



TWIST & SPROUT

Ingredients

Spinach + Romaine, Roasted Brussels Sprouts (brussels, olive oil, salt, black pepper) Spiced Garbanzos (garbanzo beans, oregano, granulated garlic, red chile flakes, black pepper, dried parsley, dried chives, red wine vinegar), Quinoa (quinoa, olive oil, salt) Almonds, Feta Cheese (milk, salt, cheese culture, enzymes) Chimichurri (oregano, salt, granulated garlic, red chile flakes, lemon powder, red wine vinegar, olive oil, cilantro, parsley)
*** Gluten Free**

Salad

Nutrition Facts	
1 servings per container	
Serving size	1 salad (357g)
Amount Per Serving	
Calories	500
% Daily Value*	
Total Fat 32g	41%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 720mg	31%
Total Carbohydrate 39g	14%
Dietary Fiber 10g	36%
Total Sugars 3g	
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>	

Grain Bowl

Nutrition Facts	
1 servings per container	
Serving size	1 grain bowl (474g)
Amount Per Serving	
Calories	810
% Daily Value*	
Total Fat 35g	45%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 1100mg	48%
Total Carbohydrate 102g	37%
Dietary Fiber 19g	68%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 29g	58%
<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 (373g)
Amount Per Serving	
Calories	760
% Daily Value*	
Total Fat 39g	50%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 1180mg	51%
Total Carbohydrate 82g	30%
Dietary Fiber 14g	50%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 27g	54%
<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: Feta

Eggs: None

Peanuts: None

Tree Nuts: Almonds

Soy: None

Wheat: Wraps

Fish: None

Shellfish: None

Nutrition Facts

1 servings per container	
Serving size	1 ounces
Amount Per Serving	
Calories	140
% Daily Value*	
Total Fat 16g	21%
Saturated Fat 2.3g	12%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	0%
<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>	

Red Wine Vinaigrette

Ingredients

Red Wine Vinegar, Granulated Garlic, Kosher Salt, Black Pepper, Olive Oil, Xanthum Gum

*1 ounce dressing is, "lightly dressed"