

SALAD SHAKERS - NUTRITIONALS

Last Updated	Menu Item	Portion	Serving Size (mL/g)	Calories	Total Fat (g)	Sat Fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium(mg)	Carbs	Fibre	Sugar (g)	Protein(g)	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV
2022-05-05	Caribbean Jerk Chicken	Chicken Breast	85.00	102.00	2.55	0.85	0.00	68.00	255.00	0.85	0.00	0.00	19.55	1.70	1.70	0.00	1.70
		Red Onions	28.00	8.24	0.00	0.00	0.00	0.00	0.00	1.98	0.66	1.65	0.33	0.00	3.29	0.66	0.66
		Jerk Seasoning	1.00	0.00	0.00	0.00	0.00	0.00	0.00	150.00	0.00	0.00	0.00	0.00	0.00	0.00	2.00
		Special Sauce	15.00	97.00	13.80	1.05	0.21	0.00	240.00	0.00	0.00	0.00	0.30	0.10	0.10	0.00	0.00
		Baby Spinach	14.00	3.29	0.00	0.00	0.00	0.00	12.35	0.49	0.33	0.00	0.33	11.53	5.76	1.32	2.47
		Romaine Lettuce	14.00	2.47	0.00	0.00	0.00	0.00	0.82	0.49	0.33	0.16	0.16	11.53	0.99	0.33	0.99
		Tomatoes	28.00	4.94	0.00	0.00	0.00	0.00	3.29	0.99	0.33	0.66	0.33	1.98	8.24	0.66	0.66
		Cucumber	28.00	3.29	0.00	0.00	0.00	0.00	39.53	0.66	0.33	0.33	0.33	0.66	2.64	0.66	0.66
		Green Peppers	28.00	5.12	0.00	0.00	0.00	0.00	8.54	0.68	0.34	0.68	0.34	0.68	37.56	0.00	0.68
		Pineapple	14.00	10.08	0.00	0.00	0.00	0.00	0.00	2.58	0.11	2.35	0.11	0.00	33.60	1.12	1.12
		Feta	28.00	84.00	6.53	4.20	0.19	23.33	382.67	1.87	0.00	0.00	3.73	3.73	0.00	9.33	0.00
		Roasted Garlic Aioli	15.00	72.00	7.80	0.60	0.03	6.75	120.00	0.60	0.00	0.30	0.15	0.00	0.00	0.30	0.30
		Totals	298.00	392.44	30.68	6.70	0.43	98.08	1212.20	11.19	2.43	6.13	25.67	31.91	93.88	14.38	11.24
		2022-05-05	Lemon Falafel & Halloumi	Falafel	76.00	186.67	8.00	0.67	0.00	0.00	386.67	24.00	6.67	4.00	6.67	0.00	2.67
Halloumi	42.50			42.50	3.40	2.13	0.13	12.75	153.00	0.43	0.00	0.00	2.98	0.00	0.00	7.23	0.00
Red Onions	28.00			8.24	0.00	0.00	0.00	0.00	0.00	1.98	0.66	1.65	0.33	0.00	3.29	0.66	0.66
Mushrooms	28.00			6.59	0.00	0.00	0.00	0.00	4.94	0.99	0.33	0.00	0.99	0.00	0.66	0.00	0.66
Baby Spinach	28.00			6.59	0.00	0.00	0.00	0.00	24.71	0.99	0.66	0.00	0.66	23.06	11.53	2.64	4.94
Chilled Rice	56.70			45.00	0.38	0.00	0.00	0.00	0.00	9.00	0.50	0.00	1.00	0.00	0.00	1.00	
Tomatoes	28.00			4.94	0.00	0.00	0.00	0.00	3.29	0.99	0.33	0.66	0.33	1.98	8.24	0.66	0.66
Cucumber	28.00			3.29	0.00	0.00	0.00	0.00	39.53	0.66	0.33	0.33	0.33	0.66	2.64	0.66	0.66
Roasted Red Peppers	15.00			2.10	0.00	0.00	0.00	0.00	144.90	0.50	0.20	0.00	0.05	1.12	0.00	2.24	1.12
Carrots	28.00			11.53	0.00	0.00	0.00	0.00	21.41	2.64	0.66	1.65	0.33	39.53	3.29	0.66	0.66
Feta	28.00			84.00	6.53	4.20	0.19	23.33	382.67	1.87	0.00	0.00	3.73	3.73	0.00	9.33	0.00
Tzatziki	28.00			39.20	3.08	1.12	0.08	7.00	168.00	2.24	0.28	1.40	0.84	0.00	1.68	2.24	0.56
Black Olives	7.50			12.50	1.25	0.20	0.00	0.00	55.00	0.50	0.00	0.00	0.05	0.00	0.00	0.00	0.00
Totals	421.70			453.14	22.64	8.31	0.40	43.08	1384.12	46.76	10.61	9.68	18.27	70.08	33.99	39.64	30.92
2022-05-05	Summer Balsamic Chicken	Chicken	85.00	102.00	2.55	0.85	0.00	68.00	255.00	0.85	0.00	0.00	19.55	1.70	1.70	0.00	1.70
		Bacon	15.00	65.55	5.16	1.82	0.01	12.95	177.90	0.38	0.00	0.30	4.40	0.00	0.00	0.00	0.30
		Red Onions	28.00	8.24	0.00	0.00	0.00	0.00	0.00	1.98	0.66	1.65	0.33	0.00	3.29	0.66	0.66
		Balsamic Dressing	15.00	35.00	3.00	0.50	0.00	2.50	115.00	2.00	0.00	1.50	0.10	0.00	0.00	0.00	0.00
		Baby Spinach	28.00	6.59	0.00	0.00	0.00	0.00	24.71	0.99	0.66	0.00	0.66	23.06	11.53	2.64	4.94
		Tomatoes	28.00	4.94	0.00	0.00	0.00	0.00	3.29	0.99	0.33	0.66	0.33	1.98	8.24	0.66	0.66
		Carrots	28.00	11.53	0.00	0.00	0.00	0.00	21.41	2.64	0.66	1.65	0.33	39.53	3.29	0.66	0.66
		Mushrooms	28.00	6.59	0.00	0.00	0.00	0.00	4.94	0.99	0.33	0.00	0.99	0.00	0.66	0.00	0.66
		Roasted Red Peppers	15.00	2.10	0.00	0.00	0.00	0.00	144.90	0.50	0.20	0.00	0.05	1.12	0.00	2.24	1.12
		Feta	28.00	84.00	6.53	4.20	0.19	23.33	382.67	1.87	0.00	0.00	3.73	3.73	0.00	9.33	0.00
		Sweet & Salty Nut Mix	28.00	160.00	8.00	1.20	0.00	0.00	60.00	0.00	0.00	12.00	4.00	0.00	0.00	0.00	4.00
		Roasted Garlic Aioli	15.00	72.00	7.80	0.60	0.03	6.75	120.00	0.60	0.00	0.30	0.15	0.00	0.00	0.30	0.30
		Totals	341.00	558.53	33.05	9.17	0.23	113.53	1309.82	13.76	2.83	18.06	34.61	71.12	28.71	16.49	15.00