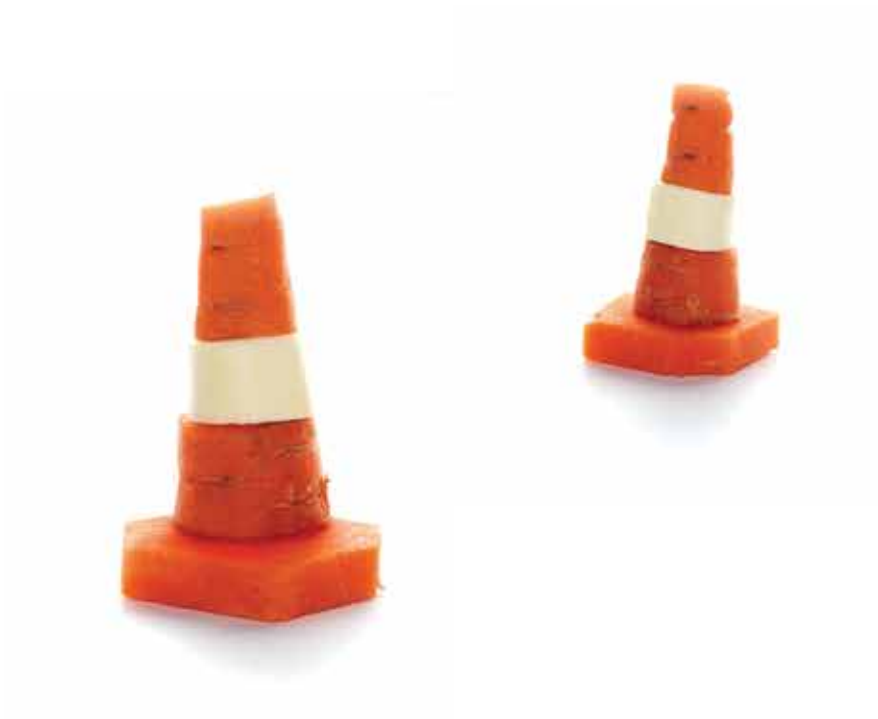


Pret's *Nutrition* & *Allergen* Guide



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.



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YOGURT & FRUIT POTS

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	

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

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

Cantaloupe & Blueberry Pot

FULL DECLARATION

Cantaloupe, Blueberry

NUTRITIONALS

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

ALLERGENS

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

Mango & Lime Pot

FULL DECLARATION

Mango, Lime

NUTRITIONALS

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

ALLERGENS

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

Superfruit Salad

FULL DECLARATION

Oranges, Kiwi, 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)
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

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

BREAKFAST BAGUETTES

Egg Salad & Avocado Breakfast Baguette

FULL DECLARATION

Cage-Free Eggs, White Baguette (Wheat Flour, Water, Yeast, Salt, Wheat Gluten, Deactivated Yeast, Flour Treatment Agent (Ascorbic Acid)), Avocados, Mayonnaise (Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains Less Than 2%: Salt, Spice, Lemon Juice Concentrate), Pret's Seasoning (Salt, Black Pepper), Lemon Juice

NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
216	4.99	560	310	35	5	0	300	880	44	6	3	17

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

Cage-Free Eggs, White Baguette (Wheat Flour, Water, Yeast, Salt, Wheat Gluten, Deactivated Yeast, Flour Treatment Agent (Ascorbic Acid)), Mayonnaise (Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains Less Than 2%: Salt, Spice, Lemon Juice Concentrate), 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)
184	4.12	540	300	34	6	0	310	980	40	3	3	18

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

Egg White Greek Frittata

FULL DECLARATION

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

NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
305	8.61	210	52	6	3.5	0	20	720	7	1	4	26

