

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 (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
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
Hatch Chile Turkey, Diced	2 oz (56 g)	50	0	0.5	0	0	30	450	0	0	0	12
Head Cheese, Diced	2 oz (56 g)	160	120	14	4.5	0	20	470	0	0	0	8
Honey Maple Ham, Diced	3 oz (85 g)	90	20	2	0.5	0	40	610	5	0	4	13
Jalapeno Jack Cheese, Diced	1 oz (28 g)	110	80	9	6	0	25	150	0	0	0	7
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
Monterey Jack Cheese, Diced	1 oz (28 g)	100	80	8	5	0	20	150	0	0	0	6
Monterey Jack Cheese w/ Loroco, Diced	1 oz (28 g)	90	60	7	4.5	0	15	520	1	0	0	5
Muenster Cheese, Diced	1 oz (28 g)	100	70	8	5	0	30	170	0	0	0	7
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
Pickled Pork Skin Salad	2 oz (56 g)	60	25	2.5	1	0	15	780	1	0	0	8
Pickled Vegetables	1/4 Cup (33 g)	10	0	0	0	0	0	370	1	1	0	0

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Provolone Cheese, Diced	1 oz (28 g)	100	70	8	4.5	0	20	240	1	0	0	6
Queso Panela, Diced	1 oz (28 g)	80	50	6	4	0	15	220	0	0	0	5
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 Tomatoes	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
Turkey Ham, Diced	3 oz (85 g)	90	25	2.5	0	0	35	990	5	0	2	11