



Fresh Express Salad Guide for nutrition professionals

Fresh Express® offers a wide range of fresh, high-quality salads that make healthier eating effortless. Whether you're managing a hectic schedule, planning family meals, or simply focusing on wellness, there's a Fresh Express® product to fit your lifestyle. This guide introduces our salad categories, highlights key benefits, and offers inspiring ways to enjoy them.

Fresh Express Salad Categories



Salad Greens

The perfect base for creativity



Salad Kits and Chopped Kits

Quick, nutritious, flavor-packed meals



Garden Blends

Everyday Favorites for Every Plate



Organic

Fresh and pure

Salad Greens

The perfect base for creativity

Fresh Express® salad greens are a versatile foundation for countless meal possibilities. Washed and ready-to-eat, these greens provide a fresh and crisp base for any salad, wrap, or smoothie.

Varieties include:

- Hearts of Romaine, Butter Supreme, Spring Mix, Baby Spinach, Baby Kale, Sweet Butter™, and more.

Key Benefits:

- No preservatives, always fresh.
- Pre-washed for convenience.
- Rich in essential vitamins like A, C, and K.
- Low in calories and high in fiber.

How to Enjoy Salad Greens:

- Use as a nutritious base for fresh salads with your favorite toppings.
- Layer into wraps and sandwiches for added crunch and flavor.
- Blend into smoothies for an extra boost of vitamins and minerals.
- Toss into grain bowls for a wholesome and satisfying meal.
- Serve as a fresh side with grilled proteins or roasted vegetables.



Salad Kits and Chopped Kits

Quick, nutritious and flavor-packed



Fresh Express® Salad Kits combine crisp fresh salad blends with flavorful toppings. For those seeking convenience without compromising on taste or nutrition, Fresh Express® Salad Kits and Chopped Kits are the perfect solution. Each kit contains fresh greens, a mix of delicious toppings and a salad dressing for a perfectly balanced meal.

Popular options:

- **Caesar Kit** – Romaine lettuce, parmesan cheese, croutons, and creamy Caesar dressing. In addition to the classic one, Fresh Express® offers the largest variety of Caesar salads. From Enchilada to Asian, Pesto to Greek, we have a Caesar salad for every craving!



Key Benefits:

- No prep required—just mix and serve!
- Perfect for busy lifestyles.
- Balanced flavors and nutrition in every bite.

How to Enjoy:

- Toss with grilled chicken, shrimp, or tofu for a protein-packed meal.
- Fill into pitas or stuff into bell peppers for a fresh and flavorful meal.
- Serve as a fresh side to complement your favorite main dish.
- Mix with grains like quinoa or farro for a hearty, nutritious bowl.
- Add extra crunch with nuts, seeds, or crispy tortilla strips.

Garden Blends

Everyday favorites for every plate

Fresh Express® Garden Blends offer simple, wholesome mixes that complement any meal and bring freshness to everyday dishes.

Popular options:

- **Iceberg Garden:** Crisp, refreshing, and versatile - perfect as a side salad, in tacos, or layered in sandwiches.

Key Benefits:

- Easy-to-use for fast prep.
- Ideal for everyday meals, BBQs, and entertaining.

How to Enjoy:

- Use as a base for homemade coleslaw or creamy deli-style sides.
- Add to burgers, hot dogs, and sandwiches for extra crunch.
- Mix into wraps or tacos for a quick texture boost.
- Toss with vinaigrettes or creamy dressings for simple side salads.
- Mix into grain bowls for added texture and variety.
- Top off grilled proteins like chicken or fish for a light, flavorful side.



Organic

Fresh and Pure

Fresh Express® Organic Blends are USDA certified organic and full of fresh flavor. Ideal for health-conscious consumers looking for clean, delicious greens.

Varieties include:

- Baby Spinach Organic, Spring Mix Organic, and more.

Key Benefits:

- USDA certified organic and non-GMO.

How to Enjoy:

- Create light, nourishing salads with your favorite veggies and dressings.
- Mix into smoothies for a healthy start to your day.
- Use in grain bowls or wraps for added texture and nutrients.
- Serve as a fresh, flavorful side to elevate any main dish.

