

# 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 (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

## 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 (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 (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 (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

## 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

# YOGURT & FRUIT POTS

## Dragon Fruit Mango Coconut Chia Bowl

Serving Size: 234g/8.25oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Coconut, Almond

### 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, Guar 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 (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, Almond

### 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, Guar 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

## 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

## 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 (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	900	46	0	3	0	26	0.5	330	4.4	280

# 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

## Power Breakfast Frittata

Serving Size: 305g/10.76oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Egg, Milk

### INGREDIENTS:

Liquid Egg White (Cage-Free Egg White), Mushrooms, Canola Oil, Salt, Granulated Garlic, Black Pepper, Whole Milk (Pasteurized Whole Milk, Vitamin D), Swiss (Cultured Pasteurized Part-Skim Milk, Salt, Enzymes), Niman Ranch Smoked Ham (Pork, Water, Salt, Less Than 2%: Lemon Juice Concentrate, Vinegar, Turbino Sugar, Celery Powder, Cherry Powder), Hot Sauce (Aged Cayenne Red Peppers, Distilled Vinegar, Water, Salt, Garlic Powder), Organic Sunflower Oil, Filtered Water, White Vinegar, Worcestershire Sauce (Distilled Vinegar, Molasses, Sea Salt, Sugar, Spices, Tamarind), Non-GMO Corn Starch, Rice Flour, Sea Salt, Xanthan Gum, Dried Garlic, Paprika, Natural Flavor., Spinach, Red Onion

### NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	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)
320	16	5	0	35	1000	7	0	2	0	31	0.4	280	23.2	530

## 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 (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 (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: 116g/4.09oz

Calories	Total Fat (g)	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	11	4.5	0	25	400	22	1	4	0	10	0.1	250	1.1	200

## 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)
330	19	4	0	60	710	21	0	2	0	18	0	30	1.2	380

## 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)
300	20	3	0	233	420	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)
280	14	2	0	35	550	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	30	320	20	0	2	0	14	1	20	1.3	240

## 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: 120g/4.23oz

Calories	Total Fat (g)	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	9	1	0	10	390	27	3	4	2	5	0	40	1.4	300

# 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.



# ROLL SANDWICHES

## Pret's Italian Turkey Club Sandwich

Serving Size: 238g/8.40oz

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), Roasted Turkey [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), Diced Pickled Jalapeno Peppers (Jalapeno Peppers, Water, Vinegar, Iodized Salt, Onions, Soybean Oil and Garlic), 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	1480	49	5	7	4	28	0	182	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

# HOT SANDWICHES

## BBQ Pulled Pork Melt

Serving Size: 241g/8.50oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Milk, Wheat

### INGREDIENTS:

Roll (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), Pulled Pork [Pork, Water, Sea salt, Rosemary extract], BBQ Sauce [Tomato puree (water, tomato paste), sugar, distilled vinegar, tamarind puree, salt, corn starch, honey, contains less than 2% of red jalapeno pepper, water, smoked black pepper, garlic, spices, fruit juice (color), natural applewood smoke flavor, natural flavors, mustard bran, acetic acid, citric acid, molasses, tamarind concentrate, celery seed, garlic dehydrated], Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Diced Pickled Jalapeno Peppers (Jalapeño Peppers, Water, Vinegar, Iodized Salt, Onions, Soybean Oil and Garlic), Pickled Red Onion (Red Onion, Water, Sugar, Vinegar, Salt)

### NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
460	13	6	0	65	1340	58	0	13	10	27	0.1	240	4	190

## Buffalo Chicken Melt

Serving Size: 236g/8.32oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Milk, Wheat

### INGREDIENTS:

Roll (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), Sliced Chicken (Chicken Breast, Sea Salt), Hot Sauce (Aged Cayenne Red Peppers, Distilled Vinegar, Water, Salt, Garlic Powder), Organic Sunflower Oil, Filtered Water, White Vinegar, Worcestershire Sauce (Distilled Vinegar, Molasses, Sea Salt, Sugar, Spices, Tamarind), Non-GMO Corn Starch, Rice Flour, Sea Salt, Xanthan Gum, Dried Garlic, Paprika, Natural Flavor., Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Pickled Red Onion (Red Onion, Water, Sugar, Vinegar, Salt), 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), Crispy Onions (Onions, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sunflower and/or Safflower Oil, Sea Salt), Cooking Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant), 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)
520	24	6	0	80	1470	50	0	3	2	31	0.1	230	2.9	410

## Roasted Mushroom & Swiss Melt

Serving Size: 239g/8.43oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Egg, Milk, Wheat

### INGREDIENTS:

Mushrooms, Canola Oil, Salt, Granulated Garlic, Black Pepper, 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), Swiss (Cultured Pasteurized Part-Skim Milk, Salt, Enzymes), Red Peppers, Red Onion, 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), Diced Pickled Jalapeno Peppers (Jalapeño Peppers, Water, Vinegar, Iodized Salt, Onions, Soybean Oil and Garlic), 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, 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)
580	32	10	0	50	1110	56	5	8	3	20	0.2	500	59.5	240

# 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: 331g/11.67oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Sesame, Wheat

