



NUTRITIONAL INFORMATION

PRAWN & AVOCADO FLATBREAD SERVED WITH ROASTED JALAPENO RANCH (416 grams/serving)

Calories	910		
Total Fat	56 g		
Saturated Fat		13 g	
Trans Fat		0.4 g	
Cholesterol	60 mg		
Sodium	2760 g		
Total Carbohydrates		62 g	
Dietary Fiber		4 g	
Sugars		12 g	
Protein	28 g		
Vitamin A	20%	Calcium	35%
Vitamin C	30%	Iron	110%

BUTTERMILK CHICKEN COBB SALAD (703 grams/serving)

Calories	770		
Total Fat	39 g		
Saturated Fat		11 g	
Trans Fat		0.0 g	
Cholesterol	300 mg		
Sodium	2230 mg		
Total Carbohydrates		52 g	
Dietary Fiber		5 g	
Sugars		11 g	
Protein	53 g		
Vitamin A	25%	Calcium	35%
Vitamin C	50%	Iron	150%

AVOCADO BEYOND BURGER WITHOUT FRIES & COLESLAW (396 grams/serving)

Calories	710		
Total Fat	43 g		
Saturated Fat		12 g	
Trans Fat		0.2 g	
Cholesterol	20 mg		
Sodium	1070 mg		
Total Carbohydrates		59 g	
Dietary Fiber		5 g	
Sugars		14 g	
Protein	33 g		
Vitamin A	35%	Calcium	10%
Vitamin C	80%	Iron	100%



NUTRITIONAL INFORMATION

VEGAN AVOCADO BEYOND BURGER SERVED WITH GF BUN & NO RANCH (372 grams/serving)

Calories	660		
Total Fat	39 g		
Saturated Fat	9 g		
Trans Fat	0.1 g		
Cholesterol	0 mg		
Sodium	940 g		
Total Carbohydrates	59 g		
Dietary Fiber	10 g		
Sugars	12 g		
Protein	27 g		
Vitamin A	30%	Calcium	10%
Vitamin C	70%	Iron	50%

SOUTHWEST POWER BOWL WITH BEYOND PATTY & JALAPENO RANCH (677 grams/serving)

Calories	820		
Total Fat	60 g		
Saturated Fat	11 g		
Trans Fat	0.1 g		
Cholesterol	0 mg		
Sodium	1530 mg		
Total Carbohydrates	50 g		
Dietary Fiber	13 g		
Sugars	10 g		
Protein	34 g		
Vitamin A	50%	Calcium	15%
Vitamin C	130%	Iron	140%

SOUTHWEST POWER BOWL WITH BLACKENED CHICKEN & JALAPENO RANCH (667 grams/serving)

Calories	740		
Total Fat	46 g		
Saturated Fat	5 g		
Trans Fat	0 g		
Cholesterol	85 mg		
Sodium	1270 mg		
Total Carbohydrates	43 g		
Dietary Fiber	10 g		
Sugars	10 g		
Protein	44 g		
Vitamin A	50%	Calcium	15%
Vitamin C	80%	Iron	110%