

Classic Blazing Salad Ingredients: Salad greens, cherry tomatoes, kale, shredded red cabbage, carrots
Calories: 43, Serving size: 5 oz., Saturated fat: 0g, Trans fat: 0g, Total fat: 0g, Cholesterol: 0mg,
Sodium: 64mg, Fiber: 3g, Sugar: 0g, Carbohydrates: 8g, Protein: 3, Vitamin A: 10%, Vitamin C: 5%, Calcium: 1%, Iron: 1%,
Net Weight: 5 oz.
House Dressing / Marinade Ingredients: Soybean oil, olive oil, red wine vinegar, lemon juice, oregano, salt, pepper, dry mustard.

CONTAINS: SOY (SOYBEAN OIL)

Calories: 123 per oz., serving size: 2 oz. Saturated fat: 2g, Trans fat: 0g, Total fat: 14g, Cholesterol: 0mg, Sodium: 112mg, Fiber: 0g, Sugar: 0g,
Carbohydrates: 1g, Protein: 0g, Vitamin A: 56%, Calcium: 61%, Iron: 128%

Tabouli Ingredients: Parsley, scallions, cracked wheat, tomatoes, dry mint, olive oil, lemon juice, salt and pepper

CONTAINS: WHEAT (BULGUR CRACKED WHEAT)

Calories: 97, serving size: 2 oz., Saturated fat: 1g, Trans fat: 0g, Total fat: 5.5g, Cholesterol: 0mg,
Sodium: 94.5mg, Fiber: 3g, Sugar: 0g, Carbohydrates: 21g, Protein: 2g,
Vitamin A: 17%, Calcium: 3%, Iron: 14%

Pita Pocket Ingredients: Enriched Unbleached unbromated wheat flour, (flour, malted barley flour, reduced iron, niacin, mononitrate (Vitamin B1), Riboflavin, (Vitamin B12), Folic Acid, Water, Yeast, Salt, Cane Sugar, Calcium Propionate, As Preservative, Soy Flour.

CONTAINS: WHEAT, SOY

Pita Calories: 95, Serving Size 1.45 oz. Fat .1125mg, Cholesterol: 0g, Sodium: 164.25mg, Carbs: 20.25g, Fiber: 1.125g, Sugar: .56g, Protein: 2.63g
NET WEIGHT: 10.45 oz.

Greek Salad Ingredients: Classic Blazing Salad Ingredients: Salad greens, cherry tomatoes, kale, shredded red cabbage, carrots
Calories: 43, Serving size: 5 oz., Saturated fat: 0g, Trans fat: 0g, Total fat: 0g, Cholesterol: 0mg,
Sodium: 64mg, Fiber: 3g, Sugar: 0g, Carbohydrates: 8g, Protein: 3, Vitamin A: 10%, Vitamin C: 5%, Calcium: 1%, Iron: 1%,
Net Weight: 5 oz.

Feta Calories: 70, serving size 2 oz., Kalamata Olives Calories: 30, serving size .65 oz., Hot Cherry Pepper Calories: 4, serving size: 2 oz.

House Dressing / Marinade Ingredients: Soybean oil, olive oil, red wine vinegar, lemon juice, oregano, salt, pepper, dry mustard.

CONTAINS: SOY (SOYBEAN OIL)

Calories: 123 per oz., serving size: 2 oz. Saturated fat: 2g, Trans fat: 0g, Total fat: 14g, Cholesterol: 0mg, Sodium: 112mg, Fiber: 0g, Sugar: 0g,
Carbohydrates: 1g, Protein: 0g, Vitamin A: 56%, Calcium: 61%, Iron: 128%

Tabouli Ingredients: Parsley, scallions, cracked wheat, tomatoes, dry mint, olive oil, lemon juice, salt and pepper

CONTAINS: WHEAT (BULGUR CRACKED WHEAT)

Calories: 97, serving size: 2 oz., Saturated fat: 1g, Trans fat: 0g, Total fat: 5.5g, Cholesterol: 0mg,
Sodium: 94.5mg, Fiber: 3g, Sugar: 0g, Carbohydrates: 21g, Protein: 2g,
Vitamin A: 17%, Calcium: 3%, Iron: 14%

Pita Pocket Ingredients: Enriched Unbleached unbromated wheat flour, (flour, malted barley flour, reduced iron, niacin, mononitrate (Vitamin B1), Riboflavin, (Vitamin B12), Folic Acid, Water, Yeast, Salt, Cane Sugar, Calcium Propionate, As Preservative, Soy Flour.

CONTAINS: WHEAT, SOY

Pita Calories: 95, Serving Size 1.45 oz. Fat .1125mg, Cholesterol: 0g, Sodium: 164.25mg, Carbs: 20.25g, Fiber: 1.125g, Sugar: .56g, Protein: 2.63g
Net Weight: 15 oz.

