

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



## *Nutrition*

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

## *Allergies & Ingredients*

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

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

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

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

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



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# YOGURT & FRUIT

## Banana

Serving Size: 118g/4.16oz Recipe is: ☒ Vegetarian and ☒ Vegan

**INGREDIENTS:** Banana

### NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
100	0	0	0	0	0	27	3	14	0	1	0	78	0	517

## Banana & Honey

Serving Size: 275g/9.70oz Recipe is: ☒ Vegetarian and ☐ Vegan

**Common Allergens:** Almond, Milk

**INGREDIENTS:** Yogurt (Cultured Pasteurized Milk, Live and Active Cultures (*S. Thermophilus*, *L. Bulgaricus*, *L. Acidophilus*, *Bifidus*, *L. Casei*)), Banana, Honey, Sliced 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)
360	11	3	0	25	55	54	4	39	0	15	0	185	1	630

## Bircher Muesli

Serving Size: 237g/8.35oz Recipe is: ☒ Vegetarian and ☐ Vegan

**Common Allergens:** Almond, Milk

**INGREDIENTS:** Yogurt (Cultured Pasteurized Milk, Live and Active Cultures (*S. Thermophilus*, *L. Bulgaricus*, *L. Acidophilus*, *Bifidus*, *L. Casei*)), Julienne Apples, Granola (Gluten Free Oat Flakes, Apple Cinnamon Glaze (Muscovado Sugar, Golden Syrup, Water, Concentrated Apple Juice, Cinnamon, Salt), Pumpkin Seeds, Raisins, Sunflower Oil, Golden Linseed, Buckwheat Flakes), A1:AU263 Honey, Dried Cranberries (Cranberries, Sugar, Sunflower Oil), Sliced 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)
310	9	3.5	0	25	60	41	3	29	5	16	0	182	1	306

## Blueberry & Granola

Serving Size: 274g/9.67oz Recipe is: ☒ Vegetarian and ☐ Vegan

**Common Allergens:** Milk

**INGREDIENTS:** Yogurt (Cultured Pasteurized Milk, Live and Active Cultures (*S. Thermophilus*, *L. Bulgaricus*, *L. Acidophilus*, *Bifidus*, *L. Casei*)), Granola (Gluten Free Oat Flakes, Apple Cinnamon Glaze (Muscovado Sugar, Golden Syrup, Water, Concentrated Apple Juice, Cinnamon, Salt), Pumpkin Seeds, Raisins, Sunflower Oil, Golden Linseed, Buckwheat Flakes), Blueberry Compote (Blueberries, Sugar, Lemon Juice, Wild Blueberry Concentrate, Pectin)

### 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)
360	13	5	0	40	85	39	3	25	5	23	0	256	1	365

## Blueberry Parfait

Serving Size: 199g/7.01oz Recipe is: ☒ Vegetarian and ☐ Vegan

**Common Allergens:** Almond, Milk

**INGREDIENTS:** Yogurt (Cultured Pasteurized Milk, Live and Active Cultures (*S. Thermophilus*, *L. Bulgaricus*, *L. Acidophilus*, *Bifidus*, *L. Casei*)), 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, Sliced Almonds (Blanched Sliced 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)
350	16	4	0	25	85	33	4	17	0	18	0	202	0	410

# YOGURT & FRUIT

## Blueberry Yogurt

Serving Size: 158g/5.57oz Recipe is: ☒ Vegetarian and ☐ Vegan

**Common Allergens:** Milk

**INGREDIENTS:** Yogurt (Cultured Pasteurized Milk, Live and Active Cultures (*S. Thermophilus*, *L. Bulgaricus*, *L. Acidophilus*, *Bifidus*, *L. Casei*)), Blueberry Compote (Blueberries, Sugar, Lemon Juice, Wild Blueberry Concentrate, Pectin)

### 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)
140	4.5	3	0	25	50	13	1	11	5	12	0	155	0	191

## Lemon Ricotta Cheesecake

Serving Size: 147g/5.19oz Recipe is: ☒ Vegetarian and ☐ Vegan

**Common Allergens:** Almond, Egg, Milk

**INGREDIENTS:** Ricotta (Pasteurized Whey, Cream and Milk, Vinegar, Salt), Yogurt (Cultured Pasteurized Milk, Live and Active Cultures (*S. Thermophilus*, *L. Bulgaricus*, *L. Acidophilus*, *Bifidus*, *L. Casei*)), Lemon Curd (Sugar, Whole Egg (Whole Egg, Citric Acid), Water, Butter (Cream, Salt), Lemon Juice Concentrate, Pectin), Sliced 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)
300	18	9	0	75	140	24	1	22	18	12	0	345	0	252

## Little Cup of Goodness

Serving Size: 207g/7.30oz Recipe is: ☒ Vegetarian and ☐ Vegan

**Common Allergens:** Milk

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

### NUTRITIONAL INFORMATION:

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

## Mango & Lime

Serving Size: 150g/5.29oz Recipe is: ☒ Vegetarian and ☒ Vegan

**INGREDIENTS:** Mango, Lime

### NUTRITIONAL INFORMATION:

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

## Melon & Blueberry

Serving Size: 160g/5.64oz Recipe is: ☒ Vegetarian and ☒ Vegan

**INGREDIENTS:** Cantaloupe, Blueberry

### NUTRITIONAL INFORMATION:

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

# YOGURT & FRUIT

## Pret's Acai Bowl

Serving Size: 207g/7.30oz Recipe is: ☒ Vegetarian and ☒ Vegan

**Common Allergens:** Almond

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

### NUTRITIONAL INFORMATION:

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

# BREAKFAST BAGUETTES

## Egg Salad & Avocado

Serving Size: 175g/6.17oz Recipe is: ☒ Vegetarian and ☐ Vegan

**Common Allergens:** Egg, Wheat

**INGREDIENTS:**

White Baguette (Wheat Flour, Water, Yeast, Salt, Wheat Gluten, Deactivated Yeast, Flour Treatment Agent (Ascorbic Acid)), Egg Salad (Cage-Free Eggs, Cage-Free Mayonnaise (Non-GMO Canola Oil, Whole Eggs, Distilled Vinegar, Egg Yolks, Salt, Dextrose, Water, Natural Flavors, Lemon Juice Concentrate), Sea Salt, Black Pepper), Avocados, 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)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
440	24	3.5	0	210	790	42	5	3	0	14	1	43	2	310

# HOT BREAKFAST

## Egg & Bacon Brioche

Serving Size: 189g/6.67oz Recipe is: ☐ Vegetarian and ☐ Vegan

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

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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

## Egg & Cheddar Brioche

Serving Size: 159g/5.60oz Recipe is: ☒ Vegetarian and ☐ Vegan

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

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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

## Egg White Greek Frittata

Serving Size: 303g/10.68oz Recipe is: ☒ Vegetarian and ☐ Vegan

**Common Allergens:** Egg, Milk

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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

## Ham & Spinach Frittata

Serving Size: 300g/10.58oz Recipe is: ☐ Vegetarian and ☐ Vegan

**Common Allergens:** Egg, Milk

### INGREDIENTS:

Liquid Whole Egg (Cage-Free Whole Egg, Citric Acid), Whole Milk (Pasteurized Whole Milk, Vitamin D), Niman Ranch Smoked Ham (Pork, Water, Salt, Less Than 2%: Lemon Juice Concentrate, Vinegar, Turbinado Sugar, Celery Powder, Cherry Powder), Veggie Parmesan (Pasteurized Cultured Part-Skim Milk, Salt, Enzymes, Potato Starch, Powdered Cellulose), Spinach, Seasoning (Salt, Black Pepper)

### NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
400	24	10	0	800	850	5	0	4	0	35	1	398	4	506



# HOT BREAKFAST

## Steel Cut Oatmeal

Serving Size: 302g/10.65oz Recipe is: ☒ Vegetarian and ☒ Vegan

**INGREDIENTS:**

Steel Cut Oatmeal (Water, Whole Grain Oats, 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	3.5	0.5	0	0	160	39	6	0	0	7	0	37	2	159

## Oatmeal Topping – Granola, Dried Cranberries, Brown Sugar, Cinnamon

Serving Size: 30g/1.05oz Recipe is: ☒ Vegetarian and ☒ Vegan

**INGREDIENTS:**

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, Sugar, Sunflower Oil), Light 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)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
120	2.5	0	0	0	15	23	2	15	10	2	0	15	1	71

## Tomato Mozzarella Croissant

Serving Size: 106g/3.74oz Recipe is: ☒ Vegetarian and ☐ Vegan

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

**INGREDIENTS:**

Wheat Flour, Mozzarella Cheese (Pasteurized Milk, Salt, Lactic Starters, Microbial Coagulant), Water, Emmental Cheese (Pasteurized Milk, Lactic Starters, Salt, Microbial Coagulant), Tomato Paste, Tomato, Salt, Palm Fat, Emulsifier (Mono-and Diglycerides of Fatty Acids), Egg, Yeast, Sugar, Acidity Regulator (Citric Acid), Carrot, Zucchini, Sunflower Oil, Tomato Concentrate, Onion, Wheat Gluten, Flavoring, Herbs (Savory, Rosemary, Thyme, Marjoram, Oregano, Basil), White Pepper, Flour Treatment Agent (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)
440	29	16	0	-	540	28	2	4	-	15	0	205	1	83

# SANDWICHES

## Balsamic Chicken & Avocado

Recipe is: ☐ Vegetarian and ☐ Vegan

**Common Allergens: Wheat**

### INGREDIENTS:

Multigrain Bread (Enriched Wheat Flour (Wheat Flour, Calcium Carbonate, Reduced Iron, Niacin, Thiamin), Water, Malted Wheat Flakes, Wheat Bran, Yeast, Spirit Vinegar, Salt, Wheat Gluten, Malted Barley Flour, Emulsifier, Mono- and Diglycerides of Fatty Acids and Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Wheat Starch, Ascorbic Acid (Flour Treatment Agent)), Avocados, Sliced Chicken (Chicken Breast, Sea Salt), Balsamic Dressing (Canola Oil, Balsamic Vinegar (Wine Vinegar, Concentrated Grape Must), Honey, Garlic Puree (Garlic, Vinegar), Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Red Pepper), Contains Less Than 2% of Filtered Water, Salt, Black Pepper, Xanthan Gum (To Provide Thickness), Dehydrated Onion), Mesclun, Lemon Juice, Basil

