



NUTRITION INFORMATION

GREENS

ITEM	SERVING SIZE (cup)	CALORIES (cals)	PROTEIN (g)	CALORIES FROM FAT (cals)	TOTAL FAT (g)	SATURATED FAT (g)	CHOLESTEROL (mg)	TRANSFAT (g)	TOTAL CARBOHYDRATES (g)	SUGAR (g)	DIETARY FIBER (g)	SODIUM (mg)
ROMAINE	3.25	26	1.5	0	0	0	0	0	5	3	1.5	12
ICEBERG	3.25	25	1.5	2	0.3	0	0	0	5	3	2	18
BABY SPINACH	3.25	22	2.5	3	0.4	0	0	0	3.5	0	2	77
SIMPLY SALAD MIX	3.25	41	1.5	8	0	0	0	0	6.5	1.5	3	130
ARUGULA	3.25	16	1.5	4	0.4	0	0	0	2	1	1	18
KALE	3.25	109	7	14	1.5	0	0	0	22	0	4	94

TOPPINGS

Simple Toppings

ITEM	SERVING SIZE (cup)	CALORIES (cals)	PROTEIN (g)	CALORIES FROM FAT (cals)	TOTAL FAT (g)	SATURATED FAT (g)	CHOLESTEROL (mg)	TRANSFAT (g)	TOTAL CARBOHYDRATES (g)	SUGAR (g)	DIETARY FIBER (g)	SODIUM (mg)
ALFALFA SPROUTS	1/4	2	0	0	0	0	0	0	0	0	0	0
BEAN SPROUTS	1/4	2	0	0	0	0	0	0	0	0	0	0
BEETS	1/4	9	0	0	0	0	0	0	2	1.5	0.5	16
BLACK BEANS	1/4	49	3	0	0	0	0	0	9	0	2	0
BLACK OLIVES	1/4	34	0	31	3	0	0	0	2	0	2	292
BROCCOLI	1/4	7	1	0	0	0	0	0	1	0	1	0
CARAMELIZED ONIONS	1/3	30	0	0	0	0	0	0	7	5	0	10
CARROTS	1/4	13	0	0	0	0	0	0	3	1	1	21
CELERY	1/4	4	0	0	0	0	0	0	1	0	0	20
CORN	1/4	48	1.3	21	2.6	0	0	0	8	2	1	10
CRISPY ONIONS	1/3	88	0	59	7	3	0	0	6	0	0	118
CRISPY WONTONS	1/3	61	1	5	0	0	0	0	11	0	0	133
CUCUMBERS	1/4	4	0	0	0	0	0	0	1	0	0	1
EDAMAME	1/4	60	5	22.5	2.5	0.5	0	0	4.5	1	2.5	225

GARBANZO BEANS	1/4	50	3	0	0	0	0	0	10	0.5	2.5	175
GRANNY SMITH APPLES	1/4 medium	18	0	0	0	0	0	0	5	4	1	<1
GRAPE TOMATOES	1/4	8	0	0	0	0	0	0	2	1	1	2
HARD BOILED EGGS	1 medium	77	6	45	5	2	212	0	1	1	0	62
HOUSE CROUTONS	1/3	63	1	33	4	1	0	0	6	0	0	409
HOUSE PITA CHIPS	2 pita chips	90	3	6	0	0	0	0	17	1	1	173
JALAPENOS	1/4	15	1	0	0	0	0	0	3	2	1	3
JICAMA	1/4	12	0	0	0	0	0	0	3	1	2	1
KIDNEY BEANS	1/4	50	3	0	0	0	0	0	10	0.5	3	175
MANDARIN ORANGES	1/4	35	0.5	0	0	0	0	0	8.5	8.5	0.5	5
PEANUTS	1/8	32	1	25	3	1	0	0	1	0	0.5	1
PEPPERONCINIS	1/4	10	0	0	0	0	0	0	2	1	0	550
PURPLE CABBAGE	1/4	7	0	0	0	0	0	0	2	1	0	6
RAINBOW ROTELLI PASTA	1/4	63	2	3	0.3	0	0	0	13	1	0	5
RAISINS	1/8	58	0	0	0	0	0	0	15	11	0.5	2
RED BELL PEPPERS	1/4	10	0	0	0	0	0	0	2.5	2	1	1
RED ONIONS	1/4	16	0	0	0	0	0	0	4	2	1	2
SAUTEED MUSHROOMS	1/4	6	0.5	2	0	0	0	0	1	0	0	68
SUNFLOWER SEEDS	1/8	75	3	50	5.5	1	0	0	3.5	0	1.5	0
TORTILLA STRIPS	1/3	92	0	53	5	0	0	0	11	0	0	40

