

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	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	85g	350	200	22	14	0	60	340	34	2	6	6	6	0	2	8	15
Chocolate Croissant	90g	360	190	21	13	0	45	320	40	3	11	5	7	0	2	10	15
Almond Croissant	90g	360	215	23	12	0	50	270	33	2	9	5	7	0	4	8	10
Cinnamon Swirl Scone	128g	550	250	28	18	0	30	220	66	2	22	21	6	0	10	15	2
Lemon Lavender Scone	128g	500	250	28	18	0	30	220	54	2	10	10	6	0	10	15	2
Cranberry Orange Muffin	130g	370	125	14	4.5	0	60	360	56	2	29	27	7	0	6	10	4
Blueberry Muffin	173g	320	90	10	2	0	50	360	53	2	28	25	6	0	4	8	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	100g	330	110	12	7	0	30	220	49	1	27	5	7	0	6	8	4
Cinnamon Roll	100g	750	340	38	23	0	215	500	90	3	51	17	13	2	4	15	15
Banana Bread	92g	330	55	6	1.5	0	10	95	19	0	15	4	1	0	2	2	4
Lemon Loaf	130g	540	280	31	17	0	155	85	51	1	33	33	8	0	2	4	2
Red Velvet Loaf	120g	490	235	26	4	0	55	170	60	1	39	38	6	2	2	8	4
Seeded Pumpkin Loaf	149g	480	170	19	5	0	55	180	72	2	43	42	7	2	2	15	6
Chocolate Chip Cookie	84g	610	115	13	8	0	60	220	120	1	21	10	4	0	2	6	2
Cornflake Marshmallow Cookie	90g	390	170	19	12	0	55	290	53	1	34	32	4	2	2	20	25
Oatmeal Raisin Cookie	98g	390	110	12	7	0	50	260	65	4	36	27	6	0	6	8	4
Peanut Butter Cookie	86g	410	190	22	10	0	55	270	48	2	28	26	8	0	6	8	4
Iced Sugar Cookie	40g	210	100	11	7	0	25	75	25	1	2	6	3	0	10	0.8	110
Flourless Chocolate Walnut Cookie	45g	250	100	11	5	0	30	115	36	1	13	10	3	0	2	2	0
Granola Bar	110g	510	270	30	12	0	25	430	58	7	37	21	10	0	6	10	6
Brownie	135g	560	260	29	17	0	110	105	76	3	51	45	7	0	0	0	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

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	149g	460	180	20	12	0	90	540	60	2	7	6	12	0	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
Buttermilk Biscuit & Turkey Sausage Gravy	320g	900	515	57	35	0	155	850	69	3	10	6	22	6	35	25	10

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

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	BBQ Chicken	311g	490	100	11	5	0	110	780	61	6	21	5	38	0	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
Turkey (Pork) Bacon Avocado sandwich	355g	770	460	51	22	0	125	1620	46	9	8	6	34	0	20	15	30
Turkey (Turkey) Bacon Avocado sandwich	366g	740	440	49	22	0	145	1520	46	9	8	6	32	2	20	15	35
Signature Grilled Cheese	285g	860	470	52	23	3	140	1490	55	6	9	0	44	4	80	10	8
Turkey Dill sandwich	320g	550	235	26	11	0	80	1500	56	6	8	0	30	0	20	35	10
Turkey Dill 1/2 sandwich	160g	275	120	13	6	0	40	750	28	3	4	0	15	0	10	17	5
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	z	90	65	7	1	0	0	270	6	0	6	0	0	0	0	0	0
Caesar	z	160	145	16	3	0	20	440	3	0	2	2	2	0	0	0	0
Ranch	z	230	225	25	4	0	15	350	2	0	1	1	0	0	2	0	0
SOUPS																	
Roasted Red Pepper Bisque	4oz	180	135	15	10	0	5	210	6	1		1	1	0	2	2	4
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	z	180	0	0	0	0	0	0	46	4	41	0	1	0	2	4	6
Hummus Snack Box	262g	600	370	41	6	0	0	460	55	11	24	0	11	0	15	25	10
Yogurt & Granola Parfait	z	350	80	9	1	0	10	100	47	4	30	0	22	0	15	2	6
Whole Milk Yogurt	z	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

