

MOTHER EARTH COFFEE NUTRITION FACTS

% Daily Values are based on a 2,000 calorie a day diet.

Serving Size	Calories	Calories from fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D %DV	Calcium %DV	Iron %DV	Potassium %DV
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FOOD ITEMS

BAKERY

Plain Croissant	62g	230	110	13	8	0	35	210	24	1	4	4	4	0	0	6	0
Chocolate Croissant	71g	300	160	18	11	0	40	230	31	1	9	4	5	0	0	8	0
Almond Croissant	105g	430	230	26	11	0	45	280	42	3	13	5	8	0	6	10	4
Blueberry Scone	87g	340	190	18	11	0	25	290	39	2	9	4	4	0	8	10	2
Honey Walnut Scone	88g	320	190	18	11	0	20	290	33	1	6	6	4	0	6	10	2
Lemon Bergamot Scone	94g	380	210	21	13	0	25	330	40	1	8	7	5	0	8	10	2
Cranberry Orange Muffin	159g	550	160	18	12	0	80	440	92	3	55	34	7	0	8	10	2
Banana Walnut Muffin	180g	540	170	19	6	0	35	400	88	3	42	39	9	0	6	15	4
Blueberry Muffin	173g	600	180	20	14	0	85	540	100	4	61	38	8	0	8	15	4
Plain Bagel	114g	300	10	1	0	0	0	230	32	1	4	0	5	0	2	15	3
Plain Bagel with Spread	143g	370	35	4	4	0	20	345	33	1	4	0	6	0	6	15	3
Coffee Cake	220g	670	380	43	21	1	130	380	68	3	60	60	9	0	15	8	4
Cinnamon Roll	110g	520	250	29	18	1	120	310	60	1	34	21	7	0	4	10	2
Banana Bread	92g	330	55	6	1.5	0	10	95	19	0	15	4	1	0	2	2	4
Lemon Loaf	130g	540	300	33	13	0	165	85	54	1	35	35	8	0	2	8	2
Red Velvet Loaf	120g	490	235	26	4	0	55	170	60	1	39	38	6	2	2	8	4
Chocolate Chip Cookie	84g	410	190	22	13	0.5	60	230	55	2	36	10	5	0	2	10	2
Cornflake Marshmallow Cookie	90g	380	130	15	9	0	45	310	60	2	33	31	4	0.6	20	6	60
Oatmeal Raisin Cookie	98g	390	90	12	7	0	50	260	65	4	36	27	5	0	6	8	6
Peanut Butter Cookie	86g	410	190	22	10	0	55	270	48	2	28	26	8	0	6	8	4
Sugar Cookie	40g	210	100	11	7	0	25	75	25	1	2	6	3	0	10	0.8	110
Granola Bar	110g	510	270	30	13	0	25	470	57	7	37	21	10	0	6	10	6
Brownie	121g	560	260	29	17	0.5	110	150	76	2	51	45	7	0	0	6	0
Cherry Date Protein Bite	30g	120	55	6	2	0	0	45	18	2	13	6	2	0	0	4	4
Chocolate Espresso Protein Bite	30g	130	70	8	2	0	0	20	12	3	5	2	5	0	2	6	0
Coconut Macaroon	87g	370	150	17	15	0	0	50	54	0	39	37	4	0	0	6	4
Palmier	73g	380	180	20	12	0	50	320	46	1	14	14	5	0	0	6	0

HOT BREAKFAST SANDWICHES

Egg & Cheese Croissant	175g	490	270	31	16	0	345	570	27	1	8	3	22	4	25	6	4
Turkey Bacon, Egg & Cheese Croissant	231g	560	300	34	17	0	385	930	8	1	9	3	31	4	25	8	4
Bacon, Egg & Cheese Croissant	200g	570	335	37	18	0	355	1070	27	1	8	3	28	4	25	6	4
Turkey Sausage & Egg & Cheese Flatbread	240g	550	240	28	10	0	350	1100	43	2	7	0	33	4	20	2	2
Sausage & Egg & Cheese Flatbread	232g	630	335	37	14	0	345	1050	45	2	7	0	28	4	20	4	2
Turkey Bacon, Egg & Cheese Biscuit	307g	660	360	41	22	0.5	450	1600	39	1	12	6	34	8	45	15	4
Bacon, Egg & Cheese Biscuit	314g	930	470	52	26	0	480	2030	72	2	13	6	41	8	50	25	8
Turkey Sausage, Egg & Cheese Biscuit	294g	670	380	43	23	0.5	445	1510	38	1	11	6	32	8	45	15	4
Sausage, Egg & Cheese Biscuit	295g	900	495	55	27	0	440	1510	65	2	11	6	34	8	40	25	8
Waffle Breakfast Sandwich	314g	720	325	36	13	0	430	1610	57	3	11	0	40	6	35	45	6
Buttermilk Biscuit	145g	470	190	21	13	0	95	910	59	2	8	6	11	2	25	20	6
Waffle	99g	289	85	9.4	2	0	16	663	44	2.4	4.5	0	7	0	10	36	2.3

SANDWICHES

Turkey Club	425g	1150	615	68	25	0	155	2810	74	4	6	0	63	0	70	35	10
Turkey Club 1/2 sandwich	155g	280	155	17	6	0	45	540	16	1	2	0	16	0	25	4	6
BBQ Chicken	311g	490	100	11	5	0	110	780	61	6	21	5	38	0	15	15	15

