



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 Æug	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Vitamin D Æug	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)	727	46	23	0	295	1833	52	2	4	25	168	0	319	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	475	24	12	1	40	455	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	102	4	1	0	20	281	10	0	8	6	0	0	13	0	0	0									
<i>Select Cheese:</i>																									
Cheddar Cheese for Breakfast Sandwich	56	5	3	0	15	91	0	0	0	4	0	0	101	0	0	0	◆								
Muenster Cheese for Breakfast Sandwich	81	6	4	0	20	132	0	0	0	5	0	0	153	0	30	0	◆								
Swiss Cheese for Breakfast Sandwich	51	4	3	0	13	30	1	0	0	4	0	0	165	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	278	17	10	0	41	406	28	2	3	7	0	0	33	2	0	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	315	16	3	0	199	696	30	2	5	14	85	2	91	2	95	1	◆	◆					◆		
Belgian Waffle Trio	1106	54	30	2	117	730	145	3	103	10	204	0	168	3	41	1	◆	◆			◆		◆	◆	
Black Bean Grain Bowl *	586	37	9	0	387	1342	41	10	5	29	173	6	261	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	356	13	2	0	0	13	56	8	11	12	0	0	40	3	182	0					◆		◆		
Oatmeal - Original	212	4	1	0	0	2	41	0	1	8	0	0	2	2	182	0							◆		
Side Bacon	80	7	3	0	15	220	0	0	0	5	0	0	0	0	0	0									
Side Hash Browns*	120	6	1	0	0	270	15	1	0	1	0	0	0	0	0	0								◆	
Side Sausage Patty	178	17	6	0	30	277	1	0	0	6	0	0	0	0	0	0									
Side Turkey Bacon	102	4	1	0	20	281	10	0	8	6	0	0	13	0	0	0									
Side Waffle	238	12	6	1	20	228	29	1	15	3	0	0	20	<1	0	0	◆	◆			◆		◆	◆	
Triple Berry Toast	261	3	0	0	0	400	58	3	29	5	0	1	58	2	6	0	◆				◆		◆	◆	

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BAKERY																									
Apple Fritter	423	20	4	7	0	464	57	2	22	5	0	0	101	1	0	0	◆	◆						◆	◆
Bagel - Cinnamon Raisin	320	0	0	0	0	420	68	0	13	10	0	0	1	0	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	◆	◆							◆
Biscuit	274	12	8	0	0	853	35	1	3	6	0	0	20	2	0	0	◆							◆	
Brownie Bite	126	6	1	0	8	84	18	1	13	1	3	0	1	1	3	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 Custard Twist	266	11	7	0	0	63	35	0	15	0	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	◆	◆						◆	◆
Crispy Treat Housemade	552	11	7	0	30	398	105	0	45	5	0	35	0	17	54	8	◆							◆	
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	◆	◆						◆	◆
Peaches & Cream Strudel	400	8	8	0	5	330	50	1	18	5	0	4	0	8	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	◆	◆						◆	◆
SANDWICHES AND WRAPS																									
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Almond Chicken Salad Sandwich	609	21	1	0	71	1739	73	7	20	32	41	7	117	5	117	0	◆	◆			◆			◆	
Almond Chicken Salad Wrap	636	25	4	0	71	1392	72	8	19	32	41	7	262	5	117	0	◆	◆			◆			◆	◆
Avocado Grain Veggie Wrap	602	26	9	0	30	917	77	11	9	21	137	93	594	4	491	0	◆	◆			◆			◆	◆
Bacon Grilled Cheese Sandwich	782	46	20	0	107	1764	57	5	7	37	32	23	823	3	115	0	◆	◆						◆	
California Chicken Sandwich	694	24	7	0	118	1900	70	5	4	55	37	7	421	6	196	0	◆	◆						◆	◆
Chicken Caesar Wrap *	825	48	11	0	95	1670	56	7	6	49	371	3	477	5	210	0	◆							◆	◆
Chicken Naan*Wich *	766	31	14	0	109	2226	77	5	9	43	42	34	539	5	133	0	◆	◆			◆			◆	◆
Chicken Salad Croissant	593	28	9	0	110	1124	57	2	18	28	1	4	39	3	35	0	◆	◆						◆	
Cuban Sandwich *	789	31	12	0	135	2341	75	3	14	51	10	1	357	6	391	0	◆	◆						◆	
Egg Salad Sandwich	479	20	2	0	289	1215	57	5	8	17	43	7	118	5	100	0	◆	◆						◆	
French Dip Sandwich	709	20	9	0	79	1795	94	7	8	43	0	6	349	5	253	0	◆							◆	◆
Kids Grilled Cheese Sandwich	324	17	10	0	48	631	26	2	2	17	0	0	446	2	30	0	◆							◆	



