

Nutritional Information: Salads

SALAD	Serving	Calories (cal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (RE)	Vitamin C	Calcium (mg)	Iron (mg)
CAESAR SALAD (WITH DRESSING)		279.03	23.94	2.66	0	12.97	484.49	10.79	2.185	1.957	6.525	257.71	23.252	123.52	1.613
TOSSED SALAD (NO DRESSING)	223g	16.4	0.2	0	0	0	13.5	3.3	1	2.1	1.1	316	25.2	21.6	0.6
GREEK SALAD (NO DRESSING)		73.1	5.2	3.3	0	18.8	352.6	3.1	0.4	1.8	3.9	54.8	4.4	121	0.6
SPINACH SALAD (NO DRESSING)		20	0.6	0.02	0	0	13.9	2.88	0.91	0.63	1.67	66.55	6.44	21.93	0.64
SUNSHINE SALAD		17.86	0.14	0	0	0	9.18	3.97	1.07	2.26	0.83	110.83	21.24	18.98	0.38
FRUIT SALAD		152	1.6	0	0	0	21.3	35.8	4.6	29.1	2.9	312.5	115.4	51.5	1
MEDITERANEAN SALAD (NO DRESSING)		161.9	11.4	6.7	0	37.6	870.4	9.1	2.3	4.3	7.4	166.4	44	233.1	1
MEDITERANEAN SALAD (WITH DRESSING)		229	18.4	7.3	0.1	37.6	993.1	10.2	2.3	5.1	7.4	167	44.9	234.7	1
MARINATED VEGETABLES WITH FETA		199.1	16.2	2.2	0.3	5.6	550.8	12.3	3	7.2	2.9	188.4	102.4	65.7	0.7
CHICKEN PENNE CAESAR SALAD		303.34	15.65	1.26	0	16.52	499.96	31.54	1.26	1.24	9.42	78.27	32.58	21.94	1.98
GREEK FETA PASTA	100g	180	11	1.5	0	25	310	16	1	1	4	6%	20%	4%	6%
TUSCANY BEAN SALAD	100G	180	9	0.5	0	0	560	20	5	1	4	2%	25%	2%	10%
WHEATBERRY SALAD	100g	250	18	1.5	0	0	200	22	44	7	5	6%	15%	2%	10%
WILD RICE W/CRANBERRY	100g	210	14	1	0	0	300	21	2	2	2	20%	10%	6%	4%
COLESLAW	100g	120	10	0.5	0	0	500	9	2	6	1	10%	45%	2%	2%
POTATO SALAD	100g	200	13	0.3	0	35	310	19	2	2	3	10%	10%	2%	4%