

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 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.



Table of Contents

Yogurt & Fruit Pots	4-8
Breakfast Baguettes	9
Hot Breakfast	10-14
Sandwiches	15-17
Sandwiches (Chicago & Charlotte Douglas Airport)	18-21
Slim Sandwiches	22
Slim Sandwiches (Chicago & Charlotte Douglas Airport)	23
Baguettes	24-28
Slim Baguettes	29-30
Wraps	31-33
Tartines	34
Salads	35-38
Side Salads	39
Dressing	40-41
Pots	42-43
Hot Wraps	44-45
Grilled Cheeses	46
Soups	47-48
Hot Food	49-50
Bakery	51-55
Snacks	56-60
Barista Prepared Drinks	61-69
Barista Milks	70-71
Cold Beverages	72-78



YOGURT & FRUIT POTS

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)
271	7.65	350	100	11	4	0	15	50	53	4	39	14

ALLERGENS

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

Berry Parfait

FULL DECLARATION

Yogurt (Cultured Pasteurized Milk, Live and Active Cultures [S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei]), Gluten Free Granola (Oat Flakes, Apple Cinnamon Glaze (Muscovado Sugar, Golden Syrup, Water, Concentrated Apple Juice, Cinnamon, Salt)), Pumpkin Seeds, Raisins, Sunflower Oil, Golden Linseed, Buckwheat Flakes), Strawberries, Blueberries

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)
203	5.73	280	90	10	4	0	15	50	32	3	18	15

ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
					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, Gluten Free Granola (Oat Flakes, Apple Cinnamon Glaze (Muscovado Sugar, Golden Syrup, Water, Concentrated Apple Juice, Cinnamon, Salt)), Pumpkin Seeds, Raisins, Sunflower Oil, Golden Linseed, Buckwheat Flakes), Honey, Pomegranate Seeds, 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)
230	6.49	320	100	11	4.5	0	20	55	40	3	29	15

ALLERGENS

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

Blueberry & Granola Pot

FULL DECLARATION

Yogurt (Cultured Pasteurized Milk, Live and Active Cultures [S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei]), Gluten Free Granola (Oat Flakes, Apple Cinnamon Glaze (Muscovado Sugar, Golden Syrup, Water, Concentrated Apple Juice, Cinnamon, Salt)), Pumpkin Seeds, Raisins, Sunflower Oil, Golden Linseed, Buckwheat Flakes), 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)
252	7.11	340	110	13	6	0	25	75	37	3	23	19

ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
					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)
154	4.35	140	45	5	3.5	0	15	50	12	0	11	10

ALLERGENS

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

YOGURT & FRUIT POTS

Cinnamon Apple Overnight Oats

FULL DECLARATION

Apple Juice (Filtered Water, Apple Juice From Concentrate, Ascorbic Acid (Vitamin C)), Julienne Apples, Oats, Almond Milk (Almond Milk (Water, Almonds), Cane Sugar, Calcium Carbonate, Sunflower Lecithin, Sea Salt, Potassium Citrate, Natural Flavors, Locust Bean Gum, Gellan Gum), Almond Butter, 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)
247	8.70	55	167	19	2	0	0	35	56	8	20	14

ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
ALMOND									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)
147	4.15	290	140	16	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]), Gluten Free Granola (Oat Flakes, Apple Cinnamon Glaze (Muscovado Sugar, Golden Syrup, Water, Concentrated Apple Juice, Cinnamon, Salt)), Pumpkin Seeds, Raisins, Sunflower Oil, Golden Linseed, Buckwheat Flakes), Julienne Apples, 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)
203	5.73	300	90	10	4	0	15	50	37	3	23	15

ALLERGENS

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

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	0.50	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

Sunshine Puree (Mangos, Bananas, Coconut Milk, Lemon Juice, Turmeric, Ascorbic Acid), Banana, Gluten Free Granola (Gluten Free Oat Flakes, Apple Cinnamon Glaze (Muscovado Sugar, Golden Syrup, Water, Concentrated Apple Juice, Cinnamon, Salt), Pumpkin Seeds, Raisins, Sunflower Oil, Golden Linseed, Buckwheat Flakes), Blueberries, 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)
228	6.43	390	110	12	4	0	0	0	63	6	31	7

ALLERGENS

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

Sunshine Yogurt Pot

FULL DECLARATION

Yogurt (Cultured Pasteurized Milk, Live and Active Cultures [S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei]), Sunshine Puree (Mangos, Bananas, Coconut Milk, Lemon Juice, Turmeric, Ascorbic Acid), Pomegranate Seeds, Coconut Chips.

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)
164	5.80	170	88	9	7	0	14	40	13	1	8	9

ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
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 Breakfast 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	43	6	3	13

ALLERGENS

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

Egg Salad & Bacon Breakfast 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)
146	4.12	420	200	23	4.5	0	190	870	39	3	2	14

ALLERGENS

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

HOT BREAKFAST

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	

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 Roll Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Partially Skimmed Milk (Milk, Vit. A Palmitate, Vit. D3), Egg, Butter (Cream), Sugar, Yeast, Wheat Gluten, Salt, Water, Malted Wheat Flour, Ascorbic Acid, Food Enzymes (Xylanase, Glucose-Oxydase, Lipase, Alpha-Amylase), Liquid Whole Egg (Cage-Free Whole Egg, Citric Acid), 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)
159	4.49	370	160	17	9	0	315	590	32	1	6	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

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	

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			

HOT BREAKFAST

Egg White Greek Frittata

FULL DECLARATION

Liquid Egg White (Cage-Free Egg White), Whole Milk (Organic Pasteurized Whole Milk, Vitamin D), Veggie Parmesan (Pasteurized Cultured Part-Skim Milk, Salt, Enzymes, Potato Starch, Powdered Cellulose), Roasted Tomatoes (Cherry Tomatoes, Rapeseed Oil, Salt, Dried Garlic, Oregano, Lemon Juice Concentrate), Mushrooms, 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)
320	11.30	240	85	9	4	0	25	840	10	2	5	30

ALLERGENS

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

Ham & Spinach Frittata

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)
302	8.52	390	220	24	10	0	815	860	6	1	4	35

ALLERGENS

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

Ricotta & Veggie Frittata

FULL DECLARATION

Liquid Whole Egg (Cage-Free Whole Egg, Citric Acid), Whole Milk (Organic Pasteurized Whole Milk, Vitamin D), Ricotta (Pasteurized Whey, Cream and Milk, Vinegar, Salt), Roasted Tomatoes (Cherry Tomatoes, Rapeseed Oil, Salt, Dried Garlic, Oregano, Lemon Juice Concentrate), Veggie Parmesan (Pasteurized Cultured Part-Skim Milk, Salt, Enzymes, Potato Starch, Powdered Cellulose), Mushrooms, 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)
337	9.51	430	250	28	11	0	810	770	10	2	6	35

ALLERGENS

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

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

Tomato Mozzarella Croissant

FULL DECLARATION

Wheat Flour, Mozzarella Cheese (pasteurized milk, salt, lactic starters, microbial coagulant), Water, Emmental Cheese (pasteurized milk, lactic starters, salt, microbial coagulant), Tomato Paste, Tomato, Salt, Palm Fat, Emulsifier (Mono-and Diglycerides of Fatty Acids), Egg, Yeast, Sugar, Acidity Regulator (Citric Acid), Carrot, Zucchini, Sunflower Oil, Tomato Concentrate, Onion, Wheat Gluten, Flavoring, Herbs (Savory, Rosemary, Thyme, Marjoram, Oregano, Basil), White Pepper, Flour Treatment Agent (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)
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	

HOT BREAKFAST

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	30	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

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

Gluten Free Oat Flakes, Apple Cinnamon Glaze (Muscovado Sugar, Golden Syrup, Water, Concentrated Apple Juice, Cinnamon, Salt), Pumpkin Seeds, Raisins, Sunflower Oil, Golden Linseed, Buckwheat Flakes

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)
17	0.5	80	35	3.5	0	0	0	0	11	1	4	2

ALLERGENS

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

SANDWICHES

Balsamic Chicken & Avocado Sandwich

FULL DECLARATION

Avocados, Multigrain Bread (Enriched Flour (Wheat Flour, Calcium Carbonate, Reduced Iron, Niacin, Thiamin), Water, Malted Wheat Flakes, Wheat Bran, Wheat Gluten, Vinegar, Salt, Malted Barley Flour, Yeast, Mono- And Diacetyl Tartaric Acid Esters Of Mono- And Diglycerides Of Fatty Acids, Mono-And Diglycerides Of Fatty Acids, Ascorbic Acid, Chicken Breast (Chicken Breast Meat, Water, Sea Salt), Balsamic Dressing (Canola Oil, Balsamic Vinegar (Wine Vinegar, Concentrated Grape Must), Honey, Garlic Puree (Garlic, Vinegar), Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Red Pepper), Water, Salt, Pepper, Xanthan Gum (Stabilizer), Granulated Onion), Mesclun, Basil, 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)
253	8.90	505	210	24	3	0	36	865	48	10	5	23