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

Tomato Mozzarella Croissant

FULL DECLARATION

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

NUTRITIONALS

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

ALLERGENS

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

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

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

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, Whole Grain Bread (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Whole Wheat Flour, Sugar, Molasses, Yeast, Soybean Oil, Contains Less Than 2%: Sunflower Seeds, Rolled Wheat Flakes, Cracked Wheat, Rye Flakes, Barley Flakes, Millet, Oats, Corn Grits, Flaxseeds, Spelt, Sunflower Lecithin, Calcium Sulfate, Ascorbic Acid, Wheat Gluten, Enzymes), Chicken (Chicken Breast, Water, Sea Salt), Balsamic Vinaigrette (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)
256	7.22	560	250	28	2.5	0	35	770	52	8	8	23

ALLERGENS

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

Egg Salad & Arugula Sandwich

FULL DECLARATION

Whole Grain Bread (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Whole Wheat Flour, Sugar, Molasses, Yeast, Soybean Oil, Contains Less Than 2%: 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), 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, Cage-Free Eggs, 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)
115	5.05	410	200	22	1.5	0	20	810	43	2	7	9

ALLERGENS

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

Cheddar & Tomato Sandwich

FULL DECLARATION

Tomatoes, Whole Grain Bread (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Whole Wheat Flour, Sugar, Molasses, Yeast, Soybean Oil, Contains Less Than 2%: 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	1000	47	3	9	20

ALLERGENS

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

SANDWICHES

Chicken & Bacon Sandwich

FULL DECLARATION

Tomatoes, Whole Grain Bread (Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Malted Barley Flour), Water, Whole Wheat Flour, Seed Mix (Cracked Rye, Cracked Corn, Cracked Wheat, Cracked Barley, Steel Cut Oats, Flaxseed, Hulled Millet), Yeast, Honey, Flaxseed, Sugar, Sunflower Seeds, Salt, Wheat Berry, Molasses, Bred-Mate (Cultured Wheat Flour), Dough Conditioner (Water, Monoglycerides (Propionic Acid, Phosphoric Acid)), Dough Conditioner (Wheat Flour, Ascorbic Acid, Enzymes), White Distilled Vinegar (Grain Diluted to 5% Acidity)), Chicken (Chicken Breast, Water, Sea Salt), Mayonnaise (Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains Less Than 2%: Salt, Spice, Lemon Juice Concentrate), Mesclun, Niman Ranch Bacon (Pork, Water, Salt, Turbinado Sugar, Celery Powder)

NUTRITIONALS

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

Turkey Pesto Sandwich

FULL DECLARATION

Tomatoes, Whole Grain Bread (Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Malted Barley Flour), Water, Whole Wheat Flour, Seed Mix (Cracked Rye, Cracked Corn, Cracked Wheat, Cracked Barley, Steel Cut Oats, Flaxseed, Hulled Millet), Yeast, Honey, Flaxseed, Sugar, Sunflower Seeds, Salt, Wheat Berry, Molasses, Bred-Mate (Cultured Wheat Flour), Dough Conditioner (Water, Monoglycerides (Propionic Acid, Phosphoric Acid)), Dough Conditioner (Wheat Flour, Ascorbic Acid, Enzymes), White Distilled Vinegar (Grain Diluted to 5% Acidity)), Turkey (Turkey Breast, Water, Salt, Sugar), 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	11	1	0	35	910	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			

Tuna Salad Sandwich

FULL DECLARATION

Whole Grain Bread (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine 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), Tuna (Tuna, Water, Salt), Cucumbers, 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)
232	6.55	520	250	28	2	0	40	1000	44	3	8	21

ALLERGENS

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

SANDWICHES

California Club Sandwich

FULL DECLARATION

Tomatoes, Whole Grain Bread (Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Malted Barley Flour), Water, Whole Wheat Flour, Seed Mix (Cracked Rye, Cracked Corn, Cracked Wheat, Cracked Barley, Steel Cut Oats, Flaxseed, Hulled Millet), Yeast, Honey, Flaxseed, Sugar, Sunflower Seeds, Salt, Wheat Berry, Molasses, Bred-Mate (Cultured Wheat Flour), Dough Conditioner (Water, Monoglycerides (Propionic Acid, Phosphoric Acid)), Dough Conditioner (Wheat Flour, Ascorbic Acid, Enzymes), White Distilled Vinegar (Grain Diluted to 5% Acidity)), Turkey (Turkey Breast, Water, Salt, Sugar), Avocados, Cage-Free Eggs, Herby Ranch (Sour Cream (Grade A Cultured Cream), Mayonnaise ((Organic Expeller Pressed Soybean 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)
300	8.47	410	150	16	3	0	130	800	46	8	6	22

