

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

Banana

Serving Size: 118g/4.16oz Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Banana

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
100	0	0	0	0	0	27	3	14	0	1	0	78	0	517

Banana & Honey

Serving Size: 275g/9.70oz Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Almond, Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
360	11	3	0	25	55	54	4	39	0	15	0	185	1	630

Berry Parfait

Serving Size: 207g/7.30oz Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
280	10	3.5	0	25	55	32	3	18	0	16	0	166	1	289

Bircher Muesli

Serving Size: 237g/8.35oz Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Almond, Milk

INGREDIENTS:

Yogurt (Cultured Pasteurized Milk, Live and Active Cultures (*S. Thermophilus*, *L. Bulgaricus*, *L. Acidophilus*, *Bifidus*, *L. Casei*)), Julienne Apples, Granola (Gluten Free Oat Flakes, Apple Cinnamon Glaze (Muscovado Sugar, Golden Syrup, Water, Concentrated Apple Juice, Cinnamon, Salt), Pumpkin Seeds, Raisins, Sunflower Oil, Golden Linseed, Buckwheat Flakes), A1:AU263 Honey, Dried Cranberries (Cranberries, Sugar, Sunflower Oil), Sliced Almonds

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
310	9	3.5	0	25	60	41	3	29	5	16	0	182	1	306

Blueberry & Granola

Serving Size: 274g/9.67oz Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
360	13	5	0	40	85	39	3	25	5	23	0	256	1	365

YOGURT & FRUIT

Blueberry Yogurt

Serving Size: 158g/5.57oz Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
140	4.5	3	0	25	50	13	1	11	5	12	0	155	0	191

Blueberry Parfait

Serving Size: 199g/7.01oz Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Almond, Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
350	16	4	0	25	85	33	4	17	0	18	0	202	0	410

Cinnamon Apple Overnight Oats

Serving Size: 277g/8oz Recipe is: ☒ Vegetarian and ☒ Vegan

Common Allergens: Almond

INGREDIENTS:

Oat Milk (Water, Oats, Sunflower Oil, Salt, Potassium Carbonate (Acidity Regulator)), Oats, Julienne Apples, Almond Butter (Dry Roasted Unblanched Almonds), Light Brown Sugar (Brown Sugar), Ground Cinnamon

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
400	14	1	0	0	60	59	7	17	6	11	0	199	3	353

Lemon Ricotta Cheesecake

Serving Size: 147g/5.19oz Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Almond, Egg, Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
300	18	9	0	75	140	24	1	22	18	12	0	345	0	252

Little Cup of Goodness

Serving Size: 207g/7.30oz Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
300	10	3.5	0	25	55	38	3	23	5	16	0	169	1	281

Please be aware we use numerous ingredients in our kitchens and therefore cannot guarantee that any of our products are completely free of any allergen due to the potential for cross-contact. 10.14.20 v2 ★ PAGE 5

YOGURT & FRUIT

Mango & Lime

Serving Size: 150g/5.29oz Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Mango, Lime

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
90	0.5	0	0	0	0	22	3	19	0	1	0	20	0	242

Melon & Blueberry

Serving Size: 160g/5.64oz Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Cantaloupe, Blueberry

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
70	0	0	0	0	25	17	1	14	0	1	0	20	0	30

Pret's Acai Bowl

Serving Size: 207g/7.30oz Recipe is: ☒ Vegetarian and ☒ Vegan

Common Allergens: Almond

INGREDIENTS:

Acai Puree (Banana, Acai, Raspberry Puree, Blackberry Puree, Strawberry, Cherry, Gluten-Free Oat Flour), Banana, Granola (Gluten Free Oat Flakes, Apple Cinnamon Glaze (Muscovado Sugar, Golden Syrup, Water, Concentrated Apple Juice, Cinnamon, Salt), Pumpkin Seeds, Raisins, Sunflower Oil, Golden Linseed, Buckwheat Flakes), Almond Butter (Dry Roasted Unblanched Almonds), Julienne Apples

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
450	21	2.5	0	0	0	52	10	26	0	13	0	110	2	420

Pret's Little Acai

Serving Size: 95g/3.35oz Recipe is: ☒ Vegetarian and ☒ Vegan

Common Allergens: Almond

INGREDIENTS:

Acai Puree (Banana, Acai, Raspberry Puree, Blackberry Puree, Strawberry, Cherry, Gluten-Free Oat Flour), Julienne Apples, Almond Butter (Dry Roasted Unblanched Almonds), Sliced Almonds (Blanched Sliced Almonds)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
200	13	1.5	0	0	0	15	5	8	0	6	0	73	1	174

BREAKFAST BAGUETTES

Egg Salad & Avocado

Serving Size: 175g/6.17oz Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Egg, Wheat

INGREDIENTS:

White Baguette (Wheat Flour, Water, Yeast, Salt, Wheat Gluten, Deactivated Yeast, Flour Treatment Agent (Ascorbic Acid)), Egg Salad (Cage-Free Eggs, Cage-Free Mayonnaise (Non-GMO Canola Oil, Whole Eggs, Distilled Vinegar, Egg Yolks, Salt, Dextrose, Water, Natural Flavors, Lemon Juice Concentrate), Sea Salt, Black Pepper), Avocados, Lemon Juice, Seasoning (Salt, Black Pepper)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
440	24	3.5	0	210	790	42	5	3	0	14	1	43	2	310

Egg Salad & Bacon

Serving Size: 164g/5.78oz Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Egg, Wheat

INGREDIENTS:

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), Bacon (Pork, Water, Salt, Turbinado Sugar, Celery Powder), Seasoning (Salt, Black Pepper)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
510	27.0	7.0	0.0	220	1260	39	3	2	0	22	1	40	1	292

Egg Salad & Roasted Tomatoes

Serving Size: 157g/5.54oz Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Egg, Wheat

INGREDIENTS:

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), Roasted Tomatoes (Cherry Tomatoes, Rapeseed Oil, Salt, Dried Garlic, Oregano, Lemon Juice Concentrate), Seasoning (Salt, Black Pepper)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
410	20	2.5	0	210	890	42	3	4	0	14	1	39	1	150

HOT BREAKFAST

Egg White & Veggie Brioche

Serving Size: 191g/6.74oz Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

Brioche Roll (Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Partially Skimmed Milk (Milk, Vit. A Palmitate, Vit. D3), Egg, Butter, Sugar, Yeast, Wheat Gluten, Salt, Water, Malted Wheat Flour, Ascorbic Acid, Food Enzymes (Xylanase, Glucose-Oxydase, Lipase, Alpha-Amylase)), Liquid Egg White (Cage-Free Egg White), Whole Milk (Pasteurized Whole Milk, Vitamin D), Mushrooms, Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Roasted Tomatoes (Cherry Tomatoes, Rapeseed Oil, Salt, Dried Garlic, Oregano, Lemon Juice Concentrate), Spinach, Seasoning (Salt, Black Pepper), Cooking Spray (100% Expeller Pressed Canola Oil, Sunflower Lecithin, Propellant)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
330	13	7	0	60	660	35	2	7	3	18	1	154	2	324

Egg & Bacon Brioche

Serving Size: 189g/6.67oz Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

Brioche Roll (Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Partially Skimmed Milk (Milk, Vit. A Palmitate, Vit. D3), Cage-Free Egg, Butter (Cream), Sugar, Yeast, Wheat Gluten, Salt, Water, Malted Wheat Flour, Ascorbic Acid, Food Enzymes (Xylanase, Glucose-Oxidase, Lipase, Alpha-Amylase)), Liquid Whole Egg (Cage-Free Whole Egg, Citric Acid), Whole Milk (Pasteurized Whole Milk, Vitamin D), Niman Ranch Bacon (Pork, Water, Salt, Turbinado Sugar, Celery Powder), Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Seasoning (Salt, Black Pepper), Cooking Spray (Expeller Pressed Canola Oil, Sunflower Lecithin, Propellant)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
510	27	13	0	345	1090	33	1	6	3	28	1	187	3	368

Egg & Cheddar Brioche

Serving Size: 159g/5.60oz Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

Brioche Roll (Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Partially Skimmed Milk (Milk, Vit. A Palmitate, Vit. D3), Egg, Butter, Sugar, Yeast, Wheat Gluten, Salt, Water, Malted Wheat Flour, Ascorbic Acid, Food Enzymes (Xylanase, Glucose-Oxydase, Lipase, Alpha-Amylase)), Liquid Whole Egg (Cage-Free Whole Egg, Citric Acid), Whole Milk (Pasteurized Whole Milk, Vitamin D), Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Seasoning (Salt, Black Pepper), Cooking Spray (Expeller Pressed Canola Oil, Sunflower Lecithin, Propellant)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
370	17	9	0	315	590	33	1	6	3	18	1	183	3	218

Southwestern Breakfast Hot Wrap

Serving Size: 222g/7.83oz Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
380	14	6	0	250	580	46	5	3	0	19	1	140	2	300

HOT BREAKFAST

Southwestern Breakfast Wrap with Bacon

Serving Size: 252g/8.89oz Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
520	24	10	0	280	1080	46	5	3	0	29	1	144	2	450

Egg White Greek Frittata

Serving Size: 303g/10.68oz Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Egg, Milk

INGREDIENTS:

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), Seasoning (Salt, Black Pepper)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
210	6	3.5	0	20	700	6	1	4	0	28	1	238	0	550

Ham & Spinach Frittata

Serving Size: 300g/10.58oz Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Egg, Milk

INGREDIENTS:

Liquid Whole Egg (Cage-Free Whole Egg, Citric Acid), Whole Milk (Pasteurized Whole Milk, Vitamin D), Niman Ranch Smoked Ham (Pork, Water, Salt, 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, Seasoning (Salt, Black Pepper)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
400	24	10	0	800	850	5	0	4	0	35	1	398	4	506

Coconut Oatmeal

Serving Size: 302g/10.65oz Recipe is: ☒ Vegetarian and ☒ Vegan

Common Allergens: Coconut

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
250	11	9	0	0	20	32	5	1	0	6	0	33	4	258

HOT BREAKFAST

Steel Cut Oatmeal

Serving Size: 302g/10.65oz Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
220	3.5	0.5	0	0	160	39	6	0	0	7	0	37	2	159

Tomato Mozzarella Croissant

Serving Size: 106g/3.74oz Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

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)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
440	29	16	0	-	540	28	2	4	-	15	0	205	1	83

OATMEAL TOPPINGS

Topping – Almonds & Dried Cranberries

Serving Size: 14g/0.50oz Recipe is: ☒ Vegetarian and ☒ Vegan

Common Allergens: Almond

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
60	3	0	0	0	0	8	1	6	5	1	0	15	0	44

Topping – Brown Sugar & Cinnamon

Serving Size: 15g/0.53oz Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Light Brown Sugar, Ground Cinnamon

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
60	0	0	0	0	0	15	1	14	14	0	0	22	0	23

Topping – Granola

Serving Size: 30g/1.06oz Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
130	4	0.5	-	-	24	19	2	9	-	3	-	-	-	-

Topping – Granola, Dried Cranberries, Brown Sugar, Cinnamon

Serving Size: 30g/1.05oz Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Granola (Gluten Free Oat Flakes, Apple Cinnamon Glaze (Muscovado Sugar, Golden Syrup, Water, Concentrated Apple Juice, Cinnamon, Salt), Pumpkin Seeds, Sunflower Oil, Golden Linseed, Buckwheat Flakes), Dried Cranberries (Cranberries, Sugar, Sunflower Oil), Light Brown Sugar, Ground Cinnamon

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
120	2.5	0	0	0	15	23	2	15	10	2	0	15	1	71

SANDWICHES

Balsamic Chicken & Avocado

Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Wheat

INGREDIENTS:

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, Emulsifier, 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 (Flour Treatment Agent)), Avocados, Sliced Chicken (Chicken Breast, 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), Contains Less Than 2% of Filtered Water, Salt, Black Pepper, Xanthan Gum (To Provide Thickness), Dehydrated Onion), Mesclun, Lemon Juice, Basil

NUTRITIONAL INFORMATION: Serving Size: 237g/8.35oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
460	20	2.5	0	40	620	47	5	8	1	22	0	199	2	670

NUTRITIONAL INFORMATION - SLIM: Serving Size: 118g/4.16oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
230	10	1.5	0	20	310	23	2	4	1	11	0	99	1	335

Carrot & Hummus Granary

Serving Size: 268g/9.45oz Recipe is: ☒ Vegetarian and ☒ Vegan

Common Allergens: Wheat, Sesame

INGREDIENTS:

