

Mediterranean Bar Nutrition Facts



Antipasto	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Added Sugar		Protein	Vitamin A	Vitamin C	Vitamin D	Calcium	Iron	Potassium
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)		(g)	(g)		(%DV)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Baby Artichoke Hearts in Oil	5 pieces (130g)	190	150	17	26	1.5	8	0	0	0	1080	45	7	2	7	28	1	-	-	3	0	80	-	4	8	-
Balsamic Cipolline Onions	5 pieces (110g)	80	5	0.5	1	0	0	0	0	0	460	19	18	6	2	8	15	-	-	1	0	4	-	2	4	-
Calabrese Antipasto Salad	1/4 cup (40g)	110	100	11	17	2.5	13	0	10	3	430	18	1	0	1	4	0	-	-	3	0	0	-	4	0	-
Calabrian Peppers	3 pieces (30g)	80	50	6	9	0	0	0	0	0	150	6	3	1	0	0	0	-	-	0	0	0	-	0	0	-
Caperberries	5 pieces (30g)	5	0	0	0	0	0	0	0	0	700	31	1	1	1	3	0	0	0	1	0	0	0	0	6	0
Caramelized Onions	2 Tbsp (30g)	45	-	2.5	3	0	0	0	0	0	320	14	5	2	1	4	3	0	0	2	-	-	0	0	0	2
Ciliegini Fresh Mozzarella	3 pieces (28g)	70	45	5	8	3	15	0	20	7	45	2	0	0	0	0	0	-	-	5	4	0	-	15	0	-
Chipotle Carrot Sticks	2 pieces (28g)	15	0	0	0	0	0	0	0	0	270	12	3	1	0	0	2	1	2	0	90	0	0	0	0	2
Chopped Olive Tapenade	3 Tbsp (30g)	110	110	12	15	1.5	7	0	0	0	290	13	1	0	0	0	0	0	0	0	2	2	0	4	0	0
Cornichons	6 each (30g)	5	0	0	0	0	0	0	0	0	280	12	0	0	0	0	0	-	-	0	2	4	-	0	0	-
Curried Pickled Cauliflower	2 pieces (28g)	15	0	0	0	0	0	0	0	0	200	9	3	1	1	4	2	2	4	0	2	20	0	0	0	2
Dolmas (Stuffed Grape Leaves)	1 each (30g)	40	15	2	3	0	0	0	0	0	170	7	5	2	1	4	0	0	0	1	0	2	0	2	0	0
Edamame Salad	1/2 Cup (100g)	150	70	8	12	1	5	0	0	0	260	11	14	5	4	14	3	0	0	6	0	20	0	2	10	8
Giant White Beans in Vinaigrette	2/3 cup (110g)	250	180	20	25	3	15	0	0	0	350	15	14	5	5	16	2	0	0	5	0	0	0	2	8	6
Green Pepper Shooters with Ham & Mozzarella	1 each (34g)	120	35	4	6	1.5	8	0	10	3	390	16	2	1	0	0	2	0	0	3	0	0	0	8	0	0
Grilled Artichokes	5 pieces (130g)	220	160	18	28	1.5	8	0	0	0	910	38	12	4	5	20	3	-	-	3	0	0	-	4	6	-
Hearts of Palm - Bread & Butter	20 pieces (30g)	90	15	1.5	2	0	0	0	5	2	220	9	18	6	1	4	17	-	-	1	0	0	-	2	4	-
Hearts of Palm - Sweet Picante	20 pieces (30g)	80	15	1.5	2	0	0	0	5	2	200	8	17	6	2	9	14	-	-	1	0	0	-	2	4	-
Italian Garlic Mushrooms	1 oz (28g)	20	10	1	2	0	0	0	0	0	160	7	2	1	1	4	0	0	0	1	0	2	0	2	6	0
Mama Lil's Spicy Hungarian "Goathorn" Peppers	1/8 cup (30g)	28	0	0	0	0	0	0	0	0	35	2	5	2	1	4	4	3	6	0	15	30	0	0	0	0

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	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)		(g)	(g)	(%DV)							
Marinated Artichoke Quarters with Herbs	3/4 cup (130g)	70	25	2.5	3	0	0	0	0	0	960	42	8	3	5	18	3	0	0	3	0	0	0	4	6	8	
Marinated Red Beets	1/2 Cup (85g)	30	15	1.5	2	0	0	0	0	0	340	14	4	1	1	4	3	-	-	1	0	0	-	2	4	-	
Mushrooms and Red Peppers	1/2 cup (100g)	130	100	11	17	1.5	8	0	0	0	270	11	6	2	2	8	3	0	0	1	0	10	0	0	6	6	
Pearlino Fresh Mozzarella	1 piece (28g)	70	45	5	8	3	15	0	20	7	45	2	0	0	0	0	0	-	-	5	4	0	-	15	0	-	
Peppadew Sweet Piquante Peppers	1/3 cup (30g)	35	0	0	0	0	0	0	0	0	65	3	8	3	0	0	6	6	10	0	0	50	0	0	0	2	
Pickled Asparagus	2 pieces (19g)	5	0	0	0	0	0	0	0	0	190	8	<1	0	0	0	<1	0	0	0	30	0	0	0	0	0	
Red & Yellow Pepper Strips	1/2 cup (30g)	10	0	0	0	0	0	0	0	0	200	8	1	0	1	3	1	-	-	0	30	20	-	0	0	-	
Roasted Garlic Cloves	9 pieces (30g)	60	10	1	2	0	0	0	0	0	65	3	10	3	<1	2	0	0	0	2	0	15	0	4	2	2	
Roasted Red Peppers	1 each (60g)	10	0	0	0	0	0	0	0	0	400	17	2	1	2	8	2	0	0	2	60	0	0	0	0	0	
Roasted Red Tomatoes	6 pieces (30g)	45	30	3.5	5	0	0	0	0	0	120	5	3	1	1	4	2	0	0	<1	4	2	0	0	2	4	
Spicy Crunchy Okra	2 pieces (28g)	15	0	0	0	0	0	0	0	0	250	11	3	1	0	0	2	0	0	1	4	6	0	4	0	0	
Spicy Tapenade	1/4 cup (30g)	30	25	2.5	4	0	0	0	0	0	485	20	2	1	0	0	0	-	-	0	0	2	-	0	0	-	
Sweet Martini Onions	6 pieces (28g)	10	-	0	0	0	0	0	0	0	0	0	2	1	0	0	2	2	4	0	-	-	0	0	0	2	
Sweet Drops Peruvian Peppers	2 Tbsp (30g)	25	0	0	0	0	0	0	0	0	55	2	6	2	0	0	5	-	-	1	6	30	-	0	2	-	
Truffle Mushrooms	2/3 cup (100g)	140	110	12	18	1.5	8	0	0	0	720	30	5	2	3	12	0	-	-	3	0	0	-	0	0	-	
White & Yellow Cous Cous	2/3 cup (140g)	200	0	0	0	0	0	0	0	0	1160	50	41	15	1	4	1	1	2	6	-	-	0	0	0	0	

Organic Antipasto	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Added Sugar			Protein	Vitamin A	Vitamin C	Vitamin D	Calcium	Iron	Potassium
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)		(g)	(g)	(%DV)							
Organic Dolmas	1 each (30g)	40	20	2	3	0	0	0	0	0	180	8	5	2	1	4	1	0	0	1	0	2	0	0	0	0	
Organic Vegetable Bean Medley	1/2 cup (85g)	60	10	10	15	0	0	0	0	0	200	8	9	3	1	4	4	-	-	2	4	10	-	2	4	-	

Selections vary by store and seasonality.