ALLERGENS

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

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)
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			

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	

Chicken Caesar & Bacon 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), Caesar Dressing (Non-GMO Expeller Pressed Canola Oil, Filtered Water, Imported Pecorino Romano Cheese (Sheep's Milk, Cheese Culture, Salt, Enzymes), Lemon Juice Concentrate, Roasted Garlic, Pasteurized Egg Yolk, Non-Fat Dry Milk, Sea Salt, Spices, Worcestershire Sauce (Distilled White Vinegar, Molasses, Sugar, Water, Salt, Onions, Anchovies, Garlic, Cloves, Tamarind Extract, Natural Flavoring, Chili Pepper Extract), Anchovies (Anchovies, Salt, Olive Oil), Lactic Acid, Soy Sauce (Water, Wheat, Soybeans, Salt), Xanthan Gum (Stabilizer)), 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)
232	7.11	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			

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)
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			

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			

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			

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, Herby Ranch (Sour Cream (Grade A Cultured Cream), Mayonnaise ((Organic Expeller Pressed Soybean 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)), 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	X			

SALADS

Pret's Chef Salad - Box

FULL DECLARATION

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

Herb Ranch Dressing: Sour Cream (Grade A Cultured Cream), Mayonnaise ((Expeller Pressed Soybean Oil, Water, Cage-Free Organic Egg Yolks, Cage-Free Whole Eggs, White Vinegar, Salt, White Mustard (Organic Distilled Vinegar, Water, Mustard Seeds, Salt, and Organic Spices), Lemon Juice Concentrate), Buttermilk (Cultured Low Fat Milk, Salt), Dill, Chives, Lemon Juice, Garlic Powder, 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)
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	X				

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: Balsamic Vinaigrette (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										

Pret's Protein Salad - Box

FULL DECLARATION

Salad: Grain Mix (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		

SALADS

Kale Chicken Caesar Salad - Box

FULL DECLARATION

Salad: Romaine, Chicken (Chicken Breast, Water, Sea Salt), Kale, 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), Parmesan Cheese Crisps Parmesan Cheese (Pasteurized Part Skimmed Milk, Cheese Cultures, Sea Salt, Enzymes), Lemon

Caesar Dressing: Non-GMO Expeller Pressed Canola Oil, Filtered Water, Imported Pecorino Romano Cheese (Sheep's Milk, Cheese Culture, Salt, Enzymes), Lemon Juice Concentrate, Roasted Garlic, Pasteurized Egg Yolk, Non-Fat Dry Milk, Sea Salt, Spices, Worcestershire Sauce (Distilled White Vinegar, Molasses, Sugar, Water, Salt, Onions, Anchovies, Garlic, Cloves, Tamarind Extract, Natural Flavoring, Chili Pepper Extract), Anchovies (Anchovies, Salt, Olive Oil), Lactic Acid, Soy Sauce (Water, Wheat, Soybeans, Salt), 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)
300	8.86	640	440	49	9	0	80	1080	14	2	5	33

ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
		ANCHOVY		X	X	X	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)
425	12.38	650	388	44	3.5	0	0	1230	56	10	19	15

ALLERGENS

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

Vegan Rainbow Salad - Box

FULL DECLARATION

Salad: Grain Mix (Red Quinoa, White Quinoa, Lemon Juice (Water, Concentrated Lemon Juice), Extra Virgin Olive Oil, Salt, Cumin, Black Pepper), Spinach, Mangos, Pickled Cabbage & Carrot Mix (Red Cabbage, Carrots, Cane Sugar, Water, Rice Vinegar, Sea Salt), Shredded Carrots, Sliced Almonds, Lemon Juice, Basil

