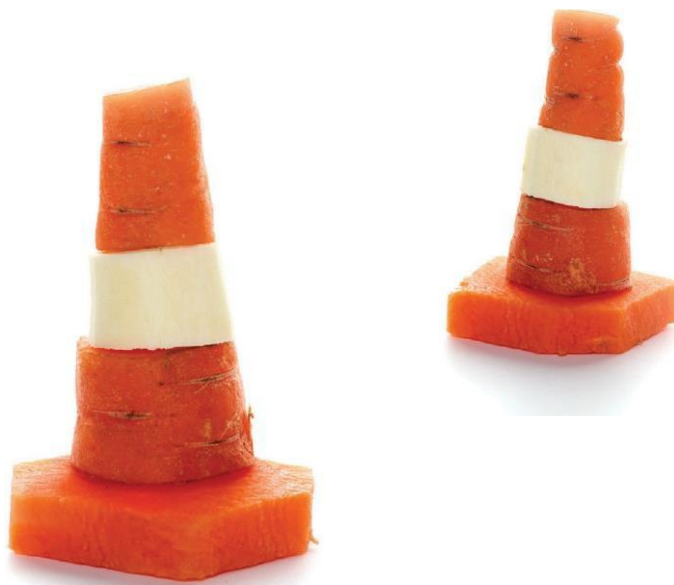


Pret's Nutrition & Allergen Guide



Nutrition

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

Allergies & Ingredients

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

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

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

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

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



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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 Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 100 | 0 | 0 | 0 | 0 | 0 | 27 | 3 | 14 | 0 | 1 | 0 | 78 | 0 | 520 |

Berry Yogurt Parfait Pot

Serving Size: 207g/7.30oz

Recipe is: Vegetarian and Vegan

Common Allergens: Milk

INGREDIENTS:

Yogurt (Cultured Pasteurized Milk, Live and Active Cultures (S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei)), 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), Strawberries, Blueberries

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 280 | 10 | 3.5 | 0 | 25 | 55 | 32 | 3 | 18 | 0 | 16 | 0 | 166 | 1 | 289 |

Banana & Honey Yogurt Pot

Serving Size: 275g/9.70oz

Recipe is: Vegetarian and Vegan

Common Allergens: Almond, Milk

INGREDIENTS:

Yogurt (Cultured Pasteurized Milk, Live and Active Cultures (S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei)), Banana, Honey, Sliced Almonds

NUTRITIONAL INFORMATION:

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

Blueberry Yogurt Pot

Serving Size: 122g/4.30oz

Recipe is: Vegetarian and Vegan

Common Allergens: Milk

INGREDIENTS:

Yogurt (Cultured Pasteurized Milk, Live and Active Cultures (S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei)), Blueberry Compote (Blueberries, Cane Sugar, Water, Blueberry Juice Concentrate, Lemon Juice Concentrate, Tara Gum, Natural Flavor, Xanthan Gum)

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 110 | 3.5 | 2 | 0 | 20 | 40 | 11 | 0 | 10 | 5 | 9 | 0 | 117 | 0 | 141 |

YOGURT & FRUIT POTS

Summer Berries Pot

Serving Size: 160g/5.64oz

Recipe is: Vegetarian and Vegan

INGREDIENTS:

Strawberries, Blueberries.

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 60 | 0 | 2 | 0 | 0 | 0 | 15 | 3 | 10 | 0 | 1 | 0 | 22 | 1 | 214 |

Bircher Muesli

Serving Size: 235g/8.29oz

Recipe is: Vegetarian and Vegan

Common Allergens: Almond, Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

| Calories | Total Fat(g) | Sat Fat(g) | TransFat (g) | Cholest. (mg) | Sodium(mg) | TotalCarbs (g) | DietaryFiber (g) | Total Sugar (g) | Added Sugar (g) | Protein(g) | VitaminD (mcg) | Calcium(mg) | Iron(mg) | Potassium(mg) |
|----------|--------------|------------|--------------|---------------|------------|----------------|------------------|-----------------|-----------------|------------|----------------|-------------|----------|---------------|
| 310 | 9 | 3.5 | 0 | 25 | 80 | 41 | 3 | 29 | 5 | 16 | 0 | 188 | 1 | 346 |

Little Cup of Goodness

Serving Size: 172g/6.07oz

Recipe is: Vegetarian and Vegan

Common Allergens: Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 240 | 7 | 2.5 | 0 | 20 | 65 | 32 | 3 | 20 | 5 | 12 | 0 | 138 | 1 | 280 |

Blueberry & Granola Pot

Serving Size: 195g/6.88oz

Recipe is: Vegetarian and Vegan

Common Allergens: Milk

INGREDIENTS:

Yogurt (Cultured Pasteurized Milk, Live and Active Cultures (S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei)), Granola (Gluten Free Oat Flakes, Apple Cinnamon Glaze (Muscovado Sugar, Golden Syrup, Water, Concentrated Apple Juice, Cinnamon, Salt), Pumpkin Seeds, Raisins, Sunflower Oil, Golden Linseed, Buckwheat Flakes), Blueberry Compote (Blueberries, Cane Sugar, Water, Blueberry Juice Concentrate, Lemon Juice Concentrate, Tara Gum, Natural Flavor, Xanthan Gum)

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 270 | 9 | 3.5 | 0 | 25 | 80 | 30 | 2 | 19 | 5 | 16 | 0 | 185 | 1 | 305 |

YOGURT & FRUIT POTS

Chocolate Dulce de Leche Rice Pudding

Serving Size: 123g/4.34oz

Recipe is: Vegetarian and Vegan

Common Allergens: Milk

INGREDIENTS:

Rice Pudding (Whole Milk, Heavy Cream, Rice, Cane Sugar, Vanilla Extract, Sea Salt, Vanilla Bean Seeds), Chocolate Dulce De Leche Syrup (Milk, Cane Sugar, Glucose, Highly Refined Soybean Oil, Cocoa, Natural Flavors, Sodium Bicarbonate and Natural Vanilla Sugar), 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:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 220 | 8 | 5 | 0 | 30 | 95 | 21 | 0 | 18 | 14 | 4 | 1 | 126 | 0 | 178 |

Dragon fruit Mango Coconut Chia Bowl

Serving Size: 234g/8.25oz

Recipe is: Vegetarian and Vegan

Common Allergens: Coconut

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 360 | 21 | 16 | 0 | 0 | 45 | 41 | 3 | 24 | 5 | 6 | 0 | 110 | 2 | 676 |

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

Coconut Guava Chia Pot

Serving Size: 146g/5.15oz

Recipe is: Vegetarian and Vegan

Common Allergens: Coconut

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

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

YOGURT & FRUIT POTS

Mango Coconut Rice Pudding

Serving Size: 127g/4.48oz

Recipe is: Vegetarian and Vegan

Common Allergens: Milk, Coconut

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 230 | 13 | 9 | 0 | 30 | 75 | 21 | 1 | 13 | 6 | 4 | 1 | 80 | 0 | 137 |

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

Mango & Lime Pot

Serving Size: 150g/5.29oz

Recipe is: Vegetarian and Vegan

INGREDIENTS:

Mango, Lime

NUTRITIONAL INFORMATION:

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

Pineapple & Lime Pot

Serving Size: 155g/5.46oz

Recipe is: Vegetarian and Vegan

INGREDIENTS:

Pineapple, Lime

NUTRITIONAL INFORMATION:

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

Cantaloupe & Blueberry Pot

Serving Size: 160g/5.64oz

Recipe is: Vegetarian and Vegan

INGREDIENTS:

Cantaloupe, Blueberry

NUTRITIONAL INFORMATION:

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

YOGURT & FRUIT POTS

Sunshine Bowl

Serving Size: 224g/7.90oz

Recipe is: Vegetarian and Vegan

Common Allergens: Coconut

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 380 | 13 | 4.5 | 0 | 0 | 45 | 61 | 8 | 32 | 0 | 7 | 0 | 32 | 2 | 582 |

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

BREAKFAST BAGUETTES

Egg Salad & Avocado Breakfast Baguette

Serving Size: 176g/6.21oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 420 | 25 | 4 | 0 | 225 | 660 | 37 | 4 | 2 | 0 | 14 | 1 | 43 | 3 | 296 |

Egg Salad & Bacon Breakfast Baguette

Serving Size: 175g/6.17oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Wheat

INGREDIENTS:

White Baguette (Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Salt, Yeast, Malted Wheat Flour, Food Enzymes (Xylanase, Glucose-Oxidase, Lipase, Protease, Alpha-Amylase), Ascorbic Acid), Egg Salad Mix (Cage Free Eggs, Mayonnaise (Expeller Pressed Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains Less Than 2% of Salt, Spice, Lemon Juice Concentrate), Lemon Juice, Sea Salt, Black Pepper, Nisin (Salt, Nisin)), Niman Ranch Bacon (Pork, Water, Salt, Turbinado Sugar, Celery Powder), Seasoning (Salt, Black Pepper)

NUTRITIONAL INFORMATION:

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

HOT BREAKFAST

Pret's Bacon, Egg & Cheddar Roll

Serving Size: 263g/9.28oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 590 | 28 | 12 | 0 | 440 | 1170 | 45 | 0 | 3 | 0 | 36 | 0 | 329 | 4 | 422 |

Egg & Cheddar Roll

Serving Size: 234g/8.25oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 450 | 18 | 8 | 0 | 410 | 780 | 45 | 0 | 3 | 0 | 26 | 0 | 326 | 4 | 275 |

Veggie Breakfast Roll

Serving Size: 262g/9.24oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

Liquid Whole Egg (Cage-Free Whole Egg, Citric Acid), Round Sandwich Bun (Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Enzymes, Folic Acid), Water, Salt, Yeast, Cultured Corn Syrup (To Maintain Freshness), Soybean Oil, Malted Barley Flour, Enzymes, Ascorbic Acid, Rye Flour, Rice Flour, Semolina), Whole Milk (Pasteurized Whole Milk, Vitamin D), Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Roasted Tomatoes (Cherry Tomatoes, Rapeseed Oil, Salt, Dried Garlic, Oregano, Lemon Juice Concentrate), Parmesan (Pasteurized Cultured Part-Skim Milk, Salt, Enzymes, Potato Starch, Powdered Cellulose), Red Onion, Spinach, Seasoning (Salt, Black Pepper), Cooking Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant)

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 500 | 21 | 9 | 0 | 415 | 940 | 48 | 1 | 4 | 0 | 29 | 0 | 413 | 4 | 308 |

HOT BREAKFAST

Egg White Greek Frittata

Serving Size: 303g/10.68oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

Pret's Shakshuka Frittata

Serving Size: 374g/13.19oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk

INGREDIENTS:

Liquid Egg White (Cage-Free Egg White), Whole Milk (Pasteurized Whole Milk, Vitamin D), Roasted Tomatoes (Cherry Tomatoes, Rapeseed Oil, Salt, Dried Garlic, Oregano, Lemon Juice Concentrate), Marinara Sauce (Vine-ripened fresh tomatoes, blend of extra virgin olive oil and sunflower oil, salt, onions, black pepper, basil, oregano, parsley, and naturally derived citric acid), Feta (Pasteurized Milk, Salt, Cheese Cultures, Enzymes), Spicy Chipotle Sauce (Red Bell Pepper Puree, Water, Diced Tomatoes (Diced Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Onion, Canola Oil, Red Wine Vinegar, Sugar, Tomato Paste, Sea Salt, Garlic Puree (Garlic, Citric Acid), Chipotle Pepper, Distilled Vinegar, Spices, Xanthan Gum, Garlic Powder, Mustard Seed, Onion Powder, Salt, Natural Smoke Flavor, White Wine, Citric Acid, Tartaric Acid), Spinach, Chili Salt (Paprika, Sea Salt, Chili Flakes)

NUTRITIONAL INFORMATION:

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

Southwestern Breakfast Wrap

Serving Size: 298g/10.51oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

Seven Grain Tortilla Wrap (Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Whole Wheat Flour, Palm Oil, Organic Unbleached Wheat Flour (Hard Red Spring Wheat), Organic Hard Red Spring Wheat, Organic Rye, Organic Yellow Corn, Organic Brown Rice, Organic Steel Cut Oats, Organic Millet, Organic Barley, Cultured Wheat, Wheat Gluten, Salt, Sugar, Sodium Bicarbonate, Mono- and Diglycerides, Sodium Acid Pyrophosphate, Fumaric Acid, Yeast, Guar Gum, Xanthan Gum, Cellulose Gum, Enzymes), Liquid Whole Egg (Cage-Free Whole Egg, Citric Acid), Black Bean Salsa (Black Beans, Diced Tomatoes (tomatoes, tomato juice, salt, citric acid), Jalapeno Peppers, Lime Juice Concentrate, Onions, Cilantro, Sea Salt, Canola Oil, Garlic Puree, Black Pepper, Onion Powder, Garlic Powder), Whole Milk (Pasteurized Whole Milk, Vitamin D), Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Spicy Chipotle Sauce (Red Bell Pepper Puree, Water, Diced Tomatoes (Diced Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Onion, Canola Oil, Red Wine Vinegar, Sugar, Tomato Paste, Sea Salt, Garlic Puree (Garlic, Citric Acid), Chipotle Pepper, Distilled Vinegar, Spices, Xanthan Gum, Garlic Powder, Mustard Seed, Onion Powder, Salt, Natural Smoke Flavor, White Wine, Citric Acid, Tartaric Acid), Red Peppers, Red Onion, Crispy Onions (Onions, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sunflower and/or Safflower Oil, Sea Salt), Seasoning (Salt, Black Pepper), Cooking Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant)

