

MADE TO
ORDER
SALADS

Asian Chicken Salad

Nutrition Facts

Serving Size 4 oz	
Amount Per Serving	
Calories	420
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrates 94g	34%
Dietary Fiber 20g	71%
Sugars 55g	
Protein 11g	
Vitamin D 0mcg	0%
Calcium 440mg	34%
Iron 3.3mg	18%
Potassium 1320mg	28%
Caffeine 0mg	

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

INGREDIENTS: Orange, Mizuna, Jicama, Bell Pepper, Cabbage, Lo Mein Noodles, Sesame Seeds

CONTAINS: Wheat, Sesame, Nightshades

Baby Beet Salad

Nutrition Facts

Serving Size 4 ounce	
Amount Per Serving	
Calories	410
	% Daily Value*
Total Fat 25g	32%
Saturated Fat 10g	50%
Cholesterol 25mg	8%
Sodium 450mg	20%
Total Carbohydrates 35g	13%
Dietary Fiber 10g	36%
Sugars 19g	
Protein 19g	
Vitamin D 0.2mcg	1%
Calcium 220mg	17%
Iron 4.8mg	27%
Potassium 1170mg	25%
Caffeine 0mg	

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INGREDIENTS: Lettuce, Grapefruit, Beet, Goat Cheese, Fennel, Tahini, Pomegranate, Water, Minced Garlic, Salt

CONTAINS: Milk, Sesame, Allium

Baby Black Kale Salad

Nutrition Facts

Serving Size 4 ounce	
Amount Per Serving	
Calories	580
	% Daily Value*
Total Fat 22g	28%
Saturated Fat 6g	30%
Cholesterol 25mg	8%
Sodium 560mg	24%
Total Carbohydrates 89g	32%
Dietary Fiber 13g	46%
Sugars 50g	
Protein 15g	
Vitamin D 0.1mcg	1%
Calcium 340mg	26%
Iron 2.8mg	16%
Potassium 1070mg	23%
Caffeine 0mg	

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INGREDIENTS: Avocado, Baby Kale, Roasted Red Pepper, Red Quinoa, Sweet Potato, Dried Cranberries, Parmesan Cheese, Tomatoes

CONTAINS: Milk, Sulphites / Sulphur Dioxide, Cereals Containing Gluten, Nightshades

Baby Arugula Salad

Nutrition Facts

Serving Size 4 oz	
Amount Per Serving	
Calories	380
	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 2.5g	13%
Cholesterol 15mg	5%
Sodium 170mg	7%
Total Carbohydrates 86g	31%
Dietary Fiber 16g	57%
Sugars 57g	
Protein 10g	
Vitamin D 0.1mcg	1%
Calcium 440mg	34%
Iron 2.2mg	12%
Potassium 1560mg	33%
Caffeine 0mg	

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INGREDIENTS: Orange, English Cucumber, Arugula, Fennel, Cherry Tomatoes, Feta

CONTAINS: Milk, Nightshades

Tabbouleh Salad

Nutrition Facts

Serving Size 4 ounce	
Amount Per Serving	
Calories	260
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrates 43g	16%
Dietary Fiber 6g	21%
Sugars 5g	
Protein 8g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 2.9mg	16%
Potassium 530mg	11%
Caffeine 0mg	

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INGREDIENTS: Red Quinoa, Tomatoes, English Cucumber, Lemon Juice, Olive Oil, Mint

CONTAINS: Cereals Containing Gluten, Nightshades

PROTEINS & DRESSINGS

Grilled Chicken

Nutrition Facts	
Serving Size 4 oz-wt	
Amount Per Serving	
Calories	190
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1g	5%
Cholesterol 95mg	32%
Sodium 85mg	4%
Total Carbohydrates 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 35g	
Vitamin D 0.1mcg	1%
Calcium 20mg	2%
Iron 1.2mg	7%
Potassium 290mg	6%
Caffeine 0mg	

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INGREDIENTS: Chicken Breast

Grilled Salmon

Nutrition Facts	
Serving Size 4 oz	
Amount Per Serving	
Calories	230
	% Daily Value*
Total Fat 14g	18%
Saturated Fat 2.5g	13%
Cholesterol 70mg	23%
Sodium 70mg	3%
Total Carbohydrates 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 25g	
Vitamin D 14.9mcg	75%
Calcium 20mg	2%
Iron 0.4mg	2%
Potassium 440mg	9%
Caffeine 0mg	

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INGREDIENTS: Salmon

CONTAINS: Fish

Roasted Tomato Vinaigrette

Nutrition Facts	
Serving Size 1 oz	
Amount Per Serving	
Calories	230
	% Daily Value*
Total Fat 24g	31%
Saturated Fat 2g	10%
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrates 5g	2%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	1%
Iron 0.4mg	2%
Potassium 250mg	5%
Caffeine 0mg	

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INGREDIENTS: Tomatoes, Vegetable Oil, Extra Virgin Olive Oil, Red Wine Vinegar, Minced Garlic, Dijon

CONTAINS: Soy,Sulphites / Sulphur Dioxide,Mustard,Allium,Nightshades

Blood Orange Poppy Seed Dressing

Nutrition Facts	
Serving Size 1 oz	
Amount Per Serving	
Calories	190
	% Daily Value*
Total Fat 21g	27%
Saturated Fat 1.5g	8%
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrates 1g	0%
Dietary Fiber 0g	0%
Sugars < 1g	
Protein 0g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.2mg	1%
Potassium 30mg	1%
Caffeine 0mg	

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INGREDIENTS: Vegetable Oil, Juice Orange, Blood Orange, Dijon, Shallot, Cider Vinegar, Poppy Seed

CONTAINS: Soy,Mustard,Allium

Sweet Chili Dressing

Nutrition Facts	
Serving Size 1 oz	
Amount Per Serving	
Calories	90
	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 380mg	17%
Total Carbohydrates 14g	5%
Dietary Fiber 0g	0%
Sugars 13g	
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.1mg	1%
Potassium 30mg	1%
Caffeine 0mg	

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INGREDIENTS: Sweet Chilli Sauce, Sesame Oil, Rice Wine Vinegar, Cilantro

CONTAINS: Sulphites / Sulphur Dioxide,Sesame,Nightshades