

# Panera Bread® Nutrition - US

## Effective: 1/11/2023 Version 1

|                               | Serving Size                         | Calories (kcal) | Calories from Fat (kcal) | Fat (g) | Saturated Fat (g) | Trans Fatty Acid (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Total Dietary Fiber (g) | Total Sugars (g) | Protein (g) |
|-------------------------------|--------------------------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|
| <b>BAGELS</b>                 |                                      |                 |                          |         |                   |                      |                  |             |                   |                         |                  |             |
| Asiago Cheese Bagel           | 1 Bagel                              | 310             | 25                       | 3       | 1.5               | 0                    | 5                | 530         | 63                | 2                       | 5                | 12          |
| Blueberry Bagel               | 1 Bagel                              | 290             | 10                       | 1       | 0                 | 0                    | 0                | 420         | 66                | 2                       | 11               | 10          |
| Cherry Vanilla Bagel          | 1 Bagel                              | 350             | 40                       | 4.5     | 3.5               | 0                    | 0                | 400         | 78                | 2                       | 20               | 10          |
| Chocolate Chip Bagel          | 1 Bagel                              | 330             | 50                       | 6       | 3                 | 0                    | 5                | 400         | 64                | 2                       | 14               | 10          |
| Cinnamon Crunch Bagel         | 1 Bagel                              | 420             | 60                       | 7       | 5                 | 0                    | 0                | 400         | 84                | 2                       | 34               | 9           |
| Cinnamon Swirl & Raisin Bagel | 1 Bagel                              | 310             | 15                       | 1.5     | 1                 | 0                    | 0                | 430         | 68                | 3                       | 13               | 10          |
| Everything Bagel              | 1 Bagel                              | 300             | 15                       | 1.5     | 0                 | 0                    | 0                | 610         | 63                | 3                       | 5                | 11          |
| Jalapeno Cheddar Bagel        | 1 Bagel                              | 300             | 25                       | 3       | 1.5               | 0                    | 5                | 750         | 56                | 2                       | 4                | 13          |
| Plain Bagel                   | 1 Bagel                              | 280             | 5                        | 1       | 0                 | 0                    | 0                | 460         | 62                | 2                       | 5                | 10          |
| Poppysseed Bagel              | 1 Bagel                              | 300             | 20                       | 2       | 0                 | 0                    | 0                | 460         | 63                | 3                       | 5                | 11          |
| Salt Bagel                    | 1 Bagel                              | 280             | 5                        | 1       | 0                 | 0                    | 0                | 2020        | 62                | 2                       | 5                | 10          |
| Sesame Bagel                  | 1 Bagel                              | 300             | 20                       | 2.5     | 0.5               | 0                    | 0                | 460         | 63                | 3                       | 5                | 11          |
| Sprouted Grain Bagel Flat     | 1 Bagel Flat                         | 180             | 20                       | 2       | 0                 | 0                    | 0                | 410         | 34                | 3                       | 4                | 7           |
| <b>BREADS</b>                 |                                      |                 |                          |         |                   |                      |                  |             |                   |                         |                  |             |
| Artisan Ciabatta              | 2 oz (about 3 1/2 inch slice/ 57g)   | 150             | 10                       | 1.5     | 0                 | 0                    | 0                | 280         | 30                | 1                       | 0                | 6           |
| Black Pepper Focaccia         | 2 oz (57g / about 4.75 inch slice)   | 140             | 15                       | 2       | 0                 | 0                    | 0                | 370         | 26                | 1                       | 0                | 5           |
| Brioche Roll                  | 1 Roll                               | 220             | 70                       | 7       | 4                 | 0                    | 60               | 270         | 31                | 2                       | 5                | 8           |
| Classic Sourdough             | 2 oz (about 1 1/4 inch slice / 57 g) | 150             | 5                        | 0       | 0                 | 0                    | 0                | 320         | 31                | 1                       | 0                | 6           |
| Classic White Miche           | 2 oz (about 2/3 inch slice / 57g)    | 160             | 35                       | 4       | 2                 | 0                    | 10               | 260         | 27                | 1                       | 4                | 6           |
| Country Rustic Sourdough      | 2 oz (about 2/3 inch slice / 57 g)   | 130             | 5                        | 0       | 0                 | 0                    | 0                | 260         | 28                | 1                       | 0                | 5           |
| Asiago Cheese Focaccia        | 2 oz (57g / about 4 inch slice)      | 150             | 25                       | 3       | 1                 | 0                    | 5                | 320         | 24                | 1                       | 0                | 6           |
| French Baguette               | 2 oz (57g / about 2 3/4 inch slice)  | 150             | 5                        | 0       | 0                 | 0                    | 0                | 370         | 30                | 1                       | 1                | 5           |
| Sourdough Bread Bowl          | 1 Bread Bowl                         | 670             | 40                       | 4.5     | 0                 | 0                    | 0                | 1160        | 130               | 4                       | 2                | 27          |
| Tomato Basil Miche            | 2 oz (57g / about 1/2 inch slice)    | 130             | 5                        | 0       | 0                 | 0                    | 0                | 330         | 27                | 1                       | 1                | 5           |
| White Whole Grain             | 2 oz (57g / about 7/8 inch slice)    | 130             | 5                        | 0.5     | 0                 | 0                    | 0                | 290         | 25                | 2                       | 3                | 6           |
| Whole Grain Lahvash           | 1 Lahvash                            | 150             | 20                       | 2.5     | 0                 | 0                    | 0                | 250         | 27                | 2                       | 2                | 9           |



