

Green Leaf's Beyond Great Salads Nutrition Information - US

| | Serving Size | Calories (kcal) | Calories from Fat (kcal) | Fat (g) | Trans Fatty Acid (g) | Saturated Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Dietary Fiber (g) | Total Sugars (g) | Protein (g) |
|---------------------------------------|--------------|-----------------|--------------------------|---------|----------------------|-------------------|------------------|-------------|-------------------|-------------------|------------------|-------------|
| Breakfast | | | | | | | | | | | | |
| Egg And Cheese Ciabatta | 1 sandwich | 420 | 144 | 16.0 | 0 | 8 | 40.0 | 1455.6 | 46.8 | 2.0 | 2.0 | 23.8 |
| Florentine Egg White Panini | 1 sandwich | 430 | 127 | 14.1 | 0 | 9.01 | 40.0 | 1050.1 | 45.9 | 3.2 | 1.1 | 24.5 |
| Tex Mex Wrap | 1 wrap | 575 | 252 | 28.0 | 0 | 9.09 | 45.0 | 1587.8 | 53.7 | 9.2 | 2.0 | 28.8 |
| Add Sausage Patty | 1 patty | 120 | 104 | 11.5 | 0 | 4 | 25.0 | 305.0 | 0.5 | 0.0 | 0.0 | 4.5 |
| Add Bacon Strips | 3 strips | 135 | 95 | 10.5 | 0 | 3.45 | 26.0 | 532.9 | 0.3 | 0.0 | 0.0 | 8.7 |
| Potatoes Side | 8 oz | 320 | 155 | 17.4 | 0.1 | 3.55 | 0 | 1477.0 | 39.5 | 5.5 | 0.6 | 3.6 |
| Bananaberry Smoothie | 16 oz | 230 | 5 | 0.2 | 0 | 0.2 | 2.6 | 116.4 | 51.9 | 1.9 | 39.2 | 4.6 |
| Breakfast Smoothie - Add On - Granola | 3/4 cup | 600 | 75 | 8.3 | 0 | 0 | 0.0 | 16.7 | 120.1 | 13.3 | 16.7 | 20.0 |
| Breakfast Smoothie - Add On - Oatmeal | 3/4 cup | 120 | 23 | 2.6 | 0 | 0.53 | 0.0 | 120.8 | 20.4 | 2.9 | 0.5 | 4.3 |
| Quaker Oatmeal | 10 oz | 200 | 39 | 4.3 | 0 | 0.88 | 0.0 | 201.3 | 34.0 | 4.8 | 0.8 | 7.2 |
| BYO Yogurt Serving | 4 oz | 75 | 0 | 0.0 | 0 | 0 | 2.7 | 62.1 | 14.6 | 0.0 | 11.9 | 3.8 |
| Oatmeal & Yogurt Toppings | | | | | | | | | | | | |
| Almonds | 1 tbsp | 40 | 30 | 3.3 | 0 | 0.25 | 0.0 | 0.1 | 1.5 | 0.8 | 0.3 | 1.4 |
| Apple | 1/4 piece | 15 | 0 | 0.1 | 0 | 0.01 | 0.0 | 0.3 | 3.9 | 0.7 | 3.0 | 0.1 |
| Banana | 1/4 piece | 25 | 1 | 0.1 | 0 | 0.03 | 0.0 | 0.3 | 6.5 | 0.7 | 3.5 | 0.3 |
| Blueberry | 1 oz | 15 | 1 | 0.1 | 0 | 0.01 | 0.0 | 0.3 | 4.1 | 0.7 | 2.8 | 0.2 |
| Brown Sugar | 1 tbsp | 35 | 0 | 0.0 | 0 | 0 | 0.0 | 2.5 | 8.8 | 0.0 | 8.7 | 0.0 |
