Pret's **Nutrition & Allergen** Guide



Pret Nutritional Guide- Valid for locations in NY, MA, IL, DC, PA, DE, NJ, NC, CA
Ver. 1 [11.11.2026]

Nutrition

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

Allergies & Ingredients

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

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

Our Nutrition & Allergen Guide contains a list of all the products we sell in our US shops, with full ingredient lists and the 9 FDA declarable allergen information listed for your reference. You will also find declarable allergens listed on the product shelf tickets in our shops. For branded products, please review the individual product label.

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,visit www.pret.com get in touch with our Customer Service team at 646-728-0505 who will be happy to help. We strongly advise consulting with your physician first if you have any concerns around consuming any Pret products.

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YOGURT & FRUIT POTS

Banana

Serving Size: 118g/4.16oz
Recipe is: [x] Vegetarian and [x] Vegan
INGREDIENTS:
Banana
NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
100	0	0	0	0	0	27	3	14	0	1	0	78	0	520

Berry Yogurt Parfait Pot (LAX Only)

Serving Size: 207g/7.30oz
Recipe is: [x] Vegetarian and [] Vegan
Common Allergens: Milk
INGREDIENTS:
Yogurt (Cultured Pasteurized Milk, Live and Active Cultures (S. Thermophilus, L. Bulgaricus, L. Acidolphilus, Bifidus, L. Casei)), Granola (Rolled Oats, Brown Sugar, Pumpkin Seeds, Raisins, Brown Rice Syrup, Canola Oil, Flaxseed, Apple Juice Concentrate, Water, Maple Syrup, Invert Sugar, Cinnamon, Salt), Strawberries, Blueberries
NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
207	7	3.1	0	24	93	33	2	12	4	14	0	172	0.89	294

Banana & Honey Yogurt Pot (LAX Only)

Serving Size: 275g/9.70oz
Recipe is: [x] Vegetarian and [] Vegan
Common Allergens: Almond, Milk
INGREDIENTS:
Yogurt (Cultured Pasteurized Milk, Live and Active Cultures (S. Thermophilus, L. Bulgaricus, L. Acidolphilus, Bifidus, L. Casei)), Banana, Honey, Sliced Almonds
NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
360	11	3	0	25	55	54	4	39	0	15	0	185	1	630

Blueberry Yogurt Pot

Serving Size: 154g/5.43oz
Recipe is: [x] Vegetarian and [] Vegan
Common Allergens: Milk
INGREDIENTS:
Chobani Non-Fat Plain Greek Yogurt (Cultured Nonfat Milk (6 live and active cultures: S.Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei, and L. Rhamnosus)), Blueberry Compote (Blueberries, Sugar, Water, Fruit Pectin (Gelling Agent), Locust Bean Gum (Thickener), Concentrated Acerola Cherry Juice)
NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
90	0	0	0	10	50	8	0	8	2	13	0	150	.2	210

YOGURT & FRUIT POTS

Strawberry Yogurt Pot

Serving Size: 154g/5.43oz
Recipe is: [x] Vegetarian and [] Vegan
Common Allergens: Milk
INGREDIENTS:

Chobani Non-Fat Plain Greek Yogurt (Cultured Nonfat Milk (6 live and active cultures: S.Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei, and L. Rhamnosus)), Strawberry Pourable Fruit (Strawberries, Cane Sugar, Water, Less Than 1% Of Th Following: Citric Acid, Guar Gum, Xanthan Gum, Fruit And Vegetable Juice (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)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
100	0	0	0	10	50	11	0	11	6	13	0	150	0	200

Bircher Muesli

Serving Size: 235g/8.29oz
Recipe is: [x] Vegetarian and [] Vegan
Common Allergens: Almond, Milk
INGREDIENTS:

Chobani Non-Fat Plain Greek Yogurt (Cultured Nonfat Milk (6 live and active cultures: S.Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei, and L. Rhamnosus)), Julienne Apples, Granola (Rolled Oats, Brown Sugar, Pumpkin Seeds, Raisins, Brown Rice Syrup, Canola Oil, Flaxseed, Apple Juice Concentrate, Water, Maple Syrup, Invert Sugar, Cinnamon, Salt), Blueberries, Honey, Dried Cranberries (Cranberries, Cane Sugar, Sunflower Oil), Sliced Almonds (Blanched Sliced Almonds)

NUTRITIONAL INFORMATION:

Calories	Total Fat(g)	Sat Fat(g)	TransFat (g)	Cholest. (mg)	Sodium(mg)	TotalCarbs (g)	DietaryFiber (g)	Total Sugar (g)	Added Sugar (g)	Protein(g)	VitaminD (mcg)	Calcium(mg)	Iron(mg)	Potassium(mg)
220	2.5	0	0	10	80	34	3	25	8	15	0	180	.7	320

Little Cup of Goodness

Serving Size: 204g/7.20 oz
Recipe is: [x] Vegetarian and [] Vegan
Common Allergens: Milk
INGREDIENTS:

Chobani Non-Fat Plain Greek Yogurt (Cultured Nonfat Milk (6 live and active cultures: S.Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei, and L. Rhamnosus)), Julienne Apples, Granola (Rolled Oats, Brown Sugar, Pumpkin Seeds, Raisins, Brown Rice Syrup, Canola Oil, Flaxseed, Apple Juice Concentrate, Water, Maple Syrup, Invert Sugar, Cinnamon, Salt), Light Brown Sugar (Brown Sugar), Ground Cinnamon

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
170	1.5	0	0	10	85	25	2	17	8	14	0	170	0.70	300

Blueberry & Granola Pot

Serving Size: 261g/9.21 oz
Recipe is: [x] Vegetarian and [] Vegan
Common Allergens: Milk
INGREDIENTS:

Chobani Non-Fat Plain Greek Yogurt (Cultured Nonfat Milk (6 live and active cultures: S.Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei, and L. Rhamnosus)), Granola (Rolled Oats, Brown Sugar, Pumpkin Seeds, Raisins, Brown Rice Syrup, Canola Oil, Flaxseed, Apple Juice Concentrate, Water, Maple Syrup, Invert Sugar, Cinnamon, Salt), Blueberry Compote (Blueberries, Cane Sugar, Water, Blueberry Juice Concentrate, Lemon Juice Concentrate, Tara Gum, Natural Flavor, 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)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
200	1.5	0	0	15	115	24	1	17	8	22	0	250	.6	370

YOGURT & FRUIT POTS

Dragon Fruit Mango Coconut Chia Bowl

Serving Size: 234g/8.25oz

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

Common Allergens: Almond

INGREDIENTS:

Coconut Yogurt Alternative (Organic Coconut Cream, Organic Maple Syrup, Agar Agar, Live Active Yogurt Cultures (L. Bulgaricus, S. Thermophilus, L. Acidophilus, Bifidobacterium ssp. Lactis)), Banana, Almond Milk (Almond Milk (Water, Almonds), Cane Sugar, Calcium Carbonate, Sunflower Lecithin, Sea Salt, Potassium Citrate, Natural Flavors, Locust Bean Gum, Gellan Gum), Dragon Fruit Mango [Dragon fruit, cane sugar, mango, water, less than 1% of the following: guar gum, xanthan gum, citric acid, natural flavor, fruit and vegetable juice (for color)], Blueberries, Granola (Rolled Oats, Brown Sugar, Pumpkin Seeds, Raisins, Brown Rice Syrup, Canola Oil, Flaxseed, Apple Juice, Maple Syrup, Invert Sugar, Spices, Salt.), Coconut Chips (Toasted Coconut Chips), Chia seeds.

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
340	21	16	0	0	55	41	5	24	8	5	0	114	1	274

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

CocoJune Dragon Fruit Coconut Chia Bowl – DC Only

Serving Size: 223g/7.87oz

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

Common Allergens: Almonds

INGREDIENTS: Coconut Yogurt Alternative (Organic coconuts, water, organic tapioca, vegan probiotic cultures), Banana, Almond Milk (Almond Milk (Water, Almonds), Cane Sugar, Calcium Carbonate, Sunflower Lecithin, Sea Salt, Potassium Citrate, Natural Flavors, Locust Bean Gum, Gellan Gum), Blueberries, Chia Seeds, Vermont Organic Maple Syrup, Granola (Rolled Oats, Brown Sugar, Pumpkin Seeds, Apple Juice Concentrate, Dried Cranberries (Cranberries, Sugar, Sunflower Oil), Honey, Canola Oil, Golden Flaxseed, Cinnamon, Salt), Coconut Chips (Toasted Coconut Chips), Dragon Fruit Mango FIH (Dragon fruit, cane sugar, mango, water, less than 1% of the following: guar gum, xanthan gum, citric acid, natural flavor, fruit and vegetable juice (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)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
370	22	15	0	0	50	41	8	21	4	5	.3	140	1.9	500

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

Coconut Guava Chia Pot

Serving Size: 146g/5.15oz

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

Common Allergens: Almond

INGREDIENTS:

Coconut Yogurt Alternative (Organic Coconut Cream, Organic Maple Syrup, Agar Agar, Live Active Yogurt Cultures (L. Bulgaricus, S. Thermophilus, L. Acidophilus, Bifidobacterium ssp. Lactis)), Almond Milk (Almond Milk (Water, Almonds), Cane Sugar, Calcium Carbonate, Sunflower Lecithin, Sea Salt, Potassium Citrate, Natural Flavors, Guar Gum, Gellan Gum), Guava Velvet (Guava Puree, Cane Sugar, Water, Citric Acid, Guar Gum, Xanthan Gum, Natural Flavor, Fruit and Vegetable Juice for Color), Coconut Chips (Toasted Coconut Chips), Chia seeds.

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
250	19	16	0	0	35	16	0	11	0	4	0	107	1	244

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

YOGURT & FRUIT POTS

CocoJune Coconut Guava Chia Pot – DC Only

Serving Size: 136g/4.80 oz
Recipe is: [x] Vegetarian and [x] Vegan
Common Allergens: Almond
INGREDIENTS: Coconut Yogurt Alterative (Organic coconuts, water, organic tapioca, vegan probiotic cultures), Almond Milk (Almond Milk (Water, Almonds), Cane Sugar, Calcium Carbonate, Sunflower Lecithin, Sea Salt, Potassium Citrate, Natural Flavors, Locust Bean Gum, Gellan Gum), Chia Seeds, Vermont Organic Maple Syrup, Coconut Chips (Toasted Coconut Chips), Guava Velvet FIH (Guava Puree, Cane Sugar, Water, Citric Acid, Guar Gum, Xanthan Gum, Natural Flavor, Fruit and Vegetable Juice 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)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
260	20	14	0	0	35	18	5	9	1	4	.3	130	1.3	230

Cantaloupe & Blueberry Pot

Serving Size: 160g/5.64oz
Recipe is: [x] Vegetarian and [x] Vegan
INGREDIENTS:
Cantaloupe, Blueberry
NUTRITIONAL INFORMATION:

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

Mango & Lime Pot

Serving Size: 143g/5.04oz
Recipe is: [x] Vegetarian and [x] Vegan
INGREDIENTS:
Mango, Lime
NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
80	0.5	0	0	0	0	21	2	19	0	1	0	20	0.3	240

Strawberry & Blueberry Pot

Serving Size: 160g/5.64oz
Recipe is: [x] Vegetarian and [x] Vegan
INGREDIENTS:
Strawberries, Blueberries
NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
60	0	0	0	0	0	15	3	10	0	1	0	22	1	214

YOGURT & FRUIT POTS

Sunshine Bowl

Serving Size: 224g/7.90oz

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

INGREDIENTS:

Banana, Sunshine Puree (Banana Puree, Mango Pulp, Coconut Cream, Mango Chunks, Lemon, Turmeric Powder, Ascorbic Acid), Granola (Rolled Oats, Brown Sugar, Pumpkin Seeds, Raisins, Brown Rice Syrup, Canola Oil, Flaxseed, Apple Juice, Maple Syrup, Invert Sugar, Spices, Salt.), Blueberries, Coconut Chips (Toasted Coconut Chips).

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
300	13	4.4	0	0	85	62	8	31	8	6	0	37	2	573

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

Chobani Strawberry Yogurt Protein Pot

Serving Size: 286g/10.09 oz

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens: Milk

INGREDIENTS:

Chobani Plain Lowfat Greek Yogurt (Cultured Lowfat Milk, Lactase*, Live and Active Cultures (S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei and L. Rhamnosus)), Strawberries, Granola (Rolled Oats, Brown Sugar, Pumpkin Seeds, Raisins, Brown Rice Syrup, Canola Oil, Flaxseed, Apple Juice Concentrate, Water, Maple Syrup, Invert Sugar, Cinnamon, Salt), Strawberry Pourable Fruit (Strawberries, Cane Sugar, Water, Less Than 1% Of The Following: Citric Acid, Guar Gum, Xanthan Gum, Fruit And Vegetable Juice (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)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
250	5	2.5	0	20	105	27	2	19	9	24	0	240	1	400

Pumpkin Spice Yogurt Pot

Serving Size: 271g/9.56 oz

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens: Milk

INGREDIENTS:

Chobani Non-Fat Plain Greek Yogurt (Cultured Nonfat Milk (6 live and active cultures: S.Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei, and L. Rhamnosus)), Granola (Rolled Oats, Brown Sugar, Pumpkin Seeds, Raisins, Brown Rice Syrup, Canola Oil, Flaxseed, Apple Juice Concentrate, Water, Maple Syrup, Invert Sugar, Cinnamon, Salt), Hollander Pumpkin Pie Sauce (Invert Cane Sugar, Sweetened Condensed Milk, Organic Pumpkin Puree, Vanilla with other Natural Flavors, Spices, Sea Salt, Potassium Sorbate, Acacia Gum), Dried Cranberries (Cranberries, Cane Sugar, Sunflower Oil)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
280	6	3	0	25	110	33	3	20	11	23	0	240	0.6	360

BREAKFAST BAGUETTES

Egg Salad & Avocado Breakfast Baguette

Serving Size: 160g/5.64oz
Recipe is: [x] Vegetarian and [] Vegan
Common Allergens: Egg, Wheat

INGREDIENTS:

White Baguette (Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Salt, Yeast, Malted Wheat Flour, Food Enzymes (Xylanase, Glucose-Oxidase, Lipase, Protease, Alpha-Amylase), Ascorbic Acid), Cage-Free Eggs, Avocados, Mayonnaise (Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains Less Than 2%: Salt, Spice, Lemon Juice Concentrate), Lemon Juice, Red Pepper Flakes (Crushed Aleppo Peppers, Vegetable Oil, 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)
380	21	3	0	180	590	37	4	1	0	13	1	40	3.2	280

HOT BREAKFAST

Pret's Bacon, Egg & Cheddar Roll

Serving Size: 179g/6.31oz
Recipe is: [] Vegetarian and [] Vegan
Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

Round Sandwich Bun (Enriched Wheat Flour (Wheat Flour, Niacin, Redruced Iron, Thiamin Mononitrate, Riboflavin, Enzymes, Folic Acid), Water, Salt, Yeast, Cultured Corn Syrup (To Maintain Freshness), Soybean Oil, Malted Barley Flour, Enzymes, Ascorbic Acid, Rye Flour, Rice Flour, Semolina), Liquid Whole Egg (Cage-Free Whole Egg, Citric Acid), Niman Ranch Bacon (Pork, Water, Salt, Turbinado Sugar, Celery Powder), Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Whole Milk (Pasteurized Whole Milk, Vitamin D), Seasoning (Salt, Black Pepper), Cooking Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant).

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
490	22	10	0	225	1200	44	0	1	0	28	0.1	250	3.4	310

Egg & Cheddar Roll

Serving Size: 160g/5.64oz
Recipe is: [x] Vegetarian and [] Vegan
Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

Round Sandwich Bun (Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Enzymes, Folic Acid), Water, Salt, Yeast, Cultured Corn Syrup (To Maintain Freshness), Soybean Oil, Malted Barley Flour, Enzymes, Ascorbic Acid, Rye Flour, Rice Flour, Semolina), Liquid Whole Egg (Cage-Free Whole Egg, Citric Acid), Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Whole Milk (Pasteurized Whole Milk, Vitamin D), Seasoning (Salt, Black Pepper), Cooking Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant).

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
390	16	8	0	205	770	44	0	1	0	21	0.2	330	3.5	170

Egg White Greek Frittata

Serving Size: 303g/10.68oz
Recipe is: [x] Vegetarian and [] Vegan
Common Allergens: Egg, Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

Power Breakfast Frittata

Serving Size: 305g/10.76oz
Recipe is: [] Vegetarian and [] Vegan
Common Allergens: Egg, Milk

INGREDIENTS:

Liquid Egg White (Cage-Free Egg White), Mushrooms, Canola Oil, Salt, Granulated Garlic, Black Pepper, Whole Milk (Pasteurized Whole Milk, Vitamin D), Swiss (Cultured Pasteurized Part-Skim Milk, Salt, Enzymes), Niman Ranch Smoked Ham (Pork, Water, Salt, Less Than 2%: Lemon Juice Concentrate, Vinegar, Turbinado Sugar, Celery Powder, Cherry Powder), Hot Sauce (Aged Cayenne Red Peppers, Distilled Vinegar, Water, Salt, Garlic Powder), Organic Sunflower Oil, Filtered Water, White Vinegar, Worcestershire Sauce (Distilled Vinegar, Molasses, Sea Salt, Sugar, Spices, Tamarind), Non-GMO Corn Starch, Rice Flour, Sea Salt, Xanthan Gum, Dried Garlic, Paprika, Natural Flavor., Spinach, Red 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)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
320	16	5	0	35	1000	7	0	2	0	31	0.4	280	23.2	530

HOT BREAKFAST

Southwestern Breakfast Wrap

Serving Size: 298g/10.51oz
Recipe is: [x] Vegetarian and [] Vegan
Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

Flour Tortilla (Wheat flour, Water, Whole wheat flour, Palm oil, Cultured wheat flour, Wheat gluten, Salt, Whole grain corn flour, Sugar (Dextrin, Corn, Wheat), Sodium bicarbonate, Mono and diglycerides, Rolled oats, Hulled barley flakes, Rye flakes, Sodium acid pyrophosphate, Wheat flakes, Fumaric acid, Millet, Yeast, Guar gum, Cellulose gum, Xanthan gum, Enzymes (Wheat flour, enzymes, dextrin)), Liquid Whole Egg (Cage-Free Whole Egg, Citric Acid), Black Bean Salsa (Black Beans, Diced Tomatoes (tomatoes, tomato juice, salt, citric acid), Jalapeno Peppers, Lime Juice Concentrate, Onions, Cilantro, Sea Salt, Canola Oil, Garlic Puree, Black Pepper, Onion Powder, Garlic Powder), Whole Milk (Pasteurized Whole Milk, Vitamin D), Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Spicy Chipotle Sauce (Red Bell Pepper Puree, Water, Diced Tomatoes (Diced Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Onion, Canola Oil, Red Wine Vinegar, Sugar, Tomato Paste, Sea Salt, Garlic Puree (Garlic, Citric Acid), Chipotle Pepper, Distilled Vinegar, Spices, Xanthan Gum, Garlic Powder, Mustard Seed, Onion Powder, Salt, Natural Smoke Flavor, White Wine, Citric Acid, Tartaric Acid), Red Peppers, Red Onion, Crispy Onions (Onions, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sunflower and/or Safflower Oil, Sea Salt), Seasoning (Salt, Black Pepper), Cooking Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant).

