

Pret's Catering Guide



Nutrition

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

Allergies & Ingredients

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

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

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

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

We understand that no matter how detailed our guide is, there may be times when it can't answer the questions you may have. If you need any additional information, [visit www.pret.com](http://www.pret.com) to get in touch with our Customer Service team at 1-800-865-4097 who will be happy to help. We strongly advise consulting with your physician first if you have any concerns around consuming any Pret products.



Fruit Platter

Serving Size: 1701g/60.00 oz

Recipe is: Vegetarian and Vegan

CONTAINS:

Cantaloupe, Pineapple, Blueberries

THIS PLATTER FEEDS 10 PEOPLE.

NUTRITIONAL INFORMATION:

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

Croissant Selection Platter

Serving Size: 1064g/37.48oz

Recipe is: Vegetarian and Vegan

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

CONTAINS:

4 Plain Croissant

4 Almond Croissant

4 Chocolate Croissant

NUTRITIONAL INFORMATION:

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

Butter Croissant Platter

Serving Size: 960g/33.86oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Wheat

CONTAINS:

12 Plain Croissant

NUTRITIONAL INFORMATION:

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

Pret's Bakery Box

Serving Size: 1144g/40.35oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Almond, Wheat

CONTAINS:

3 Plain Croissant

3 Almond Croissant

3 Cinnamon Kouign Amann

3 Blueberry Muffin

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
4230	213	114	0	475	3690	519	21	207	189	78	0	516	14	1185

Yogurt Pot Platter

Serving Size: 1805g/63.67oz

Recipe is: Vegetarian and Vegan

Common Allergens: Milk, Almond

CONTAINS:

3 Little Cup of Goodness

3 Blueberry & Granola Pot

3 Bircher Muesli

THIS PLATTER FEEDS 9 PEOPLE.

NUTRITIONAL INFORMATION:

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

Breakfast Pot Selection Platter

Serving Size: 1770g/62.43oz

Recipe is: Vegetarian and Vegan

Common Allergens: Coconut, Milk

CONTAINS:

3 Little Cup of Goodness

3 Blueberry & Granola Pot

3 Sunshine Bowl

THIS PLATTER FEEDS 9 PEOPLE.

NUTRITIONAL INFORMATION:

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

King of Cookie Platter

Serving Size: 852g/30oz

Recipe is: Vegetarian and Vegan

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

CONTAINS:

4 Chocolate Chunk Cookies

4 Harvest Cookies

4 Double Chocolate Pecan Cookies

NUTRITIONAL INFORMATION:

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

Chocolate Chip Cookie Platter

Serving Size: 852g/30oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Soy, Wheat

CONTAINS:

12 Chocolate Chunk Cookies

NUTRITIONAL INFORMATION:

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

Harvest Cookie Platter

Serving Size: 852g/30oz

Recipe is: Vegetarian and Vegan

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

CONTAINS:

12 Harvest Cookies

NUTRITIONAL INFORMATION:

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

Brownie Platter

Serving Size: 1429g/ 50.41oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Wheat, Soy

CONTAINS:

42 Brownies

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
6310	332	199	0	830	1830	797	33	631	631	66	0	384	24	1752

Cookie & Brownie Box

Serving Size: 840g/29.63oz

Recipe is: Vegetarian and Vegan

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

CONTAINS:

8 Brownie Bites

2 Harvest Cookies

2 Double Chocolate Pecan Cookies

2 Chocolate Chunk Cookies

2 Double Fudge Chocolate Brownie Cookies

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
3360	189	104	1	510	2530	470	24	314	302	47	0	222	16	1174

Breakfast Tea Sandwich Platter

Serving Size: 1082g/38.17oz

Recipe is: Vegetarian and Vegan

Common Allergens: Salmon, Egg, Milk, Wheat

CONTAINS:

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

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

THIS PLATTER FEEDS 5 PEOPLE.

