

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>
Grab & Go Food - Portland												
Egg Cup	50	80	45	5	2	0	210	60	1	0	1	6
Packaged Foods												
Sencha Moroccan Mints (Serv Per Container: Approx. 20)	3 mints (1.5g)	5	0	0	0	0	0	0	1	0	0	0
Almond Biscotti	28	140	70	8	1	0	15	15	16	2	8	4
Chocolate Dipped Almond Biscotti	35	180	90	10	2.5	0	15	20	19	2	11	4
Blueberry Vanilla Cashew Bar	40	190	90	10	1.5	0	0	25	23	2.5	11	4
Dark Chocolate Nuts & Sea Salt Bar	40	200	140	15	3	0	0	125	16	7	5	6
Dark Chocolate Sea Salt Cashews	65	330	210	23	10	0	0	170	33	2	24	5
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
Chocolate Blueberries	60	290	140	16	9	0	5	20	30	2	35	2

Ingredients

Grab & Go Food - Portland	
Egg Cup	Hard Cooked Cage-Free Egg. Contains: Egg
Packaged Foods	
Sencha Moroccan Mints (Serv Per Container: Approx. 20)	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, thiamine mononitrate, riboflavin, folic acid), Cage-Free Eggs, Butter (pasteurized cream-derived from milk, natural flavors), Cinnamon and Baking Soda. Allergen Information: These products may contain pecans, almonds, eggs, soy or other allergens from processing and/or handling.
Chocolate Dipped Almond Biscotti	Almonds, Sugar, Enriched Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Bittersweet Chocolate (sugar, chocolate liquor, cocoa butter, butter oil, soy lecithin (as an emulsifier), vanilla), Cage-Free Eggs, Butter (pasteurized cream-derived from milk, natural flavors), Cinnamon and Baking Soda. Allergen Information: These products may contain pecans, almonds, eggs, soy or other allergens from processing and/or handling.
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 Tree Nuts.
Dark Chocolate Nuts & Sea Salt Bar	Almonds, dark chocolate flavored coating (palm kernel oil, chicory root fiber, sugar, cocoa powder, soy lecithin, natural flavor, salt), peanuts, chicory root fiber, honey, walnuts, glucose syrup, rice flour, unsweetened chocolate, sea salt, soy lecithin, sugar. Contains: almonds, peanuts, walnuts 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. *Fair Trade Certified™ by Fair Trade USA • Over 32% Fair Trade Certified™ Ingredient
Fruit & Nut Medley (Serv Per Container: About 3)	Almonds, cashews, raisins, sugar, dried cranberries, dried cherries, peanut oil, salt, sunflower oil. Contains: almonds, cashews and peanuts.
Nut Trail Mix (Serv Per Container: About 3)	Almonds, cashews, pistachios, macadamia nuts, peanut oil, salt. Contains: almonds, cashews, pistachios, macadamias and peanuts
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. *Fair Trade Certified™ by Fair Trade USA • Over 33% Fair Trade Certified™ Ingredient