

Shrimply Irresist-a-bowl

Ingredients

Romaine, Fire Roasted Corn, Grape Tomatoes, Pickled Onions (red onion, cider vinegar, water, red wine vinegar, kosher salt), Garbanzo Beans (prepared garbanzo beans, water, salt), Asparagus, Bay Shrimp



Salad

Nutrition Facts

1 servings per container	
Serving size	1 Salad
Amount Per Serving	
Calories	220
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0.2g	1%
Trans Fat 0g	
Cholesterol 65mg	21%
Sodium 480mg	21%
Total Carbohydrate 32g	12%
Dietary Fiber 9g	32%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 16g	31%

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Grain Bowl

Nutrition Facts

1 servings per container	
Serving size	1 Grain Bowl
Amount Per Serving	
Calories	300
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0.2g	1%
Trans Fat 0g	
Cholesterol 65mg	21%
Sodium 590mg	26%
Total Carbohydrate 50g	18%
Dietary Fiber 11g	39%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 18g	36%

Not a significant source of vitamin D, calcium, iron, and potassium

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Wrap

Nutrition Facts

1 servings per container	
Serving size	1 Wrap
Amount Per Serving	
Calories	500
% Daily Value*	
Total Fat 11g	15%
Saturated Fat 3.2g	16%
Trans Fat 0g	
Cholesterol 65mg	21%
Sodium 960mg	42%
Total Carbohydrate 74g	27%
Dietary Fiber 15g	53%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 23g	46%

Not a significant source of vitamin D, calcium, iron, and potassium

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Common Allergies

Always let us know if you have an allergy before we prepare your salad.

Dairy: Dressing

Eggs: None

Peanuts: None

Tree Nuts: None

Soy: None

Wheat: Wraps

Fish: Dressing

Shellfish: Bay Shrimp

Nutrition Facts

1 servings per container	
Serving size	1 ounce
Amount Per Serving	
Calories	100
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 1.1g	6%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	12%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	1%

Not a significant source of vitamin D, calcium, iron, and potassium

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Remoulade Dressing

Ingredients
Just Mayo, Buttermilk, Green Onion, Whole Grain Mustard, Lemon Juice, Cajun Hot Sauce, Kosher Salt, Black Pepper

*1 ounce dressing is, "lightly dressed"