| Carob Chips | 1 tbsp | 40 | 20 | 2.3 | 0 | 2 | 0.0 | 0.0 | 5.0 | 0.0 | 5.0 | 0.0 |
| Cinnamon Sugar | 1 tbsp | 40 | 0 | 0.0 | 0 | 0.01 | 0.0 | 0.3 | 11.0 | 1.0 | 9.5 | 0.1 |
| Coconut | 1 tbsp | 25 | 13 | 1.5 | 0 | 1.4 | 0.0 | 15.1 | 2.8 | 0.5 | 2.0 | 0.2 |
| Dried Cranberries | 1 tbsp | 25 | 1 | 0.1 | 0 | 0.01 | 0.0 | 0.2 | 6.2 | 0.4 | 4.9 | 0.0 |
| Granola | 1 tbsp | 25 | 3 | 0.4 | 0 | 0.09 | 0.0 | 15.7 | 5.0 | 0.4 | 1.7 | 0.5 |
| Honey | 1 tbsp | 65 | 0 | 0.0 | 0 | 0 | 0.0 | 0.6 | 17.0 | 0.0 | 16.0 | 0.2 |
| Mango | 1 oz | 20 | 0 | 0.0 | 0 | 0 | 0.0 | 0.0 | 4.9 | 0.6 | 4.3 | 0.2 |
| Maple Syrup | 1 tbsp | 55 | 0 | 0.0 | 0 | 0 | 0.0 | 12.2 | 13.9 | 0.0 | 8.4 | 0.0 |

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|--------------------------------------|--------------|-----------------|--------------------------|---------|----------------------|-------------------|------------------|-------------|-------------------|-------------------|------------------|-------------|
| Milk | 2 oz | 40 | 18 | 2.0 | 0 | 1.14 | 6.1 | 26.2 | 2.9 | 0.0 | 2.9 | 1.9 |
| Peanut Butter | 1 tbsp | 80 | 59 | 6.5 | 0 | 0.99 | 0 | 89.3 | 3.8 | 1.0 | 1.6 | 3.0 |
| Peanuts | 1 tbsp | 85 | 63 | 7.0 | 0 | 0.98 | 0 | 96.3 | 3.1 | 1.1 | 0.6 | 3.4 |
| Pineapple | 1 oz | 15 | 0 | 0.0 | 0 | 0 | 0 | 2.3 | 3.5 | 0.2 | 3.0 | 0.0 |
| Raisins | 1 tbsp | 45 | 1 | 0.1 | 0 | 0.01 | 0 | 1.6 | 11.2 | 0.5 | 8.4 | 0.4 |
| Raspberry | 1 oz | 15 | 2 | 0.2 | 0 | 0.01 | 0 | 0.3 | 3.4 | 1.8 | 1.3 | 0.3 |
| Strawberry | 1 oz | 30 | 0 | 0.0 | 0 | 0 | 0 | 0.0 | 7.7 | 0.2 | 6.7 | 0.2 |
| Trail Mix | 1 tbsp | 45 | 25 | 2.8 | 0 | 0.52 | 0 | 21.5 | 4.2 | 0.0 | 0.0 | 1.3 |
| Walnuts | 1 tbsp | 50 | 44 | 4.9 | 0 | 0.46 | 0 | 0.2 | 1.0 | 0.5 | 0.2 | 1.1 |
| Pick & Mix Salad | | | | | | | | | | | | |
| Romaine | 3 oz | 25 | 4 | 0.4 | 0 | 0.1 | 0.0 | 11.34 | 4.7 | 3.0 | 1.7 | 1.7 |
| Spring Mix | 3 oz | 20 | 0 | 0.0 | 0 | 0.0 | 0.0 | 50.03 | 3.0 | 1.0 | 0.0 | 2.0 |
| Pick & Mix Salad Toppings | | | | | | | | | | | | |
| Bacon | 1.2 oz | 120 | 109 | 12.2 | 0 | 4.9 | 24.3 | 583.2 | 0.0 | 0.0 | 0.0 | 9.7 |
| Bell Pepper Strips | 1.8 oz | 10 | 1 | 0.1 | 0 | 0.0 | 0.0 | 1.5 | 2.4 | 0.9 | 1.2 | 0.4 |
