

| Dressings & Inserts | Calories (kcal) | Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Dietary Fiber (g) | Total Sugars (g) | Protein (g) |
|------------------------------|-----------------|---------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------------|-------------|
| Aioli (20mL) | 253.0 | 27.7 | 4.1 | 0.0 | 13.5 | 263.9 | 0.9 | 0.1 | 0.1 | 0.2 |
| Balsamic (25mL) | 160.0 | 17.6 | 1.2 | 0.0 | 0.0 | 69.9 | 1.4 | 0.0 | 1.3 | 0.0 |
| Blue Cheese (10mL) | 33.0 | 3.3 | 0.7 | 0.0 | 3.3 | 85.8 | 0.7 | 0.0 | 0.7 | 0.0 |
| Chili Lime (25mL) | 81.0 | 8.8 | 0.6 | 0.0 | 0.0 | 67.6 | 1.0 | 0.1 | 0.5 | 0.1 |
| Dill Yogurt (50 mL) | 117.0 | 11.1 | 1.1 | 0.0 | 1.7 | 21.5 | 1.2 | 0.2 | 0.8 | 2.9 |
| Greek (25 mL) | 131.0 | 14.2 | 1.0 | 0.0 | 0.0 | 62.3 | 0.6 | 0.1 | 0.0 | 0.1 |
| Greek Goddess (25mL) | 117.0 | 12.2 | 0.8 | 0.0 | 0.0 | 68.3 | 2.7 | 0.0 | 2.4 | 0.0 |
| Honey Dijon (25 mL) | 117.0 | 11.9 | 0.9 | 0.0 | 0.0 | 70.3 | 2.4 | 0.0 | 2.2 | 0.0 |
| Horse Radish (25mL) | 152.0 | 16.9 | 1.2 | 0.0 | 0.0 | 32.7 | 0.6 | 0.2 | 0.4 | 0.0 |
| Miso Orange (25mL) | 140.0 | 14.8 | 1.1 | 0.0 | 0.0 | 94.8 | 1.7 | 0.3 | 1.1 | 0.5 |
| Miso Sesame (25mL) | 117.0 | 12.4 | 0.9 | 0.0 | 0.0 | 74.0 | 1.9 | 0.0 | 1.2 | 0.2 |
| Ranch (40mL) | 186.5 | 21.3 | 1.3 | 0.0 | 26.4 | 213.1 | 2.7 | 0.0 | 0.0 | 1.1 |
| Spicy Peanut Sauce (35mL) | 279.2 | 29.5 | 2.5 | 0.0 | 0.0 | 153.6 | 2.6 | 0.5 | 0.8 | 2.1 |
| Vietnamese (25mL) | 32.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.4 | 8.4 | 0.1 | 7.4 | 0.2 |
| Breadstick | 36.6 | 0.3 | 0.1 | 0.0 | 0.0 | 78.3 | 7.0 | 0.5 | 0.2 | 1.5 |
| Vegan Chili (250mL) | 72.0 | 1.4 | 0.1 | 0.0 | 0.0 | 231.5 | 10.8 | 3.5 | 2.1 | 4.6 |
| Roasted Squash (40g) | 264.0 | 10.2 | 0.8 | 0.0 | 0.0 | 729.7 | 45.4 | 7.8 | 8.6 | 3.9 |
| Beet Fritter (2) | 107.0 | 4.2 | 2.8 | 0.0 | 8.8 | 476.9 | 11.6 | 3.3 | 7.3 | 6.1 |
| Sweet Potato Insert | 72.0 | 2.2 | 0.2 | 0.0 | 0.0 | 61.0 | 12.5 | 1.9 | 2.8 | 1.0 |
| Beet Insert | 26.0 | 0.9 | 0.1 | 0.0 | 0.0 | 0.0 | 3.8 | 3.3 | 0.4 | 1.9 |
| Curried Chicken Salad Insert | 281.0 | 14.9 | 2.3 | 0.0 | 39.2 | 773.4 | 20.2 | 2.4 | 1.0 | 16.8 |

