

# Pret's Nutrition & Allergen Guide



## Nutrition

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

## Allergies & Ingredients

Our food is freshly prepared in small kitchens that handle various ingredients and common allergens including 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 declarable allergen information listed for your reference. You will also find declarable allergens listed on the product shelf tickets in our shops.

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

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



## Table of Contents

|                                   |       |
|-----------------------------------|-------|
| Yogurt & Fruit Pots               | 4-7   |
| Hot Breakfast                     | 8-12  |
| Sandwiches                        | 13-16 |
| Wraps                             | 17-18 |
| Baguettes                         | 19-21 |
| Grilled Cheese                    | 22    |
| Salads, Dressings, & Pots         | 23-27 |
| Hot Wraps                         | 28    |
| Hot Food                          | 29-30 |
| Soups                             | 31-33 |
| Bakery                            | 34-37 |
| Snacks                            | 38-43 |
| Coffee & Tea                      | 44-54 |
| Barista Milks & Milk Alternatives | 55    |
| Cold Drinks                       | 56-64 |



# YOGURT & FRUIT POTS

## Banana

Serving Size: 118g/4.16oz

Recipe is:  Vegetarian and  Vegan

INGREDIENTS:

Banana

NUTRITIONAL INFORMATION:

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

## Strawberry Rhubarb Yogurt Pot

Serving Size: 130g/4.59oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Milk

INGREDIENTS:

Yogurt (Cultured Pasteurized Milk, Live and Active Cultures (S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei)), Strawberry Compote (Strawberries, Sugar, Water, Fruit Pectin, Concentrated Lemon Juice, Locust Bean Gum, Concentrated Acerola Cherry Juice, Calcium Citrates), Rhubarb Compote (Rhubarb, Sugar, Water, Locust Bean Gum, Concentrated Acerola Cherry Juice)

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 110      | 3.5           | 2           | 0             | 20            | 40          | 10              | 0                 | 9               | 4               | 9           | 0               | 126          | 0         | 186            |

## Blueberry Yogurt Pot

Serving Size: 122g/4.30oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Milk

INGREDIENTS:

Yogurt (Cultured Pasteurized Milk, Live and Active Cultures (S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei)), 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) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 110      | 3.5           | 2           | 0             | 20            | 40          | 11              | 0                 | 10              | 5               | 9           | 0               | 117          | 0         | 141            |

## Bircher Muesli

Serving Size: 235g/8.29oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Almond, Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 310      | 9             | 3.5         | 0             | 25            | 80          | 41              | 3                 | 29              | 5               | 16          | 0               | 188          | 1         | 346            |

# YOGURT & FRUIT POTS

## Little Cup of Goodness

Serving Size: 172g/6.07oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Milk

### INGREDIENTS:

Yogurt (Cultured Pasteurized Milk, Live and Active Cultures (S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei)), Julienne Apples, Granola (Gluten Free Oat Flakes, Apple Cinnamon Glaze (Muscovado Sugar, Golden Syrup, Water, Concentrated Apple Juice, Cinnamon, Salt), Pumpkin Seeds, Raisins, Sunflower Oil, Golden Linseed, Buckwheat Flakes), 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      | 7             | 2.5         | 0            | 20            | 65          | 32              | 3                 | 20              | 5               | 12          | 0              | 138          | 1         | 280            |

## Blueberry & Granola Pot

Serving Size: 195g/6.88oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Milk

### INGREDIENTS:

Yogurt (Cultured Pasteurized Milk, Live and Active Cultures (S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei)), Granola (Gluten Free Oat Flakes, Apple Cinnamon Glaze (Muscovado Sugar, Golden Syrup, Water, Concentrated Apple Juice, Cinnamon, Salt), Pumpkin Seeds, Raisins, Sunflower Oil, Golden Linseed, Buckwheat Flakes), Blueberry Compote (Blueberries, 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) |
|----------|---------------|-------------|--------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 270      | 9             | 3.5         | 0            | 25            | 80          | 30              | 2                 | 19              | 5               | 16          | 0              | 185          | 1         | 305            |

## Strawberry Rhubarb Rice Pudding

Serving Size: 121g/4.27oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Milk

### INGREDIENTS:

Rice Pudding (Whole Milk, Heavy Cream, Rice, Cane Sugar, Vanilla Extract, Sea Salt, Vanilla Bean Seeds), Strawberry Compote (Strawberries, Sugar, Water, Fruit Pectin, Concentrated Lemon Juice, Locust Bean Gum, Concentrated Acerola Cherry Juice, Calcium Citrates), Rhubarb Compote (Rhubarb, Sugar, Water, Locust Bean Gum, Concentrated Acerola Cherry Juice)

### NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | 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      | 8             | 5           | 0            | 30            | 70          | 21              | 0                 | 14              | 9               | 3           | 1              | 85           | 0         | 132            |

## Mango Coconut Rice Pudding

Serving Size: 127g/4.48oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Milk, Coconut

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat(g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|--------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 230      | 13            | 9           | 0            | 30            | 75          | 20              | 0                 | 12              | 6               | 4           | 1              | 79           | 0         | 153            |

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

# YOGURT & FRUIT POTS

## Mango & Lime Pot

Serving Size: 150g/5.29oz

Recipe is:  Vegetarian and  Vegan

INGREDIENTS:

Mango, Lime

NUTRITIONAL INFORMATION:

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

## Pineapple & Lime Pot

Serving Size: 155g/5.46oz

Recipe is:  Vegetarian and  Vegan

INGREDIENTS:

Pineapple, Lime

NUTRITIONAL INFORMATION:

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

## Cantaloupe & Blueberry Pot

Serving Size: 160g/5.64oz

Recipe is:  Vegetarian and  Vegan

INGREDIENTS:

Cantaloupe, Blueberry

NUTRITIONAL INFORMATION:

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

## Acai Bowl

Serving Size: 207g/7.30oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Almond

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

# YOGURT & FRUIT POTS

## Sunshine Bowl

Serving Size: 224g/7.90oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Coconut

### INGREDIENTS:

Banana, Sunshine Puree (Alphonso Mango, Banana Puree, Coconut Milk, Kent Mango, Lemon, Turmeric Juice, Turmeric Powder, Ascorbic Acid), Granola (Gluten Free Oat Flakes, Apple Cinnamon Glaze (Muscovado Sugar, Golden Syrup, Water, Concentrated Apple Juice, Cinnamon, Salt), Pumpkin Seeds, Raisins, Sunflower Oil, Golden Linseed, Buckwheat Flakes), Blueberries, \*Coconut Chips (Toasted Coconut Chips)

### NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat(g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|--------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 370      | 13            | 7           | 0            | 0             | 40          | 58              | 7                 | 28              | 0               | 6           | 0              | 26           | 2         | 635            |

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

# HOT BREAKFAST

## Pret's Bacon, Egg & Cheddar Roll

Serving Size: 263g/9.28oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Egg, Milk, Wheat

### INGREDIENTS:

Liquid Whole Egg (Cage-Free Whole Egg, Citric Acid), 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), Whole Milk (Pasteurized Whole Milk, Vitamin D), Niman Ranch Bacon (Pork, Water, Salt, Turbinado Sugar, Celery Powder), Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), 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) |
|----------|---------------|-------------|--------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 590      | 28            | 12          | 0            | 440           | 1170        | 45              | 0                 | 3               | 0               | 36          | 0              | 329          | 4         | 422            |

## Egg & Cheddar Roll

Serving Size: 234g/8.25oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Egg, Milk, Wheat

### INGREDIENTS:

Liquid Whole Egg (Cage-Free Whole Egg, Citric Acid), 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), Whole Milk (Pasteurized Whole Milk, Vitamin D), Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), 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) |
|----------|---------------|-------------|--------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 450      | 18            | 8           | 0            | 410           | 780         | 45              | 0                 | 3               | 0               | 26          | 0              | 326          | 4         | 275            |

## Veggie Breakfast Roll

Serving Size: 262g/9.24oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Egg, Milk, Wheat

### INGREDIENTS:

Liquid Whole Egg (Cage-Free Whole Egg, Citric Acid), 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), Whole Milk (Pasteurized Whole Milk, Vitamin D), Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), 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), Red Onion, Spinach, 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) |
|----------|---------------|-------------|--------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 500      | 21            | 9           | 0            | 415           | 940         | 48              | 1                 | 4               | 0               | 29          | 0              | 413          | 4         | 308            |



# HOT BREAKFAST

## Smoked Salmon & Cream Cheese Roll

Serving Size: 214g/7.55oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Salmon, 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), Smoked Salmon (Atlantic Salmon, Salt, Brown Sugar, Beechwood Smoke), Tomatoes, Whipped Cream Cheese (Pasteurized Milk and Cream, Salt, Carob Bean Gum, Cheese Culture), Cucumbers, Red Onion, Arugula, Lemon Juice

### NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat(g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|--------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 400      | 15            | 5           | 0            | 45            | 970         | 46              | 1                 | 4               | 1               | 21          | 3              | 92           | 3         | 405            |

## Egg & Bacon Baguette

Serving Size: 191g/6.73oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Egg, Milk, Wheat

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat(g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|--------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 450      | 21            | 9           | 0            | 300           | 1140        | 35              | 2                 | 1               | 0               | 27          | 0              | 161          | 3         | 342            |

## Egg & Cheddar Baguette

Serving Size: 161g/5.67oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Egg, Milk, Wheat

