

GIVE 'EM THE BIRD



Ingredients

Romaine, Arugula, spinach, turkey, dry cranberries, quinoa, apples, walnuts, celery, sage pesto (Pure olive oil, apple cider vinegar, spinach, roasted garlic, pepitas, sage, parsley, dry thyme, kosher salt, black pepper)

Salad

Nutrition Facts	
1 servings per container	
Serving size	1 salad
Amount Per Serving	
Calories	370
% Daily Value*	
Total Fat 11g	15%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 20mg	6%
Sodium 480mg	21%
Total Carbohydrate 58g	21%
Dietary Fiber 10g	36%
Total Sugars 37g	
Includes 0g Added Sugars	0%
Protein 16g	32%
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	560
% Daily Value*	
Total Fat 17g	22%
Saturated Fat 0.9g	5%
Trans Fat 0g	
Cholesterol 20mg	6%
Sodium 710mg	31%
Total Carbohydrate 93g	34%
Dietary Fiber 15g	55%
Total Sugars 36g	
Includes 0g Added Sugars	0%
Protein 21g	42%
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	650
% Daily Value*	
Total Fat 20g	26%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 20mg	6%
Sodium 950mg	41%
Total Carbohydrate 101g	37%
Dietary Fiber 16g	59%
Total Sugars 38g	
Includes 0g Added Sugars	0%
Protein 23g	46%
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: Pesto
- Eggs: Pesto, Walnuts
- Peanuts: Pesto
- Tree Nuts: Pesto, Walnuts
- Soy: Pesto, Walnuts
- Wheat: Pesto, Walnuts, Wraps
- Fish: None
- Shellfish: None

Nutrition Facts

1 servings per container	
Serving size	1 oz
Amount Per Serving	
Calories	60
% Daily Value*	
Total Fat 5g	7%
Saturated Fat 0.8g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	1%
Total Sugars 1g	
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.	

Sweet Potato Dressing Ingredients

Pure olive oil, cider vinegar, cooked yams, water, agave, whole grain mustard, black pepper

*1 ounce dressing is, "lightly dressed"