

Purgreens
Nutritional & Allergen Information

Item	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Salads											
Quinoa Caesar	314	346.6	5.26	3.47	0	17.75	439	44	5.64	8	19.52
Kale Chicken Sweet Potato	433.5	561.2	23.91	6.39	0	132	270	32.5	5.9	12.7	54.8
Arugula & Mixed Green	291	384.05	30.9	6.57	0	13	320.2	19.4	7.94	6.01	13.87
Delray Detox	365	279.56	10.43	1.41	0	134	249.16	27.05	6.1	16.7	23.14
Black Bean Taco	397	788.64	39.04	7.34	0	16	477.43	87.21	26.76	12.372	29.78
Greek Goddess	234	358.05	33.58	8.2	0	27	856.76	8.33	4.35	2.93	8.06
Grains											
Quinoa Earth Bowl	534	830.5	32	6.88	0	136	493.06	75.85	13.9	6.7	68.11
Wild Bowl	469	742.6	25.8	3.5	0	707.75	114	18.5	15.2	25.2	
Wraps											
Roasted Sweet Potato and Chipotle Black Bean Collard Green Wrap	432	438.88	25.6	5.5	0	0	184.4	37	10.54	3.5	17.45
Greek Chicken and Hummus	262	560	21.3	9.5	0	127.88	1098.5	47.43	4.8	2.33	46.385
Prepared Food											
Mediterranean Tuna	226	192.6	3.7	0.69	0	48	718.93	3	0.45	0.68	35.12
Cranberry Chickpea Salad	226	223.8	10.1	0.84	0	0	148	28.5	7.09	7.7	7.7
Chicken Salad	226	263.5	18.95	2.6	4.8	68.17	417.27	0.28	0.07	0.2	21.57
Dressings											
Balsamic Vinegar	57	106.36	9.43	1.31	0	0	51.96	4.55	0.106	3.8	0.14
Carrot Chili	57	137.8	13.5	1.87	0	0	3.7	4.4	0.14	3.31	0.17
Champagne Vinaigrette	57	110.7	10.81	1.49	0	0	0	4.5	0	4	0
Lime Cilantro Jalapeno	57	169.64	18.54	2.34	0	0	164.9	0.97	0.16	0.372	0.18
Miso Sesame Ginger	57	128.9	10.8	1.4	0	0	541.75	7.625	0.325	5.85	0.7
Caesar	57	69	5.9	1.25	0	4.75	137.94	2.225	0	0.53	2.18
Pesto Vinaigrette	57	142.5	15.175	1.98	0	0	219	1.55	0.525	0.2	1.21
Vegan Ranch	57	66	5.98	0.63	0	0	72.68	1.23	0.49	0.27	2.11
Greek	57	244.8	27	3.7	0	0	394.26	1	1.35	0	0.1
Premiums											
Roasted Chicken	141	235	5	1.4	0	120	105	0	0	0	44
Seasoned Shrimp	56	55	0.2	0.1	0	106	62	0.1	0	0	13
Avocado	113	118	17	2.4	0	0	8	10	8	0.8	2.3
Feta	56	148	12	8	0	50	625	2.3	0	2.3	8
Fresh Mozzarella	56	157	10	6	0	30	9	1.7	0	0.7	16
Goat Cheese	56	204	17	12	0	44	288	0.1	0	0.1	12
Shaved Parmesan	56	241	16	10	0	49	856	2.3	0	0.5	21
White Cheddar	56	225	18	12	0	59	348	0.7	0	0.3	14
Hard Boiled Egg	56	87	6	1.8	0	209	69	0.6	0	0.6	7
Grilled Tofu	113	75	4.8	0.7	0	0	9.1	2	0.2	0.5	8.2
Albacore Tuna	113	100	0.5	0	0	20	190	0	0	0	12
Ingredients											
Banana Pepper	56	16	0.26	0	0	0	4	1.5	1	1	1
Basil	56	11	0	0	0	0	0	1.1	1.1	0	2.1
Beets	56	25	0.1	0	0	0	44	5	1.6	4	0.9
Black Beans	56	192	0.5	0.1	0	0	5	36	9	1.2	12
Black Olives	56	71	5.3	0	0	0	425	3.5	1.8	0	0
Broccoli	56	19	0.2	0	0	0	19	4	1.5	1	1.6
Brussels	56	24	0.2	0.1	0	0	14	5	2.1	1.2	1.9
Cabbage	56	15	0	0	0	0	10	3.2	1.5	1.7	0.7
Carrots	56	23	0.1	0	0	0	39	6	1.6	2.7	0.6
Cauliflower	56	14	0.2	0	0	0	17	3	1	1	1
Celery	56	9	0.1	0	0	0	45	1.7	0.9	1	0.4
Chick Peas	56	209	3.6	0.5	0	0	14	36	10	5.9	10.9
Corn	56	207	3	0.4	0	0	20	42	4	0.4	5
Cilantro	56	14	0	0	0	0	28	1.4	1.4	0	1.4
Cucumbers	56	9	0.1	0	0	0	1	2.1	0.3	1	0.3
Golden Beets	56	25	0.1	0	0	0	44	5	1.6	4	0.9
Green/Red Peppers	56	11	0.1	0	0	0	2	3	1	1.4	0.5
Mushrooms	56	13	0.3	0	0	0	3	1.9	0.6	1.3	1.9
Red Onion	56	23	0.1	0	0	0	2	5	1	2.4	0.6
Sweet Potatoes	56	49	0	0	0	0	31	12	1.7	3	0.9
Tomatoes	56	10	0.1	0	0	0	3	2.2	0.7	1.5	0.5
Apples	56	30	0.1	0	0	0	1	8	1.4	6	0.2
Mandarin Oranges	56	30	0.2	0	0	0	1	8	1	6	0.5
Golden Berries	56	160	0	0	0	0	50	34	6	18	4
Blue Berries	56	33	0.2	0	0	0	0	8	1.4	6	0.4
Dates	56	160	0.2	0	0	0	1	42	5	36	1.4
Sunflower Seeds	56	331	29	2	0	0	5	11	5	1.5	12
Raw Almonds	56	326	28	2.2	0	0	0	12	7	2.2	12
Jalapeno	56	16	0.2	0.1	0	0	2	4	1.6	2.3	0.5
Bases											
Romaine	113	20	0.4	0	0	0	9	3.7	2.4	1.3	1.3
Spinach	113	26	0.4	0	0	0	91	4.2	2.6	0.4	3.4
Kale	113	56	1	0.2	0	0	42	11	2.3	0	4.9
Arugula	113	34	1.1	0	0	0	34	4.5	2.3	2.3	3.4
Spring Mix	113	26.5	0	0	0	0	125	5	2.6	0	2.6
Collard Greens	28	9	0.2	0	0	0	5	1	1.1	0.1	0.8
Quinoa + Farro	113	185.38	2.96	0	0	0	7.89	36.47	4.68	0	6.87
Wild Rice	113	403	1.2	0.2	0	0	8	85	7	2.8	17

* Some items may be seasonal and unavailable