



PAGE 1 • SALAD NUTRITIONAL INFORMATION

| | SERVING SIZE (G) | CALORIES | FAT CALORIES | TOTAL FAT (G) | SATURATED FAT (G) | CHOLESTEROL (MG) | SODIUM(MG) | CARBOHYDRATE(G) | DIETARY FIBER (G) | TOTAL SUGARS (G) | PROTEIN (G) | |
|-------------------------------|------------------|---------------|---------------|---------------|-------------------|------------------|----------------|-----------------|-------------------|------------------|--------------|--|
| GARDEN DELIGHT | | | | | | | | | | | | |
| Mixed Salad Greens | 160.18 | 26.59 | 3.6 | 0.4 | 0 | 0 | 40.69 | 4.47 | 2.1 | 1.12 | 2.18 | |
| Broccoli | 31.19 | 10.91 | 1.17 | 0.13 | 0 | 0 | 12.79 | 2.07 | 0.8 | 0.43 | 0.88 | |
| Mushrooms | 24.1 | 5.3 | 0.18 | 0.02 | 0 | 0 | 1.45 | 0.79 | 0.2 | 0.41 | 0.74 | |
| Beets | 48.2 | 14.94 | 0.18 | 0.02 | 0 | 0 | 93.5 | 4.6 | 1.3 | 2.66 | 0.78 | |
| Artichoke Hearts | 45.36 | 12.21 | 0 | 0 | 0 | 0 | 146.55 | 5.52 | 4 | 0.35 | 1.34 | |
| Asparagus | 42.53 | 9.36 | 0.81 | 0.09 | 0 | 0 | 5.95 | 1.75 | 0.9 | 0.55 | 1.02 | |
| Tomatoes | 43.86 | 7.89 | 0.81 | 0.09 | 0 | 0 | 2.19 | 1.72 | 0.5 | 1.15 | 0.39 | |
| Zucchini | 25.52 | 4.08 | 0 | 0 | 0 | 0 | 2.55 | 0.85 | 0.3 | 0.44 | 0.31 | |
| Herb Focaccia | 56 | 160 | 27 | 3 | 1 | 0 | 350 | 29 | 1 | 1 | 6 | |
| Fat Free Raspberry Vinagrette | 84 | 125 | 0 | 0 | 0 | 0 | 702 | 30.1 | 0 | 25.1 | 0 | |
| TOTALS | 560.94 | 376.28 | 33.75 | 3.75 | 1 | 0 | 1357.67 | 80.87 | 11.1 | 33.21 | 13.64 | |
| FIESTA SALAD | | | | | | | | | | | | |
| Arugula | 158.76 | 36.69 | 9.45 | 1.05 | 0 | 0 | 42.87 | 5.79 | 2.5 | 3.25 | 4.1 | |
| Shrimp | 26.93 | 27 | 0 | 0 | 0 | 53 | 60 | 0 | 0 | 0.24 | 5.63 | |
| Corn | 38.27 | 41 | 4.5 | 0.5 | 0 | 0 | 0 | 9.61 | 1.1 | 1.37 | 1.27 | |
| Black Beans | 51.03 | 67 | 2.52 | 0.28 | 0 | 0 | 157.02 | 12.1 | 4.4 | 0 | 4.52 | |
| Tomatoes | 48.2 | 8.68 | 0.9 | 0.1 | 0 | 0 | 2.41 | 1.89 | 0.6 | 1.27 | 0.42 | |
| Avocado | 48.2 | 77.11 | 63.63 | 7.07 | 1 | 0 | 3.37 | 4.11 | 3.2 | 0.32 | 0.96 | |
| Red Onions | 12.76 | 5.36 | 0.09 | 0.01 | 0 | 0 | 0.38 | 1.19 | 0.2 | 0.55 | 0.14 | |
| Herb Focaccia | 56 | 160 | 27 | 3 | 1 | 0 | 350 | 29 | 1 | 1 | 6 | |
| Fat Free Sundried Tomato | 84 | 175 | 0 | 0 | 0 | 0 | 652 | 42.6 | 0 | 30.1 | 0 | |
| TOTALS | 524.15 | 597.84 | 108.09 | 12.01 | 2 | 53 | 1268.05 | 106.29 | 13 | 38.1 | 23.04 | |
| THE BIG SALAD | | | | | | | | | | | | |
| Iceberg | 282.08 | 39 | 3.6 | 0.4 | 0 | 0 | 28 | 8.38 | 3.4 | 5.56 | 2.54 | |
| Hardboiled Eggs | 49.61 | 77 | 45 | 5 | 1.6 | 210 | 59.54 | 0.56 | 0 | 0.56 | 6.24 | |
| Tomatoes | 48.2 | 8.68 | 0.9 | 0.1 | 0 | 0 | 2.41 | 1.89 | 0.6 | 1.27 | 0.42 | |
| Carrots | 26.93 | 11.04 | 0.54 | 0.06 | 0 | 0 | 18.58 | 2.58 | 0.8 | 1.22 | 0.25 | |
| Green Beans | 15.59 | 5.46 | 0.36 | 0.04 | 0 | 0 | 0.41 | 0.69 | 0.4 | 0.24 | 0.18 | |
| Potato | 52.45 | 46.53 | 0.45 | 0.05 | 0 | 0 | 2.1 | 10.56 | 0.9 | 0.46 | 0.98 | |
| Chick Peas | 34.02 | 40.48 | 3.51 | 0.39 | 0 | 0 | 101.72 | 7.69 | 1.5 | 0 | 1.68 | |
| Feta | 43.94 | 116 | 84.15 | 9.35 | 6.6 | 39 | 490 | 1.8 | 0 | 1.8 | 6.24 | |
| Herb Focaccia | 56 | 160 | 27 | 3 | 1 | 0 | 350 | 29 | 1 | 1 | 6 | |
| Fat Free Ranch Dressing | 84 | 90 | 0 | 0 | 0 | 0 | 1106 | 22.4 | 3 | 7.5 | 0 | |
| TOTALS | 692.82 | 594.19 | 165.51 | 18.39 | 9.2 | 249 | 2158.76 | 85.55 | 11.6 | 19.61 | 24.53 | |



