



ELSALAD
Salads & Wraps

NUTRITION BINDER 05- 2019

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THE QUINOA CRUNCH

ELSALAD

Salads & Wraps

Quinoa Crunch

Nutrition facts

Serving size	Bowl (514g)
Energy	370kcal / 1552kJ
Amount	% Daily value *
Fat 12.5g	19.2%
Saturated Fat 1.71g	8.6%
Trans Fat 0g	~
Cholesterol 0mg	0%
Salt 0.14g	2.3%
Carbohydrates 52.4g	17.5%
Dietary Fiber 12.9g	51.8%
Sugars 8.53g	~
Protein 15.4g	30.8%

Vitamin A, RAE 1387mcg ~ **Vitamin A**, IU 18445.2IU 368.9% **Vitamin C** 81.8mg 136.3% **Vitamin D** 0IU 0% **Vitamin E** 2.14mg 10.7% **Calcium** 146.1mg 14.6% **Iron** 6.13mg 34% **Magnesium** 197.8mg 49.4% **Phosphorus** 435mg 43.5% **Potassium** 1145.3mg 32.7%

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Romaine Lettuce (208g), Quinoa (180g), Peppers (45g), Carrot (24g), Cucumber (24g), Peanuts (10g), Spring Onions (10g), Sesame Seeds (6g), Mint (4g), Coriander (3g)

Contains: peanut, sesame seeds.

Peanut-Sesame Vinaigrette

Nutrition facts

Serving size	Bowl (70g)
Energy	401kcal / 1677kJ
Amount	% Daily value *
Fat 45g	69.3%
Saturated Fat 6.53g	32.6%
Trans Fat 0g	~
Cholesterol 0mg	0%
Salt 0.87g	14.4%
Carbohydrates 1.53g	0.5%
Dietary Fiber 0.22g	0.9%
Sugars 0.7g	~
Protein 1.01g	2%

Vitamin A, RAE 0.02mcg ~ **Vitamin A**, IU 0.24IU 0% **Vitamin C** 1.07mg 1.8% **Vitamin D** 0IU 0% **Vitamin E** 0.25mg 1.3% **Calcium** 2.9mg 0.3% **Iron** 0.22mg 1.2% **Magnesium** 7.08mg 1.8% **Phosphorus** 16.7mg 1.7% **Potassium** 33.2mg 1%

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Olive Oil, Apple Cider Vinegar, Lemon Juice, Peanut Butter, Soja Sauce, Fish Sauce, Sesame Oil, Salt, Black Pepper, Sugar, Ginger, Lemon Zest

Contains: fish, peanut, soya, sesame.

BOWL

Quinoa Crunch

Nutrition facts

Serving size	Wrap (412g)
Energy	566kcal / 1197kJ
Amount	% Daily value *
Fat 17.2g	26.5%
Saturated Fat 3.84g	19.2%
Trans Fat 0g	~
Cholesterol 0mg	0%
Salt 1.88g	31.3%
Carbohydrates 86.7g	28.9%
Dietary Fiber 8.52g	34.1%
Sugars 9.51g	~
Protein 18.6g	37.2%

Vitamin A, RAE 759.2mcg ~ **Vitamin A**, IU 5900.3IU 118% **Vitamin C** 76mg 126.7% **Vitamin D** 0IU 0% **Vitamin E** 1.64mg 8.2% **Calcium** 90mg 9% **Iron** 3.98mg 22.1% **Magnesium** 145.6mg 36.4% **Phosphorus** 315.8mg 31.6% **Potassium** 703.6mg 20.1%

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Quinoa (130g), Romaine Lettuce (64g), Peppers (45g), Carrot (24g), Cucumber (24g), Peanuts (10g), Spring Onions (10g), Sesame Seeds (6g), Mint (4g), Coriander (3g)

Contains: wheat, peanut, sesame seeds.

