

## HercuLeaves

### Ingredients

Romaine, Grape Tomatoes, Cucumber, Garbanzos, Green Olives, Feta Cheese, Mediterranean Spices (toasted sesame seeds, dry oregano, black pepper, dry basil, kosher salt, red chile flake)



### Salad

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	1 salad
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>300</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 17g	22%
Saturated Fat 7.1g	36%
Trans Fat 0g	
<b>Cholesterol</b> 40mg	13%
<b>Sodium</b> 2050mg	89%
<b>Total Carbohydrate</b> 22g	8%
Dietary Fiber 10g	36%
Total Sugars 3g	
Includes 0g Added Sugars	0%
<b>Protein</b> 18g	36%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*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.</small>	

### Grain Bowl

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	1 grain bowl
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>480</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 20g	26%
Saturated Fat 7.1g	36%
Trans Fat 0g	
<b>Cholesterol</b> 40mg	13%
<b>Sodium</b> 2290mg	100%
<b>Total Carbohydrate</b> 59g	21%
Dietary Fiber 15g	54%
Total Sugars 3g	
Includes 0g Added Sugars	0%
<b>Protein</b> 24g	48%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*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.</small>	

### Wrap

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	1 wrap
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>560</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 24g	31%
Saturated Fat 7.1g	36%
Trans Fat 0g	
<b>Cholesterol</b> 40mg	13%
<b>Sodium</b> 2520mg	110%
<b>Total Carbohydrate</b> 64g	23%
Dietary Fiber 14g	50%
Total Sugars 4g	
Includes 0g Added Sugars	0%
<b>Protein</b> 26g	52%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*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.</small>	

### Common Allergies

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

Dairy: Feta, Greek Dressing

Eggs: None

Peanuts: None

Tree Nuts: None

Soy: None

Wheat: Wraps

Fish: None

Shellfish: None

### Nutrition Facts

1 servings per container	
<b>Serving size</b>	1 fluid ounce
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>25</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 1g	1%
Saturated Fat 0.7g	4%
Trans Fat 0g	
<b>Cholesterol</b> < 5mg	1%
<b>Sodium</b> 200mg	9%
<b>Total Carbohydrate</b> 2g	1%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
<b>Protein</b> 2g	4%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*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.</small>	

### Greek Yogurt Dressing Ingredients

Greek Yogurt, Sour Cream, White Wine Vinegar, Lemon Juice, Kosher Salt, Black Pepper, Granulated Garlic, Dry Dill, Dry Mint

\*1 ounce dressing is, "lightly dressed"