

El Sombrero

Ingredients

Romaine, Grape Tomatoes, Avocado, Fire Roasted Corn, Jalapenos, Black Beans (prepared black beans, water, salt, calcium chloride, ferrous gluconate), Tortilla Chips (stoneground corn masa flour, trace of lime, vegetable oil (canola oil or soybean oil), salt and water), Beecher's Flagship (pasteurized milk, salt, culture, enzymes)

*HIGH PROTEIN, GLUTEN FREE



Salad

Nutrition Facts	
1 servings per container	
Serving size	1 salad
Amount Per Serving	
Calories	560
% Daily Value*	
Total Fat 34g	43%
Saturated Fat 12.4g	62%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 720mg	31%
Total Carbohydrate 47g	17%
Dietary Fiber 15g	53%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 21g	43%
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	740
% Daily Value*	
Total Fat 37g	47%
Saturated Fat 12.4g	62%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 960mg	42%
Total Carbohydrate 85g	31%
Dietary Fiber 20g	71%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 27g	53%
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.	

Wrap

Nutrition Facts	
1 servings per container	
Serving size	1 wrap
Amount Per Serving	
Calories	820
% Daily Value*	
Total Fat 42g	54%
Saturated Fat 12.4g	62%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 1190mg	52%
Total Carbohydrate 90g	33%
Dietary Fiber 19g	67%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 29g	57%
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.	

Common Allergies

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

Dairy: Beecher's

Eggs: None

Peanuts: None

Tree Nuts: None

Soy: Tortilla Chips

Wheat: Wraps

Fish: None

Shellfish: None

Nutrition Facts

1 servings per container	
Serving size	1 ounce
Amount Per Serving	
Calories	100
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 0g	0%
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.	

Cilantro-Lime Dressing

Ingredients
Olive Oil, Lime Juice, Cilantro, Agave, Balsamic Vinegar (wine vinegar, cooked and concentrated grape must, caramel for color), Garlic, Jalapeno, Ground Ginger, Kosher Salt, Black Pepper

*1 ounce dressing is, "lightly dressed"