

# Pret's Nutrition & Allergen Guide



Pret Nutritional Guide - Valid for locations in Vancouver, Toronto

Ver. 12 [Oct-11-2024]

## Nutrition

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

## Allergies & Ingredients

Our food is freshly prepared in small kitchens that handle various ingredients and common allergens including wheat, peanuts, sesame seeds, soy, tree nuts, milk, eggs, fish, sulphites, mustard 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 Canada shops, with full ingredient lists and the 11 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/en-CA\*\*](http://www.pret.com/en-CA) or **get in touch with our Customer Service team at 604-988-2141** who will be happy to help. We strongly advise consulting with your physician first if you have any concerns around consuming any Pret products

★ 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. Oct-11-24 ★

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# 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 Fibre (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	420

## Sunshine Bowl

Serving Size: 261g/9.20oz

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

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
420	12	4	0	0	50	70	8	35	0	8	0	35	2	714

## Bircher Muesli

Serving Size: 237g/8.35oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Almond, Milk

INGREDIENTS:

Yogurt (Skim milk, Cream, Active bacterial cultures), 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	60	41	3	29	5	16	0	182	1	310

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# YOGURT & FRUIT POTS

## Little Cup of Goodness

Serving Size: 207g/7.30oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Milk

### INGREDIENTS:

Yogurt (Skim milk, Cream, Active bacterial cultures), Granola (Gluten Free Oat Flakes, Apple Cinnamon Glaze (Muscovado Sugar, Golden Syrup, Water, Concentrated Apple Juice, Cinnamon, Salt), Pumpkin Seeds, Raisins, Sunflower Oil, Golden Linseed, Buckwheat Flakes), Julienne Apples, Cinnamon Sugar (Sugar, Spices, Vegetable oil (Canola &/or Sunflower Seed))

### NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest . (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
300	10	3.5	0	25	74	38	3	23	5	16	0	169	1	281

## Blueberry Granola Pot

Serving Size: 240g

Recipe is:  Vegetarian and  Vegan

Common Allergens: Milk

### INGREDIENTS:

Yogurt (Skim Milk, Cream, Active Bacterial Cultures), GF Granola (Gluten Free Oats, Apple and Cinnamon Glaze (dark muscovado sugar, golden syrup, apple juice concentrate, 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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
320	10	3	0	10	90	40	3	23	N/A	20	0	175	1	350

## Cantaloupe & Blueberry Pot

Serving Size: 160g

Recipe is:  Vegetarian and  Vegan

Common Allergens: NA

### INGREDIENTS:

Cantaloupe & Blueberry

### NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest . (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
100	0	0	0	0	19	25	4	19	0	2	0	10	0	250

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# HOT BREAKFAST

## Egg Salad & Avocado Breakfast Baguette

Serving Size: 189g/6.66oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Egg, Mustard, Wheat

### INGREDIENTS:

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 (Canola Oil, Cage-Free Frozen Egg yolk, Water, Vinegar, Sugar, Salt, Concentrated Lemon Juice), Avocados, 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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
490	28	5	0	407	700	38	5	0	0	20	2	54	4	324

## Pret's Shakshuka Frittata

Serving Size: 368g/13oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Egg, Milk, Mustard

### INGREDIENTS:

Liquid Whole Egg (Liquid Whole Egg, Citric Acid), Milk (Partly Skimmed Milk, Vitamin D), Red Pepper, Marinara Sauce (Italian Whole Peeled Tomatoes (Peeled Tomatoes, Tomato Puree, Salt, Basil Leaf), Olive Oil, Onions, Salt, Garlic, Basil, Black Pepper, Oregano), Feta Cheese (Pasteurized Goat's Milk, Salt, Calcium chloride, Bacterial culture, Microbial Enzyme), 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, Lime Juice, 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 Flavour, White Wine, Citric Acid, Tartaric Acid), Roasted Cherry Tomatoes (Cherry Tomatoes, Rapeseed Oil, Salt, Dried Garlic, Oregano, Lemon Juice Concentrate), 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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
349	38	11	2	684	988	14	1	8	N/A	31	5	183	3	605

## Egg and Bacon Brioche

Serving Size: 203g/7.2oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Wheat, Egg, Milk, Soy

### INGREDIENTS:

Brioche Bun (Enriched Wheat Flour, Water, Sugar, Barley Malt, Syrup, Dextrose, Corn Maltodextrin, Yeast, Vegetable protein (Pea and/or Potato and/or Fava Bean), Wheat Starch, Modified Corn Starch, Vegetable Oil (canola or soy oil and/or sunflower oil), Salt, Wheat Gluten, Cultured Wheat Flour, Dough Conditioners (DATEM, Monoglycerides, Ascorbic Acid, Food Enzymes), Corn Flour, Annatto (E 160b), Turmeric, Natural Flavouring), Liquid Whole Egg (Liquid Whole Egg, Citric Acid), Milk (Partly Skimmed Milk, Vitamin D), Cheddar Cheese (Milk, Bacterial Culture, Salt, Calcium Chloride, Rennet and/or Microbial Enzyme), Bacon (Pork, Water, Sea Salt, Cane Sugar, Cultured Celery Extract, Spice Extract, Smoke), Cooking Spray (Canola Oil, Soy Lecithin, Natural Flavour), Seasoning (Salt, Black Pepper)

### NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest . (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
430	28	13	0	277	827	35	0	7	N/A	27	2	321	3	131

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# HOT BREAKFAST

## Egg and Cheddar Brioche

Serving Size: 190g/6.7oz

Recipe is:  Vegetarian and  Vegan

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

### INGREDIENTS:

Brioche Bun (Enriched Wheat Flour, Water, Sugar, Barley Malt, Syrup, Dextrose, Corn Maltodextrin, Yeast, Vegetable protein (Pea and/or Potato and/or Fava Bean), Wheat Starch, Modified Corn Starch, Vegetable Oil (canola or soy oil and/or sunflower oil), Salt, Wheat Gluten, Cultured Wheat Flour, Dough Conditioners (DATEM, Monoglycerides, Ascorbic Acid, Food Enzymes), Corn Flour, Annatto (E 160b), Turmeric, Natural Flavouring), Liquid Whole Egg (Liquid Whole Egg, Citric Acid), Milk (Partly Skimmed Milk, Vitamin D), Cheddar Cheese (Milk, Bacterial Culture, Salt, Calcium Chloride, Rennet and/or Microbial Enzyme), Cooking Spray (Canola Oil, Soy Lecithin, Natural Flavour), Seasoning (Salt, Black Pepper)

### NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest . (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
371	23	11	0	265	740	35	0	7	N/A	23	2	318	3	131

## Southwestern Breakfast Wrap

Serving Size: 340g/12oz

Recipe is:  Vegetarian and  Vegan

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

### INGREDIENTS:

7-Grain Tortilla Wrap (Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, 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), Egg Patty (Whole Egg (Liquid Whole Egg, Citric Acid), Milk (Pasteurized Skim Milk, Vitamin D), Cooking Spray (Canola Oil, Soy Lecithin, Natural Flavour)), Red Onion, Red Pepper, Cheddar Cheese (Milk, Bacterial Culture, Salt, Calcium Chloride, Rennet and/or Microbial Enzyme), Black Bean Salsa (Black Beans, Water, Diced Tomatoes (tomatoes, tomato juice, salt, citric acid), Lime Juice Concentrate, Onions, Cilantro, Jalapeno Peppers, Canola Oil, Sea Salt, Garlic Puree, Black Pepper, Onion Powder, Garlic Powder), 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, Lime Juice, 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 Flavour, White Wine, Citric Acid, Tartaric Acid), Crispy Onions (Onions, Enriched Flour (Wheat Flour, Niacin, Reduce 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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
552	36	9	0	256	1006	62	8	5	N/A	28	2	300	5	567

