

nutrition **guide**

salata™



nutrition facts

DRESSINGS												
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	Fresh Herb Vinaigrette	250	27g	1.5g	0g	0mg	730mg	5g	0g	3g	0g	
	Balsamic Vinaigrette	320	32g	2g	0g	0mg	260mg	6g	0g	6g	0g	
	Lemon Vinaigrette	250	28g	2.5g	0g	0mg	280mg	0g	0g	0g	0g	
	White Miso Vinaigrette	180	16g	1g	0g	0mg	170mg	8g	<1g	7g	1g	
	Fat-free Sun-Dried Tomato	10	0g	0g	0g	0mg	530mg	2g	0g	2g	1g	
	Lemon Juice	5	0g	0g	0g	0mg	0mg	2g	0g	<1g	0g	
	Olive Oil (30 mL)	130	28g	4g	0g	0mg	0mg	0g	0g	0g	0g	
	Balsamic Vinegar (32 mL)	20	0g	0g	0g	0mg	0mg	8g	0g	8g	0g	
	Buttermilk Ranch	200	21g	4g	0g	15mg	400mg	2g	0g	2g	0g	
	Spicy Chipotle Ranch	150	15g	2.5g	0g	10mg	460mg	2g	0g	2g	0g	
VG	Honey Mustard	230	23g	3.5g	0g	20mg	280mg	7g	0g	7g	0g	
	Ginger Lime Vinaigrette	240	24g	1.5g	0g	0mg	260mg	6g	0g	5g	0g	
	Jalapeño Avocado	170	18g	2.5g	0g	10mg	450mg	2g	0g	2g	0g	
	Fat-free Mango	20	0g	0g	0g	0mg	10mg	5g	0g	4g	1g	
	Classic Caesar	290	28g	5g	0g	50mg	630mg	1g	0g	0g	10g	
	STEAK Nutritional value based on 4 oz.		CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTEROL	SODIUM	TOTAL CARB	DIETARY FIBER	SUGAR	PROTEIN
	Angus-Certified Beef Steak	200	14g	4.5g	0g	55mg	470mg	2g	0g	0g	16g	
	POULTRY Nutritional value based on 4 oz.		CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTEROL	SODIUM	TOTAL CARB	DIETARY FIBER	SUGAR	PROTEIN
	Herb-Marinated Grilled Chicken	170	4.5g	1.5g	0g	40mg	1180mg	15g	0g	0g	18g	
	Pesto Chicken	230	11g	2.5g	0g	40mg	1280mg	14g	0g	0g	19g	
GF	Spicy Chipotle Chicken	170	5g	1.5g	0g	40mg	1170mg	14g	0g	0g	16g	
	Smoked Turkey	110	2g	0g	0g	55mg	820mg	2g	0g	2g	20g	
	SEAFOOD Nutritional value based on 4 oz.		CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTEROL	SODIUM	TOTAL CARB	DIETARY FIBER	SUGAR	PROTEIN
	Herb-Marinated Shrimp	120	4.5g	0g	0g	125mg	440mg	<1g	0g	<1g	16g	
	Chipotle Shrimp	80	0g	0g	0g	135mg	360mg	0g	0g	0g	18g	
	Baked Salmon	160	17g	3.5g	0g	60mg	65mg	0g	0g	0g	22g	
	Herb-Marinated Krabmeat	170	7g	0g	0g	10mg	1020mg	22g	0g	7g	7g	
	Seafood Mix	150	6g	0g	0g	40mg	790mg	15g	0g	5g	10g	
	VEGAN PROTEINS Nutritional value based on 4 oz.		CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTEROL	SODIUM	TOTAL CARB	DIETARY FIBER	SUGAR	PROTEIN
	Falafel based on 3 pieces	Falafel	140	2.5g	0g	0g	0mg	420mg	23g	9g	4g	8g
GF	Quinoa	70	1g	0g	0g	0mg	0mg	12g	1g	0g	2g	
	Grilled Tofu	170	15g	1g	0g	0mg	300mg	4g	<1g	2g	7g	
	SOUP Nutritional value based on 8 oz.		CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTEROL	SODIUM	TOTAL CARB	DIETARY FIBER	SUGAR	PROTEIN
	Chicken Tortilla Soup	70	2.50	g	0g	15mg	850mg	7g	2g	2g	7g	
	Tomato Basil Soup	310	27g	18g	0g	100mg	1100mg	16g	3g	6g	3g	
	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	15	0g	0g	0g	0mg	5mg	3g	2g	0g	1g	
	Salata Mix	40	0g	0g	0g	0mg	15mg	8g	5g	1g	3g	
	Spinach	10	0g	0g	0g	0mg	40mg	2g	<1g	0g	1g	
	Baby Kale	20	0g	0g	0g	0mg	15mg	4g	2g	1g	2g	
GF	Kale	20	0g	0g	0g	0mg	15mg	4g	2g	1g	2g	
	Arugula	15	0g	0g	0g	0mg	5mg	<1g	0g	0g	1g	
	Arcadian Mix	10	0g	0g	0g	0mg	0mg	3g	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	15mg	2g	0g	1g	0g	
	Cucumbers	5	0g	0g	0g	0mg	0mg	<1g	0g	0g	0g	
	Tomatoes	10	0g	0g	0g	0mg	0mg	2g	<1g	0g	1g	
	Broccoli	5	0g	0g	0g	0mg	10mg	<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	
GF	Jicama	10	0g	0g	0g	0mg	0mg	2g	1g	1g	0g	
	Radishes	5	0g	0g	0g	0mg	10mg	<1g	0g	0g	0g	
	Edamame	20	1g	0g	0g	0mg	0mg	2g	<1g	0g	2g	
	Red Onions	10	0g	0g	0g	0mg	0mg	1g	0g	1g	0g	
	Bean Sprouts	5	0g	0g	0g	0mg	0mg	<1g	0g	0g	1g	
	Mixed Cabbage	5	0g	0g	0g	0mg	0mg	1g	0g	<1g	0g	

