



Souper Salad

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	556	28	42	11	56	667	222	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	580	27	42	12	59	667	222	1358	57	52	17	7	28	36	72	45