

# WEEK 1 MENU ITEM

PORTION

CALORIES

TOTAL FAT

SAT FAT

CARB

SODIUM

FIBER

PROTEIN

VEGAN

VEGETARIAN

MADE W/O  
GLUTEN

DAIRY FREE

FIT

## SMOKEHOUSE

WK 1  
SUN/MON

BAKED BEANS	1/4 CUP	70	4	0	8	137	1	1	X	X	X	X	
BBQ JACKFRUIT	3 OZ	90	2	0	17	148	1	1				X	X
BBQ KEILBASA	3 OZ	290	24	8	4	890	1	11					
CAULIFLOWER MAC & CHEESE	1/4 CUP	60	4	2	2	84	0	3		X	X		
FIRECRACKER SALAD	1/4 CUP	60	5	1	2	122	0	1		X			
GOUDA CHIPOTLE CHEESE GRITS	1/4 CUP	60	3	2	6	137	0	3		X	X		
SOUTHWESTERN BRAISED BEEF	3 OZ	90	7	6	2	113	1	5			X	X	
SPICY COLLARD GREENS W/ BACON	1/4 CUP	30	1	1	3	155	1	2					

## KAZAN

WK 1  
TUE

CANTONESE STIR FRY	1/4 CUP	30	1	0	4	106	1	1	X	X		X	X
CHAR SIU PORK W/ OYSTER SAUCE	3 OZ	210	10	4	6	430	0	21				X	X
EDAMAME FRIED RICE	1/4 CUP	70	2	0	12	140	1	2	X	X		X	X
GENERAL TSO'S SAUCE	1 T.	20	0	0	4	135	0	0	X	X		X	
GINGER SAUCE	1 T.	20	0	0	3	185	0	0	X	X		X	
JASMINE RICE	1/4 CUP	60	0	0	14	100	0	1	X	X		X	X
SESAME BLISTERED SHISHITO	1/4 CUP	30	1	0	6	32	1	1	X	X	X	X	X
TEMPURA CHICKEN GENERAL TSO'S	3 OZ	180	3	1	18	675	1	20				X	

# WEEK 1 & 2 MENU ITEM

PORTION

CALORIES

TOTAL FAT

SAT FAT

CARB

SODIUM

FIBER

PROTEIN

VEGAN

VEGETARIAN

MADE W/O  
GLUTEN

DAIRY FREE

FIT

## OKRA

WK 1  
WED/THU

BRATWURST IN SAUERKRAUT	3 OZ	80	4	1	7	390	2	3				X	X
COCA-COLA BRAISED SHORT RIBS	3 OZ	220	16	7	8	290	1	9				X	
CREAM SPINACH	1/4 CUP	70	5	2	4	255	1	5		X			X
GERMAN BRAISED RED CABBAGE	1/4 CUP	70	0	0	15	116	2	1	X	X	X	X	X
PARSLEY SMASHED RED POTATOES	1/4 CUP	60	2	1	9	60	1	1		X	X		X

## CALLALOO

WK 1  
FRI/SAT

BLACKENED TILAPIA	3 OZ	130	4	1	2	260	1	21			X	X	X
BRAISED SWEET POTATOES	1/4 CUP	50	0	0	12	117	1	1		X		X	X
ISLAND STYLE CURRY CHICKEN	3 OZ	110	5	2	3	65	1	12			X	X	X
MANGO COCONUT RICE	1/4 CUP	50	2	1	8	27	1	1	X	X		X	X
RADISH JICAMA CUCUMBER SALAD	1/4 CUP	20	1	0	3	29	1	0	X	X	X	X	X
SWEET FRIED PLANTAINS	1/4 CUP	20	1	0	4	10	0	0	X	X	X	X	X
TROPICAL FRUIT SALAD	1/4 CUP	60	2	1	11	12	1	1	X	X		X	X
WILD & FREE RED BEANS & RICE	1/4 CUP	30	1	0	4	15	0	1	X	X	X	X	X

## NICE THAI

WK 2  
SUN/MON

CHICKEN PAD THAI	1/2 CUP	640	26	5	63	2030	6	41					
GINGER/LEMONGRASS JASMINE RICE	1/4 CUP	60	0	0	26	2	1	2	X	X	X	X	X
SHRIMP & GREEN APPLE SALAD	1/4 CUP	60	2	2	6	311	0	5				X	
THAI COCONUT POLLOCK													
THAI RED CURRY STEW	1/.												
TOFU PAD THAI	1/2 CUP	190	8		23	673	2	8		X			
VEGETABLE SPRING ROLL	1 EA	180	5	1	31	604	2	3				X	

