

NUTRITIONAL INFORMATION



SIGNATURE SALADS														
Salad Combinations PICCOLO Size (totals separated from Dressing & Crouton)														
	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Baja	240	70	8	4.5		0	0	25	350	680	32	12	7	14
Baja - Add Sour Guacamole Dressing	130	120	13	3.5				10	230		3		2	2
Baja - Add Tortilla Chips	70	30	3	0		2	1		25		9			1
Big Apple	310	180	21	1.5		0			50	770	25	9	15	8
Big Apple - Add Creamy Cheese Dressing	260	250	28	6				25	450		2		2	2
Big Apple - Add Parmesan & Herb Croutons	50	30	3	0.5		0	2		80		5			1
Caesar	270	130	15	7		0		60	1290	530	8	5	3	23
Caesar - Add Caesar Dressing	310	290	33	5				25	680		2			2
Caesar - Add Garlic Croutons	60	25	3	0		0	2		70	5	6			1
Caprese In The Mix	250	130	15	8		0		55	860	720	11	6	5	17
Caprese In The Mix - Add Balsamic Dressing & Basil Pesto	120	90	10.5	1		0	1.5		355	15	7		7	0
Caprese In The Mix - Add Garlic Croutons	60	25	3	0		0	2		70	5	6			1
Classic Spinach	530	360	40	12		0.5	1.5	210	1060	520	6	5		30
Classic Spinach - Add Balsamic Dressing	100	70	8	1					310		7		7	
Classic Spinach - Add Garlic Croutons	60	25	3	0		0	2		70	5	6			1
Country Cobb	230	90	10	4		1	2	245	700	790	13	6	6	22
Country Cobb - Add Country Garlic Dressing	260	240	27	5				15	440		3		2	2
Country Cobb - Add Herb Parmesan Croutons	50	30	3	0.5		0	2		80		5			1
Fizz	450	260	29	7		0.5	0	20	410	570	37	9	24	14
Fizz - Add Berry Dressing	250	230	26	4					170		5		5	
Fizz - Add Garlic Croutons	60	25	3	0		0	2		70	5	6			1
Garden Patch	130	10	1	0		0	0	20	290	1090	16	7	6	19
Garden Patch - Add Parmesan Dressing	280	260	30	5					610		2		2	2
Garden Patch - Add Wheat Croutons	60	30	3	0		0	2.5		80		7			2
Gourmet Chef	270	160	19	6		1	7	180	740	750	11	4	7	16
Gourmet Chef - Add 1000 Island Dressing	180	150	17	2.5				10	460		8		7	
Gourmet Chef - Add Herb Parmesan Croutons	50	30	3	0.5		0	2		80		5			1
Greek Village	140	45	5	3		0		15	370	780	15	6	7	10

Greek Village - Add Olive Dressing	130	130	15	2.5				10	450	3		2		
Greek Village - Add Toasted Pitas	50	20	2.5	0	0	1.5			60	5	5		1	
Habanero	190	90	10	1.5	1.5	6			230	1010	24	12	5	7
Habanero - Add Citrus Cilantro Dressing	60	15	1.5						610		12		8	
Habanero - Add Plantain Chips	60	35	4	0.5					30		8		1	0
Homecooking	420	190	22	1.5	0.5	0	15		380	790	49	10	27	16
Homecooking - Add Berry Dressing	250	230	26	4					170		5		5	
Homecooking - Add Sweet Bread Croutons	70	40	4.5	0.5	0	3			10	10	9		9	0
K&Q	380	190	22	6	0		25		530	650	29	9	7	22
K&Q - Add Balsamic Dressing	100	70	8	1					310		7		7	
K&Q - Add Garlic Croutons	60	25	3	0	0	2			70	5	6			1
Mama Mia	260	150	17	4	0		10		180	580	18	11	5	13
Mama Mia - Add Italian Chainti Dressing	100	90	10	1.5					380		5		3	
Mama Mia - Add Garlic Croutons	60	25	3	0	0	2			70	5	6			1
Napa	400	280	32	7	0	5	30		460	620	20	6	11	10
Napa - Add Mustard Wine Dressing	70	15	1.5						980		12		12	
Napa - Add Herb Parmesan Croutons	50	30	3	0.5	0	2			80		5			1
Ody's Toss	370	250	29	7	0		20		440	700	15	8	6	14
Ody's Toss - Add Ginger Dressing	280	230	26	4.5			10		360		13		11	
Ody's Toss - Add Pumpernickel Croutons	60	30	3.5	0	0	2.5	3		85		6			1
Panzanella	130	70	8	0	0	5			290	780	13	6	6	4
Panzanella - Add Parmesan Dressing	280	260	30	5					610		2		2	2
Panzanella - Add Soaked Italian Croutons	60	40	4.5	0.5	0	3.5			40	5	4			1
Parisian	310	190	21	6	0		30		230	720	24	8	13	14
Parisian - Add Apple Honey Cider Dressing	220	160	18	2.5					400		13		13	
Parisian - Add Garlic Croutons	60	25	3	0	0	2			70	5	6			1
Thai Thai	210	100	11	1.5	0				55	700	21	8	10	8
Thai Thai - Add Spicy Peanut Dressing	210	120	13	2					830		21	2	17	3
Thai Thai - Add Garlic Croutons	60	25	3	0	0	2			70	5	6			1
Tropical	420	160	18	1.5	0				45	580	57	12	34	9
Tropical - Add Mango Poppy Dressing	60	5	1						630		13		12	
Tropical - Add Sweet Bread Croutons	70	40	4.5	0.5	0	3			10	10	9		9	0

Salad Combinations BASTA Size (totals separated from Dressing & Crouton)	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
	Baja	260	80	9	4.5		0.5	0.0	25	360	850	35	13	9
Baja - Add Sour Guacamole Dressing	150	130	15	4				10	260		4		2	2
Baja - Add Tortilla Chips	110	40	5	0.5		2.5	1.5		35		14			1

