



NUTRITION INFORMATION

GREENS

ITEM	SERVING SIZE (cup)	CALORIES (cals)	PROTEIN (g)	CALORIES FROM FAT (cals)	TOTAL FAT (g)	SATURATED FAT (g)	CHOLESTEROL (mg)	TRANSFAT (g)	TOTAL CARBOHYDRATES (g)	SUGAR (g)	DIETARY FIBER (g)	SODIUM (mg)
ROMAINE	3.25	26	1.5	0	0	0	0	0	5	3	1.5	12
BABY SPINACH	3.25	22	2.5	3	0.4	0	0	0	3.5	0	2	77
SIMPLY SALAD MIX	3.25	41	1.5	8	0	0	0	0	6.5	1.5	3	130
ARUGULA	3.25	16	1.5	4	0.4	0	0	0	2	1	1	18
KALE	3.25	109	7	14	1.5	0	0	0	22	0	4	94

TOPPINGS

Simple Toppings

ITEM	SERVING SIZE (cup)	CALORIES (cals)	PROTEIN (g)	CALORIES FROM FAT (cals)	TOTAL FAT (g)	SATURATED FAT (g)	CHOLESTEROL (mg)	TRANSFAT (g)	TOTAL CARBOHYDRATES (g)	SUGAR (g)	DIETARY FIBER (g)	SODIUM (mg)
ALFALFA SPROUTS	1/4	2	0	0	0	0	0	0	0	0	0	0
BEAN SPROUTS	1/4	2	0	0	0	0	0	0	0	0	0	0
BEETS	1/4	9	0	0	0	0	0	0	2	1.5	0.5	16
BLACK BEANS	1/4	49	3	0	0	0	0	0	9	0	2	0
BLACK OLIVES	1/4	34	0	31	3	0	0	0	2	0	2	292
BROCCOLI	1/4	7	1	0	0	0	0	0	1	0	1	0
CARROTS	1/4	13	0	0	0	0	0	0	3	1	1	21
CELERY	1/4	4	0	0	0	0	0	0	1	0	0	20
CILANTRO	1/4	0	0	0	0	0	0	0	0	0	0	0
CORN	1/4	48	1.3	21	2.6	0	0	0	8	2	1	10
CRISPY ONIONS	1/3	88	0	59	7	3	0	0	6	0	0	118
CRISPY WONTONS	1/3	61	1	5	0	0	0	0	11	0	0	133
CUCUMBERS	1/4	4	0	0	0	0	0	0	1	0	0	1

EDAMAME	1/4	60	5	22.5	2.5	0.5	0	0	4.5	1	2.5	225
GARBANZO BEANS	1/4	50	3	0	0	0	0	0	10	0.5	2.5	175
GRANNY SMITH APPLES	1/4 medium	18	0	0	0	0	0	0	5	4	1	<1
GRAPE TOMATOES	1/4	8	0	0	0	0	0	0	2	1	1	2
HARD BOILED EGGS	1 medium	77	6	45	5	2	212	0	1	1	0	62
HOUSE CROUTONS	1/3	63	1	33	4	1	0	0	6	0	0	409
HOUSE PITA CHIPS	2 pita chips	90	3	6	0	0	0	0	17	1	1	173
JALAPENOS	1/4	15	1	0	0	0	0	0	3	2	1	3
JICAMA	1/4	12	0	0	0	0	0	0	3	1	2	1
KIDNEY BEANS	1/4	50	3	0	0	0	0	0	10	0.5	3	175
MANDARIN ORANGES	1/4	35	0.5	0	0	0	0	0	8.5	8.5	0.5	5
PEANUTS	1/8	32	1	25	3	1	0	0	1	0	0.5	1
PEPPERONCINIS	1/4	10	0	0	0	0	0	0	2	1	0	550
PICKLED GINGER	1/4	6	1	0	0	0	0	0	2	0	2	720
PICKLED ONIONS	1/4	17	0	0	0	0	0	0	4	2	1	7
PURPLE CABBAGE	1/4	7	0	0	0	0	0	0	2	1	0	6
RAINBOW ROTELLI PASTA	1/4	63	2	3	0.3	0	0	0	13	1	0	5
RAISINS	1/8	58	0	0	0	0	0	0	15	11	0.5	2
RED BELL PEPPERS	1/4	10	0	0	0	0	0	0	2.5	2	1	1
RED ONIONS	1/4	16	0	0	0	0	0	0	4	2	1	2
SAUTEED MUSHROOMS	1/4	6	0.5	2	0	0	0	0	1	0	0	68
SUNFLOWER SEEDS	1/8	75	3	50	5.5	1	0	0	3.5	0	1.5	0
TORTILLA STRIPS	1/3	92	0	53	5	0	0	0	11	0	0	40

