February 2026

Café Carmenton

All Day

MONDAY 2

Featured Items
- Frosted Birthday Cake Cookie *(411 Cal, 50g Carbs, 4g Protein)* V
- Jicama with Tajin *(45 Cal, 10g Carbs, 1g Protein)* GF V VEGAN
- Ultimate Veggie Sandwich *(542 Cal, 66g Carbs, 21g Protein)* V VEGAN
- Chocolate Cinnamon Chia Parfait *(199 Cal, 23g Carbs, 9g Protein)* GF V
- Almond Waffle with Cinnamon Apples *(492 Cal, 84g Carbs, 4g Protein)* GF V
- Apples with Caramel *(181 Cal, 44g Carbs, 1g Protein)* GF V
- Berry Velvet Mocha (2%) Reg *(302 Cal, 54g Carbs, 10g Protein)* GF V
- Berry Velvet Mocha (2%) Large *(366 Cal, 69g Carbs, 11g Protein)* GF V
- Frozen Berry Velvet Mocha (2%) Reg *(589 Cal, 104g Carbs, 6g Protein)* GF V
- Iced Berry Velvet Mocha (2%) Reg *(200 Cal, 36g Carbs, 6g Protein)* GF V
- Iced Berry Velvet Mocha (2%) Large *(310 Cal, 55g Carbs, 10g Protein)* GF V

Hot Beverages
- Espresso *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Light Roast Coffee *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Medium Roast Coffee *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Dark Roast Coffee *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Small Americano *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Medium Americano *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Large Americano *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Small Cafe Latte with 2% Milk *(149 Cal, 15g Carbs, 10g Protein)* GF V
- Medium Cafe Latte with 2% Milk *(184 Cal, 18g Carbs, 12g Protein)* GF V
- Large Cafe Latte with 2% Milk *(220 Cal, 22g Carbs, 15g Protein)* GF V
- Small Cappuccino with 2% Milk *(113 Cal, 11g Carbs, 8g Protein)* GF V
- Medium Cappuccino with 2% Milk *(142 Cal, 14g Carbs, 9g Protein)* GF V
- Large Cappuccino with 2% Milk *(227 Cal, 23g Carbs, 15g Protein)* GF V
- Small Cafe Mocha with 2% Milk *(333 Cal, 43g Carbs, 10g Protein)* GF V

TUESDAY 3

Featured Items
- Frosted Birthday Cake Cookie *(411 Cal, 50g Carbs, 4g Protein)* V
- Jicama with Tajin *(45 Cal, 10g Carbs, 1g Protein)* GF V VEGAN
- Ultimate Veggie Sandwich *(542 Cal, 66g Carbs, 21g Protein)* V VEGAN
- Chocolate Cinnamon Chia Parfait *(199 Cal, 23g Carbs, 9g Protein)* GF V
- Almond Waffle with Cinnamon Apples *(492 Cal, 84g Carbs, 4g Protein)* GF V
- Apples with Caramel *(181 Cal, 44g Carbs, 1g Protein)* GF V
- Berry Velvet Mocha (2%) Reg *(302 Cal, 54g Carbs, 10g Protein)* GF V
- Berry Velvet Mocha (2%) Large *(366 Cal, 69g Carbs, 11g Protein)* GF V
- Frozen Berry Velvet Mocha (2%) Reg *(589 Cal, 104g Carbs, 6g Protein)* GF V
- Iced Berry Velvet Mocha (2%) Reg *(200 Cal, 36g Carbs, 6g Protein)* GF V
- Iced Berry Velvet Mocha (2%) Large *(310 Cal, 55g Carbs, 10g Protein)* GF V

Hot Beverages
- Espresso *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Light Roast Coffee *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Medium Roast Coffee *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Dark Roast Coffee *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Small Americano *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Medium Americano *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Large Americano *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Small Cafe Latte with 2% Milk *(149 Cal, 15g Carbs, 10g Protein)* GF V
- Medium Cafe Latte with 2% Milk *(184 Cal, 18g Carbs, 12g Protein)* GF V
- Large Cafe Latte with 2% Milk *(220 Cal, 22g Carbs, 15g Protein)* GF V
- Small Cappuccino with 2% Milk *(113 Cal, 11g Carbs, 8g Protein)* GF V
- Medium Cappuccino with 2% Milk *(142 Cal, 14g Carbs, 9g Protein)* GF V
- Large Cappuccino with 2% Milk *(227 Cal, 23g Carbs, 15g Protein)* GF V
- Small Cafe Mocha with 2% Milk *(333 Cal, 43g Carbs, 10g Protein)* GF V

WEDNESDAY 4

Featured Items
- Frosted Birthday Cake Cookie *(411 Cal, 50g Carbs, 4g Protein)* V
- Jicama with Tajin *(45 Cal, 10g Carbs, 1g Protein)* GF V VEGAN
- Ultimate Veggie Sandwich *(542 Cal, 66g Carbs, 21g Protein)* V VEGAN
- Chocolate Cinnamon Chia Parfait *(199 Cal, 23g Carbs, 9g Protein)* GF V
- Almond Waffle with Cinnamon Apples *(492 Cal, 84g Carbs, 4g Protein)* GF V
- Apples with Caramel *(181 Cal, 44g Carbs, 1g Protein)* GF V
- Berry Velvet Mocha (2%) Reg *(302 Cal, 54g Carbs, 10g Protein)* GF V
- Berry Velvet Mocha (2%) Large *(366 Cal, 69g Carbs, 11g Protein)* GF V
- Frozen Berry Velvet Mocha (2%) Reg *(589 Cal, 104g Carbs, 6g Protein)* GF V
- Iced Berry Velvet Mocha (2%) Reg *(200 Cal, 36g Carbs, 6g Protein)* GF V
- Iced Berry Velvet Mocha (2%) Large *(310 Cal, 55g Carbs, 10g Protein)* GF V

Hot Beverages
- Espresso *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Light Roast Coffee *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Medium Roast Coffee *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Dark Roast Coffee *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Small Americano *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Medium Americano *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Large Americano *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Small Cafe Latte with 2% Milk *(149 Cal, 15g Carbs, 10g Protein)* GF V
- Medium Cafe Latte with 2% Milk *(184 Cal, 18g Carbs, 12g Protein)* GF V
- Large Cafe Latte with 2% Milk *(220 Cal, 22g Carbs, 15g Protein)* GF V
- Small Cappuccino with 2% Milk *(113 Cal, 11g Carbs, 8g Protein)* GF V
- Medium Cappuccino with 2% Milk *(142 Cal, 14g Carbs, 9g Protein)* GF V
- Large Cappuccino with 2% Milk *(227 Cal, 23g Carbs, 15g Protein)* GF V
- Small Cafe Mocha with 2% Milk *(333 Cal, 43g Carbs, 10g Protein)* GF V

THURSDAY 5

Featured Items
- Frosted Birthday Cake Cookie *(411 Cal, 50g Carbs, 4g Protein)* V
- Jicama with Tajin *(45 Cal, 10g Carbs, 1g Protein)* GF V VEGAN
- Ultimate Veggie Sandwich *(542 Cal, 66g Carbs, 21g Protein)* V VEGAN
- Chocolate Cinnamon Chia Parfait *(199 Cal, 23g Carbs, 9g Protein)* GF V
- Almond Waffle with Cinnamon Apples *(492 Cal, 84g Carbs, 4g Protein)* GF V
- Apples with Caramel *(181 Cal, 44g Carbs, 1g Protein)* GF V
- Berry Velvet Mocha (2%) Reg *(302 Cal, 54g Carbs, 10g Protein)* GF V
- Berry Velvet Mocha (2%) Large *(366 Cal, 69g Carbs, 11g Protein)* GF V
- Frozen Berry Velvet Mocha (2%) Reg *(589 Cal, 104g Carbs, 6g Protein)* GF V
- Iced Berry Velvet Mocha (2%) Reg *(200 Cal, 36g Carbs, 6g Protein)* GF V
- Iced Berry Velvet Mocha (2%) Large *(310 Cal, 55g Carbs, 10g Protein)* GF V

Hot Beverages
- Espresso *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Light Roast Coffee *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Medium Roast Coffee *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Dark Roast Coffee *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Small Americano *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Medium Americano *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Large Americano *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Small Cafe Latte with 2% Milk *(149 Cal, 15g Carbs, 10g Protein)* GF V
- Medium Cafe Latte with 2% Milk *(184 Cal, 18g Carbs, 12g Protein)* GF V
- Large Cafe Latte with 2% Milk *(220 Cal, 22g Carbs, 15g Protein)* GF V
- Small Cappuccino with 2% Milk *(113 Cal, 11g Carbs, 8g Protein)* GF V
- Medium Cappuccino with 2% Milk *(142 Cal, 14g Carbs, 9g Protein)* GF V
- Large Cappuccino with 2% Milk *(227 Cal, 23g Carbs, 15g Protein)* GF V
- Small Cafe Mocha with 2% Milk *(333 Cal, 43g Carbs, 10g Protein)* GF V

FRIDAY 6

Featured Items
- Frosted Birthday Cake Cookie *(411 Cal, 50g Carbs, 4g Protein)* V
- Jicama with Tajin *(45 Cal, 10g Carbs, 1g Protein)* GF V VEGAN
- Ultimate Veggie Sandwich *(542 Cal, 66g Carbs, 21g Protein)* V VEGAN
- Chocolate Cinnamon Chia Parfait *(199 Cal, 23g Carbs, 9g Protein)* GF V
- Almond Waffle with Cinnamon Apples *(492 Cal, 84g Carbs, 4g Protein)* GF V
- Apples with Caramel *(181 Cal, 44g Carbs, 1g Protein)* GF V
- Berry Velvet Mocha (2%) Reg *(302 Cal, 54g Carbs, 10g Protein)* GF V
- Berry Velvet Mocha (2%) Large *(366 Cal, 69g Carbs, 11g Protein)* GF V
- Frozen Berry Velvet Mocha (2%) Reg *(589 Cal, 104g Carbs, 6g Protein)* GF V
- Iced Berry Velvet Mocha (2%) Reg *(200 Cal, 36g Carbs, 6g Protein)* GF V
- Iced Berry Velvet Mocha (2%) Large *(310 Cal, 55g Carbs, 10g Protein)* GF V

Hot Beverages
- Espresso *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Light Roast Coffee *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Medium Roast Coffee *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Dark Roast Coffee *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Small Americano *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Medium Americano *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Large Americano *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Small Cafe Latte with 2% Milk *(149 Cal, 15g Carbs, 10g Protein)* GF V
- Medium Cafe Latte with 2% Milk *(184 Cal, 18g Carbs, 12g Protein)* GF V
- Large Cafe Latte with 2% Milk *(220 Cal, 22g Carbs, 15g Protein)* GF V
- Small Cappuccino with 2% Milk *(113 Cal, 11g Carbs, 8g Protein)* GF V
- Medium Cappuccino with 2% Milk *(142 Cal, 14g Carbs, 9g Protein)* GF V
- Large Cappuccino with 2% Milk *(227 Cal, 23g Carbs, 15g Protein)* GF V
- Small Cafe Mocha with 2% Milk *(333 Cal, 43g Carbs, 10g Protein)* GF V

- Medium Cafe Mocha with 2% Milk *(414 Cal, 58g Carbs, 12g Protein)* GF V
- Large Cafe Mocha with 2% Milk *(456 Cal, 76g Carbs, 15g Protein)* GF V
- Small White Mocha with 2% Milk *(343 Cal, 46g Carbs, 10g Protein)* GF V
- Medium White Mocha with 2% Milk *(428 Cal, 62g Carbs, 12g Protein)* GF V
- Large White Mocha with 2% Milk *(513 Cal, 79g Carbs, 15g Protein)* GF V
- Small Chai Latte with 2% Milk *(156 Cal, 29g Carbs, 5g Protein)* GF V
- Medium Chai Latte with 2% Milk *(213 Cal, 39g Carbs, 7g Protein)* GF V
- Large Chai Latte with 2% Milk *(255 Cal, 45g Carbs, 9g Protein)* GF V
- Small Buckeye Mocha with 2% Milk *(387 Cal, 59g Carbs, 9g Protein)* GF V
- Medium Buckeye Mocha with 2% Milk *(439 Cal, 71g Carbs, 10g Protein)* GF V
- Large Buckeye Mocha with 2% Milk *(593 Cal, 99g Carbs, 15g Protein)* GF V
- Small Signature Mocha with 2% Milk *(359 Cal, 69g Carbs, 9g Protein)* GF V
- Medium Signature Mocha with 2% Milk *(520 Cal, 104g Carbs, 11g Protein)* GF V
- Large Signature Mocha with 2% Milk *(562 Cal, 114g Carbs, 11g Protein)* GF V
- Small Matcha Green Tea Latte with 2% Milk *(230 Cal, 34g Carbs, 10g Protein)* GF V
- Regular Matcha Green Tea Latte with 2% Milk *(320 Cal, 50g Carbs, 13g Protein)* GF V
- Large Matcha Green Tea Latte with 2% Milk *(410 Cal, 66g Carbs, 15g Protein)* GF V

Iced Beverages

- Regular Iced Coffee *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Large Iced Coffee *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Regular Iced Cafe Latte with 2% Milk *(78 Cal, 8g Carbs, 5g Protein)* GF V
- Large Iced Cafe Latte with 2% Milk *(121 Cal, 12g Carbs, 8g Protein)* GF V
- Regular Iced Cafe Mocha with 2% Milk *(250 Cal, 44g Carbs, 8g Protein)* GF V
- Large Iced Cafe Mocha with 2% Milk *(337 Cal, 63g Carbs, 10g Protein)* GF V
- Regular Iced White Mocha with 2% Milk *(277 Cal, 52g Carbs, 9g Protein)* GF V
- Large Iced White Mocha with 2% Milk *(357 Cal, 69g Carbs, 10g Protein)* GF V
- Regular Iced Signature Mocha with 2% Milk *(359 Cal, 69g Carbs, 9g Protein)* GF V
- Large Iced Signature Mocha with 2% Milk *(548 Cal, 110g Carbs, 11g Protein)* GF V

- Medium Cafe Mocha with 2% Milk *(414 Cal, 58g Carbs, 12g Protein)* GF V
- Large Cafe Mocha with 2% Milk *(456 Cal, 76g Carbs, 15g Protein)* GF V
- Small White Mocha with 2% Milk *(343 Cal, 46g Carbs, 10g Protein)* GF V
- Medium White Mocha with 2% Milk *(428 Cal, 62g Carbs, 12g Protein)* GF V
- Large White Mocha with 2% Milk *(513 Cal, 79g Carbs, 15g Protein)* GF V
- Small Chai Latte with 2% Milk *(156 Cal, 29g Carbs, 5g Protein)* GF V
- Medium Chai Latte with 2% Milk *(213 Cal, 39g Carbs, 7g Protein)* GF V
- Large Chai Latte with 2% Milk *(255 Cal, 45g Carbs, 9g Protein)* GF V
- Small Buckeye Mocha with 2% Milk *(387 Cal, 59g Carbs, 9g Protein)* GF V
- Medium Buckeye Mocha with 2% Milk *(439 Cal, 71g Carbs, 10g Protein)* GF V
- Large Buckeye Mocha with 2% Milk *(593 Cal, 99g Carbs, 15g Protein)* GF V
- Small Signature Mocha with 2% Milk *(359 Cal, 69g Carbs, 9g Protein)* GF V
- Medium Signature Mocha with 2% Milk *(520 Cal, 104g Carbs, 11g Protein)* GF V
- Large Signature Mocha with 2% Milk *(562 Cal, 114g Carbs, 11g Protein)* GF V
- Small Matcha Green Tea Latte with 2% Milk *(230 Cal, 34g Carbs, 10g Protein)* GF V
- Regular Matcha Green Tea Latte with 2% Milk *(320 Cal, 50g Carbs, 13g Protein)* GF V
- Large Matcha Green Tea Latte with 2% Milk *(410 Cal, 66g Carbs, 15g Protein)* GF V

Iced Beverages

- Regular Iced Coffee *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Large Iced Coffee *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Regular Iced Cafe Latte with 2% Milk *(78 Cal, 8g Carbs, 5g Protein)* GF V
- Large Iced Cafe Latte with 2% Milk *(121 Cal, 12g Carbs, 8g Protein)* GF V
- Regular Iced Cafe Mocha with 2% Milk *(250 Cal, 44g Carbs, 8g Protein)* GF V
- Large Iced Cafe Mocha with 2% Milk *(337 Cal, 63g Carbs, 10g Protein)* GF V
- Regular Iced White Mocha with 2% Milk *(277 Cal, 52g Carbs, 9g Protein)* GF V
- Large Iced White Mocha with 2% Milk *(357 Cal, 69g Carbs, 10g Protein)* GF V
- Regular Iced Signature Mocha with 2% Milk *(359 Cal, 69g Carbs, 9g Protein)* GF V
- Large Iced Signature Mocha with 2% Milk *(548 Cal, 110g Carbs, 11g Protein)* GF V