Big Apple	320	190	21	1.5	0.5	0.0		55	910	30	11	17	9
Big Apple - Add Creamy Cheese Dressing	300	280	32	7			30	510		2		2	2
Big Apple - Add Parmesan & Herb Croutons	80	40	4.5	1	0	3.0		120		8			2
Caesar	280	130	15	7	0	3.0	60	1300	650	9	6	3	24
Caesar - Add Caesar Dressing	360	330	38	6			30	770		2			2
Caesar - Add Garlic Croutons	80	40	4.5	0.5	0	3.5		105	10	9			2
Caprese In The Mix	260	130	15	8	0		55	860	840	13	7	6	18
Caprese In The Mix - Add Balsamic Dressing & Basil Pesto	160	120	14	1.5	0.5	3.5		450	30	8		8	0
Caprese In The Mix - Add Garlic Croutons	80	40	4.5	0.5	0	3.5		105	10	9			2
Classic Spinach	580	380	43	13	1	2.5	330	1140	870	9	6	1	35
Classic Spinach - Add Balsamic Dressing	110	80	9	1				360		8		8	
Classic Spinach - Add Garlic Croutons	80	40	4.5	0.5	0	3.5		105	10	9			2
Country Cobb	260	110	12	4	1.5	2.5	305	720	930	15	7	7	24
Country Cobb - Add Country Garlic Dressing	290	280	31	6			20	510		4		2	2
Country Cobb - Add Herb Parmesan Croutons	80	40	4.5	1	0	3.0		120		8			2
Fizz	460	260	30	7	0.5	0.0	20	420	710	39	10	25	15
Fizz - Add Berry Dressing	280	270	30	4.5				190		6		6	
Fizz - Add Garlic Croutons	80	40	4.5	0.5	0	3.5		105	10	9			2
Garden Patch	140	10	1	0	0	0.0	20	310	1240	17	8	6	20
Garden Patch - Add Parmesan Dressing	320	300	34	6				700		2		2	2
Garden Patch - Add Wheat Croutons	90	40	4.5	0.5	0	3.5		120		11	1		2
Gourmet Chef	350	200	23	8	1.5	8.0	310	1040	1100	15	6	10	23
Gourmet Chef - Add 1000 Island Dressing	210	170	19	3			10	530		9		8	
Gourmet Chef - Add Herb Parmesan Croutons	80	40	4.5	1	0	3.0		120		8			2
Greek Village	140	45	5	3	0	0.0	15	370	900	17	7	8	10
Greek Village - Add Olive Dressing	150	150	17	3			10	510		4		2	
Greek Village - Add Toasted Pitas	70	35	3.5	0.5	0	2.0		90	10	8			2
Habanero	220	110	12	1.5	2	7.0		230	1200	27	14	6	8
Habanero - Add Citrus Cilantro Dressing	70	15	2					700		13		9	
Habanero - Add Plantain Chips	100	50	6	1				45		13	1	2	1
Homecooking	430	190	22	1.5	0.5	0.0	15	390	940	50	11	27	17
Homecooking - Add Berry Dressing	280	270	30	4.5				190		6		6	
Homecooking - Add Sweet Bread Croutons	110	60	7	1	0.5	5.0		15	15	14		13	0
K&Q	390	190	22	6	0	0.0	25	540	790	32	10	7	23
K&Q - Add Balsamic Dressing	110	80	9	1				360		8		8	
K&Q - Add Garlic Croutons	80	40	4.5	0.5	0	3.5		105	10	9			2
Mama Mia	260	150	17	4	0		10	190	710	20	12	5	13
Mama Mia - Add Garlic Croutons	80	40	4.5	0.5	0	3.5		105	10	9			2
Mama Mia - Add Italian Chainti Dressing	110	100	11	2				430		6		4	
Napa	510	370	41	12	0	5.0	60	630	740	23	7	12	16
Napa - Add Herb Parmesan Croutons	80	40	4.5	1	0	3.0		120		8			2
Napa - Add Mustard Wine Dressing	80	15	2					1120		13		13	
Ody's Toss	390	260	29	7	0		20	460	880	20	9	8	15
Ody's Toss - Add Ginger Dressing	280	230	26	4.5			10	360		13		11	

Ody's Toss - Add Pumpnickel Croutons	80	45	5	0.5	0	3.5	5	125	9	2		
Panzanella	140	70	8	0	0	5.0		290	900	15	7	7
Panzanella - Add Parmesan Dressing	320	300	34	6				700		2		2
Panzanella - Add Soaked Italian Croutons	90	60	7	1	0.5	5.0		65	10	6		1
Parisian	330	190	21	6	0		30	240	890	28	9	16
Parisian - Add Apple Honey Cider Dressing	250	180	21	3				450		15		15
Parisian - Add Garlic Croutons	80	40	4.5	0.5	0	3.5		105	10	9		2
Thai Thai	220	100	11	1.5	0			60	860	24	10	11
Thai Thai - Add Garlic Croutons	80	40	4.5	0.5	0	3.5		105	10	9		2
Thai Thai - Add Spicy Peanut Dressing	210	120	13	2				830		21	2	17
Tropical	440	160	18	1.5	0			55	790	60	14	35
Tropical - Add Mango Poppy Dressing	70	10	1					720		15		13
Tropical - Add Sweet Bread Croutons	110	60	7	1	0.5	5.0		15	15	14		13

WRAPS

Wrap Combinations (totals separated from Dressing & Tortillas)	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
TORTILLAS														
Add Wrap - Plain Tortilla	300	60	7	1.5					310		52	2		7
Add Wrap - Spinach & Herb Tortilla	300	60	7	1.5					320		52	2		7
Add Wrap - Tomato Tortilla	300	60	7	1.5					320		52	2		7
Add Wrap - Wheat Tortilla	290	70	8	2					300		48	5		8
Salad Combination (add tortilla)														
Baja	230	70	8	4.5		0	0	25	340	470	28	10	5	13
Baja - Add Sour Guacamole Dressing	110	100	11	3				5	200		3		1	1
Big Apple	290	180	20	1.5		0			45	490	21	7	13	7
Big Apple - Add Creamy Cheese Dressing	230	210	24	5				20	380		1		1	1
Caesar	250	130	15	7		0		60	1280	250	4	4	4	22
Caesar - Add Caesar Dressing	270	250	28	4.5				20	580		1			1
Caprese In The Mix	230	130	14	8		0		55	850	440	7	3	4	16
Caprese In The Mix - Add Balsamic Dressing & Basil Pesto	110	80	9	1		0	1.5		320	15	6		6	0
Classic Spinach	520	350	40	12		0.5	1.5	210	1040	360	5	4		29
Classic Spinach - Add Balsamic Dressing	90	60	7	0.5					270		6		6	
Country Cobb	210	90	10	3.5		1	2	245	690	510	9	3	5	20
Country Cobb - Add Country Garlic Dressing	220	210	23	4.5				15	380		3		1	1
Fizz	440	260	29	7		0	0	20	400	390	35	8	23	13

