

salad bar

Menu Item	Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
spring mix	1 cup	5	0	0	0	0	0	1	-	-	-	-
romaine	1 cup	10	0	0	0	0	0	2	-	-	-	-
iceberg	1 cup	10	0	0	0	0	5	2	-	1	-	-
spinach	1 cup	5	0	0	0	0	25	1	-	0	-	-
grape tomatoes	1/4 cup	5	0	0	0	0	0	1	0	-	0	0
cucumber	1/4 cup	0	0	0	0	0	0	-	0	0	0	0
grated carrots	1/4 cup	10	0	0	0	0	20	3	-	1	0	0
red onions	1/4 cup	10	0	0	0	0	0	3	0	1	0	0
broccoli	1/4 cup	5	0	0	0	0	5	1	0	0	-	-
cauliflower	1/4 cup	10	0	0	0	0	10	2	-	-	-	-
marinated mushrooms	1/4 cup	40	30	3.5	0	0	10	2	-	-	-	-
mandarin oranges	1/4 cup	25	0	0	0	0	0	6	0	6	0	0
radishes	1/4 cup	0	0	0	0	0	10	-	0	-	0	0
black beans	1/4 cup	60	0	0	0	0	100	10	4	0	4	4
edamame	1/4 cup	35	15	1.5	0	0	0	3	2	-	4	4
garbanzo beans	1/4 cup	70	10	1	0	0	100	11	3	2	4	4
jicama	1/4 cup	10	0	0	0	0	0	3	1	-	0	0
artichoke hearts	1/4 cup	30	0	0	0	0	170	6	3	-	2	2
strawberries	1/4 cup	15	0	0	0	0	0	3	-	2	0	0

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black olives	1/4 cup	40	35	4	0	0	0	260	2	1	0	0
lemon wedge	1 ea	0	0	0	0	0	0	0	<1	0	0	0
blue cheese	1 tbsp	30	20	2.5	1.5	-	0	95	0	0	0	2
parmesan	1 tbsp	20	10	1.5	1	-	-	85	0	0	0	2
monterey jack cheese	1 tbsp	25	20	2	1.5	-	0	40	0	0	0	2
diced ham	1/4 cup	45	15	2	0.5	0	20	410	-	0	-	6
diced turkey	1/4 cup	0	20	2.5	0	0	25	320	-	0	-	6
diced bacon	1 tbsp	45	30	3.5	1	0	10	160	0	0	0	3
grilled chicken	1/4 cup	60	25	3	0	-	25	60	0	0	0	8
hard cooked eggs	1/4 cup	0	30	3.5	1	-	125	40	0	0	0	4
2% cottage cheese	1/4 cup	45	10	1.5	0.5	0	0	170	3	0	2	6
#N/A	#N/A	-	-	-	-	-	-	-	-	-	-	-
house-made buttermilk ranch	2 tbsp	40	30	3.5	0	-	0	240	2	0	0	0
house-made honey dijon	2 tbsp	170	160	18	2.5	-	0	45	3	0	3	0
balsamic vinaigrette	2 tbsp	210	200	23	3	-	0	170	1	0	1	0
house-made light ranch	2 tbsp	35	15	1.5	0	-	0	55	3	-	-	2
creamy caesar dressing	2 tbsp	90	80	9	1.5	0	10	290	1	0	0	-
french	2 tbsp	80	70	8	0.5	0	0	160	4	0	3	0
light italian	2 tbsp	15	0	0	0	0	0	190	3	0	2	0

