

## Off the Hook



### Ingredients

**Romaine, Arugula, Green Olives** (Manzanilla olives, water, salt, lactic acid), **Grape Tomatoes, House Pickles** (Kirby cucumbers, distilled vinegar, granulated sugar, water, kosher salt, granulated garlic, yellow mustard seed, dill seed, pickling spice), **Marinated Albacore** (Light tuna, water, vegetable broth (contains soy), red wine vinegar, granulated garlic, kosher salt, black pepper, olive oil), **Mama Lil's Peppers** (Peppers, non-gmo expeller pressed canola oil, extra virgin olive oil, vinegar, salt, garlic, spices, lemon juice), **Hard Boiled Egg**

\*HIGH PROTEIN, GLUTEN FREE

### Salad

### Grain Bowl

### Wrap

#### Nutrition Facts

1 servings per container	
<b>Serving size</b>	<b>1 salad</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>300</b>
	% Daily Value*
<b>Total Fat</b> 15g	<b>19%</b>
Saturated Fat 2.3g	<b>12%</b>
Trans Fat 0g	
<b>Cholesterol</b> 210mg	<b>71%</b>
<b>Sodium</b> 1180mg	<b>51%</b>
<b>Total Carbohydrate</b> 18g	<b>6%</b>
Dietary Fiber 3g	<b>12%</b>
Total Sugars 10g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 22g	<b>44%</b>

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.

#### Nutrition Facts

1 servings per container	
<b>Serving size</b>	<b>1 grain bowl</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>490</b>
	% Daily Value*
<b>Total Fat</b> 18g	<b>23%</b>
Saturated Fat 2.1g	<b>11%</b>
Trans Fat 0g	
<b>Cholesterol</b> 210mg	<b>71%</b>
<b>Sodium</b> 1420mg	<b>62%</b>
<b>Total Carbohydrate</b> 55g	<b>20%</b>
Dietary Fiber 8g	<b>30%</b>
Total Sugars 9g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 27g	<b>55%</b>

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#### Nutrition Facts

1 servings per container	
<b>Serving size</b>	<b>1 wrap</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>580</b>
	% Daily Value*
<b>Total Fat</b> 24g	<b>31%</b>
Saturated Fat 5.1g	<b>26%</b>
Trans Fat 0g	
<b>Cholesterol</b> 210mg	<b>71%</b>
<b>Sodium</b> 1660mg	<b>72%</b>
<b>Total Carbohydrate</b> 60g	<b>22%</b>
Dietary Fiber 10g	<b>34%</b>
Total Sugars 11g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 29g	<b>59%</b>

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### Common Allergies

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

**Dairy:** Green Olives

**Eggs:** Hard Boiled Eggs

**Peanuts:** None

**Tree Nuts:** None

**Soy:** Marinated Albacore

**Wheat:** Wraps

**Fish:** Marinated Albacore

**Shellfish:** None

#### Nutrition Facts

1 servings per container	
<b>Serving size</b>	<b>1 ounce</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>150</b>
	% Daily Value*
<b>Total Fat</b> 16g	<b>21%</b>
Saturated Fat 2.3g	<b>12%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 125mg	<b>5%</b>
<b>Total Carbohydrate</b> 3g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 0g	<b>0%</b>

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### Dijon Balsamic Ingredients

**Balsamic Vinegar, Dijon mustard** (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), **Brown Sugar, Kosher Salt, Black Pepper, Olive Oil**

\*1 ounce dressing is, "lightly dressed"