NUTRITIONAL INFORMATION:

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

Pret's Bacon, Egg & Cheddar Platter

Serving Size: 2106g/74.29oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Wheat

CONTAINS:

8 Bacon, Egg & Cheddar Roll

THIS PLATTER FEEDS 8 PEOPLE.

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
4700	226	95	0	3505	9320	363	0	22	0	284	4	2632	35	3378

Egg & Cheddar Platter

Serving Size: 1870g/65.96oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Wheat

CONTAINS:

8 Egg & Cheddar Roll

THIS PLATTER FEEDS 8 PEOPLE.

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
3580	146	63	0	3265	6250	364	0	22	0	205	4	2607	35	2200

Hot Breakfast Sandwich Platter

Serving Size: 1990g/70.20oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Wheat

CONTAINS:

4 x Bacon Egg & Cheddar Roll

4 x Egg & Cheddar Roll

THIS PLATTER FEEDS 8 PEOPLE.

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
4140	186	79	0	3385	8250	364	0	22	0	245	3.8	2620	34.8	2800

Classic Sandwich Platter

Serving Size: 1269g/44.76oz

Recipe is: Vegetarian and Vegan

Common Allergens: Almond, Egg, Milk, Wheat

CONTAINS:

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

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

1 Turkey & Cheddar Sandwich (cut into 4 pieces)

1 Chicken & Bacon Sandwich (cut into 4 pieces)

1 Cheddar & Tomato Sandwich (cut into 4 pieces)

THIS PLATTER FEEDS 5 PEOPLE.

NUTRITIONAL INFORMATION:

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

Veggie Sandwich Platter

Serving Size: 1208g/42.61oz

Recipe is: Vegetarian and Vegan

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

CONTAINS:

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

2 Rainbow Veggie Sandwich (cut into 4 pieces)

2 Cheddar & Tomato Sandwich (cut into 4 pieces)

THIS PLATTER FEEDS 5 PEOPLE.

NUTRITIONAL INFORMATION:

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

Smoked Salmon & Cream Cheese Roll Platter

Serving Size: 1321g/46.60oz

Recipe is: Vegetarian and Vegan

Common Allergens: Salmon, Milk, Wheat

CONTAINS:

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

THIS PLATTER FEEDS 6 PEOPLE.

NUTRITIONAL INFORMATION:

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

Baguette Platter

Serving Size: 1565g/55.20oz

Recipe is: Vegetarian and Vegan

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

CONTAINS:

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

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

2 Pesto Caprese Baguette (cut into 4 pieces)

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

THIS PLATTER FEEDS 6 PEOPLE.

NUTRITIONAL INFORMATION:

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

Salad Wrap Selection Platter

Serving Size: 2261g/79.75oz

Recipe is: Vegetarian and Vegan

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

CONTAINS:

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

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

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

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

THIS PLATTER FEEDS 7 PEOPLE.

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
4170	216	25	0	290	9460	445	37	56	28	173	1	1399	27	5064

Chicken Avocado Salad Platter

Serving Size: 1553g/54.78oz

Recipe is: Vegetarian and Vegan

Common Allergens: Walnut

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

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

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

NUTRITIONAL INFORMATION FOR 1 PLATTER - WITHOUT DRESSING/ROLLS:

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

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

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

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

Common Allergens: Wheat

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

Chicken Caesar Salad Platter

Serving Size: 1664g/58.69oz

Recipe is: Vegetarian and Vegan

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

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

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

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

NUTRITIONAL INFORMATION FOR 1 PLATTER - WITHOUT DRESSING/ROLLS:

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

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

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

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

Common Allergens: Wheat

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

Mediterranean Mezze Salad Platter

Serving Size: 1529g/53.93oz

Recipe is: Vegetarian and Vegan

Common Allergens: Sesame

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

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

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

NUTRITIONAL INFORMATION FOR 1 PLATTER - WITHOUT DRESSING/ROLLS:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
1910	89	7	0	0	4960	231	38	33	12	61	0	621	24	2116

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

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

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

Common Allergens: Wheat

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

Greek Salad Platter

Serving Size: 1593g/56.19oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Wheat