| Blue Cheese | 1.1 oz | 110 | 81 | 9.0 | 0 | 5.8 | 23.4 | 435.0 | 0.7 | 0.0 | 0.2 | 6.7 |
| Broccoli Florets | 2.2 oz | 20 | 2 | 0.2 | 0 | 0.0 | 0.0 | 16.8 | 3.3 | 1.9 | 0.0 | 1.9 |
| Chick Peas | 2 oz | 95 | 13 | 1.5 | 0 | 0.2 | 0.0 | 4.0 | 15.6 | 4.3 | 2.7 | 5.0 |
| Chicken Salad | 3 oz | 275 | 192 | 21.3 | 0 | 2.8 | 40.3 | 356.2 | 6.1 | 1.7 | 2.7 | 15.3 |
| Chili Glazed Chicken | 2.8 oz | 110 | 13 | 1.5 | 0 | 0.4 | 41.1 | 676.7 | 10.5 | 0.0 | 7.4 | 14.2 |
| Cooked Shrimp | 1.7 oz | 60 | 8 | 0.9 | 0 | 0.0 | 97.5 | 137.7 | 0.0 | 0.0 | 0.0 | 12.1 |
| Corn | 1.5 oz | 30 | 5 | 0.6 | 0 | 0.1 | 0.0 | 69.3 | 5.5 | 0.0 | 0.0 | 0.9 |
| Croutons | 1 oz | 120 | 36 | 4.1 | 0 | 0.0 | | 364.5 | 20.3 | 1.0 | 0.0 | 4.1 |
| Cucumbers | 1.8 oz | 10 | 1 | 0.1 | 0 | 0.0 | 0.0 | 1.0 | 1.9 | 0.3 | 0.9 | 0.3 |
| Diced Eggs | 1.8 oz | 80 | 49 | 5.4 | 0 | 1.7 | 190.3 | 63.3 | 0.6 | 0.0 | 0.6 | 6.4 |
| Diced Ham | 2 oz | 70 | 14 | 1.5 | 0 | 0.5 | 25.3 | 475.9 | 3.0 | 0.0 | 3.0 | 10.1 |
| Diced Turkey | 2 oz | 70 | 11 | 1.2 | 0.01 | 0.3 | 39.1 | 134.9 | 0.0 | 0.0 | 0.0 | 15.3 |

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|---------------------|--------------|-----------------|--------------------------|---------|----------------------|-------------------|------------------|-------------|-------------------|-------------------|------------------|-------------|
| Dried Cranberries | 1.2 oz | 105 | 4 | 0.5 | 0 | 0.0 | 0.0 | 1.0 | 28.0 | 1.9 | 22.1 | 0.0 |
| Edamame | 2 oz | 60 | 24 | 2.7 | 0 | 0.0 | 0.0 | 3.4 | 4.9 | 2.7 | 1.4 | 5.8 |
| Feta Cheese | 1.2 oz | 90 | 65 | 7.2 | 0 | 5.1 | 30.3 | 379.7 | 1.4 | 0.0 | 1.4 | 4.8 |
| Flaked Tuna | 2.5 oz | 90 | 11 | 1.3 | 0 | 0.0 | 0.0 | 392.3 | | 0.0 | 0.0 | 17.7 |
| Fresh Salsa | 2 oz | 15 | 1 | 0.1 | 0 | 0.0 | 0.0 | 264.0 | 3.0 | 0.8 | 1.7 | 0.5 |
| Fruit Mix | 3 oz | 20 | 1 | 0.1 | 0 | 0.0 | 0.0 | 5.6 | 5.0 | 0.5 | 4.1 | 0.4 |
| Grilled Chicken | 2.6 oz | 90 | 16 | 1.7 | 0 | 0.4 | 47.7 | 503.0 | 1.7 | 0.0 | 0.0 | 16.5 |
| Kalamata Olives | 1.4 oz | 105 | 95 | 10.6 | 0 | 0.0 | 0.0 | 635.0 | 2.7 | 0.0 | 0.0 | 0.0 |
| Kidney Beans | 2 oz | 70 | 3 | 0.3 | 0 | 0.0 | 0.0 | 0.6 | 12.9 | 3.6 | 0.2 | 4.9 |
| Mandarin Oranges | 2 oz | 30 | 2 | 0.2 | 0 | 0.0 | 0.0 | 1.1 | 7.6 | 1.0 | 6.0 | 0.5 |
