

Harissa Explains It All

Ingredients

romaine + spinach, roasted carrot (*carrot, olive oil, granulated sugar, mustard powder, paprika, cumin, salt, black pepper*) green olives, feta cheese, quinoa, green onion, toasted corn, harissa dressing



Salad

Nutrition Facts	
1 servings per container	
Serving size	1 salad (348g)
Amount Per Serving	
Calories	350
% Daily Value*	
Total Fat 18g	23%
Saturated Fat 7g	35%
<i>Trans Fat</i> 0g	
Cholesterol 40mg	13%
Sodium 1200mg	52%
Total Carbohydrate 33g	12%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 14g	28%
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 (419g)
Amount Per Serving	
Calories	520
% Daily Value*	
Total Fat 22g	28%
Saturated Fat 7g	35%
<i>Trans Fat</i> 0g	
Cholesterol 40mg	13%
Sodium 1430mg	62%
Total Carbohydrate 66g	24%
Dietary Fiber 11g	39%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 18g	36%
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 (364g)
Amount Per Serving	
Calories	610
% Daily Value*	
Total Fat 26g	33%
Saturated Fat 7g	35%
<i>Trans Fat</i> 0g	
Cholesterol 40mg	13%
Sodium 1660mg	72%
Total Carbohydrate 75g	27%
Dietary Fiber 11g	39%
Total Sugars 4g	
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.	

Common Allergies

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

Dairy: Feta Cheese, Olives

Eggs: None

Peanuts: None

Tree Nuts: None

Soy: None

Wheat: Wraps

Fish: None

Shellfish: None

Nutrition Facts

1 servings per container	
Serving size	1 fluid ounce (28g)
Amount Per Serving	
Calories	40
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0.8g	4%
<i>Trans Fat</i> 0g	
Cholesterol 5mg	2%
Sodium 240mg	10%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 2g	4%
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.	

Harissa Dressing

Ingredients

Harissa (*guajillo chiles, new mexico chiles, japones chiles, caraway seeds, coriander seeds, mint, olive oil, salt, garlic, lemon juice*) Greek Yogurt Dressing (*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"