## Egg & Bacon Baguette

Serving Size: 189g/6.66oz

Recipe is:  Vegetarian and  Vegan

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

### INGREDIENTS:

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), Smoked Bacon (RWA) (Pork, Water, Salt, Cane Sugar, Cultured Celery Extract, Spice Extract, Smoke), Cheddar Cheese (Milk, bacterial culture, salt, calcium chloride, rennet and/or microbial enzyme), Seasoning (Salt, Black Pepper), Vegalene Canola High Heat (Canola Oil, Soy Lecithin, Natural Flavour)

### NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest . (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
330	27	13	0	345	750	33	1	6	3	28	1	187	3	368

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# HOT BREAKFAST

## Creamy Oat Porridge

Serving Size: 302g/10.65oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: **Gluten**

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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

## Egg Avocado Breakfast Baguette

Serving Size: 220g

Recipe is:  Vegetarian and  Vegan

Common Allergens: **Wheat, Eggs**

### INGREDIENTS:

Sourdough Baguette (Unbleached enriched flour, Water, Sunflower seeds, Oat flakes, Flax seeds, Cracked wheat grains, Wheat sourdough (water, fermented wheat flour), Pumpkin seeds, Chia seeds, Sea salt, Canola oil, Yeast, Malted barley flour, Malted wheat flour, Ascorbic acid, Enzymes (xylanase, glucose-oxidase, lipase, alpha-amylase), Egg, Avocado, Tomato, Mayonnaise (Made from Cage-free eggs) ((Canola Oil, Cage Free Frozen Egg Yolk, Water, Vinegar, Sugar, Salt, Concentrated Lemon Juice), Seasoning (Salt and Pepper)

### NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest . (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
440	25	3	0	215	600	40	6	2	0	15	0	47	3	450

## Choco Banana Crunch Porridge Topper

Serving Size: 107g/3.77oz

Recipe is:  Vegetarian and  Vegan

### INGREDIENTS:

Banana, Honey, 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), Chocolate Powder (Cane Sugar, Cocoa Powder – Processed with Alkali, Dark Chocolate (Chocolate Liquor, Cane Sugar, Cocoa Powder))

### NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest . (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
230	2.5	0	0	0	20	48	3	35	1	3	0	15	1	332

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# Ham & Cheddar Croissant

Serving Size: 153g

Recipe is:  Vegetarian and  Vegan

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

## INGREDIENTS:

Butter Croissant (Wheat Flour, Butter, Water, Sugar, Yeast, Wheat Gluten, Salt, Eggs, Dough Conditioner (Ascorbic Acid), Enzymes), Black Forest Ham (RWA) (Pork, Water, Sea salt, Cane sugar, Vinegar, Cultured celery extract, Smoke flavour, Smoke), Cheddar Cheese (Milk, bacterial culture, salt, calcium chloride, rennet and/or microbial enzyme)

## NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
480	27	18	0	50	870	30	2	4	1	25	0	137	10	11

# 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)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
160	11	3.5	0	385	95	3	0	2	0	14	2	64	3	196

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# SANDWICHES

## Chicken & Bacon Sandwich

Serving Size: 282g/9.94oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Egg, Wheat

### INGREDIENTS:

Grilled Chicken (RWA) (Chicken Breast, Sea Salt), Multi-Grain 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, Smoked Bacon (RWA) (Pork, Water, Sea Salt, Cane Sugar, Cultured Celery Extract, Spicy Extract, Smoke), Mayonnaise (Canola Oil, Cage Free Frozen Egg Yolk, Water, Vinegar, Sugar, Salt, Concentrated Lemon Juice), Mesclun

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

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
560	29	7	0.0	125	770	33	1	4	0	37	0	49	2	757

## Pret's BLT with Avocado

Serving Size: 202g/7oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Wheat, Eggs

### INGREDIENTS:

Multi-Grain 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)), Avocado, Tomato, Arugula, Bacon (Pork, Water, Sea Salt, Cane Sugar, Cultured Celery Extract, Spice Extract, Smoke), Mayonnaise (Canola Oil, Cage Free Frozen Egg Yolk, Water, Vinegar, Sugar, Salt, Concentrated Lemon Juice), Seasoning (Salt, Black Pepper)

### NUTRITIONAL INFORMATION: Serving Size: 202g/7oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
424	23	4	0	25	395	43	8	3	N/A	12	0	13	1	378

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# SANDWICHES

## Pret's Chicken Salad & Avo Sandwich

Serving Size: 256g/9.03oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Almond, Egg, Wheat, Mustard, Sulphites

### INGREDIENTS:

Multi-Grain 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, Grilled Chicken (RWA) (Chicken Breast, Sea Salt), Whole Grain Mustard Mayo (Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Citric acid, Sulphites), Cage Free Mayonnaise (Canola Oil, Cage-Free Frozen Egg yolk, Water, Vinegar, Sugar, Salt, Concentrated Lemon Juice), Mesclun, Dried Cranberries (Cranberries, 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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
550	27	3	0	70	740	54	6	9	5	24	0	72	3	750

## Pret's Egg Salad & Arugula Sandwich

Serving Size: 247g/8.71oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Egg, Wheat

### INGREDIENTS:

Cage-Free Eggs, 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)), Mayonnaise (Canola Oil, Cage-Free Frozen Egg yolk, Water, Vinegar, Sugar, Salt, Concentrated Lemon Juice), 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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
610	39	6	0	465	370	42	0	5	0	23	2	119	5	366

## Cheddar & Tomato Sandwich

Serving Size: 240g/8.46oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Egg, Milk, Wheat, Mustard, Sulphites

### 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 (Milk, bacterial culture, salt, calcium chloride, rennet and/or microbial enzyme), Mesclun, Whole Grain Mustard Mayo (Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Citric acid, Sulphites), Cage Free Mayonnaise (Canola Oil, Cage-Free Frozen Egg yolk, Water, Vinegar, Sugar, Salt, Concentrated Lemon Juice), 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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
450	23	9	0	70	580	45	1	5	0	20	0	366	2	428

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# SANDWICHES

## Rainbow Veggie Sandwich

Serving Size: 266 & 133g

Recipe is:  Vegetarian and  Vegan

Common Allergens: Egg, Soy, Wheat, Mustard, Sulphites

### 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)), Pickled Cabbage & Carrot (Filtered Water, Apple cider vinegar, Cabbage, Sugar, Carrots, Red cabbage, Sea salt), Cucumber, Avocado, Hummus (Chickpeas, Water, Canola oil, Tahini (sesame seed paste), Garlic, Lemon juice concentrate, Sea salt, Citric acid.), Arugula, Sesame Dressing (Expeller Pressed Canola Oil, Water, Soy Sauce (Water, Soybeans, Wheat, Salt), Brown Sugar, Sesame Seeds, Distilled Vinegar, Salt, Yeast Extract, Natural Flavors, Egg Yolk, Xanthan Gum), Seasoning (Salt, Black Pepper)

### NUTRITIONAL INFORMATION: Serving Size: 266g

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chole st. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
420	20	3	0	0	520	53	11	5	0	11	0	20	1	550

### NUTRITIONAL INFORMATION: Serving Size: 133g

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chole st. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
210	10	1.5	0	0	260	27	6	3	0	6	0	366	0.5	280

## Montreal Smoked Meat Sandwich

Serving Size: 215g/108g

Recipe is:  Vegetarian and  Vegan

Common Allergens: Egg, Wheat, Mustard, Sulphites

### 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)), Montreal Smoked Meat (Beef, Water, Salt, Spices and Spice extracts, Sugars (sugar, dextrose), Garlic, Sodium phosphate, Sodium erythorbate, Sodium nitrite, Mustard, Smoke), Pickles (Cucumber, Vinegar, Onion, Salt, Mustard seed, Coriander seed, Natural flavour, Sulfit), Pickle Cabbage & Carrot (Filtered Water, Apple cider vinegar, Cabbage, Sugar, Carrots, Red cabbage, Sea salt), Arugula, Crispy Onion (Onions, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sunflower and/or Safflower Oil, Sea Salt), Whole Grain Mustard Mayo (Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Citric acid, Sulphites), Cage Free Mayonnaise (Canola Oil, Cage-Free Frozen Egg yolk, Water, Vinegar, Sugar, Salt, Concentrated Lemon Juice)

