

THE BIG SALAD[®]

NUTRITION GUIDE

SALADS

NUTRITION FACTS



Bravocado

Serving size 1 Salad

Amount per serving
Calories 179

Total Fat	12g
Saturated Fat	2g
Cholesterol	0g
Sodium	105mg
Total Carbs	14g
Sugar	0.5g
Protein	3.5g

Allergens

None



Chicken Caesar

Serving size 1 Salad

Amount per serving
Calories 178

Total Fat	6g
Saturated Fat	2.5g
Cholesterol	43g
Sodium	598mg
Total Carbs	9g
Sugar	2g
Protein	18.5g

Allergens

Milk, Wheat



Club

Serving size 1 Salad

Amount per serving
Calories 277

Total Fat	15.5g
Saturated Fat	5.5g
Cholesterol	100g
Sodium	1451mg
Total Carbs	6.5g
Sugar	3g
Protein	28g

Allergens

Milk, Pork



Cobb

Serving size 1 Salad

Amount per serving
Calories 342

Total Fat	22g
Saturated Fat	7g
Cholesterol	67g
Sodium	939mg
Total Carbs	10g
Sugar	2g
Protein	23.5g

Allergens

Egg, Milk, Pork



Mediterranean

Serving size 1 Salad

Amount per serving
Calories 305

Total Fat	12g
Saturated Fat	3.5g
Cholesterol	15g
Sodium	775mg
Total Carbs	33g
Sugar	4g
Protein	12g

Allergens

Milk, Wheat



Miso Sesame

Serving size 1 Salad

Amount per serving
Calories 176

Total Fat	6g
Saturated Fat	0g
Cholesterol	40g
Sodium	486mg
Total Carbs	10.5g
Sugar	3.5g
Protein	12.5g

Allergens

Tree Nuts, Wheat



Seaside

Serving size 1 Salad

Amount per serving
Calories 244

Total Fat	51g
Saturated Fat	4g
Cholesterol	20g
Sodium	447mg
Total Carbs	14g
Sugar	10g
Protein	13g

Allergens

Fish, Milk, Shellfish, Wheat



Southwest Chicken

Serving size 1 Salad

Amount per serving
Calories 600

Total Fat	101g
Saturated Fat	10g
Cholesterol	20g
Sodium	79mg
Total Carbs	30g
Sugar	16g
Protein	26g

Allergens

Milk, Pork, Wheat

SANDWICHES

NUTRITION FACTS



Cali Club

Serving size 1 Sandwich

Amount per serving
Calories 578

Total Fat	28g
Saturated Fat	5g
Cholesterol	37g
Sodium	1154mg
Total Carbs	63g
Sugar	9g
Protein	12g

Allergens

Milk, Pork, Soy, Wheat



Caprese

Serving size 1 Sandwich

Amount per serving
Calories 755

Total Fat	35g
Saturated Fat	11g
Cholesterol	7g
Sodium	1066mg
Total Carbs	81g
Sugar	6g
Protein	40g

Allergens

Milk, Soy, Wheat



Cranberry Turkey

Serving size 1 Sandwich

Amount per serving
Calories 692

Total Fat	25g
Saturated Fat	4g
Cholesterol	48g
Sodium	954mg
Total Carbs	70g
Sugar	18g
Protein	22g

Allergens

Milk, Soy, Tree Nuts, Wheat



Italian Antipasto

Serving size 1 Sandwich

Amount per serving
Calories 824

Total Fat	39g
Saturated Fat	11g
Cholesterol	86g
Sodium	1949mg
Total Carbs	83g
Sugar	75g
Protein	34g

Allergens

Milk, Pork, Soy, Wheat



Spicy Turkey Club

Serving size 1 Sandwich

Amount per serving
Calories 590

Total Fat	23g
Saturated Fat	7g
Cholesterol	72g
Sodium	1617mg
Total Carbs	62g
Sugar	9g
Protein	30g