PAGE 2 • SALAD NUTRITIONAL INFORMATION

| | SERVING SIZE (G) | CALORIES | FAT CALORIES | TOTAL FAT (G) | SATURATED FAT (G) | CHOLESTEROL (MG) | SODIUM(MG) | CARBOHYDRATE(G) | DIETARY FIBER (G) | TOTAL SUGARS (G) | PROTEIN (G) |
|----------------------|------------------|---------------|---------------|---------------|-------------------|------------------|----------------|-----------------|-------------------|------------------|--------------|
| COBB SALAD | | | | | | | | | | | |
| Iceberg | 282.08 | 39 | 3.6 | 0.4 | 0 | 0 | 28 | 8.38 | 3.4 | 5.56 | 2.54 |
| Grilled Chicken | 75.13 | 123.96 | 24.12 | 2.68 | 0.76 | 64 | 55.59 | 0 | 0 | 0 | 23.51 |
| Bacon | 19.84 | 107 | 74.61 | 8.29 | 2.7 | 22 | 458 | 0 | 0 | 0 | 7.35 |
| Hardboiled Eggs | 49.61 | 77 | 45 | 5 | 1.6 | 210 | 59.54 | 0.56 | 0 | 0.56 | 6.24 |
| Corn | 38.27 | 41 | 4.5 | 0.5 | 0 | 0 | 0 | 9.61 | 1.1 | 1.37 | 1.27 |
| Avocado | 48.2 | 77.11 | 63.63 | 7.07 | 1 | 0 | 3.37 | 4.11 | 3.2 | 0.32 | 0.96 |
| Blue Cheese | 36.86 | 130.1 | 95.31 | 10.59 | 6.88 | 28 | 514.13 | 0.86 | 0 | 0.18 | 7.89 |
| Herb Foccacia | 56 | 160 | 27 | 3 | 1 | 0 | 350 | 29 | 1 | 1 | 6 |
| Poppy Seed | 84 | 130 | 90 | 10 | 1.5 | 15 | 260 | 8 | 0 | 7 | 0 |
| TOTALS | 605.99 | 755.17 | 337.77 | 37.53 | 13.94 | 324 | 1468.63 | 52.52 | 8.7 | 8.99 | 55.76 |
| NICOISE | | | | | | | | | | | |
| Romaine | 199.87 | 33.98 | 5.4 | 0.6 | 0 | 0 | 15.99 | 6.58 | 4.2 | 2.38 | 2.46 |
| Grilled Tuna | 75.13 | 104 | 8.28 | 0.92 | 0.226 | 44 | 26.83 | 0 | 0 | 0 | 22.52 |
| Green Beans | 15.59 | 5.46 | 0.36 | 0.04 | 0 | 0 | 0.41 | 0.69 | 0.4 | 0.24 | 0.18 |
| Potato | 52.45 | 45.63 | 0.45 | 0.05 | 0 | 0 | 2.1 | 10.56 | 0.9 | 0.46 | 0.98 |
| Artichoke Hearts | 45.36 | 29 | 0 | 0 | 0 | 0 | 28 | 5.52 | 4 | 0.46 | 1.34 |
| Olives | 28.35 | 33 | 27 | 3 | 0.4 | 0 | 247 | 1.77 | 0.9 | 0 | 0.24 |
| Feta | 43.94 | 116 | 84.15 | 9.35 | 6.6 | 39 | 490 | 1.8 | 0 | 1.8 | 6.24 |
| Herb Foccacia | 56 | 160 | 27 | 3 | 1 | 0 | 350 | 29 | 1 | 1 | 6 |
| Red Wine Vinaigrette | 84 | 341 | 306.9 | 34.1 | 4.3 | 0 | 1022 | 5.7 | 0 | 5.7 | 0 |
| TOTALS | 600.69 | 868.07 | 459.54 | 51.06 | 12.526 | 83 | 2182.33 | 61.62 | 11.4 | 12.04 | 39.96 |
| SPINACH | | | | | | | | | | | |
| Spinach | 172.94 | 39.78 | 6.03 | 0.67 | 0 | 0 | 136.62 | 6.28 | 3.8 | 0.73 | 4.95 |
| Hardboiled Eggs | 49.61 | 77 | 45 | 5 | 1.6 | 210 | 59.54 | 0.56 | 0 | 0.99 | 6.24 |
| Bacon | 19.84 | 107 | 74.61 | 8.29 | 2.7 | 22 | 127.89 | 0 | 0 | 0 | 7.35 |
| Red Onions | 12.76 | 5.36 | 0.09 | 0.01 | 0 | 0 | 0.38 | 1.19 | 0.2 | 0.55 | 0.14 |
| Tomatoes | 48.2 | 9 | 0.9 | 0.1 | 0 | 0 | 2.41 | 1.89 | 0.6 | 1.27 | 0.42 |
| Mandarian Oranges | 69.46 | 26 | 0 | 0 | 0 | 0 | 0.69 | 6.54 | 0.8 | 6.17 | 0.52 |
| Herb Foccacia | 56 | 160 | 27 | 3 | 1 | 0 | 350 | 29 | 1 | 1 | 6 |
| Asian Sesame | 84 | 199 | 102.6 | 11.4 | 0 | 0 | 1278 | 22.7 | 0 | 19.9 | 0 |
| TOTALS | 512.81 | 623.14 | 256.23 | 28.47 | 5.3 | 232 | 1955.53 | 68.16 | 6.4 | 30.61 | 25.62 |



