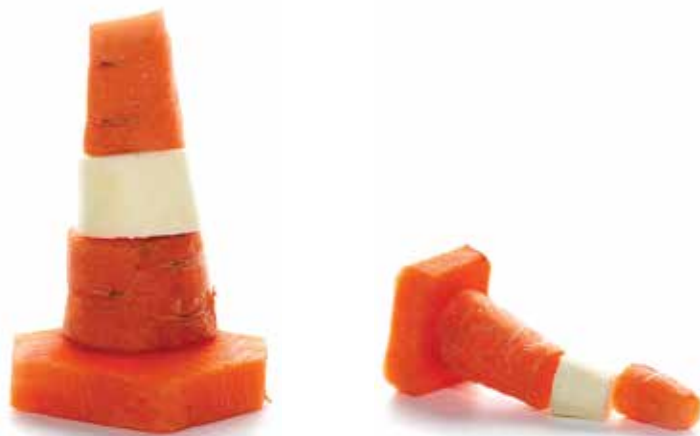


Pret's  
*Nutrition*  
*& Allergen*  
Guide



## *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 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 8 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, please 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

## Pret's Acai Bowl

### FULL DECLARATION

Acai Puree (Acai Berry, Bananas, Dark Cherries, Black Currants, Raspberries, Blackberries, Strawberries, Water, Whole Grain Oats, Black Currant Juice Concentrate), Bananas, Almond Butter, Granola (Rolled Oats, Brown Sugar, Honey, Canola Oil, Pumpkin Seeds, Sunflower Seeds, Almonds, Cashews, Walnuts, Sesame Seeds, Cinnamon), Julienne Apples, Pomegranate Seeds

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
245	6.91	280	220	24	2	0	0	0	54	10	25	13

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
ALMOND								X		X	
CASHEW											
WALNUT											

## Banana

### FULL DECLARATION

Banana

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
each	each	110	5	0	0	0	0	0	27	3	14	1

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
										X	X

## Banana & Honey Pot

### FULL DECLARATION

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

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
267	7.53	340	100	11	4	0	15	50	50	4	36	14

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
ALMOND					X					X	

# YOGURT & FRUIT POTS

## Bircher Muesli

### FULL DECLARATION

Yogurt (Cultured Pasteurized Milk, Live and Active Cultures [S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei]), Julienne Apples, Granola (Rolled Oats, Brown Sugar, Honey, Canola Oil, Pumpkin Seeds, Sunflower Seeds, Almonds, Cashews, Walnuts, Sesame Seeds, Cinnamon), Dried Cranberries (Cranberries, Sugar, Sunflower Oil), Honey, Pomegranate Seeds, Sliced Almonds

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
210	5.93	300	100	11	4	0	20	55	37	3	26	13

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
ALMOND CASHEW WALNUT					X			X	X	

## Blueberry & Granola Pot

### FULL DECLARATION

Yogurt (Cultured Pasteurized Milk, Live and Active Cultures [S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei]), Blueberry Compote (Blueberries, Sugar, Lemon Juice, Wild Blueberry Concentrate, Pectin), Granola (Rolled Oats, Brown Sugar, Honey, Canola Oil, Pumpkin Seeds, Sunflower Seeds, Almonds, Cashews, Walnuts, Sesame Seeds, Cinnamon)

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
192	5.42	280	100	11	4	0	15	50	33	3	20	13

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
ALMOND CASHEW WALNUT					X			X	X	

## Blueberry Yogurt Pot

### FULL DECLARATION

Yogurt (Cultured Pasteurized Milk, Live and Active Cultures [S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei]), Blueberry Compote (Blueberries, Sugar, Lemon Juice, Wild Blueberry Concentrate, Pectin)

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
130	3.98	120	34	4	2.5	0	15	35	13	1	12	8

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
					X				X	

Please be aware we use multiple ingredients in our kitchens and therefore cannot guarantee that our food is completely free of any allergen.

# YOGURT & FRUIT POTS

## Cantaloupe & Blueberry Pot

### FULL DECLARATION

Cantaloupe, Blueberry

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
each	each	70	0	0	0	0	0	25	17	1	14	1

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
									X	X

## Lemon Ricotta Cheesecake

### FULL DECLARATION

Ricotta (Pasteurized Whey, Cream and Milk, Vinegar, Salt), Yogurt (Cultured Pasteurized Milk, Live and Active Cultures [S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei]), Lemon Curd (Sugar, Whole Egg (Whole Egg, Citric Acid), Water, Butter (Cream, Salt), Lemon Juice Concentrate, Pectin), Sliced Almonds

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
146	4.12	280	139	15	7	0	60	150	24	1	22	12

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
ALMOND				X	X				X	

## Little Cup of Goodness

### FULL DECLARATION

Yogurt (Cultured Pasteurized Milk, Live and Active Cultures [S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei]), Julienne Apples, Granola (Rolled Oats, Brown Sugar, Honey, Canola Oil, Pumpkin Seeds, Sunflower Seeds, Almonds, Cashews, Walnuts, Sesame Seeds, Cinnamon), Brown Sugar, Ground Cinnamon

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
196	5.53	280	100	11	4	0	15	50	33	3	20	14

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
ALMOND CASHEW WALNUT					X			X	X	

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# YOGURT & FRUIT POTS

## Mango & Lime Pot

### FULL DECLARATION

Mango, Lime

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
each	each	90	5	0.5	0	0	0	0	22	3	18	1

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
									X	X

## Pineapple & Lime Pot

### FULL DECLARATION

Pineapple, Lime

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
each	each	70	0	0	0	0	0	0	20	2	14	1

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
									X	X

## Posh Fruit

### FULL DECLARATION

Mixed per season

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
each	each	120	5	.5	0	0	0	10	30	4	24	2

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
									X	X

# YOGURT & FRUIT POTS

## Sunshine Bowl

### FULL DECLARATION

Mango Banana Sauce (Mangos, Coconut Cream, Bananas, Water, Turmeric), Bananas, Granola (Rolled Oats, Brown Sugar, Honey, Canola Oil, Pumpkin Seeds, Sunflower Seeds, Almonds, Cashews, Walnuts, Sesame Seeds, Cinnamon), Julienne Apples, Pomegranate Seeds, Shredded Coconut

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
216	6.10	380	128	14	8	0	0	0	60	7	33	5

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
ALMOND CASHEW WALNUT COCONUT								X	X	

## Superfruit Salad

### FULL DECLARATION

Oranges, Kiwi, Blueberry, Pomegranate

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
each	each	110	5	1	0	0	0	0	26	5	17	2

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
									X	X



# BREAKFAST BAGUETTES

## Egg Salad & Avocado Baguette

### FULL DECLARATION

White Baguette (Wheat Flour, Water, Yeast, Salt, Wheat Gluten, Deactivated Yeast, Flour Treatment Agent (Ascorbic Acid)), Egg Salad (Cage-Free Eggs, Mayonnaise (Canola Oil, Whole Eggs, Distilled Vinegar, Salted Egg Yolks (Egg Yolks, Salt), Salt, Sugar, Water, Lemon Juice Concentrate), Sea Salt, Black Pepper), Avocados, Pret's Seasoning (Salt, Black Pepper), Lemon Juice

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
177	4.99	440	210	24	3.5	0	190	770	73	6	3	13

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
				X			X		X	

## Egg Salad & Bacon Baguette

### FULL DECLARATION

White Baguette (Wheat Flour, Water, Yeast, Salt, Wheat Gluten, Deactivated Yeast, Flour Treatment Agent (Ascorbic Acid)), Egg Salad (Cage-Free Eggs, Mayonnaise (Canola Oil, Whole Eggs, Distilled Vinegar, Salted Egg Yolks (Egg Yolks, Salt), Salt, Sugar, Water, Lemon Juice Concentrate), Sea Salt, Black Pepper), Niman Ranch Bacon (Pork, Water, Salt, Turbinado Sugar, Celery Powder), Pret's Seasoning (Salt, Black Pepper)

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
150	4.23	430	210	24	4.5	0	210	880	39	3	2	14

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
				X			X			

# HOT BREAKFAST

## Coconut Oatmeal

### FULL DECLARATION

Water, Coconut Milk (Coconut Extract, Water), Rolled Oats, Brown Rice, Buckwheat, Red Quinoa

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
302	8.52	230	100	11	9	0	0	20	30	4	1	6

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
COCONUT									X	X

## Egg & Bacon Brioche

### FULL DECLARATION

Brioche Roll Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Partially Skimmed Milk (Milk, Vit. A Palmitate, Vit. D3), Cage-Free Egg, Butter (Cream), Sugar, Yeast, Wheat Gluten, Salt, Water, Malted Wheat Flour, Ascorbic Acid, Food Enzymes (Xylanase, Glucose-Oxidase, Lipase, Alpha-Amylase), Liquid Whole Egg (Cage-Free Whole Egg, Citric Acid), Whole Milk (Organic Pasteurized Whole Milk, Vitamin D), Niman Ranch Bacon (Pork, Water, Salt, Turbinado Sugar, Celery Powder), Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Pret's Seasoning (Salt, Black Pepper), Cooking Spray (Expeller Pressed Canola Oil, Caprylic/Capric Triglycerides, Phosphated Mono & Diglycerides, Silicon Dioxide, Calcium Stearate, Propellant)

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
171	4.83	420	208	23	11	0	320	700	32	1	6	20

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
				X	X		X			

## Egg & Cheddar Brioche

### FULL DECLARATION

Brioche (Enriched Unbleached Flour (Wheat Flour, Iron, Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid), Milk, Liquid Whole Eggs, Butter (Cream), Sugar, Yeast, Sea Salt, Water, Wheat Gluten, Improver (Wheat Flower, Malted Wheat Flour, Ascorbic Acid, Amylase, Xylanase, Glucose-oxidase, Lipase)), Liquid Whole Egg (Cage-Free Whole Egg, Citric Acid), Milk (Organic Pasteurized Whole Milk, Vitamin D), Cheddar (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Seasoning (Salt, Pepper, Poppy Seed, Garlic, Celery Seed), Cooking Spray (Expeller Pressed Canola Oil, Caprylic/capric Triglycerides, Phosphated Mono & Diglycerides, Silicon Dioxide, Calcium Stearate, Propellant)

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
159	4.49	370	159	18	9	0	235	470	33	1	6	18

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
				X	X		X		X	

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# HOT BREAKFAST

## Egg & Sausage Brioche

### FULL DECLARATION

Brioche Roll Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Partially Skimmed Milk (Milk, Vit. A Palmitate, Vit. D3), Cage-Free Egg, Butter (Cream), Sugar, Yeast, Wheat Gluten, Salt, Water, Malted Wheat Flour, Ascorbic Acid, Food Enzymes (Xylanase, Glucose-Oxidase, Lipase, Alpha-Amylase), Liquid Whole Egg (Cage-Free Whole Egg, Citric Acid), Niman Ranch Sausage Patty (Pork, Water, Salt, Sugar, Sweet Paprika, Black Pepper, Dextrose, Nutmeg, Cayenne Pepper, Sage, Thyme), Whole Milk (Organic Pasteurized Whole Milk, Vitamin D), Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Pret's Seasoning (Salt, Black Pepper), Cooking Spray (Expeller Pressed Canola Oil, Caprylic/Capric Triglycerides, Phosphated Mono & Diglycerides, Silicon Dioxide, Calcium Stearate, Propellant)

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
208	5.87	520	271	30	13	0	350	940	33	1	6	26

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
				X	X		X			

## Egg White & Bacon Brioche

### FULL DECLARATION

Brioche Roll Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Partially Skimmed Milk (Milk, Vit. A Palmitate, Vit. D3), Cage-Free Egg, Butter (Cream), Sugar, Yeast, Wheat Gluten, Salt, Water, Malted Wheat Flour, Ascorbic Acid, Food Enzymes (Xylanase, Glucose-Oxidase, Lipase, Alpha-Amylase), Liquid Egg White (Cage-Free Egg White), Whole Milk (Organic Pasteurized Whole Milk, Vitamin D), Niman Ranch Bacon (Pork, Water, Salt, Turbinado Sugar, Celery Powder), Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Pret's Seasoning (Salt, Black Pepper), Cooking Spray (Expeller Pressed Canola Oil, Caprylic/Capric Triglycerides, Phosphated Mono & Diglycerides, Silicon Dioxide, Calcium Stearate, Propellant)

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
171	4.83	370	156	17	9	0	65	710	32	1	6	19

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
				X	X		X			

## Egg White & Veggie Brioche

### FULL DECLARATION

Brioche Roll Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Partially Skimmed Milk (Milk, Vit. A Palmitate, Vit. D3), Cage-Free Egg, Butter (Cream), Sugar, Yeast, Wheat Gluten, Salt, Water, Malted Wheat Flour, Ascorbic Acid, Food Enzymes (Xylanase, Glucose-Oxidase, Lipase, Alpha-Amylase), Liquid Egg White (Cage-Free Egg White), Whole Milk (Organic Pasteurized Whole Milk, Vitamin D), Mushrooms, Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Roasted Tomatoes (Cherry Tomatoes, Rapeseed Oil, Salt, Dried Garlic, Oregano, Lemon Juice Concentrate), Spinach, Pret's Seasoning (Salt, Black Pepper), Cooking Spray (Expeller Pressed Canola Oil, Caprylic/Capric Triglycerides, Phosphated Mono & Diglycerides, Silicon Dioxide, Calcium Stearate, Propellant)

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
191	5.39	330	113	13	7	0	60	670	35	2	7	18

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
				X	X		X		X	

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# HOT BREAKFAST

## Egg White Greek Power Omelet

### FULL DECLARATION

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

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
303	8.55	210	52	6	3.5	0	20	1090	8	1	4	28

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
				X	X					X	

## Ham & Spinach Power Omelet

### FULL DECLARATION

Liquid Whole Egg (Cage-Free Whole Egg, Citric Acid), Whole Milk (Organic Pasteurized Whole Milk, Vitamin D), Niman Ranch Smoked Ham (Pork, Water, Salt, Contains Less Than 2%: Lemon Juice Concentrate, Vinegar, Turbinado Sugar, Celery Powder, Cherry Powder), Veggie Parmesan (Pasteurized Cultured Part-Skim Milk, Salt, Enzymes, Potato Starch, Powdered Cellulose), Spinach, Pret's Seasoning (Salt, Black Pepper)

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
303	8.55	390	220	24	10	0	815	1230	6	1	4	35

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
				X	X						

## Southwestern Breakfast Wrap

### FULL DECLARATION

Kibbled Rye Wrap Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted Rye Flakes, Rapeseed Oil, Humectant (Vegetable Glycerin), Raising Agents (Diphosphates, Sodium Bicarbonate), Dried Fermented Wheat Flour, Emulsifier (Mono and Di-Glycerides of Fatty Acids), Salt, Acidity Regulator (Citric Acid), Wheat Flour, Wheat Starch, Flour Treatment Agent (L-Cysteine Hydrochloride), Scrambled Eggs (Cage-Free Eggs (Eggs, Citric Acid, Water), Reduced Fat Milk (Reduced Fat Milk, Vitamin A Palmitate, Vitamin D3), Egg Yolks, Unsalted Butter (Pasteurized Cream, Natural Flavors), Heavy Whipping Cream, Salt, Xanthan Gum), Refried Black Bean Salsa (Refried Black Beans (Cooked Black Beans, Water, Salt, Onion Powder, Garlic powder), Tomatoes (Tomatoes, Tomato Juice, Salt, Calcium Chloride), Jalapeno Peppers, Lime Juice, Onions, Cilantro, Garlic, Sea Salt, Black Pepper), Red Peppers, Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Red Onions

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
220	6.26	380	120	14	6	0	250	580	45	4	3	18

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
				X	X		X			X	

# HOT BREAKFAST

## Southwestern Breakfast Wrap with Bacon

### FULL DECLARATION

Kibbled Rye Wrap Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted Rye Flakes, Rapeseed Oil, Humectant (Vegetable Glycerin), Raising Agents (Diphosphates, Sodium Bicarbonate), Dried Fermented Wheat Flour, Emulsifier (Mono and Di-Glycerides of Fatty Acids), Salt, Acidity Regulator (Citric Acid), Wheat Flour, Wheat Starch, Flour Treatment Agent (L-Cysteine Hydrochloride), Scrambled Eggs (Cage-Free Eggs (Eggs, Citric Acid, Water), Reduced Fat Milk (Reduced Fat Milk, Vitamin A Palmitate, Vitamin D3), Egg Yolks, Unsalted Butter (Pasteurized Cream, Natural Flavors), Heavy Whipping Cream, Salt, Xanthan Gum), Refried Black Bean Salsa (Refried Black Beans (Cooked Black Beans, Water, Salt, Onion Powder, Garlic powder), Tomatoes (Tomatoes, Tomato Juice, Salt, Calcium Chloride), Jalapeno Peppers, Lime Juice, Onions, Cilantro, Garlic, Sea Salt, Black Pepper), Red Peppers, Niman Ranch Bacon (Pork, Water, Salt, Turbinado Sugar, Celery Powder), Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Red Onions

