

Pret's Catering 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 sesame, 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 Catering Guide contains a list of all the products we offer for catering in our US shops, with full product lists and the 9 declarable allergen information listed for your reference.

Please remember to check our complete Nutrition & Allergen Guide regularly as recipes do change from time to time. Each individual product's nutritional information can also be found there.

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) to 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.



Croissant Selection Platter

Serving Size: 1064g/37.48oz

Recipe is: Vegetarian and Vegan

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

CONTAINS:

- 4 Plain Croissant
- 4 Almond Croissant
- 4 Chocolate Croissant

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) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 4000 | 228 | 134 | 4 | 564 | 2720 | 404 | 36 | 132 | 132 | 80 | 0 | 348 | 16 | 1608 |

Bakery Box Platter

Serving Size: 1308g/46.08oz

Recipe is: Vegetarian and Vegan

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

CONTAINS:

- 3 Plain Croissant
- 3 Almond Croissant
- 3 Blueberry Muffin
- 3 Morning Glory Banana Muffin

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) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 4380 | 207 | 85.5 | 1.5 | 468 | 4230 | 564 | 36 | 249 | 222 | 78 | 0 | 594 | 18 | 2028 |

Yogurt Pot Platter

Serving Size: 2154g/75.93oz

Recipe is: Vegetarian and Vegan

Common Allergens: Milk, Almond

CONTAINS:

- 3 Little Cup of Goodness
- 3 Blueberry & Granola Pot
- 3 Bircher Muesli

THIS PLATTER FEEDS 9 PEOPLE.

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) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 2880 | 96 | 36 | 0 | 270 | 690 | 345 | 24 | 222 | 36 | 165 | 0 | 1851 | 12 | 3084 |

King of Cookies Platter

Serving Size: 852g/30oz

Recipe is: Vegetarian and Vegan

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

CONTAINS:

- 4 Chocolate Chunk Cookies
- 4 Harvest Cookies
- 4 Double Chocolate Pecan Cookies

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) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 3720 | 192 | 96 | 0 | 500 | 3560 | 476 | 28 | 276 | 252 | 52 | 0 | 364 | 20 | 1504 |

Chocolate Chip Cookie Platter

Serving Size: 852g/30oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Soy, Wheat

CONTAINS:

12 Chocolate Chunk Cookies

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) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 3720 | 192 | 120 | 0 | 600 | 3360 | 504 | 24 | 312 | 312 | 48 | 0 | 336 | 24 | 1404 |

Harvest Cookie Platter

Serving Size: 852g/30oz

Recipe is: Vegetarian and Vegan

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

CONTAINS:

12 Harvest Cookies

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) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 3360 | 144 | 72 | 0 | 420 | 3120 | 480 | 36 | 252 | 216 | 60 | 0 | 384 | 24 | 1752 |

Classic Sandwich Platter

Serving Size: 1173g/41.37oz

Recipe is: Vegetarian and Vegan

Common Allergens: Almond, Egg, Milk, Wheat

CONTAINS:

1 Pret's Chicken Salad & Avo Sandwich (cut into 4 pieces)

1 Pret's Egg Salad & Arugula Sandwich (cut into 4 pieces)

1 Ham and Cheese Sandwich (cut into 4 pieces)

1 Chicken & Bacon Sandwich (cut into 4 pieces)

1 Cheddar & Tomato Sandwich (cut into 4 pieces)

THIS PLATTER FEEDS 5 PEOPLE.

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) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 2770 | 153 | 33 | 0 | 675 | 5220 | 225 | 8 | 30 | 7 | 119 | 3 | 995 | 14 | 2565 |

Baguette Platter

Serving Size: 1555g/54.85oz

Recipe is: Vegetarian and Vegan

Common Allergens: Tuna, Almond, Pine Nut, Egg, Milk, Wheat

CONTAINS:

2 Pret's Famous Ham & Cheese Baguette (cut into 4 pieces)

1 Pret's Tuna & Cucumber Baguette (cut into 4 pieces)

2 Pesto Caprese Baguette (cut into 4 pieces)

1 Romesco Chicken & Mozzarella Baguette (cut into 4 pieces)

THIS PLATTER FEEDS 6 PEOPLE.

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) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 4100 | 197 | 48 | 0 | 350 | 8180 | 417 | 27 | 8 | 2 | 174 | 0 | 1379 | 26 | 1797 |

Salad Wrap Selection Platter

Serving Size: 1649g/58.16oz

Recipe is: Vegetarian and Vegan

Common Allergens: Almond, Pine Nut, Egg, Milk, Sesame, Soy, Wheat

CONTAINS:

1 x Bang Bang Chicken Wrap (cut into 2 pieces)

1 x Crunchy Chipotle Chicken & Avo Wrap (cut into 2 pieces)

1 x Falafel & Hummus Wrap (cut into 2 pieces)

1 x Green Goodness Chicken Wrap (cut into 2 pieces)

1 x Mozzarella & Red Peppers with Romesco Wrap (cut into 2 pieces)

THIS PLATTER FEEDS 5 PEOPLE.