WRAP

Peanut-Sesame Vinaigrette

Nutrition facts

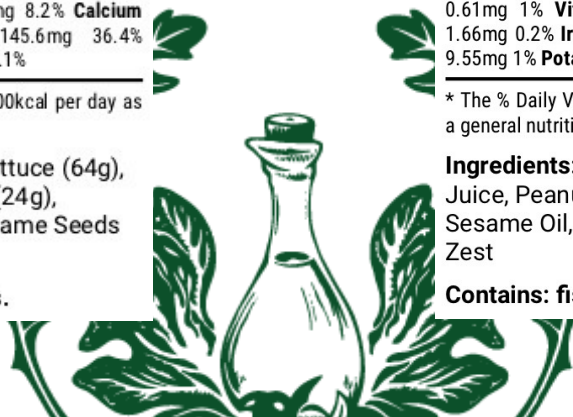
Serving size	Wrap (40g)
Energy	229kcal / 958kJ
Amount	% Daily value *
Fat 25.7g	39.6%
Saturated Fat 3.73g	18.6%
Trans Fat 0g	~
Cholesterol 0mg	0%
Salt 0.49g	8.2%
Carbohydrates 0.87g	0.3%
Dietary Fiber 0.12g	0.5%
Sugars 0.4g	~
Protein 0.58g	1.2%

Vitamin A, RAE 0.01mcg ~ **Vitamin A**, IU 0.14IU 0% **Vitamin C** 0.61mg 1% **Vitamin D** 0IU 0% **Vitamin E** 0.15mg 0.7% **Calcium** 1.66mg 0.2% **Iron** 0.13mg 0.7% **Magnesium** 4.05mg 1% **Phosphorus** 9.55mg 1% **Potassium** 19mg 0.5%

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Olive Oil, Apple Cider Vinegar, Lemon Juice, Peanut Butter, Soja Sauce, Fish Sauce, Sesame Oil, Salt, Black Pepper, Sugar, Ginger, Lemon Zest

Contains: fish, peanut, soya, sesame.





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Salads & Wraps

THE SPRING COBB

Spring Cobb

Nutrition facts

Serving size	Bowl (546g)
Energy	684kcal / 2866kJ
Amount	% Daily value *
Fat 43g	66.2%
Saturated Fat 18.5g	92.4%
Trans Fat 0.01g	~
Cholesterol 152.6mg	50.9%
Salt 2.08g	34.7%
Carbohydrates 24.7g	8.2%
Dietary Fiber 9.56g	38.2%
Sugars 9.46g	~
Protein 51.9g	103.8%
Vitamin A, RAE 1683.8mcg ~ Vitamin A, IU 28414.2IU 568.3% Vitamin C 28.8mg 48% Vitamin D 0.8IU 0.2% Vitamin E 9.75mg 48.7% Calcium 254.3mg 25.4% Iron 5.18mg 28.8% Magnesium 164.6mg 41.2% Phosphorus 880.4mg 88% Potassium 1557.9mg 44.5%	

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Romaine Lettuce (208g), Chicken (80g), Sweet Potato (65g), Goat Cheese (55g), Avocado (45g), Rhubarb (40g), Cranberry (20g), Bacon (18g), Sunflower Seeds (15g)

Contains: milk.

BOWL

Honey-Mustard-Balsamic Vinaigrette

Nutrition facts

Serving size	Bowl (70g)
Energy	384kcal / 1610kJ
Amount	% Daily value *
Fat 40.2g	61.9%
Saturated Fat 5.74g	28.7%
Trans Fat 0g	~
Cholesterol 0mg	0%
Salt 0.4g	6.7%
Carbohydrates 8.94g	3%
Dietary Fiber 0.07g	0.3%
Sugars 8.49g	~
Protein 0.18g	0.4%
Vitamin A, RAE 0.06mcg ~ Vitamin A, IU 1.08IU 0% Vitamin C 0.15mg 0.3% Vitamin D 0IU 0% Vitamin E 0mg 0% Calcium 7mg 0.7% Iron 0.22mg 1.2% Magnesium 3.12mg 0.8% Phosphorus 5.94mg 0.6% Potassium 26.1mg 0.8%	

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Olive Oil, Balsamic Vinegar, Honey, Mustard, Salt, Black Pepper.

Contains: mustard.

Spring Cobb

Nutrition facts

Serving size	Wrap (498g)
Energy	941kcal / 2765kJ
Amount	% Daily value *
Fat 48.8g	75%
Saturated Fat 20.7g	103.6%
Trans Fat 0.01g	~
Cholesterol 152.6mg	50.9%
Salt 3.83g	63.8%
Carbohydrates 69.8g	23.3%
Dietary Fiber 6.62g	26.5%
Sugars 10.9g	~
Protein 57.4g	114.7%
Vitamin A, RAE 1073.4mcg ~ Vitamin A, IU 16220.2IU 324.4% Vitamin C 23.2mg 38.7% Vitamin D 0.8IU 0.2% Vitamin E 9.56mg 47.8% Calcium 208.1mg 20.8% Iron 3.82mg 21.2% Magnesium 145mg 36.3% Phosphorus 838.4mg 83.8% Potassium 1212.1mg 34.6%	

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Tortilla (92g), Chicken (80g), Romaine Lettuce (68g), Sweet Potato (65g), Goat Cheese (55g), Avocado (45g), Rhubarb (40g), Cranberry (20g), Bacon (18g), Sunflower Seeds (15g)

Contains: wheat, milk.

