



World's FRESHEST Salads



Nutritional Information

Salads

	size	calories	total fat (g)	sat fat (g)	trans fat (g)	chol (mg)	sodium (mg)	carbs (g)	fiber (g)	sugar (g)	protein (g)	veg	vegan	gluten free	dairy free	allergens
Garden	1 salad	195	14	2	0	0	61	29	5	5	7	x	x	x	x	tree nuts
Harvest	1 salad	260	12	6	0	30	538	33	4	18	9	x		x		dairy, seeds
Caesar	1 salad	256	13	6	0	31	886	21	2	2	14	x				dairy, wheat
Cobb	1 salad	215	14	3	0	172	292	8	4	4	12			x	x	egg
Crunchy Asian	1 salad	251	13	2	0	0	144	29	7	10	10	x	x		x	wheat
Mediterranean	1 salad	240	14	5	0	30	497	20	6	7	12	x		x		dairy
Southwest	1 salad	186	8	1	0	0	474	26	9	6	7	x	x	x	x	

Salad nutrition does not include salad/wrap dressing, or protein add-ons.
Nutrition for salad/ wrap dressing and protein add-ons are listed separately

*Our kitchen uses most allergens, including: Egg, Milk, Peanut, Soy, Sesame, Tree Nuts and Wheat.
Allergic reactions are possible from cross contamination. Please exercise caution.*



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Wraps

	size	calories	total fat (g)	sat fat (g)	trans fat (g)	chol (mg)	sodium (mg)	carbs (g)	fiber (g)	sugar (g)	protein (g)	veg	vegan	gluten free	dairy free	allergens
Garden	1 wrap	388	15	5	0	47	671	62	5	3	12	x	x		x	tree nuts, wheat
Harvest	1 wrap	420	14	7	0	62	909	64	4	9	13	x				dairy, seeds, wheat
Caesar	1 wrap	418	15	7	0	63	1083	58	3	1	15	x				dairy, wheat
Cobb	1 wrap	398	15	6	0	133	786	51	4	2	14				x	egg, wheat
Crunchy Asian	1 wrap	416	15	5	0	47	712	62	6	5	13	x	x		x	wheat
Mediterranean	1 wrap	410	15	7	0	62	889	57	5	4	14	x				dairy, wheat
Southwest	1 wrap	383	12	5	0	47	877	60	7	3	12	x	x		x	wheat

Wrap nutrition does not include salad/wrap dressing, or protein add-ons.
Nutrition for salad/ wrap dressing and protein add-ons are listed separately

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Protein Add-Ons

	size	calories	total fat (g)	sat fat (g)	trans fat (g)	chol (mg)	sodium (mg)	carbs (g)	fiber (g)	sugar (g)	protein (g)	veg	vegan	gluten free	dairy free	allergens
Pan Fried Tofu Salad Portion	3 oz	111	4	1	0	0	38	15	0	0	5	x	x		x	soy
Pan Fried Tofu Wrap Portion	1.5 oz	56	2	1	0	0	19	8	0	0	3	x	x		x	soy
Chicken Breast Salad Portion	3 oz	127	3	1	0	77	283	0	0	0	24			x	x	
Chicken Breast Wrap Portion	1.5 oz	64	2	1	0	39	142	0	0	0	12			x	x	
Tri Tip Steak Salad Portion	3 oz	179	9	3	0	71	45	0	0	0	22			x	x	
Tri Tip Steak Wrap Portion	1.5 oz	90	5	2	0	36	23	0	0	0	11			x	x	
Hard-Boiled Eggs Salad Portion	3 oz	126	9	3	0	71	45	0	0	0	12	x		x	x	eggs
Hard-Boiled Eggs Wrap Portion	1.5 oz	63	5	2	0	36	23	0	0	0	6	x		x	x	eggs

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Salad / Wrap Dressing

	size	cal	total fat (g)	sat fat (g)	trans fat (g)	chol (mg)	sodium (mg)	carbs (g)	fiber (g)	sugar (g)	protein (g)	veg	vegan	gluten free	dairy free	allergens
Lemon Vinaigrette	1.5 oz	224	26	3	0	0	378	5	0	3	0	x		x	x	seed oil
Sesame Ginger Vinaigrette	1.5 oz	224	23	3	0	0	560	8	0	5	0	x		x	x	seed oil
Caesar Dressing	1.5 oz	210	23	2	0	0	336	5	0	3	0	x		x	x	seed oil
Chili Citrus Vinaigrette	1.5 oz	224	26	3	0	0	392	5	0	5	0	x		x	x	seed oil
Ranch	1.5 oz	225	26	3	0	0	240	2	0	2	0	x		x	x	seed oil, egg
Apple Maple Vinaigrette	1.5 oz	240	24	3	0	0	390	6	0	6	0	x	x	x	x	seed oil



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Soups

	size	calories	total fat (g)	sat fat (g)	trans fat (g)	chol (mg)	sodium (mg)	carbs (g)	fiber (g)	sugar (g)	protein (g)	veg	vegan	gluten free	dairy free	allergens
Roasted Red Pepper & Smoked Gouda Bisque	1 cup	300	22	8	0.5	40	0.04	18	4	12	7	x				wheat, dairy, soy
Chicken Tortilla	1 cup	200	6	1	0	20	1.8	26	3	4	4					wheat, dairy, soy

Smoothies

	size	calories	total fat (g)	sat fat (g)	trans fat (g)	chol (mg)	sodium (mg)	carbs (g)	fiber (g)	sugar (g)	protein (g)	veg	vegan	gluten free	dairy free	allergens
Tropical Green	24 oz	311	5	2	0	0	65	68	5	61	4	x	x	x	x	tree nut
Strawberry Sunshine	24 oz	353	1	0.4	0	0	11	84	11	53	5	x	x	x	x	tree nut
Berry Blast	24 oz	298	1	0	0	0	25	69	8	50	5	x	x	x	x	tree nut
Peanut Butter Banana	24 oz	152	2.26	2.06	0	0	36	34	2.44	28	1.85	x		x	x	tree nut

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Fountain Beverages

	size	calories	total fat (g)	sat fat (g)	trans fat (g)	chol (mg)	sodium (mg)	carbs (g)	fiber (g)	sugar (g)	protein (g)	veg	vegan	gluten free	dairy free	allergens
Lemonade	24 oz	240	0	0	0	0	0	56	0	56	0	x	x	x	x	
Unsweet Tea	24 oz	0	0	0	0	0	0	2	0	0	0	x	x	x	x	
Farmers' Punch	24 oz	240	0	0	0	0	0	58	0	56	0	x	x	x	x	
Farmers' Palmer	24 oz	120	0	0	0	0	0	29	0	28	0	x	x	x	x	
Farmers' Punch Lemonade	24 oz	240	0	0	0	0	0	57	0	56	0	x	x	x	x	
Arnold Palmer	24 oz	120	0	0	0	0	0	29	0	28	0	x	x	x	x	

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