

COLECTIVO®

NUTRITION INFORMATION

EFFECTIVE: 8/30/2019

Product	Serving Size	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Fiber	Sugar	Protein
Bagel - Cinnamon Raisin	1 bagel (105g)	320	1g	0g	0g	0g	430mg	66g	3g	11g	11g
Bagel - Everything	1 bagel (130g)	310	1g	0g	0g	0g	480mg	62g	2g	4g	11g
Bagel - Plain	1 bagel (127g)	310	1g	0g	0g	0g	480mg	62g	2g	4g	11g
Bagel - Sesame	1 bagel (136g)	360	5g	0g	0g	0g	480mg	64g	3g	4g	12g
Bagel - Sun-dried Tomato	1 bagel (130g)	330	3.5g	1.5g	0g	30mg	640mg	60g	4g	5g	15g
Bar - 7 Layer	1 bar (77g)	380	25g	14g	0g	30mg	115mg	37g	3g	27g	5g
Bar - Cranberry Date	1 bar (160g)	490	17g	10g	0g	40mg	200mg	80g	7g	45g	7g
Bar - Granola	1 bar (75g)	340	17g	7g	0g	0mg	70mg	44g	5g	23g	7g
Bar - Peanut Butter	1 bar (91g)	390	20g	8g	0g	35mg	150mg	48g	3g	32g	8g
Bar - Sesame	1 bar (101g)	510	37g	9g	0g	0mg	95mg	39g	7g	23g	14g
Biscotti - Almond Choc Chip	1 biscotti (80g)	360	16g	8g	0g	60mg	160mg	49g	2g	22g	6g
Biscotti - Cherry Almond	1 biscotti (80g)	350	14g	7g	0g	60mg	170mg	50g	1g	22g	6g
Biscotti - Cinnamon Pecan	1 biscotti (80g)	360	16g	8g	0g	60mg	180mg	49g	2g	20g	6g
Biscotti - Heath Choc Chip	1 biscotti (80g)	370	16g	9g	0g	60mg	180mg	52g	1g	25g	6g
Brownie - Plain	1 brownie (130g)	570	37g	22g	0g	175mg	65mg	61g	4g	46g	8g
Brownie - Cream Cheese	1 brownie (136g)	530	34g	20g	0g	200mg	260mg	52g	2g	40g	9g
Blueberry Lemon Bundt Cake	1 cake (173g)	580	25g	14g	0g	185mg	500mg	85g	1g	58g	8g
Chocolate Espresso Bundt Cake	1 cake (181g)	530	25g	9g	0g	80mg	470mg	77g	5g	51g	9g
Carrot Cake	1 cake (153g)	650	30g	17g	0g	105mg	270mg	87g	2g	47g	10g
Cinnamon Roll	1 cinnamon roll (213g)	760	23g	13g	0g	135mg	470mg	130g	2g	91g	10g
Chocolate Almond Cake	1 cake (128g)	260	14g	7g	0g	200mg	290mg	30g	3g	25g	8g
Cookie - Chocolate Chip	1 cookie (107g)	460	23g	10g	0g	50mg	340mg	65g	4g	43g	5g
Cookie - Cowboy	1 cookie (102g)	560	31g	16g	0g	70mg	180mg	67g	5g	38g	8g
Cookie - Flourless PB Oatmeal	1 cookie (60g)	270	16g	4.5g	0g	40mg	180mg	29g	2g	23g	8g
Cookie - Gingersnap	1 cookie (104g)	460	17g	10g	0g	80mg	390mg	70g	1g	34g	7g
Cookie - Oatmeal Raisin	1 cookie (104g)	460	18g	10g	0g	80mg	240mg	70g	3g	38g	7g

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Cookie - Snickerdoodle	1 cookie (99g)	480	23g	14g	0g	95mg	180mg	64g	1g	38g	6g
Cookie - Chocolate Toffee Cookie 1oz	1 cookie (26 g)	110	4.5g	2.5g	0g	20mg	95mg	17g	0g	8g	2g
Rainbow Cookie - Red Heart	1 cookie (85 g)	440	28g	18g	0g	75mg	130mg	43g	1g	14g	5g
Rainbow Cookie - Pink Heart	1 cookie (85 g)	440	28g	18g	0g	75mg	130mg	43g	1g	14g	5g
Croissant - Almond	1 croissant (110g)	540	33g	17g	1g	125mg	360mg	54g	2g	19g	10g
Croissant - Chocolate	1 croissant (110g)	440	25g	15g	1g	65mg	310mg	48g	3g	18g	7g
Croissant - Raspberry Almond	1 croissant (133g)	480	29g	15g	1g	105mg	320mg	48g	2g	16g	9g
Croissant - Ham & Swiss	1 croissant (120g)	410	24g	14g	1g	92mg	620mg	33g	1g	5g	15g
Croissant - Plain	1 croissant (68g)	340	20g	12g	1g	55mg	320mg	35g	1g	6g	6g
Danish - Cherry	1 danish (124g)	370	19g	11g	0.5g	50mg	280mg	43g	2g	16g	6g
Danish - Artichoke Cheese	1 danish (85 g)	450	27g	14g	1g	95mg	670mg	41g	5g	6g	12g
Danish - Crimini Mushroom	1 danish (89 g)	320	20g	11g	0.5g	70mg	460mg	29g	1g	5g	8g
Danish - Blueberry & Lemon Cream Cheese	1 danish (100g)	320	18g	11g	0.5g	70mg	260mg	33g	1g	11g	6g
Classic Kouign-Amann - 4"	1 pastry (75 g)	330	17g	10g	0.5g	40mg	270mg	40g	1g	15g	5g
Macaroon	1 cookie (113 g)	530	34g	31g	0g	0mg	55mg	51g	10g	35g	7g
Muffin - Blueberry Lemon	1 muffin (190 g)	540	19g	3g	0g	60mg	590mg	84g	2g	40g	10g
Muffin - Coffee Cake	1 muffin (181g)	710	34g	21g	0g	140mg	260mg	97g	2g	61g	7g
Muffin - Morning Glory	1 muffin (181g)	600	25g	7g	0g	85mg	590mg	89g	7g	50g	10g
Muffin - Honey Bran Quinoa Muffin	1 muffin (184g)	530	13g	2g	0g	65mg	440mg	103g	12g	49g	12g
Muffin - Pumpkin Cranberry	1 muffin (170g)	500	15g	2g	0g	85mg	460mg	84g	4g	52g	8g
Muffin - Triple Chocolate	1 muffin (150g)	530	28g	14g	0g	95mg	460mg	71g	5g	44g	9g
Rice Krispie Treat - Plain	1 square (110g)	440	14g	9g	0g	35mg	570mg	77g	0g	35g	4g
Rice Krispie Treat - Choco Dipped	1 square (133g)	610	33g	26g	0g	25mg	380mg	84g	4g	51g	5g
Scone - Blueberry Lemon	1 scone (125g)	440	20g	12g	0g	100mg	470mg	57g	2g	14g	9g
Scone- Orange Currant	1 scone (139g)	400	13g	8g	0g	55mg	350mg	66g	3g	33g	6g
Scone- Lemon Lavender	1 scone (133g)	570	31g	18g	0g	140mg	530mg	63g	2g	17g	10g
Scone - Cranberry Almond	1 scone (124g)	480	23g	12g	0g	95mg	440mg	61g	3g	19g	9g
Scone - Raspberry	1 scone (123g)	430	20g	12g	0g	105mg	480mg	52g	2g	10g	9g
Scone - Raspberry with Jam	1 scone (126g)	430	19g	11g	0g	100mg	450mg	57g	2g	17g	8g
Sunshine Bun	1 bun (116g)	420	22g	13g	0g	50mg	340mg	52g	1g	20g	6g

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Kouign-Amann - Blueberry Cream Cheese	1 tart (119g)	410	23g	14g	1g	65mg	330mg	46g	1g	19g	7g
Kouign-Amann - Razzleberry Cream Cheese	1 tart (86 g)	420	23g	19g	1g	65mg	330mg	48g	2g	20g	7g
Tea Bread - Banana Walnut	1 slice (145g)	420	18g	1.5g	0g	55mg	250mg	59g	3g	33g	7g
Tea Bread - Lemon Poppyseed	1 slice (138g)	420	16g	2g	0g	80mg	380mg	62g	2g	32g	8g
Tea Bread - Pumpkin Choc Chip	1 slice (145g)	440	15g	3.5g	0g	70mg	380mg	73g	3g	47g	7g
Tea Bread - Zucchini	1 slice (129.5g)	390	17g	1.5g	0g	65mg	270mg	55g	1g	31g	6g
Nutella Pop Pastry	1 pastry (110g)	520	34g	24g	0g	75mg	190mg	49g	3g	21g	6g
Strawberry Pop Pastry	1 pastry (72 g)	300	14g	9g	0g	50mg	110mg	40g	2g	22g	3g
Salted Bavarian Pretzel	1 pretzel (145 g)	430	6g	3g	0g	10mg	1200mg	78g	3g	0g	13g
Granola Retail Bag	1 portion (57 g)	280	17g	7g	0g	0mg	5mg	30g	5g	12g	5g
Sourdough Bread											

Product	Ingredients	Allergens
Bagel - Cinnamon Raisin	Flour (unbleached spring wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid) (wheat), Water, Midget Raisins, Brown Sugar (Sugar, Molasses), Wheat Gluten (wheat), Barley Malt Syrup (malted barley, water) (wheat), Salt, Cinnamon, Yeast, Malted Barley Flour (wheat)	wheat
Bagel - Everything	Flour (unbleached spring wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid) (wheat), Water, Brown Sugar (Sugar, Molasses), Barley Malt Syrup (malted barley, water) (wheat), Salt, Onion, Poppyseeds, Sesame Seeds, Malted Barley Flour (wheat), Kosher Salt (salt, yellow prussiate of soda), Caraway seeds, Yeast, Garlic	wheat
Bagel - Plain	Flour (unbleached spring wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid) (wheat), Water, Brown Sugar (Sugar, Molasses), Barley Malt Syrup (malted barley, water) (wheat), Salt, Malted Barley Flour (wheat), Yeast	wheat
Bagel - Sesame	Flour (unbleached spring wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid) (wheat), Water, Sesame Seeds, Brown Sugar (Sugar, Molasses), Barley Malt Syrup (malted barley, water) (wheat), Salt, Malted Barley Flour (wheat), Yeast	wheat
Bagel - Sun-dried Tomato	Flour (unbleached spring wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid) (wheat), Water, Parmesan Cheese (milk), Eggs (egg), Sundried Tomatoes (sun dried tomatoes, salt, glucose syrup, sulfur dioxide (for color retention), potassium sorbate, citric acid), Wheat Gluten (wheat), Salt, Brown Sugar (Sugar, Molasses), Onion, Barley Malt Syrup (malted barley, water) (wheat), Yeast, talian Seasoning (whole oregano, parsley flakes, whole thyme, whole marjoram, rosemary, sage, basil, savory, black pepper, ground nutmeg), Garlic, Basil, Ground Rosemary	egg, milk, wheat
Bar - 7 Layer	Biscotti Crust (Wheat Flour, Sugar, Unsalted Butter, Eggs, Chocolate Chips, Almonds, Vanilla Extract, Baking Powder, Almond Extract, Salt, Pecans, Cinnamon, Dried Cherries, Sunflower Oil, Almonds) (egg, milk, soybeans, tree nuts, wheat), Sweetened Condensed Milk (milk, sugar) (milk), Chocolate Chips (chocolate liquor, sugar, soy lecithin, vanillin) (soybeans), Butterscotch Chips (Sugar, Palm Kernel and Palm Oil, Whey powder, nonfat dry milk solids, Anhydrous Dextrose, Soy lecithin (an emulsifier), artificial color (yellow lake#6, Yellow Lake #5, Blue Lake #2), Salt, and Artificial Flavor) (milk, soybeans), Coconut (tree nuts), Walnuts (tree nuts), Unsalted Butter (Cream, Natural Flavorings) (milk), Salt	egg, milk, soy, tree nuts, wheat
Bar - Cranberry Date	Cranberries, Dates, Dextrose, Rolled Oats, Brown Sugar (Sugar, Molasses), Unsalted Butter (Cream, Natural Flavorings) (milk), Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Powdered sugar (Granulated sugar, Cornstarch), Whole Wheat Flour (wheat), Water, Orange Juice from Concentrate, Vanilla Extract (Water, Alcohol, Bourbon Vanilla Bean Extractives), Salt, Baking Soda	milk, wheat
Bar - Granola	Honey, Rolled Oats (wheat), Brown Rice Crispies (organic sprouted brown rice, organic coconut sugar, unrefined salt, tocopherols (Vitamin E)), Chocolate Chips (chocolate liquor, sugar, soy lecithin, vanillin) (soybeans), Barley Malt Syrup (malted barley, water) (wheat), Sunflower Seeds, Coconut (tree nuts), Natural Peanut Butter(Dry Roasted Peanuts) (peanuts), Dried Cranberries (cranberries, sugar, sunflower oil), Pumpkin Seeds, Pecans (tree nuts), Wheat Germ (wheat), Almonds (tree nuts), Canola Oil, Sesame Seeds, Vanilla Extract (Water, Cane Alcohol, Bourbon Vanilla Bean Extractives, sugar), Cinnamon, Salt	soy, wheat, tree nuts, peanuts

Product	Ingredients	Allergens
Bar - Peanut Butter	Sweetened Condensed Milk (milk, sugar) (milk), Brown Sugar (Sugar, Molasses), Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Bittersweet Chocolate (sugar, chocolate liquor, cocoa butter, butterfat, soy lecithin, salt, and vanilla) (milk, soybeans), Natural Peanut Butter(Dry Roasted Peanuts) (peanuts), Unsalted Butter (Cream, Natural Flavorings) (milk), Rolled Oats (wheat), Spanish Peanuts (peanuts), Walnuts (tree nuts), Toffee (milk chocolate (sugar, cocoa butter, chocolate, nonfat milk, milk fat, lactose, soy lecithin, natural flavoring), sugar, vegetable oil (palm oil, dairy butter, almonds, Contains 2% or less of: salt, soy lecithin) (milk, soybeans, tree nuts), Eggs (egg), Almonds (tree nuts), Vanilla Extract (Water, Cane Alcohol, Bourbon Vanilla Bean Extractives, sugar), Salt, Baking Powder (baking soda, cornstarch, sodium aluminum sulfate, calcium sulfate, monocalcium phosphate)	egg, milk, peanuts, soy, tree nuts and wheat
Bar - Sesame	Sesame Seeds, Honey, Golden Raisins (treated with Sulphur Dioxide gas), Spanish Peanuts (peanuts), Sunflower Seeds, Cashews (tree nuts), Coconut (tree nuts), Natural Peanut Butter(Dry Roasted Peanuts) (peanuts), Molasses, Vanilla Extract (Water, Cane Alcohol, Bourbon Vanilla Bean Extractives, sugar), Salt	peanuts, tree nuts
Biscotti - Almond Choc Chip	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine,Mononitrate, Riboflavin, Folic Acid) (wheat), Sugar, Unsalted Butter (Cream,,Natural Flavorings) (milk), Coating Chocolate (sugar, hydrogenated palm,kernel oil, cocoa powder, emulsifier (sunflower lecithin, sorbitan tristearate),,natural vanilla flavor), Eggs (egg), Chocolate Chips (chocolate liquor, sugar,,soy lecithin, vanillin) (soybeans), Almonds (tree nuts), Vanilla Extract (Water,,Cane Alcohol, Bourbon Vanilla Bean Extractives, sugar), Baking Powder, (baking soda, cornstarch, sodium aluminum sulfate, calcium sulfate,,monocalcium phosphate), Almond Extract (tree nuts), Salt	egg, milk, soy, tree nuts, wheat
Biscotti - Cherry Almond	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine,Mononitrate, Riboflavin, Folic Acid) (wheat), Sugar, Unsalted Butter (Cream,,Natural Flavorings) (milk), Coating Chocolate (sugar, hydrogenated palm,kernel oil, cocoa powder, emulsifier (sunflower lecithin, sorbitan tristearate),,natural vanilla flavor), Eggs (egg), Dried Cherries (Red Tart Cherries, Sugar,,Sunflower Oil), Almonds (tree nuts), Vanilla Extract (Water, Cane Alcohol,,Bourbon Vanilla Bean Extractives, sugar), Baking Powder (baking soda,, cornstarch, sodium aluminum sulfate, calcium sulfate, monocalcium,phosphate), Almond Extract (tree nuts), Salt	egg, milk, tree nuts, wheat
Biscotti - Cinnamon Pecan	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine,Mononitrate, Riboflavin, Folic Acid) (wheat), Sugar, Unsalted Butter (Cream,,Natural Flavorings) (milk), Eggs (egg), Pecans (tree nuts), Vanilla Extract,(Water, Cane Alcohol, Bourbon Vanilla Bean Extractives, sugar), Baking,Powder (baking soda, cornstarch, sodium aluminum sulfate, calcium sulfate,,monocalcium phosphate), Cinnamon, Salt	egg, milk, tree nuts, wheat
Biscotti - Heath Choc Chip	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine,Mononitrate, Riboflavin, Folic Acid) (wheat), Sugar, Unsalted Butter (Cream,,Natural Flavorings) (milk), Eggs (egg), Chocolate Chips (chocolate liquor,,sugar, soy lecithin, vanillin) (soybeans), Toffee (milk chocolate (sugar, cocoa,butter, chocolate, nonfat milk, milk fat, lactose, soy lecithin, natural flavoring),,sugar, vegetable oil (palm oil, dairy butter, almonds, Contains 2% or less of:,salt, soy lecithin) (milk, soybeans, tree nuts), Vanilla Extract (Water, Cane,Alcohol, Bourbon Vanilla Bean Extractives, sugar), Baking Powder (baking,soda, cornstarch, sodium aluminum sulfate, calcium sulfate, monocalcium,phosphate), Salt	egg, milk, soy, tree nuts, wheat