| Pepperoncini | 1.2 oz | 10 | 0 | 0.0 | 0 | 0.0 | 0.0 | 400.9 | 2.4 | 0.0 | 0.0 | 0.0 |
| Plain Pasta | 2 oz | 205 | 7 | 0.8 | 0 | 0.2 | 0.0 | 2.7 | 42.2 | 1.8 | 2.4 | 7.7 |
| Red Onions | 1.4 oz | 15 | 0 | 0.0 | 0 | 0.0 | 0.0 | 1.6 | 3.7 | 0.7 | 1.7 | 0.4 |
| Roasted Peppers | 1.7 oz | 60 | 0 | 0.0 | 0 | 0.0 | 0.0 | 481.9 | 8.6 | 0.0 | 0.0 | 1.7 |
| Sesame Quinoa Salad | 3 oz | 115 | 23 | 2.6 | 0 | 0.3 | 0.0 | 359.5 | 19.9 | 2.0 | 5.3 | 3.8 |
| Shaved Parmesan | 1 oz | 110 | 73 | 8.1 | 0 | 4.6 | 25.3 | 415.1 | 1.0 | 0.0 | 0.0 | 9.1 |
| Shredded Carrots | 1.7 oz | 20 | 1 | 0.1 | 0 | 0.0 | 0.0 | 33.3 | 4.6 | 1.4 | 2.3 | 0.5 |
| Shredded Cheddar | 1.1 oz | 125 | 93 | 10.3 | 0 | 6.6 | 32.7 | 193.7 | 0.4 | 0.0 | 0.2 | 7.8 |
| Sliced Mushrooms | 1.2 oz | 10 | 0 | 0.1 | 0 | 0.0 | 0.0 | 2.2 | 1.2 | 0.0 | 0.8 | 0.6 |
| Sliced Olives | 1.2 oz | 40 | 33 | 3.6 | 0 | 0.5 | 0.0 | 250.0 | 2.1 | 1.1 | 0.0 | 0.3 |
| Slivered Almonds | 1 oz | 165 | 126 | 14.0 | 0 | 1.1 | 0.0 | 0.3 | 6.1 | 3.5 | 1.1 | 6.0 |
| Sun Dried Tomatoes | 1.3 oz | 95 | 10 | 1.1 | 0 | 0.2 | 0.0 | 91.0 | 20.6 | 4.5 | 13.9 | 5.2 |
| Tomatoes Diced | 2 oz | 10 | 1 | 0.1 | 0 | 0.0 | 0.0 | 2.8 | 2.2 | 0.7 | 1.5 | 0.5 |
| Tortilla Strips | 1 oz | 140 | 55 | 6.1 | 0 | 0.0 | 0.0 | 60.8 | 16.2 | 0.0 | 0.0 | 0.0 |
| Tuna Salad | 3 oz | 190 | 116 | 12.9 | 0 | 1.6 | 5.4 | 541.9 | 0.4 | 0.1 | 0.3 | 15.8 |
| Walnuts | 0.8 oz | 150 | 133 | 14.8 | 0 | 1.4 | 0.0 | 0.5 | 3.1 | 1.5 | 0.6 | 3.5 |
| Wonton Strips | 1 oz | 140 | 73 | 8.1 | 0 | 0.0 | 0.0 | 121.5 | 16.2 | 0.0 | 0.0 | 4.1 |

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|--------------------------------|--------------|-----------------|--------------------------|---------|----------------------|-------------------|------------------|-------------|-------------------|-------------------|------------------|-------------|
| Salad Dressing | | | | | | | | | | | | |
| Ancho Cilantro | 2 oz | 160 | 147 | 16.3 | 0 | 2.0 | 9.4 | 465.4 | 3.2 | 0.3 | 2.3 | 1.2 |
| Balsamic Vinaigrette | 2 oz | 115 | 85 | 9.5 | 0 | 0.9 | 0.0 | 359.1 | 7.6 | 0.0 | 7.6 | 0.0 |
| Blue Cheese | 2 oz | 300 | 289 | 32.1 | 0 | 5.7 | 18.9 | 661.5 | 3.8 | 0.0 | 1.9 | 1.9 |
