



Nutritional Data - Half Snap Menu Salads

	Ingredient	Quantity	Unit	Calories	Protein	Total Fat	Carbohydrates	Total Fiber	Sugar	Calcium	Iron	Magnesium	Phosphorus	Potassium	Sodium	Zinc	Vitamin C	Thiamin	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Vitamin A	Vitamin E	Vitamin D	Vitamin K	Saturated Fat	Monounsaturated		Polyunsaturated		Trans Fat	Cholesterol
																													at Fat	at Fat	at Fat	at Fat		
Bam Bam	Spinach	1.5	C	10.5	1.3	0.2	1.6	1.1	0.2	45.0	1.2	36.0	22.5	250.5	36.0	0.2	12.6	0.0	0.1	0.3	0.1	87.0	0.0	4219.5	0.9	0.0	217.4	0.0	0.0	0.0	0.1	0.0	0.0	0.0
	Artisan	1.5	C	10.5	1.1	0.2	1.8	0.9	0.8	28.5	1.0	10.5	27.0	196.5	4.5	0.2	3.0	0.0	0.1	0.3	0.1	60.0	0.0	2733.0	0.2	0.0	84.5	0.0	0.0	0.1	0.0	0.0	0.0	
	Arugula	1.0	C	5.0	0.5	0.1	0.7	0.3	0.4	32.0	0.3	9.0	17.0	74.0	5.0	0.1	3.0	0.0	0.0	0.1	0.0	19.0	0.0	475.0	0.1	0.0	21.7	0.0	0.0	0.1	0.0	0.0	0.0	
	Red Cabbage	2.0	Oz	18.0	0.8	0.1	4.2	1.2	2.2	26.0	0.5	10.0	18.0	138.0	16.0	0.1	32.4	0.0	0.0	0.2	0.1	10.0	0.0	634.0	0.1	0.0	21.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Red Onions	1.0	Oz	11.0	0.3	0.0	2.7	0.5	1.2	7.0	0.1	3.0	8.0	41.0	1.0	0.1	2.1	0.0	0.0	0.0	0.0	5.0	0.0	1.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Quinoa	2.0	Oz	68.0	2.5	1.1	12.1	1.6	0.5	10.0	0.8	36.0	86.0	98.0	4.0	0.6	0.0	0.1	0.1	0.2	0.1	24.0	0.0	2.0	0.4	0.0	0.0	0.1	0.3	0.6	0.0	0.0	0.0	
	Pulled Chicken	2.0	Oz	120.0	18.5	4.5	0.0	0.0	0.0	8.0	0.7	12.0	126.0	112.0	32.0	0.5	0.0	0.1	0.1	4.8	0.2	2.0	0.2	40.0	0.0	0.0	0.0	1.1	1.5	1.1	0.0	40.0	0.0	
	Dried Cherries	1.0	Oz	95.0	0.1	0.2	22.9	1.5	19.1	11.0	0.1	6.0	10.0	14.0	4.0	0.1	0.1	0.0	0.0	0.2	0.0	3.0	0.0	803.0	0.6	0.0	2.2	0.0	0.1	0.1	0.0	0.0	0.0	
	Almonds	1.0	Oz	164.0	6.0	14.2	6.1	3.6	1.2	76.0	1.1	77.0	137.0	208.0	0.0	0.9	0.0	0.1	0.3	1.0	0.0	12.0	0.0	1.0	7.3	0.0	0.0	1.1	9.0	3.5	0.0	0.0	0.0	
	TOTALS			502.0	31.1	20.6	52.1	10.7	25.6	243.5	5.7	199.5	444.5	1132.0	102.5	2.7	53.2	0.3	0.7	7.2	0.7	222.0	0.2	8908.5	9.5	0.0	347.4	2.5	10.8	5.5	0.0	40.0	0.0	