BBQ Chicken 1/2 sandwich	155g	140	30	3.5	1.5	0	30	250	19	2	6	5	10	0	4	6	4
Roast Beef Au Jus	311g	630	385	43	20	0	115	600	28	0	1	0	34	2	40	10	6
Roast Beef Au Jus 1/2 sandwich	155g	320	190	21	10	0	55	300	14	0	0	0	17	0	20	6	4
Grilled Cheese Pesto	297g	660	225	25	13	0	70	1310	68	10	4	0	45	2	80	25	10
Grilled Cheese Pesto 1/2 sandwich	113g	230	65	7	2	0	10	380	34	5	1	0	11	0	15	15	4
SALADS																	
Chicken Caesar (no dressing)	283g	520	135	15	4.5	0	100	1000	51	5	4	0	45	0	25	25	20
Pesto Pasta Salad	170g	500	110	12	5	0	20	640	75	4	5	0	51	2	45	80	6
SALAD DRESSINGS																	
Balsamic Vinaigrette	1.5oz	90	65	7	1	0	0	270	6	0	6	0	0	0	0	0	0
Caesar	1.5oz	160	145	16	3	0	20	440	3	0	2	2	2	0	0	0	0
Ranch	1.5oz	230	225	25	4	0	15	350	2	0	1	1	0	0	2	0	0
SOUPS																	
Tomato Basil Bisque	4oz	270	25	18	5	0	25	700	23	4	16	4	3	0	2	2	0
Vegetable Beef	4oz	90	10	1	0.5	0	5	890	260	15	3	2	4	0	2	4	0
SIDES & SNACKS																	
Fruit Cup	7.5oz	180	0	0	0	0	0	0	46	4	41	0	1	0	2	4	6
Yogurt & Granola Parfait	9.5oz	350	80	9	1	0	10	100	51	4	34	0	22	0	15	2	6
Whole Milk Yogurt	5.3oz	190	65	7	4	0	30	65	21	0	18	12	12	20	20	0	4
Almonds	1oz	163	125	14	1.1	0	0	0	6	3.5	1.1	0	6	0	7	6	4
Cashews	1oz	157	105	12	2.2	0	0	3	9	0.9	1.7	0	5	0	1	10	5
Pistachios	1oz	159	115	13	1.6	0	0	0	8	3	2.2	0	6	0	3	6	8
Dried Apricots	1oz	110	0	0	0	0	0	0	5	2	17	0	1	0	2	8	1
Dried Cherries	1oz	98	10	1	0	0	0	0	25	1	31	0	0.8	0	10	2	2
Dried Cranberries	1oz	100	0	0	0	0	0	0	23	0	33	16	0	0	0	0	6
Jumbo Golden Raisins	1oz	85	0	0.1	0	0	0	3	23	1	59	0	0.9	0	0	0	4.5
CAFE ITEMS																	
COFFEE & ESPRESSO DRINKS																	
Daily Brew	12oz	5	0	0	0	0	0	10	0	0	0	0	0	0	0	0	0
Daily Brew	16oz	5	0	0	0	0	0	10	0	0	0	0	0	0	0	0	0
Daily Brew	20oz	10	0	0	0	0	0	15	0	0	0	0	0	0	0	0	0
Latte	12oz	190	90	10	6	0	35	150	14	0	12	0	10	30	37	0	11
Latte	16oz	200	100	11	6.5	0	40	165	15	0	14	0	11	34	40	0	12
Latte	20oz	225	110	12	7.5	0	45	180	16	0	16	0	12	38	45	0	14
Cappuccino	12oz	135	65	7	4.4	0	26	105	9.5	0	9.5	0	7	22	26	0	8
Cappuccino	16oz	190	90	10	6.5	0	38	150	14	0	14	0	10	30	38	0	11
Cappuccino	20oz	225	110	12	7.5	0	45	180	16	0	16	0	12	35	45	0	14
Mocha	12oz	530	100	11	5	0	30	170	100	0	91	20	8	25	30	0	10
Mocha	16oz	750	125	14	6	0	40	210	146	0	134	40	10	30	40	0	530
Mocha	20oz	970	155	17	8	0	45	260	192	0	177	60	12	40	45	0	15
Americano	12oz	2	0	0.2	0	0	0	0	0	0	0	0	0	0	0	0	0
Americano	16oz	2	0	0.2	0	0	0	0	0	0	0	0	0	0	0	0	0
Americano	20oz	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Espresso	2oz	2	0	0.2	0	0	0	0	0	0	0	0	0	0	0	0	0
Macchiato	6oz	20	10	1	0.5	0	4	15	1.5	0	1.5	0	1	3	4	0	1
SMOOTHIES																	
Banangrapple Berry	16oz	220	10	1	0	0	0	10	5	5	40	0	2	0	2	4	10
Banangrapple Berry	24oz	330	15	1.5	0	0	0	15	83	8	61	0	3	0	4	8	15
Flower Power	16oz	250	10	1	0.5	0	5	40	62	6	45	0	4	0	8	8	15
Flower Power	24oz	380	20	2	1	0	5	55	92	9	68	0	7	0	15	10	25
Sunshine	16oz	230	5	0.5	0	0	0	10	59	4	50	0	2	0	2	4	10
Sunshine	24oz	360	15	1.5	0	0	0	15	90	6	72	0	3	0	4	6	15
Coffee Protein	16oz	260	40	4.5	2.5	0	10	110	38	5	25	0	19	0	15	10	10

Coffee Protein	24oz	360	65	7	3.5	0	15	140	56	5	40	0	21	0	20	15	15
Peach Protein	16oz	310	15	1.5	0.5	0	5	85	56	4	46	0	19	4	10	10	6
Peach Protein	24oz	410	20	2	1	0	5	95	80	5	67	0	20	4	10	15	10
CAFÉCCINOS																	
Caféccino	16oz	440	170	19	15	0	10	440	64	0	52	0	6	8	10	10	4
Caféccino	24oz	660	250	28	22	0	15	660	96	0	78	0	9	10	15	15	6
Mochaccino	16oz	230	100	11	8	0	10	140	28	2	11	0	6	8	10	15	4
Mochaccino	24oz	345	145	16	12	0	15	210	42	3	16	0	10	10	220	20	6
SPECIALTY DRINKS																	
Hot Chocolate	12oz	530	100	11	5	0	30	170	100	0	91	20	8	25	30	0	10
Hot Chocolate	16oz	750	125	14	6	0	40	210	146	0	134	40	10	30	40	0	530
Hot Chocolate	20oz	970	155	17	8	0	45	260	192	0	177	60	12	40	45	0	15
Chai	12oz	240	35	4	2.5	0	15	70	44	0	44	0	4	15	15	4	4
Chai	16oz	310	45	5	3.5	0	20	95	58	0	58	0	5	15	20	6	6
Chai	20oz	390	65	7	4.5	0	30	130	70	0	70	0	7	25	30	6	8
Hot Tea	12oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Hot Tea	16oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Hot Tea	20oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Iced Tea (unsweetened)	16oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Iced Tea (unsweetened)	24oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
TORANI SYRUPS																	
Caramel	1oz	130	30	3.5	0	0	0	60	24	0	14	14	0	0	0	0	0
Hazelnut	1oz	80	0	0	0	0	0	0	19	0	19	19	0	0	0	0	0
Mocha	1oz	100	5	0.5	0	0	0	15	25	0	22	22	1	0	2	0	0
Raspberry	1oz	90	0	0	0	0	0	0	0	23	23	23	0	0	0	0	0
Vanilla	1oz	80	0	0	0	0	0	0	20	0	20	20	0	0	0	0	0
SF Vanilla	1oz	0	0	0	0	0	0	15	0	0	0	0	0	0	0	0	0
MILK OPTIONS** ALL DRINKS MADE WITH WHOLE MILK BY DEFAULT																	
Whole Milk	8oz	150	70	8	5	0	30	120	11	0	11	0	8	25	30	0	9
Skim Milk	8oz	80	0	0	0	0	<5	120	12	0	11	0	8	25	30	0	11
1% Milk	8oz	100	5	0.5	1.5	0	10	120	12	0	11	0	8	25	30	0	11
2% Milk	8oz	120	45	5	3	0	20	120	12	0	11	0	8	25	30	0	10
Almond Milk	8oz	60	30	3	0	0	0	150	8	0	7	0	1	25	2	2	4
Coconut Milk	8oz	60	35	4	4	0	0	110	5	0	3	0	0	25	6	2	7
Oat Milk	8oz	130	25	2.5	0	0	0	115	24	2	19	0	4	25	35	10	3
Soy Milk	8oz	70	25	2.5	0	0	0	115	9	1	6	0	5	0	2	4	6

