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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Effective 1/13/2021 Version 2

Bagels

Asiago Cheese Bagel

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Bagel	320	50	5	3	0	15	530	55	2	4	14	
Allergens *	CONTAINS MILK, WHEAT.											

ASIAGO CHEESE BAGEL (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, ASIAGO CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, MICROBIAL AND ANIMAL ENZYMES, POWDERED CELLULOSE [TO PREVENT CAKING]), BROWN SUGAR, SALT, DOUGH IMPROVER (MALTED WHEAT FLOUR, ENRICHED WHEAT FLOUR [NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], INACTIVATED YEAST, ACEROLA EXTRACT, FUNGAL ENZYMES), YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID)), ASIAGO CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, MICROBIAL & ANIMAL ENZYMES, POWDERED CELLULOSE [TO PREVENT CAKING])).

Blueberry Bagel

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Bagel	290	10	1	0	0	0	390	61	2	10	10	
Allergens *	CONTAINS WHEAT.											

ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, BLUEBERRY FLAVORED BITES (SUGAR, ENRICHED WHEAT FLOUR [WHEAT FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], BLUEBERRY SOLIDS, SUNFLOWER OIL, WHEAT STARCH, DEXTROSE, COLORED WITH FRUIT JUICE, NATURAL FLAVOR, SODIUM BICARBONATE), BROWN SUGAR, INFUSED DRIED BLUEBERRIES (WILD BLUEBERRIES, CANE SUGAR, NATURAL FLAVOR, CITRIC ACID, SUNFLOWER OIL), SALT, DOUGH IMPROVER (MALTED WHEAT FLOUR, ENRICHED WHEAT FLOUR [NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], INACTIVATED YEAST, ACEROLA EXTRACT, FUNGAL ENZYMES), YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID).

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Bagels

Chocolate Chip Bagel

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Bagel	320	40	4.5	2.5	0	0	370	61	2	13	10	
Allergens *	CONTAINS MILK, SOY, WHEAT.											

ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, MILK CHOCOLATE DROPS (SUGAR, WHOLE MILK POWDER, CHOCOLATE LIQUOR, COCOA BUTTER, MILK FAT, SOY LECITHIN, SUNFLOWER LECITHIN, NATURAL VANILLA FLAVOR), BROWN SUGAR, SALT, DOUGH IMPROVER (MALTED WHEAT FLOUR, ENRICHED WHEAT FLOUR [NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID]), INACTIVATED YEAST, ACEROLA EXTRACT, FUNGAL ENZYMES), YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID).

Cinnamon Crunch Bagel

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Bagel	420	60	7	5	0	0	380	83	2	32	9	
Allergens *	CONTAINS MILK, WHEAT.											

ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, CINNAMON SUGAR TOPPING (SUGAR, CINNAMON, MODIFIED CORN STARCH, SOYBEAN OIL), WHITE CONFECTIONERY DROPS (SUGAR, PALM KERNEL OIL, NONFAT DRY MILK, WHOLE MILK POWDER, WHEY POWDER, PALM OIL, SUNFLOWER LECITHIN, VANILLA EXTRACT), CINNAMON FLAVORED CONFECTIONERY DROPS (SUGAR, PALM KERNEL OIL, NONFAT DRY MILK, CINNAMON, SUNFLOWER LECITHIN), BROWN SUGAR, HONEY, NATURAL FLAVORS (WATER, VEGETABLE GLYCERIN, NATURAL FLAVORS, ALCOHOL), SALT, PALM OIL SHORTENING, DOUGH IMPROVER (MALTED WHEAT FLOUR, ENRICHED WHEAT FLOUR [NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID]), INACTIVATED YEAST, ACEROLA EXTRACT, FUNGAL ENZYMES), YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID).

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Bagels

Cinnamon Swirl & Raisin Bagel

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Bagel	310	15	2	1	0	0	410	65	3	12	10	
Allergens *	CONTAINS MILK, WHEAT.											

ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SEEDLESS RAISINS, BROWN SUGAR, CINNAMON FLAVORED CONFECTIONERY DROPS (SUGAR, PALM KERNEL OIL, NONFAT DRY MILK, CINNAMON, SUNFLOWER LECITHIN), SALT, CINNAMON, DOUGH IMPROVER (MALTED WHEAT FLOUR, ENRICHED WHEAT FLOUR [NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], INACTIVATED YEAST, ACEROLA EXTRACT, FUNGAL ENZYMES), YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID).

Everything Bagel

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Bagel	290	15	1.5	0	0	0	560	58	2	4	10	
Allergens *	CONTAINS WHEAT.											

ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, BROWN SUGAR, TOPPING (SESAME SEED, POPPY SEED, SALT, DEHYDRATED GARLIC, DEHYDRATED ONION), SALT, DOUGH IMPROVER (MALTED WHEAT FLOUR, ENRICHED WHEAT FLOUR [NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], INACTIVATED YEAST, ACEROLA EXTRACT, FUNGAL ENZYMES), YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID).

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Bagels

Jalapeno Cheddar Bagel

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Bagel	300	25	2.5	1.5	0	5	750	56	2	4	13	
Allergens *	CONTAINS MILK, WHEAT.											

ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, CORN BAGEL BASE (SUGAR, SALT, MALTED BARLEY FLOUR [CONTAINS WHEAT], WHITE CORN FLOUR, DEXTROSE, BETA CAROTENE [COLOR], MOLASSES POWDER [MOLASSES, WHEAT STARCH], NATURAL FLAVOR, YEAST, SOYBEAN OIL, ASCORBIC ACID, ENZYMES [CONTAINS WHEAT]), GREEN JALAPENO PEPPERS, SHARP CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, MICROBIAL ENZYMES, ANNATTO [COLOR]), VITAL WHEAT GLUTEN, YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID), HOT SALSA BASE (YELLOW CORN FLOUR, PAPRIKA FOR COLOR, GROUND CUMIN, MINCED GARLIC, GROUND CHILI PEPPERS, JALAPENO PEPPER GRANULES, SALT).

Plain Bagel

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Bagel	280	10	1	0	0	0	410	57	2	4	10	
Allergens *	CONTAINS WHEAT.											

ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, BROWN SUGAR, SALT, DOUGH IMPROVER (MALTED WHEAT FLOUR, ENRICHED WHEAT FLOUR [NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], INACTIVATED YEAST, ACEROLA EXTRACT, FUNGAL ENZYMES), YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID).

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Bagels

Poppypeed Bagel

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Bagel	290	15	1.5	0	0	0	410	58	2	4	10	
Allergens *	CONTAINS WHEAT.											

ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, BROWN SUGAR, POPPY SEED, SALT, DOUGH IMPROVER (MALTED WHEAT FLOUR, ENRICHED WHEAT FLOUR [NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID]), INACTIVATED YEAST, ACEROLA EXTRACT, FUNGAL ENZYMES), YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID).

Salt Bagel

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Bagel	280	10	1	0	0	0	1740	57	2	4	10	
Allergens *	CONTAINS WHEAT.											

ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SEA SALT, BROWN SUGAR, SALT, DOUGH IMPROVER (MALTED WHEAT FLOUR, ENRICHED WHEAT FLOUR [NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID]), INACTIVATED YEAST, ACEROLA EXTRACT, FUNGAL ENZYMES), YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID).

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Bagels

Sesame Bagel

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Bagel	290	25	2.5	0	0	0	410	57	2	4	11	
Allergens *	CONTAINS WHEAT.											

ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, BROWN SUGAR, SESAME SEEDS, SALT, DOUGH IMPROVER (MALTED WHEAT FLOUR, ENRICHED WHEAT FLOUR [NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID]), INACTIVATED YEAST, ACEROLA EXTRACT, FUNGAL ENZYMES), YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID).

Sprouted Grain Bagel Flat

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Bagel Flat	180	20	2	0	0	0	410	34	3	4	7	
Allergens *	CONTAINS WHEAT.											

WATER, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHITE WHOLE WHEAT FLOUR, ROLLED OATS (MAY CONTAIN WHEAT), HONEY, BROWN SUGAR, VITAL WHEAT GLUTEN, CANOLA OIL, SALT, BREAD BASE (ENRICHED PREGELATINIZED WHEAT FLOUR [NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID]), WHEAT FIBER, WHEAT GLUTEN, MALTED WHEAT FLOUR, ACEROLA EXTRACT, MICROBIAL ENZYMES), YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID), SPROUTED GRAIN BLEND (SPROUTED WHEAT, SPROUTED SPELT, SPROUTED RYE, SPROUTED OATS).

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Breads

Artisan Ciabatta

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
2 oz (about 3 1/2 inch slice/ 57g)	150	10	1.5	0	0	0	280	30	1	0	6	
Allergens *	CONTAINS WHEAT.											

Black Pepper Focaccia

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
2 oz (57g / about 4.75 inch slice)	140	15	2	0	0	0	370	26	1	0	5	
Allergens *	CONTAINS WHEAT.											

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Breads

Brioche Roll

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Roll	210	60	7	4	0	50	300	31	1	6	7	
Allergens *	CONTAINS EGG, MILK, WHEAT.											

ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, BUTTER WITH NATURAL FLAVOR (PASTEURIZED CREAM [MILK], NATURAL FLAVOR), LIQUID WHOLE EGGS (WHOLE EGG, CITRIC ACID, NISIN PREPARATION [TO PRESERVE FRESHNESS]), SUGAR, HIGH HEAT MILK SOLIDS (MILK PROTEIN CONCENTRATE, NON-FAT DRY MILK, LACTOSE), SUGARED EGG YOLK (LIQUID EGG YOLKS, SUGAR), SALT, DOUGH IMPROVER (WHEAT GLUTEN, ACEROLA EXTRACT, MICROBIAL ENZYMES), YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID), EGG BLEND (WHOLE EGGS, EGG YOLK, DRIED EGG WHITES), VITAL WHEAT GLUTEN.

Classic Sourdough Loaf

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
2 oz (about 1 1/4 inch slice / 57 g)	150	5	0	0	0	0	320	31	1	0	6	
Allergens *	CONTAINS WHEAT.											

ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SALT, YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID), DOUGH IMPROVER (ASCORBIC ACID, MICROCRYSTALLINE CELLULOSE, CORN STARCH).

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Breads

Classic White Miche

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
2 oz (about 2/3 inch slice / 57g)	160	35	4	2	0	10	260	27	1	4	6	
Allergens *	CONTAINS MILK, WHEAT.											

Country Rustic Sourdough XL Loaf

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
2 oz (about 2/3 inch slice / 57 g)	130	5	0	0	0	0	260	28	1	0	5	
Allergens *	CONTAINS WHEAT.											

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Breads

Asiago Cheese Focaccia

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
2 oz (57g / about 4 inch slice)	150	25	3	1	0	5	320	24	1	0	6	
Allergens *	CONTAINS MILK, WHEAT.											

French Baguette

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
2 oz (57g / about 2 3/4 inch slice)	150	5	0	0	0	0	370	30	1	1	5	
Allergens *	CONTAINS WHEAT.											

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Breads

New England Roll

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Roll	250	40	4.5	1.5	0	10	440	44	1	5	9		ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, HIGH HEAT MILK SOLIDS (MILK PROTEIN CONCENTRATE, NON-FAT DRY MILK, LACTOSE), BUTTER WITH NATURAL FLAVOR (PASTEURIZED CREAM [MILK], NATURAL FLAVOR), SUGAR, CANOLA OIL, SALT, VITAL WHEAT GLUTEN, YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID), DOUGH IMPROVER (MALTED BARLEY FLOUR, DEXTROSE, RYE FLOUR, SUNFLOWER LECITHIN, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, CALCIUM PHOSPHATE), FUNGAL ENZYMES, ASCORBIC ACID), EGG BLEND (WHOLE EGGS, EGG YOLK, DRIED EGG WHITES).
Allergens *	CONTAINS EGG, MILK, WHEAT.												

Sourdough Bread Bowl

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Bread Bowl	670	40	4.5	0	0	0	1160	130	4	2	27		ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SALT, YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID), DOUGH IMPROVER (ASCORBIC ACID, MICROCRYSTALLINE CELLULOSE, CORN STARCH).
Allergens *	CONTAINS WHEAT.												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Breads

Tomato Basil Miche

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
2 oz (57g / about 1/2 inch slice)	130	5	0	0	0	0	330	27	1	1	5	
Allergens *	CONTAINS WHEAT.											

White Whole Grain Loaf

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
2 oz (57g / about 7/8 inch slice)	130	5	0.5	0	0	0	260	25	3	2	6	
Allergens *	CONTAINS WHEAT.											

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Breads

Whole Grain Lahvash

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Lahvash	150	20	2.5	0	0	0	250	27	2	2	9	
Allergens *	CONTAINS SOY, WHEAT.											

Whole Grain Sourdough Loaf

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
2 oz (about 1/2 inch slice / 57 g)	120	5	0.5	0	0	0	230	25	3	0	5	
Allergens *	CONTAINS WHEAT.											

*ALLERGEN NOTICE: MANY OF OUR PRODUCTS CONTAIN OR MAY COME INTO CONTACT WITH COMMON ALLERGENS, INCLUDING WHEAT, PEANUTS, SOY, TREE NUTS, MILK, EGGS, FISH, SHELLFISH, SESAME, SULFITES, AND MUSTARD



Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Breakfast

Asiago Bacon, Egg & Cheese on Asiago Cheese Bagel

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Sandwich	560	210	24	12	0	250	1060	57	2	5	21	
Allergens *	CONTAINS EGG, MILK, WHEAT.											

ASIAGO CHEESE BAGEL (ASIAGO CHEESE BAGEL [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, ASIAGO CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, MICROBIAL AND ANIMAL ENZYMES, POWDERED CELLULOSE [TO PREVENT CAKING]), BROWN SUGAR, SALT, DOUGH IMPROVER (MALTED WHEAT FLOUR, ENRICHED WHEAT FLOUR [NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], INACTIVATED YEAST, ACEROLA EXTRACT, FUNGAL ENZYMES), YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID)], ASIAGO CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, MICROBIAL & ANIMAL ENZYMES, POWDERED CELLULOSE [TO PREVENT CAKING])), OVER EASY EGG (PASTEURIZED EGGS, SOYBEAN OIL AND/OR CANOLA OIL), WHITE CHEDDAR (PASTEURIZED MILK, CHEESE CULTURES, SALT, MICROBIAL ENZYMES), APPLEWOOD SMOKED BACON (PORK, WATER, SEA SALT, SUGAR, CELERY POWDER), SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL).

Avocado, Egg White & Spinach on Sprouted Grain Bagel Flat

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Sandwich	350	120	14	6	0	25	700	40	5	5	19	
Allergens *	CONTAINS EGG, MILK, WHEAT.											

SPROUTED GRAIN BAGEL FLAT (WATER, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHITE WHOLE WHEAT FLOUR, ROLLED OATS (MAY CONTAIN WHEAT), HONEY, BROWN SUGAR, VITAL WHEAT GLUTEN, CANOLA OIL, SALT, BREAD BASE (ENRICHED PREGELATINIZED WHEAT FLOUR [NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHEAT FIBER, WHEAT GLUTEN, MALTED WHEAT FLOUR, ACEROLA EXTRACT, MICROBIAL ENZYMES), YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID), SPROUTED GRAIN BLEND (SPROUTED WHEAT, SPROUTED SPELT, SPROUTED RYE, SPROUTED OATS)), EGG WHITES (EGG WHITES, SOYBEAN OIL AND/OR CANOLA OIL), AVOCADO, WHITE CHEDDAR (PASTEURIZED MILK, CHEESE CULTURES, SALT, MICROBIAL ENZYMES), TOMATOES, SPINACH, SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL).

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Breakfast

Bacon, Egg & Cheese on Brioche

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Sandwich	460	230	25	12	0	290	830	33	1	6	24	
Allergens *	CONTAINS EGG, MILK, WHEAT.											

BRIOCHE ROLL (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, BUTTER WITH NATURAL FLAVOR (PASTEURIZED CREAM [MILK], NATURAL FLAVOR), LIQUID WHOLE EGGS (WHOLE EGG, CITRIC ACID, NISIN PREPARATION [TO PRESERVE FRESHNESS]), SUGAR, HIGH HEAT MILK SOLIDS (MILK PROTEIN CONCENTRATE, NON-FAT DRY MILK, LACTOSE), SUGARED EGG YOLK (LIQUID EGG YOLKS, SUGAR), SALT, DOUGH IMPROVER (WHEAT GLUTEN, ACEROLA EXTRACT, MICROBIAL ENZYMES), YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID), EGG BLEND (WHOLE EGGS, EGG YOLK, DRIED EGG WHITES), VITAL WHEAT GLUTEN), OVER EASY EGG (PASTEURIZED EGGS, SOYBEAN OIL AND/OR CANOLA OIL), WHITE CHEDDAR (PASTEURIZED MILK, CHEESE CULTURES, SALT, MICROBIAL ENZYMES), APPLEWOOD SMOKED BACON (PORK, WATER, SEA SALT, SUGAR, CELERY POWDER), SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL).

Bacon, Egg & Cheese on Artisan Ciabatta

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Sandwich	440	180	20	9	0	240	890	40	2	1	25	
Allergens *	CONTAINS EGG, MILK, WHEAT.											

ARTISAN CIABATTA (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, WHITE WHOLE WHEAT FLOUR, OLIVE OIL BLEND (EXTRA VIRGIN OLIVE OIL, CANOLA OIL), SALT, DOUGH IMPROVER (WHEAT GLUTEN, MALTED WHEAT FLOUR, DEACTIVATED YEAST, MICROBIAL ENZYMES, ASCORBIC ACID), YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID)), OVER EASY EGG (PASTEURIZED EGGS, SOYBEAN OIL AND/OR CANOLA OIL), WHITE CHEDDAR (PASTEURIZED MILK, CHEESE CULTURES, SALT, MICROBIAL ENZYMES), APPLEWOOD SMOKED BACON (PORK, WATER, SEA SALT, SUGAR, CELERY POWDER), SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL).

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Breakfast

Bacon, Scrambled Egg & Cheese on Artisan Ciabatta

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Sandwich	460	190	21	9	0	270	900	41	2	1	26	
Allergens *	CONTAINS EGG, MILK, WHEAT.											

ARTISAN CIABATTA (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, WHITE WHOLE WHEAT FLOUR, OLIVE OIL BLEND (EXTRA VIRGIN OLIVE OIL, CANOLA OIL), SALT, DOUGH IMPROVER (WHEAT GLUTEN, MALTED WHEAT FLOUR, DEACTIVATED YEAST, MICROBIAL ENZYMES, ASCORBIC ACID), YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID)), SCRAMBLED EGG (LIQUID WHOLE EGGS (WHOLE EGGS, CITRIC ACID [TO PRESERVE COLOR]), SOYBEAN OIL AND/OR CANOLA OIL), WHITE CHEDDAR (PASTEURIZED MILK, CHEESE CULTURES, SALT, MICROBIAL ENZYMES), APPLEWOOD SMOKED BACON (PORK, WATER, SEA SALT, SUGAR, CELERY POWDER), SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL).

Bacon, Scrambled Egg & Cheese on Brioche

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Sandwich	470	240	26	13	0.5	320	840	33	1	7	25	
Allergens *	CONTAINS EGG, MILK, WHEAT.											

BRIOCHE ROLL (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, BUTTER WITH NATURAL FLAVOR (PASTEURIZED CREAM [MILK], NATURAL FLAVOR), LIQUID WHOLE EGGS (WHOLE EGG, CITRIC ACID, NISIN PREPARATION [TO PRESERVE FRESHNESS]), SUGAR, HIGH HEAT MILK SOLIDS (MILK PROTEIN CONCENTRATE, NON-FAT DRY MILK, LACTOSE), SUGARED EGG YOLK (LIQUID EGG YOLKS, SUGAR), SALT, DOUGH IMPROVER (WHEAT GLUTEN, ACEROLA EXTRACT, MICROBIAL ENZYMES), YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID), EGG BLEND (WHOLE EGGS, EGG YOLK, DRIED EGG WHITES), VITAL WHEAT GLUTEN), SCRAMBLED EGG (LIQUID WHOLE EGGS (WHOLE EGGS, CITRIC ACID [TO PRESERVE COLOR]), SOYBEAN OIL AND/OR CANOLA OIL), WHITE CHEDDAR (PASTEURIZED MILK, CHEESE CULTURES, SALT, MICROBIAL ENZYMES), APPLEWOOD SMOKED BACON (PORK, WATER, SEA SALT, SUGAR, CELERY POWDER), SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL).

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Breakfast

Bacon, Scrambled Egg, & Tomato Wrap

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Wrap	440	210	24	9	0	275	850	32	2	4	28	
Allergens *	CONTAINS EGG, MILK, SOY, WHEAT.											

WHOLE GRAIN LAHVASH (WATER, WHOLE WHEAT FLOUR, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WRAP BASE (WHEAT GLUTEN, CORN STARCH, OAT FIBER, SOY PROTEIN ISOLATE, SOYBEAN OIL, DEFATTED SOY FLOUR, SESAME FLOUR, WHOLE WHEAT FLOUR, DEXTROSE), WHEAT GLUTEN, CANOLA OIL, SUGAR, MOLD INHIBITOR (CULTURED WHEAT FLOUR, VINEGAR), HONEY, SALT, YEAST, ASCORBIC ACID, MICROBIAL ENZYMES), SCRAMBLED EGG (LIQUID WHOLE EGGS (WHOLE EGGS, CITRIC ACID [TO PRESERVE COLOR]), SOYBEAN OIL AND/OR CANOLA OIL), WHITE CHEDDAR (PASTEURIZED MILK, CHEESE CULTURES, SALT, MICROBIAL ENZYMES), RED GRAPE TOMATOES, APPLEWOOD SMOKED BACON (PORK, WATER, SEA SALT, SUGAR, CELERY POWDER), COMBO SAUCE (WATER, VEGETABLE OIL [SOYBEAN AND/OR CANOLA], DISTILLED VINEGAR, DELI MUSTARD [VINEGAR, MUSTARD SEED, WATER, SALT, SPICES, TURMERIC, NATURAL FLAVORS], EGG YOLK, CORN STARCH, SUGAR, SALT, HORSERADISH [HORSERADISH ROOTS, VINEGAR, SALT], MUSTARD FLOUR, ROSEMARY EXTRACT, GREEN TEA EXTRACT, DEHYDRATED GARLIC, WHITE PEPPER), EMERALD GREENS (GREEN LEAF LETTUCE BLEND), SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL).

Breakfast Portion - Artisan Ciabatta

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1/4 Loaf	200	15	2	0	0	0	360	38	2	1	7	
Allergens *	CONTAINS WHEAT.											

ARTISAN CIABATTA (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, WHITE WHOLE WHEAT FLOUR, OLIVE OIL BLEND (EXTRA VIRGIN OLIVE OIL, CANOLA OIL), SALT, DOUGH IMPROVER (WHEAT GLUTEN, MALTED WHEAT FLOUR, DEACTIVATED YEAST, MICROBIAL ENZYMES, ASCORBIC ACID), YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID)).

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Breakfast

Catering Mustard Horseradish Sauce for Breakfast Sandwiches

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
about 0.5 oz	45	40	4.5	0.5	0	10	105	1	0	0	0		COMBO SAUCE (WATER, VEGETABLE OIL [SOYBEAN AND/OR CANOLA], DISTILLED VINEGAR, DELI MUSTARD [VINEGAR, MUSTARD SEED, WATER, SALT, SPICES, TURMERIC, NATURAL FLAVORS], EGG YOLK, CORN STARCH, SUGAR, SALT, HORSERADISH [HORSERADISH ROOTS, VINEGAR, SALT], MUSTARD FLOUR, ROSEMARY EXTRACT, GREEN TEA EXTRACT, DEHYDRATED GARLIC, WHITE PEPPER).
Allergens *	CONTAINS EGG.												

Chipotle Aioli Sauce for Breakfast Sandwiches

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Serving	45	40	4.5	1	0	5	55	0	0	0	0		CHIPOTLE AIOLI (SOYBEAN OIL, WATER, CHIPOTLE PEPPER PUREE [WATER, CHIPOTLE PEPPER], EGG YOLKS, DISTILLED VINEGAR, SALT, SUGAR, LEMON JUICE CONCENTRATE, GARLIC, PAPRIKA, CHIPOTLE PEPPER, XANTHAN GUM, MUSTARD SEED, DEHYDRATED ONION).
Allergens *	CONTAINS EGG.												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Breakfast

Chipotle Chicken, Scrambled Egg & Avocado Wrap

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Wrap	450	230	25	9	0	285	730	32	4	4	29		WHOLE GRAIN LAHVASH (WATER, WHOLE WHEAT FLOUR, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WRAP BASE (WHEAT GLUTEN, CORN STARCH, OAT FIBER, SOY PROTEIN ISOLATE, SOYBEAN OIL, DEFATTED SOY FLOUR, SESAME FLOUR, WHOLE WHEAT FLOUR, DEXTROSE), WHEAT GLUTEN, CANOLA OIL, SUGAR, MOLD INHIBITOR (CULTURED WHEAT FLOUR, VINEGAR), HONEY, SALT, YEAST, ASCORBIC ACID, MICROBIAL ENZYMES), SCRAMBLED EGG (LIQUID WHOLE EGGS (WHOLE EGGS, CITRIC ACID [TO PRESERVE COLOR]), SOYBEAN OIL AND/OR CANOLA OIL), SMOKED PULLED CHICKEN BREAST (CHICKEN BREAST WITH RIB MEAT, WATER, SALT, TAPIOCA STARCH, VINEGAR, YEAST EXTRACT, SUGAR, CITRUS EXTRACT), AVOCADO, SMOKED GOUDA CHEESE (PASTEURIZED COW'S MILK, CHEESE CULTURES, SALT, MICROBIAL ENZYMES, ANNATTO [COLOR], NATURAL SMOKE FLAVOR), CHIPOTLE AIOLI (SOYBEAN OIL, WATER, CHIPOTLE PEPPER PUREE [WATER, CHIPOTLE PEPPER], EGG YOLKS, DISTILLED VINEGAR, SALT, SUGAR, LEMON JUICE CONCENTRATE, GARLIC, PAPRIKA, CHIPOTLE PEPPER, XANTHAN GUM, MUSTARD SEED, DEHYDRATED ONION), PEPPADEW (SWEET PIQUANTE PEPPERS, WATER, WHITE SUGAR, VINEGAR, SALT, CITRIC ACID, ASCORBIC ACID, CALCIUM CHLORIDE), CILANTRO, SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL).
Allergens *	CONTAINS EGG, MILK, SOY, WHEAT.												

Egg & Cheese on Brioche

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Sandwich	390	180	20	10	0	280	560	32	1	6	20		BRIOCHE ROLL (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, BUTTER WITH NATURAL FLAVOR (PASTEURIZED CREAM [MILK], NATURAL FLAVOR), LIQUID WHOLE EGGS (WHOLE EGG, CITRIC ACID, NISIN PREPARATION [TO PRESERVE FRESHNESS]), SUGAR, HIGH HEAT MILK SOLIDS (MILK PROTEIN CONCENTRATE, NON-FAT DRY MILK, LACTOSE), SUGARED EGG YOLK (LIQUID EGG YOLKS, SUGAR), SALT, DOUGH IMPROVER (WHEAT GLUTEN, ACEROLA EXTRACT, MICROBIAL ENZYMES), YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID), EGG BLEND (WHOLE EGGS, EGG YOLK, DRIED EGG WHITES), VITAL WHEAT GLUTEN), OVER EASY EGG (PASTEURIZED EGGS, SOYBEAN OIL AND/OR CANOLA OIL), WHITE CHEDDAR (PASTEURIZED MILK, CHEESE CULTURES, SALT, MICROBIAL ENZYMES), SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL).
Allergens *	CONTAINS EGG, MILK, WHEAT.												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Breakfast

Egg & Cheese on Artisan Ciabatta

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Sandwich	370	130	14	7	0	230	620	40	2	1	20		ARTISAN CIABATTA (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, WHITE WHOLE WHEAT FLOUR, OLIVE OIL BLEND (EXTRA VIRGIN OLIVE OIL, CANOLA OIL), SALT, DOUGH IMPROVER (WHEAT GLUTEN, MALTED WHEAT FLOUR, DEACTIVATED YEAST, MICROBIAL ENZYMES, ASCORBIC ACID), YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID)), OVER EASY EGG (PASTEURIZED EGGS, SOYBEAN OIL AND/OR CANOLA OIL), WHITE CHEDDAR (PASTEURIZED MILK, CHEESE CULTURES, SALT, MICROBIAL ENZYMES), SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL).
Allergens *	CONTAINS EGG, MILK, WHEAT.												

Egg Whites

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Portion	30	0	0	0	0	0	100	1	0	0	6		EGG WHITES, SOYBEAN OIL AND/OR CANOLA OIL.
Allergens *	CONTAINS EGG.												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Breakfast

Mustard Horseradish Sauce for Breakfast Sandwiches

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Serving	20	20	2	0	0	5	50	1	0	0	0		COMBO SAUCE (WATER, VEGETABLE OIL [SOYBEAN AND/OR CANOLA], DISTILLED VINEGAR, DELI MUSTARD [VINEGAR, MUSTARD SEED, WATER, SALT, SPICES, TURMERIC, NATURAL FLAVORS], EGG YOLK, CORN STARCH, SUGAR, SALT, HORSERADISH [HORSERADISH ROOTS, VINEGAR, SALT], MUSTARD FLOUR, ROSEMARY EXTRACT, GREEN TEA EXTRACT, DEHYDRATED GARLIC, WHITE PEPPER).
Allergens *	CONTAINS EGG.												

Over Easy Egg

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Egg	70	45	5	1.5	0	185	70	0	0	0	6		PASTEURIZED EGGS, SOYBEAN OIL AND/OR CANOLA OIL.
Allergens *	CONTAINS EGG.												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Breakfast

Sausage, Egg & Cheese on Brioche

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Sandwich	540	290	32	15	0.5	320	870	33	1	6	28	
Allergens *	CONTAINS EGG, MILK, WHEAT.											

BRIOCHE ROLL (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, BUTTER WITH NATURAL FLAVOR (PASTEURIZED CREAM [MILK], NATURAL FLAVOR), LIQUID WHOLE EGGS (WHOLE EGG, CITRIC ACID, NISIN PREPARATION [TO PRESERVE FRESHNESS]), SUGAR, HIGH HEAT MILK SOLIDS (MILK PROTEIN CONCENTRATE, NON-FAT DRY MILK, LACTOSE), SUGARED EGG YOLK (LIQUID EGG YOLKS, SUGAR), SALT, DOUGH IMPROVER (WHEAT GLUTEN, ACEROLA EXTRACT, MICROBIAL ENZYMES), YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID), EGG BLEND (WHOLE EGGS, EGG YOLK, DRIED EGG WHITES), VITAL WHEAT GLUTEN), OVER EASY EGG (PASTEURIZED EGGS, SOYBEAN OIL AND/OR CANOLA OIL), PORK SAUSAGE (PORK, WATER, SALT, SUGAR, SWEET PAPRIKA, TELLICHERRY, BLACK PEPPER, DEXTROSE, NUTMEG, CAYENNE PEPPER, SAGE, THYME), WHITE CHEDDAR (PASTEURIZED MILK, CHEESE CULTURES, SALT, MICROBIAL ENZYMES), SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL).

Sausage, Scrambled Egg & Cheese on Brioche

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Sandwich	550	300	33	15	0.5	350	890	33	1	6	29	
Allergens *	CONTAINS EGG, MILK, WHEAT.											

BRIOCHE ROLL (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, BUTTER WITH NATURAL FLAVOR (PASTEURIZED CREAM [MILK], NATURAL FLAVOR), LIQUID WHOLE EGGS (WHOLE EGG, CITRIC ACID, NISIN PREPARATION [TO PRESERVE FRESHNESS]), SUGAR, HIGH HEAT MILK SOLIDS (MILK PROTEIN CONCENTRATE, NON-FAT DRY MILK, LACTOSE), SUGARED EGG YOLK (LIQUID EGG YOLKS, SUGAR), SALT, DOUGH IMPROVER (WHEAT GLUTEN, ACEROLA EXTRACT, MICROBIAL ENZYMES), YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID), EGG BLEND (WHOLE EGGS, EGG YOLK, DRIED EGG WHITES), VITAL WHEAT GLUTEN), SCRAMBLED EGG (LIQUID WHOLE EGGS (WHOLE EGGS, CITRIC ACID [TO PRESERVE COLOR]), SOYBEAN OIL AND/OR CANOLA OIL), PORK SAUSAGE (PORK, WATER, SALT, SUGAR, SWEET PAPRIKA, TELLICHERRY, BLACK PEPPER, DEXTROSE, NUTMEG, CAYENNE PEPPER, SAGE, THYME), WHITE CHEDDAR (PASTEURIZED MILK, CHEESE CULTURES, SALT, MICROBIAL ENZYMES), SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL).

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Breakfast

Scrambled Egg

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 egg	100	60	7	2	0	240	90	1	0	0	8		LIQUID WHOLE EGGS (WHOLE EGGS, CITRIC ACID [TO PRESERVE COLOR]), SOYBEAN OIL AND/OR CANOLA OIL.
Allergens *	CONTAINS EGG.												

Scrambled Egg & Cheese on Artisan Ciabatta

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Sandwich	390	140	15	7	0	260	630	40	2	1	21		ARTISAN CIABATTA (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, WHITE WHOLE WHEAT FLOUR, OLIVE OIL BLEND (EXTRA VIRGIN OLIVE OIL, CANOLA OIL), SALT, DOUGH IMPROVER (WHEAT GLUTEN, MALTED WHEAT FLOUR, DEACTIVATED YEAST, MICROBIAL ENZYMES, ASCORBIC ACID)), YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID)), SCRAMBLED EGG (LIQUID WHOLE EGGS (WHOLE EGGS, CITRIC ACID [TO PRESERVE COLOR]), SOYBEAN OIL AND/OR CANOLA OIL), WHITE CHEDDAR (PASTEURIZED MILK, CHEESE CULTURES, SALT, MICROBIAL ENZYMES), SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL).
Allergens *	CONTAINS EGG, MILK, WHEAT.												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Breakfast

Scrambled Egg & Cheese on Brioche

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Sandwich	400	190	21	11	0.5	310	570	33	1	6	20	
Allergens *	CONTAINS EGG, MILK, WHEAT.											

BRIOCHE ROLL (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, BUTTER WITH NATURAL FLAVOR (PASTEURIZED CREAM [MILK], NATURAL FLAVOR), LIQUID WHOLE EGGS (WHOLE EGG, CITRIC ACID, NISIN PREPARATION [TO PRESERVE FRESHNESS]), SUGAR, HIGH HEAT MILK SOLIDS (MILK PROTEIN CONCENTRATE, NON-FAT DRY MILK, LACTOSE), SUGARED EGG YOLK (LIQUID EGG YOLKS, SUGAR), SALT, DOUGH IMPROVER (WHEAT GLUTEN, ACEROLA EXTRACT, MICROBIAL ENZYMES), YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID), EGG BLEND (WHOLE EGGS, EGG YOLK, DRIED EGG WHITES), VITAL WHEAT GLUTEN), SCRAMBLED EGG (LIQUID WHOLE EGGS (WHOLE EGGS, CITRIC ACID [TO PRESERVE COLOR]), SOYBEAN OIL AND/OR CANOLA OIL), WHITE CHEDDAR (PASTEURIZED MILK, CHEESE CULTURES, SALT, MICROBIAL ENZYMES), SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL).

Steel Cut Oatmeal with Strawberries, Pecans & Cinnamon Crunch Topping

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Bowl	360	130	15	2	0	0	150	52	9	17	8	
Allergens *	CONTAINS TREE NUTS. MAY ALSO CONTAIN SOY, WHEAT.											

COOKED STEEL CUT OATS (WATER, COOKED STEEL CUT OAT GROATS [MAY CONTAIN TRACES OF WHEAT, SOY AND MUSTARD], SALT), FRESH STRAWBERRIES, CINNAMON SUGAR TOPPING (SUGAR, CINNAMON, MODIFIED CORN STARCH, SOYBEAN OIL), OIL ROASTED PECANS (PECANS, COTTONSEED OIL).

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Additional Shot of Bittersweet Chocolate Sauce

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 shot	50	5	0	0	0	0	15	11	1	7	1		BITTERSWEET CHOCOLATE SAUCE (CORN SYRUP, SUGAR, VEGETABLE GLYCERIN, WATER, ALKALIZED COCOA, SWEETENED CONDENSED MILK [MILK, SUGAR], NATURAL FLAVOR, SALT, CARRAGEENAN, CHOCOLATE, GUAR GUM, XANTHAN GUM, CITRIC ACID).
Allergens *	CONTAINS MILK.												

Additional Shot of Caramel Syrup

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Shot	60	10	1.5	1	0	5	50	11	0	9	0		CARAMEL SAUCE (SWEETENED CONDENSED MILK [MILK, SUGAR], CORN SYRUP, CANE SUGAR, WATER, VEGETABLE GLYCERIN, LIGHT BROWN SUGAR, BUTTER [CREAM, SALT], HEAVY CREAM, NATURAL FLAVORS, SALT, SUNFLOWER LECITHIN).
Allergens *	CONTAINS MILK.												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Additional Shot of Espresso

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 fl oz (30 mL)	5	0	0	0	0	0	0	0	0	0	0		ESPRESSO.
Allergens *													

Additional Shot of Espresso Decaf

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Shot	5	1	0	0	0	0	0	1	0	0	0		DECAF ESPRESSO.
Allergens *													

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Additional Shot of Madagascar Vanilla Syrup

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Shot	20	0	0	0	0	0	0	5	0	5	0	
Allergens *												

Agave Lemonade - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
20 fl oz (591 mL)	160	0	0	0	0	0	10	43	0	41	0	
Allergens *												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Agave Lemonade - 30 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
30 fl oz (887 mL)	230	0	0	0	0	0	15	63	0	60	0	
Allergens *												

Blackberry Sage Tea

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
8 fl oz (237 mL)	0	0	0	0	0	0	0	0	0	0	0	
Allergens *												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Blood Orange Lemonade - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
20 fl oz (591 mL)	190	5	0.5	0	0	0	25	46	1	31	1	
Allergens *												

Blood Orange Lemonade - 30 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
30 fl oz (887 mL)	280	10	1	0	0	0	35	68	1	46	1	
Allergens *												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Bottled Passionfruit Papaya Green Tea

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Bottle (473 mL)	110	0	0	0	0	0	0	29	0	27	0		PASSIONFRUIT PAPAYA GREEN TEA (FILTERED WATER, SUGAR, BREWED GREEN TEA, NATURAL FLAVOR, CITRIC ACID, ASCORBIC ACID, FRUIT JUICE (COLOR), BETA CAROTENE (COLOR)).
Allergens *													

Bottled Water

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
16.9 fl oz (500mL)	0	0	0	0	0	0	10	0	0	0	0		BOTTLED WATER.
Allergens *													

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Dark Roast Coffee - 12 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
12 fl oz (355 mL)	15	0	0	0	0	0	10	3	0	0	1	
Allergens *												

Dark Roast Coffee - 16 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
16 fl oz (473 mL)	20	0	0	0	0	0	10	4	0	0	1	
Allergens *												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Dark Roast Coffee - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
20 fl oz (591 mL)	25	0	0	0	0	0	15	5	0	0	1	
Allergens *												

Light Roast Coffee - 16 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
16 fl oz (473 mL)	20	0	0	0	0	0	10	3	0	0	1	
Allergens *												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Light Roast Coffee - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
20 fl oz (591 mL)	25	0	0	0	0	0	15	4	0	0	1	
Allergens *												

Light Roast Coffee - 12 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
12 fl oz (355 mL)	15	0	0	0	0	0	10	2	0	0	1	
Allergens *												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

British Breakfast Decaf Tea - 8 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
8 fl oz (240 mL)	0	0	0	0	0	0	0	0	0	0	0		BRITISH BREAKFAST DECAF TEA BAG (FINE NATURALLY DECAFFEINATED BLACK TEA).
Allergens *													

British Breakfast Tea - 8 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
8 fl oz (240 mL)	0	0	0	0	0	0	0	0	0	0	0		BRITISH BREAKFAST TEA BAG (FINE BLACK TEA).
Allergens *													

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Bubly Sparkling Water 12 fl oz Can- Lemon

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
12 fl oz (355 mL)	0	0	0	0	0	0	0	0	0	0	0		LEMON BUBLY SPARKLING WATER (CARBONATED WATER, NATURAL FLAVOR).
Allergens *													

Bubly Sparkling Water 12 fl oz - Lime

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
12 fl oz (355 mL)	0	0	0	0	0	0	0	0	0	0	0		LIME BUBLY SPARKLING WATER (CARBONATED WATER, NATURAL FLAVOR).
Allergens *													

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Caffe Latte - 16 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
16 fl oz (473mL)	130	45	5	3	0	20	110	13	0	12	8		REDUCED FAT MILK (VITAMIN A PALMITATE, VITAMIN D3 ADDED), ESPRESSO.
Allergens *	CONTAINS MILK.												

Caffe Latte - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
20 fl oz (591mL)	160	60	6	4	0	25	135	15	0	14	10		REDUCED FAT MILK (VITAMIN A PALMITATE, VITAMIN D3 ADDED), ESPRESSO.
Allergens *	CONTAINS MILK.												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Caffe Mocha - 16 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
16 fl oz (473 mL)	370	100	11	6	0	35	170	54	2	40	11		REDUCED FAT MILK (VITAMIN A PALMITATE, VITAMIN D3 ADDED), ESPRESSO, BITTERSWEET CHOCOLATE SAUCE (CORN SYRUP, SUGAR, VEGETABLE GLYCERIN, WATER, ALKALIZED COCOA, SWEETENED CONDENSED MILK [MILK, SUGAR], NATURAL FLAVOR, SALT, CARRAGEENAN, CHOCOLATE, GUAR GUM, XANTHAN GUM, CITRIC ACID), WHIPPED LIGHT CREAM (CREAM, CANE SUGAR, NONFAT MILK, SORBITAN MONOSTEARATE, CARRAGEENAN, DEXTROSE, NATURAL VANILLA FLAVORING).
Allergens *	CONTAINS MILK.												

Caffe Mocha - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
20 fl oz (591 mL)	420	110	13	7	0	40	210	61	2	46	14		REDUCED FAT MILK (VITAMIN A PALMITATE, VITAMIN D3 ADDED), ESPRESSO, BITTERSWEET CHOCOLATE SAUCE (CORN SYRUP, SUGAR, VEGETABLE GLYCERIN, WATER, ALKALIZED COCOA, SWEETENED CONDENSED MILK [MILK, SUGAR], NATURAL FLAVOR, SALT, CARRAGEENAN, CHOCOLATE, GUAR GUM, XANTHAN GUM, CITRIC ACID), WHIPPED LIGHT CREAM (CREAM, CANE SUGAR, NONFAT MILK, SORBITAN MONOSTEARATE, CARRAGEENAN, DEXTROSE, NATURAL VANILLA FLAVORING).
Allergens *	CONTAINS MILK.												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Caffeine Free Diet Pepsi - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
20 fl oz (591 mL)	0	0	0	0	0	0	95	0	0	0	0		CAFFEINE FREE DIET PEPSI (CARBONATED WATER, CARAMEL COLOR, PHOSPHORIC ACID, POTASSIUM BENZOATE [PRESERVES FRESHNESS], ASPARTAME, POTASSIUM CITRATE, SODIUM SACCHARIN, NATURAL FLAVOR, ACESULFAME POTASSIUM, CALCIUM DISODIUM EDTA [TO PROTECT FLAVOR], [PHENYLKETONURICS: CONTAINS PHENYLALANINE].
Allergens *													

Caffeine Free Diet Pepsi - 30 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
30 fl oz (887 mL)	0	0	0	0	0	0	140	0	0	0	0		CAFFEINE FREE DIET PEPSI (CARBONATED WATER, CARAMEL COLOR, PHOSPHORIC ACID, POTASSIUM BENZOATE [PRESERVES FRESHNESS], ASPARTAME, POTASSIUM CITRATE, SODIUM SACCHARIN, NATURAL FLAVOR, ACESULFAME POTASSIUM, CALCIUM DISODIUM EDTA [TO PROTECT FLAVOR], [PHENYLKETONURICS: CONTAINS PHENYLALANINE].
Allergens *													

*ALLERGEN NOTICE: MANY OF OUR PRODUCTS CONTAIN OR MAY COME INTO CONTACT WITH COMMON ALLERGENS, INCLUDING WHEAT, PEANUTS, SOY, TREE NUTS, MILK, EGGS, FISH, SHELLFISH, SESAME, SULFITES, AND MUSTARD



Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Cappuccino - 16 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
16 fl oz (473mL)	130	45	5	3	0	20	110	13	0	12	8		REDUCED FAT MILK (VITAMIN A PALMITATE, VITAMIN D3 ADDED), ESPRESSO.
Allergens *	CONTAINS MILK.												

Cappuccino - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
20 fl oz (591mL)	160	60	6	4	0	25	135	15	0	14	10		REDUCED FAT MILK (VITAMIN A PALMITATE, VITAMIN D3 ADDED), ESPRESSO.
Allergens *	CONTAINS MILK.												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Caramel Latte - 16 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
16 fl oz (473 mL)	390	131	15	8	0	50	300	54	0	44	11		REDUCED FAT MILK (VITAMIN A PALMITATE, VITAMIN D3 ADDED), ESPRESSO, CARAMEL SAUCE (SWEETENED CONDENSED MILK [MILK, SUGAR], CORN SYRUP, CANE SUGAR, WATER, VEGETABLE GLYCERIN, LIGHT BROWN SUGAR, BUTTER [CREAM, SALT], HEAVY CREAM, NATURAL FLAVORS, SALT, SUNFLOWER LECITHIN), WHIPPED LIGHT CREAM (CREAM, CANE SUGAR, NONFAT MILK, SORBITAN MONOSTEARATE, CARRAGEENAN, DEXTROSE, NATURAL VANILLA FLAVORING).
Allergens *	CONTAINS MILK.												

Caramel Latte - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
20 fl oz (591 mL)	480	150	17	10	0	55	380	69	0	56	13		REDUCED FAT MILK (VITAMIN A PALMITATE, VITAMIN D3 ADDED), CARAMEL SAUCE (SWEETENED CONDENSED MILK [MILK, SUGAR], CORN SYRUP, CANE SUGAR, WATER, VEGETABLE GLYCERIN, LIGHT BROWN SUGAR, BUTTER [CREAM, SALT], HEAVY CREAM, NATURAL FLAVORS, SALT, SUNFLOWER LECITHIN), ESPRESSO, WHIPPED LIGHT CREAM (CREAM, CANE SUGAR, NONFAT MILK, SORBITAN MONOSTEARATE, CARRAGEENAN, DEXTROSE, NATURAL VANILLA FLAVORING).
Allergens *	CONTAINS MILK.												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Chai Tea Latte - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
20 fl oz (591 mL)	370	67	7	4.5	0	30	150	63	1	62	12		REDUCED FAT MILK (VITAMIN A PALMITATE, VITAMIN D3 ADDED), CHAI CONCENTRATE (FILTERED WATER, SUGAR, BREWED BLACK TEA, WILDFLOWER HONEY, VANILLA, GINGER, CINNAMON, CARDAMOM, BLACK PEPPER, CLOVE, NATURAL FLAVORS, CITRIC ACID).
Allergens *	CONTAINS MILK.												

Chai Tea Latte - 16 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
16 fl oz (473 mL)	290	55	6	4	0	25	125	49	0	48	10		REDUCED FAT MILK (VITAMIN A PALMITATE, VITAMIN D3 ADDED), CHAI CONCENTRATE (FILTERED WATER, SUGAR, BREWED BLACK TEA, WILDFLOWER HONEY, VANILLA, GINGER, CINNAMON, CARDAMOM, BLACK PEPPER, CLOVE, NATURAL FLAVORS, CITRIC ACID).
Allergens *	CONTAINS MILK.												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Cinnamon Plum Tea - 8 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
8 fl oz (240 mL)	0	0	0	0	0	0	0	0	0	0	0		CINNAMON PLUM TEA BAG (FINE BLACK TEA, CINNAMON, NATURAL PLUM FLAVOR, SLOEBERRIES, AND ELDERBERRIES).
Allergens *													

1 pump of Cane Sugar Syrup

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 pump	15	0	0	0	0	0	0	5	0	4	0		CANE SUGAR SYRUP (CANE SUGAR, WATER).
Allergens *													

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Coke - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
20 fl oz (591 mL)	240	0	0	0	0	0	60	67	0	67	0	
Allergens *												

Coke - 30 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
30 fl oz (887 mL)	400	0	0	0	0	0	95	100	0	100	0	
Allergens *												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Coca-Cola 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
20 fl oz bottle (591 mL)	240	0	0	0	0	0	75	65	0	65	0		COKE (HIGH FRUCTOSE CORN SYRUP, WATER, CARAMEL COLOR, PHOSPHORIC ACID, NATURAL FLAVORS, CAFFEINE).
Allergens *													

Coke Zero - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
20 fl oz (591 mL)	0	0	0	0	0	0	65	0	0	0	0		COKE ZERO (WATER, CARAMEL COLOR, PHOSPHORIC ACID, POTASSIUM CITRATE, POTASSIUM BENZOATE (TO PROTECT TASTE), ASPARTAME, NATURAL FLAVORS, ACESULFAME POTASSIUM, CAFFEINE, SUCRALOSE, DIMETHYLPOLYSILOXANE).
Allergens *													

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Coke Zero - 20 fl oz bottle

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
20 fl oz bottle (591 mL)	0	0	0	0	0	0	70	0	0	0	0	
Allergens *												

Coke Zero - 30 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
30 fl oz (887 mL)	0	0	0	0	0	0	100	0	0	0	0	
Allergens *												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Cold Brew Coffee - 16 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
16 fl oz (473 mL)	15	0	0	0	0	0	15	3	0	0	1	
Allergens *												

Cold Brew Coffee - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
20 fl oz (591 mL)	15	0	0	0	0	0	20	3	0	0	1	
Allergens *												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Dasani Lemon - 12 fl oz can

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
12 fl oz can (355 mL)	0	0	0	0	0	0	35	0	0	0	0		SPARKLING LEMON WATER (CARBONATED WATER, NATURAL FLAVOR).
Allergens *													

Dasani Lime - 12 fl oz can

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
12 oz can (355 mL)	0	0	0	0	0	0	35	0	0	0	0		DASANI SPARKLING LIME (CARBONATED WATER, NAUTRAL FLAVOR).
Allergens *													

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Decaf Coffee - 12 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
12 fl oz (355 mL)	10	0	0	0	0	0	5	2	0	0	1	
Allergens *												

Decaf Coffee - 16 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
16 fl oz (473 mL)	15	0	0	0	0	0	10	2	0	0	1	
Allergens *												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Decaf Coffee - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
20 fl oz (591 mL)	20	0	0	0	0	0	10	3	0	0	2	
Allergens *												

Diet Coke - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
20 fl oz (591 mL)	0	0	0	0	0	0	85	1	0	0	0	
Allergens *												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Diet Coke - 30 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
30 fl oz (887 mL)	0	0	0	0	0	0	120	0	0	0	0		DIET COKE (CARBONATED WATER, CARAMEL COLOR, ASPARTAME, PHOSPHORIC ACID, POTASSIUM BENZOATE (TO PROTECT TASTE), NATURAL FLAVORS, CITRIC ACID, CAFFEINE).
Allergens *													

20 oz Diet Coke Bottle

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
20 fl oz bottle (591 mL)	0	0	0	0	0	0	70	0	0	0	0		DIET COKE (CARBONATED WATER, CARAMEL COLOR, ASPARTAME, PHOSPHORIC ACID, POTASSIUM BENZOATE (TO PROTECT TASTE), NATURAL FLAVORS, CITRIC ACID, CAFFEINE).
Allergens *													

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Diet Mountain Dew - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
20 fl oz (591 mL)	10	0	0	0	0	0	90	1	0	1	0		DIET MOUNTAIN DEW (CARBONATED WATER, CONCENTRATED ORANGE JUICE, CITRIC ACID, NATURAL FLAVORS, CITRUS PECTIN, ASPARTAME, POTASSIUM BENZOATE [PRESERVES FRESHNESS], POTASSIUM CITRATE, CAFFEINE, POTASSIUM SORBATE [PRESERVES FRESHNESS], ACESULFAME POTASSIUM, SODIUM CITRATE, SODIUM SACCHARIN, GUM ARABIC, SODIUM BENZOATE [PRESERVES FRESHNESS], SALT, CALCIUM DISODIUM EDTA [TO PROTECT FLAVOR], BROMINATED VEGETABLE OIL, YELLOW 5 [PHENYLKETONURICS: CONTAINS PHENYLALANINE]).
Allergens *													

Diet Mountain Dew - 30 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
30 fl oz (887 mL)	10	0	0	0	0	0	140	1	0	1	0		DIET MOUNTAIN DEW (CARBONATED WATER, CONCENTRATED ORANGE JUICE, CITRIC ACID, NATURAL FLAVORS, CITRUS PECTIN, ASPARTAME, POTASSIUM BENZOATE [PRESERVES FRESHNESS], POTASSIUM CITRATE, CAFFEINE, POTASSIUM SORBATE [PRESERVES FRESHNESS], ACESULFAME POTASSIUM, SODIUM CITRATE, SODIUM SACCHARIN, GUM ARABIC, SODIUM BENZOATE [PRESERVES FRESHNESS], SALT, CALCIUM DISODIUM EDTA [TO PROTECT FLAVOR], BROMINATED VEGETABLE OIL, YELLOW 5 [PHENYLKETONURICS: CONTAINS PHENYLALANINE]).
Allergens *													

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Diet Mountain Dew - 12 fl oz can

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
12 fl oz Can (355 mL)	0	0	0	0	0	0	50	0	0	0	0		DIET MOUNTAIN DEW (CARBONATED WATER, CONCENTRATED ORANGE JUICE, CITRIC ACID, NATURAL FLAVORS, CITRUS PECTIN, ASPARTAME, POTASSIUM BENZOATE [PRESERVES FRESHNESS], POTASSIUM CITRATE, CAFFEINE, POTASSIUM SORBATE [PRESERVES FRESHNESS], ACESULFAME POTASSIUM, SODIUM CITRATE, SODIUM SACCHARIN, GUM ARABIC, SODIUM BENZOATE [PRESERVES FRESHNESS], SALT, CALCIUM DISODIUM EDTA [TO PROTECT FLAVOR], BROMINATED VEGETABLE OIL, YELLOW 5 [PHENYLKETONURICS: CONTAINS PHENYLALANINE]).
Allergens *													

Diet Pepsi - 12 fl oz can

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
12 fl oz can (355 mL)	0	0	0	0	0	0	40	0	0	0	0		DIET PEPSI (CARBONATED WATER, CARAMEL COLOR, PHOSPHORIC ACID, POTASSIUM BENZOATE (PRESERVE FRESHNESS), ASPARTAME, POTASSIUM CITRATE, CAFFEINE, SODIUM SACCHARINE, NATURAL FLAVOR, ACESULFAME POTASSIUM, CITRIC ACID, CALCIUM DISODIUM EDTA TO PROTECT FLAVOR, [PHENYLKETONURICS: CONTAINS PHENYLALANINE]).
Allergens *													

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Diet Pepsi - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
20 fl oz (591 mL)	0	0	0	0	0	0	60	0	0	0	0		DIET PEPSI (CARBONATED WATER, CARAMEL COLOR, PHOSPHORIC ACID, POTASSIUM BENZOATE (PRESERVE FRESHNESS), ASPARTAME, POTASSIUM CITRATE, CAFFEINE, SODIUM SACCHARINE, NATURAL FLAVOR, ACESULFAME POTASSIUM, CITRIC ACID, CALCIUM DISODIUM EDTA TO PROTECT FLAVOR, [PHENYLKETONURICS: CONTAINS PHENYLALANINE]).
Allergens *													

Diet Pepsi - 20 fl oz bottle

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
20 fl oz bottle (591 mL)	0	0	0	0	0	0	60	0	0	0	0		DIET PEPSI (CARBONATED WATER, CARAMEL COLOR, PHOSPHORIC ACID, POTASSIUM BENZOATE (PRESERVE FRESHNESS), ASPARTAME, POTASSIUM CITRATE, CAFFEINE, SODIUM SACCHARINE, NATURAL FLAVOR, ACESULFAME POTASSIUM, CITRIC ACID, CALCIUM DISODIUM EDTA TO PROTECT FLAVOR, [PHENYLKETONURICS: CONTAINS PHENYLALANINE]).
Allergens *													