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### BREAKFAST

|   | Serving Size | Calories (kcal) | Calories from Fat (kcal) | Fat (g) | Saturated Fat (g) | Trans Fatty Acid (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Total Dietary Fiber (g) | Total Sugars (g) | Protein (g) |
|---|--------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|
| Avocado, Egg White, Spinach & Cheese on Sprouted Grain Bagel Flat | 1 Sandwich   | 350             | 120                      | 14      | 5                 | 0                    | 20               | 680         | 39                | 5                       | 5                | 19          |
| Bacon, Egg & Cheese on Brioche                                    | 1 Sandwich   | 450             | 220                      | 25      | 12                | 0                    | 280              | 790         | 32                | 2                       | 6                | 23          |
| Bacon, Egg & Cheese on Artisan Ciabatta                           | 1 Sandwich   | 420             | 170                      | 19      | 8                 | 0                    | 220              | 880         | 40                | 2                       | 2                | 22          |
| Bacon, Scrambled Egg & Cheese on Artisan Ciabatta                 | 1 Sandwich   | 440             | 190                      | 21      | 9                 | 0                    | 300              | 900         | 40                | 2                       | 2                | 24          |
| Bacon, Scrambled Egg & Cheese on Brioche                          | 1 Sandwich   | 470             | 240                      | 26      | 13                | 0                    | 360              | 810         | 33                | 2                       | 6                | 24          |
| Breakfast Portion - Artisan Ciabatta                              | 1/4 Loaf     | 200             | 15                       | 2       | 0                 | 0                    | 0                | 360         | 38                | 2                       | 1                | 7           |
| Chipotle Aioli Sauce for Breakfast Sandwiches                     | 1 Serving    | 45              | 40                       | 4.5     | 1                 | 0                    | 5                | 55          | 0                 | 0                       | 0                | 0           |
| Chipotle Chicken, Egg & Avocado on Artisan Ciabatta               | 1 Sandwich   | 530             | 260                      | 29      | 11                | 0                    | 235              | 890         | 43                | 4                       | 2                | 26          |
| Chipotle Chicken, Scrambled Egg & Avocado on Artisan Ciabatta     | 1 Sandwich   | 550             | 280                      | 31      | 12                | 0                    | 315              | 910         | 44                | 4                       | 2                | 27          |
| Egg & Cheese on Brioche   | 1 Sandwich   | 380             | 170                      | 19      | 10                | 0                    | 265              | 510         | 32                | 2                       | 6                | 19          |
| Egg & Cheese on Artisan Ciabatta                                  | 1 Sandwich   | 360             | 120                      | 14      | 6                 | 0                    | 205              | 590         | 40                | 2                       | 1                | 19          |
| Egg Whites  | 1 Portion    | 30              | 5                        | 0       | 0                 | 0                    | 0                | 100         | 1                 | 0                       | 0                | 6           |
| Garlic Aioli Sauce for Breakfast Sandwiches                       | 1 serving    | 50              | 50                       | 5       | 1                 | 0                    | 5                | 30          | 0                 | 0                       | 0                | 0           |
| Over Easy Egg   | 1 Egg        | 70              | 45                       | 5       | 1.5               | 0                    | 185              | 70          | 0                 | 0                       | 0                | 6           |
| Sausage, Egg & Cheese on Asiago Bagel                             | 1 Sandwich   | 770             | 420                      | 47      | 17                | 0                    | 260              | 1210        | 60                | 2                       | 5                | 29          |
| Sausage, Egg & Cheese on Brioche                                  | 1 Sandwich   | 590             | 350                      | 39      | 18                | 0                    | 300              | 770         | 32                | 2                       | 6                | 26          |
| Sausage, Egg & Cheese on Artisan Ciabatta                         | 1 Sandwich   | 570             | 300                      | 34      | 14                | 0                    | 240              | 860         | 40                | 2                       | 1                | 26          |
| Sausage, Scrambled Egg & Cheese on Artisan Ciabatta               | 1 Sandwich   | 590             | 320                      | 35      | 15                | 0                    | 320              | 880         | 40                | 2                       | 1                | 27          |
| Sausage, Scrambled Egg & Cheese on Asiago Bagel                   | 1 Sandwich   | 790             | 440                      | 48      | 18                | 0                    | 340              | 1230        | 61                | 2                       | 5                | 30          |
| Sausage, Scrambled Egg & Cheese on Brioche                        | 1 Sandwich   | 610             | 370                      | 41      | 19                | 0                    | 380              | 790         | 33                | 2                       | 6                | 28          |
| Scrambled Egg   | 1 egg        | 90              | 60                       | 7       | 3                 | 0                    | 265              | 90          | 1                 | 0                       | 0                | 8           |
| Scrambled Egg & Cheese on Artisan Ciabatta                        | 1 Sandwich   | 380             | 140                      | 16      | 7                 | 0                    | 285              | 610         | 40                | 2                       | 1                | 20          |

