

We are in the process of implementing the Webtrition nutritional information system. During this transition, please use this basic nutritional information to guide your Sub Generation selection.



Nutritional Information

	Item	Portion	Cal (Kcal)	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Sodium (mg)	Chol (mg)
Meats	Ham	2.5 oz	72	2.4	2.4	0	9.6	708	24
	Chicken Salad	2.5 oz.	126	8	0	0	12	311	37
	Pastrami	2.5 oz	67	2	0	0	12.5	667	42
	Roast Beef	2.5 oz.	124	6	0	0	15	36	45
	Salami	2 oz.	150	13	2	0	7	630	45
	Tuna Salad	2.5 oz.	99	4	0	0	15	218	19
	Turkey	2.5 oz.	54	0.6	1.2	0	12	528	24
Cheeses	American	1 slice	55	4.5	0.5	0	3	180	10
	Cheddar	1 slice	110	9	1	0	7	180	30
	Mozzarella	1 slice	90	6	1	0	9	200	20
	Peppercorn	1 slice	70	6	0	0	5	120	20
	Provolone	1 slice	70	6	0	0	5	180	15
	Swiss American	1 slice	50	4	0.5	0	3.5	165	12.5
Grains	Onion Roll	1 roll	190	3	33	2	7	340	10
	Multigrain	2 slices	260	1	56	6	8	300	0
	Rye	2 slices	160	2	30	2	8	580	0
	Wheat	2 slices	140	2	26	2	6	320	0
	White	2 slices	120	1	25	1	4	250	0
Condiments	Cucumber	2 Tbsp	4	trace	1	trace	trace	1	0
	Bannana Peppers	1 oz.	5	0	1	0	0	480	0
	Black Olives	2 Tbsp	25	2.5	1	0	0	115	0
	Dill Pickle Spears	1 spear	5	trace	1	trace	trace	385	0
	Italian Dressing	2 Tbsp	70	7	2	0	0	310	0
	Lettuce	2 Tbsp	1	trace	trace	trace	trace	1	0
	Mayonnaise	1 Tbsp	100	11	0	0	0	100	10
	Mustard	1 Tbsp	15	0	0	0	0	180	0
	Parmesan Cheese	2 Tbsp	46	3	trace	0	4	186	0
	Pickles	2 Tbsp	5	trace	1	trace	trace	379	0
	Ranch Dressing	2 Tbsp	150	16	2	0	0	270	10
	Red Onion	2 slices	11	trace	2	1	trace	1	0
	Red Peppers	2 Tbsp	5	trace	1	trace	trace	trace	0
	Tomatoes	1 slice	4	trace	1	trace	trace	2	0

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	Item	Portion	Cal (Kcal)	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Sodium (mg)	Chol (mg)
Condiments	Bacon Bits	1 tsp	20	1	0	0	2	160	5
	Chow Mein Noodles	2 oz.	70	3	9.5	trace	1.5	110	0
	Croutons	2 Tbsp	30	1	5	0	1	105	0
	Raisins	2 oz.	130	0	31	2	0	0	0
	Sunflower Seeds	2 Tbsp	103	9	3	2	4	1	0
Dressings	Bleu Cheese	2 Tbsp	120	13	1	0	<1	300	<5
	Caesar	2 Tbsp	100	9	3	0	<1	240	5
	Catalina	2 Tbsp	120	12	2				
	Creamy French	2 Tbsp	130	12	6	0	0	270	0
	Light Creamy Italian	2 Tbsp	60	3.5	5	0	0	400	0
	Creamy Ranch	2 Tbsp	150	16	2	0	0	270	10
	Golden Italian	2 Tbsp	70	7	2	0	0	310	0
	Honey Mustard	2 Tbsp	140	13	6	0	0	180	15
	Fat Free Catalina	2 Tbsp	50	2	11	0	0	350	0
	Sundried Tomato	2 Tbsp	90	8	3	0	0	310	0
	Thousand Island	2 Tbsp	80	6	6	0	0	33	5
	Zesty Italian	2 Tbsp	80	8					
Dairy	Cottage Cheese	2 oz.	60	2.5	2	0	6.5	215	10
	Hard Boiled Eggs	1	78	5	1	0	6	62	212
	Shredded Cheddar Cheese	2 oz.	110	9	0	0	7	180	30
Fruit	Mandarin Oranges	2 oz.	25	0	6.5	0	0	7.5	0
	Peaches	2 oz.	23	0	5.5	trace	0	2.5	0
	Pineapple	2 oz.	30	0	8.5	1	trace	10	0
Vegetables									
	Black Olives	2 Tbsp	25	2.5	1	0	0	115	0
	Broccoli	2 oz.	16	trace	3	2	2	15	0
	Carrots	3 oz.	38	9	1	2	1	38	0
	Cauliflower	2 oz.	14	trace	3	1	1	17	0
	Celery	2 oz.	8	trace	2	1	trace	44	0
	Chick Peas	2 oz.	67	1	13	2	3	170	0
	Cole Slaw	2 oz.	39	1	7	1	1	13	5
	Cucumber	2 Tbsp	4	trace	1	trace	trace	1	0
	Lettuce	2 Tbsp	1	trace	trace	trace	trace	1	0
	Mayonnaise	1 Tbsp	100	11	0	0	0	100	10
	Mushrooms	2 Tbsp	14	trace	3	1	1	241	0
	Mustard	1 Tbsp	15	0	0	0	0	180	0
	Onions	2 slices	11	trace	2	1	trace	1	0
	Pickled Beets	2 oz.	37	trace	9	1	trace	150	0
	Pickles	2 Tbsp	5	trace	1	trace	trace	379	0
	Plain Beets	2 oz.	18	trace	4	1	trace	110	0
	Potato Salad	3 oz.	105	4	18	1	1	245	2.5
	Tomatoes	1 slice	4	trace	1	trace	trace	2	0
	Whole Baby Corn	2 oz.	13	0	2	1	1	14	0

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