

ARAMARK Nutrition Information BrochuresSalad Ingredients

	Serving Size	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugars (g)	Protein (g)
<b>Produce</b>											
Arugula	250 mL	5	0	0	-	0	6	1	0	0	1
Boston Lettuce	250 mL	8	0	0	-	0	3	1	1	1	1
Broccoli	125 mL	16	0	0	-	0	15	3	1	1	1
Cabbage	250 mL	18	0	0	-	0	13	4	1	2	1
Carrots	1 medium (61 g)	25	0	0	-	0	42	6	2	3	1
Cauliflower	125 mL	13	0	0	-	0	16	3	1	1	1
Celery, med stalk	1 medium (40 g)	6	0	0	-	0	32	1	1	1	0
Cucumbers	125 mL	10	0	0	-	0	1	2	1	1	0
Grape Tomatoes	100mL	14	0	0	-	0	4	3	1	2	1
Green Peppers	125 mL	16	0	0	-	0	2	4	1	2	1
Iceberg Lettuce	250 mL	11	0	0	-	0	8	2	1	2	1
Leaf Lettuce	250 mL	9	0	0	-	0	17	2	1	0	1
Mushrooms	125 mL	11	0	0	-	0	3	2	1	1	2
Onions	1 med slice (14 g)	6	0	0	-	0	1	1	0	1	0
Radicchio	250 mL	10	0	0	-	0	9	2	0	0	1
Red Peppers	125 mL	24	0	0	-	0	3	5	1	3	1
Red Radishes	125 mL	10	0	0	-	0	24	2	1	1	0
Romaine Lettuce	250 mL	10	0	0	-	0	5	2	1	1	1
Snow Peas	250 mL	28	0	0	-	0	3	5	1	3	2
Spinach	250 mL	7	0	0	-	0	25	1	1	0	1
Tomatoes	1 medium	22	0.3	0	-	0	6	5	2	3	1
Yellow Peppers	125 mL	21	0	0	-	0	2	5	1		1
Zucchini	125 mL	10	0	0	-	0	5	2	1	1	1
Cantaloupe	1 med wedge (69 g)	23	0	0	-	0	11	6	1	5	1
Mango	1/2 fruit (103 g)	67	0.3	0	-	0	2	18	2	15	1
Orange	1 medium (131 g)	62	0	0	-	0	0	15	2	12	1
Strawberries	1 medium (12 g)	4	0	0	-	0	0	1	0	1	0
<b>Condiments</b>											
Artichoke Hearts	40 g	15	0	0.0	0	0	200	3	1	0	1
Bacon Bits	15 mL	23	2	1.5	0	4	86	0	0	0	1
Black Beans	125 mL	175	1	0.2	0	0	574	30	9	1	12
Black Olives	15 mL	8	0.8	0.1	0	0	37	0	0	0	0
Chick Peas (Primo can, drained)	125mL	138	2	0.3	0	0	150	23	4	4	8
Chow Mein Salad Noodles	30 mL	37	1	0.2	0.3	0	61	5	0	0	1
Croutons	125 mL	90	2	0.0	0	0	315	15	0	1	3
Dried Cranberries	15 mL	131	0.4	0.1	0	0	10	32	1	31	0
Pickles	1 each	0	0	0.0	0	0	240	1	0	1	0
Slivered Almonds	60 mL	132	12	0.8	0	0	6	5	2	1	5
Sundried Tomatoes	60 mL	39	0.5	0.1	0	0	314	8	2	6	2

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<b>Protein</b>											
Eggs (hard cooked)	1 large (46 g)	63	4	1.2	0	182	43	1	0	0	6
Tuna, white	100 g	125	4	0.0	0	54	390	0	0	0	25
Cheddar cheese, mild	30 g	122	10	6.6	0.4	31	214	0	0	0	7
Mozarella cheese, shredded	30 g	80	5	3.5	0	15	200	1	0	0	8
Feta, crumbled	50 mL	85	7	4.2	0	21	380	0	0	0	5
Parmesan, grated	15 mL	21	1.6	1.0	0	4	58	0	0	0	2
Cottage Cheese, 2%	125 mL	90	1.8	0.9	0	9	542	6	1	5	14
<b>Oils and Dressings</b>											
Canola Oil	15 mL	120	14	0.8	0	0	0	0	0	0	0
Olive Oil	15 mL	124	14	1.9	0	0	0	0	0	0	0

*Please note: assortment of salad toppings may vary by location, please ask us if you would like more information about a particular ingredient.*

	Serving Size	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A %DV	Vit C %DV	Calcium %DV	Iron %DV	Ingredients	Allergens
Kraft Salad Dressings																	
PURE Asiago Caesar	15ml	79	8	1	0.1	6	99	1	0	0	0	2	1	1	0	Canola oil, water, garlic, extra virgin olive oil, asiago, parmesan and romano cheese, egg yolks, vinegar, sugar, salt, garlic juice, anchovy paste, spices and seasonings (contains wheat and soybean), lemon juice concentrate, citric acid, xanthan gum, yeast extract, modified milk ingredients, dried garlic, silicon dioxide.	milk, egg, anchovy, soy, wheat
PURE BBQ Ranch	15ml	48	4.5	0.4	0	3	83	2	0	1	0	1	0	0	1	Water, canola oil, sugar, vinegar, tomato paste, blackstrap molasses, egg yolks, salt, garlic juice, modified corn starch, dried whey, natural flavour, xanthan gum, phosphoric acid, herbs and spices, dried onions, lime juice concentrate, polysorbate 60.	milk, egg, sulphites