- Regular Iced Chai Latte with 2% Milk *(147 Cal, 26g Carbs, 5g Protein)* GF V
- Large Iced Chai Latte with 2% Milk *(198 Cal, 35g Carbs, 7g Protein)* GF V
- Regular Iced Black Tea *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Regular Iced Ginger Green Tea *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Regular Iced Matcha Green Tea Latte with 2% Milk *(149 Cal, 29g Carbs, 3g Protein)* GF V
- Large Iced Matcha Green Tea Latte with 2% Milk *(218 Cal, 43g Carbs, 4g Protein)* GF V
- Medium Sweet Cream Cold Brew *(152 Cal, 9g Carbs, 0g Protein)* GF V

Cold Beverages

- Coke *(232 Cal, 62g Carbs, 0g Protein)* GF V VEGAN
- Diet Coke *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Cherry Coke *(227 Cal, 67g Carbs, 0g Protein)* GF V VEGAN
- Coke Zero *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Minutemaid Orange Juice *(105 Cal, 26g Carbs, 2g Protein)* GF V VEGAN
- Gold Peak Sweet Tea *(179 Cal, 45g Carbs, 0g Protein)* GF V VEGAN
- Ginger Lemon Kombucha *(68 Cal, 14g Carbs, 0g Protein)*

Milk Options

- Skim Milk *(78 Cal, 11g Carbs, 8g Protein)* GF V
- 2% Milk *(113 Cal, 11g Carbs, 8g Protein)* GF V
- Oat Milk *(150 Cal, 19g Carbs, 2g Protein)* V VEGAN
- Vanilla Soy Milk *(129 Cal, 16g Carbs, 18g Protein)* GF V VEGAN
- Almond Milk *(41 Cal, 2g Carbs, 1g Protein)* GF V VEGAN

Breakfast/All-Day Bowls & Parfaits

- Chia Pudding Bowl *(368 Cal, 28g Carbs, 6g Protein)* GF V
- Oats & Yogurt *(395 Cal, 60g Carbs, 18g Protein)* V
- Savory Cottage Cheese Bowl *(195 Cal, 14g Carbs, 16g Protein)* GF V
- Lemon Blueberry Yogurt Bowl *(925 Cal, 119g Carbs, 27g Protein)* GF V
- Almonds *(86 Cal, 3g Carbs, 3g Protein)* GF V VEGAN
- Banana *(13 Cal, 3g Carbs, 0g Protein)* GF V VEGAN
- Sweetened Shredded Coconut *(4 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Dragon Fruit Cubes *(9 Cal, 2g Carbs, 0g Protein)* GF V VEGAN
- Everything Bagel Seasoning *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Pistachios *(81 Cal, 4g Carbs, 3g Protein)* GF V VEGAN
- Diced Apples *(8 Cal, 2g Carbs, 0g Protein)* GF V VEGAN
- Blueberries *(11 Cal, 3g Carbs, 0g Protein)* GF V VEGAN

- Regular Iced Chai Latte with 2% Milk *(147 Cal, 26g Carbs, 5g Protein)* GF V
- Large Iced Chai Latte with 2% Milk *(198 Cal, 35g Carbs, 7g Protein)* GF V
- Regular Iced Black Tea *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Regular Iced Ginger Green Tea *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Regular Iced Matcha Green Tea Latte with 2% Milk *(149 Cal, 29g Carbs, 3g Protein)* GF V
- Large Iced Matcha Green Tea Latte with 2% Milk *(218 Cal, 43g Carbs, 4g Protein)* GF V
- Medium Sweet Cream Cold Brew *(152 Cal, 9g Carbs, 0g Protein)* GF V

Cold Beverages

- Coke *(232 Cal, 62g Carbs, 0g Protein)* GF V VEGAN
- Diet Coke *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Cherry Coke *(227 Cal, 67g Carbs, 0g Protein)* GF V VEGAN
- Coke Zero *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Minutemaid Orange Juice *(105 Cal, 26g Carbs, 2g Protein)* GF V VEGAN
- Gold Peak Sweet Tea *(179 Cal, 45g Carbs, 0g Protein)* GF V VEGAN
- Ginger Lemon Kombucha *(68 Cal, 14g Carbs, 0g Protein)*

Milk Options

- Skim Milk *(78 Cal, 11g Carbs, 8g Protein)* GF V
- 2% Milk *(113 Cal, 11g Carbs, 8g Protein)* GF V
- Oat Milk *(150 Cal, 19g Carbs, 2g Protein)* V VEGAN
- Vanilla Soy Milk *(129 Cal, 16g Carbs, 18g Protein)* GF V VEGAN
- Almond Milk *(41 Cal, 2g Carbs, 1g Protein)* GF V VEGAN

Breakfast/All-Day Bowls & Parfaits

- Chia Pudding Bowl *(368 Cal, 28g Carbs, 6g Protein)* GF V
- Oats & Yogurt *(395 Cal, 60g Carbs, 18g Protein)* V
- Savory Cottage Cheese Bowl *(195 Cal, 14g Carbs, 16g Protein)* GF V
- Lemon Blueberry Yogurt Bowl *(925 Cal, 119g Carbs, 27g Protein)* GF V
- Almonds *(86 Cal, 3g Carbs, 3g Protein)* GF V VEGAN
- Banana *(13 Cal, 3g Carbs, 0g Protein)* GF V VEGAN
- Sweetened Shredded Coconut *(4 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Dragon Fruit Cubes *(9 Cal, 2g Carbs, 0g Protein)* GF V VEGAN
- Everything Bagel Seasoning *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Pistachios *(81 Cal, 4g Carbs, 3g Protein)* GF V VEGAN
- Diced Apples *(8 Cal, 2g Carbs, 0g Protein)* GF V VEGAN
- Blueberries *(11 Cal, 3g Carbs, 0g Protein)* GF V VEGAN

- Ground Cinnamon *(1 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Dried Cranberries *(33 Cal, 8g Carbs, 0g Protein)* GF V VEGAN
- Golden Raisins *(43 Cal, 11g Carbs, 0g Protein)* GF V VEGAN
- Red Seedless Grapes *(10 Cal, 3g Carbs, 0g Protein)* GF V VEGAN
- Cubed Mango *(8 Cal, 2g Carbs, 0g Protein)* GF V VEGAN
- Clover Honey *(86 Cal, 23g Carbs, 0g Protein)* GF V
- Overnight Oats *(73 Cal, 12g Carbs, 3g Protein)* V
- Cottage Cheese *(100 Cal, 8g Carbs, 15g Protein)* GF V
- Fat-Free Plain Greek Yogurt *(81 Cal, 6g Carbs, 14g Protein)* GF V
- Coconut Chia Pudding *(143 Cal, 12g Carbs, 4g Protein)* GF V VEGAN
- Gluten Free Granola *(125 Cal, 14g Carbs, 2g Protein)* GF V VEGAN

Sandwiches

- Jalapeno BLT *(723 Cal, 53g Carbs, 29g Protein)*
- Chicken Caesar Sandwich on Ciabatta *(636 Cal, 73g Carbs, 54g Protein)*
- Cottage Cheese Toast *(391 Cal, 32g Carbs, 19g Protein)* V
- Egg and Bacon Sandwich *(1177 Cal, 76g Carbs, 54g Protein)*
- Rosemary Chicken Salad Croissant *(577 Cal, 46g Carbs, 34g Protein)*
- Italian Sandwich *(745 Cal, 76g Carbs, 33g Protein)*
- Mushroom and Goat Cheese Sandwich *(615 Cal, 85g Carbs, 27g Protein)* V
- Roast Beef Caesar Sandwich *(657 Cal, 75g Carbs, 39g Protein)*
- French Dip *(789 Cal, 91g Carbs, 50g Protein)*
- Ham and Cheddar Croissant Breakfast Sandwich *(416 Cal, 26g Carbs, 22g Protein)*
- Gluten Free Bun *(240 Cal, 39g Carbs, 5g Protein)* GF V VEGAN
- Ciabatta Bun *(218 Cal, 40g Carbs, 8g Protein)* V VEGAN
- Marble Rye Sourdough Bread *(116 Cal, 22g Carbs, 4g Protein)* V VEGAN
- Provolone Cheese *(30 Cal, 0g Carbs, 2g Protein)* GF V
- Jalapeno Bacon *(113 Cal, 0g Carbs, 8g Protein)* GF
- Avocado *(118 Cal, 6g Carbs, 1g Protein)* GF V VEGAN
- Arugula Lettuce *(4 Cal, 1g Carbs, 0g Protein)* GF V VEGAN
- Mock Hollandaise Sauce *(160 Cal, 2g Carbs, 0g Protein)* GF V
- Mayonnaise *(203 Cal, 0g Carbs, 0g Protein)* GF V
- Tomato *(2 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Egg Souffle *(403 Cal, 4g Carbs, 21g Protein)* GF V
- White Cheddar Cheese *(162 Cal, 0g Carbs, 10g Protein)* GF V

- Ground Cinnamon *(1 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Dried Cranberries *(33 Cal, 8g Carbs, 0g Protein)* GF V VEGAN
- Golden Raisins *(43 Cal, 11g Carbs, 0g Protein)* GF V VEGAN
- Red Seedless Grapes *(10 Cal, 3g Carbs, 0g Protein)* GF V VEGAN
- Cubed Mango *(8 Cal, 2g Carbs, 0g Protein)* GF V VEGAN
- Clover Honey *(86 Cal, 23g Carbs, 0g Protein)* GF V
- Overnight Oats *(73 Cal, 12g Carbs, 3g Protein)* V
- Cottage Cheese *(100 Cal, 8g Carbs, 15g Protein)* GF V
- Fat-Free Plain Greek Yogurt *(81 Cal, 6g Carbs, 14g Protein)* GF V
- Coconut Chia Pudding *(143 Cal, 12g Carbs, 4g Protein)* GF V VEGAN
- Gluten Free Granola *(125 Cal, 14g Carbs, 2g Protein)* GF V VEGAN

Sandwiches

- Jalapeno BLT *(723 Cal, 53g Carbs, 29g Protein)*
- Chicken Caesar Sandwich on Ciabatta *(636 Cal, 73g Carbs, 54g Protein)*
- Cottage Cheese Toast *(391 Cal, 32g Carbs, 19g Protein)* V
- Egg and Bacon Sandwich *(1177 Cal, 76g Carbs, 54g Protein)*
- Rosemary Chicken Salad Croissant *(577 Cal, 46g Carbs, 34g Protein)*
- Italian Sandwich *(745 Cal, 76g Carbs, 33g Protein)*
- Mushroom and Goat Cheese Sandwich *(615 Cal, 85g Carbs, 27g Protein)* V
- Roast Beef Caesar Sandwich *(657 Cal, 75g Carbs, 39g Protein)*
- French Dip *(789 Cal, 91g Carbs, 50g Protein)*
- Ham and Cheddar Croissant Breakfast Sandwich *(416 Cal, 26g Carbs, 22g Protein)*
- Gluten Free Bun *(240 Cal, 39g Carbs, 5g Protein)* GF V VEGAN
- Ciabatta Bun *(218 Cal, 40g Carbs, 8g Protein)* V VEGAN
- Marble Rye Sourdough Bread *(116 Cal, 22g Carbs, 4g Protein)* V VEGAN
- Provolone Cheese *(30 Cal, 0g Carbs, 2g Protein)* GF V
- Jalapeno Bacon *(113 Cal, 0g Carbs, 8g Protein)* GF
- Avocado *(118 Cal, 6g Carbs, 1g Protein)* GF V VEGAN
- Arugula Lettuce *(4 Cal, 1g Carbs, 0g Protein)* GF V VEGAN
- Mayonnaise *(203 Cal, 0g Carbs, 0g Protein)* GF V
- Mock Hollandaise Sauce *(160 Cal, 2g Carbs, 0g Protein)* GF V
- Tomato *(2 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Egg Souffle *(403 Cal, 4g Carbs, 21g Protein)* GF V
- White Cheddar Cheese *(162 Cal, 0g Carbs, 10g Protein)* GF V

- PB&J Sandwich *(492 Cal, 39g Carbs, 18g Protein)* V VEGAN

Salads

- Quinoa and Chickpea Salad *(469 Cal, 32g Carbs, 16g Protein)* GF V
- Brussels Sprouts Salad with Almonds *(337 Cal, 36g Carbs, 9g Protein)* GF V
- Caesar Salad *(352 Cal, 27g Carbs, 13g Protein)*
- Modern Cobb Salad *(326 Cal, 13g Carbs, 27g Protein)* GF
- Hummus Bento Box *(361 Cal, 40g Carbs, 9g Protein)* GF V VEGAN
- Power Green Salad *(343 Cal, 36g Carbs, 16g Protein)* GF V
- Halal Tandoori Chicken Salad *(448 Cal, 35g Carbs, 26g Protein)* GF

Baked Goods

- Lemon Pound Cake *(493 Cal, 62g Carbs, 6g Protein)* V
- Marble Pound Cake *(382 Cal, 55g Carbs, 6g Protein)* V
- Vegan Zucchini Bread *(303 Cal, 49g Carbs, 4g Protein)* V VEGAN
- Blueberry Muffin *(437 Cal, 45g Carbs, 5g Protein)* V
- Vegan Cranberry Orange Muffin *(342 Cal, 58g Carbs, 4g Protein)* V VEGAN
- Egg and Bacon Croissant Pastry *(270 Cal, 22g Carbs, 9g Protein)*
- Butter Croissant Pastry *(383 Cal, 42g Carbs, 7g Protein)* V
- Blueberry Galette *(474 Cal, 43g Carbs, 5g Protein)* V
- Peach Galette *(515 Cal, 53g Carbs, 6g Protein)* V
- Strawberry Galette *(485 Cal, 46g Carbs, 5g Protein)* V
- White Chocolate Raspberry Scone *(341 Cal, 44g Carbs, 6g Protein)* V
- Coffee Streusel Bundt Cake *(464 Cal, 56g Carbs, 5g Protein)* V
- Chocolate Croissant *(367 Cal, 43g Carbs, 8g Protein)* V
- Cinnamon Roll Croissant *(390 Cal, 45g Carbs, 5g Protein)* V
- Raspberry Croissant *(305 Cal, 41g Carbs, 5g Protein)* V
- Iced Lemon Loaf Cake *(422 Cal, 56g Carbs, 5g Protein)*

Sides

- Eban's Chocolate Chip Cookie *(278 Cal, 34g Carbs, 4g Protein)* GF V
- Eban's Peanut Butter Cookie *(209 Cal, 24g Carbs, 4g Protein)* GF V
- Eban's White Chocolate Cherry Cookie *(239 Cal, 37g Carbs, 4g Protein)* GF V
- Eban's Pecan Shortbread Cookie *(249 Cal, 28g Carbs, 3g Protein)* GF V
- Dark Chocolate Almond and Coconut Kind Bar *(179 Cal, 20g Carbs, 3g Protein)* GF V
- Apple *(80 Cal, 19g Carbs, 0g Protein)* GF V VEGAN
- Miss Vickie's Sea Salt & Vinegar Chips *(204 Cal, 23g Carbs, 3g Protein)* GF V

- PB&J Sandwich *(492 Cal, 39g Carbs, 18g Protein)* V VEGAN

Salads

- Quinoa and Chickpea Salad *(469 Cal, 32g Carbs, 16g Protein)* GF V
- Brussels Sprouts Salad with Almonds *(337 Cal, 36g Carbs, 9g Protein)* GF V
- Caesar Salad *(352 Cal, 27g Carbs, 13g Protein)*
- Modern Cobb Salad *(326 Cal, 13g Carbs, 27g Protein)* GF
- Hummus Bento Box *(361 Cal, 40g Carbs, 9g Protein)* GF V VEGAN
- Power Green Salad *(343 Cal, 36g Carbs, 16g Protein)* GF V
- Halal Tandoori Chicken Salad *(448 Cal, 35g Carbs, 26g Protein)* GF

Baked Goods

- Lemon Pound Cake *(493 Cal, 62g Carbs, 6g Protein)* V
- Marble Pound Cake *(382 Cal, 55g Carbs, 6g Protein)* V
- Vegan Zucchini Bread *(303 Cal, 49g Carbs, 4g Protein)* V VEGAN
- Blueberry Muffin *(437 Cal, 45g Carbs, 5g Protein)* V
- Vegan Cranberry Orange Muffin *(342 Cal, 58g Carbs, 4g Protein)* V VEGAN
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- Apple *(80 Cal, 19g Carbs, 0g Protein)* GF V VEGAN
- Miss Vickie's Sea Salt & Vinegar Chips *(204 Cal, 23g Carbs, 3g Protein)* GF V