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
234	6.6	440	180	19	8	0	260	690	45	4	3	20

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
				X	X		X			

## Steel-Cut Oatmeal

### FULL DECLARATION

Organic Steel Cut Oatmeal (Water, Organic Whole Grain Oats, Sea Salt)

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
302	8.52	220	35	3.5	.5	0	0	160	39	6	0	7

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
									X	X

## Oatmeal Topping - Almonds & Dried Cranberries

### FULL DECLARATION

Dried Cranberries (Cranberries, Sugar, Sunflower Oil), Sliced Almonds

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
14	0.4	60	29	3	0	0	0	0	8	1	6	1

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
ALMOND									X	X

# HOT BREAKFAST

## Oatmeal Topping - Brown Sugar & Cinnamon

### FULL DECLARATION

Brown Sugar, Ground Cinnamon

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
15	0.4	50	0	0	0	0	0	0	15	1	14	0

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
										X	X

## Oatmeal Topping - Granola

### FULL DECLARATION

Granola (Rolled Oats, Brown Sugar, Honey, Canola Oil, Pumpkin Seeds, Sunflower Seeds, Almonds, Cashews, Walnuts, Sesame Seeds, Cinnamon)

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
14	0.4	70	25	3	0	0	0	0	9	1	4	2

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
ALMOND CASHEW WALNUT								X		X	

## Tomato Mozzarella Croissant

### FULL DECLARATION

Wheat Flour, Mozzarella Cheese, Margarine (Non-Hydrogenated Vegetable Oils And Fats (Palm, Sunflower), Water, Salt, Mono- And Diglycerides, Citric Acid, Natural Flavors), Water, Emmental Cheese, Tomato Paste, Diced Tomato, Eggs, Yeast, Sugar, Carrots, Courgettes, Celery, Tomato Concentrate, Onions, Wheat Gluten, Salt, Herbs De Provence (Savory, Rosemary, Wild Thyme, Marjoram, Oregano, Basil, Thyme), Citric Acid, Dough Conditioner (Ascorbic Acid), Natural Pepper Flavoring, Natural Flavoring

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
110	3.10	320	190	21	12	0.5	35	460	19	2	3	12

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
				X	X		X			X	

# SANDWICHES

## Balsamic Chicken & Avocado Sandwich

### FULL DECLARATION

Avocados, Whole Grain Bread (Patent Flour (Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Malted Barley Flour), Water, Whole Wheat Flour, Seed Mix (Cracked Rye, Cracked Corn, Cracked Wheat, Cracked Barley, Steel Cut Oats, Flaxseed, Hulled Millet), Yeast, Honey, Flaxseed, Sugar, Sunflower Seeds, Salt, Wheat Berry, Molasses, Bred-Mate (Cultured Wheat Flour), Dough Conditioner (Water, Monoglycerides (Propionic Acid, Phosphoric Acid))), Dough Conditioner (Wheat Flour, Ascorbic Acid, Enzymes), White Distilled Vinegar (Grain Diluted to 5% Acidity)), Chicken (Chicken Breast, Water, Sea Salt), Balsamic Vinaigrette (Balsamic Vinegar (Wine Vinegar, Grape Concentrate [Contains Sulfites], Caramel Color, Natural Flavor), Olive Pomace Oil, Canola Oil, Honey, Garlic, Dijon Mustard (Distilled Vinegar, Water, Mustard Seed, Sea Salt, White Wine, Citric Acid, Turmeric, Spices), Water, Sea Salt, Black Pepper, Xanthan Gum, Oregano, Dehydrated Onion, Rosemary), Mesclun, Lemon Juice, Basil

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
254	7.17	500	240	26	3	0	35	620	47	10	5	21

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
							X			

## California Club Sandwich

### FULL DECLARATION

Tomatoes, Whole Grain Bread (Patent Flour (Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Malted Barley Flour), Water, Whole Wheat Flour, Seed Mix (Cracked Rye, Cracked Corn, Cracked Wheat, Cracked Barley, Steel Cut Oats, Flaxseed, Hulled Millet), Yeast, Honey, Flaxseed, Sugar, Sunflower Seeds, Salt, Wheat Berry, Molasses, Bred-Mate (Cultured Wheat Flour), Dough Conditioner (Water, Monoglycerides (Propionic Acid, Phosphoric Acid))), Dough Conditioner (Wheat Flour, Ascorbic Acid, Enzymes), White Distilled Vinegar (Grain Diluted to 5% Acidity)), Turkey (Turkey Breast, Water, Salt, Sugar), Avocados, Cage-Free Eggs, Cilantro Lime Yogurt Sauce (Greek Yogurt (Cultured Pasteurized Milk, Condensed Skim Milk, Whey Protein Concentrate, Pectin), Olive Pomace Oil, Lime Juice, Cilantro, Jalapeno Peppers, Honey, Green Onions, Sea Salt, Xanthan Gum), Mesclun, Lemon Juice, Pret's Seasoning (Salt, Black Pepper)

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
304	8.58	400	142	16	2.5	0	125	840	47	8	7	22

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
				X	X		X			

## Cheddar & Tomato Sandwich

### FULL DECLARATION

Tomatoes, Whole Grain Bread (Patent Flour (Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Malted Barley Flour), Water, Whole Wheat Flour, Seed Mix (Cracked Rye, Cracked Corn, Cracked Wheat, Cracked Barley, Steel Cut Oats, Flaxseed, Hulled Millet), Yeast, Honey, Flaxseed, Sugar, Sunflower Seeds, Salt, Wheat Berry, Molasses, Bred-Mate (Cultured Wheat Flour), Dough Conditioner (Water, Monoglycerides (Propionic Acid, Phosphoric Acid))), Dough Conditioner (Wheat Flour, Ascorbic Acid, Enzymes), White Distilled Vinegar (Grain Diluted to 5% Acidity)), Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Mesclun, Mustard Mayo (Mayonnaise (Soybean Oil, Whole Egg, Egg Yolk, Water, Distilled Vinegar, Apple Cider Vinegar, Salt (Including Mustard), Lemon Juice Concentrate), Whole Grain Mustard (Water, Mustard Seeds, Vinegar, Salt), Dijon Mustard (Distilled Vinegar, Water, Mustard Seed, Salt, White Wine, Citric Acid, Turmeric, Spices), White Wine Vinegar, Salt), Red Onion, Pret's Seasoning (Salt, Black Pepper)

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
243	6.86	460	230	26	10	0	50	820	42	5	5	18

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
				X	X	X	X		X	

Please be aware we use multiple ingredients in our kitchens and therefore cannot guarantee that our food is completely free of any allergen.

# SANDWICHES

## Chicken & Bacon Sandwich

### FULL DECLARATION

Tomatoes, Whole Grain Bread (Patent Flour (Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Malted Barley Flour), Water, Whole Wheat Flour, Seed Mix (Cracked Rye, Cracked Corn, Cracked Wheat, Cracked Barley, Steel Cut Oats, Flaxseed, Hulled Millet), Yeast, Honey, Flaxseed, Sugar, Sunflower Seeds, Salt, Wheat Berry, Molasses, Bred-Mate (Cultured Wheat Flour), Dough Conditioner (Water, Monoglycerides (Propionic Acid, Phosphoric Acid)), Dough Conditioner (Wheat Flour, Ascorbic Acid, Enzymes), White Distilled Vinegar (Grain Diluted to 5% Acidity)), Chicken (Chicken Breast, Water, Sea Salt), 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, Niman Ranch Bacon (Pork, Water, Salt, Turbinado Sugar, Celery Powder)

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
274	7.73	550	287	32	5	0	65	760	41	5	5	23

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
				X			X			

## Egg Salad & Arugula Sandwich

### FULL DECLARATION

Egg Salad (Cage-Free Eggs, Mayonnaise (Canola Oil, Whole Eggs, Distilled Vinegar, Salted Egg Yolks (Egg Yolks, Salt), Salt, Sugar, Water, Lemon Juice Concentrate), Sea Salt, Black Pepper), Whole Grain Bread (Patent Flour (Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Malted Barley Flour), Water, Whole Wheat Flour, Seed Mix (Cracked Rye, Cracked Corn, Cracked Wheat, Cracked Barley, Steel Cut Oats, Flaxseed, Hulled Millet), Yeast, Honey, Flaxseed, Sugar, Sunflower Seeds, Salt, Wheat Berry, Molasses, Bred-Mate (Cultured Wheat Flour), Dough Conditioner (Water, Monoglycerides (Propionic Acid, Phosphoric Acid)), Dough Conditioner (Wheat Flour, Ascorbic Acid, Enzymes), White Distilled Vinegar (Grain Diluted to 5% Acidity)), Arugula, Pret's Seasoning (Salt, Black Pepper)

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
179	5.05	430	220	25	3	0	280	730	37	4	3	15

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
				X			X		X	

## Pret's Thanksgiving Lunch Sandwich

### FULL DECLARATION

Whole Grain Bread (Patent Flour (Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Malted Barley Flour), Water, Whole Wheat Flour, Seed Mix (Cracked Rye, Cracked Corn, Cracked Wheat, Cracked Barley, Steel Cut Oats, Flaxseed, Hulled Millet), Yeast, Honey, Flaxseed, Sugar, Sunflower Seeds, Salt, Wheat Berry, Molasses, Bred-Mate (Cultured Wheat Flour), Dough Conditioner (Water, Monoglycerides (Propionic Acid, Phosphoric Acid)), Dough Conditioner (Wheat Flour, Ascorbic Acid, Enzymes), White Distilled Vinegar (Grain Diluted to 5% Acidity)), Turkey (Turkey Breast, Water, Salt, Sugar), Holiday Stuffing (Water, Sausage (Pork, Sea Salt, Sugar, Sage, Black Pepper, Dehydrated Garlic), Stuffing Crumb (Wheat Flour (Enriched with Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) Sugar, Sunflower Oil, Salt, Yeast), Apricots, Bread Crumb (Wheat Flour, Sugar, Yeast, Salt), Onions, Corn Oil, Butter (Cream, Salt), Rosemary, Sage, Thyme, Olive Oil, Sea Salt), Cranberry Sauce (Cranberries, Sugar, Light Brown Sugar, Orange Juice, Water, Orange Peel (Orange Peel, Water, Citric Acid), Cinnamon), Mayonnaise (Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains Less Than 2%: Salt, Spice, Lemon Juice Concentrate), Spinach, Crispy Onions (Onions, Palm Fruit Oil, Wheat Flour, Salt), Pret's Seasoning (Salt, Black Pepper)

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
251	7.08	550	201	22	4	0	55	1100	63	7	18	24

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
				X	X		X			

Please be aware we use multiple ingredients in our kitchens and therefore cannot guarantee that our food is completely free of any allergen.



# SANDWICHES

## Tuna Salad Sandwich

### FULL DECLARATION

Tuna Salad (Albacore Tuna Fish, Skipjack Tuna Fish, Mayonnaise (Canola Oil, Whole Eggs, Distilled Vinegar, Egg Yolks (Egg Yolks, Salt), Salt, Sugar, Water, Lemon Juice Concentrate), Water, White Wine Vinegar, Lemon Juice), Whole Grain Bread(Patent Flour (Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Malted Barley Flour), Water, Whole Wheat Flour, Seed Mix (Cracked Rye, Cracked Corn, Cracked Wheat, Cracked Barley, Steel Cut Oats, Flaxseed, Hulled Millet), Yeast, Honey, Flaxseed, Sugar, Sunflower Seeds, Salt, Wheat Berry, Molasses, Bred-Mate (Cultured Wheat Flour), Dough Conditioner (Water, Monoglycerides (Propionic Acid, Phosphoric Acid)), Dough Conditioner (Wheat Flour, Ascorbic Acid, Enzymes), White Distilled Vinegar (Grain Diluted to 5% Acidity)), Cucumbers, Pret's Seasoning (Salt, Black Pepper)

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
232	6.55	480	239	27	2.5	0	40	700	38	4	3	23

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
		TUNA		x			x			

# SANDWICHES (CHI ONLY)

## Balsamic Chicken & Avocado Sandwich

### FULL DECLARATION

Avocados, Whole Grain Bread (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Whole Wheat Flour, Sugar, Molasses, Yeast, Soybean Oil, Contains Less Than 2%: Salt, Sunflower Seeds, Rolled Wheat Flakes, Cracked Wheat, Rye Flakes, Barley Flakes, Millet, Oats, Corn Grits, Flaxseeds, Spelt, Sunflower Lecithin, Calcium Sulfate, Ascorbic Acid, Wheat Gluten, Enzymes), Chicken (Chicken Breast, Water, Sea Salt), Balsamic Vinaigrette (Balsamic Vinegar (Wine Vinegar, Grape Concentrate [Contains Sulfites], Caramel Color, Natural Flavor), Olive Pomace Oil, Canola Oil, Honey, Garlic, Dijon Mustard (Distilled Vinegar, Water, Mustard Seed, Sea Salt, White Wine, Citric Acid, Turmeric, Spices), Water, Sea Salt, Black Pepper, Xanthan Gum, Oregano, Dehydrated Onion, Rosemary), Mesclun, Lemon Juice, Basil

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
256	7.22	560	250	28	3	0	35	780	53	8	9	23

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
						X	X			

## California Club Sandwich

### FULL DECLARATION

Tomatoes, Whole Grain Bread (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Whole Wheat Flour, Sugar, Molasses, Yeast, Soybean Oil, Contains Less Than 2%: Salt, Sunflower Seeds, Rolled Wheat Flakes, Cracked Wheat, Rye Flakes, Barley Flakes, Millet, Oats, Corn Grits, Flaxseeds, Spelt, Sunflower Lecithin, Calcium Sulfate, Ascorbic Acid, Wheat Gluten, Enzymes), Turkey (Turkey Breast, Water, Salt, Sugar), Avocados, Cilantro Lime Yogurt Sauce (Greek Yogurt (Cultured Pasteurized Milk, Condensed Skim Milk, Whey Protein Concentrate, Pectin), Olive Pomace Oil, Lime Juice, Cilantro, Jalapeno Peppers, Honey, Green Onions, Sea Salt, Xanthan Gum), Cage-Free Eggs, Mesclun, Lemon Juice, Pret's Seasoning (Salt, Black Pepper)

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
306	8.63	460	160	18	2.5	0	125	1000	53	6	11	24

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
				X	X	X	X			

## Cheddar & Tomato Sandwich

### FULL DECLARATION

Tomatoes, Whole Grain Bread (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Whole Wheat Flour, Sugar, Molasses, Yeast, Soybean Oil, Contains Less Than 2%: Salt, Sunflower Seeds, Rolled Wheat Flakes, Cracked Wheat, Rye Flakes, Barley Flakes, Millet, Oats, Corn Grits, Flaxseeds, Spelt, Sunflower Lecithin, Calcium Sulfate, Ascorbic Acid, Wheat Gluten, Enzymes), Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Mesclun, Mustard Mayo (Mayonnaise (Soybean Oil, Whole Egg, Egg Yolk, Water, Distilled Vinegar, Apple Cider Vinegar, Salt (Including Mustard), Lemon Juice Concentrate), Whole Grain Mustard (Water, Mustard Seeds, Vinegar, Salt), Dijon Mustard (Distilled Vinegar, Water, Mustard Seed, Salt, White Wine, Citric Acid, Turmeric, Spices), White Wine Vinegar, Salt), Red Onion, Pret's Seasoning (Salt, Black Pepper)

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
245	6.91	520	250	28	10	0	50	980	48	3	9	20

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
				X	X	X	X		X	

Please be aware we use multiple ingredients in our kitchens and therefore cannot guarantee that our food is completely free of any allergen.