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	Americano	16oz	2	0	0.2	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																	
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
Mangos & Cream	16oz	510	120	13	9	0	55	190	87	3	81	54	12	0	45	2	20
Mangos & Cream	24oz	770	180	20	14	0	80	290	131	4	123	82	18	0	70	2	25
Peaches & Cream	16oz	490	120	13	9	0	55	220	81	3	74	54	12	0	40	2	20
Peaches & Cream	24oz	750	180	20	14	0	80	330	123	4	111	82	18	0	60	4	30
Strawberries & Cream	16oz	470	125	14	9	0	55	190	76	4	65	54	12	0	40	8	15
Strawberries & Cream	24oz	710	190	21	14	0	80	290	115	6	98	82	17	0	60	10	25
Summerberries & Cream	16oz	480	125	14	9	0	55	190	79	6	66	54	12	0	45	6	15
Summerberries & Cream	24oz	730	190	21	14	0	80	290	119	9	101	82	18	0	60	8	25
BLENDERS																	
Frappe	16oz	190	55	6	4.5	0	25	90	27	0	26	25	5	0	20	0	6
Frappe	24oz	270	80	9	6	0	35	130	40	0	38	36	7	0	25	0	10
Mocha Frappe	16oz	260	65	7	4	0	25	95	45	0	41	24	5	0	20	0	6
Mocha Frappe	24oz	420	100	11	6	0	35	150	74	0	68	36	7	0	25	0	10
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
Rhubarb Ginger Lemonade	16oz	190	0	0	0	0	0	35	48	1	38	37	1	0	6	2	4
Rhubarb Ginger Lemonade	24oz	290	0	0	0	0	0	55	72	2	57	56	1	0	10	2	6
TORANI SAUCES & SYRUPS																	
Caramel	1oz	130	30	3.5	0	0	0	60	24	0	14	14	0	0	0	0	0
Salted Caramel	1oz	100	5	0	0	0	0	105	25	0	21	21	1	0	0	6	0
Sugar Free Caramel	1oz	0	0	0	0	0	0	5	1	0	0	0	0	0	0	0	0
Dark Chocolate	1oz	100	5	0.5	0	0	0	15	25	1	23	23	1	0	0	8	0
Sugar Free Chocolate	1oz	0	0	0	0	0	0	5	1	0	0	0	0	0	0	0	0
White Chocolate	1oz	100	5	0.5	0	0	0	75	24	0	24	24	1	0	6	0	0
Hazelnut	1oz	80	0	0	0	0	0	0	19	0	19	19	0	0	0	0	0
Peppermint	1oz	90	0	0	0	0	0	0	24	0	24	24	0	0	0	0	0
Cinnamon	1oz	80	0	0	0	0	0	0	19	0	19	19	0	0	0	0	0