ALLERGENS

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

California Club Sandwich

FULL DECLARATION

Avocados, Multigrain Bread (Enriched Flour (Wheat Flour, Calcium Carbonate, Reduced Iron, Niacin, Thiamin), Water, Malted Wheat Flakes, Wheat Bran, Wheat Gluten, Vinegar, Salt, Malted Barley Flour, Yeast, Mono- And Diacetyl Tartaric Acid Esters Of Mono- And Diglycerides Of Fatty Acids, Mono-And Diglycerides Of Fatty Acids, Ascorbic Acid, Tomatoes, Turkey Breast (Turkey Breast, Water, Salt, Sugar), Cage-Free Eggs, Herby Ranch (Sour Cream (Grade A Cultured Cream), Mayonnaise ((Organic Expeller Pressed Canola Oil, Water, Cage-Free Organic Egg Yolks, Cage-Free Organic Whole Eggs, Organic White Vinegar, Salt, Organic White Mustard (Organic Distilled Vinegar, Water, Organic Mustard Seeds, Salt, Organic Spices), Organic Lemon Juice Concentrate), Buttermilk (Cultured Low Fat Milk, Salt), Dill, Chives, Lemon Juice, Garlic Powder, Sea Salt, Onion Powder, Xanthan Gum (Stabilizer)), Mesclun, Yogurt (Cultured Pasteurized Milk, Live And Active Cultures [S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei]), 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)
351	12.40	505	200	22	4	0	120	1090	52	11	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

Multigrain Bread (Enriched Flour (Wheat Flour, Calcium Carbonate, Reduced Iron, Niacin, Thiamin), Water, Malted Wheat Flakes, Wheat Bran, Wheat Gluten, Vinegar, Salt, Malted Barley Flour, Yeast, Mono- And Diacetyl Tartaric Acid Esters Of Mono- And Diglycerides Of Fatty Acids, Mono-And Diglycerides Of Fatty Acids, Ascorbic Acid, Tomatoes, Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Mustard Mayo (Canola Oil, Whole Grain Mustard (Water, Mustard Seed, Vinegar, Salt, Citric Acid, Turmeric), Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Red Pepper), Egg Yolk, Water, Whole Egg (Whole Eggs, Citric Acid), Honey, White Distilled Vinegar, Sea Salt, Lemon Juice Concentrate), Mesclun, 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)
231	8.10	475	220	24	10	0	48	1090	43	6	5	19

ALLERGENS

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

SANDWICHES

Chicken & Bacon Sandwich

FULL DECLARATION

Multigrain Bread (Enriched Flour (Wheat Flour, Calcium Carbonate, Reduced Iron, Niacin, Thiamin), Water, Malted Wheat Flakes, Wheat Bran, Wheat Gluten, Vinegar, Salt, Malted Barley Flour, Yeast, Mono- And Diacetyl Tartaric Acid Esters Of Mono- And Diglycerides Of Fatty Acids, Mono-And Diglycerides Of Fatty Acids, Ascorbic Acid, Tomatoes, 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)
282	9.90	570	280	31	5	0	64	1040	44	6	6	25

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), Multigrain Bread (Enriched Flour (Wheat Flour, Calcium Carbonate, Reduced Iron, Niacin, Thiamin), Water, Malted Wheat Flakes, Wheat Bran, Wheat Gluten, Vinegar, Salt, Malted Barley Flour, Yeast, Mono- And Diacetyl Tartaric Acid Esters Of Mono- And Diglycerides Of Fatty Acids, Mono-And Diglycerides Of Fatty Acids, Ascorbic Acid, 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)
186	6.60	450	215	24	3	0	279	1080	40	5	4	17

ALLERGENS

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

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), Multigrain Bread (Enriched Flour (Wheat Flour, Calcium Carbonate, Reduced Iron, Niacin, Thiamin), Water, Malted Wheat Flakes, Wheat Bran, Wheat Gluten, Vinegar, Salt, Malted Barley Flour, Yeast, Mono- And Diacetyl Tartaric Acid Esters Of Mono- And Diglycerides Of Fatty Acids, Mono-And Diglycerides Of Fatty Acids, Ascorbic Acid, 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)
240	8.50	505	230	26	2.6	0	38	985	41	5	4	25

ALLERGENS

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

SANDWICHES (NY/ BOS/ DC)

Pret's Thanksgiving Lunch

FULL DECLARATION

Multigrain Bread (Enriched Flour (Wheat Flour, Calcium Carbonate, Reduced Iron, Niacin, Thiamin), Water, Malted Wheat Flakes, Wheat Bran, Wheat Gluten, Vinegar, Salt, Malted Barley Flour, Yeast, Mono- And Diacetyl Tartaric Acid Esters Of Mono- And Diglycerides Of Fatty Acids, Mono-And Diglycerides Of Fatty Acids, Ascorbic Acid, Turkey (Turkey Breast, Water, Salt, Sugar), Apple & Sage Stuffing (Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine, Mononitrite, Riboflavin, Folic Acid) Yellow Corn Meal, Sugar, Sunflower Oil, Salt, Yeast), Water, Apples (Apples, Water, Ascorbic Acid, Citric Acid, Salt) Bread Crumb (Wheat Flour, Sugar, Yeast, Salt) Onions, Celery, Butter (Cream, Salt), Canola Oil, Apple Juice Concentrate, Brown Sugar, Rosemary, Sage, Onion Powder, Seas Salt, Black Pepper, Cranberry Sauce (Cranberries, Sugar, Water, Orange Juice Concentrate, Orane Peel, 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)
241	8.50	490	157	17	2.70	0	49	1330	58	6	13	24

ALLERGENS

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

Pret's Veggie Thanksgiving Lunch

FULL DECLARATION

Multigrain Bread (Enriched Flour (Wheat Flour, Calcium Carbonate, Reduced Iron, Niacin, Thiamin), Water, Malted Wheat Flakes, Wheat Bran, Wheat Gluten, Vinegar, Salt, Malted Barley Flour, Yeast, Mono- And Diacetyl Tartaric Acid Esters Of Mono- And Diglycerides Of Fatty Acids, Mono-And Diglycerides Of Fatty Acids, Ascorbic Acid, Grilled Carrots (Grilled Carrot (Carrot) Rapeseed Oil, Concentrated Lemon Juice, Caraway, Salt, Red Pepper, Garlic), Rapeseed Oil., Apple & Sage Stuffing (Stuffing Crumb (Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine, Mononitrite, Riboflavin, Folic Acid) Yellow Corn Meal, Sugar, Sunflower Oil, Salt, Yeast), Water, Apples (Apples, Water, Ascorbic Acid, Citric Acid, Salt) Bread Crumb (Wheat Flour, Sugar, Yeast, Salt) Onions, Celery, Butter (Cream, Salt), Canola Oil, Apple Juice Concentrate, Brown Sugar, Rosemary, Sage, Onion Powder, Seas Salt, Black Pepper., Cranberry Sauce (Cranberries, Sugar, Water, Orange Juice Concentrate, Orane Peel, 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)
213	7.50	505	220	24	3	0	12	1080	60	9	13	10

ALLERGENS

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

SANDWICHES (CHICAGO & CHARLOTTE DOUGLAS AIRPORT ONLY)

Balsamic Chicken & Avocado Sandwich

FULL DECLARATION

Avocados, Multigrain 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%: 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 Dressing (Canola Oil, Balsamic Vinegar (Wine Vinegar, Concentrated Grape Must), Honey, Garlic Puree (Garlic, Vinegar), Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Red Pepper), Water, Salt, Pepper, Xanthan Gum (Stabilizer), Granulated Onion), 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)
251	7.08	540	240	26	2.5	0	35	740	52	8	8	23

ALLERGENS

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

California Club Sandwich

FULL DECLARATION

Tomatoes, Multigrain 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%: 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, Cage-Free Eggs, Sour Cream, Mayonnaise (Expeller Pressed Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains less than 2% of Salt, Spice, Lemon Juice Concentrate), Buttermilk, Dill, Chives, Lemon Juice Garlic Powder, Sea Salt, Onion Powder, Xanthan Gum), Mesclun, Yogurt (Cultured Pasteurized Milk, Live and Active Cultures [S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei]), 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)
343	12.00	480	205	23	4	0	130	800	46	11	6	23

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, Multigrain 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%: 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), Mustard Mayo (Canola Oil, Whole Grain Mustard (Water, Mustard Seed, Vinegar, Salt, Citric Acid, Turmeric), Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Red Pepper), Egg Yolk, Water, Whole Egg (Whole Eggs, Citric Acid), Honey, White Distilled Vinegar, Sea Salt, Lemon Juice Concentrate), Mesclun, 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)
227	6.41	500	240	27	9	0	50	990	47	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 numerous ingredients in our kitchens and therefore cannot guarantee that any of our products are completely free of any allergen due to the potential for cross-contact. 8.12.2019 ★ PAGE 18

SANDWICHES (CHICAGO & CHARLOTTE DOUGLAS AIRPORT ONLY)

Chicken & Bacon Sandwich

FULL DECLARATION

Tomatoes, Multigrain 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), Multigrain 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	

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), Multigrain 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			

SANDWICHES (CHARLOTTE DOUGLAS AIRPORT ONLY)

Turkey Pesto Sandwich

FULL DECLARATION

Tomatoes, Multigrain 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%: 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), Mesclun, Pesto (Parmesan Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Cellulose Powder (To Prevent Caking)), Expeller Pressed Canola Oil, Basil, Pine Nuts, Spinach, Lemon Juice, Roasted Garlic, Sea Salt, Xanthan Gum (Stabilizer), Lemon Zest), 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

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)
248	7	390	100	12	1	0	35	920	48	3	9	23

ALLERGENS

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

SANDWICHES (CHICAGO ONLY)

Pret's Thanksgiving Lunch

FULL DECLARATION

MultiGrain 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%: 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), Apple & Sage Stuffing (Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine, Mononitrite, Riboflavin, Folic Acid) Yellow Corn Meal, Sugar, Sunflower Oil, Salt, Yeast), Water, Apples (Apples, Water, Ascorbic Acid, Citric Acid, Salt) Bread Crumb (Wheat Flour, Sugar, Yeast, Salt) Onions, Celery, Butter (Cream, Salt), Canola Oil, Apple Juice Concentrate, Brown Sugar, Rosemary, Sage, Onion Powder, Seas Salt, Black Pepper, Cranberry Sauce (Cranberries, Sugar, Water, Orange Juice Concentrate, Orane Peel, 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)
235	8.30	525	180	20	2.50	0	49	1210	61	4	16	24