	Ingredient	Quantity	Unit	Calories	Protein	Total Fat	Carbohydrates	Total Fiber	Sugar	Calcium	Iron	Magnesium	Phosphorus	Potassium	Sodium	Zinc	Vitamin C	Thiamin	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Vitamin A	Vitamin E	Vitamin D	Vitamin K	Saturated Fat	Monounsaturated		Polyunsaturated		Trans Fat	Cholesterol
																													at Fat	at Fat	at Fat	at Fat		
BBQ Ranch Chicken	Iceberg	2.0	C	20.0	1.3	0.2	4.3	1.8	2.8	26.0	0.6	10.0	28.0	204.0	14.0	0.2	4.0	0.1	0.0	0.2	0.1	42.0	0.0	722.0	0.3	0.0	34.8	0.0	0.0	0.1	0.0	0.0	0.0	
	Red Leaf	2.0	C	8.0	0.7	1.3	1.3	0.6	0.3	0.7	0.7	6.0	16.0	14.0	14.0	0.1	2.0	0.0	0.0	0.2	0.1	40.0	0.0	4196.0	0.1	0.0	78.6	0.0	0.0	0.0	0.0	0.0	0.0	
	Tomatoes	1.0	Oz	5.0	0.3	0.1	1.1	0.3	0.8	3.0	0.1	3.0	7.0	67.0	1.0	0.1	3.9	0.0	0.0	0.2	0.0	4.0	0.0	237.0	0.2	0.0	2.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Corn	1.0	Oz	19.0	0.7	0.4	4.1	0.6	1.3	1.0	0.1	4.0	13.0	37.0	58.0	0.1	0.5	0.0	0.0	0.3	0.0	10.0	0.0	13.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.0	
	Black Beans	1.0	Oz	26.0	1.7	0.1	4.7	2.0	0.1	10.0	0.5	10.0	31.0	87.0	109.0	0.2	0.8	0.0	0.0	0.2	0.0	17.0	0.0	1.0	0.2	0.0	0.7	0.0	0.0	0.0	0.0	0.0	0.0	
	Green Onions	1.0	Oz	8.0	1.3	0.1	1.6	1.5	1.1	15.0	1.1	5.0	7.0	46.0	4.0	0.1	4.8	0.0	0.0	1.1	0.0	9.0	1.0	1136.0	1.1	0.0	45.4	0.0	0.0	1.0	0.0	0.0	0.0	
	Cheddar	1.0	Oz	115.0	6.5	9.5	0.9	0.0	0.1	202.0	0.0	8.0	129.0	22.0	185.0	1.0	0.0	0.0	0.1	0.0	0.0	8.0	0.3	353.0	0.2	7.0	0.7	5.4	2.6	0.4	0.3	28.0	0.0	
	Fried Chicken Tenders	2.0	Oz	85	5.29	4.66	5.4	0.3	0.07	5	0.21	8	83	91	224	0.19	0	0.027	0.046	2.173	0.134	0	0.04	12	0.39	0	0	0.825	1.082	2.222	0.037	13	0.0	
	Oil for Fried Chicken Tenders	0.5	Tsp	20.0	10.0	1.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.1	0.2	0.3	0.7	0.0	0.0		
	Firecracker Aioli	0.5	Oz	48.4	0.1	4.4	1.9	0.1	1.9	2.4	0.2	1.2	3.8	16.5	122.2	0.0	0.0	0.2	0.0	0.1	0.0	0.1	0.0	45.4	0.5	0.0	8.7	0.6	1.0	2.3	0.0	3.3	0.0	
	TOTALS			354.4	27.9	21.7	25.2	7.2	8.4	265.1	3.5	55.2	317.8	584.5	731.2	1.9	16.0	0.4	0.3	4.3	0.3	90.1	1.4	6715.4	3.0	7.0	173.2	7.1	5.1	6.9	0.3	44.3	0.0	

