

Avanti's Italian Restaurant - Salad Dressing

Item	Nutritional Information														Allergens										
	Serving Size	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbs	Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron	Eggs	Fish	MSG	Milk	Mushrooms	Peanut	Trans Fat	Tree Nut	Shellfish	Soy	Wheat & Gluten
Garden Salad	1 ea	197	13	5	24	548	17	4	9	16	119%	45%	37%	5%				•	•						
Chef Salad	1 ea	282	18	8	238	744	12	3	7	20	122%	15%	21%	8%	•			•							
Turkey Chef Salad	1 ea	269	15	6	242	678	13	3	6	24	122%	15%	21%	8%	•			•							
Chicken Chef Salad	1 ea	368	18	7	282	555	14	3	7	40	123%	16%	22%	11%	•			•							
Caesar Salad w/ Dressing	1 ea	903	83	17	92	1096	30	2	10	11	117%	44%	32%	7%	•	•									
Caesar Salad w/o Dressing	1 ea	175	5	3	18	200	24	2	4	6	117%	41%	16%	6%											
Chicken Caesar Salad	1 ea	1071	88	19	162	1433	32	2	11	37	118%	44%	32%	12%	•	•									
Chicken Caesar Salad w/o Dressing	1 ea	344	11	4	88	537	26	2	5	32	118%	41%	16%	11%											
Turkey Caesar Salad	1 ea	1008	87	19	137	1786	33	2	10	26	117%	44%	32%	10%	•	•									
Turkey Caesar Salad w/o Dressing	1 ea	280	10	4	63	890	27	2	4	21	117%	41%	16%	9%											
Regular Salad	1 ea	29	0	0	0	20	6	2	3	2	83%	12%	3%	3%											
Side Salad	1 ea	12	0	0	0	10	3	1	1	1	42%	6%	2%	2%											
1/2 Gallon Lettuce	1 ea	129	0	0	0	100	26	9	10	8	436%	60%	16%	16%											
Pasta Salad	8 oz	516	36	5	23	1001	44	3	0	6	23%	31%	3%	13%			•							•	•
Potato Salad	8 oz	580	38	6	40	700	50	2	10	6	16%	100%	0%	12%	•									•	
Ranch	1 oz	115	12	2	11	227	3	0	2	0	0%	0%	1%	0%	•		•	•						•	•
Italian	1 oz	150	14	2	0	420	7	0	7	0	0%	0%	0%	0%	•									•	•
French	1 oz	150	12	2	0	350	10	0	10	0	2%	0%	0%	0%			•							•	•
Bleu Cheese	1 oz	166	18	3	19	220	2	0	1	1	1%	0%	3%	0%	•		•	•						•	•
Lite Ranch	1 oz	100	10	2	10	290	1	0	1	1	0%	0%	2%	0%	•		•	•						•	•
Caesar Dressing	1 oz	243	26	5	25	299	2	0	2	2	0%	1%	5%	0%	•	•	•							•	•
Fat Free Honey Mustard	1 oz	42	0	0	0	125	9	0	8	0	0%	0%	0%	0%											
Low Fat Italian	1 oz	23	1	0	0	402	2	0	2	0	0%	0%	0%	0%										•	
Balsamic Vinaigrette	1 oz	50	0	5	0	310	3	0	2	0	0%	0%	0%	0%	•									•	
Pesto Ranch	1 oz	119	13	2	9	212	2	0	1	1	3%	0%	2%	0%	•		•	•						•	•
Captain Wafers (Crackers)	2 Pack	70	2.5	0	0	105	9	0	1	1	0%	0%	0%	2%										•	•
Chicken Breast	1 Each	168	6	2	70	338	2	0	1	26	1%	1%	1%	5%											
Breaded Chicken Breast	1 Each	200	8	1	35	600	15	0	0	17	0%	0%	0%	6%				•						•	•
Chicken Tenders	2 pcs	184	8	1	32	637	10	0	0	18	0%	0%	0%	0%	•			•						•	•

This nutritional information is based on standard recipes and product formulas. Some variations may occur due to season, supplier, and minor differences in product assembly.