

Grain of Thrones



Ingredients

Brown rice, spinach, bean salad (*garbanzo, red kidney beans, black beans, cider vini, parsley, kosher salt, black pepper, red chile flakes*) zucchini, radish, pickled onion (*red onion, cider vinegar, water, red wine vinegar, kosher salt*) feta cheese, pepitas, grains of paradise (*black peppercorns, pink peppercorn, grains of paradise*)

Salad

Grain Bowl

Wrap

Nutrition Facts	
1 servings per container	
Serving size	1 salad (399g)
Amount Per Serving	
Calories	580
% Daily Value*	
Total Fat 34g	44%
Saturated Fat 10g	50%
<i>Trans Fat</i> 0g	
Cholesterol 40mg	13%
Sodium 980mg	43%
Total Carbohydrate 50g	18%
Dietary Fiber 12g	43%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 24g	48%
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 (605g)
Amount Per Serving	
Calories	970
% Daily Value*	
Total Fat 37g	47%
Saturated Fat 10g	50%
<i>Trans Fat</i> 0g	
Cholesterol 40mg	13%
Sodium 1440mg	63%
Total Carbohydrate 135g	49%
Dietary Fiber 23g	82%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 35g	70%
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 (429g)
Amount Per Serving	
Calories	840
% Daily Value*	
Total Fat 42g	54%
Saturated Fat 10g	50%
<i>Trans Fat</i> 0g	
Cholesterol 40mg	13%
Sodium 1420mg	62%
Total Carbohydrate 92g	33%
Dietary Fiber 16g	57%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 31g	62%
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

Eggs: None

Peanuts: None

Tree Nuts: None

Soy: None

Wheat: Wraps

Fish: None

Shellfish: None

Nutrition Facts	
1 servings per container	
Serving size	1 f.oz (28g)
Amount Per Serving	
Calories	100
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 1.5g	8%
<i>Trans Fat</i> 0g	
Sodium 100mg	4%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 2g	
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.	

Cider Vini

Ingredients

olive oil, cider vinegar, agave, whole grain mustard (*water, vinegar, mustard seed, salt, white wine, fruit pectin, citric acid, tartaric acid, sugar, spice*), kosher salt, black pepper

*1 ounce dressing is, "lightly dressed"