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Diet Pepsi - 30 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
30 fl oz (887 mL)	0	0	0	0	0	0	140	0	0	0	0		DIET PEPSI (CARBONATED WATER, CAMEL COLOR, PHOSPHORIC ACID, POTASSIUM BENZOATE (PRESERVE FRESHNESS), ASPARTAME, POTASSIUM CITRATE, CAFFEINE, SODIUM SACCHARINE, NATURAL FLAVOR, ACESULFAME POTASSIUM, CITRIC ACID, CALCIUM DISODIUM EDTA TO PROTECT FLAVOR, [PHENYLKETONURICS: CONTAINS PHENYLALANINE]).
Allergens *													

Dr Pepper - 20 fl oz bottle

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
20 fl oz bottle (591 mL)	250	0	0	0	0	0	100	66	0	64	0		DR. PEPPER (CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CAMEL COLOR, PHOSPHORIC ACID, ARTIFICIAL AND NATURAL FLAVORS, SODIUM BENZOATE [PRESERVATIVE], CAFFEINE).
Allergens *													

*ALLERGEN NOTICE: MANY OF OUR PRODUCTS CONTAIN OR MAY COME INTO CONTACT WITH COMMON ALLERGENS, INCLUDING WHEAT, PEANUTS, SOY, TREE NUTS, MILK, EGGS, FISH, SHELLFISH, SESAME, SULFITES, AND MUSTARD



Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Dr. Pepper - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
20 fl oz (591 mL)	240	0	0	0	0	0	75	65	0	64	0	
Allergens *												

Dr. Pepper - 30 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
30 fl oz (887 mL)	360	0	0	0	0	0	110	98	0	96	0	
Allergens *												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Drive Thru - Agave Lemonade - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
20 fl oz (591 mL)	110	0	0	0	0	0	10	29	0	28	0	
Allergens *												

Drive Thru - Agave Lemonade - 30 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
30 fl oz (887 mL)	160	0	0	0	0	0	15	44	0	42	0	
Allergens *												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Drive Thru - Blood Orange Lemonade - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
20 fl oz (591 mL)	130	5	0	0	0	0	20	32	0	21	0	
Allergens *												

Drive Thru - Blood Orange Lemonade - 30 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
30 fl oz (887 mL)	190	5	0.5	0	0	0	30	47	1	32	1	
Allergens *												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Drive Thru - Caffeine Free Diet Pepsi - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
20 fl oz (591 mL)	0	0	0	0	0	0	60	0	0	0	0	
Allergens *												

Drive Thru - Caffeine Free Diet Pepsi - 30 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
30 fl oz (887 mL)	0	0	0	0	0	0	90	0	0	0	0	
Allergens *												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Drive Thru - Coke - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
20 fl oz (591 mL)	150	0	0	0	0	0	35	42	0	42	0		COKE (HIGH FRUCTOSE CORN SYRUP, WATER, CARAMEL COLOR, PHOSPHORIC ACID, NATURAL FLAVORS, CAFFEINE).
Allergens *													

Drive Thru - Coke - 30 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
30 fl oz (887 mL)	250	0	0	0	0	0	60	63	0	63	0		COKE (HIGH FRUCTOSE CORN SYRUP, WATER, CARAMEL COLOR, PHOSPHORIC ACID, NATURAL FLAVORS, CAFFEINE).
Allergens *													

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Drive Thru - Coke Zero - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
20 fl oz (591 mL)	0	0	0	0	0	0	40	0	0	0	0		COKE ZERO (WATER, CARAMEL COLOR, PHOSPHORIC ACID, POTASSIUM CITRATE, POTASSIUM BENZOATE (TO PROTECT TASTE), ASPARTAME, NATURAL FLAVORS, ACESULFAME POTASSIUM, CAFFEINE, SUCRALOSE, DIMETHYLPOLYSILOXANE).
Allergens *													

Drive Thru - Coke Zero - 30 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
30 fl oz (887 mL)	0	0	0	0	0	0	65	0	0	0	0		COKE ZERO (WATER, CARAMEL COLOR, PHOSPHORIC ACID, POTASSIUM CITRATE, POTASSIUM BENZOATE (TO PROTECT TASTE), ASPARTAME, NATURAL FLAVORS, ACESULFAME POTASSIUM, CAFFEINE, SUCRALOSE, DIMETHYLPOLYSILOXANE).
Allergens *													

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Drive Thru - Diet Coke - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
20 fl oz (591 mL)	0	0	0	0	0	0	50	0	0	0	0		DIET COKE (CARBONATED WATER, CARAMEL COLOR, ASPARTAME, PHOSPHORIC ACID, POTASSIUM BENZOATE (TO PROTECT TASTE), NATURAL FLAVORS, CITRIC ACID, CAFFEINE).
Allergens *													

Drive Thru - Diet Coke - 30 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
30 fl oz (887 mL)	0	0	0	0	0	0	75	0	0	0	0		DIET COKE (CARBONATED WATER, CARAMEL COLOR, ASPARTAME, PHOSPHORIC ACID, POTASSIUM BENZOATE (TO PROTECT TASTE), NATURAL FLAVORS, CITRIC ACID, CAFFEINE).
Allergens *													

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Drive Thru - Diet Mountain Dew - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
20 fl oz (591 mL)	5	0	0	0	0	0	60	1	0	0	0	
Allergens *												

Drive Thru - Diet Mountain Dew - 30 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
30 fl oz (887 mL)	5	0	0	0	0	0	85	1	0	0	0	
Allergens *												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Drive Thru - Diet Pepsi - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
20 fl oz (591 mL)	0	0	0	0	0	0	60	0	0	0	0		DIET PEPSI (CARBONATED WATER, CAMEL COLOR, PHOSPHORIC ACID, POTASSIUM BENZOATE (PRESERVE FRESHNESS), ASPARTAME, POTASSIUM CITRATE, CAFFEINE, SODIUM SACCHARINE, NATURAL FLAVOR, ACESULFAME POTASSIUM, CITRIC ACID, CALCIUM DISODIUM EDTA TO PROTECT FLAVOR, [PHENYLKETONURICS: CONTAINS PHENYLALANINE]).
Allergens *													

Drive Thru - Diet Pepsi - 30 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
30 fl oz (887 mL)	0	0	0	0	0	0	90	0	0	0	0		DIET PEPSI (CARBONATED WATER, CAMEL COLOR, PHOSPHORIC ACID, POTASSIUM BENZOATE (PRESERVE FRESHNESS), ASPARTAME, POTASSIUM CITRATE, CAFFEINE, SODIUM SACCHARINE, NATURAL FLAVOR, ACESULFAME POTASSIUM, CITRIC ACID, CALCIUM DISODIUM EDTA TO PROTECT FLAVOR, [PHENYLKETONURICS: CONTAINS PHENYLALANINE]).
Allergens *													

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Drive Thru - Dr. Pepper - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
20 fl oz (591 mL)	60	0	0	0	0	0	20	16	0	16	0	
Allergens *												

Drive Thru - Dr. Pepper - 30 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
30 fl oz (887 mL)	220	0	0	0	0	0	70	61	0	60	0	
Allergens *												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Drive Thru - Fanta Orange - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
20 fl oz (591 mL)	170	0	0	0	0	0	40	46	0	45	0	
Allergens *												

Drive Thru - Fanta Orange - 30 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
30 fl oz (887 mL)	250	0	0	0	0	0	65	64	0	63	0	
Allergens *												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Drive Thru - Lipton Brisk Raspberry Tea - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
20 fl oz (591 mL)	100	0	0	0	0	0	45	26	0	26	0	
Allergens *												

Drive Thru - Lipton Brisk Raspberry Tea - 30 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
30 fl oz (887 mL)	120	0	0	0	0	0	70	31	0	31	0	
Allergens *												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Drive Thru - Mist Twist - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
20 fl oz (591 mL)	160	0	0	0	0	0	35	42	0	42	0	
Allergens *												

Drive Thru - Mist Twist - 30 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
30 fl oz (887 mL)	240	0	0	0	0	0	50	63	0	63	0	
Allergens *												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Drive Thru - Mountain Dew - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
20 fl oz (591 mL)	210	0	0	0	0	0	45	58	0	58	0	
Allergens *												

Drive Thru - Mountain Dew - 30 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
30 fl oz (887 mL)	260	0	0	0	0	0	80	69	0	68	0	
Allergens *												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Drive Thru - Mug Root Beer - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
20 fl oz (591 mL)	180	0	0	0	0	0	45	49	0	49	0		MUG ROOT BEER (CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CARAMEL COLOR, SODIUM BENZOATE [PRESERVES FRESHNESS], CITRIC ACID, NATURAL AND ARTIFICIAL FLAVORS, MODIFIED FOOD STARCH, CALCIUM DISODIUM EDTA [TO PROTECT FLAVOR], QUILLAIA EXTRACT).
Allergens *													

Drive Thru - Mug Root Beer - 30 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
30 fl oz (887 mL)	230	0	0	0	0	0	90	60	0	59	0		MUG ROOT BEER (CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CARAMEL COLOR, SODIUM BENZOATE [PRESERVES FRESHNESS], CITRIC ACID, NATURAL AND ARTIFICIAL FLAVORS, MODIFIED FOOD STARCH, CALCIUM DISODIUM EDTA [TO PROTECT FLAVOR], QUILLAIA EXTRACT).
Allergens *													

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Drive Thru - Passion Papaya Green Tea - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
20 fl oz (591 mL)	90	0	0	0	0	0	10	22	0	22	0	
Allergens *												

Drive Thru - Passion Papaya Green Tea - 30 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
30 fl oz (887 mL)	130	0	0	0	0	0	15	31	0	31	0	
Allergens *												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Drive Thru - Pepsi - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
20 fl oz (591 mL)	190	0	0	0	0	0	45	52	0	52	0	
Allergens *												

Drive Thru - Pepsi - 30 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
30 fl oz (887 mL)	240	0	0	0	0	0	50	65	0	64	0	
Allergens *												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Drive Thru - Pibb Xtra - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
20 fl oz (591 mL)	150	0	0	0	0	0	55	40	0	40	0		PIBB XTRA (CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CARAMEL COLOR, PHOSPHORIC ACID, ARTIFICIAL AND NATURAL FLAVORS, SODIUM BENZOATE AND POTASSIUM BENZOATE (TO PROTECT TASTE), CAFFEINE, MONOSODIUM PHOSPHATE, LACTIC ACID, SODIUM CARBOXYMETHYLCELLULOSE).
Allergens *													

Drive Thru - Pibb Xtra - 30 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
30 fl oz (887 mL)	230	0	0	0	0	0	85	58	0	58	0		PIBB XTRA (CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CARAMEL COLOR, PHOSPHORIC ACID, ARTIFICIAL AND NATURAL FLAVORS, SODIUM BENZOATE AND POTASSIUM BENZOATE (TO PROTECT TASTE), CAFFEINE, MONOSODIUM PHOSPHATE, LACTIC ACID, SODIUM CARBOXYMETHYLCELLULOSE).
Allergens *													

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Drive Thru - Plum Ginger Hibiscus Tea - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
20 fl oz (591 mL)	0	0	0	0	0	0	0	0	0	0	0		PLUM GINGER HIBISCUS TEA (NIGERIAN HIBISCUS, APPLE PIECES, LICORICE, GINGER, ROSEHIP, NATURAL PLUM AND GINGER FLAVORS, CHICORY), WATER.
Allergens *													

Drive Thru - Plum Ginger Hibiscus Tea - 30 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
30 fl oz (887 mL)	0	0	0	0	0	0	5	0	0	0	0		PLUM GINGER HIBISCUS TEA (NIGERIAN HIBISCUS, APPLE PIECES, LICORICE, GINGER, ROSEHIP, NATURAL PLUM AND GINGER FLAVORS, CHICORY), WATER.
Allergens *													

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Drive Thru - Powerade Mountain Blast - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
20 fl oz (591 mL)	90	0	0	0	0	0	170	23	0	23	0	
Allergens *												

Drive Thru - Powerade Mountain Blast - 30 Fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
30 fl oz (887 mL)	140	0	0	0	0	0	180	35	0	34	0	
Allergens *												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Drive Thru - Prickly Pear Hibiscus Fresca - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
20 fl oz (591 mL)	70	0	0	0	0	0	15	17	1	13	0		WATER, PRICKLY PEAR HIBISCUS AGUA FRESCA BASE (PRICKLY PEAR PUREE, WHITE GRAPE JUICE CONCENTRATE [FULLY RECONSTITUTED], WATER, LIME JUICE, HIBISCUS CONCENTRATED EXTRACT, NATURAL FLAVOR).
Allergens *													

Drive Thru - Prickly Pear Hibiscus Fresca - 30 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
30 fl oz (887 mL)	100	0	0	0	0	0	20	25	1	20	1		WATER, PRICKLY PEAR HIBISCUS AGUA FRESCA BASE (PRICKLY PEAR PUREE, WHITE GRAPE JUICE CONCENTRATE [FULLY RECONSTITUTED], WATER, LIME JUICE, HIBISCUS CONCENTRATED EXTRACT, NATURAL FLAVOR).
Allergens *													

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Drive Thru - SoBe Life Water Yumberry Pomegranate - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
20 fl oz (591 mL)	0	0	0	0	0	0	50	0	0	0	0		SOBE LIFE WATER YUMBERRY POMEGRANATE (WATER, CITRIC ACID, CALCIUM LACTATE, PURPLE CARROT JUICE CONCENTRATE [COLOR], XANTHAN GUM, NATURAL AND ARTIFICIAL FLAVOR, POTASSIUM SORBATE [PRESERVES FRESHNESS], POTASSIUM CITRATE, SODIUM BENZOATE [PRESERVES FRESHNESS], POLYSORBATE 60, SUCRALOSE, ACESULFAME POTASSIUM, VITAMIN E ACETATE, NIACINAMIDE [VITAMIN B3], CALCIUM PANTOTHENATE [VITAMIN B5], PYRIDOXINE HYDROCHLORIDE [VITAMIN B6], YELLOW 6).
Allergens *													

Drive Thru - SoBe Life Water Yumberry Pomegranate - 30 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
30 fl oz (887 mL)	0	0	0	0	0	0	75	0	0	0	0		SOBE LIFE WATER YUMBERRY POMEGRANATE (WATER, CITRIC ACID, CALCIUM LACTATE, PURPLE CARROT JUICE CONCENTRATE [COLOR], XANTHAN GUM, NATURAL AND ARTIFICIAL FLAVOR, POTASSIUM SORBATE [PRESERVES FRESHNESS], POTASSIUM CITRATE, SODIUM BENZOATE [PRESERVES FRESHNESS], POLYSORBATE 60, SUCRALOSE, ACESULFAME POTASSIUM, VITAMIN E ACETATE, NIACINAMIDE [VITAMIN B3], CALCIUM PANTOTHENATE [VITAMIN B5], PYRIDOXINE HYDROCHLORIDE [VITAMIN B6], YELLOW 6).
Allergens *													

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Drive Thru - Sprite - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
20 fl oz (591 mL)	140	0	0	0	0	0	70	39	0	38	0		SPRITE (CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CITRIC ACID, NATURAL FLAVORS, SODIUM CITRATE, SODIUM BENZOATE (TO PROTECT TASTE)).
Allergens *													

Drive Thru - Sprite - 30 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
30 fl oz (887 mL)	230	0	0	0	0	0	105	57	0	57	0		SPRITE (CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CITRIC ACID, NATURAL FLAVORS, SODIUM CITRATE, SODIUM BENZOATE (TO PROTECT TASTE)).
Allergens *													

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Drive Thru - Sweet Tea - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
20 fl oz (591 mL)	80	0	0	0	0	0	10	18	0	18	2		TEA (BLACK TEA), WATER, CANE SUGAR SYRUP (CANE SUGAR, WATER).
Allergens *													

Drive Thru - Sweet Tea - 30 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
30 fl oz (887 mL)	100	0	0	0	0	0	15	25	0	25	2		TEA (BLACK TEA), WATER, CANE SUGAR SYRUP (CANE SUGAR, WATER).
Allergens *													

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Drive Thru - Tropicana Fruit Punch - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
20 fl oz (591 mL)	180	0	0	0	0	0	35	47	0	47	0	
Allergens *												

Drive Thru - Tropicana Fruit Punch - 30 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
30 fl oz (887 mL)	270	0	0	0	0	0	55	71	0	70	0	
Allergens *												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Drive Thru - Tropicana Lemonade - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
20 fl oz (591 mL)	160	0	0	0	0	0	160	42	0	42	0		TROPICANA LEMONADE (TREATED WATER, HIGH FRUCTOSE CORN SYRUP, CITRIC ACID, SODIUM CITRATE, NATURAL FLAVOR, LEMON JUICE CONCENTRATE, GUM ARABIC, SODIUM BENZOATE [PRESERVES FRESHNESS], GLYCEROL ESTER OF WOOD ROSIN, POTASSIUM SORBATE [PRESERVES FRESHNESS], CALCIUM DISODIUM EDTA [TO PROTECT FLAVOR], YELLOW 5).
Allergens *													

Drive Thru - Tropicana Lemonade - 30 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
30 fl oz (887 mL)	240	0	0	0	0	0	240	62	0	62	0		TROPICANA LEMONADE (TREATED WATER, HIGH FRUCTOSE CORN SYRUP, CITRIC ACID, SODIUM CITRATE, NATURAL FLAVOR, LEMON JUICE CONCENTRATE, GUM ARABIC, SODIUM BENZOATE [PRESERVES FRESHNESS], GLYCEROL ESTER OF WOOD ROSIN, POTASSIUM SORBATE [PRESERVES FRESHNESS], CALCIUM DISODIUM EDTA [TO PROTECT FLAVOR], YELLOW 5).
Allergens *													

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Drive Thru - Tropicana Light Lemonade - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
20 fl oz (591 mL)	5	0	0	0	0	0	150	0	0	0	0		TROPICANA LIGHT LEMONADE (TREATED WATER, CITRIC ACID, SODIUM CITRATE, NATURAL FLAVOR, LEMON JUICE CONCENTRATE, GUM ARABIC, ASPARTAME, POTASSIUM SORBATE [PRESERVES FRESHNESS], SODIUM BENZOATE [PRESERVES FRESHNESS], ACESULFAME POTASSIUM, GLYCEROL ESTER OF WOOD ROSIN, CALCIUM DISODIUM EDTA [TO PROTECT FLAVOR], YELLOW 5, [PHENYLKETONURICS: CONTAINS PHENYLALANINE]).
Allergens *	CONTAINS SOY.												

Drive Thru - Tropicana Light Lemonade - 30 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
30 fl oz (887 mL)	0	0	0	0	0	0	220	0	0	0	0		TROPICANA LIGHT LEMONADE (TREATED WATER, CITRIC ACID, SODIUM CITRATE, NATURAL FLAVOR, LEMON JUICE CONCENTRATE, GUM ARABIC, ASPARTAME, POTASSIUM SORBATE [PRESERVES FRESHNESS], SODIUM BENZOATE [PRESERVES FRESHNESS], ACESULFAME POTASSIUM, GLYCEROL ESTER OF WOOD ROSIN, CALCIUM DISODIUM EDTA [TO PROTECT FLAVOR], YELLOW 5, [PHENYLKETONURICS: CONTAINS PHENYLALANINE]).
Allergens *	CONTAINS SOY.												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Drive Thru - Unsweetened Black Tea - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
20 fl oz (591 mL)	10	0	0	0	0	0	10	0	0	0	2	
Allergens *												

Drive Thru - Unsweetened Black Tea - 30 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
30 fl oz (887 mL)	10	0	0	0	0	0	15	0	0	0	2	
Allergens *												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Drive Thru - Wild Cherry Pepsi 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
20 fl oz (591 mL)	160	0	0	0	0	0	35	44	0	44	0	
Allergens *												

Drive Thru - Wild Cherry Pepsi 30 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
30 fl oz (887 mL)	240	0	0	0	0	0	50	66	0	66	0	
Allergens *												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Earl Greyer Decaf Tea - 8 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
8 fl oz (240 mL)	0	0	0	0	0	0	0	0	0	0	0		EARL GREYER DECAF TEA BAG (FINE NATURALLY DECAFFEINATED BLACK TEA AND NATURAL BERGAMOT OIL).
Allergens *													

Earl Greyer Tea - 8 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
8 fl oz (240 mL)	0	0	0	0	0	0	10	0	0	0	0		EARL GREYER TEA BAG (FINE BLACK TEA, NATURAL BERGAMOT OIL).
Allergens *													

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Fanta Orange - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
20 fl oz (591 mL)	270	0	0	0	0	0	65	73	0	71	0	
Allergens *												

Fanta Orange - 30 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
30 fl oz (887 mL)	400	0	0	0	0	0	100	101	0	99	0	
Allergens *												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Frozen Caramel Cold Brew - 16 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
16 fl oz (473 mL)	470	160	18	10	0	55	230	74	0	60	5		WATER, FROZEN COLD BREW BLEND (HALF AND HALF (MILK, CREAM), DARK ROAST COLD BREW CONCENTRATE (COLD BREW ARABICA COFFEE), CANE SUGAR SYRUP (CANE SUGAR, WATER)), CARAMEL SAUCE (SWEETENED CONDENSED MILK [MILK, SUGAR], CORN SYRUP, CANE SUGAR, WATER, VEGETABLE GLYCERIN, LIGHT BROWN SUGAR, BUTTER [CREAM, SALT], HEAVY CREAM, NATURAL FLAVORS, SALT, SUNFLOWER LECITHIN), WHIPPED LIGHT CREAM (CREAM, CANE SUGAR, NONFAT MILK, SORBITAN MONOSTEARATE, CARRAGEENAN, DEXTROSE, NATURAL VANILLA FLAVORING).
Allergens *	CONTAINS MILK.												

Frozen Mocha Cold Brew - 16 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
16 fl oz (473 mL)	440	130	14	8	0	40	105	73	2	56	6		WATER, HALF AND HALF (MILK, CREAM), DARK ROAST COLD BREW CONCENTRATE (COLD BREW ARABICA COFFEE), BITTERSWEET CHOCOLATE SAUCE (CORN SYRUP, SUGAR, VEGETABLE GLYCERIN, WATER, ALKALIZED COCOA, SWEETENED CONDENSED MILK [MILK, SUGAR], NATURAL FLAVOR, SALT, CARRAGEENAN, CHOCOLATE, GUAR GUM, XANTHAN GUM, CITRIC ACID), CANE SUGAR SYRUP (CANE SUGAR, WATER), WHIPPED LIGHT CREAM (CREAM, CANE SUGAR, NONFAT MILK, SORBITAN MONOSTEARATE, CARRAGEENAN, DEXTROSE, NATURAL VANILLA FLAVORING).
Allergens *	CONTAINS MILK.												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Ginger Peach Tea - 8 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
8 fl oz (240 mL)	0	0	0	0	0	0	10	0	0	0	0		GINGER PEACH TEA BAG (FINE BLACK TEA, NATURAL PEACH FLAVOR, GINGER).
Allergens *													

Gold Peak Unsweetened Iced Tea - 18.5 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
18.5 fl oz (547 mL)	0	0	0	0	0	0	55	0	0	0	0		UNSWEETENED ICED TEA (BREWED TEA [FILTERED WATER, BLACK TEA LEAVES], PHOSPHORIC ACID).
Allergens *													

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Hazelnut Flavored Coffee - 12 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
12 fl oz (355 mL)	15	0	0	0	0	0	5	2	0	0	1	
Allergens *												

Hazelnut Flavored Coffee - 16 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
16 fl oz (473 mL)	20	0	0	0	0	0	10	3	0	0	1	
Allergens *												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Hazelnut Flavored Coffee - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
20 fl oz (591 mL)	25	0	0	0	0	0	10	4	0	0	2		HAZELNUT FLAVORED COFFEE (COFFEE, NATURAL FLAVORS).
Allergens *													

Honey Ginseng Green Tea - 8 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
8 fl oz (240 mL)	0	0	0	0	0	0	0	0	0	0	0		HONEY GINSENG GREEN TEA BAG (CHINA GREEN TEA, LINDEN FLOWERS, POLLEN, ELEUTHERO, PANAX GINSENG, NATURAL HONEY FLAVOR).
Allergens *													

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Iced Caffe Latte - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
20 fl oz (591 mL)	160	60	6	4	0	25	140	16	0	15	10		REDUCED FAT MILK (VITAMIN A PALMITATE, VITAMIN D3 ADDED), WATER, ESPRESSO.
Allergens *	CONTAINS MILK.												

Iced Caffe Mocha - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
20 fl oz (591 mL)	400	110	13	7	0	40	200	57	2	43	14		REDUCED FAT MILK (VITAMIN A PALMITATE, VITAMIN D3 ADDED), WATER, ESPRESSO, BITTERSWEET CHOCOLATE SAUCE (CORN SYRUP, SUGAR, VEGETABLE GLYCERIN, WATER, ALKALIZED COCOA, SWEETENED CONDENSED MILK [MILK, SUGAR], NATURAL FLAVOR, SALT, CARRAGEENAN, CHOCOLATE, GUAR GUM, XANTHAN GUM, CITRIC ACID), WHIPPED LIGHT CREAM (CREAM, CANE SUGAR, NONFAT MILK, SORBITAN MONOSTEARATE, CARRAGEENAN, DEXTROSE, NATURAL VANILLA FLAVORING).
Allergens *	CONTAINS MILK.												

*ALLERGEN NOTICE: MANY OF OUR PRODUCTS CONTAIN OR MAY COME INTO CONTACT WITH COMMON ALLERGENS, INCLUDING WHEAT, PEANUTS, SOY, TREE NUTS, MILK, EGGS, FISH, SHELLFISH, SESAME, SULFITES, AND MUSTARD



Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Iced Caramel Latte - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
20 fl oz (591 mL)	430	140	16	9	0	55	330	57	0	47	13	
Allergens *	CONTAINS MILK.											

Iced Chai Tea Latte - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
20 fl oz (591 mL)	290	55	6	4	0	25	130	49	0	48	10	
Allergens *	CONTAINS MILK.											

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Iced Madagascar Vanilla Latte - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
20 fl oz (591 mL)	290	103	11	6	0	40	150	35	0	35	12		REDUCED FAT MILK (VITAMIN A PALMITATE, VITAMIN D3 ADDED), WATER, ESPRESSO, MADAGASCAR VANILLA SYRUP (CANE SUGAR, WATER, NATURAL VANILLA FLAVOR, CITRIC ACID), WHIPPED LIGHT CREAM (CREAM, CANE SUGAR, NONFAT MILK, SORBITAN MONOSTEARATE, CARRAGEENAN, DEXTROSE, NATURAL VANILLA FLAVORING).
Allergens *	CONTAINS MILK.												

Iced Coffee - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
20 fl oz (591 mL)	15	0	0	0	0	0	15	3	0	0	1		BREWED DARK ROAST COFFEE (ARABICA COFFEE), WATER.
Allergens *													

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Iced Coffee - 30 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
30 fl oz (887 mL)	20	0	0	0	0	0	20	5	0	0	1	
Allergens *												

Iced Coffee - 20 fl oz - no ice

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
20 fl oz (591 mL)	25	0	0	0	0	0	15	5	0	0	1	
Allergens *												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Iced Coffee - 30 fl oz - no ice

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
30 fl oz (887 mL)	35	0	0	0	0	0	25	8	0	0	2	
Allergens *												

Kids Organic Apple juice

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
8 fl oz (237 mL)	120	0	0	0	0	0	25	29	0	26	0	
Allergens *												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Kids Organic Chocolate Milk

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
8 fluid ounces (237 mL)	150	20	2.5	1.5	0	15	180	23	0	22	8		LOW FAT CHOCOLATE MILK (ORGANIC GRADE A LOWFAT MILK, ORGANIC CANE SUGAR, ORGANIC COCOA, GELLAN GUM, ORGANIC VANILLA EXTRACT, SALT, VITAMIN A PALMITATE, VITAMIN D3).
Allergens *	CONTAINS MILK.												

Kids Organic White Milk

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
8 fluid ounces (237 mL)	110	20	2.5	1.5	0	10	130	13	0	12	8		WHITE MILK (ORGANIC GRADE A LOW FAT MILK, VITAMIN A PALMITATE, VITAMIN D3).
Allergens *	CONTAINS MILK.												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Lipton Brisk Raspberry Tea - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
20 fl oz (591 mL)	130	0	0	0	0	0	70	35	0	34	0		LIPTON BRISK RASPBERRY TEA (WATER, HIGH FRUCTOSE CORN SYRUP, CITRIC ACID, NATURAL FLAVOR, INSTANT TEA, CARAMEL COLOR, POTASSIUM SORBATE [PRESERVES FRESHNESS], CITRUS PECTIN, SODIUM BENZOATE (TO PRESERVE FRESHNESS), ACESULFAME POTASSIUM, SUCRALOSE, RED 40).
Allergens *													

Lipton Brisk Raspberry Tea - 30 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
30 fl oz (887 mL)	190	0	0	0	0	0	110	49	0	49	0		LIPTON BRISK RASPBERRY TEA (WATER, HIGH FRUCTOSE CORN SYRUP, CITRIC ACID, NATURAL FLAVOR, INSTANT TEA, CARAMEL COLOR, POTASSIUM SORBATE [PRESERVES FRESHNESS], CITRUS PECTIN, SODIUM BENZOATE (TO PRESERVE FRESHNESS), ACESULFAME POTASSIUM, SUCRALOSE, RED 40).
Allergens *													

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Madagascar Vanilla Cream Cold Brew Coffee - 16 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
16 fl oz (473 mL)	200	95	11	7	0	35	50	22	0	17	3		WATER, HALF AND HALF (MILK, CREAM), DARK ROAST COLD BREW CONCENTRATE (COLD BREW ARABICA COFFEE), MADAGASCAR VANILLA SYRUP (CANE SUGAR, WATER, NATURAL VANILLA FLAVOR, CITRIC ACID).
Allergens *	CONTAINS MILK.												

Madagascar Vanilla Cream Cold Brew Coffee - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
20 fl oz (591 mL)	260	127	14	9	0	45	65	30	0	23	4		WATER, HALF AND HALF (MILK, CREAM), DARK ROAST COLD BREW CONCENTRATE (COLD BREW ARABICA COFFEE), MADAGASCAR VANILLA SYRUP (CANE SUGAR, WATER, NATURAL VANILLA FLAVOR, CITRIC ACID).
Allergens *	CONTAINS MILK.												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Madagascar Vanilla Latte - 16 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
16 fl oz (473 mL)	260	92	10	6	0	35	120	32	0	31	9		REDUCED FAT MILK (VITAMIN A PALMITATE, VITAMIN D3 ADDED), ESPRESSO, MADAGASCAR VANILLA SYRUP (CANE SUGAR, WATER, NATURAL VANILLA FLAVOR, CITRIC ACID), WHIPPED LIGHT CREAM (CREAM, CANE SUGAR, NONFAT MILK, SORBITAN MONOSTEARATE, CARRAGEENAN, DEXTROSE, NATURAL VANILLA FLAVORING).
Allergens *	CONTAINS MILK.												

Madagascar Vanilla Latte - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
20 fl oz (591 mL)	320	102	11	6	0	40	150	42	0	41	11		REDUCED FAT MILK (VITAMIN A PALMITATE, VITAMIN D3 ADDED), ESPRESSO, MADAGASCAR VANILLA SYRUP (CANE SUGAR, WATER, NATURAL VANILLA FLAVOR, CITRIC ACID), WHIPPED LIGHT CREAM (CREAM, CANE SUGAR, NONFAT MILK, SORBITAN MONOSTEARATE, CARRAGEENAN, DEXTROSE, NATURAL VANILLA FLAVORING).
Allergens *	CONTAINS MILK.												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Mango Ceylon Tea - 8 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
8 fl oz (240 mL)	0	0	0	0	0	0	0	0	0	0	0		MANGO CEYLON TEA BAG (FINE BLACK TEA, NATURAL MANGO FLAVOR, SUNFLOWER BLOSSOMS).
Allergens *													

Minute Maid Orange Juice - 12 fl oz bottle

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
12 fl oz (355 mL)	220	0	0	0	0	0	30	51	0	45	0		100% ORANGE JUICE (PURE FILTERED WATER, PREMIUM CONCENTRATED ORANGE JUICE, VITAMIN C).
Allergens *													

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Mist Twist - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
20 fl oz (591 mL)	260	0	0	0	0	0	55	68	0	68	0		MIST TWIST (CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CITRIC ACID, NATURAL FLAVOR, POTASSIUM CITRATE, POTASSIUM BENZOATE [PRESERVATIVE], CALCIUM DISODIUM EDTA TO PROTECT FLAVOR).
Allergens *													

Mist Twist - 30 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
30 fl oz (887 mL)	380	0	0	0	0	0	80	101	0	101	0		MIST TWIST (CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CITRIC ACID, NATURAL FLAVOR, POTASSIUM CITRATE, POTASSIUM BENZOATE [PRESERVATIVE], CALCIUM DISODIUM EDTA TO PROTECT FLAVOR).
Allergens *													

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Mountain Dew - 12 fl oz can

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 can (355 mL)	170	0	0	0	0	0	60	46	0	46	0	
Allergens *												

Mountain Dew - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
20 fl oz (591 mL)	290	0	0	0	0	0	60	77	0	77	0	
Allergens *												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Mountain Dew- 20 fl oz bottle

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
20 fl oz bottle (591 mL)	290	0	0	0	0	0	105	77	0	77	0		MOUNTAIN DEW (CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CONCENTRATED ORANGE JUICE, CITRIC ACID, NATURAL FLAVORS, SODIUM BENZOATE [PRESERVES FRESHNESS], CAFFEINE, SODIUM CITRATE, ERYTHORBIC ACID [PRESERVES FRESHNESS], GUM ARABIC, CALCIUM DISODIUM EDTA [TO PROTECT FLAVOR], BROMINATED VEGETABLE OIL, YELLOW 5).
Allergens *													

Mountain Dew - 30 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
30 fl oz (887 mL)	410	0	0	0	0	0	125	110	0	109	0		MOUNTAIN DEW (CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CONCENTRATED ORANGE JUICE, CITRIC ACID, NATURAL FLAVORS, SODIUM BENZOATE [PRESERVES FRESHNESS], CAFFEINE, SODIUM CITRATE, ERYTHORBIC ACID [PRESERVES FRESHNESS], GUM ARABIC, CALCIUM DISODIUM EDTA [TO PROTECT FLAVOR], BROMINATED VEGETABLE OIL, YELLOW 5).
Allergens *													

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Mug Root Beer - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
20 fl oz (591 mL)	240	0	0	0	0	0	60	66	0	65	0	
Allergens *												

Mug Root Beer - 30 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
30 fl oz (887 mL)	360	0	0	0	0	0	140	96	0	95	0	
Allergens *												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Orange Ginger Mint Tea - 8 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
8 fl oz (240 mL)	0	0	0	0	0	0	0	0	0	0	0		ORANGE GINGER MINT TEA BAG (GINGER, ORANGE BERGAMOT MINT, LEMON THYME, ANISE HYSSOP, ANISE SEED, BLACKBERRY LEAVES).
Allergens *													

Passion Papaya Green Tea - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
20 fl oz (591 mL)	130	0	0	0	0	0	10	31	0	31	0		WATER, PASSIONFRUIT PAPAYA GREEN TEA CONCENTRATE (WATER, SUGAR, BREWED GREEN TEA, NATURAL FLAVOR, CITRIC ACID, ASCORBIC ACID, FRUIT JUICE [COLOR], BETA CAROTENE [COLOR]).
Allergens *													

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Passion Papaya Green Tea - 30 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
30 fl oz (887 mL)	190	0	0	0	0	0	15	46	0	46	0	
Allergens *												

Pepsi - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
20 fl oz (591 mL)	250	0	0	0	0	0	55	69	0	69	0	
Allergens *												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Pepsi - 20 fl oz bottle

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
20 fl oz bottle (591 mL)	250	0	0	0	0	0	55	69	0	69	0	
Allergens *												

Pepsi - 30 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
30 fl oz (887 mL)	380	0	0	0	0	0	80	103	0	103	0	
Allergens *												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Pepsi 12 fl oz can

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
12 fl oz can (355 mL)	150	0	0	0	0	0	30	41	0	41	0	
Allergens *												

Pibb Xtra - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
20 fl oz (591 mL)	230	0	0	0	0	0	90	63	0	63	0	
Allergens *												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Pibb Xtra - 30 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
30 fl oz (887 mL)	370	0	0	0	0	0	135	92	0	92	0		PIBB XTRA (CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CARAMEL COLOR, PHOSPHORIC ACID, ARTIFICIAL AND NATURAL FLAVORS, SODIUM BENZOATE AND POTASSIUM BENZOATE (TO PROTECT TASTE), CAFFEINE, MONOSODIUM PHOSPHATE, LACTIC ACID, SODIUM CARBOXYMETHYLCELLULOSE).
Allergens *													

Plum Ginger Hibiscus Tea - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
20 fl oz (591 mL)	0	0	0	0	0	0	0	0	0	0	0		PLUM GINGER HIBISCUS TEA (NIGERIAN HIBISCUS, APPLE PIECES, LICORICE, GINGER, ROSEHIP, NATURAL PLUM AND GINGER FLAVORS, CHICORY).
Allergens *													

*ALLERGEN NOTICE: MANY OF OUR PRODUCTS CONTAIN OR MAY COME INTO CONTACT WITH COMMON ALLERGENS, INCLUDING WHEAT, PEANUTS, SOY, TREE NUTS, MILK, EGGS, FISH, SHELLFISH, SESAME, SULFITES, AND MUSTARD



Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Plum Ginger Hibiscus Tea - 30 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
30 fl oz (887 mL)	0	0	0	0	0	0	0	0	0	0	0		PLUM GINGER HIBISCUS TEA (NIGERIAN HIBISCUS, APPLE PIECES, LICORICE, GINGER, ROSEHIP, NATURAL PLUM AND GINGER FLAVORS, CHICORY).
Allergens *													

Powerade Mountain Blast - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
20 fl oz (591 mL)	130	0	0	0	0	0	250	35	0	35	0		POWERADE MOUNTAIN BERRY BLAST WATER, HIGH FRUCTOSE CORN SYRUP, CITRIC ACID, NATURAL FLAVORS, SALT, POTASSIUM CITRATE, POTASSIUM BENZOATE AND POTASSIUM SORBATE (TO PROTECT TASTE), MODIFIED FOOD STARCH, COCONUT OIL, POTASSIUM PHOSPHATE, SUCROSE ACETATE ISOBUTYRATE, NIACINAMIDE (VITAMIN B3), BLUE 1, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), CYANOCOBALAMIN (VITAMIN B12).
Allergens *													

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Powerade Mountain Blast - 30 Fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
30 fl oz (887 mL)	230	0	0	0	0	0	280	55	0	55	0		POWERADE MOUNTAIN BERRY BLAST WATER, HIGH FRUCTOSE CORN SYRUP, CITRIC ACID, NATURAL FLAVORS, SALT, POTASSIUM CITRATE, POTASSIUM BENZOATE AND POTASSIUM SORBATE (TO PROTECT TASTE), MODIFIED FOOD STARCH, COCONUT OIL, POTASSIUM PHOSPHATE, SUCROSE ACETATE ISOBUTYRATE, NIACINAMIDE (VITAMIN B3), BLUE 1, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), CYANOCOBALAMIN (VITAMIN B12).
Allergens *													

Premium OJ 11.5 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Bottle (11.5 fl oz)	160	0	0	0	0	0	0	37	0	30	2		PREMIUM ORANGE JUICE.
Allergens *													

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Prickly Pear Hibiscus Fresca - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
20 fl oz (591 mL)	100	0	0	0	0	0	15	24	1	20	1		WATER, PRICKLY PEAR HIBISCUS AGUA FRESCA BASE (PRICKLY PEAR PUREE, WHITE GRAPE JUICE CONCENTRATE [FULLY RECONSTITUTED], WATER, LIME JUICE, HIBISCUS CONCENTRATED EXTRACT, NATURAL FLAVOR).
Allergens *													

Prickly Pear Hibiscus Fresca - 30 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
30 fl oz (887 mL)	150	0	0	0	0	0	20	36	2	29	1		WATER, PRICKLY PEAR HIBISCUS AGUA FRESCA BASE (PRICKLY PEAR PUREE, WHITE GRAPE JUICE CONCENTRATE [FULLY RECONSTITUTED], WATER, LIME JUICE, HIBISCUS CONCENTRATED EXTRACT, NATURAL FLAVOR).
Allergens *													

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Sierra mist 12 fl oz Can

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Can (355 mL)	150	0	0	0	0	0	30	40	0	40	0		MIST TWIST (CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CITRIC ACID, NATURAL FLAVOR, POTASSIUM CITRATE, POTASSIUM BENZOATE [PRESERVATIVE], CALCIUM DISODIUM EDTA TO PROTECT FLAVOR).
Allergens *													

Sierra Mist 20 fl oz bottle

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
20 fl oz bottle (591 mL)	240	0	0	0	0	0	60	61	0	61	0		SIERRA MIST (CARBONATED WATER, SUGAR, NATURAL FLAVOR, CITRIC ACID, POTASSIUM BENZOATE (PRESERVES FRESHNESS), POTASSIUM CITRATE, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR)).
Allergens *													

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Signature Hot Chocolate - 16 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
16 fl oz (473 mL)	430	110	12	7	0	40	200	66	2	50	12		REDUCED FAT MILK (VITAMIN A PALMITATE, VITAMIN D3 ADDED), BITTERSWEET CHOCOLATE SAUCE (CORN SYRUP, SUGAR, VEGETABLE GLYCERIN, WATER, ALKALIZED COCOA, SWEETENED CONDENSED MILK [MILK, SUGAR], NATURAL FLAVOR, SALT, CARRAGEENAN, CHOCOLATE, GUAR GUM, XANTHAN GUM, CITRIC ACID), WHIPPED LIGHT CREAM (CREAM, CANE SUGAR, NONFAT MILK, SORBITAN MONOSTEARATE, CARRAGEENAN, DEXTROSE, NATURAL VANILLA FLAVORING), CARAMEL SAUCE (SWEETENED CONDENSED MILK [MILK, SUGAR], CORN SYRUP, CANE SUGAR, WATER, VEGETABLE GLYCERIN, LIGHT BROWN SUGAR, BUTTER [CREAM, SALT], HEAVY CREAM, NATURAL FLAVORS, SALT, SUNFLOWER LECITHIN).
Allergens *	CONTAINS MILK.												

Signature Hot Chocolate - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
20 fl oz (591 mL)	530	121	13	8	0	40	240	86	3	64	14		REDUCED FAT MILK (VITAMIN A PALMITATE, VITAMIN D3 ADDED), BITTERSWEET CHOCOLATE SAUCE (CORN SYRUP, SUGAR, VEGETABLE GLYCERIN, WATER, ALKALIZED COCOA, SWEETENED CONDENSED MILK [MILK, SUGAR], NATURAL FLAVOR, SALT, CARRAGEENAN, CHOCOLATE, GUAR GUM, XANTHAN GUM, CITRIC ACID), WHIPPED LIGHT CREAM (CREAM, CANE SUGAR, NONFAT MILK, SORBITAN MONOSTEARATE, CARRAGEENAN, DEXTROSE, NATURAL VANILLA FLAVORING), CARAMEL SAUCE (SWEETENED CONDENSED MILK [MILK, SUGAR], CORN SYRUP, CANE SUGAR, WATER, VEGETABLE GLYCERIN, LIGHT BROWN SUGAR, BUTTER [CREAM, SALT], HEAVY CREAM, NATURAL FLAVORS, SALT, SUNFLOWER LECITHIN).
Allergens *	CONTAINS MILK.												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

SoBe Life Water Yumberry Pomegranate - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
20 fl oz (591 mL)	0	0	0	0	0	0	80	0	0	0	0		SOBE LIFE WATER YUMBERRY POMEGRANATE (WATER, CITRIC ACID, CALCIUM LACTATE, PURPLE CARROT JUICE CONCENTRATE [COLOR], XANTHAN GUM, NATURAL AND ARTIFICIAL FLAVOR, POTASSIUM SORBATE [PRESERVES FRESHNESS], POTASSIUM CITRATE, SODIUM BENZOATE [PRESERVES FRESHNESS], POLYSORBATE 60, SUCRALOSE, ACESULFAME POTASSIUM, VITAMIN E ACETATE, NIACINAMIDE [VITAMIN B3], CALCIUM PANTOTHENATE [VITAMIN B5], PYRIDOXINE HYDROCHLORIDE [VITAMIN B6], YELLOW 6).
Allergens *													

SoBe Life Water Yumberry Pomegranate - 30 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
30 fl oz (887 mL)	5	0	0	0	0	0	120	1	0	0	0		SOBE LIFE WATER YUMBERRY POMEGRANATE (WATER, CITRIC ACID, CALCIUM LACTATE, PURPLE CARROT JUICE CONCENTRATE [COLOR], XANTHAN GUM, NATURAL AND ARTIFICIAL FLAVOR, POTASSIUM SORBATE [PRESERVES FRESHNESS], POTASSIUM CITRATE, SODIUM BENZOATE [PRESERVES FRESHNESS], POLYSORBATE 60, SUCRALOSE, ACESULFAME POTASSIUM, VITAMIN E ACETATE, NIACINAMIDE [VITAMIN B3], CALCIUM PANTOTHENATE [VITAMIN B5], PYRIDOXINE HYDROCHLORIDE [VITAMIN B6], YELLOW 6).
Allergens *													

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Sprite - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
20 fl oz (591 mL)	240	0	0	0	0	0	115	64	0	64	0		SPRITE (CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CITRIC ACID, NATURAL FLAVORS, SODIUM CITRATE, SODIUM BENZOATE (TO PROTECT TASTE)).
Allergens *													

Sprite - 30 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
30 fl oz (887 mL)	370	0	0	0	0	0	170	91	0	91	0		SPRITE (CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CITRIC ACID, NATURAL FLAVORS, SODIUM CITRATE, SODIUM BENZOATE (TO PROTECT TASTE)).
Allergens *													

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Sprite 20 fl oz Bottle

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
20 fl oz bottle (591 mL)	230	0	0	0	0	0	110	64	0	64	0		SPRITE (CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CITRIC ACID, NATURAL FLAVORS, SODIUM CITRATE, SODIUM BENZOATE (TO PROTECT TASTE)).
Allergens *													

Sprite Zero - 20 fl oz bottle

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
20 fl oz (591 mL)	0	0	0	0	0	0	60	1	0	0	0		SPRITE ZERO (CARBONATED WATER, CITRIC ACID, POTASSIUM CITRATE, NATURAL FLAVORS, POTASSIUM BENZOATE (TO PROTECT TASTE), ASPARTAME, ACESULFAME POTASSIUM).
Allergens *													

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Substitute Almond Milk - 8 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
8 fl oz (237 mL)	40	30	3.5	0	0	0	100	2	1	0	1		UNSWEETENED ALMONDMILK (ALMONDMILK [FILTERED WATER, ALMONDS], POTASSIUM CITRATE, DIPOTASSIUM PHOSPHATE, SUNFLOWER LECITHIN, SEA SALT, NATURAL FLAVORS, GUAR GUM, GELLAN GUM).
Allergens *	CONTAINS TREE NUTS.												

Substitute Skim Milk - 8 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
8 fl oz (237 mL)	80	0	0	0	0	5	105	12	0	12	8		SKIM MILK (FAT FREE MILK, VITAMIN A PALMITATE, VITAMIN D3).
Allergens *	CONTAINS MILK.												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Sweet Tea 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
20 fl oz (591 mL)	110	0	0	0	0	0	10	27	0	27	1	
Allergens *												

Sweet Tea 30 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
30 fl oz (887 mL)	150	0	0	0	0	0	10	36	0	36	2	
Allergens *												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Tropicana Fruit Punch - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
20 fl oz (591 mL)	280	0	0	0	0	0	65	75	0	75	0		TROPICANA FRUIT PUNCH (TREATED WATER, HIGH FRUCTOSE CORN SYRUP, PEAR JUICE CONCENTRATE, CITRIC ACID, POTASSIUM CITRATE, NATURAL FLAVORS, PHOSPHORIC ACID, GUM ARABIC, POTASSIUM BENZOATE AND POTASSIUM SORBATE (PRESERVES FRESHNESS), RED 40, GLYCEROL ESTER OF WOOD ROSIN, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR), BLUE 1).
Allergens *													

Tropicana Fruit Punch - 30 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
30 fl oz (887 mL)	420	0	0	0	0	0	90	113	0	112	0		TROPICANA FRUIT PUNCH (TREATED WATER, HIGH FRUCTOSE CORN SYRUP, PEAR JUICE CONCENTRATE, CITRIC ACID, POTASSIUM CITRATE, NATURAL FLAVORS, PHOSPHORIC ACID, GUM ARABIC, POTASSIUM BENZOATE AND POTASSIUM SORBATE (PRESERVES FRESHNESS), RED 40, GLYCEROL ESTER OF WOOD ROSIN, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR), BLUE 1).
Allergens *													

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Tropicana Lemonade - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
20 fl oz (591 mL)	250	0	0	0	0	0	270	68	0	68	0	
Allergens *												

Tropicana Lemonade - 30 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
30 fl oz (887 mL)	380	0	0	0	0	0	390	100	0	99	0	
Allergens *												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Tropicana Light Lemonade - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
20 fl oz (591 mL)	15	0	0	0	0	0	240	0	0	0	0		TROPICANA LIGHT LEMONADE (TREATED WATER, CITRIC ACID, SODIUM CITRATE, NATURAL FLAVOR, LEMON JUICE CONCENTRATE, GUM ARABIC, ASPARTAME, POTASSIUM SORBATE [PRESERVES FRESHNESS], SODIUM BENZOATE [PRESERVES FRESHNESS], ACESULFAME POTASSIUM, GLYCEROL ESTER OF WOOD ROSIN, CALCIUM DISODIUM EDTA [TO PROTECT FLAVOR], YELLOW 5, [PHENYLKETONURICS: CONTAINS PHENYLALANINE]).
Allergens *	CONTAINS SOY.												

Tropicana Light Lemonade - 30 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
30 fl oz (887 mL)	0	0	0	0	0	0	360	0	0	0	0		TROPICANA LIGHT LEMONADE (TREATED WATER, CITRIC ACID, SODIUM CITRATE, NATURAL FLAVOR, LEMON JUICE CONCENTRATE, GUM ARABIC, ASPARTAME, POTASSIUM SORBATE [PRESERVES FRESHNESS], SODIUM BENZOATE [PRESERVES FRESHNESS], ACESULFAME POTASSIUM, GLYCEROL ESTER OF WOOD ROSIN, CALCIUM DISODIUM EDTA [TO PROTECT FLAVOR], YELLOW 5, [PHENYLKETONURICS: CONTAINS PHENYLALANINE]).
Allergens *	CONTAINS SOY.												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Unsweetened Black Tea - 20 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
20 fl oz (591 mL)	10	0	0	0	0	0	10	0	0	0	2	
Allergens *												

Unsweetened Black Tea - 30 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
30 fl oz (887 mL)	20	0	0	0	0	0	20	0	0	0	4	
Allergens *												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Beverages

Wild Cherry Pepsi 30 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
20 fl oz (591 mL)	250	0	0	0	0	0	50	70	0	70	0	
Allergens *												

Wild Cherry Pepsi 30 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
30 fl oz (887 mL)	390	0	0	0	0	0	80	106	0	105	0	
Allergens *												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Entrée- Bowls/Mac/Flatbread Pizza

Baja Bowl

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Bowl	680	310	34	7	0	15	1260	81	13	9	19		BROWN RICE & QUINOA BLEND (BROWN RICE BLEND (COOKED BROWN RICE [WATER, BROWN RICE, MAY CONTAIN SOY, CORN, WHEAT], LIME JUICE, EXTRA VIRGIN OLIVE OIL, SALT, BLACK PEPPER), RED AND WHITE QUINOA BLEND (COOKED RED AND WHITE QUINOA [WATER, RED QUINOA, WHITE QUINOA, MAY CONTAIN MUSTARD, SOY AND WHEAT], EXTRA VIRGIN OLIVE OIL), EXTRA VIRGIN OLIVE OIL, CILANTRO, LIME JUICE), BLACK BEAN AND CORN SALSA (ADOBO LIME BLACK BEAN & CORN BLEND (BLACK BEANS, CORN, LIME JUICE, EXTRA VIRGIN OLIVE OIL, CHILE PEPPER, GRANULATED GARLIC, GRANULATED ONION, BLACK PEPPER, CUMIN, GUM BLEND (ORGANIC GUAR GUM, ORGANIC LOCUST BEAN GUM), PAPRIKA, SEA SALT), PICKLED RED ONIONS (RED ONIONS, SUGAR, WATER, WHITE WINE VINEGAR, DISTILLED VINEGAR, CALCIUM CHLORIDE, SEA SALT), PASTEURIZED LIME JUICE, CILANTRO), AVOCADO, RED GRAPE TOMATOES, SALSA VERDE (SALSA VERDE BLEND (CANOLA OIL, LIME JUICE, WATER, GARLIC, JALAPENO PEPPERS, SEA SALT, BLACK PEPPER, GUM BLEND [ORGANIC GUAR GUM, ORGANIC LOCUST BEAN GUM], DISTILLED VINEGAR), CILANTRO, EXTRA VIRGIN OLIVE OIL), WHOLE MILK PLAIN GREEK YOGURT (CULTURED PASTEURIZED NON-FAT MILK, CREAM, CONTAINS LIVE ACTIVE CULTURES S. THERMOPHILUS, L. BULGARICUS, L. ACIDOPHILUS, BIFIDUS, L. CASEI, L. PARACASEI, L. RHAMNOSUS), FETA CHEESE (CULTURED PASTEURIZED PART-SKIM MILK, SALT, MICROBIAL ENZYMES, POWDERED CELLULOSE TO PREVENT CAKING, NATAMYCIN [A NATURAL MOLD INHIBITOR])).
Allergens *		CONTAINS MILK. MAY ALSO CONTAIN SOY, WHEAT.											

Baja Bowl with Chicken

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Bowl	750	320	36	7	0	55	1430	82	13	9	30		BROWN RICE & QUINOA BLEND (BROWN RICE BLEND (COOKED BROWN RICE [WATER, BROWN RICE, MAY CONTAIN SOY, CORN, WHEAT], LIME JUICE, EXTRA VIRGIN OLIVE OIL, SALT, BLACK PEPPER), RED AND WHITE QUINOA BLEND (COOKED RED AND WHITE QUINOA [WATER, RED QUINOA, WHITE QUINOA, MAY CONTAIN MUSTARD, SOY AND WHEAT], EXTRA VIRGIN OLIVE OIL), EXTRA VIRGIN OLIVE OIL, CILANTRO, LIME JUICE), BLACK BEAN AND CORN SALSA (ADOBO LIME BLACK BEAN & CORN BLEND (BLACK BEANS, CORN, LIME JUICE, EXTRA VIRGIN OLIVE OIL, CHILE PEPPER, GRANULATED GARLIC, GRANULATED ONION, BLACK PEPPER, CUMIN, GUM BLEND (ORGANIC GUAR GUM, ORGANIC LOCUST BEAN GUM), PAPRIKA, SEA SALT), PICKLED RED ONIONS (RED ONIONS, SUGAR, WATER, WHITE WINE VINEGAR, DISTILLED VINEGAR, CALCIUM CHLORIDE, SEA SALT), PASTEURIZED LIME JUICE, CILANTRO), AVOCADO, CITRUS PEPPER CHICKEN (CHICKEN BREAST MEAT WITH RIB MEAT, WATER, SEASONING [(LEMON, MANGOSTEEN, NATURAL SMOKE FLAVOR), SEA SALT, DEHYDRATED GARLIC, DEHYDRATED ONION, SUGAR, DRY LEMON PEEL, SPICES, DEHYDRATED ROSEMARY, DEHYDRATED BASIL AND CITRIC ACID, MALIC ACID, PAPRIKA FOR FLAVOR], DEXTROSE, GARLIC POWDER, BLACK PEPPER, RICE STARCH, POTATO STARCH, VINEGAR, SEA SALT), RED GRAPE TOMATOES, SALSA VERDE (SALSA VERDE BLEND (CANOLA OIL, LIME JUICE, WATER, GARLIC, JALAPENO PEPPERS, SEA SALT, BLACK PEPPER, GUM BLEND [ORGANIC GUAR GUM, ORGANIC LOCUST BEAN GUM], DISTILLED VINEGAR), CILANTRO, EXTRA VIRGIN OLIVE OIL), WHOLE MILK PLAIN GREEK YOGURT (CULTURED PASTEURIZED NON-FAT MILK, CREAM, CONTAINS LIVE ACTIVE CULTURES S. THERMOPHILUS, L. BULGARICUS, L. ACIDOPHILUS, BIFIDUS, L. CASEI, L. PARACASEI, L. RHAMNOSUS), FETA CHEESE (CULTURED PASTEURIZED PART-SKIM MILK, SALT, MICROBIAL ENZYMES, POWDERED CELLULOSE TO PREVENT CAKING, NATAMYCIN [A NATURAL MOLD INHIBITOR])).
Allergens *		CONTAINS MILK. MAY ALSO CONTAIN SOY, WHEAT.											