Fizz - Add Berry Dressing	210	200	23	3.5				140	4	4			
Garden Patch	110	5	0.5	0	0	0	20	260	770	13	5	5	17
Garden Patch - Add Parmesan Dressing	240	230	26	4.5				520	1	1	1		
Gourmet Chef	250	160	18	6	0.5	7	185	720	530	7	2	5	14
Gourmet Chef - Add 1000 Island Dressing	160	130	14	2			5	400	7	6			
Greek Village	120	40	4.5	3	0		15	360	500	11	4	6	8
Greek Village - Add Olive Dressing	110	110	13	2			5	380	3	1			
Habanero	170	90	10	1.5	1	6		220	730	20	9	4	6
Habanero - Add Citrus Cilantro Dressing	50	15	1.5					520	10	7			
Homecooking	410	190	22	1.5	0.5	0	15	370	590	47	8	26	15
Homecooking - Add Berry Dressing	210	200	23	3.5				140	4	4			
K&Q	360	190	21	6	0		25	520	470	27	7	6	21
K&Q - Add Balsamic Dressing	90	60	7	0.5				270	6	6			
Mama Mia	260	140	16	4	0		10	180	300	15	9	3	11
Mama Mia - Add Italian Chainti Dressing	90	80	9	1.5				330	4	3			
Napa	380	280	32	7	0	5	30	450	340	16	4	10	9
Napa - Add Mustard Wine Dressing	60	15	1.5					840	10	10			
Ody's Toss	350	250	28	7	0		20	410	380	12	6	5	13
Ody's Toss - Add Ginger Dressing	210	180	20	3.5			5	270	10	9			
Panzanella	110	60	7	0	0	5		280	500	9	4	5	2
Panzanella - Add Parmesan Dressing	240	230	26	4.5				520	1	1	1		
Parisian	290	180	21	6	0		30	200	400	21	6	13	12
Parisian - Add Apple Honey Cider Dressing	180	140	16	2				340	11	11			
Thai Thai	190	100	11	1.5	0			45	500	18	6	8	7
Thai Thai - Add Spicy Peanut Dressing	150	90	10	1.5				620	16	1	13	3	
Tropical	410	160	18	1.5	0			35	410	53	10	32	8
Tropical - Add Mango Poppy Dressing	50	5	0.5					540	11	10			
Pick Grain Combination (add tortilla)													
La Fiesta	330	25	3	0	0	0	55	540	310	49	8	4	28
La Fiesta - Add Sour Guacamole Dressing	110	100	11	3			5	200	3	1	1		
The Gardener	410	140	15	1.5	1.5	8		220	730	65	13	15	11
The Gardener - Add Olive Vinaigrette	110	110	13	2			5	380	3	1			
Wok	210	5	0.5	0	0	0	55	190	420	40	3	4	12
Wok - Add Spicy Peanut Dressing	160	90	10	1.5				620	16	13	3		

MY WAY															
My Way Salads PICCOLO Size	Serving Size (oz)	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)

PICK GREEN

Arugula	2.0 oz	15	0	0		0		15	210	2		1	1
Baby Leaf	2.25 oz	15	0	0		0		50	360	2	1		2
Iceberg Lettuce	3.25 oz	15	0	0		0		10	130	3	1	2	1
Kale	2.25 oz	30	0	0	0	0		25	290	6	1		2
Red Cabbage	1.0 oz	10						10	70	2		1	0
Romaine Lettuce	7.5 oz	35	5	0.5	0	0		15	530	7	4	3	3
Spinach	3.0 oz	20	0	0	0	0		65	470	3	2		2

PICK TOPPING

Almonds Sliced	0.75 oz	130	100	11	0.5					4	3		5
Anchovy	0.25 oz	15	10	1				4	420				2
Apple- Red & Green	1.25 oz	20	0	0				0	40	5		4	0
Avocado	2.0 oz	90	70	8	1	1	6	0	280	5	4		1
Bacon	1.0 oz	140	70	8	4			40	570				12
Bean Sprouts	1.0 oz	10	0	0				0	40	2		1	1
Black Beans	2.5 oz	70	0	0.5				190		12	6		4
Blue Cheese	1.0 oz	100	70	8	5			20	380				6
Brie Cheese	1.0 oz	100	80	9	5			30	170		1		5
Broccoli	1.5 oz	15	0	0				15	135	3	1		1
Capers	1.0 oz							600					
Carrots	1.25 oz	15	0	0				25	115	3		2	0
Cashews	0.75 oz	130	90	10	1.5					6	2	1	4
Cauliflower	1.5 oz	10	0	0				15	125	2			1
Celery	1.5 oz	5	0	0				35	110	1			0
Cheddar Cheese	0.75 oz	80	60	7	4.5			25	135				5
Corn	2.0 oz	45	0	0	0	0	0	0	130	11	1	2	1
Cucumbers	2.0 oz	5	0	0				0	75	1			0
Dried Cranberries	1.25 oz	110	0	0		0	0	0	15	29	2	23	
Dried Fruit	1.5 oz	180						20		42	4	27	1
Egg-Hard Boiled	1.25 oz	50	35	4	1	0.5	1.5	150	45	45	0		4
Feta Cheese	1.0 oz	70	35	4	3			15	340		2	1	6

