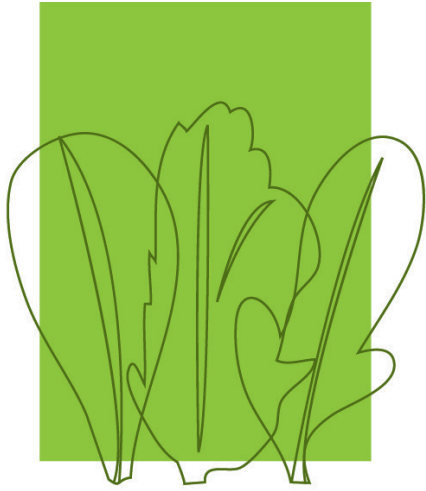


# NUTRITIONAL GUIDE



## GREENS TO GO

	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	DIETARY FIBER (g)	TOTAL SUGARS (g)	PROTEIN (g)
<b>SMALL TREE SALADS</b>											
Chicken Caesar Salad	310	190	22	4	0	35	500	13	2	2	15
Buffalo Chicken Salad	330	200	22	6	0	55	820	18	3	5	18
Southwest Chicken Salad	220	80	9	1.5	0	35	290	20	5	3	15
Chicken, Pear & Walnut Salad	360	190	21	4	0	35	340	27	4	12	18
Asian Chicken Salad	270	170	19	2.5	0	30	270	14	4	6	14
Chicken and Butternut Salad	360	180	20	3.5	0	35	320	34	9	8	17
Grilled Chicken Cobb Salad	300	190	21	6	0	130	670	10	4	5	20
Bacon Spinach Salad	170	100	11	2.5	0	90	440	10	2	6	8
Greek Salad	240	200	22	3.5	0	5	550	8	3	4	3
<b>LARGE TREE SALADS</b>											
Chicken Caesar Salad	540	320	36	7	0	65	870	26	3	5	30
Buffalo Chicken Salad	610	340	38	11	1	100	1430	36	6	9	35
Southwest Chicken Salad	400	150	16	3	0	65	470	38	10	5	29
Chicken, Pear & Walnut Salad	670	360	40	7	0	70	580	50	7	21	35
Asian Chicken Salad	420	280	27	4	0	55	430	23	7	10	26
Chicken and Butternut Salad	670	310	35	7	0	70	520	64	17	14	34
Grilled Chicken Cobb Salad	530	310	35	11	0	255	1180	16	6	8	39
Bacon Spinach Salad	340	210	23	6	0	185	930	17	5	11	18
Greek Salad	410	330	36	6	0	15	1160	17	5	7	6
<b>SIDE ITEMS</b>											
Garlic Herb Breadstick	180	45	5	1	0	0	300	28	1	< 1g	5
Flour Tortilla	310	70	8	3	0	0	820	49	1	2	8

Additional nutrition information available upon request. 2000 calories a day is used for general advice, but calorie needs vary.