# Pret's **Catering** Guide

PRET A MANGER

Pret Catering Guide- Valid for locations in NY, IL, DC, PA, DE, NJ, CA
Ver. 1 [10.06.26]

## Nutrition

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

## Allergies & Ingredients

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

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

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

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

We understand that no matter how detailed our guide is, there may be times when it can't answer the questions you may have. If you need any additional information,visit www.pret.com to get in touch with our Customer Service team at 1-800-865-4097 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. 10.06.26

# Fruit Platter

Serving Size: 1701g/60.00 oz
Recipe is: [x] Vegetarian and [x] Vegan
CONTAINS:
Cantaloupe, Strawberries, Blueberries
THIS PLATTER FEEDS 10 PEOPLE.
NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 650 | 4 | 0.5 | 0 | 0 | 150 | 158 | 25 | 122 | 0 | 13 | 0 | 170 | 4.7 | 3380 |

# Croissant Selection Platter

Serving Size: 968g/34.14oz
Recipe is: [x] Vegetarian and [] Vegan
Common Allergens: Almond, Egg, Milk, Wheat
CONTAINS:
4 Plain Croissant
4 Almond Croissant
4 Chocolate Croissant
NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 4240 | 236 | 132 | 4 | 550 | 3040 | 444 | 28 | 128 | 120 | 84 | 0 | 370 | 16.4 | 1320 |

# Butter Croissant Platter

Serving Size: 816g/28.78oz
Recipe is: [x] Vegetarian and [] Vegan
Common Allergens: Egg, Milk, Wheat
CONTAINS:
12 Plain Croissant
NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 3360 | 192 | 108 | 0 | 540 | 3840 | 348 | 12 | 60 | 48 | 72 | 0 | 280 | 24 | 900 |

# Pret's Bakery Box

Serving Size: 1147g/40.46oz
Recipe is: [x] Vegetarian and [] Vegan
Common Allergens: Egg, Milk, Almond, Wheat
CONTAINS:
3 Plain Croissant
3 Almond Croissant
3 Cinnamon Kouign Amann
3 Blueberry Muffin
NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 4440 | 213 | 108 | 3 | 685 | 4200 | 546 | 36 | 207 | 174 | 87 | 0.6 | 550 | 22.8 | 1330 |

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. 10.06.26

# Yogurt Pot Platter

Serving Size: 1805g/63.67oz
Recipe is: [x] Vegetarian and [] Vegan
Common Allergens: Milk, Almond

CONTAINS:

3 Little Cup of Goodness
3 Blueberry & Granola Pot
3 Bircher Muesli
THIS PLATTER FEEDS 9 PEOPLE.

NUTRITIONAL INFORMATION:

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

# Breakfast Pot Selection Platter

Serving Size: 1770g/62.43oz
Recipe is: [x] Vegetarian and [] Vegan
Common Allergens: Milk

CONTAINS:

3 Little Cup of Goodness
3 Blueberry & Granola Pot
3 Sunshine Bowl
THIS PLATTER FEEDS 9 PEOPLE.

NUTRITIONAL INFORMATION:

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

# King of Cookie Platter

Serving Size: 852g/30oz
Recipe is: [x] Vegetarian and [] Vegan
Common Allergens: Walnut, Pecan, Egg, Milk, Soy, Wheat

CONTAINS:

4 Chocolate Chunk Cookies
4 Harvest Cookies
4 Double Chocolate Pecan Cookies

NUTRITIONAL INFORMATION:

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

# Chocolate Chip Cookie Platter

Serving Size: 852g/30oz
Recipe is: [x] Vegetarian and [] Vegan
Common Allergens: Egg, Milk, Soy, Wheat

CONTAINS:

12 Chocolate Chunk Cookies

NUTRITIONAL INFORMATION:

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

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. 10.06.26

# Harvest Cookie Platter

Serving Size: 852g/30oz
Recipe is: [x] Vegetarian and [] Vegan
Common Allergens: Walnut, Egg, Milk, Wheat, Soy
CONTAINS:
12 Harvest Cookies
NUTRITIONAL INFORMATION:

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

# Brownie Platter

Serving Size: 1428g/ 50.37oz
Recipe is: [x] Vegetarian and [] Vegan
Common Allergens: Egg, Milk, Wheat, Soy
CONTAINS:
42 Brownies
NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 6300 | 378 | 210 | 0 | 1470 | 420 | 714 | 42 | 546 | 504 | 85 | 8.4 | 840 | 46.2 | 1260 |

# Cookie & Brownie Box

Serving Size: 840g/29.63oz
Recipe is: [x] Vegetarian and [] Vegan
Common Allergens: Pecan, Walnut, Egg, Milk, Soy, Wheat
CONTAINS:
8 Brownie Bites
2 Harvest Cookies
2 Double Chocolate Pecan Cookies
2 Chocolate Chunk Cookies
2 Double Fudge Chocolate Brownie Cookies
NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 3360 | 198 | 106 | 1 | 630 | 2260 | 454 | 26 | 298 | 278 | 50 | 1.6 | 380 | 24.8 | 1410 |

# Breakfast Tea Sandwich Platter

Serving Size: 1082g/38.17oz
Recipe is: [] Vegetarian and [] Vegan
Common Allergens: Salmon, Egg, Milk, Wheat
CONTAINS:
3 Smoked Salmon & Cream Cheese Sandwich (cut into 4 pieces)
2 Egg Salad & Arugula Sandwich (cut into 4 pieces)
THIS PLATTER FEEDS 5 PEOPLE.
NUTRITIONAL INFORMATION:

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

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. 10.06.26

# Pret's Bacon, Egg & Cheddar Platter

Serving Size: 1434g/50.58oz
Recipe is: [] Vegetarian and [] Vegan
Common Allergens: Egg, Milk, Wheat

CONTAINS:

8 Bacon, Egg & Cheddar Roll

THIS PLATTER FEEDS 8 PEOPLE.