| Caesar Dressing | 2 oz | 115 | 85 | 9.5 | 0 | 1.9 | 28.4 | 680.4 | 7.6 | 0.0 | 1.9 | 1.9 |
| Cucumber Wasabi | 2 oz | 300 | 272 | 30.2 | 0 | 4.7 | 18.9 | 510.3 | 3.8 | 0.0 | 3.8 | 0.0 |
| Fat Free Raspberry Vinaigrette | 2 oz | 35 | 0 | 0.0 | 0 | 0.0 | 0.0 | 75.6 | 7.6 | 0.2 | 6.6 | 0.0 |
| Honey Mustard | 2 oz | 285 | 255 | 28.4 | 0 | 3.8 | 28.4 | 604.8 | 7.6 | 1.9 | 5.7 | 1.9 |
| Lite Italian Dressing | 2 oz | 75 | 60 | 6.6 | 0 | 0.9 | 0.0 | 510.3 | 3.8 | 0.0 | 3.8 | 0.0 |
| Lite Ranch | 2 oz | 130 | 119 | 13.2 | 0 | 1.9 | 9.5 | 604.8 | 3.8 | 0.5 | 1.9 | 1.9 |
| Passion Fruit Yogurt | 2 oz | 45 | 0 | 0 | 0 | 0.0 | 1.3 | 103.2 | 8.7 | 0.0 | 8.2 | 2.9 |
| Ranch | 2 oz | 190 | 187 | 20.8 | 0 | 2.8 | 18.9 | 510.3 | 1.9 | 0.0 | 1.9 | 1.9 |
| Salsa Ranch | 2 oz | 145 | 138 | 15.4 | 0 | 2.1 | 13.9 | 472.3 | 2.4 | 0.2 | 2.1 | 1.5 |
| Sesame Mandarin Orange | 2 oz | 165 | 187 | 20.8 | 0 | 2.8 | 0.0 | 189.0 | 17.0 | 0.0 | 13.2 | 0.0 |
| Spicy Sriracha Chili Dressing | 2 oz | 170 | 160 | 17.8 | 0 | 2.4 | 16.2 | 599.4 | 3.2 | 0.0 | 3.2 | 1.6 |
| Sweet Chili Yogurt | 2 oz | 40 | 0 | 0.0 | 0 | 0.0 | 1.3 | 187.5 | 6.9 | 0.0 | 6.1 | 2.9 |
| Panini | | | | | | | | | | | | |
| Chicken Margherita | 1 sandwich | 745 | 367 | 40.7 | 0 | 9.4 | 89.1 | 1852.3 | 58.0 | 5.1 | 8.2 | 38.0 |
| Pesto Caprese | 1 sandwich | 650 | 293 | 32.5 | 0 | 16.7 | 117.2 | 979.3 | 58.6 | 5.1 | 8.2 | 30.3 |
| Turkey Chipotle | 1 sandwich | 580 | 301 | 33.4 | 0 | 11.6 | 70.6 | 1718.4 | 52.1 | 5.9 | 3.5 | 30.6 |
| Turkey & Ham Cuban | 1 sandwich | 515 | 204 | 22.7 | 0 | 8.4 | 85.4 | 2366.3 | 49.6 | 2.7 | 4.9 | 36.9 |
| Specialty Ciabattas | | | | | | | | | | | | |
| Chicken Avocado | 1 sandwich | 460 | 156 | 17.3 | 0 | 2.2 | 55.2 | 1380.3 | 52.5 | 5.3 | 2.6 | 27.3 |
| Southwest Chicken | 1 sandwich | 470 | 137 | 15.2 | 0 | 6.5 | 86.4 | 2535.3 | 52.1 | 3.7 | 2.3 | 34.9 |

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|-------------------------------------|--------------|-----------------|--------------------------|---------|----------------------|-------------------|------------------|-------------|-------------------|-------------------|------------------|-------------|
| Wraps | | | | | | | | | | | | |