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, Emulsifier, 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 (Flour Treatment Agent)), Hummus (Garbanzo Beans, Water, Tahini (Sesame), Expeller Pressed Canola Oil, Lemon Juice, Salt, Garlic Powder, Citric Acid, Xanthan Gum), Grilled Carrots (Grilled Carrot, Rapeseed Oil, Concentrated Lemon Juice, Caraway, Salt, Red Pepper Flakes, Dried Garlic Flakes), Red Peppers, Pickled Cabbage & Carrot Mix (Red Cabbage, Carrot, Water, Sugar, Vinegar, Salt), Harissa Sauce (Chile Pepper Puree, Sundried Tomatoes, Canola Oil, Garlic, Caraway Seed, Coriander, Cumin, Sea Salt, Smoked Paprika), Arugula, Chili Salt (Paprika, Sea Salt, Chilli Flakes)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
480	18	0	0	0	1010	69	9	17	3	15	0	274	4	561

Cheddar & Tomato

Serving Size: 232g/8.18oz Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

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, Emulsifier, 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 (Flour Treatment Agent)), 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, Seasoning (Salt, Black Pepper)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
460	23	9	0	50	810	46	1	8	0	20	0	507	2	390

SANDWICHES

Chicken & Bacon

Serving Size: 282g/9.94oz Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Egg, Wheat

INGREDIENTS:

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, Emulsifier, 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 (Flour Treatment Agent)), Tomatoes, Sliced 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)

NUTRITIONAL INFORMATION: Serving Size: 282g/9.94oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
570	29	7	0.0	110	1230	33	1	6	0	38	0	159	2	742

NUTRITIONAL INFORMATION - SLIM: Serving Size: 141g/4.97oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
290	15	3.5	0	55	620	17	0	3	0	19	0	80	1	371

California Club

Serving Size: 352g/12.41oz Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

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, Emulsifier, 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 (Flour Treatment Agent)), Tomatoes, Avocados, Turkey (Turkey Breast, Water, Salt, Raw Sugar), Cage-Free Eggs, Yogurt 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), Mesclun, Yogurt (Cultured Pasteurized Milk, Live and Active Cultures (S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei)), Lemon Juice, Seasoning (Salt, Black Pepper)

NUTRITIONAL INFORMATION: Serving Size: 352g/12.41oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
490	20	3.5	0.0	130	710	53	6	10	0	28	0	245	3	915

Egg Salad & Arugula

Serving Size: 200g/7.05oz Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Egg, Wheat

INGREDIENTS:

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).

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
490	27	4.5	0	320	600	42	0	8	0	19	2	242	4	288

SANDWICHES

Pret's Thanksgiving Lunch

Serving Size: 242g/8.53oz Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

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, Emulsifier, 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 (Flour Treatment Agent)), Turkey (Turkey Breast, Water, Salt, Raw Sugar), Apply & Sage Stuffing (Stuffing Crumb (Enriched Wheat Flour [Enriched with Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Sugar, Sunflower Oil, Salt, Yeast), Water, Apples (Apples, Water, Ascorbic Acid, Citric Acid, Salt), Bread Crumb (Wheat Flour, Dextrose, Salt, Yeast), Onions, Celery, Butter (Cream, Salt), Canola Oil, Apple Juice Concentrate, Brown Sugar, Rosemary, Sage, Onion Powder, Sea Salt, Black Pepper), Cranberry Sauce (Cranberries, Pineapples (Pineapple, Unsweetened Pineapple Juice), Granny Smith Apples, Sugar, Pears, Water, Lemon Juices, Spices), Mayonnaise (Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains Less Than 2%: Salt, Spice, Lemon Juice Concentrate), Spinach, Crispy Onions (Onions, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sunflower and/or Safflower Oil, Sea Salt), Seasoning (Salt, Black Pepper).

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
490	16	2.5	0	35	860	60	2	14	6	25	0	213	4	465

Super Veggie

Recipe is: ☒ Vegetarian and ☒ Vegan

Common Allergens: Wheat

INGREDIENTS:

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, Emulsifier, 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 (Flour Treatment Agent)), Avocados, Red Tapenade (Semi-Dried Cherry Tomato, Semi-Dried Red Pepper, Rapeseed Oil, Tomato Concentrate, Sugar, Salt, Concentrated Lemon Juice, Garlic, Parsley, Chives, Basil, Basil Flavor), Red Peppers, Spinach, Kalamata Olives (Kalamata Olives, Water, Salt, Red Wine Vinegar, Extra Virgin Olive Oil), Lemon Juice, Seasoning (Salt, Black Pepper)

NUTRITIONAL INFORMATION: Serving Size: 221g/7.80oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
400	18	2.5	0	0	730	51	12	9	0	11	0	206	2	713

NUTRITIONAL INFORMATION - SLIM: Serving Size: 110g/3.88oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
200	9	1	0	0	340	25	3	5	0	5	0	106	1	359

Tuna Salad

Serving Size: 240g/8.47oz Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Tuna, Egg, Wheat

INGREDIENTS:

Tuna Salad (Albacore Tuna Fish, Skipjack Tuna Fish, Mayonnaise (Canola Oil, Whole Eggs, Distilled Vinegar, Egg Yolks (Egg Yolks, Salt), Salt, Sugar, Water, Lemon Juice Concentrate), Water, White Wine Vinegar, Lemon Juice), Multigrain Bread (Enriched Flour (Wheat Flour, Calcium Carbonate, Reduced Iron, Niacin, Thiamin), Water, Malted Wheat Flakes, Wheat Bran, Wheat Gluten, Vinegar, Salt, Malted Barley Flour, Yeast, Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids, Ascorbic Acid), Cucumbers, Seasoning (Salt, Black Pepper)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
670	34	3.5	0	50	890	54	0	8	0	33	0	242	3	479

BAGUETTES

Avo Olive & Toms

Recipe is: ☒ Vegetarian and ☒ Vegan

Common Allergens: Pine Nuts, Wheat, Sesame

INGREDIENTS:

Artisan Baguette (Wheat Flour, Water, Sourdough (Wheat Flour, Water, Sourdough Culture), Brown Flaxseed, Malted Wheat Flakes, Sunflower Seeds, Yeast, Salt, Wheatgerm, Potassium Chloride, Potassium Gluconate, Malted Wheat Flour, Enzymes), Olive Tapenade (Kalamata Olives (Salt), Rapeseed Oil, Concentrated Tomatoes, Concentrated Lemon Juice, Dried Garlic Flakes, Sugar, Parsley, Oregano), Roasted Tomatoes (Cherry Tomatoes, Rapeseed Oil, Salt, Dried Garlic, Oregano, Lemon Juice Concentrate), Arugula, Lemon Juice, Pine Nuts, Basil, Avocados, Seasoning (Salt, Black Pepper)

NUTRITIONAL INFORMATION: Serving Size: 252g/8.89oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
540	22	2.5	0	0	910	72	10	4	0	14	0	48	4	378

Balsamic Chicken & Mozzarella

Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Milk, Wheat

INGREDIENTS:

White Baguette (Wheat Flour, Water, Yeast, Salt, Wheat Gluten, Deactivated Yeast, Flour Treatment Agent (Ascorbic Acid)), Sliced Chicken (Chicken Breast, 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), Contains Less Than 2% of Filtered Water, Salt, Black Pepper, Xanthan Gum (To Provide Thickness), Dehydrated Onion), Arugula, Seasoning (Salt, Black Pepper)

NUTRITIONAL INFORMATION: Serving Size: 271g/9.55oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
570	21	6	0	65	1210	62	5	6	1	29	0	164	2	456

Pret's Caprese

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Egg, Milk, Sesame, Pine Nut, Wheat

INGREDIENTS:

Artisan Baguette (Wheat Flour, Water, Sourdough (Wheat Flour, Water, Sourdough Culture), Brown Flaxseed, Malted Wheat Flakes, Sunflower Seeds, Yeast, Salt, Wheatgerm, Potassium Chloride, Potassium Gluconate, Malted Wheat Flour, Enzymes), Mozzarella (Cultured Pasteurized Milk, Lactic/Citric Acid, Salt, Enzymes), Pesto (Parmesan Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Cellulose Powder (To Prevent Caking)), Expeller Pressed Canola Oil, Basil, Pine Nuts, Lemon Juice, Spinach, Roasted Garlic, Sea Salt, Lemon Zest, Xanthan Gum), Roasted Tomatoes (Cherry Tomatoes, Rapeseed Oil, Salt, Dried Garlic, Oregano, Lemon Juice Concentrate), 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, Basil

NUTRITIONAL INFORMATION: Serving Size: 229g/8.07oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
630	31	8	0	40	890	66	6	4	0	19	0	215	3	57

NUTRITIONAL INFORMATION - SLIM: Serving Size: 114g/4.02oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
320	15	4	0	20	440	33	3	2	0	10	0	108	1	28

BAGUETTES

Pret's Famous Ham & Cheese

Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

White Baguette (Wheat Flour, Water, Yeast, Salt, Wheat Gluten, Deactivated Yeast, Flour Treatment Agent (Ascorbic Acid)), Niman Ranch Smoked Ham (Pork, Water, Salt, Less Than 2%: Lemon Juice Concentrate, Vinegar, Turbinado Sugar, Celery Powder, Cherry Powder), Swiss Cheese (Cultured Pasteurized Part-Skim Milk, Salt, Enzymes), Mustard Mayo (Canola Oil, Whole Grain Mustard (Water, Mustard Seed, Vinegar, Salt, Citric Acid, Turmeric), Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Red Pepper), Egg Yolk, Water, Whole Egg (Whole Eggs, Citric Acid), Honey, White Distilled Vinegar, Sea Salt, Lemon Juice Concentrate), Mesclun

NUTRITIONAL INFORMATION: Serving Size: 231g/8.15oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
600	24	9	0	80	1660	62	4	4	1	31	0	349	1	371

NUTRITIONAL INFORMATION - SLIM: Serving Size: 116g/4.09oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
300	12	4.5	0	40	830	31	2	2	0	16	0	175	0	190

Pret's Italian

Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

White Baguette (Wheat Flour, Water, Yeast, Salt, Wheat Gluten, Deactivated Yeast, Flour Treatment Agent (Ascorbic Acid)), Prosciutto (Pork, Sea Salt), Sopressata (Pork, Sea Salt, Less than 2%: Turbinado Sugar, Spices, Natural Flavoring, Wine, Lactic Acid Starter Culture), Provolone (Pasteurized Milk, Salt, Enzymes), Mayonnaise (Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains Less Than 2%: Salt, Spice, Lemon Juice Concentrate), Arugula, Pickled Red Onion (Red Onion, Water, Sugar, Vinegar, Salt)

NUTRITIONAL INFORMATION: Serving Size: 209g/7.37oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
610	28	8	0	65	1770	63	4	6	0	27	0	135	2	228

Tuna & Cucumber

Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Tuna, Egg, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 204g/7.20oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
620	30	4.5	0	30	1140	58	4	3	0	25	0	47	1	115

FOCCACIAS

Classic Foccacia

Serving Size: 204g/7.20oz Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

Rosemary Focaccia (Wheat Flour (Wheat Flour, Calcium Carbonate, Reduced Iron, Niacin, Thiamin Mononitrate), Water, Extra Virgin Olive Oil, Rosemary, Salt, Yeast), Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Fontina (Cultured Pasteurized Milk, Salt, Enzymes, Cellulose to Prevent Caking), Swiss (Cultured Pasteurized Part-Skim Milk, Salt, Enzymes), Mayonnaise (Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains Less Than 2%: Salt, Spice, Lemon Juice Concentrate), Crispy Onions (Onions, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sunflower and/or Safflower Oil, Sea Salt), Seasoning (Salt, Black Pepper)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
650	41	14	0	65	850	49	2	1	0	23	0	505	3	141

Ham & Cheddar

Serving Size: 216g/7.62oz Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

Rosemary Focaccia (Wheat Flour (Wheat Flour, Calcium Carbonate, Reduced Iron, Niacin, Thiamin Mononitrate), Water, Extra Virgin Olive Oil, Rosemary, Salt, Yeast), Niman Ranch Smoked Ham (Pork, Water, Salt, Less Than 2%: Lemon Juice Concentrate, Vinegar, Turbinado Sugar, Celery Powder, Cherry Powder), Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Fontina (Cultured Pasteurized Milk, Salt, Enzymes, Cellulose to Prevent Caking), Mustard Mayo (Canola Oil, Whole Grain Mustard (Water, Mustard Seed, Vinegar, Salt, Citric Acid, Turmeric), Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Red Pepper), Cage-Free Egg Yolk, Water, Cage-Free Whole Egg (Cage-Free Whole Eggs, Citric Acid), Honey, White Distilled Vinegar, Sea Salt, Lemon Juice Concentrate)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
570	31	10	0	70	1260	47	3	2	1	25	0	297	3	253