WRAP

Honey-Mustard-Balsamic Vinaigrette

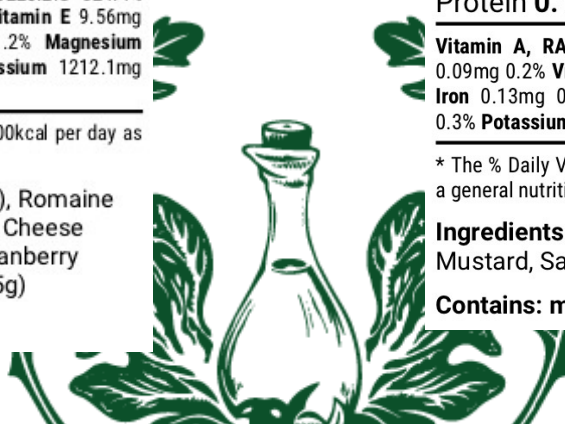
Nutrition facts

Serving size	Wrap (40g)
Energy	220kcal / 920kJ
Amount	% Daily value *
Fat 23g	35.4%
Saturated Fat 3.28g	16.4%
Trans Fat 0g	~
Cholesterol 0mg	0%
Salt 0.23g	3.8%
Carbohydrates 5.11g	1.7%
Dietary Fiber 0.04g	0.2%
Sugars 4.85g	~
Protein 0.1g	0.2%
Vitamin A, RAE 0.03mcg ~ Vitamin A, IU 0.62IU 0% Vitamin C 0.09mg 0.2% Vitamin D 0IU 0% Vitamin E 0mg 0% Calcium 4mg 0.4% Iron 0.13mg 0.7% Magnesium 1.78mg 0.5% Phosphorus 3.39mg 0.3% Potassium 14.9mg 0.4%	

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Olive Oil, Balsamic Vinegar, Honey, Mustard, Salt, Black Pepper.

Contains: mustard.





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Salads & Wraps

SEARED SALMON

Seared Salmon

Nutrition facts

Serving size	Bowl (609g)
Energy	555kcal / 2326kJ
Amount	% Daily value *
Fat 23.1g	35.5%
Saturated Fat 3.43g	17.1%
Trans Fat 0g	~
Cholesterol 64.8mg	21.6%
Salt 0.45g	7.4%
Carbohydrates 52.1g	17.4%
Dietary Fiber 12.9g	51.7%
Sugars 12.2g	~
Protein 41.3g	82.7%

Vitamin A, RAE 1540.9mcg ~ Vitamin A, IU 30454.4IU 609.1%
Vitamin C 212mg 353.4% Vitamin D 0IU 0% Vitamin E 12.4mg 62.2%
Calcium 299.2mg 29.9% Iron 6.03mg 33.5% Magnesium 217.2mg 54.3% Phosphorus 672.8mg 67.3% Potassium 1933mg 55.2%

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Salmon (120g), Romaine Lettuce (104g), Kale (104g), Wild Rice (80g), Sweet Potato (65g), Broccoli (60g), Cabbage (35g), Raw Beetroot (26g), Sunflower Seeds (15g)

Contains: fish.

BOWL

Basilic Vinaigrette

Nutrition facts

Serving size	Bowl (70g)
Energy	355kcal / 1486kJ
Amount	% Daily value *
Fat 38.6g	59.4%
Saturated Fat 5.51g	27.6%
Trans Fat 0g	~
Cholesterol 0mg	0%
Salt 0.01g	0.1%
Carbohydrates 6.03g	2%
Dietary Fiber 0.1g	0.4%
Sugars 5.7g	~
Protein 0.18g	0.4%

Vitamin A, RAE 10.1mcg ~ Vitamin A, IU 202.6IU 4.1% Vitamin C 6.89mg 11.5% Vitamin D 0IU 0% Vitamin E 0.04mg 0.2% Calcium 8.24mg 0.8% Iron 0.22mg 1.2% Magnesium 3.05mg 0.8% Phosphorus 3.86mg 0.4% Potassium 37.7mg 1.1%

