



NEW LUVVO MENU ON WEST COAST FIRST CLASS FLIGHTS STARTING MAY 12, 2016

	Menu Item	Calories	Fat	Sodium	Carb	Fiber	Protein	Allergens
BREAKFAST	BLTE Breakfast Wrap	350	18g	490mg	32g	5g	16g	Egg, Soy, Wheat
	Breakfast Cobb Wrap	380	20g	570mg	31g	4g	18g	Egg, Milk, Soy, Wheat
	Breakfast Quinoa Bowl	200	1g	40mg	39g	4g	10g	Milk, Soy
	Breakfast Smoked Salmon & Cream Cheese Wrap	220	2.5g	790mg	30g	4g	21g	Fish, Milk, Wheat
	Chicken Sausage Hash Wrap	360	14g	560mg	47g	10g	18g	Egg, Soy, Wheat
	Egg & Quinoa Breakfast Wrap	480	25g	650mg	40g	5g	20g	Egg, Milk, Soy, Wheat
	Greek Yogurt Bowl with Granola & Berries	180	0g	80mg	28g	3g	19g	Milk, Soy
	Southwest Breakfast Wrap	430	19g	570mg	51g	12g	21g	Egg, Milk, Soy, Wheat
LUNCH/DINNER	Asian Chicken Salad	230	10g	330mg	17g	4g	17g	Soy
	Banh Mi-Style Wrap	350	13g	570mg	36g	5g	22g	Soy, Wheat
	Chicken Chorizo Chili Wrap	320	7g	440mg	58g	17g	18g	Milk, Soy, Wheat
	Green Garbanzo Falafel Wrap	320	11g	760mg	45g	6g	10g	Milk, Soy, Wheat
	Grilled Vegetable & Farro Salad with Mozzarella	260	12g	580mg	33g	7g	9g	Milk, Soy, Wheat
	Hot Smoked Salmon Wrap	230	4g	800mg	32g	4g	15g	Fish, Milk, Soy, Wheat
	Moroccan-Style Chicken Salad	370	12g	240mg	49g	10g	20g	Tree nuts, Wheat
	Moroccan-Style Chicken Wrap	490	19g	530mg	57g	8g	25g	Soy, Wheat
	Panzanella Salad	270	12g	250mg	36g	8g	6g	Milk, Wheat
	Quinoa Crunch Salad	200	4g	690mg	19g	4g	24g	Soy
	Smoked Turkey Lavash	380	6g	530mg	60g	9g	24g	Milk, Soy, Wheat
	Southwest Chicken Salad	220	7g	350mg	20g	5g	16g	Milk, Wheat