

Pret's Nutrition & Allergen Guide



Nutrition

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

Allergies & Ingredients

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

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

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

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

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



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YOGURT & FRUIT POTS

Banana

Serving Size: 118g/4.16oz

Recipe is: Vegetarian and Vegan

INGREDIENTS:

Banana

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
100	0	0	0	0	0	27	3	14	0	1	0	78	0	520

Berry Yogurt Parfait Pot

Serving Size: 207g/7.30oz

Recipe is: Vegetarian and Vegan

Common Allergens: Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

Banana & Honey Yogurt Pot

Serving Size: 275g/9.70oz

Recipe is: Vegetarian and Vegan

Common Allergens: Almond, Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

Blueberry Yogurt Pot

Serving Size: 122g/4.30oz

Recipe is: Vegetarian and Vegan

Common Allergens: Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

YOGURT & FRUIT POTS

Bircher Muesli

Serving Size: 235g/8.29oz

Recipe is: Vegetarian and Vegan

Common Allergens: Almond, Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

Calories	Total Fat(g)	Sat Fat(g)	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	9	3.5	0	25	80	41	3	29	5	16	0	188	1	346

Little Cup of Goodness

Serving Size: 172g/6.07oz

Recipe is: Vegetarian and Vegan

Common Allergens: Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

Blueberry & Granola Pot

Serving Size: 195g/6.88oz

Recipe is: Vegetarian and Vegan

Common Allergens: Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

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

Mango Coconut Rice Pudding

Serving Size: 127g/4.48oz

Recipe is: Vegetarian and Vegan

Common Allergens: Milk, Coconut

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

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

Mango & Lime Pot

Serving Size: 150g/5.29oz

Recipe is: Vegetarian and Vegan

INGREDIENTS:

Mango, Lime

NUTRITIONAL INFORMATION:

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

Pineapple & Lime Pot

Serving Size: 155g/5.46oz

Recipe is: Vegetarian and Vegan

INGREDIENTS:

Pineapple, Lime

NUTRITIONAL INFORMATION:

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

Cantaloupe & Blueberry Pot

Serving Size: 160g/5.64oz

Recipe is: Vegetarian and Vegan

INGREDIENTS:

Cantaloupe, Blueberry

NUTRITIONAL INFORMATION:

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

YOGURT & FRUIT POTS

Sunshine Bowl

Serving Size: 224g/7.90oz

Recipe is: Vegetarian and Vegan

Common Allergens: Coconut

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

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

BREAKFAST BAGUETTES

Smoked Salmon & Cream Cheese Roll

Serving Size: 214g/7.55oz

Recipe is: Vegetarian and Vegan

Common Allergens: **Salmon, Milk, Wheat**

INGREDIENTS:

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), Smoked Salmon (Atlantic Salmon, Salt, Brown Sugar, Beechwood Smoke), Tomatoes, Whipped Cream Cheese (Pasteurized Milk and Cream, Salt, Carob Bean Gum, Cheese Culture), Cucumbers, 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)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
400	15	5	0	45	970	46	1	4	1	21	3	92	3	405

