



NUTRITION FACT SHEET

BESPOKE SALADS:

custom tailored to your individual nutritional needs

use our quick reference to find the right salad for you

concerned about **CALORIES**

| | Calories* |
|---------------------|-----------|
| Siam | 190 |
| Caesar | 240 |
| Maui | 290 |
| Siam with tofu | 300 |
| Caesar with chicken | 360 |
| Dagwood | 390 |
| Cowboy | 400 |
| Bachelor | 460 |
| Madison | 470 |
| Mixt cobb | 550 |

concerned about **FAT**

| | Fat* (g) (with % DV) | Calories from Fat | Sat Fat |
|---------------------|-------------------------|----------------------|------------|
| Siam | 6 9% | 50 | 1 |
| Caesar | 11 17% | 100 | 4.5 |
| Siam with tofu | 12 18% | 100 | 1.5 |
| Dagwood | 13 20% | 120 | 5 |
| Cowboy | 13 20% | 120 | 7 |
| Caesar with chicken | 14 22% | 120 | 5 |
| Maui | 17 26% | 140 | 2.5 |
| Bachelor | 20 31% | 180 | 9 |
| Madison | 25 37% | 220 | 6 |
| Mixt cobb | 33 51% | 290 | 12 |

concerned about **PROTEIN**

| | Protein* (g) (with % DV) |
|---------------------|-----------------------------|
| Mixt cobb | 51 100% |
| Madison | 40 80% |
| Caesar with chicken | 39 76% |
| Cowboy | 36 72% |
| Bachelor | 33 66% |
| Maui | 21 40% |
| Siam with tofu | 19 38% |
| Caesar | 17 32% |
| Dagwood | 15 30% |
| Siam | 8 16% |

concerned about **CARBS**

| | Carbs* (g) (with % DV) |
|---------------------|---------------------------|
| Mixt cobb | 12 4% |
| Caesar | 19 6% |
| Caesar with chicken | 19 6% |
| Maui | 21 7% |
| Madison | 25 8% |
| Siam | 34 11% |
| Cowboy | 37 12% |
| Bachelor | 36 12% |
| Siam with tofu | 37 12% |
| Dagwood | 54 17% |

concerned about **SODIUM**

| | Sodium* (mg) (with % DV) |
|---------------------|-----------------------------|
| Maui | 40 2% |
| Siam | 250 10% |
| Cowboy | 540 23% |
| Caesar | 560 23% |
| Caesar with chicken | 620 26% |
| Bachelor | 670 28% |
| Madison | 740 31% |
| Siam with tofu | 790 33% |
| Dagwood | 860 36% |
| Mixt cobb | 1090 45% |

concerned about **CHOLESTEROL**

| | Cholesterol* (mg) (with % DV) |
|---------------------|----------------------------------|
| Siam | 0 0% |
| Siam with tofu | 0 0% |
| Dagwood | 20 7% |
| Maui | 30 10% |
| Caesar | 30 10% |
| Madison | 85 28% |
| Caesar with chicken | 90 30% |
| Cowboy | 90 30% |
| Bachelor | 90 30% |
| Mixt cobb | 360 118% |

* Values are for a standard, undressed salad. Recommended dressing portion is 21 grams.

SALADS (serving size is one salad, undressed)

| | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) | Vitamin A | Vitamin C | Calcium | Iron |
|---------------------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-----------|-------------------|------------|-------------|-----------|-----------|---------|------|
| Siam | 190 | 50 | 6 | 1 | 0 | 0 | 250 | 34 | 11 | 15 | 8 | 240% | 330% | 10% | 40% |
| Caesar | 240 | 100 | 11 | 4.5 | 0 | 30 | 560 | 19 | 6 | 3 | 17 | 240% | 90% | 40% | 10% |
| Siam with tofu | 300 | 100 | 12 | 1.5 | 0 | 0 | 790 | 37 | 12 | 17 | 19 | 240% | 340% | 30% | 50% |
| Dagwood | 390 | 120 | 13 | 5 | 0 | 20 | 860 | 54 | 10 | 22 | 15 | 190% | 160% | 20% | 50% |
| Cowboy | 400 | 120 | 13 | 7 | 0 | 90 | 540 | 37 | 10 | 17 | 36 | 240% | 120% | 30% | 30% |
| Caesar with chicken | 360 | 120 | 14 | 5 | 0 | 90 | 610 | 19 | 6 | 3 | 39 | 240% | 90% | 50% | 15% |
| Maui | 290 | 140 | 17 | 2.5 | 0 | 30 | 40 | 21 | 8 | 10 | 21 | 160% | 50% | 10% | 25% |
| Bachelor | 460 | 180 | 20 | 9 | 0 | 90 | 670 | 36 | 6 | 10 | 33 | 230% | 50% | 30% | 30% |
| Madison | 470 | 220 | 25 | 6 | 0 | 85 | 740 | 25 | 6 | 2 | 40 | 200% | 100% | 50% | 55% |
| Mixt cobb | 550 | 290 | 33 | 12 | 0 | 360 | 1090 | 12 | 5 | 5 | 51 | 160% | 35% | 30% | 30% |
| Mixt cobb (without bacon) | 400 | 190 | 21 | 8 | 0 | 325 | 400 | 11 | 5 | 5 | 40 | 160% | 35% | 30% | 30% |