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
540	22	9	0	280	560	62	4	5	1	25	0	432	5	412

Southwestern Bacon Breakfast Wrap

Serving Size: 270g/9.52 oz
Recipe is: [] Vegetarian and [] Vegan
Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

10" Non-GMO Seven Grain Tortilla (Ingredients: Wheat Flour Enriched (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Whole Wheat Flour, Palm Shortening, Whole Grain Blend, Wheat Flour, Whole Grain Corn Flour, Rolled Oat Flakes, Hulled Barley Flakes, Chopped Rye, Wheat Flakes, Millet, Cultured Wheat Flour, Vital Wheat Gluten, Salt, Sugar, Sodium Bicarbonate, Mono- & Diglycerides, Sodium Acid Phosphate, Fumaric Acid, Yeast, Guar Gum, Cellulose Gum, Xanthan Gum, Enzyme (Wheat Flour, Enzyme), Sodium Metabisulfate), Liquid Whole Egg (Cage-Free Whole Egg, Citric Acid), 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), Whole Milk (Pasteurized Whole Milk, Vitamin D), Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Spicy Chipotle Sauce (Red Bell Pepper Puree, Water, Diced Tomatoes (Diced Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Onion, Canola Oil, Red Wine Vinegar, Sugar, Tomato Paste, Sea Salt, Garlic Puree (Garlic, Citric Acid), Chipotle Pepper, Distilled Vinegar, Spices, Xanthan Gum, Garlic Powder, Mustard Seed, Onion Powder, Salt, Natural Smoke Flavor, White Wine, Citric Acid, Tartaric Acid), Red Peppers, Niman Ranch Bacon (Pork, Water, Salt, Turbinado Sugar, Celery Powder), Red Onion, Crispy Onions (Onions, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sunflower and/or Safflower Oil, Sea Salt), Seasoning (Salt, Black Pepper)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
520	22	10	0	290	840	45	4	5	1	26	0	370	3.9	410

HOT BREAKFAST

Oatm*lk Porridge

Serving Size: 302g/10.65oz
Recipe is: [x] Vegetarian and [x] Vegan
INGREDIENTS:
Oatmilk (Water, Rolled Oats, Sunflower Oil), Water, Whole Grain Oats, Buckwheat Groats, Sea Salt
NUTRITIONAL INFORMATION:

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

Coconut Banana Blueberry Porridge Topper

Serving Size: 121 g/4.27oz
Recipe is: [x] Vegetarian and [x] Vegan
INGREDIENTS:
Banana, Blueberry Compote (Blueberries, Cane Sugar, Water, Blueberry Juice Concentrate, Lemon Juice Concentrate, Tara Gum, Natural Flavor, Xanthan Gum), Coconut Chips (Toasted Coconut Chips), Ground Cinnamon
NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
160	4.5	3.5	0	0	0	30	3	18	5	2	0	11	1	367

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

Apple Cranberry Crunch Porridge Topper

Serving Size: 44g/1.55oz
Recipe is: [x] Vegetarian and [x] Vegan
INGREDIENTS:
Julienne Apples, Granola (Oat Flakes, Apple Cinnamon Glaze (Muscovado Sugar, Golden Syrup, Water, Concentrated Apple Juice, Cinnamon, Salt), Pumpkin Seeds, Raisins, Sunflower Oil, Golden Linseed, Buckwheat Flakes), Dried Cranberries (Cranberries, Cane Sugar, Sunflower Oil), Light Brown Sugar (Brown Sugar), Ground Cinnamon
NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
100	1.5	0	0	0	15	20	2	15	9	1	0	18	1	79

SANDWICHES

Cheddar & Tomato Sandwich

Serving Size: 240g/8.46oz

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 240g/8.46oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
450	23	9	0	70	850	45	1	5	0	20	0	366	2	428

NUTRITIONAL INFORMATION - HALF: Serving Size: 116g/4.09oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
230	11	4.5	0	25	400	22	1	4	0	10	0.1	250	1.1	200

Chicken & Bacon Sandwich

Serving Size: 294g/10.37oz

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, 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, Sliced Chicken (Chicken Breast, Sea Salt), Niman Ranch Bacon (Pork, Water, Salt, Turbinado Sugar, Celery Powder), Mayonnaise (Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains Less Than 2%: Salt, Spice, Lemon Juice Concentrate), Mesclun*

NUTRITIONAL INFORMATION: Serving Size: 294g/10.37oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
670	37	8	0	120	1420	42	1	4	0	36	0	59	2	757

NUTRITIONAL INFORMATION - HALF: Serving Size: 147g/5.19oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
330	19	4	0	60	710	21	0	2	0	18	0	30	1.2	380

SANDWICHES

Pret's Egg Salad & Arugula Sandwich

Serving Size: 247g/8.71oz
Recipe is: [x] Vegetarian and [] Vegan
Common Allergens: Egg, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 247g/8.71oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
610	39	6	0	465	850	42	0	5	0	23	2	119	5	366

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

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
300	20	3	0	233	420	21	0	3	0	12	1	60	3	183

Pret's Chicken Salad & Avo Sandwich

Serving Size: 256g/9.03oz
Recipe is: [] Vegetarian and [] Vegan
Common Allergens: Almond, Egg, Wheat

INGREDIENTS:

Multigrain Bread (Enriched Wheat Flour (Wheat Flour, Calcium Carbonate, Reduced Iron, Niacin, Thiamin), Water, Malted Wheat Flakes, Wheat Bran, Yeast, Wheat Gluten, Malted Barley Flour, Salt, Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids, Rapeseed Oil, Ascorbic Acid (Flour Treatment Agent)), Avocados, Sliced Chicken (Chicken Breast, Sea Salt), Mustard Mayo (Canola Oil, Whole Grain Mustard (Water, Mustard Seed, Vinegar, Salt, Citric Acid, Turmeric), Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Red Pepper), Cage-Free Egg Yolk, Water, Cage-Free Whole Eggs (Cage-Free Whole Eggs, Citric Acid), Honey, White Distilled Vinegar, Sea Salt, Lemon Juice Concentrate), Mesclun*, Dried Cranberries (Cranberries, Cane Sugar, Sunflower Oil), Sliced Almonds (Blanched Sliced Almonds), Seasoning (Salt, Black Pepper), Lemon Juice

NUTRITIONAL INFORMATION: Serving Size: 256g/9.03oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
550	27	3	0	70	1090	54	6	9	5	24	0	72	3	750

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

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
280	14	2	0	35	550	27	3	5	3	12	0	36	2	375

SANDWICHES

Pret's Tuna & Cucumber Sandwich

Recipe is: [] Vegetarian and [] Vegan

Common Allergens: Tuna, Egg, Wheat

INGREDIENTS:

Multigrain Bread (Enriched Wheat Flour (Wheat Flour, Calcium Carbonate, Reduced Iron, Niacin, Thiamin), Water, Malted Wheat Flakes, Wheat Bran, Yeast, Wheat Gluten, Malted Barley Flour, Salt, Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids, Rapeseed Oil, Ascorbic Acid (Flour Treatment Agent)), Tuna Salad Mix (Tuna (Tuna Fish), Mayonnaise (Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains Less Than 2%: Salt, Spice, Lemon Juice Concentrate), Lemon Juice, Seasoning (Salt, Black Pepper)), Cucumbers

NUTRITIONAL INFORMATION: Serving Size: 246g/8.68oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
540	29	3	0	75	800	41	0	3	0	29	.6	50	2.3	400

NUTRITIONAL INFORMATION - HALF: Serving Size: 123/4.34oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
270	14	1.5	0	40	400	20	0	2	0	14	0.3	20	1.1	200

Rainbow Veggie Sandwich

Serving Size: 241g/8.50oz

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

Common Allergens: Soy, Wheat, Sesame

INGREDIENTS:

Multigrain Bread (Enriched Wheat Flour (Wheat Flour, Calcium Carbonate, Reduced Iron, Niacin, Thiamin), Water, Malted Wheat Flakes, Wheat Bran, Yeast, Wheat Gluten, Malted Barley Flour, Salt, Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids, Rapeseed Oil, Ascorbic Acid (Flour Treatment Agent)), Avocados, Pickled Cabbage & Carrot Mix (Red Cabbage, Carrot, Water, Sugar, Vinegar, Salt), Cucumbers, Hummus (Chickpeas, Sesame Tahini, Sunflower Oil, Water, Sea Salt, Garlic, Pepper, Lemon Juice Concentrate), Arugula, Miso Sesame Dressing (Canola Oil, Water, Soy Sauce (Water, Soybeans, Wheat, Salt), Sugar, Roasted Sunflower Seeds, Aged Red Cayenne Pepper (Red Cayenne Pepper, Salt), Ginger Puree, Rice Vinegar, Contains 2% Or Less: Garlic Puree (Garlic, Citric Acid), Lime Juice Concentrate, Cilantro, Distilled Vinegar, Red Miso (Fermented Soybeans, Salt), Ginger, Garlic Powder, Onion Powder, Xanthan Gum, Red Pepper, Salt, Sesame Oil, Extractives Of Rosemary), Lemon Juice, Seasoning (Salt, Black Pepper)

NUTRITIONAL INFORMATION: Serving Size: 241g/8.50oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
410	18	2.5	0	20	770	54	6	9	5	11	0	78	3	608

NUTRITIONAL INFORMATION - HALF: Serving Size: 120g/4.23oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
210	9	1	0	10	390	27	3	4	2	5	0	40	1.4	300

SANDWICHES

Turkey & Cheddar Sandwich

Serving Size: 258g/9.10oz

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, Sliced Turkey Breast Turkey breast, water, contains 2% or less of potassium lactate, sugar, salt, sodium phosphates, sodium diacetate, natural flavor., 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), Honey.

NUTRITIONAL INFORMATION: Serving Size: 258g/9.10oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
430	17	5	0	75	950	48	1	8	1	23	0	206	2	435

NUTRITIONAL INFORMATION - HALF: Serving Size: 129g/4.55oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
220	9	2.5	0	35	480	24	1	4	1	12	0	103	1	218

*For optimal freshness, our mesclun is comprised of a mix of the following leafy greens based on seasonal availability: Organic Baby Spinach, Organic Red Romaine, Organic Green Romaine, Organic Red Oak Leaf, Organic Green Oak Leaf, Organic Red Leaf, Organic Lolla Rosa, Organic Tango, Organic Butter Lettuce, Organic Red Chard, Organic Green Chard, Organic Mizuna, Organic Arugula, Organic Radicchio, Organic Baby Kale, Organic Frisee, Organic Tatsoi, and Organic Red Mustard.

ROLL SANDWICHES

Avocado Veggie Sandwich

Serving Size: 292g/10.30oz
Recipe is: [x] Vegetarian and [] Vegan
Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

Seeded Multigrain Roll (Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Enzymes, Folic Acid), Water, Rolled Oats, Dextrose, Sunflower Seeds, Sugar, Flax Seeds, Cracked Wheat, Millet, Salt, Whole Grain Barley, Palm Oil, Whole Grain Rye Kernels, Yeast, Cultured Wheat Flour (to maintain freshness), Cellulose Gum, Whole Grain Yellow Corn Flour, Lactic Acid, Natural Flavor (Cultured Wheat Starch), Malted Barley Flour, Enzymes, Soybean Oil, Ascorbic Acid, Rye Flour, Rice Flour, Semolina), Avocados, Tomatoes, Shredded Carrots, Pickled Cabbage & Carrot Mix (Red Cabbage, Carrot, Water, Sugar, Vinegar, Salt), Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Mustard Mayo (Canola Oil, Whole Grain Mustard (Water, Mustard Seed, Vinegar, Salt, Citric Acid, Turmeric), Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Red Pepper), Cage-Free Egg Yolk, Water, Cage-Free Whole Eggs (Cage-Free Whole Eggs, Citric Acid), Honey, White Distilled Vinegar, Sea Salt, Lemon Juice Concentrate), Herb Yogurt Dressing (Soybean Oil, Water, Yogurt (Pasteurized Cow's And Goat's Milk, Cream, Milk Protein, Active Bacterial Culture), Cultured Buttermilk, Vinegar, Contains 2% Or Less: Egg Yolks, Salt, Sugar, Parsley, Garlic Puree (Garlic, Citric Acid), Chives, Onion Powder, Garlic Powder, Lemon Juice Concentrate, Xanthan Gum, Extractives Of Rosemary, Black Pepper, Dill Weed), Mesclun, Crispy Onions (Onions, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sunflower and/or Safflower Oil, Sea Salt).

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
570	32	8	0	30	990	61	10	11	7	15	0.1	250	2.8	670

Pret's Italian Turkey Club Sandwich

Serving Size: 238g/8.40oz
Recipe is: [] Vegetarian and [] Vegan
Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

Seeded Multigrain Roll (Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Enzymes, Folic Acid), Water, Rolled Oats, Dextrose, Sunflower Seeds, Sugar, Flax Seeds, Cracked Wheat, Millet, Salt, Whole Grain Barley, Palm Oil, Whole Grain Rye Kernels, Yeast, Cultured Wheat Flour (to maintain freshness), Cellulose Gum, Whole Grain Yellow Corn Flour, Lactic Acid, Natural Flavor (Cultured Wheat Starch), Malted Barley Flour, Enzymes, Soybean Oil, Ascorbic Acid, Rye Flour, Rice Flour, Semolina), Roasted Turkey [Turkey Breast, Water, Contains 2% or less of Potassium Lactate, Sugar, Salt, Sodium Phosphates, Sodium Diacetate, Natural Flavor.], 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), Roasted Tomatoes (Cherry Tomatoes, Rapeseed Oil, Salt, Dried Garlic, Oregano, Lemon Juice Concentrate), Red Peppers, Arugula, Red Onion, Greek Olive Medley (Green Olives, Kalamata Olives, Water, Sea Salt, Wine Vinegar), Diced Pickled Jalapeno Peppers (Jalapeño Peppers, Water, Vinegar, Iodized Salt, Onions, Soybean Oil and Garlic), Pret's Simple Vinaigrette (Water, Canola Oil, Olive Oil, Red Wine Vinegar, Shallot Puree, Sugar, Contains 2% Or Less: Distilled Vinegar, Sea Salt, Mustard, Lemon Juice Concentrate, Molasses, Garlic Puree (Garlic, Citric Acid), Parsley, Salt, White Wine, Garlic Powder, Onion Powder, Spices (Including Black Pepper), Xanthan Gum, Tartaric Acid, Citric Acid), Lemon Juice.

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
520	25	6	0	70	1480	49	5	7	4	28	0	182	2	318

HOT SANDWICHES

BBQ Pulled Pork Melt

Serving Size: 241g/8.50oz
Recipe is: [] Vegetarian and [] Vegan
Common Allergens: Milk, Wheat

INGREDIENTS:

Roll (Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Enzymes, Folic Acid), Water, Salt, Yeast, Cultured Corn Syrup (To Maintain Freshness), Soybean Oil, Malted Barley Flour, Enzymes, Ascorbic Acid, Rye Flour, Rice Flour, Semolina), Pulled Pork (Pork, Water, Sea Salt, Rosemary extract), Sweet & Spicy Barbecue Sauce (Tomato Puree (Water, Tomato Paste), Sugar, Distilled Vinegar, Corn Starch, Contains Less Than 2% Of Salt, Pineapple Juice Concentrate, Spices, Fruit Juice (Color), Natural Hickory Smoke Flavor, Garlic Dehydrated, Water, Molasses, Natural Flavors (Includes Celery), Celery Seed, Tamarind Concentrate), Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Diced Pickled Jalapeno Peppers (Jalapeño Peppers, Water, Vinegar, Iodized Salt, Onions, Soybean Oil and Garlic), Pickled Red Onion (Red Onion, Water, Sugar, Vinegar, Salt)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
470	14	6	0	65	1290	59	0	15	13	27	0.1	240	3.8	180

Buffalo Chicken Melt

Serving Size: 236g/8.32oz
Recipe is: [] Vegetarian and [] Vegan
Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

Round Sandwich Bun (Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Enzymes, Folic Acid), Water, Salt, Yeast, Cultured Corn Syrup (To Maintain Freshness), Soybean Oil, Malted Barley Flour, Enzymes, Ascorbic Acid, Rye Flour, Rice Flour, Semolina), Sliced Chicken (Chicken Breast, Sea Salt), Hot Sauce (Aged Cayenne Red Peppers, Distilled Vinegar, Water, Salt, Garlic Powder), Organic Sunflower Oil, Filtered Water, White Vinegar, Worcestershire Sauce (Distilled Vinegar, Molasses, Sea Salt, Sugar, Spices, Tamarind), Non-GMO Corn Starch, Rice Flour, Sea Salt, Xanthan Gum, Dried Garlic, Paprika, Natural Flavor., Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Pickled Red Onion (Red Onion, Water, Sugar, Vinegar, Salt), Herb Yogurt Dressing (Soybean Oil, Water, Yogurt (Pasteurized Cow's And Goat's Milk, Cream, Milk Protein, Active Bacterial Culture), Cultured Buttermilk, Vinegar, Contains 2% Or Less: Egg Yolks, Salt, Sugar, Parsley, Garlic Puree (Garlic, Citric Acid), Chives, Onion Powder, Garlic Powder, Lemon Juice Concentrate, Xanthan Gum, Extractives Of Rosemary, Black Pepper, Dill Weed), Crispy Onions (Onions, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sunflower and/or Safflower Oil, Sea Salt), Cooking Spray (Canola Oil, Phosphates Mono & Diglycerides, Propellant), Red Pepper Flakes (Crushed Aleppo Peppers, Vegetable 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)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
520	24	6	0	80	1480	50	0	3	2	31	0.1	230	2.9	410

Roasted Mushroom & Swiss Melt

Serving Size: 249g/8.78oz
Recipe is: [x] Vegetarian and [] Vegan
Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

Mushrooms, Canola Oil, Salt, Granulated Garlic, Black Pepper, Seeded Multigrain Roll (Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Enzymes, Folic Acid), Water, Rolled Oats, Dextrose, Sunflower Seeds, Sugar, Flax Seeds, Cracked Wheat, Millet, Salt, Whole Grain Barley, Palm Oil, Whole Grain Rye Kernels, Yeast, Cultured Wheat Flour (to maintain freshness), Cellulose Gum, Whole Grain Yellow Corn Flour, Lactic Acid, Natural Flavor (Cultured Wheat Starch), Malted Barley Flour, Enzymes, Soybean Oil, Ascorbic Acid, Rye Flour, Rice Flour, Semolina), Swiss (Cultured Pasteurized Part-Skim Milk, Salt, Enzymes), Red Peppers, Red Onion, 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), Diced Pickled Jalapeno Peppers (Jalapeño Peppers, Water, Vinegar, Iodized Salt, Onions, Soybean Oil and Garlic), Marinara Sauce (Vine-ripened fresh tomatoes, blend of extra virgin olive oil and sunflower oil, salt, onions, black pepper, basil, oregano, parsley, and naturally derived citric acid), Honey, Cooking Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant).