**NUTRITIONAL INFORMATION: Serving Size: 237g/8.35oz**

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
460	20	2.5	0	40	620	47	5	8	1	22	0	199	2	670

**NUTRITIONAL INFORMATION - SLIM: Serving Size: 118g/4.16oz**

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)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
230	10	1.5	0	20	310	23	2	4	1	11	0	99	1	335

## Cheddar & Tomato

Serving Size: 232g/8.18oz Recipe is: ☒ Vegetarian and ☐ Vegan

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

### INGREDIENTS:

Multigrain Bread (Enriched Wheat Flour (Wheat Flour, Calcium Carbonate, Reduced Iron, Niacin, Thiamin), Water, Malted Wheat Flakes, Wheat Bran, Yeast, Spirit Vinegar, Salt, Wheat Gluten, Malted Barley Flour, Emulsifier, Mono- and Diglycerides of Fatty Acids and Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Wheat Starch, Ascorbic Acid (Flour Treatment Agent)), Tomatoes, Cheddar (Cultured Pasteurized 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), Egg Yolk, Water, Whole Egg (Whole Eggs, Citric Acid), Honey, White Distilled Vinegar, Sea Salt, Lemon Juice Concentrate), Mesclun, 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)
460	23	9	0	50	810	46	1	8	0	20	0	507	2	390

## Chicken & Bacon

Serving Size: 282g/9.94oz Recipe is: ☐ Vegetarian and ☐ Vegan

**Common Allergens: Egg, Wheat**

### INGREDIENTS:

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

**NUTRITIONAL INFORMATION: Serving Size: 282g/9.94oz**

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
570	29	7	0.0	110	1230	33	1	6	0	38	0	159	2	742

**NUTRITIONAL INFORMATION - SLIM: Serving Size: 141g/4.97oz**

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (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	15	3.5	0	55	620	17	0	3	0	19	0	80	1	371

# SANDWICHES

## California Club

Serving Size: 352g/12.41oz Recipe is: ☐ Vegetarian and ☐ Vegan

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

**INGREDIENTS:**

Multigrain Bread (Enriched Wheat Flour (Wheat Flour, Calcium Carbonate, Reduced Iron, Niacin, Thiamin), Water, Malted Wheat Flakes, Wheat Bran, Yeast, Spirit Vinegar, Salt, Wheat Gluten, Malted Barley Flour, Emulsifier, Mono- and Diglycerides of Fatty Acids and Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Wheat Starch, Ascorbic Acid (Flour Treatment Agent)), Tomatoes, Avocados, Turkey (Turkey Breast, Water, Salt, Raw Sugar), Cage-Free Eggs, Yogurt Ranch (Sour Cream (Cultured Cream), Mayonnaise (Expeller Pressed Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains less than 2% of Salt, Spice, Lemon Juice Concentrate), Buttermilk (Cultured Low-fat Milk, Salt), Dill, Chives, Lemon Juice, Garlic Powder, Sea Salt, Onion Powder, Xanthan Gum), Mesclun, Yogurt (Cultured Pasteurized Milk, Live and Active Cultures (S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei)), Lemon Juice, Seasoning (Salt, Black Pepper)

**NUTRITIONAL INFORMATION: Serving Size: 352g/12.41oz**

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (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	20	3.5	0.0	130	710	53	6	10	0	28	0	245	3	915

## Egg Salad & Arugula

Serving Size: 200g/7.05oz Recipe is: ☒ Vegetarian and ☐ Vegan

**Common Allergens:** Egg, Wheat

**INGREDIENTS:**

Multigrain Bread (Enriched Wheat Flour (Wheat Flour, Calcium Carbonate, Reduced Iron, Niacin, Thiamin), Water, Malted Wheat Flakes, Wheat Bran, Yeast, Spirit Vinegar, Salt, Wheat Gluten, Malted Barley Flour, Mono- and Diglycerides of Fatty Acids and Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Wheat Starch, 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), Arugula, Cage-Free Eggs, Pret's 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	27	4.5	0	320	600	42	0	8	0	19	2	242	4	288

# BAGUETTES

## Balsamic Chicken & Mozzarella

Recipe is: ☐ Vegetarian and ☐ Vegan

**Common Allergens:** Milk, Wheat

### INGREDIENTS:

White Baguette (Wheat Flour, Water, Yeast, Salt, Wheat Gluten, Deactivated Yeast, Flour Treatment Agent (Ascorbic Acid)), Sliced Chicken (Chicken Breast, Sea Salt), Tomatoes, Mozzarella (Cultured Pasteurized Milk, Lactic/Citric Acid, Salt, Enzymes), Balsamic Dressing (Canola Oil, Balsamic Vinegar (Wine Vinegar, Concentrated Grape Must), Honey, Garlic Puree (Garlic, Vinegar), Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Red Pepper), Contains Less Than 2% of Filtered Water, Salt, Black Pepper, Xanthan Gum (To Provide Thickness), Dehydrated Onion), Arugula, Seasoning (Salt, Black Pepper)

**NUTRITIONAL INFORMATION:** Serving Size: 271g/9.55oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
570	21	6	0	65	1210	62	5	6	1	29	0	164	2	456

## Pret's Caprese

Recipe is: ☒ Vegetarian and ☐ Vegan

**Common Allergens:** Egg, Milk, Sesame, Pine Nut, Wheat

### INGREDIENTS:

Artisan Baguette (Wheat Flour, Water, Sourdough (Wheat Flour, Water, Sourdough Culture), Brown Flaxseed, Malted Wheat Flakes, Sunflower Seeds, Yeast, Salt, Wheatgerm, Potassium Chloride, Potassium Gluconate, Malted Wheat Flour, Enzymes), Mozzarella (Cultured Pasteurized Milk, Lactic/Citric Acid, Salt, Enzymes), Pesto (Parmesan Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Cellulose Powder (To Prevent Caking)), Expeller Pressed Canola Oil, Basil, Pine Nuts, Lemon Juice, Spinach, Roasted Garlic, Sea Salt, Lemon Zest, Xanthan Gum), Roasted Tomatoes (Cherry Tomatoes, Rapeseed Oil, Salt, Dried Garlic, Oregano, Lemon Juice Concentrate), Mayonnaise (Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains Less Than 2%: Salt, Spice, Lemon Juice Concentrate), Arugula, Basil

**NUTRITIONAL INFORMATION:** Serving Size: 229g/8.07oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
630	31	8	0	40	890	66	6	4	0	19	0	215	3	57

**NUTRITIONAL INFORMATION - SLIM:** Serving Size: 114g/4.02oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (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	15	4	0	20	440	33	3	2	0	10	0	108	1	28

## Pret's Famous Ham & Cheese

Recipe is: ☐ Vegetarian and ☐ Vegan

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

### INGREDIENTS:

White Baguette (Wheat Flour, Water, Yeast, Salt, Wheat Gluten, Deactivated Yeast, Flour Treatment Agent (Ascorbic Acid)), Niman Ranch Smoked Ham (Pork, Water, Salt, Less Than 2%: Lemon Juice Concentrate, Vinegar, Turbinado Sugar, Celery Powder, Cherry Powder), Swiss Cheese (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), Egg Yolk, Water, Whole Egg (Whole Eggs, Citric Acid), Honey, White Distilled Vinegar, Sea Salt, Lemon Juice Concentrate), Mesclun

**NUTRITIONAL INFORMATION:** Serving Size: 231g/8.15oz

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)
600	24	9	0	80	1660	62	4	4	1	31	0	349	1	371

**NUTRITIONAL INFORMATION - SLIM:** Serving Size: 116g/4.09oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (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	12	4.5	0	40	830	31	2	2	0	16	0	175	0	190

# BAGUETTES

## Pret's Italian

Recipe is: ☐ Vegetarian and ☐ Vegan

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

**INGREDIENTS:** White Baguette (Wheat Flour, Water, Yeast, Salt, Wheat Gluten, Deactivated Yeast, Flour Treatment Agent (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: 209g/7.37oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
610	28	8	0	65	1770	63	4	6	0	27	0	135	2	228

## Tuna & Cucumber

Recipe is: ☐ Vegetarian and ☐ Vegan

**Common Allergens:** Tuna, Egg, Wheat

**INGREDIENTS:** Tuna Salad (Albacore Tuna Fish, Skipjack Tuna Fish, Mayonnaise (Canola Oil, Whole Eggs, Distilled Vinegar, Egg Yolks (Egg Yolks, Salt), Salt, Sugar, Water, Lemon Juice Concentrate), Water, White Wine Vinegar, Lemon Juice), White Baguette (Wheat Flour, Water, Yeast, Salt, Wheat Gluten, Deactivated Yeast, Flour Treatment Agent (Ascorbic Acid)), Cucumbers

**NUTRITIONAL INFORMATION:** Serving Size: 204g/7.20oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (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	30	4.5	0	30	1140	58	4	3	0	25	0	47	1	115

# FOCCACIAS

## Classic Focaccia

Serving Size: 204g/7.20oz Recipe is: ☒ Vegetarian and ☐ Vegan

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

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

**NUTRITIONAL INFORMATION:**

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

## Ham & Cheddar

Serving Size: 216g/7.62oz Recipe is: ☐ Vegetarian and ☐ Vegan

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

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

**NUTRITIONAL INFORMATION:**

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

# FLATBREADS

## Cali Salmon

Serving Size: 297g/10.48oz Recipe is: ☐ Vegetarian and ☐ Vegan

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

INGREDIENTS:

Atlantic Salmon (Atlantic Salmon, Salt), Oval Flatbread (Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid, Corn Starch, Oat Fiber, Soy Protein Isolate, Soybean Oil, Defatted Soy Flour, Sesame Flour, Whole Wheat Flour, Dextrose), Wheat Gluten, Sugar, Canola Oil, Salt, Cultured Wheat Flour, Vinegar, Yeast, Ascorbic Acid, Enzymes), Avocados, Herby Ranch (Sour Cream (Cultured Cream), Mayonnaise (Expeller Pressed Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains less than 2% of Salt, Spice, Lemon Juice Concentrate), Buttermilk (Cultured Low-fat Milk, Salt), Dill, Chives, Lemon Juice, Garlic Powder, Sea Salt, Onion Powder, Xanthan Gum), Spinach, Lemon Juice, Red Onion, 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)
620	36	5	0	40	1010	48	6	6	3	31	2	101	4	844

## Falafel & Hummus

Serving Size: 293g/10.34oz Recipe is: ☒ Vegetarian and ☒ Vegan

Common Allergens: Soy, Wheat, Sesame

INGREDIENTS:

Oval Flatbread (Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid, Corn Starch, Oat Fiber, Soy Protein Isolate, Soybean Oil, Defatted Soy Flour, Sesame Flour, Whole Wheat Flour, Dextrose), Wheat Gluten, Sugar, Canola Oil, Salt, Cultured Wheat Flour, Vinegar, Yeast, Ascorbic Acid, Enzymes), Hummus (Garbanzo Beans, Water, Tahini (Sesame), Expeller Pressed Canola Oil, Lemon Juice, Salt, Garlic Powder, Citric Acid, Xanthan Gum), Falafel (Garbanzo Beans, Onions, Garbanzo Bean Flour, Corn Oil, Cilantro, Mint, Parsley, Garlic (Garlic, Water), Salt, Olive Oil, Water, Baking Powder (Monocalcium Phosphate, Sodium Bicarbonate and Cornstarch), Cumin, Lemon Juice Concentrate, Turmeric, Cayenne Pepper), Pickles (Cucumbers, Water, Vinegar, Salt, Calcium Chloride, Natural Essential Oil Flavors, Turmeric (For Color)), Romaine, Red Peppers, Pickled Red Onion (Red Onion, Water, Sugar, Vinegar, 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)
480	14	0	0	0	1350	75	8	13	5	20	0	158	7	485

## Pesto Chicken

Serving Size: 257g/9.06oz Recipe is: ☐ Vegetarian and ☐ Vegan

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

INGREDIENTS:

Oval Flatbread (Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid, Corn Starch, Oat Fiber, Soy Protein Isolate, Soybean Oil, Defatted Soy Flour, Sesame Flour, Whole Wheat Flour, Dextrose), Wheat Gluten, Sugar, Canola Oil, Salt, Cultured Wheat Flour, Vinegar, Yeast, Ascorbic Acid, Enzymes), Sliced Chicken (Chicken Breast, Sea Salt), Tomatoes, Mayonnaise (Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains Less Than 2%: Salt, Spice, Lemon Juice Concentrate), Pesto (Parmesan Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Cellulose Powder (To Prevent Caking)), Expeller Pressed Canola Oil, Basil, Pine Nuts, Lemon Juice, Spinach, Roasted Garlic, Sea Salt, Lemon Zest, Xanthan Gum), Arugula, Pine Nuts, Lemon Juice, 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)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
570	31	3.5	0	65	950	44	5	6	3	31	0	135	4	454

# WRAPS

## Avocado & Toasted Pine Nut

Serving Size: 273g/9.63oz Recipe is: ☒ Vegetarian and ☐ Vegan

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

### INGREDIENTS:

Avocados, Kibbled Rye Wrap (Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted Rye Flakes, Rapeseed Oil, Vegetable Glycerin (Humectant)), Diphosphates, Sodium Bicarbonate (Leavening Agents), Dried Fermented Wheat Flour, Mono And Di-Glycerides Of Fatty Acids (Emulsifier), Salt, Citric Acid (Acidity Regulator), Wheat Flour, Wheat Starch, L-Cysteine Hydrochloride (Flour Treatment Agent)), Tomatoes, Cucumbers, Spinach, Yogurt (Cultured Pasteurized Milk, Live and Active Cultures (*S. Thermophilus*, *L. Bulgaricus*, *L. Acidophilus*, *Bifidus*, *L. Casei*)), Mayonnaise (Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains Less Than 2%: Salt, Spice, Lemon Juice Concentrate), Veggie Parmesan (Pasteurized Cultured Part-Skim Milk, Salt, Enzymes, Potato Starch, Powdered Cellulose), Pine Nuts, Lemon Juice, Basil, 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)
470	27	4.5	0	15	510	46	8	4	0	13	0	144	2	622

## Bang Bang Chicken

Serving Size: 256g/9.06oz Recipe is: ☐ Vegetarian and ☐ Vegan

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

### INGREDIENTS:

Sliced Chicken (Chicken Breast, Sea Salt), Kibbled Rye Wrap (Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted Rye Flakes, Rapeseed Oil, Vegetable Glycerin (Humectant)), Diphosphates, Sodium Bicarbonate (Leavening Agents), Dried Fermented Wheat Flour, Mono And Di-Glycerides Of Fatty Acids (Emulsifier), Salt, Citric Acid (Acidity Regulator), Wheat Flour, Wheat Starch, L-Cysteine Hydrochloride (Flour Treatment Agent)), Asian Dressing (Tofu (Water, Soybeans, Calcium Sulfate, Glucono Delta Lactone), Tamari Soy Sauce (Water, Soybeans, Salt, Alcohol), Sugar, Tahini (Sesame Seed), White Wine Vinegar, Water, Ginger Puree, Toasted Sesame Seed Oil, Canola Oil, Lime Juice, Lemon Juice Concentrate, Xanthan Gum (Stabilizer)), Sweet Chili Mayo (Canola Oil, Ketchup (Tomato Puree, Water, Sugar, White Vinegar, Salt), Cured Cucumber (Cucumbers, Water, Vinegar, Salt, Xanthan Gum), Water, White Wine Vinegar, Egg Yolks, Jalapeno Pepper (Jalapeno Peppers, Water, Salt, Acetic Acid), Sugar, Mustard, Cayenne Pepper, Sea Salt, Garlic Powder, Paprika Blend (Canola Oil, Extractive of Capsicum, Sunflower Oil)), Cucumbers, Shredded Carrot, Cilantro, Red Onion, Sesame Seeds (Black Sesame Seeds, White Sesame Seeds)

### 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)
510	23	2.5	0	65	950	49	4	10	6	25	0	61	1	400

## Chipotle Chicken & Avocado

Serving Size: 275g/9.70oz Recipe is: ☐ Vegetarian and ☐ Vegan

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

### INGREDIENTS:

Kibbled Rye Wrap (Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted Rye Flakes, Rapeseed Oil, Vegetable Glycerin (Humectant)), Diphosphates, Sodium Bicarbonate (Leavening Agents), Dried Fermented Wheat Flour, Mono And Di-Glycerides Of Fatty Acids (Emulsifier), Salt, Citric Acid (Acidity Regulator), Wheat Flour, Wheat Starch, L-Cysteine Hydrochloride (Flour Treatment Agent)), Avocados, Chicken (Chicken Breast, Water, Sea Salt), Spicy Chipotle Sauce (Roasted Red Peppers (Roasted Red Peppers, Water, Salt, Citric Acid, Calcium Chloride), Chipotle in Adobo (Chipotle Peppers, Water, Onion, Tomato Paste, Salt, Sugar, Vinegar), Diced Tomatoes (Diced Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Red Wine Vinegar, Onions, Canola Oil, Water, Sugar, Roasted Garlic, Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Red Pepper), Sea Salt, Lime Juice, Black Pepper, Garlic Powder, Xanthan Gum, Ground Red Pepper), Red Peppers, Spinach, Cilantro, Yogurt (Cultured Pasteurized Milk, Live and Active Cultures (*S. Thermophilus*, *L. Bulgaricus*, *L. Acidophilus*, *Bifidus*, *L. Casei*)), Mayonnaise (Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains Less Than 2%: Salt, Spice, Lemon Juice Concentrate), 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)
460	21	3	0	45	710	47	8	5	1	21	0	39	1	687



# SALADS

## Chicken Avocado Salad Bowl

Serving Size: 339g/11.95 oz Recipe is: ☐ Vegetarian and ☐ Vegan

**Common Allergens:** Walnut

### INGREDIENTS:

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

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

### NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
520	36	3.5	0	50	740	29	7	18	11	20	0	58	2	860

## Chicken Caesar Salad Bowl

Serving Size: 313g/11.04 oz Recipe is: ☐ Vegetarian and ☐ Vegan

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

### INGREDIENTS:

**Salad:** Romaine, Sliced Chicken (Chicken Breast, Sea Salt), Grape Tomatoes, Veggie Parmesan (Pasteurized Cultured Part-Skim Milk, Salt, Enzymes, Potato Starch, Powdered Cellulose), Asiago Cheese Crisps (Asiago Cheese (Pasteurized Part Skimmed Milk, Cheese Cultures, Sea Salt, Enzymes)), Lemon, Basil

**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)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
560	46	10	0	85	960	12	3	4	0	31	0	512	2	644

## Chicken Club Salad Bowl

Serving Size: 370g/13.05oz Recipe is: ☐ Vegetarian and ☐ Vegan

**Common Allergens:** Coconut, Egg, Soy

### INGREDIENTS:

**Salad:** Romaine, Sliced Chicken (Chicken Breast, Sea Salt), Cage-Free Eggs, Grape Tomatoes, Avocados, Niman Ranch Bacon (Pork, Water, Salt, Turbinado Sugar, Celery Powder), Lemon Juice