- PB&J Sandwich *(492 Cal, 39g Carbs, 18g Protein)* V VEGAN
- Chili Verde Breakfast Burrito *(499 Cal, 53g Carbs, 20g Protein)* V
- Tofu Breakfast Burrito *(528 Cal, 63g Carbs, 25g Protein)*

Salads

- Quinoa and Chickpea Salad *(469 Cal, 32g Carbs, 16g Protein)* GF V
- Brussels Sprouts Salad with Almonds *(337 Cal, 36g Carbs, 9g Protein)* GF V
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- Eban's Pecan Shortbread Cookie *(249 Cal, 28g Carbs, 3g Protein)* GF V
- Dark Chocolate Almond and Coconut Kind Bar *(179 Cal, 20g Carbs, 3g Protein)* GF V

- Energy Bites *(126 Cal, 15g Carbs, 3g Protein)* GF V
- Dark Chocolate Nuts and Sea Salt Kind Bar *(179 Cal, 16g Carbs, 6g Protein)* GF V
- True Fruit Cup Grapefruit *(101 Cal, 24g Carbs, 0g Protein)* GF V VEGAN
- True Fruit Peach Cup *(111 Cal, 28g Carbs, 1g Protein)* GF V VEGAN
- Miss Vickie's Jalapeno Chips *(201 Cal, 23g Carbs, 3g Protein)* GF V
- Harvest Cheddar Sun Chips *(333 Cal, 44g Carbs, 5g Protein)* V
- True Fruit Pineapple Cup *(111 Cal, 26g Carbs, 0g Protein)* GF V VEGAN
- Grapes & Berries Cup *(111 Cal, 28g Carbs, 1g Protein)* GF V VEGAN

Sushi
- Spicy Tuna Roll *(270 Cal, 38g Carbs, 10g Protein)*
- Crunchy Spicy Salmon Roll *(241 Cal, 37g Carbs, 10g Protein)*

Soups
- Chicken Noodle Soup *(103 Cal, 12g Carbs, 5g Protein)*
- Chicken and Wild Rice Soup *(130 Cal, 19g Carbs, 6g Protein)*
- Baked Potato Soup *(246 Cal, 19g Carbs, 5g Protein)*
- Broccoli Cheese Soup *(183 Cal, 13g Carbs, 7g Protein)* GF V
- Vegetarian Black Bean Soup *(167 Cal, 24g Carbs, 7g Protein)* GF V VEGAN
- Garden Vegetable Soup *(102 Cal, 15g Carbs, 3g Protein)* V
- Cactus Chili *(252 Cal, 19g Carbs, 18g Protein)* GF
- Italian Wedding Soup *(86 Cal, 11g Carbs, 4g Protein)*

- Energy Bites *(126 Cal, 15g Carbs, 3g Protein)* GF V
- Dark Chocolate Nuts and Sea Salt Kind Bar *(179 Cal, 16g Carbs, 6g Protein)* GF V
- True Fruit Cup Grapefruit *(101 Cal, 24g Carbs, 0g Protein)* GF V VEGAN
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- Garden Vegetable Soup *(102 Cal, 15g Carbs, 3g Protein)* V
- Cactus Chili *(252 Cal, 19g Carbs, 18g Protein)* GF
- Italian Wedding Soup *(86 Cal, 11g Carbs, 4g Protein)*

- Apple *(80 Cal, 19g Carbs, 0g Protein)* GF V VEGAN
- Miss Vickie's Sea Salt & Vinegar Chips *(204 Cal, 23g Carbs, 3g Protein)* GF V
- Energy Bites *(126 Cal, 15g Carbs, 3g Protein)* GF V
- Dark Chocolate Nuts and Sea Salt Kind Bar *(179 Cal, 16g Carbs, 6g Protein)* GF V
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- Garden Vegetable Soup *(102 Cal, 15g Carbs, 3g Protein)* V
- Cactus Chili *(252 Cal, 19g Carbs, 18g Protein)* GF
- Italian Wedding Soup *(86 Cal, 11g Carbs, 4g Protein)*

9

Featured Items
- Frosted Birthday Cake Cookie *(411 Cal, 50g Carbs, 4g Protein)* V
- Jicama with Tajin *(45 Cal, 10g Carbs, 1g Protein)* GF V VEGAN
- Ultimate Veggie Sandwich *(542 Cal, 66g Carbs, 21g Protein)* V VEGAN
- Chocolate Cinnamon Chia Parfait *(199 Cal, 23g Carbs, 9g Protein)* GF V
- Almond Waffle with Cinnamon Apples *(492 Cal, 84g Carbs, 4g Protein)* GF V
- Apples with Caramel *(181 Cal, 44g Carbs, 1g Protein)* GF V
- Frozen Berry Velvet Mocha (2%) Reg *(589 Cal, 104g Carbs, 6g Protein)* GF V
- Iced Berry Velvet Mocha (2%) Reg *(200 Cal, 36g Carbs, 6g Protein)* GF V
- Iced Berry Velvet Mocha (2%) Large *(310 Cal, 55g Carbs, 10g*

10

Featured Items
- Frosted Birthday Cake Cookie *(411 Cal, 50g Carbs, 4g Protein)* V
- Jicama with Tajin *(45 Cal, 10g Carbs, 1g Protein)* GF V VEGAN
- Ultimate Veggie Sandwich *(542 Cal, 66g Carbs, 21g Protein)* V VEGAN
- Chocolate Cinnamon Chia Parfait *(199 Cal, 23g Carbs, 9g Protein)* GF V
- Almond Waffle with Cinnamon Apples *(492 Cal, 84g Carbs, 4g Protein)* GF V
- Apples with Caramel *(181 Cal, 44g Carbs, 1g Protein)* GF V
- Frozen Berry Velvet Mocha (2%) Reg *(589 Cal, 104g Carbs, 6g Protein)* GF V
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Featured Items
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- Jicama with Tajin *(45 Cal, 10g Carbs, 1g Protein)* GF V VEGAN
- Ultimate Veggie Sandwich *(542 Cal, 66g Carbs, 21g Protein)* V VEGAN
- Chocolate Cinnamon Chia Parfait *(199 Cal, 23g Carbs, 9g Protein)* GF V
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- Frozen Berry Velvet Mocha (2%) Reg *(589 Cal, 104g Carbs, 6g Protein)* GF V
- Iced Berry Velvet Mocha (2%) Reg *(200 Cal, 36g Carbs, 6g Protein)* GF V
- Iced Berry Velvet Mocha (2%) Large *(310 Cal, 55g Carbs, 10g*

Protein) GF V

- Berry Velvet Mocha (2%) Large *(366 Cal, 69g Carbs, 11g Protein)* GF V
- Berry Velvet Mocha (2%) Reg *(302 Cal, 54g Carbs, 10g Protein)* GF V

Hot Beverages

- Espresso *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Light Roast Coffee *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Medium Roast Coffee *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Dark Roast Coffee *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Small Americano *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Medium Americano *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Large Americano *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Small Cafe Latte with 2% Milk *(149 Cal, 15g Carbs, 10g Protein)* GF V
- Medium Cafe Latte with 2% Milk *(184 Cal, 18g Carbs, 12g Protein)* GF V
- Large Cafe Latte with 2% Milk *(220 Cal, 22g Carbs, 15g Protein)* GF V
- Small Cappuccino with 2% Milk *(113 Cal, 11g Carbs, 8g Protein)* GF V
- Medium Cappuccino with 2% Milk *(142 Cal, 14g Carbs, 9g Protein)* GF V
- Large Cappuccino with 2% Milk *(227 Cal, 23g Carbs, 15g Protein)* GF V
- Small Cafe Mocha with 2% Milk *(333 Cal, 43g Carbs, 10g Protein)* GF V
- Medium Cafe Mocha with 2% Milk *(414 Cal, 58g Carbs, 12g Protein)* GF V
- Large Cafe Mocha with 2% Milk *(456 Cal, 76g Carbs, 15g Protein)* GF V
- Small White Mocha with 2% Milk *(343 Cal, 46g Carbs, 10g Protein)* GF V
- Medium White Mocha with 2% Milk *(428 Cal, 62g Carbs, 12g Protein)* GF V
- Large White Mocha with 2% Milk *(513 Cal, 79g Carbs, 15g Protein)* GF V
- Small Chai Latte with 2% Milk *(156 Cal, 29g Carbs, 5g Protein)* GF V
- Medium Chai Latte with 2% Milk *(213 Cal, 39g Carbs, 7g Protein)* GF V
- Large Chai Latte with 2% Milk *(255 Cal, 45g Carbs, 9g Protein)* GF V
- Small Buckeye Mocha with 2% Milk *(387 Cal, 59g Carbs, 9g Protein)* GF V
- Medium Buckeye Mocha with 2% Milk *(439 Cal, 71g Carbs, 10g Protein)* GF V
- Large Buckeye Mocha with 2% Milk *(593 Cal, 99g Carbs, 15g Protein)* GF V
- Small Signature Mocha with 2% Milk *(359 Cal, 69g Carbs, 9g Protein)* GF V

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- Berry Velvet Mocha (2%) Large *(366 Cal, 69g Carbs, 11g Protein)* GF V
- Berry Velvet Mocha (2%) Reg *(302 Cal, 54g Carbs, 10g Protein)* GF V

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- Dark Roast Coffee *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Small Americano *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Medium Americano *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Large Americano *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Small Cafe Latte with 2% Milk *(149 Cal, 15g Carbs, 10g Protein)* GF V
- Medium Cafe Latte with 2% Milk *(184 Cal, 18g Carbs, 12g Protein)* GF V
- Large Cafe Latte with 2% Milk *(220 Cal, 22g Carbs, 15g Protein)* GF V
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- Medium Cafe Mocha with 2% Milk *(414 Cal, 58g Carbs, 12g Protein)* GF V
- Large Cafe Mocha with 2% Milk *(456 Cal, 76g Carbs, 15g Protein)* GF V
- Small White Mocha with 2% Milk *(343 Cal, 46g Carbs, 10g Protein)* GF V
- Medium White Mocha with 2% Milk *(428 Cal, 62g Carbs, 12g Protein)* GF V
- Large White Mocha with 2% Milk *(513 Cal, 79g Carbs, 15g Protein)* GF V
- Small Chai Latte with 2% Milk *(156 Cal, 29g Carbs, 5g Protein)* GF V
- Medium Chai Latte with 2% Milk *(213 Cal, 39g Carbs, 7g Protein)* GF V
- Large Chai Latte with 2% Milk *(255 Cal, 45g Carbs, 9g Protein)* GF V
- Small Buckeye Mocha with 2% Milk *(387 Cal, 59g Carbs, 9g Protein)* GF V
- Medium Buckeye Mocha with 2% Milk *(439 Cal, 71g Carbs, 10g Protein)* GF V
- Large Buckeye Mocha with 2% Milk *(593 Cal, 99g Carbs, 15g Protein)* GF V
- Small Signature Mocha with 2% Milk *(359 Cal, 69g Carbs, 9g Protein)* GF V

- Medium Signature Mocha with 2% Milk *(520 Cal, 104g Carbs, 11g Protein)* GF V
- Large Signature Mocha with 2% Milk *(562 Cal, 114g Carbs, 11g Protein)* GF V
- Small Matcha Green Tea Latte with 2% Milk *(230 Cal, 34g Carbs, 10g Protein)* GF V
- Regular Matcha Green Tea Latte with 2% Milk *(320 Cal, 50g Carbs, 13g Protein)* GF V
- Large Matcha Green Tea Latte with 2% Milk *(410 Cal, 66g Carbs, 15g Protein)* GF V

Iced Beverages

- Regular Iced Coffee *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Large Iced Coffee *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Regular Iced Cafe Latte with 2% Milk *(78 Cal, 8g Carbs, 5g Protein)* GF V
- Large Iced Cafe Latte with 2% Milk *(121 Cal, 12g Carbs, 8g Protein)* GF V
- Regular Iced Cafe Mocha with 2% Milk *(250 Cal, 44g Carbs, 8g Protein)* GF V
- Large Iced Cafe Mocha with 2% Milk *(337 Cal, 63g Carbs, 10g Protein)* GF V
- Regular Iced White Mocha with 2% Milk *(277 Cal, 52g Carbs, 9g Protein)* GF V
- Large Iced White Mocha with 2% Milk *(357 Cal, 69g Carbs, 10g Protein)* GF V
- Regular Iced Signature Mocha with 2% Milk *(359 Cal, 69g Carbs, 9g Protein)* GF V
- Large Iced Signature Mocha with 2% Milk *(548 Cal, 110g Carbs, 11g Protein)* GF V
- Regular Iced Chai Latte with 2% Milk *(147 Cal, 26g Carbs, 5g Protein)* GF V
- Large Iced Chai Latte with 2% Milk *(198 Cal, 35g Carbs, 7g Protein)* GF V
- Regular Iced Black Tea *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Regular Iced Ginger Green Tea *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Regular Iced Matcha Green Tea Latte with 2% Milk *(149 Cal, 29g Carbs, 3g Protein)* GF V
- Large Iced Matcha Green Tea Latte with 2% Milk *(218 Cal, 43g Carbs, 4g Protein)* GF V
- Medium Sweet Cream Cold Brew *(152 Cal, 9g Carbs, 0g Protein)* GF V

Cold Beverages

- Coke *(232 Cal, 62g Carbs, 0g Protein)* GF V VEGAN
- Diet Coke *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Cherry Coke *(227 Cal, 67g Carbs, 0g Protein)* GF V VEGAN
- Coke Zero *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Minutemaid Orange Juice *(105 Cal, 26g Carbs, 2g Protein)* GF V VEGAN
- Gold Peak Sweet Tea *(179 Cal, 45g Carbs, 0g Protein)* GF V VEGAN

- Medium Signature Mocha with 2% Milk *(520 Cal, 104g Carbs, 11g Protein)* GF V
- Large Signature Mocha with 2% Milk *(562 Cal, 114g Carbs, 11g Protein)* GF V
- Small Matcha Green Tea Latte with 2% Milk *(230 Cal, 34g Carbs, 10g Protein)* GF V
- Regular Matcha Green Tea Latte with 2% Milk *(320 Cal, 50g Carbs, 13g Protein)* GF V
- Large Matcha Green Tea Latte with 2% Milk *(410 Cal, 66g Carbs, 15g Protein)* GF V

Iced Beverages

- Regular Iced Coffee *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Large Iced Coffee *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Regular Iced Cafe Latte with 2% Milk *(78 Cal, 8g Carbs, 5g Protein)* GF V
- Large Iced Cafe Latte with 2% Milk *(121 Cal, 12g Carbs, 8g Protein)* GF V
- Regular Iced Cafe Mocha with 2% Milk *(250 Cal, 44g Carbs, 8g Protein)* GF V
- Large Iced Cafe Mocha with 2% Milk *(337 Cal, 63g Carbs, 10g Protein)* GF V
- Regular Iced White Mocha with 2% Milk *(277 Cal, 52g Carbs, 9g Protein)* GF V
- Large Iced White Mocha with 2% Milk *(357 Cal, 69g Carbs, 10g Protein)* GF V
- Regular Iced Signature Mocha with 2% Milk *(359 Cal, 69g Carbs, 9g Protein)* GF V
- Large Iced Signature Mocha with 2% Milk *(548 Cal, 110g Carbs, 11g Protein)* GF V
- Regular Iced Chai Latte with 2% Milk *(147 Cal, 26g Carbs, 5g Protein)* GF V
- Large Iced Chai Latte with 2% Milk *(198 Cal, 35g Carbs, 7g Protein)* GF V
- Regular Iced Black Tea *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Regular Iced Ginger Green Tea *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Regular Iced Matcha Green Tea Latte with 2% Milk *(149 Cal, 29g Carbs, 3g Protein)* GF V
- Large Iced Matcha Green Tea Latte with 2% Milk *(218 Cal, 43g Carbs, 4g Protein)* GF V
- Medium Sweet Cream Cold Brew *(152 Cal, 9g Carbs, 0g Protein)* GF V

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- Coke *(232 Cal, 62g Carbs, 0g Protein)* GF V VEGAN
- Diet Coke *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Cherry Coke *(227 Cal, 67g Carbs, 0g Protein)* GF V VEGAN
- Coke Zero *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Minutemaid Orange Juice *(105 Cal, 26g Carbs, 2g Protein)* GF V VEGAN
- Gold Peak Sweet Tea *(179 Cal, 45g Carbs, 0g Protein)* GF V VEGAN

- Ginger Lemon Kombucha *(68 Cal, 14g Carbs, 0g Protein)*

Milk Options

- Skim Milk *(78 Cal, 11g Carbs, 8g Protein)* GF V
- 2% Milk *(113 Cal, 11g Carbs, 8g Protein)* GF V
- Oat Milk *(150 Cal, 19g Carbs, 2g Protein)* V VEGAN
- Vanilla Soy Milk *(129 Cal, 16g Carbs, 18g Protein)* GF V VEGAN
- Almond Milk *(41 Cal, 2g Carbs, 1g Protein)* GF V VEGAN