ALLERGEN KEY



Vegetarian



Vegan



Gluten Free**



Peanuts



Tree Nuts



Fish/Shellfish



Soy



Egg/Milk

TOPPINGS (continued)		CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTEROL	SODIUM	TOTAL CARB	DIETARY FIBER	SUGAR	PROTEIN
	Cilantro	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
	Corn	20	0g	0g	0g	0mg	0mg	4g	<1g	<1g	1g
	Beets	5	0g	0g	0g	0mg	25mg	2g	0g	1g	0g
	Black Beans	20	0g	0g	0g	0mg	20mg	4g	<1g	0g	1g
	Green Peas	15	0g	0g	0g	0mg	0mg	3g	1g	1g	1g
	Green Olives	35	3g	0.5g	0g	0mg	280mg	0g	0g	0g	0g
	Chick Peas	30	0g	0g	0g	0mg	55mg	5g	<1g	0g	2g
	Black Olives	25	2g	0g	0g	0mg	160mg	0g	1g	0g	1g
	Pickles	5	0g	0g	0g	0mg	15mg	0g	0g	0g	0g
	Apples	15	0g	0g	0g	0mg	0mg	4g	<1g	3g	0g
	Grapes	15	0g	0g	0g	0mg	0mg	5g	0g	4g	0g
GF	Strawberries	10	0g	0g	0g	0mg	0mg	2g	<1g	1g	0g
GF	Pineapples	15	0g	0g	0g	0mg	0mg	2g	0g	3g	0g
	Fresh Jalapeños	5	0g	0g	0g	0mg	0mg	1g	<1g	<1g	0g
	Avocado (1 half)	130	13g	1.5g	0g	0mg	0mg	6g	5g	0g	2g
	Artichoke Hearts (4 pieces) SOY	40	0g	0g	0g	0mg	190mg	3g	1g	<1g	1g
	Sun-Dried Tomatoes	45	0g	0g	0g	0mg	120mg	9g	0g	6g	0g
	Mandarin Oranges	15	0g	0g	0g	0mg	0mg	4g	0g	4g	0g
	Dried Cranberries PN TN	60	0g	0g	0g	0mg	0mg	16g	1g	14g	0g
	Blueberries (seasonal)	10	0g	0g	0g	0mg	0mg	3mg	0g	2g	0g
	Banana Peppers	5	0g	0g	0g	0mg	380mg	<1g	<1g	<1g	0g
	Pumpkin Seeds	50	4g	0.5g	0g	0mg	0mg	<1g	0g	0g	2g
	Almonds PN TN	45	3.5g	0g	0g	0mg	0mg	2g	1g	0g	2g
	Walnuts PN TN	60	5g	0g	0g	0mg	0mg	1g	0g	0g	1g
GF	Cheddar & Monterey Jack Cheese	40	3g	2g	0g	10mg	60mg	0g	0g	0g	2g
VG	Feta Cheese	45	3.5g	2.5g	0g	10mg	110mg	<1g	0g	0g	4g
GF	Blue Cheese	60	5g	3g	0g	15mg	240mg	0g	0g	<1g	4g
	Parmesan Cheese	45	3g	2g	0g	10mg	160mg	0g	0g	0g	4g
	Chopped Egg	40	2.5g	1g	0g	95mg	30mg	0g	0g	0g	3g
VG	Pasta	110	1.5g	0g	0g	0mg	35mg	22g	2g	<1g	4g
	Sesame Sticks SOY	70	5g	1g	0g	0mg	180mg	6g	<1g	0g	1g
	Tortilla Strips TN	40	1.5g	0g	0g	0mg	10mg	7g	<1g	0g	1g
	Chopped Bacon GF	50	4.5g	1.5g	0g	15mg	160mg	0g	0g	0g	3g