# WEEK 2 MENU ITEM

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FIT

## VERDE

WK 2  
TUE

BEEF PICADILLO	3 OZ	210	15	4	3	175	1	15			X	X	
CILANTRO LIME RICE	1/4 CUP	60	0	0	13	37	0	1	X	X	X	X	X
GRILLED PEPPERS & ONIONS	1/4 CUP	20	1	0	3	85	1	0				X	
HERBED CAULIFLOWER RICE	1/4 CUP	20	1	0	2	19	1	1	X	X	X	X	X
JACK FRUIT CARNITAS	3 OZ	90	3	0	16	62	1	1	X	X		X	X
MOJO PULLED CHICKEN	3 OZ	130	6	1	2	108	0	18			X	X	X
SMASHED BLACK BEANS	1/4 CUP	50	1.5	0	8	140	3	3	X	X	X	X	X
SOFT FLOUR TORTILLA	1 EA	90	3	1	14	170	1	2	X	X		X	

## TAVOLA

WK 2,  
WED/THU

BASIL PESTO CREAM SAUCE													
BROCCOLI RABE W/ GARLIC	1/4 CUP	10	0	0	2	11	1	1	X	X	X	X	X
BREADED CHICKEN PARM	3 OZ	150	7	2	7	300	1	15					X
CANNOLI CHIP & DIP	1 EA	400	18	11	58	365	1	6		X			
CAPRESE SALAD	1/4 CUP	50	3	1	3	82	1	3		X			
CHEESE TORTELLINI W/ HERBS	1/2 CUP	250	7	2	37	280	3	11		X			
ROASTED RED PEPPER RISOTTO	1/4 CUP	40	1	0	8	17	1	1		X	X		X
SHEET PAN RATATOUILLE	1/4 CUP	40	1	0	5	110	2	1	X	X		X	X
SPAGHETTI SQUASH W/ HERBS	1/2 CUP	50	4	1	5	200	1	1	X	X	X	X	X
TOMATO BRAISED BEEF	3 OZ	100	8	3	2	130	1	5					

# WEEK 2 & 3 MENU ITEM

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TOTAL FAT

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VEGAN

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MADE W/O  
GLUTEN

DAIRY FREE

FIT

## CHEF INSPIRED

WK 2  
FRI/SAT

ALMOND GREEN BEANS	1/4 CUP	70	3	0	10	2	2	2	X	X	X	X	X
BROWN & WILD RICE PILAF	1/4 CUP	60	1	0	11	18	1	1	X	X	X	X	X
GARLIC MASHED POTATOES	1/4 CUP	70	4	2	10	146	1	1		X	X		
MAPLE GLAZED YAMS	1/4 CUP	60	1	0	11	18	1	1	X	X	X	X	X
MEAT LOAF	3 OZ	140	6	2	9	149	1	11					X
SHRIMP ON THE BARBIE	3 OZ	130	6	1	0	90	0	18			X	X	X
THREE BEAN VEGETABLE CHILI													
VEGETABLE DEMI GLACE	1 T.	5	0	0	1	9	0	0	X	X	X	X	X

## ZEN

WK 3  
SUN/MON

BOOM BOOM SHRIMP	3 OZ	240	11	2	17	440	1	17				X	
CUCUMBER SALAD	1/4 CUP	30	2	0	15	138	1	2		X		X	
EGG ROLL	1 EA	130	5	1	20	450	2	3		X		X	
PEANUT SAUCE	1 T.	20	1	0	3	39	1	1	X	X		X	
KIM CHI RICE	1/4 CUP	90	2	0	15	138	1	2		X		X	
LO MEIN NOODLES	1/4 CUP	60	1	.5	10	73	1	2		X		X	
STIR FRIED MUSHROOMS / VEGGIES	1/4 CUP	50	2	0	6	234	1	1	X	X		X	
SWEET THAI CHILI	1 T.	40	0	0	8	170	0	0	X	X		X	
SZECHUAN GREEN BEANS	1/4 CUP	50	2	0	7	81	1	1	X	X		X	
TERIYAKI CHICKEN THIGH	3 OZ	130	6	2	2	545	0	18				X	