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
530	27	10	0	50	970	54	5	8	3	20	0.2	500	36.6	240

WRAPS

Bang Bang Chicken Wrap

Serving Size: 283g/9.98oz

Recipe is: [] Vegetarian and [] Vegan

Common Allergens: Egg, Soy, Wheat, Sesame

INGREDIENTS:

Seven Grain tortilla Ingredients: Wheat Flour Enriched (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Whole Wheat Flour, Palm Shortening, Whole Grain Blend, (Wheat Flour, Whole Grain Corn Flour, Rolled Oat Flakes, Hulled Barley Flakes, Chopped Rye, Wheat Flakes, Millet), Cultured Wheat Flour, Vital Wheat Gluten, Salt, Sugar, Sodium Bicarbonate, Mono- & Diglycerides, Sodium Acid Phosphate, Fumaric Acid, Yeast, Guar Gum, Cellulose Gum, Xanthan Gum, Enzyme (Wheat Flour, Enzyme), Sodium Metabisulfate, Sliced Chicken (Chicken Breast, Sea Salt), Cucumbers, Pickled Cabbage & Carrot Mix (Red Cabbage, Carrot, Water, Sugar, Vinegar, Salt), Gochujang Aioli (Canola Oil, Water, Hot Pepper Paste (Water, Sugar, Red Chili Pepper Powder, Fermented Soybean Paste (Water, Soybeans, Rice, Salt, Alcohol), Pear Puree Concentrate, Salt, Salted Sake (Sake (Water, Rice Koji), Salt), Contains Less Than 2% Of Onion Powder, Garlic Powder, Yeast Extract, Rice Vinegar, Sesame Oil, Paprika, Corn Starch), Rice Vinegar, Egg Yolks, Garlic Puree (Garlic, Citric Acid), Sugar, Sea Salt, Salt, Lemon Juice Concentrate, Xanthan Gum, Red Pepper, Mustard Flour, Citric Acid), Miso Sesame Dressing (Canola Oil, Water, Soy Sauce (Water, Soybeans, Wheat, Salt), Sugar, Roasted Sunflower Seeds, Aged Red Cayenne Pepper (Red Cayenne Pepper, Salt), Ginger Puree, Rice Vinegar, Contains 2% Or Less: Garlic Puree (Garlic, Citric Acid), Lime Juice Concentrate, Cilantro, Distilled Vinegar, Red Miso (Fermented Soybeans, Salt), Ginger, Garlic Powder, Onion Powder, Xanthan Gum, Red Pepper, Salt, Sesame Oil, Extractives Of Rosemary), Shredded Carrots, Cilantro, Red Onion, Crispy Onions (Onions, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sunflower and/or Safflower Oil, Sea Salt).

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
600	33	4.5	0	50	800	48	4	10	7	21	0.3	160	2.8	600

Crunchy Chipotle Chicken & Avo Wrap

Serving Size: 309g/10.90 oz

Recipe is: [] Vegetarian and [] Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

Sliced Chicken (Chicken Breast, Sea Salt), Avocados, Seven Grain tortilla Ingredients: Wheat Flour Enriched (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Whole Wheat Flour, Palm Shortening, Whole Grain Blend, (Wheat Flour, Whole Grain Corn Flour, Rolled Oat Flakes, Hulled Barley Flakes, Chopped Rye, Wheat Flakes, Millet), Cultured Wheat Flour, Vital Wheat Gluten, Salt, Sugar, Sodium Bicarbonate, Mono- & Diglycerides, Sodium Acid Phosphate, Fumaric Acid, Yeast, Guar Gum, Cellulose Gum, Xanthan Gum, Enzyme (Wheat Flour, Enzyme), Sodium Metabisulfate, Spicy Chipotle Sauce (Red Bell Pepper Puree, Water, Diced Tomatoes (Diced Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Onion, Canola Oil, Red Wine Vinegar, Sugar, Tomato Paste, Sea Salt, Garlic Puree (Garlic, Citric Acid), Chipotle Pepper, Distilled Vinegar, Spices, Xanthan Gum, Garlic Powder, Mustard Seed, Onion Powder, Salt, Natural Smoke Flavor, White Wine, Citric Acid, Tartaric Acid), Lettuce, Pickled Red Onion (Red Onion, Water, Sugar, Vinegar, Salt), Yogurt (Cultured Pasteurized Milk, Live and Active Cultures (S. Thermophilus, L. Bulgaricus, L. Acidolphilus, Bifidus, L. Casei)), Mayonnaise (Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains Less Than 2%: Salt, Spice, Lemon Juice Concentrate), Cilantro, Lemon Juice.

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
520	24	5	0	60	770	47	7	8	4	25	0	165	3	738

Crunchy Miso Mushroom Wrap

Serving Size: 283g/9.98 oz

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

Common Allergens: Soy, Wheat, Sesame

INGREDIENTS:

Avocados, Seven Grain tortilla Ingredients: Wheat Flour Enriched (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Whole Wheat Flour, Palm Shortening, Whole Grain Blend, (Wheat Flour, Whole Grain Corn Flour, Rolled Oat Flakes, Hulled Barley Flakes, Chopped Rye, Wheat Flakes, Millet), Cultured Wheat Flour, Vital Wheat Gluten, Salt, Sugar, Sodium Bicarbonate, Mono- & Diglycerides, Sodium Acid Phosphate, Fumaric Acid, Yeast, Guar Gum, Cellulose Gum, Xanthan Gum, Enzyme (Wheat Flour, Enzyme), Sodium Metabisulfate, Mushrooms, Canola Oil, Salt, Granulated Garlic, Black Pepper, Miso Sesame Dressing (Canola Oil, Water, Soy Sauce (Water, Soybeans, Wheat, Salt), Sugar, Roasted Sunflower Seeds, Aged Red Cayenne Pepper (Red Cayenne Pepper, Salt), Ginger Puree, Rice Vinegar, Contains 2% Or Less: Garlic Puree (Garlic, Citric Acid), Lime Juice Concentrate, Cilantro, Distilled Vinegar, Red Miso (Fermented Soybeans, Salt), Ginger, Garlic Powder, Onion Powder, Xanthan Gum, Red Pepper, Salt, Sesame Oil, Extractives Of Rosemary), Pickled Cabbage & Carrot Mix (Red Cabbage, Carrot, Water, Sugar, Vinegar, Salt), Lettuce, Shredded Carrots, Crispy Onions (Onions, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sunflower and/or Safflower Oil, Sea Salt), Brown Sugar, Cooking Spray (Canola Oil, phosphate Mono & Diglycerides, Propellant), Red Pepper flakes.

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
590	34	4.5	0	0	570	58	8	13	13	9	0.3	150	37.2	500

WRAPS

Falafel & Hummus Wrap

Serving Size: 283g/9.98 oz

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

Common Allergens: Sesame, Wheat

INGREDIENTS:

Turmeric Falafel (Garbanzo Beans, Onions, Garbanzo Beans (Chick Peas, Water, Salt), Canola Oil, Chickpea Flour, Green Onion, Garlic (Garlic, Water), Red Peppers, Sea Salt, Coriander, Cumin, Cayenne, Onion Powder, Turmeric, Baking Powder), Seven Grain tortilla Ingredients: Wheat Flour Enriched (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Whole Wheat Flour, Palm Shortening, Whole Grain Blend, (Wheat Flour, Whole Grain Corn Flour, Rolled Oat Flakes, Hulled Barley Flakes, Chopped Rye, Wheat Flakes, Millet), Cultured Wheat Flour, Vital Wheat Gluten, Salt, Sugar, Sodium Bicarbonate, Mono- & Diglycerides, Sodium Acid Phosphate, Fumaric Acid, Yeast, Guar Gum, Cellulose Gum, Xanthan Gum, Enzyme (Wheat Flour, Enzyme), Sodium Metabisulfite, Hummus (Chickpeas, Sesame Tahini, Sunflower Oil, Water, Sea Salt, Garlic, Pepper, Lemon Juice Concentrate), Lettuce, Cucumbers, Pickled Cabbage & Carrot Mix (Red Cabbage, Carrot, Water, Sugar, Vinegar, Salt), Spicy Chipotle Sauce (Roasted Red Peppers (Roasted Red Peppers, Water, Salt, Citric Acid, Calcium Chloride), Chipotle in Adobo (Chipotle Peppers, Water, Onion, Tomato Paste, Salt, Sugar, Vinegar), Diced Tomatoes (Diced Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Red Wine Vinegar, Onions, Canola Oil, Water, Sugar, Roasted Garlic, Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Red Pepper), Sea Salt, Lime Juice, Black Pepper, Garlic Powder, Xanthan Gum (Stabilizer), Ground Red Pepper), Diced Pickled Jalapeno Peppers (Jalapeño Peppers, Water, Vinegar, Iodized Salt, Onions, Soybean Oil and Garlic).

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
500	20	3.5	0	0	790	61	10	8	3	15	0	250	5.6	380

Spicy Chicken Caesar Wrap

Serving Size: 261g/9.21oz

Recipe is: [] Vegetarian and [] Vegan

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

INGREDIENTS:

Sliced Chicken (Chicken Breast, Sea Salt), Seven Grain tortilla Ingredients: Wheat Flour Enriched (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Whole Wheat Flour, Palm Shortening, Whole Grain Blend, (Wheat Flour, Whole Grain Corn Flour, Rolled Oat Flakes, Hulled Barley Flakes, Chopped Rye, Wheat Flakes, Millet), Cultured Wheat Flour, Vital Wheat Gluten, Salt, Sugar, Sodium Bicarbonate, Mono- & Diglycerides, Sodium Acid Phosphate, Fumaric Acid, Yeast, Guar Gum, Cellulose Gum, Xanthan Gum, Enzyme (Wheat Flour, Enzyme), Sodium Metabisulfate, Caesar Dressing (Canola Oil, Filtered Water, Tapioca Syrup, Imported Pecorino Romano Cheese (Sheep's Milk, Cheese Cultures, Salt, Enzymes), Garlic (Water, Garlic, Vinegar, Citric Acid), Pasteurized Egg Yolk, Nonfat Dry Milk, Lactic Acid, Anchovies (Anchovies, Sunflower Oil, Salt), Worcestershire Sauce (Vinegar, Molasses, Raw Cane Sugar, Sea Salt, Spices, Garlic Powder), Soy Sauce (Water, Soybeans, Wheat, Salt, Alcohol), Sea Salt, Lemon Juice Concentrate, Black Pepper, Roasted Garlic, Cultured Dextrose, Mustard Flour, Xanthan Gum), Lettuce, Garlic Crouton (French Bread (Unbleached, Enriched, Flour, Water, Yeast, Sea salt) Certified Non-GMO Canola Oil, Garlic, Sea salt, Basil, Pepper, Parsley), Parmesan (Pasteurized Cultured Part-Skim Milk, Salt, Enzymes, Potato Starch, Powdered Cellulose), Diced Pickled Jalapeno Peppers (Jalapeño Peppers, Water, Vinegar, Iodized Salt, Onions, Soybean Oil and Garlic), 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), Basil.

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
650	35	6	0	65	870	50	9	3	0	30	0	329	3	360

*For optimal freshness, our mesclun is comprised of a mix of the following leafy greens based on seasonal availability: Organic Baby Spinach, Organic Red Romaine, Organic Green Romaine, Organic Red Oak Leaf, Organic Green Oak Leaf, Organic Red Leaf, Organic Lolla Rosa, Organic Tango, Organic Butter Lettuce, Organic Red Chard, Organic Green Chard, Organic Mizuna, Organic Arugula, Organic Radicchio, Organic Baby Kale, Organic Frisee, Organic Tatsoi, and Organic Red Mustard.

BAGUETTES

Romesco Chicken & Mozzarella Baguette

Serving Size: 278g/9.81oz

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, Red Pepper Flakes (Crushed Aleppo Peppers, Vegetable Oil, Salt)

NUTRITIONAL INFORMATION: Serving Size: 278g/9.81oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (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	30	8	0	65	1320	71	5	2	0	31	0	198	5	391

NUTRITIONAL INFORMATION - HALF: Serving Size: 139g/4.90oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (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	15	4	0	30	670	35	2	1	0	16	0	100	2.3	200

Romesco Chicken & Mozzarella Baguette – (LAX Only)

Serving Size: 278g/9.81oz

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, Red Pepper Flakes (Crushed Aleppo Peppers, Vegetable Oil, Salt).

NUTRITIONAL INFORMATION: Serving Size: 278g/9.81oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (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	27	6	0	65	1320	72	5	3	0	29	0	330	4.7	380

NUTRITIONAL INFORMATION - HALF: Serving Size: 139g/4.90oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (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	14	3	0	30	660	36	2	2	0	15	0	170	2.3	190

BAGUETTES

Pesto Caprese Baguette

Serving Size: 254g/8.96oz

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens: Pine Nut, Egg, Milk, Wheat

INGREDIENTS:

White Baguette (Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Salt, Yeast, Malted Wheat Flour, Food Enzymes (Xylanase, Glucose-Oxidase, Lipase, Protease, Alpha-Amylase), Ascorbic Acid), Mozzarella (Cultured Pasteurized Milk, Lactic/Citric Acid, Salt, Enzymes), Pesto (Extra Virgin Olive Oil, Basil, Pine Nuts, Lemon Juice, Garlic, Sea Salt), Roasted Tomatoes (Cherry Tomatoes, Rapeseed Oil, Salt, Dried Garlic, Oregano, Lemon Juice Concentrate), Mayonnaise (Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains Less Than 2%: Salt, Spice, Lemon Juice Concentrate), Arugula

NUTRITIONAL INFORMATION: Serving Size: 254g/8.96oz

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)
690	36	11	0	45	1130	70	5	1	0	25	0	279	5	233

NUTRITIONAL INFORMATION - HALF: Serving Size: 127g/4.48oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (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	18	6	0	20	570	35	2	1	0	12	0	140	2.3	140

Pesto Caprese Baguette – (LAX Only)

Serving Size: 246g/8.68 oz

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens: Pine Nut, Egg, Milk, Wheat

INGREDIENTS:

White Baguette (Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Salt, Yeast, Malted Wheat Flour, Food Enzymes (Xylanase, Glucose-Oxidase, Lipase, Protease, Alpha-Amylase), Ascorbic Acid), Mozzarella (Cultured Pasteurized Milk, Lactic/Citric Acid, Salt, Enzymes), Pesto (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), 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, Roasted Tomatoes (Cherry Tomatoes, Rapeseed Oil, Salt, Dried Garlic, Oregano, Lemon Juice Concentrate), Basil.

NUTRITIONAL INFORMATION: Serving Size: 246g/8.68 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)
640	28	8	0	40	1130	72	5	3	0	23	0	480	4.2	170

NUTRITIONAL INFORMATION - HALF: Serving Size: 127g/4.48oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein(g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
320	15	4	0	20	550	36	2	2	0	11	0	220	2.3	110

BAGUETTES

Pret's Famous Ham & Cheese Baguette

Serving Size: 249g/8.78oz
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: 249g/8.78oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
610	22	8	0	80	1710	70	4	1	1	34	0	351	4	385

NUTRITIONAL INFORMATION - HALF: Serving Size: 125g/4.39oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
310	11	4	0	40	860	35	2	1	1	17	0	176	2	193

Pret's Tuna & Cucumber Baguette

Recipe is: [] Vegetarian and [] Vegan
Common Allergens: Tuna, Egg, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 287g/10.12oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (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	28	2.5	0	60	1210	68	4	1	0	33	0.6	30	4.5	360

NUTRITIONAL INFORMATION - HALF: Serving Size: 144g/5.08oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
330	14	1.5	0	30	600	34	2	0	0	16	.3	10	2.3	180

BAGUETTES

Pret's Chicken Bánh Mi

Serving Size: 356g/12.56oz

Recipe is: [] Vegetarian and [] Vegan

Common Allergens: Egg, Sesame, Soy, Wheat

INGREDIENTS:

White Baguette (Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Salt, Yeast, Malted Wheat Flour, Food Enzymes (Xylanase, Glucose-Oxidase, Lipase, Protease, Alpha-Amylase), Ascorbic Acid), Cucumbers, Sliced Chicken (Chicken Breast, Sea Salt), Pickled Cabbage & Carrot Mix (Red Cabbage, Carrot, Water, Sugar, Vinegar, Salt), Gochujang Aioli (Canola Oil, Water, Hot Pepper Paste (Water, Sugar, Red Chili Pepper Powder, Fermented Soybean Paste (Water, Soybeans, Rice, Salt, Alcohol), Pear Puree Concentrate, Salt, Salted Sake (Sake (Water, Rice Koji), Salt), Contains Less Than 2% Of Onion Powder, Garlic Powder, Yeast Extract, Rice Vinegar, Sesame Oil, Paprika, Corn Starch), Rice Vinegar, Egg Yolks, Garlic Puree (Garlic, Citric Acid), Sugar, Sea Salt, Salt, Lemon Juice Concentrate, Xanthan Gum, Red Pepper, Mustard Flour, Citric Acid), Shredded Carrots, Cilantro, Seasoning (Salt, Black Pepper)

NUTRITIONAL INFORMATION: Serving Size: 356g/12.56oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (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	2	0	55	1540	78	5	9	6	27	0	52	5	539

NUTRITIONAL INFORMATION - HALF: Serving Size: 178g/6.28oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (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	11	1	0	25	770	39	3	4	3	13	0	30	2.4	270

Prosciutto & Parmesan Artisan Baguette

Recipe is: [] Vegetarian and [] Vegan

Common Allergens: Egg, Milk, Pine Nut, Wheat

INGREDIENTS:

Sourdough Baguettine Bread (Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Wheat Sourdough (Water, Fermented Wheat Flour), Sea Salt, Canola Oil, Yeast, Malted Barley Flour, Malted Wheat Flour, Ascorbic Acid, Food Enzymes (Xylanase, Glucose-Oxydase, Lipase, Alpha-Amylase)), Uncured Sliced Prosciutto (Pork, Sea Salt), Roasted Tomatoes (Cherry Tomatoes, Rapeseed Oil, Salt, Dried Garlic, Oregano, Lemon Juice Concentrate), Cage Free 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, Gotham Greens Pesto (Extra Virgin Olive Oil, Basil, Pine Nuts, Lemon Juice, Garlic, Sea Salt), Parmesan (Pasteurized Cultured Part-Skim Milk, Salt, Enzymes, Potato Starch, Powdered Cellulose)

NUTRITIONAL INFORMATION: Serving Size: 250g/8.82oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (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	28	5	0	40	1880	73	4	3	0	31	0	190	4.7	430

NUTRITIONAL INFORMATION - HALF: Serving Size: 125g/4.41oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
340	14	2.5	0	20	940	37	2	1	0	15	0	100	2.4	210

BAGUETTES

Chicken Caesar Baguette

Serving Size: 203 g/7.14 oz
Recipe is: [] Vegetarian and [] Vegan
Common Allergens: Anchovy, Egg, Milk, Soy, Wheat

INGREDIENTS:

Sliced Chicken (Chicken Breast, Sea Salt), 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), Caesar Dressing (Canola Oil, Filtered Water, Tapioca Syrup, Imported Pecorino Romano Cheese (Sheep's Milk, Cheese Cultures, Salt, Enzymes), Garlic (Water, Garlic, Vinegar, Citric Acid), Pasteurized Egg Yolk, Nonfat Dry Milk, Lactic Acid, Anchovies (Anchovies, Sunflower Oil, Salt), Worcestershire Sauce (Vinegar, Molasses, Raw Cane Sugar, Sea Salt, Spices, Garlic Powder), Soy Sauce (Water, Soybeans, Wheat, Salt, Alcohol), Sea Salt, Lemon Juice Concentrate, Black Pepper, Roasted Garlic, Cultured Dextrose, Mustard Flour, Xanthan Gum), Cage Free Mayonnaise (Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains Less Than 2%: Salt, Spice, Lemon Juice Concentrate), Parmesan (Pasteurized Cultured Part-Skim Milk, Salt, Enzymes, Potato Starch, Powdered Cellulose), Romaine, 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: 203g/7.14 oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
560	33	4	0	70	1051	39	2	1	0	26	0	163	2	344

NUTRITIONAL INFORMATION - HALF: Serving Size: 102g/3.60 oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
280	17	2	0	35	530	20	1	1	0	13	0	80	1	170

SALADS

Blackened Salmon, Avo & Quinoa Salad with Pret's Simple Vinaigrette

Serving Size: 349g/12.31oz

Recipe is: [] Vegetarian and [] Vegan

Common Allergens: Salmon

INGREDIENTS:

Salad: Atlantic Salmon (Atlantic Salmon, Salt, Spices (Black Pepper, Thyme, White Pepper, Oregano, Red Pepper, Paprika, Granulated Garlic, Granulated Onion, Chili Pepper)), Mesclun, Grape Tomatoes, Avocados, Quinoa Mix (Water, Tricolor Quinoa, Amaranth, Extra Virgin Olive Oil, Salt), Roasted Corn (Corn), Lemon Juice, Basil, Red Pepper Flakes

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

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
480	34	4.5	0	35	700	25	4	6	1	23	1	58	5	844

Chicken Avocado Salad with Pret's Simple Vinaigrette

Serving Size: 321g/11.32oz

Recipe is: [] Vegetarian and [] Vegan

Common Allergens: Walnut

INGREDIENTS:

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

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

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
510	39	5	0	50	600	21	7	12	8	20	0	58	2	860

Chicken, Elote Corn & Avocado Salad with Herb Yogurt Dressing

Serving Size: 396g/13.99oz

Recipe is: [] Vegetarian and [] Vegan

Common Allergens: Egg, Milk

INGREDIENTS:

Salad: Lettuce, Sliced Chicken (Chicken Breast, Sea Salt), Roasted Corn (Corn), Grape Tomatoes, Avocados, Pickled Red Onion (Red Onion, Water, Sugar, Vinegar, Salt), Spicy Chipotle Sauce (Roasted Red Peppers (Roasted Red Peppers, Water, Salt, Citric Acid, Calcium Chloride), Chipotle in Adobo (Chipotle Peppers, Water, Onion, Tomato Paste, Salt, Sugar, Vinegar), Diced Tomatoes (Diced Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Red Wine Vinegar, Onions, Canola Oil, Water, Sugar, Roasted Garlic, Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Red Pepper), Sea Salt, Lime Juice, Black Pepper, Garlic Powder, Xanthan Gum (Stabilizer), Ground Red Pepper), Feta (Pasteurized Milk, Salt, Cheese Cultures, Enzymes), lemon juice, Mayonnaise (Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains Less Than 2%: Salt, Spice, Lemon Juice Concentrate), Yogurt (Cultured Pasteurized Milk, Live and Active Cultures (S. Thermophilus, L. Bulgaricus, L. Acidolphilus, Bifidus, L. Casei)), Seasoning (Salt, Black Pepper), Red Pepper Flakes (Crushed Aleppo Peppers, Vegetable Oil, Salt).

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

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
470	31	6	0	70	1100	27	7	14	4	22	0	124	2	894

For optimal freshness, our mesclun is comprised of a mix of the following leafy greens based on seasonal availability: Organic Baby Spinach, Organic Red Romaine, Organic Green Romaine, Organic Red Oak Leaf, Organic Green Oak Leaf, Organic Red Leaf, Organic Lolla Rosa, Organic Tango, Organic Butter Lettuce, Organic Red Chard, Organic Green Chard, Organic Mizuna, Organic Arugula, Organic Radicchio, Organic Baby Kale, Organic Frisee, Organic Tatsoi, and Organic Red Mustard.

SALADS

Chicken & Strawberry Salad

Serving Size: 345g/12.17oz

Recipe is: [] Vegetarian and [] Vegan

Common Allergens: Egg, Milk

INGREDIENTS:

Salad: Romaine, Sliced Chicken (Chicken Breast, Sea Salt), Strawberries, Avocados, Roasted Corn (Corn), Niman Ranch Bacon (Pork, Water, Salt, Turbinado Sugar, Celery Powder), Feta (Pasteurized Milk, Salt, Cheese Cultures, Enzymes), Red Onion.

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

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
460	32	8	0	90	990	17	6	7	0	28	0.1	130	1.8	880

Chicken Caesar Salad with Caesar Dressing

Serving Size: 311g/10.97oz

Recipe is: [] Vegetarian and [] Vegan

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

INGREDIENTS:

Salad: Romaine, Sliced Chicken (Chicken Breast, Sea Salt), Grape Tomatoes, Garlic Crouton (French Bread (Unbleached, Enriched, Flour, Water, Yeast, Sea salt) Certified Non-GMO Canola Oil, Garlic, Sea salt, Basil, Pepper, Parsley), Parmesan (Pasteurized Cultured Part-Skim Milk, Salt, Enzymes, Potato Starch, Powdered Cellulose), Basil, Lemon

Caesar Dressing: Canola Oil, Filtered Water, Tapioca Syrup, Imported Pecorino Romano Cheese (Sheep's Milk, Cheese Cultures, Salt, Enzymes), Garlic (Water, Garlic, Vinegar, Citric Acid), Pasteurized Egg Yolk, Nonfat Dry Milk, Lactic Acid, Anchovies (Anchovies, Sunflower Oil, Salt), Worcestershire Sauce (Vinegar, Molasses, Raw Cane Sugar, Sea Salt, Spices, Garlic Powder), Soy Sauce (Water, Soybeans, Wheat, Salt, Alcohol), Sea Salt, Lemon Juice Concentrate, Black Pepper, Roasted Garlic, Cultured Dextrose, Mustard Flour, 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)
530	37	5	0	70	820	25	11	5	0	28	0	268	2	647

Cobb Side Salad with Herb Yogurt Dressing

Serving Size: 248g/8.74oz

Recipe is: [] Vegetarian and [] Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

Salad: Romaine, Cage-Free Eggs, Grape Tomatoes, Niman Ranch Bacon (Pork, Water, Salt, Turbinado Sugar, Celery Powder), Garlic Crouton (French Bread (Unbleached, Enriched, Flour, Water, Yeast, Sea salt) Certified Non-GMO Canola Oil, Garlic, Sea salt, Basil, Pepper, Parsley)

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

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
390	31	6.5	0	225	680	16	7	4	0	16	1	83	2	477

SALADS

Mediterranean Mezze Salad with Pret's Simple Vinaigrette

Serving Size: 332g/11.71oz

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

Common Allergens: Sesame

INGREDIENTS:

Salad: Turmeric Falafel (Garbanzo Beans, Onions, Garbanzo Beans (Chick Peas, Water, Salt), Canola Oil, Chickpea Flour, Green Onion, Garlic (Garlic, Water), Red Peppers, Sea Salt, Coriander, Cumin, Cayenne, Onion Powder, Turmeric, Baking Powder), Mesclun, Hummus (Chickpeas, Sesame Tahini, Sunflower Oil, Water, Sea Salt, Garlic, Pepper, Lemon Juice Concentrate), Cucumbers, Red Peppers, Pickled Cabbage & Carrot Mix (Red Cabbage, Carrot, Water, Sugar, Vinegar, Salt), Greek Olive Medley (Green Olives, Kalamata Olives, Water, Sea Salt, Wine Vinegar), Sesame Seeds.

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

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
550	44	4	0	0	1260	34	9	10	5	10	0	157	4	506

Pesto Chicken & Burrata Salad with Pret's Simple Vinaigrette

Serving Size: 329g/11.60oz

Recipe is: [] Vegetarian and [] Vegan

Common Allergens: Pine Nut, Milk, Wheat

INGREDIENTS:

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

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

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
720	57	12.5	0	90	1300	28	10	5	1	28	0	197	2	466

Pesto Marinated White Bean & Avocado Salad

Serving Size: 367g/12.95oz

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

Common Allergens: Pine Nut, Walnut

INGREDIENTS:

Salad: Great Northern Beans (Prepared Great Northern Beans, Water, Salt, Calcium Chloride (Firming Agent)), Spinach, Cucumbers, Grape Tomatoes, Avocados, Walnuts (Walnut Halves and Pieces), Red Onion, Pesto (Extra Virgin Olive Oil, Basil, Pine Nuts, Lemon Juice, Garlic, Sea Salt).

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

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
560	44	5	0	0	730	33	11	6	1	13	0	190	4.9	1230

SALADS

Pret's Greek Side Salad with Herb Yogurt Dressing

Serving Size: 209g/7.37oz

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

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

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

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
350	27	5	0	25	1030	20	7	4	0	9	0	123	1	231

Caesar Side Salad with Caesar Dressing

Serving Size: 204g/7.20oz

Recipe is: [] Vegetarian and [] Vegan

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

INGREDIENTS:

Salad: Romaine, Grape Tomatoes, Parmesan (Pasteurized Cultured Part-Skim Milk, Salt, Enzymes, Potato Starch, Powdered Cellulose), Garlic Crouton (French Bread (Unbleached, Enriched, Flour, Water, Yeast, Sea salt) Certified Non-GMO Canola Oil, Garlic, Sea salt, Basil, Pepper, Parsley), Basil, Lemon

Caesar Dressing: Canola Oil, Filtered Water, Tapioca Syrup, Imported Pecorino Romano Cheese (Sheep's Milk, Cheese Cultures, Salt, Enzymes), Garlic (Water, Garlic, Vinegar, Citric Acid), Pasteurized Egg Yolk, Nonfat Dry Milk, Lactic Acid, Anchovies (Anchovies, Sunflower Oil, Salt), Worcestershire Sauce (Vinegar, Molasses, Raw Cane Sugar, Sea Salt, Spices, Garlic Powder), Soy Sauce (Water, Soybeans, Wheat, Salt, Alcohol), Sea Salt, Lemon Juice Concentrate, Black Pepper, Roasted Garlic, Cultured Dextrose, Mustard Flour, 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)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
400	34	4.5	0	20	470	19	8	4	0	11	0	257	1	344

Lemon Arugula Side Salad with Pret's Simple Vinaigrette

Serving Size: 143g/5.04oz

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens: Milk

INGREDIENTS:

Salad: Arugula, Grape Tomatoes, Parmesan, Red Onion, Lemon

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

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
280	26	4.5	0	10	500	6	1	4	1	7	0	250	0.9	280

*For optimal freshness, our mesclun is comprised of a mix of the following leafy greens based on seasonal availability: Organic Baby Spinach, Organic Red Romaine, Organic Green Romaine, Organic Red Oak Leaf, Organic Green Oak Leaf, Organic Red Leaf, Organic Lolla Rosa, Organic Tango, Organic Butter Lettuce, Organic Red Chard, Organic Green Chard, Organic Mizuna, Organic Arugula, Organic Radicchio, Organic Baby Kale, Organic Frisee, Organic Tatsoi, and Organic Red Mustard.

SALAD DRESSINGS

Pret's Simple Vinaigrette

Serving Size: 45g/1.59oz

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

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
200	21	2.5	0	0	300	2	0	2	1	0	0	8	0	20

Caesar Dressing

Serving Size: 48g/1.69oz

Recipe is: [] Vegetarian and [] Vegan

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

INGREDIENTS:

Canola Oil, Filtered Water, Tapioca Syrup, Imported Pecorino Romano Cheese (Sheep's Milk, Cheese Cultures, Salt, Enzymes), Garlic (Water, Garlic, Vinegar, Citric Acid), Pasteurized Egg Yolk, Nonfat Dry Milk, Lactic Acid, Anchovies (Anchovies, Sunflower Oil, Salt), Worcestershire Sauce (Vinegar, Molasses, Raw Cane Sugar, Sea Salt, Spices, Garlic Powder), Soy Sauce (Water, Soybeans, Wheat, Salt, Alcohol), Sea Salt, Lemon Juice Concentrate, Black Pepper, Roasted Garlic, Cultured Dextrose, Mustard Flour, 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)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
260	27	2.5	0	10	180	5	0	2	0	2	0	43	0	13

Herb Yogurt Dressing

Serving Size: 44g/1.55oz

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens: Egg, Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
160	17	3	0	15	260	2	0	1	0	1	0	22	0	30

Miso Sesame Dressing

Serving Size: 45g/1.58oz

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

Common Allergens: Soy, Wheat, Sesame

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
230	24	1.5	0	0	330	5	1	3	3	1	0	7	0	64

POTS

Egg & Spinach Pot

Serving Size: 114g/4.02oz

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens: Egg

INGREDIENTS:

Cage-Free Eggs, Spinach

NUTRITIONAL INFORMATION:

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

HOT WRAPS

Chicken Parm Hot Wrap

Serving Size: 273 g/9.88oz
Recipe is: [] Vegetarian and [] Vegan
Common Allergens: Milk, Wheat
INGREDIENTS:

Flour Tortilla (Wheat Flour, Water, Whole Wheat Flour, Palm Oil, Cultured Wheat Flour, Wheat Gluten, Salt, Whole Grain Corn Flour, Sugar (Dextrin, Corn, Wheat), Sodium Bicarbonate, Mono and Diglycerides, Rolled Oats, Hulled Barley Flakes, Rye Flakes, Sodium Acid Pyrophosphate, Wheat Flakes, Fumaric Acid, Millet, Yeast, Guar Gum, Cellulose Gum, Xanthan Gum, Enzymes (Wheat Flour, Enzymes, Dextrin)), Sliced Chicken (Chicken Breast, Sea Salt), Marinara Sauce (Vine-Ripened Fresh Tomatoes, Blend Of Extra Virgin Olive Oil And Sunflower Oil, Salt, Onions, Black Pepper, Basil, Oregano, Parsley, And Naturally Derived Citric Acid), Mozzarella (Cultured Pasteurized Milk, Lactic/Citric Acid, Salt, Enzymes), Parmesan (Pasteurized Cultured Part-Skim Milk, Salt, Enzymes, Potato Starch, Powdered Cellulose), Provolone (Pasteurized Milk, Salt, Enzymes), Crispy Onions (Onions, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sunflower and/or Safflower Oil, Sea Salt), Basil, Seasoning (Salt, Black Pepper), Red Pepper Flakes

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
560	20	7	0	75	880	59	4	5	0	36	0	530	3.5	580

Chicken Parm Hot Wrap – (LAX Only)

Serving Size: 273 g/9.88oz
Recipe is: [] Vegetarian and [] Vegan
Common Allergens: Milk, Wheat
INGREDIENTS:

Flour Tortilla (Wheat Flour, Water, Whole Wheat Flour, Palm Oil, Cultured Wheat Flour, Wheat Gluten, Salt, Whole Grain Corn Flour, Sugar (Dextrin, Corn, Wheat), Sodium Bicarbonate, Mono and Diglycerides, Rolled Oats, Hulled Barley Flakes, Rye Flakes, Sodium Acid Pyrophosphate, Wheat Flakes, Fumaric Acid, Millet, Yeast, Guar Gum, Cellulose Gum, Xanthan Gum, Enzymes (Wheat Flour, Enzymes, Dextrin)), Sliced Chicken (Chicken Breast, Sea Salt), Marinara Sauce (Vine-Ripened Fresh Tomatoes, Blend Of Extra Virgin Olive Oil And Sunflower Oil, Salt, Onions, Black Pepper, Basil, Oregano, Parsley, And Naturally Derived Citric Acid), Mozzarella (Cultured Pasteurized Milk, Lactic/Citric Acid, Salt, Enzymes), Parmesan (Pasteurized Cultured Part-Skim Milk, Salt, Enzymes, Potato Starch, Powdered Cellulose), Provolone (Pasteurized Milk, Salt, Enzymes), Crispy Onions (Onions, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sunflower and/or Safflower Oil, Sea Salt), Basil, Seasoning (Salt, Black Pepper), Red Pepper Flakes

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
560	21	9	0	75	880	58	4	5	0	36	0	600	3.5	580

Pret's Chicken Burrito Wrap (LAX Only)

Serving Size: 325g/11.46oz
Recipe is: [] Vegetarian and [] Vegan
Common Allergens: Milk, Wheat
INGREDIENTS:

Wheat flour, Water, Whole wheat flour, Palm oil, Cultured wheat flour, Wheat gluten, Salt, Whole grain corn flour, Sugar (Dextrin, Corn, Wheat), Sodium bicarbonate, Mono and diglycerides, Rolled oats, Hulled barley flakes, Rye flakes, Sodium acid, pyrophosphate, Wheat flakes, Fumaric acid, Millet, Yeast, Guar gum, Cellulose gum, Xanthan gum, Enzymes (Wheat flour, enzymes, dextrin), Sliced Chicken (Chicken Breast, Sea Salt), Spicy Chipotle Sauce (Red Bell Pepper Puree, Water, Diced Tomatoes (Diced Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Onion, Canola Oil, Red Wine Vinegar, Sugar, Tomato Paste, Sea Salt, Garlic Puree (Garlic, Citric Acid), Chipotle Pepper, Distilled Vinegar, Spices, Xanthan Gum, Garlic Powder, Mustard Seed, Onion Powder, Salt, Natural Smoke Flavor, White Wine, Citric Acid, Tartaric Acid), Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Black Bean Salsa (Black Beans, Diced Tomatoes (tomatoes, tomato juice, salt, citric acid), Jalapeno Peppers, Lime Juice Concentrate, Onions, Cilantro, Sea Salt, Canola Oil, Garlic Puree, Black Pepper, Onion Powder, Garlic Powder), Roasted Corn (Corn), Red Peppers, Quinoa Mix (Water, Tricolor Quinoa, Amaranth, Extra Virgin Olive Oil, Salt), Crispy Onions (Onions, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sunflower and/or Safflower Oil, Sea Salt)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
610	23	9	0	75	1240	69	5	8	1	33	.2	260	1.4	570

HOT WRAPS

Pret's Pulled Pork Burrito

Serving Size: 268g/9.45oz
Recipe is: [] Vegetarian and [] Vegan
Common Allergens: Milk, Wheat
INGREDIENTS:

Flour Tortilla (Wheat flour, Water, Whole wheat flour, Plam oil, Cultured wheat flour, Wheat gluten, Salt, Whole grain corn flour, Sugar (Dextrin, Corn, Wheat), Sodium bicarbonate, Monoand diglycerides, Rolled oats, Hulled barley flakes, Rye flakes, Sodium acid, pyrophosphate, Wheat flakes, Fumaric acid, Millet, Yeast, Guar gum, Cellulose gum, Xanthan gum, Enzymes (Wheat flour, enzymes, dextrin), Pulled Pork - A ([Pork, Water, Sea salt, Rosemary extract]), Black Bean Salsa (Black Beans, Diced Tomatoes (tomatoes, tomato juice, salt, citric acid), Jalapeno Peppers, Lime Juice Concentrate, Onions, Cilantro, Sea Salt, Canola Oil, Garlic Puree, Black Pepper, Onion Powder, Garlic Powder), Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Roasted Corn (Corn), Red Peppers, Marinara Sauce (Fresh Vine-Ripened Unpeeled Ground Tomatoes, Tomato Puree, Extra Virgin Olive Oil, Salt, Dehydrated Onions, Garlic Powder and Spices.), Sweet & Spicy Barbecue Sauce (Tomato Puree (Water, Tomato Paste), Sugar, Distilled Vinegar, Corn Starch, Contains Less Than 2% Of Salt, Pineapple Juice Concentrate, Spices, Fruit Juice (Color), Natural Hickory Smoke Flavor, Garlic Dehydrated, Water, Molasses, Natural Flavors (Includes Celery), Celery Seed, Tamarind Concentrate), Diced Pickled Jalapeno Peppers (Jalapeño Peppers, Water, Vinegar, Iodized Salt, Onions, Soybean Oil and Garlic), Red Onion, Cilantro

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
490	16	8	0	55	1130	62	4	8	3	26	0.1	180	1.5	310

Spiced Lentil & Chickpea Hot Wrap

Serving Size: 310g/10.93oz
Recipe is: [x] Vegetarian and [] Vegan
Common Allergens: Egg, Milk, Wheat
INGREDIENTS:

Flour Tortilla (Wheat flour, Water, Whole wheat flour, Palm oil, Cultured wheat flour, Wheat gluten, Salt, Whole grain corn flour, Sugar (Dextrin, Corn, Wheat), Sodium bicarbonate, Mono and diglycerides, Rolled oats, Hulled barley flakes, Rye flakes, Sodium acid pyrophosphate, Wheat flakes, Fumaric acid, Millet, Yeast, Guar gum, Cellulose gum, Xanthan gum, Enzymes (Wheat flour, enzymes, dextrin)), Moroccan Lentil Soup Water [Lentils, Onions, Carrots, Turnips, Celery, Tomato Paste (Tomatoes), Olive Oil, Extra Virgin Olive Oil, Rice Flour, Soybean Oil, Balsamic Vinegar (Wine Vinegar, Grape Must), Garlic, Sea Salt, Paprika (For Color), Parsley, Dried Marjoram, Black Pepper, Cumin, Nutmeg, Dried Basil, Bay Leaves, Cloves] Turmeric Falafel (Garbanzo Beans, Onions, Garbanzo Beans (Chick Peas, Water, Salt), Canola Oil, Chickpea Flour, Green Onion, Garlic (Garlic, Water), Red Peppers, Sea Salt, Coriander, Cumin, Cayenne, Onion Powder, Turmeric, Baking Powder), Feta (Pasteurized Milk, Salt, Cheese Cultures, Enzymes), Red Peppers, Spicy Chipotle Sauce (Red Bell Pepper Puree, Water, Diced Tomatoes (Diced Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Onion, Canola Oil, Red Wine Vinegar, Sugar, Tomato Paste, Sea Salt, Garlic Puree (Garlic, Citric Acid), Chipotle Pepper, Distilled Vinegar, Spices, Xanthan Gum, Garlic Powder, Mustard Seed, Onion Powder, Salt, Natural Smoke Flavor, White Wine, Citric Acid, Tartaric Acid), Mayonnaise (Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains Less Than 2%: Salt, Spice, Lemon Juice Concentrate), Diced Pickled Jalapeno Peppers (Jalapeño Peppers, Water, Vinegar, Iodized Salt, Onions, Soybean Oil and Garlic), Red Onion, Cilantro, Seasoning (Salt, Black Pepper).

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
590	25	5	0	20	1000	72	9	7	1	19	0	344	5	470

HOT FOOD

Ham & Cheddar Croissant

Serving Size: 130/4.59oz
Recipe is: [] Vegetarian and [] Vegan
Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (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	14	0	90	970	33	1	6	5	19	0.1	190	2.1	240

Broccoli Cheddar & Chive Quiche

Serving Size: 198g/6.98oz
Recipe is: [x] Vegetarian and [] Vegan
Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

Wheat Flour, Cheddar Cheese (Pasteurized Cultured Milk, Salt, Enzymes, Annatto [Coloring]), Eggs, Heavy Cream, Milk (Vitamin D), Butter (Cream, Natural Flavors), Broccoli, Water, Onion, Swiss Cheese (Pasteurized Cultured Milk, Salt, Enzymes), Corn Starch, Salt, Baking Soda, Chives, Black Pepper, Cayenne Pepper, Ground Nutmeg.

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (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	38	22	0	210	620	32	0	2	0	18	0.4	320	1	200

Spinach & Fontina Quiche

Serving Size: 198g/6.98oz
Recipe is: [x] Vegetarian and [] Vegan
Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

Wheat Flour, Fontina Cheese (Pasteurized Cultured Milk, Salt, Enzymes), Eggs, Heavy Cream, Milk (Vitamin D), Water, Butter (Cream, Natural Flavors), Red Peppers, Onion, Spinach, Corn Starch, Salt, Baking Soda, Black Pepper, Cayenne Pepper, Ground Nutmeg.

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (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	22	0	210	600	44	0	2	0	16	0.4	360	1	160

Classic Mac and Cheese

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

INGREDIENTS:

Mac and Cheese Mix (Water, Cavatappi Pasta (Semolina [Wheat], Egg Whites, Niacin, Iron [Ferrous Sulfate], Thiamin Mononitrate, Riboflavin, Folic Acid), Light Cream (Milk, Cream), Monterey Jack Cheese (Milk, Cheese Culture, Salt, Enzymes), Butter (Cream, Salt), Wheat Flour, Cheddar Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Romano Cheese (Pasteurized Milk, Salt, Cheese Cultures, Enzymes, Powdered Cellulose [to prevent caking]), Sea Salt, Black Pepper, Cayenne Pepper, Nutmeg), Parmesan (Pasteurized Cultured Part-Skim Milk, Salt, Enzymes, Potato Starch, Powdered Cellulose)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
910	56	35	2	175	1460	67	2	7	0	33	3	676	3	369

HOT FOOD

Spinach & Tomato Mac and Cheese

Serving Size: 497g/17.53oz
Recipe is: [x] Vegetarian and [] Vegan
Common Allergens: Egg, Milk, Wheat
INGREDIENTS:

Mac and Cheese Mix (Water, Cavatappi Pasta (Semolina [Wheat], Egg Whites, Niacin, Iron [Ferrous Sulfate], Thiamin Mononitrate, Riboflavin, Folic Acid), Light Cream (Milk, Cream), Monterey Jack Cheese (Milk, Cheese Culture, Salt, Enzymes), Butter (Cream, Salt), Wheat Flour, Cheddar Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Romano Cheese (Pasteurized Milk, Salt, Cheese Cultures, Enzymes, Powdered Cellulose [to prevent caking]), Sea Salt, Black Pepper, Cayenne Pepper, Nutmeg), Spinach, Grape Tomatoes, Parmesan (Pasteurized Cultured Part-Skim Milk, Salt, Enzymes, Potato Starch, Powdered Cellulose)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
920	56	35	2	175	1480	69	2	8	0	33	3	698	3	523

Turkey & Swiss Croissant

Serving Size: 151g/5.32 oz
Recipe is: [] Vegetarian and [] Vegan
Common Allergens: Egg, Milk, Wheat
INGREDIENTS:

Plain Croissant (Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter (Cream), Water, Sugar, Yeast, Less Than 2% Of : Whole Milk Powder, Eggs, Salt, Wheat Gluten, Food Enzymes (Xylanase, Amylase), Ascorbic Acid), Swiss (Cultured Pasteurized Part-Skim Milk, Salt, Enzymes), Sliced Roasted Turkey (Turkey Breast, Water, Contains 2% or less of Potassium Lactate, Sugar, Salt, Sodium Phosphates, Sodium Diacetate, Natural Flavor.), 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)
480	29	17	0	105	750	33	1	6	5	25	0.2	450	2	170

SOUPS

Turmeric Chicken & Farro Soup

Recipe is: [] Vegetarian and [] Vegan

Common Allergens: Wheat

INGREDIENTS:

Chicken Stock (Water, Chicken Bones, Onions, Celery, Carrots, Sea Salt, Garlic, Parsley, White Pepper, Thyme, Bay Leaves, Marjoram), Chicken (Dark And Light Meat), Onions, Carrots, Celery, Organic Farro, Water, Ginger Puree (Ginger, Water), Rice Starch, Sea Salt, Chicken Fat, Roasted Chicken Stock (Chicken Stock, Roasted Chicken Stock, Mirepoix Stock [Made From Carrot, Celery And Onion Stocks], Dried Chicken Stock, Salt, Poultry Gelatin, Water, White Wine), Ginger, Parsley, Thyme, Turmeric, Bay Leaf, Black Pepper

NUTRITIONAL INFORMATION - LARGE: 454g/16.01oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
240	4.5	1	0	55	1350	28	2	4	0	20	0	54	4	600

NUTRITIONAL INFORMATION - SMALL: 303g/10.68oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (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	35	900	19	1	2	0	14	0	36	2	401

Moroccan Lentil Soup

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

INGREDIENTS:

Water, Lentils, Onions, Carrots, Turnips, Celery, Tomato Paste (tomatoes), Olive Oil, Extra Virgin Olive Oil, Rice Flour, Soybean Oil, Balsamic Vinegar (wine vinegar, grape must), Garlic, Sea Salt, Paprika (for color), Parsley, Dried Marjoram, Black Pepper, Cumin, Nutmeg, Dried Basil, Bay Leaves, Cloves

NUTRITIONAL INFORMATION - LARGE: 454g/16.01oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
390	17	3	0	0	930	44	13	7	0	17	0	80	6	869

NUTRITIONAL INFORMATION - SMALL: 303g/10.68oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (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	11	2	0	0	620	30	9	5	0	11	0	53	4	580

Tomato & Feta Soup

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens: Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION - LARGE: 454g/16.01oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
260	15	6	0.0	35	1520	26	4	15	0	9	0	159	2	643

NUTRITIONAL INFORMATION - SMALL: 303g/10.68oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (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	10	4.5	0	25	1010	17	2	10	0	6	0	106	1	429

SOUPS

Roasted Veggie Harvest Soup

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

INGREDIENTS:

Water, Sweet Potatoes, Onion, Potatoes, Zucchini, Cabbage, Celery, Carrots, Extra Virgin Olive Oil, Olive Oil, Parsley, Sea Salt, Garlic, Lemon Juice, Black Pepper, Dried Marjoram, Thyme, Nutmeg, Allspice, Bay Leaves, Cloves

NUTRITIONAL INFORMATION - LARGE: 454g/16.01oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
330	20	3	0	0	1350	33	6	11	0	4	0	93	2	815

NUTRITIONAL INFORMATION - SMALL: 303g/10.69oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (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	14	2	0	0	900	22	4	7	0	2	0	62	1	544

White Chicken Chili

Recipe is: [] Vegetarian and [] Vegan

Common Allergens: Milk

INGREDIENTS:

Chicken (Dark and Light Meat), Chicken Stock (Water, Chicken Bones, Onions, Celery, Carrots, Sea Salt, Garlic, Parsley, White Pepper, Thyme, Bay Leaves, Marjoram), White Navy Beans, Onions, Sour Cream (Cultured Light Cream, Nonfat Milk, Enzymes), Celery, Green Peppers, Chicken Fat, Rice Flour, Sea Salt, Garlic, Cumin, Cilantro, Pepper Sauce (Distilled Vinegar, Red Pepper, Salt), Cocoa Powder, Ancho Chile Powder, Cayenne Pepper, Thyme, Dried Oregano, White 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)
550	27	9	0	125	1140	43	7	5	0	36	0	139	5	1118

NUTRITIONAL INFORMATION - SMALL: 303g/10.69oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
370	18	6	0	85	760	29	5	4	0	24	0	93	4	746

Pumpkin Bisque

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens: Milk

INGREDIENTS:

Water, Pumpkin, Sweet Potatoes, Light Cream, Neufchatel Cheese (Pasteurized Milk and Cream, Salt, Cheese Culture, Carob Bean Gum), Brown Sugar, Contains 2% or less of: Modified Corn Starch, Nonfat Dry Milk, Dehydrated, Sweet Potato, Salt, Nisin Preparation and Spices

NUTRITIONAL INFORMATION - LARGE: 227g/16.00 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)
550	27	9	0	125	1140	43	7	5	0	36	0	139	5	1118

NUTRITIONAL INFORMATION - SMALL: 454g/8.00 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	18	6	0	85	760	29	5	4	0	24	0	93	4	746

SOUPS

Croutons, Lemon & Herbs Soup Topper

Serving Size: 18g/0.63oz

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

Allergens: Wheat

INGREDIENTS:

Garlic Crouton (French Bread (Unbleached, Enriched, Flour, Water, Yeast, Sea salt) Certified Non-GMO Canola Oil, Garlic, Sea salt, Basil, Pepper, Parsley), Lemon, Basil, Cilantro

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
80	3	0	0	0	130	11	7	0	0	2	0	3	0	10

Chili Yogurt & Herbs Soup Topper

Serving Size: 34g/1.20oz

Recipe is: [x] Vegetarian and [] Vegan

Allergens: Milk, Wheat

INGREDIENTS:

Yogurt (Cultured Pasteurized Milk, Live and Active Cultures (S. Thermophilus, L. Bulgaricus, L. Acidolphilus, Bifidus, L. Casei)), Crispy Onions (Onions, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sunflower and/or Safflower Oil, Sea Salt), Basil, Cilantro, Red Pepper Flakes (Crushed Aleppo Peppers, Vegetable 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)
60	3.5	0.5	0	5	15	4	0	1	0	2	0	34	0	48

KID'S ITEMS

Kid's Honey Banana Yogurt Pot (NYC Only)

Serving Size: 212g/7.48oz

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens: Milk

INGREDIENTS:

Yogurt (Cultured Pasteurized Milk, Live and Active Cultures (S. Thermophilus, L. Bulgaricus, L. Acidolphilus, Bifidus, L. Casei), Banana, 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)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
210	3	1.5	0	15	50	32	2	24	0	14	0	140	0.2	420

Kid's Ham & Cheddar Sandwich

Serving Size: 163g/5.75oz

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)), Niman Ranch Smoked Ham (Pork, Water, Salt, Less Than 2%: Lemon Juice Concentrate, Vinegar, Turbinado Sugar, Celery Powder, Cherry Powder), Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Mayonnaise (Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains Less Than 2%: Salt, Spice, Lemon Juice Concentrate).

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
430	20	6	0	75	1030	41	0	3	1	21	0.1	200	1.9	330

BAKERY

Almond Croissant

Serving Size: 87g/3.07oz

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens: Almond, Egg, Milk, Wheat

INGREDIENTS:

Wheat Flour, Butter, Filling (Sugar, Almond Powder, Water, Wheat Flour, Natural Flavouring), Water, Sugar, Flaked Almonds, Yeast, Wheat gluten, Eggs, Salt, Dough Conditioner (Ascorbic Acid), Enzyme

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (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	21	11	0.5	44	220	39	3	12	11	8	0	42	1	138

Blueberry Muffin

Serving Size: 128g/4.5oz

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

Sugar, Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Blueberries, Buttermilk, Eggs, Soybean Oil, Butter [Cream (Milk), Salt], Sour Cream (Cream, Cultures, Lactic Acid, Cultured Nonfat Milk Solids, Citric Acid), Wheat Flour, Contains Less Than 2% of: Cornstarch, Leavening (Baking Soda, Sodium Acid Pyrophosphate, Monocalcium Phosphate), 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)
430	17	6	0	70	380	64	7	36	33	6	0	59	2	91

Bread Roll

Serving Size: 33g/1.16oz

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

Common Allergens: 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).

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (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	0	0	0	0	180	17	1	0	0	3	0	0	1	30

Chocolate Chunk Cookie

Serving Size: 71g/2.50oz

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens: Egg, Milk, Soy, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

BAKERY

Double Chocolate Pecan Cookie

Serving Size: 71g/2.50oz

Recipe is: [x] Vegetarian and [] Vegan

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

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

Chocolate Brownie Cookie

Serving Size: 71g/2.50oz

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens: Egg, Milk, Soy, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

Harvest Cookie

Serving Size: 71g/2.50oz

Recipe is: [x] Vegetarian and [] Vegan

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

INGREDIENTS:

Rolled Oats, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter (Cream, Salt), Brown Sugar, Sugar, Sweetened Dried Cranberries (Cranberries, Sugar, Sunflower Oil), Walnuts, Eggs, Raisins, Water, Contains Less Than 2%: Coconut, Honey, Molasses, Salt, Baking Soda, Spices, Natural Flavors

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
280	12	6	0	35	260	40	3	21	18	5	0	32	2	146

Chocolate Chunk Soft Baked Cookie (DC Only)

Serving Size: 71g/2.50 oz

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens: Egg, Milk, Wheat, Soy

INGREDIENTS:

Chocolate Chunks (Sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin (An Emulsifier), Vanilla), ENRICHED FLOUR (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Brown Sugar, Palm Oil, Sugar, Eggs, Water, Milk, Contains Less Than 2% Of: Salt, Dried Egg yolk, Natural Flavors, Baking Soda.