### INGREDIENTS:

White Baguette (Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Salt, Yeast, Malted Wheat Flour, Food Enzymes (Xylanase, Glucose-Oxidase, Lipase, Protease, Alpha-Amylase), Ascorbic Acid), Liquid Whole Egg (Cage-Free Whole Egg, Citric Acid), Whole Milk (Pasteurized Whole Milk, Vitamin D), Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Seasoning (Salt, Black Pepper), Cooking Spray (Expeller Pressed Canola Oil, Sunflower Lecithin, Propellant)

### NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat(g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|--------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 310      | 11            | 4.5         | 0            | 270           | 640         | 35              | 2                 | 1               | 0               | 17          | 0              | 157          | 3         | 192            |

# HOT BREAKFAST

## Egg, Cheese & Veggie Breakfast Baguette

Serving Size: 189g/6.66oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Egg, Milk, Wheat

### INGREDIENTS:

White Baguette (Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Salt, Yeast, Malted Wheat Flour, Food Enzymes (Xylanase, Glucose-Oxidase, Lipase, Protease, Alpha-Amylase), Ascorbic Acid), Liquid Whole Egg (Cage-Free Whole Egg, Citric Acid), Whole Milk (Pasteurized Whole Milk, Vitamin D), Roasted Tomatoes (Cherry Tomatoes, Rapeseed Oil, Salt, Dried Garlic, Oregano, Lemon Juice Concentrate), Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Parmesan (Pasteurized Cultured Part-Skim Milk, Salt, Enzymes, Potato Starch, Powdered Cellulose), Red Onion, Spinach, Seasoning (Salt, Black Pepper), Cooking Spray (Expeller Pressed Canola Oil, Sunflower Lecithin, Propellant)

### NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat(g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|--------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 360      | 14            | 6           | 0            | 275           | 810         | 38              | 3                 | 2               | 0               | 20          | 0              | 244          | 3         | 225            |

## Egg White Greek Frittata

Serving Size: 303g/10.68oz

Recipe is:  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            |

## Pret's Shakshuka Frittata

Serving Size: 374g/13.19oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Egg, Milk

### INGREDIENTS:

Liquid Egg White (Cage-Free Egg White), Whole Milk (Pasteurized Whole Milk, Vitamin D), Roasted Tomatoes (Cherry Tomatoes, Rapeseed Oil, Salt, Dried Garlic, Oregano, Lemon Juice Concentrate), 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), Feta (Pasteurized Milk, Salt, Cheese Cultures, Enzymes), Spicy Chipotle Sauce (Red Bell Pepper Puree, Water, Diced Tomatoes (Diced Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Onion, Canola Oil, Red Wine Vinegar, Sugar, Tomato Paste, Sea Salt, Garlic Puree (Garlic, Citric Acid), Chipotle Pepper, Distilled Vinegar, Spices, Xanthan Gum, Garlic Powder, Mustard Seed, Onion Powder, Salt, Natural Smoke Flavor, White Wine, Citric Acid, Tartaric Acid), Spinach, Chili Salt (Paprika, Sea Salt, Chili Flakes)

### NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat(g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|--------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 310      | 12            | 4           | 0            | 25            | 1170        | 16              | 2                 | 9               | 1               | 30          | 1              | 228          | 0         | 665            |

## Oatm\*lk Porridge

Serving Size: 302g/10.65oz

Recipe is:  Vegetarian and  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            |

# HOT BREAKFAST

## Pret's Creamy Porridge

Serving Size: 302g/10.65oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Milk

### INGREDIENTS:

Water, Whole Milk (milk, vitamin D3), Steel Cut Oats, Rolled Oats, Cane Sugar, Quinoa, Flax Seeds, Amaranth, Chia Seeds, 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) |
|----------|---------------|-------------|--------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 230      | 7             | 2           | 0            | 10            | 230         | 36              | 5                 | 10              | 6               | 9           | 1              | 136          | 2         | 296            |

## Coconut Banana Blueberry Porridge Topper

Serving Size: 121 g/4.27oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Coconut

### 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:  Vegetarian and  Vegan

### INGREDIENTS:

Julienne Apples, Granola (Gluten Free Oat Flakes, Apple Cinnamon Glaze (Muscovado Sugar, Golden Syrup, Water, Concentrated Apple Juice, Cinnamon, Salt),

Pumpkin Seeds, Raisins, Sunflower Oil, Golden Linseed, Buckwheat Flakes), Dried Cranberries (Cranberries, Cane Sugar, Sunflower Oil), Light Brown Sugar (Brown

Sugar), Ground Cinnamon

### NUTRITIONAL INFORMATION:

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

# HOT BREAKFAST

## Southwestern Breakfast Wrap

Serving Size: 298g/10.51oz

Recipe is:  Vegetarian and  Vegan

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

### INGREDIENTS:

Seven Grain Tortilla Wrap (Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Whole Wheat Flour, Palm Oil, Organic Unbleached Wheat Flour (Hard Red Spring Wheat), Organic Hard Red Spring Wheat, Organic Rye, Organic Yellow Corn, Organic Brown Rice, Organic Steel Cut Oats, Organic Millet, Organic Barley, Cultured Wheat, Wheat Gluten, Salt, Sugar, Sodium Bicarbonate, Mono- and Diglycerides, Sodium Acid Pyrophosphate, Fumaric Acid, Yeast, Guar Gum, Xanthan Gum, Cellulose Gum, Enzymes), 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) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 500      | 23            | 8           | 0             | 280           | 1080        | 57              | 1                 | 4               | 1               | 25          | 0              | 352          | 4         | 554            |

# SANDWICHES

## Cheddar & Tomato Sandwich

Serving Size: 240g/8.46oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Egg, Milk, Wheat

### INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 240g/8.46oz

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

NUTRITIONAL INFORMATION - SLIM: Serving Size: 120g/4oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat(g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|--------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 225      | 12            | 5           | 0            | 35            | 425         | 23              | 1                 | 3               | 0               | 10          | 0              | 183          | 1         | 214            |

## Chicken & Bacon Sandwich

Serving Size: 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 - SLIM: 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) |
|----------|---------------|-------------|--------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 335      | 18.5          | 4           | 0            | 60            | 710         | 21              | 0.5               | 2               | 0               | 18          | 0              | 29.5         | 1         | 378.5          |

# SANDWICHES

## Pret's Egg Salad & Arugula Sandwich

Serving Size: 247g/8.71oz

Recipe is:  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 - SLIM: Serving Size: 124g/4.36oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat(g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|--------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 305      | 20            | 3           | 0            | 233           | 425         | 21              | 0                 | 3               | 0               | 12          | 1              | 60           | 3         | 183            |

## Pret's Chicken Salad & Avo Sandwich

Serving Size: 256g/9.03oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Almond, Egg, Wheat

### INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 256g/9.03oz

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

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

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat(g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|--------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 275      | 14            | 2           | 0            | 35            | 545         | 27              | 3                 | 5               | 3               | 12          | 0              | 36           | 2         | 375            |

# SANDWICHES

## Pret's Tuna & Cucumber Sandwich

Serving Size: 236g/8.32oz

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: 236g/8.32oz

| Calories | Total Fat (g) | 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      | 30            | 3           | 0            | 65            | 640         | 40              | 0                 | 3               | 0               | 28          | 2              | 43           | 3         | 488            |

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

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat(g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|--------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 270      | 15            | 1.5         | 0            | 32.5          | 320         | 20              | 0                 | 1.5             | 0               | 14          | 1              | 21.5         | 1.5       | 244            |

## Rainbow Veggie Sandwich

Serving Size: 241g/8.50oz

Recipe is:  Vegetarian and  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 - SLIM: Serving Size: 121g/4.26oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat(g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|--------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 205      | 9             | 1           | 0            | 10            | 385         | 27              | 3                 | 4.5             | 2.5             | 5.5         | 0              | 39           | 1.5       | 304            |

# SANDWICHES

## Almond Butter, Banana & Blueberry Sandwich

Serving Size: 244g/8.61oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: **Almond, Wheat**

### INGREDIENTS:

Banana, 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)), Almond Butter (Dry Roasted Unblanched Almonds), Blueberry Compote (Blueberries, Cane Sugar, Water, Blueberry Juice Concentrate, Lemon Juice Concentrate, Tara Gum, Natural Flavor, Xanthan Gum), Granola (Gluten Free Oat Flakes, Apple Cinnamon Glaze (Muscovado Sugar, Golden Syrup, Water, Concentrated Apple Juice, Cinnamon, Salt), Pumpkin Seeds, Raisins, Sunflower Oil, Golden Linseed, Buckwheat Flakes), Ground Cinnamon

NUTRITIONAL INFORMATION: Serving Size: 244g/8.61oz

| Calories | Total Fat (g) | 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      | 19            | 2           | 0             | 20            | 330         | 79              | 6                 | 25              | 5               | 18          | 0              | 139          | 4         | 764            |

NUTRITIONAL INFORMATION - SLIM: Serving Size: 122g/4.30oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 280      | 9.5           | 1           | 0             | 10            | 165         | 39.5            | 3                 | 12.5            | 2.5             | 9           | 0              | 69.5         | 2         | 382            |

## Ham, Cheddar & Chutney Sandwich

Serving Size: 222g/7.83oz

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), Caramelized Onion Chutney, 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), Arugula

NUTRITIONAL INFORMATION: Serving Size: 222g/7.83oz

| Calories | Total Fat (g) | 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      | 20            | 6           | 0             | 85            | 1440        | 48              | 1                 | 9               | 5               | 26          | 0              | 247          | 2         | 481            |

NUTRITIONAL INFORMATION - SLIM: Serving Size: 111g/3.92oz

| Calories | Total Fat (g) | 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) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 235      | 10            | 3           | 0             | 42.5          | 720         | 24              | 0.5               | 4.5             | 2.5             | 13          | 0              | 123.5        | 1         | 240.5          |