PURE Buttermilk Ranch	15ml	68	7	0.6	0.1	5	91	1	0	0	0	2	0	1	0	Canola oil, buttermilk (milk solids, salt, bacterial culture), water, egg yolks, vinegar, sugar, salt, garlic juice, dried buttermilk, natural flavours, xanthan gum, phosphoric acid, spices, yeast extract, dried parsley, lemon juice concentrate, silicon dioxide.	milk, egg
PURE Creamy Balsamic	15ml	81	8	0.6	0	0	166	2	0	6	0	0	0	0	0	Canola oil, water, balsamic vinegar, honey, extra virgin olive oil, sugar, salt, dried garlic, spice, phosphoric acid, garlic, xanthan gum, white vinegar, dried onions.	
PURE Raspberry Poppyseed	15ml	52	4.6	0.3	0	0	144	2	0	2	0	0	3	1	0	Water, canola oil, sugar, red wine vinegar, raspberry juice concentrate, salt, dried yogurt, white vinegar, modified corn starch, lemon juice concentrate, poppy seeds, shallots, xanthan gum, black pepper.	milk
Balsamic Vinaigrette	15ml	43	3.9	0.4	0	0	119	2	0	1	0	0	0	0	0	Water, balsamic vinegar, soybean oil, canola oil, sugar, dried garlic, salt, caramel colour, spices and herbs, xanthan gum, fig juice concentrate, potassium sorbate, mustard, dried parsley, calcium disodium EDTA.	mustard
Oriental Sesame	15ml	52	5	0.8	0	0	193	2	0	1	0	0	0	0	0	Soybean oil, water, spices and seasonings (contain wheat and soybeans), vinegar, sugar, salt, honey, dried onion, ginger puree, sesame oil, sesame seeds, xanthan gum, potassium sorbate, phosphoric acid, acetylated monoglycerides, calcium disodium EDTA.	wheat, soy, sesame
Rancher's Choice	15ml	70	7	1	0.1	3	115	1	0	1	0	0	0	0	0	Soybean oil and canola oil, water, sugar, vinegar, egg yolks, salt, garlic juice, modified milk ingredients, natural flavours, xanthan gum, yeast extract, dried onions, phosphoric acid, sorbic acid, spices, polysorbate 60, dried parsley, lemon juice concentrate, calcium disodium EDTA, silicon dioxide.	milk, egg
Rancher's Choice - Calorie Wise	15ml	34	2.2	0.4	0	5	145	3	0	1	0	0	0	0	0	Water, corn syrup, soybean oil, vinegar, egg yolks, modified corn starch, salt, sugar, garlic juice, phosphoric acid, xanthan gum, natural flavours, yeast extract, colour, potassium sorbate, polysorbate 60, dried garlic, spices, lemon juice concentrate, dried parsley, lactic acid, calcium disodium EDTA, silicon dioxide.	milk, egg
Creamy Caesar	15ml	52	5.1	0.9	0.1	5	137	1	0	0	0	0	0	1	0	Water, soybean oil, parmesan and romano cheese, egg yolks, vinegar, sugar, salt, modified corn starch, garlic, spices and seasonings (contains wheat and soy), anchovy paste, lactic acid, lemon juice concentrate, dried onions, natural flavour, sorbic acid, xanthan gum, polysorbate 60, dried garlic, calcium disodium EDTA.	milk, egg, wheat, soy, anchovy
Creamy Caesar - Calorie Wise	15ml	34	2.1	0.5	0.0	5	136	3	0	1	0	0	0	1	0	Water, corn syrup, soybean oil, vinegar, parmesan and romano cheese, egg yolks, garlic, sugar, salt, modified corn starch, anchovy paste, lemon juice concentrate, spices and seasonings (contains wheat and soy), phosphoric acid, xanthan gum, potassium sorbate, propylene glycol alginate, polysorbate 60, natural flavour, yeast extract, dried garlic, calcium disodium EDTA, silicon dioxide.	milk, egg, wheat, soy, anchovy
Zesty Italian	15ml	32	3	0.4	0	0	128	1	0	1	0	0	2	0	0	Water, soybean and canola oil, vinegar, sugar, salt, dried garlic, garlic, dried red bell peppers, dried onions, xanthan gum, potassium sorbate, spices and herbs, lemon juice concentrate, calcium disodium EDTA, acetylated monoglycerides.	