ALLERGENS

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

Pret's Veggie Thanksgiving Lunch

FULL DECLARATION

MultiGrain 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%: 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), Grilled Carrots - A Carrot grilled marinated (grilled carrot (Carrot) Rapeseed Oil, Concentrated Lemon Juice, Caraway, Salt, Red Pepper, Garlic), Rapeseed Oil., Apple & Sage Stuffing (enriched wheat flour (niacin, reduced iron, thiamine, mononitrite, riboflavin, folic acid) yellow corn meal, sugar, sunflower oil, salt, yeast), water, apples (apples, water, ascorbic acid, citric acid, salt) bread crumb (wheat flour, sugar, yeast, salt) onions, celery, butter (cream, salt), canola oil, apple juice concentrate, brown sugar, rosemary, sage, onion powder, seas salt, black pepper., Cranberry Sauce - A cranberry sauce (cranberries, sugar, water, orange juice concentrate, orane peel, 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)
206	7.30	540	245	27	3	0	12	955	62	6	16	10

ALLERGENS

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

SLIM SANDWICHES

Balsamic Chicken & Avocado Sandwich

FULL DECLARATION

Avocados, Multigrain Bread (Enriched Flour (Wheat Flour, Calcium Carbonate, Reduced Iron, Niacin, Thiamin), Water, Malted Wheat Flakes, Wheat Bran, Wheat Gluten, Vinegar, Salt, Malted Barley Flour, Yeast, Mono- And Diacetyl Tartaric Acid Esters Of Mono- And Diglycerides Of Fatty Acids, Mono-And Diglycerides Of Fatty Acids, Ascorbic Acid, Chicken Breast (Chicken Breast Meat, Water, Sea Salt), Balsamic Dressing (Canola Oil, Balsamic Vineger (Wine Vinegar, Concentrated Grape Must), Honey, Garlic Puree (Garlic, Vinegar), Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Red Pepper), Water, Salt, Pepper, Xanthan Gum (Stabilizer), Granulated Onion), Mesclun, Basil, 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)
126	4.50	250	105	12	1.50	0	18	430	24	5	2.5	11

ALLERGENS

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

California Club Sandwich

FULL DECLARATION

Avocados, Multigrain Bread (Enriched Flour (Wheat Flour, Calcium Carbonate, Reduced Iron, Niacin, Thiamin), Water, Malted Wheat Flakes, Wheat Bran, Wheat Gluten, Vinegar, Salt, Malted Barley Flour, Yeast, Mono- And Diacetyl Tartaric Acid Esters Of Mono- And Diglycerides Of Fatty Acids, Mono-And Diglycerides Of Fatty Acids, Ascorbic Acid, Tomatoes, Turkey Breast (Turkey Breast, Water, Salt, Sugar), Cage-Free Eggs, Herby Ranch (Sour Cream (Grade A Cultured Cream), Mayonnaise ((Organic Expeller Pressed Canola Oil, Water, Cage-Free Organic Egg Yolks, Cage-Free Organic Whole Eggs, Organic White Vinegar, Salt, Organic White Mustard (Organic Distilled Vinegar, Water, Organic Mustard Seeds, Salt, Organic Spices), Organic Lemon Juice Concentrate), Buttermilk (Cultured Low Fat Milk, Salt), Dill, Chives, Lemon Juice, Garlic Powder, Sea Salt, Onion Powder, Xanthan Gum (Stabilizer)), Mesclun, Yogurt (Cultured Pasteurized Milk, Live And Active Cultures [S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei]), 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)
175	6.20	250	100	11	2	0	60	545	26	5.50	3.50	11

ALLERGENS

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

Chicken & Bacon Sandwich

FULL DECLARATION

Multigrain Bread (Enriched Flour (Wheat Flour, Calcium Carbonate, Reduced Iron, Niacin, Thiamin), Water, Malted Wheat Flakes, Wheat Bran, Wheat Gluten, Vinegar, Salt, Malted Barley Flour, Yeast, Mono- And Diacetyl Tartaric Acid Esters Of Mono- And Diglycerides Of Fatty Acids, Mono-And Diglycerides Of Fatty Acids, Ascorbic Acid, Tomatoes, 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)
141	5	285	140	15	2.50	0	32	520	22	3	2.50	9

ALLERGENS

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

SLIM SANDWICHES (CHICAGO & CHARLOTTE DOUGLAS AIRPORT ONLY)

Balsamic Chicken & Avocado Sandwich

FULL DECLARATION

Avocados, Multigrain 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%: 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 Dressing (Canola Oil, Balsamic Vinegar (Wine Vinegar, Concentrated Grape Must), Honey, Garlic Puree (Garlic, Vinegar), Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Red Pepper), Water, Salt, Pepper, Xanthan Gum (Stabilizer), Granulated Onion), 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)
126	3.65	270	120	13	1.5	0	20	370	26	4	4	12

ALLERGENS

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

California Club Sandwich

FULL DECLARATION

Tomatoes, Multigrain 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%: 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, Cage-Free Eggs, Sour Cream, Mayonnaise (Expeller Pressed Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains less than 2% of Salt, Spice, Lemon Juice Concentrate), Buttermilk, Dill, Chives, Lemon Juice Garlic Powder, Sea Salt, Onion Powder, Xanthan Gum), Mesclun, Yogurt (Cultured Pasteurized Milk, Live and Active Cultures [S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei]), 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)
172	6.00	270	112	12.5	1.75	0	65	480	28	4.5	5	12

ALLERGENS

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

Chicken & Bacon Sandwich

FULL DECLARATION

Tomatoes, Multigrain 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	3.9	305	155	17	2.5	0	30	460	24	2	5	13

ALLERGENS

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

BAGUETTES

Artichoke Caprese Artisan Baguette

FULL DECLARATION

Artisan Baguette (Wheat Flour, Water, Sourdough (Wheat Flour, Water, Sourdough Culture), Brown Flaxseed, Malted Wheat Flakes, Sunflower Seeds, Yeast, Salt, Wheatgerm, Potassium Chloride, Potassium Gluconate, Malted Wheat Flour, Enzymes), 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)
292	8.24	660	261	29	8	0	40	1010	74	9	4	24

ALLERGENS

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

Balsamic Chicken & Mozzarella Baguette

FULL DECLARATION

White Baguette (Wheat Flour, Water, Yeast, Salt, Wheat Gluten, Deactivated Yeast, Flour Treatment Agent (Ascorbic Acid)), Chicken (Chicken Breast, Water, Sea Salt), Tomatoes, Mozzarella (Cultured Pasteurized Milk, Lactic/Citric Acid, Salt, Enzymes), Balsamic Dressing (Canola Oil, Balsamic Vinegar (Wine Vinegar, Concentrated Grape Must), Honey, Garlic Puree (Garlic, Vinegar), Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Red Pepper), Water, Salt, Pepper, Xanthan Gum (Stabilizer), Granulated Onion), 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)
271	7.65	590	190	21	6	0	60	1150	65	5	6	29

ALLERGENS

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

Chicken Caesar & Bacon Artisan Baguette

FULL DECLARATION

Artisan Baguette (Wheat Flour, Water, Sourdough (Wheat Flour, Water, Sourdough Culture), Brown Flaxseed, Malted Wheat Flakes, Sunflower Seeds, Yeast, Salt, Wheatgerm, Potassium Chloride, Potassium Gluconate, Malted Wheat Flour, Enzymes), Chicken (Chicken Breast Meat, Water, Sea Salt), Non-Gmo Expeller Pressed Canola Oil, Filtered Water, Tapioca Syrup, Imported Pecorino Romano Cheese (Pasteurized Sheep's Milk, Cheese Cultures, Salt, Enzymes), Garlic, Pasteurized Egg Yolk, Nonfat Dry Milk, Lactic Acid, Anchovies (Anchovies, Sunflower Oil, Salt), Non-Gmo Soy Sauce (Water, Non-Gmo Soybeans, Wheat, Salt, Alcohol), Worcestershire Sauce (Vinegar, Molasses, Raw Cane Sugar, Sea Salt, Spices, Garlic Powder), Sea Salt, Lemon Juice Concentrate, Black Pepper, Roasted Garlic, Mustard Flour, 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)
252	7.11	710	300	33	5	0	55	1020	68	6	3	31

ALLERGENS

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

BAGUETTES

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)
232	6.55	520	190	21	8	0	40	1070	62	5	4	22

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

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, Less Than 2%: Lemon Juice Concentrate, Vinegar, Turbinado Sugar, Celery Powder, Cherry Powder), Swiss (Cultured Pasteurized Part-Skim Milk, Salt, Enzymes), Mustard Mayo (Canola Oil, Whole Grain Mustard (Water, Mustard Seed, Vinegar, Salt, Citric Acid, Turmeric), Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Red Pepper), Egg Yolk, Water, Whole Egg (Whole Eggs, Citric Acid), Honey, White Distilled Vinegar, Sea Salt, Lemon Juice Concentrate), 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)
231	6.52	600	220	24	9	0	75	1650	62	4	4	31

