# Pret's **Nutrition & Allergen** Guide

Pret Nutritional Guide- Valid for locations in NY, MA, IL, DC, PA, DE, NJ, NC
Ver. 3 [11.30.2022]

## 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 variationsin serving size, preparation techniques, and changes with food suppliers. Nutritionalinformation 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 shelftickets in our shops.

Please remember to check our Nutrition & Allergen Guide regularly as recipesdo 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 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: [x] Vegetarian and [x] 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: [x] Vegetarian and [] Vegan
Common Allergens: Almond, Milk
INGREDIENTS:
Yogurt (Cultured Pasteurized Milk, Live and Active Cultures (S. Thermophilus, L. Bulgaricus, L. Acidolphilus, 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: [x] Vegetarian and [] Vegan
Common Allergens: Milk
INGREDIENTS:
Yogurt (Cultured Pasteurized Milk, Live and Active Cultures (S. Thermophilus, L. Bulgaricus, L. Acidolphilus, 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: [x] Vegetarian and [] Vegan
Common Allergens: Milk
INGREDIENTS:
Yogurt (Cultured Pasteurized Milk, Live and Active Cultures (S. Thermophilus, L. Bulgaricus, L. Acidolphilus, 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

## Strawberry Rhubarb Yogurt Pot

Serving Size: 164g/5.78oz
Recipe is: [x] Vegetarian and [] Vegan
Common Allergens: Milk

INGREDIENTS:

Yogurt (Cultured Pasteurized Milk, Live and Active Cultures (S. Thermophilus, L. Bulgaricus, L. Acidolphilus, Bifidus, L. Casei)), Strawberry Compote (Strawberries, Sugar, Water, Fruit Pectin, Concentrated Lemon Juice, Locust Bean Gum, Concentrated Acerola Cherry Juice, Calcium Citrates), Rhubarb Compote (Rhubarb, Sugar, Water, Locust Bean Gum, 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 140 | 4.5 | 3 | 0 | 25 | 55 | 12 | 0 | 11 | 5 | 12 | 0 | 163 | 0 | 232 |

## Strawberry Rhubarb Rice Pudding

Serving Size: 131g/4.62oz
Recipe is: [x] Vegetarian and [] Vegan
Common Allergens: Milk, Wheat

INGREDIENTS:

Rice Pudding (Whole Milk, Heavy Cream, Rice, Cane Sugar, Vanilla Extract, Sea Salt, Vanilla Bean Seeds), Strawberry Compote (Strawberries, Sugar, Water, Fruit Pectin, Concentrated Lemon Juice, Locust Bean Gum, Concentrated Acerola Cherry Juice, Calcium Citrates), Rhubarb Compote (Rhubarb, Sugar, Water, Locust Bean Gum, Concentrated Acerola Cherry Juice), Streusel (Butter [cream (milk), salt], Enriched Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), Brown Sugar, Rolled Oats, 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) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 220 | 10 | 6 | 0 | 35 | 95 | 25 | 0 | 16 | 11 | 4 | 1 | 90 | 0 | 146 |

## Mango Coconut Rice Pudding

Serving Size: 125g/4.40oz
Recipe is: [x] Vegetarian and [] Vegan
Common Allergens: Milk, Coconut

INGREDIENTS:

Rice Pudding (Whole Milk, Heavy Cream, Rice, Cane Sugar, Vanilla Extract, Sea Salt, Vanilla Bean Seeds), Sunshine Puree (Alphonso Mango, Banana Puree, Coconut Milk, Kent Mango, Lemon, Turmeric Juice, Turmeric Powder, Ascorbic Acid), *Coconut Chips (Toasted Coconut Chips)

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 | 12 | 8 | 0 | 30 | 70 | 20 | 0 | 12 | 6 | 3 | 1 | 79 | 0 | 146 |

*Coconut chips are packed in a facility that handle other tree nuts

## Little Cup of Goodness

Serving Size: 207g/7.30oz
Recipe is: [x] Vegetarian and [] Vegan
Common Allergens: Milk

INGREDIENTS:

Yogurt (Cultured Pasteurized Milk, Live and Active Cultures (S. Thermophilus, L. Bulgaricus, L. Acidolphilus, 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 |

# YOGURT & FRUIT POTS

## Mango & Lime Pot

Serving Size: 150g/5.29oz
Recipe is: [x] Vegetarian and [x] 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: [x] Vegetarian and [x] 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: [x] Vegetarian and [x] 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 |

## Acai Bowl

Serving Size: 207g/7.30oz
Recipe is: [x] Vegetarian and [x] 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 |

# YOGURT & FRUIT POTS

## Sunshine Bowl

Serving Size: 265g/9.34oz

Recipe is: [x] Vegetarian and [x] 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, *Coconut Chips (Toasted Coconut Chips)

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 | 15 | 6 | 0 | 0 | 50 | 71 | 8 | 35 | 0 | 8 | 0 | 35 | 2 | 728 |

*Coconut chips are packed in a facility that handle other tree nuts

# HOT BREAKFAST

## Egg & Bacon Baguette

Serving Size: 191g/6.73oz
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), Liquid Whole Egg (Cage-Free Whole Egg, Citric Acid), Niman Ranch Bacon (Pork, Water, Salt, Turbinado Sugar, Celery Powder), 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 450 | 21 | 9 | 0 | 300 | 1140 | 35 | 2 | 1 | 0 | 27 | 0 | 161 | 3 | 342 |

## Egg & Cheddar Baguette

Serving Size: 161g/5.67oz
Recipe is: [x] 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), 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 310 | 11 | 4.5 | 0 | 270 | 640 | 35 | 2 | 1 | 0 | 17 | 0 | 157 | 3 | 192 |

## Egg, Cheese & Veggie Breakfast Baguette

Serving Size: 189g/6.66oz
Recipe is: [x] 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), Liquid Whole Egg (Cage-Free Whole Egg, Citric Acid), Whole Milk (Pasteurized Whole Milk, Vitamin D), Roasted Tomatoes (Cherry Tomatoes, Rapeseed Oil, Salt, Dried Garlic, Oregano, Lemon Juice Concentrate), Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Parmesan (Pasteurized Cultured Part-Skim Milk, Salt, Enzymes, Potato Starch, Powdered Cellulose), Red Onion, Spinach, 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 360 | 14 | 6 | 0 | 275 | 810 | 38 | 3 | 2 | 0 | 20 | 0 | 244 | 3 | 225 |

## Egg White Greek Frittata

Serving Size: 303g/10.68oz
Recipe is: [x] 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, 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: [x] 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 (Red Bell Pepper Puree, Water, Diced Tomatoes (Diced Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Onion, Canola Oil, Red Wine Vinegar, Sugar, Tomato Paste, Sea Salt, Garlic Puree (Garlic, Citric Acid), Chipotle Pepper, Distilled Vinegar, Spices, Xanthan Gum, Garlic Powder, Mustard Seed, Onion Powder, Salt, Natural Smoke Flavor, White Wine, Citric Acid, Tartaric Acid), 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 | 245 | 1 | 666 |

