

# Pret's Catering 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 Catering Guide contains a list of all the products we offer for catering in our US shops, with full product lists and the 9 declarable allergen information listed for your reference.

Please remember to check our complete Nutrition & Allergen Guide regularly as recipes do change from time to time. Each individual product's nutritional information can also be found there.

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) to 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.



## Fruit Platter

Serving Size: 1701g/60.00 oz

Recipe is:  Vegetarian and  Vegan

CONTAINS:

Cantaloupe, Pineapple, Blueberries

THIS PLATTER FEEDS 10 PEOPLE.

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
730	3.5	0.5	0	0	150	183	22	145	0	13	0	161	4	3179

## Croissant Selection Platter

Serving Size: 1064g/37.48oz

Recipe is:  Vegetarian and  Vegan

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

CONTAINS:

4 Plain Croissant

4 Almond Croissant

4 Chocolate Croissant

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
4000	228	134	4	564	2720	404	36	132	132	80	0	348	16	1608

## Butter Croissant Platter

Serving Size: 960g/33.86oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Egg, Milk, Wheat

CONTAINS:

12 Plain Croissant

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
3360	192	132	0	550	3600	348	24	48	48	72	0	264	12	1176

## Bakery Box Platter

Serving Size: 1284g/45.24oz

Recipe is:  Vegetarian and  Vegan

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

CONTAINS:

3 Plain Croissant

3 Almond Croissant

3 Blueberry Muffin

3 Pain Au Raisin

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
4380	219	111	3	651	3510	531	27	216	207	81	0	540	15	1572

## Yogurt Pot Platter

Serving Size: 1805g/63.67oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Milk, Almond

CONTAINS:

3 Little Cup of Goodness

3 Blueberry & Granola Pot

3 Bircher Muesli

THIS PLATTER FEEDS 9 PEOPLE.

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
2450	77	29	0	210	670	306	24	204	45	133	0	1531	10	2794

## Breakfast Pot Selection Platter

Serving Size: 1770g/62.43oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Coconut, Milk

CONTAINS:

3 Little Cup of Goodness

3 Blueberry & Granola Pot

3 Sunshine Bowl

THIS PLATTER FEEDS 9 PEOPLE.

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
2670	89	32	0	130	570	366	38	214	29	106	0	1064	13	3500

## King of Cookies Platter

Serving Size: 852g/30oz

Recipe is:  Vegetarian and  Vegan

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

CONTAINS:

4 Chocolate Chunk Cookies

4 Harvest Cookies

4 Double Chocolate Pecan Cookies

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
3720	192	96	0	500	3560	476	28	276	252	52	0	364	20	1504

## Chocolate Chip Cookie Platter

Serving Size: 852g/30oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Egg, Milk, Soy, Wheat

CONTAINS:

12 Chocolate Chunk Cookies

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
3720	192	120	0	600	3360	504	24	312	312	48	0	336	24	1404

# Harvest Cookie Platter

Serving Size: 852g/30oz

Recipe is:  Vegetarian and  Vegan

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

CONTAINS:

12 Harvest Cookies

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
3360	144	72	0	420	3120	480	36	252	216	60	0	384	24	1752

# Breakfast Tea Sandwich Platter

Serving Size: 1082g/38.17oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Salmon, Egg, Milk, Wheat

CONTAINS:

3 Smoked Salmon & Cream Cheese Sandwich (cut into 4 pieces)

2 Egg Salad & Arugula Sandwich (cut into 4 pieces)

THIS PLATTER FEEDS 5 PEOPLE.

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
2450	130	29	1	915	4630	214	2	26	5	103	13	522	16	2093

# Classic Sandwich Platter

Serving Size: 1233g/43.49oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Almond, Egg, Milk, Wheat

CONTAINS:

1 Pret's Chicken Salad & Avo Sandwich (cut into 4 pieces)

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

1 Ham, Cheddar & Chutney Sandwich (cut into 4 pieces)

1 Chicken & Bacon Sandwich (cut into 4 pieces)

1 Cheddar & Tomato Sandwich (cut into 4 pieces)

THIS PLATTER FEEDS 5 PEOPLE.

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
2820	153	33	0	690	5630	232	9	36	12	124	3	1040	14	2717

# Veggie Sandwich Platter

Serving Size: 1208g/42.61oz

Recipe is:  Vegetarian and  Vegan

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

CONTAINS:

1 Egg Salad & Arugula Sandwich (cut into 4 pieces)

2 Rainbow Veggie Sandwich (cut into 4 pieces)

2 Cheddar & Tomato Sandwich (cut into 4 pieces)

THIS PLATTER FEEDS 5 PEOPLE.

