

SILVERGREENS IV NUTRITION GUIDE

	Calories	Total Fat(g)	Sat Fat(g)	Carbs(g)	Protein(g)	Fiber(g)	Sodium(mg)
SANDWICHES¹							
BLT w/ Avocado	293	11	3	36	11	2	642
Chicken Grill	336	6	3	38	29	1	644
Chicken Ranch	315	6	1	35	27	1	622
Classic Turkey	292	6	3	35	22	1	901
Hummus & Avocado	260	6	1	42	9	4	618
Thanksgiving Turkey	302	5	2	46	18	1	755
Tuna Melt	349	11	3	37	23	1	1079
Veggie Delight	302	12	5	37	11	2	609
SPECIALTY SANDWICHES¹							
Buffalo Chicken	385	9	3	51	24	2	1503
Chicken Pesto MBT	395	13	5	34	32	1	614
Crispy Bacon Western	484	16	5	52	28	2	1407
French Dip	350	11	5	32	29	0	555
Steak & Avocado	297	9	2	36	17	2	475
Turkey, Bacon & Avo	345	11	3	36	22	2	962
PASTAS²							
Chicken Parmesan	580	17	6	65	37	5	1173
Chicken Fett. Alfredo	484	18	4	47	34	1	314
Chicken Spinach Pesto	526	20	4	48	34	6	525
Garlic Chicken Fett.	501	20	2	46	31	2	298
Grilled Shrimp Fett.	441	16	1	52	23	3	502
Sundried Tomato Pesto	430	21	3	49	14	5	255
Sundried w/ Crispy	605	26	3	64	29	6	756
Thai Chicken	506	20	2	58	22	4	1238
SOUPS³							
Chicken & Rice	98	2	0	5	14	1	887
Chicken Tortilla	117	5	1	13	4	1	1382
Clam Chowder	250	18	10	13	4	1	721
Cream of Broccoli	206	15	8	13	2	1	598
Potato Cheddar	188	8	5	25	5	2	861
Tomato Basil	93	2	0	15	4	1	222
Vegetable Harvest	42	1	0	7	1	2	622

- 1) Nutritionals are for half size on sourdough bread. Multiply by 2 for full size.
- 2) Does not include parmesan crisps.
- 3) Nutritionals are for a 8oz cup of soup. Bowl size is 16oz.
- 4) Nutritionals are for half size w/ salad dressing. Multiply by 2 for full size.
- 5) Nutritionals for half size salads (avg. 1.6 oz). Multiply by 2 for full salads.

	Calories	Total Fat(g)	Sat Fat(g)	Carbs(g)	Protein(g)	Fiber(g)	Sodium(mg)
SALADS⁴							
BBQ Chicken Chop	260	8	1	28	19	6	684
Classic Caesar	155	9	2	13	6	2	400
Chicken Caesar	260	11	2	13	25	2	448
Crispy Thai Chicken	357	19	2	30	17	4	495
El Capitan	294	12	4	25	22	7	1029
Farmer's Market	339	19	3	18	25	3	406
Garden Harvest*	86	3	0	12	3	2	86
Green Apple Salad	250	13	4	30	7	4	542
Grilled Shrimp & Mango	155	6	2	18	10	3	486
Mandarin Chicken	283	10	1	24	22	5	779
Mediterranean Tahini	280	18	3	22	9	6	751
Seared Ahi Salad^	246	11	1	22	14	3	865
Shrimp Caesar	186	9	2	15	12	3	550
Wedge Salad	228	16	5	15	7	1	587
SALAD DRESSINGS⁵							
Balsamic Vinaigrette	94	6	0	9	1	0	205
BBQ Sauce	46	0	0	11	0	0	239
Caesar	66	5	1	4	2	0	292
Lemon-Tahini	103	10	1	3	1	1	205
Mango Vinaigrette	37	0	0	9	0	0	260
Oriental	57	4	0	4	1	0	642
Ranch	79	5	1	6	2	0	299
Salsa	13	0	0	3	1	1	183
Sesame Ginger	74	5	1	7	1	0	540
Thai Peanut	122	10	1	5	1	0	22
SIDES & BREADS							
Seasoned Fries	330	22	2	32	4	5	400
Side Fruit Salad^^	96	0	0	22	1	2	14
Side Caesar	77	4	1	6	3	1	200
Mac & Cheese	251	8	4	38	13	5	324
Chicken Fingers	292	9	1	26	25	3	835
Parmesan Crisps	151	3	1	25	5	0	182
Honey-wheat (2 oz)	140	3	0	25	4	1	113
French (3 oz)	181	1	0	37	6	1	203
Sourdough (2 oz)	154	0	0	32	6	0	385

- *Salad dressing not included. ^^Seasonal; nutrition may vary.
^Seared ahi is less than thoroughly cooked.

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BURGERS⁶							
Cal Pesto	315	14	2	39	8	4	287
Classic	265	9	1	39	7	3	329
Jalapeño	274	8	1	43	8	3	457
Pepper Jack	387	19	6	39	13	3	756
Sundried Pesto	319	14	3	40	9	4	217
All-natural Beef	260	16	6	0	27	0	75
Handmade Veggie	250	2	0	47	10	6	518
SHAKES, SUNDAES & DESSERTS⁷							
Blended Caffè	278	0	0	65	3	0	208
Cookie Monster	297	3	0	58	10	0	250
Fresh Strawberry	264	0	0	56	10	2	221
Power Smoothie	461	10	1	78	16	5	261
Orgasmic Orange	320	0	0	76	3	0	209
Strawberry Swirl	238	0	0	54	6	3	95
AlmondBerry	303	6	3	54	8	2	170
DbI. Fudge Brownie	466	10	4	83	9	1	338
Vanilla soft-serve	200	0	0	44	6	0	170
Plain Tart soft-serve	135	0	0	30	4	0	90
Whipped Cream	45	3	3	3	0	0	0
Choc. Chip Cookie	208	11	2	26	1	0	105
Brownie	458	10	2	84	4	0	478
Rice Crispy Treat	279	7	0	53	1	0	310
BEVERAGES⁸							
Pepsi	150	0	0	41	0	0	30
Diet Pepsi	0	0	0	0	0	0	35
Sierra Mist	140	0	0	39	0	0	35
Mountain Dew	170	0	0	46	0	0	70
Root Beer	160	0	0	43	0	0	65
Sobe Diet C. G.	8	0	0	2	0	0	23
Tropicana Twister	190	0	0	52	0	0	35
Wild Cherry Pepsi	160	0	0	42	0	0	30
Iced Tea	10	0	0	0	0	0	0
Fresh Lemonade	142	0	0	38	0	0	85

- 6) These nutritionals do not include chosen protein (beef, veggie).
 - 7) Nutrition for shakes and smoothies refers to Regular size.
 - 8) Self-serve beverages based on 20oz cup w/ 12oz liquid and 8oz ice.
- Nutrition information subject to change without notice - Mar 2010**