

Grab & Go and Packaged Foods Nutritional Information (DMV, MA)

The following nutritional information is provided by our suppliers and is intended only as an estimate. Not all items are available in every location. These items are produced in kitchens where known allergens are present. Data is rounded to meet FDA regulations. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

	Serving Size (g)	Calories	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
<u>Grab & Go Beverages - DMV, MA</u>												
Origin Water	12 fl oz	0	0	0	0	0	0	0	0	0	0	0
Origin Lime Sparkling Water	12 fl oz	0	0	0	0	0	0	0	0	0	0	0
Saratoga Sparkling Water	12 fl oz	0	0	0	0	0	0	0	0	0	0	0
Ripple Chocolate Milk	236mL	130	45	5	1	0	0	125	13	3	9	8
Poppi Strawberry Lemon	355g	25	0	0	0	0	0	0	7	2	4	0
Poppi Raspberry Rose	355g	25	0	0	0	0	0	0	7	2	4	0
<u>Packaged Foods</u>												
Peppermint Mints	1 mint (1g)	4	0	0	0	0	0	0	1	0	1	0
Almond Biscotti	28	140	60	7	1	0	15	25	16	2	9	4
Chocolate Dipped Almond Biscotti	37	180	90	10	3	0	15	25	20	3	11	4
Blueberry Vanilla Cashew Bar (GF)	40	160	110	12	2	0	0	20	18	5	7	5
Dark Chocolate Nuts & Sea Salt Bar (GF)	40	180	140	15	3	0	0	140	16	7	5	6
Sea Salt Kettle Potato Chips	43	230	120	13	2	0	0	180	25	2	0	3
Kettle Corn	28	140	70	8	1	0	0	110	18	2	8	1
Hippeas White Cheddar (vegan)	28	130	45	5	0	0	0	280	18	3	<1	4
Pomegranate Vanilla Cashews	1 bag	220	140	15	3	0	0	125	19	1	9	6
Classic Fruit & Nut Mix	1 bag	200	80	9	1	0	0	75	26	3	20	4
Milk Chocolate Peanut Butter Cups	40	230	140	15	8	0	5	120	20	1	16	4
Dark Chocolate Pretzel & Toffee Bar	47	250	140	16	9	0	0	95	23	4	20	3
Milk Chocolate Caramel & Sea Salt Bar	47	250	140	15	9	0	10	140	26	1	24	3
Dark Chocolate Covered Almonds	34	170	110	12	5	0	0	85	15	6	5	5
Grass-Fed Beef Jerky (Serv per Container: 2.5)	1 serving (1oz) 28g	70	0	0.5	0	0	25	420	6	0	4	9
Peppermint Bar (Serv Per Container: 2)	40	210	110	12	7	0	0	15	25	4	17	2
Cookies All the Way Bar (Serv Per Container: 2)	40	210	120	13	8	0	5	105	23	1	19	2
Exploding Coal Bar (Serv Per Container: 2)	40	210	120	13	8	0	0	15	23	5	17	3

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	Ingredients
<u>Grab & Go Beverages - DMV, MA</u>	
Origin Water	100% Natural Spring Water.
Origin Lime Sparkling Water	Spring Water, CO2, and Natural Flavors.
Saratoga Sparkling Water	Carbonated Water.
Ripple Chocolate Milk	Water, pea protein, cane sugar, vegetable oil (sunflower or safflower oil), alkalized cocoa, contains less than 1% of soluble corn fiber, magnesium citrate, riboflavin, vitamin B12, dha algal oil, choline bitartrate, vitamin A palmitate, vitamin D2, dipotassium phosphate, tricalcium phosphate, sea salt, natural flavor, gum arabic, guar gum, gellan gum, with mixed tocopherols, ascorbyl palmitate, and sodium ascorbate to preserve freshness.
Poppi Strawberry Lemon	Sparkling Water, Organic Cane Sugar, Organic Apple Cider Vinegar, Natural Flavors, Organic Agave Inulin, Lemon Juice*, Strawberry Juice*, Stevia. *Concentrate.
Poppi Raspberry Rose	Sparkling Water, Organic Cane Sugar, Organic Apple Cider Vinegar, Organic Agave Inulin, Natural Flavors, Raspberry Juice*, Lemon Juice*, Stevia. *Concentrate.