INGREDIENTS

PRODUCT	INGREDIENTS	ALLERGENS
PLAIN CROISSANT	FLOUR UNBLEACHED ENRICHED HARD WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN (VITAMIN B3), REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), BUTTER , MILK, SUGAR, SALT, EGG WHITES, ACTIVE DRY YEAST, DIASTATIC MALT POWDER, EGG WHITE WASH.	EGG, MILK, WHEAT.
CHOCOLATE CROISSANT	WHOLE WHEAT FLOUR, BUTTER, CHOCOLATE (SUGAR, COCOA PASTE, COCOA BUTTER, EMULSIFIER: SUNFLOWER LECITHIN, VANILLA EXTRACT), WATER, WHOLE MILK, SUGAR, COCOA POWDER, SALT, DRY ACTIVE YEAST, EGG, DIASTATIC MALT POWDER, EGG WHITE WASH.	EGG, MILK, WHEAT.
ALMOND CROISSANT	FLOUR UNBLEACHED ENRICHED HARD WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN (VITAMIN B3), REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), ALMOND PASTE, BUTTER, MILK, ALMONDS, SUGAR, SALT, EGG WHITES, ACTIVE DRY YEAST, DIASTATIC MALT POWDER, EGG WHITE WASH.	EGG, MILK, WHEAT, TREE NUTS (ALMOND).
BLUEBERRY SCONE	FLOUR UNBLEACHED ENRICHED HARD WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN (VITAMIN B3), REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), HEAVY CREAM, BUTTER, BLUEBERRIES, BUTTERMILK, SUGAR, BUTTERMILK, BAKING POWDER, EGG, SALT, VANILLA EXTRACT, EGG WASH.	WHEAT, MILK, EGG.
HONEY WALNUT SCONE	FLOUR UNBLEACHED ENRICHED HARD WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN (VITAMIN B3), REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), HEAVY CREAM, WALNUTS, HONEY, BUTTERMILK, BAKING POWDER, VANILLA EXTRACT, SALT, EGG WASH.	WHEAT, MILK, EGG, TREE NUTS (WALNUT).
LEMON BERGAMOT SCONE	FLOUR UNBLEACHED ENRICHED HARD WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN (VITAMIN B3), REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), HEAVY CREAM, SUGAR, BUTTERMILK, BAKING POWDER, LEMON ZEST, EGG, VANILLA EXTRACT, SALT, BERGAMOT EXTRACT, EGG WASH.	WHEAT, MILK, EGG.
CRANBERRY ORANGE MUFFIN	FLOUR UNBLEACHED ENRICHED HARD WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN (VITAMIN B3), REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), SUGAR, DRIED CRANBERRIES, EGG, BUTTERMILK, BUTTER, VEGETABLE OIL, ORANGE PEEL, VANILLA EXTRACT, BAKING POWDER, SALT.	MILK, EGG, WHEAT.
BANANA WALNUT MUFFIN	FLOUR UNBLEACHED ENRICHED HARD WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN (VITAMIN B3), REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), SUGAR, BANANAS, WALNUTS, BUTTER, EGG, BAKING POWDER, LEMON JUICE, BAKING SODA, SALT.	WHEAT, MILK, EGG, TREE NUTS (WALNUT).
BLUEBERRY MUFFIN	FLOUR UNBLEACHED ENRICHED HARD WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN (VITAMIN B3), REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), SUGAR, BLUEBERRIES, EGG, BUTTERMILK, BUTTER, VEGETABLE OIL, VANILLA EXTRACT, BAKING POWDER, SALT.	MILK, EGG, WHEAT.
BAGEL	FLOUR (WHEAT, MALTED BARLEY), WATER, SUGAR, CONTAINS LESS THAN 2% OF: SALT, DEGERMINATED YELLOW CORN MEAL, YEAST, GUARGUM, XANTHAN GUM, INACTIVE DRY YEAST, SOYBEAN OIL, ASCORBIC ACID, ENZYMES.	WHEAT.
SPREAD	PASTEURIZED NONFAT MILK AND MILKFAT, WHEY PROTEIN CONCENTRATE, WHEY, CHEESE CULTURE, SALT, CAROB BEAN GUM, XANTHAN GUM, GUAR GUM, SORBIC ACID (AS A PRESERVATIVE), VITAMIN A PALMITATE.	MILK.
COFFEE CAKE	SOUR CREAM, SUGAR, ALL-PURPOSE FLOUR (UNBLEACHED ENRICHED HARD WHEAT FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN (VITAMIN B3), REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID]), BUTTER, EGG, VANILLA PASTE, BAKING POWDER, SALT, ALMOND FLOUR.	MILK, EGG, TREE NUTS (ALMOND)
CINNAMON ROLL	ALL-PURPOSE FLOUR (UNBLEACHED ENRICHED HARD WHEAT FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN (VITAMIN B3), REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID]), BUTTER, BROWN SUGAR, POWDERED SUGAR, EGG, MILK, CINNAMON, SALT, ACTIVE DRY YEAST, VANILLA PASTE.	MILK, EGG, WHEAT.
BANANA BREAD	BANANAS, SHORTENING (HYDROGENATED SOYBEAN OIL AND/OR HYDROGENATED PALM OIL), ALL-PURPOSE FLOUR (UNBLEACHED ENRICHED HARD WHEAT FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN (VITAMIN B3), REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID]), SUGAR, EGG, SOUR CREAM, WALNUTS, VANILLA EXTRACT, BAKING SODA, SALT.	EGGS, MILK, TREE NUTS (WALNUT), WHEAT.
LEMON LOAF	SUGAR, EGG, ALL-PURPOSE FLOUR (UNBLEACHED ENRICHED HARD WHEAT FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN (VITAMIN B3), REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID]), VEGETABLE SHORTENING (SOYBEAN AND COTTONSEED OIL), BUTTER, SOUR CREAM, CAKE FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN, MONONITRATE, RIBOFLAVIN, FOLIC ACID), LEMON ZEST, LEMON OIL, KOSHER SALT, BAKING POWDER.	MILK, EGG, WHEAT.
RED VELVET LOAF	ALL-PURPOSE FLOUR (UNBLEACHED ENRICHED HARD WHEAT FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN (VITAMIN B3), REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID]), SUGAR, OIL, WHOLE BUTTERMILK, POWDERED SUGAR, EGG, RED FOOD COLOR (WATER, HIGH FRUCTOSE CORN SYRUP, GLYCERINE, SUGAR FD&C RED 40, MODIFIED FOOD STARCH, F&D RED 3, FD&C YELLOW 5, CARRAGEENAN GUM, POTASSIUM SORBATE AND SODIUM BENZOATE [PRESERVATIVES], XANTHAN GUM), BUTTER (SWEET CREAM, SALT), CREAM CHEESE (PASTEURIZED MILK AND CREAM, SALT, CAROB BEAN GUM, CHEESE CULTURE), SHORTENING (HYDROGENATED SOYBEAN OIL AND/OR HYDROGENATED PALM OIL), COCOA POWDER, BAKING SODA, KOSHER SALT, VINEGAR, LEMON JUICE.	EGGS, MILK, WHEAT.

