

Size: Salads	Calories	Calories from fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Crispy Chicken Salad											
Lettuce	20	0	0	0	0	0	40	4	2	1	2
Roma Tomato	5	0	0	0	0	0	0	1	< 1g	1	< 1g
Onion	10	0	0	0	0	0	0	3	< 1g	1	0
Green Pepper	5	0	0	0	0	0	0	1	0	< 1g	0
Boneless Chicken	240	80	9	1.5	0	50	790	15	2	0	23
Total	280	80	9	1.5	0	50	830	24	4	3	25
Garden Salad											
Lettuce	20	0	0	0	0	0	40	4	2	1	2
Roma Tomato	5	0	0	0	0	0	0	1	< 1g	1	< 1g
Onions	10	0	0	0	0	0	0	3	< 1g	1	0
Green Peppers	5	0	0	0	0	0	0	1	0	< 1g	0
Black Olives	50	45	4.5	1	0	0	230	2	0	0	0
Total	90	45	4.5	1	0	0	270	11	2	3	2
Grilled Chicken Salad											
Lettuce	20	0	0	0	0	0	40	4	2	1	2
Roma Tomato	5	0	0	0	0	0	0	1	< 1g	1	< 1g
Onion	10	0	0	0	0	0	0	3	< 1g	1	0
Green Pepper	5	0	0	0	0	0	0	1	0	< 1g	0
Chicken Breast	120	25	2.5	0.5	0	60	320	1	0	0	22
Total	160	25	2.5	0.5	0	60	360	10	2	3	24