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 500 | 23 | 8 | 0 | 280 | 1080 | 57 | 1 | 4 | 1 | 25 | 0 | 352 | 4 | 554 |

HOT BREAKFAST

Oatm*lk Porridge

Serving Size: 302g/10.65oz

Recipe is: Vegetarian and Vegan

INGREDIENTS:

Oatmilk (Water, Rolled Oats, Sunflower Oil), Water, Whole Grain Oats, Buckwheat Groats, Sea Salt

NUTRITIONAL INFORMATION:

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

Pret's Creamy Porridge

Serving Size: 302g/10.65oz

Recipe is: Vegetarian and Vegan

Common Allergens: Milk

INGREDIENTS:

Water, Whole Milk (milk, vitamin D3), Steel Cut Oats, Rolled Oats, Cane Sugar, Quinoa, Flax Seeds, Amaranth, Chia Seeds, Sea Salt

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 230 | 7 | 2 | 0 | 10 | 230 | 36 | 5 | 10 | 6 | 9 | 1 | 136 | 2 | 296 |

Coconut Banana Blueberry Porridge Topper

Serving Size: 121 g/4.27oz

Recipe is: Vegetarian and Vegan

Common Allergens: Coconut

INGREDIENTS:

Banana, Blueberry Compote (Blueberries, Cane Sugar, Water, Blueberry Juice Concentrate, Lemon Juice Concentrate, Tara Gum, Natural Flavor, Xanthan Gum), Coconut Chips (Toasted Coconut Chips), Ground Cinnamon

NUTRITIONAL INFORMATION:

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

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

Apple Cranberry Crunch Porridge Topper

Serving Size: 44g/1.55oz

Recipe is: Vegetarian and Vegan

INGREDIENTS:

Julienne Apples, Granola (Gluten Free Oat Flakes, Apple Cinnamon Glaze (Muscovado Sugar, Golden Syrup, Water, Concentrated Apple Juice, Cinnamon, Salt), Pumpkin Seeds, Raisins, Sunflower Oil, Golden Linseed, Buckwheat Flakes), Dried Cranberries (Cranberries, Cane Sugar, Sunflower Oil), Light Brown Sugar (Brown Sugar), Ground Cinnamon

NUTRITIONAL INFORMATION:

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

HOT BREAKFAST

Spiced Pumpkin & Apple Crunch Porridge Topper

Serving Size: 52g/1.83oz

Recipe is: Vegetarian and Vegan

INGREDIENTS:

Julienne Apples, Granola (Gluten Free Oat Flakes, Apple Cinnamon Glaze (Muscovado Sugar, Golden Syrup, Water, Concentrated Apple Juice, Cinnamon, Salt), Pumpkin Seeds, Raisins, Sunflower Oil, Golden Linseed, Buckwheat Flakes), Pumpkin Puree (Sugar, Water, Pumpkin Puree, Natural Flavors, Xanthan Gum, Spices, Citric Acid), Ground Cinnamon

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 120 | 2.5 | 0 | 0 | 0 | 15 | 22 | 2 | 15 | 8 | 2 | 0 | 15 | 1 | 88 |

SANDWICHES

Cheddar & Tomato Sandwich

Serving Size: 240g/8.46oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 240g/8.46oz

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

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

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

Chicken & Bacon Sandwich

Serving Size: 294g/10.37oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Wheat

INGREDIENTS:

Multigrain Bread (Enriched Wheat Flour (Wheat Flour, Calcium Carbonate, Reduced Iron, Niacin, Thiamin), Water, Malted Wheat Flakes, Wheat Bran, Yeast, Wheat Gluten, Malted Barley Flour, Salt, Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids, Rapeseed Oil, Ascorbic Acid (Flour Treatment Agent)), Tomatoes, Sliced Chicken (Chicken Breast, Sea Salt), Niman Ranch Bacon (Pork, Water, Salt, Turbinado Sugar, Celery Powder), Mayonnaise (Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains Less Than 2%: Salt, Spice, Lemon Juice Concentrate), Mesclun*

NUTRITIONAL INFORMATION: Serving Size: 294g/10.37oz

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

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

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 335 | 18.5 | 4 | 0 | 60 | 710 | 21 | 0.5 | 2 | 0 | 18 | 0 | 29.5 | 1 | 378.5 |

Smoked Salmon & Cream Cheese Sandwich

Serving Size: 211g/7.44oz

Recipe is: Vegetarian and Vegan

Common Allergens: Salmon, Milk, Wheat

INGREDIENTS:

Multigrain Bread (Enriched Wheat Flour (Wheat Flour, Calcium Carbonate, Reduced Iron, Niacin, Thiamin), Water, Malted Wheat Flakes, Wheat Bran, Yeast, Wheat Gluten, Malted Barley Flour, Salt, Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids, Rapeseed Oil, Ascorbic Acid (Flour Treatment Agent)), Smoked Salmon (Atlantic Salmon, Salt, Brown Sugar, Beechwood Smoke), Whipped Cream Cheese (Pasteurized Milk and Cream, Salt, Carob Bean Gum, Cheese Culture), Cucumbers, Arugula, Red Onion, Lemon Juice

NUTRITIONAL INFORMATION: Serving Size: 211g/7.44oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 410 | 17 | 6 | 0 | 70 | 930 | 43 | 0 | 5 | 1 | 22 | 3 | 71 | 2 | 472 |

SANDWICHES

Pret's Egg Salad & Arugula Sandwich

Serving Size: 247g/8.71oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 247g/8.71oz

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

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

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

Pret's Chicken Salad & Avo Sandwich

Serving Size: 256g/9.03oz

Recipe is: Vegetarian and Vegan

Common Allergens: Almond, Egg, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 256g/9.03oz

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

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

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

SANDWICHES

Pret's Tuna & Cucumber Sandwich

Serving Size: 236g/8.32oz

Recipe is: Vegetarian and Vegan

Common Allergens: Tuna, Egg, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 236g/8.32oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 540 | 30 | 3 | 0 | 65 | 640 | 40 | 0 | 3 | 0 | 28 | 2 | 43 | 3 | 488 |

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

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

Rainbow Veggie Sandwich

Serving Size: 241g/8.50oz

Recipe is: Vegetarian and Vegan

Common Allergens: Soy, Wheat, Sesame

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 241g/8.50oz

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

NUTRITIONAL INFORMATION - SLIM: Serving Size: 121g/4.26oz

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

SANDWICHES

Ham, Cheddar & Chutney Sandwich

Serving Size: 222g/7.83oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

Multigrain Bread (Enriched Wheat Flour (Wheat Flour, Calcium Carbonate, Reduced Iron, Niacin, Thiamin), Water, Malted Wheat Flakes, Wheat Bran, Yeast, Wheat Gluten, Malted Barley Flour, Salt, Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids, Rapeseed Oil, Ascorbic Acid (Flour Treatment Agent)), Niman Ranch Smoked Ham (Pork, Water, Salt, Less Than 2%: Lemon Juice Concentrate, Vinegar, Turbinado Sugar, Celery Powder, Cherry Powder), Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Caramelized Onion Chutney, Mustard Mayo (Canola Oil, Whole Grain Mustard (Water, Mustard Seed, Vinegar, Salt, Citric Acid, Turmeric), Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Red Pepper), Cage-Free Egg Yolk, Water, Cage-Free Whole Eggs (Cage-Free Whole Eggs, Citric Acid), Honey, White Distilled Vinegar, Sea Salt, Lemon Juice Concentrate), Arugula

NUTRITIONAL INFORMATION: Serving Size: 222g/7.83oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 470 | 20 | 6 | 0 | 85 | 1440 | 48 | 1 | 9 | 5 | 26 | 0 | 247 | 2 | 481 |

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

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 235 | 10 | 3 | 0 | 42.5 | 720 | 24 | 0.5 | 4.5 | 2.5 | 13 | 0 | 123.5 | 1 | 240.5 |

Turkey & Cheddar Sandwich

Serving Size: 258g/9.10oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

Multigrain Bread (Enriched Wheat Flour (Wheat Flour, Calcium Carbonate, Reduced Iron, Niacin, Thiamin), Water, Malted Wheat Flakes, Wheat Bran, Yeast, Wheat Gluten, Malted Barley Flour, Salt, Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids, Rapeseed Oil, Ascorbic Acid (Flour Treatment Agent)), Tomatoes, Sliced Turkey Breast Turkey breast, water, contains 2% or less of potassium lactate, sugar, salt, sodium phosphates, sodium diacetate, natural flavor., Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Mesclun*, Mustard Mayo (Canola Oil, Whole Grain Mustard (Water, Mustard Seed, Vinegar, Salt, Citric Acid, Turmeric), Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Red Pepper), Cage-Free Egg Yolk, Water, Cage-Free Whole Eggs (Cage-Free Whole Eggs, Citric Acid), Honey, White Distilled Vinegar, Sea Salt, Lemon Juice Concentrate), Honey.

NUTRITIONAL INFORMATION: Serving Size: 258g/9.10oz

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

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

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

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

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. 08.13.24 ★ PAGE 17

ROLL SANDWICHES

Pret's Italian Turkey Club Sandwich

Serving Size: 236g/8.32oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

Seeded Multigrain Roll (Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Enzymes, Folic Acid), Water, Rolled Oats, Dextrose, Sunflower Seeds, Sugar, Flax Seeds, Cracked Wheat, Millet, Salt, Whole Grain Barley, Palm Oil, Whole Grain Rye Kernels, Yeast, Cultured Wheat Flour (to maintain freshness), Cellulose Gum, Whole Grain Yellow Corn Flour, Lactic Acid, Natural Flavor (Cultured Wheat Starch), Malted Barley Flour, Enzymes, Soybean Oil, Ascorbic Acid, Rye Flour, Rice Flour, Semolina), Sliced Turkey Breast Turkey breast, water, contains 2% or less of potassium lactate, sugar, salt, sodium phosphates, sodium diacetate, natural flavor., Sopressata (Pork, Sea Salt, Less than 2%: Turbinado Sugar, Spices, Natural Flavoring, Wine, Lactic Acid Starter Culture), Provolone (Pasteurized Milk, Salt, Enzymes), Mayonnaise (Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains Less Than 2%: Salt, Spice, Lemon Juice Concentrate), Roasted Tomatoes (Cherry Tomatoes, Rapeseed Oil, Salt, Dried Garlic, Oregano, Lemon Juice Concentrate), Red Peppers, Arugula, Red Onion, Greek Olive Medley (Green Olives, Kalamata Olives, Water, Sea Salt, Wine Vinegar), Pret's Simple Vinaigrette (Water, Canola Oil, Olive Oil, Red Wine Vinegar, Shallot Puree, Sugar, Contains 2% Or Less: Distilled Vinegar, Sea Salt, Mustard, Lemon Juice Concentrate, Molasses, Garlic Puree (Garlic, Citric Acid), Parsley, Salt, White Wine, Garlic Powder, Onion Powder, Spices (Including Black Pepper), Xanthan Gum, Tartaric Acid, Citric Acid), Lemon Juice.

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 520 | 25 | 6 | 0 | 70 | 1460 | 49 | 5 | 7 | 4 | 28 | 0 | 181 | 2 | 318 |

Pesto Roasted Veggie & Burrata Sandwich

Serving Size: 248g/8.75oz

Recipe is: Vegetarian and Vegan

Common Allergens: Pine Nuts, Milk, Wheat

INGREDIENTS:

Seeded Multigrain Roll (Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Enzymes, Folic Acid), Water, Rolled Oats, Dextrose, Sunflower Seeds, Sugar, Flax Seeds, Cracked Wheat, Millet, Salt, Whole Grain Barley, Palm Oil, Whole Grain Rye Kernels, Yeast, Cultured Wheat Flour (to maintain freshness), Cellulose Gum, Whole Grain Yellow Corn Flour, Lactic Acid, Natural Flavor (Cultured Wheat Starch), Malted Barley Flour, Enzymes, Soybean Oil, Ascorbic Acid, Rye Flour, Rice Flour, Semolina), Grilled Eggplant (Eggplants), Red Peppers, Burrata (Pasteurized Milk and Cream, Vinegar, Enzymes, Salt), Pesto (Extra Virgin Olive Oil, Basil, Pine Nuts, Lemon Juice, Garlic, Sea Salt), Arugula, Red Onion, Seasoning (Salt, Black Pepper), Cooking Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant).