CHOCOLATE CHIP COOKIE	SEMISWEET CHOCOLATE CHIPS (SUGAR, UNSWEETEN CHOCOLATE, ANHYDROUS DEXTROSE, COCOA BUTTER, SOY LECITHIN, NATURAL VANILLA EXTRACT), FLOUR UNBLEACHED ENRICHED HARD WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN (VITAMIN B3), REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), BUTTER, BROWN SUGAR, SUGAR, EGG, SALT, VANILLA EXTRACT, BAKING SODA.	MILK, EGG, WHEAT, SOY
CORNFLAKE MARSHMALLOW COOKIE	CORN FLAKES (MILLED CORN, SUGAR, MALT FLAVOR, CONTAINS 2% OR LESS OF: SALT, BHT ADDED TO PACKAGING FOR FRESHNESS), SUGAR, ALL-PURPOSE FLOUR (UNBLEACHED ENRICHED HARD WHEAT FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN (VITAMIN B3), REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID]), BUTTER, BROWN SUGAR, SEMISWEET CHOCOLATE CHIPS, MARSHMALLOWS, EGG, SALT, BAKING POWDER, VANILLA EXTRACT, BAKING SODA.	EGGS, MILK, WHEAT
OATMEAL RAISIN COOKIE	BROWN SUGAR, OATS, RAISINS, BUTTER, FLOUR UNBLEACHED ENRICHED HARD WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN (VITAMIN B3), REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), EGG, VANILLA EXTRACT, BAKING SODA, BAKING POWDER, SALT, CINNAMON.	MILK, EGG, WHEAT.
PEANUT BUTTER COOKIE	FLOUR UNBLEACHED ENRICHED HARD WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN (VITAMIN B3), REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), PEANUT BUTTER (ROASTED PEANUTS AND SUGAR, CONTAINS 2% OR LESS OF: MOLASSES, FULLY HYDROGENATED VEGETABLE OILS (RAPESEED AND SOYBEAN), MONO AND DIGLYCERIDES, SALT), BUTTER, SUGAR, BROWN SUGAR, EGG, BAKING POWDER, VANILLA EXTRACT, SALT.	MILK, EGG, PEANUTS, WHEAT.
HOLIDAY ICED SUGAR COOKIE	ALL-PURPOSE FLOUR (UNBLEACHED ENRICHED HARD WHEAT FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN (VITAMIN B3), REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID]), WHITE CHOCOLATE COATING (SUGAR, HYDROGENATED VEGETABLE FAT, SKIM MILK POWDER, LACTOSE, SOY LECITHIN), BUTTER (SWEET CREAM, SALT), SUGAR, EGG WHITE, VANILLA EXTRACT, BAKING POWDER, KOSHER SALT.	EGGS, MILK, WHEAT, SOY
GRANOLA BAR	OATS, HONEY, COCONUT, ALMONDS, BROWN SUGAR, PEANUT BUTTER, BUTTER, SEMISWEET CHOCOLATE CHIPS, FLAXSEED MEAL, WATER, SALT, VANILLA PASTE, CINNAMON.	MILK, TREE NUTS (COCONUT, ALMOND), PEANUTS.
BROWNIE	SUGAR, ALL-PURPOSE FLOUR (UNBLEACHED ENRICHED HARD WHEAT FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN (VITAMIN B3), REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID]), BITTERSWEET CHOCOLATE (CHOCOLATE, SUGAR, COCOA BUTTER, SOY LECITHIN [EMULSIFIER], VANILLA EXTRACT), BUTTER, EGG, VANILLA EXTRACT, SALT.	MILK, EGG, WHEAT, SOY
CHERRY DATE PROTEIN BITE	DRIED CHERRIES (CHERRIES, SUGAR, SUNFLOWER OIL), DATES, CASHEW NUTS, COCONUT MEAL, MACADAMIA NUTS, FLAXSEED MEAL.	TREE NUTS (CASHEWS, COCONUT, MACADAMIA NUTS).
CHOCOLATE ESPRESSO PROTEIN BITE	ALMOND BUTTER, NATURAL PEANUT BUTTER (PEANUTS, SUGAR, WATER), OATS, SEMISWEET CHOCOLATE CHIPS (SUGAR, UNSWEETEN CHOCOLATE, ANHYDROUS DEXTROSE, COCOA BUTTER, SOY LECITHIN, NATURAL VANILLA EXTRACT), FLAXSEED MEAL, HONEY, ESPRESSO, PROTEIN POWDER (WHOLE GRAIN BROWN RICE PROTEIN, RICE OLIGODEXTRIN, VANILLA EXTRACT, STEVIA, XANTHAN GUM, SEA SALT, PECTIN), KOSHER SALT.	TREE NUTS (ALMOND), PEANUTS, SOY.
COCONUT MACAROON	TOASTED COCONUT, SUGAR, EGG WHITES, ALL-PURPOSE FLOUR (UNBLEACHED ENRICHED HARD WHEAT FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN (VITAMIN B3), REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID]), CORN STARCH, HONEY, VANILLA PASTE.	TREE NUTS (COCONUT), EGGS.
PALMIER	FLOUR UNBLEACHED ENRICHED HARD WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN (VITAMIN B3), REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), BUTTER, MILK, SUGAR, SALT, EGG WHITES, ACTIVE DRY YEAST, DIASTATIC MALT POWDER.	EGG, MILK, WHEAT.
EGG & CHEESE CROISSANT	EGG SCRAMBLE (MILK, LIQUID EGG, SPICES), FONTINA CHEESE (MILK, ENZYMES), CROISSANT (WHEAT FLOUR, BUTTER, WATER, MILK, SUGAR, SALT, EGG WHITES, ACTIVE DRY YEAST, DIASTATIC MALT POWDER), SALT, PEPPER.	EGG, MILK, WHEAT.
TURKEY BACON, EGG & CHEESE CROISSANT	EGG SCRAMBLE (MILK, LIQUID EGG, SPICES), TURKEY CANADIAN-STYLE BACON (TURKEY THIGH MEAT, WATER, CONTAINS 2% OR LESS OF SALT, BROWN SUGAR, CORN SYRUP SOLIDS, SODIUM PHOSPHATE, NATURAL SMOKE FLAVORING, SODIUM ERYTHORBATE, SODIUM NITRATE, SPICE), FONTINA CHEESE (MILK, ENZYMES), CROISSANT (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN (VITAMIN B3), REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), BUTTER, MILK, SUGAR, SALT, EGG WHITES, ACTIVE DRY YEAST, DIASTATIC MALT POWDER, EGG WHITE WASH), SALT, PEPPER.	MILK, EGG, WHEAT.
BACON, EGG & CHEESE CROISSANT	EGG SCRAMBLE (MILK, LIQUID EGG, SPICES), BACON (PORK, WATER, SEA SALT, TURBINADO SUGAR, CELERY POWDER), FONTINA CHEESE (MILK, ENZYMES), CROISSANT (WHEAT FLOUR, BUTTER, WATER, MILK, SUGAR, SALT, EGG WHITES, ACTIVE DRY YEAST, DIASTATIC MALT POWDER), SALT, PEPPER.	EGG, MILK, WHEAT.
TURKEY SAUSAGE, EGG & CHEESE FLATBREAD	EGG SCRAMBLE (MILK, LIQUID EGG, SPICES), TURKEY SAUSAGE (DARK TURKEY MEAT, MECHANICALLY SEPARATED TURKEY, WATER, SALT, SPICES, DEXTROSE, SUGAR, AUTOLYZED YEAST, LIME FLAVOR [CORN SYRUP SOLIDS, LIME JUICE SOLIDS, NATURAL FLAVOR], FLAVORING, TBHQ, BHT, CITRIC ACID, LACTIC ACID), FONTINA CHEESE (MILK, ENZYMES), FLATBREAD (WHEAT FLOUR, WATER, PALM OIL, YEAST, SALT, SUGAR, MODIFIED FOOD STARCH), SALT, PEPPER.	MILK, EGG, WHEAT.
SAUSAGE, EGG & CHEESE FLATBREAD	EGG SCRAMBLE (MILK, LIQUID EGG, SPICES), SAUSAGE (PORK, WATER, CONTAINS 2% OR LESS: SALT, DEXTROSE, SPICES, SODIUM PHOSPHATES, SUGAR), FONTINA CHEESE (MILK, ENZYMES), FLATBREAD (FLOUR, WATER, PALM OIL, YEAST, SALT, SUGAR, MODIFIED FOOD STARCH) SALT, PEPPER.	EGG, MILK, WHEAT.
TURKEY BACON, EGG & CHEESE BISCUIT	EGG SCRAMBLE (MILK, LIQUID EGG, SPICES), TURKEY CANADIAN-STYLE BACON (TURKEY THIGH MEAT, WATER, CONTAINS 2% OR LESS SALT, BROWN SUGAR, CORN SYRUP SOLIDS, SODIUM PHOSPHATE, NATURAL SMOKE FLAVORING, SODIUM ERYTHORBATE, SODIUM NITRATE, SPICE), BUTTERMILK BISCUIT (WHOLE BUTTERMILK, FLOUR, BREAD FLOUR, BUTTER, EGG, SUGAR, BAKING POWDER, SALT) MONTEREY JACK CHEESE (MILK, ENZYMES).	MILK, EGG, WHEAT.
BACON, EGG & CHEESE BISCUIT	EGG SCRAMBLE (MILK, LIQUID EGG, SPICES), BACON (PORK, WATER, SEA SALT, TURBINADO SUGAR, CELERY POWDER), BUTTERMILK BISCUIT (WHOLE BUTTERMILK, FLOUR, BREAD FLOUR, BUTTER, EGG, SUGAR, BAKING POWDER, SALT) MONTEREY JACK CHEESE (MILK, ENZYMES).	EGG, MILK, WHEAT.