Premium Toppings

ITEM	SERVING SIZE (cup)	CALORIES (cals)	PROTEIN (g)	CALORIES FROM FAT (cals)	TOTAL FAT (g)	SATURATED FAT (g)	CHOLESTEROL (mg)	TRANSFAT (g)	TOTAL CARBOHYDRATES (g)	SUGAR (g)	DIETARY FIBER (g)	SODIUM (mg)
ARTICHOKE HEARTS	1/4	23	1.5	0	0	0	0	0	5.5	0	1.5	110
ASPARAGUS	1/4	10	1	1	0	0	0	0	2	0.5	1	6
AVOCADO	1/2 medium	111	1	90	10	1	0	0	6	0	5	5
BAKED TOFU	3 oz	70	7	45	4.5	0.5	0	0	2	0	<1	15
CANDIED WALNUTS	1/8	78	1	63	7	1.5	4	0	4	3	1	4
DRIED CHERRIES	1/8	60	0.5	0	0	0	0	0	13	10	0.5	0
DRIED CRANBERRIES	1/8	65	0	0	0	0	0	0	17	15	2	0
HUMMUS	3	177	7	82	9	4.5	0	0	18	1	4.5	382
QUINOA	1/4	56	2	9	1	0	0	0	10	0	1	3
ROASTED ALMONDS	1/8	170	6	144	16	1	0	0	5	1	3	0
SNOW PEAS	1/4	9	0	0	0	0	0	0	2	1	0	1

Meats

ITEM	SERVING SIZE (oz)	CALORIES (cals)	PROTEIN (g)	CALORIES FROM FAT (cals)	TOTAL FAT (g)	SATURATED FAT (g)	CHOLESTEROL (mg)	TRANSFAT (g)	TOTAL CARBOHYDRATES (g)	SUGAR (g)	DIETARY FIBER (g)	SODIUM (mg)
BBQ CHICKEN*	*3	183	26	29	3	1	71	0	11	10	0	627
BUFFALO CHICKEN*	*3	161	26	50	5	2	77	0	0	0	0	1,282
CRISPY BACON	2 (8" strips)	297	14	237	26	11	48	0	1	0	0	986
CURRY CHICKEN*	*3	172	27	30	3	1	71	0	7	6	0	366
GRILLED CHICKEN	3	140	26	29	3	1	71	0	0	0	0	351
GRILLED STEAK	3	110	15	40	4	1	45	0	2	0	0	500
PESTO CHICKEN*	*3	251	27	135	15	2	72	0	1	0	0	450
ROASTED TURKEY BREAST	3	90	20	15	2	0	38	0	0	0	0	600

Seafood

ITEM	SERVING SIZE (oz)	CALORIES (cals)	PROTEIN (g)	CALORIES FROM FAT (cals)	TOTAL FAT (g)	SATURATED FAT (g)	CHOLESTEROL (mg)	TRANSFAT (g)	TOTAL CARBOHYDRATES (g)	SUGAR (g)	DIETARY FIBER (g)	SODIUM (mg)
SALMON	3	214	19	135	15.5	3	54	0	0	0	0	62
SEARED AHI TUNA	3	90	20	7	1	0	37	0	0	0	0	37
SHRIMP	3	91	17	14	1.5	0	114	0	1	0	0	299
TUNA SALAD	3	361	19	269	30	5	27	0	0	0	0	335