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) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 3020 | 163 | 26 | 0 | 215 | 6430 | 308 | 18 | 37 | 15 | 126 | 0 | 1106 | 22 | 4006 |

Chicken Avocado Salad Platter

Serving Size: 1589g/56.05oz

Recipe is: Vegetarian and Vegan

Common Allergens: Walnut

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

Pret's Simple Vinaigrette: Water, Canola Oil, Olive Oil, Red Wine Vinegar, Shallot Puree, Sugar, Contains 2% Or Less: Distilled Vinegar, Sea Salt, Mustard, Lemon Juice Concentrate, Molasses, Garlic Puree (Garlic, Citric Acid), Parsley, Salt, White Wine, Garlic Powder, Onion Powder, Spices (Including Black Pepper), Xanthan Gum, Tartaric Acid, Citric Acid

THIS PLATTER FEEDS 5 PEOPLE. All platters are served with bread rolls

NUTRITIONAL INFORMATION FOR 1 PLATTER - WITHOUT DRESSING/ROLLS:

| 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) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 1350 | 77 | 10 | 0 | 205 | 1220 | 91 | 28 | 50 | 41 | 79 | 0 | 214 | 8 | 3346 |

NUTRITIONAL INFORMATION FOR 1 DRESSING POT: Serving Size: 57g/2oz Recipe is: Vegetarian and Vegan

| 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 | 27 | 3 | 0 | 0 | 380 | 3 | 0 | 2 | 2 | 0 | 0 | 10 | 0 | 25 |

NUTRITIONAL INFORMATION FOR 1 BREAD ROLL: Serving Size: 40g/1.41oz Recipe is: Vegetarian and Vegan

Common Allergens: Wheat

| 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 |

Chicken Caesar Salad Platter

Serving Size: 1664g/58.70oz

Recipe is: Vegetarian and Vegan

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

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), 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

THIS PLATTER FEEDS 5 PEOPLE. All platters are served with bread rolls

NUTRITIONAL INFORMATION FOR 1 PLATTER - WITHOUT DRESSING/ROLLS:

| 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) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 1110 | 42 | 10 | 0 | 245 | 2580 | 89 | 49 | 12 | 0 | 104 | 0 | 946 | 8 | 2778 |

NUTRITIONAL INFORMATION FOR 1 DRESSING POT: Serving Size: 57g/2oz Recipe is: Vegetarian and Vegan

| 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 | 32 | 3 | 0 | 10 | 230 | 6 | 0 | 2 | 0 | 2 | 0 | 49 | 0 | 23 |

NUTRITIONAL INFORMATION FOR 1 BREAD ROLL: Serving Size: 40g/1.41oz Recipe is: Vegetarian and Vegan

Common Allergens: Wheat

| 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 |

Mediterranean Mezze Salad Platter

Serving Size: 1842g/64.97oz

Recipe is: Vegetarian and Vegan

Common Allergens: Sesame

Salad: Cucumbers, 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), Mesclun, Hummus (Garbanzo Beans, Water, Sesame Seeds, Lemon Juice, Spices (Cumin, Garlic), Olive Oil, Salt), Pickled Cabbage & Carrot Mix (Red Cabbage, Carrot, Water, Sugar, Vinegar, Salt), Sesame Seeds (Black Sesame Seeds, White Sesame Seeds)

Pret's Simple Vinaigrette: Water, Canola Oil, Olive Oil, Red Wine Vinegar, Shallot Puree, Sugar, Contains 2% Or Less: Distilled Vinegar, Sea Salt, Mustard, Lemon Juice Concentrate, Molasses, Garlic Puree (Garlic, Citric Acid), Parsley, Salt, White Wine, Garlic Powder, Onion Powder, Spices (Including Black Pepper), Xanthan Gum, Tartaric Acid, Citric Acid

THIS PLATTER FEEDS 5 PEOPLE. All platters are served with bread rolls

NUTRITIONAL INFORMATION FOR 1 PLATTER - WITHOUT DRESSING/ROLLS:

| 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) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 1390 | 59 | 1.5 | 0 | 0 | 3540 | 177 | 21 | 50 | 18 | 49 | 0 | 807 | 24 | 3114 |

NUTRITIONAL INFORMATION FOR 1 DRESSING POT: Serving Size: 57g/2oz Recipe is: Vegetarian and Vegan

| 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 | 27 | 3 | 0 | 0 | 380 | 3 | 0 | 2 | 2 | 0 | 0 | 10 | 0 | 25 |

