



KELSEYS TECHNICAL DATA SHEET MANUAL

Smooth Riding Salads

NUTRITION | ALLERGENS | INGREDIENTS

Issued: Aug 14, 2023



KELSEYS

TECHNICAL DATA SHEET

BRAND: Kelsey's

RECIPE NAME: Beet and Goat Cheese Salad

SIZE/WEIGHT: 316 g

ISSUED: April 24, 2023

ITEM ID: KSALS-001

NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (316 g) pour (316 g)	
Calories 290	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 14 g	19 %
Saturated / saturés 4.5 g	25 %
+ Trans / trans 0.4 g	
Carbohydrate / Glucides 37 g	
Fibre / Fibres 5 g	18 %
Sugars / Sucres 24 g	24 %
Protein / Protéines 9 g	
Cholesterol / Cholestérol 30 mg	
Sodium 1170 mg	51 %
Potassium 750 mg	16 %
Calcium 125 mg	10 %
Iron / Fer 2.5 mg	14 %
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Ingredients: Beets: Beets, Balsamic dressing (canola oil, water, balsamic vinegar [sulphites], balsamic vinegar reduction, sugar, garlic, salt, white vinegar, spices, dijon mustard, [water, mustard seeds, vinegar, salt, turmeric], xanthan gum). **Goat Cheese:** Pasteurized goat's milk, Salt, Bacterial culture, Microbial enzyme. **House Salad Blend:** Iceberg lettuce, Romaine lettuce, Spinach, Spring mix. **Sweet Onion Dressing:** Water, Sugar, Vinegar, Canola oil, Onions, Salt, Key lime juice from concentrate (water, lime juice), Fried vegetables (red bell peppers, carrots, onions), Xanthan gum, Seasoning, Herbs and spices. **Red Onion. Balsamic Glaze:** Balsamic Vinegar of Modena, Sugar.

Contains: Milk, Mustard, Sulphites.

ALLERGEN WARNING: FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



KELSEYS

TECHNICAL DATA SHEET

BRAND: Kelsey's

RECIPE NAME: Beet and Goat Cheese Salad (With Chicken)

SIZE/WEIGHT: 442 g

ISSUED: April 24, 2023

ITEM ID: KSALS-002

NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (442 g) pour (442 g)	
Calories 460	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 21 g	28 %
Saturated / saturés 5 g	28 %
+ Trans / trans 0.5 g	
Carbohydrate / Glucides 39 g	
Fibre / Fibres 5 g	18 %
Sugars / Sucres 24 g	24 %
Protein / Protéines 33 g	
Cholesterol / Cholestérol 100 mg	
Sodium 1360 mg	59 %
Potassium 1100 mg	32 %
Calcium 125 mg	10 %
Iron / Fer 2.5 mg	14 %
* 5% or less is a little , 15% or more is a lot	
* 5% ou moins c'est peu , 15% ou plus c'est beaucoup	

Ingredients: Chicken: Seasoned chicken breast (chicken, water, maltodextrin, iodized salt, sodium tripolyphosphate, papain), Black pepper, Salt. **Beets:** Beets, Balsamic dressing (canola oil, water, balsamic vinegar [sulphites], balsamic vinegar reduction, sugar, garlic, salt, white vinegar, spices, dijon mustard, [water, mustard seeds, vinegar, salt, turmeric], xanthan gum). **Goat Cheese:** Pasteurized goat's milk, Salt, Bacterial culture, Microbial enzyme. **House Salad Blend:** Iceberg lettuce, Romaine lettuce, Spinach, Spring mix. **Sweet Onion Dressing:** Water, Sugar, Vinegar, Canola oil, Onions, Salt, Key lime juice from concentrate (water, lime juice), Fried vegetables (red bell peppers, carrots, onions), Xanthan gum, Seasoning, Herbs and spices. **Red Onion. Balsamic Glaze:** Balsamic Vinegar of Modena, Sugar.

Contains: Milk, Mustard, Sulphites.