Breakfast/All-Day Bowls & Parfaits

- Chia Pudding Bowl *(368 Cal, 28g Carbs, 6g Protein)* GF V
- Oats & Yogurt *(395 Cal, 60g Carbs, 18g Protein)* V
- Savory Cottage Cheese Bowl *(195 Cal, 14g Carbs, 16g Protein)* GF V
- Lemon Blueberry Yogurt Bowl *(925 Cal, 119g Carbs, 27g Protein)* GF V
- Almonds *(86 Cal, 3g Carbs, 3g Protein)* GF V VEGAN
- Banana *(13 Cal, 3g Carbs, 0g Protein)* GF V VEGAN
- Sweetened Shredded Coconut *(4 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Dragon Fruit Cubes *(9 Cal, 2g Carbs, 0g Protein)* GF V VEGAN
- Everything Bagel Seasoning *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Pistachios *(81 Cal, 4g Carbs, 3g Protein)* GF V VEGAN
- Diced Apples *(8 Cal, 2g Carbs, 0g Protein)* GF V VEGAN
- Blueberries *(11 Cal, 3g Carbs, 0g Protein)* GF V VEGAN
- Ground Cinnamon *(1 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Dried Cranberries *(33 Cal, 8g Carbs, 0g Protein)* GF V VEGAN
- Golden Raisins *(43 Cal, 11g Carbs, 0g Protein)* GF V VEGAN
- Red Seedless Grapes *(10 Cal, 3g Carbs, 0g Protein)* GF V VEGAN
- Cubed Mango *(8 Cal, 2g Carbs, 0g Protein)* GF V VEGAN
- Clover Honey *(86 Cal, 23g Carbs, 0g Protein)* GF V
- Overnight Oats *(73 Cal, 12g Carbs, 3g Protein)* V
- Cottage Cheese *(100 Cal, 8g Carbs, 15g Protein)* GF V
- Fat-Free Plain Greek Yogurt *(81 Cal, 6g Carbs, 14g Protein)* GF V
- Coconut Chia Pudding *(143 Cal, 12g Carbs, 4g Protein)* GF V VEGAN
- Gluten Free Granola *(125 Cal, 14g Carbs, 2g Protein)* GF V VEGAN

Sandwiches

- Jalapeno BLT *(723 Cal, 53g Carbs, 29g Protein)*
- Chicken Caesar Sandwich on Ciabatta *(636 Cal, 73g Carbs, 54g Protein)*
- Cottage Cheese Toast *(391 Cal, 32g Carbs, 19g Protein)* V
- Egg and Bacon Sandwich *(1177 Cal, 76g Carbs, 54g Protein)*

- Ginger Lemon Kombucha *(68 Cal, 14g Carbs, 0g Protein)*

Milk Options

- Skim Milk *(78 Cal, 11g Carbs, 8g Protein)* GF V
- 2% Milk *(113 Cal, 11g Carbs, 8g Protein)* GF V
- Oat Milk *(150 Cal, 19g Carbs, 2g Protein)* V VEGAN
- Vanilla Soy Milk *(129 Cal, 16g Carbs, 18g Protein)* GF V VEGAN
- Almond Milk *(41 Cal, 2g Carbs, 1g Protein)* GF V VEGAN

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- Almonds *(86 Cal, 3g Carbs, 3g Protein)* GF V VEGAN
- Banana *(13 Cal, 3g Carbs, 0g Protein)* GF V VEGAN
- Sweetened Shredded Coconut *(4 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Dragon Fruit Cubes *(9 Cal, 2g Carbs, 0g Protein)* GF V VEGAN
- Everything Bagel Seasoning *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
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- Diced Apples *(8 Cal, 2g Carbs, 0g Protein)* GF V VEGAN
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- Ground Cinnamon *(1 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Dried Cranberries *(33 Cal, 8g Carbs, 0g Protein)* GF V VEGAN
- Golden Raisins *(43 Cal, 11g Carbs, 0g Protein)* GF V VEGAN
- Red Seedless Grapes *(10 Cal, 3g Carbs, 0g Protein)* GF V VEGAN
- Cubed Mango *(8 Cal, 2g Carbs, 0g Protein)* GF V VEGAN
- Clover Honey *(86 Cal, 23g Carbs, 0g Protein)* GF V
- Overnight Oats *(73 Cal, 12g Carbs, 3g Protein)* V
- Cottage Cheese *(100 Cal, 8g Carbs, 15g Protein)* GF V
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- Cottage Cheese Toast *(391 Cal, 32g Carbs, 19g Protein)* V
- Egg and Bacon Sandwich *(1177 Cal, 76g Carbs, 54g Protein)*

- Rosemary Chicken Salad Croissant *(577 Cal, 46g Carbs, 34g Protein)*
- Italian Sandwich *(745 Cal, 76g Carbs, 33g Protein)*
- Mushroom and Goat Cheese Sandwich *(615 Cal, 85g Carbs, 27g Protein)* V
- Roast Beef Caesar Sandwich *(657 Cal, 75g Carbs, 39g Protein)*
- French Dip *(789 Cal, 91g Carbs, 50g Protein)*
- Ham and Cheddar Croissant Breakfast Sandwich *(416 Cal, 26g Carbs, 22g Protein)*
- Gluten Free Bun *(240 Cal, 39g Carbs, 5g Protein)* GF V VEGAN
- Ciabatta Bun *(218 Cal, 40g Carbs, 8g Protein)* V VEGAN
- Marble Rye Sourdough Bread *(116 Cal, 22g Carbs, 4g Protein)* V VEGAN
- Provolone Cheese *(30 Cal, 0g Carbs, 2g Protein)* GF V
- Jalapeno Bacon *(113 Cal, 0g Carbs, 8g Protein)* GF
- Avocado *(118 Cal, 6g Carbs, 1g Protein)* GF V VEGAN
- Arugula Lettuce *(4 Cal, 1g Carbs, 0g Protein)* GF V VEGAN
- Mock Hollandaise Sauce *(160 Cal, 2g Carbs, 0g Protein)* GF V
- Mayonnaise *(203 Cal, 0g Carbs, 0g Protein)* GF V
- Tomato *(2 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Egg Souffle *(403 Cal, 4g Carbs, 21g Protein)* GF V
- White Cheddar Cheese *(162 Cal, 0g Carbs, 10g Protein)* GF V
- PB&J Sandwich *(492 Cal, 39g Carbs, 18g Protein)* V VEGAN
- Chili Verde Breakfast Burrito *(499 Cal, 53g Carbs, 20g Protein)* V
- Tofu Breakfast Burrito *(528 Cal, 63g Carbs, 25g Protein)*

Salads

- Quinoa and Chickpea Salad *(469 Cal, 32g Carbs, 16g Protein)* GF V
- Brussels Sprouts Salad with Almonds *(337 Cal, 36g Carbs, 9g Protein)* GF V
- Caesar Salad *(352 Cal, 27g Carbs, 13g Protein)*
- Modern Cobb Salad *(326 Cal, 13g Carbs, 27g Protein)* GF
- Hummus Bento Box *(361 Cal, 40g Carbs, 9g Protein)* GF V VEGAN
- Power Green Salad *(343 Cal, 36g Carbs, 16g Protein)* GF V
- Halal Tandoori Chicken Salad *(448 Cal, 35g Carbs, 26g Protein)* GF

Baked Goods

- Lemon Pound Cake *(493 Cal, 62g Carbs, 6g Protein)* V
- Marble Pound Cake *(382 Cal, 55g Carbs, 6g Protein)* V
- Vegan Zucchini Bread *(303 Cal, 49g Carbs, 4g Protein)* V VEGAN
- Blueberry Muffin *(437 Cal, 45g Carbs, 5g Protein)* V
- Vegan Cranberry Orange Muffin *(342 Cal, 58g Carbs, 4g*

- Rosemary Chicken Salad Croissant *(577 Cal, 46g Carbs, 34g Protein)*
- Italian Sandwich *(745 Cal, 76g Carbs, 33g Protein)*
- Mushroom and Goat Cheese Sandwich *(615 Cal, 85g Carbs, 27g Protein)* V
- Roast Beef Caesar Sandwich *(657 Cal, 75g Carbs, 39g Protein)*
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- Marble Rye Sourdough Bread *(116 Cal, 22g Carbs, 4g Protein)* V VEGAN
- Provolone Cheese *(30 Cal, 0g Carbs, 2g Protein)* GF V
- Jalapeno Bacon *(113 Cal, 0g Carbs, 8g Protein)* GF
- Avocado *(118 Cal, 6g Carbs, 1g Protein)* GF V VEGAN
- Arugula Lettuce *(4 Cal, 1g Carbs, 0g Protein)* GF V VEGAN
- Mayonnaise *(203 Cal, 0g Carbs, 0g Protein)* GF V
- Mock Hollandaise Sauce *(160 Cal, 2g Carbs, 0g Protein)* GF V
- Tomato *(2 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Egg Souffle *(403 Cal, 4g Carbs, 21g Protein)* GF V
- White Cheddar Cheese *(162 Cal, 0g Carbs, 10g Protein)* GF V
- PB&J Sandwich *(492 Cal, 39g Carbs, 18g Protein)* V VEGAN
- Chili Verde Breakfast Burrito *(499 Cal, 53g Carbs, 20g Protein)* V
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- Modern Cobb Salad *(326 Cal, 13g Carbs, 27g Protein)* GF
- Hummus Bento Box *(361 Cal, 40g Carbs, 9g Protein)* GF V VEGAN
- Power Green Salad *(343 Cal, 36g Carbs, 16g Protein)* GF V
- Halal Tandoori Chicken Salad *(448 Cal, 35g Carbs, 26g Protein)* GF

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- Marble Pound Cake *(382 Cal, 55g Carbs, 6g Protein)* V
- Vegan Zucchini Bread *(303 Cal, 49g Carbs, 4g Protein)* V VEGAN
- Blueberry Muffin *(437 Cal, 45g Carbs, 5g Protein)* V
- Vegan Cranberry Orange Muffin *(342 Cal, 58g Carbs, 4g*

Protein) V VEGAN
- Egg and Bacon Croissant Pastry *(270 Cal, 22g Carbs, 9g Protein)*
- Butter Croissant Pastry *(383 Cal, 42g Carbs, 7g Protein)* V
- Blueberry Galette *(474 Cal, 43g Carbs, 5g Protein)* V
- Peach Galette *(515 Cal, 53g Carbs, 6g Protein)* V
- Strawberry Galette *(485 Cal, 46g Carbs, 5g Protein)* V
- White Chocolate Raspberry Scone *(341 Cal, 44g Carbs, 6g Protein)* V
- Coffee Streusel Bundt Cake *(464 Cal, 56g Carbs, 5g Protein)* V
- Chocolate Croissant *(367 Cal, 43g Carbs, 8g Protein)* V
- Cinnamon Roll Croissant *(390 Cal, 45g Carbs, 5g Protein)* V
- Raspberry Croissant *(305 Cal, 41g Carbs, 5g Protein)* V
- Iced Lemon Loaf Cake *(422 Cal, 56g Carbs, 5g Protein)*

Sides
- Eban's Chocolate Chip Cookie *(278 Cal, 34g Carbs, 4g Protein)* GF V
- Eban's Peanut Butter Cookie *(209 Cal, 24g Carbs, 4g Protein)* GF V
- Eban's White Chocolate Cherry Cookie *(239 Cal, 37g Carbs, 4g Protein)* GF V
- Eban's Pecan Shortbread Cookie *(249 Cal, 28g Carbs, 3g Protein)* GF V
- Dark Chocolate Almond and Coconut Kind Bar *(179 Cal, 20g Carbs, 3g Protein)* GF V
- Apple *(80 Cal, 19g Carbs, 0g Protein)* GF V VEGAN
- Miss Vickie's Sea Salt & Vinegar Chips *(204 Cal, 23g Carbs, 3g Protein)* GF V
- Energy Bites *(126 Cal, 15g Carbs, 3g Protein)* GF V
- Dark Chocolate Nuts and Sea Salt Kind Bar *(179 Cal, 16g Carbs, 6g Protein)* GF V
- True Fruit Cup Grapefruit *(101 Cal, 24g Carbs, 0g Protein)* GF V VEGAN
- True Fruit Peach Cup *(111 Cal, 28g Carbs, 1g Protein)* GF V VEGAN
- Miss Vickie's Jalapeno Chips *(201 Cal, 23g Carbs, 3g Protein)* GF V
- Harvest Cheddar Sun Chips *(333 Cal, 44g Carbs, 5g Protein)* V
- True Fruit Pineapple Cup *(111 Cal, 26g Carbs, 0g Protein)* GF V VEGAN
- Grapes & Berries Cup *(111 Cal, 28g Carbs, 1g Protein)* GF V VEGAN

Sushi
- Spicy Tuna Roll *(270 Cal, 38g Carbs, 10g Protein)*
- Crunchy Spicy Salmon Roll *(241 Cal, 37g Carbs, 10g Protein)*

Soups
- Chicken Noodle Soup *(103 Cal, 12g Carbs, 5g Protein)*
- Chicken and Wild Rice Soup *(130 Cal, 19g Carbs, 6g Protein)*

Protein) V VEGAN
- Egg and Bacon Croissant Pastry *(270 Cal, 22g Carbs, 9g Protein)*
- Butter Croissant Pastry *(383 Cal, 42g Carbs, 7g Protein)* V
- Blueberry Galette *(474 Cal, 43g Carbs, 5g Protein)* V
- Peach Galette *(515 Cal, 53g Carbs, 6g Protein)* V
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- White Chocolate Raspberry Scone *(341 Cal, 44g Carbs, 6g Protein)* V
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- Apple *(80 Cal, 19g Carbs, 0g Protein)* GF V VEGAN
- Miss Vickie's Sea Salt & Vinegar Chips *(204 Cal, 23g Carbs, 3g Protein)* GF V
- Energy Bites *(126 Cal, 15g Carbs, 3g Protein)* GF V
- Dark Chocolate Nuts and Sea Salt Kind Bar *(179 Cal, 16g Carbs, 6g Protein)* GF V
- True Fruit Cup Grapefruit *(101 Cal, 24g Carbs, 0g Protein)* GF V VEGAN
- True Fruit Peach Cup *(111 Cal, 28g Carbs, 1g Protein)* GF V VEGAN
- Miss Vickie's Jalapeno Chips *(201 Cal, 23g Carbs, 3g Protein)* GF V
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- Iced Lemon Loaf Cake *(422 Cal, 56g Carbs, 5g Protein)*

Sides
- Eban's Chocolate Chip Cookie *(278 Cal, 34g Carbs, 4g Protein)* GF V
- Eban's Peanut Butter Cookie *(209 Cal, 24g Carbs, 4g Protein)* GF V
- Eban's White Chocolate Cherry Cookie *(239 Cal, 37g Carbs, 4g Protein)* GF V
- Eban's Pecan Shortbread Cookie *(249 Cal, 28g Carbs, 3g Protein)* GF V
- Dark Chocolate Almond and Coconut Kind Bar *(179 Cal, 20g Carbs, 3g Protein)* GF V
- Apple *(80 Cal, 19g Carbs, 0g Protein)* GF V VEGAN
- Miss Vickie's Sea Salt & Vinegar Chips *(204 Cal, 23g Carbs, 3g Protein)* GF V
- Energy Bites *(126 Cal, 15g Carbs, 3g Protein)* GF V
- Dark Chocolate Nuts and Sea Salt Kind Bar *(179 Cal, 16g Carbs, 6g Protein)* GF V
- True Fruit Cup Grapefruit *(101 Cal, 24g Carbs, 0g Protein)* GF V VEGAN
- True Fruit Peach Cup *(111 Cal, 28g Carbs, 1g Protein)* GF V VEGAN
- Miss Vickie's Jalapeno Chips *(201 Cal, 23g Carbs, 3g Protein)* GF V
- Harvest Cheddar Sun Chips *(333 Cal, 44g Carbs, 5g Protein)* V
- True Fruit Pineapple Cup *(111 Cal, 26g Carbs, 0g Protein)* GF V VEGAN
- Grapes & Berries Cup *(111 Cal, 28g Carbs, 1g Protein)* GF V VEGAN

Sushi
- Spicy Tuna Roll *(270 Cal, 38g Carbs, 10g Protein)*
- Crunchy Spicy Salmon Roll *(241 Cal, 37g Carbs, 10g Protein)*

Soups
- Chicken Noodle Soup *(103 Cal, 12g Carbs, 5g Protein)*
- Chicken and Wild Rice Soup *(130 Cal, 19g Carbs, 6g Protein)*

