



# 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 D Æug	Calcium (mg)	Iron (mg)	Potassium (mg)	Milk	Eggs	Fish	Shellfish	Tree Nuts	Peanuts	Wheat	Soybeans	
<b>BREAKFAST</b>																							
<b>BUILD YOUR OWN BREAKFAST</b>																							
Egg Souffle for Sandwich or Omelette <i>(add grain, protein, cheese, veggies)</i>	146	12	6	0	260	97	1	-	1	9	2	47	1	105	◆	◆							
Breakfast Bowl (Base) <i>(add protein &amp; veggies)</i>	727	46	23	0	295	1833	52	2	4	25	2	319	3	107	◆	◆					◆	◆	
Breakfast Naan*Wich (Base) * <i>(add protein &amp; veggies)</i>	804	42	19	0	326	2050	71	4	7	35	2	562	5	117	◆	◆			◆		◆	◆	
<b>Select Grain (for Breakfast Sandwich):</b>																							
Bagel for Breakfast Sandwich	298	1	-	-	-	456	64	2	8	10	-	-	1	-								◆	◆
Biscuit for Breakfast Sandwich	274	12	8	-	-	853	35	1	3	6	-	20	2	-	◆							◆	
Burrito Wrap for Breakfast Sandwich	180	4	1	-	-	250	29	3	2	5	-	100	1	-								◆	
Croissant for Breakfast Sandwich	278	13	8	-	40	328	34	1	4	6	-	-	-	-	◆	◆						◆	
English Muffin for Breakfast Sandwich	129	1	-	-	-	219	26	2	1	4	-	80	1	-	◆							◆	◆
GF English Muffin for Breakfast Sandwich	180	1	-	-	-	500	37	-	7	4	-	100	1	-									
Waffle for Breakfast Sandwich	475	24	12	1	40	455	57	2	30	6	-	40	1	-	◆	◆			◆		◆	◆	
<b>Select Protein:</b>																							
Bacon for Breakfast Sandwich	80	7	3	0	15	220	0	0	0	5	0	0	0	0									
Beyond Meat for Breakfast Sandwich	122	8	3	0	0	186	3	<1	0	10	0	44	3	294									
Ham for Breakfast Sandwich	45	1	0	0	22	345	1	0	1	7	0	0	1	0									
Sausage for Breakfast Sandwich	178	17	6	0	30	277	1	0	0	6	0	0	0	0									
Turkey Bacon for Breakfast Sandwich	102	4	1	0	20	281	10	0	8	6	0	13	0	0									
<b>Select Cheese:</b>																							
Cheddar Cheese for Breakfast Sandwich	56	5	3	0	15	91	0	0	0	4	0	101	0	0	◆								
Brie for Breakfast Sandwich	111	9	5	0	25	172	0	0	0	7	0	53	0	46	◆								
Swiss Cheese for Breakfast Sandwich	51	4	3	0	13	30	1	0	0	4	0	165	0	0	◆								
<b>Select Add Ons:</b>																							
Avocado Add on	36	3	0	0	0	2	2	1	0	0	0	3	0	109									
Onion Add on	3	<1	<1	0	0	<1	1	<1	<1	<1	0	2	<1	11									
Roasted Pepper Add on	7	<1	<1	0	0	<1	1	<1	<1	<1	0	2	<1	53									
Spinach Add on	1	0	0	0	0	2	0	0	0	0	0	3	0	17									
Tomato Add on	2	0	0	0	0	1	0	0	0	0	0	1	0	26									
Salsa Cup	19	0	0	0	0	435	4	2	2	0	0	0	0	0									
Side of Multigrain Toast (served with Omelette)	136	2	0	0	0	378	25	2	2	4	0	27	2	0								◆	
<b>FEATURED OFFERINGS</b>																							
Acai Bowl	373	5	1	0	-	116	87	5	59	4	-	45	2	419					◆				◆
Avocado Bacon & Egg Toast	365	22	5	0	194	447	30	5	3	16	1	61	3	288	◆	◆						◆	◆
Avocado Toast	289	15	3	0	186	308	29	5	2	13	1	63	3	342	◆	◆						◆	◆
Bacon Tomato & Egg Toast	311	16	3	0	199	542	28	2	4	16	1	90	3	95	◆	◆						◆	
Belgian Waffle Trio	1106	54	30	2	117	730	145	3	103	10	1	168	3	41	◆	◆			◆		◆	◆	
