

Squeeze the Day

Ingredients

romaine + arugula, tangerine, gorgonzola (*Pasteurized milk, cheese cultures, salt, enzymes, powdered cellulose to prevent caking, natamycin to protect flavor*), cucumber, walnuts, pickled onions (*Red onion, cider vinegar, water, red wine vinegar, kosher salt*) mint, cranberry vinaigrette



Salad

Grain Bowl

Wrap

Nutrition Facts	
1 servings per container	
Serving size	1 salad (340g)
Amount Per Serving	
Calories	310
% Daily Value*	
Total Fat 21g	27%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 670mg	29%
Total Carbohydrate 22g	8%
Dietary Fiber 6g	21%
Total Sugars 12g	
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.	

Nutrition Facts	
1 servings per container	
Serving size	1 grain bowl (415g)
Amount Per Serving	
Calories	490
% Daily Value*	
Total Fat 24g	31%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 910mg	40%
Total Carbohydrate 55g	20%
Dietary Fiber 9g	32%
Total Sugars 12g	
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 (361g)
Amount Per Serving	
Calories	570
% Daily Value*	
Total Fat 28g	36%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 1150mg	50%
Total Carbohydrate 64g	23%
Dietary Fiber 10g	36%
Total Sugars 12g	
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: Gorgonzola

Eggs: None

Peanuts: None

Tree Nuts: Walnuts

Soy: None

Wheat: Wraps

Fish: None

Shellfish: None

Nutrition Facts

1 servings per container	
Serving size	1 fluid ounce
Amount Per Serving	
Calories	140
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1.1g	6%
Trans Fat 0g	
Sodium 70mg	3%
Total Carbohydrate 18g	7%
Dietary Fiber 1g	4%
Total Sugars 16g	
Includes 0g Added Sugars	0%
Protein 0g	0%
Not a significant source of cholesterol, 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.	

Cranberry Vinaigrette

Ingredients

Cranberry Sauce (*cranberries, sugar, water, salt*) Cider Vinegar, Dijon mustard (*Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice*), Sugar, Kosher Salt, Olive Oil

*1 ounce dressing is, "lightly dressed"