Zesty Italian - Calorie Wise	15ml	7	0.4	0.1	0	0	167	1	0	1	0	0	0	0	0	Water, vinegar, sugar, salt, soybean oil, dried garlic, garlic, xanthan gum, herbs and spice, potassium sorbate, dried red bell peppers, dried onions, colour, calcium disodium EDTA.	
Golden Italian	15ml	38	3.6	0.5	0	0	135	1	0	1	0	2	0	0	0	Water, soybean oil, vinegar, sugar, salt, dried garlic, xanthan gum, potassium sorbate, dried onions, lemon juice concentrate, spices, colour, dried red bell peppers, dried parsley, calcium disodium EDTA.	
Creamy Italian	15ml	53	5.3	0.8	0.1	0	120	1	0	1	0	0	0	0	0	Water, soybean oil, vinegar, sugar, salt, dried garlic, xanthan gum, dried onions, propylene glycol alginate, polysorbate 60, spices, dried red bell peppers, potassium sorbate, garlic puree, dried parsley, lemon juice concentrate, calcium disodium EDTA, mustard oil.	mustard
Thousand Island	15ml	40	3.1	0.5	0	3	162	3	0	2	0	0	0	0	0	Water, glucose-fructose, soybean oil, sugar, chopped pickles, tomato paste, vinegar, salt, egg yolks, modified corn starch, dried onion, xanthan gum, polysorbate 60, potassium sorbate, phosphoric acid, spices and seasonings, mustard, guar gum, calcium disodium EDTA.	egg, mustard

French	15ml	60	5.7	0.8	0.1	0	114	2	0	2	0	1	0	0	0	Water, soybean oil, sugar, vinegar, salt, mustard, paprika, xanthan gum, propylene glycol alginate, spices, calcium disodium EDTA.	mustard
French - Calorie Wise	15ml	25	1.6	0.2	0	0	127	2	0	2	0	1	0	0	0	Water, sugar, vinegar, soybean oil, salt, paprika, mustard, xanthan gum, propylene glycol alginate, potassium sorbate, spices, phosphoric acid, dried garlic, calcium disodium EDTA.	mustard
Sweet Onion Vinaigrette	15ml	29	2.4	0.4	0	0	138	2	0	1	0	0	0	0	0	Water, soybean oil, sugar, onions, vinegar, dried onions, salt, mustard seed, onion juice, balsamic vinegar, xanthan gum, phosphoric acid, potassium sorbate, colour, white wine, acetylated monoglycerides, calcium disodium EDTA, fruit pectic, citric acid, tartaric acid, spices.	mustard
Sundried Tomato & Oregano	15ml	40	3.6	0.4	0	0	135	2	0	1	0	0	2	0	0	Water, vegetable oils (soybean, canola, and olive oil), vinegar, sugar, sun-dried tomatoes, salt, parmesan and ramano cheese, garlic, fine herbs and spices, dried garlic, dried red bell peppers, potassium sorbate, xanthan gum, oregano, lemon juice concentrate, dried onions, natural flavour, calcium disodium EDTA.	sulphites, milk
Roasted Red Pepper with Parmesan	15ml	18	1.1	0.2	0	0	143	2	0	2	0	0	2	0	0	Water, vinegar, sugar, soybean oil, red pepper puree, tomato paste, salt, parmesan cheese, garlic puree, dried garlic, dried red bell peppers, spices and seasonings, sun-dried tomatoes, dried onions, xanthan gum, lemon juice concentrate, modified milk ingredients, potassium sorbate, disodium phosphate, calcium disodium EDTA.	milk, soy
Raspberry Vinaigrette	15ml	29	2	0.3	0	0	147	3	0	3	0	0	2	0	0	Water, sugar, soybean oil, red wine vinegar, salt, white vinegar, raspberry juice concentrate, xanthan gum, lemon, juice concentrate, potassium sorbate, natural flavour, black pepper, citric acid, dried onions, poppy seeds, acetylated monoglycerides, calcium disodium EDTA, colour.	
