



NUTRITIONAL INFORMATION

SALADS

	Size	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugars	Protein
Sicilian Chicken Salad	Small	310	160	19g	4.5g	0g	55mg	580mg	21g	6g	6g	18g
	Large	620	320	38g	9g	0g	110mg	1,160mg	42g	12g	12g	36g
	Party	1,240	640	76g	18g	0g	220mg	2,320mg	84g	24g	24g	72g
Pagliaccio Salad	Small	500	420	48g	9g	0g	60mg	520mg	12g	2g	4g	10g
	Large	1,000	840	96g	18g	0g	120mg	1,040mg	24g	4g	8g	20g
	Party	2,000	1,680	192g	36g	0g	240mg	2,080mg	48g	8g	16g	40g
Caesar Salad	Small	395	307	34.5g	8g	0g	40mg	726mg	13.5g	2g	2g	10g
	Large	790	614	69g	16g	0g	80mg	1,452mg	27g	4g	4g	20g
	Party	1,580	1,228	138g	32g	0g	160mg	2,904mg	54g	8g	8g	40g
Chicken Caesar Salad	Small	455	327	36.5g	8g	0g	40mg	986mg	13.5g	2g	2g	18g
	Large	910	654	73g	16g	0g	80mg	1,972mg	27g	4g	4g	36g
	Party	1,820	1,308	146g	32g	0g	160mg	3,944mg	54g	8g	8g	72g
Pesto Salad	Small	690	280	31g	6g	0g	25mg	590mg	8g	7g	4g	22g
	Large	1,380	560	62g	12g	0g	50mg	1,180mg	16g	14g	8g	44g
	Party	2,760	1,120	124g	24g	0g	100mg	2,360mg	32g	28g	16g	88g

2,000 calories a day is used for general nutrition advice, but calorie needs vary.