



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.

Sandwiches

	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
Asiago Roast	837	39	60	13	65	172	52	1217	51	69	23	3	12	51	101	66
Half spread	752	30	46	11	57	160	48	1150	47	68	22	3	12	50	100	65
No cheese	737	34	53	10	50	157	47	1077	44	69	23	3	12	48	96	66
Sub low carb tortilla	639	41	63	13	65	172	52	1164	49	25	10	9	36	52	104	16
Laguna Chicken Salad	521	20	30	3	14	88	29	641	27	52	17	13	54	42	83	39
Sub low carb tortilla	452	19	29	3	14	88	29	1087	45	31	10	13	54	47	93	18
Pacific Coast	486	23	36	7	33	24	8	1027	43	54	18	8	32	19	38	46
Half spread	395	16	24	3	17	12	4	944	39	52	18	8	32	15	30	44
Sub low carb tortilla	357	20	31	7	33	24	8	924	38	31	10	14	56	23	46	17
Tuna Salad	536	28	43	4	18	41	14	1238	52	48	16	8	31	26	53	40
Sub low carb tortilla	338	23	35	3	18	41	14	1073	45	31	12	14	55	27	54	17
Chicken Poblano	545	9	14	3	15	80	27	914	38	69	23	6	22	43	85	63
Half spread	511	6	10	2	9	76	25	691	27	68	23	5	22	43	85	63
Sub whole wheat bread	505	15	23	3	15	80	27	1414	59	50	17	8	30	41	81	42
Sub low carb tortilla	376	12	18	3	15	80	27	1310	55	27	9	14	54	45	90	13
Cordoba Turkey	767	41	63	7	36	47	16	1922	80	72	24	7	28	26	51	65
No bacon	691	34	53	5	26	32	11	1643	68	79	26	7	28	25	50	72
Half spread	626	25	39	5	24	41	14	1840	77	79	26	7	28	29	59	72
Sub whole grain bread	707	46	71	7	36	47	16	1987	83	52	17	8	30	24	47	44
Sub low carb tortilla	569	43	66	7	36	47	16	1869	78	28	9	13	52	27	54	15

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Turkey (Roasted)	415	0	0	0	0	40	13	1760	73	69	23	5	22	35	70	64
Sub low carb tortilla	217	2	3	0	0	40	13	794	34	25	10	11	43	36	72	14
Sub whole grain bread	355	5	8	0	0	40	13	1191	50	55	18	8	28	34	68	47