



NUTRITIONAL INFORMATION SALADS

NUTRITION FACTS	Calories	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
All American Salad	240	130	14g	8g	0g	75mg	940mg	5g	1g	2g	24g	70%	10%	25%	10%
Chicken Caesar Salad	550	380	42g	10g	0g	90mg	1240mg	8g	4g	4g	34g	320%	10%	50%	15%
Chicken Fajita Salad	230	90	11g	6g	0g	80mg	240mg	5g	2g	3g	28g	90%	50%	35%	8%
Garden Salad	35	15	2g	0g	**	0mg	110mg	4g	2g	2g	2g	60%	10%	4%	8%
Italian Salad	340	210	24g	9g	0g	75mg	1590mg	6g	2g	2g	25g	70%	15%	25%	15%

We reserve the right to change and/or modify nutritional information as necessary without notice.

The nutritional information shown is established using All American Restaurants standard recipe methods, supplier provided illustrative nutritional values, menu analysis using MenuCalc industry software, and published public resources. Because each of our menu items are handmade and therefore customized, variations in serving portions, preparation methods, ingredient substitutions, and supply sources, as well as regional differences may affect the actual nutritional values. Therefore, we are unable to warranty the nutritional information shown as absolutely accurate as it relates to prepared menu items at each and every All American Restaurant. Nutritional data is rounded to meet current U.S. FDA NLEA guidelines. Percentage data for vitamins and minerals refers to percentage of U.S. Daily Values for a 2,000 calorie diet.

In certain regions of the county some All American Restaurants may serve or be testing menu items which are not listed in the nutritional information provided. These menu items may contain different/additional ingredients, including allergens, as compared to the standard versions.

Allergen Statement

Many of our products contain or may come into contact with common allergens, including wheat, peanuts, soy, tree nuts, milk, eggs, fish and shellfish.

All American Restaurants endeavors to provide nutritional information regarding all its food products that is as complete as possible. However, some menu items may not be available at all restaurants. Expect variations in the nutrient content of the food products purchased in our restaurants.