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NUTRITION MENU

SALAD LOOP *Great Salad*



Daily Calorie and Sodium Requirements

Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. (Source: Health Canada)

MENU ITEMS	Serving Size (g)	Calories (Kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Salad Bar															
Artichoke Pasta	½ cup	170	10	1	0	0	600	18	2	1	3	6	30	2	10
Avocado Salsa	½ cup	100	8	1	0	0	250	7	4	2	2	10	20	2	4
Bacon Pasta	½ cup	270	17	2.5	0	20	500	23	2	2	6	8	10	4	10
Barley Salad	½ cup	230	10	4.5	0	0	360	28	6	4	8	6	25	6	20
Bean Sprout Salad	½ cup	20	1	0	0	0	105	3	0	2	1	6	4	0	2
Beet Salad	½ cup	80	4	0.3	0	0	330	10	2	7	2	0	8	2	6
Black Bean Orzo Salad	½ cup	190	11	1	0.2	0	560	18	2	1	4	2	2	2	8
Black Bean Salad	½ cup	70	0.4	0	0	0	200	16	3	6	3	8	8	4	8
Cauliflower Salad	½ cup	50	4	0.3	0	0	380	3	1	2	1	0	25	0	2
Chicken Salad	½ cup	150	7	0.5	0	55	350	1	0	0	21	4	2	0	4
Coleslaw	½ cup	45	1.5	0.2	0	0	135	8	1	6	1	20	25	2	2
Couscous Salad	½ cup	90	6	0.4	0	0	170	8	1	3	2	2	2	2	2
Creamy Broccoli Salad	½ cup	80	7	0.5	0	5	80	3	1	2	1	4	40	2	2
Crunch Green Cabbage Salad	½ cup	40	2	0.3	0	0	310	5	1	4	1	0	15	2	2
Curried Chick Peas	½ cup	150	2	0.2	0	0	510	28	4	12	6	4	6	4	20
Curried Tofu	½ cup	170	9	1.5	0	0	20	6	0	1	15	0	4	10	25
Curry Chicken Salad	½ cup	150	11	1	0	25	610	7	1	5	7	30	4	2	2

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Salad Bar															
Fresh Spinach	½ cup	5	0.1	0	0	0	25	1	1	0	1	60	15	2	6
Gai Lan	½ cup	10	0.4	0	0	0	0	2	1	0	1	10	25	4	2
Greek Salad	½ cup	60	5	0.4	0	0	0	3	1	2	1	8	25	2	2
Green Bean Salad	½ cup	20	0.3	0	0	0	400	4	2	2	1	6	25	2	4
Grilled Veggie	½ cup	25	1	0	0	0	70	4	1	3	1	10	40	0	2
Korean Noodle Salad	½ cup	310	7	0.4	0	0	690	62	0	18	2	10	15	2	10
Lentil Salad	½ cup	220	6	0.4	0	0	360	31	5	6	11	8	30	4	25
Mix Bean Salad	½ cup	70	4.5	0.4	0	0	125	7	2	2	2	0	2	2	4
Mixed Bean Salad with Fresh Herb	½ cup	70	0.5	0	0	0	550	15	3	6	3	4	4	2	6
Mushroom Salad	½ cup	70	7	0.5	0	0	210	2	1	1	1	4	25	0	2
Penny Pasta with Tuna	½ cup	240	10	0.5	0	5	310	33	1	10	6	2	10	0	8
Perogies (cheese)	2 pc	100	1	0	0	0	190	20	1	2	4	0	0	0	10
Picnic Potato Salad	½ cup	100	7	0.5	0	5	280	8	1	2	1	2	15	0	4
Poppy Seed Pasta	½ cup	180	7	0.5	0	5	190	23	1	2	4	0	6	0	8
Potato Salad	½ cup	190	10	1.5	0	10	480	22	2	5	2	0	4	0	4
Quinoa Festive (Organic)	½ cup	180	6	0.5	0	0	300	27	3	7	4	2	6	2	10

