

● Fat Free ● Low Fat ● Vegan ● Vegetarian ● Low Sodium ● Gluten Free ● Low Carb

Menu Item	Portion	Amount	Calories (Kc)	Fat (gm)	Saturated Fat (gm)	Trans (gm)	Carbohydrate (gm)	Dietary Fiber (gm)	Sugar (gm)	Net Carbs	Chol (mg)	Sodium (mg)	Protein (gm)	Fat Free	Low Fat	Vegan	Vegetarian	Low Sodium	Gluten Free	Low Carb	
<b>Specialty Salads</b>																					
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	1	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	9	11	10	447	6								
Classic Cesar	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'ajou Blue w/ Champagne Vinnegrette	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	7	0	25	1								
Insalata Caprese	1	cup	131	4	1	0	10	2	3	9	6	134	3								
Mandarin Spanis w/ Tosted Almonds	1	cup	81	2	0	0	14	2	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								
Soutwest Chipotle Salad	1	cup	143	11	3	0	7	2	2	5	11	358	4								
Straberry Fields Spinach Salad	1	cup	200	12	2	1	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 Athnian Greek Salad	1	cup	157	19	3	1	7	1	4	6	9	362	3								
<b>Prepared Salads</b>																					
Almond Craisin Raidatore	1/2	cup	301	22	3	0	23	3	10	21	8	222	4								
Artichoke and Bowtle 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	61	0									
Country Picnic Potato	1/2	cup	216	15	1	0	17	2	2	15	40	240	3								
Crunchy Quinoa (Keen Wa)	1/2	cup	168	11	0	0	14	2	1	12	0	195	4								
Fresh Italian Bruschetta	2	tbsp	30	3	2	0	2	0	1	2	0	22	0								
German Potato Salad w/ Bacon	1/2	cup	174	7	1	0	17	2	2	15	5	357	3								
Ginger Soy Long Noodles	1/2	cup	143	5	0	0	21	1	2	33	0	118	3								
Homestyle Potato	1/2	cup	119	1	1	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	0	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									
Marinated Cucumber	1/2	cup	19	0	3	0	4	1	3	4	0	4	1								
Mom's Mac	1/2	cup	224	15	1	0	19	1	0	18	40	259	4								
No Fry Stir Fry Rice	1/2	cup	190	4	3	0	34	1	3	33	0	440	4								
Old Fashioned Potato w/ Bacon	1/2	cup	229	18	0	0	14	2	1	12	43	392	4								
Rajin Cajun Penne Pasta	1/2	cup	132	2	1	0	23	2	2	21	1	213	5								
Ranch Style Potato	1/2	cup	211	17	2	0	14	1	2	13	8	587	2								
Red, White & Blue Potato Salad	1/2	cup	125	5	1	0	16	1	2	15	9	370	3								
Rosted Garlic Basil Potato	1/2	cup	168	6	1	0	19	3	4	17	0	348	3								
Rosted Garlic Hummus	2	tbsp	70	4	1	0	7	2	2	5	0	80	2								
Rosted Potato & Vegetable Bistro	1/2	cup	138	6	1	0	21	2	2	18	0	101	2								
Rosted Red Pepper Hummus	2	tbsp	70	4	0	0	7	2	2	5	0	80	2								
Salsa Fresca	2	tbsp	4	0	34	0	1	0	1	1	0	133	0								
Shrimp & Krab Louie Pasta	1/2	cup	180	34	12	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	4	0	19	2	2	17	2	152	2								
Sundried Tomato Hummus	2	tbsp	70	4	4	0	7	2	2	5	0	80	2								
Tabbouleh	1/2	cup	74	4	7	0	8	2	2	6	0	78	2								
Toasted Couscous w/ Garden Vegetables	1/2	cup	110	7	7	0	13	2	1	12	11	437	2								
Tom's Zesty Italian Vermicelli	1/2	cup	143	7	10	0	17	2	2	15	2	318	4								
Tuna Tarragon	1/2	cup	185	10	15	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								
Southern Creamy Dill Potato																					
<b>Dressings</b>																					
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 Balsmic Vinaigrette	2	tbsp	148	14	1	0	5	0	1	5	0	61	0								
Champagne Vinnigrette	2	tbsp	174	19	1	0	2	0	2	2	35	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								
Parmisean Peppercorn	2	tbsp	153	16	3	1	1	0	0	1	12	157	2								
Pesto Ranch	2	tbsp	30	12	2	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													