PAGE 3 • SALAD NUTRITIONAL INFORMATION

| | SERVING SIZE (G) | CALORIES | FAT CALORIES | TOTAL FAT (G) | SATURATED FAT (G) | CHOLESTEROL (MG) | SODIUM(MG) | CARBOHYDRATE(G) | DIETARY FIBER (G) | TOTAL SUGARS (G) | PROTEIN (G) |
|-----------------------|------------------|----------------|---------------|---------------|-------------------|------------------|----------------|-----------------|-------------------|------------------|--------------|
| TUSCAN | | | | | | | | | | | |
| Arugula | 158.76 | 39.69 | 9.45 | 1.05 | 0 | 0 | 42.87 | 5.79 | 2.5 | 3.25 | 4.1 |
| White Beans | 51.03 | 59.71 | 1.35 | 0.15 | 0 | 0 | 2.55 | 10.82 | 2.4 | 0.15 | 3.7 |
| Tomatoes | 48.2 | 8.68 | 0.9 | 0.1 | 0 | 0 | 2.41 | 1.89 | 0.6 | 1.27 | 0.42 |
| Crimini Mushrooms | 24.1 | 7 | 0.18 | 0.02 | 0 | 0 | 1 | 0.99 | 0.1 | 0.41 | 0.6 |
| Artichoke Hearts | 45.36 | 29 | 0 | 0 | 0 | 0 | 28 | 5.52 | 4 | 0.35 | 1.34 |
| Parmesan Cheese | 21.26 | 92 | 54 | 6 | 3.68 | 19 | 325 | 0.86 | 0 | 0.76 | 8.18 |
| Herb Focaccia | 56 | 160 | 27 | 3 | 1 | 0 | 350 | 29 | 1 | 1 | 6 |
| Balsamic Vinaigrette | 84 | 312 | 306.9 | 34.1 | 4.3 | 0 | 824 | 2.8 | 0 | 2.8 | 0 |
| TOTALS | 488.71 | 708.08 | 399.78 | 44.42 | 8.98 | 19 | 1575.83 | 57.67 | 10.6 | 9.99 | 24.34 |
| GREEK | | | | | | | | | | | |
| Romaine | 199.87 | 33.98 | 5.4 | 0.6 | 0 | 0 | 15.99 | 6.58 | 4.2 | 2.38 | 2.46 |
| Olives | 28.35 | 33 | 27 | 3 | 0.4 | 0 | 247 | 1.77 | 0.9 | 0 | 0.24 |
| Green Peppers | 12.05 | 2.41 | 0.18 | 0.02 | 0 | 0 | 0 | 0.56 | 0.2 | 0.29 | 0.1 |
| Potato | 52.45 | 45.63 | 0.45 | 0.05 | 0 | 0 | 2.1 | 10.56 | 0.9 | 0.46 | 0.98 |
| Hearts of Palm | 42.53 | 12 | 2.34 | 0.26 | 0 | 0 | 181 | 1.96 | 1 | 0 | 1.07 |
| Feta | 43.94 | 116 | 84.15 | 9.35 | 6.6 | 39 | 490 | 1.8 | 0 | 1.8 | 6.24 |
| Herb Focaccia | 56 | 160 | 27 | 3 | 1 | 0 | 350 | 29 | 1 | 1 | 6 |
| Red Wine Vinaigrette | 84 | 341 | 306.9 | 34.1 | 4.3 | 0 | 1022 | 5.7 | 0 | 5.7 | 0 |
| TOTALS | 519.19 | 744.02 | 453.42 | 50.38 | 12.3 | 39 | 2308.09 | 57.93 | 8.2 | 11.63 | 17.09 |
| CHICKEN CAESAR | | | | | | | | | | | |
| Romaine | 199.87 | 33.98 | 5.4 | 0.6 | 0 | 0 | 15.99 | 6.58 | 4.2 | 2.38 | 2.46 |
| Grilled Chicken | 75.13 | 123.96 | 24.12 | 2.68 | 0.76 | 64 | 55.59 | 0 | 0 | 0 | 23.51 |
| Hardboiled Eggs | 49.61 | 77 | 45 | 5 | 1.6 | 210 | 59.54 | 0.56 | 0 | 0.56 | 6.24 |
| Parmesan Cheese | 21.26 | 92 | 54 | 6 | 3.68 | 19 | 325 | 0.86 | 0 | 0.19 | 8.18 |
| Croutons | 12.76 | 59 | 21.06 | 2.34 | 0.67 | 1 | 158 | 8.1 | 0.6 | 0.56 | 1.38 |
| Herb Focaccia | 56 | 160 | 27 | 3 | 1 | 0 | 350 | 29 | 1 | 1 | 6 |
| Caesar | 84 | 483 | 459.9 | 51.1 | 7.1 | 0 | 1221 | 2.8 | 0 | 2.8 | 0 |
| TOTALS | 498.63 | 1028.94 | 636.48 | 70.72 | 14.81 | 294 | 2185.12 | 47.9 | 5.8 | 7.49 | 47.77 |



