

Simply SALADS

Made To Order Salad \$0.69/ounce

LEAD WITH LEAFY GREENS

romaine lettuce	½ cup	cal. 26
spring mix	½ cup	cal. 22
spinach	½ cup	cal. 19

ADD SOME PROTEIN

turkey	3-1/4 oz.	cal. 89
ham	3-1/4 oz.	cal. 125
chicken breast	3-1/4 oz.	cal. 140
tuna salad	3-1/4 oz.	cal. 170
chicken salad	3-1/4 oz.	cal. 250
crispy chicken	3-1/4 oz.	cal. 240
egg	1 whole	cal. 70

ADD COLORFUL VEGETABLES

cucumber	¼ cup	cal. 5
carrot	¼ cup	cal. 10
tomato	¼ cup	cal. 10
onion	¼ cup	cal. 15
bell pepper	¼ cup	cal. 15
olives	¼ cup	cal. 35
banana peppers	¼ cup	cal. 8

2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.