Pesto Chicken & Mozzarella

Serving Size: 262g/9.24oz Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Pine Nuts, Egg, Milk, Wheat

INGREDIENTS:

Rosemary Focaccia (Wheat Flour (Wheat Flour, Calcium Carbonate, Reduced Iron, Niacin, Thiamin Mononitrate), Water, Extra Virgin Olive Oil, Rosemary, Salt, Yeast), Sliced Chicken (Chicken Breast, Sea Salt), Mozzarella (Cultured Pasteurized Milk, Lactic/Citric Acid, Salt, Enzymes), Roasted Tomatoes (Cherry Tomatoes, Rapeseed Oil, Salt, Dried Garlic, Oregano, Lemon Juice Concentrate), 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), Arugula, Mayonnaise (Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains Less Than 2%: Salt, Spice, Lemon Juice Concentrate), Yogurt (Cultured Pasteurized Milk, Live and Active Cultures (S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei))

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
630	33	9	0	75	1000	50	3	3	0	30	0	223	3	353

Roasted Pepper, Feta & Olive

Serving Size: 234g/8.25oz Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Milk, Wheat

INGREDIENTS:

Rosemary Focaccia (Wheat Flour (Wheat Flour, Calcium Carbonate, Reduced Iron, Niacin, Thiamin Mononitrate), Water, Extra Virgin Olive Oil, Rosemary, Salt, Yeast), Mediterranean Marinated Red and Yellow Pepper Mix (Grilled Red and Yellow Peppers, Rapeseed Oil, Concentrated Lemon Juice, Salt, Dried Garlic Flakes, Oregano), Feta (Pasteurized Milk, Salt, Cheese Cultures, Enzymes), Red Tapenade (Semi-Dried Cherry Tomato, Semi-Dried Red Pepper, Rapeseed Oil, Tomato Concentrate, Sugar, Salt, Concentrated Lemon Juice, Garlic, Parsley, Chives, Basil, Basil Flavor), Kalamata Olives (Kalamata Olives, Water, Salt, Wine Vinegar, Extra Virgin Olive Oil), Pickled Red Onion (Red Onion, Water, Sugar, Vinegar, Salt), Spinach

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
530	25	4.5	0	15	1580	61	5	8	2	16	0	148	3	330

FLATBREADS

Cali Salmon

Serving Size: 297g/10.48oz Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Salmon, Egg, Milk, Soy, Wheat, Sesame

INGREDIENTS:

Atlantic Salmon (Atlantic Salmon, Salt), Oval Flatbread (Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid, Corn Starch, Oat Fiber, Soy Protein Isolate, Soybean Oil, Defatted Soy Flour, Sesame Flour, Whole Wheat Flour, Dextrose), Wheat Gluten, Sugar, Canola Oil, Salt, Cultured Wheat Flour, Vinegar, Yeast, Ascorbic Acid, Enzymes), Avocados, 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), Spinach, Lemon Juice, Red Onion, Seasoning (Salt, Black Pepper)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
620	36	5	0	40	1010	48	6	6	3	31	2	101	4	844

Falafel & Hummus

Serving Size: 293g/10.34oz Recipe is: ☒ Vegetarian and ☒ Vegan

Common Allergens: Soy, Wheat, Sesame

INGREDIENTS:

Oval Flatbread (Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid, Corn Starch, Oat Fiber, Soy Protein Isolate, Soybean Oil, Defatted Soy Flour, Sesame Flour, Whole Wheat Flour, Dextrose), Wheat Gluten, Sugar, Canola Oil, Salt, Cultured Wheat Flour, Vinegar, Yeast, Ascorbic Acid, Enzymes), Hummus (Garbanzo Beans, Water, Tahini (Sesame), Expeller Pressed Canola Oil, Lemon Juice, Salt, Garlic Powder, Citric Acid, Xanthan Gum), Falafel (Garbanzo Beans, Onions, Garbanzo Bean Flour, Corn Oil, Cilantro, Mint, Parsley, Garlic (Garlic, Water), Salt, Olive Oil, Water, Baking Powder (Monocalcium Phosphate, Sodium Bicarbonate and Cornstarch), Cumin, Lemon Juice Concentrate, Turmeric, Cayenne Pepper), Pickles (Cucumbers, Water, Vinegar, Salt, Calcium Chloride, Natural Essential Oil Flavors, Turmeric (For Color)), Romaine, Red Peppers, Pickled Red Onion (Red Onion, Water, Sugar, Vinegar, Salt)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
480	14	0	0	0	1350	75	8	13	5	20	0	158	7	485

Pesto Chicken

Serving Size: 257g/9.06oz Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Pine Nut, Egg, Milk, Soy, Wheat, Sesame

INGREDIENTS:

Oval Flatbread (Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid, Corn Starch, Oat Fiber, Soy Protein Isolate, Soybean Oil, Defatted Soy Flour, Sesame Flour, Whole Wheat Flour, Dextrose), Wheat Gluten, Sugar, Canola Oil, Salt, Cultured Wheat Flour, Vinegar, Yeast, Ascorbic Acid, Enzymes), Sliced Chicken (Chicken Breast, Sea Salt), Tomatoes, Mayonnaise (Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains Less Than 2%: Salt, Spice, Lemon Juice Concentrate), 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), Arugula, Pine Nuts, Lemon Juice, Basil

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
570	31	3.5	0	65	950	44	5	6	3	31	0	135	4	454

WRAPS

Avocado & Toasted Pine Nut

Serving Size: 273g/9.63oz Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Pine Nuts, Egg, Milk, Wheat

INGREDIENTS:

Avocados, Kibbled Rye Wrap (Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted Rye Flakes, Rapeseed Oil, Vegetable Glycerin (Humectant)), Diphosphates, Sodium Bicarbonate (Leavening Agents), Dried Fermented Wheat Flour, Mono And Di-Glycerides Of Fatty Acids (Emulsifier), Salt, Citric Acid (Acidity Regulator), Wheat Flour, Wheat Starch, L-Cysteine Hydrochloride (Flour Treatment Agent)), Tomatoes, Cucumbers, Spinach, Yogurt (Cultured Pasteurized Milk, Live and Active Cultures (*S. Thermophilus*, *L. Bulgaricus*, *L. Acidophilus*, *Bifidus*, *L. Casei*)), Mayonnaise (Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains Less Than 2%: Salt, Spice, Lemon Juice Concentrate), Veggie Parmesan (Pasteurized Cultured Part-Skim Milk, Salt, Enzymes, Potato Starch, Powdered Cellulose), Pine Nuts, Lemon Juice, Basil, Seasoning (Salt, Black Pepper)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
470	27	4.5	0	15	510	46	8	4	0	13	0	144	2	622

Bang Bang Chicken

Serving Size: 252g/8.88oz Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Egg, Soy, Wheat, Sesame

INGREDIENTS:

Sliced Chicken (Chicken Breast, Sea Salt), Kibbled Rye Wrap (Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted Rye Flakes, Rapeseed Oil, Vegetable Glycerin (Humectant)), Diphosphates, Sodium Bicarbonate (Leavening Agents), Dried Fermented Wheat Flour, Mono And Di-Glycerides Of Fatty Acids (Emulsifier), Salt, Citric Acid (Acidity Regulator), Wheat Flour, Wheat Starch, L-Cysteine Hydrochloride (Flour Treatment Agent)), 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 (Stabilizer)), 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)), Cucumbers, Shredded Carrot, Cilantro, Red Onion

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
480	21	2.5	0	65	950	48	3	10	6	25	0	22	1	380

Chipotle Chicken & Avocado

Serving Size: 275g/9.70oz Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

Kibbled Rye Wrap (Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted Rye Flakes, Rapeseed Oil, Vegetable Glycerin (Humectant)), Diphosphates, Sodium Bicarbonate (Leavening Agents), Dried Fermented Wheat Flour, Mono And Di-Glycerides Of Fatty Acids (Emulsifier), Salt, Citric Acid (Acidity Regulator), Wheat Flour, Wheat Starch, L-Cysteine Hydrochloride (Flour Treatment Agent)), Avocados, 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, 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

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
460	21	3	0	45	710	47	8	5	1	21	0	39	1	687

SALADS

Chicken Avocado Salad Bowl

Serving Size: 339g/11.95 oz Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Walnut

INGREDIENTS:

Salad: Mesclun, Sliced Chicken (Chicken Breast, Sea Salt), Avocados, Grape Tomatoes, Dried Cranberries (Cranberries, Cane Sugar, Sunflower Oil), Walnuts (Walnut Halves and Pieces), Lemon Juice

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

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
520	36	3.5	0	50	740	29	7	18	11	20	0	58	2	860

Chicken Caesar Salad Bowl

Serving Size: 313g/11.04 oz Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Anchovy, Egg, Milk, Soy, Wheat

INGREDIENTS:

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

Caesar Dressing: 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), 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

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
560	46	10	0	85	960	12	3	4	0	31	0	512	2	644

Chicken Club Salad Bowl

Serving Size: 370g/13.05oz Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Coconut, Egg, Soy

INGREDIENTS:

Salad: Romaine, Sliced Chicken (Chicken Breast, Sea Salt), Cage-Free Eggs, Grape Tomatoes, Avocados, Niman Ranch Bacon (Pork, Water, Salt, Turbinado Sugar, Celery Powder), Lemon Juice

Green Goddess Dressing: Coconut Milk (Coconut Extract, Water), Expeller Pressed Sunflower Oil, Cilantro, Lime Juice, Spinach, Organic Sugar, White Wine Vinegar, Tamari Soy Sauce (Water, Soybeans, Salt, Alcohol), Water, Parsley, Green Onions, Coconut Oil, Ginger, Edamame, Jalapeno Peppers, Sea Salt, Garlic, Black Pepper

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
520	37	11	0	265	1100	15	5	7	4	32	1	74	4	1000

Chipotle Chicken Salad Bowl

Serving Size: 362g/ 12.76 oz. Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Coconut, Soy, Wheat

INGREDIENTS:

Salad: Romaine, Sliced Chicken (Chicken Breast, Sea Salt), Pickled Red Onion (Red Onion, Water, Sugar, Vinegar, Salt), Avocados, Roasted Corn (Corn), Spicy Chipotle Sauce (Roasted Red Peppers (Roasted Red Peppers, Water, Salt, Citric Acid, Calcium Chloride), Chipotle in Adobo (Chipotle Peppers, Water, Onion, Tomato Paste, Salt, Sugar, Vinegar), Diced Tomatoes (Diced Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Red Wine Vinegar, Onions, Canola Oil, Water, Sugar, Roasted Garlic, Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Red Pepper), Sea Salt, Lime Juice, Black Pepper, Garlic Powder, Xanthan Gum (Stabilizer), Ground Red Pepper), Cilantro, Crispy Onions (Onions, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sunflower and/or Safflower Oil, Sea Salt), Chili Salt (Paprika, Sea Salt, Chilli Flakes)

Green Goddess Dressing: Coconut Milk (Coconut Extract, Water), Expeller Pressed Sunflower Oil, Cilantro, Lime Juice, Spinach, Organic Sugar, White Wine Vinegar, Tamari Soy Sauce (Water, Soybeans, Salt, Alcohol), Water, Parsley, Green Onions, Coconut Oil, Ginger, Edamame, Jalapeno Peppers, Sea Salt, Garlic, Black Pepper

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
420	26	6	0	50	1060	32	6	14	10	20	0	51	3	860

SALADS

Maine Lobster Salad

Serving Size: 355g/12.52oz Recipe is: [] Vegetarian and [] Vegan

Common Allergens: Coconut, Lobster, Soy

INGREDIENTS:

Salad: Romaine, Lobster, Mangos, Edamame (Soybeans), Avocados, Pickled Cabbage & Carrot Mix (Red Cabbage, Carrot, Water, Sugar, Vinegar, Salt), Lemon Juice, Chili Salt (Paprika, Sea Salt, Chilli Flakes)

Green Goddess: Coconut Milk (Coconut Extract, Water), Expeller Pressed Sunflower Oil, Cilantro, Lime Juice, Spinach, Organic Sugar, White Wine Vinegar, Tamari Soy Sauce (Water, Soybeans, Salt, Alcohol), Water, Parsley, Green Onions, Coconut Oil, Ginger, Edamame, Jalapeno Peppers, Sea Salt, Garlic, Black Pepper

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
350	22	5	0	85	800	26	9	15	7	18	0	167	3	840

