

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

Plain Whole Milk Greek Yogurt (Cultured Pasteurized Grade A Milk; Contains Live and Active Cultures), Banana, Honey, 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

Plain Whole Milk Greek Yogurt (Cultured Pasteurized Grade A Milk; Contains Live And Active Cultures), Granola (Gluten Free Oat Flakes, Apple and 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

Plain Whole Milk Greek Yogurt (Cultured Pasteurized Grade A Milk; Contains Live And Active Cultures), Granola (Gluten Free Oat Flakes, Apple And Cinnamon Glaze (Muscovado Sugar, Golden Syrup, Water, Concentrated Apple Juice, Cinnamon, Salt), Pumpkin Seeds, Raisins, Sunflower Oil, Golden Linseed, Buckwheat Flakes), Apple, Sugar, 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

Plain Whole Milk Greek Yogurt (Cultured Pasteurized Grade A Milk; Contains Live And Active Cultures), Apple, Granola (Gluten Free Oat Flakes, Apple And Cinnamon Glaze (Muscovado Sugar, Golden Syrup, Water, Concentrated Apple Juice, Cinnamon, Salt), Pumpkin Seeds, Raisins, Sunflower Oil, Golden Linseed, Buckwheat Flakes), Honey, Dried Cranberries (Cranberries, Sugar), Pomegranate Seeds, 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

Plain Whole Milk Greek Yogurt (Cultured Pasteurized Grade A Milk; Contains Live And Active Cultures), Granola (Gluten Free Oat Flakes, Apple And 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 Juice 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

Plain Whole Milk Greek Yogurt (Cultured Pasteurized Grade A Milk; Contains Live And Active Cultures), Blueberry Compote (Blueberries, Sugar, Lemon Juice, Wild Blueberry Juice 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

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

NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
216	7.60	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

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

NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
184	6.50	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 & Bacon Brioche

FULL DECLARATION

Brioche Roll (Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Part-Skim Milk, Egg, Butter, Sugar, Yeast, Wheat Gluten, Salt, Water, Malted Wheat Flour, Ascorbic Acid, Enzymes), Cage Free Whole Eggs (Eggs, Citric Acid To Preserve Color), Uncured Bacon (Pork Prepared With Water, Salt, Turbinado Sugar, Celery Powder), Milk, Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Salt And Black Pepper, Cooking Spray (Expeller Pressed Canola Oil And 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)
171	4.83	420	208	23	11	0	290	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), Part-Skim Milk, Egg, Butter, Sugar, Wheat Gluten, Salt, Water, Malted Wheat Flour, Ascorbic Acid, Enzymes), Cage Free Whole Eggs (Eggs, Citric Acid To Preserve Color), Milk, Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Salt And Black Pepper, Cooking Spray (Expeller Pressed Canola Oil And 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)
159	4.49	370	160	17	9	0	280	590	32	1	6	18

ALLERGENS

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

Egg White & Veggie Brioche

FULL DECLARATION

Brioche Roll (Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Part-Skim Milk, Egg, Butter, Sugar, Yeast, Wheat Gluten, Salt, Water, Malted Wheat Flour, Ascorbic Acid, Enzymes), Cage Free Pasteurized Egg Whites, Milk, Mushrooms, Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Roasted Cherry Tomatoes (Tomatoes, Sunflower Oil, Garlic, Salt, Oregano), Spinach, Salt And Black Pepper, Cooking Spray (Expeller Pressed Canola Oil And 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)
191	5.39	330	113	12	7	0	60	670	36	2	7	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 (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	10.70	200	52	6	3.5	0	20	730	9	1	4	28

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 (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	10.60	400	220	25	10	0	710	870	6	1	4	36

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)
335	11.80	440	250	28	11	0	795	750	9	1	6	34

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 (Pasteurized Milk, Salt, Lactic Starters, Microbial Coagulant), Water, Emmental Cheese (Pasteurized Milk, Lactic Starters, Salt, Microbial Coagulant), Tomato Paste (Tomato, Salt, Palm Fat, Emulsifier (Mono-and Diglycerides of Fatty Acids), Egg, Yeast, Sugar, Acidity Regulator (Citric Acid)), Carrot, Zucchini, Sunflower Oil, Tomato Concentrate, Onion, Wheat Gluten, Flavoring, Herbs (Savory, Rosemary, Thyme, Marjoram, Oregano, Basil), White Pepper, Flour Treatment Agent (Ascorbic Acid)