SANDWICHES (serving size is one sandwich)

| | | | | | | | | | | | | | | | |
|----------------------------|-----|-----|----|----|---|-----|------|----|-----|---|----|-----|-----|-----|-----|
| Farmer sandwich | 480 | 220 | 24 | 9 | 0 | 40 | 940 | 52 | 4 | 7 | 14 | 10% | 45% | 20% | 15% |
| Bistro sandwich | 590 | 210 | 22 | 9 | 0 | 100 | 700 | 44 | 2 | 3 | 46 | 20% | 6% | 20% | 20% |
| Loafer sandwich | 640 | 320 | 35 | 10 | 0 | 100 | 1400 | 59 | 3 | 4 | 23 | 30% | 45% | 6% | 10% |
| Disco sandwich | 650 | 260 | 29 | 6 | 0 | 90 | 1390 | 59 | < 1 | 2 | 40 | 20% | 15% | 8% | 15% |
| Rooster sandwich | 660 | 240 | 24 | 7 | 0 | 90 | 950 | 63 | 1 | 4 | 40 | 30% | 15% | 30% | 15% |
| Lavash for Handheld Salads | 170 | 0 | 0 | 0 | 0 | 0 | 210 | 29 | 0 | 0 | 5 | 0% | 0% | 0% | 10% |

DRESSINGS (serving size is 21 grams)

| | | | | | | | | | | | | | | | |
|------------------------------------|-----|-----|----|-----|---|-----|-----|-----|---|-----|---|----|----|----|----|
| Balsamic drizzle | 60 | 0 | 0 | 0 | 0 | 0 | 15 | 12 | 0 | 10 | 0 | 0% | 0% | 2% | 2% |
| Balsamic vinaigrette | 100 | 90 | 10 | 1 | 0 | 0 | 35 | 3 | 0 | 2 | 0 | 0% | 0% | 0% | 0% |
| Caesar dressing | 110 | 100 | 11 | 2 | 0 | 10 | 250 | 0 | 0 | 0 | 4 | 0% | 0% | 4% | 0% |
| Chipotle Honey drizzle | 45 | 0 | 0 | 0 | 0 | 0 | 10 | 13 | 0 | 12 | 0 | 0% | 0% | 0% | 0% |
| Cilantro Jalapeno vinaigrette | 70 | 60 | 7 | 1 | 0 | 0 | 0 | 2 | 0 | 2 | 0 | 0% | 4% | 0% | 0% |
| Fat Free Balsamic vinaigrette | 15 | 0 | 0 | 0 | 0 | 0 | 35 | 3 | 0 | 3 | 0 | 0% | 2% | 0% | 0% |
| Fat Free Honey Mustard vinaigrette | 30 | 0 | 0 | 0 | 0 | 0 | 30 | 8 | 0 | 7 | 0 | 0% | 0% | 0% | 0% |
| Lemon Herb Vinaigrette | 110 | 110 | 11 | 1 | 0 | 0 | 30 | 1 | 0 | < 1 | 0 | 0% | 2% | 0% | 0% |
| Mango Citrus vinaigrette | 70 | 60 | 7 | 0.5 | 0 | 0 | 35 | 2 | 0 | 1 | 0 | 6% | 8% | 0% | 0% |
| Mint vinaigrette | 90 | 80 | 9 | 1 | 0 | 0 | 30 | 2 | 0 | 2 | 0 | 2% | 0% | 0% | 0% |
| Mixt vinaigrette | 100 | 100 | 11 | 1 | 0 | 0 | 40 | 0 | 0 | 0 | 0 | 0% | 0% | 0% | 0% |
| Point Reyes Blue Cheese dressing | 80 | 70 | 8 | 1.5 | 0 | 5 | 120 | < 1 | 0 | 0 | 1 | 2% | 0% | 2% | 0% |
| Ranch dressing | 90 | 80 | 9 | 1.5 | 0 | < 5 | 115 | < 1 | 0 | 0 | 0 | 0% | 0% | 0% | 0% |
| Sesame Soy vinaigrette | 110 | 100 | 12 | 1 | 0 | 0 | 115 | 0 | 0 | 0 | 0 | 0% | 0% | 0% | 0% |
| Thai Lemongrass vinaigrette | 80 | 80 | 8 | 0.5 | 0 | 0 | 70 | 1 | 0 | < 1 | 0 | 0% | 2% | 0% | 0% |
| Whole Grain Mustard vinaigrette | 120 | 60 | 13 | 1.5 | 0 | 0 | 50 | 0 | 0 | 0 | 0 | 0% | 0% | 0% | 0% |

