

Wendy's

GARDEN SENSATIONS™ SALADS

(toppings and salad dressings listed separately)

Nutrition Information

	Serving Size	Weight (g)	Calories	Kilojoules	Protein (g)	Fat (g) **	Polysaturated (g)	Monounsaturated (g)	Saturated (g)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sodium (mg)	Potassium (mg)
Caesar Side Salad (Romaine, Parmesan Cheese, Bacon Pieces)	1 ea.	99	72	300	6.4	4.2	0.8	1.5	2.1	12	2.5	1.5	260	282
Homestyle Garlic Croutons	1 pkt.	14	66	280	1.5	2.6	0.4	1.1	0.4	0	9.0	0.3	119	15
Caesar Dressing	1 pkt.	28	154	640	0.7	16	4.8	9.5	1.4	9	1.0	0.1	154	3
Side Salad (Iceberg, Romaine, Cucumbers, Grape Tomatoes, Red Onions, Carrots)	1 ea.	167	34	140	1.7	0.3	0.1	0	0	0	6.9	2.5	18	349
Chicken BLT Salad (Iceberg, Romaine, Spring Salad Mix, Cucumbers, Grape Tomatoes, Cheddar Cheese Bacon Pieces, Diced Chicken)	1 ea.	376	308	1290	33	16	1.3	4.6	10	59	9.8	3.5	1125	606
Homestyle Garlic Croutons	1 pkt.	14	66	280	1.5	2.6	0.4	1.1	0.4	0	9.0	0.3	119	15
Honey Mustard Dressing	1 pkt.	71	311	1300	0.9	29	8.5	17	2.2	26	12	0.5	417	26
Mandarin Chicken Salad (Iceberg, Romaine, Spring Salad Mix, Mandarin Oranges, Diced Chicken)	1 ea.	348	155	650	20	1.5	0.3	0.3	0.2	11	17	3.2	653	415
Roasted Almonds	1 pkt.	21	127	530	4.4	12	2.8	7.3	0.9	0	3.8	2.2	71	147
Crispy Rice Noodles	1 pkt.	14	63	260	1.1	2.1	0.1	1.1	0.6	0	10	0.3	179	13
Oriental Sesame Dressing	1 pkt.	71	274	1150	1.6	21	6.3	11	1.6	0	20	0.4	625	42
Spring Mix Salad (Iceberg, Romaine, Spring Salad Mix, Cucumbers, Grape Tomatoes, Red Onions, Carrots, Cheddar Cheese)	1 ea.	315	177	740	11	11	0.6	2.3	8.4	32	11	4.2	222	623
Honey Roasted Pecans	1 pkt.	20	133	560	1.6	13	4.0	7.0	1.2	0	5.2	1.6	67	67
House Vinaigrette Dressing	1 pkt.	71	226	950	0.2	20	5.9	12	1.4	0	12	0.4	822	50
Taco Supremo Salad (Iceberg, Romaine, Tomatoes, Red Onions Cheddar Cheese, Wendy's Chili)	1 ea.	495	363	1520	27	17	1.2	5.1	11	65	28	8.1	1086	950
Taco Chips	1 pkt.	43	221	920	3.0	11	1.8	6.9	1.8	0	25	2.1	151	95
Sour Cream	1 pkt.	43	65	270	1.3	6.0	0.2	1.7	3.7	17	1.8	0	18	56
Salsa	1 ea.	85	27	110	0.7	0.2	0	0	0	0	5.6	0.5	437	11
ADDITIONAL SALAD DRESSINGS														
Creamy Ranch	1 pkt.	71	294	1230	1.9	29	8.5	17	2.5	25	5.4	0.3	710	100
Fat Free French Style	1 pkt.	71	95	400	0.4	0.2	0.1	0.1	0	0	23	0.6	246	74
Low Fat Honey Mustard	1 pkt.	71	127	530	0.4	2.9	0.9	1.6	0.2	1	25	0.6	311	21
Reduced Fat Creamy Ranch	1 pkt.	71	119	500	1.9	9.1	2.6	5.2	0.9	16	7.4	1.1	619	113

** Total fats are comprised of many substances other than those listed.

PRODUCT INGREDIENTS

BACON PIECES: Pork cured with Water, Salt, Sugar, Smoke Flavouring Sodium Phosphate (emulsifier) Sodium Erythorbate (buffering agent), Sodium Nitrate (colour enhancer).

