



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.*

Walkabouts

	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
Bostonian	8	23	36	3	16	52	17	1811	75	57	19	7	27	22	43	50
Sub Power Dressing	373	10	15	1	5	41	14	1855	77	50	17	7	27	20	41	43
In a wrap	675	23	36	3	16	52	17	1971	82	90	30	8	31	29	57	82
Sub Power Dressing in a wrap	533	10	15	1	5	41	14	2015	84	83	28	8	31	27	55	75
Herb Roasted Chicken Cobb	738	51	79	17	85	305	102	2310	96	14	5	5	21	59	118	9
No bacon	586	42	65	14	70	275	92	974	41	14	5	5	21	41	81	9
No cheese	586	39	60	8	40	267	89	1733	72	14	5	4	18	50	100	10
No chicken	621	49	75	17	83	249	83	2209	92	13	4	5	21	36	73	9
Sub Power Dressing	551	29	44	14	70	305	102	2443	102	14	5	5	21	59	118	9
Buffalo Chicken	898	51	79	17	85	305	102	2470	103	47	16	6	25	66	132	41
Sub Power Dressing	554	43	66	14	70	109	37	1637	68	12	4	3	11	32	64	9
No cheese	429	28	46	12	60	109	37	1748	72	12	4	3	11	31	62	9
In a wrap	440	33	51	6	30	79	27	1575	66	12	4	3	11	25	50	9
Caesar	677	43	66	14	70	109	37	1726	72	42	14	6	23	38	76	36
No croutons	503	36	55	10	50	59	20	868	36	30	10	5	20	19	38	25
Half dressing	388	34	52	9	47	59	20	670	28	10	3	4	14	16	32	6
No cheese	384	28	43	5	25	38	13	399	17	29	10	5	20	8	17	24
Sub Power Dressing	286	10	16	5	27	22	7	1038	43	32	11	5	21	16	33	27
In a wrap	639	36	55	10	51	59	20	998	42	61	20	8	32	25	50	53

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Caesar w/chicken	623	40	62	11	52	116	39	961	39	30	11	5	20	37	74	25
No croutons	508	38	59	10	49	116	39	763	31	10	4	4	14	31	62	6
Half dressing	543	31	49	9	44	104	35	898	37	29	10	5	20	33	66	24
No cheese	504	32	50	6	27	105	32	492	17	29	10	5	20	23	46	24
Sub Power Dressing	406	13	22	6	29	89	26	1133	43	32	11	5	21	31	62	27
In a wrap	759	40	62	11	53	116	39	1091	45	61	21	8	32	43	86	53
Mandalay Bay	391	22	33	2	12	57	19	354	15	28	9	6	26	23	46	22
No wonton strips	321	18	29	2	9	57	19	248	12	19	6	5	25	21	42	14
In a wrap	514	18	27	2	10	48	18	431	18	55	18	9	38	29	58	46
In a wrap no wonton	461	18	29	2	9	57	19	388	18	50	17	8	34	27	54	42
Athenian Chicken	508	34	52	10	52	103	34	1251	52	20	7	7	27	33	65	13
Sub Power Dressing	365	16	25	9	46	103	34	1252	52	21	7	7	27	33	65	10
No cheese	358	22	33	2	9	52	17	622	26	17	6	7	26	26	52	10
In a wrap	668	34	52	10	52	103	34	1411	59	52	17	8	31	40	79	44
Athenian Greek	399	31	48	10	50	50	17	1158	48	20	7	7	27	12	23	13
Sub Power Dressing	256	14	22	9	44	50	17	1152	47	21	7	7	27	13	26	10
No cheese	249	19	30	2	8	0	0	525	23	17	6	7	26	5	10	10
In a wrap	559	31	48	10	50	50	17	1318	55	52	17	8	31	19	37	44
Tuscany	288	24	37	7	35	30	10	284	12	8	3	2	8	15	30	6
Sub Power Dressing	163	9	14	5	25	30	10	373	16	8	3	2	8	14	28	6
Add chicken	397	26	41	7	37	82	27	378	16	9	3	2	8	35	69	7
In a wrap	428	24	37	7	35	30	10	414	17	39	13	5	20	20	40	34

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Vegetable	382	32	50	9	43	28	9	619	26	15	5	5	20	11	23	10
No cheese	274	24	38	4	18	2	1	565	24	14	5	5	20	4	7	9
Sub Power Dressing	186	32	50	9	43	28	9	749	31	46	15	8	32	17	35	38
In a wrap	522	32	50	9	43	28	9	749	31	46	15	8	32	17	35	38
In a wrap w/no cheese	414	24	38	4	18	2	1	695	29	45	15	8	32	10	19	37
In a wrap sub Power Dressing	326	9	13	5	26	26	9	576	24	48	16	8	32	17	34	40
Vegetable with Turkey	482	32	50	9	43	68	23	1939	81	17	6	5	20	33	67	12
No cheese	374	24	38	4	18	42	14	1885	79	16	5	5	20	26	51	11
Sub Power Dressing	286	9	13	5	26	66	22	1766	74	19	6	5	20	33	67	14
In a wrap	622	32	50	9	43	68	23	2069	86	48	16	8	32	39	79	40
In a wrap w/no cheese	514	24	38	4	18	42	14	2015	84	47	16	8	32	32	63	39
In a wrap sub Power Dressing	426	9	13	5	26	66	22	1896	79	50	17	8	32	39	78	42
Vegetable with Tuna	506	42	65	10	51	47	16	814	34	16	5	5	21	19	37	11
No cheese	399	35	53	5	26	21	7	759	32	14	5	5	21	11	22	9
Sub Power Dressing	310	19	29	7	34	45	15	640	27	18	6	5	21	19	37	13
In a wrap	646	42	65	10	51	47	16	944	39	47	16	8	33	25	49	39
In a wrap w/no cheese	539	35	53	5	26	21	7	889	37	45	15	8	33	17	34	37
In a wrap sub Power Dressing	450	19	29	7	34	45	15	770	32	49	16	8	33	25	49	41