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	Almond	1oz	80	0	0	0	0	0	0	19	0	19	19	0	0	0	0	0
English Toffee	1oz	80	0	0	0	0	0	0	19	0	19	19	0	0	0	0	0	0
Lavender	1oz	90	0	0	0	0	0	0	23	0	23	23	0	0	0	0	0	0
Strawberry	1oz	80	0	0	0	0	0	0	19	0	19	19	0	0	0	0	0	0
Raspberry	1oz	90	0	0	0	0	0	0	0	23	23	23	0	0	0	0	0	0
Vanilla	1oz	80	0	0	0	0	0	0	20	0	20	20	0	0	0	0	0	0
Sugar Free Vanilla	1oz	0	0	0	0	0	0	15	0	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	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 (Pasteurized Cream, Natural Flavoring), Milk, Sugar, Salt, Egg Whites, Active Dry Yeast, Diastatic Malt Powder, Egg.	Egg, Milk, Soy, Wheat.
Chocolate Croissant	Wheat Bread Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Unsalted Butter, Chocolate (Sugar, Cocoa Paste, Cocoa Butter, Soya Lecithin, Vanilla Flavor), Whole Milk (Grade A Milk, Vitamin D3 Added), Cocoa Powder (Processed with Alkali), Sugar, Powdered Milk (Extra Grade Sweet Cream Dairy Whey, Highly Refined Soy Flour, Buttermilk and High-Heat Non-Fat Dry Milk), Yeast (Yeast, Sorbitan Monostearate, Ascorbic Acid), Salt, Egg.	Egg, Milk, Soy, Wheat.
Almond Croissant	Wheat Bread Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Unsalted Butter, Almond Paste, Whole Milk (Grade A Milk, Vitamin D3 Added), Sugar, Almonds, Powdered Milk (Extra Grade Sweet Cream Dairy Whey, Highly Refined Soy Flour, Buttermilk and High-Heat Non-Fat Dry Milk), Yeast (Yeast, Sorbitan Monostearate, Ascorbic Acid), Salt, Egg.	Egg, Milk, Wheat, Tree Nuts (Almond).
Cinnamon Swirl Scone	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]), Heavy Whipping Cream, Butter (Pasteurized Cream, Natural Flavorings), Brown Sugar, Sugar, Lowfat Buttermilk (Grade A Cultured Lowfat Milk, Locust Bean Gum, Modified Cornstarch, Carrageenan, Salt, Sodium Citrate, Mono and Diglycerides, Vitamin A Palmitate, and Vitamin D3 Added), Baking Powder, Cinnamon, Corn Syrup (Corn Syrup, Water, High Fructose Corn Syrup, Natural Flavor, Salt), Kosher Salt, Vanilla Extract.	Milk, Wheat.
Lemon Lavender Scone	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]), Heavy Whipping Cream, Butter (Pasteurized Cream, Natural Flavorings), Sugar, Lowfat Buttermilk (Grade A Cultured Lowfat Milk, Locust Bean Gum, Modified Cornstarch, Carrageenan, Salt, Sodium Citrate, Mono and Diglycerides, Vitamin A Palmitate, and Vitamin D3 Added), Lemon Zest, Baking Powder, Dried Lavender, Kosher Salt, Vanilla Extract, Lemon Oil.	Milk, Wheat.
