The Salad Bar

In the morning we put out 3 flavors of yogurt, strawberry, blueberry and vanilla. We offer fresh cut fruit, raisins, cranberries (usually) and granola. These options are available all day. At lunch time we add to that offering lettuce, tomatoes, cucumbers, carrots, broccoli, and black olives. Often you will find hard boiled eggs, artichoke hearts, cauliflower, peppers, and roasted corn; we also offer at least one of our delicious home made pasta, potato or rice salads. Grilled chicken, bacon, grilled salmon makes its appearance here as well. We serve Ken’s Steak House Dressings and offer 5 or 6 flavors per day. Of course if your favorite is not out and we have it in stock we will gladly get it for you!

Around the corner from the deli bar is where we offer our gluten free and vegan salad options... We are blessed to have an incredibly talented team making our salads. Here you might find a lentil and curry salad or a rice pasta salad.

Please see below for the nutritional information on a smattering of the salads we make. If you are looking for any further nutritional information please see our website: [http://www.balancemindbodysoul.com/balance/campus.asp](http://www.balancemindbodysoul.com/balance/campus.asp)

**Pasta Fiesta Salad**

Gemelli Pasta with Bell Peppers, Black Beans & Scallion

**Serving: 5 oz Cups**

KCal: 340, Fat: 21g (56% Cal), SatFat: 3.5g, TransFat: 0g, Chol: 10mg, Sodium: 880mg, Carbs: 32g, Sugars: 6g, Protein: 5g, Fiber: 1g

Contains milk, eggs, wheat, soy beans

**San Remo Rice Salad**

White Rice Tossed with Prosciutto, Peas, Walnuts, Mint and a White Wine Vinaigrette

**Serving: 1 oz**

KCal: 60, Fat: 3g (42% Cal), SatFat: 0g, TransFat: 0g, Chol: 0mg, Sodium: 100mg, Carbs: 6g, Sugars: 0g, Protein: 1g, Fiber: 0g

Contains tree nuts

**Potato Salad**

Diced Potatoes, Sweet Pickles, Celery and Hard Boiled Eggs Blended with Mayonnaise Style Salad Dressing

**Serving: 4 oz**

KCal: 170, Fat: 11g (59% Cal), SatFat: 2g, TransFat: 0g,
Chol: 65mg, Sodium: 460mg, Carbs: 15g, Sugars: 3g, Protein: 3g, Fiber: 1g
Contains eggs, soy beans

**Pasta Salad with Basil Vinaigrette**
Rotini Pasta Tossed with Red Onions, Peppers, Olives, Zucchini and Balsamic-Basil Vinaigrette

**Serving:** 4 oz  KCal: 210, Fat: 15g (62% Cal), SatFat: 2g, TransFat: 0g, Chol: 0mg, Sodium: 230mg, Carbs: 18g, Sugars: 2g, Protein: 3g, Fiber: 2g
Contains wheat

**Sante Fe Red Potato Salad**
Red Potatoes, Jicama, Corn, Jalapeño Peppers and Cilantro Tossed with Oregano-Lime-Cumin Vinaigrette

**Serving:** 1 oz  KCal: 70, Fat: 3g (36% Cal), SatFat: 0g, TransFat: 0g, Chol: 0mg, Sodium: 45mg, Carbs: 10g, Sugars: .9g, Protein: 1g, Fiber: 1g