

The Super Bowl

Ingredients

Arugula, Quinoa (water, quinoa, olive oil, salt), **Grape Tomatoes, Almonds, Aged Parmesan** (pasteurized part-skim milk, cheese cultures, salt, enzymes, powdered cellulose (to prevent caking), natamycin (to protect flavor), **Turkey** (turkey breast meat, water, salt, turbinado sugar, vegetable oil), **Herb Pesto** (basil, canola oil, parmesan cheese (milk, salt, enzymes), granulated garlic, salt)

***HIGH PROTEIN, GLUTEN FREE**



Salad

Nutrition Facts	
1 servings per container	
Serving size	1 salad
Amount Per Serving	
Calories	260
% Daily Value*	
Total Fat 17g	21%
Saturated Fat 5.2g	26%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 800mg	35%
Total Carbohydrate 8g	3%
Dietary Fiber 3g	12%
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.	

Grain Bowl

Nutrition Facts	
1 servings per container	
Serving size	1 grain bowl
Amount Per Serving	
Calories	450
% Daily Value*	
Total Fat 22g	29%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 1040mg	45%
Total Carbohydrate 43g	16%
Dietary Fiber 9g	31%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 26g	52%
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
Amount Per Serving	
Calories	600
% Daily Value*	
Total Fat 26g	34%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 1370mg	60%
Total Carbohydrate 65g	24%
Dietary Fiber 10g	37%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 30g	61%
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: Almonds, Parmesan, Herb Pesto
- Eggs: Almonds
- Peanuts: Almonds
- Tree Nuts: Almonds
- Soy: Almonds
- Wheat: Wraps
- Fish: None
- Shellfish: None

Nutrition Facts

1 servings per container	
Serving size	1 ounces
Amount Per Serving	
Calories	140
% Daily Value*	
Total Fat 16g	21%
Saturated Fat 2.3g	12%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	0%
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.	

Red Wine Vini Ingredients

Olive Oil, Red Wine Vinegar (red wine vinegar, water, potassium metabisulfite), **Granulated Garlic, Kosher Salt, Black Pepper**

*1 ounce dressing is, "lightly dressed"