

nutrition guide



sal|ata™
salad kitchen

nutritional facts

	DRESSINGS Nutritional value based on 2 oz.	CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTEROL	SODIUM	TOTAL CARB	DIETARY FIBER	SUGAR	PROTEIN
GF	Balsamic Vinaigrette	320	32g	2.5g	<1g	0mg	210mg	7g	0g	6g	0g
	Lemon Vinaigrette	310	34g	3g	0g	0mg	240mg	2g	0g	1g	0g
	Fat-free Sun-Dried Tomato	15	0g	0g	0g	0mg	390mg	3g	1g	1g	1g
	Buttermilk Ranch	240	25g	4g	0g	20mg	400mg	2g	0g	2g	1g
	Spicy Chipotle Ranch	230	23g	3.5g	0g	15mg	380mg	2g	0g	2g	1g
GF	Fresh Herb Vinaigrette	290	30g	2g	0.5g	0mg	460mg	5g	0g	4g	0g
VG	Honey Mustard	260	25g	4g	0g	20mg	420mg	9g	0g	9g	0g
	Fat-free Mango	40	0g	0g	0g	0mg	15mg	10g	1g	9g	1g
	Ginger Lime Vinaigrette PN	300	29g	2.5g	0.5g	0mg	340mg	8g	0g	6g	1g
	Classic Caesar GF	290	30g	3.5g	0.5g	70mg	370mg	1g	0g	0g	4g
	Olive Oil	520	56g	8g	0g	0mg	0mg	0g	0g	0g	0g
	Balsamic Vinegar	80	0g	0g	0g	0mg	0mg	20g	0g	16g	0g
	CHICKEN Nutritional value based on 4 oz.	CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTEROL	SODIUM	TOTAL CARB	DIETARY FIBER	SUGAR	PROTEIN
	Pesto Chicken PN	240	12g	2g	0g	80mg	540mg	0g	0g	0g	32g
	Spicy Chipotle Chicken	200	6g	1g	0g	80mg	500mg	1g	0g	0g	32g
GF	Herb-Marinated Chicken	190	4g	1g	0g	80mg	500mg	0g	0g	0g	32g
	Asian BBQ Chicken PN	200	6g	1g	0g	80mg	560mg	4g	0g	4g	32g
	PIT-SMOKED TURKEY	CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTEROL	SODIUM	TOTAL CARB	DIETARY FIBER	SUGAR	PROTEIN
		110	3g	0g	0g	60mg	590mg	1g	0g	1g	23g
	SEAFOOD Nutritional value based on 4 oz.	CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTEROL	SODIUM	TOTAL CARB	DIETARY FIBER	SUGAR	PROTEIN
GF	Herb-Marinated Shrimp	140	5g	0g	0g	165mg	380mg	1g	1g	1g	21g
	Baked Salmon	260	20g	3g	0g	55mg	340mg	0g	0g	0g	19g
	Herb-Marinated Krabmeat	170	7g	0g	0g	5mg	910mg	19g	0g	2g	9g
	Seafood Mix	180	7g	<1g	0g	40mg	810mg	16g	0g	2g	12g
	VEGAN PROTEINS Nutritional value based on 4 oz. Falafel based on 3 pieces	CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTEROL	SODIUM	TOTAL CARB	DIETARY FIBER	SUGAR	PROTEIN
	Baked Tofu	230	10g	0g	0g	0mg	290mg	13g	1g	5g	23g
	Falafel	130	2g	0g	0g	0mg	420mg	23g	7g	4g	7g
	Quinoa GF	140	2g	0g	0g	0mg	10mg	24g	3g	1g	5g
	SOUP Nutritional value based on 8 oz.	CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTEROL	SODIUM	TOTAL CARB	DIETARY FIBER	SUGAR	PROTEIN
	Chipotle White Bean Soup GF	90	1.5g	0g	0g	0mg	820mg	16g	4g	2g	3g
	Broccoli Soup	120	8g	5g	0g	25mg	780mg	10g	4g	4g	4g
	Tomato Basil Soup VG	320	30g	19g	1g	90mg	880mg	10g	3g	8g	5g
	LETTUCE Nutritional value based on small salad serving	CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTEROL	SODIUM	TOTAL CARB	DIETARY FIBER	SUGAR	PROTEIN
	Romaine Hearts	20	0g	0g	0g	0mg	10mg	3g	2g	1g	1g
GF	Spring Mix	10	0g	0g	0g	0mg	40mg	2g	1g	0g	0g
	Salata Mix	15	0g	0g	0g	0mg	30mg	3g	1g	1g	1g
	Spinach	15	0g	0g	0g	0mg	50mg	2g	1g	0g	2g
	Kale	25	0g	0g	0g	0mg	20mg	4g	2g	1g	2g
	TOPPINGS Nutritional value based on small salad serving	CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTEROL	SODIUM	TOTAL CARB	DIETARY FIBER	SUGAR	PROTEIN
	Carrots	5	0g	0g	0g	0mg	10mg	1g	0g	1g	0g
	Cucumbers	5	0g	0g	0g	0mg	0mg	1g	0g	0g	0g
	Tomatoes	5	0g	0g	0g	0mg	0mg	1g	0g	1g	0g
GF	Broccoli	5	0g	0g	0g	0mg	0mg	1g	0g	0g	0g
	Mushrooms	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
	Green Bell Peppers	5	0g	0g	0g	0mg	0mg	1g	0	0g	0g
	Jicama	10	0g	0g	0g	0mg	0mg	2g	1g	0g	0g
	Snow Peas	5	0g	0g	0g	0mg	0mg	1g	0g	1g	0g
	Radishes	0	0g	0g	0g	0mg	5mg	0g	0g	0g	0g