## Smoked Salmon & Cream Cheese Sandwich

Serving Size: 211g/7.44oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: **Salmon, 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)), Smoked Salmon (Atlantic Salmon, Salt, Brown Sugar, Beechwood Smoke), Whipped Cream Cheese (Pasteurized Milk and Cream, Salt, Carob Bean Gum, Cheese Culture), Cucumbers, Arugula, Red Onion, Lemon Juice

NUTRITIONAL INFORMATION: Serving Size: 211g/7.44oz

| Calories | Total Fat (g) | 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      | 17            | 6           | 0             | 70            | 930         | 43              | 0                 | 5               | 1               | 22          | 3              | 71           | 2         | 472            |



# WRAPS

## Bang Bang Chicken Wrap

Serving Size: 321g/11.32oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Egg, Soy, Wheat, Sesame

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat(g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|--------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 640      | 37            | 3.5         | 0            | 50            | 1320        | 60              | 2                 | 10              | 7               | 24          | 0              | 147          | 3         | 685            |

## Crunchy Chipotle Chicken & Avo Wrap

Serving Size: 347g/12.24oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Egg, Milk, Wheat

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat(g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|--------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 560      | 28            | 4           | 0            | 60            | 1290        | 59              | 5                 | 8               | 4               | 28          | 0              | 155          | 4         | 980            |

## Falafel & Hummus Wrap

Serving Size: 312g/11.01oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Sesame, Wheat

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | 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      | 24            | 2.5         | 0            | 0             | 1520        | 75              | 6                 | 8               | 3               | 18          | 0              | 240          | 6         | 768            |

# WRAPS

## Green Goodness Chicken Wrap

Serving Size: 312g/11.01oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Pine Nut, Milk, Wheat

### INGREDIENTS:

Seven Grain Tortilla Wrap (Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Whole Wheat Flour, Palm Oil, Organic Unbleached Wheat Flour (Hard Red Spring Wheat), Organic Hard Red Spring Wheat, Organic Rye, Organic Yellow Corn, Organic Brown Rice, Organic Steel Cut Oats, Organic Millet, Organic Barley, Cultured Wheat, Wheat Gluten, Salt, Sugar, Sodium Bicarbonate, Mono- and Diglycerides, Sodium Acid Pyrophosphate, Fumaric Acid, Yeast, Guar Gum, Xanthan Gum, Cellulose Gum, Enzymes), Sliced Chicken (Chicken Breast, Sea Salt), Cucumbers, Avocados, Creamy Herb Lime Dressing (Canola Oil, Water, Vinegar, Cilantro, Parsley, Sugar, Contains 2% Or Less: Salt, Jalapeno Pepper Puree (Jalapeno Pepper, Vinegar, Salt), Whey Protein Concentrate, Garlic Puree (Garlic, Citric Acid), Coriander, Cumin, Lime Juice Concentrate, Xanthan Gum, Extractives Of Rosemary, Extractives Of Garlic, Extractives Of Turmeric), Pesto (Extra Virgin Olive Oil, Basil, Pine Nuts, Lemon Juice, Garlic, Sea Salt), Romaine, Mesclun, Lemon Juice, Seasoning (Salt, Black Pepper)

### NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat(g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|--------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 600      | 37            | 4.5         | 0            | 45            | 1230        | 51              | 3                 | 3               | 1               | 25          | 0              | 153          | 4         | 782            |

## Mozzarella & Red Peppers with Romesco Wrap

Serving Size: 251g/8.85oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Almonds, Egg, Milk, Wheat

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat(g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|--------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 570      | 36            | 11          | 0            | 45            | 970         | 49              | 1                 | 3               | 0               | 22          | 0              | 358          | 3         | 401            |

# 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, Chili Salt (Paprika, Sea Salt, Chili Flakes)

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            | 1330        | 71              | 5                 | 2               | 0               | 31          | 0               | 198          | 5         | 391            |

NUTRITIONAL INFORMATION - SLIM: 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) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 335      | 15            | 4           | 0             | 32.5          | 665         | 35.5            | 2.5               | 1               | 0               | 15.5        | 0               | 99           | 2.5       | 195.5          |

## Pesto Caprese Baguette

Serving Size: 255g/8.99oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Pine Nut, Egg, Milk, Wheat

### INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 255g/8.99oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (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               | 282          | 5         | 238            |

NUTRITIONAL INFORMATION - SLIM: Serving Size: 127.5g/4.50oz

| 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) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 345      | 18            | 5.5         | 0             | 22.5          | 565         | 35              | 2.5               | 0.5             | 0               | 12.5        | 0               | 141          | 2.5       | 119            |

## Egg Salad & Avocado Breakfast Baguette

Serving Size: 202g/7.13oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Egg, Wheat

### INGREDIENTS:

White Baguette (Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Salt, Yeast, Malted Wheat Flour, Food Enzymes (Xylanase, Glucose-Oxidase, Lipase, Protease, Alpha-Amylase), Ascorbic Acid), Egg Salad Mix (Cage Free Eggs, Mayonnaise (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)), Avocados, Lemon Juice, Seasoning (Salt, Black Pepper), Chili Salt (Paprika, Sea Salt, Chili Flakes)

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 490      | 31            | 5           | 0             | 305           | 830         | 38              | 4                 | 2               | 0               | 17          | 2               | 54           | 4         | 324            |

# BAGUETTES

## Egg Salad & Bacon Breakfast Baguette

Serving Size: 175g/6.17oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Egg, Wheat

### INGREDIENTS:

White Baguette (Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Salt, Yeast, Malted Wheat Flour, Food Enzymes (Xylanase, Glucose-Oxidase, Lipase, Protease, Alpha-Amylase), Ascorbic Acid), Egg Salad Mix (Cage Free Eggs, Mayonnaise (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)), Niman Ranch Bacon (Pork, Water, Salt, Turbinado Sugar, Celery Powder), Seasoning (Salt, Black Pepper)

### NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 490      | 30            | 6           | 0             | 315           | 980         | 35              | 2                 | 2               | 0               | 20          | 2               | 51           | 4         | 218            |

## Pret's 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 - SLIM: Serving Size: 124.5g/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) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 305      | 11            | 4           | 0             | 40            | 855         | 35              | 2                 | 0.5             | 0.5             | 17          | 0               | 175.5        | 2         | 192.5          |

## Pret's Italian Baguette

Serving Size: 256g/9.03 oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Egg, Milk, Wheat

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

### NUTRITIONAL INFORMATION: Serving Size: 256g/9.03oz

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

### NUTRITIONAL INFORMATION - SLIM: Serving Size: 128g/5oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 350      | 16            | 6           | 0             | 40            | 1045        | 36              | 2                 | 2               | 1               | 18          | 0               | 123          | 3         | 145            |

# BAGUETTES

## Pret's Tuna & Cucumber Baguette

Serving Size: 278g/9.8oz

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: 278g/9.8oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 660      | 29            | 2.5         | 0             | 45            | 1040        | 67              | 4                 | 0               | 0               | 32          | 2               | 23           | 5         | 445            |

NUTRITIONAL INFORMATION - SLIM: Serving Size: 139g/4.9oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (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      | 14.5          | 1.25        | 0             | 22.5          | 520         | 33.5            | 2                 | 0               | 0               | 16          | 1               | 11.5         | 2.5       | 222.5          |

## Posh Cheddar & Chutney Baguette

Serving Size: 263g/9.27oz

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), Tomatoes, Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Caramelized Onion Chutney, Mayonnaise (Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains Less Than 2%: Salt, Spice, Lemon Juice Concentrate), Red Onion, Arugula, Seasoning (Salt, Black Pepper)

NUTRITIONAL INFORMATION: Serving Size: 263g/9.27oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (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      | 26            | 8           | 0             | 45            | 1190        | 76              | 5                 | 7               | 4               | 21          | 0               | 297          | 5         | 335            |

NUTRITIONAL INFORMATION - SLIM: Serving Size: 131g/4.62oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 305      | 13            | 4           | 0             | 22            | 595         | 38              | 2                 | 3.5             | 2               | 10.5        | 0               | 148          | 2         | 167            |

## 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 - SLIM: 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      | 11.5          | 1           | 0             | 27.5          | 770         | 39              | 2.5               | 4.5             | 3               | 13.5        | 0               | 26           | 2.5       | 269.5          |

Please be aware we use numerous ingredients in our kitchens and therefore cannot guarantee that any of our products are completely free of any allergen due to the potential for cross-contact. 7.12.23 ★ PAGE 21

# GRILLED CHEESE

## Pret's Classic Grilled Cheese

Serving Size: 195g/6.87oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Milk, Wheat

### INGREDIENTS:

Sourdough (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Contains Less Than 2%: Yeast, Salt, Fermented Wheat Flour, Cultured Wheat Flour, Lactic Acid, Ascorbic Acid, Wheat Gluten, Enzymes), Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Fontina (Cultured Pasteurized Milk, Salt, Enzymes, Cellulose to Prevent Caking), Provolone (Pasteurized Milk, Salt, Enzymes), Parmesan (Pasteurized Cultured Part-Skim Milk, Salt, Enzymes, Potato Starch, Powdered Cellulose), Cooking Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant)

### NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 490      | 21            | 12          | 0             | 55            | 1050        | 54              | 2                 | 0               | 0               | 25          | 0               | 528          | 4         | 131            |

## Ham & Cheddar Grilled Cheese

Serving Size: 253g/8.92oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Egg, Milk, Wheat