	Ingredient	Quantity	Unit	Calories	Protein	Total Fat	Carbohydrates	Total Fiber	Sugar	Calcium	Iron	Magnesium	Phosphorus	Potassium	Sodium	Zinc	Vitamin C	Thiamin	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Vitamin A	Vitamin E	Vitamin D	Vitamin K	Saturated Fat	Monounsaturated		Polyunsaturated		Trans Fat	Cholesterol
																													at Fat	at Fat	at Fat	at Fat		
Cobb	Iceberg	2.0	C	20.0	1.3	0.2	4.3	1.8	2.8	26.0	0.6	10.0	28.0	204.0	14.0	0.2	4.0	0.1	0.0	0.2	0.1	42.0	0.0	722.0	0.3	0.0	34.8	0.0	0.0	0.1	0.0	0.0	0.0	
	Romaine	2.0	C	16.0	1.2	0.3	3.1	2.0	1.1	32.0	0.9	14.0	28.0	232.0	8.0	0.2	3.8	0.1	0.1	0.3	0.1	128.0	0.0	8188.0	0.1	0.0	96.4	0.0	0.0	0.2	0.0	0.0		
	Bacon	1.0	Oz	156.0	10.2	12.3	0.4	0.0	0.0	3.0	0.4	9.0	144.0	153.0	623.0	1.0	0.0	0.1	0.1	3.0	0.1	1.0	0.3	11.0	0.1	0.0	0.0	4.0	5.4	1.4	0.0	30.0	0.0	
	Tomatoes	1.0	Oz	5.0	0.3	0.1	1.1	0.3	0.8	3.0	0.1	3.0	7.0	67.0	1.0	0.1	3.9	0.0	0.0	0.2	0.0	4.0	0.0	237.0	0.2	0.0	2.2	0.0	0.0	0.0	0.0	0.0	0.0	
	Eggs	1.0	Oz	44.0	3.6	3.0	0.3	0.0	0.3	14.0	0.3	3.0	49.0	36.0	35.0	0.3	0.0	0.0	0.1	0.0	0.0	12.0	0.3	148.0	0.3	25.0	0.1	0.9	1.2	0.4	0.0	106.0	0.0	
	Green Onions	1.0	Oz	8.0	0.3	0.1	1.6	0.5	1.1	15.0	0.1	5.0	7.0	45.0	4.0	0.1	3.8	0.0	0.0	0.1	0.0	9.0	0.0	1136.0	0.1	0.0	44.4	0.0	0.0	0.0	0.0	0.0	0.0	
	Gorgonzola	0.8	Oz	75.0	4.6	6.1	0.5	0.0	0.1	112.5	0.1	5.3	82.5	54.8	243.8	0.6	0.0	0.0	0.1	0.2	0.0	7.5	0.3	153.8	0.1	4.5	0.5	4.0	1.7	0.2	0.0	15.8	0.0	
	Avocado	0.5	Each	161.0	2.0	14.7	8.6	6.8	0.7	12.0	0.6	29.0	52.5	487.5	7.0	0.6	10.1	0.1	0.1	1.7	0.3	81.5	0.0	146.5	2.1	0.0	21.1	2.1	9.8	1.8	0.0	0.0		
	Grilled Chicken	2.0	Oz	86.0	17.3	1.8	0.0	0.0	0.0	2.0	0.3	20.0	146.0	222.0	30.0	0.5	0.0	0.1	0.1	6.9	0.7	0.0	0.1	18.0	0.3	0.0	0.0	0.6	0.7	0.4	0.0	60.0	0.0	
	TOTALS			571.0	40.6	38.6	19.9	11.4	6.9	219.5	3.4	98.3	544.0	1501.3	965.8	3.5	25.6	0.4	0.7	12.6	1.3	285.0	1.0	10760.3	3.4	29.5	199.5	11.7	18.8	4.5	0.0	211.8	0.0	

	Ingredient	Quantity	Unit	Calories	Protein	Total Fat	Carbohydrates	Total Fiber	Sugar	Calcium	Iron	Magnesium	Phosphorus	Potassium	Sodium	Zinc	Vitamin C	Thiamin	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Vitamin A	Vitamin E	Vitamin D	Vitamin K	Saturated Fat	Monounsaturated		Polyunsaturated		Trans Fat	Cholesterol
																													at Fat	at Fat	at Fat	at Fat		
Crispy Artichoke	Romaine	2.0	C	16.0	1.2	0.3	3.1	2.0	1.1	32.0	0.9	14.0	28.0	232.0	8.0	0.2	3.8	0.1	0.1	0.3	0.1	128.0	0.0	8188.0	0.1	0.0	96.4	0.0	0.0	0.2	0.0	0.0		
	Red Leaf	2.0	C	8.0	0.7	0.1	1.3	0.6	0.3	18.0	0.7	6.0	16.0	104.0	14.0	0.1	2.0	0.0	0.0	0.2	0.1	20.0	0.0	4196.0	0.1	0.0	78.6	0.0	0.0	0.0	0.0	0.0		
	Basil Leaves	3.0	Each	3.0	0.2	0.1	0.2	0.0	0.0	12.0																								

