

Dierbergs Salad Bar Nutrition Information

| Product Name | Serving Size (oz) | Calories | Calories from fat | Total Fat (g) | Sat Fat (g) | Trans fats (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) | Gluten Free | Allergens |
|-----------------------------------|-------------------|----------|-------------------|---------------|-------------|----------------|------------------|-------------|-----------|-------------------|------------|-------------|-------------|-----------------------|
| Soups | | | | | | | | | | | | | | |
| Broccoli Cheddar | 7 | 219 | 129 | 14.3 | 9.3 | 0.1 | 44 | 1035 | 13.4 | 1 | 4 | 9.6 | Y | Milk |
| Beef Chili | 7 | 133 | 36 | 4 | 1.5 | 0 | 15.7 | 534 | 15.4 | 3.4 | 5.8 | 8 | Y | |
| Beef Stew | 4 | 93 | 33 | 3.6 | 1 | 0.1 | 14.4 | 600 | 9 | 4 | 2 | 8.3 | N | Wheat, Soy |
| Chicken Noodle | 7 | 96 | 14 | 1.5 | 0.3 | 0 | 32 | 665 | 13.4 | 0.7 | 1.7 | 7 | N | Wheat, Egg |
| Chicken Wild Rice | 7 | 133 | 45 | 5 | 3 | 0.1 | 23 | 629 | 15.4 | 0.5 | 2.8 | 6.8 | Y | Milk |
| Chicken Corn Chowder | 7 | 169 | 58 | 6.4 | 3.4 | 0.1 | 26 | 566 | 20 | 1.2 | 4 | 9.5 | Y | Milk |
| Chicken Tortilla | 7 | 106 | 23 | 2.6 | 0.5 | 0 | 16 | 559 | 14.5 | 1.5 | 3.5 | 7 | Y | |
| Chicken White Chili | 7 | 170 | 11 | 1.2 | 0.4 | 0 | 14 | 340 | 27.6 | 6 | 0.4 | 13.3 | Y | |
| Chicken & Dumpling | 7 | 151 | 35 | 3.9 | 0.9 | 0 | 28 | 413.8 | 23.9 | 0.3 | 0.6 | 5.9 | N | Wheat, Milk, Eggs |
| Clam Chowder | 7 | 180 | 73 | 8.2 | 4.8 | 0.1 | 27.4 | 1117 | 17.8 | 1 | 5.5 | 9 | Y | Milk, Clams |
| Gazpacho | 7 | 186 | 49 | 5.5 | 0.2 | 0 | 0 | 568 | 22.8 | 2.7 | 12 | 2.2 | Y | |
| Ham & Beans | 7 | 199 | 12 | 1.3 | 0.5 | 0 | 9 | 640 | 34 | 7.3 | 2 | 13.7 | Y | Milk |
| Lobster Bisque | 7 | 235 | 144 | 16 | 10.5 | 0.1 | 49 | 726 | 14 | 0.3 | 4.5 | 7.7 | Y | Milk, Shellfish |
| Spring Vegetable | 7 | 58 | 3 | 0.3 | 0 | 0 | 0 | 533 | 12.4 | 1.5 | 3.4 | 2 | Y | |
| Sausage & Chicken Gumbo | 7 | 106 | 44 | 5 | 1.8 | 0 | 24.8 | 598 | 7.4 | 1 | 3.2 | 8.2 | Y | Milk |
| Spicy 3 Bean Quinoa | 7 | 92 | 10 | 1 | 0.1 | 0 | 0 | 535 | 17.3 | 4 | 4.5 | 3.8 | Y | |
| Twice Baked Potato | 7 | 243 | 137 | 15.2 | 9.3 | 0.1 | 48 | 837 | 17 | 0.7 | 4 | 9.5 | Y | Milk |
| Vegetable Steak | 7 | 104 | 20 | 2.2 | 0.7 | 0 | 20 | 572 | 12.3 | 1.5 | 3 | 8.6 | Y | |
| Whole Grain Wild Mushroom | 7 | 231 | 86 | 9.6 | 4.2 | 0.1 | 17.7 | 685 | 22.7 | 2 | 3 | 4.4 | N | Wheat, Milk |
| Salads-To-Go | | | | | | | | | | | | | | |