*ALLERGEN NOTICE: MANY OF OUR PRODUCTS CONTAIN OR MAY COME INTO CONTACT WITH COMMON ALLERGENS, INCLUDING WHEAT, PEANUTS, SOY, TREE NUTS, MILK, EGGS, FISH, SHELLFISH, SESAME, SULFITES, AND MUSTARD



Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Entrée- Bowls/Mac/Flatbread Pizza

Broccoli Cheddar Mac & Cheese - Bread Bowl

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Bread bowl with Broccoli Cheddar Mac	1050	280	31	13	0.5	55	2290	155	6	8	40		SOURDOUGH BREAD BOWL (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SALT, YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID), DOUGH IMPROVER (ASCORBIC ACID, MICROCRYSTALLINE CELLULOSE, CORN STARCH)), BROCCOLI CHEDDAR MAC & CHEESE (WATER, COOKED MACARONI PRODUCT (WATER, SEMOLINA WHEAT, EGG WHITE POWDER), BROCCOLI, CHEDDAR CHEESE (MILK, BACTERIAL CULTURES, SALT, MICROBIAL ENZYMES), CREAM, SOYBEAN OIL, CONCENTRATED SKIM MILK, CARROTS, BUTTER (CREAM, SALT), WHEY, SALT, WHEY PROTEIN CONCENTRATE, SKIM MILK, MILKFAT, MODIFIED CORNSTARCH, MILK PROTEIN CONCENTRATE, DRIED CREAM, SODIUM CITRATE, LACTIC ACID, TOMATO PASTE, FLAVORS, SUGAR, GUAR GUM, VEGETABLE JUICE CONCENTRATE (COLOR), CELERY JUICE CONCENTRATE, ONION POWDER, XANTHAN GUM, TURMERIC (COLOR), CITRIC ACID, DIJON MUSTARD (VINEGAR, WATER, MUSTARD SEED, SALT, WHITE WINE, CITRIC ACID, TARTARIC ACID, SPICES), SPICES, RED PEPPER SAUCE (VINEGAR, RED PEPPERS, SALT), SODIUM ALGINATE, ENZYMES).
Allergens *	CONTAINS EGG, MILK, WHEAT.												

Broccoli Cheddar Mac & Cheese - Large

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Bowl	770	480	53	25	1.5	115	2250	50	4	11	26		BROCCOLI CHEDDAR MAC & CHEESE (WATER, COOKED MACARONI PRODUCT (WATER, SEMOLINA WHEAT, EGG WHITE POWDER), BROCCOLI, CHEDDAR CHEESE (MILK, BACTERIAL CULTURES, SALT, MICROBIAL ENZYMES), CREAM, SOYBEAN OIL, CONCENTRATED SKIM MILK, CARROTS, BUTTER (CREAM, SALT), WHEY, SALT, WHEY PROTEIN CONCENTRATE, SKIM MILK, MILKFAT, MODIFIED CORNSTARCH, MILK PROTEIN CONCENTRATE, DRIED CREAM, SODIUM CITRATE, LACTIC ACID, TOMATO PASTE, FLAVORS, SUGAR, GUAR GUM, VEGETABLE JUICE CONCENTRATE (COLOR), CELERY JUICE CONCENTRATE, ONION POWDER, XANTHAN GUM, TURMERIC (COLOR), CITRIC ACID, DIJON MUSTARD (VINEGAR, WATER, MUSTARD SEED, SALT, WHITE WINE, CITRIC ACID, TARTARIC ACID, SPICES), SPICES, RED PEPPER SAUCE (VINEGAR, RED PEPPERS, SALT), SODIUM ALGINATE, ENZYMES).
Allergens *	CONTAINS EGG, MILK, WHEAT.												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Entrée- Bowls/Mac/Flatbread Pizza

Broccoli Cheddar Mac & Cheese - Small

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Cup	390	240	27	12	0.5	55	1130	25	2	6	13	
Allergens *	CONTAINS EGG, MILK, WHEAT.											

BROCCOLI CHEDDAR MAC & CHEESE (WATER, COOKED MACARONI PRODUCT (WATER, SEMOLINA WHEAT, EGG WHITE POWDER), BROCCOLI, CHEDDAR CHEESE (MILK, BACTERIAL CULTURES, SALT, MICROBIAL ENZYMES), CREAM, SOYBEAN OIL, CONCENTRATED SKIM MILK, CARROTS, BUTTER (CREAM, SALT), WHEY, SALT, WHEY PROTEIN CONCENTRATE, SKIM MILK, MILKFAT, MODIFIED CORNSTARCH, MILK PROTEIN CONCENTRATE, DRIED CREAM, SODIUM CITRATE, LACTIC ACID, TOMATO PASTE, FLAVORS, SUGAR, GUAR GUM, VEGETABLE JUICE CONCENTRATE (COLOR), CELERY JUICE CONCENTRATE, ONION POWDER, XANTHAN GUM, TURMERIC (COLOR), CITRIC ACID, DIJON MUSTARD (VINEGAR, WATER, MUSTARD SEED, SALT, WHITE WINE, CITRIC ACID, TARTARIC ACID, SPICES), SPICES, RED PEPPER SAUCE (VINEGAR, RED PEPPERS, SALT), SODIUM ALGINATE, ENZYMES).

Cheese Flatbread Pizza

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 flatbread pizza	820	310	34	18	1	90	1910	87	3	4	41	
Allergens *	CONTAINS MILK, WHEAT.											

PIZZA FLATBREAD (WHEAT FLOUR, WATER, YEAST, SALT, EXTRA VIRGIN OLIVE OIL, CANOLA OIL, SUGAR, WHEAT GLUTEN, SEMOLINA WHEAT FLOUR, VINEGAR, GROUND MILLET, NATURAL YEAST FLAVOR), FONTINA MOZZARELLA CHEESE BLEND (FONTINA CHEESE [CULTURED PASTEURIZED MILK, SALT, MICROBIAL ENZYMES], LOW-MOISTURE PART-SKIM MOZZARELLA CHEESE [CULTURED PASTEURIZED MILK, SALT, MICROBIAL ENZYMES], POWDERED CELLULOSE [TO PREVENT CAKING], NATAMYCIN [MOLD INHIBITOR]), TOMATO BELL PEPPER SAUCE (WATER, DICED TOMATOES [TOMATOES, TOMATO JUICE, CITRIC ACID, CALCIUM CHLORIDE], TOMATO PUREE, RED BELL PEPPERS, ONION PUREE, CANOLA OIL, CARROT JUICE CONCENTRATE, TOMATO PASTE, SUGAR, SALT, MODIFIED CORNSTARCH, MUSHROOM JUICE CONCENTRATE, BUTTER [CREAM {MILK}, SALT], GARLIC PUREE, MODIFIED TAPIOCA STARCH, OLIVE OIL, XANTHAN GUM, FLAVOR, SPICES, CITRIC ACID).

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Entrée- Bowls/Mac/Flatbread Pizza

Teriyaki Chicken with Broccoli Bowl

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Bowl	650	190	21	4.5	0	140	1850	78	4	25	43	
Allergens *	CONTAINS SOY, WHEAT.											

CHICKEN THIGH MEAT (DARK MEAT CHICKEN, WATER, SOYBEAN OIL, SALT, FLAVORINGS, CORN STARCH, DEHYDRATED YEAST, SPICE, XANTHAN GUM, DEXTROSE), BROWN RICE BLEND (COOKED BROWN RICE [WATER, BROWN RICE, MAY CONTAIN SOY, CORN, WHEAT], LIME JUICE, EXTRA VIRGIN OLIVE OIL, SALT, BLACK PEPPER), BROCCOLI, TERIYAKI SAUCE (SOY SAUCE (WATER, WHEAT, SOYBEAN, SALT, ALCOHOL, DISTILLED VINEGAR, LACTIC ACID), SUGAR, APPLE JUICE CONCENTRATE, WATER, RICE VINEGAR, GARLIC, FOOD STARCH-MODIFIED, SESAME OIL, GINGER, BLACK PEPPER, RED CHILI PEPPER, XANTHAN GUM, CITRIC ACID, ACETIC ACID), RED AND WHITE QUINOA BLEND (COOKED RED AND WHITE QUINOA [WATER, RED QUINOA, WHITE QUINOA, MAY CONTAIN MUSTARD, SOY AND WHEAT], EXTRA VIRGIN OLIVE OIL), CILANTRO, EXTRA VIRGIN OLIVE OIL, SESAME SEEDS, LIME JUICE.

Chipotle Chicken & Bacon Flatbread Pizza

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 flatbread pizza	940	400	45	17	1	115	2270	89	3	7	45	
Allergens *	CONTAINS EGG, MILK, WHEAT.											

PIZZA FLATBREAD (WHEAT FLOUR, WATER, YEAST, SALT, EXTRA VIRGIN OLIVE OIL, CANOLA OIL, SUGAR, WHEAT GLUTEN, SEMOLINA WHEAT FLOUR, VINEGAR, GROUND MILLET, NATURAL YEAST FLAVOR), FONTINA MOZZARELLA CHEESE BLEND (FONTINA CHEESE [CULTURED PASTEURIZED MILK, SALT, MICROBIAL ENZYMES], LOW-MOISTURE PART-SKIM MOZZARELLA CHEESE [CULTURED PASTEURIZED MILK, SALT, MICROBIAL ENZYMES], POWDERED CELLULOSE [TO PREVENT CAKING], NATAMYCIN [MOLD INHIBITOR]), GARLIC FLAVORED CREAM SAUCE (WATER, CREAM, EVAPORATED SKIM MILK, BUTTER, CORN OIL, ROMANO CHEESE [MILK, BACTERIAL CULTURE, SALT, MICROBIAL ENZYMES, CELLULOSE], SKIM MILK POWDER, DRIED CREAM, OLIVE OIL, SALT, MODIFIED CORNSTARCH, XANTHAN GUM, ONION POWDER, NATURAL GARLIC FLAVOR WITH OTHER NATURAL FLAVORS, WHITE PEPPER), SMOKED PULLED CHICKEN BREAST (CHICKEN BREAST WITH RIB MEAT, WATER, SALT, TAPIOCA STARCH, VINEGAR, YEAST EXTRACT, SUGAR, CITRUS EXTRACT), RED GRAPE TOMATOES, CHIPOTLE AIOLI (SOYBEAN OIL, WATER, CHIPOTLE PEPPER PUREE [WATER, CHIPOTLE PEPPER], EGG YOLKS, DISTILLED VINEGAR, SALT, SUGAR, LEMON JUICE CONCENTRATE, GARLIC, PAPRIKA, CHIPOTLE PEPPER, XANTHAN GUM, MUSTARD SEED, DEHYDRATED ONION), APPLEWOOD SMOKED BACON PIECES (PORK, WATER, SUGAR, SEA SALT, CELERY POWDER), CILANTRO.

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Entrée- Bowls/Mac/Flatbread Pizza

Four Cheese Flatbread Pizza

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 flatbread pizza	930	410	45	26	1	115	2120	86	2	4	45		PIZZA FLATBREAD (WHEAT FLOUR, WATER, YEAST, SALT, EXTRA VIRGIN OLIVE OIL, CANOLA OIL, SUGAR, WHEAT GLUTEN, SEMOLINA WHEAT FLOUR, VINEGAR, GROUND MILLET, NATURAL YEAST FLAVOR), FONTINA MOZZARELLA CHEESE BLEND (FONTINA CHEESE [CULTURED PASTEURIZED MILK, SALT, MICROBIAL ENZYMES], LOW-MOISTURE PART-SKIM MOZZARELLA CHEESE [CULTURED PASTEURIZED MILK, SALT, MICROBIAL ENZYMES], POWDERED CELLULOSE [TO PREVENT CAKING], NATAMYCIN [MOLD INHIBITOR]), GARLIC FLAVORED CREAM SAUCE (WATER, CREAM, EVAPORATED SKIM MILK, BUTTER, CORN OIL, ROMANO CHEESE [MILK, BACTERIAL CULTURE, SALT, MICROBIAL ENZYMES, CELLULOSE], SKIM MILK POWDER, DRIED CREAM, OLIVE OIL, SALT, MODIFIED CORNSTARCH, XANTHAN GUM, ONION POWDER, NATURAL GARLIC FLAVOR WITH OTHER NATURAL FLAVORS, WHITE PEPPER), MOZZARELLA (PASTEURIZED MILK, SKIM MILK, VINEGAR, SALT, MICROBIAL ENZYMES), FETA CHEESE (CULTURED PASTEURIZED PART-SKIM MILK, SALT, MICROBIAL ENZYMES, POWDERED CELLULOSE TO PREVENT CAKING, NATAMYCIN [A NATURAL MOLD INHIBITOR]), GRATED PARMESAN (PASTEURIZED PART SKIM MILK, CHEESE CULTURES, SALT, MICROBIAL ENZYMES).
Allergens *	CONTAINS MILK, WHEAT.												

Mac & Cheese - Bread Bowl

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Bread bowl with mac & cheese	1140	320	35	18	1	80	2210	163	6	9	43		SOURDOUGH BREAD BOWL (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SALT, YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID), DOUGH IMPROVER (ASCORBIC ACID, MICROCRYSTALLINE CELLULOSE, CORN STARCH)), MACARONI AND CHEESE (COOKED ENRICHED MACARONI PRODUCT [WATER, SEMOLINA WHEAT, EGG WHITES, EGG WHITE POWDER, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, CHEDDAR CHEESE [PASTEURIZED MILK, BACTERIAL CULTURES, SALT, MICROBIAL AND ANIMAL ENZYMES], MILK, CREAM, SOYBEAN OIL, CONCENTRATED SKIM MILK, WHEY, BUTTER [CREAM, SALT], WHEY PROTEIN CONCENTRATE, MILK FAT, SKIM MILK, SALT, SODIUM CITRATE, MODIFIED CORN STARCH, CREAM POWDER [CREAM, SALT], DRIED CREAM, SEA SALT, LACTIC ACID, MILK PROTEIN CONCENTRATE, ENRICHED FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], GUAR GUM, XANTHAN GUM, CALCIUM LACTATE, SODIUM ALGINATE, ENZYMES).
Allergens *	CONTAINS EGG, MILK, WHEAT.												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Entrée- Bowls/Mac/Flatbread Pizza

Mac & Cheese - Large

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
About 2 Cups	950	550	62	35	1.5	155	2090	66	2	15	33		MACARONI AND CHEESE (COOKED ENRICHED MACARONI PRODUCT [WATER, SEMOLINA WHEAT, EGG WHITES, EGG WHITE POWDER, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, CHEDDAR CHEESE [PASTEURIZED MILK, BACTERIAL CULTURES, SALT, MICROBIAL AND ANIMAL ENZYMES], MILK, CREAM, SOYBEAN OIL, CONCENTRATED SKIM MILK, WHEY, BUTTER [CREAM, SALT], WHEY PROTEIN CONCENTRATE, MILK FAT, SKIM MILK, SALT, SODIUM CITRATE, MODIFIED CORN STARCH, CREAM POWDER [CREAM, SALT], DRIED CREAM, SEA SALT, LACTIC ACID, MILK PROTEIN CONCENTRATE, ENRICHED FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], GUAR GUM, XANTHAN GUM, CALCIUM LACTATE, SODIUM ALGINATE, ENZYMES).
Allergens *	CONTAINS EGG, MILK, WHEAT.												

Mac & Cheese- Small

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
About 1 Cup	470	280	31	17	1	80	1040	33	1	7	17		MACARONI AND CHEESE (COOKED ENRICHED MACARONI PRODUCT [WATER, SEMOLINA WHEAT, EGG WHITES, EGG WHITE POWDER, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, CHEDDAR CHEESE [PASTEURIZED MILK, BACTERIAL CULTURES, SALT, MICROBIAL AND ANIMAL ENZYMES], MILK, CREAM, SOYBEAN OIL, CONCENTRATED SKIM MILK, WHEY, BUTTER [CREAM, SALT], WHEY PROTEIN CONCENTRATE, MILK FAT, SKIM MILK, SALT, SODIUM CITRATE, MODIFIED CORN STARCH, CREAM POWDER [CREAM, SALT], DRIED CREAM, SEA SALT, LACTIC ACID, MILK PROTEIN CONCENTRATE, ENRICHED FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], GUAR GUM, XANTHAN GUM, CALCIUM LACTATE, SODIUM ALGINATE, ENZYMES).
Allergens *	CONTAINS EGG, MILK, WHEAT.												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Entrée- Bowls/Mac/Flatbread Pizza

Margherita Flatbread Pizza

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 flatbread pizza	780	280	31	17	1	75	1730	89	3	7	36		PIZZA FLATBREAD (WHEAT FLOUR, WATER, YEAST, SALT, EXTRA VIRGIN OLIVE OIL, CANOLA OIL, SUGAR, WHEAT GLUTEN, SEMOLINA WHEAT FLOUR, VINEGAR, GROUND MILLET, NATURAL YEAST FLAVOR), FONTINA MOZZARELLA CHEESE BLEND (FONTINA CHEESE [CULTURED PASTEURIZED MILK, SALT, MICROBIAL ENZYMES], LOW-MOISTURE PART-SKIM MOZZARELLA CHEESE [CULTURED PASTEURIZED MILK, SALT, MICROBIAL ENZYMES], POWDERED CELLULOSE [TO PREVENT CAKING], NATAMYCIN [MOLD INHIBITOR]), TOMATO BELL PEPPER SAUCE (WATER, DICED TOMATOES [TOMATOES, TOMATO JUICE, CITRIC ACID, CALCIUM CHLORIDE], TOMATO PUREE, RED BELL PEPPERS, ONION PUREE, CANOLA OIL, CARROT JUICE CONCENTRATE, TOMATO PASTE, SUGAR, SALT, MODIFIED CORNSTARCH, MUSHROOM JUICE CONCENTRATE, BUTTER [CREAM {MILK}, SALT], GARLIC PUREE, MODIFIED TAPIOCA STARCH, OLIVE OIL, XANTHAN GUM, FLAVOR, SPICES, CITRIC ACID), MOZZARELLA (PASTEURIZED MILK, SKIM MILK, VINEGAR, SALT, MICROBIAL ENZYMES), RED GRAPE TOMATOES, BASIL.
Allergens *	CONTAINS MILK, WHEAT.												

Mediterranean Bowl

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Bowl	630	270	30	6	0	15	1270	75	9	6	20		BROWN RICE & QUINOA BLEND (BROWN RICE BLEND (COOKED BROWN RICE [WATER, BROWN RICE, MAY CONTAIN SOY, CORN, WHEAT], LIME JUICE, EXTRA VIRGIN OLIVE OIL, SALT, BLACK PEPPER), RED AND WHITE QUINOA BLEND (COOKED RED AND WHITE QUINOA [WATER, RED QUINOA, WHITE QUINOA, MAY CONTAIN MUSTARD, SOY AND WHEAT], EXTRA VIRGIN OLIVE OIL), EXTRA VIRGIN OLIVE OIL, CILANTRO, LIME JUICE), HUMMUS (COOKED CHICKPEAS (CHICKPEAS, WATER), WATER, GROUND SESAME SEEDS, CANOLA OIL, FERMENTED OREGANO AND FLAXSEED AND PLUM EXTRACTS, SEA SALT, DRIED GARLIC, CITRIC ACID, CUMIN), RED GRAPE TOMATOES, CUCUMBER, ARUGULA, LEMON TAHINI DRESSING (WATER, SESAME PASTE, SOYBEAN OIL, LEMON JUICE, CUCUMBER JUICE, WHITE WINE VINEGAR, SALT, DISTILLED VINEGAR, GARLIC, BLACK PEPPER, XANTHAN GUM, NATURAL LEMON OIL FLAVOR), WHOLE MILK PLAIN GREEK YOGURT (CULTURED PASTEURIZED NON-FAT MILK, CREAM, CONTAINS LIVE ACTIVE CULTURES S. THERMOPHILUS, L. BULGARICUS, L. ACIDOPHILUS, BIFIDUS, L. CASEI, L. PARACASEI, L. RHAMNOSUS), FETA CHEESE (CULTURED PASTEURIZED PART-SKIM MILK, SALT, MICROBIAL ENZYMES, POWDERED CELLULOSE TO PREVENT CAKING, NATAMYCIN [A NATURAL MOLD INHIBITOR]), KALAMATA OLIVES (OLIVES, WATER, RED WINE VINEGAR, SEA SALT, GRAPE MUST).
Allergens *	CONTAINS MILK. MAY ALSO CONTAIN SOY, WHEAT.												

*ALLERGEN NOTICE: MANY OF OUR PRODUCTS CONTAIN OR MAY COME INTO CONTACT WITH COMMON ALLERGENS, INCLUDING WHEAT, PEANUTS, SOY, TREE NUTS, MILK, EGGS, FISH, SHELLFISH, SESAME, SULFITES, AND MUSTARD



Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Entrée- Bowls/Mac/Flatbread Pizza

Mediterranean Bowl with Chicken

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Bowl	700	280	32	7	0	55	1450	76	9	6	32	
Allergens *	CONTAINS MILK. MAY ALSO CONTAIN SOY, WHEAT.											

BROWN RICE & QUINOA BLEND (BROWN RICE BLEND (COOKED BROWN RICE [WATER, BROWN RICE, MAY CONTAIN SOY, CORN, WHEAT], LIME JUICE, EXTRA VIRGIN OLIVE OIL, SALT, BLACK PEPPER), RED AND WHITE QUINOA BLEND (COOKED RED AND WHITE QUINOA [WATER, RED QUINOA, WHITE QUINOA, MAY CONTAIN MUSTARD, SOY AND WHEAT], EXTRA VIRGIN OLIVE OIL), EXTRA VIRGIN OLIVE OIL, CILANTRO, LIME JUICE), HUMMUS (COOKED CHICKPEAS (CHICKPEAS, WATER), WATER, GROUND SESAME SEEDS, CANOLA OIL, FERMENTED OREGANO AND FLAXSEED AND PLUM EXTRACTS, SEA SALT, DRIED GARLIC, CITRIC ACID, CUMIN), CITRUS PEPPER CHICKEN (CHICKEN BREAST MEAT WITH RIB MEAT, WATER, SEASONING [(LEMON, MANGOSTEEN, NATURAL SMOKE FLAVOR), SEA SALT, DEHYDRATED GARLIC, DEHYDRATED ONION, SUGAR, DRY LEMON PEEL, SPICES, DEHYDRATED ROSEMARY, DEHYDRATED BASIL AND CITRIC ACID, MALIC ACID, PAPRIKA FOR FLAVOR], DEXTROSE, GARLIC POWDER, BLACK PEPPER, RICE STARCH, POTATO STARCH, VINEGAR, SEA SALT), RED GRAPE TOMATOES, CUCUMBER, ARUGULA, LEMON TAHINI DRESSING (WATER, SESAME PASTE, SOYBEAN OIL, LEMON JUICE, CUCUMBER JUICE, WHITE WINE VINEGAR, SALT, DISTILLED VINEGAR, GARLIC, BLACK PEPPER, XANTHAN GUM, NATURAL LEMON OIL FLAVOR), WHOLE MILK PLAIN GREEK YOGURT (CULTURED PASTEURIZED NON-FAT MILK, CREAM, CONTAINS LIVE ACTIVE CULTURES S. THERMOPHILUS, L. BULGARICUS, L. ACIDOPHILUS, BIFIDUS, L. CASEI, L. PARACASEI, L. RHAMNOSUS), FETA CHEESE (CULTURED PASTEURIZED PART-SKIM MILK, SALT, MICROBIAL ENZYMES, POWDERED CELLULOSE TO PREVENT CAKING, NATAMYCIN [A NATURAL MOLD INHIBITOR]), KALAMATA OLIVES (OLIVES, WATER, RED WINE VINEGAR, SEA SALT, GRAPE MUST).

Pepperoni Flatbread Pizza

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 flatbread pizza	950	430	47	23	1	110	2410	87	3	5	44	
Allergens *	CONTAINS MILK, WHEAT.											

PIZZA FLATBREAD (WHEAT FLOUR, WATER, YEAST, SALT, EXTRA VIRGIN OLIVE OIL, CANOLA OIL, SUGAR, WHEAT GLUTEN, SEMOLINA WHEAT FLOUR, VINEGAR, GROUND MILLET, NATURAL YEAST FLAVOR), FONTINA MOZZARELLA CHEESE BLEND (FONTINA CHEESE [CULTURED PASTEURIZED MILK, SALT, MICROBIAL ENZYMES], LOW-MOISTURE PART-SKIM MOZZARELLA CHEESE [CULTURED PASTEURIZED MILK, SALT, MICROBIAL ENZYMES], POWDERED CELLULOSE [TO PREVENT CAKING], NATAMYCIN [MOLD INHIBITOR]), TOMATO BELL PEPPER SAUCE (WATER, DICED TOMATOES [TOMATOES, TOMATO JUICE, CITRIC ACID, CALCIUM CHLORIDE], TOMATO PUREE, RED BELL PEPPERS, ONION PUREE, CANOLA OIL, CARROT JUICE CONCENTRATE, TOMATO PASTE, SUGAR, SALT, MODIFIED CORNSTARCH, MUSHROOM JUICE CONCENTRATE, BUTTER [CREAM {MILK}, SALT], GARLIC PUREE, MODIFIED TAPIOCA STARCH, OLIVE OIL, XANTHAN GUM, FLAVOR, SPICES, CITRIC ACID), MOZZARELLA (PASTEURIZED MILK, SKIM MILK, VINEGAR, SALT, MICROBIAL ENZYMES), UNCURED PEPPERONI (PORK, BEEF, SEA SALT, WATER, SPICE, TURBINADO SUGAR, NATURAL HARDWOOD SMOKED SUGAR, CULTURED CELERY POWDER, CHERRY JUICE POWDER, LIME JUICE CONCENTRATE, OLEORESIN OF PAPRIKA, LACTIC ACID STARTER CULTURE, ROSEMARY EXTRACT, CONTAINS MUSTARD).

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Kids

Kids Grilled Cheese on White Whole Grain

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Sandwich	300	130	14	9	0	40	860	30	3	3	6		WHITE WHOLE GRAIN LOAF (WATER, WHITE WHOLE WHEAT FLOUR, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), GRAIN BLEND (CRACKED WHEAT, RYE MEAL, WHOLE SPELT FLOUR, WHOLE AMARANTH, OATS, GROUND FLAX, ORANGE PEEL FIBER), HONEY, VITAL WHEAT GLUTEN, BROWN SUGAR, SALT, DOUGH IMPROVER (WHEAT GLUTEN, MALTED WHEAT FLOUR, DEACTIVATED YEAST, MICROBIAL ENZYMES, ASCORBIC ACID), YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID)), PASTEURIZED PROCESS YELLOW AMERICAN CHEESE (AMERICAN CHEESE [PASTEURIZED MILK, MICROBIAL CHEESE CULTURE, SALT, MICROBIAL ENZYMES], WATER, CREAM, SODIUM CITRATE, SALT, ORGANIC FRUIT AND VEGETABLE JUICE FOR COLOR, PAPRIKA EXTRACT FOR COLOR).
Allergens *	CONTAINS MILK, WHEAT.												

Kids Ham on White Whole Grain

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Sandwich	260	80	9	5	0	35	770	29	3	3	17		WHITE WHOLE GRAIN LOAF (WATER, WHITE WHOLE WHEAT FLOUR, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), GRAIN BLEND (CRACKED WHEAT, RYE MEAL, WHOLE SPELT FLOUR, WHOLE AMARANTH, OATS, GROUND FLAX, ORANGE PEEL FIBER), HONEY, VITAL WHEAT GLUTEN, BROWN SUGAR, SALT, DOUGH IMPROVER (WHEAT GLUTEN, MALTED WHEAT FLOUR, DEACTIVATED YEAST, MICROBIAL ENZYMES, ASCORBIC ACID), YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID)), UNCURED HAM (PORK, WATER, SALT, TURBINADO SUGAR, CELERY POWDER), PASTEURIZED PROCESS YELLOW AMERICAN CHEESE (AMERICAN CHEESE [PASTEURIZED MILK, MICROBIAL CHEESE CULTURE, SALT, MICROBIAL ENZYMES], WATER, CREAM, SODIUM CITRATE, SALT, ORGANIC FRUIT AND VEGETABLE JUICE FOR COLOR, PAPRIKA EXTRACT FOR COLOR).
Allergens *	CONTAINS MILK, WHEAT.												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Kids

Kids Stonyfield Organic Low Fat Mixed Berry Yogurt Squeezers

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Tube	50	10	1	0.5	0	5	40	8	0	6	2		MIXED BERRY LOWFAT YOGURT WITH OTHER NATURAL FLAVORS (CULTURED PASTEURIZED ORGANIC REDUCED FAT MILK, ORGANIC CANE SUGAR, ORGANIC CORN STARCH, ORGANIC STRAWBERRY JUICE CONCENTRATE, NATURAL FLAVOR, NATURAL STRAWBERRY FLAVOR, NATURAL RASPBERRY FLAVOR, ORGANIC CARBO BEAN GUM, ORGANIC CARROT JUICE CONCENTRATE (COLOR), GELLAN GUM, PECTIN, VITAMIN D3).
Allergens *	CONTAINS MILK.												

Kids Stonyfield Organic Low Fat Strawberry Yogurt Squeezers

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Tube	50	10	1	0.5	0	5	35	8	0	6	2		STRAWBERRY ORGANIC LOW FAT YOGURT VITAMIN D ADDED (CULTURED PASTEURIZED ORGANIC REDUCED FAT MILK, ORGANIC CANE SUGAR, ORGANIC CORN STARCH, NATURAL FLAVOR, ORGANIC STRAWBERRY JUICE FROM CONCENTRATE, ORGANIC CAROB BEAN GUM, ORGANIC NATURAL VANILLA FLAVOR, GELLAN GUM, PECTIN, ORGANIC BEET JUICE CONCENTRATE [FOR COLOR], VITAMIN D3, 6 LIVE ACTIVE CULTURES: S. THERMOPHILUS, L.BULGARICUS, L. ACIDOPHILUS, BIFIDUS, L. PARACASEI AND L. RHAMNOSUS).
Allergens *	CONTAINS MILK.												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Kids

Kids Turkey on White Whole Grain

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Sandwich	290	90	10	5	0	55	900	30	3	3	22		WHITE WHOLE GRAIN LOAF (WATER, WHITE WHOLE WHEAT FLOUR, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), GRAIN BLEND (CRACKED WHEAT, RYE MEAL, WHOLE SPELT FLOUR, WHOLE AMARANTH, OATS, GROUND FLAX, ORANGE PEEL FIBER), HONEY, VITAL WHEAT GLUTEN, BROWN SUGAR, SALT, DOUGH IMPROVER (WHEAT GLUTEN, MALTED WHEAT FLOUR, DEACTIVATED YEAST, MICROBIAL ENZYMES, ASCORBIC ACID), YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID)), OVEN ROASTED TURKEY BREAST (TURKEY BREAST, WATER, SEA SALT, POTATO STARCH), PASTEURIZED PROCESS YELLOW AMERICAN CHEESE (AMERICAN CHEESE [PASTEURIZED MILK, MICROBIAL CHEESE CULTURE, SALT, MICROBIAL ENZYMES], WATER, CREAM, SODIUM CITRATE, SALT, ORGANIC FRUIT AND VEGETABLE JUICE FOR COLOR, PAPRIKA EXTRACT FOR COLOR).
Allergens *	CONTAINS MILK, WHEAT.												

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
Allergens *													

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Dressings

Dressing - Asian Sesame Vinaigrette - Half

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 1/2 Tbsp	45	35	4	0.5	0	0	100	2	0	2	0		ASIAN SESAME VINAIGRETTE DRESSING (WATER, DISTILLED VINEGAR, SOYBEAN OIL, SUGAR, SESAME OIL, SALT, XANTHAN GUM, REBAUDIOSIDE A [A NON-NUTRITIVE SWEETENER FROM STEVIA], ROSEMARY EXTRACT, BLACK PEPPER, DEHYDRATED ONION, DEHYDRATED PARSLEY).
Allergens *													

Dressing - Asian Sesame Vinaigrette - Whole

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
3 Tbsp	90	70	8	1	0	0	200	4	0	4	0		ASIAN SESAME VINAIGRETTE DRESSING (WATER, DISTILLED VINEGAR, SOYBEAN OIL, SUGAR, SESAME OIL, SALT, XANTHAN GUM, REBAUDIOSIDE A [A NON-NUTRITIVE SWEETENER FROM STEVIA], ROSEMARY EXTRACT, BLACK PEPPER, DEHYDRATED ONION, DEHYDRATED PARSLEY).
Allergens *													

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Dressings

Dressing - BBQ Ranch - Half

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 1/2 Tbsp	70	60	7	1	0	5	125	2	0	2	0		BBQ RANCH DRESSING (CULTURED LOWFAT BUTTERMILK, SOYBEAN OIL, WATER, BROWN SUGAR, TOMATO PASTE, DISTILLED VINEGAR, MOLASSES, EGG YOLKS, APPLE CIDER VINEGAR, SUGAR, SALT, GUAJILLO PEPPER, CORN STARCH, LACTIC ACID, DEHYDRATED ONION, MUSTARD FLOUR, NATURAL SMOKE FLAVOR, XANTHAN GUM, DEHYDRATED GARLIC, BLACK PEPPER, ROSEMARY EXTRACT, DEHYDRATED PARSLEY, PAPRIKA, MUSTARD BRAN, MUSTARD SEED, CITRIC ACID, ALLSPICE, TAMARIND CONCENTRATE, SPICES, NATURAL FLAVORS, CELERY SEED).
Allergens *	CONTAINS EGG, MILK.												

Dressing - BBQ Ranch - Whole

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
3 Tbsp	140	120	13	2.5	0	10	250	5	0	4	1		BBQ RANCH DRESSING (CULTURED LOWFAT BUTTERMILK, SOYBEAN OIL, WATER, BROWN SUGAR, TOMATO PASTE, DISTILLED VINEGAR, MOLASSES, EGG YOLKS, APPLE CIDER VINEGAR, SUGAR, SALT, GUAJILLO PEPPER, CORN STARCH, LACTIC ACID, DEHYDRATED ONION, MUSTARD FLOUR, NATURAL SMOKE FLAVOR, XANTHAN GUM, DEHYDRATED GARLIC, BLACK PEPPER, ROSEMARY EXTRACT, DEHYDRATED PARSLEY, PAPRIKA, MUSTARD BRAN, MUSTARD SEED, CITRIC ACID, ALLSPICE, TAMARIND CONCENTRATE, SPICES, NATURAL FLAVORS, CELERY SEED).
Allergens *	CONTAINS EGG, MILK.												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Dressings

Dressing - Caesar - Half

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 1/2 Tbsp	90	80	9	1.5	0	15	135	1	0	0	0	
Allergens *		CONTAINS EGG, FISH.										

Dressing - Caesar - Whole

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
3 Tbsp	170	160	18	3	0	30	270	2	0	1	1	
Allergens *		CONTAINS EGG, FISH.										

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Dressings

Dressing - Greek Dressing - Half

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 1/2 Tbsp	110	110	12	2	0	0	140	0	0	0	0		GREEK DRESSING (SOYBEAN OIL, WATER, DISTILLED VINEGAR, POMACE OLIVE OIL, APPLE CIDER VINEGAR, SALT, BLACK PEPPER, DEHYDRATED GARLIC, GUM ACACIA, DEHYDRATED OREGANO, XANTHAN GUM, GUAR GUM, ARABIC GUM, LEMON JUICE CONCENTRATE, DEHYDRATED TARRAGON, CITRIC ACID, DEHYDRATED PARSLEY, DEHYDRATED ROSEMARY, DEHYDRATED THYME, DEHYDRATED BAY LEAVES).
Allergens *													

Dressing - Greek Dressing - Whole

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
3 Tbsp	220	220	24	3.5	0	0	290	1	0	0	0		GREEK DRESSING (SOYBEAN OIL, WATER, DISTILLED VINEGAR, POMACE OLIVE OIL, APPLE CIDER VINEGAR, SALT, BLACK PEPPER, DEHYDRATED GARLIC, GUM ACACIA, DEHYDRATED OREGANO, XANTHAN GUM, GUAR GUM, ARABIC GUM, LEMON JUICE CONCENTRATE, DEHYDRATED TARRAGON, CITRIC ACID, DEHYDRATED PARSLEY, DEHYDRATED ROSEMARY, DEHYDRATED THYME, DEHYDRATED BAY LEAVES).
Allergens *													

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Dressings

Dressing - Green Goddess - Half

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 1/2 tbsp	40	30	3.5	0	0	0	65	2	0	1	1		GREEN GODDESS DRESSING BASE (CANOLA OIL, WATER, VINEGAR, BASIL, AGAVE SYRUP, SUGAR, CORN STARCH, ROMANO CHEESE (CULTURED MILK, SALT, MICROBIAL ENZYMES), SALT, WHEY PROTEIN CONCENTRATE, GARLIC, DIJON MUSTARD (VINEGAR, WATER, MUSTARD SEED, SALT, WHITE WINE, CITRIC ACID, TARTARIC ACID, SPICES), LEMON JUICE CONCENTRATE, XANTHAN GUM, ONION POWDER, SUNFLOWER OIL, BLACK PEPPER, NATURAL BASIL FLAVOR, DRIED EGG YOLKS, ASCORBIC ACID, CITRIC ACID), WHOLE MILK PLAIN GREEK YOGURT (CULTURED PASTEURIZED NON-FAT MILK, CREAM, CONTAINS LIVE ACTIVE CULTURES S. THERMOPHILUS, L. BULGARICUS, L. ACIDOPHILUS, BIFIDUS, L. CASEI, L. PARACASEI, L. RHAMNOSUS), BASIL.
Allergens *	CONTAINS EGG, MILK.												

Dressing - Green Goddess - Whole

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
3 tbsp	80	60	7	1	0	5	135	4	0	2	2		GREEN GODDESS DRESSING BASE (CANOLA OIL, WATER, VINEGAR, BASIL, AGAVE SYRUP, SUGAR, CORN STARCH, ROMANO CHEESE (CULTURED MILK, SALT, MICROBIAL ENZYMES), SALT, WHEY PROTEIN CONCENTRATE, GARLIC, DIJON MUSTARD (VINEGAR, WATER, MUSTARD SEED, SALT, WHITE WINE, CITRIC ACID, TARTARIC ACID, SPICES), LEMON JUICE CONCENTRATE, XANTHAN GUM, ONION POWDER, SUNFLOWER OIL, BLACK PEPPER, NATURAL BASIL FLAVOR, DRIED EGG YOLKS, ASCORBIC ACID, CITRIC ACID), WHOLE MILK PLAIN GREEK YOGURT (CULTURED PASTEURIZED NON-FAT MILK, CREAM, CONTAINS LIVE ACTIVE CULTURES S. THERMOPHILUS, L. BULGARICUS, L. ACIDOPHILUS, BIFIDUS, L. CASEI, L. PARACASEI, L. RHAMNOSUS), BASIL.
Allergens *	CONTAINS EGG, MILK.												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Dressings

Dressing- Chile Lime Rojo Ranch- Half

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 1/2 tbsp	45	35	4	1	0	5	85	2	0	1	1		CHILE LIME ROJO BLEND (SOYBEAN OIL, PESTO (BASIL, CANOLA OIL, WATER, PARMESAN CHEESE [PASTEURIZED PART SKIM MILK, CHEESE CULTURE, SALT, MICROBIAL ENZYMES], DRIED GARLIC, SALT), WATER, CULTURED LOWFAT BUTTERMILK, GUAJILLO PEPPER, PIQUANTE PEPPER, AGED RED CAYENNE PEPPER, HONEY, CHIPOTLE PEPPER PUREE (WATER, CHIPOTLE PEPPER), DISTILLED VINEGAR, EGG YOLKS, SUGAR, LIME JUICE CONCENTRATE, SALT, GARLIC, XANTHAN GUM, MUSTARD FLOUR, CHILI PEPPER, NATURAL SMOKE FLAVOR, CITRIC ACID, ROSEMARY EXTRACT, DRIED ONION), WHOLE MILK PLAIN GREEK YOGURT (CULTURED PASTEURIZED NON-FAT MILK, CREAM, CONTAINS LIVE ACTIVE CULTURES S. THERMOPHILUS, L. BULGARICUS, L. ACIDOPHILUS, BIFIDUS, L. CASEI, L. PARACASEI, L. RHAMNOSUS), CILANTRO.
Allergens *	CONTAINS EGG, MILK.												

Dressing- Chile Lime Rojo Ranch - Whole

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
3 tbsp	90	70	8	1.5	0	10	170	3	0	2	2		CHILE LIME ROJO BLEND (SOYBEAN OIL, PESTO (BASIL, CANOLA OIL, WATER, PARMESAN CHEESE [PASTEURIZED PART SKIM MILK, CHEESE CULTURE, SALT, MICROBIAL ENZYMES], DRIED GARLIC, SALT), WATER, CULTURED LOWFAT BUTTERMILK, GUAJILLO PEPPER, PIQUANTE PEPPER, AGED RED CAYENNE PEPPER, HONEY, CHIPOTLE PEPPER PUREE (WATER, CHIPOTLE PEPPER), DISTILLED VINEGAR, EGG YOLKS, SUGAR, LIME JUICE CONCENTRATE, SALT, GARLIC, XANTHAN GUM, MUSTARD FLOUR, CHILI PEPPER, NATURAL SMOKE FLAVOR, CITRIC ACID, ROSEMARY EXTRACT, DRIED ONION), WHOLE MILK PLAIN GREEK YOGURT (CULTURED PASTEURIZED NON-FAT MILK, CREAM, CONTAINS LIVE ACTIVE CULTURES S. THERMOPHILUS, L. BULGARICUS, L. ACIDOPHILUS, BIFIDUS, L. CASEI, L. PARACASEI, L. RHAMNOSUS), CILANTRO.
Allergens *	CONTAINS EGG, MILK.												

*ALLERGEN NOTICE: MANY OF OUR PRODUCTS CONTAIN OR MAY COME INTO CONTACT WITH COMMON ALLERGENS, INCLUDING WHEAT, PEANUTS, SOY, TREE NUTS, MILK, EGGS, FISH, SHELLFISH, SESAME, SULFITES, AND MUSTARD



Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Dressings

Dressing - White Balsamic Vinaigrette flavored with Apple - Half

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 1/2 Tbsp	80	60	6	1	0	0	85	6	0	5	0		WHITE BALSAMIC WITH APPLE FLAVORED VINAIGRETTE (SOYBEAN OIL, WATER, SUGAR, APPLE JUICE CONCENTRATE, WHITE BALSAMIC VINEGAR, APPLE CIDER VINEGAR, EXTRA VIRGIN OLIVE OIL, SALT, ARABIC GUM, NATURAL APPLE FLAVOR, GUM ACACIA, LEMON JUICE CONCENTRATE, XANTHAN GUM, DEHYDRATED ONION, GARLIC, ROSEMARY EXTRACT, GREEN TEA EXTRACT, GINGER, CITRIC ACID).
Allergens *													

Dressing - White Balsamic Vinaigrette flavored with Apple - Whole

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
3 Tbsp	160	110	13	2	0	0	170	11	0	11	0		WHITE BALSAMIC WITH APPLE FLAVORED VINAIGRETTE (SOYBEAN OIL, WATER, SUGAR, APPLE JUICE CONCENTRATE, WHITE BALSAMIC VINEGAR, APPLE CIDER VINEGAR, EXTRA VIRGIN OLIVE OIL, SALT, ARABIC GUM, NATURAL APPLE FLAVOR, GUM ACACIA, LEMON JUICE CONCENTRATE, XANTHAN GUM, DEHYDRATED ONION, GARLIC, ROSEMARY EXTRACT, GREEN TEA EXTRACT, GINGER, CITRIC ACID).
Allergens *													

*ALLERGEN NOTICE: MANY OF OUR PRODUCTS CONTAIN OR MAY COME INTO CONTACT WITH COMMON ALLERGENS, INCLUDING WHEAT, PEANUTS, SOY, TREE NUTS, MILK, EGGS, FISH, SHELLFISH, SESAME, SULFITES, AND MUSTARD



Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Pastries & Sweets

Pastry - Pastry Ring

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1/12 pastry	210	80	9	5	0	35	170	29	1	14	3	
Allergens *	CONTAINS EGG, MILK, WHEAT. MAY ALSO CONTAIN SOY FROM PROCESSING OF ITEMS ON EQUIPMENT THAT CONTAIN SOY.											

PASTRY RING (PASTRY RING DOUGH (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BUTTER (CREAM), SUGAR, WATER, EGGS, YEAST, CINNAMON, CREAM CHEESE (PASTEURIZED MILK AND CREAM, SALT, CAROB BEAN GUM, CHEESE CULTURE), NATURAL VANILLA FLAVOR, SALT, SOYBEAN OIL), CHERRY FILLING (CHERRIES [CHERRIES, SUGAR], SUGAR, CORN STARCH-MODIFIED, CARROT AND BLACK CURRANT JUICE CONCENTRATE, CITRIC ACID, CULTURED CORN SYRUP SOLIDS, GELLAN GUM, INVERT SUGAR, SALT, WATER), CREAM CHEESE FILLING (CREAM CHEESE [PASTEURIZED MILK AND CREAM, SALT, CAROB BEAN GUM, CHEESE CULTURE], WATER, SUGAR, CORN STARCH-MODIFIED, CORN SYRUP, CAROB BEAN GUM, CULTURED CORN SYRUP SOLIDS, GLUCONO DELTA-LACTONE, GUAR GUM, LACTIC ACID, MALIC ACID, NATURAL FLAVOR [CREAM CHEESE, VANILLA], SALT, XANTHAN GUM), STREUSEL TOPPING (ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], PALM OIL, SUGAR, CINNAMON, HONEY, NATURAL FLAVOR, SALT)), WHITE ICING (SUGAR, WATER, CORN SYRUP, CORNSTARCH, AGAR, CORN STARCH MODIFIED, INVERT SUGAR, NATURAL LEMON FLAVOR, NATURAL VANILLA FLAVOR, SALT).

Muffin - Blueberry with Fresh Blueberries

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Muffin	460	160	18	3	0	60	380	69	1	40	6	
Allergens *	CONTAINS EGG, MILK, WHEAT. MAY ALSO CONTAIN SOY FROM PROCESSING OF ITEMS ON EQUIPMENT THAT CONTAIN SOY.											

MUFFIN DOUGH (ENRICHED WHEAT FLOUR [FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], SUGAR, WATER, SOYBEAN OIL, EGGS, LEMON PEEL (LEMON PEEL, WATER, CITRIC ACID [PRESERVATIVE]), CORN STARCH-MODIFIED, LEAVENING [BAKING SODA, MONOCALCIUM PHOSPHATE, SODIUM ACID PYROPHOSPHATE], NATURAL BUTTERMILK FLAVOR, NATURAL VANILLA FLAVOR, NONFAT MILK, SALT), FRESH BLUEBERRIES, TURBINADO CANE SUGAR.

*ALLERGEN NOTICE: MANY OF OUR PRODUCTS CONTAIN OR MAY COME INTO CONTACT WITH COMMON ALLERGENS, INCLUDING WHEAT, PEANUTS, SOY, TREE NUTS, MILK, EGGS, FISH, SHELLFISH, SESAME, SULFITES, AND MUSTARD



Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Pastries & Sweets

Brownie

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Brownie	400	120	13	8	0	95	370	68	3	48	6		BROWNIE (SUGAR, ENRICHED WHEAT FLOUR [FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], BROWN SUGAR, EGGS, SALTED BUTTER [CREAM [MILK], SALT], COCOA PROCESSED WITH ALKALI, WATER, CORNSTARCH, NATURAL VANILLA FLAVOR, PALM OIL, SALT, SOY LECITHIN, SOYBEAN OIL, YELLOW CORN FLOUR), POWDERED SUGAR.
Allergens *	CONTAINS EGG, MILK, SOY, WHEAT.												

Cookie - Candy

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Cookie	410	170	19	11	0.5	65	260	59	1	33	5		SUGAR COOKIE (SUGAR, BUTTER WITH NATURAL FLAVORS [CREAM {MILK}, NATURAL FLAVORS], ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], EGGS, INVERT SUGAR, ENCAPSULATED BAKING [BAKING SODA, FULLY HYDROGENATED VEGETABLE OIL (SOYBEAN, PALM, COTTONSEED OIL)], SALT, NATURAL FLAVORS), SEMI-SWEET CHOCOLATE MINI GEMS (DARK CHOCOLATE [SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN, VANILLA], SUGAR, TAPIOCA SYRUP, COLORING [VEGETABLE JUICE, SPIRULINA EXTRACT, TURMERIC OLEORESIN], GUM ACACIA, CARNAUBA WAX).
Allergens *	CONTAINS EGG, MILK, SOY, WHEAT.												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Pastries & Sweets

Muffie - Chocolate Chip

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Muffie	320	130	14	3.5	0	35	210	46	2	28	4		CHOCOLATE CHIP MUFFIN (ENRICHED WHEAT FLOUR [FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], SUGAR, SEMISWEET CHOCOLATE CHIPS [SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER, SOY LECITHIN, NATURAL FLAVOR], WATER, SOYBEAN OIL, EGGS, CORN STARCH-MODIFIED, LEAVENING [BAKING SODA, MONOCALCIUM PHOSPHATE, SODIUM ACID PYROPHOSPHATE], NATURAL VANILLA FLAVOR, NONFAT MILK, SALT).
Allergens *	CONTAINS EGG, MILK, SOY, WHEAT.												

Muffin - Chocolate Chip

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Muffin	640	250	28	7	0	75	410	91	3	55	8		CHOCOLATE CHIP MUFFIN (ENRICHED WHEAT FLOUR [FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], SUGAR, SEMISWEET CHOCOLATE CHIPS [SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER, SOY LECITHIN, NATURAL FLAVOR], WATER, SOYBEAN OIL, EGGS, CORN STARCH-MODIFIED, LEAVENING [BAKING SODA, MONOCALCIUM PHOSPHATE, SODIUM ACID PYROPHOSPHATE], NATURAL VANILLA FLAVOR, NONFAT MILK, SALT).
Allergens *	CONTAINS EGG, MILK, SOY, WHEAT.												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Pastries & Sweets

Cookie - Chocolate Chipper

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Cookie	390	170	19	11	0.5	50	290	52	2	31	4	
Allergens *	CONTAINS EGG, MILK, SOY, WHEAT.											

CHOCOLATE CHIPPER (ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], BUTTER WITH NATURAL FLAVORS [PASTEURIZED CREAM {MILK}, NATURAL FLAVORS], BROWN SUGAR, SEMI-SWEET CHOCOLATE [SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER, SOY LECITHIN, VANILLA EXTRACT, SALT], MILK CHOCOLATE [SUGAR, WHOLE MILK POWDER, COCOA BUTTER, UNSWEETENED CHOCOLATE, UNSWEETENED CHOCOLATE WITH ALKALI, DEXTROSE, MILKFAT, SOY LECITHIN, SALT, VANILLA EXTRACT], SUGAR, BROWN SUGAR, EGGS, SALT, NATURAL FLAVORS, ENCAPSULATED BAKING SODA (BAKING SODA, FULLY HYDROGENATED VEGETABLE OIL {SOYBEAN, PALM, COTTONSEED OILS})).

Pastry - Chocolate Croissant

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Croissant	380	200	22	13	0	50	240	39	4	11	7	
Allergens *	CONTAINS EGG, MILK, SOY, WHEAT.											

PASTRY - CROISSANT (CROISSANT (ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], BUTTER WITH NATURAL FLAVOR [CREAM [MILK], NATURAL FLAVOR], WATER, MILK [MILK, VITAMIN C, VITAMIN D3], SUGAR, WHOLE EGGS [EGGS, CITRIC ACID], YEAST, DOUGH CONDITIONER [VITAL WHEAT GLUTEN, XANTHAN GUM, DEACTIVATED YEAST, ASCORBIC ACID, MICROBIAL ENZYMES], SALT, DEACTIVATED YEAST)), CHOCOLATE FLAVORED FILLING (SUGAR, SOYBEAN OIL, COCOA POWDER PROCESSED WITH ALKALI, WHOLE MILK POWDER, HYDROGENATED PALM OIL, SOY LECITHIN, VANILLA EXTRACT, NATURAL FLAVOR), CREAM CHEESE FILLING (CREAM CHEESE [PASTEURIZED MILK AND CREAM, SALT, CAROB BEAN GUM, CHEESE CULTURE], WATER, SUGAR, CORN STARCH-MODIFIED, CORN SYRUP, CAROB BEAN GUM, CULTURED CORN SYRUP SOLIDS, GLUCONO DELTA-LACTONE, GUAR GUM, LACTIC ACID, MALIC ACID, NATURAL FLAVOR [CREAM CHEESE, VANILLA], SALT, XANTHAN GUM), DARK CHOCOLATE FLAVORED CONFECTIONERY (SUGAR, VEGETABLE FAT [PALM KERNEL AND/OR PALM], COCOA POWDER PROCESSED WITH ALKALI, COCOA POWDER, NONFAT DRY MILK, WHEY POWDER, LACTOSE, SOY LECITHIN, VANILLA EXTRACT), POWDERED SUGAR.

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Pastries & Sweets

Pastry - Cinnamon Crumb Coffee Cake

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Slice	520	250	28	10	0.5	115	340	61	1	33	7		CINNAMON CRUMB COFFEE CAKE (ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], SUGAR, EGGS, BUTTER (CREAM), SOYBEAN OIL, WATER, BROWN SUGAR, PALM OIL, CALCIUM CARBONATE, CINNAMON, COCOA PROCESSED WITH ALKALI, CORNSTARCH, DEFATTED SOY FLOUR, EGG WHITES, EGG YOLKS, LEAVENING [BAKING SODA, GLUCONO DELTA-LACTONE, MONOCALCIUM PHOSPHATE], NATURAL BUTTER FLAVOR, NATURAL SOUR CREAM FLAVOR, NATURAL VANILLA FLAVOR, NONFAT MILK, SALT, SOY LECITHIN, VITAL WHEAT GLUTEN, WHEY, XANTHAN GUM, YELLOW CORN FLOUR), POWDERED SUGAR.
Allergens *	CONTAINS EGG, MILK, SOY, WHEAT.												

Muffin - Cranberry Orange

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Muffin	480	170	19	3	0	65	360	71	2	40	6		MUFFIN DOUGH (ENRICHED WHEAT FLOUR [FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], SUGAR, WATER, SOYBEAN OIL, EGGS, ORANGE PEEL [ORANGE PEEL, WATER, CITRIC ACID [PRESERVATIVE]], CORN STARCH-MODIFIED, LEAVENING [BAKING SODA, MONOCALCIUM PHOSPHATE, SODIUM ACID PYROPHOSPHATE], NATURAL BUTTERMILK FLAVOR, NATURAL VANILLA FLAVOR, NONFAT MILK, SALT), CRANBERRIES, TURBINADO CANE SUGAR.
Allergens *	CONTAINS EGG, MILK, WHEAT. MAY ALSO CONTAIN SOY FROM PROCESSING OF ITEMS ON EQUIPMENT THAT CONTAIN SOY.												

*ALLERGEN NOTICE: MANY OF OUR PRODUCTS CONTAIN OR MAY COME INTO CONTACT WITH COMMON ALLERGENS, INCLUDING WHEAT, PEANUTS, SOY, TREE NUTS, MILK, EGGS, FISH, SHELLFISH, SESAME, SULFITES, AND MUSTARD



Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Pastries & Sweets

Pastry - Bear Claw

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Pastry	500	210	23	10	0.5	60	390	66	2	30	9	
Allergens *	CONTAINS EGG, MILK, SOY, TREE NUTS, WHEAT.											