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

### NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
520	37	11	0	265	1100	15	5	7	4	32	1	74	4	1000

## Chipotle Chicken Salad Bowl

Serving Size: 362g/ 12.76 oz. Recipe is: ☐ Vegetarian and ☐ Vegan

**Common Allergens:** Coconut, Soy, Wheat

### INGREDIENTS:

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

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

### NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
420	26	6	0	50	1060	32	6	14	10	20	0	51	3	860

Please be aware we use numerous ingredients in our kitchens and therefore cannot guarantee that any of our products are completely free of any allergen due to the potential for cross-contact. 12.01.20 ★ PAGE 16



# SALADS

## Mediterranean Mezze Salad

Serving Size: 370g/13.04 oz Recipe is: ☒ Vegetarian and ☒ Vegan

**Common Allergens:** Pine Nut, Sesame

**INGREDIENTS:**

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

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

**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)
600	38	2	0	0	1450	54	10	20	7	14	0	234	7	670

## Salmon Salad

Serving Size: 372g/13.12 oz Recipe is: ☐ Vegetarian and ☐ Vegan

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

**INGREDIENTS:**

**Salad:** Romaine, Atlantic Salmon (Atlantic Salmon, Salt), Mangos, Edamame (Soybeans), Avocados, Pickled Cabbage & Carrot Mix (Red Cabbage, Carrot, Water, Sugar, Vinegar, Salt), Chili Salt (Paprika, Sea Salt, Chilli Flakes), Lemon Juice

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

**NUTRITIONAL INFORMATION:**

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
490	29	4	0	30	1010	33	9	20	12	28	2	78	2	980

# SALAD DRESSINGS

## Asian Dressing

Serving Size: 57g/2.00oz Recipe is: ☒ Vegetarian and ☒ Vegan

**Common Allergens: Soy, Sesame**

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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

## Balsamic Dressing

Serving Size: 57g/2.00oz Recipe is: ☒ Vegetarian and ☐ Vegan

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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

## Caesar Dressing

Serving Size: 57g/2.00oz 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)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
300	32	3	0	10	230	6	0	2	0	2	0	49	0	23

## Green Goddess Dressing

Serving Size: 57g/2.00oz Recipe is: ☒ Vegetarian and ☒ Vegan

**Common Allergens: Coconut, Soy**

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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

# SALAD DRESSINGS

## Herby Ranch Dressing

Serving Size: 57g/2.00oz Recipe is: ☒ Vegetarian and ☐ Vegan

**Common Allergens: Egg, Milk**

### INGREDIENTS:

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

### 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	21	4	0	30	300	4	0	2	0	2	0	42	0	0

## Lemon Shallot Dressing

Serving Size: 57g/2.00oz Recipe is: ☒ Vegetarian and ☒ Vegan

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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

## Spicy Chipotle Ranch Dressing

Serving Size: 57g/2.00oz Recipe is: ☒ Vegetarian and ☐ Vegan

**Common Allergens: Egg, Milk**

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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

# POTS

## Egg & Spinach Pot

Serving Size: 114g/4.02oz Recipe is: ☒ Vegetarian and ☐ Vegan

**Common Allergens:** Egg

### INGREDIENTS:

Cage-Free Eggs, Spinach

### NUTRITIONAL INFORMATION:

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

## Egg & Quinoa Pot

Serving Size: 153g/5.39oz Recipe is: ☒ Vegetarian and ☐ Vegan

**Common Allergens:** Egg

### INGREDIENTS:

Cage-Free Eggs, Avocados, Grain Mix (Brown Rice, White Quinoa, Red Quinoa, Lemon Juice (Water, Concentrated Lemon Juice), Canola Oil, Salt, Black Pepper), Grape Tomatoes, Arugula, 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)
180	11	2.5	0	195	125	14	4	2	0	9	1	53	2	390

# HOT WRAPS

## Falafel & Red Peppers

Serving Size: 295g/10.40oz Recipe is: ☒ Vegetarian and ☐ Vegan

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

**INGREDIENTS:**

Tortilla Wrap (Unbleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Water, Palm Oil, Cultured Wheat, Wheat Gluten, Salt, Sugar, Sodium Bicarbonate, Mono- And Diglycerides, Sodium Acid Pyrophosphate, Fumaric Acid, Yeast, Guar Gum, CMC Gum, Xanthan Gum, Enzymes), Falafel (Garbanzo Beans, Onions, Garbanzo Bean Flour, Corn Oil, Cilantro, Mint, Parsley, Garlic (Garlic, Water), Salt, Olive Oil, Water, Baking Powder (Monocalcium Phosphate, Sodium Bicarbonate and Cornstarch), Cumin, Lemon Juice Concentrate, Turmeric, Cayenne Pepper), Tomato 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), Red Peppers, Yogurt (Cultured Pasteurized Milk, Live and Active Cultures (*S. Thermophilus*, *L. Bulgaricus*, *L. Acidophilus*, *Bifidus*, *L. Casei*)), Mayonnaise (Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains Less Than 2%: Salt, Spice, Lemon Juice Concentrate)

**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)
630	28	6	0	30	1570	72	6	7	0	20	0	333	5	492

## Pret's Chicken Parm

Serving Size: 301g/10.61oz Recipe is: ☐ Vegetarian and ☐ Vegan

**Common Allergens:** Milk, Wheat

**INGREDIENTS:**

Tortilla Wrap (Unbleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid) Water, Palm Oil, Cultured Wheat, Wheat Gluten, Salt, Sugar, Sodium Bicarbonate, Mono- And Diglycerides, Sodium Acid Pyrophosphate, Fumaric Acid, Yeast, Guar Gum, CMC Gum, Xanthan Gum, Enzymes), Marinara Sauce (Italian Whole Peeled Tomatoes (Peeled Tomatoes, Tomato Puree, Salt, Basil Leaf), Olive Oil, Onions, Salt, Garlic, Basil, Black Pepper, Oregano.), Sliced Chicken (Chicken Breast, Sea Salt), Red Peppers, Veggie Parmesan (Pasteurized Cultured Part-Skim Milk, Salt, Enzymes, Potato Starch, Powdered Cellulose), Provolone (Pasteurized Milk, Salt, Enzymes), Crispy Onions (Onions, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sunflower and/or Safflower Oil, Sea Salt), Seasoning (Salt, Black Pepper)

**NUTRITIONAL INFORMATION:**

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
580	23	7	0	70	1450	57	3	5	0	32	0	424	3	611

# SOUPS

## Chicken Noodle

Recipe is: ☐ Vegetarian and ☐ Vegan

**Common Allergens:** Egg, Wheat

### INGREDIENTS:

Chicken Stock (Water, Chicken, Onions, Celery, Carrots, Sea Salt, Garlic, Parsley, White Pepper, Thyme, Bay Leaves, Marjoram), Chicken (Dark and Light Meat), Egg Noodle (Semolina, Eggs, Egg White, Niacin, Iron (Ferrous Sulfate), Thiamin Mononitrate, Riboflavin, Folic Acid), Carrots, Parsnips, Celery, Onions, Sea Salt, Chicken Fat, Roasted Chicken Stock (Chicken Stock, Roasted Chicken Stock, Mirepoix Stock (Carrot, Celery, Onion), Dried Chicken Stock, Salt, Poultry Gelatin, Water, White Wine), Parsley, Dill, Thyme, Bay Leaf, Black Pepper

### NUTRITIONAL INFORMATION - LARGE: 434g/15.30oz:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (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	4.5	1	0	70	1400	21	2	4	0	19	0	57	4	413

## Chicken Farro

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: 227g/8.00oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (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	2.5	0	0	30	680	14	1	2	0	10	0	27	2	300

## Moroccan Lentil

Recipe is: ☒ Vegetarian and ☒ Vegan

### INGREDIENTS:

Water, Lentils, Onions, Carrots, Celery, Turnips, Olive Oil, Tomato Paste (Tomatoes, Naturally Derived Citric Acid), Rice Flour, Soybean Oil, Balsamic Vinegar (Wine Vinegar, Grape Must), Garlic, Sea Salt, Spices, Paprika, Parsley

### 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: 259g/9.13oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (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	10.0	1.5	0.0	0	530	25	7	4	0	10	0	45	3	496

# SOUP

## Tomato Feta

Recipe is: ☒ Vegetarian and ☐ Vegan

**Common Allergens: Milk**

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION - LARGE: 454g/16.00oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (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: 227g/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)
130	7	3	0	20	760	13	2	7	0	5	0	80	1	322

## Turkey Chili

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: 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)
340	7.0	1.0	0.0	80	1560	47	13	9	0	31	0	113	7	840

### NUTRITIONAL INFORMATION - SMALL: 277g/9.77oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (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	5	0.5	0	50	950	28	8	5	0	18	0	68	4	510

# HOT FOOD

## Chipotle Chicken Grain Bowl

Serving Size: 408g/14.40oz Recipe is: ☐ Vegetarian and ☐ Vegan

**Common Allergens: Soy**

### 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, 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

### 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	6	0	0	35	1080	67	12	4	0	24	0	79	4	1011

## Fresh Greens Topper

Serving Size: 80g/2.82oz Recipe is: ☒ Vegetarian and ☒ Vegan

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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



# BAKERY

## Almond Croissant

Serving Size: 100g/3.50oz Recipe is: ☒ Vegetarian and ☐ Vegan

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

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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

## Blueberry Muffin

Serving Size: 128g/4.51oz Recipe is: ☒ Vegetarian and ☐ Vegan

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

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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

## Pret's Morning Glory Muffin

Serving Size: 128g/4.51oz Recipe is: ☒ Vegetarian and ☒ Vegan

**Common Allergens: Almond, Wheat, Sesame**

### INGREDIENTS:

Butternut Squash Puree, Brown Sugar, Wheat Flour, Canola Oil, Almond Milk (Filtered Water, Almonds, Calcium Carbonate, Tapioca Starch, Sea Salt, Potassium Citrate, Carrageenan, Sunflower Lecithin, Natural Flavor, Vitamin A Palmitate, Vitamin D2, D-Alpha Tocopherol (Vitamin E)), Apples, Carrots, Pumpkin Seeds, Maple Syrup, Flaxseed, Contains Less Than 2% Of Each Of The Following: Rolled Oats, Sesame Seeds, Sunflower Seeds, Leavener (Sodium Acid Pyrophosphate, Corn Starch, Sodium Bicarbonate, Monocalcium Phosphate), Spices, 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)), Citrus Fiber, 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)
370	16	1.5	0	0	530	52	4	27	25	6	0	83	2	216