*ALL FLAVORED CHICKEN CONTAINS THE NUTRIENT VALUES FOR THE GRILLED CHICKEN, PLUS 1 OZ. OF ITS RESPECTIVE FLAVORING SAUCE

*SERVING SIZE DOES NOT INCLUDE 1 OZ. OF FLAVORING SAUCE

Cheese

ITEM	SERVING SIZE (cup)	CALORIES (cals)	PROTEIN (g)	CALORIES FROM FAT (cals)	TOTAL FAT (g)	SATURATED FAT (g)	CHOLESTEROL (mg)	TRANSFAT (g)	TOTAL CARBOHYDRATES (g)	SUGAR (g)	DIETARY FIBER (g)	SODIUM (mg)
CHEDDAR	1/4	110	7	80	9	5	30	0	1	0	0	170
CRUMBLED BLUE CHEESE	1/4	100	6	70	8	5	25	0	0	0	0	380
CRUMBLED FETA	1/4	90	8	60	7	5	15	0	2	0	1	440
GOAT CHEESE	1/4	80	5	50	6	4	25	0	3	1	0	80
MOZZARELLA (low fat)	1/4	90	6	50	6	4	15	0	1	1	1	150
PEPPER JACK CHEESE	1/4	110	7	80	9	5	30	0	1	0	0	170
SHREDDED PARMESAN	1/4	110	9	70	8	4.5	25	0	1	0	0	410

DRESSING

The Usual

ITEM	SERVING SIZE (oz)	CALORIES (cals)	PROTEIN (g)	CALORIES FROM FAT (cals)	TOTAL FAT (g)	SATURATED FAT (g)	CHOLESTEROL (mg)	TRANSFAT (g)	TOTAL CARBOHYDRATES (g)	SUGAR (g)	DIETARY FIBER (g)	SODIUM (mg)
BALSAMIC VINAIGRETTE	1 (light)	144	0	130	15	3	0	0	2	1	0	129
	2 (medium)	287	0	261	30	6	0	0	3	2	0	258
	3 (heavy)	431	0	391	45	10	0	0	5	3	0	387
BBQ RANCH	1 (light)	92	0	62	7	1	3	0	6	5	0	210
	2 (medium)	183	0	123	14	2	7	0	11	10	0	419
	3 (heavy)	275	0	185	20	4	10	0	17	15	0	629
BLUE CHEESE	1 (light)	130	1	120	13	3	10	0	2	1	0	310
	2 (medium)	260	2	240	26	6	20	0	4	2	0	620
	3 (heavy)	390	3	360	39	9	30	0	6	3	0	930
CAESAR	1 (light)	146	1	127	14	3	9	0	1	0	0	227
	2 (medium)	293	1	254	28	6	18	0	1	1	0	455
	3 (heavy)	439	2	380	42	8	27	0	2	1	0	682
HONEY MUSTARD	1 (light)	150	1	120	14	2	10	0	6	6	0	200
	2 (medium)	300	2	240	28	4	20	0	12	12	0	400
	3 (heavy)	450	3	360	42	6	30	0	18	18	0	600
ITALIAN	1 (light)	128	0	119	14	1	0	0	1	1	0	156
	2 (medium)	256	0	238	27	2	0	0	3	2	0	312
	3 (heavy)	384	0	357	41	3	0	0	4	2	0	468
MEDITERRANEAN RANCH	1 (light)	134	0	121	14	2	4	0	1	1	0	150
	2 (medium)	269	1	242	27	4	7	0	3	2	0	299
	3 (heavy)	403	1	363	41	5	10	0	3	2	0	449
RANCH	1 (light)	141	0	123	14	2	7	0	1	0	0	143
	2 (medium)	281	1	247	27	5	13	0	2	1	0	286
	3 (heavy)	422	1	370	41	7	20	0	2	1	0	430