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (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	8	0	20	270	42	2	26	26	4	.1	0	2	110

Chocolate Brownie Soft Baked Cookie (DC Only)

Serving Size: 71g/2.50 oz

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens: Egg, Milk, Wheat, Soy

INGREDIENTS:

Sugar, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Palm Oil, Chocolate Chunks (Sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin (An Emulsifier), Vanilla), Eggs, Cocoa (Processed With Alkali), Water, Cocoa (Processed With Alkali),Contains Less Than 2% Of Natural Flavors, Baking Soda, Salt, Milk

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (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	8	0	20	115	40	2	28	28	4	0	20	3	210

Double Chocolate Pecan Soft Bake Cookie (DC Only)

Serving Size: 71g/2.50 oz

Recipe is: [x] Vegetarian and [] Vegan

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

INGREDIENTS:

Wheat Flour, Palm Oil, Brown Sugar, Pecans, Sugar, Chocolate Chunks (Sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin (An Emulsifier), Vanilla), Milk Chocolate Chunks (Sugar, Whole Milk Powder, Cocoa Butter, Chocolate Liquor, Soy Lecithin, Salt, Natural Vanilla Extract), Eggs, Water, Contains Less Than 2% Of Baking Soda, 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	7	0	10	270	37	2	21	19	4	.1	30	1	110

Harvest Soft Baked Cookie (DC Only)

Serving Size: 71g/2.50oz

Recipe is: [x] Vegetarian and [] Vegan

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

INGREDIENTS:

Rolled Oats, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Palm Oil, Brown Sugar, Sugar, Sweetened Dried Cranberries (Cranberries, Sugar, Sunflower Oil), Water, Walnuts, Eggs, Raisins, Contains Less Than 2% Of coconut, Honey, Molasses, Salt, Baking Soda, Spices, Natural Flavors, Soy Lecithin (An Emulsifier), Milk

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (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	13	5	0	15	200	40	3	21	18	5	0.1	30	2	140

Chocolate Croissant

Serving Size: 87g/3.07oz

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

Wheat Flour, Butter, Filling (Sugar, Non-hydrogenated Vegetable Oils and Fats (Sunflower, Palm, Palm Kernel), Sweet Chocolate (Lowfat Cocoa, Sugar, Chocolate Liquor, Cacao Fat, Sunflower Lecithin, Natural Flavor), Corn Starch), Water, Sugar, Dark Chocolate Topping (Sugar, Chocolate Liquor, Cocoa Fat, Sunflower Lecithin), Yeast, Wheat Gluten, Eggs, Salt, 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)
400	22	13	0.5	48	220	43	3	15	15	7	0	27	1.1	116

Plain Croissant

Serving Size: 68g/2.40oz
Recipe is: [x] Vegetarian and [] Vegan
Common Allergens: Egg, Milk, Wheat

INGREDIENTS:
Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter (Cream), Water, Sugar, Yeast, Less Than 2% Of : Whole Milk Powder, Eggs, Salt, Wheat Gluten, Food Enzymes (Xylanase, 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)
280	16	9	0	45	320	29	1	5	4	6	0	20	2	80

Cinnamon Kouign Amann ("queen a-mahn")

Serving Size: 99g/3.49oz
Recipe is: [x] Vegetarian and [] Vegan
Common Allergens: Egg, Milk, Wheat

INGREDIENTS:
Dough: Enriched, Unbleached, Unbromated Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter (Pasteurized Cream), Water, Cane Sugar, Yeast, Nonfat Milk Powder, Salt, Dough Conditioner (Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Ascorbic Acid, Enzymes), Egg, Ascorbic Acid, Citric Acid.

Cinnamon Filling: Powdered Sugar (Cane Sugar, Cornstarch), Brown Sugar (Cane Sugar, Cane Molasses), Honey, Cream Cheese (Pasteurized Cultured Milk and Cream, Salt, Stabilizers (Xanthan, Locust Bean and Guar Gums)) Cinnamon, Butter (Pasteurized Cream), Nonfat Milk Powder, Enriched, Unbleached, Unbromated Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid) Vanilla Extract (Water, Alcohol, Sugar, Vanilla Bean Extractives), 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)
390	17	10	0.5	70	480	50	1	16	10	9	0.2	60	2.6	140

Everything Cream Cheese Swirl

Serving Size: 85.05g/3oz
Recipe is: [x] Vegetarian and [] Vegan
Common Allergens: Wheat, Milk, Egg

INGREDIENTS:
Dough: Enriched, Unbleached, Unbromated Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Butter (Pasteurized Cream, Lactic Acid, Starter Distillate), Cane Sugar, Yeast, Salt, Nonfat Milk Powder, Dough Conditioner (Wheat Gluten, Xanthan Gum, Ascorbic Acid, Enzymes (Xylanase and Alpha-Amylase)), Wheat Gluten, Egg, Citric Acid. **Filling:** Cream Cheese (Pasteurized Cultured Milk and Cream, Salt, Stabilizers (Xanthan, Locust, and Guar Gum)), Low fat Milk, Egg (Whole Eggs, Citric Acid, Water), Poppy Seed, Salt, Onion Powder, Minced Onion, Minced Garlic, Garlic 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)
290	18	11	0	50	390	26	1	5	3	6	0	70	1.2	90

Pumpkin Cheese Danish

Serving Size: 88.0/3.10oz

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens: Wheat, Milk, Eggs, Soy

INGREDIENTS:

Unbleached Enriched flour [Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Pumpkin Filling [Pumpkin Puree, Cream Cheese (Milk, Cream, Skim Milk, Salt, Guar Gum, Xanthan Gum, Locust Bean Gum, Bacterial Cultures), Sugar, Tapioca Starch, Modified Corn Star Starch, Cultured Skim Milk (,Cultured Skim Milk, Skim Milk), Cinnamon, Allspice, Ground Ginger Powder, Natural Flavor, Nutmeg], Cream Cheese Filling [Water, Cream Cheese (Skim Milk, Cream, Salt, Guar Gum, Xanthan Gum, Locust Bean Gum, Bacterial Cultures), Sugar, Modified Corn Starch, Lactic Acid, Xanthan Gum, Salt, Sodium Citrate, Locust Bean Gum, Natural Flavor], Butter(Cream), Water, Yeast, Sugar, Eggs, Less Than 2% of: Partially Skimmed Milk (Milk, Vit. A Palmitate, Vit. D3), Salt, Wheat Gluten, Food Enzymes (Xylanase, Amylase), Ascorbic Acid, Dried Eggs, Nonfat Dry Milk Soy 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)
310	16	10	0	50	330	35	1	11	11	5	0	28	1	78

Brownie Bite

Serving Size: 43g/1.51oz

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens: Egg, Milk, Soy, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

Tiramisu Cheesecake

Serving Size: 85g/3.00oz

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens: Egg, Milk, Wheat, Soy

INGREDIENTS:

Cream cheese (pasteurized milk and cream, salt, stabilizers [carob bean gum and/or xanthan, locust bean, and guar gums], cheese culture), cane sugar, eggs, Mexican coffee liqueur flavor (cane sugar, dextrose, fructose, natural flavor), lemon juice, vanilla extract (vanilla bean extractives, water, ethyl alcohol), chocolate crumbs (flour[wheat, malted barley], cane sugar, butter, palm oil, cocoa powder[with alkali], water, eggs, salt), vanilla crumbs[eggs, cane sugar, wheat flour, canola oil, milk, baking powder[monocalcium phosphate, sodium acid pyrophosphate, sodium bicarbonate [baking soda], cornstarch and/or tapioca starch], salt, vanilla extract) and chocolate (sugar, unsweetened chocolate, cocoa butter, milkfat, soy lecithin [an emulsifier], vanilla extract).

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (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	19	13	0.5	110	230	27	0	21	19	6	0.3	50	1.1	160

Key Lime Cheesecake

Serving Size: 91g/3.21oz
Recipe is: [x] Vegetarian and [] Vegan
Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

Key Lime Batter [Cream Cheese (Pasteurized Milk And Cream, Salt, Stabilizers [Carob Bean Gum And/Or Xanthan, Locust Bean, And Guar Gums], Cheese Culture), Non-GMO Sugar, Non-GMO Eggs, Non-GMO Key Lime Juice, Non GMO Flour (Wheat, Malted Barley), Spinach For Coloring], Crumb (Non-GMO Flour (Wheat, Malted Barley), Butter, Non-GMO Sugar, Non-GMO Eggs, Non-GMO Corn Meal, Non-GMO Baking Powder [Monocalcium Phosphate, Sodium Bicarbonate (Baking Soda), Corn Starch], Non-GMO Cocoa Powder, Salt, Cinnamon, Nutmeg)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (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	20	12	0.5	110	230	27	0	20	19	6	0	49	1	27

Raspberry Cheesecake

Serving Size: 91g/3.21oz
Recipe is: [x] Vegetarian and [] Vegan
Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

Raspberry Batter [Cream Cheese (Pasteurized Milk And Cream, Salt, Stabilizers [Carob Bean Gum And/Or Xanthan, Locust Bean, And Guar Gums], Cheese Culture), Raspberries, Non-GMO Sugar, Non-GMO Eggs, Non-GMO Flour (Wheat, Malted Barley)], Classic Batter [Cream Cheese (Pasteurized Milk And Cream, Salt, Stabilizers [Carob Bean Gum And/Or Xanthan, Locust Bean, And Guar Gums], Cheese Culture), Non-GMO Sugar, Non-GMO Eggs, Non-GMO Lemon Juice, Non-GMO Vanilla (Vanilla Bean Extractives, Water, Ethyl Alcohol).], Crumb (Non-GMO Flour (Wheat, Malted Barley), Butter, Non-GMO Sugar, Non-GMO Eggs, Non-GMO Corn Meal, Non-GMO Baking Powder [Monocalcium Phosphate, Sodium Bicarbonate (Baking Soda), Corn Starch], Non-GMO Cocoa Powder, Salt, Cinnamon, Nutmeg)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (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	18	11	0.5	100	210	27	0	18	17	5	0	50	1	45

SNACKS

Raw Almonds

Serving Size: 35g/1.23oz
Recipe is: [x] Vegetarian and [x] Vegan
Common Allergens: Almond
INGREDIENTS: Almonds
NUTRITIONAL INFORMATION:

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

Omega-3 Mix

Serving Size: 35g/1.23oz
Recipe is: [x] Vegetarian and [x] Vegan
Common Allergens: Almond, Walnut, Pecan, Pistachio
INGREDIENTS:
Cranberries (Sunflower Oil, Sugar), Almonds, Walnuts, Pecans, Pistachios, Pepitas
NUTRITIONAL INFORMATION:

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

Dark Chocolate Almonds

Serving Size: 42g/1.48oz
Recipe is: [x] Vegetarian and [] Vegan
Common Allergens: Almond, Milk, Soy
INGREDIENTS:
Dark Chocolate (Sugar, Cocoa Mass (processed with alkali), Cocoa Butter, Milk Fat, Soy Lecithin (Emulsifier), Vanilla), Whole Dry Roasted Almonds, Cocoa Powder, Gum Arabic, Salt
NUTRITIONAL INFORMATION:

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

COFFEE & TEA

Americano

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

INGREDIENTS:

Water, Espresso

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

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

Cappuccino

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens: Milk

INGREDIENTS:

Milk, Espresso

NUTRITIONAL INFORMATION: Serving Size: 12 fl oz

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

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

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

NUTRITIONAL INFORMATION: Serving Size: 20 fl oz

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

Latte

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens: Milk

INGREDIENTS:

Milk, Espresso

NUTRITIONAL INFORMATION: Serving Size: 12 fl oz

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

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

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

NUTRITIONAL INFORMATION: Serving Size: 20 fl oz

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

COFFEE & TEA

Macchiato

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens: Milk

INGREDIENTS:

Milk, Espresso

NUTRITIONAL INFORMATION: Serving Size: 4 fl oz

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

Mocha

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens: Milk

INGREDIENTS:

Skim Milk (Organic Pasteurized Fat Free Milk, Vitamin A, Vitamin D), Organic Hot Chocolate Powder (34%) (Organic Cane Sugar, Organic Cocoa Powder (34%)), 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	100	18	2	16	0	8	2.1	250	0	290

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)
210	1	0	0	5	170	32	4	30	0	13	3.5	430	0	500

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	1.5	.5	0	10	230	46	5	43	0	18	4.7	570	0	660

Matcha Latte

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens: Milk

INGREDIENTS:

Skim Milk (Organic Pasteurized Fat Free Milk, Vitamin A, Vitamin D), Organic Ceremonial Matcha (Organic Powdered Green Tea Leaves (Matcha))

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	13	0	9	3	350	0.2	410

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	5	170	17	0	16	0	11	3.5	430	0.3	500

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)
150	0	0	0	10	200	20	0	18	0	13	0	500	0.5	540

COFFEE & TEA

Chai Latte

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens: Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 12 fl oz

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

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

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

NUTRITIONAL INFORMATION: Serving Size: 20 fl oz

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

Matcha Chai Latte

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens:

INGREDIENTS:

Skim Milk (Organic Pasteurized Fat Free Milk, Vitamin A, Vitamin D), Chai Syrup (Infusion (Water, Black Tea, Cinnamon, Cardamom, Black Pepper, Ginger), Evaporated Cane Juice, Blackstrap Molasses, Lemon Juice), Organic Ceremonial Matcha (Organic Powdered Green Tea Leaves (Matcha))

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	5	140	33	0	32	19	9	3	350	2.2	410

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	5	170	42	0	41	25	11	3.5	440	3	500

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)
280	0	0	0	10	200	52	0	50	32	13	4.1	500	3.9	580

COFFEE & TEA

Cinnamon Swirl Latte

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens: Milk

INGREDIENTS:

Skim Milk, Cinnamon Bun Syrup, Espresso, Brown Sugar, 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)
170	0.0	0.0	0.0	5	115	33	0	32	22	8	2.4	290	0.2	340

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	150	46	0	44	31	9	3	360	0.2	420

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)
270	0.0	0.0	0.0	10	150	58	0	56	40	11	3.5	440	0.2	500

Cold Brew

Recipe is: [x] Vegetarian and [x] 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)
0	0.0	0.0	0.0	0	0	1	0	0	0	0	0	14	0	172

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)
0	0.0	0.0	0.0	0	0	1	0	0	0	0	0	24	0	288

Espresso

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

INGREDIENTS:

Espresso

NUTRITIONAL INFORMATION: Serving Size: 2 fl oz

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

COFFEE & TEA

Matcha Shot

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

INGREDIENTS:

Water, Organic Ceremonial Matcha Organic Powdered Green Tea Leaves (Matcha).

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)
0	0.0	0.0	0.0	0	0	0	0	0	0	0	0	0	0.2	0

Flat White

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens: Milk

INGREDIENTS:

Milk, Espresso

NUTRITIONAL INFORMATION: Serving Size: 12 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
110	0.0	0.0	0.0	5	140	14	0	13	0	9	3	350	0	408

Spiced Pumpkin Latte

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens: Milk

INGREDIENTS:

Skim Milk (Organic Pasteurized Fat Free Milk, Vitamin A, Vitamin D), Hollander Pumpkin Pie Sauce (Invert Cane Sugar, Sweetened Condensed Milk, Organic Pumpkin Puree, Vanilla with other Natural Flavors, Spices, Sea Salt, Potassium Sorbate, Acacia Gum), Espresso, Classic Whipped Cream (Organic Cream, Organic Non-Fat Milk, Organic Cane Sugar, Organic Vanilla Flavoring, Sorbitan Monostearate, Carrageenan, Dextrose and nitrous oxide as whipping propellant), 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)
180	3	2	0.0	15	125	26	0	12	2	8	2.4	310	0.2	350

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	3.5	2	0	15	160	36	0	15	2	9	3	390	0.2	440

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)
280	3.5	22	0	15	200	45	0	18	2	11	3.5	460	.2	520

Spiced Pumpkin Matcha Latte

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens: Milk

INGREDIENTS:

Skim Milk (Organic Pasteurized Fat Free Milk, Vitamin A, Vitamin D), Hollander Pumpkin Pie Sauce (Invert Cane Sugar, Sweetened Condensed Milk, Organic Pumpkin Puree, Vanilla with other Natural Flavors, Spices, Sea Salt, Potassium Sorbate, Acacia Gum), Classic Whipped Cream (Organic Cream, Organic Non-Fat Milk, Organic Cane Sugar, Organic Vanilla Flavoring, Sorbitan Monostearate, Carrageenan, Dextrose and nitrous oxide as whipping propellant), Organic Ceremonial Matcha (Organic Powdered Green Tea)

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)
200	3	2	0	15	160	29	0	15	2	9	3	380	.2	440

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)
250	3.5	2	0	15	190	38	0	18	2	11	3.5	450	0.3	520

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)
280	3.5	2	0	15	200	45	0	18	2	11	3.5	460	0.2	520

Herbal Teas

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

INGREDIENTS:

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

Earl Gray: Black Tea, Calendula Petals, Bergamot

Peppermint: Peppermint, Spearmint

English Breakfast: Black 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

Hot Chocolate

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens: Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 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)
200	1.5	1	0.0	5	160	29	0	26	12	13	3	402	3	878

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)
260	2	1	0.0	5	180	37	0	33	17	13	3	460	4	1150

COFFEE & TEA

Iced Coffee

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

INGREDIENTS:

Coffee

NUTRITIONAL INFORMATION: Serving Size: 16/24 fl oz

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

Iced Americano

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

INGREDIENTS:

Water, Espresso

NUTRITIONAL INFORMATION: Serving Size: 16/24 fl oz

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

Iced Chai Latte

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens: Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

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

NUTRITIONAL INFORMATION: Serving Size: 24 fl oz

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

Iced Chocolate Chai

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens: Milk

INGREDIENTS:

Skim Milk (Organic Pasteurized Fat Free Milk, Vitamin A, Vitamin D), Chai Syrup (Infusion (Water, Black Tea, Cinnamon, Cardamom, Black Pepper, Ginger), Evaporated Cane Juice, Blackstrap Molasses, Lemon Juice), 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: 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)
250	1.5	1	0.0	5	130	42	0	39	28	11	3	334	4	798

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)
340	2	1	0.0	5	170	58	0	54	39	15	4	447	6	1135

Iced Cinnamon Swirl Latte

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens: Milk

INGREDIENTS:

Skim Milk, Cinnamon Bun Syrup, Espresso, Brown Sugar, Ground Cinnamon

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
200	0	0	0.0	5	105	41	0	40	31	7	2.1	260	0.2	300

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)
270	0	0	0.0	5	150	55	0	53	40	9	3	360	0.2	420

Iced Latte

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens: Milk

INGREDIENTS:

Milk, Espresso

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

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

NUTRITIONAL INFORMATION: Serving Size: 24 fl oz

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

Iced Mocha

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens: Milk

INGREDIENTS:

Skim Milk (Organic Pasteurized Fat Free Milk, Vitamin A, Vitamin D), Organic Hot Chocolate Powder (34%) (Organic Cane Sugar, Organic Cocoa Powder (34%)), 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)
160	1	0	0.0	5	105	26	4	24	0	9	2.2	260	0	310

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)
250	1.5	.5	0.0	5	170	40	5	38	0	14	3.6	430	0	500

Iced Spiced Pumpkin Latte

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens: Milk

INGREDIENTS:

Skim Milk (Organic Pasteurized Fat Free Milk, Vitamin A, Vitamin D), Hollander Pumpkin Pie Sauce (Invert Cane Sugar, Sweetened Condensed Milk, Organic Pumpkin Puree, Vanilla with other Natural Flavors, Spices, Sea Salt, Potassium Sorbate, Acacia Gum), 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)
160	0.0	0.0	0.0	5	130	30	0	7	0	7	2.3	290	0	320

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)
240	0.0	0.0	0.0	10	210	43	0	12	0	9	3.8	470	0	530

Iced Spiced Pumpkin Matcha Latte

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens: Milk

INGREDIENTS:

Skim Milk (Organic Pasteurized Fat Free Milk, Vitamin A, Vitamin D), Hollander Pumpkin Pie Sauce (Invert Cane Sugar, Sweetened Condensed Milk, Organic Pumpkin Puree, Vanilla with other Natural Flavors, Spices, Sea Salt, Potassium Sorbate, Acacia Gum), Organic Ceremonial Matcha (Organic Powdered Green Tea Leaves (Matcha))

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)
190	0.0	0.0	0.0	5	160	38	0	13	0	9	3	370	0.3	410

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)
240	0.0	0.0	0.0	5	200	42	0	16	0	11	3.5	440	0.5	500

Iced Matcha Latte

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens:

INGREDIENTS:

Skim Milk (Organic Pasteurized Fat Free Milk, Vitamin A, Vitamin D), Organic Ceremonial Matcha (Organic Powdered Green Tea Leaves (Matcha))

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)
90	0	0	0	5	115	11	0	10	0	8	2.4	280	0.3	330

