

gardentoss

Item	Serving Size	Cal	Cal from Fat	Total fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest(mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	Vegetarian (V)/ Vegan(Vg)	Allergens
Menu Salads (nutritional information does not include dressing)														
Southwest Chicken	1 salad	260	110	12	6	0	85	370	14	4	4	27		milk
California Cobb	1 salad	260	130	14	7	0	150	460	6	2	2	29		milk
Chef Salad	1 salad	240	140	15	7	0	100	940	9	3	3	19		milk
Greek Salad	1 salad	230	110	12	6	0	90	520	9	3	3	25		milk
Chicken Caesar	1 salad	220	90	10	5	0	80	490	6	3	1	35		milk
Veggie Delight	1 salad	80	10	1	0	0	0	210	14	5	5	6	Vg	
Build Your Own	1 salad	20-340												
Dressings														
Ranch	1/4 cup	240	230	26	4	0	20	500	4	0	2	0	V	eggs, milk, soy
Caesar	1/4 cup	280	250	28	5	0	20	700	4	0	2	0	n/a	eggs, fish, milk, soy
Sesame Oriental	1/4 cup	180	80	9	1	0	0	640	24	0	18	0	Vg	soy, wheat, sesame
Honey Cilantro	1/4 cup	250	170	19	3	0	0	470	19	0	18	0	V	sesame, mustard
Chipotle Ranch	1/4 cup	100	90	10	2	0	10	340	2	0	0	0	V	milk, eggs, soy, gluten
Raspberry Vinaigrette	1/4 cup	60	0	0	0	0	0	500	16	0	14	0	Vg	
Light Ranch	1.5oz P.C.	120	100	11	2	0	10	420	3	0	2	0	V	eggs, milk
Blue Cheese	1.5oz P.C.	220	210	23	4.5	0	25	480	2	0	2	1	V	eggs, milk
Fat Free Italian	1/4 cup	30	0	0	0	0	0	560	6	0	4	0	Vg	
Avocado Ranch	1/4 cup	140	130	14	2	0	0	280	0	0	0	0	V	milk, eggs, soy, gluten
Balsamic Vinaigrette	1/4 cup	220	200	22	3	0	0	440	4	0	2	0	Vg	
Greek Feta	1/4 cup	200	180	20	4	0	10	700	4	0	0	0	V	milk
Lettuce														
Salad Mix	4oz	20	0	0	0	0	0	20	4	2	1	2	Vg	
Spinach	4oz	25	0	0	0	0	0	90	4	2	0	3	Vg	
Romaine	4oz	20	0	0	0	0	0	5	4	1	3	1	Vg	
Spring Mix	4oz	25	0	0	0	0	0	125	4	3	3	3	Vg	
Proteins														
Marinated Tofu	1/4c	70	40	4	1	0	0	90	5	1	3	6	Vg	soy, wheat, sesame
Chicken	1/4c	90	20	2	1	0	60	30	0	0	0	17		
Turkey	1/4c	50	9	1	0	0	20	430	Less than 1g	0	0	9		
Shrimp	1/4c	50	0	0	0	0	145	530	0	0	0	12		fish, shellfish

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Ham	1/4c	60	20	2	1	0	25	740	2	0	2	8		
Cheese														
Shredded Cheddar	1/4c	110	80	9	5	0	30	180	0	0	0	7	V	milk
Shredded Parm	1/4c	40	20	2	2	0	10	100	0	0	0	8	V	milk
Grated Parm	1/4c	80	50	6	4	0	20	480	0	0	0	8	V	milk
Blue Crumbles	1/4c	100	70	8	5	0	20	330	Less than 1 g	0	0	6	V	milk
Feta	1/4c	80	50	6	4	0	20	320	Less than 1 g	0	0	5	V	milk
Toppings														
Tomato	1/2c	15	0	0	0	0	0	5	4	1	2	1	Vg	
Cucumber	1/2c	10	0	0	0	0	0	0	2	0	1	0	Vg	
Red Onion	1/2c	45	0	0	0	0	0	5	11	2	5	1	Vg	
Black Olives	1/2c	100	90	10	0	0	0	400	2	1	0	0	Vg	
Broccoli	1/2c	30	0	0	0	0	0	30	6	2	2	3	Vg	
Mushrooms	1/2c	20	0	0	0	0	0	5	3	1	2	3	Vg	
Green Peppers	1/2c	25	0	0	0	0	0	0	4	2	2	1	Vg	
Roasted Red Peppers	1/2c	30	0	0	0	0	0	210	7	2	2	1	Vg	
Pepperoncini	1/2c	20	0	0	0	0	0	1320	4	2	2	0	Vg	
Diced Egg	1/2c	80	45	5	2	0	185	60	Less than 1g	0	Less than 1g	6	V	egg
3 Bean Salad	1/2c	90	0	0	0	0	0	310	21	5	6	5		
Edamame	1/2c	120	50	6	0.5	0	0	15	9	4	3	11	Vg	soy
Soups														
Southwest Vegetarian Chili	8oz	150	20	2	0	0	0	780	27	10	5	6	Vg	wheat
	16oz	300	40	4	0	0	0	1560	54	20	10	12		
White Bean Escarole	8oz	220	60	7	1	0	0	760	8	11	2	13	Vg	
	16oz	440	120	14	2	0	0	1520	16	22	4	26		
Butternut Squash	8oz	140	60	7	4	0	20	710	17	2	10	2	V	milk
	16oz	280	120	14	8	0	40	1420	34	4	20	4		
Lentil Vegetarian	8oz	320	130	14	1.5	0	0	700	40	10	4	12	Vg	
	16oz	640	260	28	3	0	0	1400	80	20	8	24		
Broccoli Cheese	8oz	260	190	21	7	0	30	970	10	2	4	8	V	milk
	16oz	520	380	42	14	0	60	1940	20	4	8	16		
Minestrone	8oz	150	45	5	0.5	0	0	940	21	3	10	4	V	eggs, milk, wheat
	16oz	300	90	10	1	0	0	1880	42	6	20	8		