Cranberry Orange Muffin	All-Purpose Flour (Enriched Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Cranberries, Sugar, Egg, Lowfat Buttermilk (Grade A Cultured Lowfat Milk, Locust Bean Gum, Modified Cornstarch, Carrageenan, Salt, Sodium Citrate, Mono and Diglycerides, Vitamin A Palmitate, And Vitamin D3 Added), Butter (Pasteurized Cream, Natural Flavoring), Canola Oil, Orange Zest, Vanilla Extract, Baking Powder, Salt, Turbinado.	Milk, Egg, Wheat.
Blueberry Muffin	All-Purpose Flour (Enriched Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Blueberries, Sugar, Egg, Lowfat Buttermilk (Grade A Cultured Lowfat Milk, Locust Bean Gum, Modified Cornstarch, Carrageenan, Salt, Sodium Citrate, Mono and Diglycerides, Vitamin A Palmitate, and Vitamin D3 Added), Canola Oil, Butter (Pasteurized Cream, Natural Flavoring), Vanilla Extract, Baking Powder, Salt, Turbinado, Orange Zest.	Milk, Egg, Wheat.
Bagel	Flour (Wheat, Malted Barley), Water, Sugar, Contains Less Than 2% Of: Salt, Degerminated Yellow Corn Meal, Yeast, Guar Gum, 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 (Cultured Milk, Cream, Nonfat Dry Milk, Modified Corn Starch, Sodium Phosphate, Locust Bean Gum, Carrageenan, Enzymes, Vitamin A Palmitate), Sugar, All-Purpose Flour (Enriched Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter (Pasteurized Cream, Natural Flavoring), Egg White, Almond Meal, Baking Powder, Salt, Vanilla Paste, Cocoa Powder.	Milk, Egg, Tree Nuts (Almond)
Cinnamon Roll	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 (Pasteurized Cream, Natural Flavoring), Egg, Powdered Sugar, Sugar, Whole Milk (Grade A Milk, Vitamin D3 Added), Cinnamon, Powdered Milk (Extra Grade Sweet Cream Dairy Whey, Highly Refined Soy Flour, Buttermilk And High-Heat Nonfat Dry Milk), Yeast (Yeast, Sorbitan Monostearate, Ascorbic Acid), Salt, 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 (Cultured Milk, Cream, Nonfat Dry Milk, Modified Corn Starch, Sodium Phosphate, Locust Bean Gum, Carrageenan, Enzymes, Vitamin A Palmitate), 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 (Pasteurized Cream, Natural Flavoring), Sour Cream (Cultured Milk, Cream, Nonfat Dry Milk, Modified Corn Starch, Sodium Phosphate, Locust Bean Gum, Carrageenan, Enzymes, Vitamin A Palmitate), 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, Glycerin, 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.
Seeded Pumpkin Loaf	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]), Pumpkin Puree, Soybean Oil, Eggs, Water, Butter (Pasteurized Cream, Natural Flavoring), Brown Sugar, Whole Wheat Flour, Pumpkin Seeds, Sunflower Seeds, Baking Soda, Spices.	Egg, Milk, Wheat.