NUTRITIONAL INFORMATION FOR 1 BREAD ROLL: Serving Size: 40g/1.41oz Recipe is: Vegetarian and Vegan

Common Allergens: Wheat

| 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 |

Greek Salad Platter

Serving Size: 1798g/63.42oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Wheat

Salad: Cucumbers, Mesclun, Feta (Pasteurized Milk, Salt, Cheese Cultures, Enzymes), Roasted Tomatoes (Cherry Tomatoes, Rapeseed Oil, Salt, Dried Garlic, Oregano, Lemon Juice Concentrate), Garlic Crouton French Bread (Unbleached, Enriched, Flour, Water, Yeast, Sea salt) Certified Non-GMO Canola Oil, Garlic, Sea salt, Basil, Pepper, Parsley, Greek Olive Medley (Green Olives, Kalamata Olives, Water, Sea Salt, Wine Vinegar), Red Onion

Herb Yogurt Dressing: Soybean Oil, Water, Yogurt (Pasteurized Cow's And Goat's Milk, Cream, Milk Protein, Active Bacterial Culture), Cultured Buttermilk, Vinegar, Contains 2% Or Less: Egg Yolks, Salt, Sugar, Parsley, Garlic Puree (Garlic, Citric Acid), Chives, Onion Powder, Garlic Powder, Lemon Juice Concentrate, Xanthan Gum, Extractives Of Rosemary, Black Pepper, Dill Weed

THIS PLATTER FEEDS 5 PEOPLE. All platters are served with bread rolls

NUTRITIONAL INFORMATION FOR 1 PLATTER - WITHOUT DRESSING/ROLLS:

| 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) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 1660 | 93 | 22 | 0 | 130 | 6990 | 144 | 53 | 23 | 0 | 79 | 2 | 1135 | 6 | 1553 |

NUTRITIONAL INFORMATION FOR 1 DRESSING POT: Serving Size: 57g/2oz Recipe is: Vegetarian and Vegan

| 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) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 200 | 21 | 4 | 0 | 20 | 330 | 2 | 0 | 2 | 1 | 1 | 0 | 27 | 0 | 39 |

NUTRITIONAL INFORMATION FOR 1 BREAD ROLL: Serving Size: 40g/1.41oz Recipe is: Vegetarian and Vegan

Common Allergens: **Wheat**

| 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 |

Coffee Box Organic Single Origin

Serving Size: 2154g/ 120 fl oz

Recipe is: Vegetarian and Vegan

CONTAINS:

(1) 96oz Coffee Carafe

(2) 12oz Cup Milk of Choice

NUTRITIONAL INFORMATION: Based on (1) 12 oz cup with SKIM MILK:

Common Allergens: **Milk**

| 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 | 5 | 170 | 17 | 0 | 16 | 0 | 11 | 4 | 425 | 0 | 496 |

Coffee Box Organic Classic Blend

Serving Size: 2154g/ 120 fl oz

Recipe is: Vegetarian and Vegan

CONTAINS:

(1) 96oz Coffee Carafe

(2) 12oz Cup Milk of Choice

NUTRITIONAL INFORMATION: Based on (1) 12 oz cup with SKIM MILK:

Common Allergens: **Milk**

| 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 | 5 | 170 | 17 | 0 | 16 | 0 | 11 | 4 | 425 | 0 | 496 |

Coffee Box Decaf

Serving Size: 2154g/ 120 fl oz

Recipe is: Vegetarian and Vegan

CONTAINS:

(1) 96oz Coffee Carafe

(2) 12oz Cup Milk of Choice

NUTRITIONAL INFORMATION: Based on (1) 12 oz cup with SKIM MILK:

Common Allergens: **Milk**

| 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 | 5 | 170 | 17 | 0 | 16 | 0 | 11 | 4 | 425 | 0 | 496 |

Coffee Box Cold Brew

Serving Size: 1814g/ 96 fl oz

Recipe is: Vegetarian and Vegan

CONTAINS:

(1) 96oz Coffee Carafe

NUTRITIONAL INFORMATION: Based on (1) 16 oz cup:

| 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 | 3 | 0 | 0 | 0 | 0 | 0 | 30 | 0 | 300 |

Holiday Baguette Platter

Serving Size: 1552g/54.74oz

Recipe is: Vegetarian and Vegan

Common Allergens: Pine Nut, Egg, Milk, Wheat

CONTAINS:

2 Pesto Caprese Baguette (cut into 4 pieces)

2 Pret's Italian Baguette (cut into 4 pieces)

2 Prosciutto, Brie & Cranberry Baguette (cut into 4 pieces)

THIS PLATTER FEEDS 6 PEOPLE.

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) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 4170 | 192 | 65 | 1 | 410 | 10760 | 448 | 27 | 37 | 26 | 183 | 0 | 1410 | 29 | 1471 |