Product	Ingredients	Allergens
Brownie - Plain	Sugar, Unsalted Butter (Cream, Natural Flavorings) (milk), Eggs (egg), Unsweetened Chocolate (chocolate liquor), Wheat Flour (Wheat, Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), (wheat), Vanilla Extract (Water, Alcohol, Bourbon Vanilla Bean Extractives), Salt, Cinnamon	milk, egg, wheat
Brownie - Cream Cheese	Sugar, Cream Cheese (Pasteurized milk and cream, cheese, culture, salt, stabilizers (carob bean and or xanthan and/or guar gums.)), (milk), Eggs (egg), Unsalted Butter (Cream, Natural Flavorings) (milk), Chocolate Chips (chocolate liquor, sugar, soy lecithin, vanillin) (soybeans), Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Unsweetened Chocolate (chocolate liquor), Vanilla Extract (Water, Alcohol, Bourbon Vanilla Bean Extractives), Salt	egg, milk, soy, wheat
Chocolate Espresso Bundt Cake	Sugar, Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Buttermilk (cultured lowfat milk, salt, natural flavorings) (milk), Brewed Coffee, Chocolate Chips (chocolate liquor, sugar, soy lecithin, vanillin) (soybeans), Heavy Cream (cream, carrageenan) (milk), Eggs (egg), Dutch Processed Cocoa Powder, Canola Oil, Baking Soda (sodium bicarbonate), Salt, Baking Powder (baking soda, cornstarch, sodium aluminum sulfate, calcium sulfate, monocalcium phosphate), Vanilla Extract (Water, Cane Alcohol, Bourbon Vanilla Bean Extractives, sugar)	egg, milk, soy, wheat
Blueberry Lemon Bundt Cake	Sugar, Eggs (egg), Sour Cream (cultured sour cream (nonfat milk, cream, whey, modified cornstarch, sodium phosphate, guar gum, carrageenan, sodium citrate, locust bean gum, cultures), potassium sorbate as preservative) (milk), Unsalted Butter (Cream, Natural Flavorings) (milk), Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Bleached wheat flour (wheat), Powdered sugar (Granulated sugar, Cornstarch), Lemon Juice (Filtered Water, Lemon Juice Concentrate, Sodium Bisulfite (preservative), Sodium Benzoate (preservative), Lemon Oil), Blueberries, Lemon Zest (Chopped lemon peels, cane sugar, natural lemon flavor), Baking Powder (baking soda, cornstarch, sodium aluminum sulfate, calcium sulfate, monocalcium phosphate), Baking Soda (sodium bicarbonate), Water, Salt	egg, milk, wheat
Carrot Cake	Sugar, Pineapple (pineapple, pineapple juice), Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Powdered sugar (Granulated sugar, Cornstarch), Carrots, Buttermilk (cultured lowfat milk, salt, natural flavorings) (milk), Eggs (egg), Canola Oil, Midget Raisins, Cream Cheese (Pasteurized milk and cream, cheese culture, salt, stabilizers (carob bean and or xanthan and/or guar gums.)) (milk), Walnuts (tree nuts), Unsalted Butter (Cream, Natural Flavorings) (milk), Coconut (tree nuts), Baking Soda (sodium bicarbonate), Vanilla Extract (Water, Cane Alcohol, Bourbon Vanilla Bean Extractives, sugar), Cinnamon	egg, milk, tree nuts, wheat
Cinnamon Roll	Powdered sugar (Granulated sugar, Cornstarch), Wheat Flour, (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Unsalted Butter (Cream, Natural Flavorings) (milk), Eggs (egg), Milk (milk), Sugar, Water, Brown Sugar (Sugar, Molasses), Canola Oil, Powdered Milk (Whey, Soy flour, Nonfat dry milk) (milk, soybeans), Salt, Bleached wheat flour (wheat), Cornstarch, Cinnamon, Yeast (sorbitan, monostearate, ascorbic acid), Vanilla Extract (Water, Alcohol, Bourbon Vanilla, Bean Extractives)	egg, milk, soy, wheat
Chocolate Almond Cake	Eggs (egg), Almonds, Sugar, Brewed Coffee, Unsalted Butter, (Cream, Natural Flavorings) (milk), Dutch Processed Cocoa Powder, Chocolate Chips (chocolate liquor, sugar, soy lecithin, vanillin) (soybeans), Heavy Cream (cream, carrageenan) (milk), Baking Powder (baking soda, cornstarch, sodium aluminum sulfate, calcium sulfate, monocalcium phosphate), Vanilla Extract (Water, Alcohol, Bourbon Vanilla Bean, Extractives), Cinnamon, Salt	egg, milk, soy, tree nuts

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Cookie - Chocolate Chip	Chocolate Chips (chocolate liquor, sugar, soy lecithin, vanillin),(soybeans), Brown Sugar (Sugar, Molasses), Whole Wheat Flour (wheat),,Sugar, Organic Barley Flour (wheat), Unsalted Butter (Cream, Natural,Flavorings) (milk), Canola Oil, Eggs (egg), Honey, Apple Cider Vinegar, Vanilla,Extract (Water, Alcohol, Bourbon Vanilla Bean Extractives), Baking Powder,(baking soda, cornstarch, sodium aluminum sulfate, calcium sulfate,,monocalcium phosphate), Salt, Baking Soda (sodium bicarbonate)	egg, milk, soy, wheat
Cookie - Cowboy	Rolled Oats (wheat), Chocolate Chips (chocolate liquor,,sugar, soy lecithin, vanillin) (soybeans), Unsalted Butter (Cream, Natural,Flavorings) (milk), Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine,Mononitrate, Riboflavin, Folic Acid) (wheat), Brown Sugar (Sugar, Molasses),Sugar, Walnuts (tree nuts), Eggs (egg), Coconut (tree nuts), Molasses, Baking Soda (sodium bicarbonate), Cinnamon, Vanilla Extract (Water,Alcohol, Bourbon Vanilla Bean Extractives), Salt	egg, milk, soy, tree nuts, wheat
Cookie - Flourless PB Oatmeal	peanuts (peanuts), Sugar, Eggs (egg), Chocolate Chips,(chocolate liquor, sugar, soy lecithin, vanillin) (soybeans), Rolled Oats,(wheat), Brown Sugar (Sugar, Molasses), Baking Soda, Vanilla Extract, (Water, Alcohol, Bourbon Vanilla Bean Extractives)	peanuts, egg, soy, wheat
Cookie - Gingersnap	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine,Mononitrate, Riboflavin, Folic Acid) (wheat), Unsalted Butter (Cream, Natural,Flavorings) (milk), Sugar, Molasses, Eggs (egg), Brown Sugar (Sugar,,Molasses), Coarse Grain Sugar (sugar, carnauba wax), Baking Soda, Ground,Ginger, Cinnamon, Ground Cloves, Salt, Ground Nutmeg	egg, milk, wheat
Cookie - Oatmeal Raisin	Midget Raisins, Wheat Flour (Wheat Flour, Niacin, Reduced,Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Rolled Oats,(wheat), Unsalted Butter (Cream, Natural Flavorings) (milk), Brown Sugar,(Sugar, Molasses), Eggs (egg), Sugar, Vanilla Extract (Water, Alcohol,,Bourbon Vanilla Bean Extractives), Baking Soda (sodium bicarbonate), Salt,,Baking Powder (baking soda, cornstarch, sodium aluminum sulfate, calcium,sulfate, monocalcium phosphate), Cinnamon, Ground Nutmeg	egg, milk, wheat
Cookie - Snickerdoodle	Sugar, Wheat Flour (Wheat Flour, Niacin, Reduced Iron,,Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Unsalted Butter (Cream,,Natural Flavorings) (milk), Eggs (egg), Vanilla Extract (Water, Alcohol,,Bourbon Vanilla Bean Extractives), Brown Sugar (Sugar, Molasses), Baking,Powder (baking soda, cornstarch, sodium aluminum sulfate, calcium sulfate,,monocalcium phosphate), Salt, Cinnamon, Ground Nutmeg	egg, milk, wheat
Cookie - Chocolate Toffee Cookie 1oz	Chocolate Chips (chocolate liquor, sugar, soy lecithin, vanillin) (soybeans), Brown Sugar (Sugar, Molasses), Eggs (egg), Toffee (milk chocolate (sugar, cocoa butter, chocolate, nonfat milk, milk fat, lactose, soy lecithin, natural flavoring), sugar, vegetable oil (palm oil, dairy butter, almonds, Contains 2% or less of: salt, soy lecithin) (milk, soybeans, tree nuts), Oat Flour, Unsalted Butter (Cream, Natural Flavorings) (milk), Vanilla Extract (Water, Cane Alcohol, Bourbon Vanilla Bean Extractives, sugar), Baking Powder (baking soda, cornstarch, sodium aluminum sulfate, calcium sulfate, monocalcium phosphate), Salt	egg, milk, soy, tree nuts

Product	Ingredients	Allergens
Rainbow Cookie - Red Heart	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Unsalted Butter (Cream, Natural Flavorings) (milk), Powdered sugar (Granulated sugar, Cornstarch), Water, Vanilla Extract (Water, Cane Alcohol, Bourbon Vanilla Bean Extractives, sugar), Salt, Meringue Powder (sugar, dextrose, dried egg white (with sodium lauryl sulfate, cream of tartar. Algin, salt, sodium hexametaphosphate, calcium sulfate, locust bean gum, xanthan gum, artificial flavor) (egg), Electric Purple Gel Paste(water, sugar, US certified red 3, blue 1, modified cornstarch, vegetable gum, citric acid, and less than 1/10 of 1% sodium benzoate, potassium sorbate(as preservatives)), Red Gel Paste(Water, Sugar, U.S. Certified colors (Red 40, Red3, Yellow 6, Yellow5), modified Corn starch, Vegetable Gum, Citric Acid, and Less than 1/10th of 1% Sodium Benzoate and Potassium sorbate(as preservatives)), Red Gel Paste(water, sugar, US Certified Red 40, Red 3, Yellow 6, Yellow 5, modified corn starch, vegetable gum, citric acid and less than 1/10 of 1% sodium benzoate and potassium sorbate(as preservatives)), Electric Orange Gel Paste(water, sugar, US Certified, yellow 6, yellow 5, red 40, modified corn starch, vegetable gum, citric acid and less than 1/10 of 1% sodium benzoate and potassium sorbate(as preservatives)), Electric Blue Gel Paste(Water, sugar, US Certified (Blue 1, modified corn starch, vegetable gum, citric acid and less than 1/10 of a 1% sodium benzoate and potassium sorbate(as preservatives)), Mint Green Gel Paste(Water, sugar, US Certified Yellow 5, Blue 1, modified corn starch, vegetable gum, citric acid and less than 1/10 of a 1% sodium benzoate and potassium sorbate(as preservatives)), Lemon Yellow Gel Paste(water, sugar, US Certified, Yellow 5, modified corn starch, vegetable gum, citric acid and less than 1/10 of 1% sodium benzoate and potassium sorbate(as preservatives)), White Gel Paste (water, sugar, US certified Titanium Dioxide, modified cornstarch, vegetable gum, citric acid, and less than 1/10 of 1% sodium benzoate, potassium sorbate(as preservatives))	egg, milk, wheat

Product	Ingredients	Allergens
Rainbow Cookie - Pink Heart	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Unsalted Butter (Cream, Natural Flavorings) (milk), Powdered sugar (Granulated sugar, Cornstarch), Water, Vanilla Extract (Water, Cane Alcohol, Bourbon Vanilla Bean Extractives, sugar), Salt, Meringue Powder (sugar, dextrose, dried egg white (with sodium lauryl sulfate, cream of tartar. Algin, salt, sodium hexametaphosphate, calcium sulfate, locust bean gum, xanthan gum, artificial flavor) (egg), Electric Purple Gel Paste(water, sugar, US certified red 3, blue 1, modified cornstarch, vegetable gum, citric acid, and less than 1/10 of 1% sodium benzoate, potassium sorbate(as preservatives)), Red Gel Paste(Water, Sugar, U.S. Certified colors (Red 40, Red3, Yellow 6, Yellow5), modified Corn starch, Vegetable Gum, Citric Acid, and Less than 1/10th of 1% Sodium Benzoate and Potassium sorbate(as preservatives)), Electric Orange Gel Paste(water, sugar, US Certified, yellow 6, yellow 5, red 40, modified corn starch, vegetable gum, citric acid and less than 1/10 of 1% sodium benzoate and potassium sorbate(as preservatives)), Electric Blue Gel Paste(Water, sugar, US Certified (Blue 1, modified corn starch, vegetable gum, citric acid and less than 1/10 of a 1% sodium benzoate and potassium sorbate(as preservatives)), Mint Green Gel Paste(Water, sugar, US Certified Yellow 5, Blue 1, modified corn starch, vegetable gum, citric acid and less than 1/10 of a 1% sodium benzoate and potassium sorbate(as preservatives)), Lemon Yellow Gel Paste(water, sugar, US Certified, Yellow 5, modified corn starch, vegetable gum, citric acid and less than 1/10 of 1% sodium benzoate and potassium sorbate(as preservatives)), Electric Pink Gel Paste(water, sugar, US Certified Red 3, modified corn starch, vegetable gum, citric acid and less than 1/10 of 1% sodium benzoate and potassium sorbate(as preservatives)), White Gel Paste (water, sugar, US certified Titanium Dioxide, modified cornstarch, vegetable gum, citric acid, and less than 1/10 of 1% sodium benzoate, potassium sorbate(as preservatives))	egg, milk, wheat
Croissant - Almond	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine, Mononitrate, Riboflavin, Folic Acid) (wheat), EuroButter Sheet (cream) (milk), Water, Sugar, Eggs (egg), Milk (milk), Unsalted Butter (Cream, Natural, Flavorings) (milk), Almonds (tree nuts), Almond Paste (almonds, sugar, water, potassium sorbate (preservative), natural and artificial flavor) (tree nuts), Bleached wheat flour (wheat), Honey, Powdered sugar (Granulated sugar, Cornstarch), Powdered Milk (Whey, Soy flour, Nonfat dry milk) (milk, soybeans), Yeast (sorbitan monostearate, ascorbic acid), Salt, Egg Yolks, (egg), Vanilla Extract (Water, Alcohol, Bourbon Vanilla Bean Extractives), Almond Extract (tree nuts), Rum, Barley Malt Syrup (malted barley, water), (wheat)	egg, milk, soy, tree nuts, wheat
Croissant - Chocolate	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Cocoa Baton(sugar, cocoa mass, cocoa butter, emulsifier: sun flower lecithin, vanilla flavouring), EuroButter Sheet (cream) (milk), Milk (milk), Water, Sugar, Eggs (egg), Honey, Egg Yolks (egg), Unsalted Butter (Cream, Natural Flavorings) (milk), Powdered Milk (Whey, Soy flour, Nonfat dry milk) (milk, soybeans), Yeast (sorbitan monostearate, ascorbic acid), Salt, Barley Malt Syrup (malted barley, water) (wheat)	egg, milk, soy, wheat