Egg Salad & Avocado Breakfast Baguette

Serving Size: 176g/6.21oz

Recipe is: Vegetarian and Vegan

Common Allergens: **Egg, Wheat**

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

Egg Salad & Bacon Breakfast Baguette

Serving Size: 175g/6.17oz

Recipe is: Vegetarian and Vegan

Common Allergens: **Egg, Wheat**

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

HOT BREAKFAST

Pret's Bacon, Egg & Cheddar Roll

Serving Size: 263g/9.28oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

Egg & Cheddar Roll

Serving Size: 234g/8.25oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

Veggie Breakfast Roll

Serving Size: 262g/9.24oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

HOT BREAKFAST

Egg White Greek Frittata

Serving Size: 303g/10.68oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

Pret's Shakshuka Frittata

Serving Size: 374g/13.19oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

Southwestern Breakfast Wrap

Serving Size: 298g/10.51oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

HOT BREAKFAST

Oatm*lk Porridge

Serving Size: 302g/10.65oz

Recipe is: Vegetarian and Vegan

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

Pret's Creamy Porridge

Serving Size: 302g/10.65oz

Recipe is: Vegetarian and Vegan

Common Allergens: Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

Coconut Banana Blueberry Porridge Topper

Serving Size: 121 g/4.27oz

Recipe is: Vegetarian and Vegan

Common Allergens: Coconut

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

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

Apple Cranberry Crunch Porridge Topper

Serving Size: 44g/1.55oz

Recipe is: Vegetarian and Vegan

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

HOT BREAKFAST

Spiced Pumpkin & Apple Crunch Porridge Topper

Serving Size: 52g/1.83oz

Recipe is: Vegetarian and Vegan

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

SANDWICHES

Cheddar & Tomato Sandwich

Serving Size: 240g/8.46oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 240g/8.46oz

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

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

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

Chicken & Bacon Sandwich

Serving Size: 294g/10.37oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 294g/10.37oz

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

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

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

SANDWICHES

Pret's Egg Salad & Arugula Sandwich

Serving Size: 247g/8.71oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 247g/8.71oz

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

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

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

Pret's Chicken Salad & Avo Sandwich

Serving Size: 256g/9.03oz

Recipe is: Vegetarian and Vegan

Common Allergens: Almond, Egg, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 256g/9.03oz

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

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

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

SANDWICHES

Pret's Tuna & Cucumber Sandwich

Serving Size: 236g/8.32oz

Recipe is: Vegetarian and Vegan

Common Allergens: Tuna, Egg, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 236g/8.32oz

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

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

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

Rainbow Veggie Sandwich

Serving Size: 241g/8.50oz

Recipe is: Vegetarian and Vegan

Common Allergens: Soy, Wheat, Sesame

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 241g/8.50oz

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

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

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

SANDWICHES

Ham, Cheddar & Chutney Sandwich

Serving Size: 222g/7.83oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 222g/7.83oz

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

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

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

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

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: 304g/10.72oz

Recipe is: Vegetarian and Vegan

Common Allergens: Sesame, Wheat

INGREDIENTS:

Seven Grain Tortilla Wrap (Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Whole Wheat Flour, Palm Oil, Organic Unbleached Wheat Flour (Hard Red Spring Wheat), Organic Hard Red Spring Wheat, Organic Rye, Organic Yellow Corn, Organic Brown Rice, Organic Steel Cut Oats, Organic Millet, Organic Barley, Cultured Wheat, Wheat Gluten, Salt, Sugar, Sodium Bicarbonate, Mono- and Diglycerides, Sodium Acid Pyrophosphate, Fumaric Acid, Yeast, Guar Gum, Xanthan Gum, Cellulose Gum, Enzymes), Turmeric Falafel (Garbanzo Beans, Onions, Garbanzo Beans (Chick Peas, Water, Salt), Canola Oil, Chickpea Flour, Green Onion, Garlic (Garlic, Water), Red Peppers, Sea Salt, Coriander, Cumin, Cayenne, Onion Powder, Turmeric, Baking Powder), Hummus (Chickpeas, Sesame Tahini, Sunflower Oil, Water, Sea Salt, Garlic, Pepper, Lemon Juice Concentrate), Romaine, Pickles (Cucumbers, Water, Vinegar, Salt, Calcium Chloride, Natural Essential Oil Flavors, Turmeric (For Color)), Pickled Cabbage & Carrot Mix (Red Cabbage, Carrot, 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)
540	24	2.5	0	0	1430	72	8	8	3	18	0	237	6	595

WRAPS

Falafel & Hummus Wrap (California)

Serving Size: 329g/11.60oz

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), 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), 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)
630	28	3	0	0	1340	80	10	9	3	16	0	239	6	467

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

WRAPS

Spicy Chicken Caesar Wrap

Serving Size: 299g/8.07oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Anchovy, 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