### NUTRITIONAL INFORMATION: Serving Size: 215g

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chole st. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
380	15	2	0	30	1080	45	1	2	0	19	0	30	2	225

### NUTRITIONAL INFORMATION: Serving Size: 108g

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chole st. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
190	23	1	0	70	540	45	1	1	0	10	0	15	2	115

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## Crunchy Chipotle Chicken & Avo Wrap

Serving Size: 343g/12.09oz

Recipe is:  Vegetarian and  Vegan

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

### INGREDIENTS:

7-Grain 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), Grilled Chicken (RWA) (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, lime juice, 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, Red Peppers, Pickled Red Onion (Red Onions, Filtered water, Vinegar, Sugar, Sea salt), Yogurt (Skim milk, Cream, Active bacterial cultures), Mayonnaise (Canola Oil, Cage-Free Frozen Egg yolk, Water, Vinegar, Sugar, Salt, Concentrated Lemon Juice), Cilantro, Lemon Juice

### NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest . (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
540	26	4	0	60	1300	59	6	7	3	28	0	147	4	950

## Falafel & Hummus Wrap

Serving Size: 348g/12.28oz

Recipe is:  Vegetarian and  Vegan

**Common Allergens:** Sesame, Wheat

### INGREDIENTS:

7-Grain 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 Cornstarch), Cumin, Lemon Juice Concentrate, Turmeric, Cayenne Pepper), Hummus (Garbanzo Beans, Water, Sesame Seeds, Lemon Juice, Spices (Cumin, Garlic), Olive Oil, Salt), Romaine, Cucumber, Pickled Cabbage & Carrot Mix (Filtered Water, Apple cider vinegar, Cabbage, Sugar, Carrots, Red cabbage, Sea salt), Red Peppers

### NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest . (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
540	18	1	0	0	1440	84	5	11	3	20	0	255	7	880

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## Bang Bang Chicken Wrap

Serving Size: 296g

Recipe is:  Vegetarian and  Vegan

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

### INGREDIENTS:

7-Grain 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), Grilled Chicken (RWA) (Chicken Breast, Sea Salt), Cucumber, Mayonnaise (Canola Oil, Cage-Free Frozen Egg yolk, Water, Vinegar, Sugar, Salt, Concentrated Lemon Juice), Sesame Dressing (Expeller Pressed Canola Oil, Water, Soy Sauce (Water, Soybeans, Wheat, Salt), Brown Sugar, Sesame Seeds, Distilled Vinegar, Salt, Yeast Extract, Natural Flavors, Egg Yolk, Xanthan Gum), Pickled Cabbage & Carrot Mix (Filtered Water, Apple cider vinegar, Cabbage, Sugar, Carrots, Red cabbage, Sea salt), Red Onion, Crispy Onion (Onions, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sunflower and/or Safflower Oil, Sea Salt), Cilantro, Gochujang Paste (Fermented rice paste (rice, water, salt, mold culture), Corn syrup, Hot pepper powder, Water, Soybean paste (water, soybean, salt, mold culture), Alcohol, Salt, Wheat extract, Fermented soy seasoning (soybean, water, salt, wheat extract, alcohol, yeast extract), Garlic juice concentrate)

### NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest . (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
560	30	3	0	65	1210	60	7	7	3	21	0	125	7	350

## Korean Style Mushroom & Avo Wrap

Serving Size: 329g

Recipe is:  Vegetarian and  Vegan

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

### INGREDIENTS:

7-Grain 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), Mushrooms, Avocado, Korean BBQ Sauce (Sugars (sugar, apple puree, concentrated pear juice, concentrated apple juice, concentrated orange juice), Soy sauce (water, soybeans, wheat, salt, brewing starter [Aspergillus sojae]), Water, Garlic puree, Sasame oil, Vinegar, Salt, Concentrated lemon juice, Spices, Garlic powder, Onion powder, Sesame seeds, Ginger puree, Xanthan Gum, Yeast Extract), Mayonnaise (Canola Oil, Cage-Free Frozen Egg yolk, Water, Vinegar, Sugar, Salt, Concentrated Lemon Juice), Pickled Cabbage & Carrot Mix (Filtered Water, Apple cider vinegar, Cabbage, Sugar, Carrots, Red cabbage, Sea salt), Red Onion, Crispy Onion (Onions, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sunflower and/or Safflower Oil, Sea Salt), Cilantro, Arugula

### NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest . (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
580	30	3	0	20	1650	75	10	17	3	12	0	125	7	800

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# BAGUETTE

## Romesco Chicken & Mozzarella Baguette

Serving Size: 284g/10.01oz

Recipe is:  Vegetarian and  Vegan

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

### INGREDIENTS:

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), Grilled Chicken (RWA) (Chicken Breast, Sea Salt), Bocconcini (Pasteurized Milk, Bacterial culture, Calcium Chloride, Microbial Enzyme), 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 Frozen Egg yolk, Water, Vinegar, Sugar, Salt, Concentrated Lemon Juice), Arugula, Basil, Chili Salt (Paprika, Sea Salt, Chili Flakes)

### NUTRITIONAL INFORMATION: Serving Size: 284g/10.01oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
670	29	7	0	70	1370	71	5	2	0	32	0	173	5	429

## Pesto Caprese Baguette

Serving Size: 263g/9.27oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Egg, Milk, Wheat

### INGREDIENTS:

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), Bocconcini (Pasteurized Milk, Bacterial culture, Calcium Chloride, Microbial Enzyme), Pesto (Canola oil, basil, parmesan cheese (pasteurised milk, cheese cultures, salt, enzymes, powdered cellulose (anti-caking agent)), garlic, water, rice wine vinegar (water, rice wine vinegar), salt, black pepper), Roasted Tomatoes (Cherry Tomatoes, Rapeseed Oil, Salt, Dried Garlic, Oregano, Lemon Juice Concentrate), Mayonnaise (Canola Oil, Cage Free Frozen Egg Yolk, Water, Vinegar, Sugar, Salt, Concentrated Lemon Juice), Arugula, Basil

### 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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
710	38	12	0	50	960	70	5	1	0	26	0	304	5	240

## Pret's Tuna & Cucumber Baguette

Serving Size: 284g/10.01oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Fish, 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), Skipjack Tuna (Skipjack Tuna, Water, Sea salt), Mayonnaise (Canola Oil, Cage-Free Frozen Egg yolk, Water, Vinegar, Sugar, Salt, Concentrated Lemon Juice), Cucumbers, Seasoning (Salt, Black Pepper)

### NUTRITIONAL INFORMATION: Serving Size: 284g/10.01oz

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)
760	41	5	0	45	910	67	4	1	0	31	0	24	4	176

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**NUTRITIONAL INFORMATION - SLIM: Serving Size: 142g/5oz**

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
380	21	3	0	23	455	34	2	1	0	16	0	12	2	88

## BAGUETTE

### Pret's Famous Ham & Cheese Baguette

Serving Size: 251g/8.85oz

Recipe is:  Vegetarian and  Vegan

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

**INGREDIENTS:** 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), Ham (Pork, Water, Sea salt, Cane sugar, Vinegar, Cultured celery extract, Smoke flavour, Smoke), Swiss Cheese (Pasteurized Milk, Modified milk ingredients, Salt, Bacterial culture, Calcium Chloride, Microbial Enzyme), Mustard Mayo (Canola Oil, Whole Grain Mustard (Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Citric acid, Sulphites), Cage Free Mayonnaise (Canola Oil, Cage-Free Frozen Egg yolk, Water, Vinegar, Sugar, Salt, Concentrated Lemon Juice), Mesclun