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KELSEYS

TECHNICAL DATA SHEET

BRAND: Kelsey's

RECIPE NAME: Beet and Goat Cheese Salad (With Shrimp)

SIZE/WEIGHT: 362 g

ISSUED: April 24, 2023

ITEM ID: KSALS-003

NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (362 g)	
pour (362 g)	
Calories 410	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 24 g	32 %
Saturated / saturés 5 g	
+ Trans / trans 0.4 g	27 %
Carbohydrate / Glucides 38 g	
Fibre / Fibres 5 g	18 %
Sugars / Sucres 24 g	24 %
Protein / Protéines 14 g	
Cholesterol / Cholestérol 100 mg	
Sodium 1400 mg	61 %
Potassium 800 mg	17 %
Calcium 150 mg	12 %
Iron / Fer 3 mg	17 %
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Ingredients: **Shrimp:** Shrimp (shrimp, sodium phosphate, salt. **May contain sulphites.**), Canola oil, Chili powder (spices and herbs (including chili pepper), salt, dehydrated garlic), Chopped garlic in oil (garlic, water, canola oil, citric acid), Sriracha lime seasoning (dehydrated garlic and onion, spices and herbs, salt, sugar, citric acid, sodium acetate, natural flavour (including extractives of lime), cayenne pepper sauce (aged red cayenne peppers, vinegar, salt, dehydrated garlic), corn maltodextrin, spice extractives, acetic acid, sunflower oil, dehydrated lime peel, vinegar, calcium silicate, silicon dioxide). **Beets:** Beets, Balsamic dressing (canola oil, water, balsamic vinegar [sulphites], balsamic vinegar reduction, sugar, garlic, salt, white vinegar, spices, dijon mustard, [water, mustard seeds, vinegar, salt, turmeric], xanthan gum). **Goat Cheese:** Pasteurized goat's milk, Salt, Bacterial culture, Microbial enzyme. **House Salad Blend:** Iceberg lettuce, Romaine lettuce, Spinach, Spring mix. **Sweet Onion Dressing:** Water, Sugar, Vinegar, Canola oil, Onions, Salt, Key lime juice from concentrate (water, lime juice), Fried vegetables (red bell peppers, carrots, onions), Xanthan gum, Seasoning, Herbs and spices. **Red Onion. Balsamic Glaze:** Balsamic Vinegar of Modena, Sugar. **Black Pepper. Salt.**

Contains: Crustaceans, Milk, Mustard, Shellfish, Sulphites.

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KELSEYS

TECHNICAL DATA SHEET

BRAND: Kelsey's
RECIPE NAME: Sonoma Salad
SIZE/WEIGHT: 419 g
ISSUED: April 24, 2023
ITEM ID: KSALS-004

NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (419 g) pour (419 g)	
Calories 690	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 50 g	67 %
Saturated / saturés 8 g + Trans / trans 1 g	45 %
Carbohydrate / Glucides 51 g	
Fibre / Fibres 7 g	25 %
Sugars / Sucres 16 g	16 %
Protein / Protéines 15 g	
Cholesterol / Cholestérol 20 mg	
Sodium 1420 mg	62 %
Potassium 750 mg	16 %
Calcium 225 mg	17 %
Iron / Fer 4.5 mg	25 %
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Ingredients: Sonoma Trail Mix: Roasted sunflower seeds (sunflower seeds, canola oil), Thompson raisins (raisins, vegetable oil), Dried cranberries (cranberries, sugar, sunflower oil), Roasted cashews (cashews [tree nuts], canola oil), Roasted pumpkin seeds (pumpkin seeds, canola oil). **May contain peanuts. Seasoned Croutons:** Enriched wheat flour, Canola oil, Salt, Sugar, Rice flour, Garlic powder, Yeast, Romano cheese (from cow and sheep milk), Parsley, Onion powder, Yeast extract, Natural flavour, Spices, Soybean oil, Partially Hydrogenated soybean oil. **Feta Cheese:** Pasteurized milk, Modified milk ingredients, Salt, Calcium chloride, Microbial enzyme, Bacterial culture, Lipase, Cellulose powder, Potassium sorbate, Lactic acid, Natamycin. **Honey Spiced Vinaigrette:** Canola oil, Water, Concentrated lemon juice, Honey, Red wine vinegar, Prepared mustard (water, vinegar, mustard seed, salt, turmeric), Concentrated orange juice, White vinegar, Spices, Salt, Dijon mustard (water, mustard seed, vinegar, salt, turmeric), Olive oil, Crushed chillies, Xanthan gum, Flavours. **Tomato. Red Bell Pepper.**

Contains: Milk, Mustard, Soy, Tree Nuts, Wheat.

