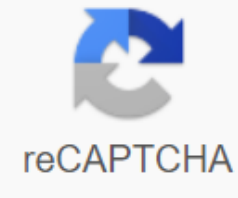




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## Tender greens nutrition guide

Calorie and nutrition information for popular products from Tender Greens: see more tender greens chicken products Albacore Per 1 serving - Calories: 150kcal | Fat: 5.00g | Carbohydrates: 0.00 g | Protein: 24.00g Grilled Salmon Per 1 serving - Calories: 300kcal | Fat: 21.00g | Carbohydrates: 0.00 g | Protein: 25.00g roasted tuna Per 1 serving - Calories: 190kcal | Fat: 8.00g | Carbohydrates: 0.00 g | Protein: 28.00g show more tender greens fish products Grilled Veggies Per 1 serving - Calories: 140kcal | Fat: 8.00g | Carbohydrates: 17.00g | Protein: 5.00g Oxnard Vegetables Per 1 serving - Calories: 140kcal | Fat: 8.00g | Carbohydrates: 17.00g | Protein: 5.00g show more tender greens mixed vegetable products see more tender greens salads products show more tender greens soups products Backyard Marinated Steak Per 1 steak - Calories: 320kcal | Fat: 19.00g | Carbohydrates: 0.00 g | Protein: 35.00g Steak Per 1 serving - Calories: 270kcal | Fat: 13.00g | Carbohydrates: 2.00g | Protein: 34.00g view more bud greens steak products see all bud greens products hier kaufen data-marketing-cta= Article der Fitbit-Family kaufen data-href =/save data-shop-now=Jetzt kaufen error\_message=Gib eine E-Mail-Adresse ein.&gt; Halte dich zu Fitbit auf dem Laufenden Tender Greens, 1 cupCalories: 75 •Carbohydrates: 12g •Fat: 3g •Protein: 2g Tender Greens, 1 crostiniCalories: 140 •Carbohydrates: 16g •Fat: 8g •Protein: 3gTender Greens, 3 cupsCalories: 15 •Carbohydrates: 2g •Fat: 0g •Protein: 2gTender Greens, 1 cupCalories: 300 •Carbohydrates: 38g •Fat: 15g •Protein: 4gTender Greens, 1 salad entreeCalories: 460 •Carbs: 42g •Fat: 31g •Protein: 10g Home Blog Help Sign Up To Join How Are Tender Greens Responding to COVID-19 Virus? We continue to closely monitor and follow all federal, state and local governments, and CDC guidelines to protect the health and safety of our guests and team members. In addition, we no longer host your-in services and are only open for pickup and delivery. We have increased the sanitation of areas with high traffic and high traffic. completed the use of gloves and face masks for all team members; introduced disinfecting stations; rolled out a tamper-proof sticker for all delivery orders and has launched curbside pickup in all locations where available. Finally, we have rolled out a grocery store menu that provides our guests with fresh food, pantry items, and other everyday essentials through easy pickup and delivery. How do you keep the food you serve safe? According to the FDA, there is currently no evidence that foods produced in the United States can transmit COVID-19. However, we have implemented strict cleanliness guidelines that go beyond current public guidance, such as the use of gloves and changing protocols for all interactions, as well as strengthening hand washing and disinfecting education for all How do you keep your team members secure? We follow and and all mandate local, state and federal laws when it comes to team members taking the necessary sick leave they may need. In addition, we continue to follow all government and CDC guidelines that ensure the safety of our team members, including providing them with disinfectants, face masks, gloves, and introducing our own higher level of social distancing protocol. We ensure that there are separation markers in all our kitchens and lines, that there are tables that serve as barriers on the order and pay stations, that there are no more than 10 guests allowed in our restaurants at any given time, that there are social distance reminder signs for guests and team members, and that our to-go and delivery orders are no more than 10 feet intervals Have your opening hours changed during covid-19 outbreaks? Yes, they have. You can see our opening hours here and you can book using tendergreens.com or our app. Can I get food without having to go to the restaurant itself? Yes, you can order your food for delivery using tendergreens.com or our app. Are the ingredients in your prepared food and grocery boxes responsibly sourced? Yes, we have continued to work with the same farmers and suppliers for our prepared meals. In addition, we have added several local partners to provide you with important groceries. Do you still make your meals fresh in your restaurant kitchens? Our kitchens remain dedicated to serving you freshly prepared meals. Are you open for patio or eat-in at the moment? We are currently open for patio dining in most of our places, but unfortunately not open to eat-in at the time. Feel free to check location pages for more details. What other precautions do you take to help people eat in the restaurant? We are currently enforcing 6-ft of social distanced seating outside, have contact-free table ordering, protective cashier glass shields, installed disinfectant stations, continuous cleaning throughout the day, daily team member health screenings, and removal of common use items such as glasses and plates. What is your daily special and how can I check what is cooking at my nearest place? Check out your nearest Tender Greens location on our website. You'll see the Head chef and daily special, he/she is cooking up. Yes! We partner with DoorDash, Caviar and Posimates. We will also deliver for catering orders over \$150. Do