| Asian Almond Chicken Salad, Small | 11 | 366 | 139 | 15.4 | 2.6 | 1 | 28.1 | 703.4 | 41.5 | 5.1 | 20.4 | 16.5 | N | Wheat, Nut(Almonds) |
| Asian Almond Chicken Salad, Large | 15.2 | 493 | 175 | 19.5 | 3.2 | 1 | 33.7 | 1097.4 | 60.7 | 6.5 | 35.4 | 19.6 | N | Wheat, Nut(Almonds) |
| Athens Greek Salad, Large | 10.5 | 202 | 108 | 12 | 5 | 0 | 27 | 744 | 18 | 6 | 5 | 9 | Y | Milk |
| Bacon Spinach, Small | 8.3 | 258 | 116 | 12.8 | 3.9 | 0.1 | 110.9 | 911.5 | 20.7 | 3.7 | 14 | 14.5 | Y | Milk |
| Bacon Spinach, Large | 14 | 457 | 205 | 22.8 | 6.7 | 0.1 | 217.9 | 1550 | 37.6 | 6.3 | 26.9 | 24.7 | Y | Milk |
| Beet-A-Rific, Small | 8 | 312 | 216 | 24 | 4.9 | 0 | 22.8 | 512.3 | 18.8 | 4.1 | 11.5 | 8.5 | Y | Milk, Nut(Walnuts) |
| Chef Salad, Small | 6.5 | 151 | 79 | 9 | 4.5 | 0 | 142 | 270 | 6.5 | 2 | 3 | 12.5 | Y | Milk, Eggs |
| Chef Salad, Large | 13 | 382 | 211 | 23 | 12.5 | 0 | 310 | 765 | 12 | 4 | 6 | 33 | Y | Milk, Eggs |
| Smoked Chef Salad, Small | 7 | 159 | 69 | 8 | 4 | 0 | 129 | 598 | 7 | 2 | 3 | 16 | Y | Milk, Eggs |
| Smoked Chef Salad, Large | 12 | 269 | 117 | 13 | 6 | 0 | 244 | 919 | 13 | 4 | 5 | 26 | Y | Milk, Eggs |
| Chicken Cobb Salad, Small | 10.7 | 574 | 393 | 43.7 | 13.4 | 0.1 | 193.8 | 1280.6 | 7.7 | 2.5 | 3.6 | 26.3 | Y | Milk, Eggs |
| Chicken Cobb Salad, Large | 18.5 | 961 | 684 | 76 | 20.7 | 0.1 | 332.4 | 1937.1 | 14.5 | 5 | 6.8 | 36.7 | Y | Milk, Eggs |
| Craisin Walnut Salad, Small | 4 | 238 | 134 | 14.9 | 3.2 | 0 | 15.1 | 376.5 | 22.2 | 1.9 | 16.1 | 3.1 | Y | Milk, Nut(Walnuts) |
| Craisin Walnut Salad, Large | 4 | 252 | 147 | 16.3 | 3.2 | 0 | 15.1 | 386.5 | 22.3 | 1.9 | 16.2 | 3 | Y | Milk, Nut(Walnuts) |
| Garden Veggie Salad, Large | 12.5 | 312 | 184 | 20.5 | 7 | 0 | 29 | 306 | 22 | 8 | 7 | 14 | Y | Milk, Sunflower Seeds |

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|---|-------------------|----------|-------------------|---------------|-------------|----------------|------------------|-------------|-----------|-------------------|------------|-------------|-------------|----------------------------------|
| Grilled Chicken Parmesan Romaine, Small | 8.4 | 447 | 254 | 28.3 | 7.7 | 0 | 56.3 | 1131.4 | 25 | 2.1 | 5.7 | 22.5 | N | Milk, Wheat, Egg, Soy, Anchovies |
| Grilled Chicken Parmesan Romaine, Large | 14.5 | 672 | 407 | 45.2 | 10.6 | 0 | 82.2 | 1660.4 | 33.7 | 4.3 | 10.4 | 30.5 | N | Milk, Wheat, Egg, Soy, Anchovies |
| Italian Chicken Salad, Small | 10.8 | 457 | 259 | 28.7 | 4.4 | 0 | 88.9 | 1415.6 | 19.8 | 2.8 | 15 | 28 | Y | Milk |
