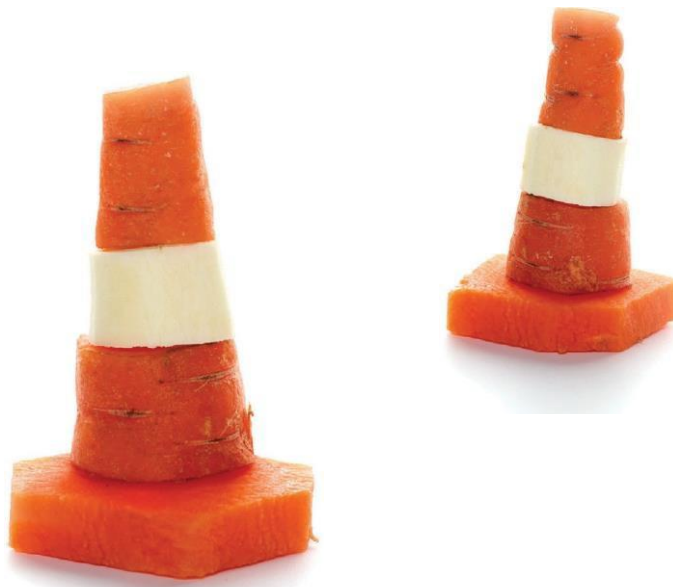


Pret's Nutrition & Allergen Guide



Nutrition

Since almost all Pret products are made fresh each day, our nutritional values are averages based on standardized recipes. Our values are based on information provided by our suppliers, and analysis using industry standard software, published resources, and/or testing. Values for individual products may vary due to variations in serving size, preparation techniques, and changes with food suppliers. Nutritional information may also vary from market to market. Because of this, we cannot guarantee complete accuracy of our nutrition information.

Allergies & Ingredients

Our food is freshly prepared in small kitchens that handle various ingredients and common allergens including wheat, peanuts, soy, tree nuts, milk, eggs, fish, and shellfish.

Our coffee counters and kitchens are busy places using shared equipment to prepare, store, and handle multiple ingredients. While we take precautions, there is always a possibility that different food products will come into contact. We always indicate when a product does contain an allergen, but we cannot guarantee any of our recipes or drinks are allergen-free.

Our Nutrition & Allergen Guide contains a list of all the products we sell in our US shops, with full ingredient lists and the 8 declarable allergen information listed for your reference. You will also find declarable allergens listed on the product shelf tickets in our shops.

Please remember to check our Nutrition & Allergen Guide regularly as recipes do change from time to time.

We understand that no matter how detailed our guide is, there may be times when it can't answer the questions you may have. If you need any additional information, [visit www.pret.com](http://www.pret.com) get in touch with our Customer Service team at 646-728-0505 who will be happy to help. We strongly advise consulting with your physician first if you have any concerns around consuming any Pret products.



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YOGURT & FRUIT POTS

Banana

Serving Size: 118g/4.16oz

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Banana

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
100	0	0	0	0	0	27	3	14	0	1	0	78	0	520

Bircher Muesli

Serving Size: 237g/8.35oz

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Almond, Milk

INGREDIENTS:

Yogurt (Cultured Pasteurized Milk, Live and Active Cultures (S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei)), Julienne Apples, Granola (Gluten Free Oat Flakes, Apple Cinnamon Glaze (Muscovado Sugar, Golden Syrup, Water, Concentrated Apple Juice, Cinnamon, Salt), Pumpkin Seeds, Raisins, Sunflower Oil, Golden Linseed, Buckwheat Flakes), Blueberries, Honey, Dried Cranberries (Cranberries, Sugar, Sunflower Oil), Sliced Almonds

NUTRITIONAL INFORMATION:

Calories	Total Fat(g)	Sat Fat(g)	TransFat (g)	Cholest. (mg)	Sodium(mg)	TotalCarbs (g)	DietaryFiber (g)	Total Sugar (g)	Added Sugar (g)	Protein(g)	VitaminD (mcg)	Calcium(mg)	Iron(mg)	Potassium(mg)
310	9	3.5	0	25	60	41	3	29	5	16	0	182	1	310

Blueberry & Granola Pot

Serving Size: 274g/9.66oz

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Milk

INGREDIENTS:

Yogurt (Cultured Pasteurized Milk, Live and Active Cultures (S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei)), Granola (Gluten Free Oat Flakes, Apple Cinnamon Glaze (Muscovado Sugar, Golden Syrup, Water, Concentrated Apple Juice, Cinnamon, Salt), Pumpkin Seeds, Raisins, Sunflower Oil, Golden Linseed, Buckwheat Flakes), Blueberry Compote (Blueberries, Sugar, Water, Fruit Pectin (Gelling Agent), Locust Bean Gum (Thickener), Concentrated Acerola Cherry Juice)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat(g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
350	13	5	0	40	115	36	2	22	2	23	0	266	2	437

Blueberry Yogurt Pot

Serving Size: 158g/5.57oz

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Milk

INGREDIENTS:

Yogurt (Cultured Pasteurized Milk, Live and Active Cultures (S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei)), Blueberry Compote (Blueberries, Sugar, Water, Fruit Pectin (Gelling Agent), Locust Bean Gum (Thickener), Concentrated Acerola Cherry Juice)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat(g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
130	5	3	0	25	50	10	0	9	2	12	0	155	0	194

YOGURT & FRUIT POTS

Little Cup of Goodness

Serving Size: 207g/7.30oz

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Milk

INGREDIENTS:

Yogurt (Cultured Pasteurized Milk, Live and Active Cultures (S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei)), Granola (Gluten Free Oat Flakes, Apple Cinnamon Glaze (Muscovado Sugar, Golden Syrup, Water, Concentrated Apple Juice, Cinnamon, Salt), Pumpkin Seeds, Raisins, Sunflower Oil, Golden Linseed, Buckwheat Flakes), Julienne Apples, Brown Sugar, Ground Cinnamon

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat(g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
300	10	3.5	0	25	55	38	3	23	5	16	0	169	1	281

Mango & Lime

Serving Size: 150g/5.29oz

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Mango, Lime

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat(g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
90	0.5	0	0	0	0	22	3	19	0	1	0	20	0	242

Pineapple & Lime Pot

Serving Size: 155g/5.46oz

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Pineapple, Lime

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat(g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
70	0	0	0	0	0	20	2	14	0	1	0	23	0	168

Cantaloupe & Blueberry Pot

Serving Size: 160g/5.64oz

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Cantaloupe, Blueberry

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat(g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
70	0	0	0	0	25	17	1	14	0	1	0	20	0	30

YOGURT & FRUIT POTS

Apple & Almond Butter Pot

Serving Size: 145g/5.11oz

Recipe is: ☒ Vegetarian and ☒ Vegan

Common Allergens: Almond

INGREDIENTS:

Fuji Apple, Almond Butter (Dry Roasted Unblanched Almonds)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat(g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
290	18	1.5	0	0	0	22	3	14	0	9	0	96	1	357

Acai Bowl

Serving Size: 207g/7.30oz

Recipe is: ☒ Vegetarian and ☒ Vegan

Common Allergens: Almond

INGREDIENTS:

Acai Puree (Banana, Acai, Raspberry Puree, Blackberry Puree, Strawberry, Cherry, Gluten-Free Oat Flour), Banana, Granola (Gluten Free Oat Flakes, Apple Cinnamon Glaze (Muscovado Sugar, Golden Syrup, Water, Concentrated Apple Juice, Cinnamon, Salt), Pumpkin Seeds, Raisins, Sunflower Oil, Golden Linseed, Buckwheat Flakes), Almond Butter (Dry Roasted Unblanched Almonds), Julienne Apples

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat(g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
450	21	2.5	0	0	0	52	10	26	0	13	0	110	2	420

Sunshine Bowl

Serving Size: 261g/9.20oz

Recipe is: ☒ Vegetarian and ☒ Vegan

Common Allergens: Coconut

INGREDIENTS:

Banana, Sunshine Puree (Alphonso Mango, Banana Puree, Coconut Milk, Kent Mango, Lemon, Turmeric Juice, Turmeric Powder, Ascorbic Acid), Granola (Gluten Free Oat Flakes, Apple Cinnamon Glaze (Muscovado Sugar, Golden Syrup, Water, Concentrated Apple Juice, Cinnamon, Salt), Pumpkin Seeds, Raisins, Sunflower Oil, Golden Linseed, Buckwheat Flakes), Blueberries

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat(g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
420	12	4	0	0	50	70	8	35	0	8	0	35	2	714

HOT BREAKFAST

Egg & Bacon Brioche

Serving Size: 189g/6.66oz

Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

Brioche Roll (Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Partially Skimmed Milk (Milk, Vit. A Palmitate, Vit. D3), Cage-Free Egg, Butter (Cream), Sugar, Yeast, Wheat Gluten, Salt, Water, Malted Wheat Flour, Ascorbic Acid, Food Enzymes (Xylanase, Glucose-Oxidase, Lipase, Alpha-Amylase), Liquid Whole Egg (Cage-Free Whole Egg, Citric Acid), Whole Milk (Pasteurized Whole Milk, Vitamin D), Niman Ranch Bacon (Pork, Water, Salt, Turbinado Sugar, Celery Powder), Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Seasoning (Salt, Black Pepper), Cooking Spray (Expeller Pressed Canola Oil, Sunflower Lecithin, Propellant)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat(g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
510	27	13	0	345	1090	33	1	6	3	28	1	187	3	368

Egg & Cheddar Brioche

Serving Size: 159g/5.60oz

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

Brioche Roll (Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Partially Skimmed Milk (Milk, Vit. A Palmitate, Vit. D3), Egg, Butter, Sugar, Yeast, Wheat Gluten, Salt, Water, Malted Wheat Flour, Ascorbic Acid, Food Enzymes (Xylanase, Glucose-Oxydase, Lipase, Alpha-Amylase)), Liquid Whole Egg (Cage-Free Whole Egg, Citric Acid), Whole Milk (Pasteurized Whole Milk, Vitamin D), Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Seasoning (Salt, Black Pepper), Cooking Spray (Expeller Pressed Canola Oil, Sunflower Lecithin, Propellant)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat(g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
370	17	9	0	315	590	33	1	6	3	18	1	183	3	218

Egg White Greek Frittata

Serving Size: 303g/10.68oz

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Egg, Milk

INGREDIENTS:

Liquid Egg White (Cage-Free Egg White), Whole Milk (Pasteurized Whole Milk, Vitamin D), Red Peppers, Feta (Pasteurized Milk, Salt, Cheese Cultures, Enzymes), Spinach, Veggie Parmesan (Pasteurized Cultured Part-Skim Milk, Salt, Enzymes, Potato Starch, Powdered Cellulose), Seasoning (Salt, Black Pepper)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat(g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
210	6	3.5	0	20	700	6	1	4	0	28	1	238	0	550

HOT BREAKFAST

Pret's Shakshuka Frittata

Serving Size: 362g/12.76oz

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Egg, Milk

INGREDIENTS:

Liquid Egg White (Cage-Free Egg White), Whole Milk (Pasteurized Whole Milk, Vitamin D), Marinara Sauce (Italian Whole Peeled Tomatoes (Peeled Tomatoes, Tomato Puree, Salt, Basil Leaf), Olive Oil, Onions, Salt, Garlic, Basil, Black Pepper, Oregano), Feta (Pasteurized Milk, Salt, Cheese Cultures, Enzymes), Spicy Chipotle Sauce (Roasted Red Peppers (Roasted Red Peppers, Water, Salt, Citric Acid, Calcium Chloride), Chipotle in Adobo (Chipotle Peppers, Water, Onion, Tomato Paste, Salt, Sugar, Vinegar), Diced Tomatoes (Diced Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Red Wine Vinegar, Onions, Canola Oil, Water, Sugar, Roasted Garlic, Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Red Pepper), Sea Salt, Lime Juice, Black Pepper, Garlic Powder, Xanthan Gum (Stabilizer), Ground Red Pepper), Roasted Tomatoes (Cherry Tomatoes, Rapeseed Oil, Salt, Dried Garlic, Oregano, Lemon Juice Concentrate), Spinach, Chili Salt (Paprika, Sea Salt, Chili Flakes)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
300	12	4.5	0	25	1100	13	1	7	1	30	1	241	0	640

Creamy Oatm*lk Porridge

Serving Size: 302g/10.65oz

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Oatmilk (Water, Organic Rolled Oats, Sunflower Oil), Water, Organic Whole Grain Oats, Buckwheat Groats, Sea Salt

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
180	4.5	0.0	0	0	150	30	4	0	0	5	0	29	1	162

Apple Cranberry Crunch Porridge Topper

Serving Size: 51g/1.79oz

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Julienne Apples, Granola (Gluten Free Oat Flakes, Apple Cinnamon Glaze (Muscovado Sugar, Golden Syrup, Water, Concentrated Apple Juice, Cinnamon, Salt), Pumpkin Seeds, Raisins, Sunflower Oil, Golden Linseed, Buckwheat Flakes), Dried Cranberries (Cranberries, Cane Sugar, Sunflower Oil), Light Brown Sugar (Brown Sugar), Ground Cinnamon

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
130	2.5	0	0	0	15	25	2	17	10	2	0	21	1	99