Umpqua Oats Apple Cranberry	260	3	1	0	0	210	48	5	13	9	0	57	2	496									
Umpqua Oats Fruit & Nut	296	6	1	0	0	232	51	6	14	11	0	70	2	537					◆				
Umpqua Oats Maple Pecan	281	7	1	0	0	251	44	5	11	9	0	56	2	462					◆				
Umpqua Oats Vanilla Almond	309	10	1	0	0	175	45	5	12	10	0	86	2	483					◆				
Side Bacon	80	7	3	0	15	220	0	0	0	5	0	0	0	0									
Side Hash Browns*	120	6	1	0	0	270	15	1	0	1	0	0	0	0									◆
Side Sausage Patty	178	17	6	0	30	277	1	0	0	6	0	0	0	0									
Side Turkey Bacon	102	4	1	0	20	281	10	0	8	6	0	13	0	0									
Side Waffle	238	12	6	1	20	228	29	1	15	3	0	20	<1	0	◆	◆			◆		◆	◆	

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<b>BAKERY</b>																							
Apple Fritter	423	20	4	7	0	464	57	2	22	5	0	101	1	0	◆	◆						◆	◆
Apple Pie Donut	520	20	10	0	4	399	78	2	37	7	0	34	2	124	◆	◆			◆	◆	◆	◆	◆
Bagel - Cinnamon Raisin	320	0	0	0	0	420	68	0	13	10	0	1	0	0								◆	◆
Bagel - Everything	318	2	0	0	0	873	64	2	8	10	0	0	1	0								◆	◆
Bagel - Plain	298	1	0	0	0	456	64	2	8	10	0	0	1	0								◆	◆
Biscuit	274	12	8	0	0	853	35	1	3	6	0	20	2	0	◆							◆	
Brownie Bite	126	6	1	0	8	84	18	1	13	1	0	1	1	3	◆	◆						◆	◆
Brownie Ghirardelli Chocolate	568	25	6	0	35	378	82	3	61	4	0	6	3	13	◆	◆						◆	◆
Butter Croissant	278	13	8	0	40	328	34	1	4	6	0	0	0	0	◆	◆						◆	
Chocolate Lava Donut	516	23	12	0	19	506	72	2	47	5	0	22	3	274	◆	◆						◆	◆
Cinnamon Coffee Cake	507	23	6	0	80	347	69	1	48	5	0	94	3	0	◆	◆						◆	◆
Cinnamon Roll	806	33	10	0	34	1237	89	4	69	12	0	140	4	142	◆	◆						◆	◆
Cinnamon Twist	506	33	17	1	15	362	48	2	5	5	0	44	3	1	◆	◆						◆	◆
Cookie Chocolate Chunk	390	21	8	0	20	280	48	2	28	4	0	22	3	121	◆	◆						◆	◆
Cookie Dark Chocolate Oatmeal	500	33	20	0	95	170	48	3	27	6	0	26	13	65	◆	◆						◆	
Cookie Macadamia Nut White Choc Chip	401	22	9	0	20	240	48	1	28	5	0	45	2	78	◆	◆			◆			◆	◆
Crispy Treat Housemade	552	11	7	0	30	398	105	0	45	5	8	0	17	54	◆								◆
Croissant Almond	374	36	9	0	61	279	39	0	396	6	0	40	1	0	◆	◆			◆			◆	◆
Croissant Chocolate Avalanche	466	26	15	0	61	354	52	2	26	8	0	81	3	0	◆	◆						◆	◆
Croissant Strawberry Cream Cheese	327	15	10	0	45	377	43	1	18	5	0	20	2	0	◆	◆						◆	◆
Danish Lemon Creme Fan	330	19	7	0	27	245	33	3	14	5	0	43	1	0	◆	◆			◆			◆	
Muffin Blueberry	588	21	3	0	75	491	91	-	55	7	0	87	2	95	◆	◆						◆	
Muffin Double Chocolate	610	26	7	0	41	800	85	2	54	7	0	86	3	274	◆	◆						◆	◆
Muffin Lemon Poppyseed	600	26	5	0	85	549	83	2	46	7	0	142	2	112	◆	◆						◆	
Muffin Pistachio	590	24	5	0	85	561	85	2	47	7	0	98	2	91	◆	◆						◆	
Scone Apple Cinnamon	433	23	11	0	11	301	53	1	29	5	0	53	1	1	◆	◆						◆	◆
Scone Blueberry	424	21	10	0	11	331	53	1	24	5	0	53	2	1	◆	◆						◆	
Scone Raspberry White Chocolate	453	23	11	0	11	331	56	1	29	6	0	80	1	1	◆	◆						◆	◆
<b>SANDWICHES AND WRAPS</b>																							
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Almond Chicken Salad Sandwich	602	22	1	-	71	1087	70	7	18	36	-	115	6	116	◆	◆			◆			◆	