TURKEY SAUSAGE, EGG & CHEESE BISCUIT	EGG SCRAMBLE (MILK, LIQUID EGG, SPICES), TURKEY SAUSAGE (DARK TURKEY MEAT, MECHANICALLY SEPARATED TURKEY, WATER, SALT, SPICES, DEXTROSE, SUGAR, AUTOLYZED YEAST, LIME FLAVOR [CORN SYRUP SOLIDS, LIME JUICE SOLIDS, NATURAL FLAVOR], FLAVORING, TBHQ, BHT, CITRIC ACID, LACTIC ACID), BUTTERMILK BISCUIT (WHOLE BUTTERMILK, FLOUR, BREAD FLOUR, BUTTER, EGG, SUGAR, BAKING POWDER, SALT), MONTEREY JACK CHEESE (MILK, ENZYMES).	MILK, EGG, WHEAT.
SAUSAGE, EGG & CHEESE BISCUIT	EGG SCRAMBLE (MILK, LIQUID EGG, SPICES), SAUSAGE (PORK, WATER, CONTAINS 2% OR LESS: SALT, DEXTROSE, SPICES, SODIUM PHOSPHATES, SUGAR), BUTTERMILK BISCUIT (WHOLE BUTTERMILK, FLOUR, BREAD FLOUR, BUTTER, EGG, SUGAR, BAKING POWDER, SALT), MONTEREY JACK CHEESE (MILK, ENZYMES).	EGG, MILK, WHEAT.
TURKEY BACON, EGG & CHEESE WAFFLE	EGG SCRAMBLE (MILK, LIQUID EGG, SPICES), TURKEY CANADIAN-STYLE BACON (TURKEY THIGH MEAT, WATER, CONTAINS 2% OR LESS SALT, BROWN SUGAR, CORN SYRUP SOLIDS, SODIUM PHOSPHATE, NATURAL SMOKE FLAVORING, SODIUM ERYTHORBATE, SODIUM NITRATE, SPICE), WAFFLE (UNBLEACHED UNBROMATED WHEAT FLOUR, PEARL SUGAR (NON-GMO BEET), NON-HYDROGENATED MARGARINE (PALM OIL, NON-GMO CANOLA OIL, WATER, NON-IODIZED SALT, MONO AND DIGLYCERIDES, CITRIC ACID, BETA-CAROTENE), CAGE-FREE EGGS, WATER, INVERT SUGAR, YEAST, NON-GMO SOY FLOUR, NON-IODIZED SALT.), MONTEREY JACK CHEESE (MILK, ENZYMES).	MILK, EGG, WHEAT, SOY.
BACON, EGG & CHEESE WAFFLE	EGG SCRAMBLE (MILK, LIQUID EGG, SPICES), BACON (PORK, WATER, SEA SALT, TURBINADO SUGAR, CELERY POWDER), WAFFLE (UNBLEACHED UNBROMATED WHEAT FLOUR, PEARL SUGAR (NON-GMO BEET), NON-HYDROGENATED MARGARINE (PALM OIL, NON-GMO CANOLA OIL, WATER, NON-IODIZED SALT, MONO AND DIGLYCERIDES, CITRIC ACID, BETA-CAROTENE), CAGE-FREE EGGS, WATER, INVERT SUGAR, YEAST, NON-GMO SOY FLOUR, NON-IODIZED SALT.), MONTEREY JACK CHEESE (MILK, ENZYMES).	EGG, MILK, WHEAT, SOY.
BUTTERMILK BISCUIT	WHOLE BUTTERMILK, BREAD FLOUR (UNBLEACHED ENRICHED HARD SPRING WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN (VITAMIN B3), REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID)), BUTTER, EGG, SUGAR, BAKING POWDER, SALT.	EGGS, MILK, WHEAT.
WAFFLE	UNBLEACHED UNBROMATED WHEAT FLOUR, PEARL SUGAR (NON-GMO BEET), NON-HYDROGENATED MARGARINE (PALM OIL, NON-GMO CANOLA OIL, WATER, NON-IODIZED SALT, MONO AND DIGLYCERIDES, CITRIC ACID, BETA-CAROTENE).	WHEAT.
TURKEY CLUB SANDWICH	PITA BREAD (WHEAT FLOUR, WATER, PALM OIL, YEAST, SALT, SUGAR, MODIFIED FOOD STARCH), TURKEY (TURKEY BREAST, TURKEY BROTH, SALT, LESS THAN 2% OF: DEXTROSE, MODIFIED FOOD STARCH, POTASSIUM LACTATE, SODIUM PHOSPHATE, CARRAGEENAN, SODIUM DIACETATE, SODIUM ERYTHORBATE, NATURAL FLAVORING, HONEY, SODIUM NITRITE), SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES.), TOMATO, PESTO (BASIL IN CORN OIL (CORN OIL, SALT, ASCORBIC ACID AS PRESERVATIVE), CHEESE (MILK, SALT, RENNET, LYSOZYME FROM EGG), BUTTER, WALNUTS, OLIVE OIL, PINE NUTS, GARLIC), LETTUCE.	WHEAT, MILK, EGG, TREE NUTS (WALNUT, PINE NUT).
BBQ CHICKEN SANDWICH	PITA BREAD (WHEAT FLOUR, WATER, PALM OIL, YEAST, SALT, SUGAR, MODIFIED FOOD STARCH), ONIONS, CHICKEN (BONELESS, SKINLESS CHICKEN BREAST FILLETS), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), BBQ SAUCE (WATER, HIGH FRUCTOSE CORN SYRUP, SUGAR, TOMATO PASTE, DISTILLED AND CIDER VINEGAR, SALT, MODIFIED FOOD STARCH, SPICES, NATURAL SMOKE FLAVOR, ONION, GARLIC, PAPRIKA, CARAMEL COLOR, NATURAL FLAVOR, SODIUM BENZOATE), CILANTRO.	MILK.
ROAST BEEF AU JUS	HOAGIE BREAD (ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALT BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), MALTED WHEAT FLOUR, SALT, DEXTROSE, SUGAR, SOYBEAN OIL, YEAST, AND 2% OR LESS OF EACH OF THE FOLLOWING: CORN STARCH, MONO- AND DIGLYCERIDES, DEFATTED SOY FLOUR, ASCORBIC ACID (VITAMIN C), ENZYMES (CONTAINS WHEAT), WHEAT FLOUR, L-CYSTEINE HYDROCHLORIDE.), ROAST BEEF (WATER, SALT, TURBINADO SUGAR, BAKING SODA, NATURAL FLAVORING.), SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES.), AU JUS (WATER, HYDROLYZED VEGETABLE PROTEIN (CORN, SOY, WHEAT), RED WINE VINEGAR, TOMATO PASTE, GLUCONIC ACID, WORCESTERSHIRE SAUCE (DISTILLED WHITE VINEGAR, MOLASSES, WATER, SUGAR, ONIONS, ANCHOVIES, SALT, GARLIC, CLOVES, TAMARIND EXTRACT, NATURAL FLAVORINGS, CHILI PEPPER EXTRACT), DATE PASTE, NATURAL FLAVOR, YEAST EXTRACT, ONION JUICE, SALT, GUAR GUM, SODIUM BENZOATE, GARLIC JUICE, SUGAR, CORN SYRUP SOLIDS, SPICE).	WHEAT, SOY, MILK, FISH (ANCHOVY).
GRILLED CHEESE PESTO SANDWICH	PITA BREAD (WHEAT FLOUR, WATER, PALM OIL, YEAST, SALT, SUGAR, MODIFIED FOOD STARCH), CHICKEN (BONELESS, SKINLESS CHICKEN BREAST FILLETS), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), MOZZARELLA CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), TOMATO, PESTO (BASIL IN CORN OIL (CORN OIL, SALT, ASCORBIC ACID AS PRESERVATIVE), CHEESE (MILK, SALT, RENNET, LYSOZYME FROM EGG), BUTTER, WALNUTS, OLIVE OIL, PINE NUTS, GARLIC).	WHEAT, MILK, EGG, TREE NUTS (WALNUT, PINE NUT).
CHICKEN CAESAR SALAD	ROMAINE LETTUCE, CHICKEN (BONELESS, SKINLESS CHICKEN BREAST FILLETS), CROUTONS (ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CANOLA AND/OR SUNFLOWER OIL, SEASONING [SUGAR, WHEY, SALT, ROMANO CHEESE (MILK, SALT, CHEESE CULTURES, ENZYMES), PARMESAN CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), TOMATO*, GARLIC*, NATURAL FLAVOR, VINEGAR*, SPICES, PARSLEY], SALT, WATER, YEAST, NATURAL BUTTER FLAVOR (A MILK INGREDIENT), MALTED BARLEY FLOUR, CITRIC ACID AND/OR TOCOPHEROLS ADDED TO MAINTAIN FRESHNESS. *DEHYDRATED), PARMESAN CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURES, SALT, ENZYMES), CAESAR DRESSING (SOYBEAN OIL, WATER, VINEGAR, PARMESAN AND ROMANO CHEESE (CULTURED MILK, SALT, ENZYMES), EGG YOLK, CORN SYRUP, GARLIC, CONTAINS LESS THAN 2% OF: SALT, SUGAR, MODIFIED FOOD STARCH, SPICE, CORN SYRUP SOLIDS, ANCHOVY PASTE, NATURAL FLAVOR, MILK, XANTHAM GUM, LACTIC ACID, POLYSORBATE 60, ONION, POTASSIUM SORBATE, CALCIUM DISODIUM EDTA AS A PRESERVATIVE, MALTODEXTRIN, SOY SOLIDS, TAMARIND, HYDROLYZED SOY PROTIEN, YEAST EXTRACT, PROPYLENE GLYCOL ALGINATE, SUNFLOWER OIL.)	WHEAT, MILK, EGG, FISH (ANCHOVY), SOY.