PAGE 4 • SALAD NUTRITIONAL INFORMATION

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|---------------------|------------------|---------------|---------------|---------------|-------------------|------------------|----------------|-----------------|-------------------|------------------|--------------|
| STEAK LOVERS | | | | | | | | | | | |
| Romaine | 199.87 | 33.98 | 5.4 | 0.6 | 0 | 0 | 15.99 | 6.58 | 4.2 | 2.38 | 2.46 |
| Grilled Steak | 63.79 | 157.56 | 84.6 | 9.4 | 3.57 | 48 | 36 | 0 | 0 | 0 | 17.2 |
| Potatoes | 52.45 | 45.63 | 0.45 | 0.05 | 0 | 0 | 2.1 | 10.56 | 0.9 | 0.46 | 0.98 |
| Goat Cheese | 45.36 | 165 | 121.86 | 13.54 | 9.36 | 36 | 234 | 1.15 | 0 | 1.15 | 9.79 |
| Herb Focaccia | 56 | 160 | 27 | 3 | 1 | 0 | 350 | 29 | 1 | 1 | 6 |
| Blue Cheese | 84 | 426 | 408.6 | 45.4 | 7.1 | 0 | 909 | 2.8 | 1.4 | 2.8 | 0 |
| TOTALS | 501.47 | 988.17 | 647.91 | 71.99 | 21.03 | 84 | 1547.09 | 50.09 | 7.5 | 7.79 | 36.43 |

This nutritional data is based on standard product guidelines, information from our suppliers, and outside testing facilities. It should be noted that variations can occur because of seasonality, ingredient substitutions, differences in suppliers, and minor variations in assembly of ingredients at restaurant locations. Some restaurants may offer temporary products, limited time offers or test products that are not included here.

Green Tango is not an allergen free restaurant. Ingredients such as nuts, eggs, and soy are used in our meal assembly. While we will make every effort to minimize contact to these items when requested, Green Tango Franchise Systems LLC, its franchisees, its affiliates, and employees do not assume responsibility for a particular sensitivity or allergy to any food product assembled or sold in our stores.

This information updated as of September 12th, 2008. We encourage you to check www.greentango.com for updates. For further information or to ask questions or provide feedback please write Green Tango Franchise Systems, LLC 3211 Shannon Rd #125 Durham NC 27707 or info@greentango.com



