

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Unsaturated Fat (g)	Unsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Calcium	Vitamin C	Iron
Applewood Chop	794	127	65	12	0	3	9	102	1873	15.93	3.80	10.10	35.80	154.00%	13.00%	17.00%	15.00%
Romaine	15	0	0.00	0.00	0	0	0.00	0.00	7	2.00	1.80	1.00	1.00	148%	2%	5%	4%
Grilled Chicken	150	30	3.50	1.00	0	0	0.00	65.00	280	1.00	0.00	0.00	27.00	2%	2%	0%	8%
Bacon	90	75	7.00	2.50	0	0	2.50	15.00	240	0.00	0.00	0.00	5.00	0%	0%	0%	0%
Red Onions	11	0	0.00	0.00	0	0	0.00	0.00	1	2.00	0.00	1.00	0.00	0%	3%	0%	0%
Apple Slices	10	0	0.00	0.00	0	0	0.00	0.00	0	2.63	0.50	2.00	0.00	2%	1%	12%	1%
Pecans	98	0	10.00	1.00	0	3	6.00	0.00	0	2.00	1.30	0.00	1.00	0%	0%	0%	2%
Blue Cheese Crumbles	30	22	2.50	1.60	0	0	0.00	7.00	115	0.30	0.20	0.10	1.80	2%	5%	0%	0%
Creamy Italian Dressing	390	42.00	6.00	0	0	0.00	15.00	1230	6.00	0.00	6.00	0.00	0.00	0%	0%	0%	0%
BBQ Chicken Chop	1005	30	52	17	0	1	5	162	2104	55	3	21	51	160.00%	64.00%	16.00%	23.00%
Romaine	15	0	0.00	0.00	0	0	0.00	0.00	7	2.00	1.80	1.00	1.00	148%	2%	5%	4%
Grilled Chicken	150	30	3.50	1.00	0	0	0.00	65.00	280	1.00	0.00	0.00	27.00	2%	2%	0%	8%
BBQ Sauce	140	0	0.00	0.00	0	0	0.00	0.00	580	36.00	0.00	17.00	0.00	0%	0%	0%	0%
Corn	22	0	0.30	0.00	0	0	0.00	0.00	4	5.00	0.20	0.30	0.80	0%	0%	11%	2%
Black Beans	25	0	0.00	0.00	0	0	0.00	0.00	115	5.00	1.25	0.00	1.75	0%	4%	0%	8%
Parmesan Crisps	67	0	4.50	0.00	0	0	0.00	18.50	290	1.00	0.00	0.00	6.00	0%	16%	0%	0%
Cheddar Jack	226	0	18.00	12.00	0	1	5.00	58.00	348	0.80	0.00	0.20	14.00	10%	40%	0%	1%
Ranch Dressing	360	26.00	4.00	0	0	0.00	20.00	480	4.00	0.00	2.00	0.00	0.00	0%	0%	0%	0%
Caesar Chop	633	40	34	5	0	0	0	123	1204	6	2	2	40	155.00%	26.00%	14.00%	12.00%
Romaine	15	0	0.00	0.00	0	0	0.00	0.00	7	2.00	1.80	1.00	1.00	148%	2%	5%	4%
Grilled Chicken	150	30	3.50	1.00	0	0	0.00	65.00	280	1.00	0.00	0.00	27.00	2%	2%	0%	8%
Shredded Mozz	36	10	2.20	0.70	0	0	0.00	9.00	86	0.40	0.00	0.20	3.40	1%	6%	0%	0%
Tomatoes	5	0	0.00	0.00	0	0	0.00	0.00	1	1.00	0.30	0.70	0.20	4%	0%	6%	0%
Black Pepper	0	0	0.00	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0.00	0%	0%	0%	0%
Lemon Juice	0	0	0.00	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0.00	0%	0%	3%	0%
Parmesan Crisps	67	0	4.50	0.00	0	0	0.00	18.50	290	1.00	0.00	0.00	6.00	0%	16%	0%	0%
Caesar Dressing	360	24.00	3.00	0	0	0.00	30.00	540	1.00	0.00	0.00	2.00	0.00	0%	0%	0%	0%
Cali Chop	771	52	46	5	0	2	10	82	771	19	9	6	32	231.50%	15.00%	32.00%	17.00%
Romaine	15	0	0.00	0.00	0	0	0.00	0.00	7	2.00	1.80	1.00	1.00	148%	2%	5%	4%
Grilled Chicken	150	30	3.50	1.00	0	0	0.00	65.00	280	1.00	0.00	0.00	27.00	2%	2%	0%	8%
Sliced Avocado	160	0	14.00	2.10	0	2	10.00	0.00	7	8.00	6.00	0.60	2.00	3%	1%	16%	3%
Shredded Carrots	10	0	0.00	0.00	0	0	0.00	0.00	0	2.50	0.70	1.20	0.20	73%	2%	5%	2%
Red Onions	11	0	0.00	0.00	0	0	0.00	0.00	1	2.00	0.00	1.00	0.00	0%	3%	0%	0%
Tomatoes	5	0	0.00	0.00	0	0	0.00	0.00	1	1.00	0.30	0.70	0.20	4%	0%	6%	0%
