

V = Vegetarian **VG** = Vegan **GF** = Gluten-Free** **PN** = Peanuts **TN** = Tree Nuts

DRESSINGS		CAL.	CAL. FROM FAT	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTEROL	SODIUM	TOTAL CARB	DIETARY FIBER	SUGAR	PROTEIN
<i>Nutritional value based on 2 oz.</i>												
GF	Balsamic Vinaigrette	300	280	32g	2.5g	0g	0mg	170mg	5g	0g	5g	0g
	Lemon Vinaigrette	310	310	34g	3g	0g	0mg	230mg	2g	0g	<1g	0g
VG	Fat-free Sun-Dried Tomato	15	0	0g	0g	0g	0mg	370mg	3g	<1g	1g	<1g
	Buttermilk Ranch	250	240	27g	3.5g	0g	15mg	380mg	2g	0g	2g	1g
	Chipotle Ranch	220	210	24g	3g	0g	15mg	340mg	3g	0g	2g	1g
GF	Fresh Herb Vinaigrette	290	270	30g	2.5g	0g	0mg	450mg	6g	0g	4g	0g
	Honey Mustard	270	230	26g	3g	0g	20mg	370mg	10g	0g	8g	<1g
V	Fat-free Mango	35	0	0g	0g	0g	0mg	10mg	8g	0g	8g	<1g
	Ginger Lime Vinaigrette PN	310	270	30g	2.5g	0g	0mg	360mg	10g	<1g	6g	1g
	Classic Caesar GF	290	280	31g	4g	0g	65mg	410mg	2g	0g	0g	4g

CHICKEN		CAL.	CAL. FROM FAT	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTEROL	SODIUM	TOTAL CARB	DIETARY FIBER	SUGAR	PROTEIN
<i>Nutritional value based on 4 oz.</i>												
	Pesto Chicken TN	160	80	9g	0g	0g	50mg	600mg	2g	2g	0g	22g
	Spicy Chipotle Chicken	120	20	4g	0g	0g	50mg	720mg	2g	2g	0g	22g
GF	Herb-Marinaded Chicken	120	20	2g	0g	0g	60mg	540mg	2g	2g	0g	22g
	Asian BBQ Chicken PN	140	40	5g	0g	0g	50mg	600mg	4g	2g	1g	20g
	Pit-Smoked Turkey	100	20	3g	0g	0g	30mg	580mg	2g	0g	2g	22g

SEAFOOD		CAL.	CAL. FROM FAT	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTEROL	SODIUM	TOTAL CARB	DIETARY FIBER	SUGAR	PROTEIN
<i>Nutritional value based on 4 oz.</i>												
GF	Herb-Marinaded Shrimp	160	60	12g	0g	0g	220mg	1060mg	2g	0g	0g	24g
	Baked Salmon	240	160	16g	1g	0g	35mg	440mg	0g	0g	0g	22g
	Herb-Marinaded Krabmeat	140	60	6g	0g	0g	10mg	620mg	16g	0g	8g	8g
	Seafood Mix	140	50	5g	0g	0g	25mg	660mg	14g	0g	6g	12g

VEGAN PROTEINS		CAL.	CAL. FROM FAT	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTEROL	SODIUM	TOTAL CARB	DIETARY FIBER	SUGAR	PROTEIN
<i>Nutritional value based on 4 oz.</i>												
<i>Falafel based on 3 pieces</i>												
VG	Baked Tofu	195	120	10.5g	1g	0g	0mg	440mg	20g	2g	8g	36g
	Falafel	130	19	2g	0g	0g	0mg	420mg	23g	6g	4g	7g
	Quinoa GF	160	20	1.5g	0g	0g	0mg	10mg	30g	3g	<1g	6g

SOUP		CAL.	CAL. FROM FAT	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTEROL	SODIUM	TOTAL CARB	DIETARY FIBER	SUGAR	PROTEIN
<i>Nutritional value based on 8 oz.</i>												
	Chipotle White Bean Soup VG	110	15	1.5g	0g	0g	0mg	800mg	20g	4g	3g	5g
GF	Broccoli Soup	150	80	9g	5g	0g	25mg	330mg	14g	3g	4g	5g
	Tomato Basil Soup V	330	270	30g	19g	0g	90mg	790mg	12g	3g	8g	5g