Fresh Mozzarella	2.75 oz	200	120	14	8		55	240				14
Garbanzo Beans	2.0 oz	45	10	1				200	9	2		3
Goat Cheese	0.75 oz	50	40	4.5	3		10	100	1			3
Grapes	1.75 oz	35	0	0				0	95	9	8	0
Mandarin Oranges	1.0 oz	15						0	4		3	0
Mushrooms	1.0 oz	5	0	0				0	90	1		1
Nut Mix	1.0 oz	190	150	17	1.5					5	3	5
Olives	1.5 oz	70	60	7			5	270				
Parmesan Cheese	0.75 oz	80	45	5	3		15	290	1			7
Pears	1.25 oz	20						0	40	5	1	3
Pecans	0.75 oz	160	140	16	1.5					3	1	2
Radish	1.0 oz	0						10	65	1		0
Red Onions	1.0 oz	10						0	40	3		1
Red Peppers	1.0 oz	10	0	0				0	60	2		1
Strawberries	2.5 oz	25	0	0		0		0	110	5	1	3
Sun Dried Tomato	0.75 oz	30						65		5	3	1
Tomatoes	2.0 oz	10	0	0				0	135	2		1
Walnuts	1.0 oz	210	180	20	1.5					3	3	5

PICK DRESSING

1000 Island Dressing	1.75 oz	180	150	17	2.5		10	460	8		7	
Apple Honey Dressing	1.75 oz	220	160	18	2.5			400	13		13	
Basil Pesto	0.25 oz	20	20	2.5	0	0	1.5	45	15	0		0
Berry Dressing	1.75 oz	250	230	26	4			170	5		5	
Caesar Dressing	1.75 oz	310	290	33	5		25	680	2			2
Citrus Cilantro Dressing	1.75 oz	60	15	1.5				610	12		8	
Classic Balsamic Dressing	1.75 oz	100	70	8	1			310	7		7	
Country Garlic Dressing	1.75 oz	260	240	27	5		15	440	3		2	2
Creamy Cheese Dressing	1.75 oz	260	250	28	6		25	450	2		2	2
Ginger Dressing	1.75 oz	250	200	23	4		10	310	12		10	

Italian Chianti Dressing	1.75 oz	100	90	10	1.5				380	5	3		
Mango Poppy Dressing	1.75 oz	60	5	1					630	13	12		
Mustard Wine Dressing	1.75 oz	70	15	1.5					980	12	12		
Olive Dressing	1.75 oz	130	130	15	2.5			10	450	3	2		
Parmesan Dressing	1.75 oz	280	260	30	5				610	2	2	2	
Sour Guacamole Dressing	1.75 oz	130	120	13	3.5			10	230	3	2	2	
Spicy Peanut Dressing	1.75 oz	180	100	12	1.5				730	18	2	15	3

PICK CROUTON

Garlic Croutons	0.5 oz	60	25	3	0		0	2	70	5	6		1	
Herb Parmesan Croutons	0.5 oz	50	30	3	0.5			0	2	80	5		1	
Plantain Chips	0.5 oz	60	35	4	0.5					30	8	1	0	
Pumpnickel Croutons	0.5 oz	60	30	3.5	0		0	2.5	3	85	6		1	
Soaked Italian Croutons	0.5 oz	60	40	4.5	0.5			0	3.5	40	5	4	1	
Sweet Bread Croutons	0.5 oz	70	40	4.5	0.5			0	3	10	10	9	9	0
Toasted Pitas	0.5 oz	50	20	2.5	0			0	1.5	60	5	5		1
Tortilla Chips Croutons	0.5 oz	70	30	3	0			2	1	25		9		1
Wheat Croutons	1.0 oz	60	30	3	0			0	2.5	80		7		2

Add a SCOOP of Grain															
	Serving Size (oz)	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Brown Rice	1.5 oz	50	0	0	0		0	0		0	35	10			1

Jasmine Rice	1.5 oz	60	0	0					0	15	12			1		
Quinoa	1.5 oz	50	5	1					0	75	9	1		2		
Add a SCOOP of Plain Proteins		Serving Size (oz)	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Baked Chicken	2.5 oz	80	5	1					40	310		3				16
Crab	2.5 oz	70	0	0					10	510	30	12		2		4
Deli Ham	1.5 oz	45	15	1.5	1				20	530	300	2		2		6
Deli Turkey	1.5 oz	35	0	0					15	320		2				6
Plain Tuna	2.0 oz	50							20	180						13
Shrimp	1.5 oz	20							50	130	80					5
Tofu	2.5 oz	60	30	3.5	0		2	1			95	2				6
Add a SCOOP of Homemade Deli Salads		Serving Size (oz)	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Creamy Tuna Salad	2.56 oz	180	130	15	2.5				25	330	10	0				12
Curry Turkey Salad	2.56 oz	140	70	8	1				20	480		9		6		9

Lemon Dill Seafood Salad	2.40 oz	140	90	11	2		40	390	70	5		5
Salmon Capperi Salad	2.24 oz	160	130	14	2.5		30	270		1		8
Tropical Chicken Salad	2.40 oz	150	80	9	1.5		35	300		6	3	11

My Way Salads BASTA Size	Serving Size (oz)	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)

PICK GREEN

Arugula	2.0 oz	15	0	0			0		15	210	2		1	1
Baby Leaf	2.75 oz	20	0	0			0		60	440	3	2		2
Iceberg Lettuce	6.25 oz	25	0	0			0		20	250	5	2	3	2
Kale	2.75 oz	40	0	0.5	0		0		35	350	8	2		3
Red Cabbage	1.0 oz	10							10	70	2		1	0
Romaine Lettuce	9.25 oz	45	5	1	0		0		20	650	9	6	3	3
Spinach	5.0 oz	35	0	0.5	0		0		110	790	5	3		4

PICK TOPPING

Almonds Sliced	0.75 oz	130	100	11	0.5							4	3		5
Anchovy	0.25 oz	15	10	1					4	420					2
Apple- Red & Green	2.0 oz	30	0	0					0	60	8	1	6		0
Avocado	2.5 oz	110	90	10	1.5		1.5	7	0	340	6	5			1
Bacon	1.0 oz	140	70	8	4				40	570					12
Bean Sprouts	1.0 oz	10	0	0					0	40	2		1		1
Black Beans	2.5 oz	70	0	0.5					190		12	6			4