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 3940 | 179 | 76 | 0 | 1805 | 9570 | 350 | 0 | 9 | 0 | 225 | 1 | 2034 | 27 | 2452 |

# Egg & Cheddar Platter

Serving Size: 1282g/45.22oz
Recipe is: [x] Vegetarian and [] Vegan
Common Allergens: Egg, Milk, Wheat

CONTAINS:

8 Egg & Cheddar Roll

THIS PLATTER FEEDS 8 PEOPLE.

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 3160 | 128 | 61 | 0 | 1650 | 6130 | 354 | 0 | 9 | 0 | 166 | 1 | 2631 | 28 | 1336 |

# Hot Breakfast Sandwich Platter

Serving Size: 1358g/47.90oz
Recipe is: [] Vegetarian and [] Vegan
Common Allergens: Egg, Milk, Wheat

CONTAINS:

4 x Bacon Egg & Cheddar Roll

4 x Egg & Cheddar Roll

THIS PLATTER FEEDS 8 PEOPLE.

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 3550 | 154 | 68 | 0 | 1725 | 7850 | 352 | 0 | 9 | 0 | 196 | 1.1 | 2330 | 27.5 | 1890 |

# Classic Sandwich Platter

Serving Size: 1269g/44.76oz
Recipe is: [] Vegetarian and [] Vegan
Common Allergens: Almond, Egg, Milk, Wheat

CONTAINS:

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

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

1 Turkey & Cheddar Sandwich (cut into 4 pieces)

1 Chicken & Bacon Sandwich (cut into 4 pieces)

1 Cheddar & Tomato Sandwich (cut into 4 pieces)

THIS PLATTER FEEDS 5 PEOPLE.

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 2780 | 151 | 32 | 0 | 675 | 5140 | 232 | 9 | 35 | 8 | 121 | 3 | 999 | 14 | 2672 |

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. 10.06.26

# Veggie Sandwich Platter

Serving Size: 1208g/42.61oz
Recipe is: [x] Vegetarian and [] Vegan
Common Allergens: Egg, Milk, Sesame, Soy, Wheat

CONTAINS:

1 Egg Salad & Arugula Sandwich (cut into 4 pieces)
2 Rainbow Veggie Sandwich (cut into 4 pieces)
2 Cheddar & Tomato Sandwich (cut into 4 pieces)
THIS PLATTER FEEDS 5 PEOPLE.

NUTRITIONAL INFORMATION:

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

# Smoked Salmon & Cream Cheese Roll Platter

Serving Size: 1321g/46.60oz
Recipe is: [] Vegetarian and [] Vegan
Common Allergens: Salmon, Milk, Wheat

CONTAINS:

6 Smoked Salmon & Cream Cheese Roll (cut into 2 pieces)
THIS PLATTER FEEDS 6 PEOPLE.

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 2480 | 104 | 35 | 2 | 275 | 6340 | 282 | 28 | 41 | 24 | 124 | 16 | 558 | 16 | 2700 |

# Baguette Platter

Serving Size: 1,492 /52.63oz
Recipe is: [] Vegetarian and [] Vegan
Common Allergens: Tuna, Almond, Pine Nut, Egg, Milk, Wheat

CONTAINS:

2 Pret's Famous Ham & Cheese Baguette (cut into 4 pieces)
1 Pret's Tuna & Cucumber Baguette (cut into 4 pieces)
2 Pesto Caprese Baguette (cut into 4 pieces)
1 Romesco Chicken & Mozzarella Baguette (cut into 4 pieces)
THIS PLATTER FEEDS 6 PEOPLE.

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 3650 | 152 | 27 | 0 | 350 | 7630 | 404 | 27 | 14 | 6 | 171 | 2.3 | 1220 | 23.9 | 1990 |

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. 10.06.26

# Salad Wrap Selection Platter

Serving Size: 2012g/70.97oz

Recipe is: [] Vegetarian and [] Vegan

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

CONTAINS:

2 x Bang Bang Chicken Wrap (cut into 4 pieces)

2 x Crunchy Chipotle Chicken & Avo Wrap (cut into 4 pieces)

2 x Falafel & Hummus Wrap (cut into 4 pieces)

1 x Spicy Chicken Caesar Wrap (cut into 4 pieces)

THIS PLATTER FEEDS 7 PEOPLE.

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 3890 | 189 | 32 | 0 | 290 | 5590 | 361 | 51 | 56 | 28 | 152 | 1 | 1474 | 27 | 3480 |

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

Serving Size: 1664g/58.69oz

Recipe is: [] Vegetarian and [] Vegan

Common Allergens: Salmon

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

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

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

NUTRITIONAL INFORMATION FOR 1 PLATTER - WITHOUT DRESSING/ROLLS:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1260 | 57 | 9 | 0 | 170 | 1590 | 84 | 23 | 21 | 0 | 113 | 6 | 210 | 22.9 | 3990 |

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

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

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

Common Allergens: Wheat

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

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. 10.06.26

# Chicken, Elote Corn & Avocado Salad Platter

Serving Size: 1482g/52.28oz

Recipe is: [] Vegetarian and [] Vegan

Common Allergens: Eggs, Milk

**Salad: Romaine**, Sliced Chicken, Roasted Corn, Grape Tomatoes, Avocados, Spicy Chipotle Sauce, Pickled Red Onion, Herb Yogurt Dressing, Cage Free Mayonnaise, Plain Yogurt, Seasoning, Red Pepper Flakes, Lemon Juice.