LETTUCE		CAL.	CAL. FROM FAT	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTEROL	SODIUM	TOTAL CARB	DIETARY FIBER	SUGAR	PROTEIN
<i>Nutritional value based on small salad serving</i>												
	Romaine Hearts	10	0	0g	0g	0g	0mg	5mg	2g	<1g	0g	<1g
GF	Spring Mix	10	0	0g	0g	0g	0mg	30mg	<1g	0g	0g	0g
	Salata Mix	10	0	0g	0g	0g	0mg	25mg	<1g	0g	0g	0g
VG	Spinach	10	0	0g	0g	0g	0mg	25mg	1g	<1g	0g	<1g
	Kale	35	5	1g	0g	0g	0mg	30mg	3g	1g	<1g	1g

TOPPINGS <i>Nutritional value based on small salad serving</i>	CAL.	CAL. FROM FAT	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTEROL	SODIUM	TOTAL CARB	DIETARY FIBER	SUGAR	PROTEIN
Carrots	10	0	0g	0g	0g	0mg	20mg	3g	<1g	1g	<1g
Cucumbers	5	0	0g	0g	0g	0mg	0mg	2g	<1g	<1g	<1g
Tomatoes	10	0	0g	0g	0g	0mg	0mg	2g	<1g	1g	<1g
Broccoli	10	0	0g	0g	0g	0mg	10mg	2g	<1g	<1g	<1g
Mushrooms	5	0	0g	0g	0g	0mg	0mg	<1g	<1g	<1g	<1g
Green Bell Peppers	5	0	0g	0g	0g	0mg	0mg	1g	<1g	<1g	<1g
Jicama	10	0	0g	0g	0g	0mg	0mg	3g	1g	<1g	<1g
Snow Peas	10	0	0g	0g	0g	0mg	0mg	2g	0g	0g	<1g
Radishes	5	0	0g	0g	0g	0mg	10mg	<1g	<1g	<1g	<1g
Edamame	10	0	0g	0g	0g	0mg	0mg	<1g	<1g	0g	1g
Red Onions	10	0	0g	0g	0g	0mg	0mg	3g	<1g	1g	<1g
Bean Sprouts	10	0	0g	0g	0g	0mg	0mg	2g	<1g	1g	<1g
Mixed Cabbage	5	0	0g	0g	0g	0mg	15mg	2g	<1g	0g	<1g
Pea Sprouts	5	0	0g	0g	0g	0mg	0mg	<1g	<1g	<1g	1g
Cilantro	5	0	0g	0g	0g	0mg	15mg	1g	<1g	0g	<1g
Corn	25	0	0g	0g	0g	0mg	0mg	5g	<1g	<1g	<1g
Beets	10	0	0g	0g	0g	0mg	55mg	2g	<1g	2g	<1g
GF Black Beans	25	0	0g	0g	0g	0mg	110mg	5g	2g	<1g	2g
Green Peas	20	0	0g	0g	0g	0mg	30mg	4g	1g	1g	1g
VG Green Olives	40	30	3g	0g	0g	0mg	210mg	2g	<1g	0g	<1g
Kidney Beans	25	0	0g	0g	0g	0mg	85mg	4g	1g	<1g	1g
Chick Peas	25	0	0g	0g	0g	0mg	80mg	4g	1g	0g	1g
Black Olives	30	30	3g	0g	0g	0mg	210mg	2g	<1g	0g	<1g
Apples	15	0	0g	0g	0g	0mg	0mg	4g	<1g	3g	<1g
Grapes	20	0	0g	0g	0g	0mg	0mg	5g	<1g	4g	<1g
Strawberries	10	0	0g	0g	0g	0mg	0mg	2g	<1g	1g	<1g
Pineapples	15	0	0g	0g	0g	0mg	0mg	4g	<1g	4g	<1g
Fresh Jalapeños	5	0	1g	0g	0g	0mg	0mg	6g	3g	3g	1g
Avocado (per quarter)	45	40	4g	1g	0g	0mg	0mg	2g	2g	<1g	<1g
Artichoke Hearts (per piece)	10	0	0g	0g	0g	0mg	15mg	3g	2g	<1g	<1g
Sun-Dried Tomatoes	60	35	4g	1g	0g	0mg	75mg	7g	2g	0g	1g
Mandarin Oranges	10	0	0g	0g	0g	0mg	0mg	3g	<1g	3g	<1g
Raisins PN TN	80	0	0g	0g	0g	0mg	0mg	22g	1g	17g	<1g
Cranberries PN TN	90	0	0g	0g	0g	0mg	0mg	23g	2g	18g	<1g
Banana Peppers/Pepperoncini	10	0	0g	0g	0g	0mg	0mg	2g	<1g	<1g	<1g
Pumpkin Seeds	65	25	3g	1g	0g	0mg	0mg	8g	3g	0g	3g
Almonds	80	60	7g	1g	0g	0mg	0mg	3g	2g	<1g	3g
Walnuts	90	80	8g	0g	0g	0mg	0mg	1g	<1g	<1g	3g
Cheddar & Monterey Jack Cheese	60	45	5g	3g	0g	15mg	90mg	<1g	0g	<1g	3g
GF Feta Cheese	35	30	3g	2g	0g	15mg	130mg	<1g	0g	<1g	2g
VG Blue Cheese	50	35	4g	2.5g	0g	10mg	160mg	<1g	0g	<1g	3g
VG Parmesan Cheese	120	70	8g	5g	0g	20mg	480mg	<1g	0g	<1g	10g
Chopped Egg	80	50	5g	1.5g	0g	185mg	60mg	<1g	0g	<1g	6g
VG Pasta	100	25	0g	0g	0g	0mg	0mg	21g	<1g	<1g	4g
Sesame Sticks PN TN	60	35	4g	1g	0g	0mg	160mg	5g	0g	<1g	1g
Chopped Bacon GF	150	110	12g	4g	0g	30mg	290mg	<1g	0g	0g	10g