SALADS, SANDWICHES & DRESSING

Nutritional information listed here is based on recipes and product formulations. Slight variations may occur due to seasonal changes in products and/or small differences in preparation.

DESIGN YOUR OWN SALAD

GREENS

| | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) | Vitamin A | Vitamin C | Calcium | Iron |
|-------------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-----------|-------------------|------------|-------------|-----------|-----------|---------|------|
| Baby spinach | 15 | 0 | 0 | 0 | 0 | 0 | 170 | 12 | 3 | 0 | 3 | 150% | 10% | 60% | 50% |
| Butter lettuce | 30 | 0 | 0 | 0 | 0 | 0 | 10 | 5 | 2 | 2 | 3 | 140% | 15% | 8% | 15% |
| Hearts of romaine | 45 | 5 | 1 | 0 | 0 | 0 | 20 | 8 | 5 | 3 | 3 | 300% | 100% | 8% | 15% |
| Mixt greens | 25 | 0 | 0 | 0 | 0 | 0 | 115 | 7 | 3 | 0 | 3 | 180% | 80% | 10% | 35% |
| Red leaf | 25 | 0 | 0 | 0 | 0 | 0 | 35 | 3 | 1 | < 1 | 2 | 210% | 8% | 4% | 10% |

STAPLES (serving size is one mixt greens portion)

| | | | | | | | | | | | | | | | |
|-----------------------|-----|----|-----|-----|---|-----|-----|-----|-----|-----|-----|------|------|----|----|
| Black beans | 60 | 0 | 0 | 0 | 0 | 0 | 160 | 10 | 4 | 0 | 4 | 4% | 2% | 2% | 8% |
| Carrots | 15 | 0 | 0 | 0 | 0 | 0 | 30 | 4 | 1 | 2 | 0 | 140% | 4% | 2% | 0% |
| Chickpeas | 60 | 0 | 0 | 0 | 0 | 0 | 160 | 8 | 2 | 0 | 2 | 0% | 0% | 0% | 4% |
| Cucumber | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | < 1 | 0 | 0% | 4% | 0% | 0% |
| Edamame | 70 | 25 | 2.5 | 0 | 0 | 0 | 5 | 6 | 1 | 4 | 7 | 2% | 6% | 6% | 2% |
| Egg | 90 | 50 | 6 | 2 | 0 | 240 | 70 | < 1 | 0 | < 1 | 7 | 6% | 0% | 2% | 4% |
| Garlic croutons | 80 | 25 | 3 | 0.5 | 0 | 0 | 190 | 10 | 0 | 0 | 2 | 0% | 0% | 2% | 2% |
| Hearts of palm | 15 | 0 | 0 | 0 | 0 | 0 | 135 | 2 | 1 | < 1 | 1 | 0% | 2% | 2% | 4% |
| Herb roasted potatoes | 80 | 20 | 2.5 | 0 | 0 | 0 | 300 | 14 | 1 | 0 | 2 | 0% | 8% | 2% | 4% |
| Jicama | 20 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 3 | 1 | 0 | 0% | 20% | 0% | 2% |
| Pumpkin seeds | 130 | 45 | 5 | 1 | 0 | 0 | 5 | 15 | 0 | 0 | 5 | 0% | 0% | 2% | 6% |
| Red bell pepper | 15 | 0 | 0 | 0 | 0 | 0 | 0 | 3 | 1 | 2 | < 1 | 40% | 120% | 0% | 2% |
| Red onion | 10 | 0 | 0 | 0 | 0 | 0 | 0 | 3 | 0 | 1 | 0 | 0% | 4% | 0% | 0% |
| Roasted zucchini | 10 | 0 | 0 | 0 | 0 | 0 | 60 | 2 | < 1 | < 1 | < 1 | 2% | 15% | 0% | 2% |
| Sesame Seeds | 40 | 30 | 3.5 | 0 | 0 | 0 | 0 | 2 | < 1 | 0 | 1 | 0% | 0% | 8% | 6% |
| Spicy peanuts | 70 | 50 | 6 | 1 | 0 | 0 | 125 | 4 | < 1 | 2 | 3 | 0% | 0% | 0% | 2% |