- Baked Potato Soup *(246 Cal, 19g Carbs, 5g Protein)*
- Broccoli Cheese Soup *(183 Cal, 13g Carbs, 7g Protein)* GF V
- Vegetarian Black Bean Soup *(167 Cal, 24g Carbs, 7g Protein)* GF V VEGAN
- Garden Vegetable Soup *(102 Cal, 15g Carbs, 3g Protein)* V
- Cactus Chili *(252 Cal, 19g Carbs, 18g Protein)* GF
- Italian Wedding Soup *(86 Cal, 11g Carbs, 4g Protein)*

- Baked Potato Soup *(246 Cal, 19g Carbs, 5g Protein)*
- Broccoli Cheese Soup *(183 Cal, 13g Carbs, 7g Protein)* GF V
- Vegetarian Black Bean Soup *(167 Cal, 24g Carbs, 7g Protein)* GF V VEGAN
- Garden Vegetable Soup *(102 Cal, 15g Carbs, 3g Protein)* V
- Cactus Chili *(252 Cal, 19g Carbs, 18g Protein)* GF
- Italian Wedding Soup *(86 Cal, 11g Carbs, 4g Protein)*

- Baked Potato Soup *(246 Cal, 19g Carbs, 5g Protein)*
- Broccoli Cheese Soup *(183 Cal, 13g Carbs, 7g Protein)* GF V
- Vegetarian Black Bean Soup *(167 Cal, 24g Carbs, 7g Protein)* GF V VEGAN
- Garden Vegetable Soup *(102 Cal, 15g Carbs, 3g Protein)* V
- Cactus Chili *(252 Cal, 19g Carbs, 18g Protein)* GF
- Italian Wedding Soup *(86 Cal, 11g Carbs, 4g Protein)*

- Baked Potato Soup *(246 Cal, 19g Carbs, 5g Protein)*
- Broccoli Cheese Soup *(183 Cal, 13g Carbs, 7g Protein)* GF V
- Vegetarian Black Bean Soup *(167 Cal, 24g Carbs, 7g Protein)* GF V VEGAN
- Garden Vegetable Soup *(102 Cal, 15g Carbs, 3g Protein)* V
- Cactus Chili *(252 Cal, 19g Carbs, 18g Protein)* GF
- Italian Wedding Soup *(86 Cal, 11g Carbs, 4g Protein)*

- Baked Potato Soup *(246 Cal, 19g Carbs, 5g Protein)*
- Broccoli Cheese Soup *(183 Cal, 13g Carbs, 7g Protein)* GF V
- Vegetarian Black Bean Soup *(167 Cal, 24g Carbs, 7g Protein)* GF V VEGAN
- Garden Vegetable Soup *(102 Cal, 15g Carbs, 3g Protein)* V
- Cactus Chili *(252 Cal, 19g Carbs, 18g Protein)* GF
- Italian Wedding Soup *(86 Cal, 11g Carbs, 4g Protein)*

16

Featured Items
- Berry Velvet Mocha (2%) Reg *(302 Cal, 54g Carbs, 10g Protein)* GF V
- Berry Velvet Mocha (2%) Large *(366 Cal, 69g Carbs, 11g Protein)* GF V
- Frozen Berry Velvet Mocha (2%) Reg *(589 Cal, 104g Carbs, 6g Protein)* GF V
- Iced Berry Velvet Mocha (2%) Reg *(200 Cal, 36g Carbs, 6g Protein)* GF V
- Iced Berry Velvet Mocha (2%) Large *(310 Cal, 55g Carbs, 10g Protein)* GF V
- Frosted White Chocolate Cranberry Cookie *(611 Cal, 99g Carbs, 10g Protein)* V
- Curried Chickpea Salad Cup *(345 Cal, 40g Carbs, 7g Protein)* GF V VEGAN
- Dragon Fruit Chia Pudding Parfait *(210 Cal, 24g Carbs, 5g Protein)* GF V VEGAN
- Toasted Nutella Waffle *(574 Cal, 62g Carbs, 6g Protein)* GF V
- Roasted Vegetables and Pesto on Focaccia *(663 Cal, 67g Carbs, 28g Protein)* V
- Rainbow Bowl *(186 Cal, 29g Carbs, 9g Protein)* V VEGAN

Hot Beverages
- Espresso *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Light Roast Coffee *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Medium Roast Coffee *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Dark Roast Coffee *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Small Americano *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Medium Americano *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Large Americano *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Small Cafe Latte with 2% Milk *(149 Cal, 15g Carbs, 10g Protein)* GF V
- Medium Cafe Latte with 2% Milk *(184 Cal, 18g Carbs, 12g Protein)* GF V
- Large Cafe Latte with 2% Milk *(220 Cal, 22g Carbs, 15g Protein)* GF V
- Small Cappuccino with 2% Milk *(113 Cal, 11g Carbs, 8g Protein)* GF V
- Medium Cappuccino with 2% Milk *(142 Cal, 14g Carbs, 9g Protein)* GF V

17

Featured Items
- Berry Velvet Mocha (2%) Reg *(302 Cal, 54g Carbs, 10g Protein)* GF V
- Berry Velvet Mocha (2%) Large *(366 Cal, 69g Carbs, 11g Protein)* GF V
- Frozen Berry Velvet Mocha (2%) Reg *(589 Cal, 104g Carbs, 6g Protein)* GF V
- Iced Berry Velvet Mocha (2%) Reg *(200 Cal, 36g Carbs, 6g Protein)* GF V
- Iced Berry Velvet Mocha (2%) Large *(310 Cal, 55g Carbs, 10g Protein)* GF V
- Frosted White Chocolate Cranberry Cookie *(611 Cal, 99g Carbs, 10g Protein)* V
- Curried Chickpea Salad Cup *(345 Cal, 40g Carbs, 7g Protein)* GF V VEGAN
- Dragon Fruit Chia Pudding Parfait *(210 Cal, 24g Carbs, 5g Protein)* GF V VEGAN
- Toasted Nutella Waffle *(574 Cal, 62g Carbs, 6g Protein)* GF V
- Roasted Vegetables and Pesto on Focaccia *(663 Cal, 67g Carbs, 28g Protein)* V
- Rainbow Bowl *(186 Cal, 29g Carbs, 9g Protein)* V VEGAN

Hot Beverages
- Espresso *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Light Roast Coffee *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Medium Roast Coffee *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Dark Roast Coffee *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Small Americano *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Medium Americano *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Large Americano *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Small Cafe Latte with 2% Milk *(149 Cal, 15g Carbs, 10g Protein)* GF V
- Medium Cafe Latte with 2% Milk *(184 Cal, 18g Carbs, 12g Protein)* GF V
- Large Cafe Latte with 2% Milk *(220 Cal, 22g Carbs, 15g Protein)* GF V
- Small Cappuccino with 2% Milk *(113 Cal, 11g Carbs, 8g Protein)* GF V
- Medium Cappuccino with 2% Milk *(142 Cal, 14g Carbs, 9g Protein)* GF V

18

Featured Items
- Berry Velvet Mocha (2%) Reg *(302 Cal, 54g Carbs, 10g Protein)* GF V
- Berry Velvet Mocha (2%) Large *(366 Cal, 69g Carbs, 11g Protein)* GF V
- Frozen Berry Velvet Mocha (2%) Reg *(589 Cal, 104g Carbs, 6g Protein)* GF V
- Iced Berry Velvet Mocha (2%) Reg *(200 Cal, 36g Carbs, 6g Protein)* GF V
- Iced Berry Velvet Mocha (2%) Large *(310 Cal, 55g Carbs, 10g Protein)* GF V
- Frosted White Chocolate Cranberry Cookie *(611 Cal, 99g Carbs, 10g Protein)* V
- Curried Chickpea Salad Cup *(345 Cal, 40g Carbs, 7g Protein)* GF V VEGAN
- Dragon Fruit Chia Pudding Parfait *(210 Cal, 24g Carbs, 5g Protein)* GF V VEGAN
- Toasted Nutella Waffle *(574 Cal, 62g Carbs, 6g Protein)* GF V
- Roasted Vegetables and Pesto on Focaccia *(663 Cal, 67g Carbs, 28g Protein)* V
- Rainbow Bowl *(186 Cal, 29g Carbs, 9g Protein)* V VEGAN

Hot Beverages
- Espresso *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Light Roast Coffee *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Medium Roast Coffee *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Dark Roast Coffee *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Small Americano *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Medium Americano *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Large Americano *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Small Cafe Latte with 2% Milk *(149 Cal, 15g Carbs, 10g Protein)* GF V
- Medium Cafe Latte with 2% Milk *(184 Cal, 18g Carbs, 12g Protein)* GF V
- Large Cafe Latte with 2% Milk *(220 Cal, 22g Carbs, 15g Protein)* GF V
- Small Cappuccino with 2% Milk *(113 Cal, 11g Carbs, 8g Protein)* GF V
- Medium Cappuccino with 2% Milk *(142 Cal, 14g Carbs, 9g Protein)* GF V

19

Featured Items
- Berry Velvet Mocha (2%) Reg *(302 Cal, 54g Carbs, 10g Protein)* GF V
- Berry Velvet Mocha (2%) Large *(366 Cal, 69g Carbs, 11g Protein)* GF V
- Frozen Berry Velvet Mocha (2%) Reg *(589 Cal, 104g Carbs, 6g Protein)* GF V
- Iced Berry Velvet Mocha (2%) Reg *(200 Cal, 36g Carbs, 6g Protein)* GF V
- Iced Berry Velvet Mocha (2%) Large *(310 Cal, 55g Carbs, 10g Protein)* GF V
- Frosted White Chocolate Cranberry Cookie *(611 Cal, 99g Carbs, 10g Protein)* V
- Curried Chickpea Salad Cup *(345 Cal, 40g Carbs, 7g Protein)* GF V VEGAN
- Dragon Fruit Chia Pudding Parfait *(210 Cal, 24g Carbs, 5g Protein)* GF V VEGAN
- Toasted Nutella Waffle *(574 Cal, 62g Carbs, 6g Protein)* GF V
- Roasted Vegetables and Pesto on Focaccia *(663 Cal, 67g Carbs, 28g Protein)* V
- Rainbow Bowl *(186 Cal, 29g Carbs, 9g Protein)* V VEGAN

Hot Beverages
- Espresso *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Light Roast Coffee *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Medium Roast Coffee *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Dark Roast Coffee *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Small Americano *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Medium Americano *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Large Americano *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Small Cafe Latte with 2% Milk *(149 Cal, 15g Carbs, 10g Protein)* GF V
- Medium Cafe Latte with 2% Milk *(184 Cal, 18g Carbs, 12g Protein)* GF V
- Large Cafe Latte with 2% Milk *(220 Cal, 22g Carbs, 15g Protein)* GF V
- Small Cappuccino with 2% Milk *(113 Cal, 11g Carbs, 8g Protein)* GF V
- Medium Cappuccino with 2% Milk *(142 Cal, 14g Carbs, 9g Protein)* GF V

20

Featured Items
- Berry Velvet Mocha (2%) Reg *(302 Cal, 54g Carbs, 10g Protein)* GF V
- Berry Velvet Mocha (2%) Large *(366 Cal, 69g Carbs, 11g Protein)* GF V
- Frozen Berry Velvet Mocha (2%) Reg *(589 Cal, 104g Carbs, 6g Protein)* GF V
- Iced Berry Velvet Mocha (2%) Reg *(200 Cal, 36g Carbs, 6g Protein)* GF V
- Iced Berry Velvet Mocha (2%) Large *(310 Cal, 55g Carbs, 10g Protein)* GF V
- Frosted White Chocolate Cranberry Cookie *(611 Cal, 99g Carbs, 10g Protein)* V
- Curried Chickpea Salad Cup *(345 Cal, 40g Carbs, 7g Protein)* GF V VEGAN
- Dragon Fruit Chia Pudding Parfait *(210 Cal, 24g Carbs, 5g Protein)* GF V VEGAN
- Toasted Nutella Waffle *(574 Cal, 62g Carbs, 6g Protein)* GF V
- Roasted Vegetables and Pesto on Focaccia *(663 Cal, 67g Carbs, 28g Protein)* V
- Rainbow Bowl *(186 Cal, 29g Carbs, 9g Protein)* V VEGAN

Hot Beverages
- Espresso *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Light Roast Coffee *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Medium Roast Coffee *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Dark Roast Coffee *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Small Americano *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Medium Americano *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Large Americano *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Small Cafe Latte with 2% Milk *(149 Cal, 15g Carbs, 10g Protein)* GF V
- Medium Cafe Latte with 2% Milk *(184 Cal, 18g Carbs, 12g Protein)* GF V
- Large Cafe Latte with 2% Milk *(220 Cal, 22g Carbs, 15g Protein)* GF V
- Small Cappuccino with 2% Milk *(113 Cal, 11g Carbs, 8g Protein)* GF V
- Medium Cappuccino with 2% Milk *(142 Cal, 14g Carbs, 9g Protein)* GF V

- Large Cappuccino with 2% Milk *(227 Cal, 23g Carbs, 15g Protein)* GF V
- Small Cafe Mocha with 2% Milk *(333 Cal, 43g Carbs, 10g Protein)* GF V
- Medium Cafe Mocha with 2% Milk *(414 Cal, 58g Carbs, 12g Protein)* GF V
- Large Cafe Mocha with 2% Milk *(456 Cal, 76g Carbs, 15g Protein)* GF V
- Small White Mocha with 2% Milk *(343 Cal, 46g Carbs, 10g Protein)* GF V
- Medium White Mocha with 2% Milk *(428 Cal, 62g Carbs, 12g Protein)* GF V
- Large White Mocha with 2% Milk *(513 Cal, 79g Carbs, 15g Protein)* GF V
- Small Chai Latte with 2% Milk *(156 Cal, 29g Carbs, 5g Protein)* GF V
- Medium Chai Latte with 2% Milk *(213 Cal, 39g Carbs, 7g Protein)* GF V
- Large Chai Latte with 2% Milk *(255 Cal, 45g Carbs, 9g Protein)* GF V
- Small Buckeye Mocha with 2% Milk *(387 Cal, 59g Carbs, 9g Protein)* GF V
- Medium Buckeye Mocha with 2% Milk *(439 Cal, 71g Carbs, 10g Protein)* GF V
- Large Buckeye Mocha with 2% Milk *(593 Cal, 99g Carbs, 15g Protein)* GF V
- Small Signature Mocha with 2% Milk *(359 Cal, 69g Carbs, 9g Protein)* GF V
- Medium Signature Mocha with 2% Milk *(520 Cal, 104g Carbs, 11g Protein)* GF V
- Large Signature Mocha with 2% Milk *(562 Cal, 114g Carbs, 11g Protein)* GF V
- Small Matcha Green Tea Latte with 2% Milk *(230 Cal, 34g Carbs, 10g Protein)* GF V
- Regular Matcha Green Tea Latte with 2% Milk *(320 Cal, 50g Carbs, 13g Protein)* GF V
- Large Matcha Green Tea Latte with 2% Milk *(410 Cal, 66g Carbs, 15g Protein)* GF V

Iced Beverages

- Regular Iced Coffee *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Large Iced Coffee *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Regular Iced Cafe Latte with 2% Milk *(78 Cal, 8g Carbs, 5g Protein)* GF V
- Large Iced Cafe Latte with 2% Milk *(121 Cal, 12g Carbs, 8g Protein)* GF V
- Regular Iced Cafe Mocha with 2% Milk *(250 Cal, 44g Carbs, 8g Protein)* GF V
- Large Iced Cafe Mocha with 2% Milk *(337 Cal, 63g Carbs, 10g Protein)* GF V
- Regular Iced White Mocha with 2% Milk *(277 Cal, 52g Carbs, 9g Protein)* GF V
- Large Iced White Mocha with 2% Milk *(357 Cal, 69g Carbs, 10g Protein)* GF V

