TOPPINGS

	serving	calories	fat (g)	protein (g)	carbs (g)	fiber (g)	sodium (mg)
Seasame Seeds	0.1 oz	13	1	0	1	0	0
Pinenuts	0.5 oz	96	10	2	2	1	1
Granola	0.5 oz	67	3	1	9	1	11
Toasted Coconut	0.25 oz	47	4	1	2	1	3
Chow Mein Noodles	0.25 oz	38	2	0	4	0	32
Croutons	0.5 oz	39	1	2	11	1	101
Caesar Croutons	2 oz	157	10	6	36	3	706
Sunflower Seeds	0.5 oz	83	7	3	3	1	59
Craisins	0.5 oz	46	0	0	12	1	0
Raisins	0.5 oz	42	0	0	11	1	2
Almonds	0.5 oz	78	7	3	3	2	0
Portabella Mushroom	1.5 oz	11	0	1	2	1	3
Portabella Mushroom	2.25 oz	17	0	2	3	1	4
Avocado	2 oz	91	8	1	5	4	4
Avocado	3 oz	136	12	2	7	6	6
Local Salsa Lisa	2 oz	17	0	1	4	1	400
Chickpeas	2 oz	68	1	3	13	3	17
Chickpeas	3 oz	101	0	4	19	4	256
Black Beans	2 oz	75	0	5	13	5	1
Black Beans	3 oz	112	0	8	20	7	1
Artichoke	2 oz	16	0	1	3	1	192
Rice Noodles	3.5 oz	109	0	1	25	1	18
Rice Noodles	4.5 oz	140	0	1	32	1	23
Edamame	1 oz	35	1	3	3	1	2
Anchovies	1 oz	60	3	8	0	0	1040
Capers	1 oz	7	0	1	1	1	840
Corn Relish	1 oz	24	0	1	5	1	107

SIDES

	serving	calories	fat (g)	protein (g)	carbs (g)	fiber (g)	sodium (mg)
Pita Chips	0.5 oz	51	1	2	8	1	130
Ciabatta Rolls	2 rolls	255	4	8	51	2	60
Corn Muffins	1 muffin	201	6	4	34	2	344
Foccacia Herb	1 roll	280	6	8	50	2	510

CHEESES

	serving	calories	fat (g)	protein (g)	carbs (g)	fiber (g)	sodium (mg)
Pepper Jack	1 oz	111	9	6	0	0	173
Parmesan	0.5 oz	59	4	5	0	0	237
Cheddar	1 oz	114	9	7	0	0	176
Mozzarella Balls	1 oz	85	6	6	0	0	176
Shredded Swiss	1 oz	107	8	8	2	0	54
Bleu Cheese	2 oz	200	16	12	1	0	790
Gorgonzola	1 oz	100	8	6	1	0	380
Monterey Jack	1 oz	106	9	7	0	0	152

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These values are based on standard recipe formulation. Minor acceptable variations can be expected due to product assembly, seasonal influences and regional suppliers.

NUTRITION INFORMATION

greens to go

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VEGETABLES AND FRUITS

	serving	calories	fat (g)	protein (g)	carbs (g)	fiber (g)	sodium (mg)
Romaine	1.25 oz	6	0	0	1	1	3
Romaine	1.875 oz	9	0	1	2	1	5
Cabbage	8 oz	57	0	3	1	6	40
Cabbage	12 oz	85	0	4	3	9	62
Spinach	1 oz	7	0	1	1	1	21
Spinach	1.5 oz	10	0	1	2	1	34
Field Greens	0.75 oz	6	0	1	1	1	6
Field Greens	1.125 oz	8	0	1	2	1	8
Spring Mix	0.75 oz	3	0	0	1	0	7
Spring Mix	1.125 oz	5	0	0	1	0	7
Bowtie Pasta	2 oz	200	1	7	42	2	0
Bowtie Pasta	3 oz	300	3	12	63	3	0
Southwest Rice	3 oz	82	0	2	17	1	185
Southwest Rice	4.5 oz	123	0	2	26	1	278
Pepperoni	1 oz	132	11	6	1	0	500
Red & Green Pepper	2 oz	15	0	1	3	1	2
Red & Green Pepper	3 oz	22	0	1	5	2	3
Mango	2 oz	37	0	0	9	1	1
Mango	3 oz	55	0	0	15	2	2
Beets	2 oz	24	0	1	5	2	44
Beets	3 oz	37	0	1	8	2	65
Tomatoes	2 oz	10	0	0	2	1	3
Tomatoes	3 oz	15	0	1	3	1	4
Red Onion	1 oz	11	0	0	3	1	1
Green Onion	1 oz	9	0	0	0	0	0
Cucumber	1.25 oz	5	0	0	1	0	1
Cucumber	1.875 oz	8	0	0	2	0	1
Broccoli	0.75 oz	7	0	1	2	1	8
Broccoli	1.125 oz	11	0	1	2	1	10
Pea Pods	1 oz	14	0	3	2	1	6
Pea Pods	1.5 oz	21	0	5	3	1	10
Baby Corn	1 oz	2	0	0	<1	0	19
Baby Corn	1.5 oz	2	0	0	<1	0	28