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Olive Oil, Apple Vinegar, Honey, Basil, Lemon Juice, Shallots, Garlic

Seared Salmon

Nutrition facts

Serving size	Wrap (561g)
Energy	798kcal / 2168kJ
Amount	% Daily value *
Fat 28.4g	43.7%
Saturated Fat 5.65g	28.3%
Trans Fat 0g	~
Cholesterol 64.8mg	21.6%
Salt 2.15g	35.9%
Carbohydrates 95.3g	31.8%
Dietary Fiber 9.45g	37.8%
Sugars 13.4g	~
Protein 45.1g	90.1%

Vitamin A, RAE 998.8mcg ~ Vitamin A, IU 19625.1IU 392.5% Vitamin C 129.6mg 216.1% Vitamin D 0IU 0% Vitamin E 11.1mg 55.6%
Calcium 178.2mg 17.8% Iron 4.3mg 23.9% Magnesium 180.3mg 45.1% Phosphorus 601.7mg 60.2% Potassium 1575.6mg 45%

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Salmon (120g), Wrap (92g), Wild Rice (80g), Sweet Potato (65g), Broccoli (60g), Cabbage (35g), Romaine Lettuce (34g), Kale (34g), Beetroot (26g), Sunflower Seeds (15g)

Contains: wheat, fish.

WRAP

Basilic Vinaigrette

Nutrition facts

Serving size	Wrap (40g)
Energy	203kcal / 849kJ
Amount	% Daily value *
Fat 22.1g	33.9%
Saturated Fat 3.15g	15.8%
Trans Fat 0g	~
Cholesterol 0mg	0%
Salt 0.01g	0.1%
Carbohydrates 3.44g	1.2%
Dietary Fiber 0.06g	0.2%
Sugars 3.26g	~
Protein 0.11g	0.2%

Vitamin A, RAE 5.79mcg ~ Vitamin A, IU 115.8IU 2.3% Vitamin C 3.93mg 6.6% Vitamin D 0IU 0% Vitamin E 0.02mg 0.1% Calcium 4.71mg 0.5% Iron 0.13mg 0.7% Magnesium 1.75mg 0.4% Phosphorus 2.21mg 0.2% Potassium 21.5mg 0.6%

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Olive Oil, Apple Vinegar, Honey, Basil, Lemon Juice, Shallots, Garlic





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Salads & Wraps

CHUNKY CHILI BEEF

Chunky Chili Beef

Nutrition facts

Serving size	Bowl (559.15g)
Energy	445kcal / 1815kJ
Amount	% Daily value *
Fat 30.8g	47.3%
Saturated Fat 10.2g	50.9%
Trans Fat 1.07g	~
Cholesterol 69.4mg	23.2%
Salt 1.53g	25.4%
Carbohydrates 17.5g	5.8%
Dietary Fiber 9.97g	39.9%
Sugars 8.28g	~
Protein 26.8g	53.7%

Vitamin A, RAE 1066.5mcg ~ **Vitamin A**, IU 18550.3IU 371% **Vitamin C** 58.6mg 97.8% **Vitamin D** 5.11IU 1.3% **Vitamin E** 3.43mg 17.2% **Calcium** 150.4mg 15% **Iron** 6.3mg 35% **Magnesium** 104.2mg 26.1% **Phosphorus** 350mg 35% **Potassium** 1670.9mg 47.7%

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Chili Beef (Beef Strips, Red Beans, Tomatoes, Peppers) (220g), Romaine Lettuce (208g), Salsa (Avocado, Tomato, Red Onions) (116g), Yogurt (15g), Mint (.2g)

Contains: milk.

Citrus Vinaigrette

Nutrition facts

Serving size	Bowl (70g)
Energy	382kcal / 1599kJ
Amount	% Daily value *
Fat 41.1g	63.2%
Saturated Fat 5.87g	29.4%
Trans Fat 0g	~
Cholesterol 0mg	0%
Salt 0.37g	6.2%
Carbohydrates 6.08g	2%
Dietary Fiber 0.07g	0.3%
Sugars 5.95g	~
Protein 0.09g	0.2%

