

Pret's Nutrition & Allergen Guide



Pret Nutritional Guide - Valid for locations in Vancouver, Toronto
Ver. 7 [July-11-2023]

Nutrition

Since almost all Pret products are made fresh each day, our nutritional values are averages based on standardised 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 wheat, peanuts, sesame seeds, soy, tree nuts, milk, eggs, fish, sulphites, mustard 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 Canada shops, with full ingredient lists and the 11 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/en-CA**](http://www.pret.com/en-CA) or **get in touch with our Customer Service team at 604-988-2141** who will be happy to help. We strongly advise consulting with your physician first if you have any concerns around consuming any Pret products



Please be aware we use numerous ingredients in our kitchens and therefore cannot guarantee that any of our products are completely free of any allergen due to the potential for cross-contact. June-20-23 ★

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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 Fibre (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	420

Sunshine Bowl

Serving Size: 261g/9.20oz

Recipe is: ☒ Vegetarian and ☒ Vegan

Common Allergens: Coconut

INGREDIENTS:

Banana, Sunshine Puree (Alphonso Mango, Banana Puree, Coconut Milk, Kent Mango, Lemon, Turmeric Juice, 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

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
420	12	4	0	0	50	70	8	35	0	8	0	35	2	714

Maple Overnight Oats

Serving Size: 208g/7.3oz

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Milk, Almond

INGREDIENTS:

Yogurt (Skim Milk, Cream, Active Bacterial Cultures), Rolled Oats (100% Rolled Oats), Milk (Partly Skimmed Milk, Vitamin D), Maple Syrup (Canada Grade A 100% pure Maple Syrup), Blueberries, Sliced Almonds (Blanched Sliced Almonds)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
335	8	2	0	3	44	55	5	24	N/A	15	0	222	2	422

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YOGURT & FRUIT POTS

Maple Granola Pot

Serving Size: 190g/6.7oz

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Milk

INGREDIENTS:

Yogurt (Skim Milk, Cream, Active Bacterial Cultures), GF Granola (Gluten Free Oats, Apple and Cinnamon Glaze (dark muscovado sugar, golden syrup, apple juice concentrate, cinnamon, salt), Pumpkin Seeds, Raisins, Sunflower Oil, Golden Linseed, Buckwheat Flakes)), Maple Syrup (Canada Grade A 100% pure Maple Syrup)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest . (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
389	10	3	0	5	87	57	4	35	N/A	17	0	170	2	411

HOT BREAKFAST

Egg & Bacon Baguette

Serving Size: 189g/6.66oz

Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Egg, Milk, Wheat, Soy

INGREDIENTS:

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), Smoked Bacon (RWA) (Pork, Water, Salt, Cane Sugar, Cultured Celery Extract, Spice Extract, Smoke), Cheddar Cheese(Milk, bacterial culture, salt, calcium chloride, rennet and/or microbial enzyme), Seasoning (Salt, Black Pepper), Vegalene Canola High Heat (Canola Oil, Soy Lecithin, Natural Flavour)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest . (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
330	27	13	0	345	750	33	1	6	3	28	1	187	3	368

Egg Salad & Avocado Breakfast Baguette

Serving Size: 189g/6.66oz

Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Egg, Mustard, Wheat

INGREDIENTS:

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 (Canola Oil, Cage-Free Frozen Egg yolk, Water, Vinegar, Sugar, Salt, Concentrated Lemon Juice)), Avocados, 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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
490	28	5	0	407	700	38	5	0	0	20	2	54	4	324

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HOT BREAKFAST

Pret’s Shakshuka Frittata

Serving Size: 368g/13oz
Recipe is: ☒ Vegetarian and ☐ Vegan
Common Allergens: Egg, Milk, Mustard

INGREDIENTS:
Liquid Whole Egg (Liquid Whole Egg, Citric Acid), Milk (Partly Skimmed Milk, Vitamin D), Red Pepper, Marinara Sauce (Italian Whole Peeled Tomatoes (Peeled Tomatoes, Tomato Puree, Salt, Basil Leaf), Olive Oil, Onions, Salt, Garlic, Basil, Black Pepper, Oregano), Feta Cheese (Pasteurized Goat's Milk, Salt, Calcium chloride, Bacterial culture, Microbial Enzyme), 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, Lime Juice, 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 Flavour, White Wine, Citric Acid, Tartaric Acid), Roasted Cherry Tomatoes (Cherry Tomatoes, Rapeseed Oil, Salt, Dried Garlic, Oregano, Lemon Juice Concentrate), 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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
349	38	11	2	684	988	14	1	8	N/A	31	5	183	3	605

Egg and Bacon Brioche

Serving Size: 203g/7.2oz
Recipe is: ☐ Vegetarian and ☐ Vegan
Common Allergens: Wheat, Egg, Milk, Soy