CAESAR DRESSING: Canola and/or Soya Oil, Water, Frozen Whole Egg, Vinegar, Salt, Parmesan Cheese, Concentrated Lemon Juice, Spices, Romano Cheese, Lactic Acid, Seasoning, Garlic Powder, Polysorbate 60, Dehydrated Garlic, Anchovy Paste, Sorbic Acid, Xanthan Gum (thickener), Sodium Benzoate (preservative).

CHEDDAR CHEESE, SHREDDED: Milk, Bacterial Culture, Salt, Rennet or Pepsin or Microbial Enzymes, Calcium Chloride (firming agent), Lipase, Cellulose, Coloured with Annatto.

CHILI: Ground Beef, Chili Base (Tomatoes, Salt, Calcium Chloride, Citric Acid), Seasoning (Maltodextrin, Tomato Powder, Spices, Salt, Corn Starch Modified, Sugar, Onion, Dextrose, Garlic, Hydrogenated Soya Oil, Silicon Dioxide (anti-caking agent), Xanthan Gum (thickener), Autolyzed Yeast, Disodium Inosinate and Guanylate (flavour enhancers), Citric Acid (preservative), Artificial Flavour, Vegetable Mix (Onions, Celery, Green Pepper), Kidney Beans (Kidney Beans, Water, Sugar, Corn Syrup, Salt, Natural Flavours, Onion, Calcium Chloride), Calcium Disodium EDTA (preservative), Chili Beans (Pink Beans, Water, Sugar, Corn Syrup, Salt, Natural Flavours, Onion, Calcium).

CREAMY RANCH DRESSING: Canola and/or Soya Oil, Buttermilk (Skim Milk, Carrageenan [binding agent], Locust Bean Gum [thickener], Guar Gum [thickener], Bacterial Culture, Salt), Water, Vinegar, Buttermilk Powder, Sour Cream

(Milk Ingredients, Modified Corn Starch, Guar Gum [thickener], Carrageenan [binding agent], Locust Bean Gum [thickener], Sodium Citrate (anti-oxidant), Bacterial Culture, Microbial Enzyme), Sugar, Frozen Yolk, Salt, Onion Powder, Garlic Powder, Spices and Seasoning, Xanthan Gum (thickener), Propylene Glycol Alginate (emulsifier/thickener), Potassium Sorbate and Sodium Benzoate (preservatives), Lactic Acid, Dehydrated Parsley, Natural Flavour, Colour, Calcium Disodium EDTA (flavour protector).

CREAMY RANCH DRESSING, REDUCED FAT: Water, Buttermilk, Canola and/or Soya Oil, Sour Cream (Milk Ingredients, Modified Corn Starch, Propylene Glycol Monoester, Pectin, Colour, Sodium Phosphate, Cellulose Gel and Cellulose Gum (thickeners), Sodium Citrate (anti-oxidant), Bacterial Culture, Natural Flavour), Vinegar, Sugar, Modified Milk Ingredients, Salt, Frozen Yolk, Modified Corn Starch, Microcrystalline Cellulose and Modified Cellulose (thickeners), Onion Powder, Garlic Powder, Xanthan Gum (thickener), Spices and Seasonings, Natural Flavour, Propylene Glycol Alginate (emulsifier/thickener), Potassium Sorbate and Sodium Benzoate (preservatives), Lactic Acid, Dehydrated Parsley, Calcium Disodium EDTA (flavour protector).

