



# 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.

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



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

## Nutrition Information

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