Avocado Chicken Salad
Balsamic chicken, cheddar cheese, tomatoes, avocado, hard-cooked eggs and bacon over mixed greens with honey mustard

**Cal 650**
Serv Size: 1 ENTREE SALAD (430g) • Fat cal 400 • Total fat 44g • Sat fat 11g • Trans fat 0g • Cholest 290mg • Sodium 750mg • Total carb 24g • Fiber 5g • Sugars 16g • Protein 41g
*Contains: milk, eggs, soy bean, mustard*

Classic Greek Salad
Crisp romaine lettuce, red onions, feta cheese, cucumbers, tomatoes and black olives served with Greek vinaigrette

**V Cal 330**
Serv Size: 1 ENTREE SALAD (337g) • Fat cal 250 • Total fat 28g • Sat fat 8g • Trans fat 0g • Cholest 30mg • Sodium 980mg • Total carb 15g • Fiber 4g • Sugars 7g • Protein 8g
*Contains: milk, soy bean*

Tabbouleh Side Salad
Bulgur wheat, ripe tomatoes, fresh Italian parsley, mint, lemon juice & olive oil

**Cal 90**
Serv Size: 1 1/2 CUP (92g) • Fat cal 20 • Total fat 2g • Sat fat 0g • Trans fat 0g • Cholest 0mg • Sodium 10mg • Total carb 17g • Fiber 3g • Sugars <1g • Protein 3g
*Contains: wheat, gluten*

Roasted Beet & Feta Greek Salad
Fresh roasted beets, marinated artichoke hearts, grilled red onions and peppers on a bed of romaine with feta and pita

**V Cal 280**
Serv Size: 1 ENTREE SALAD (320g) • Fat cal 100 • Total fat 11g • Sat fat 3g • Trans fat 0g • Cholest 15mg • Sodium 590mg • Total carb 38g • Fiber 8g • Sugars 10g • Protein 10g
*Contains: milk, wheat, soy bean, gluten*

Roasted Portobello Cobb Salad With Pita
Mixed greens, grilled chicken, crisp turkey bacon, avocado, hard boiled egg whites, blue cheese, apple cider vinaigrette

**Cal 530**
Serv Size: 1 ENTREE SALAD (435g) • Fat cal 210 • Total fat 23g • Sat fat 5g • Trans fat 0g • Cholest 175mg • Sodium 760mg • Total carb 44g • Fiber 6g • Sugars 6g • Protein 39g
*Contains: milk, eggs, wheat, soy bean, gluten, mustard*

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information is available upon request.
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<th>Dressing</th>
<th>Serving Size</th>
<th>Calories</th>
<th>Total Fat</th>
<th>Saturated Fat</th>
<th>Trans Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Total Carbohydrate</th>
<th>Dietary Fiber</th>
<th>Total Sugars</th>
<th>Protein</th>
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