



Nutrition Information

Garden Sensations Salads

Flavor-Packed Entrée Salads*
Prepared Fresh Daily

	Nutrition Information										Allergens
	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholst (mg)	Sodium (mg)	Total Carb (g)	Fibre (g)	Sugars (g)	Protein (g)	
Apple Pecan Chicken Salad	350	14	8	0.4	120	1130	25	4	17	33	M *
Roasted Pecans	110	9	1	0	0	60	5	1	4	1	M S W T
Pomegranate Vinaigrette Dressing	120	6	1	0	0	320	16	0	15	0.2	SL
Baja Salad	560	33	14	1	80	1620	35	11	12	34	M
Seasoned Tortilla Strips	80	4.5	1.5	0.2	0	105	11	1	0	1	M S
Creamy Red Jalapeño Dressing❖	100	10	2	0.2	10	270	2	0	1	1	E M
BLT Cobb Salad	470	28	13	0.5	290	1410	12	3	4	42	E M
Avocado Ranch Dressing	200	21	3.5	0.3	15	430	3	0	2	1	E M
Spicy Chicken Caesar Salad	430	24	11	0.5	95	1150	23	6	4	31	E F M W
Gourmet Croutons	80	3	0.2	0.1	0	220	12	0	0	2	M W
Lemon Garlic Caesar Dressing	210	21	4	0.3	25	350	3	0	1	3	E F M S
Additional Salad Dressings											
Light Classic Ranch	100	9	1.5	0.2	20	400	4	0	2	2	E M
Fat Free Italian Vinaigrette	45	0.1	0	0	0	360	10	0	8	0.3	
Garden Side Salad	25	0.2	0	0	0	30	5	2	3	1	
Gourmet Croutons	80	3	0.2	0.1	0	220	12	0	0	2	M W
Caesar Side Salad	60	3.5	2	0.1	10	80	5	2	2	4	M
Gourmet Croutons	80	3	0.2	0.1	0	220	12	0	0	2	M W
Lemon Garlic Caesar Dressing❖	110	11	2	0.2	10	180	2	0	1	2	E F M S

* Toppings and Salad Dressings listed separately. ❖ Information is for 1 dressing packet.

ALLERGENS:

E = EGG S = SOYA SF = SHELLFISH
 F = FISH T = TREE NUT SL = SULPHITES
 M = MILK W = WHEAT
 P = PEANUT SS = SESAME SEEDS

Blue Letter menu item may be cooked in the same oil as an item containing the allergen

* Manufactured in a facility that processes peanuts or tree nuts.

This nutrition information is current as of July 2010.