

ITEM NAME	CAL.	SERV. SZ.	
Salads:			
Garden Salad	402	1	ea
Ham Tossed Salad	1165	1	ea
Turkey Tossed Salad	1136	1	ea
Shrimp Tossed Salad	1126	1	ea
Caesar Salad	638	1	ea
Chicken Caesar Salad	811	1	ea
Spinach, Strawberry, Pecan, & Feta Salad	750	1	ea
Rouses Chicken Salad	351	4	oz
Rotisserie chicken Salad	367	4	oz
Chipotle Rotisserie Chicken Salad	306	4	oz
BBQ Rotisserie Chicken Salad	309	4	oz
Cranberry Pecan Chicken Salad	280	4	oz
Loaded Baked potato Salad	310	4	oz
Potato Salad w/ Mustard	180	4	oz
Potato Salad w/ Egg	220	4	oz
Devile Egg Potato Salad	240	4	oz
New Orleans Style Potato Salad	260	4	oz
Creamy Macaroni Salad	214	4	oz
Italian Pasta Salad	170	4	oz
Tuna Salad	300	4	oz
Egg Salad	346	4	oz
Sonoma Turkey Salad	318	4	oz
Spinach & Artichoke Dip	188	4	oz
Eat Right:			
Eat Right Berry Salad	437	1	ea
Eat Right Asian Salad	450	1	ea
Eat Right Greek Salad	464	1	ea
Hummus Snack pack	334	1	ea
Chicken Salad Snack pack	453	1	ea
Buffalo Chicken Salad Snack Pack	346	1	ea
Snack Packs:			
Chicken Salad Snack Pack	377	1	ea
Rotisserie Chicken Salad Snack Pack	849	1	ea
Chipotle Rotisserie Chicken Salad Snack Pack	849	1	ea
Honey Ham Snack pack	717	1	ea
Hickory Turkey Snack Pack	829	1	ea
Sonoma Turkey Salad Snack Pack	572	1	ea
2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutritional information available upon request.			