

## OLIVE BAR NUTRITIONAL PAMPHLETS

Item	Serving Size	Calories (Cal)	Calories From Fat (Cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (g)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (mg)
Blue Cheese Stuffed Green Olives	2 Olives (15 g)	35	30	3.5	0.5	0	0	150	0	0	0	0
Calabrese Antipasto Salad	1/4 Cup (40 g)	110	100	11	2.5	0	10	430	1	1	0	3
Crushed Chili Marinated Greek Olive Mix	3 Olives (15 g)	20	20	2	0	0	0	290	1	0	0	0
Dolmas	2 Pieces (60 g)	80	35	4	0.5	0	0	350	10	1	1	1
Feta Stuffed Green Olives	2 Olives (15 g)	35	25	3	0	0	5	200	2	2	0	0
Frescatrano Olives	3 Olives (15 g)	30	25	3	0.5	0	0	135	1	0	0	0
Gigandes Beans in Vinaigrette	1/3 Cup (90 g)	250	180	20	3	0	0	350	14	5	2	5
Greek Olive Mix	3 Olives (15 g)	35	30	3.5	0	0	0	260	0	0	0	0
Kalamata Olives	3 Olives (15 g)	45	40	4.5	0.5	0	0	260	1	1	0	0
Lombardo Peppers w/ Garlic	2/3 Cup (85 g)	60	30	3.5	0	0	0	1090	6	2	2	1
Marinated Artichoke Quarters	3/4 Cup (130 g)	70	25	2.5	0	0	0	960	8	5	3	3
Marinated Feta & Olives in Oil	1/8 Cup (28 g)	80	70	8	2.5	0	10	370	1	0	0	3
Mushrooms Marinated w/ Garlic & Herbs	2/3 Cup (110 g)	50	30	3.5	0	0	0	810	6	2	3	2
Mushrooms with Teriyaki	2/3 Cup (110 g)	70	0	0	0	0	0	1210	13	2	9	4
Olice Tapenade	3 Tbs (30 g)	110	110	12	1.5	0	0	290	1	0	0	0
Pappadew Peppers	1/3 Cup (30 g)	35	0	0	0	0	0	65	8	1	6	1
Ripe Greek Black Olives	3 Olives (15 g)	30	25	3	0	0	0	125	0	0	0	0
Roasted CA Garlic Cloves	9 Pieces (30 g)	60	10	1	0	0	0	65	10	1	0	2
Roasted Tomaotes	6 Pieces (30 g)	45	30	3.5	0	0	0	120	3	1	2	1
Mt Athos Green Olives w/ Sicilian Herb	3 Olives (15 g)	20	20	2	0	0	0	290	1	0	0	0
Mt Athos Green Olives w/ Minced Garlic	3 Olives (15 g)	20	20	2	0	0	0	290	1	0	0	0
Spicy Greek Garden Medley	3/4 Cup (85 g)	110	90	10	1	0	0	610	4	2	2	1