# SANDWICHES (CHI ONLY)

## Chicken & Bacon Sandwich

### FULL DECLARATION

Tomatoes, Whole Grain Bread (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Whole Wheat Flour, Sugar, Molasses, Yeast, Soybean Oil, Contains Less Than 2%: Salt, Sunflower Seeds, Rolled Wheat Flakes, Cracked Wheat, Rye Flakes, Barley Flakes, Millet, Oats, Corn Grits, Flaxseeds, Spelt, Sunflower Lecithin, Calcium Sulfate, Ascorbic Acid, Wheat Gluten, Enzymes), Chicken (Chicken Breast, Water, Sea Salt), Mayonnaise (Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains Less Than 2% Of Salt, Spice, Lemon Juice Concentrate), Mesclun, Niman Ranch Bacon (Pork, Water, Salt, Turbinado Sugar, Celery Powder)

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
276	7.79	610	310	34	5	0	65	920	47	3	9	25

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
				X		X	X			

## Egg Salad & Arugula Sandwich

### FULL DECLARATION

Egg Salad (Cage-Free Eggs, Mayonnaise (Canola Oil, Whole Eggs, Distilled Vinegar, Salted Egg Yolks (Egg Yolks, Salt), Salt, Sugar, Water, Lemon Juice Concentrate), Sea Salt, Black Pepper), Whole Grain Bread (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Whole Wheat Flour, Sugar, Molasses, Yeast, Soybean Oil, Contains Less Than 2%: Salt, Sunflower Seeds, Rolled Wheat Flakes, Cracked Wheat, Rye Flakes, Barley Flakes, Millet, Oats, Corn Grits, Flaxseeds, Spelt, Sunflower Lecithin, Calcium Sulfate, Ascorbic Acid, Wheat Gluten, Enzymes), Arugula, Pret's Seasoning (Salt, Black Pepper)

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
181	5.11	490	240	27	3	0	280	890	43	2	7	17

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
				X		X	X		X	

## Pret's Thanksgiving Lunch Sandwich

### FULL DECLARATION

Whole Grain Bread (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Whole Wheat Flour, Sugar, Molasses, Yeast, Soybean Oil, Contains Less Than 2% Of Salt, Sunflower Seeds, Rolled Wheat Flakes, Cracked Wheat, Rye Flakes, Barley Flakes, Millet, Oats, Corn Grits, Flaxseeds, Spelt, Sunflower Lecithin, Calcium Sulfate, Ascorbic Acid, Wheat Gluten, Enzymes), Turkey (Turkey Breast, Water, Salt, Sugar), Holiday Stuffing (Water, Sausage (Pork, Sea Salt, Sugar, Sage, Black Pepper, Dehydrated Garlic), Stuffing Crumb (Wheat Flour (Enriched with Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) Sugar, Sunflower Oil, Salt, Yeast), Apricots, Bread Crumb (Wheat Flour, Sugar, Yeast, Salt), Onions, Corn Oil, Butter (Cream, Salt), Rosemary, Sage, Thyme, Olive Oil, Sea Salt), Cranberry Sauce (Cranberries, Sugar, Light Brown Sugar, Orange Juice, Water, Orange Peel (Orange Peel, Water, Citric Acid), Cinnamon), Mayonnaise (Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains Less Than 2%: Salt, Spice, Lemon Juice Concentrate), Spinach, Crispy Onions (Onions, Palm Fruit Oil, Wheat Flour, Salt), Pret's Seasoning (Salt, Black Pepper)

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
253	7.14	610	210	24	4	0	55	1260	69	5	22	26

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
				X	X	X	X			

Please be aware we use multiple ingredients in our kitchens and therefore cannot guarantee that our food is completely free of any allergen.

# SANDWICHES (CHI ONLY)

## Tuna Salad Sandwich

### FULL DECLARATION

Tuna Salad (Albacore Tuna Fish, Skipjack Tuna Fish, Mayonnaise (Canola Oil, Whole Eggs, Distilled Vinegar, Egg Yolks (Egg Yolks, Salt), Salt, Sugar, Water, Lemon Juice Concentrate), Water, White Wine Vinegar, Lemon Juice), Whole Grain Bread (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Whole Wheat Flour, Sugar, Molasses, Yeast, Soybean Oil, Contains Less Than 2%: Salt, Sunflower Seeds, Rolled Wheat Flakes, Cracked Wheat, Rye Flakes, Barley Flakes, Millet, Oats, Corn Grits, Flaxseeds, Spelt, Sunflower Lecithin, Calcium Sulfate, Ascorbic Acid, Wheat Gluten, Enzymes), Cucumbers, Pret's Seasoning (Salt, Black Pepper)

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
234	6.6	540	260	29	2.5	0	40	860	44	2	7	25

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
		TUNA		x		x	x			

# SLIM SANDWICHES

## Balsamic Chicken & Avocado Sandwich (slim)

### FULL DECLARATION

Avocados, Whole Grain Bread (Patent Flour (Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Malted Barley Flour), Water, Whole Wheat Flour, Seed Mix (Cracked Rye, Cracked Corn, Cracked Wheat, Cracked Barley, Steel Cut Oats, Flaxseed, Hulled Millet), Yeast, Honey, Flaxseed, Sugar, Sunflower Seeds, Salt, Wheat Berry, Molasses, Bred-Mate (Cultured Wheat Flour), Dough Conditioner (Water, Monoglycerides (Propionic Acid, Phosphoric Acid)), Dough Conditioner (Wheat Flour, Ascorbic Acid, Enzymes), White Distilled Vinegar (Grain Diluted to 5% Acidity)), Chicken (Chicken Breast, Water, Sea Salt), Balsamic Vinaigrette (Balsamic Vinegar (Wine Vinegar, Grape Concentrate [Contains Sulfites], Caramel Color, Natural Flavor), Olive Pomace Oil, Canola Oil, Honey, Garlic, Dijon Mustard (Distilled Vinegar, Water, Mustard Seed, Sea Salt, White Wine, Citric Acid, Turmeric, Spices), Water, Sea Salt, Black Pepper, Xanthan Gum, Oregano, Dehydrated Onion, Rosemary), Mesclun, Lemon Juice, Basil

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
127	3.58	250	120	13	1.5	0	17.5	310	23.5	5	2.5	10.5

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
							X			

## California Club Sandwich (slim)

### FULL DECLARATION

Tomatoes, Whole Grain Bread (Patent Flour (Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Malted Barley Flour), Water, Whole Wheat Flour, Seed Mix (Cracked Rye, Cracked Corn, Cracked Wheat, Cracked Barley, Steel Cut Oats, Flaxseed, Hulled Millet), Yeast, Honey, Flaxseed, Sugar, Sunflower Seeds, Salt, Wheat Berry, Molasses, Bred-Mate (Cultured Wheat Flour), Dough Conditioner (Water, Monoglycerides (Propionic Acid, Phosphoric Acid)), Dough Conditioner (Wheat Flour, Ascorbic Acid, Enzymes), White Distilled Vinegar (Grain Diluted to 5% Acidity)), Turkey (Turkey Breast, Water, Salt, Sugar), Avocados, Cage-Free Eggs, Cilantro Lime Yogurt Sauce (Greek Yogurt (Cultured Pasteurized Milk, Condensed Skim Milk, Whey Protein Concentrate, Pectin), Olive Pomace Oil, Lime Juice, Cilantro, Jalapeno Peppers, Honey, Green Onions, Sea Salt, Xanthan Gum), Mesclun, Lemon Juice, Pret's Seasoning (Salt, Black Pepper)

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
152	4.29	200	71	8	1.25	0	62.5	420	23.5	4	3.5	11

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
				X	X		X			

## Cheddar & Tomato Sandwich (slim)

### FULL DECLARATION

Tomatoes, Whole Grain Bread (Patent Flour (Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Malted Barley Flour), Water, Whole Wheat Flour, Seed Mix (Cracked Rye, Cracked Corn, Cracked Wheat, Cracked Barley, Steel Cut Oats, Flaxseed, Hulled Millet), Yeast, Honey, Flaxseed, Sugar, Sunflower Seeds, Salt, Wheat Berry, Molasses, Bred-Mate (Cultured Wheat Flour), Dough Conditioner (Water, Monoglycerides (Propionic Acid, Phosphoric Acid)), Dough Conditioner (Wheat Flour, Ascorbic Acid, Enzymes), White Distilled Vinegar (Grain Diluted to 5% Acidity)), Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Mesclun, Mustard Mayo (Mayonnaise (Soybean Oil, Whole Egg, Egg Yolk, Water, Distilled Vinegar, Apple Cider Vinegar, Salt (Including Mustard), Lemon Juice Concentrate), Whole Grain Mustard (Water, Mustard Seeds, Vinegar, Salt), Dijon Mustard (Distilled Vinegar, Water, Mustard Seed, Salt, White Wine, Citric Acid, Turmeric, Spices), White Wine Vinegar, Salt), Red Onion, Pret's Seasoning (Salt, Black Pepper)

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
121.5	3.43	230	115	13	5	0	25	410	21	2.5	2.5	9

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
				X	X	X	X		X	

Please be aware we use multiple ingredients in our kitchens and therefore cannot guarantee that our food is completely free of any allergen.

# SLIM SANDWICHES

## Chicken & Bacon Sandwich (slim)

### FULL DECLARATION

Tomatoes, Whole Grain Bread (Patent Flour (Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Malted Barley Flour), Water, Whole Wheat Flour, Seed Mix (Cracked Rye, Cracked Corn, Cracked Wheat, Cracked Barley, Steel Cut Oats, Flaxseed, Hulled Millet), Yeast, Honey, Flaxseed, Sugar, Sunflower Seeds, Salt, Wheat Berry, Molasses, Bred-Mate (Cultured Wheat Flour), Dough Conditioner (Water, Monoglycerides (Propionic Acid, Phosphoric Acid)), Dough Conditioner (Wheat Flour, Ascorbic Acid, Enzymes), White Distilled Vinegar (Grain Diluted to 5% Acidity)), Chicken (Chicken Breast, Water, Sea Salt), 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, Niman Ranch Bacon (Pork, Water, Salt, Turbinado Sugar, Celery Powder)

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
137	3.87	275	143.5	16	2.5	0	32.5	380	20.5	2.5	2.5	11.5

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
				X			X			

# SLIM SANDWICHES (CHI ONLY)

## Balsamic Chicken & Avocado Sandwich (slim)

### FULL DECLARATION

Avocados, Whole Grain Bread (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Whole Wheat Flour, Sugar, Molasses, Yeast, Soybean Oil, Contains Less Than 2%: Salt, Sunflower Seeds, Rolled Wheat Flakes, Cracked Wheat, Rye Flakes, Barley Flakes, Millet, Oats, Corn Grits, Flaxseeds, Spelt, Sunflower Lecithin, Calcium Sulfate, Ascorbic Acid, Wheat Gluten, Enzymes), Chicken (Chicken Breast, Water, Sea Salt), Balsamic Vinaigrette (Balsamic Vinegar (Wine Vinegar, Grape Concentrate [Contains Sulfites], Caramel Color, Natural Flavor), Olive Pomace Oil, Canola Oil, Honey, Garlic, Dijon Mustard (Distilled Vinegar, Water, Mustard Seed, Sea Salt, White Wine, Citric Acid, Turmeric, Spices), Water, Sea Salt, Black Pepper, Xanthan Gum, Oregano, Dehydrated Onion, Rosemary), Mesclun, Lemon Juice, Basil

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
128	3.61	280	125	14	1.5	0	17.5	390	26.5	4	4.5	11.5

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
						X	X			

## California Club Sandwich (slim)

### FULL DECLARATION

Tomatoes, Whole Grain Bread (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Whole Wheat Flour, Sugar, Molasses, Yeast, Soybean Oil, Contains Less Than 2%: Salt, Sunflower Seeds, Rolled Wheat Flakes, Cracked Wheat, Rye Flakes, Barley Flakes, Millet, Oats, Corn Grits, Flaxseeds, Spelt, Sunflower Lecithin, Calcium Sulfate, Ascorbic Acid, Wheat Gluten, Enzymes), Turkey (Turkey Breast, Water, Salt, Sugar), Avocados, Cilantro Lime Yogurt Sauce (Greek Yogurt (Cultured Pasteurized Milk, Condensed Skim Milk, Whey Protein Concentrate, Pectin), Olive Pomace Oil, Lime Juice, Cilantro, Jalapeno Peppers, Honey, Green Onions, Sea Salt, Xanthan Gum), Cage-Free Eggs, Mesclun, Lemon Juice, Pret's Seasoning (Salt, Black Pepper)

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
153	4.32	230	80	14	1.25	0	62.5	500	26.5	3	5.5	12

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
				X	X	X	X			

## Cheddar & Tomato Sandwich (slim)

### FULL DECLARATION

Tomatoes, Whole Grain Bread (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Whole Wheat Flour, Sugar, Molasses, Yeast, Soybean Oil, Contains Less Than 2%: Salt, Sunflower Seeds, Rolled Wheat Flakes, Cracked Wheat, Rye Flakes, Barley Flakes, Millet, Oats, Corn Grits, Flaxseeds, Spelt, Sunflower Lecithin, Calcium Sulfate, Ascorbic Acid, Wheat Gluten, Enzymes), Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Mesclun, Mustard Mayo (Mayonnaise (Soybean Oil, Whole Egg, Egg Yolk, Water, Distilled Vinegar, Apple Cider Vinegar, Salt (Including Mustard), Lemon Juice Concentrate), Whole Grain Mustard (Water, Mustard Seeds, Vinegar, Salt), Dijon Mustard (Distilled Vinegar, Water, Mustard Seed, Salt, White Wine, Citric Acid, Turmeric, Spices), White Wine Vinegar, Salt), Red Onion, Pret's Seasoning (Salt, Black Pepper)

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
122.5	3.46	260	125	14	5	0	25	490	24	1.5	4.5	10

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
				X	X	X	X		X	

Please be aware we use multiple ingredients in our kitchens and therefore cannot guarantee that our food is completely free of any allergen.

# SLIM SANDWICHES (CHI ONLY)

## Chicken & Bacon Sandwich (slim)

### FULL DECLARATION

Tomatoes, Whole Grain Bread (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Whole Wheat Flour, Sugar, Molasses, Yeast, Soybean Oil, Contains Less Than 2%: Salt, Sunflower Seeds, Rolled Wheat Flakes, Cracked Wheat, Rye Flakes, Barley Flakes, Millet, Oats, Corn Grits, Flaxseeds, Spelt, Sunflower Lecithin, Calcium Sulfate, Ascorbic Acid, Wheat Gluten, Enzymes), Chicken (Chicken Breast, Water, Sea Salt), Mayonnaise (Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains Less Than 2% Of Salt, Spice, Lemon Juice Concentrate), Mesclun, Niman Ranch Bacon (Pork, Water, Salt, Turbinado Sugar, Celery Powder)

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
138	3.98	305	155	17	2.5	0	32.5	460	23.5	1.5	4.5	12.5

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
				X		X	X			



# BAGUETTES

## Artichoke Caprese Baguette

### FULL DECLARATION

Artisan Baguette (Wheat Flour, Water, Sourdough, Seeds And Cereals (Sesame Seeds, Brown Flax Seeds, Malted Wheat Flakes), Yeast, Salt, Wheat Gluten, Blend Of Minerals (Potassium), Wheat Germ, Malted Wheat Flour), Artichoke Hearts (Artichoke Hearts, Water, Salt, Citric Acid), Tomatoes, Mozzarella (Cultured Pasteurized Milk, Lactic/Citric Acid, 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), Kalamata Olives (Kalamata Olives, Water, Salt, Red Wine Vinegar, Extra Virgin Olive Oil), Veggie Parmesan (Pasteurized Cultured Part-Skim Milk, Salt, Enzymes, Potato Starch, Powdered Cellulose), Basil

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
294	8.35	670	268	30	8	0	40	1030	75	9	4	24

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
				X	X		X	X	X	

## Pret's Caprese Baguette

### FULL DECLARATION

White Baguette (Wheat Flour, Water, Yeast, Salt, Wheat Gluten, Deactivated Yeast, Flour Treatment Agent (Ascorbic Acid)), Tomatoes, Mozzarella (Cultured Pasteurized Milk, Lactic/Citric Acid, Salt, Enzymes), Veggie Parmesan (Pasteurized Cultured Part-Skim Milk, Salt, Enzymes, Potato Starch, Powdered Cellulose), Arugula, 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), Basil, Pret's Seasoning (Salt, Black Pepper)

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
272	7.68	530	190	21	8	0	40	1080	64	5	5	23

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
				X	X		X		X	

## Chicken Caesar & Bacon Baguette

### FULL DECLARATION

Artisan Baguette (Wheat Flour, Water, Sourdough, Seeds And Cereals (Sesame Seeds, Brown Flax Seeds, Malted Wheat Flakes), Yeast, Salt, Wheat Gluten, Blend Of Minerals (Potassium), Wheat Germ, Malted Wheat Flour), Chicken (Chicken Breast, Water, Sea Salt), Caesar Sauce (Canola Oil, Filtered Water, Tapioca Syrup, Pecorino Romano Cheese (Sheep's Milk, Cheese Culture, Salt, Enzymes), Garlic, Pasteurized Egg Yolk, Nonfat Dry Milk, Lactic Acid, Anchovies (Anchovies, Sunflower Oil, Salt), Tamari Soy Sauce (Water, Soybeans, Salt, Alcohol), Worcestershire Sauce (Vinegar, Molasses, Sugar, Sea Salt, Spices, Garlic Powder), Sea Salt, Lemon Juice Concentrate, Black Pepper, Roasted Garlic, Cultured Dextrose, Mustard Flour, Xanthan Gum), Niman Ranch Bacon (Pork, Water, Salt, Turbinado Sugar, Celery Powder), Arugula, Veggie Parmesan (Pasteurized Cultured Part-Skim Milk, Salt, Enzymes, Potato Starch, Powdered Cellulose), 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), Pret's Seasoning (Salt, Black Pepper)

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
253	7.15	790	380	42	6	0	60	1100	69	6	4	31

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
		ANCHOVY		X	X	X	X	X		

Please be aware we use multiple ingredients in our kitchens and therefore cannot guarantee that our food is completely free of any allergen.