### INGREDIENTS:

Tortilla Wrap (Unbleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid) Water, Palm Oil, Cultured Wheat, Wheat Gluten, Salt, Sugar, Sodium Bicarbonate, Mono- And Diglycerides, Sodium Acid Pyrophosphate, Fumaric Acid, Yeast, Guar Gum, CMC Gum, Xanthan 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), 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), Diced Pickled Jalapeno Peppers (Jalapeño Peppers, Water, Vinegar, Iodized Salt, Onions, Soybean Oil and Garlic), 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)
610	26	3	0	0	1390	78	10	9	3	16	0	243	6	463

# 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: 299g/8.07oz

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), Romaine, 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), 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), 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), Basil, 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)
690	39	5	0	65	1390	62	7	3	0	33	0	319	4	602

\*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)
340	15	4	0	30	670	35	2	1	0	16	0	100	2.3	200

## 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: 128g/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)
340	18	6	0	20	570	35	2	1	0	12	0	140	2.3	140

# 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: 125g/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)
310	11	4	0	40	860	35	2	0.5	0.5	17	0	176	2	193

## 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/9.80oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (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/4.90oz

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)
330	15	1	0	20	520	34	2	0	0	16	1	10	2.4	220

## 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	1	0	25	770	39	3	4	3	13	0	30	2.4	270

\*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.

# 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)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
510	39	5	0	50	600	21	7	12	8	20	0	58	2	860

## 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

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



# 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

## Italian Chicken Salad with Pret's Simple Vinaigrette

Serving Size: 353g/12.45oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: **Pine Nuts, Milk**

### INGREDIENTS:

**Salad:** Mesclun\*, Sliced Chicken, Burrata, Grape Tomatoes, Cucumbers, Gotham Greens Pesto, Red Peppers, Red Onion, Sopressata.

**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)
560	47	13	0	90	950	12	2	5	1	24	0	200	2	610

# 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

## Pesto Chicken & Burrata Salad with Pret's Simple Vinaigrette

Serving Size: 329g/11.60oz

Recipe is:  Vegetarian and  Vegan

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

### INGREDIENTS:

**Salad:** Sliced Chicken (Chicken Breast, Sea Salt), Mesclun, Burrata (Pasteurized Milk and Cream, Vinegar, Enzymes, Salt), Roasted Tomatoes (Cherry Tomatoes, Rapeseed Oil, Salt, Dried Garlic, Oregano, Lemon Juice Concentrate), Pesto (Extra Virgin Olive Oil, Basil, Pine Nuts, Lemon Juice, Garlic, Sea Salt), Garlic Crouton (French Bread (Unbleached, Enriched, Flour, Water, Yeast, Sea salt) Certified Non-GMO Canola Oil, Garlic, Sea salt, Basil, Pepper, Parsley), Basil

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

### NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
720	57	12.5	0	90	1300	28	10	5	1	28	0	197	2	466

## 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

## Lemon Arugula Side Salad with Pret's Simple Vinaigrette

Serving Size: 143g/5.04oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Milk

### INGREDIENTS:

**Salad:** Arugula, Grape Tomatoes, Parmesan, 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)
280	26	4.5	0	10	500	6	1	4	1	7	0	250	0.9	280

\*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

## 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 d 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

## 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 (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 (Jalapeño 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

## Broccoli Cheddar & Chive Quiche

Serving Size: 170g/7.00oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Egg, Milk, Wheat

### INGREDIENTS:

Eggs, Heavy Cream, Milk, Cheddar Cheese (Pasteurized Milk, Salt, Annatto (Coloring)), Wheat Flour, Broccoli, Shortening (Palm Oil), Butter (Cream, Natural Flavors) Water, Onion, Swiss Cheese (Pasteurized Cultured Milk, Salt, Enzymes), Food Starch Modified (Corn), Salt, Dried Chives, Baking Soda, Black Pepper, Cayenne Pepper, Ground 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)
430	31	17	0	175	500	23	1	2	0	15	0.2	380	0.8	110

## Spinach & Fontina Quiche

Serving Size: 170g/7.00oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Egg, Milk, Wheat

### INGREDIENTS:

Cheese Fontina (Pasteurized Cultured Milk Salt), Eggs, Heavy Cream, Milk, Wheat Flour, Water, Red Peppers, Onion, Shortening (Palm Oil), Butter (Cream, Natural Flavors), Food Starch Modified (Corn), Spinach, Salt, Baking Soda, Black Pepper, Cayenne, 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)
330	22	12	0	145	300	21	0	2	0	8	0.2	40	0.7	110



# HOT FOOD

## 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

## BBQ Pulled Pork Mac and Cheese

Serving Size: 446g/15.73oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Egg, Milk, Soy, 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), Pulled Pork [Pork, Water, Sea salt, Rosemary extract], BBQ Sauce (Filtered Water, Tomato Paste, Sugar, Molasses, White Vinegar, Hot Sauce (Aged Cayenne Red Pepper, Distilled Vinegar, Water, Salt, Garlic Powder), Tamari Soy Sauce (Water, Soybeans, Salt, Alcohol), Worcestershire Sauce (Vinegar, Molasses, Raw Cane Sugar, Sea Salt, Spices, Garlic Powder), Brown Sugar, Sea Salt, Natural Smoke Flavor, Xanthan Gum, Paprika, Black Pepper, Dried Onion).

### NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
820	48	29	1.5	175	1520	59	1	10	4	36	2.2	500	2.8	350

## 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

# 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:

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

### NUTRITIONAL INFORMATION:

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

## 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

# BAKERY

## 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: 99g/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), Water, Cane Sugar, Yeast, 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 Filling: Powdered Sugar (Cane Sugar, Cornstarch), Brown Sugar (Cane Sugar, Cane Molasses), Honey, Cream Cheese (Pasteurized Cultured Milk and Cream, Salt, Stabilizers (Xanthan, Locust Bean and Guar Gums)) Cinnamon, Butter (Pasteurized Cream), Nonfat Milk Powder, Enriched, Unbleached, Unbromated Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid) Vanilla Extract (Water, Alcohol, Sugar, Vanilla Bean Extractives), Lemon Juice Concentrate.

### NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (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	10	0.5	70	480	50	1	16	10	9	0.2	60	2.6	140

## 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

## 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

## Tiramisu Cheesecake

Serving Size: 85g/3.00oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Egg, Milk, Wheat, Soy

### INGREDIENTS:

Cream cheese (pasteurized milk and cream, salt, stabilizers [carob bean gum and/or xanthan, locust bean, and guar gums], cheese culture), cane sugar, eggs, Mexican coffee liqueur flavor (cane sugar, dextrose, fructose, natural flavor), lemon juice, vanilla extract (vanilla bean extractives, water, ethyl alcohol), chocolate crumbs (flour[wheat, malted barley], cane sugar, butter, palm oil, cocoa powder[with alkali], water, eggs, salt), vanilla crumbs[eggs, cane sugar, wheat flour, canola oil, milk, baking powder[monocalcium phosphate, sodium acid pyrophosphate, sodium bicarbonate [baking soda], cornstarch and/or tapioca starch], salt, vanilla extract) and chocolate (sugar, unsweetened chocolate, cocoa butter, milkfat, soy lecithin [an emulsifier], vanilla extract).

### NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
320	19	13	0.5	110	230	27	0	21	19	6	0.3	50	1.1	160

## 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

## 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

## 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

## 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

# SNACKS

## 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)
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

# SNACKS

## 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

## 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

# SNACKS

## 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

# COFFEE AND TEA

## Iced Latte

Recipe is:  Vegetarian and  Vegan

Common Allergens: Milk

### INGREDIENTS:

Milk, Espresso

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

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

NUTRITIONAL INFORMATION: Serving Size: 24 fl oz

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

## 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

## Pret's Churro Iced Latte

Recipe is:  Vegetarian and  Vegan

Common Allergens: Milk

### INGREDIENTS:

Skim Milk (Organic Pasteurized Fat Free Milk, Vitamin A, Vitamin D), Cinnamon Bun Syrup (Pure Cane Sugar, Water, Natural Flavors, Citric Acid.), Pure Cane Sugar, Water, Natural Flavors, Citric Acid., espresso, 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), Brown Sugar, Ground 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)
200	0	0	0	5	105	41	0	40	31	7	2.1	260	0.2	300

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)
270	0	0	0	5	150	55	0	53	40	9	3	360	0.2	420

# COFFEE AND TEA

## 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

## 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

# 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)
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)
200	3	2	0.0	15	115	32	0	28	18	9	2	304	0	355

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)
260	3	2	0.0	15	140	43	0	39	26	10	3	375	0	437

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)
320	3	2	0.0	15	170	55	0	50	34	12	4	446	0	520

## Pret's Churro Latte

Recipe is:  Vegetarian and  Vegan

Common Allergens: Milk

### INGREDIENTS:

Skim Milk (Organic Pasteurized Fat Free Milk, Vitamin A, Vitamin D), Cinnamon Bun Syrup (Pure Cane Sugar, Water, Natural Flavors, Citric Acid.), Pure Cane Sugar, Water, Natural Flavors, Citric Acid., espresso, 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), Brown Sugar, 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	15	115	32.5	0	34	24	8	2.4	310	0.2	360

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	15	150	48	0	46	33	9	3	380	0.2	440

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	180	60	0	58	42	11	3.5	450	0.2	530

# 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

## 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

# COFFEE AND TEA

## Cane Syrup

Recipe is:  Vegetarian and  Vegan

### INGREDIENTS:

Pure Cane Sugar, Water

NUTRITIONAL INFORMATION: Serving Size: 1 fl oz

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

## Caramel Syrup

Recipe is:  Vegetarian and  Vegan

### INGREDIENTS:

Pure Cane Syrup, Water, Natural Flavors, Citric Acid

NUTRITIONAL INFORMATION: Serving Size: 1 fl oz

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

## Hazelnut Syrup

Recipe is:  Vegetarian and  Vegan

**Common Allergens:** Hazelnut

### INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 1 fl oz

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

## 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, Gellan Gum, Guar 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, Caramel 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