






nutrition facts







salads

GF gluten free
 V vegan
 DF dairy free






Acapulco Ceasar

	Calories	Added Sugar grams	Sodium milligrams	Protein grams	Fiber grams	Vitamin A % daily value	Vitamin C % daily value	Iron % daily value	Calcium % daily value
Totals	430.5	0.125	721.25	9.25	4.78	292%	25%	14%	6%
 Romaine	30	0	14	2	3.6	286%	4%	8%	4%
 Red Onion	11.5	0	1.25	0.25	0.5	0%	3.50%	0.25%	0.75%
 Grape Tomatoes	7	0	2	0.5	0.5	5%	12.50%	1%	0%
 Parmesan	44	0	152	4	0	0%	0%	0%	0%
 Croutons	60	0	160	2	0	0%	0%	4%	0%
<i>Dressing totals based on two 1 oz servings</i>									
Chipotle Lime Caesar Dressing	278	0.125	392	0.5	0.18	0.80%	5%	0.40%	1%

Bluegrass Blackberry GF

	Calories	Added Sugar grams	Sodium milligrams	Protein grams	Fiber grams	Vitamin A % daily value	Vitamin C % daily value	Iron % daily value	Calcium % daily value
Totals	557.5	11.9	375.5	5.2875	5.0025	91.30%	100%	35.75%	20%
 Spring Mix	20	0	95	1	1	90%	50%	20%	8%
 Strawberry	7	0	0.25	0.1375	0.4125	0%	35%	3.75%	0%
 Red Onion	11.5	0	1.25	0.25	0.5	0%	0%	0%	1%
 Feta	41	0	175	2.2	0	1.30%	0%	1%	8%
 Pecans	88	0	0	1.3	1.35	0%	0%	2%	1%
 Apple Chips	75	4	5	0	1.5	0%	13%	0%	0%
<i>Dressing totals based on two 1 oz servings</i>									
Blackberry Sorghum Dressing	315	7.9	99	0.4	0.24	0%	2%	9%	2%

BLT Deluxe










	Calories	Added Sugar grams	Sodium milligrams	Protein grams	Fiber grams	Vitamin A % daily value	Vitamin C % daily value	Iron % daily value	Calcium % daily value
Totals	447	0	1127	15.77	3.54	170%	23%	93%	8%
 Romaine	15	0	7	1	1.8	150%	5%	4%	2%
 Iceberg	12	0	9	1	1	9%	4%	2%	2%
 Grape Tomatoes	7	0	2	0.5	0.5	5%	13%	1%	0%
 Bacon	150	0	641	10.27	0	0%	0%	2%	0%
 Croutons	60	0	160	2	0	0%	0%	4%	0%
<i>Dressing totals based on two 1 oz servings</i>									
Paprika Ranch	203	0	308	1	0.24	6%	1%	80%	4%

nutrition facts




GF gluten free
 V vegan
 DF dairy free

salads








Chicken Taco GF

	Calories	Added Sugar grams	Sodium milligrams	Protein grams	Fiber grams	Vitamin A % daily value	Vitamin C % daily value	Iron % daily value	Calcium % daily value
Totals	528.5	1.13	1032.25	39.58	9.3	189%	56.50%	37.25%	30.75%
 Romaine	15	0	7	1	1.8	148%	5%	4%	2%
 Iceberg	12	0	9	1	1	9%	4%	2%	2%
 Red Onion	11.5	0	1.25	0.25	0.5	0%	3.50%	0.25%	0.75%
 Grape Tomatoes	7	0	2	0.5	0.5	5%	13%	1%	0%
 Black Beans	55	0	230	3.6	4.1	0%	2%	11%	4%
 Cheddar Cheese	55	0	90	3.5	0	3%	0%	0%	10%
 Chicken	151	0	63	26.4	0	0%	0%	6%	1%
 Tortilla Strips	70	0	40	2	0	0%	0%	0%	0%
 Avocado Cream	40	0.35	112	0.37	0.4	2%	2%	7%	2%
<i>Dressing totals based on two 1 oz servings</i>									
Salsa Vinaigrette	112	0.78	478	0.96	1	22%	27%	6%	9%

Chicken Salad/Spring Mix GF DF

Totals	499.5	5.6	458.75	20.4	4.15	45.70%	72.50%	24.50%	18.50%
 Spring Mix	10	0	47	0.5	0.5	45%	25%	10%	4%
 Strawberries	13	0	0.5	0.25	0.75	0%	40%	7%	5%
 Red Onion	11.5	0	1.25	0.25	0.5	0%	3.50%	2.50%	7.50%
 Chicken Salad	465	5.6	410	19.4	2.4	0.70%	4%	5%	2%

