

# nutrition guide



# product ingredients\*

## DRESSINGS

**Balsamic Vinaigrette:** Canola oil, balsamic vinegar, burgundy vinegar, sugar, dijon mustard, salt, garlic paste, black pepper, xanthan gum. **Contains: Sulfites.**

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

**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, xanthan gum, cultured dextrose and nisin. **Contains: Egg, Dairy, Soy.**

**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: Egg, Fish (anchovies), Dairy.**

**Fat-Free Mango:** Mango, water, yogurt, white sugar, white vinegar, cultured dextrose, 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, 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: Peanuts, Soy.**

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

**Lemon Vinaigrette:** Lemon juice, canola oil, extra virgin olive oil, oregano, garlic paste, salt, xanthan gum.

**Jalapeño Avocado:** Mayonnaise, buttermilk, canola oil, sour cream, jalapeño peppers, cilantro, avocados, distilled white vinegar, lime juice, parsley, onions, sea salt kosher salt, garlic, sugar, black pepper. **Contains: Eggs, Dairy.**

**Lemon Juice:** Lemon juice.

## STEAK

**Angus-Certified Beef Steak:** Beef, water, salt, meat tenderizer, sodium phosphate, garlic powder, black pepper, onion powder, Fresh Herb Vinaigrette (see above).

## POULTRY

**Herb-Marinated Chicken:** Chicken breast, herb marinade (water, canola oil, olive oil, maltodextrin, spices, garlic, parsley, modified corn starch, vinegar solids, honey solids, dehydrated onion, corn syrup solids, citric acid, dehydrated green bell pepper, malic acid, concentrated lemon juice, natural flavors, red wine vinegar, lite salt, sodium citrate, citric acid, sodium diacetate, modified tapioca starch, sodium phosphate, carrageenan, sodium citrate, sodium phosphate).

**Spicy Chipotle Chicken:** Herb-marinated chicken, chipotle peppers, water, canola oil, cajun seasoning, salt, black pepper. **Contains: Soy.**

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

**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). **Contains: Crustacean shellfish (shrimp).**

**Chipotle Shrimp:** Shrimp, chipotle peppers, water, canola oil, cajun seasoning, salt, black pepper. **Contains: Crustacean shellfish (shrimp).**

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

**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, salmon), Shellfish (snow crab, shrimp), Eggs, Soy, Wheat.**

## VEGAN PROTEINS

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

**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, Soy.**

**Chicken Tortilla Soup:** Herb-Marinated Chicken (see above), tomatoes, corn, cilantro, onion, celery, carrot, ground tomato [vine-ripened unpeeled ground tomatoes, extra heavy tomato puree, salt], water, chipotle peppers [chipotle peppers, water, tomato paste, salt, sugar, onion, acetic acid], jalapeño, salt, canola oil, cumin, chili powder, black pepper.

# product ingredients\*

## 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: Soy, Wheat.**

**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: Soy, Wheat.**

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

**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: Soy, Wheat.**

**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: Soy, Wheat.**

## BREADS AND DESSERTS

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

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

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

**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, soybean oil, ascorbic acid, enzymes, salt. Topping: rolled oats, flaxseeds, cracked wheat, rye flakes, oats, millet, sesame seeds and barley flakes. **Contains: Eggs, Dairy, Sesame Seeds, Soy, Wheat. This item is produced in a facility that processes almonds and pecans.**

**Pumpkin Puff Cookie:** Unbleached flour, white chocolate chips, pumpkin, margarine, sugar, whole egg, Macadamia nuts, less than 2% of: molasses, baking soda, salt, pumpkin pie spice, cinnamon. **Contains: Tree Nuts (Macadamia nuts), Eggs, Soy, Wheat.**

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

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

**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: Tree Nuts (almonds, Macadamia nuts), Eggs, Dairy, Soy, Wheat.**

## SIGNATURE TEAS & LEMONADES

**Iced Tea:** Organic China black and Ceylon Teas. **Contains caffeine.**

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

**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.**

<b>SIGNATURE DRINKS</b> Nutritional value based on 20 oz.	<b>CALORIES</b>	<b>TOTAL FAT</b>	<b>SAT. FAT</b>	<b>TRANS FAT</b>	<b>CHOLESTEROL</b>	<b>SODIUM</b>	<b>TOTAL CARB</b>	<b>DIETARY FIBER</b>	<b>SUGAR</b>	<b>PROTEIN</b>
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