BAGUETTES

Romesco Chicken & Mozzarella Baguette

Serving Size: 278g/9.81oz

Recipe is: Vegetarian and Vegan

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

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 278g/9.81oz

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

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

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

Pesto Caprese Baguette

Serving Size: 255g/8.99oz

Recipe is: Vegetarian and Vegan

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

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 255g/8.99oz

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

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

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

BAGUETTES

Pret's Famous Ham & Cheese Baguette

Serving Size: 249g/8.78oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Wheat

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

NUTRITIONAL INFORMATION: Serving Size: 249g/8.78oz

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

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

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

Pret's Italian Baguette

Serving Size: 256g/9.03 oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 256g/9.03oz

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

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

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

Mediterranean Eggplant & Mozzarella Baguette

Serving Size: 297g/10.48oz

Recipe is: Vegetarian and Vegan

Common Allergens: Milk, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

BAGUETTES

Pret's Tuna & Cucumber Baguette

Serving Size: 278g/9.8oz

Recipe is: Vegetarian and Vegan

Common Allergens: Tuna, Egg, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 278g/9.8oz

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

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

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

Pret's Bee Sting Baguette

Serving Size: 261g/9.21oz

Recipe is: Vegetarian and Vegan

Common Allergens: Milk, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

Pret's Chicken Bánh Mi

Serving Size: 356g/12.56oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Sesame, Soy, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 356g/12.56oz

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

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

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

BAGUETTES

Chipotle Chicken Bacon Ranch Baguette

Serving Size: 311g/10.97oz

Recipe is: Vegetarian and Vegan

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

INGREDIENTS:

White Baguette (Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Salt, Yeast, Malted Wheat Flour, Food Enzymes (Xylanase, Glucose-Oxidase, Lipase, Protease, Alpha-Amylase), Ascorbic Acid), Sliced Chicken (Chicken Breast, Sea Salt), Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Niman Ranch Bacon (Pork, Water, Salt, Turbinado Sugar, Celery Powder), Tomatoes, Herb Yogurt Dressing (Soybean Oil, Water, Yogurt (Pasteurized Cow's And Goat's Milk, Cream, Milk Protein, Active Bacterial Culture), Cultured Buttermilk, Vinegar, Contains 2% Or Less: Egg Yolks, Salt, Sugar, Parsley, Garlic Puree (Garlic, Citric Acid), Chives, Onion Powder, Garlic Powder, Lemon Juice Concentrate, Xanthan Gum, Extractives Of Rosemary, Black Pepper, Dill Weed), Red Onion, Arugula, Spicy Chipotle Sauce (Red Bell Pepper Puree, Water, Diced Tomatoes (Diced Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Onion, Canola Oil, Red Wine Vinegar, Sugar, Tomato Paste, Sea Salt, Garlic Puree (Garlic, Citric Acid), Chipotle Pepper, Distilled Vinegar, Spices, Xanthan Gum, Garlic Powder, Mustard Seed, Onion Powder, Salt, Natural Smoke Flavor, White Wine, Citric Acid, Tartaric Acid), Seasoning (Salt, Black Pepper)

NUTRITIONAL INFORMATION:

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

SALADS

Chicken Avocado Salad with Pret's Simple Vinaigrette

Serving Size: 321g/11.32oz

Recipe is: Vegetarian and Vegan

Common Allergens: **Walnut**

INGREDIENTS:

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

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

NUTRITIONAL INFORMATION:

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

Chicken Caesar Salad with Caesar Dressing

Serving Size: 311g/10.97oz

Recipe is: Vegetarian and Vegan

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

INGREDIENTS:

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

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

NUTRITIONAL INFORMATION:

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

Chipotle Chicken Salad with Herb Yogurt Dressing

Serving Size: 355g/12.52oz

Recipe is: Vegetarian and Vegan

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

INGREDIENTS:

Salad: Romaine, Sliced Chicken (Chicken Breast, Sea Salt), Pickled Red Onion (Red Onion, Water, Sugar, Vinegar, Salt), Avocados, Roasted Corn (Corn), 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), Cilantro, Crispy Onions (Onions, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sunflower and/or Safflower Oil, Sea Salt), Lemon Juice, 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)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
430	29	4.5	0	65	1010	25	6	13	6	21	0	80	2	843