TORTILLAS Nutritional value based on one 12" tortilla		CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTEROL	SODIUM	TOTAL CARB	DIETARY FIBER	SUGAR	PROTEIN
VG	Whole Wheat	280	8g	2.5g	0g	0mg	470mg	48g	4g	0g	8g
SOY	Southwest	290	8g	2.5g	0g	0mg	510mg	46g	2g	<1g	7g
	Cool Cucumber	290	8g	2.5g	0g	0mg	460mg	46g	2g	0g	9g
BREAD & DESSERTS Nutritional value based on one piece unless marked otherwise		CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTEROL	SODIUM	TOTAL CARB	DIETARY FIBER	SUGAR	PROTEIN
VG	Baked Pita Chips (4-5 pieces) SOY	100	0.5g	0g	0g	0mg	0mg	21g	3g	0g	5g
	Baked Croutons (28g)	120	9g	1g	0g	<5mg	150mg	9g	0g	0g	3g
PN	Multigrain Croissant	120	5g	3.5g	0g	15mg	115mg	14g	1g	2g	3g
TN	Chocolate Chunk Cookie	180	7g	3.5g	0g	<5mg	200mg	27g	0g	15g	2g
GF	White Choc. Macadamia Cookie	260	13g	6g	0g	10mg	250mg	33g	0g	20g	3g
SOY	Oatmeal Raisin Cookie	220	7g	2.5g	0g	10mg	190mg	37g	2g	21g	3g
	Pumpkin Puff Cookie (seasonal)	230	13g	6g	0g	15mg	210mg	25g	<1g	16g	2g
SIGNATURE DRINKS Nutritional value based on 20 oz.		CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTEROL	SODIUM	TOTAL CARB	DIETARY FIBER	SUGAR	PROTEIN
	Black Tea	0	0g	0g	0g	0mg	15mg	1g	0g	0g	0g
	Citrus Ginger Green Tea	0	0g	0g	0g	0mg	15mg	1g	0g	0g	0g
GF	Sweet Tea	120	0g	0g	0g	0mg	0mg	31g	0g	30g	0g
	Peach Lemonade	170	0g	0g	0g	0mg	10mg	42g	0g	41g	0g
	Strawberry Lemonade	180	0g	0g	0g	0mg	10mg	42g	0g	41g	0g
	Classic Lemonade	160	0g	0g	0g	0mg	10mg	40g	0g	39g	0g

product ingredients*

DRESSINGS **Balsamic Vinaigrette:** (Canola oil, balsamic vinegar [wine vinegar, cooked grape must, concentrated grape must, caramel color (contains sulfites)], red wine vinegar [distilled vinegar, natural red wine flavor, reduced with water to 5% (50 grains) acidity], white sugar, dijon mustard [water, mustard seeds, distilled vinegar, salt, contains 2% or less of citric acid, potassium metabisulfite (preservative) contains sulfites], salt, garlic paste [garlic, canola oil], black pepper.) **Contains sulfites.**