# WEEK 3 MENU ITEM

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FIT

## KING TIDE

WK 3  
TUE

CREAMED CORN	1/4 CUP	70	5	2	6	274	1	2					
HASH BROWNS	1/4 CUP	60	1	0	9	48	1	1					
LEMON HERB PANKO COD	3 OZ	140	6	3	10	372	1	9			X	X	
RICE PILAF W/ MUSHROOM & PEAS	1/4 CUP	60	1	0	11	18	1	1	X	X	X	X	X
SAUTEED KALE	1/4 CUP	30	2	0	3	60	2	2	X	X	X	X	
SIZZLING STEAMED MUSSELS	3 OZ	90	3	2	4	223	0	8					

## HONEST BOWL

WK 3  
WED/THU

BEYOND MEATBALLS	3 OZ	170	12	7	9	290	2	9		X	X		
CINNAMON PITA CHIPS	1 EACH	190	4	1	35	156	2	5					X
CRIMSON LENTILS W/ KALE, MUSH	1/4 CUP	70	2	0	12	126	2	3	X	X		X	
EGGPLANT W/ SESAME / TAMARIND	1/4 CUP	50	3	4	1	100	2	1	X	X	X	X	
JERK CHICKEN THIGH	3 OZ	160	9	2	4	71	0	17				X	X
MINTED LENTIL SALAD	1/4 CUP	70	2	1	8	45	3	4		X	X		
PITA	1 EACH	190	4	0	35	156	2	5					X
HUMMUS	1 TBSP	40	2	0	4	70	1	2	X	X	X	X	
ROASTED BRUSSEL SPROUTS	1/4 CUP	20	1	0	3	70	1	1	X	X	X	X	
SAFFRON FARRO RISOTTO	1/4 CUP	60	1	0	9	92	1	3		X			

# WEEK 3 & 4 MENU ITEM

PORTION

CALORIES

TOTAL FAT

SAT FAT

CARB

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FIBER

PROTEIN

VEGAN

VEGETARIAN

MADE W/O  
GLUTEN

DAIRY FREE

FIT

## CHEESE LOUISE

WK 3  
FRI/SAT

ITEM	PORTION	CALORIES	TOTAL FAT	SAT FAT	CARB	SODIUM	FIBER	PROTEIN	VEGAN	VEGETARIAN	MADE W/O GLUTEN	DAIRY FREE	FIT
BUTTERNUT SQUASH RISOTTO	1/2 CUP	120	3	1	0	24	2	4		X			
CILANTRO JICAMA SLAW	1/4 CUP	20	1	0	3	8	1	1		X	X		
FIRE BRAISED PULLED PORK	3 OZ	140	6	2	1	232	0	20			X	X	
PREMIER MAC & CHEESE	1/2 CUP	180	10	3	16	378	1	8		X			
SAUTEED KALE	1/4 CUP	30	2	0	0	60	2	2	X	X	X	X	X
SAUTEED MUSHROOM	1/4 CUP	25	2	0	2	96	1	2	X	X	X	X	X
SMOKED GOUDA MAC & CHEESE	1/2 CUP	220	13	6	18	503	1	7		X			
TURKEY CHORIZO	3 OZ	420	29	6	8	576	2	34			X	X	

## DRUMS & FLATS

WK 4  
SUN/MON

ITEM	PORTION	CALORIES	TOTAL FAT	SAT FAT	CARB	SODIUM	FIBER	PROTEIN	VEGAN	VEGETARIAN	MADE W/O GLUTEN	DAIRY FREE	FIT
BAKED CHICKEN WINGS - sweet honey	3 OZ	220	14	4	1	463	0	20			X		X
BAKED SWEET POTATO WEDGES	3 OZ	140	4	0	23	85	4	2	X	X	X	X	X
BITTERMILK FRIED WINGS	3 OZ	320	27	4	6	223	0	13					
GARLIC & SPICE BROCCOLI	1/4 CUP	40	2	0	6	117	2	2	X	X	X	X	
GRILLED CHICKEN BREAST w/ bbq	3 OZ	160	3	1	8	229	1	25			X	X	X
HERB STEAK FRIES	4 EA	130	3	0	25	6	2	2	X	X	X	X	X
ONION RINGS	5 EA	230	14	1	23	384	1	3		X			