PESTO PASTA SALAD	GRAPE TOMATOES, BOW TIE PASTA (DURUM WHEAT SEMOLINA), MOZZARELLA CHEESE (CULTURED PASTEURIZED MILK, ENZYMES, SALT), PESTO (BASIL IN CORN OIL (CORN OIL, SALT, ASCORBIC ACID AS PRESERVATIVE), CHEESE (MILK, SALT, RENNET, LYSOZYME FROM EGG), BUTTER, WALNUTS, OLIVE OIL, PINE NUTS, GARLIC), MAYONNAISE (SOYBEAN OIL, WATER, EGGS, VINEGAR, CONTAINS LESS THAN 2% OF EGG YOLKS, LEMON JUICE CONCENTRATE, SALT, SUGAR, DRIED ONIONS, DRIED GARLIC, PAPRIKA, NATURAL FLAVOR, CALCIUM DISODIUM EDTA TO PROTECT FLAVOR), SEA SALT, BALSAMIC VINEGAR (WINE VINEGAR, CONCENTRATED GRAPE MUST, CARAMEL COLOR, SULFITES), LEMON JUICE FROM CONCENTRATE (WATER, LEMON JUICE CONCENTRATE, SODIUM BENZOATE AND SODIUM METABISULFITE AS PRESERVATIVES, LEMON OIL, SULFITES), BLACK PEPPER, SUGAR.	WHEAT, MILK, EGG, TREE NUTS (WALNUT, PINE NUT).
BALSAMIC VINAIGRETTE	WATER, VINEGAR (BALSAMIC, RED WINE), HIGH FRUCTOSE CORN SYRUP, VEGETABLE OIL (SOYBEAN AND/OR CANOLA), OLIVE OIL. CONTAINS LESS THAN 2% OF: SALT, GARLIC, XANTHAM GUM, SPICES, SODIUM ALGINATE, PROPYLENE GLYCOL ALGINATE, CALCIUM DISODIUM EDTA TO PROTECT FLAVOR.	
CAESAR DRESSING	SOYBEAN OIL, WATER, VINEGAR, PARMESAN AND ROMANO CHEESE (CULTURED MILK, SALT, ENZYMES), EGG YOLK, CORN SYRUP, GARLIC, CONTAINS LESS THAN 2% OF: SALT, SUGAR, MODIFIED FOOD STARCH, SPICE, CORN SYRUP SOLIDS, ANCHOVY PASTE, NATURAL FLAVOR, MILK, XANTHAM GUM, LACTIC ACID, POLYSORBATE 60, ONION, POTASSIUM SORBATE, CALCIUM DISODIUM EDTA AS A PRESERVATIVE, MALTODEXTRIN, SOY SOLIDS, TAMARIND, HYDROLYZED SOY PROTIEN, YEAST EXTRACT, PROPYLENE GLYCOL ALGINATE, SUNFLOWER OIL.	MILK, EGG, FISH (ANCHOVY), SOY.
RANCH DRESSING	BUTTERMILK, SOYBEAN OIL, VINEGAR, CORN SYRUP, EGG YOLK, CONTAINS LESS THAN 2% OF: SALT, MALTODEXTRIN, MODIFIED FOOD STARCH, GARLIC, ONION, SPICE, NATURAL FLAVOR, LACTIC ACID, SORBIC ACID, TITANIUM DIOXIDE, YEAST EXTRACT, XANTHAN GUM, PROPYLENE GLYCOL, ALGINATE, CALCIUM DISODIUM EDTA AS A PRESERVATIVE, SUNFLOWER OIL.	MILK, EGGS.
TOMATO BASIL BISQUE SOUP	TOMATO PUREE (WATER, TOMATO PASTE), CREAM (MILK), DICED TOMATOES IN TOMATO JUICE, CANOLA OIL, SUGAR, CONTAINS LESS THAN 2% OF: BUTTER (CREAM [MILK], SALT), ONIONS, SALT, MODIFIED FOOD STARCH, BASIL, YEAST EXTRACT, UNBLEACHED ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHEY PROTEIN CONCENTRATE (MILK), CULTURED DEXTROSE, DEHYDRATED GARLIC, SPICE, DEHYDRATED ONIONS, ANNATTO EXTRACT FOR COLOR.	MILK, WHEAT.
VEGETABLE BEEF SOUP	WATER, TOMATO PUREE (WATER, TOMATO PASTE), POTATOES, CARROTS, SEASONED COOKED BEEF PRODUCT (BEEF, WATER, MODIFIED FOOD STARCH, SALT, SODIUM PHOSPHATE), ONIONS, PEAS, CELERY, GREEN BEANS, CORN, DICED TOMATOES IN TOMATO JUICE, CABBAGE, BARLEY, GELATIN, CONTAINS LESS THAN 1 % OF THE FOLLOWING INGREDIENTS: SALT, BLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), DEHYDRATED POTATOES, YEAST EXTRACT, FLAVORING, SUGAR, BEEF FLAVOR (CONTAINS BEEF STOCK, YEAST EXTRACT), SWEET RED PEPPERS, BEEF FAT, CARAMEL COLOR, DISODIUM INOSINATE, DISODIUM GUANYLATE, BEEF FLAVOR (CONTAINS BEEF STOCK, SALT), SPICE EXTRACT, DEHYDRATED PARSLEY, DEXTROSE, BEEF STOCK.	WHEAT.
