

Chicken Caesar Salad

One (1) – 12 oz. serving

NUTRITIONAL INFORMATION

Per Serving / 12 oz.

Calories 790 **Calories from Fat** 390

	Amount	% Daily Value
Total Fat	43g	66%
Saturated Fat	8g	42%
Trans Fat	0g	
Polyunsaturated Fat	5g	
Monounsaturated Fat	26g	
Cholesterol	105mg	36%
Sodium	1070mg	44%
Total Carbohydrate	65g	22%
Dietary Fiber	5g	22%
Sugars	6g	
Protein	34g	68%
Vitamin A		80%
Vitamin C		60%
Calcium		30%
Iron		30%

**Percent Daily Values are based on a 2,000 calorie diet*

Ingredients (per menu item)	Cal	Fat	Carbs
5 oz. Romaine Lettuce	25.0	0.0g	5.0g
1/4 oz. Asiago Cheese	27.9	2.3g	0.3g
1-1/2 oz. Croutons	173.1	2.8g	31.3g
2 fl oz. Caesar Dressing	308.8	32.8g	2.3g
3 oz. Chicken Breast	97.0	2.2g	0.0g
2 oz. Cheese Bread Stick	155.2	2.9g	26.7g

S A U L G O O D

Restaurant & Pub