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
2340	122	30	0	635	4100	240	14	34	10	84	3	1007	15	2437

## Smoked Salmon & Cream Cheese Roll Platter

Serving Size: 1287g/45.40oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Salmon, Milk, Wheat

CONTAINS:

6 Smoked Salmon & Cream Cheese Roll (cut into 2 pieces)

THIS PLATTER FEEDS 6 PEOPLE.

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
2400	92	29	2	275	5810	278	3	23	6	127	16	554	19	2429

## Baguette Platter

Serving Size: 1565g/55.20oz

Recipe is:  Vegetarian and  Vegan

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

CONTAINS:

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

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

2 Pesto Caprese Baguette (cut into 4 pieces)

1 Romesco Chicken & Mozzarella Baguette (cut into 4 pieces)

THIS PLATTER FEEDS 6 PEOPLE.

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
3920	175	49	0	355	8050	417	27	8	2	180	2	1486	27	2082

## Salad Wrap Selection Platter

Serving Size: 1593g/56.19oz

Recipe is:  Vegetarian and  Vegan

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

CONTAINS:

1 x Bang Bang Chicken Wrap (cut into 2 pieces)

1 x Crunchy Chipotle Chicken & Avo Wrap (cut into 2 pieces)

1 x Falafel & Hummus Wrap (cut into 2 pieces)

1 x Green Goodness Chicken Wrap (cut into 2 pieces)

1 x Grilled Eggplant, Mozzarella & Olive Wrap (cut into 2 pieces)

THIS PLATTER FEEDS 5 PEOPLE.

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
2820	151	23	0	190	6500	298	20	35	14	114	0	1001	20	3546

# Chicken Avocado Salad Platter

Serving Size: 1553g/54.78oz

Recipe is:  Vegetarian and  Vegan

**Common Allergens: Walnut**

**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

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

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

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
1300	79	9.5	0.5	205	1240	81	29	39	32	81	0	220	11	3429

## NUTRITIONAL INFORMATION FOR 1 DRESSING POT: Serving Size: 45g/1.59oz Recipe is: Vegetarian and Vegan

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

## NUTRITIONAL INFORMATION FOR 1 BREAD ROLL: Serving Size: 40g/1.41oz Recipe is: Vegetarian and Vegan

**Common Allergens: Wheat**

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

# Chicken Caesar Salad Platter

Serving Size: 1664g/58.69oz

Recipe is:  Vegetarian and  Vegan

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

**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

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

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

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
1120	46	10.5	0	235	2660	90	50	11	0	103	0	949	10	2904

## NUTRITIONAL INFORMATION FOR 1 DRESSING POT: Serving Size: 48g/1.69oz Recipe is: Vegetarian and Vegan

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
260	27	2.5	0	10	180	5	0	2	0	2	0	43	0	13

## NUTRITIONAL INFORMATION FOR 1 BREAD ROLL: Serving Size: 40g/1.41oz Recipe is: Vegetarian and Vegan

**Common Allergens: Wheat**

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

# Mediterranean Mezze Salad Platter

Serving Size: 1731g/61.06oz

Recipe is:  Vegetarian and  Vegan

**Common Allergens:** Sesame

**Salad:** Cucumbers, Turmeric Falafel (Garbanzo Beans, Onions, Garbanzo Beans (Chick Peas, Water, Salt), Canola Oil, Chickpea Flour, Green Onion, Garlic (Garlic, Water), Red Peppers, Sea Salt, Coriander, Cumin, Cayenne, Onion Powder, Turmeric, Baking Powder), Mesclun, Hummus (Chickpeas, Sesame Tahini, Sunflower Oil, Water, Sea Salt, Garlic, Pepper, Lemon Juice Concentrate), 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

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

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

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
1490	92	9	0	0	3400	138	34	39	18	44	0	614	18	2132

## NUTRITIONAL INFORMATION FOR 1 DRESSING POT: Serving Size: 45g/1.59oz Recipe is: Vegetarian and Vegan

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

## NUTRITIONAL INFORMATION FOR 1 BREAD ROLL: Serving Size: 40g/1.41oz Recipe is: Vegetarian and Vegan

**Common Allergens:** Wheat

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

# Greek Salad Platter

Serving Size: 1593g/56.19oz

Recipe is:  Vegetarian and  Vegan

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

**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

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

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

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
1110	56	12	0	70	5300	108	40	23	2	53	1	782	8	1517