Product	Ingredients	Allergens
Croissant - Raspberry Almond	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine, Mononitrate, Riboflavin, Folic Acid) (wheat), EuroButter Sheet (cream) (milk), Water, Sugar, Eggs (egg), Milk (milk), Unsalted Butter (Cream, Natural Flavorings) (milk), Red Raspberries, Almonds (tree nuts), Almond Paste, (almonds, sugar, water, potassium sorbate (preservative), natural and artificial flavor) (tree nuts), Bleached wheat flour (wheat), Honey, Powdered Milk, (Whey, Soy flour, Nonfat dry milk) (milk, soybeans), Yeast (sorbitan monostearate, ascorbic acid), Salt, Egg Yolks (egg), Vanilla Extract (Water, Cane Alcohol, Bourbon Vanilla Bean Extractives, sugar), Almond Extract (tree nuts), Rum, Barley Malt Syrup (malted barley, water) (wheat)	egg, milk, soy, tree nuts, wheat
Croissant - Ham & Swiss	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine, Mononitrate, Riboflavin, Folic Acid) (wheat), Ham (pork hams, water, honey, sea salt, maple syrup, turbinado sugar, celery powder, natural flavor, lauric acid started culture), EuroButter Sheet (cream) (milk), Swiss Cheese (milk), Milk (milk), Water, Sugar, Eggs (egg), Honey, Egg Yolks (egg), Unsalted Butter (Cream, Natural Flavorings) (milk), Poppyseeds, Sesame Seeds, Powdered Milk (Whey, Soy flour, Nonfat dry milk) (milk, soybeans), Yeast, (sorbitan monostearate, ascorbic acid), Salt, Kosher Salt (salt, yellow prussiate of soda), Caraway seeds, Barley Malt Syrup (malted barley, water) (wheat)	egg, milk, soy, wheat
Croissant - Plain	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine, Mononitrate, Riboflavin, Folic Acid) (wheat), EuroButter Sheet (cream) (milk), Milk (milk), Water, Sugar, Honey, Unsalted Butter (Cream, Natural Flavorings) (milk), Powdered Milk (Whey, Soy flour, Nonfat dry milk) (milk, soybeans), Yeast (sorbitan monostearate, ascorbic acid), Salt, Eggs (egg), Egg Yolks (egg), Barley Malt Syrup (malted barley, water) (wheat)	egg, milk, soy, wheat
Danish - Cherry	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine, Mononitrate, Riboflavin, Folic Acid) (wheat), Cherries, Sugar, Water, EuroButter Sheet (cream) (milk), Water, Milk (milk), Cream Cheese, (Pasteurized milk and cream, cheese culture, salt, stabilizers (carob bean and/or xanthan and/or guar gums.)) (milk), Apricot Glaze (glucose syrup, water, sugar, apricot, gelling agent (pectin (E440)), acid (citric acid (E330)), flavouring, preservative (potassium sorbate (E202)), colour (paprika extract (E160c)), carrot extract), Sugar, Powdered sugar (Granulated sugar, Cornstarch), Clearjel (Cornstarch, Water), Honey, Unsalted Butter (Cream, Natural Flavorings) (milk), Eggs (egg), Powdered Milk (Whey, Soy flour, Nonfat dry milk) (milk, soybeans), Yeast (sorbitan monostearate, ascorbic acid), Salt, Vanilla Extract (Water, Alcohol, Bourbon Vanilla Bean Extractives), Barley Malt Syrup (malted barley, water) (wheat)	egg, milk, soy, wheat
Danish - Artichoke Cheese	Artichoke Hearts (artichoke hearts, water, salt, citric acid and/or ascorbic acid), Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), EuroButter Sheet (cream) (milk), Milk (milk), Water, ButterKase Cheese (pasteurized cow's milk, salt, cheese culture, enzymes) (milk), Eggs (egg), Cream Cheese (Pasteurized milk and cream, cheese culture, salt, stabilizers (carob bean and/or xanthan and/or guar gums.)) (milk), Pumpkin Seeds, Sugar, Canola Oil, Honey, Egg Yolks (egg), Unsalted Butter (Cream, Natural Flavorings) (milk), Garlic, Powdered Milk (Whey, Soy flour, Nonfat dry milk) (milk, soybeans), Yeast (sorbitan monostearate, ascorbic acid), Salt, Parsley, Kosher Salt (salt, yellow prussiate of soda), Barley Malt Syrup (malted barley, water) (wheat), Black Pepper, Garlic powder	egg, milk, soy, wheat

Product	Ingredients	Allergens
Danish - Crimini Mushroom	Crimini Mushrooms, Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), EuroButter Sheet (cream) (milk), Milk (milk), Water, Eggs (egg), Swiss Cheese(Pasteurized Milk, cheese cultures, salt and enzymes) (milk), Cream Cheese (Pasteurized milk and cream, cheese culture, salt, stabilizers (carob bean and or xanthan and/or guar gums.)) (milk), Olive Oil, Sugar, Parmesan Cheese (milk), Tamari (water, soybeans, salt and sugar) (soybeans), Honey, Egg Yolks (egg), Salt, Unsalted Butter (Cream, Natural Flavorings) (milk), Powdered Milk (Whey, Soy flour, Nonfat dry milk) (milk, soybeans), Yeast (sorbitan monostearate, ascorbic acid), Thyme, fresh, Garlic, Lemon Zest (Chopped lemon peels, cane sugar, natural lemon flavor), Barley Malt Syrup (malted barley, water) (wheat), Black Pepper	egg, milk, soy, wheat
Danish - Blueberry & Lemon Cream Cheese	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine,Mononitrate, Riboflavin, Folic Acid) (wheat), EuroButter Sheet (cream) (milk),Blueberries, Cream Cheese (Pasteurized milk and cream, cheese culture,,salt, stabilizers (carob bean and or xanthan and/or guar gums.)) (milk), Milk,(milk), Water, Eggs (egg), Sugar, Apricot Glaze (glucose syrup, water, sugar,,apricot, gelling agent (pectin(E440)), acid (citric acid (E330)), flavouring,,preservative (potassium sorbate (E202)), colour (paprika extract (E160c)),,carrot extract), Lemon Zest (Chopped lemon peels, cane sugar, natural lemon,flavor), Honey, Unsalted Butter (Cream, Natural Flavorings) (milk), Powdered,Milk (Whey, Soy flour, Nonfat dry milk) (milk, soybeans), Yeast (sorbitan,monostearate, ascorbic acid), Salt, Vanilla Extract (Water, Alcohol, Bourbon,Vanilla Bean Extractives), Barley Malt Syrup (malted barley, water) (wheat)	egg, milk, soy, wheat
Classic Kouign-Amann - 4"	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), EuroButter Sheet (cream) (milk), Sugar, Milk (milk), Water, Honey, Unsalted Butter (Cream, Natural Flavorings) (milk), Powdered Milk (Whey, Soy flour, Nonfat dry milk) (milk, soybeans), Yeast (sorbitan monostearate, ascorbic acid), Salt, Barley Malt Syrup (malted barley, water) (wheat)	milk, soy, wheat
Macaroon	Coconut (tree nuts), Sugar, Egg Whites (egg whites, guar gum and triethyl citrate added as whipping aids) (egg), Dark Coating Chocolate(sugar, cocoa powder processed with alkali, vegetable fat(palm kernel and/or palm), coconut oil, lactose, soy lecithin(an emulsifier), natural vanilla extract) (milk, soybeans), Oat Flour, Vanilla Extract (Water, Cane Alcohol, Bourbon Vanilla Bean Extractives, sugar)	eggs, milk, soy, tree nuts
Muffin - Blueberry Lemon	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Buttermilk (cultured lowfat milk, salt, natural flavorings) (milk), Sugar, Blueberries, Canola Oil, Eggs (egg), Unsalted Butter (Cream, Natural Flavorings) (milk), Baking Powder (baking soda, cornstarch, sodium aluminum sulfate, calcium sulfate, monocalcium phosphate), Salt, Vanilla Extract (Water, Cane Alcohol, Bourbon Vanilla Bean Extractives, sugar), Lemon Zest (Chopped lemon peels, cane sugar, natural lemon flavor), Cinnamon, Baking Soda (sodium bicarbonate)	egg, milk, wheat
Muffin - Coffee Cake	Brown Sugar (Sugar, Molasses), Unsalted Butter (Cream,,Natural Flavorings) (milk), Wheat Flour (Wheat Flour, Niacin, Reduced Iron,,Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Sour Cream (cultured,sour cream (nonfat milk, cream, whey, modified cornstarch, sodium,phosphate, guar gum, carrageenan, sodium citrate, locust bean gum,,cultures), potassium sorbate as preservative) (milk), Sugar, Pastry Flour,(wheat), Eggs (egg), Cinnamon, Baking Powder (baking soda, cornstarch,,sodium aluminum sulfate, calcium sulfate, monocalcium phosphate), Vanilla,Extract (Water, Alcohol, Bourbon Vanilla Bean Extractives), Salt, Ground,Nutmeg, Cardamom	egg, milk, wheat

Product	Ingredients	Allergens
Muffin - Morning Glory	Carrots, Brown Sugar (Sugar, Molasses), Wheat Flour,(Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic,Acid) (wheat), Apples, Eggs (egg), Canola Oil, Coconut (tree nuts), Whole,Wheat Flour (wheat), Water, Midget Raisins, Orange Juice from Concentrate,,Wheat Germ (wheat), Baking Powder (baking soda, cornstarch, sodium,aluminum sulfate, calcium sulfate, monocalcium phosphate), Cinnamon, Salt,,Ground Ginger, Vanilla Extract (Water, Alcohol, Bourbon Vanilla Bean,Extractives)	egg, tree nuts, wheat
Muffin - Honey Bran Quinoa	Whole Wheat Flour (wheat), Milk (milk), Dried Cranberries,(cranberries, sugar, sunflower oil), Honey, Molasses, Eggs (egg), Applesauce,Unsweetened, Wheat Bran (wheat), Quinoa, Canola Oil, Water, Rolled Oats,,Orange Juice from Concentrate, Baking Powder (baking soda, cornstarch,,sodium aluminum sulfate, calcium sulfate, monocalcium phosphate), Baking,Soda (sodium bicarbonate), Vanilla Extract (Water, Cane Alcohol, Bourbon,Vanilla Bean Extractives, sugar), Cinnamon, Salt	egg, milk, wheat
Muffin - Pumpkin Cranberry	Sugar, Wheat Flour (Wheat Flour, Niacin, Reduced Iron,,Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Pumpkin Puree,,Cranberries, Eggs (egg), Canola Oil, Water, Raw Pumpkin Seeds, Coarse, Grain Sugar (sugar, carnauba wax), Baking Soda (sodium bicarbonate), Salt,,Ground Ginger, Ground Nutmeg, Ground Cloves, Cinnamon, Baking Powder,(baking soda, cornstarch, sodium aluminum sulfate, calcium sulfate,,monocalcium phosphate)	egg, wheat
Muffin - Triple Chocolate	Brown Sugar (Sugar, Molasses), Wheat Flour (Wheat Flour,,Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat),,Buttermilk (cultured lowfat milk, salt, natural flavorings) (milk), Chocolate,Chips (chocolate liquor, sugar, soy lecithin, vanillin) (soybeans), Eggs (egg),,Unsalted Butter (Cream, Natural Flavorings) (milk), Dutch Processed Cocoa,Powder, Canola Oil, Heavy Cream (cream, carrageenan) (milk), Baking Soda,,Baking Powder (baking soda, cornstarch, sodium aluminum sulfate, calcium,sulfate, monocalcium phosphate), Vanilla Extract (Water, Alcohol, Bourbon,Vanilla Bean Extractives), Salt	egg, milk, soy, wheat
Rice Krispie Treat - Plain	Marshmallows (corn syrup, sugar, modified cornstarch,,dextrose, water, gelatin, natural and artificial flavor, tetrasodium,pyrophosphate), Crisp Rice (rice, sugar, salt, malt extract, vitamin C, iron,,vitamin A, niacinamide, preservative (tocopherols), zinc, vitamin B1, vitamin,B6, vitamin D, vitamin B2, folic acid, vitamin B12), Unsalted Butter,(Cream, Natural Flavorings) (milk), Salt	milk
Rice Krispie Treat - Choco Dipped	Dark Coating Chocolate(sugar, cocoa powder processed with alkali, vegetable fat(palm kernel and/or palm), coconut oil, lactose, soy lecithin(an emulsifier), natural vanilla extract) (milk, soybeans), Marshmallows (corn syrup, sugar, modified cornstarch, gelatin, water, dextrose, natural and artificial flavor, tetrasodium pyrophosphate), Crisp Rice (rice, sugar, salt, malt extract, vitamin C, iron, vitamin A, niacinamide, preservative (tocopherols), zinc, vitamin B1, vitamin B6, vitamin D, vitamin B2, folic acid, vitamin B12), Unsalted Butter (Cream, Natural Flavorings) (milk), Salt	milk, soy
Scone - Blueberry Lemon	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine,Mononitrate, Riboflavin, Folic Acid) (wheat), Heavy Cream (cream,,carrageenan) (milk), Unsalted Butter (Cream, Natural Flavorings) (milk), Eggs, (egg), Blueberries, Dried Blueberries (blueberries, glycerol, safflower oil, citric,acid, calcium lactate, potassium sorbate, natural blueberry flavor), Sugar,,Baking Powder (baking soda, cornstarch, sodium aluminum sulfate, calcium,sulfate, monocalcium phosphate), Coarse Grain Sugar (sugar, carnauba wax),,Lemon Juice (Filtered Water, Lemon Juice Concentrate, Sodium Bisulfite,(preservative), Sodium Benzoate (preservative), Lemon Oil), Salt, Lemon,Extract, Vanilla Extract (Water, Alcohol, Bourbon Vanilla Bean Extractives),,Chopped lemon peels, cane sugar, natural lemon flavor	wheat, milk, egg