BEAR CLAW (ENRICHED WHEAT FLOUR [FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, BUTTER [PASTEURIZED CREAM, NATURAL FLAVOR], SUGAR, ALMOND PASTE [ALMONDS, SUGAR, GLUCOSE, SORBITOL, NATURAL ALMOND FLAVOR], WHOLE EGG, YEAST, MARGARINE [PALM OIL, WATER, CANOLA OIL, SOYBEAN OIL, SOY LECITHIN, CITRIC ACID, NATURAL FLAVOR, SALT, VITAMIN A PALMITATE, VITAMIN D3, ANNATTO EXTRACT (COLOR), BETA CAROTENE (COLOR)], MODIFIED CORN STARCH, CREAM CHEESE [PASTEURIZED MILK AND CREAM, CREAM CHEESE CULTURE, SALT, CAROB BEAN GUM], SALT, NATURAL ALMOND FLAVOR, NATURAL CARAMELIZED SUGAR FLAVOR, NATURAL VANILLA FLAVOR, SOYBEAN OIL, DOUGH CONDITIONER [ASCORBIC ACID, MICROCRYSTALLINE CELLULOSE, CORN STARCH]), WHITE ICING (SUGAR, WATER, CORN SYRUP, CORNSTARCH, AGAR, CORN STARCH MODIFIED, INVERT SUGAR, NATURAL LEMON FLAVOR, NATURAL VANILLA FLAVOR, SALT), ALMONDS, WATER, EGG BLEND (WHOLE EGGS, EGG YOLK, DRIED EGG WHITES).

Pastry- Goopy Butter

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Pastry	420	210	23	13	1	60	300	48	1	14	7	
Allergens *	CONTAINS EGG, MILK, WHEAT. MAY ALSO CONTAIN SOY FROM PROCESSING OF ITEMS ON EQUIPMENT THAT CONTAIN SOY.											

CROISSANT DOUGH (ENRICHED WHEAT FLOUR [FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], BUTTER WITH NATURAL FLAVOR [PASTEURIZED CREAM, NATURAL FLAVOR {LACTIC ACID}], WATER, WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR), MILK, SUGAR, LEAVENING [YEAST], EGGS, VITAL WHEAT GLUTEN, SALT, DOUGH CONDITIONER [ASCORBIC ACID]), GOOEY BUTTER FILLING (ENRICHED WHEAT FLOUR [FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], SUGAR, BUTTER [CREAM, NATURAL FLAVOR {VANILLA}], PALM OIL, WATER, CORN SYRUP, CONTAINS 2% OR LESS OF: NATURAL FLAVOR, NONFAT MILK, SALT, WHEY).

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Pastries & Sweets

Cookie - Heart Shaped Shortbread

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Cookie	430	190	21	13	1	65	210	58	1	32	4	
Allergens *	CONTAINS MILK, WHEAT.											

HEART SHORTBREAD (BUTTER WITH NATURAL FLAVOR (PASTEURIZED CREAM [MILK], NATURAL FLAVOR), ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHEAT FLOUR, SUGAR, CORN STARCH, POWDERED SUGAR, SALT), PINK ICING (WHITE ICING (SUGAR, WATER, CORN SYRUP, CORNSTARCH, AGAR, CORN STARCH MODIFIED, INVERT SUGAR, NATURAL LEMON FLAVOR, NATURAL VANILLA FLAVOR, SALT), PINK COLOR (VEGETABLE GLYCERINE, RED BEET CONCENTRATE, ANNATTO)), WHITE STRING ICING (SUGAR, WATER, CORNSTARCH, DEXTROSE, AGAR-AGAR, CITRIC ACID, CORN SYRUP, CULTURED CORN SYRUP SOLIDS, CORN STARCH-MODIFIED, GUAR GUM, NATURAL LEMON FLAVOR, NATURAL VANILLA FLAVOR), CRIMSON RED COLOR (VEGETABLE GLYCERINE, RED BEET CONCENTRATE, TURMERIC).

Cookie - Kitchen Sink

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Cookie	800	400	44	28	1	85	760	99	2	56	8	
Allergens *	CONTAINS EGG, MILK, SOY, WHEAT.											

KITCHEN SINK COOKIE (ENRICHED FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], BUTTER WITH NATURAL FLAVORS [PASTEURIZED CREAM, NATURAL FLAVORS], BITTERSWEET CHOCOLATE [UNSWEETENED CHOCOLATE, SUGAR, COCOA BUTTER, SOY LECITHIN, NATURAL FLAVOR, SALT], MILK CHOCOLATE FLAKES [SUGAR, WHOLE MILK POWDER, COCOA BUTTER, UNSWEETENED CHOCOLATE, UNSWEETENED CHOCOLATE PROCESSED WITH ALKALI, DEXTROSE, MILKFAT, SOY LECITHIN, SALT, NATURAL VANILLA EXTRACT], CARAMEL MINI CUPS [SUGAR, PALM KERNEL OIL, CORN SYRUP, WHOLE MILK, SWEETENED CONDENSED MILK {MILK, SUGAR}, WATER, HEAVY CREAM {MILK}], CORN STARCH-MODIFIED, HYDROGENATED PALM OIL, BUTTER {CREAM, SALT}, SOYBEAN OIL, COCOA, NATURAL FLAVORS, SEA SALT, SOY LECITHIN, BROWN SUGAR, PAPRIKA OLEORESIN {COLOR}, SKIMMED MILK POWDER, SUNFLOWER OIL], BROWN SUGAR, SUGAR, GLAZED PRETZELS (ENRICHED WHEAT FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], SALT, CANOLA OIL AND/OR SOYBEAN OIL, CORN SYRUP, BARLEY MALT EXTRACT, LEAVENING [YEAST, SODIUM BICARBONATE, AMMONIUM BICARBONATE], SUGAR, PALM KERNEL OIL, CORN SYRUP, SALT, TOCOPHEROLS [NATURAL MIXED TOCOPHEROLS, SOYBEAN OIL]), EGGS, SALT, NATURAL FLAVORS, ENCAPSULATED BAKING SODA (BAKING SODA, HYDROGENATED VEGETABLE OIL [SOYBEAN, PALM, COTTONSEED OIL]), SEA SALT.

*ALLERGEN NOTICE: MANY OF OUR PRODUCTS CONTAIN OR MAY COME INTO CONTACT WITH COMMON ALLERGENS, INCLUDING WHEAT, PEANUTS, SOY, TREE NUTS, MILK, EGGS, FISH, SHELLFISH, SESAME, SULFITES, AND MUSTARD



Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Pastries & Sweets

Cookie - Lemon Drop Flavored

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Cookie	430	180	20	13	0.5	65	270	60	0	35	5	
Allergens *	CONTAINS EGG, MILK, SOY, WHEAT.											

LEMON DROP COOKIE (SUGAR, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BUTTER WITH NATURAL FLAVORS (PASTEURIZED CREAM, NATURAL FLAVORS), WHITE CONFECTIONERY DROPS (SUGAR, HYDROGENATED PALM KERNEL OIL, NONFAT MILK POWDER, SOY LECITHIN, SALT, NATURAL FLAVORS), EGGS, INVERT SUGAR, NATURAL FLAVORS, ENCAPSULATED SODIUM BICARBONATE (SODIUM BICARBONATE, HYDROGENATED VEGETABLE OIL [SOYBEAN, PALM, COTTONSEED OIL]), SALT), POWDERED SUGAR.

Mini Bear Claw

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Pastry	160	70	8	3.5	0	20	125	20	1	8	3	
Allergens *	CONTAINS EGG, MILK, SOY, TREE NUTS, WHEAT.											

BEAR CLAW (ENRICHED WHEAT FLOUR [FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, BUTTER [PASTEURIZED CREAM, NATURAL FLAVOR], SUGAR, ALMOND PASTE [ALMONDS, SUGAR, GLUCOSE, SORBITOL, NATURAL ALMOND FLAVOR], WHOLE EGG, YEAST, MARGARINE [PALM OIL, WATER, CANOLA OIL, SOYBEAN OIL, SOY LECITHIN, CITRIC ACID, NATURAL FLAVOR, SALT, VITAMIN A PALMITATE, VITAMIN D3, ANNATTO EXTRACT (COLOR), BETA CAROTENE (COLOR)], MODIFIED CORN STARCH, CREAM CHEESE [PASTEURIZED MILK AND CREAM, CREAM CHEESE CULTURE, SALT, CAROB BEAN GUM], SALT, NATURAL ALMOND FLAVOR, NATURAL CARAMELIZED SUGAR FLAVOR, NATURAL VANILLA FLAVOR, SOYBEAN OIL, DOUGH CONDITIONER [ASCORBIC ACID, MICROCRYSTALLINE CELLULOSE, CORN STARCH]), WHITE ICING (SUGAR, WATER, CORN SYRUP, CORNSTARCH, AGAR, CORN STARCH MODIFIED, INVERT SUGAR, NATURAL LEMON FLAVOR, NATURAL VANILLA FLAVOR, SALT), ALMONDS, EGG WASH (WATER, EGG BLEND (WHOLE EGGS, EGG YOLK, DRIED EGG WHITES)).

*ALLERGEN NOTICE: MANY OF OUR PRODUCTS CONTAIN OR MAY COME INTO CONTACT WITH COMMON ALLERGENS, INCLUDING WHEAT, PEANUTS, SOY, TREE NUTS, MILK, EGGS, FISH, SHELLFISH, SESAME, SULFITES, AND MUSTARD



Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Pastries & Sweets

Mini Muffin - Blueberry with Fresh Blueberries

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Mini Muffin	80	30	3	0.5	0	10	65	12	0	7	1		MUFFIN DOUGH (ENRICHED WHEAT FLOUR [FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], SUGAR, WATER, SOYBEAN OIL, EGGS, LEMON PEEL (LEMON PEEL, WATER, CITRIC ACID [PRESERVATIVE]), CORN STARCH-MODIFIED, LEAVENING [BAKING SODA, MONOCALCIUM PHOSPHATE, SODIUM ACID PYROPHOSPHATE], NATURAL BUTTERMILK FLAVOR, NATURAL VANILLA FLAVOR, NONFAT MILK, SALT), FRESH BLUEBERRIES, TURBINADO CANE SUGAR.
Allergens *	CONTAINS EGG, MILK, WHEAT. MAY ALSO CONTAIN SOY FROM PROCESSING OF ITEMS ON EQUIPMENT THAT CONTAIN SOY.												

Mini - Brownie

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Mini Brownie	100	30	3.5	2	0	25	95	17	1	12	1		BROWNIE (SUGAR, ENRICHED WHEAT FLOUR [FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], BROWN SUGAR, EGGS, SALTED BUTTER [CREAM [MILK], SALT], COCOA PROCESSED WITH ALKALI, WATER, CORNSTARCH, NATURAL VANILLA FLAVOR, PALM OIL, SALT, SOY LECITHIN, SOYBEAN OIL, YELLOW CORN FLOUR), POWDERED SUGAR.
Allergens *	CONTAINS EGG, MILK, SOY, WHEAT. MAY ALSO CONTAIN PEANUT, TREE NUTS FROM PROCESSING OF ITEMS ON EQUIPMENT THAT CONTAIN PEANUT, TREE NUTS .												

*ALLERGEN NOTICE: MANY OF OUR PRODUCTS CONTAIN OR MAY COME INTO CONTACT WITH COMMON ALLERGENS, INCLUDING WHEAT, PEANUTS, SOY, TREE NUTS, MILK, EGGS, FISH, SHELLFISH, SESAME, SULFITES, AND MUSTARD



Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Pastries & Sweets

Mini Cookie - Candy

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Mini Cookie	110	45	5	3	0	15	65	16	0	9	1		SUGAR COOKIE (SUGAR, BUTTER WITH NATURAL FLAVORS [CREAM {MILK}, NATURAL FLAVORS], ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], EGGS, INVERT SUGAR, ENCAPSULATED BAKING [BAKING SODA, FULLY HYDROGENATED VEGETABLE OIL (SOYBEAN, PALM, COTTONSEED OIL)], SALT, NATURAL FLAVORS), SEMI-SWEET CHOCOLATE MINI GEMS (DARK CHOCOLATE [SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN, VANILLA], SUGAR, TAPIOCA SYRUP, COLORING [VEGETABLE JUICE, SPIRULINA EXTRACT, TURMERIC OLEORESIN], GUM ACACIA, CARNAUBA WAX).
Allergens *	CONTAINS EGG, MILK, SOY, WHEAT.												

Mini Muffin - Cranberry Orange

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Muffin	70	25	3	0	0	10	55	11	0	6	1		MUFFIN DOUGH (ENRICHED WHEAT FLOUR [FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], SUGAR, WATER, SOYBEAN OIL, EGGS, ORANGE PEEL [ORANGE PEEL, WATER, CITRIC ACID [PRESERVATIVE]], CORN STARCH-MODIFIED, LEAVENING [BAKING SODA, MONOCALCIUM PHOSPHATE, SODIUM ACID PYROPHOSPHATE], NATURAL BUTTERMILK FLAVOR, NATURAL VANILLA FLAVOR, NONFAT MILK, SALT), CRANBERRIES, TURBINADO CANE SUGAR.
Allergens *	CONTAINS EGG, MILK, WHEAT. MAY ALSO CONTAIN SOY FROM PROCESSING OF ITEMS ON EQUIPMENT THAT CONTAIN SOY.												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Pastries & Sweets

Mini Cookie - Lemon Drop Flavored

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Mini Cookie	110	45	5	3.5	0	15	65	15	0	9	1		LEMON DROP COOKIE (SUGAR, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BUTTER WITH NATURAL FLAVORS (PASTEURIZED CREAM, NATURAL FLAVORS), WHITE CONFECTIONERY DROPS (SUGAR, HYDROGENATED PALM KERNEL OIL, NONFAT MILK POWDER, SOY LECITHIN, SALT, NATURAL FLAVORS), EGGS, INVERT SUGAR, NATURAL FLAVORS, ENCAPSULATED SODIUM BICARBONATE (SODIUM BICARBONATE, HYDROGENATED VEGETABLE OIL [SOYBEAN, PALM, COTTONSEED OIL]), SALT), POWDERED SUGAR.
Allergens *	CONTAINS EGG, MILK, SOY, WHEAT.												

Mini Cookie - Oatmeal Raisin with Berries

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Cookie	90	30	3	2	0	10	45	14	1	8	1		OATMEAL RAISIN COOKIE (ENRICHED FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], BUTTER WITH NATURAL FLAVORS [CREAM {MILK}, NATURAL FLAVORS], BROWN SUGAR, OATS, OILED RAISINS [RAISINS, SUNFLOWER OIL], SWEETENED DRIED CRANBERRIES [CRANBERRIES, SUGAR, SUNFLOWER OIL], SUGAR, EGGS, INFUSED DRIED BLUEBERRIES [WILD BLUEBERRIES, SUGAR, CORN SYRUP, NATURAL BLUEBERRY FLAVOR, CITRIC ACID, SUNFLOWER OIL], INFUSED DRIED STRAWBERRIES [STRAWBERRIES, CANE SUGAR, CELLULOSE POWDER, SUNFLOWER OIL, NATURAL STRAWBERRY FLAVOR, CITRIC ACID], ENCAPSULATED BAKING SODA [BAKING SODA, FULLY HYDROGENATED VEGETABLE OIL (SOYBEAN, PALM, AND/OR COTTONSEED OIL)], SALT, NATURAL FLAVORS, CINNAMON).
Allergens *	CONTAINS EGG, MILK, WHEAT.												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Pastries & Sweets

Mini Scone - Orange

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 mini scone	180	60	7	4.5	0	10	270	27	1	12	3	
Allergens *	CONTAINS MILK, WHEAT. MAY ALSO CONTAIN EGG, SOY FROM PROCESSING OF ITEMS ON EQUIPMENT THAT CONTAIN EGG, SOY.											

ORANGE SCONE (ENRICHED WHEAT FLOUR [FLOUR, MALTED BARLEY FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], CREAM [PASTEURIZED CREAM, MILK], SUGAR, ORANGE PEEL (ORANGE PEEL, WATER, CITRIC ACID [PRESERVATIVE]), ASORBIC ACID, CITRIC ACID, CORN SYRUP, DEXTROSE, GUAR GUM, LEAVENING [SODIUM ACID PYROPHOSPHATE, BAKING SODA], NATURAL GRAND MARNIER FLAVOR, NATURAL ORANGE FLAVOR, ORANGE JUICE FROM CONCENTRATE, ORANGES, PECTIN, SALT, WATER), ORANGE ICING (SUGAR, ORANGE PEEL (ORANGE PEEL, WATER, CITRIC ACID), WATER, CORNSTARCH, ASCORBIC ACID, BETA-CAROTENE (COLOR), CITRIC ACID, CORN SYRUP, DEXTROSE, GUAR GUM, NATURAL ORANGE FLAVOR, ORANGE JUICE FROM CONCENTRATE, ORANGES, PECTIN, SOYBEAN OIL), HALF AND HALF (MILK, CREAM).

Mini Pecan Braid

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Mini Pastry	130	60	7	2.5	0	10	75	17	1	10	2	
Allergens *	CONTAINS EGG, MILK, SOY, TREE NUTS, WHEAT.											

MINI PECAN BRAID (MINI PECAN BRAID [CROISSANT DOUGH (ENRICHED WHEAT FLOUR [FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], BUTTER WITH NATURAL FLAVOR [PASTEURIZED CREAM, NATURAL FLAVOR {LACTIC ACID}], WATER, WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR), MILK, SUGAR, LEAVENING [YEAST], EGGS, VITAL WHEAT GLUTEN, SALT, DOUGH CONDITIONER [ASCORBIC ACID]), PECAN FILLING (SUGAR, PECANS, WATER, ENRICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CINNAMON, DEFATTED SOY FLOUR, EGG WHITES, EGG YOLKS, BAKING SODA, GLUCONO DELTA-LACTONE, MONOCALCIUM PHOSPHATE, NATURAL VANILLA FLAVOR, NONFAT MILK, PALM OIL, SALT, SOY LECITHIN, VITAL WHEAT GLUTEN, WHEAT STARCH, WHEY, XANTHAN GUM), PECANS], EGG WASH [WATER, EGG BLEND (WHOLE EGGS, EGG YOLK, DRIED EGG WHITES)]), WHITE ICING (SUGAR, WATER, CORN SYRUP, CORNSTARCH, AGAR, CORN STARCH MODIFIED, INVERT SUGAR, NATURAL LEMON FLAVOR, NATURAL VANILLA FLAVOR, SALT).

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Pastries & Sweets

Mini Scone - Wild Blueberry

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 mini scone	150	60	6	4	0	10	300	21	0	9	3		WILD BLUEBERRY SCONE (ENRICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CREAM [MILK], DRIED INFUSED BLUEBERRIES (SUGAR, BLUEBERRIES), SUGAR, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA), SALT), HALF AND HALF (MILK, CREAM).
Allergens *	CONTAINS MILK, WHEAT. MAY ALSO CONTAIN EGG, SOY FROM PROCESSING OF ITEMS ON EQUIPMENT THAT CONTAIN EGG, SOY.												

Cookie - Oatmeal Raisin with Berries

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Cookie	340	110	13	7	0	50	170	55	2	33	4		OATMEAL RAISIN COOKIE (ENRICHED FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], BUTTER WITH NATURAL FLAVORS [CREAM {MILK}, NATURAL FLAVORS], BROWN SUGAR, OATS, OILED RAISINS [RAISINS, SUNFLOWER OIL], SWEETENED CRANBERRIES [CRANBERRIES, SUGAR, SUNFLOWER OIL], SUGAR, EGGS, INFUSED BLUEBERRIES [WILD BLUEBERRIES, SUGAR, CORN SYRUP, NATURAL BLUEBERRY FLAVOR, CITRIC ACID, SUNFLOWER OIL], INFUSED STRAWBERRIES [STRAWBERRIES, CANE SUGAR, CELLULOSE POWDER, SUNFLOWER OIL, NATURAL STRAWBERRY FLAVOR, CITRIC ACID], ENCAPSULATED BAKING SODA [BAKING SODA, FULLY HYDROGENATED VEGETABLE OIL (SOYBEAN, PALM, AND/OR COTTONSEED OIL)], SALT, NATURAL FLAVORS, CINNAMON).
Allergens *	CONTAINS EGG, MILK, WHEAT.												

*ALLERGEN NOTICE: MANY OF OUR PRODUCTS CONTAIN OR MAY COME INTO CONTACT WITH COMMON ALLERGENS, INCLUDING WHEAT, PEANUTS, SOY, TREE NUTS, MILK, EGGS, FISH, SHELLFISH, SESAME, SULFITES, AND MUSTARD



Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Pastries & Sweets

Score - Orange

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Scone	540	180	20	13	0.5	25	810	80	2	37	8	
Allergens *	CONTAINS MILK, WHEAT. MAY ALSO CONTAIN EGG, SOY FROM PROCESSING OF ITEMS ON EQUIPMENT THAT CONTAIN EGG, SOY.											

ORANGE SCONE (ENRICHED WHEAT FLOUR [FLOUR, MALTED BARLEY FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], CREAM [PASTEURIZED CREAM, MILK], SUGAR, ORANGE PEEL (ORANGE PEEL, WATER, CITRIC ACID [PRESERVATIVE]), ASORBIC ACID, CITRIC ACID, CORN SYRUP, DEXTROSE, GUAR GUM, LEAVENING [SODIUM ACID PYROPHOSPHATE, BAKING SODA], NATURAL GRAND MARNIER FLAVOR, NATURAL ORANGE FLAVOR, ORANGE JUICE FROM CONCENTRATE, ORANGES, PECTIN, SALT, WATER), ORANGE ICING (SUGAR, ORANGE PEEL (ORANGE PEEL, WATER, CITRIC ACID), WATER, CORNSTARCH, ASCORBIC ACID, BETA-CAROTENE (COLOR), CITRIC ACID, CORN SYRUP, DEXTROSE, GUAR GUM, NATURAL ORANGE FLAVOR, ORANGE JUICE FROM CONCENTRATE, ORANGES, PECTIN, SOYBEAN OIL), HALF AND HALF (MILK, CREAM).

Pastry - Pecan Braid

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Pastry	490	250	28	11	0.5	55	280	53	3	23	8	
Allergens *	CONTAINS EGG, MILK, SOY, TREE NUTS, WHEAT.											

CROISSANT DOUGH (ENRICHED WHEAT FLOUR [FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], BUTTER WITH NATURAL FLAVOR [PASTEURIZED CREAM, NATURAL FLAVOR {LACTIC ACID}], WATER, WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR), MILK, SUGAR, LEAVENING [YEAST], EGGS, VITAL WHEAT GLUTEN, SALT, DOUGH CONDITIONER [ASCORBIC ACID]), PECAN FILLING (SUGAR, PECANS, WATER, ENRICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CINNAMON, DEFATTED SOY FLOUR, EGG WHITES, EGG YOLKS, BAKING SODA, GLUCONO DELTA-LACTONE, MONOCALCIUM PHOSPHATE, NATURAL VANILLA FLAVOR, NONFAT MILK, PALM OIL, SALT, SOY LECITHIN, VITAL WHEAT GLUTEN, WHEAT STARCH, WHEY, XANTHAN GUM), WHITE ICING (SUGAR, WATER, CORN SYRUP, CORNSTARCH, AGAR, CORN STARCH MODIFIED, INVERT SUGAR, NATURAL LEMON FLAVOR, NATURAL VANILLA FLAVOR, SALT), PECANS, WATER, EGG BLEND (WHOLE EGGS, EGG YOLK, DRIED EGG WHITES).

*ALLERGEN NOTICE: MANY OF OUR PRODUCTS CONTAIN OR MAY COME INTO CONTACT WITH COMMON ALLERGENS, INCLUDING WHEAT, PEANUTS, SOY, TREE NUTS, MILK, EGGS, FISH, SHELLFISH, SESAME, SULFITES, AND MUSTARD



Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Pastries & Sweets

Cookie - Petite Chocolate Chipper

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Cookie	100	40	4.5	3	0	10	75	13	0	8	1		CHOCOLATE CHIPPER (ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], BUTTER WITH NATURAL FLAVORS [PASTEURIZED CREAM {MILK}, NATURAL FLAVORS], BROWN SUGAR, SEMI-SWEET CHOCOLATE [SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER, SOY LECITHIN, VANILLA EXTRACT, SALT], MILK CHOCOLATE [SUGAR, WHOLE MILK POWDER, COCOA BUTTER, UNSWEETENED CHOCOLATE, UNSWEETENED CHOCOLATE WITH ALKALI, DEXTROSE, MILKFAT, SOY LECITHIN, SALT, VANILLA EXTRACT], SUGAR, BROWN SUGAR, EGGS, SALT, NATURAL FLAVORS, ENCAPSULATED BAKING SODA (BAKING SODA, FULLY HYDROGENATED VEGETABLE OIL {SOYBEAN, PALM, COTTONSEED OILS})).
Allergens *	CONTAINS EGG, MILK, SOY, WHEAT.												

Muffin - Pumpkin

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Muffin	570	190	21	3.5	0	30	470	87	3	51	7		PUMPKIN MUFFIN (SUGAR, PUMPKIN, ENRICHED WHEAT FLOUR [FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], SOYBEAN OIL, WATER, WHOLE EGGS, LEAVENING [BAKING SODA, SODIUM ALUMINUM PHOSPHATE], SALT, CINNAMON, GINGER), STREUSEL TOPPING (ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], PALM OIL, SUGAR, CINNAMON, HONEY, NATURAL FLAVOR, SALT), POWDERED SUGAR.
Allergens *	CONTAINS EGG, WHEAT. MAY ALSO CONTAIN MILK, SOY FROM PROCESSING OF ITEMS ON EQUIPMENT THAT CONTAIN MILK, SOY.												

*ALLERGEN NOTICE: MANY OF OUR PRODUCTS CONTAIN OR MAY COME INTO CONTACT WITH COMMON ALLERGENS, INCLUDING WHEAT, PEANUTS, SOY, TREE NUTS, MILK, EGGS, FISH, SHELLFISH, SESAME, SULFITES, AND MUSTARD



Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Pastries & Sweets

Pastry - Croissant

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Croissant	260	130	15	11	0	50	230	27	3	1	6		CROISSANT (ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], BUTTER WITH NATURAL FLAVOR [CREAM [MILK], NATURAL FLAVOR], WATER, MILK [MILK, VITAMIN C, VITAMIN D3], SUGAR, WHOLE EGGS [EGGS, CITRIC ACID], YEAST, DOUGH CONDITIONER [VITAL WHEAT GLUTEN, XANTHAN GUM, DEACTIVATED YEAST, ASCORBIC ACID, MICROBIAL ENZYMES], SALT, DEACTIVATED YEAST).
Allergens *	CONTAINS EGG, MILK, WHEAT.												

Cookie- Tulip Shaped Shortbread

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Cookie	440	190	21	13	1	65	220	58	1	32	4		TULIP COOKIE (BUTTER WITH NATURAL FLAVOR (PASTEURIZED CREAM [MILK], NATURAL FLAVOR), ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHEAT FLOUR, SUGAR, CORN STARCH, POWDERED SUGAR, SALT), WHITE ICING (SUGAR, WATER, CORN SYRUP, CORNSTARCH, AGAR, CORN STARCH MODIFIED, INVERT SUGAR, NATURAL LEMON FLAVOR, NATURAL VANILLA FLAVOR, SALT), GREEN COLOR (VEGETABLE GLYCERINE, SPIRULINA, TURMERIC), PINK COLOR (VEGETABLE GLYCERINE, RED BEET CONCENTRATE, ANNATTO), YELLOW COLOR (VEGETABLE GLYCERINE, TURMERIC), CRIMSON RED COLOR (VEGETABLE GLYCERINE, RED BEET CONCENTRATE, TURMERIC).
Allergens *	CONTAINS MILK, WHEAT.												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Pastries & Sweets

Pastry - Vanilla Cinnamon Roll

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Roll	620	160	18	8	0	65	490	109	3	72	8		CINNAMON ROLL (ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], SUGAR, WATER, EGGS, BROWN SUGAR, MARGARINE [PALM OIL, SOYBEAN OIL, WATER, SALT, NATURAL FLAVOR, BETA-CAROTENE {COLOR}, VITAMIN A PALMITATE], BUTTER [CREAM], YEAST, CINNAMON, CREAM CHEESE [PASTEURIZED MILK AND CREAM, SALT, CAROB BEAN GUM, CHEESE CULTURE], DOUGH CONDITIONER [ASCORBIC ACID], CORN STARCH-MODIFIED, HONEY, NATURAL VANILLA FLAVOR, SALT, SOYBEAN OIL), WHITE ICING (SUGAR, WATER, CORN SYRUP, CORNSTARCH, AGAR, CORN STARCH MODIFIED, INVERT SUGAR, NATURAL LEMON FLAVOR, NATURAL VANILLA FLAVOR, SALT).
Allergens *	CONTAINS EGG, MILK, WHEAT. MAY ALSO CONTAIN SOY FROM PROCESSING OF ITEMS ON EQUIPMENT THAT CONTAIN SOY.												

Scone - Wild Blueberry

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Scone	460	170	19	12	0.5	25	900	64	1	26	8		WILD BLUEBERRY SCONE (ENRICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CREAM [MILK], DRIED INFUSED BLUEBERRIES (SUGAR, BLUEBERRIES), SUGAR, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA), SALT), HALF AND HALF (MILK, CREAM), POWDERED SUGAR.
Allergens *	CONTAINS MILK, WHEAT. MAY ALSO CONTAIN EGG, SOY FROM PROCESSING OF ITEMS ON EQUIPMENT THAT CONTAIN EGG, SOY.												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Salads

Asian Sesame with Chicken - Half

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1/2 Salad	220	100	11	1.5	0	40	360	14	3	4	16	
Allergens *	CONTAINS TREE NUTS, WHEAT. MAY ALSO CONTAIN EGG.											

ROMAINE LETTUCE, CITRUS PEPPER CHICKEN (CHICKEN BREAST MEAT WITH RIB MEAT, WATER, SEASONING [(LEMON, MANGOSTEEN, NATURAL SMOKE FLAVOR), SEA SALT, DEHYDRATED GARLIC, DEHYDRATED ONION, SUGAR, DRY LEMON PEEL, SPICES, DEHYDRATED ROSEMARY, DEHYDRATED BASIL AND CITRIC ACID, MALIC ACID, PAPRIKA FOR FLAVOR], DEXTROSE, GARLIC POWDER, BLACK PEPPER, RICE STARCH, POTATO STARCH, VINEGAR, SEA SALT), ASIAN SESAME VINAIGRETTE DRESSING (WATER, DISTILLED VINEGAR, SOYBEAN OIL, SUGAR, SESAME OIL, SALT, XANTHAN GUM, REBAUDIOSIDE A [A NON-NUTRITIVE SWEETENER FROM STEVIA], ROSEMARY EXTRACT, BLACK PEPPER, DEHYDRATED ONION, DEHYDRATED PARSLEY), CRISPY WONTON STRIPS (WHEAT FLOUR, CANOLA OIL, SALT [MAY CONTAIN EGG]), TOASTED ALMONDS, SESAME SEEDS, CILANTRO.

Asian Sesame with Chicken - Whole

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Salad	430	210	23	3	0	80	720	29	6	7	31	
Allergens *	CONTAINS TREE NUTS, WHEAT. MAY ALSO CONTAIN EGG.											

ROMAINE LETTUCE, CITRUS PEPPER CHICKEN (CHICKEN BREAST MEAT WITH RIB MEAT, WATER, SEASONING [(LEMON, MANGOSTEEN, NATURAL SMOKE FLAVOR), SEA SALT, DEHYDRATED GARLIC, DEHYDRATED ONION, SUGAR, DRY LEMON PEEL, SPICES, DEHYDRATED ROSEMARY, DEHYDRATED BASIL AND CITRIC ACID, MALIC ACID, PAPRIKA FOR FLAVOR], DEXTROSE, GARLIC POWDER, BLACK PEPPER, RICE STARCH, POTATO STARCH, VINEGAR, SEA SALT), ASIAN SESAME VINAIGRETTE DRESSING (WATER, DISTILLED VINEGAR, SOYBEAN OIL, SUGAR, SESAME OIL, SALT, XANTHAN GUM, REBAUDIOSIDE A [A NON-NUTRITIVE SWEETENER FROM STEVIA], ROSEMARY EXTRACT, BLACK PEPPER, DEHYDRATED ONION, DEHYDRATED PARSLEY), CRISPY WONTON STRIPS (WHEAT FLOUR, CANOLA OIL, SALT [MAY CONTAIN EGG]), TOASTED ALMONDS, SESAME SEEDS, CILANTRO.

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Salads

BBQ Chicken Salad - Half

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1/2 Salad	260	110	13	2	0	45	600	22	5	7	17	
Allergens *	CONTAINS EGG, MILK, WHEAT.											

ROMAINE LETTUCE, BLACK BEAN AND CORN SALSA (ADOBO LIME BLACK BEAN & CORN BLEND (BLACK BEANS, CORN, LIME JUICE, EXTRA VIRGIN OLIVE OIL, CHILE PEPPER, GRANULATED GARLIC, GRANULATED ONION, BLACK PEPPER, CUMIN, GUM BLEND (ORGANIC GUAR GUM, ORGANIC LOCUST BEAN GUM), PAPRIKA, SEA SALT), PICKLED RED ONIONS (RED ONIONS, SUGAR, WATER, WHITE WINE VINEGAR, DISTILLED VINEGAR, CALCIUM CHLORIDE, SEA SALT), PASTEURIZED LIME JUICE, CILANTRO), CITRUS PEPPER CHICKEN (CHICKEN BREAST MEAT WITH RIB MEAT, WATER, SEASONING [(LEMON, MANGOSTEEN, NATURAL SMOKE FLAVOR), SEA SALT, DEHYDRATED GARLIC, DEHYDRATED ONION, SUGAR, DRY LEMON PEEL, SPICES, DEHYDRATED ROSEMARY, DEHYDRATED BASIL AND CITRIC ACID, MALIC ACID, PAPRIKA FOR FLAVOR], DEXTROSE, GARLIC POWDER, BLACK PEPPER, RICE STARCH, POTATO STARCH, VINEGAR, SEA SALT), BBQ RANCH DRESSING (CULTURED LOWFAT BUTTERMILK, SOYBEAN OIL, WATER, BROWN SUGAR, TOMATO PASTE, DISTILLED VINEGAR, MOLASSES, EGG YOLKS, APPLE CIDER VINEGAR, SUGAR, SALT, GUAJILLO PEPPER, CORN STARCH, LACTIC ACID, DEHYDRATED ONION, MUSTARD FLOUR, NATURAL SMOKE FLAVOR, XANTHAN GUM, DEHYDRATED GARLIC, BLACK PEPPER, ROSEMARY EXTRACT, DEHYDRATED PARSLEY, PAPRIKA, MUSTARD BRAN, MUSTARD SEED, CITRIC ACID, ALLSPICE, TAMARIND CONCENTRATE, SPICES, NATURAL FLAVORS, CELERY SEED), CRISPY GARLIC PEPPER ONIONS (ONIONS, ENRICHED WHEAT FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], SAFFLOWER AND/OR SUNFLOWER OIL AND/OR CANOLA OIL, DEHYDRATED GARLIC, SALT, BLACK PEPPER, BROWN SUGAR, DEHYDRATED ONION, DEHYDRATED BELL PEPPER, DEHYDRATED PARSLEY), APPLE CIDER VINEGAR BBQ SAUCE (WATER, BROWN SUGAR, TOMATO PASTE, MOLASSES, APPLE CIDER VINEGAR, DISTILLED VINEGAR, GUAJILLO PEPPER, CORN STARCH, SALT, NATURAL SMOKE FLAVOR, DEHYDRATED ONION, PAPRIKA, SUGAR, DEHYDRATED GARLIC, MUSTARD BRAN, MUSTARD SEED, CITRIC ACID, ALLSPICE, SPICES [CELERY SEED, MUSTARD SEED, ALLSPICE], TAMARIND CONCENTRATE, CELERY SEED).

BBQ Chicken Salad - Whole

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Salad	520	230	25	4	0	90	1210	44	10	14	33	
Allergens *	CONTAINS EGG, MILK, WHEAT.											

ROMAINE LETTUCE, BLACK BEAN AND CORN SALSA (ADOBO LIME BLACK BEAN & CORN BLEND (BLACK BEANS, CORN, LIME JUICE, EXTRA VIRGIN OLIVE OIL, CHILE PEPPER, GRANULATED GARLIC, GRANULATED ONION, BLACK PEPPER, CUMIN, GUM BLEND (ORGANIC GUAR GUM, ORGANIC LOCUST BEAN GUM), PAPRIKA, SEA SALT), PICKLED RED ONIONS (RED ONIONS, SUGAR, WATER, WHITE WINE VINEGAR, DISTILLED VINEGAR, CALCIUM CHLORIDE, SEA SALT), PASTEURIZED LIME JUICE, CILANTRO), CITRUS PEPPER CHICKEN (CHICKEN BREAST MEAT WITH RIB MEAT, WATER, SEASONING [(LEMON, MANGOSTEEN, NATURAL SMOKE FLAVOR), SEA SALT, DEHYDRATED GARLIC, DEHYDRATED ONION, SUGAR, DRY LEMON PEEL, SPICES, DEHYDRATED ROSEMARY, DEHYDRATED BASIL AND CITRIC ACID, MALIC ACID, PAPRIKA FOR FLAVOR], DEXTROSE, GARLIC POWDER, BLACK PEPPER, RICE STARCH, POTATO STARCH, VINEGAR, SEA SALT), BBQ RANCH DRESSING (CULTURED LOWFAT BUTTERMILK, SOYBEAN OIL, WATER, BROWN SUGAR, TOMATO PASTE, DISTILLED VINEGAR, MOLASSES, EGG YOLKS, APPLE CIDER VINEGAR, SUGAR, SALT, GUAJILLO PEPPER, CORN STARCH, LACTIC ACID, DEHYDRATED ONION, MUSTARD FLOUR, NATURAL SMOKE FLAVOR, XANTHAN GUM, DEHYDRATED GARLIC, BLACK PEPPER, ROSEMARY EXTRACT, DEHYDRATED PARSLEY, PAPRIKA, MUSTARD BRAN, MUSTARD SEED, CITRIC ACID, ALLSPICE, TAMARIND CONCENTRATE, SPICES, NATURAL FLAVORS, CELERY SEED), CRISPY GARLIC PEPPER ONIONS (ONIONS, ENRICHED WHEAT FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], SAFFLOWER AND/OR SUNFLOWER OIL AND/OR CANOLA OIL, DEHYDRATED GARLIC, SALT, BLACK PEPPER, BROWN SUGAR, DEHYDRATED ONION, DEHYDRATED BELL PEPPER, DEHYDRATED PARSLEY), APPLE CIDER VINEGAR BBQ SAUCE (WATER, BROWN SUGAR, TOMATO PASTE, MOLASSES, APPLE CIDER VINEGAR, DISTILLED VINEGAR, GUAJILLO PEPPER, CORN STARCH, SALT, NATURAL SMOKE FLAVOR, DEHYDRATED ONION, PAPRIKA, SUGAR, DEHYDRATED GARLIC, MUSTARD BRAN, MUSTARD SEED, CITRIC ACID, ALLSPICE, SPICES [CELERY SEED, MUSTARD SEED, ALLSPICE], TAMARIND CONCENTRATE, CELERY SEED).

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Salads

BBQ Salad - Half

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1/2 Salad	190	100	11	1.5	0	5	430	21	5	7	5		ROMAINE LETTUCE, BLACK BEAN AND CORN SALSA (ADOBO LIME BLACK BEAN & CORN BLEND (BLACK BEANS, CORN, LIME JUICE, EXTRA VIRGIN OLIVE OIL, CHILE PEPPER, GRANULATED GARLIC, GRANULATED ONION, BLACK PEPPER, CUMIN, GUM BLEND (ORGANIC GUAR GUM, ORGANIC LOCUST BEAN GUM), PAPRIKA, SEA SALT), PICKLED RED ONIONS (RED ONIONS, SUGAR, WATER, WHITE WINE VINEGAR, DISTILLED VINEGAR, CALCIUM CHLORIDE, SEA SALT), PASTEURIZED LIME JUICE, CILANTRO), BBQ RANCH DRESSING (CULTURED LOWFAT BUTTERMILK, SOYBEAN OIL, WATER, BROWN SUGAR, TOMATO PASTE, DISTILLED VINEGAR, MOLASSES, EGG YOLKS, APPLE CIDER VINEGAR, SUGAR, SALT, GUAJILLO PEPPER, CORN STARCH, LACTIC ACID, DEHYDRATED ONION, MUSTARD FLOUR, NATURAL SMOKE FLAVOR, XANTHAN GUM, DEHYDRATED GARLIC, BLACK PEPPER, ROSEMARY EXTRACT, DEHYDRATED PARSLEY, PAPRIKA, MUSTARD BRAN, MUSTARD SEED, CITRIC ACID, ALLSPICE, TAMARIND CONCENTRATE, SPICES, NATURAL FLAVORS, CELERY SEED), CRISPY GARLIC PEPPER ONIONS (ONIONS, ENRICHED WHEAT FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], SAFFLOWER AND/OR SUNFLOWER OIL AND/OR CANOLA OIL, DEHYDRATED GARLIC, SALT, BLACK PEPPER, BROWN SUGAR, DEHYDRATED ONION, DEHYDRATED BELL PEPPER, DEHYDRATED PARSLEY), APPLE CIDER VINEGAR BBQ SAUCE (WATER, BROWN SUGAR, TOMATO PASTE, MOLASSES, APPLE CIDER VINEGAR, DISTILLED VINEGAR, GUAJILLO PEPPER, CORN STARCH, SALT, NATURAL SMOKE FLAVOR, DEHYDRATED ONION, PAPRIKA, SUGAR, DEHYDRATED GARLIC, MUSTARD BRAN, MUSTARD SEED, CITRIC ACID, ALLSPICE, SPICES [CELERY SEED, MUSTARD SEED, ALLSPICE], TAMARIND CONCENTRATE, CELERY SEED).
Allergens *	CONTAINS EGG, MILK, WHEAT.												

BBQ Salad - Whole

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Salad	390	200	22	3	0	10	860	41	10	14	9		ROMAINE LETTUCE, BLACK BEAN AND CORN SALSA (ADOBO LIME BLACK BEAN & CORN BLEND (BLACK BEANS, CORN, LIME JUICE, EXTRA VIRGIN OLIVE OIL, CHILE PEPPER, GRANULATED GARLIC, GRANULATED ONION, BLACK PEPPER, CUMIN, GUM BLEND (ORGANIC GUAR GUM, ORGANIC LOCUST BEAN GUM), PAPRIKA, SEA SALT), PICKLED RED ONIONS (RED ONIONS, SUGAR, WATER, WHITE WINE VINEGAR, DISTILLED VINEGAR, CALCIUM CHLORIDE, SEA SALT), PASTEURIZED LIME JUICE, CILANTRO), BBQ RANCH DRESSING (CULTURED LOWFAT BUTTERMILK, SOYBEAN OIL, WATER, BROWN SUGAR, TOMATO PASTE, DISTILLED VINEGAR, MOLASSES, EGG YOLKS, APPLE CIDER VINEGAR, SUGAR, SALT, GUAJILLO PEPPER, CORN STARCH, LACTIC ACID, DEHYDRATED ONION, MUSTARD FLOUR, NATURAL SMOKE FLAVOR, XANTHAN GUM, DEHYDRATED GARLIC, BLACK PEPPER, ROSEMARY EXTRACT, DEHYDRATED PARSLEY, PAPRIKA, MUSTARD BRAN, MUSTARD SEED, CITRIC ACID, ALLSPICE, TAMARIND CONCENTRATE, SPICES, NATURAL FLAVORS, CELERY SEED), CRISPY GARLIC PEPPER ONIONS (ONIONS, ENRICHED WHEAT FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], SAFFLOWER AND/OR SUNFLOWER OIL AND/OR CANOLA OIL, DEHYDRATED GARLIC, SALT, BLACK PEPPER, BROWN SUGAR, DEHYDRATED ONION, DEHYDRATED BELL PEPPER, DEHYDRATED PARSLEY), APPLE CIDER VINEGAR BBQ SAUCE (WATER, BROWN SUGAR, TOMATO PASTE, MOLASSES, APPLE CIDER VINEGAR, DISTILLED VINEGAR, GUAJILLO PEPPER, CORN STARCH, SALT, NATURAL SMOKE FLAVOR, DEHYDRATED ONION, PAPRIKA, SUGAR, DEHYDRATED GARLIC, MUSTARD BRAN, MUSTARD SEED, CITRIC ACID, ALLSPICE, SPICES [CELERY SEED, MUSTARD SEED, ALLSPICE], TAMARIND CONCENTRATE, CELERY SEED).
Allergens *	CONTAINS EGG, MILK, WHEAT.												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Salads

Caesar - Half

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1/2 Salad	170	110	13	3	0	25	310	9	2	1	5		ROMAINE LETTUCE, CAESAR DRESSING (SOYBEAN OIL, WATER, WORCESTERSHIRE SAUCE [DISTILLED VINEGAR, MOLASSES, SUGAR, WATER, SALT, ONION JUICE (ONION JUICE, SALT), ANCHOVY, GARLIC, SPICE, TAMARIND EXTRACT, NATURAL FLAVORS, CHILI PEPPER EXTRACT], EGG YOLKS, RED WINE VINEGAR, GARLIC, GARLIC JUICE, EGG YOLK SOLIDS, ONION JUICE, SALT, LEMON JUICE CONCENTRATE, DISTILLED VINEGAR, SUGAR, CORN SYRUP. ANCHOVY EXTRACT, BLACK PEPPER, XANTHAN GUM, MUSTARD SEED, ROSEMARY EXTRACT, GREEN TEA EXTRACT, CITRIC ACID, NISIN AND NATAMYCIN (TO PRESERVE FRESHNESS), CELERY SEED), GRATED PARMESAN (PASTEURIZED PART SKIM MILK, CHEESE CULTURES, SALT, MICROBIAL ENZYMES), BLACK PEPPER FOCACCIA CROUTONS (BLACK PEPPER FOCACCIA [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, OLIVE OIL BLEND (EXTRA VIRGIN OLIVE OIL, CANOLA OIL), SPROUTED GRAIN BLEND (SPROUTED WHEAT, SPROUTED SPELT, SPROUTED RYE, SPROUTED OATS), SALT, BREAD BASE (ENRICHED PREGELATINIZED WHEAT FLOUR [NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHEAT FIBER, WHEAT GLUTEN, MALTED WHEAT FLOUR, ACEROLA EXTRACT, MICROBIAL ENZYMES), YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID), SEA SALT, GROUND BLACK PEPPER], EXTRA VIRGIN OLIVE OIL).
Allergens *	CONTAINS EGG, FISH, MILK, WHEAT.												

Caesar - Whole

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Salad	330	230	25	6	0.5	45	620	19	4	3	10		ROMAINE LETTUCE, CAESAR DRESSING (SOYBEAN OIL, WATER, WORCESTERSHIRE SAUCE [DISTILLED VINEGAR, MOLASSES, SUGAR, WATER, SALT, ONION JUICE (ONION JUICE, SALT), ANCHOVY, GARLIC, SPICE, TAMARIND EXTRACT, NATURAL FLAVORS, CHILI PEPPER EXTRACT], EGG YOLKS, RED WINE VINEGAR, GARLIC, GARLIC JUICE, EGG YOLK SOLIDS, ONION JUICE, SALT, LEMON JUICE CONCENTRATE, DISTILLED VINEGAR, SUGAR, CORN SYRUP. ANCHOVY EXTRACT, BLACK PEPPER, XANTHAN GUM, MUSTARD SEED, ROSEMARY EXTRACT, GREEN TEA EXTRACT, CITRIC ACID, NISIN AND NATAMYCIN (TO PRESERVE FRESHNESS), CELERY SEED), GRATED PARMESAN (PASTEURIZED PART SKIM MILK, CHEESE CULTURES, SALT, MICROBIAL ENZYMES), BLACK PEPPER FOCACCIA CROUTONS (BLACK PEPPER FOCACCIA [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, OLIVE OIL BLEND (EXTRA VIRGIN OLIVE OIL, CANOLA OIL), SPROUTED GRAIN BLEND (SPROUTED WHEAT, SPROUTED SPELT, SPROUTED RYE, SPROUTED OATS), SALT, BREAD BASE (ENRICHED PREGELATINIZED WHEAT FLOUR [NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHEAT FIBER, WHEAT GLUTEN, MALTED WHEAT FLOUR, ACEROLA EXTRACT, MICROBIAL ENZYMES), YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID), SEA SALT, GROUND BLACK PEPPER], EXTRA VIRGIN OLIVE OIL).
Allergens *	CONTAINS EGG, FISH, MILK, WHEAT.												

*ALLERGEN NOTICE: MANY OF OUR PRODUCTS CONTAIN OR MAY COME INTO CONTACT WITH COMMON ALLERGENS, INCLUDING WHEAT, PEANUTS, SOY, TREE NUTS, MILK, EGGS, FISH, SHELLFISH, SESAME, SULFITES, AND MUSTARD



Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Salads

Caesar with Chicken - Whole

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Salad	460	250	28	7	0.5	125	970	21	4	3	34	
Allergens *	CONTAINS EGG, FISH, MILK, WHEAT.											

ROMAINE LETTUCE, CITRUS PEPPER CHICKEN (CHICKEN BREAST MEAT WITH RIB MEAT, WATER, SEASONING [(LEMON, MANGOSTEEN, NATURAL SMOKE FLAVOR), SEA SALT, DEHYDRATED GARLIC, DEHYDRATED ONION, SUGAR, DRY LEMON PEEL, SPICES, DEHYDRATED ROSEMARY, DEHYDRATED BASIL AND CITRIC ACID, MALIC ACID, PAPRIKA FOR FLAVOR], DEXTROSE, GARLIC POWDER, BLACK PEPPER, RICE STARCH, POTATO STARCH, VINEGAR, SEA SALT), CAESAR DRESSING (SOYBEAN OIL, WATER, WORCESTERSHIRE SAUCE [DISTILLED VINEGAR, MOLASSES, SUGAR, WATER, SALT, ONION JUICE (ONION JUICE, SALT), ANCHOVY, GARLIC, SPICE, TAMARIND EXTRACT, NATURAL FLAVORS, CHILI PEPPER EXTRACT], EGG YOLKS, RED WINE VINEGAR, GARLIC, GARLIC JUICE, EGG YOLK SOLIDS, ONION JUICE, SALT, LEMON JUICE CONCENTRATE, DISTILLED VINEGAR, SUGAR, CORN SYRUP, ANCHOVY EXTRACT, BLACK PEPPER, XANTHAN GUM, MUSTARD SEED, ROSEMARY EXTRACT, GREEN TEA EXTRACT, CITRIC ACID, NISIN AND NATAMYCIN (TO PRESERVE FRESHNESS), CELERY SEED), GRATED PARMESAN (PASTEURIZED PART SKIM MILK, CHEESE CULTURES, SALT, MICROBIAL ENZYMES), BLACK PEPPER FOCACCIA CROUTONS (BLACK PEPPER FOCACCIA [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, OLIVE OIL BLEND (EXTRA VIRGIN OLIVE OIL, CANOLA OIL), SPROUTED GRAIN BLEND (SPROUTED WHEAT, SPROUTED SPELT, SPROUTED RYE, SPROUTED OATS), SALT, BREAD BASE (ENRICHED PREGELATINIZED WHEAT FLOUR [NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHEAT FIBER, WHEAT GLUTEN, MALTED WHEAT FLOUR, ACEROLA EXTRACT, MICROBIAL ENZYMES), YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID), SEA SALT, GROUND BLACK PEPPER], EXTRA VIRGIN OLIVE OIL).

Caesar with Chicken - Half

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1/2 Salad	230	130	14	3.5	0	65	480	11	2	2	17	
Allergens *	CONTAINS EGG, FISH, MILK, WHEAT.											

ROMAINE LETTUCE, CITRUS PEPPER CHICKEN (CHICKEN BREAST MEAT WITH RIB MEAT, WATER, SEASONING [(LEMON, MANGOSTEEN, NATURAL SMOKE FLAVOR), SEA SALT, DEHYDRATED GARLIC, DEHYDRATED ONION, SUGAR, DRY LEMON PEEL, SPICES, DEHYDRATED ROSEMARY, DEHYDRATED BASIL AND CITRIC ACID, MALIC ACID, PAPRIKA FOR FLAVOR], DEXTROSE, GARLIC POWDER, BLACK PEPPER, RICE STARCH, POTATO STARCH, VINEGAR, SEA SALT), CAESAR DRESSING (SOYBEAN OIL, WATER, WORCESTERSHIRE SAUCE [DISTILLED VINEGAR, MOLASSES, SUGAR, WATER, SALT, ONION JUICE (ONION JUICE, SALT), ANCHOVY, GARLIC, SPICE, TAMARIND EXTRACT, NATURAL FLAVORS, CHILI PEPPER EXTRACT], EGG YOLKS, RED WINE VINEGAR, GARLIC, GARLIC JUICE, EGG YOLK SOLIDS, ONION JUICE, SALT, LEMON JUICE CONCENTRATE, DISTILLED VINEGAR, SUGAR, CORN SYRUP, ANCHOVY EXTRACT, BLACK PEPPER, XANTHAN GUM, MUSTARD SEED, ROSEMARY EXTRACT, GREEN TEA EXTRACT, CITRIC ACID, NISIN AND NATAMYCIN (TO PRESERVE FRESHNESS), CELERY SEED), BLACK PEPPER FOCACCIA CROUTONS (BLACK PEPPER FOCACCIA [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, OLIVE OIL BLEND (EXTRA VIRGIN OLIVE OIL, CANOLA OIL), SPROUTED GRAIN BLEND (SPROUTED WHEAT, SPROUTED SPELT, SPROUTED RYE, SPROUTED OATS), SALT, BREAD BASE (ENRICHED PREGELATINIZED WHEAT FLOUR [NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHEAT FIBER, WHEAT GLUTEN, MALTED WHEAT FLOUR, ACEROLA EXTRACT, MICROBIAL ENZYMES), YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID), SEA SALT, GROUND BLACK PEPPER], EXTRA VIRGIN OLIVE OIL), GRATED PARMESAN (PASTEURIZED PART SKIM MILK, CHEESE CULTURES, SALT, MICROBIAL ENZYMES).

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Salads

Fuji Apple with Chicken - Half

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1/2 Salad	290	160	18	4	0	50	370	19	3	11	16	
Allergens *	CONTAINS MILK, TREE NUTS.											

GREENS BLEND (ROMAINE LETTUCE, KALE, LETTUCE, ARUGULA), CITRUS PEPPER CHICKEN (CHICKEN BREAST MEAT WITH RIB MEAT, WATER, SEASONING [(LEMON, MANGOSTEEN, NATURAL SMOKE FLAVOR), SEA SALT, DEHYDRATED GARLIC, DEHYDRATED ONION, SUGAR, DRY LEMON PEEL, SPICES, DEHYDRATED ROSEMARY, DEHYDRATED BASIL AND CITRIC ACID, MALIC ACID, PAPRIKA FOR FLAVOR], DEXTROSE, GARLIC POWDER, BLACK PEPPER, RICE STARCH, POTATO STARCH, VINEGAR, SEA SALT), RED GRAPE TOMATOES, WHITE BALSAMIC WITH APPLE FLAVORED VINAIGRETTE (SOYBEAN OIL, WATER, SUGAR, APPLE JUICE CONCENTRATE, WHITE BALSAMIC VINEGAR, APPLE CIDER VINEGAR, EXTRA VIRGIN OLIVE OIL, SALT, ARABIC GUM, NATURAL APPLE FLAVOR, GUM ACACIA, LEMON JUICE CONCENTRATE, XANTHAN GUM, DEHYDRATED ONION, GARLIC, ROSEMARY EXTRACT, GREEN TEA EXTRACT, GINGER, CITRIC ACID), RED ONION, GORGONZOLA CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, MICROBIAL AND ANIMAL ENZYMES, PENICILLIUM ROQUEFORTI, POWDERED CELLULOSE TO PREVENT CAKING, NATAMYCIN [PRESERVATIVE]), APPLE CHIPS (APPLES, SAFFLOWER, SUNFLOWER OIL AND/OR CANOLA OIL, CORN SYRUP, CITRIC ACID, ASCORBIC ACID [VITAMIN C]), OIL ROASTED PECANS (PECANS, COTTONSEED OIL).