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KELSEYS

TECHNICAL DATA SHEET

BRAND: Kelsey's

RECIPE NAME: Sonoma Salad (With Chicken)

SIZE/WEIGHT: 546 g

ISSUED: April 24, 2023

ITEM ID: KSALS-005

NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (546 g) pour (546 g)	
Calories 860	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 57 g	76 %
Saturated / saturés 8 g	45 %
+ Trans / trans 1 g	
Carbohydrate / Glucides 52 g	
Fibre / Fibres 7 g	25 %
Sugars / Sucres 17 g	17 %
Protein / Protéines 39 g	
Cholesterol / Cholestérol 90 mg	
Sodium 1610 mg	70 %
Potassium 1100 mg	32 %
Calcium 225 mg	17 %
Iron / Fer 4.5 mg	25 %
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Ingredients: Chicken: Seasoned chicken breast (chicken, water, maltodextrin, iodized salt, sodium tripolyphosphate, papain), Black pepper, Salt. **Sonoma Trail Mix:** Roasted sunflower seeds (sunflower seeds, canola oil), Thompson raisins (raisins, vegetable oil), Dried cranberries (cranberries, sugar, sunflower oil), Roasted cashews (cashews [tree nuts], canola oil), Roasted pumpkin seeds (pumpkin seeds, canola oil). **May contain peanuts.** **Seasoned Croutons:** Enriched wheat flour, Canola oil, Salt, Sugar, Rice flour, Garlic powder, Yeast, Romano cheese (from cow and sheep milk), Parsley, Onion powder, Yeast extract, Natural flavour, Spices, Soybean oil, Partially Hydrogenated soybean oil. **Feta Cheese:** Pasteurized milk, Modified milk ingredients, Salt, Calcium chloride, Microbial enzyme, Bacterial culture, Lipase, Cellulose powder, Potassium sorbate, Lactic acid, Natamycin. **Honey Spiced Vinaigrette:** Canola oil, Water, Concentrated lemon juice, Honey, Red wine vinegar, Prepared mustard (water, vinegar, mustard seed, salt, turmeric), Concentrated orange juice, White vinegar, Spices, Salt, Dijon mustard (water, mustard seed, vinegar, salt, turmeric), Olive oil, Crushed chillies, Xanthan gum, Flavours. **Tomato. Red Bell Pepper.**

Contains: Milk, Mustard, Soy, Tree Nuts, Wheat.

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KELSEYS

TECHNICAL DATA SHEET

BRAND: Kelsey's

RECIPE NAME: Sonoma Salad (With Shrimp)