INGREDIENTS:
Brioche Bun (Enriched Wheat Flour, Water, Sugar, Barley Malt, Syrup, Dextrose, Corn Maltodextrin, Yeast, Vegetable protein (Pea and/or Potato and/or Fava Bean), Wheat Starch, Modified Corn Starch, Vegetable Oil (canola or soy oil and/or sunflower oil), Salt, Wheat Gluten, Cultured Wheat Flour, Dough Conditioners (DATEM, Monoglycerides, Ascorbic Acid, Food Enzymes), Corn Flour, Annatto (E 160b), Turmeric, Natural Flavouring), Liquid Whole Egg (Liquid Whole Egg, Citric Acid), Milk (Partly Skimmed Milk, Vitamin D), Cheddar Cheese (Milk, Bacterial Culture, Salt, Calcium Chloride, Rennet and/or Microbial Enzyme), Bacon (Pork, Water, Sea Salt, Cane Sugar, Cultured Celery Extract, Spice Extract, Smoke), Cooking Spray (Canola Oil, Soy Lecithin, Natural Flavour), Seasoning (Salt, Black Pepper)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest . (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
430	28	13	0	277	827	35	0	7	N/A	27	2	321	3	131

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HOT BREAKFAST

Egg and Cheddar Brioche

Serving Size: 190g/6.7oz

Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Wheat, Egg, Milk, Soy

INGREDIENTS:

Brioche Bun (Enriched Wheat Flour, Water, Sugar, Barley Malt, Syrup, Dextrose, Corn Maltodextrin, Yeast, Vegetable protein (Pea and/or Potato and/or Fava Bean), Wheat Starch, Modified Corn Starch, Vegetable Oil (canola or soy oil and/or sunflower oil), Salt, Wheat Gluten, Cultured Wheat Flour, Dough Conditioners (DATEM, Monoglycerides, Ascorbic Acid, Food Enzymes), Corn Flour, Annatto (E 160b), Turmeric, Natural Flavouring), Liquid Whole Egg (Liquid Whole Egg, Citric Acid), Milk (Partly Skimmed Milk, Vitamin D), Cheddar Cheese (Milk, Bacterial Culture, Salt, Calcium Chloride, Rennet and/or Microbial Enzyme), Cooking Spray (Canola Oil, Soy Lecithin, Natural Flavour), Seasoning (Salt, Black Pepper)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest . (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
371	23	11	0	265	740	35	0	7	N/A	23	2	318	3	131

Southwestern Breakfast Wrap

Serving Size: 340g/12oz

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Wheat, Egg, Milk, Mustard, Sulphites

INGREDIENTS:

7-Grain Tortilla Wrap (Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, 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), Egg Patty (Whole Egg (Liquid Whole Egg, Citric Acid), Milk (Pasteurized Skim Milk, Vitamin D), Cooking Spray (Canola Oil, Soy Lecithin, Natural Flavour)), Red Onion, Red Pepper, Cheddar Cheese (Milk, Bacterial Culture, Salt, Calcium Chloride, Rennet and/or Microbial Enzyme), Black Bean Salsa (Black Beans, Water, Diced Tomatoes (tomatoes, tomato juice, salt, citric acid), Lime Juice Concentrate, Onions, Cilantro, Jalapeno Peppers, Canola Oil, Sea Salt, Garlic Puree, Black Pepper, Onion Powder, Garlic Powder), 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, Lime Juice, 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 Flavour, White Wine, Citric Acid, Tartaric Acid), Crispy Onions (Onions, Enriched Flour (Wheat Flour, Niacin, Reduce 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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
552	36	9	0	256	1006	62	8	5	N/A	28	2	300	5	567



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HOT BREAKFAST

Creamy Oat Porridge

Serving Size: 302g/10.65oz
Recipe is: ☒ Vegetarian and ☒ Vegan

Common Allergens: **Gluten**

INGREDIENTS:

Oatmilk (Water, Organic Rolled Oats, Sunflower Oil), Water, Organic 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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
180	4.5	0.0	0	0	150	30	4	0	0	5	0	29	1	162

Choco Banana Crunch Porridge Topper

Serving Size: 107g/3.77oz
Recipe is: ☒ Vegetarian and ☐ Vegan

INGREDIENTS:

Banana, Honey, 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), Chocolate Powder (Cane Sugar, Cocoa Powder – Processed with Alkali, Dark Chocolate (Chocolate Liquor, Cane Sugar, Cocoa Powder))

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest . (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
230	2.5	0	0	0	20	48	3	35	1	3	0	15	1	332

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SANDWICHES

Chicken & Bacon Sandwich

Serving Size: 282g/9.94oz

Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Egg, Wheat, Mustard

INGREDIENTS:

Grilled Chicken (RWA) (Chicken Breast, Sea Salt), Multi-Grain 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, Smoked Bacon (RWA) (Pork, Water, Sea Salt, Cane Sugar, Cultured Celery Extract, Spicy Extract, Smoke), 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: 282g/9.94oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest . (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
560	29	7	0.0	125	770	33	1	4	0	37	0	49	2	757

Pret’s BLT with Avocado

Serving Size: 202g/7oz

Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Wheat, Eggs

INGREDIENTS:

Multi-Grain 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)), Avocado, Tomato, Arugula, Bacon (Pork, Water, Sea Salt, Cane Sugar, Cultured Celery Extract, Spice Extract, Smoke), Mayonnaise (Canola Oil, Cage Free Frozen Egg Yolk, Water, Vinegar, Sugar, Salt, Concentrated Lemon Juice), Seasoning (Salt, Black Pepper)

