








Max & Erma's® Nutritional Info

	Serving Size	Total Fat GM	Saturated Fat GM	Cholesterol MG	Dietary Fiber GM	Sodium MG	Calories	Calories from Fat	Carbo- hydrates GM	Protein GM	Net Carbs GM
APPETIZERS											
 Black Bean Roll-Ups	Portion as served	10	2.4	14	10.2	1203	577	90	95.3	28.5	
SALADS											
 Baby Greens Salad (without breadstick)	Portion as served	11	1.1	0	2	259	119	99	6.1	1.2	
 Shrimp Stack Salad	Portion as served	12.4	1.8	176	3.3	823	322	111.5	33.4	20.4	
 Hula Bowl with 3-oz. of Fat-Free Honey Mustard Dressing (without breadstick)	Portion as served	6.8	1.3	131.2	5.9	1554	576	61.2	78.7	46.2	
 Half Hula Bowl with 2-oz. of Fat-Free Honey Mustard Dressing (without breadstick)	Portion as served	3.7	0.7	70.6	4.2	1022	366	33.3	56.9	24.2	
ENTRÉES											
 Caribbean Chicken: Lunch portion	Portion as served	20	8.3	97	2.9	1151	536	180	59.4	28.2	
BEVERAGES											
 Fruit Smoothie	Portion as served	0.4	0.1	0	0.8	4	124	3.6	28.5	0.8	
SIDES											
Garlic Breadstick	1 breadstick	6.1	0	0	0	293	156	54.9	21	4	
Fruit Salad (Recipe varies seasonally; nutritional information is an average)	4.5-oz. portion	0	0	0	1.3	6	54	0	16.6	0.7	
DRESSINGS (Serving portions vary and may be requested on the side)											
Ranch	2 Tablespoons	12.6	2.1	10.9	0	90.3	120	113.4	0.7	0.5	0.7
Italian	2 Tablespoons	12	2	0	0	180	110	108	1	0	1
Bleu Cheese	2 Tablespoons	21.4	4	19.3	0	169.3	201	192.6	0.4	0.8	0.4
Fat-Free French	2 Tablespoons	0.2	0	0	2.4	1034	126	1.8	30.9	0.3	
Fat-Free Honey Mustard	2 Tablespoons	0	0	0	0	360	60	0	14	0	
Low-Fat Tex Mex Dressing	2 Tablespoons	0.1	0	2	0.1	129	23	0.9	2.3	2.9	

 No Guilt Items

These are the only menu items for which we have nutritional information available. If you have special dietary needs, please let us know and we will do our best to accommodate your request.