

| Spinach | | calories | total fat g. | sat. fat g. | cholesterol mg. | sodium mg. | total carbs g. | dietary fiber g. | sugar g. | protein g. |
|--------------------|-----|----------|--------------|-------------|-----------------|------------|----------------|------------------|----------|------------|
| Spinach | 3oz | 20 | 0 | 0 | 0 | 80 | 3 | 2 | 0 | 2 |
| Blue Cheese | 2oz | 200 | 16 | 10 | 50 | 760 | <1 | <1 | 0 | 12 |
| Walnuts | 1oz | 160 | 16 | 1.5 | 0 | 0 | 3 | 2 | 1 | 4 |
| Apple Granny Smith | 1oz | 18 | 0 | 0 | 0 | 0 | 5 | 1 | 4 | 0 |
| Salt & Pepper | | 1 | 0 | 0 | 0 | 295 | 0 | 0 | 0 | 0 |
| Total amount | | 399 | 32 | 11.5 | 50 | 1135 | 11 | 5 | 5 | 18 |

| | | | | | | | | | | |
|-------------------------|-----|-----|----|---|---|---|---|---|---|---|
| Apple Cider Vinaigrette | 2oz | 300 | 31 | 4 | 0 | 0 | 6 | 0 | 6 | 0 |
|-------------------------|-----|-----|----|---|---|---|---|---|---|---|

| Chicken Caesar | | calories | total fat g. | sat. fat g. | cholesterol mg. | sodium mg. | total carbs g. | dietary fiber g. | sugar g. | protein g. |
|-----------------------|-------|----------|--------------|-------------|-----------------|------------|----------------|------------------|----------|------------|
| Lettuce Romaine | 5oz | 24 | 0 | 0 | 0 | 64 | 3 | 1.6 | 1.6 | 0 |
| Artichoke Hearts | 2oz | 26 | 0 | 0 | 0 | 52 | 6 | 2 | 0 | <1 |
| Salt & Pepper | | 1 | 0 | 0 | 0 | 295 | 0 | 0 | 0 | 0 |
| Crouton Seasoned | 8 | 40 | 1 | 0 | 0 | 120 | 7 | 0 | 0 | 1 |
| Parmesan Cheese | 1oz | 112 | 8.4 | 5.6 | 0 | 168 | 0 | 0 | 0 | 11 |
| Chicken Strips | 3.5oz | 117 | 2.5 | 1 | 58 | 548 | 0 | 0 | 0 | 25 |
| Total amount | | 320 | 11.9 | 6.6 | 58 | 1247 | 16 | 3.6 | 1.6 | 37 |

| | | | | | | | | | | |
|-----------------|-----|-----|----|---|----|-----|---|---|---|---|
| Caesar Dressing | 2oz | 260 | 26 | 5 | 30 | 660 | 4 | 0 | 2 | 2 |
|-----------------|-----|-----|----|---|----|-----|---|---|---|---|

| Greek | | calories | total fat g. | sat. fat g. | cholesterol mg. | sodium mg. | total carbs g. | dietary fiber g. | sugar g. | protein g. |
|----------------------|--------|----------|--------------|-------------|-----------------|------------|----------------|------------------|----------|------------|
| Lettuce Romaine | 5oz | 24 | 0 | 0 | 0 | 64 | 3 | 1.6 | 1.6 | 0 |
| Pepperoncini Peppers | 1oz | 10 | 0 | 0 | 0 | 330 | 2 | 0 | 0 | 0 |
| Kalamata Olives | 1oz | 80 | 7 | 0 | 0 | 460 | 2 | 0 | 0 | 0 |
| Cucumber Fresh | 1oz | 3 | 0 | 0 | 0 | 0 | <1 | 0 | 0 | <1 |
| Red onion | 1/2 oz | 4 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Green Bell Peppers | 1oz | 6 | 0 | 0 | 0 | 0 | 1 | <1 | <1 | 0 |
| Salt & Pepper | | 1 | 0 | 0 | 0 | 295 | 0 | 0 | 0 | 0 |
| Tomato | 2 oz | 12 | 0 | 0 | 0 | 3 | 2 | <1 | 2 | <1 |
| Feta | 1 oz | 80 | 6 | 4 | 20 | 320 | 1 | 0 | 0 | 5 |
| Total amount | | 220 | 13 | 4 | 20 | 1472 | 11 | 1.6 | 3.6 | 5 |

