

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
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	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	160	11	10	6	<1				710
Classic Chili	160	5	18	9	6	15	3	7	730
Harvest Mushroom Bisque	90	5	11	3	1	15	2	45	700
Loaded Baked Potato	170	11	15	4	<1	15	2	45	490
Old Fashioned Chicken Noodle	70	2	11	4	<1	10	2	45	800
Roasted Garlic Tomato	160	11	12	3	1	50	3	100	550
Clam Chowder	150	5	12	4	<1	30	2	80	720
Baja Chicken Enchilada	210	14	12	19	2	52	4	885	1180
Mexican Style Chicken Tortilla	130	3	18	8	3	10	3		920
Seafood Bisque	217	14	12	8	<1	71	3	735	
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