Almond Chicken Salad Wrap	636	25	4	-	71	1047	72	8	19	32	-	262	5	116	◆	◆			◆			◆	◆
Avocado Grain Veggie Wrap	585	26	9	-	30	717	71	10	9	21	-	594	4	476	◆	◆			◆			◆	◆
Bacon Grilled Cheese Sandwich	855	53	22	-	120	1515	57	5	6	46	-	921	4	148	◆	◆						◆	
California Chicken Sandwich	694	24	7	-	118	1358	70	5	4	55	-	421	6	196	◆	◆						◆	◆
Chicken Salad Croissant	593	28	9	0	110	1124	57	2	18	28	0	39	3	35	◆	◆						◆	
Cuban Sandwich *	789	31	12	0	135	2341	75	3	14	51	0	357	6	391	◆	◆						◆	
Kids Grilled Cheese Sandwich	295	16	8	-	40	432	24	2	1	17	-	319	2	23	◆							◆	
Kids Ham & Cheddar Sandwich	233	9	3	-	37	757	24	2	1	18	-	129	2	136	◆							◆	
Kids Turkey & Swiss Sandwich	226	8	3	-	34	638	24	2	1	20	-	191	2	238	◆							◆	
Rachel Sandwich	643	24	9	-	88	2055	71	11	6	41	-	597	3	488	◆	◆						◆	
Sherwood Forest Ham Sandwich	559	15	8	-	76	1813	66	3	6	38	-	273	6	364	◆							◆	
The Italian Sandwich	709	31	13	-	91	1884	70	4	5	40	-	390	6	335	◆	◆						◆	◆
The Ultimate Club Sandwich	647	25	9	-	92	1878	65	3	4	45	-	340	5	467	◆	◆						◆	
Tuna Melt Sandwich	649	26	9	0	83	1675	56	5	7	41	0	390	3	103	◆	◆	◆					◆	
Turkey BLT Wrap	522	21	5	-	63	1516	52	6	5	34	-	228	3	571	◆	◆						◆	
Turkey on Cranberry Wild Rice Bread	624	17	5	0	68	1802	80	3	15	38	0	339	6	557	◆	◆						◆	◆

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Tuscan Turkey Sandwich	559	17	6	-	74	1537	66	3	4	42	-	402	5	569	◆	◆						◆	
Gluten Free Bread for Sandwiches	228	6	0	0	0	436	37	0	4	5	0	40	0	0	◆								
<b>SALADS</b>																							
Almond Chicken Salad - Salad	347	17	1	0	71	1002	25	4	17	24	0	87	3	257	◆	◆			◆				
Salad - Chef	429	27	14	0	295	1293	8	2	2	42	0	606	3	615	◆	◆						◆	
Salad - Side	26	1	1	0	1	54	3	1	1	2	0	60	1	146	◆							◆	
Dressing Bleu Cheese	213	22	4	0	15	466	2	0	1	0	0	0	0	0	◆	◆							
Dressing Caesar	172	18	3	0	0	385	1	0	0	0	0	0	0	0	◆	◆							
Dressing Creamy French	182	15	3	0	5	455	12	0	5	0	0	0	0	0	◆								
Dressing Italian	102	9	1	0	0	422	5	0	5	0	0	6	0	36	◆								
Dressing Lite French	56	0	0	0	0	363	14	1	7	0	0	2	0	36									◆
Dressing Ranch	172	17	3	0	15	354	3	0	2	0	0	0	0	0	◆	◆							
<b>SOUP</b>																							
Soup Baked Potato 10 oz	288	17	11	0	57	754	25	3	3	6	-	100	0	5	◆							◆	
Soup Broccoli Cheese 10 oz	299	20	11	0	68	901	16	3	3	12	-	250	0	5	◆							◆	
Soup Chicken Noodle 10 oz	137	3	0	0	31	879	16	0	3	9	-	26	0	5		◆						◆	
Soup Chicken Wild Rice 10 oz	339	20	11	0	94	1026	22	3	6	12	-	74	0	5	◆							◆	
Soup Creamy Tomato 10 oz	361	29	14	0	82	777	25	0	20	3	-	100	0	5	◆								
<b>GRAB N GO</b>																							
Apple	95	0	0	0	0	2	25	4	19	0	0	11	0	195									
Banana	101	0	0	0	0	1	26	3	14	1	0	6	0	406									
Biscotti - Almond	132	5	1	0	20	51	19	1	10	3	0	26	<1	0	◆	◆			◆		◆		
Biscotti - Chocolate Dipped	160	7	3	0	20	55	23	1	13	3	0	26	1	0	◆	◆			◆		◆	◆	
BT McGrath Changemaker Bar	200	17	10	0	5	35	19	4	11	3	0	0	0	0	◆								