Choco Banana Crunch Porridge Topper

Serving Size: 107g/3.77oz

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Banana, Honey, Granola (Gluten Free Oat Flakes, Apple Cinnamon Glaze (Muscovado Sugar, Golden Syrup, Water, Concentrated Apple Juice, Cinnamon, Salt), Pumpkin Seeds, Raisins, Sunflower Oil, Golden Linseed, Buckwheat Flakes), Chocolate Powder (Cane Sugar, Cocoa Powder – Processed with Alkali, Dark Chocolate (Chocolate Liquor, Cane Sugar, Cocoa Powder))

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
230	2.5	0	0	0	20	48	3	35	1	3	0	15	1	332

HOT BREAKFAST

Southwestern Breakfast Wrap

Serving Size: 309g/10.89oz

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: **Egg, Milk, Wheat**

INGREDIENTS: Seven Grain Tortilla Wrap (Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Whole Wheat Flour, Palm Oil, Organic Unbleached Wheat Flour (Hard Red Spring Wheat), Organic Hard Red Spring Wheat, Organic Rye, Organic Yellow Corn, Organic Brown Rice, Organic Steel Cut Oats, Organic Millet, Organic Barley, Cultured Wheat, Wheat Gluten, Salt, Sugar, Sodium Bicarbonate, Mono- and Diglycerides, Sodium Acid Pyrophosphate, Fumaric Acid, Yeast, Guar Gum, Xanthan Gum, Cellulose Gum, Enzymes), Liquid Whole Egg (Cage-Free Whole Egg, Citric Acid), Black Bean Salsa (Black Beans, Diced Tomatoes (tomatoes, tomato juice, salt, citric acid), Jalapeno Peppers, Lime Juice Concentrate, Onions, Cilantro, Sea Salt, Canola Oil, Garlic Puree, Black Pepper, Onion Powder, Garlic Powder), Whole Milk (Pasteurized Whole Milk, Vitamin D), Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Spicy Chipotle Sauce (Roasted Red Peppers (Roasted Red Peppers, Water, Salt, Citric Acid, Calcium Chloride), Chipotle in Adobo (Chipotle Peppers, Water, Onion, Tomato Paste, Salt, Sugar, Vinegar), Diced Tomatoes (Diced Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Red Wine Vinegar, Onions, Canola Oil, Water, Sugar, Roasted Garlic, Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Red Pepper), Sea Salt, Lime Juice, Black Pepper, Garlic Powder, Xanthan Gum (Stabilizer), Ground Red Pepper), Red Peppers, Red Onion, Crispy Onions (Onions, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sunflower and/or Safflower Oil, Sea Salt), Seasoning (Salt, Black Pepper)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat(g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
510	22	8	0	280	1090	59	1	4	1	25	0	350	4	548

SANDWICHES

Cheddar & Tomato Sandwich

Serving Size: 240g/8.46oz

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

Multigrain Bread (Enriched Wheat Flour (Wheat Flour, Calcium Carbonate, Reduced Iron, Niacin, Thiamin), Water, Malted Wheat Flakes, Wheat Bran, Yeast, Wheat Gluten, Malted Barley Flour, Salt, Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids, Rapeseed Oil, Ascorbic Acid (Flour Treatment Agent)), Tomatoes, Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Mesclun, Mustard Mayo (Canola Oil, Whole Grain Mustard (Water, Mustard Seed, Vinegar, Salt, Citric Acid, Turmeric), Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Red Pepper), Cage-Free Egg Yolk, Water, Cage-Free Whole Eggs (Cage-Free Whole Eggs, Citric Acid), Honey, White Distilled Vinegar, Sea Salt, Lemon Juice Concentrate), Seasoning (Salt, Black Pepper)

NUTRITIONAL INFORMATION: Serving Size: 240g/8.46oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat(g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
450	23	9	0	70	850	45	1	5	0	20	0	366	2	428

NUTRITIONAL INFORMATION - SLIM: Serving Size: 120g/4oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat(g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
225	12	5	0	35	425	23	1	3	0	10	0	183	1	214

Chicken & Bacon Sandwich

Serving Size: 282g/9.94oz

Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Egg, Wheat

INGREDIENTS:

Sliced Chicken (Chicken Breast, Sea Salt), Multigrain Bread (Enriched Wheat Flour (Wheat Flour, Calcium Carbonate, Reduced Iron, Niacin, Thiamin), Water, Malted Wheat Flakes, Wheat Bran, Yeast, Wheat Gluten, Malted Barley Flour, Salt, Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids, Rapeseed Oil, Ascorbic Acid (Flour Treatment Agent)), Tomatoes, Niman Ranch Bacon (Pork, Water, Salt, Turbinado Sugar, Celery Powder), Mayonnaise (Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains Less Than 2%: Salt, Spice, Lemon Juice Concentrate), Mesclun

NUTRITIONAL INFORMATION: Serving Size: 282g/9.94oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat(g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
560	29	7	0.0	125	1250	33	1	4	0	37	0	49	2	757

NUTRITIONAL INFORMATION - SLIM: Serving Size: 141g/5oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat(g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
280	15	4	0	63	625	17	1	2	0	19	0	25	1	379

SANDWICHES

Pret's Egg Salad & Arugula Sandwich

Serving Size: 225g/7.93oz

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Egg, Wheat

INGREDIENTS:

Egg Salad (Cage-Free Eggs, Cage-Free Mayonnaise (Non-GMO Canola Oil, Whole Eggs, Distilled Vinegar, Egg Yolks, Salt, Dextrose, Water, Natural Flavors, Lemon Juice Concentrate), Sea Salt, Black Pepper), Multigrain Bread (Enriched Wheat Flour (Wheat Flour, Calcium Carbonate, Reduced Iron, Niacin, Thiamin), Water, Malted Wheat Flakes, Wheat Bran, Yeast, Wheat Gluten, Malted Barley Flour, Salt, Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids, Rapeseed Oil, Ascorbic Acid (Flour Treatment Agent)), Arugula, Seasoning (Salt, Black Pepper)

NUTRITIONAL INFORMATION: Serving Size: 225g/7.93oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat(g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
530	32	4	0	395	860	41	0	4	0	20	2	110	3	356

NUTRITIONAL INFORMATION - SLIM: Serving Size: 113g/3.96oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat(g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
265	16	2	0	198	430	21	0	2	0	10	1	55	2	178

Pret's Chicken Salad & Avo Sandwich

Serving Size: 260g/9.17oz

Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Almond, Egg, Wheat

INGREDIENTS:

Multigrain Bread (Enriched Wheat Flour (Wheat Flour, Calcium Carbonate, Reduced Iron, Niacin, Thiamin), Water, Malted Wheat Flakes, Wheat Bran, Yeast, Wheat Gluten, Malted Barley Flour, Salt, Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids, Rapeseed Oil, Ascorbic Acid (Flour Treatment Agent)), Avocados, Sliced Chicken (Chicken Breast, Sea Salt), Mayonnaise (Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains Less Than 2%: Salt, Spice, Lemon Juice Concentrate), Mesclun, Dried Cranberries (Cranberries, Cane Sugar, Sunflower Oil), Sliced Almonds (Blanched Sliced Almonds), Seasoning (Salt, Black Pepper), Lemon Juice

NUTRITIONAL INFORMATION: Serving Size: 260g/9.17oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat(g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
620	35	4	0	75	900	53	6	9	5	23	0	71	3	747

NUTRITIONAL INFORMATION - SLIM: Serving Size: 130g/4.58oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat(g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
310	18	2	0	38	450	27	3	5	3	12	0	36	2	374

Thanksgiving Lunch

Serving Size: 243g/8.57oz

Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

Multigrain Bread (Enriched Wheat Flour (Wheat Flour, Calcium Carbonate, Reduced Iron, Niacin, Thiamin), Water, Malted Wheat Flakes, Wheat Bran, Yeast, Wheat Gluten, Malted Barley Flour, Salt, Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids, Rapeseed Oil, Ascorbic Acid (Flour Treatment Agent)), Roasted Turkey Breast Turkey Breast, Sea Salt, Apple Sage Stuffing 2021, Cranberry Sauce, Mayonnaise (Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains Less Than 2%: Salt, Spice, Lemon Juice Concentrate), Spinach, Crispy Onions (Onions, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sunflower and/or Safflower Oil, Sea Salt), Seasoning (Salt, Black Pepper).

NUTRITIONAL INFORMATION: Serving Size: 243g/8.57oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat(g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
490	18	2	0	70	980	58	0	10	5	26	0	74	4	455

WRAPS

Bang Bang Chicken Wrap

Serving Size: 301g/10.61oz

Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Egg, Soy, Wheat, Sesame

INGREDIENTS:

Seven Grain Tortilla Wrap (Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Whole Wheat Flour, Palm Oil, Organic Unbleached Wheat Flour (Hard Red Spring Wheat), Organic Hard Red Spring Wheat, Organic Rye, Organic Yellow Corn, Organic Brown Rice, Organic Steel Cut Oats, Organic Millet, Organic Barley, Cultured Wheat, Wheat Gluten, Salt, Sugar, Sodium Bicarbonate, Mono- and Diglycerides, Sodium Acid Pyrophosphate, Fumaric Acid, Yeast, Guar Gum, Xanthan Gum, Cellulose Gum, Enzymes), Sliced Chicken (Chicken Breast, Sea Salt), Asian Dressing (Tofu (Water, Soybeans, Calcium Sulfate, Glucono Delta Lactone), Tamari Soy Sauce (Water, Soybeans, Salt, Alcohol), Sugar, Tahini (Sesame Seed), White Wine Vinegar, Water, Ginger Puree, Toasted Sesame Seed Oil, Canola Oil, Lime Juice, Lemon Juice Concentrate, Xanthan Gum (Stabilizer)), Pickled Cabbage & Carrot Mix (Red Cabbage, Carrot, Water, Sugar, Vinegar, Salt), Sweet Chili Mayo (Canola Oil, Ketchup (Tomato Puree, Water, Sugar, White Vinegar, Salt), Cured Cucumber (Cucumbers, Water, Vinegar, Salt, Xanthan Gum), Water, White Wine Vinegar, Egg Yolks, Jalapeno Pepper (Jalapeno Peppers, Water, Salt, Acetic Acid), Sugar, Mustard, Cayenne Pepper, Sea Salt, Garlic Powder, Paprika Blend (Canola Oil, Extractive of Capsicum, Sunflower Oil)), Shredded Carrots, Cilantro, Red Onion, Crispy Onions (Onions, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sunflower and/or Safflower Oil, Sea Salt), Cucumbers

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
580	26	3	0.0	65	1460	65	1	15	10	28	0	137	3	628

Crunchy Chipotle Chicken & Avo Wrap

Serving Size: 343g/12.09oz

Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

Seven Grain Tortilla Wrap (Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Whole Wheat Flour, Palm Oil, Organic Unbleached Wheat Flour (Hard Red Spring Wheat), Organic Hard Red Spring Wheat, Organic Rye, Organic Yellow Corn, Organic Brown Rice, Organic Steel Cut Oats, Organic Millet, Organic Barley, Cultured Wheat, Wheat Gluten, Salt, Sugar, Sodium Bicarbonate, Mono- and Diglycerides, Sodium Acid Pyrophosphate, Fumaric Acid, Yeast, Guar Gum, Xanthan Gum, Cellulose Gum, Enzymes), Sliced Chicken (Chicken Breast, Sea Salt), Avocados, Spicy Chipotle Sauce (Roasted Red Peppers (Roasted Red Peppers, Water, Salt, Citric Acid, Calcium Chloride), Chipotle in Adobo (Chipotle Peppers, Water, Onion, Tomato Paste, Salt, Sugar, Vinegar), Diced Tomatoes (Diced Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Red Wine Vinegar, Onions, Canola Oil, Water, Sugar, Roasted Garlic, Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Red Pepper), Sea Salt, Lime Juice, Black Pepper, Garlic Powder, Xanthan Gum (Stabilizer), Ground Red Pepper), Romaine, Red Peppers, Pickled Red Onion (Red Onion, Water, Sugar, Vinegar, Salt), Yogurt (Cultured Pasteurized Milk, Live and Active Cultures (S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei)), Mayonnaise (Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains Less Than 2%: Salt, Spice, Lemon Juice Concentrate), Cilantro, Lemon Juice

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
540	26	4	0	60	1150	59	6	7	3	28	0	147	4	950

Falafel & Hummus Wrap

Serving Size: 374g/13.19oz

Recipe is: ☒ Vegetarian and ☒ Vegan

Common Allergens: Sesame, Wheat

INGREDIENTS:

Seven Grain Tortilla Wrap (Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Whole Wheat Flour, Palm Oil, Organic Unbleached Wheat Flour (Hard Red Spring Wheat), Organic Hard Red Spring Wheat, Organic Rye, Organic Yellow Corn, Organic Brown Rice, Organic Steel Cut Oats, Organic Millet, Organic Barley, Cultured Wheat, Wheat Gluten, Salt, Sugar, Sodium Bicarbonate, Mono- and Diglycerides, Sodium Acid Pyrophosphate, Fumaric Acid, Yeast, Guar Gum, Xanthan Gum, Cellulose Gum, Enzymes), Falafel (Garbanzo Beans, Onions, Chickpea Flour, Corn Oil, Garlic (Garlic, Water), Parsley, Cilantro, Mint, Olive Oil, Salt, Water, Baking Powder (Monocalcium Phosphate, Sodium Bicarbonate and Corn starch), Cumin, Lemon Juice Concentrate, Turmeric, Cayenne Pepper), Hummus (Garbanzo Beans, Water, Tahini (Sesame), Expeller Pressed Canola Oil, Lemon Juice, Salt, Garlic Powder, Citric Acid, Xanthan Gum), Pickles (Cucumbers, Water, Vinegar, Salt, Calcium Chloride, Natural Essential Oil Flavors, Turmeric (For Color)), Romaine, Pickled Cabbage & Carrot Mix (Red Cabbage, Carrot, Water, Sugar, Vinegar, Salt), Red Peppers

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
540	17	1	0	0	1770	86	9	11	3	19	0	256	7	923

WRAPS

Green Goodness Chicken Wrap

Serving Size: 354g/12.48oz

Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Coconut, Pine Nut, Egg, Milk, Soy, Wheat

INGREDIENTS:

Seven Grain Tortilla Wrap (Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Whole Wheat Flour, Palm Oil, Organic Unbleached Wheat Flour (Hard Red Spring Wheat), Organic Hard Red Spring Wheat, Organic Rye, Organic Yellow Corn, Organic Brown Rice, Organic Steel Cut Oats, Organic Millet, Organic Barley, Cultured Wheat, Wheat Gluten, Salt, Sugar, Sodium Bicarbonate, Mono- and Diglycerides, Sodium Acid Pyrophosphate, Fumaric Acid, Yeast, Guar Gum, Xanthan Gum, Cellulose Gum, Enzymes), Sliced Chicken (Chicken Breast, Sea Salt), Avocados, Cucumbers, Mesclun, Mayonnaise (Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains Less Than 2%: Salt, Spice, Lemon Juice Concentrate), Pesto (Parmesan Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Cellulose Powder (To Prevent Caking)), Expeller Pressed Canola Oil, Basil, Pine Nuts, Lemon Juice, Spinach, Roasted Garlic, Sea Salt, Lemon Zest, Xanthan Gum), Green Dressing Coconut Milk (Coconut Extract, Water), Expeller Pressed Sunflower Oil, Cilantro, Lime Juice, Spinach, Organic Sugar, White Wine Vinegar, Tamari Soy Sauce (Water, Soybeans, Salt, Alcohol), Water, Parsley, Green Onions, Coconut Oil, Ginger, Edamame, Jalapeno Peppers, Sea Salt, Garlic, Black Pepper, Seasoning (Salt, Black Pepper), Lemon Juice

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat(g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
670	42.0	6.0	0.0	65	1220	55	5	3	1	28	0	182	4	931

Mozzarella & Red Peppers with Romesco Wrap

Serving Size: 264g/9.31oz

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Almonds, Egg, Milk, Wheat

INGREDIENTS:

Seven Grain Tortilla Wrap (Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Whole Wheat Flour, Palm Oil, Organic Unbleached Wheat Flour (Hard Red Spring Wheat), Organic Hard Red Spring Wheat, Organic Rye, Organic Yellow Corn, Organic Brown Rice, Organic Steel Cut Oats, Organic Millet, Organic Barley, Cultured Wheat, Wheat Gluten, Salt, Sugar, Sodium Bicarbonate, Mono- and Diglycerides, Sodium Acid Pyrophosphate, Fumaric Acid, Yeast, Guar Gum, Xanthan Gum, Cellulose Gum, Enzymes), Mozzarella (Cultured Pasteurized Milk, Lactic/Citric Acid, Salt, Enzymes), Mesclun, Romesco (Canola Oil, Water, Roasted Red Bell Peppers, Tomatoes, Almonds, Red Wine Vinegar, Dried Tomatoes, Parsley, Salt, Dehydrated Garlic, Spices, Paprika), Roasted Tomatoes (Cherry Tomatoes, Rapeseed Oil, Salt, Dried Garlic, Oregano, Lemon Juice Concentrate), Red Peppers, Mayonnaise (Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains Less Than 2%: Salt, Spice, Lemon Juice Concentrate), Sliced Almonds (Blanched Sliced Almonds), Basil, Chili Salt (Paprika, Sea Salt, Chili Flakes)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat(g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
630	42	13	0	45	1010	51	2	4	0	25	0	396	3	449

BAGUETTES

Romesco Chicken & Mozzarella Baguette

Serving Size: 284g/10.01oz

Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Almond, Egg, Milk, Wheat

INGREDIENTS:

White Baguette (Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Salt, Yeast, Malted Wheat Flour, Food Enzymes (Xylanase, Glucose-Oxidase, Lipase, Protease, Alpha-Amylase), Ascorbic Acid), Sliced Chicken (Chicken Breast, Sea Salt), Mozzarella (Cultured Pasteurized Milk, Lactic/Citric Acid, Salt, Enzymes), Romesco (Canola Oil, Water, Roasted Red Bell Peppers, Tomatoes, Almonds, Red Wine Vinegar, Dried Tomatoes, Parsley, Salt, Dehydrated Garlic, Spices, Paprika), Roasted Tomatoes (Cherry Tomatoes, Rapeseed Oil, Salt, Dried Garlic, Oregano, Lemon Juice Concentrate), Mayonnaise (Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains Less Than 2%: Salt, Spice, Lemon Juice Concentrate), Arugula, Basil, Chili Salt (Paprika, Sea Salt, Chilli Flakes)

NUTRITIONAL INFORMATION: Serving Size: 284g/10.01oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
670	29	7	0	70	1390	71	5	2	0	32	0	173	5	429

NUTRITIONAL INFORMATION - SLIM: Serving Size: 142g/5oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
335	15	4	0	35	695	36	3	1	0	16	0	87	3	215

Pesto Caprese Baguette

Serving Size: 263g/9.27oz

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Pine Nut, Egg, Milk, Wheat

INGREDIENTS:

White Baguette (Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Salt, Yeast, Malted Wheat Flour, Food Enzymes (Xylanase, Glucose-Oxidase, Lipase, Protease, Alpha-Amylase), Ascorbic Acid), Mozzarella (Cultured Pasteurized Milk, Lactic/Citric Acid, Salt, Enzymes), Pesto (Parmesan Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Cellulose Powder (To Prevent Caking)), Expeller Pressed Canola Oil, Basil, Pine Nuts, Lemon Juice, Spinach, Roasted Garlic, Sea Salt, Lemon Zest, Xanthan Gum), Roasted Tomatoes (Cherry Tomatoes, Rapeseed Oil, Salt, Dried Garlic, Oregano, Lemon Juice Concentrate), Mayonnaise (Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains Less Than 2%: Salt, Spice, Lemon Juice Concentrate), Arugula, Basil

NUTRITIONAL INFORMATION: Serving Size: 263g/9.27oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
700	36	12	0	50	1170	70	5	1	0	27	0	346	4	198

NUTRITIONAL INFORMATION - SLIM: Serving Size: 128g/4oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
345	18	6	0	25	560	35	2	1	0	14	0	173	2	99

BAGUETTES

Pret's Famous Ham & Cheese Baguette

Serving Size: 251g/8.85oz

Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS: White Baguette (Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Salt, Yeast, Malted Wheat Flour, Food Enzymes (Xylanase, Glucose-Oxidase, Lipase, Protease, Alpha-Amylase), Ascorbic Acid), Niman Ranch Smoked Ham (Pork, Water, Salt, Less Than 2%: Lemon Juice Concentrate, Vinegar, Turbinado Sugar, Celery Powder, Cherry Powder), Swiss (Cultured Pasteurized Part-Skim Milk, Salt, Enzymes), Mustard Mayo (Canola Oil, Whole Grain Mustard (Water, Mustard Seed, Vinegar, Salt, Citric Acid, Turmeric), Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Red Pepper), Cage-Free Egg Yolk, Water, Cage-Free Whole Eggs (Cage-Free Whole Eggs, Citric Acid), Honey, White Distilled Vinegar, Sea Salt, Lemon Juice Concentrate), Mesclun

NUTRITIONAL INFORMATION: Serving Size: 251g/8.85oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
620	23	8	0	80	1730	70	2	2	1	34	0	351	4	385

NUTRITIONAL INFORMATION - SLIM: Serving Size: 126g/4oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
310	12	4	0	40	865	35	1	1	1	17	0	176	2	193

Pret's Italian Baguette

Serving Size: 256g/9.03 oz

Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS: White Baguette (Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Salt, Yeast, Malted Wheat Flour, Food Enzymes (Xylanase, Glucose-Oxidase, Lipase, Protease, Alpha-Amylase), Ascorbic Acid), Prosciutto Pork, Sea Salt, Sopressata (Pork, Sea Salt, Less than 2%: Turbinado Sugar, Spices, Natural Flavoring, Wine, Lactic Acid Starter Culture), Provolone (Pasteurized Milk, Salt, Enzymes), Mayonnaise (Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains Less Than 2%: Salt, Spice, Lemon Juice Concentrate), Arugula, Pickled Red Onion (Red Onion, Water, Sugar, Vinegar, Salt)

NUTRITIONAL INFORMATION: Serving Size: 256g/9.03oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
700	32	11	0	80	2090	71	4	3	1	35	0	246	5	290

NUTRITIONAL INFORMATION - SLIM: Serving Size: 128g/5oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
350	16	6	0	40	1045	36	2	2	1	18	0	123	3	145

Pret's Tuna & Cucumber Baguette

Serving Size: 284g/10.01oz

Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Tuna, Egg, Wheat

INGREDIENTS: White Baguette (Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Salt, Yeast, Malted Wheat Flour, Food Enzymes (Xylanase, Glucose-Oxidase, Lipase, Protease, Alpha-Amylase), Ascorbic Acid), Tuna Salad (Albacore Tuna Fish, Skipjack Tuna Fish, Cage-Free Mayonnaise (Non-GMO Canola Oil, Whole Eggs, Distilled Vinegar, Egg Yolks (Egg Yolks, Salt), Salt, Sugar, Water, Lemon Juice Concentrate), Water, White Wine Vinegar, Lemon Juice), Cucumbers

NUTRITIONAL INFORMATION: Serving Size: 284g/10.01oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
700	32	3	0	50	1080	68	4	1	0	34	0	23	5	449

NUTRITIONAL INFORMATION - SLIM: Serving Size: 142g/5oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
350	16	2	0	25	540	34	2	1	0	17	0	12	3	225

BAGUETTES

Egg Salad & Avocado Breakfast Baguette

Serving Size: 167g/5.89oz
Recipe is: ☒ Vegetarian and ☐ Vegan
Common Allergens: Egg, Wheat

INGREDIENTS:
Egg Salad (Cage-Free Eggs, Cage-Free Mayonnaise (Non-GMO Canola Oil, Whole Eggs, Distilled Vinegar, Egg Yolks, Salt, Dextrose, Water, Natural Flavors, Lemon Juice Concentrate), Sea Salt, Black Pepper), White Baguette (Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Salt, Yeast, Malted Wheat Flour, Food Enzymes (Xylanase, Glucose-Oxidase, Lipase, Protease, Alpha-Amylase), Ascorbic Acid), Avocados, Chili Salt (Paprika, Sea Salt, Chilli Flakes), Lemon Juice

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
400	22	3	0	210	640	37	4	1	0	14	1	40	3	297

Egg Salad & Bacon Breakfast Baguette

Serving Size: 145g/5.11oz
Recipe is: ☐ Vegetarian and ☐ Vegan
Common Allergens: Egg, Wheat

INGREDIENTS:
Egg Salad (Cage-Free Eggs, Cage-Free Mayonnaise (Non-GMO Canola Oil, Whole Eggs, Distilled Vinegar, Egg Yolks, Salt, Dextrose, Water, Natural Flavors, Lemon Juice Concentrate), Sea Salt, Black Pepper), White Baguette (Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Salt, Yeast, Malted Wheat Flour, Food Enzymes (Xylanase, Glucose-Oxidase, Lipase, Protease, Alpha-Amylase), Ascorbic Acid), Niman Ranch Bacon (Pork, Water, Salt, Turbinado Sugar, Celery Powder), Seasoning (Salt, Black Pepper)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
400	21	4	0	220	900	34	2	1	0	17	1	39	3	195

FOCCACIA

Pret’s Classic Grilled Cheese

Serving Size: 204g/7.19oz
Recipe is: ☒ Vegetarian and ☐ Vegan
Common Allergens: Egg, Milk, Wheat

INGREDIENTS:
Rosemary Focaccia (Wheat Flour (Wheat Flour, Calcium Carbonate, Reduced Iron, Niacin, Thiamin Mononitrate), Water, Extra Virgin Olive Oil, Rosemary, Salt, Yeast), Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Fontina (Cultured Pasteurized Milk, Salt, Enzymes, Cellulose to Prevent Caking), Swiss (Cultured Pasteurized Part-Skim Milk, Salt, Enzymes), Mayonnaise (Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains Less Than 2%: Salt, Spice, Lemon Juice Concentrate), Crispy Onions (Onions, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sunflower and/or Safflower Oil, Sea Salt), Seasoning (Salt, Black Pepper)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
650	41	14	0	65	850	49	2	1	0	23	0	505	3	141