SPECIALTIES (serving size is one mixt greens portion)

| | | | | | | | | | | | | | | | |
|--------------------------|-----|-----|-----|-----|---|----|-----|----|-----|-----|-----|------|-----|-----|-----|
| Applewood smoked bacon | 150 | 100 | 11 | 4 | 0 | 30 | 690 | 0 | 0 | 0 | 11 | 0% | 0% | 0% | 2% |
| Asian pear | 20 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 2 | 3 | 0 | 0% | 2% | 0% | 0% |
| Avocado | 70 | 50 | 7 | 1 | 0 | 0 | 0 | 4 | 3 | 0 | < 1 | 2% | 6% | 0% | 2% |
| Blue cheese | 100 | 70 | 8 | 5 | 0 | 25 | 260 | 0 | 0 | 0 | 7 | 6% | 0% | 20% | 0% |
| Blueberries | 30 | 0 | 0 | 0 | 0 | 0 | 0 | 8 | 1 | 6 | 0 | 0% | 10% | 0% | 0% |
| Cara Cara oranges | 30 | 0 | 0 | 0 | 0 | 0 | 0 | 7 | 1 | 0 | < 1 | 2% | 45% | 2% | 0% |
| Caramelized onions | 70 | 0 | 0 | 0 | 0 | 0 | 5 | 16 | 3 | 7 | 2 | 0% | 20% | 4% | 2% |
| Cheddar cheese | 110 | 80 | 9 | 6 | 0 | 30 | 180 | 0 | 0 | 0 | 7 | 6% | 0% | 20% | 2% |
| Cherry tomatoes | 10 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | < 1 | 1 | 0 | 10% | 10% | 0% | 0% |
| Dried cranberries | 90 | 0 | 0 | 0 | 0 | 0 | 0 | 23 | 2 | 18 | 0 | 0% | 0% | 0% | 0% |
| Feta | 70 | 50 | 6 | 4 | 0 | 25 | 320 | 1 | 0 | 1 | 4 | 2% | 0% | 10% | 2% |
| Goat cheese | 70 | 50 | 5 | 4 | 0 | 20 | 110 | 0 | 0 | < 1 | 4 | 4% | 0% | 2% | 0% |
| Green beans | 20 | 0 | 0 | 0 | 0 | 0 | 0 | 4 | 2 | < 1 | 1 | 8% | 10% | 2% | 2% |
| Green papaya | 35 | 0 | 0 | 0 | 0 | 0 | 0 | 8 | 2 | 5 | < 1 | 20% | 90% | 2% | 0% |
| Kalamata olives | 30 | 25 | 3 | 0 | 0 | 0 | 240 | 2 | < 1 | 0 | 0 | 2% | 0% | 2% | 6% |
| Mango | 20 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | < 1 | 4 | 0 | 4% | 15% | 0% | 0% |
| Marinated tofu | 110 | 50 | 6 | 0.5 | 0 | 0 | 540 | 3 | < 1 | 1 | 11 | 0% | 15% | 10% | 8% |
| Parmesan cheese | 110 | 60 | 7 | 4 | 0 | 25 | 260 | 0 | 0 | 0 | 10 | 4% | 0% | 40% | 0% |
| Red quinoa | 110 | 15 | 1.5 | 0 | 0 | 0 | 5 | 20 | 2 | 0 | 4 | 0% | 0% | 2% | 15% |
| Roasted butternut squash | 35 | 10 | 1.5 | 0 | 0 | 0 | 250 | 6 | 1 | 1 | < 1 | 110% | 20% | 2% | 2% |
| Roasted golden beets | 25 | 0 | 0 | 0 | 0 | 0 | 160 | 6 | 1 | 5 | < 1 | 0% | 4% | 0% | 2% |
| Roasted red peppers | 10 | 0 | 0 | 0 | 0 | 0 | 115 | 2 | < 1 | 0 | 0 | 2% | 35% | 0% | 6% |
| Seasonal Apple | 20 | 0 | 0 | 0 | 0 | 0 | 0 | 6 | 1 | 4 | 0 | 0% | 4% | 0% | 0% |
| Soba noodles | 110 | 35 | 4 | 0.5 | 0 | 0 | 50 | 17 | 0 | 0 | 4 | 0% | 0% | 0% | 2% |
| Spiced walnuts | 140 | 90 | 11 | 1 | 0 | 0 | 850 | 11 | 2 | 8 | 3 | 8% | 2% | 2% | 4% |
| Sundried tomatoes | 70 | 5 | 0.5 | 0 | 0 | 0 | 85 | 12 | 5 | 7 | 3 | 6% | 2% | 0% | 25% |
| Watermelon | 50 | 0 | 0 | 0 | 0 | 0 | 0 | 13 | < 1 | 11 | 1 | 20% | 25% | 2% | 2% |