CRISPY RICE NOODLES: Bleached Enriched Wheat Flour (Niacin, Reduced Iron Thiamine Mononitrate Riboflavin Folic Acid), Partially Hydrogenated Vegetable Oil (Soya and/or Cottonseed), Rice Flour, Corn Starch, Modified Salt, Water.

DICED CHICKEN: Chicken Breast Fillets with Rib Meat, Water, Seasoning (Salt, Dextrose, Maltodextrin, Natural and Artificial Flavouring [Cereal, Egg, Soybean], Autolyzed Yeast Extract, Sugar, Fructose, Onion Powder, Disodium Inosinate and -ylate [flavour enhancers] Corn Starch Modified, Soy _ ein Concentrate, Sodium Phosphates (emulsifier), Fructose.

Wendy's

POTATOES, CHILI & NUGGETS

	Nutrition Information													
	Serving Size	Weight (g)	Calories	Kilojoules	Protein (g)	Fat (g) **	Polyunsaturated (g)	Monounsaturated (g)	Saturated (g)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sodium (mg)	Potassium (mg)
FRENCH FRIES														
Small	4.0 oz.	113	339	1420	4.7	16	4.2	6.7	2.5	0	44	4.1	105	712
Biggie	5.6 oz.	159	475	1990	6.5	23	5.9	9.4	3.5	0	61	5.7	147	997
Great Biggie	6.7 oz.	190	568	2380	7.8	27	7.0	11	4.2	0	73	6.8	176	1193
BAKED POTATOES														
Plain	10 oz.	284	309	1290	6.5	0.3	0.1	0	0.1	0	72	6.4	23	1185
Bacon & Cheese Sauce Potato	1 ea.	380	517	2160	17	16	5.1	5.8	3.5	16	79	6.6	1423	1385
Broccoli & Cheese Sauce Potato	1 ea.	411	485	1950	9.0	13	4.9	4.5	2.5	4	80	8.5	518	1382
Cheese Sauce Potato	1 ea.	383	562	2350	14	22	5.1	7.1	8.1	29	78	6.6	680	1290
Chili & Cheese Sauce Potato	1 ea.	439	618	2590	20	23	5.3	7.4	8.6	36	83	8.7	816	1441
Sour Cream & Chives Potato	1 ea.	314	358	1500	7.8	4.3	0.3	1.2	2.6	11	74	6.4	36	1282
Margarine, Whipped	1 pkt.	7	51	210	0	5.6	1.9	2.4	0.8	0	0.1	0	24	4
Sour Cream	1.5 oz.	43	65	270	1.3	6.0	0.2	1.7	3.7	17	1.8	0	18	56
CHILI														
Small	8 oz.	227	213	890	16	6.6	0.5	2.7	2.3	25	22	5.9	798	497
Large	12 oz.	340	320	1340	24	9.9	0.7	4.1	3.4	38	34	8.8	1198	745
Cheddar Cheese, shredded	2 T.	17	67	280	4.3	5.4	0.2	1.6	3.4	15	0.2	0	105	17
Crackers, Saltine	2 ea.	6	26	110	0.5	0.7	0.1	0.2	0.3	2	4.3	0.1	66	7
CHICKEN NUGGETS														
6 piece	6	90	253	1060	16	17	2.5	8.5	3.5	51	8.2	0	550	228
4 piece Kids' Meal	4	60	169	710	11	11	1.7	5.7	2.4	34	5.4	0	366	152
Barbeque Sauce	1 pkt.	28	44	180	0.6	0.2	0.1	0	0.1	0	9.9	0.3	164	104
Honey Mustard Sauce	1 pkt.	28	129	540	0.4	12	7.0	2.7	2.1	9	5.5	0.1	217	10
Sweet & Sour Sauce	1 pkt.	28	50	210	0	0	0	0	0	0	12	0	120	17