Veggie Salad Ingredients: Classic Blazing Salad Ingredients: Salad greens, cherry tomatoes, minced broccoli, minced cauliflower, shredded cheddar cheese, kale, shredded red cabbage, carrots
Salad greens Calories: 43, Serving size: 5 oz., Saturated fat: 0g, Trans fat: 0g, Total fat: 0g, Cholesterol: 0mg,
Sodium: 64mg, Fiber: 3g, Sugar: 0g, Carbohydrates: 8g, Protein: 3, Vitamin A: 10%, Vitamin C: 5%, Calcium: 1%, Iron: 1%,
Net Weight: 5 oz.

Broccoli calories: 8, Serving Size: 2 oz., Cauliflower calories: 6, Serving size 2 oz., Avocado Spread calories: 90, Serving size: 2 oz., Cheddar Cheese calories: 220, serving size: 2 oz.

CONTAINS: DAIRY (CHEESE)

Tahini Sauce Dressing Ingredients: Sesame paste (crushed sesame seed paste), lemon juice, water, salt

CONTAINS: SESAME SEED PASTE

Tahini Calories: 82 per oz., Serving size: 2 oz., Saturated fat: 1g, Trans fat: 0g, Total fat: 7g, Cholesterol: 0mg,
Sodium: 25mg, Fiber: 1g, Sugar: 0g, Carbohydrates: 4g, Protein: 2g, Vitamin A: 0%, Calcium: 9%, Iron: 10%

Pita Pocket Ingredients: Enriched Unbleached unbromated wheat flour, (flour, malted barley flour, reduced iron, niacin, mononitrate (Vitamin B1), Riboflavin, (Vitamin B12), Folic Acid, Water, Yeast, Salt, Cane Sugar, Calcium Propionate, As Preservative, Soy Flour.

CONTAINS: WHEAT, SOY

Pita Calories: 95, Serving Size 1.45 oz. Fat .1125mg, Cholesterol: 0g, Sodium: 164.25mg, Carbs: 20.25g, Fiber: 1.125g, Sugar: .56g, Protein: 2.63g
Net Weight: 16.45 oz.

Cobb Salad Ingredients: Salad greens, blazing chicken, egg, crumbled blue cheese, bacon, avocado spread, cherry tomatoes, kale, shredded red cabbage, carrots, pita pocket

Veggie Calories: 43, Serving size: 5 oz., Saturated fat: 0g, Trans fat: 0g, Total fat: 0g, Cholesterol: 0mg,

Sodium: 64mg, Fiber: 3g, Sugar: 0g, Carbohydrates: 8g, Protein: 3, Vitamin A: 10%, Vitamin C: 5%, Calcium: 1%, Iron: 1%,

Blazing Chicken Calories: 160, serving size: 4oz. Total at: 2.66, Cholesterol: 87mg, Sodium: 100mg, Protein: 34.6 g, Vitamin C: 2.67%, Calcium: 2.67%, Iron: 5.3%

CONTAINS: WHEAT, EGGS, DAIRY (CHEESE), SOY (SOYBEAN OIL)

Hard-boiled egg calories: 77, serving size: 1.8,

Bacon Calories: 43, Serving size: .282oz, (1 slice), Sat fat: 1.1g, Poly: .4g, Mono: 1.5g, Cholesterol: 9mg, Sodium: 137mg,

Potassium: 45mg, Carbs: .1 Protein: 3g,

Crumbled blue cheese calories: 165, serving size 2 oz.

Avocado Spread calories: 90, serving size: 2 oz.

House Dressing / Marinade Ingredients: Soybean oil, olive oil, red wine vinegar, lemon juice, oregano, salt, pepper, dry mustard.

Dressing/Marinade Calories: 123 per oz., serving size: 2 oz. Saturated fat: 2g, Trans fat: 0g, Total fat: 14g, Cholesterol: 0mg, Sodium: 112mg,

Fiber: 0g, Sugar: 0g, Carbohydrates: 1g, Protein: 0g, Vitamin A: 56%, Calcium: 61%, Iron: 128%

Pita Pocket Ingredients: Enriched Unbleached unbromated wheat flour, (flour, malted barley flour, reduced iron, niacin, mononitrate (Vitamin B1), Riboflavin, (Vitamin B12), Folic Acid, Water, Yeast, Salt, Cane Sugar, Calcium Propionate, As Preservative, Soy Flour.

CONTAINS: WHEAT, SOY

Pita Pocket Calories: 95, Serving Size 1.45 oz. Fat .1125mg, Cholesterol: 0g, Sodium: 164.25mg, Carbs: 20.25g, Fiber: 1.125g,

Sugar: .56g, Protein: 2.63g

Net Weight: 18.53 oz.