Blue Cheese	1.0 oz	100	70	8	5			20	380					6
Brie Cheese	1.0 oz	100	80	9	5			30	170		1			5
Broccoli	1.5 oz	15	0	0					15	135	3	1		1
Capers	1.0 oz								600					
Carrots	1.25 oz	15	0	0					25	115	3		2	0
Cashews	0.75 oz	130	90	10	1.5						6	2	1	4
Cauliflower	1.5 oz	10	0	0					15	125	2			1
Celery	1.5 oz	5	0	0					35	110	1			0
Cheddar Cheese	0.75 oz	80	60	7	4.5			25	135					5
Corn	2.0 oz	45	0	0	0	0	0		0	130	11	1	2	1
Cucumbers	2.0 oz	5	0	0					0	75	1			0
Dried Cranberries	1.25 oz	110	0	0		0	0		0	15	29	2	23	
Dried Fruit	1.5 oz	180							20		42	4	27	1
Egg-Hard Boiled	2.25 oz	100	60	7	2	1	2.5	270	80	80	1			8
Feta Cheese	1.0 oz	70	35	4	3			15	340		2		1	6
Fresh Mozzarella	2.75 oz	200	120	14	8			55	240					14
Garbanzo Beans	2.0 oz	45	10	1					200		9	2		3
Goat Cheese	0.75 oz	50	40	4.5	3			10	100		1			3
Grapes	1.75 oz	35	0	0					0	95	9		8	0
Mandarin Oranges	1.0 oz	15							0		4		3	0
Mushrooms	1.0 oz	5	0	0					0	90	1			1
Nut Mix	1.0 oz	190	150	17	1.5						5	3		5
Olives	1.5 oz	70	60	7			5		270					
Parmesan Cheese	0.75 oz	80	45	5	3			15	290		1			7
Pears	2.0 oz	35	0	0					0	65	9	2	6	0
Pecans	0.75 oz	160	140	16	1.5						3	1		2
Radish	1.0 oz	0							10	65	1			0
Red Onions	1.0 oz	10							0	40	3		1	0
Red Peppers	1.0 oz	10	0	0					0	60	2		1	0

Strawberries	2.5 oz	25	0	0		0		0	110	5	1	3	0
Sun Dried Tomato	0.75 oz	30						65		5	3		1
Tomatoes	2.0 oz	10	0	0				0	135	2		1	0
Walnuts	1.0 oz	210	180	20	1.5					3	3		5

PICK DRESSING

1000 Island Dressing	2 oz	210	170	19	3			10	530		9		8
Apple Honey Dressing	2 oz	250	180	21	3				450		15		15
Basil Pesto	0.50 oz	40	40	4.5	0.5		0.5	3.5	95	30	0		0
Berry Dressing	2 oz	280	270	30	4.5				190		6		6
Caesar Dressing	2 oz	360	330	38	6			30	770		2		2
Citrus Cilantro Dressing	2 oz	70	15	2					700		13		9
Classic Balsamic Dressing	2 oz	110	80	9	1				360		8		8
Country Garlic Dressing	2 oz	290	280	31	6			20	510		4		2
Creamy Cheese Dressing	2 oz	300	280	32	7			30	510		2		2
Ginger Dressing	2 oz	280	230	26	4.5			10	360		13		11
Italian Chianti Dressing	2 oz	110	100	11	2				430		6		4
Mango Poppy Dressing	2 oz	70	10	1					720		15		13
Mustard Wine Dressing	2 oz	80	15	2					1120		13		13
Olive Dressing	2 oz	150	150	17	3			10	510		4		2
Parmesan Dressing	2 oz	320	300	34	6				700		2		2
Sour Guacamole Dressing	2 oz	150	130	15	4			10	260		4		2
Spicy Peanut Dressing	2 oz	210	120	13	2				830		21	2	17

PICK CROUTON

Garlic Croutons	0.75 oz	80	40	4.5	0.5		0	3.5	105	10	9		2
Herb Parmesan Croutons	0.75 oz	80	40	4.5	1		0	3	120		8		2
Plantain Chips	0.75 oz	100	50	6	1				45		13	1	2

Pumpnickel Croutons	0.75 oz	80	45	5	0.5	0	3.5	5	125	9			2			
Soaked Italian Croutons	0.75 oz	90	60	7	1	0.5	5		65	10	6		1			
Sweet Bread Croutons	0.75 oz	110	60	7	1	0.5	5		15	15	14	13	0			
Toasted Pitas	0.75 oz	70	35	3.5	0.5	0	2		90	10	8		2			
Tortilla Chips Croutons	0.75 oz	110	40	5	0.5	2.5	1.5		35		14		1			
Wheat Croutons	0.75 oz	90	40	4.5	0.5	0	3.5		120		11	1	2			
Add a SCOOP of Grain		Serving Size (oz)	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Brown Rice	1.5 oz	50	0	0	0		0	0	0	35	10					1
Jasmine Rice	1.5 oz	60	0	0						0	15	12				1
Quinoa	1.5 oz	50	5	1						0	75	9	1			2
Add a SCOOP of Plain Protein		Serving Size (oz)	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)

Baked Chicken	2.5 oz	80	5	1				40	310		3		16			
Crab	2.5 oz	70	0	0				10	510	30	12	2	4			
Deli Ham	1.5 oz	45	15	1.5	1			20	530	300	2	2	6			
Deli Turkey	1.5 oz	35	0	0				15	320		2		6			
Plain Tuna	2.0 oz	50						20	180				13			
Shrimp	1.5 oz	20						50	130	80			5			
Tofu	2.5 oz	60	30	3.5	0	2	1			95	2		6			
Add a SCOOP of Homemade Deli Protein																
		Serving Size (oz)	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Creamy Tuna Salad		2.56 oz	180	130	15	2.5				25	330	10	0			12
Curry Turkey Salad		2.56 oz	140	70	8	1				20	480		9	6		9
Lemon Dill Seafood Salad		2.40 oz	140	90	11	2				40	390	70	5			5
Salmon Capperi Salad		2.24 oz	160	130	14	2.5				30	270		1			8
Tropical Chicken Salad		2.40 oz	150	80	9	1.5				35	300		6	3		11

GRAINS

Grain Bowls (totals separated from dressing)		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
<i>La Fiesta</i>		460	35	3.5	0		1	1	55	540	400	76	10	4	30
La Fiesta - Add Sour Guacamole Dressing		110	100	11	3				5	200		3		1	1
<i>The Gardener</i>		580	160	18	1.5		1.5	8		230	980	95	17	15	17