PAGE 5 • INGREDIENT NUTRITIONAL INFORMATION

| | SERVING SIZE (G) | CALORIES | FAT CALORIES | TOTAL FAT (G) | SATURATED FAT (G) | CHOLESTEROL (MG) | SODIUM(MG) | CARBOHYDRATE(G) | DIETARY FIBER (G) | TOTAL SUGARS (G) | PROTEIN (G) |
|-------------------------|------------------|----------|--------------|---------------|-------------------|------------------|------------|-----------------|-------------------|------------------|-------------|
| VEGETARIAN ITEMS | | | | | | | | | | | |
| Almonds | 29.77 | 171 | 135 | 15 | 1.11 | 0 | 0 | 6.45 | 3.6 | 1.16 | 6.32 |
| Artichokes | 45.36 | 29 | 0 | 0 | 0 | 0 | 28 | 5.52 | 4 | 0.46 | 1.34 |
| Asparagus | 42.53 | 9.36 | 0.81 | 0.09 | 0 | 0 | 5.95 | 1.75 | 0.9 | 0.55 | 1.02 |
| Avocado | 48.2 | 77.11 | 63.63 | 7.07 | 1 | 0 | 3.37 | 4.11 | 3.2 | 0.32 | 0.96 |
| Beets | 48.2 | 14.94 | 0.18 | 0.02 | 0 | 0 | 93.5 | 4.6 | 1.3 | 2.66 | 0.78 |
| Black Beans | 51.03 | 67 | 2.52 | 0.28 | 0 | 0 | 157.02 | 12.1 | 4.4 | 0 | 4.52 |
| Broccoli | 31.19 | 10.91 | 1.17 | 0.13 | 0 | 0 | 12.79 | 2.07 | 0.8 | 0.43 | 0.88 |
| Carrots | 26.93 | 11.04 | 0.054 | 0.006 | 0 | 0 | 18.58 | 2.58 | 0.8 | 1.22 | 0.25 |
| Celery | 32.6 | 4.56 | 0.54 | 0.06 | 0 | 0 | 26.08 | 0.97 | 0.5 | 0 | 0.22 |
| Cauliflower | 38.27 | 9.57 | 0.36 | 0.04 | 0 | 0 | 11.48 | 2.03 | 1 | 0.92 | 0.76 |
| Chick Peas | 34.02 | 40.48 | 3.51 | 0.39 | 0 | 0 | 101.72 | 7.69 | 1.5 | 0 | 1.68 |
| Cremini Mushrooms | 24.1 | 7 | 0.18 | 0.02 | 0 | 0 | 1 | 0.99 | 0.1 | 0.41 | 0.6 |
| Crispy Noodles | 11.34 | 56.59 | 22.32 | 2.48 | 0 | 0 | 154 | 8.1 | 0 | 0 | 0.8 |
| Corn | 38.27 | 41 | 4.5 | 0.5 | 0 | 0 | 0 | 9.61 | 1.1 | 1.37 | 1.27 |