## Bread Roll

Serving Size: 40g/1.41oz Recipe is: ☒ Vegetarian and ☒ Vegan

**Common Allergens: Wheat**

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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

# BAKERY

## Chocolate Brownie Cookie

Serving Size: 71g/2.50oz Recipe is: ☒ Vegetarian and ☐ Vegan

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

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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

## Chocolate Peppermint Crinkle Cookie

Serving Size: 71g/2.50oz Recipe is: ☒ Vegetarian and ☐ Vegan

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

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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

## Chocolate Chunk Cookie

Serving Size: 71g/2.50oz Recipe is: ☒ Vegetarian and ☐ Vegan

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

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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

## Double Chocolate Pecan Cookie

Serving Size: 71g/2.50oz Recipe is: ☒ Vegetarian and ☐ Vegan

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

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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

# BAKERY

## Ginger Molasses Cookie

Serving Size: 71g/2.5oz Recipe is: ☒ Vegetarian and ☐ Vegan

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

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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

## Everything Bagel

Serving Size: 113g/4.00oz Recipe is: ☒ Vegetarian and ☒ Vegan

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

### INGREDIENTS:

Flour (Wheat Flour, Malted Barley Flour), Water, Sugar, Contains Less Than 2%: Salt, Sesame Seeds, Poppy Seeds, Dehydrated Onion, Dehydrated Garlic, Wheat Flour, Molasses, Yeast, Vinegar, Cultured Wheat Starch, Enzymes, Malted Barley Flour, Ascorbic Acid (Dough Conditioner), Corn Protein, Soybean Oil

### 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	1.5	0	0	0	550	60	3	9	5	11	0	27	5	166

## Energy Bagel

Serving Size: 113g/4.00oz Recipe is: ☒ Vegetarian and ☒ Vegan

**Common Allergens:** Wheat

### INGREDIENTS:

Flour (Wheat Flour, Malted Barley Flour), Water, Sugar, Raisins, Cracked Wheat, Rolled Oats, Sunflower Kernels, Whole Wheat Flour, Contains Less Than 2%: Wheat Bran, Wheat Gluten, Salt, Wheat Flour, Yeast, Molasses, Vinegar, Cultured Wheat Starch, Enzymes, Malted Barley Flour, Ascorbic Acid (Dough Conditioner), Sunflower Oil Or Canola Oil Or Palm Oil, Corn Protein

### 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)
290	1	0	0	0	720	62	2	5	2	10	0	26	1	180

## Harvest Cookie

Serving Size: 71g/2.50oz Recipe is: ☒ Vegetarian and ☐ Vegan

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

### INGREDIENTS:

Rollled 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

# BAKERY

## Pain Au Raisin

Serving Size: 120g/4.23oz Recipe is: ☒ Vegetarian and ☐ Vegan

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

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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

## Chocolate Croissant

Serving Size: 86g/3.03oz Recipe is: ☒ Vegetarian and ☐ Vegan

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

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
350	20	11.5	12	50	160	33	4	16	16	6	0	20	2	149

## Plain Croissant

Serving Size: 80g/2.82oz Recipe is: ☒ Vegetarian and ☐ Vegan

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

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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

## Holiday Cookie Pack

Serving Size: 426g Recipe is: ☒ Vegetarian and ☐ Vegan

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

### INGREDIENTS:

**Chocolate Peppermint Crinkle Cookie** - 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

**Ginger Molasses Cookie** - 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)

**Double Chocolate Pecan Cookie** - 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

**Chocolate Chunk Cookie** - 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: SEE INDIVIDUAL COOKIE LISTINGS

# SNACKS

## Chocolate Moose

Serving Size: 100g/3.52oz Recipe is: ☒ Vegetarian and ☐ Vegan

**Common Allergens: Milk, Soy**

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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

## Lemon Cheesecake

Serving Size: 120g/4.23oz Recipe is: ☒ Vegetarian and ☐ Vegan

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

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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

## Brownie Bite

Serving Size: 43g/1.52oz Recipe is: ☒ Vegetarian and ☐ Vegan

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

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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

## Love Bite

Serving Size: 40g/1.41oz Recipe is: ☒ Vegetarian and ☐ Vegan

**Common Allergens: Pistachio, Almond, Milk, Soy**

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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

# SNACKS

## Nut Bar

Serving Size: 45g/1.59oz Recipe is: ☒ Vegetarian and ☐ Vegan

**Common Allergens: Almond, Coconut, Milk, Soy**

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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

## Popcorn Bar

Serving Size: 34g/1.20oz Recipe is: ☒ Vegetarian and ☐ Vegan

**Common Allergens: Milk, Soy**

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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

## Pret Bar

Serving Size: 64g/2.26oz Recipe is: ☒ Vegetarian and ☐ Vegan

**Common Allergens: Milk, Wheat**

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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

## Choc Bar

Serving Size: 70g/2.47oz Recipe is: ☒ Vegetarian and ☐ Vegan

**Common Allergens: Milk, Soy, Wheat**

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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

# SNACKS

## Chips – Salted

Serving Size: 42g/1.48oz Recipe is: ☒ Vegetarian and ☒ Vegan

### INGREDIENTS:

Potatoes, Sunflower Oil, Sea Salt

### NUTRITIONAL INFORMATION:

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

## Chips – Salt & Vinegar

Serving Size: 42g/1.48oz Recipe is: ☒ Vegetarian and ☒ Vegan

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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

## Chocolate – Dark Chocolate with Sea Salt

Serving Size: 25g/0.88oz Recipe is: ☒ Vegetarian and ☒ Vegan

**Common Allergens:** Soy

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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

## Chocolate – Milk Chocolate

Serving Size: 25g/0.88oz Recipe is: ☒ Vegetarian and ☒ Vegan

**Common Allergens:** Milk, Soy

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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

## Snack Packs – Raw Almonds

Serving Size: 35g/1.23oz Recipe is: ☒ Vegetarian and ☒ Vegan

**Common Allergens:** Almond

### INGREDIENTS:

Almonds

### NUTRITIONAL INFORMATION:

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

# SNACKS

## Snack Packs – Omega 3 Mix

Serving Size: 35g/1.23oz Recipe is: ☒ Vegetarian and ☒ Vegan

**Common Allergens:** Almond, Walnut, Pecan, Pistachio

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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

## Snack Packs – Chocolate Almonds

Serving Size: 42g/1.48oz Recipe is: ☒ Vegetarian and ☐ Vegan

**Common Allergens:** Almond, Milk, Soy

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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

## Plain Popcorn

Serving Size: 25g/0.88oz Recipe is: ☒ Vegetarian and ☒ Vegan

### INGREDIENTS:

Popcorn, Olive Oil, Himalayan Salt

### NUTRITIONAL INFORMATION:

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

## Kettle Popcorn

Serving Size: 25g/0.88oz Recipe is: ☒ Vegetarian and ☒ Vegan

**Common Allergens:** Coconut

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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



# COFFEE AND TEA

## Americano

Recipe is: ☒ Vegetarian and ☒ Vegan

### INGREDIENTS:

Water, Espresso

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

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

## Cappuccino

Recipe is: ☒ Vegetarian and ☐ Vegan

**Common Allergens:** Milk

### INGREDIENTS:

Milk, Espresso

**NUTRITIONAL INFORMATION:** Serving Size: 12 fl oz

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

**NUTRITIONAL INFORMATION:** Serving Size: 16 fl oz

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

**NUTRITIONAL INFORMATION:** Serving Size: 20 fl oz

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

## Chai Latte

Recipe is: ☒ Vegetarian and ☐ Vegan

**Common Allergens:** Milk

### INGREDIENTS:

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

**NUTRITIONAL INFORMATION:** Serving Size: 12 fl oz

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

**NUTRITIONAL INFORMATION:** Serving Size: 16 fl oz

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

**NUTRITIONAL INFORMATION:** Serving Size: 20 fl oz

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

# COFFEE AND TEA

## Cold Brew

Recipe is: ☒ Vegetarian and ☒ Vegan

**INGREDIENTS:** Speak to Barista / see packaging

**NUTRITIONAL INFORMATION:** Serving Size: 16 fl oz

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

**NUTRITIONAL INFORMATION:** Serving Size: 24 fl oz

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

## Espresso

Recipe is: ☒ Vegetarian and ☒ Vegan

**INGREDIENTS:** Espresso

**NUTRITIONAL INFORMATION:** Serving Size: 2 fl oz

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

## Filter Coffee

Recipe is: ☒ Vegetarian and ☒ Vegan

**INGREDIENTS:** Coffee

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

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

## Flat White

Recipe is: ☒ Vegetarian and ☐ Vegan

**Common Allergens:** Milk

**INGREDIENTS:** Milk, Espresso

**NUTRITIONAL INFORMATION:** Serving Size: 8 fl oz

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

## Grapefruit & Blueberry Iced Green Tea

Recipe is: ☒ Vegetarian and ☐ Vegan

**Common Allergens:** Milk

**INGREDIENTS:** Mango Green Tea (Organic Green Tea, Organic Licorice, Organic Lemongrass, Natural Mango Flavor), Red Grapefruit Syrup (Pure Cane Sugar, Water, Citric Acid, Natural Flavor, Concentrated Lemon Juice, Vegetable Juice (Color), Potassium Sorbate (Preservative)), Blueberries