Nutritional Data - Half Snap Menu Salads

Real Dill	Ingredient		Quantity	Unit	Calories	Protein	Total Fat	Carbohydrates	Total Fiber	Sugar	Calcium	Iron	Magnesium	Phosphorus	Potassium	Sodium	Zinc	Vitamin C	Thiamin	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Vitamin A	Vitamin E	Vitamin D	Vitamin K	Saturated Fat	Monounsaturated Fat	Polyunsaturated Fat	Trans Fat	Cholesterol	
		Artisan Lettuce, chopped	3	cup	21.0	2.2	0.4	3.7	1.8	1.6	57.0	2.0	21.0	54.0	393.0	9.0	0.3	6.0	Thiamin	0.1	0.6	0.1	120.0	0.0	5466.0	0.3	0.0	168.9	0.0	0.0	0.2	0.0	0.0	
	Spinach	1	cup	7.0	0.9	0.1	1.1	0.7	0.1	30.0	0.8	24.0	15.0	167.0	24.0	0.2	8.4	0.0	0.1	0.2	0.1	58.0	0.0	2813.0	0.6	0.0	144.9	0.0	0.0	0.1	0.0	0.0		
	Carrots, shredded	1	oz	12.0	0.3	0.1	2.7	0.8	1.4	9.0	0.1	3.0	10.0	91.0	20.0	0.1	1.7	0.0	0.0	0.3	0.0	5.0	0.0	4745.0	0.2	0.0	3.7	0.0	0.0	0.0	0.0	0.0		
	Sautéed Salmon	4	oz	177.0	30.0	6.3	0.0	0.0	0.0	12.0	0.6	41.0	346.0	494.0	104.0	0.6	0.0	0.2	0.3	11.5	0.9	8.0	5.1	219.0	1.1	759.0	0.1	1.1	2.1	1.5	0.0	69.0		
	Pickled Onions	1	oz	31.0	0.4	0.0	6.9	0.5	5.1	11.5	0.2	4.9	11.0	58.9	440.6	0.1	2.1	0.0	0.0	0.0	0.0	5.0	0.0	1.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0		
	Fried Capers	1	oz	10.0	0.0	0.0	2.0	0.0	0.0	0.0	0.0	0.0	0.0	630.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0		
	Curly Fried Potatoes	1	oz	56.0	0.8	1.9	8.9	0.8	0.1	3.0	0.2	7.0	31.0	141.0	112.0	0.1	4.0	0.0	0.0	0.6	0.1	0.0	0.0	1.0	0.0	0.0	0.8	0.4	1.1	0.1	0.0	0.0		
	Lemon Wedge	1	ea	7.00	0.11	0.07	2.10	0.10	0.77	2.00	0.02	2.00	2.00	31.00	0.00	0.02	11.80	0.01	0.01	0.03	0.01	6.00	0.00	2.00	0.05	0.00	0.00	0.01	0.00	0.01	0.00	0.00		
	TOTALS			321.0	34.7	8.9	27.4	4.7	9.0	124.5	3.9	102.9	469.0	1375.9	1339.6	1.4	34.0	0.4	0.5	13.3	1.3	202.0	5.1	13247.0	2.3	759.0	318.5	1.6	3.3	1.9	0.0	69.0		
Buffalo Chicken	Ingredient		Quantity	Unit	Calories	Protein	Total Fat	Carbohydrates	Total Fiber	Sugar	Calcium	Iron	Magnesium	Phosphorus	Potassium	Sodium	Zinc	Vitamin C	Thiamin	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Vitamin A	Vitamin E	Vitamin D	Vitamin K	Saturated Fat	Monounsaturated Fat	Polyunsaturated Fat	Trans Fat	Cholesterol	
		Lettuce, Romaine	2	cup	16.0	1.2	0.3	3.1	2.0	1.1	32.0	0.9	14.0	28.0	232.0	8.0	0.2	3.8	0.1	0.1	0.3	0.1	128.0	0.0	8188.0	0.1	0.0	96.4	0.0	0.0	0.2	0.0	0.0	