PREMIUMS (serving size is one mixt greens portion)

| | | | | | | | | | | | | | | | |
|-------------------------|-----|----|-----|-----|---|-----|-----|----|-----|-----|-----|-----|-----|----|----|
| Asparagus | 10 | 0 | 0 | 0 | 0 | 0 | 10 | 2 | 1 | < 1 | 1 | 10% | 8% | 2% | 2% |
| Blackberries | 25 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 3 | 3 | < 1 | 2% | 20% | 2% | 2% |
| Macadamia nuts | 100 | 90 | 11 | 1.5 | 0 | 0 | 0 | 2 | 1 | < 1 | 1 | 0% | 0% | 0% | 2% |
| Pine nuts | 100 | 80 | 10 | 0.5 | 0 | 0 | 0 | 2 | < 1 | < 1 | 2 | 0% | 0% | 0% | 4% |
| Pistachios | 80 | 50 | 7 | 1 | 0 | 0 | 55 | 4 | 1 | 1 | 3 | 0% | 0% | 2% | 4% |
| Portabella mushrooms | 70 | 40 | 4.5 | 0.5 | 0 | 0 | 250 | 5 | 1 | 2 | 2 | 0% | 2% | 2% | 4% |
| Roasted corn | 50 | 5 | 0.5 | 0 | 0 | 0 | 10 | 11 | 2 | 2 | 2 | 2% | 6% | 0% | 2% |
| Spanish White Anchovies | 10 | 0 | 0.5 | 0 | 0 | < 5 | 95 | 0 | 0 | 0 | 1 | 0% | 0% | 0% | 0% |
| Strawberries | 20 | 0 | 0 | 0 | 0 | 0 | 0 | 4 | 1 | 3 | 0 | 0% | 55% | 0% | 2% |
| White truffle potatoes | 90 | 30 | 3.5 | 0 | 0 | 0 | 300 | 14 | 1 | 0 | 2 | 0% | 8% | 2% | 4% |

STEAK, FOWL & SEAFOOD (serving size is one mixt greens portion)

| | | | | | | | | | | | | | | | |
|-----------------------------------|-----|----|-----|-----|---|----|----|-----|-----|---|----|-----|----|----|-----|
| Coriander crusted seared Ahi tuna | 70 | 10 | 1 | 0 | 0 | 30 | 25 | < 1 | < 1 | 0 | 15 | 0% | 2% | 2% | 4% |
| Grilled Prime Flat Iron | 170 | 80 | 9 | 3.5 | 0 | 65 | 60 | 0 | 0 | 0 | 20 | 0% | 0% | 0% | 15% |
| Herb marinated grilled chicken | 120 | 25 | 2.5 | 0.5 | 0 | 60 | 50 | 0 | 0 | 0 | 22 | 0% | 0% | 2% | 4% |
| House roasted turkey breast | 130 | 50 | 6 | 1.5 | 0 | 55 | 50 | 0 | 0 | 0 | 19 | 0% | 0% | 2% | 6% |
| Moroccan spiced tuna | 110 | 10 | 1 | 0 | 0 | 40 | 40 | 2 | < 1 | 0 | 22 | 10% | 4% | 2% | 8% |