

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 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.



Table of Contents

| | |
|-----------------------------------|-------|
| Yogurt & Fruit Pots | 4-5 |
| Hot Breakfast | 6-7 |
| Sandwiches | 8-9 |
| Wraps | 10-11 |
| Baguettes | 12-14 |
| Salads & Dressings | 15-18 |
| Pots | 19 |
| Hot Food | 20-22 |
| Bakery | 23-26 |
| Snacks | 27-30 |
| Coffee & Tea | 31-37 |
| Barista Milks & Milk Alternatives | 38-39 |
| Cold Drinks | 40-44 |
| Catering | 45-51 |
| Minor Figures Oat M*lk Beverages | 52 |



Yogurt & Fruit

Banana

Serving Size: 118g/4.16 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 |

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) | TransFat (g) | Cholest. (mg) | Sodium (mg) | TotalCarbs (g) | Dietary Fiber (g) | Total Sugar(g) | Added Sugar (g) | Protein(g) | VitaminD (mcg) | Calcium (mg) | Iron(mg) | Potassium (mg) |
|----------|--------------|------------|--------------|---------------|-------------|----------------|-------------------|----------------|-----------------|------------|----------------|--------------|----------|----------------|
| 310 | 9 | 3.5 | 0 | 25 | 60 | 41 | 3 | 29 | 5 | 16 | 0 | 182 | 1 | 306 |

Blueberry & Granola

Serving Size: 274g/9.66oz Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Milk

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

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans (g) | Cholest. (mg) | Sodium (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 | 13 | 5 | 0 | 40 | 115 | 36 | 2 | 22 | 2 | 23 | 0 | 266 | 2 | 437 |

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, Water, Fruit Pectin (Gelling Agent), Locust Bean Gum (Thickener), Concentrated Acerola Cherry Juice)

NUTRITIONAL INFORMATION:

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

Yogurt & Fruit

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 |

Pineapple & Lime

Serving Size: 155g/5.46oz Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS: Pineapple, Lime

NUTRITIONAL INFORMATION:

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

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 |

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 |

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-Oxidase, 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 |

Pret's Shakshuka Frittata

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

Common Allergens: Egg, Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

HOT BREAKFAST

Creamy Oatm*lk Porridge

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

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

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 | 210 | 28 | 2 | 4 | 0 | 15 | 0 | 205 | 1 | 83 |

SANDWICHES

Cheddar & Tomato

Serving Size: 240g/8.46oz Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (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 | 8.46 | 450 | 23 | 9 | 0 | 70 | 850 | 45 | 1 | 5 | 0 | 20 | 0 | 366 |

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 |

Egg Salad & Arugula

Serving Size: 225g/7.93oz Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Egg, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 225g/7.93oz

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

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

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

SANDWICHES

Pret's Chicken Salad and Avocado

Serving Size: 260g/9.17oz Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Almond, Egg, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 260g/9.17oz

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

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

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

Roasted Turkey, Swiss, and Apple

Serving Size: 239g/8.43oz Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

Multigrain Bread (Enriched Wheat Flour (Wheat Flour, Calcium Carbonate, Reduced Iron, Niacin, Thiamin), Water, Malted Wheat Flakes, Wheat Bran, Yeast, Wheat Gluten, Malted Barley Flour, Salt, Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids, Rapeseed Oil, Ascorbic Acid (Flour Treatment Agent)), Roasted Turkey Breast Turkey Breast, Sea Salt, Swiss (Cultured Pasteurized Part-Skim Milk, Salt, Enzymes), Julienne Apples, Mustard Mayo (Canola Oil, Whole Grain Mustard (Water, Mustard Seed, Vinegar, Salt, Citric Acid, Turmeric), Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Red Pepper), Cage-Free Egg Yolk, Water, Cage-Free Whole Eggs (Cage-Free Whole Eggs, Citric Acid), Honey, White Distilled Vinegar, Sea Salt, Lemon Juice Concentrate), Mesclun, Crispy Onions (Onions, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sunflower and/or Safflower Oil, Sea Salt), Seasoning (Salt, Black Pepper)