Allergens

Milk, Pork, Soy, Wheat



Sunrise

Serving size 1 Sandwich

Amount per serving
Calories 625

Total Fat	32g
Saturated Fat	8g
Cholesterol	167g
Sodium	1177mg
Total Carbs	60g
Sugar	10g
Protein	27g

Allergens

Egg, Milk, Pork, Soy, Wheat



Turkey Bacon Apple

Serving size 1 Sandwich

Amount per serving
Calories 559

Total Fat	23g
Saturated Fat	5g
Cholesterol	525g
Sodium	1309mg
Total Carbs	71g
Sugar	17g
Protein	20g

Allergens

Milk, Pork, Soy, Wheat



Hail Caesar

Serving size 1 Wrap

Amount per serving
Calories 732

Total Fat	63g
Saturated Fat	9g
Cholesterol	64g
Sodium	1351mg
Total Carbs	68g
Sugar	16g
Protein	31g

Allergens

Fish, Milk, Soy, Wheat

SOUPS

NUTRITION FACTS



Broccoli Cheddar

Serving size 8oz.

Amount per serving
Calories 200

Total Fat	14g
Saturated Fat	8g
Cholesterol	45g
Sodium	1270mg
Total Carbs	11g
Sugar	3g
Protein	9g

Allergens
Milk, Poultry



Cactus Chili

Serving size 8oz.

Amount per serving
Calories 260

Total Fat	11g
Saturated Fat	4g
Cholesterol	55g
Sodium	720mg
Total Carbs	20g
Sugar	10g
Protein	19g

Allergens
Gluten Free



Chicken Noodle

Serving size 8oz.

Amount per serving
Calories 100

Total Fat	3g
Saturated Fat	1.5g
Cholesterol	25g
Sodium	980mg
Total Carbs	20g
Sugar	4g
Protein	5g

Allergens
Wheat, Milk, Soy, Egg, Poultry



Spicy Thai

Serving size 8oz.

Amount per serving
Calories 260

Total Fat	18g
Saturated Fat	8g
Cholesterol	55g
Sodium	990mg
Total Carbs	17g
Sugar	4g
Protein	7g

Allergens
Poultry



Tomato Basil

Serving size 8oz.

Amount per serving
Calories 260

Total Fat	18g
Saturated Fat	5g
Cholesterol	25g
Sodium	710mg
Total Carbs	22g
Sugar	16g
Protein	3g

Allergens
Milk



Loaded Potato

Serving size 8oz.

Amount per serving
Calories 240

Total Fat	16g
Saturated Fat	9g
Cholesterol	45g
Sodium	980mg
Total Carbs	20g
Sugar	4g
Protein	5g

Allergens
Wheat, Milk, Pork

WRAPS

	Serving Size*	Calories	Total Fat (grams)	Sat. Fat (grams)	Cholesterol (grams)	Sodium (mg)	Total Carbs (grams)	Sugars (grams)	Protein (grams)	Allergens
PREDESIGNED WRAPS										
Bravocado	1 wrap	477	19	4.5	0	735	65	0	11	Soy, Wheat
Chicken Caesar	1 wrap	465	6	2.5	53	1242	61	2	26	Milk, Soy, Wheat
Club	1 wrap	565	22	8	100	208	56.5	3	36	Milk, Pork, Soy, Wheat
Cobb	1 wrap	631	29	9.5	67	943	60.5	1.5	29.5	Egg, Milk, Pork, Soy, Wheat
Hail Caesar	1 wrap	732	63	9	64	1351	68	16	31	Fish, Milk, Soy, Wheat
Mediterranean	1 wrap	594	19	6	0	1403	93	3.5	19.5	Milk, Soy, Wheat
Miso Sesame	1 wrap	463	13	2.5	40	1078	61	5	20	Egg, Tree Nuts
Seaside	1 wrap	552	26.5	6.5	19.5	1077	67	10.5	20.5	Fish, Milk, Shellfish, Soy, Wheat
Southwest	1 wrap	889	76.5	12	91	1495	30	15.5	33	Milk
Strawberry Apple	1 wrap	472	16.5	6	12	926	58.5	2	14	Milk, Tree Nuts