NUTRITIONAL INFORMATION: Serving Size: 202g/7oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest . (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
424	23	4	0	25	395	43	8	3	N/A	12	0	13	1	378

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SANDWICHES

Pret’s Chicken Salad & Avo Sandwich

Serving Size: 256g/9.03oz

Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Almond, Egg, Wheat, Mustard, Sulphites

INGREDIENTS:

Multi-Grain 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, Grilled Chicken (RWA) (Chicken Breast, Sea Salt), Whole Grain Mustard Mayo (Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Citric acid, Sulphites), Cage Free Mayonnaise (Cage-Free Egg Yolk, Water, Cage-Free Whole Eggs (Cage-Free Whole Eggs, Citric Acid), Honey, Distilled Vinegar, Sea Salt, Lemon Juice Concentrate)), Mesclun, Dried Cranberries (Cranberries, 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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
550	27	3	0	70	740	54	6	9	5	24	0	72	3	750

Pret’s Curried Egg Sandwich

Serving Size: 263g/9.3oz

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Egg, Wheat, Mustard

INGREDIENTS:

Egg Mayo Mix (Cage Free Whole Egg, Mayonnaise (Canola Oil, Cage Free Frozen Egg Yolk, Water, Vinegar, Sugar, Salt, Concentrated Lemon Juice), Multi-Grain 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)), Cucumber, Mustard Medley, Curry Powder (Spices, Herbs, Dehydrated Onion) or Curry Powder (Spices, Salt, Herbs, Garlic, Mustard), Seasoning (Salt, Black Pepper)

NUTRITIONAL INFORMATION: Serving Size: 256g/9.3oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest . (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
445	22	4	0	413	293	41	5	2	N/A	22	0	80	2	200

Canadian Smoked Salmon Sandwich

Serving Size: 234g/8.3oz

Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Wheat, Fish, Milk

INGREDIENTS: Multi-Grain 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)), Cucumber, Cold Smoked Atlantic Salmon (Atlantic Salmon, Salt, Brown Sugar, Natural Hardwood Smoke), Cream Cheese (Milk, Cream, Modified Milk Ingredients, Salt, Bacterial culture, Lactic acid, Carob bean gum, Potassium sorbate), Arugula, Lemon Juice, Salt, Black Pepper

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest . (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
494	23	13	1	80	1083	48	4	9	N/A	17	0	21	0	559



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Crunchy Chipotle Chicken & Avo Wrap

Serving Size: 343g/12.09oz
Recipe is: ☐ Vegetarian and ☐ Vegan
Common Allergens: Egg, Milk, Wheat, Mustard

INGREDIENTS:
7-Grain 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 Chicken (RWA) (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, lime juice, 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, Red Peppers, Pickled Red Onion (Red Onions, Filtered water, Vinegar, Sugar, Sea salt), Yogurt (Skim milk, Cream, Active bacterial cultures), 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

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest . (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
540	26	4	0	60	1300	59	6	7	3	28	0	147	4	950

Falafel & Hummus Wrap

Serving Size: 348g/12.28oz
Recipe is: ☒ Vegetarian and ☒ Vegan
Common Allergens: Sesame, Wheat

INGREDIENTS:
7-Grain 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), Falafel (Garbanzo Beans, Onions, Chickpea Flour, Corn Oil, Garlic (Garlic, Water), Parsley, Cilantro, Mint, Olive Oil, Salt, Water, Baking Powder (Monocalcium Phosphate, Sodium Bicarbonate and Cornstarch), Cumin, Lemon Juice Concentrate, Turmeric, Cayenne Pepper), Hummus (Garbanzo Beans, Water, Sesame Seeds, Lemon Juice, Spices (Cumin, Garlic), Olive Oil, Salt), Romaine, Cucumber, Pickled Cabbage & Carrot Mix (Filtered Water, Apple cider vinegar, Cabbage, Sugar, Carrots, Red cabbage, Sea salt), Red Peppers

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest . (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
540	18	1	0	0	1440	84	5	11	3	20	0	255	7	880

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BAGUETTE

Romesco Chicken & Mozzarella Baguette

Serving Size: 284g/10.01oz

Recipe is: ☐ Vegetarian and ☐ Vegan

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

INGREDIENTS:

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 Chicken (RWA) (Chicken Breast, Sea Salt), Bocconcini (Pasteurized Milk, Bacterial culture, Calcium Chloride, Microbial Enzyme), 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: 284g/10.01oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest . (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
670	29	7	0	70	1370	71	5	2	0	32	0	173	5	429

Pesto Caprese Baguette

Serving Size: 263g/9.27oz

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Egg, Milk, Wheat, Mustard

INGREDIENTS:

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), Bocconcini (Pasteurized Milk, Bacterial culture, Calcium Chloride, Microbial Enzyme), Pesto (Canola oil, basil, parmesan cheese (pasteurised milk, cheese cultures, salt, enzymes, powdered cellulose (anti- caking agent)), garlic, water, rice wine vinegar (water, rice wine vinegar), salt, black pepper), 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: 263g/9.27oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest . (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
710	38	12	0	50	960	70	5	1	0	26	0	304	5	240