### INGREDIENTS:

Sourdough (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Contains Less Than 2%: Yeast, Salt, Fermented Wheat Flour, Cultured Wheat Flour, Lactic Acid, Ascorbic Acid, Wheat Gluten, Enzymes), Niman Ranch Smoked Ham (Pork, Water, Salt, Less Than 2%: Lemon Juice Concentrate, Vinegar, Turbinado Sugar, Celery Powder, Cherry Powder), Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Swiss (Cultured Pasteurized Part-Skim Milk, Salt, Enzymes), Fontina (Cultured Pasteurized Milk, Salt, Enzymes, Cellulose to Prevent Caking), Mustard Mayo (Canola Oil, Whole Grain Mustard (Water, Mustard Seed, Vinegar, Salt, Citric Acid, Turmeric), Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Red Pepper), Cage-Free Egg Yolk, Water, Cage-Free Whole Eggs (Cage-Free Whole Eggs, Citric Acid), Honey, White Distilled Vinegar, Sea Salt, Lemon Juice Concentrate), Cooking Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant)

### NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 640      | 32            | 15          | 0             | 100           | 1540        | 55              | 2                 | 1               | 1               | 35          | 0               | 617          | 4         | 282            |

## Tuna Melt Grilled Cheese

Serving Size: 304g/10.72oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Tuna, Egg, Milk, Wheat

### INGREDIENTS:

Sourdough (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Contains Less Than 2%: Yeast, Salt, Fermented Wheat Flour, Cultured Wheat Flour, Lactic Acid, Ascorbic Acid, Wheat Gluten, Enzymes), Tuna Salad Mix (Tuna (Tuna 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)), Provolone (Pasteurized Milk, Salt, Enzymes), Pickles (Cucumbers, Water, Vinegar, Salt, Calcium Chloride, Natural Essential Oil Flavors, Turmeric (For Color)), Red Onion, Cooking Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant)

### NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 690      | 36            | 12          | 0             | 70            | 1620        | 56              | 2                 | 0               | 0               | 36          | 1               | 448          | 5         | 371            |



# SALADS

## 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 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) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|--------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 530      | 37            | 5           | 0            | 70            | 820         | 25              | 11                | 5               | 0               | 28          | 0              | 268          | 2         | 647            |

## Chipotle Chicken Salad with Creamy Herb Lime Dressing

Serving Size: 357g/12.59oz

Recipe is:  Vegetarian and  Vegan

**Common Allergens:** Milk, Wheat

### INGREDIENTS:

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

**Creamy Herb Lime Dressing:** Canola Oil, Water, Vinegar, Cilantro, Parsley, Sugar, Contains 2% Or Less: Salt, Jalapeno Pepper Puree (Jalapeno Pepper, Vinegar, Salt), Whey Protein Concentrate, Garlic Puree (Garlic, Citric Acid), Coriander, Cumin, Lime Juice Concentrate, Xanthan Gum, Extractives Of Rosemary, Extractives Of Garlic, Extractives Of Turmeric

### NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat(g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|--------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 500      | 37            | 3           | 0            | 50            | 1130        | 25              | 6                 | 11              | 7               | 19          | 0              | 65           | 2         | 835            |

# SALADS

## Mediterranean Mezze Salad with Pret's Simple Vinaigrette

Serving Size: 385g/13.58oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Sesame

### INGREDIENTS:

**Salad:** Falafel (Garbanzo Beans, Onions, Chickpea Flour, Corn Oil, Garlic (Garlic, Water), Parsley, Cilantro, Mint, Olive Oil, Salt, Water, Baking Powder (Monocalcium Phosphate, Sodium Bicarbonate and Corn starch), Cumin, Lemon Juice Concentrate, Turmeric, Cayenne Pepper), Cucumbers, Mesclun, Hummus (Chickpeas, Sesame Tahini, Sunflower Oil, Water, Sea Salt, Garlic, Pepper, Lemon Juice Concentrate), Pickled Cabbage & Carrot Mix (Red Cabbage, Carrot, Water, Sugar, Vinegar, 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) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 590      | 44            | 4.5         | 0             | 0             | 1310        | 40              | 7                 | 14              | 7               | 11          | 0              | 164          | 4         | 725            |

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

Serving Size: 350g/12.35oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Salmon, Milk

### INGREDIENTS:

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

**Creamy Herb Lime Dressing:** Canola Oil, Water, Vinegar, Cilantro, Parsley, Sugar, Contains 2% Or Less: Salt, Jalapeno Pepper Puree (Jalapeno Pepper, Vinegar, Salt), Whey Protein Concentrate, Garlic Puree (Garlic, Citric Acid), Coriander, Cumin, Lime Juice Concentrate, Xanthan Gum, Extractives Of Rosemary, Extractives Of Garlic, Extractives Of Turmeric

### NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 520      | 39            | 3.5         | 0             | 35            | 790         | 24              | 4                 | 5               | 1               | 23          | 1              | 56           | 5         | 847            |

## 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            |



# SALADS

## Smoked Salmon Nicoise Salad

Serving Size: 335g/11.82oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: **Salmon, Egg**

### INGREDIENTS:

**Salad:** Mesclun, Smoked Salmon (Atlantic Salmon, Salt, Brown Sugar, Beechwood Smoke), Cage-Free Eggs, Grape Tomatoes, Cucumbers, Greek Olive Medley (Green Olives, Kalamata Olives, Water, Sea Salt, Wine Vinegar), 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) |
|----------|---------------|-------------|--------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 450      | 37            | 5           | 0            | 220           | 1190        | 10              | 2                 | 7               | 2               | 20          | 4              | 75           | 2         | 599            |

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

Serving Size: 209g/7.37oz

Recipe is:  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, Romaine, 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            |

# SALAD DRESSINGS

## Pret's Simple Vinaigrette

Serving Size: 45g/1.59oz

Recipe is:  Vegetarian and  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             |

## Creamy Herb Lime Dressing

Serving Size: 46g/1.62oz

Recipe is:  Vegetarian and  Vegan

**Common Allergens: Milk**

### INGREDIENTS:

Canola Oil, Water, Vinegar, Cilantro, Parsley, Sugar, Contains 2% Or Less: Salt, Jalapeno Pepper Puree (Jalapeno Pepper, Vinegar, Salt), Whey Protein Concentrate, Garlic Puree (Garlic, Citric Acid), Coriander, Cumin, Lime Juice Concentrate, Xanthan Gum, Extractives Of Rosemary, Extractives Of Garlic, Extractives Of Turmeric

### NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat(g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|--------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 240      | 26            | 1.5         | 0            | 0             | 380         | 1               | 0                 | 1               | 1               | 0           | 0              | 6            | 0         | 23             |

## Herb Yogurt Dressing

Serving Size: 44g/1.55oz

Recipe is:  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             |

# POTS

## Egg & Spinach Pot

Serving Size: 114g/4.02oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Egg

### INGREDIENTS:

Cage-Free Eggs, Spinach

### NUTRITIONAL INFORMATION:

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

## Pret's Elote Corn Shaker

Serving Size: 131g/4.62oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Egg, Milk

### INGREDIENTS:

Roasted Corn (Corn), Grape Tomatoes, Feta (Pasteurized Milk, Salt, Cheese Cultures, Enzymes), Yogurt (Cultured Pasteurized Milk, Live and Active Cultures (S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei)), Mayonnaise (Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains Less Than 2%: Salt, Spice, Lemon Juice Concentrate), Limes, Cilantro, Chili Salt (Paprika, Sea Salt, Chili Flakes)

### NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat(g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|--------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 170      | 11            | 2.5         | 0            | 20            | 300         | 14              | 2                 | 2               | 0               | 7           | 0              | 94           | 0         | 246            |

## Pret's Cobb Shaker

Serving Size: 123g/4.34oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Egg, Milk

### INGREDIENTS:

Cage-Free Eggs, Grape Tomatoes, Romaine, 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), 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) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|--------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 160      | 12            | 3.5         | 0            | 200           | 340         | 4               | 1                 | 3               | 0               | 9           | 1              | 43           | 1         | 232            |

## Pret's Panzanella Shaker

Serving Size: 130g/4.59oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Milk, Wheat

### INGREDIENTS:

Cucumbers, Grape Tomatoes, Mozzarella (Cultured Pasteurized Milk, Lactic/Citric Acid, Salt, Enzymes), Garlic Crouton (French Bread (Unbleached, Enriched, Flour, Water, Yeast, Sea salt) Certified Non-GMO Canola Oil, Garlic, Sea salt, Basil, Pepper, Parsley), 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), Red Onion, Parmesan (Pasteurized Cultured Part-Skim Milk, Salt, Enzymes, Potato Starch, Powdered Cellulose), Basil

### NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat(g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|--------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 210      | 15            | 4.5         | 0            | 15            | 310         | 15              | 7                 | 2               | 0               | 8           | 0              | 150          | 1         | 157            |

# HOT WRAPS

## Pret's Chicken Parm Wrap

Serving Size: 296g/10.44oz

Recipe is:  Vegetarian and  Vegan

**Common Allergens: Milk, Wheat**

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat(g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|--------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 500      | 19            | 6           | 0            | 70            | 1460        | 55              | 2                 | 6               | 0               | 34          | 0              | 420          | 3         | 823            |