Tuna Salad Ingredients: Classic Blazing Salad Ingredients: Salad greens, cherry tomatoes, kale, shredded red cabbage, carrots

Salad greens Calories: 43, Serving size: 5 oz., Saturated fat: 0g, Trans fat: 0g, Total fat: 0g, Cholesterol: 0mg,

Sodium: 64mg, Fiber: 3g, Sugar: 0g, Carbohydrates: 8g, Protein: 3, Vitamin A: 10%, Vitamin C: 5%, Calcium: 1%, Iron: 1%,

Net Weight: 5 oz.

Tuna Salad Ingredients: All white albacore tuna salad (Hellman's Mayo, diced celery),

Tuna Calories: 252, serving size: 4oz.

CONTAINS: FISH (TUNA)

House Dressing / Marinade Ingredients: Soybean oil, olive oil, red wine vinegar, lemon juice, oregano, salt, pepper, dry mustard.

CONTAINS: SOY (SOYBEAN OIL)

Dressing Calories: 123 per oz., serving size: 2 oz. Saturated fat: 2g, Trans fat: 0g, Total fat: 14g, Cholesterol: 0mg, Sodium: 112mg, Fiber: 0g,

Sugar: 0g, Carbohydrates: 1g, Protein: 0g, Vitamin A: 56%, Calcium: 61%, Iron: 128%

Tabouli Ingredients: Parsley, scallions, cracked wheat, tomatoes, dry mint, olive oil, lemon juice, salt and pepper

CONTAINS: WHEAT (BULGUR CRACKED WHEAT)

Tabouli Calories: 97, serving size: 2 oz., Saturated fat: 1g, Trans fat: 0g, Total fat: 5.5g, Cholesterol: 0mg,

Sodium: 94.5mg, Fiber: 3g, Sugar: 0g, Carbohydrates: 21g, Protein: 2g,

Vitamin A: 17%, Calcium: 3%, Iron: 14%

Pita Pocket Ingredients: Enriched Unbleached unbromated wheat flour, (flour, malted barley flour, reduced iron, niacin, mononitrate (Vitamin B1), Riboflavin, (Vitamin B12), Folic Acid, Water, Yeast, Salt, Cane Sugar, Calcium Propionate, As Preservative, Soy Flour.

CONTAINS: WHEAT, SOY

Pita Calories: 95, Serving Size 1.45 oz. Fat .1125mg, Cholesterol: 0g, Sodium: 164.25mg, Carbs: 20.25g, Fiber: 1.125g, Sugar: .56g, Protein: 2.63g

NET WEIGHT: 14.45 oz.

Cranberry Chicken Ingredients: Classic Blazing Salad Ingredients: Salad greens, cherry tomatoes, kale, shredded red cabbage, carrots

Salad greens Calories: 43, Serving size: 5 oz., Saturated fat: 0g, Trans fat: 0g, Total fat: 0g, Cholesterol: 0mg,

Sodium: 64mg, Fiber: 3g, Sugar: 0g, Carbohydrates: 8g, Protein: 3, Vitamin A: 10%, Vitamin C: 5%, Calcium: 1%, Iron: 1%,

Net Weight: 5 oz.

Cranberry Chicken Salad Ingredients: Marinated Chicken, Hellman's Mayo, Dried Cranberries, Black Peppercorn,

Chicken Calories: 279, serving size: 4oz.

House Dressing / Marinade Ingredients: Soybean oil, olive oil, red wine vinegar, lemon juice, oregano, salt, pepper, dry mustard.

CONTAINS: SOY (SOYBEAN OIL)

Calories: 123 per oz., serving size: 2 oz. Saturated fat: 2g, Trans fat: 0g, Total fat: 14g, Cholesterol: 0mg, Sodium: 112mg, Fiber: 0g, Sugar: 0g,

Carbohydrates: 1g, Protein: 0g, Vitamin A: 56%, Calcium: 61%, Iron: 128%

Tabouli Ingredients: Parsley, scallions, cracked wheat, tomatoes, dry mint, olive oil, lemon juice, salt and pepper

CONTAINS: WHEAT (BULGUR CRACKED WHEAT)

Calories: 97, serving size: 2 oz., Saturated fat: 1g, Trans fat: 0g, Total fat: 5.5g, Cholesterol: 0mg,

Sodium: 94.5mg, Fiber: 3g, Sugar: 0g, Carbohydrates: 21g, Protein: 2g,

Vitamin A: 17%, Calcium: 3%, Iron: 14%

Pita Pocket Ingredients: Enriched Unbleached unbromated wheat flour, (flour, malted barley flour, reduced iron, niacin, mononitrate (Vitamin B1), Riboflavin, (Vitamin B12), Folic Acid, Water, Yeast, Salt, Cane Sugar, Calcium Propionate, As Preservative, Soy Flour.