INGREDIENTS

PRODUCT	INGREDIENTS	ALLERGENS
Chocolate Chip Cookie	Chocolate (Sugar, Cocoa Paste, Cocoa Butter, Soya Lecithin, Vanilla Flavor), All-Purpose Flour (Enriched Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter (Pasteurized Cream, Natural Flavoring), Brown Sugar, Sugar, Egg, Salt, Vanilla Extract, Baking Soda.	Milk, Egg, Wheat, Soy.
Cornflake Marshmallow Cookie	Butter (Pasteurized Cream, Natural Flavoring), Sugar, All-Purpose Flour (Enriched Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Brown Sugar, Semisweet Chocolate Chips (Sugar, Unsweetened Chocolate, Dextrose, Cocoa Butter, Soy Lecithin), Corn Flakes (Milled Corn, Sugar, Malt Flavor, Contains 2% Or Less Of: Salt, BHT Added to Packaging for Freshness), Marshmallows (Corn Syrup, Sugar, Modified Cornstarch, Gelatin), Egg, Powdered Milk (Extra Grade Sweet Cream Dairy Whey, Highly Refined Soy Flour, Buttermilk and High-Heat Non-Fat Dry Milk), Salt, Baking Powder, Vanilla Extract.	Eggs, Milk, Soy, Wheat.
Oatmeal Raisin Cookie	Brown Sugar, Dry Oatmeal, Raisins, Butter (Pasteurized Cream, Natural Flavoring), Wheat Bread Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Whole Wheat Flour, Egg, Vanilla Extract, Baking Powder, Baking Soda, Salt, Cinnamon.	Milk, Egg, Wheat.
Peanut Butter Cookie	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.
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
Flourless Chocolate Walnut Cookie	Bittersweet Chocolate (Cocoa Paste, Sugar, Cocoa Butter, Reduced Fat Cocoa Powder, Emulsifier: Soya Lecithin, Vanilla Flavor), Sugar, Egg, Chocolate (Sugar, Chocolate Liquor, Cocoa Butter, Chocolate Liquor Processed with Alkali, Soy Lecithin, Salt), Walnuts, Butter, Almond Flour, Rice Flour (Rice Flour, Corn Starch, Tapioca Dextrin, Xanthan Gum), Powdered Sugar, Baking Powder, Vanilla Extract (Sugar, Water, Vanilla Extract, Vanilla Beans, Gum Tragacanth [A Natural Thickener]), Salt.	Eggs, Milk, Soy, Tree Nuts (Almond, Walnut).
Granola Bar	Oats, Honey, Almonds, Coconut Meat, Brown Sugar, Butter (Pasteurized Cream, Natural Flavoring), Peanut Butter (Peanuts, Sugar, Palm Oil, Contains 2% or Less of: Salt, Molasses), Semisweet Chocolate Chips (Sugar, Unsweetened Chocolate, Dextrose, Cocoa Butter, Soy Lecithin), Flaxseed Meal, Water, Salt, Vanilla Paste, Cinnamon.	Milk, Tree Nuts (Coconut, Almond), Peanuts.
Brownie	Sugar, Bittersweet Chocolate (Cocoa Paste, Sugar, Cocoa Butter, Reduced Fat Cocoa Powder, Emulsifier: Sunflower Lecithin, Vanilla Flavor), Enriched Pastry Flour (Enriched Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter (Pasteurized Cream, Natural Flavoring), 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, Unsweetened 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.
Palmer	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 (Pasteurized Cream, Natural Flavoring), 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 (Cultured Pasteurized Milk, Enzymes, Salt), Croissant (Wheat Bread Flour [Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Unsalted Butter, Whole Milk [Grade A Milk, Vitamin D3 Added], Sugar, Powdered Milk [Extra Grade Sweet Cream Dairy Whey, Highly Refined Soy Flour, Buttermilk and High-Heat Non-Fat Dry Milk], Yeast [Yeast, Sorbitan Monostearate, Ascorbic Acid], Salt, Egg).	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 (Cultured Pasteurized Milk, Enzymes, Salt), Croissant (Wheat Bread Flour [Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Unsalted Butter, Whole Milk [Grade A Milk, Vitamin D3 Added], Sugar, Powdered Milk [Extra Grade Sweet Cream Dairy Whey, Highly Refined Soy Flour, Buttermilk and High-Heat Non-Fat Dry Milk], Yeast [Yeast, Sorbitan Monostearate, Ascorbic Acid], Salt, Egg).	Milk, Egg, Wheat.
Bacon, Egg & Cheese Croissant	Egg Scramble (Milk, Liquid Egg, Spices), Applewood Smoked Bacon (Pork, Water, Sea Salt, Cane Sugar, Natural Flavors), Fontina Cheese (Cultured Pasteurized Milk, Enzymes, Salt), Croissant (Wheat Bread Flour [Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Unsalted Butter, Whole Milk [Grade A Milk, Vitamin D3 Added], Sugar, Powdered Milk [Extra Grade Sweet Cream Dairy Whey, Highly Refined Soy Flour, Buttermilk and High-Heat Non-Fat Dry Milk], Yeast [Yeast, Sorbitan Monostearate, Ascorbic Acid], Salt, Egg).	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 (Cultured Pasteurized Milk, Enzymes, Salt), Flatbread (Soft Wheat Flour, Water, Extra Virgin Olive Oil, Sunflower Oil, Salt, Yeast).	Milk, Egg, Wheat.