NUTRITIONAL INFORMATION: Serving Size: 239g/8.43oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 530 | 25 | 7 | 0 | 90 | 920 | 49 | 1 | 6 | 0 | 29 | 0 | 372 | 2 | 382 |

Bang Bang Chicken

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

Common Allergens: Egg, Soy, Wheat, Sesame

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

Crunchy Chipotle Chicken and Avocado

Serving Size: 343g/12.09oz Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

Falafel & Hummus

Serving Size: 374g/13.19oz Recipe is: ☒ Vegetarian and ☒ Vegan

Common Allergens: Sesame, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

Green Goodness Roasted Turkey

Serving Size: 354g/12.48oz Recipe is: [] Vegetarian and [] Vegan

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

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 660 | 41 | 6 | 0 | 55 | 1270 | 55 | 5 | 3 | 1 | 29 | 0 | 186 | 4 | 867 |

Mozzarella and Red Pepper with Romesco

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

Common Allergens: Almonds, Egg, Milk, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

BAGUETTES

Maine Lobster Roll

Serving Size: 289g/10.19oz Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Lobster, Egg, Wheat

INGREDIENTS:

White Baguette (Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Salt, Yeast, Malted Wheat Flour, Food Enzymes (Xylanase, Glucose-Oxidase, Lipase, Protease, Alpha-Amylase), Ascorbic Acid), Lobster, Mayonnaise (Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains Less Than 2%: Salt, Spice, Lemon Juice Concentrate), Cucumbers, Romaine, Chili Salt (Paprika, Sea Salt, Chilli Flakes), Seasoning (Salt, Black Pepper), Lemon Juice

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 700 | 37 | 3 | 0 | 125 | 1540 | 68 | 4 | 1 | 0 | 25 | 0 | 133 | 4 | 322 |

Romesco Chicken and Mozzarella

Serving Size: 284g/10.01oz Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Almond, Egg, Milk, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

Pret's Caprese

Serving Size: 255g/8.99 oz Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Pine Nut, Egg, Milk, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 690 | 35 | 12 | 0 | 50 | 1120 | 69 | 4 | 1 | 0 | 27 | 0 | 346 | 4 | 198 |

Pret's Famous Ham & Cheese

Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Egg, Milk, Wheat

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

NUTRITIONAL INFORMATION: Serving Size: 251g/8.85oz

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

BAGUETTES

Pret's Italian

Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Egg, Milk, Wheat

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

NUTRITIONAL INFORMATION: Serving Size: 256g/9.03oz

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

Tuna & Cucumber

Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Tuna, Egg, Wheat

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

NUTRITIONAL INFORMATION: Serving Size: 284g/10.01oz

| Calories | Total Fat (g) | Sat Fat (g) | Sugar Fat (g) | Cholest. Added | Sodium Added | Total Carbs Fiber | Dietary Fiber Fiber | Total Vitamin (g) | D (mcg) Sugar (g) | Calcium (g) | Vitamin Iron | Calcium Added | Iron Added | Potassium (mg) |
|----------|---------------|-------------|---------------|----------------|--------------|-------------------|---------------------|-------------------|-------------------|-------------|--------------|---------------|------------|----------------|
| 700 | 32 | 3 | 0 | 50 | 1080 | 68 | 4 | 1 | 0 | 34 | 0 | 23 | 5 | 450 |

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 |

BREAKFAST BAGUETTE

Egg Salad & Avocado

Serving Size: 167g/5.89oz Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Egg, Wheat

INGREDIENTS:

White Baguette (Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Salt, Yeast, Malted Wheat Flour, Food Enzymes (Xylanase, Glucose-Oxidase, Lipase, Protease, Alpha-Amylase), Ascorbic Acid), Egg Salad (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) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 400 | 22 | 3 | 0 | 210 | 640 | 37 | 4 | 1 | 0 | 14 | 1 | 40 | 3 | 300 |

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 |

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 |

SALADS

Mediterranean Mezze Salad

Serving Size: 377g/13 oz Recipe is: ☒ Vegetarian and ☒ Vegan

Common Allergens: Sesame

INGREDIENTS:

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

Lemon 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) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 540 | 33 | 2 | 0 | 0 | 1390 | 53 | 10 | 19 | 7 | 13 | 0 | 233 | 6 | 782 |

Blackened Salmon, Avocado & Grains Salad

Serving Size: 382g/13.47 oz Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Salmon, Coconut, Soy

INGREDIENTS:

Salad: Romaine, Atlantic Salmon (Atlantic Salmon, Salt, Spices (Black Pepper, Thyme, White Pepper, Oregano, Red Pepper, Paprika, Granulated Garlic, Granulated Onion, Chili Pepper)), 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 | 34 | 10 | 20 | 12 | 28 | 2 | 81 | 2 | 1010 |

Maine Lobster Salad

Serving Size: 415g/15 oz Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Lobster, Egg, Milk

INGREDIENTS:

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

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

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 440 | 32 | 6 | 0 | 115 | 830 | 27 | 7 | 9 | 3 | 18 | 0 | 188 | 2 | 841 |

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 |

HOT FOOD

Pret's Chicken Parm

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

Common Allergens: Milk, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

Spinach & Tomato Mac & Cheese

Serving Size: 423g/14.92oz Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Milk, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

Lobster Mac & Cheese

Serving Size: 434g/15.30oz Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Lobster, Milk, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 640 | 32 | 19 | 0 | 150 | 1460 | 58 | 0 | 7 | 0 | 34 | 2 | 636 | 1 | 328 |

SOUPS

Turmeric 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 |

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 |

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 |

Cauliflower & Chickpea Grain Bowl

Serving Size: 349g/12.31oz Recipe is: ☒ Vegetarian and ☒ Vegan

Common Allergens: Coconut

INGREDIENTS:

Curry Sauce (Coconut Milk (Coconut Milk, Guar Gum), Garbanzo Beans (Garbanzo Beans, Water, Sea Salt), Water, Onions, Red Lentil, Lime Juice, Canola Oil, Rice Starch, Sea Salt, Garlic in Water (Garlic, Water), Ginger Puree (Ginger, Citric Acid), Curry Powder (Spices, Turmeric, Mustard, Garlic), Paprika, Cumin, Coriander, Black Pepper, Turmeric, Xanthan Gum, Ground Red Pepper), Grain Mix (Brown Rice, White Quinoa, Red Quinoa, Lemon Juice (Water, Concentrated Lemon Juice), Canola Oil, Salt, Black Pepper), Blanched Cauliflower

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (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 | 21 | 12 | 0 | 0 | 670 | 51 | 7 | 6 | 3 | 11 | 0 | 80 | 5 | 880 |

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 |

Harvest Cookie

Serving Size: 71g/2.5oz 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 |

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 |

BAKERY

Plain Croissant

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

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

SNACKS

Chocolate Moose

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

Common Allergens: Milk, Soy

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

Lemon Cheesecake

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

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

Brownie Bite

Serving Size: 43g/1.52oz 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 |

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. 06.15.21 ★ PAGE 32

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 |

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 |

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 |

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 | 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 | 5 | 21 | 0 | 21 | 21 | 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 |

BARISTA MILKS & MILK ALTERNATIVES

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

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 |

Daily Greens Juice

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

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

Super Reds Juice

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

INGREDIENTS:

Apple, Strawberry, Acai, Raspberry, Ascorbic Acid

NUTRITIONAL INFORMATION:

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

COLD DRINKS

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 |

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 |

COLD DRINKS

Sparkling Water

Serving Size: 17 fl oz Recipe is: [x] Vegetarian and [x] Vegan

INGREDIENTS:

Carbonated Spring Water

NUTRITIONAL INFORMATION:

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

Still Water

Serving Size: 17/24 fl oz Recipe is: [x] Vegetarian and [x] Vegan

INGREDIENTS:

Spring Water

NUTRITIONAL INFORMATION:

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

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: 1585g/56oz Recipe is: ☒ Vegetarian and ☒ Vegan