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

# nutritional facts

	<b>DRESSINGS</b>										
	Nutritional value based on 2 oz. unless marked otherwise	CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTEROL	SODIUM	TOTAL CARB	DIETARY FIBER	SUGAR	PROTEIN
GF	Balsamic Vinaigrette	290	29g	2g	0g	0mg	200mg	6g	0g	6g	0g
GF	Lemon Vinaigrette	280	30g	3g	0g	0mg	240mg	4g	0g	0g	0g
	Fat-free Sun-Dried Tomato	10	0g	0g	0g	0mg	350mg	2g	1g	1g	1g
	Lemon Juice	5	0g	0g	0g	0mg	0mg	1.6g	0g	0g	0g
	Olive Oil (1 tbsp.)	130	14g	2g	0g	0mg	0mg	0g	0g	0g	0g
	Balsamic Vinegar (1 tbsp.)	20	0g	0g	0g	0mg	0mg	5g	0g	4g	0g
	Buttermilk Ranch <sup>SOV</sup> <sup>PF</sup>	230	25g	4g	0g	15mg	410mg	2g	0g	1g	1g
	Spicy Chipotle Ranch <sup>SOV</sup> <sup>PF</sup>	220	23g	3.5g	0g	15mg	380mg	2g	0g	2g	1g
GF	Fresh Herb Vinaigrette	290	30g	2.5g	0g	0mg	450mg	6g	0g	4g	0g
	Honey Mustard	270	26g	4g	0g	15mg	440mg	9g	0g	8g	0g
VG	Fat-free Mango <sup>SOV</sup>	40	0g	0g	0g	0mg	25mg	8g	0g	7g	1g
	Ginger Lime Vinaigrette <sup>PH</sup> <sup>SOV</sup>	300	29g	2.5g	0.5g	0mg	300mg	8g	0g	6g	1g
	Jalapeño Avocado <sup>PF</sup>	183	19g	3g	0g	10mg	320mg	2g	1g	1g	1g
	Classic Caesar <sup>GF</sup> <sup>SOV</sup> <sup>PF</sup>	290	30g	3.5g	0g	50mg	430mg	1g	0g	0g	4g
	<b>STEAK</b>										
	Nutritional value based on 4 oz.	CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTEROL	SODIUM	TOTAL CARB	DIETARY FIBER	SUGAR	PROTEIN
GF	Angus-Certified Beef Steak	190	4g	1g	0g	95mg	510mg	0g	0g	0g	35g
	<b>POULTRY</b>										
	Nutritional value based on 4 oz.	CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTEROL	SODIUM	TOTAL CARB	DIETARY FIBER	SUGAR	PROTEIN
	Herb-Marinated Chicken	190	4g	1g	0g	95mg	510mg	0g	0g	0g	35g
GF	Pesto Chicken <sup>IN</sup> <sup>PF</sup>	270	13g	2g	0g	100mg	620mg	0g	0g	0g	37g
	Spicy Chipotle Chicken <sup>SOV</sup>	190	6g	1g	0g	85mg	500mg	1g	0g	0g	32g
	Smoked Turkey	90	2.5g	0g	0g	50mg	510mg	1g	0g	1g	20g
	<b>SEAFOOD</b>										
	Nutritional value based on 4 oz.	CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTEROL	SODIUM	TOTAL CARB	DIETARY FIBER	SUGAR	PROTEIN
	Herb-Marinated Shrimp <sup>GF</sup>	100	3.5g	0g	0g	125mg	290mg	1g	1g	1g	16g
	Chipotle Shrimp <sup>GF</sup>	110	3g	0g	0g	150mg	480mg	0g	0g	0g	16g
	Baked Salmon <sup>GF</sup>	190	15g	2g	0g	40mg	250mg	0g	0g	0g	14g
	Herb-Marinated Krabmeat	170	6g	0g	0g	5mg	910mg	19g	0g	2g	9g
	Seafood Mix	150	6g	0g	0g	30mg	720mg	14g	0g	1g	10g
	<b>VEGAN PROTEINS</b>										
	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
	Falafel	130	2g	0g	0g	0mg	400mg	21g	6g	4g	7g
	Quinoa <sup>GF</sup>	100	1.5g	0g	0g	0mg	10mg	18g	2g	1g	4g
	<b>SOUP</b>										
	Nutritional value based on 8 oz.	CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTEROL	SODIUM	TOTAL CARB	DIETARY FIBER	SUGAR	PROTEIN
	Chicken Tortilla Soup <sup>GF</sup>	100	2.5g	0.5g	0g	45mg	280mg	7g	2g	3g	15g
	Tomato Basil Soup <sup>VG</sup> <sup>SOV</sup> <sup>PF</sup>	250	24g	15g	1g	70mg	690mg	8g	2g	6g	4g
	<b>LETTUCE</b>										
	Nutritional value based on small salad serving	CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTEROL	SODIUM	TOTAL CARB	DIETARY FIBER	SUGAR	PROTEIN
	Romaine Hearts	15	0g	0g	0g	0mg	5mg	3g	2g	1g	1g
	Salata Mix	20	0g	0g	0g	0mg	35mg	4g	2g	2g	1g
	Spinach	10	0g	0g	0g	0mg	40mg	2g	1g	0g	2g
	Kale	20	0g	0g	0g	0mg	15mg	4g	2g	1g	2g
	Arugula	15	0g	0g	0g	0mg	15mg	2g	1g	1g	1g
	Arcadian Mix	10	0g	0g	0g	0mg	45mg	2g	0g	1g	1g
	<b>TOPPINGS</b>										
	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	2g	0g	1g	0g
	Cucumbers	5	0g	0g	0g	0mg	0mg	1g	0g	1g	0g
	Tomatoes	10	0g	0g	0g	0mg	0mg	2g	1g	1g	0g
	Broccoli	5	0g	0g	0g	0mg	0mg	1g	0g	0g	0g
	Mushrooms	5	0g	0g	0g	0mg	0mg	1g	0g	0g	1g
	Green Bell Peppers	5	0g	0g	0g	0mg	0mg	1g	0g	0g	0g