ALLERGENS

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

Pret's Italian Baguette

FULL DECLARATION

White Baguette (Wheat Flour, Water, Yeast, Salt, Wheat Gluten, Deactivated Yeast, Flour Treatment Agent (Ascorbic Acid)), Prosciutto (Pork, Sea Salt), Sopressata (Pork, Sea Salt, Less than 2%: Turbinado Sugar, Spices, Natural Flavoring, Organic Wine, Lactic Acid Starter Culture), Provolone (Pasteurized 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), Arugula, Pickled Red Onion (Red Onions, Sugar, Water, White Wine Vinegar, Distilled Vinegar, Contains Less Than 2%: Calcium Chloride, 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)
209	5.9	610	260	28	8	0	65	1770	63	4	6	27

ALLERGENS

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

BAGUETTES

Pesto Chicken & Mozzarella Artisan Baguette

FULL DECLARATION

Artisan Baguette (Wheat Flour, Water, Sourdough (Wheat Flour, Water, Sourdough Culture), Brown Flaxseed, Malted Wheat Flakes, Sunflower Seeds, Yeast, Salt, Wheatgerm, Potassium Chloride, Potassium Gluconate, Malted Wheat Flour, Enzymes), Chicken (Chicken Breast, Water, Sea Salt), Mozzarella (Cultured Pasteurized Milk, Lactic/Citric Acid, Salt, Enzymes), Pesto (Parmesan Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Cellulose Powder (To Prevent Caking)), Expeller Pressed Canola Oil, Basil, Pine Nuts, Spinach, Lemon Juice, Roasted Garlic, Sea Salt, Xanthan Gum (Stabilizer), Lemon Zest), 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	690	244	27	8	0	70	940	69	6	4	35

ALLERGENS

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

Maine Lobster Roll

FULL DECLARATION

White Baguette (Wheat Flour, Water, Yeast, Salt, Wheat Gluten, Deactivated Yeast, Flour Treatment Agent (Ascorbic Acid)), Lobster, Mayonnaise (Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains Less Than 2%: Salt, Spice, Lemon Juice Concentrate), Cucumbers, Romaine, Lemon Juice, Chilli Flakes (Paprika, Salt, Chilli Spice), 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)
183	6.50	430	198	22	2	0	65	810	40	3	3	17

ALLERGENS

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

BAGUETTES

Fall Chicken Salad

FULL DECLARATION

White Baguette (Wheat Flour, Water, Yeast, Salt, Wheat Gluten, Deactivated Yeast, Flour Treatment Agent (Ascorbic Acid)), Chicken (Chicken Breast, Water, Sea Salt), Mustard Mayo (Canola Oil, Whole Grain Mustard (Water, Mustard Seed, Vinegar, Salt, Citric Acid, Turmeric), Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Red Pepper), Egg Yolk, Water, Whole Egg (Whole Eggs, Citric Acid), Honey, White Distilled Vinegar, Sea Salt, Lemon Juice Concentrate), Cranberry Sauce (Cranberries, Sugar, Water, Orange Juice Concentrate, Orange Peel, Citric Acid, Cinnamon), Candied Pecans (Pecans, Sugar, Salt, Cottonseed Oil), 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)
236	8.30	620	230	25	3	0	55	1120	70	5	10	28

ALLERGENS

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

Pret's Cuban

FULL DECLARATION

Artisan Baguette (Wheat Flour, Water, Sourdough (Wheat Flour, Water, Sourdough Culture), Brown Flaxseed, Malted Wheat Flakes, Sunflower Seeds, Yeast, Salt, Wheatgerm, Potassium Chloride, Potassium Gluconate, Malted Wheat Flour, Enzymes), Pickles (Cucumbers, Water, Vinegar, Salt, Calcium Chloride, Natural Essential Oil Flavors, Turmeric (For Color)), Niman Ranch Pulled Pork (Pork, Water, Sea Salt), Mustard Mayo (Canola Oil, Whole Grain Mustard (Water, Mustard Seed, Vinegar, Salt, Citric Acid, Turmeric), Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Red Pepper), Egg Yolk, Water, Whole Egg (Whole Eggs, Citric Acid), Honey, White Distilled Vinegar, Sea Salt, Lemon Juice Concentrate), Niman Ranch Smoked Ham (Pork, Water, Salt, Less Than 2%: Lemon Juice Concentrate, Vinegar, Turbinado Sugar, Celery Powder, Cherry Powder), Provolone (Pasteurized Milk, Salt, 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)
283	9.98	640	246	27	6	0	60	1690	68	6	3	28

ALLERGENS

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

Harissa Chicken

FULL DECLARATION

Artisan Baguette (Wheat Flour, Water, Sourdough (Wheat Flour, Water, Sourdough Culture), Brown Flaxseed, Malted Wheat Flakes, Sunflower Seeds, Yeast, Salt, Wheatgerm, Potassium Chloride, Potassium Gluconate, Malted Wheat Flour, Enzymes), Chicken (Chicken Breast, Water, Sea Salt), Feta (Pasteurized Milk, Salt, Cheese Cultures, Enzymes), Pickled Red Onion (Red Onions, Sugar, Water, White Wine Vinegar, Distilled Vinegar, Contains Less Than 2%: Calcium Chloride, Sea Salt), Harissa Sauce (Chili Pepper Puree, Sundried Tomatoes, Canola Oil, Garlic, Caraway Seed, Coriander, Cumin, Sea Salt, Smoked Paprika), 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), Cilantro

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)
283	9.98	680	220	25	5	0	62	1300	75	6	8	34

ALLERGENS

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

BAGUETTES (CHARLOTTE DOUGLAS AIRPORT ONLY)

Chicken Caesar & Bacon Baguette

FULL DECLARATION

Baguette (Wheat Flour, Water, Yeast, Salt, Wheat Gluten, Deactivated Yeast, Flour Treatment Agent (Ascorbic Acid)), Chicken Breast (Chicken Breast Meat, Water, Sea Salt), Uncured Bacon (Pork Prepared With Water, Salt, Turbinado Sugar, Celery Powder), Caesar Dressing (Expeller Pressed Canola Oil, Filtered Water, Tapioca Syrup, Pecorino Romano Cheese (Pasteurized Sheep's Milk, Cheese Culture, Salt, Enzymes), Garlic, Pasteurized Egg Yolk, Nonfat Dry Milk, Lactic Acid, Anchovies (Anchovies, Sunflower Oil, Salt), Soy Sauce (Water, Soybeans, Wheat, Salt, Alcohol), Worcestershire Sauce (Vinegar, Molasses, Raw Cane Sugar, Sea Salt, Spices, Garlic Powder), Sea Salt, Lemon Juice Concentrate, Black Pepper, Roasted Garlic, Mustard Flour), Arugula, Plain Whole Milk Greek Yogurt (Cultured Pasteurized Grade A Milk; Contains Live And Active Cultures), Parmesan Cheese (Pasteurized Cultured Part-Skim Milk, Salt, Enzymes, Potato Starch And Powdered Cellulose To Prevent Caking), Mayonnaise (Expeller Pressed Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, 2% Or Less: Salt, Spice, Lemon Juice Concentrate), Salt And 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	8.20	650	280	31	5	0	55	1240	62	4	4	28

ALLERGENS

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

SLIM BAGUETTES

Balsamic Chicken & Mozzarella Baguette

FULL DECLARATION

White Baguette (Wheat Flour, Water, Yeast, Salt, Wheat Gluten, Deactivated Yeast, Flour Treatment Agent (Ascorbic Acid)), Chicken (Chicken Breast, Water, Sea Salt), Tomatoes, Mozzarella (Cultured Pasteurized Milk, Lactic/Citric Acid, Salt, Enzymes), Balsamic Dressing (Canola Oil, Balsamic Vinegar (Wine Vinegar, Concentrated Grape Must), Honey, Garlic Puree (Garlic, Vinegar), Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Red Pepper), Water, Salt, Pepper, Xanthan Gum (Stabilizer), Granulated Onion), 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)
136	3.84	295	95	11	3	0	30	580	33	3	3	15

ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
					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)
116	3.27	260	95	11	4	0	20	535	31	3	2	11

ALLERGENS

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

Chicken Caesar & Bacon Artisan Baguette

FULL DECLARATION

Artisan Baguette (Wheat Flour, Water, Sourdough (Wheat Flour, Water, Sourdough Culture), Brown Flaxseed, Malted Wheat Flakes, Sunflower Seeds, Yeast, Salt, Wheatgerm, Potassium Chloride, Potassium Gluconate, Malted Wheat Flour, Enzymes), Chicken (Chicken Breast, Water, Sea Salt), Non-GMO Expeller Pressed Canola Oil, Filtered Water, Tapioca Syrup, Imported Pecorino Romano Cheese (Pasteurized Sheep's Milk, Cheese Cultures, Salt, Enzymes), Garlic, Pasteurized Egg Yolk, Nonfat Dry Milk, Lactic Acid, Anchovies (Anchovies, Sunflower Oil, Salt), Non-GMO Soy Sauce (Water, Non-GMO Soybeans, Wheat, Salt, Alcohol), Worcestershire Sauce (Vinegar, Molasses, Raw Cane Sugar, Sea Salt, Spices, Garlic Powder), Sea Salt, Lemon Juice Concentrate, Black Pepper, Roasted Garlic, Mustard Flour, 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)
126	3.56	355	150	17	2.5	0	30	510	34	3	2	16

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 numerous ingredients in our kitchens and therefore cannot guarantee that any of our products are completely free of any allergen due to the potential for cross-contact. 8.12.2019 ★ PAGE 29

