

CHOICE GREENS

fresh chopped salads • sandwiches • panini

ENTRÉE PLATES

Salmon		Braised Beef	
Calories	585.38	Calories	619.26
Calories from Fat	247.5	Calories from Fat	284.4
Total Fat	27.5 g	Total Fat	31.6 g
Saturated Fat	24.54 g	Saturated Fat	37.6 g
Trans Fat	-	Trans Fat	1.29 g
Cholesterol	105 mg	Cholesterol	128.36 mg
Sodium	367.5 mg	Sodium	1,311.05 mg
Carbohydrates	12 g	Carbohydrates	29 g
Dietary Fiber	6.93 g	Dietary Fiber	7 g
Sugars	3 g	Sugars	4.12 g
Protein	37.5 g	Protein	34.13 g
<hr/>			
Tofu			
Calories	418.12		
Calories from Fat	290.24		
Total Fat	26.5 g		
Saturated Fat	19.47 g		
Trans Fat	-		
Cholesterol	15 mg		
Sodium	1,182.5 mg		
Carbohydrates	16.43 g		
Dietary Fiber	6.93 g		
Sugars	4.8 g		
Protein	16.87 g		