| DRESSING ONLY (Combos) | Calories (kcal) | Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrate s (g) | Fiber (g) | Total Sugars (g) | Protein (g) |
|--|----------------------------|--------------------|----------------------------------|--------------------------|-----------------------------|------------------------|-----------------------------------|----------------------|---------------------------------|------------------------|
| SALAD BOXES | | | | | | | | | | |
| Beets Box 2.0 (65mL Yogurt) | 60.0 | 1.9 | 1.2 | 0.0 | 0.0 | 35.7 | 5.5 | 0.0 | 1.6 | 5.5 |
| Feta Chicken (25mL Honey Mustard & 25 mL Greek) | 248.0 | 26.1 | 1.0 | 0.0 | 0.0 | 132.6 | 3.0 | 0.1 | 2.2 | 0.1 |
| Greek Goddess (50mL Balsamic) | 320.0 | 35.2 | 2.4 | 0.0 | 0.0 | 139.8 | 2.8 | 0.0 | 2.6 | 0.0 |
| Quinoa Kale (50mL Balsamic) | 320.0 | 35.2 | 2.4 | 0.0 | 0.0 | 139.8 | 2.8 | 0.0 | 2.6 | 0.0 |
| Rebel Cobb (10mL Blue Cheese & 40mL Ranch) | 219.5 | 24.6 | 2.0 | 0.0 | 29.7 | 298.9 | 3.3 | 0.0 | 0.7 | 1.1 |
| Taco Chicken (50mL Ranch) | 233.1 | 26.6 | 1.7 | 0.0 | 33.0 | 266.4 | 3.3 | 0.0 | 0.0 | 1.3 |
| BOXES | | | | | | | | | | |
| WARM | | | | | | | | | | |
| Asian Salmon (50mL Miso Sesame) | 234.0 | 24.8 | 1.8 | 0.0 | 0.0 | 148.0 | 3.8 | 0.0 | 2.4 | 0.4 |
| Vietnamese Style (35mL Vietnamese & 35mL Spicy Peanut Sauce) | 324.0 | 29.5 | 2.5 | 0.0 | 0.0 | 154.1 | 14.4 | 0.7 | 11.2 | 2.4 |
| REBEL BOXES | | | | | | | | | | |
| Bliss (50mL Greek) | 262.0 | 28.4 | 2.0 | 0.0 | 0.0 | 124.6 | 1.2 | 0.2 | 0.0 | 0.2 |
| OH-MEGA (50mL Dill Yogurt) | 117.0 | 11.1 | 1.1 | 0.0 | 1.7 | 21.5 | 1.2 | 0.2 | 0.8 | 2.9 |
| Satay Chicken (35mL Spicy Peanut Sauce & 50 mL Chili Lime) | 441.2 | 47.1 | 3.7 | 0.0 | 0.0 | 288.8 | 4.6 | 0.7 | 1.8 | 2.3 |

| REBEL SALAD BOXES | Calories (kcal) | Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Fiber (g) | Total Sugars (g) | Protein (g) |
|----------------------|-----------------|---------|-------------------|---------------|------------------|-------------|-------------------|-----------|------------------|-------------|
| SALAD BOXES | | | | | | | | | | |
| Beets Box 2.0 | 421.0 | 20.8 | 3.8 | 0.0 | 8.8 | 774.9 | 79.5 | 16.6 | 22.7 | 29.7 |
| Beets Box 2.0 | 481.0 | 22.7 | 5.0 | 0.0 | 8.8 | 810.6 | 85.0 | 16.6 | 24.3 | 35.2 |
| Feta Chicken | 488.7 | 18.2 | 6.8 | 0.0 | 115.3 | 1352.4 | 45.0 | 6.1 | 26.5 | 25.8 |
| Feta Chicken | 796.3 | 44.7 | 7.8 | 0.0 | 115.3 | 1563.4 | 55.0 | 6.7 | 30.9 | 27.4 |
| Greek Goddess | 357.0 | 15.6 | 4.9 | 0.0 | 17.9 | 469.5 | 40.2 | 10.6 | 7.4 | 18.3 |
| Greek Goddess | 677.0 | 50.8 | 7.3 | 0.0 | 17.9 | 609.3 | 43.0 | 10.6 | 10.0 | 18.3 |
| Quinoa Kale | 460.7 | 16.6 | 1.9 | 0.0 | 0.0 | 398.8 | 66.2 | 13.7 | 18.8 | 17.5 |
| Quinoa Kale | 780.7 | 51.8 | 4.3 | 0.0 | 0.0 | 538.6 | 69.0 | 13.7 | 21.4 | 17.5 |
| Rebel Cobb | 543.0 | 27.9 | 9.0 | 0.0 | 470.4 | 1252.8 | 19.1 | 7.7 | 11.6 | 32.1 |
| Rebel Cobb | 846.5 | 61.1 | 11.2 | 0.0 | 496.8 | 1536.2 | 24.2 | 7.7 | 13.8 | 33.2 |
| Taco Chicken | 502.0 | 19.3 | 1.7 | 0.0 | 65.4 | 961.2 | 36.5 | 5.4 | 11.6 | 19.7 |
| Taco Chicken | 735.1 | 45.9 | 3.4 | 0.0 | 98.4 | 1227.6 | 39.8 | 5.4 | 11.6 | 21.0 |