CONTAINS: WHEAT, SOY

Pita Calories: 95, Serving Size 1.45 oz. Fat .1125mg, Cholesterol: 0g, Sodium: 164.25mg, Carbs: 20.25g, Fiber: 1.125g, Sugar: .56g, Protein: 2.63g

NET WEIGHT: 14.45 oz.

Salad Nicoise Ingredients: Baby spinach, kale, dry all white albacore tuna, hard-boiled egg, cherry tomatoes, salt, Black Peppercorn,
Greens & Tuna Calories: 92, serving size 9.5 oz. Saturated fat: 0g, Trans fat: 0g, Total fat: .5g, Cholesterol: 20mg, Sodium: 190mg, Fiber: 10g,
Sugar: 5g, Carbohydrates: 0g, Protein: 13g, Vitamin A: %, Calcium: %, Iron: %
Egg Calories: 77, Serving size: 1 egg, 1.8 oz. Saturated fat: 0g, Trans fat: 0g, Total fat: 0g, Cholesterol: 212mg,
Sodium: 62mg, Fiber: 0g, Sugar: 0g, Carbohydrates: 0g, Protein: 6g, Vitamin A: 6%, Calcium: 2%, Iron: 3%
CONTAINS: FISH (TUNA), EGGS

Dressing Ingredients: Red Wine Vinegar, Olive Oil,
Dressing Calories: 250, serving size: 3 oz.

Pita Pocket Ingredients: Enriched Unbleached unbromated wheat flour, (flour, malted barley flour, reduced iron, niacin, mononitrate (Vitamin B1), Riboflavin, (Vitamin B12), Folic Acid, Water, Yeast, Salt, Cane Sugar, Calcium Propionate, As Preservative, Soy Flour.

CONTAINS: WHEAT, SOY

Pita Calories: 95, Serving Size 1.45 oz. Fat .1125mg, Cholesterol: 0g, Sodium: 164.25mg, Carbs: 20.25g, Fiber: 1.125g, Sugar: .56g, Protein: 2.63g
Net Weight: 15.75 oz.

Caesar Salad Ingredients: Romaine, Cherry Tomatoes. Fresh Grated Parmesan Cheese, Pita Pocket

Romaine & Tomatoes Calories: 53, serving size: 8oz,

Fresh Grated Parmesan Cheese Calories: 63, Serving size: 3oz, Fat: 4.5g, Carbs: .6g, Protein: 5.7g,

CONTAINS: FISH, DAIRY (CHEESE)

Ken's Caesar Dressing Calories: 260, Serving size: 2 oz. Saturated fat: 5g, Trans .6, fat: 0g, Total fat: 26g,

Pita Pocket Ingredients: Enriched Unbleached unbromated wheat flour, (flour, malted barley flour, reduced iron, niacin, mononitrate (Vitamin B1), Riboflavin, (Vitamin B12), Folic Acid, Water, Yeast, Salt, Cane Sugar, Calcium Propionate, As Preservative, Soy Flour.

CONTAINS: WHEAT, SOY

Pita Calories: 95, Serving Size 1.45 oz. Fat .1125mg, Cholesterol: 0g, Sodium: 164.25mg, Carbs: 20.25g, Fiber: 1.125g, Sugar: .56g, Protein: 2.63g
Net Weight: 14.45 oz.

Steve's Favorite Combo Ingredients: 2 hard-boiled eggs, all white albacore tuna salad (Hellman's mayo, diced celery), cherry tomatoes

CONTAINS: EGG, FISH (TUNA), SOY

Tuna Salad Calories: 252, serving size: 4oz. Fat: 27g, Cholesterol: 42mg, Sodium: 483, Potassium: 250mg, Protein: 20g, Vitamin A: 12%, Vitamin C: 6%, Calcium: 6%, Iron: 329%

Egg Calories: 154, serving size: 2 eggs: 3.6oz, Tuna calories: 252, serving size: 4oz. Cherry tomatoes calories: 15, serving size: 1.5oz

Cherry Tomatoes Calories: 15, serving size: 2oz (5-8 tomatoes), Potassium: 200mg,

Net Weight: 9.6 oz.