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lime juice	2 tbsp	6	0	0	0	0	-	5	0	-	<1	0
balsamic vinegar	2 tbsp	25	0	0	0	0	-	5	0	-	4	0
red wine vinegar	2 tbsp	5	0	0	0	0	-	0	0	0	0	0
olive oil	2 tbsp	240	240	27	3.5	-	0	0	0	0	0	0
sesame oil	2 tbsp	240	240	27	4	-	0	0	0	0	0	0
#N/A	#N/A	-	-	-	-	-	-	-	-	-	-	-
croutons	1 tbsp	10	0	0	0	0	0	20	1	0	0	0
walnuts	1 tbsp	0	45	0	0	-	0	0	1	-	0	1
roasted sunflower seeds	1 tbsp	45	35	4	0	-	0	0	2	-	0	2
toasted almonds	1 tbsp	40	30	3.5	0	0	0	0	1	-	0	1
dried cranberries	1 tbsp	30	0	0	0	0	0	0	8	0	7	0
puffed brown rice	1 tbsp	30	1	0	0	0	0	0	5	0	0	<1
#N/A	#N/A	-	-	-	-	-	-	-	-	-	-	-
hummus	1/4 cup	60	20	2.5	0	-	0	135	8	2	1	3
#N/A	#N/A	-	-	-	-	-	-	-	-	-	-	-
#N/A	#N/A	-	-	-	-	-	-	-	-	-	-	-
#N/A	#N/A	-	-	-	-	-	-	-	-	-	-	-
#N/A	#N/A	-	-	-	-	-	-	-	-	-	-	-
#N/A	#N/A	-	-	-	-	-	-	-	-	-	-	-

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Angus Beef Burger Combo		290	160	18	6	0	100	1145	1	0	0	30
Angus Beef Burger	1 serving	290	160	18	6	0	100	75	0	0	0	30
Seasoning	1 tsp	0	0	0	0	0	0	1070	<1	0	0	0
Turkey Burger Patty	1 ea	310	190	21	4	0*	85	180	7	0	<1	24
Buttermilk Breaded Chicken Breast	1 ea	200	80	9	1.5	0*	75	105	2	0	0*	26
Oregano Marinated Chicken	3 oz (p)	200	90	10	1.5	0*	70	360	0	0	0	26
Grilled Salmon	1 ea	280	140	15	2	0*	95	190	0	0	0*	34
Grilled Tuna	1 ea	140	15	1.5	0	0	50	115	0	0	0	30
Veggie Burger	1 ea	440	80	9	2.5	0*	30	410	66	10	5*	23
Whole Wheat Hamburger Bun	1 ea	140	30	3	0.5	-	0	240	23	2	3	5
Brioche Bun	1 ea	250	60	7	4.5	0	60	330	39	1	8	7
Fresh Shredded Iceberg Lettuce	1 cup	10	0	0	0	0	0	5	2	<1	1	<1
Whole Wheat Sandwich Thin	1 ea	100	10	1	0	0	0	170	21	5	2	5
Sauteed Mushrooms	2 tbsp	10	5	1	0	0*	0	0	<1	0	<1	<1
Pork Bacon	1 slice	45	30	3.5	1	0	10	160	0	0	0	3
Sauteed Peppers and Onions	4 oz (p)	90	60	6	0	0	0	110	8	2	4	1
Onion Rings	3 oz	270	190	22	3.5	0	0	470	19	2	3	2
Fresh Sliced Tomatoes	1 slice	0	0	0	0	0	0	0	<1	0	<1	0
Ciabatta Roll	1 ea	350	50	5	1	-	0	730	64	4	0	11
Sweet Potato Fries	4 oz (p)	280	130	15	3	3	0	160	35	4	9	1
Tater Tots	1 cup	330	200	22	4	0	0	500	29	3	0	3
Steak Fries	1/2 cup	200	100	11	1.5	0*	0	300	23	2	0	2
House Tortilla Chips	2 oz	180	100	11	1	0*	0	240	18	3	0	2
Dill Relish	2 tbsp	40	0	0	0	0	0	330	11	<1	-	0
Tartar Sauce	2 tbsp	180	170	19	1.5	0*	0	210	2	0	1*	0
Dill Pickle Slices	4 ea	0	0	0	0	0	0	230	<1	0	0	0
Yellow Mustard	2 tbsp	20	10	1	0	0	0	340	2	1	0	1
Sliced Jalapeno Pepper	2 tbsp	10	0	0	0	0	0	500	1	<1	<1	0
Chipotle Mayonnaise	2 tbsp	40	35	4	0	0	0	250	2	0	<1	0
Sliced Black Olives	1/4 cup	40	35	4	0	0	0	260	2	1	0	0
Buffalo Wing Sauce	2 tbsp	5	0	0	0	0	0	820	<1	0	0	0
Classic Barbecue Sauce	2 tbsp	50	0	0	0	0	0	320	13	0	10	0
Gold Barbecue Sauce	2 tbsp	60	0	0	0	0	0	340	13	<1	11	<1
Pico de Gallo	2 oz	15	0	0	0	0	0	200	3	<1	2	<1

