

Toss Nutritional Information

Property	Serving Size (G)	Calories	Protein (G)	Total Carbs (G)	Total Fat (G)	Dietary Fiber (G)
<u>Post Workout</u>	1 salad	740	39	22	84	12
<u>Tex-Mex Chicken</u>	1 salad	660	37	56	34	12
<u>Halloumi Pesto</u>	1 salad	530	38	26	31	9
<u>Tofu Toss</u>	1 salad	310	12	32	20	14
<u>Kale Caesar</u>	1 salad	540	26	22	31.5	9
<u>Greek Classic</u>	1 salad	720	17	35	48.5	10
<u>Clean Cobb</u>	1 salad	500	31	27	25	13
<u>Romaine</u>	1 portion	45	31	9	0.75	6
<u>Kale</u>	1 portion	50	3	10	1	2
<u>Rocket</u>	1 portion	45	4	6	1	3
<u>Spinach</u>	1 portion	40	5	6	0.5	4
<u>Corn</u>	1 portion	50	2	11	0.5	1
<u>Cucumber</u>	1 portion	5	0	1	0	0
<u>Carrot</u>	1 portion	10	1	3	0	0
<u>Cabbage</u>	1 portion	5	0	1	0	0
<u>Broccoli</u>	1 portion	15	1	4	0	2
<u>Mediterranean Olives</u>	1 portion	120	1	4	11	0
<u>Pickled Red Onions</u>	1 portion	10	0	5	0	1
<u>Beetroot</u>	1 portion	25	1	6	0	1
<u>Capsicum</u>	1 portion	30	2	4	0	0
<u>Feta Cheese</u>	1 portion	180	8	0	15	0

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<u>Parmesan</u>	1 portion	120	11	1	8	0
<u>Halloumi</u>	1 portion	85	6	1	6	0
<u>Cheddar Cheese</u>	1 portion	110	7	1	9	0
<u>Free Range Egg</u>	1 portion	90	7	1	6	0
<u>Chickpeas</u>	1 portion	90	5	16	1.5	4
<u>Black Beans</u>	1 portion	45	3	8	0	3
<u>Tortilla Chips</u>	1 portion	110	2	15	4.5	0
<u>Crispy Chickpeas</u>	1 portion	35	2	5	1	2
<u>Garlic & Herb Croutons</u>	1 portion	70	2	8	3.5	0
<u>Crispy Shallots</u>	1 portion	20	0	3	1	1
<u>Cashewnuts</u>	1 portion	50	2	3	4	0
<u>Sesame seeds</u>	1 portion	15	1	1	2	0
<u>Almonds</u>	1 portion	40	2	1	3	0
<u>Organic Tofu</u>	1 portion	60	6	1	3	1
<u>Hummus</u>	1 portion	30	1	3	1	0
<u>Avocado</u>	1 portion	80	1	4	8	4
<u>Tomato</u>	1 portion	15	0	1	0	0
<u>red onion</u>	1 portion	6	0	1	0	0
<u>Warm Roasted Chicken</u>	1 portion	160	20	4	6	3
<u>Creamy Caesar</u>	1 portion	140	1	2	14	0
<u>House Vinaigrette</u>	1 portion	130	0	0	14	0
<u>Spicy Cashew</u>	1 portion	130	0	3	14	0
<u>Green Goddess</u>	1 portion	140	0	1	14	0

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<u>Tangy Mustard</u>	1 portion	140	0	3	13	0
<u>BBQ Ranch</u>	1 portion	140	0	1	14	0
<u>Basil Pesto</u>	1 portion	130	2	1	15	0