



# 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.

### 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
<b>Bostonian</b>	<b>675</b>	<b>23</b>	<b>36</b>	<b>3</b>	<b>16</b>	<b>52</b>	<b>17</b>	<b>1971</b>	<b>82</b>	<b>90</b>	<b>30</b>	<b>8</b>	<b>31</b>	<b>30</b>	<b>60</b>	<b>82</b>
<b>Buffalo Chicken</b>	<b>677</b>	<b>41</b>	<b>64</b>	<b>14</b>	<b>70</b>	<b>109</b>	<b>37</b>	<b>1726</b>	<b>72</b>	<b>42</b>	<b>14</b>	<b>6</b>	<b>23</b>	<b>38</b>	<b>76</b>	<b>36</b>
In a Bowl	554	43	66	14	70	109	37	1637	68	12	4	3	11	32	65	9
No Cheese	505	27	42	5	25	65	22	1462	61	42	14	6	23	28	55	36
Sub Fat Free Power Dressing	429	14	22	7	34	87	29	1622	68	44	15	6	24	33	65	38
<b>Caesar</b>	<b>639</b>	<b>36</b>	<b>55</b>	<b>10</b>	<b>51</b>	<b>59</b>	<b>20</b>	<b>998</b>	<b>42</b>	<b>61</b>	<b>20</b>	<b>8</b>	<b>32</b>	<b>25</b>	<b>50</b>	<b>53</b>
In a Bowl	503	36	55	10	50	59	20	868	36	30	10	5	20	19	38	25
No Croutons	528	34	52	9	47	59	20	800	33	41	14	7	26	22	44	34
Half Dressing	523	23	35	8	38	40	13	904	38	60	20	8	32	24	47	52
Sub. Fat Free Power Dressing	427	10	16	5	27	22	7	1260	52	63	21	8	33	22	45	55
<b>Caesar w/Chicken</b>	<b>759</b>	<b>40</b>	<b>62</b>	<b>11</b>	<b>53</b>	<b>116</b>	<b>39</b>	<b>1091</b>	<b>45</b>	<b>61</b>	<b>21</b>	<b>8</b>	<b>32</b>	<b>43</b>	<b>85</b>	<b>53</b>
In a Bowl	623	40	62	11	52	116	39	961	39	30	11	5	20	37	73	25
No Croutons	648	38	59	10	49	116	39	893	36	41	15	7	26	40	79	34
Half Dressing	643	27	42	9	40	97	32	997	41	60	21	8	32	42	82	52
Sub. Fat Free Power Dressing	547	14	23	6	29	79	26	1351	55	63	22	8	33	40	80	55



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<b>Mandalay Bay</b>	<b>514</b>	<b>18</b>	<b>27</b>	<b>2</b>	<b>10</b>	<b>48</b>	<b>18</b>	<b>431</b>	<b>18</b>	<b>55</b>	<b>18</b>	<b>9</b>	<b>38</b>	<b>29</b>	<b>59</b>	<b>50</b>
In a Bowl	391	22	33	2	12	57	19	354	15	28	9	6	26	23	47	22
No Wonton Strips	461	18	29	2	9	57	19	388	18	50	17	8	34	27	54	42
In a Bowl - No Wonton Strips	321	18	29	2	9	57	19	248	12	19	6	5	35	21	42	14
<b>Pacific Cobb</b>	<b>706</b>	<b>46</b>	<b>71</b>	<b>15</b>	<b>78</b>	<b>238</b>	<b>80</b>	<b>1891</b>	<b>79</b>	<b>44</b>	<b>15</b>	<b>8</b>	<b>31</b>	<b>35</b>	<b>70</b>	<b>36</b>
In a Bowl	566	46	71	15	78	238	80	1762	73	13	4	5	19	29	58	8
No Bacon	604	40	61	14	68	218	73	1001	42	44	15	8	31	23	46	36
Sub. Fat Free Power Dressing	519	23	36	13	63	238	80	2115	88	44	15	8	32	35	70	36
Sub. Low Fat Mediterranean Vinaigrette	618	36	55	13	68	238	80	2101	88	43	14	8	33	35	71	35
<b>Tuna</b>	<b>634</b>	<b>34</b>	<b>52</b>	<b>10</b>	<b>50</b>	<b>60</b>	<b>20</b>	<b>892</b>	<b>37</b>	<b>60</b>	<b>20</b>	<b>7</b>	<b>29</b>	<b>28</b>	<b>55</b>	<b>53</b>
In a Bowl	475	34	52	10	50	60	20	732	30	27	9	6	25	21	41	21
In a Bowl - Fat Free Power Dressing	331	20	32	8	40	49	16	867	37	21	7	6	24	20	40	14
In a Bowl-No Cheese	359	24	36	4	20	30	10	556	24	27	9	6	24	14	28	20
Sub. Fat Free Power Dressing	486	20	32	8	40	49	16	997	42	52	17	9	36	26	52	42
No Cheese	514	24	36	4	20	30	10	686	29	58	19	9	36	20	44	48



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<b>Turkey</b>	<b>632</b>	<b>28</b>	<b>43</b>	<b>8</b>	<b>41</b>	<b>82</b>	<b>27</b>	<b>1912</b>	<b>80</b>	<b>63</b>	<b>21</b>	<b>7</b>	<b>28</b>	<b>36</b>	<b>73</b>	<b>56</b>
In a Bowl	472	28	43	8	41	82	27	1752	73	30	10	6	24	29	59	24
In a Bowl - Fat Free Power Dressing	330	14	23	6	31	71	24	1887	80	24	7	6	24	28	56	14
In a Bowl - No Cheese	358	18	28	2	11	52	17	1576	67	30	9	6	24	22	44	20
Sub. Fat Free Power Dressing	490	14	23	6	31	71	24	2017	85	49	17	9	36	34	68	42
No Cheese	528	18	28	2	11	52	17	1706	72	55	19	9	36	18	36	48
<b>Tuscany</b>	<b>428</b>	<b>24</b>	<b>37</b>	<b>7</b>	<b>35</b>	<b>30</b>	<b>10</b>	<b>414</b>	<b>17</b>	<b>39</b>	<b>13</b>	<b>5</b>	<b>20</b>	<b>20</b>	<b>39</b>	<b>34</b>
In a Bowl	288	24	37	7	35	30	10	284	12	8	3	2	8	15	29	6
Sub. Fat Free Power Dressing	304	9	14	5	25	30	10	563	23	40	13	5	21	20	40	35
Sub. Low Fat Mediterranean Vinaigrette	370	18	27	6	28	30	10	555	23	38	12	5	21	20	40	33
Add Chicken	544	29	44	8	39	88	29	508	21	40	13	5	20	37	74	35
<b>Vegetable</b>	<b>490</b>	<b>24</b>	<b>36</b>	<b>8</b>	<b>41</b>	<b>41</b>	<b>14</b>	<b>667</b>	<b>28</b>	<b>57</b>	<b>19</b>	<b>9</b>	<b>36</b>	<b>19</b>	<b>38</b>	<b>48</b>
In a Bowl	350	24	36	8	41	41	14	537	22	25	9	6	24	13	26	19
In a Bowl - Fat Free Power Dressing	208	10	16	6	31	30	10	672	28	20	7	6	24	12	24	14
In a Bowl - No Cheese	236	14	22	2	11	11	4	361	15	25	9	6	24	6	12	19
Sub. Fat Free Power Dressing	348	10	16	6	31	30	10	802	33	51	17	9	36	18	36	42
No Cheese	376	14	22	2	11	11	4	491	20	57	19	9	36	12	24	48