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Salad Bar															
Red Rice Salad	½ cup	250	14	1	0	0	400	27	1	0	3	0	0	0	2
Romaine Lettuce	½ cup	5	0.1	0	0	0	0	1	1	0	0.5	40	15	2	2
Seafood Pasta	½ cup	160	5	0.5	0	10	430	21	1	2	6	2	15	0	8
Seaweed Salad	½ cup	100	4	0.5	0	0	770	13	0	5	4	2	20	10	15
Spinach Orzo Pesto Salad	½ cup	330	7	1	0	0	430	56	2	2	10	10	10	4	20
Sweet Potato with Cinnamon	½ cup	60	0	0	0	0	35	14	2	3	1	100	2	2	4
Thai Noodle Salad	½ cup	130	8	1	0	0	680	14	0	6	3	8	0	0	2
Tofu with Miso Sauce	½ cup	50	2.5	0.4	0	0	150	2	0	2	5	0	0	6	8
Tomato Salsa	½ cup	15	0.1	0	0	0	210	3	1	2	1	15	15	0	2
Waldorf Salad	½ cup	110	7	0.5	0	5	310	11	1	8	1	0	2	2	2
Wasabi Rice	½ cup	220	8	5	0	0	350	30	3	1	7	4	15	4	15
Wheat berry Salad (Organic)	½ cup	390	17	1	0	0	500	56	4	8	6	2	2	2	15
Toppings															
Bacon Bits	½ cup	180	6	0.5	0	0	730	12	6	0	18	0	0	10	45
Carrots, Shredded	½ cup	15	0.1	0	0	0	25	3	1	2	0.3	60	4	0	0

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Toppings															
Cheddar Cheese, Shredded	½ cup	50	4.5	2.5	0	15	80	0	0	0	3	4	0	8	0
Chickpeas, Plain	½ cup	120	1.5	0.2	0	0	340	21	6	1	7	2	0	2	10
Corn Kernels	½ cup	50	0.5	0	0	0	0	13	1	0	2	0	6	0	2
Cottage Cheese	½ cup	40	1	0.4	0	5	150	2	0	2	5	0	0	4	0
Croutons	½ cup	80	3	1	0	0	210	11	1	1	2	0	0	2	4
Cucumber, Sliced	1 slice	0	0	0	0	0	0	0	0	0	0.1	0	0	0	0
Dill Pickle, Sliced	1 slice	0	0	0	0	0	150	0	0	0	0.1	0	0	0	0
Feta Cheese	½ cup	280	22	17	0.3	70	840	3	0	0	17	0	0	15	0
Green Peas	½ cup	40	0.4	0	0	0	170	7	3	2	3	10	10	2	6
Ham, Diced	½ cup	70	3	1.5	0	20	610	3	0	2	6	0	0	0	2
Hard Boiled Egg	1	80	6	1.5	0	205	70	1	0	0	7	10	0	2	6
Hot Pepper Rings	½ cup	10	0	0	0	0	420	2	2	0	0.5	0	0	2	0
Imitation Crab Meat	½ cup	60	1	0	0	15	500	10	0	2	5	0	0	2	0
Mozzarella Cheese, Shredded	½ cup	40	3	2	0	10	50	0	0	0	3	2	0	6	0
Olives, Black	3 olives	5	0.5	0	0	0	25	0	0	0	0	0	0	0	2
Olives, Green	3 olives	20	2	0.2	0	0	190	0	0	0	0.1	0	0	0	0
Raisin	½ cup	150	0.2	0	0	0	5	39	2	29	2	0	2	2	6