# BAGUETTES

## Balsamic Chicken & Mozzarella Baguette

### FULL DECLARATION

White Baguette (Wheat Flour, Water, Yeast, Salt, Wheat Gluten, Deactivated Yeast, Flour Treatment Agent (Ascorbic Acid)), Tomatoes, Chicken (Chicken Breast, Water, Sea Salt), Mozzarella (Cultured Pasteurized Milk, Lactic/Citric Acid, Salt, Enzymes), Balsamic Vinaigrette (Balsamic Vinegar (Wine Vinegar, Grape Concentrate [Contains Sulfites], Caramel Color, Natural Flavor), Olive Pomace Oil, Canola Oil, Honey, Garlic, Dijon Mustard (Distilled Vinegar, Water, Mustard Seed, Sea Salt, White Wine, Citric Acid, Turmeric, Spices), Water, Sea Salt, Black Pepper, Xanthan Gum, Oregano, Dehydrated Onion, Rosemary), Arugula, Pret's Seasoning (Salt, Black Pepper)

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
315	8.89	600	190	22	7	0	65	1170	65	5	7	31

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
					X		X			

## Pesto Chicken & Mozzarella Baguette

### FULL DECLARATION

Artisan Baguette (Wheat Flour, Water, Sourdough, Seeds And Cereals (Sesame Seeds, Brown Flax Seeds, Malted Wheat Flakes), Yeast, Salt, Wheat Gluten, Blend Of Minerals (Potassium), Wheat Germ, Malted Wheat Flour), Chicken (Chicken Breast, Water, Sea Salt), Mozzarella (Cultured Pasteurized Milk, Lactic/Citric Acid, Salt, Enzymes), Pesto (Canola Oil, Pine Nuts, Basil, Parmesan Cheese (Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose), Extra Virgin Olive Oil, Baby Spinach, Lemon Juice (Water, Lemon Juice Concentrate, Lemon Oil), Garlic, Lemon Zest (Chopped Lemon Peels, Cane Sugar, Natural Lemon Flavor), Sea Salt), Roasted Tomatoes (Cherry Tomatoes, Rapeseed Oil, Salt, Dried Garlic, Oregano, Lemon Juice Concentrate), Arugula, 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)

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
273	7.7	700	2.59	29	8	0	70	890	69	0	4	34

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
PINE NUTS				X	X		X	X		

## Pret's Famous Ham & Cheese Baguette

### FULL DECLARATION

White Baguette (Wheat Flour, Water, Yeast, Salt, Wheat Gluten, Deactivated Yeast, Flour Treatment Agent (Ascorbic Acid)), Niman Ranch Smoked Ham (Pork, Water, Salt, Contains Less Than 2%: Lemon Juice Concentrate, Vinegar, Turbinado Sugar, Celery Powder, Cherry Powder), Swiss (Cultured Pasteurized Part-Skim Milk, Salt, Enzymes), Mustard Mayo (Mayonnaise (Soybean Oil, Whole Egg, Egg Yolk, Water, Distilled Vinegar, Apple Cider Vinegar, Salt (Including Mustard), Lemon Juice Concentrate), Whole Grain Mustard (Water, Mustard Seeds, Vinegar, Salt), Dijon Mustard (Distilled Vinegar, Water, Mustard Seed, Salt, White Wine, Citric Acid, Turmeric, Spices), White Wine Vinegar, Salt), Mesclun

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
233	6.57	630	240	27	10	0	75	1630	62	4	4	31

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
				X	X	X	X			

Please be aware we use multiple ingredients in our kitchens and therefore cannot guarantee that our food is completely free of any allergen.

# BAGUETTES

## Prosciutto & Mozzarella Baguette

### FULL DECLARATION

Artisan Baguette (Wheat Flour, Water, Sourdough, Seeds And Cereals (Sesame Seeds, Brown Flax Seeds, Malted Wheat Flakes), Yeast, Salt, Wheat Gluten, Blend Of Minerals (Potassium), Wheat Germ, Malted Wheat Flour), Tomatoes, Mozzarella (Cultured Pasteurized Milk, Lactic/Citric Acid, Salt, Enzymes), Prosciutto (Pork, Sea Salt), Mayonnaise (Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains Less Than 2%: Salt, Spice, Lemon Juice Concentrate), Veggie Parmesan (Pasteurized Cultured Part-Skim Milk, Salt, Enzymes, Potato Starch, Powdered Cellulose), Basil

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
260	7.33	670	276	31	10	0	60	1230	68	6	5	30

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
				X	X		X	X		

## Smoked Ham & Cranberry Baguette

### FULL DECLARATION

Artisan Baguette (Wheat Flour, Water, Sourdough, Seeds And Cereals (Sesame Seeds, Brown Flax Seeds, Malted Wheat Flakes), Yeast, Salt, Wheat Gluten, Blend Of Minerals (Potassium), Wheat Germ, Malted Wheat Flour), Niman Ranch Smoked Ham (Pork, Water, Salt, Contains Less Than 2%: Lemon Juice Concentrate, Vinegar, Turbinado Sugar, Celery Powder, Cherry Powder), Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Cranberry Sauce (Cranberries, Sugar, Light Brown Sugar, Orange Juice, Water, Orange Peel (Orange Peel, Water, Citric Acid), Cinnamon), 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), Arugula

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
282	7.93	710	247	27	9	0	70	1480	79	6	15	33

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
				X	X		X	X		

## Tuna & Cucumber Baguette

### FULL DECLARATION

Tuna Salad (Albacore Tuna Fish, Skipjack Tuna Fish, Mayonnaise (Canola Oil, Whole Eggs, Distilled Vinegar, Egg Yolks (Egg Yolks, Salt), Salt, Sugar, Water, Lemon Juice Concentrate), Water, White Wine Vinegar, Lemon Juice), White Baguette (Wheat Flour, Water, Yeast, Salt, Wheat Gluten, Deactivated Yeast, Flour Treatment Agent (Ascorbic Acid)), Cucumbers

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
266	7.51	600	250	27	3	0	40	940	61	4	4	27

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
		TUNA		X			X			

Please be aware we use multiple ingredients in our kitchens and therefore cannot guarantee that our food is completely free of any allergen.

# SLIM BAGUETTES

## Balsamic Chicken & Mozzarella Baguette (slim)

### FULL DECLARATION

White Baguette (Wheat Flour, Water, Yeast, Salt, Wheat Gluten, Deactivated Yeast, Flour Treatment Agent (Ascorbic Acid)), Tomatoes, Chicken (Chicken Breast, Water, Sea Salt), Mozzarella (Cultured Pasteurized Milk, Lactic/Citric Acid, Salt, Enzymes), Balsamic Vinaigrette (Balsamic Vinegar (Wine Vinegar, Grape Concentrate [Contains Sulfites], Caramel Color, Natural Flavor), Olive Pomace Oil, Canola Oil, Honey, Garlic, Dijon Mustard (Distilled Vinegar, Water, Mustard Seed, Sea Salt, White Wine, Citric Acid, Turmeric, Spices), Water, Sea Salt, Black Pepper, Xanthan Gum, Oregano, Dehydrated Onion, Rosemary), Arugula, Pret's Seasoning (Salt, Black Pepper)

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
157.5	4.44	300	95	11	3.5	0	32.5	585	32.5	2.5	3.5	15.5

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
					X		X				

## Pret's Caprese Baguette (slim)

### FULL DECLARATION

White Baguette (Wheat Flour, Water, Yeast, Salt, Wheat Gluten, Deactivated Yeast, Flour Treatment Agent (Ascorbic Acid)), Tomatoes, Mozzarella (Cultured Pasteurized Milk, Lactic/Citric Acid, Salt, Enzymes), Veggie Parmesan (Pasteurized Cultured Part-Skim Milk, Salt, Enzymes, Potato Starch, Powdered Cellulose), Arugula, 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), Basil, Pret's Seasoning (Salt, Black Pepper)

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
136	3.84	265	95	10.5	4	0	20	540	32	2.5	2.5	11.5

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
				X	X		X			X	

## Pret's Famous Ham & Cheese Baguette (slim)

### FULL DECLARATION

White Baguette (Wheat Flour, Water, Yeast, Salt, Wheat Gluten, Deactivated Yeast, Flour Treatment Agent (Ascorbic Acid)), Niman Ranch Smoked Ham (Pork, Water, Salt, Contains Less Than 2%: Lemon Juice Concentrate, Vinegar, Turbinado Sugar, Celery Powder, Cherry Powder), Swiss (Cultured Pasteurized Part-Skim Milk, Salt, Enzymes), Mustard Mayo (Mayonnaise (Soybean Oil, Whole Egg, Egg Yolk, Water, Distilled Vinegar, Apple Cider Vinegar, Salt (Including Mustard), Lemon Juice Concentrate), Whole Grain Mustard (Water, Mustard Seeds, Vinegar, Salt), Dijon Mustard (Distilled Vinegar, Water, Mustard Seed, Salt, White Wine, Citric Acid, Turmeric, Spices), White Wine Vinegar, Salt), Mesclun

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
116.5	3.29	315	120	13.5	5	0	37.5	815	31	2	2	15.5

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
				X	X	X	X				

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# SLIM BAGUETTES

## Tuna & Cucumber Baguette (slim)

### FULL DECLARATION

Tuna Salad (Albacore Tuna Fish, Skipjack Tuna Fish, Mayonnaise (Canola Oil, Whole Eggs, Distilled Vinegar, Egg Yolks (Egg Yolks, Salt), Salt, Sugar, Water, Lemon Juice Concentrate), Water, White Wine Vinegar, Lemon Juice), White Baguette (Wheat Flour, Water, Yeast, Salt, Wheat Gluten, Deactivated Yeast, Flour Treatment Agent (Ascorbic Acid)), Cucumbers

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
133	3.75	300	125	13.5	1.5	0	20	470	30.5	2	2	13.5

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
		TUNA		X			X			

# WRAPS

## Avocado & Pine Nut Wrap

### FULL DECLARATION

Avocados, Kibbled Rye Wrap (Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted Rye Flakes, Rapeseed Oil, Humectant (Vegetable Glycerin), Raising Agents (Diphosphates, Sodium Bicarbonate), Dried Fermented Wheat Flour, Emulsifier (Mono and Di-Glycerides of Fatty Acids), Salt, Acidity Regulator (Citric Acid), Wheat Flour, Wheat Starch, Flour Treatment Agent (L-Cysteine Hydrochloride)), Cucumbers, Tomatoes, Spinach, Veggie Parmesan (Pasteurized Cultured Part-Skim Milk, Salt, Enzymes, Potato Starch, Powdered Cellulose), 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), Pine Nuts, Lemon Juice, Basil, Pret's Seasoning (Salt, Black Pepper)

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
294	8.29	500	270	30	4.5	0	10	540	50	10	4	13

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
PINE NUTS				X	X		X		X	

## Bang Bang Chicken Wrap

### FULL DECLARATION

Chicken (Chicken Breast, Water, Sea Salt), Kibbled Rye Wrap (Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted Rye Flakes, Rapeseed Oil, Humectant (Vegetable Glycerin), Raising Agents (Diphosphates, Sodium Bicarbonate), Dried Fermented Wheat Flour, Emulsifier (Mono and Di-Glycerides of Fatty Acids), Salt, Acidity Regulator (Citric Acid), Wheat Flour, Wheat Starch, Flour Treatment Agent (L-Cysteine Hydrochloride)), Cucumbers, Sweet Chili Mayo (Canola Oil, Ketchup (Tomato Puree, Water, Sugar, White Vinegar, Salt), Cured Cucumber (Cucumbers, Water, Vinegar, Salt, Xanthan Gum), Water, White Wine Vinegar, Egg Yolks, Jalapeno Pepper (Jalapeno Peppers, Water, Salt, Acetic Acid), Sugar, Mustard, Cayenne Pepper, Sea Salt, Garlic Powder, Paprika Blend (Canola Oil, Extractive of Capsicum, Sunflower Oil)), Asian Dressing (Tofu (Water, Soybeans, Calcium Sulfate, Nigari [Sea Water Extract]), Tahini (Pureed Sesame Seeds), Water, Soy Sauce (Water, Soybeans, Salt, Sugar, Alcohol, Vinegar, Lactic Acid), Sugar, White Wine Vinegar (White Wine Vinegar, Water), Ginger, Sesame Oil (Toasted White Sesame Seeds), Canola Oil, Lemon Juice (Water, Lemon Juice Concentrate, Lemon Oil), Tamarind Extract, Chili Powder, Lime Juice), Shredded Carrots, Cilantro, Red Onions

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
260	7.34	480	190	21	2.5	0	45	680	45	4	8	25

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
				X		X	X	X		

## Chicken, Bacon & Ranch Wrap

### FULL DECLARATION

Chicken (Chicken Breast, Water, Sea Salt), Kibbled Rye Wrap (Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted Rye Flakes, Rapeseed Oil, Humectant (Vegetable Glycerin), Raising Agents (Diphosphates, Sodium Bicarbonate), Dried Fermented Wheat Flour, Emulsifier (Mono and Di-Glycerides of Fatty Acids), Salt, Acidity Regulator (Citric Acid), Wheat Flour, Wheat Starch, Flour Treatment Agent (L-Cysteine Hydrochloride)), Ranch Dressing (Sour Cream (Cultured Cream), Mayonnaise (Soybean Oil, Egg Yolks, Vinegar, Water, Sugar, Salt, Spices, Lemon Juice, Natural Flavor), Cultured Low Fat Buttermilk (Cultured Low Fat Milk, Salt), Dill, Sea Salt, Chives, Lemon Juice (Water, Lemon Juice Concentrate, Lemon Oil), Garlic Powder, Dehydrated Onion), Cucumbers, Romaine, Niman Ranch Bacon (Pork, Water, Salt, Turbinado Sugar, Celery Powder)

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
265	7.48	520	243	27	7	0	75	790	38	2	3	25

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
				X	X	X	X			

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# WRAPS

## Chipotle Chicken & Avocado Wrap

### FULL DECLARATION

Avocados, Kibbled Rye Wrap (Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted Rye Flakes, Rapeseed Oil, Humectant (Vegetable Glycerin), Raising Agents (Diphosphates, Sodium Bicarbonate), Dried Fermented Wheat Flour, Emulsifier (Mono and Di-Glycerides of Fatty Acids), Salt, Acidity Regulator (Citric Acid), Wheat Flour, Wheat Starch, Flour Treatment Agent (L-Cysteine Hydrochloride)), Chicken (Chicken Breast, Water, Sea Salt), Spicy Chipotle Sauce (Red Peppers (Red Pepper, Water, Salt, Citric Acid), Chipotle Peppers in Adobo Sauce (Chipotle Peppers, Water, Vinegar, Sugar, Salt, Tomato Paste, Smoke Essence, Onion, Garlic), Onions, Light Brown Sugar, Red Wine Vinegar (Water, Red Wine Vinegar, Sulfites [Naturally Occurring]), Cayenne Pepper Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Garlic Powder), Canola Oil, Garlic, Water, Dijon Mustard (Distilled Vinegar, Water, Mustard Seed, Salt, White Wine, Citric Acid, Turmeric, Spices), Modified Corn Starch, Black Pepper, Sea Salt, Paprika Oil), Red Peppers, Spinach, Cilantro, 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), Pret's Seasoning (Salt, Black Pepper), Lemon Juice

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
296	8.35	510	126	24	3	0	40	760	51	10	5	22