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

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

NUTRITIONAL INFORMATION FOR 1 PLATTER - WITHOUT DRESSING/ROLLS:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1270 | 65 | 10 | 0 | 200 | 3040 | 103 | 30 | 52 | 16 | 75 | 0 | 270 | 8.5 | 3640 |

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

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

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

Common Allergens: Wheat

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

# Chicken Avocado Salad Platter

Serving Size: 1553g/54.78oz

Recipe is: [] Vegetarian and [] Vegan

Common Allergens: Walnut

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

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

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

NUTRITIONAL INFORMATION FOR 1 PLATTER - WITHOUT DRESSING/ROLLS:

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

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

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

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

Common Allergens: Wheat

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

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. 10.06.26

# Caesar Salad Platter

Serving Size: 1069g/37.71oz

Recipe is: [] Vegetarian and [] Vegan

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

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

**Caesar Dressing:** Canola Oil, Filtered Water, Tapioca Syrup, Imported Pecorino Romano Cheese (Sheep's Milk, Cheese Cultures, Salt, Enzymes), Garlic (Water, Garlic, Vinegar, Citric Acid), Pasteurized Egg Yolk, Nonfat Dry Milk, Lactic Acid, Anchovies (Anchovies, Sunflower Oil, Salt), Worcestershire Sauce (Vinegar, Molasses, Raw Cane Sugar, Sea Salt, Spices, Garlic Powder), Soy Sauce (Water, Soybeans, Wheat, Salt, Alcohol), Sea Salt, Lemon Juice Concentrate, Black Pepper, Roasted Garlic, Cultured Dextrose, Mustard Flour, Xanthan Gum

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

NUTRITIONAL INFORMATION FOR 1 PLATTER - WITHOUT DRESSING/ROLLS:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 760 | 34 | 9 | 0 | 45 | 1460 | 85 | 48 | 9 | 0 | 41 | 0 | 920 | 7.2 | 1580 |

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

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

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

Common Allergens: Wheat

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

# Chicken Caesar Salad Platter

Serving Size: 1664g/58.69oz

Recipe is: [] Vegetarian and [] Vegan

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

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

**Caesar Dressing:** Canola Oil, Filtered Water, Tapioca Syrup, Imported Pecorino Romano Cheese (Sheep's Milk, Cheese Cultures, Salt, Enzymes), Garlic (Water, Garlic, Vinegar, Citric Acid), Pasteurized Egg Yolk, Nonfat Dry Milk, Lactic Acid, Anchovies (Anchovies, Sunflower Oil, Salt), Worcestershire Sauce (Vinegar, Molasses, Raw Cane Sugar, Sea Salt, Spices, Garlic Powder), Soy Sauce (Water, Soybeans, Wheat, Salt, Alcohol), Sea Salt, Lemon Juice Concentrate, Black Pepper, Roasted Garlic, Cultured Dextrose, Mustard Flour, Xanthan Gum

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

NUTRITIONAL INFORMATION FOR 1 PLATTER - WITHOUT DRESSING/ROLLS:

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

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

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

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

Common Allergens: Wheat

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

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. 10.06.26

# Mediterranean Mezze Salad Platter

Serving Size: 1325g/46.74oz

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

Common Allergens: Sesame

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

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

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

NUTRITIONAL INFORMATION FOR 1 PLATTER - WITHOUT DRESSING/ROLLS:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1390 | 88 | 7 | 0 | 0 | 3810 | 124 | 33 | 33 | 12 | 40 | 0 | 570 | 16.5 | 1930 |

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

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

NUTRITIONAL INFORMATION FOR 1 DIAMOND BREAD ROLL: Serving Size: 40g/1.41oz Recipe is: [x] Vegetarian and [x] Vegan

Common Allergens: Wheat

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

# Greek Salad Platter

Serving Size: 1593g/56.19oz

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens: Egg, Milk, Wheat

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

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

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

NUTRITIONAL INFORMATION FOR 1 PLATTER - WITHOUT DRESSING/ROLLS:

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

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

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

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

Common Allergens: Wheat

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

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. 10.06.26

# Smoked Salmon Nicoise Platter

Serving Size: 2750g/97.00oz

Recipe is: [] Vegetarian and [] Vegan

Common Allergens: Salmon, Egg

**Salad:** Mesclun, Smoked Salmon (Atlantic Salmon, Salt, Brown Sugar, Beechwood Smoke), Cage-Free Eggs, Grape Tomatoes, Cucumbers, Greek Olive Medley (Green Olives, Kalamata Olives, Water, Sea Salt, Wine Vinegar), Red Onion, Lemon

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

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

NUTRITIONAL INFORMATION FOR 1 PLATTER - WITHOUT DRESSING/ROLLS:

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

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

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

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

Common Allergens: Wheat

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

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. 10.06.26

# Continental Breakfast Box

Serving Size: 634g/22.36oz
Recipe is: [x] Vegetarian and [] Vegan
CONTAINS:
1 Plain Croissant
1 Blueberry & Granola Yogurt Pot
1 Orange Juice

Common Allergens: Egg, Milk, Wheat

EACH BOX SERVES 1 PERSON.

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 720 | 25 | 15 | 0 | 70 | 380 | 97 | 4 | 54 | 9 | 24 | 0 | 250 | 1.6 | 940 |

# Bacon, Egg, & Cheddar Breakfast Box

Serving Size: 611g/21.55oz
Recipe is: [] Vegetarian and [] Vegan
CONTAINS:
1 Bacon, Egg & Cheddar Roll
1 Cantaloupe Pot
1 Orange Juice

Common Allergens: Egg, Milk, Wheat

EACH BOX SERVES 1 PERSON.

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 690 | 22 | 10 | 0 | 225 | 1210 | 88 | 0 | 37 | 0 | 32 | 0.1 | 320 | 3.6 | 870 |

# Egg, & Cheddar Breakfast Box

Serving Size: 592g/20.88oz
Recipe is: [x] Vegetarian and [] Vegan
CONTAINS:
1 Egg & Cheddar Roll
1 Cantaloupe Pot
1 Orange Juice

Common Allergens: Egg, Milk, Wheat

EACH BOX SERVES 1 PERSON.