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	10	180	18	0	17	0	12	3.8	460	0.5	540

Iced Chai Matcha Latte

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens:

INGREDIENTS:

Skim Milk (Organic Pasteurized Fat Free Milk, Vitamin A, Vitamin D), Chai Syrup (Infusion (Water, Black Tea, Cinnamon, Cardamom, Black Pepper, Ginger), Evaporated Cane Juice, Blackstrap Molasses, Lemon Juice), Organic Ceremonial Matcha (Organic Powdered Green Tea Leaves (Matcha))

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)
120	0	0	0	5	85	21	0	20	13	6	1.8	210	1.7	250

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)
190	0	0	0	5	140	33	0	32	19	9	3	350	2.5	410

Iced Pink Guava Matcha Latte

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens:

INGREDIENTS:

Skim milk, Sunflower Oil, Minerals (Dipotassium Phosphate, Calcium Carbonate, Tricalcium Phosphate), Sea Salt.), Guava Velvet (Guava Puree, Cane Sugar, Water, Citric Acid, Guar Gum, Xanthan Gum, Natural Flavor, Fruit and Vegetable Juice for Color), Organic Ceremonial Matcha Organic Powdered Green Tea Leaves (Matcha)

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)
110	0	0	0	5	95	19	0	17	0	7	2	240	0.4	280

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)
200	0	0	0	5	160	35	0	31	0	11	3.2	400	0.6	450

Iced Strawberry Lavender Matcha Latte

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens:

INGREDIENTS:

Skim Milk (Organic Pasteurized Fat Free Milk, Vitamin A, Vitamin D), Strawberry Pourable Fruit (Strawberries, Cane Sugar, Water, Less Than 1% Of Th Following: Citric Acid, Guar Gum, Xanthan Gum, Fruit And Vegetable Juice (For Color)), Organic Ceremonial Matcha (Organic Powdered Green Tea Leaves (Matcha)), Lavender Syrup (Pure Cane Sugar, Water, Natural Flavors, Spirulina (Color), Xanthan Gum, Natural Lavender Flavor, Vegetable Juice (Color), Potassium Citrate)

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)
120	0	0	0	5	100	21	0	20	10	7	2.1	260	0.3	290

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)
250	0	0	0	5	160	49	0	47	30	10	3.2	410	0.5	450

COFFEE & TEA

Iced Teas

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

INGREDIENTS:

Iced Black Tea: Organic Black Tea

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

NUTRITIONAL INFORMATION: Serving Size: 16/24 fl oz

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

Organic Cold Brew Concentrate 3:1

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

Common Allergens:

INGREDIENTS:

Water, Coffee

NUTRITIONAL INFORMATION: Serving Size: 12 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
10	0	0	0	0	10	2	0	0	0	1	0	7	0	205

Vanilla Syrup

Recipe is: [x] Vegetarian and [] Vegan

INGREDIENTS:

Pure Cane Sugar, Water, Natural Flavors, Natural Vanilla Extract

NUTRITIONAL INFORMATION: Serving Size: 1 fl oz

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

Cane Syrup

Recipe is: [x] 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

Caramel Syrup

Recipe is: [x] 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)
100	0	0	0	0	0	24	0	24	24	0	0	0	0	0

COFFEE & TEA

Hazelnut Syrup

Recipe is: [x] 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	22	0	22	22	0	0	0	0	0

Lavender Syrup

Recipe is: [x] Vegetarian and [] Vegan

INGREDIENTS:

Lavender Syrup Pure Cane Sugar, Water, Natural Flavors, Spirulina (Color), Xanthan Gum, Natural Lavender Flavor, Vegetable Juice (Color), Potassium Citrate.

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	22	0	22	22	0	0	0	0	0

Pumpkin Pie Sauce

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens: Milk

INGREDIENTS:

Pumpkin Pie Sauce (Invert Cane Sugar, Sweetened Condensed Milk, Organic Pumpkin Puree, Vanilla with other Natural Flavors, Spices, Sea Salt, Potassium Sorbate, Acacia Gum)

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)
50	0	0	0	0	15	13	0	0	0	0	0	0	0	0

Classic Whipped Cream

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens: Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 2 Tbsp

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
20	1.5	1.0	0.0	5	0	1	0	1	1	0	0	8	0	11

BARISTA MILKS & MILK ALTERNATIVES

Skim Milk

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens: Milk

INGREDIENTS:

Organic Pasteurized Fat Free Milk, Vitamin A, Vitamin D

NUTRITIONAL INFORMATION: Serving Size: 8 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
90	0.0	0.0	0.0	5	125	12	0	12	0	8	3	325	0	370

Whole Milk

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens: Milk

INGREDIENTS:

Organic Pasteurized Whole Milk and Vitamin D

NUTRITIONAL INFORMATION: Serving Size: 8 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
150	8.0	5.0	0.0	30	120	12	0	11	0	8	3	300	0	350

Half and Half

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens: Milk

INGREDIENTS:

Organic Pasteurized Milk, Organic Pasteurized Heavy Cream

NUTRITIONAL INFORMATION: Serving Size: 1 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
40	3.0	2.0	0.0	10	10	1	0	1	0	1	0	30	0	36

Almond Milk

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

Common Allergens: Almond

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 8 fl oz

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

Oat Milk

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

INGREDIENTS:

Oatmilk (Water and Oats), Sunflower Oil, Minerals (Dipotassium Phosphate, Calcium Carbonate, Tricalcium Phosphate), Sea Salt.

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)
30	7.0	0.5	0.0	0	115	13	0	4	4	2	0	270	0	370

COLD DRINKS

Cayenne Shot

Serving Size: 3.70 fl oz
Recipe is: [x] Vegetarian and [x] Vegan
INGREDIENTS:
Apple, Orange, Lemon, Turmeric, Ginger, Cayenne Pepper, 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)
60	0	0	0	0	10	14	2	8	0	1	0	12	0.3	220

Ginger Shot

Serving Size: 3.70 fl oz
Recipe is: [x] Vegetarian and [x] Vegan
INGREDIENTS:
Apple Juice, Ginger Juice, Ascorbic Acid
NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
60	0	0	0	0	10	14	2	8	0	1	0	212	0.3	220

Lemonade

Recipe is: [x] Vegetarian and [x] Vegan
INGREDIENTS:
Water, Lemonade Concentrate (Cane Sugar, Water, Lemon Juice Concentrate), Lemon
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)
120	0	0	0	0	0	30	0	29	28	0	0	4	0	2

NUTRITIONAL INFORMATION: Serving Size: 24 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
210	0	0	0	0	0	52	0	50	49	0	0	7	0	2

Guava Lemonade

Recipe is: [x] Vegetarian and [x] Vegan
INGREDIENTS:
Water, Lemonade Concentrate (Cane Sugar, Water, Lemon Juice Concentrate), Guava Velvet (Guava Puree, Cane Sugar, Water, Citric Acid, Guar Gum, Xanthan Gum, Natural Flavor, Fruit and Vegetable Juice for Color), Lemon
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)
160	0	0	0	0	0	40	0	38	29	0	0	7	0	2

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)
250	0	0	0	0	0	61	0	59	49	0	0	10	0	2

COLD DRINKS

Iced Guava Black Tea

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

INGREDIENTS:

Water, Guava Velvet (Guava Puree, Cane Sugar, Water, Citric Acid, Guar Gum, Xanthan Gum, Natural Flavor, Fruit and Vegetable Juice for Color), Lemon, English Breakfast Tea

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)
40	0	0	0	0	0	10	0	9	0	0	0	3	0	2

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)
40	0	0	0	0	0	10	0	9	0	0	0	3	0	2

Iced Guava Green Tea

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

INGREDIENTS:

Water, Guava Velvet (Guava Puree, Cane Sugar, Water, Citric Acid, Guar Gum, Xanthan Gum, Natural Flavor, Fruit and Vegetable Juice for Color), Mango Green Tea (Organic Green Tea, Organic Licorice, Organic Lemongrass, Natural Mango Flavor), Lemon

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)
40	0	0	0	0	0	10	0	9	0	0	0	3	0	2

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)
40	0	0	0	0	0	10	0	9	0	0	0	3	0	2

Mango Dragon Fruit Lemonade

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

INGREDIENTS:

Water, Lemonade Concentrate (Cane Sugar, Water, Lemon Juice Concentrate), Dragon Fruit Mango Original (Dragon fruit, cane sugar, mango, water, less than 1% of the following: guar gum, xanthan gum, citric acid, natural flavor, fruit and vegetable juice (for color)), Lemon.

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)
160	0	0	0	0	0	40	0	38	36	0	0	4	0	242

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)
250	0	0	0	0	0	61	0	59	57	0	0	7	0	242

COLD DRINKS

Iced Mango Dragon Fruit Black Tea

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

INGREDIENTS:

Water, Dragon Fruit Mango Original (Dragon fruit, cane sugar, mango, water, less than 1% of the following: guar gum, xanthan gum, citric acid, natural flavor, fruit and vegetable juice (for color.)), Lemon, English Breakfast Tea

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)
40	0	0	0	0	0	10	0	9	7	0	0	0	0	242

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)
40	0	0	0	0	0	10	0	9	7	0	0	0	0	242

Iced Mango Dragon Fruit Green Tea

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

INGREDIENTS:

Water, Dragon Fruit Mango Original (Dragon fruit, cane sugar, mango, water, less than 1% of the following: guar gum, xanthan gum, citric acid, natural flavor, fruit and vegetable juice (for color)), Mango Green Tea (Organic Green Tea, Organic Licorice, Organic Lemongrass, Natural Mango Flavor), Lemon.

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)
40	0	0	0	0	0	10	0	9	7	0	0	3	0	242

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)
40	0	0	0	0	0	10	0	9	7	0	0	3	0	242

Strawberry Lavender Lemonade

Recipe is: [x] Vegetarian and [] Vegan

INGREDIENTS:

Water, Lemonade Concentrate (Cane Sugar, Water, Lemon Juice Concentrate), Strawberry Pourable Fruit Strawberries, Cane Sugar, Water, Less Than 1% Of The Following: Citric Acid, Guar Gum, Xanthan Gum, Fruit And Vegetable Juice (For Color)., Lavender Syrup (Pure Cane Sugar, Water, Natural Flavors, Spirulina (Color), Xanthan Gum, Natural Lavender Flavor, Vegetable Juice (Color), Potassium Citrate.), Lemon.

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)
190	0	0	0	0	0	47	0	46	44	0	0	10	0	0

NUTRITIONAL INFORMATION: Serving Size: 24 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
280	0	0	0	0	0	69	0	66	65	0	0	20	0	0

COLD DRINKS

Iced Strawberry Lavender Black Tea

Recipe is: [x] Vegetarian and [] Vegan

INGREDIENTS:

Water, Strawberry FIH Strawberries, Cane Sugar, Less Than 1% Of The Following: Citric Acid, Guar Gum, Xanthan Gum, Fruit And Vegetable Juice (For Color), Lavender Syrup (Pure Cane Sugar, Water, Natural Flavors, Spirulina (Color), Xanthan Gum, Natural Lavender Flavor, Vegetable Juice (Color), Potassium Citrate.), English Breakfast Tea, Orange Pekoe Tea, Lemon.

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)
70	0	0	0	0	0	17	0	16	15	0	0	10	0	0

NUTRITIONAL INFORMATION: Serving Size: 24 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
70	0	0	0	0	0	17	0	16	15	0	0	10	0	0

Iced Strawberry Lavender Green Tea

Recipe is: [x] Vegetarian and [] Vegan

INGREDIENTS:

Water, Strawberry FIH (Strawberries, Cane Sugar, Water, Less Than 1% Of Th Following: Citric Acid, Guar Gum, Xanthan Gum, Fruit And Vegetable Juice (For Color)), Lavender Syrup (Pure Cane Sugar, Water, Natural Flavors, Spirulina (Color), Xanthan Gum, Natural Lavender Flavor, Vegetable Juice (Color), Potassium Citrate.), Mango Green Tea (Organic Green Tea, Organic Licorice, Organic Lemongrass, Natural Mango Flavor), Lemon.

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)
70	0	0	0	0	0	17	0	16	15	0	0	10	0	0

NUTRITIONAL INFORMATION: Serving Size: 24 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
70	0	0	0	0	0	17	0	16	15	0	0	10	0	0

Matcha Lemonade

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

Common Allergens:

INGREDIENTS:

Water, Lemonade Concentrate (Cane Sugar, Water, Lemon Juice Concentrate), Lemon, Organic Ceremonial Matcha Organic Powdered Green Tea Leaves (Matcha).

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)
110	0	0	0	0	0	27	0	26	25	0	0	0	0.2	0

NUTRITIONAL INFORMATION: Serving Size: 24 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
200	0	0	0	0	0	49	0	47	46	0	0	10	0.2	0

COLD DRINKS

Iced Sunshine Black Tea

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

INGREDIENTS:

Water, Lemonade Concentrate (Cane Sugar, Water, Lemon Juice Concentrate), English Breakfast Tea, Lemon

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)
70	0	0	0	0	0	17	0	17	16	0	0	3	0	2

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)
70	0	0	0	0	0	17	0	17	16	0	0	3	0	2

Iced Sunshine Green Tea

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

INGREDIENTS:

Water, Lemonade Concentrate (Cane Sugar, Water, Lemon Juice Concentrate), Mango Green Tea (Organic Green Tea, Organic Licorice, Organic Lemongrass, Natural Mango Flavor), Lemon

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)
70	0	0	0	0	0	17	0	17	16	0	0	3	0	2

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)
70	0	0	0	0	0	17	0	17	16	0	0	3	0	2

Iced Guava Sunshine Black Tea

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

INGREDIENTS:

Water, Guava Velvet (Guava Puree, Cane Sugar, Water, Citric Acid, Guar Gum, Xanthan Gum, Natural Flavor, Fruit and Vegetable Juice for Color), Lemonade Concentrate (Cane Sugar, Water, Lemon Juice Concentrate), English Breakfast Tea, Lemon

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)
110	0	0	0	0	0	27	0	25	16	0	0	6	0	2

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)
110	0	0	0	0	0	27	0	25	16	0	0	6	0	2

COLD DRINKS

Iced Guava Sunshine Green Tea

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

INGREDIENTS:

Water, Guava Velvet (Guava Puree, Cane Sugar, Water, Citric Acid, Guar Gum, Xanthan Gum, Natural Flavor, Fruit and Vegetable Juice for Color), Lemonade Concentrate (Cane Sugar, Water, Lemon Juice Concentrate), Mango Green Tea (Organic Green Tea, Organic Licorice, Organic Lemongrass, Natural Mango Flavor), Lemon

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)
110	0	0	0	0	0	27	0	25	16	0	0	6	0	2

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)
110	0	0	0	0	0	27	0	25	16	0	0	6	0	2

Iced Blueberry Sunshine Black Tea

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

INGREDIENTS:

Water, Blueberry Original (Blueberry, Cane Sugar, Water, Natural Flavor, Citric Acid, Guar Gum, Xanthan Gum), Lemonade Concentrate (Cane Sugar, Water, Lemon Juice Concentrate), Lemon, English Breakfast Tea

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)
110	0	0	0	0	15	26	0	25	23	0	0	17	0	2

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)
110	0	0	0	0	25	26	0	25	23	0	0	23	0	2

Iced Blueberry Sunshine Green Tea

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

INGREDIENTS:

Water, Blueberry Original (Blueberry, Cane Sugar, Water, Natural Flavor, Citric Acid, Guar Gum, Xanthan Gum), Lemonade Concentrate (Cane Sugar, Water, Lemon Juice Concentrate), Lemon, Mango Green Tea (Organic Green Tea, Organic Licorice, Organic Lemongrass, Natural Mango Flavor)

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)
110	0	0	0	0	15	26	0	25	23	0	0	17	0	2

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)
110	0	0	0	0	25	26	0	25	23	0	0	23	0	2

COLD DRINKS

Iced Dragon Fruit Sunshine Black Tea

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

INGREDIENTS:

Water, Dragon Fruit Mango Original (Dragon fruit, cane sugar, mango, water, less than 1% of the following: guar gum, xanthan gum, citric acid, natural flavor, fruit and vegetable juice (for color)), Lemonade Concentrate (Cane Sugar, Water, Lemon Juice Concentrate), Lemon, English Breakfast Tea.

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)
110	0	0	0	0	0	27	0	26	24	0	0	3	0	242

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)
110	0	0	0	0	0	27	0	26	24	0	0	3	0	242

Iced Dragon Fruit Sunshine Green Tea

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

INGREDIENTS:

Water, Dragon Fruit Mango Original (Dragon fruit, cane sugar, mango, water, less than 1% of the following: guar gum, xanthan gum, citric acid, natural flavor, fruit and vegetable juice (for color)), Lemonade Concentrate (Cane Sugar, Water, Lemon Juice Concentrate), Lemon, Mango Green Tea (Organic Green Tea, Organic Licorice, Organic Lemongrass, Natural Mango Flavor).

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)
110	0	0	0	0	0	27	0	26	24	0	0	3	0	242

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)
110	0	0	0	0	0	27	0	26	24	0	0	3	0	242

Iced Strawberry Lavender Sunshine Black Tea

Recipe is: [x] Vegetarian and [] Vegan

INGREDIENTS:

Water, Strawberry FIH Strawberries, Cane Sugar, Less Than 1% Of The Following: Citric Acid, Guar Gum, Xanthan Gum, Fruit And Vegetable Juice (For Color), Lemonade Concentrate (Cane Sugar, Water, Lemon Juice Concentrate), Lavender Syrup (Pure Cane Sugar, Water, Natural Flavors, Spirulina (Color), Xanthan Gum, Natural Lavender Flavor, Vegetable Juice (Color), Potassium Citrate), English Breakfast Tea, Orange Pekoe Tea, Lemon.

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
140	0	0	0	0	0	34	0	33	32	0	0	10	0	0

NUTRITIONAL INFORMATION: Serving Size: 24 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
140	0	0	0	0	0	34	0	33	32	0	0	10	0	0

COLD DRINKS

Iced Strawberry Lavender Sunshine Green Tea

Recipe is: [x] Vegetarian and [] Vegan

INGREDIENTS:

Water, Strawberry FIH (Strawberries, Cane Sugar, Water, Less Than 1% Of Th Following: Citric Acid, Guar Gum, Xanthan Gum, Fruit And Vegetable Juice (For Color)), Lemonade Concentrate (Cane Sugar, Water, Lemon Juice Concentrate), Lavender Syrup (Pure Cane Sugar, Water, Natural Flavors, Spirulina (Color), Xanthan Gum, Natural Lavender Flavor, Vegetable Juice (Color), Potassium Citrate), Lemon, Mango Green Tea (Organic Green Tea, Organic Licorice, Organic Lemongrass, Natural Mango Flavor).

