

# EVERGREENS

## Dawson's Greek

### Ingredients

Romaine, Cucumber, Garbanzo Beans, Grape Tomatoes, Green Olives, Marinated Mushrooms, Feta, Greek Yogurt Dressing, Mediterranean Spice (toasted sesame seeds, dry oregano, black pepper, dry basil, kosher salt, red chile flake)

### Salad

### Grain Bowl

### Wrap

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>1 Salad</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>330</b>
% Daily Value*	
<b>Total Fat</b> 18g	<b>23%</b>
Saturated Fat 7g	<b>35%</b>
Trans Fat 0g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 2240mg	<b>97%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 11g	<b>39%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 22g	<b>44%</b>
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	
<b>Serving size</b>	<b>1 grain bowl</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>520</b>
% Daily Value*	
<b>Total Fat</b> 21g	<b>27%</b>
Saturated Fat 7g	<b>35%</b>
Trans Fat 0g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 2480mg	<b>108%</b>
<b>Total Carbohydrate</b> 63g	<b>23%</b>
Dietary Fiber 16g	<b>57%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 27g	<b>54%</b>
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	
<b>Serving size</b>	<b>1 wrap</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>590</b>
% Daily Value*	
<b>Total Fat</b> 26g	<b>33%</b>
Saturated Fat 7g	<b>35%</b>
Trans Fat 0g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 2710mg	<b>118%</b>
<b>Total Carbohydrate</b> 68g	<b>25%</b>
Dietary Fiber 15g	<b>54%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 29g	<b>58%</b>
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	
<b>Serving size</b>	<b>1 fluid ounce</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>25</b>
% Daily Value*	
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0.7g	<b>4%</b>
Trans Fat 0g	
<b>Cholesterol</b> < 5mg	<b>1%</b>
<b>Sodium</b> 200mg	<b>9%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	<b>4%</b>
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.	

### Greek Yogurt Dressing

#### Ingredients

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"