



Nutrition & Allergen Information

	NUTRITION														ALLERGENS										
	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber, total dietary (g)	Sugars, total (g)	Protein (g)	Vitamin A Äug	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Vitamin D Äug	Milk	Eggs	Fish	Shellfish	Tree Nuts	Peanuts	Wheat	Soybeans	
BREAKFAST																									
BUILD YOUR OWN BREAKFAST																									
Egg Souffle for Sandwich or Omelette (add grain, protein, cheese, veggies)	146	12	6	0	260	97	1	0	1	9	168	0	47	1	105	2	◆	◆							
Breakfast Bowl (Base) (add protein & veggies)	726	47	23	0	295	1832	52	2	4	25	168	0	318	3	107	2	◆	◆					◆	◆	
Breakfast Naan'Wich (Base) * (add protein & veggies)	804	42	19	0	326	2050	71	4	7	35	174	1	562	5	117	2	◆	◆			◆		◆	◆	
<i>Select Grain (for Breakfast Sandwich):</i>																									
Bagel for Breakfast Sandwich	298	1	0	0	0	456	64	2	8	10	0	0	0	1	0	0							◆	◆	
Biscuit for Breakfast Sandwich	274	12	8	0	0	853	35	1	3	6	0	0	20	2	0	0	◆						◆		
Burrito Wrap for Breakfast Sandwich	180	4	1	0	0	250	29	3	2	5	0	0	100	1	0	0							◆		
Croissant for Breakfast Sandwich	278	13	8	0	40	328	34	1	4	6	0	0	0	0	0	0	◆	◆					◆		
English Muffin for Breakfast Sandwich	129	1	0	0	0	219	26	2	1	4	0	0	80	1	0	0	◆						◆	◆	
GF English Muffin for Breakfast Sandwich	180	1	0	0	0	500	37	0	7	4	0	0	100	1	0	0							◆		
Waffle for Breakfast Sandwich	476	24	12	1	40	456	57	2	30	6	0	0	40	1	0	0	◆	◆			◆		◆	◆	
<i>Select Protein:</i>																									
Bacon for Breakfast Sandwich	80	7	3	0	15	220	0	0	0	5	0	0	0	0	0	0									
Black Bean Patty for Breakfast Sandwich	110	4	0	0	0	330	13	4	1	10	0	0	78	1	0	0	◆						◆	◆	
Chorizo for Breakfast Sandwich	153	14	5	0	28	361	1	0	0	6	0	0	13	1	0	0									
Ham for Breakfast Sandwich	45	1	0	0	22	345	1	0	1	7	0	0	0	1	0	0									
Sausage for Breakfast Sandwich	178	17	6	0	30	277	1	0	0	6	0	0	0	0	0	0									
Turkey Bacon for Breakfast Sandwich	93	4	1	0	20	281	8	0	6	6	0	0	9	0	0	0									
<i>Select Cheese:</i>																									
Cheddar Cheese for Breakfast Sandwich	55	5	3	0	15	90	0	0	0	4	0	0	100	0	0	0	◆								
Muenster Cheese for Breakfast Sandwich	50	4	3	0	13	95	0	0	0	3	0	0	100	0	0	0	◆								
Swiss Cheese for Breakfast Sandwich	55	4	3	0	10	33	0	0	0	4	0	0	125	0	0	0	◆								
<i>Select Add Ons:</i>																									
Avocado Add on	36	3	0	0	0	2	2	1	0	0	2	2	3	0	109	0									
Red Onion Add on	3	0	0	0	0	0	1	0	0	0	0	1	2	0	11	0									
Roasted Red Pepper Add on	2	0	0	0	0	0	0	0	0	0	12	10	1	0	17	0									
Spinach Add on	1	0	0	0	0	2	0	0	0	0	14	1	3	0	17	0									
Tomato Add on	2	0	0	0	0	1	0	0	0	0	5	1	1	0	26	0									