Hummus, Salted Pita Chips Ingredients: Hummus (4oz), pita chips (2.5oz), canola oil, salt,

Hummus Ingredients: chick peas, tahini paste (crushed sesame paste), lemon juice, water, garlic in water, salt

Hummus Calories: 42, serving size: 1 oz. Saturated fat: 0g, Trans fat: 0g, Total fat: 2g, Cholesterol: 0mg,

Sodium: 100mg, Fiber: 0g, Sugar: 1g, Carbohydrates: 5g, Protein: 2g, Vitamin A: 0%, Calcium: 4%, Iron: 602%

CONTAINS: NUTS, WHEAT, SESAME SEED PASTE, CANOLA OIL, SOY

Salted Pita Chips Calories: 130, serving size: 1 oz., (8 pieces), Saturated fat: 1g, Trans fat: 0g, Total fat: 5g, Cholesterol: 0mg,

Sodium 860mg: Fiber: 1g, Sugar: 1g, Carbohydrates: 19g, Protein: 3g,

Vitamin A: 0%, Calcium: 0%, Iron: 4%

CONTAINS: WHEAT, SOY,

Pita Ingredients: Enriched Unbleached unbromated wheat flour, (flour, malted barley flour, reduced iron, niacin, mononitrate (Vitamin B1), Riboflavin, (Vitamin B12), Folic Acid, Water, Yeast, Salt, Cane Sugar, Calcium Propionate, As Preservative, Soy Flour.

Net Weight: 6.5 oz.

Hummus Ingredients: chick peas, tahini paste (crushed sesame paste), lemon juice, water, garlic in water, salt

CONTAINS: NUTS, SESAME SEED PASTE

Hummus Calories: 42, serving size: 1 oz. (2 TABLESPOONS) Saturated fat: 0g, Trans fat: 0g, Total fat: 2g, Cholesterol: 0mg,

Sodium: 100mg, Fiber: 0g, Sugar: 1g, Carbohydrates: 5g, Protein: 2g,

Vitamin A: 0%, Calcium: 4%, Iron: 602%

Net Weight: 6 oz.

Veggie Stick, Dip, Salted Pita Chips Ingredients: Carrots, celery, cherry tomatoes, avocado spread, pita bread, canola oil, salt
Assorted veggies: 6oz, Avocado Spread calories: 90, serving size: 2 oz., Pita chips: 2.5oz.
Salted Pita Chips Ingredients: Pita bread, salt, canola oil

CONTAINS: CANOLA OIL

Salted Pita Chips Calories: 130, serving size: 1 oz., (8 pieces), Saturated fat: 1g, Trans fat: 0g, Total fat: 5g, Cholesterol: 0mg,
Sodium 860mg: Fiber: 1g, Sugar: 1g, Carbohydrates: 19g, Protein: 3g,
Vitamin A: 0%, Calcium: 0%, Iron: 4%

CONTAINS: WHEAT, SOY,

Pita Ingredients: Enriched Unbleached unbromated wheat flour, (flour, malted barley flour, reduced iron, niacin, mononitrate (Vitamin B1),
Riboflavin, (Vitamin B12), Folic Acid, Water, Yeast, Salt, Cane Sugar, Calcium Propionate, As Preservative, Soy Flour.

CONTAINS: WHEAT, SOY

Net Weight: 10.5 oz.

Blazing Chicken Ingredients: House marinated chicken breast:

Calories: 120, serving size: 3oz. Total fat: 2g, Cholesterol: 65mg, Sodium: 75mg, Protein: 26g, Vitamin C: 27%, Calcium: 2%, Iron: 4%

House Dressing / Marinade Ingredients: Soybean oil, olive oil, red wine vinegar, lemon juice, oregano, salt, pepper, dry mustard.

CONTAINS: SOY (SOYBEAN OIL)

Calories Dressing/Marinade: 61.5 per .5 oz., serving size: .5 oz. Saturated fat: 1g, Trans fat: 0g, Total fat: 7g, Cholesterol: 0mg, Sodium: 56mg,
Fiber: 0g, Sugar: 0g, Carbohydrates: .5g, Protein: 0g, Vitamin A: 28%, Calcium: 35%, Iron: 64%

Net Weight: 3 oz.

Blazing Chicken Ingredients: House marinated chicken breast:

Calories: 160, serving size: 4oz. Total at: 2.66, Cholesterol: 87mg, Sodium: 100mg, Protein: 34.6 g, Vitamin C: 2.67%, Calcium: 2.67%, Iron: 5.3%

House Dressing / Marinade Ingredients: Soybean oil, olive oil, red wine vinegar, lemon juice, oregano, salt, pepper, dry mustard.

CONTAINS: SOY (SOYBEAN OIL)

Calories Dressing/Marinade: 61.5 per .5 oz., serving size: .5 oz. Saturated fat: 1g, Trans fat: 0g, Total fat: 7g, Cholesterol: 0mg, Sodium: 56mg,
Fiber: 0g, Sugar: 0g, Carbohydrates: .5g, Protein: 0g, Vitamin A: 28%, Calcium: 35%, Iron: 64%

Net Weight: 4 oz.

Blazing Chicken Ingredients: House marinated chicken breast:

Calories: 160, serving size: 5oz. Total fat: 3.33g, Cholesterol: 108.3mg, Sodium: 125mg, Protein: 43.3g, Vitamin C: 3.3%, Calcium: 3.3%, Iron: 6.6%

House Dressing / Marinade Ingredients: Soybean oil, olive oil, red wine vinegar, lemon juice, oregano, salt, pepper, dry mustard.

