

# DON'T BE SICILY

## Ingredients

**Arugula + Romaine, Balsamic Mushrooms** (*mushrooms, balsamic vinaigrette, salt, black pepper*) **Herbed Sundried Tomatoes** (*sundried tomatoes, salt, olive oil, oregano, thyme, granulated garlic, black pepper*) **Mozzarella** (*pasteurized milk, vinegar, enzymes, salt*) **Garlic Croutons** (*OG wheat flour, water, OG olive oil, OG canola oil, OG garlic, salt, OG herb blend (OG oregano, OG basil, OG rosemary), OG barley malt, yeast, OG whole wheat flour, ascorbic acid, enzymes*), **Pesto** (*basil, canola oil, water, parmesan cheese (part-skim cows' milk, cheese culture, salt, enzymes), granulated garlic, salt*)

**\*Gluten Free**



### Salad

Nutrition Facts	
1 servings per container	
Serving size	1 salad (285g)
Amount Per Serving	
<b>Calories</b>	<b>290</b>
% Daily Value*	
Total Fat 17g	22%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 450mg	20%
Total Carbohydrate 19g	7%
Dietary Fiber 5g	18%
Total Sugars 6g	
Includes 0g Added Sugars	0%
<b>Protein 16g</b>	<b>32%</b>
<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 (452g)
Amount Per Serving	
<b>Calories</b>	<b>670</b>
% Daily Value*	
Total Fat 23g	29%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 930mg	40%
Total Carbohydrate 94g	34%
Dietary Fiber 15g	54%
Total Sugars 5g	
Includes 0g Added Sugars	0%
<b>Protein 27g</b>	<b>54%</b>
<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 (306g)
Amount Per Serving	
<b>Calories</b>	<b>560</b>
% Daily Value*	
Total Fat 25g	32%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 920mg	40%
Total Carbohydrate 61g	22%
Dietary Fiber 9g	32%
Total Sugars 7g	
Includes 0g Added Sugars	0%
<b>Protein 24g</b>	<b>48%</b>
<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, Pesto

Eggs: None

Peanuts: None

Tree Nuts: None

Soy: None

Wheat: Wraps, Croutons

Fish: None

Shellfish: None

## Nutrition Facts

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

## Dijon Balsamic Vinaigrette 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"