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 590 | 16 | 8 | 0 | 205 | 780 | 89 | 0 | 32 | 0 | 23 | 0.2 | 390 | 3.6 | 730 |

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. 10.06.26

# Salad Lunch Boxes

CONTAINS:

1 Salad of choice (Chicken Avocado Salad or Mediterranean Mezze Salad or Blackened Salmon, Avo & Quinoa Salad)

1 Pret's Simple vinaigrette dressing pot

1 Bread roll

1 Chocolate chunk cookie

EACH LUNCH BOX SERVES 1 PERSON.

NUTRITIONAL INFORMATION FOR 1 CHICKEN AVOCADO SALAD LUNCH BOX:

Serving Size: 432g/15.24oz

Recipe is: [] Vegetarian and [] Vegan

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

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 920 | 55 | 15 | 0 | 100 | 1120 | 85 | 10 | 38 | 35 | 28 | 0 | 92 | 5 | 1011 |

NUTRITIONAL INFORMATION FOR 1 MEDITERRANEAN MEZZE SALAD LUNCH BOX:

Serving Size: 488g/17.21oz

Recipe is: [x] Vegetarian and [] Vegan

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

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 990 | 61 | 15 | 0 | 50 | 1740 | 101 | 12 | 39 | 34 | 19 | 0 | 196 | 8 | 704 |

NUTRITIONAL INFORMATION FOR 1 BLACKENED SALMON, AVO & QUINOA SALAD LUNCH BOX:

Serving Size: 460g/16.23oz

Recipe is: [] Vegetarian and [] Vegan

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

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 890 | 50 | 15 | 0 | 85 | 1160 | 86 | 9 | 33 | 27 | 32 | 1 | 91 | 8 | 1076 |

# Wrap Lunch Boxes

CONTAINS:

1 Wrap of choice (Bang Bang Chicken Wrap or Crunchy Chipotle Chicken & Avo Wrap or Falafel & Hummus Wrap)

1 Bag Sea Salt Potato Chips

1 Chocolate Chunk Cookie

EACH LUNCH BOX SERVES 1 PERSON.

NUTRITIONAL INFORMATION FOR 1 BANG BANG CHICKEN WRAP LUNCH BOX:

Serving Size: 410g/14.46oz

Recipe is: [] Vegetarian and [] Vegan

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

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1200 | 66 | 16 | 0 | 100 | 1370 | 123 | 9 | 39 | 33 | 28 | 0 | 193 | 5 | 1161 |

NUTRITIONAL INFORMATION FOR 1 CRUNCHY CHIPOTLE CHICKEN & AVO WRAP LUNCH BOX:

Serving Size: 437g/15.42oz

Recipe is: [] Vegetarian and [] Vegan

Common Allergens: Egg, Milk, Soy, Wheat

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1130 | 58 | 17 | 0 | 110 | 1280 | 122 | 9 | 37 | 30 | 32 | 0 | 193 | 6 | 1455 |

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. 10.06.26

NUTRITIONAL INFORMATION FOR 1 FALAFEL & HUMMUS WRAP LUNCH BOX:
Serving Size: 411g/14.50oz
Recipe is: [x] Vegetarian and [] Vegan
Common Allergens: Egg, Milk, Soy, Sesame, Wheat

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1110 | 54 | 16 | 0 | 50 | 1300 | 136 | 12 | 37 | 29 | 22 | 0 | 278 | 9 | 1097 |

# Baguette Lunch Boxes

CONTAINS:
1 Baguette of choice (Ham & Cheese Baguette or Romesco Chicken Baguette or Pesto Caprese Baguette)
1 Bag Sea Salt Potato Chips
1 Chocolate Chunk Cookie
EACH LUNCH BOX SERVES 1 PERSON.

NUTRITIONAL INFORMATION FOR 1 HAM & CHEESE BAGUETTE LUNCH BOX:
Serving Size: 376g/15.88oz
Recipe is: [] Vegetarian and [] Vegan
Common Allergens: Egg, Milk, Soy, Wheat

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1210 | 55 | 19 | 0 | 130 | 2280 | 145 | 9 | 30 | 27 | 40 | 0 | 387 | 6 | 1104 |

NUTRITIONAL INFORMATION FOR 1 ROMESCO CHICKEN BAGUETTE LUNCH BOX:
Serving Size: 405g/14.29oz
Recipe is: [] Vegetarian and [] Vegan
Common Allergens: Almond, Egg, Milk, Soy, Wheat

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1260 | 60 | 15 | 0 | 115 | 1850 | 150 | 9 | 31 | 26 | 37 | 0 | 150 | 7.2 | 1110 |

NUTRITIONAL INFORMATION FOR 1 PESTO CAPRESE BAGUETTE LUNCH BOX:
Serving Size: 373g/13.16oz
Recipe is: [x] Vegetarian and [] Vegan
Common Allergens: Pine Nut, Egg, Milk, Soy, Wheat

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1240 | 60 | 16 | 0 | 90 | 1660 | 152 | 9 | 31 | 26 | 31 | 0 | 220 | 6.7 | 900 |

# Sandwich Lunch Boxes

CONTAINS:
1 Sandwich of choice (Chicken & Bacon Sandwich or Chicken Salad Avo Sandwich or Cheddar & Tomato Sandwich)
1 Bag Sea Salt Potato Chips
1 Chocolate Chunk Cookie
EACH LUNCH BOX SERVES 1 PERSON.