INGREDIENTS

PRODUCT	INGREDIENTS	ALLERGENS
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 (Cultured Pasteurized Milk, Enzymes, Salt), Flatbread (Soft Wheat Flour, Water, Extra Virgin Olive Oil, Sunflower Oil, Salt, Yeast).	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 (Lowfat Buttermilk [Grade A Cultured Lowfat Milk, Locust Bean Gum, Modified Cornstarch, Carrageenan, Salt, Sodium Citrate, Mono and Diglycerides, Vitamin A Palmitate, and Vitamin D3 Added], All-purpose Flour [Enriched Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Wheat Bread Flour [Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Butter [Pasteurized Cream, Natural Flavoring], Egg, Sugar, Baking Powder, Kosher Salt) Monterey Jack Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes).	Milk, Egg, Wheat.
Bacon, Egg & Cheese Biscuit	Egg Scramble (Milk, Liquid Egg, Spices), Applewood Smoked Bacon (Pork, Water, Sea Salt, Cane Sugar, Natural Flavors), Buttermilk Biscuit (Lowfat Buttermilk [Grade A Cultured Lowfat Milk, Locust Bean Gum, Modified Cornstarch, Carrageenan, Salt, Sodium Citrate, Mono and Diglycerides, Vitamin A Palmitate, and Vitamin D3 Added], All-purpose Flour [Enriched Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Wheat Bread Flour [Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Butter [Pasteurized Cream, Natural Flavoring], Egg, Sugar, Baking Powder, Kosher Salt), Monterey Jack Cheese (Pasteurized Milk, Cheese Culture, Salt, 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 (Lowfat Buttermilk [Grade A Cultured Lowfat Milk, Locust Bean Gum, Modified Cornstarch, Carrageenan, Salt, Sodium Citrate, Mono and Diglycerides, Vitamin A Palmitate, and Vitamin D3 Added], All-purpose Flour [Enriched Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Wheat Bread Flour [Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Butter [Pasteurized Cream, Natural Flavoring], Egg, Sugar, Baking Powder, Kosher Salt), Monterey Jack Cheese (Pasteurized Milk, Cheese Culture, Salt, 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 (Lowfat Buttermilk [Grade A Cultured Lowfat Milk, Locust Bean Gum, Modified Cornstarch, Carrageenan, Salt, Sodium Citrate, Mono and Diglycerides, Vitamin A Palmitate, and Vitamin D3 Added], All-purpose Flour [Enriched Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Wheat Bread Flour [Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Butter [Pasteurized Cream, Natural Flavoring], Egg, Sugar, Baking Powder, Kosher Salt), Monterey Jack Cheese (Pasteurized Milk, Cheese Culture, Salt, 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 Un-Bromated 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 (Pasteurized Milk, Cheese Culture, Salt, Enzymes).	Milk, Egg, Wheat, Soy.
Bacon, Egg & Cheese Waffle	Egg Scramble (Milk, Liquid Egg, Spices), Applewood Smoked Bacon (Pork, Water, Sea Salt, Cane Sugar, Natural Flavors), Waffle (Unbleached Un-Bromated 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], Eggs, Water, Invert Sugar, Yeast, Non-GMO Soy Flour, Non-Iodized Salt), Monterey Jack Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes).	Egg, Milk, Wheat, Soy.
Buttermilk Biscuit	Lowfat Buttermilk (Grade A Cultured Lowfat Milk, Locust Bean Gum, Modified Cornstarch, Carrageenan, Salt, Sodium Citrate, Mono and Diglycerides, Vitamin A Palmitate, and Vitamin D3 Added), All-Purpose Flour (Enriched Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Wheat Bread Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter (Pasteurized Cream, Natural Flavoring), Egg, Sugar, Baking Powder, Kosher Salt.	Eggs, Milk, Wheat.
Waffle	Unbleached Un-Bromated 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.
Buttermilk Biscuit & Turkey Sausage Gravy	Heavy Whipping Cream, Whole Milk (Grade A Milk, Vitamin D3 Added), Turkey Sausage (Dark Turkey Meat, Mechanically Separated Turkey, Water, Salt, Dextrose, Flavoring, Spices, Sugar, Yeast Extract, Lime Flavor [Corn Syrup Solids, Lime Juice Solids, Natural Flavor], TBHQ, BHT, Citric Acid, Lactic Acid), 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]), Whole Buttermilk, Wheat Flour, Butter (Pasteurized Cream, Natural Flavoring), Egg, Sugar, Baking Powder, Spices.	Eggs, Milk, Wheat.
Turkey Club Sandwich	Flatbread (Soft Wheat Flour, Water, Extra Virgin Olive Oil, Sunflower Oil, Salt, Yeast), Turkey (Turkey Breast Meat, Turkey Broth, Salt, Modified Food Starch, Sugar, Carrageenan, Sodium Phosphate), 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).

