MENU ITEM	SERVING SIZE	CALORIES	PROTEIN	CARBS	FAT
Egg, Hard Boiled	2oz (1 Egg)	84	7.1	.7	5.7
Jalapeno Peppers	1oz (14 Slices)	0	0	0	0
Lettuce, Iceberg	1oz (1 Cup)	4	.3	.6	.1
Lettuce, Mixed Greens	2oz (2 Cups)	10	.5	2	0
Mandarin Oranges	4oz (1/2 Cup)	80	1	19	0
Mushrooms	1oz (1/3 Cup)	7	.6	1.3	.1
Olives	2 Tbsp	30	0	0	2.5
Olive Oil	.5oz (1 Tbsp)	120	0	0	14.6
Onion, Red	.5oz (1/2 Cup)	5	.2	1.2	0
Parmesan Cheese	2 tsp	35	3	0	2.5
Peppers	1oz (6 strips)	10	.4	2.5	0
Pineapple Tidbits	4oz (1/2 Cup)	80	0	19	0
Radishes	2oz (5 Whole)	15	.3	2	.3
Raisins	1.3oz (1/4 Cup)	130	1	31	0
Tuna Salad	2oz	186	11.1	.5	16.4
Vinegar, Cider	.5oz (1 Tbsp)	2	0	.9	0
Walnuts	2 Tbsp	90	2	2	9

ISLAND Café

SALAD BAR NUTRITIONAL INFORMATION

MENU ITEM	SERVING SIZE	CALORIES	PROTEIN	CARBS	FAT
3-Bean Salad	1/2 Cup	90	2	17	1
Bacon Bits	1 Tbsp	30	3	2	1
Banana Peppers	1oz (12 Slices)	0	0	0	0
Beets	1/2 Cup	40	0	8	0
Broccoli	1oz (6 Florets)	8	.9	1.5	.1
Carrots	2oz (1/4 Cup)	25	.6	5.8	.1
Cauliflower	1oz (6 Florets)	7	.5	1.4	0
Celery	.75oz (1/4 Cup)	4	.2	.8	0
Cheddar Cheese	1/3 Cup	80	1	7	6
Chicken Salad	2oz	251	6.9	.9	24.5
Chow Mein Noodles	.5oz (2 Tbsp)	32.5	.75	4.5	1.5
Cottage Cheese	3oz (1/2 Cup)	110	12	5	5
Crackers, Saltine	1 Pack (2 Crackers)	25	0	5	.5
Croutons	2 Tbsp	30	1	5	1
Cucumbers	1.75oz (4 Slices)	6	.3	1.5	.1
Dressing, Balsamic Vinaigrette	1oz	110	0	2	11
Dressing, French	1oz	120	0	6	11
Dressing, Honey Mustard	1oz	170	0	5	17
Dressing, Lite Italian	1oz	40	0	2	3.5
Dressing, Ranch	1oz	110	0	1	12
Dressing, 1000 Island	1oz	140	0	5	13
Garbanzo Beans	3oz (1/2 Cup)	103	4.2	19.6	1