## Pret's Chicken Burrito Wrap

Serving Size: 325g/11.46oz

Recipe is:  Vegetarian and  Vegan

**Common Allergens: Milk, Wheat**

### INGREDIENTS:

Seven Grain Tortilla Wrap (Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Whole Wheat Flour, Palm Oil, Organic Unbleached Wheat Flour (Hard Red Spring Wheat), Organic Hard Red Spring Wheat, Organic Rye, Organic Yellow Corn, Organic Brown Rice, Organic Steel Cut Oats, Organic Millet, Organic Barley, Cultured Wheat, Wheat Gluten, Salt, Sugar, Sodium Bicarbonate, Mono- and Diglycerides, Sodium Acid Pyrophosphate, Fumaric Acid, Yeast, Guar Gum, Xanthan Gum, Cellulose Gum, Enzymes), Sliced Chicken (Chicken Breast, Sea Salt), Spicy Chipotle Sauce (Red Bell Pepper Puree, Water, Diced Tomatoes (Diced Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Onion, Canola Oil, Red Wine Vinegar, Sugar, Tomato Paste, Sea Salt, Garlic Puree (Garlic, Citric Acid), Chipotle Pepper, Distilled Vinegar, Spices, Xanthan Gum, Garlic Powder, Mustard Seed, Onion Powder, Salt, Natural Smoke Flavor, White Wine, Citric Acid, Tartaric Acid), Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Roasted Corn (Corn), Black Bean Salsa (Black Beans, Diced Tomatoes (tomatoes, tomato juice, salt, citric acid), Jalapeno Peppers, Lime Juice Concentrate, Onions, Cilantro, Sea Salt, Canola Oil, Garlic Puree, Black Pepper, Onion Powder, Garlic Powder), 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) |
|----------|---------------|-------------|--------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 580      | 24            | 8           | 0            | 75            | 1270        | 66              | 2                 | 7               | 1               | 33          | 0              | 367          | 4         | 731            |

# HOT FOOD

## Ham & Cheddar Croissant

Serving Size: 142g/5.01oz

Recipe is:  Vegetarian and  Vegan

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

### INGREDIENTS:

Plain Croissant (Wheat Flour, Butter, Water, Sugar, Yeast, Wheat Gluten, Cage-Free Egg, Salt, Flour Treatment Agent (Ascorbic Acid)), Niman Ranch Smoked Ham (Pork, Water, Salt, Less Than 2%: Lemon Juice Concentrate, Vinegar, Turbinado Sugar, Celery Powder, Cherry Powder), 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            | 16          | 0             | 90            | 950         | 31              | 2                 | 5               | 5               | 19          | 0               | 186          | 1         | 259            |

## Spinach & Tomato Mac and Cheese

Serving Size: 497g/17.53oz

Recipe is:  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            |

## Classic Mac and Cheese

Serving Size: 459g/16.19oz

Recipe is:  Vegetarian and  Vegan

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

### INGREDIENTS:

Mac and Cheese Mix (Water, 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

## Pret's Chicken Tikka Masala Grain Bowl

Serving Size: 293g/10.33oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Milk

### INGREDIENTS:

Chicken Tikka Masala (White Chicken, Tikka Sauce [Tomato Paste, Water, Cream, Cane Sugar, Ginger, Expeller Pressed Canola Oil, Vinegar, Garlic, Chickpea Flour, Onions, Spices, Butter (Cultured Cream, Salt), Sauce Contains 2% Or Less Of Rice Flour, Salt, Jalapeno, Caramelized Onion (Onions, Expeller Pressed Canola Oil), Curry Paste (Lemongrass, Spices, Garlic, Shallot, Salt, Kaffir Lime Peel, Turmeric), Paprika Oleoresin, Cilantro, Onion Powder, Xanthan Gum, Turmeric Powder, Fenugreek Leaves, Garlic Powder, Lemon Juice Concentrate, Cardamom Oleoresin], Water, Sugar, Salt, Baking Soda), Grain Mix (Brown Rice, White Quinoa, Red Quinoa, Lemon Juice (Water, Concentrated Lemon Juice), Canola Oil, Salt, Black Pepper)

### NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 400      | 14            | 6           | 0             | 115           | 890         | 36              | 5                 | 8               | 4               | 35          | 1               | 55           | 3         | 667            |

## Fresh Greens Topper with Yogurt

Serving Size: 71g/2.50oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Milk

### INGREDIENTS:

Pickled Red Onion (Red Onion, Water, Sugar, Vinegar, Salt), Yogurt (Cultured Pasteurized Milk, Live and Active Cultures (S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei)), Avocados, Limes, Lemon Juice, 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) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 60       | 3             | 0.5         | 0             | 5             | 160         | 8               | 2                 | 5               | 3               | 3           | 0               | 31           | 0         | 145            |

# 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:  Vegetarian and  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:  Vegetarian and  Vegan

**Common Allergens:** Milk

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION - LARGE: 454g/16.01oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 260      | 15.0          | 6.0         | 0.0           | 35            | 1520        | 26              | 4                 | 15              | 0               | 9           | 0               | 159          | 2         | 643            |

### NUTRITIONAL INFORMATION - SMALL: 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

## Super Greens Soup

Recipe is:  Vegetarian and  Vegan

### INGREDIENTS:

Water, Green Chickpeas, Zucchini, Peas, Onions, Fennel, Corn Starch, Lime Juice, Spinach, Kale, Canola Oil, Sea Salt, Scallions, Basil, Mint, Garlic, Sugar, Spinach Powder, Red Pepper Flakes

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) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 200      | 6             | 0           | 0             | 0             | 1650        | 30              | 4                 | 6               | 2               | 7           | 0               | 74           | 3         | 352            |

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) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 140      | 3.5           | 0           | 0             | 0             | 1100        | 20              | 2                 | 4               | 1               | 5           | 0               | 49           | 2         | 235            |

## Roasted Veggie Harvest Soup

Recipe is:  Vegetarian and  Vegan

### INGREDIENTS:

Roasted Vegetable Soup (Vegetable Stock (water, onions, cabbage, celery, mushrooms, carrots, turnips, black peppercorns, mustard seed, dill weed, thyme, bay leaves, marjoram), Sweet Potatoes, Onion, Potatoes, Water, Zucchini, Savoy Cabbage, Celery, Carrots, Extra Virgin Olive Oil, Olive Oil, Parsley, Sea Salt, Garlic, Lemon Juice, Black Pepper, Dried Marjoram, Thyme, Nutmeg, Allspice, Bay Leaves, Cloves)

NUTRITIONAL INFORMATION - LARGE: 454g/16.01oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 330      | 20            | 3           | 0             | 0             | 1390        | 35              | 0                 | 11              | 0               | 4           | 0               | 104          | 2         | 884            |

NUTRITIONAL INFORMATION - SMALL: 333g/11.74oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 240      | 15            | 2           | 0             | 0             | 1020        | 26              | 0                 | 8               | 0               | 3           | 0               | 76           | 1         | 648            |

## White Chicken Chili Soup

Recipe is:  Vegetarian and  Vegan

**Common Allergens:** Milk

### INGREDIENTS:

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

NUTRITIONAL INFORMATION - LARGE: 458g/16.15oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 540      | 25            | 8           | 0             | 115           | 1170        | 45              | 0                 | 5               | 0               | 36          | 0               | 138          | 5         | 1115           |

NUTRITIONAL INFORMATION - SMALL: 325g/11.46oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 380      | 18            | 6           | 0             | 85            | 830         | 32              | 0                 | 4               | 0               | 25          | 0               | 98           | 4         | 791            |



# SOUPS

## Croutons, Lemon & Herbs Soup Topper

Serving Size: 18g/0.63oz

Recipe is:  Vegetarian and  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:  Vegetarian and  Vegan

Allergens: **Milk, Wheat**

### INGREDIENTS:

Yogurt (Cultured Pasteurized Milk, Live and Active Cultures (S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei)), Crispy Onions (Onions, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sunflower and/or Safflower Oil, Sea Salt), Basil, Cilantro, Chili Salt (Paprika, Sea Salt, Chili Flakes)

### NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 60       | 3.5           | 0.5         | 0             | 5             | 25          | 4               | 0                 | 1               | 0               | 2           | 0               | 34           | 0         | 48             |

# BAKERY

## Almond Croissant

Serving Size: 100g/3.52oz

Recipe is:  Vegetarian and  Vegan

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

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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

## Blueberry Muffin

Serving Size: 128g/4.51oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Egg, Milk, Wheat

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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

## Pret's Rainbow Cookie

Serving Size: 71g/2.50oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Milk, Egg, Soy, Wheat

### INGREDIENTS:

Wheat Flour, Sugar, Butter (Cream, Salt), White Confectionery Drops (Sugar, Vegetable Oil (Palm, Palm Kernel), Nonfat Dry Milk, Soy Lecithin, Natural Flavors), Eggs, Rainbow Sprinkles (Sugar, Corn Starch, Palm Oil And Palm Kernel Oil, Sunflower Lecithin; Colored With Turmeric, Annatto, Beet Juice, Vegetable Juices, And Beta Carotene; Maltodextrin, Sodium Bicarbonate, Confectioner's Glaze And Carnauba Wax), Contains Less Than 2% Of Each Of The Following: Vanilla Extract, Salt, 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) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 309      | 14            | 9           | 0.4           | 46            | 211         | 44              | 0.61              | 25              | 22.7            | 2.79        | 0               | 16.6         | 0.369     | 43.78          |

## Raspberry Oat Crumble

Serving Size: 83g/2.92oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Milk, Wheat

### INGREDIENTS:

Butter [Cream (Milk), Salt], Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Red Raspberry Preserves (Red Raspberries, Sugar, Fruit Pectin, Citric Acid), Rolled Oats, Brown Sugar, Cornstarch, Baking Soda, Salt, Natural Flavors

### NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 370      | 18            | 11          | 0.5           | 45            | 350         | 49              | 2                 | 25              | 24              | 4           | 0               | 26           | 2         | 91             |

