

Roly Poly Salad Nutritional Information

Recipe Name	Calories	Fat (g)	Saturated Fat (g)	Pro (g)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Sodium (mg)	Cholesterol (mg)
ALPINE CHEF SALAD	317	16	8	32	13	4	6	1557	77
BUFFALO CHICKEN SALAD	504	25	10	49	13	5	5	1411	133
BUFFALO COBB SALAD	457	22	9	46	10	3	3	1111	128
CHIPOTLE CAESAR SALAD	521	25	12	45	21	4	4	1160	126
COBB SALAD	517	27	11	50	12	4	4	1481	137
FRISCO CHICKEN SALAD	527	25	12	47	20	7	6	1250	137
GREEK SALAD	168	10	6	8	14	5	7	589	33
JUST VEGGIES SALAD	95	0	0	6	19	8	6	64	0
LAS OLAS SALAD	254	11	1	26	15	4	6	756	67
ROLY CHEF SALAD	340	19	6	31	12	2	7	1385	67
SPA SALAD	255	15	2	9	26	7	17	30	0
SPA with chicken	475	18	3	42	30	7	17	670	89
SPICY CAESAR SALAD	507	19	8	43	33	5	4	1044	109
WALNUT SPINACH SALAD	420	33	9	24	14	7	5	1033	48

Salad Nutrition information does not include side dressing

Roly Poly Soup Nutritional Information

Based on a 6oz. serving.

Soup	Saturated Fat	Calories (kcal)	Fat (g)	Carbohydrates (g)	Protein (g)	Total Dietary Fiber (g)	Cholesterol (mg)	Sugars (g)	Cal. from Fat	Sodium (mg)
CLASSIC SOUPS										
Broccoli Cheddar	6	160	11	10	6	<1				710
Classic Chili	2	160	5	18	9	6	15	3	7	730
Harvest Mushroom Bisque	2.5	90	5	11	3	1	15	2	45	700
Loaded Baked Potato	5	170	11	15	4	<1	15	2	45	490
Old Fashioned Chicken Noodle	0	70	2	11	4	<1	10	2	45	800
Roasted Garlic Tomato	6	160	11	12	3	1	50	3	100	550
Clam Chowder	4.5	150	5	12	4	<1	30	2	80	720
Baja Chicken Enchilada	7	210	14	12	19	2	52	4	885	1180
Mexican Style Chicken Tortilla	0	130	3	18	8	3	10	3		920
Seafood Bisque	9	217	14	12	8	<1	71	3	735	
Shrimp & Roasted Corn	6.5	187	12	16	5					
CLASSIC VEGETABLE SOUPS										
Corn & Green Chile Bisque		130	7	14	3	1	10	3	60	760
Garden Vegetable		60	0	12	3	2	0	3	0	610
Spring Asparagus		130	9	10	4	1	30	3	60	610