

Grab & Go and Packaged Foods Nutritional Information

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.

	<i>Serving Size (g)</i>	<i>Calories</i>	<i>Calories from Fat (g)</i>	<i>Total Fat (g)</i>	<i>Saturated Fat (g)</i>	<i>Trans Fat (g)</i>	<i>Cholesterol (mg)</i>	<i>Sodium (mg)</i>	<i>Total Carbohydrates (g)</i>	<i>Fiber (g)</i>	<i>Sugars (g)</i>	<i>Protein (g)</i>
<i>Grab & Go Food - NorCal/SoCal/CO</i>												
Non-Fat Greek Yogurt (Vanilla)	126	110	0	0	0	0	0	0	29	3	15	1
Hard Boiled Egg (2 count)	88	120	80	9	3	0	330	120	0	0	0	12
<i>Packaged Foods</i>												
Sencha Moroccan Mints (Serv Per Container: Approx. 19)	3 mints (1.8g)	5	0	0	0	0	0	0	2	0	0	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
Traditional Madeleines 3ct	51	220	110	12	6	0	75	110	27	0	17	3
Blueberry Vanilla Cashew Bar	40	160	110	12	1.5	0	0	20	18	5	7	5
Dark Chocolate Nuts & Sea Salt Bar	40	180	140	15	3	0	0	140	16	7	5	6
Dark Chocolate Sea Salt Cashews	65	330	210	23	10	0	0	170	33	2	24	5
Chocolate Blueberries	60	290	140	16	9	0	5	20	30	2	35	2
Fruit & Nut Medley (Serv Per Container: About 3)	28	130	60	7	1	0	0	45	15	1	10	3
Nut Trail Mix (Serv Per Container: About 3)	28	170	140	15	2	0	0	80	6	2	1	5

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	Ingredients
<u>Grab & Go Food - NorCal/SoCal/CO</u>	
Non-Fat Greek Yogurt (Vanilla)	Cultured Nonfat Milk, Cane Sugar, Water, Fruit Pectin, Natural Flavors, Guar Gum, Lemon Juice Concentrate, Vanilla Extract. Contains Milk. Contains Live And Active Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei And L. Rhamnosus
Hard Boiled Egg (2 count)	Medium hard boiled cage-free eggs, water, citric acid (to maintain freshness). Contains: Eggs
<u>Packaged Foods</u>	
Sencha Moroccan Mints (Serv Per Container: Approx. 19)	Sorbitol, Organic Matcha Green Tea, Peppermint & Spearmint Oil, Stevia, 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
Traditional Madeleines 3ct	Sugar, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Butter (Cream, Salt), Cage-free Eggs, Natural Flavorings, Canola Oil, Water, Invert Sugar, Nonfat Milk, Baking Powder (Sodium Acid Pyrophosphate, Baking Soda, Cornstarch, Monocalcium Phosphate). Contains: Eggs, Milk, Wheat
Blueberry Vanilla Cashew Bar	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	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
Dark Chocolate Sea Salt Cashews	Dark chocolate (cane sugar, cocoa mass [processed with alkali], cocoa butter, butter oil, sunflower lecithin, vanilla), cashews, sea salt, cane sugar, tapioca syrup, tapioca dextrin, confectioner's glaze. Contains: cashews and milk
Chocolate Blueberries	Dark chocolate (cane sugar, cocoa mass [processed with alkali], cocoa butter, butter oil, sunflower lecithin, vanilla), white chocolate (cane sugar, cocoa butter, whole milk, sunflower lecithin, vanilla), dried blueberries, cane sugar, citric acid, color added (fruit and vegetable extracts), natural flavor, tapioca syrup, tapioca dextrin, confectioner's glaze. Contains milk
Fruit & Nut Medley (Serv Per Container: About 3)	Almonds, Cashews, Raisins, Sugar, Dried Cranberries, Dried Cherries, Peanut Oil, Salt, Sunflower Oil. Contains: Almonds, Cashews, Peanuts
Nut Trail Mix (Serv Per Container: About 3)	Almonds, Cashews, Pistachios, Macadamia Nuts, Peanut Oil, Salt. Contains: Almonds, Cashews, Pistachios, Macadamia Nuts, Peanuts