Blue Cheese Crumbles	30	22	2.50	1.60	0	0	0.00	7.00	115	0.30	0.20	0.10	1.80	2%	5%	0%	0%
Avocado Ranch Dressing	390	0	26.00	0.00	0	0	0.00	10.00	360	2.00	0.00	1.00	0.00	0%	0%	0%	0%
Chipotle Chicken Chop	884	440	63	22	0	1	5	187	1347	8	2	3	48	164.00%	63.00%	11.00%	13.00%
Romaine	15	0	0.00	0.00	0	0	0.00	0.00	7	2.00	1.80	1.00	1.00	148%	2%	5%	4%
Grilled Chicken	150	30	3.50	1.00	0	0	0.00	65.00	280	1.00	0.00	0.00	27.00	2%	2%	0%	8%
Red Onions	11	0	0.00	0.00	0	0	0.00	0.00	1	2.00	0.00	1.00	0.00	0%	3%	0%	0%
Cheddar Jack	226	0	18.00	12.00	0	1	5.00	58.00	348	0.80	0.00	0.20	14.00	10%	40%	0%	1%
Parmesan Crisps	67	0	4.50	0.00	0	0	0.00	18.50	290	1.00	0.00	0.00	6.00	0%	16%	0%	0%
Tomatoes	5	0	0.00	0.00	0	0	0.00	0.00	1	1.00	0.30	0.70	0.20	4%	0%	6%	0%
Chipotle Ranch Dressing	410	41.00	37.00	9.00	0	0	0.00	45.00	420	0.00	0.00	0.00	0.00	0	0	0	0
Cobb Chop	351	127	16	6	0	0	3	180	674	13	10	9	38	161.00%	13.00%	11.00%	20.00%
Romaine	15	0	0.00	0.00	0	0	0.00	0.00	7	2.00	1.80	1.00	1.00	148%	2%	5%	4%
Grilled Chicken	150	30	3.50	1.00	0	0	0.00	65.00	280	1.00	0.00	0.00	27.00	2%	2%	0%	8%
Bacon	90	75	7.00	2.50	0	0	2.50	15.00	240	0.00	0.00	0.00	5.00	0%	0%	0%	0%
Hardboiled Egg	39	0	2.50	0.80	0	0	0.00	93.00	31	0.30	0.00	0.00	3.00	5%	2%	0%	5%
Tomatoes	5	0	0.00	0.00	0	0	0.00	0.00	1	1.00	0.30	0.70	0.20	4%	0%	6%	0%
Blue Cheese Crumbles	30	22	2.50	1.60	0	0	0.00	7.00	115	0.30	0.20	0.10	1.80	2%	5%	0%	0%
Balsamic Blend	22	0	0.00	0.00	0	0	0.00	0.00	0	8.00	8.00	7.00	0.25	0.00%	2.00%	0.00%	3.00%
Greek Chop	545	30	22	6	0	1	0	90	1156	12	3	7	33	157.00%	37.00%	13.00%	14.00%
Romaine	15	0	0.00	0.00	0	0	0.00	0.00	7	2.00	1.80	1.00	1.00	148%	2%	5%	4%
Grilled Chicken	150	30	3.50	1.00	0	0	0.00	65.00	280	1.00	0.00	0.00	27.00	2%	2%	0%	8%
Cucumbers	7	0	0.00	0.00	0	0	0.00	0.00	1	1.90	0.30	0.90	0.30	1%	1%	2%	1%
Red Onions	11	0	0.00	0.00	0	0	0.00	0.00	1	2.00	0.00	1.00	0.00	0%	3%	0%	0%
Kalamata Olives	42	0	4.60	0.00	0	0	0.00	0.00	300	1.00	1.00	0.00	0.00	0%	15%	0%	0%
Tomatoes	5	0	0.00	0.00	0	0	0.00	0.00	1	1.00	0.30	0.70	0.20	4%	0%	6%	0%
Vinaigrette Dressing	240	0	8.00	0.50	0	0	0.00	0.00	250	2.00	0.00	2.00	0.00	0%	0%	0%	0%
Feta	75	0	6.00	4.20	0	1	0.00	25.00	216	1.20	0.00	1.20	4.00	2%	2%	0%	1%
Southwest Chipotle Chop	1092	440	75	25	1	4	15	168	1468	37	10	2	55	164.50%	51.00%	34.00%	27.00%
Tortilla Chips	74	0	2.40	0.50	1	1	0.00	0.00	137	12.00	0.90	0.10	9.40	0%	2%	0%	1%
Romaine	15	0	0.00	0.00	0	0	0.00	0.00	7	2.00	1.80	1.00	1.00	148%	2%	5%	4%
Grilled Chicken	150	30	3.50	1.00	0	0	0.00	65.00	280	1.00	0.00	0.00	27.00	2%	2%	0%	8%
Sliced Avocado	160	0	14.00	2.10	0	2	10.00	0.00	7	8.00	6.00	0.60	2.00	3%	1%	16%	3%
Cheddar Jack	226	0	18.00	12.00	0	1	5.00	58.00	348	0.80	0.00	0.20	14.00	10%	40%	0%	1%
Corn	22	0	0.30	0.00	0	0	0.00	0.00	4	5.00	0.20	0.30	0.80	0%	0%	11%	2%
Black Beans	25	0	0.00	0.00	0	0	0.00	0.00	115	5.00	1.25	0.00	1.75	0%	4%	0%	8%
Mild Salsa	10	0	0.00	0.00	0	0	0.00	0.00	150	3.00	0.00	0.00	0.00	2%	0%	2%	0%
Chipotle Ranch Dressing	410	41.00	37.00	9.00	0	0	0.00	45.00	420	0.00	0.00	0.00	0.00	0</			