## Creamy Oatm*lk Porridge

Serving Size: 302g/10.65oz
Recipe is: [x] Vegetarian and [x] 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: [x] Vegetarian and [x] 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: [x] 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: [x] 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 (Red Bell Pepper Puree, Water, Diced Tomatoes (Diced Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Onion, Canola Oil, Red Wine Vinegar, Sugar, Tomato Paste, Sea Salt, Garlic Puree (Garlic, Citric Acid), Chipotle Pepper, Distilled Vinegar, Spices, Xanthan Gum, Garlic Powder, Mustard Seed, Onion Powder, Salt, Natural Smoke Flavor, White Wine, Citric Acid, Tartaric Acid), 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), 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 | 23 | 8 | 0 | 280 | 1090 | 58 | 1 | 4 | 1 | 25 | 0 | 354 | 5 | 577 |

# SANDWICHES

## Cheddar & Tomato Sandwich

Serving Size: 240g/8.46oz

Recipe is: [x] 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: 293g/10.33oz

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: 292g/10.33oz

| 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 660 | 37 | 8 | 0 | 120 | 1420 | 42 | 1 | 4 | 0 | 36 | 0 | 59 | 2 | 757 |

NUTRITIONAL INFORMATION - SLIM: Serving Size: 147g/5.16oz

| 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 330 | 18 | 4 | 0 | 60 | 710 | 21 | 0 | 2 | 0 | 18 | 0 | 30 | 1 | 379 |

## Pret's Egg Salad & Arugula Sandwich

Serving Size: 247g/8.71oz

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens: Egg, Wheat

INGREDIENTS:

Egg Salad Mix (Cage Free Eggs, Mayonnaise (Canola Oil, Cage-Free Eggs, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains less than 2% of Salt, Spice, Lemon Juice Concentrate), Cultured Dextrose, 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: 247g/8.71oz

| 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 610 | 39 | 6 | 0 | 465 | 850 | 42 | 0 | 5 | 0 | 23 | 2 | 119 | 5 | 366 |

NUTRITIONAL INFORMATION - SLIM: Serving Size: 124g/4.36oz

| 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 305 | 20 | 3 | 0 | 233 | 425 | 21 | 0 | 3 | 0 | 12 | 1 | 60 | 3 | 183 |

# SANDWICHES

## Pret's Chicken Salad & Avo Sandwich

Serving Size: 256g/9.03oz
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), 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, Dried Cranberries (Cranberries, Cane Sugar, Sunflower Oil), Sliced Almonds (Blanched Sliced Almonds), Seasoning (Salt, Black Pepper), Lemon Juice

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) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 550 | 27 | 3 | 0 | 70 | 1090 | 54 | 6 | 9 | 5 | 24 | 0 | 72 | 3 | 750 |

NUTRITIONAL INFORMATION - SLIM: Serving Size: 128g/4.52oz

| 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 275 | 14 | 2 | 0 | 35 | 545 | 27 | 3 | 5 | 3 | 12 | 0 | 36 | 2 | 375 |

## Pret's Tuna & Cucumber Sandwich

Serving Size: 257g/9.06oz
Recipe is: [] Vegetarian and [] Vegan
Common Allergens: Tuna, 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)), Tuna Salad Mix (Tuna (Tuna, Water, Salt), Mayonnaise (Canola Oil, Cage-Free Eggs, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains less than 2% of Salt, Spice, Lemon Juice Concentrate), White Wine Vinegar (Aged White Wine Vinegar, Contains Naturally Occurring Sulfites), Lemon Juice, Cultured Dextrose), Cucumbers

NUTRITIONAL INFORMATION: Serving Size: 257g/9.06oz

| 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 750 | 53 | 6 | 0 | 75 | 750 | 40 | 0 | 3 | 0 | 26 | 0 | 44 | 2 | 219 |

NUTRITIONAL INFORMATION - SLIM: Serving Size: 128g/4.51oz

| 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 375 | 26 | 3 | 0 | 37 | 375 | 20 | 0 | 1 | 0 | 13 | 0 | 22 | 1 | 109 |

## Kid's Ham and Cheese Sandwich

Serving Size: 163g/5.74oz
Recipe is: [] Vegetarian and [] Vegan
Common Allergens: Milk, 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)), 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), Mayonnaise (Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains Less Than 2%: Salt, Spice, 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) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 430 | 20 | 6 | 0 | 75 | 1030 | 41 | 0 | 3 | 1 | 21 | 0 | 201 | 2 | 328 |

# SANDWICHES

## Rainbow Veggie Sandwich

Serving Size: 247g/8.71oz

Recipe is: [x] Vegetarian and [x] Vegan

Common Allergens: Soy, Wheat, Sesame

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

NUTRITIONAL INFORMATION: Serving Size: 247g/8.71oz

| 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 400 | 16 | 2 | 0 | 20 | 760 | 56 | 5 | 10 | 5 | 11 | 0 | 90 | 3 | 630 |

NUTRITIONAL INFORMATION - SLIM: Serving Size: 123g/4.33oz

| 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 | 8 | 1 | 0 | 10 | 380 | 28 | 2.5 | 5 | 2.5 | 5.5 | 0 | 45 | 1.5 | 315 |

## Fall Harvest Sandwich

Serving Size: 243g/8.57oz

Recipe is: [] Vegetarian and [] Vegan

Common Allergens: Milk, 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)), Sliced Chicken (Chicken Breast, Sea Salt), Apple & Sage Stuffing (Breadcrumb (Wheat Flour, Dextrose, Salt, Yeast), Water, Apples (Apples, Water, Ascorbic Acid, Citric Acid, Salt), Onions, Celery, Canola Oil, Butter (Sweet Cream, Salt), Apple Juice Concentrate, Brown Sugar, Rosemary, Sage, Sea Salt, Onion Powder, Black Pepper), Cranberry Sauce (Cranberries, Pure Cane Sugar, Orange Juice Concentrate, Water, Fresh Oranges, Cinnamon), 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:

| 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 | 19 | 2.5 | 0 | 80 | 960 | 63 | 0 | 15 | 11 | 25 | 0 | 74 | 3 | 518 |

# WRAPS

## Bang Bang Chicken Wrap

Serving Size: 342g/12.06oz
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), Cucumbers, 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), 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), Shredded Carrots, Cilantro, Red Onion, Crispy Onions (Onions, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 700 | 43 | 3.5 | 0 | 60 | 1440 | 61 | 2 | 14 | 8 | 27 | 0 | 149 | 3 | 733 |

## Crunchy Chipotle Chicken & Avo Wrap

Serving Size: 356g/12.55oz
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 (Red Bell Pepper Puree, Water, Diced Tomatoes (Diced Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Onion, Canola Oil, Red Wine Vinegar, Sugar, Tomato Paste, Sea Salt, Garlic Puree (Garlic, Citric Acid), Chipotle Pepper, Distilled Vinegar, Spices, Xanthan Gum, Garlic Powder, Mustard Seed, Onion Powder, Salt, Natural Smoke Flavor, White Wine, Citric Acid, Tartaric Acid), Romaine, Pickled Red Onion (Red Onion, Water, Sugar, Vinegar, Salt), Yogurt (Cultured Pasteurized Milk, Live and Active Cultures (S. Thermophilus, L. Bulgaricus, L. Acidolphilus, 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), Red Peppers, 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 560 | 28 | 4 | 0 | 60 | 1290 | 59 | 5 | 8 | 4 | 28 | 0 | 156 | 4 | 999 |