Vegetarian



Vegan



Gluten-Free**



Contains Tree Nuts



Contains Peanuts

TOPPINGS (continued)		CAL.	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTEROL	SODIUM	TOTAL CARB	DIETARY FIBER	SUGAR	PROTEIN
Edamame		25	1g	0g	0g	0mg	0mg	2g	1g	0g	2g
Red Onions		10	0g	0g	0g	0mg	0mg	2g	0g	1g	0g
Bean Sprouts		5	0g	0g	0g	0mg	0mg	1g	0g	1g	1g
Mixed Cabbage		5	0g	0g	0g	0mg	15mg	1g	0g	1g	1g
Pea Sprouts		15	0g	0g	0g	0mg	0mg	3g	0g	0g	1g
Cilantro		0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
Corn		15	0g	0g	0g	0mg	0mg	3g	1g	1g	0g
Beets		10	0g	0g	0g	0mg	15mg	2g	1g	1g	0g
Black Beans		15	0g	0g	0g	0mg	35mg	2g	1g	0g	1g
Green Peas		10	0g	0g	0g	0mg	30mg	2g	1g	1g	1g
Green Olives		30	2.5g	1g	0g	0mg	230mg	1g	0g	0g	0g
Kidney Beans		20	0g	0g	0g	0mg	80mg	4g	1g	1g	1g
Chick Peas		15	0g	0g	0g	0mg	40mg	3g	1g	0g	1g
Black Olives		25	2g	0g	0g	0mg	115mg	1g	0g	0g	0g
Apples		10	0g	0g	0g	0mg	0mg	3g	1g	2g	0g
Grapes		15	0g	0g	0g	0mg	0mg	4g	0g	4g	0g
Strawberries		5	0g	0g	0g	0mg	0mg	2g	0g	1g	0g
Pineapples		10	0g	0g	0g	0mg	0mg	3g	0g	2g	0g
Fresh Jalapeños		5	0g	0g	0g	0mg	0mg	1g	0g	0g	0g
Avocado (per quarter)		80	7g	1g	0g	0mg	0mg	4g	3g	0g	1g
Artichoke Hearts (per piece)		40	4g	0g	0g	0mg	260mg	4g	2g	0g	2g
Sun-Dried Tomatoes		45	0g	0g	0g	0mg	170mg	9g	1g	4g	2g
Mandarin Oranges		20	0g	0g	0g	0mg	0mg	6g	0g	5g	0g
Dried Cranberries PN TN		50	0g	0g	0g	0mg	0mg	12g	1g	11g	0g
Banana Peppers/Pepperoncini		5	0g	0g	0g	0mg	400mg	1g	1g	0g	0g
Pumpkin Seeds		50	4.5g	1g	0g	0mg	35mg	1g	1g	0g	2g
Almonds		40	3.5g	0g	0g	0mg	0mg	2g	0g	0g	2g
Walnuts		60	6g	0.5g	0g	0mg	0mg	1g	1g	0g	1g
Cheddar & Monterey Jack Cheese		60	4.5g	3g	0g	15mg	80mg	0g	0g	0g	4g
Feta Cheese		45	2.5g	2g	0g	10mg	160mg	1g	0g	0g	3g
Blue Cheese		50	5g	3g	0g	11mg	203mg	1g	1g	1g	3g
Parmesan Cheese		45	3.5g	2.5g	0g	10mg	150mg	0g	0g	0g	3g
Chopped Egg		35	2.5g	0.5g	0g	85mg	30mg	0g	0g	0g	3g
Pasta		50	1.5g	0g	0g	0mg	50mg	8g	0g	0g	2g
Sesame Sticks PN TN VG		60	4.5g	0.5g	0g	0mg	170mg	5g	0g	0g	1g
Chopped Bacon GF		35	2.5g	1g	0g	10mg	120mg	0g	0g	0g	2g
TORTILLAS		CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTEROL	SODIUM	TOTAL CARB	DIETARY FIBER	SUGAR	PROTEIN
Nutritional value based on one 12" tortilla											
Whole Wheat		310	9g	3g	0g	0mg	510mg	50g	5g	1g	9g
Southwestern		310	8g	3g	0g	0mg	550mg	50g	2g	1g	9g
Cool Cucumber		280	2g	1g	0g	0mg	550mg	55g	2g	1g	10g
Thai Ginger		310	8g	3g	0g	0mg	490mg	50g	2g	1g	9g
Texas BBQ		310	8g	3g	0g	0mg	520mg	50g	2g	1g	9g
BREADS & DESSERTS		CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTEROL	SODIUM	TOTAL CARB	DIETARY FIBER	SUGAR	PROTEIN
Nutritional value based on one piece unless marked otherwise											
Baked Pita Chips (1 oz.) GF		70	2.5g	0g	0g	0mg	120mg	10g	1g	0g	2g
Baked Croutons (0.5 oz.)		60	4g	0g	0g	0mg	60mg	5g	0g	0g	1g
Multigrain Croissant		120	5g	3.5g	0g	15mg	115mg	14g	1g	2g	3g
Chocolate Chunk Cookie		190	11g	6g	0g	20mg	180mg	23g	1g	13g	3g
White Choc. Macadamia Cookie		200	12g	5g	0g	20mg	180mg	22g	1g	14g	2g
Oatmeal Raisin Cookie		170	7g	4g	0g	25mg	200mg	24g	1g	13g	3g
Peanut Butter Cookie		200	11g	6g	0g	20mg	190mg	21g	1g	12g	4g