VEGETABLES AND FRUITS continued

	serving	calories	fat (g)	protein (g)	carbs (g)	fiber (g)	sodium (mg)
Water Chestnuts	1.25 oz	14	0	0	3	0	7
Roasted Anaheim Peppers	1 oz	6	0	0	1	0	0
Tricolor Rotini	3 oz	300	2	11	63	2	23
Tricolor Rotini	4.5 oz	450	2	16	95	2	34
Mandarin Oranges	2.25 oz	32	0	0	8	0	5
Mandarin Oranges	3.375 oz	48	0	1	12	1	7

MEAT, SEAFOOD & TOFU

	serving	calories	fat (g)	protein (g)	carbs (g)	fiber (g)	sodium (mg)
Grilled Chicken	1.5 oz	55	2	10	1	0	240
Grilled Chicken	3 oz	110	3	19	2	0	480
Zesty Orange Chicken	1.5 oz	136	7	6	11	1	220
Zesty Orange Chicken	3 oz	273	15	12	22	2	441
Lemon Pepper Chicken	1.5 oz	55	1	10	1	0	95
Lemon Pepper Chicken	3 oz	110	2	20	1	0	190
Caribbean Jerk Chicken	1.5 oz	57	2	10	0	0	36
Caribbean Jerk Chicken	3 oz	115	3	20	0	0	73
Spicy Ancho Chicken	1.5 oz	61	4	6	0	0	95
Spicy Ancho Chicken	3 oz	121	8	11	0	0	190
Caesar Chicken	1.5 oz	55	1	10	1	0	95
Caesar Chicken	3 oz	110	2	20	1	0	190
Salami	2 oz	230	19	13	1	0	1277
Salami	3 oz	346	29	19	1	0	1921
Tuna	2 oz	73	2	13	0	0	212
Tuna	3 oz	109	3	20	0	0	318
Italian Chicken	1.5 oz	55	1	10	1	0	95
Italian Chicken	3 oz oz	110	2	20	1	0	190
Sesame Shrimp	3 oz	80	1	18	0	0	301

MEAT, SEAFOOD & TOFU continued

	serving	calories	fat (g)	protein (g)	carbs (g)	fiber (g)	sodium (mg)
Garlic Shrimp	3 oz	80	1	18	0	0	301
Salmon	2 oz	115	7	12	0	0	34
Salmon	3 oz	172	11	19	0	0	52
Plain Tofu	2.33 oz	35	1	5	2	0	44
Plain Tofu	3.89 oz	59	2	8	3	0	73
Orange Zesty Tofu	2.33 oz	40	1	5	2	0	68
Orange Zesty Tofu	3.89 oz	67	2	8	3	0	114
Caribbean Jerk Tofu	2.33 oz	40	1	5	2	0	68
Carribbean Jerk Tofu	3.89 oz	67	2	8	3	0	114
Sesame Tofu	2.33 oz	71	5	4	2	0	44
Sesame Tofu	3.89	119	9	7	3	0	73

SALAD DRESSINGS

	serving	calories	fat (g)	protein (g)	carbs (g)	fiber (g)	sodium (mg)
Toasted Sesame	2 Tbsp	130	13	1	3	0	294
Wasabi Cucumber	2 Tbsp	90	6	0	6	0	240
Balsamic Vinaigrette	2 Tbsp	70	6	0	5	0	60
1,000 Island	2 Tbsp	118	11	0	5	0	275
Italian	2 Tbsp	87	9	0	3	0	500
Lite Italian	2 Tbsp	56	6	0	2	0	400
Ranch	2 Tbsp	146	15	0	2	0	244
Lite Ranch	2 Tbsp	80	7	0	3	0	290
Honey Mustard	2 Tbsp	100	5	0	14	0	180
Parmesan Peppercorn	2 Tbsp	160	16	1	2	0	310
Greek Feta	2 Tbsp	110	10	0	3	0	580
Salsa Ranch	2 Tbsp	100	11	0	2	0	280