Shop the Salad Bar

We hit a typical $5.99/lb. supermarket salad bar to see which ingredients are steals—and which ones weigh in far past their market value.

Photographs by Andrew Purcell

In the Know

Cheddar 14% markdown
Ham 14% markdown
Grilled chicken 44% markdown
Peas 40% markdown
Blue cheese 57% markdown
Bacon bits 55% markdown
Walnuts 19% markdown
Cheddar 14% markdown
Dried cranberries 11% markdown

Super Bargains
Stock up! These items are cheaper at the salad bar than on the shelf.

Load up!
In the Know

Not bad!

Grape tomatoes 13% markup

Broccoli 50% markup

Carrots 50% markup

Chow mein noodles 50% markup

Sunflower seeds 63% markup

Black olives 78% markup

Croutons 87% markup

Avocado 31% markup

Pepperoncini 97% markup

The Price Is Right
These ready-to-eat ingredients are worth the small markup for a meal on the go.

Turn the page to see the worst offenders.
In the Know

These items aren’t worth their weight at a salad bar. Eat ’em at home instead.

BEWARE!

Turn the page to get the most bang for your buck.
This Salad’s a Steal!

The ingredients in this bowl are cheaper at a by-the-pound salad bar than they are from the supermarket shelf. Pile ’em on!

Make it at home: $5.27

Make it at a salad bar: $2.98

CHEAPS KATE SALAD
2½ cups mesclun
¾ cup chicken
¼ cup bacon bits
2 tablespoons dried cranberries
¼ cup walnuts
3 tablespoons blue cheese