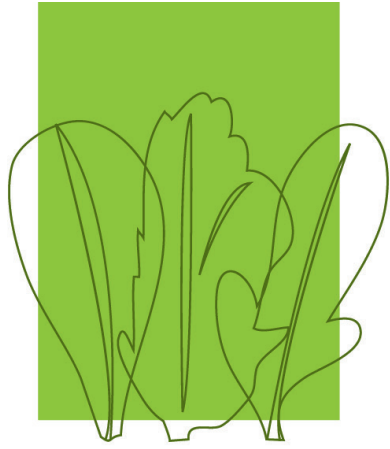


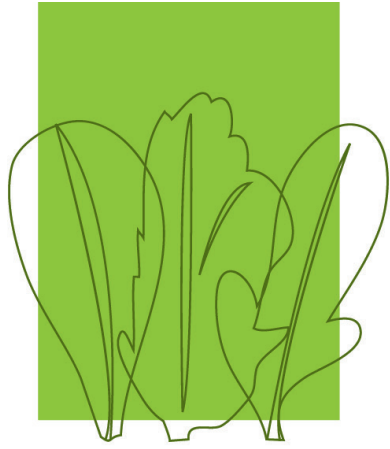
NUTRITIONAL GUIDE



GREENS TO GO

	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT(g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDATES (g)	DIETARY FIBER (g)	TOTAL SUGARS (g)	PROTEIN (g)
SMALL TREE SALADS											
Chicken Caesar Salad	310	190	21	4	0	35	550	14	2	2	15
Buffalo Chicken Salad	330	190	21	6	0	55	860	18	3	4	18
Southwest Chicken Salad	220	80	9	1	0	35	290	20	5	3	15
Brussels Sprout Kale Salad	300	130	15	2	0	35	360	27	4	13	17
Beets & Bulgur Salad	310	120	13	3	0	35	380	32	7	11	18
Chicken & Grape Power Salad	370	180	20	4	0	35	280	31	3	10	19
LARGE TREE SALADS											
Chicken Caesar Salad	540	310	35	7	0	70	960	27	4	4	30
Buffalo Chicken Salad	610	330	37	11	0	100	1510	36	6	9	35
Southwest Chicken Salad	400	150	16	3	0	65	470	38	10	5	29
Brussels Sprout Kale Salad	510	210	23	4	0	60	520	48	8	20	31
Beets & Bulgur Salad	570	200	22	5	0	70	650	62	13	20	35
Chicken & Grape Power Salad	680	310	35	7	0	70	520	60	6	19	36
SIDE ITEMS											
Flour Tortilla	310	70	8	3	0	0	820	49	1	2	8
Garlic Herb Breadstick	180	45	5	1	0	0	300	28	1	< 1g	5

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



GREENS TO GO

NUTRITIONAL GUIDE

	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT(g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDATES (g)	DIETARY FIBER (g)	TOTAL SUGARS (g)	PROTEIN (g)
8 OZ. SOUP											
Broccoli Cheddar Soup	250	160	18	10	0	55	1070	14	2	4	9
Twice Stuffed Baked Potato Soup	420	230	25	14	0	70	1270	35	2	7	16
Chicken Chili with Beans	200	40	4	1	0	15	750	31	13	2	10
Timberline Chili	290	120	13	5	1	50	1000	25	6	8	19
Italian Wedding Soup	120	35	4	1	0	10	470	16	< 1 g	< 1 g	6
Mushroom Soup	160	80	9	4	0	20	820	17	2	4	5
Cheesy Chicken Tortilla Soup	130	45	5	2	0	25	1250	14	1	3	7
Garden Vegetable Soup	110	5	1	0	0	0	890	21	4	5	4
Boston Clam Chowder	260	100	11	5	0	35	880	28	1	12	13
Chicken & Wild Rice Soup	130	15	1	0	0	10	430	23	1	1	7
Southwest Black Bean Soup	220	10	1	0	0	0	430	43	12	8	10
Chicken Noodle Soup	110	15	1	0	0	25	430	18	2	2	6
Fire-Roasted Vegetable Soup	80	0	0	0	0	0	430	15	3	5	3
Barley & Mushroom Soup	140	10	1	0	0	< 5 mg	430	27	5	6	5
Tomato Basil Soup	140	20	2	1	0	10	430	26	3	16	5
Vegetarian Chili	190	15	1	0	0	0	430	36	11	6	8
Lemon Chicken Orzo Soup	90	10	1	0	0	10	430	14	1	1	6
Masala Tomato Lentil Soup	140	10	1	0	0	0	430	25	7	5	8
Minestrone Soup	140	20	2	1	0	< 5 mg	430	24	6	3	7