**NUTRITIONAL INFORMATION: Serving Size: 251g/8.85oz**

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
620	23	8	0	80	1510	70	2	2	1	34	0	351	4	385

**NUTRITIONAL INFORMATION - SLIM: Serving Size: 126g/4oz**

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
310	12	4	0	40	755	35	1	1	1	17	0	176	2	193

### Pret's Avo Olive & Toms Baguette

Serving Size: 286g

Recipe is:  Vegetarian and  Vegan

**Common Allergens:** Wheat

**INGREDIENTS:** Sourdough Baguette (Unbleached enriched flour, Water, Sunflower seeds, Oat flakes, Flax seeds, Cracked wheat grains, Wheat sourdough (water, fermented wheat flour), Pumpkin seeds, Chia seeds, Sea salt, Canola oil, Yeast, Malted barley flour, Malted wheat flour, Ascorbic acid, Enzymes (xylanase, glucose-oxidase, lipase, alpha-amylase), Avocado, Roasted Cherry Tomatoes (Cherry Tomatoes, Rapeseed Oil, Salt, Dried Garlic, Oregano, Lemon Juice Concentrate), Olive Tapenade (Kalamata olives, red wine vinegar, garlic powder, grape must, capers, oregano, sea salt, citric acid.), Arugula, Basil, Seasoning (Salt, Black Pepper)

**NUTRITIONAL INFORMATION: Serving Size: 286g**

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
650	30	3	0.2	0	1180	80	15	3	1	17	0	75	5	950

**NUTRITIONAL INFORMATION - SLIM: Serving Size: 143g**

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Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
320	15	2	1	0	590	40	7	2	1	9	0	35	3	460

## BAGUETTE

### Pret's Chicken Banh Mi Baguette

Serving Size: 251g/8.85oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Egg, Wheat, Soy

**INGREDIENTS:** 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), Grilled Chicken (RWA) (Chicken Breast, Sea Salt), Cucumber, Mayonnaise (Canola Oil, Cage Free Frozen Egg Yolk, Water, Vinegar, Sugar, Salt, Concentrated Lemon Juice), Pickle Cabbage & Carrot (Filtered Water, Apple cider vinegar, Cabbage, Sugar, Carrots, Red cabbage, Sea salt), Gochujang Paste (Fermented rice paste (rice, water, salt, mold culture), Corn syrup, Hot pepper powder, Water, Soybean paste (water, soybean, salt, mold culture), Alcohol, Salt, Wheat extract, Fermented soy seasoning (soybean, water, salt, wheat extract, alcohol, yeast extract), Garlic juice concentrate), Cilantro

#### NUTRITIONAL INFORMATION: Serving Size: 289g

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
630	23	2	0	65	1410	80	1	6	1	25	0	40	5	250

#### NUTRITIONAL INFORMATION - SLIM: Serving Size: 144g

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
310	12	1	0	32	710	40	0.5	3	1	13	0	20	2	120

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# SALADS

## Chicken Avocado Salad with Balsamic Vinaigrette

Serving Size: 338g/11.92oz

Recipe is:  Vegetarian and  Vegan

**Common Allergens:** Tree Nuts, Mustard, Sulphites

### INGREDIENTS:

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

**Balsamic Vinaigrette:** Canola Oil, Water, Balsamic Vinegar (Wine, Vinegar, Concentrated Grape Must, Caramel Colour), Balsamic Vinegar Reduction (Wine Vinegar, Grape Concentrate, Natural Flavour, Caramel Colour), Sugar, Salt, Vinegar, Spices, Garlic, Dijon Mustard (Water, Mustard Seeds, Vinegar, Salt, Turmeric), Xanthan Gum)

### NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest . (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
590	46	6	0	50	700	26	7	17	12	20	0	65	2	871

## Mediterranean Mezze Salad with Balsamic Vinaigrette

Serving Size: 412g/14.52oz

Recipe is:  Vegetarian and  Vegan

**Common Allergens:** Sesame, Mustard, Sulphites

### INGREDIENTS:

**Salad:** Cucumber, 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 Cornstarch), Cumin, Lemon Juice Concentrate, Turmeric, Cayenne Pepper), Mesclun, Hummus (Chickpeas, tahini (sesame seeds paste), filtered water, lemon juice, canola oil, garlic puree (garlic, canola oil, citric acid), sea salt, citric acid, spices), Pickled Cabbage & Carrot Mix (Filtered Water, Apple cider vinegar, Cabbage, Sugar, Carrots, Red cabbage, Sea salt), Sesame Seeds (Black Sesame Seeds, White Sesame Seeds)

**Balsamic Vinaigrette:** Canola Oil, Water, Balsamic Vinegar (Wine, Vinegar, Concentrated Grape Must, Caramel Colour), Balsamic Vinegar Reduction (Wine Vinegar, Grape Concentrate, Natural Flavour, Caramel Colour), Sugar, Salt, Vinegar, Spices, Garlic, Dijon Mustard (Water, Mustard Seeds, Vinegar, Salt, Turmeric), Xanthan Gum)

### NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest . (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
610	42	3	0	0	1510	50	5	18	8	12	0	216	6	821

## Salmon Poke Bowl

Serving Size: 410g/15.5oz

Recipe is:  Vegetarian and  Vegan

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

### INGREDIENTS:

**Salad:** Cucumber, Quinoa Blend (Cooked Red Quinoa (Water, Quinoa), Cooked Quinoa (Water, Quinoa), Lime Juice, Olive Oil, Salt, Cumin, Black Pepper), Salmon Poke (Atlantic Salmon, Poke Sauce (Soy Sauce (water, soybeans, wheat, salt), Sugar, Sriracha Hot Chili Sauce (chili pepper, vinegar, garlic, sugar, salt, Water, Natural Flavors, Xanthan Gum), Sesame Oil, Water, Vinegar, Xanthan Gum), White Sesame Seeds, Black Sesame Seeds, Crystallized Lime (citric acid, lime oil, lime juice), Dried Chives), Mesclun, Carrot, Corn

**Asian Sesame Vinaigrette:** Water, Brown Sugar, Canola Oil, Soy Sauce (Water, Wheat, Soybeans, Salt), Rice Wine Vinegar, Sesame Oil, Orange Puree, Modified Corn Starch, Sesame Seeds, Xanthan Gum, Colour (Caramel), Garlic Powder, Onion Powder, Natural Flavour

### NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest . (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
497	23	2	0	29	870	55	7	23	N/A	21	2	132	4	862

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# SALADS

## Pret's Italian Herb Chicken Salad

Serving Size: 259g/9.0oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Milk, Egg, Mustard

### INGREDIENTS:

**Salad:** Mesclun, Grilled Chicken (RWA) (Chicken Breast, Sea Salt), Grape Tomatoes, Red Pepper, Lemon, Kalamata Olives (Olives, Brine (water, salt, vinegar, sunflower oil or extra virgin olive oil)), Basil Pesto (Canola oil, Basil, Parmesan Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose (anti-caking agent)), Garlic, Water, Rice Wine Vinegar (water, rice wine vinegar), Salt, Black Pepper), Mayonnaise (Canola Oil, Cage Free Frozen Egg Yolk, Water, Vinegar, Sugar, Salt, Concentrated Lemon Juice)

**Italian Herb Vinaigrette:** Water, Canola Oil, Vinegar, Salt, Onion, Dehydrated Vegetables (Garlic, Red Bell Pepper, Shallot), Concentrated Lemon Juice, Spices (Mustard), Xanthan Gum, Herbs, Colour, Citric Acid

### NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest . (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
280	23	27	0	52	809	46	5	5	N/A	16	0	93	8	319

## Pret's Greek Salad

Serving Size: 293g

Recipe is:  Vegetarian and  Vegan

Common Allergens: Milk, Mustard

### INGREDIENTS:

**Salad:** Mesclun, Feta Cheese (Pasteurized Goat's Milk, Salt, Calcium chloride, Bacterial culture, Microbial Enzyme), Avocado, Cucumber, Grape Tomatoes, Roasted Cherry Tomatoes, Kalamata Olives (Olives, Brine (water, salt, vinegar, sunflower oil or extra virgin olive oil)), Red Onion, Lemon

**Italian Herb Vinaigrette:** Water, Canola Oil, Vinegar, Salt, Onion, Dehydrated Vegetables (Garlic, Red Bell Pepper, Shallot), Concentrated Lemon Juice, Spices (Mustard), Xanthan Gum, Herbs, Colour, Citric Acid

### NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest . (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
360	24	6	2	0	650	19	7	4	N/A	8	0	75	1	319

### NUTRITIONAL INFORMATION: Slim 195g

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest . (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
210	12	4	1	0	350	12	3	4	N/A	6	0	57	1	319

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# SALADS

## Caesar Salad with Caesar Dressing

Serving Size: 245g

Recipe is:  Vegetarian and  Vegan

**Common Allergens:** Fish, Egg, Milk, Wheat, Sesame, Mustard

### INGREDIENTS:

**Salad:** Romaine, Grape Tomatoes, Garlic Croutons (French Bread (Unbleached Flour, Water, Yeast, Sea salt) Certified Non GMO Canola Oil, Garlic, Sea salt, Basil, Pepper, Parsley), Parmesan (Pasteurized Milk, Bacterial culture, Salt, Lipase, Microbial Enzymes, Cellulose), Seasoning (Salt, Black Pepper), Basil, Lemon

**Caesar Dressing:** CANOLA OIL, WATER, GARLIC, FROZEN YOLK (EGG), PARMESAN CHEESE (MILK), CONCENTRATED LEMON JUICE, SEASONINGS (ANCHOVIES [FISH]), SALT, DIJON MUSTARD (WATER, MUSTARD SEEDS, VINEGAR, SALT, TURMERIC), CULTURED SKIM MILK POWDER AND SKIM MILK POWDER, SPICES, CURED ANCHOVIES (FISH), XANTHAN GUM

### NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
500	300	37	3	46	550	19	3	3	N/A	6	0	75	2	300

# SALAD DRESSINGS

## Hatch Chili Dressing

Serving Size: 56g/1.97oz

Recipe is:  Vegetarian and  Vegan

**Common Allergens:** Egg, Milk

### INGREDIENTS:

Non-Fat Buttermilk (Whey, Water, Skim Milk Powder, Corn Starch, Tapioca Starch, Carrageenan, Locust Bean Gum, Culture), Vegetable Oil (Canola and/or Soybean Oil), Non-Fat Yogurt (Cultured Skim Milk, Corn Starch, Tapioca Starch, Carrageenan, Locust Bean Gum), Poblano Chiles, Distilled Vinegar, Less than 2% of Dried Hatch Chile, Dried Garlic, Spices, Maltodextrin, Egg Yolk, Modified Corn Starch, Salt, Sugar, Xanthan Gum, Lime Juice Concentrate, Lactic Acid, Dried Onion, Dried Chive

### NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
150	13	2	0	9	320	6	0	2	0	2	0	38	0	75

## Balsamic Vinaigrette

Serving Size: 56 g

Recipe is:  Vegetarian and  Vegan

**Common Allergens:** Mustard, Sulphites

### INGREDIENTS:

Canola Oil, Water, Balsamic Vinegar (Wine, Vinegar, Concentrated Grape Must, Caramel Colour), Balsamic Vinegar Reduction (Wine Vinegar, Grape Concentrate, Natural Flavour, Caramel Colour), Sugar, Salt, Vinegar, Spices, Garlic, Dijon Mustard (Water, Mustard Seeds, Vinegar, Salt, Turmeric), Xanthan Gum

### NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
200	20	1.4	0	0	320	5	0	0	0	0	0	20	0	8

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# SALAD DRESSINGS

## Asian Sesame Vinaigrette

Serving Size: 100g/3.5oz

Recipe is:  Vegetarian and  Vegan

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

### INGREDIENTS:

Water, Brown Sugar, Canola Oil, Soy Sauce (Water, Wheat, Soybeans, Salt), Rice Wine Vinegar, Sesame Oil, Orange Puree, Modified Corn Starch, Sesame Seeds, Xanthan Gum, Colour (Caramel), Garlic Powder, Onion Powder, Natural Flavour

### NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
261	18	2	0	0	701	23	0	21	N/A	1	0	26	0	13

## Italian Herb Vinaigrette

Serving Size: 100g/3.5oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: **Mustard**

### INGREDIENTS:

Water, Canola Oil, Vinegar, Salt, Onion, Dehydrated Vegetables (Garlic, Red Bell Pepper, Shallot), Concentrated Lemon Juice, Spices (Mustard), Xanthan Gum, Herbs, Colour, Citric Acid.

### NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
136	14	1	0	0	908	2	1	0	N/A	0	0	12	0	41

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# HOT WRAPS

## Pret's Chicken Parm Wrap

Serving Size: 301g/10.61oz

Recipe is:  Vegetarian and  Vegan

**Common Allergens:** Milk, Wheat, Sulphites

### INGREDIENTS:

7-Grain Wrap (Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Whole Wheat Flour, Palm Oil, Organic Unbleached Wheat Flour (Hard Red Spring Wheat), Organic Hard Red Spring Wheat, Organic Rye, Organic Yellow Corn, Organic Brown Rice, Organic Steel Cut Oats, Organic Millet, Organic Barley, Cultured Wheat, Wheat Gluten, Salt, Sugar, Sodium Bicarbonate, Mono- and Diglycerides, Sodium Acid Pyrophosphate, Fumaric Acid, Yeast, Guar Gum, Xanthan Gum, Cellulose Gum, Enzymes), Marinara Sauce (Italian Whole Peeled Tomatoes (Peeled Tomatoes, Tomato Puree, Salt, Basil Leaf), Olive Oil, Onions, Salt, Garlic, Basil, Black Pepper, Oregano.), Grilled Chicken (RWA) (Chicken Breast, Sea Salt), Red Peppers, Parmesan (Pasteurized Milk, Bacterial culture, Salt, Lipase, Microbial Enzymes, Cellulose), Seasoning (Salt, Black Pepper), 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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
530	22	7	0	70	1360	53	1	5	0	34	0	423	3	785

## Pret's Chicken Burrito Wrap

Serving Size: 329g/11.60oz

Recipe is:  Vegetarian and  Vegan

**Common Allergens:** Milk, Wheat, Mustard, Sulphites

### INGREDIENTS:

7-Grain 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), Grilled Chicken (RWA) (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, lime juice, 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 Cheese (Milk, bacterial culture, salt, calcium chloride, rennet and/or microbial enzyme), 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), Quinoa Blend (Cooked Quinoa (water, quinoa), Cooked Red Quinoa (water, red quinoa), Lemon Juice (water, concentrated lemon juice), Extra Virgin Olive Oil, Salt, Cumin, Black Pepper), Red Peppers, 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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
570	23	8	0	75	1250	69	2	5	1	33	0	363	4	684

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# HOT WRAPS

## Spiced Lentil & Chickpea Hot Wrap

Serving Size: 327g

Recipe is:  Vegetarian and  Vegan

Common Allergens: Milk, Wheat, Mustard, Egg

### INGREDIENTS:

7-Grain 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 Balls (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 Cornstarch)) 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, lime juice, 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, 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), Mayonnaise ((Canola Oil, Cage-Free Frozen Egg yolk, Water, Vinegar, Sugar, Salt, Concentrated Lemon Juice), Feta Cheese (Pasteurized Goat's Milk, Salt, Calcium chloride, Bacterial culture, Microbial Enzyme) Red Pepper, Red Onion, Cilantro

### NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
720	40	8	0	20	1540	75	15	8	1	23	0	175	5	550

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# HOT FOOD

## Spinach & Tomato Mac and Cheese

Serving Size: 493g/17.39oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Egg, Milk, Wheat

### INGREDIENTS:

Mac and Cheese Mix (Water, Enriched Cavatappi Pasta (semolina, egg whites, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), Light Cream (milk, cream), Monterey Jack Cheese (milk, cheese culture, salt, enzymes), Cheddar Cheese (Milk, bacterial culture, salt, calcium chloride, rennet and/or microbial enzyme), Butter (sweet cream, salt), Wheat Flour, Romano Cheese (pasteurized sheep's milk, cheese cultures, salt, enzymes), Sea Salt, Black Pepper, Cayenne Pepper, Nutmeg), Spinach, Grape Tomatoes, Parmesan (Pasteurized Milk, Bacterial culture, Salt, Lipase, Microbial Enzymes, 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)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
920	56	35	2	175	1470	69	1	8	0	32	2	708	2	328

## 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, Enriched Cavatappi Pasta (semolina, egg whites, niacin, ferrous sulphate, thiamine mononitrate, riboflavin, folic acid), Light Cream (Milk, Cream), Monterey Jack Cheese (Milk, Cheese Culture, Salt, Enzymes), Cheddar Cheese (Pasteurised Milk, Cheese Cultures, Salt, Enzymes), Butter (Sweet Cream, Salt), Wheat Flour, Romano Cheese (Pasteurised Sheep's Milk, Cheese Cultures, Salt, Enzymes), Sea Salt, Black Pepper, Cayenne Pepper, Nutmeg), Parmesan (Pasteurized Milk, Bacterial culture, Salt, Lipase, Microbial Enzymes, 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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
910	56	35	2	175	1450	67	0	7	0	31	2	687	2	183

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# SOUPS

## 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, Parsley, Dried Marjoram, Black Pepper, Cumin, Nutmeg, Dried Basil, Bay Leaves, Cloves

### NUTRITIONAL INFORMATION - SMALL: 329g/11.60oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest . (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
280	12	2	0	0	670	32	9	5	0	12	0	58	4	630

### NUTRITIONAL INFORMATION - LARGE: 474g/16oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest . (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
406	17	3	0	0	950	46	15	8	0	15	0	58	4	900

## 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 - SMALL: 333g/11.74oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest . (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
190	11	5	0	25	1110	19	3	11	0	7	0	117	1	472

### NUTRITIONAL INFORMATION - LARGE: 474g/16oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest . (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
270	16	7	0	40	1590	30	4	16	0	10	0	166	2	944

## Chili Yogurt & Herb Topper

Serving Size: 44g/1.5oz

Recipe is:  Vegetarian and  Vegan

**Allergens:** Milk, Sulphites, Wheat

### INGREDIENTS:

Yogurt (Skim Milk, Cream, Active Bacterial Cultures), Crispy Onions (Onions, Enriched Flour (Wheat Flour, Niacin, Reduce Iron, Thiamin Mononitrate, Riboflavin, Folic acid), Cilantro, 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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
40	2	1	0	2	59	3	0	1	N/A	4	0	40	0	64

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# SOUPS

## White Chicken Chili Soup

Serving Size: 340g

Recipe is:  Vegetarian and  Vegan

**Common Allergens:** Milk

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION - SMALL: 340g

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
400	20	7	0	90	850	30	5	4	0	27	0	104	4	0

### NUTRITIONAL INFORMATION - Large: 474g

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
560	26	10	0	120	1190	45	7	6	0	37	0	404	5	0

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## 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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
420	16	5	0	65	370	63	2	35	32	6	0	68	2	83

## 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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
310	16	10	0	50	280	42	2	26	26	4	0	28	2	117

## Baguette

Serving Size: 62g/2.18oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Wheat

### INGREDIENTS:

Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Salt, Yeast, Malted Wheat Flour, Food Enzymes (Xylanase, Glucose-Oxidase, Lipase, Protease, Alpha-Amylase), Ascorbic Acid

### NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest . (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
170	1	0	0	0	360	33	2	0	0	6	0	10	2	70

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# BAKERY

## Harvest Cookie

Serving Size: 71g/2.50oz

Recipe is:  Vegetarian and  Vegan

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

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

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

## Chocolate Croissant

Serving Size: 86g/3.03oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Egg, Milk, Soy, Wheat

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (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, Tree Nut, Soy

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (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

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# BAKERY

## Almond Croissant

Serving Size: 100g/3.52oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Egg, Milk, Wheat, Tree Nut, Soy

### INGREDIENTS:

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

### NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (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

## Cinnamon Brioche

Serving Size: 116g/4.09 oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Egg, Milk, Wheat, Soy

### INGREDIENTS:

Unbleached enriched flour, Cinnamon cream, Water, Butter, Sugar, Liquid whole eggs, Yeast, Salt, Food enzymes, Wheat gluten, Ascorbic acid, Dried whole eggs, Skim milk powder, Soy flour.

### NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
430	20	11	0.5	60	540	55	3	13	13	8	0	40	2.5	100

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## Hardbite All Natural Chips

Serving Size: 50g/1.76oz

Recipe is:  Vegetarian and  Vegan

### INGREDIENTS:

Potatoes, non-hydrogenated sunflower oil and/or non-hydrogenated canola oil, sea salt

### NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
250	12	0	0	0	140	30	4	4	0	5	0	20	1.5	800

## Hardbite Rock Salt & Vinegar Chips

Serving Size: 50g/1.76oz

Recipe is:  Vegetarian and  Vegan

### INGREDIENTS:

Potatoes, non-hydrogenated sunflower and/or non-hydrogenated canola oil, sugars (tapioca maltodextrin, cane sugar), organic white distilled vinegar, sea salt, malic acid.

### NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
250	12	0	0	0	230	30	4	4	4	5	0	20	1.25	750

## 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 Fibre (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

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## 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 Fibre (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

Recipe is:  Vegetarian and  Vegan

**INGREDIENTS:**

Common Allergens: Egg, Milk, Wheat

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 Fibre (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	1	20	4	6	0	49	1	27

### Brownie Bite

Serving Size: 43g

Recipe is:  Vegetarian and  Vegan

**INGREDIENTS:**

Common Allergens: Egg, Milk, Wheat, Soy

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 Fibre (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

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# 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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
5	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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
140	6	3	0	20	130	14	0	13	0	10	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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
200	8	4	0.0	28	180	20	0	18	0	14	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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
250	11	5.0	0.0	36	240	25	0	24	0	18	4	531	0	620

## 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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
0	0.0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0

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# COFFEE AND TEA

## 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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
280	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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
390	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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
510	4.5	2.5	0.0	10	210	64	0	64	38	21	4	580	9	2015

## Iced 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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
90	4.0	2.0	0.0	15	90	10	0	9	0	6	4	220	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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
120	5.0	3.0	0.0	20	120	5	0	12	0	9	4	330	0	620

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# COFFEE AND TEA

## Iced Vanilla Latte

Recipe is:  Vegetarian and  Vegan

Common Allergens: Milk

### INGREDIENTS:

Milk, Espresso, Vanilla (Organic Cane Sugar, Water, Natural Vanilla Flavor, Organic Vanilla Extract)

NUTRITIONAL INFORMATION: Serving Size: 12 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
110	4.0	2.0	0.0	12	90	10	0	10	0	6	4	220	0	496