SLIM BAGUETTES

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, Less Than 2%: Lemon Juice Concentrate, Vinegar, Turbinado Sugar, Celery Powder, Cherry Powder), Swiss (Cultured Pasteurized Part-Skim Milk, Salt, Enzymes), Mustard Mayo (Canola Oil, Whole Grain Mustard (Water, Mustard Seed, Vinegar, Salt, Citric Acid, Turmeric), Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Red Pepper), Egg Yolk, Water, Whole Egg (Whole Eggs, Citric Acid), Honey, White Distilled Vinegar, Sea Salt, Lemon Juice Concentrate), 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)
115.5	3.26	300	110	12	4.5	0	38	825	31	2	2	16

ALLERGENS

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

Pret's Italian Baguette

FULL DECLARATION

White Baguette (Wheat Flour, Water, Yeast, Salt, Wheat Gluten, Deactivated Yeast, Flour Treatment Agent (Ascorbic Acid)), Prosciutto (Pork, Sea Salt), Sopressata (Pork, Sea Salt, Less than 2%: Turbinado Sugar, Spices, Natural Flavoring, Organic Wine, Lactic Acid Starter Culture), Provolone (Pasteurized 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), Arugula, Pickled Red Onion (Red Onions, Sugar, Water, White Wine Vinegar, Distilled Vinegar, Contains Less Than 2%: Calcium Chloride, 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)
105	2.95	305	130	14	4	0	35	885	32	2	3	14

ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
				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)
133	3.76	300	125	14	1.5	0	20	470	31	2	2	14

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 Glycerine), 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, 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), Veggie Parmesan (Pasteurized Cultured Part-Skim Milk, Salt, Enzymes, Potato Starch, Powdered Cellulose), 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)
296	8.35	520	280	31	4.5	0	15	540	50	10	4	14

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 Glycerine), 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 (Tamari Soy Sauce (Water, Soybeans, Salt, Alcohol), White Wine Vinegar, Sugar, Tofu (Water, Soybeans, Calcium Sulfate), Tahini (Sesame Seed), Ginger Puree, Toasted Sesame Seed Oil, Canola Oil, Lime Juice, Lemon Juice Concentrate, Water, Xanthan Gum (Stabilizer)), Shredded Carrots, Cilantro, 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)
260	7.34	480	180	20	2	0	45	740	46	4	9	25

ALLERGENS

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

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 Glycerine), 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 (Roasted Red Peppers (Roasted Red Peppers, Water, Salt, Citric Acid, Calcium Chloride), Chipotle in Adobo (Chipotle Peppers, Water, Onion, Tomato Paste, Salt, Sugar, Vinegar), Diced Tomatoes (Diced Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Red Wine Vinegar, Onions, Canola Oil, Water, Sugar, Roasted Garlic, Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Red Pepper), Sea Salt, Lime Juice, Black Pepper, Garlic Powder, Xanthan Gum (Stabilizer), Ground Red Pepper), 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), 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	220	25	3.5	0	40	650	49	10	3	22

ALLERGENS

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

Greek Chicken Salad Wrap

FULL DECLARATION

Kibbled Rye Wrap (Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted Rye Flakes, Rapeseed Oil, Humectant (Vegetable Glycerine), 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), Cucumbers, Herby Ranch (Sour Cream (Grade A Cultured Cream), Mayonnaise ((Expeller Pressed Soybean Oil, Water, Cage-Free Egg Yolks, Cage-Free Whole Eggs, White Vinegar, Salt, White Mustard (Distilled Vinegar, Water, Organic Mustard Seeds, Salt, Organic Spices), Organic Lemon Juice Concentrate), Buttermilk (Cultured Low Fat Milk, Salt), Dill, Chives, Lemon Juice, Garlic Powder, Sea Salt, Onion Powder, Xanthan Gum (Stabilizer)), Romaine, Feta (Pasteurized Milk, Salt, Cheese Cultures, Enzymes), Roasted Tomatoes (Cherry Tomatoes, Rapeseed Oil, Salt, Dried Garlic, Oregano, Lemon Juice Concentrate), Lemon Shallot (Canola Oil, Water, White Balsamic Vinegar (White Wine Vinegar, White Grape Must), Lemon Juice Concentrate (Water, Lemon Juice Concentrate), Shallot, Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Red Pepper), Lemon Zest, Sugar, Sea Salt, Onion Powder, Xanthan Gum (Stabilizer)), Yogurt (Cultured Pasteurized Milk, Live and Active Cultures [S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei]), Kalamata Olives (Kalamata Olives, Water, Salt, Red Wine Vinegar, Extra Virgin Olive Oil), 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)
280	7.90	510	207	23	5	0	60	1060	45	3	6	26

ALLERGENS

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

WRAPS

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 Glycerine), 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, Spinach, Sour Cream, Mayonnaise (Expeller Pressed Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains less than 2% of Salt, Spice, Lemon Juice Concentrate), Buttermilk, Dill, Chives, Lemon Juice Garlic Powder, Sea Salt, Onion Powder, Xanthan Gum), Yogurt (Cultured Pasteurized Milk, Live and Active Cultures [S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei]), Lemon Juice, Basil, Mint, 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)
313	8.83	500	220	25	4.5	0	45	850	48	10	4	23

ALLERGENS

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

Falafel & 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 Glycerine), 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), Plain Hummus (Garbanzo Beans, Water, Tahini, Expeller Pressed Canola Oil, Lemon Juice, Salt, Garlic Powder, Citric Acid, Xanthan Gum (Xanthan)), Pickles (Cucumbers, Water, Vinegar, Salt, Calcium Chloride, Natural Essential Oil Flavors, Turmeric (For Color)), Romaine, Red Peppers, Pickled Red Onion (Red Onions, Sugar, Water, White Wine Vinegar, Distilled Vinegar, Contains Less Than 2%: Calcium Chloride, 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)
261	7.37	460	170	19	2	0	0	1110	62	8	8	15

ALLERGENS

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

NO GLUTEN INGREDIENTS TARTINES

Avocado Tartine

FULL DECLARATION

Avocados, Gluten Free Bread (Water, Oat Flour, Corn Starch, Potato Starch, Sunflower Seeds, Brown Teff Flour, Buckwheat Flour, Tapioca Starch, Treacle, Potato Protein, Brown Flaxseed, Red Quinoa Seeds, Thickener (Xanthan Gum), Brown Rice Flour, Yeast, Quinoa Flour, Rice Bran, Glycerol, Rapeseed Oil, Millet Seeds, Salt, Sourdough (Rice Flour, Quinoa, Cornflour) Rice Protein, Apple Fiber, Citric Acid, Malic Acid, Tartaric Acid, Flour Treatment Agent (Ascorbic Acid)), Arugula, Lemon Juice, Extra Virgin Olive Oil, Chilli 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)
180	5.08	320	190	21	3	0	0	270	26	12	3	7

ALLERGENS

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

Almond Butter & Blueberry Tartine

FULL DECLARATION

Gluten Free Bread (Water, Oat Flour, Corn Starch, Potato Starch, Sunflower Seeds, Brown Teff Flour, Buckwheat Flour, Tapioca Starch, Treacle, Potato Protein, Brown Flaxseed, Red Quinoa Seeds, Thickener (Xanthan Gum), Brown Rice Flour, Yeast, Quinoa Flour, Rice Bran, Glycerol, Rapeseed Oil, Millet Seeds, Salt, Sourdough (Rice Flour, Quinoa, Cornflour) Rice Protein, Apple Fiber, Citric Acid, Malic Acid, Tartaric Acid, Flour Treatment Agent (Ascorbic Acid)), Almond Butter, Blueberry Compote (Blueberries, Sugar, Lemon Juice, Wild Blueberry 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)
108	3.80	375	205	23	2	0	0	210	25	9	7	14

ALLERGENS

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

Egg Salad Tartine

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, Oat Flour, Corn Starch, Potato Starch, Sunflower Seeds, Brown Teff Flour, Buckwheat Flour, Tapioca Starch, Treacle, Potato Protein, Brown Flaxseed, Red Quinoa Seeds, Thickener (Xanthan Gum), Brown Rice Flour, Yeast, Quinoa Flour, Rice Bran, Glycerol, Rapeseed Oil, Millet Seeds, Salt, Sourdough (Rice Flour, Quinoa, Cornflour) Rice Protein, Apple Fiber, Citric Acid, Malic Acid, Tartaric Acid, Flour Treatment Agent (Ascorbic Acid)), 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)
137	3.87	300	180	20	2.5	0	190	450	17	5	2	12

ALLERGENS

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

SALADS

Chicken Avocado Salad - Box

FULL DECLARATION

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

Balsamic Dressing : Canola Oil, Balsamic Vinegar (Wine Vinegar, Concentrated Grape Must), Honey, Garlic Puree (Garlic, Vinegar), Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Red Pepper), Water, Salt, Pepper, Xanthan Gum (Stabilizer), Granulated 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)
345	9.74	680	460	51	4.50	0	45	660	32	9	18	21

ALLERGENS

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

Chicken Waldorf Salad - Box

FULL DECLARATION

Salad: Chicken (Chicken Breast, Water, Sea Salt), Kale, Julienne Apples, Arugula, Gorgonzola (Cultured Pasteurized Cow and Sheep's Milk, Salt, Enzymes, Mold), Dried Cranberries (Cranberries, Sugar, Sunflower Oil), Walnuts

Lemon Shallot Dressing: Canola Oil, Water, White Balsamic Vinegar (White Wine Vinegar, White Grape Must), Lemon Juice Concentrate (Water, Lemon Juice Concentrate), Shallot, Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Red Pepper), Lemon Zest, Sugar, Sea Salt, Onion Powder, Xanthan Gum (Stabilizer)

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	540	320	34	6	0	70	890	25	3	20	25

ALLERGENS

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

Chicken Caesar Salad-Box

FULL DECLARATION

Salad: Romaine, Chicken (Chicken Breast, Water, Sea Salt), Grape Tomatoes, Asiago Cheese Crisps (Asiago Cheese (Pasteurized Part Skimmed Milk, Cheese Cultures, Sea Salt, Enzymes), Veggie Parmesan (Pasteurized Cultured Part-Skim Milk, Salt, Enzymes, Potato Starch, Powdered Cellulose), Basil, Lemon.

