

● Fat Free ● Vegetarian ● Low Fat ● Vegetarian ● Low Fat ● Gluten Free ● Low Carb

Portion Amount	Portion Type	Calories (Kc)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Net Carbs	Chol (mg)	Sodium (mg)	Protein (g)	Fat Free	Vegetarian	Low Fat	Gluten Free	Low Carb
----------------	--------------	---------------	---------	-------------------	---------------	------------------	-------------------	-----------	-----------	-----------	-------------	-------------	----------	------------	---------	-------------	----------

● Fat Free ● Vegetarian ● Low Fat ● Vegetarian ● Low Fat ● Gluten Free ● Low Carb

Portion Amount	Portion Type	Calories (Kc)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Net Carbs	Chol (mg)	Sodium (mg)	Protein (g)	Fat Free	Vegetarian	Low Fat	Gluten Free	Low Carb
----------------	--------------	---------------	---------	-------------------	---------------	------------------	-------------------	-----------	-----------	-----------	-------------	-------------	----------	------------	---------	-------------	----------

Specialty Salads																	
Apple Walnut Blues	1 cup	112	10	2	0	5	2	3	4	4	94	3					
Aunt Mary's Almond Craisin Delight	1 cup	200	12	2	0	22	3	18	19	6	104	3					
Bartlett Blue W/ Apple Vinaigrette	1 cup	165	14	3	0	7	2	4	5	6	137	4					
Chinese Chicken Salad	1 cup	217	16	2	0	13	2	1	11	10	447	6					
Cayley's Classic Caesar	1 cup	62	4	1	0	3	1	1	3	3	164	2					
Classic Shrimp Louie	1 cup	98	7	1	0	4	1	3	10	63	178	5					
Cool Napa Crunch	1 cup	154	11	1	0	14	2	9	12	0	53	2					
D'anjou Blue w/ Champagne Vinaigrette	1 cup	165	14	3	0	7	2	4	5	6	137	4					
Ensalada Azteca	1 cup	172	15	5	0	6	1	1	5	21	268	4					
Farm Fresh Peach & Berry Toss	1 cup	77	4	1	0	10	2	7	0	0	25	1					
Insalata Caprese	1 cup	131	4	1	0	10	2	3	9	6	134	3					
Mandarin Spinach w/ Toasted Almonds	1 cup	81	2	0	0	14	2	9	12	0	133	2					
Monterey Artichoke & Tomato	1 cup	125	5	0	0	12	2	3	10	2	217	3					
Ocean Mist Asparagus Toss	1 cup	103	8	1	0	7	1	2	6	1	40	2					
Southwest Chipotle Salad	1 cup	143	11	3	0	7	2	2	5	11	358	4					
Strawberry Fields Spinach Salad	1 cup	200	12	2	0	22	3	18	19	6	104	3					
Summer Endives & Apple Medley	1 cup	112	10	2	0	5	2	3	4	4	94	3					
The Athenian Greek Salad	1 cup	157	19	3	0	7	1	4	6	9	362	3					
Prepared Salads																	
Almond Craisin Radiatore	1/2 cup	301	22	3	0	23	3	10	21	8	222	4					
Artichoke and Bowtie Pasta	1/2 cup	122	5	1	0	16	1	1	15	2	227	4					
