

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.