

NUTRITIONAL INFORMATION

Salads

RECIPE NAME	CALORIES	FAT (G)	SATURATED FAT (G)	PRO (G)	CARBOHYDRATES (G)	DIETARY FIBER (G)	SUGARS (G)	SODIUM (MG)	CHOLESTEROL (MG)
ALPINE CHEF	317	16	8	32	13	4	6	1557	77
BUFFALO CHICKEN	504	25	10	49	13	5	5	1411	133
BUFFALO COBB	457	22	9	46	10	3	3	1111	128
CHIPOTLE CAESAR	521	25	12	45	21	4	4	1160	126
COBB	517	27	11	50	12	4	4	1481	137
FRISCO CHICKEN	527	25	12	47	20	7	6	1250	137
GREEK	168	10	6	8	14	5	7	589	33
JUST VEGGIES	95	0	0	6	19	8	6	64	0
LAS OLAS	254	11	1	26	15	4	6	756	67
ROLY CHEF	340	19	6	31	12	2	7	1385	67
SPA	255	15	2	9	26	7	17	30	0
SPA WITH CHICKEN	475	18	3	42	30	7	17	670	89
SPICY CAESAR	507	19	8	43	33	5	4	1044	109
WALNUT SPINACH	420	33	9	24	14	7	5	1033	48

Salad Nutrition information does not include side dressing