**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)
100	0	0	0	0	0	23	0	22	21	0	0	1	0	13

**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)
140	0	0	0	0	0	34	0	33	31	0	0	1	0	13

# COFFEE AND TEA

## Herbal Teas - Caffeine Free

Recipe is: ☒ Vegetarian and ☒ Vegan

**INGREDIENTS:** **Peppermint:** Peppermint, Spearmint Vanilla Chai: Black Tea, Ginger, Cinnamon, Cloves, Peppermint, Nutmeg, Cardamom, Natural Vanilla Flavor | **Turmeric Tonic:** Organic Ginger, Organic Turmeric, Organic Liquorice, Organic Lemon Peel, Organic Black Pepper, Natural Lemon Flavor, Natural Ginger Flavor | **Fennel & Mint:** Organic Peppermint, Organic Spearmint, Organic Fenugreek, Organic Fennel, Organic Elderberry, Organic Turmeric, Organic Lemon Peel, Organic Nettle, Organic Rosemary, Organic Liquorice, Organic Marigold Petals

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

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

## Hot Chocolate

Recipe is: ☒ Vegetarian and ☐ Vegan

**Common Allergens:** Milk

**INGREDIENTS:**

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

**NUTRITIONAL INFORMATION:** Serving Size: 12 fl oz

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

**NUTRITIONAL INFORMATION:** Serving Size: 16 fl oz

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

**NUTRITIONAL INFORMATION:** Serving Size: 20 fl oz

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

## Iced Americano

Recipe is: ☒ Vegetarian and ☒ Vegan

**INGREDIENTS:** Water, Espresso

**NUTRITIONAL INFORMATION:** Serving Size: 16/24 fl oz

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

## Iced Chai Latte

Recipe is: ☒ Vegetarian and ☐ Vegan

**Common Allergens:** Milk

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

**NUTRITIONAL INFORMATION:** Serving Size: 16 fl oz

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

**NUTRITIONAL INFORMATION:** Serving Size: 24 fl oz

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

# COFFEE AND TEA

## Iced Coffee

Recipe is: ☒ Vegetarian and ☒ Vegan

### INGREDIENTS:

Coffee

**NUTRITIONAL INFORMATION:** Serving Size: 16/24 fl oz

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

## Iced Latte

Recipe is: ☒ Vegetarian and ☐ Vegan

**Common Allergens:** Milk

### INGREDIENTS:

Milk, Espresso

**NUTRITIONAL INFORMATION:** Serving Size: 16 fl oz

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

**NUTRITIONAL INFORMATION:** Serving Size: 24 fl oz

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

## Iced Mocha

Recipe is: ☒ Vegetarian and ☐ Vegan

**Common Allergens:** Milk

### INGREDIENTS:

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

**NUTRITIONAL INFORMATION:** Serving Size: 16 fl oz

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

**NUTRITIONAL INFORMATION:** Serving Size: 24 fl oz

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

## Iced Teas

Recipe is: ☒ Vegetarian and ☒ Vegan

### INGREDIENTS:

**Iced Black Tea:** Organic Black Tea

**Iced Green Tea:** Organic Green Tea, Organic Liquorice, Organic Lemongrass,

Organic Mango Flavor

**NUTRITIONAL INFORMATION:** Serving Size: 16/24 fl oz

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

Please be aware we use numerous ingredients in our kitchens and therefore cannot guarantee that any of our products are completely free of any allergen due to the potential for cross-contact. 12.01.20 ★ PAGE 36

# COFFEE AND TEA

## Latte

Recipe is: ☒ Vegetarian and ☐ Vegan

**Common Allergens:** Milk

### INGREDIENTS:

Milk, Espresso

#### NUTRITIONAL INFORMATION: Serving Size: 12 fl oz

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

#### NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

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

#### NUTRITIONAL INFORMATION: Serving Size: 20 fl oz

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

## Macchiato

Recipe is: ☒ Vegetarian and ☐ Vegan

**Common Allergens:** Milk

### INGREDIENTS:

Milk, Espresso

#### NUTRITIONAL INFORMATION: Serving Size: 4 fl oz

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

## Mocha

Recipe is: ☒ Vegetarian and ☐ Vegan

**Common Allergens:** Milk

### INGREDIENTS:

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

#### NUTRITIONAL INFORMATION: Serving Size: 12 fl oz

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

#### NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

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

#### NUTRITIONAL INFORMATION: Serving Size: 20 fl oz

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

# COFFEE AND TEA

## Pumpkin Pie Latte

Recipe is: ☒ Vegetarian and ☐ Vegan

**Common Allergens:** Milk

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION: Serving Size: 12 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
210	3	2	0.0	15	130	33	0	30	18	9	3	340	0	349

### 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

## Pumpkin Puree

Recipe is: ☒ Vegetarian and ☒ Vegan

**Common Allergens:**

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION: Serving Size: 1 fl oz

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

## Salted Caramel Hot Chocolate

Recipe is: ☒ Vegetarian and ☐ Vegan

**Common Allergens:** Milk

**INGREDIENTS:** Skim Milk (Organic Pasteurized Fat Free Milk, Vitamin A, Vitamin D), Chocolate Powder (Cane Sugar, Cocoa Powder - Processed with Alkali, Dark Chocolate ( Chocolate Liquor, Cane Sugar, Cocoa Powder)), Caramel Syrup - A, Salted Caramel Sauce (Sugar, Water, Non-Fat Dry Milk, Corn Syrup, Butter Fat, Modified Food Starch, Sea Salt, Cultured Dextrose, Natural Flavor, Caramel Color, Disodium Phosphate), Brown Sugar Whipped Cream-A (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: 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)
410	6	4	0.0	15	230	71	0	65	32	12	3	347	5	1080

### 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)
560	7	4.5	0.0	20	280	97	0	90	41	16	4	465	7	1550

### 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)
700	8	4.5	0.0	20	260	123	0	113	40	21	4	596	9	2035

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# COFFEE AND TEA

## Salted Caramel Latte

Recipe is: ☒ Vegetarian and ☐ Vegan

**Common Allergens: Milk**

**INGREDIENTS:** Skim Milk (Organic Pasteurized Fat Free Milk, Vitamin A, Vitamin D), Caramel Syrup - A, Salted Caramel Sauce (Sugar, Water, Non-Fat Dry Milk, Corn Syrup, Butter Fat, Modified Food Starch, Sea Salt, Cultured Dextrose, Natural Flavor, Caramel Color, Disodium Phosphate), Espresso (Water, Coffee Beans), Brown Sugar Whipped Cream-A (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: 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)
290	3.5	2.5	0.0	20	250	51	0	47	13	9	3	358	0	420

**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)
370	3.5	2.5	0.0	20	280	66	0	61	13	12	4	429	0	510

**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)
450	3.5	2.5	0.0	20	320	83	0	77	13	15	5	535	0	629

## Smores Hot Chocolate

Recipe is: ☒ Vegetarian and ☐ Vegan

**Common Allergens: Milk**

**INGREDIENTS:** Skim Milk (Organic Pasteurized Fat Free Milk, Vitamin A, Vitamin D), Chocolate Powder (Cane Sugar, Cocoa Powder - Processed with Alkali, Dark Chocolate (Chocolate Liquor, Cane Sugar, Cocoa Powder)), Toasted Marshmallow Syrup (Pure Cane Sugar, Water, Natural Flavors, Citric Acid), Brown Sugar Whipped Cream-A (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: 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)
370	5	3.5	0.0	15	130	60	0	57	45	12	3	359	5	1090

**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	6	4	0.0	15	160	86	0	81	66	16	3	442	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	5.5	0.0	20	200	113	0	106	88	20	4	560	9	1990

## Teas

Recipe is: ☒ Vegetarian and ☒ Vegan

**INGREDIENTS:**

**English Breakfast:** Black Tea

**Earl Gray:** Black Tea, Calendula Petals, Bergamot

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

**Rooibos Cacao:** Organic Rooibos, Organic Cocoa, Organic Cinnamon, Organic Chicory, Organic Coconut, Natural Coconut Flavor, Natural Vanilla Flavor

**Matcha Green:** Organic Sencha Tea, Organic Oolong Tea, Organic White Tea, Organic Matcha Tea

**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

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# SYRUPS

## Caramel Syrup

Recipe is: ☒ Vegetarian and ☒ Vegan

**INGREDIENTS:** Pure Cane Sugar, Water, Natural Flavors

**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	24	24	0	0	0	0	0

## Cane Syrup

Recipe is: ☒ Vegetarian and ☒ Vegan

**INGREDIENTS:** Pure Cane Sugar, Water

**NUTRITIONAL INFORMATION:** Serving Size: 1 fl oz

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

## Crème Caramel Syrup

Recipe is: ☒ Vegetarian and ☒ Vegan

**INGREDIENTS:** Pure Cane Syrup, Water, Natural Flavors, Citric Acid

**NUTRITIONAL INFORMATION:** Serving Size: 1 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
90	0	0	0	0	0	23	0	23	23	0	0	0	0	0

## Hazelnut Syrup

Recipe is: ☒ Vegetarian and ☒ Vegan

**Common Allergens:** Hazelnut

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

**NUTRITIONAL INFORMATION:** Serving Size: 1 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
90	0.0	0.0	0.0	0	5	22	0	22	22	0	0	0	0	0

## Sea Salt Caramel Toffee Sauce

Recipe is: ☒ Vegetarian and ☐ Vegan

**Common Allergens:** Milk

**INGREDIENTS:** Sugar, Water, Non Fat Dry Milk, Corn Syrup, Butter Fat, Modified Food Starch, Sea Salt, Cultered Dectrose, Natural Flavor, Caramel Color, Disodium Phosphate

