VERDE
FRESH SALADS & WRAPS

	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	TOTAL CARBOHYDRATE	DIETARY FIBER	SUGARS	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM	IRON
SIGNATURE CREATION BOWLS (Salad dressing included in nutritional values)																
Buffalo Caulipower	502g	430	200	22g	10g	0g	110mg	910mg	18g	7g	8g	40g	560%	60%	35%	20%
Caesar (G)	323g	510	270	30g	4g	0g	80mg	540mg	30g	5g	7g	31g	350%	180%	30%	25%
Caesar, Substitute Roasted Shrimp (G)	301g	440	220	25g	3g	0g	185mg	640mg	26g	4g	6g	30g	300%	150%	30%	25%
Chickpea (G)	369g	470	270	31g	8g	0g	25mg	880mg	36g	6g	4g	17g	350%	20%	20%	20%
Cobb on King	513g	730	440	49g	16g	0g	295mg	1510mg	27g	11g	12g	49g	250%	50%	30%	25%
Farmers Market (V)	366g	330	230	26g	3.5g	0g	0mg	310mg	18g	11g	3g	9g	210%	80%	15%	20%
Fire & Rice	510g	500	170	19g	8g	0g	45mg	940mg	65g	12g	7g	20g	160%	45%	40%	30%
Lentil Giant (V)	496g	590	150	16g	1.5g	0g	0mg	280mg	89g	24g	11g	28g	80%	45%	15%	60%
Mellow Bello (V)	490g	520	230	26g	2.5g	0g	0mg	290mg	53g	13g	8g	27g	270%	80%	25%	40%
Mesa Verde	547g	620	290	33g	3.5g	0g	70mg	410mg	37g	14g	9g	35g	350%	50%	10%	25%
Mesa Verde, Substitute Roasted Shrimp	547g	580	280	31g	2.5g	0g	170mg	590mg	37g	14g	9g	30g	350%	50%	15%	30%
Southern Harvest (G)	320g	510	240	27g	2.5g	0g	75mg	260mg	28g	3g	12g	32g	220%	10%	4%	20%
Whole Wheat Bread, 1 Slice (G)	31g	72	0	0g	0g	0g	0mg	175mg	15g	1g	2g	2g	0%	0%	1%	4%
SIGNATURE CREATION WRAPS (Salad dressing included in nutritional values)																
Buffalo Caulipower	519g	680	240	27g	10g	0g	105mg	1600mg	64g	12g	6g	47g	410%	50%	60%	30%
Caesar (G)	346g	690	260	29g	3g	0g	70mg	1220mg	75g	10g	5g	36g	240%	120%	50%	35%
Caesar, Substitute Roasted Shrimp (G)	329g	680	220	25g	2g	0g	135mg	1490mg	86g	11g	4g	34g	170%	80%	50%	35%
Chickpea (G)	415g	710	300	33g	8g	0g	20mg	1580mg	83g	11g	4g	25g	270%	30%	45%	35%
Cobb on King (G)	587g	970	470	53g	15g	0g	280mg	2150mg	73g	16g	12g	55g	240%	45%	50%	40%
Farmers Market (G, V)	369g	520	240	27g	5g	0g	0mg	910mg	59g	14g	2g	15g	140%	70%	35%	30%
Mesa Verde (G)	595g	870	320	36g	6g	0g	70mg	1100mg	84g	19g	8g	43g	260%	45%	35%	40%
Mesa Verde, Substitute Roasted Shrimp (G)	595g	790	310	34g	5g	0g	105mg	1520mg	85g	19g	8g	29g	270%	45%	40%	35%
Southern Harvest (G)	371g	740	270	31g	2.5g	0g	70mg	970mg	74g	8g	10g	39g	160%	10%	25%	30%
Whole Wheat Wrap (G, V)	104g	290	60	7g	3g	0g	0mg	750mg	50g	6g	0g	9g	0%	0%	25%	15%
HOUSEMADE DRESSINGS																
Agave Mustard (V)	28g	60	20	2.5g	0g	0g	0mg	130mg	10g	0g	8g	0g	0%	4%	0%	0%
Balsamic Vinaigrette	28g	120	110	12g	1g	0g	0mg	50mg	3g	0g	2g	0g	0%	4%	0%	0%
Caesar Dressing	28g	170	160	18g	1.5g	0g	10mg	55mg	1g	0g	0g	1g	0%	2%	2%	0%
Champagne Vinaigrette	28g	120	100	11g	1g	0g	0mg	140mg	5g	0g	4g	0g	0%	2%	0%	0%
Chipotle Lime Vinaigrette	28g	130	110	13g	1g	0g	0mg	200mg	4g	0g	3g	0g	0%	2%	0%	0%
Classic Buttermilk	28g	50	40	4.5g	1g	0g	5mg	100mg	2g	0g	1g	1g	0%	0%	2%	0%
Creamy Poblano	28g	45	35	4g	1g	0g	5mg	100mg	1g	0g	1g	0g	2%	6%	2%	0%
Green Godddess (V)	28g	70	60	7g	1g	0g	0mg	65mg	2g	1g	0g	0g	0%	2%	2%	0%
Miso-Cashew (V)	28g	100	90	10g	1g	0g	0mg	125mg	2g	1g	1g	1g	0%	0%	0%	2%
Lemon Tahini	28g	150	140	16g	1.5g	0g	0mg	80mg	1g	0g	1g	2g	0%	2%	0%	0%
Sweet Tea Vinaigrette	28g	110	70	8g	.5g	0g	0mg	0mg	8g	0g	7g	1g	0%	4%	0%	0%
Turmeric Vinaigrette (V)	28g	120	90	10g	1g	0g	0mg	310mg	8g	0g	7g	0g	0%	0%	0%	2%
SEASONAL SELECTIONS																
I Can't Beleaf It's Not Chicken (V)	328g	500	300	34g	3g	0g	0mg	1050mg	44g	12g	19g	11g	45%	50%	20%	25%
Give Peach a Chance	356g	600	430	47g	12g	0g	50mg	1110mg	24g	6g	17g	24g	180%	60%	25%	25%
Hot Little BBLT (G)	445g	530	310	35g	12g	0.5g	60mg	1470mg	32g	6g	8g	25g	340%	45%	35%	25%

