

ROCKIN' YOUR FEZ OFF

Ingredients

Romaine + Mixed Greens, Quinoa (quinoa, water, olive oil, salt) Harissa Carrot ((carrot, roasted red peppers, lime juice, lime zest, granulated garlic, caraway seeds, cumin, coriander, smoked paprika, salt, sriracha (red peppers, sugar, salt, garlic, distilled vinegar and xanthan gum)) Marinated Garbanzos(garbanzos, dried oregano, granulated garlic, red chile flakes, black pepper, dried parsley, dried chives, red wine vinegar) Golden Raisins (sulfur dioxide) Almonds, Capers (capers, water, salt, vinegar)



Salad

Nutrition Facts

1 servings per container	
Serving size	1 salad (306g)
Amount Per Serving	
Calories	320
<small>% Daily Value*</small>	
Total Fat 8g	10%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 760mg	33%
Total Carbohydrate 56g	20%
Dietary Fiber 12g	43%
Total Sugars 20g	
Includes 0g Added Sugars	0%
Protein 10g	20%

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.

Grain Bowl

Nutrition Facts

1 servings per container	
Serving size	1 grain bowl (738g)
Amount Per Serving	
Calories	700
<small>% Daily Value*</small>	
Total Fat 20g	26%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1690mg	73%
Total Carbohydrate 209g	76%
Dietary Fiber 34g	121%
Total Sugars 19g	
Includes 0g Added Sugars	0%
Protein 33g	66%

Not a significant source of vitamin D, calcium, iron, and potassium

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Wrap

Nutrition Facts

1 servings per container	
Serving size	1 wrap (322g)
Amount Per Serving	
Calories	420
<small>% Daily Value*</small>	
Total Fat 11g	14%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1340mg	58%
Total Carbohydrate 87g	32%
Dietary Fiber 36g	129%
Total Sugars 19g	
Includes 0g Added Sugars	0%
Protein 22g	44%

Not a significant source of vitamin D, calcium, iron, and potassium

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Common Allergies

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

Dairy: Lemon Yogurt

Dressing

Eggs: None

Peanuts: None

Tree Nuts: Almonds

Soy: None

Wheat: Wheat Wraps

Fish: None

Shellfish: None

Nutrition Facts

1 servings per container	
Serving size	1 fl oz (28g)
Amount Per Serving	
Calories	35
<small>% Daily Value*</small>	
Total Fat 2.5g	3%
Saturated Fat 1.1g	6%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 110mg	5%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars < 1g	
Includes 0g Added Sugars	0%
Protein 2g	4%

Not a significant source of vitamin D, calcium, iron, and potassium

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Lemon Yogurt Dressing

Ingredients

Greek yogurt (milk, cream, culture) lemon zest, lemon juice, olive oil, apple cider vinegar, kosher salt, sour cream(Cultured Cream, Contains Less than 2% Of: Whey, Food Starch-Modified (Corn), Sodium Tripolyphosphate, Guar Gum, Carrageenan, Calcium Sulfate, Locust Bean Gum, Potassium Sorbate (a preservative))

*1 ounce dressing is, "lightly dressed"