Ham & Cheddar Grilled Cheese

Serving Size: 216g/7.61oz
Recipe is: ☐ Vegetarian and ☐ Vegan
Common Allergens: Egg, Milk, Wheat

INGREDIENTS:
Rosemary Focaccia (Wheat Flour (Wheat Flour, Calcium Carbonate, Reduced Iron, Niacin, Thiamin Mononitrate), Water, Extra Virgin Olive Oil, Rosemary, Salt, Yeast), Niman Ranch Smoked Ham (Pork, Water, Salt, Less Than 2%: Lemon Juice Concentrate, Vinegar, Turbinado Sugar, Celery Powder, Cherry Powder), Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Fontina (Cultured Pasteurized Milk, Salt, Enzymes, Cellulose to Prevent Caking), Mustard Mayo (Canola Oil, Whole Grain Mustard (Water, Mustard Seed, Vinegar, Salt, Citric Acid, Turmeric), Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Red Pepper), Cage-Free Egg Yolk, Water, Cage-Free Whole Egg (Cage-Free Whole Eggs, Citric Acid), Honey, White Distilled Vinegar, Sea Salt, Lemon Juice Concentrate)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
570	31	10	0	70	1260	47	3	2	1	25	0	297	3	253

SALADS

Chicken Avocado Salad with Lemon Vinaigrette

Serving Size: 338g/12oz

Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Walnut

INGREDIENTS:

Salad: Mesclun, Sliced Chicken (Chicken Breast, Sea Salt), Avocados, Grape Tomatoes, Dried Cranberries (Cranberries, Cane Sugar, Sunflower Oil), Walnuts (Walnut Halves and Pieces), Lemon Juice

Lemon Vinaigrette: Soybean Oil, Water, Distilled Vinegar, Sugar, Lemon Juice Concentrate, Salt, Contains Less Than 2% of Extra Virgin Olive Oil, Reconstituted Lime Juice (Water, Lime Juice Concentrate), Garlic Puree (Garlic, Water), Citric Acid, Spice, Pineapple Juice Concentrate, Shallots,* Mustard Seed, Xanthan Gum, Arabic Gum, Lemon Oil, Garlic, White Wine, Tartaric Acid, Turmeric

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat(g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
540	39	5	0	50	770	32	7	20	17	20	0	55	2	846

Chicken Caesar Salad with Caesar Dressing

Serving Size: 309g/10.89oz

Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Anchovy, Egg, Milk, Soy, Wheat

INGREDIENTS:

Salad: Romaine, Sliced Chicken (Chicken Breast, Sea Salt), Grape Tomatoes, Garlic Croutons (French Bread (Unbleached Flour, Water, Yeast, Sea salt) Certified Non-GMO Canola Oil, Garlic, Sea salt, Basil, Pepper, Parsley), Veggie Parmesan (Pasteurized Cultured Part-Skim Milk, Salt, Enzymes, Potato Starch, Powdered Cellulose), Basil, Lemon

Caesar Dressing: Expeller Pressed Canola Oil, Filtered Water, Tapioca Syrup, Imported Pecorino Romano Cheese (Pasteurized Sheep's Milk, Cheese Cultures, Salt, Enzymes), Garlic, Pasteurized Egg Yolk, Nonfat Dry Milk, Lactic Acid, Anchovies (Anchovies, Sunflower Oil, Salt), Soy Sauce (Water, Soybeans, Wheat, Salt, Alcohol), Worcestershire Sauce (Vinegar, Molasses, Raw Cane Sugar, Sea Salt, Spices, Garlic Powder), Sea Salt, Lemon Juice Concentrate, Black Pepper, Roasted Garlic, Mustard Flour

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat(g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
570	42	6	0	70	870	25	3	4	0	27	0	280	2	662

Chipotle Chicken Salad with Herb Lime Dressing

Serving Size: 372g/13.12oz

Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Coconut, Soy, Wheat

INGREDIENTS:

Salad: Romaine, Sliced Chicken (Chicken Breast, Sea Salt), Pickled Red Onion (Red Onion, Water, Sugar, Vinegar, Salt), Avocados, Roasted Corn (Corn), Spicy Chipotle Sauce (Roasted Red Peppers (Roasted Red Peppers, Water, Salt, Citric Acid, Calcium Chloride), Chipotle in Adobo (Chipotle Peppers, Water, Onion, Tomato Paste, Salt, Sugar, Vinegar), Diced Tomatoes (Diced Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Red Wine Vinegar, Onions, Canola Oil, Water, Sugar, Roasted Garlic, Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Red Pepper), Sea Salt, Lime Juice, Black Pepper, Garlic Powder, Xanthan Gum (Stabilizer), Ground Red Pepper), Cilantro, Crispy Onions (Onions, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sunflower and/or Safflower Oil, Sea Salt), Chili Salt (Paprika, Sea Salt, Chili Flakes)

Herb Lime Dressing: Coconut Milk (Coconut Extract, Water), Expeller Pressed Sunflower Oil, Cilantro, Lime Juice, Spinach, Organic Sugar, White Wine Vinegar, Tamari Soy Sauce (Water, Soybeans, Salt, Alcohol), Water, Parsley, Green Onions, Coconut Oil, Ginger, Edamame, Jalapeno Peppers, Sea Salt, Garlic, Black Pepper

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat(g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
420	26	5.5	0	50	1060	32	6	14	10	20	0	54	3	890

SALADS

Mediterranean Mezze Salad with Lemon Vinaigrette

Serving Size: 412g/15oz

Recipe is: ☒ Vegetarian and ☒ Vegan

Common Allergens: **Sesame**

INGREDIENTS:

Salad: Mesclun, Falafel (Garbanzo Beans, Onions, Chickpea Flour, Corn Oil, Garlic (Garlic, Water), Parsley, Cilantro, Mint, Olive Oil, Salt, Water, Baking Powder (Monocalcium Phosphate, Sodium Bicarbonate and Corn starch), Cumin, Lemon Juice Concentrate, Turmeric, Cayenne Pepper), Hummus (Garbanzo Beans, Water, Tahini (Sesame), Expeller Pressed Canola Oil, Lemon Juice, Salt, Garlic Powder, Citric Acid, Xanthan Gum), Cucumbers, Pickled Cabbage & Carrot Mix (Red Cabbage, Carrot, Water, Sugar, Vinegar, Salt), Sesame Seeds (Black Sesame Seeds, White Sesame Seeds)

Lemon Vinaigrette: Soybean Oil, Water, Distilled Vinegar, Sugar, Lemon Juice Concentrate, Salt, Contains Less Than 2% of Extra Virgin Olive Oil, Reconstituted Lime Juice (Water, Lime Juice Concentrate), Garlic Puree (Garlic, Water), Citric Acid, Spice, Pineapple Juice Concentrate, Shallots, * Mustard Seed, Xanthan Gum, Arabic Gum, Lemon Oil, Garlic, White Wine, Tartaric Acid, Turmeric

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat(g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
540	34	3	0	0	1430	56	10	21	13	12	0	198	6	815

Blackened Salmon, Avo & Grains Salad with Herb Lime Dressing

Serving Size: 376g/13.26oz

Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: **Salmon, Coconut, Soy**

INGREDIENTS:

Salad: Atlantic Salmon (Atlantic Salmon, Salt, Spices (Black Pepper, Thyme, White Pepper, Oregano, Red Pepper, Paprika, Granulated Garlic, Granulated Onion, Chili Pepper)), Mesclun, Roasted Corn (Corn), Grain Mix (Brown Rice, White Quinoa, Red Quinoa, Lemon Juice (Water, Concentrated Lemon Juice), Canola Oil, Salt, Black Pepper), Grape Tomatoes, Avocados, Basil, Chili Salt (Paprika, Sea Salt, Chili Flakes), Lemon Juice

Herb Lime Dressing: Coconut Milk (Coconut Extract, Water), Expeller Pressed Sunflower Oil, Cilantro, Lime Juice, Spinach, Organic Sugar, White Wine Vinegar, Tamari Soy Sauce (Water, Soybeans, Salt, Alcohol), Water, Parsley, Green Onions, Coconut Oil, Ginger, Edamame, Jalapeno Peppers, Sea Salt, Garlic, Black Pepper

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat(g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
510	30	4	0	30	940	40	6	12	9	27	2	55	3	940

Pret's Harvest Salad with Lemon Vinaigrette

Serving Size: 324g/12oz

Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: **Milk, Walnuts**

INGREDIENTS:

Salad: Mesclun, Sliced Chicken (Chicken Breast, Sea Salt), Roasted Butternut Squash, Fuji Apple, Veggie Parmesan (Pasteurized Cultured Part-Skim Milk, Salt, Enzymes, Potato Starch, Powdered Cellulose), Walnuts (Walnut Halves and Pieces), Dried Cranberries (Cranberries, Cane Sugar, Sunflower Oil), Red Onion

Lemon Vinaigrette: Soybean Oil, Water, Distilled Vinegar, Sugar, Lemon Juice Concentrate, Salt, Contains Less Than 2% of Extra Virgin Olive Oil, Reconstituted Lime Juice (Water, Lime Juice Concentrate), Garlic Puree (Garlic, Water), Citric Acid, Spice, Pineapple Juice Concentrate, Shallots, * Mustard Seed, Xanthan Gum, Arabic Gum, Lemon Oil, Garlic, White Wine, Tartaric Acid, Turmeric

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat(g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
520	35	6	0	60	1010	30	2	18	12	24	0	243	2	653

SALAD DRESSINGS

Asian Dressing

Serving Size: 57g/2.01oz

Recipe is: ☒ Vegetarian and ☒ Vegan

Common Allergens: Soy, Sesame

INGREDIENTS:

Tamari Soy Sauce (Water, Soybeans, Salt, Alcohol), White Wine Vinegar, Sugar, Tofu (Water, Soybeans, Calcium Sulfate), Tahini (Sesame Seed), Ginger Puree, Toasted Sesame Seed Oil, Canola Oil, Lime Juice, Lemon Juice Concentrate, Water, Xanthan Gum

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
140	9	1	0	0	500	13	0	9	9	4	0	0	0	1

Balsamic Dressing

Serving Size: 57g/2.01oz

Recipe is: ☒ Vegetarian and ☐ Vegan

INGREDIENTS:

Canola Oil, Balsamic Vinegar (Wine Vinegar, Concentrated Grape Must), Honey, Garlic Puree (Garlic, Vinegar), Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Red Pepper), Water, Salt, Pepper, Xanthan Gum, Granulated Onion

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
290	29	2	0	0	440	6	0	6	4	0	0	8	0	11

Caesar Dressing

Serving Size: 57g/2.01oz

Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Anchovy, Egg, Milk, Soy, Wheat

INGREDIENTS:

Expeller Pressed Canola Oil, Filtered Water, Tapioca Syrup, Imported Pecorino Romano Cheese (Pasteurized Sheep's Milk, Cheese Cultures, Salt, Enzymes), Garlic, Pasteurized Egg Yolk, Nonfat Dry Milk, Lactic Acid, Anchovies (Anchovies, Sunflower Oil, Salt), Soy Sauce (Water, Soybeans, Wheat, Salt, Alcohol), Worcestershire Sauce (Vinegar, Molasses, Raw Cane Sugar, Sea Salt, Spices, Garlic Powder), Sea Salt, Lemon Juice Concentrate, Black Pepper, Roasted Garlic, Mustard Flour

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
300	32	3	0	10	230	6	0	2	0	2	0	49	0	23

Herb Lime Dressing

Serving Size: 57g/2.01oz

Recipe is: ☒ Vegetarian and ☒ Vegan

Common Allergens: Coconut, Soy

INGREDIENTS:

Coconut Milk (Coconut Extract, Water), Expeller Pressed Sunflower Oil, Cilantro, Lime Juice, Spinach, Organic Sugar, White Wine Vinegar, Tamari Soy Sauce (Water, Soybeans, Salt, Alcohol), Water, Parsley, Green Onions, Coconut Oil, Ginger, Edamame, Jalapeno Peppers, Sea Salt, Garlic, Black Pepper

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
150	15	4	0	0	290	6	0	4	4	0	0	0	1	95

SALAD DRESSINGS

Herby Ranch Dressing

Serving Size: 57g/2.01oz

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Egg, Milk

INGREDIENTS:

Sour Cream (Cultured Cream), Mayonnaise (Expeller Pressed Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains less than 2% of Salt, Spice, Lemon Juice Concentrate), Buttermilk, Dill, Chives, Lemon Juice Garlic Powder, Sea Salt, Onion Powder, Xanthan Gum

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
210	21	4	0	30	300	4	0	2	0	2	0	42	0	0

Lemon Shallot Dressing

Serving Size: 57g/2.01oz

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Canola Oil, Water, White Balsamic Vinegar (White Wine Vinegar, White Grape Must), Lemon Juice Concentrate (Water, Lemon Juice Concentrate), Shallot, Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Red Pepper), Lemon Zest, Sugar, Sea Salt, Onion Powder, Xanthan Gum

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
180	17	1	0	0	430	6	0	5	1	0	0	3	0	8