NUTRITIONAL INFORMATION FOR 1 CHICKEN & BACON SANDWICH LUNCH BOX:
Serving Size: 420g/14.82oz
Recipe is: [] Vegetarian and [] Vegan
Common Allergens: Egg, Milk, Soy, Wheat

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1270 | 70 | 20 | 0 | 170 | 1990 | 117 | 6 | 33 | 26 | 43 | 0 | 95 | 4 | 1475 |

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. 10.06.26

NUTRITIONAL INFORMATION FOR 1 CHICKEN SALAD AVO SANDWICH LUNCH BOX:
Serving Size: 388g/13.69oz
Recipe is: [] Vegetarian and [] Vegan
Common Allergens: Almond, Egg, Milk, Soy, Wheat

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1210 | 67 | 15 | 0 | 125 | 1610 | 129 | 10 | 38 | 31 | 30 | 0 | 108 | 5 | 1468 |

NUTRITIONAL INFORMATION FOR 1 CHEDDAR & TOMATO SANDWICH LUNCH BOX:
Serving Size: 367g/12.95oz
Recipe is: [x] Vegetarian and [] Vegan
Common Allergens: Egg, Milk, Soy, Wheat

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1060 | 57 | 21 | 0 | 120 | 1430 | 121 | 6 | 34 | 26 | 26 | 0 | 402 | 4 | 1146 |

# Kid’s Lunch Boxes (with Sea Salt Potato Chips)

CONTAINS:
1 Sandwich of choice (Kid's Ham & Cheese Sandwich or Kid's Cheddar & Mayo Sandwich or Turkey & Cheddar Sandwich or Cucumber & Hummus Sandwich)
1 Bag Sea Salt Potato Chips
1 Cantaloupe Pot
EACH LUNCH BOX SERVES 1 PERSON.

NUTRITIONAL INFORMATION FOR 1 KID'S HAM & CHEESE SANDWICH LUNCH BOX:
Serving Size: 279g/9.84oz
Recipe is: [] Vegetarian and [] Vegan
Common Allergens: Egg, Milk, Wheat

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 740 | 37 | 7 | 0 | 75 | 1330 | 80 | 3 | 11 | 1 | 24 | 0.1 | 220 | 2 | 930 |

NUTRITIONAL INFORMATION FOR 1 KID'S CHEDDAR & MAYO SANDWICH LUNCH BOX:
Serving Size: 261g/9.21oz
Recipe is: [x] Vegetarian and [] Vegan
Common Allergens: Egg, Milk, Wheat

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 780 | 43 | 11 | 0 | 70 | 970 | 80 | 3 | 10 | 0 | 21 | 0.2 | 370 | 2.1 | 810 |

NUTRITIONAL INFORMATION FOR 1 KID'S TURKEY & CHEDDAR SANDWICH LUNCH BOX:
Serving Size: 233g/8.22oz
Recipe is: [] Vegetarian and [] Vegan
Common Allergens: Egg, Milk, Wheat

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 610 | 34 | 6 | 0 | 55 | 950 | 64 | 3 | 12 | 1 | 18 | 0.1 | 190 | 1.2 | 750 |

NUTRITIONAL INFORMATION FOR 1 KID'S CUCUMBER & HUMMUS SANDWICH LUNCH BOX:
Serving Size: 255g/8.99oz
Recipe is: [x] Vegetarian and [x] Vegan
Common Allergens: Sesame, Wheat

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 610 | 27 | 2.5 | 0 | 20 | 850 | 82 | 4 | 11 | 0 | 13 | 0 | 70 | 2.6 | 840 |

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. 10.06.26

# Kid's Lunch Boxes (with Sea Salt Popcorn)

CONTAINS:

1 Sandwich of choice (Kid's Ham & Cheese Sandwich or Kid's Cheddar & Mayo Sandwich or Turkey & Cheddar Sandwich or Cucumber & Hummus Sandwich)
1 Bag Sea Salt Popcorn
1 Cantaloupe Pot
EACH LUNCH BOX SERVES 1 PERSON.

NUTRITIONAL INFORMATION FOR 1 KID'S HAM & CHEESE SANDWICH LUNCH BOX:

Serving Size: 250g/8.82oz
Recipe is: [] Vegetarian and [] Vegan
Common Allergens: Egg, Milk, Wheat

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 530 | 24 | 6 | 0 | 75 | 1120 | 57 | 2 | 8 | 1 | 23 | 0.1 | 210 | 2.3 | 330 |

NUTRITIONAL INFORMATION FOR 1 KID'S CHEDDAR & MAYO SANDWICH LUNCH BOX:

Serving Size: 222g/7.83oz
Recipe is: [x] Vegetarian and [] Vegan
Common Allergens: Egg, Milk, Wheat

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 570 | 30 | 10 | 0 | 70 | 750 | 57 | 2 | 8 | 0 | 20 | 0.2 | 360 | 2.4 | 210 |

NUTRITIONAL INFORMATION FOR 1 KID'S TURKEY & CHEDDAR SANDWICH LUNCH BOX:

Serving Size: 194g/6.84oz
Recipe is: [] Vegetarian and [] Vegan
Common Allergens: Egg, Milk, Wheat

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 410 | 20 | 5 | 0 | 55 | 730 | 41 | 3 | 10 | 1 | 17 | 0.1 | 190 | 1.4 | 150 |

NUTRITIONAL INFORMATION FOR 1 KID'S CUCUMBER & HUMMUS SANDWICH LUNCH BOX:

Serving Size: 216g/7.62oz
Recipe is: [x] Vegetarian and [x] Vegan
Common Allergens: Sesame, Wheat

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 400 | 13 | 1.5 | 0 | 20 | 630 | 59 | 4 | 8 | 0 | 12 | 0 | 60 | 2.9 | 240 |

# Soup Boxes

CONTAINS:

6 Soups of choice* (Moroccan Lentil Soup or Tomato & Feta Soup or Turmeric Chicken & Farro Soup)
6 Bread rolls
6 Crouton, Lemon & Herbs Soup Topper
EACH LUNCH BOX SERVES 6 PEOPLE.
*one flavor of soup per box