Mediterranean Mezze Salad

Serving Size: 360g/12.69oz Recipe is: [x] Vegetarian and [x] Vegan

Common Allergens: Pine Nuts, Sesame

INGREDIENTS:

Salad: Cucumbers, Falafel (Garbanzo Beans, Onions, Garbanzo Bean Flour, Corn Oil, Cilantro, Mint, Parsley, Garlic (Garlic, Water), Salt, Olive Oil, Water, Baking Powder, Cumin, Lemon Juice Concentrate, Turmeric, Cayenne Pepper), Plain Hummus (Garbanzo Beans, Water, Tahini (Sesame), Expeller Pressed Canola Oil, Lemon Juice, Salt, Garlic Powder, Citric Acid, Xanthan Gum), Mesclun, Pickled Cabbage & Carrot Mix (Red Cabbage, Carrots, Cane Sugar, Water, Rice Vinegar, Sea Salt), Pine Nuts

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

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
550	34	1	0	0	1450	52	9	20	7	12	0	156	5	635

Salmon, Mango & Avo Salad

Serving Size: 374g/13.19oz Recipe is: [] Vegetarian and [] Vegan

Common Allergens: Salmon, Soy, Sesame

INGREDIENTS:

Salad: Atlantic Salmon (Atlantic Salmon, Salt), Grain Mix (Brown Rice, White Quinoa, Red Quinoa, Lemon Juice (Water, Concentrated Lemon Juice), Canola Oil, Salt, Black Pepper), Spinach, Mangos, Pickled Cabbage & Carrot Mix (Red Cabbage, Carrot, Water, Sugar, Vinegar, Salt), Avocados, 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

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
570	30	4	0	30	1250	54	8	21	14	28	2	81	3	1030

Turmeric Cauliflower & Lentil Salad

Serving Size: 407g/14.35oz Recipe is: [x] Vegetarian and [x] Vegan

Common Allergens: Walnut, Soy, Wheat, Sesame

INGREDIENTS:

Salad: Avocados, Spinach, Beet Hummus (Beets, Tahini (Sesame), Roasted Garlic (Garlic, Canola Oil), Lemon Juice, Sea Salt, Citric Acid, Xanthan Gum), Turmeric Cauliflower (Cauliflower, Canola Oil (Non-GMO Expeller Pressed Canola Oil), Sea Salt, Turmeric, Black Pepper), Beluga Lentils (Black Beluga Lentils, Mirepoix Base (Vegetables (Carrots, Celery, Onion), Cane Sugar, Canola Oil, Salt, Dried Potato, Decolorized Soy Sauce (Water, Wheat, Soybeans, Salt), Spices, Carrot Juice Concentrate, Natural Onion Extract), Extra Virgin Olive Oil, Salt, Black Pepper), Pickled Cabbage & Carrot Mix (Red Cabbage, Carrot, Water, Sugar, Vinegar, Salt), Walnuts (Walnut Halves and Pieces), Lemon Juice

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

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
600	44	3	0	0	1200	44	10	18	6	13	0	114	4	1268

SALAD DRESSINGS

Asian Dressing

Serving Size: 57g/2.00oz Recipe is: ☒ Vegetarian and ☒ Vegan

Common Allergens: Soy, Sesame

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
140	9	1	0	0	500	13	0	9	9	4	0	0	0	1

Balsamic Dressing

Serving Size: 57g/2.00oz Recipe is: ☒ Vegetarian and ☐ Vegan

INGREDIENTS:

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, Granulated Onion

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
290	29	2	0	0	440	6	0	6	4	0	0	8	0	11

Caesar Dressing

Serving Size: 57g/2.00oz Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Anchovy, Egg, Milk, Soy, Wheat

INGREDIENTS:

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), 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

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
300	32	3	0	10	230	6	0	2	0	2	0	49	0	23

Green Goddess Dressing

Serving Size: 57g/2.00oz Recipe is: ☒ Vegetarian and ☒ Vegan

Common Allergens: Coconut, Soy

INGREDIENTS:

Coconut Milk (Coconut Extract, Water), Expeller Pressed Sunflower Oil, Cilantro, Lime Juice, Spinach, Organic Sugar, White Wine Vinegar, Tamari Soy Sauce (Water, Soybeans, Salt, Alcohol), Water, Parsley, Green Onions, Coconut Oil, Ginger, Edamame, Jalapeno Peppers, Sea Salt, Garlic, Black Pepper

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
150	15	4	0	0	290	6	0	4	4	0	0	0	1	95

SALAD DRESSINGS

Herby Ranch Dressing

Serving Size: 57g/2.00oz Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Egg, Milk

INGREDIENTS:

Sour Cream, Mayonnaise (Expeller Pressed Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains less than 2% of Salt, Spice, Lemon Juice Concentrate), Buttermilk, Dill, Chives, Lemon Juice Garlic Powder, Sea Salt, Onion Powder, Xanthan Gum

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
210	21	4	0	30	300	4	0	2	0	2	0	42	0	0

Lemon Shallot Dressing

Serving Size: 57g/2.00oz Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
180	17	1	0	0	430	6	0	5	1	0	0	3	0	8

Spicy Chipotle Ranch Dressing

Serving Size: 57g/2.00oz Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Egg, Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
160	15	2.5	0	20	340	5	0	2	1	1	0	28	0	1

POTS

Egg & Spinach Pot

Serving Size: 114g/4.02oz Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Egg

INGREDIENTS:

Cage-Free Eggs, Spinach

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
160	11	3.5	0	385	135	3	0	2	0	14	2	64	3	196

Egg & Quinoa Pot

Serving Size: 153g/5.39oz Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Egg

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
180	11	2.5	0	195	125	14	4	2	0	9	1	53	2	390

HOT WRAPS

Falafel & Red Peppers

Serving Size: 295g/10.40oz Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

Tortilla Wrap (Unbleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Water, Palm Oil, Cultured Wheat, Wheat Gluten, Salt, Sugar, Sodium Bicarbonate, Mono- And Diglycerides, Sodium Acid Pyrophosphate, Fumaric Acid, Yeast, Guar Gum, CMC Gum, Xanthan Gum, Enzymes), Falafel (Garbanzo Beans, Onions, Garbanzo Bean Flour, Corn Oil, Cilantro, Mint, Parsley, Garlic (Garlic, Water), Salt, Olive Oil, Water, Baking Powder (Monocalcium Phosphate, Sodium Bicarbonate and Cornstarch), Cumin, Lemon Juice Concentrate, Turmeric, Cayenne Pepper), Tomato Sauce (Italian Whole Peeled Tomatoes (Peeled Tomatoes, Tomato Puree, Salt, Basil Leaf), Olive Oil, Onions, Salt, Garlic, Basil, Black Pepper, Oregano), Feta (Pasteurized Milk, Salt, Cheese Cultures, Enzymes), Red Peppers, Yogurt (Cultured Pasteurized Milk, Live and Active Cultures (*S. Thermophilus*, *L. Bulgaricus*, *L. Acidophilus*, *Bifidus*, *L. Casei*)), Mayonnaise (Canola Oil, Cage-Free Egg Yolks, Water, Honey, Distilled Vinegar, Cage-Free Whole Egg, Contains Less Than 2%: Salt, Spice, Lemon Juice Concentrate)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
630	28	6	0	30	1570	72	6	7	0	20	0	333	5	492

Chipotle Chicken Burrito

Serving Size: 329g/11.60oz Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Milk, Wheat

INGREDIENTS:

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), Sliced Chicken (Chicken Breast, Sea Salt), Grain Mix (Brown Rice, White Quinoa, Red Quinoa, Lemon Juice (Water, Concentrated Lemon Juice), Canola Oil, Salt, Black Pepper), Spicy Chipotle Sauce (Roasted Red Peppers (Roasted Red Peppers, Water, Salt, Citric Acid, Calcium Chloride), Chipotle in Adobo (Chipotle Peppers, Water, Onion, Tomato Paste, Salt, Sugar, Vinegar), Diced Tomatoes (Diced Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Red Wine Vinegar, Onions, Canola Oil, Water, Sugar, Roasted Garlic, Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, Red Pepper), Sea Salt, Lime Juice, Black Pepper, Garlic Powder, Xanthan Gum (Stabilizer), Ground Red Pepper), Roasted Corn (Corn), Fontina (Cultured Pasteurized Milk, Salt, Enzymes, Cellulose to Prevent Caking), Black Beans (Black Beans, Water, Kombu Seaweed), Red Peppers

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
520	13	3	0	45	1130	76	6	5	1	25	0	171	4	509

Pret's Chicken Parm

Serving Size: 301g/10.61oz Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Milk, Wheat

INGREDIENTS:

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), Marinara Sauce (Italian Whole Peeled Tomatoes (Peeled Tomatoes, Tomato Puree, Salt, Basil Leaf), Olive Oil, Onions, Salt, Garlic, Basil, Black Pepper, Oregano.), Sliced Chicken (Chicken Breast, 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, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sunflower and/or Safflower Oil, Sea Salt), Seasoning (Salt, Black Pepper)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
580	23	7	0	70	1450	57	3	5	0	32	0	424	3	611

SOUPS

Chicken Noodle

Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Egg, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION - LARGE: 434g/15.30oz:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
190	4.5	1	0	70	1400	21	2	4	0	19	0	57	4	413

NUTRITIONAL INFORMATION - SMALL: 248g/8.75oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
110	2.5	0.5	0	40	800	12	1	2	0	11	0	32	2	236

Chicken Pozole

Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens:

INGREDIENTS:

Chicken Stock (Water, Chicken, Onion, Celery, Carrots, Sea Salt, Garlic, Parsley, White Pepper, Thyme, Bay Leaves, Marjoram), Tomatillos, Hominy (Water, Sea Salt) Chicken Meat, Onions, Roasted Sweet Corn, Spinach, Jalapeno Peppers, Cilantro, Garlic, Lime Juice, Sea Salt, Canola Oil, Spices

NUTRITIONAL INFORMATION - LARGE: 443g/15.62oz:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
240	7	0	0	45	1140	27	7	11	0	16	0	49	4	282

NUTRITIONAL INFORMATION - SMALL: 260g/9.17oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
140	4	0	0	25	670	16	4	6	0	10	0	29	2	166

Chicken Farro

Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Wheat

INGREDIENTS:

Chicken Stock (Water, Chicken Bones, Onions, Celery, Carrots, Sea Salt, Garlic, Parsley, White Pepper, Thyme, Bay Leaves, Marjoram), Chicken (Dark And Light Meat), Onions, Carrots, Celery, Organic Farro, Water, Ginger Puree (Ginger, Water), Rice Starch, Sea Salt, Chicken Fat, Roasted Chicken Stock (Chicken Stock, Roasted Chicken Stock, Mirepoix Stock [Made From Carrot, Celery And Onion Stocks], Dried Chicken Stock, Salt, Poultry Gelatin, Water, White Wine), Ginger, Parsley, Thyme, Turmeric, Bay Leaf, Black Pepper

NUTRITIONAL INFORMATION - LARGE: 454g/16.01oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
240	4.5	1	0	55	1350	28	2	4	0	20	0	54	4	600

NUTRITIONAL INFORMATION - SMALL: 227g/8.00oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
120	2.5	0	0	30	680	14	1	2	0	10	0	27	2	300

SOUP

Moroccan Lentil

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

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

NUTRITIONAL INFORMATION - LARGE: 454g/16.01oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
390	17	3	0	0	930	44	13	7	0	17	0	80	6	869

NUTRITIONAL INFORMATION - SMALL: 259g/9.13oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
220	10.0	1.5	0.0	0	530	25	7	4	0	10	0	45	3	496

Tomato Feta

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION - LARGE: 454g/16.00oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
260	15.0	6.0	0.0	35	1520	26	4	15	0	9	0	159	2	643

NUTRITIONAL INFORMATION - SMALL: 227g/8.64oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
130	7	3	0	20	760	13	2	7	0	5	0	80	1	322

Turkey Chili

Recipe is: ☐ Vegetarian and ☐ Vegan

INGREDIENTS:

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

NUTRITIONAL INFORMATION - LARGE: 458g/16.15oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
340	7.0	1.0	0.0	80	1560	47	13	9	0	31	0	113	7	840

NUTRITIONAL INFORMATION - SMALL: 277g/9.77oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
210	5	0.5	0	50	950	28	8	5	0	18	0	68	4	510

HOT FOOD

Chipotle Chicken Grain Bowl

Serving Size: 408g/14.40oz Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Soy

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
400	6	0	0	35	1080	67	12	4	0	24	0	79	4	1011