SALADS

Mediterranean Mezze Salad with Pret's Simple Vinaigrette

Serving Size: 377g/13.30oz

Recipe is: Vegetarian and Vegan

Common Allergens: **Sesame**

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	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	44	4.5	0	0	1220	38	9	13	7	11	0	162	4	552

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

SALADS

Smoked Salmon Nicoise Salad

Serving Size: 335g/11.82oz

Recipe is: Vegetarian and Vegan

Common Allergens: Salmon, Egg

INGREDIENTS:

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

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

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat(g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
450	37	5	0	220	1190	10	2	7	2	20	4	75	2	599

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

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

SALADS

Cobb Side Salad with Herb Yogurt Dressing

Serving Size: 248g/8.75oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

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

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

NUTRITIONAL INFORMATION:

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

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

POTS

Egg & Spinach Pot

Serving Size: 114g/4.02oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg

INGREDIENTS:

Cage-Free Eggs, Spinach

NUTRITIONAL INFORMATION:

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

Pret's Elote Corn Shaker

Serving Size: 131g/4.62oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

Pret's Cobb Shaker

Serving Size: 123g/4.34oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk

INGREDIENTS:

Cage-Free Eggs, Grape Tomatoes, Romaine, 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), 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)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
160	12	3.5	0	200	340	4	1	3	0	9	1	43	1	232

Pret's Panzanella Shaker

Serving Size: 130g/4.59oz

Recipe is: Vegetarian and Vegan

Common Allergens: Milk, Wheat

INGREDIENTS:

Cucumbers, Grape Tomatoes, Mozzarella (Cultured Pasteurized Milk, Lactic/Citric Acid, Salt, Enzymes), Garlic Crouton (French Bread (Unbleached, Enriched, Flour, Water, Yeast, Sea salt) Certified Non-GMO Canola Oil, Garlic, Sea salt, Basil, Pepper, Parsley), 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, Parmesan (Pasteurized Cultured Part-Skim Milk, Salt, Enzymes, Potato Starch, Powdered Cellulose), Basil

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
210	15	4.5	0	15	310	15	7	2	0	8	0	150	1	157

POTS

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, 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)
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 (Gluten Free Oat Flakes, Apple Cinnamon Glaze (Muscovado Sugar, Golden Syrup, Water, Concentrated Apple Juice, Cinnamon, Salt), Pumpkin Seeds, Raisins, Sunflower Oil, Golden Linseed, Buckwheat Flakes).

NUTRITIONAL INFORMATION:

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

HOT WRAPS

Chicken Parm Hot Wrap

Serving Size: 280g/9.88oz

Recipe is: Vegetarian and Vegan

Common Allergens: Milk, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

Pret's Chicken Burrito Wrap

Serving Size: 325g/11.46oz

Recipe is: Vegetarian and Vegan

Common Allergens: Milk, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

HOT WRAPS

Spiced Lentil & Chickpea Hot Wrap

Serving Size: 301g/10.62oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

HOT FOOD

Ham & Cheddar Croissant

Serving Size: 129g/4.55oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

Jalapeno Cheddar Croissant

Serving Size: 123g/4.34oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

Spinach & Tomato Mac and Cheese

Serving Size: 497g/17.53oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

Classic Mac and Cheese

Serving Size: 459g/16.19oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

HOT FOOD

Pret's Chicken Tikka Masala Grain Bowl

Serving Size: 293g/10.33oz

Recipe is: Vegetarian and Vegan

Common Allergens: Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

Fresh Greens Topper with Yogurt

Serving Size: 71g/2.50oz

Recipe is: Vegetarian and Vegan

Common Allergens: Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

SOUPS

Turmeric Chicken & Farro Soup

Recipe is: Vegetarian and Vegan

Common Allergens: Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION - LARGE: 454g/16.01oz

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

NUTRITIONAL INFORMATION - SMALL: 303g/10.68oz

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

Moroccan Lentil Soup

Recipe is: Vegetarian and Vegan

INGREDIENTS:

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

NUTRITIONAL INFORMATION - LARGE: 454g/16.01oz

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

NUTRITIONAL INFORMATION - SMALL: 303g/10.68oz

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

Tomato & Feta Soup

Recipe is: Vegetarian and Vegan

Common Allergens: Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION - LARGE: 454g/16.01oz

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

NUTRITIONAL INFORMATION - SMALL: 303g/10.68oz

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

SOUPS

Super Greens Soup

Recipe is: Vegetarian and Vegan

INGREDIENTS:

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

NUTRITIONAL INFORMATION - LARGE: 454g/16.01oz

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

NUTRITIONAL INFORMATION - SMALL: 303g/10.68oz

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

Roasted Veggie Harvest Soup

Recipe is: Vegetarian and Vegan

INGREDIENTS:

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

NUTRITIONAL INFORMATION - LARGE: 454g/16.01oz

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

NUTRITIONAL INFORMATION - SMALL: 303g/10.69oz

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

White Chicken Chili

Recipe is: Vegetarian and Vegan

Common Allergens: Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION - LARGE: 454g/16.01oz

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

NUTRITIONAL INFORMATION - SMALL: 303g/10.69oz

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

SOUPS

Croutons, Lemon & Herbs Soup Topper

Serving Size: 18g/0.63oz

Recipe is: Vegetarian and Vegan

Allergens: **Wheat**

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

Chili Yogurt & Herbs Soup Topper

Serving Size: 34g/1.20oz

Recipe is: Vegetarian and Vegan

Allergens: **Milk, Wheat**

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

BAKERY

Almond Croissant

Serving Size: 87g/3.07oz

Recipe is: Vegetarian and Vegan

Common Allergens: Almond, Egg, Milk, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

Blueberry Muffin

Serving Size: 128g/4.51oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

Enriched, Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Blueberries, Buttermilk, Eggs, Soybean Oil, Butter (Cream, Salt), Greek Yogurt (Cultured Grade A Skim Milk, Milk Protein Concentrate, Enzymes, Live and Active Cultures (S. Thermophilus, L. Bulgaricus, L. Acidophilus, L. Bifidus, L. Casei), Contains Less Than 2% of Each of the Following: Cornstarch, Baking Soda, Sodium Acid Pyrophosphate, Monocalcium Phosphate (Leavening), Citrus Fiber, Natural Flavors, Salt, Xanthan Gum. Topping: Sugar, Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter (Milk), Natural Flavors

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
420	16	5	0	65	370	63	2	35	32	6	0	68	2	83

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

Pain Au Raisin

Serving Size: 120g/4.23oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

BAKERY

Chocolate Croissant

Serving Size: 87g/3.07oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Soy, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

Plain Croissant

Serving Size: 67g/2.36oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

Cinnamon Kouign Amann ("queen a-mahn")

Serving Size: 99.22g/3.49oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

Everything Cream Cheese Swirl

Serving Size: 85.05g/3oz

Recipe is: Vegetarian and Vegan

Common Allergens: Wheat, Milk, Egg

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

SNACKS

Flourless Chocolate Fudge Cake

Serving Size: 85g/3.00oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Soy

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

Key Lime Cheesecake

Serving Size: 91g/3.21oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

Raspberry Cheesecake

Serving Size: 91g/3.21oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

Brownie Bite

Serving Size: 43g/1.51oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Soy, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

SNACKS

Mezcla Italian Pistachio Chocolate Bar

Serving Size: 40g/1.40oz

Recipe is: Vegetarian and Vegan

Common Allergens: Almond, Coconut, Hazelnut, Pistachio

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
170	6	2.5	0	0	150	19	3	5	4	10	0	79	3	67

Mezcla Mexican Hot Chocolate Bar

Serving Size: 40g/1.40oz

Recipe is: Vegetarian and Vegan

Common Allergens: Coconut

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

Michel & Augustin Milk Chocolate Caramel Cookie Squares

Serving Size: 38g/1.34oz

Recipe is: Vegetarian and Vegan

Common Allergens: Milk, Soy, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

Peeled Snacks Organic Dried Mango

Serving Size: 35g/1.23oz

Recipe is: Vegetarian and Vegan

INGREDIENTS:

Organic mangoes.