NUTRITIONALS

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

ALLERGENS

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

Steel-Cut Oatmeal

FULL DECLARATION

Steel Cut Oatmeal (Water, 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)
14	0.4	60	17	2	0	0	0	0	9	1	4	2

ALLERGENS

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

SANDWICHES

Balsamic Chicken & Avocado Sandwich

FULL DECLARATION

Avocados, Multigrain Bread (Enriched Flour (Wheat Flour, Calcium Carbonate, Reduced Iron, Niacin, Thiamin), Water, Malted Wheat Flakes, Wheat Bran, Wheat Gluten, Vinegar, Salt, Malted Barley Flour, Yeast, Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono-and Diglycerides of Fatty Acids, Ascorbic Acid), Chicken Breast (Chicken Breast Meat, Water, Sea Salt), Balsamic Dressing (Canola oil, Balsamic Vinegar (Wine Vinegar, Concentrated Grape Must), Honey, Garlic Puree (Garlic, Vinegar), Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Red Pepper), Water, Salt, Pepper, Xanthan Gum (Stabilizer), Granulated Onion), Mesclun, Basil, Lemon Juice)

NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
253	8.90	505	210	24	3	0	36	865	48	10	5	23

ALLERGENS

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

California Club Sandwich

FULL DECLARATION

Avocados, Multigrain Bread (Enriched Flour (Wheat Flour, Calcium Carbonate, Reduced Iron, Niacin, Thiamin), Water, Malted Wheat Flakes, Wheat Bran, Wheat Gluten, Vinegar, Salt, Malted Barley Flour, Yeast, Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono-and Diglycerides of Fatty Acids, Ascorbic Acid), Tomatoes, Turkey Breast (Turkey Breast, Water, Salt, Sugar), Cage-Free Eggs, Herby Ranch (Sour Cream (Cultured Cream), Mayonnaise (Expeller Pressed Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains less than 2% of Salt, Spice, Lemon Juice Concentrate), Buttermilk (Cultured Low-Fat Milk, Salt), Dill, Chives, Lemon Juice, Garlic Powder, Sea Salt, Onion Powder, Xanthan Gum (Stabilizer)), Mesclun, Yogurt (Cultured Pasteurized Milk, Live and Active Cultures (S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei)), Lemon Juice, Pret's Seasoning (Salt, Black Pepper).

NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
351	12.40	505	200	22	4	0	120	1090	52	11	7	22

ALLERGENS

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

Cheddar & Tomato Sandwich

FULL DECLARATION

Multigrain Bread (Enriched Flour (Wheat Flour, Calcium Carbonate, Reduced Iron, Niacin, Thiamin), Water, Malted Wheat Flakes, Wheat Bran, Wheat Gluten, Vinegar, Salt, Malted Barley Flour, Yeast, Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono-and Diglycerides of Fatty Acids, Ascorbic Acid), Tomatoes, Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Mustard Mayo (Canola Oil, Whole Grain Mustard (Water, Mustard Seed, Vinegar, Salt, Citric Acid, Turmeric), Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Red Pepper), Egg Yolk, Water, Whole Egg (Whole Eggs, Citric Acid), Honey, White Distilled Vinegar, Sea Salt, Lemon Juice Concentrate), Mesclun, Pret's Seasoning (Salt, Black Pepper).

NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
231	8.10	475	220	24	10	0	48	1090	43	6	5	19

ALLERGENS

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

SANDWICHES

Chicken & Bacon Sandwich

FULL DECLARATION

Multigrain Bread (Enriched Flour (Wheat Flour, Calcium Carbonate, Reduced Iron, Niacin, Thiamin), Water, Malted Wheat Flakes, Wheat Bran, Wheat Gluten, Vinegar, Salt, Malted Barley Flour, Yeast, Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids, Ascorbic Acid), Tomatoes, Chicken (Chicken Breast, Water, Sea Salt), Mayonnaise (Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains Less Than 2%: Salt, Spice, Lemon Juice Concentrate), Mesclun, Niman Ranch Bacon (Pork, Water, Salt, Turbinado Sugar, Celery Powder).

NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
282	9.90	570	280	31	5	0	64	1040	44	6	6	25

ALLERGENS

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

Egg Salad & Arugula Sandwich

FULL DECLARATION

Multigrain Bread (Enriched Wheat Flour (Wheat Flour, Calcium Carbonate, Reduced Iron, Niacin, Thiamin), Water, Malted Wheat Flakes, Wheat Bran, Yeast, Spirit Vinegar, Salt, Wheat Gluten, Malted Barley Flour, Mono- and Diglycerides of Fatty Acids and Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Wheat Starch, 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), 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)
196	6.91	500	250	27	4.5	0	305	770	45	5	4	18

ALLERGENS

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

Turkey Pesto Sandwich

FULL DECLARATION

Multigrain Bread (Enriched Flour (Wheat Flour, Calcium Carbonate, Reduced Iron, Niacin, Thiamin), Water, Malted Wheat Flakes, Wheat Bran, Wheat Gluten, Vinegar, Salt, Malted Barley Flour, Yeast, Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids, Ascorbic Acid), Tomatoes, 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, Lemon Juice, Spinach, Roasted Garlic, Sea Salt, Lemon Zest, Xanthan Gum), Mayonnaise (Expeller Pressed 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)
255	9	360	80	9	1.5	0	35	1150	44	6	6	23

ALLERGENS

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

SANDWICHES

Tuna Salad Sandwich

FULL DECLARATION

Multigrain Bread (Enriched Wheat Flour (Wheat Flour, Calcium Carbonate, Reduced Iron, Niacin, Thiamin), Water, Malted Wheat Flakes, Wheat Bran, Yeast, Spirit Vinegar, Salt, Wheat Gluten, Malted Barley Flour, Mono- and Diglycerides of Fatty Acids and Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Wheat Starch, Ascorbic Acid), 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)
239	8.43	490	220	24	2	0	45	870	46	5	3	20

ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
		TUNA		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)
311	8.77	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

Baguette (Wheat Flour, Water, Yeast, Salt, Wheat Gluten, Deactivated Yeast, Flour Treatment Agent (Ascorbic Acid)), Tomato, Fresh Mozzarella Cheese (Pasteurized Milk, Vinegar, Salt, Enzymes), Parmesan Cheese (Pasteurized Cultured Part-Skim Milk, Salt, Enzymes, Potato Starch And Powdered Cellulose To Prevent Caking), Arugula, Plain Whole Milk Greek Yogurt (Cultured Pasteurized Grade A Milk; Contains Live And Active Cultures), Mayonnaise (Expeller Pressed Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, 2% Or Less: Salt, Spice, Lemon Juice Concentrate), Basil, Salt And Black Pepper

NUTRITIONALS

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

ALLERGENS

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

Chicken Caesar & Bacon Baguette

FULL DECLARATION

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

NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
232	8.20	650	280	31	5	0	55	1240	62	4	4	28

ALLERGENS

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

BAGUETTES

Pret's Famous Ham & Cheese Baguette

FULL DECLARATION

Baguette (wheat flour, water, yeast, salt, wheat gluten, deactivated yeast, flour treatment agent (ascorbic acid)), uncured ham (pork, water, sea salt, 2% or less: lemon juice concentrate, vinegar, turbinado sugar, celery powder, cherry powder), Swiss cheese (cultured pasteurized part-skim milk, salt, enzymes), mustard mayo sauce (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), lettuce.

NUTRITIONALS

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

Baguette (wheat flour, water, yeast, salt, wheat gluten, deactivated yeast, flour treatment agent (ascorbic acid)), tuna (tuna fish, water, salt), mayonnaise (expeller pressed canola oil, cage-free egg yolks, water, honey, distilled vinegar, cage-free whole egg, 2% or less: salt, spice, lemon juice concentrate), cucumber, salt and black pepper.

NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
264	9.30	580	240	26	2.5	0	40	1080	61	4	4	23

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

Avocado, multigrain tortilla (enriched flour (wheat flour, calcium carbonate, reduced iron, niacin, thiamin mononitrate), water, malted rye flakes, rapeseed oil, vegetable glycerin, leavening (diphosphates, sodium bicarbonate), dried fermented wheat flour, emulsifier (mono and di-glycerides of fatty acids), salt, citric acid, wheat flour, wheat starch, flour treatment agent (L-cysteine hydrochloride)), tomato, spinach, cucumber, pine nuts, plain whole milk Greek yogurt (cultured pasteurized grade A milk; contains live and active cultures), parmesan cheese (pasteurized cultured part-skim milk, salt, enzymes, potato starch and powdered cellulose to prevent caking), mayonnaise (expeller pressed canola oil, cage-free egg yolks, water, honey, distilled vinegar, cage-free whole egg, 2% or less: salt, spice, lemon juice concentrate), lemon juice, basil, salt and black pepper.

