

PERKS OF BEING A CAULIFLOWER

Ingredients

Mixed greens + romaine, ras el hanout cauliflower (cauliflower, olive oil, black pepper, cumin, coriander, cinnamon, clove, turmeric, lemon juice, salt) bell pepper, green onion, sunflower seeds, apricot mostarda (apricots, rice flour, stone ground mustard, white wine vinegar, sugar, red chile flakes, pure olive oil)

*Vegan, GLUTEN FREE



Salad

Nutrition Facts	
1 servings per container	
Serving size	1 salad (267g)
Amount Per Serving	
Calories	250
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Sodium 240mg	10%
Total Carbohydrate 31g	11%
Dietary Fiber 9g	32%
Total Sugars 17g	
Includes 0g Added Sugars	0%
Protein 7g	14%
Not a significant source of cholesterol, 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.	

Grain Bowl

Nutrition Facts	
1 servings per container	
Serving size	1 grain bowl (434g)
Amount Per Serving	
Calories	620
% Daily Value*	
Total Fat 17g	22%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 660mg	29%
Total Carbohydrate 105g	38%
Dietary Fiber 19g	68%
Total Sugars 15g	
Includes 0g Added Sugars	0%
Protein 17g	34%
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.	

Wrap

Nutrition Facts	
1 servings per container	
Serving size	1 wrap (288g)
Amount Per Serving	
Calories	500
% Daily Value*	
Total Fat 19g	24%
Saturated Fat 2g	10%
Trans Fat 0g	
Sodium 680mg	30%
Total Carbohydrate 73g	27%
Dietary Fiber 13g	46%
Total Sugars 17g	
Includes 0g Added Sugars	0%
Protein 14g	28%
Not a significant source of cholesterol, 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: None
- Eggs: None
- Peanuts: None
- Tree Nuts: None
- 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%
Not a significant source of cholesterol, 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.	

Preserved Lemon Vinaigrette Ingredients

White wine vinegar, granulated sugar, stone ground mustard, preserved lemon (lemons, salt, sugar), pure olive oil, lemon powder (citric acid, lemon oil, lemon juice)

*1 ounce dressing is, "lightly dressed"