Lemon Vinaigrette

Serving Size: 56g/1.97oz

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Soybean Oil, Water, Distilled Vinegar, Sugar, Lemon Juice Concentrate, Salt, Contains Less Than 2% of Extra Virgin Olive Oil, Reconstituted Lime Juice (Water, Lime Juice Concentrate), Garlic Puree (Garlic, Water), Citric Acid, Spice, Pineapple Juice Concentrate, Shallots,* Mustard Seed, Xanthan Gum, Arabic Gum, Lemon Oil, Garlic, White Wine, Tartaric Acid, Turmeric

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
200	20	2.5	0	0	470	9	0	7	7	0	0	0	0	0

Spicy Chipotle Ranch Dressing

Serving Size: 57g/2.01oz

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Egg, Milk

INGREDIENTS:

Yogurt Ranch (Sour Cream, Mayonnaise (Expeller Pressed Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains less than 2% of Salt, Spice, Lemon Juice Concentrate), Buttermilk, Dill, Chives, Lemon Juice Garlic Powder, Sea Salt, Onion Powder, Xanthan Gum), Spicy Chipotle Sauce (Roasted Red Peppers (Roasted Red Peppers, Water, Salt, Citric Acid, Calcium Chloride), Chipotle In Adobo (Chipotle Peppers, Water, Onion, Tomato Paste, Salt, Sugar, Vinegar), Diced Tomatoes (Diced Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Red Wine Vinegar, Onions, Canola Oil, Water, Sugar, Roasted Garlic, Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Red Pepper), Sea Salt, Lime Juice, Black Pepper, Garlic Powder, Xanthan Gum, Ground Red Pepper)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
160	15	2.5	0	20	340	5	0	2	1	1	0	28	0	1

POTS

Egg & Spinach Pot

Serving Size: 114g/4.02oz

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Egg

INGREDIENTS:

Cage-Free Eggs, Spinach

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
160	11	3.5	0	385	135	3	0	2	0	14	2	64	3	196

HOT WRAPS

Pret's Chicken Parm Wrap

Serving Size: 301g/10.61oz

Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Milk, Wheat

INGREDIENTS:

Seven Grain Tortilla Wrap (Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Whole Wheat Flour, Palm Oil, Organic Unbleached Wheat Flour (Hard Red Spring Wheat), Organic Hard Red Spring Wheat, Organic Rye, Organic Yellow Corn, Organic Brown Rice, Organic Steel Cut Oats, Organic Millet, Organic Barley, Cultured Wheat, Wheat Gluten, Salt, Sugar, Sodium Bicarbonate, Mono- and Diglycerides, Sodium Acid Pyrophosphate, Fumaric Acid, Yeast, Guar Gum, Xanthan Gum, Cellulose Gum, Enzymes), Marinara Sauce (Italian Whole Peeled Tomatoes (Peeled Tomatoes, Tomato Puree, Salt, Basil Leaf), Olive Oil, Onions, Salt, Garlic, Basil, Black Pepper, Oregano.), Sliced Chicken (Chicken Breast, Sea Salt), Red Peppers, Veggie Parmesan (Pasteurized Cultured Part-Skim Milk, Salt, Enzymes, Potato Starch, Powdered Cellulose), Provolone (Pasteurized Milk, Salt, Enzymes), Crispy Onions (Onions, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sunflower and/or Safflower Oil, Sea Salt), Seasoning (Salt, Black Pepper)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat(g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
530	22	7	0	70	1440	53	1	5	0	34	0	423	3	785

Pret's Chicken Burrito Wrap

Serving Size: 329g/11.60oz

Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Milk, Wheat

INGREDIENTS:

Seven Grain Tortilla Wrap (Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Whole Wheat Flour, Palm Oil, Organic Unbleached Wheat Flour (Hard Red Spring Wheat), Organic Hard Red Spring Wheat, Organic Rye, Organic Yellow Corn, Organic Brown Rice, Organic Steel Cut Oats, Organic Millet, Organic Barley, Cultured Wheat, Wheat Gluten, Salt, Sugar, Sodium Bicarbonate, Mono- and Diglycerides, Sodium Acid Pyrophosphate, Fumaric Acid, Yeast, Guar Gum, Xanthan Gum, Cellulose Gum, Enzymes), Sliced Chicken (Chicken Breast, Sea Salt), Spicy Chipotle Sauce (Roasted Red Peppers (Roasted Red Peppers, Water, Salt, Citric Acid, Calcium Chloride), Chipotle in Adobo (Chipotle Peppers, Water, Onion, Tomato Paste, Salt, Sugar, Vinegar), Diced Tomatoes (Diced Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Red Wine Vinegar, Onions, Canola Oil, Water, Sugar, Roasted Garlic, Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Red Pepper), Sea Salt, Lime Juice, Black Pepper, Garlic Powder, Xanthan Gum (Stabilizer), Ground Red Pepper), Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Roasted Corn (Corn), Black Bean Salsa (Black Beans, Diced Tomatoes (tomatoes, tomato juice, salt, citric acid), Jalapeno Peppers, Lime Juice Concentrate, Onions, Cilantro, Sea Salt, Canola Oil, Garlic Puree, Black Pepper, Onion Powder, Garlic Powder), Grain Mix (Brown Rice, White Quinoa, Red Quinoa, Lemon Juice (Water, Concentrated Lemon Juice), Canola Oil, Salt, Black Pepper), Red Peppers, Crispy Onions (Onions, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sunflower and/or Safflower Oil, Sea Salt)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat(g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
570	23	8	0	75	1300	69	2	5	1	33	0	363	4	684

Meatless Meatball Wrap

Serving Size: 299g/10.54oz

Recipe is: ☒ Vegetarian and ☒ Vegan

Common Allergens: Wheat

INGREDIENTS:

Seven Grain Tortilla Wrap (Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Whole Wheat Flour, Palm Oil, Organic Unbleached Wheat Flour (Hard Red Spring Wheat), Organic Hard Red Spring Wheat, Organic Rye, Organic Yellow Corn, Organic Brown Rice, Organic Steel Cut Oats, Organic Millet, Organic Barley, Cultured Wheat, Wheat Gluten, Salt, Sugar, Sodium Bicarbonate, Mono- and Diglycerides, Sodium Acid Pyrophosphate, Fumaric Acid, Yeast, Guar Gum, Xanthan Gum, Cellulose Gum, Enzymes), Meatless Meatballs (Water, Pea Protein, Vegetable Oils (Canola, Shea, Coconut, Sunflower), Less than 2% of: Herbs, Roasted Onions, Garlic, Methyl Cellulose (Thickener) Dried Vegetables (Onion, Potato, Leek), Vegetable Fibers (Pea, Potato), Natural Flavor, Potato Starch, Yeast Extract, Vegetable Concentrates (Caramelized Carrot, Carrot, Beetroot), Salt, Black Pepper, Ascorbic Acid, Sugar, Lemon Juice Concentrate, Sage Oil), Marinara Sauce (Italian Whole Peeled Tomatoes (Peeled Tomatoes, Tomato Puree, Salt, Basil Leaf), Olive Oil, Onions, Salt, Garlic, Basil, Black Pepper, Oregano), Red Peppers, Red Onion, Crispy Onions (Onions, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sunflower and/or Safflower Oil, Sea Salt)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat(g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
530	24	4.5	0	0	1260	64	1	5	0	24	0	125	3	511

Please be aware we use numerous ingredients in our kitchens and therefore cannot guarantee that any of our products are completely free of any allergen due to the potential for cross-contact. 03.02.22 ★ PAGE 23

HOT FOOD

Spinach & Tomato Mac and Cheese

Serving Size: 423g/14.92oz

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Milk, Wheat

INGREDIENTS:

Bechamel Sauce (Whole Milk (Milk, Vitamin D3), Water, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Wheat Flour, Butter (Cream, Salt), Parmesan/Romano Cheese Blend (Parmesan And Romano Cheese [Pasteurized Milk, Cheese Cultures, Salt, Enzymes], Powdered Cellulose [To Prevent Caking]), Sea Salt, Rice Starch, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine [Contains Sulfites], Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), White Pepper, Onion Powder, Garlic Powder), Cavatappi Pasta (Cavatappi Pasta (Durum Wheat Semolina, Niacin, Ferrous Sulfate [Iron], Thiamin Mononitrate, Riboflavin, Folic Acid), Water), Spinach, Grape Tomatoes, Veggie Parmesan (Pasteurized Cultured Part-Skim Milk, Salt, Enzymes, Potato Starch, Powdered Cellulose)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
620	31	19	0	95	1270	59	1	8	0	27	2	594	2	396

Classic Mac and Cheese

Serving Size: 389g/13.72oz

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Milk, Wheat

INGREDIENTS:

Bechamel Sauce (Whole Milk (Milk, Vitamin D3), Water, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Wheat Flour, Butter (Cream, Salt), Parmesan/Romano Cheese Blend (Parmesan And Romano Cheese [Pasteurized Milk, Cheese Cultures, Salt, Enzymes], Powdered Cellulose [To Prevent Caking]), Sea Salt, Rice Starch, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine [Contains Sulfites], Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), White Pepper, Onion Powder, Garlic Powder), Cavatappi Pasta (Cavatappi Pasta (Durum Wheat Semolina, Niacin, Ferrous Sulfate [Iron], Thiamin Mononitrate, Riboflavin, Folic Acid), Water), Veggie Parmesan (Pasteurized Cultured Part-Skim Milk, Salt, Enzymes, Potato Starch, Powdered Cellulose)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
610	31	19	0	95	1250	58	0	7	0	27	2	573	1	251

Butternut Squash & Prosciutto Mac and Cheese

Serving Size: 467g/16.47oz

Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Milk, Wheat

INGREDIENTS:

Bechamel Sauce (Whole Milk (Milk, Vitamin D3), Water, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Wheat Flour, Butter (Cream, Salt), Parmesan/Romano Cheese Blend (Parmesan And Romano Cheese [Pasteurized Milk, Cheese Cultures, Salt, Enzymes], Powdered Cellulose [To Prevent Caking]), Sea Salt, Rice Starch, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine [Contains Sulfites], Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), White Pepper, Onion Powder, Garlic Powder), Cavatappi Pasta (Cavatappi Pasta (Durum Wheat Semolina, Niacin, Ferrous Sulfate [Iron], Thiamin Mononitrate, Riboflavin, Folic Acid), Water), Roasted Butternut Squash, Prosciutto Pork, Sea Salt, Veggie Parmesan (Pasteurized Cultured Part-Skim Milk, Salt, Enzymes, Potato Starch, Powdered Cellulose)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
680	35	20	0	105	1560	65	0	9	0	31	2	604	2	470

HOT FOOD

Chipotle Chicken Grain Bowl

Serving Size: 408g/14.39oz

Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Soy

INGREDIENTS:

Black Bean Salsa (Black Beans, Diced Tomatoes (tomatoes, tomato juice, salt, citric acid), Jalapeno Peppers, Lime Juice Concentrate, Onions, Cilantro, Sea Salt, Canola Oil, Garlic Puree, Black Pepper, Onion Powder, Garlic Powder), Grain Mix (Brown Rice, White Quinoa, Red Quinoa, Lemon Juice (Water, Concentrated Lemon Juice), Canola Oil, Salt, Black Pepper), Chipotle Chicken Sliced Chicken Breast, Tomatillo (Tomatillo, Water, Salt, Citric Acid), Water, Tomatoes (Vine-Ripened Fresh Plum Tomatoes, Tomato Juice, Fresh Basil Leaves, Salt, Naturally Derived Citric Acid), Onions, Tomato Puree (Tomato Concentrate (Water, Tomato Paste), Citric Acid), Chipotle Peppers In Adobo Sauce (Chipotle Peppers, Water, Tomatoes, Vinegar, RBD Soybean Oil, Salt, Onions, Garlic, Spices), Chicken Base (Chicken And Chicken Stock, Salt, Cane Sugar, Rendered Chicken Fat, Onion Powder, Potato Flour, Turmeric, Spice Extractives (Contains Celery)), Vegetable Oil (Canola Oil, Extra Virgin Olive Oil), Corn Starch, Lime Juice, Rice Starch, Roasted Garlic Puree (Roasted Garlic, Water), Canola Oil, Kosher Salt, Salt, Black Pepper, Roasted Corn (Corn)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
400	8	0	0	35	780	66	6	2	0	24	0	61	4	871

Fresh Greens

Serving Size: 80g/2.82oz

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Avocados, Pickled Red Onion (Red Onion, Water, Sugar, Vinegar, Salt), Spinach, Lemon, Cilantro, Lemon Juice

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
80	5	0.5	0	0	160	9	3	4	3	2	0	21	1	260

SOUPS

Turmeric Chicken & Farro Soup

Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: **Wheat**

INGREDIENTS:

Chicken Stock (Water, Chicken Bones, Onions, Celery, Carrots, Sea Salt, Garlic, Parsley, White Pepper, Thyme, Bay Leaves, Marjoram), Chicken (Dark And Light Meat), Onions, Carrots, Celery, Organic Farro, Water, Ginger Puree (Ginger, Water), Rice Starch, Sea Salt, Chicken Fat, Roasted Chicken Stock (Chicken Stock, Roasted Chicken Stock, Mirepoix Stock [Made From Carrot, Celery And Onion Stocks], Dried Chicken Stock, Salt, Poultry Gelatin, Water, White Wine), Ginger, Parsley, Thyme, Turmeric, Bay Leaf, Black Pepper

NUTRITIONAL INFORMATION - LARGE: 454g/16.01oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
240	4.5	1	0	55	1350	28	2	4	0	20	0	54	4	600

