

Nutrition Guide

Croutons

Season the Day.

Calories
Calories from Fat
Total Fat
Saturated Fat
Trans Fat
Cholesterol
Sodium
Carbohydrates
Dietary Fiber
Sugars
Protein

SALADS (SERVING SIZE IS ONE SALAD, UNRESSED)

Regular Albacore Tuna	470	250	29	5	0	130	720	23	5	5	33
Regular Balsamic Chicken	440	230	27	6	0	90	530	13	6	5	41
Regular BBQ Chicken	570	160	18	9	0	95	770	67	11	12	36
Regular Buffalo Chicken	320	110	12	5	0	100	1130	22	6	5	31
Regular Caesar	230	90	10	5	0	15	640	22	6	4	13
Regular Chopped	610	340	36	16	0	100	1910	36	7	5	34
Regular Classic Croutons	180	50	6	1.5	0	0	370	28	6	6	6
Regular Cobb	510	280	32	10	0	285	1000	28	10	5	30
Regular Franks Spinach	360	250	29	7	0	30	430	14	6	5	15
Regular Granny Smith Topper	420	150	17	3.5	0	75	380	37	7	20	32
Regular Mandarin	360	110	13	1.5	0	65	220	31	8	9	33
Regular Mediterranean	240	100	12	6	0	25	680	27	6	7	10
Regular Mixed Berry	330	180	21	5	0	15	380	28	11	15	14
Regular Napa	440	210	24	7	0	45	660	30	7	9	26
Regular Pear and Blue Cheese	330	180	21	5	0	15	380	29	8	17	13
Regular Santa Fe	530	240	29	7	0	45	430	54	10	13	21
Regular Sundance	280	120	14	5	0	25	340	32	7	22	10
Small Albacore Tuna	290	160	18	3	0	80	450	15	3	3	20
Small Balsamic Chicken	270	130	15	4	0	60	400	9	4	4	26
Small BBQ Chicken	370	100	11	5	0	65	530	43	7	8	25
Small Buffalo Chicken	210	70	8	4	0	70	830	14	4	3	20
Small Caesar	140	60	7	3.5	0	10	420	13	3	2	8
Small Chopped	410	220	23	10	0	60	1250	27	5	3	22
Small Classic Croutons	130	40	4.5	1	0	0	280	20	4	4	4
Small Cobb	370	210	24	8	0	215	700	18	6	3	22
Small Franks Spinach	210	150	17	4.5	0	20	230	9	4	3	8
Small Granny Smith Topper	250	90	10	2	0	40	280	24	4	11	17
Small Mandarin	240	70	8	1	0	45	140	21	5	6	22
Small Mediterranean	180	70	8	3.5	0	15	520	22	4	5	6
Small Mixed Berry	240	130	15	3.5	0	10	260	19	8	10	10
Small Napa	280	120	14	4.5	0	35	640	22	4	8	16
Small Pear and Blue Cheese	200	100	11	3	0	10	240	20	5	12	8
Small Santa Fe	340	150	17	5	0	35	310	37	7	8	13
Small Sundance	160	60	7	2.5	0	15	170	21	4	15	5

SANDWICHES (SERVING SIZE IS ONE SANDWICH)

PANINI

Whole California	710	340	38	24	2.5	85	1550	45	6	3	45
Whole California (no mayo)	550	190	21	7	0	70	1420	45	6	3	45
Whole Chicken Pesto	680	220	25	8	0	120	980	62	3	0	52
Whole Chicken Pesto (no mayo)	560	100	11	6	0	115	870	62	3	0	51
Whole Italian	780	390	44	15	0	105	2960	63	3	2	40
Whole Italian (no mayo)	670	290	33	14	0	100	2750	62	3	<1	40
Whole Margherita Chicken	630	230	26	17	1.5	130	1160	43	5	2	55
Whole Margherita Chicken (no mayo)	520	120	15	6	0	120	1080	43	5	2	55
Whole Southwest	750	270	32	9	0	150	950	64	4	<1	52
Whole Southwest (no mayo)	610	140	16	8	0	120	890	64	4	<1	52
Whole Tuscan Roast Beef	630	210	25	8	0	85	1100	59	3	5	48
Whole Tuscan Roast Beef (no mayo)	550	120	15	7	0	85	1010	59	3	5	48
Whole Veggie	590	260	29	8	0	25	930	68	9	7	19
Whole Veggie (no dressing)	480	150	18	6	0	20	720	67	8	6	19
Half California	350	170	19	12	1	45	780	22	3	1	23
Half California (no mayo)	280	90	10	3.5	0	35	710	22	3	1	23
Half Chicken Pesto	340	110	13	4	0	60	490	31	1	0	26
Half Chicken Pesto (no mayo)	280	50	6	3	0	60	430	31	1	0	26
Half Italian 1/2	440	240	27	9	0	65	1740	31	1	0	24
Half Italian 1/2 (no mayo)	380	170	20	8	0	65	1670	31	1	0	23
Half Margherita Chicken	320	110	13	9	1	65	580	22	2	1	27
Half Margherita Chicken (no mayo)	260	60	8	3	0	60	540	22	2	1	27
Half Southwest	370	140	16	4.5	0	75	470	32	2	0	26
Half Southwest (no mayo)	300	70	8	4	0	60	450	32	2	0	26
Half Tuscan Roast Beef	320	100	12	4	0	45	550	30	1	2	24
Half Tuscan Roast Beef (no mayo)	270	60	8	3.5	0	45	500	29	1	2	24
Half Veggie	300	130	15	4	0	15	470	34	4	4	10
Half Veggie (no dressing)	240	80	9	3	0	10	360	33	4	3	9



Season the Day.