Caesar Dressing: Non-GMO Expeller Pressed Canola Oil, Filtered Water, Tapioca Syrup, Imported Pecorino Romano Cheese (Pasteurized Sheep's Milk, Cheese Cultures, Salt, Enzymes), Garlic, Pasteurized Egg Yolk, Nonfat Dry Milk, Lactic Acid, Anchovies (Anchovies, Sunflower Oil, Salt), Non-GMO Soy Sauce (Water, Non-GMO Soybeans, Wheat, Salt, Alcohol), Worcestershire Sauce (Vinegar, Molasses, Raw Cane Sugar, Sea Salt, Spices, Garlic Powder), Sea Salt, Lemon Juice Concentrate, Black Pepper, Roasted Garlic, Mustard Flour

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)
305	10.70	565	440	45	9	0	80	855	11	2	4	32

ALLERGENS

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

SALADS

Fall Harvest Salad

FULL DECLARATION

Salad: Chicken (Chicken Breast, Water, Sea Salt), Mesclun, Roasted Butternut Squash (Butternut Squash, Canola Oil, Salt, Black Pepper), Ricotta (Pasteurized Whey, Cream and Milk, Vinegar, Salt), Apples, Beets, Candied Pecans (Pecans, Sugar, Salt, Cottonseed Oil).

Balsamic Dressing: Canola Oil, Balsamic Vinegar (Wine Vinegar, Concentrated Grape Must), Honey, Garlic Puree (Garlic, Vinegar), Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Red Pepper), Water, Salt, Pepper, Xanthan Gum (Stabilizer), Granulated 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)
355	12.50	570	365	40	4.50	0	57	855	23	4	16	23

ALLERGENS

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

Mediterranean Mezze Salad - Box

FULL DECLARATION

Salad: Cucumbers, 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), Plain Hummus (Garbanzo Beans, Water, Tahini (Sesame), Expeller Pressed Canola Oil, Lemon Juice, Salt, Garlic Powder, Citric Acid, Xanthan Gum), Mesclun, Beets, Pickled Cabbage & Carrot Mix (Red Cabbage, Carrots, Cane Sugar, Water, Rice Vinegar, Sea Salt), Pomegranate Seeds, Pine Nuts

Lemon Shallot: Canola Oil, Water, White Balsamic Vinegar (White Wine Vinegar, White Grape Must), Lemon Juice Concentrate (Water, Lemon Juice Concentrate), Shallot, Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Red Pepper), Lemon Zest, Sugar, Sea Salt, Onion Powder, Xanthan Gum (Stabilizer)

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)
435	15.33	590	322	35	1	0	0	1380	57	13	19	15

ALLERGENS

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

Maine Lobster Salad

FULL DECLARATION

Salad: Romaine, Avocado, Lobster, Mangos, Edamame, Pickled Cabbage & Carrot Mix (Red Cabbage, Carrots, Cane Sugar, Water, Rice Vinegar, Sea Salt), Coconut Chips, Pret's Seasoning (Salt, Black Pepper), Chilli Flakes (Paprika, Salt, Chilli Spice), Lemon Juice, Extra Virgin Olive Oil.

Lemon Shallot Dressing: Canola Oil, Water, White Balsamic Vinegar (White Wine Vinegar, White Grape Must), Lemon Juice Concentrate (Water, Lemon Juice Concentrate), Shallot, Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Red Pepper), Lemon Zest, Sugar, Sea Salt, Onion Powder, Xanthan Gum (Stabilizer)

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)
421	14.80	540	342	37	7.0	0	64	930	32	11	16	21

ALLERGENS

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

SALADS

Pret's Chef Salad - Box

FULL DECLARATION

Salad: Cucumbers, Mesclun, Turkey (Turkey Breast, Water, Salt, Sugar), Cage-Free Eggs, Avocados, Grape Tomatoes, Niman Ranch Bacon (Pork, Water, Salt, Turbinado Sugar, Celery Powder), Lemon Juice

Herb Ranch Dressing: Sour Cream, Mayonnaise (Expeller Pressed Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains less than 2% of Salt, Spice, Lemon Juice Concentrate), Buttermilk, Dill, Chives, Lemon Juice Garlic Powder, Sea Salt, Onion Powder, 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)
420	12.24	530	370	41	3.5	0	260	870	14	5	6	26

ALLERGENS

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

Pret's Protein Salad - Box

FULL DECLARATION

Salad: Grain Mix (Brown Rice, White Quinoa, Red Quinoa, Lemon Juice (Water, Concentrated Lemon Juice), Canola Oil, Salt, Black Pepper), Chicken (Chicken Breast, Water, Sea Salt), Plain Hummus (Garbanzo Beans, Water, Tahini (Sesame), Expeller Pressed Canola Oil, Lemon Juice, Salt, Garlic Powder, Citric Acid, Xanthan Gum), Cage-Free Eggs, Avocados, Spinach, Pomegranate Seeds, Lemon Juice

Lemon Shallot Dressing: Canola Oil, Water, White Balsamic Vinegar (White Wine Vinegar, White Grape Must), Lemon Juice Concentrate (Water, Lemon Juice Concentrate), Shallot, Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Red Pepper), Lemon Zest, Sugar, Sea Salt, Onion Powder, Xanthan Gum (Stabilizer)

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)
470	11.90	690	360	39	4	0	235	1090	55	13	9	32

ALLERGENS

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

Salmon Cobb Salad - Box

FULL DECLARATION

Salad: Atlantic Salmon (Atlantic Salmon, Salt), Spinach, Grape Tomatoes, Cage-Free Eggs, Arugula, Radish, Niman Ranch Bacon (Pork, Water, Salt, Turbinado Sugar, Celery Powder), Lemon Juice, Avocados

Herb Ranch Dressing: Sour Cream, Mayonnaise (Expeller Pressed Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains less than 2% of Salt, Spice, Lemon Juice Concentrate), Buttermilk, Dill, Chives, Lemon Juice Garlic Powder, Sea Salt, Onion Powder, 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)
307	8.66	550	410	45	10	0	160	880	11	4	4	26

ALLERGENS

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

SALADS

Sesame Salmon, Mango & Avocado Grain Salad - Box

FULL DECLARATION

Salad: Atlantic Salmon (Atlantic Salmon, Salt), Grain Mix (Brown Rice, White Quinoa, 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: Tamari Soy Sauce (Water, Soybeans, Salt, Alcohol), White Wine Vinegar, Sugar, Tofu (Water, Soybeans, Calcium Sulfate), Tahini (Sesame Seed), Ginger Puree, Toasted Sesame Seed Oil, Canola Oil, Lime Juice, Lemon Juice Concentrate, Water, Xanthan Gum (Stabilizer)

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)
393	11.09	630	296	33	4	0	30	1050	61	8	23	27

ALLERGENS

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

Veggie Fiesta Salad - Box

FULL DECLARATION

Salad: Romaine, Avocados, Grain Mix (Brown Rice, White Quinoa, Red Quinoa, Lemon Juice (Water, Concentrated Lemon Juice), Canola Oil, Salt, Black Pepper), Black Beans (Black Beans, Water, Kombu Seaweed), Grape Tomatoes, Roasted Corn, Pickled Red Onion (Red Onions, Sugar, Water, White Wine Vinegar, Distilled Vinegar, Contains Less Than 2%: Calcium Chloride, Sea Salt), Cilantro, Lemon Juice

Spicy Chipotle Ranch: Sour Cream, Mayonnaise (Expeller Pressed Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains less than 2% of Salt, Spice, Lemon Juice Concentrate), Buttermilk, Dill, Chives, Lemon Juice Garlic Powder, Sea Salt, Onion Powder, Xanthan Gum, Spicy Chipotle Sauce (Roasted Red Peppers (Roasted Red Peppers, Water, Salt, Citric Acid, Calcium Chloride), Chipotle In Adobo (Chipotle Peppers, Water, Onion, Tomato Paste, Salt, Sugar, Vinegar), Diced Tomatoes (Diced Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Red Wine Vinegar, Onions, Canola Oil, Water, Sugar, Roasted Garlic, Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Red Pepper), Sea Salt, Lime Juice, Black Pepper, Garlic Powder, Xanthan Gum (Stabilizer), Ground Red 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)
471	13.29	530	290	31	2	0	20	550	54	13	9	12

ALLERGENS

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

SIDE SALADS

Caesar Side Salad - Box

FULL DECLARATION

Salad: Romaine, Grape Tomatoes, Veggie Parmesan (Pasteurized Cultured Part-Skim Milk, Salt, Enzymes, Potato Starch, Powdered Cellulose), Asiago Cheese Crisps Asiago Cheese (Pasteurized Part Skimmed Milk, Cheese Cultures, Sea Salt, Enzymes)

Caesar Dressing: Non-GMO Expeller Pressed Canola Oil, Filtered Water, Tapioca Syrup, Imported Pecorino Romano Cheese (Pasteurized Sheep's Milk, Cheese Cultures, Salt, Enzymes), Garlic, Pasteurized Egg Yolk, Nonfat Dry Milk, Lactic Acid, Anchovies (Anchovies, Sunflower Oil, Salt), Non-GMO Soy Sauce (Water, Non-GMO Soybeans, Wheat, Salt, Alcohol), Worcestershire Sauce (Vinegar, Molasses, Raw Cane Sugar, Sea Salt, Spices, Garlic Powder), Sea Salt, Lemon Juice Concentrate, Black Pepper, Roasted Garlic, Mustard Flour