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)
339	9.57	510	250	27	1	0	0	1000	55	7	20	14

ALLERGENS

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

SALADS

Sesame Salmon, Mango & Avocado Grain Salad - Box

FULL DECLARATION

Salad: Atlantic Salmon (Atlantic Salmon, Salt), Grain Mix (Red Quinoa, White Quinoa, Lemon Juice (Water, Concentrated Lemon Juice), Extra Virgin Olive Oil, Salt, Cumin, Black Pepper), Avocados, Spinach, Mangos, Pickled Cabbage & Carrot Mix (Red Cabbage, Carrots, Cane Sugar, Water, Rice Vinegar, 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		

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

Herb Ranch Dressing

FULL DECLARATION

Sour Cream (Grade A Cultured Cream), Mayonnaise ((Organic Expeller Pressed Soybean 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)

NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from 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			X	

Caesar Dressing

FULL DECLARATION

Non-GMO Expeller Pressed Canola Oil, Filtered Water, Imported Pecorino Romano Cheese (Sheep's Milk, Cheese Culture, Salt, Enzymes), Lemon Juice Concentrate, Roasted Garlic, Pasteurized Egg Yolk, Non-Fat Dry Milk, Sea Salt, Spices, Worcestershire Sauce (Distilled White Vinegar, Molasses, Sugar, Water, Salt, Onions, Anchovies, Garlic, Cloves, Tamarind Extract, Natural Flavoring, Chili Pepper Extract), Anchovies (Anchovies, Salt, Olive Oil), Lactic Acid, Soy Sauce (Water, Wheat, Soybeans, Salt), 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	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					

DRESSING

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	

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

POTS

Egg & Quinoa Pot

FULL DECLARATION

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

NUTRITIONALS

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

ALLERGENS

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

Egg & Spinach Pot

FULL DECLARATION

Egg, Spinach

NUTRITIONALS

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

ALLERGENS

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

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, Wheat Flour, Sunflower Oil, Safflower Oil, Sea 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			

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 (Red Quinoa, White Quinoa, Lemon Juice (Water, Concentrated Lemon Juice), Extra Virgin Olive Oil, Salt, Cumin, 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	1210	74	5	5	31

ALLERGENS

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

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	

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, Wheat Flour, Sunflower Oil, Safflower Oil, Sea 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)
221	6.24	620	281	32	15	0	90	1700	53	2	1	31

ALLERGENS

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

SOUPS

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

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	

HOT FOOD

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

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		

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		

Harvest Cookie

FULL DECLARATION

Rollled 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		

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	

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	

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	

BAKERY

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	

Soup Bread (Baguette)

FULL DECLARATION

White Baguette (Wheat Flour, Water, Yeast, Salt, Wheat Gluten, Deactivated Yeast, 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)
55	1.55	150	10	1.5	0	0	0	330	29	2	1	5

ALLERGENS

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

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

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

SNACKS

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

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

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

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

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

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

SNACKS

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	

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	

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 Nonfat Dry Milk Powder, Organic Cocoa Powder (Processed With Alkali), Organic Guar Gum, Organic Carob Bean Gum, Sea Salt, Organic Vanilla Powder (Organic Vanilla Extract, Organic Maltodextrin, Organic Gum Arabic))

NUTRITIONALS

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

ALLERGENS

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

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 Nonfat Dry Milk Powder, Organic Cocoa Powder (Processed With Alkali), Organic Guar Gum, Organic Carob Bean Gum, Sea Salt, Organic Vanilla Powder (Organic Vanilla Extract, Organic Maltodextrin, Organic Gum Arabic)), Espresso

NUTRITIONALS

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

ALLERGENS

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

Iced Mocha

FULL DECLARATION

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

NUTRITIONALS

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

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

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

BARISTA PREPARED DRINKS

Nutritionals are based off drinks being made with skim milk

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

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

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	

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	

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

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

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

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

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

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