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
				X	X		X			

## Falafel & Beet Hummus Wrap

### FULL DECLARATION

Kibbled Rye Wrap (Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted Rye Flakes, Rapeseed Oil, Humectant (Vegetable Glycerin), Raising Agents (Diphosphates, Sodium Bicarbonate), Dried Fermented Wheat Flour, Emulsifier (Mono and Di-Glycerides of Fatty Acids), Salt, Acidity Regulator (Citric Acid), Wheat Flour, Wheat Starch, Flour Treatment Agent (L-Cysteine Hydrochloride)), Falafel (Garbanzo Beans, Onions, Garbanzo Bean Flour, Corn Oil, Cilantro, Mint, Parsley, Garlic (Garlic, Water), Salt, Olive Oil, Water, Baking Powder, Cumin, Lemon Juice Concentrate, Turmeric, Cayenne Pepper), Beet Hummus (Garbanzo Beans, Beets, Tahini (Ground Sesame), Lemon Juice, Water, Olive Oil, Sea Salt, Beet Powder, Garlic, Ground Cumin), Cucumbers, Pickled Red Onion (Red Onions, White Wine Vinegar (White Wine Vinegar, Water), Rice Vinegar (Rice Vinegar, Water), Sugar, Mustard Seed), Spinach, Mint

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
258	7.28	420	110	12	1.5	0	0	890	66	10	9	15

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
							X	X	X	X

# WRAPS

## Harvest Chicken & Butternut Squash Wrap

### FULL DECLARATION

Kibbled Rye Wrap (Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted Rye Flakes, Rapeseed Oil, Humectant (Vegetable Glycerin), Raising Agents (Diphosphates, Sodium Bicarbonate), Dried Fermented Wheat Flour, Emulsifier (Mono and Di-Glycerides of Fatty Acids), Salt, Acidity Regulator (Citric Acid), Wheat Flour, Wheat Starch, Flour Treatment Agent (L-Cysteine Hydrochloride)), Chicken (Chicken Breast, Water, Sea Salt), Julienne Apples, Roasted Butternut Squash (Butternut Squash, Olive Oil, Garlic (Garlic, Citric Acid), Thyme, Salt), Balsamic Vinaigrette (Balsamic Vinegar (Wine Vinegar, Grape Concentrate [Contains Sulfites], Caramel Color, Natural Flavor), Olive Pomace Oil, Canola Oil, Honey, Garlic, Dijon Mustard (Distilled Vinegar, Water, Mustard Seed, Sea Salt, White Wine, Citric Acid, Turmeric, Spices), Water, Sea Salt, Black Pepper, Xanthan Gum, Oregano, Dehydrated Onion, Rosemary), Mesclun, Dried Cranberries (Cranberries, Sugar, Sunflower Oil)

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
241	6.8	480	154	17	2	0	35	710	59	5	19	20

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
							X			

## Turkey, Herbs & Avocado Wrap

### FULL DECLARATION

Avocados, Kibbled Rye Wrap (Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted Rye Flakes, Rapeseed Oil, Humectant (Vegetable Glycerin), Raising Agents (Diphosphates, Sodium Bicarbonate), Dried Fermented Wheat Flour, Emulsifier (Mono and Di-Glycerides of Fatty Acids), Salt, Acidity Regulator (Citric Acid), Wheat Flour, Wheat Starch, Flour Treatment Agent (L-Cysteine Hydrochloride)), Turkey (Turkey Breast, Water, Salt, Sugar), Cucumbers, Cilantro Lime Yogurt Sauce (Greek Yogurt (Cultured Pasteurized Milk, Condensed Skim Milk, Whey Protein Concentrate, Pectin), Olive Pomace Oil, Lime Juice, Cilantro, Jalapeno Peppers, Honey, Green Onions, Sea Salt, Xanthan Gum), Spinach, Lemon Juice, Pret's Seasoning (Salt, Pepper), Basil, Mint

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
313	8.83	480	200	22	3.5	0	35	1250	50	10	5	22

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
					X		X			



# TOASTS

## Avocado Toast

### FULL DECLARATION

Avocados, Gluten-Free Bread (Water, Organic Sorghum Flour, Tapioca Starch, Organic Garbanzo Flour, Egg Whites, Apple Cider Vinegar, Organic Millet, Organic Flax Seeds, Sunflower Seeds, Buckwheat Flour, Cane Sugar, Organic Canola Oil, Potato Starch, Yeast, Xanthan Gum, Sea Salt), Arugula, Lemon Juice, Red Pepper Flakes, Pret's Seasoning (Salt, Black Pepper), Extra Virgin Olive Oil, Lemon

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
168	4.74	330	177	20	2	0	0	690	36	4	4	8

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
				X					X	

## Egg Salad Toast

### FULL DECLARATION

Egg Salad (Cage-Free Eggs, Mayonnaise (Canola Oil, Whole Eggs, Distilled Vinegar, Salted Egg Yolks (Egg Yolks, Salt), Salt, Sugar, Water, Lemon Juice Concentrate), Sea Salt, Black Pepper), Gluten-Free Bread (Water, Organic Sorghum Flour, Tapioca Starch, Organic Garbanzo Flour, Egg Whites, Apple Cider Vinegar, Organic Millet, Organic Flax Seeds, Sunflower Seeds, Buckwheat Flour, Cane Sugar, Organic Canola Oil, Potato Starch, Yeast, Xanthan Gum, Sea Salt), Arugula, Pret's Seasoning (Salt, Black Pepper), Lemon

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
136	3.84	330	177	20	2	0	190	890	28	4	4	12

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
				X					X	

# SALADS

## Pret's Chef Salad

### FULL DECLARATION

Mesclun, Grape Tomatoes, Cucumber, Turkey Breast (Turkey Breast, Water, Salt, Raw Sugar), Cage Free Egg, Avocado, Bacon (Pork, Water, Salt, Turbinado Sugar, Celery Powder), Lemon Juice

**Ranch Dressing (2oz Dressing 210 cals):** Sour Cream (Cultured Cream), Mayonnaise (Soybean Oil, Egg Yolks, Vinegar, Water, Sugar, Salt, Spices, Lemon Juice, Natural Flavor), Cultured Low Fat Buttermilk (Cultured Low Fat Milk, Salt), Dill, Sea Salt, Chives, Lemon Juice (Water, Lemon Juice Concentrate, Lemon Oil), Garlic Powder, Dehydrated Onion

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
389	10.98	310	170	19	4.5	0	230	550	14	6	4	25

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
				X	X	X				

## Chicken Avocado Salad

### FULL DECLARATION

Mesclun, Avocados, Chicken (Chicken Breast, Water, Sea Salt), Grape Tomatoes, Walnuts, Dried Cranberries (Cranberries, Sugar, Sunflower Oil), Lemon Juice

**Maple Dijon Dressing (2oz Dressing 210 cals):** Dijon Mustard (Distilled Vinegar, Water, Mustard Seed, Sea Salt, White Wine, Citric Acid, Turmeric, Spices), Canola Oil, Pure Maple Syrup, Water, Apple Cider Vinegar (Apple Cider Vinegar, Water), Sugar

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
335	9.45	460	240	27	3	0	50	260	29	10	12	25

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
WALNUTS										

## Chicken Caesar Salad

### FULL DECLARATION

Romaine, Chicken (Chicken Breast, Water, Sea Salt), Limes, Veggie Parmesan (Pasteurized Cultured Part-Skim Milk, Salt, Enzymes, Potato Starch, Powdered Cellulose), Parmesan Cheese Crisps Parmesan Cheese (Pasteurized Part Skimmed Milk, Cheese Cultures, Sea Salt, Enzymes), Basil

**Caesar Dressing (2oz Dressing 490 cals):** Canola Oil, Filtered Water, Tapioca Syrup, Pecorino Romano Cheese (Sheep's Milk, Cheese Culture, Salt, Enzymes), Garlic, Pasteurized Egg Yolk, Nonfat Dry Milk, Lactic Acid, Anchovies (Anchovies, Sunflower Oil, Salt), Tamari Soy Sauce (Water, Soybeans, Salt, Alcohol), Worcestershire Sauce (Vinegar, Molasses, Sugar, Sea Salt, Spices, Garlic Powder), Sea Salt, Lemon Juice Concentrate, Black Pepper, Roasted Garlic, Cultured Dextrose, Mustard Flour, Xanthan Gum

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
316	8.92	260	90	10	4.5	0	70	590	8	3	2	32

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
		ANCHOVY		X	X	X				

Please be aware we use multiple ingredients in our kitchens and therefore cannot guarantee that our food is completely free of any allergen.

# SALADS

## Harvest Salad

### FULL DECLARATION

Mesclun, Chicken (Chicken Breast, Water, Sea Salt), Roasted Butternut Squash (Butternut Squash, Olive Oil, Garlic (Garlic, Citric Acid), Thyme, Salt), Ricotta (Pasteurized Whey, Cream and Milk, Vinegar, Salt), Diced Apples, Shredded Beets, Walnuts

**Maple Dijon Dressing (2oz Dressing 210 cal):** Dijon Mustard (Distilled Vinegar, Water, Mustard Seed, Sea Salt, White Wine, Citric Acid, Turmeric, Spices), Canola Oil, Pure Maple Syrup, Water, Apple Cider Vinegar (Apple Cider Vinegar, Water), Sugar

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
335	9.45	320	135	15	4	0	60	520	17	4	8	26

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
WALNUTS					X					

## Mediterranean Mezze Salad

### FULL DECLARATION

Mesclun, Falafel (Garbanzo Beans, Onions, Garbanzo Bean Flour, Corn Oil, Cilantro, Mint, Parsley, Garlic (Garlic, Water), Salt, Olive Oil, Water, Baking Powder, Cumin, Lemon Juice Concentrate, Turmeric, Cayenne Pepper), Beet Hummus (Garbanzo Beans, Beets, Tahini (Ground Sesame), Lemon Juice, Water, Olive Oil, Sea Salt, Beet Powder, Garlic, Ground Cumin), Roasted Butternut Squash (Butternut Squash, Olive Oil, Garlic (Garlic, Citric Acid), Thyme, Salt), Harissa Chickpea (Chickpeas (Chickpeas, Water, Salt), Olive Pomace Oil, Moroccan Harissa (Bell Peppers, Jalapenos, Canola and Olive Oil Blend, Garlic, Cilantro, Paprika, Cumin, Caraway Seed, Salt, Citric Acid), Red Chile Puree (Water, Red Chile Pods), Lemon Juice (Water, Lemon Juice Concentrate, Lemon Oil), Sea Salt, Garlic, Cumin, Paprika (Paprika, Silicon Dioxide, Ethoxyquin), Coriander, Cayenne Pepper, Caraway Seed), Beets, Pomegranate Seeds, Mint

**Turmeric Miso Ginger Dressing (2oz Dressing 130 cal):** Rice Vinegar (Rice Vinegar, Water), White Miso (Soybeans, Rice Koji, Sea Salt, Water, Koji Spores), Carrots, Sweet Rice Cooking Wine (Water, Rice, Rice Vinegar, Sugar, Salt), Ginger, Sesame Oil (Toasted White Sesame Seeds), Canola Oil, Turmeric

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
364	10.27	380	140	16	1	0	0	1230	51	12	12	16

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
						X		X	X	X

## Pesto Chicken Salad

### FULL DECLARATION

Mesclun, Chicken (Chicken Breast, Water, Sea Salt), Mozzarella (Cultured Pasteurized Milk, Lactic/Citric Acid, Salt, Enzymes), Grape Tomatoes, Roasted Red Peppers (Red Pepper, Canola Oil, Sea Salt), Pesto (Canola Oil, Pine Nuts, Basil, Parmesan Cheese (Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose), Extra Virgin Olive Oil, Baby Spinach, Lemon Juice (Water, Lemon Juice Concentrate, Lemon Oil), Garlic, Lemon Zest (Chopped Lemon Peels, Cane Sugar, Natural Lemon Flavor), Sea Salt), Lemon, Basil

**Maple Dijon Dressing 2oz Dressing 210 cal):** Dijon Mustard (Distilled Vinegar, Water, Mustard Seed, Sea Salt, White Wine, Citric Acid, Turmeric, Spices), Canola Oil, Pure Maple Syrup, Water, Apple Cider Vinegar (Apple Cider Vinegar, Water), Sugar

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
327	9.23	400	210	24	9	0	90	570	11	4	3	32

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
PINE NUTS					X					

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# SALADS

## Veggie Fiesta Salad

### FULL DECLARATION

Romaine, Avocados, Pepper Jack Cheese (Pasteurized Milk, Jalapeno Peppers, Cheese Culture, Salt, Enzymes), Roasted Corn, Grape Tomatoes, Black Beans (Black Beans, Water, Kombu Seaweed), Pickled Red Onion (Red Onions, White Wine Vinegar (White Wine Vinegar, Water), Rice Vinegar (Rice Vinegar, Water), Sugar, Mustard Seed), Cilantro, Lemon Juice

**Smoky Red Pepper Dressing (2oz dressing 40cals):** Roasted Red Peppers (Roasted Red Peppers, Water, Salt, Citric Acid), Lime Juice, Canola Oil, Red Onions, Chipotle Peppers in Adobo Sauce (Chipotle Peppers, Water, Vinegar, Sugar, Salt, Tomato Paste, Smoke Essence, Onion, Garlic), Cilantro, Sea Salt, Sugar, Paprika, Extra Virgin Olive Oil, Garlic, Guajillo Chili Powder

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
427	12.05	430	244	27	10	0	50	130	28	11	6	22

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
					X				X	

# BALANCE BOXES

## Chicken & Sweet Potato Balance Box

### FULL DECLARATION

Chicken (Chicken Breast, Water, Sea Salt), Grain Mix (Cooked Brown Rice (Water, Brown Rice), Cooked White Quinoa (Water, White Quinoa), Cooked Red Quinoa (Water, Red Quinoa), Lemon Juice (Water, Concentrated Lemon Juice), Canola Oil, Salt, Black Pepper), Sweet Potatoes (Sweet Potatoes, Canola Oil, Sea Salt, Black Pepper), Beet Hummus (Garbanzo Beans, Beets, Tahini (Ground Sesame), Lemon Juice, Water, Olive Oil, Sea Salt, Beet Powder, Garlic, Ground Cumin), Avocados, Spinach, Pomegranate Seeds, Lemon Juice

**Coconut Greens Dressing (2oz dressing 90cals):** Coconut Cream, Water, Avocado (Hass Avocado, Water, Ascorbic Acid, Xanthan Gum, Sodium Alginate, Citric Acid), Lime Juice, Cilantro, Canola Oil, Jalapeno Peppers, Cultured Dextrose (For Freshness), Sea Salt, Sugar

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
373	10.53	540	170	19	2	0	50	910	67	14	9	33

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
COCONUT								X		

## Salmon, Mango & Avocado Balance Box

### FULL DECLARATION

Atlantic Salmon (Atlantic Salmon, Salt), Grain Mix (Cooked Brown Rice (Water, Brown Rice), Cooked White Quinoa (Water, White Quinoa), Cooked Red Quinoa (Water, Red Quinoa), Lemon Juice (Water, Concentrated Lemon Juice), Canola Oil, Salt, Black Pepper), Avocados, Spinach, Mangos, Pickled Cabbage & Carrot Mix (Red Cabbage, Carrots, Cane Sugar, Water, Rice Vinegar, Sesame Seeds, Sea Salt), Pomegranate Seeds, Lemon Juice

**Asian Dressing (2oz dressing 160cals):** Tofu (Water, Soybeans, Calcium Sulfate, Nigari [Sea Water Extract]), Tahini (Pureed Sesame Seeds), Water, Soy Sauce (Water, Soybeans, Salt, Sugar, Alcohol, Vinegar, Lactic Acid), Sugar, White Wine Vinegar (White Wine Vinegar, Water), Ginger, Sesame Oil (Toasted White Sesame Seeds), Canola Oil, Lemon Juice (Water, Lemon Juice Concentrate, Lemon Oil), Tamarind Extract, Chili Powder, Lime Juice

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
333	9.4	470	209	23	3	0	30	650	48	7	14	23

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
		SALMON				X		X		

# POTS

## Chicken & Avocado Pot

### FULL DECLARATION

Chicken (Chicken Breast, Water, Sea Salt), Avocados, Grain Mix (Cooked Brown Rice (Water, Brown Rice), Cooked White Quinoa (Water, White Quinoa), Cooked Red Quinoa (Water, Red Quinoa), Lemon Juice (Water, Concentrated Lemon Juice), Canola Oil, Salt, Black Pepper), Arugula, Lemon, Lemon Juice

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
141	3.98	200	83	9	1.5	0	40	230	13	1	0	17