Balsamic Vinegar: Wine vinegar, cooked grape must. **Contains sulfites.**

Buttermilk Ranch: Mayonnaise (soybean oil, water, whole eggs and egg yolks, vinegar, salt, sugar, lemon juice, calcium disodium EDTA used to protect quality, natural flavors), buttermilk (cultured Grade A low fat milk, nonfat drymilk, salt modified corn starch, mono and diglycerides, carrageenan, locust bean gum, natural flavor, Vitamin A palmitate and Vitamin D3), canola oil, sour cream (Grade A cultured cream), white vinegar (white distilled vinegar [diluted with water 5% acidity]), yellow onions, dill, salt, garlic, white sugar, parsley, lemon juice, black pepper, xanthan gum. **Contains milk, egg.**

Chipotle Ranch: Buttermilk [cultured Grade A low fat milk, non fat dry milk, modified food starch, mono and *(continued on back)* diglycerides, carrageenan, locust bean gum, dextrose, salt, sodium citrate, Vitamin A Palmitate, Vitamin D3], mayonnaise [soybean oil, water, whole egg, egg yolks, distilled vinegar, salt, sugar, lemon juice concentrate, calcium disodium EDTA added to protect flavor, natural flavors], chipotle peppers [chipotle peppers, water, tomato paste, salt, sugar, onion, acetic acid], canola oil, white vinegar [white distilled vinegar (diluted with water to 5% acidity)], sour cream (Grade A cultured cream), salt, yellow onions, lemon juice, garlic, white sugar, dill, black pepper, parsley, natamycin, nisin. **Contains milk, egg, soy.**

Classic Caesar: Canola oil, eggs [whole egg, citric acid, 0.15% water added as carrier for citric acid, citric acid added to preserve color], cheese parmesan cheese [pasteurized part skim milk, cheese (milk) culture, salt, enzymes potato starch, powdered cellulose added to prevent caking], red wine vinegar [distilled vinegar, natural red wine flavor, reduced with water to 5% (50 grains) acidity], lemon juice, olive oil, anchovy paste [anchovies (fish), salt, olive oil, acetic acid], parsley, salt, dijon mustard [water, mustard seeds, distilled vinegar, salt, contains 2% or less of: citric acid, potassium metabisulfite (preservative) contains sulfites], garlic, Worcestershire sauce [distilled white vinegar, molasses, sugar, water, salt, onions, anchovies (fish), garlic cloves, tamarind extract, natural flavorings, chili pepper extract], black pepper. **Contains milk, egg, seafood, sulfites.**

Fat-Free Mango: mango puree, water, yogurt [cultured Grade A non fat milk, food starch, live & active yogurt cultures [S. thermophilus, L. bulgaricus & L. acidophilus], white vinegar [white distilled vinegar (diluted with water to 5% acidity)], white sugar, lemon juice, xanthan gum. **Contains milk.**

Fat-Free Sun-Dried Tomato: Water, red peppers, red onion, red wine vinegar [distilled vinegar, natural red wine flavor, reduced with water to 5% (50 grains) acidity], sundried tomatoes [tomatoes, salt, glucose, sodium metabisulfite, citric acid, potassium sorbate], lemon juice, ground tomatoes [vine ripened unpeeled ground tomatoes, extra heavy tomato puree, salt], cilantro, salt, basil, tomato paste [vine ripened tomatoes, citric acid], garlic, parsley, black pepper, oregano, ascorbic acid, xanthan gum. **Contains sulfites.**

Fresh Herb Vinaigrette: Canola oil, water, white vinegar (distilled vinegar, natural red wine flavor, reduced with water to 3.5% (20 grain) acidity), white sugar, white wine vinegar (white distilled vinegar [reduced with water to 4% acidity]), red wine, lemon juice powder, water, green pepper, salt, basil, garlic, black pepper, Italian seasoning (oregano, thyme, basil, red rosemary), calcium disodium EDTA added to protect flavor, xanthan gum. **Contains sulfites.**

Ginger Lime Vinaigrette: Canola oil, lime juice, brown sugar, tamari soy sauce [water, soybeans, salt, sugar], ginger, orange juice, red onion, creole mustard [vinegar, brown mustard seed, water, salt, xanthan gum (thickener)], water, sesame oil, peanut butter [peanuts, dextrose, hydrogenated vegetable oil (rapeseed and/or cottonseed), salt], cilantro, garlic, sesame seeds, black pepper, xanthan gum, calcium disodium EDTA [to protect flavor], natamycin [to preserve freshness], nisin [to preserve freshness].

