

Salad Bar

ITEM NAME	CAL.	SERV. SZ.
ASPARAGUS	5	1 OZ
AVOCADO	45	1 OZ
BABY SPINACH	5	1 OZ
BELL PEPPERS	5	1 OZ
BLACK BEANS	15	1 OZ
BLACKBERRIES	10	1 OZ
BLUEBERRIES	15	1 OZ
BROCCOLI	10	1 OZ
BROCCOLI SLAW	10	1 OZ
CANTALOUPE	10	1 OZ
CARROTS	10	1 OZ
CAULIFLOWER	5	1 OZ
CELERY	5	1 OZ
CHERRY TOMATOES	5	1 OZ
CUCUMBERS	5	1 OZ
DRIED CRANBERRIES	90	1 OZ
GRANOLA	140	1 OZ
GRAPE TOMATOES	5	1 OZ
GRAPES	20	1 OZ
GREEN BEANS	10	1 OZ
GREEN PEAS	20	1 OZ
GUACAMOLE	45	1 OZ
HONEYDEW	10	1 OZ
HUMMUS	45	1 OZ
ICEBERG LETTUCE	5	1 OZ
KIDNEY BEANS	20	1 OZ
KIWI	15	1 OZ
MANGO	20	1 OZ
MIXED BERRIES	10	1 OZ
MIXED LEAF LETTUCE	5	1 OZ
MIXED MELONS	10	1 OZ
MIXED OLIVES	35	1 OZ
MUSHROOMS	5	1 OZ
NAVY BEANS	30	1 OZ
OKRA	10	1 OZ
ONIONS	10	1 OZ
ORANGES	15	1 OZ
PEARS	15	1 OZ
PINTO BEANS	25	1 OZ
PLAIN YOGURT	20	1 OZ
RADISHES	5	1 OZ
RAISINS	80	1 OZ
RASPBERRIES	15	1 OZ
RED CABBAGE	10	1 OZ
REFRIED BEANS	25	1 OZ
ROMAINE LETTUCE	5	1 OZ
SALSA	10	1 OZ
SCALLIONS	10	1 OZ
SNOW PEAS	10	1 OZ
SPRING MIX	5	1 OZ
STRAWBERRIES	10	1 OZ

Salad Bar

SWEET CORN	25	1	OZ
TOMATOES	5	1	OZ
VANILLA YOGURT	25	1	OZ
WATER CHESTNUTS	15	1	OZ
WATERMELON	10	1	OZ
YELLOW SQUASH	5	1	OZ
ZUCCHINI	5	1	OZ
Rouses Honey Ham	20	1	OZ
Rouses Hickory Turkey	25	1	OZ
Rouses Roast Beef	55	1	OZ
Rouses Chicken Salad	88	1	OZ
Rotisserie Chicken	53	1	OZ
ANTIPASTO SUPREME	60	1	OZ
ARTICHOKE HEARTS	5	1	OZ
ARTICHOKE SALAD	40	1	OZ
BABY CORN	5	1	OZ
BANANA PEPPERS	5	1	OZ
BEET & ONION	20	1	OZ
BELLA PASTA	50	1	OZ
BLACK OLIVES	45	1	OZ
CARROT & RAISIN SALAD	50	1	OZ
CHICK PEAS	20	1	OZ
COTTAGE CHEESE	20	1	OZ
CROUTONS	120	1	OZ
CRUNCHY WHEATBERRY SALAD	40	1	OZ
DELUXE CHICK PEA SALAD	50	1	OZ
EDAMAME IN OIL (SOYBEANS)	40	1	OZ
GRAPE TOMATO SALAD	20	1	OZ
GREEK PASTA	80	1	OZ
GREEN OLIVES	30	1	OZ
ITALIAN STYLE BEAN	40	1	OZ
JALAPENO PEPPERS	5	1	OZ
KOSHER PICKLE CHIPS	0	1	OZ
LOBSTER STYLE SEAFOOD SALAD	50	1	OZ
MANDARIN ORANGES	15	1	OZ
MARINATED MUSHROOMS	30	1	OZ
MARYLAND STYLE SEAFOOD SALAD	50	1	OZ
MEDITERRANEAN GREEK PASTA SALAD	50	1	OZ
MEXICAN RICE SALAD	40	1	OZ
MOZZARELLA BALLS	70	1	OZ
OLIVE FEST	50	1	OZ
ORZO & CURRANT	40	1	OZ
PASTA & BROCCOLI	60	1	OZ
PASTA FLORENTINE	70	1	OZ
PASTA PARMESAN	50	1	OZ
PEACHES	15	1	OZ
PEPPERONCINI	10	1	OZ
PICKLED RED BEETS	15	1	OZ
QUINOA TABOULI	50	1	OZ
SALTINE CRACKERS	120	1	OZ
SEAFOOD SALAD	40	1	OZ
SEAFOOD SUPREME WITH SHRIMP	40	1	OZ
SEASmart® SURIMI SEAFOOD	30	1	OZ

Salad Bar

SESAME SALAD BITS	160	1	oz
SHRIMP PASTA	60	1	oz
STUFFED VINE LEAVES	50		each
SUMMER GARDEN PENNE	40	1	oz
SUNDRIED TOMATO PESTO TOFU	50	1	oz
SUNFLOWER SEEDS	170	1	oz
SWEET GHERKIN PICKLES	40	1	oz
THREE BEAN SALAD	20	1	oz
TORTELLINI AND VEGETABLE	60	1	oz
TORTELLINI PARMESAN	50	1	oz
TOSTADA CROWNS	230		each
Salad Dressings			
FAT FREE SUNDRIED TOMATO VINAIGRETTE	45	1	oz
SALAD VINEGAR	5	1	oz
SALAD OIL	120	1	oz
POURABLE BLUE CHEESE DRESSING	110	1	oz
FRENCH DRESSING	120	1	oz
CREAMY ITALIAN DRESSING	130	1	oz
GOLDEN ITALIAN DRESSING	70	1	oz
FAT FREE ITALIAN DRESSING	10	1	oz
BUTTERMILK RANCH DRESSING	110	1	oz
REDUCED CALORIE RANCH DRESSING	70	1	oz
THOUSAND ISLAND DRESSING	150	1	oz
CREAMY GARLIC BALSAMIC VINAIGRETTE	120	1	oz
POPPYSEED DRESSING	130	1	oz
HONEY MUSTARD DRESSING	160	1	oz
CREAMY CAESAR DRESSING	130	1	oz
PARMESAN PEPPER DRESSING	90	1	oz
RASPBERRY VINAIGRETTE	110	1	oz
LOW FAT WHITE ZINFANDEL VINAIGRETTE	50	1	oz
BALSAMIC VINEGAR	5	1	oz

2,000 calories a day is used for general nutrition advice, but calorie needs vary.
Additional nutritional information available upon request.