



## Nutrition Information

*All Souper Salad menu items are trans fat free!  
 Nutrition information subject to change without notice.  
 Some items not available at all locations.*

### Breakfast

| Calories | Fat (g) | Fat (%) | Saturated Fat (g) | Saturated Fat (%) | Cholesterol (mg) | Cholesterol (%) | Sodium (mg) | Sodium (%) | Carbohydrates (g) | Carbohydrates (%) | Fiber (g) | Fiber (%) | Protein (g) | Protein (%) | Net Carbs |
|----------|---------|---------|-------------------|-------------------|------------------|-----------------|-------------|------------|-------------------|-------------------|-----------|-----------|-------------|-------------|-----------|
|----------|---------|---------|-------------------|-------------------|------------------|-----------------|-------------|------------|-------------------|-------------------|-----------|-----------|-------------|-------------|-----------|

#### SCRAMBLERS

|                     |     |    |    |    |    |     |     |      |    |    |    |    |    |    |    |    |
|---------------------|-----|----|----|----|----|-----|-----|------|----|----|----|----|----|----|----|----|
| Farmer Brown        | 672 | 33 | 52 | 13 | 66 | 688 | 229 | 1507 | 63 | 48 | 16 | 10 | 38 | 49 | 97 | 38 |
| Market Fresh        | 590 | 28 | 42 | 11 | 56 | 667 | 222 | 619  | 26 | 52 | 17 | 11 | 43 | 38 | 75 | 41 |
| South of the Border | 590 | 28 | 42 | 11 | 56 | 667 | 22  | 1066 | 44 | 56 | 19 | 13 | 51 | 39 | 78 | 43 |

#### BREAKFAST BURRITOS

|                     |     |    |    |    |    |     |     |      |    |    |    |   |    |    |    |    |
|---------------------|-----|----|----|----|----|-----|-----|------|----|----|----|---|----|----|----|----|
| Farmer Brown        | 638 | 33 | 52 | 14 | 69 | 688 | 229 | 1799 | 75 | 43 | 14 | 4 | 16 | 45 | 90 | 39 |
| Market Fresh        | 556 | 27 | 42 | 12 | 59 | 667 | 222 | 911  | 38 | 47 | 16 | 5 | 20 | 34 | 68 | 42 |
| South of the Border | 556 | 27 | 42 | 12 | 59 | 667 | 222 | 1358 | 57 | 52 | 17 | 7 | 28 | 36 | 72 | 45 |