NUTRITIONAL INFORMATION:

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

SNACKS

Dark Chocolate with Sea Salt Bar

Serving Size: 25g/0.88oz

Recipe is: Vegetarian and Vegan

Common Allergens: Soy

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

Marvelous Milk Chocolate Bar

Serving Size: 25g/0.88oz

Recipe is: Vegetarian and Vegan

Common Allergens: Milk, Soy

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

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

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. 03.28.24 ★ PAGE 43

SNACKS

Simply Sea Salt Chips

Serving Size: 57g/2oz

Recipe is: Vegetarian and Vegan

INGREDIENTS:

Non-GMO Potatoes, Vegetable Oil, Sea Salt

NUTRITIONAL INFORMATION:

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

Sea Salt & Vinegar Chips

Serving Size: 57g/2oz

Recipe is: Vegetarian and Vegan

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

Sweet Maui Onion Chips

Serving Size: 57g/2oz

Recipe is: Vegetarian and Vegan

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

Honey BBQ Chips

Serving Size: 57g/2oz

Recipe is: Vegetarian and Vegan

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

Chili Lime Fuego Chips

Serving Size: 57g/2oz

Recipe is: Vegetarian and Vegan

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

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

SNACKS

Barnana Organic Dipped Banana Bites, Dark Chocolate

Serving Size: 100g/3.5oz

Recipe is: Vegetarian and Vegan

Common Allergens: Milk

INGREDIENTS:

Organic Fair Trade Dark Chocolate (Organic Cacao Mass, Organic Dried Cane Syrup, Organic Cacao Butter, Organic Sunflower Lecithin), Organic Bananas, Organic Tapioca Syrup, Organic Gum Arabic, Natural Glaze

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
450	20	13	0	0	25	58	15	38	8	5	0	0	1.5	880

Almond & Coconut KIND Bar

Serving Size: 40g/1.41oz

Recipe is: Vegetarian and Vegan

Common Allergens: Almond, Coconut, Soy

INGREDIENTS:

Almonds, coconut, honey, glucose syrup, rice flour, soy lecithin, chicory root fiber, 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)
190	14	7	0	0	20	19	3	9	8	3	0	38	1	149

Caramel Almond & Sea Salt KIND Bar

Serving Size: 40g/1.41oz

Recipe is: Vegetarian and Vegan

Common Allergens: Almond, Milk, Soy

INGREDIENTS:

Almonds, chicory root fiber, honey, glucose syrup, palm kernel oil, sugar, rice flour, milk powder, sea salt, carob powder, soy lecithin, natural flavor, annatto

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (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	15	3	0	0	125	16	7	5	4	6	0	73	1	187

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

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 Liquorice, 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 Liquorice, Organic Marigold Petals

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

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

Hot Chocolate

Recipe is: Vegetarian and Vegan

Common Allergens: Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

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

NUTRITIONAL INFORMATION: Serving Size: 20 fl oz

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

Iced Americano

Recipe is: Vegetarian and Vegan

INGREDIENTS:

Water, Espresso

NUTRITIONAL INFORMATION: Serving Size: 16/24 fl oz

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

COFFEE AND TEA

Iced Chai Latte

Recipe is: Vegetarian and Vegan

Common Allergens: Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

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

NUTRITIONAL INFORMATION: Serving Size: 24 fl oz

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

Iced Chocolate Chai

Recipe is: Vegetarian and Vegan

Common Allergens: Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

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

NUTRITIONAL INFORMATION: Serving Size: 24 fl oz

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

Iced Coffee

Recipe is: Vegetarian and Vegan

INGREDIENTS:

Coffee

NUTRITIONAL INFORMATION: Serving Size: 16/24 fl oz

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

Iced Latte

Recipe is: Vegetarian and Vegan

Common Allergens: Milk

INGREDIENTS:

Milk, Espresso

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

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

COFFEE AND TEA

NUTRITIONAL INFORMATION: Serving Size: 24 fl oz

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

Iced Mocha

Recipe is: Vegetarian and Vegan

Common Allergens: Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

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

NUTRITIONAL INFORMATION: Serving Size: 24 fl oz

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

Iced Teas

Recipe is: Vegetarian and Vegan

INGREDIENTS:

Iced Black Tea: Organic Black Tea

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

NUTRITIONAL INFORMATION: Serving Size: 16/24 fl oz

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

Latte

Recipe is: Vegetarian and Vegan

Common Allergens: Milk

INGREDIENTS:

Milk, Espresso

NUTRITIONAL INFORMATION: Serving Size: 12 fl oz

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

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

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

NUTRITIONAL INFORMATION: Serving Size: 20 fl oz

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

COFFEE AND TEA

Macchiato

Recipe is: Vegetarian and Vegan

Common Allergens: Milk

INGREDIENTS:

Milk, Espresso

NUTRITIONAL INFORMATION: Serving Size: 4 fl oz

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

Mocha

Recipe is: Vegetarian and Vegan

Common Allergens: Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 12 fl oz

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

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

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

NUTRITIONAL INFORMATION: Serving Size: 20 fl oz

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

Pumpkin Pie Latte

Recipe is: Vegetarian and Vegan

Common Allergens: Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 12 fl oz

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

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

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

NUTRITIONAL INFORMATION: Serving Size: 20 fl oz

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

COFFEE AND TEA

Chocolate Chai

Recipe is: Vegetarian and Vegan

Common Allergens: Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 12 fl oz

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

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

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

NUTRITIONAL INFORMATION: Serving Size: 20 fl oz

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

Caramel Apple Latte

Recipe is: Vegetarian and Vegan

Common Allergens: Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 12 fl oz

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

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

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

NUTRITIONAL INFORMATION: Serving Size: 20 fl oz

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

Spiced Apple Iced Green Tea

Recipe is: Vegetarian and Vegan

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

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

140	0	0	0	0	30	35	0	34	34	0	0	0	0	0
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NUTRITIONAL INFORMATION: Serving Size: 24 fl oz

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

Spiced Apple Iced Black Tea

Recipe is: Vegetarian and Vegan

INGREDIENTS:

Iced Black Tea: Organic Black Tea

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

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

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

NUTRITIONAL INFORMATION: Serving Size: 24 fl oz

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

Spiced Apple Green Tea

Recipe is: Vegetarian and Vegan

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 12 fl oz

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

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

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

NUTRITIONAL INFORMATION: Serving Size: 20 fl oz

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

Spiced Apple Breakfast Tea

Recipe is: Vegetarian and Vegan

INGREDIENTS:

English Breakfast: Black Tea

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

NUTRITIONAL INFORMATION: Serving Size: 12 fl oz

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

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

COFFEE AND TEA

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

NUTRITIONAL INFORMATION: Serving Size: 20 fl oz

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

Iced Caramel Apple Crisp Latte

Recipe is: Vegetarian and Vegan

Common Allergens: Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

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

NUTRITIONAL INFORMATION: Serving Size: 24 fl oz

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

Salted Caramel Latte

Recipe is: Vegetarian and Vegan

Common Allergens: Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

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

NUTRITIONAL INFORMATION: Serving Size: 20 fl oz

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

Salted Caramel Hot Chocolate

Recipe is: Vegetarian and Vegan

Common Allergens: Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

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

COFFEE AND TEA

NUTRITIONAL INFORMATION: Serving Size: 20 fl oz

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

Organic Cold Brew Concentrate 3:1

Recipe is: Vegetarian and Vegan

Common Allergens:

INGREDIENTS:

Water, Coffee

NUTRITIONAL INFORMATION: Serving Size: 12 fl oz

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

Pumpkin Puree

Recipe is: Vegetarian and Vegan

Common Allergens:

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 1 fl oz

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

Vanilla Syrup

Recipe is: Vegetarian and Vegan

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 1 fl oz

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

Cane Syrup

Recipe is: Vegetarian and Vegan

INGREDIENTS:

Pure Cane Sugar, Water

NUTRITIONAL INFORMATION: Serving Size: 1 fl oz

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

Caramel Syrup

Recipe is: Vegetarian and Vegan

INGREDIENTS:

Pure Cane Syrup, Water, Natural Flavors, Citric Acid

NUTRITIONAL INFORMATION: Serving Size: 1 fl oz

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

COFFEE AND TEA

Hazelnut Syrup

Recipe is: Vegetarian and Vegan

Common Allergens: Hazelnut

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 1 fl oz

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

Pumpkin Spice Syrup

Recipe is: Vegetarian and Vegan

Common Allergens:

INGREDIENTS:

Pure Cane Sugar, Water, Natural Flavors, Caramel

NUTRITIONAL INFORMATION: Serving Size: 1 fl oz

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

Caramel Apple Butter Syrup

Recipe is: Vegetarian and Vegan

Common Allergens:

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 1 fl oz

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

Salted Caramel Syrup

Recipe is: Vegetarian and Vegan

Common Allergens:

INGREDIENTS:

Pure Cane Sugar, Water, Natural Flavors, Salt

NUTRITIONAL INFORMATION: Serving Size: 1 fl oz

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

Classic Whipped Cream

Recipe is: Vegetarian and Vegan

Common Allergens: Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 2

Tbsp

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

BARISTA MILKS & MILK ALTERNATIVES

Skim Milk

Recipe is: Vegetarian and Vegan

Common Allergens: Milk

INGREDIENTS:

Organic Pasteurized Fat Free Milk, Vitamin A, Vitamin D

NUTRITIONAL INFORMATION: Serving Size: 8 fl oz

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

Whole Milk

Recipe is: Vegetarian and Vegan

Common Allergens: Milk

INGREDIENTS:

Organic Pasteurized Whole Milk and Vitamin D

NUTRITIONAL INFORMATION: Serving Size: 8 fl oz

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

Almond Milk

Recipe is: Vegetarian and Vegan

Common Allergens: Almond

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 8 fl oz

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

Oat Milk

Recipe is: Vegetarian and Vegan

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 8 fl oz

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

Half and Half

Recipe is: Vegetarian and Vegan

Common Allergens: Milk

INGREDIENTS:

Organic Pasteurized Milk, Organic Pasteurized Heavy Cream

NUTRITIONAL INFORMATION: Serving Size: 1 fl oz

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

COLD DRINKS

Coke

Recipe is: Vegetarian and Vegan

INGREDIENTS:

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

NUTRITIONAL INFORMATION: 12 fl oz CAN

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

NUTRITIONAL INFORMATION: 20 fl oz BOTTLE

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

Diet Coke

Recipe is: Vegetarian and Vegan

INGREDIENTS:

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

NUTRITIONAL INFORMATION: 12 fl oz CAN

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

NUTRITIONAL INFORMATION: 20 fl oz BOTTLE

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

Coke Zero

Recipe is: Vegetarian and Vegan

INGREDIENTS:

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

NUTRITIONAL INFORMATION: 12 fl oz CAN

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

NUTRITIONAL INFORMATION: 20 fl oz BOTTLE

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

COLD DRINKS – JUICE SHOTS

Cayenne Shot

Serving Size: 3.70 fl oz

Recipe is: Vegetarian and Vegan

INGREDIENTS:

Apple Juice, Orange Juice, Lemon Juice, Turmeric Juice, Ginger Juice, Cayenne, 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)
50	0	0	0	0	0	11	2	11	0	2	0	26	2	188

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)
70	0.5	0	0	0	10	15	2	9	0	2	0	26	0	0

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

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

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

COLD DRINKS

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

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

COLD DRINKS

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

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

COLD DRINKS

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

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

COLD DRINKS

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

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

COLD DRINKS

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

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

COLD DRINKS

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

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	0.5	0	0	10	32	4	24	0	2	0	60	2	420

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

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

COLD DRINKS

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

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

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

COLD DRINKS

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

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

COLD DRINKS

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

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