



NUTRITION INFORMATION UPDATED 1/3/2015

	SERVING SIZE (G)	CALORIES	CAL. FROM FAT	TOTAL FAT (G)	SAT. FAT (G)	TRANS FAT (G)	CHOL. (MG)	SOD. (MG)	CARBS (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
ORIGINAL SALAD												
SANTA FE	320	510	285	33.7	9.5	0	44	492	41	8.5	8.5	16
KRITI	282	360	240	26.5	6.0	0	15	1086	21	5.5	3	11.5
ASIAN	314	480	270	27.5	2.5	0	25	979	38	7	8	19
CAESAR	234	420	285	33	8.5	0	42	1023	24	3	4	17
MARKET COBB	302	560	420	51	14.8	0	255	1415	26	5	18	25
ORIGINAL WRAP												
SANTA FE	325	580	305	36	10	0	44	738	46	11	7	20
KRITI	287	430	260	29	6	0	15	1332	26	8	2	15
ASIAN	319	550	290	30	3	0	25	1194	43	9	8	23
CAESAR	200	490	315	35	9	0	42	1277	28	4	3	21
MARKET COBB	366	630	440	53	15	0	255	1630	33	7	20	30
CREATE YOUR OWN												
ORGANIC SPRING MIX	85	15	0	0	0	0	0	20	3	1	2	2
ORGANIC BABY SPINACH	85	20	0	0	0	0	0	65	3	2	0	2
ORGANIC BABY KALE	85	45	0	0.5	0	0	0	35	9	2	0	3
CHOPPED ROMAINE	140	25	0	0	0	0	0	8	5	3	2	2
WRAP	64	80	15	2	0	0	0	260	7	3	0	5
INGREDIENTS												
ORGANIC BEETS	28	11	0	0	0	0	0	21	3	1	2	0.5
BROCCOLI	15	6	1	0	0	0	0	6	1	0.5	0.5	0.5
ORGANIC CARROTS	28	14	0	0	0	0	0	21	3	1	1	0
GRAPE TOMATOES	34	5	0	0	0	0	0	0	1	0	0.5	0
CHICKPEAS	43	50	4	0.5	0	0	0	126	10	2	0	2
SWEET CORN	56	49	0	0.7	0	0	0	7	10	1	3	1
CUCUMBERS	43	0	0	0	0	0	0	0	1	0	0	0
RED ONION	17	8	0	0	0	0	0	0	2	0.5	0.5	0.5
GRANNY SMITH APPLES	43	20	0	0	0	0	0	0	6	1	4	0
GRAPES	43	34	0	0	0	0	0	0	9	0	7	0
KALAMATA OLIVES	30	90	75	8	0	0	0	460	4	0	0	0
HARD-BOILED EGG	50	80	50	5	1.5	0	185	60	0.5	0	0.5	6
EDAMAME	43	47	16	1.5	0	0	0	3	5	2	2	5
BLACK BEANS	57	78	0	0	0	0	0	130	13	5	0	5
GREEN PEPPERS	28	5	0	0	0	0	0	1	1	0.5	0.5	<1
ROASTED MARKET VEGGIES	88	50	18	2	0	0	0	170	8	3	4	1
CANDIED ALMONDS	15	90	55	6	1	0	0	40	5.5	1.5	3.5	2.5
DRIED CRANBERRIES	20	70	0	0	0	0	0	0	17	1	13.5	0
QUINOA	35	23	0	0	0	0	0	1.7	4	0.3	0.3	1
SUNFLOWER SEEDS	19	110	80	10	1.5	0	0	0	4	2	0.5	4
TOASTED WALNUTS	28	190	162	18	1.5	0	0	0	4	2	0	4
HERBED CROUTONS	7	30	9	1	0	0	0	75	5	0	0	1
TORTILLA CHIPS	15	70	30	3	0.5	0	0	15	10	0.5	0	1
CHOW MEIN NOODLES	28	130	45	5	0.5	0	0	240	19	2	0	3
FETA	28	80	63	7	5	0	15	350	0	1	0	5
BLEU CHEESE	28	100	73	8	5	0	20	380	1	1	1	6
SHREDDED PARMESAN	28	110	72	8	4	0	20	350	1	0	0	10
SHREDDED CHEDDAR	28	110	82	9	5	0	30	180	1	0	0	7
Premiums												
ANTIBIOTIC FREE CHICKEN	42	45	10	1	0	0	25	210	1	0	0	8
ALBACORE TUNA	40	60	9	1	0.5	0	20	180	0	0	0	13
MARINATED TOFU	70	100	45	5	1	0	0	5	3	0	0	10
CRUMBLLED BACON	30	120	81	9	4	0	50	640	0	0	0	10
AVACADO	30	50	45	5	0.5	0	0	0	3	2	0	1
DRESSINGS												
GREEK GODDESS	45	110	100	11	1	0	0	130	1	1	0	2
BUTTERMILK RANCH	45	190	180	21	4	0	14	125	1	0	0	0
SUN-DRIED TOM. VINAIGRETTE	45	160	150	14	2	0	0	220	10	0	3	0
CHIPOLTE-LIME RANCH	45	190	180	21	4	0	14	140	3	1	3	0
CAESAR	45	210	200	22	5	0	22	440	3	0	2	2
WISCONSIN BLEU CHEESE Vegan	45	180	170	19	5	0	16	200	5	0	5	2
ORANGE POPPY SEED	45	160	130	14	2	0	0	180	10	0	9	0
ROASTED PEANUT GINGER	45	220	200	20	2	0	0	440	6	0	5	1
MEDITERRANEAN VINAIGRETTE	45	140	120	14	2	0	0	220	10	0	9	0
CHAMPAGNE VINAIGRETTE	45	180	170	24	4	0	0	270	17	0	16	0
ORGANIC OLIVE OIL	30	250	250	18	3	0	0	0	0	0	0	0
BALSAMIC VINEGAR	32	30	0	0	0	0	0	5	5	0	5	0
FRESH LIME SQUEEZE	20	5	0	0	0	0	0	0	2	0	0	0
FRESH LEMON SQUEEZE	20	0	0	0	0	0	0	0	2	0.5	0	0
JUICE												
GREEN POWER	306	150	0	0.1	0.0	0	0	23	33	1	29	1
STRAWBERRY BLISS	340	170	7	0.6	0.1	0	0	1	41	4	27	2
LIFE GLOW	339	180	4	0.6	0.1	0	0	76	41	3	29	3
DR. ROOTS	338	150	1	0.1	0.0	0	0	148	33	4	23	1