

WHERE'S WALDORF?



ingredients

Romaine + Kale, Apples, Red Grapes, Celery, Dried Cranberries (*cranberries, sugar, citric acid, elderberry juice concentrate, sunflower oil*)

Sunflower Seeds, Gorgonzola (*pasteurized milk, cheese cultures, salt, enzymes, powdered cellulose to prevent caking, natamycin to protect flavor*)

***GLUTEN FREE**

Salad

Grain Bowl

Wrap

Nutrition Facts	
1 servings per container	
Serving size	1 salad (301g)
Amount Per Serving	
Calories	500
% Daily Value*	
Total Fat 22g	28%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 700mg	30%
Total Carbohydrate 63g	23%
Dietary Fiber 11g	39%
Total Sugars 43g	
Includes 0g Added Sugars	0%
Protein 18g	36%
<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>	

Nutrition Facts	
1 servings per container	
Serving size	1 grain bowl (377g)
Amount Per Serving	
Calories	650
% Daily Value*	
Total Fat 25g	32%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 920mg	40%
Total Carbohydrate 92g	33%
Dietary Fiber 13g	46%
Total Sugars 42g	
Includes 0g Added Sugars	0%
Protein 20g	40%
<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>	

Nutrition Facts	
1 servings per container	
Serving size	1 wrap (323g)
Amount Per Serving	
Calories	740
% Daily Value*	
Total Fat 29g	37%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 1160mg	50%
Total Carbohydrate 101g	37%
Dietary Fiber 14g	50%
Total Sugars 43g	
Includes 0g Added Sugars	0%
Protein 23g	46%
<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: Greek Yogurt Dressing, Gorgonzola
- Eggs: None
- Peanuts: None
- Tree Nuts: None
- Soy: 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"