- Large Cappuccino with 2% Milk *(227 Cal, 23g Carbs, 15g Protein)* GF V
- Small Cafe Mocha with 2% Milk *(333 Cal, 43g Carbs, 10g Protein)* GF V
- Medium Cafe Mocha with 2% Milk *(414 Cal, 58g Carbs, 12g Protein)* GF V
- Large Cafe Mocha with 2% Milk *(456 Cal, 76g Carbs, 15g Protein)* GF V
- Small White Mocha with 2% Milk *(343 Cal, 46g Carbs, 10g Protein)* GF V
- Medium White Mocha with 2% Milk *(428 Cal, 62g Carbs, 12g Protein)* GF V
- Large White Mocha with 2% Milk *(513 Cal, 79g Carbs, 15g Protein)* GF V
- Small Chai Latte with 2% Milk *(156 Cal, 29g Carbs, 5g Protein)* GF V
- Medium Chai Latte with 2% Milk *(213 Cal, 39g Carbs, 7g Protein)* GF V
- Large Chai Latte with 2% Milk *(255 Cal, 45g Carbs, 9g Protein)* GF V
- Small Buckeye Mocha with 2% Milk *(387 Cal, 59g Carbs, 9g Protein)* GF V
- Medium Buckeye Mocha with 2% Milk *(439 Cal, 71g Carbs, 10g Protein)* GF V
- Large Buckeye Mocha with 2% Milk *(593 Cal, 99g Carbs, 15g Protein)* GF V
- Small Signature Mocha with 2% Milk *(359 Cal, 69g Carbs, 9g Protein)* GF V
- Medium Signature Mocha with 2% Milk *(520 Cal, 104g Carbs, 11g Protein)* GF V
- Large Signature Mocha with 2% Milk *(562 Cal, 114g Carbs, 11g Protein)* GF V
- Small Matcha Green Tea Latte with 2% Milk *(230 Cal, 34g Carbs, 10g Protein)* GF V
- Regular Matcha Green Tea Latte with 2% Milk *(320 Cal, 50g Carbs, 13g Protein)* GF V
- Large Matcha Green Tea Latte with 2% Milk *(410 Cal, 66g Carbs, 15g Protein)* GF V

Iced Beverages

- Regular Iced Coffee *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Large Iced Coffee *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Regular Iced Cafe Latte with 2% Milk *(78 Cal, 8g Carbs, 5g Protein)* GF V
- Large Iced Cafe Latte with 2% Milk *(121 Cal, 12g Carbs, 8g Protein)* GF V
- Regular Iced Cafe Mocha with 2% Milk *(250 Cal, 44g Carbs, 8g Protein)* GF V
- Large Iced Cafe Mocha with 2% Milk *(337 Cal, 63g Carbs, 10g Protein)* GF V
- Regular Iced White Mocha with 2% Milk *(277 Cal, 52g Carbs, 9g Protein)* GF V
- Large Iced White Mocha with 2% Milk *(357 Cal, 69g Carbs, 10g Protein)* GF V

- Regular Iced Signature Mocha with 2% Milk *(359 Cal, 69g Carbs, 9g Protein)* GF V
- Large Iced Signature Mocha with 2% Milk *(548 Cal, 110g Carbs, 11g Protein)* GF V
- Regular Iced Chai Latte with 2% Milk *(147 Cal, 26g Carbs, 5g Protein)* GF V
- Large Iced Chai Latte with 2% Milk *(198 Cal, 35g Carbs, 7g Protein)* GF V
- Regular Iced Black Tea *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Regular Iced Ginger Green Tea *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Regular Iced Matcha Green Tea Latte with 2% Milk *(149 Cal, 29g Carbs, 3g Protein)* GF V
- Large Iced Matcha Green Tea Latte with 2% Milk *(218 Cal, 43g Carbs, 4g Protein)* GF V
- Medium Sweet Cream Cold Brew *(152 Cal, 9g Carbs, 0g Protein)* GF V

Cold Beverages

- Coke *(232 Cal, 62g Carbs, 0g Protein)* GF V VEGAN
- Diet Coke *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Cherry Coke *(227 Cal, 67g Carbs, 0g Protein)* GF V VEGAN
- Coke Zero *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Minutemaid Orange Juice *(105 Cal, 26g Carbs, 2g Protein)* GF V VEGAN
- Gold Peak Sweet Tea *(179 Cal, 45g Carbs, 0g Protein)* GF V VEGAN
- Ginger Lemon Kombucha *(68 Cal, 14g Carbs, 0g Protein)*

Milk Options

- Skim Milk *(78 Cal, 11g Carbs, 8g Protein)* GF V
- 2% Milk *(113 Cal, 11g Carbs, 8g Protein)* GF V
- Oat Milk *(150 Cal, 19g Carbs, 2g Protein)* V VEGAN
- Vanilla Soy Milk *(129 Cal, 16g Carbs, 18g Protein)* GF V VEGAN
- Almond Milk *(41 Cal, 2g Carbs, 1g Protein)* GF V VEGAN

Breakfast/All-Day Bowls & Parfaits

- Chia Pudding Bowl *(368 Cal, 28g Carbs, 6g Protein)* GF V
- Oats & Yogurt *(395 Cal, 60g Carbs, 18g Protein)* V
- Savory Cottage Cheese Bowl *(195 Cal, 14g Carbs, 16g Protein)* GF V
- Lemon Blueberry Yogurt Bowl *(925 Cal, 119g Carbs, 27g Protein)* GF V
- Almonds *(86 Cal, 3g Carbs, 3g Protein)* GF V VEGAN
- Banana *(13 Cal, 3g Carbs, 0g Protein)* GF V VEGAN
- Sweetened Shredded Coconut *(4 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Dragon Fruit Cubes *(9 Cal, 2g Carbs, 0g Protein)* GF V VEGAN
- Everything Bagel Seasoning *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN

- Regular Iced Signature Mocha with 2% Milk *(359 Cal, 69g Carbs, 9g Protein)* GF V
- Large Iced Signature Mocha with 2% Milk *(548 Cal, 110g Carbs, 11g Protein)* GF V
- Regular Iced Chai Latte with 2% Milk *(147 Cal, 26g Carbs, 5g Protein)* GF V
- Large Iced Chai Latte with 2% Milk *(198 Cal, 35g Carbs, 7g Protein)* GF V
- Regular Iced Black Tea *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Regular Iced Ginger Green Tea *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Regular Iced Matcha Green Tea Latte with 2% Milk *(149 Cal, 29g Carbs, 3g Protein)* GF V
- Large Iced Matcha Green Tea Latte with 2% Milk *(218 Cal, 43g Carbs, 4g Protein)* GF V
- Medium Sweet Cream Cold Brew *(152 Cal, 9g Carbs, 0g Protein)* GF V

Cold Beverages

- Coke *(232 Cal, 62g Carbs, 0g Protein)* GF V VEGAN
- Diet Coke *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Cherry Coke *(227 Cal, 67g Carbs, 0g Protein)* GF V VEGAN
- Coke Zero *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Minutemaid Orange Juice *(105 Cal, 26g Carbs, 2g Protein)* GF V VEGAN
- Gold Peak Sweet Tea *(179 Cal, 45g Carbs, 0g Protein)* GF V VEGAN
- Ginger Lemon Kombucha *(68 Cal, 14g Carbs, 0g Protein)*

Milk Options

- Skim Milk *(78 Cal, 11g Carbs, 8g Protein)* GF V
- 2% Milk *(113 Cal, 11g Carbs, 8g Protein)* GF V
- Oat Milk *(150 Cal, 19g Carbs, 2g Protein)* V VEGAN
- Vanilla Soy Milk *(129 Cal, 16g Carbs, 18g Protein)* GF V VEGAN
- Almond Milk *(41 Cal, 2g Carbs, 1g Protein)* GF V VEGAN

Breakfast/All-Day Bowls & Parfaits

- Chia Pudding Bowl *(368 Cal, 28g Carbs, 6g Protein)* GF V
- Oats & Yogurt *(395 Cal, 60g Carbs, 18g Protein)* V
- Savory Cottage Cheese Bowl *(195 Cal, 14g Carbs, 16g Protein)* GF V
- Lemon Blueberry Yogurt Bowl *(925 Cal, 119g Carbs, 27g Protein)* GF V
- Almonds *(86 Cal, 3g Carbs, 3g Protein)* GF V VEGAN
- Banana *(13 Cal, 3g Carbs, 0g Protein)* GF V VEGAN
- Sweetened Shredded Coconut *(4 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Dragon Fruit Cubes *(9 Cal, 2g Carbs, 0g Protein)* GF V VEGAN
- Everything Bagel Seasoning *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN

- Pistachios *(81 Cal, 4g Carbs, 3g Protein)* GF V VEGAN
- Diced Apples *(8 Cal, 2g Carbs, 0g Protein)* GF V VEGAN
- Blueberries *(11 Cal, 3g Carbs, 0g Protein)* GF V VEGAN
- Ground Cinnamon *(1 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Dried Cranberries *(33 Cal, 8g Carbs, 0g Protein)* GF V VEGAN
- Golden Raisins *(43 Cal, 11g Carbs, 0g Protein)* GF V VEGAN
- Red Seedless Grapes *(10 Cal, 3g Carbs, 0g Protein)* GF V VEGAN
- Cubed Mango *(8 Cal, 2g Carbs, 0g Protein)* GF V VEGAN
- Clover Honey *(86 Cal, 23g Carbs, 0g Protein)* GF V
- Overnight Oats *(73 Cal, 12g Carbs, 3g Protein)* V
- Cottage Cheese *(100 Cal, 8g Carbs, 15g Protein)* GF V
- Fat-Free Plain Greek Yogurt *(81 Cal, 6g Carbs, 14g Protein)* GF V
- Coconut Chia Pudding *(143 Cal, 12g Carbs, 4g Protein)* GF V VEGAN
- Gluten Free Granola *(125 Cal, 14g Carbs, 2g Protein)* GF V VEGAN

Sandwiches

- Jalapeno BLT *(723 Cal, 53g Carbs, 29g Protein)*
- Chicken Caesar Sandwich on Ciabatta *(636 Cal, 73g Carbs, 54g Protein)*
- Cottage Cheese Toast *(391 Cal, 32g Carbs, 19g Protein)* V
- Egg and Bacon Sandwich *(1177 Cal, 76g Carbs, 54g Protein)*
- Rosemary Chicken Salad Croissant *(577 Cal, 46g Carbs, 34g Protein)*
- Italian Sandwich *(745 Cal, 76g Carbs, 33g Protein)*
- Mushroom and Goat Cheese Sandwich *(615 Cal, 85g Carbs, 27g Protein)* V
- Roast Beef Caesar Sandwich *(657 Cal, 75g Carbs, 39g Protein)*
- French Dip *(789 Cal, 91g Carbs, 50g Protein)*
- Ham and Cheddar Croissant Breakfast Sandwich *(416 Cal, 26g Carbs, 22g Protein)*
- Gluten Free Bun *(240 Cal, 39g Carbs, 5g Protein)* GF V VEGAN
- Ciabatta Bun *(218 Cal, 40g Carbs, 8g Protein)* V VEGAN
- Marble Rye Sourdough Bread *(116 Cal, 22g Carbs, 4g Protein)* V VEGAN
- Provolone Cheese *(30 Cal, 0g Carbs, 2g Protein)* GF V
- Jalapeno Bacon *(113 Cal, 0g Carbs, 8g Protein)* GF
- Avocado *(118 Cal, 6g Carbs, 1g Protein)* GF V VEGAN
- Arugula Lettuce *(4 Cal, 1g Carbs, 0g Protein)* GF V VEGAN
- Mock Hollandaise Sauce *(160 Cal, 2g Carbs, 0g Protein)* GF V
- Mayonnaise *(203 Cal, 0g Carbs, 0g Protein)* GF V
- Tomato *(2 Cal, 0g Carbs, 0g Protein)* GF V VEGAN

- Pistachios *(81 Cal, 4g Carbs, 3g Protein)* GF V VEGAN
- Diced Apples *(8 Cal, 2g Carbs, 0g Protein)* GF V VEGAN
- Blueberries *(11 Cal, 3g Carbs, 0g Protein)* GF V VEGAN
- Ground Cinnamon *(1 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Dried Cranberries *(33 Cal, 8g Carbs, 0g Protein)* GF V VEGAN
- Golden Raisins *(43 Cal, 11g Carbs, 0g Protein)* GF V VEGAN
- Red Seedless Grapes *(10 Cal, 3g Carbs, 0g Protein)* GF V VEGAN
- Cubed Mango *(8 Cal, 2g Carbs, 0g Protein)* GF V VEGAN
- Clover Honey *(86 Cal, 23g Carbs, 0g Protein)* GF V
- Overnight Oats *(73 Cal, 12g Carbs, 3g Protein)* V
- Cottage Cheese *(100 Cal, 8g Carbs, 15g Protein)* GF V
- Fat-Free Plain Greek Yogurt *(81 Cal, 6g Carbs, 14g Protein)* GF V
- Coconut Chia Pudding *(143 Cal, 12g Carbs, 4g Protein)* GF V VEGAN
- Gluten Free Granola *(125 Cal, 14g Carbs, 2g Protein)* GF V VEGAN

Sandwiches

- Jalapeno BLT *(723 Cal, 53g Carbs, 29g Protein)*
- Chicken Caesar Sandwich on Ciabatta *(636 Cal, 73g Carbs, 54g Protein)*
- Cottage Cheese Toast *(391 Cal, 32g Carbs, 19g Protein)* V
- Egg and Bacon Sandwich *(1177 Cal, 76g Carbs, 54g Protein)*
- Rosemary Chicken Salad Croissant *(577 Cal, 46g Carbs, 34g Protein)*
- Italian Sandwich *(745 Cal, 76g Carbs, 33g Protein)*
- Mushroom and Goat Cheese Sandwich *(615 Cal, 85g Carbs, 27g Protein)* V
- Roast Beef Caesar Sandwich *(657 Cal, 75g Carbs, 39g Protein)*
- French Dip *(789 Cal, 91g Carbs, 50g Protein)*
- Ham and Cheddar Croissant Breakfast Sandwich *(416 Cal, 26g Carbs, 22g Protein)*
- Gluten Free Bun *(240 Cal, 39g Carbs, 5g Protein)* GF V VEGAN
- Ciabatta Bun *(218 Cal, 40g Carbs, 8g Protein)* V VEGAN
- Marble Rye Sourdough Bread *(116 Cal, 22g Carbs, 4g Protein)* V VEGAN
- Provolone Cheese *(30 Cal, 0g Carbs, 2g Protein)* GF V
- Jalapeno Bacon *(113 Cal, 0g Carbs, 8g Protein)* GF
- Avocado *(118 Cal, 6g Carbs, 1g Protein)* GF V VEGAN
- Arugula Lettuce *(4 Cal, 1g Carbs, 0g Protein)* GF V VEGAN
- Mayonnaise *(203 Cal, 0g Carbs, 0g Protein)* GF V
- Mock Hollandaise Sauce *(160 Cal, 2g Carbs, 0g Protein)* GF V
- Tomato *(2 Cal, 0g Carbs, 0g Protein)* GF V VEGAN

- Egg Souffle *(403 Cal, 4g Carbs, 21g Protein)* GF V
- White Cheddar Cheese *(162 Cal, 0g Carbs, 10g Protein)* GF V
- PB&J Sandwich *(492 Cal, 39g Carbs, 18g Protein)* V VEGAN
- Chili Verde Breakfast Burrito *(499 Cal, 53g Carbs, 20g Protein)* V
- Tofu Breakfast Burrito *(528 Cal, 63g Carbs, 25g Protein)*

Salads

- Quinoa and Chickpea Salad *(469 Cal, 32g Carbs, 16g Protein)* GF V
- Brussels Sprouts Salad with Almonds *(337 Cal, 36g Carbs, 9g Protein)* GF V
- Caesar Salad *(352 Cal, 27g Carbs, 13g Protein)*
- Modern Cobb Salad *(326 Cal, 13g Carbs, 27g Protein)* GF
- Hummus Bento Box *(361 Cal, 40g Carbs, 9g Protein)* GF V VEGAN
- Power Green Salad *(343 Cal, 36g Carbs, 16g Protein)* GF V
- Halal Tandoori Chicken Salad *(448 Cal, 35g Carbs, 26g Protein)* GF

Baked Goods

- Lemon Pound Cake *(493 Cal, 62g Carbs, 6g Protein)* V
- Marble Pound Cake *(382 Cal, 55g Carbs, 6g Protein)* V
- Vegan Zucchini Bread *(303 Cal, 49g Carbs, 4g Protein)* V VEGAN
- Blueberry Muffin *(437 Cal, 45g Carbs, 5g Protein)* V
- Vegan Cranberry Orange Muffin *(342 Cal, 58g Carbs, 4g Protein)* V VEGAN
- Egg and Bacon Croissant Pastry *(270 Cal, 22g Carbs, 9g Protein)*
- Butter Croissant Pastry *(383 Cal, 42g Carbs, 7g Protein)* V
- Blueberry Galette *(474 Cal, 43g Carbs, 5g Protein)* V
- Peach Galette *(515 Cal, 53g Carbs, 6g Protein)* V
- Strawberry Galette *(485 Cal, 46g Carbs, 5g Protein)* V
- White Chocolate Raspberry Scone *(341 Cal, 44g Carbs, 6g Protein)* V
- Coffee Streusel Bundt Cake *(464 Cal, 56g Carbs, 5g Protein)* V
- Chocolate Croissant *(367 Cal, 43g Carbs, 8g Protein)* V
- Cinnamon Roll Croissant *(390 Cal, 45g Carbs, 5g Protein)* V
- Raspberry Croissant *(305 Cal, 41g Carbs, 5g Protein)* V
- Iced Lemon Loaf Cake *(422 Cal, 56g Carbs, 5g Protein)*

