



Dietary Considerations

	CHOLESTEROL FREE	DAIRY FREE	EGG FREE	FAT FREE	GLUTEN-FREE	3 g OR FEWER CARBOHYDRATES	LOW IN CHOLESTEROL	LOW IN SATURATED FATS	NO ADDED SUGAR	NO ARTIFICIAL FLAVORS OR COLORS	PRESERVATIVE FREE	SOURCE OF OMEGA 3 POLYUNSATURATES	TRANS FAT-FREE	VEGAN
DRESSINGS (355 mL)						Per 1 Tbsp (15 mL)								
SPOONABLES														
ORIGINAL DRESSINGS														
Caesar Dressing					✓	1 g and under		✓		✓	✓	✓	✓	
Chipotle Caesar Dressing					✓	No Carbs		✓		✓	✓	✓	✓	
Chunky Blue Cheese Dressing					✓	No Carbs	✓	✓	✓	✓		✓	✓	
Classic Ranch Dressing					✓	1 g and under		✓		✓			✓	
Coleslaw Dressing		✓			✓			✓		✓	✓	✓	✓	
Cucumber & Dill Dressing		✓			✓	No Carbs		✓		✓	✓	✓	✓	
Greek Feta Dressing					✓	No Carbs		✓	✓	✓		✓	✓	
Homestyle Ranch Dressing					✓	1 g and under		✓	✓	✓	✓	✓	✓	
Mighty Caesar Dressing					✓	1 g and under		✓		✓	✓	✓	✓	
Poppy Seed Dressing	✓	✓	✓		✓	2 g and under		✓		✓	✓	✓	✓	✓
Southwest Ranch Dressing					✓	1 g and under		✓		✓		✓	✓	
ORIGINAL ½ FAT DRESSINGS														
Caesar ½ Fat Dressing		✓			✓	No Carbs		✓		✓	✓	✓	✓	
Classic Ranch ½ Fat Dressing					✓	2 g and under		✓		✓			✓	
Greek Feta ½ Fat Dressing					✓	1 g and under		✓	✓	✓		✓	✓	
Poppy Seed ½ Fat Dressing	✓	✓	✓		✓	3 g and under		✓		✓	✓	✓	✓	✓
ORIGINAL VALUE SIZE DRESSINGS														
Caesar ½ Fat Dressing		✓			✓	No Carbs		✓		✓	✓	✓	✓	
Caesar Dressing					✓	1 g and under		✓		✓	✓	✓	✓	
Mighty Caesar Dressing					✓	1 g and under		✓		✓	✓	✓	✓	
FAT FREE DRESSINGS														
Fat Free Caesar	✓		✓	✓	✓	1 g and under		✓		✓	✓		✓	
MAYONNAISE STYLE DRESSING (355 mL)						Per 1 Tbsp (15mL)								
Mayonnaise Style Dressing					✓	1 g and under		✓		✓	✓	✓	✓	



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DRESSINGS (350 mL)						Per 1 Tbsp (15 mL)									
POURABLES															
VINAIGRETTES															
Asian Sesame Vinaigrette	✓	✓	✓					✓		✓		✓		✓	✓
Balsamic Vinaigrette	✓	✓	✓		✓	2 g and under		✓		✓	✓	✓	✓	✓	✓
Fieldberry Poppy Seed Vinaigrette	✓	✓	✓		✓	2 g and under		✓		✓		✓		✓	✓
Honey Dijon Vinaigrette	✓	✓	✓		✓	2 g and under		✓		✓	✓	✓	✓		
Mediterranean Greek Vinaigrette	✓		✓		✓	No Carbs		✓	✓	✓	✓	✓		✓	
Parmesan Caesar Vinaigrette	✓		✓		✓	1 g and under		✓		✓		✓	✓	✓	
Pear & Blue Cheese Vinaigrette	✓		✓		✓	3 g and under		✓		✓		✓		✓	
Ravin' Raspberry Vinaigrette	✓	✓	✓		✓	3 g and under		✓		✓	✓	✓		✓	
Sherry Herb Vinaigrette	✓	✓	✓		✓	2 g and under		✓		✓	✓	✓		✓	
Spring Herb Italian Vinaigrette	✓	✓	✓		✓	1 g and under		✓	✓	✓	✓	✓		✓	✓
Sweet Onion Vinaigrette	✓	✓	✓		✓			✓		✓	✓	✓	✓	✓	✓
Tangerine & Lime Vinaigrette	✓	✓	✓		✓	1 g and under		✓		✓		✓	✓	✓	✓
FAT FREE VINAIGRETTES															
Pomegranate Blueberry Açai Fat Free Vinaigrette	✓	✓	✓	✓	✓	1 g and under		✓		✓		✓		✓	✓
Tuscan Italian Fat Free Vinaigrette	✓	✓	✓	✓	✓	No Carbs		✓		✓	✓	✓		✓	✓
GREEK YOGOURT DRESSINGS															
Greek Yogourt - Cucumber & Dill Dressing					✓	1 g and under		✓	✓	✓	✓			✓	
Greek Yogourt - Peppercorn Ranch Dressing					✓	1 g and under		✓	✓	✓	✓		✓	✓	
Greek Yogourt - Roasted Garlic Dressing					✓	1 g and under		✓	✓	✓	✓		✓	✓	
CREAMY POURABLE DRESSINGS															
Creamy Asiago Pourable Dressing	✓				✓	1 g and under		✓	✓	✓	✓		✓	✓	
Creamy Caesar Pourable Dressing					✓	No Carbs	✓	✓		✓		✓	✓	✓	
Creamy Italian Pourable Dressing	✓				✓	1 g and under		✓	✓	✓		✓	✓	✓	



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SAUCES															
						Per 2 Tbsp (30 mL)									
Creole Dijon Sauce		✓			✓			✓		✓	✓	✓		✓	
Lemon Pepper Garlic Sauce					✓	2 g and under		✓	✓	✓	✓	✓			
Mushroom Peppercorn Sauce	✓	✓	✓			2 g and under		✓	✓	✓				✓	
Roasted Garlic & Honey Sauce	✓	✓	✓					✓		✓		✓		✓	
Sesame Ginger Teriyaki Sauce	✓	✓	✓					✓		✓		✓		✓	
Tangy Thai Sauce	✓	✓	✓	✓	✓			✓		✓	✓			✓	
DIPS															
SAVOURY DIPS															
Caesar Dip					✓	1 g and under		✓		✓					
Dill Dip					✓	1 g and under		✓		✓	✓				
French Onion Dip					✓	2 g and under		✓		✓	✓				
Ranch Dip					✓	2 g and under		✓		✓	✓				
Southwest Ranch Dip					✓	2 g and under		✓		✓	✓			✓	
Spinach Dip					✓	2 g and under		✓		✓	✓				
½ FAT DIPS															
Dill ½ Fat Dip					✓	2 g and under		✓		✓	✓			✓	
French Onion ½ Fat Dip					✓	2 g and under		✓		✓	✓			✓	
Ranch ½ Fat Dip					✓			✓		✓	✓			✓	
Spinach ½ Fat Dip					✓	2 g and under		✓		✓	✓			✓	
SWEET DIPS															
Caramel Dip			✓		✓		✓	✓			✓			✓	
Cheese Cake Dip	✓		✓		✓			✓		✓	✓				
Chocolate Dip	✓		✓		✓	✓				✓	✓			✓	
GREEK YOGOURT DIPS															
Tzatziki Greek Yogourt Dip					✓	1 g and under		✓		✓	✓			✓	
Herb & Feta Greek Yogourt Dip					✓	1 g and under		✓		✓	✓			✓	