

ET TU, FRUITÉ

Ingredients

Romaine + Arugula, Cosmic Crisp Apple (apple, ascorbic acid, water) Local White Cheddar (cultured milk, salt, enzymes) Golden Raisins, Grapes, Celery, Candied Walnuts (walnuts, sugar, cinnamon, distilled vinegar)



Salad

Wrap

Lemon Yogurt Dressing

Nutrition Facts

1 servings per container	
Serving size	1 salad (306g)
Amount Per Serving	
Calories	440
	% Daily Value*
Total Fat 22g	28%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 230mg	10%
Total Carbohydrate 52g	19%
Dietary Fiber 6g	21%
Total Sugars 42g	
Includes 0g Added Sugars	0%
Protein 12g	24%
<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 (322g)
Amount Per Serving	
Calories	540
	% Daily Value*
Total Fat 24g	31%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 840mg	37%
Total Carbohydrate 84g	31%
Dietary Fiber 30g	107%
Total Sugars 41g	
Includes 0g Added Sugars	0%
Protein 23g	46%
<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>	

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"

Nutrition Facts

1 servings per container	
Serving size	1 fl oz (28g)
Amount Per Serving	
Calories	35
	% Daily Value*
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%
<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: Lemon Yogurt Dressing, Local White Cheddar

Eggs: None

Peanuts: None

Tree Nuts: Candied Walnuts

Soy: None

Wheat: Wheat Wraps

Fish: None

Shellfish: None