Candy Chocolate Lindor (3 pieces)	220	17	12	0	5	35	16	1	14	2	0	0	0	0	◆	◆			◆			◆	
Chobani Greek Yogurt - Peach	120	0	0	0	5	60	19	0	15	12	0	150	0	0	◆								
Chobani Greek Yogurt-Blueberry	130	0	0	0	5	60	19	0	15	12	0	150	0	0	◆								
Chobani Greek Yogurt-Strawberry	120	0	0	0	5	60	19	0	15	12	0	150	0	0	◆								
Cream Cheese Packet	73	7	4	0	20	118	1	0	1	1	0	41	0	0	◆								
Crispy Bar Marshmallow	140	3	2	0	10	90	27	0	12	1	0	3	3	15	◆								
Crispy Bar Peanut Butter	240	10	4	0	0	115	34	2	23	4	0	0	3	0						◆			
DBC Dark Chocolate Coffee Beans	308	17	9	0	7	14	34	4	24	4	0	57	2	195	◆	◆			◆	◆	◆	◆	
Fruit Cup - Mixed Fruit	120	0	0	0	0	5	34	3	23	1	50	0	0	4									
Fruit Cup - Red Grapes	137	0	0	0	0	4	36	2	31	1	0	20	1	379									
Gluten Free Bar Chocolate Peanut Butter	293	12	4	0	0	91	34	5	21	15	0	12	2	0					◆	◆			
Gluten Free Bar Cranberry Toasted Almond	274	12	1	0	0	134	33	5	22	15	0	24	3	0					◆				
Gluten Free Bar Oatmeal Raisin	268	9	1	0	0	146	35	5	22	15	0	12	2	0									
Granola Berry Parfait	268	3	0	0	7	123	44	1	31	15	0	168	1	0	◆								◆
Hard Boiled Eggs	137	10	3	0	371	107	1	0	1	11	0	39	1	0		◆							
Kettle Chips BBQ	218	11	<1	0	0	94	26	2	2	3	0	20	<1	0									
Kettle Chips Maui Onion	218	11	<1	0	0	94	26	2	2	3	0	20	<1	0									
Kettle Chips Original	219	12	<1	0	0	208	25	2	0	3	0	20	<1	0									
Kettle Chips Salt & Vinegar	208	11	<1	0	0	356	25	2	<1	3	0	20	<1	0									
KIND Snack Bar	200	15	3	0	0	140	16	7	5	6	0	52	0	140					◆	◆			◆
Lorissa Beef Jerky	80	2	1	0	20	330	6	0	6	9	0	0	78	0									◆
Nature Valley Granola Bar	190	7	1	0	0	140	29	2	11	3	0	0	1	0									
Orange	62	<1	0	0	0	0	15	3	12	1	0	65	0	237									
Sabra Hummus Cup w/pretzels, Roasted Red Pepper	323	23	5	0	0	578	18	5	0	9	0	92	3	0								◆	



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Sabra Humus Cup w/pretzels, Original	323	23	5	0	0	601	18	5	0	9	0	92	3	0								◆	
Sabra Humus Cup w/pretzels, Roasted Garlic	323	23	5	0	0	601	23	5	0	9	0	92	3	0								◆	
Sahale Honey Almonds Glazed Mix	160	12	1	0	0	150	11	3	6	5	0	60	1	0					◆				
Sahale Pomegranite Cashews	160	11	2	0	0	85	13	1	6	4	0	0	2	0					◆				
Skinny Pop	150	10	1	0	0	780	15	3	0	2	0	0	1	0									
String Cheese	81	5	3	0	15	192	1	0	1	7	0	202	0	0	◆								
Trail Mix	849	60	15	0	0	400	70	10	50	25	0	99	5	0	◆	◆			◆	◆	◆	◆	◆
<b>SMALL PLATES</b>																							
Chicken Quesadilla	1057	56	25	0	148	1753	84	6	4	62	0	931	9	160	◆							◆	◆
Hummus Trio	1069	49	5	0	3	1306	140	12	38	31	0	255	11	29	◆							◆	◆
Naan Pizza Chicken Pesto	734	31	12	0	100	2118	72	3	7	40	0	464	5	35	◆	◆			◆			◆	◆
Naan Pizza Margherita	656	28	11	0	57	1803	75	3	10	25	0	456	4	82	◆	◆			◆			◆	◆
Naan Pizza Pepperoni	686	33	14	0	76	2104	69	2	6	28	0	450	4	1	◆	◆			◆			◆	◆
Naan Pizza Veggie	638	26	11	0	53	1838	75	4	10	26	0	476	5	283	◆	◆			◆			◆	◆
Seasoned Waffle Fries *	324	16	3	0	0	992	43	4	0	4	0	0	1	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.