INGREDIENTS

PRODUCT	INGREDIENTS	ALLERGENS
BBQ Chicken Sandwich	Flatbread (Soft Wheat Flour, Water, Extra Virgin Olive Oil, Sunflower Oil, Salt, Yeast), Onions , Chicken (Chicken White Meat, Water, Modified Food Starch, Natural Dehydrated Chicken Broth [Dehydrated Chicken Broth, Natural Flavor], Sodium Phosphate, Salt), 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.
Turkey (Pork) Bacon Avocado Sandwich	Avocados , Turkey (Turkey Breast Meat, Turkey Broth, Salt, Modified Food Starch, Sugar, Carrageenan, Sodium Phosphate), Tomato , Croissant (Wheat Bread Flour [Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Unsalted Butter, Whole Milk [Grade A Milk, Vitamin D3 Added], Sugar, Powdered Milk [Extra Grade Sweet Cream Dairy Whey, Highly Refined Soy Flour, Buttermilk and High-Heat Non-Fat Dry Milk], Yeast [Yeast, Sorbitan Monostearate, Ascorbic Acid], Salt, Egg), Fontina Cheese (Cultured Pasteurized Milk, Enzymes, Salt), Applewood Smoked Bacon (Pork, Water, Sea Salt, Cane Sugar, Natural Flavors), Spinach .	Eggs, Milk, Soy, Wheat.
Turkey (Turkey) Bacon Avocado Sandwich	Avocados , Turkey (Turkey Breast Meat, Turkey Broth, Salt, Modified Food Starch, Sugar, Carrageenan, Sodium Phosphate), Tomato , Croissant (Wheat Bread Flour [Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Unsalted Butter, Whole Milk [Grade A Milk, Vitamin D3 Added], Sugar, Powdered Milk [Extra Grade Sweet Cream Dairy Whey, Highly Refined Soy Flour, Buttermilk and High-Heat Non-Fat Dry Milk], Yeast [Yeast, Sorbitan Monostearate, Ascorbic Acid], Salt, Egg), Fontina Cheese (Cultured Pasteurized Milk, Enzymes, Salt), Turkey Bacon (Dark Turkey, White Turkey, Mechanically Separated Turkey, Water, Salt, Sugar, and 2% Or Less Of The Following: Flavoring [Canola Oil, Natural Smoke Flavoring], Sodium Phosphate, Ascorbic Acid, Citric Acid, Sodium Nitrite), Spinach .	Eggs, Milk, Soy, Wheat.
Signature Grilled Cheese	Whole Grain Wheat Bread (Water, Whole Wheat Flour, Wheat Flour, Sunflower Seed, Honey, Wheat Flour, Malted Barely Flour, Oats, Brown Cane Sugar, Rye Flour, Pumpkin Seed, Sea Salt, Millet, Vital Wheat Gluten, Flax Seed, Cornmeal, Organic Buckwheat Flour, Sesame Seed, Cultured Organic Whole Wheat Flour, Organic Quinoa, Poppy Seed, Organic Amaranth, Yeast, Enzymes, Malt, Ascorbic Acid (Vitamin C)), Brie Cheese ((Pasteurized Milk, Pasteurized Cream, Salt, Calcium Chloride, Microbial Enzyme, Bacterial Culture, Penicillium Candidum), Water, Sodium Polyphosphate, Sodium Phosphate, Salt), Sartori Bellavitano Cheese (Pasteurized Cow's Milk, Cheese Cultures, Salt, Enzymes), Gruyere Cheese (Fresh Part Skim Cow's Milk, Cheese Culture, Salt, Enzymes), Red Onion .	Milk, Wheat.
Turkey Dill Sandwich	Wheat Bread (Enriched Wheat Flour [Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Wheat Flour, Sesame Seeds, Organic Honey, Sunflower Oil, Roasted Onions, Poppy Seeds, Organic Soy Flour, Salt, Roasted Garlic, Sea Salt, Yeast, Black Pepper), Turkey (Turkey Breast Meat, Turkey Broth, Salt, Modified Food Starch, Sugar, Carrageenan, Sodium Phosphate), Cream Cheese (Pasteurized Milk and Cream, Whey, Salt, Carob Bean Gum, Cheese Culture), Cucumber , Sprouts , Dill .	Milk, Wheat, Soy.
Grilled Cheese Pesto Sandwich	Flatbread (Soft Wheat Flour, Water, Extra Virgin Olive Oil, Sunflower Oil, Salt, Yeast), Chicken (Chicken White Meat, Water, Modified Food Starch, Natural Dehydrated Chicken Broth [Dehydrated Chicken Broth, Natural Flavor], Sodium Phosphate, Salt), 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 (Chicken White Meat, Water, Modified Food Starch, Natural Dehydrated Chicken Broth [Dehydrated Chicken Broth, Natural Flavor], Sodium Phosphate, Salt), 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), 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, Xanthan Gum, Lactic Acid, Polysorbate 60, Onion, Potassium Sorbate, Calcium Disodium EDTA as a Preservative, Maltodextrin, Soy Solids, Tamarind, Hydrolyzed Soy Protein, 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), Mayonnaisse (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, Xanthan 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, Xanthan Gum, Lactic Acid, Polysorbate 60, Onion, Potassium Sorbate, Calcium Disodium EDTA As A Preservative, Maltodextrin, Soy Solids, Tamarind, Hydrolyzed Soy Protein, 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.
Red Pepper Bisque	Water, Heavy Whipping Cream, Roasted Red Peppers (Roasted Red Peppers, Water, Salt, Sugar, Citric Acid, Calcium Chloride), Tomato Paste, Carrots, Celery, Onion, Butter (Pasteurized Cream, Natural Flavoring), Garlic, Balsamic Vinegar (Wine Vinegar, Concentrated Grape Must, Caramel Color. Contains Sulfites), Sugar, Vegetable Base (Vegetable Puree [Celery, Onions, Carrots, Parsnips, Turnips], Salt, Cornstarch, Tomato Paste, Sugar, Corn Oil, 2% Or Less Of Natural Flavors, Corn Powder, Xanthan Gum, Soybean Oil, Canola Oil), Salt, Red Cayenne Pepper, Spices, Black Pepper.	Milk.