GF

VEGAN

GF

VG

VG

VG

PN

TN

allergen information

DRESSINGS	DAIRY	EGG	FISH	SHELL-FISH	TREE NUTS	PEANUTS	WHEAT	SOY-BEANS	VEGAN	GLUTEN FREE**
Buttermilk Ranch	●	●						●		●
Chipotle Ranch	●	●						●		●
Lemon Vinaigrette									●	●
Balsamic Vinaigrette									●	●
Fresh Herb Vinaigrette										●
Honey Mustard		●						●		●
Classic Caesar	●	●	●							●
Ginger Lime						●		●		●
Fat-Free Sun-Dried Tomato									●	●
Fat-Free Mango	●									●
SOUPS	DAIRY	EGG	FISH	SHELL-FISH	TREE NUTS	PEANUTS	WHEAT	SOY-BEANS	VEGAN	GLUTEN FREE**
Tomato Basil	●									●
Chipotle White Bean									●	●
Broccoli	●									●
PROTEINS	DAIRY	EGG	FISH	SHELL-FISH	TREE NUTS	PEANUTS	WHEAT	SOY-BEANS	VEGAN	GLUTEN FREE**
Herb-Marinated Chicken										●
Asian BBQ Chicken						●		●		●
Chipotle Chicken										●
Pesto Chicken	●				●					●
Pit-Smoked Turkey										●
Baked Salmon			●							●
Herb-Marinated Shrimp				●						●
Herb-Marinated Krabmeat		●	●	●			●	●		
Mixed Seafood		●	●	●			●	●		
Baked Tofu							●	●		
Quinoa									●	●
Falafel									●	
TORTILLAS	DAIRY	EGG	FISH	SHELL-FISH	TREE NUTS	PEANUTS	WHEAT	SOY-BEANS	VEGAN	GLUTEN FREE**
Cucumber							●	●		
Texas BBQ							●	●		
Whole Wheat							●	●		
Southwestern							●	●		
Thai Ginger							●	●		
BREADS AND DESSERTS	DAIRY	EGG	FISH	SHELL-FISH	TREE NUTS	PEANUTS	WHEAT	SOY-BEANS	VEGAN	GLUTEN FREE**
Baked Croutons	●						●			
Baked Pita Chips							●		●	
Multigrain Croissant	●	●			●	●	●	●		
Cookies	●	●			●	●	●	●		