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Kids Ham & Cheddar Sandwich	237	8	3	0	37	911	25	2	2	16	0	1	130	2	136	0	◆							◆
Kids Quesadilla	515	24	13	0	54	760	49	5	3	23	0	0	607	3	81	0	◆							◆
Kids Turkey & Swiss Sandwich	230	7	3	0	34	791	26	2	2	18	0	0	192	2	238	0	◆							◆
Rachel Sandwich	643	24	9	0	88	2110	71	11	6	41	0	0	597	3	488	0	◆	◆						◆
Reuben Sandwich	612	23	9	0	78	2255	70	11	6	33	0	0	426	4	220	0	◆	◆						◆
Sherwood Forest Ham Sandwich	559	15	8	0	76	2354	66	3	6	38	50	8	274	6	365	0	◆							◆
Sicilian Chicken Breast Sandwich	739	26	9	0	137	2122	70	3	5	56	65	24	376	6	174	0	◆	◆						◆ ◆
The Grand Sandwich	662	23	9	0	88	2089	70	3	3	40	43	4	282	6	237	0	◆	◆						◆
The Italian Sandwich	695	31	13	0	91	2424	67	3	4	39	50	7	386	6	229	0	◆	◆						◆ ◆
The Ultimate Club Sandwich	567	18	7	0	77	2199	65	3	4	40	50	7	340	5	467	0	◆	◆						◆
Tuna Melt Sandwich	649	26	9	0	83	1675	56	5	7	41	12	4	390	3	103	0	◆	◆	◆					◆
Turkey BLT Wrap	522	21	5	0	63	1664	52	6	5	34	43	7	228	3	571	0	◆	◆						◆
Turkey on Cranberry Wild Rice Bread	624	17	5	0	68	1802	80	3	15	38	40	10	339	6	557	0	◆	◆						◆ ◆
Tuscan Turkey Sandwich	559	17	6	0	74	2079	66	3	4	42	50	6	403	5	570	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	347	17	1	0	71	1002	25	4	17	24	118	18	87	3	257	0	◆	◆			◆			
Chicken Caesar Salad *	582	45	9	0	95	1310	10	2	3	41	371	3	279	2	211	0	◆							◆ ◆
Cranberry Walnut Salad *	665	34	7	0	103	1274	67	6	49	44	118	19	225	5	223	0	◆				◆			◆ ◆
Salad - Chef	429	27	14	0	295	1293	8	2	2	42	104	15	606	3	615	0	◆	◆						◆
Salad - Side	26	1	1	0	1	54	3	1	1	2	68	9	60	1	146	0	◆							◆
Salad - Chicken Salad Stuffed Tomato	362	18	2	0	71	871	28	3	17	23	37	30	50	3	187	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	◆	◆						
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	◆							
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								



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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	268	3	0	0	7	123	44	1	31	15	0	0	168	1	0	0	◆							◆
Hard Boiled Eggs	137	10	3	0	371	107	1	0	1	11	0	0	39	1	0	0		◆						
Kettle Chips BBQ	218	11	< 1	0	0	94	26	2	2	3	0	9	20	< 1	0	0								
Kettle Chips Maui Onion	218	11	< 1	0	0	94	26	2	2	3	0	9	20	< 1	0	0								
Kettle Chips Original	219	12	< 1	0	0	208	25	2	0	3	0	9	20	< 1	0	0								
Kettle Chips Salt & Vinegar	208	11	< 1	0	0	356	25	2	< 1	3	0	9	20	< 1	0	0								
KIND Snack Bar	200	15	3	0	0	140	16	7	5	6	0	0	52	0	140	0					◆	◆		◆
Lorissa Beef Jerky	80	2	1	0	20	330	6	0	6	9	0	0	0	78	0	0								◆
Orange	62	< 1	0	0	0	0	15	3	12	1	45	104	65	0	237	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	1057	56	25	0	148	1753	84	6	4	62	68	29	931	9	160	0	◆							◆
Chicken Sausage	410	16	13	0	139	1804	20	0	14	32	33	13	130	3	40	0	◆	◆						
Hummus Trio	1069	49	5	0	3	1306	140	12	38	31	24	16	255	11	29	0	◆							◆
Naan Pizza Chicken Pesto	734	31	12	0	100	2118	72	3	7	40	25	21	464	5	35	0	◆	◆			◆			◆
Naan Pizza Margherita	656	28	11	0	57	1803	75	3	10	25	14	6	456	4	82	0	◆	◆			◆			◆
Naan Pizza Pepperoni	686	33	14	0	76	2104	69	2	6	28	0	2	450	4	1	0	◆	◆			◆			◆
Naan Pizza Veggie	638	26	11	0	53	1838	75	4	10	26	134	54	476	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	◆							◆

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.