

The Market										Fall 2020
Café Smoothies	Serving Size	Calories(g)	Fat(g)	Carbs(g)	Fiber(g)	Protein(g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
<b>Healthy Smoothies</b>										
O Peach Please	1 Serving	182	0	37.1	2.4	8.5		✓	✓	Milk
The Big Green	1 Serving	312	0.2	74.2	4.5	3.3	✓	✓	✓	
Vincent Man-go	1 Serving	329	3.7	69.3	0.9	4.5		✓	✓	Milk, Whey
Strawberry Bananza	1 Serving	361	3	77.4	2.5	6		✓	✓	Milk, Whey
Berry Berry Good	1 Serving	422	4	92	2.5	4.5		✓	✓	Milk, Whey
Pina Colada	1 Serving	267	4	56.4	3	1.4	✓	✓	✓	Coconut Milk Only
Very Raspberry	1 Serving	367	3.4	79.8	3.7	4.4				Milk, Whey
Raspberry Banana	1 Serving	423	3.4	92.8	5.2	5.3				Milk, Whey
<b>Coffee Smoothies</b>										
Dark Chocolate Mocha	1 Serving	565	21	88	0	6		✓		Milk, Soy,Whey
White Chocolate Mocha	1 Serving	565	21	88	0	6		✓		Milk, Soy,Whey
Day Break Cafe Coffee	Serving Size	Calories(g)	Fat(g)	Carbs(g)	Fiber(g)	Protein(g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Cappuccino with 2% Milk	Regular	83	2.5	9.2	0	4		✓	✓	Milk
	Large	164	4.8	18.3	0	12		✓	✓	Milk
Café Latte with 2% Milk	Regular	83	2.5	9.2	0	6		✓	✓	Milk
	Large	164	4.8	18.3	0	12		✓	✓	Milk
Café Mocha with 2% Milk	Regular	215	2.5	42	0	6		✓	✓	Milk
	Large	301	4.8	48.5	0	16		✓	✓	
Hot Chocolate	Regular	166	6	18	0	10		✓	✓	Milk
	Large	268	12	24	0	16		✓	✓	Milk
<b>Add Ins</b>										
Coffee Espresso (Plain)	16oz	10	1	0	0	0	✓	✓	✓	
White Chocolate	16oz	440	11	84	0	5		✓	✓	Milk,Soy
Mocha	16oz	300	11	48	0	5		✓	✓	Milk,Soy
Espresso Shot	1 shot	4	0	1	0	0	✓	✓	✓	
Espresso Double Shot	2 shots	8	0	2	0	0	✓	✓	✓	
Whipped Topping	1oz.	100	8	8	0	0		✓	✓	Milk
Milk Choice	Serving Size	Calories(g)	Fat(g)	Carbs(g)	Fiber(g)	Protein(g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
2% Milk	1 Cup/8oz	120	5	11	0	8		✓	✓	Milk
Chocolate Milk Chug	1 Cup/8oz	220	8	29	0	8		✓	✓	Milk, KOSHER
Coconut Milk	1 Cup/8oz	413	45	1	0	1	✓	✓	✓	
Almond Vanilla Milk	1 Cup/8oz	140	3	20	0	8	✓	✓	✓	Nut Milk
Lactose Free Milk (Market Store)		90	0	13	0	9		✓	✓	Milk
Add a Scoop™	Serving Size	Calories(g)	Fat(g)	Carbs(g)	Fiber(g)	Protein(g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Energy	1 scoop	20	0	5	0	0	✓	✓	✓	Kosher/Halal
Green Blend	1 scoop	15	0	3	3	3	✓	✓		Wheat, Kosher/Halal
Immune Support	1 scoop	15	0	4	0	0	✓	✓	✓	Kosher/Halal
Matcha Green Tea	1 scoop	30	0	7	0	0	✓	✓	✓	Kosher/Halal
Trim & Fit	1 scoop	20	0	5	0	0	✓	✓	✓	Kosher/Halal
Whey Protein	1 scoop	45	0	0	0	10		✓	✓	Kosher/Halal
<b>Desserts</b>										
White Chocolate Macadamia	2oz	260	13	33	1	3		✓		Wheat, Milk, Soy, Egg, Tree Nuts

Chocolate Chip Cookie	2oz	250	11	36	1	3		✓		Wheat, Milk, Soy, Egg, Held in Case with Tree Nut Products
M & M Cookie	2oz	160	7	22	0	2		✓		Wheat, Milk, Soy, Egg, Held in Case with Tree Nut Products
Sugar Cookie	2oz	250	11	35	1	3		✓		Wheat, Milk, Egg, Held in Case with
Rice Krispie Treat	1 Large Bar	364	20	42	<1	3		✓		Milk(Whey), Soy, Contains Malt(Malt
All Fried Items have been fried in Canola Fry Oil in Common Fryer with Dairy and Wheat Items										
Yes = ✓										
Indicates a "Smarter Choice" lower in fat and packed with nutrients.										
Allergy/Contains Column lists foods that may contain one of the big eight										
food allergies. Wheat, Milk, Soy, Eggs, Fish, Shell Fish, Peanuts, Tree Nuts, Pork and Sesame										