SIZE/WEIGHT: 466 g

ISSUED: April 24, 2023

ITEM ID: KSALS-006

NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (466 g) pour (466 g)	
Calories 810	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 60 g	80 %
Saturated / saturés 8 g	45 %
+ Trans / trans 1 g	
Carbohydrate / Glucides 51 g	
Fibre / Fibres 7 g	25 %
Sugars / Sucres 16 g	16 %
Protein / Protéines 20 g	
Cholesterol / Cholestérol 90 mg	
Sodium 1650 mg	72 %
Potassium 800 mg	17 %
Calcium 250 mg	19 %
Iron / Fer 5 mg	28 %
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Ingredients: **Shrimp:** Shrimp (shrimp, sodium phosphate, salt. **May contain sulphites.**), Canola oil, Chili powder (spices and herbs (including chili pepper), salt, dehydrated garlic), Chopped garlic in oil (garlic, water, canola oil, citric acid), Sriracha lime seasoning (dehydrated garlic and onion, spices and herbs, salt, sugar, citric acid, sodium acetate, natural flavour [including extractives of lime], cayenne pepper sauce [aged red cayenne peppers, vinegar, salt, dehydrated garlic], corn maltodextrin, spice extractives, acetic acid, sunflower oil, dehydrated lime peel, vinegar, calcium silicate, silicon dioxide). **Sonoma Trail Mix:** Roasted sunflower seeds (sunflower seeds, canola oil), Thompson raisins (raisins, vegetable oil), Dried cranberries (cranberries, sugar, sunflower oil), Roasted cashews (cashews [tree nuts], canola oil), Roasted pumpkin seeds (pumpkin seeds, canola oil). **May contain peanuts.** **Seasoned Croutons:** Enriched wheat flour, Canola oil, Salt, Sugar, Rice flour, Garlic powder, Yeast, Romano cheese (from cow and sheep milk), Parsley, Onion powder, Yeast extract, Natural flavour, Spices, Soybean oil, Partially Hydrogenated soybean oil. **Feta Cheese:** Pasteurized milk, Modified milk ingredients, Salt, Calcium chloride, Microbial enzyme, Bacterial culture, Lipase, Cellulose powder, Potassium sorbate, Lactic acid, Natamycin. **Honey Spiced Vinaigrette:** Canola oil, Water, Concentrated lemon juice, Honey, Red wine vinegar, Prepared mustard (water, vinegar, mustard seed, salt, turmeric), Concentrated orange juice, White vinegar, Spices, Salt, Dijon mustard (water, mustard seed, vinegar, salt, turmeric), Olive oil, Crushed chillies, Xanthan gum, Flavours. **Tomato. Red Bell Pepper. Salt. Pepper.**

Contains: Crustaceans, Milk, Mustard, Shellfish, Soy, Sulphites, Tree Nuts, Wheat.

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KELSEYS

TECHNICAL DATA SHEET

BRAND: Kelsey's
RECIPE NAME: Caesar Salad
SIZE/WEIGHT: 285 g
ISSUED: April 24, 2023
ITEM ID: KSALS-007

NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (285 g) pour (285 g)	
Calories 600	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 48 g	64 %
Saturated / saturés 8 g	43 %
+ Trans / trans 0.5 g	
Carbohydrate / Glucides 28 g	
Fibre / Fibres 3 g	11 %
Sugars / Sucres 6 g	6 %
Protein / Protéines 14 g	
Cholesterol / Cholestérol 55 mg	
Sodium 1520 mg	66 %
Potassium 100 mg	2 %
Calcium 250 mg	19 %
Iron / Fer 4 mg	22 %
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Ingredients: Romaine Lettuce. **Bacon Bits:** Pork, Water, Salt, Sugar, Applewood smoke flavour, Sodium phosphate, Sodium erythorbate, Sodium nitrite, Smoke. **Croutons:** Enriched wheat, Canola oil, Salt, Sugar, Rice flour, Garlic powder, Yeast, Romano cheese (from cow and sheep milk), Parsley, Onion powder, Yeast extract, Natural flavour, Spices, Soybean oil, Partially hydrogenated soybean oil. **Caesar Dressing:** Canola oil, Water, Liquid egg yolk, Parmesan cheese (milk), Dehydrated garlic, Concentrated lemon juice, Seasonings (mustard), Salt, Spices, Cultured skim milk powder, Cured anchovies, Skim milk powder, Sugars (molasses, glucose-fructose), Xanthan gum. **Parmesan:** Milk, Bacterial culture, Salt, Lipase, Microbial enzymes, Calcium chloride.

Contains: Egg, Fish, Milk, Mustard, Soy, Wheat.