Sides

- Eban's Chocolate Chip Cookie *(278 Cal, 34g Carbs, 4g Protein)* GF V
- Eban's Peanut Butter Cookie *(209 Cal, 24g Carbs, 4g Protein)* GF V
- Eban's White Chocolate Cherry Cookie *(239 Cal, 37g Carbs, 4g Protein)* GF V
- Eban's Pecan Shortbread Cookie *(249 Cal, 28g Carbs, 3g*

- Egg Souffle *(403 Cal, 4g Carbs, 21g Protein)* GF V
- White Cheddar Cheese *(162 Cal, 0g Carbs, 10g Protein)* GF V
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- Eban's White Chocolate Cherry Cookie *(239 Cal, 37g Carbs, 4g Protein)* GF V
- Eban's Pecan Shortbread Cookie *(249 Cal, 28g Carbs, 3g*

Protein) GF V
- Dark Chocolate Almond and Coconut Kind Bar *(179 Cal, 20g Carbs, 3g Protein)* GF V
- Apple *(80 Cal, 19g Carbs, 0g Protein)* GF V VEGAN
- Miss Vickie's Sea Salt & Vinegar Chips *(204 Cal, 23g Carbs, 3g Protein)* GF V
- Energy Bites *(126 Cal, 15g Carbs, 3g Protein)* GF V
- Dark Chocolate Nuts and Sea Salt Kind Bar *(179 Cal, 16g Carbs, 6g Protein)* GF V
- True Fruit Cup Grapefruit *(101 Cal, 24g Carbs, 0g Protein)* GF V VEGAN
- True Fruit Peach Cup *(111 Cal, 28g Carbs, 1g Protein)* GF V VEGAN
- Miss Vickie's Jalapeno Chips *(201 Cal, 23g Carbs, 3g Protein)* GF V
- Harvest Cheddar Sun Chips *(333 Cal, 44g Carbs, 5g Protein)* V
- True Fruit Pineapple Cup *(111 Cal, 26g Carbs, 0g Protein)* GF V VEGAN
- Grapes & Berries Cup *(111 Cal, 28g Carbs, 1g Protein)* GF V VEGAN

Sushi
- Spicy Tuna Roll *(270 Cal, 38g Carbs, 10g Protein)*
- Crunchy Spicy Salmon Roll *(241 Cal, 37g Carbs, 10g Protein)*

Soups
- Chicken Noodle Soup *(103 Cal, 12g Carbs, 5g Protein)*
- Chicken and Wild Rice Soup *(130 Cal, 19g Carbs, 6g Protein)*
- Baked Potato Soup *(246 Cal, 19g Carbs, 5g Protein)*
- Broccoli Cheese Soup *(183 Cal, 13g Carbs, 7g Protein)* GF V
- Vegetarian Black Bean Soup *(167 Cal, 24g Carbs, 7g Protein)* GF V VEGAN
- Garden Vegetable Soup *(102 Cal, 15g Carbs, 3g Protein)* V
- Cactus Chili *(252 Cal, 19g Carbs, 18g Protein)* GF
- Italian Wedding Soup *(86 Cal, 11g Carbs, 4g Protein)*

Protein) GF V
- Dark Chocolate Almond and Coconut Kind Bar *(179 Cal, 20g Carbs, 3g Protein)* GF V
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23

Featured Items
- Berry Velvet Mocha (2%) Large *(366 Cal, 69g Carbs, 11g Protein)* GF V
- Frozen Berry Velvet Mocha (2%) Reg *(589 Cal, 104g Carbs, 6g Protein)* GF V
- Iced Berry Velvet Mocha (2%) Reg *(200 Cal, 36g Carbs, 6g Protein)* GF V
- Iced Berry Velvet Mocha (2%) Large *(310 Cal, 55g Carbs, 10g Protein)* GF V
- Berry Velvet Mocha (2%) Reg *(302 Cal, 54g Carbs, 10g Protein)* GF V
- Rainbow Bowl *(186 Cal, 29g Carbs, 9g Protein)* V VEGAN
- Toasted Nutella Waffle *(574 Cal, 62g Carbs, 6g Protein)* GF V

24

Featured Items
- Berry Velvet Mocha (2%) Large *(366 Cal, 69g Carbs, 11g Protein)* GF V
- Frozen Berry Velvet Mocha (2%) Reg *(589 Cal, 104g Carbs, 6g Protein)* GF V
- Iced Berry Velvet Mocha (2%) Reg *(200 Cal, 36g Carbs, 6g Protein)* GF V
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- Toasted Nutella Waffle *(574 Cal, 62g Carbs, 6g Protein)* GF V

- Roasted Vegetables and Pesto on Focaccia *(663 Cal, 67g Carbs, 28g Protein)* V
- Curried Chickpea Salad Cup *(345 Cal, 40g Carbs, 7g Protein)* GF V VEGAN
- Dragon Fruit Chia Pudding Parfait *(210 Cal, 24g Carbs, 5g Protein)* GF V VEGAN
- Frosted White Chocolate Cranberry Cookie *(611 Cal, 99g Carbs, 10g Protein)* V

Hot Beverages

- Espresso *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Light Roast Coffee *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Medium Roast Coffee *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Dark Roast Coffee *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Small Americano *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Medium Americano *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Large Americano *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Small Cafe Latte with 2% Milk *(149 Cal, 15g Carbs, 10g Protein)* GF V
- Medium Cafe Latte with 2% Milk *(184 Cal, 18g Carbs, 12g Protein)* GF V
- Large Cafe Latte with 2% Milk *(220 Cal, 22g Carbs, 15g Protein)* GF V
- Small Cappuccino with 2% Milk *(113 Cal, 11g Carbs, 8g Protein)* GF V
- Medium Cappuccino with 2% Milk *(142 Cal, 14g Carbs, 9g Protein)* GF V
- Large Cappuccino with 2% Milk *(227 Cal, 23g Carbs, 15g Protein)* GF V
- Small Cafe Mocha with 2% Milk *(333 Cal, 43g Carbs, 10g Protein)* GF V
- Medium Cafe Mocha with 2% Milk *(414 Cal, 58g Carbs, 12g Protein)* GF V
- Large Cafe Mocha with 2% Milk *(456 Cal, 76g Carbs, 15g Protein)* GF V
- Small White Mocha with 2% Milk *(343 Cal, 46g Carbs, 10g Protein)* GF V
- Medium White Mocha with 2% Milk *(428 Cal, 62g Carbs, 12g Protein)* GF V
- Large White Mocha with 2% Milk *(513 Cal, 79g Carbs, 15g Protein)* GF V
- Small Chai Latte with 2% Milk *(156 Cal, 29g Carbs, 5g Protein)* GF V
- Medium Chai Latte with 2% Milk *(213 Cal, 39g Carbs, 7g Protein)* GF V
- Large Chai Latte with 2% Milk *(255 Cal, 45g Carbs, 9g Protein)* GF V
- Small Buckeye Mocha with 2% Milk *(387 Cal, 59g Carbs, 9g Protein)* GF V
- Medium Buckeye Mocha with 2% Milk *(439 Cal, 71g Carbs, 10g Protein)* GF V
- Large Buckeye Mocha with 2% Milk *(593 Cal, 99g Carbs,*

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- Medium Roast Coffee *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Dark Roast Coffee *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Small Americano *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Medium Americano *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Large Americano *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Small Cafe Latte with 2% Milk *(149 Cal, 15g Carbs, 10g Protein)* GF V
- Medium Cafe Latte with 2% Milk *(184 Cal, 18g Carbs, 12g Protein)* GF V
- Large Cafe Latte with 2% Milk *(220 Cal, 22g Carbs, 15g Protein)* GF V
- Small Cappuccino with 2% Milk *(113 Cal, 11g Carbs, 8g Protein)* GF V
- Medium Cappuccino with 2% Milk *(142 Cal, 14g Carbs, 9g Protein)* GF V
- Large Cappuccino with 2% Milk *(227 Cal, 23g Carbs, 15g Protein)* GF V
- Small Cafe Mocha with 2% Milk *(333 Cal, 43g Carbs, 10g Protein)* GF V
- Medium Cafe Mocha with 2% Milk *(414 Cal, 58g Carbs, 12g Protein)* GF V
- Large Cafe Mocha with 2% Milk *(456 Cal, 76g Carbs, 15g Protein)* GF V
- Small White Mocha with 2% Milk *(343 Cal, 46g Carbs, 10g Protein)* GF V
- Medium White Mocha with 2% Milk *(428 Cal, 62g Carbs, 12g Protein)* GF V
- Large White Mocha with 2% Milk *(513 Cal, 79g Carbs, 15g Protein)* GF V
- Small Chai Latte with 2% Milk *(156 Cal, 29g Carbs, 5g Protein)* GF V
- Medium Chai Latte with 2% Milk *(213 Cal, 39g Carbs, 7g Protein)* GF V
- Large Chai Latte with 2% Milk *(255 Cal, 45g Carbs, 9g Protein)* GF V
- Small Buckeye Mocha with 2% Milk *(387 Cal, 59g Carbs, 9g Protein)* GF V
- Medium Buckeye Mocha with 2% Milk *(439 Cal, 71g Carbs, 10g Protein)* GF V
- Large Buckeye Mocha with 2% Milk *(593 Cal, 99g Carbs,*

15g Protein) GF V
- Small Signature Mocha with 2% Milk *(359 Cal, 69g Carbs, 9g Protein)* GF V
- Medium Signature Mocha with 2% Milk *(520 Cal, 104g Carbs, 11g Protein)* GF V
- Large Signature Mocha with 2% Milk *(562 Cal, 114g Carbs, 11g Protein)* GF V
- Small Matcha Green Tea Latte with 2% Milk *(230 Cal, 34g Carbs, 10g Protein)* GF V
- Regular Matcha Green Tea Latte with 2% Milk *(320 Cal, 50g Carbs, 13g Protein)* GF V
- Large Matcha Green Tea Latte with 2% Milk *(410 Cal, 66g Carbs, 15g Protein)* GF V

Iced Beverages
- Regular Iced Coffee *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Large Iced Coffee *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Regular Iced Cafe Latte with 2% Milk *(78 Cal, 8g Carbs, 5g Protein)* GF V
- Large Iced Cafe Latte with 2% Milk *(121 Cal, 12g Carbs, 8g Protein)* GF V
- Regular Iced Cafe Mocha with 2% Milk *(250 Cal, 44g Carbs, 8g Protein)* GF V
- Large Iced Cafe Mocha with 2% Milk *(337 Cal, 63g Carbs, 10g Protein)* GF V
- Regular Iced White Mocha with 2% Milk *(277 Cal, 52g Carbs, 9g Protein)* GF V
- Large Iced White Mocha with 2% Milk *(357 Cal, 69g Carbs, 10g Protein)* GF V
- Regular Iced Signature Mocha with 2% Milk *(359 Cal, 69g Carbs, 9g Protein)* GF V
- Large Iced Signature Mocha with 2% Milk *(548 Cal, 110g Carbs, 11g Protein)* GF V
- Regular Iced Chai Latte with 2% Milk *(147 Cal, 26g Carbs, 5g Protein)* GF V
- Large Iced Chai Latte with 2% Milk *(198 Cal, 35g Carbs, 7g Protein)* GF V
- Regular Iced Black Tea *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Regular Iced Ginger Green Tea *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Regular Iced Matcha Green Tea Latte with 2% Milk *(149 Cal, 29g Carbs, 3g Protein)* GF V
- Large Iced Matcha Green Tea Latte with 2% Milk *(218 Cal, 43g Carbs, 4g Protein)* GF V
- Medium Sweet Cream Cold Brew *(152 Cal, 9g Carbs, 0g Protein)* GF V

Cold Beverages
- Coke *(232 Cal, 62g Carbs, 0g Protein)* GF V VEGAN
- Diet Coke *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Cherry Coke *(227 Cal, 67g Carbs, 0g Protein)* GF V VEGAN
- Coke Zero *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Minutemaid Orange Juice *(105 Cal, 26g Carbs, 2g Protein)*

15g Protein) GF V
- Small Signature Mocha with 2% Milk *(359 Cal, 69g Carbs, 9g Protein)* GF V
- Medium Signature Mocha with 2% Milk *(520 Cal, 104g Carbs, 11g Protein)* GF V
- Large Signature Mocha with 2% Milk *(562 Cal, 114g Carbs, 11g Protein)* GF V
- Small Matcha Green Tea Latte with 2% Milk *(230 Cal, 34g Carbs, 10g Protein)* GF V
- Regular Matcha Green Tea Latte with 2% Milk *(320 Cal, 50g Carbs, 13g Protein)* GF V
- Large Matcha Green Tea Latte with 2% Milk *(410 Cal, 66g Carbs, 15g Protein)* GF V

Iced Beverages
- Regular Iced Coffee *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Large Iced Coffee *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Regular Iced Cafe Latte with 2% Milk *(78 Cal, 8g Carbs, 5g Protein)* GF V
- Large Iced Cafe Latte with 2% Milk *(121 Cal, 12g Carbs, 8g Protein)* GF V
- Regular Iced Cafe Mocha with 2% Milk *(250 Cal, 44g Carbs, 8g Protein)* GF V
- Large Iced Cafe Mocha with 2% Milk *(337 Cal, 63g Carbs, 10g Protein)* GF V
- Regular Iced White Mocha with 2% Milk *(277 Cal, 52g Carbs, 9g Protein)* GF V
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- Large Iced Signature Mocha with 2% Milk *(548 Cal, 110g Carbs, 11g Protein)* GF V
- Regular Iced Chai Latte with 2% Milk *(147 Cal, 26g Carbs, 5g Protein)* GF V
- Large Iced Chai Latte with 2% Milk *(198 Cal, 35g Carbs, 7g Protein)* GF V
- Regular Iced Black Tea *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Regular Iced Ginger Green Tea *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Regular Iced Matcha Green Tea Latte with 2% Milk *(149 Cal, 29g Carbs, 3g Protein)* GF V
- Large Iced Matcha Green Tea Latte with 2% Milk *(218 Cal, 43g Carbs, 4g Protein)* GF V
- Medium Sweet Cream Cold Brew *(152 Cal, 9g Carbs, 0g Protein)* GF V

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- Coke *(232 Cal, 62g Carbs, 0g Protein)* GF V VEGAN
- Diet Coke *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Cherry Coke *(227 Cal, 67g Carbs, 0g Protein)* GF V VEGAN
- Coke Zero *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Minutemaid Orange Juice *(105 Cal, 26g Carbs, 2g Protein)*

- Gold Peak Sweet Tea *(179 Cal, 45g Carbs, 0g Protein)* GF V VEGAN
- Ginger Lemon Kombucha *(68 Cal, 14g Carbs, 0g Protein)*

Milk Options

- Skim Milk *(78 Cal, 11g Carbs, 8g Protein)* GF V
- 2% Milk *(113 Cal, 11g Carbs, 8g Protein)* GF V
- Oat Milk *(150 Cal, 19g Carbs, 2g Protein)* V VEGAN
- Vanilla Soy Milk *(129 Cal, 16g Carbs, 18g Protein)* GF V VEGAN
- Almond Milk *(41 Cal, 2g Carbs, 1g Protein)* GF V VEGAN

Breakfast/All-Day Bowls & Parfaits

- Chia Pudding Bowl *(368 Cal, 28g Carbs, 6g Protein)* GF V
- Oats & Yogurt *(395 Cal, 60g Carbs, 18g Protein)* V
- Savory Cottage Cheese Bowl *(195 Cal, 14g Carbs, 16g Protein)* GF V
- Lemon Blueberry Yogurt Bowl *(925 Cal, 119g Carbs, 27g Protein)* GF V
- Almonds *(86 Cal, 3g Carbs, 3g Protein)* GF V VEGAN
- Banana *(13 Cal, 3g Carbs, 0g Protein)* GF V VEGAN
- Sweetened Shredded Coconut *(4 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Dragon Fruit Cubes *(9 Cal, 2g Carbs, 0g Protein)* GF V VEGAN
- Everything Bagel Seasoning *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Pistachios *(81 Cal, 4g Carbs, 3g Protein)* GF V VEGAN
- Diced Apples *(8 Cal, 2g Carbs, 0g Protein)* GF V VEGAN
- Blueberries *(11 Cal, 3g Carbs, 0g Protein)* GF V VEGAN
- Ground Cinnamon *(1 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Dried Cranberries *(33 Cal, 8g Carbs, 0g Protein)* GF V VEGAN
- Golden Raisins *(43 Cal, 11g Carbs, 0g Protein)* GF V VEGAN
- Red Seedless Grapes *(10 Cal, 3g Carbs, 0g Protein)* GF V VEGAN
- Cubed Mango *(8 Cal, 2g Carbs, 0g Protein)* GF V VEGAN
- Clover Honey *(86 Cal, 23g Carbs, 0g Protein)* GF V
- Overnight Oats *(73 Cal, 12g Carbs, 3g Protein)* V
- Cottage Cheese *(100 Cal, 8g Carbs, 15g Protein)* GF V
- Fat-Free Plain Greek Yogurt *(81 Cal, 6g Carbs, 14g Protein)* GF V
- Coconut Chia Pudding *(143 Cal, 12g Carbs, 4g Protein)* GF V VEGAN
- Gluten Free Granola *(125 Cal, 14g Carbs, 2g Protein)* GF V VEGAN