NUTRITIONALS

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

ALLERGENS

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

Bang Bang Chicken Wrap

FULL DECLARATION

Chicken breast (chicken breast meat, water, sea salt), multigrain tortilla (enriched flour (wheat flour, calcium carbonate, reduced iron, niacin, thiamin mononitrate), water, malted rye flakes, rapeseed oil, vegetable glycerin, leavening (diphosphates, sodium bicarbonate), dried fermented wheat flour, emulsifier (mono and di-glycerides of fatty acids), salt, citric acid, wheat flour, wheat starch, flour treatment agent (L-cysteine hydrochloride)), 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 style dressing (tofu (water, soybeans, calcium sulfate, glucono delta lactone), tamari soy sauce (water, soybeans, salt, alcohol), sugar, tahini (sesame seed), white wine vinegar, water, ginger puree, toasted sesame seed oil, canola oil, lime juice, lemon juice concentrate, xanthan gum), carrots, cucumber, cilantro, 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	770	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, Herb Ranch (Sour Cream (Grade A Cultured Cream), Mayonnaise ((Expeller Pressed Canola Oil, Water, Cage-Free Egg Yolks, Cage-Free Whole Eggs, White Vinegar, Salt, White Mustard (Distilled Vinegar, Water, Mustard Seeds, Salt, Spices), 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			

SALADS

Chicken Avocado Salad - Box

FULL DECLARATION

Salad: Avocado, Chicken Breast (Chicken Breast Meat, Water, Sea Salt), Lettuce, Tomatoes, Dried Cranberries (Cranberries, Sugar), Walnuts, Lemon Juice

Balsamic Dressing: Canola Oil, Balsamic Vinegar, Honey, Garlic Puree (Garlic, Vinegar), Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Red Pepper), 2% Or Less: Filtered Water, Salt, Black Pepper, Xanthan Gum, Dehydrated Onion

NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
355	103.41	680	460	51	4.50	0	45	660	33	9	18	22

ALLERGENS

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

Chicken Caesar Salad-Box

FULL DECLARATION

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

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

NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
305	10.70	565	440	45	9	0	80	855	11	2	4	32

ALLERGENS

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

Mediterranean Mezze Salad - Box

FULL DECLARATION

Salad: Falafel Balls (Garbanzo Beans, Onions, Garbanzo Bean Flour, Chickpeas, Corn Oil, Cilantro, Mint, Parsley, Garlic (Garlic, Water), Salt, Olive Oil, Water, Baking Powder, Cumin, Lemon Juice Concentrate, Turmeric, Cayenne Pepper), Lettuce, Hummus (Garbanzo Beans, Water, Tahini (Sesame Seeds), Expeller Pressed Canola Oil, Lemon Juice, Salt, Garlic Powder, Citric Acid, Xanthan Gum), Cucumber, Beets, Pickled Carrot And Cabbage Salad (Red Cabbage, Carrots, Cane Sugar, Water, Rice Vinegar, Sea Salt), Pomegranate Seeds, Pine Nut

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

NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
435	12.38	590	322	35	1	0	0	1380	57	13	19	15

ALLERGENS

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

SALADS

Pret's Chef Salad - Box

FULL DECLARATION

Salad: Lettuce, Turkey (Turkey Breast, Water, Salt, Raw Sugar), Avocado, Hard Cooked Egg, Tomatoes, Cucumber, Uncured Bacon (Pork Prepared With Water, Salt, Turbinado Sugar, Celery Powder), Lemon Juice

Herb Ranch Dressing: Sour Cream (Cultured Cream), Mayonnaise (Expeller Pressed Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, 2% Or Less: Salt, Spice, Lemon Juice Concentrate), Buttermilk (Cultured Low-Fat Milk, Salt), Dill, Chives, Lemon Juice, Garlic Powder, Sea Salt, Onion Powder, Xanthan Gum

NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
420	12.24	530	370	41	3.5	0	260	870	14	5	6	26

ALLERGENS

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

Sesame Salmon, Mango & Avocado Grain Salad - Box

FULL DECLARATION

Salad: Salmon (Atlantic Salmon (Color Added), Salt), Quinoa Blend (Red Quinoa, Quinoa, Lemon Juice (Water, Concentrated Lemon Juice), Extra Virgin Olive Oil, Salt, Cumin, Black Pepper), Avocado, Spinach, Mango, Pickled Carrot And Cabbage Salad (Red Cabbage, Carrots, Cane Sugar, Water, Rice Vinegar, Sea Salt) Pomegranate Seeds, Lemon Juice.

