

Salads									Updated	Spring 2023
Build-Your-Own Salad	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Base:										
Romaine	6oz.	5	0	1	1	0	✓	✓	✓	
Spring Mix	6oz.	39	1	6	4	5	✓	✓	✓	
Vegetables:										
Cherry Tomato	1oz.	5	0	1	0	0	✓	✓	✓	
Carrot	1oz.	12	0	3	1	0	✓	✓	✓	
Red Onion	1oz.	12	0	3	0	0	✓	✓	✓	
Green Bell Pepper	1oz.	6	0	1	1	0	✓	✓	✓	
Broccoli	1oz.	10	0	2	1	1	✓	✓	✓	
Mushrooms	1oz.	4	0	1	1	0	✓	✓	✓	
Black Olives	1oz.	37	0	7	3	3	✓	✓	✓	
Jalapenos	1oz.	8	0	1	1	0	✓	✓	✓	
Cheese:										
Mixed Cheese	1oz	113	9	1	0	7	✓	✓	✓	Milk
Parmesan Cheese	1oz.	99	7	0	0	9		✓	✓	Milk
Dressings										
Ranch	1oz.	140	14.6	1.9	0.2	0.3		✓	✓	Milk,Soy,Egg
Lite Italian	1oz.	53	5	2	0	0	✓	✓	✓	Soy
Spicy Ranch	1oz.	140	14.6	1.9	0.2	0.3				Milk,Soy,Egg
Honey Mustard	1oz.	103	7	10	0	0		✓	✓	Egg, Mustard Seed
Balsamic Vinaigrette	1 oz	52	3.5	5	0	0	✓	✓	✓	Soy
Creamy Caesar	1oz.	124	12	2	0	2		✓	✓	Milk,Soy,Egg,Fish
Raspberry Vinaigrette	1oz.	56	4	5	0	0	✓	✓	✓	Soy
Meats:										
Ham	1oz	61	5	0	0	5	✓	✓	✓	Pork
Turkey	1oz.	33	1	0	0	6				
Grilled Chicken	1oz.	36	1	0	0	7			✓	
Toppings										
Bacon	1oz.	35	3	0	0	2			✓	Pork
Hard Boiled Egg	1 each	78	5	1	0	6		✓	✓	Egg
All Fried Items have been fried in Canola Fry Oil in Common Fryer with Dairy and Wheat Items										
Yes = ✓										
Indicates a "Smart Choice" lower in fat and packed with nutrients.										
Allergy/Contains Column lists foods that may contain one of the big eight food allergies. Wheat, Milk, Soy, Eggs, Fish, Shell Fish, Peanuts, Tree Nuts, Pork, and Sesame										