Poppyseed	15ml	60	5	0.8	0	2	123	4	0	4	0	0	0	0	0	Water, soybean oil, sugar, white vinegar, red wine vinegar, dried sour cream (milk solids, citric acid, bacterial culture, BHA, BHT), salt, skim milk powder, poppy seeds, xanthan gum, dried onions, propylene glycol alginate, potassium sorbate, mustard, polysorbate 60, colour, calcium disodium EDTA.	milk, soy, mustard
Greek with Feta & Oregano	15ml	46	4.7	0.6	0	0	136	1	0	0	0	0	0	0	0	Water, soybean oil, canola oil, white vinegar, olive oil, feta and romano cheese, sugar, wine vinegar, garlic, salt, olives, cucumber juice, dried garlic, oregano, spices and herbs, dried onions, lemon juice concentrate, natural flavour, xanthan gum, phosphoric acid, potassium sorbate, yeast extract, lactic acid, calcium disodium EDTA, sodium benzoate, silicon dioxide.	milk
Classic Herb	15ml	53	5.4	0.6	0	0	292	1	0	1	0	0	1	0	0	Water, soybean oil, canola oil, vinegar, sugar, salt, dried garlic, garlic puree, dried onions, fine herbs, and spices, lemon juice concentrate, dried red bell peppers, mustard, potassium sorbate, xanthan gum, dried parsley, calcium disodium EDTA.	mustard
Creamy Cucumber	15ml	48	5	0.8	0	0	172	1	0	1	0	0	0	0	0	Water, soybean oil, vinegar, cucumber juice, sugar, salt, modified cornstarch, dried sour cream (milk solids, citric acid, bacterial culture, BHA, BHT), dried onions, xanthan gum, natural flavour, polysorbate 60, spices, potassium sorbate, calcium disodium EDTA.	milk, soy
Blue Cheese	15ml	78	8	1.1	0.1	10	145	1	0	1	1	1	0	2	0	Canola oil, blue cheese (milk, salt, bacterial culture, rennet, mould culture, natamycin), water, vinegar, sugar, egg yolks, salt, spices and seasonings, mustard, xanthan gum, propylene glycol alginate, dried garlic.	milk, egg, mustard
Catalina	15ml	42	3	0.5	0	0	203	4	0	4	0	10	2	0	0	Water, soybean oil, glucose-fructose, sugar, tomato paste, vinegar, salt, modified corn starch, phosphoric acid, dried onion, potassium sorbate, xanthan gum, guar gum, sprice, colour, calcium disodium EDTA.	
Coleslaw	15ml	66	5.8	0.9	0.0	12	180	4	0	3	0	1	0	0	0	Soybean oil, sugar, water, egg yolks, vinegar, salt, mustard, polysorbate 60, potassium sorbate, spices and seasonings, propylene glycol alginate, xanthan gum, calcium disodium EDTA.	egg, mustard
Homemade Salad Dressings																	
Apple Cider Vinaigrette	15ml	70	7	0.4	0	0	59	1	0	0	0	0	3	0	0	Canola oil, apple cider vinegar, apple juice, shallots, dijon mustard, salt, black pepper.	mustard, sulphites
Asian Salad Dressing	15ml	47	4	0.4	0	0	132	2	0	2	0	1	0	0	0	White vinegar, ketchup (tomato paste, liquid sugar, white vinegar, salt, onion powder, spices), canola oil, soy sauce [water, wheat, soybeans, salt, sodium benzoate, brewing starter (aspergillus sojae)], sesame seed oil, sugar, tabasco sauce, black pepper.	soy, gluten, sesame
Asian Slaw Dressing	15ml	90	9	0.7	0	0	113	1	0	1	0	0	0	0	0	Canola oil, white vinegar, sugar, soy sauce [water, wheat, soybeans, salt, sodium benzoate, brewing starter (aspergillus sojae)], salt, lemon juice, fresh ginger, black pepper.	wheat, sulphite
Avocado Ranch Dressing	15ml	32	3	0.7	0	3	86	1	0	1	0	1	1	1	0	Light mayonnaise [water, soybean oil, modified cornstarch, sugar, corn dextrin, whole egg, vinegar, salt, modified dried egg yolk (phospholipase), mustard, lactic acid, potassium sorbate, phosphoric acid, dried onion, dried garlic, colour, calcium disodium EDTA, spice, sodium aluminum silicate], sour cream (milk ingredients, modified corn starch, guar gum, sodium citrate, carrageenan, disodium phosphate, bacterial cultures), avocado, lime juice, rice vinegar, salt, garlic powder, dill, parsley, onion powder.	eggs, mustard, milk, sulphites

Balsamic Dressing	15ml	93	10	0.6	0	0	39	1	0	1	0	0	0	0	0	0	Canola oil, balsamic vinegar, dijon mustard, salt, black pepper.	mustard, sulphites
Blue Cheese Dressing	15ml	34	3	0.8	0	4	102	1	0	0	0	1	0	1	0	0	Light mayonnaise [water, soybean oil, modified cornstarch, sugar, corn dextrin, whole egg, vinegar, salt, modified dried egg yolk (phospholipase), mustard, lactic acid, potassium sorbate, phosphoric acid, dried onion, dried garlic, colour, calcium disodium EDTA, spice, sodium aluminum silicate], water, blue cheese (pasteurized milk, salt, bacterial culture, calcium chloride, microbial enzyme, penicillium roqueforti), white vinegar, sour cream (milk, cream, whey powder, skim milk powder, modified corn starch, propylene glycol mono fatty acid ester, pectin, colour, sodium phosphate, cellulose gel, cellulose gum, bacterial culture), dijon mustard, salt, onion powder, garlic powder, black pepper.	egg, mustard, sulphites, milk.
