

You're Moroccan Me Capr-azy

ingredients

Romaine + Arugula, Charred Broccoli (*broccoli, salt, pepper, olive oil*) Green Onion, Spiced Sun-Dried Tomatoes (*sun-dried tomatoes, salt, olive oil, smoked paprika, black pepper, coriander, granulated garlic*), Fresh Mozzarella, Almonds, Chermoula Sauce (*coriander, cumin, granulated garlic, lemon powder (citric acid, lemon oil, lemon juice) smoked paprika, red chili flakes, salt, black pepper, parsley, cilantro, mint, preserved lemons, olive oil*)

*GLUTEN FREE



Salad

Nutrition Facts	
1 servings per container	
Serving size	1 salad (301g)
Amount Per Serving	
Calories	400
% Daily Value*	
Total Fat 31g	40%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 280mg	12%
Total Carbohydrate 22g	8%
Dietary Fiber 9g	32%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	30%
<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 (464g)
Amount Per Serving	
Calories	780
% Daily Value*	
Total Fat 36g	46%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 760mg	33%
Total Carbohydrate 59g	21%
Dietary Fiber 20g	71%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 26g	52%
<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 (322g)
Amount Per Serving	
Calories	660
% Daily Value*	
Total Fat 38g	49%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 750mg	33%
Total Carbohydrate 65g	24%
Dietary Fiber 13g	46%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 22g	44%
<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: Mozzarella

Eggs: None

Peanuts: None

Tree Nuts: Almonds

Soy: None

Wheat: Wraps

Fish: None

Shellfish: None

Nutrition Facts

1 servings per container	
Serving size	1 f.oz (28g)
Amount Per Serving	
Calories	170
% Daily Value*	
Total Fat 19g	24%
Saturated Fat 2.7g	14%
Trans Fat 0g	
Sodium 20mg	1%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 0g	0%
<small>Not a significant source of cholesterol, 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>	

Preserved Lemon Vinaigrette Ingredients

White wine vinegar, granulated sugar, stone ground mustard, preserved lemon (*lemons, salt, sugar*), pure olive oil

*1 ounce dressing is, "lightly dressed"