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
140	0	0	0	0	0	34	0	33	32	0	0	10	0	0

NUTRITIONAL INFORMATION: Serving Size: 24 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
140	0	0	0	0	0	34	0	33	32	0	0	10	0	0

Iced Chocolate

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens: Milk

INGREDIENTS:

Skim Milk (Organic Pasteurized Fat Free Milk, Vitamin A, Vitamin D), 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: 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)
180	1.5	1	0	5	130	26	0	23	12	11	3	334	3	798

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)
250	2	1	0	5	170	37	0	33	17	15	4	448	4	1135

Strawberry Lemonade

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

INGREDIENTS:

Water, Lemon Juice, Sugar, Strawberry Puree

NUTRITIONAL INFORMATION: Serving Size: 13.50 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
180	0	0	0	0	10	40	1	40	36	0	0	16	1	57

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)
160	0	0	0	0	0	43	0	38	35	0	0	0	0.4	51

COLD DRINKS

Classic Lemonade

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

INGREDIENTS:

Water, Lemon Juice, Cane Sugar

NUTRITIONAL INFORMATION: Serving Size: 13.50 fl oz

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

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	0.5	0	0	0	15	45	0	41	41	0	0	14	0.7	51

Daily Greens Cold Pressed Juice

Serving Size: 13.45 fl oz

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

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

Super Reds Cold Pressed Juice

Serving Size: 13.45 fl oz

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

INGREDIENTS:

Apple, Strawberry, Acai, Raspberry, Ascorbic Acid

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
160	3	1	0	0	10	32	4	24	0	2	0	60	2	420

Pink Grapefruit Juice

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

INGREDIENTS:

Grapefruit 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)
100	0	0	0	0	0	23	0	22	0	1	0	22	0	400

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)
160	0	0	0	0	0	34	0	34	0	2	0	31	0.7	568

COLD DRINKS

Orange Juice

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

INGREDIENTS:

Orange Juice

NUTRITIONAL INFORMATION: Serving Size: 8.45 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
110	0	0	0	0	0	26	0	21	0	2	0	27	0	496

NUTRITIONAL INFORMATION: Serving Size: 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)
170	0.5	0	0	0	0	39	1	31	0	3	0	52	0.7	568

Still Water – 17oz

Serving Size: 17 fl oz

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

INGREDIENTS:

Spring Water

NUTRITIONAL INFORMATION:

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

Still Water – 20oz

Serving Size: 20 fl oz

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

INGREDIENTS:

Spring Water

NUTRITIONAL INFORMATION:

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

Large Water – 34 oz

Serving Size: 34 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

Now Auditioning: Meet the new recipes hoping to make the menu

***Available at 60 Broad St, 179 Broadway, Broadway & Thomas, 20th & 6th, Union Square and 70th & York*

Dragon Fruit Yogurt Protein Pot

Serving Size: 295g/ 10.41oz

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens: Milk

INGREDIENTS:

Chobani Plain Lowfat Greek Yogurt (Cultured Lowfat Milk, Lactase*, Live and Active Cultures (S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei and L. Rhamnosus)), Banana, Dragon Fruit Mango Puree (Dragon fruit, cane sugar, mango, water, less than 1% of the following: guar gum, xanthan gum, citric acid, natural flavor, fruit and vegetable juice (for color)), Strawberries, Coconut Chips

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
260	7	5	0	20	75	30	2	23	8	22	0	210	0.6	720

Strawberry Yogurt Protein Pot

Serving Size: 291g/ 10.26 oz

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens: Milk

INGREDIENTS:

Chobani Plain Lowfat Greek Yogurt (Cultured Lowfat Milk, Lactase*, Live and Active Cultures (S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei and L. Rhamnosus)), Strawberries, Granola (Rolled Oats, Brown Sugar, Pumpkin Seeds, Raisins, Brown Rice Syrup, Canola Oil, Flaxseed, Apple Juice Concentrate, Water, Maple Syrup, Invert Sugar, Cinnamon, Salt), Strawberry Pourable Fruit (Strawberries, Cane Sugar, Water, Less Than 1% Of The Following: Citric Acid, Guar Gum, Xanthan Gum, Fruit And Vegetable Juice (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)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
250	5	2.5	0	20	105	27	2	19	9	24	0	24 0	1	400

Bacon, Egg & Cheddar Sourdough Breakfast Half Baguette

Serving Size: 187g/6.60oz

Recipe is: [] Vegetarian and [] Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

Sourdough Baguettine Bread (Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Wheat Sourdough (Water, Fermented Wheat Flour), Sea Salt, Canola Oil, Yeast, Malted Barley Flour, Malted Wheat Flour, Ascorbic Acid, Food Enzymes (Xylanase, Glucose-Oxydase, Lipase, Alpha-Amylase)), Liquid Whole Egg (Cage-Free Whole Egg, Citric Acid), Niman Ranch Bacon (Pork, Water, Salt, Turbinado Sugar, Celery Powder), Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Whole Milk (Pasteurized Whole Milk, Vitamin D), 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)
500	25	10	0	245	1229	36	2	1	0	28	.3	230	2.5	330

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***Available at 60 Broad St, 179 Broadway, Broadway & Thomas, 20th & 6th, Union Square and 70th & York*

Egg & Cheddar Sourdough Breakfast Half Baguette

Serving Size: 157g/ 5.54 oz

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

Sourdough Baguettine Bread (Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Wheat Sourdough (Water, Fermented Wheat Flour), Sea Salt, Canola Oil, Yeast, Malted Barley Flour, Malted Wheat Flour, Ascorbic Acid, Food Enzymes (Xylanase, Glucose-Oxydase, Lipase, Alpha-Amylase)), Liquid Egg White (Cage-Free Egg White), Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Whole Milk (Pasteurized Whole Milk, Vitamin D), Seasoning (Salt, Black Pepper)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
360	15	6	0	215	720	36	2	1	0	18	.3	220	2.5	180

Roasted Tomato & Mozzarella Croissant

Serving Size: 127oz/ 4.88g

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

Plain Croissant (Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter (Cream), Water, Sugar, Yeast, Less Than 2% Of : Whole Milk Powder, Eggs, Salt, Wheat Gluten, Food Enzymes (Xylanase, Amylase), Ascorbic Acid), Fresh Mozzarella Bocconcini (Pasteurized cow's milk, vinegar, salt, enzymes, water), Roasted Tomatoes (Cherry Tomatoes, Rapeseed Oil, Salt, Dried Garlic, Oregano, Lemon Juice Concentrate), Parmesan (Pasteurized Cultured Part-Skim Milk, Salt, Enzymes, Potato Starch, Powdered Cellulose), Seasoning (Salt, Black Pepper)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron(mg)	Potassium (mg)
410	24	11	0	65	740	36	2	7	4	16	0	190	2	90

Turkey & Swiss Croissant

Serving Size: 176 g/5.54 oz

Recipe is: [] Vegetarian and [] Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

Plain Croissant (Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter (Cream), Water, Sugar, Yeast, Less Than 2% Of : Whole Milk Powder, Eggs, Salt, Wheat Gluten, Food Enzymes (Xylanase, Amylase), Ascorbic Acid), Swiss (Cultured Pasteurized Part-Skim Milk, Salt, Enzymes), Sliced Roasted Turkey (Turkey Breast, Water, Contains 2% or less of Potassium Lactate, Sugar, Salt, Sodium Phosphates, Sodium Diacetate, Natural Flavor.), 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)	VitaminD (mcg)	Calcium (mg)	Iron(mg)	Potassium (mg)
510	33	18	0	110	810	33	1	6	5	25	.2	450	2	170

Now Auditioning: Meet the new recipes hoping to make the menu

***Available at 60 Broad St, 179 Broadway, Broadway & Thomas, 20th & 6th, Union Square and 70th & York*

Bacon, Egg Omelet & Cheddar Roll

Serving Size: 184 g/6.59 oz

Recipe is: [] Vegetarian and [] Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

Roll (Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Enzymes, Folic Acid), Water, Salt, Yeast, Cultured Corn Syrup (To Maintain Freshness), Soybean Oil, Malted Barley Flour, Enzymes, Ascorbic Acid, Rye Flour, Rice Flour, Semolina), Liquid Whole Egg (Cage-Free Whole Egg, Citric Acid), Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Whole Milk (Pasteurized Whole Milk, Vitamin D), Niman Ranch Bacon (Pork, Water, Salt, Turbinado Sugar, Celery Powder), Seasoning (Salt, Black Pepper).

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron(mg)	Potassium (mg)
430	17	8	0	225	910	45	0	2	0	23	.3	280	3.5	250

Egg Omelet & Cheddar Roll

Serving Size: 153g / 5.4oz

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

Roll (Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Enzymes, Folic Acid), Water, Salt, Yeast, Cultured Corn Syrup (To Maintain Freshness), Soybean Oil, Malted Barley Flour, Enzymes, Ascorbic Acid, Rye Flour, Rice Flour, Semolina), Liquid Whole Egg (Cage-Free Whole Egg, Citric Acid), Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Whole Milk (Pasteurized Whole Milk, Vitamin D), 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)
360	13	6	0	215	700	44	0	1	0	19	.1	250	3.5	160

Apple Cinnamon Oatm*lk Porridge

Serving Size: 343g/ 12.10 oz

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens:

INGREDIENTS:

Oatmilk Oatmeal (Oatmilk (Water, Organic Rolled Oats, Sunflower Oil), Water, Organic Whole Grain Oats, Buckwheat Oats, Sea Salt), Julienne Apples, Light Brown Sugar (Brown Sugar), Ground Cinnamon

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium(mg)
240	4.5	0	0	0	150	45	5	13	10	5	0	50	1.5	210

Brown Sugar & Banana Oatm*lk Porridge

Serving Size: 393.4g/13.88oz

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens:

INGREDIENTS:

Oatmilk Oatmeal (Oatmilk (Water, Organic Rolled Oats, Sunflower Oil), Water, Organic Whole Grain Oats, Buckwheat Oats, Sea Salt), Banana, Light Brown Sugar (Brown Sugar), Ground Cinnamon

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
300	5	0	0	0	150	59	7	20	10	6	0	50	1.7	470

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***Available at 60 Broad St, 179 Broadway, Broadway & Thomas, 20th & 6th, Union Square and 70th & York*

Croque Monsieur Half Baguette

Serving Size: 159g/5.61oz
Recipe is: [] Vegetarian and [] Vegan
Common Allergens: Egg, Milk, Wheat

INGREDIENTS: Sourdough Baguette Bread (Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Wheat Sourdough (Water, Fermented Wheat Flour), Sea Salt, Canola Oil, Yeast, Malted Barley Flour, Malted Wheat Flour, Ascorbic Acid, Food Enzymes (Xylanase, Glucose-Oxydase, Lipase, Alpha-Amylase)), 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), Alfredo Sauce (Light Cream, Water, Parmesan Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Butter (Cream, Salt), Modified Corn Starch, Garlic, Pecorino Romano Cheese (Sheep's Milk, Cheese Cultures, Salt, Enzymes), Salt, Yeast Extract, Unsalted Butter, Corn Oil, Olive Oil, Cream Powder, Sugar, Natural Flavor, Whey Protein Concentrate, Sodium Citrate, Nonfat Dry Milk, Garlic Powder, Lactic Acid, Nisin Preparation, Spices), 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)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
420	19	7	0	65	1160	38	2	2	1	21	.1	230	1.5	230

Salmon Dill-ight Sourdough Half Baguette

Serving Size: 123g/4.34oz
Recipe is: [] Vegetarian and [] Vegan
Common Allergens: Wheat, Milk, Salmon

INGREDIENTS: Sourdough Baguette Bread (Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Wheat Sourdough (Water, Fermented Wheat Flour), Sea Salt, Canola Oil, Yeast, Malted Barley Flour, Malted Wheat Flour, Ascorbic Acid, Food Enzymes (Xylanase, Glucose-Oxydase, Lipase, Alpha-Amylase)), Whipped Cream Cheese (Pasteurized Milk and Cream, Salt, Carob Bean Gum, Cheese Culture), Tomatoes, Mesclun, lemon juice (lemon juice), Dill, Seasoning (Salt, Black Pepper), Atlantic Salmon (Atlantic Salmon, Salt, Spices (Black Pepper, Thyme, White Pepper, Oregano, Red Pepper, Paprika, Granulated Garlic, Granulated Onion, Chili Pepper))

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
290	11	1	0	0	610	36	2	1	0	6	0	210	1.7	140

Maple, Almond Butter & Banana Overnight Oats

Serving Size: 285g/10.05oz
Recipe is: [x] Vegetarian and [] Vegan
Common Allergens: Almond, Milk

INGREDIENTS:Whole Milk (Pasteurized Whole Milk, Vitamin D), Organic Whole Grain Oats, Banana, Chobani Non-Fat Plain Greek Yogurt (Cultured Nonfat Milk (6 live and active cultures: S.Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei, and L. Rhamnosus)), Vermont Organic Maple Syrup, Almond Butter (Dry Roasted Almonds, Palm Oil), Almonds, Chia Seeds, Ground Cinnamon

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
600	22	4.5	0	15	65	81	12	28	0	19	1	290	3.8	790

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***Available at 60 Broad St, 179 Broadway, Broadway & Thomas, 20th & 6th, Union Square and 70th & York*

Mixed Berry Overnight Oats

Serving Size: 297g/10.48oz

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens: Milk

INGREDIENTS: Whole Milk (Pasteurized Whole Milk, Vitamin D), Organic Whole Grain Oats, Strawberries, Chobani Non-Fat Plain Greek Yogurt (Cultured Nonfat Milk (6 live and active cultures: S.Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei, and L. Rhamnosus)), Blueberries, Vermont Organic Maple Syrup, Strawberry Pourable Fruit (Strawberries, Cane Sugar, Water, Less Than 1% Of Th Following: Citric Acid, Guar Gum, Xanthan Gum, Fruit And Vegetable Juice (For Color)), Chia Seeds

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
440	9	3	0	15	65	73	9	27	3	15	1	230	3.1	550

Sunnyside Egg & Cheddar Sourdough Half Baguette

Serving Size: 157g/ 5.54oz

Recipe is: [] Vegetarian and [] Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS: Sourdough Baguette Bread (Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Wheat Sourdough (Water, Fermented Wheat Flour), Sea Salt, Canola Oil, Yeast, Malted Barley Flour, Malted Wheat Flour, Ascorbic Acid, Food Enzymes (Xylanase, Glucose-Oxydase, Lipase, Alpha-Amylase)), Shelled Egg - Cage Free, Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Alfredo Sauce (Light Cream, Water, Parmesan Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Butter (Cream, Salt), Modified Corn Starch, Garlic, Pecorino Romano Cheese (Sheep's Milk, Cheese Cultures, Salt, Enzymes), Salt, Yeast Extract, Unsalted Butter, Corn Oil, Olive Oil, Cream Powder, Sugar, Natural Flavor, Whey Protein Concentrate, Sodium Citrate, Nonfat Dry Milk, Garlic Powder, Lactic Acid, Nisin Preparation, Spices), Seasoning (Salt, Black Pepper), Cooking Spray (Canola Oil, Phosphate Mono & Diglycerides, Propellant)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
380	17	7	0	215	820	37	2	1	0	18	.1	200	2.5	160

Bacon, Sunnyside Egg & Cheddar Sourdough Half Baguette

Serving Size: 169g/5.96oz

Recipe is: [] Vegetarian and [] Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS: Sourdough Baguette Bread (Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Wheat Sourdough (Water, Fermented Wheat Flour), Sea Salt, Canola Oil, Yeast, Malted Barley Flour, Malted Wheat Flour, Ascorbic Acid, Food Enzymes (Xylanase, Glucose-Oxydase, Lipase, Alpha-Amylase)), Shelled Egg - Cage Free, Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Alfredo Sauce (Light Cream, Water, Parmesan Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Butter (Cream, Salt), Modified Corn Starch, Garlic, Pecorino Romano Cheese (Sheep's Milk, Cheese Cultures, Salt, Enzymes), Salt, Yeast Extract, Unsalted Butter, Corn Oil, Olive Oil, Cream Powder, Sugar, Natural Flavor, Whey Protein Concentrate, Sodium Citrate, Nonfat Dry Milk, Garlic Powder, Lactic Acid, Nisin Preparation, Spices), Niman Ranch Bacon (Pork, Water, Salt, Turbinado Sugar, Celery Powder), Seasoning (Salt, Black Pepper), Cooking Spray (Canola Oil, Phosphate Mono & Diglycerides, Propellant)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
430	21	9	0	225	1020	37	2	1	0	22	.1	200	2.5	220

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***Available at 60 Broad St, 179 Broadway, Broadway & Thomas, 20th & 6th, Union Square and 70th & York*

Turkey, Egg & Cheddar Protein Plate

Serving Size: 227g/ 8.01oz

Recipe is: [] Vegetarian and [] Vegan

Common Allergens: Milk, Egg, Walnut

INGREDIENTS: Cage-Free Eggs, Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Sliced Roasted Turkey (Turkey Breast, Water, Contains 2% or less of Potassium Lactate, Sugar, Salt, Sodium Phosphates, Sodium Diacetate, Natural Flavor.), Walnuts (Walnut Halves and Pieces), Dried Cranberries (Cranberries, Cane Sugar, Sunflower Oil), Spinach, Seasoning (Salt, Black Pepper)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
540	39	13	0	445	760	19	2	12	9	33	2.5	400	3.4	380

Salmon & Dill Power Plate

Serving Size: 187g/ 6.60oz

Recipe is: [] Vegetarian and [] Vegan

Common Allergens: Egg, Salmon

INGREDIENTS: Cage-Free Eggs, Atlantic Salmon (Atlantic Salmon, Salt, Spices (Black Pepper, Thyme, White Pepper, Oregano, Red Pepper, Paprika, Granulated Garlic, Granulated Onion, Chili Pepper)), Cucumbers, Pret's Simple Vinaigrette (Water, Canola Oil, Olive Oil, Red Wine Vinegar, Shallot Puree, Sugar, Contains 2% Or Less: Distilled Vinegar, Sea Salt, Mustard, Lemon Juice Concentrate, Molasses, Garlic Puree (Garlic, Citric Acid), Parsley, Salt, White Wine, Garlic Powder, Onion Powder, Spices (Including Black Pepper), Xanthan Gum, Tartaric Acid, Citric Acid), Mesclun, Red Onion, Lemon, Dill, Seasoning (Salt, Black Pepper)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
260	21	4.5	0	385	390	6	1	4	1	15	2.3	70	2.8	250

Salmon & Dill Power Plate – Version 2

Serving Size: 271g/9.56oz

Recipe is: [] Vegetarian and [] Vegan

Common Allergens: Egg, Salmon

INGREDIENTS: Cage-Free Eggs, Atlantic Salmon (Atlantic Salmon, Salt, Spices (Black Pepper, Thyme, White Pepper, Oregano, Red Pepper, Paprika, Granulated Garlic, Granulated Onion, Chili Pepper)), Cucumbers, Pret's Simple Vinaigrette (Water, Canola Oil, Olive Oil, Red Wine Vinegar, Shallot Puree, Sugar, Contains 2% Or Less: Distilled Vinegar, Sea Salt, Mustard, Lemon Juice Concentrate, Molasses, Garlic Puree (Garlic, Citric Acid), Parsley, Salt, White Wine, Garlic Powder, Onion Powder, Spices (Including Black Pepper), Xanthan Gum, Tartaric Acid, Citric Acid), Mesclun, Red Onion, Lemon, Dill, Seasoning (Salt, Black Pepper)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
390	27	6	0	420	670	6	1	4	1	33	3.5	80	5.6	600