Buttermilk Salad Dressing	15ml	30	3	0.6	0	2	59	1	0	1	0	0	1	1	0	0	Buttermilk (partly skimmed milk, salt, bacterial culture), sour cream (milk, cream, whey powder, skim milk powder, modified corn starch, propylene glycol mono fatty acid ester, pectin, colour, sodium phosphate, cellulose gel, cellulose gum, bacterial culture), mayonnaise (soybean oil, water, whole egg, vinegar, egg yolk, salt, sugar, concentrated lemon juice, calcium disodium EDTA, dehydrated garlic, dehydrated onion, spices and seasonings), onions, chives, parsley, garlic, salt, black pepper.	milk
Caesar Dressing	15ml	50	5	0.6	0	2	102	1	0	0	0	0	0	0	0	0	Light mayonnaise [water, soybean oil, modified cornstarch, sugar, corn dextrin, whole egg, vinegar, salt, modified dried egg yolk (phospholipase), mustard, lactic acid, potassium sorbate, phosphoric acid, dried onion, dried garlic, colour, calcium disodium EDTA, spice, sodium aluminum silicate], canola oil, red wine vinegar, dijon mustard, minced garlic, salt, ground mustard seed, black pepper.	egg, mustard, sulphites.
Chipotle Ranch Dressing	15ml	51	5	0.7	0	2	119	1	0	1	0	0	1	0	0	0	Ranch dressing [Soybean oil and canola oil, water, sugar, vinegar, egg yolks, salt, garlic juice, modified milk ingredients, natural flavours, xanthan gum, yeast extract, dried onions, phosphoric acid, sorbic acid, spices, polysorbate 60, dried parsley, lemon juice concentrate, calcium disodium EDTA, silicon dioxide], mild salsa [water, tomato paste, tomatoes, green chilies, vinegar, dehydrated vegetables (onions, garlic), salt, cilantro, jalapeno peppers, concentrated lemon juice, spices, citric acid, calcium chloride], chipotle flavour.	eggs, milk, soy, wheat
Classic Red Wine Vinaigrette	15ml	89	10	1.3	0	0	68	0	0	0	0	0	0	0	0	1	Olive oil, red wine vinegar (red wine vinegar, 5% acetic acid by volume), salt, black pepper.	sulphites
Coleslaw Dressing	15ml	28	1	0.2	0	2	117	4	0	4	0	0	0	0	0	0	Light miracle whip (water, soybean oil, glucose-fructose, vinegar, sugar, modified cornstarch, salt, whole eggs, egg yolks, corn dextrin, mustard, microcrystalline cellulose, spices, potassium sorbate, xanthan gum, sodium carboxymethyl cellulose, calcium disodium EDTA, dried garlic), sugar, apple cider vinegar, mustard spice, onion powder, salt, garlic powder.	eggs, mustard
Creamy Chickpea Dressing	15ml	36	3	0.2	0	0	54	2	0	1	1	0	1	1	2	0	Chickpeas, plain yogurt (skim milk, modified milk ingredients, modified corn starch, agar, active bacterial cultures, vitamin A palmitate, vitamin D3), canola oil, lemon juice, rice vinegar, roasted garlic flavour, cilantro, salt.	milk, sulphites, soy
Creamy French Dressing	15ml	53	4	0.4	0	1	86	3	0	3	0	0	0	0	0	0	French dressing (water, soybean oil, sugar, vinegar, salt, mustard, paprika, xanthan gum, propylene glycol alginate, spices, calcium disodium EDTA), light mayonnaise (water, soybean oil, modified cornstarch, sugar, corn dextrin, whole egg, vinegar, salt, modified dried egg yolk (phospholipase), mustard, lactic acid, potassium sorbate, phosphoric acid, dried onion, dried garlic, colour, calcium disodium EDTA, spice, sodium aluminum silicate).	mustard, egg
Creamy Greek Feta Oregano Sauce	15ml	44	4	0.6	0	2	110	1	0	0	0	0	0	0	0	0	Light mayonnaise [water, soybean oil, modified cornstarch, sugar, corn dextrin, whole egg, vinegar, salt, modified dried egg yolk (phospholipase), mustard, lactic acid, potassium sorbate, phosphoric acid, dried onion, dried garlic, colour, calcium disodium EDTA, spice, sodium aluminum silicate], greek dressing (water, soybean oil, canola oil, white vinegar, olive oil, feta and romano cheese, sugar, wine vinegar, garlic, salt, olives, cucumber juice, dried garlic, oregano, spices and herbs, dried onions, lemon juice concentrate, natural flavour, xanthan gum, phosphoric acid, potassium sorbate, yeast extract, lactic acid, calcium disodium EDTA, sodium benzoate, silicon dioxide).	eggs, mustard, milk
Creamy Honey Mustard Dressing	15ml	25	1	0.2	0	3	106	4	0	3	0	0	0	0	0	0	Light miracle whip (water, soybean oil, glucose-fructose, vinegar, sugar, modified cornstarch, salt, whole eggs, egg yolks, corn dextrin, mustard, microcrystalline cellulose, spices, potassium sorbate, xanthan gum, sodium carboxymethyl cellulose, calcium disodium EDTA, dried garlic), honey, dijon mustard, apple cider vinegar, water.	eggs, mustard, sulphites.