Curried Cauliflower & Chickpea Grain Bowl

Serving Size: 344g/12.13oz Recipe is: ☒ Vegetarian and ☒ Vegan

Common Allergens: Coconut

INGREDIENTS:

Curry Sauce (Coconut Milk (Coconut Milk, Guar Gum), Garbanzo Beans (Garbanzo Beans, Water, Sea Salt), Water, Onions, Red Lentil, Lime Juice, Canola Oil, Rice Starch, Sea Salt, Garlic in Water (Garlic, Water), Ginger Puree (Ginger, Citric Acid), Curry Powder (Spices, Turmeric, Mustard, Garlic), Paprika, Cumin, Coriander, Black Pepper, Turmeric, Xanthan Gum, Ground Red Pepper), Grain Mix (Brown Rice, White Quinoa, Red Quinoa, Lemon Juice (Water, Concentrated Lemon Juice), Canola Oil, Salt, Black Pepper), Turmeric Cauliflower (Cauliflower, Canola Oil (Non-GMO Expeller Pressed Canola Oil), Sea Salt, Turmeric, Black Pepper)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
440	24	12	0	0	760	51	7	6	3	11	0	80	5	852

Fresh Greens Topper

Serving Size: 80g/2.82oz Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Avocados, Pickled Red Onion (Red Onion, Water, Sugar, Vinegar, Salt), Spinach, Lemon, Cilantro, Lemon Juice

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
80	5	0.5	0	0	160	9	3	4	3	2	0	21	1	260

Spinach & Tomato Mac & Cheese

Serving Size: 335g/11.81oz Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Milk, Wheat

INGREDIENTS:

Cavatappi Béchamel Mix (Cavatappi Pasta (Water, Semolina Flour (Durum Wheat Enriched with Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid)), Béchamel Sauce (Water, Cheddar (Milk, Cheese Culture, Salt, Enzymes, Annatto (Vegetable Color)), Heavy Cream, Modified Corn Starch, Romano Cheese (Pasteurized Sheep's Milk, Cultures, Rennet, Salt), Sugar, Canola Oil, Salt, Parmesan Cheese Concentrate ((Granular Cheese and Parmesan Cheese (Pasteurized Milk, Cultures, Salt, Enzymes), Water, Salt, Natural Flavor, Citric Acid), Salt, Yeast Extract, Parmesan Cheese (Pasteurized Milk, Cultures, Salt, Enzymes), Butter (Cream), Corn Oil, Olive Oil, Sweet Cream, Sugar, Onion Powder, Garlic Powder, Natural Flavor), Sodium Citrate, Stabilizer (Gum Arabic, Xanthan Gum, Carrageenan), Onion Powder, White Pepper, Garlic Powder, Nutmeg)), Blanched Cauliflower, Spinach, Grape Tomatoes)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
420	18	10	0	50	1260	41	4	4	0	19	0	312	3	418

BAKERY

Almond Croissant

Serving Size: 100g/3.50oz Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Almond, Egg, Milk, Soy, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
370	21	11	0.5	45	220	39	3	13	-	8	0	45	1	155

Blueberry Muffin

Serving Size: 128g/4.51oz Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
420	16	5	0	65	370	63	2	35	32	6	0	68	2	83

Pret's Morning Glory Muffin

Serving Size: 128g/4.51oz Recipe is: ☒ Vegetarian and ☒ Vegan

Common Allergens: Almond, Wheat, Sesame

INGREDIENTS:

Butternut Squash Puree, Brown Sugar, Wheat Flour, Canola Oil, Almond Milk (Filtered Water, Almonds, Calcium Carbonate, Tapioca Starch, Sea Salt, Potassium Citrate, Carrageenan, Sunflower Lecithin, Natural Flavor, Vitamin A Palmitate, Vitamin D2, D-Alpha Tocopherol (Vitamin E)), Apples, Carrots, Pumpkin Seeds, Maple Syrup, Flaxseed, Contains Less Than 2% Of Each Of The Following: Rolled Oats, Sesame Seeds, Sunflower Seeds, Leavener (Sodium Acid Pyrophosphate, Corn Starch, Sodium Bicarbonate, Monocalcium Phosphate), Spices, Vegan Margarine (Oil Blend (Canola, Palm Fruit And Olive Oils), Water, Salt, Contains Less Than 2% Of Natural Flavor, Sunflower Lecithin, Lactic Acid (Non-Dairy), Annatto Extract (Color)), Citrus Fiber, Salt

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
370	16	1.5	0	0	530	52	4	27	25	6	0	83	2	216

Bread Roll

Serving Size: 40g/1.41oz Recipe is: ☒ Vegetarian and ☒ Vegan

Common Allergens: Wheat

INGREDIENTS:

Unbleached Wheat Flour (Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Contains Less Than 2% of the Following: Yeast, Salt, Malted Barley Flour, Malted Wheat Flour, Food Enzymes Xylanase, Glucose-Oxidase, Lipase, Amylase), Ascorbic Acid

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
100	0	0	0	0	230	21	1	0	0	4	0	5	1	35

BAKERY

Chocolate Brownie Cookie

Serving Size: 71g/2.50oz Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Egg, Milk, Soy, Wheat

INGREDIENTS:

Sugar, Butter (Milk), Unbleached, Unbromated, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Chocolate Chunks (Sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin (Emulsifier), Vanilla), Eggs, Cocoa (Processed with Alkali), Contains Less Than 2% of Each of the Following: Natural Flavor, Baking Soda, Salt

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
300	15	9	0	50	200	40	2	28	28	4	0	20	3	211

Chocolate Chunk Cookie

Serving Size: 71g/2.50oz Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Egg, Milk, Soy, Wheat

INGREDIENTS:

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 (Emulsifier), Salt And Vanilla), Butter (Milk), Brown Sugar, Sugar, Eggs, Egg Yolks, Contains Less Than 2%: Salt, Natural Flavor, Baking Soda, Whole Milk Powder

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
310	16	10	0	50	280	42	2	26	26	4	0	28	2	117

Double Chocolate Pecan Cookie

Serving Size: 71g/2.50oz Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Pecan, Egg, Milk, Soy, Wheat

INGREDIENTS:

Wheat Flour, Butter (Cream, Salt), Brown Sugar, Pecan, Cane Sugar, Chocolate Chunks (Sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin (Emulsifier), Vanilla), Milk Chocolate Chunks (Sugar, Whole Milk Powder, Cocoa Butter, Chocolate Liquor, Soy Lecithin (Emulsifier), Salt, Natural Vanilla Extract), Eggs, Contains Less Than 2% of the Following: Baking Soda, Sunflower Lecithin, Sea Salt, Natural Flavors

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
340	20	8	0	40	350	37	2	22	19	4	0	31	1	113

Everything Bagel

Serving Size: 113g/4.00oz Recipe is: ☒ Vegetarian and ☒ Vegan

Common Allergens: Soy, Wheat, Sesame

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
300	1.5	0	0	0	550	60	3	9	5	11	0	27	5	166

BAKERY

Energy Bagel

Serving Size: 113g/4.00oz Recipe is: ☒ Vegetarian and ☒ Vegan

Common Allergens: Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
290	1	0	0	0	720	62	2	5	2	10	0	26	1	180

Harvest Cookie

Serving Size: 71g/2.50oz Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Coconut, Walnut, Egg, Milk, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
280	12	6	0	35	260	40	3	21	18	5	0	32	2	146

Pain Au Raisin

Serving Size: 120g/4.23oz Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
390	20	10	0.5	61	280	46	2	20	-	7	0	45	1	188

Chocolate Croissant

Serving Size: 86g/3.03oz Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Egg, Milk, Soy, Wheat

INGREDIENTS:

Flour, Butter, Chocolate Filling (Sugar, Chocolate (Fat Reduced Cocoa Powder, Sugar, Cocoa Mass, Cocoa Butter, Sunflower Lecithin (Emulsifier), Natural Vanilla Flavoring), Sunflower Oil, Palm Oil, Palm Fat, Corn Starch), Water, Sugar, Dark Chocolate Decoration (Sugar, Cocoa Mass, Cocoa Butter, Soy Lecithin (Emulsifier)), Yeast, Wheat Gluten, Free-Range Egg, Salt, Ascorbic Acid (Flour Treatment Agent)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
350	20	11.5	12	50	160	33	4	16	16	6	0	20	2	149

BAKERY

Plain Croissant

Serving Size: 80g/2.82oz Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
280	16	11	0	46	300	29	2	4	4	6	0	22	1	98

Quartered French Baguette

Serving Size: 55g/1.94oz Recipe is: ☒ Vegetarian and ☒ Vegan

Common Allergens: Sesame

INGREDIENTS:

Wheat Flour, Water, Yeast, Salt, Wheat Gluten, Deactivated Yeast, Flour Treatment Agent (Ascorbic Acid)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
150	1.5	0	0	0	330	29	2	1	0	5	0	8	1	55

SNACKS

Chocolate Moose

Serving Size: 100g/3.52oz Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Milk, Soy

INGREDIENTS:

Whipping Cream, Milk Chocolate (Sugar, Cocoa Butter, Whole Milk Powder, Cocoa Mass, Soy Lecithin (Emulsifier), Vanilla Flavoring), Dark Chocolate (Sugar, Cocoa Mass, Cocoa Butter, Soy Lecithin (Emulsifier), Vanilla Flavoring), Water, Double Cream, Sugar, Plain Chocolate (Cocoa Mass, Sugar, Fat-Reduced Cocoa Powder, Soy Lecithin (Emulsifier), Vanilla Flavoring), Glucose, Cocoa Powder, Corn Flour, Pectin (Gelling Agent)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
400	31	19	0.5	40	25	27	2	23	20	4	0	0	2	0

Lemon Cheesecake

Serving Size: 120g/4.23oz Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

Lemon Curd (Glucose, Water, Sugar, Butter, Lemon Concentrate, Corn Starch, Dried Egg, Pectin (Gelling Agent), Citric Acid (Acidity Regulator), Sunflower Lecithin, Lemon Oil, Lutein (Color)), Full Fat Soft Cheese, Whipping Cream, Ginger Crumb (Wheat Flour, Sugar, Palm Oil, Rapeseed Oil, Invert Sugar Syrup, Treacle, Ginger Powder, Sodium Bicarbonate (Raising Agent), Salt), Sugar, Butter, Lemon Concentrate, Water

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
410	25	15	0.5	65	105	43	0	31	19	3	0	0	1	0

Brownie Bite

Serving Size: 43g/1.52oz Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Egg, Milk, Soy, Wheat

INGREDIENTS:

Butter, Brown Sugar, Sugar, Whole Eggs, Dark Couverture (Cocoa, Sugar, Cocoa Butter, Soy Lecithin, Natural Vanilla Flavoring), Wheat Flour, Semi-Sweet Chocolate (Unsweetened Chocolate, Sugar, Dextrose, Soy Lecithin, Natural Vanilla Extract), Vanilla Extract and Sea Salt

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
190	10	6	0	25	55	24	1	19	19	2	0	0	0	0

Love Bite

Serving Size: 40g/1.41oz Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Pistachio, Almond, Milk, Soy

INGREDIENTS:

Oats, Caramel (Sugar, Glucose Syrup, Palm Oil, Sweetened Condensed Milk (Milk, Sugar), Rapeseed Oil, Water, Salt, Flavouring, Soy Lecithin (Emulsifier), Curcumin, Annatto), Salted Butter (Butter, Salt), Golden Syrup, Chocolate Chunks (Cocoa Mass, Sugar, Soy Lecithin (Emulsifier), Vanilla Extract), Light Brown Sugar, Vanilla Pumpkin Seeds (Pumpkin Seeds, Icing Sugar, Caster Sugar, Vanilla Extract), Pistachio Nuts, Almonds, Honey

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
190	10	5	0	10	100	22	1	12	7	2	0	18	1	88

SNACKS

Nut Bar

Serving Size: 45g/1.59oz Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Almond, Coconut, Milk, Soy

INGREDIENTS:

Almonds, Chocolate (Sugar, Cocoa Mass, Cocoa Butter, Fat-Reduced Cocoa Powder, Soy Lecithin (Emulsifier), Vanilla Extract), Rice Syrup, Carob Fruit Syrup, Coconut Chips, Pumpkin Seeds, Sweetened Dried Cranberries (Cranberries, Apple Juice Concentrate, Sunflower Oil), Coconut Oil, Coconut Milk (Coconut Milk, Water), Chicory Root Fiber, Rapeseed Oil, Salt

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
250	17	5	0	0	75	15	4	13	10	6	0	50	2	212

Popcorn Bar

Serving Size: 34g/1.20oz Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Milk, Soy