The Gardener - Add Olive Vinaigrette	110	110	13	2			5	380		3	1			
Wok	430	10	1	0		0	0	55	190	480	88	4	4	17
Wok - Add Spicy Peanut Dressing	160	90	10	1.5				620		16	1	13	3	

SCOOPS															
Add a SCOOP of Plain Protein	Serving Size (oz)	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
	Baked Chicken	2.5 oz	80	5	1					40	310		3		
Crab	2.5 oz	70	0	0					10	510	30	12		2	4
Deli Ham	1.5 oz	45	15	1.5	1				20	530	300	2		2	6
Deli Turkey	1.5 oz	35	0	0					15	320		2			6
Plain Tuna	2.0 oz	50							20	180					13
Shrimp	1.5 oz	20							50	130	80				5
Tofu	2.5 oz	60	30	3.5	0		2	1			95	2			6
Add a SCOOP of Homemade Deli Protein	Serving Size (oz)	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
	Creamy Tuna Salad	2.56 oz	180	130	15	2.5			25	330	10	0			12
Curry Turkey Salad	2.56 oz	140	70	8	1				20	480		9		6	9
Lemon Dill Seafood Salad	2.40 oz	140	90	11	2				40	390	70	5			5
Salmon Capperi Salad	2.24 oz	160	130	14	2.5				30	270		1			8
Tropical Chicken Salad	2.40 oz	150	80	9	1.5				35	300		6		3	11

ZUPPAS

ZUPPA Piccolo Soup 8oz	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Asiago Cheese And Ham Soup	250	160	18	9	0			50	740		17		3	6
Asparagus Soup	120	60	7	1.5	0			5	810	0	13		4	3
Broccoli And Cheese Soup	230	150	17	9	0			50	970		11	2	4	10
Chicken And Cheese Soup	120	45	5	2.5				25	1260		13		2	6
Chicken Coconut Curry	220	120	14	7				45	820		17	2	6	7
Corn Chowder Soup	150	60	7	2.5				5	740	0	22	2	5	2
Cream of Broccoli Soup	260	190	21	7				30	970		10	2	4	8
Cream of Carrot Soup	180	110	13	7				35	1040		13	2	4	3
French Onion Soup	80	30	3.5	1.5				10	1290		11		4	2
Loaded Baked Potato Soup	290	180	20	12	0			60	880		18	2	4	9
Mediterranean Lentil Soup	130	15	2						910	0	22	4	4	7
Minestrone Soup	80	10	1						890	0	15	3	2	3
Mushroom Brie Soup	210	110	13	8	0			40	880		18	2	4	7
Mushroom Harvest Soup	130	60	7	4				20	1040		14	2	3	4
Pasta Fagioli Soup	120	15	1.5					5	930	0	21	3	6	7
Roasted Garlic Tomato Soup	230	150	17	9				45	640		16	2	4	4
Roasted Red Pepper And Gouda Soup	310	210	24	12	0			60	840		21		13	4
Roasted Tomato And Red Pepper Soup	190	90	10	6	0			35	790		21	2	9	5
Seven Bean Medley Soup	110	15	1.5						980	0	19	5	3	5
Split Pea And Ham Soup	140	15	1.5					5	970	0	24	7	4	9
Tomato Florentine Soup	90	10	1						1010	0	18		6	3

Vegetarian Chili And Beans	160	20	2		1			760	450	30	10	7	6	
White Bean And Ham Soup	130	15	2	0			5	1020	0	22	6	2	6	
ZUPPA Basta Soup 16oz	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Asiago Cheese And Ham Soup	500	320	36	18	1			100	1480		34	2	6	12
Asparagus Soup	240	120	14	3	1			10	1620	0	26		8	6
Broccoli And Cheese Soup	460	300	34	18	1			100	1940		22	4	8	20
Chicken And Cheese Soup	240	90	10	5				50	2520		26	2	4	12
Chicken Coconut Curry	440	250	28	14				90	1640		34	4	12	14
Corn Chowder Soup	310	120	14	5				10	1480	0	43	4	10	4
Cream of Broccoli Soup	520	370	42	14				60	1940		20	4	8	16
Cream of Carrot Soup	360	230	26	14				70	2080		26	4	8	6
French Onion Soup	160	60	7	3				20	2580		22	2	8	4
Loaded Baked Potato Soup	580	350	40	24	1			120	1760		36	4	8	18
Mediterranean Lentil Soup	260	35	4						1820	0	43	8	8	14
Minestrone Soup	150	15	2						1780	0	29	6	4	6
Mushroom Brie Soup	420	230	26	16	1			80	1760		36	4	8	14
Mushroom Harvest Soup	260	120	14	8				40	2080		28	4	6	8
Pasta Fagioli Soup	250	25	3					10	1850	0	41	6	12	14
Roasted Garlic Tomato Soup	460	300	34	18				90	1280		32	4	8	8
Roasted Red Pepper And Gouda Soup	620	420	48	24	1			120	1680		42	2	26	8
Roasted Tomato And Red Pepper Soup	380	180	20	12	1			70	1580		42	4	18	10
Seven Bean Medley Soup	210	25	3						1960	0	38	10	6	10
Split Pea And Ham Soup	290	25	3					10	1930	0	47	14	8	18

Tomato Florentine Soup	170	15	2		2010	0	35	2	12	6	
Vegetarian Chili And Beans	320	35	4	2	1520	900	60	20	14	12	
White Bean And Ham Soup	250	35	4	1	10	2040	0	45	12	4	12

DISCLAIMER:

The nutritional information seen here was prepared by MenuTrinfo®, LLC and is based on standard serving sizes and product formulations prepared with approved ingredients. The nutritional data presented are based on representative values from the USDA Nutrient Database for Standard Reference and information from product manufacturers. Variation may occur due to the handcrafted nature of our menu items or due to seasonal influences and/or sources of supply of our ingredients. Additionally, formulations may change on occasion or the substitution of ingredients or suppliers may be necessary which will alter the nutritional values.

