



**SO GOOD,
EVEN GUYS LIKE OUR SALADS™**

Dressing	Main Ingredients	Gluten-free	Calories	Carbs (g)	Fat/Sat Fat (g)	Sodium (mg)	Vegan	Vegetarian	Allergens/Notes
1000 Island	Mayo	No	129	5	12/2	254	No	Ovo/Lacto	Egg, milk, soy & wheat
Balsamic Vinaigrette	BV/OO	Yes	175	1	18/3	192	Yes	Yes	Sulfites
Barbecue Ranch	Mayo/BBQ Sauce	Yes	90	15	10/1.5	400	No	Ovo	Sulfites/Mayo
Black Olive Vinaigrette	OO	Yes	65	3.7	6/9	672	Yes	Yes	None
Brown Derby Cobb	OO/RWV	Yes	54	2	6/1	118	No	No	Sulfites/anchovy
Brutus	Anchovy/OO	Yes	98	1	10/2	265	No	No	Anchovy
Cajun Vinaigrette	OO/RWV	Yes	160	1	17/3	124	Yes	Yes	Sulfites
Chamomile Vinaigrette	ACV/VO	Yes	172	9	16/2	166	No	Yes	Honey
Chimichurri	OO/RWV	Yes	76	1	8/0	44	Yes	Yes	None
Chipotle-Lime Vinaigrette	VO/OO	Yes	107	1.7	12/2	163	No	Yes	Honey
Chipotle Ranch	Mayo/SC	Yes	77	1	8/2	220	No	No	None
Coconut Cream Dressing	Mayo/Coconut	Yes					No	Ovo	Nuts/Mayo
Creamy Caesar	Mayo/Cheese	Yes	180	0.5	19/3	202	No	No	Anchovy
Creamy Italian I	OO/VO/ACV	Yes	78	1	8/1	178	Yes	Yes	None
Cucumber Vinaigrette	SSO/RV	Yes	34	0	2/3	493	Yes	Yes	None
Greek	OO/RWV	Yes	170	1	18/3	276	Yes	Yes	Sulfites
Green Apple Vinaigrette	SV/VO	Yes	36	7	1/0	384	No	Yes	Sulfites/Honey
Hollywood Steak Dressing	OO/VO/BV/Soy	No	145	2.4	16/2	83	Yes	Yes	Wheat/Sulfites
Honey Vinaigrette	SV/Honey	Yes	73	11	4/1	29	No	No	Anchovy
Lemon Vinaigrette	OO/VO	Yes	153	2	16/2	157	No	Yes	Honey
Maple Vinaigrette	Walnut Oil/WWV	Yes	144	7.5	13/1.4	127	No	Ovo	Mayo/Nuts/Sulfites
Maytag Blue Cheese Vinaigrette	OO/SC	Yes	155	1	16/5	207	No	Lacto	Dairy products
Mustard Honey	Mayo/VO	Yes	124	7	11/2	115	No	Ovo	Mayo
Newsome Ranch	Bmilk/SC/Mayo	Yes	98	6	7/4	1543	No	Lacto/Ovo	Dairy products
Organic Sesame Ginger	Soybean Oil	No	125	5	11		Yes	Yes	Soy & Wheat
Raspberry Vinaigrette	HFCS	Yes	70	17	0/0	760	Yes	Yes	HFCS
Roasted Garlic Vinaigrette	OO/ACV	Yes	161	4	17/3	183	No	Yes	Honey
Roasted Red Pepper Vinaigrette	SV	Yes	11	2	0/0	112	Yes	Yes	Sulfites
Roasted Shallot Vinaigrette	OO/RWV/BV	Yes	125	4	12/2	190	Yes	Yes	Sulfites
South Texas Salsa	Tomato/Onion	Yes	20	5	.1/0	497	Yes	Yes	Cilantro
Southwestern	Cheese/OO	Yes	150	1	16	290	No	No	Anchovy/Egg
Low Fat Spicy Italian									
Spicy Thai Steak Dressing	Fish Sauce	No	32	8	.3/0	572	No	No	Wheat
Sundried Tomato Vinaigrette	BV/RWV	Yes	177	1.4	20/0	10	Yes	Yes	Sulfites
Wagamama	Soy/Ketchup	No	134	1.7	14.5/2	163	Yes	Yes	Soy
Wasabi Vinaigrette	SSO/Soy/RWV	No					Yes	Yes	Soy

All the above is based on a 1 oz. Serving

Key:

OO = Extra Virgin Olive Oil	Mayo = Mayonnaise	Lacto = Vegetarian but contains milk products
VO = Vegetable Oil made from soybeans	SC = Sour Cream	Ovo = Vegetarian but contains egg products
SSO = Sesame Seed Oil		Vegan = no animal products, including honey
BV = Balsamic Vinegar		
SV = Sherry Wine Vinegar		Gluten = no wheat, rye, or barley (celiac's disease)
RWV = Red Wine Vinegar	2550 calories a day for men	
ACV = Apple Cider Vinegar	1940 calories a day for women	
WBV = White Balsamic Vinegar	1800 calories a day for children aged 5-10	
WWV = White Wine Vinegar	Keep total fat intake between 20 to 35 percent of calories, with most fats coming from sources of polyunsaturated and monounsaturated fatty acids, such as fish, nuts, and vegetable oils	
RV = Rice Wine Vinegar	60g unsaturate fat (if 25% of calorie intake)	
	90g unsaturate fat (if 35% of calorie intake)	
	Consume less than 2,300 mg (approximately 1 tsp of salt) of sodium per day.	

Updated 09/09

Source: www.vitalhealthzone.com/nutrition/diets/recommended_calorie_intake.php#2