INGREDIENTS

PRODUCT	INGREDIENTS	ALLERGENS
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, Ferrrous 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.
Hummus Snack Box	Hummus with Olive Tapenade (Chickpeas, Water, Olive Oil, Ground Sesame Seed, Salt, Water, Garlic, Olive Tapenade (Black & Green Olives [Water, Salt, Pimento, Lactic Acid, Sodium Alginate, Guar Gum, Calcium Chloride], Canola Oil, Garlic, Capers, Spices, Ascorbic Acid), Lemon Juice from concentrate, Lemon Zest, Spices), Celery, Carrots, Bruschetta (Wheat Flour, Durum Wheat Semolina, Olive Oil, Salt, Yeast, Barley and Corn Malt Extract, Sugar).	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	Cashews, 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 Dioxide Added as a Preservative.	
Flower Power Smoothie	Pineapple Juice, Banana, Vanilla Yogurt (Cultured Lowfat and Nonfat Milk, Sugar, Modified Corn Starch, Vanilla Flavor, Natural Flavors, Kosher Gelatin, Vitamin D3), Strawberry.	
Sunshine Smoothie	Water, Apple Juice, Pineapple, Mango, Banana.	
Mangoes & Cream Smoothie	Smoothie Mx (Milk, Cream, Sugar, Corn Syrup, Nonfat Milk, Whey, Guar Gum, Mono and Diglycerides, Cellulose Gum, Polysorbate 65, Carrageenan, Artificial Vanilla, Annatto, Vitamin A Palmitate), Mangoes.	Milk.
Peaches & Cream Smoothie	Smoothie Mx (Milk, Cream, Sugar, Corn Syrup, Nonfat Milk, Whey, Guar Gum, Mono and Diglycerides, Cellulose Gum, Polysorbate 65, Carrageenan, Artificial Vanilla, Annatto, Vitamin A Palmitate), Peaches.	Milk.
Strawberries & Cream Smoothie	Smoothie Mx (Milk, Cream, Sugar, Corn Syrup, Nonfat Milk, Whey, Guar Gum, Mono and Diglycerides, Cellulose Gum, Polysorbate 65, Carrageenan, Artificial Vanilla, Annatto, Vitamin A Palmitate), Strawberries.	Milk.
Summerberries & Cream Smoothie	Smoothie Mx (Milk, Cream, Sugar, Corn Syrup, Nonfat Milk, Whey, Guar Gum, Mono and Diglycerides, Cellulose Gum, Polysorbate 65, Carrageenan, Artificial Vanilla, Annatto, Vitamin A Palmitate), Strawberries, Blueberries, Raspberries.	Milk.
Frappe	Ice, Coffee, Smoothie Mx (Milk, Cream, Sugar, Corn Syrup, Nonfat Milk, Whey, Guar Gum, Mono and Diglycerides, Cellulose Gum, Polysorbate 65, Carrageenan, Artificial Vanilla, Annatto, Vitamin A Palmitate).	Milk.
Mocha Frappe	Ice, Coffee, Smoothie Mx (Milk, Cream, Sugar, Corn Syrup, Nonfat Milk, Whey, Guar Gum, Mono and Diglycerides, Cellulose Gum, Polysorbate 65, Carrageenan, Artificial Vanilla, Annatto, Vitamin A Palmitate), Torani Dark Chocolate Sauce (Sugar, Water, Dutch Breakfast Cocoa [Processed with Alkali], Dutch Cocoa [Processed with Alkali], Chocolate Liquor, Potassium Sorbate [To Preserve Freshness], Salt, Natural Flavor, Citric Acid).	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, Cardamom, 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.
Rhubarb Ginger Lemonade	Lemonade (Water, High Fructose Corn Syrup, Concentrated Lemon/Orange Juice Concentrate Blend, Citric Acid, Lemon Pulp, Natural Lemon Flavors, Natural Flavors), Rhubarb Ginger Syrup (Water, Ginger, Rhubarb).	
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).

INGREDIENTS

PRODUCT	INGREDIENTS	ALLERGENS
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.