you make reservations? We keep it relaxed, come as you are. If you are planning a private party or bring a large group of 10+ people, call the restaurant to talk to the chef. Do you offer rewards program? Yes, on our mobile app. Read all about it on app.tendergreens.com. Yep! Get them at the restaurant. Digital gift cards on our mobile app will be available soon in a future update. Why don't you take cash anymore? From 1 January 2018, we will move to a cash-free cash-free The reason is because it's the future! The percentage of our cash transactions is in the single digits, but you (our guests) and our team spend significant amounts of time because of it. You get your food faster, our team comes back hours of their day and it's better for the environment. Read more about our transition to cashless and why on our blog: Would you like to sponsor/donate to my event? Can you open in my neighborhood? Safe. Do you want to be there every day and tell all your friends? Contact us and tell us where you think we should open. All our restaurants are company owned and operated. I want to invest in Tender Greens. Tender Greens is a privately owned company. There are currently no offers open to investors, but you can invest in a Steak Plate instead. I have a problem with an open order. Our team is here to help! Try the store you ordered directly by phone – the number is listed on our location page. Ack! I'm sorry we screwed up. Until we become cyborgs, mistakes will occasionally happen. Call the restaurant you ordered from to get a replacement with your correct order. If it's too late to correct your order, please send us a note in Contact Us. Let us know what happened and where. We're going to make it up to you, promise! What happened to my order confirmation email? It is possible that the email has made its way to your spam folder. If you still can't find the confirmation, tap us on the contact form. Online ordering mobile app does not work / my order did not go through Sorry for the technical difficulties. Call the store to cancel your order. Thanks for letting us know in contact us form and we will fix it. How many do I make a change/cancel my order? Please call the restaurant from which you placed your order directly to change or cancel an order. Can I get a copy of my receipt? Yes, please send us a request in Contact us with the restaurant location, date, time, name of the order, what you ordered, and last 4 digits of your credit card #. Why don't you cut your salad? The leaves are too big. We like 'em big and curvy because it keeps the quality of salad fresher. When the lettuce is pre-cut, it starts to wilt and mess with the integrity of the greens. We are happy to chop it up upon request. Where can I find your nutritional/allergen information? Available on the menu section of our website as PDF called Nutrition Information. Don't see what you're looking for? Ask us in the contact form. Only at Union Square and Copley Place places because of the neighborhood needed good breakfast! Breakfast is available Monday to Friday from 10:00 to 20:00. Let us know if we should have it anywhere else! Can I get the recipe for my favorite dish? We keep the recipes for our core menu items close heart, but there are some recipes that we can with you. Send us a note in Contacts and tell us what is your favorite. What is your sourcing philosophy? We are always aware of the big picture - our food, environment and social responsibility. That means thinking about the production, transport and social consequences of our food before we give something our thumbs up. All our farmers and partners live up to our high standards – we know and trust them. Want to know more? Give us a shout in Contacts and we are happy to have a conversation about it. Where is your meat from and how it's raised? Our beef is antibiotic and hormone-free, where it is available and sustainable, raised on family farms and open pastures. Our chicken is free range and vegetarian fed. Where is your seafood from and how it's raised? Our seafood comes from the most responsible fisheries to protect the health of the species and our waterways. The albacore tuna is MSC certified and our salmon is GLOBALG.A.P. certified. Our products and lettuce are grown using ecological and natural methods that promote soil health and biodiversity. The Organic brand is convenient - but it's not everything and not the only criteria we measure our high standards. We believe that the best ingredients start with the best farmers, farmers we know and trust, and those we can walk their fields of talking about what they travel and grow. What kind of oils or fats do you use? We use a mixture of California Olive Ranch Extra Virgin olive oil and non-GMO expeller pressed rapeseed oil. Long answer to a short question, but it has been a controversial topic recently and we want to be 100% transparent about what we use and why. There's a lot of misinformation out there about rapeseed oil that we had to dig into to really understand. We found that there is a very important difference between just rapeseed oil and non-GMO expeller pressed rapeseed oil because: (1) GMO crops tend to have a negative environmental impact, and the properties built into GMO seeds are responsible for the negative health effects that are often discussed around canola – the non-GMO variety does not have these effects. (2) Oils that are