If you see a single item listed with a range of calories (like a chicken sandwich with 960-1,250 cals), keep in mind that the range depends on sides, sauces, toppings, beverages, etc.

For foods that come in pieces, slices, etc., companies get to decide what a “unit” is. For example, at Domino’s, it’s one slice of pizza, half an order of wings (4 wings), or a quarter of an order of bread bites (4 bites). Divide or multiply to find the calories in your serving.

Menus use a slash when you have two choices. So, for example, if a sirloin steak & shrimp combo is listed as 370/580 calories, the entrée would be 370 calories with grilled shrimp or 580 with coconut shrimp. Other slashes could indicate grilled vs. fried chicken or a half vs. a full serving of pasta.

If a salad comes with a standard dressing, its calories will likely be folded into the count. If you can choose your own dressing, you’ll have to tack on the calories.

Menus will also include a statement regarding the availability of additional info on sugar, fat, salt & more (“Additional nutrition information available upon request”) and a statement putting calories in context of your day (“2,000 calories a day is used for general nutrition advice, but calorie needs vary”).