Packaged Foods

Peppermint Mints	Cane sugar, peppermint oil, calcium stearate.
Almond Biscotti	Almonds, sugar, enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), cage-free eggs, butter (pasteurized cream-derived from milk, natural flavors), cinnamon and baking soda. Contains: Eggs, Milk, Almonds, Wheat
Chocolate Dipped Almond Biscotti	Almonds, sugar, enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), bittersweet chocolate ((unsweetened chocolate processed with potassium carbonate, sugar, cocoa butter, milk fat (butter)), sunflower lecithin, vanilla), cage-free eggs, butter (pasteurized cream-derived from milk, natural flavors), cinnamon and baking soda. Contains: Eggs, Milk, Almonds, Wheat
Blueberry Vanilla Cashew Bar (GF)	Cashews, Blueberry Pieces (Blueberries, Sugar, Apples, Plum, Apple Juice, Vegetable Glycerine, Citrus Pectin, Natural Blueberry Flavor), Almonds, Honey, Non GMO Glucose, Raisins, Crisp Rice, Chicory Root Fiber, Vanilla Extract, Soy Lecithin, Sunflower Oil. Contains: cashews, almonds and soy
Dark Chocolate Nuts & Sea Salt Bar (GF)	Almonds, peanuts, chicory root fiber, honey, palm kernel oil, sugar, glucose syrup, rice flour, unsweetened chocolate, alkalized cocoa, sea salt, soy lecithin, natural flavor, cocoa butter. Contains: almonds, peanuts and soy
Sea Salt Kettle Potato Chips	Potatoes, Sunflower Oil and/or Safflower Oil, Sea Salt.
Kettle Corn	Popcorn, Non-GMO Sunflower Oil and/or Non-GMO Canola Oil, Cane Sugar, Sea Salt
Hippeas White Cheddar (vegan)	Chickpea flour, rice flour, sunflower oil, yellow pea flour, maltodextrin, salt, sugar, natural flavor, yeast extract, onion powder, garlic powder, citric acid, turmeric extract, rosemary extract.
Pomegranate Vanilla Cashews	Cashews, pomegranate flavored dried apples (apples, sugar, natural flavor, citric acid, fruit and vegetable juice [for color]), organic cane sugar, organic tapioca syrup, brown sugar, sea salt, pomegranate juice concentrate, orange powder, dried pomegranate, ground vanilla beans, vanilla extract. Contains cashew.
Classic Fruit & Nut Mix	Dried cranberries (sugar, cranberries, sunflower oil), dried apples (apples, sugar), almonds, cashews, pistachios, sunflower oil, sea salt. Contains: almond, cashew, and pistachio.
Milk Chocolate Peanut Butter Cups	Organic Milk Chocolate (Organic evaporated cane sugar, organic cacao beans, organic full cream milk, organic cocoa butter, organic sunflower lecithin [emulsifier]), Organic Peanut Butter (organic ground peanuts), Organic Cane Sugar, Organic Peanut Flour, Organic Palm Oil, Sea Salt, Organic Sunflower Lecithin. Contains: Milk, Peanuts.
Dark Chocolate Pretzel & Toffee Bar	Sugar, dry whole milk, cocoa butter, chocolate liquor, pretzel pieces (wheat flour, salt, sunflower oil, malted wheat flour, yeast, acidity regulator (sodium hydroxide)), caramel (sugar, glucose syrup (wheat)), lecithin (soy), sea salt. Contains: milk, wheat, soy.
Milk Chocolate Caramel & Sea Salt Bar	Milk Chocolate (sugar, whole milk powder, cocoa butter, chocolate liquor, soy lecithin [emulsifier]), caramel (sugar, wheat glucose syrup, butter, cream), sea salt. Contains: milk, wheat, soy.
Dark Chocolate Covered Almonds	Almonds, dark chocolate (unsweetened chocolate processed with alkali, cane sugar, cocoa butter, milk fat, sunflower lecithin, vanilla), maple sugar, sea salt, cocoa powder. Contains: almonds, milk.

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Grass-Fed Beef Jerky (Serv per Container: 2.5)	Grass-Fed Beef, Gluten Free Tamari Soy Sauce (Water, Soybeans, Salt, Alcohol [To Preserve Freshness]), Brown Sugar (Sugar, Molasses), Garlic Powder, Pineapple Juice, Liquid Smoke (Water, Natural Hickory Smoke Flavor), Organic Worcestershire Sauce (Water, Organic Vinegar, Organic Gluten Free Tamari [Water, Organic Soybeans, Salt], Organic Sugar, Salt, Organic Garlic Powder, Organic Onion Powder, Organic Spices), Black Pepper. Contains: Soy.
Peppermint Bar (Serv Per Container: 2)	60% Dark Chocolate (Cacao, Sugar, Cacao Butter, Sunflower Lecithin [As An Emulsifier], Natural Vanilla), Non-GMO Crushed Peppermint (Cane Sugar, Non-GMO Syrup [Rice, Corn, Or Tapioca] Peppermint Oil [Natural Flavor], Fruit And/Or Vegetable-Derived Colors).
Cookies All the Way Bar (Serv Per Container: 2)	Premium 41% milk chocolate (cane sugar, cacao butter, milk, cacao, sunflower and soy lecithin [as an emulsifier], natural vanilla), cookies (enriched flour [wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], sugar, butter [cream, salt]), sprinkles (cane sugar, corn starch, carnauba wax colored with vegetable juice, turmeric, spirulina extract). Contains: milk, soy, wheat.
Exploding Coal Bar (Serv Per Container: 2)	60% Dark Chocolate (Cacao, Cane Sugar, Cacao Butter, Sunflower Lecithin [As An Emulsifier], Natural Vanilla), Popping Candy (Sugar, Maltose, Carbon Dioxide), Black Cacao Powder