Product	Ingredients	Allergens
Scone - Orange Currant	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Oranges, Powdered sugar (Granulated sugar, Cornstarch), Dried Currants, Unsalted Butter (Cream, Natural Flavorings) (milk), Water, Heavy Cream (cream, carrageenan) (milk), Sugar, Eggs (egg), Orange Juice from Concentrate, Baking Powder (baking soda, cornstarch, sodium aluminum sulfate, calcium sulfate, monocalcium phosphate), Vanilla Extract (Water, Cane Alcohol, Bourbon Vanilla Bean Extractives, sugar), Salt	egg, milk, wheat
Scone - Lemon Lavender	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Heavy Cream (cream, carrageenan) (milk), Unsalted Butter (Cream, Natural Flavorings) (milk), Eggs (egg), Powdered sugar (Granulated sugar, Cornstarch), Sugar, Lemon Juice (Filtered Water, Lemon Juice Concentrate, Sodium Bisulfite (preservative), Sodium Benzoate (preservative), Lemon Oil), Baking Powder (baking soda, cornstarch, sodium aluminum sulfate, calcium sulfate, monocalcium phosphate), Milk (milk), Poppyseeds, Culinary Lavender, Vanilla Extract (Water, Cane Alcohol, Bourbon Vanilla Bean Extractives, sugar), Salt, Lemon Zest (Chopped lemon peels, cane sugar, natural lemon flavor)	egg, milk, wheat
Scone - Cranberry Almond	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine, Mononitrate, Riboflavin, Folic Acid) (wheat), Unsalted Butter (Cream, Natural Flavorings) (milk), Dried Cranberries (cranberries, sugar, sunflower oil), Heavy Cream (cream, carrageenan) (milk), Eggs (egg), Almonds (tree nuts), Sugar, Baking Powder (baking soda, cornstarch, sodium aluminum sulfate, calcium sulfate, monocalcium phosphate), Coarse Grain Sugar (sugar, carnauba wax), Almond Extract (tree nuts), Salt, Vanilla Extract (Water, Alcohol, Bourbon, Vanilla Bean Extractives)	egg, milk, wheat, tree nuts
Scone - Raspberry	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine, Mononitrate, Riboflavin, Folic Acid) (wheat), Heavy Cream (cream, carrageenan) (milk), Unsalted Butter (Cream, Natural Flavorings) (milk), Eggs (egg), Red Raspberries, Sugar, Baking Powder (baking soda, cornstarch, sodium aluminum sulfate, calcium sulfate, monocalcium phosphate), Coarse Grain Sugar (sugar, carnauba wax), Vanilla Extract (Water, Alcohol, Bourbon, Vanilla Bean Extractives), Salt	egg, milk, wheat
Scone - Raspberry with Jam	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine, Mononitrate, Riboflavin, Folic Acid) (wheat), Heavy Cream (cream, carrageenan) (milk), Sugar, Red Raspberries, Unsalted Butter (Cream, Natural Flavorings) (milk), Eggs (egg), Baking Powder (baking soda, cornstarch, sodium aluminum sulfate, calcium sulfate, monocalcium phosphate), Coarse Grain Sugar (sugar, carnauba wax), Vanilla Extract (Water, Alcohol, Bourbon, Vanilla Bean Extractives), Salt	egg, milk, wheat
Sunshine Bun	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine, Mononitrate, Riboflavin, Folic Acid) (wheat), EuroButter Sheet (cream) (milk), Sugar, Milk (milk), Water, Brown Sugar (Sugar, Molasses), Oranges, Honey, Unsalted Butter (Cream, Natural Flavorings) (milk), Powdered Milk (Whey, Soy flour, Nonfat dry milk) (milk, soybeans), Yeast (sorbitan monostearate, ascorbic acid), Salt, Cinnamon, Vanilla Extract (Water, Alcohol, Bourbon, Vanilla Bean Extractives), Barley Malt Syrup (malted barley, water) (wheat)	milk, soy, wheat

Product	Ingredients	Allergens
Kouign-Amann Tart - Blueberry Cream Cheese	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine, Mononitrate, Riboflavin, Folic Acid) (wheat), EuroButter Sheet (cream) (milk), Sugar, Cream Cheese (Pasteurized milk and cream, cheese culture, salt, stabilizers (carob bean and or xanthan and/or guar gums.)) (milk), Milk (milk), Water, Blueberries, Eggs (egg), Honey, Unsalted Butter (Cream, Natural Flavorings) (milk), Powdered Milk (Whey, Soy flour, Nonfat dry milk) (milk, soybeans), Yeast (sorbitan monostearate, ascorbic acid), Salt, Vanilla Extract, (Water, Cane Alcohol, Bourbon Vanilla Bean Extractives, sugar), Barley Malt Syrup (malted barley, water) (wheat)	egg, milk, soy, wheat
Kouign-Amann - Razzleberry Cream Cheese	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), EuroButter Sheet (cream) (milk), Sugar, Cream Cheese (Pasteurized milk and cream, cheese culture, salt, stabilizers (carob bean and or xanthan and/or guar gums.)) (milk), Milk (milk), Water, Red Raspberries, Blackberries, Blueberries, Eggs (egg), Honey, Unsalted Butter (Cream, Natural Flavorings) (milk), Powdered Milk (Whey, Soy flour, Nonfat dry milk) (milk, soybeans), Yeast (sorbitan monostearate, ascorbic acid), Salt, Vanilla Extract (Water, Cane Alcohol, Bourbon Vanilla Bean Extractives, sugar), Barley Malt Syrup (malted barley, water) (wheat)	egg, milk, soy, wheat
Tea Bread - Banana Walnut	Bananas, Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Sugar, Eggs (egg), Canola Oil, Brown Sugar (Sugar, Molasses), Walnuts (tree nuts), Buttermilk, (cultured lowfat milk, salt, natural flavorings) (milk), Baking Soda (sodium bicarbonate), Salt, Cinnamon, Vanilla Extract (Water, Cane Alcohol, Bourbon, Vanilla Bean Extractives, sugar)	egg, milk, tree nuts. wheat
Tea Bread - Lemon Poppyseed	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine, Mononitrate, Riboflavin, Folic Acid) (wheat), Sugar, Buttermilk (cultured lowfat, milk, salt, natural flavorings) (milk), Eggs (egg), Canola Oil, Lemon Zest, (Chopped lemon peels, cane sugar, natural lemon flavor), Lemon Juice, (Filtered Water, Lemon Juice Concentrate, Sodium Bisulfite (preservative), Sodium Benzoate (preservative), Lemon Oil), Baking Powder (baking soda, cornstarch, sodium aluminum sulfate, calcium sulfate, monocalcium phosphate), Poppyseeds, Salt	egg, milk, wheat
Tea Bread - Pumpkin Choc Chip	Sugar, Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Pumpkin Puree, Eggs, (egg), Chocolate Chips (chocolate liquor, sugar, soy lecithin, vanillin), (soybeans), Canola Oil, Water, Baking Soda (sodium bicarbonate), Salt, Ground Ginger, Ground Nutmeg, Ground Cloves, Cinnamon, Baking Powder, (baking soda, cornstarch, sodium aluminum sulfate, calcium sulfate, monocalcium phosphate)	egg, soy, wheat
Tea Bread - Zucchini	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine, Mononitrate, Riboflavin, Folic Acid) (wheat), Zucchini, Sugar, Eggs (egg), Canola Oil, Pineapple (pineapple, pineapple juice), Brown Sugar (Sugar, Molasses), Baking Soda, Salt, Vanilla Extract (Water, Alcohol, Bourbon, Vanilla Bean Extractives), Cinnamon, Baking Powder (baking soda, cornstarch, sodium aluminum sulfate, calcium sulfate, monocalcium phosphate), Ground Nutmeg	egg, wheat

Product	Ingredients	Allergens
Nutella Pop Pastry	Nutella (beet sugar and/or refined cane sugar, palm oil, hazelnuts, cocoa, skimmed milk powder, whey powder, lecithin, vanillin) (milk, soybeans, tree nuts), Unsalted Butter (Cream, Natural Flavorings) (milk), Pastry Flour (wheat), Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Cream Cheese (Pasteurized milk and cream, cheese culture, salt, stabilizers (carob bean and or xanthan and/or guar gums.)) (milk), Dark Coating Chocolate(sugar, cocoa powder processed with alkali, vegetable fat(palm kernel and/or palm), coconut oil, lactose, soy lecithin(an emulsifier), natural vanilla extract) (milk, soybeans), Powdered sugar (Granulated sugar, Cornstarch), Eggs (egg), Water, Salt	egg, milk, soy, tree nuts, wheat
Strawberry Pop Pastry	Strawberries, Unsalted Butter (Cream, Natural Flavorings) (milk), Pastry Flour (wheat), Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Sugar, Cream Cheese (Pasteurized milk and cream, cheese culture, salt, stabilizers (carob bean and or xanthan and/or guar gums.)) (milk), Powdered sugar (Granulated sugar, Cornstarch), Eggs (egg), Water, Lemon Juice (Filtered Water, Lemon Juice Concentrate, Sodium Bisulfite (preservative), Sodium Benzoate (preservative), Lemon Oil), Salt, Meringue Powder (sugar, dextrose, dried egg white (with sodium lauryl sulfate, cream of tartar. Algin, salt, sodium hexametaphosphate, calcium sulfate, locust bean gum, xanthan gum, artificial flavor) (egg), Electric Pink Gel Paste(water, sugar, US Certified Red 3, modified corn starch, vegetable gum, citric acid and less than 1/10 of 1% sodium benzoate and potassium sorbate(as preservatives)), Red Gel Paste(Water, Sugar, U.S. Certified colors (Red 40, Red3, Yellow 6, Yellow5), modified Corn starch, Vegetable Gum, Citric Acid, and Less than 1/10th of 1% Sodium Benzoate and Potassium sorbate(as preservatives))	egg, milk, wheat
Salted Bavarian Pretzel	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Water, Unsalted Butter (Cream, Natural Flavorings) (milk), Malted Barley Flour (wheat), Salt, Yeast, Pretzel Salt, Lye (sodium hydroxide)	milk, wheat
Granola Retail Bag	Rolled Oats (wheat), Flaked Coconut (tree nuts), Honey, Dried Cranberries (cranberries, sugar, sunflower oil), Sunflower Seeds, Pecans (tree nuts), Almonds (tree nuts), Canola Oil, Sesame Seeds, Cinnamon, Vanilla Extract (Water, Cane Alcohol, Bourbon Vanilla Bean Extractives, sugar)	tree nuts, wheat
Sourdough Bread	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Water, Salt, Whole Wheat Flour (wheat), Yeast	wheat
Multigrain Bread	Water, Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Whole Wheat Flour (wheat), Rye Flour (wheat), Sesame Seeds, Rolled Oats (wheat), Sunflower Seeds, Flax Seed, Honey, Salt, Molasses, Yeast	wheat
Rye Bread	Water, Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Rye Flour (wheat), Salt, Whole Wheat Flour (wheat), Caraway seeds, Yeast	wheat
Raisin Walnut Bread	Water, Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Whole Wheat Flour (wheat), Walnuts (tree nuts), Pecans (tree nuts), Golden Raisins (treated with Sulphur Dioxide gas), Midget Raisins, Honey, Salt	wheat, tree nuts
Honey Whole Wheat Bread	Organic Unbleached Wheat Flour, Water, Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Honey, Unsalted Butter (Cream, Natural Flavorings) (milk), Salt, Whole Wheat Flour (wheat), Yeast	milk, wheat

Product	Ingredients	Allergens
Burger Bun	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Water, Eggs (egg), Unsalted Butter (Cream, Natural Flavorings) (milk), Powdered Milk (Whey, Soy flour, Nonfat dry milk) (milk, soybeans), Sugar, Salt, Yeast	egg, milk, soy, wheat
Potato Bread	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Milk (milk), Water, Eggs (egg), Unsalted Butter (Cream, Natural Flavorings) (milk), Potato Flour, Powdered Milk (Whey, Soy flour, Nonfat dry milk) (milk, soybeans), Sugar, Salt, Yeast	egg, milk, soy, wheat
Ciabatta	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Water, Olive Oil, Salt, Yeast	wheat
Baguette	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Water, Salt, Yeast, Malted Barley Flour (wheat)	wheat

Product	Serving Size	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Fiber	Sugar	Protein
Potato Bacon Burrito	1 burrito (234 g)	540	29g	12g	0g	375mg	1340mg	42g	2g	1g	28g
Veggie Pesto Burrito	1 burrito (234 g)	490	26g	11g	0g	340mg	1120mg	41g	2g	1g	24g
Southwestern Burrito	1 burrito (240 g)	490	25g	10g	0g	390mg	1190mg	42g	2g	2g	22g
Chorizo Breakfast Burrito	1 burrito (279 g)	700	40g	17g	0g	480mg	1540mg	48g	3g	1g	35g
Pork Burrito	1 burrito (332g)	670	24g	10g	0g	60mg	1610mg	82g	6g	2g	30g
Green Eggs & Ham	1 burrito (241 g)	500	26g	11g	0g	355mg	1220mg	41g	2g	1g	27g
Cajun Sausage Breakfast Burrito	1 burrito (232 g)	540	30g	13g	0g	300mg	1380mg	43g	3g	2g	25g
Southwest Egg and Grilled Veggie Burrito	1 burrito (234 g)	350	22g	10g	0g	385mg	580mg	20g	5g	3g	20g
Kulaktik Veggie Burrito	1 burrito (390 g)	680	22g	10g	0g	35mg	2270mg	98g	9g	4g	23g
Chia Power Bowl	1 bowl (286 g)	710	48g	28g	0g	0mg	25mg	64g	13g	26g	13g
Baja Bowl	1 bowl (384 g)	460	18g	3.5g	0g	290mg	730mg	56g	12g	4g	21g
Bacon & Green Onion Frittata Bowl	1 bowl (246 g)	460	36g	13g	0g	440mg	1380mg	6g	1g	2g	28g

Product	Serving Size	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Fiber	Sugar	Protein
Veggie Frittata Bowl	1 bowl (258 g)	310	23g	9g	0g	455mg	880mg	6g	2g	3g	18g
Sesame Sweet Potato Bowl	1 bowl (254 g)	410	22g	2.5g	0g	0g	280mg	45g	8g	8g	10g
Harissa Cauliflower Bowl	1 bowl (380 g)	370	17g	5g	0g	20mg	1370mg	47g	10g	16g	13g
Peruvian Bowl	1 bowl (332 g)	480	31g	4.5g	0g	40mg	840mg	29g	6g	5g	24g
Harvest Bowl	1 bowl (237 g)	360	21g	6g	0g	15mg	520mg	30g	5g	4g	14g
Apple Cranberry Oatmeal w/out milk	1 bowl (230 g)	570	25g	13g	0g	165mg	660mg	75g	8g	33g	13g
Blueberry Peach Oatmeal w/out milk	1 bowl (218 g)	550	26g	14g	0g	170mg	660mg	70g	7g	27g	13g
Strawberry Rhubarb Oatmeal w/out milk	1 bowl (205 g)	530	24g	13g	0g	155mg	610mg	69g	7g	29g	12g
Chicken Tomatillo Sandwich	1 sandwich (269 g)	680	23g	9g	0g	85mg	1690mg	79g	3g	1g	39g
Scrambler Sandwich	1 sandwich (297 g)	610	19g	7g	0g	275mg	1170mg	81g	4g	2g	26g
Avocado BLT Sandwich	1 sandwich (333 g)	700	37g	10g	0g	65mg	1950mg	59g	9g	5g	34g
Turkey Club Sandwich	1 sandwich (411 g)	830	11g	3.5g	0g	35mg	2110mg	144g	5g	2g	35g
Chipotle Chicken Sandwich	1 sandwich (363 g)	680	28g	7g	0g	95mg	1630mg	68g	5g	6g	38g

