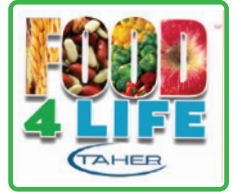


## NUTRITION REFERENCE GUIDELINES

Our Chefs use nutritional guidelines when they are developing our recipes. These industry standard logos and descriptions are designed to help our consumer make sensible choices when selecting meals or snacks that matches their dietary and lifestyle preferences. They are used in the Taher Menu System.



### Healthy Pick

Identifies foods that have:

- 550 calories or less
- less than 10% calories from saturated fat
- no trans fat
- at least 7g of protein
- less than 700 mg of sodium



### Contains Pork

Contains pork or pork products.



### Vegan

Does not contain meat, fish, shellfish, poultry, eggs, dairy products and honey but instead focuses on vegetables, fruits, grains and seed.



### Vegetarian (Plant Based)

Does not contain meat, fish, shellfish and poultry, but instead focuses on vegetables, fruits, grains and seed. May contain eggs, dairy products and honey.



### Gluten Friendly

While these items do not contain gluten ingredients, they are prepared in a kitchen with other products that contain gluten.

There's always a possibility of cross-contamination, and indirect contact to gluten is possible. *Please check with the kitchen staff if you have concerns about using gluten friendly foods.*

### Allergens

The major nine allergens are identified in products that are made in-house.



Peanuts



Shellfish



Soy



Tree Nuts



Egg



Fish



Dairy



Sesame



Wheat