	0	0	38	166	4	149	x	x			X					
Chopped Dinner Salad	Serving	156	11.0	5.0	0.0	111	244	7	1.5	3	0	0	8	132	1	99	x	x				X		X		
Cobb Salad	Serving	515	32.7	12.0	0.0	292	1135	15	6.0	6	0	0	42	266	3	402	x	x								
Grilled Chicken Salad	Serving	334	16.0	8.0	0.0	100	729	12	3.0	5	0	0	34	150	2	150		x				X		X		
Jumbo Popcorn Chicken Salad	Serving	440	21.5	8.0	0.0	80	1143	31	4.0	5	0	0	33	241	3	149	x	x				X		X		
Key West Salad	Serving	482	23.0	8.0	0.0	29	262	61	8.0	42	0	0	7	99	3	1365		x			X	X		X		
Santa Fe Salad	Serving	487	20.0	7.0	0.0	101	1378	40	8.0	7	0	0	39	300	4	461		x				X		X		
Grilled Steak Salad	Serving	525	77.0	9.0	0.0	265	1106	32	5.0	6	0	0	37	614	5	489	x	x								
Strawberry Walnut Salad	Serving	449	22.0	7.8	0.0	95	898	30	5.0	20	0	0	33	95	3	198	x	x				X		X		
Spinach Salad	Serving	287	22.0	8.4	0.0	37	501	13	1.7	8	0	0	11	28	1	89	x	x				X		X		
Chicken Supreme Salad	Serving	644	50.0	11.2	0.0	101	1092	18	4.7	10	0	0	28	75	2	290	x	x			X					

***Salads listed without salad dressings**

generic salad dressing	3 souffle	122.25	10.888	1.975	0	9.625	166.88	5.25	0.0125	4.875	6.625	0	0.375	0	0	0.75											
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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.