

Hoss's Nutritional Information - Salad Bar



Item Name	Serving Size	Calories	Total Fat (g)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)
Dressings							
Balsamic Vinaigrette	2 Tbsp	60	5	190	4	0	0
Buttermilk Ranch	2 Tbsp	100	11	270	1	0	0
Caesar	2 Tbsp	120	13	330	1	0	1
Chunky Blue Cheese	2 Tbsp	160	17	310	1	0	1
Creamy Italian	2 Tbsp	100	10	260	3	0	0
Fat Free Honey Dijon	2 Tbsp	45	0	280	10	>1	1
Fat Free Italian	2 Tbsp	10	0	490	3	0	0
Fat Free Raspberry	2 Tbsp	35	0	80	8	0	0
French	2 Tbsp	130	11	220	9	0	0
Lite Ranch	2 Tbsp	110	10	270	1	0	1
Lite Red Wine Vinaigrette	2 Tbsp	60	5	280	3	0	0
Parmesan Pepper	2 Tbsp	170	16	310	2	0	1
Red Roquefort	2 Tbsp	140	12	360	7	0	1
Sweet N' Tangy	2 Tbsp	140	11	390	10	0	0
Thousand Island	2 Tbsp	140	13	260	5	0	0
Item Name	Serving Size	Calories	Total Fat (g)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)
Prepared Salads							
Apple Salad	4 oz	100	1.5	20	22	2	<1
Asian Thai Salad	4 oz	140	3.5	580	25	<1	3
BBQ Beans	4 oz.	180	3	400	33	8	6
BLT Salad	3.5 oz	270	21	360	14	<1	6
Broccoli Salad	4 oz	70	3	150	8	3	4
Coleslaw	3.5 oz	140	9	380	15	<1	1
Crab Leg Salad	3.5 oz	170	13	470	10	1	3
Creamy Cucumber Salad	4 oz	90	2.5	65	17	<1	<1
Fruit Salad	1/3 cup	50	0	130	11	1	1
Glorified Rice Salad	4 oz.	130	0.5	20	31	1	1
Macaroni Salad	5 oz	270	14	600	33	0	4
Pepperoni Salad	4 oz	210	9	320	20	1	11
Potato Salad	5 oz	220	10	720	30	2	2

Steak Salad	4 oz	260	12	280	25	2	13
Taco Salad	3.5 oz	230	14	360	12	2	11
Three Bean Salad	1/3 cup	50	0	130	11	1	1
Tuna Supreme Salad	4 oz	190	11	390	14	<1	8
Waldorf Salad	4 oz.	160	2	0	38	3	<1

Item Name	Serving Size	Calories	Total Fat (g)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)
Fresh Vegetables							
Broccoli	1 cup	31	0	30	6	2	3
Carrots	1/2 cup	22.5	0	38	5.5	1.5	0.5
Cauliflower	1 cup	25	<1	30	5.3	2.5	2
Cucumbers	1/2 cup	8	0	1	2	0	0
Green Peppers	1/2 cup	15	<1	2.2	3.5	1.3	<1
Lettuce	1 cup	8	0	6	2	1	0
Mushrooms	1 cup	15.4	<1	3.5	2.3	<1	2
Onions	1 ring	2.5	<1	<1	<1	<1	<1
Radishes	1/2 cup	9.28	<1	23	2	<1	<1
Spinach	1 cup	7	<1	24	1	<1	<1
Tomatoes	1 cup	32	0	9	7	2	2

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Miscellaneous Salad Bar Items							
Beets	1/2 cup	40	0	260	8	1	0
Black Olives	2 Tbsp	30	2.5	140	,1	NA	0
Cheddar Cheese Substitute	1oz	6	5.3	31	6.6	<1	<1
Cheez-Its	30g (27 crackers)	160	8	250	18	<1	4
Chic Peas	1/2 cup	110	1	350	20	7	7
Chopped Eggs	1 egg (1.5 oz)	70	4	55	<1	0	6
Chow Mein Noodles	1/2 cup	70	3	110	8.5	0	1.5
Croutons	2 Tbsp	30	1	90	5	0	1
Green Olives	2 Tbsp	30	2.5	380	<1	NA	0
Ham Cubes	2 oz	110	9	670	2	0	8
Homestyle Croutons	2 Tbsp	30	0.5	90	5	0	1
Pickle Spears	1 oz	0	0	250	0	<1	0
Mild Banana Pepper Rings	1 oz (14 slices)	6	0	480	1	NA	0
Peas	2/3 cup	60	0	120	11	4	5
Potato Sticks	2/3 cup	150	9	90	16	2	2
Pretzel Nuggets	1 oz	110	1	180	23	1	3

Raisin Sauce	4 oz	80	0	5	21	0	0
Sunflower Seeds	1/4 oz	44	4	43	1.5	0	1.2

Hoss's has made an effort to provide complete and current nutritional information, but changes in recipes and suppliers of our menu items mean that variations from these values can occur from time to time. Therefore, the values shown here should be considered approximations. In addition, guests who have food allergies or dietary needs should not rely solely on this information as a basis for deciding whether to consume a particular menu item.

*We cook Using Trans Fat Free Oil!