

## BEETS SO FLY



### Ingredients

romaine + mixed greens, pickled beet (*beets, distilled vinegar, water, sugar, salt, ginger*), pickled red onions (*red onion, cider vinegar, water, red wine vinegar, kosher salt*), cucumber, walnuts, feta cheese, black pepper, dijon balsamic vinaigrette

\*Gluten Free

### Salad

### Grain Bowl

### Wrap

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	1 salad (306g)
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>300</b>
% Daily Value*	
<b>Total Fat</b> 19g	24%
Saturated Fat 8g	40%
Trans Fat 0g	
<b>Cholesterol</b> 40mg	13%
<b>Sodium</b> 660mg	29%
<b>Total Carbohydrate</b> 20g	7%
Dietary Fiber 6g	21%
Total Sugars 9g	
Includes 0g Added Sugars	0%
<b>Protein</b> 16g	32%
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>	1 grain bowl (381g)
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>470</b>
% Daily Value*	
<b>Total Fat</b> 22g	28%
Saturated Fat 8g	40%
Trans Fat 0g	
<b>Cholesterol</b> 40mg	13%
<b>Sodium</b> 870mg	38%
<b>Total Carbohydrate</b> 52g	19%
Dietary Fiber 9g	32%
Total Sugars 9g	
Includes 0g Added Sugars	0%
<b>Protein</b> 20g	40%
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>	1 wrap (327g)
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>560</b>
% Daily Value*	
<b>Total Fat</b> 27g	35%
Saturated Fat 8g	40%
Trans Fat 0g	
<b>Cholesterol</b> 40mg	13%
<b>Sodium</b> 1100mg	48%
<b>Total Carbohydrate</b> 61g	22%
Dietary Fiber 10g	36%
Total Sugars 9g	
Includes 0g Added Sugars	0%
<b>Protein</b> 23g	46%
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: Walnuts

Soy: None

Wheat: Wraps

Fish: None

Shellfish: None

### Nutrition Facts

1 servings per container	
<b>Serving size</b>	1 ounce
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>150</b>
% Daily Value*	
<b>Total Fat</b> 16g	21%
Saturated Fat 2.3g	12%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 125mg	5%
<b>Total Carbohydrate</b> 3g	1%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 0g Added Sugars	0%
<b>Protein</b> 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.	

### Dijon Balsamic Dressing

**Ingredients**  
Balsamic Vinegar, Dijon mustard (*Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice*), Brown Sugar, Kosher Salt, Black Pepper, Olive Oil

\*1 ounce dressing is, "lightly dressed"