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan

## Egg & Quinoa Pot

### FULL DECLARATION

Cage-Free Eggs, Avocados, Grape Tomatoes, Grain Mix (Cooked Brown Rice (Water, Brown Rice), Cooked White Quinoa (Water, White Quinoa), Cooked Red Quinoa (Water, Red Quinoa), Lemon Juice (Water, Concentrated Lemon Juice), Canola Oil, Salt, Black Pepper), Arugula, Lemon Juice

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
167	4.71	210	120	13	2.5	0	190	125	15	5	2	9

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
				X					X	

## Egg & Spinach Pot

### FULL DECLARATION

Egg, Spinach

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
114	3.22	160	100	11	3.5	0	380	150	2	1	1	14

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
				X					X	

# POTS

## Falafel & Beet Hummus Pot

### FULL DECLARATION

Beet Hummus (Garbanzo Beans, Beets, Tahini (Ground Sesame), Lemon Juice, Water, Olive Oil, Sea Salt, Beet Powder, Garlic, Ground Cumin), Falafel (Garbanzo Beans, Onions, Garbanzo Bean Flour, Corn Oil, Cilantro, Mint, Parsley, Garlic (Garlic, Water), Salt, Olive Oil, Water, Baking Powder, Cumin, Lemon Juice Concentrate, Turmeric, Cayenne Pepper), Cucumbers, Pomegranates, Mint

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
189	5.33	240	100	11	1	0	0	690	31	7	8	10

### ALLERGENS

CONTAINS:									RECIPE IS:		
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan	
								X	X	X	

## Salmon & Avocado Pot

### FULL DECLARATION

Avocados, Atlantic Salmon (Atlantic Salmon, Salt), Grain Mix (Cooked Brown Rice (Water, Brown Rice), Cooked White Quinoa (Water, White Quinoa), Cooked Red Quinoa (Water, Red Quinoa), Lemon Juice (Water, Concentrated Lemon Juice), Canola Oil, Salt, Black Pepper), Arugula, Lemon Juice, Lemon

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
138	3.89	230	130	15	2	0	15	230	16	5	0	11

### ALLERGENS

CONTAINS:									RECIPE IS:		
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan	
		SALMON									

# HOT WRAPS

## BBQ Pulled Pork Hot Wrap

### FULL DECLARATION

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), Niman Ranch Pulled Pork (Pork, Water, Sea Salt), BBQ Sauce (Water, Tomato Paste, Sugar, Molasses, White Vinegar, Cayenne Pepper Sauce (Cayenne Peppers, Vinegar, Water, Salt, Garlic Powder), Tamari Soy Sauce (Water, Organic Soybeans, Salt, Alcohol), Worcestershire Sauce (Vinegar, Molasses, Sugar, Sea Salt, Spices, Garlic Powder), Brown Sugar, Sea Salt, Natural Smoke Flavor, Xanthan Gum, Paprika, Black Pepper, Onion), Red Cabbage, Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Black Beans (Black Beans, Water, Kombu Seaweed), Roasted Corn, Red Onion

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
304	8.57	550	162	18	7	0	55	1210	75	4	16	25

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
					X	X	X			

## Pret's Chicken Parm Hot Wrap

### FULL DECLARATION

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), Tomato Sauce (Italian Tomatoes, Pure Olive Oil, Onions, Salt, Garlic, Basil, Black Pepper, Oregano), Chicken (Chicken Breast, Water, Sea Salt), Red Peppers, Fontina (Cultured Pasteurized Milk, Salt, Enzymes, Cellulose), Veggie Parmesan (Pasteurized Cultured Part-Skim Milk, Salt, Enzymes, Potato Starch, Powdered Cellulose), Crispy Onions (Onions, Palm Fruit Oil, Wheat Flour, Salt), Pret's Seasoning (Salt, Black Pepper)

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
301	8.56	570	216	24	10	0	70	1400	55	3	4	33

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
					X		X			

## Chipotle Chicken Burrito

### FULL DECLARATION

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), Chicken (Chicken Breast, Water, Sea Salt), Roasted Corn, Spicy Chipotle Sauce (Red Peppers (Red Peppers, Water, Salt, Citric Acid), Chipotle Peppers in Adobo Sauce (Chipotle Peppers, Water, Vinegar, Sugar, Salt, Tomato Paste, Smoke Essence, Onion, Garlic), Onions, Light Brown Sugar, Red Wine Vinegar (Water, Red Wine Vinegar, Sulfites [Naturally Occurring]), Cayenne Pepper Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Garlic Powder), Canola Oil, Garlic, Water, Dijon Mustard (Distilled Vinegar, Water, Mustard Seed, Salt, White Wine, Citric Acid, Turmeric, Spices), Modified Corn Starch, Black Pepper, Sea Salt, Paprika Oil), Grain Mix (Cooked Brown Rice (Water, Brown Rice), Cooked White Quinoa (Water, White Quinoa), Cooked Red Quinoa (Water, Red Quinoa), Lemon Juice (Water, Concentrated Lemon Juice), Canola Oil, Salt, Black Pepper), Fontina (Cultured Pasteurized Milk, Salt, Enzymes, Cellulose), Black Beans (Black Beans, Water, Kombu Seaweed), Red Peppers

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
316	8.92	570	155	17	8	0	60	1130	73	5	5	30

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
					X		X			

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# HOT WRAPS

## Falafel & Red Peppers Hot Wrap

### FULL DECLARATION

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), Falafel (Garbanzo Beans, Onions, Garbanzo Bean Flour, Corn Oil, Cilantro, Mint, Parsley, Garlic (Garlic, Water), Salt, Olive Oil, Water, Baking Powder, Cumin, Lemon Juice Concentrate, Turmeric, Cayenne Pepper), Feta (Pasteurized Milk, Salt, Cheese Cultures, Enzymes), Red Peppers, Tomato Sauce (Italian Tomatoes, Pure Olive Oil, Onions, Salt, Garlic, Basil, Black Pepper, Oregano), 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)

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
290	8.18	620	254	28	6	0	25	1630	74	7	6	22

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
				X	X		X		X	

## Spicy Chicken Hot Wrap (Woodbury Commons)

### FULL DECLARATION

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), Chicken (Chicken Breast, Water, Sea Salt), Roasted Corn, Spicy Chipotle Sauce (Red Peppers (Red Peppers, Water, Salt, Citric Acid), Chipotle Peppers in Adobo Sauce (Chipotle Peppers, Water, Vinegar, Sugar, Salt, Tomato Paste, Smoke Essence, Onion, Garlic), Onions, Light Brown Sugar, Red Wine Vinegar (Water, Red Wine Vinegar, Sulfites [Naturally Occurring]), Cayenne Pepper Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Garlic Powder), Canola Oil, Garlic, Water, Dijon Mustard (Distilled Vinegar, Water, Mustard Seed, Salt, White Wine, Citric Acid, Turmeric, Spices), Modified Corn Starch, Black Pepper, Sea Salt, Paprika Oil), Grain Mix (Cooked Brown Rice (Water, Brown Rice), Cooked White Quinoa (Water, White Quinoa), Cooked Red Quinoa (Water, Red Quinoa), Lemon Juice (Water, Concentrated Lemon Juice), Canola Oil, Salt, Black Pepper), Fontina (Cultured Pasteurized Milk, Salt, Enzymes, Cellulose), Black Beans (Black Beans, Water, Kombu Seaweed), Red Peppers

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
316	8.92	570	155	17	8	0	60	1130	73	5	5	30

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
					X		X			

# GRILLED CHEESE

## Pret's Classic Grilled Cheese

### FULL DECLARATION

Sourdough (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Contains Less Than 2%: Yeast, Salt, Fermented Wheat Flour, Cultured Wheat Flour, Lactic Acid, Ascorbic Acid, Wheat Gluten, Enzymes), Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Fontina (Cultured Pasteurized Milk, Salt, Enzymes, Cellulose), Swiss (Cultured Pasteurized Part-Skim 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), Crispy Onions (Onions, Palm Fruit Oil, Wheat Flour, Salt), Pret's Seasoning (Salt, Black Pepper)

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
205	5.78	700	368	41	19	0	85	1270	55	2	1	29

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
				X	X		X		X	

## Ham & Cheddar Grilled Cheese

### FULL DECLARATION

Sourdough (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Contains Less Than 2%: Yeast, Salt, Fermented Wheat Flour, Cultured Wheat Flour, Lactic Acid, Ascorbic Acid, Wheat Gluten, Enzymes), Niman Ranch Smoked Ham (Pork, Water, Salt, Contains Less Than 2%: Lemon Juice Concentrate, Vinegar, Turbinado Sugar, Celery Powder, Cherry Powder), Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Fontina (Cultured Pasteurized Milk, Salt, Enzymes, Cellulose), Mustard Mayo (Mayonnaise (Soybean Oil, Whole Egg, Egg Yolk, Water, Distilled Vinegar, Apple Cider Vinegar, Salt (Including Mustard), Lemon Juice Concentrate), Whole Grain Mustard (Water, Mustard Seeds, Vinegar, Salt), Dijon Mustard (Distilled Vinegar, Water, Mustard Seed, Salt, White Wine, Citric Acid, Turmeric, Spices), White Wine Vinegar, Salt)

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
217	6.10	610	280	31	15	0	85	1630	53	2	1	31

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
				X	X	X	X			

## Spinach & Artichoke Grilled Cheese

### FULL DECLARATION

Sourdough (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Contains Less Than 2%: Yeast, Salt, Fermented Wheat Flour, Cultured Wheat Flour, Lactic Acid, Ascorbic Acid, Wheat Gluten, Enzymes), Artichoke Hearts (Artichoke Hearts, Water, Salt, Citric Acid), Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Fontina (Cultured Pasteurized Milk, Salt, Enzymes, Cellulose), Spinach, 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), Crispy Onions (Onions, Palm Fruit Oil, Wheat Flour, Salt), Pret's Seasoning (Salt, Black Pepper)

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
250	7.05	590	249	28	15	0	60	1380	62	6	2	25

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
				X	X		X		X	

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# GRILLED CHEESE

## Tuna Melt

### FULL DECLARATION

Sourdough (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Contains Less Than 2%: Yeast, Salt, Fermented Wheat Flour, Cultured Wheat Flour, Lactic Acid, Ascorbic Acid, Wheat Gluten, Enzymes), Tuna Salad (Albacore Tuna Fish, Skipjack Tuna Fish, Mayonnaise (Canola Oil, Whole Eggs, Distilled Vinegar, Egg Yolks (Egg Yolks, Salt), Salt, Sugar, Water, Lemon Juice Concentrate), Water, White Wine Vinegar, Lemon Juice), Pickle (Cucumbers, Water, Vinegar, Salt, Calcium Chloride, Natural Essential Oil Flavors, Turmeric (For Color)), Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Fontina (Cultured Pasteurized Milk, Salt, Enzymes, Cellulose), Crispy Onions (Onions, Palm Fruit Oil, Wheat Flour, Salt)

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
279	7.87	720	362	10	16	0	85	1690	56	2	1	35

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
		TUNA		X	X		X			

# QUINOA RICE POTS

## Moroccan Chicken Quinoa Rice Pot

### FULL DECLARATION

Moroccan Chicken and Cauliflower (Chicken Stock (Water, Chicken, Onions, Celery, Carrots, Sea Salt, Garlic, Parsley, White Pepper, Thyme, Bay Leaves, Marjoram), Chicken Thigh Meat, Onions, Cauliflower, Castelvetrano Olives (Olives, Water, Salt, Ascorbic Acid, Citric Acid, Lactic Acid), Raisins, Apricots, Water, Rice Starch, Spices, Canola Oil, Garlic, Sugar, Sea Salt, Lemon Juice, Lemon Peel (Lemon Peel, Water, Citric Acid), Rice Flour, Turmeric (For Color), Ginger Puree (Ginger, Water)), Quinoa & Rice Mix (Red Rice, White Quinoa, Water, Black Rice, Olive Oil, Lemon Juice, Sea Salt), Almonds

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
343	9.68	360	110	12	1.5	0	30	1240	50	4	7	14

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
ALMOND										

## Sweet Potato Curry Quinoa Rice Pot

### FULL DECLARATION

Sweet Potato Curry (Sweet Potatoes, Water, Coconut Milk (Coconut Extract, Water), Onions, Corn, Red Peppers, Edamame, Mushrooms, Red Curry Paste (Red Chili, Salt, Lemongrass, Onions, Garlic, Galangal, Dextrose, Kaffir Lime Peel, Cumin Powder, Paprika Oleoresin, Coriander), Lemongrass, Rice Starch, Lime Juice, Ginger Puree (Ginger, Water), Rice Flour, Sea Salt, Soybean Oil, Canola Oil, Garlic, Sugar, Cilantro, Kaffir Lime Leaves), Quinoa & Rice Mix (Red Rice, White Quinoa, Water, Black Rice, Olive Oil, Lemon Juice, Sea Salt), Sliced Almonds

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
343	9.68	370	142	16	7	0	0	1240	51	5	8	8

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
ALMOND COCONUT						X			X	X

# SOUPS

## Broccoli & Cheddar

### FULL DECLARATION

Vegetable Stock, Broccoli, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Onions, Light Cream (Milk, Cream), Whole Milk (Milk, Vitamin D3), Water, Carrots, Butter (Cream, Salt), Rice Flour, Rice Starch, Sea Salt, Garlic, Lemon Juice, Spices

### NUTRITIONALS

Size	Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Sm	251	7.09	260	160	17	11	0	55	750	15	2	3	11
Lg	438	12.35	450	270	30	20	0	100	1310	27	4	5	20

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
					X					X	

## Chicken Noodle

### FULL DECLARATION

Chicken Stock (Water, Chicken, Onions, Celery, Carrots, Sea Salt, Garlic, Parsley, White Pepper, Thyme, Bay Leaves, Marjoram), Chicken (Dark and Light Meat), Egg Noodle (Semolina, Eggs, Egg White, Niacin, Iron (Ferrous Sulfate), Thiamin Mononitrate, Riboflavin, Folic Acid), Carrots, Parsnips, Celery, Onions, Sea Salt, Chicken Fat, Roasted Chicken Stock (Chicken Stock, Roasted Chicken Stock, Mirepoix Stock (Carrot, Celery, Onion), Dried Chicken Stock, Salt, Poultry Gelatin, Water, White Wine), Parsley, Dill, Thyme, Bay Leaf, Black Pepper

### NUTRITIONALS

Size	Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Sm	248	7	110	23	2.5	1	0	40	800	12	1	2	11
Lg	434	12.25	190	40	4.5	2	0	70	1400	21	2	4	19

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
				X			X				

## Moroccan Lentil

### FULL DECLARATION

Moroccan Lentil Soup Water, Lentils, Onions, Carrots, Celery, Turnips, Olive Oil, Tomato Paste (Tomatoes, Naturally Derived Citric Acid), Rice Flour, Soybean Oil, Balsamic Vinegar (Wine Vinegar, Grape Must), Garlic, Sea Salt, Spices, Paprika, Parsley

### NUTRITIONALS

Size	Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Sm	259	7.31	190	105	12	1.5	0	0	640	19	5	3	5
Lg	454	12.81	330	183	20	3	0	0	1130	33	9	6	9

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
						X				X	X

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# SOUPS

## Pumpkin Bisque

### FULL DECLARATION

Pumpkin Bisque (Water, Pumpkin, Coconut Milk (Coconut Extract, Water), Apple Cider (100% Hand-picked Apples, Contains Less Than 1/20th Of 1% Potassium Sorbate As Preservative), Onions, Sugar, Sea Salt, Canola Oil, Garlic, Spices, Ginger Puree (Ginger, Water))

### NUTRITIONALS

Size	Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Sm	244	6.89	140	81	9	7	0	0	430	16	4	6	2
Lg	420	11.85	240	140	15	12	0	0	740	27	7	10	3

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
COCONUT										X	X

## Tomato Feta

### FULL DECLARATION

Tomato Feta Soup 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

### NUTRITIONALS

Size	Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Sm	227	6.41	130	70	7	3	0	20	760	13	2	7	5
Lg	454	12.81	260	130	15	6	0	35	1520	26	4	15	9