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

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 2610 | 86 | 11 | 0 | 0 | 5850 | 369 | 97 | 30 | 0 | 104 | 0 | 367 | 32 | 3735 |

NUTRITIONAL INFORMATION FOR 1 CROUTONS, LEMON & HERBS SOUP TOPPER: Serving Size: 18g/0.63oz Recipe is: [x] Vegetarian and [x] Vegan

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

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. 10.06.26

NUTRITIONAL INFORMATION FOR 1 MOROCCAN LENTIL SOUP BOX:

Serving Size: 2160g/76.19oz

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

Common Allergens: Wheat

NUTRITIONAL INFORMATION FOR 1 SMALL MOROCCAN LENTIL SOUP – Serving Size: 303g/10.68oz Recipe is: [x] Vegetarian and [x] Vegan

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 260 | 11 | 2 | 0 | 0 | 620 | 30 | 9 | 5 | 0 | 11 | 0 | 53 | 4 | 580 |

NUTRITIONAL INFORMATION FOR 1 TOMATO & FETA SOUP BOX:

Serving Size: 2167g/76.44oz

Recipe is: [x] Vegetarian and [] Vegan

Common Allergens: Milk, Wheat

NUTRITIONAL INFORMATION FOR 1 SMALL TOMATO & FETA SOUP– Serving Size: 303g/10.68oz Recipe is: [x] Vegetarian and [] Vegan

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 170 | 10 | 4.5 | 0 | 25 | 1010 | 17 | 2 | 10 | 0 | 6 | 0 | 106 | 1 | 429 |

NUTRITIONAL INFORMATION FOR 1 TURMERIC CHICKEN & FARRO SOUP BOX:

Serving Size: 2167g/76.44oz

Recipe is: [] Vegetarian and [] Vegan

Common Allergens: Wheat

NUTRITIONAL INFORMATION FOR 1 SMALL TURMERIC CHICKEN & FARRO SOUP – Serving Size: 303g/10.68oz Recipe is: [] Vegetarian and [] Vegan

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 160 | 3 | 0.5 | 0 | 35 | 900 | 19 | 1 | 2 | 0 | 14 | 0 | 36 | 2 | 401 |

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. 10.06.26

# Coffee Box Organic Single Origin

Serving Size: 3034g/ 120 fl oz
Recipe is: [x] Vegetarian and [] Vegan
CONTAINS:
(1) 96oz Coffee Carafe
(2) 11oz Cup Milk of Choice
NUTRITIONAL INFORMATION: Based on (2) 11 oz cup with SKIM MILK:
Common Allergens: Milk

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 120 | 0 | 0 | 0 | 5 | 160 | 16 | 0 | 14 | 0 | 10 | 3 | 390 | 0 | 455 |

# Coffee Box Organic Classic Blend

Serving Size: 3034g/ 120 fl oz
Recipe is: [x] Vegetarian and [] Vegan
CONTAINS:
(1) 96oz Coffee Carafe
(2) 11oz Cup Milk of Choice
NUTRITIONAL INFORMATION: Based on (1) 11 oz cup with SKIM MILK:
Common Allergens: Milk

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 120 | 0 | 0 | 0 | 5 | 160 | 16 | 0 | 14 | 0 | 10 | 3 | 390 | 0 | 455 |

# Extra Milk – Half and Half

Serving Size: 312g/ 11 fl oz
Recipe is: [x] Vegetarian and [] Vegan
NUTRITIONAL INFORMATION: Based on (1) 12 oz bottle:
Common Allergens: Milk

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 420 | 31 | 21 | 0 | 105 | 105 | 10 | 0 | 10 | 0 | 0 | 0 | 312 | 0 | 374 |

# Extra Milk – Whole

Serving Size: 312g/ 11 fl oz
Recipe is: [x] Vegetarian and [] Vegan
NUTRITIONAL INFORMATION: Based on (1) 11 oz bottle:
Common Allergens: Milk

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 190 | 10 | 6 | 0 | 40 | 160 | 16 | 0 | 14 | 0 | 10 | 3 | 390 | 0 | 455 |

# Extra Milk – Skim

Serving Size: 312g/ 11 fl oz
Recipe is: [x] Vegetarian and [] Vegan
NUTRITIONAL INFORMATION: Based on (1) 11 oz bottle:
Common Allergens: Milk

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 120 | 0 | 0 | 0 | 5 | 160 | 16 | 0 | 14 | 0 | 10 | 3 | 390 | 0 | 455 |

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. 10.06.26

# Extra Milk – Oat

Serving Size: 312g/ 11 fl oz
Recipe is: [x] Vegetarian and [x] Vegan
NUTRITIONAL INFORMATION: Based on (1) 11 oz bottle:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 190 | 4.5 | 0 | 0 | 0 | 160 | 31 | 4 | 0 | 0 | 5 | 0 | 30 | 1 | 167 |

# Extra Milk – Almond

Serving Size: 312g/ 11 fl oz
Recipe is: [x] Vegetarian and [x] Vegan
NUTRITIONAL INFORMATION: Based on (1) 11 oz bottle:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 100 | 6 | 0 | 0 | 0 | 250 | 10 | 1 | 7 | 7 | 0 | 0 | 590 | 1 | 76 |

# Tea Box English Breakfast

Serving Size: 1814g/ 96 fl oz
Recipe is: [x] Vegetarian and [x] Vegan
CONTAINS:
(1) 96oz Hot Water Carafe
(8) English Breakfast Tea Bags
NUTRITIONAL INFORMATION: Based on (1) 16 oz cup:

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

# Tea Box Earl Grey

Serving Size: 1814g/ 96 fl oz
Recipe is: [x] Vegetarian and [x] Vegan
CONTAINS:
(1) 96oz Hot Water Carafe
(8) Earl Grey Tea Bags
NUTRITIONAL INFORMATION: Based on (1) 16 oz cup:

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

# Tea Box Mixed

Serving Size: 1814g/ 96 fl oz
Recipe is: [x] Vegetarian and [x] Vegan
CONTAINS:
(1) 96oz Hot Water Carafe
(2) English Breakfast Tea Bags
(2) Earl Grey Tea Bags
(2) Peppermint Tea Bags
(2) Tropical Green Tea Bags
NUTRITIONAL INFORMATION: Based on (1) 16 oz cup:

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

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. 10.06.26

# Tea Box Peppermint

Serving Size: 1814g/ 96 fl oz
Recipe is: [x] Vegetarian and [x] Vegan
CONTAINS:
(1) 96oz Hot Water Carafe
(8) Peppermint Tea Bags
NUTRITIONAL INFORMATION: Based on (1) 16 oz cup:

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

# Tea Box Tropical Green

Serving Size: 1814g/ 96 fl oz
Recipe is: [x] Vegetarian and [x] Vegan
CONTAINS:
(1) 96oz Hot Water Carafe
(8) Tropical Green Tea Bags
NUTRITIONAL INFORMATION: Based on (1) 16 oz cup:

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

# Iced Coffee Box

Serving Size: 2154g/ 120 fl oz
Recipe is: [x] Vegetarian and [] Vegan
CONTAINS:
(1) 96oz Coffee Carafe
(2) 12oz Cup Milk of Choice
NUTRITIONAL INFORMATION: Based on (1) 12 oz cup with SKIM MILK:
Common Allergens: Milk

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

# Iced Tea Box - Black

Serving Size: 1814g/ 96 fl oz
Recipe is: [x] Vegetarian and [x] Vegan
CONTAINS:
(1) 96oz Tea Carafe
NUTRITIONAL INFORMATION: Based on (1) 16 oz cup:

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

# Iced Tea Box – Green

Serving Size: 1814g/ 96 fl oz
Recipe is: [x] Vegetarian and [x] Vegan
CONTAINS:
(1) 96oz Tea Carafe
NUTRITIONAL INFORMATION: Based on (1) 16 oz cup:

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

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. 10.06.26

# Lemonade Box

Serving Size: 1814g/ 96 fl oz

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

CONTAINS:

(1) 96oz Lemonade Carafe

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

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 120 | 0 | 0 | 0 | 0 | 0 | 30 | 0 | 29 | 28 | 0 | 0 | 4 | 0 | 2 |

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. 10.06.26

# Taste Test Zone: Auditioning at DC Only

## King of Cookie Platter (DC Only)

Serving Size: 852g/30oz
Recipe is: [x] Vegetarian and [] Vegan
Common Allergens: Walnut, Pecan, Egg, Milk, Soy, Wheat
CONTAINS:
4 Chocolate Chunk Soft Baked Cookies
4 Harvest Soft Baked Cookies
4 Double Chocolate Pecan Soft Baked Cookies
NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 3760 | 196 | 80 | 0 | 180 | 2960 | 344 | 28 | 272 | 252 | 52 | .8 | 320 | 20 | 1440 |

## Chocolate Chunk Cookie Platter (DC Only)

Serving Size: 852g/30oz
Recipe is: [x] Vegetarian and [] Vegan
Common Allergens: Egg, Milk, Soy, Wheat
CONTAINS:
12 Chocolate Chunk Soft Baked Cookies
NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 3720 | 192 | 96 | 0 | 240 | 3240 | 504 | 24 | 312 | 312 | 48 | 1.2 | 240 | 24 | 1320 |

## Harvest Cookie Platter (DC Only)

Serving Size: 852g/30oz
Recipe is: [x] Vegetarian and [] Vegan
Common Allergens: Walnut, Egg, Milk, Wheat, Soy
CONTAINS:
12 Harvest Soft Baked Cookies
NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 3480 | 156 | 60 | 0 | 180 | 2400 | 480 | 36 | 252 | 216 | 60 | 0 | 360 | 24 | 1680 |

## Cookie & Brownie Box (DC Only)

Serving Size: 840g/29.63oz
Recipe is: [x] Vegetarian and [] Vegan
Common Allergens: Pecan, Walnut, Egg, Milk, Soy, Wheat
CONTAINS:
8 Brownie Bites
2 Harvest Soft Baked Cookies
2 Double Chocolate Pecan Soft Baked Cookies
2 Chocolate Chunk Soft Baked Cookies
2 Double Fudge Chocolate Brownie Soft Baked Cookies
NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 3090 | 170 | 80 | 0 | 370 | 1560 | 173 | 14 | 241 | 223 | 26 | 2 | 320 | 18.9 | 970 |

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. 10.06.26

# Salad Lunch Boxes (DC Only)

CONTAINS:

1 Salad of choice (Chicken Avocado Salad or Mediterranean Mezze Salad or Blackened Salmon, Avo & Quinoa Salad)

1 Pret's Simple vinaigrette dressing pot

1 Bread roll

1 Chocolate Chunk Soft Baked Cookie

EACH LUNCH BOX SERVES 1 PERSON.