not expeller pressed are usually extracted with hexane and other industrial solvents. We do not use canola and olive oil interchangeably or because of costs, but based on how the oil is used. There are two main differences, the first being the strong taste of the extra virgin olive oil versus the almost non-existent taste of canola. The second is smoke point. The difference in smoke point means something that goes on the grill must have some or all rapeseed oil, otherwise the restaurant would be smokey and the taste of the food would be negatively affected. Does your food contain sodium? Yes, we use salt in our cooking. If you have a that require low sodium content, sodium content, chefs are happy to do something special for you. Just ask! Do you use gluten-free products? Many of our dishes do not contain gluten, but we cannot guarantee that all our products are gluten-free. Yes, we do! Order online at catering.tendergreens.com. Would you like a little extra help? Our catering concierge can help you, email [email protected] Can I order catering online? Yes, and it's encouraged, on catering.tendergreens.com I've placed orders before from your standard menu. Why doesn't my login work? Our catering and standard ordering platforms are actually separate. Although you can choose to use a single e-mail address for each account, the order history on the catering page and the default order page are not connected in any way. Yes, we do! We work with various third-party partners to fulfill our catering deliveries to make ordering as convenient as possible. What if I'm not in your delivery zone? Arrange your order for pickup. Can I book for catering on the same day as my event? We request a 15-hour notice for catering. For same-day orders, Tender Greens nearest calls you to ask. We will do our best to make it happen, but it depends on the size of your catering. How do I know how much to order? When it comes to our plate offerings, we recommend using them as a base for your order. If you feed 40 people, it is recommended that you order plates for all 40 guests. You can then add on additional pages and proteins from there. Remember, it's always best to have a little extra as opposed to not enough! How much gratuity should I add? 15-20% is always a nice gesture. We appreciate your generosity. Do I need sternos & chafing dishes (wire racks)? You don't need them, but if you have your own rubbing dishes and sternos you'd like to use to keep the food warm, please request aluminum pans for your order. Catering orders generally come in reusable heat-resistant plastic containers. Does my order include plates, napkins, utensils, etc.? Yes, it is included at no extra cost, but let us know that you would like them. Buffet style in reusable containers. Our catering plates are priced per Person, but served family style. They come with protein and two sides for all guests to enjoy. Let's say you feed 10 people and choose chicken, steak, mashed potatoes and roasted vegetables for your offerings. Your order will be received as follows: 5 chicken, 5 steak, 10 mashed potatoes, 10 roasted vegetables. We hope it helps. Will your team help create my order? Orders come with a visual guide map that shows how best to set up your order. We also have table tent labels available upon request. How can I make changes to my order? Changes to catering orders can only be made when they account up to 24 hours in advance. If you check out as a guest, no further changes or adjustments can be made. For For help, please contact [email protected] What is your cancellation policy? All food is made in the house from scratch, so we require at least six (6) hours notice if you need to cancel your order without penalty. Cancellations given less than six (6) hours' notice prior to your order time will be subject to a cancellation fee of 50% of the expected balance on the order. We have made a few weddings TG style. Email [email protected] and let's see if we can make Tender Greens part of your big day. While we will do our best to make it work for your big day, you should know that we are not a full-service wedding caterer. I want to host a private event at Tender Greens. Cool! We love a good party. We will even hook you up with your own private chef to cook for your party. Call your nearest Tender Greens and talk to the chef, or email [email] and let's make it happen. Do you offer house accounts? Yes. Please contact our catering concierge who can help create your account and catering orders. [email protected] Please contact our catering concierge ([email protected]) and a member from our team would be happy to help. How do I have an online order? You can order from our website by clicking order online or go order.tendergreens.com. You can also place an online order using our Tender Greens app that can be downloaded for iOS or Android. The account sign-in is the same for online ordering and the mobile app. How do I load previous purchases to my account? If you've visited in the last 7 days, you can use the app to scan the barcode at the bottom of your receipt. If your purchase is older than 7 days, we are currently unable to register previous purchases retroactively. Do you have mobile payment and digital gift cards? We currently accept Apply Pay, and digital gift cards will be available to our app soon. Do you have an app or offer a loyalty/rewards program? Yes, we do! Our