Vitamin A, RAE 4.25mcg ~ **Vitamin A**, IU 85IU 1.7% **Vitamin C** 1.01mg 1.7% **Vitamin D** 0IU 0% **Vitamin E** 0.03mg 0.2% **Calcium** 2.49mg 0.3% **Iron** 0.1mg 0.6% **Magnesium** 0.91mg 0.2% **Phosphorus** 2.2mg 0.2% **Potassium** 12.5mg 0.4%

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Olive Oil, Apple Cider Vinegar, Honey, Lemon Juice, Coriander, Salt, Black Pepper

BOWL

Chunky Chili Beef

Nutrition facts

Serving size	Wrap (491.15g)
Energy	684kcal / 1638kJ
Amount	% Daily value *
Fat 34.8g	53.5%
Saturated Fat 12.1g	60.4%
Trans Fat 1.08g	~
Cholesterol 69.4mg	23.2%
Salt 3.27g	54.5%
Carbohydrates 62.2g	20.7%
Dietary Fiber 6.54g	26.2%
Sugars 9.46g	~
Protein 32g	64%

Vitamin A, RAE 432.5mcg ~ **Vitamin A**, IU 6007.9IU 120.2% **Vitamin C** 50.9mg 84.8% **Vitamin D** 5.11IU 1.3% **Vitamin E** 2.99mg 14.9% **Calcium** 100.5mg 10.1% **Iron** 4.77mg 26.5% **Magnesium** 79.8mg 19.9% **Phosphorus** 300.7mg 30.1% **Potassium** 1244.4mg 35.6%

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Chili Beef (Beef Strips, Red Beans, Tomatoes, Peppers) (220g), Salsa (Avocado, Tomato, Red Onions) (100g), Tortilla (92g), Romaine Lettuce (64g), Yogurt (15g), Mint (.2g)

Contains: wheat, milk.

WRAP

Citrus Vinaigrette

Nutrition facts

Serving size	Wrap (40g)
Energy	218kcal / 913kJ
Amount	% Daily value *
Fat 23.5g	36.1%
Saturated Fat 3.35g	16.8%
Trans Fat 0g	~
Cholesterol 0mg	0%
Salt 0.21g	3.5%
Carbohydrates 3.47g	1.2%
Dietary Fiber 0.04g	0.2%
Sugars 3.4g	~
Protein 0.05g	0.1%

Vitamin A, RAE 2.43mcg ~ **Vitamin A**, IU 48.5IU 1% **Vitamin C** 0.57mg 1% **Vitamin D** 0IU 0% **Vitamin E** 0.02mg 0.1% **Calcium** 1.43mg 0.1% **Iron** 0.06mg 0.3% **Magnesium** 0.52mg 0.1% **Phosphorus** 1.26mg 0.1% **Potassium** 7.17mg 0.2%

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Olive Oil, Apple Cider Vinegar, Honey, Lemon Juice, Coriander, Salt, Black Pepper





EL SALAD

Salads & W

CALI WILD RICE

Cali Wild Rice

Nutrition facts

Serving size	Bowl (644g)
Energy	560kcal / 2148kJ
Amount	% Daily value *
Fat 22.4g	34.5%
Saturated Fat 8.81g	44.1%
Trans Fat 0.25g	~
Cholesterol 88.5mg	29.5%
Salt 0.92g	15.4%
Carbohydrates 56.7g	18.9%
Dietary Fiber 11.2g	44.9%
Sugars 13.9g	~
Protein 35.8g	71.6%

Vitamin A, RAE 1286.7mcg ~ Vitamin A, IU 18694.4IU 373.9%
Vitamin C 87.7mg 146.1% Vitamin D 6.48IU 1.6% Vitamin E 3.09mg 15.4%
Calcium 355.1mg 35.5% Iron 5.19mg 28.8% Magnesium 132.4mg 33.1%
Phosphorus 529.3mg 52.9% Potassium 1414.8mg 40.4%

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Romaine Lettuce (208g), Wild Rice (150g), Chicken (80g), Coleslaw (70g), Mango (48g), Avocado (45g), Cheddar (27g), Tortilla Chips (10g), Coriander (3g), Chili (3g)

Contains: fish, soya, milk, mustard.