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

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

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

NUTRITIONAL INFORMATION FOR 1 PLATTER - WITHOUT DRESSING/ROLLS:

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

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

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

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

Common Allergens: Wheat

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

Smoked Salmon Nicoise Platter

Serving Size: 2750g/97.00oz

Recipe is: Vegetarian and Vegan

Common Allergens: Salmon, Egg

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

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

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

NUTRITIONAL INFORMATION FOR 1 PLATTER - WITHOUT DRESSING/ROLLS:

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

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

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

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

Common Allergens: Wheat

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

Salad Lunch Boxes

CONTAINS:

- 1 Salad of choice (Chicken Avocado Salad or Mediterranean Mezze Salad or Blackened Salmon, Avo & Quinoa Salad)
 - 1 Pret's Simple vinaigrette dressing pot
 - 1 Diamond bread roll
 - 1 Chocolate chunk cookie
- EACH LUNCH BOX SERVES 1 PERSON.

NUTRITIONAL INFORMATION FOR 1 CHICKEN AVOCADO SALAD LUNCH BOX:

Serving Size: 432g/15.24oz

Recipe is: Vegetarian and Vegan

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

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

NUTRITIONAL INFORMATION FOR 1 MEDITERRANEAN MEZZE SALAD LUNCH BOX:

Serving Size: 488g/17.21oz

Recipe is: Vegetarian and Vegan

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

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

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

Serving Size: 460g/16.23oz

Recipe is: Vegetarian and Vegan

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

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

Wrap Lunch Boxes

CONTAINS:

- 1 Wrap of choice (Bang Bang Chicken Wrap or Crunchy Chipotle Chicken & Avo Wrap or Falafel & Hummus Wrap)
 - 1 Bag Sea Salt Potato Chips
 - 1 Chocolate Chunk Cookie
- EACH LUNCH BOX SERVES 1 PERSON.

NUTRITIONAL INFORMATION FOR 1 BANG BANG CHICKEN WRAP LUNCH BOX:

Serving Size: 448g/15.80oz

Recipe is: Vegetarian and Vegan

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

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
1240	70	15	0	100	1890	135	7	39	33	31	0	183	5	1403

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

Serving Size: 474g/16.72oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Soy, Wheat

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
1160	61	15	0	110	1800	134	10	36	30	35	0	191	6	1698

NUTRITIONAL INFORMATION FOR 1 FALAFEL & HUMMUS WRAP LUNCH BOX:

Serving Size: 431g/15.20oz

Recipe is: Vegetarian and Vegan

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

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
1150	58	14	0	50	2000	148	12	36	29	25	0	273	8	1314

Baguette Lunch Boxes**CONTAINS:**

1 Baguette of choice (Ham & Cheese Baguette or Romesco Chicken Baguette or Pesto Caprese Baguette)

1 Bag Sea Salt Potato Chips

1 Chocolate Chunk Cookie

EACH LUNCH BOX SERVES 1 PERSON.

NUTRITIONAL INFORMATION FOR 1 HAM & CHEESE BAGUETTE LUNCH BOX:

Serving Size: 376g/15.88oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Soy, Wheat

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

NUTRITIONAL INFORMATION FOR 1 ROMESCO CHICKEN BAGUETTE LUNCH BOX:

Serving Size: 399g/14.07oz

Recipe is: Vegetarian and Vegan

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

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
1260	62	18	0	110	1920	146	9	31	26	36	0	207	7	1110

NUTRITIONAL INFORMATION FOR 1 PESTO CAPRESE BAGUETTE LUNCH BOX:

Serving Size: 382g/15.24oz

Recipe is: Vegetarian and Vegan

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

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
1290	70	23	0	95	1700	145	9	30	26	32	0	318	7	956

Sandwich Lunch Boxes**CONTAINS:**

1 Sandwich of choice (Chicken & Bacon Sandwich or Chicken Salad Avo Sandwich or Cheddar & Tomato Sandwich)

1 Bag Sea Salt Potato Chips

1 Chocolate Chunk Cookie

EACH LUNCH BOX SERVES 1 PERSON.

