

NUTRITIONAL INFORMATION*

V = Vegetarian

VG = Vegan

GF = Gluten-Free**

PN = Contains Peanuts

 GF
VG
GF
V

DRESSINGS <i>Nutritional value based on 2 oz.</i>	CAL.	CAL/ FAT	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTEROL	SODIUM	TOTAL CARB	DIETARY FIBER	SUGAR	PROTEIN
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
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	240	230	26g	3g	0g	15mg	360mg	3g	0g	2g	1g
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
Fat-free Mango	35	0	0g	0g	0g	0mg	10mg	8g	0g	8g	<1g
Ginger Lime 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

GF

POULTRY <i>Nutritional value based on 2 oz.</i>	CAL.	CAL/ FAT	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTEROL	SODIUM	TOTAL CARB	DIETARY FIBER	SUGAR	PROTEIN
Pesto Chicken	80	40	4.5g	0g	0g	25mg	300mg	<1g	1g	0g	11g
Spicy Chipotle Chicken	60	10	2g	0g	0g	25mg	360mg	<1g	1g	0g	11g
Herb-Marinated Chicken	60	10	1g	0g	0g	30mg	270mg	<1g	1g	0g	11g
Asian BBQ Chicken PN	70	20	2.5g	0g	0g	25mg	300mg	2g	1g	1g	10g
Pit-Smoked Turkey	50	10	1.5g	0g	0g	30mg	290mg	<1g	0g	<1g	11g

GF

SEAFOOD <i>Nutritional value based on 2 oz.</i>	CAL.	CAL/ FAT	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTEROL	SODIUM	TOTAL CARB	DIETARY FIBER	SUGAR	PROTEIN
Herb-Marinated Shrimp	80	30	3g	0g	0g	110mg	530mg	1g	0g	0g	12g
Baked Salmon	120	80	8g	1g	0g	35mg	220mg	0g	0g	0g	11g
Herb-Marinated Krabmeat	70	30	3g	0g	0g	10mg	310mg	8g	0g	4g	4g
Seafood Mix	70	25	2.5g	0g	0g	25mg	330mg	7g	0g	3g	6g

VG

VEGAN PROTEINS <i>Nutritional value based on 3 oz. Falafel based on 2 pieces</i>	CAL.	CAL/ FAT	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTEROL	SODIUM	TOTAL CARB	DIETARY FIBER	SUGAR	PROTEIN
Baked Tofu	170	60	7g	0.5g	0g	0mg	220mg	10g	1g	4g	18g
Falafel GF	60	25	3g	0g	0g	0mg	300mg	7g	2g	0g	3g
Quinoa GF	80	10	1.5g	0g	0g	0mg	5mg	15g	1.5g	<1g	3g

GF

SOUP <i>Nutritional value based on 8 oz.</i>	CAL.	CAL/ FAT	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTEROL	SODIUM	TOTAL CARB	DIETARY FIBER	SUGAR	PROTEIN
Chipotle White Bean Soup VG	110	15	1.5g	0g	0g	0mg	800mg	20g	4g	3g	5g
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

 GF
VG

LETTUCE <i>Nutritional value based on small salad serving</i>	CAL.	CAL/ FAT	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTEROL	SODIUM	TOTAL CARB	DIETARY FIBER	SUGAR	PROTEIN
Romaine Hearts	10	0	0g	0g	0g	0mg	5mg	2g	<1g	0g	<1g
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

LETTUCE <i>Nutritional value based on small salad serving</i>	CAL.	CAL/ FAT	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLE- STEROL	SODIUM	TOTAL CARB	DIETARY FIBER	SUGAR	PROTEIN
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/ FAT	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLE- STEROL	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 Pepper	5	0	0g	0g	0g	0mg	0mg	1g	<1g	<1g	<1g
Jicama	10	0	0g	0g	0g	0mg	0mg	3g	1g	<1g	<1g
Snap Peas	10	0	0g	0g	0g	0mg	0mg	2g	0g	0g	<1g
Radish	5	0	0g	0g	0g	0mg	10mg	<1g	<1g	<1g	<1g
Edamame	10	0	0g	0g	0g	0mg	0mg	<1g	<1g	0g	1g
Red Onion	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
Alfalfa 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
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
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
Apple	15	0	0g	0g	0g	0mg	0mg	4g	<1g	3g	<1g
Grapes	20	0	0g	0g	0g	0mg	0mg	5g	<1g	4g	<1g
Strawberry	10	0	0g	0g	0g	0mg	0mg	2g	<1g	1g	<1g
Pineapple	15	0	0g	0g	0g	0mg	0mg	4g	<1g	4g	<1g
Jalape os Peppers	10	0	0g	0g	0g	0mg	470mg	1g	<1g	<1g	<1g
Avocado (1/4 slice)	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 Orange	10	0	0g	0g	0g	0mg	0mg	3g	<1g	3g	<1g
Raisins	80	0	0g	0g	0g	0mg	0mg	22g	1g	17g	<1g
Cranberries	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 & Monteray Jack Cheese	60	45	5g	3g	0g	15mg	90mg	<1g	0g	<1g	3g
Feta	35	30	3g	2g	0g	15mg	130mg	<1g	0g	<1g	2g
Blue Cheese	50	35	4g	2.5g	0g	10mg	160mg	<1g	0g	<1g	3g
Parmesan	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
Pasta	100	25	0g	0g	0g	0mg	0mg	21g	<1g	<1g	4g
Sesame Sticks	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

TORTILLAS <i>Nutritional value based on a 12" tortilla</i>	CAL.	CAL/ 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/ FAT	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTEROL	SODIUM	TOTAL CARB	DIETARY FIBER	SUGAR	PROTEIN
Pita Chips (2oz.) VG	160	45	5g	0g	0g	0mg	420mg	24g	1g	0g	3g
Croutons (1oz.)	130	70	8g	1g	0g	<5mg	140mg	11g	<1g	0g	3g
Multigrain Roll	170	15	2g	0g	0g	0mg	360mg	31g	3g	0g	7g
Basil Asiago Roll	120	20	2g	0.5g	0g	0mg	240mg	22g	2g	1g	4g
Chocolate Chunk Cookie	190	80	9g	5g	0g	25mg	180mg	24g	1g	16g	3g
White Chocolate Macadamia Cookie	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
Sea Salt Caramels	60	30	3g	2g	0g	10mg	20mg	10g	0g	10g	<1g

LEMON/LIMEADES <i>Nutritional value based on a 12oz.</i>	CAL.	CAL/ FAT	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTEROL	SODIUM	TOTAL CARB	DIETARY FIBER	SUGAR	PROTEIN
Peach Lemonade	165	0	0g	1g	0g	0mg	<1mg	45g	<1mg	43.5g	1g
Raspberry Lemonade	165	0	0g	1g	0g	0mg	<1mg	45g	<1mg	43.5g	1g
Prickly Pear Limeade	90	0	0g	0g	0g	0mg	15mg	28.5g	0mg	28.5g	0g

STORE LEVEL SERVING SIZES

Dressing, Chicken, & Seafood: Regular Salad is 4 oz. serving. Small Salad & Salad Wrap is 2 oz. serving.

Vegan Proteins: Regular Salad is 6 oz. serving (falafel is 3 pieces). Small Salad & Salad Wrap is 3 oz. serving (falafel is 2 pieces).

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

Soup: Cup is 8 oz. serving and bowl is 12 oz. serving.

* Ingredients may change periodically. Products may vary by location.

** 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.