Salsa Cup	19	0	0	0	0	435	4	2	2	0	0	0	0	0	0	0									
Side of Multigrain Toast (served with Omelette)	136	2	0	0	0	378	25	2	2	4	0	0	27	2	0	0							◆		
FEATURED OFFERINGS																									
Acai Bowl	644	9	1	0	0	123	141	5	109	4	3	11	45	2	419	0					◆			◆	
Apple Honey Toast	304	17	10	0	41	406	34	4	8	7	2	0	35	2	54	0	◆						◆	◆	
Avocado Bacon & Egg Toast	368	22	5	0	194	749	31	5	4	14	83	4	61	3	288	1	◆	◆					◆	◆	
Avocado Toast	293	15	3	0	186	609	30	5	3	12	93	7	64	3	342	1	◆	◆					◆	◆	
Bacon Tomato & Egg Toast	243	11	2	0	13	625	29	2	5	8	5	2	63	2	26	0	◆	◆					◆		
Banana Nutella Crunch Toast	294	8	2	0	0	392	50	4	20	6	2	5	57	2	203	0	◆				◆		◆	◆	
Belgian Waffle Trio	1106	54	30	2	117	730	145	3	103	10	204	0	168	3	41	1	◆	◆			◆		◆	◆	
Black Bean Grain Bowl *	563	37	9	0	387	1332	36	9	5	29	173	6	263	4	379	2	◆	◆					◆	◆	
Oatmeal - Cherry Almond	346	12	2	0	0	6	55	2	11	12	0	0	49	3	182	0					◆		◆		
Oatmeal - Classic Nut & Fruit	389	20	3	0	0	7	46	3	1	14	0	0	55	3	182	0					◆		◆		
Oatmeal - Original	212	4	1	0	0	2	41	0	1	8	0	0	2	2	182	0							◆		
Triple Berry Toast	261	3	0	0	0	400	58	3	29	5	0	1	58	2	6	0	◆				◆		◆	◆	

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	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber, total dietary (g)	Sugars, total (g)	Protein (g)	Vitamin A Æg	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Vitamin D Æg	Milk	Eggs	Fish	Shellfish	Tree Nuts	Peanuts	Wheat	Soybeans	
BAKERY																									
Apple Fritter	423	20	4	7	0	464	57	2	22	5	0	0	101	1	0	0	◆	◆						◆	◆
Bagel - Everything	318	2	0	0	0	873	64	2	8	10	0	0	0	1	0	0								◆	◆
Bagel - Plain	298	1	0	0	0	456	64	2	8	10	0	0	0	1	0	0								◆	◆
Banana Choc Chip Muffin (GF)	350	12	7	0	55	200	57	0	32	4	0	0	26	2	0	0	◆	◆							◆
Biscotti Giorgio Double Chocolate Almond	321	16	9	0	39	210	41	2	24	4	0	0	44	2	0	0	◆	◆			◆			◆	◆
Biscotti Giorgio Salted Caramel	294	12	7	0	44	883	41	1	24	4	0	0	22	9	0	0	◆	◆						◆	◆
Biscuit	274	12	8	0	0	853	35	1	3	6	0	0	20	2	0	0	◆							◆	
Brownie Ghirardelli Chocolate	568	25	6	0	35	378	82	3	61	4	15	0	6	3	13	0	◆	◆						◆	◆
Butter Croissant	278	13	8	0	40	328	34	1	4	6	0	0	0	0	0	0	◆	◆						◆	
Chocolate Dipped Donut	348	16	7	0	5	386	47	2	28	3	0	0	23	1	0	0	◆	◆						◆	◆
Cinnamon Coffee Cake	507	23	6	0	80	347	69	1	48	5	0	0	94	3	0	0	◆	◆						◆	◆
Cinnamon Roll with Icing	585	21	8	3	32	528	91	4	50	9	0	0	51	3	0	0	◆	◆						◆	◆
Cinnamon Twist	506	33	17	1	15	362	48	2	5	5	0	1	44	3	1	0	◆	◆						◆	◆
Cookie Chocolate Chunk	350	18	9	0	25	260	46	2	19	4	0	0	40	1	0	0	◆	◆						◆	◆
Cookie Dark Chocolate Oatmeal	500	33	20	0	95	170	48	3	27	6	18	0	26	13	65	0	◆	◆						◆	
