

BROC'N'ROLL

Ingredients

Romaine + Spinach, Pickled Carrots (cumin, red chili flakes, garlic powder, turmeric, mustard powder, paprika, black pepper, coriander, cider vinegar, brown sugar, salt, carrots) Roasted Broccoli (broccoli, olive oil, salt, black pepper), Feta (pasteurized milk, salt, cheese culture, enzymes) Red Grapes, Sunflower Seeds, Mint, Black Pepper

*GLUTEN FREE

Salad

Grain Bowl

Wrap

Nutrition Facts	
1 servings per container	
Serving size	1 salad (304g)
Amount Per Serving	
Calories	360
% Daily Value*	
Total Fat 26g	33%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 690mg	30%
Total Carbohydrate 21g	8%
Dietary Fiber 5g	18%
Total Sugars 9g	
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>	

Nutrition Facts	
1 servings per container	
Serving size	1 grain bowl (729g)
Amount Per Serving	
Calories	730
% Daily Value*	
Total Fat 37g	47%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 1640mg	71%
Total Carbohydrate 174g	63%
Dietary Fiber 27g	96%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 38g	76%
<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 (315g)
Amount Per Serving	
Calories	460
% Daily Value*	
Total Fat 28g	36%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 1290mg	56%
Total Carbohydrate 52g	19%
Dietary Fiber 29g	104%
Total Sugars 8g	
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>	

Common Allergies

Always let us know if you have an allergy before we prepare your salad.

Dairy: Feta

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%
<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 Vini 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"