Premium Toppings

ITEM	SERVING SIZE (cup)	CALORIES (cals)	PROTEIN (g)	CALORIES FROM FAT (cals)	TOTAL FAT (g)	SATURATED FAT (g)	CHOLESTEROL (mg)	TRANSFAT (g)	TOTAL CARBOHYDRATES (g)	SUGAR (g)	DIETARY FIBER (g)	SODIUM (mg)
ARTICHOKE HEARTS	1/4	23	1.5	0	0	0	0	0	5.5	0	1.5	110
ASPARAGUS	1/4	10	1	1	0	0	0	0	2	0.5	1	6
AVOCADO	1/2 medium	111	1	90	10	1	0	0	6	0	5	5

CANDIED WALNUTS	1/8	78	1	63	7	1.5	4	0	4	3	1	4
DRIED CHERRIES	1/8	60	0.5	0	0	0	0	0	13	10	0.5	0
DRIED CRANBERRIES	1/8	65	0	0	0	0	0	0	17	15	2	0
HEARTS OF PALM	1/4	10	1	2	0	0	0	0	2	0	1	156
QUINOA	1/4	56	2	9	1	0	0	0	10	0	1	3
ROASTED ALMONDS	1/4	170	6	144	16	1	0	0	5	1	3	0
ROASTED RED PEPPERS	1/4	12	1	0	0	0	0	0	2	0.5	1	105
SUGAR SNAP PEAS	1/4	9	0	0	0	0	0	0	2	1	0	1
SUN DRIED TOMATOES	1/4	35	2	3	0.5	0	0	0	7.5	5	2	283
TOFU	1/2	93	9	53	6	1	0	0	2.5	0	1.5	6.5

Meats

ITEM	SERVING SIZE (oz)	CALORIES (cals)	PROTEIN (g)	CALORIES FROM FAT (cals)	TOTAL FAT (g)	SATURATED FAT (g)	CHOLESTEROL (mg)	TRANSFAT (g)	TOTAL CARBOHYDRATES (g)	SUGAR (g)	DIETARY FIBER (g)	SODIUM (mg)
BBQ CHICKEN*	*3	183	26	29	3	1	71	0	11	10	0	627
BUFFALO CHICKEN*	*3	161	26	50	5	2	77	0	0	0	0	1,282
CRISPY BACON	2 (8" strips)	297	14	237	26	11	48	0	1	0	0	986
CURRY CHICKEN*	*3	172	27	30	3	1	71	0	7	6	0	366
GRILLED CHICKEN	3	140	26	29	3	1	71	0	0	0	0	351
GRILLED STEAK	3	110	15	40	4	1	45	0	2	0	0	500
PESTO CHICKEN*	*3	197	26	65	7	2	71	0	4	2	0	737
ROASTED TURKEY BREAST	3	77	17	8	1	0	31	0	1.5	1.5	0	739

Seafood

ITEM	SERVING SIZE (oz)	CALORIES (cals)	PROTEIN (g)	CALORIES FROM FAT (cals)	TOTAL FAT (g)	SATURATED FAT (g)	CHOLESTEROL (mg)	TRANSFAT (g)	TOTAL CARBOHYDRATES (g)	SUGAR (g)	DIETARY FIBER (g)	SODIUM (mg)
SALMON	3	214	19	135	15.5	3	54	0	0	0	0	62
SEARED AHI TUNA	3	90	20	7	1	0	37	0	0	0	0	37
SHRIMP	3	91	17	14	1.5	0	114	0	1	0	0	299
TUNA SALAD	3	361	19	269	30	5	27	0	0	0	0	335

*ALL FLAVORED CHICKEN CONTAINS THE NUTRIENT VALUES FOR THE GRILLED CHICKEN, PLUS 1 OZ. OF ITS RESPECTIVE FLAVORING SAUCE

*SERVING SIZE DOES NOT INCLUDE 1 OZ. OF FLAVORING SAUCE

Cheese

ITEM	SERVING SIZE (cup)	CALORIES (cals)	PROTEIN (g)	CALORIES FROM FAT (cals)	TOTAL FAT (g)	SATURATED FAT (g)	CHOLESTEROL (mg)	TRANSFAT (g)	TOTAL CARBOHYDRATES (g)	SUGAR (g)	DIETARY FIBER (g)	SODIUM (mg)
CHEDDAR	1/4	110	7	80	9	5	30	0	1	0	0	170
CRUMBLED BLUE CHEESE	1/4	100	6	70	8	5	25	0	0	0	0	380
CRUMBLED FETA	1/4	90	8	60	7	5	15	0	2	0	1	440
GOAT CHEESE	1/4	80	5	50	6	4	25	0	3	1	0	80
MOZZARELLA (low fat)	1/4	90	6	50	6	4	15	0	1	1	1	150
PEPPER JACK CHEESE	1/4	110	7	80	9	5	30	0	1	0	0	170
SHREDDED PARMESAN	1/4	110	9	70	8	4.5	25	0	1	0	0	410