Product	Serving Size	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Fiber	Sugar	Protein
Double Cheese Sandwich	1 sandwich (323 g)	680	3.5g	.5g	0g	0mg	1620mg	137g	5g	1g	23g
Cauliflower Banh Mi	1 sandwich (314 g)	380	8g	1g	0g	0mg	1290mg	64g	5g	5g	12g
Pesto Mozz Baguette	1 sandwich (203 g)	520	24g	11g	0g	55mg	1110mg	50g	2g	1g	26g
Smoked Salmon Sandwich	1 sandwich (359 g)	760	3.5g	.5g	0g	0mg	1810g	152g	5g	1g	25g
Sunrise Sandwich	1 sandwich (230 g)	680	47g	20g	0.5g	510mg	1500mg	31g	1g	6g	33g
Asparagus White Cheddar Sandwich	1 sandwich (284 g)	580	16g	7g	0g	35mg	1140mg	85g	6g	4g	25g
Southwestern Egg & Grilled Veggie Sandwich	1 sandwich (250 g)	540	31g	12g	0g	360mg	700mg	44g	6g	8g	23g
Chicken Po'Boy	1 sandwich (354 g)	850	30g	10g	0g	115mg	2250mg	96g	5g	4g	48g
Roasted Veggie Melt	1 sandwich (600 g)	600	18g	8g	0g	40mg	1230mg	83g	4g	3g	25g
The Lumberjack	1 sandiwch (206 g)	620	40g	17g	0g	420mg	810mg	40g	3g	9g	27g
Egg, Avocado and Chorizo Sandwich	1 sandwich (216 g)	830	57g	22g	0g	555mg	1350mg	43g	4g	8g	37g
Curry Chicken Wrap	1 wrap (324 g)	640	24g	7g	0g	95mg	1310mg	71g	9g	11g	36g
Edamame Hummus Wrap	1 wrap (345 g)	570	29g	6g	0g	0mg	1370mg	66g	13g	7g	16g
Curry Chicken Salad	1 salad (354 g)	500	36g	5g	0g	60mg	700mg	25g	4g	14g	18g
Sesame Chicken Salad	1 salad (354 g)	590	40g	5g	0g	55mg	750mg	27g	4g	5g	21g
Chicken Berry Bleu Salad	1 Salad (227 g)	520	40g	10g	0g	75mg	730mg	16g	4g	10g	26g

Product	Serving Size	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Fiber	Sugar	Protein
Spring Pea & Mint Soup	cup (198 g)	210	11.5g	4g	0g	20mg	620mg	23g	3g	3g	6g
	bowl (260 g)	250	13.5g	5g	0g	25mg	740mg	24g	3g	4g	7g
Brazilian Black Bean Stew	cup (190 g)	200	4g	1g	0g	10mg	340mg	28g	8g	1g	12g
	bowl (280 g)	310	6.5g	2g	0g	15mg	530mg	44g	14g	2g	19g
Chicken Noodle Soup	cup (170 g)	135	3g	1g	0g	15mg	260mg	20g	2g	2g	7g
	bowl (227 g)	155	4g	1g	0g	20mg	350mg	21g	2g	3g	8g
Mushroom Bisque	cup (170 g)	150	10g	6g	0g	30mg	490mg	11g	1g	3g	2g
	bowl (227 g)	200	14g	9g	0g	40mg	650mg	14g	1g	4g	3g
Chicken Wonton Soup	cup (150 g)	70	5g	1g	0g	15mg	330mg	2g	0g	1g	4g
	bowl (277 g)	130	9g	2g	0g	30mg	610mg	3g	1g	1g	7g
Beer Cheese Soup	cup (170 g)	210	17g	9g	0g	50mg	440mg	6g	1g	1g	7g
	bowl (270 g)	330	27g	15g	0g	80mg	690mg	10g	1g	1g	12g
Ethiopian Red Lentil Soup	cup (230 g)	170	0.5g	0g	0g	0mg	320mg	32g	9g	2g	8g
	bowl (310 g)	230	1g	0g	0g	0mg	510mg	42g	14g	4g	12g
Summer Garden Minestrone	cup (200 g)	85	0.5g	0g	0g	0mg	360mg	17g	2g	4g	4g
	bowl (269g)	140	1.5g	0g	0g	15mg	510mg	27g	3g	5g	6g
Tomato Gouda Florentine	cup (170 g)	140	10g	6g	0g	30mg	470mg	10g	1g	4g	4g
	bowl (227 g)	180	13g	8g	0g	40mg	620mg	13g	2g	5g	6g
Red Gazpacho	cup (170 g)	80	5g	0.5g	0g	0mg	470mg	9g	2g	6g	2g
	bowl (227 g)	110	7g	1g	0g	0mg	630mg	12g	2g	8g	3g
Watermelon Basil Gazpacho	cup (170 g)	140	9g	1.5g	0g	0mg	190mg	14g	1g	9g	5g
	bowl (227 g)	190	12g	2g	0g	0mg	250mg	19g	2g	12g	7g
Beet & Apple Gazpacho	cup (170 g)	80	4.5g	1.5g	0g	5mg	270mg	10g	2g	6g	1g
	bowl (227 g)	110	6g	2g	0g	5mg	370mg	13g	2g	8g	2g
Red Gazpacho	cup (170 g)	70	3.5g	.5g	0g	0mg	320mg	9g	2g	6g	2g
	bowl (227 g)	90	5g	0.5g	0g	0mg	430mg	11g	3g	8g	2g
Avocado Toast	1 Toast (g)	490	23g	4g	0g	280mg	950mg	53g	6g	2g	17g
Strawberry Parfait	1 small (237 g)	460	12g	5g	0g	5mg	50mg	86g	7g	63g	6g
Blueberry Parfait	1 small (237 g)	330	14g	6g	0g	5mg	65mg	46g	5g	19g	10g

Product	Serving Size	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Fiber	Sugar	Protein
Cherry Parfait	1 small (237 g)	340	13g	5g	0g	5mg	55mg	54g	6g	31g	9g
Strawberry Apple Smoothie	1 smoothie (g)										
Pink Panther Smoothie	1 smoothie (g)										
Green Hornet Smoothie	1 smoothie (544 g)	270	0g	0g	0g	0mg	70mg	66g	3g	57g	1g
Berry Booster Smoothie	1 smoothie (544 g)	205	1.5g	1g	0g	5mg	80mg	38g	0g	38g	5g
Tahitian Sunset Smoothie	1 smoothie (g)										
Tropical Smoothie	1 smoothie (g)										
Pina Colada Smoothie	1 smoothie (g)	420	3.5g	1.5g	0g	0mg	30mg	97g	4g	73g	4g
Mango Peach Smoothie	1 smoothie (g)	330	1g	0g	0g	0mg	10mg	86g	10g	70g	4g
OMC! Smoothie	1 smoothie (g)										
Sunshine Smoothie	1 smoothie (g)										

Product	Ingredients	Allergens
Potato Bacon Burrito	Eggs (egg), White Tortilla(enriched bleached wheat flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Shortening (Interesterified Soybean Oil, Hydrogenated Soybean Oil and/or Palm Oil), contains 2% or less of each of the following: Salt, Leavening (Sodium Bicarbonate, Sodium Aluminum Sulfate, Corn Starch, Monocalcium Phosphate and/or Sodium Acid Pyrophosphate, Calcium Sulfate), Distilled Monoglycerides, Wheat Starch, Alpha Amylase, Tricalcium Phosphate, BHT, Cellulose Gum, Dough Conditioners (Fumaric Acid, Sodium Metabisulfite), Preservatives (Calcium Propionate, Sorbic Acid and/or Citric Acid) (soybeans, wheat), Potato, Cheddar Cheese (Pasteurized milk, cheese culture, salt, enzymes, annatto(color)) (milk), Applewood Smoked Bacon (water, salt, sugar, sodium phosphate, sodium erythrobrate, sodium nitrite), Heavy Cream (cream, carrageenan) (milk), Canola Oil, Kosher Salt (salt, yellow prussiate of soda), Black Pepper, Garlic powder	egg, milk, soy, wheat
Veggie Pesto Burrito	Eggs (egg), White Tortilla(enriched bleached wheat flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Shortening (Interesterified Soybean Oil, Hydrogenated Soybean Oil and/or Palm Oil), contains 2% or less of each of the following: Salt, Leavening (Sodium Bicarbonate, Sodium Aluminum Sulfate, Corn Starch, Monocalcium Phosphate and/or Sodium Acid Pyrophosphate, Calcium Sulfate), Distilled Monoglycerides, Wheat Starch, Alpha Amylase, Tricalcium Phosphate, BHT, Cellulose Gum, Dough Conditioners (Fumaric Acid, Sodium Metabisulfite), Preservatives (Calcium Propionate, Sorbic Acid and/or Citric Acid) (soybeans, wheat), Broccoli, Potato, Provolone (milk), Heavy Cream (cream, carrageenan) (milk), Parmesan Cheese(Pasteurized milk, cheese culture, salt, enzymes) (milk), Olive Oil, Spinach, Unsalted Butter (Cream, Natural Flavorings) (milk), Basil, Canola Oil, Kosher Salt (salt, yellow prussiate of soda), Garlic, Black Pepper, Garlic powder	egg, milk, soy, wheat
Southwestern Burrito	Eggs (egg), White Tortilla(enriched bleached wheat flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Shortening (Interesterified Soybean Oil, Hydrogenated Soybean Oil and/or Palm Oil), contains 2% or less of each of the following: Salt, Leavening (Sodium Bicarbonate, Sodium Aluminum Sulfate, Corn Starch, Monocalcium Phosphate and/or Sodium Acid Pyrophosphate, Calcium Sulfate), Distilled Monoglycerides, Wheat Starch, Alpha Amylase, Tricalcium Phosphate, BHT, Cellulose Gum, Dough Conditioners (Fumaric Acid, Sodium Metabisulfite), Preservatives (Calcium Propionate, Sorbic Acid and/or Citric Acid) (soybeans, wheat), Smoked Cheddar Cheese (milk), Vaggie Sausage (Water, wheat gluten, soy flour, egg whites, corn oil, soy protein concentrate, sodium caseinate, modified tapioca starch, contains two percent or less of lactose, soybean oil (with tbhq for freshness), soy protein, autolyzed yeast extract, spices, natural and artificial flavors, methylcellulose, sodium tripolyphosphate, salt, hydrolyzed wheat gluten, disodium inosinate, caramel color, modified corn starch, whey, hydrolyzed corn gluten, maltodextrin, hydrolyzed soy protein, potassium chloride, dextrose, onion powder, disodium guanylate, tetrasodium pyrophosphate, tricalcium phosphate, hydrolyzed wheat protein, sodium hexametaphosphate, succinic acid, niacinamide, monosodium phosphate, lactic acid, ascorbic acid, brewer's yeast, torula yeast, calcium phosphate, soy lecithin, iron (ferrous sulfate), vitamin B1 (thiamin mononitrate), vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B12) (egg, milk, soybeans, wheat), Red Onions, Red Pepper, Heavy Cream (cream, carrageenan) (milk), Jalapenos (jalapeno peppers, water, vinegar, salt, calcium chloride, garlic), Yellow Corn Tortilla (corn masa flour, water, cellulose gum, propionic acid (to preserve freshness), benzoic acid (to preserve freshness), phosphoric acid (preservative) guar gum, amylase, Canola Oil, Kosher Salt (salt, yellow prussiate of soda), Pan Coating (Canola oil, Capric/Caprylic Triglycerides, Phosphated mono- and Diglycerides, Silicon Dioxide, Calcium stearate and propellant (non chlorofluorocarbon)), Black Pepper, Garlic powder	egg, milk, soy, wheat
Chorizo Breakfast Burrito	Eggs (egg), White Tortilla(enriched bleached wheat flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Shortening (Interesterified Soybean Oil, Hydrogenated Soybean Oil and/or Palm Oil), contains 2% or less of each of the following: Salt, Leavening (Sodium Bicarbonate, Sodium Aluminum Sulfate, Corn Starch, Monocalcium Phosphate and/or Sodium Acid Pyrophosphate, Calcium Sulfate), Distilled Monoglycerides, Wheat Starch, Alpha Amylase, Tricalcium Phosphate, BHT, Cellulose Gum, Dough Conditioners (Fumaric Acid, Sodium Metabisulfite), Preservatives (Calcium Propionate, Sorbic Acid and/or Citric Acid) (soybeans, wheat), Chorizo Sausage(Pork, water, salt, chili, paprika, spices, garlic, red wine vinegar), Pepper Jack Cheese (CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES, CALCIUM CHLORIDE), JALAPENO PEPPERS) (milk), Black Beans (prepared black beans, water, salt, calcium chloride (firming agent), ferrous gluconate), Refried Beans (prepared pinto and pink beans, water, vegetable oil (may contain one or more of the following: cottonseed oil, corn oil, soybean oil with preservatives BHA, BHT, propyl gallate, and /or citric acid), salt), Heavy Cream (cream, carrageenan) (milk), Poblano Pepper, Canola Oil, Lime Juice (Lime Juice from Concentrate (Water, Concentrated Lime Juice), Sodium Benzoate (preservative), Sodium Metabisulfite (preservative)), Kosher Salt (salt, yellow prussiate of soda), Cilantro, Black Pepper, Garlic powder, Chili Powder, Ground Cumin, Oregano	egg, milk, soy, wheat
Pork Burrito	Tortilla white (Enriched Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Shortening (Interesterified Soybean Oil, Hydrogenated Soybean Oil and/or Palm Oil), contains 2% or less of each of the following: Salt, Leavening (Sodium Bicarbonate, Sodium Aluminum Sulfate, Corn Starch, Monocalcium Phosphate and/or Sodium Acid Pyrophosphate, Calcium Sulfate), Distilled Monoglycerides, Enzymes, Wheat Starch, Calcium Carbonate, Antioxidants (Tocopherols, Ascorbic Acid), Cellulose Gum, Dough Conditioners (Fumaric Acid, Sodium Metabisulfite), Preservatives (Calcium Propionate, Sorbic Acid and/or Citric Acid).) (soybeans, wheat), Pork Butt Bnls, Water, Long Grain Brown Rice, Pepper Jack Cheese (CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES, CALCIUM CHLORIDE), JALAPENO PEPPERS) (milk), Black Beans (prepared black beans, water, salt, calcium chloride (firming agent), ferrous gluconate), Refried Beans (prepared pinto and pink beans, water, vegetable oil (may contain one or more of the following: cottonseed oil, corn oil, soybean oil with preservatives BHA, BHT, propyl gallate, and /or citric acid), salt), Tomato juice from concentrate (water, tomato concentrate), salt, citric acid, Vitamin C (ascorbic acid), Tomatoes, Brewed Coffee, Red Onions, Jalapenos (jalapeno peppers, water, vinegar, salt, calcium chloride, garlic), Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Chili Powder, Cilantro, Garlic, Kosher Salt (salt, yellow prussiate of soda), Chipotle Pepper (Water, Tomato Paste, Dried Chipotle Peppers, Distilled Vinegar, corn oil, less than 2% of iodized salt (contains potassium iodate), corn starch, onion powder, garlic powder, spices), Canola Oil, Lime Juice (Lime Juice from Concentrate (Water, Concentrated Lime Juice), Sodium Benzoate (preservative), Sodium Metabisulfite (preservative)), Ground Cumin, Black Pepper, Garlic powder, Oregano	milk, soy, wheat

