

Salads

Menu Item	Cals (kcal)	FatCals (g)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Salads											
Large Delivery Salad (1 serving)											
	40	0	0	0	0	0	35	8	3	4	2
Delivery Salad (6.5oz serving)											
	80	0	0	0	0	0	44.5	15	4	9.5	1
Salad Dressings (1oz serving)											
Blue Cheese	160	160	18	3.5	0	15	170	1	0	0	1
Honey Mustard	150	120	14	2.5	0	10	160	7	0	5	0
Fat Free Italian	15	1	0	0	0	0	280	3	0	2	0
Ranch	125	120	13	2	0	10	190	1	0	1	1
Thousand Island	130	0	13	2	0	15	240	4	0	4	0