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)
143	4.25	280	210	24	5.50	0	20	410	6	1	3	10

ALLERGENS

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

Kale Waldorf Side Salad - Box

FULL DECLARATION

Salad: Kale, Julienne Apples, Gorgonzola (Cultured Pasteurized Cow and Sheep's Milk, Salt, Enzymes, Mold), Walnuts, Dried Cranberries (Cranberries, Sugar, Sunflower Oil)

Lemon Shallot Dressing: Canola Oil, Water, White Balsamic Vinegar (White Wine Vinegar, White Grape Must), Lemon Juice Concentrate (Water, Lemon Juice Concentrate), Shallot, Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Red Pepper), Lemon Zest, Sugar, Sea Salt, Onion Powder, Xanthan Gum (Stabilizer)

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)
119.50	3.57	280	190	20.50	3.50	0	160	227	15	2	13	6

ALLERGENS

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

Super Berries Side Salad - Box

FULL DECLARATION

Salad: Spinach, Cucumbers, Blueberries, Pomegranate Seeds, Sliced Almonds

Balsamic Dressing: Canola Oil, Balsamic Vinegar (Wine Vinegar, Concentrated Grape Must), Honey, Garlic Puree (Garlic, Vinegar), Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Red Pepper), Water, Salt, Pepper, Xanthan Gum (Stabilizer), Granulated 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)
149	4.41	240	170	19	1	0	0	300	15	5	7	3

ALLERGENS

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

DRESSING

Asian Dressing

FULL DECLARATION

Tamari Soy Sauce (Water, Soybeans, Salt, Alcohol), White Wine Vinegar, Sugar, Tofu (Water, Soybeans, Calcium Sulfate), Tahini (Sesame Seed), Ginger Puree, Toasted Sesame Seed Oil, Canola Oil, Lime Juice, Lemon Juice Concentrate, Water, Xanthan Gum (Stabilizer)

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)
57	2	150	80	9	1	0	0	390	13	1	9	3

ALLERGENS

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

Balsamic Dressing

FULL DECLARATION

Canola Oil, Balsamic Vinegar (Wine Vinegar, Concentrated Grape Must), Honey, Garlic Puree (Garlic, Vinegar), Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Red Pepper), Water, Salt, Pepper, Xanthan Gum (Stabilizer), Granulated 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)
57	2	280	250	28	1.5	0	0	430	6	0	6	0

ALLERGENS

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

Caesar Dressing

FULL DECLARATION

Non-GMO Expeller Pressed Canola Oil, Filtered Water, Tapioca Syrup, Imported Pecorino Romano Cheese (Pasteurized Sheep's Milk, Cheese Cultures, Salt, Enzymes), Garlic, Pasteurized Egg Yolk, Nonfat Dry Milk, Lactic Acid, Anchovies (Anchovies, Sunflower Oil, Salt), Non-GMO Soy Sauce (Water, Non-GMO Soybeans, Wheat, Salt, Alcohol), Worcestershire Sauce (Vinegar, Molasses, Raw Cane Sugar, Sea Salt, Spices, Garlic Powder), Sea Salt, Lemon Juice Concentrate, Black Pepper, Roasted Garlic, Mustard Flour

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)
57	2	490	460	51	4	0	20	360	8	0	4	2

ALLERGENS

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

DRESSING

Herb Ranch Dressing

FULL DECLARATION

Sour Cream, Mayonnaise (Expeller Pressed Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains less than 2% of Salt, Spice, Lemon Juice Concentrate), Buttermilk, Dill, Chives, Lemon Juice Garlic Powder, Sea Salt, Onion Powder, 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)
57	2	220	200	22	5	0	30	330	2	0	2	2

ALLERGENS

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

Lemon Shallot Dressing

FULL DECLARATION

Canola Oil, Water, White Balsamic Vinegar (White Wine Vinegar, White Grape Must), Lemon Juice Concentrate (Water, Lemon Juice Concentrate), Shallot, Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Red Pepper), Lemon Zest, Sugar, Sea Salt, Onion Powder, Xanthan Gum (Stabilizer)

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)
57	2	180	160	17	1	0	0	430	6	0	5	0

ALLERGENS

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

Spicy Chipotle Yogurt Dressing

FULL DECLARATION

Sour Cream, Mayonnaise (Expeller Pressed Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains less than 2% of Salt, Spice, Lemon Juice Concentrate), Buttermilk, Dill, Chives, Lemon Juice Garlic Powder, Sea Salt, Onion Powder, Xanthan Gum. Spicy Chipotle Sauce (Roasted Red Peppers (Roasted Red Peppers, Water, Salt, Citric Acid, Calcium Chloride), Chipotle In Adobo (Chipotle Peppers, Water, Onion, Tomato Paste, Salt, Sugar, Vinegar), Diced Tomatoes (Diced Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Red Wine Vinegar, Onions, Canola Oil, Water, Sugar, Roasted Garlic, Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Red Pepper), Sea Salt, Lime Juice, Black Pepper, Garlic Powder, Xanthan Gum (Stabilizer), Ground Red 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)
57	2	170	150	16	3.5	0	20	340	3	0	2	2

ALLERGENS

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

POTS

Chipotle Chicken Burrito Pot

FULL DECLARATION

Avocados, Chicken (Chicken Breast, Water, Sea Salt), Black Beans (Black Beans, Water, Kombu Seaweed), Roasted Corn, Spicy Chipotle Sauce (Roasted Red Peppers (Roasted Red Peppers, Water, Salt, Citric Acid, Calcium Chloride), Chipotle in Adobo (Chipotle Peppers, Water, Onion, Tomato Paste, Salt, Sugar, Vinegar), Diced Tomatoes (Diced Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Red Wine Vinegar, Onions, Canola Oil, Water, Sugar, Roasted Garlic, Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Red Pepper), Sea Salt, Lime Juice, Black Pepper, Garlic Powder, Xanthan Gum (Stabilizer), Ground Red Pepper), Feta (Pasteurized Milk, Salt, Cheese Cultures, Enzymes), Pickled Red Onion (Red Onions, Sugar, Water, White Wine Vinegar, Distilled Vinegar, Contains Less Than 2%: Calcium Chloride, Sea Salt), Limes, Lemon Juice, Cilantro, Extra Virgin Olive Oil, 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)
230	8	320	175	19	4	0	39	510	19	8	3	18

ALLERGENS

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

Egg & Quinoa Pot

FULL DECLARATION

Cage-Free Eggs, Avocados, Grain Mix (Brown Rice, White Quinoa, Red Quinoa, Lemon Juice (Water, Concentrated Lemon Juice), Canola Oil, Salt, Black Pepper), Grape Tomatoes, 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)
159	4.49	200	120	13	2.5	0	190	125	15	5	1	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

Maine Lobster Poke

FULL DECLARATION

Avocados, Lobster, Pickled Cabbage & Carrot Mix (Red Cabbage, Carrots, Cane Sugar, Water, Rice Vinegar, Sea Salt), Edamame, Mangos, Limes, Lemon Juice, Extra Virgin Olive Oil, Pret's Seasoning (Salt, Black Pepper), Chilli Flakes (Paprika, Salt, Chilli Spice).

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)
193	7.00	250	149	16	2	0	31	360	17	8	7	11

ALLERGENS

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

Salmon & Avocado Protein 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	3.90	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

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, Fresh Onions, Salt, Fresh Garlic, Fresh Basil, Black Pepper, Oregano), Chicken (Chicken Breast, Water, Sea Salt), Red Peppers, Veggie Parmesan (Pasteurized Cultured Part-Skim Milk, Salt, Enzymes, Potato Starch, Powdered Cellulose), Provolone (Pasteurized Milk, Salt, Enzymes), 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)
310	8.49	560	203	23	9	0	65	1360	56	3	4	32

ALLERGENS

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

BBQ Pulled Pork 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 (Stabilizer), 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	8.75	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			

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), Grain Mix (Brown Rice, White Quinoa, Red Quinoa, Lemon Juice (Water, Concentrated Lemon Juice), Canola Oil, Salt, Black Pepper), Spicy Chipotle Sauce (Roasted Red Peppers (Roasted Red Peppers, Water, Salt, Citric Acid, Calcium Chloride), Chipotle in Adobo (Chipotle Peppers, Water, Onion, Tomato Paste, Salt, Sugar, Vinegar), Diced Tomatoes (Diced Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Red Wine Vinegar, Onions, Canola Oil, Water, Sugar, Roasted Garlic, Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Red Pepper), Sea Salt, Lime Juice, Black Pepper, Garlic Powder, Xanthan Gum (Stabilizer), Ground Red Pepper), Roasted Corn, 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)
329	9.28	600	165	19	8	0	60	1180	75	6	3	31

ALLERGENS

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

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), Tomato Sauce (Italian Tomatoes, Pure Olive Oil, Fresh Onions, Salt, Fresh Garlic, Fresh Basil, Black Pepper, Oregano), Feta (Pasteurized Milk, Salt, Cheese Cultures, Enzymes), Red Peppers, 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)
295	8.32	630	254	28	6	0	25	1650	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), Grain Mix (Brown Rice, White Quinoa, Red Quinoa, Lemon Juice (Water, Concentrated Lemon Juice), Canola Oil, Salt, Black Pepper), Spicy Chipotle Sauce (Roasted Red Peppers (Roasted Red Peppers, Water, Salt, Citric Acid, Calcium Chloride), Chipotle in Adobo (Chipotle Peppers, Water, Onion, Tomato Paste, Salt, Sugar, Vinegar), Diced Tomatoes (Diced Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Red Wine Vinegar, Onions, Canola Oil, Water, Sugar, Roasted Garlic, Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Red Pepper), Sea Salt, Lime Juice, Black Pepper, Garlic Powder, Xanthan Gum (Stabilizer), Ground Red Pepper), Roasted Corn, 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)
329	9.28	600	165	19	8	0	60	1180	75	6	3	31