Sriracha-Lime Vinaigrette

Nutrition facts

Serving size	Bowl (70g)
Energy	394kcal / 1628kJ
Amount	% Daily value *
Fat 44.9g	69.1%
Saturated Fat 6.41g	32.1%
Trans Fat 0g	~
Cholesterol 0mg	0%
Salt 0.98g	16.3%
Carbohydrates 1.55g	0.5%
Dietary Fiber 0.06g	0.2%
Sugars 0.89g	~
Protein 0.23g	0.5%

Vitamin A, RAE 0.01mcg ~ Vitamin A, IU 0.42IU 0% Vitamin C 2.71mg 4.5%
Vitamin D 0IU 0% Vitamin E 0.01mg 0.1% Calcium 0.91mg 0.1%
Iron 0.03mg 0.2% Magnesium 0.55mg 0.1% Phosphorus 0.75mg 0.1%
Potassium 7.74mg 0.2%

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Olive Oil, Apple Cider Vinegar, Sriracha, Lemon Juice, Salt, Black Pepper.

Contains: sulphites.

BOWL

WRAP

Cali Wild Rice

Nutrition facts

Serving size	Wrap (492g)
Energy	756kcal / 1793kJ
Amount	% Daily value *
Fat 27g	41.5%
Saturated Fat 10.6g	53.2%
Trans Fat 0.26g	~
Cholesterol 110.9mg	37%
Salt 2.54g	42.4%
Carbohydrates 85.3g	28.5%
Dietary Fiber 6.24g	25%
Sugars 13.6g	~
Protein 44.5g	88.9%

Vitamin A, RAE 654.4mcg ~ Vitamin A, IU 6160.4IU 123.2% Vitamin C 70.4mg 117.3%
Vitamin D 7.28IU 1.8% Vitamin E 2.86mg 14.3% Calcium 278.9mg 27.9%
Iron 2.78mg 15.4% Magnesium 93.6mg 23.4% Phosphorus 466.7mg 46.7%
Potassium 989.9mg 28.3%

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Wrap (92g), Wild Rice (80g), Chicken (80g), Romaine Lettuce (64g), Coleslaw (70g) (Red Cabbage, White Cabbage, Spring Onions, Yogurt, Lemon Juice, Worcestershire Sauce, Mustard, Cayenne Pepper, White Vinegar, Brown Sugar, Salt, Black Pepper), Mango (48g), Avocado (45g), Cheddar (27g), Tortilla Chips (10g), Coriander (3g), Chili (3g)

Contains: wheat, fish, soya, milk, mustard.

Sriracha-Lime Vinaigrette

Nutrition facts

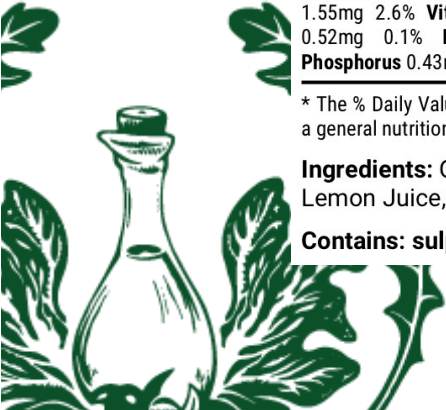
Serving size	Wrap (40g)
Energy	225kcal / 930kJ
Amount	% Daily value *
Fat 25.7g	39.5%
Saturated Fat 3.66g	18.3%
Trans Fat 0g	~
Cholesterol 0mg	0%
Salt 0.56g	9.3%
Carbohydrates 0.89g	0.3%
Dietary Fiber 0.03g	0.1%
Sugars 0.51g	~
Protein 0.13g	0.3%

Vitamin A, RAE 0.01mcg ~ Vitamin A, IU 0.24IU 0% Vitamin C 1.55mg 2.6%
Vitamin D 0IU 0% Vitamin E 0.01mg 0% Calcium 0.52mg 0.1%
Iron 0.02mg 0.1% Magnesium 0.31mg 0.1% Phosphorus 0.43mg 0%
Potassium 4.42mg 0.1%

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Olive Oil, Apple Cider Vinegar, Sriracha, Lemon Juice, Salt, Black Pepper.

Contains: sulphites.





ELCAESAR

ELSALAD

Salads & Wraps

Elcaesar

Nutrition facts

Serving size	Bowl (456g)
Energy	514kcal / 2154kJ
Amount	% Daily value *
Fat 24.7g	38%
Saturated Fat 9.45g	47.3%
Trans Fat 0.01g	~
Cholesterol 125.6mg	41.9%
Salt 2.04g	34.1%
Carbohydrates 29.3g	9.8%
Dietary Fiber 10.3g	41.2%
Sugars 5.81g	~
Protein 48.9g	97.7%

Vitamin A, RAE 1154.1mcg ~ Vitamin A, IU 19539.3IU 390.8%
Vitamin C 144mg 240% Vitamin D 0.8IU 0.2% Vitamin E 3.92mg 19.6%
Calcium 664.6mg 66.5% Iron 4.4mg 24.4% Magnesium 133.6mg 33.4%
Phosphorus 694.2mg 69.4% Potassium 1545.8mg 44.2%

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Romaine Lettuce (54g), Kale (54g), Chicken (80g), Tomato (55g), Avocado (45g), Parmesan (35g), Bacon (18g), Croutons (15g)

Contains: wheat, milk.