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MENU ITEMS	Serving Size (g)	Calories (Kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Toppings															
Red Cabbage, Shredded	½ cup	15	0.1	0	0	0	15	4	1	2	1	8	50	2	2
Stuffed Grape Leaves (vegan)	2 rolls	49	2.7	0.3	0	0	170	6	-	0	0.6	2	1	2	2
Tomato	½ cup	0	0	0	0	0	0	1	0	0	0.2	6	4	0	0
Tuna, Chunk	½ cup	35	0	0	0	10	140	1	0	1	8	0	0	0	4
Salad Dressing															
1000 Island Dressing	¼ cup	220	20	1.5	0	10	330	8	0	7	0.3	0	0	0	0
Balsamic Vinaigrette Dressing	¼ cup	150	13	1.5	0	0	400	7	0	3	0.3	0	0	0	0
Balsamic Vinegar	¼ cup	45	0	0	0	0	20	8	0	8	0	0	0	0	10
Blue Cheese Dressing	¼ cup	230	25	2.5	0.2	15	430	3	0	2	1	0	0	0	0
Creamy Caesar Dressing	¼ cup	180	20	1.5	0	15	360	3	0	2	2	0	0	0	0
Honey Mustard Dressing	¼ cup	230	23	1.5	0	10	380	7	0	5	1	0	0	0	0
Italian Dressing	¼ cup	170	18	1.5	0	0	410	3	0	3	0	0	0	0	0
Low Fat Miso Sesame Dressing	¼ cup	80	5	0.5	0	0	420	6	0	3	3	0	0	6	8
Low Fat Raspberry Dressing	¼ cup	90	6	1	0	0	450	9	0	9	0	0	6	0	0
Ranch Dressing	¼ cup	130	14	1	0	5	230	2	0	2	1	0	0	0	0

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Condiment															
Ketchup	¼ cup	20	0	0	0	0	140	5	0	4	0.3	0	0	0	0
Lemon Juice	1 Tbsp	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Olive Oil	1 Tbsp	120	14	2	0	0	0	0	0	0	0	0	0	0	0
Sriracha Hot Sauce	1 tsp	5	0	0	0	0	100	1	0	1	0	0	0	0	0
Whole Fruit															
Banana	1 whole	110	0.4	0	0	0	0	27	2	14	1	0	15	0	2
Fresh Apple	1 whole	110	0.4	0	0	0	0	29	4	22	1	2	15	2	2

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Fruit Bar															
Blackberries	½ cup	30	0.4	0	0	0	0	7	4	4	1	2	25	2	4
Blueberries	½ cup	30	0.2	0	0	0	0	7	1	5	0.4	0	8	0	2
Cantaloupe	½ cup	10	0.1	0	0	0	0	2	0	2	0.2	10	15	0	0
Granola	½ cup	180	5	1	0	0	15	28	4	5	4	0	0	4	10
Grapefruit	½ fruit	25	0.1	0	0	0	0	6	1	4	0.4	15	30	2	0
Grapes	½ cup	50	0.3	0	0	0	0	13	1	12	0.5	2	4	0	2
Honeydew	½ cup	25	0.1	0	0	0	10	6	1	6	0.4	0	20	0	0
Kiwi	½ fruit	30	0.3	0	0	0	0	7	1	5	1	0	80	0	2
Oranges	½ fruit	25	0.1	0	0	0	0	6	1	5	0.4	2	40	2	0
Papaya	½ cup	15	0.1	0	0	0	0	4	1	2	0.2	4	40	0	0
Pineapple	½ cup	35	0.1	0	0	0	0	9	1	7	0.4	0	50	0	2
Strawberries	½ cup	20	0.2	0	0	0	0	4	1	3	0.4	0	50	0	2
Watermelon	½ cup	25	0.1	0	0	0	0	6	0	5	0.5	35	10	0	2
Yogurt, Plain	½ cup	45	1	0.4	0	5	50	6	0	3	3	0	0	8	0