		Lettuce, Iceberg	2	cup	20.0	1.3	0.2	4.3	1.8	2.8	26.0	0.6	10.0	28.0	204.0	14.0	0.2	4.0	0.1	0.0	0.2	0.1	42.0	0.0	722.0	0.3	0.0	34.8	0.0	0.0	0.1	0.0	0.0	
		Tomato, grape	1	oz	5.0	0.3	0.1	1.1	0.3	0.8	3.0	0.1	3.0	7.0	67.0	1.0	0.1	3.9	0.0	0.0	0.2	0.0	4.0	0.0	237.0	0.2	0.0	2.2	0.0	0.0	0.0	0.0	0.0	
		Carrot	1	oz	12.0	0.3	0.1	2.7	0.8	1.4	9.0	0.1	3.0	10.0	91.0	20.0	0.1	1.7	0.0	0.0	0.3	0.0	5.0	0.0	4745.0	0.2	0.0	3.7	0.0	0.0	0.0	0.0	0.0	
		Celery	1.25	oz	6.3	0.3	0.1	1.1	0.6	0.5	13.8	0.1	3.8	8.8	92.5	28.8	0.1	1.1	0.0	0.0	0.1	0.0	12.5	0.0	160.0	0.1	0.0	10.4	0.0	0.0	0.0	0.0	0.0	
		Gorgonzola	1	oz	100.0	6.1	8.2	0.7	0.0	0.1	150.0	0.1	7.0	110.0	73.0	325.0	0.8	0.0	0.0	0.1	0.3	0.0	10.0	0.4	205.0	0.1	6.0	0.7	5.3	2.2	0.2	0.0	21.0	
		Crispy Fried Chicken	2	pieces	170.0	10.6	9.3	10.8	0.6	0.1	10.0	0.4	16.0	166.0	182.0	448.0	0.4	0.0	0.1	0.1	4.3	0.3	0.0	0.1	24.0	0.8	0.0	0.0	1.7	2.2	4.4	0.1	26.0	
		Frank's Buffalo Sauce	0.5	oz	15.0	0.0	2.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
		Striker Sauce	0.5	oz	109.1	0.2	12.3	0.2	0.1	0.1	1.6	0.1	0.5	3.5	7.1	642.8	0.0	0.0	0.0	0.0	0.0	0.0	0.8	0.0	302.2	0.5	0.9	22.6	1.6	2.3	6.2	0.0	5.8	
		Gorgonzola	0.5	oz	50.00	3.04	4.08	0.33	0.00	0.07	75.00	0.05	3.50	55.00	36.50	162.50	0.38	0.00	0.00	0.05	0.14	0.02	5.00	0.18	102.50	0.04	3.00	0.35	2.65	1.10	0.11	0.00	10.50	
		TOTALS			503.3	23.1	36.6	24.2	6.2	7.0	320.3	2.4	60.7	416.2	985.1	2060.0	2.2	14.6	0.2	0.4	5.8	0.6	207.3	0.6	14886.7	2.2	9.9	171.1	11.3	7.8	11.3	0.1	63.3	
	Sweet & Smokey	Ingredient		Quantity	Unit	Calories	Protein	Total Fat	Carbohydrates	Total Fiber	Sugar	Calcium	Iron	Magnesium	Phosphorus	Potassium	Sodium	Zinc	Vitamin C	Thiamin	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Vitamin A	Vitamin E	Vitamin D	Vitamin K	Saturated Fat	Monounsaturated Fat	Polyunsaturated Fat	Trans Fat	Cholesterol
		Lettuce, Red Leaf	4	cup	16.0	1.5	0.2	2.5	1.2	0.5	36.0	1.4	12.0	32.0	208.0	28.0	0.2	4.0	0.1	0.1	0.4	0.1	40.0	0.0	8392.0	0.2	0.0	157.2	0.0	0.0	0.1	0.0	0.0	
		Roasted Red Peppers	2	oz	10.0	0.5	0.2	2.2	0.6	0.0	24.0	0.5	6.0	12.0	82.0	210.0	0.1	26.4	0.0	0.0	0.3	0.1	10.0	0.0	296.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0
		Mandarin Oranges	2	oz	22.0	0.4	0.0	5.3	0.6	4.7	6.0	0.2	6.0	6.0	78.0	2.0	0.3	19.2	0.1	0.0	0.3	0.0	2.0	0.0	746.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