# WEEK 4 MENU ITEM

PORTION

CALORIES

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VEGAN

VEGETARIAN

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FIT

## HARVEST

WK 4  
TUE

ASIAN SLAW W/ MINT	1/4 CUP	30	2	0	2	125	1	0			X	X	X
BUTTERNUT SQUASH & KALE W/ RICE	1/2 CUP	40	1	0	6	130	1	1	X	X		x	X
CHICKEN & VEGETABLES	4 OZ	130	4	1	10	360	1	13				X	X
CHICKPEAS & SPINACH	1/4 CUP	50	1	0	7	84	2	2	X	X		x	X
CILANTRO SOY MAHI MAHI	3 OZ	100	1	0	4	440	0	17				X	X
CRAZY FETA SAUCE	1/4 CUP	440	40	21	8	1040	0	17		X	X		
CRISPY TOFU KATSU	3 OZ	100	4	1	11	57	1	6	X	X		X	X
SPLIT PEA MASH	1/4 CUP	140	5	2	19	132	7	7	X	X	X	x	X

## TANDOORI

WK 4  
W/TH

BASMATI RICE	1/4 CUP	60	0	0	12	39	0	1	X	X	X	X	X
CHANA MASALA	1/4 CUP	100	2	0	16	321	4	4	X	X			X
CUCUMBER RAITA	1/4 CUP	30	0	0	3	183	0	2			X	X	
CURRY JACK FRUIT	3 OZ	90	5	3	12	17	1	1	X	X	X	X	X
NAAN	1 EA	360	9	2	60	940	2	12		X			
SALMON & COCONUT SAUCE	3 OZ	185	12	3	3	136	1	17			X	X	X
TAMARIND CHUTNEY	1/4 CUP	60	0	0	16	37	1	1	X	X	X	X	
TANDOORI CHICKEN THIGH	3 OZ	150	7	2	2	99	1	18			X		X
VEGETABLE SAMOSA	1 EA	110	3	1	19	132	3	3	X	X	X		X

# WEEK 4 & 5 MENU ITEM

PORTION

CALORIES

TOTAL FAT

SAT FAT

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VEGETARIAN

MADE W/O  
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DAIRY FREE

FIT

## HAPPY HEN

WK 4  
FRI/SAT

APPLE STREUSEL HAND PIE	1 EA	480	27	12	55	553	2	5		X			
BROWN BUTTER MASHED POTATOES	1/4 CUP	80	4	3	10	120	1	1		X	X		
BUTTERMILK "NOT FRIED" CHICKEN	3 OZ	210	8	2	20	300	1	15					X
CAJUN FRIED CHICKEN	3 OZ	230	6	2	30	750	2	15					
CHEESY SCALLION HASH BROWNS	1/4 CUP	110	6	2	8	215	1	5					X
DINNER ROLL	1 EA	180	4	1	30	265	1	6		X			
GRILLED HONEY BUTTER CORN COB	1 EA	390	21	12	55	255	4	6		X	X		
SOUTHERN STYLE GREEN BEANS	1/4 CUP	25	1	0	5	85	2	1	X	X	X	X	X

## TAVOLA

WK 5,  
SUN/MON

BALSAMIC GLAZED ROOT VEGETABLES	1/4 CUP	30	1	0	6	32	1	1	X	X	X	X	X
BRAISED CHICKEN THIGH CACCIATORE	3 OZ	70	2	0	4	185	1	9				X	X
CREAMY POLENTA	1/4 CUP	70	2	1	11	61	0	2		X	X		X
ITALIAN MEATBALLS	3 EA	140	9	3	2	83	0	12					X
ITALIAN SALSA VERDE	1 T.	30	3	0	0	20	0	0	X	X	X	X	X
RAVIOLI VEGETABLE & CHEESE	1/4 CUP	130	7	3	15	106	1	4					
ROASTED CRIMINI MUSHROOMS	1/4 CUP	30	2	0	2	100	1	1	X	X	X	X	X
TORTELLINI ANTIPASTI	1/2 CUP	200	10	4	18	550	2	10					X

## SPUD SHACK

WK 5  
TUES

BUTTERMILK CHIVE MASHED POTATO	1/4 CUP	40	1	1	9	200	1	1	X	X	X		X
CARMELIZED ONIONS	2 T.	40	3	0	2	1	0	0	X	X	X	X	X
CHICKEN SAUSAGE W/ GREEN PEPPER	3 OZ	130	6	3	5	600	1	14				X	X
CHICKPEA SALAD	1/4 CUP	60	3	0	7	110	2	2	X	X	X	X	X
FIRE BRAISED PULLED PORK	3 OZ	80	3	1	0	132	0	11			X	X	X
SWEET & SPICY BRUSSEL SPROUTS	1/4 CUP	30	1	0	5	70	1	1		X	X	X	X
TATER TOTS	1/4 CUP	70	4	1	9	200	1	1				X	