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Soups															
Beef Barley Soup (Small)	8 oz	80	2.5	0.5	0.1	10	90	10	2	1	6	30	8	2	6
Beef Barley Soup (Large)	10 oz	150	4.5	1.5	0.1	20	160	18	3	3	10	50	15	2	10
Borscht Soup (Small)	8 oz	35	1.5	0.5	0.1	5	40	5	1	2	1	10	4	2	2
Borscht Soup (Large)	10 oz	60	2	1	0.1	5	70	10	2	4	2	35	8	2	6
Carrot Ginger Soup (Small)	8 oz	50	0.3	0	0	0	120	11	2	2	1	60	6	2	2
Carrot Ginger Soup (Large)	10 oz	80	0.5	0	0	0	200	19	3	3	2	110	10	4	4
Chicken Noodle Soup (Small)	8 oz	50	1.5	0.3	0	5	125	6	1	1	3	15	6	2	4
Chicken Noodle Soup (Large)	10 oz	90	2.5	0.5	0	15	200	10	1	2	6	25	10	2	6
Corn Chowder Soup (Small)	8 oz	100	1	0.4	0	0	230	21	2	4	3	8	15	4	6
Corn Chowder Soup (Large)	10 oz	170	2	0.5	0	5	400	36	4	6	6	15	25	8	8
Goulash Soup (Small)	8 oz	90	3.5	1	0.2	20	160	7	2	2	8	15	15	4	10
Goulash Soup (Large)	10 oz	160	6	1.5	0.4	30	280	12	3	3	14	30	20	6	20
Moroccan Lentil Soup (Small)	8 oz	90	1	0	0	0	100	14	3	1	5	20	4	2	10
Moroccan Lentil Soup (Large)	10 oz	160	2	0.2	0	0	90	26	5	2	9	40	10	4	25

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Soups															
Mulligatawny Soup (Small)	8 oz	100	6	3	0	5	125	10	2	2	3	15	8	2	6
Mulligatawny Soup (Large)	10 oz	180	11	5	0.1	10	230	18	3	3	6	25	15	4	10
Vegetable Soup (Small)	8 oz	35	0.1	0	0	0	470	8	1	3	1	50	15	2	4
Vegetable Soup (Large)	10 oz	60	0.3	0	0	0	860	14	3	5	2	90	25	4	6
Wonton Soup (Small)	8 oz	110	6	1.5	0	10	360	11	1	1	4	2	2	2	4
Wonton Soup (Large)	10 oz	150	8	2	0	15	480	14	1	1	5	2	2	2	6
Yam Soup (Small)	8 oz	110	3.5	0.4	0	0	190	17	3	3	4	80	4	4	6
Yam Soup (Large)	10 oz	210	7	1	0	0	350	32	6	6	7	150	8	6	10
Smoothies															
Berry Smoothie	16 oz	240	0.3	0	0	0	40	58	4	46	1	0	140	2	6
Breakfast Smoothie	16 oz	330	4.5	1	0	0	50	67	4	38	7	0	120	6	10
Mango Smoothie	16 oz	180	0.3	0	0	0	20	44	2	39	2	8	120	2	0
Mixed Fruit Smoothie	16 oz	250	10	9	0	0	35	41	4	28	4	0	90	2	10
Pineapple Coconut Smoothie	16 oz	200	5	4.5	0	0	30	39	1	33	2	0	60	4	8
Strawberry Smoothie	16 oz	210	0.4	0	0	0	35	53	3	14	1	2	160	2	6

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Fresh Pressed Juices															
Apple Juice	12 oz	230	1	0	0	0	50	57	0	47	1	0	320	4	6
Apple Juice	16 oz	180	0.5	0	0	0	35	43	0	35	1	0	240	2	6
Carrot Juice	12 oz	130	0.5	0	0	0	100	31	3	13	3	660	50	8	10
Carrot Juice	16 oz	180	0.5	0	0	0	130	42	4	18	4	880	60	10	15
Grapefruit Juice	12 oz	140	0.4	0	0	0	0	33	0	0	2	0	220	2	6
Grapefruit Juice	16 oz	180	0.5	0	0	0	0	44	0	0	2	0	300	4	6
Orange Juice	12 oz	150	0.5	0	0	0	0	36	1	29	2	10	290	4	4
Orange Juice	16 oz	210	1	0	0	0	0	49	1	40	3	15	400	4	6
Hot Beverage															
Organic Coffee (8 oz)	8 oz	0	0	0	0	0	0	0	0	0	0.3	0	0	0	0
Tea, All Varieties	8 oz	0	0	0	0	0	5	1	0	0	0	0	0	0	0