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 400 | 17 | 6 | 0 | 20 | 860 | 54 | 7 | 8 | 3 | 12 | 0 | 170 | 3 | 344 |

Smoked Salmon & Cream Cheese Roll

Serving Size: 220g/7.76oz

Recipe is: Vegetarian and Vegan

Common Allergens: Salmon, Milk, Wheat

INGREDIENTS:

Seeded Multigrain Roll (Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Enzymes, Folic Acid), Water, Rolled Oats, Dextrose, Sunflower Seeds, Sugar, Flax Seeds, Cracked Wheat, Millet, Salt, Whole Grain Barley, Palm Oil, Whole Grain Rye Kernels, Yeast, Cultured Wheat Flour (to maintain freshness), Cellulose Gum, Whole Grain Yellow Corn Flour, Lactic Acid, Natural Flavor (Cultured Wheat Starch), Malted Barley Flour, Enzymes, Soybean Oil, Ascorbic Acid, Rye Flour, Rice Flour, Semolina), Smoked Salmon (Atlantic Salmon, Salt, Brown Sugar, Beechwood Smoke), Cucumbers, Tomatoes, Whipped Cream Cheese (Pasteurized Milk and Cream, Salt, Carob Bean Gum, Cheese Culture), Red Onion, Arugula, Lemon Juice.

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 410 | 17 | 6 | 0 | 45 | 1060 | 47 | 5 | 7 | 4 | 21 | 3 | 93 | 3 | 450 |

WRAPS

Bang Bang Chicken Wrap

Serving Size: 321g/11.32oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Soy, Wheat, Sesame

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

Crunchy Chipotle Chicken & Avo Wrap

Serving Size: 347g/12.24oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

Falafel & Hummus Wrap

Serving Size: 321g/11.32oz

Recipe is: Vegetarian and Vegan

Common Allergens: Sesame, Wheat

INGREDIENTS:

Seven Grain Tortilla Wrap (Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Whole Wheat Flour, Palm Oil, Organic Unbleached Wheat Flour (Hard Red Spring Wheat), Organic Hard Red Spring Wheat, Organic Rye, Organic Yellow Corn, Organic Brown Rice, Organic Steel Cut Oats, Organic Millet, Organic Barley, Cultured Wheat, Wheat Gluten, Salt, Sugar, Sodium Bicarbonate, Mono- and Diglycerides, Sodium Acid Pyrophosphate, Fumaric Acid, Yeast, Guar Gum, Xanthan Gum, Cellulose Gum, Enzymes), 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), Hummus (Chickpeas, Sesame Tahini, Sunflower Oil, Water, Sea Salt, Garlic, Pepper, Lemon Juice Concentrate), Romaine, Cucumbers, Pickled Cabbage & Carrot Mix (Red Cabbage, Carrot, Water, Sugar, Vinegar, Salt), Diced Pickled Jalapeno Peppers (Jalapeno Peppers, Water, Vinegar, Iodized Salt, Onions, Soybean Oil and Garlic)

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 540 | 24 | 2.5 | 0 | 0 | 1310 | 73 | 8 | 8 | 3 | 18 | 0 | 240 | 6.1 | 620 |

WRAPS

Grilled Eggplant, Mozzarella & Olive Wrap

Serving Size: 309g/10.90oz

Recipe is: Vegetarian and Vegan

Common Allergens: Almonds, Egg, Milk, Wheat

INGREDIENTS:

Seven Grain Tortilla Wrap (Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Whole Wheat Flour, Palm Oil, Organic Unbleached Wheat Flour (Hard Red Spring Wheat), Organic Hard Red Spring Wheat, Organic Rye, Organic Yellow Corn, Organic Brown Rice, Organic Steel Cut Oats, Organic Millet, Organic Barley, Cultured Wheat, Wheat Gluten, Salt, Sugar, Sodium Bicarbonate, Mono- and Diglycerides, Sodium Acid Pyrophosphate, Fumaric Acid, Yeast, Guar Gum, Xanthan Gum, Cellulose Gum, Enzymes), Grilled Eggplant (Eggplants), Mozzarella (Cultured Pasteurized Milk, Lactic/Citric Acid, Salt, Enzymes), Red Peppers, Romesco (Canola Oil, Water, Roasted Red Bell Peppers, Tomatoes, Almonds, Red Wine Vinegar, Dried Tomatoes, Parsley, Salt, Dehydrated Garlic, Spices, Paprika), Mesclun*, Roasted Tomatoes (Cherry Tomatoes, Rapeseed Oil, Salt, Dried Garlic, Oregano, Lemon Juice Concentrate), Greek Olive Medley (Green Olives, Kalamata Olives, Water, Sea Salt, Wine Vinegar), 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), Basil, Seasoning (Salt, Black Pepper), Cooking Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant)

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 520 | 30 | 8 | 0 | 25 | 1300 | 55 | 3 | 6 | 0 | 19 | 0 | 300 | 3 | 499 |

Spicy Chicken Caesar Wrap

Serving Size: 294g/10.37oz

Recipe is: Vegetarian and Vegan

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

INGREDIENTS:

Seven Grain Tortilla Wrap (Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Whole Wheat Flour, Palm Oil, Organic Unbleached Wheat Flour (Hard Red Spring Wheat), Organic Hard Red Spring Wheat, Organic Rye, Organic Yellow Corn, Organic Brown Rice, Organic Steel Cut Oats, Organic Millet, Organic Barley, Cultured Wheat, Wheat Gluten, Salt, Sugar, Sodium Bicarbonate, Mono- and Diglycerides, Sodium Acid Pyrophosphate, Fumaric Acid, Yeast, Guar Gum, Xanthan Gum, Cellulose Gum, Enzymes), Sliced Chicken (Chicken Breast, Sea Salt), 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), Romaine, Garlic Crouton (French Bread (Unbleached, Enriched, Flour, Water, Yeast, Sea salt) Certified Non-GMO Canola Oil, Garlic, Sea salt, Basil, Pepper, Parsley), Parmesan (Pasteurized Cultured Part-Skim Milk, Salt, Enzymes, Potato Starch, Powdered Cellulose), Diced Pickled Jalapeno Peppers (Jalapeño Peppers, Water, Vinegar, Iodized Salt, Onions, Soybean Oil and Garlic), Basil.

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 680 | 39 | 5 | 0 | 65 | 1360 | 61 | 7 | 3 | 0 | 33 | 0 | 320 | 3.6 | 600 |

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

BAGUETTES

Romesco Chicken & Mozzarella Baguette

Serving Size: 278g/9.81oz

Recipe is: Vegetarian and Vegan

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

INGREDIENTS:

White Baguette (Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Salt, Yeast, Malted Wheat Flour, Food Enzymes (Xylanase, Glucose-Oxidase, Lipase, Protease, Alpha-Amylase), Ascorbic Acid), Sliced Chicken (Chicken Breast, Sea Salt), Mozzarella (Cultured Pasteurized Milk, Lactic/Citric Acid, Salt, Enzymes), Romesco (Canola Oil, Water, Roasted Red Bell Peppers, Tomatoes, Almonds, Red Wine Vinegar, Dried Tomatoes, Parsley, Salt, Dehydrated Garlic, Spices, Paprika), Roasted Tomatoes (Cherry Tomatoes, Rapeseed Oil, Salt, Dried Garlic, Oregano, Lemon Juice Concentrate), Mayonnaise (Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains Less Than 2%: Salt, Spice, Lemon Juice Concentrate), Arugula, Basil, Chili Salt (Paprika, Sea Salt, Chili Flakes)

NUTRITIONAL INFORMATION: Serving Size: 278g/9.81oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 670 | 30 | 8 | 0 | 65 | 1330 | 71 | 5 | 2 | 0 | 31 | 0 | 198 | 5 | 391 |

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

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein(g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|------------|-----------------|--------------|-----------|----------------|
| 335 | 15 | 4 | 0 | 32.5 | 665 | 35.5 | 2.5 | 1 | 0 | 15.5 | 0 | 99 | 2.5 | 195.5 |

Pesto Caprese Baguette

Serving Size: 255g/8.99oz

Recipe is: Vegetarian and Vegan

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

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 255g/8.99oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 690 | 36 | 11 | 0 | 45 | 1130 | 70 | 5 | 1 | 0 | 25 | 0 | 282 | 5 | 238 |

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

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein(g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|------------|-----------------|--------------|-----------|----------------|
| 345 | 18 | 5.5 | 0 | 22.5 | 565 | 35 | 2.5 | 0.5 | 0 | 12.5 | 0 | 141 | 2.5 | 119 |

BAGUETTES

Pret's Famous Ham & Cheese Baguette

Serving Size: 249g/8.78oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS: White Baguette (Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Salt, Yeast, Malted Wheat Flour, Food Enzymes (Xylanase, Glucose-Oxidase, Lipase, Protease, Alpha-Amylase), Ascorbic Acid), Niman Ranch Smoked Ham (Pork, Water, Salt, Less Than 2%: Lemon Juice Concentrate, Vinegar, Turbinado Sugar, Celery Powder, Cherry Powder), Swiss (Cultured Pasteurized Part-Skim Milk, Salt, Enzymes), Mustard Mayo (Canola Oil, Whole Grain Mustard (Water, Mustard Seed, Vinegar, Salt, Citric Acid, Turmeric), Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Red Pepper), Cage-Free Egg Yolk, Water, Cage-Free Whole Eggs (Cage-Free Whole Eggs, Citric Acid), Honey, White Distilled Vinegar, Sea Salt, Lemon Juice Concentrate), Mesclun*

NUTRITIONAL INFORMATION: Serving Size: 249g/8.78oz

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

NUTRITIONAL INFORMATION - SLIM: Serving Size: 124.5g/4.39oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 305 | 11 | 4 | 0 | 40 | 855 | 35 | 2 | 0.5 | 0.5 | 17 | 0 | 175.5 | 2 | 192.5 |

Pret's Italian Baguette

Serving Size: 256g/9.03 oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 256g/9.03oz

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

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

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

Mediterranean Eggplant & Mozzarella Baguette

Serving Size: 297g/10.48oz

Recipe is: Vegetarian and Vegan

Common Allergens: Milk, Wheat

INGREDIENTS:

White Baguette (Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Salt, Yeast, Malted Wheat Flour, Food Enzymes (Xylanase, Glucose-Oxidase, Lipase, Protease, Alpha-Amylase), Ascorbic Acid), Grilled Eggplant (Eggplants), Mozzarella (Cultured Pasteurized Milk, Lactic/Citric Acid, Salt, Enzymes), Red Peppers, Pret's Simple Vinaigrette (Water, Canola Oil, Olive Oil, Red Wine Vinegar, Shallot Puree, Sugar, Contains 2% Or Less: Distilled Vinegar, Sea Salt, Mustard, Lemon Juice Concentrate, Molasses, Garlic Puree (Garlic, Citric Acid), Parsley, Salt, White Wine, Garlic Powder, Onion Powder, Spices (Including Black Pepper), Xanthan Gum, Tartaric Acid, Citric Acid), Red Onion, Arugula, Parmesan (Pasteurized Cultured Part-Skim Milk, Salt, Enzymes, Potato Starch, Powdered Cellulose), Basil, Seasoning (Salt, Black Pepper), Cooking Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant)

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 570 | 22 | 8 | 0 | 25 | 1240 | 75 | 6 | 4 | 1 | 23 | 0 | 257 | 5 | 317 |

BAGUETTES

Pret's Tuna & Cucumber Baguette

Serving Size: 278g/9.8oz

Recipe is: Vegetarian and Vegan

Common Allergens: Tuna, Egg, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 278g/9.8oz

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

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

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 330 | 14.5 | 1.25 | 0 | 22.5 | 520 | 33.5 | 2 | 0 | 0 | 16 | 1 | 11.5 | 2.5 | 222.5 |

Pret's Bee Sting Baguette

Serving Size: 261g/9.21oz

Recipe is: Vegetarian and Vegan

Common Allergens: Milk, Wheat

INGREDIENTS:

White Baguette (Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Salt, Yeast, Malted Wheat Flour, Food Enzymes (Xylanase, Glucose-Oxidase, Lipase, Protease, Alpha-Amylase), Ascorbic Acid), Mozzarella (Cultured Pasteurized Milk, Lactic/Citric Acid, Salt, Enzymes), Sopressata (Pork, Sea Salt, Less than 2%: Turbinado Sugar, Spices, Natural Flavoring, Wine, Lactic Acid Starter Culture), Marinara Sauce (Vine-ripened fresh tomatoes, blend of extra virgin olive oil and sunflower oil, salt, onions, black pepper, basil, oregano, parsley, and naturally derived citric acid), Honey, Arugula, Diced Pickled Jalapeno Peppers (Jalapeno Peppers, Water, Vinegar, Iodized Salt, Onions, Soybean Oil and Garlic), Basil

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 610 | 20 | 9 | 0 | 55 | 1530 | 82 | 5 | 13 | 0 | 29 | 0 | 195 | 5 | 356 |

Pret's Chicken Bánh Mi

Serving Size: 356g/12.56oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Sesame, Soy, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 356g/12.56oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 620 | 23 | 2 | 0 | 55 | 1540 | 78 | 5 | 9 | 6 | 27 | 0 | 52 | 5 | 539 |

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

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 310 | 11.5 | 1 | 0 | 27.5 | 770 | 39 | 2.5 | 4.5 | 3 | 13.5 | 0 | 26 | 2.5 | 269.5 |

BAGUETTES

Chipotle Chicken Bacon Ranch Baguette

Serving Size: 311g/10.97oz

Recipe is: Vegetarian and Vegan

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

INGREDIENTS:

White Baguette (Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Salt, Yeast, Malted Wheat Flour, Food Enzymes (Xylanase, Glucose-Oxidase, Lipase, Protease, Alpha-Amylase), Ascorbic Acid), Sliced Chicken (Chicken Breast, Sea Salt), Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Niman Ranch Bacon (Pork, Water, Salt, Turbinado Sugar, Celery Powder), Tomatoes, 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), Red Onion, Arugula, Spicy Chipotle Sauce (Red Bell Pepper Puree, Water, Diced Tomatoes (Diced Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Onion, Canola Oil, Red Wine Vinegar, Sugar, Tomato Paste, Sea Salt, Garlic Puree (Garlic, Citric Acid), Chipotle Pepper, Distilled Vinegar, Spices, Xanthan Gum, Garlic Powder, Mustard Seed, Onion Powder, Salt, Natural Smoke Flavor, White Wine, Citric Acid, Tartaric Acid), Seasoning (Salt, Black Pepper)

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 740 | 32 | 12 | 0 | 100 | 1910 | 71 | 5 | 2 | 0 | 41 | 0 | 287 | 5 | 587 |

SALADS

Chicken Avocado Salad with Pret's Simple Vinaigrette

Serving Size: 321g/11.32oz

Recipe is: Vegetarian and Vegan

Common Allergens: **Walnut**

INGREDIENTS:

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

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

NUTRITIONAL INFORMATION:

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

Chicken Caesar Salad with Caesar Dressing

Serving Size: 311g/10.97oz

Recipe is: Vegetarian and Vegan

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

INGREDIENTS:

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

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

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 530 | 37 | 5 | 0 | 70 | 820 | 25 | 11 | 5 | 0 | 28 | 0 | 268 | 2 | 647 |

Chicken, Elote Corn & Avocado Salad with Herb Yogurt Dressing

Serving Size: 396g/13.99oz

Recipe is: Vegetarian and Vegan

Common Allergens: **Egg, Milk**

INGREDIENTS:

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

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

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 460 | 31 | 6 | 0 | 70 | 1100 | 27 | 7 | 14 | 4 | 22 | 0 | 124 | 2 | 899 |

SALADS

Mediterranean Mezze Salad with Pret's Simple Vinaigrette

Serving Size: 332g/11.71oz

Recipe is: Vegetarian and Vegan

Common Allergens: **Sesame**

INGREDIENTS:

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

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

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 550 | 44 | 4 | 0 | 0 | 1260 | 34 | 8 | 10 | 5 | 10 | 0 | 157 | 4 | 506 |

Miso Glazed Eggplant Bliss Bowl

Serving Size: 383g/13.51oz

Recipe is: Vegetarian and Vegan

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

INGREDIENTS:

Salad: Romaine, Grilled Eggplant (Eggplants), Quinoa Mix (Water, Tricolor Quinoa, Amaranth, Extra Virgin Olive Oil, Salt), Cucumbers, Miso Sesame Dressing (Canola Oil, Water, Soy Sauce (Water, Soybeans, Wheat, Salt), Sugar, Roasted Sunflower Seeds, Aged Red Cayenne Pepper (Red Cayenne Pepper, Salt), Ginger Puree, Rice Vinegar, Contains 2% Or Less: Garlic Puree (Garlic, Citric Acid), Lime Juice Concentrate, Cilantro, Distilled Vinegar, Red Miso (Fermented Soybeans, Salt), Ginger, Garlic Powder, Onion Powder, Xanthan Gum, Red Pepper, Salt, Sesame Oil, Extractives Of Rosemary), Pickled Cabbage & Carrot Mix (Red Cabbage, Carrot, Water, Sugar, Vinegar, Salt), Shredded Carrots, Crispy Onions (Onions, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sunflower and/or Safflower Oil, Sea Salt), Brown Sugar, Chia seed, Sesame Seeds, Cooking Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant), Chili Salt (Paprika, Sea Salt, Chili Flakes).

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

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 550 | 40 | 2.5 | 0 | 0 | 680 | 44 | 8 | 19 | 12 | 7 | 1 | 95 | 3 | 693 |

Pesto Chicken, Strawberry & Burrata Salad with Pret's Simple Vinaigrette

Serving Size: 368g/12.98oz

Recipe is: Vegetarian and Vegan

Common Allergens: **Pine Nuts, Milk**

INGREDIENTS:

Salad: Mesclun*, Cucumbers, Sliced Chicken (Chicken Breast, Sea Salt), Burrata (Pasteurized Milk and Cream, Vinegar, Enzymes, Salt), Strawberries, Pesto (Extra Virgin Olive Oil, Basil, Pine Nuts, Lemon Juice, Garlic, Sea Salt), Basil.

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

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 540 | 45 | 12 | 0 | 85 | 810 | 13 | 2 | 6 | 1 | 22 | 0 | 210 | 5 | 587 |

SALADS

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

Serving Size: 349g/12.31oz

Recipe is: Vegetarian and Vegan

Common Allergens: **Salmon**

INGREDIENTS:

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

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

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 480 | 34 | 4.5 | 0 | 35 | 640 | 23 | 6 | 7 | 1 | 24 | 1 | 58 | 5 | 925 |

Smoked Salmon Nicoise Salad

Serving Size: 343g/12.09oz

Recipe is: Vegetarian and Vegan

Common Allergens: **Salmon, Egg**

INGREDIENTS:

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

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

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 490 | 43 | 6 | 0 | 220 | 1210 | 11 | 2 | 7 | 3 | 21 | 4 | 77 | 3 | 604 |

Pret's Greek Side Salad with Herb Yogurt Dressing

Serving Size: 209g/7.37oz

Recipe is: Vegetarian and Vegan

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

INGREDIENTS:

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

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

NUTRITIONAL INFORMATION:

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

SALADS

Caesar Side Salad with Caesar Dressing

Serving Size: 204g/7.20oz

Recipe is: Vegetarian and Vegan

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

INGREDIENTS:

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

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

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 400 | 34 | 4.5 | 0 | 20 | 470 | 19 | 8 | 4 | 0 | 11 | 0 | 257 | 1 | 344 |

Cobb Side Salad with Herb Yogurt Dressing

Serving Size: 248g/8.75oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

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

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

NUTRITIONAL INFORMATION:

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

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

SALAD DRESSINGS

Pret's Simple Vinaigrette

Serving Size: 45g/1.59oz

Recipe is: Vegetarian and Vegan

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

Caesar Dressing

Serving Size: 48g/1.69oz

Recipe is: Vegetarian and Vegan

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

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

Herb Yogurt Dressing

Serving Size: 44g/1.55oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

Miso Sesame Dressing

Serving Size: 45g/1.58oz

Recipe is: Vegetarian and Vegan

Common Allergens: Soy, Wheat, Sesame

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

POTS

Egg & Spinach Pot

Serving Size: 114g/4.02oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg

INGREDIENTS:

Cage-Free Eggs, Spinach

NUTRITIONAL INFORMATION:

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

Pret's Elote Corn Shaker

Serving Size: 131g/4.62oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 190 | 12 | 3 | 0 | 20 | 320 | 14 | 2 | 6 | 0 | 7 | 0 | 92 | 0 | 247 |

Pineapple Blueberry Cottage Cheese Pot

Serving Size: 229g/8.07oz

Recipe is: Vegetarian and Vegan

Common Allergens: Milk

INGREDIENTS:

Cottage Cheese (Cultured skim milk, cream, salt), Pineapple, Blueberries.

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 190 | 6 | 4 | 0 | 25 | 500 | 18 | 1 | 13 | 0 | 17 | 0 | 138 | 0 | 255 |

Chili Crunch Veggie Cottage Cheese Pot

Serving Size: 230g/8.11oz

Recipe is: Vegetarian and Vegan

Common Allergens: Milk, Wheat

INGREDIENTS:

Cottage Cheese (Cultured skim milk, cream, salt), Cucumbers, Roasted Tomatoes (Cherry Tomatoes, Rapeseed Oil, Salt, Dried Garlic, Oregano, Lemon Juice Concentrate), Crispy Onions (Onions, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sunflower and/or Safflower Oil, Sea Salt), Chili Salt (Paprika, Sea Salt, Chili Flakes), Seasoning (Salt, Black Pepper), Cooking Spray (Canola Oil, Phosphate Mono & Diglycerides, Propellant).

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 220 | 11 | 4 | 0 | 25 | 780 | 14 | 1 | 7 | 0 | 17 | 0 | 141 | 0 | 267 |

POTS

Blueberry Granola Cottage Cheese Pot

Serving Size: 122g/4.3oz

Recipe is: Vegetarian and Vegan

Common Allergens: Milk

INGREDIENTS:

Cottage Cheese Cottage Cheese (Cultured skim milk, cream, salt), Blueberries, 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).

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 150 | 5 | 3 | 0 | 20 | 340 | 13 | 1 | 8 | 0 | 12 | 0 | 93 | 1 | 162 |

HOT WRAPS

Chicken Parm Hot Wrap

Serving Size: 280g/9.88oz

Recipe is: Vegetarian and Vegan

Common Allergens: Milk, Wheat

INGREDIENTS:

Seven Grain Tortilla Wrap (Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Whole Wheat Flour, Palm Oil, Organic Unbleached Wheat Flour (Hard Red Spring Wheat), Organic Hard Red Spring Wheat, Organic Rye, Organic Yellow Corn, Organic Brown Rice, Organic Steel Cut Oats, Organic Millet, Organic Barley, Cultured Wheat, Wheat Gluten, Salt, Sugar, Sodium Bicarbonate, Mono- and Diglycerides, Sodium Acid Pyrophosphate, Fumaric Acid, Yeast, Guar Gum, Xanthan Gum, Cellulose Gum, Enzymes), Sliced Chicken (Chicken Breast, Sea Salt), Marinara Sauce (Vine-ripened fresh tomatoes, blend of extra virgin olive oil and sunflower oil, salt, onions, black pepper, basil, oregano, parsley, and naturally derived citric acid), Mozzarella (Cultured Pasteurized Milk, Lactic/Citric Acid, Salt, Enzymes), Parmesan (Pasteurized Cultured Part-Skim Milk, Salt, Enzymes, Potato Starch, Powdered Cellulose), Provolone (Pasteurized Milk, Salt, Enzymes), Crispy Onions (Onions, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sunflower and/or Safflower Oil, Sea Salt), Basil, Seasoning (Salt, Black Pepper), Chili Salt (Paprika, Sea Salt, Chili Flakes)

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 550 | 24 | 9 | 0 | 80 | 1450 | 53 | 1 | 4 | 0 | 37 | 0 | 494 | 3 | 727 |

Pret's Chicken Burrito Wrap

Serving Size: 325g/11.46oz

Recipe is: Vegetarian and Vegan

Common Allergens: Milk, Wheat

INGREDIENTS:

Seven Grain Tortilla Wrap (Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Whole Wheat Flour, Palm Oil, Organic Unbleached Wheat Flour (Hard Red Spring Wheat), Organic Hard Red Spring Wheat, Organic Rye, Organic Yellow Corn, Organic Brown Rice, Organic Steel Cut Oats, Organic Millet, Organic Barley, Cultured Wheat, Wheat Gluten, Salt, Sugar, Sodium Bicarbonate, Mono- and Diglycerides, Sodium Acid Pyrophosphate, Fumaric Acid, Yeast, Guar Gum, Xanthan Gum, Cellulose Gum, Enzymes), Sliced Chicken (Chicken Breast, Sea Salt), Spicy Chipotle Sauce (Red Bell Pepper Puree, Water, Diced Tomatoes (Diced Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Onion, Canola Oil, Red Wine Vinegar, Sugar, Tomato Paste, Sea Salt, Garlic Puree (Garlic, Citric Acid), Chipotle Pepper, Distilled Vinegar, Spices, Xanthan Gum, Garlic Powder, Mustard Seed, Onion Powder, Salt, Natural Smoke Flavor, White Wine, Citric Acid, Tartaric Acid), Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Roasted Corn (Corn), Black Bean Salsa (Black Beans, Diced Tomatoes (tomatoes, tomato juice, salt, citric acid), Jalapeno Peppers, Lime Juice Concentrate, Onions, Cilantro, Sea Salt, Canola Oil, Garlic Puree, Black Pepper, Onion Powder, Garlic Powder), Red Peppers, Quinoa Mix (Water, Tricolor Quinoa, Amaranth, Extra Virgin Olive Oil, Salt), Crispy Onions (Onions, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sunflower and/or Safflower Oil, Sea Salt).

