

Fast Food Salads

YIKES!

	Calories
<u>BURGER KING</u>	
Grilled Chicken Caesar	190
Galic Parmesan Toast	70
Creamy Garlic Caesar Dressing	130
Total	390

DAMAGE CONTROL

	Calories
Chicken Garden	210
Skip the Toast	0
Sweet Onion Vinaigrette	100
Total	310

MOTIVATED

	Calories
Grilled Shrimp Caesar	180
Skip the Toast	0
FF Ranch Dressing	35
Total	215

Note: BK recently revamped their salad menu - this 'yike' example really doesn't qualify, but serves as a good comparative among these fast food chains.

MC DONALD'S

Crispy Chicken Calif. Cobb	380
Newman's Ranch Dressing	170
Butter Garlic Croutons	50
Total	600

Grilled Chicken Calif. Cobb	270
Newman's Cob Dressing	120
Skip the Croutons	0
Total	390

Calif. Cobb, no chicken	150
Newman's Low fat Vinaigrette	25
Skip the Croutons	0
Total	175

Crispy Chicken Caesar	310
Newman's Caesar Dressing	190
Butter Garlic Croutons	50
Total	550

Grilled Chicken Caesar	200
Newman's Caesar Dressing	190
Skip the Croutons	0
Total	390

Caesar Salad, no chicken	90
2 - Newman's Low fat Vinaigrettes	50
Skip the Croutons	0
Total	140

WENDY'S

Chicken BLT Salad	360
Homestyle Garlic Croutons	70
Thousand Island Dressing	290
Total	720

Chicken BLT Salad	360
Homestyle Garlic Croutons	70
Red. Fat Ranch Dressing	100
Total	530

Spinach Chicken Salad	310
Skip the Croutons	0
Low Fat Honey Mustard Dressg.	110
Total	420

Mandarin Chicken Salad	190
Rice Noodles	60
Roasted Almonds	130
Oriental Sesame Dressing	250
Total	630

Mandarin Chicken Salad	190
Rice Noodles	60
Skip the Nuts	0
Oriental Sesame Dressing	250
Total	500

Mandarin Chicken Salad	190
Skip the Noodles	0
Skip the Nuts	0
Low Fat Honey Mustard Dressg.	110
Total	300