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

NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
393	13.80	650	305	34	4	0	30	1120	60	7	26	27

ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
		SALMON				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 From Concentrate (Water, Lemon Juice Concentrate), Shallot, Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Red Pepper), Lemon Zest, Sugar, Sea Salt, Onion Powder, Xanthan Gum

NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
311	9.17	490	250	27	1	0	0	910	54	9	22	8

ALLERGENS

CONTAINS:									RECIPE IS:	
Nuts	Peanut	Fish	Crustacean	Eggs	Milk	Soy	Wheat	Sesame	Vegetarian	Vegan
ALMONDS									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 ((Expeller Pressed Canola Oil, Water, Cage-Free Egg Yolks, Cage-Free Whole Eggs, White Vinegar, Salt, White Mustard (Distilled Vinegar, Water, Mustard Seeds, Salt, 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)
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	

Caesar Dressing

FULL DECLARATION

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

NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
57	2	305	290	32	4	0	10	220	6	0	2	2

ALLERGENS

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

Falafel & Red Peppers Hot Wrap

FULL DECLARATION

Wrap (Unbleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Water, Palm Oil, Cultured Wheat, Wheat Gluten, Salt, Sugar, Sodium Bicarbonate, Mono- And Diglycerides, Sodium Acid Pyrophosphate, Fumaric Acid, Yeast, Guar Gum, Carboxymethylcellulose Gum, Xanthan Gum, Enzymes), Falafel Balls (Garbanzo Beans, Onions, Garbanzo Bean Flour, Chickpeas, Corn Oil, Cilantro, Mint, Parsley, Garlic (Garlic, Water), Salt, Olive Oil, Water, Baking Powder, Cumin, Lemon Juice Concentrate, Turmeric, Cayenne Pepper), Marinara Sauce (Tomatoes, Olive Oil, Onion, Salt, Garlic, Basil, Black Pepper, Oregano), Feta Cheese (Pasteurized Milk, Salt, Cheese Cultures, Enzymes), Red Bell Pepper, Plain Whole Milk Greek Yogurt (Cultured Pasteurized Grade A Milk; Contains Live And Active Cultures), Mayonnaise (Expeller Pressed Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, 2% Or Less: Salt, Spice, Lemon Juice Concentrate).

NUTRITIONALS

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

ALLERGENS

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

Pret's Chicken Parm Hot Wrap

FULL DECLARATION

Tortilla Wrap (Unbleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid) Water, Palm Oil, Cultured Wheat, Wheat Gluten, Salt, Sugar, Sodium Bicarbonate, Mono- And Diglycerides, Sodium Acid Pyrophosphate, Fumaric Acid, Yeast, Guar Gum, CMC Gum, Xanthan Gum, Enzymes), Tomato Sauce (Italian Tomatoes, Pure Olive Oil, Fresh Onions, Salt, Fresh Garlic, Fresh Basil, Black Pepper, Oregano), Chicken (Chicken Breast, Water, Sea Salt), Red Peppers, Veggie Parmesan (Pasteurized Cultured Part-Skim Milk, Salt, Enzymes, Potato Starch, Powdered Cellulose), Provolone (Pasteurized Milk, Salt, Enzymes), Crispy Onions (Onions, Palm Fruit Oil, Wheat Flour, Salt), Pret's Seasoning (Salt, Black Pepper)

NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
293	6.06	550	203	23	9	0	65	1340	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, Quinoa, Lemon Juice (Water, Concentrated Lemon Juice), Extra Virgin Olive Oil, Salt, Cumin, Black Pepper), Corn, Spicy Chipotle Sauce (Roasted Red Peppers (Red Peppers, Water, Salt, Citric Acid, Calcium Chloride), Chipotle in Adobo (Chipotle Peppers, Water, Onion, Tomato Paste, Salt, Sugar, Vinegar), Diced Tomatoes (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, Ground Red Pepper), Fontina Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Cellulose (Anti-Caking)), Black Beans (Black Turtle Beans, Water, Kombo Seaweed), Red Bell 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)
329	11.60	600	171	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			