Sandwiches

- Jalapeno BLT *(723 Cal, 53g Carbs, 29g Protein)*
- Chicken Caesar Sandwich on Ciabatta *(636 Cal, 73g Carbs, 54g Protein)*
- Cottage Cheese Toast *(391 Cal, 32g Carbs, 19g Protein)* V

- Gold Peak Sweet Tea *(179 Cal, 45g Carbs, 0g Protein)* GF V VEGAN
- Ginger Lemon Kombucha *(68 Cal, 14g Carbs, 0g Protein)*

Milk Options

- Skim Milk *(78 Cal, 11g Carbs, 8g Protein)* GF V
- 2% Milk *(113 Cal, 11g Carbs, 8g Protein)* GF V
- Oat Milk *(150 Cal, 19g Carbs, 2g Protein)* V VEGAN
- Vanilla Soy Milk *(129 Cal, 16g Carbs, 18g Protein)* GF V VEGAN
- Almond Milk *(41 Cal, 2g Carbs, 1g Protein)* GF V VEGAN

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- Oats & Yogurt *(395 Cal, 60g Carbs, 18g Protein)* V
- Savory Cottage Cheese Bowl *(195 Cal, 14g Carbs, 16g Protein)* GF V
- Lemon Blueberry Yogurt Bowl *(925 Cal, 119g Carbs, 27g Protein)* GF V
- Almonds *(86 Cal, 3g Carbs, 3g Protein)* GF V VEGAN
- Banana *(13 Cal, 3g Carbs, 0g Protein)* GF V VEGAN
- Sweetened Shredded Coconut *(4 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Dragon Fruit Cubes *(9 Cal, 2g Carbs, 0g Protein)* GF V VEGAN
- Everything Bagel Seasoning *(0 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Pistachios *(81 Cal, 4g Carbs, 3g Protein)* GF V VEGAN
- Diced Apples *(8 Cal, 2g Carbs, 0g Protein)* GF V VEGAN
- Blueberries *(11 Cal, 3g Carbs, 0g Protein)* GF V VEGAN
- Ground Cinnamon *(1 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Dried Cranberries *(33 Cal, 8g Carbs, 0g Protein)* GF V VEGAN
- Golden Raisins *(43 Cal, 11g Carbs, 0g Protein)* GF V VEGAN
- Red Seedless Grapes *(10 Cal, 3g Carbs, 0g Protein)* GF V VEGAN
- Cubed Mango *(8 Cal, 2g Carbs, 0g Protein)* GF V VEGAN
- Clover Honey *(86 Cal, 23g Carbs, 0g Protein)* GF V
- Overnight Oats *(73 Cal, 12g Carbs, 3g Protein)* V
- Cottage Cheese *(100 Cal, 8g Carbs, 15g Protein)* GF V
- Fat-Free Plain Greek Yogurt *(81 Cal, 6g Carbs, 14g Protein)* GF V
- Coconut Chia Pudding *(143 Cal, 12g Carbs, 4g Protein)* GF V VEGAN
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- Chicken Caesar Sandwich on Ciabatta *(636 Cal, 73g Carbs, 54g Protein)*
- Cottage Cheese Toast *(391 Cal, 32g Carbs, 19g Protein)* V

- Egg and Bacon Sandwich *(1177 Cal, 76g Carbs, 54g Protein)*
- Rosemary Chicken Salad Croissant *(577 Cal, 46g Carbs, 34g Protein)*
- Italian Sandwich *(745 Cal, 76g Carbs, 33g Protein)*
- Mushroom and Goat Cheese Sandwich *(615 Cal, 85g Carbs, 27g Protein)* V
- Roast Beef Caesar Sandwich *(657 Cal, 75g Carbs, 39g Protein)*
- French Dip *(789 Cal, 91g Carbs, 50g Protein)*
- Ham and Cheddar Croissant Breakfast Sandwich *(416 Cal, 26g Carbs, 22g Protein)*
- Gluten Free Bun *(240 Cal, 39g Carbs, 5g Protein)* GF V VEGAN
- Ciabatta Bun *(218 Cal, 40g Carbs, 8g Protein)* V VEGAN
- Marble Rye Sourdough Bread *(116 Cal, 22g Carbs, 4g Protein)* V VEGAN
- Provolone Cheese *(30 Cal, 0g Carbs, 2g Protein)* GF V
- Jalapeno Bacon *(113 Cal, 0g Carbs, 8g Protein)* GF
- Avocado *(118 Cal, 6g Carbs, 1g Protein)* GF V VEGAN
- Arugula Lettuce *(4 Cal, 1g Carbs, 0g Protein)* GF V VEGAN
- Mock Hollandaise Sauce *(160 Cal, 2g Carbs, 0g Protein)* GF V
- Mayonnaise *(203 Cal, 0g Carbs, 0g Protein)* GF V
- Tomato *(2 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Egg Souffle *(403 Cal, 4g Carbs, 21g Protein)* GF V
- White Cheddar Cheese *(162 Cal, 0g Carbs, 10g Protein)* GF V
- PB&J Sandwich *(492 Cal, 39g Carbs, 18g Protein)* V VEGAN
- Chili Verde Breakfast Burrito *(499 Cal, 53g Carbs, 20g Protein)* V
- Tofu Breakfast Burrito *(528 Cal, 63g Carbs, 25g Protein)*

Salads

- Quinoa and Chickpea Salad *(469 Cal, 32g Carbs, 16g Protein)* GF V
- Brussels Sprouts Salad with Almonds *(337 Cal, 36g Carbs, 9g Protein)* GF V
- Caesar Salad *(352 Cal, 27g Carbs, 13g Protein)*
- Modern Cobb Salad *(326 Cal, 13g Carbs, 27g Protein)* GF
- Hummus Bento Box *(361 Cal, 40g Carbs, 9g Protein)* GF V VEGAN
- Power Green Salad *(343 Cal, 36g Carbs, 16g Protein)* GF V
- Halal Tandoori Chicken Salad *(448 Cal, 35g Carbs, 26g Protein)* GF

Baked Goods

- Lemon Pound Cake *(493 Cal, 62g Carbs, 6g Protein)* V
- Marble Pound Cake *(382 Cal, 55g Carbs, 6g Protein)* V
- Vegan Zucchini Bread *(303 Cal, 49g Carbs, 4g Protein)* V VEGAN

- Egg and Bacon Sandwich *(1177 Cal, 76g Carbs, 54g Protein)*
- Rosemary Chicken Salad Croissant *(577 Cal, 46g Carbs, 34g Protein)*
- Italian Sandwich *(745 Cal, 76g Carbs, 33g Protein)*
- Mushroom and Goat Cheese Sandwich *(615 Cal, 85g Carbs, 27g Protein)* V
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- Gluten Free Bun *(240 Cal, 39g Carbs, 5g Protein)* GF V VEGAN
- Ciabatta Bun *(218 Cal, 40g Carbs, 8g Protein)* V VEGAN
- Marble Rye Sourdough Bread *(116 Cal, 22g Carbs, 4g Protein)* V VEGAN
- Provolone Cheese *(30 Cal, 0g Carbs, 2g Protein)* GF V
- Jalapeno Bacon *(113 Cal, 0g Carbs, 8g Protein)* GF
- Avocado *(118 Cal, 6g Carbs, 1g Protein)* GF V VEGAN
- Arugula Lettuce *(4 Cal, 1g Carbs, 0g Protein)* GF V VEGAN
- Mayonnaise *(203 Cal, 0g Carbs, 0g Protein)* GF V
- Mock Hollandaise Sauce *(160 Cal, 2g Carbs, 0g Protein)* GF V
- Tomato *(2 Cal, 0g Carbs, 0g Protein)* GF V VEGAN
- Egg Souffle *(403 Cal, 4g Carbs, 21g Protein)* GF V
- White Cheddar Cheese *(162 Cal, 0g Carbs, 10g Protein)* GF V
- PB&J Sandwich *(492 Cal, 39g Carbs, 18g Protein)* V VEGAN
- Chili Verde Breakfast Burrito *(499 Cal, 53g Carbs, 20g Protein)* V
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- Caesar Salad *(352 Cal, 27g Carbs, 13g Protein)*
- Modern Cobb Salad *(326 Cal, 13g Carbs, 27g Protein)* GF
- Hummus Bento Box *(361 Cal, 40g Carbs, 9g Protein)* GF V VEGAN
- Power Green Salad *(343 Cal, 36g Carbs, 16g Protein)* GF V
- Halal Tandoori Chicken Salad *(448 Cal, 35g Carbs, 26g Protein)* GF

Baked Goods

- Lemon Pound Cake *(493 Cal, 62g Carbs, 6g Protein)* V
- Marble Pound Cake *(382 Cal, 55g Carbs, 6g Protein)* V
- Vegan Zucchini Bread *(303 Cal, 49g Carbs, 4g Protein)* V VEGAN

- Blueberry Muffin *(437 Cal, 45g Carbs, 5g Protein)* V
- Vegan Cranberry Orange Muffin *(342 Cal, 58g Carbs, 4g Protein)* V VEGAN
- Egg and Bacon Croissant Pastry *(270 Cal, 22g Carbs, 9g Protein)*
- Butter Croissant Pastry *(383 Cal, 42g Carbs, 7g Protein)* V
- Blueberry Galette *(474 Cal, 43g Carbs, 5g Protein)* V
- Peach Galette *(515 Cal, 53g Carbs, 6g Protein)* V
- Strawberry Galette *(485 Cal, 46g Carbs, 5g Protein)* V
- White Chocolate Raspberry Scone *(341 Cal, 44g Carbs, 6g Protein)* V
- Coffee Streusel Bundt Cake *(464 Cal, 56g Carbs, 5g Protein)* V
- Chocolate Croissant *(367 Cal, 43g Carbs, 8g Protein)* V
- Cinnamon Roll Croissant *(390 Cal, 45g Carbs, 5g Protein)* V
- Raspberry Croissant *(305 Cal, 41g Carbs, 5g Protein)* V
- Iced Lemon Loaf Cake *(422 Cal, 56g Carbs, 5g Protein)*

Sides

- Eban's Chocolate Chip Cookie *(278 Cal, 34g Carbs, 4g Protein)* GF V
- Eban's Peanut Butter Cookie *(209 Cal, 24g Carbs, 4g Protein)* GF V
- Eban's White Chocolate Cherry Cookie *(239 Cal, 37g Carbs, 4g Protein)* GF V
- Eban's Pecan Shortbread Cookie *(249 Cal, 28g Carbs, 3g Protein)* GF V
- Dark Chocolate Almond and Coconut Kind Bar *(179 Cal, 20g Carbs, 3g Protein)* GF V
- Apple *(80 Cal, 19g Carbs, 0g Protein)* GF V VEGAN
- Miss Vickie's Sea Salt & Vinegar Chips *(204 Cal, 23g Carbs, 3g Protein)* GF V
- Energy Bites *(126 Cal, 15g Carbs, 3g Protein)* GF V
- Dark Chocolate Nuts and Sea Salt Kind Bar *(179 Cal, 16g Carbs, 6g Protein)* GF V
- True Fruit Cup Grapefruit *(101 Cal, 24g Carbs, 0g Protein)* GF V VEGAN
- True Fruit Peach Cup *(111 Cal, 28g Carbs, 1g Protein)* GF V VEGAN
- Miss Vickie's Jalapeno Chips *(201 Cal, 23g Carbs, 3g Protein)* GF V
- Harvest Cheddar Sun Chips *(333 Cal, 44g Carbs, 5g Protein)* V
- True Fruit Pineapple Cup *(111 Cal, 26g Carbs, 0g Protein)* GF V VEGAN
- Grapes & Berries Cup *(111 Cal, 28g Carbs, 1g Protein)* GF V VEGAN

Sushi

- Spicy Tuna Roll *(270 Cal, 38g Carbs, 10g Protein)*
- Crunchy Spicy Salmon Roll *(241 Cal, 37g Carbs, 10g Protein)*

Soups

- Blueberry Muffin *(437 Cal, 45g Carbs, 5g Protein)* V
- Vegan Cranberry Orange Muffin *(342 Cal, 58g Carbs, 4g Protein)* V VEGAN
- Egg and Bacon Croissant Pastry *(270 Cal, 22g Carbs, 9g Protein)*
- Butter Croissant Pastry *(383 Cal, 42g Carbs, 7g Protein)* V
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Soups

- Blueberry Muffin *(437 Cal, 45g Carbs, 5g Protein)* V
- Vegan Cranberry Orange Muffin *(342 Cal, 58g Carbs, 4g Protein)* V VEGAN
- Egg and Bacon Croissant Pastry *(270 Cal, 22g Carbs, 9g Protein)*
- Butter Croissant Pastry *(383 Cal, 42g Carbs, 7g Protein)* V
- Blueberry Galette *(474 Cal, 43g Carbs, 5g Protein)* V
- Peach Galette *(515 Cal, 53g Carbs, 6g Protein)* V
- Strawberry Galette *(485 Cal, 46g Carbs, 5g Protein)* V
- White Chocolate Raspberry Scone *(341 Cal, 44g Carbs, 6g Protein)* V
- Coffee Streusel Bundt Cake *(464 Cal, 56g Carbs, 5g Protein)* V
- Chocolate Croissant *(367 Cal, 43g Carbs, 8g Protein)* V
- Cinnamon Roll Croissant *(390 Cal, 45g Carbs, 5g Protein)* V
- Raspberry Croissant *(305 Cal, 41g Carbs, 5g Protein)* V
- Iced Lemon Loaf Cake *(422 Cal, 56g Carbs, 5g Protein)*

Sides

- Eban's Chocolate Chip Cookie *(278 Cal, 34g Carbs, 4g Protein)* GF V
- Eban's Peanut Butter Cookie *(209 Cal, 24g Carbs, 4g Protein)* GF V
- Eban's White Chocolate Cherry Cookie *(239 Cal, 37g Carbs, 4g Protein)* GF V
- Eban's Pecan Shortbread Cookie *(249 Cal, 28g Carbs, 3g Protein)* GF V
- Dark Chocolate Almond and Coconut Kind Bar *(179 Cal, 20g Carbs, 3g Protein)* GF V
- Apple *(80 Cal, 19g Carbs, 0g Protein)* GF V VEGAN
- Miss Vickie's Sea Salt & Vinegar Chips *(204 Cal, 23g Carbs, 3g Protein)* GF V
- Energy Bites *(126 Cal, 15g Carbs, 3g Protein)* GF V
- Dark Chocolate Nuts and Sea Salt Kind Bar *(179 Cal, 16g Carbs, 6g Protein)* GF V
- True Fruit Cup Grapefruit *(101 Cal, 24g Carbs, 0g Protein)* GF V VEGAN
- True Fruit Peach Cup *(111 Cal, 28g Carbs, 1g Protein)* GF V VEGAN
- Miss Vickie's Jalapeno Chips *(201 Cal, 23g Carbs, 3g Protein)* GF V
- Harvest Cheddar Sun Chips *(333 Cal, 44g Carbs, 5g Protein)* V
- True Fruit Pineapple Cup *(111 Cal, 26g Carbs, 0g Protein)* GF V VEGAN
- Grapes & Berries Cup *(111 Cal, 28g Carbs, 1g Protein)* GF V VEGAN

Sushi

- Spicy Tuna Roll *(270 Cal, 38g Carbs, 10g Protein)*
- Crunchy Spicy Salmon Roll *(241 Cal, 37g Carbs, 10g Protein)*

Soups

- Chicken Noodle Soup *(103 Cal, 12g Carbs, 5g Protein)*
- Chicken and Wild Rice Soup *(130 Cal, 19g Carbs, 6g Protein)*
- Baked Potato Soup *(246 Cal, 19g Carbs, 5g Protein)*
- Broccoli Cheese Soup *(183 Cal, 13g Carbs, 7g Protein)* GF V
- Vegetarian Black Bean Soup *(167 Cal, 24g Carbs, 7g Protein)* GF V VEGAN
- Garden Vegetable Soup *(102 Cal, 15g Carbs, 3g Protein)* V
- Cactus Chili *(252 Cal, 19g Carbs, 18g Protein)* GF
- Italian Wedding Soup *(86 Cal, 11g Carbs, 4g Protein)*

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GF No Gluten, V Vegetarian, VEGAN Vegan, Halal

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OFFICE OF STUDENT LIFE