Dressings: 2 oz. per serving for a Regular Salad, and 1 oz. per serving for a Small Salad or Wrap. **Chicken, Turkey, and Seafood:** 4 oz. per serving for a Regular Salad, Small Salad and Wrap. **Vegan Proteins:** Tofu and quinoa are a 4 oz. serving and falafel is 3 pieces per serving for Regular Salads, Small Salads and Wraps. **Lettuce and Toppings:** All amounts listed are for a Small Salad. A Regular Salad is twice the amount listed for a Small Salad, and Wraps are half the amount listed. **Soup:** 8 oz. per cup, and 12 oz. per bowl.

** MenuTrinco'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, MenuTrinco®, 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.

Note: Ingredients may change periodically. Products may vary by location. Visit salata.com for the most accurate information. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. Nutritional information provided by USDA National Nutrient Database.

product ingredients*

DRESSINGS

Balsamic Vinaigrette: Canola oil, balsamic vinegar, red wine vinegar, white sugar, Dijon mustard, salt, garlic paste, black pepper, xanthan gum. **Contains: sulfites.**

Buttermilk Ranch: Mayonnaise, buttermilk, canola oil, sour cream, white vinegar, yellow onions, dill, salt, garlic, white sugar, parsley, lemon juice, black pepper. **Contains: Soy, Egg, Dairy.**

Chipotle Ranch: Mayonnaise, buttermilk, canola oil, sour cream, white vinegar, water, chipotle powder, yellow onions, dill, tomato paste, salt, citric acid, garlic, white sugar, parsley, lemon juice, paprika, cayenne. **Contains: Soy, Egg, Dairy.**

Classic Caesar: Canola oil, liquid whole eggs, shredded parmesan cheese, lemon juice, red wine vinegar, olive oil, anchovy paste, parsley, salt, Dijon mustard, garlic, Worcestershire sauce, black pepper. **Contains: Dairy, Egg, Fish.**

Fat-Free Mango: Mango, water, yogurt, white sugar, white vinegar, cultured dextrose, maltodextrin, lemon juice. **Contains: Dairy.**

Fat-Free Sun-Dried Tomato: Water, red diced peppers, crushed tomatoes, red onions, red wine vinegar, sundried tomatoes, lemon juice, cilantro, salt, basil, tomato paste, citric acid, garlic, parsley, black pepper, dry oregano, xanthan gum. **Contains: Sulfites.**

Fresh Herb Vinaigrette: Canola oil, honey, parsley, white vinegar, red onions, lemon juice, olive oil, green pepper, salt, basil, garlic, black pepper, Italian seasoning, dry oregano, xanthan gum.

Ginger Lime Vinaigrette: Canola oil, lime juice, tamari sauce, honey, ginger, orange juice, red onions, brown sugar, Creole mustard, sesame oil, peanut oil, cilantro, peanut butter, garlic, sesame seeds, black pepper, xanthan gum, chili powder. **Contains: soy, peanuts.**

Honey Mustard: Mayonnaise, yellow mustard, honey, Creole mustard, water, brown sugar, cayenne. **Contains: Soy, Egg.**

Lemon Vinaigrette: Canola oil, lemon juice, olive oil, oregano, garlic paste, salt, xanthan gum.

CHICKEN

Herb-Marinated: Chicken, seasoning, lite salt, extender, stabilizer, sodium phosphate.

Asian BBQ: Herb-marinated chicken, barbecue sauce, Ginger Lime Dressing, water, lime juice, tamari sauce, sesame oil, salt. **Contains: Soy, Peanuts.**

Chipotle: Herb-marinated chicken, chipotle peppers, water, canola oil, cajun seasoning, salt, black pepper.

Pesto: Herb-marinated chicken, canola oil, olive oil, shredded parmesan cheese, parsley, basil, pine nuts, garlic, walnuts, salt, black pepper. **Contains: Dairy, Tree Nuts.**

PIT-SMOKED TURKEY: Turkey breast (turkey, water, modified food starch, dextrose, salt, sodium phosphates, black pepper, paprika, red pepper, garlic blend [salt, corn starch, garlic powder]).

