

THE CORN IDENTITY

romaine + arugula, summer corn, tomatoes, cucumber, pickled onions, gorgonzola, garlic croutons, herb pesto (basil, canola oil, water, parmesan cheese (pasteurized part-skim cows' milk, cheese culture, salt, enzymes), granulated garlic, salt. contains: milk, ranch dressing



Salad

Grain Bowl

Wrap

Nutrition Facts	
1 servings per container	
Serving size	1 salad (461g)
Amount Per Serving	
Calories	330
% Daily Value*	
Total Fat 19g	24%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 870mg	38%
Total Carbohydrate 24g	9%
Dietary Fiber 5g	18%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 15g	30%
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	
Serving size	1 grain bowl (502g)
Amount Per Serving	
Calories	510
% Daily Value*	
Total Fat 22g	28%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 1110mg	48%
Total Carbohydrate 61g	22%
Dietary Fiber 11g	39%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 20g	40%
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	
Serving size	1 wrap (448g)
Amount Per Serving	
Calories	590
% Daily Value*	
Total Fat 27g	35%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 1350mg	59%
Total Carbohydrate 66g	24%
Dietary Fiber 10g	36%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 22g	44%
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: Gorgonzola, Pesto, Ranch, Garlic Croutons

Eggs: None

Peanuts: None

Tree Nuts: None

Soy: None

Wheat: Wraps

Fish: None

Shellfish: None

Nutrition Facts

1 servings per container	
Serving size	1 ounce
Amount Per Serving	
Calories	90
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 1.1g	6%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate < 1g	0%
Dietary Fiber 0g	0%
Total Sugars < 1g	
Includes 0g Added Sugars	0%
Protein 0g	1%
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.	

Buttermilk Ranch Dressing

Ingredients

Mayonnaise (Nongmo Expeller Pressed Canola Oil, Filtered Water, Lemon Juice, White Vinegar, 2% Or Less Of The Following: Organic Sugar, Salt, Pea Protein, Spices), Buttermilk, Lemon Juice, Kosher Salt, Black Pepper, Green Onions

*1 ounce dressing is, "lightly dressed"