## Falafel & Hummus Wrap

Serving Size: 348g/12.28oz
Recipe is: [x] Vegetarian and [x] 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, Sesame Seeds, Lemon Juice, Spices (Cumin, Garlic), Olive Oil, Salt), Romaine, Pickles (Cucumbers, Water, Vinegar, Salt, Calcium Chloride, Natural Essential Oil Flavors, Turmeric (For Color)), 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 | 18 | 1 | 0 | 0 | 1540 | 84 | 5 | 11 | 3 | 20 | 0 | 255 | 7 | 880 |

# WRAPS

## Green Goodness Chicken Wrap

Serving Size: 339g/11.95oz
Recipe is: [] Vegetarian and [] Vegan
Common Allergens: Pine Nut, 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, Cucumbers, Mesclun, Creamy Herb Lime Dressing (Canola Oil, Water, Vinegar, Cilantro, Parsley, Sugar, Contains 2% Or Less: Salt, Jalapeno Pepper Puree (Jalapeno Pepper, Vinegar, Salt), Whey Protein Concentrate, Garlic Puree (Garlic, Citric Acid), Coriander, Cumin, Lime Juice Concentrate, Xanthan Gum, Extractives Of Rosemary, Extractives Of Garlic, Extractives Of Turmeric), Pesto (Extra Virgin Olive Oil, Basil, Pine Nuts, Lemon Juice, Garlic, Sea Salt), Lemon Juice, 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 580 | 33 | 4.5 | 0 | 50 | 1160 | 53 | 5 | 3 | 0 | 27 | 0 | 150 | 4 | 945 |

## Mozzarella & Red Peppers with Romesco Wrap

Serving Size: 264g/9.31oz
Recipe is: [x] 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

## Pret's Maine Lobster Roll

Serving Size: 294g/10.37oz

Recipe is: [] Vegetarian and [] Vegan

Common Allergens: Lobster, 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), Lobster, Mayonnaise (Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains Less Than 2%: Salt, Spice, Lemon Juice Concentrate), Cucumbers, Romaine, Lemon Juice, Seasoning (Salt, Black Pepper), 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 700 | 37 | 3 | 0 | 125 | 1510 | 68 | 4 | 1 | 0 | 25 | 0 | 133 | 4 | 322 |

## Romesco Chicken & Mozzarella Baguette

Serving Size: 272g/9.59oz

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, Chili Flakes)

NUTRITIONAL INFORMATION: Serving Size: 272g/9.59oz

| 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 660 | 29 | 7 | 0 | 60 | 1350 | 71 | 5 | 2 | 0 | 30 | 0 | 171 | 5 | 391 |

NUTRITIONAL INFORMATION - SLIM: Serving Size: 136g/4.79oz

| 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 330 | 15 | 3.5 | 0 | 30 | 670 | 35 | 2 | 1 | 0 | 15 | 0 | 86 | 2 | 196 |

## Pesto Caprese Baguette

Serving Size: 245g/8.64oz

Recipe is: [x] 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 (Extra Virgin Olive Oil, Basil, Pine Nuts, Lemon Juice, Garlic, Sea Salt), 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: 245g/8.64oz

| 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 | 35 | 10 | 0 | 40 | 1110 | 70 | 5 | 1 | 0 | 23 | 0 | 242 | 5 | 234 |

NUTRITIONAL INFORMATION - SLIM: Serving Size: 123g/4.33oz

| 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 330 | 17 | 5 | 0 | 20 | 560 | 35 | 2 | 1 | 0 | 11 | 0 | 121 | 2 | 117 |

# 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: 291g/10.26oz
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 Mix (Tuna (Tuna, Water, Salt), Mayonnaise (Canola Oil, Cage-Free Eggs, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains less than 2% of Salt, Spice, Lemon Juice Concentrate), White Wine Vinegar (Aged White Wine Vinegar, Contains Naturally Occurring Sulfites), Lemon Juice, Cultured Dextrose), Cucumbers

NUTRITIONAL INFORMATION: Serving Size: 291g/10.26oz

| 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 870 | 53 | 6 | 0 | 55 | 1150 | 67 | 4 | 0 | 0 | 31 | 0 | 23 | 4 | 168 |

NUTRITIONAL INFORMATION - SLIM: Serving Size: 145g/5.11oz

| 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 440 | 27 | 3 | 0 | 25 | 580 | 34 | 2 | 0 | 0 | 15 | 0 | 12 | 2 | 84 |

# BAGUETTES

## Egg Salad & Avocado Breakfast Baguette

Serving Size: 202g/7.13oz
Recipe is: [x] Vegetarian and [] Vegan
Common Allergens: 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), Egg Salad Mix (Cage Free Eggs, Mayonnaise (Canola Oil, Cage-Free Eggs, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains less than 2% of Salt, Spice, Lemon Juice Concentrate), Cultured Dextrose, Sea Salt, Black Pepper), Avocados, Lemon Juice, Seasoning (Salt, Black Pepper), 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 490 | 31 | 5 | 0 | 305 | 830 | 38 | 4 | 2 | 0 | 17 | 2 | 54 | 4 | 324 |

## Egg Salad & Bacon Breakfast Baguette

Serving Size: 175g/6.17oz
Recipe is: [] Vegetarian and [] Vegan
Common Allergens: 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), Egg Salad Mix (Cage Free Eggs, Mayonnaise (Canola Oil, Cage-Free Eggs, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains less than 2% of Salt, Spice, Lemon Juice Concentrate), Cultured Dextrose, Sea Salt, Black Pepper), 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 490 | 30 | 6 | 0 | 315 | 980 | 35 | 2 | 2 | 0 | 20 | 2 | 51 | 4 | 218 |

## Pret's Bee Sting Baguette

Serving Size: 259g/9.13oz
Recipe is: [] Vegetarian and [] Vegan
Common Allergens: 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), Sopressata (Pork, Sea Salt, Less than 2%: Turbinado Sugar, Spices, Natural Flavoring, Wine, Lactic Acid Starter Culture), Mozzarella (Cultured Pasteurized Milk, Lactic/Citric Acid, Salt, Enzymes), Marinara Sauce (Italian Whole Peeled Tomatoes (Peeled Tomatoes, Tomato Puree, Salt, Basil Leaf), Olive Oil, Onions, Salt, Garlic, Basil, Black Pepper, Oregano.), Honey, Arugula, Chili Salt (Paprika, Sea Salt, Chili Flakes), Basil

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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 610 | 20 | 9 | 0 | 50 | 1600 | 83 | 4 | 14 | 0 | 28 | 0 | 165 | 5 | 373 |

# BAGUETTES

## Chicken Bahn Mi

Serving Size: 367g/12.94oz

Recipe is: [] Vegetarian and [] Vegan

Common Allergens: Egg, Sesame, Soy, 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), Cucumbers, Sliced Chicken (Chicken Breast, Sea Salt), 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), Shredded Carrots, 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 640 | 23 | 2 | 0 | 60 | 1470 | 78 | 5 | 10 | 6 | 29 | 0 | 52 | 5 | 570 |

## Prosciutto, Brie & Cranberry Baguette

Serving Size: 275g/9.7oz

Recipe is: [] Vegetarian and [] Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

Cage-Free Eggs, 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), Mayonnaise (Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains Less Than 2%: Salt, Spice, Lemon Juice Concentrate), 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 710 | 29 | 12 | 0 | 85 | 2170 | 83 | 4 | 15 | 12 | 33 | 0 | 218 | 5 | 211 |

