

**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)
<b>Salads</b>											
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
<b>Grains</b>											
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	
<b>Wraps</b>											
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
<b>Prepared Food</b>											
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
<b>Dressings</b>											
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	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
<b>Premiums</b>											
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
<b>Ingredients</b>											
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
<b>Bases</b>											
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  
 \* Menu items may contain or come into contact with WHEAT, EGGS, PEANUTS, TREE NUTS, and MILK.  
 \* For more information, please speak with a Purgreens Team Member.  
 \* Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.