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, 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 (Canola Oil, Whole Grain Mustard (Water, Mustard Seed, Vinegar, Salt, Citric Acid, Turmeric), Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Red Pepper), Egg Yolk, Water, Whole Egg (Whole Eggs, Citric Acid), Honey, White Distilled Vinegar, Sea Salt, 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)
216	6.10	600	270	30	14	0	85	1650	53	2	1	31

ALLERGENS

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

Pesto Caprese Mozzarella 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), Mozzarella (Cultured Pasteurized Milk, Lactic/Citric Acid, Salt, Enzymes), Roasted Tomatoes (Cherry Tomatoes, Rapeseed Oil, Salt, Dried Garlic, Oregano, Lemon Juice Concentrate), Provolone (Pasteurized Milk, Salt, Enzymes), Pesto (Parmesan Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Cellulose Powder (To Prevent Caking)), Expeller Pressed Canola Oil, Basil, Pine Nuts, Spinach, Lemon Juice, Roasted Garlic, Sea Salt, Xanthan Gum (Stabilizer), Lemon Zest), Veggie Parmesan (Pasteurized Cultured Part-Skim Milk, Salt, Enzymes, Potato Starch, Powdered Cellulose).

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)
207	7.30	550	230	25	11	0	50	1205	57	2	1	26

ALLERGENS

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

SOUPS

Chicken Noodle Soup

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 Soup

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

Pumpkin Bisque Soup

FULL DECLARATION

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

SOUPS

Tomato Feta Soup

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	0.50	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

HOT FOOD

Chipotle Chicken Grain Bowl

FULL DECLARATION

Bowl Only: 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), Grain Mix (Brown Rice, White Quinoa, Red Quinoa, Lemon Juice (Water, Concentrated Lemon Juice), Canola Oil, Salt, Black Pepper), Chipotle Chicken (Sliced Chicken Breast, Tomatillo (Tomatillo, Water, Salt, Citric Acid), Water, Tomatoes (Vine-Ripened Fresh Plum Tomatoes, Tomato Juice, Fresh Basil Leaves, Salt, Naturally Derived Citric Acid), Onions, Tomato Puree (Tomato Concentrate (Water, Tomato Paste), Citric Acid), Chipotle Peppers In Adobo Sauce (Chipotle Peppers, Water, Tomatoes, Vinegar, Soybean Oil, Salt, Onions, Garlic, Spices), Chicken Base (Chicken And Chicken Stock, Salt, Cane Sugar, Rendered Chicken Fat, Onion Powder, Potato Flour, Turmeric, Spice Extractives (Contains Celery)), Vegetable Oil (Canola Oil, Extra Virgin Olive Oil), Corn Starch, Lime Juice, Rice Starch, Roasted Garlic Puree (Roasted Garlic, Water), Canola Oil, Kosher Salt, Salt, Black Pepper), Roasted Corn

Topper Only: Lemon Juice, Avocados, Salsa Verde (Tomatillos, Jalapeno Peppers, Roasted Tomato Puree, Onions, Salt, Distilled Vinegar, Lime Juice, Cilantro, Garlic, Cumin, Natural Flavor (Capsicum)), Pickled Red Onion (Red Onions, Sugar, Water, White Wine Vinegar, Distilled Vinegar, Contains LessThan 2%: Calcium Chloride, Sea Salt), Spinach, Cilantro

NUTRITIONALS

Product	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)
Bowl	408	11.51	400	54	6	0	0	35	1080	67	11	4	24
Topper	218	6.22	130	63	7	1	0	0	270	12	1	5	1
Both	626	17.73	530	117	13	1	0	35	1350	79	12	9	25

ALLERGENS

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

HOT FOOD

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 (Water, Onions, Carrots, Cabbage, Celery, Mushrooms, Turnips, Spices, Mustard Seed), 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)
378	10.67	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 Pastry

FULL DECLARATION

Dough (Wheat Flour, Butter (Milk), Water, Yeast, Sugar, Egg, Salt, Wheat Gluten, Food Enzymes (amylases, hemicellulases, Ascorbic Acid)), Cinnamon custard (Sugar, Butter), Water, Cinnamon, Corn Starch, Salt, Whey Powder, Whole Milk Powder, Sodium Alginate, Egg White, Dried Skimmed Milk, Natural Color (Turmeric Extract, Carrot Extract), natural flavors), Egg wash (Egg, Water).

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	3.88	490	243	27	19	0.70		435	52	2	23	7

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

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 WALNUT				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: Soy 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	

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	

BAKERY

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

Pride Cookie

FULL DECLARATION

Wheat Flour, Sugar, Butter (Cream, Salt), White Confectionery Drops (Sugar, Vegetable Oil (Palm, Palm Kernel), Nonfat Dry Milk, Soy Lecithin, Natural Flavors), Eggs, Rainbow Sprinkles (Sugar, Corn Starch, Palm Oil And Palm Kernel Oil, Sunflower Lecithin; Colored With Turmeric, Annatto, Beet Juice, Vegetable Juices, And Beta Carotene; Maltodextrin, Sodium Bicarbonate, Confectioner's Glaze And Carnauba Wax), Contains Less Than 2%: Vanilla Extract, Salt, Baking 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)
71	2.50	310	125	14	9	0	45	210	44	1	25	3

ALLERGENS

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

Dark Chocolate with Sea Salt

FULL DECLARATION

Chocolate Liquor, Sugar, Cocoa Butter, Emulsifier, Soy Lecithin, Natural Vanilla 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)
25	0.88	137	81	9	5	0	0	78	12	2	10	2

ALLERGENS

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

Milk Chocolate

FULL DECLARATION

Cane Sugar, Cocoa Butter, Milk Powder, Cocoa, Soy 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	0.88	145	90	10	4.5	0	6	25	12	1	11	2

ALLERGENS

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

SNACKS

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	

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	

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)
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 Cocoa Powder—Processed with Alkali, Organic Dark chocolate (Organic chocolate liquor, Organic Evaporated Sugar Cane Juice, Organic cocoa powder).

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	

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	

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	

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)
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)
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	

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	

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)
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

Mocha

FULL DECLARATION

Skim Milk, Chocolate Powder (Organic Evaporated Sugar Cane Juice, Organic Cocoa Powder–Processed With Alkali, Organic Dark Chocolate (Organic Chocolate Liquor, Organic Evaporated Sugar Cane Juice, Organic Cocoa Powder). Espresso.

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	

Iced Mocha

FULL DECLARATION

Skim Milk, Chocolate Powder (Organic Evaporated Sugar Cane Juice, Organic Cocoa Powder–Processed With Alkali, Organic Dark Chocolate (Organic Chocolate Liquor, Organic Evaporated Sugar Cane Juice, Organic Cocoa Powder).Espresso.

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)
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	

BARISTA PREPARED DRINKS

Nutritionals are based off drinks being made with skim milk

Spiced Pumpkin Latte

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	260	30	3	2	0	20	260	42	0	33	14
16oz	16	320	30	3	2	0	20	300	53	0	43	16
20oz	20	380	30	3	2	0	20	340	74	0	65	18

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

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

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	

BARISTA MILKS

Almond Milk

FULL DECLARATION

Water, Almonds, Cane Sugar, Calcium Carbonate, Sunflower Lecithin, Sea Salt, Potassium Citrate, Natural Flavors, Locust Bean Gum, Gellan Gum

NUTRITIONALS

Size	Serving Size (ml)	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	240	70	41	4.5	0	0	0	180	7	1	5	2

ALLERGENS

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

Half & Half

FULL DECLARATION

Organic Pasteurized Milk, Organic Pasteurized Heavy Cream

NUTRITIONALS

Size	Serving Size (ml)	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	30	40	27	3	2	0	10	10	1	0	1	1

ALLERGENS

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

Skim Milk

FULL DECLARATION

Organic Pasteurized Fat Free Milk, Vitamin A, Vitamin D

NUTRITIONALS

Size	Serving Size (ml)	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	240	90	0	0	0	0	5	125	12	0	12	8

ALLERGENS

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

BARISTA MILKS

Soy Milk

FULL DECLARATION

Purified Water, Organic Soybeans, Calcium Carbonate, Kombu Seaweed, Sea Salt, Sodium Bicarbonate

NUTRITIONALS

Size	Serving Size (ml)	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	240	140	45	5	0.5	0	0	105	14	0	7	11

ALLERGENS

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

Whole Milk

FULL DECLARATION

Organic Pasteurized Whole Milk and Vitamin D

NUTRITIONALS

Size	Serving Size (ml)	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	240	150	72	8	5	0	30	120	12	0	11	8

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

Coke Zero

FULL DECLARATION

Carbonated Water, Caramel Color, Phosphoric Acid, Aspartame, Potassium Benzoate, Natural Flavors, Potassium Citrate, Acesulfame Potassium, 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	70	0	0	0	0

ALLERGENS

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

COLD BEVERAGES

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

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

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

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	Milk	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	

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	

Please be aware we use numerous ingredients in our kitchens and therefore cannot guarantee that any of our products are completely free of any allergen due to the potential for cross-contact. 8.12.2019 ★ PAGE 75

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