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Nutritional information provided by USDA National Nutrient Database.

TORTILLAS <i>Nutritional value based on a 12" tortilla</i>	CAL.	CAL. FROM FAT	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTEROL	SODIUM	TOTAL CARB	DIETARY FIBER	SUGAR	PROTEIN
Whole Wheat	310	80	9g	4g	0g	0mg	520mg	48g	4g	1g	9g
Southwestern	310	80	8g	3g	0g	0mg	760mg	51g	2g	1g	9g
Cool Cucumber	310	80	8g	3g	0g	0mg	530mg	51g	2g	1g	9g
Thai Ginger	320	80	9g	3g	0g	0mg	530mg	51g	2g	1g	9g
Texas BBQ	320	80	8g	3g	0g	0mg	570mg	51g	2g	1g	9g

BREADS & DESSERTS <i>Nutritional value based on one piece unless marked otherwise</i>	CAL.	CAL. FROM FAT	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTEROL	SODIUM	TOTAL CARB	DIETARY FIBER	SUGAR	PROTEIN
Baked Pita Chips (2 oz.) VG	160	45	5g	0g	0g	0mg	420mg	24g	1g	0g	3g
Baked Croutons (1 oz.)	130	70	8g	1g	0g	<5mg	140mg	11g	<1g	0g	3g
Multigrain Croissant TN	120	45	5g	3.5g	0g	15mg	115mg	14g	1g	2g	3g
Chocolate Chunk Cookie	190	80	9g	5g	0g	25mg	180mg	24g	1g	16g	3g
White Choc. Macadamia Cookie TN	200	100	12g	6g	0g	25mg	200mg	22g	<1g	15g	2g
Oatmeal Raisin Cookie	170	70	7g	4.5g	0g	25mg	200mg	24g	1g	14g	3g
Peanut Butter Cookie PN	200	100	11g	6g	0g	25mg	200mg	21g	<1g	12g	4g

