


What's for dinner? That's easy.



We're always cooking.™

NUTRITIONAL INFORMATION

SOUPS AND SALADS

Soup/Salad	Serv. Size	Calories	Calories from Fat	Total Fat	Sat. Fat	Carbs	Protein	Cholest.	Sodium	Fiber	Sugar
Caesar Side Salad ¹	119 g	300	230	26 g	4.5 g	13 g	5 g	15 mg	690 mg	< 1 g	2 g
Caesar Salad Entrée ¹	269 g	470	360	40 g	9 g	17 g	14 g	35 mg	1070 mg	3 g	3 g
Grilled Chicken Caesar Salad ¹	384 g	710	450	50 g	11 g	18 g	47 g	125 mg	1290 mg	3 g	3 g
Southwest Grilled Chicken Salad w/ dressing & chips	536 g	890	520	58 g	11 g	46 g	46 g	115 mg	1100 mg	7 g	17 g
Southwest Grilled Chicken Salad (no dressing or chips)	437 g	470	200	23 g	7 g	22 g	45 g	115 mg	480 mg	6 g	8 g
Oriental Grilled Chicken Salad w/ dressing & noodles	565 g	660	220	24 g	3.5 g	58 g	43 g	90 mg	1720 mg	7 g	42 g
 Oriental Grilled Chicken Salad (no dressing or noodles)	452 g	320	90	10 g	2 g	20 g	37 g	90 mg	280 mg	7 g	11 g
Chicken Tortilla Soup with toppings	185 g	170	70	8 g	2.5 g	18 g	8 g	25 mg	1060 mg	2 g	2 g
Chicken Tortilla Soup (no toppings)	157 g	80	40	4.5 g	1 g	7 g	5 g	15 mg	930 mg	1 g	2 g
Turkey Tortilla Soup with toppings	185 g	160	60	7 g	2 g	18 g	9 g	20 mg	1090 mg	2 g	2 g
Turkey Tortilla Soup (no toppings)	175 g	70	30	3.5 g	0.5 g	7 g	5 g	15 mg	960 mg	1 g	2 g
Chicken Noodle Soup	190 g	100	40	4.5 g	1.5 g	8 g	6 g	30 mg	500 mg	0 g	1 g

¹ Caesar Side Salad contains a portion cup (43g) of Caesar Dressing (210 Calories, 22g Fat, 3.5g Saturated Fat, and 480mg Sodium) and a 4 oz portion cup (1/2 oz) of Croutons (60 Calories, 2g Fat, 0g Saturated Fat, and 150mg Sodium). Caesar Entrée Salad and Grilled Chicken Caesar Salad contains a portion cup (60g) of Caesar Dressing (290 Calories, 31g Fat, 5g Saturated Fat, and 680mg Sodium) and a portion cup (1/2 oz) of Croutons (60 Calories, 2g Fat, 0g Saturated Fat, and 150mg Sodium).