Contains peanuts, soy, sesame seed.

Honey Mustard: Mayonnaise [soybean oil, water, whole egg, egg yolks, distilled vinegar, contains less than 2% of salt, sugar, lemon juice concentrate, calcium disodium EDTA added to protect flavor, natural flavors], yellow mustard [distilled vinegar, water, 1 grade mustard seed, salt, turmeric, paprika, spice, natural flavors and garlic powder], honey, water, brown sugar, Creole mustard [vinegar, brown mustard seed, water, salt, xanthan gum (thickener)]. **Contains egg, soy.**

Jalapeño Avocado: Mayonnaise [soybean oil, water, whole egg, egg yolks, distilled vinegar, contains less than 2% of salt, sugar, lemon juice concentrate, calcium disodium EDTA added to protect flavor, natural flavors], buttermilk [cultured Grade A low fat milk, non fat dry milk, modified food starch, mono and diglycerides, carrageenan, locust bean gum, dextrose, salt, sodium citrate, Vitamin A Palmitate, Vitamin D3], canola oil, sour cream (milk), jalapeno peppers, cilantro, avocado [hass avocado (100%)], white vinegar [white distilled vinegar (diluted with water to 5% acidity)], lime juice, jalapeno [green jalapeno peppers, salt, vinegar], parsley, salt, yellow onions, white sugar, garlic, black pepper, buttermilk [sunower oil (organic), natural flavor], calcium disodium EDTA [to protect flavor], xanthan gum, natamycin [to preserve freshness], nisin [to preserve freshness]. **Contains milk, egg, soy.**

Lemon Vinaigrette: canola oil, lemon juice, extra virgin olive oil, basil, garlic paste [garlic, canola oil], salt, xanthan gum.

White Miso Vinaigrette: (canola oil, rice vinegar, apple cider vinegar [apple cider vinegar (diluted with water to 5% acidity)], honey, miso [miso, soybeans , rice, sea salt, alcohol], sesame oil, garlic, serrano peppers, brown sugar, sesame seeds, xanthan gum, calcium disodium EDTA [to protect flavor], natamycin [to preserve freshness], nisin [to preserve freshness]). **Contains soy, sesame seed.**

Lemon Juice: Lemon juice.

STEAK Angus-Certified Beef Steak: Beef (contains up to 20% of a solution of: water, salt, meat tenderizer (salt, dextrose, maltodextrin, papain, and silicon dioxide), brisifol, black pepper, onion powder, garlic powder), Fresh Herb Vinaigrette Dressing (listed above). **Contains sulfites.**

POULTRY Herb-Marinated Chicken: Seasoned chicken (boneless skinless chicken breast with rib meat containing up to 15% water, salt and sodium phosphates, stabilizer blend (ash, dietary fiber, sugars, fat, saturated fat, polyunsaturated fat, monounsaturated fat, trans fatty acids, cholesterol, calcium, iron, sodium, potassium, phosphorus, Vitamin A, Vitamin B6, Vitamin B12, Vitamin C, Vitamin D, riboflavin, niacin, thiamine, folic acid)).

Spicy Chipotle Chicken: Herb-Marinated Chicken (listed above), chipotle peppers [chipotle peppers, water, tomato paste, salt, sugar, onion, acetic acid], water, canola oil, cajun seasoning, salt, black pepper.

Pesto Chicken: Herb-Marinated Chicken (listed above), canola oil, olive oil [extra virgin olive oil], Parmesan cheese [pasteurized part skim milk, cheese culture, salt, enzymes potato starch, powdered cellulose added to prevent caking], parsley, basil, salt, pumpkin seeds [pumpkin seeds, sunflower oil and/or cottonseed oil, salt], garlic, walnuts (tree nuts), black pepper, lemon juice.)

Contains milk, tree nuts (walnuts).

Smoked Turkey: Turkey breast, turkey broth. Contains 2% or less of potassium lactate, salt, brown sugar, sodium phosphates, sodium diacetate, natural flavor, sodium erythorbate, sodium nitrite.