BUILD YOUR OWN SALAD OR WRAP

	Serving Size*	Calories	Total Fat (grams)	Sat. Fat (grams)	Cholesterol (grams)	Sodium (mg)	Total Carbs (grams)	Sugars (grams)	Protein (grams)	Allergens
LETTUCE FOR SALAD										
Rocket Romaine Blend	1	15	0	0	0	27	2	1	1	
Iceburg	1	20	0	0	0	10	2	1	1	
Spinach	1	10	0	0	0	25	1	0	0	
LETTUCE FOR WRAPS										
Rocket Romaine Blend	1	8	0	0	0	14	1	0.5	0.5	
Iceburg	1	10	0	0	0	5	1	0.5	0.5	
Spinach	1	5	0	0	0	13	1	0	0	
TOPPINGS										
Apple	1	8	0	0	0	0	2.5	2	0	
Avocado	1	130	11	2	0	15	7	0	2	
Beets	1	4	0	0	0	18	0	1	0	
Black Beans	1	16	0	0	0	45	3	0	1	
Black Olives	1	15	1	0	0	75	0.5	0	0	
Broccoli	1	4	0	0	0	4	0	0	0	
Carrots	1	5	0	0	0	10	1	1	0	
Cilantro	1	1	0	0	0	0	0	0	0	
Corn	1	8	0	0	0	0	2	0	0	
Cucumber	1	0	0	0	0	0	7	4	1	
Edamame	1	8	0	0	0	0	1	0	1	Soybean
Garbanzo Beans	1	10	0	0	0	18	0	0	0	
Grapes	1	7	0	0	0	0	2	0	1	
Green Peppers	1	2	0	0	0	0	2	2	0	
Hard Boiled Eggs	1	23	2	0.5	57	18	0.5	0	2	Egg
Jalapenos	1	5	0	0	0	280	1	0	0	

*Serving sizes are calculated for the amounts used to make one salad or wrap.

BUILD YOUR OWN SALAD OR WRAP

	Serving Size*	Calories	Total Fat (grams)	Sat. Fat (grams)	Cholesterol (grams)	Sodium (mg)	Total Carbs (grams)	Sugars (grams)	Protein (grams)	Allergens
TOPPINGS (CONTINUED)										
Mandarin Oranges	1	11	0	0	0	1	2.5	2.5	0	
Mild Banana Peppers	1	5	0	0	0	460	1	0	0	
Mushrooms	1	1	0	0	0	0	0	0	0	
Peas	1	5	0	0	0	0	1	1	1	
Red Cabbage	1	2	0	0	0	2	0	0	0	
Radish	1	1	0	0	0	3	0	0	0	
Red Onion	1	1	0	0	0	0	0	0	0	
Red Pepper	1	3	0	0	0	0	1	1	0	
Strawberries	1	3	0	0	0	0	0	0	0	
Tomato	1	2	0	0	0	1	0	0	0	
DRY TOPPINGS										
Almonds	1	45	4	0	0	2	2	0	0	Tree Nuts
Chow Mein Noodles	1	16	1	0	0	33	2	0	0	Wheat
Cranberries	1	33	0	0	0	0	8	7	0	
Fritos	1	120	8	1	0	125	12	0	1	
Garlic Croutons	1	30	1	0	0	75	5	0	1	
Pita Chips	1	200	8	0.5	0	410	28	1	5	Wheat
Sunflower Seeds	1	45	5	0	0	55	2	0	1.5	
Walnuts	1	50	5	0.5	0	0	1	0	1	Tree Nuts

*Serving sizes are calculated for the amounts used to make one salad or wrap.

