

# Salad

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)
fresh chopped iceberg lettuce	1 cup	10	0	0	0	-	0	5	2	<1	1	<1
spring mix lettuce	1 cup	5	0	0	0	-	0	0	1	<1	<1	<1
fresh chopped romaine lettuce	1 cup	10	0	0	0	-	0	0	2	<1	<1	<1
fresh grated carrots	2 tbsp	5	0	0	0	0	0	10	1	0	<1	0
fresh thin sliced cucumber	1/4 cup	0	0	0	0	-	0	0	<1	0	0	0
fresh sliced mushrooms	1/4 cup	0	0	0	0	-	0	0	<1	0	0	<1
fresh red onion slice	1/2 oz	5	0	0	0	-	0	0	1	0	<1	0
fresh sliced green bell pepper	1/4 cup	0	0	0	0	-	0	0	1	0	<1	0
fresh diced tomatoes	1/4 cup	0	0	0	0	-	0	0	0	0	0	0
chick peas	1/4 cup	70	10	1	0	-	0	100	11	3	2	4
grilled chicken breast	2 oz	110	45	5	1	0*	45	135	0	0	0	17
chopped hard cooked eggs	1/4 cup	50	30	3.5	1	-	125	40	0	0	0	4
chunk light tuna	1/4 cup	35	0	0	0	0	15	95	0	0	0	7
sliced fresh extra firm tofu	2 oz	80	45	5	0.5	-	0	10	2	1	-	9
sliced black olives	1/4 cup	40	35	4	0	-	0	260	2	1	0	0
olive oil	1 tbsp	120	120	13	2	-	0	0	0	0	0	0
balsamic vinegar	1 tbsp	0	0	0	0	0	0	0	0	0	0	0
red wine vinegar	1 tbsp	0	0	0	0	0	-	0	0	0	0	0
dried cranberries	1 tbsp	30	0	0	0	-	0	0	7	<1	6	0
raisins	1 tbsp	25	0	0	0	-	0	0	7	0	5	0
roasted sunflower seeds	1 tbsp	45	35	4	0	-	0	0	2	<1	0	2

Be aware that we handle and prepare egg, milk, wheat, shellfish, fish, soy, peanut and tree nut products, and other potential allergens in the food production areas of our facility. We attempt to provide nutrition and ingredient information that is as complete as possible. Products may change without our knowledge and menu items are prepared in close proximity to other ingredients that may result in cross-contact with ingredients not listed, including allergens. Guests with food allergies or specific dietary concerns should speak with a manager for individualized assistance.

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.

Trans fat are naturally occurring such as those in animal protein and dairy products not added/artificial trans fat such as those in baked goods and snack foods for which our standard is 0g.