HOT STUFFED POTATOES CONTENTS

BROCCOLI AND CHEESE SAUCE POTATO: Potato, Broccoli, Cheese Sauce, Liquid Margarine
 BACON AND CHEESE SAUCE POTATO: Potato, Cheese Sauce, Bacon Bits, Liquid Margarine
 CHEESE SAUCE POTATO: Potato, Cheese Sauce, Shredded Cheddar Cheese, Liquid Margarine
 CHILI AND CHEESE SAUCE POTATO: Potato, Chili, Cheese Sauce, Shredded Cheddar Cheese, Liquid Margarine
 SOUR CREAM AND CHIVES POTATO: Potato, Sour Cream, Chives

DESSERTS, BEVERAGES

	Nutrition Information													
	Serving Size	Weight (g)	Calories	Kilojoules	Protein (g)	Fat (g) **	Polyunsaturated (g)	Monounsaturated (g)	Saturated (g)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sodium (mg)	Potassium (mg)
FROSTY DAIRY DESSERT														
Kids' Meal, 6 oz. cup	1 ea.	113	167	700	4.2	4.2	0.2	1.0	2.7	18	28	0	99	293
Small, 12 oz. cup	1 ea.	227	333	1390	8.4	8.4	0.3	2.1	5.4	37	56	0	197	585
Medium, 16 oz. cup	1 ea.	298	438	1830	11	11	0.5	2.7	7.1	48	73	0	259	768
Large, 21 oz. cup	1 ea.	397	583	2440	15	15	0.6	3.6	9.4	64	98	0	345	1024
BEVERAGES														
Cola	11 oz.	312	132	550	0	0	0	0	0	0	34	0	10	0
Diet Cola Soft Drink	11 oz.	312	1	4	0.1	0	0	0	0	0	0	0	16	3
Lemon-Lime Soft Drink	11 oz.	312	120	500	0	0	0	0	0	0	31	0	37	1
Orange Soft Drink	11 oz.	312	152	640	0	0	0	0	0	0	39	0	41	23
Root Beer Soft Drink	11 oz.	312	143	600	0	0	0	0	0	0	37	0	31	0
Lemonade	11 oz.	312	133	560	0	0	0	0	0	0	32	0	70	10
Coffee	6 oz.	177	3	10	0.2	0	0	0	0	0	0.7	0	3	92
Decaffeinated Coffee	6 oz.	177	3	10	0.2	0	0	0	0	0	0.7	0	5	60
Tea, Hot	6 oz.	177	2	7	0	0	0	0	0	0	0.5	0	5	63
Tea, Iced, Sweetened	10 oz.	290	103	430	0	0	0	0	0	0	26	0	23	0
Milk, 2 %	9 oz.	250	128	540	8.6	5.0	0.2	1.4	3.1	19	12	0	129	398

Soft drink serving size reflects the amount of liquid in a Medium beverage cup. To determine nutritional information for a Kids' size soft drink, multiply by 0.6; Small Soft drink, multiply by 0.8; Biggie soft drink, multiply by 1.6.