Harvest Kale








Totals	530	18	461	13.5	8.7	354%	170%	20%	15%
 Kale	30	0	36	3	3	258%	168%	9%	12%
 Quinoa	56	0	3	2	1.25	0%	0%	3.25%	0.75%
 Parmesan	44	0	152	4	0	0%	0%	0%	0%
 Sweet Potatoes	29	0	18	0.5	1	94%	1%	1%	1%
 Sunflower Seeds	80	0	55	2.5	1.5	0%	0%	3%	1%
 Craisins	70	12	0	0	1.4	0%	0%	0%	0%
 Pita Chips	65	0	135	1.5	0.5	0%	0%	4%	0%
<i>Dressing totals based on two 1 oz servings</i>									
Honey Balsamic	156	6	62	0.02	0.02	1.70%	1.11%	0.06%	0.08%

nutrition facts



GF gluten free
 V vegan
 DF dairy free

salads

Maki Shrimp

	Calories	Added Sugar grams	Sodium milligrams	Protein grams	Fiber grams	Vitamin A % daily value	Vitamin C % daily value	Iron % daily value	Calcium % daily value
Totals	571.5	5	835.25	6.87	11.52	135.75%	196%	20.25%	9.50%
 Spring Mix	10	0	47	0.5	0.5	45%	25%	10%	4%
 Chopped Superfood	30	0	30	2	3	70%	90%	4%	4%
 Avocado	161	0	7	2	6.5	3%	16.50%	3%	1%
 Red Pepper	9	0	1	0.3	0.45	18%	64%	0.50%	0%
 Cucumber	4	0	0.25	0.07	0.07	0.25%	0.005%	0.0025%	0%
 Pickled Ginger	2.5	0	120	0	0	0%	0%	0%	0%
 Nori Make	55	0	200	2	1	0%	0%	3%	0.50%
<i>Dressing totals based on two 1 oz servings</i>									
Sriracha Aioli	300	5	430	0	0	0%	0%	0%	0%

Santorini


Totals	615.5	0	511.5	11.82	9.87	322.50%	103%	21.75%	15.20%
 Romaine	30	0	14	2	3.6	286%	4%	8%	4%
 Red Onion	11.5	0	1.25	0.25	0.5	0%	3.50%	0.25%	0.75%
 Grape Tomatoes	7	0	2	0.5	0.5	5%	12.50%	1%	0%
 Feta	41	0	175	2.2	0	13%	0%	0.50%	7.70%
 Pita Chips	65	0	135	1.5	0.5	0%	0%	4%	0%
 Quinoa	56	0	3	2	1.25	0%	0%	3.25%	0.75%
 Red Peppers	9	0	1	0.3	0.45	18%	64%	0.50%	0%
 Cucumbers	4	0	0.25	0.07	0.07	0.25%	0.005%	0.0025%	0%
 Garbanzo	71	0	180	3	3	0.25%	4%	4%	2%
<i>Dressing totals based on two 1 oz servings</i>									
Olive Oil/Lemon	321	0	0	0	0	0%	14%	0%	0%

nutrition facts

GF gluten free
 V vegan
 DF dairy free









salads

Tuscan

	Calories	Added Sugar grams	Sodium milligrams	Protein grams	Fiber grams	Vitamin A % daily value	Vitamin C % daily value	Iron % daily value	Calcium % daily value
Totals	592.5	0	1478.25	10.4	6.63	182%	98.30%	31.25%	40.25%
 Spinach	18	0	66	3	3	159%	39%	12%	9%
 Red Onion	11.5	0	1.25	0.25	0.5	0%	3.50%	0.25%	0.75%
 Grape Tomatoes	7	0	2	0.5	0.5	5%	12.50%	1%	0%
 Roasted Red Pepper	17	0	120	0.5	0.5	15%	40%	10%	0.2%
 Artichoke Hearts	20	0	215	1	2	1%	3%	2%	0.02%
 Mozzarella	40	0	75	3	0	2%	0%	0%	0.08%
 Olives	70	0	600	0	0	0%	0%	0%	0%
 Croutons	60	0	160	2	0	0%	0%	4%	0%
<i>Dressing totals based on two 1 oz servings</i>									
Tuscan Vinaigrette	349	0	239	0.15	0.13	0%	0.30%	2%	0.005%

Vegan Power

GF
DF
V

	Calories	Added Sugar grams	Sodium milligrams	Protein grams	Fiber grams	Vitamin A % daily value	Vitamin C % daily value	Iron % daily value	Calcium % daily value
Totals	616	0	513.75	16.39	12.29	138.50%	220%	33.50%	19.25%
 Spring Mix	10	0	47	0.5	0.5	45%	25%	10%	4%
 Chopped Superfood	30	0	30	2	3	70%	90%	4%	4%
 Quinoa	56	0	3	2	1.25	0%	0%	3.25%	0.75%
 Grape Tomatoes	7	0	2	0.5	0.5	5%	12.50%	1%	0%
 Red Pepper	9	0	1	0.3	0.45	18%	64%	0.50%	0%
 Edamame	60	0	7.5	5.5	2	0%	20%	7.50%	7.50%
 Cucumber	4	0	0.25	0.07	0.07	0.25%	0.50%	0.25%	0%
 Garbanzo	71	0	180	3	3	0.25%	4%	4%	2%
 Sunflower Seeds	80	0	55	2.5	1.5	0%	0%	3%	1%
<i>Dressing totals based on two 1 oz servings</i>									
Creamy Lemon	289	0	188	0.02	0.02	0%	4%	0%	0%