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

GLUTEN-FREE OPTIONS

Combinations for Salads & Wraps

**Might have an ingredient that has gluten or possibly can come in contact with gluten.*

Baja

*Big Apple (NO walnuts only because they are packaged in a facility that might come in contact with gluten)

Caesar

Caprese In The Mix

*Classic Spinach (NO walnuts only because they are packaged in a facility that might come in contact with gluten)

Country Cobb

*Fizz (NO Cranberries/Walnuts only because they are packaged in a facility that might come in contact with gluten)

Garden Patch

Gourmet Chef

Greek Village

Habanero

*Homecooking (NO Cranberries/Walnuts only because they are packaged in a facility that might come in contact with gluten)

*Mama Mia (NO Almonds/Sundried only because they are packaged in a facility that might come in contact with gluten)

*Napa (NO Pecans only because they are packaged in a facility that might come in contact with gluten)

*Ody's Toss (NO Walnuts only because they are packaged in a facility that might come in contact with gluten)

Panzanella

*Parisian (NO Almonds only because they are packaged in a facility that might come in contact with gluten)

*Thai Thai (NO Cashews only because they are packaged in a facility that might come in contact with gluten)

Gluten Free Grain Bowls

La Fiesta

*Wok (Combo ONLY- NO Dressing)

Gluten Free Protein

Plain Protein

Baked Chicken

Deli Ham

Deli Turkey

Plain Tuna

Shrimp

Tofu

Homemade Deli Mixed Salads

Creamy Tuna Salad

Tropical Chicken Salad

Gluten Free Toppings

Grains

Brown Rice

Jasmine Rice

Greens

Arugula

Baby Leaf

Iceberg Lettuce

Kale

Red Cabbage

Romaine Lettuce

Spinach

Toppings

Anchovy

Apple

Avocado

Bacon

Bean Sprouts

Black Beans

Blue Cheese

Brie

Broccoli

Capers

Carrots

Cauliflower

Celery
 Cheddar
 Corn
 Cucumbers
 Egg-Hard Boiled
 Feta Cheese
 Fresh Mozzarella
 Goat Cheese
 Grapes
 Mandarin Oranges
 Mushrooms
 Olives
 Parmesan Cheese
 Pears
 Radish
 Red Onions
 Red Peppers
 Strawberries
 Tomatoes

Gluten Free Dressings

1000 Island Dressing
 Apple Honey Dressing
 Basil Pesto
 Berry Dressing
 Caesar Dressing
 Citrus Cilantro Dressing
 Country Garlic Dressing
 Creamy Cheese Dressing
 Italian Chianti Dressing
 Mango Poppy Dressing
 Mustard Wine Dressing
 Olive Dressing
 Parmesan Dressing
 Sour Guacamole Dressing

Gluten Free Soups

Broccoli And Cheese Soup
 Corn Chowder Soup

Gluten Free Desserts

Ambrosia

DISCLAIMER:

Please know that we practice caution and proper procedures when preparing gluten-free items, however gluten is present in all of our kitchens. All ingredients have been verified as gluten-free by third-party consultant, MenuTrinfo®, LLC, but our products can change at any time and the products listed might not always be the products served. Giardino Gourmet Salads cannot be held responsible for ingredient substitutions made by our manufacturers. In consuming our gluten-free items, be aware that there still may be a chance of cross-contact so we cannot guarantee these products for those with Celiac disease or food allergy. Guests are advised to consider this information as it relates to their individual dietary needs and requirements.

ALLERGENS								
Salads & Wraps	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat
<i>Below explanation is for Combos of Salad/ add Wrap Tortilla/add Dressing/add Croutons for all the allergens</i>								
Add Wrap - Flour Tortilla						X		X
Add Wrap - Spinach & Herb Tortilla						X		X
Add Wrap - Tomato Tortilla						X		X
Add Wrap - Wheat Tortilla						X		X
Baja			X					
Baja - Add Sour Guacamole Dressing	X		X					
Baja - Add Tortilla Chips								X
Big Apple			X	X		X	X	X
Big Apple - Add Creamy Cheese Dressing	X		X					
Big Apple - Add Herb Parmesan Croutons			X					X
Caesar		X	X					
Caesar - Add Caesar Dressing	X	X	X					
Caesar - Add Garlic Croutons			X					X
Caprese In The Mix			X					
Caprese In The Mix - Add Balsamic Dressing & Pesto								
Caprese In The Mix - Add Garlic Croutons			X					X
Classic Spinach	X		X	X		X	X	X
Classic Spinach - Add Balsamic Dressing								
Classic Spinach - Add Garlic Croutons			X					X
Country Cobb	X							

Country Cobb - Add Country Garlic Dressing	X		X				
Country Cobb - Add Herb Parmesan Croutons			X				X
Fizz	X		X	X		X	X
Fizz - Add Berry Dressing							
Fizz - Add Garlic Croutons			X				X
Garden Patch		X				X	
Garden Patch - Add Parmesan Dressing		X	X				
Garden Patch - Add Wheat Croutons							X
Gourmet Chef	X		X				
Gourmet Chef - Add 1000 Island Dressing	X						
Gourmet Chef - Add Herb Parmesan Croutons			X				X
Greek Village			X				
Greek Village - Add Olive Dressing			X				
Greek Village - Add Toasted Pitas			X				X
Habanero							
Habanero - Add Citrus Cilantro Dressing							
Habanero - Add Plantain Chips			X	X		X	X
Homecooking	X		X	X		X	X
Homecooking - Add Berry Dressing							
Homecooking - Add Sweet Bread Croutons	X					X	X
K&Q			X	X		X	X
K&Q - Add Balsamic Dressing							
K&Q - Add Garlic Croutons			X				X
Mama Mia			X	X		X	X
Mama Mia - Add Italian Chainti Dressing							
Mama Mia - Add Garlic Croutons			X				X
Napa			X	X		X	X
Napa - Add Mustard Wine Dressing							
Napa - Add Herb Parmesan Croutons			X				X
Ody's Toss			X	X		X	X
Ody's Toss - Add Ginger Dressing	X					X	
Ody's Toss - Add Pumpernickel Croutons							X
Panzanella							
Panzanella - Add Parmesan Dressing		X	X				
Panzanella - Add Soaked Italian Croutons			X				X
Parisian			X	X		X	X
Parisian - Add Apple Honey Cider Dressing							
Parisian - Add Garlic Croutons			X				X
Thai Thai			X	X		X	X
Thai Thai - Add Spicy Peanut Dressing				X	X		X
Thai Thai - Add Garlic Croutons			X				X
Tropical			X	X		X	X
Tropical - Add Mango Poppy Dressing							
Tropical - Add Sweet Bread Croutons	X					X	X