Fuji Apple with Chicken - Whole

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Salad	580	320	36	8	0	95	750	37	6	23	32	
Allergens *	CONTAINS MILK, TREE NUTS.											

GREENS BLEND (ROMAINE LETTUCE, KALE, LETTUCE, ARUGULA), CITRUS PEPPER CHICKEN (CHICKEN BREAST MEAT WITH RIB MEAT, WATER, SEASONING [(LEMON, MANGOSTEEN, NATURAL SMOKE FLAVOR), SEA SALT, DEHYDRATED GARLIC, DEHYDRATED ONION, SUGAR, DRY LEMON PEEL, SPICES, DEHYDRATED ROSEMARY, DEHYDRATED BASIL AND CITRIC ACID, MALIC ACID, PAPRIKA FOR FLAVOR], DEXTROSE, GARLIC POWDER, BLACK PEPPER, RICE STARCH, POTATO STARCH, VINEGAR, SEA SALT), RED GRAPE TOMATOES, WHITE BALSAMIC WITH APPLE FLAVORED VINAIGRETTE (SOYBEAN OIL, WATER, SUGAR, APPLE JUICE CONCENTRATE, WHITE BALSAMIC VINEGAR, APPLE CIDER VINEGAR, EXTRA VIRGIN OLIVE OIL, SALT, ARABIC GUM, NATURAL APPLE FLAVOR, GUM ACACIA, LEMON JUICE CONCENTRATE, XANTHAN GUM, DEHYDRATED ONION, GARLIC, ROSEMARY EXTRACT, GREEN TEA EXTRACT, GINGER, CITRIC ACID), RED ONION, GORGONZOLA CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, MICROBIAL AND ANIMAL ENZYMES, PENICILLIUM ROQUEFORTI, POWDERED CELLULOSE TO PREVENT CAKING, NATAMYCIN [PRESERVATIVE]), APPLE CHIPS (APPLES, SAFFLOWER, SUNFLOWER OIL AND/OR CANOLA OIL, CORN SYRUP, CITRIC ACID, ASCORBIC ACID [VITAMIN C]), OIL ROASTED PECANS (PECANS, COTTONSEED OIL).

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Salads

Greek - Half

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1/2 Salad	200	160	18	4	0	10	580	7	3	3	4	
Allergens *	CONTAINS MILK.											

ROMAINE LETTUCE, RED GRAPE TOMATOES, GREEK DRESSING (SOYBEAN OIL, WATER, DISTILLED VINEGAR, POMACE OLIVE OIL, APPLE CIDER VINEGAR, SALT, BLACK PEPPER, DEHYDRATED GARLIC, GUM ACACIA, DEHYDRATED OREGANO, XANTHAN GUM, GUAR GUM, ARABIC GUM, LEMON JUICE CONCENTRATE, DEHYDRATED TARRAGON, CITRIC ACID, DEHYDRATED PARSLEY, DEHYDRATED ROSEMARY, DEHYDRATED THYME, DEHYDRATED BAY LEAVES), FETA CHEESE (CULTURED PASTEURIZED PART-SKIM MILK, SALT, MICROBIAL ENZYMES, POWDERED CELLULOSE TO PREVENT CAKING, NATAMYCIN [A NATURAL MOLD INHIBITOR]), RED ONION, PEPPERONCINI (GREEK PEPPERONCINI, WATER, VINEGAR, SEA SALT, CITRIC ACID, RIBOFLAVIN FOR COLOR), KALAMATA OLIVES (OLIVES, WATER, RED WINE VINEGAR, SEA SALT, GRAPE MUST), SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL).

Greek - Whole

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Salad	400	320	35	8	1	25	1170	15	6	6	6	
Allergens *	CONTAINS MILK.											

ROMAINE LETTUCE, RED GRAPE TOMATOES, GREEK DRESSING (SOYBEAN OIL, WATER, DISTILLED VINEGAR, POMACE OLIVE OIL, APPLE CIDER VINEGAR, SALT, BLACK PEPPER, DEHYDRATED GARLIC, GUM ACACIA, DEHYDRATED OREGANO, XANTHAN GUM, GUAR GUM, ARABIC GUM, LEMON JUICE CONCENTRATE, DEHYDRATED TARRAGON, CITRIC ACID, DEHYDRATED PARSLEY, DEHYDRATED ROSEMARY, DEHYDRATED THYME, DEHYDRATED BAY LEAVES), FETA CHEESE (CULTURED PASTEURIZED PART-SKIM MILK, SALT, MICROBIAL ENZYMES, POWDERED CELLULOSE TO PREVENT CAKING, NATAMYCIN [A NATURAL MOLD INHIBITOR]), RED ONION, PEPPERONCINI (GREEK PEPPERONCINI, WATER, VINEGAR, SEA SALT, CITRIC ACID, RIBOFLAVIN FOR COLOR), KALAMATA OLIVES (OLIVES, WATER, RED WINE VINEGAR, SEA SALT, GRAPE MUST), SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL).

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Salads

Green Goddess Cobb with Chicken - Half

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1/2 Salad	270	140	15	3.5	0	135	470	13	4	6	21	
Allergens *	CONTAINS EGG, MILK.											

GREENS BLEND (ROMAINE LETTUCE, KALE, LETTUCE, ARUGULA), CITRUS PEPPER CHICKEN (CHICKEN BREAST MEAT WITH RIB MEAT, WATER, SEASONING [(LEMON, MANGOSTEEN, NATURAL SMOKE FLAVOR), SEA SALT, DEHYDRATED GARLIC, DEHYDRATED ONION, SUGAR, DRY LEMON PEEL, SPICES, DEHYDRATED ROSEMARY, DEHYDRATED BASIL AND CITRIC ACID, MALIC ACID, PAPRIKA FOR FLAVOR], DEXTROSE, GARLIC POWDER, BLACK PEPPER, RICE STARCH, POTATO STARCH, VINEGAR, SEA SALT), AVOCADO, HARD-BOILED EGG (EGG, CITRIC ACID), RED GRAPE TOMATOES, GREEN GODDESS DRESSING BLEND (GREEN GODDESS DRESSING BASE (CANOLA OIL, WATER, VINEGAR, BASIL, AGAVE SYRUP, SUGAR, CORN STARCH, ROMANO CHEESE (CULTURED MILK, SALT, MICROBIAL ENZYMES), SALT, WHEY PROTEIN CONCENTRATE, GARLIC, DIJON MUSTARD (VINEGAR, WATER, MUSTARD SEED, SALT, WHITE WINE, CITRIC ACID, TARTARIC ACID, SPICES), LEMON JUICE CONCENTRATE, XANTHAN GUM, ONION POWDER, SUNFLOWER OIL, BLACK PEPPER, NATURAL BASIL FLAVOR, DRIED EGG YOLKS, ASCORBIC ACID, CITRIC ACID), WHOLE MILK PLAIN GREEK YOGURT (CULTURED PASTEURIZED NON-FAT MILK, CREAM, CONTAINS LIVE ACTIVE CULTURES S. THERMOPHILUS, L. BULGARICUS, L. ACIDOPHILUS, BIFIDUS, L. CASEI, L. PARACASEI, L. RHAMNOSUS), BASIL), PICKLED RED ONIONS (RED ONIONS, SUGAR, WATER, WHITE WINE VINEGAR, DISTILLED VINEGAR, CALCIUM CHLORIDE, SEA SALT), APPLEWOOD SMOKED BACON PIECES (PORK, WATER, SUGAR, SEA SALT, CELERY POWDER).

Green Goddess Cobb with Chicken - Whole

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Salad	530	270	30	7	0	275	930	26	8	12	42	
Allergens *	CONTAINS EGG, MILK.											

GREENS BLEND (ROMAINE LETTUCE, KALE, LETTUCE, ARUGULA), CITRUS PEPPER CHICKEN (CHICKEN BREAST MEAT WITH RIB MEAT, WATER, SEASONING [(LEMON, MANGOSTEEN, NATURAL SMOKE FLAVOR), SEA SALT, DEHYDRATED GARLIC, DEHYDRATED ONION, SUGAR, DRY LEMON PEEL, SPICES, DEHYDRATED ROSEMARY, DEHYDRATED BASIL AND CITRIC ACID, MALIC ACID, PAPRIKA FOR FLAVOR], DEXTROSE, GARLIC POWDER, BLACK PEPPER, RICE STARCH, POTATO STARCH, VINEGAR, SEA SALT), AVOCADO, HARD-BOILED EGG (EGG, CITRIC ACID), RED GRAPE TOMATOES, GREEN GODDESS DRESSING BLEND (GREEN GODDESS DRESSING BASE (CANOLA OIL, WATER, VINEGAR, BASIL, AGAVE SYRUP, SUGAR, CORN STARCH, ROMANO CHEESE (CULTURED MILK, SALT, MICROBIAL ENZYMES), SALT, WHEY PROTEIN CONCENTRATE, GARLIC, DIJON MUSTARD (VINEGAR, WATER, MUSTARD SEED, SALT, WHITE WINE, CITRIC ACID, TARTARIC ACID, SPICES), LEMON JUICE CONCENTRATE, XANTHAN GUM, ONION POWDER, SUNFLOWER OIL, BLACK PEPPER, NATURAL BASIL FLAVOR, DRIED EGG YOLKS, ASCORBIC ACID, CITRIC ACID), WHOLE MILK PLAIN GREEK YOGURT (CULTURED PASTEURIZED NON-FAT MILK, CREAM, CONTAINS LIVE ACTIVE CULTURES S. THERMOPHILUS, L. BULGARICUS, L. ACIDOPHILUS, BIFIDUS, L. CASEI, L. PARACASEI, L. RHAMNOSUS), BASIL), PICKLED RED ONIONS (RED ONIONS, SUGAR, WATER, WHITE WINE VINEGAR, DISTILLED VINEGAR, CALCIUM CHLORIDE, SEA SALT), APPLEWOOD SMOKED BACON PIECES (PORK, WATER, SUGAR, SEA SALT, CELERY POWDER).

*ALLERGEN NOTICE: MANY OF OUR PRODUCTS CONTAIN OR MAY COME INTO CONTACT WITH COMMON ALLERGENS, INCLUDING WHEAT, PEANUTS, SOY, TREE NUTS, MILK, EGGS, FISH, SHELLFISH, SESAME, SULFITES, AND MUSTARD



Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Salads

Double Protein - Bacon Pieces

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Double Portion	80	60	6	2	0	10	300	1	0	1	5		APPLEWOOD SMOKED BACON PIECES (PORK, WATER, SUGAR, SEA SALT, CELERY POWDER).
Allergens *													

Double Protein - Citrus Pepper Chicken

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Double Portion	130	30	3	1	0	80	350	2	0	0	24		citrus pepper chicken (Chicken Breast Meat with rib meat, Water, Seasoning [(Lemon, Mangosteen, Natural Smoke Flavor), Sea Salt, Dehydrated Garlic, Dehydrated Onion, Sugar, Dry Lemon Peel, Spices, Dehydrated Rosemary, Dehydrated Basil and Citric Acid, Malic Acid, Paprika for flavor], Dextrose, Garlic Powder, Black Pepper, Rice Starch, Potato Starch, Vinegar, Sea Salt).
Allergens *													

*ALLERGEN NOTICE: MANY OF OUR PRODUCTS CONTAIN OR MAY COME INTO CONTACT WITH COMMON ALLERGENS, INCLUDING WHEAT, PEANUTS, SOY, TREE NUTS, MILK, EGGS, FISH, SHELLFISH, SESAME, SULFITES, AND MUSTARD



Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Salads

Southwest Chile Lime Ranch with Chicken - Half

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1/2 Salad	340	160	18	3.5	0	50	640	27	7	5	20	
Allergens *	CONTAINS EGG, MILK.											

CITRUS PEPPER CHICKEN (CHICKEN BREAST MEAT WITH RIB MEAT, WATER, SEASONING [(LEMON, MANGOSTEEN, NATURAL SMOKE FLAVOR), SEA SALT, DEHYDRATED GARLIC, DEHYDRATED ONION, SUGAR, DRY LEMON PEEL, SPICES, DEHYDRATED ROSEMARY, DEHYDRATED BASIL AND CITRIC ACID, MALIC ACID, PAPRIKA FOR FLAVOR], DEXTROSE, GARLIC POWDER, BLACK PEPPER, RICE STARCH, POTATO STARCH, VINEGAR, SEA SALT), ADOBO LIME BLACK BEAN & CORN BLEND (BLACK BEANS, CORN, LIME JUICE, EXTRA VIRGIN OLIVE OIL, CHILE PEPPER, GRANULATED GARLIC, GRANULATED ONION, BLACK PEPPER, CUMIN, GUM BLEND (ORGANIC GUAR GUM, ORGANIC LOCUST BEAN GUM), PAPRIKA, SEA SALT), ROMAINE LETTUCE, AVOCADO, TORTILLA STRIPS (CORN MASA FLOUR, SUNFLOWER, SAFFLOWER AND/OR CANOLA OIL, CORN, SEA SALT), ARUGULA, CHILE LIME ROJO BLEND (SOYBEAN OIL, PESTO (BASIL, CANOLA OIL, WATER, PARMESAN CHEESE [PASTEURIZED PART SKIM MILK, CHEESE CULTURE, SALT, MICROBIAL ENZYMES], DRIED GARLIC, SALT), WATER, CULTURED LOWFAT BUTTERMILK, GUAJILLO PEPPER, PIQUANTE PEPPER, AGED RED CAYENNE PEPPER, HONEY, CHIPOTLE PEPPER PUREE (WATER, CHIPOTLE PEPPER), DISTILLED VINEGAR, EGG YOLKS, SUGAR, LIME JUICE CONCENTRATE, SALT, GARLIC, XANTHAN GUM, MUSTARD FLOUR, CHILI PEPPER, NATURAL SMOKE FLAVOR, CITRIC ACID, ROSEMARY EXTRACT, DRIED ONION), FETA CHEESE (CULTURED PASTEURIZED PART-SKIM MILK, SALT, MICROBIAL ENZYMES, POWDERED CELLULOSE TO PREVENT CAKING, NATAMYCIN [A NATURAL MOLD INHIBITOR]), WHOLE MILK PLAIN GREEK YOGURT (CULTURED PASTEURIZED NON-FAT MILK, CREAM, CONTAINS LIVE ACTIVE CULTURES S. THERMOPHILUS, L. BULGARICUS, L. ACIDOPHILUS, BIFIDUS, L. CASEI, L. PARACASEI, L. RHAMNOSUS), PICKLED RED ONIONS (RED ONIONS, SUGAR, WATER, WHITE WINE VINEGAR, DISTILLED VINEGAR, CALCIUM CHLORIDE, SEA SALT), CILANTRO, PASTEURIZED LIME JUICE.

Southwest Chile Lime Ranch with Chicken - Whole

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Salad	680	320	36	7	0	100	1290	54	14	10	39	
Allergens *	CONTAINS EGG, MILK.											

CITRUS PEPPER CHICKEN (CHICKEN BREAST MEAT WITH RIB MEAT, WATER, SEASONING [(LEMON, MANGOSTEEN, NATURAL SMOKE FLAVOR), SEA SALT, DEHYDRATED GARLIC, DEHYDRATED ONION, SUGAR, DRY LEMON PEEL, SPICES, DEHYDRATED ROSEMARY, DEHYDRATED BASIL AND CITRIC ACID, MALIC ACID, PAPRIKA FOR FLAVOR], DEXTROSE, GARLIC POWDER, BLACK PEPPER, RICE STARCH, POTATO STARCH, VINEGAR, SEA SALT), ADOBO LIME BLACK BEAN & CORN BLEND (BLACK BEANS, CORN, LIME JUICE, EXTRA VIRGIN OLIVE OIL, CHILE PEPPER, GRANULATED GARLIC, GRANULATED ONION, BLACK PEPPER, CUMIN, GUM BLEND (ORGANIC GUAR GUM, ORGANIC LOCUST BEAN GUM), PAPRIKA, SEA SALT), ROMAINE LETTUCE, AVOCADO, TORTILLA STRIPS (CORN MASA FLOUR, SUNFLOWER, SAFFLOWER AND/OR CANOLA OIL, CORN, SEA SALT), ARUGULA, CHILE LIME ROJO BLEND (SOYBEAN OIL, PESTO (BASIL, CANOLA OIL, WATER, PARMESAN CHEESE [PASTEURIZED PART SKIM MILK, CHEESE CULTURE, SALT, MICROBIAL ENZYMES], DRIED GARLIC, SALT), WATER, CULTURED LOWFAT BUTTERMILK, GUAJILLO PEPPER, PIQUANTE PEPPER, AGED RED CAYENNE PEPPER, HONEY, CHIPOTLE PEPPER PUREE (WATER, CHIPOTLE PEPPER), DISTILLED VINEGAR, EGG YOLKS, SUGAR, LIME JUICE CONCENTRATE, SALT, GARLIC, XANTHAN GUM, MUSTARD FLOUR, CHILI PEPPER, NATURAL SMOKE FLAVOR, CITRIC ACID, ROSEMARY EXTRACT, DRIED ONION), FETA CHEESE (CULTURED PASTEURIZED PART-SKIM MILK, SALT, MICROBIAL ENZYMES, POWDERED CELLULOSE TO PREVENT CAKING, NATAMYCIN [A NATURAL MOLD INHIBITOR]), WHOLE MILK PLAIN GREEK YOGURT (CULTURED PASTEURIZED NON-FAT MILK, CREAM, CONTAINS LIVE ACTIVE CULTURES S. THERMOPHILUS, L. BULGARICUS, L. ACIDOPHILUS, BIFIDUS, L. CASEI, L. PARACASEI, L. RHAMNOSUS), PICKLED RED ONIONS (RED ONIONS, SUGAR, WATER, WHITE WINE VINEGAR, DISTILLED VINEGAR, CALCIUM CHLORIDE, SEA SALT), CILANTRO, PASTEURIZED LIME JUICE.

*ALLERGEN NOTICE: MANY OF OUR PRODUCTS CONTAIN OR MAY COME INTO CONTACT WITH COMMON ALLERGENS, INCLUDING WHEAT, PEANUTS, SOY, TREE NUTS, MILK, EGGS, FISH, SHELLFISH, SESAME, SULFITES, AND MUSTARD



Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Sandwiches

Bacon Turkey Bravo on Tomato Basil - Half

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1/2 Sandwich	340	110	12	4.5	0	50	990	35	2	3	23		TOMATO BASIL MICHE (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), TOMATOES (DICED TOMATOES, TOMATO JUICE, CITRIC ACID, CALCIUM CHLORIDE), WATER, SALT, ROASTED GARLIC (GARLIC, WATER), CRUMB TOPPING (BROWN SUGAR, ENRICHED WHEAT FLOUR [FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], PALM OIL, SUGAR, CINNAMON, HONEY, NATURAL VANILLA FLAVOR, SALT), YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID), BASIL), OVEN ROASTED TURKEY BREAST (TURKEY BREAST, WATER, SEA SALT, POTATO STARCH), TOMATOES, SMOKED GOUDA CHEESE (PASTEURIZED COW'S MILK, CHEESE CULTURES, SALT, MICROBIAL ENZYMES, ANNATTO [COLOR], NATURAL SMOKE FLAVOR), APPLEWOOD SMOKED BACON (PORK, WATER, SEA SALT, SUGAR, CELERY POWDER), SIGNATURE SAUCE (SOYBEAN OIL, WATER, TOMATO PASTE, DISTILLED VINEGAR, SUGAR, EGG YOLK, CORN STARCH, GREEN OLIVE PUREE [GREEN OLIVES, WATER, DISTILLED VINEGAR, SALT, LACTIC ACID], RED WINE VINEGAR, SALT, GREEN BELL PEPPER PUREE [GREEN BELL PEPPER, DISTILLED VINEGAR, SALT], SPICES [MUSTARD, ALLSPICE, DRIED PARSLEY, BLACK PEPPER, DRIED CELERY SEED, CINNAMON, DRIED GINGER, NUTMEG], GARLIC [GARLIC, WATER, CITRIC ACID], PAPRIKA, DRIED GARLIC, DRIED ONION), EMERALD GREENS (GREEN LEAF LETTUCE BLEND), SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL).
Allergens *	CONTAINS EGG, MILK, WHEAT.												

Bacon Turkey Bravo on Tomato Basil - Whole

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Sandwich	670	210	23	9	0	105	1980	70	3	6	45		TOMATO BASIL MICHE (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), TOMATOES (DICED TOMATOES, TOMATO JUICE, CITRIC ACID, CALCIUM CHLORIDE), WATER, SALT, ROASTED GARLIC (GARLIC, WATER), CRUMB TOPPING (BROWN SUGAR, ENRICHED WHEAT FLOUR [FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], PALM OIL, SUGAR, CINNAMON, HONEY, NATURAL VANILLA FLAVOR, SALT), YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID), BASIL), OVEN ROASTED TURKEY BREAST (TURKEY BREAST, WATER, SEA SALT, POTATO STARCH), TOMATOES, SMOKED GOUDA CHEESE (PASTEURIZED COW'S MILK, CHEESE CULTURES, SALT, MICROBIAL ENZYMES, ANNATTO [COLOR], NATURAL SMOKE FLAVOR), APPLEWOOD SMOKED BACON (PORK, WATER, SEA SALT, SUGAR, CELERY POWDER), SIGNATURE SAUCE (SOYBEAN OIL, WATER, TOMATO PASTE, DISTILLED VINEGAR, SUGAR, EGG YOLK, CORN STARCH, GREEN OLIVE PUREE [GREEN OLIVES, WATER, DISTILLED VINEGAR, SALT, LACTIC ACID], RED WINE VINEGAR, SALT, GREEN BELL PEPPER PUREE [GREEN BELL PEPPER, DISTILLED VINEGAR, SALT], SPICES [MUSTARD, ALLSPICE, DRIED PARSLEY, BLACK PEPPER, DRIED CELERY SEED, CINNAMON, DRIED GINGER, NUTMEG], GARLIC [GARLIC, WATER, CITRIC ACID], PAPRIKA, DRIED GARLIC, DRIED ONION), EMERALD GREENS (GREEN LEAF LETTUCE BLEND), SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL).
Allergens *	CONTAINS EGG, MILK, WHEAT.												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Sandwiches

Chicken Teriyaki on Ciabatta - Half

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1/2 Sandwich	430	170	18	3.5	0	60	890	46	2	7	21	
Allergens *	CONTAINS EGG, SOY, WHEAT.											

ARTISAN CIABATTA (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, WHITE WHOLE WHEAT FLOUR, OLIVE OIL BLEND (EXTRA VIRGIN OLIVE OIL, CANOLA OIL), SALT, DOUGH IMPROVER (WHEAT GLUTEN, MALTED WHEAT FLOUR, DEACTIVATED YEAST, MICROBIAL ENZYMES, ASCORBIC ACID), YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID)), TERIYAKI CHICKEN (CHICKEN THIGH MEAT (DARK MEAT CHICKEN, WATER, SOYBEAN OIL, SALT, FLAVORINGS, CORN STARCH, DEHYDRATED YEAST, SPICE, XANTHAN GUM, DEXTROSE), TERIYAKI SAUCE (SOY SAUCE (WATER, WHEAT, SOYBEAN, SALT, ALCOHOL, DISTILLED VINEGAR, LACTIC ACID), SUGAR, APPLE JUICE CONCENTRATE, WATER, RICE VINEGAR, GARLIC, FOOD STARCH-MODIFIED, SESAME OIL, GINGER, BLACK PEPPER, RED CHILI PEPPER, XANTHAN GUM, CITRIC ACID, ACETIC ACID)), CUCUMBER, MAYONNAISE (SOYBEAN OIL, DISTILLED VINEGAR, EGG, EGG YOLK, SALT, SUGAR, WATER, LEMON JUICE CONCENTRATE, DRIED GARLIC, GROUND RED PEPPER, MUSTARD OIL), PICKLED RED ONIONS (RED ONIONS, SUGAR, WATER, WHITE WINE VINEGAR, DISTILLED VINEGAR, CALCIUM CHLORIDE, SEA SALT), EMERALD GREENS (GREEN LEAF LETTUCE BLEND), CILANTRO.

Chicken Teriyaki on Ciabatta - Whole

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Sandwich	870	330	37	7	0	125	1780	93	4	14	42	
Allergens *	CONTAINS EGG, SOY, WHEAT.											

ARTISAN CIABATTA (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, WHITE WHOLE WHEAT FLOUR, OLIVE OIL BLEND (EXTRA VIRGIN OLIVE OIL, CANOLA OIL), SALT, DOUGH IMPROVER (WHEAT GLUTEN, MALTED WHEAT FLOUR, DEACTIVATED YEAST, MICROBIAL ENZYMES, ASCORBIC ACID), YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID)), TERIYAKI CHICKEN (CHICKEN THIGH MEAT (DARK MEAT CHICKEN, WATER, SOYBEAN OIL, SALT, FLAVORINGS, CORN STARCH, DEHYDRATED YEAST, SPICE, XANTHAN GUM, DEXTROSE), TERIYAKI SAUCE (SOY SAUCE (WATER, WHEAT, SOYBEAN, SALT, ALCOHOL, DISTILLED VINEGAR, LACTIC ACID), SUGAR, APPLE JUICE CONCENTRATE, WATER, RICE VINEGAR, GARLIC, FOOD STARCH-MODIFIED, SESAME OIL, GINGER, BLACK PEPPER, RED CHILI PEPPER, XANTHAN GUM, CITRIC ACID, ACETIC ACID)), CUCUMBER, MAYONNAISE (SOYBEAN OIL, DISTILLED VINEGAR, EGG, EGG YOLK, SALT, SUGAR, WATER, LEMON JUICE CONCENTRATE, DRIED GARLIC, GROUND RED PEPPER, MUSTARD OIL), PICKLED RED ONIONS (RED ONIONS, SUGAR, WATER, WHITE WINE VINEGAR, DISTILLED VINEGAR, CALCIUM CHLORIDE, SEA SALT), EMERALD GREENS (GREEN LEAF LETTUCE BLEND), CILANTRO.

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Sandwiches

Chipotle Bacon Melt on Classic White Miche - Half

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1/2 Sandwich	490	280	31	14	0.5	70	1060	34	1	6	21	
Allergens *	CONTAINS EGG, MILK, WHEAT.											

CLASSIC WHITE MICHE (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, BUTTER WITH NATURAL FLAVOR (PASTEURIZED CREAM [MILK], NATURAL FLAVOR), SUGAR, HIGH HEAT MILK SOLIDS (MILK PROTEIN CONCENTRATE, NON-FAT DRY MILK, LACTOSE), SALT, DOUGH IMPROVER (WHEAT GLUTEN, ACEROLA EXTRACT, MICROBIAL ENZYMES), VITAL WHEAT GLUTEN, YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID)), PASTEURIZED PROCESS YELLOW AMERICAN CHEESE (AMERICAN CHEESE [PASTEURIZED MILK, MICROBIAL CHEESE CULTURE, SALT, MICROBIAL ENZYMES], WATER, CREAM, SODIUM CITRATE, SALT, ORGANIC FRUIT AND VEGETABLE JUICE FOR COLOR, PAPRIKA EXTRACT FOR COLOR), SMOKED GOUDA CHEESE (PASTEURIZED COW'S MILK, CHEESE CULTURES, SALT, MICROBIAL ENZYMES, ANNATTO [COLOR], NATURAL SMOKE FLAVOR), CHIPOTLE SAUCE (SOYBEAN OIL, WATER, DISTILLED VINEGAR, EGG YOLK, CORN STARCH, SUGAR, CHIPOTLE PEPPER SAUCE [RED CHIPTOLE PEPPER, WATER, VINEGAR, SUGAR, SALT, ONION POWDER], SALT, CHIPOTLE IN ADOBO [WATER, CHIPOTLE PEPPERS, TOMATO PASTE, VINEGAR, SALT, OLEORESIN PAPRIKA, NATURAL SMOKE FLAVOR, OLEORESIN CAPSIUM], VINEGAR POWDER, MUSTARD FLOUR, NATURAL SOUR CREAM FLAVOR [WHEY, WHEY PROTEIN CONCENTRATE, NATURAL FLAVORS, YEAST EXTRACT, SALT], LACTIC ACID, BUTTERMILK POWDER, ROSEMARY EXTRACT AND GREEN TEA EXTRACT, SPICE, MILK, CAYENNE PEPPER, XANTHAN GUM, NATURAL FLAVOR, TOMATO PASTE, CITRIC ACID, CORN SYRUP, SPICE EXTRACTIVES), APPLEWOOD SMOKED BACON (PORK, WATER, SEA SALT, SUGAR, CELERY POWDER).

Chipotle Bacon Melt on Classic White Miche - Whole

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Sandwich	990	550	61	29	1	145	2110	69	2	11	43	
Allergens *	CONTAINS EGG, MILK, WHEAT.											

CLASSIC WHITE MICHE (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, BUTTER WITH NATURAL FLAVOR (PASTEURIZED CREAM [MILK], NATURAL FLAVOR), SUGAR, HIGH HEAT MILK SOLIDS (MILK PROTEIN CONCENTRATE, NON-FAT DRY MILK, LACTOSE), SALT, DOUGH IMPROVER (WHEAT GLUTEN, ACEROLA EXTRACT, MICROBIAL ENZYMES), VITAL WHEAT GLUTEN, YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID)), PASTEURIZED PROCESS YELLOW AMERICAN CHEESE (AMERICAN CHEESE [PASTEURIZED MILK, MICROBIAL CHEESE CULTURE, SALT, MICROBIAL ENZYMES], WATER, CREAM, SODIUM CITRATE, SALT, ORGANIC FRUIT AND VEGETABLE JUICE FOR COLOR, PAPRIKA EXTRACT FOR COLOR), SMOKED GOUDA CHEESE (PASTEURIZED COW'S MILK, CHEESE CULTURES, SALT, MICROBIAL ENZYMES, ANNATTO [COLOR], NATURAL SMOKE FLAVOR), CHIPOTLE SAUCE (SOYBEAN OIL, WATER, DISTILLED VINEGAR, EGG YOLK, CORN STARCH, SUGAR, CHIPOTLE PEPPER SAUCE [RED CHIPTOLE PEPPER, WATER, VINEGAR, SUGAR, SALT, ONION POWDER], SALT, CHIPOTLE IN ADOBO [WATER, CHIPOTLE PEPPERS, TOMATO PASTE, VINEGAR, SALT, OLEORESIN PAPRIKA, NATURAL SMOKE FLAVOR, OLEORESIN CAPSIUM], VINEGAR POWDER, MUSTARD FLOUR, NATURAL SOUR CREAM FLAVOR [WHEY, WHEY PROTEIN CONCENTRATE, NATURAL FLAVORS, YEAST EXTRACT, SALT], LACTIC ACID, BUTTERMILK POWDER, ROSEMARY EXTRACT AND GREEN TEA EXTRACT, SPICE, MILK, CAYENNE PEPPER, XANTHAN GUM, NATURAL FLAVOR, TOMATO PASTE, CITRIC ACID, CORN SYRUP, SPICE EXTRACTIVES), APPLEWOOD SMOKED BACON (PORK, WATER, SEA SALT, SUGAR, CELERY POWDER).

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Sandwiches

Chipotle Chicken Avocado Melt on Black Pepper Focaccia Round - Half

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1/2 Sandwich	440	200	22	7	0	65	970	39	4	2	23	
Allergens *	CONTAINS EGG, MILK, WHEAT.											

BLACK PEPPER FOCACCIA (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, OLIVE OIL BLEND (EXTRA VIRGIN OLIVE OIL, CANOLA OIL), SPROUTED GRAIN BLEND (SPROUTED WHEAT, SPROUTED SPELT, SPROUTED RYE, SPROUTED OATS), SALT, BREAD BASE (ENRICHED PREGELATINIZED WHEAT FLOUR [NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHEAT FIBER, WHEAT GLUTEN, MALTED WHEAT FLOUR, ACEROLA EXTRACT, MICROBIAL ENZYMES), YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID), SEA SALT, GROUND BLACK PEPPER), SMOKED PULLED CHICKEN BREAST (CHICKEN BREAST WITH RIB MEAT, WATER, SALT, TAPIOCA STARCH, VINEGAR, YEAST EXTRACT, SUGAR, CITRUS EXTRACT), AVOCADO, SMOKED GOUDA CHEESE (PASTEURIZED COW'S MILK, CHEESE CULTURES, SALT, MICROBIAL ENZYMES, ANNATTO [COLOR], NATURAL SMOKE FLAVOR), CHIPOTLE SAUCE (SOYBEAN OIL, WATER, DISTILLED VINEGAR, EGG YOLK, CORN STARCH, SUGAR, CHIPOTLE PEPPER SAUCE [RED CHIPTOLE PEPPER, WATER, VINEGAR, SUGAR, SALT, ONION POWDER], SALT, CHIPOTLE IN ADOBO [WATER, CHIPOTLE PEPPERS, TOMATO PASTE, VINEGAR, SALT, OLEORESIN PAPRIKA, NATURAL SMOKE FLAVOR, OLEORESIN CAPSIUM], VINEGAR POWDER, MUSTARD FLOUR, NATURAL SOUR CREAM FLAVOR [WHEY, WHEY PROTEIN CONCENTRATE, NATURAL FLAVORS, YEAST EXTRACT, SALT], LACTIC ACID, BUTTERMILK POWDER, ROSEMARY EXTRACT AND GREEN TEA EXTRACT, SPICE, MILK, CAYENNE PEPPER, XANTHAN GUM, NATURAL FLAVOR, TOMATO PASTE, CITRIC ACID, CORN SYRUP, SPICE EXTRACTIVES), PEPPADEW (SWEET PIQUANTE PEPPERS, WATER, WHITE SUGAR, VINEGAR, SALT, CITRIC ACID, ASCORBIC ACID, CALCIUM CHLORIDE), CILANTRO.

Chipotle Chicken Avocado Melt on Black Pepper Focaccia - Whole

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Sandwich	880	390	43	14	0	125	1930	79	8	4	46	
Allergens *	CONTAINS EGG, MILK, WHEAT.											

BLACK PEPPER FOCACCIA (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, OLIVE OIL BLEND (EXTRA VIRGIN OLIVE OIL, CANOLA OIL), SPROUTED GRAIN BLEND (SPROUTED WHEAT, SPROUTED SPELT, SPROUTED RYE, SPROUTED OATS), SALT, BREAD BASE (ENRICHED PREGELATINIZED WHEAT FLOUR [NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHEAT FIBER, WHEAT GLUTEN, MALTED WHEAT FLOUR, ACEROLA EXTRACT, MICROBIAL ENZYMES), YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID), SEA SALT, GROUND BLACK PEPPER), SMOKED PULLED CHICKEN BREAST (CHICKEN BREAST WITH RIB MEAT, WATER, SALT, TAPIOCA STARCH, VINEGAR, YEAST EXTRACT, SUGAR, CITRUS EXTRACT), AVOCADO, SMOKED GOUDA CHEESE (PASTEURIZED COW'S MILK, CHEESE CULTURES, SALT, MICROBIAL ENZYMES, ANNATTO [COLOR], NATURAL SMOKE FLAVOR), CHIPOTLE SAUCE (SOYBEAN OIL, WATER, DISTILLED VINEGAR, EGG YOLK, CORN STARCH, SUGAR, CHIPOTLE PEPPER SAUCE [RED CHIPTOLE PEPPER, WATER, VINEGAR, SUGAR, SALT, ONION POWDER], SALT, CHIPOTLE IN ADOBO [WATER, CHIPOTLE PEPPERS, TOMATO PASTE, VINEGAR, SALT, OLEORESIN PAPRIKA, NATURAL SMOKE FLAVOR, OLEORESIN CAPSIUM], VINEGAR POWDER, MUSTARD FLOUR, NATURAL SOUR CREAM FLAVOR [WHEY, WHEY PROTEIN CONCENTRATE, NATURAL FLAVORS, YEAST EXTRACT, SALT], LACTIC ACID, BUTTERMILK POWDER, ROSEMARY EXTRACT AND GREEN TEA EXTRACT, SPICE, MILK, CAYENNE PEPPER, XANTHAN GUM, NATURAL FLAVOR, TOMATO PASTE, CITRIC ACID, CORN SYRUP, SPICE EXTRACTIVES), PEPPADEW (SWEET PIQUANTE PEPPERS, WATER, WHITE SUGAR, VINEGAR, SALT, CITRIC ACID, ASCORBIC ACID, CALCIUM CHLORIDE), CILANTRO.

*ALLERGEN NOTICE: MANY OF OUR PRODUCTS CONTAIN OR MAY COME INTO CONTACT WITH COMMON ALLERGENS, INCLUDING WHEAT, PEANUTS, SOY, TREE NUTS, MILK, EGGS, FISH, SHELLFISH, SESAME, SULFITES, AND MUSTARD



Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Sandwiches

Classic Grilled Cheese on Classic White Miche - Half

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1/2 Sandwich	350	160	18	11	0.5	55	870	33	1	5	16		CLASSIC WHITE MICHE (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, BUTTER WITH NATURAL FLAVOR (PASTEURIZED CREAM [MILK], NATURAL FLAVOR), SUGAR, HIGH HEAT MILK SOLIDS (MILK PROTEIN CONCENTRATE, NON-FAT DRY MILK, LACTOSE), SALT, DOUGH IMPROVER (WHEAT GLUTEN, ACEROLA EXTRACT, MICROBIAL ENZYMES), VITAL WHEAT GLUTEN, YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID)), PASTEURIZED PROCESS YELLOW AMERICAN CHEESE (AMERICAN CHEESE [PASTEURIZED MILK, MICROBIAL CHEESE CULTURE, SALT, MICROBIAL ENZYMES], WATER, CREAM, SODIUM CITRATE, SALT, ORGANIC FRUIT AND VEGETABLE JUICE FOR COLOR, PAPRIKA EXTRACT FOR COLOR).
Allergens *	CONTAINS MILK, WHEAT.												

Classic Grilled Cheese on Classic White Miche - Whole

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Sandwich	700	320	35	22	1	110	1730	67	2	10	31		CLASSIC WHITE MICHE (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, BUTTER WITH NATURAL FLAVOR (PASTEURIZED CREAM [MILK], NATURAL FLAVOR), SUGAR, HIGH HEAT MILK SOLIDS (MILK PROTEIN CONCENTRATE, NON-FAT DRY MILK, LACTOSE), SALT, DOUGH IMPROVER (WHEAT GLUTEN, ACEROLA EXTRACT, MICROBIAL ENZYMES), VITAL WHEAT GLUTEN, YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID)), PASTEURIZED PROCESS YELLOW AMERICAN CHEESE (AMERICAN CHEESE [PASTEURIZED MILK, MICROBIAL CHEESE CULTURE, SALT, MICROBIAL ENZYMES], WATER, CREAM, SODIUM CITRATE, SALT, ORGANIC FRUIT AND VEGETABLE JUICE FOR COLOR, PAPRIKA EXTRACT FOR COLOR).
Allergens *	CONTAINS MILK, WHEAT.												

*ALLERGEN NOTICE: MANY OF OUR PRODUCTS CONTAIN OR MAY COME INTO CONTACT WITH COMMON ALLERGENS, INCLUDING WHEAT, PEANUTS, SOY, TREE NUTS, MILK, EGGS, FISH, SHELLFISH, SESAME, SULFITES, AND MUSTARD



Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Sandwiches

Frontega Chicken Panini on Black Pepper Focaccia - Half

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1/2 Panini	380	150	16	6	0	55	920	39	2	3	22	
Allergens *	CONTAINS EGG, MILK, WHEAT.											

BLACK PEPPER FOCACCIA (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, OLIVE OIL BLEND (EXTRA VIRGIN OLIVE OIL, CANOLA OIL), SPROUTED GRAIN BLEND (SPROUTED WHEAT, SPROUTED SPELT, SPROUTED RYE, SPROUTED OATS), SALT, BREAD BASE (ENRICHED PREGELATINIZED WHEAT FLOUR [NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHEAT FIBER, WHEAT GLUTEN, MALTED WHEAT FLOUR, ACEROLA EXTRACT, MICROBIAL ENZYMES), YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID), SEA SALT, GROUND BLACK PEPPER), SMOKED PULLED CHICKEN BREAST (CHICKEN BREAST WITH RIB MEAT, WATER, SALT, TAPIOCA STARCH, VINEGAR, YEAST EXTRACT, SUGAR, CITRUS EXTRACT), TOMATOES, MOZZARELLA (PASTEURIZED MILK, SKIM MILK, VINEGAR, SALT, MICROBIAL ENZYMES), CHIPOTLE SAUCE (SOYBEAN OIL, WATER, DISTILLED VINEGAR, EGG YOLK, CORN STARCH, SUGAR, CHIPOTLE PEPPER SAUCE [RED CHIPTOLE PEPPER, WATER, VINEGAR, SUGAR, SALT, ONION POWDER], SALT, CHIPOTLE IN ADOBO [WATER, CHIPOTLE PEPPERS, TOMATO PASTE, VINEGAR, SALT, OLEORESIN PAPRIKA, NATURAL SMOKE FLAVOR, OLEORESIN CAPSIUM], VINEGAR POWDER, MUSTARD FLOUR, NATURAL SOUR CREAM FLAVOR [WHEY, WHEY PROTEIN CONCENTRATE, NATURAL FLAVORS, YEAST EXTRACT, SALT], LACTIC ACID, BUTTERMILK POWDER, ROSEMARY EXTRACT AND GREEN TEA EXTRACT, SPICE, MILK, CAYENNE PEPPER, XANTHAN GUM, NATURAL FLAVOR, TOMATO PASTE, CITRIC ACID, CORN SYRUP, SPICE EXTRACTIVES), RED ONION, BASIL, SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL).

Frontega Chicken Panini on Black Pepper Focaccia - Whole

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Panini	760	290	32	11	0	110	1850	78	4	5	43	
Allergens *	CONTAINS EGG, MILK, WHEAT.											

BLACK PEPPER FOCACCIA (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, OLIVE OIL BLEND (EXTRA VIRGIN OLIVE OIL, CANOLA OIL), SPROUTED GRAIN BLEND (SPROUTED WHEAT, SPROUTED SPELT, SPROUTED RYE, SPROUTED OATS), SALT, BREAD BASE (ENRICHED PREGELATINIZED WHEAT FLOUR [NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHEAT FIBER, WHEAT GLUTEN, MALTED WHEAT FLOUR, ACEROLA EXTRACT, MICROBIAL ENZYMES), YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID), SEA SALT, GROUND BLACK PEPPER), SMOKED PULLED CHICKEN BREAST (CHICKEN BREAST WITH RIB MEAT, WATER, SALT, TAPIOCA STARCH, VINEGAR, YEAST EXTRACT, SUGAR, CITRUS EXTRACT), TOMATOES, MOZZARELLA (PASTEURIZED MILK, SKIM MILK, VINEGAR, SALT, MICROBIAL ENZYMES), CHIPOTLE SAUCE (SOYBEAN OIL, WATER, DISTILLED VINEGAR, EGG YOLK, CORN STARCH, SUGAR, CHIPOTLE PEPPER SAUCE [RED CHIPTOLE PEPPER, WATER, VINEGAR, SUGAR, SALT, ONION POWDER], SALT, CHIPOTLE IN ADOBO [WATER, CHIPOTLE PEPPERS, TOMATO PASTE, VINEGAR, SALT, OLEORESIN PAPRIKA, NATURAL SMOKE FLAVOR, OLEORESIN CAPSIUM], VINEGAR POWDER, MUSTARD FLOUR, NATURAL SOUR CREAM FLAVOR [WHEY, WHEY PROTEIN CONCENTRATE, NATURAL FLAVORS, YEAST EXTRACT, SALT], LACTIC ACID, BUTTERMILK POWDER, ROSEMARY EXTRACT AND GREEN TEA EXTRACT, SPICE, MILK, CAYENNE PEPPER, XANTHAN GUM, NATURAL FLAVOR, TOMATO PASTE, CITRIC ACID, CORN SYRUP, SPICE EXTRACTIVES), RED ONION, BASIL, SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL).

*ALLERGEN NOTICE: MANY OF OUR PRODUCTS CONTAIN OR MAY COME INTO CONTACT WITH COMMON ALLERGENS, INCLUDING WHEAT, PEANUTS, SOY, TREE NUTS, MILK, EGGS, FISH, SHELLFISH, SESAME, SULFITES, AND MUSTARD



Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Sandwiches

Mediterranean Veggie on Tomato Basil - Half

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1/2 Sandwich	270	60	6	1.5	0	5	630	44	4	4	10	
Allergens *	CONTAINS MILK, WHEAT.											

TOMATO BASIL MICHE (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), TOMATOES (DICED TOMATOES, TOMATO JUICE, CITRIC ACID, CALCIUM CHLORIDE), WATER, SALT, ROASTED GARLIC (GARLIC, WATER), CRUMB TOPPING (BROWN SUGAR, ENRICHED WHEAT FLOUR [FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], PALM OIL, SUGAR, CINNAMON, HONEY, NATURAL VANILLA FLAVOR, SALT), YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID), BASIL), TOMATOES, HUMMUS (COOKED CHICKPEAS (CHICKPEAS, WATER), WATER, GROUND SESAME SEEDS, CANOLA OIL, FERMENTED OREGANO AND FLAXSEED AND PLUM EXTRACTS, SEA SALT, DRIED GARLIC, CITRIC ACID, CUMIN), CUCUMBER, RED ONION, FETA CHEESE (CULTURED PASTEURIZED PART-SKIM MILK, SALT, MICROBIAL ENZYMES, POWDERED CELLULOSE TO PREVENT CAKING, NATAMYCIN [A NATURAL MOLD INHIBITOR]), PEPPADEW (SWEET PIQUANTE PEPPERS, WATER, WHITE SUGAR, VINEGAR, SALT, CITRIC ACID, ASCORBIC ACID, CALCIUM CHLORIDE), EMERALD GREENS (GREEN LEAF LETTUCE BLEND), SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL).

Mediterranean Veggie on Tomato Basil - Whole

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Sandwich	540	110	12	3	0	10	1270	88	8	9	21	
Allergens *	CONTAINS MILK, WHEAT.											

TOMATO BASIL MICHE (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), TOMATOES (DICED TOMATOES, TOMATO JUICE, CITRIC ACID, CALCIUM CHLORIDE), WATER, SALT, ROASTED GARLIC (GARLIC, WATER), CRUMB TOPPING (BROWN SUGAR, ENRICHED WHEAT FLOUR [FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], PALM OIL, SUGAR, CINNAMON, HONEY, NATURAL VANILLA FLAVOR, SALT), YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID), BASIL), TOMATOES, HUMMUS (COOKED CHICKPEAS (CHICKPEAS, WATER), WATER, GROUND SESAME SEEDS, CANOLA OIL, FERMENTED OREGANO AND FLAXSEED AND PLUM EXTRACTS, SEA SALT, DRIED GARLIC, CITRIC ACID, CUMIN), CUCUMBER, RED ONION, FETA CHEESE (CULTURED PASTEURIZED PART-SKIM MILK, SALT, MICROBIAL ENZYMES, POWDERED CELLULOSE TO PREVENT CAKING, NATAMYCIN [A NATURAL MOLD INHIBITOR]), PEPPADEW (SWEET PIQUANTE PEPPERS, WATER, WHITE SUGAR, VINEGAR, SALT, CITRIC ACID, ASCORBIC ACID, CALCIUM CHLORIDE), EMERALD GREENS (GREEN LEAF LETTUCE BLEND), SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL).

*ALLERGEN NOTICE: MANY OF OUR PRODUCTS CONTAIN OR MAY COME INTO CONTACT WITH COMMON ALLERGENS, INCLUDING WHEAT, PEANUTS, SOY, TREE NUTS, MILK, EGGS, FISH, SHELLFISH, SESAME, SULFITES, AND MUSTARD



Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Sandwiches

Modern Caprese on Black Pepper Focaccia - Half

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1/2 Sandwich	440	190	21	11	0	45	960	43	3	6	21		BLACK PEPPER FOCACCIA (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, OLIVE OIL BLEND (EXTRA VIRGIN OLIVE OIL, CANOLA OIL), SPROUTED GRAIN BLEND (SPROUTED WHEAT, SPROUTED SPELT, SPROUTED RYE, SPROUTED OATS), SALT, BREAD BASE (ENRICHED PREGELATINIZED WHEAT FLOUR [NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHEAT FIBER, WHEAT GLUTEN, MALTED WHEAT FLOUR, ACEROLA EXTRACT, MICROBIAL ENZYMES), YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID), SEA SALT, GROUND BLACK PEPPER), MOZZARELLA (PASTEURIZED MILK, SKIM MILK, VINEGAR, SALT, MICROBIAL ENZYMES), SMOKED TOMATO CONFIT (TOMATOES, PAPRIKA, PEPPER, SALT), GRATED PARMESAN (PASTEURIZED PART SKIM MILK, CHEESE CULTURES, SALT, MICROBIAL ENZYMES), WHITE BEAN BASIL PESTO SPREAD (WHITE KIDNEY BEANS (WHITE KIDNEY BEANS, WATER, SALT, CALCIUM CHLORIDE), CORN OIL, WATER, BASIL, PARMESAN CHEESE (CULTURED PART SKIM MILK, BACTERIAL CULTURES, SALT, MICROBIAL ENZYMES), GARLIC, SALT, LEMON JUICE CONCENTRATE, ASCORBIC ACID, CITRIC ACID), ARUGULA, BALSAMIC GLAZE (SUGAR, BALSAMIC VINEGAR, RAISIN JUICE CONCENTRATE, WATER, DISTILLED VINEGAR, CORN STARCH, MOLASSES, LEMON JUICE CONCENTRATE, SALT), BASIL.
Allergens *	CONTAINS MILK, WHEAT.												

Modern Caprese on Black Pepper Focaccia - Whole

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Sandwich	890	380	43	23	0.5	90	1910	85	6	12	42		BLACK PEPPER FOCACCIA (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, OLIVE OIL BLEND (EXTRA VIRGIN OLIVE OIL, CANOLA OIL), SPROUTED GRAIN BLEND (SPROUTED WHEAT, SPROUTED SPELT, SPROUTED RYE, SPROUTED OATS), SALT, BREAD BASE (ENRICHED PREGELATINIZED WHEAT FLOUR [NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHEAT FIBER, WHEAT GLUTEN, MALTED WHEAT FLOUR, ACEROLA EXTRACT, MICROBIAL ENZYMES), YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID), SEA SALT, GROUND BLACK PEPPER), MOZZARELLA (PASTEURIZED MILK, SKIM MILK, VINEGAR, SALT, MICROBIAL ENZYMES), SMOKED TOMATO CONFIT (TOMATOES, PAPRIKA, PEPPER, SALT), GRATED PARMESAN (PASTEURIZED PART SKIM MILK, CHEESE CULTURES, SALT, MICROBIAL ENZYMES), WHITE BEAN BASIL PESTO SPREAD (WHITE KIDNEY BEANS (WHITE KIDNEY BEANS, WATER, SALT, CALCIUM CHLORIDE), CORN OIL, WATER, BASIL, PARMESAN CHEESE (CULTURED PART SKIM MILK, BACTERIAL CULTURES, SALT, MICROBIAL ENZYMES), GARLIC, SALT, LEMON JUICE CONCENTRATE, ASCORBIC ACID, CITRIC ACID), ARUGULA, BALSAMIC GLAZE (SUGAR, BALSAMIC VINEGAR, RAISIN JUICE CONCENTRATE, WATER, DISTILLED VINEGAR, CORN STARCH, MOLASSES, LEMON JUICE CONCENTRATE, SALT), BASIL.
Allergens *	CONTAINS MILK, WHEAT.												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Sandwiches

Napa Almond Chicken Salad on Country Rustic Sourdough - Half

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1/2 Sandwich	320	140	16	2.5	0	35	400	31	2	6	14		<p>NAPA CHICKEN SALAD (CITRUS PEPPER CHICKEN (CHICKEN BREAST MEAT WITH RIB MEAT, WATER, SEASONING [(LEMON, MANGOSTEEN, NATURAL SMOKE FLAVOR), SEA SALT, DEHYDRATED GARLIC, DEHYDRATED ONION, SUGAR, DRY LEMON PEEL, SPICES, DEHYDRATED ROSEMARY, DEHYDRATED BASIL AND CITRIC ACID, MALIC ACID, PAPRIKA FOR FLAVOR], DEXTROSE, GARLIC POWDER, BLACK PEPPER, RICE STARCH, POTATO STARCH, VINEGAR, SEA SALT), CHICKEN SALAD DRESSING (SOYBEAN OIL, HONEY, CIDER VINEGAR, WATER, EGG YOLKS, DISTILLED VINEGAR, SALT, SUGAR, XANTHAN GUM, ROSEMARY EXTRACT, NATURAL FLAVOR [MUSTARD OIL]), FRESH RED SEEDLESS GRAPES, CELERY), COUNTRY RUSTIC SOURDOUGH XL LOAF (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, COARSE WHOLE WHEAT FLOUR, SALT, YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID), DOUGH IMPROVER (ASCORBIC ACID, MICROCRYSTALLINE CELLULOSE, CORN STARCH)), TOMATOES, EMERALD GREENS (GREEN LEAF LETTUCE BLEND), TOASTED ALMONDS, SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL).</p>
Allergens *	CONTAINS EGG, TREE NUTS, WHEAT.												

Napa Almond Chicken Salad on Country Rustic Sourdough - Whole

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Sandwich	630	290	32	5	0	70	810	62	5	12	28		<p>NAPA CHICKEN SALAD (CITRUS PEPPER CHICKEN (CHICKEN BREAST MEAT WITH RIB MEAT, WATER, SEASONING [(LEMON, MANGOSTEEN, NATURAL SMOKE FLAVOR), SEA SALT, DEHYDRATED GARLIC, DEHYDRATED ONION, SUGAR, DRY LEMON PEEL, SPICES, DEHYDRATED ROSEMARY, DEHYDRATED BASIL AND CITRIC ACID, MALIC ACID, PAPRIKA FOR FLAVOR], DEXTROSE, GARLIC POWDER, BLACK PEPPER, RICE STARCH, POTATO STARCH, VINEGAR, SEA SALT), CHICKEN SALAD DRESSING (SOYBEAN OIL, HONEY, CIDER VINEGAR, WATER, EGG YOLKS, DISTILLED VINEGAR, SALT, SUGAR, XANTHAN GUM, ROSEMARY EXTRACT, NATURAL FLAVOR [MUSTARD OIL]), FRESH RED SEEDLESS GRAPES, CELERY), COUNTRY RUSTIC SOURDOUGH XL LOAF (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, COARSE WHOLE WHEAT FLOUR, SALT, YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID), DOUGH IMPROVER (ASCORBIC ACID, MICROCRYSTALLINE CELLULOSE, CORN STARCH)), TOMATOES, EMERALD GREENS (GREEN LEAF LETTUCE BLEND), TOASTED ALMONDS, SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL).</p>
Allergens *	CONTAINS EGG, TREE NUTS, WHEAT.												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Sandwiches

Roasted Turkey & Avocado BLT on Country Rustic Sourdough - Half

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1/2 Sandwich	350	160	18	4	0	35	710	27	3	2	21		ROASTED TURKEY BREAST (TURKEY BREAST, WATER, CANOLA OIL, CORN STARCH, SALT, BLACK PEPPER), COUNTRY RUSTIC SOURDOUGH XL LOAF (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, COARSE WHOLE WHEAT FLOUR, SALT, YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID), DOUGH IMPROVER (ASCORBIC ACID, MICROCRYSTALLINE CELLULOSE, CORN STARCH)), TOMATOES, AVOCADO, APPLEWOOD SMOKED BACON (PORK, WATER, SEA SALT, SUGAR, CELERY POWDER), EMERALD GREENS (GREEN LEAF LETTUCE BLEND), MAYONNAISE (SOYBEAN OIL, DISTILLED VINEGAR, EGG, EGG YOLK, SALT, SUGAR, WATER, LEMON JUICE CONCENTRATE, DRIED GARLIC, GROUND RED PEPPER, MUSTARD OIL), SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL).
Allergens *	CONTAINS EGG, WHEAT.												

