

Garden Salad

The garden salad carries a revenue value as a transfer when ordered by First Class passengers with the revenue item being the 16 oz bowl. If a coach passenger orders this salad, a revenue transfer must be secured. The salad uses a base of crispy mixed greens topped with three cherry tomatoes, and .25 oz of matchstick carrots. This salad is to be served in the Amtrak logo 16 ounce bowl only.



WIMS #:
Allergens:

Romaine Lettuce Salad (No Dressing)

Nutrition Facts

Serving size 1 salad (179 g)

Servings per container 1

Amount per serving

Calories 240

Calories from fat 80

% Daily Value *

Total fat 9 g 14%

Saturated fat 0.5 g 3%

Trans fat 0 g

Cholesterol 0 mg 0%

Sodium 10 mg 0%

Total carbohydrates 39 g 13%

Dietary fiber 6 g 23%

Sugars 31 g

Protein 3 g

Vitamin A 150% • Vitamin C 40%

Calcium 6% • Iron 8%

* % Daily Values are based on a 2000 calorie diet.

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