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KELSEYS

TECHNICAL DATA SHEET

BRAND: Kelsey's
RECIPE NAME: Caesar Salad (With Chicken)
SIZE/WEIGHT: 411 g
ISSUED: April 24, 2023
ITEM ID: KSALS-008

NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (411 g) pour (411 g)	
Calories 760	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 55 g	73 %
Saturated / saturés 9 g + Trans / trans 0.5 g	48 %
Carbohydrate / Glucides 30 g	
Fibre / Fibres 3 g	11 %
Sugars / Sucres 6 g	6 %
Protein / Protéines 39 g	
Cholesterol / Cholestérol 125 mg	
Sodium 1710 mg	74 %
Potassium 450 mg	13 %
Calcium 250 mg	19 %
Iron / Fer 4 mg	22 %
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Ingredients: Chicken: Seasoned chicken breast (chicken, water, maltodextrin, iodized salt, sodium tripolyphosphate, papain), Black pepper, Salt. **Romaine Lettuce.** **Bacon Bits:** Pork, Water, Salt, Sugar, Applewood smoke flavour, Sodium phosphate, Sodium erythorbate, Sodium nitrite, Smoke. **Croutons:** Enriched wheat, Canola oil, Salt, Sugar, Rice flour, Garlic powder, Yeast, Romano cheese (from cow and sheep milk), Parsley, Onion powder, Yeast extract, Natural flavour, Spices, Soybean oil, Partially hydrogenated soybean oil. **Caesar Dressing:** Canola oil, Water, Liquid egg yolk, Parmesan cheese (milk), Dehydrated garlic, Concentrated lemon juice, Seasonings (mustard), Salt, Spices, Cultured skim milk powder, Cured anchovies, Skim milk powder, Sugars (molasses, glucose-fructose), Xanthan gum. **Parmesan:** Milk, Bacterial culture, Salt, Lipase, Microbial enzymes, Calcium chloride.

Contains: Egg, Fish, Milk, Mustard, Soy, Wheat.

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KELSEYS

TECHNICAL DATA SHEET

BRAND: Kelsey's

RECIPE NAME: Caesar Salad (With Shrimp)

SIZE/WEIGHT: 331 g

ISSUED: April 24, 2023

ITEM ID: KSALS-009

NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (331 g) pour (331 g)	
Calories 710	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 59 g	79 %
Saturated / saturés 9 g	48 %
+ Trans / trans 0.5 g	
Carbohydrate / Glucides 29 g	
Fibre / Fibres 3 g	11 %
Sugars / Sucres 6 g	6 %
Protein / Protéines 20 g	
Cholesterol / Cholestérol 130 mg	
Sodium 1750 mg	76 %
Potassium 175 mg	4 %
Calcium 250 mg	19 %
Iron / Fer 4 mg	22 %
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Ingredients: **Shrimp:** Shrimp (shrimp, sodium phosphate, salt. **May contain sulphites.**), Canola oil, Chili powder (spices and herbs [including chili pepper], salt, dehydrated garlic), Chopped garlic in oil (garlic, water, canola oil, citric acid), Sriracha lime seasoning (dehydrated garlic and onion, spices and herbs, salt, sugar, citric acid, sodium acetate, natural flavour [including extractives of lime], cayenne pepper sauce [aged red cayenne peppers, vinegar, salt, dehydrated garlic], corn maltodextrin, spice extractives, acetic acid, sunflower oil, dehydrated lime peel, vinegar, calcium silicate, silicon dioxide). **Romaine Lettuce. Bacon Bits:** Pork, Water, Salt, Sugar, Applewood smoke flavour, Sodium phosphate, Sodium erythorbate, Sodium nitrite, Smoke. **CROUTONS:** Enriched wheat, Canola oil, Salt, Sugar, Rice flour, Garlic powder, Yeast, Romano cheese (from cow and sheep milk), Parsley, Onion powder, Yeast extract, Natural flavour, Spices, Soybean oil, Partially hydrogenated soybean oil. **Caesar Dressing:** Canola oil, Water, Liquid egg yolk, Parmesan cheese (milk), Dehydrated garlic, Concentrated lemon juice, Seasonings (mustard), Salt, Spices, Cultured skim milk powder, Cured anchovies, Skim milk powder, Sugars (molasses, glucose-fructose), Xanthan gum. **Parmesan:** Milk, Bacterial culture, Salt, Lipase, Microbial enzymes, Calcium chloride.

Contains: Crustaceans, Egg, Fish, Milk, Mustard, Shellfish, Soy, Sulphites, Wheat.

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