# FOCCACIA & GRILLED CHEESE

## Pret's Classic Grilled Cheese

Serving Size: 195g/6.87oz
Recipe is: [x] Vegetarian and [] Vegan
Common Allergens: Milk, Wheat

INGREDIENTS:

Sourdough (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Contains Less Than 2%: Yeast, Salt, Fermented Wheat Flour, Cultured Wheat Flour, Lactic Acid, Ascorbic Acid, Wheat Gluten, Enzymes), Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Fontina (Cultured Pasteurized Milk, Salt, Enzymes, Cellulose to Prevent Caking), Provolone (Pasteurized Milk, Salt, Enzymes), Parmesan (Pasteurized Cultured Part-Skim Milk, Salt, Enzymes, Potato Starch, Powdered Cellulose), Cooking Spray (Canola Oil, Phosphated Mono & Diglycerides, 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) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 490 | 21 | 12 | 0 | 55 | 1050 | 54 | 2 | 0 | 0 | 25 | 0 | 528 | 4 | 131 |

## Ham & Cheddar Grilled Cheese

Serving Size: 253g/8.92oz
Recipe is: [] Vegetarian and [] Vegan
Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

Sourdough (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Contains Less Than 2%: Yeast, Salt, Fermented Wheat Flour, Cultured Wheat Flour, Lactic Acid, Ascorbic Acid, Wheat Gluten, Enzymes), 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), Swiss (Cultured Pasteurized Part-Skim 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 Eggs (Cage-Free Whole Eggs, Citric Acid), Honey, White Distilled Vinegar, Sea Salt, Lemon Juice Concentrate), Cooking Spray (Canola Oil, Phosphated Mono & Diglycerides, 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) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 640 | 32 | 15 | 0 | 100 | 1540 | 55 | 2 | 1 | 1 | 35 | 0 | 617 | 4 | 282 |

## Tuna Melt Grilled Cheese

Serving Size: 321g/11.32oz
Recipe is: [] Vegetarian and [] Vegan
Common Allergens: Tuna, Egg, Milk, Wheat

INGREDIENTS:

Sourdough (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Contains Less Than 2%: Yeast, Salt, Fermented Wheat Flour, Cultured Wheat Flour, Lactic Acid, Ascorbic Acid, Wheat Gluten, Enzymes), Tuna Salad Mix (Tuna (Tuna, Water, Salt), Mayonnaise (Canola Oil, Cage-Free Eggs, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains less than 2% of Salt, Spice, Lemon Juice Concentrate), White Wine Vinegar (Aged White Wine Vinegar, Contains Naturally Occurring Sulfites), Lemon Juice, Cultured Dextrose), Provolone (Pasteurized Milk, Salt, Enzymes), Pickles (Cucumbers, Water, Vinegar, Salt, Calcium Chloride, Natural Essential Oil Flavors, Turmeric (For Color)), Red Onion, Cooking Spray (Canola Oil, Phosphated Mono & Diglycerides, 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) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 860 | 55 | 14 | 0 | 80 | 1730 | 56 | 2 | 0 | 0 | 36 | 0 | 449 | 4 | 182 |

## Ham & Cranberry Focaccia Melt

Serving Size: 272g/9.59oz
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), Apple & Sage Stuffing (Breadcrumb (Wheat Flour, Dextrose, Salt, Yeast), Water, Apples (Apples, Water, Ascorbic Acid, Citric Acid, Salt), Onions, Celery, Canola Oil, Butter (Sweet Cream, Salt), Apple Juice Concentrate, Brown Sugar, Rosemary, Sage, Sea Salt, Onion Powder, Black Pepper), Fontina (Cultured Pasteurized Milk, Salt, Enzymes, Cellulose to Prevent Caking), Cranberry Sauce (Cranberries, Pure Cane Sugar, Orange Juice Concentrate, Water, Fresh Oranges, Cinnamon), Brie (Pasteurized Cow Milk, Salt, Cheese Cultures, 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), Pickled Red Onion (Red Onion, Water, Sugar, Vinegar, Salt), Arugula

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 | 28 | 7 | 0 | 55 | 1380 | 72 | 3 | 18 | 14 | 21 | 0 | 154 | 3 | 319 |

# SALADS

## Chicken Avocado Salad with Pret's Simple Vinaigrette

Serving Size: 338g/11.92oz

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

**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

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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 590 | 46 | 6 | 0 | 50 | 690 | 26 | 7 | 15 | 12 | 20 | 0 | 65 | 2 | 871 |

## 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 Crouton French Bread (Unbleached, Enriched, 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 | 5 | 0 | 70 | 870 | 26 | 11 | 4 | 0 | 27 | 0 | 272 | 2 | 632 |

## Chipotle Chicken Salad with Creamy Herb Lime Dressing

Serving Size: 375g/13.22oz

Recipe is: [] Vegetarian and [] Vegan

Common Allergens: Milk, 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 (Red Bell Pepper Puree, Water, Diced Tomatoes (Diced Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Onion, Canola Oil, Red Wine Vinegar, Sugar, Tomato Paste, Sea Salt, Garlic Puree (Garlic, Citric Acid), Chipotle Pepper, Distilled Vinegar, Spices, Xanthan Gum, Garlic Powder, Mustard Seed, Onion Powder, Salt, Natural Smoke Flavor, White Wine, Citric Acid, Tartaric Acid), Cilantro, Crispy Onions (Onions, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sunflower and/or Safflower Oil, Sea Salt), Lemon Juice, Chili Salt (Paprika, Sea Salt, Chili Flakes)

**Creamy Herb Lime Dressing:** Canola Oil, Water, Vinegar, Cilantro, Parsley, Sugar, Contains 2% Or Less: Salt, Jalapeno Pepper Puree (Jalapeno Pepper, Vinegar, Salt), Whey Protein Concentrate, Garlic Puree (Garlic, Citric Acid), Coriander, Cumin, Lime Juice Concentrate, Xanthan Gum, Extractives Of Rosemary, Extractives Of Garlic, Extractives Of 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 550 | 42 | 3.5 | 0 | 50 | 1240 | 27 | 6 | 13 | 7 | 20 | 0 | 66 | 2 | 855 |

# SALADS

## Mediterranean Mezze Salad with Pret's Simple Vinaigrette

Serving Size: 412g/14.52oz

Recipe is: [x] Vegetarian and [x] Vegan

Common Allergens: Sesame

INGREDIENTS:

**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

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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 610 | 42 | 3 | 0 | 0 | 1340 | 50 | 5 | 16 | 8 | 12 | 0 | 216 | 6 | 821 |

## Blackened Salmon, Avo & Quinoa Salad with Creamy Herb Lime Dressing

Serving Size: 404g/14.25oz

Recipe is: [] Vegetarian and [] Vegan

Common Allergens: Salmon, Milk

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), 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), Grape Tomatoes, Avocados, Lemon Juice, Basil, Chili Salt (Paprika, Sea Salt, Chili Flakes)

**Creamy Herb Lime Dressing:** Canola Oil, Water, Vinegar, Cilantro, Parsley, Sugar, Contains 2% Or Less: Salt, Jalapeno Pepper Puree (Jalapeno Pepper, Vinegar, Salt), Whey Protein Concentrate, Garlic Puree (Garlic, Citric Acid), Coriander, Cumin, Lime Juice Concentrate, Xanthan Gum, Extractives Of Rosemary, Extractives Of Garlic, Extractives Of 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 640 | 46 | 4.5 | 0 | 45 | 1010 | 28 | 4 | 7 | 1 | 30 | 2 | 63 | 6 | 984 |