Something Different

ITEM	SERVING SIZE (oz)	CALORIES (cals)	PROTEIN (g)	CALORIES FROM FAT (cals)	TOTAL FAT (g)	SATURATED FAT (g)	CHOLESTEROL (mg)	TRANSFAT (g)	TOTAL CARBOHYDRATES (g)	SUGAR (g)	DIETARY FIBER (g)	SODIUM (mg)
ASIAN SOY	1 (light)	169	1	143	16	3	7	0	2	2	0	665
	2 (medium)	337	2	286	31	6	13	0	5	3	0	1329
	3 (heavy)	506	4	429	47	9	20	0	7	5	0	1994
CILANTRO LIME VINAIGRETTE	1 (light)	124	0	106	12	2	5	0	2	1	0	139
	2 (medium)	249	0	213	23	4	11	0	4	2	0	279
	3 (heavy)	373	0	319	35	6	16	0	6	3	0	418

FAR EAST	1 (light)	130	0	100	11	1	0	0	8	7	0	410
	2 (medium)	260	0	200	22	2	0	0	16	14	0	820
	3 (heavy)	390	0	300	33	3	0	0	24	21	0	1230
HONEY CHIPOTLE	1 (light)	130	0	104	12	1	0	0	7	7	0	95
	2 (medium)	260	0	209	23	2	0	1	15	15	0	189
	3 (heavy)	390	0	313	35	3	0	1	22	22	0	284
HORSERADISH	1 (light)	144	0	128	14	3	6	0	1	0	0	248
	2 (medium)	289	0	255	28	5	13	0	3	1	0	496
	3 (heavy)	433	0	383	42	8	19	0	4	1	0	744
PESTO VINAIGRETTE	1 (light)	111	0.5	106	12	1	1	0	1	0	0	99
	2 (medium)	221	1	211	25	3	1	0	2	0	0	198
	3 (heavy)	332	1.5	317	37	4	2	0	3	1	1	296
SRIRACHA VINAIGRETTE	1 (light)	106	0	85	9	1	0	0	6	5	0	74
	2 (medium)	211	0	170	18	3	0	0	11	10	0	148
	3 (heavy)	317	0	256	27	4	0	0	17	16	0	222
SPICY CHIPOTLE	1 (light)	126	0	109	12	2	5	0	2	1	0	211
	2 (medium)	253	0	217	24	4	11	0	4	2	0	421
	3 (heavy)	379	0	326	36	6	16	0	6	3	0	632
SWEET WALDORF	1 (light)	134	0	112	12	2	6	0	3	3	0	89
	2 (medium)	269	0	224	25	4	11	0	6	5	0	178
	3 (heavy)	403	0	336	37	7	17	0	9	8	0	268
TAHINI	1 (light)	134	2	119	13	2	0	0	3	0	1	160
	2 (medium)	267	4	238	26	4	0	1	6	0	2	320
	3 (heavy)	401	5	357	40	6	0	1	9	1	3	479
THAI PEANUT	1 (light)	105	2	68	8	1	0	0	4	3	1	242
	2 (medium)	211	4	135	15	1	0	0	8	5	1	483
	3 (heavy)	316	5	203	23	2	0	0	12	8	2	725

