



# 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>	734	47	23	<1	295	1559	53	2	4	25	2	320	3	107	◆	◆						◆	◆
Breakfast Naan'Wich (Base) * <i>(add protein &amp; veggies)</i>	753	42	19	<1	315	1553	58	4	7	34	2	554	5	114	◆	◆			◆			◆	◆
<i>Select Grain (for Breakfast Sandwich):</i>																							
Bagel for Breakfast Sandwich	298	1	-	-	-	456	64	2	8	10	-	-	1	-								◆	◆
Biscuit for Breakfast Sandwich	281	12	8	-	-	874	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	-	◆	◆			◆			◆	◆
<i>Select Protein:</i>																							
Bacon for Breakfast Sandwich	85	7	3	0	16	233	0	0	0	5	0	0	0	0									
Beyond Sausage for Breakfast Sandwich	230	15	5	0	0	350	5	2	0	18	0	83	5	553									
Ham for Breakfast Sandwich	45	2	<1	0	22	441	<1	0	0	8	0	2	<1	136									
Sausage for Breakfast Sandwich	178	17	6	0	30	277	1	0	0	6	0	0	0	0									
<i>Select Cheese:</i>																							
Cheddar Cheese for Breakfast Sandwich	56	5	3	0	15	91	0	0	0	4	0	101	0	0	◆								
Swiss Cheese for Breakfast Sandwich	51	4	3	0	13	30	1	0	0	4	0	165	0	0	◆								
<i>Select Add Ons:</i>																							
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									
<b>MENU BREAKFAST SANDWICHES</b>																							
Sausage & Cheddar Biscuit	654	46	23	<1	305	1318	36	1	4	24	2	168	3	105	◆	◆						◆	
Bacon & Cheddar Burrito	320	16	7	0	31	574	29	3	2	14	0	201	1	0	◆							◆	
Turkey Sausage & Swiss English Muffin	405	21	9	<1	303	662	28	2	2	25	2	291	3	105	◆	◆						◆	◆
Philly Cheesesteak Burrito	493	26	13	<1	300	722	35	3	4	29	2	305	3	140	◆	◆						◆	◆
Ham & Swiss Croissant	404	21	11	0	74	790	37	1	3	19	0	186	2	136	◆							◆	
<b>FEATURED OFFERINGS</b>																							
Acai Bowl	366	4	<1	0	-	115	86	5	59	4	0	36	1	413					◆				◆
Avocado Bacon & Egg Toast	367	22	5	0	194	454	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	314	16	3	0	199	549	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	◆	◆			◆			◆	◆
Sausage Cheddar Biscuit	654	46	23	0	305	1318	36	1	4	24	2	168	3	105	◆	◆						◆	
Turkey Sausage & Swiss English Muffin	405	21	9	0	303	662	28	2	2	25	2	291	3	105	◆	◆						◆	◆
Bacon & Cheddar Burrito	320	16	7	0	31	574	29	3	2	14	0	201	1	0	◆							◆	
Ham & Swiss Croissant	376	21	12	0	79	792	30	0	4	18	0	188	2	202	◆	◆						◆	◆
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 Beyond Sausage	230	15	5	0	0	350	5	2	0	18	0	83	5	553									
Side Hash Browns*	120	6	1	0	0	270	15	1	0	1	0	0	0	0									◆
Side of Multigrain Toast (served with Omelette)	133	3	0	0	0	225	23	2	1	6	0	26	2	0								◆	
Side Sausage Patty	178	17	6	0	30	277	1	0	0	6	0	0	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	◆	◆						◆	◆
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	281	12	8	-	-	874	35	1	3	6	-	20	2	-	◆							◆	
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	280	15	9	0	45	320	29	0	4	6	0	22	2	66	◆	◆						◆	
Cinnamon Coffee Cake	507	23	6	0	80	347	69	1	48	5	0	94	3	0	◆	◆						◆	◆
Cinnamon Roll	801	33	10	0	34	1234	88	4	68	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	400	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	0	6	0	40	1	0	◆	◆			◆			◆	◆
Croissant Chocolate Avalanche	555	31	18	0	72	423	62	2	31	10	0	97	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	◆	◆			◆			◆	
Donut Frosted w/Butterfinger Bits	435	17	8	<1	13	292	65	2	38	5	34	2	105	<1	◆	◆				◆		◆	◆
Donut Frosted w/Sprinkles	398	16	7	<1	13	262	60	1	35	4	22	2	75	<1	◆	◆						◆	◆
GF Devils Food Donut	220	9	4	0	20	250	29	2	17	3	0	25	2	135		◆							
GF Old Fashioned Donut	200	8	3	0	0	290	30	1	17	2	0	22	0	16		◆							
Muffin Blueberry	635	23	4	0	82	533	98	0	59	7	0	94	2	103	◆	◆						◆	
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	750	40	7	0	120	533	86	0	47	9	1	127	1	138	◆	◆						◆	
Scone Apple Cinnamon	433	23	11	0	11	301	53	1	29	5	0	53	1	1	◆	◆						◆	◆
Scone Blueberry	433	23	11	0	11	301	53	1	29	5	0	53	1	1	◆	◆						◆	
Scone Raspberry White Chocolate	433	23	11	0	11	301	53	1	29	5	0	53	1	1	◆	◆						◆	◆
<b>SANDWICHES AND WRAPS</b>																							
<b>SANDWICHES AND WRAPS</b>																							
Almond Chicken Salad Sandwich	602	22	1	-	71	1087	70	7	18	36	-	115	6	116	◆	◆			◆			◆	
Almond Chicken Salad Wrap	653	25	4	0	78	745	71	8	19	35	0	260	5	310	◆	◆			◆			◆	◆
Avocado Grain Veggie Wrap	585	26	9	-	30	717	71	10	9	21	-	594	4	476	◆	◆			◆			◆	◆
Bacon Grilled Cheese Sandwich	860	53	22	0	121	1529	57	5	6	46	0	921	4	147	◆	◆						◆	
California Chicken Sandwich	719	24	7	0	129	906	68	5	4	59	0	417	6	486	◆	◆						◆	◆
Chicken Naan*Wich*	698	30	14	0	103	1645	61	5	8	44	<1	518	4	218	◆	◆			◆			◆	◆
Chicken Salad Croissant	581	28	10	0	122	627	48	1	19	30	0	39	3	295	◆	◆						◆	
Cuban Sandwich *	774	30	11	0	130	1910	76	3	13	50	0	318	6	360	◆	◆						◆	
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	230	7	3	0	31	583	25	2	3	20	<1	194	2	90	◆							◆	
Philly Cheesesteak Wrap	633	28	13	0	79	39	5	516	6	58	4	5	1160	0	◆							◆	◆
Rachel Sandwich	641	23	9	0	83	1663	72	10	9	40	<1	603	4	191	◆	◆						◆	
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	656	25	9	-	90	1837	66	3	5	45	<1	343	6	319	◆	◆						◆	
Tuna Melt Sandwich	751	42	12	0	76	1333	56	5	5	35	1	401	5	490	◆	◆	◆					◆	
Turkey BLT Wrap	534	21	6	<1	59	1421	55	6	8	34	<1	235	4	274	◆	◆						◆	
Turkey on Cranberry Wild Rice Bread	624	17	5	0	68	1802	80	3	15	38	0	339	6	557	◆	◆						◆	◆
Tuscan Turkey Sandwich	567	16	6	0	68	1428	69	4	7	42	<1	409	6	273	◆	◆						◆	
Gluten Free Bread for Sandwiches	228	6	0	0	0	436	37	0	4	5	0	40	0	0		◆							
<b>SALADS</b>																							