Cookie Oatmeal Raisin	320	13	6	0	25	260	47	2	20	4	0	0	60	2	0	0	◆	◆						◆	◆
Cookie Peanut Butter Candy	370	20	8	0	25	330	42	2	19	6	0	0	60	1	0	0	◆	◆				◆		◆	◆
Cookie Salted Caramel Chocolate	350	8	8	0	20	360	49	1	32	4	0	0	52	0	0	0	◆	◆						◆	◆
Croissant Almond	374	36	9	0	61	279	39	0	396	6	0	1	40	1	0	0	◆	◆			◆			◆	◆
Croissant Chocolate Avalanche	466	26	15	0	61	354	52	2	26	8	0	0	81	3	0	0	◆	◆						◆	◆
Croissant Strawberry Cream Cheese	327	15	10	0	45	377	43	1	18	5	0	9	20	2	0	0	◆	◆						◆	◆
Danish Blackberry Creme Fan	316	19	8	0	21	148	33	1	11	3	0	6	21	0	0	0	◆	◆			◆			◆	◆
Danish Lemon Creme Fan	330	19	7	0	27	245	33	3	14	5	0	0	43	1	0	0	◆	◆			◆			◆	
Muffin Banana Nut	631	33	6	0	90	541	75	3	39	9	0	7	60	3	0	0	◆	◆			◆			◆	◆
Muffin Blueberry	649	30	6	0	90	541	88	0	48	6	0	0	60	3	0	0	◆	◆						◆	◆
Muffin Cinnamon Chip	631	30	9	0	90	541	81	0	45	6	0	0	60	3	0	0	◆	◆			◆			◆	◆
Muffin Double Dutch	631	36	6	0	90	631	75	3	45	9	0	0	60	5	0	0	◆	◆			◆	◆		◆	◆
Muffin Lemon Poppyseed	661	36	6	0	105	601	78	0	39	9	0	0	60	4	0	0	◆	◆						◆	◆
Muffin Pistachio	691	36	6	0	105	601	75	3	39	9	0	0	60	3	0	0	◆	◆			◆			◆	◆
Old Fashioned Donut	221	9	2	3	30	272	32	1	16	3	0	0	40	0	0	0	◆	◆						◆	◆
Scone Apple Cinnamon	433	23	11	0	11	301	53	1	29	5	5	0	53	1	1	0	◆	◆						◆	◆
Scone Blueberry	424	21	10	0	11	331	53	1	24	5	5	0	53	2	1	0	◆	◆						◆	
Scone Raspberry White Chocolate	453	23	11	0	11	331	56	1	29	6	5	0	80	1	1	0	◆	◆						◆	◆



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SANDWICHES AND WRAPS																									
BUILD YOUR OWN LUNCH																									
<i>Select Bread:</i>																									
Ciabatta for Sandwich	314	2	0	0	1	977	62	2	2	14	10	0	37	4	12	0	◆								◆
Multigrain Bread for Sandwich	273	4	0	0	0	756	50	4	4	8	0	0	55	3	0	0									◆
Wrap for Sandwich	299	8	2	0	0	409	49	5	3	9	0	0	200	3	0	0									◆
Gluten Free Bread for Sandwich	253	7	0	0	0	484	41	1	4	6	0	0	44	0	0	0		◆							
<i>Select Protein:</i>																									
Turkey for Sandwich	90	2	0	0	30	540	0	0	0	19	0	0	0	1	0	0									
Ham For Sandwich	90	2	0	0	45	690	3	0	3	15	0	0	0	1	0	0									
Grilled Chicken for Sandwich	162	4	1	0	86	537	2	0	0	31	0	0	20	1	0	0									
<i>Select Cheese:</i>																									
Cheddar Cheese for Sandwich	110	10	6	0	30	180	0	0	0	7	0	0	200	0	0	0	◆								
Muenster Cheese for Sandwich	100	8	5	0	25	190	0	0	0	6	0	0	200	0	0	0	◆								
Swiss Cheese for Sandwich	110	8	5	0	20	65	0	0	0	7	0	0	250	0	0	0	◆								
<i>Select Add Ons:</i>																									
Avocado Add on	36	3	0	0	0	2	2	1	0	0	2	2	3	0	109	0									
Bacon Add on	80	7	3	0	15	220	0	0	0	5	0	0	0	0	0	0									
Turkey Bacon Add on	70	4	1	0	20	280	2	0	0	6	0	0	0	0	0	0									