NUTRITIONAL INFORMATION FOR 1 CHICKEN & BACON SANDWICH LUNCH BOX:

Serving Size: 420g/14.82oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Soy, Wheat

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

NUTRITIONAL INFORMATION FOR 1 CHICKEN SALAD AVO SANDWICH LUNCH BOX:

Serving Size: 388g/13.69oz

Recipe is: Vegetarian and VeganCommon Allergens: **Almond, Egg, Milk, Soy, Wheat**

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

NUTRITIONAL INFORMATION FOR 1 CHEDDAR & TOMATO SANDWICH LUNCH BOX:

Serving Size: 367g/12.95oz

Recipe is: Vegetarian and VeganCommon Allergens: **Egg, Milk, Soy, Wheat**

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

Kid's Lunch Boxes (with Sea Salt Potato Chips)**CONTAINS:**

1 Sandwich of choice (Kid's Ham & Cheese Sandwich or Kid's Cheddar & Mayo Sandwich or Turkey & Cheddar Sandwich or Cucumber & Hummus Sandwich)

1 Bag Sea Salt Potato Chips

1 Cantaloupe Pot

EACH LUNCH BOX SERVES 1 PERSON.

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

Serving Size: 279g/9.84oz

Recipe is: Vegetarian and VeganCommon Allergens: **Egg, Milk, Wheat**

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

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

Serving Size: 261g/9.21oz

Recipe is: Vegetarian and VeganCommon Allergens: **Egg, Milk, Wheat**

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

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

Serving Size: 233g/8.22oz

Recipe is: Vegetarian and VeganCommon Allergens: **Egg, Milk, Wheat**

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

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

Serving Size: 255g/8.99oz

Recipe is: Vegetarian and VeganCommon Allergens: **Sesame, Wheat**

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

Kid's Lunch Boxes (with Sea Salt Popcorn)

CONTAINS:

- 1 Sandwich of choice (Kid's Ham & Cheese Sandwich or Kid's Cheddar & Mayo Sandwich or Turkey & Cheddar Sandwich or Cucumber & Hummus Sandwich)
- 1 Bag Sea Salt Popcorn
- 1 Cantaloupe Pot

EACH LUNCH BOX SERVES 1 PERSON.

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

Serving Size: 250g/8.82oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Wheat

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

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

Serving Size: 222g/7.83oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Wheat

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

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

Serving Size: 194g/6.84oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Wheat

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

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

Serving Size: 216g/7.62oz

Recipe is: Vegetarian and Vegan

Common Allergens: Sesame, Wheat

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

Soup Boxes

CONTAINS:

6 Soups of choice* (Moroccan Lentil Soup or Tomato & Feta Soup or Turmeric Chicken & Farro Soup)

6 Diamond Bread rolls

6 Crouton, Lemon & Herbs Soup Topper

EACH LUNCH BOX SERVES 6 PEOPLE.

*one flavor of soup per box

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

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

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

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

NUTRITIONAL INFORMATION FOR 1 MOROCCAN LENTIL SOUP BOX:

Serving Size: 2160g/76.19oz

Recipe is: Vegetarian and Vegan

Common Allergens: **Wheat**

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

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

NUTRITIONAL INFORMATION FOR 1 TOMATO & FETA SOUP BOX:

Serving Size: 2167g/76.44oz

Recipe is: Vegetarian and Vegan

Common Allergens: **Milk, Wheat**

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

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

NUTRITIONAL INFORMATION FOR 1 TURMERIC CHICKEN & FARRO SOUP BOX:

Serving Size: 2167g/76.44oz

Recipe is: Vegetarian and Vegan

Common Allergens: **Wheat**

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

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

Coffee Box Organic Single Origin

Serving Size: 3034g/ 120 fl oz

Recipe is: Vegetarian and Vegan

CONTAINS:

(1) 96oz Coffee Carafe

(2) 11oz Cup Milk of Choice

NUTRITIONAL INFORMATION: Based on (2) 11 oz cup with SKIM MILK:

Common Allergens: Milk

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

Coffee Box Organic Classic Blend

Serving Size: 3034g/ 120 fl oz

Recipe is: Vegetarian and Vegan

CONTAINS:

(1) 96oz Coffee Carafe

(2) 11oz Cup Milk of Choice

NUTRITIONAL INFORMATION: Based on (1) 11 oz cup with SKIM MILK:

Common Allergens: Milk

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

Extra Milk – Half and Half

Serving Size: 312g/ 11 fl oz

Recipe is: Vegetarian and Vegan

NUTRITIONAL INFORMATION: Based on (1) 12 oz bottle:

Common Allergens: Milk

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

Extra Milk – Whole

Serving Size: 312g/ 11 fl oz

Recipe is: Vegetarian and Vegan

NUTRITIONAL INFORMATION: Based on (1) 11 oz bottle:

Common Allergens: Milk

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

Extra Milk – Skim

Serving Size: 312g/ 11 fl oz

Recipe is: Vegetarian and Vegan

NUTRITIONAL INFORMATION: Based on (1) 11 oz bottle:

Common Allergens: Milk

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

Extra Milk – Oat

Serving Size: 312g/ 11 fl oz

Recipe is: Vegetarian and Vegan

NUTRITIONAL INFORMATION: Based on (1) 11 oz bottle:

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

Extra Milk – Almond

Serving Size: 312g/ 11 fl oz

Recipe is: Vegetarian and Vegan

NUTRITIONAL INFORMATION: Based on (1) 11 oz bottle:

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

Tea Box English Breakfast

Serving Size: 1814g/ 96 fl oz

Recipe is: Vegetarian and Vegan

CONTAINS:

(1) 96oz Hot Water Carafe

(8) English Breakfast Tea Bags

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

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

Tea Box Earl Grey

Serving Size: 1814g/ 96 fl oz

Recipe is: Vegetarian and Vegan

CONTAINS:

(1) 96oz Hot Water Carafe

(8) Earl Grey Tea Bags

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

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

Tea Box Mixed

Serving Size: 1814g/ 96 fl oz

Recipe is: Vegetarian and Vegan

CONTAINS:

(1) 96oz Hot Water Carafe

(2) English Breakfast Tea Bags

(2) Earl Grey Tea Bags

(2) Peppermint Tea Bags

(2) Tropical Green Tea Bags

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

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

Tea Box Peppermint

Serving Size: 1814g/ 96 fl oz

Recipe is: Vegetarian and Vegan

CONTAINS:

(1) 96oz Hot Water Carafe

(8) Peppermint Tea Bags

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

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

Tea Box Tropical Green

Serving Size: 1814g/ 96 fl oz

Recipe is: Vegetarian and Vegan

CONTAINS:

(1) 96oz Hot Water Carafe

(8) Tropical Green Tea Bags

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

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

Iced Coffee Box

Serving Size: 2154g/ 120 fl oz

Recipe is: Vegetarian and Vegan

CONTAINS:

(1) 96oz Coffee Carafe

(2) 12oz Cup Milk of Choice

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

Common Allergens: Milk

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

Iced Tea Box - Black

Serving Size: 1814g/ 96 fl oz

Recipe is: Vegetarian and Vegan

CONTAINS:

(1) 96oz Tea Carafe

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

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

Iced Tea Box – Green

Serving Size: 1814g/ 96 fl oz

Recipe is: Vegetarian and Vegan

CONTAINS:

(1) 96oz Tea Carafe

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

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

Please be aware we use numerous ingredients in our kitchens and therefore cannot guarantee that

any of our products are completely free of any allergen due to the potential for cross-contact. 01.29.25 ★ PAGE 18

Lemonade Box

Serving Size: 1814g/ 96 fl oz

Recipe is: Vegetarian and Vegan

CONTAINS:

(1) 96oz Lemonade Carafe

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

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