NUTRITIONAL INFORMATION - SMALL: 309g/10.89oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
160	3	0.5	0	40	920	19	1	3	0	14	0	27	2	300

Moroccan Lentil Soup

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Water, Lentils, Onions, Carrots, Turnips, Celery, Tomato Paste (tomatoes), Olive Oil, Extra Virgin Olive Oil, Rice Flour, Soybean Oil, Balsamic Vinegar (wine vinegar, grape must), Garlic, Sea Salt, Paprika (for color), Parsley, Dried Marjoram, Black Pepper, Cumin, Nutmeg, Dried Basil, Bay Leaves, Cloves

NUTRITIONAL INFORMATION - LARGE: 454g/16.01oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
390	17	3	0	0	930	44	13	7	0	17	0	80	6	869

NUTRITIONAL INFORMATION - SMALL: 329g/11.60oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
280	12	2	0	0	670	32	9	5	0	12	0	58	4	630

Tomato & Feta Soup

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: **Milk**

INGREDIENTS:

Water, Ground Tomatoes (Tomatoes, Salt, Citric Acid), Onions, Light Cream (Milk, Cream), Tomato Paste (Tomatoes, Citric Acid), Feta Cheese (Pasteurized Cultured Milk, Salt, Enzymes), Carrots, Olive Oil, Sea Salt, Garlic, Parsley, Spices, Rice Starch

NUTRITIONAL INFORMATION - LARGE: 454g/16.01oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
260	15.0	6.0	0.0	35	1520	26	4	15	0	9	0	159	2	643

NUTRITIONAL INFORMATION - SMALL: 333g/11.74oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
190	11	5	0	25	1110	19	3	11	0	7	0	117	1	472

SOUPS

Turkey Chili Soup

Recipe is: ☐ Vegetarian and ☐ Vegan

INGREDIENTS:

Chicken Stock (Water, Chicken Bones, Onions, Celery, Carrots, Sea Salt, Garlic, Parsley, White Pepper, Thyme, Bay Leaves, Marjoram), Ground Turkey, Red Kidney Beans, Diced Tomatoes (Tomatoes, Tomato Juice, Salt, Citric Acid), Water, Onions, Red Peppers, Tomato Puree (Tomatoes, Salt, Citric Acid), Corn, Pink Beans, Rice Starch, Spices, Sea Salt, Canola Oil, Garlic, Chili Powder (Spices, Sea Salt, Garlic Powder), Tomato Paste (Tomatoes), Lime Juice, Chipotle in Adobo (Chipotle Peppers, Water, Tomato Paste, Onion, Sugar, Salt, Vinegar, Sunflower Seed Oil, Paprika, Garlic, Corn Starch, Spices), Cocoa Powder

NUTRITIONAL INFORMATION - LARGE: 454g/16.01oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
340	7	1	0	80	1560	47	13	9	0	31	0	113	7	837

NUTRITIONAL INFORMATION - SMALL: 325g/11.46oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
240	5	0.5	0	55	1110	33	9	6	0	22	0	80	5	594

Croutons, Lemon & Herbs Soup Topper

Serving Size: 18g/0.63oz

Recipe is: ☒ Vegetarian and ☒ Vegan

Allergens: **Wheat**

INGREDIENTS:

Garlic Croutons (French Bread (Unbleached Flour, Water, Yeast, Sea salt) Certified Non-GMO Canola Oil, Garlic, Sea salt, Basil, Pepper, Parsley), Lemon, Basil, Cilantro

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
80	3	0	0	0	135	11	1	0	0	2	0	9	0	32

Chili Yogurt & Herbs Soup Topper

Serving Size: 49g/1.72oz

Recipe is: ☒ Vegetarian and ☐ Vegan

Allergens: **Milk, Wheat**

INGREDIENTS:

Yogurt (Cultured Pasteurized Milk, Live and Active Cultures (S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei)), Crispy Onions (Onions, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sunflower and/or Safflower Oil, Sea Salt), Basil, Cilantro, Chili Salt (Paprika, Sea Salt, Chili Flakes)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
70	4	1	0	5	50	4	0	1	0	4	0	50	0	66

BAKERY

Almond Croissant

Serving Size: 100g/3.52oz

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Almond, Egg, Milk, Soy, Wheat

INGREDIENTS:

Wheat Flour, Water, Butter, Sugar, Almond Powder, Almonds, Yeast, Wheat Gluten, Eggs, Salt, Natural Flavor (Alcohol), Dough Conditioner (Ascorbic Acid), Enzymes

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
370	21	11	0.5	45	220	39	3	13	13	8	0	45	1	155

Blueberry Muffin

Serving Size: 128g/4.51oz

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

Enriched, Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Blueberries, Buttermilk, Eggs, Soybean Oil, Butter (Cream, Salt), Greek Yogurt (Cultured Grade A Skim Milk, Milk Protein Concentrate, Enzymes, Live and Active Cultures (S. Thermophilus, L. Bulgaricus, L. Acidophilus, L. Bifidus, L. Casei), Contains Less Than 2% of Each of the Following: Cornstarch, Baking Soda, Sodium Acid Pyrophosphate, Monocalcium Phosphate (Leavening), Citrus Fiber, Natural Flavors, Salt, Xanthan Gum. Topping: Sugar, Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter (Milk), Natural Flavors

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
420	16	5	0	65	370	63	2	35	32	6	0	68	2	83

Bread Roll

Serving Size: 40g/1.41oz

Recipe is: ☒ Vegetarian and ☒ Vegan

Common Allergens: Wheat

INGREDIENTS:

Unbleached Wheat Flour (Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Contains Less Than 2% of the Following: Yeast, Salt, Malted Barley Flour, Malted Wheat Flour, Food Enzymes Xylanase, Glucose-Oxidase, Lipase, Amylase), Ascorbic Acid

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
100	0	0	0	0	230	21	1	0	0	4	0	5	1	35

Chocolate Brownie Cookie

Serving Size: 71g/2.50oz

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Egg, Milk, Soy, Wheat

INGREDIENTS:

Sugar, Butter (Milk), Unbleached, Unbromated, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Chocolate Chunks (Sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin (Emulsifier), Vanilla), Eggs, Cocoa (Processed with Alkali), Contains Less Than 2% of Each of the Following: Natural Flavor, Baking Soda, Salt

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
300	15	9	0	50	200	40	2	28	28	4	0	20	3	211

BAKERY

Chocolate Peppermint Crinkle Cookie

Serving Size: 71g/2.50oz

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter (Cream, Salt), Brown Sugar, Eggs, Cocoa (Processed With Alkali), Cane Sugar, Water, Contains Less Than 2% Of Each Of The Following: Baking Soda, Natural Flavors, Salt.

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
300	15	9	0.5	65	250	35	2	20	20	4	0	33	3	300

Chocolate Chunk Cookie

Serving Size: 71g/2.50oz

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Egg, Milk, Soy, Wheat

INGREDIENTS:

Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Chocolate Chunks (Sugar, Chocolate Liquor, Cocoa Butter, Milk Fat, Soy Lecithin (Emulsifier), Salt And Vanilla), Butter (Milk), Brown Sugar, Sugar, Eggs, Egg Yolks, Contains Less Than 2%: Salt, Natural Flavor, Baking Soda, Whole Milk Powder

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
310	16	10	0	50	280	42	2	26	26	4	0	28	2	117

Double Chocolate Pecan Cookie

Serving Size: 71g/2.50oz

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Pecan, Egg, Milk, Soy, Wheat

INGREDIENTS:

Wheat Flour, Butter (Cream, Salt), Brown Sugar, Pecan, Cane Sugar, Chocolate Chunks (Sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin (Emulsifier), Vanilla), Milk Chocolate Chunks (Sugar, Whole Milk Powder, Cocoa Butter, Chocolate Liquor, Soy Lecithin (Emulsifier), Salt, Natural Vanilla Extract), Eggs, Contains Less Than 2% of the Following: Baking Soda, Sunflower Lecithin, Sea Salt, Natural Flavors

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
340	20	8	0	40	350	37	2	22	19	4	0	31	1	113

Ginger Molasses Cookie

Serving Size: 71g/2.5oz

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

Wheat Flour, Brown Sugar, Butter (Cream, Salt), Molasses, Eggs, Contains Less Than 2% Of Each Of The Following: Spices, Baking Soda, Leavening (Baking Soda, Sodium Acid Pyrophosphate, Monocalcium Phosphate)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
280	10	6	0	40	210	45	1	22	22	3	0	59	2	180

BAKERY

Harvest Cookie

Serving Size: 71g/2.50oz

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Coconut, Walnut, Egg, Milk, Wheat

INGREDIENTS:

Rolled Oats, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter (Cream, Salt), Brown Sugar, Sugar, Sweetened Dried Cranberries (Cranberries, Sugar, Sunflower Oil), Walnuts, Eggs, Raisins, Water, Contains Less Than 2%: Coconut, Honey, Molasses, Salt, Baking Soda, Spices, Natural Flavors

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
280	12	6	0	35	260	40	3	21	18	5	0	32	2	146

Pain Au Raisin

Serving Size: 120g/4.23oz

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

Confectioner's Custard (Pasteurized Fresh Whole Milk, Sugar, Eggs, Food Starch-Modified, Water, Milk Whey Powder, Dry Whole Milk, Natural Caramel Flavor, Natural Flavors, Maltodextrin, Xanthan Gum, Beta-Carotene Color From Natural Origin), Wheat Flour, Butter, Water, Raisins, Cane Sugar, Yeast, Wheat Gluten, Eggs, Salt, Dry Whole Milk, Sugar, Wheat Sourdough (Water, Fermented Wheat Flour), Dough Conditioner (Ascorbic Acid), Beta-Carotene Color From Natural Origin, Enzymes

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
390	20	10	0.5	61	280	46	2	20	20	7	0	45	1	188

Chocolate Croissant

Serving Size: 86g/3.03oz

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Egg, Milk, Soy, Wheat

INGREDIENTS:

Flour, Butter, Chocolate Filling (Sugar, Chocolate (Fat Reduced Cocoa Powder, Sugar, Cocoa Mass, Cocoa Butter, Sunflower Lecithin (Emulsifier), Natural Vanilla Flavoring), Sunflower Oil, Palm Oil, Palm Fat, Corn Starch), Water, Sugar, Dark Chocolate Decoration (Sugar, Cocoa Mass, Cocoa Butter, Soy Lecithin (Emulsifier)), Yeast, Wheat Gluten, Free-Range Egg, Salt, Ascorbic Acid (Flour Treatment Agent)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
350	20	11.5	0.5	50	160	33	4	16	16	6	0	20	2	149

Plain Croissant

Serving Size: 80g/2.82oz

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

Wheat Flour, Butter, Water, Sugar, Yeast, Wheat Gluten, Salt, Eggs, Dough Conditioner (Ascorbic Acid), Enzymes

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
280	16	11	0	46	300	29	2	4	4	6	0	22	1	98

SNACKS

Chocolate Moose

Serving Size: 100g/3.52oz

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Milk, Soy

INGREDIENTS:

Whipping Cream, Milk Chocolate (Sugar, Cocoa Butter, Whole Milk Powder, Cocoa Mass, Soy Lecithin (Emulsifier), Vanilla Flavoring), Dark Chocolate (Sugar, Cocoa Mass, Cocoa Butter, Soy Lecithin (Emulsifier), Vanilla Flavoring), Water, Double Cream, Sugar, Plain Chocolate (Cocoa Mass, Sugar, Fat- Reduced Cocoa Powder, Soy Lecithin (Emulsifier), Vanilla Flavoring), Glucose, Cocoa Powder, Corn Flour, Pectin (Gelling Agent)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
400	31	19	0.5	40	25	27	2	23	20	4	0	0	2	0

Lemon Cheesecake

Serving Size: 120g/4.23oz

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

Lemon Curd (Glucose, Water, Sugar, Butter, Lemon Concentrate, Corn Starch, Dried Egg, Pectin (Gelling Agent), Citric Acid (Acidity Regulator), Sunflower Lecithin, Lemon Oil, Lutein (Color)), Full Fat Soft Cheese, Whipping Cream, Ginger Crumb (Wheat Flour, Sugar, Palm Oil, Rapeseed Oil, Invert Sugar Syrup, Treacle, Ginger Powder, Sodium Bicarbonate (Raising Agent), Salt), Sugar, Butter, Lemon Concentrate, Water

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
410	25	15	0.5	65	105	43	0	31	19	3	0	0	1	0

Brownie Bite

Serving Size: 43g/1.51oz

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Egg, Milk, Soy, Wheat

INGREDIENTS:

Butter, Brown Sugar, Sugar, Whole Eggs, Dark Couverture (Cocoa, Sugar, Cocoa Butter, Soy Lecithin, Natural Vanilla Flavoring), Wheat Flour, Semi- Sweet Chocolate (Unsweetened Chocolate, Sugar, Dextrose, Soy Lecithin, Natural Vanilla Extract), Vanilla Extract and Sea Salt

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
190	10	6	0	25	55	24	1	19	19	2	0	0	0	0

Love Bite

Serving Size: 40g/1.41oz

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Pistachio, Almond, Milk, Soy

INGREDIENTS:

Oats, Caramel (Sugar, Glucose Syrup, Palm Oil, Sweetened Condensed Milk (Milk, Sugar), Rapeseed Oil, Water, Salt, Flavouring, Soy Lecithin (Emulsifier), Curcumin, Annatto), Salted Butter (Butter, Salt), Golden Syrup, Chocolate Chunks (Cocoa Mass, Sugar, Soy Lecithin (Emulsifier), Vanilla Extract), Light Brown Sugar, Vanilla Pumpkin Seeds (Pumpkin Seeds, Icing Sugar, Caster Sugar, Vanilla Extract), Pistachio Nuts, Almonds, Honey

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
190	10	5	0	10	100	22	1	12	7	2	0	18	1	88

SNACKS

Nut Bar

Serving Size: 45g/1.58oz

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Almond, Coconut, Milk, Soy

INGREDIENTS:

Almonds, Chocolate (Sugar, Cocoa Mass, Cocoa Butter, Fat-Reduced Cocoa Powder, Soy Lecithin (Emulsifier), Vanilla Extract), Rice Syrup, Carob Fruit Syrup, Coconut Chips, Pumpkin Seeds, Sweetened Dried Cranberries (Cranberries, Apple Juice Concentrate, Sunflower Oil), Coconut Oil, Coconut Milk (Coconut Milk, Water), Chicory Root Fiber, Rapeseed Oil, Salt

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
250	17	5	0	0	75	15	4	13	10	6	0	50	2	212

Popcorn Bar

Serving Size: 34g/1.19oz

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Milk, Soy

INGREDIENTS:

White Chocolate (Sugar, Cocoa Butter, Whole Milk Powder, Soy Lecithin (Emulsifier), Vanilla Extract), Puffed Rice (Rice, Sugar, Salt), Caramel (Sugar, Glucose Syrup, Palm Oil, Sweetened Condensed Milk (Milk, Sugar), Rapeseed Oil, Water, Salt, Natural Flavors, Soy Lecithin (Emulsifier), Curcumin, Annatto), Popcorn (Corn Kernels, Rapeseed Oil), Milk Chocolate (Sugar, Cocoa Butter, Whole Milk Powder, Cocoa Mass, Soy Lecithin (Emulsifier), Vanilla Extract), Cocoa Butter

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
170	8	4.5	0	0	35	23	1	14	0	2	0	27	0	61

Pret Bar

Serving Size: 64g/2.25oz

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Milk, Wheat

INGREDIENTS:

Oats, Unsalted Butter, Demerara Sugar (Sugar, Cane Molasses), Sweetened Condensed Milk (Milk, Sugar), Golden Syrup, Dried Apricots (Apricots, Rice Flour), Sweetened Dried Cranberries (Sugar, Cranberries, Sunflower Oil), Pumpkin Seeds, Honey, Sultanas (Sultanas, Sunflower Oil), Sunflower Seeds, Dried Apple Flakes, Orange Pieces (Concentrated Apple Purée, Concentrated Orange Juice, Glycerol (Humectant), Fructose Glucose Syrup, Glucose Syrup, Wheat Fiber, Sugar, Palm Fat, Rice Starch, Pectin (Gelling Agent), Citric Acid (Acidity Regulator), Natural Orange Flavoring, Ascorbic Acid (Antioxidant), Curcumin, Poppy Seeds, Salt, Orange Zest

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
280	13	7	0	25	45	35	3	22	13	4	0	41	1	209

Choc Bar

Serving Size: 70g/2.46oz

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Milk, Soy, Wheat

INGREDIENTS:

Digestive Biscuits (Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Wholemeal Wheat Flour, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar, Partially Inverted Sugar Syrup, Sodium Bicarbonate (Leavening Agent), Ammonium Bicarbonate (Leavening Agent) Salt), Chocolate (Sugar, Cocoa Mass, Cocoa Butter, Fat Reduced Cocoa Powder, Soy Lecithin (Emulsifier), Vanilla Extract), Milk Chocolate (Sugar, Cocoa Butter, Whole Milk Powder, Cocoa Mass, Soy Lecithin (Emulsifier), Vanilla Extract), Unsalted Butter, Golden Syrup, Sultanas (Sultanas, Sunflower Oil), Salt

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
350	23	14	0	20	125	32	2	25	6	3	0	52	2	214

SNACKS

Sea Salt Chips

Serving Size: 42g/1.48oz

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Potatoes, Sunflower Oil, Sea Salt

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
220	13	1	0	0	220	25	2	2	0	2	0	6	0	451

Salt & Vinegar Chips

Serving Size: 42g/1.48oz

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Potatoes, Sunflower Oil, Maltodextrin, Salt (including sea salt), White Distilled Vinegar, Citric Acid, Lactic Acid, Malic Acid, Calcium Lactate

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
220	12	1	0	0	190	26	2	2	0	2	0	14	0	416

Rosemary & Olive Oil Chips

Serving Size: 42g/1.48oz

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Potatoes, Sunflower Oil, Rice Flour, Salt, Onion Powder, Sugar, Spices, Garlic Powder, Olive Oil, Natural Extractives Of Rosemary

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
220	12	1	0	0	200	25	2	2	0	2	0	10	0	431

BBQ Chips

Serving Size: 42g/1.48oz

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Potatoes, Sunflower Oil, Sugar, Brown Sugar, Salt, Tomato Powder, Natural Extractives Of Paprika, Citric Acid, Onion Powder, Natural Smoke Flavor, Garlic Powder, Paprika, Spices

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
220	12	1	0	0	240	26	2	4	2	2	0	10	0	423

Jalapeno Chips

Serving Size: 42g/1.48oz

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Potatoes, Sunflower Oil, Jalapeno Chili Pepper, Salt

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
220	13	1	0	0	290	25	2	2	0	2	0	11	0	440

SNACKS

Dark Chocolate with Sea Salt Bar

Serving Size: 25g/0.88oz

Recipe is: ☒ Vegetarian and ☒ Vegan

Common Allergens: Soy

INGREDIENTS:

Chocolate Liquor, Sugar, Cocoa Butter, Soy Lecithin, Natural Vanilla Flavoring

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
150	10	6	0	0	0	13	2	10	10	2	0	12	3	134

Marvelous Milk Chocolate Bar

Serving Size: 25g/0.88oz

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Milk, Soy

INGREDIENTS:

Cane Sugar, Cocoa Butter, Milk Powder, Chocolate Liquor, Soy Lecithin

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
150	10	4.5	0	6	25	12	1	11	9	2	0	53	1	106

Raw Almonds

Serving Size: 35g/1.23oz

Recipe is: ☒ Vegetarian and ☒ Vegan

Common Allergens: Almond

INGREDIENTS:

Almonds

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
150	16	1	0	0	0	7	4	1	0	7	0	75	1	210

Omega-3 Mix

Serving Size: 35g/1.23oz

Recipe is: ☒ Vegetarian and ☒ Vegan

Common Allergens: Almond, Walnut, Pecan, Pistachio

INGREDIENTS:

Cranberries (Sunflower Oil, Sugar), Almonds, Walnuts, Pecans, Pistachios, Pepitas

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
165	11	1	0	0	0	16	3	10	0	4	0	20	1	120

SNACKS

Dark Chocolate Almonds

Serving Size: 42g/1.48oz

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Almond, Milk, Soy

INGREDIENTS:

Dark Chocolate (Sugar, Cocoa Mass (processed with alkali), Cocoa Butter, Milk Fat, Soy Lecithin (Emulsifier), Vanilla), Whole Dry Roasted Almonds, Cocoa Powder, Gum Arabic, Salt

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
210	16	4.5	0	0	30	17	4	10	10	5	0	50	2	260

Sea Salt Popcorn

Serving Size: 25g/0.88oz

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Popcorn, Olive Oil, Himalayan Salt

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
100	4	0.5	0	0	200	14	4	0	0	2	3	0	1	69

Kettle Corn

Serving Size: 25g/0.88oz

Recipe is: ☒ Vegetarian and ☒ Vegan

Common Allergens: Coconut

INGREDIENTS:

Popcorn, Evaporated Cane Sugar, Sunflower Oil, Brown Rice Syrup, Himalayan Salt, Natural Flavor, Sunflower Lecithin

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
90	3	0	0	0	160	16	3	5	5	1	2	0	1	54

COFFEE AND TEA

Americano

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Water, Espresso

NUTRITIONAL INFORMATION: Serving Size: 12 fl oz/ 16 fl oz/ 20 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Cappuccino

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Milk

INGREDIENTS:

Milk, Espresso

NUTRITIONAL INFORMATION: Serving Size: 12 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
110	0	0	0	5	140	14	0	14	0	9	3	354	0	429

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
130	0.0	0.0	0.0	5	170	18	0	16	0	12	4	425	0	496

NUTRITIONAL INFORMATION: Serving Size: 20 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
170	0.0	0.0	0.0	10	210	24	0	19	0	15	4	531	0	620

Chai Latte

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Milk

INGREDIENTS:

Skim Milk, Chai Syrup (Infusion (Water, Black Tea, Cinnamon, Cardamom, Black Pepper, Ginger), Evaporated Cane Juice, Blackstrap Molasses, Lemon Juice)

NUTRITIONAL INFORMATION: Serving Size: 12 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
190	0.0	0.0	0.0	5	140	33	0	32	19	9	3	354	2	413

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
230	0.0	0.0	0.0	5	170	42	0	41	25	11	4	425	3	496

NUTRITIONAL INFORMATION: Serving Size: 20 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
290	0.0	0.0	0.0	10	220	53	0	51	32	14	4	531	3	620

COFFEE AND TEA

Cold Brew

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Water, Organic Coffee

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
10	0.0	0.0	0.0	0	0	2	0	0	0	0	0	20	0	240

NUTRITIONAL INFORMATION: Serving Size: 24 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
15	0.0	0.0	0.0	0	0	3	0	0	0	0	0	30	0	300

Espresso

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Espresso

NUTRITIONAL INFORMATION: Serving Size: 2 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
0	0.0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0

Filter Coffee

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Coffee

NUTRITIONAL INFORMATION: Serving Size: 12/16/20 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
0	0.0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0

Flat White

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Milk

INGREDIENTS:

Milk, Espresso

NUTRITIONAL INFORMATION: Serving Size: 8 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
90	0.0	0.0	0.0	5	115	12	0	10	0	8	2	283	0	331

COFFEE AND TEA

Herbal Teas

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Tropical Green: Green Tea, Lemongrass, Calendula Petals, Natural Tropical Flavor

Earl Gray: Black Tea, Calendula Petals, Bergamot

Turmeric Tonic: Organic Ginger, Organic Turmeric, Organic Liquorice, Organic Lemon Peel, Organic Black Pepper, Natural Lemon Flavor, Natural Ginger Flavor
Peppermint: Peppermint, Spearmint

English Breakfast: Black Tea

Fennel & Mint: Organic Peppermint, Organic Spearmint, Organic Fenugreek, Organic Fennel, Organic Elderberry, Organic Turmeric, Organic Lemon Peel, Organic Nettle, Organic Rosemary, Organic Liquorice, Organic Marigold Petals

NUTRITIONAL INFORMATION: Serving Size: 12/16/20 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
0	0.0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0

Hot Chocolate

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Milk

INGREDIENTS:

Skim Milk, Chocolate Powder (Organic Evaporated Sugar Cane Juice, Organic Cocoa Powder—Processed with Alkali, Organic Dark chocolate (Organic Chocolate Liquor, Organic Evaporated Sugar Cane Juice, Organic Cocoa Powder)).