SIGNATURES

ITEM	SERVING SIZE	CALORIES (cals)	PROTEIN (g)	CALORIES FROM FAT (cals)	TOTAL FAT (g)	SATURATED FAT (g)	CHOLESTEROL (mg)	TRANSFAT (g)	TOTAL CARBOHYDRATES (g)	SUGAR (g)	DIETARY FIBER (g)	SODIUM (mg)
CARDINI'S CAESAR	Salad	270	14.5	106	12	5.5	25	0	15.5	10.5	6.5	928
	Wrap	529	18.5	175	20	7.5	25	0	68	5	3.5	1161
with Chicken	Salad	410	40.5	135	15	6.5	96	0	15.5	10.5	6.5	1279
	Wrap	669	44.5	204	23	8.5	96	0	68	5	3.5	1512
with Salmon	Salad	484	33.5	241	27.5	8.5	79	0	15.5	10.5	6.5	990
	Wrap	743	37.5	310	35.5	10.5	79	0	68	5	3.5	1223
with Shrimp	Salad	361	31.5	120	13.5	5.5	139	0	16.5	10.5	6.5	1227
	Wrap	620	35.5	189	21.5	7.5	139	0	69	5	3.5	1460
with Turkey	Salad	360	34	121	13.5	5.5	62.5	0	15.5	10.5	6.5	1528
	Wrap	619	38	190	21.5	7.5	62.5	0	68	5	3.5	1761
CHINATOWN	Salad	539	38	189	19	2	71	0	49.5	16.5	10.5	718
	Wrap	791	42	254	27	4	71	0	91.25	15.75	9.75	892
DOWNTOWN COBB	Salad	790	52	470	51.5	19	327.5	0	19.5	12.5	12.5	1934
	Wrap	1049	56	524	58	21	327.5	0	72	7	9.5	2167
EARTHY, NUTTY, CRUNCHY	Salad	475	23.3	191	19.1	3	0	0	53	8	13.5	1130
	Wrap	719	27.3	252	27.1	5	0	0	94	8	12	1245
EL JEFE	Salad	576	25.8	306	33.5	4	54	0	46.5	9.5	10	245
	Wrap	840	29.8	373	41.3	6	54	0	90.5	9	10.25	475
EL PASO	Salad	656	42.8	276	29.6	7	101	0	46.5	14	16.5	862
	Wrap	915	46.8	345	37.6	9	101	0	99	8.5	13.5	1095
THE HIPSTER	Salad	488	37	153	16	6.5	100	0	45	23	7.5	663
	Wrap	740	41	218	24	8.5	100	0	86.75	22.25	6.75	837
SEARED SHOGUN	Salad	427	27.5	170	18.4	4	37	0	38.5	4	13.5	1200
	Wrap	681	31	234	95.5	6	37	0	81	4.75	12.5	1341
STEAK-OUT	Salad	624	42	356	38.4	17	118	0	25	5	6	2116
	Wrap	885	45.5	424	46.2	19	118	0	68.25	5	5.75	2316
THAI IT UP	Salad	355	32.5	62	6	2	71	0	26	13.5	9	616
	Wrap	614	36.5	134	14	4	71	0	78.5	8	6	849
THE BUFF	Salad	488	38.5	192	21	10	107	0	22.5	13.5	8.5	1723
	Wrap	747	42.5	261	29	12	107	0	75	8	5.5	1956
THE 'CUE	Salad	695	47.8	256	27.6	11	126	0	52.5	24.5	10.5	1338
	Wrap	954	51.8	325	35.6	13	126	0	105	19	7.5	1571

*1 PITA WEDGE (1/4 PITA) ON EACH SALAD IS INCLUDED IN SALAD CALCULATIONS.

MISCELLANEOUS

Fresh Made Drinks

ITEM	SERVING SIZE (oz)	CALORIES (cals)	PROTEIN (g)	CALORIES FROM FAT (cals)	TOTAL FAT (g)	SATURATED FAT (g)	CHOLESTEROL (mg)	TRANSFAT (g)	TOTAL CARBOHYDRATES (g)	SUGAR (g)	DIETARY FIBER (g)	SODIUM (mg)
SIMPLY'S ARNOLD PALMER	16 (short)	115	0	0	0	0	0	0	31	26	0	0
	24 (tall)	173	0	0	0	0	0	0	46	42	0	1
SIMPLY'S LEMONADE	16 (short)	230	0	0	0	0	0	0	61	56	0	1
	24 (tall)	345	0	0	0	0	0	0	92	84	0	2
SIMPLY'S UNSWEETENED ICED TEA	16 (short)	0	0	0	0	0	0	0	0	0	0	0
	24 (tall)	0	0	0	0	0	0	0	0	0	0	0