DRESSING

The Usual

ITEM	SERVING SIZE (oz)	CALORIES (cals)	PROTEIN (g)	CALORIES FROM FAT (cals)	TOTAL FAT (g)	SATURATED FAT (g)	CHOLESTEROL (mg)	TRANSFAT (g)	TOTAL CARBOHYDRATES (g)	SUGAR (g)	DIETARY FIBER (g)	SODIUM (mg)
BALSAMIC VINAIGRETTE	1 (light)	144	0	130	15	3	0	0	2	1	0	129
	2 (medium)	287	0	261	30	6	0	0	3	2	0	258
	3 (heavy)	431	0	391	45	10	0	0	5	3	0	387
BBQ RANCH	1 (light)	92	0	62	7	1	3	0	6	5	0	210
	2 (medium)	183	0	123	14	2	7	0	11	10	0	419
	3 (heavy)	275	0	185	20	4	10	0	17	15	0	629
BLUE CHEESE	1 (light)	130	1	120	13	3	10	0	2	1	0	310
	2 (medium)	260	2	240	26	6	20	0	4	2	0	620
	3 (heavy)	390	3	360	39	9	30	0	6	3	0	930
CAESAR	1 (light)	146	1	127	14	3	9	0	1	0	0	227
	2 (medium)	293	1	254	28	6	18	0	1	1	0	455
	3 (heavy)	439	2	380	42	8	27	0	2	1	0	682
HONEY MUSTARD	1 (light)	150	1	120	14	2	10	0	6	6	0	200
	2 (medium)	300	2	240	28	4	20	0	12	12	0	400
	3 (heavy)	450	3	360	42	6	30	0	18	18	0	600
RANCH	1 (light)	141	0	123	14	2	7	0	1	0	0	143
	2 (medium)	281	1	247	27	5	13	0	2	1	0	286
	3 (heavy)	422	1	370	41	7	20	0	2	1	0	430
SIMPLY'S ITALIAN	1 (light)	128	0	119	14	1	0	0	1	1	0	156
	2 (medium)	256	0	238	27	2	0	0	3	2	0	312
	3 (heavy)	384	0	357	41	3	0	0	4	2	0	468

Something Different

ITEM	SERVING SIZE (oz)	CALORIES (cals)	PROTEIN (g)	CALORIES FROM FAT (cals)	TOTAL FAT (g)	SATURATED FAT (g)	CHOLESTEROL (mg)	TRANSFAT (g)	TOTAL CARBOHYDRATES (g)	SUGAR (g)	DIETARY FIBER (g)	SODIUM (mg)
CILANTRO LIME VINAIGRETTE	1 (light)	124	0	106	12	2	5	0	2	1	0	139
	2 (medium)	249	0	213	23	4	11	0	4	2	0	279
	3 (heavy)	373	0	319	35	6	16	0	6	3	0	418
FAR EAST	1 (light)	130	0	100	11	1	0	0	8	7	0	410
	2 (medium)	260	0	200	22	2	0	0	16	14	0	820
	3 (heavy)	390	0	300	33	3	0	0	24	21	0	1230

HONEY CHIPOTLE	1 (light)	130	0	104	12	1	0	0	7	7	0	95
	2 (medium)	260	0	209	23	2	0	1	15	15	0	189
	3 (heavy)	390	0	313	35	3	0	1	22	22	0	284
HORSERADISH	1 (light)	144	0	128	14	3	6	0	1	0	0	248
	2 (medium)	289	0	255	28	5	13	0	3	1	0	496
	3 (heavy)	433	0	383	42	8	19	0	4	1	0	744
SPICY CHIPOTLE	1 (light)	126	0	109	12	2	5	0	2	1	0	211
	2 (medium)	253	0	217	24	4	11	0	4	2	0	421
	3 (heavy)	379	0	326	36	6	16	0	6	3	0	632
SWEET WALDORF	1 (light)	134	0	112	12	2	6	0	3	3	0	89
	2 (medium)	269	0	224	25	4	11	0	6	5	0	178
	3 (heavy)	403	0	336	37	7	17	0	9	8	0	268
TAHINI	1 (light)	134	2	119	13	2	0	0	3	0	1	160
	2 (medium)	267	4	238	26	4	0	1	6	0	2	320
	3 (heavy)	401	5	357	40	6	0	1	9	1	3	479
THAI PEANUT	1 (light)	105	2	68	8	1	0	0	4	3	1	242
	2 (medium)	211	4	135	15	1	0	0	8	5	1	483
	3 (heavy)	316	5	203	23	2	0	0	12	8	2	725
WASABI	1 (light)	137	0	123	14	2	5	0	0	0	0	344
	2 (medium)	274	0	246	27	5	11	0	1	1	0	688
	3 (heavy)	411	0	369	41	7	16	0	1	1	0	1032