SALAD DRESSING INGREDIENT LIST

AGAVE MUSTARD (V)
- Agave
- Dijon
- Vegenaise
- Garlic Powder

TURMERIC VINAIGRETTE (V)
- Turmeric
- Agave Nectar
- Apple Cider Vinegar
- Salt
- Black Pepper
- Garlic
- Non-GMO Expeller Pressed Canola Oil

LEMON TAHINI
- Tahini
- Water
- Lemon Juice
- Salt
- Sugar
- Non-fat Greek Yogurt
- Scallions
- Greek Seasoning
- Garlic Oil
- Non-GMO Expeller Pressed Canola Oil

GREEN GODDESS (V)
- Parsley
- Vegenaise
- Vegan Sour Cream
- Garlic Oil
- Capers
- Chives
- Tarragon
- Lemon Juice
- Red Wine Vinegar
- Salt
- White Pepper
- Basil

BALSAMIC VINAIGRETTE
- Caramelized Onions
- Balsamic Vinegar
- Lemon Juice
- Salt
- Dry Mustard
- Garlic
- Honey
- Herbs de Provence
- Black Pepper
- Non-GMO Expeller Pressed Canola Oil

CAESAR
- Egg
- Lemon Juice
- Garlic
- Worcestershire Sauce
- Red Pepper flakes
- Dry mustard
- Capers
- Parmesan Cheese
- Salt
- Black Pepper
- Water
- Non-GMO Expeller Pressed Canola Oil

CHIPOTLE LIME VINAIGRETTE
- Rice Wine Vinegar
- Lime Juice
- Garlic clove
- Honey
- Salt
- Cilantro
- Chipotle Peppers
- Non-GMO Expeller Pressed Canola Oil

BUTTERMILK
- Buttermilk
- Sour Cream
- Vegenaise
- White Wine Vinegar
- Sugar
- Garlic Powder
- Garlic Oil
- Ume Vinegar
- Greek Seasoning
- Salt
- Black Pepper
- Cayenne Pepper
- White Pepper
- Soy Lecithin

SWEET TEA VINAIGRETTE
- Sweet Peach Tea
- Apple Cider Vinegar
- Non-fat Greek Yogurt
- Dry Mustard
- Soy Lecithin
- Herbs de Provence
- Non-GMO Expeller Pressed Canola Oil

CREAMY POBLANO
- Poblano Peppers
- Vegenaise
- Sour Cream
- Buttermilk
- Lime Juice
- Garlic
- Green Onion
- Parsley
- Cumin
- Cayenne Pepper
- Salt
- Black Pepper

CHAMPAGNE VINAIGRETTE
- Garlic
- Dijon Mustard
- Champagne Vinegar
- Lemon Juice
- Honey
- Salt
- Black Pepper
- Non-GMO Expeller Pressed Canola Oil

MISO-CASHEW (V)
- Miso Paste
- Raw Cashews
- Lime Juice
- Tamari
- Sesame Oil
- Water
- Garlic
- Non-GMO Expeller Pressed Canola Oil

V - VEGAN

G - CONTAINS GLUTEN