| Italian Chicken Salad, Large | 15 | 671 | 420 | 46.6 | 8.1 | 0 | 73.1 | 2019.4 | 35.7 | 5 | 28.8 | 24.8 | Y | Milk |
| Patriot Berry Salad, Small | 6.5 | 155 | 83 | 9 | 3 | 0 | 19 | 141 | 12.5 | 5 | 5 | 8 | Y | Milk, Almonds |
| Patriot Berry Salad, Large | 9.5 | 231 | 125 | 14 | 3 | 0 | 19 | 177 | 19 | 8 | 8 | 11 | Y | Milk, Almonds |
| Smokehouse Chicken, Large | 15 | 714 | 396 | 44 | 14.5 | 0.2 | 110.4 | 1881.4 | 41.4 | 3.9 | 25.2 | 31.9 | N | Milk, Wheat, Egg |
| Southwest Chicken, Small | 12.9 | 602 | 295 | 32.8 | 12.6 | 0.2 | 110.1 | 1005.3 | 38.7 | 3.2 | 5 | 24 | Y | Milk, Egg |
| Southwest Chicken, Large | 17.1 | 634 | 298 | 33.1 | 12.7 | 0.2 | 115.7 | 1109 | 43.1 | 5.3 | 6.1 | 27.5 | Y | Milk, Egg |
| St. Louis Italian Salad, Small | 5 | 157 | 92 | 10 | 2 | 0 | 31 | 580 | 6 | 3 | 2 | 11 | Y | Milk |
| St. Louis Italian Salad, Large | 9.5 | 337 | 206 | 23 | 3 | 0 | 69 | 1294 | 11 | 5 | 3 | 23 | Y | Milk |
| Salad Shakers | | | | | | | | | | | | | | |
| Asian Chop Salad | 9.28 | 240 | 74 | 8.2 | 0.6 | 0 | 0 | 200.3 | 33.5 | 7 | 13.5 | 10.3 | Y | Soy, Nut(Almond) |
| Bulgar Quinoq Chicken | 6.5 | 273 | 137 | 15 | 4 | 0 | 20 | 358 | 31 | 5 | 20 | 8 | N | Wheat, Nut(Walnut) |
| Cabbage Patch | 8.32 | 300 | 154 | 17.2 | 1.3 | 0 | 0 | 389.7 | 33.6 | 6.6 | 12.1 | 7 | Y | Nut(Almond) |
| Greek | 8 | 238 | 132 | 14.6 | 2.8 | 0 | 12.1 | 588.4 | 24.8 | 3.4 | 3.9 | 4.5 | Y | Milk |
| Power Protein | 9.28 | 373 | 180 | 20 | 2.3 | 0 | 134.9 | 414.5 | 37.7 | 6.2 | 11.1 | 14 | Y | Soy,Egg, Nut(Almond) |
| South West Chicken | 9.12 | 416 | 225 | 25 | 6 | 0 | 29 | 516 | 43 | 7 | 27 | 12 | Y | Soy |
| Salads/Dips/Miscellaneous | | | | | | | | | | | | | | |
| Ambrosia | 4 | 188 | 93 | 10.4 | 8.5 | 0 | 12 | 38 | 23 | 0.7 | 19 | 0.8 | Y | Milk,Coconut |
| Ancient Grain Power Salad | 4 | 251 | 62 | 6.9 | 0.4 | 0 | 0 | 162.6 | 36.3 | 3.9 | 7.1 | 6.7 | N | Wheat |
| Antioxidant Superfood Veggie | 4 | 177 | 99 | 11 | 0.8 | 0 | 0 | 237.6 | 14.7 | 2 | 7 | 3.3 | Y | Sunflower Seed |
| Apple Cranberry Autumn Slaw | 4 | 125 | 50 | 5.5 | 1 | 0 | 12.4 | 132.8 | 15.3 | 2.4 | 11.3 | 3.5 | Y | Pumpkin Seed |
| Asian 5 Grain | 4 | 229 | 109 | 12 | 1.3 | 0 | 0 | 125 | 28 | 3.5 | 5 | 3.8 | N | Wheat, Soy |
| Asian Noodle | 4 | 190 | 50 | 5.5 | 1.7 | 0 | 0 | 195 | 29.4 | 2.5 | 5.9 | 5.8 | N | Wheat, Soy, Nuts |
| Beets, Pickled, Sliced | 4 | 108 | 10 | 1.2 | 0.2 | 0 | 0 | 155 | 23 | 0.6 | 22 | 0 | Y | |
| Capellini Asiago | 4 | 286 | 137 | 15.2 | 3.8 | 0 | 12.7 | 366.8 | 25.4 | 1.6 | 0.7 | 6.9 | N | Wheat, Milk |
