



NUTRITION INFORMATION PREMIUM SALADS (CALORIES)

TOPP BUFFALO		TOPP CAESAR		TOPP COBB		TOPP GREEK	
MESCLUN MIX	20	ROMAINE	29	BABY SPINACH	22	ROMAINE	29
TOMATO	8	PARMESAN	80	TOMATO	8	TOMATOES	8
CUCUMBER	4	CROUTONS	90	H.B. EGG	80	CUCUMBERS	4
CARROTS	11	CAESAR DRESS.	140	CHICKEN	130	OLIVES	45
BLEU CHEESE	100	CALORIES	340	BACON	150	RED ONION	6
BUFFALO CHICKEN	153			BLEU CHEESE	100	FETA CHEESE	99
BL. CHEESE DRESS.	160			AVOCADO	114	GREEK DRESSING	160
		ADD CHICKEN	130	DIJON VIN.	164		
CALORIES	528	CALORIES	470	CALORIES	768	CALORIES	352

TOPP ORCHARD		TOPP SOUTHWEST		TOPP STEAKHOUSE		TOPP SWEET BEET	
MESCLUN MIX	20	MESCLUN MIX	20	ROMAINE	29	MESCLUN MIX	20
APPLES	17	TOMATO	8	TOMATO	8	BEETS	15
CRANBERRIES	130	RED ONION	6	STEAK	200	SWEET POTATOES	45
WALNUTS	95	CORN	33	BACON	150	RED ONION	6
BLEU CHEESE	100	BLACK BEANS	45	BLEU CHEESE	100	CANDIED WALNUTS	100
CHICKEN	130	TORTILLA STRIPS	95	CARM. ONION	36	GOAT CHEESE	126
APPLE CIDER VIN.	166	CHICKEN	130	FF PEP RANCH	50	BALSAMIC VIN.	140
		AVOCADO	114				
		HONEY CHIP	128				
CALORIES	658	CALORIES	579	CALORIES	574	CALORIES	452

WARM BOWLS (CALORIES)

TOPP FAJITA		TOPP SRIRACHA BBQ		TOPP WARMER		TOPP STIR-FRY	
BROWN RICE	240	BROWN RICE	240	BROWN RICE	120	BROWN RICE	240
BELL PEPPERS	8	RED ONION	6	ROMAINE	15	CARROTS	11
CAR. ONION	36	BLACK BEANS	45	TOMATO	8	BROCCOLI	7
AVOCADO	114	CORN	33	CHEDDAR	133	SUNFL. SEEDS	93
STEAK	200	BBQ CHICKEN	165	CAR. ONION	36	CAR. ONION	36
HONEY CHIPOTLE	128	AVOCADO	114	CHICKEN	130	CHICKEN	130
LIME JUICE	0	SRIR. RANCH	92	BACON	150	TERIYAKI SAUCE	66
				HONEY CHIP.	128		
CALORIES	726	CALORIES	695	CALORIES	720	CALORIES	583

Note: Based on light to medium amount of dressing. Calories and portion sizes are estimated and may fluctuate.

Modifications will impact caloric value of Premium Salads and Warm Bowls.

Add 250 calories for white wraps; 230 calories for wheat wraps. Wraps have ½ the amount of greens, rice. 60 Calories per half piece of pita bread (contains wheat, soy).

TOPP YOUR OWN INGREDIENT CHART

INGREDIENT	SERVING SIZE	CALORIES	GF	DF	V
BASES					
MESCLUN MIX	3.8 oz.	20	•	•	•
ROMAINE LETTUCE	6 oz.	29	•	•	•
CHOPPED KALE	4.5 oz.	64	•	•	•
BABY SPINACH	3.4 oz.	22	•	•	•
BROWN RICE	3.75 oz.	120	•	•	•
ORGANIC QUINOA	3.75 oz.	153	•	•	•
BASICS					
ALMONDS	1/8 cup	115	•	•	•
APPLES	1/4 cup	17	•	•	•
BANANA PEPPERS	1/4 cup	20	•	•	•
BEETS	1/4 cup	15	•	•	•
BELL PEPPERS	1/4 cup	8	•	•	•
BLACK BEANS	1/4 cup	45	•	•	•
BROCCOLI	1/4 cup	7	•	•	•
BRUSSELS SPROUTS	1/4 cup	14	•	•	•
CANDIED WALNUTS	1/8 cup	100	•	•	•
CARAMELIZED ONIONS	1/4 cup	36	•		
CARROTS	1/4 cup	11	•	•	•
CHEDDAR CHEESE	1/4 cup	133	•		
CHICKPEAS	1/4 cup	55	•	•	•
CORN	1/4 cup	33	•	•	•
CRANBERRIES	1/4 cup	130	•	•	•
CROUTONS	1/2 cup	93		•	•
CUCUMBER	1/4 cup	4	•	•	•
FETA	1/4 cup	100	•		
HARD BOILED EGG	1 Egg	80	•	•	
KALAMATA OLIVES	1/8 cup	45	•	•	•
QUINOA (BASIC)	1/4 cup	56	•	•	•
RED ONION	1/8 cup	6	•	•	•
SUNFLOWER SEEDS	1/8 cup	93	•	•	•
SWEET POTATO	1/4 cup	45	•	•	•
TOMATO	1/4 cup	8	•	•	•
TORTILLA STRIPS	1/4 cup	95	•	•	•
WALNUTS	1/8 cup	95	•	•	•
PREMIUMS					
AVOCADO	1/2 Avocado	114	•	•	•
BACON	2 oz.	150	•	•	
CRUMBLLED BLEU CHEESE	1/4 cup	100			
GOAT CHEESE	1/4 cup	126	•		
PARMESAN CHEESE	1/4 cup	80	•		
PROTEINS					
BUFFALO CHICKEN	4 oz.	153	•		
CHICKEN	4 oz.	130	•	•	
ROAST TURKEY	4 oz.	150	•	•	
BBQ CHICKEN	4 oz.	165			
STEAK	4 oz.	200			
SHRIMP	4 oz.	67	•	•	

TOPPSALAD DRESSING CHART

DRESSING	SERVING SIZE	CALORIES	GF	DF	V
LEMON JUICE	2 TBSP	0	•	•	•
LIME JUICE	2 TBSP	0	•	•	•
RED WINE VINEGAR	2 TBSP	4	•	•	•
BALSAMIC VINEGAR	2 TBSP	20	•	•	•
FF PEPPERCORN RANCH	2 TBSP	50			
SRIRACHA RANCH*	2 TBSP	92			
HONEY CHIPOTLE*	2 TBSP	128	•		
THOUSAND ISLAND*	2 TBSP	126			
BALSAMIC VINAIGRETTE*	2 TBSP	140	•	•	•
CAESAR DRESSING	2 TBSP	140			
RANCH DRESSING	2 TBSP	140			
SWEET VIDALIA ONION	2 TBSP	150	•		
BLEU CHEESE	2 TBSP	160			
GREEK DRESSING	2 TBSP	160			
DIJON VINAIGRETTE*	2 TBSP	164	•	•	•
APPLE CIDER VINAIGRETTE*	2 TBSP	166	•	•	
EXTRA VIRGIN OLIVE OIL	2 TBSP	240	•	•	•

Although we take numerous measures to avoid cross contamination, we cannot guarantee that there may not be occasional cross contamination of ingredients. Please alert your server of any allergies and dietary restrictions that you may have.

GF = Made without Gluten

DF = Made without Dairy

V = Vegan

* = Homemade