Red Onion Add on	3	0	0	0	0	0	1	0	0	0	0	1	2	0	11	0									
Roasted Red Pepper Add on	2	0	0	0	0	0	0	0	0	0	12	10	1	0	17	0									
Spring Mix																									
Tomato	2	0	0	0	0	1	0	0	0	0	5	1	1	0	26	0									
<i>Select Dressing:</i>																									
Olive Oil Mayo	89	8	0	0	10	187	4	0	2	0	0	0	0	0	0	0		◆							
Pesto Aioli	46	4	<1	0	4	100	2	<1	1	<1	0	<1	4	<1	<1	0	◆	◆							
Pesto	50	5	<1	0	1	119	1	<1	0	<1	0	<1	17	<1	0	0	◆								
Honey Mustard	30	0	0	0	0	75	6	0	3	0	0	0	0	0	0	0									

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SANDWICHES AND WRAPS																									
Almond Chicken Salad Wrap	639	25	4	0	71	1391	73	8	19	33	71	5	263	4	127	0	◆	◆				◆		◆	
Avocado Grain Veggie Wrap	595	25	8	0	25	914	73	10	10	21	152	92	514	4	497	0	◆	◆				◆		◆	◆
Bacon Grilled Cheese Sandwich	779	46	19	0	99	1778	55	5	7	34	32	23	732	3	75	0	◆	◆						◆	
California Chicken Sandwich	704	24	7	0	113	1904	70	5	4	54	52	6	343	6	201	0	◆	◆						◆	◆
Chicken Caesar Wrap *	825	48	11	0	95	1670	56	7	6	49	371	3	477	5	210	0	◆						◆	◆	
Chicken Naan*Wich *	765	32	14	0	109	2225	77	5	9	43	42	34	538	5	133	0	◆	◆				◆		◆	◆
Chicken Salad Croissant	593	28	9	0	110	1124	57	2	18	28	1	4	39	3	35	0	◆	◆						◆	
Cuban Sandwich *	666	19	7	0	101	2186	74	3	13	50	10	0	289	6	15	0	◆	◆						◆	
Egg Salad Sandwich	482	20	2	0	289	1214	58	5	8	18	73	5	119	4	110	0	◆	◆						◆	
French Dip Sandwich	702	19	8	0	58	1733	93	7	8	42	0	6	270	6	110	0	◆							◆	◆
Grilled Chicken Sandwich *	652	19	7	0	113	1863	67	3	4	53	51	4	334	6	92	0	◆	◆						◆	◆
Avocado Add on	36	3	0	0	0	2	2	1	0	0	2	2	3	0	109	0									
Bacon for Chicken Sandwich	80	7	3	0	15	220	0	0	0	5	0	0	0	0	0	0									
Kids Grilled Cheese Sandwich	297	15	8	0	38	596	25	2	2	14	0	0	353	2	0	0	◆							◆	
Kids Ham & Cheddar Sandwich	237	8	3	0	38	813	27	2	4	15	0	0	127	2	0	0	◆							◆	
Kids Quesadilla	500	24	13	0	50	790	49	5	3	21	0	0	600	3	0	0	◆							◆	
Kids Turkey & Swiss Sandwich	237	7	3	0	25	681	25	2	2	17	0	0	153	2	0	0	◆							◆	
Rachel Sandwich	659	23	8	0	67	1891	69	11	6	39	0	0	473	4	12	0	◆	◆						◆	
Reuben Sandwich	634	24	6	0	72	1993	69	11	6	34	0	0	348	6	12	0	◆	◆						◆	
Sherwood Forest Ham Sandwich	559	14	7	0	77	2097	73	3	9	37	80	5	267	6	103	0	◆							◆	
Sicilian Chicken Breast Sandwich	684	22	7	0	123	2214	70	4	6	53	80	24	287	6	120	0	◆	◆						◆	◆
The Grand Sandwich	641	22	7	0	70	2036	71	3	4	40	73	2	280	7	63	0	◆	◆						◆	
The Italian Sandwich	841	33	13	0	84	2248	96	5	8	41	71	5	348	7	91	0	◆	◆						◆	◆
The Ultimate Club Sandwich	668	21	7	0	88	2270	75	3	12	46	80	5	305	6	103	0	◆	◆						◆	
Tuna Melt Sandwich	648	27	9	0	83	1672	56	5	7	40	12	4	387	3	103	0	◆	◆	◆					◆	