| Caprese Pasta | 4 | 199 | 92 | 10.2 | 1.5 | 0 | 0.4 | 138 | 22.4 | 1.3 | 2.6 | 4 | N | Wheat, Milk, Nuts |
| Caramel Apple Dipper | 5.92 | 259 | 105 | 11.6 | 7.3 | 0.4 | 35.7 | 111.4 | 38.6 | 2.9 | 34.1 | 1.3 | Y | Milk |
| Caramel Cheesecake Layered Dessert Dip | 1 | 88 | 51 | 5.6 | 3.9 | 0.1 | 15 | 55.4 | 9.1 | 0 | 8.1 | 0.7 | Y | Milk, Egg |
| Caramel Cheesecake Layered Apple Dipper | 4 | 162 | 69 | 7.7 | 5.2 | 0.1 | 20 | 74.6 | 22.6 | 2 | 18.3 | 1.1 | Y | Milk, Egg |
| Caramel Dessert Sauce | 1 | 101 | 53 | 5.9 | 3.8 | 0.2 | 18.6 | 57.4 | 11.9 | 0 | 11.8 | 0.5 | Y | Milk |
| Cheesecake Dip | 4 | 369 | 244 | 27 | 18 | 0 | 71.8 | 271 | 28.5 | 0 | 24.5 | 3.8 | Y | Milk |
| Cranberry Ambrosia | 4 | 347 | 107 | 11.9 | 6.7 | 0 | 30 | 25.7 | 20.4 | 1.5 | 14.7 | 3.5 | Y | Milk |
| Cranberry Relish | 4 | 164 | 1 | 0.1 | 0 | 0 | 0 | 2.1 | 42.2 | 2.5 | 37.7 | 0.6 | Y | |

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|--|-------------------|----------|-------------------|---------------|-------------|----------------|------------------|-------------|-----------|-------------------|------------|-------------|-------------|-------------------------|
| Dill Dip | 1 | 111 | 93 | 10.3 | 3.5 | 0 | 18.8 | 124.1 | 1 | 0.1 | 0.1 | 0.7 | Y | Milk, Egg |
| Edamame, Corn, Black Bean | 4 | 132 | 57 | 6.4 | 0.5 | 0 | 0 | 394 | 14.7 | 4.2 | 3.8 | 5.4 | Y | |
| Egg Salad | 4 | 333 | 282 | 31.4 | 6.3 | 0 | 275 | 484 | 3.2 | 0.3 | 2.5 | 8.7 | Y | Egg |
| Four Bean | 4 | 142 | 43 | 4.8 | 0.8 | 0 | 0 | 585 | 22.3 | 2.9 | 15.7 | 2.4 | Y | |
| Fresh & Crisp Green Beans | 4 | 65 | 23 | 2.6 | 0.3 | 0 | 0 | 267 | 8.7 | 3 | 3.6 | 2 | Y | |
| Fresh Whole Grain Bulgur Quinoa | 4 | 124 | 23 | 2.5 | 0.3 | 0 | 0 | 235 | 23 | 4.9 | 2.2 | 4.3 | N | Wheat |
| Fruit & Nut Mixture | 1 | 105 | 34 | 3.8 | 0.3 | 0 | 0 | 1.5 | 18 | 2 | 13.8 | 1.3 | Y | Almonds, Pecans |
| Garden Spiral Pasta | 4 | 215 | 73 | 8.1 | 1.1 | 0 | 0.3 | 484 | 26.2 | 1.5 | 3.3 | 4.5 | N | Wheat |
| Grilled, Asparagus | 4 | 58 | 33 | 3.7 | 0.6 | 0 | 0 | 2.7 | 5.2 | 2.8 | 2.5 | 3 | Y | |
| Grilled, Pineapple | 4 | 78 | 21 | 2.4 | 0.3 | 0 | 0 | 1.2 | 15.2 | 1.6 | 11.4 | 0.6 | Y | |
| Grilled, Zucchini, Squash, Peppers & Onion | 4 | 79 | 49 | 5.5 | 0.5 | 0 | 0 | 6.6 | 7.5 | 1.8 | 4.6 | 1.6 | Y | |
| Greek Veggie Pasta | 4 | 184 | 105 | 11.6 | 2.3 | 0 | 10.1 | 399 | 18 | 0.9 | 2.6 | 3.4 | N | Wheat, Milk |
| Iron Man Kale | 4 | 179 | 84 | 9.3 | 1.1 | 0 | 0 | 75 | 20.1 | 4.7 | 11.9 | 7.1 | Y | Peanuts, Sunflower Seed |