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 580 | 24 | 8 | 0 | 75 | 1270 | 66 | 2 | 7 | 1 | 33 | 0 | 367 | 4 | 731 |

HOT WRAPS

Spiced Lentil & Chickpea Hot Wrap

Serving Size: 301g/10.62oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

Seven Grain Tortilla Wrap (Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Whole Wheat Flour, Palm Oil, Organic Unbleached Wheat Flour (Hard Red Spring Wheat), Organic Hard Red Spring Wheat, Organic Rye, Organic Yellow Corn, Organic Brown Rice, Organic Steel Cut Oats, Organic Millet, Organic Barley, Cultured Wheat, Wheat Gluten, Salt, Sugar, Sodium Bicarbonate, Mono- and Diglycerides, Sodium Acid Pyrophosphate, Fumaric Acid, Yeast, Guar Gum, Xanthan Gum, Cellulose Gum, Enzymes), Moroccan Lentil Soup Water, Lentils, Onions, Carrots, Turnips, Celery, Tomato Paste (Tomatoes), Olive Oil, Extra Virgin Olive Oil, Rice Flour, Soybean Oil, Balsamic Vinegar (Wine Vinegar, Grape Must), Garlic, Sea Salt, Paprika (For Color), Parsley, Dried Marjoram, Black Pepper, Cumin, Nutmeg, Dried Basil, Bay Leaves, Cloves, Turmeric Falafel (Garbanzo Beans, Onions, Garbanzo Beans (Chick Peas, Water, Salt), Canola Oil, Chickpea Flour, Green Onion, Garlic (Garlic, Water), Red Peppers, Sea Salt, Coriander, Cumin, Cayenne, Onion Powder, Turmeric, Baking Powder), Feta (Pasteurized Milk, Salt, Cheese Cultures, Enzymes), Red Peppers, Spicy Chipotle Sauce (Red Bell Pepper Puree, Water, Diced Tomatoes (Diced Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Onion, Canola Oil, Red Wine Vinegar, Sugar, Tomato Paste, Sea Salt, Garlic Puree (Garlic, Citric Acid), Chipotle Pepper, Distilled Vinegar, Spices, Xanthan Gum, Garlic Powder, Mustard Seed, Onion Powder, Salt, Natural Smoke Flavor, White Wine, Citric Acid, Tartaric Acid), Mayonnaise (Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains Less Than 2%: Salt, Spice, Lemon Juice Concentrate), Red Onion, Diced Pickled Jalapeno Peppers (Jalapeno peppers, water, vinegar, iodized salt, onions, soybean oil and garlic), Cilantro, Seasoning (Salt, Black Pepper)

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 530 | 25 | 4 | 0 | 20 | 1480 | 65 | 5 | 6 | 1 | 19 | 0 | 255 | 5 | 593 |

HOT FOOD

Ham & Cheddar Croissant

Serving Size: 129g/4.55oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

Plain Croissant (Wheat Flour, Butter, Water, Sugar, Yeast, Wheat Gluten, Salt, Eggs, Dough Conditioner (Ascorbic Acid), Enzyme), Niman Ranch Smoked Ham (Pork, Water, Salt, Less Than 2%: Lemon Juice Concentrate, Vinegar, Turbinado Sugar, Celery Powder, Cherry Powder), Cheddar (Cultured Pasteurized Milk, Salt, Enzymes)

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 410 | 25 | 16 | 0 | 90 | 950 | 30 | 2 | 5 | 5 | 19 | 0 | 180 | 1 | 231 |

Jalapeno Cheddar Croissant

Serving Size: 123g/4.34oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

Plain Croissant (Wheat Flour, Butter, Water, Sugar, Yeast, Wheat Gluten, Salt, Eggs, Dough Conditioner (Ascorbic Acid), Enzyme), Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Diced Pickled Jalapeno Peppers (Jalapeno Peppers, Water, Vinegar, Iodized Salt, Onions, Soybean Oil and Garlic), Crispy Onions (Onions, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sunflower and/or Safflower Oil, Sea Salt)

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 470 | 32 | 19 | 0 | | 670 | 33 | 2 | 4 | 4 | 16 | 0 | 338 | 1 | 115 |

Spinach & Tomato Mac and Cheese

Serving Size: 497g/17.53oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

Classic Mac and Cheese

Serving Size: 459g/16.19oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

HOT FOOD

Pret's Chicken Tikka Masala Grain Bowl

Serving Size: 293g/10.33oz

Recipe is: Vegetarian and Vegan

Common Allergens: Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 390 | 14 | 6 | 0 | 115 | 790 | 31 | 5 | 9 | 4 | 35 | 1 | 51 | 3 | 670 |

Fresh Greens Topper with Yogurt

Serving Size: 71g/2.50oz

Recipe is: Vegetarian and Vegan

Common Allergens: Milk

INGREDIENTS:

Pickled Red Onion (Red Onion, Water, Sugar, Vinegar, Salt), Yogurt (Cultured Pasteurized Milk, Live and Active Cultures (S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei)), Avocados, Limes, Lemon Juice, Cilantro

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 60 | 3 | 0.5 | 0 | 5 | 160 | 8 | 2 | 5 | 3 | 3 | 0 | 31 | 0 | 145 |

SOUPS

Turmeric Chicken & Farro Soup

Recipe is: Vegetarian and Vegan

Common Allergens: Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION - LARGE: 454g/16.01oz

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

NUTRITIONAL INFORMATION - SMALL: 303g/10.68oz

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

Moroccan Lentil Soup

Recipe is: Vegetarian and Vegan

INGREDIENTS:

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

NUTRITIONAL INFORMATION - LARGE: 454g/16.01oz

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

NUTRITIONAL INFORMATION - SMALL: 303g/10.68oz

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

Tomato & Feta Soup

Recipe is: Vegetarian and Vegan

Common Allergens: Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION - LARGE: 454g/16.01oz

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

NUTRITIONAL INFORMATION - SMALL: 303g/10.68oz

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

SOUPS

Super Greens Soup

Recipe is: Vegetarian and Vegan

INGREDIENTS:

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

NUTRITIONAL INFORMATION - LARGE: 454g/16.01oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 200 | 6 | 0 | 0 | 0 | 1650 | 30 | 4 | 6 | 2 | 7 | 0 | 74 | 3 | 352 |

NUTRITIONAL INFORMATION - SMALL: 303g/10.68oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 140 | 3.5 | 0 | 0 | 0 | 1100 | 20 | 2 | 4 | 1 | 5 | 0 | 49 | 2 | 235 |

Roasted Veggie Harvest Soup

Recipe is: Vegetarian and Vegan

INGREDIENTS:

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

NUTRITIONAL INFORMATION - LARGE: 454g/16.01oz

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

NUTRITIONAL INFORMATION - SMALL: 303g/10.69oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 220 | 14 | 2 | 0 | 0 | 900 | 22 | 4 | 7 | 0 | 2 | 0 | 62 | 1 | 544 |

White Chicken Chili

Recipe is: Vegetarian and Vegan

Common Allergens: Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION - LARGE: 454g/16.01oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 550 | 27 | 9 | 0 | 125 | 1140 | 43 | 7 | 5 | 0 | 36 | 0 | 139 | 5 | 1118 |

NUTRITIONAL INFORMATION - SMALL: 303g/10.69oz

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

SOUPS

Croutons, Lemon & Herbs Soup Topper

Serving Size: 18g/0.63oz

Recipe is: Vegetarian and Vegan

Allergens: **Wheat**

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

Chili Yogurt & Herbs Soup Topper

Serving Size: 34g/1.20oz

Recipe is: Vegetarian and Vegan

Allergens: **Milk, Wheat**

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

BAKERY

Almond Croissant

Serving Size: 87g/3.07oz

Recipe is: Vegetarian and Vegan

Common Allergens: Almond, Egg, Milk, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 380 | 21 | 11 | 0.5 | 44 | 220 | 39 | 3 | 12 | 11 | 8 | 0 | 42 | 1 | 138 |

Blueberry Muffin

Serving Size: 128g/4.5oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

Sugar, Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Blueberries, Buttermilk, Eggs, Soybean Oil, Butter [Cream (Milk), Salt], Sour Cream (Cream, Cultures, Lactic Acid, Cultured Nonfat Milk Solids, Citric Acid), Wheat Flour, Contains Less Than 2% of: Cornstarch, Leavening (Baking Soda, Sodium Acid Pyrophosphate, Monocalcium Phosphate), Citrus Fiber, Natural Flavors, Salt, Xanthan Gum. Topping: Sugar, Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter (milk), Natural Flavors.

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 430 | 17 | 6 | 0 | 70 | 380 | 64 | 7 | 36 | 33 | 6 | 0 | 59 | 2 | 91 |

Diamond Bread Roll

Serving Size: 40g/1.41oz

Recipe is: Vegetarian and Vegan

Common Allergens: Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

Chocolate Chunk Cookie

Serving Size: 71g/2.50oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Soy, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

BAKERY

Double Chocolate Pecan Cookie

Serving Size: 71g/2.50oz

Recipe is: Vegetarian and Vegan

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

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

Chocolate Brownie Cookie

Serving Size: 71g/2.50oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Soy, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

Harvest Cookie

Serving Size: 71g/2.50oz

Recipe is: Vegetarian and Vegan

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

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

Pain Au Raisin

Serving Size: 120g/4.23oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

BAKERY

Chocolate Croissant

Serving Size: 87g/3.07oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Soy, Wheat

INGREDIENTS:

Wheat Flour, Butter, Filling (Sugar, Non-hydrogenated Vegetable Oils and Fats (Sunflower, Palm, Palm Kernel), Sweet Chocolate (Lowfat Cocoa, Sugar, Chocolate Liquor, Cacao Fat, Lecithin, Natural Flavor), Corn Starch), Water, Sugar, Dark Chocolate Topping (Sugar, Chocolate Liquor, Cocoa Fat, Soy Lecithin), Yeast, Wheat Gluten, Eggs, Salt, Dough Conditioner (Ascorbic Acid), Enzymes

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 400 | 22 | 13 | 0.5 | 48 | 220 | 43 | 3 | 15 | 15 | 7 | 0 | 27 | 1.1 | 116 |

Plain Croissant

Serving Size: 67g/2.36oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 280 | 16 | 11 | 0.5 | 44 | 300 | 28 | 2 | 4 | 4 | 6 | 0 | 16 | 0.6 | 70 |

Cinnamon Kouign Amann ("queen a-mahn")

Serving Size: 99.22g/3.49oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

Dough: Enriched, Unbleached, Unbromated Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter (Pasteurized Cream, Lactic Acid, Starter Distillate), Water, Yeast, Cane Sugar, Nonfat Milk Powder, Salt, Dough Conditioner (Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Ascorbic Acid, Enzymes), Egg, Ascorbic Acid, Citric Acid. Cinnamon Smear: Brown Sugar (Cane Sugar, Cane Molasses), Powdered Sugar (Cane Sugar, Cornstarch), Water, Pastry Cream (Sugar, Food Starch- Modified, Non Fat Dry Milk, Dextrose, Sweet Cream Powder, Vegetable Fat (Palm, Rapeseed), Sodium Alginate Blend (Sodium Alginate, Calcium Sulfate, Sodium Diphosphate, Sugar and/or Dextrose), Tricalcium Phosphate, Natural Flavor, Colored with Beta Carotene, Salt), Cinnamon, Enriched, Unbleached, Unbromated Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid)

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 330 | 18 | 11 | 0 | 50 | 340 | 43 | 2 | 18 | 16 | 6 | 0 | 46 | 1 | 104 |

Everything Cream Cheese Swirl

Serving Size: 85.05g/3oz

Recipe is: Vegetarian and Vegan

Common Allergens: Wheat, Milk, Egg

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 290 | 18 | 11 | 0 | 50 | 390 | 26 | 1 | 5 | 3 | 6 | 0 | 70 | 1.2 | 90 |

SNACKS

Flourless Chocolate Fudge Cake

Serving Size: 85g/3.00oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Soy

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

Key Lime Cheesecake

Serving Size: 91g/3.21oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 310 | 20 | 12 | 0.5 | 110 | 230 | 27 | 0 | 20 | 19 | 6 | 0 | 49 | 1 | 27 |

Raspberry Cheesecake

Serving Size: 91g/3.21oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 290 | 18 | 11 | 0.5 | 100 | 210 | 27 | 0 | 18 | 17 | 5 | 0 | 50 | 1 | 45 |

Brownie Bite

Serving Size: 43g/1.51oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Soy, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

SNACKS

Mezcla Italian Pistachio Chocolate Bar

Serving Size: 40g/1.40oz

Recipe is: Vegetarian and Vegan

Common Allergens: Almond, Coconut, Hazelnut, Pistachio

INGREDIENTS:

Pea Crisps (pea protein, rice starch), Tapioca Syrup, Organic Dark Chocolate (Organic Cane Sugar, Organic Chocolate Liquor, Organic Cocoa Butter, Organic Vanilla Powder), Vegetable Glycerine, Almond Butter, Quinoa Crisps (Quinoa), Prebiotic Soluble Tapioca Fiber, Tapioca Fiber, Pistachios, Pea Protein, Coconut Oil, Vanilla Extract, Natural Flavor, Sea Salt, Hazelnuts.

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (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 | 6 | 2.5 | 0 | 0 | 150 | 19 | 3 | 5 | 4 | 10 | 0 | 79 | 3 | 67 |

Mezcla Mexican Hot Chocolate Bar

Serving Size: 40g/1.40oz

Recipe is: Vegetarian and Vegan

Common Allergens: Coconut

INGREDIENTS:

Pea Crisps (pea protein, rice starch), Organic Dark Chocolate (Organic Cane Sugar, Organic Chocolate Liquor, Organic Cocoa Butter, Organic Vanilla Powder), Tapioca Syrup, Sunflower Seed Butter, Vegetable Glycerine, Pea Protein, Organic Quinoa Crisps (Organic Quinoa), Prebiotic Soluble Tapioca Fiber, Tapioca Syrup Solids, Coconut Oil, Tapioca Fiber, Unsweetened Chocolate, Cocoa Powder, Sea Salt, Cinnamon, Natural Flavor, Vanilla Extract, Chipotle Pepper.