Turkey BLT Wrap	530	21	5	0	51	1438	53	6	5	35	73	5	229	4	105	0	◆	◆						◆	
Turkey on Cranberry Wild Rice Bread	632	17	5	0	56	1576	81	4	16	39	71	8	340	6	91	0	◆	◆						◆	◆
Tuscan Turkey Sandwich	575	16	6	0	56	1856	65	3	4	42	80	5	321	5	103	0	◆	◆						◆	
Gluten Free Bread for Sandwiches	228	6	0	0	0	436	37	0	4	5	0	0	40	0	0	0		◆							
SALADS																									
Almond Chicken Salad - Salad	357	17	1	0	71	1000	28	5	18	26	209	13	90	2	288	0	◆	◆				◆			
Bruschetta Pasta Salad *	183	9	1	0	0	548	22	2	3	3	0	11	22	<1	0	0									
Chicken Caesar Salad *	582	45	9	0	95	1310	10	2	3	41	371	3	279	2	211	0	◆							◆	◆
Cranberry Walnut Salad *	675	34	7	0	103	1272	69	7	50	46	209	14	228	4	263	0	◆					◆		◆	◆
Potato Salad *	249	15	5	0	28	624	24	1	7	3	0	31	29	<1	0	0	◆	◆							◆
Salad - Chef	447	27	13	0	283	1082	10	3	5	42	194	10	520	2	272	0	◆	◆						◆	
Salad - Side	32	1	1	0	1	53	5	2	2	3	129	6	62	1	166	0	◆							◆	
Zoodle Garden Salad *	498	42	7	0	206	659	21	5	12	13	238	51	139	3	896	4	◆	◆						◆	◆
Zoodle Slaw *	134	12	2	0	0	46	6	2	5	2	19	34	40	1	501	0									
Dressing Bleu Cheese	213	22	4	0	15	466	2	0	1	0	0	0	0	0	0	0	◆	◆							
Dressing Caesar	172	18	3	0	0	385	1	0	0	0	0	0	0	0	0	0	◆	◆							
Dressing Creamy French	182	15	3	0	5	455	12	0	5	0	0	0	0	0	0	0	◆								
Dressing Italian	102	9	1	0	0	422	5	0	5	0	1	0	6	0	36	0	◆								
Dressing Lite French	56	0	0	0	0	363	14	1	7	0	2	0	2	0	36	0									
Dressing Ranch	172	17	3	0	15	354	3	0	2	0	0	0	0	0	0	0	◆	◆							

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SOUP																									
Soup Baked Potato 10 oz	277	17	7	0	37	848	24	2	6	7	0	0	125	0	0	0	◆							◆	◆
Soup Broccoli Cheese 10 oz	326	26	9	0	37	1211	11	3	6	11	0	9	249	0	0	0	◆							◆	◆
Soup Chicken Alfredo 10 oz	350	25	14	0	119	963	12	1	4	14	0	6	125	1	0	0	◆	◆						◆	
Soup Chicken Noodle 10 oz	93	2	1	0	17	1186	14	1	3	6	0	0	46	1	0	0		◆					◆	◆	
Soup Chicken Pot Pie 10 oz	313	21	11	0	100	1363	25	1	4	11	0	7	75	1	0	0	◆	◆					◆		
Soup Chicken Torellini 10 oz	139	6	2	0	29	1457	15	1	2	7	0	6	69	0	0	0	◆						◆	◆	
Soup Chicken Wild Rice 10 oz	338	25	14	0	94	1075	20	1	3	11	0	5	50	1	0	0	◆						◆	◆	
Soup Chili Beef with Beans 10 oz	411	23	8	0	64	616	26	8	5	26	0	0	0	0	0	0									
Soup Clam Chowder 10 oz	279	17	8	0	46	1093	22	1	2	7	0	7	70	4	0	0	◆		◆	◆			◆		
Soup Sausage Tortellini 10 oz	225	11	4	0	31	1250	10	3	4	9	0	15	100	1	0	0	◆	◆					◆	◆	
Soup Tomato Basil 10 oz	150	5	3	0	19	1213	25	1	18	3	0	22	75	1	0	0	◆							◆	
Soup Vegetarian Vegetable 10oz	81	0	0	0	0	1122	17	2	5	2	0	6	46	1	0	0							◆	◆	
GRAB N GO																									
Apple	95	0	0	0	0	2	25	4	19	0	5	8	11	0	195	0									