Creamy Italian Dressing	15ml	69	7	0.5	0	1	90	1	0	0	0	0	0	0	1	0	Italian dressing (canola oil, white vinegar, sugar, salt, italian seasoning, red pepper, garlic, mustard spice, garlic powder, onion powder, black pepper), light mayonnaise [water, soybean oil, modified cornstarch, sugar, corn dextrin, whole egg, vinegar, salt, modified dried egg yolk (phospholipase), mustard, lactic acid, potassium sorbate, phosphoric acid, dried onion, dried garlic, colour, calcium disodium EDTA, spice, sodium aluminum silicate].	mustard, egg
Creamy Poppy Seed Dressing	15ml	53	5	0.4	0	2	99	2	0	1	0	0	0	1	0	0	Light miracle whip (water, soybean oil, glucose-fructose, vinegar, sugar, modified cornstarch, salt, whole eggs, egg yolks, corn dextrin, mustard, microcrystalline cellulose, spices, potassium sorbate, xanthan gum, sodium carboxymethyl cellulose, calcium disodium EDTA, dried garlic), canola oil, apple cider vinegar, sugar, water, poppy seeds, salt, onion powder.	eggs, mustard
Creamy Roasted Red Pepper Dressing	15ml	47	5	0.5	0	2	82	1	0	1	0	3	4	0	0	0	Light mayonnaise [water, soybean oil, modified cornstarch, sugar, corn dextrin, whole egg, vinegar, salt, modified dried egg yolk (phospholipase), mustard, lactic acid, potassium sorbate, phosphoric acid, dried onion, dried garlic, colour, calcium disodium EDTA, spice, sodium aluminum silicate], roasted red peppers (red peppers, water, salt, citric acid, calcium chloride), canola oil, red wine vinegar, diced garlic, Spanish paprika, salt, black pepper.	eggs, mustard, sulphites.
Creamy Wasabi Dressing	15ml	46	5	0.5	0	1	37	1	0	1	0	0	1	0	0	0	Light mayonnaise [water, soybean oil, glucose-fructose, vinegar, sugar, modified cornstarch, salt, whole eggs, egg yolks, corn dextrin, mustard, microcrystalline cellulose, spices, potassium sorbate, xanthan gum, sodium carboxymethyl cellulose, calcium disodium EDTA, dried garlic], sour cream [milk, cream, whey powder, skim milk powder, modified corn starch, propylene glycol mono fatty acid ester, pectin, colour, sodium phosphate, cellulose gel, cellulose gum, bacterial culture], canola oil, rice vinegar, water, lemon juice, wasabi paste (horseradish, humectant:E420, rice bran oil, salt, dextrin, wasabi japonica, potato starch, water, flavouring, turmeric, acid:E330, thickener, colouring), lemon zest.	eggs, mustard, milk, sulphites

Dijon Herb Dressing	15ml	42	4	0.2	0	0	70	1	0	0	0	0	1	0	0	Apple cider vinegar, canola oil, diced garlic, granulated sugar, fresh parsley, dijon mustard, salt, basil, thyme, oregano.	mustard, sulphites.
Dijon Herb Honey Lemon Dressing	15ml	70	7	0.5	0	0	24	3	0	3	0	0	0	0	0	Canola oil, honey, mustard spice, lemon juice, red wine vinegar, garlic spice, black pepper, oregano.	mustard, sulphites
French Dressing	15ml	59	5	0.3	0	0	82	5	0	4	0	0	0	0	0	Canola oil, apple cider vinegar, sugar, ketchup (tomato paste, liquid sugar, white vinegar, salt, onion powder, spices), salt, Spanish paprika, mustard spice, garlic powder, onion powder, black pepper.	mustard
Grapefruit Vinaigrette	15ml	76	8	0.5	0	0	35	1	0	1	0	0	3	0	0	Canola oil, grapefruit juice (100% pure Florida grapefruit juice), white wine vinegar, honey, dijon mustard, fresh orange zest, salt, fresh lemon zest, black pepper.	sulphites, mustard
Greek Dressing	15ml	86	9	0.5	0	0	67	0	0	0	0	0	0	0	1	Canola oil, red wine vinegar, garlic, sugar, salt, oregano, black pepper.	sulphites
Greek Yogurt Dressing with Roasted Garlic	15ml	16	1	0.2	0	1	114	1	0	1	1	0	0	1	0	Plain Greek yogurt (skim milk, active bacterial cultures), light mayonnaise [water, soybean oil, modified cornstarch, sugar, corn dextrin, whole egg, vinegar, salt, modified dried egg yolk (phospholipase), mustard, lactic acid, potassium sorbate, phosphoric acid, dried onion, dried garlic, colour, calcium disodium EDTA, spice, sodium aluminum silicate], water, lemon juice, white vinegar, roasted garlic, dijon mustard, salt, garlic, black pepper.	milk, egg, sulphites, soy, mustard
Honey Curry Dressing	15ml	76	8	0.4	0	0	1	2	0	1	0	0	1	0	1	Canola oil, apple cider vinegar (cider vinegar, 5% acetic acid by volume), lemon juice (water, concentrated lemon juice, sulphites, lemon oil), honey, curry powder, granulated garlic.	sulphites.
