

Nutritional Information - Salads



Menu Item	Serving Size	Calories	Nutritional Information										Allergens										Additional info					
			Cals from fat	Carbohydrates (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Vegetarian	Vegan	Gluten Free	Egg	Dairy	Soy	Tree Nuts	Peanuts	Fish	Shellfish						
Antipasto Salad	1 salad	369	259	8	19	8	0	33	752	2	6	12			X		X											
Caesar Salad - side	1 salad	192	137	3	15	4	0	17	480	2	2	6					X							X			Contains: Anchovies	
Feta, Tomato and Black Bean Salad	1 salad	223	101	17	11	5	0	25	543	7	9	10	X		X		X											
Garden Salad	1 salad	36	1	2	0	0	0	0	15	3	3	3	X	X	X												X1	
Greek Salad	1 salad	421	182	3	20	4	0	156	543	2	2	48																
Grilled Chicken Caesar Salad	1 salad	421	182	3	20	4	0	156	543	2	2	48							X					X			Contains: Anchovies	
Grilled Chicken Garden Salad	1 salad	264	47	2	5	0	0	137	85	3	3	43			X												X1	
Mediterranean Farro Salad - boxed salad	1 boxed salad	670	82	122	10	2	0	0	232	16	5	27	X	X														
Mediterranean Farro Salad - side salad	1 side salad	630	80	119	10	2	0	0	221	13	2	24	X	X														
Mediterranean Quinoa Salad	1 cup	208	117	19	14	2	0	0	134	3	2	4	X	X	X													
Orange Raspberry and Almond Salad	1 salad	368	238	25	25	3	80	0	270	9	17	9	X	X	X													
Roasted Sweet Potato Salad - side	7 oz portion	212	41	43	5	1	0	0	111	7	12	5	X	X	X												Contains: Pumpkin seeds	
South American Rice & Beans Salad - boxed salad	1 boxed salad	321	93	47	11	2	0	0	442	7	12	9	X	X	X													
South American Rice & Beans Salad - side salad	1 side salad	158	10	33	2	1	0	0	52	2	2	5	X	X	X													
Spinach Salad	1 salad	313	233	10	26	6	0	197	495	2	5	12			X	X	X	X										
Tomtato Cucumber Salad	6 oz portion	62	32	6	4	1	0	0	176	2	4	1	X	X	X													

X1

Nutrition facts for these salads are calculated without dressing. Assorted dressings are included separately.

DISCLAIMER

Nutritional information is based on standard recipes and uses the latest nutritional data available from the USDA as well as nutritional data provided by food manufacturers about their products. Variations may occur due to product availability and food preparation. If you have a food allergy, please note that many of our menu items may potentially come in contact with other allergens. This site is not a substitute for the services of a trained health professional.