

GREEN LEAF'S NUTRITIONAL INFORMATION

Jul-15



MENU ITEM	Calories (kcal)	Calories from Fat (kcal)	Calories from SatFat (kcal)	Carbohydrates (g)	Cholesterol (mg)	Dietary Fiber (g)	Fat (g)	Protein (g)	Saturated Fat (g)	Sodium (mg)	Total Sugars (g)	Trans Fatty Acid (g)
PANINI/SANDWICH/WRAP (1 SANDWICH)												
BALSAMIC CHICKEN AND ROASTED PEPPER WRAP	570	170	50	62	65	5	19	34	6	1380	5	0
CHICKEN CAESAR WRAP	570	170	50	64	70	3	19	32	5	1900	2	0
CHICKEN FAJITA WRAP	770	390	120	54	95	7	43	38	13	2370	4	0
CHICKEN MARGHERITA PANINI	750	360	90	58	90	5	40	40	10	1870	9	0
CHICKEN SALAD SANDWICH	790	440	70	59	65	5	48	30	7	1090	11	0
CRANBERRY ALMOND CHICKEN SALAD WRAP	850	450	70	63	75	8	50	37	7	970	7	0
CUBAN PANINI	500	200	80	49	75	3	22	36	9	2620	3	0
FIRE ROASTED CHICKEN AND PEPPERS PANINI	540	170	80	50	80	2	19	36	9	1720	1	0
GRILLED CHICKEN AND AVOCADO SANDWICH	440	110	20	59	50	5	12	28	2	1510	3	0
MEDITERRANEAN NAAN	570	250	80	71	40	4	28	17	9	1520	10	0
PESTO CAPRESE PANINI	630	250	120	59	45	5	28	35	14	1330	8	0
SESAME QUINOA WRAP	670	240	35	89	10	8	27	16	4	1270	15	0
SOUTHWEST CHICKEN SANDWICH	440	110	50	54	80	4	12	35	6	2530	4	0
THAI CHICKEN WRAP	780	300	35	91	50	5	33	30	3.5	1660	16	0
TUNA MELT DELUXE	520	200	70	48	65	3	23	30	8	1250	4	0
TUNA SALAD WRAP	680	330	50	48	45	7	37	37	5	1280	2	0
TURKEY BLTA	610	320	60	53	50	9	36	30	7	1760	3	0
TURKEY CHIPOTLE PANINI	570	300	110	52	70	6	33	31	12	1720	4	0
SOUP (6 OZ CUP)												
BAKED POTATO CHOWDER	160	110	45	11	20	1	12	3	5	640	1	1.5
BLACK BEAN W/RICE SOUP	100	20	0	16	0	3	2	3	0	790	2	--
CHICKEN NOODLE SOUP	70	15	5	10	20	1	1.5	5	0.5	740	1	0
CHICKEN TORTILLA SOUP	100	45	10	10	10	1	5	4	1	470	2	0
CLASSIC CHILI	200	80	30	16	30	5	9	12	3.5	790	4	0
CREAM OF BROCCOLI W/CHEESE SOUP	130	70	30	12	15	1	8	3	3.5	780	4	0
ITALIAN WEDDING SOUP	90	30	10	10	10	1	3	5	1.5	780	1	0
MINISTRONE SOUP	70	25	5	8	0	2	3	3	0.5	370	1	0
NEW ENGLAND CLAM CHOWDER	150	70	30	15	20	1	7	7	3	690	3	1
ZESTY TOMATO BASIL SOUP	120	70	35	9	20	1	8	2	4	930	5	0
SIGNATURE SALADS (ONE ENTRÉE)												
FAR EAST SALAD	350	110	5	42	25	6	12	23	0	680	11	0
GREEN LEAF SALAD	500	240	70	44	75	5	26	30	8	1020	29	0
TEX MEX CHICKEN SALAD	450	200	70	32	80	5	23	27	8	1320	4	0

