



Traditional Favorite Salads - Nutrition Facts (Serving Size = 1 Half Order of Salad)									
Half Order of Salad	Calories	Fat (g)	Saturated (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Garden Salad	100	0.25	0	0	23.5	25	3.5	19.5	2
Asiago Caesar	152	6.3	2	15.5	324	18.75	3	15.5	6.5
Asiago Chicken Caesar	189	7	2	30	694	20	3	17	13
Zandango	91	5	1	12.5	225	5	1.5	1	8
Three Cheese and Fresh Tomato	195	13	10	41	502	9.5	1.5	2	12.5
Traditional Greek	65	2	1	5	104	11.5	2	3	4.5
Gorgonzola Apple Crunch	105	5.5	1.35	5	104	12	2	3.5	5.7
Buffalo Chicken	207	6	3.25	23.5	468.5	30	3	17	10.25
Julian's Asian Salad	263	12.5	3.3	21	688	25.75	2.5	4.25	13.75
Sicilian Chicken	143	5.5	3	27.5	560	13	3	7	15
<b>Salad Dressing (Pick One)</b>									
Asian Sesame	90	4.5	0.5	0	320	12	0	4.5	0
Honey Mustard	47	2	0	0	0	6.5	0	0	0
House Le Fleur (Creamy Italian)	110	9	1.5	0	105	9	0	4.5	0
Caesar	118.5	12	1.5	9	234	0.75	0	0	0.75
Greek	111	12	0	0	0	0.75	0	0	0.75
Ranch	143	15	2.5	9	320	1.5	0	1	0
Lemon Herb	17	0	0	0	118	3	0	1	0
Sundried Tomato Basil	60	0	0	0	230	15	0	5.5	0
Fat Free Ranch	30	0.5	0	0	390	8	0.5	3	0
Fat Free Balsamic	20	0	0	0	260	4	0	1	0

Traditional Favorite Salads - Nutrition Facts (Serving Size = 1 Full Order of Salad)									
Full Order of Salad	Calories	Fat (g)	Saturated (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Garden Salad	200	0.5	0	0	47	50	7	39	4
Asiago Caesar	304	12.6	4	31	648	37.5	6	31	13
Asiago Chicken Caesar	378	14	4.42	60	1440	40	6	34	26
Zandango	182	10	5.5	25	450	10	3	2	16
Three Cheese and Fresh Tomato	390	26	20	82	1004	19	3	2	25
Traditional Greek	130	4	2	10	208	23	4	6	9
Gorgonzola Apple Crunch	210	11	2.7	190	416	48	8	14	22.8
Julian's Asian Salad	526	25	6.6	42	1376	51.5	5	8.5	27.5
Sicilian Chicken	286	11	6	55	1120	26	6	14	30
<b>Salad Dressing (Pick One)</b>									
Asian Sesame	180	9	1	0	640	24	0	9	0
Honey Mustard	94	4	0	0	0	13	0	0	0
House Le Fleur (Creamy Italian)	220	18	3	0	210	18	0	9	0
Caesar	237	24	3	18	468	1.5	0	0	1.5
Greek	222	24	0	0	0	1.5	0	0	1.5
Ranch	286	30	5	18	640	3	0	2	0
Lemon Herb	34	0	0	0	236	6	0	2	0
Sundried Tomato Basil	120	0	0	0	460	30	0	11	0
Fat Free Ranch	60	1	0	0	780	16	1	6	0
Fat Free Balsamic	40	0	0	0	520	8	0	2	0