| Balsamic Chicken And Roasted Pepper | 1 wrap | 550 | 178 | 19.8 | 0 | 5.7 | 64.3 | 1882.8 | 59.0 | 5.2 | 5.4 | 33.4 |
| Chicken Caesar | 1 wrap | 555 | 162 | 18.0 | 0 | 4.3 | 70.6 | 1941.2 | 67.3 | 3.8 | 2.2 | 32.6 |
| Cranberry Almond Chicken Salad | 1 wrap | 590 | 484 | 53.8 | 0 | 7.2 | 72.2 | 1055.9 | 62.4 | 7.8 | 6.8 | 35.8 |
| Sesame Asian Quinoa | 1 wrap | 700 | 247 | 27.4 | 0 | 4.0 | 9.5 | 1253.5 | 93.5 | 7.9 | 13.9 | 17.8 |
| Thai Chicken | 1 wrap | 780 | 300 | 33.3 | 0 | 3.7 | 50.5 | 1655.4 | 91.1 | 4.8 | 16.5 | 30.3 |
| Tuna Salad Wrap | 1 wrap | 700 | 353 | 39.2 | 0 | 4.6 | 13.7 | 1798.7 | 47.8 | 6.6 | 1.6 | 36.2 |
| Turkey BLTA | 1 wrap | 610 | 331 | 36.8 | 0 | 7.0 | 60.1 | 2016.8 | 54.3 | 9.7 | 3.8 | 34.5 |
| Kids Menu | | | | | | | | | | | | |
| Kids Grilled Cheese Sandwich | 1 sandwich | 260 | 126 | 14.0 | 0 | 8 | 40 | 840 | 23.0 | 1.0 | 2.0 | 11.0 |
| Fruit Cup | 6 oz | 65 | 3 | 0.4 | 0 | 0.06 | 0 | 20.13 | 16.2 | 1.7 | 13.7 | 1.3 |
| Fruit Punch | 12 oz | 150 | 0 | 0 | 0 | 0 | 0 | 26.3 | 35.0 | 0.0 | 35.0 | 0.9 |
| Iced Tea W/ Lemon | 12 oz | 60 | 0 | 0 | 0 | 0 | 0 | 12.6 | 17.0 | 0.0 | 17.0 | 0.0 |
| Orange Twister | 12 oz | 60 | 0 | 0 | 0 | 0 | 0 | 21.9 | 14.0 | 0.0 | 12.3 | 0.0 |
| Soda Diet Dr Pepper | 12 oz | 0 | 0 | 0 | 0 | 0 | 0 | 30.6 | 0.0 | 0.0 | 0.0 | 0.0 |
| Soda Diet Pepsi | 12 oz | 0 | 0 | 0 | 0 | 0 | 0 | 21.9 | 0.0 | 0.0 | 0.0 | 0.0 |
| Soda Dr Pepper | 12 oz | 88 | 0 | 0 | 0 | 0 | 0 | 30.6 | 23.6 | 0.0 | 23.6 | 0.0 |
| Soda Mountain Dew | 12 oz | 100 | 0 | 0 | 0 | 0 | 0 | 35.0 | 27.1 | 0.0 | 27.1 | 0.0 |
| Soda Pepsi | 12 oz | 90 | 0 | 0 | 0 | 0 | 0 | 17.5 | 24.5 | 0.0 | 24.5 | 0.0 |
| Soda Root Beer | 12 oz | 90 | 0 | 0 | 0 | 0 | 0 | 35.0 | 25.4 | 0.0 | 25.4 | 0.0 |
| Soda Sierra Mist | 12 oz | 90 | 0 | 0 | 0 | 0 | 0 | 21.9 | 22.8 | 0.0 | 22.8 | 0.0 |
| Sides | | | | | | | | | | | | |
| Small Fruit Cup | 6 oz | 65 | 3 | 0.4 | 0.0 | 0.1 | 0.0 | 20.1 | 16.2 | 1.7 | 13.7 | 1.3 |
| Large Fruit Cup | 10 oz | 130 | 6 | 0.7 | 0.0 | 0.1 | 0.0 | 40.6 | 32.5 | 3.5 | 27.3 | 2.6 |
| Side House Salad | 1.5 oz | 30 | 3 | 0.3 | 0.0 | 0.1 | 0.0 | 25.0 | 6.3 | 2.2 | 3.1 | 1.2 |
| Yogurt Parfait - Blueberry | 16 oz | 350 | 31 | 3.4 | 0.0 | 0.8 | 3.4 | 10.1 | 72.3 | 5.3 | 36.5 | 10.1 |