Roasted Turkey & Avocado BLT on Country Rustic Sourdough - Whole

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Sandwich	700	330	36	8	0	65	1410	53	7	4	43		ROASTED TURKEY BREAST (TURKEY BREAST, WATER, CANOLA OIL, CORN STARCH, SALT, BLACK PEPPER), COUNTRY RUSTIC SOURDOUGH XL LOAF (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, COARSE WHOLE WHEAT FLOUR, SALT, YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID), DOUGH IMPROVER (ASCORBIC ACID, MICROCRYSTALLINE CELLULOSE, CORN STARCH)), TOMATOES, AVOCADO, APPLEWOOD SMOKED BACON (PORK, WATER, SEA SALT, SUGAR, CELERY POWDER), EMERALD GREENS (GREEN LEAF LETTUCE BLEND), MAYONNAISE (SOYBEAN OIL, DISTILLED VINEGAR, EGG, EGG YOLK, SALT, SUGAR, WATER, LEMON JUICE CONCENTRATE, DRIED GARLIC, GROUND RED PEPPER, MUSTARD OIL), SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL).
Allergens *	CONTAINS EGG, WHEAT.												

*ALLERGEN NOTICE: MANY OF OUR PRODUCTS CONTAIN OR MAY COME INTO CONTACT WITH COMMON ALLERGENS, INCLUDING WHEAT, PEANUTS, SOY, TREE NUTS, MILK, EGGS, FISH, SHELLFISH, SESAME, SULFITES, AND MUSTARD



Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Sandwiches

Double Protein - 4 Half Bacon Slices

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Double portion	100	70	7	2.5	0	10	360	1	0	1	6		APPLEWOOD SMOKED BACON (PORK, WATER, SEA SALT, SUGAR, CELERY POWDER).
Allergens *													

Double Protein - 6 Half Bacon Slices

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Double Portion	140	100	11	4	0	15	540	1	0	1	10		APPLEWOOD SMOKED BACON (PORK, WATER, SEA SALT, SUGAR, CELERY POWDER).
Allergens *													

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Sandwiches

Double Protein - Ham

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Double Portion	140	50	6	1.5	0	60	690	2	0	1	21		UNCURED HAM (PORK, WATER, SALT, TURBINADO SUGAR, CELERY POWDER).
Allergens *													

Double Protein - Roasted Turkey

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Double Portion	120	35	3.5	1	0	55	560	2	0	0	19		OVEN ROASTED TURKEY BREAST (TURKEY BREAST, WATER, SEA SALT, POTATO STARCH).
Allergens *													

*ALLERGEN NOTICE: MANY OF OUR PRODUCTS CONTAIN OR MAY COME INTO CONTACT WITH COMMON ALLERGENS, INCLUDING WHEAT, PEANUTS, SOY, TREE NUTS, MILK, EGGS, FISH, SHELLFISH, SESAME, SULFITES, AND MUSTARD



Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Sandwiches

Double Protein - Sliced Turkey

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Double Portion	140	40	4	1	0	65	640	2	0	0	22		OVEN ROASTED TURKEY BREAST (TURKEY BREAST, WATER, SEA SALT, POTATO STARCH).
Allergens *													

Double Protein - Smoked Chicken

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Double Portion	100	15	2	0.5	0	65	520	0	0	0	21		SMOKED PULLED CHICKEN BREAST (CHICKEN BREAST WITH RIB MEAT, WATER, SALT, TAPIOCA STARCH, VINEGAR, YEAST EXTRACT, SUGAR, CITRUS EXTRACT).
Allergens *													

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Sandwiches

Double Protein - Steak

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Double Portion	140	50	5	2.5	0	60	270	1	0	0	22		BEEF SIRLOIN (BEEF SIRLOIN, WATER, VEGETABLE SEASONING [VEGETABLES CARROT, CELERY, ONION], YEAST EXTRACT, SALT, CANE SUGAR, DRIED POTATO, NATURAL FLAVOR, ONION POWDER, SPICE EXTRACTIVES {OLEORESIN BLACK PEPPER, OLEORESIN CELERY}), CORN STARCH, STEAK SEASONING BLEND [SPICE, DEHYDRATED GARLIC, SEA SALT, CANOLA OIL], SEA SALT, SMOKE FLAVOR, BLACK PEPPER).
Allergens *													

Double Protein - Teriyaki Chicken

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Double Portion	230	90	10	2.5	0	110	820	8	0	7	27		CHICKEN THIGH MEAT (DARK MEAT CHICKEN, WATER, SOYBEAN OIL, SALT, FLAVORINGS, CORN STARCH, DEHYDRATED YEAST, SPICE, XANTHAN GUM, DEXTROSE), TERIYAKI SAUCE (SOY SAUCE (WATER, WHEAT, SOYBEAN, SALT, ALCOHOL, DISTILLED VINEGAR, LACTIC ACID), SUGAR, APPLE JUICE CONCENTRATE, WATER, RICE VINEGAR, GARLIC, FOOD STARCH-MODIFIED, SESAME OIL, GINGER, BLACK PEPPER, RED CHILI PEPPER, XANTHAN GUM, CITRIC ACID, ACETIC ACID).
Allergens *	CONTAINS SOY, WHEAT.												

*ALLERGEN NOTICE: MANY OF OUR PRODUCTS CONTAIN OR MAY COME INTO CONTACT WITH COMMON ALLERGENS, INCLUDING WHEAT, PEANUTS, SOY, TREE NUTS, MILK, EGGS, FISH, SHELLFISH, SESAME, SULFITES, AND MUSTARD



Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Sandwiches

Double Protein - Tuna Salad

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Double Portion	340	260	28	4.5	0.5	45	640	4	0	1	17	
Allergens *	CONTAINS EGG, FISH.											

TUNA SALAD (TUNA [TUNA, WATER, SALT], MAYONNAISE [SOYBEAN OIL, VINEGAR, EGGS, EGG YOLKS, SALT, SUGAR, WATER, LEMON JUICE CONCENTRATE, GROUND RED PEPPER, DRIED GARLIC, MUSTARD OIL], RELISH [CUCUMBERS, WATER, VINEGAR, SUGAR, SALT, SPICES, XANTHAM GUM, COLOR BLEND (VEGETABLE GLYCERIN, CARROT EXTRACT, WATER, MIXED TOCOPHEROLS, QUILLAJA EXTRACT, SUNFLOWER OIL, CANOLA OIL, NATURAL FLAVOR)], MUSTARD [DISTILLED VINEGAR, MUSTARD SEED, WATER, SALT, SPICES, TURMERIC, NATURAL FLAVOR], DISTILLED VINEGAR, GLUCONO DELTA LACTONE, MODIFIED CORN STARCH, CULTURED DEXTROSE, SALT).

Smokehouse BBQ Chicken on Classic White Miche - Half

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1/2 Sandwich	380	130	15	8	0	70	850	40	1	9	23	
Allergens *	CONTAINS MILK, WHEAT.											

CLASSIC WHITE MICHE (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, BUTTER WITH NATURAL FLAVOR (PASTEURIZED CREAM [MILK], NATURAL FLAVOR), SUGAR, HIGH HEAT MILK SOLIDS (MILK PROTEIN CONCENTRATE, NON-FAT DRY MILK, LACTOSE), SALT, DOUGH IMPROVER (WHEAT GLUTEN, ACEROLA EXTRACT, MICROBIAL ENZYMES), VITAL WHEAT GLUTEN, YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID)), SMOKED PULLED CHICKEN BREAST (CHICKEN BREAST WITH RIB MEAT, WATER, SALT, TAPIOCA STARCH, VINEGAR, YEAST EXTRACT, SUGAR, CITRUS EXTRACT), WHITE CHEDDAR (PASTEURIZED MILK, CHEESE CULTURES, SALT, MICROBIAL ENZYMES), APPLE CIDER VINEGAR BBQ SAUCE (WATER, BROWN SUGAR, TOMATO PASTE, MOLASSES, APPLE CIDER VINEGAR, DISTILLED VINEGAR, GUAJILLO PEPPER, CORN STARCH, SALT, NATURAL SMOKE FLAVOR, DEHYDRATED ONION, PAPRIKA, SUGAR, DEHYDRATED GARLIC, MUSTARD BRAN, MUSTARD SEED, CITRIC ACID, ALLSPICE, SPICES [CELERY SEED, MUSTARD SEED, ALLSPICE], TAMARIND CONCENTRATE, CELERY SEED), RED ONION, CRISPY GARLIC PEPPER ONIONS (ONIONS, ENRICHED WHEAT FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], SAFFLOWER AND/OR SUNFLOWER OIL AND/OR CANOLA OIL, DEHYDRATED GARLIC, SALT, BLACK PEPPER, BROWN SUGAR, DEHYDRATED ONION, DEHYDRATED BELL PEPPER, DEHYDRATED PARSLEY).

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Sandwiches

Smokehouse BBQ Chicken on Classic White Miche - Whole

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Sandwich	770	270	29	15	0.5	140	1690	80	3	18	46	
Allergens *	CONTAINS MILK, WHEAT.											

CLASSIC WHITE MICHE (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, BUTTER WITH NATURAL FLAVOR (PASTEURIZED CREAM [MILK], NATURAL FLAVOR), SUGAR, HIGH HEAT MILK SOLIDS (MILK PROTEIN CONCENTRATE, NON-FAT DRY MILK, LACTOSE), SALT, DOUGH IMPROVER (WHEAT GLUTEN, ACEROLA EXTRACT, MICROBIAL ENZYMES), VITAL WHEAT GLUTEN, YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID)), SMOKED PULLED CHICKEN BREAST (CHICKEN BREAST WITH RIB MEAT, WATER, SALT, TAPIOCA STARCH, VINEGAR, YEAST EXTRACT, SUGAR, CITRUS EXTRACT), WHITE CHEDDAR (PASTEURIZED MILK, CHEESE CULTURES, SALT, MICROBIAL ENZYMES), APPLE CIDER VINEGAR BBQ SAUCE (WATER, BROWN SUGAR, TOMATO PASTE, MOLASSES, APPLE CIDER VINEGAR, DISTILLED VINEGAR, GUAJILLO PEPPER, CORN STARCH, SALT, NATURAL SMOKE FLAVOR, DEHYDRATED ONION, PAPRIKA, SUGAR, DEHYDRATED GARLIC, MUSTARD BRAN, MUSTARD SEED, CITRIC ACID, ALLSPICE, SPICES [CELERY SEED, MUSTARD SEED, ALLSPICE], TAMARIND CONCENTRATE, CELERY SEED), RED ONION, CRISPY GARLIC PEPPER ONIONS (ONIONS, ENRICHED WHEAT FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], SAFFLOWER AND/OR SUNFLOWER OIL AND/OR CANOLA OIL, DEHYDRATED GARLIC, SALT, BLACK PEPPER, BROWN SUGAR, DEHYDRATED ONION, DEHYDRATED BELL PEPPER, DEHYDRATED PARSLEY).

Steak & White Cheddar Panini on Artisan Ciabatta - Half

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1/2 Panini	430	170	18	7	0	60	740	43	2	4	24	
Allergens *	CONTAINS EGG, MILK, WHEAT.											

ARTISAN CIABATTA (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, WHITE WHOLE WHEAT FLOUR, OLIVE OIL BLEND (EXTRA VIRGIN OLIVE OIL, CANOLA OIL), SALT, DOUGH IMPROVER (WHEAT GLUTEN, MALTED WHEAT FLOUR, DEACTIVATED YEAST, MICROBIAL ENZYMES, ASCORBIC ACID), YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID)), BEEF SIRLOIN (BEEF SIRLOIN, WATER, VEGETABLE SEASONING [VEGETABLES CARROT, CELERY, ONION], YEAST EXTRACT, SALT, CANE SUGAR, DRIED POTATO, NATURAL FLAVOR, ONION POWDER, SPICE EXTRACTIVES {OLEORESIN BLACK PEPPER, OLEORESIN CELERY}), CORN STARCH, STEAK SEASONING BLEND [SPICE, DEHYDRATED GARLIC, SEA SALT, CANOLA OIL], SEA SALT, SMOKE FLAVOR, BLACK PEPPER), WHITE CHEDDAR (PASTEURIZED MILK, CHEESE CULTURES, SALT, MICROBIAL ENZYMES), HORSERADISH SAUCE (SOYBEAN OIL, WATER, PREPARED HORSERADISH [HORSERADISH, DISTILLED VINEGAR, SALT], EGG YOLKS, DISTILLED VINEGAR, CORN STARCH, SALT, SUGAR, XANTHAN GUM, ROSEMARY EXTRACT, NATURAL FLAVOR [MUSTARD OIL]), PICKLED RED ONIONS (RED ONIONS, SUGAR, WATER, WHITE WINE VINEGAR, DISTILLED VINEGAR, CALCIUM CHLORIDE, SEA SALT).

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Sandwiches

Steak & White Cheddar Panini on Artisan Ciabatta - Whole

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Panini	870	330	37	15	1	120	1490	87	4	7	48	
Allergens *	CONTAINS EGG, MILK, WHEAT.											

ARTISAN CIABATTA (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, WHITE WHOLE WHEAT FLOUR, OLIVE OIL BLEND (EXTRA VIRGIN OLIVE OIL, CANOLA OIL), SALT, DOUGH IMPROVER (WHEAT GLUTEN, MALTED WHEAT FLOUR, DEACTIVATED YEAST, MICROBIAL ENZYMES, ASCORBIC ACID), YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID)), BEEF SIRLOIN (BEEF SIRLOIN, WATER, VEGETABLE SEASONING [VEGETABLES CARROT, CELERY, ONION), YEAST EXTRACT, SALT, CANE SUGAR, DRIED POTATO, NATURAL FLAVOR, ONION POWDER, SPICE EXTRACTIVES {OLEORESIN BLACK PEPPER, OLEORESIN CELERY}}, CORN STARCH, STEAK SEASONING BLEND [SPICE, DEHYDRATED GARLIC, SEA SALT, CANOLA OIL], SEA SALT, SMOKE FLAVOR, BLACK PEPPER), WHITE CHEDDAR (PASTEURIZED MILK, CHEESE CULTURES, SALT, MICROBIAL ENZYMES), HORSE RADISH SAUCE (SOYBEAN OIL, WATER, PREPARED HORSE RADISH [HORSE RADISH, DISTILLED VINEGAR, SALT], EGG YOLKS, DISTILLED VINEGAR, CORN STARCH, SALT, SUGAR, XANTHAN GUM, ROSEMARY EXTRACT, NATURAL FLAVOR [MUSTARD OIL]), PICKLED RED ONIONS (RED ONIONS, SUGAR, WATER, WHITE WINE VINEGAR, DISTILLED VINEGAR, CALCIUM CHLORIDE, SEA SALT).

Tuna Salad on Black Pepper Focaccia - Half

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1/2 Sandwich	370	150	17	2.5	0	25	840	39	2	3	16	
Allergens *	CONTAINS EGG, FISH, WHEAT.											

BLACK PEPPER FOCACCIA (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, OLIVE OIL BLEND (EXTRA VIRGIN OLIVE OIL, CANOLA OIL), SPROUTED GRAIN BLEND (SPROUTED WHEAT, SPROUTED SPELT, SPROUTED RYE, SPROUTED OATS), SALT, BREAD BASE (ENRICHED PREGELATINIZED WHEAT FLOUR [NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHEAT FIBER, WHEAT GLUTEN, MALTED WHEAT FLOUR, ACEROLA EXTRACT, MICROBIAL ENZYMES), YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID), SEA SALT, GROUND BLACK PEPPER), TUNA SALAD (TUNA [TUNA, WATER, SALT], MAYONNAISE [SOYBEAN OIL, VINEGAR, EGGS, EGG YOLKS, SALT, SUGAR, WATER, LEMON JUICE CONCENTRATE, GROUND RED PEPPER, DRIED GARLIC, MUSTARD OIL], RELISH [CUCUMBERS, WATER, VINEGAR, SUGAR, SALT, SPICES, XANTHAN GUM, COLOR BLEND (VEGETABLE GLYCERIN, CARROT EXTRACT, WATER, MIXED TOCOPHEROLS, QUILLAJA EXTRACT, SUNFLOWER OIL, CANOLA OIL, NATURAL FLAVOR)], MUSTARD [DISTILLED VINEGAR, MUSTARD SEED, WATER, SALT, SPICES, TURMERIC, NATURAL FLAVOR], DISTILLED VINEGAR, GLUCONO DELTA LACTONE, MODIFIED CORN STARCH, CULTURED DEXTROSE, SALT), TOMATOES, RED ONION, EMERALD GREENS (GREEN LEAF LETTUCE BLEND), SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL).

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Sandwiches

Tuna Salad on Black Pepper Focaccia - Whole

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Sandwich	740	300	34	5	0.5	45	1670	79	5	5	31	
Allergens *	CONTAINS EGG, FISH, WHEAT.											

BLACK PEPPER FOCACCIA (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, OLIVE OIL BLEND (EXTRA VIRGIN OLIVE OIL, CANOLA OIL), SPROUTED GRAIN BLEND (SPROUTED WHEAT, SPROUTED SPELT, SPROUTED RYE, SPROUTED OATS), SALT, BREAD BASE (ENRICHED PREGELATINIZED WHEAT FLOUR [NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHEAT FIBER, WHEAT GLUTEN, MALTED WHEAT FLOUR, ACEROLA EXTRACT, MICROBIAL ENZYMES), YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID), SEA SALT, GROUND BLACK PEPPER), TUNA SALAD (TUNA [TUNA, WATER, SALT], MAYONNAISE [SOYBEAN OIL, VINEGAR, EGGS, EGG YOLKS, SALT, SUGAR, WATER, LEMON JUICE CONCENTRATE, GROUND RED PEPPER, DRIED GARLIC, MUSTARD OIL], RELISH [CUCUMBERS, WATER, VINEGAR, SUGAR, SALT, SPICES, XANTHAM GUM, COLOR BLEND (VEGETABLE GLYCERIN, CARROT EXTRACT, WATER, MIXED TOCOPHEROLS, QUILLAJA EXTRACT, SUNFLOWER OIL, CANOLA OIL, NATURAL FLAVOR)], MUSTARD [DISTILLED VINEGAR, MUSTARD SEED, WATER, SALT, SPICES, TURMERIC, NATURAL FLAVOR], DISTILLED VINEGAR, GLUCONO DELTA LACTONE, MODIFIED CORN STARCH, CULTURED DEXTROSE, SALT), TOMATOES, RED ONION, EMERALD GREENS (GREEN LEAF LETTUCE BLEND), SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL).

Turkey on Country Rustic Sourdough - Whole

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Sandwich	490	150	17	3	0	70	1310	53	4	4	32	
Allergens *	CONTAINS EGG, WHEAT.											

OVEN ROASTED TURKEY BREAST (TURKEY BREAST, WATER, SEA SALT, POTATO STARCH), COUNTRY RUSTIC SOURDOUGH XL LOAF (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, COARSE WHOLE WHEAT FLOUR, SALT, YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID), DOUGH IMPROVER (ASCORBIC ACID, MICROCRYSTALLINE CELLULOSE, CORN STARCH), TOMATOES, RED ONION, EMERALD GREENS (GREEN LEAF LETTUCE BLEND), MAYONNAISE (SOYBEAN OIL, DISTILLED VINEGAR, EGG, EGG YOLK, SALT, SUGAR, WATER, LEMON JUICE CONCENTRATE, DRIED GARLIC, GROUND RED PEPPER, MUSTARD OIL), SPICY MUSTARD (VINEGAR, MUSTARD SEED, SALT, SPICES, TURMERIC), SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL).

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Sandwiches

Turkey on Country Rustic Sourdough- Half

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1/2 Sandwich	250	80	9	1.5	0	35	650	27	2	2	16	
Allergens *	CONTAINS EGG, WHEAT.											

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
Allergens *												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Sides

Side - Apple

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Apple	80	0	0	0	0	0	0	22	5	16	0	
Allergens *												

Banana

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Banana	90	5	0	0	0	0	0	23	3	12	1	
Allergens *												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Sides

Side Portion - French Baguette

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
2.4 oz (69g / about 3 1/3 inch slice)	180	5	0.5	0	0	0	450	36	1	1	7	
Allergens *	CONTAINS WHEAT.											

Side - Chips

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 package	150	80	9	1	0	0	75	17	1	1	2	
Allergens *												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Sides

Side - Pickle Spear

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Spear	5	0	0	0	0	0	290	1	0	0	0		PICKLE SPEAR (CUCUMBERS, WATER, SALT, VINEGAR, CULTURED DEXTROSE, CALCIUM CHLORIDE, NATURAL FLAVORINGS [EXTRACTIVES OF GARLIC, OIL OF GARLIC, DILL FLAVOR], SPICES [EXTRACTIVES OF PIMENTO LEAF AND TURMERIC]).
Allergens *													

Tomato Basil Cucumber Salad

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Serving	90	50	6	1	0	0	480	9	1	5	1		RED GRAPE TOMATOES, CUCUMBER, GREEK DRESSING (SOYBEAN OIL, WATER, DISTILLED VINEGAR, POMACE OLIVE OIL, APPLE CIDER VINEGAR, SALT, BLACK PEPPER, DEHYDRATED GARLIC, GUM ACACIA, DEHYDRATED OREGANO, XANTHAN GUM, GUAR GUM, ARABIC GUM, LEMON JUICE CONCENTRATE, DEHYDRATED TARRAGON, CITRIC ACID, DEHYDRATED PARSLEY, DEHYDRATED ROSEMARY, DEHYDRATED THYME, DEHYDRATED BAY LEAVES), SEA SALT, BASIL.
Allergens *													

*ALLERGEN NOTICE: MANY OF OUR PRODUCTS CONTAIN OR MAY COME INTO CONTACT WITH COMMON ALLERGENS, INCLUDING WHEAT, PEANUTS, SOY, TREE NUTS, MILK, EGGS, FISH, SHELLFISH, SESAME, SULFITES, AND MUSTARD



Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Smoothies

Green Passion Smoothie - 16 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
16 fl oz (473 mL)	250	10	1.5	0	0	0	45	59	5	50	2	
Allergens *												

Mango Smoothie with Greek Yogurt - 16 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
16 fl oz (473 mL)	290	45	5	3	0	20	60	51	4	42	13	
Allergens *	CONTAINS MILK.											

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Smoothies

Peach & Blueberry Smoothie with Almond Milk - 16 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
16 fl oz (473 mL)	210	20	2	0	0	0	50	49	4	41	2	
Allergens *	CONTAINS TREE NUTS.											

Strawberry Banana Smoothie with Greek Yogurt - 16 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
16 fl oz (473 mL)	250	25	2.5	1.5	0	10	35	51	6	35	7	
Allergens *	CONTAINS MILK.											

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Smoothies

Strawberry Smoothie with Greek Yogurt - 16 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
16 fl oz (473 mL)	270	40	4.5	2.5	0	20	60	44	6	37	12		STRAWBERRY FRUITBASE (STRAWBERRY PUREE, WHITE GRAPE JUICE CONCENTRATE, APPLE PUREE, FILTERED WATER, CONCORD GRAPE JUICE CONCENTRATE, NATURAL FLAVORS, VITAMINS (C, NIACIN, PANTOTHENIC ACID, B6, B12), STEVIOL GLYCOSIDES), WATER, WHOLE MILK PLAIN GREEK YOGURT (CULTURED PASTEURIZED NON-FAT MILK, CREAM, CONTAINS LIVE ACTIVE CULTURES S. THERMOPHILUS, L. BULGARICUS, L. ACIDOPHILUS, BIFIDUS, L. CASEI, L. PARACASEI, L. RHAMNOSUS).
Allergens *	CONTAINS MILK.												

Superfruit Smoothie with Greek Yogurt - 16 fl oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
16 fl oz (473 mL)	240	40	4.5	2.5	0	20	50	36	0	28	13		SUPERFRUIT POWER FRUIT BASE (APPLE, BLACKBERRY AND BLUEBERRY PUREES, CHERRY PUREE FROM CONCENTRATE, CONCORD GRAPE, POMEGRANATE AND ELDERBERRY JUICES FROM CONCENTRATE, PLUM PUREE, WATER, AGAVE NECTAR, ACAI PUREE, NATURAL FLAVORS, VITAMINS [C, NIACIN, PANTOTHENIC ACID, B6, B12], REBAUDIOSIDE A [A NON-NUTRITIVE SWEETENER FROM STEVIA] NATURAL BLEND [ROSE HIPS, BLUEBERRY PHYTOCHEMICAL EXTRACT, GRAPE SEED EXTRACT]), WATER, WHOLE MILK PLAIN GREEK YOGURT (CULTURED PASTEURIZED NON-FAT MILK, CREAM, CONTAINS LIVE ACTIVE CULTURES S. THERMOPHILUS, L. BULGARICUS, L. ACIDOPHILUS, BIFIDUS, L. CASEI, L. PARACASEI, L. RHAMNOSUS).
Allergens *	CONTAINS MILK.												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Souffles

Souffle - Four Cheese

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Souffle	460	250	28	15	0.5	175	840	38	1	9	15	
Allergens *	CONTAINS EGG, MILK, SOY, WHEAT.											

FOUR CHEESE SOUFFLE BLEND (EGGS, WATER, NEUFCHATEL CHEESE (PASTEURIZED MILK AND CREAM, BACTERIAL CHEESE CULTURE, SALT, CAROB BEAN GUM), CHEDDAR CHEESE (PASTEURIZED MILK, BACTERIAL CHEESE CULTURES, SALT, MICROBIAL ENZYMES), PARMESAN CHEESE (PASTEURIZED PART-SKIM MILK, BACTERIAL CHEESE CULTURES, SALT, MICROBIAL ENZYMES), SOYBEAN OIL, WHEY PROTEIN CONCENTRATE, ONIONS, SEA SALT, SODIUM CITRATE, KONJAC (THICKENER), PARMESAN CHEESE PASTE (GRANULAR AND PARMESAN CHEESE (PASTEURIZED MILK, BACTERIAL CHEESE CULTURES, SALT, MICROBIAL AND ANIMAL ENZYMES), WATER, SALT, LACTIC ACID, CITRIC ACID), SOY LECITHIN, GARLIC, LACTIC ACID, ROMANO CHEESE (PASTEURIZED MILK, BACTERIAL CHEESE CULTURES, SALT, MICROBIAL ENZYMES), WHITE PEPPER), CROISSANT DOUGH (ENRICHED WHEAT FLOUR [FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID]), BUTTER WITH NATURAL FLAVOR [PASTEURIZED CREAM, NATURAL FLAVOR {LACTIC ACID}], WATER, WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR), MILK, SUGAR, LEAVENING [YEAST], EGGS, VITAL WHEAT GLUTEN, SALT, DOUGH CONDITIONER [ASCORBIC ACID])).

Souffle - Spinach & Artichoke

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Souffle	520	300	33	18	1	175	940	39	3	8	19	
Allergens *	CONTAINS EGG, MILK, SOY, WHEAT.											

SPINACH AND ARTICHOKE SOUFFLE MIX (EGGS, WATER, PARMESAN CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURES, SALT, MICROBIAL ENZYMES), NEUFCHATEL CHEESE (PASTEURIZED MILK AND CREAM, CHEESE BACTERIAL CULTURES, SALT, CAROB BEAN GUM), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE BACTERIAL CULTURES, SALT, MICROBIAL ENZYMES), SPINACH, SOYBEAN OIL, ONIONS, ARTICHOKE, WHEY PROTEIN CONCENTRATE, RED BELL PEPPERS, ROMANO CHEESE (PASTEURIZED MILK, CHEESE BACTERIAL CULTURES, SALT, MICROBIAL ENZYMES), SEA SALT, SODIUM CITRATE, GREEN ONIONS, KONJAC [THICKENER], PARMESAN CHEESE PASTE (GRANULAR AND PARMESAN CHEESE (PASTEURIZED MILK, CHEESE BACTERIAL CULTURES, SALT, MICROBIAL, FUNGAL & ANIMAL ENZYMES), WATER, SALT, LACTIC ACID, CITRIC ACID), SOY LECITHIN, GARLIC PUREE, WHITE PEPPER), CROISSANT DOUGH (ENRICHED WHEAT FLOUR [FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID]), BUTTER WITH NATURAL FLAVOR [PASTEURIZED CREAM, NATURAL FLAVOR {LACTIC ACID}], WATER, WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR), MILK, SUGAR, LEAVENING [YEAST], EGGS, VITAL WHEAT GLUTEN, SALT, DOUGH CONDITIONER [ASCORBIC ACID]), ASIAGO CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, MICROBIAL AND ANIMAL ENZYMES, POWDERED CELLULOSE [TO PREVENT CAKING])).

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Souffles

Souffle - Spinach & Bacon

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Souffle	540	320	35	18	1	190	970	38	2	8	20	
Allergens *	CONTAINS EGG, MILK, SOY, WHEAT.											

CROISSANT DOUGH (ENRICHED WHEAT FLOUR [FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], BUTTER WITH NATURAL FLAVOR [PASTEURIZED CREAM, NATURAL FLAVOR {LACTIC ACID}], WATER, WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR), MILK, SUGAR, LEAVENING [YEAST], EGGS, VITAL WHEAT GLUTEN, SALT, DOUGH CONDITIONER [ASCORBIC ACID]), BACON SPINACH SOUFFLE MIX (EGGS, WATER, NEUFCHATEL CHEESE (PASTEURIZED MILK AND CREAM, CHEESE BACTERIAL CULTURE, SALT, CAROB BEAN GUM), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE BACTERIAL CULTURES, SALT, MICROBIAL ENZYMES), BACON (CURED WITH WATER, SEA SALT, CANE SUGAR, CELERY JUICE POWDER), SPINACH, SOYBEAN OIL, ONIONS, WHEY PROTEIN, PARMESAN CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE BACTERIAL CULTURES, SALT, MICROBIAL ENZYMES), KONJAC [THICKENER], SEA SALT, SODIUM CITRATE, GREEN ONIONS, PARMESAN CHEESE PASTE (GRANULAR AND PARMESAN CHEESE (PASTEURIZED MILK, CHEESE BACTERIAL CULTURES, SALT, MICROBIAL, FUNGAL & ANIMAL ENZYMES), WATER, SALT, LACTIC ACID, CITRIC ACID), SOY LECITHIN, GARLIC PUREE, ROMANO CHEESE (PASTEURIZED MILK, CHEESE BACTERIAL CULTURES, SALT, MICROBIAL ENZYMES), NATURAL SMOKE FLAVOR (WATER, NATURAL HICKORY SMOKE CONCENTRATE), ANNATTO FOR COLOR, OLEORESIN PAPRIKA FOR COLOR (NATURAL EXTRACTIVES OF PAPRIKA, SUNFLOWER OIL), WHITE PEPPER), ASIAGO CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, MICROBIAL AND ANIMAL ENZYMES, POWDERED CELLULOSE [TO PREVENT CAKING]), APPLEWOOD SMOKED BACON (PORK, WATER, SEA SALT, SUGAR, CELERY POWDER).

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
Allergens *												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Soups

Baked Potato - Bowl

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 1/2 Cups	330	190	21	10	0	45	1420	33	4	7	9	
Allergens *		CONTAINS MILK.										

Baked Potato Soup - Bread Bowl

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Bread bowl with soup	890	160	18	7	0	30	2110	152	7	6	33	
Allergens *		CONTAINS MILK, WHEAT.										

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Soups

Baked Potato - Cup

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Cup	220	120	14	7	0	30	950	22	3	4	6	
Allergens *	CONTAINS MILK.											

BAKED POTATO SOUP (WATER, POTATOES, MILK, ONIONS, CREAM, NEUFCHATEL CHEESE [MILK, CREAM, BACTERIAL CULTURE, SALT, CAROB BEAN GUM], RICE FLOUR, BUTTER [CREAM, SALT], BACON [CURED WITH WATER, SEA SALT, CANE SUGAR, CELERY JUICE POWDER], CORNSTARCH, SEA SALT, PARMESAN CHEESE [PASTEURIZED PART SKIM MILK, BACTERIAL CULTURE, SALT, MICROBIAL ENZYMES], GREEN ONIONS, CHIVES, YEAST EXTRACT, PEPPER SAUCE [VINEGAR, RED PEPPER, SALT], NATURAL SMOKE FLAVOR [WATER, NATURAL HICKORY SMOKE FLAVOR], WHITE PEPPER, ONION POWDER, CELERY SEED, TURMERIC).

Bistro French Onion - Bowl

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 1/2 Cups	310	110	13	6	0	20	1660	36	3	15	13	
Allergens *	CONTAINS MILK, SOY, WHEAT.											

BISTRO FRENCH ONION SOUP (WATER, ONIONS, TOMATO SAUCE (TOMATOES, SALT, ONION POWDER, GARLIC POWDER, RED PEPPER, CITRIC ACID), GASTRIQUE (SUGAR, TOMATO CONCENTRATE, SHERRY WINE VINEGAR, CARAMEL)), SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT), BUTTER (SWEET CREAM [MILK], SALT), CORN STARCH, SEA SALT, NATURAL CARAMELIZED ONION FLAVOR, CHICKEN STOCK AND NATURAL CHICKEN FLAVOR, SOYBEAN OIL, NATURAL ROAST CHICKEN FLAVOR (CHICKEN FAT, NATURAL FLAVOR), YEAST EXTRACT, GUAR GUM, THYME, BLACK PEPPER), BLACK PEPPER FOCACCIA CROUTONS (BLACK PEPPER FOCACCIA [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, OLIVE OIL BLEND (EXTRA VIRGIN OLIVE OIL, CANOLA OIL), SPROUTED GRAIN BLEND (SPROUTED WHEAT, SPROUTED SPELT, SPROUTED RYE, SPROUTED OATS), SALT, BREAD BASE (ENRICHED PREGELATINIZED WHEAT FLOUR [NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHEAT FIBER, WHEAT GLUTEN, MALTED WHEAT FLOUR, ACEROLA EXTRACT, MICROBIAL ENZYMES), YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID), SEA SALT, GROUND BLACK PEPPER], EXTRA VIRGIN OLIVE OIL), GRUYERE CHEESE BLEND (PASTEURIZED CULTURED MILK, SALT, MICROBIAL ENZYMES, POTATO STARCH AND POWDERED CELLULOSE [TO PREVENT CAKING], NATAMYCIN [A NATURAL MOLD INHIBITOR])).

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Soups

Bistro French Onion - Bread Bowl

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Bread bowl with soup	860	110	12	4	0	15	2230	151	6	12	35	
Allergens *	CONTAINS MILK, SOY, WHEAT.											

BISTRO FRENCH ONION SOUP (WATER, ONIONS, TOMATO SAUCE (TOMATOES, SALT, ONION POWDER, GARLIC POWDER, RED PEPPER, CITRIC ACID), GASTRIQUE (SUGAR, TOMATO CONCENTRATE, SHERRY WINE VINEGAR, CARAMEL)), SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT), BUTTER (SWEET CREAM [MILK], SALT), CORN STARCH, SEA SALT, NATURAL CARAMELIZED ONION FLAVOR, CHICKEN STOCK AND NATURAL CHICKEN FLAVOR, SOYBEAN OIL, NATURAL ROAST CHICKEN FLAVOR (CHICKEN FAT, NATURAL FLAVOR), YEAST EXTRACT, GUAR GUM, THYME, BLACK PEPPER), SOURDOUGH BREAD BOWL (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SALT, YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID), DOUGH IMPROVER (ASCORBIC ACID, MICROCRYSTALLINE CELLULOSE, CORN STARCH)), GRUYERE CHEESE BLEND (PASTEURIZED CULTURED MILK, SALT, MICROBIAL ENZYMES, POTATO STARCH AND POWDERED CELLULOSE [TO PREVENT CAKING], NATAMYCIN [A NATURAL MOLD INHIBITOR]), BLACK PEPPER FOCACCIA CROUTONS (BLACK PEPPER FOCACCIA [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, OLIVE OIL BLEND (EXTRA VIRGIN OLIVE OIL, CANOLA OIL), SPROUTED GRAIN BLEND (SPROUTED WHEAT, SPROUTED SPELT, SPROUTED RYE, SPROUTED OATS), SALT, BREAD BASE (ENRICHED PREGELATINIZED WHEAT FLOUR [NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHEAT FIBER, WHEAT GLUTEN, MALTED WHEAT FLOUR, ACEROLA EXTRACT, MICROBIAL ENZYMES), YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID), SEA SALT, GROUND BLACK PEPPER], EXTRA VIRGIN OLIVE OIL).

Bistro French Onion - Cup

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Cup	190	70	8	4	0	15	1070	21	2	10	8	
Allergens *	CONTAINS MILK, SOY, WHEAT.											

BISTRO FRENCH ONION SOUP (WATER, ONIONS, TOMATO SAUCE (TOMATOES, SALT, ONION POWDER, GARLIC POWDER, RED PEPPER, CITRIC ACID), GASTRIQUE (SUGAR, TOMATO CONCENTRATE, SHERRY WINE VINEGAR, CARAMEL)), SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT), BUTTER (SWEET CREAM [MILK], SALT), CORN STARCH, SEA SALT, NATURAL CARAMELIZED ONION FLAVOR, CHICKEN STOCK AND NATURAL CHICKEN FLAVOR, SOYBEAN OIL, NATURAL ROAST CHICKEN FLAVOR (CHICKEN FAT, NATURAL FLAVOR), YEAST EXTRACT, GUAR GUM, THYME, BLACK PEPPER), GRUYERE CHEESE BLEND (PASTEURIZED CULTURED MILK, SALT, MICROBIAL ENZYMES, POTATO STARCH AND POWDERED CELLULOSE [TO PREVENT CAKING], NATAMYCIN [A NATURAL MOLD INHIBITOR]), BLACK PEPPER FOCACCIA CROUTONS (BLACK PEPPER FOCACCIA [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, OLIVE OIL BLEND (EXTRA VIRGIN OLIVE OIL, CANOLA OIL), SPROUTED GRAIN BLEND (SPROUTED WHEAT, SPROUTED SPELT, SPROUTED RYE, SPROUTED OATS), SALT, BREAD BASE (ENRICHED PREGELATINIZED WHEAT FLOUR [NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHEAT FIBER, WHEAT GLUTEN, MALTED WHEAT FLOUR, ACEROLA EXTRACT, MICROBIAL ENZYMES), YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID), SEA SALT, GROUND BLACK PEPPER], EXTRA VIRGIN OLIVE OIL).

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Soups

Broccoli Cheddar - Bowl

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 1/2 Cups	360	190	21	13	1	55	1330	30	6	6	14	
Allergens *	CONTAINS MILK, WHEAT.											

BROCCOLI CHEDDAR SOUP (WATER, WHOLE MILK [MILK, VITAMIN D3], BROCCOLI, PASTEURIZED PROCESSED CHEDDAR CHEESE FOOD [CHEDDAR CHEESE {PASTEURIZED MILK, CHEESE CULTURE, SALT, ANIMAL ENZYMES}, WHEY, WHEY PROTEIN CONCENTRATE, NONFAT MILK, SODIUM CITRATE, MILKFAT, SALT, LACTIC ACID, OLEORESIN PAPRIKA {COLOR}, ANNATTO EXTRACT {COLOR}], WHIPPING CREAM (CREAM, MILK), CARROTS, CORN STARCH, ONIONS, CHICKEN BASE [CHICKEN MEAT INCLUDING CHICKEN JUICES, SALT, CHICKEN FAT, YEAST EXTRACT, SUGAR, NATURAL FLAVOR, POTATO FLOUR, CARROT POWDER, TURMERIC], SEASONING [WHEAT FLOUR, SALT, WHITE PEPPER AND NOT MORE THAN 2% CANOLA OIL ADDED TO AID PROCESSING], SALTED BUTTER (PASTEURIZED CREAM, SALT), DIIJON MUSTARD [WATER, MUSTARD SEED, VINEGAR, SALT, RED PEPPER], PEPPER SAUCE [DISTILLED VINEGAR, RED PEPPER, SALT]).

Broccoli Cheddar - Cup

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Cup	230	120	13	8	0.5	35	840	19	4	4	9	
Allergens *	CONTAINS MILK, WHEAT.											

BROCCOLI CHEDDAR SOUP (WATER, WHOLE MILK [MILK, VITAMIN D3], BROCCOLI, PASTEURIZED PROCESSED CHEDDAR CHEESE FOOD [CHEDDAR CHEESE {PASTEURIZED MILK, CHEESE CULTURE, SALT, ANIMAL ENZYMES}, WHEY, WHEY PROTEIN CONCENTRATE, NONFAT MILK, SODIUM CITRATE, MILKFAT, SALT, LACTIC ACID, OLEORESIN PAPRIKA {COLOR}, ANNATTO EXTRACT {COLOR}], WHIPPING CREAM (CREAM, MILK), CARROTS, CORN STARCH, ONIONS, CHICKEN BASE [CHICKEN MEAT INCLUDING CHICKEN JUICES, SALT, CHICKEN FAT, YEAST EXTRACT, SUGAR, NATURAL FLAVOR, POTATO FLOUR, CARROT POWDER, TURMERIC], SEASONING [WHEAT FLOUR, SALT, WHITE PEPPER AND NOT MORE THAN 2% CANOLA OIL ADDED TO AID PROCESSING], SALTED BUTTER (PASTEURIZED CREAM, SALT), DIIJON MUSTARD [WATER, MUSTARD SEED, VINEGAR, SALT, RED PEPPER], PEPPER SAUCE [DISTILLED VINEGAR, RED PEPPER, SALT]).

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Soups

Broccoli Cheddar - Bread Bowl

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Bread bowl with soup	900	160	18	8	0.5	35	2000	149	8	6	35		SOURDOUGH BREAD BOWL (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SALT, YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID), DOUGH IMPROVER (ASCORBIC ACID, MICROCRYSTALLINE CELLULOSE, CORN STARCH)), BROCCOLI CHEDDAR SOUP (WATER, WHOLE MILK [MILK, VITAMIN D3], BROCCOLI, PASTEURIZED PROCESSED CHEDDAR CHEESE FOOD [CHEDDAR CHEESE {PASTEURIZED MILK, CHEESE CULTURE, SALT, ANIMAL ENZYMES}, WHEY, WHEY PROTEIN CONCENTRATE, NONFAT MILK, SODIUM CITRATE, , MILKFAT, SALT, LACTIC ACID, OLEORESIN PAPRIKA {COLOR}, ANNATTO EXTRACT {COLOR}], WHIPPING CREAM (CREAM, MILK), CARROTS, CORN STARCH, ONIONS, CHICKEN BASE [CHICKEN MEAT INCLUDING CHICKEN JUICES, SALT, CHICKEN FAT, YEAST EXTRACT, SUGAR, NATURAL FLAVOR, POTATO FLOUR, CARROT POWDER, TURMERIC], SEASONING [WHEAT FLOUR, SALT, WHITE PEPPER AND NOT MORE THAN 2% CANOLA OIL ADDED TO AID PROCESSING], SALTED BUTTER (PASTEURIZED CREAM, SALT), DIJON MUSTARD [WATER, MUSTARD SEED, VINEGAR, SALT, RED PEPPER], PEPPER SAUCE [DISTILLED VINEGAR, RED PEPPER, SALT]).
Allergens *	CONTAINS MILK, WHEAT.												

Cream of Chicken & Wild Rice - Bowl

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 1/2 Cups	260	140	16	7	0.5	35	1390	27	5	4	10		CREAMY CHICKEN WILD RICE SOUP (WATER, MILK, ONIONS, CARROTS, CREAM, WHITE MEAT CHICKEN [WHITE MEAT CHICKEN, CHICKEN BROTH, RICE STARCH, SALT], CELERY, CABBAGE, WILD RICE, CORNSTARCH, BUTTER [CREAM, SALT], WHEAT FLOUR, SEA SALT, CHICKEN STOCK AND FLAVOR, SOYBEAN OIL, CHICKEN FAT, ONION POWDER, SUGAR, SPICES [PARSLEY, TURMERIC, THYME, TARRAGON]).
Allergens *	CONTAINS MILK, WHEAT.												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Soups

Cream of Chicken & Wild Rice - Bread Bowl

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Bread bowl with soup	840	130	15	5	0	25	2090	148	8	5	33	
Allergens *	CONTAINS MILK, WHEAT.											

CREAMY CHICKEN WILD RICE SOUP (WATER, MILK, ONIONS, CARROTS, CREAM, WHITE MEAT CHICKEN [WHITE MEAT CHICKEN, CHICKEN BROTH, RICE STARCH, SALT], CELERY, CABBAGE, WILD RICE, CORNSTARCH, BUTTER [CREAM, SALT], WHEAT FLOUR, SEA SALT, CHICKEN STOCK AND FLAVOR, SOYBEAN OIL, CHICKEN FAT, ONION POWDER, SUGAR, SPICES [PARSLEY, TURMERIC, THYME, TARRAGON]), SOURDOUGH BREAD BOWL (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SALT, YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID), DOUGH IMPROVER (ASCORBIC ACID, MICROCRYSTALLINE CELLULOSE, CORN STARCH)).

Cream of Chicken & Wild Rice - Cup

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Cup	180	90	10	4.5	0	25	920	18	4	3	6	
Allergens *	CONTAINS MILK, WHEAT.											

CREAMY CHICKEN WILD RICE SOUP (WATER, MILK, ONIONS, CARROTS, CREAM, WHITE MEAT CHICKEN [WHITE MEAT CHICKEN, CHICKEN BROTH, RICE STARCH, SALT], CELERY, CABBAGE, WILD RICE, CORNSTARCH, BUTTER [CREAM, SALT], WHEAT FLOUR, SEA SALT, CHICKEN STOCK AND FLAVOR, SOYBEAN OIL, CHICKEN FAT, ONION POWDER, SUGAR, SPICES [PARSLEY, TURMERIC, THYME, TARRAGON]).

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Soups

Homestyle Chicken Noodle Soup - Bowl

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 bowl	190	45	5	1.5	0	45	1520	19	1	2	17	
Allergens *	CONTAINS EGG, WHEAT.											

HOMESTYLE CHICKEN NOODLE SOUP (WATER, WHITE CHICKEN MEAT [CHICKEN BREAST MEAT WITH RIB MEAT, CHICKEN BROTH, RICE STARCH,SALT], EGG NOODLES [WATER, DURUM SEMOLINA WHEAT FLOUR, EGG WHITES, EGGS], CARROTS, CELERY, ONIONS, CORNSTARCH, SEA SALT, CHICKEN STOCK [CHICKEN STOCK, NATURAL FLAVOR, SEA SALT], CHICKEN FAT, GARLIC, YEAST EXTRACT, GUAR AND XANTHAN GUM, ONION POWDER, THYME, BLACK PEPPER, PARSLEY, ROSEMARY, TURMERIC, BAY LEAVES).

Homestyle Chicken Noodle Soup - Bread Bowl

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 bread bowl with soup	840	70	8	1.5	0	30	2260	153	6	4	40	
Allergens *	CONTAINS EGG, WHEAT.											

SOURDOUGH BREAD BOWL (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SALT, YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID), DOUGH IMPROVER (ASCORBIC ACID, MICROCRYSTALLINE CELLULOSE, CORN STARCH)), HOMESTYLE CHICKEN NOODLE SOUP (WATER, WHITE CHICKEN MEAT [CHICKEN BREAST MEAT WITH RIB MEAT, CHICKEN BROTH, RICE STARCH,SALT], EGG NOODLES [WATER, DURUM SEMOLINA WHEAT FLOUR, EGG WHITES, EGGS], CARROTS, CELERY, ONIONS, CORNSTARCH, SEA SALT, CHICKEN STOCK [CHICKEN STOCK, NATURAL FLAVOR, SEA SALT], CHICKEN FAT, GARLIC, YEAST EXTRACT, GUAR AND XANTHAN GUM, ONION POWDER, THYME, BLACK PEPPER, PARSLEY, ROSEMARY, TURMERIC, BAY LEAVES).

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Soups

Homestyle Chicken Noodle Soup - Cup

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 cup	120	30	3	1	0	30	1010	13	1	1	11	
Allergens *	CONTAINS EGG, WHEAT.											

HOMESTYLE CHICKEN NOODLE SOUP (WATER, WHITE CHICKEN MEAT [CHICKEN BREAST MEAT WITH RIB MEAT, CHICKEN BROTH, RICE STARCH,SALT], EGG NOODLES [WATER, DURUM SEMOLINA WHEAT FLOUR, EGG WHITES, EGGS], CARROTS, CELERY, ONIONS, CORNSTARCH, SEA SALT, CHICKEN STOCK [CHICKEN STOCK, NATURAL FLAVOR, SEA SALT], CHICKEN FAT, GARLIC, YEAST EXTRACT, GUAR AND XANTHAN GUM, ONION POWDER, THYME, BLACK PEPPER, PARSLEY, ROSEMARY, TURMERIC, BAY LEAVES).

Turkey Chili with Beans - Bowl

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Bowl	300	90	10	4.5	0	35	690	31	14	8	21	
Allergens *	CONTAINS SOY.											

TURKEY CHILI WITH BEANS (WATER, DARK TURKEY MEAT [DARK TURKEY MEAT, ROSEMARY EXTRACT, TURKEY BROTH, RICE STARCH, SALT], CHICKPEAS [CHICKPEAS, WATER], TOMATOES [TOMATOES, TOMATO JUICE, SALT, CALCIUM CHLORIDE, CITRIC ACID], ONIONS, TOMATO PASTE, KIDNEY BEANS [DARK RED KIDNEY BEANS, WATER, CALCIUM CHLORIDE], CARROTS, GREEN CHILIES [GREEN CHILI PEPPERS, SALT, CITRIC ACID], EDAMAME [SOY], TOMATILLOS [TOMATILLOS, CITRIC ACID], CORN, SOYBEAN OIL, GARLIC PUREE, CORN STARCH, CILANTRO, SEA SALT, DRIED PASILLA NEGRO AND ANCHO CHILES, CUMIN, TOMATO CONCENTRATE, YEAST EXTRACT, ONION POWDER, MOLASSES, LIME JUICE [CONCENTRATED LIME JUICE, WATER], XANTHAN GUM, CITRIC ACID).

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Soups

Turkey Chili with Beans - Bread Bowl

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 bread bowl with soup	870	100	11	3.5	0	25	1620	151	14	8	41	
Allergens *	CONTAINS SOY, WHEAT.											

SOURDOUGH BREAD BOWL (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SALT, YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID), DOUGH IMPROVER (ASCORBIC ACID, MICROCRYSTALLINE CELLULOSE, CORN STARCH)), TURKEY CHILI WITH BEANS (WATER, DARK TURKEY MEAT [DARK TURKEY MEAT, ROSEMARY EXTRACT, TURKEY BROTH, RICE STARCH, SALT], CHICKPEAS [CHICKPEAS, WATER], TOMATOES [TOMATOES, TOMATO JUICE, SALT, CALCIUM CHLORIDE, CITRIC ACID], ONIONS, TOMATO PASTE, KIDNEY BEANS [DARK RED KIDNEY BEANS, WATER, CALCIUM CHLORIDE], CARROTS, GREEN CHILIES [GREEN CHILI PEPPERS, SALT, CITRIC ACID], EDAMAME [SOY], TOMATILLOS [TOMATILLOS, CITRIC ACID], CORN, SOYBEAN OIL, GARLIC PUREE, CORN STARCH, CILANTRO, SEA SALT, DRIED PASILLA NEGRO AND ANCHO CHILES, CUMIN, TOMATO CONCENTRATE, YEAST EXTRACT, ONION POWDER, MOLASSES, LIME JUICE [CONCENTRATED LIME JUICE, WATER], XANTHAN GUM, CITRIC ACID).

Turkey Chili with Beans - Cup

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Cup	200	60	7	3	0	25	460	20	9	6	14	
Allergens *	CONTAINS SOY.											

TURKEY CHILI WITH BEANS (WATER, DARK TURKEY MEAT [DARK TURKEY MEAT, ROSEMARY EXTRACT, TURKEY BROTH, RICE STARCH, SALT], CHICKPEAS [CHICKPEAS, WATER], TOMATOES [TOMATOES, TOMATO JUICE, SALT, CALCIUM CHLORIDE, CITRIC ACID], ONIONS, TOMATO PASTE, KIDNEY BEANS [DARK RED KIDNEY BEANS, WATER, CALCIUM CHLORIDE], CARROTS, GREEN CHILIES [GREEN CHILI PEPPERS, SALT, CITRIC ACID], EDAMAME [SOY], TOMATILLOS [TOMATILLOS, CITRIC ACID], CORN, SOYBEAN OIL, GARLIC PUREE, CORN STARCH, CILANTRO, SEA SALT, DRIED PASILLA NEGRO AND ANCHO CHILES, CUMIN, TOMATO CONCENTRATE, YEAST EXTRACT, ONION POWDER, MOLASSES, LIME JUICE [CONCENTRATED LIME JUICE, WATER], XANTHAN GUM, CITRIC ACID).

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Soups

Ten Vegetable Soup - Bowl

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 1/2 Cups	100	15	2	0	0	0	1090	15	4	6	5	
Allergens *	CONTAINS SOY, WHEAT.											

Ten Vegetable Soup - Bread Bowl

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Bread bowl with soup	730	50	6	0.5	0	0	1890	140	7	6	30	
Allergens *	CONTAINS SOY, WHEAT.											

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Soups

Ten Vegetable Soup - Cup

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Cup	60	10	1	0	0	0	730	10	3	4	3		TEN VEGETABLE SOUP (VEGETABLE STOCK (WATER, VEGETABLE BASE (CARROTS, CELERY, ONION, TOMATO PASTE, CORN OIL, YEAST EXTRACT, POTATO FLOUR, SALT, ONION POWDER, GARLIC POWDER, WHITE PEPPER, ROSEMARY EXTRACT)), FIRE ROASTED TOMATOES (TOMATOES, TOMATO JUICE, SALT, CALCIUM CHLORIDE, AND CITRIC ACID), YELLOW AND RED BELL PEPPERS, ONIONS, CORN, CARROTS, GARBANZO BEANS, SPINACH, CORN STARCH, POBLANO PEPPERS, CARROT PUREE, CELERY, SOY SAUCE (WATER, SOYBEANS, SALT, SUGAR), TOMATO CONCENTRATE, SPELT, WHEAT BERRIES, SEA SALT, TOMATO PASTE (WATER, SUN DRIED TOMATOES), GARLIC PUREE, SPROUTED SHORT GRAIN BROWN RICE, SPROUTED RED FIFE, YEAST EXTRACT, CHIA SEED, LIME JUICE, BASIL, RICE WINE VINEGAR, LEMON PEEL (LEMON PEEL, WATER, CITRIC ACID), DRIED ALEPPO CHILI PEPPERS, GARLIC POWDER, ONION POWDER, MUSTARD FLOUR, BAY LEAVES, CUMIN).
Allergens *	CONTAINS SOY, WHEAT.												

Vegetarian Autumn Squash Soup - Bowl

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 1/2 Cups	330	150	16	7	0	50	1210	41	5	33	8		VEGETARIAN AUTUMN SQUASH SOUP (SQUASH, WATER, MILK, NEUFCHATEL CHEESE [PASTEURIZED MILK AND CREAM, BACTERIAL CULTURE, SALT, CAROB BEAN GUM], BROWN SUGAR, ONIONS, CREAM, BUTTER [CREAM, SALT], CARROT PUREE, CORNSTARCH, APPLE JUICE FROM CONCENTRATE, SUGAR, SALT, VEGETABLE BASE [COOKED VEGETABLES {CARROT, CELERY, ONION}, TOMATO PASTE, CORN OIL, YEAST EXTRACT, POTATO FLOUR, SALT, ONION POWDER, GARLIC POWDER, WHITE PEPPER, ROSEMARY EXTRACT], GINGER PUREE, HONEY, LEMON JUICE FROM CONCENTRATE, CURRY POWDER [TURMERIC, CORIANDER, GINGER, FENUGREEK, SALT, BLACK PEPPER, CUMIN, CINNAMON, NUTMEG, RED PEPPER], CINNAMON, ROSEMARY, WHITE PEPPER, CARDAMOM), ROASTED SALTED PUMPKIN SEEDS (PUMPKIN SEEDS, CANOLA OIL, SEA SALT).
Allergens *	CONTAINS MILK.												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Soups

Vegetarian Autumn Squash Soup - Bread Bowl

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Bread bowl with soup	880	140	15	5	0	35	1960	158	8	24	32		SOURDOUGH BREAD BOWL (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SALT, YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID), DOUGH IMPROVER (ASCORBIC ACID, MICROCRYSTALLINE CELLULOSE, CORN STARCH)), VEGETARIAN AUTUMN SQUASH SOUP (SQUASH, WATER, MILK, NEUFCHATEL CHEESE [PASTEURIZED MILK AND CREAM, BACTERIAL CULTURE, SALT, CAROB BEAN GUM], BROWN SUGAR, ONIONS, CREAM, BUTTER [CREAM, SALT], CARROT PUREE, CORNSTARCH, APPLE JUICE FROM CONCENTRATE, SUGAR, SALT, VEGETABLE BASE [COOKED VEGETABLES {CARROT, CELERY, ONION}, TOMATO PASTE, CORN OIL, YEAST EXTRACT, POTATO FLOUR, SALT, ONION POWDER, GARLIC POWDER, WHITE PEPPER, ROSEMARY EXTRACT], GINGER PUREE, HONEY, LEMON JUICE FROM CONCENTRATE, CURRY POWDER [TURMERIC, CORIANDER, GINGER, FENUGREEK, SALT, BLACK PEPPER, CUMIN, CINNAMON, NUTMEG, RED PEPPER], CINNAMON, ROSEMARY, WHITE PEPPER, CARDAMOM), ROASTED SALTED PUMPKIN SEEDS (PUMPKIN SEEDS, CANOLA OIL, SEA SALT).
Allergens *	CONTAINS MILK, WHEAT.												

