

Section 3: Salads and Dressings

Menu Item	Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Net Carbs (g)	Protein (g)	% Cals from Fat	% from Carbs	% from protein
Ala Carte Side Salad w/o dressing	23	3	0.3g	0g	0mg	13mg	3.8g	1.8g	2.0g	1.2g	13%	66.1%	20.9%
Chef Salad base with lettuce, shredded carrots and red cabbage. Cucumber slices and tomato wedges w/o dressing	64	8	0.8g	0.1g	0mg	30mg	10.7g	4.5g	6.2g	3.3g	12.5%	66.9%	20.6%
Sirloin Chef Salad w/3 oz cubed sirloin, chef salad base, 1.5 oz shredded cheddar cheese, no dressing and no crackers	408	229	25.4g	12.4g	104mg	1665mg	13.2g	4.5g	8.7g	31.5g	56.2%	12.9%	30.9%
Chicken chef salad w/ 3 oz cooked cubed chix, chef salad base, 1.5 oz shredded cheddar cheese, no dressing, no crackers	368	150	16.6g	8.6g	118mg	1682mg	13.2g	4.5g	8.7g	41.3g	40.8%	14.3%	44.9%
Shrimp Chef Salad w/ 2.9 oz of grilled shrimp, chef salad base, 1.5 oz shredded cheddar, no dressing, no crackers	324	132	14.6g	7.7g	211mg	3295mg	14.2g	4.5g	9.7g	33.9g	40.7%	17.5%	41.8%
Caesar Salad base w/ ¾ oz parmesan, w/o croutons, no dressing	126	60	6.7g	4.1g	17mg	410mg	4.8g	2.9g	1.9g	11.6g	47.8%	15.3%	36.9%
Caesar Salad base w/ ¾ oz parmesan w/ croutons, no dressing	194	80	8.9g	4.1g	17mg	620mg	14.8g	2.9g	11.9g	13.6g	41.3%	30.6%	28.1%

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Chicken Caesar with 3 oz cubed grilled chicken breast, ¾ oz parmesan, no croutons, no dressing	266	87	9.7g	5g	89mg	1789mg	5.8g	2.9g	2.9g	39g	32.7%	8.7%	58.6%
Vegetarian Delight Salad w/ 7.5 oz of lettuce, 1 oz celery, 1 oz carrots, 2 oz cucumber, 1.5 oz broccoli, 2 oz squash, 3 oz tomatoes, 1 oz mushrooms, no crackers, no dressing	119	11	1.2g	0.1g	0g	78mg	20.6g	8.6g	12g	8.6g	9.2%	69.2%	21.5%
Cobb salad w/ 7.5 oz lettuce, 1 oz shredded cheddar, 1.25 oz grilled chicken, 1.25 oz of cubed ham, 2.5 oz tomatoes, 1.5 oz hardboiled egg, 1 oz bacon bits, ½ oz olives, no dressing, no crackers	524	316	34.9g	15.2g	288mg	1887mg	11.3g	4.4g	6.9g	40.8g	60.3%	8.6%	31.1%
Naturally Fresh Caesar Dressing 1.5 oz	174	170	18.9g	3.5g	43mg	241mg	0g	0g	0g	1g	97.7%	0%	2.3%
Naturally Fresh Bleu Cheese Dressing 1.5 oz	180	172	19.1g	3.5g	15mg	122mg	1 g	0g	1g	1 g	95.6%	2.2%	2.2%
Naturally Fresh Parmesan Peppercorn Dressing 1.0 oz	227	210	23.3g	4.2g	14mg	504mg	1.4g	0g	1.4g	2.8g	92.6%	2.5%	4.9%
Naturally Fresh Creamy Italian Dressing 1.5 oz	129	121	13.5g	2g	10mg	137mg	2g	0g	2g	0g	93.8%	6.2%	0%

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Naturally Fresh Fat Free Italian	11	0	0g	0g	0mg	652mg	2.8g	0g	2.8g	0g	0%	100%	0%
Naturally Fresh Olive Oil and Vinegar 1.5 oz	124	113	12.6g	12.8g	0mg	241mg	2.8g	0g	2.8g	0g	91%	9%	0%
Naturally Fresh 1000 Island Dressing 1.5 oz	127	111	12.4g	2g	10mg	127mg	4.1g	0g	4.1g	0g	87.1%	12.9%	0%
Naturally Fresh Olive Oil & Balsamic Dressing 1.0 oz	129	112	12.4g	2.1g	0mg	238mg	4.2g	0g	4.2g	0g	87%	13%	0%
Naturally Fresh Honey French 1.5 oz	170	142	15.8g	2.1g	0mg	439mg	7.1g	0g	7.1g	0g	83.3%	16.7%	0%
Naturally Fresh Cocktail Sauce 1.5 oz	38	0	0g	0g	0mg	312mg	8.5g	0.9g	7.6g	1g	0%	89.5%	10.5%
Naturally Fresh Raspberry Dressing 1.5 oz	40	0	0g	0g	0mg	241mg	9.9g	0g	9.9g	0g	0%	100%	0%
Steak-Out Hot & Spicy BBQ Sauce 1 oz	48	0	0g	0g	0mg	320mg	12g	0g	12g	0g	0%	100%	0%
Naturally Fresh Honey Mustard Dressing 1.5 oz	179	128	14.2g	2.1g	14mg	128mg	12.8g	0g	12.8g	0g	71.4%	28.6%	0%