| Yogurt Parfait - Strawberry | 16 oz | 335 | 31 | 3.4 | 0.0 | 0.8 | 3.4 | 10.1 | 68.4 | 5.1 | 33.7 | 10.0 |

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|-----------------------------|--------------|-----------------|--------------------------|---------|----------------------|-------------------|------------------|-------------|-------------------|-------------------|------------------|-------------|
| Soup | | | | | | | | | | | | |
| Broccoli Cheese | 8 oz | 190 | 115 | 12.8 | 0.5 | 7.8 | 43.8 | 1173.0 | 10.5 | 1.8 | 2.5 | 8.2 |
| Broccoli Cheese | 12 oz | 285 | 172 | 19.1 | 0.8 | 11.6 | 65.7 | 1759.5 | 15.7 | 2.8 | 3.7 | 12.3 |
| Chicken Noodle | 8 oz | 85 | 17 | 1.9 | 0.0 | 0.5 | 18.5 | 916.4 | 11.1 | 0.9 | 0.9 | 5.6 |
| Chicken Noodle | 12 oz | 125 | 25 | 2.8 | 0.0 | 0.7 | 27.8 | 1374.7 | 16.7 | 1.4 | 1.4 | 8.3 |
| Italian Wedding | 8 oz | 150 | 46 | 5.1 | 0.2 | 2.3 | 10.8 | 1117.0 | 19.7 | 1.3 | 1.5 | 6.9 |
| Italian Wedding | 12 oz | 230 | 68 | 7.6 | 0.3 | 3.5 | 16.3 | 1675.5 | 29.6 | 2.0 | 2.3 | 10.4 |
| Minestrone | 8 oz | 85 | 8 | 0.9 | 0.0 | 0.4 | 1.3 | 865.3 | 15.7 | 2.1 | 3.8 | 3.2 |
| Minestrone | 12 oz | 125 | 12 | 1.4 | 0.0 | 0.7 | 2.0 | 1297.9 | 23.6 | 3.2 | 5.7 | 4.8 |
| Tomato Basil | 8 oz | 180 | 95 | 10.6 | 0.1 | 4.9 | 26.1 | 597.7 | 18.1 | 1.3 | 11.4 | 3.1 |
| Tomato Basil | 12 oz | 265 | 143 | 15.9 | 0.2 | 7.3 | 39.2 | 896.6 | 27.2 | 1.9 | 17.2 | 4.7 |
| Grab & Go Salads | | | | | | | | | | | | |
| Far East Salad | 1 salad | 350 | 111 | 12.3 | 0 | 0.34 | 26.4 | 680.5 | 42.1 | 6.4 | 10.8 | 22.6 |
| Green Leaf Salad | 1 salad | 505 | 236 | 26.2 | 0 | 7.73 | 73.8 | 1019.6 | 44.3 | 5.5 | 28.9 | 30.0 |
| Tex Mex Chicken Salad | 1 salad | 460 | 205 | 22.8 | 0 | 7.65 | 83.2 | 1347.2 | 32.1 | 5.2 | 4.3 | 28.4 |
| Beverages | | | | | | | | | | | | |
| Fruit Punch | 20 oz | 255 | 0 | 0 | 0 | 0 | 0 | 45.0 | 60.0 | 0.0 | 60.0 | 1.5 |
| Fruit Punch | 30 oz | 425 | 0 | 0 | 0 | 0 | 0 | 75.0 | 100.0 | 0.0 | 100.0 | 2.5 |
| Iced Tea W/ Lemon | 20 oz | 100 | 0 | 0 | 0 | 0 | 0 | 21.6 | 29.1 | 0.0 | 29.1 | 0.0 |
| Iced Tea W/ Lemon | 30 oz | 170 | 0 | 0 | 0 | 0 | 0 | 35.9 | 48.4 | 0.0 | 48.4 | 0.0 |