Wendy's

SANDWICHES

Nutrition Information

	Serving Size	Weight (g)	Calories	Kilojoules	Protein (g)	Fat (g) **	Polysaturated (g)	Monounsaturated (g)	Saturated (g)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sodium (mg)	Potassium (mg)
Classic Single™ plain	1 ea.	133	354	1480	24	16	2.0	6.3	5.4	58	31	1.8	482	291
Classic Single™ w/everything	1 ea.	219	410	1720	25	19	3.0	8.3	5.7	59	37	2.5	827	439
Big Bacon Classic®	1 ea.	282	574	2400	33	31	3.9	13	11	86	45	3.0	1245	574
Jr. Bacon Cheeseburger	1 ea.	166	383	1600	19	20	3.1	8.2	6.7	48	33	2.1	719	308
Jr. Hamburger Deluxe	1 ea.	168	311	1300	15	13	2.8	5.4	3.3	30	36	2.3	622	305
Jr. Cheeseburger Deluxe	1 ea.	180	355	1480	18	16	2.9	6.5	5.7	41	36	2.3	794	324
Hamburger, Kids' Meal	1 ea.	111	269	1120	15	9.3	1.9	3.4	3.0	29	33	1.9	560	209
Cheeseburger, Kids' Meal	1 ea.	123	313	1310	17	13	2.0	4.6	5.4	40	33	1.9	733	228
Grilled Chicken Sandwich	1 ea.	189	311	1300	28	7.7	3.2	2.5	1.7	62	35	2.2	786	423
Breaded Chicken Sandwich	1 ea.	193	391	1640	23	15	4.6	5.5	2.4	38	44	2.5	737	384
Chicken Club Sandwich	1 ea.	201	432	1810	25	18	4.8	7.2	3.5	45	44	2.5	835	410
Spicy Chicken™ Sandwich	1 ea.	203	390	1630	26	14	4.5	5.7	2.4	54	42	2.1	1184	442
SANDWICHES COMPONENTS														
1/4 lb.* Hamburger Patty	1 ea.	74	190	800	19	13	0.3	5.8	4.8	58	0	0	191	230
2 oz.* Hamburger Patty	1 ea.	37	95	400	9.5	6.3	0.1	2.9	2.4	29	0	0	95	115
Grilled Chicken Fillet	1 pc.	82	113	470	22	2.9	0.5	1.4	0.8	61	0	0	448	275
Breaded Chicken Fillet	1 pc.	84	188	790	17	8.7	1.9	3.0	1.5	37	10	0.4	384	237
Spicy Chicken™ Fillet	1 pc.	94	187	780	20	7.8	1.9	3.2	1.5	54	9.0	0	831	295
Bun, Kaiser	1 ea.	67	187	780	6.0	3.2	1.9	0.6	0.6	0	36	1.9	339	71
Bun, Sandwich	1 ea.	56	155	650	4.9	2.7	1.6	0.5	0.5	0	29	1.7	227	58
Cheddar Cheese, Processed	1 sl.	18	66	280	3.5	5.8	0.2	1.7	3.6	16	0.2	0	259	29
Cheddar Cheese, Processed, Jr.	1 sl.	12	44	180	2.3	3.9	0.1	1.1	2.4	11	0.1	0	173	19
Bacon	1 sl.	4	20	80	1.0	1.8	0.1	0.9	0.5	3	0	0	49	13
Honey Mustard, Lite	1 tsp.	7	26	110	0.2	1.8	N/A	N/A	N/A	N/A	2.3	0.1	41	5
Ketchup	1 tsp.	7	8	30	0.1	0	0	0	0	0	1.8	0	63	24
Lettuce	1 leaf	15	2	8	0.2	0	0	0	0	0	0.3	0	1	24
Mayonnaise, Lite	1½ tsp	9	32	130	0.1	3.2	N/A	N/A	N/A	N/A	0.8	0	58	4
Mustard	½ tsp	5	3	10	0.2	0	0	0	0	0	0.3	0	58	6
Onion	4 rings	13	5	20	0.2	0	0	0	0	0	1.1	0.2	0	20
Pickles	4 sl.	11	1	5	0	0	0	0	0	0	0.4	0	151	12
Tomatoes	1 sl.	26	5	20	0.2	0.1	0	0	0	0	1.2	0.3	2	58

Nutrition Information

This nutrition and ingredient guide was created to help you make informed meal choices when visiting Wendy's. For made-to-order items, such as your favourite sandwich, you can calculate nutrition information by adding the components. For example, to find the calories for a Classic Single™ with ketchup, onion and tomato, add the total calories for each sandwich component: 1/4 lb. hamburger patty (190), sandwich bun (155), ketchup (8), onion (5) and tomato (5) for a total of 363 calories. (Note: Your totals may differ slightly from those listed. Wendy's calculations follow the federal regulations regarding the rounding of nutritional data).

** = Total fats are comprised of many substances other than those listed.

N/A = Information not available

Sandwich Contents

Classic Single™ plain: 1/4 lb.* Patty, Sandwich Bun.