INGREDIENTS:

White Chocolate (Sugar, Cocoa Butter, Whole Milk Powder, Soy Lecithin (Emulsifier), Vanilla Extract), Puffed Rice (Rice, Sugar, Salt), Caramel (Sugar, Glucose Syrup, Palm Oil, Sweetened Condensed Milk (Milk, Sugar), Rapeseed Oil, Water, Salt, Natural Flavors, Soy Lecithin (Emulsifier), Curcumin, Annatto), Popcorn (Corn Kernels, Rapeseed Oil), Milk Chocolate (Sugar, Cocoa Butter, Whole Milk Powder, Cocoa Mass, Soy Lecithin (Emulsifier), Vanilla Extract), Cocoa Butter

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
170	8	4.5	0	0	35	23	1	14	0	2	0	27	0	61

Pret Bar

Serving Size: 64g/2.26oz Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Milk, Wheat

INGREDIENTS:

Oats, Unsalted Butter, Demerara Sugar (Sugar, Cane Molasses), Sweetened Condensed Milk (Milk, Sugar), Golden Syrup, Dried Apricots (Apricots, Rice Flour), Sweetened Dried Cranberries (Sugar, Cranberries, Sunflower Oil), Pumpkin Seeds, Honey, Sultanas (Sultanas, Sunflower Oil), Sunflower Seeds, Dried Apple Flakes, Orange Pieces (Concentrated Apple Purée, Concentrated Orange Juice, Glycerol (Humectant), Fructose Glucose Syrup, Glucose Syrup, Wheat Fiber, Sugar, Palm Fat, Rice Starch, Pectin (Gelling Agent), Citric Acid (Acidity Regulator), Natural Orange Flavoring, Ascorbic Acid (Antioxidant), Curcumin, Poppy Seeds, Salt, Orange Zest

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
280	13	7	0	25	45	35	3	22	13	4	0	41	1	209

Choc Bar

Serving Size: 70g/2.47oz Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Milk, Soy, Wheat

INGREDIENTS:

Digestive Biscuits (Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Wholemeal Wheat Flour, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar, Partially Inverted Sugar Syrup, Sodium Bicarbonate (Leavening Agent), Ammonium Bicarbonate (Leavening Agent) Salt), Chocolate (Sugar, Cocoa Mass, Cocoa Butter, Fat Reduced Cocoa Powder, Soy Lecithin (Emulsifier), Vanilla Extract), Milk Chocolate (Sugar, Cocoa Butter, Whole Milk Powder, Cocoa Mass, Soy Lecithin (Emulsifier), Vanilla Extract), Unsalted Butter, Golden Syrup, Sultanas (Sultanas, Sunflower Oil), Salt

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
350	23	14	0	20	125	32	2	25	6	3	0	52	2	214

SNACKS

Chips – Salted

Serving Size: 42g/1.48oz Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Potatoes, Sunflower Oil, Sea Salt

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
220	13	1	0	0	220	25	2	2	0	2	0	6	0	451

Chips – Salt & Vinegar

Serving Size: 42g/1.48oz Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
220	12	1	0	0	190	26	2	2	0	2	0	14	0	416

Chocolate – Dark Chocolate with Sea Salt

Serving Size: 25g/0.88oz Recipe is: ☒ Vegetarian and ☒ Vegan

Common Allergens: Soy

INGREDIENTS:

Chocolate Liquor, Sugar, Cocoa Butter, Soy Lecithin, Natural Vanilla Flavoring

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
150	10	6	0	0	0	13	2	10	10	2	0	12	3	134

Chocolate – Milk Chocolate

Serving Size: 25g/0.88oz Recipe is: ☒ Vegetarian and ☒ Vegan

Common Allergens: Milk, Soy

INGREDIENTS:

Cane Sugar, Cocoa Butter, Milk Powder, Chocolate Liquor, Soy Lecithin

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
150	10	4.5	0	6	25	12	1	11	9	2	0	53	1	106

Snack Packs – Raw Almonds

Serving Size: 35g/1.23oz Recipe is: ☒ Vegetarian and ☒ Vegan

Common Allergens: Almond

INGREDIENTS:

Almonds

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
150	16	1	0	0	0	7	4	1	0	7	0	75	1	210

SNACKS

Snack Packs – Omega 3 Mix

Serving Size: 35g/1.23oz Recipe is: ☒ Vegetarian and ☒ Vegan

Common Allergens: Almond, Walnut, Pecan, Pistachio

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
165	11	1	0	0	0	16	3	10	0	4	0	20	1	120

Snack Packs – Chocolate Almonds

Serving Size: 42g/1.48oz Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Almond, Milk, Soy

INGREDIENTS:

Dark Chocolate (Sugar, Cocoa Mass (processed with alkali), Cocoa Butter, Milk Fat, Soy Lecithin (Emulsifier), Vanilla), Whole Dry Roasted Almonds, Cocoa Powder, Gum Arabic, Salt

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
210	16	4.5	0	0	30	17	4	10	10	5	0	50	2	260

Plain Popcorn

Serving Size: 25g/0.88oz Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Popcorn, Olive Oil, Himalayan Salt

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
100	4	0.5	0	0	200	14	4	0	0	2	3	0	1	69

Kettle Popcorn

Serving Size: 25g/0.88oz Recipe is: ☒ Vegetarian and ☒ Vegan

Common Allergens: Coconut

INGREDIENTS:

Popcorn, Evaporated Cane Sugar, Sunflower Oil, Brown Rice Syrup, Himalayan Salt, Natural Flavor, Sunflower Lecithin

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
90	3	0	0	0	160	16	3	5	5	1	2	0	1	54

COFFEE AND TEA

Americano

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Water, Espresso

NUTRITIONAL INFORMATION: Serving Size: 12 fl oz/ 16 fl oz/ 20 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Cappuccino

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Milk

INGREDIENTS:

Milk, Espresso

NUTRITIONAL INFORMATION: Serving Size: 12 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
110	0	0	0	5	140	14	0	14	0	9	3	354	0	429

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
130	0.0	0.0	0.0	5	170	18	0	16	0	12	4	425	0	496

NUTRITIONAL INFORMATION: Serving Size: 20 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
170	0.0	0.0	0.0	10	210	24	0	19	0	15	4	531	0	620

Chai Latte

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 12 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
190	0.0	0.0	0.0	5	140	33	0	32	19	9	3	354	2	413

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
230	0.0	0.0	0.0	5	170	42	0	41	25	11	4	425	3	496

NUTRITIONAL INFORMATION: Serving Size: 20 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
290	0.0	0.0	0.0	10	220	53	0	51	32	14	4	531	3	620

COFFEE AND TEA

Cold Brew

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Speak to Barista / see packaging

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
10	0.0	0.0	0.0	0	0	2	0	0	0	0	0	20	0	240

NUTRITIONAL INFORMATION: Serving Size: 24 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
15	0.0	0.0	0.0	0	0	3	0	0	0	0	0	30	0	300

Espresso

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Espresso

NUTRITIONAL INFORMATION: Serving Size: 2 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
0	0.0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0

Filter Coffee

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Coffee

NUTRITIONAL INFORMATION: Serving Size: 12/16/20 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
0	0.0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0

Flat White

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Milk

INGREDIENTS:

Milk, Espresso

NUTRITIONAL INFORMATION: Serving Size: 8 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
90	0.0	0.0	0.0	5	115	12	0	10	0	8	2	283	0	331

Iced Americano

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Water, Espresso

NUTRITIONAL INFORMATION: Serving Size: 16/24 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
0	0.0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0

COFFEE AND TEA

Teas

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

English Breakfast: Black Tea

Earl Gray: Black Tea, Calendula Petals, Bergamot

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

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

NUTRITIONAL INFORMATION: Serving Size: 12/16/20 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
0	0.0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0

Herbal Teas - Caffeine Free

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

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

Turmeric Tonic: Organic Ginger, Organic Turmeric, Organic Liquorice, Organic Lemon Peel, Organic Black Pepper, Natural Lemon Flavor, Natural Ginger Flavor

Fennel & Mint: Organic Peppermint, Organic Spearmint, Organic Fenugreek, Organic Fennel, Organic Elderberry, Organic Turmeric, Organic Lemon Peel, Organic Nettle, Organic Rosemary, Organic Liquorice, Organic Marigold Petals

NUTRITIONAL INFORMATION: Serving Size: 12/16/20 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
0	0.0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0

Iced Chai Latte

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
230	0.0	0.0	0.0	5	170	42	0	41	25	11	4	425	3	496

NUTRITIONAL INFORMATION: Serving Size: 24 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
290	0.0	0.0	0.0	10	220	53	0	51	32	14	4	531	3	620

Iced Coffee

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Coffee

NUTRITIONAL INFORMATION: Serving Size: 16/24 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
0	0.0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0

COFFEE AND TEA

Latte

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Milk

INGREDIENTS:

Milk, Espresso

NUTRITIONAL INFORMATION: Serving Size: 12 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
110	0.0	0.0	0.0	5	140	15	0	13	0	10	3	354	0	413

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
130	0.0	0.0	0.0	5	170	18	0	16	0	12	4	425	0	496

NUTRITIONAL INFORMATION: Serving Size: 20 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
170	0.0	0.0	0.0	10	210	24	0	19	0	15	4	531	0	620

Iced Latte

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Milk

INGREDIENTS:

Milk, Espresso

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
130	0.0	0.0	0.0	5	170	18	0	16	0	12	4	425	0	496

NUTRITIONAL INFORMATION: Serving Size: 24 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
170	0.0	0.0	0.0	10	210	24	0	19	0	15	4	531	0	620

Macchiato

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Milk

INGREDIENTS:

Milk, Espresso

NUTRITIONAL INFORMATION: Serving Size: 4 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
10	0.0	0.0	0.0	0	0	1	0	0	0	1	0	12	0	14

COFFEE AND TEA

Hot Chocolate

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 12 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
240	2.5	1.5	0.0	5	140	36	0	32	19	13	3	378	5	1111

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
330	3.5	2.0	0.0	5	170	49	0	44	28	17	4	461	7	1542

NUTRITIONAL INFORMATION: Serving Size: 20 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
430	4.5	2.5	0.0	10	210	64	0	64	38	21	4	580	9	2015

Hot Chocolate

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 12 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
240	2.5	1.5	0.0	5	140	36	0	32	19	13	3	378	5	1111

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
330	3.5	2.0	0.0	5	170	49	0	44	28	17	4	461	7	1542

NUTRITIONAL INFORMATION: Serving Size: 20 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
430	4.5	2.5	0.0	10	210	64	0	64	38	21	4	580	9	2015

Iced Teas

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Iced Black Tea: Organic Black Tea

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

NUTRITIONAL INFORMATION: Serving Size: 16/24 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
0	0.0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0

Please be aware we use numerous ingredients in our kitchens and therefore cannot guarantee that any of our products are completely free of any allergen due to the potential for cross-contact. 10.14.20 v2 ★ PAGE 41

COFFEE AND TEA

Grapefruit & Blueberry Iced Green Tea

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Milk

INGREDIENTS:

Mango Green Tea (Organic Green Tea, Organic Licorice, Organic Lemongrass, Natural Mango Flavor), Red Grapefruit Syrup (Pure Cane Sugar, Water, Citric Acid, Natural Flavor, Concentrated Lemon Juice, Vegetable Juice (Color), Potassium Sorbate (Preservative)), Blueberries

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
100	0	0	0	0	0	23	0	22	21	0	0	1	0	13

NUTRITIONAL INFORMATION: Serving Size: 24 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
140	0	0	0	0	0	34	0	33	31	0	0	1	0	13

Mocha

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Milk

INGREDIENTS:

Skim Milk (Organic Pasteurized Fat Free Milk, Vitamin A, Vitamin D), Chocolate Powder (Cane Sugar, Cocoa Powder - Processed with Alkali, Dark Chocolate (Chocolate Liquor, Cane Sugar, Cocoa Powder)), Espresso

NUTRITIONAL INFORMATION: Serving Size: 12 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
180	1.0	0.5	0.0	5	140	26	0	22	9	12	3	366	2	762

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
270	2.5	1.5	0.0	5	170	40	0	34	19	16	4	449	5	1193

NUTRITIONAL INFORMATION: Serving Size: 20 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
370	3.5	2.0	0.0	10	210	56	0	48	28	21	4	568	7	1666

Iced Mocha

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Milk

INGREDIENTS:

Skim Milk, Chocolate Powder (Organic Evaporated Sugar Cane Juice, Organic Cocoa Powder—Processed with Alkali, Organic Dark chocolate (Organic chocolate liquor, Organic Evaporated Sugar Cane Juice, Organic cocoa powder), Espresso

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
240	2.5	1.5	0.0	5	105	36	0	31	21	12	2	290	5	1082

NUTRITIONAL INFORMATION: Serving Size: 24 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
320	3.0	2.0	0.0	5	170	48	0	41	25	17	4	464	6	1433

COFFEE AND TEA

Pumpkin Pie Latte

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Milk

INGREDIENTS:

Skim Milk (Organic Pasteurized Fat Free Milk, Vitamin A, Vitamin D), Pumpkin Puree (Sugar, Water, Pumpkin Puree, Natural Flavors, Xanthan Gum, Spices, Citric Acid), Espresso (Water, Coffee Beans), Brown Sugar Whipped Cream (Cream, Non-fat Milk Powder, Cane Sugar, Vanilla Flavoring, Natural Brown Sugar Flavoring, Sorbitan Monostearate, Carrageenan, Dextrose and Nitrous Oxide (Propellant)), Ground Cinnamon Ground Cinnamon.