Posh Cheddar & Chutney Baguette

Serving Size: 241g/8.5oz

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Wheat, Milk, Eggs

INGREDIENTS:

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), Cheddar Cheese (Milk, Bacterial Culture, Salt, Calcium Chloride, Rennet and/or Microbial Enzyme), Mayonnaise (Canola Oil, Cage Free Frozen Egg Yolk, Water, Vinegar, Sugar, Salt, Concentrated Lemon Juice), Caramelized Onion Chutney (Onion, Apple Cider Vinegar (Pure Apple Cider Vinegar), Brown Sugar, Fruit Pectin (Pure Non GMO Apple Pectin Powder), Salt), Roasted Tomatoes (Semi Dried Tomato, Rapeseed Oil, Salt, Dried Garlic Flakes, Oregano, Concentrated Lemon Juice), Red Onion, Mustard Medley, Seasoning (Salt, Black Pepper)

NUTRITIONAL INFORMATION

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest . (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
546	32	8	6	51	1288	55	4	11	N/A	16	0	243	2	558

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BAGUETTE

Pret's Famous Ham & Cheese Baguette

Serving Size: 251g/8.85oz

Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Egg, Milk, Wheat, Mustard, Sulphites

INGREDIENTS: 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), Ham (Pork, Water, Sea salt, Cane sugar, Vinegar, Cultured celery extract, Smoke flavour, Smoke), Swiss Cheese (Pasteurized Milk, Modified milk ingredients, Salt, Bacterial culture, Calcium Chloride, Microbial Enzyme), Mustard Mayo (Canola Oil, Whole Grain Mustard (Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Citric acid, Sulphites), Cage Free Mayonnaise (Cage-Free Egg Yolk, Water, Cage-Free Whole Eggs (Cage-Free Whole Eggs, Citric Acid), Honey, Distilled Vinegar, Sea Salt, Lemon Juice Concentrate)), Mesclun

NUTRITIONAL INFORMATION: Serving Size: 251g/8.85oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
620	23	8	0	80	1510	70	2	2	1	34	0	351	4	385

NUTRITIONAL INFORMATION - SLIM: Serving Size: 126g/4oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
310	12	4	0	40	755	35	1	1	1	17	0	176	2	193

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SALADS

Chicken Avocado Salad with Balsamic Vinaigrette

Serving Size: 338g/11.92oz

Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Tree Nuts, Mustard, Sulphites

INGREDIENTS:

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

Balsamic Vinaigrette: Canola Oil, Water, Balsamic Vinegar (Wine, Vinegar, Concentrated Grape Must, Caramel Colour), Balsamic Vinegar Reduction (Wine Vinegar, Grape Concentrate, Natural Flavour, Caramel Colour), Sugar, Salt, Vinegar, Spices, Garlic, Dijon Mustard (Water, Mustard Seeds, Vinegar, Salt, Turmeric), Xanthan Gum)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest . (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
590	46	6	0	50	700	26	7	17	12	20	0	65	2	871

Mediterranean Mezze Salad with Balsamic Vinaigrette

Serving Size: 412g/14.52oz

Recipe is: ☒ Vegetarian and ☒ Vegan

Common Allergens: Sesame, Mustard, Sulphites

INGREDIENTS:

Salad: Cucumber, Falafel (Garbanzo Beans, Onions, Chickpea Flour, Corn Oil, Garlic (Garlic, Water), Parsley, Cilantro, Mint, Olive Oil, Salt, Water, Baking Powder (Monocalcium Phosphate, Sodium Bicarbonate and Cornstarch), Cumin, Lemon Juice Concentrate, Turmeric, Cayenne Pepper), Mesclun, Hummus (Chickpeas, tahini (sesame seeds paste), filtered water, lemon juice, canola oil, garlic puree (garlic, canola oil, citric acid), sea salt, citric acid, spices), Pickled Cabbage & Carrot Mix (Filtered Water, Apple cider vinegar, Cabbage, Sugar, Carrots, Red cabbage, Sea salt), Sesame Seeds (Black Sesame Seeds, White Sesame Seeds)

Balsamic Vinaigrette: Canola Oil, Water, Balsamic Vinegar (Wine, Vinegar, Concentrated Grape Must, Caramel Colour), Balsamic Vinegar Reduction (Wine Vinegar, Grape Concentrate, Natural Flavour, Caramel Colour), Sugar, Salt, Vinegar, Spices, Garlic, Dijon Mustard (Water, Mustard Seeds, Vinegar, Salt, Turmeric), Xanthan Gum)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest . (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
610	42	3	0	0	1510	50	5	18	8	12	0	216	6	821

Salmon Poke Bowl

Serving Size: 410g/15.5oz

Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Fish, Soy, Wheat, Sesame

INGREDIENTS:

Salad: Cucumber, Quinoa Blend (Cooked Red Quinoa (Water, Quinoa), Cooked Quinoa (Water, Quinoa), Lime Juice, Olive Oil, Salt, Cumin, Black Pepper), Salmon Poke (Atlantic Salmon, Poke Sauce (Soy Sauce (water, soybeans, wheat, salt), Sugar, Sriracha Hot Chili Sauce (chili pepper, vinegar, garlic, sugar, salt, Water, Natural Flavors, Xanthan Gum), Sesame Oil, Water, Vinegar, Xanthan Gum), White Sesame Seeds, Black Sesame Seeds, Crystallized Lime (citric acid, lime oil, lime juice), Dried Chives), Mesclun, Carrot, Corn

Asian Sesame Vinaigrette: Water, Brown Sugar, Canola Oil, Soy Sauce (Water, Wheat, Soybeans, Salt), Rice Wine Vinegar, Sesame Oil, Orange Puree, Modified Corn Starch, Sesame Seeds, Xanthan Gum, Colour (Caramel), Garlic Powder, Onion Powder, Natural Flavour

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest . (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
497	23	2	0	29	870	55	7	23	N/A	21	2	132	4	862

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SALADS

Pret's Italian Herb Chicken Salad

Serving Size: 259g/9.0oz

Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Milk, Egg, Mustard

INGREDIENTS:

Salad: Mesclun, Grilled Chicken (RWA) (Chicken Breast, Sea Salt), Grape Tomatoes, Red Pepper, Lemon, Kalamata Olives (Olives, Brine (water, salt, vinegar, sunflower oil or extra virgin olive oil)), Basil Pesto (Canola oil, Basil, Parmesan Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose (anti-caking agent))), Garlic, Water, Rice Wine Vinegar (water, rice wine vinegar), Salt, Black Pepper), Mayonnaise (Canola Oil, Cage Free Frozen Egg Yolk, Water, Vinegar, Sugar, Salt, Concentrated Lemon Juice)

Italian Herb Vinaigrette: Water, Canola Oil, Vinegar, Salt, Onion, Dehydrated Vegetables (Garlic, Red Bell Pepper, Shallot), Concentrated Lemon Juice, Spices (Mustard), Xanthan Gum, Herbs, Colour, Citric Acid

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
280	23	27	0	52	809	46	5	5	N/A	16	0	93	8	319

SALAD DRESSINGS

Hatch Chili Dressing

Serving Size: 56g/1.97oz

Recipe is: ☒ Vegetarian and ☒ Vegan

Common Allergens: Egg, Milk

INGREDIENTS:

Non-Fat Buttermilk (Whey, Water, Skim Milk Powder, Corn Starch, Tapioca Starch, Carrageenan, Locust Bean Gum, Culture), Vegetable Oil (Canola and/or Soybean Oil), Non-Fat Yogurt (Cultured Skim Milk, Corn Starch, Tapioca Starch, Carrageenan, Locust Bean Gum), Poblano Chiles, Distilled Vinegar, Less than 2% of Dried Hatch Chile, Dried Garlic, Spices, Maltodextrin, Egg Yolk, Modified Corn Starch, Salt, Sugar, Xanthan Gum, Lime Juice Concentrate, Lactic Acid, Dried Onion, Dried Chive

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
150	13	2	0	9	320	6	0	2	0	2	0	38	0	75

Balsamic Vinaigrette

Serving Size: 56 g

Recipe is: ☒ Vegetarian and ☒ Vegan

Common Allergens: Mustard, Sulphites

INGREDIENTS:

Canola Oil, Water, Balsamic Vinegar (Wine, Vinegar, Concentrated Grape Must, Caramel Colour), Balsamic Vinegar Reduction (Wine Vinegar, Grape Concentrate, Natural Flavour, Caramel Colour), Sugar, Salt, Vinegar, Spices, Garlic, Dijon Mustard (Water, Mustard Seeds, Vinegar, Salt, Turmeric), Xanthan Gum

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
200	20	1.4	0	0	320	5	0	0	0	0	0	20	0	8

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Asian Sesame Vinaigrette

Serving Size: 100g/3.5oz

Recipe is: ☒ Vegetarian and ☒ Vegan

Common Allergens: Wheat, Soy, Sesame

INGREDIENTS:

Water, Brown Sugar, Canola Oil, Soy Sauce (Water, Wheat, Soybeans, Salt), Rice Wine Vinegar, Sesame Oil, Orange Puree, Modified Corn Starch, Sesame Seeds, Xanthan Gum, Colour (Caramel), Garlic Powder, Onion Powder, Natural Flavour

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
261	18	2	0	0	701	23	0	21	N/A	1	0	26	0	13

Italian Herb Vinaigrette

Serving Size: 100g/3.5oz

Recipe is: ☒ Vegetarian and ☒ Vegan

Common Allergens: Mustard

INGREDIENTS:

Water, Canola Oil, Vinegar, Salt, Onion, Dehydrated Vegetables (Garlic, Red Bell Pepper, Shallot), Concentrated Lemon Juice, Spices (Mustard), Xanthan Gum, Herbs, Colour, Citric Acid.