Green Eggs & Ham	Eggs (egg), White Tortilla(enriched bleached wheat flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Shortening (Interesterified Soybean Oil, Hydrogenated Soybean Oil and/or Palm Oil), contains 2% or less of each of the following: Salt, Leavening (Sodium Bicarbonate, Sodium Aluminum Sulfate, Corn Starch, Monocalcium Phosphate and/or Sodium Acid Pyrophosphate, Calcium Sulfate), Distilled Monoglycerides, Wheat Starch, Alpha Amylase, Tricalcium Phosphate, BHT, Cellulose Gum, Dough Conditioners (Fumaric Acid, Sodium Metabisulfite), Preservatives (Calcium Propionate, Sorbic Acid and/or Citric Acid) (soybeans, wheat), Potato, Ham(pork hams, water, honey, sea salt, nmaple syrup, turbinado sugar, celery powder, natural flavor, lauric acid started culture), Broccoli, Provolone (milk), Parmesan Cheese(Pasteurized milk, cheese culture, salt, enzymes) (milk), Heavy Cream (cream, carrageenan) (milk), Olive Oil, Spinach, Basil, Unsalted Butter (Cream, Natural Flavorings) (milk), Canola Oil, Garlic, Kosher Salt (salt, yellow prussiate of soda), Black Pepper, Garlic powder	egg, milk, soy, wheat
Cajun Sausage Breakfast Burrito	Eggs (egg), White Tortilla(enriched bleached wheat flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Shortening (Interesterified Soybean Oil, Hydrogenated Soybean Oil and/or Palm Oil), contains 2% or less of each of the following: Salt, Leavening (Sodium Bicarbonate, Sodium Aluminum Sulfate, Corn Starch, Monocalcium Phosphate and/or Sodium Acid Pyrophosphate, Calcium Sulfate), Distilled Monoglycerides, Wheat Starch, Alpha Amylase, Tricalcium Phosphate, BHT, Cellulose Gum, Dough Conditioners (Fumaric Acid, Sodium Metabisulfite), Preservatives (Calcium Propionate, Sorbic Acid and/or Citric Acid) (soybeans, wheat), Potato, Andouille Sausage, Pepper Jack Cheese (CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES, CALCIUM CHLORIDE), JALAPENO PEPPERS) (milk), Red Onions, Poblano Pepper, Red Pepper, Heavy Cream (cream, carrageenan) (milk), Cajun seasoning (paprika, salt, onion, maltodextrin, garlic, spice extractive, no more than 2% silicon dioxide used as processing aid), Unsalted Butter (Cream, Natural Flavorings) (milk), Garlic, Canola Oil, Kosher Salt (salt, yellow prussiate of soda), Black Pepper, Garlic powder	egg, milk, soy, wheat
Southwest Egg and Grilled Veggie Burrito	White Tortilla(enriched bleached wheat flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Shortening (Interesterified Soybean Oil, Hydrogenated Soybean Oil and/or Palm Oil), contains 2% or less of each of the following: Salt, Leavening (Sodium Bicarbonate, Sodium Aluminum Sulfate, Corn Starch, Monocalcium Phosphate and/or Sodium Acid Pyrophosphate, Calcium Sulfate), Distilled Monoglycerides, Wheat Starch, Alpha Amylase, Tricalcium Phosphate, BHT, Cellulose Gum, Dough Conditioners (Fumaric Acid, Sodium Metabisulfite), Preservatives (Calcium Propionate, Sorbic Acid and/or Citric Acid) (soybeans, wheat), Eggs (egg), Yam, Poblano Pepper, Chipotle Cheddar Cheese (milk), Black Beans (prepared black beans, water, salt, calcium chloride (firming agent), ferrous gluconate), Refried Beans (prepared pinto and pink beans, water, vegetable oil (may contain one or more of the following: cottonseed oil, corn oil, soybean oil with preservatives BHA, BHT, propyl gallate, and /or citric acid), salt), Red Onions, Tomatoes, Heavy Cream (cream, carrageenan) (milk), Canola Oil, Lime Juice (Lime Juice from Concentrate (Water, Concentrated Lime Juice), Sodium Benzoate (preservative), Sodium Metabisulfite (preservative)), Kosher Salt (salt, yellow prussiate of soda), Cilantro, Olive Oil, Black Pepper, Serrano Pepper, Garlic powder, Garlic, Ground Cumin, Oregano, White Distilled Vinegar (White Distilled Vinegar Reduced with Water to 5% Acidity)	egg, milk, soy, wheat
Kulaktik Veggie Burrito	Tortilla white (Enriched Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Shortening (Interesterified Soybean Oil, Hydrogenated Soybean Oil and/or Palm Oil), contains 2% or less of each of the following: Salt, Leavening (Sodium Bicarbonate, Sodium Aluminum Sulfate, Corn Starch, Monocalcium Phosphate and/or Sodium Acid Pyrophosphate, Calcium Sulfate), Distilled Monoglycerides, Enzymes, Wheat Starch, Calcium Carbonate, Antioxidants (Tocopherols, Ascorbic Acid), Cellulose Gum, Dough Conditioners (Fumaric Acid, Sodium Metabisulfite), Preservatives (Calcium Propionate, Sorbic Acid and/or Citric Acid).) (soybeans, wheat), Water, Pepper Jack Cheese (CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES, CALCIUM CHLORIDE), JALAPENO PEPPERS) (milk), Cauliflower, Long Grain Brown Rice, Carrots, Zucchini, Yam, Tomato juice from concentrate (water, tomato concentrate), salt, citric acid, Vitamin C (ascorbic acid), Black Beans (prepared black beans, water, salt, calcium chloride (firming agent), ferrous gluconate), Refried Beans (prepared pinto and pink beans, water, vegetable oil (may contain one or more of the following: cottonseed oil, corn oil, soybean oil with preservatives BHA, BHT, propyl gallate, and /or citric acid), salt), Brewed Coffee, Kosher Salt (salt, yellow prussiate of soda), Chili Powder, Canola Oil, Chipotle Pepper (Water, Tomato Paste, Sugar, Contains 2% or less Sunflower seed oil, Onion, Cornstarch, Vinegar, Salt, Paprika, Garlic and Spices), Lime Juice (Lime Juice from Concentrate (Water, Concentrated Lime Juice), Sodium Benzoate (preservative), Sodium Metabisulfite (preservative)), Cilantro, Garlic, Black Pepper, Garlic powder, Ground Cumin, Oregano	milk, soy, wheat
Chia Power Bowl	Coconut Milk (coconut extract, water, citric acid (as antioxidant), sodium metabisulfite (as preservative)) (tree nuts), Blueberries, Water, Rolled Oats (wheat), Maple Syrup, Chia Seeds, Almonds (tree nuts), Coconut (tree nuts), Dried Cranberries (cranberries, sugar, sunflower oil), Sunflower Seeds, Canola Oil, Vanilla Extract (Water, Cane Alcohol, Bourbon Vanilla Bean Extractives, sugar), Sesame Seeds, Cinnamon	tree nuts, wheat
Baja Bowl	Lime, Black Beans (prepared black beans, water, salt, calcium chloride (firming agent), ferrous gluconate), Eggs (egg), Water, Tomatoes, Long Grain Brown Rice, Tomato juice from concentrate (water, tomato concentrate), salt, citric acid, Vitamin C (ascorbic acid), Avocado, Radish, Red Onions, Yellow Onion, Olive Oil, Red Pepper, Chipotle Pepper (Water, Tomato Paste, Dried Chipotle Peppers, Distilled Vinegar, corn oil, less than 2% of iodized salt (contains potassium iodate), corn starch, onion powder, garlic powder, spices), Canola Oil, Kosher Salt (salt, yellow prussiate of soda), Garlic, Serrano Pepper, Black Pepper, White Distilled Vinegar (White Distilled Vinegar Reduced with Water to 5% Acidity), Oregano, Garlic powder	egg
Bacon Frittata Bowl	Eggs (egg), Seedless Cucumbers, Applewood Smoked Bacon (water, salt, sugar, sodium phosphate, sodium erythroate, sodium nitrite), Arcadian Mix(Red Leaf, Green Leaf, Oak Leaf, Batavia, Lolla Rossa, Red and Green Tango), Radish, Cheddar Cheese (Pasteurized milk, cheese culture, salt, enzymes, annatto (color)) (milk), Heavy Cream (cream, carrageenan) (milk), Green Onions, Canola Oil, Olive Oil, Dijon Mustard (black mustard seeds, water, vinegar, white wine, salt; contains sulfites), Champagne Vinegar (Wine Vinegar.), Salt, Lemon Juice (Filtered Water, Lemon Juice Concentrate, Sodium Bisulfite (preservative), Sodium Benzoate (preservative), Lemon Oil), Garlic, Kosher Salt (salt, yellow prussiate of soda), Black Pepper, Chili Powder, Maltodextrin, Lime Juice Solids	egg, milk
Veggie Frittata Bowl	Eggs (egg), Seedless Cucumbers, Tomatoes, Arcadian Mix(Red Leaf, Green Leaf, Oak Leaf, Batavia, Lolla Rossa, Red and Green Tango), Radish, Provolone (milk), Heavy Cream (cream, carrageenan) (milk), Spinach, Canola Oil, Olive Oil, Dijon Mustard (black mustard seeds, water, vinegar, white wine, salt; contains sulfites), Champagne Vinegar (Wine Vinegar.), Salt, Lemon Juice (Filtered Water, Lemon Juice Concentrate, Sodium Bisulfite (preservative), Sodium Benzoate (preservative), Lemon Oil), Kosher Salt (salt, yellow prussiate of soda), Garlic, Black Pepper, Garlic powder, Chili Powder, Maltodextrin, Lime Juice Solids	egg, milk

Sesame Sweet Potato Bowl	Yam, Brussel Sprouts, Kale, Water, Edamame (soybeans), Quinoa, Canola Oil, Rice Vinegar (water, sugar, Salt, potassium metabisulfite, caramel color), Golden Raisins (treated with Sulphur Dioxide gas), Pumpkin Seeds, Sesame Oil (Cottonseed, Soy, and Sesame Oil) (soybeans), Ginger, cane sugar, water, Tamari (water, soybeans, salt and sugar) (soybeans), Kosher Salt (salt, yellow prussiate of soda), Cilantro, Dijon Mustard (black mustard seeds, water, vinegar, white wine, salt; contains sulfites), Olive Oil, Garlic, Black Pepper, Garlic powder	soy
Harissa Cauliflower Bowl	Cauliflower, Garbanzo Beans (prepared garbanzo beans, water, salt, disodium EDTA added for color retention), Seedless Cucumbers, Spinach, Feta Cheese (milk), Apricots(apricots, sulfur dioxide for color retention and preservative), Red Onions, Canola Oil, Sour Cream (cultured sour cream (nonfat milk, cream, whey, modified cornstarch, sodium phosphate, guar gum, carrageenan, sodium citrate, locust bean gum, cultures), potassium sorbate as preservative) (milk), Olive Oil, Lemon Juice (Filtered Water, Lemon Juice Concentrate, Sodium Bisulfite (preservative), Sodium Benzoate (preservative), Lemon Oil), Tahini (sesame), Parsley, Roasted Red Pepper (red peppers, water, salt, citric acid), Kosher Salt (salt, yellow prussiate of soda), Mayonnaise (Soybean Oil, Water, Egg Yolk, Vinegar, Sugar, Salt, Spices and Calcium Disodium EDTA to protect flavor) (egg, soybeans), ancho chiles, Sundried Tomatoes (sun dried tomatoes, salt, glucose syrup, sulfur dioxide (for color retention), potassium sorbate, citric acid), Vanilla Yogurt(cultured pasteurized Grade A lowfat milk, sugar, cornstarch, tapioca starch, natural flavor, pectin) (milk), Water, Garlic, Black Pepper, Salt, Garlic powder, Lemon Zest (Chopped lemon peels, cane sugar, natural lemon flavor), Spearmint, Cumin seed, Coriander seed	egg, milk, soy
Peruvian Bowl	Chicken, Water, Asparagus, Yellow Squash, Carrots, Quinoa, Jalapenos (jalapeno peppers, water, vinegar, salt, calcium chloride, garlic), Canola Oil, Red Pepper, Tomatoes, Spanish Peanuts (peanuts), Poblano Pepper, Radish, Lime Juice (Lime Juice from Concentrate (Water, Concentrated Lime Juice), Sodium Benzoate (preservative), Sodium Metabisulfite (preservative)), Cilantro, Natural Peanut Butter(Dry Roasted Peanuts) (peanuts), Parsley, Kosher Salt (salt, yellow prussiate of soda), Garlic, Salt, Black Pepper, Chili Powder, Maltodextrin, Lime Juice Solids, Garlic powder, Turmeric	peanuts
Harvest Bowl	Water, Zucchini, Kale, Red Pepper, Quinoa, Goat Cheese (Pasteurized Goat milk, Powdered cellulose, salt, Cheese Cultures, Vegetal Rennet, Natamycin (natural mold inhibitor) (milk), Beets, Pumpkin Seeds, Canola Oil, Balsamic Vinegar (Balsamic Vinegar of Modena (Wine Vinegar, Cooked Concentrated Grape Must, Caramel Color)), Orange Juice from Concentrate, Kosher Salt (salt, yellow prussiate of soda), Champagne Vinegar (Wine Vinegar.), Dijon Mustard (black mustard seeds, water, vinegar, white wine, salt; contains sulfites), Olive Oil, Lemon Juice (Filtered Water, Lemon Juice Concentrate, Sodium Bisulfite (preservative), Sodium Benzoate (preservative), Lemon Oil), Brown Sugar (Sugar, Molasses), Black Pepper, Garlic powder	milk
Apple Cranberry Oatmeal	Rolled Oats (wheat), Milk (milk), Apples(apples, calcium chloride, erythorbic and citric acid), Brown Sugar (Sugar, Molasses), Eggs (egg), Unsalted Butter (Cream, Natural Flavorings) (milk), Cranberries, Cinnamon, Baking Powder (baking soda, cornstarch, sodium aluminum sulfate, calcium sulfate, monocalcium phosphate), Salt	egg, wheat, milk
Blueberry Peach Oatmeal	Rolled Oats (wheat), Milk (milk), Eggs (egg), Brown Sugar (Sugar, Molasses), Unsalted Butter (Cream, Natural Flavorings) (milk), Blueberries, Frozen Peaches (ascorbic acid, citric acid added to promote color retention), Cinnamon, Baking Powder (baking soda, cornstarch, sodium aluminum sulfate, calcium sulfate, monocalcium phosphate), Salt	egg, wheat, milk
Strawberry Rhubarb Oatmeal	Rolled Oats (wheat), Milk (milk), Strawberries, Brown Sugar (Sugar, Molasses), Eggs (egg), Unsalted Butter (Cream, Natural Flavorings) (milk), Rhubarb, Cinnamon, Baking Powder (baking soda, cornstarch, sodium aluminum sulfate, calcium sulfate, monocalcium phosphate), Salt, Chopped orange peels, cane sugar, natural orange flavor	egg, wheat, milk
Chicken Tomatillo Sandwich	Chicken, Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Water, Tomatillos, Provolone (milk), Cream Cheese (Pasteurized milk and cream, cheese culture, salt, stabilizers (carob bean and or xanthan and/or guar gums.)) (milk), Olive Oil, Salt, Kosher Salt (salt, yellow prussiate of soda), Garlic, Tomatoes, Serrano Pepper, Jalapenos (jalapeno peppers, water, vinegar, salt, calcium chloride, garlic), Red Onions, Cilantro, Yeast, Ground Cumin, Black Pepper, Garlic powder	milk, wheat
Scrambler Sandwich	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Eggs (egg), Water, Asparagus, Tomatoes, Smoked Cheddar Cheese (milk), Spinach, Heavy Cream (cream, carrageenan) (milk), Olive Oil, Salt, Canola Oil, Kosher Salt (salt, yellow prussiate of soda), Yeast, Black Pepper, Garlic powder	egg, milk, wheat
Avocado BLT Sandwich	Tomatoes, Applewood Smoked Bacon (water, salt, sugar, sodium phosphate, sodium erythrobate, sodium nitrite), Water, Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Arcadian Mix(Red Leaf, Green Leaf, Oak Leaf, Batavia, Lolla Rossa, Red and Green Tango), Avocado, Mayonnaise (Soybean Oil, Water, Egg Yolk, Vinegar, Sugar, Salt, Spices and Calcium Disodium EDTA to protect flavor) (egg, soybeans), Whole Wheat Flour (wheat), Rye Flour (wheat), Sesame Seeds, Rolled Oats (wheat), Sunflower Seeds, Flax Seed, Honey, Salt, Buttermilk (cultured lowfat milk, salt, natural flavorings) (milk), Parmesan Cheese(Pasteurized milk, cheese culture, salt, enzymes) (milk), Molasses, Olive Oil, Spinach, Lemon Juice (Filtered Water, Lemon Juice Concentrate, Sodium Bisulfite (preservative), Sodium Benzoate (preservative), Lemon Oil), Basil, Yeast, Black Pepper, Garlic	egg, milk, soy, wheat
Turkey Club Sandwich	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Water, Deli turkey(turkey breast, turkey broth, contain 2% or less of salt, dextrose, sodium phosphate), Tomatoes, Applewood Smoked Bacon (water, salt, sugar, sodium phosphate, sodium erythrobate, sodium nitrite), Swiss Cheese(Pasteurized Milk, cheese cultures, salt and enzymes) (milk), Green Leaf Lettuce, Salt, Mayonnaise (Soybean Oil, Water, Egg Yolk, Vinegar, Sugar, Salt, Spices and Calcium Disodium EDTA to protect flavor) (egg, soybeans), Whole Wheat Flour (wheat), Buttermilk (cultured lowfat milk, salt, natural flavorings) (milk), Yeast, Parmesan Cheese(Pasteurized milk, cheese culture, salt, enzymes) (milk), Olive Oil, Spinach, Lemon Juice (Filtered Water, Lemon Juice Concentrate, Sodium Bisulfite (preservative), Sodium Benzoate (preservative), Lemon Oil), Basil, Black Pepper, Garlic	egg, milk, soy, wheat
Chipotle Chicken Sandwich	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Water, Chicken, Mayonnaise (Soybean Oil, Water, Egg Yolk, Vinegar, Sugar, Salt, Spices and Calcium Disodium EDTA to protect flavor) (egg, soybeans), Cabbage, Carrots, Red Cabbage, Salt, Red Onions, Seedless Cucumbers, Champagne Vinegar (Wine Vinegar.), Whole Wheat Flour (wheat), White Distilled Vinegar (White Distilled Vinegar Reduced with Water to 5% Acidity), Sugar, Lime Juice (Lime Juice from Concentrate (Water, Concentrated Lime Juice), Sodium Benzoate (preservative), Sodium Metabisulfite (preservative)), Apple Cider Vinegar, Chipotle Pepper (Water, Tomato Paste, Sugar, Contains 2% or less Sunflower seed oil, Onion, Cornstarch, Vinegar, Salt, Paprika, Garlic and Spices), Kosher Salt (salt, yellow prussiate of soda), Parsley, Serrano Pepper, Garlic, Canola Oil, Yeast, Pickling Spice, Chili Powder, Black Pepper, Garlic powder, Ground Cumin, Oregano	egg, soy, wheat