Calories Calories from Fat Total Fat Saturated Fat Trans Fat Cholesterol Sodium Carbohydrates Dietary Fiber Sugars Protein

SANDWICHES (SERVING SIZE IS ONE SANDWICH)

FLATINI

Table with 12 columns: Item, Calories, Calories from Fat, Total Fat, Saturated Fat, Trans Fat, Cholesterol, Sodium, Carbohydrates, Dietary Fiber, Sugars, Protein. Rows include Whole BBQ Chicken, Whole Buffalo Chicken, Whole Granny Smith, Whole Tuna Salad, Whole Turkey Artichoke, etc.

SOUPS

Table with 12 columns: Item, Calories, Calories from Fat, Total Fat, Saturated Fat, Trans Fat, Cholesterol, Sodium, Carbohydrates, Dietary Fiber, Sugars, Protein. Rows include Avocado and Red Bell Pepper Soup, Baked Potato Soup, Broccoli Cheese Soup, Chicken Pot Pie Soup, etc.



Season the Day.

Calories Calories from Fat Total Fat Saturated Fat Trans Fat Cholesterol Sodium Carbohydrates Dietary Fiber Sugars Protein

DRESSINGS

Regular Balsamic Vinaigrette 1.5 oz	201	40	5	3	0	0	111	5	0	4	0
Regular Lite Balsamic & Olive Oil Vinaigrette 1.5 oz	85	71	9	1	0	0	326	4	0	3	0
Regular Berry Vinaigrette 1.5 oz	85	71	9	1	0	0	553	4	0	4	0
Regular Berry Pomegranate Vinaigrette 1.5 oz	170	156	17	2	0	0	128	6	0	4	0
Regular Blue Cheese Dressing 2 oz	250	229	26	5	0	8	543	4	0	2	2
Regular Cabernet Vinaigrette 1.5 oz	146	120	13	2	0	0	625	8	0	8	0
Regular Caesar Dressing 2 oz	284	265	28	5	0	28	605	0	0	0	4
Regular Fiesta Ranch Dressing 2 oz	152	133	15	2	0	8	541	4	4	3	0
Regular Greek Feta Cheese Vinaigrette 1.5 oz	146	120	13	2	0	0	625	8	0	8	0
Regular Herb-Mustard Vinaigrette 1.5 oz	248	192	22	3	0	2	193	2	0	2	1
Regular House Vinaigrette 1.5 oz	182	175	20	2	0	0	81	1	0	1	0
Regular Poppyseed Vinaigrette 1.5 oz	181	173	20	2	0	0	79	1	0	1	0
Regular Ranch Dressing 2 oz	208	189	23	5	0	9	416	2	0	2	2
Zesty Buffalo Sauce 1 oz	53	53	6	4	0	16	838	0	0	0	0
Regular Fat-free Ranch Dressing 2 oz	57	0	0	0	0	0	737	15	0	6	0
Regular Fat-free Raspberry Vinaigrette 1.5 oz	50	0	0	0	0	0	113	11	0	4	0
Regular Sesame-Ginger Dressing 1.5 oz	128	85	9	1	0	0	504	10	0	9	0
Small Greek Feta Cheese Vinaigrette 1 oz	97	80	9	1	0	0	416	5	0	5	0
Small Balsamic Vinaigrette 1 oz	134	27	3	2	0	0	74	3	0	3	0
Small Lite Balsamic & Olive Oil Vinaigrette 1 oz	57	47	6	1	0	0	217	3	0	2	0
Small Berry Vinaigrette 1 oz	57	47	6	1	0	0	369	3	0	3	0
Small Berry Pomegranate Vinaigrette 1 oz	113	104	11	1	0	0	85	4	0	3	0
Small Blue Cheese Dressing 1.5 oz	179	164	19	4	0	6	388	3	0	1	2
Small Cabernet Vinaigrette 1 oz	97	80	9	1	0	0	416	5	0	5	0
Small Caesar Dressing 1.5 oz	213	198	21	4	0	21	454	0	0	0	3
Small Fiesta Ranch Dressing 1.5 oz	114	100	11	2	0	6	406	3	3	3	0
Small Herb-Mustard Vinaigrette 1 oz	166	128	14	2	0	2	129	2	0	1	1
Small House Vinaigrette 1 oz	91	87	10	1	0	0	40	0	0	0	0
Small Poppyseed Vinaigrette 1 oz	127	115	13	1	0	0	53	1	0	1	0
Small Ranch Dressing 1.5 oz	156	142	17	4	0	7	312	1	0	1	1
Small Fat-free Ranch Dressing 1.5 oz	43	0	0	0	0	0	553	11	0	4	0
Small Fat-free Raspberry Vinaigrette 1 oz	33	0	0	0	0	0	76	8	0	7	0
Zesty Buffalo Sauce SMALL 1 oz	40	40	5	3	0	12	629	0	0	0	0
Small Sesame-Ginger Dressing 1 oz	85	57	6	1	0	0	336	7	0	6	0

DESSERTS

Brownie Bite	100	35	5	1	0	60	60	14	<1	11	<1
3 Brownie Bites	290	110	13	3	0	180	180	43	2	32	2

SIDES

Ciabatta	110	0	0	0	0	0	250	24	1	0	4
Flatbread	190	40	5	1	0	0	350	32	1	2	5
Hummus & Flatbread	280	90	10	2	0	0	520	40	4	2	9

ADDS

Roasted Chicken Breast	140	25	3	1	0	70	65	0	0	0	26
Roasted Turkey Breast	90	10	1	0	0	30	320	0	0	0	18