| | | | | | | | | | | |
|----------------|-----|-----|----|---|---|-----|----|---|---|---|
| Greek Dressing | 2oz | 350 | 39 | 5 | 0 | 160 | <1 | 0 | 0 | 0 |
|----------------|-----|-----|----|---|---|-----|----|---|---|---|

| Tuna | | calories | total fat g. | sat. fat g. | cholesterol mg. | sodium mg. | total carbs g. | dietary fiber g. | sugar g. | protein g. |
|-------------------------|------|----------|--------------|-------------|-----------------|------------|----------------|------------------|----------|------------|
| Lettuce Romaine | 5oz | 24 | 0 | 0 | 0 | 64 | 3 | 1.6 | 1.6 | 0 |
| Salt & Pepper | | 1 | 0 | 0 | 0 | 295 | 0 | 0 | 0 | 0 |
| Spicy Pickle Tuna Salad | 4oz | 157 | 9 | 1.5 | 35 | 590 | <1 | 0 | 0 | 22 |
| Tomato | 2 oz | 12 | 0 | 0 | 0 | 3 | 2 | <1 | 2 | <1 |
| Kalamata Olives | 1oz | 80 | 7 | 0 | 0 | 460 | 2 | 0 | 0 | 0 |
| Total amount | | 274 | 16 | 1.5 | 35 | 1412 | 7 | 1.6 | 3.6 | 22 |

| | | | | | | | | | | |
|-----------------------------|--|-----|----|---|---|-----|---|---|---|---|
| Lemon Olive Oil Vinaigrette | | 340 | 38 | 5 | 0 | 460 | 3 | 0 | 3 | 0 |
|-----------------------------|--|-----|----|---|---|-----|---|---|---|---|

| El Rancho | | calories | total fat g. | sat. fat g. | cholesterol mg. | sodium mg. | total carbs g. | dietary fiber g. | sugar g. | protein g. |
|------------------|-------|----------|--------------|-------------|-----------------|------------|----------------|------------------|----------|------------|
| Lettuce Romaine | 5oz | 24 | 0 | 0 | 0 | 64 | 3 | 1.6 | 1.6 | 0 |
| Salt & Pepper | | 1 | 0 | 0 | 0 | 295 | 0 | 0 | 0 | 0 |
| Chicken Strips | 3.5oz | 117 | 2.5 | 1 | 58 | 548 | 0 | 0 | 0 | 25 |
| Bean Black | 2oz | 43 | 0.25 | 0 | 0 | 174 | 8 | 3 | 0 | 3 |
| Corn Relish | 2oz | 35 | 0 | 0 | 0 | 350 | 7 | <1 | 2 | <1 |
| Tomato | 2 oz | 12 | 0 | 0 | 0 | 3 | 2 | <1 | 2 | <1 |
| Total amount | | 232 | 2.75 | 1 | 58 | 1434 | 20 | 4.6 | 5.6 | 28 |

| | | | | | | | | | | |
|----------------------|-----|-----|----|-----|----|-----|---|---|---|----|
| Spicy Ranch Dressing | 2oz | 290 | 31 | 4.5 | 15 | 560 | 3 | 0 | 2 | <1 |
|----------------------|-----|-----|----|-----|----|-----|---|---|---|----|

| | | calories | total fat g. | sat. fat g. | cholesterol mg. | sodium mg. | total carbs g. | dietary fiber g. | sugar g. | protein g. |
|--------------------|-----|----------|--------------|-------------|-----------------|------------|----------------|------------------|----------|------------|
| Broc cheddar | 8oz | 250 | 18 | 10 | 50 | 1020 | 14 | 1 | 4 | 9 |
| Corn & Green Chili | 8oz | 180 | 10 | 5 | 30 | 1060 | 19 | 2 | 4 | 4 |
| Loaded Potato | 8oz | 260 | 15 | 7 | 45 | 730 | 22 | 1 | 4 | 6 |

Add on meats

| | | | | | | | | | | |
|-------------------------|-----|-----|-----|-----|----|------|----|---|---|----|
| Salami | 2oz | 240 | 22 | 10 | 70 | 1000 | 0 | 0 | 0 | 10 |
| Chicken Strips | 2oz | 67 | 1.3 | 0.7 | 33 | 313 | 0 | 0 | 0 | 14 |
| Turkey | 2oz | 50 | 1 | 0 | 25 | 5.3 | 0 | 0 | 0 | 12 |
| Spicy Pickle Tuna Salad | 4oz | 157 | 9 | 1.5 | 35 | 590 | <1 | 0 | 0 | 22 |