Honey Mustard Dressing	15ml	65	7	0.4	0	0	39	1	0	1	0	0	0	0	0	Canola oil, red wine vinegar (red wine vinegar, 5% acetic acid by volume), water, dijon mustard [water, mustard seeds, vinegar, salt, citric acid, natural flavours, potassium metabisulphite, spice (turmeric)], honey, salt, black pepper.	mustard, sulphites.
Honey Mustard Vinaigrette	15ml	86	9	0.5	0	0	58	1	0	1	0	0	0	0	0	Canola oil, white wine vinegar (white wine vinegar, 5% acetic acid by volume), honey, dijon mustard [water, mustard seeds, vinegar, salt, citric acid, natural flavours, potassium metabisulphite, spice (turmeric)], salt, black pepper.	mustard, sulphites.
Honey Rosemary Dressing	15ml	79	8	0.5	0	0	48	1	0	1	0	0	0	0	0	Canola oil, apple cider vinegar (cider vinegar, 5% acetic acid by volume), honey, dijon mustard, salt, chopped fresh rosemary, black pepper.	mustard, sulphites.
Italian Dressing	15ml	78	8	0.5	0	0	90	1	0	0	0	0	1	0	1	Canola oil, white vinegar, sugar, salt, Italian seasoning, red peppers, garlic, mustard spice, garlic powder, onion powder, black pepper.	mustard
Lemon Dill Dressing	15ml	102	11	0.8	0	0	49	0	0	0	0	0	1	0	0	Canola oil, lemon juice (water, concentrated lemon juice, sulphites, lemon oil), dijon mustard, salt, dill, black pepper.	mustard, sulphites
Lemon Mint Dressing	15ml	79	8	0.6	0	0	49	1	0	1	0	0	2	0	0	Canola oil, lemon juice (water, concentrated lemon juice, sulphites, lemon oil), honey, dijon mustard, salt, mint, black pepper.	mustard, sulphites
Lemon Peppercorn Dressing	15ml	83	9	0.7	0	0	23	1	0	0	0	0	5	0	0	Canola oil, fresh lemon juice, olive oil, fresh lemon zest, black pepper, salt.	
Lime Cilantro Vinaigrette	15ml	44	4	0.5	0	0	20	4	0	3	0	0	2	0	0	Honey, olive oil, lime juice (water, concentrated lime juice, sodium bisulphite, lime oil), rice vinegar, cilantro, mustard spice, salt, black pepper.	sulphites, mustard
Orange Dijon Mustard Dressing	15ml	33	3	0.3	0	0	35	2	0	2	0	0	2	0	0	Orange juice (100% pure orange juice), lime juice (water, concentrated lime juice, sodium bisulphite, lime oil), rice vinegar, dijon mustard, olive oil, honey.	sulphites, mustard
Ponzu Dressing	15ml	64	7	0.4	0	0	121	1	0	0	0	0	0	0	0	Canola oil, rice vinegar, soy sauce [water, wheat, soybeans, salt, sodium benzoate, brewing starter (aspergillus sojar)], lemon juice (water, concentrated lemon juice, sulphites, lemon oil), white granulated sugar, minced ginger.	soy, wheat, sulphite
Poppy Seed Vinaigrette	15ml	96	10	0.6	0	0	50	1	0	1	0	0	0	0	0	Canola oil, rice vinegar, honey, poppy seeds, salt, black pepper.	sulphites

Ranch Dijon Dressing	15ml	33	2	0.3	0	4	151	3	0	1	0	0	1	0	0	Ranch dressing (water, corn syrup, soybean oil, vinegar, egg yolks, modified corn starch, salt, sugar, garlic juice, phosphoric acid, xanthan gum, natural flavours, yeast extract, colour, potassium sorbate, polysorbate 60, dried garlic, spices, lemon juice concentrate, dried parsley, lactic acid, calcium disodium EDTA, silicon dioxide), dijon mustard.	egg, milk, mustard, sulphites
Ranch Dressing	15ml	27	2	0.4	0	2	82	1	0	1	0	0	0	0	0	Light mayonnaise [water, soybean oil, modified cornstarch, sugar, corn dextrin, whole egg, vinegar, salt, modified dried egg yolk (phospholipase), mustard, lactic acid, potassium sorbate, phosphoric acid, dried onion, dried garlic, colour, calcium disodium EDTA, spice, sodium aluminum silicate], sour cream [milk, cream, whey powder, skim milk powder, modified corn starch, propylene glycol mono fatty acid ester, pectin, colour, sodium phosphate, cellulose gel, cellulose gum, bacterial culture], apple cider vinegar (red wine vinegar, 5% acetic acid by volume), water, white granulated sugar, celery salt, onion powder, garlic powder, salt, dried dill weed, salt, dried parsley leaves, black pepper, chives.	egg, mustard, milk.
