

Bellacino's[®]

Pizza & Grinders

NUTRITIONAL INFORMATION

SALADS...

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)
Chef Salad (Yield: 1 salad):	524.8	282.1	31.5	14.5	0.0	135.0	1803.3	19.2	4.7	9.5	41.0	5918.2	51.5	427.9	2.3
Chicken Salad (Yield: 1 salad):	451.9	183.2	20.2	10.2	0.0	131.7	1174.6	20.8	5.2	10.1	47.4	5970.9	63.8	452.4	2.1
Greek Salad (Yield: 1 salad):	399.2	245.6	27.3	12.8	0.0	76.0	1487.7	17.9	4.1	10.6	14.9	5669.4	50.3	440.9	1.6
Side Salad (Yield: 1 salad):	153.6	84.0	9.3	5.1	0.0	30.4	196.8	8.9	2.4	4.3	9.1	2959.3	26.3	216.6	0.6
Taco Salad (Yield: 1 salad):	864.9	426.2	47.3	17.0	0.8	86.5	2111.4	62.5	12.4	7.4	44.1	6077.2	28.9	581.4	5.9
Veggie Salad (Yield: 1 salad):	363.4	208.9	23.2	10.2	0.0	60.8	572.6	18.0	5.2	8.7	19.0	5970.9	63.8	432.4	1.4
Sandra's Signature Salad (Yield: 1 salad):	556.8	314.6	34.8	10.3	0.0	35.1	600.7	53.9	19.4	32.0	15.1	5809.4	####	348.5	5.2
Sandra's Signature Salad w/ Chicken (Yield: 1 salad):	698.5	328.8	36.2	10.3	0.0	106.0	1380.1	56.7	19.4	33.4	43.4	5809.4	####	368.5	5.9
Sandra's Signature Salad w/ Steak (Yield: 1 salad):	707.5	372.7	41.2	12.5	0.0	88.9	1957.4	58.2	19.4	34.2	34.4	5809.4	####	348.5	7.5
Sandra's Signature Salad w/ Seafood Mix (Yield: 1 salad):	1003.8	628.1	69.9	16.0	0.0	73.3	1508.0	74.1	19.4	34.7	23.2	5809.4	####	348.5	5.2
Steak Salad (Yield: 1 salad):	452.6	226.5	25.2	12.4	0.0	114.6	1750.5	20.3	4.4	9.9	38.0	5813.6	29.6	428.2	3.6
Seafood Salad (Yield: 1 salad):	719.0	479.8	53.6	15.9	0.0	99.0	1296.7	30.0	3.3	7.7	24.7	5812.8	25.6	417.4	0.9

Nutritional information calculations have been performed by a registered dietitian based on data provided to us by our system of manufacturers, distributors and vendors. These calculations are based on standard product formulations. Variations in nutritional information can occur based on seasonal product changes, the use of an alternate supplier, product assembly variations and changes or updates to standard recipes and ingredients. For the most up-to-date information, please contact Bellacino's, Inc. at toll free: (877) 379-0700.