



# Nutritional Information

4S Ranch 858.798.5199 Sorrento Valley 858.587.2585  
[www.greenspotsalad.com](http://www.greenspotsalad.com)

Menu Item	Nutrition Code	Calories	Fat	Chol	Sodium	Carbs	Fiber	Sugar	Protein
<b>Salads</b>									
Ensenada Side	GF,VG	262	18	7	291	21	6	6	4
Ensenada Entrée	GF,VG	326	18	10	386	23	1	9	7
Caesar Side	V	321	23	29	865	18	5	6	13
Caesar Entrée	V	392	29	33	980	22	7	8	15
Superfood Side	GF,VG	465	26	0	82	51	10	2	13
Superfood Entrée	GF,VG	540	33	0	126	55	12	3	15
Mediterranean Side	GF,V	292	25	12	864	14	2	3	4
Mediterranean Entrée	GF,V	364	32	12	964	18	4	4	5
Cobb Side	GF	375	26	235	769	19	8	8	16
Cobb Entrée	GF	436	31	242	851	23	10	10	18
Garden Side	V	240	14	7	421	26	5	10	5
Garden Entrée	V	299	19	10	486	28	6	12	7
Roasted Veggie Side	GF,VG	248	19	0	605	17	5	6	4
Roasted Veggie Entrée	GF,VG	323	26	0	668	20	6	7	5
Bistro Side	GF,V	542	36	25	535	47	7	35	11
Bistro Entrée	GF,V	604	41	25	599	52	8	37	12
Spinach Side	GF	315	23	231	779	9	3	3	17
Spinach Entrée	GF	393	30	236	917	12	5	3	20
Powerplant Side	GF,VG	361	23	0	797	31	10	6	13
Powerplant Entrée	GF,VG	413	27	0	985	34	13	7	16
Caprese Side	GF,V	188	15	20	216	8	1	3	6
Caprese Entrée	GF,V	250	20	20	312	13	2	5	7
Great Pacific Side	GF,VG	313	21	0	761	23	10	10	11
Great Pacific Entrée	GF,VG	386	27	0	1137	28	11	13	13
<b>Wraps</b>									
Buffalo Chicken Wrap		419	17	69	1764	39	6	8	29
Vegan Market Wrap	VG	394	19	0	843	45	10	9	10
California Turkey Wrap		546	29	56	1007	34	6	3	30
Greek Turkey Wrap		468	23	49	1189	33	3	2	28
Margherita Chicken Wrap		491	25	76	1160	34	2	5	32
BLT Chicken Caesar Wrap		567	30	93	2024	30	4	3	43
Point Loma Turkey Wrap		629	23	61	1262	70	6	36	30
<b>Proteins</b>									
Grilled Chicken	GF	96	3	56	506	0	0	0	22
Roasted Turkey	GF	97	1	36	328	0	0	0	19
Buffalo Chicken	GF	96	3	56	1076	0	0	0	22
Flank Steak	GF	264	16	65	107	0	0	0	28
Grilled Shrimp Skewer		48	1	42	48	0	0	0	8
Sweet Chili Tofu	GF	61	2	0	140	7	1	5	4
Seared Ahi Tuna	GF	149	1	75	65	0	0	0	24

GF=Gluten Free V=Vegetarian VG=Vegan



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<b>Dressings</b>									
Cilantro Citrus	GF,V	100	11	7	138	1	0	1	1
Ranch	GF,V	115	12	7	147	1	0	1	1
Sun Dried Tomato Basil	GF,V	91	10	5	86	1	0	1	1
WG Honey Mustard	GF,V	110	9	4	182	8	0	8	0
Parmesan Peppercorn	GF,V	130	14	9	189	1	0	0	1
Greek	GF,VG	116	13	0	186	1	0	0	0
Balsamic Vinaigrette	GF,VG	98	10	0	67	3	0	2	0
White Balsamic Basil	GF,VG	127	13	0	85	3	0	3	0
FF Lemon Herb	GF,VG	4	0	0	384	1	0	0	0
Lite Italian	GF,VG	23	2	0	215	2	1	0	0
Creamy Caesar	GF	114	12	7	221	1	0	1	1
Vegan Caesar	GF,VG	113	12	0	87	2	0	1	0
Sesame Ginger	VG	121	12	0	625	3	0	3	1
Goddess	GF,VG	78	8	0	288	2	1	1	2
Blue Cheese	GF,V	95	10	13	151	1	0	1	1
Lemon Juice & Olive Oil	GF,VG	124	14	0	0	2	0	1	0
Red Wine Vinegar	GF,VG	3	0	0	0	0	0	0	0
Balsamic Vinegar	GF,VG	10	0	0	4	0	0	0	0
Olive Oil	GF,VG	120	14	0	0	0	0	0	0
Cajun Wedge Sauce	GF,V	90	8	4	266	5	0	3	0
Sweet Chili Aioli		152	15	8	217	4	0	3	0
<b>Potatoes</b>									
Roasted Potato Wedges	GF,VG	136	6	0	720	21	2	1	2
Baked Potato	GF,VG	110	0	0	0	26	2	1	3
Baked Yam	GF,VG	115	0	0	75	27	4	6	2
BBC	GF	261	9	23	565	31	2	1	24
Moroccan Yam	GF,V	335	19	20	310	32	6	7	7
Chili baked Potato	GF,V	217	6	13	420	35	6	3	13
Loaded Potato	GF	295	14	43	580	27	2	2	23
<b>Soups</b>									
Tomato Basil Bisque	GF,V	71	3	12	502	7	2	4	2
Greenspot Chili	GF,VG	52	1	0	335	9	4	2	3

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