| Croutons | 12.76 | 59 | 21.06 | 2.34 | 0.67 | 1 | 158 | 8.1 | 0.6 | 0.56 | 1.38 |
| Cucumbers | 35.44 | 5 | 0.36 | 0.04 | 0 | 0 | 1 | 91.29 | 0.2 | 0.59 | 0.23 |
| Dried Cherries | 36.86 | 130 | 5.4 | 0.6 | 0 | 0 | 6 | 31.1 | 2.6 | 29.9 | 2.6 |
| Dried Cranberries | 38.27 | 134 | 0 | 0 | 0 | 0 | 0 | 33.5 | 1.9 | 27.7 | 0 |
| Hardboiled Egg | 49.61 | 77 | 45 | 5 | 1.6 | 210 | 59.54 | 0.56 | 0 | 0.56 | 6.24 |
| Green Beans | 15.59 | 5.46 | 0.36 | 0.04 | 0 | 0 | 41 | 0.69 | 0.4 | 0.24 | 0.18 |
| Hearts of Palm | 42.53 | 12 | 2.34 | 0.26 | 0 | 0 | 181 | 1.96 | 1 | 0 | 1.07 |
| Mandarin Oranges | 69.46 | 26 | 0 | 0 | 0 | 0 | 3 | 6.54 | 0.8 | 5.73 | 0.52 |
| Olives | 28.35 | 33 | 27 | 3 | 0.4 | 0 | 247 | 1.77 | 0.9 | 0 | 0.24 |
| Peanuts | 32.6 | 191 | 145.71 | 16.19 | 2.25 | 0 | 5.82 | 7 | 2.6 | 1.36 | 7.72 |
| Peas | 48.2 | 25 | 1.62 | 0.18 | 0 | 0 | 34.7 | 4.35 | 1.5 | 2.32 | 1.69 |
| Peppers | 24.1 | 4.82 | 0.36 | 0.04 | 0 | 0 | 0.72 | 1.12 | 0.4 | 0.58 | 0.21 |
| Potatoes | 52.45 | 45.63 | 0.45 | 0.05 | 0 | 0 | 2.1 | 10.56 | 0.9 | 0.46 | 0.98 |
| Radishes | 26.93 | 4.75 | 0.27 | 0.03 | 0 | 0 | 11 | 0.92 | 0.4 | 0.5 | 0.18 |
| Raisins | 31.19 | 93.24 | 1.26 | 0.14 | 0 | 0 | 3.43 | 24.7 | 1.2 | 18.46 | 0.96 |
| Red Onions | 12.76 | 5.36 | 0.09 | 0.01 | 0 | 0 | 0.38 | 1.19 | 0.2 | 0.55 | 0.14 |
| Roasted Red Peppers | 42.53 | 14 | 0 | 0 | 0 | 0 | 170 | 2.8 | 1.4 | 0.7 | 0 |
| Sugar Snap Peas | 34.02 | 14 | 0 | 0 | 0 | 0 | 1 | 2.6 | 0.9 | 1.4 | 1 |
| Sundried Tomatoes | 12.76 | 33 | 3.6 | 0.4 | 0.1 | 0 | 267 | 7.1 | 1.6 | 4.8 | 1.8 |
| Sunflower Seeds | 31.19 | 182 | 140.31 | 15.59 | 1.6 | 0 | 1 | 7.51 | 3.5 | 0.85 | 6.03 |