Snacks / Sides

ITEM	SERVING SIZE (oz)	CALORIES (cals)	PROTEIN (g)	CALORIES FROM FAT (cals)	TOTAL FAT (g)	SATURATED FAT (g)	CHOLESTEROL (mg)	TRANSFAT (g)	TOTAL CARBOHYDRATES (g)	SUGAR (g)	DIETARY FIBER (g)	SODIUM (mg)
CANDIED WALNUTS	2	312	5	252	14	6	17	0	7	11	1	17
PITA CHIPS & HUMMUS	7 (1/4 wedges)	315	10.5	21	0	0	0	0	59.5	3.5	3.5	605
	3	177	7	82	9	4.5	0	0	18	1	4.5	382
PITA WEDGE	1 (1/4 pita)	45	1.5	3	0	0	0	0	8.5	0.5	0.5	86.5
TORTILLA WRAP	1 tortilla	330	7	72	8	2	0	0	56	2	2	330

Simply Salad Cookies

ITEM	SERVING SIZE (cookie)	CALORIES (cals)	PROTEIN (g)	CALORIES FROM FAT (cals)	TOTAL FAT (g)	SATURATED FAT (g)	CHOLESTEROL (mg)	TRANSFAT (g)	TOTAL CARBOHYDRATES (g)	SUGAR (g)	DIETARY FIBER (g)	SODIUM (mg)
APRICOT CRANBERRY	1	339	4.3	130	14.46	9.2	0	0	54	28	12.61	178
BANANA WALNUT	1	324	4.2	239	26.5	11.9	0	0	66	28	12.3	210
PEANUT BUTTER	1	465	10	240	26.7	11.1	61.5	0	61	24	7.92	201
CHOCOLATE CHIP	1	435	7	268	29.8	11.4	62.15	0	66	28	8.57	231
CHOCOLATE ESPRESSO	1	412	6	192	21.3	10.7	62.15	0	65	26	7.85	193

MISCELLANEOUS

Soups

ITEM	SERVING SIZE (oz)	CALORIES (cals)	PROTEIN (g)	CALORIES FROM FAT (cals)	TOTAL FAT (g)	SATURATED FAT (g)	CHOLESTEROL (mg)	TRANSFAT (g)	TOTAL CARBOHYDRATES (g)	SUGAR (g)	DIETARY FIBER (g)	SODIUM (mg)
BROCCOLI CHEDDAR												
Allergens: Dairy, Wheat	12	345	12	225	24	15	82.5	0	18	4.5	3	1050
	24	690	24	450	48	30	165	0	36	9	6	2100
CHICKEN TORTILLA												
Allergens: Milk	12	285	15	135	15	5.25	45	0	21	6	3	1155
	24	570	30	270	30	10.5	90	0	42	12	6	2310
CHICKEN POBLANO												
Allergens: Milk, Wheat And Soy	12	360	13.5	195	22.5	12	82.5	0	28.5	6	4.5	1440
	24	720	27	390	45	24	165	0	57	12	9	2880
CHICKEN NOODLE												
Allergens: Wheat And Egg	12	150	10.5	45	4.5	1.5	37.5	0	16.5	3	1.5	1020
	24	300	21	90	9	3	75	0	33	6	3	2040
CLAM CHOWDER												
Allergens: Dairy, Fish (Cod, Pollock, some Shellfish)	12	495	13.5	300	33	21	135	0	31.5	7.5	1.5	1440
	24	990	27	600	66	42	270	0	63	15	3	2880
COCONUT CURRY CHICKEN												
Allergens: Dairy, Wheat, Treenuts (Coconut), Soy, Shellfish (Shrimp)	12	345	10.5	195	22.5	12	69	0	25.5	9	3	1215
	24	690	21	390	45	24	138	0	51	18	6	2430
MEXICAN MEATBALL												
Allergens: Dairy, Eggs, Wheat	12	330	12	195	21	7.5	60	0	22.5	6	3	1755
	24	660	24	390	42	15	120	0	45	12	6	3510
SHRIMP CHOWDER												
Allergens: Milk, Shellfish (Shrimp), Wheat And Soy	12	360	7.5	195	21	10.5	90	0	34.5	12	3	990
	24	720	15	390	42	21	180	0	69	24	6	1980