SEAFOOD

Herb-Marinated Shrimp: Shrimp, Fresh Herb Vinaigrette dressing (see above).

Baked Salmon: Salmon, canola oil, salt, pepper. **Contains: Fish.**

Herb-Marinated Krabmeat: Fish protein (pollock, cod and/or whiting), water, wheat starch, sugar, egg whites, modified food starch, contains 2% or less of the following: natural and artificial crab flavors, mirin wine (sake, sugar, salt, water, yeast extract), sodium tripolyphosphate, tetrasodium pyrophosphate, salt, soybean oil, sorbitol, maltodextrin, hydrolyzed soy protein, wheat flour, disodium inosinate, disodium guanylate, carmine, caramel, soy lecithin, color added, Fresh Herb Vinaigrette (see above.) **Contains: Fish pollock, cod, and/or whiting), wheat, eggs, soy, crustacean shellfish (snow crab).**

Seafood Mix: Herb-Marinated Krabmeat (see above), Herb-Marinated Shrimp (see above), Baked Salmon (see above), Fresh Herb Vinaigrette (see above). **Contains: Fish pollock, cod, and/or whiting), wheat, eggs, soy, crustacean shellfish (snow crab).**

VEGAN PROTEINS

Quinoa: White, black, and red quinoa, parsley.

Baked Tofu: Baked tofu, canola oil, parsley. **Contains: Soy, Wheat.**

Falafel: Garbanzo beans, roasted garlic, onion, parsley, salt, baking soda, jalapeños, spices, expeller-pressed canola oil. **Produced in a facility that processes gluten.**

SOUPS

Tomato Basil Soup: Crushed tomatoes, heavy whipping cream, water, basil, yellow onions, sun dried tomato pesto, salt, canola oil, garlic, white pepper. **Contains: Dairy.**

Chipotle White Bean Soup: Yellow onion, water, carrots, vegetable base, chipotle flavor concentrate, olive oil, kosher salt, garlic, paprika, black pepper, bay leaf.

Broccoli Soup: Broccoli, water, yellow onions, chicken base, roasted garlic paste, salt, black pepper. **Contains: Dairy.**

TORTILLAS

Whole Wheat: Water, whole wheat flour, enriched wheat flour, soybean oil. Contains 2% or less of each of the following: salt, corn starch, mono and diglycerides, calcium propionate and potassium sorbate (for freshness), sodium acid pyrophosphate, baking soda, fumaric acid, guar gum, calcium sulfate, enzymes (wheat), mono calcium phosphate. **Contains: Wheat, Soy.**

Cool Cucumber: Enriched wheat flour, water, soybean oil, contains 2% or less of each of the following: dill tips, parsley, maltodextrin, natural and artificial flavor, yellow 5, blue 1, salt, corn starch, mono and diglycerides, calcium propionate and potassium sorbate (for freshness), sodium acid pyrophosphate, baking soda, fumaric acid, guar gum, calcium sulfate, enzymes (wheat), mono calcium phosphate. **Contains: Wheat, Soy.**

Texas BBQ: Enriched wheat flour, water, soybean oil, contains 2% or less of each of the following: corn syrup solids, salt, caramel

product ingredients*

color, garlic, sugar, spices, fermented wheat and soybeans, maltodextrin, palm oil, tamarind, natural flavors, vinegar, mustard seeds, modified food starch, turmeric and paprika (color), corn starch, mono and diglycerides, calcium propionate and potassium sorbate (for freshness), sodium acid pyrophosphate, baking soda, fumaric acid, guar gum, calcium sulfate, enzymes (wheat), mono calcium phosphate. **Contains: Wheat, Soy.**

Southwestern: Enriched wheat flour, water, soybean oil, contains 2% or less of each of the following: salt, dextrose, spices, paprika, onion, corn starch, garlic, citric acid, parsley, extract of paprika (color), natural smoke flavor, mono and diglycerides, calcium propionate and potassium sorbate (for freshness), sodium acid pyrophosphate, baking soda, fumaric acid, guar gum, calcium sulfate, enzymes (wheat), mono calcium phosphate. **Contains: Wheat, Soy.**

Thai Ginger: Enriched wheat flour, water, soybean oil, contains 2% or less of each of the following: ginger, spices, garlic, sugar, onion, bell pepper, cilantro, turmeric extract (color), salt, corn starch, mono and diglycerides, calcium propionate and potassium sorbate (for freshness), sodium acid pyrophosphate, baking soda, fumaric acid, guar gum, calcium sulfate, enzymes (wheat), mono calcium phosphate. **Contains: Wheat, Soy.**

BREADS AND DESSERTS

Good manufacturing practices were used to segregate ingredients in a facility that also processes peanut, tree nut, and milk ingredients.