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
					X					X	

## Turkey Chili

### FULL DECLARATION

Chicken Stock (Water, Chicken, Onions, Celery, Carrots, Sea Salt, Garlic, Parsley, White Pepper, Thyme, Bay Leaves, Marjoram), Ground Turkey (Turkey Thigh Meat), Kidney Beans, Diced Tomatoes (Tomatoes, Tomato Juice, Salt, Naturally Derived Citric Acid), Onions, Red Peppers, Pink Beans, Tomato Puree (Tomatoes, Salt, Naturally Derived Citric Acid), Corn, Water, Rice Starch, Spices (Cumin, Coriander, Mustard Powder), Sea Salt, Canola Oil, Garlic, Chili Powder (Spices, Sea Salt, Garlic Powder), Tomato Paste (Tomatoes, Naturally Derived Citric Acid), Lime Juice, Chipotle In Adobo (Chipotle Peppers, Water, Tomato Paste, Onion, Sugar, Salt, Vinegar, Sunflower Seed Oil, Paprika, Garlic, Corn Starch, Spices), Cocoa Powder

### NUTRITIONALS

Size	Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Sm	277	7.82	200	35	4	0.5	0	45	940	28	8	5	18
Lg	458	12.92	340	60	7	1	0	75	1550	47	13	7	30

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan

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# MAC & CHEESE

## Butternut Squash & Ricotta Mac & Cheese

### FULL DECLARATION

Mac Mix (Ditalini (Semolina, Durum Flour), Whole Milk (Milk, Vitamin D3), Cauliflower, Vegetable Stock, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Wheat Flour, Water, Butter (Cream, Salt), Scallions, Parmesan Cheese (Part-Skim Milk, Cheese Cultures, Salt, Enzymes), Sea Salt, Rice Starch, Spices), Roasted Butternut Squash (Butternut Squash, Olive Oil, Garlic (Garlic, Citric Acid), Thyme, Salt), Ricotta (Pasteurized Whey, Cream and Milk, Vinegar, Salt), Spinach, Panko (Wheat Flour, Palm Oil, Salt, Yeast)

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
386	10.89	640	217	24	15	0	70	1450	82	6	10	26

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
					X		X		X	

## Spinach & Tomato Mac & Cheese

### FULL DECLARATION

Mac Mix (Ditalini (Semolina, Durum Flour), Whole Milk (Milk, Vitamin D3), Cauliflower, Vegetable Stock, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Wheat Flour, Water, Butter (Cream, Salt), Scallions, Parmesan Cheese (Part-Skim Milk, Cheese Cultures, Salt, Enzymes), Sea Salt, Rice Starch, Spices), Spinach, Grape Tomatoes, Panko (Wheat Flour, Palm Oil, Salt, Yeast)

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
382	10.75	670	123	24	15	0	70	1440	89	5	10	26

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
					X		X		X	

# BAKERY

## Almond Croissant

### FULL DECLARATION

Wheat Flour, Water, Butter, Sugar, Almond Powder, Almonds, Yeast, Wheat Gluten, Eggs, Salt, Natural Flavor (Alcohol), Dough Conditioner (Ascorbic Acid), Enzymes

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
100	3.5	370	190	21	11	0.5	45	220	39	3	13	8

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
ALMOND				X	X		X		X	

## Blueberry Muffin

### FULL DECLARATION

Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Blueberries, Buttermilk, Eggs, Soybean Oil, Butter, Greek Yogurt (Cultured Grade A Skim Milk, Milk Protein Concentrate, Enzymes, Live And Active Cultures, Streptococcus Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei), Contains Less Than 2%: Water, Cornstarch, Leavener (Baking Soda, Sodium Acid Pyrophosphate, Monocalcium Phosphate), 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, Natural Flavors

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
128	4.52	420	140	16	5	0	75	370	63	1	35	7

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
				X	X	X	X		X	

## Carrot Cake Cookie

### FULL DECLARATION

Unbleached, Unbromated, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Carrots, Butter, Brown Sugar, Cheesecake (Sugar, Vegetable Oils (Palm Kernel And Palm), Palm Oil, Whey, Whole Milk, Soy Lecithin, Natural Flavors), Sugar, Coconut, Eggs, Contains Less Than 2%: Spices, Baking Soda, Vanilla Extract, Salt

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
71	2.5	270	120	14	9	0	40	220	35	1	21	3

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
COCONUT				X	X	X	X		X	



# BAKERY

## Chocolate Brownie Cookie

### FULL DECLARATION

Sugar, Butter, 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 (An Emulsifier), Vanilla), Eggs, Cocoa (Processed With Alkali), Contains Less Than 2%: Vanilla Extract, Baking Soda, Salt

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
71	2.5	300	135	15	9	0	55	220	41	2	28	4

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
				X	X	X	X			X	

## Chocolate Chunk Cookie

### FULL DECLARATION

Unbleached, Unbromated, 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 (An Emulsifier), Salt And Vanilla), Butter (Milk), Brown Sugar, Sugar, Eggs, Egg Yolks, Contains Less Than 2%: Salt, Vanilla Extract, Baking Soda, Milk

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
71	2.5	320	140	15	9	0	50	220	41	2	26	4

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
				X	X	X	X			X	

## Chocolate Hazelnut Croissant

### FULL DECLARATION

Wheat Flour, Butter, Filling (Sugar, Non-Hydrogenated Vegetable Oils and Fats (Sunflower, Palm), Sweet Chocolate (Fat-Reduced Cocoa Powder, Chocolate Liquor, Cacao Fat, Lecithin, Natural Vanilla Flavor), Corn Starch, Hazelnut Paste), Water, Sugar, Sweet Chocolate (Sugar, Chocolate Liquor, Cacao Fat, Lecithin), Yeast, Wheat Gluten, Eggs, Salt, Dough Conditioner (Ascorbic Acid), Enzymes

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
100	3.2	400	200	22	13	0.5	45	220	43	3	14	6

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
HAZELNUT				X	X	X	X			X	

# BAKERY

## Cinnamon Roll

### FULL DECLARATION

Cinnamon Roll (Enriched Flour (Unbleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Whole Egg (Whole Eggs, Citric Acid), Unsalted Butter (Cream, Natural Flavorings), Sugar, Water, Brown Sugar, Yeast, Milk (Milk, Vitamin C, Vitamin D3), Custard Cream (Starch, Whey Powder (Milk), Whole Milk Powder), Ground Cinnamon, Sugarcane Molasses, Dough Conditioner (Vital Wheat Gluten, Xanthan Gum, Deactivated Yeast, Ascorbic Acid, Enzymes), Salt, Gluten (Wheat), Natural Vanilla Paste (Pure Vanilla Extractives, Sugar, Vanilla Beans, Xanthan Gum), Deactivated Yeast), Cream Cheese Frosting (Powdered Sugar (Sucrose, Cornstarch), Cream Cheese (Pasteurized Cream And Milk, Milk Proteins, Natural Acids, Cheese Culture, Salt, Xanthan, Carob Bean And Guar Gums), Butter (Cream, Salt), Milk, Natural Flavors)

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
150	4.23	550	222	25	15	0	140	410	69	1	40	8

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
				X	X		X		X	

## Energy Bagel

### FULL DECLARATION

Flour (Wheat Flour, Malted Barley Flour), Water, Sugar, Raisins, Cracked Wheat, Rolled Oats, Sunflower Kernels, Whole Wheat Flour, Contains Less Than 2%: Wheat Bran, Wheat Gluten, Salt, Wheat Flour, Yeast, Molasses, Vinegar, Cultured Wheat Starch, Enzymes, Malted Barley Flour, Ascorbic Acid Added As A Dough Conditioner, Sunflower Oil Or Canola Oil Or Palm Oil, Corn Protein, Soybean Oil

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
114	4.02	300	23	2.5	0	0	0	600	59	4	9	11

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
						X	X		X	X

## Everything Bagel

### FULL DECLARATION

Flour (Wheat Flour, Malted Barley Flour), Water, Sugar, Contains Less Than 2%: Salt, Sesame Seeds, Poppy Seeds, Dehydrated Onion, Dehydrated Garlic, Wheat Flour, Molasses, Yeast, Vinegar, Cultured Wheat Starch, Enzymes, Malted Barley Flour, Ascorbic Acid Added As A Dough Conditioner, Corn Protein, Soybean Oil

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
113.4	4	290	9	1	0	0	0	720	62	2	7	10

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
						X	X	X	X	X

Please be aware we use multiple ingredients in our kitchens and therefore cannot guarantee that our food is completely free of any allergen.

# BAKERY

## Harvest Cookie

### FULL DECLARATION

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

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
71	2.5	280	130	12	6	0	35	180	40	3	20	5

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
COCONUT				X	X		X			X	
WALNUT											

## Ollie the Jolly Snowman

### FULL DECLARATION

White Confectionary Coating (Sugar, Vegetable Fat (Palm Kernel), Skimmed Milk Powder, Soy Lecithin (An Emulsifier), Natural Vanilla Flavor), Unbleached Wheat Flour, Non-GMO Cane Sugar, Unsalted Butter, Non-GMO Palm Shortening, Eggs, Wheat Gluten, Dark Chocolate Flavored Confectionary Coating (Sugar, Non Hydrogenated Vegetable Fat (Palm Kernel), Fat Reduced Cocoa Powder (Fat Reduced Cocoa Powder Processed With Alkali, Soy Lecithin (An Emulsifier)), Natural Color (Sunflower Oil, Spirulina Concentrate), Vanilla Extract (Water, Ethyl Alcohol, Extractives Of Vanilla Beans), Sea Salt, Non-Gmo Baking Powder (Monocalcium Phosphate, Sodium Bicarbonate, Corn Starch), Natural Color (Annatto Seed Concentrate, Expeller Pressed Non-GMO Soybean Oil)

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
70.1	2.5	365	180	20	15	0	30	60	41	0	26	4

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
				X	X	X	X			X	

## Pain Au Chocolat

### FULL DECLARATION

Enriched Flour (Unbleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Unsalted Butter (Cream, Natural Flavorings), Chocolate (Sugar, Cocoa Paste, Cocoa Butter, Emulsifier: Soya Lecithin, Vanilla Flavor), Water, Milk (Milk, Ascorbic Acid, Vitamin D3), Sugar, Yeast, Whole Egg (Whole Eggs, Citric Acid), Dough Conditioner (Enriched Wheat Flour, Guar Gum, Deactivated Yeast, Xanthan Gum, Datem, Enzymes, Ascorbic Acid), Gluten, Salt (Salt, Yellow Prussiate Of Soda)

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
82	2.89	300	140	15	9	0	40	200	34	2	11	5

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
				X	X	X	X			X	

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# BAKERY

## Pain au Raisin

### FULL DECLARATION

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

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
120	4.23	390	180	20	10	0.5	61	280	46	2	20	7

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan	
				X	X		X		X		

## Plain Croissant

### FULL DECLARATION

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

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
80	2.82	280	144	16	11	0	46	300	29	2	4	6

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan	
				X	X		X		X		

## Rustic Soup Roll

### FULL DECLARATION

Enriched Unbleached Wheat Flour (Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Contains Less Than 2%: Yeast, Salt, Malted Barley Flour, Malted Wheat Flour, Food Enzymes (Xylanase, Glucose-oxydase, Lipase, Amylase), Ascorbic Acid

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
40	1.13	100	0	0	0	0	0	230	21	1	0	4

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan	
							X		X	X	

# SNACKS

## BBQ Chips

### FULL DECLARATION

Potatoes, Sunflower Oil, Sugar, Brown Sugar, Salt, Tomato Powder, Natural Extractives Of Paprika, Citric Acid, Onion Powder, Natural Smoke Flavor, Garlic Powder, Paprika, Spices

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
42	1.48	220	108	12	1	0	0	240	26	2	4	2

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
										X	X

## Brownie Bite

### FULL DECLARATION

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

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
43	1.52	190	90	10	6	0	25	55	24	1	19	2

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
				X	X	X	X			X	

## Cranberry Almond KIND Bar

### FULL DECLARATION

Almonds, Macadamias, Cranberries, Chicory Root Fiber, Sugar, Honey, Rice Flour, Glucose Syrup, Soy Lecithin, Sea Salt, Vitamin A (Vit. A Acetate), Vitamin C (Ascorbic Acid)

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
1 each	1 each	190	117	13	1.5	0	0	20	18	5	8	4

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
X						X				X	

# SNACKS

## Dark Chocolate Almonds

### FULL DECLARATION

Dark Chocolate: [contains: Sugar, Cocoa Mass (processed with alkali), Cocoa Butter, Milk Fat, Soy Lecithin (an emulsifier) and Vanilla], Whole Dry Roasted Almonds, Cocoa Powder, Gum Arabic, Salt

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
42	1.48	210	144	16	4.5	0	0	30	17	4	10	5

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
ALMOND					X	X				X	

## Hickory Smoked Maple Almonds

### FULL DECLARATION

Almonds, Maple Syrup, Hickory Smoke Powder, Sea Salt, Cayenne Pepper

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
28	1	150	108	12	1	0	0	250	7	3	3	5

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
ALMOND										X	X

## Jalapeño Chips

### FULL DECLARATION

Potatoes, Sunflower Oil, Jalapeno Chili Pepper, Salt

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
42	1.48	220	117	13	1	0	0	290	25	2	2	2

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
										X	X

# SNACKS

## Kettle Popcorn

### FULL DECLARATION

Organic Popcorn, Organic Cane Sugar, Organic Sunflower and/or Safflower Oil, Organic Brown Rice Syrup, Salt, Natural Flavor, Organic Sunflower Lecithin

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
25	1	90	27	3	0	0	0	160	16	3	5	1

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
COCONUT									X	X

## Omega-3 Mix

### FULL DECLARATION

Cranberries (Sunflower Oil, Sugar), Almonds, Walnuts, Pecans, Pistachios, Pepitas

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
35	1.23	165	90	11	1	0	0	0	16	3	10	4

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
ALMOND WALNUT PISTACHIO PECAN									X	X

## Peanut Butter RxBar

### FULL DECLARATION

Dates, Peanuts, Egg Whites, Natural Flavors, Sea Salt

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
1 each	1 each	210	72	8	1	0	0	320	22	4	14	12

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
	X			X					X	

# SNACKS

## Raw Almonds

### FULL DECLARATION

Almonds

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
35	1.23	150	115	16	1	0	0	0	7	4	1	7

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
ALMOND										X	X

## Rosemary & Olive Oil Chips

### FULL DECLARATION

Potatoes, Sunflower Oil, Rice Flour, Salt, Onion Powder, Sugar, Spices, Garlic Powder, Olive Oil, Natural Extractives Of Rosemary

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
42	1.48	220	108	12	1	0	0	200	25	2	2	2

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
										X	X

## Salt & Vinegar Chips

### FULL DECLARATION

Potatoes, Sunflower Oil, Maltodextrin, Salt (including sea salt), White Distilled Vinegar, Citric Acid, Lactic Acid, Malic Acid, Calcium Lactate

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
42	1.48	220	108	12	1	0	0	190	26	2	2	2

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
										X	X



# SNACKS

## Sea Salt Chips

### FULL DECLARATION

Potatoes, Sunflower Oil, Sea Salt

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
42	1.48	220	117	13	1	0	0	220	25	2	2	2

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
									X	X

## Sea Salt Popcorn

### FULL DECLARATION

Organic Popcorn, Organic Sunflower Oil, Sea Salt

### NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
25	1	100	35	4	0.5	0	0	200	14	4	0	2

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
									X	X

# BARISTA PREPARED DRINKS

Nutritionals are based off drinks being made with skim milk

## Americano

### FULL DECLARATION

Water, Espresso

### NUTRITIONALS

Size	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
12oz	12	0	0	0	0	0	0	0	0	0	0	0
16oz	16	0	0	0	0	0	0	0	0	0	0	0
20oz	20	0	0	0	0	0	0	0	0	0	0	0

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
										X	X

## Cappuccino

### FULL DECLARATION

Milk, Espresso

### NUTRITIONALS

Size	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
12oz	12	110	0	0	0	0	5	150	14	0	14	9
16oz	16	130	0	0	0	0	5	180	17	0	17	11
20oz	20	160	0	0	0	0	10	220	20	0	21	14

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
					X					X	

## Chai Latte

### FULL DECLARATION

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

### NUTRITIONALS

Size	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
12oz	12	190	0	0	0	0	5	150	33	0	33	9
16oz	16	230	0	0	0	0	5	180	42	0	42	11
20oz	20	290	0	0	0	0	10	220	53	0	53	14

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
					X					X	

Please be aware we use multiple ingredients in our kitchens and therefore cannot guarantee that our food is completely free of any allergen.

