

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