NUTRITIONAL INFORMATION FOR 1 CHICKEN AVOCADO SALAD LUNCH BOX:

Serving Size: 423/14.92 oz

Recipe is: [] Vegetarian and [] Vegan

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

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 900 | 56 | 13 | 0 | 70 | 1050 | 79 | 10 | 38 | 35 | 27 | 0.1 | 80 | 5.1 | 1000 |

NUTRITIONAL INFORMATION FOR 1 MEDITERRANEAN MEZZE SALAD LUNCH BOX:

Serving Size: 481g/16.97oz

Recipe is: [x] Vegetarian and [] Vegan

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

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1140 | 81 | 15 | 0 | 20 | 2010 | 95 | 12 | 38 | 32 | 18 | 0.1 | 190 | 7.6 | 670 |

NUTRITIONAL INFORMATION FOR 1 BLACKENED SALMON, AVO & QUINOA SALAD LUNCH BOX:

Serving Size: 550g/19.40oz

Recipe is: [] Vegetarian and [] Vegan

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

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1110 | 51 | 12 | 0 | 55 | 1700 | 133 | 10 | 31 | 27 | 40 | 1.3 | 100 | 11.1 | 1080 |

# Wrap Lunch Boxes (DC Only)

CONTAINS:

1 Wrap of choice (Bang Bang Chicken Wrap or Crunchy Chipotle Chicken & Avo Wrap or Falafel & Hummus Wrap)

1 Bag Sea Salt Potato Chips

1 Chocolate Chunk Soft Baked Cookie

EACH LUNCH BOX SERVES 1 PERSON.

NUTRITIONAL INFORMATION FOR 1 BANG BANG CHICKEN WRAP LUNCH BOX:

Serving Size: 410g/14.46oz

Recipe is: [] Vegetarian and [] Vegan

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

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1210 | 67 | 15 | 0 | 70 | 1300 | 123 | 8 | 39 | 33 | 28 | .4 | 180 | 5.3 | 1150 |

NUTRITIONAL INFORMATION FOR 1 CRUNCHY CHIPOTLE CHICKEN & AVO WRAP LUNCH BOX:

Serving Size: 436g/15.38oz

Recipe is: [] Vegetarian and [] Vegan

Common Allergens: Egg, Milk, Soy, Wheat

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1130 | 58 | 15 | 0 | 80 | 1270 | 122 | 11 | 37 | 30 | 32 | 0 | 190 | 5.7 | 1450 |

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. 10.06.26

NUTRITIONAL INFORMATION FOR 1 FALAFEL & HUMMUS WRAP LUNCH BOX:
Serving Size: 410g/14.46oz
Recipe is: [x] Vegetarian and [] Vegan
Common Allergens: Egg, Milk, Soy, Sesame, Wheat

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1110 | 54 | 14 | 0 | 20 | 1290 | 136 | 14 | 37 | 29 | 22 | .1 | 270 | 8.1 | 1090 |

# Baguette Lunch Boxes

CONTAINS:
1 Baguette of choice (Ham & Cheese Baguette or Romesco Chicken Baguette or Pesto Caprese Baguette)
1 Bag Sea Salt Potato Chips
1 Chocolate Chunk Soft Baked Cookie
EACH LUNCH BOX SERVES 1 PERSON.

NUTRITIONAL INFORMATION FOR 1 HAM & CHEESE BAGUETTE LUNCH BOX:
Serving Size: 376g/15.88oz
Recipe is: [] Vegetarian and [] Vegan
Common Allergens: Egg, Milk, Soy, Wheat

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1220 | 56 | 18 | 0 | 100 | 2210 | 145 | 8 | 30 | 27 | 41 | 0.3 | 370 | 6.6 | 1100 |

NUTRITIONAL INFORMATION FOR 1 ROMESCO CHICKEN BAGUETTE LUNCH BOX:
Serving Size: 405g/14.29oz
Recipe is: [] Vegetarian and [] Vegan
Common Allergens: Almond, Egg, Milk, Soy, Wheat

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1260 | 60 | 13 | 0 | 85 | 1840 | 150 | 9 | 31 | 26 | 37 | 0.1 | 140 | 7.2 | 1090 |

NUTRITIONAL INFORMATION FOR 1 PESTO CAPRESE BAGUETTE LUNCH BOX:
Serving Size: 373g/13.16oz
Recipe is: [x] Vegetarian and [] Vegan
Common Allergens: Pine Nut, Egg, Milk, Soy, Wheat

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1240 | 60 | 14 | 0 | 60 | 1650 | 152 | 9 | 31 | 26 | 31 | 0.1 | 210 | 6.7 | 890 |

# Sandwich Lunch Boxes

CONTAINS:
1 Sandwich of choice (Chicken & Bacon Sandwich or Chicken Salad Avo Sandwich or Cheddar & Tomato Sandwich)
1 Bag Sea Salt Potato Chips
1 Chocolate Chunk Soft Baked Cookie
EACH LUNCH BOX SERVES 1 PERSON.

NUTRITIONAL INFORMATION FOR 1 CHICKEN & BACON SANDWICH LUNCH BOX:
Serving Size: 421g/14.85oz
Recipe is: [] Vegetarian and [] Vegan
Common Allergens: Egg, Milk, Soy, Wheat

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1280 | 71 | 19 | 0 | 140 | 1920 | 117 | 5 | 33 | 26 | 43 | 0.1 | 80 | 4.9 | 1470 |

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. 10.06.26

NUTRITIONAL INFORMATION FOR 1 CHICKEN SALAD AVO SANDWICH LUNCH BOX:
Serving Size: 376g/13.26oz
Recipe is: [] Vegetarian and [] Vegan
Common Allergens: Almond, Egg, Milk, Soy, Wheat

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1200 | 69 | 14 | 0 | 75 | 1480 | 125 | 12 | 39 | 35 | 29 | 0.1 | 50 | 5.3 | 1450 |

NUTRITIONAL INFORMATION FOR 1 CHEDDAR & TOMATO SANDWICH LUNCH BOX:
Serving Size: 355g/12.52oz
Recipe is: [x] Vegetarian and [] Vegan
Common Allergens: Egg, Milk, Soy, Wheat

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1040 | 58 | 19 | 0 | 70 | 1300 | 117 | 7 | 35 | 30 | 25 | 0.3 | 350 | 4.9 | 1130 |

PRET A MANGER

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. 10.06.26