Elcaesar Dressing

Nutrition facts

Serving size	Bowl (70g)
Energy	455kcal / 1906kJ
Amount	% Daily value *
Fat 48.7g	74.9%
Saturated Fat 7.65g	38.2%
Trans Fat 0g	~
Cholesterol 84.6mg	28.2%
Salt 0.88g	14.7%
Carbohydrates 1.8g	0.6%
Dietary Fiber 0.3g	1.2%
Sugars 1.03g	~
Protein 2.77g	5.5%

Vitamin A, RAE 53.7mcg ~ Vitamin A, IU 7.08IU 0.1% Vitamin C 2.48mg 4.1%
Vitamin D 0IU 0% Vitamin E 2.56mg 12.8% Calcium 69.1mg 6.9%
Iron 0.83mg 4.6% Magnesium 8.94mg 2.2% Phosphorus 73.2mg 7.3%
Potassium 35.2mg 1%

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Mayonnaise, Mustard, Parmesan, Lemon Juice, Honey, Garlic, Salt, Black Pepper, Thyme.

Contains: egg, milk, mustard.

BOWL

WRAP

Elcaesar

Nutrition facts

Serving size	Wrap (408g)
Energy	748kcal / 1959kJ
Amount	% Daily value *
Fat 30g	46.2%
Saturated Fat 11.7g	58.3%
Trans Fat 0.01g	~
Cholesterol 125.6mg	41.9%
Salt 3.74g	62.3%
Carbohydrates 70.6g	23.5%
Dietary Fiber 6.32g	25.3%
Sugars 6.52g	~
Protein 52.2g	104.3%

Vitamin A, RAE 498.9mcg ~ Vitamin A, IU 6449.3IU 129% Vitamin C 57.2mg 95.4%
Vitamin D 0.8IU 0.2% Vitamin E 2.75mg 13.8% Calcium 536.5mg 53.7%
Iron 2.69mg 14.9% Magnesium 90.9mg 22.7% Phosphorus 608.8mg 60.9%
Potassium 1029.2mg 29.4%

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Tortilla (92g), Romaine Lettuce (34g), Kale (34g), Chicken (80g), Tomato (55g), Avocado (45g), Parmesan (35g), Bacon (18g), Croutons (15g)

Contains: wheat, milk.

Elcaesar Dressing

Nutrition facts

Serving size	Wrap (40g)
Energy	260kcal / 1089kJ
Amount	% Daily value *
Fat 27.8g	42.8%
Saturated Fat 4.37g	21.9%
Trans Fat 0g	~
Cholesterol 48.4mg	16.1%
Salt 0.5g	8.4%
Carbohydrates 1.03g	0.3%
Dietary Fiber 0.17g	0.7%
Sugars 0.59g	~
Protein 1.58g	3.2%

Vitamin A, RAE 30.7mcg ~ Vitamin A, IU 4.04IU 0.1% Vitamin C 1.42mg 2.4%
Vitamin D 0IU 0% Vitamin E 1.46mg 7.3% Calcium 39.5mg 4%
Iron 0.47mg 2.6% Magnesium 5.11mg 1.3% Phosphorus 41.9mg 4.2%
Potassium 20.1mg 0.6%

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Mayonnaise, Mustard, Parmesan, Lemon Juice, Honey, Garlic, Salt, Black Pepper, Thyme.

Contains: egg, milk, mustard.





