

Salad



Menu Item	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Protein (g)
Beans, Garbanzo	1 oz	35	0	0	85	6	1	1
Broccoli, Florets	1 oz	10	0	0	10	2	< 1	< 1
Carrots, Shredded	1 oz	10	0	0	20	3	< 1	0
Cauliflower, Florets	1 oz	5	0	0	10	1	< 1	< 1
Cheese, Cheddar, Shredded	1 oz	110	9	6	180	0	0	7
Cottage Cheese, Lowfat, 2%	1 oz	25	0.5	0	95	1	0	3
Cranberries, Dried	1 oz	90	0	0	0	23	2	0
Croutons, Seasoned	1 oz	120	3.5	0	420	19	< 1	3
Egg, Hard Cooked, Chopped	1 oz	45	3	1	35	0	0	4
Grilled Chicken Breast	1 oz	60	2	0	60	0	0	8
Ham, Diced	1 oz	35	1.5	0.5	330	0	0	5
Lettuce, Iceberg, Chopped	2 oz	10	0	0	5	2	< 1	< 1
Lettuce, Romaine, Chopped	2 oz	10	0	0	0	2	1	< 1
Lettuce, Spring Mix	2 oz	5	0	0	0	1	< 1	< 1
Mushrooms, Fresh, Sliced	1 oz	5	0	0	0	< 1	0	< 1
Olives, Black, Pitted	1 oz	35	3	0	250	2	< 1	0
Onions, Red, Fresh, Diced	1 oz	10	0	0	0	3	0	0
Peppers, Green Bell, Sliced	1 oz	5	0	0	0	1	0	0
Raisins	1 oz	80	0	0	0	22	1	< 1
Sunflower Seeds, Roasted	1 oz	160	14	1.5	0	7	3	5
Tomatoes, Diced	1 oz	5	0	0	0	1	0	0
Tuna, Light Water Packed	1 oz	35	0	0	95	0	0	7
Turkey Breast	1 oz	30	1.5	0	260	< 1	0	4
Dressing, Balsamic Vinaigrette	2 oz	110	9	1.5	500	6	0	0
Dressing, Blue Cheese	2 oz	250	24	5	320	4	0	2
Dressing, Caesar, Creamy	2 oz	170	17	3	560	3	0	2
Dressing, Honey Mustard	2 oz	170	10	1.5	530	19	0	0
Dressing, Italian, Golden	2 oz	170	16	2.5	600	5	< 1	0
Dressing, Ranch	2 oz	150	14	2.5	500	3	0	0
Dressing, Ranch, Light	2 oz	120	10	1.5	510	8	0	< 1
Oil, Olive Canola Blend	1 oz	260	28	3	0	0	0	0
Vinegar, Balsamic	1 oz	5	0	0	0	0	0	0
Vinegar, Red Wine	1 oz	5	0	0	0	0	0	0

We attempt to provide nutrition information that is as complete as possible. The nutritional values are based on standard product formulations and data from our suppliers. Variations may occur due to the use of regional suppliers, seasonal influences, differences in product preparation at the restaurant level, recipe revisions, and other factors. This information is always subject to change and will be updated periodically.

A "-" dash indicates that there is no value currently available for the nutrient.

A "+" plus indicates the value has been calculated from available data, but some are missing.

