

# 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 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 8 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

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: 1188g/41.88oz

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)
2600	138	31	0	805	5070	215	8	26	6	125	2	807	14	2629

# Baguette Platter

Serving Size: 1609g/56.75oz

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)
4200	205	54	0	380	8290	417	27	8	2	183	0	1507	26	1856

## Salad Wrap Selection Platter

Serving Size: 1653g/58.29oz

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)
3120	176	27.5	0	230	6380	308	20	39	14	127	0	1097	21	3957

## 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

## Roasted Sweet Potato Rainbow Salad Platter

Serving Size: 2114g/74.56oz

Recipe is:  Vegetarian and  Vegan

**Common Allergens: Egg, Sesame, Soy, Wheat**

**Salad:** Roasted Sweet Potatoes Sweet Potatoes, Quinoa Blend (Cooked Quinoa (water, quinoa), Cooked Red Quinoa (water, red quinoa), Lemon Juice (water, concentrated lemon juice), Extra Virgin Olive Oil, Salt, Cumin, Black Pepper), Cage-Free Eggs, Spinach, Avocados, Roasted Corn (Corn), Pickled Cabbage & Carrot Mix (Red Cabbage, Carrot, Water, Sugar, Vinegar, Salt), Gochujang Aioli (Canola Oil, Water, Hot Pepper Paste (Water, Sugar, Red Chili Pepper Powder, Fermented Soybean Paste (Water, Soybeans, Rice, Salt, Alcohol), Pear Puree Concentrate, Salt, Salted Sake (Sake (Water, Rice Koji), Salt), Contains Less Than 2% Of Onion Powder, Garlic Powder, Yeast Extract, Rice Vinegar, Sesame Oil, Paprika, Corn Starch), Rice Vinegar, Egg Yolks, Garlic Puree (Garlic, Citric Acid), Sugar, Sea Salt, Salt, Lemon Juice Concentrate, Xanthan Gum, Red Pepper, Mustard Flour, Citric Acid), Sesame Seeds (Black Sesame Seeds, White Sesame Seeds), Lemon Juice, Cilantro, Seasoning (Salt, Black Pepper)

**Miso Sesame Dressing:** Canola Oil, Water, Soy Sauce (Water, Soybeans, Wheat, Salt), Sugar, Roasted Sunflower Seeds, Aged Red Cayenne Pepper (Red Cayenne Pepper, Salt), Ginger Puree, Rice Vinegar, Contains 2% Or Less: Garlic Puree (Garlic, Citric Acid), Lime Juice Concentrate, Cilantro, Distilled Vinegar, Red Miso (Fermented Soybeans, Salt), Ginger, Garlic Powder, Onion Powder, Xanthan Gum, Red Pepper, Salt, Sesame Oil, Extractives Of Rosemary

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)
2040	96	14	0	785	3510	250	37	56	13	65	5	549	18	2500

**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)

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. 08.19.22 ★ PAGE 6

290	29	2	0	0	410	6	0	8	4	1	1	8	0	80
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**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