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PICK & MIX

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PICK & MIX ROMAINE	25	5	0	5	0	3	0	2	0	10	2	0
PICK & MIX SPRING MIX	20	0	0	3	0	1	0	2	0	50	0	--
BACON	120	110	45	0	25	--	12	10	5	580	--	--
BELL PEPPER STRIPS	10	0	0	2	0	1	0	0	0	0	1	0
BLUE CHEESE	110	80	50	1	25	0	9	7	6	440	0	--
BROCCOLI FLORETS	15	0	0	3	0	2	0	2	0	15	--	0
CHICK PEAS	90	15	0	16	0	4	1.5	5	0	0	3	0
CHICKEN SALAD	260	180	25	6	40	2	20	16	3	300	3	0
CHILI GLAZED CHICKEN	110	15	5	10	40	--	1.5	14	0	680	7	--
COOKED SHRIMP	60	10	0	0	100	0	1	12	0	140	0	0
CORN	30	5	0	6	0	--	0.5	1	0	70	--	--
CROUTONS	130	45	15	18	0	1	5	3	1.5	310	1	--
CUCUMBERS	10	0	0	2	0	0	0	0	0	0	1	0
DICED EGGS	80	50	15	1	190	0	5	6	1.5	65	1	--
DICED HAM	60	15	5	2	15	--	1.5	9	0.5	730	1	--
DICED TURKEY	70	10	5	0	40	0	1	15	0	135	0	0
DRIED CRANBERRIES	100	5	0	28	0	2	0	0	0	0	22	--
EDAMAME	60	25	--	5	--	3	2.5	6	--	0	1	--
FETA CHEESE	90	70	45	1	30	0	7	5	5	380	1	--
FLAKED TUNA	80	5	0	0	20	0	0.5	18	0	35	0	--
FRESH SALSA	15	0	0	3	0	1	0	1	0	260	2	0
FRUIT MIX	570	25	5	142	0	15	3	11	0.5	160	118	0
GRILLED CHICKEN	90	15	5	2	50	--	1.5	16	0	500	--	--
HOT PEPPERS	10	0	0	2	0	1	0	0	0	0	1	0
KALAMATA OLIVES	110	100	--	3	0	0	11	0	--	640	0	--
KIDNEY BEANS	70	5	0	13	0	4	0	5	0	0	0	0
MANDARIN ORANGES	30	0	0	8	0	1	0	0	0	0	6	0
PLAIN PASTA	210	5	0	42	0	2	1	8	0	0	2	--
QUINOA SALAD	140	60	10	17	5	2	7	4	1	330	3	0
RED ONIONS	15	0	0	4	0	1	0	0	0	0	2	0
ROASTED PEPPERS	60	0	0	9	0	0	0	2	0	480	0	0
SESAME QUINOA SALAD	100	20	0	18	0	2	2	3	0	370	6	0
SHAVED PARMESAN	110	70	40	1	25	--	8	9	4.5	420	0	--
SHREDDED CARROTS	20	0	0	5	0	1	0	0	0	35	2	0
SHREDDED CHEDDAR	130	90	60	0	35	0	10	8	7	190	0	--

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SLICED MUSHROOMS	10	0	0	1	0	0	0	1	0	5	0	0
SLICED OLIVES	40	35	5	2	0	1	3.5	0	0	250	0	0
SLIVERED ALMONDS	160	130	10	6	0	3	14	6	1	0	1	0
SUN DRIED TOMATOES	100	10	0	21	0	5	1	5	0	90	14	0
TOMATOES DICED	10	0	0	2	0	1	0	0	0	0	1	0
TORTILLA STRIPS	140	50	--	16	--	--	6	--	--	60	--	--
TUNA SALAD	180	110	15	0	25	0	12	16	2	230	0	0
WALNUTS	150	130	15	3	0	2	15	3	1.5	0	1	0
WONTON STRIPS	140	70	--	16	--	--	8	4	--	120	--	--
SALAD DRESSINGS												
ANCHO CILANTRO DRESSING	70	25	10	9	--	--	3	1	1	360	2	--
BALSAMIC VINAIGRETTE DRESSING	60	45	5	4	--	0	4.5	--	0	180	4	--
BLUE CHEESE DRESSING	150	140	25	2	15	--	16	1	3	220	1	--
CAESAR DRESSING	80	60	15	2	10	--	7	1	1.5	310	1	--
CUCUMBER WASABI DRESSING	150	140	20	2	10	--	15	--	2.5	260	2	--
FAT FREE RASPBERRY VINAIGRETTE	35	--	--	8	--	0	--	--	--	75	7	--
HONEY MUSTARD DRESSING	150	130	20	4	15	1	14	1	2.5	270	3	--
LITE ITALIAN DRESSING	35	20	--	2	--	--	2.5	--	--	280	2	--
LITE RANCH DRESSING	70	60	10	2	5	0	7	1	1	300	1	--
PASSION FRUIT YOGURT DRESSING	25	0	0	4	0	0	0	1	0	50	4	0
RANCH DRESSING	90	90	15	1	10	--	10	1	1.5	260	1	--
SALSA RANCH DRESSING	70	70	10	1	5	0	8	1	1	230	1	0
SESAME MANDARIN ORANGE DRESSING	130	90	15	9	--	--	10	--	1.5	95	7	--
SPICY SRIRACHA CHILI DRESSING	90	80	10	2	10	--	9	1	1	300	2	--
SWEET CHILI YOGURT DRESSING	20	0	0	3	0	0	0	1	0	95	3	0
SIDES												
FRUIT CUP	130	5	0	32	0	3	0.5	3	0	40	27	0
QUINOA STUFFED AVOCADO	300	200	30	25	5	9	22	6	3.5	340	4	0
YOGURT PARFAIT BLUEBERRY	400	120	20	57	5	6	14	14	2.5	90	32	0
YOGURT PARFAIT STRAWBERRY	390	120	20	53	5	6	14	14	2.5	90	29	0