

# 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 <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>                         |           |               |                   |               |                  |             |                  |                          |                   |             |               |              |           |                |           |      |      |           |           |         |       |          |   |
| 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         | -              |           |      |      |           |           |         |       |          |   |
| <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              | ◆         |      |      |           |           |         |       | ◆        |   |
| Chicken Sausage & Swiss English Muffin                                | 417       | 22            | 10                | 0             | 308              | 597         | 28               | 2                        | 2                 | 26          | 2             | 305          | 3         | 285            | ◆         | ◆    |      |           |           |         |       | ◆        | ◆ |
| 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>   |           |               |                   |               |                  |             |                  |                          |                   |             |               |              |           |                |           |      |      |           |           |         |       |          |   |
| Avocado Bacon & Egg Toast   | 367       | 22            | 5                 | 0             | 194              | 454         | 30               | 5                        | 3                 | 16          | 1             | 61           | 3         | 288            | ◆         | ◆    |      |           |           |         |       | ◆        | ◆ |
| Bacon Tomato & Egg Toast  | 314       | 16            | 3                 | 0             | 199              | 549         | 28               | 2                        | 4                 | 16          | 1             | 90           | 3         | 95             | ◆         | ◆    |      |           |           |         |       | ◆        |   |
| Sausage Cheddar Biscuit   | 654       | 46            | 23                | 0             | 305              | 1318        | 36               | 1                        | 4                 | 24          | 2             | 168          | 3         | 105            | ◆         | ◆    |      |           |           |         |       | ◆        |   |
| Chicken Sausage & Swiss English Muffin                                | 417       | 22            | 10                | 0             | 308              | 597         | 28               | 2                        | 2                 | 26          | 2             | 305          | 3         | 285            | ◆         | ◆    |      |           |           |         |       | ◆        | ◆ |
| 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            | ◆         | ◆    |      |           |           |         |       | ◆        | ◆ |
| 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              |           |      |      |           |           |         |       |          |   |

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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 $\mu$ g | Calcium (mg) | Iron (mg) | Potassium (mg) | Milk | Eggs | Fish | Shellfish | Tree Nuts | Peanuts | Wheat | Soybeans |
| <b>BAKERY</b>                            |           |               |                   |               |                  |             |                  |                          |                   |             |                   |              |           |                |      |      |      |           |           |         |       |          |
| Biscuit                                  | 281       | 12            | 8                 | -             | -                | 874         | 35               | 1                        | 3                 | 6           | -                 | 20           | 2         | -              | ◆    |      |      |           |           |         |       | ◆        |
| 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              | ◆    | ◆    |      |           |           |         |       | ◆ ◆      |
| Cookie Chocolate Chunk                   | 390       | 21            | 8                 | 0             | 20               | 280         | 48               | 2                        | 28                | 4           | 0                 | 22           | 3         | 121            | ◆    | ◆    |      |           |           |         |       | ◆ ◆      |
| Crispy Treat Housemade                   | 552       | 11            | 7                 | 0             | 30               | 398         | 105              | 0                        | 45                | 5           | 8                 | 0            | 17        | 54             | ◆    |      |      |           |           |         |       | ◆        |
| 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              | ◆    | ◆    |      |           |           |         |       | ◆ ◆      |
| Muffin Blueberry                         | 637       | 29            | 5                 | <1            | 84               | 510         | 85               | 1                        | 50                | 7           | <1                | 29           | 4         | 92             | ◆    | ◆    |      |           |           |         |       | ◆        |
| Muffin Double Chocolate                  | 656       | 37            | 8                 | <1            | 89               | 662         | 77               | 4                        | 43                | 8           | <1                | 58           | 7         | 383            | ◆    | ◆    |      |           |           |         |       | ◆ ◆      |
| Muffin Lemon Poppyseed                   | 647       | 34            | 6                 | <1            | 93               | 575         | 78               | 1                        | 41                | 7           | <1                | 82           | 4         | 116            | ◆    | ◆    |      |           |           |         |       | ◆        |
| Muffin Pistachio                         | 669       | 37            | 7                 | <1            | 95               | 577         | 77               | 1                        | 41                | 8           | <1                | 36           | 4         | 113            | ◆    | ◆    |      | ◆         |           |         |       | ◆        |
| 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>              |           |               |                   |               |                  |             |                  |                          |                   |             |                   |              |           |                |      |      |      |           |           |         |       |          |
| 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            | ◆    | ◆    |      |           |           |         |       | ◆ ◆      |
| Philly Cheesesteak Wrap                  | 633       | 28            | 13                | 0             | 79               | 39          | 5                | 516                      | 6                 | 58          | 4                 | 5            | 1160      | 0              | ◆    |      |      |           |           |         |       | ◆ ◆      |
| The Ultimate Club Sandwich               | 656       | 25            | 9                 | -             | 90               | 1837        | 66               | 3                        | 5                 | 45          | <1                | 343          | 6         | 319            | ◆    | ◆    |      |           |           |         |       | ◆        |
| 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>SOUP</b>                              |           |               |                   |               |                  |             |                  |                          |                   |             |                   |              |           |                |      |      |      |           |           |         |       |          |
| Soup Chicken Wild Rice 10 oz             | 339       | 20            | 11                | 0             | 94               | 1026        | 22               | 3                        | 6                 | 12          | -                 | 74           | 0         | 5              | ◆    |      |      |           |           |         |       | ◆        |
| Chili                                    | 423       | 23            | 8                 | <1            | 64               | 644         | 28               | 8                        | 5                 | 26          | 0                 | <1           | <1        | 5              |      |      |      |           |           |         |       |          |
| 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            |      |      |      |           |           |         |       |          |

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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 Æug | Calcium (mg) | Iron (mg) | Potassium (mg) | Milk | Eggs | Fish | Shellfish | Tree Nuts | Peanuts | Wheat | Soybeans |   |
| 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              | ◆    | ◆    |      |           | ◆         | ◆       | ◆     | ◆        | ◆ |
| <b>SMALL PLATES</b>                             |           |               |                   |               |                  |             |                  |                          |                   |             |               |              |           |                |      |      |      |           |           |         |       |          |   |
| Naan Pizza Margherita                           | 540       | 24            | 11                | 0             | 42               | 1131        | 56               | 3                        | 6                 | 24          | 0             | 443          | 3.54      | 96             | ◆    | ◆    |      |           | ◆         |         | ◆     | ◆        | ◆ |
| Naan Pizza Pepperoni                            | 629       | 33            | 14                | 0             | 65               | 1476        | 55               | 2                        | 5                 | 28          | 0             | 441          | 3.69      | 29             | ◆    | ◆    |      |           | ◆         |         | ◆     | ◆        | ◆ |

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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.