PAGE 6 • INGREDIENT NUTRITIONAL INFORMATION

| | SERVING SIZE (G) | CALORIES | FAT CALORIES | TOTAL FAT (G) | SATURATED FAT (G) | CHOLESTEROL (MG) | SODIUM(MG) | CARBOHYDRATE(G) | DIETARY FIBER (G) | TOTAL SUGARS (G) | PROTEIN (G) |
|--|------------------|----------|--------------|---------------|-------------------|------------------|------------|-----------------|-------------------|------------------|-------------|
| Tofu | 34.02 | 29 | 13.5 | 1.5 | 0.17 | 0 | 224.29 | 0.78 | 0.3 | 0.1 | 2.03 |
| Tomatoes | 48.2 | 197.51 | 0.9 | 0.1 | 0 | 0 | 2.41 | 1.89 | 0.6 | 1.27 | 0.42 |
| Walnuts | 31.19 | 204 | 187.11 | 20.79 | 1.91 | 0 | 1 | 4.28 | 2.1 | 0.81 | 4.75 |
| White Beans | 51.03 | 59.71 | 1.35 | 0.15 | 0 | 0 | 2.55 | 10.82 | 2.4 | 0.15 | 3.7 |
| Zucchini | 25.52 | 4.08 | 0 | 0 | 0 | 0 | 2.55 | 0.85 | 0.3 | 0.44 | 0.31 |
| MEAT ITEMS | | | | | | | | | | | |
| Bacon | 19.84 | 107 | 74.61 | 8.29 | 2.7 | 2.2 | 458 | 0 | 0 | 0 | 7.35 |
| Ham | 56 | 58 | 18 | 2 | 0.7 | 26 | 775 | 0.67 | 0 | 0.17 | 9.3 |
| Pepperoni | 56 | 277 | 221.4 | 24.6 | 8.7 | 59 | 926 | 0 | 0 | 0 | 12.7 |
| Salami | 56 | 217 | 167.85 | 18.65 | 6.7 | 57 | 1023 | 0.67 | 0 | 0.11 | 11.59 |
| Turkey | 43.94 | 44 | 7.92 | 0.88 | 0.2 | 18 | 424 | 1.43 | 0 | 3.5 | 7.5 |
| CHEESES | | | | | | | | | | | |
| Blue Cheese | 36.86 | 130.1 | 95.31 | 10.59 | 6.88 | 28 | 514.13 | 0.86 | 0 | 0.18 | 7.89 |
| Cheddar | 26.93 | 109 | 80.28 | 8.92 | 5.68 | 28 | 173.14 | 0.34 | 0 | 0.14 | 6.71 |
| Feta | 43.94 | 116 | 84.15 | 9.35 | 6.6 | 39 | 490 | 1.8 | 0 | 1.8 | 6.24 |
| Goat Cheese | 45.36 | 165 | 121.86 | 13.54 | 9.36 | 36 | 234 | 1.15 | 0 | 1.15 | 9.79 |
| Mozzarella | 53.87 | 171 | 119.43 | 13.27 | 8.38 | 48 | 287.28 | 1.33 | 0 | 0.54 | 11.64 |
| Parmesan | 21.26 | 92 | 54 | 6 | 3.68 | 19 | 325 | 0.86 | 0 | 0.19 | 8.18 |
| Swiss | 17.01 | 65 | 42.57 | 4.73 | 3.02 | 16 | 33 | 0.92 | 0 | 0.22 | 4.58 |
| PREMIUM ITEMS | | | | | | | | | | | |
| Grilled Chicken | 75.13 | 123.96 | 24.12 | 2.68 | 0.759 | 64 | 55.59 | 0 | 0 | 0 | 23.51 |
| Grilled Steak | 63.79 | 157.56 | 84.6 | 9.4 | 3.57 | 48 | 36 | 0 | 0 | 0 | 17.2 |
| Grilled Shrimp | 27 | 19.07 | 0 | 0 | 0 | 53 | 60 | 0 | 0 | 0 | 5.63 |
| Grilled Tuna | 104 | 93.91 | 8.28 | 0.92 | 0.226 | 44 | 26.83 | 0 | 0 | 0 | 22.52 |
| DRESSINGS | | | | | | | | | | | |
| Asian Sesame | 84 | 199 | 102.6 | 11.4 | 0 | 0 | 1278 | 22.7 | 0 | 19.9 | 0 |
| Balsamic Vinaigrette | 84 | 312 | 306.9 | 34.1 | 4.3 | 0 | 824 | 2.8 | 0 | 2.8 | 0 |
| Blue Cheese | 84 | 426 | 408.6 | 45.4 | 7.1 | 0 | 909 | 2.8 | 1.4 | 2.8 | 0 |
| Caesar | 84 | 483 | 459.9 | 51.1 | 7.1 | 0 | 1221 | 2.8 | 0 | 2.8 | 0 |
| Extra-Virgin Olive Oil & Aged Balsamic Vinegar | 84 | 170 | 153 | 17 | 2.8 | 0 | 682 | 8.5 | 0 | 5.7 | 0 |
| Fresh Squeezed Lemon Juice | 84 | 23 | 0 | 0 | 0 | 0 | 1 | 8 | 0.4 | 2.2 | 0.4 |
| Poppy Seed | 84 | 130 | 90 | 10 | 1.5 | 15 | 260 | 8 | 0 | 7 | 0 |
| Ranch | 84 | 398 | 383.4 | 42.6 | 5.7 | 28 | 880 | 5.7 | 0 | 5.7 | 0 |
| Red Wine Vinaigrette | 84 | 341 | 306.9 | 34.1 | 4.3 | 0 | 1022 | 5.7 | 0 | 5.7 | 0 |