Vegetarian



Vegan



Gluten-Free\*\*



Contains Tree Nuts



Contains Peanuts



Contains Fish or Shellfish



Contains Soybeans



Contains Dairy

Iicama	10	0g	0g	0g	0mg	0mg	2g	1g	0g	0g
<b>TOPPINGS (continued)</b>	<b>CAL.</b>	<b>TOTAL FAT</b>	<b>SAT. FAT</b>	<b>TRANS FAT</b>	<b>CHOLESTEROL</b>	<b>SODIUM</b>	<b>TOTAL CARB</b>	<b>DIETARY FIBER</b>	<b>SUGAR</b>	<b>PROTEIN</b>
Radishes	5	0g	0g	0g	0mg	5mg	1g	0g	0g	0g
Edamame	25	1g	0g	0g	0mg	0mg	2g	2g	0g	3g
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	0mg	1g	1g	1g	0g
Celery	0	0g	0g	0g	0mg	20mg	1g	0g	0g	0g
Cilantro	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
Corn	20	0g	0g	0g	0mg	0mg	4g	1g	2g	1g
Beets	10	0g	0g	0g	0mg	20mg	2g	1g	2g	0g
Black Beans	20	0g	0g	0g	0mg	55mg	4g	1g	0g	1g
Green Peas	15	0g	0g	0g	0mg	45mg	3g	1g	1g	1g
Green Olives	40	3.5g	1g	0g	0mg	300mg	1g	0g	0g	0g
Chick Peas	20	0g	0g	0g	0mg	50mg	3g	1g	0g	1g
Black Olives	35	3g	0.5g	0g	0mg	160mg	1g	0g	0g	0g
Pickles	0	0g	0g	0g	0mg	350mg	0g	0g	0g	0g
Apples	15	0g	0g	0g	0mg	0mg	3g	1g	2g	0g
Grapes	20	0g	0g	0g	0mg	0mg	5g	0g	4g	0g
Strawberries	10	0g	0g	0g	0mg	0mg	2g	1g	1g	0g
Pineapples	15	0g	0g	0g	0mg	0mg	3g	0g	3g	0g
Watermelon	10	0g	0g	0g	0mg	0mg	2g	0g	2g	0g
Blueberries	9	0g	0g	0g	0mg	0mg	2g	0g	1g	0g
Fresh Jalapeños	5	0g	0g	0g	0mg	0mg	1g	1g	1g	0g
Avocado (per quarter)	70	6g	1g	0g	0mg	0mg	3g	3g	0g	1g
Artichoke Hearts (per piece)	40	4g	0g	0g	0mg	250mg	4g	2g	0g	2g
Sun-Dried Tomatoes	30	0g	0g	0g	0mg	120mg	6g	1g	3g	1g
Mandarin Oranges	20	0g	0g	0g	0mg	0mg	5g	0g	5g	0g
Dried Cranberries	70	0g	0g	0g	0mg	0mg	16g	1g	14g	0g
Banana Peppers	5	0g	0g	0g	0mg	380mg	1g	1g	0g	0g
Pumpkin Seeds	45	4g	0.5g	0g	0mg	35mg	1g	1g	0g	2g
Almonds	40	3.5g	0g	0g	0mg	0mg	2g	1g	0g	2g
Walnuts	50	5g	0.5g	0g	0mg	0mg	1g	1g	0g	1g
Cheddar & Monterey Jack Cheese	40	3g	2g	0g	10mg	55mg	0g	0g	0g	3g
Feta Cheese	45	3g	2g	0g	10mg	170mg	1g	0g	0g	3g
Blue Cheese	20	1.5g	1g	0g	5mg	70mg	0g	0g	0g	1g
Parmesan Cheese	50	3.5g	2g	0g	10mg	190mg	0g	0g	0g	4g
Chopped Egg	40	2.5g	1g	0g	95mg	30mg	0g	0g	0g	3g
Pasta	60	1.5g	0g	0g	0mg	55mg	9g	1g	0g	2g
Sesame Sticks	70	5g	0.5g	0g	0mg	180mg	6g	0g	0g	1g
Tortilla Strips	15	0g	0g	0g	0mg	55mg	3g	0g	0g	0g
Chopped Bacon	45	3g	1.5g	0g	15mg	160mg	0g	0g	0g	3g
<b>TORTILLAS</b>										
<b>Nutritional value based on one 12" tortilla</b>	<b>CALORIES</b>	<b>TOTAL FAT</b>	<b>SAT. FAT</b>	<b>TRANS FAT</b>	<b>CHOLESTEROL</b>	<b>SODIUM</b>	<b>TOTAL CARB</b>	<b>DIETARY FIBER</b>	<b>SUGAR</b>	<b>PROTEIN</b>
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
<b>BREAD &amp; DESSERTS</b>										
<b>Nutritional value based on one piece unless marked otherwise</b>	<b>CALORIES</b>	<b>TOTAL FAT</b>	<b>SAT. FAT</b>	<b>TRANS FAT</b>	<b>CHOLESTEROL</b>	<b>SODIUM</b>	<b>TOTAL CARB</b>	<b>DIETARY FIBER</b>	<b>SUGAR</b>	<b>PROTEIN</b>
Baked Pita Chips (1 oz.)	70	2.5g	0g	0g	0mg	125mg	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
Pumpkin Puff Cookie	230	13g	5g	0g	15mg	230mg	25g	<1g	16g	3g