CONTAINS: SOY (SOYBEAN OIL)

Calories Dressing/Marinade: 61.5 per .5 oz., serving size: .5 oz. Saturated fat: 1g, Trans fat: 0g, Total fat: 7g, Cholesterol: 0mg, Sodium: 56mg,
Fiber: 0g, Sugar: 0g, Carbohydrates: .5g, Protein: 0g, Vitamin A: 28%, Calcium: 35%, Iron: 64%

Net Weight: 5 oz.

Hummus & Tabouli Wheat Wrap Ingredients: Hummus, salad greens, feta cheese, Kalamata olives, tabouli, cherry tomatoes, wheat wrap

Classic Blazing Salad Ingredients: Salad greens, cherry tomatoes, kale, shredded red cabbage, carrots

Salad Greens Calories: 21.5, Serving size: 2.5 oz., Saturated fat: 0g, Trans fat: 0g, Total fat: 0g, Cholesterol: 0mg,

Sodium: 32mg, Fiber: 1.5g, Sugar: 0g, Carbohydrates: 4g, Protein: 1.5, Vitamin A: 5%, Vitamin C: 2.5%, Calcium: 1%, Iron: 1%,

Net Weight: 2.5 oz.

Feta Calories: 70, serving size 2 oz., Kalamata Olives Calories: 30, serving size .65 oz.

CONTAINS: DAIRY (FETA CHEESE), NUTS, SESAME SEED PASTE

Hummus Calories: 42, serving size: 1 oz. Saturated fat: 0g, Trans fat: 0g, Total fat: 2g, Cholesterol: 0mg,

Sodium: 100mg, Fiber: 0g, Sugar: 1g, Carbohydrates: 5g, Protein: 2g,

Vitamin A: 0%, Calcium: 4%, Iron: 602%

Vitamin A: 130%, Calcium: 47%, Iron: 73%,

Tabouli Ingredients: Parsley, scallions, cracked wheat, tomatoes, dry mint, olive oil, lemon juice, salt and pepper

CONTAINS: WHEAT (BULGUR CRACKED WHEAT)

Tabouli Calories: 97, serving size: 2 oz., Saturated fat: 1g, Trans fat: 0g, Total fat: 5.5g, Cholesterol: 0mg,

Sodium: 94.5mg, Fiber: 3g, Sugar: 0g, Carbohydrates: 21g, Protein: 2g,

Vitamin A: 17%, Calcium: 3%, Iron: 14%

Wheat Wrap Calories: 240, serving size: 3 3/10 oz. Total Fat: 6g, Sodium: 330, Carbs: 39g, Fiber4g, Protein: 8g, Calcium: 6%, Iron: 10%

CONTAINS: WHEAT

Net Weight: 11.45 oz.

Cranberry Chicken & Hummus Wheat wrap Ingredients: Salad greens, hummus, wheat wrap

Classic Blazing Salad Ingredients: Salad greens, cherry tomatoes, kale, shredded red cabbage, carrots

Salad Greens Calories: 21.5, Serving size: 2.5 oz., Saturated fat: 0g, Trans fat: 0g, Total fat: 0g, Cholesterol: 0mg,

Sodium: 32mg, Fiber: 1.5g, Sugar: 0g, Carbohydrates: 4g, Protein: 1.5, Vitamin A: 5%, Vitamin C: 2.5%, Calcium: 1%, Iron: 1%,

Cranberry Chicken Salad Ingredients: Marinated Chicken, Hellman's Mayo, Dried Cranberries, Black Peppercorn,

Chicken Calories: 279, serving size: 4oz.

CONTAINS: DAIRY NUTS, SESAME SEED PASTE

Hummus Calories: 84, serving size: 2 oz. Saturated fat: 0g, Trans fat: 0g, Total fat: 4g, Cholesterol: 0mg,

Sodium: 200mg, Fiber: 0g, Sugar: 2g, Carbohydrates: 10g, Protein: 4g,

Vitamin A: 0%, Calcium: 8%, Iron: 1204%

Vitamin A: 260%, Calcium: 94%, Iron: 146%,

Wheat Wrap Calories: 240, serving size: 3 3/10 oz. Total Fat: 6g, Sodium: 330, Carbs: 39g, Fiber4g, Protein: 8g, Calcium: 6%, Iron: 10%

CONTAINS: WHEAT

Net Weight: 11.33 oz.