## Pesto Chicken & Burrata Salad with Pret's Simple Vinaigrette

Serving Size: 347g/12.24oz

Recipe is: [] Vegetarian and [] Vegan

Common Allergens: Pine Nut, Milk, Wheat

INGREDIENTS:

**Salad:** Mesclun, Sliced Chicken (Chicken Breast, Sea Salt), Burrata (Pasteurized Milk and Cream, Vinegar, Enzymes, Salt), Roasted Tomatoes (Cherry Tomatoes, Rapeseed Oil, Salt, Dried Garlic, Oregano, Lemon Juice Concentrate), Pesto (Extra Virgin Olive Oil, Basil, Pine Nuts, Lemon Juice, Garlic, Sea Salt), Garlic Crouton French Bread (Unbleached, Enriched, Flour, Water, Yeast, Sea salt) Certified Non-GMO Canola Oil, Garlic, Sea salt, Basil, Pepper, Parsley, Basil

**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

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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 760 | 61 | 13 | 0 | 90 | 1360 | 29 | 11 | 5 | 2 | 28 | 0 | 202 | 2 | 485 |

# SALADS

## Roasted Sweet Potato Rainbow Salad with Miso Sesame Dressing

Serving Size: 464g/16.36oz

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens: Egg, Sesame, Soy, Wheat

INGREDIENTS:

**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

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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 760 | 51 | 5 | 0 | 195 | 920 | 66 | 5 | 32 | 7 | 17 | 2 | 203 | 6 | 1344 |

## Maine Lobster Salad with Herb Yogurt Dressing

Serving Size: 412g/14.53oz

Recipe is: [] Vegetarian and [] Vegan

Common Allergens: Lobster, Egg, Milk

INGREDIENTS:

**Salad:** Mesclun, Lobster, Avocados, Cucumbers, Roasted Corn (Corn), Grape Tomatoes, Pickled Cabbage & Carrot Mix (Red Cabbage, Carrot, Water, Sugar, Vinegar, Salt), Lemon Juice, Lemon, Chili Salt (Paprika, Sea Salt, Chili Flakes)

**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

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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 430 | 32 | 5.5 | 0 | 105 | 860 | 25 | 7 | 9 | 4 | 17 | 0 | 172 | 2 | 871 |

## Pret's Greek Side Salad with Herb Yogurt Dressing

Serving Size: 208g/7.33oz

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

**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

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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 380 | 31 | 6 | 0 | 30 | 1080 | 20 | 7 | 5 | 1 | 9 | 0 | 129 | 1 | 222 |

# SALADS

## Burrata, Prosciutto & Melon Salad with Pret's Simple Vinaigrette

Serving Size: 221g/7.8oz

Recipe is: [] Vegetarian and [] Vegan

Common Allergens: Almond, Milk

INGREDIENTS:

**Salad:** Burrata (Pasteurized Milk and Cream, Vinegar, Enzymes, Salt), Arugula, Cantaloupe, Prosciutto (Pork, Sea Salt), Sliced Almonds (Blanched Sliced Almonds)

**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

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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 500 | 46 | 12 | 0 | 55 | 910 | 12 | 2 | 7 | 2 | 14 | 0 | 234 | 1 | 346 |

## Caesar Side Salad with Caesar Dressing

Serving Size: 211g/7.44oz

Recipe is: [] Vegetarian and [] Vegan

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

INGREDIENTS:

**Salad:** Romaine, Grape Tomatoes, Garlic Crouton French Bread (Unbleached, Enriched, 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 440 | 38 | 5 | 0 | 20 | 520 | 19 | 8 | 4 | 0 | 10 | 0 | 262 | 1 | 351 |

# SALAD DRESSINGS

## Miso Sesame Dressing

Serving Size: 57g/1.97oz

Recipe is: [x] Vegetarian and [x] Vegan

Common Allergens: Soy, Sesame, Wheat

INGREDIENTS:

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

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 | 410 | 6 | 0 | 8 | 4 | 1 | 1 | 8 | 0 | 80 |

## Pret's Simple Vinaigrette

Serving Size: 56g/1.97oz

Recipe is: [x] Vegetarian and [x] Vegan

INGREDIENTS:

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

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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 250 | 27 | 3 | 0 | 0 | 380 | 3 | 0 | 2 | 2 | 0 | 0 | 10 | 0 | 25 |

## 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 |

## Creamy Herb Lime Dressing

Serving Size: 56g/1.97oz

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens: Milk

INGREDIENTS:

Canola Oil, Water, Vinegar, Cilantro, Parsley, Sugar, Contains 2% Or Less: Salt, Jalapeno Pepper Puree (Jalapeno Pepper, Vinegar, Salt), Whey Protein Concentrate, Garlic Puree (Garlic, Citric Acid), Coriander, Cumin, Lime Juice Concentrate, Xanthan Gum, Extractives Of Rosemary, Extractives Of Garlic, Extractives Of 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 290 | 31 | 2 | 0 | 0 | 460 | 2 | 0 | 3 | 1 | 0 | 0 | 7 | 0 | 28 |

# SALAD DRESSINGS

## Herb Yogurt Dressing

Serving Size: 56g/1.97oz

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens: Egg, Milk

INGREDIENTS:

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

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 | 21 | 4 | 0 | 20 | 330 | 2 | 0 | 2 | 1 | 1 | 0 | 27 | 0 | 39 |

# POTS

## Egg & Spinach Pot

Serving Size: 114g/4.02oz
Recipe is: [x] 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 |

## Falafel Mezze Pot

Serving Size: 212g/7.48oz
Recipe is: [x] Vegetarian and [] Vegan
Common Allergens: Milk, Sesame

INGREDIENTS:
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, Sesame Seeds, Lemon Juice, Spices (Cumin, Garlic), Olive Oil, Salt), Cucumbers, Red Peppers, Lemon, Feta (Pasteurized Milk, Salt, Cheese Cultures, Enzymes), Greek Olive Medley (Green Olives, Kalamata Olives, Water, Sea Salt, Wine Vinegar)

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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 280 | 13 | 1 | 0 | 5 | 790 | 31 | 4 | 6 | 0 | 11 | 0 | 153 | 4 | 507 |

## Spicy Salmon, Avo & Quinoa Pot

Serving Size: 177g/6.2oz
Recipe is: [] Vegetarian and [] Vegan
Common Allergens: Salmon, Egg, Soy, Wheat, Sesame

INGREDIENTS:
Atlantic Salmon (Atlantic Salmon, Salt, Spices ( Black Pepper, Thyme, White Pepper, Oregano, Red Pepper, Paprika, Granulated Garlic, Granulated Onion, Chili Pepper)), Cucumbers, 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), Avocados, Pickled Cabbage & Carrot Mix (Red Cabbage, Carrot, Water, Sugar, Vinegar, Salt), 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), Crispy Onions (Onions, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sunflower and/or Safflower Oil, Sea Salt), Lemon Juice, Cilantro, 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 300 | 21 | 2 | 0 | 30 | 570 | 14 | 2 | 5 | 3 | 14 | 1 | 26 | 3 | 416 |

