

SALADS

	Serving Size	Weight Gms	Weight Ozs	Calories	Cal from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat Fat (g)	Cholesterol (mg)
SIDE of Carrot Sticks	1	140	4.94	57	3	0	0	0	0
SIDE of Cole Slaw	1	154	5.43	259	198	22	6	0	28
SIDE of Pasta Salad	1	154	5.43	242	137	17	6	0	0
Garden Salad	1	174	6.14	33	4	0	0	0	0
Chef Salad	1	409	14.43	389	182	21	10	0	203
Mini Chef Salad	1	305	10.76	234	96	11	6	0	157
Grilled Chicken Salad	1	301	10.62	263	73	9	4	0	88
Chicken Caesar Salad	1	238	8.40	236	63	8	3	0	79
Chicken Salad Salad	1	362	12.77	480	277	28	7	0	119
Egg Salad Salad	1	362	12.77	459	326	35	7	0	749
Tuna Salad Salad	1	352	12.42	732	571	63	14	0	84
Tuna & Egg Salad Salad	1	362	12.77	595	448	49	11	0	416
Trio Salad Salad	1	460	16.23	819	585	63	14	0	476
Chicken Avocado Salad	1	324	11.43	356	218	24	5	0	60
Tuna Avocado Salad	1	324	11.43	482	365	41	8	0	42

	Sodium (mg)	Carbo (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A % DV	Vitamin C %DV	Calcium %DV	Iron %DV
SIDE of Carrot Sticks	97	13	4	7	1	468	14	5	2
SIDE of Cole Slaw	803	22	0	17	0	27	55	6	0
SIDE of Pasta Salad	775	22	6	6	6	6	17	6	6
Garden Salad	20	7	3	3	2	246	52	5	7
Chef Salad	1371	14	4	5	38	258	100	41	17
Mini Chef Salad	565	11	4	5	24	305	56	29	12
Grilled Chicken Salad	833	10	3	4	36	205	91	29	14
Chicken Caesar Salad	839	9	3	3	33	196	45	17	13
Chicken Salad Salad	637	14	3	10	37	249	55	5	14
Egg Salad Salad	504	7	3	3	23	270	55	12	21
Tuna Salad Salad	812	7	3	3	30	249	55	5	14
Tuna & Egg Salad Salad	658	7	3	3	26	259	55	8	17
Trio Salad Salad	966	10	3	7	44	259	55	8	21
Chicken Avocado Salad	333	15	7	7	21	250	63	5	12
Tuna Avocado Salad	421	12	7	3	17	250	63	5	12