app is available on iOS and Android. More info can be found at app.tendergreens.com. How do I stay up to date with Tender Green's news? We have a lot of special news and promos coming up, so the best way to stay up to date is by following us on @TenderGreens on Instagram and by subscribing to our email list. You can also see the News tab in our app to get our latest notifications. Will you spam me with emails if I sign up? Nope! We hate spammy emails as much as you do. We store emails for things you need to know, such as new menu items and exciting upcoming events. We will never sell or give your email to anyone. You can read more about our privacy policy . How do you manage personal information? We take our personal information very seriously. You can read our privacy policy . Please email [email protected] What happened to my 10% discount Loyalty Loyalty Reward? You can find all the FAQ related to the 10% off Loyalty Program reward here (. How does your loyalty program work? You can earn points every time you eat with us by ordering through the app, scanning at the cash register or scanning the receipt barcode. The more points you earn, the more rewards you get. Just download our app to start! Read more about our loyalty program at app.tendergreens.com. How do I sign up for your loyalty program? You can sign up by downloading our app or signing up for an online booking account at order.tendergreens.com. You can earn points by ordering online or through the app, scanning your app at the cash register, or scanning the barcode at the bottom of your receipt within 7 days of your purchase. You can earn more points by referring a friend or linking your Facebook profile to your loyalty account. What items are not eligible to earn points? Items that are not eligible to earn points include, but are not limited to, beer/wine, catering orders, third-party delivery orders, tax and tips. How can I check my current points balance? You can see your current points balance on the Rewards tab of our app or by viewing your account information in order.tendergreens.com. Why haven't I received my swag yet? You can check your points on the Rewards tab in our app, and if you've reached the respective levels, you should've had your swag sent to you. If you have reached these levels and have not received your swag item, please contact us at [email protected] 500 points - Tote Bag 700 points - Reusable Straw 900 points - Thermos Where can I find my rewards in the app? You can find your une fine perks on the Rewards tab in the app by pressing the Redeem button. If you've received a reward that doesn't appear in your app, please contact us at [email protected] Yes, we've made a few changes to our new and improved loyalty program. For more information, see app.tendergreens.com. My reward doesn't appear on the app. What should I do? If your reward doesn't appear on the app, or if you're having trouble redeeming it, contact [email protected], and we'll help you right away. How do I redeem my rewards? You can redeem your rewards directly in the app when you order online, or by scanning the app at checkout. Can I redeem two rewards at the same time? No, you can only redeem one reward every four hours. You can invite friends to join our loyalty program by sending them your unique invitation code, which can be found in the main menu of the app. Your friends earn 5 points and a free cookie for entering your referral code when you sign up, and you earn the same when your friends a purchase and earn their first loyalty points. Yes, your points expire on the anniversary of your enrollment date. But don't worry, we'll let you know when your points are soon. Please email [email protected] I have a media request, who should I contact? Email [email protected], we will get back to you. Can we film at your restaurant? Please email [email protected] with information about your movie request, including date, time, size of the crew, and tell us about the project you are filming. I want to join the Tender Greens family! Rad. We are always looking for good team members to join us. See the list of vacancies and apply careers.tendergreens.com. Do you have internships? We

have a 6-month culinary internship program for former foster young people aged 18-24 years - Sustainable Life Project. Learn more about the program in the Sustainable Life Project section of our website. What are perks/benefits when working on Tender Greens? Great benefits and great growth opportunities. Mentorship from the best chefs in the industry, free meals while on the clock, 20% team member discount, benefits for team members working on full-time schedules, including health insurance. Trust me, you want to work here. How can I provide feedback on my experience? We're so glad you asked. We love every opportunity to learn and grow from your experiences. Send us a note using the feedback category on the contact form and we will be in touch. Or, look us up on social. @tendergreens I found something that doesn't belong in my food! Yikes! We don't use synthetic pesticides on our products, so occasionally a rogue bug clings on tightly and doesn't get washed out during the many energetic washing sessions. Anything else? Thanks for letting us know. Please contact us, tell us what location you were at and include a picture if you can. Cna.

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