# BARISTA PREPARED DRINKS

Nutritionals are based off drinks being made with skim milk

## Cold Brew

### FULL DECLARATION

Speak to Barista/ see packaging

### NUTRITIONALS

Size	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
12oz	12	0	0	0	0	0	0	0	0	0	0	0
16oz	16	0	0	0	0	0	0	0	0	0	0	0
24oz	24	0	0	0	0	0	0	0	0	0	0	0

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
										X	X

## Espresso

### FULL DECLARATION

Espresso

### NUTRITIONALS

Size	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
2oz	2	0	0	0	0	0	0	0	0	0	0	0

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
										X	X

## Brewed Coffee

### FULL DECLARATION

Coffee

### NUTRITIONALS

Size	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
12oz	12	0	0	0	0	0	0	0	0	0	0	0
16oz	16	0	0	0	0	0	0	0	0	0	0	0
20oz	20	0	0	0	0	0	0	0	0	0	0	0

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
										X	X

# BARISTA PREPARED DRINKS Nutritionals are based off drinks being made with skim milk

## Flat White

### FULL DECLARATION

Milk, Espresso

### NUTRITIONALS

Size	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
8oz	8	90	0	0	0	0	5	120	11	0	11	8

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
					X				X	

## Herbal Teas

### FULL DECLARATION

**Tropical Green:** Green Tea, Lemongrass, Calendula Petals, Natural Tropical Flavor

**Rooibos Cacao:** Organic Rooibos, Organic Cocoa, Organic Cinnamon, Organic Chicory, Organic Coconut, Natural Coconut Flavor, Natural Vanilla Flavor

**Earl Grey:** 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

**Vanilla Chai:** Black Tea, Ginger, Cinnamon, Cloves, Peppermint, Nutmeg, Cardamom, Natural Vanilla Flavor

**Matcha Green:** Organic Sencha Tea, Organic Oolong Tea, Organic White Tea, Organic Matcha Tea

**English Breakfast:** Black Tea

### NUTRITIONALS

Size	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
12oz	12	0	0	0	0	0	0	0	0	0	0	0
16oz	16	0	0	0	0	0	0	0	0	0	0	0
20oz	20	0	0	0	0	0	0	0	0	0	0	0

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
									X	X

## Hot Chocolate

### FULL DECLARATION

Skim Milk, Chocolate Powder (Organic Evaporated Sugar Cane Juice, Organic Nonfat Dry Milk Powder, Organic Cocoa Powder (Processed With Alkali), Organic Guar Gum, Organic Carob Bean Gum, Sea Salt, Organic Vanilla Powder (Organic Vanilla Extract, Organic Maltodextrin, Organic Gum Arabic))

### NUTRITIONALS

Size	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
12oz	12	250	0	0	0	0	5	270	42	2	37	14
16oz	16	350	0	0	0	0	5	370	58	3	52	18
20oz	20	460	0	0	0	0	10	480	76	4	68	23

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
					X				X	

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# BARISTA PREPARED DRINKS

Nutritionals are based off drinks being made with skim milk

## Iced Americano

### FULL DECLARATION

Water, Espresso

### NUTRITIONALS

Size	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
12oz	12	0	0	0	0	0	0	0	0	0	0	0
16oz	16	0	0	0	0	0	0	0	0	0	0	0
24oz	24	0	0	0	0	0	0	0	0	0	0	0

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
										X	X

## Iced Chai Latte

### FULL DECLARATION

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

### NUTRITIONALS

Size	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
12oz	12	120	0	0	0	0	5	90	21	0	21	6
16oz	16	170	0	0	0	0	5	120	31	0	31	8
24oz	24	230	0	0	0	0	5	180	42	0	42	11

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
					X					X	

## Iced Chocolate

### FULL DECLARATION

Skim Milk, Chocolate Powder (Organic Evaporated Sugar Cane Juice, Organic Nonfat Dry Milk Powder, Organic Cocoa Powder (Processed With Alkali), Organic Guar Gum, Organic Carob Bean Gum, Sea Salt, Organic Vanilla Powder (Organic Vanilla Extract, Organic Maltodextrin, Organic Gum Arabic)

### NUTRITIONALS

Size	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
12oz	12	140	0	0	0	0	5	150	22	1	20	8
16oz	16	240	0	0	0	0	5	260	40	2	36	13
24oz	24	350	0	0	0	0	5	370	58	3	52	18

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
					X					X	

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# BARISTA PREPARED DRINKS

Nutritionals are based off drinks being made with skim milk

## Iced Coffee

### FULL DECLARATION

Coffee

### NUTRITIONALS

Size	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
12oz	12	0	0	0	0	0	0	0	0	0	0	0
16oz	16	0	0	0	0	0	0	0	0	0	0	0
24oz	24	0	0	0	0	0	0	0	0	0	0	0

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
										X	X

## Iced Latte

### FULL DECLARATION

Milk, Espresso

### NUTRITIONALS

Size	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
12oz	12	60	0	0	0	0	5	90	9	0	9	6
16oz	16	80	0	0	0	0	5	110	11	0	11	7
24oz	24	130	0	0	0	0	5	180	17	0	17	11

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
					X					X	

## Iced Mocha

### FULL DECLARATION

Skim Milk, Chocolate Powder (Organic Evaporated Sugar Cane Juice, Organic Nonfat Dry Milk Powder, Organic Cocoa Powder (Processed With Alkali), Organic Guar Gum, Organic Carob Bean Gum, Sea Salt, Organic Vanilla Powder (Organic Vanilla Extract, Organic Maltodextrin, Organic Gum Arabic)), Espresso

### NUTRITIONALS

Size	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
12oz	12	150	0	0	0	0	5	170	24	1	22	9
16oz	16	250	0	0	0	0	5	260	42	2	37	12
24oz	24	330	0	0	0	0	10	360	55	3	49	18

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
					X					X	

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# BARISTA PREPARED DRINKS

Nutritionals are based off drinks being made with skim milk

## Iced Teas

### FULL DECLARATION

**Iced Black Tea:** Organic Black Tea

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

### NUTRITIONALS

Size	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
12oz	12	0	0	0	0	0	0	0	0	0	0	0
16oz	16	0	0	0	0	0	0	0	0	0	0	0
24oz	24	0	0	0	0	0	0	0	0	0	0	0

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
										X	X

## Latte

### FULL DECLARATION

Milk, Espresso

### NUTRITIONALS

Size	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
12oz	12	110	0	0	0	0	5	150	14	0	14	9
16oz	16	130	0	0	0	0	5	180	17	0	17	11
20oz	20	160	0	0	0	0	10	220	21	0	21	14

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
					X					X	

## Macchiato

### FULL DECLARATION

Milk, Espresso

### NUTRITIONALS

Size	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
4oz	4	5	0	0	0	0	0	5	1	0	1	0

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
					X					X	

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# BARISTA PREPARED DRINKS

Nutritionals are based off drinks being made with skim milk

## Mocha

### FULL DECLARATION

Skim Milk, Chocolate Powder (Organic Evaporated Sugar Cane Juice, Organic Nonfat Dry Milk Powder, Organic Cocoa Powder (Processed With Alkali), Organic Guar Gum, Organic Carob Bean Gum, Sea Salt, Organic Vanilla Powder (Organic Vanilla Extract, Organic Maltodextrin, Organic Gum Arabic)), Espresso

### NUTRITIONALS

Size	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
12oz	12	180	0	0	0	0	5	210	28	1	26	12
16oz	16	280	0	0	0	0	5	300	45	2	40	16
20oz	20	380	0	0	0	0	10	410	63	3	56	21

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
					X					X	

## Spiced Pumpkin Latte

### FULL DECLARATION

(Skim Milk, Pumpkin Puree (Pure Cane Sugar, Water, Pumpkin Puree, Natural and Artificial Flavors, Xanthan Gum, Citric Acid), Espresso, Aerosol Whipping Cream (Organic Cream, Organic Non-fat Milk Powder, Organic Cane Sugar, Organic Vanilla, Sorbitan Monostearate, Carrageenan, Nitrous Oxide (Whipping Propellant)), Ground Cinnamon)

### NUTRITIONALS

Size	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
12oz	12	230	25	3	2	0	5	135	39	0	38	9
16oz	16	300	25	3	2	0	5	160	54	0	52	10
20oz	20	390	25	3	2	0	10	220	71	0	69	14

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
					X					X	

## Cane Syrup

### FULL DECLARATION

Pure Cane Sugar, Water

### NUTRITIONALS

Size	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
1oz	1	100	0	0	0	0	0	0	25	0	25	0

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
										X	X

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# BARISTA PREPARED DRINKS

Nutritionals are based off drinks being made with skim milk

## Caramel Syrup

### FULL DECLARATION

Pure Cane Sugar, Water, Natural Flavors

### NUTRITIONALS

Size	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
1oz	1	100	0	0	0	0	0	0	24	0	23	0

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
										X	X

## Hazelnut Syrup

### FULL DECLARATION

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

### NUTRITIONALS

Size	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
1oz	1	90	0	0	0	0	0	5	21	0	21	0

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
HAZELNUT										X	X

## Pumpkin Puree Syrup

### FULL DECLARATION

Pure Cane Sugar, Water, Pumpkin Puree, Natural Flavors, Citric Acid

### NUTRITIONALS

Size	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
1oz	1	100	0	0	0	0	0	0	24	0	23	0

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
										X	X

## Vanilla Syrup

### FULL DECLARATION

Speak to Barista / see packaging

### NUTRITIONALS

Size	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
1oz	1	100	0	0	0	0	0	0	24	0	23	0

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
										X	X

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# BARISTA PREPARED DRINKS

Nutritionals are based off drinks being made with skim milk

## Whipped Cream

### FULL DECLARATION

Speak to Barista / see packaging

### NUTRITIONALS

Size	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
12g	12g	30	20	3	2	0	5	0	2	0	2	0

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
					X				X	

# COLD BEVERAGES

## Coke

### FULL DECLARATION

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

### NUTRITIONALS

Size	Serving Size (ml)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
CAN	355	12	140	0	0	0	0	0	45	39	0	39	0
BTL	591	20	240	0	0	0	0	0	75	65	0	65	0

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
										X	X

## Diet Coke

### FULL DECLARATION

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

### NUTRITIONALS

Size	Serving Size (ml)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
CAN	355	12	0	0	0	0	0	0	40	0	0	0	0
BTL	591	20	0	0	0	0	0	0	67	0	0	0	0

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
										X	X

# COLD BEVERAGES

## Avocado Smoothie

### FULL DECLARATION

Apple Juice, Cucumber Juice, Pear Juice, Avocado Puree, Spinach Juice, Lime Juice, Romaine Juice

### NUTRITIONALS

Size	Serving Size (ml)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
BTL	400	13.5	200	55	6	1	0	0	100	31	4	22	5

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
										X	X

## Berry Smoothie

### FULL DECLARATION

Apple Juice, Banana Puree, Pineapple Juice, Strawberry Puree, Raspberry Puree, Blueberry Puree, Lemon Juice

### NUTRITIONALS

Size	Serving Size (ml)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
BTL	250	8.45	140	0	0	0	0	0	55	33	3	28	1

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
										X	X

## Grapefruit Juice

### FULL DECLARATION

Grapefruit Juice

### NUTRITIONALS

Size	Serving Size (ml)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
BTL	250	8.45	100	0	0	0	0	0	0	23	0	5	1

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
										X	X

# COLD BEVERAGES

## Green Good Stuff

### FULL DECLARATION

Apple, Cucumber, Spinach, Celery, Lime

### NUTRITIONALS

Size	Serving Size (ml)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
BTL	400	13.5	180	0	0	0	0	0	190	38	0	33	4

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
										X	X

## Orange Juice

### FULL DECLARATION

Orange Juice

### NUTRITIONALS

Size	Serving Size (ml)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
BTL	400	13.5	220	0	0	0	0	0	0	50	0	42	4
BTL	250	8.45	110	0	0	0	0	0	0	25	0	21	2

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
										X	X

## Orange Mango Juice

### FULL DECLARATION

Orange Juice, Mango Puree

### NUTRITIONALS

Size	Serving Size (ml)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
BTL	250	8.45	120	0	0.5	0	0	0	0	28	1	22	2

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
										X	X

# COLD BEVERAGES

## Tangerine Turmeric Juice

### FULL DECLARATION

Tangerine Juice, Carrot Juice, Mango Puree, Turmeric Juice, Lemon Juice

### NUTRITIONALS

Size	Serving Size (ml)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
BTL	400	13.5	160	5	0.5	0	0	0	10	36	1	32	3

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
										X	X

## Watermelon, Berry & Beet Juice

### FULL DECLARATION

Watermelon Juice, Apple Juice, Strawberry Puree, Beet Juice, Lemon Juice

### NUTRITIONALS

Size	Serving Size (ml)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
BTL	400	13.5	150	0	0	0	0	0	10	33	2	27	3

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	SizeMilk	Soy	Wheat	Sesame		Vegetarian	Vegan
										X	X

## Classic Lemonade

### FULL DECLARATION

Water, Lemon Juice, Sugar

### NUTRITIONALS

Size	Serving Size (ml)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
BTL	400	13.5	180	0	0	0	0	0	0	48	0	45	0

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
										X	X

# COLD BEVERAGES

## Peach Green Tea

### FULL DECLARATION

Water, Peach Puree, Sugar, Brewed Green Tea

### NUTRITIONALS

Size	Serving Size (ml)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
BTL	400	13.5	130	0	0	0	0	0	10	32	1	31	0

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
										X	X

## Pomegranate White Tea

### FULL DECLARATION

Water, Sugar, Pomegranate Juice, Brewed White Tea

### NUTRITIONALS

Size	Serving Size (ml)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
BTL	400	13.5	140	0	0	0	0	0	15	34	0	33	0

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
										X	X

## Raspberry Lemonade

### FULL DECLARATION

Water, Lemon Juice, Sugar, Raspberry Puree

### NUTRITIONALS

Size	Serving Size (ml)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
BTL	400	13.5	180	0	0	0	0	0	10	45	1	42	0

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
										X	X

# COLD BEVERAGES

## Lemon & Lime Seltzer

### FULL DECLARATION

Carbonated Water, Lime Juice From Concentrate, Lemon Juice From Concentrate, Sugar, Natural Flavor

### NUTRITIONALS

Size	Serving Size (ml)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
CAN	355	12	20	0	0	0	0	0	0	5	0	4	0

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
										X	X

## Mixed Berry Seltzer

### FULL DECLARATION

Carbonated Water, Raspberry Juice From Concentrate, Blackberry Juice From Concentrate, Sugar, Natural Flavor, Citric Acid

### NUTRITIONALS

Size	Serving Size (ml)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
CAN	355	12	20	0	0	0	0	0	0	6	0	5	0

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
										X	X

## Pink Grapefruit Seltzer

### FULL DECLARATION

Carbonated Filtered Water, Pink Grapefruit Juice from Concentrate, Cane Sugar, Natural Flavor, Citric Acid

### NUTRITIONALS

Size	Serving Size (ml)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
CAN	355	12	20	0	0	0	0	0	0	5	0	5	0

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
										X	X



# COLD BEVERAGES

## Cayenne Shot

### FULL DECLARATION

Apple Juice, Orange Juice, Lemon Juice, Turmeric Juice, Ginger Juice, Cayenne, Ascorbic Acid

### NUTRITIONALS

Size	Serving Size (ml)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
BTL	110	3.7	50	0	0	0	0	0	0	11	2	11	2

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
										X	X

## Ginger Shot

### FULL DECLARATION

Apple Juice, Ginger Juice, Ascorbic Acid

### NUTRITIONALS

Size	Serving Size (ml)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
BTL	110	3.7	70	0	0.5	0.2	0	0	10	15	2	9	2

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
										X	X

## Blood Orange Soda

### FULL DECLARATION

Carbonated Water, Blood Orange Juice From Concentrate, Orange Juice From Concentrate, Sugar, Citric Acid, Organic Natural Flavor, Vegetable Juice For Color

### NUTRITIONALS

Size	Serving Size (ml)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
CAN	355	12	110	0	0	0	0	0	0	28	0	25	0

### ALLERGENS

CONTAINS:										RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame		Vegetarian	Vegan
										X	X

# COLD BEVERAGES

## Ginger Beer

### FULL DECLARATION

White Grape Juice from Concentrate, Carbonated Water, Ginger Juice, Citric Acid, Ginger Extract

### NUTRITIONALS

Size	Serving Size (ml)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
CAN	355	12	150	0	0	0	0	0	28	37	0	32	0

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
									X	X

## Sparkling Water

### FULL DECLARATION

Carbonated Spring Water

### NUTRITIONALS

Size	Serving Size (ml)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
BTL	500	17	0	0	0	0	0	0	0	0	0	0	0

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
									X	X

## Still Water

### FULL DECLARATION

Spring Water

### NUTRITIONALS

Size	Serving Size (ml)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
BTL	500	17	0	0	0	0	0	0	0	0	0	0	0
BTL	710	24	0	0	0	0	0	0	0	0	0	0	0

### ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
									X	X