# WEEK 5 MENU ITEM

PORTION

CALORIES

TOTAL FAT

SAT FAT

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VEGAN

VEGETARIAN

MADE W/O  
GLUTEN

DAIRY FREE

FIT

## HONEST BOWL

WK 5  
WED/THU

	PORTION	CALORIES	TOTAL FAT	SAT FAT	CARB	SODIUM	FIBER	PROTEIN	VEGAN	VEGETARIAN	MADE W/O GLUTEN	DAIRY FREE	FIT
ADOBO MARINATED PORK LOIN	3 OZ	140	8	3	1	237	0	16			X	X	X
CAULIFLOWER PUREE	1/4 CUP	30	3	0	1	100	0	1		X	X		X
FRIED GREEN TOMATOES	1 EA	105	2	1	19	120	1	5		X		X	
HUMMUS	1 TBSP	35	2	0	4	70	1	2	X	X		X	X
MINTED PEA SALAD	3 OZ	70	1	0	12	56	4	4	X	X	X	X	X
PITA	1 EA	250	1	0	50	490	2	8		X			
THAI PEANUT & LIME CHICKEN	3 OZ	130	6	1	8	180	0	11					X
TOMATO & BASIL FARRO RISOTTO	1/4 CUP	60	1	0	9	76	1	3		X			X
TRI COLORED QUINOA	1/4 CUP	50	1	0	9	2	1	2	X	X	X	X	X
TZATSIKI	1 TBSP	20	2	2	1	38	0	0		X			

## CREOLE QUEEN

WK 5  
FRI / SAT

	PORTION	CALORIES	TOTAL FAT	SAT FAT	CARB	SODIUM	FIBER	PROTEIN	VEGAN	VEGETARIAN	MADE W/O GLUTEN	DAIRY FREE	FIT
CRAWFISH ETOUFFEE	3 OZ	100	7	1	5	415	1	7				X	X
CRISPY CREOLE SLAW	1/4 CUP	70	6	1	5	84	1	1		X			X
CRISPY FRIED CATFISH	3 OZ	170	9	1	12	250	0	10					
DIRTY CAJUN RICE	1/4 CUP	70	3	0	10	152	1	1	X	X	X	X	X
KICKED UP LIMA BEANS	1/4 CUP	40	1	0	6	65	1	1	X	X	X	X	X
STEWED TOMATOES	1/4 CUP	30	1	0	4	77	1	1		X		X	X
WHITE RICE	1/4 CUP	50	0	0	12	36	0	1	X	X	X	X	X

SALAD BAR	PORTION	CALORIES	TOTAL FAT	SAT FAT	CARB	SODIUM	FIBER	PROTEIN					
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**LETTUCE**

ROMAINE & BABY KALE	1 CUP	10	0	0	3	10	2	1					
SIGNATURE BLEND	1 CUP	10	0	0	2	4	1	1					
SPINACH	1 CUP	10	0	0	1	24	1	1					

**GRAIN SALAD**

FARRO & ARUGULA	1/4 CUP	40	2	1	8	35	1	2					
MINTED LENTIL SALAD	1/4 CUP	60	2	1	8	45	3	4					
ASIAN FARRO & PINEAPPLE	1/4 CUP	30	0	0	12	72	1	5					
QUINOA & COUSCOUS	1/4 CUP	50	2	0	6	118	1	1					
FREEKEH KALE & BRUSSELS	1/4 CUP	70	3	0	8	81	2	2					
ORANGE & BEET SALAD W/ FREEKEH	1/4 CUP	50	3	0	5	120	1	1					
BARLEY, BLACK BEANS, & MANGO	1/4 CUP	50	1	0	7	21	1	2					
BLACK BARLEY & FENNEL	1/4 CUP	50	1	0	10	49	2	2					
MASALA GARBANZO BEANS & RICE	1/4 CUP	30	1	0	5	15	1	1					
FREEKEH KALE SALAD	1/4 CUP	70	5	1	6	114	2	2					

**VEGETABLE SALADS**

MARINATED ARTICHOKE & CUCUMBER	1/4 CUP	10	1	0	2	32	1	1					
CUCUMBER TOMATO SALAD	1/4 CUP	20	2	0	1	59	1	0					
CURRIED CARROT SALAD	1/4 CUP	100	8	1	7	94	1	0					
KALE CAESAR	1 CUP	50	3	1	4	155	2	3					
CITRUS BEET & GRAIN W/ WALNUTS	1/4 CUP	80	4	1	9	128	1	3					
CHICKPEA CHERRY TOMATO W/ PECAN	1/4 CUP	90	6	1	7	64	2	2					
SESAME KALE	1 CUP	90	4	1	11	823	3	4					
EDAMAME RED CABBAGE	1 CUP	80	4	1	9	183	3	4					
MARINATED TUSCAN SALAD	1/4 CUP	40	1	0	6	144	2	2					