GRILLED CHEESE

Pret's Classic Grilled Cheese

FULL DECLARATION

Sourdough bread (enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, 2% or less: yeast, salt, fermented wheat flour, cultured wheat flour, lactic acid, ascorbic acid, wheat gluten, enzymes), cheddar cheese (cultured pasteurized milk, salt, enzymes), fontina cheese (cultured pasteurized milk, salt, enzymes, cellulose to prevent caking), Swiss cheese (cultured pasteurized part-skim milk, salt, enzymes), mayonnaise (expeller pressed canola oil, cage-free egg yolks, water, honey, distilled vinegar, cage-free whole egg, 2% or less: salt, spice, lemon juice concentrate), crispy onions (onions, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sunflower and/or safflower oil, salt), salt and black pepper.

NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
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 Bread (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, 2% Or Less: Yeast, Salt, Fermented Wheat Flour, Cultured Wheat Flour, Lactic Acid, Ascorbic Acid, Wheat Gluten, Enzymes), Uncured Ham (Pork, Water, Sea Salt, 2% Or Less: Lemon Juice Concentrate, Vinegar, Turbinado Sugar, Celery Powder, Cherry Powder), Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Fontina Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Cellulose To Prevent Caking), Mustard Mayo Sauce (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

Water, Lentils, Onions, Carrots, Celery, Turnips, Olive Oil, Tomato Paste (Tomatoes, 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

Macaroni Mix (Ditalini Pasta (Semolina, Wheat Flour), Whole Milk, 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, Spice), Spinach, Tomatoes, Panko Bread Crumbs (Wheat Flour, Palm Oil, Salt, Yeast)

NUTRITIONALS

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

ALLERGENS

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

BAKERY

Almond Croissant

FULL DECLARATION

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

NUTRITIONALS

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

ALLERGENS

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

Blueberry Muffin

FULL DECLARATION

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

NUTRITIONALS

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

ALLERGENS

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

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	

BAKERY

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	

Dark Chocolate and Almond Butter Cookie

FULL DECLARATION

Enriched Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Nicotinamide, Thiamin), Brown Sugar, Dark Chocolate (Cocoa Mass, Sugar, Cocoa Butter, Lecithins (Emulsifier), Flavoring), Corn Syrup, Almond Butter (Almond, Sea Salt), Sugar, Coconut Oil, Almond, Invert Sugar, Cocoa Powder, Water, Wheat Fiber, Sea Salt, Sodium Bicarbonate (Leavening Agent)

NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
86	3.03	380	193	15	8	0	0	290	51	3	31	7

ALLERGENS

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

Double Chocolate Pecan Cookie

FULL DECLARATION

Wheat Flour, Butter (Cream, Salt), Brown Sugar, Pecan, Cane Sugar, Chocolate Chunks (Sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin (An Emulsifier), Vanilla), Milk Chocolate Chunks (Sugar, Whole Milk Powder, Cocoa Butter, Chocolate Liquor, Soy Lecithin, Salt, Natural Vanilla Extract), Eggs, Baking Soda, Sunflower Lecithin, Sea Salt, 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)
71	2.50	340	180	20	8	0	40	353	37	2	22	4

ALLERGENS

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

BAKERY

Harvest Cookie

FULL DECLARATION

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

NUTRITIONALS

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

ALLERGENS

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

Ollie the Jolly Snowman Cookie

FULL DECLARATION

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

NUTRITIONALS

Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
50	1.75	180	82	9	6	0	20	30	20	0	11	2

ALLERGENS

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

Pain Au Chocolat

FULL DECLARATION

Enriched Flour (Unbleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Unsalted Butter (Cream, Natural Flavorings), Chocolate (Sugar, Cocoa Paste, Cocoa Butter, Emulsifier: 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	

BAKERY

Pain Au Raisin

FULL DECLARATION

Confectioner's Custard (Pasteurized Fresh Whole Milk, Sugar, Eggs, Food Starch-Modified, Water, Milk Whey Powder, Dry Whole Milk, Natural Caramel Flavor, Natural Flavors, Maltodextrin, Xanthan Gum, Beta-Carotene Color From Natural Origin), Wheat Flour, Butter, Water, Raisins, Cane Sugar, Yeast, Wheat Gluten, Eggs, Salt, Dry Whole Milk, Sugar, Wheat Sourdough (Water, Fermented Wheat Flour), Dough Conditioner (Ascorbic Acid), Beta-Carotene Color From Natural Origin, Enzymes