LEMON/LIMEADES <i>Nutritional value based on 20 oz.</i>	CAL.	CAL. FROM FAT	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTEROL	SODIUM	TOTAL CARB	DIETARY FIBER	SUGAR	PROTEIN
Peach Lemonade	150	0	0g	0g	0g	0mg	37.5mg	37.5g	0g	37.5g	0g
Raspberry Lemonade	150	0	0g	0g	0g	0mg	37.5mg	37.5g	0g	37.5g	0g
Prickly Pear Limeade	150	0	0g	0g	0g	0mg	37.5mg	37.5g	0g	37.5g	0g
Sweet Tea (select locations)	110	0	0g	0g	0g	0mg	16.9mg	28.6g	0g	28.5g	0g

Salata Signature Teas do not contain a significant amount of sugar, calories, fat, or nutritional additives.

STORE LEVEL SERVING SIZES

Dressings: 2 oz. per serving for a Regular Salad, and 1 oz. per serving for a Small Salad or Wrap.

Chicken, Turkey, and Seafood: 4 oz. per serving for a Regular Salad, Small Salad and Wrap.

Vegan Proteins: Tofu and quinoa are a 4 oz. serving and falafel is 3 pieces per serving for Regular Salads, Small Salads and Wraps.

Lettuce and Toppings: Regular salad is twice the amount listed for a small salad. Wraps are half the amount listed for a small salad.

Soup: 8 oz. per cup, and 12 oz. per bowl.

Note: Ingredients may change periodically.

** MenuTrinfo's Gluten Free Disclaimer: Please know that we practice caution and proper procedures when preparing gluten-free items, however gluten is present in all of our kitchens. All ingredients have been verified as gluten-free by third-party consultant, MenuTrinfo®, LLC, but our products can change at any time and the products listed might not always be the products served. Salata cannot be held responsible for ingredient substitutions made by our manufacturers. In consuming our gluten-free items, be aware that there still may be a chance of cross-contact so we cannot guarantee these products for those with Celiac disease or food allergy. Guests are advised to consider this information as it relates to their individual dietary needs and requirements.

DRESSINGS	DAIRY	EGG	FISH	SHELL-FISH	TREE NUTS	PEA-NUTS	WHEAT	SOY-BEANS	VEGAN	GLUTEN FREE*
Buttermilk Ranch	●	●						●		●
Chipotle Ranch	●	●						●		●
Lemon Vinaigrette									●	●
Balsamic Vinaigrette									●	●
Fresh Herb Vinaigrette										●
Honey Mustard		●						●		●
Classic Caesar	●	●	●							●
Ginger Lime Vinaigrette						●		●		●
Fat-Free Sun-Dried Tomato									●	●
Fat-Free Mango	●									●
SOUPS										
Tomato Basil	●									●
Chipotle White Bean									●	●
Broccoli	●									●
PROTEINS										
Herb-Marinaded Chicken										●
Asian BBQ Chicken						●		●		●
Chipotle Chicken										●
Pesto Chicken	●				●					●
Pit-Smoked Turkey										●
Baked Salmon			●							●
Herb-Marinaded Shrimp				●						●
Herb-Marinaded Krabmeat		●	●	●			●	●		
Mixed Seafood		●	●	●			●	●		
Baked Tofu							●	●	●	
Quinoa									●	●
Falafel									●	
TORTILLAS										
Cucumber							●	●		
Texas BBQ							●	●		
Whole Wheat							●	●		
Southwestern							●	●		
Thai Ginger							●	●		
BREADS & DESSERTS										
Baked Croutons	●						●			
Baked Pita Chips							●		●	
Multigrain Roll	●	●			●		●	●		
Chocolate Chunk Cookie	●	●			●	●	●	●		
Oatmeal Raisin Cookie	●	●			●	●	●	●		
Peanut Butter Cookie	●	●			●	●	●	●		
White Chocolate Macadamia Nut Cookie	●	●			●	●	●	●		

Note: Ingredients may change periodically. Products may vary by location. Visit salata.com for the most accurate information.

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