NUTRITIONAL INFORMATION: Serving Size: 12 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
210	3	2	0.0	15	130	33	0	30	18	9	3	340	0	349

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
270	3	2	0.0	15	160	45	0	40	26	11	3	411	0	477

NUTRITIONAL INFORMATION: Serving Size: 20 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
350	3	2	0.0	20	210	60	0	53	34	15	4	548	0	640

Pumpkin Puree

Recipe is: ☒ Vegetarian and ☒ Vegan

Common Allergens:

INGREDIENTS:

Sugar, Water, Pumpkin Puree, Natural Flavors, Xanthan Gum, Organic Spices, Citric Acid

NUTRITIONAL INFORMATION: Serving Size: 1 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
70	0	0	0	0	0	17	0	16	16	0	0	0	0	0

SYRUPS

Vanilla Syrup

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Pure Cane Sugar, Water, Natural Flavors, Natural Vanilla Extract

NUTRITIONAL INFORMATION: Serving Size: 1 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
100	0.0	0.0	0.0	0	0	24	0	23	23	0	0	0	0	0

Hazelnut Syrup

Recipe is: ☒ Vegetarian and ☒ Vegan

Common Allergens: Hazelnut

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 1 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
90	0.0	0.0	0.0	0	5	22	0	22	22	0	0	0	0	0

Caramel Syrup

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Pure Cane Sugar, Water, Natural Flavors

NUTRITIONAL INFORMATION: Serving Size: 1 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
100	0.0	0.0	0.0	0	0	24	0	24	24	0	0	0	0	0

Cane Syrup

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Pure Cane Sugar, Water

NUTRITIONAL INFORMATION: Serving Size: 1 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
100	0.0	0.0	0.0	0	0	25	0	25	25	0	0	0	0	0

Crème Caramel Syrup

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Pure Cane Syrup, Water, Natural Flavors, Citric Acid

NUTRITIONAL INFORMATION: Serving Size: 1 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
90	0	0	0	0	0	23	0	23	23	0	0	0	0	0

SYRUPS

Sea Salt Caramel Toffee Sauce

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION: Serving Size: 1 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
110	1	1	0	5	240	24	0	22	22	1	1	47	0	61

Toasted Marshmallow Syrup

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Pure Cane Sugar, Water, Natural Flavors, Citric Acid

NUTRITIONAL INFORMATION: Serving Size: 1 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
100	0	0	0	0	0	24	0	24	24	0	0	0	0	0

Whipped Cream Brown Sugar

Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Milk

INGREDIENTS:

Organic Cream, Organic Non-Fat Milk Powder, Organic Cane Sugar, Organic Vanilla Flavoring, Natural Brown Sugar Flavoring, Sorbitan Monostearate, Carrageenan, Dextrose, Nitrous Oxide (Whipping Propellant)

NUTRITIONAL INFORMATION: Serving Size: 2 Tbsp

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
20	1.5	1.0	0.0	5	0	1	0	1	1	0	0	8	0	10

BARISTA MILKS & MILK ALTERNATIVES

Skim Milk

Serving Size: 8 fl oz Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Milk

INGREDIENTS:

Organic Pasteurized Fat Free Milk, Vitamin A, Vitamin D

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
90	0.0	0.0	0.0	5	125	12	0	12	0	8	3	325	0	370

Whole Milk

Serving Size: 8 fl oz Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Milk

INGREDIENTS:

Organic Pasteurized Whole Milk and Vitamin D

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
150	8.0	5.0	0.0	30	120	12	0	11	0	8	3	300	0	350

Almond Milk

Serving Size: 8 fl oz Recipe is: ☒ Vegetarian and ☒ Vegan

Common Allergens: Almond

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
70	4.5	0.0	0.0	0	180	7	1	5	5	2	0	429	1	55

Oat Milk

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Water, Organic Oats, Organic Sunflower Oil, Salt, Potassium Carbonate (Acidity Regulator)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
140	5.0	0.5	0.0	0	80	22	0	11	0	0	0	0	0	0

Half and Half

Serving Size: 1 fl oz Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Milk

INGREDIENTS:

Organic Pasteurized Milk, Organic Pasteurized Heavy Cream

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
40	3.0	2.0	0.0	10	10	1	0	1	0	1	0	30	0	36

COLD DRINKS

Coke

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

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

NUTRITIONAL INFORMATION: 12 fl oz CAN

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
140	0	0	0	0	45	39	0	39	39	0	0	0	0	0

NUTRITIONAL INFORMATION: 20 fl oz BOTTLE

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
240	0	0	0	0	75	65	0	65	65	0	0	0	0	0

Diet Coke

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

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

NUTRITIONAL INFORMATION: 12 fl oz CAN

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
0	0	0	0	0	40	0	0	0	0	0	0	0	0	0

NUTRITIONAL INFORMATION: 20 fl oz BOTTLE

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
0	0	0	0	0	70	0	0	0	0	0	0	0	0	0

Coke Zero

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

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

NUTRITIONAL INFORMATION: 12 fl oz CAN

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
0	0	0	0	0	40	0	0	0	0	0	0	0	0	0

NUTRITIONAL INFORMATION: 20 fl oz BOTTLE

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
0	0	0	0	0	70	0	0	0	0	0	0	0	0	0

COLD DRINKS - JUICE SHOTS

Cayenne Shot

Serving Size: 3.70 fl oz Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
50	0	0	0	0	0	11	2	11	0	2	0	26	2	188

Ginger Shot

Serving Size: 3.70 fl oz Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Apple Juice, Ginger Juice, Ascorbic Acid

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
70	0.5	0	0	0	10	15	2	9	0	2	0	26	0	0

Apple Cider Vinegar Shot With Raspberry

Serving Size: 3.70 fl oz Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Apple Juice, Raspberry Juice, Apple Cider Vinegar, Black Current Juice, Ascorbic Acid

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
50	0	0	0	0	0	9	0	9	0	1	0	0	0	0

Ginger Kombucha

Serving Size: 8.45 fl oz Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Filtered Water, Kombucha Culture (Yeast and Bacteria Cultures), Cane Sugar, Green Tea, Ginger, Turmeric

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
45	0	0	0	0	0	11	0	11	11	0	1	1	1	20

COLD DRINKS - LEMONADES & TEAS

Raspberry Lemonade

Serving Size: 13.50 fl oz Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Water, Lemon Juice, Sugar, Raspberry Puree

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
180	0	0	0	0	10	45	1	42	40	0	0	16	1	57

Classic Lemonade

Serving Size: 13.50 fl oz Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Water, Lemon Juice, Sugar

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
180	0	0	0	0	10	48	0	45	43	0	0	16	1	57

Peach Green Tea

Serving Size: 13.50 fl oz Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Water, Peach Puree, Sugar, Brewed Green Tea

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
130	0	0	0	0	10	32	1	31	27	0	0	16	1	57

Pomegranate White Tea

Serving Size: 13.50 fl oz Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Water, Sugar, Pomegranate Juice, Brewed White Tea

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
140	0	0	0	0	15	34	0	33	30	0	0	16	1	57

COLD DRINKS

Green Good Stuff

Serving Size: 13.50 fl oz Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Apple Juice, Cucumber Juice, Spinach Juice, Celery Juice, Lime Juice

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
180	0	0	0	0	190	38	0	33	0	4	0	70	2	160

Grapefruit Juice

Serving Size: 8.45 fl oz Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Grapefruit Juice

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
100	0	0	0	0	0	23	0	22	0	1	0	22	0	400

Orange Juice

Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Orange Juice

NUTRITIONAL INFORMATION: Serving Size: 8.45 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
110	0	0	0	0	0	26	0	21	0	2	0	27	0	496

NUTRITIONAL INFORMATION: Serving Size: 13.50 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
220	0	0	0	0	0	50	0	42	0	4	0	54	0	992

Orange & Mango Juice

Serving Size: 8.45 fl oz Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Orange Juice, Mango Puree

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
120	0.5	0	0	0	0	28	1	22	0	2	0	30	1	488

Tangerine Turmeric Carrot Juice

Serving Size: 13.50 fl oz Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
160	0.5	0	0	0	10	36	1	32	0	3	0	58	1	780

COLD DRINKS

Super Berry Smoothie

Serving Size: 8.45 fl oz Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
140	0	0	0	0	55	33	3	28	0	1	0	40	2	446

Watermelon, Beet & Berry Juice

Serving Size: 13.50 fl oz Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
150	0	0	0	0	10	33	2	27	0	3	0	34	1	498

Spindrift- Grapefruit

Serving Size: 12 fl oz Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Carbonated Water, Grapefruit Juice, Orange Juice, Lemon Juice, Hibiscus (For Color)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
17	0	0	0	0	0	4	0	3	0	0	0	0	0	0

Spindrift- Lemon

Serving Size: 12 fl oz Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Carbonated Water, Lemon Juice

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
3	0	0	0	0	0	1	0	0	0	0	0	0	0	0

Spindrift- Raspberry Lime

Serving Size: 12 fl oz Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Carbonated Water, Raspbery Puree, Raspberry Juice, Lime Juice

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
9	0	0	0	0	0	2	0	1	0	0	0	0	0	0

COLD DRINKS - WATER

Sparkling Water

Serving Size: 17 fl oz Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Carbonated Spring Water

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Still Water

Serving Size: 17/24 fl oz Recipe is: ☒ Vegetarian and ☒ Vegan

INGREDIENTS:

Spring Water

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

CATERING PLATTERS

For full declaration, nutritional information, and allergens for each item, Please refer to the relevant section earlier in this guide.

Baguette Platter

Serving Size: 1376g/48.53oz Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Tuna, Egg, Milk, Wheat, Pine Nut

CONTAINS:

1 Balsamic Chicken Baguette (cut into 4 pieces)

1 Pret's Caprese Baguette (cut into 4 pieces)

2 Pret's Famous Ham & Cheese Baguette (cut into 4 pieces)

1 Pret's Italian Baguette (cut into 4 pieces)

1 Pret's Tuna & Cucumber Baguette (cut into 4 pieces)

THIS PLATTER FEEDS 6 PEOPLE.

NUTRITIONAL INFORMATION FOR 1 PLATTER:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
3610	156	42	0	365	8170	374	26	27	5	164	0	1229	11	1812

Breakfast Baguette Platter

Serving Size: 1465g/51.68oz Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Egg, Wheat

CONTAINS:

3 Egg & Avocado Breakfast Baguette

3 Egg & Bacon Breakfast Baguette

3 Egg Salad & Roasted Tomato Breakfast Baguette

THIS PLATTER FEEDS 9 PEOPLE.

NUTRITIONAL INFORMATION FOR 1 PLATTER:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
4000	208	37	0	1855	8740	370	32	26	0	146	11	358	13	2235

Classic Sandwich Platter

Serving Size: 1297g/45.75oz Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Tuna, Egg, Milk, Wheat

CONTAINS:

1 Balsamic Chicken Avocado Sandwich (cut into 4 pieces)

1 California Club Sandwich (cut into 4 pieces)

1 Chicken & Bacon Sandwich (cut into 4 pieces)

1 Pret's Egg & Arugula Sandwich (cut into 4 pieces)

1 Pret's Tuna Salad Sandwich (cut into 4 pieces)

THIS PLATTER FEEDS 5 PEOPLE.

