

Med. Org. Salads	Heart Smart	Kale Salad	Wedge Salad	Mixed Greens	Spicy SW Chicken	Spin-ach	Greek	Organic Cae-sars	Picazzo s Cae-sars	Italian	Blue Cheese	Berry-licious	Pear Gor-gonzol a	Asian	Add Chick-en	Add Shrimp	Add Crou-tons
Serv Size	1	1	1	1	1	1	1	1	1	1	1	1	1	1	3.5 OZ	3 OZ	1 OZ.
Serv Per Dish	1	2	2	1	1	1	1	1	1	1	1	1	1	1	1	1	1
Cal	510	400	520	160	620	570	500	420	720	630	690	780	690	540	160	90	120
Fat Cal	400	280	390	50	210	390	290	340	600	460	450	550	450	350	30	15	60
Total Fat (g)	45	31	43	6	23	43	32	37	67	51	50	61	50	39	3.5	1.5	6
Sat Fat	8	4.5	16	1	8	15	14	9	19	12	19	18	19	5	1	0	0.5
Trans Fat (g)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Chol	10	<5	105	0	175	75	75	35	85	60	80	75	80	0	85	130	0
Sodi-um	240	1300	1920	330	980	1330	2570	570	1090	2480	1350	990	1340	1080	75	125	780
Carb	24	27	9	24	32	29	36	10	16	22	42	47	43	42	0	0	14
Fiber	5	5	2	6	9	7	5	4	5	7	9	9	8	11	0	0	1
Sugar	16	8	4	14	8	17	18	3	7	5	24	34	26	12	0	0	2
Pro-tein	7	9	26	4	68	22	17	15	20	23	28	20	26	13	31	17	3
Vit A	25	700	25	190	400	300	250	350	350	360	90	45	60	490	0	4	0
Vit C	25	450	10	50	70	110	60	90	90	90	60	210	25	90	0	2	0
Cal(%)	15	35	15	10	35	60	50	40	50	35	50	60	50	20	0	4	2
Iron	8	25	15	8	25	35	15	15	25	25	15	20	10	25	6	10	8