



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.

Salad Bar

	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	Sugars
Black Olives (3 each)	15	1	2	0	1	0	0	115	5	0	0	0	2	0	0	0	
Blueberries (1 1/4 oz)	20	0	0	0	0	0	0	0	0	5	1	1	5	0	0	4	0
Broccoli (2 1/2 oz)	22	0	0	0	0	0	0	27	1	4	1	2.5	10	2.5	5	1.5	7
Cabbage, Red (1 1/4 oz)	10	0	0	0	0	0	0	15	1	2	1	1	3	1	2	1	0
Cantaloupe (1 1/2 oz)	17	0	0	0	0	0	0	8	1	4	1	1	3	0	0	3	33
Carrots (1 oz)	13	0	0	0	0	0	0	15	1	3	1	1	4	1	2	2	100
Celery (1 1/4 oz)	7	0	0	0	0	0	0	33	2	2	1	1	3	1	2	1	1
Cheddar Cheese (1 oz)	114	9	14	6	30	30	10	175	7	0	0	0	0	7	14	0	
Cucumbers (1 3/4 oz)	7	0	0	0	0	0	0	0	0	2	1	1	3	1	2	1	2
Eggs, Cooked (1.5 oz)	70	4.5	7	1.5	8	190	63	55	2	1	0	0	0	6	12	1	
Feta Cheese (1 1/4 oz)	90	7	11	4.5	23	20	7	380	16	2	1	0.5	2	5	10	1.5	
Garbanzo Beans (1 oz)	36	0.5	1	0	0	0	0	90	4	7	2	1	5	2	3	6	
Grapes (1 1/2 oz)	30	0	0	0	0	0	0	0	0	8	3	1	3	0	0	7	1
Honeydew (1 1/2 oz)	17	0	0	0	0	0	0	12	1	4	1	1	3	0	0	3	1
Kiwifruit (1 1/4 oz)	25	0	0	0	0	0	0	0	0	6	2	1	4	0	0	4	1
Lettuce, Iceberg (3 oz)	15	0	0	0	0	0	0	10	0	3	1	1	4	1	2	2	4
Lettuce, Mesclun (3 oz)	15	0	0	0	0	0	0	30	1	4	1	2	8	1	2	2	40
Lettuce, Romaine (3 oz)	20	0.5	1	0	0	0	0	0	0	3	1	1	4	1	2	2	20
Mushrooms (1 oz)	7	0	0	0	0	0	0	0	0	1	1	1	3	1	2	0	0
Onions, Red (1 1/4 oz)	15	0	0	0	0	0	0	1	0	4	1	1	3	1	2	3	0
Peppers (1 3/4 oz)	10	0	0	0	0	0	0	0	0	2	1	1	3	0	0	1	3

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Pineapple (1 1/2 oz)	30	0	0	0	0	0	0	5	0	8	3	1	3	0	0	7	0
Radishes (1 oz)	5	0	0	0	0	0	0	8	0	1	1	0	0	1	0	1	0
Salami, Genoa (1 oz)	100	9	14	3	15	25	8	490	20	0	0	0	0	5	10	0	
Scallions (1/2 oz)	6	0	0	0	0	0	0	3	0	1	1	1	3	0	0	0	1
Spinach (3 oz)	40	0	0	0	0	0	0	160	7	10	3	5	19	2	4	5	70
Sprouts, Alfalfa (1 oz)	8	0	0	0	0	0	0	2	0	1	1	1	3	1	0	1	1
Strawberries (1 3/4 oz)	15	0	0	0	0	0	0	0	0	4	1	1	5	0	0	3	0
Tofu (1 oz)	22	1	2	0	1	0	0	2	0	1	1	0	0	2	4	1	
Tomatoes (1 3/4 oz)	12	0	0	0	0	0	0	2	0	2	1	1	3	0	1	1	7
Tuna, Dry (1 oz)	36	1	2	0	1	12	4	107	4	0	0	0	0	7	14	0	
Turkey (1 oz)	30	0.5	1	0	0	10	3	310	13	1	0	0	0	5	10	1	
Watermelon (2 1/2 oz)	20	0	0	0	0	0	0	3	0	7	2	1	2	0	0	6	5
Zucchini (1 1/8 oz)	5	0	0	0	0	0	0	0	0	1	1	1	3	0	0	1	2