# BAKERY

## Bread Roll

Serving Size: 40g/1.41oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: **Wheat**

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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

## Chocolate Brownie Cookie

Serving Size: 71g/2.50oz

Recipe is:  Vegetarian and  Vegan

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

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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

## Chocolate Peppermint Crinkle Cookie

Serving Size: 71g/2.50oz

Recipe is:  Vegetarian and  Vegan

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

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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

## Chocolate Chunk Cookie

Serving Size: 71g/2.50oz

Recipe is:  Vegetarian and  Vegan

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

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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

# BAKERY

## Double Chocolate Pecan Cookie

Serving Size: 71g/2.50oz

Recipe is:  Vegetarian and  Vegan

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

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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

## Ginger Molasses Cookie

Serving Size: 71g/2.5oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Egg, Milk, Wheat

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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

## Harvest Cookie

Serving Size: 71g/2.50oz

Recipe is:  Vegetarian and  Vegan

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

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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

## Pain Au Raisin

Serving Size: 120g/4.23oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Egg, Milk, Wheat

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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

# BAKERY

## Chocolate Croissant

Serving Size: 86g/3.03oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Egg, Milk, Soy, Wheat

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 350      | 20            | 11.5        | 0.5           | 50            | 160         | 33              | 4                 | 16              | 16              | 6           | 0               | 20           | 2         | 149            |

## Plain Croissant

Serving Size: 80g/2.82oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Egg, Milk, Wheat

### INGREDIENTS:

Wheat Flour, Butter, Water, Sugar, Yeast, Wheat Gluten, Free-Range Egg, Salt, Flour Treatment Agent (Ascorbic Acid)

### NUTRITIONAL INFORMATION:

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

## Cinnamon Kouign Amann ("queen a-mahn")

Serving Size: 99.22g/3.49oz

Recipe is:  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, Lactic Acid, Starter Distillate), Water, Yeast, Cane Sugar, 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 Smear: Brown Sugar (Cane Sugar, Cane Molasses), Powdered Sugar (Cane Sugar, Cornstarch), Water, Pastry Cream (Sugar, Food Starch- Modified, Non Fat Dry Milk, Dextrose, Sweet Cream Powder, Vegetable Fat (Palm, Rapeseed), Sodium Alginate Blend (Sodium Alginate, Calcium Sulfate, Sodium Diphosphate, Sugar and/or Dextrose), Tricalcium Phosphate, Natural Flavor, Colored with Beta Carotene, Salt), Cinnamon, Enriched, Unbleached, Unbromated Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic 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) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 330      | 18            | 11          | 0             | 50            | 340         | 43              | 2                 | 18              | 16              | 6           | 0               | 46           | 1         | 104            |

# SNACKS

## Flourless Chocolate Fudge Cake

Serving Size: 85g/3.00oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Egg, Milk, Soy

### INGREDIENTS:

Non-GMO Dark Chocolate (Cocoa Mass, Sugar, Cocoa Butter, Soy Lecithin - An Emulsifier, Vanilla), Non-GMO Eggs, Non-GMO Sugar, Butter, Cocoa, Non-GMO Corn Starch

### NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 380      | 26            | 16          | 0             | 155           | 35          | 34              | 3                 | 28              | 17              | 6           | 0               | 32           | 2         | 206            |

## Key Lime Cheesecake

Serving Size: 91g/3.21oz

Recipe is:  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:  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             |

## Chocolate Moose

Serving Size: 100g/3.52oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Milk, Soy

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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

# SNACKS

## Lemon Cheesecake

Serving Size: 120g/4.23oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Egg, Milk, Wheat

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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

## Brownie Bite

Serving Size: 43g/1.51oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Egg, Milk, Soy, Wheat

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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

## Love Bite

Serving Size: 40g/1.41oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Pistachio, Almond, Milk, Soy

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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

## Nut Bar

Serving Size: 45g/1.58oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Almond, Coconut, Milk, Soy

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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

# SNACKS

## Popcorn Bar

Serving Size: 34g/1.19oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Milk, Soy

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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

## Pret Bar

Serving Size: 64g/2.25oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Milk, Wheat

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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

## Choc Bar

Serving Size: 70g/2.46oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Milk, Soy, Wheat

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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



# SNACKS

## Simply Sea Salt Chips

Serving Size: 57g/2oz

Recipe is:  Vegetarian and  Vegan

### INGREDIENTS:

Non-GMO Potatoes, Vegetable Oil, Sea Salt

### NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 300      | 18            | 2.5         | 0             | 0             | 230         | 33              | 2                 | 3               | 0               | 3           | 0               | 0            | 1         | 600            |

## Sea Salt & Vinegar Chips

Serving Size: 57g/2oz

Recipe is:  Vegetarian and  Vegan

### INGREDIENTS:

Non-GMO Potatoes, Vegetable Oil, Maltodextrin, Salt, White Distilled Vinegar, Sugar, Yeast Extract, Citric Acid, Malic 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) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 290      | 16            | 2           | 0             | 0             | 330         | 34              | 2                 | 3               | 0               | 3           | 0               | 0            | 1         | 560            |

## Sweet Maui Onion Chips

Serving Size: 57g/2oz

Recipe is:  Vegetarian and  Vegan

### INGREDIENTS:

Non-GMO Potatoes, Vegetable Oil, Sugar, Onion Powder, Salt, Yeast Extract, Natural Flavor, Garlic Powder, Citric Acid, Maui Onion 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      | 16            | 2           | 0             | 0             | 280         | 34              | 2                 | 5               | 2               | 3           | 0               | 0            | 1         | 580            |

## Honey BBQ Chips

Serving Size: 57g/2oz

Recipe is:  Vegetarian and  Vegan

### INGREDIENTS:

Non-GMO Potatoes, Vegetable Oil, Sugar, Salt, Honey Powder (Maltodextrin, Honey), Tomato Powder, Yeast Extract, Paprika Extract (Color), Onion Powder, Garlic Powder, Natural Flavor, Citric Acid

### NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 290      | 16            | 2           | 0             | 0             | 290         | 34              | 2                 | 5               | 0               | 3           | 0               | 0            | 1         | 570            |

## Chili Lime Fuego Chips

Serving Size: 57g/2oz

Recipe is:  Vegetarian and  Vegan

### INGREDIENTS:

Non-GMO Potatoes, Vegetable Oil, Maltodextrin, Salt, White Distilled Vinegar, Citric Acid, Paprika, Garlic Powder, Onion Powder, Yeast Extract, Spices, Paprika Extract (Color), Lactic Acid, Natural Flavor, Lime Juice, Lime Oil

### NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 290      | 16            | 2           | 0             | 0             | 330         | 34              | 2                 | 3               | 0               | 3           | 0               | 0            |           | 570            |

# SNACKS

## Dark Chocolate with Sea Salt Bar

Serving Size: 25g/0.88oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Soy

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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

## Marvelous Milk Chocolate Bar

Serving Size: 25g/0.88oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Milk, Soy

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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

## Raw Almonds

Serving Size: 35g/1.23oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Almond

### INGREDIENTS:

Almonds

### NUTRITIONAL INFORMATION:

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

## Omega-3 Mix

Serving Size: 35g/1.23oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Almond, Walnut, Pecan, Pistachio

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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

# SNACKS

## Dark Chocolate Almonds

Serving Size: 42g/1.48oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Almond, Milk, Soy

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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

## Sea Salt Popcorn

Serving Size: 25g/0.88oz

Recipe is:  Vegetarian and  Vegan

### INGREDIENTS:

Popcorn, Olive Oil, Himalayan Salt

### NUTRITIONAL INFORMATION:

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

## Kettle Corn

Serving Size: 25g/0.88oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Coconut

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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

# COFFEE AND TEA

## Americano

Recipe is:  Vegetarian and  Vegan

### INGREDIENTS:

Water, Espresso

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

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

## Cappuccino

Recipe is:  Vegetarian and  Vegan

Common Allergens: Milk

### INGREDIENTS:

Milk, Espresso

NUTRITIONAL INFORMATION: Serving Size: 12 fl oz

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

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

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

NUTRITIONAL INFORMATION: Serving Size: 20 fl oz

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

## Chai Latte

Recipe is:  Vegetarian and  Vegan

Common Allergens: Milk

### INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 12 fl oz

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

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

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

NUTRITIONAL INFORMATION: Serving Size: 20 fl oz

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

# COFFEE AND TEA

## Cold Brew

Recipe is:  Vegetarian and  Vegan

### INGREDIENTS:

Water, Organic Coffee

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

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

NUTRITIONAL INFORMATION: Serving Size: 24 fl oz

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

## Espresso

Recipe is:  Vegetarian and  Vegan

### INGREDIENTS:

Espresso

NUTRITIONAL INFORMATION: Serving Size: 2 fl oz

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

## Filter Coffee

Recipe is:  Vegetarian and  Vegan

### INGREDIENTS:

Coffee

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

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

## Flat White

Recipe is:  Vegetarian and  Vegan

Common Allergens: Milk

### INGREDIENTS:

Milk, Espresso

NUTRITIONAL INFORMATION: Serving Size: 8 fl oz

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

# COFFEE AND TEA

## Herbal Teas

Recipe is:  Vegetarian and  Vegan

### INGREDIENTS:

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

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

**Turmeric Tonic:** Organic Ginger, Organic Turmeric, Organic Liquorice, Organic Lemon Peel, Organic Black Pepper, Natural Lemon Flavor, Natural Ginger Flavor