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
136	14	1	0	0	908	2	1	0	N/A	0	0	12	0	41

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HOT WRAPS

Pret's Chicken Parm Wrap

Serving Size: 301g/10.61oz

Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Milk, Wheat, Sulphites

INGREDIENTS:

7-Grain 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), Marinara Sauce (Italian Whole Peeled Tomatoes (Peeled Tomatoes, Tomato Puree, Salt, Basil Leaf), Olive Oil, Onions, Salt, Garlic, Basil, Black Pepper, Oregano.), Grilled Chicken (RWA) (Chicken Breast, Sea Salt), Red Peppers, Parmesan (Pasteurized Milk, Bacterial culture, Salt, Lipase, Microbial Enzymes, Cellulose), Seasoning (Salt, Black Pepper), Provolone (Pasteurized Milk, Salt, Enzymes), 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)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
530	22	7	0	70	1360	53	1	5	0	34	0	423	3	785

Pret's Chicken Burrito Wrap

Serving Size: 329g/11.60oz

Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Milk, Wheat, Mustard, Sulphites

INGREDIENTS:

7-Grain 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 Chicken (RWA) (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, lime juice, 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 Cheese (Milk, bacterial culture, salt, calcium chloride, rennet and/or microbial enzyme), 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), Quinoa Blend (Cooked Quinoa (water, quinoa), Cooked Red Quinoa (water, red quinoa), Lemon Juice (water, concentrated lemon juice), Extra Virgin Olive Oil, Salt, Cumin, Black Pepper), Red Peppers, Crispy Onions (Onions, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sunflower and/or Safflower Oil, Sea Salt)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
570	23	8	0	75	1250	69	2	5	1	33	0	363	4	684

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HOT FOOD

Pesto Tomato Mac and Cheese

Serving Size: 474g/16.72oz
Recipe is: ☒ Vegetarian and ☐ Vegan
Common Allergens: Egg, Milk, Wheat

INGREDIENTS:
Mac and Cheese Mix (Water, Enriched Cavatappi Pasta (semolina, egg whites, niacin, ferrous sulphate, thiamine mononitrate, riboflavin, folic acid), Light Cream (Milk, cream), Monterey Jack Cheese (Milk, Cheese Culture, Salt, Enzymes), Cheddar Cheese (Milk, Bacterial Culture, Salt, Calcium Chloride, Renet and/or Microbial Enzyme), Butter (Sweet Cream, Salt), Wheat Flour, Romano Cheese (Pasteurised Sheep's Milk, Cheese Cultures, Salt, Enzymes), Sea Salt, Black Pepper, Cayenne Pepper, Nutmeg), Grape Tomatoes, Basil Pesto (Canola oil, Basil, Parmesan Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose (anti-caking agent)), Garlic, Water, Rice Wine Vinegar (Water, Rice Wine Vinegar), Salt, Black Pepper)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest . (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
950	61	33	2	165	1470	67	1	8	N/A	29	2	638	2	213

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, Enriched Cavatappi Pasta (semolina, egg whites, niacin, ferrous sulphate, thiamine mononitrate, riboflavin, folic acid), Light Cream (Milk, Cream), Monterey Jack Cheese (Milk, Cheese Culture, Salt, Enzymes), Cheddar Cheese (Pasteurised Milk, Cheese Cultures, Salt, Enzymes), Butter (Sweet Cream, Salt), Wheat Flour, Romano Cheese (Pasteurised Sheep's Milk, Cheese Cultures, Salt, Enzymes), Sea Salt, Black Pepper, Cayenne Pepper, Nutmeg), Parmesan (Pasteurized Milk, Bacterial culture, Salt, Lipase, Microbial Enzymes, 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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
910	56	35	2	175	1450	67	0	7	0	31	2	687	2	183

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SOUPS

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, Parsley, Dried Marjoram, Black Pepper, Cumin, Nutmeg, Dried Basil, Bay Leaves, Cloves

NUTRITIONAL INFORMATION - SMALL: 329g/11.60oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
280	12	2	0	0	670	32	9	5	0	12	0	58	4	630

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 - SMALL: 333g/11.74oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
190	11	5	0	25	1110	19	3	11	0	7	0	117	1	472

Chili Yogurt & Herb Topper

Serving Size: 44g/1.5oz

Recipe is: ☒ Vegetarian and ☐ Vegan

Allergens: Milk, Sulphites, Wheat

INGREDIENTS:

Yogurt (Skim Milk, Cream, Active Bacterial Cultures), Crispy Onions (Onions, Enriched Flour (Wheat Flour, Niacin, Reduce Iron, Thiamin Mononitrate, Riboflavin, Folic acid), Cilantro, Basil, Chili Salt (Paprika, Sea Salt, Chili Flakes)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
40	2	1	0	2	59	3	0	1	N/A	4	0	40	0	64

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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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
420	16	5	0	65	370	63	2	35	32	6	0	68	2	83

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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
310	16	10	0	50	280	42	2	26	26	4	0	28	2	117

Baguette

Serving Size: 62g/2.18oz
Recipe is: ☒ Vegetarian and ☒ Vegan
Common Allergens: Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest . (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
170	1	0	0	0	360	33	2	0	0	6	0	10	2	70