NUTRITIONAL INFORMATION: Serving Size: 12 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
240	2.5	1.5	0.0	5	140	36	0	32	19	13	3	378	5	1111

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
330	3.5	2.0	0.0	5	170	49	0	44	28	17	4	461	7	1542

NUTRITIONAL INFORMATION: Serving Size: 20 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
430	4.5	2.5	0.0	10	210	64	0	64	38	21	4	580	9	2015

Iced Americano

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Water, Espresso

NUTRITIONAL INFORMATION: Serving Size: 16/24 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
0	0.0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0

COFFEE AND TEA

Iced Chai Latte

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Milk

INGREDIENTS:

Skim Milk, Chai Syrup (Infusion (Water, Black Tea, Cinnamon, Cardamom, Black Pepper, Ginger), Evaporated Cane Juice, Blackstrap Molasses, Lemon Juice)

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
230	0.0	0.0	0.0	5	170	42	0	41	25	11	4	425	3	496

NUTRITIONAL INFORMATION: Serving Size: 24 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
290	0.0	0.0	0.0	10	220	53	0	51	32	14	4	531	3	620

Iced Coffee

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Coffee

NUTRITIONAL INFORMATION: Serving Size: 16/24 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
0	0.0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0

Iced Latte

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Milk

INGREDIENTS:

Milk, Espresso

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
130	0.0	0.0	0.0	5	170	18	0	16	0	12	4	425	0	496

NUTRITIONAL INFORMATION: Serving Size: 24 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
170	0.0	0.0	0.0	10	210	24	0	19	0	15	4	531	0	620

COFFEE AND TEA

Iced Mocha

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Milk

INGREDIENTS:

Skim Milk, Chocolate Powder (Organic Evaporated Sugar Cane Juice, Organic Cocoa Powder—Processed with Alkali, Organic Dark chocolate (Organic Chocolate Liquor, Organic Evaporated Sugar Cane Juice, Organic Cocoa Powder), Espresso

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
240	2.5	1.5	0.0	5	105	36	0	31	21	12	2	290	5	1082

NUTRITIONAL INFORMATION: Serving Size: 24 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
320	3.0	2.0	0.0	5	170	48	0	41	25	17	4	464	6	1433

Iced Teas

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Iced Black Tea: Organic Black Tea

Iced Green Tea: Organic Green Tea, Organic Liquorice, Organic Lemongrass, Organic Mango Flavor

NUTRITIONAL INFORMATION: Serving Size: 16/24 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
0	0.0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0

Latte

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Milk

INGREDIENTS:

Milk, Espresso

NUTRITIONAL INFORMATION: Serving Size: 12 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
110	0.0	0.0	0.0	5	140	15	0	13	0	10	3	354	0	413

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
130	0.0	0.0	0.0	5	170	18	0	16	0	12	4	425	0	496

NUTRITIONAL INFORMATION: Serving Size: 20 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
170	0.0	0.0	0.0	10	210	24	0	19	0	15	4	531	0	620

COFFEE AND TEA

Macchiato

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Milk

INGREDIENTS:

Milk, Espresso

NUTRITIONAL INFORMATION: Serving Size: 4 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
10	0.0	0.0	0.0	0	0	1	0	0	0	1	0	12	0	14

Mocha

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Milk

INGREDIENTS:

Skim Milk (Organic Pasteurized Fat Free Milk, Vitamin A, Vitamin D), Chocolate Powder (Cane Sugar, Cocoa Powder – Processed with Alkali, Dark Chocolate (Chocolate Liquor, Cane Sugar, Cocoa Powder)), Espresso

NUTRITIONAL INFORMATION: Serving Size: 12 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
180	1.0	0.5	0.0	5	140	26	0	22	9	12	3	366	2	762

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
270	2.5	1.5	0.0	5	170	40	0	34	19	16	4	449	5	1193

NUTRITIONAL INFORMATION: Serving Size: 20 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
370	3.5	2.0	0.0	10	210	56	0	48	28	21	4	568	7	1666

Pumpkin Pie Spice Latte

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Milk

INGREDIENTS:

Skim Milk (Organic Pasteurized Fat Free Milk, Vitamin A, Vitamin D), Pumpkin Puree (Sugar, Water, Pumpkin Puree, Natural Flavors, Xanthan Gum, Spices, Citric Acid), Espresso (Water, Coffee Beans), Brown Sugar Whipped Cream (Cream, Non-fat Milk Powder, Cane Sugar, Vanilla Flavoring, Natural Brown Sugar Flavoring, Sorbitan Monostearate, Carrageenan, Dextrose and Nitrous Oxide (Propellant)), Ground Cinnamon Ground Cinnamon

NUTRITIONAL INFORMATION: Serving Size: 12 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
210	3	2	0.0	15	130	33	0	30	18	9	3	340	0	394

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
270	3	2	0.0	15	160	45	0	40	26	11	3	411	0	477

NUTRITIONAL INFORMATION: Serving Size: 20 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
350	3	2	0.0	20	210	60	0	53	34	15	4	548	0	640

SYRUPS AND TOPPINGS

Pumpkin Puree

Recipe is: ☒ Vegetarian and ☒ Vegan

Common Allergens:

INGREDIENTS:

Sugar, Water, Pumpkin Puree, Natural Flavors, Xanthan Gum, Organic Spices, Citric Acid

NUTRITIONAL INFORMATION: Serving Size: 1 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
70	0	0	0	0	0	17	0	16	16	0	0	0	0	0

Vanilla Syrup

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Pure Cane Sugar, Water, Natural Flavors, Natural Vanilla Extract

NUTRITIONAL INFORMATION: Serving Size: 1 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
100	0.0	0.0	0.0	0	0	24	0	23	23	0	0	0	0	0

Cane Syrup

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Pure Cane Sugar, Water

NUTRITIONAL INFORMATION: Serving Size: 1 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
100	0.0	0.0	0.0	0	0	25	0	25	25	0	0	0	0	0

Caramel Syrup

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Pure Cane Syrup, Water, Natural Flavors, Citric Acid

NUTRITIONAL INFORMATION: Serving Size: 1 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
100	0	0	0	0	0	24	0	24	24	0	0	0	0	0

Hazelnut Syrup

Recipe is: ☒ Vegetarian and ☒ Vegan

Common Allergens: Hazelnut

INGREDIENTS:

Pure Cane Sugar, Water, Natural and Artificial Flavors, Concentrated Lemon Juice, Salt

NUTRITIONAL INFORMATION: Serving Size: 1 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
90	0	0	0	0	5	22	0	22	22	0	0	0	0	0

SYRUPS AND TOPPINGS

Pumpkin Spice Syrup

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens:

INGREDIENTS:

Pure Cane Sugar, Water, Natural Flavors, Caramel

NUTRITIONAL INFORMATION: Serving Size: 1 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
100	0	0	0	0	0	24	0	24	24	0	0	0	0	0

Whipped Cream-Brown Sugar

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Milk

INGREDIENTS:

Organic Cream, Organic Non-Fat Milk Powder, Organic Cane Sugar, Organic Vanilla Flavoring, Natural Brown Sugar Flavoring, Sorbitan Monostearate, Carrageenan, Dextrose, Nitrous Oxide (Whipping Propellant)

NUTRITIONAL INFORMATION: Serving Size: 2

Tbsp

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
20	1.5	1.0	0.0	5	0	1	0	1	1	0	0	8	0	10

BARISTA MILKS & MILK ALTERNATIVES

Skim Milk

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Milk

INGREDIENTS:

Organic Pasteurized Fat Free Milk, Vitamin A, Vitamin D

NUTRITIONAL INFORMATION: Serving Size: 8 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
90	0.0	0.0	0.0	5	125	12	0	12	0	8	3	325	0	370

Whole Milk

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Milk

INGREDIENTS:

Organic Pasteurized Whole Milk and Vitamin D

NUTRITIONAL INFORMATION: Serving Size: 8 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
150	8.0	5.0	0.0	30	120	12	0	11	0	8	3	300	0	350

Almond Milk

Recipe is: ☒ Vegetarian and ☒ Vegan

Common Allergens: Almond

INGREDIENTS:

Water, Almonds, Cane Sugar, Calcium Carbonate, Sunflower Lecithin, Sea Salt, Potassium Citrate, Natural Flavors, Locust Bean Gum, Gellan Gum

NUTRITIONAL INFORMATION: Serving Size: 8 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
70	4.5	0.0	0.0	0	180	7	1	5	5	2	0	429	1	55

Oat Milk

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Water, Organic Oats, Organic Sunflower Oil, Salt, Potassium Carbonate (Acidity Regulator)

NUTRITIONAL INFORMATION: Serving Size: 8 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
140	5.0	0.5	0.0	0	80	22	0	11	0	0	0	0	0	0

Half and Half

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Milk

INGREDIENTS:

Organic Pasteurized Milk, Organic Pasteurized Heavy Cream

NUTRITIONAL INFORMATION: Serving Size: 1 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
40	3.0	2.0	0.0	10	10	1	0	1	0	1	0	30	0	36

COLD DRINKS

Coke

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Carbonated Water, High Fructose Corn Syrup, Caramel Color, Phosphoric Acid, Natural Flavors, Caffeine

NUTRITIONAL INFORMATION: 12 fl oz CAN

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
140	0	0	0	0	45	39	0	39	39	0	0	0	0	0

NUTRITIONAL INFORMATION: 20 fl oz BOTTLE

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
215	0	0	0	0	50	53	0	53	53	0	0	0	0	0

Diet Coke

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Carbonated Water, Carmel Color, Aspartame, Phosphoric Acid, Potassium Benzoate (To Protect Taste), Natural Flavors, Citric Acid, Caffeine

NUTRITIONAL INFORMATION: 12 fl oz CAN

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
0	0	0	0	0	40	0	0	0	0	0	0	0	0	0

NUTRITIONAL INFORMATION: 20 fl oz BOTTLE

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
2	0	0	0	0	75	1	0	0	0	0	0	0	0	0

Coke Zero

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Carbonated Water, Caramel Color, Phosphoric Acid, Aspartame, Potassium Benzoate, Natural Flavors, Potassium Citrate, Acesulfame Potassium, Caffeine

NUTRITIONAL INFORMATION: 12 fl oz CAN

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
0	0	0	0	0	40	0	0	0	0	0	0	0	0	0

NUTRITIONAL INFORMATION: 20 fl oz BOTTLE

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
2	0	0	0	0	55	1	0	0	0	0	0	0	0	0

COLD DRINKS – JUICE SHOTS

Cayenne Shot

Serving Size: 3.70 fl oz

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Apple Juice, Orange Juice, Lemon Juice, Turmeric Juice, Ginger Juice, Cayenne, Ascorbic Acid

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
50	0	0	0	0	0	11	2	11	0	2	0	26	2	188

Ginger Shot

Serving Size: 3.70 fl oz

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Apple Juice, Ginger Juice, Ascorbic Acid

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
70	0.5	0	0	0	10	15	2	9	0	2	0	26	0	0

Apple Cider Vinegar Shot with Raspberry

Serving Size: 3.70 fl oz

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Apple Juice, Raspberry Juice, Apple Cider Vinegar, Black Current Juice, Ascorbic Acid

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
50	0	0	0	0	0	9	0	9	0	1	0	0	0	0

Ginger Kombucha

Serving Size: 8.45 fl oz

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Filtered Water, Kombucha Culture (Yeast and Bacteria Cultures), Cane Sugar, Green Tea, Ginger, Turmeric

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
45	0	0	0	0	0	11	0	11	11	0	1	1	1	20

COLD DRINKS

Strawberry Lemonade

Serving Size: 13.50 fl oz
Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:
Water, Lemon Juice, Sugar, Strawberry Puree

NUTRITIONAL INFORMATION:														
Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
180	0	0	0	0	10	40	1	40	36	0	0	16	1	57

Classic Lemonade

Serving Size: 13.50 fl oz
Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:
Water, Lemon Juice, Sugar

NUTRITIONAL INFORMATION:														
Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
180	0	0	0	0	10	48	0	45	43	0	0	16	1	57

Daily Greens Cold Pressed Juice

Serving Size: 13.45 fl oz
Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:
Apple, Cucumber, Spinach, Celery, Lemon, Banana, Jalapeno, Ascorbic Acid

NUTRITIONAL INFORMATION:														
Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
120	0.5	0	0	0	75	28	2	20	0	2	0	82	2	650

Super Reds Cold Pressed Juice

Serving Size: 13.45 fl oz
Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:
Apple, Strawberry, Acai, Raspberry, Ascorbic Acid

NUTRITIONAL INFORMATION:														
Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
160	3	0.5	0	0	10	32	4	24	0	2	0	60	2	420

Pink Grapefruit Juice

Serving Size: 13.50 fl oz
Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:
Grapefruit Juice

NUTRITIONAL INFORMATION:														
Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
100	0	0	0	0	0	23	0	22	0	1	0	22	0	400

COLD DRINKS

Orange Juice

Serving Size: 13.50 fl oz
Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Orange Juice

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
110	0	0	0	0	0	26	0	21	0	2	0	27	0	496

Grapefruit Spindrift Sparkling Water

Serving Size: 12 fl oz
Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Carbonated Water, Grapefruit Juice, Orange Juice, Lemon Juice, Hibiscus (For Color)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
17	0	0	0	0	0	4	0	3	0	0	0	0	0	0

Lemon Spindrift Sparkling Water

Serving Size: 12 fl oz
Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Carbonated Water, Lemon Juice

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
3	0	0	0	0	0	1	0	0	0	0	0	0	0	0

Raspberry Lime Spindrift Sparkling Water

Serving Size: 12 fl oz
Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Carbonated Water, Raspberry Puree, Raspberry Juice, Lime Juice

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
9	0	0	0	0	0	2	0	1	0	0	0	0	0	0

Cranberry Raspberry Spindrift Sparkling Water

Serving Size: 12 fl oz
Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Carbonated Water, Raspberry Juice, Cranberry Juice, Raspberry Puree, Lemon Juice

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
8	0	0	0	0	0	2	0	1	0	0	0	0	0	0

COLD DRINKS

Blackberry Spindrift Sparkling Water

Serving Size: 12 fl oz

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Carbonated Water, Blackberry Juice, Lemon Juice, Blackberry Puree

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
10	0	0	0	0	0	2	0	1	0	0	0	0	0	0

Pineapple Spindrift Sparkling Water

Serving Size: 12 fl oz

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Carbonated water, pineapple juice, citric acid

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
13	0	0	0	0	0	3	0	3	0	0	0	0	0	0

Lime Spindrift Sparkling Water

Serving Size: 12 fl oz

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Carbonated water, lime juice

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
4	0	0	0	0	0	1	0	0	0	0	0	0	0	0

Sparkling Water – 17oz

Serving Size: 17 fl oz

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Carbonated Spring Water

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Still Water – 17oz

Serving Size: 17 fl oz

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Spring Water

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

COLD DRINKS

Large Water – 24 oz

Serving Size: 24 fl oz

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Spring Water

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0