## NUTRITIONAL INFORMATION FOR 1 DRESSING POT: Serving Size: 44g/1.55oz Recipe is: Vegetarian and Vegan

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

## NUTRITIONAL INFORMATION FOR 1 BREAD ROLL: Serving Size: 40g/1.41oz Recipe is: Vegetarian and Vegan

**Common Allergens:** Wheat

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



# Smoked Salmon Nicoise Platter

Serving Size: 2750g/97.00oz

Recipe is:  Vegetarian and  Vegan

**Common Allergens:** Salmon, Egg

**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

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

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

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
1010	66	11	0	875	3550	33	7	19	4	82	15	277	10	2356

**NUTRITIONAL INFORMATION FOR 1 DRESSING POT: Serving Size: 45g/1.59oz Recipe is:  Vegetarian and  Vegan**

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

**NUTRITIONAL INFORMATION FOR 1 BREAD ROLL: Serving Size: 40g/1.41oz Recipe is:  Vegetarian and  Vegan**

**Common Allergens:** Wheat

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

# Coffee Box Organic Single Origin

Serving Size: 2154g/ 120 fl oz

Recipe is:  Vegetarian and  Vegan

**CONTAINS:**

- (1) 96oz Coffee Carafe
- (2) 12oz Cup Milk of Choice

**NUTRITIONAL INFORMATION:** Based on (1) 12 oz cup with SKIM MILK:

**Common Allergens:** Milk

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
130	0	0	0	5	170	17	0	16	0	11	4	425	0	496

# Coffee Box Organic Classic Blend

Serving Size: 2154g/ 120 fl oz

Recipe is:  Vegetarian and  Vegan

**CONTAINS:**

- (1) 96oz Coffee Carafe
- (2) 12oz Cup Milk of Choice

**NUTRITIONAL INFORMATION:** Based on (1) 12 oz cup with SKIM MILK:

**Common Allergens:** Milk

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
130	0	0	0	5	170	17	0	16	0	11	4	425	0	496

## Tea Box English Breakfast

Serving Size: 1814g/ 96 fl oz

Recipe is:  Vegetarian and  Vegan

CONTAINS:

(1) 96oz Hot Water Carafe

(8) English Breakfast Tea Bags

NUTRITIONAL INFORMATION: Based on (1) 16 oz cup:

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

## Tea Box Earl Grey

Serving Size: 1814g/ 96 fl oz

Recipe is:  Vegetarian and  Vegan

CONTAINS:

(1) 96oz Hot Water Carafe

(8) Earl Grey Tea Bags

NUTRITIONAL INFORMATION: Based on (1) 16 oz cup:

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

## Tea Box Mixed

Serving Size: 1814g/ 96 fl oz

Recipe is:  Vegetarian and  Vegan

CONTAINS:

(1) 96oz Hot Water Carafe

(2) English Breakfast Tea Bags

(2) Earl Grey Tea Bags

(2) Peppermint Tea Bags

(2) Tropical Green Tea Bags

NUTRITIONAL INFORMATION: Based on (1) 16 oz cup:

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

## Tea Box Peppermint

Serving Size: 1814g/ 96 fl oz

Recipe is:  Vegetarian and  Vegan

CONTAINS:

(1) 96oz Hot Water Carafe

(8) Peppermint Tea Bags

NUTRITIONAL INFORMATION: Based on (1) 16 oz cup:

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

## Tea Box Tropical Green

Serving Size: 1814g/ 96 fl oz

Recipe is:  Vegetarian and  Vegan

CONTAINS:

(1) 96oz Hot Water Carafe

(8) Tropical Green Tea Bags

NUTRITIONAL INFORMATION: Based on (1) 16 oz cup:

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

## Iced Coffee Box

Serving Size: 2154g/ 120 fl oz

Recipe is:  Vegetarian and  Vegan

CONTAINS:

(1) 96oz Coffee Carafe

(2) 12oz Cup Milk of Choice

NUTRITIONAL INFORMATION: Based on (1) 12 oz cup with SKIM MILK:

Common Allergens: Milk

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
130	0	0	0	5	170	17	0	16	0	11	4	425	0	496

## Iced Tea Box - Black

Serving Size: 1814g/ 96 fl oz

Recipe is:  Vegetarian and  Vegan

CONTAINS:

(1) 96oz Tea Carafe

NUTRITIONAL INFORMATION: Based on (1) 16 oz cup:

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

## Iced Tea Box – Green

Serving Size: 1814g/ 96 fl oz

Recipe is:  Vegetarian and  Vegan

CONTAINS:

(1) 96oz Tea Carafe

NUTRITIONAL INFORMATION: Based on (1) 16 oz cup:

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

## Lemonade Box

Serving Size: 1814g/ 96 fl oz

Recipe is:  Vegetarian and  Vegan

CONTAINS:

(1) 96oz Lemonade Carafe

NUTRITIONAL INFORMATION: Based on (1) 16 oz cup:

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