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Thick and Chunky Medium Salsa	2 tbsp	10	0	0	0	-	0	230	2	<1	1	0
Cream Cheese	2 tbsp	100	90	10	6	-	30	90	2	0	1	2
Just Mayo	2 tbsp	190	190	21	1.5	0	0	160	<1	0	0	0
House Tortilla Chips	2 oz	180	100	11	1	0*	0	240	18	3	0	2
Marinated Flank Steak	4 oz meat	440	280	31	5	0*	75*	1630	11	2	4	29
avocado quarter	1 ea	60	50	5	1	0	0	0	3	2	0	<1

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Grilled Express



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Breaded Chicken Tender	1 ea	210	130	15	1.5	0	15	330	9	0	0	8
Grilled Chicken Breast	1 ea	160	45	5	1	0*	70	180	0	0	0	26
Roasted Vegetables	1/2 cup	70	45	5	0	0	0	65	6	2	3*	1
Cheese Sauce	2 tbsp	40	25	2.5	1	0	0	280	3	0	1	<1

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butcher and baker



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Chicken Caesar Wrap	1 sandwich	610	190	22	6	0*	75	1220	64	5	2	37
Turkey BLT & Avocado Wrap	1 ea	640	270	30	8	0	50	1420	64	10	3	30
Chili Lime Chicken Quesadillas	1 ea	600	240	27	11	0*	150	950	50	4	3*	39
Buffalo Chicken Wrap	1 ea	720	320	35	15	0*	90	2980	62	6	7	39
Dill Pickle Slices	4 ea	0	0	0	0	0	0	230	<1	0	0	0
Fresh Sliced Red Bell Pepper	1/4 cup	5	0	0	0	0	0	0	1	0	<1	0
Fresh Sliced Green Bell Pepper	1/4 cup	0	0	0	0	0	0	0	1	0	<1	0
Fresh Red Onion Slice	1 slice	5	0	0	0	0	0	0	1	0	<1	0
Fresh Diced Tomatoes	1/4 cup	10	0	0	0	0	0	0	2	<1	1	0
Sliced Jalapeno Pepper	1 tbsp	0	0	0	0	0	0	250	<1	0	0	0
Fresh Shredded Iceberg Lettuce	1 cup	10	0	0	0	0	0	5	2	<1	1	<1
Black Beans	1/4 cup	60	0	0	0	0	0	100	10	4	0	4
Sliced Black Olives	1/4 cup	40	35	4	0	0	0	260	2	1	0	0
Grated Parmesan Cheese	1 tbsp	25	15	1.5	1	0	5	115	<1	0	0	2
Shredded Cheddar Cheese	1 oz	110	80	9	5	0	30	190	<1	0	0	6
Shredded Mozzarella Cheese	1 oz	80	50	6	3	0	20	190	2	0	<1	7
Pico de Gallo	1 oz (p)	15	0	0	0	0	0	200	3	<1	2	<1
Sour Cream	1 floz	60	50	6	3	0	15	10	1	0	<1	<1
Just Mayo	1 tbsp	90	90	10	1	0	0	80	0	0	0	0
Buffalo Wing Sauce	1 floz	5	0	0	0	0	0	820	<1	0	0	0
Spinach Herb Tortilla Wrap	1 ea	310	60	7	3	0	0	730	51	2	0	9
Tomato Basil Tortilla Wrap	1 ea	310	60	7	3	0	0	720	52	2	0	8
Whole Wheat Tortilla Wrap	1 ea	290	60	7	3	0	0	750	50	6	0	9
Flour Tortilla, 12"	1 ea	320	70	8	3	0	0	770	51	4	4	9
Salted Bakers Chips	1 oz (p)	110	70	8	1	0	0	130	8	<1	0	<1
Kettle Ckd Original Reduced Fat Potato Chips, Lt	1 ea	190	70	8	1	0	0	180	27	2	1	3
Fresh Baby Carrots	1/4 cup	15	0	0	0	0	0	35	4	1	2	0
Blue Cheese Salad Dressing	1 floz	140	120	13	3	0	15	170	2	0	1	1
Organic Ranch Dressing	1 floz	130	130	14	2.5	0	15	200	2	0	2	0
House Tortilla Chips	2 oz	180	100	11	1	0*	0	240	18	3	0	2