		Raisins, Golden	1	oz	86.0	1.0	0.1	22.6	1.1	16.8	15.0	0.5	10.0	33.0	212.0	3.0	0.1	0.9	0.0	0.1	0.3	0.1	1.0	0.0	0.0	0.0	0.0	1.0	0.0	0.0	0.0	0.0	0.0	
		Currants	1	oz	80.0	1.2	0.1	21.0	1.9	19.1	24.0	0.9	12.0	36.0	253.0	2.0	0.2	1.3	0.0	0.0	0.5	0.1	3.0	0.0	21.0	0.0	0.9	0.0	0.0	0.1	0.0	0.0	0.0	
		Cheese, Pepperjack	2	oz	212.0	13.9	17.2	0.4	0.0	0.3	424.0	0.4	16.0	252.0	46.0	340.0	1.7	0.0	0.0	0.2	0.1	0.0	10.0	0.5	436.0	0.1	12.0	1.4	10.8	5.0	0.5	0.0	50.0	
		Salmon, Smoked	2	oz	33.0	5.2	1.2	0.0	0.0	0.0	3.0	0.2	5.0	47.0	50.0	191.0	0.1	0.0	0.0	0.0	1.3	0.1	1.0	0.9	25.0	0.4	195.0	0.0	0.3	0.6	0.3	0.0	7.0	
		TOTALS			459.0	23.6	19.1	54.1	5.4	41.4	532.0	4.1	67.0	418.0	929.0	776.0	2.7	51.8	0.2	0.5	3.1	0.5	67.0	1.4	9916.0	0.8	207.0	160.5	11.2	5.6	1.1	0.0	57.0	
Crispy Club	Ingredient		Quantity	Unit	Calories	Protein	Total Fat	Carbohydrates	Total Fiber	Sugar	Calcium	Iron	Magnesium	Phosphorus	Potassium	Sodium	Zinc	Vitamin C	Thiamin	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Vitamin A	Vitamin E	Vitamin D	Vitamin K	Saturated Fat	Monounsaturated Fat	Polyunsaturated Fat	Trans Fat	Cholesterol	
		Romaine	2	cup	16.0	1.2	0.3	3.1	2.0	1.1	32.0	0.9	14.0	28.0	232.0	8.0	0.2	3.8	0.1	0.1	0.3	0.1	128.0	0.0	8188.0	0.1	0.0	96.4	0.0	0.0	0.2	0.0	0.0	
		Iceberg	2	cup	20.0	1.3	0.2	4.3	1.8	2.8	26.0	0.6	10.0	28.0	204.0	14.0	0.2	4.0	0.1	0.0	0.2	0.1	42.0	0.0	722.0	0.3	0.0	34.8	0.0	0.0	0.1	0.0	0.0	
		tomato, grape	1	oz	5.0	0.3	0.1	1.1	0.3	0.8	3.0	0.1	3.0	7.0	67.0	1.0	0.1	3.9	0.0	0.0	0.2	0.0	4.0	0.0	237.0	0.2	0.0	2.2	0.0	0.0	0.0	0.0	0.0	
		egg, hard boiled	1	oz	44.0	3.6	3.0	0.3	0.0	0.3	14.0	0.3	3.0	49.0	36.0	35.0	0.3	0.0	0.0	0.1	0.0	0.0	12.0	0.3	148.0	0.3	25.0	0.1	0.9	1.2	0.4	0.0	106.0	
		green onion	1	oz	8.0	0.3	0.1	1.6	0.5	1.1	15.0	0.1	5.0	7.0	45.0	4.0	0.1	3.8	0.0	0.0	0.1	0.0	9.0	0.0	1136.0	0.1	0.0	44.4	0.0	0.0	0.0	0.0		
		cheese, cheddar	2	oz	230.0	13.0	18.9	1.8	0.0	0.3	404.0	0.1	16.0	258.0	44.0	370.0	2.1	0.0	0.0	0.2	0.0	0.0	16.0	0.6	706.0	0.4	14.0	1.4	10.7	5.3	0.8	0.5	56.0	
		crispy chicken	2	oz	170.0	10.6	9.3	10.8	0.6	0.1	10.0	0.4	16.0	166.0	182.0	448.0	0.4	0.0	0.1	0.1	4.3	0.3	0.0	0.1	24.0	0.8	0.0	1.7	2.2	4.4	0.1	26.0		
		TOTALS			493.0	30.1	31.9	23.0	5.2	6.6	504.0	2.6	67.0	543.0	810.0	880.0	3.3	15.5	0.2	0.6	5.1	0.5	211.0	1.0	11161.0	2.1	39.0	179.3	13.4	8.6				