Ranch Salsa Dressing	15ml	20	1	0.2	0	2	130	2	0	0	0	1	0	0	0	Mild salad (Water, tomato paste, tomatoes, green chilies, vinegar, dehydrated vegetables (onions, garlic), salt, cilantro, jalapeno peppers, concentrated lemon juice, spices, citric acid, calcium chloride), Ranch dressing [water, corn syrup, soybean oil, vinegar, egg yolks, modified corn starch, salt, sugar, garlic juice, phosphoric acid (enhances tartness), xanthan gum (thickener), natural flavours (contains milk), yeast extract (natural flavour enhancer), colour, potassium sorbate (maintains quality), polysorbate 60 (prevents oil separation), fried garlic, spices, lemon juice concentrate, dried parsley, lactic acid (enhances tartness), calcium disodium EDTA (maintains flavour), silicon dioxide].	egg, milk
Raspberry Vinaigrette	15ml	40	4	0.2	0	0	34	2	0	1	0	0	2	0	0	Raspberries, red wine vinegar (red wine vinegar, 5% acetic acid by volume), canola, honey, salt, black pepper.	sulphites
Red Wine & Rosemary Vinaigrette	15ml	33	3	0.4	0	0	47	0	0	0	0	0	0	0	0	Red wine vinegar (red wine vinegar, 5% acetic acid by volume), dijon mustard [water, mustard seeds, vinegar, salt, citric acid, natural flavours, potassium metabisulphite, spice (turmeric)], olive oil, water, lemon juice (water, concentrated lemon juice, sulphites, lemon oil), rosemary.	sulphites, mustard
Tarragon Shallot Dressing	15ml	96	10	1.4	0	0	23	1	0	1	0	0	1	0	1	Olive oil, lemon juice (water, concentrated lemon juice, sulphites, lemon oil), minced shallots, balsamic vinegar, honey, mince garlic cloves, dried tarragon, salt, black pepper.	sulphites.
Thai Chili Vinaigrette	15ml	62	6	0.4	0	0	121	1	0	1	0	0	0	0	0	Canola oil, rice vinegar, lime juice (water, concentrated lime juice, sodium bisulphite, lime oil), soy sauce [water, wheat, soybeans, salt, sodium benzoate, brewing starter (aspergillus sojar)], white granulated sugar, chili garlic sauce [salted chili peppers (chili peppers, salt), garlic, sugar, rice vinegar (water, rice, sugar), modified corn starch, acetic acid], minced gingerroot, minced garlic, crushed red pepper chili flakes.	sulphite, soy, wheat
Thousand Island Dressing	15ml	30	2	0.3	0	2	105	2	0	2	0	0	0	0	1	Light mayonnaise [water, soybean oil, modified cornstarch, sugar, corn dextrin, whole egg, vinegar, salt, modified dried egg yolk (phospholipase), mustard, lactic acid, potassium sorbate, phosphoric acid, dried onion, dried garlic, colour, calcium disodium EDTA, spice, sodium aluminum silicate], ketchup (tomato paste, liquid sugar, white vinegar, salt, onion powder, spices), relish [relish stock (cucumber, cabbage, water, salt, calcium chloride), glucose-fructose, white vinegar, xanthan gum, guar gum, sodium benzoate, potassium sorbate, alum, dehydrated red peppers, extractives of turmeric, colour (yellow 5, blue 1), natural flavouring, polysorbate 80], white vinegar, salt, onion powder.	egg, mustard
Vinaigrette with Pineapple, Ginger & Orange	15ml	41	4	0.3	0	0	94	2	0	1	0	0	6	0	0	Pineapple, canola oil, rice vinegar, orange juice (100% pure squeezed orange juice), lemon juice (water, concentrated lemon juice, sulphites, lemon oil), white granulated sugar, grated gingerroot, salt, miced garlic, cilantro, black pepper.	sulphites

Please note: assortment of salad dressings may vary by location, please ask us if you would like more information about a particular dressing.