

# Salad Bar NUTRITIONAL FACTS



Item	Serving Size	Calories	Total Fat, g	Saturated Fat, g	Trans Fat, g	Cholesterol, mg	Sodium, mg	Carbs, g	Fiber, g	Sugar, g	Protein, g
Leaf and Romaine Lettuce Blend	3.5 cup	15	0	0	0	0	10	4	1	2	1
Baby Spinach	3.5 cup	20	0	0	0	0	65	3	2	0	2
Gourmet Spring Mix	3.5 cup	15	0	0	0	0	35	3	2	0	2
Bleu Cheese Iceberg Wedge	1 wedge	310	29	7	0	30	500	6	2	4	7
Broccoli	1/2 cup (3 oz)	25	0	0	0	0	25	6	2	2	3
Cucumbers	1/2 cup	7	0	0	0	0	0	1	0.5	0	0
Carrots, julienne	1/2 cup	25	0	0	0	0	42	6	1.5	3	0.5
Grape Tomatoes	12 tomatoes	25	0	0	0	0	60	6	0	3	0
Tiny Corn	1/2 cup	25	0	0	0	0	280	4	2	1	2
Sour Gherkin Pickles	6 pickles	0	0	0	0	0	300	0	0	0	0
Pickled Okra	3 pc	10	0	0	0	0	380	2	0	0	0
Chives/Green Onions	1 Tbsp	1	0	0	0	0	0	0	0	0	0
Cauliflower	1/2 cup	12	0	0	0	0	15	2.5	1.2	1.2	1
Mushrooms	1/2 cup pcs	8	0	0	0	0	2	1	0.5	0.5	1
Haricot Vert	3/4 cup	20	0	0	0	0	0	5	3	2	1
Bell Pepper Strips	1/2 cup	9	0	0	0	0	0	2	1	1	0
Artichoke Hearts	1/2 cup	30	0	0	0	0	420	6	4	1	2
Shredded Red Onions	1/4 cup	12	0	0	0	0	0	3	0.5	1	0
Pepperoncini Peppers	2 pieces	25	0	0	0	0	30	2	1	0	0
Peppadew Peppers	1/2 cup	25	0	0	0	0	310	5	1	4	1
Dolmas	4 pcs	210	14	2	0	5	510	19	3	1	3
Greek Olive Mix	3 olives	35	2.5	0	0	0	260	2	0	0	0
Sun-Dried Tomato Strips	1 piece	10	0	0	0	0	60	2	0	2	0
Grilled Chicken Breast	3 oz	140	7	1.25	0	42	210	1	0	1	17
Smoked/Baked Ham	3 oz	100	3.5	1	0	35	920	3	0	3	13
Tofu 1/2" cubes	1/2 cup (3 oz)	60	3	0	0	0	30	1	0	0	7
Chopped Bacon Bits	1 Tbsp	25	1.5	0.5	0	5	170	0	0	0	2
House Smoked Turkey	3 oz	155	2.75	0.5	0	60	85	<1	0	0	20
Peeled Boiled Eggs	1 egg	75	5	1.5	0	210	139	0	0	0	6
Goat Cheese	1/4 cup	80	7	4	0	30	110	<1	0	<1	5
Bleu Cheese Crumbles	1/4 cup	100	8	5	0	25	380	0	0	0	6
Shredded Cheddar Jack	1/3 cup	110	9	5	0	30	180	1	0	0	7
Mediterranean Feta Crumbles	1/4 cup	80	6	4	0	15	340	<1	0	0	4
Low Fat Cottage Cheese	1/2 cup	80	1.5	0	0	10	460	3	0	0	14
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Girard's Bleu Cheese Dressing	2 Tbsp	160	17	3	0	10	190	2	0	1	1
Girard's Chipotle Ranch Dressing	2 Tbsp	120	12	2	0	0	240	2	0	1	0
Girard's FF Ranch Dressing Packets	2 Tbsp (1/2 pkt)	25	0	0	0	5	310	5	0	4	0
Girard's Country Honey Mustard	2 Tbsp (1/2 pkt)	140	13	2	0	15	250	5	0	3	0
Girard's Greek Feta Vinaigrette	2 Tbsp	100	11	1.5	0	0	300	2	0	1	0
Girard's Roasted Red Bell Pepper Dressing	2 Tbsp	20	0	0	0	0	250	5	0	4	0
Girard's Strawberry Vinaigrette	2 Tbsp	110	10	1.5	0	0	150	6	0	6	0
Housemade Herb Buttermilk	2 Tbsp	120	12	2	0	10	160	1	0	0	1
Housemade Red Chile Honey Mustard	2 Tbsp	170	17	2	0	5	105	6	0	5	0