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Red Pepper Gouda	8oz	310	210	23	9	0.5	40	900	18	3	13	7	V	milk, soy, wheat
	16oz	620	420	46	18	0	80	1800	36	6	26	14		
Chicken Vegetable Rice	8oz	110	25	3	1	0	25	700	13	2	2	10		
	16oz	230	50	6	2	0	50	1400	26	4	4	20		
Split Pea with Ham	8oz	230	45	5	1.5	0	0	820	34	12	7	17		
	16oz	460	90	10	3	0	0	1640	68	24	14	34		
Chicken Noodle	8oz	110	20	2	0.5	0	30	830	11	1	2	11		egg, wheat
	16oz	220	40	4	1	0	60	1660	22	2	4	22		
Vegan Vegetable	8oz	100	20	2	0	0	0	750	17	4	7	4	Vg	
	16oz	200	40	4	0	0	0	1500	34	8	14	8		
Red Potato Cheese Chowder	8oz	170	90	10	6	0	30	930	16	1	2	4	V	milk, wheat, soy
	16oz	340	180	20	12	0	60	1860	32	2	4	8		
Carrot Parsnip and Ginger	8oz	130	40	4.5	2.5	0	15	830	21	4	12	2	V	milk
	16oz	260	80	9	5	0	30	1660	42	8	24	4		
Creamy Cauliflower, Quinoa, and F	8oz	230	100	11	6	0.5	35	880	23	3	2	9	V	milk
	16oz	460	200	22	12	1	70	1760	46	6	4	18		
Tomato basil Bisque	8oz	270	200	18	5	0	25	710	23	4	16	3	V	milk, wheat
	16oz	540	400	36	10	0	50	1420	46	8	32	6		
Buffalo Chicken with Bleu Cheese	8oz	240	160	18	5	0	45	810	12	1	2	8		milk, soy, wheat
	16oz	480	320	36	10	0	90	1620	24	2	4	16		
Chicken Tequila Fiesta	8oz	320	180	20	8	0.5	50	920	24	2	7	10		milk, soy
	16oz	640	360	40	16	1	100	1840	48	4	14	20		
New England Clam Chowder	8oz	330	220	24	14	1	80	790	20	0	4	9		fish, milk
*contains pork	16oz	660	440	48	28	2	160	1580	40	0	8	18		
Italian Wedding	8oz	130	40	4.5	1.5	0	10	990	16	1	2	7		milk, soy, wheat
*contains gelatin	16oz	260	80	9	3	0	20	1980	32	2	4	14		
Fully Loaded Potato	8oz	350	200	22	10	0.5	50	870	26	2	2	12		milk
*contains pork	16oz	700	400	44	20	1	100	1740	52	4	4	24		
Vegetable Beef	8oz	110	15	1.5	0.5	0	10	1060	17	3	5	7		wheat
*contains gelatin	16oz	220	30	3	1	0	20	2120	34	6	10	14		
Chicken Gumbo	8oz	130	30	3	1	0	10	990	18	2	3	8		Soy, wheat
	16oz	260	60	6	2	0	20	1980	36	4	6	16		
Chicken Corn Chowder with Sweet	8oz	210	90	10	2.5	0	20	880	24	2	4	7		egg, milk, soy
	16oz	420	180	20	5	0	40	1760	48	4	8	14		
Shrimp Corn Bisque	8oz	290	140	16	6	0	50	920	31	2	7	6		shellfish, fish, milk, wheat
	16oz	580	280	32	12	0	100	1840	62	4	14	12		
Crab Bisque with Sherry	8oz	320	230	25	12	0.5	90	950	13	0	4	10		shellfish, milk, soy, wheat

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	16oz	640	460	50	24	1	180	1900	26	0	8	20	
Lobster Bisque with Sherry	8oz	390	310	35	10	0.5	65	990	13	0	6	5	fish, milk, shellfish, soy, wheat
	16oz	780	620	70	20	1	130	1980	26	0	12	10	
Mushroom Brie with Madeira	8oz	390	320	35	9	0	45	690	14	1	4	4	milk, soy, wheat
*contains beef	16oz	780	640	70	18	0	90	1380	28	2	8	8	

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