SEASONAL FRUIT CUP	STRAWBERRIES, MANDARIN ORANGES (MANDARIN ORANGES, WATER, SUGAR, CITRIC ACID), BLUEBERRIES, GRAPES, PINEAPPLE	
YOGURT & GRANOLA PARFAIT CUP	VANILLA YOGURT (CULTURED LOWFAT AND NONFAT MILK, SUGAR, MODIFIED CORN STARCH, VANILLA FLAVOR, NATURAL FLAVORS, KOSHER GELATIN, VITAMIN D3), GRANOLA (WHOLE GRAIN OATS, SUGAR, CORNMEAL, ALMONDS, WATER, BROWN SUGAR, SESAME SEEDS, CANOLA OIL, FLAX SEED, VANILLA BEAN PASTE (FRUCTOSE SYRUP, VANILLA EXTRACT, GROUND VANILLA BEANS, XANTHAN GUM, LOCUST BEAN GUM), CINNAMON, NUTMEG), BLUEBERRIES, STRAWBERRIES.	MILK, TREE NUTS (ALMOND).
WHOLE MILK YOGURT	CULTURED GRADE A MILK AND CREAM, MILK PROTEIN CONCENTRATE, WHEY PROTEIN CONCENTRATE, SUGAR, MODIFIED CORN STARCH, NATURAL FLAVORS, PECTIN, CITRIC ACID, VITAMIN D3 ADDED.	MILK.
ALMONDS	ALMONDS.	TREE NUTS (ALMOND).
CASHEWS	CHASHEWS, SALT.	TREE NUTS (CASHEW).
PISTACHIOS	SHELLED PISTACHIOS.	TREE NUTS (PISTACHIO).
DRIED APRICOTS	APRICOTS. SULFITE DIOXIDE ADDED TO PROMOTE COLOR RETENTION.	
DRIED CHERRIES	CHERRIES, SUGAR, SUNFLOWER OIL.	
DRIED CRANBERRIES	CRANBERRIES, SUGAR, SUNFLOWER OIL.	
RAISINS	RAISINS. SULPHUR DIXOIED ADDED AS A PRESERVATIVE.	
BANANGRAPPLE SMOOTHIE	WATER, GRAPE, APPLE, BLUEBERRY, BANANA.	
FLOWER POWER SMOOTHIE	PINEAPPLE, BANANA, STRAWBERRY.	
SUNSHINE SMOOTHIE	WATER, APPLE, PINEAPPLE, MANGO, BANANA.	
COFFEE PROTEIN SMOOTHIE	WATER, WHOLE MILK, COFFEE, BANANA, PROTEIN POWDER (RAW WHOLE GRAIN BROWN RICE PROTEIN, RICE OLIGODEXTRIN, VANILLA EXTRACT, STEVIA, XANTHAM GUM, ANCIENT SEA SALT, PECTIN), TORANI DARK CHOCOLATE SAUCE (SUGAR, WATER, DUTCH BREAKFAST COCOA [PROCESSED WITH ALKALI], DUTCH COCOA [PROCESSED WITH ALKALI], CHOCOLATE LIQUOR [NON-ALCOHOLIC], POTASSIUM SORBATE [TO PRESERVE FRESHNESS], SALT, NATURAL FLAVOR, CITRIC ACID), COCOA POWDER, CINNAMON.	MILK.
PEACH PROTEIN SMOOTHIE	APPLE JUICE, WATER, PEACHES, GREEK YOGURT (CULTURED GRADE A MILK AND NONFAT MILK, MILK PROTEIN CONCENTRATE, WHEY PROTEIN CONCENTRATE, SUGAR, VANILLA FLAVOR, NATURAL FLAVORS, MODIFIED CORN STARCH, PECTIN, VITAMIN D3), PROTEIN POWDER (RAW WHOLE GRAIN BROWN RICE PROTEIN, RICE OLIGODEXTRIN, VANILLA EXTRACT, STEVIA, XANTHAM GUM, ANCIENT SEA SALT, PECTIN), CINNAMON.	MILK.
CAFECCHINO	WHOLE MILK, WATER, SUGAR, HEAVY CREAM, NONFAT MILK, CONTAINS 2% OR LESS OF THE FOLLOWING: NATURAL FLAVOR, SODIUM CITRATE, LOCUST BEAN GUM, XANTHAN GUM, SEA SALT.	MILK.
MOCHACCINO	WHOLE MILK, WATER, SUGAR, HEAVY CREAM, NONFAT MILK, CONTAINS 2% OR LESS OF THE FOLLOWING: 100% ARABICA COFFEE, SODIUM CITRATE, NATURAL FLAVOR, LOCUST BEAN GUM, XANTHAN GUM, SEA SALT.	MILK.