**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)
110	1	1	0	5	240	24	0	22	20	1	1	47	0	60

## Toasted Marshmallow Syrup

Recipe is: ☒ Vegetarian and ☒ Vegan

**INGREDIENTS:** Pure Cane Sugar, 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

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# SYRUPS

## Vanilla Syrup

Recipe is: ☒ Vegetarian and ☒ Vegan

**INGREDIENTS:** Pure Cane Sugar, Water, Natural Flavors, Natural Vanilla Extract

**NUTRITIONAL INFORMATION:** Serving Size: 1 fl oz

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

## Whipped Cream Brown Sugar

Recipe is: ☒ Vegetarian and ☐ Vegan

**Common Allergens:** Milk

**INGREDIENTS:**

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

**NUTRITIONAL INFORMATION:** Serving Size: 2 Tbsp

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

# BARISTA MILKS & MILK ALTERNATIVES

## Skim Milk

Serving Size: 8 fl oz Recipe is: ☒ Vegetarian and ☐ Vegan

**Common Allergens:** Milk

### INGREDIENTS:

Organic Pasteurized Fat Free Milk, Vitamin A, Vitamin D

### 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	0.0	0.0	0.0	5	125	12	0	12	0	8	3	325	0	370

## Whole Milk

Serving Size: 8 fl oz Recipe is: ☒ Vegetarian and ☐ Vegan

**Common Allergens:** Milk

### INGREDIENTS:

Organic Pasteurized Whole Milk and Vitamin D

### 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	8.0	5.0	0.0	30	120	12	0	11	0	8	3	300	0	350

## Almond Milk

Serving Size: 8 fl oz Recipe is: ☒ Vegetarian and ☒ Vegan

**Common Allergens:** Almond

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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

## Oat Milk

Recipe is: ☒ Vegetarian and ☒ Vegan

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (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

Serving Size: 1 fl oz Recipe is: ☒ Vegetarian and ☐ Vegan

**Common Allergens:** Milk

### INGREDIENTS:

Organic Pasteurized Milk, Organic Pasteurized Heavy Cream

### 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)
40	3.0	2.0	0.0	10	10	1	0	1	0	1	0	30	0	36

# COLD DRINKS

## Coke

Recipe is: ☒ Vegetarian and ☒ Vegan

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION: 12 fl oz CAN

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

### NUTRITIONAL INFORMATION: 20 fl oz BOTTLE

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
240	0	0	0	0	75	65	0	65	65	0	0	0	0	0

## Diet Coke

Recipe is: ☒ Vegetarian and ☒ Vegan

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION: 12 fl oz CAN

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

### NUTRITIONAL INFORMATION: 20 fl oz BOTTLE

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

## Coke Zero

Recipe is: ☒ Vegetarian and ☒ Vegan

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION: 12 fl oz CAN

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

### NUTRITIONAL INFORMATION: 20 fl oz BOTTLE

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

# COLD DRINKS - JUICE SHOTS

## Cayenne Shot

Serving Size: 3.70 fl oz Recipe is: ☒ Vegetarian and ☒ Vegan

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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

## Ginger Shot

Serving Size: 3.70 fl oz Recipe is: ☒ Vegetarian and ☒ Vegan

### INGREDIENTS:

Apple Juice, Ginger Juice, Ascorbic Acid

### NUTRITIONAL INFORMATION:

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

## Apple Cider Vinegar Shot With Raspberry

Serving Size: 3.70 fl oz Recipe is: ☒ Vegetarian and ☒ Vegan

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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

## Ginger Kombucha

Serving Size: 8.45 fl oz Recipe is: ☒ Vegetarian and ☒ Vegan

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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

# COLD DRINKS - LEMONADES & TEAS

## Raspberry Lemonade

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

### INGREDIENTS:

Water, Lemon Juice, Sugar, Raspberry 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	45	1	42	40	0	0	16	1	57

## Classic Lemonade

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

### INGREDIENTS:

Water, Lemon Juice, Sugar

### NUTRITIONAL INFORMATION:

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

## Peach Green Tea

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

### INGREDIENTS:

Water, Peach Puree, Sugar, Brewed Green Tea

### 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)
130	0	0	0	0	10	32	1	31	27	0	0	16	1	57

## Pomegranate White Tea

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

### INGREDIENTS:

Water, Sugar, Pomegranate Juice, Brewed White Tea

### 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)
140	0	0	0	0	15	34	0	33	30	0	0	16	1	57

# COLD DRINKS

## Green Good Stuff

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

### INGREDIENTS:

Apple Juice, Cucumber Juice, Spinach Juice, Celery 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)
180	0	0	0	0	190	38	0	33	0	4	0	70	2	160

## Grapefruit Juice

Serving Size: 8.45 fl oz Recipe is: ☒ Vegetarian and ☒ Vegan

### INGREDIENTS:

Grapefruit Juice

### NUTRITIONAL INFORMATION:

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

## Orange Juice

Recipe is: ☒ Vegetarian and ☒ Vegan

### INGREDIENTS:

Orange Juice

### NUTRITIONAL INFORMATION: Serving Size: 8.45 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	26	0	21	0	2	0	27	0	496

### NUTRITIONAL INFORMATION: Serving Size: 13.50 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	0	0	50	0	42	0	4	0	54	0	992

## Orange & Mango Juice

Serving Size: 8.45 fl oz Recipe is: ☒ Vegetarian and ☒ Vegan

### INGREDIENTS:

Orange Juice, Mango 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)
120	0.5	0	0	0	0	28	1	22	0	2	0	30	1	488

## Super Berry Smoothie

Serving Size: 8.45 fl oz Recipe is: ☒ Vegetarian and ☒ Vegan

### INGREDIENTS:

Apple Juice, Banana Puree, Strawberry Puree, Pineapple Juice, Raspberry Puree, Blueberry Puree, Lemon Juice

### NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
140	0	0	0	0	55	33	3	28	0	1	0	40	2	446

# COLD DRINKS

## Spindrift- Grapefruit

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

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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

## Spindrift- Lemon

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

### INGREDIENTS:

Carbonated Water, Lemon Juice

### NUTRITIONAL INFORMATION:

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

## Spindrift- Raspberry Lime

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

### INGREDIENTS:

Carbonated Water, Raspberry Puree, Raspberry Juice, Lime Juice

### NUTRITIONAL INFORMATION:

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

## Tangerine Turmeric Carrot Juice

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

### INGREDIENTS:

Tangerine Juice, Carrot Juice, Mango Puree, Turmeric Juice, 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)
160	0.5	0	0	0	10	36	1	32	0	3	0	58	1	780

## Watermelon, Beet & Berry Juice

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

### INGREDIENTS:

Watermelon Juice, Apple Juice, Strawberry Puree, Beet Juice, 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)
150	0	0	0	0	10	33	2	27	0	3	0	34	1	498

# COLD DRINKS - WATER

## Sparkling Water

Serving Size: 17 fl oz Recipe is: ☒ Vegetarian and ☒ Vegan

**INGREDIENTS:**

Carbonated Spring Water

**NUTRITIONAL INFORMATION:**

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

## Still Water

Serving Size: 17/24 fl oz Recipe is: ☒ Vegetarian and ☒ Vegan

**INGREDIENTS:**

Spring Water

**NUTRITIONAL INFORMATION:**

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



# CATERING PLATTERS

For full declaration, nutritional information, and allergens for each item, Please refer to the relevant section earlier in this guide.

## Baguette Platter

Serving Size: 1376g/48.53oz Recipe is: ☐ Vegetarian and ☐ Vegan

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

### CONTAINS:

1 Balsamic Chicken Baguette (cut into 4 pieces)

1 Pret's Caprese Baguette (cut into 4 pieces)

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

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

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

THIS PLATTER FEEDS 6 PEOPLE.

### NUTRITIONAL INFORMATION FOR 1 PLATTER:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
3610	156	42	0	365	8170	374	26	27	5	164	0	1229	11	1812

## Breakfast Baguette Platter

Serving Size: 1465g/51.68oz Recipe is: ☐ Vegetarian and ☐ Vegan

**Common Allergens: Egg, Wheat**

### CONTAINS:

3 Egg & Avocado Breakfast Baguette

3 Egg & Bacon Breakfast Baguette

3 Egg Salad & Roasted Tomato Breakfast Baguette

THIS PLATTER FEEDS 9 PEOPLE.

### NUTRITIONAL INFORMATION FOR 1 PLATTER:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
4000	208	37	0	1855	8740	370	32	26	0	146	11	358	13	2235

## Classic Sandwich Platter

Serving Size: 1297g/45.75oz Recipe is: ☐ Vegetarian and ☐ Vegan

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

### CONTAINS:

1 Balsamic Chicken Avocado Sandwich (cut into 4 pieces)

1 California Club Sandwich (cut into 4 pieces)

1 Chicken & Bacon Sandwich (cut into 4 pieces)

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

1 Pret's Tuna Salad Sandwich (cut into 4 pieces)

THIS PLATTER FEEDS 5 PEOPLE.