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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 D Âµg	Calcium (mg)	Iron (mg)	Potassium (mg)	Milk	Eggs	Fish	Shellfish	Tree Nuts	Peanuts	Wheat	Soybeans	
Almond Chicken Salad on Greens	364	17	1	0	78	356	24	4	17	27	0	84	3	451	◆	◆			◆				
Salad - Chef	426	28	15	<1	290	1214	5	1	2	41	<1	595	3	344	◆	◆					◆		
Salad - Side	26	1	<1	0	2	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 Beer Cheese 10 oz	288	17	11	0	57	1576	19	0	6	12	0	301	0	180									
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 Tortilla 10 oz	225	12	3	0	31	1052	22	3	3	12	0	137	0	379	◆								
Soup Chicken Wild Rice 10 oz	339	20	11	0	94	1026	22	3	6	12	-	74	0	5	◆							◆	
Soup Clam Chowder 10 oz	219	9	3	0	11	1035	28	0	6	6	0	105	0	328	◆		◆	◆				◆	◆
Soup Corn Chowder 10 oz	262	12	6	0	43	1202	31	3	9	6	0	125	0	5	◆							◆	
Soup Italian Wedding 10 oz	163	6	3	0	31	916	16	0	3	9	0	52	0	203	◆	◆						◆	
Soup Tomato Bisque 10 oz	237	14	9	0	37	728	25	3	11	3	0	74	0	467	◆								
<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	130	4	2	0	30	120	23	0	12	2	0	0	1	0	◆	◆			◆		◆		
Biscotti - Chocolate Dipped	170	6	3	0	30	120	27	<1	14	3	<1	26	0	94	◆	◆			◆		◆	◆	
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-Strawbry	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							◆		
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	200	11	2	0	0	200	23	2	3	3	0	20	<1	500	◆								
Kettle Chips Jalapeno	200	11	2	0	0	170	23	2	2	3	0	10	<1	500	◆								
Kettle Chips Original	210	12	2	0	0	125	23	2	1	3	0	10	<1	520									
Kettle Chips Salt & Vinegar	200	11	2	0	0	240	23	2	2	3	0	10	<1	490	◆								
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									◆
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	◆	◆			◆	◆	◆	◆	◆

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<b>SMALL PLATES</b>																							
Chicken Quesadilla*	920	49	25	0	158	1694	61	8	7	58	0	1031	4	319	◆							◆	◆
Naan Pizza Chicken Pesto	706	33	12	0	91	1342	59	4	7	42	0	469	4	266	◆	◆			◆			◆	◆
Naan Pizza Margherita	606	30	11	0	43	1253	61	3	9	24	0	459	4	96	◆	◆			◆			◆	◆
Naan Pizza Pepperoni	629	33	14	0	65	1476	55	2	5	28	0	441	4	29	◆	◆			◆			◆	◆
Naan Pizza Veggie	598	26	11	0	42	1211	66	6	11	26	0	475	5	456	◆	◆			◆			◆	◆
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.