Piadina Wraps

	Calories	Protein	Fat	Carbohydrates	Fiber	Calcium	Sodium	Saturated Fat
	kcal	g	g	g	g	g	mg	µg
Baja Shrimp	581	36	21	61	2	179	1403	4
Chipotle Chicken	612	52	24	46	1	139	988	8
Falafel	682	27	37	86	9	183	1941	5
GoGo Steak	616	44	22	58	1	42	839	5
Santa Fe	627	53	25	46	1	245	590	8
Sausalito	466	19	19	58	7	245	698	7

12/2/2017

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Dressings (Portion size = 2 oz.)

	Calories	Protein	Fat	Carbohydrates	Fiber	Calcium	Sodium	Saturated Fat
	kcal	g	g	g	g	g	mg	µg
Balsamic Vinaigrette	244	0	26	3	2	2	294	4
BBQ Ranch	276	1	27	7	0	5	371	4
Big Country Mustard Honey	339	0	29	19	0	3	871	4
Brown Derby Cobb	320	0	35	3	0	4	704	3
Chipotle Lime Vinaigrette	157	0	16	4	1	8	275	2
Chipotle Ranch	155	1	16	2	0	43	363	4
Dill Caper Dressing	426	1	46	2	0	12	459	7
FF Balsamic Vinaigrette	82	0	4	8	0	2	414	0
FF Walnut Raspberry Vin	80	0	0	18	0	0	400	0
Ginger Vinaigrette	217	1	23	4	0	4	438	3
Greek	327	0	36	2	0	6	582	5
Jalapeño Ranch	164	1	17	2	1	25	701	4
Lemon Vinaigrette	290	0	31	4	0	5	312	3
Mint Vinaigrette	350	0	36	6	0	15	253	5
Newsome Ranch	192	1	20	2	0	40	211	4
Organic Sesame Ginger	250	2	22	10	0	0	730	1
Point Reyes Blue Cheese	275	4	28	2	0	93	548	7
Roasted Red Pepper	56	1	3	10	2	62	847	0
South Texas Salsa	3	0	0	1	0	2	208	0
Sweet Parsley Vinaigrette	310	0	32	6	0	12	656	5

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Finishing Sauces (Portion size = 1 oz)

	Calories	Protein	Fat	Carbohydrates	Fiber	Calcium	Sodium	Saturated Fat
	kcal	g	g	g	g	g	mg	µg
Avocado Cream	163	1	17	2	2	5	148	3
Basil Pesto	173	6	16	4	2	91	115	2
Chili Garlic	54	1	0	11	0	4	278	0
Firecracker	97	0	9	4	0	5	244	1
Go Go	135	1	11	8	0	1	195	2
Maple Glaze	119	0	0	30	0	44	5	0
Mexican Crema	80	1	0	1	0	0	1	5
Striker	109	0	12	0	0	2	643	2
Tzatziki	51	3	4	2	0	32	107	1
Wasabi Cream	93	1	7	7	1	30	490	3

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Nutritional Values for Other Items

	Portion	Calories	Protein	Fat	Carbohydrates	Fiber	Calcium	Sodium	Saturated Fat
		kcal	g	g	g	g	g	mg	µg
Yummy Lemon Cookie	1 oz	150	2	6	23	0	0	105	2
Croutons	1 oz	132	3	5	18	1	27	309	1
Wasabi Peas	1 oz	123	4	4	18	1	35	85	2
Wontons	1 oz	83	3	0	16	1	13	162	0
Tortilla Chips	2 oz	268	4	12	39	3	60	186	2
Sweet Potato Chips	2 oz	240	2	9	40	4	40	440	2
Pickled Onions	1 oz	31	0	0	7	1	12	441	0
Corn and Black Bean Relish	1 oz	43	1	4	1	0	23	29	1
Capers	1 oz	10	0	0	2	0	0	630	0
Spiral Potatoes	1 oz	56	1	2	9	1	3	112	0
Jalapeno Cheddar Bread	2 oz	170	6	3	29	1	1	360	2
Roasted Garlic Bread	2 oz	170	5	3	31	1	0	340	0
Rosemary Olive Bread	2 oz	170	5	3	30	1	0	380	0
Sourdough Bread	2 oz	150	5	1	31	1	0	360	0
Whole Grain Bread	2 oz	160	5	2	31	3	1	280	0
Pecan Raisin Bread	2 oz	170	4	5	29	2	1	270	0
Whipped Honey Orange Butter	1 oz	137	0	12	7	0	2	14	8
Herbed Gorgonzola Bread Spread	1 oz	235	4	24	1	0	106	217	17
Garlic Lovers Bread Spread	1 oz	249	2	26	1	0	61	138	15
Mediterranean Bread Spread	1 oz	180	0	20	1	0	15	47	14

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