HOT CHOCOLATE	WHOLE MILK, MOCHA SAUCE (SUGAR, WATER, DUTCH BREAKFAST COCOA [PROCESSED WITH ALKALI], DUTCH COCOA [PROCESSED WITH ALKALI], CHOCOLATE LIQUOR [NON-ALCOHOLIC], POTASSIUM SORBATE [TO PRESERVE FRESHNESS], SALT, NATURAL FLAVOR, CITRIC ACID.)	MILK.
CHAI	WHOLE MILK, CHAI CONCENTRATE (WATER, CANE SUGAR, CARDAMON, CINNAMON, BLACK TEA, GINGER, CLOVE, BLACK PEPPER, CITRIC ACID).	MILK.
TEA (HOT OR ICED, UNSWEETENED)	MOTHER EARTH COFFEE ORGANIC TEA FLAVORS INCLUDE BREAKFAST, EARL GREY, GREEN, JASMINE, CHAMOMILE CITRUS, HIBISCUS BERRY, PEPPERMINT. ICED FLAVORS MAY ALSO INCLUDE MANGO.	
TEA LATTE	WHOLE MILK, ORGANIC TEA.	MILK.
WHOLE MILK	GRADE A MILK, VITAMIN D3 ADDED.	MILK.
SKIM MILK	GRADE A FAT FREE MILK, VITAMIN A PALMITATE, VITAMIN D3 ADDED.	MILK.
1% MILK	GRADE A LOWFAT MILK, VITAMIN A PALMITATE, VITAMIN D3 ADDED.	MILK.
2% MILK	GRADE A REDUCED FAT MILK, VITAMIN A PALMITATE, VITAMIN D3 ADDED.	MILK.
ALMOND MILK	ALMOND BASE (WATER, ALMONDS), DRIED CANE SYRUP, POTASSIUM CITRATE, SEA SALT, CARRAGEENAN, RIBOFLAVIN (B2), VITAMIN A PALMITATE, VITAMIN D2.	TREE NUTS (ALMOND).
COCONUT MILK	WATER, COCONUT CREAM, COCONUT WATER CONCENTRATE, SODIUM CITRATE, NATURAL FLAVORS, XANTHAN GUM, TRICALCIUM PHOSPHATE, GUAR GUM, GELLAN GUM, ZINC OXIDE, VITAMIN A PALMITATE, VITAMIN D2, VITAMIN B12.	TREE NUTS (COCONUT).
OAT MILK	WATER, OATS, OAT BRAN, TRICALCIUM PHOSPHATE, SEA SALT, GELLAN GUM, RIBOFLAVIN (B2), VITAMIN A PALMITATE, VITAMIN D2.	
SOY MILK	ORGANIC SOY BASE (WATER, WHOLE ORGANIC SOYBEANS), DRIED CANE SYRUP, NATURAL FLAVOR, SEA SALT, CARRAGEENAN.	SOY.
SKIM MILK	GRADE A FAT FREE MILK, VITAMIN A PALMITATE, VITAMIN D3 ADDED.	MILK.
1% MILK	GRADE A LOWFAT MILK, VITAMIN A PALMITATE, VITAMIN D3 ADDED.	MILK.
2% MILK	GRADE A REDUCED FAT MILK, VITAMIN A PALMITATE, VITAMIN D3 ADDED.	MILK.
ALMOND MILK	ALMOND BASE (WATER, ALMONDS), DRIED CANE SYRUP, POTASSIUM CITRATE, SEA SALT, CARRAGEENAN, RIBOFLAVIN (B2), VITAMIN A PALMITATE, VITAMIN D2	TREE NUT (ALMOND).
COCONUT MILK	WATER, COCONUT CREAM, COCONUT WATER CONCENTRATE, SODIUM CITRATE, NATURAL FLAVORS, XANTHAN GUM, TRICALCIUM PHOSPHATE, GUAR GUM, GELLAN GUM, ZINC OXIDE, VITAMIN A PALMITATE, VITAMIN D2, VITAMIN B12	TREE NUTS (COCONUT)
OAT MILK	WATER, OATS, OAT BRAN, TRICALCIUM PHOSPHATE, SEA SALT, GELLAN GUM, RIBOFLAVIN (B2), VITAMIN A PALMITATE, VITAMIN D2	
SOY MILK	ORGANIC SOY BASE (WATER, WHOLE ORGANIC SOYBEANS), DRIED CANE SYRUP, NATURAL FLAVOR, SEA SALT, CARRAGEENAN	SOY.