NUTRITIONAL INFORMATION FOR 1 PLATTER:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
2640	127	20	0	615	4150	227	12	38	1	138	2	1077	14	3088

CATERING PLATTERS

Chicken Avocado Salad Platter

Serving Size: 1104g/38.94oz Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Walnut

INGREDIENTS:

Salad: 2 Avocado (264 g), 12 mL (12 g) Lemon Juice, 48 g Walnuts, 300 g Mesclun, 280 g Sliced Chicken, 140 g Grape Tomatoes, 60 g Craisins

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), Filtered Water, Salt, Pepper, Xanthan Gum (Stabilizer), Dehydrated Onion

THIS PLATTER FEEDS 5 PEOPLE. All platters are served with bread rolls

NUTRITIONAL INFORMATION FOR 1 PLATTER - WITHOUT DRESSING/ROLLS:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
1350	77	10	0	205	1220	91	28	50	41	79	0	214	8	3346

NUTRITIONAL INFORMATION FOR 1 DRESSING POT:

Serving Size: 57g/2oz Recipe is: ☒ Vegetarian and ☐ Vegan

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
290	28	2	0	0	430	6	0	5	4	0	0	8	0	11

Chicken Caesar Salad Platter

Serving Size: 1117g/39.40oz Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Anchovy, Egg, Milk, Soy, Wheat

INGREDIENTS:

Salad: 60 g Asiago Crisp, 540 g Romaine Lettuce, 280 g Sliced Chicken, 0.5 Lemon, 140 g Grape Tomatoes, 60 g Veggy Parmesan, 8 g Basil **Caesar**

Dressing: 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), 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

THIS PLATTER FEEDS 5 PEOPLE. All platters are served with bread rolls

NUTRITIONAL INFORMATION FOR 1 PLATTER - WITHOUT DRESSING/ROLLS:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
1060	54	28	0	305	3030	28	14	11	0	116	0	1883	7	2720

NUTRITIONAL INFORMATION FOR 1 DRESSING POT:

Serving Size: 57g/2oz Recipe is: ☐ Vegetarian and ☐ Vegan

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
300	32	3	0	10	230	6	0	2	0	2	0	49	0	23

Chipotle Chicken Salad Platter

Serving Size: 1126g/39.71oz Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Egg, Milk, Soy, Wheat, Anchovy

INGREDIENTS:

Salad: 132 g Avocado, 400 g Romaine Lettuce, 140 g Pickled Red Onion, 280 g Sliced Chicken, 24 g Crispy Onion, 20 g Cilantro, 128 g Charred Corn, 2 g Chili Salt

NUTRITIONAL INFORMATION FOR 1 PLATTER - WITHOUT DRESSING/ROLLS:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
990	39	4.5	0	205	2350	93	22	35	21	77	0	206	7	3055

CATERING PLATTERS

Cookie Platter, Chocolate Chip

Serving Size: 71g/2.50oz Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Egg, Milk, Soy, Wheat

INGREDIENTS:

Chocolate Chunk Cookie - 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 (Emulsifier), Salt And Vanilla), Butter (Milk), Brown Sugar, Sugar, Eggs, Egg Yolks, Contains Less Than 2%: Salt, Natural Flavor, Baking Soda, Whole Milk Powder

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
310	16	10	0	50	280	42	2	26	26	4	0	28	2	120

Cookie Platter, Harvest

Serving Size: 71g/2.50oz Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Coconut, Walnut, Egg, Milk, Wheat

INGREDIENTS:

Harvest Cookie - Rolled Oats, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter (Cream, Salt), Brown Sugar, Sugar, Sweetened Dried Cranberries (Cranberries, Sugar, Sunflower Oil), Walnuts, Eggs, Raisins, Water, Contains Less Than 2%: Coconut, Honey, Molasses, Salt, Baking Soda, Spices, Natural Flavors

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
280	212	6	0	35	260	40	3	21	18	5	0	32	2	150

Croissant Box

Serving Size: 100g/3.50oz Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Almond, Egg, Milk, Soy, Wheat

CONTAINS:

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

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
370	21	11	0.5	45	220	39	3	13	12	8	0	45	1	160

Mediterranean Mezze Salad Platter

Serving Size: 1211g/42.72oz Recipe is: ☒ Vegetarian and ☒ Vegan

Common Allergens: Pine Nuts, Sesame

INGREDIENTS:

Salad: Falafel (Garbanzo Beans, Onions, Garbanzo Bean Flour, Corn Oil, Cilantro, Mint, Parsley, Garlic (Garlic, Water), Salt, Olive Oil, Water, Baking Powder (Monocalcium Phosphate, Sodium Bicarbonate and Cornstarch), Cumin, Lemon Juice Concentrate, Turmeric, Cayenne Pepper), Hummus (Garbanzo Beans, Water, Tahini (Sesame), Expeller Pressed Canola Oil, Lemon Juice, Salt, Garlic Powder, Citric Acid, Xanthan Gum), Mesclun, Cucumbers, Beets, Pickled Cabbage & Carrot Mix (Red Cabbage, Carrot, Water, Sugar, Vinegar, Salt), Pomegranate Seeds, Pine Nuts

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

THIS PLATTER FEEDS 5 PEOPLE. All platters are served with bread rolls

NUTRITIONAL INFORMATION FOR 1 PLATTER - WITHOUT DRESSING/ROLLS:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
1520	69	2	0	0	3880	190	42	58	23	51	0	617	23	2798

NUTRITIONAL INFORMATION FOR 1 DRESSING POT:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
180	17	1	0	0	430	6	0	6	1	0	0	3	0	8

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CATERING PLATTERS

Very Veggie Sandwich Platter

Serving Size: 1046g/36.90oz Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Egg, Milk, Wheat

CONTAINS:

- 1 Cheddar and Tomato (cut into 4 pieces)
- 2 Super Veggie (cut into 8 pieces)
- 2 Egg Salad & Arugula (cut into 8 pieces)

THIS PLATTER FEEDS 5 PEOPLE.

NUTRITIONAL INFORMATION FOR 1 PLATTER:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
2180	108	21	0	620	3590	227	14	39	0	76	4	1395	13	2391

Yogurt Pot Platter

Serving Size: 1993g/70.30oz Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Almond, Milk

CONTAINS:

- 3 Banana & Honey Pots,
- 2 Blueberry & Granola Pots,
- 3 Little Cups of Goodness

THIS PLATTER FEEDS 8 PEOPLE.

NUTRITIONAL INFORMATION FOR 1 PLATTER:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
2710	87	30	0	215	490	352	28	236	24	140	0	1575	6	3462

Snack Box

Common Allergens: see product pages

CONTAINS:

- 4 Ginger Shots,
- 2 Salted Corn,
- 1 Milk Chocolate Bar
- 1 Dark Chocolate with Sea Salt Bar
- 2 Raw Almonds
- 2 Nut Bars
- 2 Omega Mix

NUTRITIONAL INFORMATION:

REFER TO THE COLD DRINKS- JUICE SHOTS AND SNACKS SECTION OF THE NUTRITIONAL GUIDE

Treat Box

Common Allergens: see product pages

CONTAINS:

- 2 Kettle Corn
- 2 Love Bars
- 2 Brownie Bites
- 2 Chocolate Almonds
- 2 Popcorn Bars
- 2 Choc Bar

NUTRITIONAL INFORMATION:

REFER TO THE SNACKS SECTION OF THE NUTRITIONAL GUIDE

CATERING

Chicken Avo Salad & Chicken Noodle Soup

Serving Size: 2472g/87.15oz Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Egg, Milk, Soy, Wheat, Walnut

INGREDIENTS:

Platter size salad and 32oz of soup. Comes with 4 brownie bites and a French baguette.

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
3986	242	45	0	485	7250	306	40	156	133	148	0	346	15	4410

Chicken Avo Salad & Tomato Feta Soup

Serving Size: 2512g/88.55oz Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Egg, Milk, Soy, Wheat, Walnut

INGREDIENTS:

Platter Size Salad And 32oz Of Soup. Comes With 4 Brownie Bites And A French Baguette.

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
4126	263	55	0	415	7490	316	44	178	133	128	0	550	11	4870

Chicken Avo Salad & Moroccan Lentil Soup

Serving Size: 2512g/88.55oz Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Egg, Milk, Soy, Wheat, Walnut

INGREDIENTS:

Platter Size Salad And 32oz Of Soup. Comes With 4 Brownie Bites And A French Baguette.

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
4386	267	49	0	345	6310	352	62	162	133	144	0	392	19	5320

Chicken Caesar Salad & Chicken Noodle Soup

Serving Size: 2485g/87.61oz Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Anchovy, Egg, Milk, Soy, Wheat, Walnut

INGREDIENTS:

Platter Size Salad And 32oz Of Soup. Comes With 4 Brownie Bites And A French Baguette.

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
3736	235	67	0	639	8270	243	26	105	76	193	0	2179	14	3830

Chicken Caesar Salad & Tomato Feta Soup

Serving Size: 2525g/89.01oz Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Egg, Milk, Soy, Wheat, Anchovy

INGREDIENTS:

Platter Size Salad And 32oz Of Soup. Comes With 4 Brownie Bites And A French Baguette.

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
3876	256	77	0	560	8510	253	30	127	76	173	0	2383	10	4290

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CATERING

Chicken Caesar Salad & Moroccan Lentil Soup

Serving Size: 2525g/89.01oz Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Egg, Milk, Soy, Wheat, Anchovy

INGREDIENTS:

Platter Size Salad And 32oz Of Soup. Comes With 4 Brownie Bites And A French Baguette.

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
4136	260	71	0	490	7330	289	48	111	76	189	0	2225	18	4740

Chicken Noodle Soup (32oz)

Serving Size: 868g/30.60oz Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens: Egg, Wheat

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
380	9	2	0	140	2800	42	4	8	0	38	0	114	8	830

Moroccan Lentil Soup (32oz)

Serving Size: 908g/32oz Recipe is: ☒ Vegetarian and ☒ Vegan

Common Allergens: Soy

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
780	34	6	0	0	1860	88	26	14	0	34	0	160	12	1740

Tomato Feta Soup (32oz)

Serving Size: 454g/17.28oz Recipe is: ☒ Vegetarian and ☐ Vegan

Common Allergens: Milk

INGREDIENTS:

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

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
260	14	6	0	40	1520	26	4	14	0	10	0	160	2	640

CATERING KITS

Avocado Tartine Kit

Serving Size: 978g/34.50oz Recipe is: ☒ Vegetarian and ☒ Vegan

Common Allergens:

INGREDIENTS:

Loaf Of Gluten Free Bread (6 Slices + 2 Ends), 4 Avocados, Lemon, Chili Salt, Arugula

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
1450	121	17	0	0	270	90	64	8	0	24	0	282	6	4210

Chipotle Chicken Grain Bowl Kit

Serving Size: 978g/34.50oz Recipe is: ☐ Vegetarian and ☐ Vegan

Common Allergens:

INGREDIENTS:

Loaf Of Gluten Free Bread (6 Slices + 2 Ends), 4 Avocados, Lemon, Chili Salt, Arugula

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
1450	121	17	0	0	270	90	64	8	0	24	0	282	6	4210

GROCERY

Granary Bread

Serving Size: 42g/1.48oz Recipe is: ☒ Vegetarian and ☒ Vegan

Common Allergens: Wheat

INGREDIENTS:

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, Emulsifier, 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 (Flour Treatment Agent)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
100	0.5	0	0	0	135	20	3	3	0	4	0	90	1	69

Gluten Free Bread

Serving Size: 56g/1.98oz Recipe is: ☒ Vegetarian and ☒ Vegan

Common Allergens:

INGREDIENTS:

Water, Oat Flour, Corn Starch, Potato Starch, Sunflower Seeds, Brown Teff Flour, Buckwheat Flour, Tapioca Starch, Treacle, Potato Protein, Brown Flaxseed, Red Quinoa Seeds, Thickener (Xanthan Gum), Brown Rice Flour, Yeast, Quinoa Flour, Rice Bran, Glycerol, Rapeseed Oil, Millet Seeds, Salt, Sourdough (Rice Flour, Quinoa, Cornflour) Rice Protein, Apple Fiber, Citric Acid, Malic Acid, Tartaric Acid, Flour Treatment Agent (Ascorbic Acid)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
130	4.5	0.5	0	0	200	15	5	1	0	5	0	78	1	15

Granola

Serving Size: 30g/1.06oz Recipe is: ☒ Vegetarian and ☒ Vegan

Common Allergens:

INGREDIENTS:

Gluten Free Oat Flakes, Glaze (Muscovado Sugar, Golden Syrup, Concentrated Apple Juice, Cassia, Salt), Pumpkin Seed, Raisins, Sunflower Oil, Golden Linseed, Buckwheat Flakes.

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
130	4	-	-	-	25	19	2	9	-	3	-	-	-	-