MAY SALAD

ELSALAD

Salads & Wraps

May Salad

Nutrition facts

Serving size	Bowl (613g)
Energy	641kcal / 2681kJ
Amount	% Daily value *
Fat 33.7g	51.9%
Saturated Fat 14.1g	70.7%
Trans Fat 0.42g	~
Cholesterol 71.2mg	23.7%
Salt 2.87g	47.8%
Carbohydrates 59.8g	19.9%
Dietary Fiber 17.4g	69.7%
Sugars 14.4g	~
Protein 34.1g	68.2%

Vitamin A, RAE 1098.7mcg ~ **Vitamin A**, IU 20299.1IU 406% **Vitamin C** 152.5mg 254.1% **Vitamin D** 12.8IU 3.2% **Vitamin E** 3.27mg 16.3% **Calcium** 670.4mg 67% **Iron** 6.73mg 37.4% **Magnesium** 243.2mg 60.8% **Phosphorus** 750.5mg 75.1% **Potassium** 1337.7mg 38.2%

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Romaine (104g), Kale (104g), Buckwheat (80g), Feta (80g), Asparagus (60g), Chickpeas (60g), Beetroot Hummus (Chickpeas, Beetroot, Tahini, Lime Juice, Olive Oil, Garlic, Salt, Pepper) (50g), Radish (40g), Red Onions (20g), Pumpkin Seeds (15g)

Contains: milk.

Basilic Vinaigrette

Nutrition facts

Serving size	Bowl (70g)
Energy	355kcal / 1486kJ
Amount	% Daily value *
Fat 38.6g	59.4%
Saturated Fat 5.51g	27.6%
Trans Fat 0g	~
Cholesterol 0mg	0%
Salt 0.01g	0.1%
Carbohydrates 6.03g	2%
Dietary Fiber 0.1g	0.4%
Sugars 5.7g	~
Protein 0.18g	0.4%

Vitamin A, RAE 10.1mcg ~ **Vitamin A**, IU 202.6IU 4.1% **Vitamin C** 6.89mg 11.5% **Vitamin D** 0IU 0% **Vitamin E** 0.04mg 0.2% **Calcium** 8.24mg 0.8% **Iron** 0.22mg 1.2% **Magnesium** 3.05mg 0.8% **Phosphorus** 3.86mg 0.4% **Potassium** 37.7mg 1.1%

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Olive Oil, Apple Vinegar, Honey, Basil, Lemon Juice, Shallots, Garlic

BOWL

WRAP

May Salad

Nutrition facts

Serving size	Wrap (565g)
Energy	875kcal / 2486kJ
Amount	% Daily value *
Fat 39g	60%
Saturated Fat 16.3g	81.7%
Trans Fat 0.41g	~
Cholesterol 71.2mg	23.7%
Salt 4.56g	76%
Carbohydrates 101g	33.7%
Dietary Fiber 13.4g	53.8%
Sugars 15.1g	~
Protein 37.4g	74.8%

Vitamin A, RAE 443.5mcg ~ **Vitamin A**, IU 7209.1IU 144.2% **Vitamin C** 65.7mg 109.5% **Vitamin D** 12.8IU 3.2% **Vitamin E** 2.1mg 10.5% **Calcium** 542.3mg 54.2% **Iron** 5.02mg 27.9% **Magnesium** 200.5mg 50.1% **Phosphorus** 665.1mg 66.5% **Potassium** 821.1mg 23.5%

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Romaine (34g), Kale (34g), Buckwheat (80g), Feta (80g), Asparagus (60g), Chickpeas (60g), Beetroot Hummus (Chickpeas, Beetroot, Tahini, Lime Juice, Olive Oil, Garlic, Salt, Pepper) (50g), Radish (40g), Red Onions (20g), Pumpkin Seeds (15g)

Contains: wheat, milk.

Basilic Vinaigrette

Nutrition facts

Serving size	Wrap (40g)
Energy	203kcal / 849kJ
Amount	% Daily value *
Fat 22.1g	33.9%
Saturated Fat 3.15g	15.8%
Trans Fat 0g	~
Cholesterol 0mg	0%
Salt 0.01g	0.1%
Carbohydrates 3.44g	1.2%
Dietary Fiber 0.06g	0.2%
Sugars 3.26g	~
Protein 0.11g	0.2%

Vitamin A, RAE 5.79mcg ~ **Vitamin A**, IU 115.8IU 2.3% **Vitamin C** 3.93mg 6.6% **Vitamin D** 0IU 0% **Vitamin E** 0.02mg 0.1% **Calcium** 4.71mg 0.5% **Iron** 0.13mg 0.7% **Magnesium** 1.75mg 0.4% **Phosphorus** 2.21mg 0.2% **Potassium** 21.5mg 0.6%

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Olive Oil, Apple Vinegar, Honey, Basil, Lemon Juice, Shallots, Garlic





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Salads & Wraps