

# Nutrition Information

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Updated: 07/31/2019

Salad Bar		Total Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Antipasto Salad	3 oz	240	160	18	4.5	0	35	730	8	2	1	11
Artichoke Hearts	1/2 cup	50	0	1	0	0	0	530	11	5	1	2
Autumn Wild Rice Salad	3.5 oz	130	20	2.5	0	0	0	60	24	3	10	2
Baba Ghanoush	2 tbsp	60	45	5	1	0	0	140	2	2	1	3
Baby Carrots	3 oz	35	0	0	0	0	0	65	8	2	5	1
Baby Corn	3 oz	90	0	1.5	0	0	0	250	18	2	4	3
Beets	1/2 cup	40	0	0	0	0	0	250	8	1	6	<1
Sliced Bell Pepper	1 cup	25	0	0	0	0	0	0	6	2	4	1
Black Beans	1/2 cup	110	5	1	0	0	0	350	20	6	2	6
Black Pearl Rice & Mango	1/2 cup	160	50	6	0.5	0	0	40	27	3	13	2
Blue Cheese	1/4 cup	110	70	8	6	0	20	300	1	0	<1	6
Chopped Broccoli	1 cup	30	0	0	0	0	0	30	6	2	2	3
Cashew Kale Slaw	3.5 oz	200	140	16	2.5	0	10	95	12	2	7	3
Chopped Cauliflower	3/4 cup	20	0	0	0	0	0	25	4	2	2	1.5
Cherry Tomatoes	5 Tomatoes	15	0	0	0	0	0	0	0	1	2	1
Chickpea Salad	1/2 cup	160	60	7	1	0	0	390	21	6	2	4

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Claire's Classic Potato Salad		1/2 cup	200	220	24	4.5	0	135	240	16	1	3	6
Classic Hummus		2 tbsp	80	50	6	1	0	0	80	4	2	0	4
Club Mediterranean Salad		5 oz	380	250	28	6	0	25	610	24	2	2	8
Coleslaw		1 cup	90	30	3.5	0.5	0	5	120	14	2	11	1
Corn		2/3 cup	100	10	1	0	0	0	0	21	1	5	3
Cottage Cheese		1/2 cup	110	40	6	3.5	0	20	360	4	0	3	13
Cracked Wheat Salad		1/2 cup	200	80	9	1	0	0	400	25	6	2	5
Crimson Salad		3.5 oz	210	110	12	1.5	0	0	100	20	4	5	6
Croutons		2 tbsp	30	10	1	0	0	0	85	5	0	0	1
Crunchy Harvest Salad		3 oz	50	30	3.5	0	0	0	160	6	1	3	1
Crunchy Vegetable Salad		3.5 oz	220	140	16	2.5	0	10	160	16	3	11	3
Sliced Cucumber		3/4 cup	10	0	0	0	0	0	0	3	0	1	<1
Curry Chicken		3.5 oz	240	140	16	2.5	0	40	210	12	1	8	13
Mini Falafel Balls		4 pieces	130	45	5	1	0	0	340	16	1	1	5
Fiesta Rice Salad		1/2 cup	120	35	4	0	0	0	470	20	2	4	2
Fully Loaded Potato Salad		1/2 cup	420	340	38	9	5	45	390	15	1	2	5

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Garbanzo Beans	1/2 cup	120	0	2	0	0	0	130	23	4	4	7
Golden State Chicken Salad	3.5 oz	320	240	27	4.5	0	50	370	8	1	6	12
Gourmet Fruit Salad	3.5 oz	60	0	0	0	0	0	10	13	2	9	1
Haig's Couscous Almondine Salad	1 cup	300	140	15	3.5	0	0	410	34	6	5	7
Haig's Couscous Moroccan Salad	1 cup	290	100	11	1.5	0	5	650	39	4	3	8
Ham	2 oz	60	15	1.5	0	0	30	450	3	0	2	9
Handmade Dolmas	1 piece	60	20	2	0.5	0	0	135	8	1	1	1
Homestyle Macaroni Salad	1/2 cup	370	230	26	3.5	0	15	310	29	0	1	5
Lobster Salad	3.5 oz	180	130	14	2.5	0	35	510	7	0	3	7
Mandarin Chicken Salad	3.5 oz	180	100	11	1.5	0	5	200	15	2	7	6
Muhammara	2 tbsp	110	80	9	1	0	0	130	5	2	1	2
Old-Fashioned Chicken Salad	3.5 oz	260	180	20	3.5	0	55	370	3	0	3	16
Parmesan Cheese	1 tbsp	20	0	1	1	0	<5	45	0	0	0	2
Peas	1/2 cup	70	0	0	0	0	0	0	12	4	4	4
Pesto Pasta Asparagus Salad	5 oz	280	150	17	2	0	0	320	26	3	2	6
Potato & Egg Salad	3/4 cup	310	180	19	4.5	0	20	810	26	2		9