# allergen information

DRRESSINGS	DAIRY	EGG	FISH	SHELL-FISH	TREE NUTS	PEANUTS	WHEAT	SOY-BEANS	VEGAN	GLUTEN FREE**
Balsamic Vinaigrette									●	●
Lemon Vinaigrette									●	●
Fat-Free Sun-Dried Tomato									●	●
Lemon Juice									●	●
Olive Oil										●
Balsamic Vinegar										●
Buttermilk Ranch	●	●						●		●
Spicy Chipotle Ranch	●	●						●		●
Fresh Herb Vinaigrette										●
Honey Mustard		●						●		●
Fat-Free Mango	●									●
Ginger Lime Vinaigrette						●		●		●
Jalapeño Avocado	●	●						●		●
Classic Caesar	●	●	●							●
SOUPS	DAIRY	EGG	FISH	SHELL-FISH	TREE NUTS	PEANUTS	WHEAT	SOY-BEANS	VEGAN	GLUTEN FREE**
Chicken Tortilla										●
Tomato Basil	●							●		●
PROTEINS	DAIRY	EGG	FISH	SHELL-FISH	TREE NUTS	PEANUTS	WHEAT	SOY-BEANS	VEGAN	GLUTEN FREE**
Angus-Certified Beef Steak										●
Herb-Marinated Chicken										●
Pesto Chicken	●				●					●
Spicy Chipotle Chicken								●		●
Smoked Turkey										●
Herb-Marinated Shrimp				●						●
Chipotle Shrimp				●						●
Baked Salmon			●							●
Herb-Marinated Krabmeat		●	●	●			●	●		●
Seafood Mix		●	●	●			●	●		●
Quinoa									●	●
Falafel									●	●
TORTILLAS	DAIRY	EGG	FISH	SHELL-FISH	TREE NUTS	PEANUTS	WHEAT	SOY-BEANS	VEGAN	GLUTEN FREE**
Cool 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:** Small Salads and Wraps receive a 1 oz. portion, and Regular Salads receive a 2 oz. portion. **Steak, Chicken, Turkey, and Seafood:** 4 oz. per serving for a Regular Salad, Small Salad and Wrap. **Vegan Proteins:** Quinoa is 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 for a Small Salad. **Soup:** 8 oz. per cup, and 12 oz. per bowl.

\*\* MenuTrinfo'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, MenuTrinfo®, 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](http://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.