SEAFOOD Herb-Marinated Shrimp: Shrimp, water, and salt, canola oil, water, white vinegar (distilled vinegar, natural red wine flavor, reduced with water to 3.5% (20 grain) acidity), white sugar, white wine vinegar (white distilled vinegar [reduced with water to 4% acidity], red wine), lemon juice powder, water, green pepper, salt, basil, garlic, black pepper, Italian seasoning (oregano, thyme, basil, red rosemary), calcium disodium EDTA, xanthan gum, rosemary, herb. **Contains crustacean shellfish (shrimp), sulfites.**

Chipotle Shrimp: Shrimp, water, and salt, chipotle peppers [chipotle peppers, water, tomato paste, salt, sugar, onion, acetic acid], water, canola oil, cajun seasoning, salt, black pepper. **Contains crustacean shellfish (shrimp).**

Baked Salmon: Atlantic salmon, Salata salmon marinade (canola oil, black pepper, (salt, yellow prussiate of soda (YP5))). **Contains seafood (salmon).**

Herb-Marinated Krabmeat: Fish (Alaska pollock and/or Pacific whiting), water, wheat starch, sugar, modified food starch, Contains 2% or less of: Natural & Artificial Crab flavor (Swimming Crab), maltodextrin, disodium guanylate, disodium inosinate), Milk white (sauce, sugar, salt, water, yeast extract), egg whites, salt, sorbitol, soybean oil, sodium tripolyphosphate, tetrasodium pyrophosphate, caramel color, carmine, canthaxanthin, color added, canola oil, water, white vinegar (distilled vinegar, natural red wine flavor, reduced with water to 3.5% (20 grain) acidity), white sugar, white wine vinegar (white distilled vinegar [reduced with water to 4% acidity], red wine), lemon juice powder, water, green pepper, salt, basil, garlic, black pepper, Italian seasoning (oregano, thyme, basil, red rosemary), calcium disodium EDTA, xanthan gum, rosemary, herb. **Contains milk, egg, seafood (swimming crab, pollock, whiting), wheat, soy, sulfites. The wheat has been processed to allow this food to meet the Food and Drug Administration (FDA) requirements for gluten-free foods.**

(continued on back)

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product ingredients (continued)

Seafood Mix: Fish (Alaska pollock and/or Pacific whiting), water, wheat starch, sugar, modified food starch, contains 2% or less of: natural & artificial crab flavor (swimming crab), maltodextrin, disodium guanylate, disodium inosinate, milk wine (sake, sugar, salt, water, yeast extract), egg whites, salt, sorbitol, soybean oil, sodium tripolyphosphate, tetrasodium pyrophosphate, caramel color, carmine, canthaxanthin, color added, shrimp, water, and salt, Atlantic salmon, canola oil, water, white vinegar (distilled vinegar, natural red wine flavor, reduced with water to 3.5% (20 grain) acidity), white sugar, white wine vinegar (white distilled vinegar [reduced with water to 4% acidity], red wine), lemon juice powder, water, green pepper, salt, basil, garlic, black pepper, Italian seasoning (oregano, thyme, basil, red rosemary), calcium disodium EDTA, xanthan gum, rosemary, herb. **Contains milk, egg, seafood (swimming crab, pollock, whiting), wheat, soy, sulfites.**

VEGAN PROTEINS Quinoa: water, white, black, and red quinoa.

Falafel: Chickpeas, water, parsley, onions, cilantro, serrano peppers, garlic puree (garlic, citric acid), contains 2% or less of: salt, spices, rice flour, xanthan gum. **This item is produced in a facility that processes milk and dairy products, soy, wheat, sesame seeds, and monosodium glutamate (MSG).**

Grilled Tofu: Water, soybeans, less than 2% of calcium sulfate, magnesium chloride, canola oil, water, white vinegar (distilled vinegar, natural red wine flavor, reduced with water to 3.5% (20 Grain) acidity), white sugar, white wine vinegar (white distilled vinegar [reduced with water to 4% acidity], red wine), lemon juice powder, water, green pepper, salt, basil, garlic, black pepper, Italian seasoning (oregano, thyme, basil, red rosemary), calcium disodium EDTA, xanthan gum, rosemary. **Contains: soy, sulfites.**

