



Nutritional Values: (% based on 2000 calorie diet)

Salads and Pastas

	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)	Zinc (%)
Salads - does not include roll																	
Blue Cobb	411	661	440	49	15	115	1440	640	15	3	4	42	160	50	30	15	n/a
Caesar	204	534	420	47	10	20	1460	270	17	2	3	14	110	35	40	10	n/a
Chicken Salad Plate	408	629	375	42	5	45	1420	480	41	5	n/a	23	170	70	10	20	n/a
Garden Salad	254	197	140	16	3	10	500	370	13	3	5	4	240	45	6	8	n/a
Ginger Vin	262	320	253	28	n/a	30	490	320	11	n/a	n/a	10	150	80	25	10	n/a
Greek Salad	353	375	274	30	9	40	2970	280	14	n/a	n/a	7	120	60	25	10	n/a
Mandarin Salad	331	380	212	23	n/a	n/a	370	560	36	n/a	n/a	13	150	100	15	20	n/a
Mozzabella	425	621	464	52	12	30	1380	750	22	7	n/a	22	160	90	50	15	n/a
Raspberry Fields	291	544	261	29	8	25	1160	700	62	6	42	15	240	35	30	15	n/a
Spinach	240	411	291	32	5	210	770	850	14	5	5	19	160	40	15	25	20
The Chef	427	537	322	36	10	255	1700	480	28	3	8	29	160	45	30	15	n/a
Tuna Salad Plate	408	600	362	40	5	15	1600	450	43	5	10	18	200	70	8	20	n/a
Pastas - does not include roll																	
Balsamic Chicken	425	798	279	31	9	90	1110	340	76	5	3	49	8	8	35	25	n/a
Caesar Chicken	415	923	419	47	11	90	1130	410	74	5	2	50	25	8	40	25	20
Cajun Chicken	462	735	234	26	6	90	820	480	79	5	n/a	45	15	90	6	25	n/a

* All Just Fresh Nutritional values are estimates based on product information availability and suggested recipe portions.

All values have been determined using statistical data provided by manufacturers of products and / or e-nutrition information provided by distributors. These values can vary depending on product substitutions, availability of certain products, seasonality of products, altering of menu recipe, changes in prep recipes and scale variations. Just Fresh does not guarantee 100% accuracy of nutritional values based on these reasons. Further, Just Fresh food products may contain or come in contact with several foods known to be allergens such as tree-nuts, peanuts, wheat products, dairy (milk and eggs), and in some facilities fish and shellfish.

*****Some items not available at all locations*****