

## El Sombrero

### Ingredients

Romaine, Grape Tomatoes, Avocado, Fire Roasted Corn, Jalapenos, Black Beans (prepared black beans, water, salt, calcium chloride, ferrous gluconate), Tortilla Chips (stoneground corn masa flour, trace of lime, vegetable oil (canola oil or soybean oil), salt and water), Tillamook White Cheddar (pasteurized milk, salt, culture, enzymes)

**\*HIGH PROTEIN, GLUTEN FREE**



### Salad

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>1 salad</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>560</b>
% Daily Value*	
<b>Total Fat</b> 34g	<b>43%</b>
Saturated Fat 12.4g	62%
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 720mg	<b>31%</b>
<b>Total Carbohydrate</b> 47g	<b>17%</b>
Dietary Fiber 15g	53%
Total Sugars 8g	
Includes 0g Added Sugars	0%
<b>Protein</b> 21g	<b>43%</b>
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	
<b>Serving size</b>	<b>1 wrap (462g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>660</b>
% Daily Value*	
<b>Total Fat</b> 37g	<b>47%</b>
Saturated Fat 12g	60%
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 1330mg	<b>58%</b>
<b>Total Carbohydrate</b> 79g	<b>29%</b>
Dietary Fiber 39g	139%
Total Sugars 8g	
Includes 0g Added Sugars	0%
<b>Protein</b> 33g	<b>66%</b>
Not a significant source of vitamin D, calcium, iron, and potassium	
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### Cilantro-Lime Dressing

#### Ingredients

Olive Oil, Lime Juice, Cilantro, Agave, Balsamic Vinegar (wine vinegar, cooked and concentrated grape must, caramel for color), Granulated Garlic, Jalapeno Powder, Ground Ginger, Kosher Salt, Black Pepper

\*1 ounce dressing is, "lightly dressed"

#### Nutrition Facts

1 servings per container	
<b>Serving size</b>	<b>1 ounce</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>100</b>
% Daily Value*	
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 30mg	<b>1%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 0g	0%
Total Sugars 4g	
Includes 0g Added Sugars	0%
<b>Protein</b> 0g	<b>0%</b>
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.	

### Common Allergies

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

**Dairy:** Local White cheddar

**Eggs:** None

**Peanuts:** None

**Tree Nuts:** None

**Soy:** Tortilla Chips

**Wheat:** Wraps

**Fish:** None

**Shellfish:** None