| Orange Twister | 20 oz | 105 | 0 | 0 | 0 | 0 | 0 | 37.5 | 24.0 | 0.0 | 21.0 | 0.0 |
| Orange Twister | 30 oz | 175 | 0 | 0 | 0 | 0 | 0 | 62.5 | 40.0 | 0.0 | 35.0 | 0.0 |
| Soda Diet Dr Pepper | 20 oz | 0 | 0 | 0 | 0 | 0 | 0 | 52.5 | 0.0 | 0.0 | 0.0 | 0.0 |
| Soda Diet Dr Pepper | 30 oz | 0 | 0 | 0 | 0 | 0 | 0 | 87.5 | 0.0 | 0.0 | 0.0 | 0.0 |
| Soda Diet Pepsi | 20 oz | 0 | 0 | 0 | 0 | 0 | 0 | 37.5 | 0.0 | 0.0 | 0.0 | 0.0 |
| Soda Diet Pepsi | 30 oz | 0 | 0 | 0 | 0 | 0 | 0 | 62.5 | 0.0 | 0.0 | 0.0 | 0.0 |
| Soda Dr Pepper | 20 oz | 150 | 0 | 0 | 0 | 0 | 0 | 52.5 | 40.5 | 0.0 | 40.5 | 0.0 |

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| Soda Dr Pepper | 30 oz | 250 | 0 | 0 | 0 | 0 | 0 | 87.5 | 67.5 | 0.0 | 67.5 | 0.0 |
| Soda Mountain Dew | 20 oz | 165 | 0 | 0 | 0 | 0 | 0 | 60.0 | 46.5 | 0.0 | 46.5 | 0.0 |
| Soda Mountain Dew | 30 oz | 275 | 0 | 0 | 0 | 0 | 0 | 100.0 | 77.5 | 0.0 | 77.5 | 0.0 |
| Soda Pepsi | 20 oz | 150 | 0 | 0 | 0 | 0 | 0 | 30.0 | 42.0 | 0.0 | 42.0 | 0.0 |
| Soda Pepsi | 30 oz | 250 | 0 | 0 | 0 | 0 | 0 | 50.0 | 70.0 | 0.0 | 70.0 | 0.0 |
| Soda Root Beer | 20 oz | 150 | 0 | 0 | 0 | 0 | 0 | 60.0 | 43.5 | 0.0 | 43.5 | 0.0 |
| Soda Root Beer | 30 oz | 250 | 0 | 0 | 0 | 0 | 0 | 100.0 | 72.5 | 0.0 | 72.5 | 0.0 |
| Soda Sierra Mist | 20 oz | 150 | 0 | 0 | 0 | 0 | 0 | 37.5 | 39.0 | 0.0 | 39.0 | 0.0 |
| Soda Sierra Mist | 30 oz | 250 | 0 | 0 | 0 | 0 | 0 | 62.5 | 65.0 | 0.0 | 65.0 | 0.0 |

Everything Yogurt Brands, LLC attempts to provide nutrition and allergen information that is as complete as possible. Seasonal, regional, and limited-time items are not included. The information is based on standard product offerings. Variations may occur depending on local supplier, region of the country, season of the year, and customer requests. Nutritional values are based on USDA Standard Reference values, information from our suppliers, and the Genesis R&D Nutrition Analysis Program from ESHA Research in Salem, Oregon. Revised August, 2013.

Please note that these nutrition values are estimated based on our standard serving portions. As food servings may have a slight variance each time you visit, please expect these values to be with in 10% +/- of your actual meal.