Babaganoush (Eggplant Dip)	2 tbsp	37	2	0	0	4	1	0	3	0	202	2					
Broccoli Obsession	1/2 cup	111	6	1	0	14	2	6	12	4	140	3					
Black Bean Couscous Al Fresco	1/2 cup	147	5	1	0	23	3	1	21	0	261	3					
California Local	1/2 cup	148	15	1	0	0	3	2	0	0	423	1					
Basil Pesto Pasta	1/2 cup	195	10	1	0	23	2	1	21	4	320	4					
Chipotle Hummus	2 tbsp	88	6	1	0	7	2	1	5	0	188	3					
Classic Picnic Slaw	1/2 cup	82	8	1	0	3	1	2	7	6	61	0					
Country Picnic Potato	1/2 cup	216	15	3	0	17	2	2	15	40	240	3					
Crunchy Quinoa (Keen Wa)	1/2 cup	168	11	1	0	14	2	1	12	0	195	4					
Fresh Italian Bruschetta	2 tbsp	30	3	0	0	2	0	1	2	0	22	0					
German Potato Salad w/ Bacon	1/2 cup	174	7	2	0	17	2	2	15	5	357	3					
Ginger Soy Long Noodles	1/2 cup	143	5	1	0	21	1	2	33	0	118	3					
Homestyle Potato	1/2 cup	119	1	0	0	25	2	4	23	2	278	3					
Hummus	2 tbsp	70	4	1	0	7	2	2	5	0	80	2					
Italian Potato Salad w/ Bacon	1/2 cup	159	6	1	0	15	2	2	13	5	327	3					
Jumpin' Beans	1/2 cup	76	1	0	0	15	3	3	12	0	271	4					
Lemon Garlic Pasta	1/2 cup	92	1	0	0	17	1	1	16	0	97	3					
Marinated Cucumber	1/2 cup	19	0	0	0	4	1	3	4	0	4	1					
Mom's Mac	1/2 cup	224	15	3	0	19	1	0	18	40	259	4					
No Fry Stir Fry Rice	1/2 cup	190	4	1	0	34	1	3	33	0	440	4					
Old Fashioned Potato w/ Bacon	1/2 cup	229	18	3	0	14	2	1	12	43	392	4					
Rajin Cajun Penne Pasta	1/2 cup	132	2	0	0	23	2	2	21	1	213	5					
Ranch Style Potato	1/2 cup	211	17	1	0	14	1	2	13	8	587	2					
Red, White & Blue Potato Salad	1/2 cup	125	5	2	0	16	1	2	15	9	370	3					
Roasted Garlic Basil Potato	1/2 cup	168	6	1	0	19	3	4	17	0	348	3					
Roasted Garlic Hummus	2 tbsp	70	4	1	0	7	2	2	5	0	80	2					
Roasted Potato & Vegetable Bistro	1/2 cup	138	6	1	0	21	2	2	18	0	101	2					
Roasted Red Pepper Hummus	2 tbsp	70	4	1	0	7	2	2	5	0	80	2					
Salsa Fresca	2 tbsp	4	0	0	0	1	0	1	1	0	133	0					
Shrimp & Crab Louie Pasta	1/2 cup	180	34	2	0	12	1	1	11	50	500	3					
Smashed Potato	1/2 cup	217	12	2	0	25	2	3	23	40	384	3					
Southern Creamy Dill Potato	1/2 cup	101	2	0	0	19	2	2	17	2	152	2					
Sundried Tomato Hummus	2 tbsp	70	4	1	0	7	2	2	5	0	80	2					
Tabbouleh	1/2 cup	74	4	1	0	8	2	2	6	0	78	2					
Toasted Couscous w/ Garden Vegetables	1/2 cup	110	7	0	0	13	2	1	12	11	437	2					
Tom's Zesty Italian Spaghetti	1/2 cup	143	7	2	0	17	2	2	15	2	318	4					
Tuna Tarragon	1/2 cup	185	10	2	0	21	1	2	20	8	265	5					
Zesty Cucumber & Tomato	1/2 cup	148	15	1	0	4	1	2	3	0	423	1					
Dressings																	
Athenian Greek Vinaigrette	2 tbsp	126	14	2	0	1	0	1	1	0	346	0					