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 170 | 7 | 3 | 0 | 0 | 190 | 19 | 3 | 5 | 5 | 11 | 0 | 69 | 4 | 70 |

Michel & Augustin Milk Chocolate Caramel Cookie Squares

Serving Size: 38g/1.34oz

Recipe is: Vegetarian and Vegan

Common Allergens: Milk, Soy, Wheat

INGREDIENTS:

Unbleached wheat flour, invert sugar syrup, butter, brown cane sugar, milk chocolate (sugar, concentrated butter, chocolate liquor, low fat cocoa powder, dry whole milk, non-fat dry milk, cocoa butter), sugar, sweetened condensed milk, cocoa butter, sunflower oil, dry whole milk, sea salt, natural flavors, aromatic caramel (sugar, water), soy lecithin, salt, pectin.

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 180 | 8 | 6 | 0 | 15 | 100 | 25 | 1 | 14 | 14 | 2 | 0 | 20 | 0.9 | 0 |

Peeled Snacks Organic Dried Mango

Serving Size: 35g/1.23oz

Recipe is: Vegetarian and Vegan

INGREDIENTS:

Organic mangoes.

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 110 | 0 | 0 | 0 | 0 | 0 | 25 | 2 | 18 | 0 | 2 | 0 | 20 | 1.5 | 240 |

SNACKS

Dark Chocolate with Sea Salt Bar

Serving Size: 25g/0.88oz

Recipe is: Vegetarian and Vegan

Common Allergens: Soy

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

Marvelous Milk Chocolate Bar

Serving Size: 25g/0.88oz

Recipe is: Vegetarian and Vegan

Common Allergens: Milk, Soy

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

Chocolove Rich Dark Chocolate

Serving Size: 37g/1.30oz

Recipe is: Vegetarian and Vegan

Common Allergens: Soy

INGREDIENTS:

Cocoa Liquor, Sugar, Cocoa Butter, Soy Lecithin and/or Sunflower Lecithin, Vanilla.

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (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 | 15 | 9 | 0 | 0 | 0 | 19 | 4 | 12 | 12 | 23 | 0.7 | 10 | 6 | 240 |

Chocolove Toffee & Almonds in Milk Chocolate

Serving Size: 37g/1.30oz

Recipe is: Vegetarian and Vegan

Common Allergens: Almonds, Milk, Soy

INGREDIENTS:

Milk Chocolate (Sugar, Cocoa Butter, Milk, Cocoa Liquor, Soy Lecithin and/or Sunflower Lecithin, Vanilla), Toffee (Butter (Cream, Salt), Sugar, Almonds, Sunflower Lecithin, Salt), Organic Butter Oil.

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 190 | 12 | 7 | 0 | 10 | 35 | 21 | 1 | 19 | 17 | 2 | 0.4 | 50 | 1.4 | 130 |

Raw Almonds

Serving Size: 35g/1.23oz

Recipe is: Vegetarian and Vegan

Common Allergens: Almond

INGREDIENTS: Almonds

NUTRITIONAL INFORMATION:

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

SNACKS

| | | | | | | | | | | | | | | |
|-----|----|---|---|---|---|---|---|---|---|---|---|----|---|-----|
| 150 | 16 | 1 | 0 | 0 | 0 | 7 | 4 | 1 | 0 | 7 | 0 | 75 | 1 | 210 |
|-----|----|---|---|---|---|---|---|---|---|---|---|----|---|-----|

Omega-3 Mix

Serving Size: 35g/1.23oz

Recipe is: Vegetarian and Vegan

Common Allergens: Almond, Walnut, Pecan, Pistachio

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

Dark Chocolate Almonds

Serving Size: 42g/1.48oz

Recipe is: Vegetarian and Vegan

Common Allergens: Almond, Milk, Soy

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

Angie's BOOMCHICKAPOP Sweet and Salty Kettle Corn

Serving Size: 28g/1oz

Recipe is: Vegetarian and Vegan

INGREDIENTS:

Popcorn, Popcorn, Non-GMO Sunflower Oil and/or Non-GMO Canola Oil, Cane Sugar, Sea Salt.

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 140 | 8 | 0.5 | 0 | 0 | 110 | 18 | 2 | 8 | 8 | 1 | 0 | 0 | 0 | 0 |

Angie's BOOMCHICKAPOP Sea Salt Popcorn

Serving Size: 17g/0.6oz

Recipe is: Vegetarian and Vegan

INGREDIENTS:

Popcorn, Popcorn, Non-GMO Sunflower Oil and/or Non-GMO Canola Oil, Sea Salt.

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 100 | 6 | 0.5 | 0 | 0 | 90 | 10 | 1 | 0 | 0 | 1 | 0 | 0 | 0 | 0 |

SNACKS

Simply Sea Salt Chips

Serving Size: 57g/2oz

Recipe is: Vegetarian and Vegan

INGREDIENTS:

Non-GMO Potatoes, Vegetable Oil, Sea Salt

NUTRITIONAL INFORMATION:

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

Sea Salt & Vinegar Chips

Serving Size: 57g/2oz

Recipe is: Vegetarian and Vegan

INGREDIENTS:

Non-GMO Potatoes, Vegetable Oil, Maltodextrin, Salt, White Distilled Vinegar, Sugar, Yeast Extract, Citric Acid, Malic Acid

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 290 | 16 | 2 | 0 | 0 | 330 | 34 | 2 | 3 | 0 | 3 | 0 | 0 | 0.5 | 560 |

Sweet Maui Onion Chips

Serving Size: 57g/2oz

Recipe is: Vegetarian and Vegan

INGREDIENTS:

Non-GMO Potatoes, Vegetable Oil, Sugar, Onion Powder, Salt, Yeast Extract, Natural Flavor, Garlic Powder, Citric Acid, Maui Onion Powder

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 290 | 16 | 2 | 0 | 0 | 280 | 34 | 2 | 5 | 2 | 3 | 0 | 0 | 0.6 | 580 |

Honey BBQ Chips

Serving Size: 57g/2oz

Recipe is: Vegetarian and Vegan

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 290 | 16 | 2 | 0 | 0 | 290 | 34 | 2 | 5 | 0 | 3 | 0 | 0 | 0.6 | 570 |

Chili Lime Fuego Chips

Serving Size: 57g/2oz

Recipe is: Vegetarian and Vegan

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 290 | 16 | 2 | 0 | 0 | 330 | 34 | 2 | 3 | 0 | 3 | 0 | 0 | 0.6 | 570 |

COFFEE AND TEA

Americano

Recipe is: Vegetarian and Vegan

INGREDIENTS:

Water, Espresso

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

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

Cappuccino

Recipe is: Vegetarian and Vegan

Common Allergens: Milk

INGREDIENTS:

Milk, Espresso

NUTRITIONAL INFORMATION: Serving Size: 12 fl oz

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

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

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

NUTRITIONAL INFORMATION: Serving Size: 20 fl oz

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

Chai Latte

Recipe is: Vegetarian and Vegan

Common Allergens: Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 12 fl oz

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

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

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

NUTRITIONAL INFORMATION: Serving Size: 20 fl oz

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

COFFEE AND TEA

Cold Brew

Recipe is: Vegetarian and Vegan

INGREDIENTS:

Speak to Barista / see packaging

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 0 | 0.0 | 0.0 | 0.0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 14 | 0 | 172 |

NUTRITIONAL INFORMATION: Serving Size: 24 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 0 | 0.0 | 0.0 | 0.0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 24 | 0 | 288 |

Espresso

Recipe is: Vegetarian and Vegan

INGREDIENTS:

Espresso

NUTRITIONAL INFORMATION: Serving Size: 2 fl oz

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

Filter Coffee

Recipe is: Vegetarian and Vegan

INGREDIENTS:

Coffee

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

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

Flat White

Recipe is: Vegetarian and Vegan

Common Allergens: Milk

INGREDIENTS:

Milk, Espresso

NUTRITIONAL INFORMATION: Serving Size: 12 fl oz

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

COFFEE AND TEA

Herbal Teas

Recipe is: Vegetarian and Vegan

INGREDIENTS:

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

Earl Gray: Black Tea, Calendula Petals, Bergamot

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

Peppermint: Peppermint, Spearmint

English Breakfast: Black Tea

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

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

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

Hot Chocolate

Recipe is: Vegetarian and Vegan

Common Allergens: Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 200 | 1.5 | 1 | 0.0 | 5 | 160 | 29 | 0 | 26 | 12 | 13 | 3 | 402 | 3 | 878 |

NUTRITIONAL INFORMATION: Serving Size: 20 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 260 | 2 | 1 | 0.0 | 5 | 180 | 37 | 0 | 33 | 17 | 13 | 3 | 460 | 4 | 1150 |

Iced Americano

Recipe is: Vegetarian and Vegan

INGREDIENTS:

Water, Espresso

NUTRITIONAL INFORMATION: Serving Size: 16/24 fl oz

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

COFFEE AND TEA

Iced Chai Latte

Recipe is: Vegetarian and Vegan

Common Allergens: Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

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

NUTRITIONAL INFORMATION: Serving Size: 24 fl oz

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

Iced Chocolate Chai

Recipe is: Vegetarian and Vegan

Common Allergens: Milk

INGREDIENTS:

Skim Milk (Organic Pasteurized Fat Free Milk, Vitamin A, Vitamin D), Chai Syrup (Infusion (Water, Black Tea, Cinnamon, Cardamom, Black Pepper, Ginger), Evaporated Cane Juice, Blackstrap Molasses, Lemon Juice), Chocolate Powder (Organic Evaporated Sugar Cane Juice, Organic Cocoa Powder—Processed with Alkali, Organic Dark chocolate (Organic Chocolate Liquor, Organic Evaporated Sugar Cane Juice, Organic Cocoa Powder))

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 250 | 1.5 | 1 | 0.0 | 5 | 130 | 42 | 0 | 39 | 28 | 11 | 3 | 334 | 4 | 798 |

NUTRITIONAL INFORMATION: Serving Size: 24 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 340 | 2 | 1 | 0.0 | 5 | 170 | 58 | 0 | 54 | 39 | 15 | 4 | 447 | 6 | 1135 |

Iced Coffee

Recipe is: Vegetarian and Vegan

INGREDIENTS:

Coffee

NUTRITIONAL INFORMATION: Serving Size: 16/24 fl oz

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

Iced Latte

Recipe is: Vegetarian and Vegan

Common Allergens: Milk

INGREDIENTS:

Milk, Espresso

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

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

COFFEE AND TEA

NUTRITIONAL INFORMATION: Serving Size: 24 fl oz

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

Iced Mocha

Recipe is: Vegetarian and Vegan

Common Allergens: Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 170 | 1.5 | 1 | 0.0 | 5 | 110 | 24 | 0 | 22 | 12 | 10 | 2 | 290 | 3 | 747 |

NUTRITIONAL INFORMATION: Serving Size: 24 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 260 | 2 | 1 | 0.0 | 10 | 180 | 38 | 0 | 34 | 17 | 15 | 4 | 472 | 4 | 1164 |

Iced Teas

Recipe is: Vegetarian and Vegan

INGREDIENTS:

Iced Black Tea: Organic Black Tea

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

NUTRITIONAL INFORMATION: Serving Size: 16/24 fl oz

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

Latte

Recipe is: Vegetarian and Vegan

Common Allergens: Milk

INGREDIENTS:

Milk, Espresso

NUTRITIONAL INFORMATION: Serving Size: 12 fl oz

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

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

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

NUTRITIONAL INFORMATION: Serving Size: 20 fl oz

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

COFFEE AND TEA

Macchiato

Recipe is: Vegetarian and Vegan

Common Allergens: Milk

INGREDIENTS:

Milk, Espresso

NUTRITIONAL INFORMATION: Serving Size: 4 fl oz

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

Mocha

Recipe is: Vegetarian and Vegan

Common Allergens: Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 12 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 120 | 0.5 | 0.0 | 0.0 | 5 | 105 | 17 | 0 | 15 | 6 | 8 | 2 | 270 | 1 | 519 |

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 170 | 1.5 | 1 | 0.0 | 5 | 120 | 25 | 0 | 22 | 12 | 10 | 2 | 309 | 3 | 769 |

NUTRITIONAL INFORMATION: Serving Size: 20 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 230 | 2 | 1 | 0.0 | 5 | 135 | 33 | 0 | 30 | 17 | 12 | 3 | 360 | 4 | 1033 |

Pumpkin Pie Latte

Recipe is: Vegetarian and Vegan

Common Allergens: Milk

INGREDIENTS:

Skim Milk (Organic Pasteurized Fat Free Milk, Vitamin A, Vitamin D), Pumpkin Puree (Sugar, Water, Pumpkin Puree, Natural Flavors, Xanthan Gum, Spices, Citric Acid), Espresso (Water, Coffee Beans), Classic Whipped Cream (Organic Cream, Organic Non-Fat Milk, Organic Cane Sugar, Organic Vanilla Flavouring, Sorbitan Monostearate, Carrageenan, Dextrose and nitrous oxide as whipping propellant), Ground Cinnamon

