

The Fennel Frontier



Ingredients

mixed greens + romaine, radish, peas, pickled fennel (*fennel, rice vinegar, water, white wine vinegar, granulated sugar, kosher salt*), walnut, parmesan (*pasteurized part-skim milk, cheese cultures, salt, enzymes, powdered cellulose to prevent caking, natamycin to protect flavor*), quinoa, green goddess dressing

Salad

Grain Bowl

Wrap

Nutrition Facts	
1 servings per container	
Serving size	1 salad (330g)
Amount Per Serving	300
% Daily Value*	
Total Fat 16g	21%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 620mg	27%
Total Carbohydrate 28g	10%
Dietary Fiber 10g	36%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 17g	34%
<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>	

Nutrition Facts	
1 servings per container	
Serving size	1 grain bowl (405g)
Amount Per Serving	480
% Daily Value*	
Total Fat 20g	26%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 830mg	36%
Total Carbohydrate 61g	22%
Dietary Fiber 13g	46%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 22g	44%
<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>	

Nutrition Facts	
1 servings per container	
Serving size	1 wrap (351g)
Amount Per Serving	560
% Daily Value*	
Total Fat 24g	31%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 1060mg	46%
Total Carbohydrate 70g	25%
Dietary Fiber 14g	50%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 25g	50%
<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: Parmesan

Eggs: None

Peanuts: None

Tree Nuts: Walnuts

Soy: None

Wheat: Wraps

Fish: Anchovy

Shellfish: None

Nutrition Facts

1 servings per container	
Serving size	1 ounce (28g)
Amount Per Serving	25
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1.1g	6%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 140mg	6%
Total Carbohydrate 1g	0%
Dietary Fiber < 1g	2%
Total Sugars < 1g	
Includes 0g Added Sugars	0%
Protein 1g	3%
<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>	

Green Goddess Dressing

Ingredients

Greek yogurt, sour cream, green onion, parsley, tarragon, anchovy, white wine vinegar, lime juice, kosher salt, black pepper

*1 ounce dressing is, "lightly dressed"