No Worries

ITEM	SERVING SIZE (oz)	CALORIES (cals)	PROTEIN (g)	CALORIES FROM FAT (cals)	TOTAL FAT (g)	SATURATED FAT (g)	CHOLESTEROL (mg)	TRANSFAT (g)	TOTAL CARBOHYDRATES (g)	SUGAR (g)	DIETARY FIBER (g)	SODIUM (mg)
BALSAMIC VINEGAR	1 (light)	20	0	0	0	0	0	0	2	2	0	0
	2 (medium)	40	0	0	0	0	0	0	4	4	0	0
	3 (heavy)	60	0	0	0	0	0	0	6	6	0	0
CREAMY DILL	1 (light)	25	1	2	0	0	1	0	4	2	0	184
	2 (medium)	49	1	3	0	0	2	0	8	3	0	368
	3 (heavy)	74	2	5	0	0	2	0	13	5	0	552
HONEY CURRY	1 (light)	32	1	1	0	0	0	0	7	6	0	15
	2 (medium)	65	2	2	0	0	1	0	15	12	1	29
	3 (heavy)	97	3	3	0	0	1	0	22	19	1	44
LEMON JUICE	1 (light)	8	0	0	0	0	0	0	3	1	0	0
	2 (medium)	16	0	0	0	0	0	0	6	2	0	0
	3 (heavy)	24	0	0	0	0	0	0	9	3	0	0

SIGNATURES

ITEM	SERVING SIZE	CALORIES (cals)	PROTEIN (g)	CALORIES FROM FAT (cals)	TOTAL FAT (g)	SATURATED FAT (g)	CHOLESTEROL (mg)	TRANSFAT (g)	TOTAL CARBOHYDRATES (g)	SUGAR (g)	DIETARY FIBER (g)	SODIUM (mg)
CARDINI'S CAESAR	Salad	270	14.5	106	12	5.5	25	0	15.5	10.5	6.5	928
	Wrap	527	18	175	20	7.5	25	0	63	6.5	5	1160
with Chicken	Salad	410	40.5	135	15	6.5	96	0	15.5	10.5	6.5	1279
	Wrap	667	44	204	23	8.5	96	0	63	6.5	5	1511
with Salmon	Salad	484	33.5	241	27.5	8.5	79	0	15.5	10.5	6.5	990
	Wrap	741	37	310	35.5	10.5	79	0	63	6.5	5	1222
with Shrimp	Salad	361	31.5	120	13.5	5.5	139	0	16.5	10.5	6.5	1227
	Wrap	618	35	189	21.5	7.5	139	0	64	6.5	5	1459
with Turkey	Salad	347	31.5	114	13	5.5	56	0	17	12	6.5	1667
	Wrap	604	35	183	21	7.5	56	0	64.5	8	5	1899
CALI COMFORT	Salad	411	32.5	64	7.3	4	46	0	42	18.5	12	1732
	Wrap	668	36	133	15.3	6	46	0	89.5	14.5	10.5	1964
CHINATOWN	Salad	539	38	189	19	2	71	0	49.5	16.5	10.5	718
	Wrap	790.5	42	254	27	4	71	0	91	15.75	9.75	892
DOWNTOWN COBB	Salad	777	49.5	463	51	19	321	0	21	14	12.5	2073
	Wrap	1034	53	524	58	21	321	0	68.5	10	11	2305
EARTHY, NUTTY, CRUNCHY	Salad	498	25.3	198.5	20.6	3.5	0	0	53.5	8	15	1121.5
	Wrap	738	28.8	258.5	28.6	5.5	0	0	94	7.5	13.5	1224.5
EL PASO	Salad	676	42.8	299	31.9	8	107	0	56.5	10	14	1799
	Wrap	936	46.8	367	39.6	10	107	0	99	8.5	13.75	2029
GRECO-ROMAN	Salad	381	22	132	14.9	6.5	19	0	48	12.5	13	1291
	Wrap	642	25.55	199.5	22.5	8.5	19	0	91.25	12.5	12.75	1491
THE HIPSTER	Salad	488	37	153	16	6.5	100	0	45	23	7.5	663
	Wrap	739.5	41	218	24	8.5	100	0	86.5	22.25	6.75	837
PROFESSIONAL 2	Salad	437	26.5	154	17.3	3	54	0	46	18.5	7.5	254
	Wrap	703	30.05	219.5	24.5	5	54	0	90.75	19.5	7.5	451
SEARED SAMURAI	Salad	333	31.5	35.5	3.9	0.5	37	0	39.5	6.5	9.5	592
	Wrap	594	35.05	103	77	2.5	37	0	82.75	6.5	9.25	792
STEAK-OUT	Salad	624	42	356	38.4	17	118	0	25	5	6	2116
	Wrap	885	45.55	423.5	46	19	118	0	68.25	5	5.75	2316
THAI IT UP	Salad	354	32.5	64	6.3	2	71	0	36	9.5	6.5	622
	Wrap	614	36.5	135	14	4	71	0	78.5	8	6.25	852
THE BUFF	Salad	487	38.5	194	21.3	10	107	0	32.5	9.5	6	1729
	Wrap	747	42.5	262	29	12	107	0	75	8	5.75	1959