# 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, 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, 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 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 (Red Bell Pepper Puree, Water, Diced Tomatoes (Diced Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Onion, Canola Oil, Red Wine Vinegar, Sugar, Tomato Paste, Sea Salt, Garlic Puree (Garlic, Citric Acid), Chipotle Pepper, Distilled Vinegar, Spices, Xanthan Gum, Garlic Powder, Mustard Seed, Onion Powder, Salt, Natural Smoke Flavor, White Wine, Citric Acid, Tartaric Acid), 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), 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), Red Peppers, Crispy Onions (Onions, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 580 | 24 | 8 | 0 | 75 | 1320 | 68 | 1 | 5 | 1 | 33 | 0 | 369 | 4 | 695 |

## Meatless Meatball Wrap

Serving Size: 299g/10.54oz
Recipe is: [x] Vegetarian and [x] 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, Thiamin 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 |

# HOT FOOD

## Spinach & Tomato Mac and Cheese

Serving Size: 493g/17.39oz
Recipe is: [] Vegetarian and [] Vegan
Common Allergens: Egg, Milk, Wheat
INGREDIENTS:

Mac and Cheese Mix (Water, Enriched Cavatappi Pasta (semolina, egg whites, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), Light Cream (milk, cream), Monterey Jack Cheese (milk, cheese culture, salt, enzymes), Cheddar Cheese (pasteurized milk, cheese cultures, salt, enzymes), Butter (sweet cream, salt), Wheat Flour, Romano Cheese (pasteurized sheep's milk, cheese cultures, salt, enzymes), Sea Salt, Black Pepper, Cayenne Pepper, Nutmeg), Spinach, Grape Tomatoes, 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 920 | 56 | 35 | 2 | 175 | 1490 | 69 | 1 | 8 | 0 | 32 | 2 | 708 | 2 | 328 |

## Classic Mac and Cheese

Serving Size: 459g/16.19oz
Recipe is: [] Vegetarian and [] Vegan
Common Allergens: Egg, Milk, Wheat
INGREDIENTS:

Mac and Cheese Mix (Water, Enriched Cavatappi Pasta (semolina, egg whites, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), Light Cream (milk, cream), Monterey Jack Cheese (milk, cheese culture, salt, enzymes), Cheddar Cheese (pasteurized milk, cheese cultures, salt, enzymes), Butter (sweet cream, salt), Wheat Flour, Romano Cheese (pasteurized sheep's milk, cheese cultures, salt, enzymes), Sea Salt, Black Pepper, Cayenne Pepper, Nutmeg), 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 910 | 56 | 35 | 2 | 175 | 1480 | 67 | 0 | 7 | 0 | 31 | 2 | 687 | 2 | 183 |

## Lobster Mac and Cheese

Serving Size: 504g/17.77oz
Recipe is: [] Vegetarian and [] Vegan
Common Allergens: Lobster, Egg, Milk, Wheat
INGREDIENTS:

Mac and Cheese Mix (Water, Enriched Cavatappi Pasta (semolina, egg whites, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), Light Cream (milk, cream), Monterey Jack Cheese (milk, cheese culture, salt, enzymes), Cheddar Cheese (pasteurized milk, cheese cultures, salt, enzymes), Butter (sweet cream, salt), Wheat Flour, Romano Cheese (pasteurized sheep's milk, cheese cultures, salt, enzymes), Sea Salt, Black Pepper, Cayenne Pepper, Nutmeg), Lobster, 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 940 | 56 | 35 | 2 | 230 | 1690 | 67 | 0 | 7 | 0 | 38 | 2 | 750 | 2 | 260 |

# HOT FOOD

## Chipotle Chicken Grain Bowl

Serving Size: 408g/14.39oz
Recipe is: [] Vegetarian and [] Vegan

Common Allergens:

INGREDIENTS:

Refried Black Bean Salsa (Refried Black Beans (Cooked Black Beans, Water, Salt, Onion Powder, Garlic Powder), Tomatoes (Tomatoes, Tomato Juice, Salt, Calcium Chloride), Jalapeno Peppers, Lime Juice, Onions, Cilantro, Garlic, Sea Salt, Black Pepper), 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 410 | 6 | 3 | 0 | 30 | 1070 | 67 | 12 | 4 | 0 | 26 | 0 | 78 | 5 | 856 |

## Fresh Greens

Serving Size: 80g/2.82oz
Recipe is: [x] Vegetarian and [x] 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: [x] Vegetarian and [x] 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: [x] 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

## Broccoli and Aged Cheddar Soup

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens: Milk

INGREDIENTS:

Water, Broccoli, Cheddar cheese (milk, cheese culture, salt, enzymes), Onion, Light cream (milk, cream), Whole milk (milk, vitamin D3), Water, Carrot, Butter (cream, salt), Rice flour, Rice Starch, Sea Salt, Garlic, Lemon Juice, Bay Leaf, Nutmeg

NUTRITIONAL INFORMATION - LARGE: 438g/15.45oz

| 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 450 | 30 | 18 | 1 | 100 | 1320 | 27 | 2 | 5 | 0 | 20 | 2 | 510 | 2 | 599 |

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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 320 | 21 | 13 | 1 | 70 | 930 | 19 | 1 | 4 | 0 | 14 | 1 | 359 | 1 | 423 |

## 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 |

## Roasted Veggie Harvest Soup

Recipe is: [x] Vegetarian and [x] Vegan

INGREDIENTS:

Roasted Vegetable Soup (Vegetable Stock (water, onions, cabbage, celery, mushrooms, carrots, turnips, black peppercorns, mustard seed, dill weed, thyme, bay leaves, marjoram), Sweet Potatoes, Onion, Potatoes, Water, Zucchini, Savoy Cabbage, Celery, Carrots, Extra Virgin Olive Oil, Olive Oil, Parsley, Sea Salt, Garlic, Lemon Juice, Black Pepper, Dried Marjoram, Thyme, Nutmeg, Allspice, 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 330 | 20 | 3 | 0 | 0 | 1390 | 35 | 0 | 11 | 0 | 4 | 0 | 104 | 2 | 884 |

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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 240 | 15 | 2 | 0 | 0 | 1020 | 26 | 0 | 8 | 0 | 3 | 0 | 76 | 1 | 648 |

# SOUPS

## White Chicken Chili Soup

Recipe is: [] Vegetarian and [] Vegan

Common Allergens: Milk

INGREDIENTS:

Chicken Meat, Chicken Stock (water, chicken bones, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), White Navy Beans, Onions, Sour Cream (cultured light cream, nonfat milk, enzymes), Celery, Green Peppers, Chicken Fat, Rice Flour, Sea Salt, Garlic, Garlic Chili Pepper Sauce (red chili, water, sugar, garlic, distilled vinegar, salt), Cumin, Cilantro, Cocoa Powder, Ancho Chili Powder, Cayenne Ground Pepper, Dried Thyme, Dried Oregano, White Pepper

NUTRITIONAL INFORMATION - LARGE: 458g/16.15oz

| 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 540 | 25 | 8 | 0 | 115 | 1170 | 45 | 0 | 5 | 0 | 36 | 0 | 138 | 5 | 1115 |

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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 380 | 18 | 6 | 0 | 85 | 830 | 32 | 0 | 4 | 0 | 25 | 0 | 98 | 4 | 791 |

## Croutons, Lemon & Herbs Soup Topper

Serving Size: 18g/0.63oz

Recipe is: [x] Vegetarian and [x] Vegan

Allergens: Wheat

INGREDIENTS:

Garlic Crouton French Bread (Unbleached, Enriched, 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 | 130 | 11 | 7 | 0 | 0 | 2 | 0 | 3 | 0 | 10 |

## Chili Yogurt & Herbs Soup Topper

Serving Size: 35g/1.23oz

Recipe is: [x] Vegetarian and [] Vegan

Allergens: Milk, Wheat

INGREDIENTS:

Yogurt (Cultured Pasteurized Milk, Live and Active Cultures (S. Thermophilus, L. Bulgaricus, L. Acidolphilus, 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 60 | 3.5 | 0.5 | 0 | 5 | 45 | 4 | 0 | 1 | 0 | 2 | 0 | 34 | 0 | 48 |

# BAKERY

## Almond Croissant

Serving Size: 100g/3.52oz

Recipe is: [x] 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: [x] 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 |

## Morning Glory Banana Muffin

Serving Size: 128g/4.51oz

Recipe is: [x] Vegetarian and [x] Vegan

Common Allergens: Sesame, Wheat

INGREDIENTS:

Bananas, Brown Sugar, Wheat Flour, Canola Oil, Water, Apples, Carrots, Pumpkin Seeds, Maple Syrup, Ground Flaxseed, Leavener (sodium acid pyrophosphate, cornstarch, sodium bicarbonate, monocalcium phosphate), Spices, Natural Flavors, Sunflower Seeds, Citrus Fiber, Vegan Margarine [Oil Blend (canola, palm fruit and olive oils), water, salt, contains less than 2% of natural flavor, sunflower lecithin, lactic acid (non-dairy), annatto extract (color)], Flaxseed, Rolled Oats, Sesame Seeds, 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 390 | 16 | 1.5 | 0 | 0 | 520 | 57 | 5 | 31 | 25 | 6 | 0 | 63 | 2 | 340 |

## Raspberry Oat Crumble

Serving Size: 83g/2.92oz

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens: Milk, Wheat

INGREDIENTS:

Butter [Cream (Milk), Salt], Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Red Raspberry Preserves (Red Raspberries, Sugar, Fruit Pectin, Citric Acid), Rolled Oats, Brown Sugar, Cornstarch, Baking Soda, 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 370 | 18 | 11 | 0.5 | 45 | 350 | 49 | 2 | 25 | 24 | 4 | 0 | 26 | 2 | 91 |

# BAKERY

## Bread Roll

Serving Size: 40g/1.41oz
Recipe is: [x] Vegetarian and [x] 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: [x] 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 |

## Chocolate Peppermint Crinkle Cookie

Serving Size: 71g/2.50oz
Recipe is: [x] 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: [x] 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 |

# BAKERY

## Double Chocolate Pecan Cookie

Serving Size: 71g/2.50oz

Recipe is: [x] 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: [x] 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 |

## Harvest Cookie

Serving Size: 71g/2.50oz

Recipe is: [x] Vegetarian and [] Vegan

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

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: [x] 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 |

# BAKERY

## Chocolate Croissant

Serving Size: 86g/3.03oz
Recipe is: [x] 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: [x] 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: [x] 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: [x] 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: [x] 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: [x] 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 (Emulsifer), 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: [x] 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: [x] 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: [x] 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: [x] 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: [x] Vegetarian and [x] 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: [x] Vegetarian and [x] 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: [x] Vegetarian and [x] 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: [x] Vegetarian and [x] 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: [x] Vegetarian and [x] 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: [x] Vegetarian and [x] 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: [x] 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: [x] Vegetarian and [x] 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: [x] Vegetarian and [x] 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: [x] 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: [x] Vegetarian and [x] 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: [x] Vegetarian and [x] 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 |

## Caramel Waffle

Serving Size: 39g/1.37oz
Recipe is: [x] Vegetarian and [] Vegan
Common Allergens: Milk, Soy, Wheat

INGREDIENTS:

Glucose Syrup, Wheat Flour, Sugar, Palm Oil, Butter Oil, Molasses, Soy Flour, Canola Oil, Salt, Wheat Dextrin, Soy Lecithin, Baking Soda, Cinnamon, Citric Acid, Ground Vanilla, Mono- and Diglycerides of Fatty Acids

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 | 6 | 3.5 | 0 | 8 | 90 | 26 | 0 | 15 | 15 | 1 | 0 | 0 | 0 | 0 |

# SNACKS

## Almond Butter Protein Ball

Serving Size: 35g/1.23oz

Recipe is: [x] Vegetarian and [x] Vegan

Common Allergens: Almond, Soy

INGREDIENTS:

Almond Butter, Rice Syrup, Soy Protein Isolate, Nibbed Almonds, Concentrated Grape Juice, Rice Starch, Rice Bran, Rice Protein, Crisped Rice (Rice Flour, Sugar, Rice Bran, Rice Bran Extract), Chicory Fiber, Brown Rice Flour, Guar Gum, Flavorings, Rice Bran Flour, 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 160 | 8 | 0.5 | 0 | 0 | 90 | 10 | 3 | 8 | 0 | 9 | 0 | 64 | 1 | 159 |

# COFFEE AND TEA

## Americano

Recipe is: [x] Vegetarian and [x] 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: [x] 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: [x] 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: [x] Vegetarian and [x] 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: [x] Vegetarian and [x] 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: [x] Vegetarian and [x] 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: [x] 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: [x] Vegetarian and [x] 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: [x] 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: [x] Vegetarian and [x] 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: [x] 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: [x] Vegetarian and [x] 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: [x] 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: [x] 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: [x] Vegetarian and [x] 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: [x] 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: [x] 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: [x] 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: [x] 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 |

## Spiced Apple Iced Green Tea

Recipe is: [x] Vegetarian and [x] Vegan

INGREDIENTS:

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

Caramel Apple Butter Syrup: Pure Cane Sugar, Water, Natural Flavors, Sea Salt, Organic Cinnamon

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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 140 | 0 | 0 | 0 | 0 | 30 | 35 | 0 | 34 | 34 | 0 | 0 | 0 | 0 | 0 |

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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 210 | 0 | 0 | 0 | 0 | 40 | 53 | 0 | 52 | 51 | 0 | 0 | 0 | 0 | 0 |

## Spiced Apple Iced Black Tea

Recipe is: [x] Vegetarian and [x] Vegan

INGREDIENTS:

Iced Black Tea: Organic Black Tea

Caramel Apple Butter Syrup: Pure Cane Sugar, Water, Natural Flavors, Sea Salt, Organic Cinnamon

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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 140 | 0 | 0 | 0 | 0 | 30 | 35 | 0 | 34 | 34 | 0 | 0 | 0 | 0 | 0 |

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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 210 | 0 | 0 | 0 | 0 | 40 | 53 | 0 | 52 | 51 | 0 | 0 | 0 | 0 | 0 |

## Spiced Apple Green Tea

Recipe is: [x] Vegetarian and [x] Vegan

INGREDIENTS:

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

Caramel Apple Butter Syrup: Pure Cane Sugar, Water, Natural Flavors, Sea Salt, Organic 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 70 | 0 | 0 | 0 | 0 | 15 | 18 | 0 | 17 | 17 | 0 | 0 | 0 | 0 | 0 |

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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 140 | 0 | 0 | 0 | 0 | 30 | 35 | 0 | 34 | 34 | 0 | 0 | 0 | 0 | 0 |