Turkey & Swiss Wheat Wrap Ingredients: Roasted turkey, cheddar cheese, greens, tomatoes, ranch dressing, wheat wrap

Salad greens, cherry tomatoes, kale, shredded red cabbage, carrots

Salad Greens Calories: 21.5, Serving size: 2.5 oz., Saturated fat: 0g, Trans fat: 0g, Total fat: 0g, Cholesterol: 0mg,

Sodium: 32mg, Fiber: 1.5g, Sugar: 0g, Carbohydrates: 4g, Protein: 1.5, Vitamin A: 5%, Vitamin C: 2.5%, Calcium: 1%, Iron: 1%,

Turkey Calories: 200, Serving size: 4oz, total fat: 2g, Cholesterol: 40g, Sodium: 840, Carbs: 2g, Protein: 20g

Swiss cheese Calories: 96, serving size: 2oz, total fat: 4g, Cholesterol: 12mg, Sodium: 342mg, Potassium: 36mg, Carbs: 1g, Sugar: .2g,

Protein: 13.6 g Vitamin A: 2%, Calcium: 24%, Iron: 2%, Tomatoes calories: 15,

Ranch Dressing Calories: 140, serving size: 1oz, total fat: 14g, Sat fat: 2.5, Cholesterol: 10mg, Sodium: 260mg, CARBS: 2G, Sugar: 1g Protein: 1g,

Vitamin C: 2%, Calcium: 2%

CONTAINS: DAIRY (CHEESE)

Wheat Wrap Calories: 240, serving size: 3 3/10 oz. Total Fat: 6g, Sodium: 330, Carbs: 39g, Fiber4g, Protein: 8g, Calcium: 6%, Iron: 10%

CONTAINS: WHEAT

Net Weight: 14.30 oz.

Tuna Salad Sandwich Ingredients: Romaine, all white albacore tuna salad (Hellman’s Mayo, diced celery), sandwich bread, cherry tomatoes
Tuna Salad Calories: 252, serving size: 4oz. Fat: 27g, Cholesterol: 42mg, Sodium: 483, Potassium: 250mg, Protein: 20g, Vitamin A: 12%, Vitamin C: 6%, Calcium: 6%, Iron: 329%
Romaine & Cherry Tomatoes Calories: 20, serving size: 2.5oz
CONTAINS: FISH (TUNA)
Club Bread Calories: 140, serving size: 2 slices, 2oz, Fat: 1g, Sodium: 250mg, Carbs: 26g, Fiber: 1g, Sugars: 1g, Protein: 2g, Calcium: 2%, Iron: 4%
Tuna Salad
Net Weight: 8.5 oz.

Turkey & Brie Ciabatta Ingredients: Roasted Turkey, brie, fig spread, romaine & cherry tomatoes, ciabatta roll
Turkey Calories: 200, Serving size: 4oz, total fat: 2g, Cholesterol: 40g, Sodium: 840, Carbs: 2g, Protein: 20g
Brie Calories: 196, serving size: 2oz, Fat: 17.56g, Sat fat: 12.46g, Sodium: 272mg, Protein: 9.63g
CONTAINS: WHEAT, DAIRY (CHEESE), SEED (FIG)
Ciabatta Roll Calories: 210, serving size: 1 roll 3.74oz, Fat: 2.5, Sodium: 510mg, Carbs: 40g, Fiber: 1g, Sugar: 1g, Protein: 7g, Vitamin A: 6%, Calcium: 2%, Iron: 20%
Romaine & Cherry Tomatoes Calories: 20, serving size: 2.5oz
Fig Spread Calories: 60, Serving size: .5oz (1 TABLESPOON), Sodium: 25mg, Carbs: 15g, Sugar: 14g, Iron: 2%
Net Weight: 12.74 oz.

Caprese Ciabatta Ingredients: Fresh mozzarella, tomatoes, fresh basil, pesto sauce, balsamic vinegar, ciabatta roll
CONTAINS: DAIRY (CHEESE), NUTS
Mozzarella Calories: 210, serving size: 3oz, Fat: 5g, Cholesterol: 10mg, Sodium: 40mg, Protein: 6g, Vitamin A: 4%
Tomatoes & Basil Calories: 3—4 slices, 2Tablespoons, 5.3oz, Sodium: 6mg, Carbs: 5g, Fiber: 1g, Sugar: 3g, Protein: 1g, Vitamin A: 20%, Vitamin C: 26%, Calcium: 1%, Iron: 2%
Pesto Calories: 80, Serving size: .5oz (1 Tablespoon), Fat: 7.51g, Sat: 1.94g, Poly: .67g, Mono: 4.6g, Cholesterol: 6mg, Sodium: 105mg, Potassium: 30mg, Carbs: .76g, Fiber: 0.2g, Sugar: .12g, Protein: 2.71g, Vitamin A: 2%, Vitamin C: 2%, Calcium: 9%, Iron: 2%
Balsamic Vinegar Calories: 49.77, serving size: 2oz, Sodium: 13mg, Carbs: 9.55, Sugar: 8.44g, Protein: 0.22g, Calcium: 1.55%, Iron: 2.22%
CONTAINS: WHEAT
Ciabatta Roll Calories: 210, serving size: 1 roll 3.74oz, Fat: 2.5, Sodium: 510mg, Carbs: 40g, Fiber: 1g, Sugar: 1g, Protein: 7g, Vitamin A: 6%,
Net Weight: 11.84 oz.