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BAKERY

Harvest Cookie

Serving Size: 71g/2.50oz
Recipe is: ☒ Vegetarian and ☐ Vegan
Common Allergens: Coconut, Walnut, Egg, Milk, Wheat

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

NUTRITIONAL INFORMATION:

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

Chocolate Croissant

Serving Size: 86g/3.03oz
Recipe is: ☒ Vegetarian and ☐ Vegan
Common Allergens: Egg, Milk, Soy, Wheat

INGREDIENTS:
Flour, Butter, Chocolate Filling (Sugar, Chocolate (Fat Reduced Cocoa Powder, Sugar, Cocoa Mass, Cocoa Butter, Sunflower Lecithin (Emulsifier), Natural Vanilla Flavoring), Sunflower Oil, Palm Oil, Palm Fat, Corn Starch), Water, Sugar, Dark Chocolate Decoration (Sugar, Cocoa Mass, Cocoa Butter, Soy Lecithin (Emulsifier)), Yeast, Wheat Gluten, Free-Range Egg, Salt, Ascorbic Acid (Flour Treatment Agent)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest . (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
350	20	11.5	0.5	50	160	33	4	16	16	6	0	20	2	149

Plain Croissant

Serving Size: 80g/2.82oz
Recipe is: ☒ Vegetarian and ☐ Vegan
Common Allergens: Egg, Milk, Wheat, Tree Nut, Soy

INGREDIENTS:
Wheat Flour, Butter, Water, Sugar, Yeast, Wheat Gluten, Salt, Eggs, 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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
280	16	11	0	46	300	29	2	4	4	6	0	22	1	98

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BAKERY

Almond Croissant

Serving Size: 100g/3.52oz

Recipe is: ☒ Vegetarian and ☐ Vegan

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

INGREDIENTS:

Wheat Flour, Water, Butter, Sugar, Almond Powder, Almonds, Yeast, Wheat Gluten, Eggs, Salt, Natural Flavour (Alcohol), 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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
370	21	11	0.5	45	220	39	3	13	13	8	0	45	1	155

SNACKS

Hardbite All Natural Chips

Serving Size: 50g/1.76oz

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Potatoes, non-hydrogenated sunflower oil and/or non-hydrogenated canola oil, sea salt

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
250	12	0	0	0	140	30	4	4	0	5	0	20	1.5	800

Hardbite Rock Salt & Vinegar Chips

Serving Size: 50g/1.76oz

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Potatoes, non-hydrogenated sunflower and/or non-hydrogenated canola oil, sugars (tapioca maltodextrin, cane sugar), organic white distilled vinegar, sea salt, malic acid.

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
250	12	0	0	0	230	30	4	4	4	5	0	20	1.25	750

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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)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (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)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
140	6	3	0	20	130	14	0	13	0	10	3	354	0	429

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
200	8	4	0.0	28	180	20	0	18	0	14	4	425	0	496

NUTRITIONAL INFORMATION: Serving Size: 20 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
250	11	5.0	0.0	36	240	25	0	24	0	18	4	531	0	620

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)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (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

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COFFEE AND TEA

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: 12 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest . (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
280	2.5	1.5	0.0	5	140	36	0	32	19	13	3	378	5	1111

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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
390	3.5	2.0	0.0	5	170	49	0	44	28	17	4	461	7	1542

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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
510	4.5	2.5	0.0	10	210	64	0	64	38	21	4	580	9	2015

Iced 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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
90	4.0	2.0	0.0	15	90	10	0	9	0	6	4	220	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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
120	5.0	3.0	0.0	20	120	5	0	12	0	9	4	330	0	620

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COFFEE AND TEA

Iced Vanilla Latte

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Milk

INGREDIENTS:

Milk, Espresso, Vanilla (Organic Cane Sugar, Water, Natural Vanilla Flavor, Organic Vanilla Extract)

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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
110	4.0	2.0	0.0	12	90	10	0	10	0	6	4	220	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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
160	5.0	3.0	0.0	20	120	17	0	15	0	9	4	330	0	620

Iced Caramel Latte

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Milk

INGREDIENTS:

Milk, Espresso, Caramel Syrup (Organic Cane Sugar, Water, Organic Caramel Flavour)

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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
110	4.0	2.0	0.0	15	90	12	0	10	0	6	4	220	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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
160	5.0	3.0	0.0	20	120	17	0	15	0	9	4	330	0	620



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COFFEE AND TEA

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: 12 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
150	6	4	0.0	10	150	21	1	17	17	6	0	165	0	1082

NUTRITIONAL INFORMATION: Serving Size: 20 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (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	8.0	5.0	0.0	15	230	31	0	25	0	8	4	275	1	1433

Latte

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: NA

INGREDIENTS:

Milk or Oat Beverage (Oat Base (Filtered Water, Gluten-free Oats), Sunflower Oil, Dipotassium Phosphate, Calcium Carbonate, Tricalcium Phosphate, Sea Salt, Vitamin A Palmitate, Vitamin D2, Riboflavin, Vitamin B12, Zinc Gluconate, Amylase), Espresso

NUTRITIONAL INFORMATION: Serving Size: 12 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
170	8	1.0	0.0	0	120	20	2	7	0	3	0	385	0	413