Common Allergens: Sesame

INGREDIENTS:

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

Lemon Shallot: 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)

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) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 1800 | 80 | 3 | 0 | 0 | 4800 | 235 | 50 | 65 | 30 | 65 | 0 | 1150 | 30 | 3860 |

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 | 10 |

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)

(1) 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 Kettle 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 |

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) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| | | | | | | | | | | | | | | |

MINOR FIGURES OAT M*LK BEVERAGES

Minor Figures Oat Latte

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

Common Allergens: None

INGREDIENTS:

Cold Brew Coffee (filtered water, arabica coffee), Water, Oats, Sunflower Oil, Sea Salt

NUTRITIONAL INFORMATION: Serving Size: 250 mL/8.45oz

| Calories | Total Fat Fiber | Sat Fat Fiber | Sugar Fat (g) | Cholest. (mg) | Sodium (mg) | Total Protein (g) | Dietary Fiber Fiber | Total Vitamin Fiber | D (mcg) Sugar (g) | Calcium (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|--------------------|------------------|------------------|------------------|----------------|-------------------------|---------------------------|---------------------------|----------------------|----------------|--------------------|-----------------|--------------|-------------------|
| 148 | 6 | 1.0 | 0 | 60 | 100 | 23 | 0 | 10 | 0 | 1 | 0 | 0 | 0 | 0 |

Minor Figures Oat Chai Latte

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

Common Allergens: None

INGREDIENTS:

Chai concentrate (water, cinnamon bark, black tea, ginger, clove, black pepper, star anise, nutmeg, cardamom), Water, Oats, Sunflower Oil, Sea Salt

NUTRITIONAL INFORMATION: Serving Size: 250 mL/8.45oz

| Calories | Total Fat (g) | Sat Fat Fiber | Sugar Fat (g) | Cholest. (mg) | Sodium (mg) | Total Protein (g) | Dietary Fiber (g) | Total Vitamin Fiber | D (mcg) Sugar (g) | Calcium Fiber | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|------------------|------------------|------------------|------------------|----------------|-------------------------|-------------------------|---------------------------|----------------------|------------------|--------------------|-----------------|--------------|-------------------|
| 158 | 7 | 1 | 0 | 0 | 40 | 23 | 0 | 11 | 0 | 0 | 0 | 0 | 0 | 0 |

Minor Figures Oat Matcha Latte

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

Common Allergens: None

INGREDIENTS:

Choose a building block.

NUTRITIONAL INFORMATION: Serving Size: 250 mL/8.45oz

| Calories | Total Fat (g) | Sat Fat Fiber | Sugar Fat (g) | Cholest. (mg) | Sodium (mg) | Total Protein (g) | Dietary Fiber (g) | Total Vitamin (g) | D (mcg) Sugar (g) | Calcium Fiber | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|------------------|------------------|------------------|------------------|----------------|-------------------------|-------------------------|-------------------------|----------------------|------------------|--------------------|-----------------|--------------|-------------------|
| 189 | 7 | 1 | 0 | 0 | 70 | 28 | 3 | 14 | 0 | 2 | 0 | 0 | 0 | 0 |

Minor Figures Oat Mocha

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

Common Allergens: None

INGREDIENTS:

Cold Brew Coffee (filtered water, arabica coffee), Water, Oats, Sunflower Oil, Cocoa Powder, Sea Salt, Sweetener (Stevia)

NUTRITIONAL INFORMATION: Serving Size: 250 mL/8.45oz

| Calories | Total Fat (g) | Sat Fat (g) | Sugar Fat (g) | Cholest. (mg) | Sodium (mg) | Total Protein (g) | Dietary Fiber (g) | Total Vitamin (g) | D (mcg) Sugar (g) | Calcium Fiber | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|------------------|----------------|------------------|------------------|----------------|-------------------------|-------------------------|-------------------------|----------------------|------------------|--------------------|-----------------|--------------|-------------------|
| 160 | 6 | 1 | 0 | 0 | 100 | 24 | 0 | 10 | 0 | 3 | 0 | 0 | 0 | 0 |