Tahini Sauce Ingredients: Sesame paste (crushed sesame seed paste), lemon juice, water, salt
CONTAINS: NUTS, SESAME SEED PASTE
Calories: 82, Serving size: 1 oz., Saturated fat: 1g, Trans fat: 0g, Total fat: 7g, Cholesterol: 0mg, Sodium: 25mg, Fiber: 1g, Sugar: 0g, Carbohydrates: 4g, Protein: 2g, Vitamin A: 0%, Calcium: 9%, Iron: 10%
Net Weight: 2 oz. (4 TABLESPOONS)

House Dressing / Marinade Ingredients: Soybean oil, olive oil, red wine vinegar, lemon juice, oregano, salt, pepper, dry mustard.

CONTAINS: SOY (SOYBEAN OIL)

Dressing/Marinade Calories: 125, Saturated fat: 2g, Trans fat: 0g, Total fat: 14g, Cholesterol: 0mg,

Sodium: 112mg, Fiber: 0g, Sugar: 0g, Carbohydrates: 1g, Protein: 0g,

Vitamin A: 56%, Calcium: 31%, Iron: 128%

Net Weight: 1 oz. (2 TABLESPOONS)

Greek Yogurt Parfait w/ Fresh Fruit & Granola Ingredients: Greek Yogurt, blueberries, strawberries, granola

CONTAINS: DAIRY, NUTS, WHEAT, SEEDS

Calories: 417, serving size: 8oz yogurt, 2oz nature valley granola, 2oz strawberries, 1oz blueberries, Total fat: 2g, Cholesterol: 0mg, Sodium: 310,

Potassium: 160, Fiber: 3g, Sugar: 46g, Carbohydrates: 73g, Protein: 25g, Vitamin C: 41%, Calcium: 29%, Iron: 6%,

Net Weight: 13 oz.

Cinnamon Pita Chips Ingredients: Pita Bread, Cinnamon, sugar, canola oil

CONTAINS: WHEAT

Calories: 150, serving size: 1oz, (8 pieces), Saturated fat: 1g, Total fat: 6g, Cholesterol: 0mg, Sodium: 100mg, Fiber: 0g, Sugar: 13g,

Carbohydrates: 21g, Protein: 2g, Vitamin A: 0%, Calcium: 0%, Iron: 4%

Net Weight: 1 oz.

Salted Pita Chips Ingredients: Pita bread, salt, canola oil

CONTAINS: CANOLA OIL

Calories: 150, serving size: 1 oz., (8 pieces), Saturated fat: 1g, Trans fat: 0g, Total fat: 5g, Cholesterol: 0mg,

Sodium 860mg: Fiber: 1g, Sugar: 1g, Carbohydrates: 19g, Protein: 3g,

Vitamin A: 0%, Calcium: 0%, Iron: 4%

Net Weight: 1 oz.

Daddy's Baklava Ingredients: Filo dough, walnuts, butter, sugar, lemon juice, orange juice, water, cinnamon sticks

CONTAINS: DAIRY, NUTS, WHEAT, EGGS

Calories: 200, Saturated fat: 3g, Trans fat: 0g, Total fat: 13g, Cholesterol: 10mg,

Sodium: 35mg, Fiber: 2g, Sugar: 10g, Carbohydrates: 19g, Protein: 3g,

Vitamin A: 4%, Calcium: 0%, Iron: 4%

Net Weight: 1.5 oz.

Chocolate Chip Cookies Ingredients: **INGREDIENTS:** enriched wheat flour (wheat, barley, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, chocolate chunks (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla, salt), brown sugar, vegetable oil blend (palm fruit, soybean and olive oils, water, salt, non-fat milk, mono and diglycerides, soy lecithin, potassium sorbate as a preservative, natural and artificial flavor, vitamin A palmitate, beta carotene color), butter, eggs, invert sugar, soy flour, salt, baking soda, natural vanilla flavor.

CONTAINS: EGGS, WHEAT, DAIRY, SOY,

Calories: 190, Serving size: 1.5oz, Saturated fat: .5g, Total fat: 9g, Cholesterol: 20mg,

Sodium: 105mg, Fiber: .1g, Sugar: 16g, Carbohydrates: 26g, Protein: 2g,

Vitamin A: 4%, Calcium: 2%, Iron: 10%,

Net Weight: 1.5oz