

PRESS CONTACT:  
Molly Antos  
S&S Public Relations, Inc.  
847/955-0700 ext. 9327  
[mantos@sspr.com](mailto:mantos@sspr.com)

## **Tossed<sup>®</sup> New “Resolution Salad” Helps New Year Dieters Win The Battle Of The Bulge**

*185-Calorie\* Gourmet Entrée is Delicious Enough for Dieters and Non-Dieters Alike*

**FT. LAUDERDALE, FL – (December 14<sup>th</sup> 2010)** – [Tossed<sup>®</sup>](#), home of garden fresh salads, crepe wraps and sandwiches, today announced the debut of its 2011 Resolution Salad, a delectable way for people to keep their New Year’s resolution to eat healthier. Boasting just 185 calories (\*without dressing) and a scant 5 grams of saturated fat, Tossed’s Resolution Salad will satisfy taste buds and weight loss goals alike.

“January 1 is a day for fresh beginnings—and nothing is fresher than Tossed,” said Eric Clark, Chief Operating Officer of Tossed Franchise Corporation. “So we’re encouraging everyone who is ready for wholesome, light and, most of all, delicious meals to stop by their nearest Tossed restaurant and try our new Resolution Salad. It’s the perfect way to start off the new year right.”

Tossed’s 2011 Resolution Salad is a captivating gourmet mix of baby arugula, red onions, fresh peppers, chick peas and Feta cheese. The entrée salad provides four grams of both fiber and protein, along with a healthy dose of Vitamin C (82% of daily value), Vitamin A (45% of daily value) and Calcium (27% of daily value)—yet does so with only 6 grams total fat and 655 mg of sodium.

Tossed recommends its signature Vinaigrette dressing (85 calories, 9 grams total fat per two-ounce serving) for its Resolution Salad.

The 2011 Resolution Salad further extends Tossed’s commitment to fresh, healthy alternatives for its customers. Founded in 1998, Tossed restaurants specialize in ultra-fresh, made-to-order gourmet salads with over 50 choices of toss-ins, along with signature dressings, whole wheat crepe wraps and sandwiches served on artisan bread. The chain’s new Resolution Salad takes its place among the five lowest-calorie salads offered, and makes Tossed among the healthiest fast-casual restaurants in the United States.

Available for a limited time, Tossed will offer its Resolution Salad during the month of January at all participating Tossed locations nationwide for \$6.95 (\$7.95 at Boston location). To learn more about Tossed’s nutritional benefits, visit [www.tossed.com](http://www.tossed.com).

***About Tossed:***

*Since 1998, Tossed has been the home of made-to-order salads featuring dozens of gourmet ingredients and unique dressings. Now also offering whole wheat crepe wraps made fresh throughout the day as well*

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*as sandwiches, melts, soups and smoothies, Tossed has grown from its original location on Manhattan’s Park Avenue to include restaurants across the United States. Tossed Franchise Corporation, based in Fort Lauderdale, Florida, offers franchises to companies and individuals interested in one of the freshest, most exciting concepts in fast casual dining. To learn more about Tossed, go to [www.tossed.com](http://www.tossed.com).*

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