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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 210 | 0 | 0 | 0 | 0 | 40 | 53 | 0 | 52 | 51 | 0 | 0 | 0 | 0 | 0 |

# COFFEE AND TEA

## Spiced Apple Breakfast Tea

Recipe is: [x] Vegetarian and [x] Vegan

INGREDIENTS:

English Breakfast: Black Tea

Caramel Apple Butter Syrup: Pure Cane Sugar, Water, Natural Flavors, Sea Salt, Organic 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 70 | 0 | 0 | 0 | 0 | 15 | 18 | 0 | 17 | 17 | 0 | 0 | 0 | 0 | 0 |

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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 140 | 0 | 0 | 0 | 0 | 30 | 35 | 0 | 34 | 34 | 0 | 0 | 0 | 0 | 0 |

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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 210 | 0 | 0 | 0 | 0 | 40 | 53 | 0 | 52 | 51 | 0 | 0 | 0 | 0 | 0 |

## Caramel Apple Crisp Latte

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens: Milk, Wheat

INGREDIENTS:

Skim Milk (Organic Pasteurized Fat Free Milk, Vitamin A, Vitamin D), Caramel Apple Butter Syrup (Pure Cane Sugar, Water, Natural Flavors, Sea Salt, Organic Cinnamon), espresso, 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)), Streusel (Butter [cream (milk), salt], Enriched Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), Brown Sugar, Rolled Oats, Salt, Natural Flavors)

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 | 3.5 | 2 | 0 | 20 | 190 | 45 | 0 | 43 | 28 | 11 | 3 | 423 | 0 | 495 |

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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 330 | 3.5 | 2 | 0 | 20 | 220 | 56 | 0 | 54 | 37 | 13 | 4 | 485 | 0 | 568 |

## Iced Caramel Apple Crisp Latte

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens: Milk

INGREDIENTS:

Skim Milk (Organic Pasteurized Fat Free Milk, Vitamin A, Vitamin D), Caramel Apple Butter Syrup (Pure Cane Sugar, Water, Natural Flavors, Sea Salt, Organic Cinnamon), 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 220 | 0 | 0 | 0 | 5 | 140 | 46 | 0 | 44 | 34 | 7 | 2 | 275 | 0 | 321 |

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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 280 | 0 | 0 | 0 | 10 | 210 | 53 | 0 | 51 | 34 | 12 | 4 | 450 | 0 | 525 |

## Caramel Apple Crisp Hot Chocolate

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens: Milk, Wheat

INGREDIENTS:

Skim Milk (Organic Pasteurized Fat Free Milk, Vitamin A, Vitamin D), Caramel Apple Butter Syrup (Pure Cane Sugar, Water, Natural Flavors, Sea Salt, Organic Cinnamon), Chocolate Powder (Cane Sugar, Cocoa Powder – Processed with Alkali, Dark Chocolate ( Chocolate Liquor, Cane Sugar, Cocoa Powder)), 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)), Streusel (Butter [cream (milk), salt], Enriched Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), Brown Sugar, Rolled Oats, Salt, Natural Flavors)

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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 510 | 7 | 4 | 0 | 20 | 190 | 86 | 0 | 79 | 65 | 16 | 3 | 440 | 7 | 1520 |

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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 660 | 8 | 5 | 0 | 20 | 220 | 116 | 0 | 108 | 91 | 19 | 4 | 502 | 9 | 1927 |

# COFFEE AND TEA

## Salted Caramel Latte

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens: Milk

INGREDIENTS:

Skim Milk (Organic Pasteurized Fat Free Milk, Vitamin A, Vitamin D), Salted Caramel Syrup (Pure Cane Sugar, Water, Natural Flavours, Salt), 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))

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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 280 | 3 | 2 | 0 | 15 | 310 | 46 | 0 | 43 | 2 | 11 | 3 | 422 | 0 | 494 |

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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 330 | 3 | 2 | 0 | 20 | 390 | 58 | 0 | 54 | 2 | 13 | 4 | 485 | 0 | 567 |

## Salted Caramel Hot Chocolate

Recipe is: [x] 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)), Salted Caramel Syrup (Pure Cane Sugar, Water, Natural Flavours, Salt), 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))

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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 470 | 6 | 4 | 0 | 15 | 310 | 76 | 0 | 71 | 30 | 16 | 3 | 440 | 7 | 1518 |

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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 590 | 8 | 4.5 | 0 | 20 | 390 | 99 | 0 | 92 | 40 | 20 | 4 | 533 | 9 | 1962 |

## Organic Cold Brew Concentrate 3:1

Recipe is: [x] Vegetarian and [x] Vegan

Common Allergens:

INGREDIENTS:

Water, Coffee

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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 10 | 0 | 0 | 0 | 0 | 10 | 2 | 0 | 0 | 0 | 1 | 0 | 7 | 0 | 205 |

# SYRUPS AND TOPPINGS

## Pumpkin Puree

Recipe is: [x] Vegetarian and [x] 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: [x] Vegetarian and [x] 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: [x] Vegetarian and [x] 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: [x] Vegetarian and [x] 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: [x] Vegetarian and [x] 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: [x] Vegetarian and [x] 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 |

## Caramel Apple Butter Syrup

Recipe is: [x] Vegetarian and [x] Vegan

Common Allergens:

INGREDIENTS:

Pure Cane Sugar, Water, Natural Flavors, Sea Salt, Organic Cinnamon

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 | 20 | 24 | 0 | 23 | 23 | 0 | 0 | 0 | 0 | 0 |

## Salted Caramel Syrup

Recipe is: [x] Vegetarian and [x] Vegan

Common Allergens:

INGREDIENTS:

Pure Cane Sugar, Water, Natural Flavors, 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 100 | 0 | 0 | 0 | 0 | 140 | 24 | 0 | 24 | 24 | 0 | 0 | 0 | 0 | 0 |

## Whipped Cream-Brown Sugar

Recipe is: [x] 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: [x] 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: [x] 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: [x] Vegetarian and [x] 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: [x] Vegetarian and [x] 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: [x] 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: [x] Vegetarian and [x] 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 BOTTTLE

| 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: [x] Vegetarian and [x] 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 BOTTTLE

| 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: [x] Vegetarian and [x] 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 BOTTTLE

| 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: [x] Vegetarian and [x] 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: [x] Vegetarian and [x] 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: [x] Vegetarian and [x] 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: [x] Vegetarian and [x] 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: [x] Vegetarian and [x] 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: [x] Vegetarian and [x] 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: [x] Vegetarian and [x] 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: [x] Vegetarian and [x] 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: 8.45 fl oz
Recipe is: [x] Vegetarian and [x] 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: 8.45 fl oz
Recipe is: [x] Vegetarian and [x] 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: [x] Vegetarian and [x] 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: [x] Vegetarian and [x] 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: [x] Vegetarian and [x] 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 |

## Pineapple Spindrift Sparkling Water

Serving Size: 12 fl oz
Recipe is: [x] Vegetarian and [x] 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 |

# COLD DRINKS

## Lime Spindrift Sparkling Water

Serving Size: 12 fl oz
Recipe is: [x] Vegetarian and [x] 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: [x] Vegetarian and [x] 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: [x] Vegetarian and [x] 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 |

## Large Water – 24 oz

Serving Size: 24 fl oz
Recipe is: [x] Vegetarian and [x] 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 |