



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.

Specials

	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
Antipasto Walkabout	725	48	74	12	62	48	16	1333	56	55	18	7	28	25	51	48
Texas BBQ Chicken Sandwich	785	41	64	9	45	209	70	978	41	46	15	3	11	57	114	43
Souper Chili	455	23	35	10	52	91	30	1610	67	34	11	9	37	30	61	25
Bento	742	18	28	6	28	74	25	1601	67	113	38	2	8	30	60	111