Pita Chips: Whole wheat pita bread, canola oil, salt. **Contains: Wheat.**

Croutons: French bread, canola oil, thyme, Parmesan cheese. **Contains: Wheat, Dairy.**

Multigrain Croissant: Unbleached enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), butter, water, rye meal, sunflower seeds, corn grits, rye flour, cracked wheat, barley flakes, rolled oats, flaxseeds, millet, wheat bran, rye malt, malted barley flour, triticale flour, rice flour, cracked buckwheat, spices), milk, sugar, yeast, liquid eggs, wheat gluten, vegetable gums (cellulose, guar), wheat flour, RBD soybean oil, ascorbic acid, enzymes, salt. Topping: rolled oats, flaxseeds, cracked wheat, rye flakes, oats, millet, sesame seeds and barley flakes. **Contains: Wheat, Soy, Dairy, Egg, and Sesame Seed. This item is produced in a facility that processes almond and pecan.**

Peanut Butter Cookie: Enriched flour, peanut butter flavored drops, butter, roasted peanuts, almond toffee, light brown sugar, sugar, eggs, baking soda, salt, vanilla flavoring. **Contains: Dairy, Eggs, Wheat, Soy, Almonds, Peanuts.**

Chocolate Chunk Cookie: Semi-sweet chocolate chunk, enriched flour, butter, sugar, light brown sugar, eggs, baking soda, salt, vanilla flavoring. **Contains: Dairy, Eggs, Wheat, Soy.**

Oatmeal Raisin Cookie: Rolled oats, enriched flour, butter, raisins, almond toffee, light brown sugar, sugar, eggs, baking soda, salt, vanilla flavoring. **Contains: Dairy, Eggs, Wheat, Soy, Almonds.**

White Chocolate Macadamia Nut Cookie: Enriched flour, white chocolate chips, butter, macadamia nuts, almond toffee, light brown sugar, sugar, eggs, baking soda, salt, vanilla flavoring. **Contains: Dairy, Eggs, Wheat, Soy, Macadamia Nuts, Almonds.**

SIGNATURE TEAS & LEMONADES

Salata Signature Teas do not contain a significant amount of sugar, calories, fat, or nutritional additives.

Organic Black China Tea: Organic China black and Ceylon Teas. **Contains Caffeine.**

Organic Plum Cinnamon Tea: Organic Indian black tea, natural plum and cinnamon flavors. **Contains Caffeine.**

Organic Tropical Green Tea: Organic green tea leaves, proprietary blend of natural flavors, organic orange peel. **Contains low amounts of caffeine.**

Peach Lemonade: Pure cane sugar, water, lemon juice concentrate, pureed peaches, brewed green tea, citric acid, fresh lemons, ascorbic acid (Vitamin C), less than 1/10% sodium benzoate (preservative), xanthan gum, Yellow #5, Red #40, Blue #1, sucralose (Splenda), Ace K.

Raspberry Lemonade: Pure cane sugar, water, lemon juice concentrate, raspberries, blueberries, blackberries, green tea concentrate, citric acid, natural and/or artificial flavors, ascorbic acid (Vitamin C), less than 1/10% sodium benzoate (preservative), xanthan gum, Red #40, Blue #1, sucralose (Splenda).

Prickly Pear Limeade: Cane sugar, green tea, natural flavors, citric acid, prickly pear concentrate, ascorbic acid, sodium benzoate, sucralose, xanthan gum, lime juice, red #40, key lime oil, Blue #1.

Sweet Tea (select locations): Water, organic China black and Ceylon teas, sugar. **Contains Caffeine.**

LEMON/LIMEADES Nutritional value based on 20 oz.	CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLEST- TEROL	SODIUM	TOTAL CARB	DIETARY FIBER	SUGAR	PROTEIN
Peach Lemonade	150	0g	0g	0g	0mg	40mg	38g	0g	38g	0g
Raspberry Lemonade	150	0g	0g	0g	0mg	40mg	38g	0g	38g	0g
Prickly Pear Limeade	150	0g	0g	0g	0mg	40mg	38g	0g	38g	0g
Sweet Tea (select locations)	120	0g	0g	0g	0mg	0mg	31g	0g	30g	0g