

# NUTRITION

\*ALL MEASUREMENTS ARE BASED ON 1 OZ OF DRESSING

Bread Zeppelin is not a gluten-free establishment. Our food is prepared in an environment that contains bread and flour.

**GF** GLUTEN FREE

**LIGHTER THAN AIR SELECTIONS**

**DF** DAIRY FREE

## AVOCADO RANCH

**GF**

**220** CAL, **13g** TOTAL FAT, **2g** SAT. FAT, **10mg** CHOLESTEROL, **210mg** SODIUM, **2g** CARBS

## BALSAMIC VINAIGRETTE

**GF**

**DF**

**140** CAL, **14g** TOTAL FAT, **1g** SAT. FAT, **0mg** CHOLESTEROL, **100mg** SODIUM, **1g** CARBS

## CARROT GINGER LIME

**DF**

**45** CAL, **1g** TOTAL FAT, **0g** SAT. FAT, **0mg** CHOLESTEROL, **680mg** SODIUM, **9g** CARBS

## CHAMPAGNE VINAIGRETTE

**GF**

**DF**

**140** CAL, **14g** TOTAL FAT, **1g** SAT. FAT, **0mg** CHOLESTEROL, **55mg** SODIUM, **2g** CARBS

## CHIPOTLE RANCH

**GF**

**220** CAL, **12g** TOTAL FAT, **2g** SAT. FAT, **10mg** CHOLESTEROL, **220mg** SODIUM, **2g** CARBS

## CRANBERRY POPPYSEED

**GF**

**220** CAL, **23g** TOTAL FAT, **3g** SAT. FAT, **10mg** CHOLESTEROL, **55mg** SODIUM, **5g** CARBS

## CREAMY WASABI

**GF**

**110** CAL, **12g** TOTAL FAT, **2.5g** SAT. FAT, **10mg** CHOLESTEROL, **65mg** SODIUM, **1g** CARBS

## CUCUMBER DILL

**GF**

**20** CAL, **0g** TOTAL FAT, **0g** SAT. FAT, **0mg** CHOLESTEROL, **80mg** SODIUM, **2g** CARBS

## FRENCH REMOULADE

**100** CAL, **12g** TOTAL FAT, **2g** SAT. FAT, **10mg** CHOLESTEROL, **120mg** SODIUM, **<1g** CARBS

## GREEK VINAIGRETTE

**GF**

**150** CAL, **15g** TOTAL FAT, **2g** SAT. FAT, **30mg** CHOLESTEROL, **110mg** SODIUM, **<1g** CARBS

## HANGAR BLUE

**130** CAL, **14g** TOTAL FAT, **3.5g** SAT. FAT, **15mg** CHOLESTEROL, **230mg** SODIUM, **<1g** CARBS

## HONEY DIJON

**GF**

**DF**

**100** CAL, **11g** TOTAL FAT, **1g** SAT. FAT, **<5mg** CHOLESTEROL, **85mg** SODIUM, **1g** CARBS

## HOUSE CAESAR

**140** CAL, **15g** TOTAL FAT, **1.5g** SAT. FAT, **30mg** CHOLESTEROL, **170mg** SODIUM, **<1g** CARBS

## LIGHTER THAN BALSAMIC

**DF**

**20** CAL, **0g** TOTAL FAT, **0g** SAT. FAT, **0mg** CHOLESTEROL, **150mg** SODIUM, **3g** CARBS

## LIGHTER THAN CAESAR

**DF**

**60** CAL, **5g** TOTAL FAT, **1g** SAT. FAT, **45mg** CHOLESTEROL, **75mg** SODIUM, **2g** CARBS

## LIGHTER THAN RANCH

**GF**

**160** CAL, **3.5g** TOTAL FAT, **0.5g** SAT. FAT, **5mg** CHOLESTEROL, **280mg** SODIUM, **3g** CARBS

## METROPOLITAN COBB

**DF**

**170** CAL, **19g** TOTAL FAT, **1.5g** SAT. FAT, **<5mg** CHOLESTEROL, **180mg** SODIUM, **0g** CARBS

## ORANGE BALSAMIC

**GF**

**DF**

**15** CAL, **0g** TOTAL FAT, **0g** SAT. FAT, **0mg** CHOLESTEROL, **90mg** SODIUM, **3g** CARBS

## RANCH

**GF**

**220** CAL, **12g** TOTAL FAT, **2g** SAT. FAT, **10mg** CHOLESTEROL, **210mg** SODIUM, **2g** CARBS

## LIGHTER THAN DIJON

**GF**

**DF**

**30** CAL, **1g** TOTAL FAT, **0g** SAT. FAT, **0mg** CHOLESTEROL, **200mg** SODIUM, **4g** CARBS

## TEJANO CAESAR

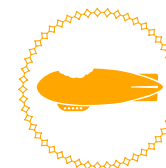
**180** CAL, **19g** TOTAL FAT, **1.5g** SAT. FAT, **35mg** CHOLESTEROL, **150mg** SODIUM, **0g** CARBS

## WHITE BALSAMIC VINAIGRETTE

**GF**

**DF**

**180** CAL, **18g** TOTAL FAT, **1.5g** SAT. FAT, **0mg** CHOLESTEROL, **30mg** SODIUM, **4g** CARBS



One cored **ZEPPELIN** baguette is approximately\* **240** calories.

\*This approximate is based on slight variances in dough portioning and cook times.