NUTRITIONALS

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

ALLERGENS

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

Plain Croissant

FULL DECLARATION

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

NUTRITIONALS

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

ALLERGENS

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

Soup Bread (Baguette)

FULL DECLARATION

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

Hot Chocolate- S'mores

FULL DECLARATION

Skim Milk , Chocolate Powder (Cane Sugar, Cocoa Powder - Processed with Alkali, Dark Chocolate (Chocolate Liquor, Cane Sugar, Cocoa Powder)), Toasted Marshmallow Syrup, Brown Sugar Whipped Cream

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	380	50	5	3.50	0	15	140	62	0	58	13
16oz	16	520	50	6	4	0	15	170	87	0	82	17
20oz	20	670	70	8	4.5	0	20	210	114	0	107	21

ALLERGENS

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

Hot Chocolate-Sea Salt Caramel

FULL DECLARATION

Skim Milk, Chocolate Powder (Cane Sugar, Cocoa Powder - Processed with Alkali, Dark Chocolate (Chocolate Liquor, Cane Sugar, Cocoa Powder)), Sea Salt Caramel Toffee Sauce, Brown Sugar Whipped Cream

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	370	50	6	4.50	0	20	350	59	0	53	12
16oz	16	540	70	8	6	0	25	530	87	0	79	18
20oz	20	690	90	10	7	0	30	690	114	0	103	23

ALLERGENS

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

Hot Chocolate-Hazelnut Praline

FULL DECLARATION

Skim Milk , Chocolate Powder (Cane Sugar, Cocoa Powder - Processed with Alkali, Dark Chocolate (Chocolate Liquor, Cane Sugar, Cocoa Powder)), Toasted Marshmallow Syrup, Brown Sugar Whipped Cream

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	370	50	5	3.50	0	15	150	59	0	56	13
16oz	16	500	50	6	4	0	15	180	84	0	78	17
20oz	20	650	70	8	4.5	0	20	220	110	0	103	21

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

Latte- Crème Brûlée

FULL DECLARATION

Skim Milk, Espresso, Crème Caramel Syrup, Brown Sugar Whipped Cream

NUTRITIONALS

Size	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
12oz	12	260	30	3	2	0	15	140	38	0	25	11
16oz	16	320	30	3	2	0	15	160	58	0	51	13
20oz	20	420	30	3	2	0	20	210	77	0	67	18

ALLERGENS

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

Latte- Sea Salt Caramel Toffee

FULL DECLARATION

Skim Milk, Espresso, Sea Salt Caramel Toffee Sauce, Brown Sugar Whipped Cream

NUTRITIONALS

Size	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
12oz	12	260	40	4	3	0	20	350	41	0	34	11
16oz	16	350	40	4.5	3.5	0	25	520	60	0	49	15
20oz	20	460	85	5	4	0	30	690	79	0	65	20

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

Crème Caramel Syrup

FULL DECLARATION

Pure Cane Syrup, Water, 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	90	0	0	0	0	0	0	23	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

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

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

Sea Salt Caramel Toffee Sauce

FULL DECLARATION

Sugar, Water, Non Fat Dry Milk, Corn Syrup, Butter Fat, Modified Food Starch, Sea Salt, Cultered Dectrose, Natural Flavor, Caramel Color, Disodium Phosphate

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	110	10	1	1	0	5	240	24	0	22	1

ALLERGENS

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

Toasted Marshmallow Syrup

FULL DECLARATION

Pure Cane Sugar, Water, 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	24	0

ALLERGENS

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

Vanilla Syrup

FULL DECLARATION

Speak to Barista / see packaging

NUTRITIONALS

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

ALLERGENS

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

BARISTA PREPARED DRINKS

Nutritionals are based off drinks being made with skim milk

Whipped Cream

FULL DECLARATION

Speak to Barista / see packaging

NUTRITIONALS

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

ALLERGENS

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

BARISTA MILKS

Almond Milk

FULL DECLARATION

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

NUTRITIONALS

Size	Serving Size (ml)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
8oz	240	70	41	4.5	0	0	0	180	7	1	5	2

ALLERGENS

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

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