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Protein Power Salad	3.5 oz	220	120	13	2	0	0	80	18	6	6	7
Red Dill Bliss Potato Salad	1/2 cup	190	110	13	2	0	5	440	19	2	4	2
Red Kidney Beans	1/2 cup	110	0	0	0	0	0	130	20	5	3	7
Roasted Red Pepper Hummus	2 tbsp	70	40	4.5	1	0	0	85	4	2	0	3
Romaine Lettuce	2 cup	15	0	0	0	0	0	10	3	2	1	1
Rotisserie Chicken	3 oz	170	110	12	3.5	0	55	310	0	0	0	16
Seafood Salad	3.5 oz	250	190	21	3.5	0	20	570	11	0	3	4
Shell Pasta with Prosciutto & Peas	5 oz	370	230	25	7	0	35	530	24	2	2	11
Shredded Medium Cheddar Cheese	1/4 cup	110	80	9	5	0	25	170	1	0	0	7
Shredded Red Cabbage	2 cups	25	0	0	0	0	0	25	6	2	3	1
Sliced Black Olives	2 tbsp	15	0	1.5	0	0	0	125	1	0	0	0
Sliced White Mushrooms	1 cup	15	0	0	0	0	0	0	2	<1	1	2
Southwest Chipotle Chicken	3.5 oz	160	100	11	2	0	30	450	4	0	2	11
Large Spanakopita	1 piece	470	220	25	17	1	100	910	47	7	2	14
Small Spanakopita	6 pieces	470	240	27	17	0.5	95	910	44	4	1	12
Spicy Hummus	2 tbsp	80	50	5	1	0	0	85	4	2	0	3

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Spinach	3 oz	20	0	0	0	0	0	0	65	3	2	0	2
Spring Mix	3 oz	20	0	0	0	0	0	0	105	3	1	1	2
Tahini	1 tbsp	40	30	3.5	0.5	0	0	0	85	1	1	0	2
Tri-Color Tortellini	3.5 oz	310	190	21	5	0	20	350	22	22	1	1	9
Tuna Salad	1/2 cup	250	180	21	4	0	75	410	4	4	0	3	12
Turkey Breast	2 oz	45	10	1	0	0	20	400	0	0	0	0	9
Tzatziki	2 oz	90	70	8	5	0	25	320	4	4	1	1	2
Zucchini Fritters	5 pieces	90	50	6	0.5	0	30	125	8	8	0	1	2
Bacon	1 slice (1/2 oz)	70	50	6	2	0	15	320	0	0	0	0	5
Eggs	1 Egg (2 oz)	70	45	5	1.5	0	185	70	0	0	0	0	6
Feta Cheese	1/4 cup	100	70	8	5	0	30	430	1	1	0	0	5
Pepperoncini	1/2 oz	0	0	0	0	0	0	35	0	0	0	0	0
Red Onions	2 oz	25	0	0	0	0	0	0	0	5	1	2	0
Tomatoes	2 oz	10	0	0	0	0	0	0	0	2	<1	2	1
Blue Cheese & Bacon Pasta Salad	1 cup	390	180	20	4	0	10	580	41	41	4	2	11
Blue Cheese & Bacon Potato Salad	4 oz	270	200	23	4.5	0	50	400	11	11	1	0	5

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Caprese with Roasted Tomatoes	4 oz	180	120	14	5	0	25	100	7	1	5	7	
Cranberry Feta Pasta Salad	5 oz	290	90	10	2.5	0	5	540	30	3	8	9	
Garlic Mushrooms	1/2 cup	90	60	7	0.5	0	0	820	4	2	0	2	
Pasta with Brussels Sprouts & Bacon	5 oz	300	170	19	2	0	5	450	28	2	5	7	
Southwest Pasta Corn Salad	5 oz	130	90	10	2.5	0	10	190	23	2	3	6	