**Peppermint:** Peppermint, Spearmint

**English Breakfast:** Black Tea

**Fennel & Mint:** Organic Peppermint, Organic Spearmint, Organic Fenugreek, Organic Fennel, Organic Elderberry, Organic Turmeric, Organic Lemon Peel, Organic Nettle, Organic Rosemary, Organic Liquorice, Organic Marigold Petals

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

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

## Hot Chocolate

Recipe is:  Vegetarian and  Vegan

**Common Allergens:** Milk

### INGREDIENTS:

Skim Milk, Chocolate Powder (Organic Evaporated Sugar Cane Juice, Organic Cocoa Powder—Processed with Alkali, Organic Dark chocolate (Organic Chocolate Liquor, Organic Evaporated Sugar Cane Juice, Organic Cocoa Powder))

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

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

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

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

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

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

## Iced Americano

Recipe is:  Vegetarian and  Vegan

### INGREDIENTS:

Water, Espresso

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

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

# COFFEE AND TEA

## Iced Chai Latte

Recipe is:  Vegetarian and  Vegan

Common Allergens: Milk

### INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

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

NUTRITIONAL INFORMATION: Serving Size: 24 fl oz

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

## Iced Coffee

Recipe is:  Vegetarian and  Vegan

### INGREDIENTS:

Coffee

NUTRITIONAL INFORMATION: Serving Size: 16/24 fl oz

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

## Iced Latte

Recipe is:  Vegetarian and  Vegan

Common Allergens: Milk

### INGREDIENTS:

Milk, Espresso

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

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

NUTRITIONAL INFORMATION: Serving Size: 24 fl oz

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

# COFFEE AND TEA

## Iced Mocha

Recipe is:  Vegetarian and  Vegan

**Common Allergens:** Milk

### INGREDIENTS:

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

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

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

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

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

## Iced Teas

Recipe is:  Vegetarian and  Vegan

### INGREDIENTS:

**Iced Black Tea:** Organic Black Tea

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

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

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

## Latte

Recipe is:  Vegetarian and  Vegan

**Common Allergens:** Milk

### INGREDIENTS:

Milk, Espresso

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

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

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

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

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

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



# COFFEE AND TEA

## Macchiato

Recipe is:  Vegetarian and  Vegan

Common Allergens: Milk

### INGREDIENTS:

Milk, Espresso

NUTRITIONAL INFORMATION: Serving Size: 4 fl oz

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

## Mocha

Recipe is:  Vegetarian and  Vegan

Common Allergens: Milk

### INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 12 fl oz

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

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

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

NUTRITIONAL INFORMATION: Serving Size: 20 fl oz

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

## Pumpkin Pie Spice Latte

Recipe is:  Vegetarian and  Vegan

Common Allergens: Milk

### INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 12 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 210      | 3             | 2           | 0.0           | 15            | 130         | 33              | 0                 | 30              | 18              | 9           | 3               | 340          | 0         | 394            |

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 270      | 3             | 2           | 0.0           | 15            | 160         | 45              | 0                 | 40              | 26              | 11          | 3               | 411          | 0         | 477            |

NUTRITIONAL INFORMATION: Serving Size: 20 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 350      | 3             | 2           | 0.0           | 20            | 210         | 60              | 0                 | 53              | 34              | 15          | 4               | 548          | 0         | 640            |

# COFFEE AND TEA

## Spiced Apple Iced Green Tea

Recipe is:  Vegetarian and  Vegan

### INGREDIENTS:

Iced Green Tea: Organic Green Tea, Organic Liquorice, Organic Lemongrass, Organic Mango Flavor Caramel Apple Butter Syrup: Pure Cane Sugar, Water, Natural Flavors, Sea Salt, Organic Cinnamon

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

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 140      | 0             | 0           | 0             | 0             | 30          | 35              | 0                 | 34              | 34              | 0           | 0               | 0            | 0         | 0              |

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

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 210      | 0             | 0           | 0             | 0             | 40          | 53              | 0                 | 52              | 51              | 0           | 0               | 0            | 0         | 0              |

## Spiced Apple Iced Black Tea

Recipe is:  Vegetarian and  Vegan

### INGREDIENTS:

Iced Black Tea: Organic Black Tea

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

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

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 140      | 0             | 0           | 0             | 0             | 30          | 35              | 0                 | 34              | 34              | 0           | 0               | 0            | 0         | 0              |

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

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 210      | 0             | 0           | 0             | 0             | 40          | 53              | 0                 | 52              | 51              | 0           | 0               | 0            | 0         | 0              |

## Spiced Apple Green Tea

Recipe is:  Vegetarian and  Vegan

### INGREDIENTS:

Tropical Green: Green Tea, Lemongrass, Calendula Petals, Natural Tropical Flavor Caramel Apple Butter Syrup: Pure Cane Sugar, Water, Natural Flavors, Sea Salt, Organic Cinnamon

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

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 70       | 0             | 0           | 0             | 0             | 15          | 18              | 0                 | 17              | 17              | 0           | 0               | 0            | 0         | 0              |

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

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 140      | 0             | 0           | 0             | 0             | 30          | 35              | 0                 | 34              | 34              | 0           | 0               | 0            | 0         | 0              |

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

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 210      | 0             | 0           | 0             | 0             | 40          | 53              | 0                 | 52              | 51              | 0           | 0               | 0            | 0         | 0              |

# COFFEE AND TEA

## Spiced Apple Breakfast Tea

Recipe is:  Vegetarian and  Vegan

### INGREDIENTS:

English Breakfast: Black Tea

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

NUTRITIONAL INFORMATION: Serving Size: 12 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 70       | 0             | 0           | 0             | 0             | 15          | 18              | 0                 | 17              | 17              | 0           | 0               | 0            | 0         | 0              |

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 140      | 0             | 0           | 0             | 0             | 30          | 35              | 0                 | 34              | 34              | 0           | 0               | 0            | 0         | 0              |

NUTRITIONAL INFORMATION: Serving Size: 20 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 210      | 0             | 0           | 0             | 0             | 40          | 53              | 0                 | 52              | 51              | 0           | 0               | 0            | 0         | 0              |

## Iced Caramel Apple Crisp Latte

Recipe is:  Vegetarian and  Vegan

Common Allergens: Milk

### INGREDIENTS:

Skim Milk (Organic Pasteurized Fat Free Milk, Vitamin A, Vitamin D), Caramel Apple Butter Syrup (Pure Cane Sugar, Water, Natural Flavors, Sea Salt, Organic Cinnamon), espresso

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 220      | 0             | 0           | 0             | 5             | 140         | 46              | 0                 | 44              | 34              | 7           | 2               | 275          | 0         | 321            |

NUTRITIONAL INFORMATION: Serving Size: 24 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 280      | 0             | 0           | 0             | 10            | 210         | 53              | 0                 | 51              | 34              | 12          | 4               | 450          | 0         | 525            |

# COFFEE AND TEA

## Salted Caramel Latte

Recipe is:  Vegetarian and  Vegan

Common Allergens: Milk

### INGREDIENTS:

Skim Milk (Organic Pasteurized Fat Free Milk, Vitamin A, Vitamin D), Salted Caramel Syrup (Pure Cane Sugar, Water, Natural Flavours, Salt), Espresso (Water, Coffee Beans), Brown Sugar Whipped Cream (Cream, Non-fat Milk Powder, Cane Sugar, Vanilla Flavoring, Natural Brown Sugar Flavoring, Sorbitan Monostearate, Carrageenan, Dextrose and Nitrous Oxide (Propellant))

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 280      | 3             | 2           | 0             | 15            | 310         | 46              | 0                 | 43              | 2               | 11          | 3               | 422          | 0         | 494            |

NUTRITIONAL INFORMATION: Serving Size: 20 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 330      | 3             | 2           | 0             | 20            | 390         | 58              | 0                 | 54              | 2               | 13          | 4               | 485          | 0         | 567            |

## Salted Caramel Hot Chocolate

Recipe is:  Vegetarian and  Vegan

Common Allergens: Milk

### INGREDIENTS:

Skim Milk (Organic Pasteurized Fat Free Milk, Vitamin A, Vitamin D), Chocolate Powder (Cane Sugar, Cocoa Powder – Processed with Alkali, Dark Chocolate (Chocolate Liquor, Cane Sugar, Cocoa Powder)), Salted Caramel Syrup (Pure Cane Sugar, Water, Natural Flavours, Salt), Brown Sugar Whipped Cream (Cream, Non-fat Milk Powder, Cane Sugar, Vanilla Flavoring, Natural Brown Sugar Flavoring, Sorbitan Monostearate, Carrageenan, Dextrose and Nitrous Oxide (Propellant))

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 470      | 6             | 4           | 0             | 15            | 310         | 76              | 0                 | 71              | 30              | 16          | 3               | 440          | 7         | 1518           |

NUTRITIONAL INFORMATION: Serving Size: 20 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 590      | 8             | 4.5         | 0             | 20            | 390         | 99              | 0                 | 92              | 40              | 20          | 4               | 533          | 9         | 1962           |

## Organic Cold Brew Concentrate 3:1

Recipe is:  Vegetarian and  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            |

# COFFEE AND TEA

## Pumpkin Puree

Recipe is:  Vegetarian and  Vegan

Common Allergens:

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 1 fl oz

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

## Vanilla Syrup

Recipe is:  Vegetarian and  Vegan

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 1 fl oz

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

## Cane Syrup

Recipe is:  Vegetarian and  Vegan

INGREDIENTS:

Pure Cane Sugar, Water

NUTRITIONAL INFORMATION: Serving Size: 1 fl oz

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

## Caramel Syrup

Recipe is:  Vegetarian and  Vegan

INGREDIENTS:

Pure Cane Syrup, Water, Natural Flavors, Citric Acid

NUTRITIONAL INFORMATION: Serving Size: 1 fl oz

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

## Hazelnut Syrup

Recipe is:  Vegetarian and  Vegan

Common Allergens: Hazelnut

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 1 fl oz

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

# COFFEE AND TEA

## Pumpkin Spice Syrup

Recipe is:  Vegetarian and  Vegan

Common Allergens:

INGREDIENTS:

Pure Cane Sugar, Water, Natural Flavors, Caramel

NUTRITIONAL INFORMATION: Serving Size: 1 fl oz

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

## Caramel Apple Butter Syrup

Recipe is:  Vegetarian and  Vegan

Common Allergens:

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 1 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 100      | 0             | 0           | 0             | 0             | 20          | 24              | 0                 | 23              | 23              | 0           | 0               | 0            | 0         | 0              |

## Salted Caramel Syrup

Recipe is:  Vegetarian and  Vegan

Common Allergens:

INGREDIENTS:

Pure Cane Sugar, Water, Natural Flavors, Salt

NUTRITIONAL INFORMATION: Serving Size: 1 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 100      | 0             | 0           | 0             | 0             | 140         | 24              | 0                 | 24              | 24              | 0           | 0               | 0            | 0         | 0              |

## Classic Whipped Cream

Recipe is:  Vegetarian and  Vegan

Common Allergens: Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 2

Tbsp

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

# BARISTA MILKS & MILK ALTERNATIVES

## Skim Milk

Recipe is:  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:  Vegetarian and  Vegan

Common Allergens: Milk

### INGREDIENTS:

Organic Pasteurized Whole Milk and Vitamin D

NUTRITIONAL INFORMATION: Serving Size: 8 fl oz

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

## Almond Milk

Recipe is:  Vegetarian and  Vegan

Common Allergens: Almond

### INGREDIENTS:

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

NUTRITIONAL INFORMATION: 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:  Vegetarian and  Vegan

### INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 8 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 140      | 5.0           | 0.5         | 0.0           | 0             | 80          | 22              | 0                 | 11              | 0               | 0           | 0               | 0            | 0         | 0              |

## Half and Half

Recipe is:  Vegetarian and  Vegan

Common Allergens: Milk

### INGREDIENTS:

Organic Pasteurized Milk, Organic Pasteurized Heavy Cream

NUTRITIONAL INFORMATION: Serving Size: 1 fl oz

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

# COLD DRINKS

## Coke

Recipe is:  Vegetarian and  Vegan

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION: 12 fl oz CAN

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

### NUTRITIONAL INFORMATION: 20 fl oz BOTTLE

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 215      | 0             | 0           | 0             | 0             | 50          | 53              | 0                 | 53              | 53              | 0           | 0               | 0            | 0         | 0              |

## Diet Coke

Recipe is:  Vegetarian and  Vegan

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION: 12 fl oz CAN

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

### NUTRITIONAL INFORMATION: 20 fl oz BOTTLE

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 2        | 0             | 0           | 0             | 0             | 75          | 1               | 0                 | 0               | 0               | 0           | 0               | 0            | 0         | 0              |

## Coke Zero

Recipe is:  Vegetarian and  Vegan

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION: 12 fl oz CAN

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

### NUTRITIONAL INFORMATION: 20 fl oz BOTTLE

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



# COLD DRINKS – JUICE SHOTS

## Cayenne Shot

Serving Size: 3.70 fl oz

Recipe is:  Vegetarian and  Vegan

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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

## Ginger Shot

Serving Size: 3.70 fl oz

Recipe is:  Vegetarian and  Vegan

### INGREDIENTS:

Apple Juice, Ginger Juice, Ascorbic Acid

### NUTRITIONAL INFORMATION:

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

## Apple Cider Vinegar Shot with Raspberry

Serving Size: 3.70 fl oz

Recipe is:  Vegetarian and  Vegan

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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

## Ginger Kombucha

Serving Size: 8.45 fl oz

Recipe is:  Vegetarian and  Vegan

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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

# COLD DRINKS

## Lemonade

Recipe is:  Vegetarian and  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              |

## Blueberry Lemonade

Recipe is:  Vegetarian and  Vegan

### INGREDIENTS:

Water, Lemonade Concentrate (Cane Sugar, Water, Lemon Juice Concentrate), Blueberry Original (Blueberry, Cane Sugar, Water, Natural Flavor, Citric Acid, Guar Gum, Xanthan Gum), 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             | 15          | 39              | 0                 | 37              | 35              | 0           | 0               | 18           | 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             | 25          | 61              | 0                 | 58              | 56              | 0           | 0               | 26           | 0         | 2              |

## Iced Blueberry Black Tea

Recipe is:  Vegetarian and  Vegan

### INGREDIENTS:

Water, Blueberry Original (Blueberry, Cane Sugar, Water, Natural Flavor, Citric Acid, Guar Gum, Xanthan Gum), 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) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 35       | 0             | 0           | 0             | 0             | 20          | 9               | 0                 | 8               | 7               | 0           | 0               | 15           | 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) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 35       | 0             | 0           | 0             | 0             | 30          | 9               | 0                 | 8               | 7               | 0           | 0               | 22           | 0         | 2              |

# COLD DRINKS

## Iced Blueberry Green Tea

Recipe is:  Vegetarian and  Vegan

### INGREDIENTS:

Water, Blueberry Original (Blueberry, Cane Sugar, Water, Natural Flavor, Citric Acid, Guar Gum, Xanthan Gum), 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) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 35       | 0             | 0           | 0             | 0             | 20          | 9               | 0                 | 8               | 7               | 0           | 0               | 15           | 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) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 35       | 0             | 0           | 0             | 0             | 30          | 9               | 0                 | 8               | 7               | 0           | 0               | 22           | 0         | 2              |

## Guava Lemonade

Recipe is:  Vegetarian and  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              |

## Iced Guava Black Tea

Recipe is:  Vegetarian and  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              |

# COLD DRINKS

## Iced Guava Green Tea

Recipe is:  Vegetarian and  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              |

## Iced Arnold Palmer – Black Tea

Recipe is:  Vegetarian and  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 Arnold Palmer – Green Tea

Recipe is:  Vegetarian and  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              |

# COLD DRINKS

## Iced Guava Arnold Palmer – Black Tea

Recipe is:  Vegetarian and  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              |

## Iced Guava Arnold Palmer – Green Tea

Recipe is:  Vegetarian and  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 Arnold Palmer – Black Tea

Recipe is:  Vegetarian and  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              |

# COLD DRINKS

## Iced Blueberry Arnold Palmer – Green Tea

Recipe is:  Vegetarian and  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              |

## Iced Chocolate

Recipe is:  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

Serving Size: 13.50 fl oz

Recipe is:  Vegetarian and  Vegan

### INGREDIENTS:

Water, Lemon Juice, Sugar, Strawberry Puree

NUTRITIONAL INFORMATION:

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

## Classic Lemonade

Serving Size: 13.50 fl oz

Recipe is:  Vegetarian and  Vegan

### INGREDIENTS:

Water, Lemon Juice, Sugar

NUTRITIONAL INFORMATION:

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

# COLD DRINKS

## Daily Greens Cold Pressed Juice

Serving Size: 13.45 fl oz

Recipe is:  Vegetarian and  Vegan

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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

## Super Reds Cold Pressed Juice

Serving Size: 13.45 fl oz

Recipe is:  Vegetarian and  Vegan

### INGREDIENTS:

Apple, Strawberry, Acai, Raspberry, Ascorbic Acid

### NUTRITIONAL INFORMATION:

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

## Pink Grapefruit Juice

Serving Size: 8.45 fl oz

Recipe is:  Vegetarian and  Vegan

### INGREDIENTS:

Grapefruit Juice

### NUTRITIONAL INFORMATION:

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

## Orange Juice

Serving Size: 8.45 fl oz

Recipe is:  Vegetarian and  Vegan

### INGREDIENTS:

Orange Juice

### NUTRITIONAL INFORMATION:

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

## Lemon Spindrift Sparkling Water

Serving Size: 12 fl oz

Recipe is:  Vegetarian and  Vegan

### INGREDIENTS:

Carbonated Water, Lemon Juice

### NUTRITIONAL INFORMATION:

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

# COLD DRINKS

## Pineapple Spindrift Sparkling Water

Serving Size: 12 fl oz

Recipe is:  Vegetarian and  Vegan

### INGREDIENTS:

Carbonated water, pineapple juice, citric acid

### NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 13       | 0             | 0           | 0             | 0             | 0           | 3               | 0                 | 3               | 0               | 0           | 0               | 0            | 0         | 0              |

## Lime Spindrift Sparkling Water

Serving Size: 12 fl oz

Recipe is:  Vegetarian and  Vegan

### INGREDIENTS:

Carbonated water, lime juice

### NUTRITIONAL INFORMATION:

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

## Sparkling Water – 17oz

Serving Size: 17 fl oz

Recipe is:  Vegetarian and  Vegan

### INGREDIENTS:

Carbonated Spring Water

### NUTRITIONAL INFORMATION:

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

## Still Water – 17oz

Serving Size: 17 fl oz

Recipe is:  Vegetarian and  Vegan

### INGREDIENTS:

Spring Water

### NUTRITIONAL INFORMATION:

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

## Large Water – 24 oz

Serving Size: 24 fl oz

Recipe is:  Vegetarian and  Vegan

### INGREDIENTS:

Spring Water

### NUTRITIONAL INFORMATION:

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