*1 PITA WEDGE (1/4 PITA) ON EACH SALAD IS INCLUDED IN SALAD CALCULATIONS.

MISCELLANEOUS

Fresh Made Drinks

ITEM	SERVING SIZE (oz)	CALORIES (cals)	PROTEIN (g)	CALORIES FROM FAT (cals)	TOTAL FAT (g)	SATURATED FAT (g)	CHOLESTEROL (mg)	TRANSFAT (g)	TOTAL CARBOHYDRATES (g)	SUGAR (g)	DIETARY FIBER (g)	SODIUM (mg)
REVOLUTION GOLDEN PEACH WHITE TEA	16 (short) 24 (tall)	108 162	0 0	0 0	0 0	0 0	0 0	0 0	20 30	18 27	0 0	<1% DV <1% DV
REVOLUTION RASPBERRY ORGANIC BLACK TEA	16 (short) 24 (tall)	122 183	0 0	0 0	0 0	0 0	0 0	0 0	22 33	20 30	0 0	<1% DV <1% DV
SIMPLY'S ARNOLD PALMER	16 (short) 24 (tall)	115 173	0 0	0 0	0 0	0 0	0 0	0 0	31 46	26 42	0 0	0 1
SIMPLY'S LEMONADE	16 (short) 24 (tall)	230 345	0 0	0 0	0 0	0 0	0 0	0 0	61 92	56 84	0 0	1 2
SIMPLY'S UNSWEETENED ICED TEA	16 (short) 24 (tall)	0 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0

Snacks / Sides

ITEM	SERVING SIZE (oz)	CALORIES (cals)	PROTEIN (g)	CALORIES FROM FAT (cals)	TOTAL FAT (g)	SATURATED FAT (g)	CHOLESTEROL (mg)	TRANSFAT (g)	TOTAL CARBOHYDRATES (g)	SUGAR (g)	DIETARY FIBER (g)	SODIUM (mg)
CANDIED WALNUTS	2	312	5	252	14	6	17	0	7	11	1	17
PITA CHIPS & HUMMUS	7 (1/4 wedges) 3	315 177	10.5 7	21 82	0 9	0 4.5	0 0	0 0	59.5 18	3.5 1	3.5 4.5	605 382
PITA WEDGE	1 (1/4 pita)	45	1.5	3	0	0	0	0	8.5	.5	.5	86.5
TORTILLA WRAP	1 tortilla	330	7	72	8	2	0	0	56	2	2	330

Simply Salad Cookies

ITEM	SERVING SIZE (cookie)	CALORIES (cals)	PROTEIN (g)	CALORIES FROM FAT (cals)	TOTAL FAT (g)	SATURATED FAT (g)	CHOLESTEROL (mg)	TRANSFAT (g)	TOTAL CARBOHYDRATES (g)	SUGAR (g)	DIETARY FIBER (g)	SODIUM (mg)
APRICOT CRANBERRY	1	339	4.3	130	14.46	9.2	0	0	54	28	12.61	178
BANANA WALNUT	1	324	4.2	239	26.5	11.9	0	0	66	28	12.3	210
PEANUT BUTTER	1	465	10	240	26.7	11.1	61.5	0	61	24	7.92	201
CHOCOLATE CHIP	1	435	7	268	29.8	11.4	62.15	0	66	28	8.57	231
CHOCOLATE ESPRESSO	1	412	6	192	21.3	10.7	62.15	0	65	26	7.85	193