

Plum As You Are

Ingredients

romaine + arugula, red plums, pickled beets (*beets, distilled vinegar, water, sugar, salt, ginger*), mint, almonds, feta cheese (*pasteurized milk, salt, cheese culture, enzymes*), black pepper



Salad

Nutrition Facts	
1 servings per container	
Serving size	1 salad (280g)
Amount Per Serving	
Calories	260
	% Daily Value*
Total Fat 16g	21%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 510mg	22%
Total Carbohydrate 19g	7%
Dietary Fiber 5g	18%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 13g	26%
<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>	

Grain Bowl

Nutrition Facts	
1 servings per container	
Serving size	1 grain bowl (355g)
Amount Per Serving	
Calories	450
	% Daily Value*
Total Fat 19g	24%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 750mg	33%
Total Carbohydrate 56g	20%
Dietary Fiber 10g	36%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 19g	38%
<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>	

Wrap

Nutrition Facts	
1 servings per container	
Serving size	1 wrap (301g)
Amount Per Serving	
Calories	520
	% Daily Value*
Total Fat 24g	31%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 990mg	43%
Total Carbohydrate 61g	22%
Dietary Fiber 9g	32%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 21g	42%
<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: Feta, Greek Yogurt Dressing

Eggs: None

Peanuts: None

Tree Nuts: Almonds

Soy: Miso None

Wheat: Wraps

Fish: None

Shellfish: None

Nutrition Facts

1 servings per container	
Serving size	1 fluid ounce
Amount Per Serving	
Calories	25
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0.7g	4%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 200mg	9%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 2g	4%
<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>	

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"