

nutrition CENTRAL

T=Trace Amounts

GRAB-N-GO

SALADS

	Calories (Kcal)	Carbohydrate (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Cholesterol (mg)	Dietary Fiber (g)
Mesquite Chicken Caesar Salad	423	17	23	30	8	1132	63	3
Mediterranean Salad with Feta	128	11	7	7	4	761	25	5
Ham & Turkey Classic Chef Salad	346	10	17	27	9	802	129	3
Asian Chicken Salad	234	14	26	8	1	166	58	5
Thai Salad	256	37	11	9	1	385	0	0
Garden Salad with Chicken & Balsamic	184	12	16	8	1	279	39	3
Chicken & Garlic Roasted Vegetable Salad	362	28	27	17	3	138	59	7
Gyro Salad with Beef & Pita Wedges	526	31	13	40	10	2097	36	6
Buffalo Chicken Salad	535	31	31	32	8	1342	82	6
Turkey Bacon Cobb with Egg & Bleu Cheese	329	10	32	17	7	1518	252	3

DELI SANDWICHES

Grilled Chicken with Red Pepper Spread	246	31	13	8	4	472	21	2
Grilled Vegetable Baguette with Spinach	649	82	21	27	8	1445	25	6
Italian Lavish Roll	772	57	33	46	19	2307	125	3
Four Cheese Pita Wrap	929	57	42	60	28	1505	128	3
Buffalo Chicken Wrap	539	57	28	21	7	1074	73	3
Ham & Turkey Lavish	567	58	28	25	12	1682	95	3
Asian Tofu Wrap	588	73	25	24	4	1038	0	9
Grilled Portobello & Spinach	970	48	11	15	2	840	2	3
Grilled Chicken Club	782	67	50	34	11	1167	118	4

SIDES

Tortellini Vegetable Salad	299	33	11	14	5	680	31	3
Hummus with Vegetables & Pita Wedges	187	23	7	8	1	408	0	6
Fresh Fruit	100	25	1	0	0	23	0	2
Veggies & Dip	141	9	1	11	1	299	7	3
Italian Lentil Salad with Herbed Pita Wedges	48	8	3	0	0	241	0	3
Fruit & Cottage Cheese	82	5	12	1	1	285	8	1
Ham & Cheese Cup	528	7	38	38	23	1478	137	0
Pepperoni Cheese Cup	472	5	25	38	21	978	109	0

Find these items featured in our Grab-n-Go Coolers

<https://portal.tri-c.edu/campusdining>

The nutrition provided is based on single serving size ARAMARK standardized recipes. Variations may occur due to the differences in suppliers, ingredient substitutions, recipe revisions and product assembly. Temporary or featured products may or may not be included. We encourage anyone with food sensitivities, allergies, or special dietary needs to check with the location manager. For more nutritional information or individual consultations please visit your campus dining site.