PAGE 7 • INGREDIENT NUTRITIONAL INFORMATION

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|-----------------------------|------------------|----------|--------------|---------------|-------------------|------------------|------------|-----------------|-------------------|------------------|-------------|
| FAT FREE DRESSINGS | | | | | | | | | | | |
| Honey Dijon | 84 | 112 | 0 | 0 | 0 | 0 | 812 | 25.2 | 2.8 | 16.8 | 0 |
| Ranch | 84 | 90 | 0 | 0 | 0 | 0 | 1106 | 22.4 | 3 | 7.5 | 0 |
| Raspberry Vinaigrette | 84 | 125 | 0 | 0 | 0 | 0 | 702 | 30.1 | 0 | 25.1 | 0 |
| Sundried Tomato Vinaigrette | 84 | 175 | 0 | 0 | 0 | 0 | 652 | 42.6 | 0 | 30.1 | 0 |

This nutritional data is based on standard product guidelines, information from our suppliers, and outside testing facilities. It should be noted that variations can occur because of seasonality, ingredient substitutions, differences in suppliers, and minor variations in assembly of ingredients at restaurant locations. Some restaurants may offer temporary products, limited time offers or test products that are not included here.

Green Tango is not an allergen free restaurant. Ingredients such as nuts, eggs, and soy are used in our meal assembly. While we will make every effort to minimize contact to these items when requested, Green Tango Franchise Systems LLC, its franchisees, its affiliates, and employees do not assume responsibility for a particular sensitivity or allergy to any food product assembled or sold in our stores.

This information updated as of September 12th, 2008. We encourage you to check www.greentango.com for updates. For further information or to ask questions or provide feedback please write Green Tango Franchise Systems, LLC 3211 Shannon Rd #125 Durham NC 27707 or info@greentango.com