Double Cheese Sandwich	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Water, Salt, Whole Wheat Flour (wheat), Tomatoes, Swiss Cheese(Pasteurized Milk, cheese cultures, salt and enzymes) (milk), Cheddar Cheese (Pasteurized milk, cheese culture, salt, enzymes, annatto(color)) (milk), Yeast, Mayonnaise (Soybean Oil, Water, Egg Yolk, Vinegar, Sugar, Salt, Spices and Calcium Disodium EDTA to protect flavor) (egg, soybeans), Chipotle Pepper (Water, Tomato Paste, Dried Chipotle Peppers, Distilled Vinegar, corn oil, less than 2% of iodized salt (contains potassium iodate), corn starch, onion powder, garlic powder, spices), Heavy Cream (cream, carrageenan) (milk), Sundried Tomatoes (sun dried tomatoes, salt, glucose syrup, sulfur dioxide (for color retention), potassium sorbate, citric acid), Lime Juice (Lime Juice from Concentrate (Water, Concentrated Lime Juice), Sodium Benzoate (preservative), Sodium Metabisulfite (preservative)), Garlic, Ground Cumin, Oregano	egg, milk, soy, wheat
Cauliflower Banh Mi	Cauliflower, Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Water, Seedless Cucumbers, Tofu(water, soy, calcium sulfate, glucano delta lactone) (soybeans), Cabbage, Canola Oil, Carrots, Red Cabbage, Red Onions, Olive Oil, Jalapenos (jalapeno peppers, water, vinegar, salt, calcium chloride, garlic), White Distilled Vinegar (White Distilled Vinegar Reduced with Water to 5% Acidity), Champagne Vinegar (Wine Vinegar.), Roasted Red Pepper (red peppers, water, salt, citric acid), Kosher Salt (salt, yellow prussiate of soda), Parsley, Sugar, Salt, ancho chiles, Sundried Tomatoes (sun dried tomatoes, salt, glucose syrup, sulfur dioxide (for color retention), potassium sorbate, citric acid), Basil, Cilantro, Apple Cider Vinegar, Garlic, Lemon Juice (Filtered Water, Lemon Juice Concentrate, Sodium Bisulfite (preservative), Sodium Benzoate (preservative), Lemon Oil), Black Pepper, Dijon Mustard (black mustard seeds, water, vinegar, white wine, salt; contains sulfites), Yeast, Garlic powder, Malted Barley Flour (wheat), Cumin seed, Coriander seed, Ground Cumin, Crushed Red Pepper	soy, wheat
Pesto Mozz Baguette	Fresh Mozzarella(cultured pasteurized milk, cream, sea salt, enzymes) (milk), Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Water, Parmesan Cheese(Pasteurized milk, cheese culture, salt, enzymes) (milk), Spinach, Olive Oil, Basil, Parmesan Cheese (milk), Garlic, Salt, Yeast, Black Pepper, Malted Barley Flour (wheat), Crushed Red Pepper	milk, wheat
Smoked Salmon Sandwich	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Water, Salt, Whole Wheat Flour (wheat), Tomatoes, Cream Cheese (Pasteurized milk and cream, cheese culture, salt, stabilizers (carob bean and or xanthan and/or guar gums.)) (milk), Smoked Salmon(Atlantic Salmon, salt, brown sugar, natural hardwood smoke) (fish), Yeast, Red Onions, Caper(capers, water, salt and vinegar), Seedless Cucumbers, Dill	fish, milk, wheat
Sunrise Sandwich	Eggs (egg), Applewood Smoked Bacon (water, salt, sugar, sodium phosphate, sodium erythroate, sodium nitrite), Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Tomatoes, EuroButter Sheet (cream) (milk), Cheddar Cheese (Pasteurized milk, cheese culture, salt, enzymes, annatto(color)) (milk), Milk (milk), Water, White Distilled Vinegar (White Distilled Vinegar Reduced with Water to 5% Acidity), Olive Oil, Sugar, Parsley, Honey, Basil, Unsalted Butter (Cream, Natural Flavorings) (milk), Powdered Milk (Whey, Soy flour, Nonfat dry milk) (milk, soybeans), Salt, Yeast (sorbitan monostearate, ascorbic acid), Garlic, Kosher Salt (salt, yellow prussiate of soda), Ground Cumin, Crushed Red Pepper, Black Pepper, Barley Malt Syrup (malted barley, water) (wheat), Garlic powder	egg, milk, soy, wheat
Asparagus White Cheddar Sandwich	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Water, Asparagus, White Cheddar Cheese (Pasteurized milk, cheese cultures, salt, enzymes) (milk), Tomatoes, Red Onions, Parmesan Cheese(Pasteurized milk, cheese culture, salt, enzymes) (milk), Garlic, Olive Oil, Salt, Basil, Yeast, Kosher Salt (salt, yellow prussiate of soda), Black Pepper	milk, wheat
Southwestern Egg & Grilled Veggie Sandwich	Eggs (egg), Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Yam, Poblano Pepper, Chipotle Cheddar Cheese (milk), Black Beans (prepared black beans, water, salt, calcium chloride (firming agent), ferrous gluconate), Refried Beans (prepared pinto and pink beans, water, vegetable oil (may contain one or more of the following: cottonseed oil, corn oil, soybean oil with preservatives BHA, BHT, propyl gallate, and /or citric acid), salt), Red Onions, Sesame Seeds, Milk (milk), Unsalted Butter (Cream, Natural Flavorings) (milk), Tomatoes, Heavy Cream (cream, carrageenan) (milk), Sugar, Canola Oil, Lime Juice (Lime Juice from Concentrate (Water, Concentrated Lime Juice), Sodium Benzoate (preservative), Sodium Metabisulfite (preservative)), Powdered Milk (Whey, Soy flour, Nonfat dry milk) (milk, soybeans), Salt, Kosher Salt (salt, yellow prussiate of soda), Chili Powder, Yeast (sorbitan monostearate, ascorbic acid), Cilantro, Olive Oil, Black Pepper, Serrano Pepper, Garlic powder, Garlic, Ground Cumin, Oregano, White Distilled Vinegar (White Distilled Vinegar Reduced with Water to 5% Acidity)	egg, milk, soy, wheat
Chicken Po'Boy	Chicken, Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Water, Red Pepper, Pepper Jack Cheese (pasteurized milk, jalapeno peppers, cheese culture, salt, enzymes) (milk), Corn, Tomatillos, Mayonnaise (Soybean Oil, Water, Egg Yolk, Vinegar, Sugar, Salt, Spices and Calcium Disodium EDTA to protect flavor) (egg, soybeans), Heavy Cream (cream, carrageenan) (milk), Olive Oil, Kosher Salt (salt, yellow prussiate of soda), Dijon Mustard (black mustard seeds, water, vinegar, white wine, salt; contains sulfites), Salt, Unsalted Butter (Cream, Natural Flavorings) (milk), Cajun seasoning (paprika, salt, onion, maltodextrin, garlic, spice extractive, no more than 2% silicon dioxide used as processing aid), Crushed Red Pepper, Champagne Vinegar (Wine Vinegar.), Garlic, Yeast, Parsley, Smoked Paprika (Paprika and Silicon Dioxide), Cayenne Pepper	egg, milk, soy, wheat
Roasted Veggie Melt	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Water, Tomatoes, Cauliflower, White Cheddar Cheese (Pasteurized milk, cheese cultures, salt, enzymes) (milk), Broccoli, Zucchini, Smoked Cheddar Cheese (milk), Red Onions, Parmesan Cheese(Pasteurized milk, cheese culture, salt, enzymes) (milk), Garlic, Olive Oil, Salt, Basil, Kosher Salt (salt, yellow prussiate of soda), Yeast, Canola Oil, Black Pepper, Garlic powder	milk, wheat
The Lumberjack	Eggs (egg), Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Ham(pork hams, water, honey, sea salt, nmaple syrup, turbinado sugar, celery powder, natural flavor, lauric acid started culture), White Cheddar Cheese (Pasteurized milk, cheese cultures, salt, enzymes) (milk), Unsalted Butter (Cream, Natural Flavorings) (milk), Red Onions, Sesame Seeds, Milk (milk), Heavy Cream (cream, carrageenan) (milk), Sugar, Maple Syrup, Canola Oil, Powdered Milk (Whey, Soy flour, Nonfat dry milk) (milk, soybeans), Salt, Kosher Salt (salt, yellow prussiate of soda), Yeast (sorbitan monostearate, ascorbic acid), Black Pepper, Garlic powder	egg, milk, soy, wheat

