

# FLAVORS

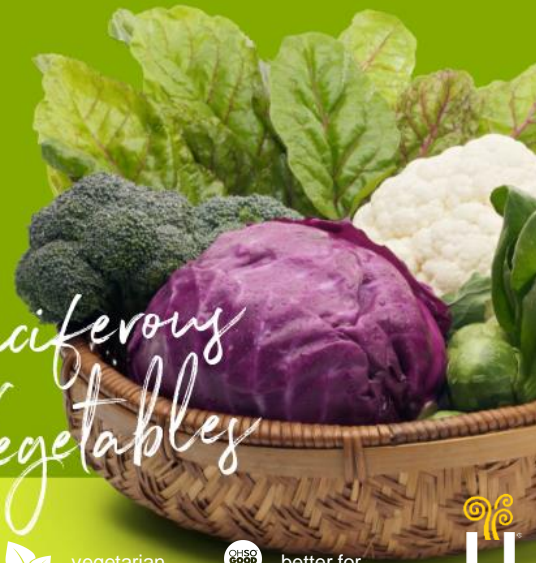
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# 365

Cruciferous vegetables are low-calorie, rich in folate, vitamins C, E, K, and fiber. Also present in cruciferous vegetables are glucosinolates. These chemicals are not only responsible for the aroma and flavor of these plants, but they have also been shown to have anticancer effects.



*Cruciferous  
Vegetables*



Before placing your order, please inform your server if a person in your party has a food allergy.