Grain Bowls	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat
Below explanation is for Grain Combo/add Dressing								
La Fiesta			X			X		
La Fiesta - Add Sour Guacamole Dressing	X		X					
The Gardener	X		X	X		X	X	X
The Gardener - Add Olive Vinaigrette			X					
Wok					X			
Wok - Add Spicy Peanut Dressing				X	X	X		X
Boccatas	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat
Below explanation is for Boccata either Potato or Whole Wheat Roll								
Curry Turkey Boccata- Potato Roll	X		X	X		X	X	X
Curry Turkey Boccata - Whole Wheat Roll	X		X	X		X	X	X
Hummus Boccata- Potato Roll	X		X			X		X
Hummus Boccata - Whole Wheat Roll	X		X			X		X
Lemon Dill Seafood Salad Boccata- Potato Roll	X	X	X		X	X		X
Lemon Dill Seafood Salad Boccata - Whole Wheat Roll	X	X	X		X	X		X
Salmon Capperi Boccata- Potato Roll	X	X	X					X
Salmon Capperi Boccata - Whole Wheat Roll	X	X	X					X
Tropical Chicken Boccata- Potato Roll	X		X			X		X
Tropical Chicken Boccata - Whole Wheat Roll	X		X			X		X
Proteins	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat
Plain Protein								
Baked Chicken			X			X		
Crab	X	X			X	X		X
Deli Ham								
Deli Turkey								
Plain Tuna		X				X		
Shrimp					X			
Tofu						X		
Homemade Deli Mixed Salads								
Creamy Tuna Salad	X	X				X		

Curry Turkey Salad	X		X	X		X	X	X
Lemon Dill Seafood Salad	X	X	X		X	X		X
Salmon Capperi Salad	X	X						
Tropical Chicken Salad	X		X			X		
Toppings	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat
Grains								
Brown Rice								
Jasmine Rice								
Quinoa								
All Greens								
Arugula								
Baby Leaf								
Iceberg Lettuce								
Kale								
Red Cabbage								
Romaine Lettuce								
Spinach								
All Toppings								
Anchovy		X						
Apple								
Avocado								
Bacon								
Bean Sprouts								
Black Beans								
Blue Cheese			X					
Brie			X					
Broccoli								
Capers								
Carrots								
Cashews			X	X		X	X	X
Cauliflower								
Celery								
Cheddar			X					
Corn								
Cucumbers								
Dried Cranberries	X		X	X		X	X	X
Dried Fruit			X	X		X	X	X
Egg-Hard Boiled	X							
Feta Cheese			X					
Fresh Mozzarella			X					
Garbanzo Beans								

Goat Cheese			X					
Grapes								
Mandarin Oranges								
Mushrooms								
Nut Mix			X	X		X	X	X
Olives								
Parmesan Cheese			X					
Pears								
Pecans			X	X		X	X	X
Radish								
Red Onions								
Red Peppers								
Sliced Almonds			X	X		X	X	X
Strawberries								
Sun Dried Tomato			X	X		X	X	X
Tomatoes								
Walnuts			X	X		X	X	X
Dressings	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat
All Dressings								
1000 Island Dressing	X							
Apple Honey Dressing								
Basil Pesto								
Berry Dressing								
Caesar Dressing	X	X	X					
Citrus Cilantro Dressing								
Classic Balsamic Dressing								
Country Garlic Dressing	X		X					
Creamy Cheese Dressing	X		X					
Ginger Dressing	X					X		
Italian Chianti Dressing								
Mango Poppy Dressing								
Mustard Wine Dressing								
Olive Dressing			X					
Parmesan Dressing		X	X					
Sour Guacamole Dressing	X		X					
Spicy Peanut Dressing				X	X	X		X
Croutons	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat

	Eg	Fi	M	Pe	Sh	So	Tr	W
All Croutons								
Garlic Croutons			X					X
Herb Parmesan Croutons			X					X
Plantain Chips			X	X		X	X	X
Pumpernickel Croutons								X
Soaked Italian Croutons			X					X
Sweet Bread Croutons	X					X		X
Toasted Pitas			X					X
Tortilla Chips								X
Wheat Croutons								X
Soups								
	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat
Soups								
Asiago Cheese And Ham Soup			X					X
Asparagus Soup			X			X		X
Broccoli And Cheese Soup			X			X		X
Chicken And Cheese Soup			X			X		X
Chicken Coconut Curry			X		X	X	X	X
Corn Chowder Soup						X		
Cream of Broccoli Soup			X					
Cream of Carrot Soup			X			X		X
French Onion Soup			X			X		X
Loaded Baked Potato Soup			X			X		X
Mediterranean Lentil Soup						X		X
Minestrone Soup	X		X			X		X
Mushroom Brie Soup			X			X		X
Mushroom Harvest Soup			X			X		X
Pasta Fagioli Soup	X					X		X
Roasted Garlic Tomato Soup			X			X		X
Roasted Red Pepper And Gouda Soup			X			X		X
Roasted Tomato And Red Pepper Soup			X			X		X
Seven Bean Medley Soup						X		X
Split Pea And Ham Soup	X		X			X		X
Tomato Florentine Soup	X		X					X
								X
Vegetarian Chili And Beans								
White Bean And Ham Soup						X		X

Desserts	Egg	Fish	Milk	Peanut	Shellfish	Soy	Tree nut	Wheat
Ambrosia			X				X	
Mango Guava Cheesecake	X		X	X		X	X	X

DISCLAIMER:

This allergen information has been provided by MenuTrinfo® to help give our guests the tools to make an informed food decision. All ingredient statements were found on manufacturer-generated spec sheets. It is possible that formulations may change or an ingredient or vendor substitution might be made which may not be immediately reflected in this chart. Please inform your server before ordering if you or someone in your party has a food allergy, sensitivity or other dietary concern.