SOUPS **Tomato Basil Soup:** (ground tomatoes [vine ripened unpeeled ground tomatoes, extra heavy tomato puree, salt], water, basil, sundried tomatoes [tomatoes, salt, glucose, sodium metabisulfite, citric acid, potassium sorbate], yellow onions, salt, canola oil, garlic, white pepper.), heavy cream, milk, Contains less than 0.5% of: carrageenan, mono and diglycerides, polysorbate 80. **Contains milk.**

Chicken Tortilla Soup: Water, yellow onions, celery, carrots, crushed tomatoes, water, chipotle puree (chipotle peppers, water, tomato paste, salt, sugar, onion, acetic acid), diced jalapeño peppers, salt, canola oil, cumin, chili powder, black pepper.), Boneless skinless chicken breast with rib meat containing up to 15% water, salt and sodium phosphates, tomato (Roma 25lb), corn, cilantro.

TORTILLAS **Whole Wheat:** Tortilla, flour, wheat wrap (water, whole wheat flour, enriched wheat flour [wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], vegetable shortening [soybean oil, vegetable mono- and diglycerides], Contains 2% Or less of each of the following: salt, corn starch, preservatives [calcium propionate, potassium sorbate], sodium acid pyrophosphate, sodium bicarbonate, calcium sulfate, fumaric acid, monocalcium phosphate, sodium metabisulfite, enzymes). **Contains soy, wheat.**

Cool Cucumber: Enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, vegetable shortening (soybean oil, vegetable mono- and diglycerides, mixed tocopherols and ascorbyl palmitate (as antioxidants)), Contains 2% or less of each of the following: dill tips, parsley, maltodextrin, natural and artificial flavor, artificial color (FD&C Blue 1, FD&C Yellow 5), corn starch, salt, mono- and diglycerides, preservatives [calcium propionate, potassium sorbate], fumaric acid, sodium acid pyrophosphate, sodium bicarbonate, soybean oil, monocalcium phosphate, sodium metabisulfite, enzymes. **Contains soy, wheat.**

Southwest: Enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, vegetable shortening (soybean oil, vegetable mono- and diglycerides, mixed tocopherols and ascorbyl palmitate (as antioxidants)), contains 2% or less of each of the following: salt, dextrose, spices, dehydrated onion, corn starch, mono- and diglycerides, dehydrated garlic, citric acid, parsley, colors (paprika, extract of paprika), natural flavor, preservatives (calcium propionate, potassium sorbate), fumaric acid, sodium acid pyrophosphate, sodium bicarbonate, soybean oil, monocalcium phosphate, sodium metabisulfite, enzymes. **Contains soy, wheat.**

BREADS AND DESSERTS **Pita Chips:** Non-GMO unleached stone ground whole wheat flour, filtered water, non-GMO wheat bran, non-GMO yeast. **Contains soy, wheat.**

Baked Croissants: Enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, Contains less than 2% of each of the following: wheat gluten, dough conditioner (water, fermented wheat flour, enzymes, ascorbic acid, calcium sulfate, wheat starch), salt, sugar, soybean oil, yeast, yellow cornmeal, fermented durum wheat flour, calcium propionate, canola oil, parmesan cheese (pasteurized part-skim milk, cheese culture, salt, enzymes), powdered cellulose (added to prevent caking), potassium sorbate to protect flavor., thyme **Contains: milk, soy, wheat.**

Multigrain Croissant: Unbleached enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), butter (pasteurized cream), water, grain blend (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, liquid eggs, yeast, dough conditioner (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 milk, eggs, wheat, soy, sesame seeds. This item is produced in a facility that also produces products with almond and pecans.**

Pumpkin Puff Cookie: Unbleached flour (wheat flour, niacin, reduced iron, thiamine mono-nitrate, riboflavin, folic acid), white chocolate chunks (sugar, cocoa butter, whole milk powder, nonfat milk powder, milk fat, soy lecithin added as an emulsifier and vanilla), pumpkin, margarine (palm oil, water, soybean oil, salt, Contains less than 2% of natural flavor (includes milk), soy lecithin, beta carotene (color), Vitamin A (palmitate added), sugar, whole eggs, Macadamia nuts, less than 2% of: molasses (liquid cane juice), sodium bicarbonate, salt, pumpkin pie spice, cinnamon. **Contains milk, egg, tree nuts (Macadamia nuts), soy, sulfites, wheat. May contain trace amounts of tree nuts and peanuts.**