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
200	9.0	1.0	0.0	0	130	24	3	8	0	4	0	440	0	496

NUTRITIONAL INFORMATION: Serving Size: 20 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
220	10.0	1.0	0.0	0	150	27	3	9	0	4	0	495	0	620

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COFFEE AND TEA

Vanilla Latte

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: NA

INGREDIENTS:

Milk or Oat Beverage (Oat Base (Filtered Water, Gluten-free Oats), Sunflower Oil, Dipotassium Phosphate, Calcium Carbonate, Tricalcium Phosphate, Sea Salt, Vitamin A Palmitate, Vitamin D2, Riboflavin, Vitamin B12, Zinc Gluconate, Amylase), Espresso, Vanilla (Organic Cane Sugar, Water, Natural Vanilla Flavor, Organic Vanilla Extract)

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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
150	6	3.0	0.0	20	130	15	0	15	0	10	0	385	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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
200	6.0	4.0	0.0	25	150	20	0	19	0	12	0	440	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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
220	7.0	4.0	0.0	30	170	23	0	21	0	13	0	495	0	620

Flat White

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Milk

INGREDIENTS:

Espresso, Milk

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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitami n D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
140	0	0	0.0	7.5	170	18	0	15	0	12	3	425	0	500

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COFFEE AND TEA

Caramel Latte

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: NA

INGREDIENTS:

Milk or Oat Beverage (Oat Base (Filtered Water, Gluten-free Oats), Sunflower Oil, Dipotassium Phosphate, Calcium Carbonate, Tricalcium Phosphate, Sea Salt, Vitamin A Palmitate, Vitamin D2, Riboflavin, Vitamin B12, Zinc Gluconate, Amylase), Espresso, Caramel Syrup (Organic Cane Sugar, Water, Organic Caramel Flavour)

NUTRITIONAL INFORMATION: Serving Size: 12 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
150	6	3.0	0.0	20	130	18	0	18	0	10	0	385	0	413

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
200	6.0	4.0	0.0	25	150	26	0	25	0	12	0	440	0	496

NUTRITIONAL INFORMATION: Serving Size: 20 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
220	7.0	4.0	0.0	30	170	29	0	27	0	13	0	495	0	620

Mocha

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Milk

INGREDIENTS:

Oat beverage (Oat Base (Filtered Water, Gluten-free Oats), Sunflower Oil, Dipotassium Phosphate, Calcium Carbonate, Tricalcium Phosphate, Sea Salt, Vitamin A Palmitate, Vitamin D2, Riboflavin, Vitamin B12, Zinc Gluconate, Amylase), 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)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
250	1.0	0.5	0.0	5	140	26	0	22	9	12	3	366	2	762

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
350	2.5	1.5	0.0	5	170	40	0	34	19	16	4	449	5	1193

NUTRITIONAL INFORMATION: Serving Size: 20 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
450	3.5	2.0	0.0	10	210	56	0	48	28	21	4	568	7	1666

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SYRUPS AND TOPPINGS

Vanilla Syrup

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Vanilla (Organic Cane Sugar, Water, Natural Vanilla Flavor, Organic 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 Fibre (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

Caramel Syrup

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Caramel Syrup (Organic Cane Sugar, Water, Organic Caramel Flavour)

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 Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
90	0	0	0	0	0	23	0	23	23	0	0	0	0	0

BARISTA MILKS & MILK ALTERNATIVES

Skim Milk

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Milk

INGREDIENTS:

Organic Pasteurized Partly skimmed Milk, Vitamin A, Vitamin D

NUTRITIONAL INFORMATION: Serving Size: 8.4 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
130	5.0	3.0	0.0	20	120	12	0	12	0	9	3	330	0	370

Oat Milk

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS: Oat Base (Filtered Water, Gluten-free Oats), Sunflower Oil, Dipotassium Phosphate, Calcium Carbonate, Tricalcium Phosphate, Sea Salt, Vitamin A Palmitate, Vitamin D2, Riboflavin, Vitamin B12, Zinc Gluconate, Amylase

NUTRITIONAL INFORMATION: Serving Size: 8.4 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
150	7.0	0.5	0.0	0	100	18	2	6	0	3	0	303	0	0

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COLD DRINKS – JUICE SHOTS

Well Cold-Pressed Green Juice

Serving Size: 333 ml

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Apple Juice, Spinach Juice, Kale Juice, Celery Juice, Lemon Juice, and Ginger Juice.

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
120	0.2	0	0	0	75	27	0	23	0	2	0	100	0.75	57

Well Cold-Pressed Orange Juice

Serving Size: 333 ml

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Orange Juice

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
150	0.5	0	0	0	5	35	1	28	0	2	0	40	0.75	650

Lemon Ginger Honey Elixir Shot

Serving Size: 60 ml

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Lemon, Ginger, Honey

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
40	0	0	0	0	0	0	0	4	0	0	0	0	0	0

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COLD DRINKS

Sparkling Water – 17 oz

Serving Size: 17 fl oz
Recipe is: ☒ Vegetarian and ☒ Vegan
INGREDIENTS:
Carbonated Spring Water

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (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 Fibre (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

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