NUTRITIONAL INFORMATION: Serving Size: 12 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 210 | 3 | 2 | 0.0 | 15 | 130 | 33 | 0 | 30 | 18 | 9 | 3 | 340 | 0 | 396 |

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 270 | 3 | 2 | 0.0 | 15 | 160 | 45 | 0 | 40 | 26 | 11 | 3 | 411 | 0 | 479 |

NUTRITIONAL INFORMATION: Serving Size: 20 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 330 | 3 | 2 | 0.0 | 20 | 190 | 57 | 0 | 51 | 34 | 14 | 4 | 490 | 0 | 571 |

COFFEE AND TEA

Chocolate Chai

Recipe is: Vegetarian and Vegan

Common Allergens: Milk

INGREDIENTS:

Skim Milk (Organic Pasteurized Fat Free Milk, Vitamin A, Vitamin D), Chai Syrup (Infusion (Water, Black Tea, Cinnamon, Cardamom, Black Pepper, Ginger), Evaporated Cane Juice, Blackstrap Molasses, Lemon Juice), Chocolate Powder (Organic Evaporated Sugar Cane Juice, Organic Cocoa Powder—Processed with Alkali, Organic Dark chocolate (Organic Chocolate Liquor, Organic Evaporated Sugar Cane Juice, Organic Cocoa Powder)), Classic Whipped Cream (Organic Cream, Organic Non-Fat Milk, Organic Cane Sugar, Organic Vanilla Flavouring, Sorbitan Monostearate, Carrageenan, Dextrose and nitrous oxide as whipping propellant)

NUTRITIONAL INFORMATION: Serving Size: 12 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 220 | 3.5 | 2.5 | 0.0 | 15 | 130 | 32 | 0 | 30 | 18 | 10 | 3 | 348 | 3 | 614 |

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 310 | 4.5 | 3 | 0.0 | 15 | 160 | 47 | 0 | 44 | 30 | 13 | 3 | 418 | 4 | 900 |

NUTRITIONAL INFORMATION: Serving Size: 20 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 390 | 5 | 3 | 0.0 | 15 | 180 | 61 | 0 | 57 | 41 | 15 | 4 | 476 | 6 | 1172 |

Caramel Apple Latte

Recipe is: Vegetarian and Vegan

Common Allergens: Milk

INGREDIENTS:

Skim Milk (Organic Pasteurized Fat Free Milk, Vitamin A, Vitamin D), Caramel Apple Syrup (Pure Cane Sugar, Water, Natural Flavors, Sea Salt, Organic Cinnamon), Espresso (Water, Coffee Beans), Classic Whipped Cream (Organic Cream, Organic Non-Fat Milk, Organic Cane Sugar, Organic Vanilla Flavouring, Sorbitan Monostearate, Carrageenan, Dextrose and nitrous oxide as whipping propellant), Ground Cinnamon

NUTRITIONAL INFORMATION: Serving Size: 12 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 220 | 3 | 2 | 0.0 | 15 | 150 | 35 | 0 | 32 | 19 | 10 | 3 | 365 | 0 | 425 |

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 280 | 3 | 2 | 0.0 | 15 | 180 | 46 | 0 | 43 | 28 | 12 | 3 | 427 | 0 | 498 |

NUTRITIONAL INFORMATION: Serving Size: 20 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 330 | 3 | 2 | 0.0 | 20 | 220 | 58 | 0 | 54 | 36 | 14 | 4 | 490 | 0 | 571 |

Spiced Apple Iced Green Tea

Recipe is: Vegetarian and Vegan

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

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

COFFEE AND TEA

| | | | | | | | | | | | | | | |
|-----|---|---|---|---|----|----|---|----|----|---|---|---|---|---|
| 140 | 0 | 0 | 0 | 0 | 30 | 35 | 0 | 34 | 34 | 0 | 0 | 0 | 0 | 0 |
|-----|---|---|---|---|----|----|---|----|----|---|---|---|---|---|

NUTRITIONAL INFORMATION: Serving Size: 24 fl oz

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

Spiced Apple Iced Black Tea

Recipe is: Vegetarian and Vegan

INGREDIENTS:

Iced Black Tea: Organic Black Tea

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

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

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

NUTRITIONAL INFORMATION: Serving Size: 24 fl oz

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

Spiced Apple Green Tea

Recipe is: Vegetarian and Vegan

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 12 fl oz

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

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

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

NUTRITIONAL INFORMATION: Serving Size: 20 fl oz

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

Spiced Apple Breakfast Tea

Recipe is: Vegetarian and Vegan

INGREDIENTS:

English Breakfast: Black Tea

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

NUTRITIONAL INFORMATION: Serving Size: 12 fl oz

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

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

COFFEE AND TEA

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

NUTRITIONAL INFORMATION: Serving Size: 20 fl oz

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

Iced Caramel Apple Crisp Latte

Recipe is: Vegetarian and Vegan

Common Allergens: Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

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

NUTRITIONAL INFORMATION: Serving Size: 24 fl oz

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

Salted Caramel Latte

Recipe is: Vegetarian and Vegan

Common Allergens: Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

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

NUTRITIONAL INFORMATION: Serving Size: 20 fl oz

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

Salted Caramel Hot Chocolate

Recipe is: Vegetarian and Vegan

Common Allergens: Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

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

COFFEE AND TEA

NUTRITIONAL INFORMATION: Serving Size: 20 fl oz

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

Organic Cold Brew Concentrate 3:1

Recipe is: Vegetarian and Vegan

Common Allergens:

INGREDIENTS:

Water, Coffee

NUTRITIONAL INFORMATION: Serving Size: 12 fl oz

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

Pumpkin Puree

Recipe is: Vegetarian and Vegan

Common Allergens:

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 1 fl oz

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

Vanilla Syrup

Recipe is: Vegetarian and Vegan

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 1 fl oz

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

Cane Syrup

Recipe is: Vegetarian and Vegan

INGREDIENTS:

Pure Cane Sugar, Water

NUTRITIONAL INFORMATION: Serving Size: 1 fl oz

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

Caramel Syrup

Recipe is: Vegetarian and Vegan

INGREDIENTS:

Pure Cane Syrup, Water, Natural Flavors, Citric Acid

NUTRITIONAL INFORMATION: Serving Size: 1 fl oz

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

COFFEE AND TEA

Hazelnut Syrup

Recipe is: Vegetarian and Vegan

Common Allergens: Hazelnut

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 1 fl oz

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

Pumpkin Spice Syrup

Recipe is: Vegetarian and Vegan

Common Allergens:

INGREDIENTS:

Pure Cane Sugar, Water, Natural Flavors, Caramel

NUTRITIONAL INFORMATION: Serving Size: 1 fl oz

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

Caramel Apple Butter Syrup

Recipe is: Vegetarian and Vegan

Common Allergens:

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 1 fl oz

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

Salted Caramel Syrup

Recipe is: Vegetarian and Vegan

Common Allergens:

INGREDIENTS:

Pure Cane Sugar, Water, Natural Flavors, Salt

NUTRITIONAL INFORMATION: Serving Size: 1 fl oz

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

Classic Whipped Cream

Recipe is: Vegetarian and Vegan

Common Allergens: Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 2

Tbsp

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

BARISTA MILKS & MILK ALTERNATIVES

Skim Milk

Recipe is: Vegetarian and Vegan

Common Allergens: Milk

INGREDIENTS:

Organic Pasteurized Fat Free Milk, Vitamin A, Vitamin D

NUTRITIONAL INFORMATION: Serving Size: 8 fl oz

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

Whole Milk

Recipe is: Vegetarian and Vegan

Common Allergens: Milk

INGREDIENTS:

Organic Pasteurized Whole Milk and Vitamin D

NUTRITIONAL INFORMATION: Serving Size: 8 fl oz

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

Almond Milk

Recipe is: Vegetarian and Vegan

Common Allergens: Almond

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 8 fl oz

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

Oat Milk

Recipe is: Vegetarian and Vegan

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 8 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 130 | 7.0 | 0.5 | 0.0 | 0 | 115 | 13 | 0 | 4 | 4 | 2 | 0 | 270 | 0 | 370 |

Half and Half

Recipe is: Vegetarian and Vegan

Common Allergens: Milk

INGREDIENTS:

Organic Pasteurized Milk, Organic Pasteurized Heavy Cream

NUTRITIONAL INFORMATION: Serving Size: 1 fl oz

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

COLD DRINKS

Coke

Recipe is: Vegetarian and Vegan

INGREDIENTS:

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

NUTRITIONAL INFORMATION: 12 fl oz CAN

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

NUTRITIONAL INFORMATION: 20 fl oz BOTTLE

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

Diet Coke

Recipe is: Vegetarian and Vegan

INGREDIENTS:

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

NUTRITIONAL INFORMATION: 12 fl oz CAN

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

NUTRITIONAL INFORMATION: 20 fl oz BOTTLE

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

Coke Zero

Recipe is: Vegetarian and Vegan

INGREDIENTS:

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

NUTRITIONAL INFORMATION: 12 fl oz CAN

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

NUTRITIONAL INFORMATION: 20 fl oz BOTTLE

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

COLD DRINKS – JUICE SHOTS

Cayenne Shot

Serving Size: 3.70 fl oz

Recipe is: Vegetarian and Vegan

INGREDIENTS:

Apple, Orange, Lemon, Turmeric, Ginger, Cayenne Pepper, Ascorbic Acid.

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 60 | 0 | 0 | 0 | 0 | 10 | 14 | 2 | 8 | 0 | 1 | 0 | 12 | 0.3 | 220 |

Ginger Shot

Serving Size: 3.70 fl oz

Recipe is: Vegetarian and Vegan

INGREDIENTS:

Apple Juice, Ginger Juice, Ascorbic Acid

NUTRITIONAL INFORMATION:

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

COLD DRINKS

Lemonade

Recipe is: Vegetarian and Vegan

INGREDIENTS:

Water, Lemonade Concentrate (Cane Sugar, Water, Lemon Juice Concentrate), Lemon

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

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

NUTRITIONAL INFORMATION: Serving Size: 24 fl oz

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

Blueberry Lemonade

Recipe is: Vegetarian and Vegan

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 160 | 0 | 0 | 0 | 0 | 15 | 39 | 0 | 37 | 35 | 0 | 0 | 18 | 0 | 2 |

NUTRITIONAL INFORMATION: Serving Size: 24 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 250 | 0 | 0 | 0 | 0 | 25 | 61 | 0 | 58 | 56 | 0 | 0 | 26 | 0 | 2 |

Iced Blueberry Black Tea

Recipe is: Vegetarian and Vegan

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 35 | 0 | 0 | 0 | 0 | 20 | 9 | 0 | 8 | 7 | 0 | 0 | 15 | 0 | 2 |

NUTRITIONAL INFORMATION: Serving Size: 24 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 35 | 0 | 0 | 0 | 0 | 30 | 9 | 0 | 8 | 7 | 0 | 0 | 22 | 0 | 2 |

COLD DRINKS

Iced Blueberry Green Tea

Recipe is: Vegetarian and Vegan

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 35 | 0 | 0 | 0 | 0 | 20 | 9 | 0 | 8 | 7 | 0 | 0 | 15 | 0 | 2 |

NUTRITIONAL INFORMATION: Serving Size: 24 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 35 | 0 | 0 | 0 | 0 | 30 | 9 | 0 | 8 | 7 | 0 | 0 | 22 | 0 | 2 |

Guava Lemonade

Recipe is: Vegetarian and Vegan

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 160 | 0 | 0 | 0 | 0 | 0 | 40 | 0 | 38 | 29 | 0 | 0 | 7 | 0 | 2 |

NUTRITIONAL INFORMATION: Serving Size: 24 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 250 | 0 | 0 | 0 | 0 | 0 | 61 | 0 | 59 | 49 | 0 | 0 | 10 | 0 | 2 |

Iced Guava Black Tea

Recipe is: Vegetarian and Vegan

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 40 | 0 | 0 | 0 | 0 | 0 | 10 | 0 | 9 | 0 | 0 | 0 | 3 | 0 | 2 |

NUTRITIONAL INFORMATION: Serving Size: 24 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 40 | 0 | 0 | 0 | 0 | 0 | 10 | 0 | 9 | 0 | 0 | 0 | 3 | 0 | 2 |

COLD DRINKS

Iced Guava Green Tea

Recipe is: Vegetarian and Vegan

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 40 | 0 | 0 | 0 | 0 | 0 | 10 | 0 | 9 | 0 | 0 | 0 | 3 | 0 | 2 |

NUTRITIONAL INFORMATION: Serving Size: 24 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 40 | 0 | 0 | 0 | 0 | 0 | 10 | 0 | 9 | 0 | 0 | 0 | 3 | 0 | 2 |

Mango Dragon Fruit Lemonade

Recipe is: Vegetarian and Vegan

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 160 | 0 | 0 | 0 | 0 | 0 | 40 | 0 | 38 | 36 | 0 | 0 | 4 | 0 | 242 |