Classic Single™ with everything: 1/4 lb.* Patty, Lite Mayonnaise, Ketchup, Mustard, Pickles, Onion, Tomato, Lettuce, Sandwich Bun.

Big Bacon Classic®: 1/4 lb.* Patty, Processed Cheddar Cheese Slice, Bacon, Lite Mayonnaise, Ketchup, Mustard, Pickles, Onion, Tomato, Lettuce, Kaiser Bun.

Jr. Bacon Cheeseburger: 2 oz.* Patty, Processed Cheddar Cheese Jr. Slice, Bacon, Lite Mayonnaise, Tomato, Lettuce, Sandwich Bun.

Jr. Hamburger Deluxe: 2 oz.* Patty, Lite Mayonnaise, Ketchup, Mustard, Pickles, Onion, Tomato, Lettuce, Sandwich Bun.

Jr. Cheeseburger Deluxe: 2 oz.* Patty, Processed Cheddar Cheese Jr. Slice, Lite Mayonnaise, Ketchup, Mustard, Pickles, Onion, Tomato, Lettuce, Sandwich Bun.

Kids' Meal Hamburger: 2 oz.* Patty, Ketchup, Mustard, Pickles, Sandwich Bun.

Kids' Meal Cheeseburger: 2 oz.* Patty, Processed Cheddar Cheese Jr. Slice, Ketchup, Mustard, Pickles, Sandwich Bun.

Grilled Chicken Sandwich: Grilled Chicken Fillet, Lite Honey Mustard, Ketchup, Tomato, Lettuce, Sandwich Bun.

Breaded Chicken Sandwich: Breaded Chicken Fillet, Lite Mayonnaise, Tomato, Lettuce, Sandwich Bun.

Chicken Club Sandwich: Breaded Chicken Fillet, Lite Mayonnaise, Tomato, Lettuce, Bacon, Sandwich Bun.

Spicy Chicken™ Sandwich: Spicy Chicken Fillet, Lite Mayonnaise, Tomato, Lettuce, Sandwich Bun.

Symbol Key

*Approximate weight before cooking.

Wendy's

FRESH STUFFED PITAS® (with dressing)

Nutrition Information														
Serving Size	Weight (g)	Calories	Kilojoules	Protein (g)	Fat (g) **	Polyunsaturated (g)	Monounsaturated (g)	Saturated (g)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sodium (mg)	Potassium (mg)	
Chicken Caesar	1 ea.	237	508	2120	33	21‡	5.8	6.9	5.3	65	48	3.9	1572	556
Classic Greek	1 ea.	234	445	1860	15	21‡	5.2	6.6	7.4	35	50	4.4	1051	354
Garden Ranch Chicken	1 ea.	283	504	2110	29	21‡	8.1	7.2	4.2	68	51	5.3	1467	704
Garden Veggie	1 ea.	257	399	1670	11	17‡	7.3	5.1	3.0	14	52	5.7	755	493
PITA DRESSINGS														
Caesar Vinaigrette Red. Fat	1 T	17	67	280	0.4	6.8	N/A	N/A	N/A	N/A	0.9	0.3	154	9
Garden Ranch Sauce Red. Fat	1 T	16	48	200	0.3	4.8	N/A	N/A	N/A	N/A	1	0.4	114	23

Fresh Stuffed Pitas® Contents

Chicken Caesar Pita: Pita Bread, Diced Chicken, Romaine Mix (Romaine, Carrots, Red Cabbage), Parmesan Cheese, Reduced Fat Caesar Vinaigrette.
Classic Greek Pita: Pita Bread, Relish Mix (Cucumbers, Tomatoes, Red Onion), Romaine Mix (Romaine, Carrots, Red Cabbage), Feta Cheese, Reduced Fat Caesar Vinaigrette.
Garden Ranch Chicken: Pita Bread, Diced Chicken, Broccoli Slaw (Broccoli, Carrots, Red Cabbage, Reduced Fat Garden Ranch Sauce), Romaine Mix

(Romaine, Carrots, Red Cabbage), Reduced Fat Garden Ranch Sauce.
Garden Veggie Pita: Pita Bread, Broccoli Slaw (Broccoli, Carrots, Red Cabbage, Reduced Fat Garden Ranch Sauce), Relish Mix (Cucumbers, Tomatoes, Red Onion), Romaine Mix (Romaine, Carrots, Red Cabbage), Reduced Fat Garden Ranch Sauce.