| REBEL BOXES | Calories (kcal) | Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Fiber (g) | Total Sugars (g) | Protein (g) |
|-------------------------|-----------------|---------|-------------------|---------------|------------------|-------------|-------------------|-----------|------------------|-------------|
| WARM | | | | | | | | | | |
| Asian Salmon | 551.0 | 15.5 | 2.7 | 0.0 | 0.0 | 153.2 | 87.3 | 15.7 | 9.5 | 34.0 |
| Asian Salmon | 785.0 | 40.3 | 4.5 | 0.0 | 0.0 | 301.2 | 91.1 | 15.7 | 11.9 | 34.4 |
| Vietnamese Style | 602.0 | 24.8 | 3.4 | 0.0 | 37.0 | 963.7 | 77.9 | 13.2 | 12.7 | 28.7 |
| Vietnamese Style | 926.0 | 54.3 | 7.1 | 0.0 | 37.0 | 1117.8 | 92.3 | 13.9 | 23.9 | 31.1 |
| Vegan Chili Box | 558.0 | 16.5 | 1.5 | 0.0 | 0.0 | 1140.7 | 95.8 | 17.0 | 11.9 | 15.8 |
| | | | | | | | | | | |
| REBEL BOXES | | | | | | | | | | |
| Bliss | 330.0 | 10.6 | 3.9 | 0.0 | 9.2 | 292.6 | 45.3 | 9.5 | 15.5 | 14.5 |
| Bliss | 592.0 | 39.0 | 5.9 | 0.0 | 9.2 | 417.2 | 46.5 | 9.7 | 15.5 | 14.7 |
| OH-MEGA | 450.0 | 31.3 | 2.9 | 0.0 | 50.1 | 300.0 | 43.0 | 7.0 | 9.4 | 36.0 |
| OH-MEGA | 567.0 | 42.4 | 4.0 | 0.0 | 51.8 | 321.5 | 44.2 | 7.2 | 10.2 | 38.9 |
| Satay Chicken | 479.0 | 19.0 | 2.9 | 0.0 | 60.0 | 416.3 | 34.3 | 9.5 | 5.8 | 35.3 |
| Satay Chicken | 920.2 | 66.1 | 6.6 | 0.0 | 60.0 | 705.1 | 38.9 | 10.2 | 7.6 | 37.6 |



= Without Dressing

Old Salad / Box Items

| SALADS & BOXES WITHOUT DRESSING | Calories (kcal) | Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Fiber (g) | Total Sugars (g) | Protein (g) |
|---------------------------------|-----------------|---------|-------------------|---------------|------------------|-------------|-------------------|-----------|------------------|-------------|
| Mo-Rockin Chicken | 484.0 | 14.5 | 3.2 | 0.0 | 65.4 | 390.9 | 49.3 | 9.7 | 18.7 | 17.3 |
| Mo-Rockin Chicken | 646.0 | 32.1 | 4.4 | 0.0 | 65.4 | 526.1 | 51.3 | 9.9 | 19.7 | 17.5 |
| Tempeh Box | 485.0 | 10.4 | 2.7 | 0.0 | 0.0 | 251.9 | 51.0 | 9.5 | 9.9 | 22.6 |
| Tempeh Box | 719.0 | 34.2 | 4.5 | 0.0 | 0.0 | 392.5 | 55.8 | 9.5 | 14.3 | 22.6 |

| Smoothies | Calories (kcal) | Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Dietary Fiber (g) | Total Sugars (g) | Protein (g) |
|----------------------|-----------------|---------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------------|-------------|
| Avocado Blueberry | 423.0 | 10.1 | 3.7 | 0.0 | 18.5 | 144.7 | 81.5 | 7.4 | 52.4 | 6.2 |
| Greenest Rebel | 240.0 | 1.2 | 0.1 | 0.0 | 0.0 | 50.9 | 59.8 | 6.9 | 37.6 | 5.5 |
| Peaches & Greens | 366.0 | 13.3 | 1.1 | 0.0 | 0.0 | 53.9 | 59.4 | 6.9 | 34.5 | 8.1 |
| Purple Protein Shake | 339.0 | 3.1 | 1.1 | 0.0 | 75.0 | 37.1 | 55.1 | 7.2 | 36.4 | 26.9 |
| Rebel Berry | 263.0 | 0.8 | 0.1 | 0.0 | 0.0 | 55.8 | 63.1 | 5.1 | 41.0 | 3.8 |

| Sandwiches | Calories (kcal) | Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Dietary Fiber (g) | Total Sugars (g) | Protein (g) |
|------------------|-----------------|---------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------------|-------------|
| BLAT | 790.0 | 56.0 | 13.2 | 0.0 | 45.7 | 1365.7 | 54.3 | 8.1 | 12.4 | 20.3 |
| Curried Chicken | 606.0 | 17.5 | 3.7 | 0.0 | 39.2 | 1495.4 | 80.4 | 5.3 | 19.1 | 26.2 |
| Rebel Chicken | 707.0 | 44.7 | 11.6 | 0.0 | 67.4 | 1343.7 | 47.9 | 3.1 | 13.6 | 29.7 |
| Roasted Eggplant | 739.0 | 48.6 | 10.6 | 0.0 | 30.7 | 1413.9 | 59.2 | 10.2 | 13.6 | 18.3 |
| Veggie Fiesta | 711.0 | 44.3 | 10.3 | 0.0 | 38.7 | 1238.7 | 63.7 | 8.0 | 14.7 | 20.1 |