NUTRITIONAL INFORMATION: Serving Size: 24 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 250 | 0 | 0 | 0 | 0 | 0 | 61 | 0 | 59 | 57 | 0 | 0 | 7 | 0 | 242 |

Iced Mango Dragon Fruit Black Tea

Recipe is: Vegetarian and Vegan

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 40 | 0 | 0 | 0 | 0 | 0 | 10 | 0 | 9 | 7 | 0 | 0 | 0 | 0 | 242 |

NUTRITIONAL INFORMATION: Serving Size: 24 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 40 | 0 | 0 | 0 | 0 | 0 | 10 | 0 | 9 | 7 | 0 | 0 | 0 | 0 | 242 |

COLD DRINKS

Iced Mango Dragon Fruit Green Tea

Recipe is: Vegetarian and Vegan

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 40 | 0 | 0 | 0 | 0 | 0 | 10 | 0 | 9 | 7 | 0 | 0 | 3 | 0 | 242 |

NUTRITIONAL INFORMATION: Serving Size: 24 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 40 | 0 | 0 | 0 | 0 | 0 | 10 | 0 | 9 | 7 | 0 | 0 | 3 | 0 | 242 |

Iced Sunshine Black Tea

Recipe is: Vegetarian and Vegan

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 70 | 0 | 0 | 0 | 0 | 0 | 17 | 0 | 17 | 16 | 0 | 0 | 3 | 0 | 2 |

NUTRITIONAL INFORMATION: Serving Size: 24 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 70 | 0 | 0 | 0 | 0 | 0 | 17 | 0 | 17 | 16 | 0 | 0 | 3 | 0 | 2 |

Iced Sunshine Green Tea

Recipe is: Vegetarian and Vegan

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 70 | 0 | 0 | 0 | 0 | 0 | 17 | 0 | 17 | 16 | 0 | 0 | 3 | 0 | 2 |

NUTRITIONAL INFORMATION: Serving Size: 24 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 70 | 0 | 0 | 0 | 0 | 0 | 17 | 0 | 17 | 16 | 0 | 0 | 3 | 0 | 2 |

COLD DRINKS

Iced Guava Sunshine Black Tea

Recipe is: Vegetarian and Vegan

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 110 | 0 | 0 | 0 | 0 | 0 | 27 | 0 | 25 | 16 | 0 | 0 | 6 | 0 | 2 |

NUTRITIONAL INFORMATION: Serving Size: 24 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 110 | 0 | 0 | 0 | 0 | 0 | 27 | 0 | 25 | 16 | 0 | 0 | 6 | 0 | 2 |

Iced Guava Sunshine Green Tea

Recipe is: Vegetarian and Vegan

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 110 | 0 | 0 | 0 | 0 | 0 | 27 | 0 | 25 | 16 | 0 | 0 | 6 | 0 | 2 |

NUTRITIONAL INFORMATION: Serving Size: 24 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 110 | 0 | 0 | 0 | 0 | 0 | 27 | 0 | 25 | 16 | 0 | 0 | 6 | 0 | 2 |

Iced Blueberry Sunshine Black Tea

Recipe is: Vegetarian and Vegan

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 110 | 0 | 0 | 0 | 0 | 15 | 26 | 0 | 25 | 23 | 0 | 0 | 17 | 0 | 2 |

NUTRITIONAL INFORMATION: Serving Size: 24 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 110 | 0 | 0 | 0 | 0 | 25 | 26 | 0 | 25 | 23 | 0 | 0 | 23 | 0 | 2 |

COLD DRINKS

Iced Blueberry Sunshine Green Tea

Recipe is: Vegetarian and Vegan

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 110 | 0 | 0 | 0 | 0 | 15 | 26 | 0 | 25 | 23 | 0 | 0 | 17 | 0 | 2 |

NUTRITIONAL INFORMATION: Serving Size: 24 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 110 | 0 | 0 | 0 | 0 | 25 | 26 | 0 | 25 | 23 | 0 | 0 | 23 | 0 | 2 |

Iced Dragon Fruit Sunshine Black Tea

Recipe is: Vegetarian and Vegan

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 110 | 0 | 0 | 0 | 0 | 0 | 27 | 0 | 26 | 24 | 0 | 0 | 3 | 0 | 242 |

NUTRITIONAL INFORMATION: Serving Size: 24 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 110 | 0 | 0 | 0 | 0 | 0 | 27 | 0 | 26 | 24 | 0 | 0 | 3 | 0 | 242 |

Iced Dragon Fruit Sunshine Green Tea

Recipe is: Vegetarian and Vegan

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 110 | 0 | 0 | 0 | 0 | 0 | 27 | 0 | 26 | 24 | 0 | 0 | 3 | 0 | 242 |

NUTRITIONAL INFORMATION: Serving Size: 24 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 110 | 0 | 0 | 0 | 0 | 0 | 27 | 0 | 26 | 24 | 0 | 0 | 3 | 0 | 242 |

COLD DRINKS

Iced Chocolate

Recipe is: Vegetarian and Vegan

Common Allergens: Milk

INGREDIENTS:

Skim Milk (Organic Pasteurized Fat Free Milk, Vitamin A, Vitamin D), Chocolate Powder (Organic Evaporated Sugar Cane Juice, Organic Cocoa Powder—Processed with Alkali, Organic Dark chocolate (Organic Chocolate Liquor, Organic Evaporated Sugar Cane Juice, Organic Cocoa Powder))

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 180 | 1.5 | 1 | 0 | 5 | 130 | 26 | 0 | 23 | 12 | 11 | 3 | 334 | 3 | 798 |

NUTRITIONAL INFORMATION: Serving Size: 24 fl oz

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 250 | 2 | 1 | 0 | 5 | 170 | 37 | 0 | 33 | 17 | 15 | 4 | 448 | 4 | 1135 |

Strawberry Lemonade

Serving Size: 13.50 fl oz

Recipe is: Vegetarian and Vegan

INGREDIENTS:

Water, Lemon Juice, Sugar, Strawberry Puree

NUTRITIONAL INFORMATION:

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

Classic Lemonade

Serving Size: 13.50 fl oz

Recipe is: Vegetarian and Vegan

INGREDIENTS:

Water, Lemon Juice, Sugar

NUTRITIONAL INFORMATION:

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

Daily Greens Cold Pressed Juice

Serving Size: 13.45 fl oz

Recipe is: Vegetarian and Vegan

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

COLD DRINKS

Super Reds Cold Pressed Juice

Serving Size: 13.45 fl oz

Recipe is: Vegetarian and Vegan

INGREDIENTS:

Apple, Strawberry, Acai, Raspberry, Ascorbic Acid

NUTRITIONAL INFORMATION:

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

Pink Grapefruit Juice

Serving Size: 8.45 fl oz

Recipe is: Vegetarian and Vegan

INGREDIENTS:

Grapefruit Juice

NUTRITIONAL INFORMATION:

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

Orange Juice

Serving Size: 8.45 fl oz

Recipe is: Vegetarian and Vegan

INGREDIENTS:

Orange Juice

NUTRITIONAL INFORMATION:

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

Pressed – Wellness Shot

Serving Size: 2 fl oz

Recipe is: Vegetarian and Vegan

INGREDIENTS:

Ginger Juice, Lemon Juice, Ground Cayenne Pepper

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 5 | 0 | 0 | 0 | 0 | 0 | 2 | 0 | 1 | 0 | 0 | 0 | 0 | 0.1 | 150 |

Pressed – Immunity Shot

Serving Size: 2 fl oz

Recipe is: Vegetarian and Vegan

INGREDIENTS:

Orange Juice, Turmeric Juice, Ginger Juice, Lemon Juice, Vitamin C (Ascorbic Acid), Camu Camu, Zinc Gluconate, Cultures (Tapioca Starch, Bacillus Coagulans), Black Pepper

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 25 | 0 | 0 | 0 | 0 | 0 | 5 | 0 | 4 | 0 | 0 | 0 | 10 | 0.1 | 150 |

COLD DRINKS

Pressed – Greens 3 Juice

Serving Size: 12 fl oz

Recipe is: Vegetarian and Vegan

INGREDIENTS:

Apple Juice, Cucumber Juice, Celery Juice, Lemon Juice, Spinach Juice, Ginger Juice, Kale Juice, Parsley

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (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 | 65 | 25 | 0 | 21 | 0 | 1 | 0 | 30 | 0.6 | 530 |

Pressed – Roots 3 Juice

Serving Size: 12 fl oz

Recipe is: Vegetarian and Vegan

INGREDIENTS:

Apple Juice, Lemon Juice, Ginger Juice, Beet Juice

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 150 | 0 | 0 | 0 | 0 | 65 | 37 | 0 | 31 | 0 | 1 | 0 | 0 | 0.5 | 480 |

Perricone – Grapefruit Juice

Serving Size: 12 fl oz

Recipe is: Vegetarian and Vegan

INGREDIENTS:

Grapefruit Juice

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 150 | 0 | 0 | 0 | 0 | 5 | 35 | 0 | 33 | 0 | 1 | 0 | 30 | 0.7 | 600 |

Perricone – Lemonade

Serving Size: 12 fl oz

Recipe is: Vegetarian and Vegan

INGREDIENTS:

Filtered Water, Lemon Juice, Pure Cane Sugar

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 180 | 0.5 | 0 | 0 | 0 | 15 | 45 | 0 | 42 | 41 | 0 | 0 | 20 | 0 | 70 |

Perricone – Orange Juice

Serving Size: 12 fl oz

Recipe is: Vegetarian and Vegan

INGREDIENTS:

Orange Juice

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 170 | 0.5 | 0 | 0 | 0 | 5 | 39 | 0 | 32 | 0 | 2 | 0 | 40 | 0.7 | 730 |

COLD DRINKS

Perricone – Strawberry Lemonade

Serving Size: 12 fl oz

Recipe is: Vegetarian and Vegan

INGREDIENTS:

Filtered Water, Lemon Juice, Pure Cane Sugar, Strawberry Puree

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 210 | 0 | 0 | 0 | 0 | 15 | 53 | 0 | 51 | 42 | 0 | 0 | 20 | 0.4 | 80 |

Lemon Spindrift Sparkling Water

Serving Size: 12 fl oz

Recipe is: Vegetarian and Vegan

INGREDIENTS:

Carbonated Water, Lemon Juice

NUTRITIONAL INFORMATION:

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

Pineapple Spindrift Sparkling Water

Serving Size: 12 fl oz

Recipe is: Vegetarian and Vegan

INGREDIENTS:

Carbonated water, pineapple juice, citric acid

NUTRITIONAL INFORMATION:

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

Lime Spindrift Sparkling Water

Serving Size: 12 fl oz

Recipe is: Vegetarian and Vegan

INGREDIENTS:

Carbonated water, lime juice

NUTRITIONAL INFORMATION:

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

Culture Pop Soda – Ginger Lemon & Turmeric

Serving Size: 12 fl oz

Recipe is: Vegetarian and Vegan

INGREDIENTS:

Carbonated Filtered Water, Organic Juice Blend from Concentrate (White Grape, Lemon), Natural Flavor, Organic Ground Coriander, Citric Acid, Sea Salt, Opti-Biome Probiotic, Organic Turmeric Root Powder.

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 45 | 0 | 0 | 0 | 0 | 0 | 10 | 0 | 8 | 0 | 0 | 0 | 0 | 0 | 0 |

COLD DRINKS

Culture Pop- Orange Mango & Lime

Serving Size: 12 fl oz

Recipe is: Vegetarian and Vegan

INGREDIENTS:

Carbonated Filtered Water, Organic Juice Blend from Concentrate (White Grape, Orange, Lime), Natural Flavor, Citric Acid, Sea Salt, Vegetable Juice for Color, Opti-Biome Probiotic, Beta Carotene for Color, Organic Chili Powder.

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 45 | 0 | 0 | 0 | 0 | 45 | 10 | 0 | 8 | 0 | 0 | 0 | 0 | 0 | 0 |

San Pellegrino Sparkling Water – 17oz

Serving Size: 17 fl oz

Recipe is: Vegetarian and Vegan

INGREDIENTS:

Carbonated Mineral Water

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | Vitamin D (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|---------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|-----------------|--------------|-----------|----------------|
| 0 | 0 | 0 | 0 | 0 | 15 | 0 | 0 | 0 | 0 | 0 | 0 | 80 | 0 | 0 |

Perrier Sparkling Water – 17oz

Serving Size: 17 fl oz

Recipe is: Vegetarian and Vegan

INGREDIENTS:

Mineral Water, Carbon Dioxide

NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (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 | 70 | 0 | 0 |

Still Water – 17oz

Serving Size: 17 fl oz

Recipe is: Vegetarian and Vegan

INGREDIENTS:

Spring Water

NUTRITIONAL INFORMATION:

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

Large Water – 24 oz

Serving Size: 24 fl oz

Recipe is: Vegetarian and Vegan

INGREDIENTS:

Spring Water

NUTRITIONAL INFORMATION:

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

COLD DRINKS

Large Water – 34 oz

Serving Size: 34 fl oz

Recipe is: Vegetarian and Vegan

INGREDIENTS:

Spring Water

NUTRITIONAL INFORMATION:

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