BUILD YOUR OWN SALAD OR WRAP

	Serving Size*	Calories	Total Fat (grams)	Sat. Fat (grams)	Cholesterol (grams)	Sodium (mg)	Total Carbs (grams)	Sugars (grams)	Protein (grams)	Allergens
CHEESES										
Bleu Cheese	1	60	5	3	12	228	0	0	3.5	Milk
Cheddar	1	55	7	2.5	15	80	0.5	0	3	Milk
Feta	1	70	4	3	15	340	2	1	6	Milk
Parmesan	1	55	4	2.5	12.5	140	0.5	0	4.5	Milk
Mozzarella	1	45	3.5	2	13	95	1	0	2.5	Milk
MEATS										
Bacon	1	60	4.5	2	25	320	0	0	5	Pork
Ham	1	70	2.5	1	30	680	3	2	9	Pork
Turkey	1	70	1.5	0	30	370	1	1	11	
Grilled Chicken	1	73	1	0	40	383	1	1	12	Poultry, Soy
Seasoned Crab	1	20	0	0	2.5	143	3	0	2	Egg, Fish, Wheat, Soy, Shellfish
Spicy Shrimp	1	20	0	0	37	160	0	0	4	Shellfish, Soy
TORTILLA										
Spinach Tortilla	1	300	7	2.5	0	630	52	0	8	Wheat, Soy

*Serving sizes are calculated for the amounts used to make one salad or wrap.

DRESSINGS

	Serving Size	Calories	Total Fat (grams)	Sat. Fat (grams)	Cholesterol (grams)	Sodium (mg)	Total Carbs (grams)	Sugars (grams)	Protein (grams)	Allergens
SALAD DRESSINGS										
Baba Lemon	3oz	300	35	5	29	57	14	3	0	
Balsamic Basil Garlic Vinaigrette	3oz	420	45	7	2	30	14	3	0	Egg
Balsamic Vinaigrette	3oz	420	45	7	2	30	14	3	0	Egg
Balsamic Vinegar & Oil	3oz	420	42	6	0	0	15	12	0	
Caesar	3oz	390	39	8	30	1080	6	3	3	Egg, Fish
Gingerberry	3oz	386	29	5	0	486	40	33	0	
Honey Mustard	3oz	390	36	6	45	510	21	18	0	Egg
Italian Herb Vinaigrette	3oz	462	51	8	3	33	2	28	0	Egg
Ranch	3oz	383	41	8	42	293	3	3	1	Egg, Milk
Red Wine Vinegar & Oil	3oz	375	42	6	0	0	0	0	0	
Sesame Ginger	3oz	270	14	2	0	960	36	27	0	Soy
Spicy Avocado	3oz	135	7	2	0	186	5	0	2	
Spicy Ranch with Bacon	3oz	350	35	8	36	396	4	4	2	Egg, Milk, Pork
Strawberry Vinaigrette	3oz	168	14	2	0	75	14	13	0	
Chocolate Syrup	3oz	90	0	0	0	20	22	20	1	
Whipped Cream	3oz	15	1	0.5	5	0	1	1	0	Milk
SANDWICH AIOLIS										
Basil Aioli	1oz	155	17	2.5	15	153	0	0	0	Egg, Fish, Milk
Garlic Basil Aioli	1oz	164	18	2.5	8	60	2	.5	0	Egg

KIDS MENU

	Serving Size	Calories	Total Fat (grams)	Sat. Fat (grams)	Cholesterol (grams)	Sodium (mg)	Total Carbs (grams)	Sugars (grams)	Protein (grams)	Allergens
KIDS ENTREES										
Garden Salad (No Dressing)	1 Salad	20	0	0	0	0	0	0	0	
Grilled Cheese	1 Sandwich	370	13	4.5	28	635	53.5	4	14	Milk, Soy, Wheat
Grilled Ham & Cheese	1 Sandwich	420	15	5	48	1035	55	5	26	Milk, Pork, Soy, Wheat
Grilled Turkey & Cheese	1 Sandwich	403	13	5	45	1064	55	5	22	Milk, Soy, Wheat
SIDES										
Apple Slices	1 Package	15	0	0	0	0	5	4	0	
Apple Juice Box	1 Juice Box	60	0	0	0	0	14	13	0	