NUTRITIONAL INFORMATION: Serving Size: 20 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
160	5.0	3.0	0.0	20	120	17	0	15	0	9	4	330	0	620

## Iced Caramel Latte

Recipe is:  Vegetarian and  Vegan

Common Allergens: Milk

### INGREDIENTS:

Milk, Espresso, Caramel Syrup (Organic Cane Sugar, Water, Organic Caramel Flavour)

NUTRITIONAL INFORMATION: Serving Size: 12 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
110	4.0	2.0	0.0	15	90	12	0	10	0	6	4	220	0	496

NUTRITIONAL INFORMATION: Serving Size: 20 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
160	5.0	3.0	0.0	20	120	17	0	15	0	9	4	330	0	620

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# 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: 12 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest . (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
150	6	4	0.0	10	150	21	1	17	17	6	0	165	0	1082

### 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)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
230	8.0	5.0	0.0	15	230	31	0	25	0	8	4	275	1	1433

## Latte

Recipe is:  Vegetarian and  Vegan

Common Allergens: NA

### INGREDIENTS:

Milk or Oat Beverage (Oat Base (Filtered Water, Gluten-free Oats), Sunflower Oil, Dipotassium Phosphate, Calcium Carbonate, Tricalcium Phosphate, Sea Salt, Vitamin A Palmitate, Vitamin D2, Riboflavin, Vitamin B12, Zinc Gluconate, Amylase), Espresso

### NUTRITIONAL INFORMATION: Serving Size: 12 fl oz (Oat Beverage & Milk)

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest . (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
170	8	1.0	0.0	0	120	20	2	7	0	3	0	385	0	413
130	6	3	0	20	130	13	0	13	0	10	0	385	0	0

### NUTRITIONAL INFORMATION: Serving Size: 16 fl oz (Oat Beverage & Milk)

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest . (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
200	9.0	1.0	0.0	0	130	24	3	8	0	4	0	440	0	496
160	6	4	0	25	150	17	0	15	0	12	0	440	0	0

### NUTRITIONAL INFORMATION: Serving Size: 20 fl oz (Oat Beverage & Milk)

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest . (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
220	10.0	1.0	0.0	0	150	27	3	9	0	4	0	495	0	620
180	7	4	0	30	170	19	0	17	0	13	0	495	0	0

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# COFFEE AND TEA

## Vanilla Latte

Recipe is:  Vegetarian and  Vegan

Common Allergens: NA

### INGREDIENTS:

Milk or Oat Beverage (Oat Base (Filtered Water, Gluten-free Oats), Sunflower Oil, Dipotassium Phosphate, Calcium Carbonate, Tricalcium Phosphate, Sea Salt, Vitamin A Palmitate, Vitamin D2, Riboflavin, Vitamin B12, Zinc Gluconate, Amylase), Espresso, Vanilla (Organic Cane Sugar, Water, Natural Vanilla Flavor, Organic Vanilla Extract)

NUTRITIONAL INFORMATION: Serving Size: 12 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
150	6	3.0	0.0	20	130	15	0	15	0	10	0	385	0	413

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
200	6.0	4.0	0.0	25	150	20	0	19	0	12	0	440	0	496

NUTRITIONAL INFORMATION: Serving Size: 20 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
220	7.0	4.0	0.0	30	170	23	0	21	0	13	0	495	0	620

## Flat White

Recipe is:  Vegetarian and  Vegan

Common Allergens: Milk

### INGREDIENTS:

Espresso, Milk

NUTRITIONAL INFORMATION: Serving Size: 12 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
140	0	0	0.0	7.5	170	18	0	15	0	12	3	425	0	500

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# COFFEE AND TEA

## Caramel Latte

Recipe is:  Vegetarian and  Vegan

Common Allergens: NA

### INGREDIENTS:

Milk or Oat Beverage (Oat Base (Filtered Water, Gluten-free Oats), Sunflower Oil, Dipotassium Phosphate, Calcium Carbonate, Tricalcium Phosphate, Sea Salt, Vitamin A Palmitate, Vitamin D2, Riboflavin, Vitamin B12, Zinc Gluconate, Amylase), Espresso, Caramel Syrup (Organic Cane Sugar, Water, Organic Caramel Flavour)

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

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
150	6	3.0	0.0	20	130	18	0	18	0	10	0	385	0	413

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

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
200	6.0	4.0	0.0	25	150	26	0	25	0	12	0	440	0	496

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

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
220	7.0	4.0	0.0	30	170	29	0	27	0	13	0	495	0	620

## Mocha

Recipe is:  Vegetarian and  Vegan

Common Allergens: Milk

### INGREDIENTS:

Oat beverage (Oat Base (Filtered Water, Gluten-free Oats), Sunflower Oil, Dipotassium Phosphate, Calcium Carbonate, Tricalcium Phosphate, Sea Salt, Vitamin A Palmitate, Vitamin D2, Riboflavin, Vitamin B12, Zinc Gluconate, Amylase), 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)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
250	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)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
350	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)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
450	3.5	2.0	0.0	10	210	56	0	48	28	21	4	568	7	1666

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# COFFEE AND TEA

## Ceylon Breakfast Tea

Recipe is:  Vegetarian and  Vegan

Common Allergens: Milk

### INGREDIENTS:

Organic Black Tea

NUTRITIONAL INFORMATION: Serving Size: 12 fl oz

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

## Peppermint Tea

Recipe is:  Vegetarian and  Vegan

Common Allergens: Milk

### INGREDIENTS:

Organic Peppermint Organic Spearmint

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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
0	0	0	0	0	0	0	0	0	0	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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
0	0	0	0	0	0	0	0	0	0	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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

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# COFFEE AND TEA

## Tropical Green Tea

Recipe is:  Vegetarian and  Vegan

Common Allergens: Milk

### INGREDIENTS:

Organic Green Tea, Organic Lemon Grass, Organic Liquorice, Mango Granule Flavour, Mango Liquid Flavour

### 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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
0	0	0	0	0	0	0	0	0	0	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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
0	0	0	0	0	0	0	0	0	0	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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

## Earl Grey Tea

Recipe is:  Vegetarian and  Vegan

Common Allergens: Milk

### INGREDIENTS:

Organic Black Tea, Natural Bergamot Oil, Organic Rose Petals

### 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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
0	0	0	0	0	0	0	0	0	0	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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
0	0	0	0	0	0	0	0	0	0	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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

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# COFFEE AND TEA

## Iced Black Tea

Recipe is:  Vegetarian and  Vegan

Common Allergens: Milk

### INGREDIENTS:

Organic Black 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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
0	0	0	0	0	0	0	0	0	0	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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

## Iced Green Tea

Recipe is:  Vegetarian and  Vegan

Common Allergens: Milk

### INGREDIENTS:

Organic Green Tea, Organic Lemon Grass, Organic Liquorice, Mango Granule Flavour, Mango Liquid Flavour

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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
0	0	0	0	0	0	0	0	0	0	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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

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# COFFEE AND TEA

## Lemonade

Recipe is:  Vegetarian and  Vegan

Common Allergens: Milk

### INGREDIENTS:

Cane Sugar, Water, Lemon Juice Concentrate

### 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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
120	0	0	0	0	0	30	0	30	29	0	0	2	0	-

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

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest . (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
190	0	0	0	0	0	45	0	45	43	0	0	3	0	-

## Sunshine Black Tea

Recipe is:  Vegetarian and  Vegan

Common Allergens: Milk

### INGREDIENTS:

Organic Black Tea, 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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
70	0	0	0	0	0	18	0	17	17	0	0	2	0	-

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

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest . (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
110	0	0	0	0	0	27	0	25	25	0	0	3	0	-