Vegetarian Autumn Squash Soup - Cup

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Cup	210	100	11	5	0	35	800	27	3	22	5		VEGETARIAN AUTUMN SQUASH SOUP (SQUASH, WATER, MILK, NEUFCHATEL CHEESE [PASTEURIZED MILK AND CREAM, BACTERIAL CULTURE, SALT, CAROB BEAN GUM], BROWN SUGAR, ONIONS, CREAM, BUTTER [CREAM, SALT], CARROT PUREE, CORNSTARCH, APPLE JUICE FROM CONCENTRATE, SUGAR, SALT, VEGETABLE BASE [COOKED VEGETABLES {CARROT, CELERY, ONION}, TOMATO PASTE, CORN OIL, YEAST EXTRACT, POTATO FLOUR, SALT, ONION POWDER, GARLIC POWDER, WHITE PEPPER, ROSEMARY EXTRACT], GINGER PUREE, HONEY, LEMON JUICE FROM CONCENTRATE, CURRY POWDER [TURMERIC, CORIANDER, GINGER, FENUGREEK, SALT, BLACK PEPPER, CUMIN, CINNAMON, NUTMEG, RED PEPPER], CINNAMON, ROSEMARY, WHITE PEPPER, CARDAMOM), ROASTED SALTED PUMPKIN SEEDS (PUMPKIN SEEDS, CANOLA OIL, SEA SALT).
Allergens *	CONTAINS MILK.												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Soups

Vegetarian Creamy Tomato - Bread Bowl

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Bread bowl with soup	900	170	19	8	0	40	1740	154	5	13	31		SOURDOUGH BREAD BOWL (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SALT, YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID), DOUGH IMPROVER (ASCORBIC ACID, MICROCRYSTALLINE CELLULOSE, CORN STARCH)), VEGETARIAN CREAMY TOMATO SOUP (TOMATOES [TOMATOES, TOMATO PUREE, SALT, CITRIC ACID], WATER, WHIPPING CREAM [CREAM, MILK], ONIONS, SALTED BUTTER [PASTEURIZED CREAM, SALT], SEASONING [SUGAR, SALT, SPICES {BLACK PEPPER, CELERY SEED, OREGANO, WHITE PEPPER, RED PEPPER}, CANOLA OIL], EXTRA VIRGIN OLIVE OIL, CORN STARCH, GARLIC PUREE [GARLIC, WATER]), BLACK PEPPER FOCACCIA CROUTONS (BLACK PEPPER FOCACCIA [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, OLIVE OIL BLEND (EXTRA VIRGIN OLIVE OIL, CANOLA OIL), SPROUTED GRAIN BLEND (SPROUTED WHEAT, SPROUTED SPELT, SPROUTED RYE, SPROUTED OATS), SALT, BREAD BASE (ENRICHED PREGELATINIZED WHEAT FLOUR [NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHEAT FIBER, WHEAT GLUTEN, MALTED WHEAT FLOUR, ACEROLA EXTRACT, MICROBIAL ENZYMES), YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID), SEA SALT, GROUND BLACK PEPPER], EXTRA VIRGIN OLIVE OIL).
Allergens *	CONTAINS MILK, WHEAT.												

Vegetarian Creamy Tomato - Bowl

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 1/2 Cups	330	190	21	11	0.5	60	840	34	1	17	5		VEGETARIAN CREAMY TOMATO SOUP (TOMATOES [TOMATOES, TOMATO PUREE, SALT, CITRIC ACID], WATER, WHIPPING CREAM [CREAM, MILK], ONIONS, SALTED BUTTER [PASTEURIZED CREAM, SALT], SEASONING [SUGAR, SALT, SPICES {BLACK PEPPER, CELERY SEED, OREGANO, WHITE PEPPER, RED PEPPER}, CANOLA OIL], EXTRA VIRGIN OLIVE OIL, CORN STARCH, GARLIC PUREE [GARLIC, WATER]), BLACK PEPPER FOCACCIA CROUTONS (BLACK PEPPER FOCACCIA [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, OLIVE OIL BLEND (EXTRA VIRGIN OLIVE OIL, CANOLA OIL), SPROUTED GRAIN BLEND (SPROUTED WHEAT, SPROUTED SPELT, SPROUTED RYE, SPROUTED OATS), SALT, BREAD BASE (ENRICHED PREGELATINIZED WHEAT FLOUR [NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHEAT FIBER, WHEAT GLUTEN, MALTED WHEAT FLOUR, ACEROLA EXTRACT, MICROBIAL ENZYMES), YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID), SEA SALT, GROUND BLACK PEPPER], EXTRA VIRGIN OLIVE OIL).
Allergens *	CONTAINS MILK, WHEAT.												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Soups

Vegetarian Creamy Tomato - Cup

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Cup	230	130	14	8	0	40	580	24	1	11	4	
Allergens *	CONTAINS MILK, WHEAT.											

VEGETARIAN CREAMY TOMATO SOUP (TOMATOES [TOMATOES, TOMATO PUREE, SALT, CITRIC ACID], WATER, WHIPPING CREAM [CREAM, MILK], ONIONS, SALTED BUTTER [PASTEURIZED CREAM, SALT], SEASONING [SUGAR, SALT, SPICES {BLACK PEPPER, CELERY SEED, OREGANO, WHITE PEPPER, RED PEPPER}, CANOLA OIL], EXTRA VIRGIN OLIVE OIL, CORN STARCH, GARLIC PUREE [GARLIC, WATER]), BLACK PEPPER FOCACCIA CROUTONS (BLACK PEPPER FOCACCIA [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, OLIVE OIL BLEND (EXTRA VIRGIN OLIVE OIL, CANOLA OIL), SPROUTED GRAIN BLEND (SPROUTED WHEAT, SPROUTED SPELT, SPROUTED RYE, SPROUTED OATS), SALT, BREAD BASE (ENRICHED PREGELATINIZED WHEAT FLOUR [NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHEAT FIBER, WHEAT GLUTEN, MALTED WHEAT FLOUR, ACEROLA EXTRACT, MICROBIAL ENZYMES), YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID), SEA SALT, GROUND BLACK PEPPER], EXTRA VIRGIN OLIVE OIL).

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
Allergens *												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Spreads

Plain Cream Cheese Spread - 1.75 oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Container	180	150	17	11	0	50	135	4		2	2		PLAIN CREAM CHEESE SPREAD (PASTEURIZED MILK AND CREAM, SALT, STABILIZERS [GUAR, LOCUST BEAN AND XANTHAN GUMS], CHEESE CULTURE).
Allergens *	CONTAINS MILK.												

Plain Cream Cheese Spread - 8 oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
2 Tbsp	110	90	10	7	0	30	85	3		1	1		PLAIN CREAM CHEESE SPREAD (PASTEURIZED MILK AND CREAM, SALT, STABILIZERS [GUAR, LOCUST BEAN AND XANTHAN GUMS], CHEESE CULTURE).
Allergens *	CONTAINS MILK.												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Spreads

Reduced Fat Chive & Onion Cream Cheese Spread - 1.75 oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Container	130	90	10	6	0	35	190	2		2	6		REDUCED FAT CHIVE & ONION CREAM CHEESE SPREAD (PASTEURIZED MILK, CREAM AND SKIM MILK, WHEY PROTEIN CONCENTRATE, ONIONS, CHIVES, SALT, STABILIZERS [GUAR, LOCUST BEAN AND XANTHAN GUMS), GARLIC POWDER, CHEESE CULTURE).
Allergens *	CONTAINS MILK.												

Reduced Fat Chive & Onion Cream Cheese Spread - 8 oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
2 Tbsp (30g)	80	50	6	4	0	20	115	1		1	3		REDUCED FAT CHIVE & ONION CREAM CHEESE SPREAD (PASTEURIZED MILK, CREAM AND SKIM MILK, WHEY PROTEIN CONCENTRATE, ONIONS, CHIVES, SALT, STABILIZERS [GUAR, LOCUST BEAN AND XANTHAN GUMS), GARLIC POWDER, CHEESE CULTURE).
Allergens *	CONTAINS MILK.												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Spreads

Reduced Fat Honey Walnut Cream Cheese Spread - 1.75 oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Container	140	90	10	6	0	30	170	8		8	3	
Allergens *	CONTAINS MILK, TREE NUTS.											

Reduced Fat Honey Walnut Cream Cheese Spread - 8 oz

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
2 Tbsp (30g)	80	50	6	3.5	0	20	105	5		5	2	
Allergens *	CONTAINS MILK, TREE NUTS.											

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Spreads

Strawberry Fruit Spread

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
2 Tbsp	90	0	0	0	0	0	0	23	1	22	0	
Allergens *												

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
Allergens *												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Grab N Go

Seasonal Fruit Cup

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Container	60	0	0	0	0	0	15	17	1	12	1		HONEYDEW MELON, RED SEEDLESS GRAPES, CANTALOUPE, PINEAPPLE.
Allergens *													

Hard Boiled Eggs

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Container	160	100	11	3	0	360	130	1	0	0	13		HARD-BOILED EGG (EGG, CITRIC ACID), EMERALD GREENS (GREEN LEAF LETTUCE BLEND).
Allergens *	CONTAINS EGG.												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Grab N Go

Greek Yogurt with Mixed Berries

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Parfait	250	90	10	4.5	0	25	80	27	2	18	15	
Allergens *	CONTAINS MILK, TREE NUTS. MAY ALSO CONTAIN SOY, WHEAT.											

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
Allergens *												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Catering

Broccoli Cheddar Mac & Cheese - Group

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Container	1540	960	106	49	3	230	4500	99	8	22	51		BROCCOLI CHEDDAR MAC & CHEESE (WATER, COOKED MACARONI PRODUCT (WATER, SEMOLINA WHEAT, EGG WHITE POWDER), BROCCOLI, CHEDDAR CHEESE (MILK, BACTERIAL CULTURES, SALT, MICROBIAL ENZYMES), CREAM, SOYBEAN OIL, CONCENTRATED SKIM MILK, CARROTS, BUTTER (CREAM, SALT), WHEY, SALT, WHEY PROTEIN CONCENTRATE, SKIM MILK, MILKFAT, MODIFIED CORNSTARCH, MILK PROTEIN CONCENTRATE, DRIED CREAM, SODIUM CITRATE, LACTIC ACID, TOMATO PASTE, FLAVORS, SUGAR, GUAR GUM, VEGETABLE JUICE CONCENTRATE (COLOR), CELERY JUICE CONCENTRATE, ONION POWDER, XANTHAN GUM, TURMERIC (COLOR), CITRIC ACID, DIJON MUSTARD (VINEGAR, WATER, MUSTARD SEED, SALT, WHITE WINE, CITRIC ACID, TARTARIC ACID, SPICES), SPICES, RED PEPPER SAUCE (VINEGAR, RED PEPPERS, SALT), SODIUM ALGINATE, ENZYMES).
Allergens *	CONTAINS EGG, MILK, WHEAT.												

Catering Agave Lemonade - Serves 10

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
2 containers	1130	10	1	0	0	0	65	304	1	288	1		WATER, AGAVE LEMONADE BASE (LEMON JUICE, SUGAR, AGAVE NECTAR, WATER).
Allergens *													

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Catering

Catering Asian Sesame Chicken Salad - serves 10

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
2 Containers	2290	1110	124	17	2	415	3850	153	34	41	162		ROMAINE LETTUCE, CITRUS PEPPER CHICKEN (CHICKEN BREAST MEAT WITH RIB MEAT, WATER, SEASONING [(LEMON, MANGOSTEEN, NATURAL SMOKE FLAVOR), SEA SALT, DEHYDRATED GARLIC, DEHYDRATED ONION, SUGAR, DRY LEMON PEEL, SPICES, DEHYDRATED ROSEMARY, DEHYDRATED BASIL AND CITRIC ACID, MALIC ACID, PAPRIKA FOR FLAVOR], DEXTROSE, GARLIC POWDER, BLACK PEPPER, RICE STARCH, POTATO STARCH, VINEGAR, SEA SALT), ASIAN SESAME VINAIGRETTE DRESSING (WATER, DISTILLED VINEGAR, SOYBEAN OIL, SUGAR, SESAME OIL, SALT, XANTHAN GUM, REBAUDIOSIDE A [A NON-NUTRITIVE SWEETENER FROM STEVIA], ROSEMARY EXTRACT, BLACK PEPPER, DEHYDRATED ONION, DEHYDRATED PARSLEY), CRISPY WONTON STRIPS (WHEAT FLOUR, CANOLA OIL, SALT [MAY CONTAIN EGG]), TOASTED ALMONDS, SESAME SEEDS, CILANTRO.
Allergens *		CONTAINS TREE NUTS, WHEAT. MAY ALSO CONTAIN EGG.											

Catering Asian Sesame Chicken Salad - serves 5

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Container	1150	560	62	8	1	205	1930	76	17	21	81		ROMAINE LETTUCE, CITRUS PEPPER CHICKEN (CHICKEN BREAST MEAT WITH RIB MEAT, WATER, SEASONING [(LEMON, MANGOSTEEN, NATURAL SMOKE FLAVOR), SEA SALT, DEHYDRATED GARLIC, DEHYDRATED ONION, SUGAR, DRY LEMON PEEL, SPICES, DEHYDRATED ROSEMARY, DEHYDRATED BASIL AND CITRIC ACID, MALIC ACID, PAPRIKA FOR FLAVOR], DEXTROSE, GARLIC POWDER, BLACK PEPPER, RICE STARCH, POTATO STARCH, VINEGAR, SEA SALT), ASIAN SESAME VINAIGRETTE DRESSING (WATER, DISTILLED VINEGAR, SOYBEAN OIL, SUGAR, SESAME OIL, SALT, XANTHAN GUM, REBAUDIOSIDE A [A NON-NUTRITIVE SWEETENER FROM STEVIA], ROSEMARY EXTRACT, BLACK PEPPER, DEHYDRATED ONION, DEHYDRATED PARSLEY), CRISPY WONTON STRIPS (WHEAT FLOUR, CANOLA OIL, SALT [MAY CONTAIN EGG]), TOASTED ALMONDS, SESAME SEEDS, CILANTRO.
Allergens *		CONTAINS TREE NUTS, WHEAT. MAY ALSO CONTAIN EGG.											

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Catering

Catering Asian Sesame - Half

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1/2 Salad	150	90	10	1	0	0	190	13	3	3	4	
Allergens *	CONTAINS TREE NUTS, WHEAT. MAY ALSO CONTAIN EGG.											

ROMAINE LETTUCE, ASIAN SESAME VINAIGRETTE DRESSING (WATER, DISTILLED VINEGAR, SOYBEAN OIL, SUGAR, SESAME OIL, SALT, XANTHAN GUM, REBAUDIOSIDE A [A NON-NUTRITIVE SWEETENER FROM STEVIA], ROSEMARY EXTRACT, BLACK PEPPER, DEHYDRATED ONION, DEHYDRATED PARSLEY), CRISPY WONTON STRIPS (WHEAT FLOUR, CANOLA OIL, SALT [MAY CONTAIN EGG]), TOASTED ALMONDS, SESAME SEEDS, CILANTRO.

Catering Asian Sesame Salad - serves 10

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
2 Containers	1620	970	107	12	2	0	2080	140	34	40	40	
Allergens *	CONTAINS TREE NUTS, WHEAT. MAY ALSO CONTAIN EGG.											

ROMAINE LETTUCE, ASIAN SESAME VINAIGRETTE DRESSING (WATER, DISTILLED VINEGAR, SOYBEAN OIL, SUGAR, SESAME OIL, SALT, XANTHAN GUM, REBAUDIOSIDE A [A NON-NUTRITIVE SWEETENER FROM STEVIA], ROSEMARY EXTRACT, BLACK PEPPER, DEHYDRATED ONION, DEHYDRATED PARSLEY), CRISPY WONTON STRIPS (WHEAT FLOUR, CANOLA OIL, SALT [MAY CONTAIN EGG]), TOASTED ALMONDS, SESAME SEEDS, CILANTRO.

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Catering

Catering Asian Sesame Salad - serves 5

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Container	810	480	54	6	1	0	1040	70	17	20	20		ROMAINE LETTUCE, ASIAN SESAME VINAIGRETTE DRESSING (WATER, DISTILLED VINEGAR, SOYBEAN OIL, SUGAR, SESAME OIL, SALT, XANTHAN GUM, REBAUDIOSIDE A [A NON-NUTRITIVE SWEETENER FROM STEVIA], ROSEMARY EXTRACT, BLACK PEPPER, DEHYDRATED ONION, DEHYDRATED PARSLEY), CRISPY WONTON STRIPS (WHEAT FLOUR, CANOLA OIL, SALT [MAY CONTAIN EGG]), TOASTED ALMONDS, SESAME SEEDS, CILANTRO.
Allergens *	CONTAINS TREE NUTS, WHEAT. MAY ALSO CONTAIN EGG.												

Catering Asian Sesame Salad - Whole

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Salad	300	180	20	2	0	0	370	26	6	7	8		ROMAINE LETTUCE, ASIAN SESAME VINAIGRETTE DRESSING (WATER, DISTILLED VINEGAR, SOYBEAN OIL, SUGAR, SESAME OIL, SALT, XANTHAN GUM, REBAUDIOSIDE A [A NON-NUTRITIVE SWEETENER FROM STEVIA], ROSEMARY EXTRACT, BLACK PEPPER, DEHYDRATED ONION, DEHYDRATED PARSLEY), CRISPY WONTON STRIPS (WHEAT FLOUR, CANOLA OIL, SALT [MAY CONTAIN EGG]), TOASTED ALMONDS, SESAME SEEDS, CILANTRO.
Allergens *	CONTAINS TREE NUTS, WHEAT. MAY ALSO CONTAIN EGG.												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Catering

Catering Baked Potato Soup

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Container	770	440	49	24	0	105	3320	77	10	15	20		BAKED POTATO SOUP (WATER, POTATOES, MILK, ONIONS, CREAM, NEUFCHATEL CHEESE [MILK, CREAM, BACTERIAL CULTURE, SALT, CAROB BEAN GUM], RICE FLOUR, BUTTER [CREAM, SALT], BACON [CURED WITH WATER, SEA SALT, CANE SUGAR, CELERY JUICE POWDER], CORNSTARCH, SEA SALT, PARMESAN CHEESE [PASTEURIZED PART SKIM MILK, BACTERIAL CULTURE, SALT, MICROBIAL ENZYMES], GREEN ONIONS, CHIVES, YEAST EXTRACT, PEPPER SAUCE [VINEGAR, RED PEPPER, SALT], NATURAL SMOKE FLAVOR [WATER, NATURAL HICKORY SMOKE FLAVOR], WHITE PEPPER, ONION POWDER, CELERY SEED, TURMERIC).
Allergens *		CONTAINS MILK.											

Catering BBQ Chicken Salad - Serves 10

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
2 Containers	2780	1270	141	23	3	485	6290	226	54	76	172		ROMAINE LETTUCE, BLACK BEAN AND CORN SALSA (ADOBO LIME BLACK BEAN & CORN BLEND (BLACK BEANS, CORN, LIME JUICE, EXTRA VIRGIN OLIVE OIL, CHILE PEPPER, GRANULATED GARLIC, GRANULATED ONION, BLACK PEPPER, CUMIN, GUM BLEND (ORGANIC GUAR GUM, ORGANIC LOCUST BEAN GUM), PAPRIKA, SEA SALT), PICKLED RED ONIONS (RED ONIONS, SUGAR, WATER, WHITE WINE VINEGAR, DISTILLED VINEGAR, CALCIUM CHLORIDE, SEA SALT), PASTEURIZED LIME JUICE, CILANTRO), CITRUS PEPPER CHICKEN (CHICKEN BREAST MEAT WITH RIB MEAT, WATER, SEASONING [(LEMON, MANGOSTEEN, NATURAL SMOKE FLAVOR), SEA SALT, DEHYDRATED GARLIC, DEHYDRATED ONION, SUGAR, DRY LEMON PEEL, SPICES, DEHYDRATED ROSEMARY, DEHYDRATED BASIL AND CITRIC ACID, MALIC ACID, PAPRIKA FOR FLAVOR], DEXTROSE, GARLIC POWDER, BLACK PEPPER, RICE STARCH, POTATO STARCH, VINEGAR, SEA SALT), BBQ RANCH DRESSING (CULTURED LOWFAT BUTTERMILK, SOYBEAN OIL, WATER, BROWN SUGAR, TOMATO PASTE, DISTILLED VINEGAR, MOLASSES, EGG YOLKS, APPLE CIDER VINEGAR, SUGAR, SALT, GUAJILLO PEPPER, CORN STARCH, LACTIC ACID, DEHYDRATED ONION, MUSTARD FLOUR, NATURAL SMOKE FLAVOR, XANTHAN GUM, DEHYDRATED GARLIC, BLACK PEPPER, ROSEMARY EXTRACT, DEHYDRATED PARSLEY, PAPRIKA, MUSTARD BRAN, MUSTARD SEED, CITRIC ACID, ALLSPICE, TAMARIND CONCENTRATE, SPICES, NATURAL FLAVORS, CELERY SEED), CRISPY GARLIC PEPPER ONIONS (ONIONS, ENRICHED WHEAT FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], SAFFLOWER AND/OR SUNFLOWER OIL AND/OR CANOLA OIL, DEHYDRATED GARLIC, SALT, BLACK PEPPER, BROWN SUGAR, DEHYDRATED ONION, DEHYDRATED BELL PEPPER, DEHYDRATED PARSLEY), APPLE CIDER VINEGAR BBQ SAUCE (WATER, BROWN SUGAR, TOMATO PASTE, MOLASSES, APPLE CIDER VINEGAR, DISTILLED VINEGAR, GUAJILLO PEPPER, CORN STARCH, SALT, NATURAL SMOKE FLAVOR, DEHYDRATED ONION, PAPRIKA, SUGAR, DEHYDRATED GARLIC, MUSTARD BRAN, MUSTARD SEED, CITRIC ACID, ALLSPICE, SPICES [CELERY SEED, MUSTARD SEED, ALLSPICE], TAMARIND CONCENTRATE, CELERY SEED).
Allergens *		CONTAINS EGG, MILK, WHEAT.											

*ALLERGEN NOTICE: MANY OF OUR PRODUCTS CONTAIN OR MAY COME INTO CONTACT WITH COMMON ALLERGENS, INCLUDING WHEAT, PEANUTS, SOY, TREE NUTS, MILK, EGGS, FISH, SHELLFISH, SESAME, SULFITES, AND MUSTARD



Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Catering

Catering BBQ Chicken Salad - Serves 5

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Container	1390	630	70	12	1.5	245	3140	113	27	38	86		ROMAINE LETTUCE, BLACK BEAN AND CORN SALSA (ADOBO LIME BLACK BEAN & CORN BLEND (BLACK BEANS, CORN, LIME JUICE, EXTRA VIRGIN OLIVE OIL, CHILE PEPPER, GRANULATED GARLIC, GRANULATED ONION, BLACK PEPPER, CUMIN, GUM BLEND (ORGANIC GUAR GUM, ORGANIC LOCUST BEAN GUM), PAPRIKA, SEA SALT), PICKLED RED ONIONS (RED ONIONS, SUGAR, WATER, WHITE WINE VINEGAR, DISTILLED VINEGAR, CALCIUM CHLORIDE, SEA SALT), PASTEURIZED LIME JUICE, CILANTRO), CITRUS PEPPER CHICKEN (CHICKEN BREAST MEAT WITH RIB MEAT, WATER, SEASONING [(LEMON, MANGOSTEEN, NATURAL SMOKE FLAVOR), SEA SALT, DEHYDRATED GARLIC, DEHYDRATED ONION, SUGAR, DRY LEMON PEEL, SPICES, DEHYDRATED ROSEMARY, DEHYDRATED BASIL AND CITRIC ACID, MALIC ACID, PAPRIKA FOR FLAVOR], DEXTROSE, GARLIC POWDER, BLACK PEPPER, RICE STARCH, POTATO STARCH, VINEGAR, SEA SALT), BBQ RANCH DRESSING (CULTURED LOWFAT BUTTERMILK, SOYBEAN OIL, WATER, BROWN SUGAR, TOMATO PASTE, DISTILLED VINEGAR, MOLASSES, EGG YOLKS, APPLE CIDER VINEGAR, SUGAR, SALT, GUAJILLO PEPPER, CORN STARCH, LACTIC ACID, DEHYDRATED ONION, MUSTARD FLOUR, NATURAL SMOKE FLAVOR, XANTHAN GUM, DEHYDRATED GARLIC, BLACK PEPPER, ROSEMARY EXTRACT, DEHYDRATED PARSLEY, PAPRIKA, MUSTARD BRAN, MUSTARD SEED, CITRIC ACID, ALLSPICE, TAMARIND CONCENTRATE, SPICES, NATURAL FLAVORS, CELERY SEED), CRISPY GARLIC PEPPER ONIONS (ONIONS, ENRICHED WHEAT FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], SAFFLOWER AND/OR SUNFLOWER OIL AND/OR CANOLA OIL, DEHYDRATED GARLIC, SALT, BLACK PEPPER, BROWN SUGAR, DEHYDRATED ONION, DEHYDRATED BELL PEPPER, DEHYDRATED PARSLEY), APPLE CIDER VINEGAR BBQ SAUCE (WATER, BROWN SUGAR, TOMATO PASTE, MOLASSES, APPLE CIDER VINEGAR, DISTILLED VINEGAR, GUAJILLO PEPPER, CORN STARCH, SALT, NATURAL SMOKE FLAVOR, DEHYDRATED ONION, PAPRIKA, SUGAR, DEHYDRATED GARLIC, MUSTARD BRAN, MUSTARD SEED, CITRIC ACID, ALLSPICE, SPICES [CELERY SEED, MUSTARD SEED, ALLSPICE], TAMARIND CONCENTRATE, CELERY SEED).
Allergens *	CONTAINS EGG, MILK, WHEAT.												

Catering BBQ Salad - Serves 10

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
2 Containers	2100	1120	124	19	3	70	4510	213	54	74	50		ROMAINE LETTUCE, BLACK BEAN AND CORN SALSA (ADOBO LIME BLACK BEAN & CORN BLEND (BLACK BEANS, CORN, LIME JUICE, EXTRA VIRGIN OLIVE OIL, CHILE PEPPER, GRANULATED GARLIC, GRANULATED ONION, BLACK PEPPER, CUMIN, GUM BLEND (ORGANIC GUAR GUM, ORGANIC LOCUST BEAN GUM), PAPRIKA, SEA SALT), PICKLED RED ONIONS (RED ONIONS, SUGAR, WATER, WHITE WINE VINEGAR, DISTILLED VINEGAR, CALCIUM CHLORIDE, SEA SALT), PASTEURIZED LIME JUICE, CILANTRO), BBQ RANCH DRESSING (CULTURED LOWFAT BUTTERMILK, SOYBEAN OIL, WATER, BROWN SUGAR, TOMATO PASTE, DISTILLED VINEGAR, MOLASSES, EGG YOLKS, APPLE CIDER VINEGAR, SUGAR, SALT, GUAJILLO PEPPER, CORN STARCH, LACTIC ACID, DEHYDRATED ONION, MUSTARD FLOUR, NATURAL SMOKE FLAVOR, XANTHAN GUM, DEHYDRATED GARLIC, BLACK PEPPER, ROSEMARY EXTRACT, DEHYDRATED PARSLEY, PAPRIKA, MUSTARD BRAN, MUSTARD SEED, CITRIC ACID, ALLSPICE, TAMARIND CONCENTRATE, SPICES, NATURAL FLAVORS, CELERY SEED), CRISPY GARLIC PEPPER ONIONS (ONIONS, ENRICHED WHEAT FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], SAFFLOWER AND/OR SUNFLOWER OIL AND/OR CANOLA OIL, DEHYDRATED GARLIC, SALT, BLACK PEPPER, BROWN SUGAR, DEHYDRATED ONION, DEHYDRATED BELL PEPPER, DEHYDRATED PARSLEY), APPLE CIDER VINEGAR BBQ SAUCE (WATER, BROWN SUGAR, TOMATO PASTE, MOLASSES, APPLE CIDER VINEGAR, DISTILLED VINEGAR, GUAJILLO PEPPER, CORN STARCH, SALT, NATURAL SMOKE FLAVOR, DEHYDRATED ONION, PAPRIKA, SUGAR, DEHYDRATED GARLIC, MUSTARD BRAN, MUSTARD SEED, CITRIC ACID, ALLSPICE, SPICES [CELERY SEED, MUSTARD SEED, ALLSPICE], TAMARIND CONCENTRATE, CELERY SEED).
Allergens *	CONTAINS EGG, MILK, WHEAT.												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Catering

Catering BBQ Salad - Serves 5

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Container	1050	560	62	9	1.5	35	2260	107	27	37	25	
Allergens *	CONTAINS EGG, MILK, WHEAT.											

ROMAINE LETTUCE, BLACK BEAN AND CORN SALSA (ADOBO LIME BLACK BEAN & CORN BLEND (BLACK BEANS, CORN, LIME JUICE, EXTRA VIRGIN OLIVE OIL, CHILE PEPPER, GRANULATED GARLIC, GRANULATED ONION, BLACK PEPPER, CUMIN, GUM BLEND (ORGANIC GUAR GUM, ORGANIC LOCUST BEAN GUM), PAPRIKA, SEA SALT), PICKLED RED ONIONS (RED ONIONS, SUGAR, WATER, WHITE WINE VINEGAR, DISTILLED VINEGAR, CALCIUM CHLORIDE, SEA SALT), PASTEURIZED LIME JUICE, CILANTRO), BBQ RANCH DRESSING (CULTURED LOWFAT BUTTERMILK, SOYBEAN OIL, WATER, BROWN SUGAR, TOMATO PASTE, DISTILLED VINEGAR, MOLASSES, EGG YOLKS, APPLE CIDER VINEGAR, SUGAR, SALT, GUAJILLO PEPPER, CORN STARCH, LACTIC ACID, DEHYDRATED ONION, MUSTARD FLOUR, NATURAL SMOKE FLAVOR, XANTHAN GUM, DEHYDRATED GARLIC, BLACK PEPPER, ROSEMARY EXTRACT, DEHYDRATED PARSLEY, PAPRIKA, MUSTARD BRAN, MUSTARD SEED, CITRIC ACID, ALLSPICE, TAMARIND CONCENTRATE, SPICES, NATURAL FLAVORS, CELERY SEED), CRISPY GARLIC PEPPER ONIONS (ONIONS, ENRICHED WHEAT FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], SAFFLOWER AND/OR SUNFLOWER OIL AND/OR CANOLA OIL, DEHYDRATED GARLIC, SALT, BLACK PEPPER, BROWN SUGAR, DEHYDRATED ONION, DEHYDRATED BELL PEPPER, DEHYDRATED PARSLEY), APPLE CIDER VINEGAR BBQ SAUCE (WATER, BROWN SUGAR, TOMATO PASTE, MOLASSES, APPLE CIDER VINEGAR, DISTILLED VINEGAR, GUAJILLO PEPPER, CORN STARCH, SALT, NATURAL SMOKE FLAVOR, DEHYDRATED ONION, PAPRIKA, SUGAR, DEHYDRATED GARLIC, MUSTARD BRAN, MUSTARD SEED, CITRIC ACID, ALLSPICE, SPICES [CELERY SEED, MUSTARD SEED, ALLSPICE], TAMARIND CONCENTRATE, CELERY SEED).

Catering Bistro French Onion Soup

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Container	610	250	28	14	0.5	55	3590	60	6	35	28	
Allergens *	CONTAINS MILK, SOY, WHEAT.											

BISTRO FRENCH ONION SOUP (WATER, ONIONS, TOMATO SAUCE (TOMATOES, SALT, ONION POWDER, GARLIC POWDER, RED PEPPER, CITRIC ACID), GASTRIQUE (SUGAR, TOMATO CONCENTRATE, SHERRY WINE VINEGAR, CARAMEL)), SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT), BUTTER (SWEET CREAM [MILK], SALT), CORN STARCH, SEA SALT, NATURAL CARAMELIZED ONION FLAVOR, CHICKEN STOCK AND NATURAL CHICKEN FLAVOR, SOYBEAN OIL, NATURAL ROAST CHICKEN FLAVOR (CHICKEN FAT, NATURAL FLAVOR), YEAST EXTRACT, GUAR GUM, THYME, BLACK PEPPER), GRUYERE CHEESE BLEND (PASTEURIZED CULTURED MILK, SALT, MICROBIAL ENZYMES, POTATO STARCH AND POWDERED CELLULOSE [TO PREVENT CAKING], NATAMYCIN [A NATURAL MOLD INHIBITOR]), BLACK PEPPER FOCACCIA CROUTONS (BLACK PEPPER FOCACCIA [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, OLIVE OIL BLEND (EXTRA VIRGIN OLIVE OIL, CANOLA OIL), SPROUTED GRAIN BLEND (SPROUTED WHEAT, SPROUTED SPELT, SPROUTED RYE, SPROUTED OATS), SALT, BREAD BASE (ENRICHED PREGELATINIZED WHEAT FLOUR [NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHEAT FIBER, WHEAT GLUTEN, MALTED WHEAT FLOUR, ACEROLA EXTRACT, MICROBIAL ENZYMES), YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID), SEA SALT, GROUND BLACK PEPPER], EXTRA VIRGIN OLIVE OIL).

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Catering

Catering Black Tea - Serves 10

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
2 Containers	80	0	0	0	0	0	80	0	0	0	15		TEA (BLACK TEA).
Allergens *													

Catering Blood Orange Lemonade - serves 10

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
2 Containers	1330	45	5	1	1	10	160	328	5	222	4		WATER, BLOOD ORANGE CARROT LEMONADE BASE (LEMON JUICE, ORANGE JUICE, EVAPORATED CANE SYRUP, WATER, CARROT PUREE AND JUICE CONCENTRATE, BLOOD ORANGE JUICE CONCENTRATE, TURMERIC, NATURAL FLAVOR, CITRIC ACID).
Allergens *													

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Catering

Catering Broccoli Cheddar Soup

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Container	800	420	46	28	2	120	2920	67	12	14	30	
Allergens *	CONTAINS MILK, WHEAT.											

BROCCOLI CHEDDAR SOUP (WATER, WHOLE MILK [MILK, VITAMIN D3], BROCCOLI, PASTEURIZED PROCESSED CHEDDAR CHEESE FOOD [CHEDDAR CHEESE {PASTEURIZED MILK, CHEESE CULTURE, SALT, ANIMAL ENZYMES}, WHEY, WHEY PROTEIN CONCENTRATE, NONFAT MILK, SODIUM CITRATE, MILKFAT, SALT, LACTIC ACID, OLEORESIN PAPRIKA {COLOR}, ANNATTO EXTRACT {COLOR}], WHIPPING CREAM (CREAM, MILK), CARROTS, CORN STARCH, ONIONS, CHICKEN BASE [CHICKEN MEAT INCLUDING CHICKEN JUICES, SALT, CHICKEN FAT, YEAST EXTRACT, SUGAR, NATURAL FLAVOR, POTATO FLOUR, CARROT POWDER, TURMERIC], SEASONING [WHEAT FLOUR, SALT, WHITE PEPPER AND NOT MORE THAN 2% CANOLA OIL ADDED TO AID PROCESSING], SALTED BUTTER (PASTEURIZED CREAM, SALT), DIIJON MUSTARD [WATER, MUSTARD SEED, VINEGAR, SALT, RED PEPPER], PEPPER SAUCE [DISTILLED VINEGAR, RED PEPPER, SALT]).

Catering Caesar Salad - serves 10

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
2 Containers	1660	1210	134	30	3.5	240	2880	83	24	16	42	
Allergens *	CONTAINS EGG, FISH, MILK, WHEAT.											

ROMAINE LETTUCE, CAESAR DRESSING (SOYBEAN OIL, WATER, WORCESTERSHIRE SAUCE [DISTILLED VINEGAR, MOLASSES, SUGAR, WATER, SALT, ONION JUICE (ONION JUICE, SALT), ANCHOVY, GARLIC, SPICE, TAMARIND EXTRACT, NATURAL FLAVORS, CHILI PEPPER EXTRACT], EGG YOLKS, RED WINE VINEGAR, GARLIC, GARLIC JUICE, EGG YOLK SOLIDS, ONION JUICE, SALT, LEMON JUICE CONCENTRATE, DISTILLED VINEGAR, SUGAR, CORN SYRUP, ANCHOVY EXTRACT, BLACK PEPPER, XANTHAN GUM, MUSTARD SEED, ROSEMARY EXTRACT, GREEN TEA EXTRACT, CITRIC ACID, NISIN AND NATAMYCIN (TO PRESERVE FRESHNESS), CELERY SEED), GRATED PARMESAN (PASTEURIZED PART SKIM MILK, CHEESE CULTURES, SALT, MICROBIAL ENZYMES), BLACK PEPPER FOCACCIA CROUTONS (BLACK PEPPER FOCACCIA [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, OLIVE OIL BLEND (EXTRA VIRGIN OLIVE OIL, CANOLA OIL), SPROUTED GRAIN BLEND (SPROUTED WHEAT, SPROUTED SPELT, SPROUTED RYE, SPROUTED OATS), SALT, BREAD BASE (ENRICHED PREGELATINIZED WHEAT FLOUR [NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHEAT FIBER, WHEAT GLUTEN, MALTED WHEAT FLOUR, ACEROLA EXTRACT, MICROBIAL ENZYMES), YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID), SEA SALT, GROUND BLACK PEPPER], EXTRA VIRGIN OLIVE OIL).

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Catering

Catering Caesar Salad - serves 5

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Container	830	600	67	15	2	120	1440	41	12	8	21	
Allergens *	CONTAINS EGG, FISH, MILK, WHEAT.											

ROMAINE LETTUCE, CAESAR DRESSING (SOYBEAN OIL, WATER, WORCESTERSHIRE SAUCE [DISTILLED VINEGAR, MOLASSES, SUGAR, WATER, SALT, ONION JUICE (ONION JUICE, SALT), ANCHOVY, GARLIC, SPICE, TAMARIND EXTRACT, NATURAL FLAVORS, CHILI PEPPER EXTRACT], EGG YOLKS, RED WINE VINEGAR, GARLIC, GARLIC JUICE, EGG YOLK SOLIDS, ONION JUICE, SALT, LEMON JUICE CONCENTRATE, DISTILLED VINEGAR, SUGAR, CORN SYRUP, ANCHOVY EXTRACT, BLACK PEPPER, XANTHAN GUM, MUSTARD SEED, ROSEMARY EXTRACT, GREEN TEA EXTRACT, CITRIC ACID, NISIN AND NATAMYCIN (TO PRESERVE FRESHNESS), CELERY SEED), GRATED PARMESAN (PASTEURIZED PART SKIM MILK, CHEESE CULTURES, SALT, MICROBIAL ENZYMES), BLACK PEPPER FOCACCIA CROUTONS (BLACK PEPPER FOCACCIA [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, OLIVE OIL BLEND (EXTRA VIRGIN OLIVE OIL, CANOLA OIL), SPROUTED GRAIN BLEND (SPROUTED WHEAT, SPROUTED SPELT, SPROUTED RYE, SPROUTED OATS), SALT, BREAD BASE (ENRICHED PREGELATINIZED WHEAT FLOUR [NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHEAT FIBER, WHEAT GLUTEN, MALTED WHEAT FLOUR, ACEROLA EXTRACT, MICROBIAL ENZYMES), YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID), SEA SALT, GROUND BLACK PEPPER], EXTRA VIRGIN OLIVE OIL).

Catering Caesar with Chicken Salad - serves 10

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
2 Containers	2340	1350	151	35	3.5	655	4650	95	24	18	164	
Allergens *	CONTAINS EGG, FISH, MILK, WHEAT.											

ROMAINE LETTUCE, CITRUS PEPPER CHICKEN (CHICKEN BREAST MEAT WITH RIB MEAT, WATER, SEASONING [LEMON, MANGOSTEEN, NATURAL SMOKE FLAVOR], SEA SALT, DEHYDRATED GARLIC, DEHYDRATED ONION, SUGAR, DRY LEMON PEEL, SPICES, DEHYDRATED ROSEMARY, DEHYDRATED BASIL AND CITRIC ACID, MALIC ACID, PAPRIKA FOR FLAVOR], DEXTROSE, GARLIC POWDER, BLACK PEPPER, RICE STARCH, POTATO STARCH, VINEGAR, SEA SALT), CAESAR DRESSING (SOYBEAN OIL, WATER, WORCESTERSHIRE SAUCE [DISTILLED VINEGAR, MOLASSES, SUGAR, WATER, SALT, ONION JUICE (ONION JUICE, SALT), ANCHOVY, GARLIC, SPICE, TAMARIND EXTRACT, NATURAL FLAVORS, CHILI PEPPER EXTRACT], EGG YOLKS, RED WINE VINEGAR, GARLIC, GARLIC JUICE, EGG YOLK SOLIDS, ONION JUICE, SALT, LEMON JUICE CONCENTRATE, DISTILLED VINEGAR, SUGAR, CORN SYRUP, ANCHOVY EXTRACT, BLACK PEPPER, XANTHAN GUM, MUSTARD SEED, ROSEMARY EXTRACT, GREEN TEA EXTRACT, CITRIC ACID, NISIN AND NATAMYCIN (TO PRESERVE FRESHNESS), CELERY SEED), GRATED PARMESAN (PASTEURIZED PART SKIM MILK, CHEESE CULTURES, SALT, MICROBIAL ENZYMES), BLACK PEPPER FOCACCIA CROUTONS (BLACK PEPPER FOCACCIA [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, OLIVE OIL BLEND (EXTRA VIRGIN OLIVE OIL, CANOLA OIL), SPROUTED GRAIN BLEND (SPROUTED WHEAT, SPROUTED SPELT, SPROUTED RYE, SPROUTED OATS), SALT, BREAD BASE (ENRICHED PREGELATINIZED WHEAT FLOUR [NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHEAT FIBER, WHEAT GLUTEN, MALTED WHEAT FLOUR, ACEROLA EXTRACT, MICROBIAL ENZYMES), YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID), SEA SALT, GROUND BLACK PEPPER], EXTRA VIRGIN OLIVE OIL).

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Catering

Catering Caesar with Chicken Salad - serves 5

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Container	1170	680	75	17	2	325	2330	48	12	9	82		ROMAINE LETTUCE, CITRUS PEPPER CHICKEN (CHICKEN BREAST MEAT WITH RIB MEAT, WATER, SEASONING [(LEMON, MANGOSTEEN, NATURAL SMOKE FLAVOR), SEA SALT, DEHYDRATED GARLIC, DEHYDRATED ONION, SUGAR, DRY LEMON PEEL, SPICES, DEHYDRATED ROSEMARY, DEHYDRATED BASIL AND CITRIC ACID, MALIC ACID, PAPRIKA FOR FLAVOR], DEXTROSE, GARLIC POWDER, BLACK PEPPER, RICE STARCH, POTATO STARCH, VINEGAR, SEA SALT), CAESAR DRESSING (SOYBEAN OIL, WATER, WORCESTERSHIRE SAUCE [DISTILLED VINEGAR, MOLASSES, SUGAR, WATER, SALT, ONION JUICE (ONION JUICE, SALT), ANCHOVY, GARLIC, SPICE, TAMARIND EXTRACT, NATURAL FLAVORS, CHILI PEPPER EXTRACT], EGG YOLKS, RED WINE VINEGAR, GARLIC, GARLIC JUICE, EGG YOLK SOLIDS, ONION JUICE, SALT, LEMON JUICE CONCENTRATE, DISTILLED VINEGAR, SUGAR, CORN SYRUP, ANCHOVY EXTRACT, BLACK PEPPER, XANTHAN GUM, MUSTARD SEED, ROSEMARY EXTRACT, GREEN TEA EXTRACT, CITRIC ACID, NISIN AND NATAMYCIN (TO PRESERVE FRESHNESS), CELERY SEED), GRATED PARMESAN (PASTEURIZED PART SKIM MILK, CHEESE CULTURES, SALT, MICROBIAL ENZYMES), BLACK PEPPER FOCACCIA CROUTONS (BLACK PEPPER FOCACCIA [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, OLIVE OIL BLEND (EXTRA VIRGIN OLIVE OIL, CANOLA OIL), SPROUTED GRAIN BLEND (SPROUTED WHEAT, SPROUTED SPELT, SPROUTED RYE, SPROUTED OATS), SALT, BREAD BASE (ENRICHED PREGELATINIZED WHEAT FLOUR [NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHEAT FIBER, WHEAT GLUTEN, MALTED WHEAT FLOUR, ACEROLA EXTRACT, MICROBIAL ENZYMES), YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID), SEA SALT, GROUND BLACK PEPPER], EXTRA VIRGIN OLIVE OIL).
Allergens *	CONTAINS EGG, FISH, MILK, WHEAT.												

Catering Chipotle Aioli for Breakfast Sandwiches

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
about 0.5 oz	90	90	10	1.5	0	10	125	1	0	0	0		CHIPOTLE AIOLI (SOYBEAN OIL, WATER, CHIPOTLE PEPPER PUREE [WATER, CHIPOTLE PEPPER], EGG YOLKS, DISTILLED VINEGAR, SALT, SUGAR, LEMON JUICE CONCENTRATE, GARLIC, PAPRIKA, CHIPOTLE PEPPER, XANTHAN GUM, MUSTARD SEED, DEHYDRATED ONION).
Allergens *	CONTAINS EGG.												

*ALLERGEN NOTICE: MANY OF OUR PRODUCTS CONTAIN OR MAY COME INTO CONTACT WITH COMMON ALLERGENS, INCLUDING WHEAT, PEANUTS, SOY, TREE NUTS, MILK, EGGS, FISH, SHELLFISH, SESAME, SULFITES, AND MUSTARD



Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Catering

Catering Cream of Chicken and Wild Rice

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Container	620	330	36	17	1.5	85	3240	62	13	9	23		CREAMY CHICKEN WILD RICE SOUP (WATER, MILK, ONIONS, CARROTS, CREAM, WHITE MEAT CHICKEN [WHITE MEAT CHICKEN, CHICKEN BROTH, RICE STARCH, SALT], CELERY, CABBAGE, WILD RICE, CORNSTARCH, BUTTER [CREAM, SALT], WHEAT FLOUR, SEA SALT, CHICKEN STOCK AND FLAVOR, SOYBEAN OIL, CHICKEN FAT, ONION POWDER, SUGAR, SPICES [PARSLEY, TURMERIC, THYME, TARRAGON]).
Allergens *	CONTAINS MILK, WHEAT.												

Catering Decaf Coffee

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Container	110	0	0	0	0	0	70	18	0	0	11		DECAFFEINATED COFFEE.
Allergens *													

*ALLERGEN NOTICE: MANY OF OUR PRODUCTS CONTAIN OR MAY COME INTO CONTACT WITH COMMON ALLERGENS, INCLUDING WHEAT, PEANUTS, SOY, TREE NUTS, MILK, EGGS, FISH, SHELLFISH, SESAME, SULFITES, AND MUSTARD



Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Catering

Catering French Baguette

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Baguette	1060	35	3.5	1	0	0	2700	217	8	4	40	
Allergens *	CONTAINS WHEAT.											

Catering Fruit Salad - serves 10

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Container	790	20	2.5	0.5	0	0	160	203	14	150	11	
Allergens *												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Catering

Catering Fruit Salad - serves 5

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Container	390	10	1	0	0	0	80	101	7	75	5	
Allergens *												

Catering Fuji Apple - Half

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1/2 Salad	220	150	16	3.5	0	5	200	17	3	11	4	
Allergens *		CONTAINS MILK, TREE NUTS.										

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Catering

Catering Fuji Apple Salad - serves 10

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
2 Containers	2170	1490	166	36	2.5	70	2150	148	27	101	40	
Allergens *	CONTAINS MILK, TREE NUTS.											

ROMAINE LETTUCE, WHITE BALSAMIC WITH APPLE FLAVORED VINAIGRETTE (SOYBEAN OIL, WATER, SUGAR, APPLE JUICE CONCENTRATE, WHITE BALSAMIC VINEGAR, APPLE CIDER VINEGAR, EXTRA VIRGIN OLIVE OIL, SALT, ARABIC GUM, NATURAL APPLE FLAVOR, GUM ACACIA, LEMON JUICE CONCENTRATE, XANTHAN GUM, DEHYDRATED ONION, GARLIC, ROSEMARY EXTRACT, GREEN TEA EXTRACT, GINGER, CITRIC ACID), RED GRAPE TOMATOES, KALE, LETTUCE, RED ONION, GORGONZOLA CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, MICROBIAL AND ANIMAL ENZYMES, PENICILLIUM ROQUEFORTI, POWDERED CELLULOSE TO PREVENT CAKING, NATAMYCIN [PRESERVATIVE]), OIL ROASTED PECANS (PECANS, COTTONSEED OIL), ARUGULA, APPLE CHIPS (APPLES, SAFFLOWER, SUNFLOWER OIL AND/OR CANOLA OIL, CORN SYRUP, CITRIC ACID, ASCORBIC ACID [VITAMIN C]).

Catering Fuji Apple Salad - serves 5

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Container	1090	750	83	18	1	35	1080	74	13	51	20	
Allergens *	CONTAINS MILK, TREE NUTS.											

ROMAINE LETTUCE, WHITE BALSAMIC WITH APPLE FLAVORED VINAIGRETTE (SOYBEAN OIL, WATER, SUGAR, APPLE JUICE CONCENTRATE, WHITE BALSAMIC VINEGAR, APPLE CIDER VINEGAR, EXTRA VIRGIN OLIVE OIL, SALT, ARABIC GUM, NATURAL APPLE FLAVOR, GUM ACACIA, LEMON JUICE CONCENTRATE, XANTHAN GUM, DEHYDRATED ONION, GARLIC, ROSEMARY EXTRACT, GREEN TEA EXTRACT, GINGER, CITRIC ACID), RED GRAPE TOMATOES, KALE, LETTUCE, RED ONION, GORGONZOLA CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, MICROBIAL AND ANIMAL ENZYMES, PENICILLIUM ROQUEFORTI, POWDERED CELLULOSE TO PREVENT CAKING, NATAMYCIN [PRESERVATIVE]), OIL ROASTED PECANS (PECANS, COTTONSEED OIL), ARUGULA, APPLE CHIPS (APPLES, SAFFLOWER, SUNFLOWER OIL AND/OR CANOLA OIL, CORN SYRUP, CITRIC ACID, ASCORBIC ACID [VITAMIN C]).

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Catering

Catering Fuji Apple - Whole

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Salad	450	290	32	7	0	15	400	35	6	22	8	
Allergens *	CONTAINS MILK, TREE NUTS.											

GREENS BLEND (ROMAINE LETTUCE, KALE, LETTUCE, ARUGULA), RED GRAPE TOMATOES, WHITE BALSAMIC WITH APPLE FLAVORED VINAIGRETTE (SOYBEAN OIL, WATER, SUGAR, APPLE JUICE CONCENTRATE, WHITE BALSAMIC VINEGAR, APPLE CIDER VINEGAR, EXTRA VIRGIN OLIVE OIL, SALT, ARABIC GUM, NATURAL APPLE FLAVOR, GUM ACACIA, LEMON JUICE CONCENTRATE, XANTHAN GUM, DEHYDRATED ONION, GARLIC, ROSEMARY EXTRACT, GREEN TEA EXTRACT, GINGER, CITRIC ACID), RED ONION, GORGONZOLA CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, MICROBIAL AND ANIMAL ENZYMES, PENICILLIUM ROQUEFORTI, POWDERED CELLULOSE TO PREVENT CAKING, NATAMYCIN [PRESERVATIVE]), APPLE CHIPS (APPLES, SAFFLOWER, SUNFLOWER OIL AND/OR CANOLA OIL, CORN SYRUP, CITRIC ACID, ASCORBIC ACID [VITAMIN C]), OIL ROASTED PECANS (PECANS, COTTONSEED OIL).

Catering Fuji Apple with Chicken Salad - serves 10

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
2 Containers	2850	1640	182	40	2.5	485	3930	160	27	103	163	
Allergens *	CONTAINS MILK, TREE NUTS.											

CITRUS PEPPER CHICKEN (CHICKEN BREAST MEAT WITH RIB MEAT, WATER, SEASONING [(LEMON, MANGOSTEEN, NATURAL SMOKE FLAVOR), SEA SALT, DEHYDRATED GARLIC, DEHYDRATED ONION, SUGAR, DRY LEMON PEEL, SPICES, DEHYDRATED ROSEMARY, DEHYDRATED BASIL AND CITRIC ACID, MALIC ACID, PAPRIKA FOR FLAVOR], DEXTROSE, GARLIC POWDER, BLACK PEPPER, RICE STARCH, POTATO STARCH, VINEGAR, SEA SALT), ROMAINE LETTUCE, WHITE BALSAMIC WITH APPLE FLAVORED VINAIGRETTE (SOYBEAN OIL, WATER, SUGAR, APPLE JUICE CONCENTRATE, WHITE BALSAMIC VINEGAR, APPLE CIDER VINEGAR, EXTRA VIRGIN OLIVE OIL, SALT, ARABIC GUM, NATURAL APPLE FLAVOR, GUM ACACIA, LEMON JUICE CONCENTRATE, XANTHAN GUM, DEHYDRATED ONION, GARLIC, ROSEMARY EXTRACT, GREEN TEA EXTRACT, GINGER, CITRIC ACID), RED GRAPE TOMATOES, KALE, LETTUCE, RED ONION, GORGONZOLA CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, MICROBIAL AND ANIMAL ENZYMES, PENICILLIUM ROQUEFORTI, POWDERED CELLULOSE TO PREVENT CAKING, NATAMYCIN [PRESERVATIVE]), OIL ROASTED PECANS (PECANS, COTTONSEED OIL), ARUGULA, APPLE CHIPS (APPLES, SAFFLOWER, SUNFLOWER OIL AND/OR CANOLA OIL, CORN SYRUP, CITRIC ACID, ASCORBIC ACID [VITAMIN C]).

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Catering

Catering Fuji Apple with Chicken Salad - serves 5

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Container	1430	820	91	20	1	245	1960	80	13	51	81		CITRUS PEPPER CHICKEN (CHICKEN BREAST MEAT WITH RIB MEAT, WATER, SEASONING [(LEMON, MANGOSTEEN, NATURAL SMOKE FLAVOR), SEA SALT, DEHYDRATED GARLIC, DEHYDRATED ONION, SUGAR, DRY LEMON PEEL, SPICES, DEHYDRATED ROSEMARY, DEHYDRATED BASIL AND CITRIC ACID, MALIC ACID, PAPRIKA FOR FLAVOR], DEXTROSE, GARLIC POWDER, BLACK PEPPER, RICE STARCH, POTATO STARCH, VINEGAR, SEA SALT), ROMAINE LETTUCE, WHITE BALSAMIC WITH APPLE FLAVORED VINAIGRETTE (SOYBEAN OIL, WATER, SUGAR, APPLE JUICE CONCENTRATE, WHITE BALSAMIC VINEGAR, APPLE CIDER VINEGAR, EXTRA VIRGIN OLIVE OIL, SALT, ARABIC GUM, NATURAL APPLE FLAVOR, GUM ACACIA, LEMON JUICE CONCENTRATE, XANTHAN GUM, DEHYDRATED ONION, GARLIC, ROSEMARY EXTRACT, GREEN TEA EXTRACT, GINGER, CITRIC ACID), RED GRAPE TOMATOES, KALE, LETTUCE, RED ONION, GORGONZOLA CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, MICROBIAL AND ANIMAL ENZYMES, PENICILLIUM ROQUEFORTI, POWDERED CELLULOSE TO PREVENT CAKING, NATAMYCIN [PRESERVATIVE]), OIL ROASTED PECANS (PECANS, COTTONSEED OIL), ARUGULA, APPLE CHIPS (APPLES, SAFFLOWER, SUNFLOWER OIL AND/OR CANOLA OIL, CORN SYRUP, CITRIC ACID, ASCORBIC ACID [VITAMIN C]).
Allergens *	CONTAINS MILK, TREE NUTS.												

