

SALAD BAR NUTRITIONAL INFORMATION

Item	Portion	Calories	Fat (gm)	Total Carb (gm)	Sod (mg)	Fiber (gm)
<i>Artichoke Hearts</i>	1/2 cup	42	0	9.4	80	4.5
<i>Beets</i>	1/2 cup	40	0	8	260	1
<i>Black Olives</i>	2 Tbsp	30	2.5	.1	140	0
<i>Broccoli Florets</i>	1 cup	31	0	6	30	2
<i>Carrots</i>	1/2 cup	22	0	5.5	38	1.5
<i>Cauliflowerettes</i>	1 cup	25	0	5.3	30	2.5
<i>Celery</i>	1/2 cup	8	0	0	48	1
<i>Cucumbers</i>	1/2 cup	8	0	2	1	.5
<i>Lettuce</i>	1 cup	8	0	2	6	1
<i>Mushrooms</i>	1 cup	15	0	2.3	3.5	<1
<i>Onions</i>	5 rings	12	0	3	1	<1
<i>Peas</i>	2/3 cup	60	0	11	120	4
<i>Green Peppers</i>	1/2 cup	12	0	3.5	2.2	1
<i>Sweet Peppers</i>	1/2 cup	20	.5	1	480	1
<i>Radishes</i>	1/2 cup	10	0	2	23	<1
<i>Spinach</i>	1 cup	7	0	1	24	<1
<i>Tomatoes</i>	1 cup	32	0	7	9	2
MISCELLANEOUS TOPPERS						
<i>Bacon Bits</i>	1/4 cup	98	7	0	880	0
<i>Beans (kidney, garbanzo, etc)</i>	1/4 cup	56	.5	9.5	222	2
<i>Cheddar Cheese</i>	1 oz.	114	9.4	<1	176	0
<i>Chick Peas</i>	1/2 cup	110	1	17	180	3.5
<i>Chow Mien Noodles, fried</i>	1/2 cup	118	7	12.5	87	1
<i>Croutons</i>	1/3 cup	66	2.6	9	176	<1
<i>Eggs</i>	each	70	4	0	55	0
<i>Ham, cubed</i>	2 oz	110	9	2	760	0
<i>Potato Sticks</i>	1/2 cup	94	6.2	9.6	45	.6
<i>Raisins</i>	2 Tbsp	42	0	11	2	.5
<i>Sunflower Seeds</i>	2 Tbsp	110	9	1.2	60	2

Item	Portion	Calories	Fat (gm)	Total Carb (gm)	Sod (mg)	Fiber (gm)
PREPARED SALADS AND SIDES						
<i>Broccoli Salad</i>	4 oz.	70	3	8	150	3
<i>Cole Slaw</i>	1/2 cup	160	10.3	17	434	<1
<i>Cottage Cheese</i>	1/2 cup	116	5	3	458	0
<i>Fruit, Strawberries</i>	1/4 cup	13	0	3.2	.7	.8
<i>Fruit Salad</i>	1/3 cup	50	0	11	130	1
<i>Fruit, Melon</i>	1/4 cup	15	0	3.6	6	<1
<i>Fruit, Pineapple</i>	1/4 cup	19	0	5	<1	.5
<i>Grilled Chicken Strips</i>	4 oz.	140	3	3	120	<1
<i>Macaroni Salad</i>	1/2 cup	216	11	26	480	1
<i>Potato Salad</i>	1/2 cup	190	10	24	576	1.5
<i>Three Bean Salad</i>	1/3 cup	50	0	11	130	1
<i>Tuna Salad</i>	1/4 cup	96	5	5	206	0
<i>Waldorf Salad</i>	1/2 cup	160	2	38	0	3
SALAD DRESSINGS						
<i>Balsamic Vinaigrette Dressing</i>	2 Tbsp	60	5	4	190	0
<i>Blue Cheese Dressing</i>	2 Tbsp	170	18.5	1.5	309	0
<i>Caesar Dressing</i>	2 Tbsp	150	16	1	302	0
<i>French Dressing</i>	2 Tbsp	140	13	5	260	0
<i>Italian Dressing</i>	2 Tbsp	91	8	3	463	0
<i>Ranch Dressing</i>	2 Tbsp	148	16	1	287	0
<i>1000 Island Dressing</i>	2 Tbsp	150	15	5	274	0
<i>Lite Caesar Dressing</i>	2 Tbsp	78	6	3	280	0
<i>Lite Italian Dressing</i>	2 Tbsp	56	6	2	398	0
<i>Lite Ranch Dressing</i>	2 Tbsp	80	6	5	260	0
<i>Fat-free Italian Dressing</i>	2 Tbsp	15	0	2	316	0
<i>Fat-free Ranch Dressing</i>	2 Tbsp	30	0	7	290	0
<i>Oil & Vinegar (50/50)</i>	2 Tbsp	138	14	<1	0	0
<i>Vinegar</i>	2 Tbsp	8	0	1.8	0	0

NOTE: While these nutritional values are an excellent guide, they are approximations taken from an average of many government and commercial sources. Actual numbers will vary. Check on-line or call ahead to get more accurate nutritional information from the restaurant of your choice.