SALAD BAR	PORTION	CALORIES	TOTAL FAT	SAT FAT	CARB	SODIUM	FIBER	PROTEIN					
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**PROTEIN CONT.**

HERB CHICKEN	1/4 CUP	100	4	1	0	92	0	15					
ROTISSERIE CHICKEN	1/4 CUP	130	7	2	1	140	0	14					
HERB SHRIMP	1/2 CUP	60	0	0	0	63	0	14					
ROAST PORK	1/2 CUP	70	3	1	4	101	0	7					
COCOA CRUSTED STEAK	1/2 CUP	160	10	3	2	153	1	13					
CHIMICHURRI STEAK	1/2 CUP	140	10	4	0	60	0	12					
<b>CHEESE</b>													
FETA	1 T.	30	2	1	0	107	0	1					
GOUDA	1 T.	50	4	3	0	116	0	4					
QUESO FRESCO	1 T.	30	2	1	0	80	0	2					
SWISS	1 T.	60	4	3	0	27	0	4					
PEPPERJACK	1 T.	50	4	3	0	85	0	3					
CHEDDAR	1 T.	30	2	1	0	46	0	2					
BLUE CHEESE	1 T.	30	2	2	0	97	0	2					
MOZZARELLA	1 T.	40	3	2	0	70	0	3					
<b>TOPPINGS</b>													
TOMATO	1/4 CUP	10	0	0	1	2	0	0					
CUCUMBER	1/4 CUP	5	0	0	1	1	0	0					
RED ONION	1/4 CUP	10	0	0	3	1	0	0					
RED CABBAGE	1/4 CUP	5	0	0	1	5	0	0					
CARROTS	1/4 CUP	10	0	0	3	19	0	0					
ROASTED RED PEPPERS	1/4 CUP	110	0	0	3	114	1	0					
KALAMATA OLIVES	1 T.	10	1	0	0	131	0	0					
BEETS	1/4 CUP	50	2	0	6	83	1	1					

SALAD BAR	PORTION	CALORIES	TOTAL FAT	SAT FAT	CARB	SODIUM	FIBER	PROTEIN					
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**DRY TOPPINGS**

DRIED FIGS	1 T.	20	0	0	6	1	1	0					
DRIED BING CHERRIES	1 T.	60	0	0	13	0	2	0					
MANGO	1 T.	30	0	0	7	5	1	0					
APRICOTS	1 T.	20	0	0	5	0	1	0					
CANDIED PECANS	1 T.	50	4	0	5	0	1	1					
CRAISINS	1 T.	30	0	0	8	0	0	0					
CROUTONS	1/4 CUP	90	7	1	5	43	0	1					
PISTACHIOS	1 T.	40	4	0	2	33	1	2					
WALNUTS	1 T.	50	5	0	1	0	1	2					
SLICED ALMONDS	1 T.	50	5	0	1	0	1	2					
PEANUTS	1 T.	50	5	1	2	37	1	2					
SUNFLOWER SEEDS	1 T.	50	4	0	2	0	1	2					
PUMPKIN SEEDS	1 T.	80	7	1	2	3	1	4					
WONTON STRIPS	1/4 CUP	60	3	0	6	58	0	1					
BAGEL CHIPS	1/4 CUP	30	1	0	5	78	0	1					
TORTILLA CHIPS	1/4 CUP	50	3	1	6	104	0	1					

**DRESSINGS**

RANCH	2 T.	110	11	2	2	260	0	0					
POPPY SEED	2 T.	130	11	2	8	230	0	0					
CAESAR	2 T.	30	2	0	1	58	0	1					
BALSAMIC VIN	2 T.	60	5	1	5	200	0	0					
AVOCADO RANCH	2 T.	90	8	1	2	177	0	0					
LEMON HERB VIN	2 T.	90	9	1	2	240	0	0					
TOASTED SESAME	2 T.	130	12	2	6	450	0	0					
SWEET THAI CHILI	2 T.	70	0	0	15	340	0	0					
RASPBERRY VIN	2 T.	130	12	2	5	90	0	0					