| Juliened Veggies | 4 | 94 | 73 | 8.1 | 0.6 | 0 | 0 | 14.5 | 5.7 | 1.8 | 3.8 | 1.2 | Y | |
| Lemon Orzo | 4 | 196 | 80 | 8.9 | 2.3 | 0 | 11.8 | 350 | 24 | 2.1 | 2.7 | 6.5 | N | Wheat, Milk, Pinenuts |
| Macaroni Salad | 4 | 239 | 121 | 13.5 | 1.6 | 0 | 11.4 | 484 | 29.6 | 1 | 8.3 | 3.2 | N | Wheat,Eggs |
| Marinated Veggie | 4 | 54 | 27 | 3 | 0.3 | 0 | 0 | 58 | 7.1 | 1 | 3.9 | 0.8 | Y | |
| PecanChocCheesecake Layer Dessert | 1 | 103 | 62 | 6.9 | 4 | 0.1 | 16.6 | 56.3 | 10.1 | 0.2 | 9.3 | 0.8 | Y | Milk, Soy,Pecans |
| PecanChocCheesecake Apple Dipper | 4 | 181 | 85 | 9.4 | 5.4 | 0.1 | 22.1 | 75.8 | 23.9 | 2.2 | 20 | 1.3 | Y | Milk, Soy,Pecans |
| Potato, Creamy Red | 4 | 273 | 176 | 19.5 | 3.8 | 0 | 82.5 | 316 | 16.7 | 1.7 | 1.4 | 3.5 | Y | Eggs |
| Potato, Grandma | 4 | 141 | 32 | 3.6 | 0.8 | 0 | 1.4 | 272 | 24.7 | 2.3 | 10.5 | 3 | Y | Milk |
| Potato, Kosher | 4 | 271 | 166 | 18.5 | 3.5 | 0 | 65 | 271 | 19 | 1.3 | 3.4 | 3 | Y | Eggs |
| Pumpkin Mousse | 4 | 203 | 85 | 9.5 | 8.3 | 0 | 7 | 21 | 31 | 1.6 | 28 | 0.9 | Y | Milk |
| Quinoa Tabouleh | 4 | 211 | 78 | 8.7 | 0.6 | 0 | 0 | 242 | 21.3 | 2.5 | 1.5 | 3 | Y | |
| Quinoa Power (Wild West Superfood) | 4 | 116 | 26 | 2.9 | 0.2 | 0 | 0 | 401.5 | 23.6 | 2.8 | 4.9 | 3.9 | Y | |
| Shoepeg Corn | 4 | 130 | 13 | 1.5 | 0.2 | 0 | 0 | 72 | 28 | 2 | 20 | 2 | Y | |
| Signature Trio Dip Cube | 4 | 187 | 74 | 8.2 | 5.6 | 0 | 18.2 | 97 | 27.9 | 1.8 | 22.9 | 1.5 | Y | Soy, Milk, Coconut, Egg |
| Simply Caramel Dessert Dip | 1 | 74 | 22 | 2.4 | 1.6 | 0 | 6.1 | 50.7 | 12.9 | 0 | 11.7 | 0.5 | Y | Milk |
| Slaw-Creamy | 4 | 175 | 108 | 12 | 2.3 | 0 | 11.3 | 367 | 13.6 | 2 | 11.3 | 1.3 | Y | Eggs,Milk |
| Slaw-Oil & Vinegar | 4 | 123 | 16 | 1.8 | 0.3 | 0 | 0 | 317 | 26.6 | 1.7 | 24.4 | 1 | Y | |
| Spaghetti Salad | 4 | 182 | 82 | 9 | 1.5 | 0 | 1 | 353 | 21.3 | 1.5 | 1.6 | 3.7 | N | Wheat, Milk,Soy |
| Spring Pea | 4 | 328 | 247 | 27.4 | 5.5 | 0 | 91.7 | 558 | 7.5 | 2.4 | 2.7 | 6.4 | Y | Milk, Egg |
| Superfood Mixed Bean | 4 | 162 | 72 | 8 | 0.7 | 0 | 0 | 272 | 17 | 4.7 | 5.4 | 5.3 | Y | Soy |
| Thai Peanut Pasta | 4 | 207 | 43 | 4.8 | 0.9 | 0 | 0 | 412 | 36 | 2 | 19 | 4.8 | N | Wheat,Soy,Peanuts |
| Whole Grain Apple Cinnamon | 4 | 236 | 44 | 5 | 0.5 | 0 | 0 | 52 | 47.6 | 4.8 | 26 | 3.8 | N | Wheat, Soy, Almonds |
| Tuna Mac | 4 | 202 | 97 | 10.8 | 2.1 | 0 | 23 | 390.2 | 18.2 | 0.9 | 2.8 | 7.8 | N | Wheat,Egg,Milk |
| Watergate | 4 | 229 | 48 | 5.4 | 2.7 | 0 | 9.8 | 148 | 29.7 | 0.2 | 17 | 1.4 | Y | Milk,Nuts |