MS Bleu Cheese Dressing	2 Tbsp	120	12	2.5	0	10	150	1	0	0	1
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Dr. Cracker Crackers	8 crackers	120	5	1	0	0	220	13	4	0	6
Saltines	5 crackers	60	1.5	0	0	0	230	11	0	0	1
Craisins	1/3 cup	120	0	0	0	0	0	29	2	26	0
Sunflower Seeds	1/4 cup	210	18	2	0	0	0	7	2	1	8
Glazed Pecans	1/4 cup	150	11	1	0	0	110	12	1	10	1
Slivered Almonds	1/4 c	150	13	1	0	0	0	4	2	2	5
Tortilla Strips	2 Tbsp	35	1.5	0	0	0	15	5	0	0	0.5
Extra Virgin Olive Oil	1 Tbsp	120	14	2	0	0	0	0	0	0	0
Balsamic Vinegar	1 Tbsp	10	0	0	0	0	0	2	0	0	0
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<b>PREPARED SALADS</b>											
Artichoke and Palm	1/2 cup (4 oz)	90	5	0	0	0	640	10	3	4	2
Asian Tofu Salad	1/2 cup	130	8	1	0	0	75	6	2	3	10
BLT Chicken Salad	1/2 cup	350	28	8	0	75	440	3	<1	1	21
Bulgur with Apricots	1/2 cup	220	13	1	0	0	180	23	4	1	4
Cilingi Salad	1/2 cup	100	3.5	0	0	5	450	4	2	1	14
Cumin Red Beans and Pepperjack	1/2 cup	210	12	3.5	0	10	650	20	5	2	9
Edamame Noodle Salad	1/2 cup	170	4.5	1	0	0	600	23	5	3	10
Edamame, Corn and Bean Salad	1/2 cup	110	4	0	0	0	530	14	4	2	5
Fusilli Pasta Salad	1/2 cup	150	7	1.5	0	5	360	16	2	1	5
Grape Chicken Salad	1/2 cup	290	23	2.5	0	35	540	10	2	8	12
Herb New Potato Salad	1/2 cup	170	12	1	0	0	400	16	2	1	2
Hummus	1/4 cup	120	6	0.5	0	0	260	15	4	1	5
Italian Bean Salad	1/2 cup	140	8	0.5	0	0	210	14	5	3	4
Japanese Noodle w/ Ginger-Soy Vinaigrette	1/2 cup	190	10	1	0	0	290	22	3	3	3
Mexican Brown Rice Salad	1/2 cup	70	1.5	0	0	0	260	12	1	1	1
Mixed Fruit	1/2 cup	45	0	0	0	0	10	12	1	9	1
Mixed Greek Salad	1/2 cup	210	20	5	0	20	520	5	0	2	4
Morracon Brown Rice Salad	1/2 cup	150	3.5	0	0	0	135	28	4	17	3
Orecchiette and Olive Salad	1/2 cup	160	9	1	0	0	200	16	2	3	4
Orecchiette and Spinach	1/2 cup	280	23	3.5	0	5	710	16	4	7	6
Pad Thai Salad	1/2 cup	280	13	2	0	0	620	34	3	12	7
Pearl Barley and Wild Rice Salad	1/2 cup	220	11	1	0	0	280	29	3	13	3
Spring Gourmet Vegetable Salad	1/2 cup	70	2.5	0	0	0	320	10	3	4	2
Tabbouleh	1/2 cup	110	6	1	0	0	310	13	3	2	2
Tuscan White Bean Salad	1/2 cup	120	5	0	0	0	460	13	4	1	4
Ultimate Antipasto	1/2 cup	300	26	7	0	45	1150	5	<1	1	12

meets criteria for LW Favorites

Our Living Well Favorites criteria applies to prepared dishes versus single foods. To meet a the Living Well Criteria for a prepared **salad**, an item must contain ≤250 calories, ≤3 grams of saturated fat, 0 grams of trans fat and ≤480 mg of sodium per serving. All plain fruits and vegetables on the salad bar are good options. For nuts, protein, cheeses and dressings, use smaller portions and select those with low saturated fat and sodium.