Azteca Dressing	2 tbsp	72	6	2	0	4	0	1	4	8	124	1					
Blue Cheese	2 tbsp	73	6	2	0	3	0	1	3	9	142	1					
Cal-Bistro Balsamic Vinaigrette	2 tbsp	148	14	1	0	5	0	1	5	0	61	0					
Champagne Vinaigrette	2 tbsp	174	19	1	0	2	0	2	2	35	0	0					
Chinese Chicken Dressing	2 tbsp	150	13	2	0	8	0	7	8	0	310	0					
Cool Creamy Cucumber	2 tbsp	154	17	3	0	1	0	1	1	9	153	0					
Creamy Caesar	2 tbsp	130	13	3	0	2	0	1	2	5	400	1					
Fat Free Honey Mustard	2 tbsp	50	0	0	0	12	0	11	12	0	290	0					
Fat Free Italian	2 tbsp	15	0	0	0	2	0	1	2	0	300	0					
Fat Free Ranch	2 tbsp	35	0	0	0	8	1	3	7	0	410	1					
House French	2 tbsp	136	10	1	0	11	0	11	11	0	232	0					
Parmesan Peppercorn	2 tbsp	153	16	3	0	1	0	0	1	12	157	2					
Pesto Ranch	2 tbsp	130	12	2	0	1	0	1	1	10	209	1					
Poppy-Sesame Seed Vinaigrette	2 tbsp	126	10	1	0	9	0	8	9	0	20	1					
Ranch	2 tbsp	107	11	2	0	1	0	1	1	6	271	1					
Raspberry Vinaigrette	2 tbsp	132	13	1	0	4	0	3	3	0	0	0					
Roasted Garlic Vinaigrette	2 tbsp	105	10	1	0	3	0	1	3	0	111	1					
Roasted Garlic Balsamic Vinaigrette	2 tbsp	105	10	1	0	3	0	1	3	0	111	1					
Thousand Island	2 tbsp	130	13	2	0	3	0	2	3	10	140	0					
Soup																	
Black Bens Santa Fe	1 cup	243	1	0	0	45	15	3	31	0	570	15					
Broccoli Cheese Soup	1 cup	152	9	4	0	13	3	2	10	16	215	6					
Butternut Squash Bisque	1 cup	240	15	7	0	23	3	4	20	36	136	3					
Carrot Ginger w/ Roasted Leeks	1 cup	69	0	0	0	16	3	7	13	0	1061	1					
Chicken Pozole	1 cup	110	5	1	0	9	1	2	8	19	813	7					
Confetti Bean Chili	1 cup	160	1	0	0	31	9	5	22	0	700	8					
Creamy Irish Potato Leek	1 cup	268	17	8	0	27	2	3	25	38	201	4					
Creamy Thai Vegetable	1 cup	255	17	12	0	25	2	3	23	19	1190	4					
Cream of Broccoli	1 cup	199	17	7	0	11	1	1	10	34	139	2					
Cream of Spinach	1 cup	199	17	7	0	11	1	1	10	34	139	2					
Fall Harvest Butternut Squash Soup	1 cup	243	18	7	0	20	3	4	17	40	638	2					
Fattuccine Chicken Noodle	1 cup	145	2	1	0	23	2	3	21	19	747	7					
Firehouse Chili	1 cup	289	11	3	0	32	8	5	27	88	16	6					
French Onion w/ Fresh Baked Croutons	1 cup	118	5	1	0	16	2	7	14	1	1216	2					
Fresh Harvest Vegetable Soup	1 cup	74	1	0	0	16	3	5	13	0	102	3					
Garden Bean Stew	1 cup	119	1	3	0	17	1	2	16	21	117	7					
Garden Patch Lentil & Barley	1 cup	65	0	0	0	17	4	2	13	0	118	3					
Grandma's Chicken And Dumplin'	1 cup	191	11	3	0	17	1	2	15	21	117	7					
Greek Artichoke and Lemon Rice	1 cup	101	3	1	0	17	2	4	15	2	1247	2					
Harvest Vegetable	1 cup	93	0	0	0	21	2	8	19	0	924	3					