Banana	101	0	0	0	0	1	26	3	14	1	3	10	6	0	406	0									
Candy Chocolate Lindor (3 pieces)	220	17	12	0	5	35	16	1	14	2	0	0	0	0	0	0	◆	◆			◆			◆	
Chobani Greek Yogurt - Peach	120	0	0	0	5	60	19	0	15	12	0	1	150	0	0	0	◆								
Chobani Greek Yogurt-Blueberry	130	0	0	0	5	60	19	0	15	12	0	4	150	0	0	0	◆								
Chobani Greek Yogurt-Strawbry	120	0	0	0	5	60	19	0	15	12	0	6	150	0	0	0	◆								
Cream Cheese Packet	73	7	4	0	20	118	1	0	1	1	0	0	41	0	0	0	◆								
Crispy Treat Housemade	552	11	7	0	30	398	105	0	45	5	0	35	0	17	54	8	◆							◆	
DBC Dark Chocolate Coffee Beans	308	17	9	0	7	14	34	4	24	4	0	0	57	2	195	0	◆	◆			◆	◆	◆	◆	
Fruit Cup - Red Grapes	137	0	0	0	0	4	36	2	31	1	6	6	20	1	379	0									
Gluten Free Bar Chocolate Peanut Butter	293	12	4	0	0	91	34	5	21	15	0	0	12	2	0	0					◆	◆			
Gluten Free Bar Cranberry Toasted Almond	274	12	1	0	0	134	33	5	22	15	0	0	24	3	0	0					◆				
Gluten Free Bar Oatmeal Raisin	268	9	1	0	0	146	35	5	22	15	0	0	12	2	0	0									
Granola Berry Parfait	284	3	0	0	7	123	42	3	30	15	0	4	219	1	0	0	◆							◆	
Hard Boiled Eggs	137	10	3	0	371	107	1	0	1	11	0	0	39	1	0	0		◆							
Sabra Hummus Cup w/pretzels, Roasted Red Pepper	323	23	5	0	0	578	18	5	0	9	0	0	92	3	0	0							◆		
Sabra Humus Cup w/pretzels, Original	323	23	5	0	0	601	18	5	0	9	0	0	92	3	0	0							◆		
Sabra Humus Cup w/pretzels, Roasted Garlic	323	23	5	0	0	601	23	5	0	9	0	0	92	3	0	0							◆		
Sahale Honey Almonds Glazed Mix	160	12	1	0	0	150	11	3	6	5	0	0	60	1	0	0					◆				
Sahale Pomegranite Cashews	160	11	2	0	0	85	13	1	6	4	0	1	0	2	0	0					◆				
String Cheese	81	5	3	0	15	192	1	0	1	7	0	0	202	0	0	0	◆								
Trail Mix	849	60	15	0	0	400	70	10	50	25	0	0	99	5	0	0	◆	◆			◆	◆	◆	◆	
SMALL PLATES																									
Cabo Fire Flatbread	682	33	17	0	80	1376	63	4	14	35	44	87	630	1	186	0	◆						◆		
Chicken Quesadilla	1059	57	25	0	148	1751	85	6	5	62	98	27	930	8	171	0	◆						◆	◆	
Chicken Sausage	414	16	13	0	139	1804	21	1	14	33	63	12	131	2	50	0	◆	◆						◆	
Flatbread Chicken Pesto	1038	61	27	0	166	2257	59	4	7	65	49	44	1072	1	168	0	◆						◆		
Flatbread Margherita	418	15	6	0	25	961	52	3	6	20	82	9	282	1	158	0	◆						◆		
Flatbread Pepperoni	1035	66	33	0	158	2541	56	3	3	58	0	6	1051	2	201	0	◆						◆	◆	
Flatbread Veggie	892	50	27	0	126	1937	62	5	7	52	134	59	1079	2	495	0	◆						◆	◆	
Hummus Trio	1069	49	5	0	3	1306	140	12	38	31	24	16	255	11	29	0	◆						◆	◆	
Naan Pizza Chicken Pesto *	730	30	11	0	100	1997	74	3	9	40	25	20	462	5	35	0	◆	◆			◆		◆	◆	
Naan Pizza Margherita *	650	28	11	0	57	1790	74	3	10	24	14	5	454	4	82	0	◆	◆			◆		◆	◆	
Naan Pizza Pepperoni *	671	32	14	0	69	1935	68	2	4	28	0	0	446	4	1	0	◆	◆			◆		◆	◆	
