

VERDE NUTRITION GUIDE

VERDE SIGNATURE CREATIONS*	Serving Size	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugar	Protein	Calcium	Iron
Bowled Buddha (V)	344g	670	260	29g	3g	0g	0mg	1160mg	92g	18g	17g	16g	20%	30%
Feelin' Saucy (V)	583g	390	200	24g	4.5g	0g	0mg	2570mg	36g	11g	12g	8g	25%	20%
Caesar (G)	323g	510	270	30g	4g	0g	80mg	540mg	30g	5g	7g	31g	30%	25%
Chickpea (G)	369g	470	270	31g	8g	0g	25mg	880mg	36g	6g	4g	17g	20%	20%
Carolina Cobb	513g	730	440	49g	16g	0g	295mg	1510mg	27g	11g	12g	49g	30%	25%
Sesame Chicken	549g	540	340	38g	4.5g	0g	70mg	700mg	30g	15g	11g	35g	15%	25%
Farmers Market (V)	384g	430	280	31g	3g	0g	0mg	1240mg	30g	12g	8g	11g	20%	25%
Avo Toast (G)	485g	660	380	48g	12g	0g	205mg	1630mg	39g	12g	8g	24g	25%	30%
Unbelievable Burger Bowl (V)	1233g	430	240	27g	4.5g	0g	0mg	980mg	39g	16g	9g	12g	20%	30%
Mesa Verde	575g	560	260	29g	3.5g	0g	60mg	770mg	45g	15g	11g	32g	10%	30%
Of Rice and Hen	569g	680	260	28g	8g	0g	85mg	360mg	67g	8g	10g	38g	30%	25%
Southern Harvest (G)	320g	510	240	27g	2.5g	0g	75mg	260mg	28g	3g	12g	32g	4%	20%
Whole Wheat Bread, 1 Slice (G)	31g	72	0	0g	0g	0g	0mg	175mg	15g	1g	2g	2g	1%	4%
Whole Wheat Wrap (G, V)	104g	290	60	7g	3g	0g	0mg	750mg	50g	6g	0g	9g	25%	15%

*Salad Dressing Values are included in the Signature Creation Nutrition Info

HOUSEMADE DRESSINGS	Serving Size	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugar	Protein	Calcium	Iron
Agave Mustard (V)	28g	60	20	2.5g	0g	0g	0mg	130mg	10g	0g	8g	0g	0%	0%
Balsamic Vinaigrette (V)	28g	140	130	14g	1g	0g	0mg	55mg	2g	0g	2g	0g	0%	0%
Caesar Dressing	28g	170	160	18g	1.5g	0g	10mg	55mg	1g	0g	0g	1g	2%	0%
Citrus Vinaigrette (V)	28g	130	100	14g	1g	0g	0mg	110mg	2g	0g	<1g	0g	0%	0%
Chipotle Lime Vinaigrette	28g	130	110	13g	1g	0g	0mg	200mg	4g	0g	3g	0g	0%	0%
Herb Ranch (V)	28g	120	100	12g	.5g	0g	0mg	135mg	0g	0g	1g	0g	0%	0%
Green Goddess (V)	28g	70	60	7g	1g	0g	0mg	65mg	2g	1g	0g	0g	2%	0%
Lemon Tahini	28g	150	140	16g	1.5g	0g	0mg	80mg	1g	0g	1g	2g	0%	0%
Thousand Island Dressing (V)	28g	110	100	11g	0.5g	0g	0mg	220mg	1g	0g	<1g	0g	0%	0%
Sesame-Ginger	28g	150	130	14g	1g	0g	0mg	350mg	5g	0g	5g	1g	0%	2%
Sweet Tea Vinaigrette	28g	110	70	8g	.5g	0g	0mg	0mg	8g	0g	7g	1g	0%	0%
Turmeric Vinaigrette (V)	28g	120	90	10g	1g	0g	0mg	310mg	8g	0g	7g	0g	0%	2%

HOUSEMADE DRESSING INGREDIENTS

BALSAMIC VINAIGRETTE (V)
 Caramelized Onions
 Balsamic Vinegar
 Lemon Juice
 Salt
 Pepper
 Dry Mustard
 Garlic
 Sugar
 Herbs de Provence
 Non-GMO Expeller Pressed Canola Oil

CITRUS VINAIGRETTE (V)
 Lemon Juice
 White Vinegar
 Garlic
 Sugar
 Salt
 Parsley
 Black Pepper
 Mustard Seed
 Chives
 Lemon Zest
 Non-GMO Expeller Pressed Canola Oil

THOUSAND ISLAND (V)
 Vegan Mayonnaise
 Ketchup
 Dill Pickles
 Pickle Juice
 Salt
 Garlic Powder

HERB RANCH (V)
 Vegan Mayonnaise
 Coconut Milk
 Apple Cider Vinegar
 Onion Powder
 Garlic
 Dill
 Salt
 Parsley
 Black Pepper
 Mustard Seed
 Chives

AGAVE MUSTARD (V)
 Agave
 Dijon
 Vegenaïse
 Garlic Powder

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

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

SESAME GINGER
 Ground Ginger
 Garlic
 Honey
 Tamari
 Lime Juice
 Sriracha
 Sesame Oil
 Non-GMO Expeller Pressed Canola Oil

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

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

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

V Vegan G Contains Gluten