### NUTRITIONAL INFORMATION FOR 1 PLATTER:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
2640	127	20	0	615	4150	227	12	38	1	138	2	1077	14	3088

# CATERING PLATTERS

## Chicken Avocado Salad Platter

Serving Size: 1104g/38.94oz Recipe is: ☐ Vegetarian and ☐ Vegan

**Common Allergens: Walnut**

### INGREDIENTS:

**Salad:** 2 Avocado (264 g), 12 mL (12 g) Lemon Juice, 48 g Walnuts, 300 g Mesclun, 280 g Sliced Chicken, 140 g Grape Tomatoes, 60 g Craisins

**Balsamic Dressing:** Canola Oil, Balsamic Vinegar (Wine Vinegar, Concentrated Grape Must), Honey, Garlic Puree (Garlic, Vinegar), Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Red Pepper), Filtered Water, Salt, Pepper, Xanthan Gum (Stabilizer), Dehydrated Onion

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

### NUTRITIONAL INFORMATION FOR 1 PLATTER - WITHOUT DRESSING/ROLLS:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
1350	77	10	0	205	1220	91	28	50	41	79	0	214	8	3346

### NUTRITIONAL INFORMATION FOR 1 DRESSING POT:

Serving Size: 57g/2oz Recipe is: ☒ Vegetarian and ☐ Vegan

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
290	28	2	0	0	430	6	0	5	4	0	0	8	0	11

## Chicken Caesar Salad Platter

Serving Size: 1117g/39.40oz Recipe is: ☐ Vegetarian and ☐ Vegan

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

### INGREDIENTS:

**Salad:** 60 g Asiago Crisp, 540 g Romaine Lettuce, 280 g Sliced Chicken, 0.5 Lemon, 140 g Grape Tomatoes, 60 g Veggy Parmesan, 8 g Basil **Caesar**

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

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

### NUTRITIONAL INFORMATION FOR 1 PLATTER - WITHOUT DRESSING/ROLLS:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
1060	54	28	0	305	3030	28	14	11	0	116	0	1883	7	2720

### NUTRITIONAL INFORMATION FOR 1 DRESSING POT:

Serving Size: 57g/2oz Recipe is: ☐ Vegetarian and ☐ Vegan

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

## Chipotle Chicken Salad Platter

Serving Size: 1126g/39.71oz Recipe is: ☐ Vegetarian and ☐ Vegan

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

### INGREDIENTS:

**Salad:** 132 g Avocado, 400 g Romaine Lettuce, 140 g Pickled Red Onion, 280 g Sliced Chicken, 24 g Crispy Onion, 20 g Cilantro, 128 g Charred Corn, 2 g Chili Salt

### NUTRITIONAL INFORMATION FOR 1 PLATTER - WITHOUT DRESSING/ROLLS:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
990	39	4.5	0	205	2350	93	22	35	21	77	0	206	7	3055

# CATERING PLATTERS

## Cookie Platter, Chocolate Chip

Serving Size: 71g/2.50oz Recipe is: ☒ Vegetarian and ☐ Vegan

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

**INGREDIENTS:** Chocolate Chunk Cookie -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	120

## Cookie Platter, Harvest

Serving Size: 71g/2.50oz Recipe is: ☒ Vegetarian and ☐ Vegan

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

**INGREDIENTS:** Harvest Cookie - 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	212	6	0	35	260	40	3	21	18	5	0	32	2	150

## Croissant Box

Serving Size: 100g/3.50oz Recipe is: ☒ Vegetarian and ☐ Vegan

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

**CONTAINS:** Almond Croissants - 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	12	8	0	45	1	160

## Mediterranean Mezze Salad Platter

Serving Size: 1125g/39.68oz Recipe is: ☒ Vegetarian and ☒ Vegan

**Common Allergens:** Pine Nuts, Sesame

### INGREDIENTS:

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

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

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

### NUTRITIONAL INFORMATION FOR 1 PLATTER - WITHOUT DRESSING/ROLLS:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
1650	85	5	0	0	4100	185	40	50	25	55	0	915	25	2510

### NUTRITIONAL INFORMATION FOR 1 DRESSING POT:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (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	17	1	0	0	430	6	0	6	1	0	0	3	0	8

# CATERING PLATTERS

## Very Veggie Sandwich Platter

Serving Size: 1046g/36.90oz Recipe is: ☒ Vegetarian and ☐ Vegan

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

### CONTAINS:

1 Cheddar and Tomato (cut into 4 pieces)

2 Super Veggie (cut into 8 pieces)

2 Egg Salad & Arugula (cut into 8 pieces)

THIS PLATTER FEEDS 5 PEOPLE.

### NUTRITIONAL INFORMATION FOR 1 PLATTER:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
2180	108	21	0	620	3590	227	14	39	0	76	4	1395	13	2391

## Yogurt Pot Platter

Serving Size: 1993g/70.30oz Recipe is: ☒ Vegetarian and ☐ Vegan

**Common Allergens: Almond, Milk**

### CONTAINS:

3 Banana & Honey Pots,

2 Blueberry & Granola Pots,

3 Little Cups of Goodness

THIS PLATTER FEEDS 8 PEOPLE.

### NUTRITIONAL INFORMATION FOR 1 PLATTER:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
2710	87	30	0	215	490	352	28	236	24	140	0	1575	6	3462

## Snack Box

**Common Allergens: see product pages**

### CONTAINS:

4 Ginger Shots,

2 Salted Corn,

1 Milk Chocolate Bar

1 Dark Chocolate with Sea Salt Bar

2 Raw Almonds

2 Nut Bars

2 Omega Mix

### NUTRITIONAL INFORMATION:

REFER TO THE COLD DRINKS- JUICE SHOTS AND SNACKS SECTION OF THE NUTRITIONAL GUIDE

## Treat Box

**Common Allergens: see product pages**

### CONTAINS:

2 Kettle Corn

2 Love Bars

2 Brownie Bites

2 Chocolate Almonds

2 Popcorn Bars

2 Choc Bar

### NUTRITIONAL INFORMATION:

REFER TO THE SNACKS SECTION OF THE NUTRITIONAL GUIDE

# CATERING

## Chicken Avo Salad & Chicken Noodle Soup

Serving Size: 2472g/87.15oz Recipe is: ☐ Vegetarian and ☐ Vegan

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

### INGREDIENTS:

Platter size salad and 32oz of soup. Comes with 4 brownie bites and a French baguette.

### 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)
3986	242	45	0	485	7250	306	40	156	133	148	0	346	15	4410

## Chicken Avo Salad & Tomato Feta Soup

Serving Size: 2512g/88.55oz Recipe is: ☐ Vegetarian and ☐ Vegan

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

### INGREDIENTS:

Platter Size Salad And 32oz Of Soup. Comes With 4 Brownie Bites And A French Baguette.

### 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)
4126	263	55	0	415	7490	316	44	178	133	128	0	550	11	4870

## Chicken Avo Salad & Moroccan Lentil Soup

Serving Size: 2512g/88.55oz Recipe is: ☐ Vegetarian and ☐ Vegan

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

### INGREDIENTS:

Platter Size Salad And 32oz Of Soup. Comes With 4 Brownie Bites And A French Baguette.

### 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)
4386	267	49	0	345	6310	352	62	162	133	144	0	392	19	5320

## Chicken Caesar Salad & Chicken Noodle Soup

Serving Size: 2485g/87.61oz Recipe is: ☐ Vegetarian and ☐ Vegan

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

### INGREDIENTS:

Platter Size Salad And 32oz Of Soup. Comes With 4 Brownie Bites And A French Baguette.

### 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)
3736	235	67	0	639	8270	243	26	105	76	193	0	2179	14	3830

## Chicken Caesar Salad & Tomato Feta Soup

Serving Size: 2525g/89.01oz Recipe is: ☐ Vegetarian and ☐ Vegan

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

### INGREDIENTS:

Platter Size Salad And 32oz Of Soup. Comes With 4 Brownie Bites And A French Baguette.

### 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)
3876	256	77	0	560	8510	253	30	127	76	173	0	2383	10	4290

Please be aware we use numerous ingredients in our kitchens and therefore cannot guarantee that any of our products are completely free of any allergen due to the potential for cross-contact. 12.01.20 ★ PAGE 53

# CATERING

## Chicken Caesar Salad & Moroccan Lentil Soup

Serving Size: 2525g/89.01oz Recipe is: ☐ Vegetarian and ☐ Vegan

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

### INGREDIENTS:

Platter Size Salad And 32oz Of Soup. Comes With 4 Brownie Bites And A French Baguette.

### 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)
4136	260	71	0	490	7330	289	48	111	76	189	0	2225	18	4740

## Chicken Noodle Soup (32oz)

Serving Size: 868g/30.60oz Recipe is: ☐ Vegetarian and ☐ Vegan

**Common Allergens:** Egg, Wheat

### INGREDIENTS:

Chicken Stock (Water, Chicken, Onions, Celery, Carrots, Sea Salt, Garlic, Parsley, White Pepper, Thyme, Bay Leaves, Marjoram), Chicken (Dark and Light Meat), Egg Noodle (Semolina, Eggs, Egg White, Niacin, Iron (Ferrous Sulfate), Thiamin Mononitrate, Riboflavin, Folic Acid), Carrots, Parsnips, Celery, Onions, Sea Salt, Chicken Fat, Roasted Chicken Stock (Chicken Stock, Roasted Chicken Stock, Mirepoix Stock (Carrot, Celery, Onion), Dried Chicken Stock, Salt, Poultry Gelatin, Water, White Wine), Parsley, Dill, Thyme, Bay Leaf, 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)
380	9	2	0	140	2800	42	4	8	0	38	0	114	8	830

## Moroccan Lentil Soup (32oz)

Serving Size: 908g/32oz Recipe is: ☒ Vegetarian and ☒ Vegan

**Common Allergens:** Soy

### INGREDIENTS:

Water, Lentils, Onions, Carrots, Celery, Turnips, Olive Oil, Tomato Paste (Tomatoes, Naturally Derived Citric Acid), Rice Flour, Soybean Oil, Balsamic Vinegar (Wine Vinegar, Grape Must), Garlic, Sea Salt, Spices, Paprika, Parsley

### 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)
780	34	6	0	0	1860	88	26	14	0	34	0	160	12	1740

## Tomato Feta Soup (32oz)

Serving Size: 454g/17.28oz Recipe is: ☒ Vegetarian and ☐ Vegan

**Common Allergens:** Milk

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (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	14	6	0	40	1520	26	4	14	0	10	0	160	2	640

# CATERING KITS

## Avocado Tartine Kit

Serving Size: 978g/34.50oz Recipe is: ☒ Vegetarian and ☒ Vegan

**Common Allergens:**

**INGREDIENTS:**

Loaf Of Gluten Free Bread (6 Slices + 2 Ends), 4 Avocados, Lemon, Chili 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)
1450	121	17	0	0	270	90	64	8	0	24	0	282	6	4210

## Chipotle Chicken Grain Bowl Kit

Serving Size: 978g/34.50oz Recipe is: ☐ Vegetarian and ☐ Vegan

**Common Allergens:**

**INGREDIENTS:**

Loaf Of Gluten Free Bread (6 Slices + 2 Ends), 4 Avocados, Lemon, Chili 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)
1450	121	17	0	0	270	90	64	8	0	24	0	282	6	4210