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whole wheat bread	2 slices	150	20	2	0	0	0	280	26	4	3	8
9-grain bread	2 ea	200	30	3	1	0	0	390	36	3	3	7
white bread	2 slices	160	20	2	0	0	0	300	30	2	3	0
sandwich thin	1 ea	100	10	1	0	0	0	170	21	0	2	0
croissant	1 ea	350	160	18	10	-	55	400	39	2	10	7
ciabatta	1 ea	350	0	0	1	-	0	730	64	4	0	11
brioche bun	1 ea	250	60	7	4.5	0	60	330	39	1	8	7
whole wheat bun	1 ea	140	30	3	0.5	-	0	240	23	2	3	5
	#N/A	-	-	-	-	-	-	-	-	-	-	-
just mayo	2 tbsp	190	190	21	1.5	0	0	160	-	0	0	0
light just mayo	2 tbsp	60	0	6	0	0	0	180	2	0	-	0
chipotle mayo	2 tbsp	40	35	4	0	0	0	250	2	0	-	0
dijon mustard	2 tbsp	20	10	1	0	0	0	340	2	1	0	1
	#N/A	-	-	-	-	-	-	-	-	-	-	-
swiss cheese	1 slice	80	60	7	4	0	20	40	0	0	0	6
pepper jack cheese	1 slice	80	60	6	4	-	20	130	0	0	0	0
provolone cheese	1 slice	70	0	6	3.5	-	15	190	0	0	0	0
cheddar cheese	1 slice	90	60	7	4	0	20	0	-	0	0	0
brie	1 slice	80	60	7	0	-	20	135	0	0	0	6
egg salad	1/2 cup	230	160	17	4	-	375	740	0	-	2	13
FAD-free tuna salad	1/2 cup	110	35	4	0	0	30	410	2	0	0	16
classic chicken salad	1/2 cup	180	60	6	1	-	70	270	2	0	-	26
black forest ham	4 oz	180	90	10	3.5	-	65	1300	4	1	0	19
oven browned turkey	4 oz	100	15	1.5	0	0	45	1110	3	0	2	22
salami	4 oz	380	260	29	11	0.5	100	1970	3	0	1	25
roast beef	4 oz	100	20	2	1	-	40	860	-	0	-	20
applewood bacon	2 slices	110	80	8	3	-	25	410	0	0	0	8
	#N/A	-	-	-	-	-	-	-	-	-	-	-
tomato	2 slices	5	0	0	0	0	0	0	2	-	1	0
red onion	1 ea	5	0	0	0	0	0	0	1	0	-	0
lettuce	1/4 cup	0	0	0	0	0	0	0	-	-	0	0

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