Catering Greek Salad - serves 10

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
2 Containers	2050	1630	181	34	4	55	7870	81	33	30	30		ROMAINE LETTUCE, PEPPERONCINI (GREEK PEPPERONCINI, WATER, VINEGAR, SEA SALT, CITRIC ACID, RIBOFLAVIN FOR COLOR), GREEK DRESSING (SOYBEAN OIL, WATER, DISTILLED VINEGAR, POMACE OLIVE OIL, APPLE CIDER VINEGAR, SALT, BLACK PEPPER, DEHYDRATED GARLIC, GUM ACACIA, DEHYDRATED OREGANO, XANTHAN GUM, GUAR GUM, ARABIC GUM, LEMON JUICE CONCENTRATE, DEHYDRATED TARRAGON, CITRIC ACID, DEHYDRATED PARSLEY, DEHYDRATED ROSEMARY, DEHYDRATED THYME, DEHYDRATED BAY LEAVES), RED GRAPE TOMATOES, RED ONION, FETA CHEESE (CULTURED PASTEURIZED PART-SKIM MILK, SALT, MICROBIAL ENZYMES, POWDERED CELLULOSE TO PREVENT CAKING, NATAMYCIN [A NATURAL MOLD INHIBITOR]), KALAMATA OLIVES (OLIVES, WATER, RED WINE VINEGAR, SEA SALT, GRAPE MUST), SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL).
Allergens *	CONTAINS MILK.												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Catering

Catering Greek Salad - serve 5

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Container	1020	820	91	17	2	25	3940	40	17	15	15	
Allergens *	CONTAINS MILK.											

ROMAINE LETTUCE, PEPPERONCINI (GREEK PEPPERONCINI, WATER, VINEGAR, SEA SALT, CITRIC ACID, RIBOFLAVIN FOR COLOR), GREEK DRESSING (SOYBEAN OIL, WATER, DISTILLED VINEGAR, POMACE OLIVE OIL, APPLE CIDER VINEGAR, SALT, BLACK PEPPER, DEHYDRATED GARLIC, GUM ACACIA, DEHYDRATED OREGANO, XANTHAN GUM, GUAR GUM, ARABIC GUM, LEMON JUICE CONCENTRATE, DEHYDRATED TARRAGON, CITRIC ACID, DEHYDRATED PARSLEY, DEHYDRATED ROSEMARY, DEHYDRATED THYME, DEHYDRATED BAY LEAVES), RED GRAPE TOMATOES, RED ONION, FETA CHEESE (CULTURED PASTEURIZED PART-SKIM MILK, SALT, MICROBIAL ENZYMES, POWDERED CELLULOSE TO PREVENT CAKING, NATAMYCIN [A NATURAL MOLD INHIBITOR]), KALAMATA OLIVES (OLIVES, WATER, RED WINE VINEGAR, SEA SALT, GRAPE MUST), SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL).

Catering Green Goddess Cobb Salad with Chicken - serves 5

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Container	1220	510	57	13	0.5	495	2590	85	15	54	97	
Allergens *	CONTAINS EGG, MILK.											

CITRUS PEPPER CHICKEN (CHICKEN BREAST MEAT WITH RIB MEAT, WATER, SEASONING [(LEMON, MANGOSTEEN, NATURAL SMOKE FLAVOR), SEA SALT, DEHYDRATED GARLIC, DEHYDRATED ONION, SUGAR, DRY LEMON PEEL, SPICES, DEHYDRATED ROSEMARY, DEHYDRATED BASIL AND CITRIC ACID, MALIC ACID, PAPRIKA FOR FLAVOR], DEXTROSE, GARLIC POWDER, BLACK PEPPER, RICE STARCH, POTATO STARCH, VINEGAR, SEA SALT), ROMAINE LETTUCE, PICKLED RED ONIONS (RED ONIONS, SUGAR, WATER, WHITE WINE VINEGAR, DISTILLED VINEGAR, CALCIUM CHLORIDE, SEA SALT), GREEN GODDESS DRESSING BLEND (GREEN GODDESS DRESSING BASE (CANOLA OIL, WATER, VINEGAR, BASIL, AGAVE SYRUP, SUGAR, CORN STARCH, ROMANO CHEESE (CULTURED MILK, SALT, MICROBIAL ENZYMES), SALT, WHEY PROTEIN CONCENTRATE, GARLIC, DIJON MUSTARD (VINEGAR, WATER, MUSTARD SEED, SALT, WHITE WINE, CITRIC ACID, TARTARIC ACID, SPICES), LEMON JUICE CONCENTRATE, XANTHAN GUM, ONION POWDER, SUNFLOWER OIL, BLACK PEPPER, NATURAL BASIL FLAVOR, DRIED EGG YOLKS, ASCORBIC ACID, CITRIC ACID), WHOLE MILK PLAIN GREEK YOGURT (CULTURED PASTEURIZED NON-FAT MILK, CREAM, CONTAINS LIVE ACTIVE CULTURES S. THERMOPHILUS, L. BULGARICUS, L. ACIDOPHILUS, BIFIDUS, L. CASEI, L. PARACASEI, L. RHAMNOSUS), BASIL), RED GRAPE TOMATOES, HARD-BOILED EGG (EGG, CITRIC ACID), KALE, LETTUCE, AVOCADO, ARUGULA, APPLEWOOD SMOKED BACON PIECES (PORK, WATER, SUGAR, SEA SALT, CELERY POWDER).

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Catering

Catering Green Goddess Cobb Salad with Chicken - serves 10

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Container	2430	1020	113	26	1.5	985	5170	169	29	109	194	
Allergens *	CONTAINS EGG, MILK.											

GREENS BLEND (ROMAINE LETTUCE, KALE, LETTUCE, ARUGULA), CITRUS PEPPER CHICKEN (CHICKEN BREAST MEAT WITH RIB MEAT, WATER, SEASONING [(LEMON, MANGOSTEEN, NATURAL SMOKE FLAVOR), SEA SALT, DEHYDRATED GARLIC, DEHYDRATED ONION, SUGAR, DRY LEMON PEEL, SPICES, DEHYDRATED ROSEMARY, DEHYDRATED BASIL AND CITRIC ACID, MALIC ACID, PAPRIKA FOR FLAVOR], DEXTROSE, GARLIC POWDER, BLACK PEPPER, RICE STARCH, POTATO STARCH, VINEGAR, SEA SALT), PICKLED RED ONIONS (RED ONIONS, SUGAR, WATER, WHITE WINE VINEGAR, DISTILLED VINEGAR, CALCIUM CHLORIDE, SEA SALT), GREEN GODDESS DRESSING BLEND (GREEN GODDESS DRESSING BASE (CANOLA OIL, WATER, VINEGAR, BASIL, AGAVE SYRUP, SUGAR, CORN STARCH, ROMANO CHEESE (CULTURED MILK, SALT, MICROBIAL ENZYMES), SALT, WHEY PROTEIN CONCENTRATE, GARLIC, DIJON MUSTARD (VINEGAR, WATER, MUSTARD SEED, SALT, WHITE WINE, CITRIC ACID, TARTARIC ACID, SPICES), LEMON JUICE CONCENTRATE, XANTHAN GUM, ONION POWDER, SUNFLOWER OIL, BLACK PEPPER, NATURAL BASIL FLAVOR, DRIED EGG YOLKS, ASCORBIC ACID, CITRIC ACID), WHOLE MILK PLAIN GREEK YOGURT (CULTURED PASTEURIZED NON-FAT MILK, CREAM, CONTAINS LIVE ACTIVE CULTURES S. THERMOPHILUS, L. BULGARICUS, L. ACIDOPHILUS, BIFIDUS, L. CASEI, L. PARACASEI, L. RHAMNOSUS), BASIL), RED GRAPE TOMATOES, HARD-BOILED EGG (EGG, CITRIC ACID), AVOCADO, APPLEWOOD SMOKED BACON PIECES (PORK, WATER, SUGAR, SEA SALT, CELERY POWDER).

Catering Hazelnut Coffee

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Container	140	0	0	0	0	0	60	24	0	0	10	
Allergens *												

HAZELNUT FLAVORED COFFEE (COFFEE, NATURAL FLAVORS).

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Catering

Catering Homestyle Chicken Noodle Soup

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 container	430	100	11	3.5	0	110	3540	45	3	5	39		HOMESTYLE CHICKEN NOODLE SOUP (WATER, WHITE CHICKEN MEAT [CHICKEN BREAST MEAT WITH RIB MEAT, CHICKEN BROTH, RICE STARCH,SALT], EGG NOODLES [WATER, DURUM SEMOLINA WHEAT FLOUR, EGG WHITES, EGGS], CARROTS, CELERY, ONIONS, CORNSTARCH, SEA SALT, CHICKEN STOCK [CHICKEN STOCK, NATURAL FLAVOR, SEA SALT], CHICKEN FAT, GARLIC, YEAST EXTRACT, BUTTER [CULTURED CREAM, SALT], GUAR AND XANTHAN GUM, ONION POWDER, THYME, BLACK PEPPER, PARSLEY, ROSEMARY, TURMERIC, BAY LEAVES).
Allergens *	CONTAINS EGG, MILK, WHEAT.												

Catering Signature Hot Chocolate

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Container	4180	1410	157	98	4.5	480	1450	615	26	383	64		WATER, HALF AND HALF (MILK, CREAM), BITTERSWEET CHOCOLATE SAUCE (CORN SYRUP, SUGAR, VEGETABLE GLYCERIN, WATER, ALKALIZED COCOA, SWEETENED CONDENSED MILK [MILK, SUGAR], NATURAL FLAVOR, SALT, CARRAGEENAN, CHOCOLATE, GUAR GUM, XANTHAN GUM, CITRIC ACID), CARAMEL SAUCE (SWEETENED CONDENSED MILK [MILK, SUGAR], CORN SYRUP, CANE SUGAR, WATER, VEGETABLE GLYCERIN, LIGHT BROWN SUGAR, BUTTER [CREAM, SALT], HEAVY CREAM, NATURAL FLAVORS, SALT, SUNFLOWER LECITHIN).
Allergens *	Contains Milk.												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Catering

Catering Mac & Cheese

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Container	1890	1110	123	70	3.5	310	4180	131	4	30	66		MACARONI AND CHEESE (COOKED ENRICHED MACARONI PRODUCT [WATER, SEMOLINA WHEAT, EGG WHITES, EGG WHITE POWDER, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, CHEDDAR CHEESE [PASTEURIZED MILK, BACTERIAL CULTURES, SALT, MICROBIAL AND ANIMAL ENZYMES], MILK, CREAM, SOYBEAN OIL, CONCENTRATED SKIM MILK, WHEY, BUTTER [CREAM, SALT], WHEY PROTEIN CONCENTRATE, MILK FAT, SKIM MILK, SALT, SODIUM CITRATE, MODIFIED CORN STARCH, CREAM POWDER [CREAM, SALT], DRIED CREAM, SEA SALT, LACTIC ACID, MILK PROTEIN CONCENTRATE, ENRICHED FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], GUAR GUM, XANTHAN GUM, CALCIUM LACTATE, SODIUM ALGINATE, ENZYMES).
Allergens *	CONTAINS EGG, MILK, WHEAT.												

Catering Passionfruit Papaya Green Tea - Serves 10

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
2 Containers	930	0	0	0	0	0	65	218	0	218	0		WATER, PASSIONFRUIT PAPAYA GREEN TEA CONCENTRATE (WATER, SUGAR, BREWED GREEN TEA, NATURAL FLAVOR, CITRIC ACID, ASCORBIC ACID, FRUIT JUICE [COLOR], BETA CAROTENE [COLOR]).
Allergens *													

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Catering

Catering Pastry Ring

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Pastry Ring	2580	990	110	61	3.5	400	2010	351	11	170	41	
Allergens *	CONTAINS EGG, MILK, WHEAT. MAY ALSO CONTAIN SOY FROM PROCESSING OF ITEMS ON EQUIPMENT THAT CONTAIN SOY.											

PASTRY RING (PASTRY RING DOUGH (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BUTTER (CREAM), SUGAR, WATER, EGGS, YEAST, CINNAMON, CREAM CHEESE (PASTEURIZED MILK AND CREAM, SALT, CAROB BEAN GUM, CHEESE CULTURE), NATURAL VANILLA FLAVOR, SALT, SOYBEAN OIL), CHERRY FILLING (CHERRIES [CHERRIES, SUGAR], SUGAR, CORN STARCH-MODIFIED, CARROT AND BLACK CURRANT JUICE CONCENTRATE, CITRIC ACID, CULTURED CORN SYRUP SOLIDS, GELLAN GUM, INVERT SUGAR, SALT, WATER), CREAM CHEESE FILLING (CREAM CHEESE [PASTEURIZED MILK AND CREAM, SALT, CAROB BEAN GUM, CHEESE CULTURE], WATER, SUGAR, CORN STARCH-MODIFIED, CORN SYRUP, CAROB BEAN GUM, CULTURED CORN SYRUP SOLIDS, GLUCONO DELTA-LACTONE, GUAR GUM, LACTIC ACID, MALIC ACID, NATURAL FLAVOR [CREAM CHEESE, VANILLA], SALT, XANTHAN GUM), STREUSEL TOPPING (ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], PALM OIL, SUGAR, CINNAMON, HONEY, NATURAL FLAVOR, SALT)), WHITE ICING (SUGAR, WATER, CORN SYRUP, CORNSTARCH, AGAR, CORN STARCH MODIFIED, INVERT SUGAR, NATURAL LEMON FLAVOR, NATURAL VANILLA FLAVOR, SALT).

Catering Plum Ginger Hibiscus Tea - Serves 10

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
2 Containers	0	0	0	0	0	0	0	0	0	0	0	
Allergens *												

PLUM GINGER HIBISCUS TEA (NIGERIAN HIBISCUS, APPLE PIECES, LICORICE, GINGER, ROSEHIP, NATURAL PLUM AND GINGER FLAVORS, CHICORY).

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Catering

Catering Premium Orange Juice - Serves 10

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
2 Containers	1780	0	0	0	0	0	40	412	0	333	33	
Allergens *												

Catering Prickly Pear Hibiscus Fresca - Serves 10

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
2 Containers	700	10	1	0	0	0	100	171	8	138	4	
Allergens *												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Catering

Catering Seasonal Greens Salad - serves 10

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
2 Containers	1620	1340	149	22	2.5	0	1860	63	19	27	17	
Allergens *												

ROMAINE LETTUCE, GREEK DRESSING (SOYBEAN OIL, WATER, DISTILLED VINEGAR, POMACE OLIVE OIL, APPLE CIDER VINEGAR, SALT, BLACK PEPPER, DEHYDRATED GARLIC, GUM ACACIA, DEHYDRATED OREGANO, XANTHAN GUM, GUAR GUM, ARABIC GUM, LEMON JUICE CONCENTRATE, DEHYDRATED TARRAGON, CITRIC ACID, DEHYDRATED PARSLEY, DEHYDRATED ROSEMARY, DEHYDRATED THYME, DEHYDRATED BAY LEAVES), RED GRAPE TOMATOES, CUCUMBER, KALE, LETTUCE, RED ONION, ARUGULA.

Catering Seasonal Greens Salad - serves 5

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Container	810	670	75	11	1	0	930	31	9	14	9	
Allergens *												

ROMAINE LETTUCE, GREEK DRESSING (SOYBEAN OIL, WATER, DISTILLED VINEGAR, POMACE OLIVE OIL, APPLE CIDER VINEGAR, SALT, BLACK PEPPER, DEHYDRATED GARLIC, GUM ACACIA, DEHYDRATED OREGANO, XANTHAN GUM, GUAR GUM, ARABIC GUM, LEMON JUICE CONCENTRATE, DEHYDRATED TARRAGON, CITRIC ACID, DEHYDRATED PARSLEY, DEHYDRATED ROSEMARY, DEHYDRATED THYME, DEHYDRATED BAY LEAVES), RED GRAPE TOMATOES, CUCUMBER, KALE, LETTUCE, RED ONION, ARUGULA.

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Catering

Catering Seasonal Greens Salad with Chicken - serves 10

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
2 Containers	2300	1490	166	27	2.5	415	3630	75	19	29	139		CITRUS PEPPER CHICKEN (CHICKEN BREAST MEAT WITH RIB MEAT, WATER, SEASONING [(LEMON, MANGOSTEEN, NATURAL SMOKE FLAVOR), SEA SALT, DEHYDRATED GARLIC, DEHYDRATED ONION, SUGAR, DRY LEMON PEEL, SPICES, DEHYDRATED ROSEMARY, DEHYDRATED BASIL AND CITRIC ACID, MALIC ACID, PAPRIKA FOR FLAVOR], DEXTROSE, GARLIC POWDER, BLACK PEPPER, RICE STARCH, POTATO STARCH, VINEGAR, SEA SALT), ROMAINE LETTUCE, GREEK DRESSING (SOYBEAN OIL, WATER, DISTILLED VINEGAR, POMACE OLIVE OIL, APPLE CIDER VINEGAR, SALT, BLACK PEPPER, DEHYDRATED GARLIC, GUM ACACIA, DEHYDRATED OREGANO, XANTHAN GUM, GUAR GUM, ARABIC GUM, LEMON JUICE CONCENTRATE, DEHYDRATED TARRAGON, CITRIC ACID, DEHYDRATED PARSLEY, DEHYDRATED ROSEMARY, DEHYDRATED THYME, DEHYDRATED BAY LEAVES), RED GRAPE TOMATOES, CUCUMBER, KALE, LETTUCE, RED ONION, ARUGULA.
Allergens *													

Catering Seasonal Greens Salad with Chicken- serves 5

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Container	1150	750	83	14	1	205	1820	38	9	14	70		CITRUS PEPPER CHICKEN (CHICKEN BREAST MEAT WITH RIB MEAT, WATER, SEASONING [(LEMON, MANGOSTEEN, NATURAL SMOKE FLAVOR), SEA SALT, DEHYDRATED GARLIC, DEHYDRATED ONION, SUGAR, DRY LEMON PEEL, SPICES, DEHYDRATED ROSEMARY, DEHYDRATED BASIL AND CITRIC ACID, MALIC ACID, PAPRIKA FOR FLAVOR], DEXTROSE, GARLIC POWDER, BLACK PEPPER, RICE STARCH, POTATO STARCH, VINEGAR, SEA SALT), ROMAINE LETTUCE, GREEK DRESSING (SOYBEAN OIL, WATER, DISTILLED VINEGAR, POMACE OLIVE OIL, APPLE CIDER VINEGAR, SALT, BLACK PEPPER, DEHYDRATED GARLIC, GUM ACACIA, DEHYDRATED OREGANO, XANTHAN GUM, GUAR GUM, ARABIC GUM, LEMON JUICE CONCENTRATE, DEHYDRATED TARRAGON, CITRIC ACID, DEHYDRATED PARSLEY, DEHYDRATED ROSEMARY, DEHYDRATED THYME, DEHYDRATED BAY LEAVES), RED GRAPE TOMATOES, CUCUMBER, KALE, LETTUCE, RED ONION, ARUGULA.
Allergens *													

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Catering

Catering Southwest Chile Lime Ranch Salad - serves 10

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Container	2700	1470	164	32	2	105	4850	254	71	53	83		ROMAINE LETTUCE, ADOBO LIME BLACK BEAN & CORN BLEND (BLACK BEANS, CORN, LIME JUICE, EXTRA VIRGIN OLIVE OIL, CHILE PEPPER, GRANULATED GARLIC, GRANULATED ONION, BLACK PEPPER, CUMIN, GUM BLEND (ORGANIC GUAR GUM, ORGANIC LOCUST BEAN GUM), PAPRIKA, SEA SALT), AVOCADO, CHILE LIME ROJO RANCH BLEND (CHILE LIME ROJO BLEND (SOYBEAN OIL, PESTO (BASIL, CANOLA OIL, WATER, PARMESAN CHEESE [PASTEURIZED PART SKIM MILK, CHEESE CULTURE, SALT, MICROBIAL ENZYMES]), DRIED GARLIC, SALT), WATER, CULTURED LOWFAT BUTTERMILK, GUAJILLO PEPPER, PIQUANTE PEPPER, AGED RED CAYENNE PEPPER, HONEY, CHIPOTLE PEPPER PUREE (WATER, CHIPOTLE PEPPER), DISTILLED VINEGAR, EGG YOLKS, SUGAR, LIME JUICE CONCENTRATE, SALT, GARLIC, XANTHAN GUM, MUSTARD FLOUR, CHILI PEPPER, NATURAL SMOKE FLAVOR, CITRIC ACID, ROSEMARY EXTRACT, DRIED ONION), WHOLE MILK PLAIN GREEK YOGURT (CULTURED PASTEURIZED NON-FAT MILK, CREAM, CONTAINS LIVE ACTIVE CULTURES S. THERMOPHILUS, L. BULGARICUS, L. ACIDOPHILUS, BIFIDUS, L. CASEI, L. PARACASEI, L. RHAMNOSUS), CILANTRO), ARUGULA, TORTILLA STRIPS (CORN MASA FLOUR, SUNFLOWER, SAFFLOWER AND/OR CANOLA OIL, CORN, SEA SALT), FETA CHEESE (CULTURED PASTEURIZED PART-SKIM MILK, SALT, MICROBIAL ENZYMES, POWDERED CELLULOSE TO PREVENT CAKING, NATAMYCIN [A NATURAL MOLD INHIBITOR]), PICKLED RED ONIONS (RED ONIONS, SUGAR, WATER, WHITE WINE VINEGAR, DISTILLED VINEGAR, CALCIUM CHLORIDE, SEA SALT), CILANTRO, PASTEURIZED LIME JUICE.
Allergens *		CONTAINS EGG, MILK.											

Catering Southwest Chile Lime Ranch - Half

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1/2 Salad	270	150	16	3	0	10	470	26	7	5	8		ADOBO LIME BLACK BEAN & CORN BLEND (BLACK BEANS, CORN, LIME JUICE, EXTRA VIRGIN OLIVE OIL, CHILE PEPPER, GRANULATED GARLIC, GRANULATED ONION, BLACK PEPPER, CUMIN, GUM BLEND (ORGANIC GUAR GUM, ORGANIC LOCUST BEAN GUM), PAPRIKA, SEA SALT), ROMAINE LETTUCE, AVOCADO, TORTILLA STRIPS (CORN MASA FLOUR, SUNFLOWER, SAFFLOWER AND/OR CANOLA OIL, CORN, SEA SALT), ARUGULA, CHILE LIME ROJO BLEND (SOYBEAN OIL, PESTO (BASIL, CANOLA OIL, WATER, PARMESAN CHEESE [PASTEURIZED PART SKIM MILK, CHEESE CULTURE, SALT, MICROBIAL ENZYMES]), DRIED GARLIC, SALT), WATER, CULTURED LOWFAT BUTTERMILK, GUAJILLO PEPPER, PIQUANTE PEPPER, AGED RED CAYENNE PEPPER, HONEY, CHIPOTLE PEPPER PUREE (WATER, CHIPOTLE PEPPER), DISTILLED VINEGAR, EGG YOLKS, SUGAR, LIME JUICE CONCENTRATE, SALT, GARLIC, XANTHAN GUM, MUSTARD FLOUR, CHILI PEPPER, NATURAL SMOKE FLAVOR, CITRIC ACID, ROSEMARY EXTRACT, DRIED ONION), FETA CHEESE (CULTURED PASTEURIZED PART-SKIM MILK, SALT, MICROBIAL ENZYMES, POWDERED CELLULOSE TO PREVENT CAKING, NATAMYCIN [A NATURAL MOLD INHIBITOR]), WHOLE MILK PLAIN GREEK YOGURT (CULTURED PASTEURIZED NON-FAT MILK, CREAM, CONTAINS LIVE ACTIVE CULTURES S. THERMOPHILUS, L. BULGARICUS, L. ACIDOPHILUS, BIFIDUS, L. CASEI, L. PARACASEI, L. RHAMNOSUS), PICKLED RED ONIONS (RED ONIONS, SUGAR, WATER, WHITE WINE VINEGAR, DISTILLED VINEGAR, CALCIUM CHLORIDE, SEA SALT), CILANTRO, PASTEURIZED LIME JUICE.
Allergens *		CONTAINS EGG, MILK.											

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Catering

Catering Southwest Chile Lime Ranch Salad - serves 5

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Container	1350	740	82	16	1	55	2420	127	35	26	41	
Allergens *	CONTAINS EGG, MILK.											

ROMAINE LETTUCE, ADOBO LIME BLACK BEAN & CORN BLEND (BLACK BEANS, CORN, LIME JUICE, EXTRA VIRGIN OLIVE OIL, CHILE PEPPER, GRANULATED GARLIC, GRANULATED ONION, BLACK PEPPER, CUMIN, GUM BLEND (ORGANIC GUAR GUM, ORGANIC LOCUST BEAN GUM), PAPRIKA, SEA SALT), AVOCADO, ARUGULA, CHILE LIME ROJO BLEND (SOYBEAN OIL, PESTO (BASIL, CANOLA OIL, WATER, PARMESAN CHEESE [PASTEURIZED PART SKIM MILK, CHEESE CULTURE, SALT, MICROBIAL ENZYMES], DRIED GARLIC, SALT), WATER, CULTURED LOWFAT BUTTERMILK, GUAJILLO PEPPER, PIQUANTE PEPPER, AGED RED CAYENNE PEPPER, HONEY, CHIPOTLE PEPPER PUREE (WATER, CHIPOTLE PEPPER), DISTILLED VINEGAR, EGG YOLKS, SUGAR, LIME JUICE CONCENTRATE, SALT, GARLIC, XANTHAN GUM, MUSTARD FLOUR, CHILI PEPPER, NATURAL SMOKE FLAVOR, CITRIC ACID, ROSEMARY EXTRACT, DRIED ONION), TORTILLA STRIPS (CORN MASA FLOUR, SUNFLOWER, SAFFLOWER AND/OR CANOLA OIL, CORN, SEA SALT), WHOLE MILK PLAIN GREEK YOGURT (CULTURED PASTEURIZED NON-FAT MILK, CREAM, CONTAINS LIVE ACTIVE CULTURES S. THERMOPHILUS, L. BULGARICUS, L. ACIDOPHILUS, BIFIDUS, L. CASEI, L. PARACASEI, L. RHAMNOSUS), FETA CHEESE (CULTURED PASTEURIZED PART-SKIM MILK, SALT, MICROBIAL ENZYMES, POWDERED CELLULOSE TO PREVENT CAKING, NATAMYCIN [A NATURAL MOLD INHIBITOR]), PICKLED RED ONIONS (RED ONIONS, SUGAR, WATER, WHITE WINE VINEGAR, DISTILLED VINEGAR, CALCIUM CHLORIDE, SEA SALT), CILANTRO, PASTEURIZED LIME JUICE.

Catering Southwest Chile Lime Ranch - Whole

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Salad	540	300	33	6	0	20	940	52	14	10	16	
Allergens *	CONTAINS EGG, MILK.											

ADOBO LIME BLACK BEAN & CORN BLEND (BLACK BEANS, CORN, LIME JUICE, EXTRA VIRGIN OLIVE OIL, CHILE PEPPER, GRANULATED GARLIC, GRANULATED ONION, BLACK PEPPER, CUMIN, GUM BLEND (ORGANIC GUAR GUM, ORGANIC LOCUST BEAN GUM), PAPRIKA, SEA SALT), ROMAINE LETTUCE, AVOCADO, TORTILLA STRIPS (CORN MASA FLOUR, SUNFLOWER, SAFFLOWER AND/OR CANOLA OIL, CORN, SEA SALT), ARUGULA, CHILE LIME ROJO BLEND (SOYBEAN OIL, PESTO (BASIL, CANOLA OIL, WATER, PARMESAN CHEESE [PASTEURIZED PART SKIM MILK, CHEESE CULTURE, SALT, MICROBIAL ENZYMES], DRIED GARLIC, SALT), WATER, CULTURED LOWFAT BUTTERMILK, GUAJILLO PEPPER, PIQUANTE PEPPER, AGED RED CAYENNE PEPPER, HONEY, CHIPOTLE PEPPER PUREE (WATER, CHIPOTLE PEPPER), DISTILLED VINEGAR, EGG YOLKS, SUGAR, LIME JUICE CONCENTRATE, SALT, GARLIC, XANTHAN GUM, MUSTARD FLOUR, CHILI PEPPER, NATURAL SMOKE FLAVOR, CITRIC ACID, ROSEMARY EXTRACT, DRIED ONION), FETA CHEESE (CULTURED PASTEURIZED PART-SKIM MILK, SALT, MICROBIAL ENZYMES, POWDERED CELLULOSE TO PREVENT CAKING, NATAMYCIN [A NATURAL MOLD INHIBITOR]), WHOLE MILK PLAIN GREEK YOGURT (CULTURED PASTEURIZED NON-FAT MILK, CREAM, CONTAINS LIVE ACTIVE CULTURES S. THERMOPHILUS, L. BULGARICUS, L. ACIDOPHILUS, BIFIDUS, L. CASEI, L. PARACASEI, L. RHAMNOSUS), PICKLED RED ONIONS (RED ONIONS, SUGAR, WATER, WHITE WINE VINEGAR, DISTILLED VINEGAR, CALCIUM CHLORIDE, SEA SALT), CILANTRO, PASTEURIZED LIME JUICE.

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Catering

Catering Southwest Chile Lime Ranch with Chicken Salad - serves 10

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
2 Containers	3380	1620	180	36	2	520	6620	267	71	55	205		CITRUS PEPPER CHICKEN (CHICKEN BREAST MEAT WITH RIB MEAT, WATER, SEASONING [(LEMON, MANGOSTEEN, NATURAL SMOKE FLAVOR), SEA SALT, DEHYDRATED GARLIC, DEHYDRATED ONION, SUGAR, DRY LEMON PEEL, SPICES, DEHYDRATED ROSEMARY, DEHYDRATED BASIL AND CITRIC ACID, MALIC ACID, PAPRIKA FOR FLAVOR], DEXTROSE, GARLIC POWDER, BLACK PEPPER, RICE STARCH, POTATO STARCH, VINEGAR, SEA SALT), ROMAINE LETTUCE, ADOBO LIME BLACK BEAN & CORN BLEND (BLACK BEANS, CORN, LIME JUICE, EXTRA VIRGIN OLIVE OIL, CHILE PEPPER, GRANULATED GARLIC, GRANULATED ONION, BLACK PEPPER, CUMIN, GUM BLEND (ORGANIC GUAR GUM, ORGANIC LOCUST BEAN GUM), PAPRIKA, SEA SALT), AVOCADO, ARUGULA, CHILE LIME ROJO BLEND (SOYBEAN OIL, PESTO (BASIL, CANOLA OIL, WATER, PARMESAN CHEESE [PASTEURIZED PART SKIM MILK, CHEESE CULTURE, SALT, MICROBIAL ENZYMES], DRIED GARLIC, SALT), WATER, CULTURED LOWFAT BUTTERMILK, GUAJILLO PEPPER, PIQUANTE PEPPER, AGED RED CAYENNE PEPPER, HONEY, CHIPOTLE PEPPER PUREE (WATER, CHIPOTLE PEPPER), DISTILLED VINEGAR, EGG YOLKS, SUGAR, LIME JUICE CONCENTRATE, SALT, GARLIC, XANTHAN GUM, MUSTARD FLOUR, CHILI PEPPER, NATURAL SMOKE FLAVOR, CITRIC ACID, ROSEMARY EXTRACT, DRIED ONION), TORTILLA STRIPS (CORN MASA FLOUR, SUNFLOWER, SAFFLOWER AND/OR CANOLA OIL, CORN, SEA SALT), WHOLE MILK PLAIN GREEK YOGURT (CULTURED PASTEURIZED NON-FAT MILK, CREAM, CONTAINS LIVE ACTIVE CULTURES S. THERMOPHILUS, L. BULGARICUS, L. ACIDOPHILUS, BIFIDUS, L. CASEI, L. PARACASEI, L. RHAMNOSUS), FETA CHEESE (CULTURED PASTEURIZED PART-SKIM MILK, SALT, MICROBIAL ENZYMES, POWDERED CELLULOSE TO PREVENT CAKING, NATAMYCIN [A NATURAL MOLD INHIBITOR]), PICKLED RED ONIONS (RED ONIONS, SUGAR, WATER, WHITE WINE VINEGAR, DISTILLED VINEGAR, CALCIUM CHLORIDE, SEA SALT), CILANTRO, PASTEURIZED LIME JUICE.
Allergens *		CONTAINS EGG, MILK.											

Catering Southwest Chile Lime Ranch with Chicken Salad - serves 5

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Container	1690	810	90	18	1	260	3310	133	35	27	102		CITRUS PEPPER CHICKEN (CHICKEN BREAST MEAT WITH RIB MEAT, WATER, SEASONING [(LEMON, MANGOSTEEN, NATURAL SMOKE FLAVOR), SEA SALT, DEHYDRATED GARLIC, DEHYDRATED ONION, SUGAR, DRY LEMON PEEL, SPICES, DEHYDRATED ROSEMARY, DEHYDRATED BASIL AND CITRIC ACID, MALIC ACID, PAPRIKA FOR FLAVOR], DEXTROSE, GARLIC POWDER, BLACK PEPPER, RICE STARCH, POTATO STARCH, VINEGAR, SEA SALT), ROMAINE LETTUCE, ADOBO LIME BLACK BEAN & CORN BLEND (BLACK BEANS, CORN, LIME JUICE, EXTRA VIRGIN OLIVE OIL, CHILE PEPPER, GRANULATED GARLIC, GRANULATED ONION, BLACK PEPPER, CUMIN, GUM BLEND (ORGANIC GUAR GUM, ORGANIC LOCUST BEAN GUM), PAPRIKA, SEA SALT), AVOCADO, ARUGULA, CHILE LIME ROJO BLEND (SOYBEAN OIL, PESTO (BASIL, CANOLA OIL, WATER, PARMESAN CHEESE [PASTEURIZED PART SKIM MILK, CHEESE CULTURE, SALT, MICROBIAL ENZYMES], DRIED GARLIC, SALT), WATER, CULTURED LOWFAT BUTTERMILK, GUAJILLO PEPPER, PIQUANTE PEPPER, AGED RED CAYENNE PEPPER, HONEY, CHIPOTLE PEPPER PUREE (WATER, CHIPOTLE PEPPER), DISTILLED VINEGAR, EGG YOLKS, SUGAR, LIME JUICE CONCENTRATE, SALT, GARLIC, XANTHAN GUM, MUSTARD FLOUR, CHILI PEPPER, NATURAL SMOKE FLAVOR, CITRIC ACID, ROSEMARY EXTRACT, DRIED ONION), TORTILLA STRIPS (CORN MASA FLOUR, SUNFLOWER, SAFFLOWER AND/OR CANOLA OIL, CORN, SEA SALT), WHOLE MILK PLAIN GREEK YOGURT (CULTURED PASTEURIZED NON-FAT MILK, CREAM, CONTAINS LIVE ACTIVE CULTURES S. THERMOPHILUS, L. BULGARICUS, L. ACIDOPHILUS, BIFIDUS, L. CASEI, L. PARACASEI, L. RHAMNOSUS), FETA CHEESE (CULTURED PASTEURIZED PART-SKIM MILK, SALT, MICROBIAL ENZYMES, POWDERED CELLULOSE TO PREVENT CAKING, NATAMYCIN [A NATURAL MOLD INHIBITOR]), PICKLED RED ONIONS (RED ONIONS, SUGAR, WATER, WHITE WINE VINEGAR, DISTILLED VINEGAR, CALCIUM CHLORIDE, SEA SALT), CILANTRO, PASTEURIZED LIME JUICE.
Allergens *		CONTAINS EGG, MILK.											

*ALLERGEN NOTICE: MANY OF OUR PRODUCTS CONTAIN OR MAY COME INTO CONTACT WITH COMMON ALLERGENS, INCLUDING WHEAT, PEANUTS, SOY, TREE NUTS, MILK, EGGS, FISH, SHELLFISH, SESAME, SULFITES, AND MUSTARD



Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Catering

Catering Tomato Basil Cucumber Salad - Large Bowl

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Large Bowl	750	420	46	7	0.5	0	4020	73	12	43	12		RED GRAPE TOMATOES, CUCUMBER, GREEK DRESSING (SOYBEAN OIL, WATER, DISTILLED VINEGAR, POMACE OLIVE OIL, APPLE CIDER VINEGAR, SALT, BLACK PEPPER, DEHYDRATED GARLIC, GUM ACACIA, DEHYDRATED OREGANO, XANTHAN GUM, GUAR GUM, ARABIC GUM, LEMON JUICE CONCENTRATE, DEHYDRATED TARRAGON, CITRIC ACID, DEHYDRATED PARSLEY, DEHYDRATED ROSEMARY, DEHYDRATED THYME, DEHYDRATED BAY LEAVES), SEA SALT, BASIL.
Allergens *													

Catering Tomato Basil Cucumber Salad - Small Bowl

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Small Bowl	380	210	23	3.5	0	0	2010	36	6	21	6		RED GRAPE TOMATOES, CUCUMBER, GREEK DRESSING (SOYBEAN OIL, WATER, DISTILLED VINEGAR, POMACE OLIVE OIL, APPLE CIDER VINEGAR, SALT, BLACK PEPPER, DEHYDRATED GARLIC, GUM ACACIA, DEHYDRATED OREGANO, XANTHAN GUM, GUAR GUM, ARABIC GUM, LEMON JUICE CONCENTRATE, DEHYDRATED TARRAGON, CITRIC ACID, DEHYDRATED PARSLEY, DEHYDRATED ROSEMARY, DEHYDRATED THYME, DEHYDRATED BAY LEAVES), SEA SALT, BASIL.
Allergens *													

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Catering

Catering Tropical Hibiscus Tea - Serves 10

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
2 Containers	0	0	0	0	0	0	0	0	0	0	0		TROPICAL HIBISCUS HERBAL ICED TEA (NIGERIAN HIBISCUS, APPLE BITS, ROSEHIPS, SWEET BLACKBERRY LEAVES, NATURAL PINEAPPLE FLAVOR, STEVIA EXTRACT, NATURAL LYCHEE FLAVOR, PINEAPPLE BITS, NATURAL MANGO AND PASSION FRUIT FLAVORS).
Allergens *													

Catering Turkey Chili

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Container	700	220	24	11	1	80	1620	72	32	19	49		TURKEY CHILI WITH BEANS (WATER, DARK TURKEY MEAT [DARK TURKEY MEAT, ROSEMARY EXTRACT, TURKEY BROTH, RICE STARCH, SALT], CHICKPEAS [CHICKPEAS, WATER], TOMATOES [TOMATOES, TOMATO JUICE, SALT, CALCIUM CHLORIDE, CITRIC ACID], ONIONS, TOMATO PASTE, KIDNEY BEANS [DARK RED KIDNEY BEANS, WATER, CALCIUM CHLORIDE], CARROTS, GREEN CHILIES [GREEN CHILI PEPPERS, SALT, CITRIC ACID], EDAMAME [SOY], TOMATILLOS [TOMATILLOS, CITRIC ACID], CORN, SOYBEAN OIL, GARLIC PUREE, CORN STARCH, CILANTRO, SEA SALT, DRIED PASILLA NEGRO AND ANCHO CHILES, CUMIN, TOMATO CONCENTRATE, YEAST EXTRACT, ONION POWDER, MOLASSES, LIME JUICE [CONCENTRATED LIME JUICE, WATER], XANTHAN GUM, CITRIC ACID).
Allergens *	CONTAINS SOY.												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Catering

Catering Turkey on Country Rustic Sourdough- Half

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1/2 Sandwich	190	25	2.5	0.5	0	30	560	26	2	2	15	
Allergens *	CONTAINS WHEAT.											

OVEN ROASTED TURKEY BREAST (TURKEY BREAST, WATER, SEA SALT, POTATO STARCH), COUNTRY RUSTIC SOURDOUGH XL LOAF (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, COARSE WHOLE WHEAT FLOUR, SALT, YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID), DOUGH IMPROVER (ASCORBIC ACID, MICROCRYSTALLINE CELLULOSE, CORN STARCH)), TOMATOES, RED ONION, EMERALD GREENS (GREEN LEAF LETTUCE BLEND), SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL).

Catering Turkey on Country Rustic Sourdough- Whole

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Sandwich	380	45	5	1.5	0	65	1120	52	3	4	31	
Allergens *	CONTAINS WHEAT.											

OVEN ROASTED TURKEY BREAST (TURKEY BREAST, WATER, SEA SALT, POTATO STARCH), COUNTRY RUSTIC SOURDOUGH XL LOAF (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, COARSE WHOLE WHEAT FLOUR, SALT, YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID), DOUGH IMPROVER (ASCORBIC ACID, MICROCRYSTALLINE CELLULOSE, CORN STARCH)), TOMATOES, RED ONION, EMERALD GREENS (GREEN LEAF LETTUCE BLEND), SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL).

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Catering

Catering Ten Vegetable Soup

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Container	220	40	4.5	1	0	0	2550	36	9	13	11		TEN VEGETABLE SOUP (VEGETABLE STOCK (WATER, VEGETABLE BASE (CARROTS, CELERY, ONION, TOMATO PASTE, CORN OIL, YEAST EXTRACT, POTATO FLOUR, SALT, ONION POWDER, GARLIC POWDER, WHITE PEPPER, ROSEMARY EXTRACT)), FIRE ROASTED TOMATOES (TOMATOES, TOMATO JUICE, SALT, CALCIUM CHLORIDE, AND CITRIC ACID), YELLOW AND RED BELL PEPPERS, ONIONS, CORN, CARROTS, GARBANZO BEANS, SPINACH, CORN STARCH, POBLANO PEPPERS, CARROT PUREE, CELERY, SOY SAUCE (WATER, SOYBEANS, SALT, SUGAR), TOMATO CONCENTRATE, SPELT, WHEAT BERRIES, SEA SALT, TOMATO PASTE (WATER, SUN DRIED TOMATOES), GARLIC PUREE, SPROUTED SHORT GRAIN BROWN RICE, SPROUTED RED FIFE, YEAST EXTRACT, CHIA SEED, LIME JUICE, BASIL, RICE WINE VINEGAR, LEMON PEEL (LEMON PEEL, WATER, CITRIC ACID), DRIED ALEPPO CHILI PEPPERS, GARLIC POWDER, ONION POWDER, MUSTARD FLOUR, BAY LEAVES, CUMIN).
Allergens *	CONTAINS SOY, WHEAT.												

Catering Vegetarian Autumn Squash Soup

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Container	760	340	38	17	0	120	2810	96	11	77	19		VEGETARIAN AUTUMN SQUASH SOUP (SQUASH, WATER, MILK, NEUFCHATEL CHEESE [PASTEURIZED MILK AND CREAM, BACTERIAL CULTURE, SALT, CAROB BEAN GUM], BROWN SUGAR, ONIONS, CREAM, BUTTER [CREAM, SALT], CARROT PUREE, CORNSTARCH, APPLE JUICE FROM CONCENTRATE, SUGAR, SALT, VEGETABLE BASE [COOKED VEGETABLES {CARROT, CELERY, ONION}, TOMATO PASTE, CORN OIL, YEAST EXTRACT, POTATO FLOUR, SALT, ONION POWDER, GARLIC POWDER, WHITE PEPPER, ROSEMARY EXTRACT], GINGER PUREE, HONEY, LEMON JUICE FROM CONCENTRATE, CURRY POWDER [TURMERIC, CORIANDER, GINGER, FENUGREEK, SALT, BLACK PEPPER, CUMIN, CINNAMON, NUTMEG, RED PEPPER], CINNAMON, ROSEMARY, WHITE PEPPER, CARDAMOM), ROASTED SALTED PUMPKIN SEEDS (PUMPKIN SEEDS, CANOLA OIL, SEA SALT).
Allergens *	CONTAINS MILK.												

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Catering

Catering Vegetarian Creamy Tomato Soup

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Container	830	450	50	27	1.5	135	2070	86	3	40	14		VEGETARIAN CREAMY TOMATO SOUP (TOMATOES [TOMATOES, TOMATO PUREE, SALT, CITRIC ACID], WATER, WHIPPING CREAM [CREAM, MILK], ONIONS, SALTED BUTTER [PASTEURIZED CREAM, SALT], SEASONING [SUGAR, SALT, SPICES {BLACK PEPPER, CELERY SEED, OREGANO, WHITE PEPPER, RED PEPPER}, CANOLA OIL], EXTRA VIRGIN OLIVE OIL, CORN STARCH, GARLIC PUREE [GARLIC, WATER]), BLACK PEPPER FOCACCIA CROUTONS (BLACK PEPPER FOCACCIA [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, OLIVE OIL BLEND (EXTRA VIRGIN OLIVE OIL, CANOLA OIL), SPROUTED GRAIN BLEND (SPROUTED WHEAT, SPROUTED SPELT, SPROUTED RYE, SPROUTED OATS), SALT, BREAD BASE (ENRICHED PREGELATINIZED WHEAT FLOUR [NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHEAT FIBER, WHEAT GLUTEN, MALTED WHEAT FLOUR, ACEROLA EXTRACT, MICROBIAL ENZYMES), YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID), SEA SALT, GROUND BLACK PEPPER], EXTRA VIRGIN OLIVE OIL).
Allergens *	CONTAINS MILK, WHEAT.												

Catering Dark Roast Coffee

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Container	140	0	0	0	0	0	90	31	0	0	7		BREWED DARK ROAST COFFEE (ARABICA COFFEE).
Allergens *													

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Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Catering

Catering Light Roast Coffee

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1 Container	140	0	0	0	0	0	90	25	0	0	7		BREWED LIGHT ROAST COFFEE (ARABICA COFFEE).
Allergens *													

Seasonal Greens - Half

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients	
1/2 Salad	140	110	13	2	0	0	160	6	2	3	2		GREENS BLEND (ROMAINE LETTUCE, KALE, LETTUCE, ARUGULA), RED GRAPE TOMATOES, GREEK DRESSING (SOYBEAN OIL, WATER, DISTILLED VINEGAR, POMACE OLIVE OIL, APPLE CIDER VINEGAR, SALT, BLACK PEPPER, DEHYDRATED GARLIC, GUM ACACIA, DEHYDRATED OREGANO, XANTHAN GUM, GUAR GUM, ARABIC GUM, LEMON JUICE CONCENTRATE, DEHYDRATED TARRAGON, CITRIC ACID, DEHYDRATED PARSLEY, DEHYDRATED ROSEMARY, DEHYDRATED THYME, DEHYDRATED BAY LEAVES), CUCUMBER, RED ONION.
Allergens *													

*ALLERGEN NOTICE: MANY OF OUR PRODUCTS CONTAIN OR MAY COME INTO CONTACT WITH COMMON ALLERGENS, INCLUDING WHEAT, PEANUTS, SOY, TREE NUTS, MILK, EGGS, FISH, SHELLFISH, SESAME, SULFITES, AND MUSTARD



Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Catering

Seasonal Greens - Whole

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Salad	280	230	25	4	0	0	310	13	4	5	4	
Allergens *												

GREENS BLEND (ROMAINE LETTUCE, KALE, LETTUCE, ARUGULA), RED GRAPE TOMATOES, GREEK DRESSING (SOYBEAN OIL, WATER, DISTILLED VINEGAR, POMACE OLIVE OIL, APPLE CIDER VINEGAR, SALT, BLACK PEPPER, DEHYDRATED GARLIC, GUM ACACIA, DEHYDRATED OREGANO, XANTHAN GUM, GUAR GUM, ARABIC GUM, LEMON JUICE CONCENTRATE, DEHYDRATED TARRAGON, CITRIC ACID, DEHYDRATED PARSLEY, DEHYDRATED ROSEMARY, DEHYDRATED THYME, DEHYDRATED BAY LEAVES), CUCUMBER, RED ONION.

Sierra Turkey Sandwich on Asiago Cheese Focaccia - Half

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1/2 Sandwich	370	130	14	3.5	0	45	880	42	2	2	20	
Allergens *	CONTAINS EGG, MILK, WHEAT.											

ASIAGO CHEESE FOCACCIA (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, ASIAGO CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, MICROBIAL & ANIMAL ENZYMES, POWDERED CELLULOSE [TO PREVENT CAKING]), COUNTRY BASE (WHEAT SOUR DOUGH [ENRICHED FLOUR {WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, CALCIUM PHOSPHATE}, SOURED WITH SOUR DOUGH BACTERIA], SALT, RYE FLOUR, WHEAT GLUTEN, MALTED BARLEY FLOUR, SUNFLOWER LECITHIN, ASCORBIC ACID, FUNGAL ENZYMES), OLIVE OIL BLEND (EXTRA VIRGIN OLIVE OIL, CANOLA OIL), YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID), DOUGH IMPROVER (MALTED BARLEY FLOUR, DEXTROSE, RYE FLOUR, SUNFLOWER LECITHIN, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, CALCIUM PHOSPHATE), FUNGAL ENZYMES, ASCORBIC ACID)), OVEN ROASTED TURKEY BREAST (TURKEY BREAST, WATER, SEA SALT, POTATO STARCH), CHIPOTLE SAUCE (SOYBEAN OIL, WATER, DISTILLED VINEGAR, EGG YOLK, CORN STARCH, SUGAR, CHIPOTLE PEPPER SAUCE [RED CHIPOTLE PEPPER, WATER, VINEGAR, SUGAR, SALT, ONION POWDER], SALT, CHIPOTLE IN ADOBO [WATER, CHIPOTLE PEPPERS, TOMATO PASTE, VINEGAR, SALT, OLEORESIN PAPRIKA, NATURAL SMOKE FLAVOR, OLEORESIN CAPSIUM], VINEGAR POWDER, MUSTARD FLOUR, NATURAL SOUR CREAM FLAVOR [WHEY, WHEY PROTEIN CONCENTRATE, NATURAL FLAVORS, YEAST EXTRACT, SALT], LACTIC ACID, BUTTERMILK POWDER, ROSEMARY EXTRACT AND GREEN TEA EXTRACT, SPICE, MILK, CAYENNE PEPPER, XANTHAN GUM, NATURAL FLAVOR, TOMATO PASTE, CITRIC ACID, CORN SYRUP, SPICE EXTRACTIVES), RED ONION, EMERALD GREENS (GREEN LEAF LETTUCE BLEND).

*ALLERGEN NOTICE: MANY OF OUR PRODUCTS CONTAIN OR MAY COME INTO CONTACT WITH COMMON ALLERGENS, INCLUDING WHEAT, PEANUTS, SOY, TREE NUTS, MILK, EGGS, FISH, SHELLFISH, SESAME, SULFITES, AND MUSTARD



Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Catering

Sierra Turkey Sandwich on Asiago Cheese Focaccia - Whole

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Sandwich	750	250	28	7	0	90	1770	84	4	4	41	
Allergens *	CONTAINS EGG, MILK, WHEAT.											

ASIAGO CHEESE FOCACCIA (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, ASIAGO CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, MICROBIAL & ANIMAL ENZYMES, POWDERED CELLULOSE [TO PREVENT CAKING]), COUNTRY BASE (WHEAT SOUR DOUGH [ENRICHED FLOUR {WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, CALCIUM PHOSPHATE}], SOURED WITH SOUR DOUGH BACTERIA), SALT, RYE FLOUR, WHEAT GLUTEN, MALTED BARLEY FLOUR, SUNFLOWER LECITHIN, ASCORBIC ACID, FUNGAL ENZYMES), OLIVE OIL BLEND (EXTRA VIRGIN OLIVE OIL, CANOLA OIL), YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID), DOUGH IMPROVER (MALTED BARLEY FLOUR, DEXTROSE, RYE FLOUR, SUNFLOWER LECITHIN, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, CALCIUM PHOSPHATE), FUNGAL ENZYMES, ASCORBIC ACID)), OVEN ROASTED TURKEY BREAST (TURKEY BREAST, WATER, SEA SALT, POTATO STARCH), CHIPOTLE SAUCE (SOYBEAN OIL, WATER, DISTILLED VINEGAR, EGG YOLK, CORN STARCH, SUGAR, CHIPOTLE PEPPER SAUCE [RED CHIPOTLE PEPPER, WATER, VINEGAR, SUGAR, SALT, ONION POWDER], SALT, CHIPOTLE IN ADOBO [WATER, CHIPOTLE PEPPERS, TOMATO PASTE, VINEGAR, SALT, OLEORESIN PAPRIKA, NATURAL SMOKE FLAVOR, OLEORESIN CAPSIUM], VINEGAR POWDER, MUSTARD FLOUR, NATURAL SOUR CREAM FLAVOR [WHEY, WHEY PROTEIN CONCENTRATE, NATURAL FLAVORS, YEAST EXTRACT, SALT], LACTIC ACID, BUTTERMILK POWDER, ROSEMARY EXTRACT AND GREEN TEA EXTRACT, SPICE, MILK, CAYENNE PEPPER, XANTHAN GUM, NATURAL FLAVOR, TOMATO PASTE, CITRIC ACID, CORN SYRUP, SPICE EXTRACTIVES), RED ONION, EMERALD GREENS (GREEN LEAF LETTUCE BLEND).

Steak & Arugula on Country Rustic Sourdough - Half

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1/2 Sandwich	270	100	11	2.5	0	40	490	28	2	4	16	
Allergens *	CONTAINS EGG, WHEAT.											

BEEF SIRLOIN (BEEF SIRLOIN, WATER, VEGETABLE SEASONING [VEGETABLES CARROT, CELERY, ONION], YEAST EXTRACT, SALT, CANE SUGAR, DRIED POTATO, NATURAL FLAVOR, ONION POWDER, SPICE EXTRACTIVES {OLEORESIN BLACK PEPPER, OLEORESIN CELERY}), CORN STARCH, STEAK SEASONING BLEND [SPICE, DEHYDRATED GARLIC, SEA SALT, CANOLA OIL], SEA SALT, SMOKE FLAVOR, BLACK PEPPER), COUNTRY RUSTIC SOURDOUGH XL LOAF (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, COARSE WHOLE WHEAT FLOUR, SALT, YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID), DOUGH IMPROVER (ASCORBIC ACID, MICROCRYSTALLINE CELLULOSE, CORN STARCH)), TOMATOES, PICKLED RED ONIONS (RED ONIONS, SUGAR, WATER, WHITE WINE VINEGAR, DISTILLED VINEGAR, CALCIUM CHLORIDE, SEA SALT), COMBO SAUCE (WATER, VEGETABLE OIL [SOYBEAN AND/OR CANOLA], DISTILLED VINEGAR, DELI MUSTARD [VINEGAR, MUSTARD SEED, WATER, SALT, SPICES, TURMERIC, NATURAL FLAVORS], EGG YOLK, CORN STARCH, SUGAR, SALT, HORSERADISH [HORSERADISH ROOTS, VINEGAR, SALT], MUSTARD FLOUR, ROSEMARY EXTRACT, GREEN TEA EXTRACT, DEHYDRATED GARLIC, WHITE PEPPER), ARUGULA, MAYONNAISE (SOYBEAN OIL, DISTILLED VINEGAR, EGG, EGG YOLK, SALT, SUGAR, WATER, LEMON JUICE CONCENTRATE, DRIED GARLIC, GROUND RED PEPPER, MUSTARD OIL), SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL).

*ALLERGEN NOTICE: MANY OF OUR PRODUCTS CONTAIN OR MAY COME INTO CONTACT WITH COMMON ALLERGENS, INCLUDING WHEAT, PEANUTS, SOY, TREE NUTS, MILK, EGGS, FISH, SHELLFISH, SESAME, SULFITES, AND MUSTARD



Bakery - Cafe Nutrition, Ingredient, and Allergen Information

Catering

Steak & Arugula on Country Rustic Sourdough - Whole

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
1 Sandwich	540	200	22	5	0	75	990	55	3	8	31	
Allergens *	CONTAINS EGG, WHEAT.											

Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Ingredients
Allergens *												

*ALLERGEN NOTICE: MANY OF OUR PRODUCTS CONTAIN OR MAY COME INTO CONTACT WITH COMMON ALLERGENS, INCLUDING WHEAT, PEANUTS, SOY, TREE NUTS, MILK, EGGS, FISH, SHELLFISH, SESAME, SULFITES, AND MUSTARD