EXTRAS

	Serving Size	Calories	Total Fat (grams)	Sat. Fat (grams)	Cholesterol (grams)	Sodium (mg)	Total Carbs (grams)	Sugars (grams)	Protein (grams)	Allergens
EXTRAS										
Chocolate Chip Cookie	1 cookie	570	28	14	45	290	78	48	7	Egg, Milk, Soy, Wheat
Energy Bites	3 pcs	258	13	4	0	66	33.5	18	6.5	Milk, Peanuts, Soy, Tree Nuts, Wheat

SMOOTHIES

	Serving Size	Calories	Total Fat (grams)	Sat. Fat (grams)	Cholesterol (grams)	Sodium (mg)	Total Carbs (grams)	Sugars (grams)	Protein (grams)	Allergens
SIGNATURE SMOOTHIES										
Mangolicious	1 smoothie	420	0	0	0	0	105	91	0.5	
Peachy Keen	1 smoothie	405	0	0	0	0	100	86	0.5	
Strawberry Banana	1 smoothie	440	0	0	0	0	109	100	0.5	
Very Berry Lemonade	1 smoothie	360	0	0	0	0	90	86	0	
LATTES										
Caramel Latte (Whole Milk)	1 latte	433	11	5.5	31	260	70	51	10	Milk
Caramel Latte (Almond Milk, Vanilla, Unsweetened)	1 latte	276	3.5	0	0	291	56	36	1	Tree Nuts
Mocha Latte (Whole Milk)	1 latte	373	10	5.5	31	180	60	55	12	Milk
Mocha Latte (Almond Milk, Vanilla, Unsweetened)	1 latte	216	2.5	0	0	211	46	40	3	Tree Nuts
CHILLERS										
Caramel Fantasy	1 chiller	685	5	1.5	10	373	150	104	1	Milk
Cocoa Mocha	1 chiller	535	2.5	1.5	10	173	125	114	6	Milk
Lovers Quarrel	1 chiller	610	3.5	1.5	10	273	138	109	3.5	Milk

Nutritonal Information DOES NOT include Whipped Topping or Syrup Garnish

SMOOTHIES

	Serving Size	Calories	Total Fat (grams)	Sat. Fat (grams)	Cholesterol (grams)	Sodium (mg)	Total Carbs (grams)	Sugars (grams)	Protein (grams)	Allergens
ADD-ONS										
Avocado	1/2 avocado	130	11	2	0	15	7	0	2	
Almonds	1/4 cup	180	16	1	0	5	6	1	6	Tree Nuts
Banana	1 banana	110	0	0	0	0	27	14	1	
Blueberries	1/2 cup	40	0	0	0	0	10	7	0.5	
Caramel Drizzle	2 tbsp	120	0.5	0	0	60	27	18	0	Milk
Chocolate Drizzle	2 tbsp	90	0	0	0	20	22	20	1	
Honey	1 tbsp	60	0	0	0	0	17	17	0	
Kale	1/2 cup	17	0	0	0	12	3	1	1.5	
Lemon Juice	1 tbsp	0	0	0	0	0	0	0	0	
Mango	1/2 cup	40	0	0	0	0	10.5	9.5	0.5	
Peanut Butter	2 tbsp	180	15	3	0	125	8	4	7	Peanuts
Pineapple	1/2 cup	45	0	0	0	0	12	9	1	
Spinach	1/2 cup	3	0	0	0	13	0.5	0	0.5	
Strawberries	1/2 cup	23	0	0	0	0	5.5	3.5	0.5	
Whipped Topping	1/4 cup	30	2	1	10	0	2	2	0	Milk

Nutritonal Information DOES NOT include Whipped Topping or Syrup Garnish