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# COFFEE AND TEA

## Sunshine Green Tea

Recipe is:  Vegetarian and  Vegan

Common Allergens: Milk

### INGREDIENTS:

Organic Green Tea, Organic Lemon Grass, Organic Liquorice, Mango Granule Flavour, Mango Liquid Flavour, Cane Sugar, Water, Lemon Juice Concentrate, Lemon, 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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
70	0	0	0	0	0	18	0	17	17	0	0	2	0	-

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

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest . (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
110	0	0	0	0	0	27	0	25	25	0	0	3	0	-

## Blueberry Lemonade

Recipe is:  Vegetarian and  Vegan

Common Allergens: Milk

### INGREDIENTS:

Cane Sugar, Water, Lemon Juice Concentrate, 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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
160	0	0	0	0	0	40	0	38	0	0	0	0	35	-

### 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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
240	0	0	0	0	0	60	0	56	0	0	0	0	53	-

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# COFFEE AND TEA

## Blueberry Sunshine Black Tea

Recipe is:  Vegetarian and  Vegan

Common Allergens: Milk

### INGREDIENTS:

Organic Black Tea, Cane Sugar, Water, Lemon Juice Concentrate, 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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
110	0	0	0	0	0	26	0	25	23	0	0	4	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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
110	0	0	0	0	0	26	0	25	23	0	0	4	0	-

## Blueberry Sunshine Green Tea

Recipe is:  Vegetarian and  Vegan

Common Allergens: Milk

### INGREDIENTS:

Organic Green Tea, Organic Lemon Grass, Organic Licorice, Mango Granule Flavour, Mango Liquid Flavour, Cane Sugar, Water, Lemon Juice Concentrate, 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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
110	0	0	0	0	0	26	0	25	23	0	0	4	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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
110	0	0	0	0	0	26	0	25	23	0	0	4	0	-

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# COFFEE AND TEA

## Blueberry Green Tea

Recipe is:  Vegetarian and  Vegan

Common Allergens: Milk

### INGREDIENTS:

Organic Green Tea, Organic Lemon Grass, Organic Liquorice, Mango Granule Flavour, Mango Liquid Flavour, 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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
40	0	0	0	0	0	10	0	10	7	0	0	4	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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
40	0	0	0	0	0	10	0	10	7	0	0	4	0	-

## Blueberry Black Tea

Recipe is:  Vegetarian and  Vegan

Common Allergens: Milk

### INGREDIENTS:

Organic Black Tea, 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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
40	0	0	0	0	0	10	0	10	7	0	0	4	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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
40	0	0	0	0	0	10	0	10	7	0	0	4	0	-

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# COFFEE AND TEA

## Pink Guava Lemonade

Recipe is:  Vegetarian and  Vegan

Common Allergens: Milk

INGREDIENTS: Guava puree, cane sugar, water, citric acid, guar gum, xanthan gum, natural flavor, fruit and vegetable juice, Cane Sugar, Water, Lemon Juice Concentrate, Lemons

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (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	40	29	0	0	5	0	-

NUTRITIONAL INFORMATION: Serving Size: 24 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
250	0	0	0	0	0	60	0	60	44	0	0	7	0	-

## Pink Guava Sunshine Black Tea

Recipe is:  Vegetarian and  Vegan

Common Allergens: Milk

INGREDIENTS:

Organic Black Tea, Guava puree, cane sugar, water, citric acid, guar gum, xanthan gum, natural flavor, fruit and vegetable juice, Cane Sugar, Water, Lemon Juice Concentrate, Lemons

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (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	25	23	0	0	4	0	-

NUTRITIONAL INFORMATION: Serving Size: 24 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (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	25	23	0	0	4	0	-

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# COFFEE AND TEA

## Pink Guava Sunshine Green Tea

Recipe is:  Vegetarian and  Vegan

**Common Allergens:** Milk

**INGREDIENTS:** Organic Green Tea, Organic Lemon Grass, Organic Liquorice, Mango Granule Flavour, Mango Liquid Flavour, Guava puree, cane sugar, water, citric acid, guar gum, xanthan gum, natural flavor, fruit and vegetable juice, Cane Sugar, Water, Lemon Juice Concentrate, Lemons

**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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
110	0	0	0	0	0	26	0	25	23	0	0	4	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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
110	0	0	0	0	0	26	0	25	23	0	0	4	0	-

## Pink Guava Black Tea

Recipe is:  Vegetarian and  Vegan

**Common Allergens:** Milk

**INGREDIENTS:**

Organic Black Tea, Guava puree, cane sugar, water, citric acid, guar gum, xanthan gum, natural flavor, fruit and vegetable juice, Lemons

**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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
40	0	0	0	0	0	10	0	10	7	0	0	4	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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
40	0	0	0	0	0	10	0	10	7	0	0	4	0	-

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# COFFEE AND TEA

## Pink Guava Green Tea

Recipe is:  Vegetarian and  Vegan

Common Allergens: Milk

### INGREDIENTS:

Organic Green Tea, Organic Lemon Grass, Organic Liquorice, Mango Granule Flavour, Mango Liquid Flavour, Guava puree, cane sugar, water, citric acid, guar gum, xanthan gum, natural flavor, fruit and vegetable juice, Lemons

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

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (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	10	7	0	0	4	0	-

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

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (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	10	7	0	0	4	0	-

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# SYRUPS AND TOPPINGS

## Vanilla Syrup

Recipe is:  Vegetarian and  Vegan

### INGREDIENTS:

Vanilla (Organic Cane Sugar, Water, Natural Vanilla Flavor, Organic 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 Fibre (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

## Caramel Syrup

Recipe is:  Vegetarian and  Vegan

### INGREDIENTS:

Caramel Syrup (Organic Cane Sugar, Water, Organic Caramel Flavour)

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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
90	0	0	0	0	0	23	0	23	23	0	0	0	0	0

# BARISTA MILKS & MILK ALTERNATIVES

## Skim Milk

Recipe is:  Vegetarian and  Vegan

Common Allergens: Milk

### INGREDIENTS:

Organic Pasteurized Partly skimmed Milk, Vitamin A, Vitamin D

NUTRITIONAL INFORMATION: Serving Size: 8.4 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
130	5.0	3.0	0.0	20	120	12	0	12	0	9	3	330	0	370

## Oat Milk

Recipe is:  Vegetarian and  Vegan

INGREDIENTS: Oat Base (Filtered Water, Gluten-free Oats), Sunflower Oil, Dipotassium Phosphate, Calcium Carbonate, Tricalcium Phosphate, Sea Salt, Vitamin A Palmitate, Vitamin D2, Riboflavin, Vitamin B12, Zinc Gluconate, Amylase

NUTRITIONAL INFORMATION: Serving Size: 8.4 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
150	7.0	0.5	0.0	0	100	18	2	6	0	3	0	303	0	0

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# COLD DRINKS – JUICE SHOTS

## Well Cold-Pressed Green Juice

Serving Size: 333 ml

Recipe is:  Vegetarian and  Vegan

**INGREDIENTS:**

Apple Juice, Spinach Juice, Kale Juice, Celery Juice, Lemon Juice, and Ginger Juice.

**NUTRITIONAL INFORMATION:**

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
120	0.2	0	0	0	75	27	0	23	0	2	0	100	0.75	57

## Well Cold-Pressed Orange Juice

Serving Size: 333 ml

Recipe is:  Vegetarian and  Vegan

**INGREDIENTS:**

Orange Juice

**NUTRITIONAL INFORMATION:**

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
150	0.5	0	0	0	5	35	1	28	0	2	0	40	0.75	650

## Lemon Ginger Honey Elixir Shot

Serving Size: 60 ml

Recipe is:  Vegetarian and  Vegan

**INGREDIENTS:**

Lemon, Ginger, Honey

**NUTRITIONAL INFORMATION:**

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
40	0	0	0	0	0	0	0	4	0	0	0	0	0	0

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# COLD DRINKS

## Sparkling Water – 17 oz

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 Fibre (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 Fibre (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

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