Symbol Key

‡ To reduce Total Fat, order Fresh Stuffed Pitas® without added dressing.

FRESHLY PREPARED SALADS (without dressing)

Nutrition Information														
Serving Size	Weight (g)	Calories	Kilojoules	Protein (g)	Fat (g) **	Polyunsaturated (g)	Monounsaturated (g)	Saturated (g)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sodium (mg)	Potassium (mg)	
Caesar Side Salad	1 ea.	89	95	400	8.4	3.3	0.2	1.5	1.2	9	9.0	1.2	611	298
Deluxe Garden Salad	1 ea.	280	128	540	8.2	7.4	0.5	2.0	4.3	18	8.8	3.5	159	553
Grilled Chicken Salad	1 ea.	348	222	930	26	9.8	1.0	3.2	5.0	69	8.8	3.1	529	781
Grilled Chicken Caesar Salad	1 ea.	264	256	1070	29	8.1	0.8	3.5	2.5	61	17	2.8	1121	826
Side Salad	1 ea.	158	67	280	4.3	3.8	0.3	1.0	2.2	9	4.8	2.0	82	311
Taco Salad	1 ea.	468	384	1610	27	18	1.1	6.0	9.4	56	28	8.1	1036	929
Taco Chips	15 ea.	43	211	880	3.2	12	N/A	N/A	1.6	0	23	3.1	151	N/A
Soft Breadstick	1 ea.	44	134	560	3.8	3.1	0.9	1.1	0.6	3	24	1.1	249	64

Freshly Prepared Salad Contents

Caesar Side Salad: Romaine Lettuce, Bacon Bits, Parmesan Blend, Croutons.
Deluxe Garden Salad: Lettuce (Iceberg and Romaine), Tomatoes, Cauliflower, Carrots, Broccoli, Shredded Cheddar Cheese, Cucumbers.
Grilled Chicken Salad: Lettuce (Iceberg and Romaine), Carrots, Cucumbers, Shredded Cheddar Cheese, Diced Grilled Chicken, Tomatoes, Broccoli, Cauliflower.

Grilled Chicken Caesar Salad: Romaine Lettuce, Diced Grilled Chicken marinated in Reduced Fat/Calorie Reduced Italian Dressing, Croutons, Bacon Bits, Parmesan Blend.
Side Salad: Lettuce (Iceberg and Romaine), Carrots, Shredded Cheddar Cheese, Cucumbers, Broccoli, Tomatoes, Cauliflower.
Taco Salad: Lettuce, Chili, Shredded Cheddar Cheese, Tomatoes, Taco Chips.

SALAD DRESSINGS

Nutrition Information									
Serving Size	Weight (g)	Calories	Kilojoules	Protein (g)	Fat (g) **	Carbohydrates (g)	Sodium (mg)	Potassium (mg)	
Blue Cheese	1 pkt.	57	320	1340	3.3	34	0	349	27
Caesar Italian	1 pkt.	43	231	970	1.4	25	1.0	302	22
French, Fat Free	1 pkt.	57	70	290	0	0.2	17	281	82
Hidden Valley Ranch®	1 pkt.	57	195	820	1.1	20	2.3	451	46
Hidden Valley Ranch® Red. Fat	1 pkt.	57	115	480	1.0	11	3.2	507	40
Italian, Red. Fat, Cal. Red.	1 pkt.	57	83	350	0	6.8	5.5	708	34
Thousand Island	1 pkt.	57	276	1150	0.6	27	7.3	319	31