Chocolate Chunk Cookie: Enriched wheat flour, chocolate chunks, margarine, brown sugar, sugar, water, invert sugar, butter, eggs, modified food starch, salt, N & A flavoring, whey protein, baking soda, soy lecithin, guar gum). **Contains milk, egg, peanuts, soy, wheat. May contain trace amounts of tree nuts and peanuts.**

Oatmeal Raisin Cookie: Rolled oats, sugar, raisins, enriched wheat flour (bleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, and folic acid), 0 trans fat palm soy blend margarine (palm oil, water, soybean oil), butter, invert sugar, eggs (pasteurized), water, molasses, whey protein, baking soda, salt, soy lecithin, natural flavor, citric acid (preservative), beta-carotene [color], Vitamin A palmitate added). **Contains milk, egg, soy, wheat. May contain trace amounts of tree nuts and peanuts.**

White Chocolate Macadamia Nut Cookie: Enriched wheat flour, white confectionery chunks, brown sugar, palm soy blend margarine, macadamia nuts, sugar, water, invert sugar, butter, eggs, modified food starch, salt, N & A flavoring, whey protein, baking soda, soy lecithin, guar gum). **Contains: milk, egg, tree nuts (Macadamia nuts), soy, wheat. May contain trace amounts of tree nuts and peanuts.**

SIGNATURE TEAS & LEMONADES **Iced Black Tea:** Black tea and natural bergamot flavor. **Contains 30-40mg caffeine. Certified kosher and organic.**

Iced Sweet Tea: Black tea and natural bergamot flavor. **Contains 30-40mg caffeine. Certified kosher and organic.**

Citrus Ginger Green Tea: Green tea, rosehips, lemongrass, orange peel, flavors (tangerine & ginger). **Contains 25mg caffeine.**

Classic Lemonade: Water, cane sugar, lemon concentrate.

Strawberry Lemonade: Water, cane sugar, lemon concentrate, strawberry, less than 1% of the following: guar gum, xanthan gum, natural flavor, fruit and vegetable juice (for color).

Peach Lemonade: Water, cane sugar, lemon concentrate, peach, less than 1% of the following: guar gum, xanthan gum, natural flavor, fruit and vegetable juice (for color).

allergen information

DRESSINGS	MILK	EGG	FISH	SHELL-FISH	TREE NUTS	PEANUTS	WHEAT	SOY	SESAME	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	●	●	●								●
White Miso Vinaigrette								●	●		●
SOUPS	MILK	EGG	FISH	SHELL-FISH	TREE NUTS	PEANUTS	WHEAT	SOY	SESAME	VEGAN	GLUTEN FREE**
Chicken Tortilla											●
Tomato Basil	●										●
PROTEINS	MILK	EGG	FISH	SHELL-FISH	TREE NUTS	PEANUTS	WHEAT	SOY	SESAME	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										●	
Grilled Tofu								●		●	●
TORTILLAS	MILK	EGG	FISH	SHELL-FISH	TREE NUTS	PEANUTS	WHEAT	SOY	SESAME	VEGAN	GLUTEN FREE**
Cool Cucumber							●	●			
Whole Wheat							●	●			
Southwest							●	●			
BREADS AND DESSERTS	MILK	EGG	FISH	SHELL-FISH	TREE NUTS	PEANUTS	WHEAT	SOY	SESAME	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, falafel is 3 pieces per serving and tofu is 5 pieces for Regular Salads, Small Salads and Wraps. **Lettuce and Toppings:** All amounts listed are for a Small Salad. **Soup:** 8 oz. per cup, and 12 oz. per bowl.

* All nutritional information is based on standardized recipes and serving sizes. Because our meals are handcrafted and fully customizable, actual values may vary based on preparation methods, ingredient variations, and regional availability. 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.

** Allergen Disclaimer: At Salata, your health and safety are our top priorities. If you have a food allergy or special dietary need, please notify a Salata team member before placing your order. Please be aware that our ingredients may come into contact with common allergens, including dairy, eggs, wheat, soy, tree nuts, peanuts, fish, shellfish, and gluten. While we follow strict food safety and sanitation procedures, cross-contact may occur, and we cannot guarantee the complete absence of allergens.