Naan Pizza Veggie *	629	24	11	0	53	1644	77	4	11	25	134	52	472	5	283	0	◆	◆			◆		◆	◆	
Seasoned Waffle Fries *	324	16	3	0	0	992	43	4	0	4	0	15	0	1	0	0							◆	◆	
Spinach Artichoke Dip	931	56	26	0	127	1769	84	3	1	38	32	20	223	7	41	0	◆						◆	◆	

Nutrition & Allergen Information



	NUTRITION															ALLERGENS								
	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber, total dietary (g)	Sugars, total (g)	Protein (g)	Vitamin A Äug	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Vitamin D Äug	Milk	Eggs	Fish	Shellfish	Tree Nuts	Peanuts	Wheat	Soybeans
CATERING																								
Bakers Dozen	7668	374	96	4	930	6318	958	20	501	86	5	1	765	37	4	0	◆	◆			◆	◆	◆	◆
Bakery Variety Pack	3410	169	51	4	359	2816	423	12	205	40	0	1	318	16	2	0	◆	◆			◆	◆	◆	◆
Cambro - 2.5 Gallon	4	0	0	0	0	388	30	0	30	1	0	0	293	0	220	0								
Cambro - 5 Gallon	9	0	0	0	0	776	59	0	59	1	0	0	586	0	440	0								
Cookies by the Dozen	4198	216	108	0	300	3118	552	24	228	48	0	0	480	17	0	0	◆	◆			◆	◆	◆	◆
Ghirardelli Brownie Box	11364	510	117	0	698	7567	1641	62	1215	85	300	0	114	69	259	4	◆	◆			◆	◆	◆	◆
Growler 64 oz	3	0	0	0	0	100	0	0	0	0	0	0	76	0	132	0								
Growler Refill	3	0	0	0	0	100	0	0	0	0	0	0	76	0	132	0								
Growlette 32 oz	1	0	0	0	0	50	0	0	0	0	0	0	38	0	66	0								
Growlette Refill	1	0	0	0	0	50	0	0	0	0	0	0	38	0	66	0								
Joe to Go - Hot Tea	1	0	0	0	0	115	0	0	0	0	0	0	86	0	20	0								
Joe to Go - Iced Tea	0	0	0	0	0	114	0	0	0	0	0	0	85	0	0	0								
Joe To Go Brewed Coffee	1	0	0	0	0	116	0	0	0	0	0	0	88	0	66	0								
Joe to Go Hot Chocolate	1839	41	24	2	155	1031	309	6	278	70	1065	4	2325	9	2712	23	◆							
Joe to Go Lemonade	400	0	0	0	0	85	100	0	91	0	0	171	64	0	0	0								
Meeting Hero	5906	287	74	4	724	4962	742	16	389	66	0	1	680	29	68	0								
Yogurt Parfait 6 Pack	2397	18	2	0	45	930	496	11	394	92	0	12	1139	7	0	0	◆	◆			◆	◆	◆	◆

Nutritional information provided on this site is based on representative values provided by suppliers, published resources, and analysis using industry specific software, applied to the standard recipes of Dunn Brothers Coffee. This information may be subject to change without notice to or from Dunn Brothers Coffee. Variations may occur from store to store and from one visit to the next, as items are prepared to order by hand. This may cause slight variations in serving size or content which may affect the nutrition value of each product.

Not all items are available at all stores.

* Items available only at The Eatery.

Dunn Brothers Coffee cannot guarantee that our beverages and food products are free of allergens, as we use shared equipment to prepare, store and serve them.