













PREPARED SALADS AND SIDES NUTRITIONAL INFORMATION

Menu Item	Portion	Calories	Total Fat (g)	Saturated Fat (g)	Chol. (mg)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
 Broccoli Raisin Salad	1/2 cup	162	6	1	10	266	4	26	2
 Cottage Cheese	1/2 cup	116	5	1	5	458	14	3	0
 Fruit Salad	1/3 cup	50	0	0	0	130	1	11	1
 Three Bean Salad	1/3 cup	50	0	1	0	130	4	10	1
Cole Slaw	1/2 cup	160	10.3	1	5	434	1	17	0
Macaroni Salad	1/2 cup	216	11	4	63	480	7	26	1
Potato Salad	1/2 cup	190	10	2	20	576	5	24	1.5

SALAD DRESSINGS NUTRITIONAL INFORMATION

 Balsamic Vinaigrette Dressing	2 Tbsp	60	5	4	0	190	0	4	0
 Balsamic Vinegar	2 Tbsp	25	0	0	0	6	0	5	0
 Honey Mustard - Housemade	2 Tbsp	91	6	1	7	247	0	10	0
 Olive Oil & Red Wine Vinegar	2 Tbsp	138	14	4	0	0	0	0	0
Caesar Dressing	2 Tbsp	120	12	5	5	460	2	1	0
French Dressing - Fat Free	2 Tbsp	45	0	0	0	250	0	11	0
Italian Dressing - Fat Free	2 Tbsp	20	0	0	0	290	0	4	0
Ranch Dressing - Fat-Free	2 Tbsp	30	0	0	0	420	0	7	1
Ranch Dressing - House	2 Tbsp	148	16	5	20	287	2	1	0

SALAD TOPPINGS NUTRITIONAL INFORMATION

 Raisins	2 Tbsp	42	0	0	0	2	1	11	0.5
 Cranberries - dried	1 oz.	86	0	0	0	1	0	23	2
 Sunflower Seeds	2 Tbsp	110	9	1	0	60	4	1.2	2
 Housemade Granola	1/4 cup	113	3	1	0	52	2.5	20	2
Croutons	1/3 cup	66	2.6	0	0	176	1	9	0
Chow Mein Noodles	1/2 cup	118	7	1	0	87	2	12.5	1
French Onions	1 oz.	45	3.5	1.5	0	60	0	3	0

NOTE: While these nutritional values are an excellent guide, they are approximations taken from an average of many government and commercial sources.