Egg, Avocado and Chorizo	Eggs (egg), Chorizo Sausage(Pork, water, salt, chili, paprika, spices, garlic, red wine vinegar), Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Chipotle Cheddar Cheese (milk), Sesame Seeds, Milk (milk), Unsalted Butter (Cream, Natural Flavorings) (milk), Heavy Cream (cream, carrageenan) (milk), Hass Avocados, Sugar, Canola Oil, Powdered Milk (Whey, Soy flour, Nonfat dry milk) (milk, soybeans), Salt, Kosher Salt (salt, yellow prussiate of soda), Yeast (sorbitan monostearate, ascorbic acid), Tomatoes, Black Pepper, Garlic powder	egg, milk, soy, wheat
Curry Chicken Wrap	Chicken, Whole Wheat Tortilla (Whole Wheat Flour, Enriched Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Shortening (Interesterified Soybean Oil, Hydrogenated Soybean Oil and/or Palm Oil), contains 2% or less of each of the following: Salt, Leavening (Baking Soda, Sodium Aluminum Sulfate, Corn Starch, Monocalcium Phosphate and/or Sodium Acid Pyrophosphate, Calcium Sulfate), Distilled Monoglycerides, Wheat Starch, Alpha Amylase, Tricalcium Phosphate, BHT, Cellulose Gum, Dough Conditioners (Fumaric Acid, Sodium Metabisulfite), Preservatives (Calcium Propionate, Sorbic Acid and/or Citric Acid). (soybeans, wheat), Arcadian Mix(Red Leaf, Green Leaf, Oak Leaf, Batavia, Lolla Rossa, Red and Green Tango), Mayonnaise (Soybean Oil, Water, Egg Yolk, Vinegar, Sugar, Salt, Spices and Calcium Disodium EDTA to protect flavor) (egg, soybeans), Celery, Red Onions, Golden Raisins (treated with Sulphur Dioxide gas), Dried Cranberries (cranberries, sugar, sunflower oil), Lime Juice (Lime Juice from Concentrate (Water, Concentrated Lime Juice), Sodium Benzoate (preservative), Sodium Metabisulfite (preservative)), Rice Vinegar (water, sugar, Salt, potassium metabisulfite, caramel color), Curry Powder, Honey, Sugar, Kosher Salt (salt, yellow prussiate of soda), Cayenne Pepper, Black Pepper, Garlic powder	egg, wheat, soy
Edamame Hummus Wrap	Whole Wheat Tortilla (Whole Wheat Flour, Enriched Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Shortening (Interesterified Soybean Oil, Hydrogenated Soybean Oil and/or Palm Oil), contains 2% or less of each of the following: Salt, Leavening (Baking Soda, Sodium Aluminum Sulfate, Corn Starch, Monocalcium Phosphate and/or Sodium Acid Pyrophosphate, Calcium Sulfate), Distilled Monoglycerides, Wheat Starch, Alpha Amylase, Tricalcium Phosphate, BHT, Cellulose Gum, Dough Conditioners (Fumaric Acid, Sodium Metabisulfite), Preservatives (Calcium Propionate, Sorbic Acid and/or Citric Acid). (soybeans, wheat), Edamame (soybeans), Seedless Cucumbers, Arcadian Mix(Red Leaf, Green Leaf, Oak Leaf, Batavia, Lolla Rossa, Red and Green Tango), Hass Avocados, Olive Oil, Cabbage, Carrots, Red Cabbage, Red Onions, Lemon Juice (Filtered Water, Lemon Juice Concentrate, Sodium Bisulfite (preservative), Sodium Benzoate (preservative), Lemon Oil), Water, Champagne Vinegar (Wine Vinegar.), Tahini (sesame), Sugar, Cilantro, Parsley, Kosher Salt (salt, yellow prussiate of soda), Salt	soy, wheat
Curry Chicken Salad	Arcadian Mix(Red Leaf, Green Leaf, Oak Leaf, Batavia, Lolla Rossa, Red and Green Tango), Chicken, Apples, Pecans (tree nuts), Mayonnaise (Soybean Oil, Water, Egg Yolk, Vinegar, Sugar, Salt, Spices and Calcium Disodium EDTA to protect flavor) (egg, soybeans), Celery, Canola Oil, Olive Oil, Red Onions, Dijon Mustard (black mustard seeds, water, vinegar, white wine, salt; contains sulfites), Sugar, Champagne Vinegar (Wine Vinegar.), Golden Raisins (treated with Sulphur Dioxide gas), Dried Cranberries (cranberries, sugar, sunflower oil), Lemon Juice (Filtered Water, Lemon Juice Concentrate, Sodium Bisulfite (preservative), Sodium Benzoate (preservative), Lemon Oil), Orange Juice from Concentrate, Lime Juice (Lime Juice from Concentrate (Water, Concentrated Lime Juice), Sodium Benzoate (preservative), Sodium Metabisulfite (preservative)), Rice Vinegar (water, sugar, Salt, potassium metabisulfite, caramel color), Curry Powder, Honey, Kosher Salt (salt, yellow prussiate of soda), Garlic, Salt, Cayenne Pepper, Black Pepper, Cardamom, Garlic powder	egg, soy, tree nuts
Sesame Chicken Salad	Chicken, Arcadian Mix(Red Leaf, Green Leaf, Oak Leaf, Batavia, Lolla Rossa, Red and Green Tango), Seedless Cucumbers, Wonton (Wheat flour, water, whole egg, sale, corn starch, FD and C Yellow #5 and #6, Less than .1 of 1% calcium propionate as a preservative) (egg, wheat), Rice Vinegar (water, sugar, Salt, potassium metabisulfite, caramel color), Canola Oil, Sesame Oil (Cottonseed, Soy, and Sesame Oil) (soybeans), Cabbage, Carrots, Red Cabbage, Red Onions, Ginger, cane sugar, water, Champagne Vinegar (Wine Vinegar.), Sugar, Tamari (water, soybeans, salt and sugar) (soybeans), Kosher Salt (salt, yellow prussiate of soda), Dijon Mustard (black mustard seeds, water, vinegar, white wine, salt; contains sulfites), Garlic, Parsley, Sesame Seeds, Black Pepper, Black Sesame Seeds, Garlic powder	egg, soy, wheat
Chicken Berry Bleu Salad	Chicken, Arcadian Mix(Red Leaf, Green Leaf, Oak Leaf, Batavia, Lolla Rossa, Red and Green Tango), Blue Cheese Crumbles (milk), Blueberries, Pecans (tree nuts), Canola Oil, Sugar, Olive Oil, Orange Juice from Concentrate, Dijon Mustard (black mustard seeds, water, vinegar, white wine, salt; contains sulfites), Champagne Vinegar (Wine Vinegar.), Lemon Juice (Filtered Water, Lemon Juice Concentrate, Sodium Bisulfite (preservative), Sodium Benzoate (preservative), Lemon Oil), Kosher Salt (salt, yellow prussiate of soda), Garlic, Black Pepper, Cardamom, Cayenne Pepper, Garlic powder	milk, tree nuts
Spring Pea & Mint Soup	Water, Green Peas, Celery, Carrots, Red Onions, Heavy Cream (cream, carrageenan) (milk), Unsalted Butter (Cream, Natural Flavorings) (milk), Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Parmesan Cheese(Pasteurized milk, cheese culture, salt, enzymes) (milk), Red Pepper, Tomatoes, Garlic, Lemon Juice (Filtered Water, Lemon Juice Concentrate, Sodium Bisulfite (preservative), Sodium Benzoate (preservative), Lemon Oil), Kosher Salt (salt, yellow prussiate of soda), Olive Oil, Spearmint, Italian Seasoning (whole oregano, parsley flakes, whole thyme, whole marjoram, rosemary, sage, basil, savory, black pepper, ground nutmeg), Parsley, Thyme, Black Pepper HERB CROUTONS (Canola Oil, Italian Seasoning (whole oregano, parsley flakes, whole thyme, whole marjoram, rosemary, sage, basil, savory, black pepper, ground nutmeg), Kosher Salt (salt, yellow prussiate of soda), Black Pepper, Garlic powder)	egg, milk, wheat
Brazilian Black Bean Stew	Black Beans (prepared black beans, water, salt, calcium chloride (firming agent), ferrous gluconate), Water, Pork loin, Yam, Red Onions, Celery, Smoked Chorizo, Tomato Paste (Tomato Paste, Less than 2% of : Salt, Spices, Natural Flavors, Citric Acid), Clearjel (Cornstarch, Water), Carrots, Garlic, Lime Juice (Lime Juice from Concentrate (Water, Concentrated Lime Juice), Sodium Benzoate (preservative), Sodium Metabisulfite (preservative)), Kosher Salt (salt, yellow prussiate of soda), Tomatoes, Orange Juice from Concentrate, Ground Cumin, Oregano, Smoked Paprika (Paprika and Silicon Dioxide), Coriander, Olive Oil, Cayenne Pepper, Parsley, Kale, Red Pepper, Applewood Smoked Bacon (water, salt, sugar, sodium phosphate, sodium erythrobate, sodium nitrite), Garlic	n/a
Chicken Noodle Soup	Water, Chicken, Carrots, Celery, Red Onions, Parsnips, Chicken Feet, Lemon Juice (Filtered Water, Lemon Juice Concentrate, Sodium Bisulfite (preservative), Sodium Benzoate (preservative), Lemon Oil), Kosher Salt (salt, yellow prussiate of soda), Garlic, Parsley, Thyme, fresh, Basil, Rosemary Fresh Herb, Water, Rotini Pasta (Durum semolina, niacin, ferrous lactate, thiamine mononitrate, riboflavin, folic acid) (wheat)	wheat

Mushroom Bisque	Water, Crimini Mushrooms, Heavy Cream (cream, carrageenan) (milk), Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Unsalted Butter (Cream, Natural Flavorings) (milk), Celery, Red Onions, Carrots, Brown Sugar (Sugar, Molasses), Tamari (water, soybeans, salt and sugar) (soybeans), Brandy, Garlic, Kosher Salt (salt, yellow prussiate of soda), Lemon Juice (Filtered Water, Lemon Juice Concentrate, Sodium Bisulfite (preservative), Sodium Benzoate (preservative), Lemon Oil), Ground Fennel, Parsley, Black Pepper, Thyme, Oregano, Basil	milk, soy, wheat
Chicken Wonton Soup	Water, Chicken, Crimini Mushrooms, Tamari (water, soybeans, salt and sugar) (soybeans), Green Onions, Carrots, Shitake Mushrooms, Rice Vinegar (water, sugar, Salt, potassium metabisulfite, caramel color), Red Onions, Chicken Feet, Sesame Oil, Celery, Garlic, Canola Oil	soy
Beer Cheese Soup	Water, Knackwurst (Pork, beef, water, salt, spices, sugar, paprika, garlic, Sodium Ascorbate, Sodium Nitrite), Heavy Cream (cream, carrageenan) (milk), Smoked Cheddar Cheese (milk), Celery, Red Onions, Swiss Cheese(Pasteurized Milk, cheese cultures, salt and enzymes) (milk), Lakefront Brewery Riverwest Stein (wheat), Unsalted Butter (Cream, Natural Flavorings) (milk), Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Carrots, Tomatoes, Kosher Salt (salt, yellow prussiate of soda), Garlic, Olive Oil, Black Pepper, Parsley, Crushed Red Pepper, Thyme, Oregano, Basil	milk, wheat
Ethipian Red Lentil Soup	Water, Tomato juice from concentrate (water, tomato concentrate), salt, citric acid, Vitamin C (ascorbic acid), red lentil, Potato, Red Onions, Carrots, Long Grain Brown Rice, Garlic, Kosher Salt (salt, yellow prussiate of soda), paprika, onion, fenugreek, salt, chile, shallot, garlic, cinnamon, black pepper, cardamom, nutmeg, ginger, cumin, allspice, cloves, Ginger, cane sugar, water, Cayenne Pepper	n/a
Summer Garden Minstrone	Water, Tomato juice from concentrate (water, tomato concentrate), salt, citric acid, Vitamin C (ascorbic acid), Kidney Beans, Green Peas, Carrots, Potato, Red Onions, Celery, Tomato Paste (Tomato Paste, Less than 2% of : Salt, Spices, Natural Flavors, Citric Acid), Red Pepper, Crimini Mushrooms, Yellow Squash, Zucchini, Clearjel (Cornstarch, Water), Tomatoes, Garlic, Kosher Salt (salt, yellow prussiate of soda), Lemon Juice (Filtered Water, Lemon Juice Concentrate, Sodium Bisulfite (preservative), Sodium Benzoate (preservative), Lemon Oil), Italian Seasoning (whole oregano, parsley flakes, whole thyme, whole marjoram, rosemary, sage, basil, savory, black pepper, ground nutmeg), Olive Oil, Black Pepper, Parsley, Rotini Pasta	wheat
Tomato Gouda Florentine	Water, Tomato juice from concentrate (water, tomato concentrate), salt, citric acid, Vitamin C (ascorbic acid), Celery, Smoked Gouda (milk), Red Onions, Heavy Cream (cream, carrageenan) (milk), Carrots, Unsalted Butter (Cream, Natural Flavorings) (milk), Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Spinach, Tomato Paste (Tomato Paste, Less than 2% of : Salt, Spices, Natural Flavors, Citric Acid), Provolone (milk), Garlic, Tomatoes, Brown Sugar (Sugar, Molasses), Lemon Juice (Filtered Water, Lemon Juice Concentrate, Sodium Bisulfite (preservative), Sodium Benzoate (preservative), Lemon Oil), Kosher Salt (salt, yellow prussiate of soda), Olive Oil, Black Pepper, Ground Fennel, Thyme, Oregano, Basil, Parsley	milk, wheat
Red Gazpacho	Tomato juice from concentrate (water, tomato concentrate), salt, citric acid, Vitamin C (ascorbic acid), Red Onions, Roma Tomatoes, Red Pepper, Seedless Cucumbers, Tomato Paste (Tomato Paste, Less than 2% of : Salt, Spices, Natural Flavors, Citric Acid), Olive Oil, Lemon Juice (Filtered Water, Lemon Juice Concentrate, Sodium Bisulfite (preservative), Sodium Benzoate (preservative), Lemon Oil), Champagne Vinegar (Wine Vinegar.), Kosher Salt (salt, yellow prussiate of soda), Garlic, Thyme, fresh, Cayenne Pepper	n/a
Watermelon Basil Gazpacho	Watermelon, Seedless Cucumbers, Water, Pumpkin Seeds, Tomatoes, Lime Juice (Lime Juice from Concentrate (Water, Concentrated Lime Juice), Sodium Benzoate (preservative), Sodium Metabisulfite (preservative)), Sugar, Basil, Lemon Juice (Filtered Water, Lemon Juice Concentrate, Sodium Bisulfite (preservative), Sodium Benzoate (preservative), Lemon Oil), Olive Oil, Salt, Crushed Red Pepper, Chili Powder, Lime Powder(Maltodextrin, Lime Juice Solids), Cayenne Pepper	n/a
Beet & Apple Gazpacho	Water, Beets, Apples, Red Onions, Sour Cream (cultured sour cream (nonfat milk, cream, whey, modified cornstarch, sodium phosphate, guar gum, carrageenan, sodium citrate, locust bean gum, cultures), potassium sorbate as preservative) (milk), Apple Juice (Water, Apple Juice, Ascorbic Acid (Vitamin C)), Celery, Carrots, Seedless Cucumbers, Mayonnaise (Soybean Oil, Water, Egg Yolk, Vinegar, Sugar, Salt, Spices and Calcium Disodium EDTA to protect flavor) (egg, soybeans), Vanilla Yogurt(cultured pasteurized Grade A lowfat milk, sugar, cornstarch, tapioca starch, natural flavor, pectin) (milk), Olive Oil, Tomatoes, Garlic, Lemon Juice (Filtered Water, Lemon Juice Concentrate, Sodium Bisulfite (preservative), Sodium Benzoate (preservative), Lemon Oil), Kosher Salt (salt, yellow prussiate of soda), Garlic powder, Spearmint, Black Pepper, Parsley	egg, milk, soy
Red Gazpacho	Roma Tomatoes, Tomato juice from concentrate (water, tomato concentrate), salt, citric acid, Vitamin C (ascorbic acid), Red Onions, Red Pepper, Seedless Cucumbers, Tomato Paste (Tomato Paste, Less than 2% of : Salt, Spices, Natural Flavors, Citric Acid), Olive Oil, Lemon Juice (Filtered Water, Lemon Juice Concentrate, Sodium Bisulfite (preservative), Sodium Benzoate (preservative), Lemon Oil), Champagne Vinegar (Wine Vinegar.), Kosher Salt (salt, yellow prussiate of soda), Garlic, Thyme, fresh, Cayenne Pepper	n/a
Avocado Toast	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Hass Avocados, Eggs (egg), Water, Tomatoes, Arcadian Mix(Red Leaf, Green Leaf, Oak Leaf, Batavia, Lolla Rossa, Red and Green Tango), Canola Oil, Olive Oil, Dijon Mustard (black mustard seeds, water, vinegar, white wine, salt; contains sulfites), Salt, Champagne Vinegar (Wine Vinegar.), Lemon Juice (Filtered Water, Lemon Juice Concentrate, Sodium Bisulfite (preservative), Sodium Benzoate (preservative), Lemon Oil), Whole Wheat Flour (wheat), Kosher Salt (salt, yellow prussiate of soda), Garlic, Black Pepper, Yeast, Garlic powder, Chili Powder, Lime Powder(Maltodextrin, Lime Juice Solids)	egg, wheat
Strawberry Parfait	Strawberries, Sugar, Rolled Oats (wheat), Maple Syrup, Flaked Coconut (tree nuts), Lemon Juice (Filtered Water, Lemon Juice Concentrate, Sodium Bisulfite (preservative), Sodium Benzoate (preservative), Lemon Oil), Sunflower Seeds, Canola Oil, Sesame Seeds, Cinnamon, Vanilla Extract (Water, Cane Alcohol, Bourbon Vanilla Bean Extractives, sugar)	tree nuts, wheat
Strawberry Apple Smoothie		
Pink Panther Smoothie		
Green Hornet Smoothie	apple juice(water, apple juice concentrate, ascorbic acid(vitamin C), Apples(apples, calcium chloride, erythorbic and citric acid), Pineapples, Seedless Cucumbers, Kale, Celery, Lime Powder(Maltodextrin, Lime Juice Solids)	n/a

Berry Booster Smoothie	Cranberry Grape Juice(Grape and concord grape juices(water, grape and concord juice concentrate), cranberry juice(water, cranberry juice concentrate), Apple Juice(water, apple juice concentrate), Natrual Flavor, Ascorbic Acid(Vitamin C), Fumeric Acid), Banana (bananas, ascorbic and citric acid to preserve color.), Yogurt(Non-Homgenized Pasteurized milk, nonfat dry milk, natural cane sugar, natural vanilla, contains live & active cultures, including L Acidphilus & Bifidus) (milk), Strawberries, Blueberries	milk
Tahitian Sunset Smoothie		
Tropical Smoothie		
Pina Colada Smoothie	Pineapples, Banana (bananas, ascorbic and citric acid to preserve color.), Coconute Puree(Coconut cream, cane sugar, filtered water, natural coconut flavor, fruit pectin, titanium dioxide(color)) (tree nuts)	tree nuts
Mango Peach Smoothie	Mangoes, Frozen Peaches (ascorbic acid, citric acid added to promote color retention), Ground Ginger, Yogurt(Non-Homgenized Pasteurized milk, nonfat dry milk, natural cane sugar, natural vanilla, contains live & active cultures, including L Acidphilus & Bifidus) (milk)	milk
OMC! Smoothie		
Sunshine Smoothie		