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|--|--------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|
| Scrambled Egg & Cheese on Brioche  | 1 Sandwich   | 400             | 190                      | 21      | 11                | 0                    | 345              | 530         | 32                | 2                       | 6                | 21          |
| Steel Cut Oatmeal with Strawberries, Pecans & Cinnamon Crunch Topping        | 1 Bowl       | 370             | 130                      | 15      | 2                 | 0                    | 0                | 150         | 52                | 9                       | 17               | 8           |
| Steel Cut Oatmeal with Strawberries & Cinnamon Crunch Topping without pecans | 1 Bowl       | 260             | 35                       | 4       | 1                 | 0                    | 0                | 150         | 50                | 8                       | 16               | 7           |
| <b>DRESSINGS AND SAUCES</b>  |              |                 |                          |         |                   |                      |                  |             |                   |                         |                  |             |
| Apple Cider Vinegar BBQ Sauce  | 1 portion    | 20              | 0                        | 0       | 0                 | 0                    | 0                | 90          | 4                 | 0                       | 4                | 0           |
| Dressing - Asian Sesame Vinaigrette - Half                                   | 1 1/2 Tbsp   | 45              | 35                       | 4       | 0.5               | 0                    | 0                | 100         | 2                 | 0                       | 2                | 0           |
| Dressing - Asian Sesame Vinaigrette - Whole                                  | 3 Tbsp       | 90              | 70                       | 8       | 1                 | 0                    | 0                | 200         | 4                 | 0                       | 4                | 0           |
| Dressing - BBQ Ranch - Half  | 1 1/2 Tbsp   | 70              | 60                       | 7       | 1                 | 0                    | 5                | 125         | 2                 | 0                       | 2                | 0           |
| Dressing - BBQ Ranch - Whole   | 3 Tbsp       | 140             | 120                      | 13      | 2.5               | 0                    | 10               | 250         | 5                 | 0                       | 4                | 1           |
| Buffalo Sauce  | 1 Portion    | 10              | 10                       | 1       | 0                 | 0                    | 0                | 320         | 1                 | 0                       | 1                | 0           |
| Buffalo Sauce  | 1 Portion    | 15              | 10                       | 1       | 0.1               | 0                    | 0                | 320         | 1                 | 0                       | 1                | 0           |
| Dressing - Caesar - Half   | 1 1/2 Tbsp   | 90              | 80                       | 9       | 1.5               | 0                    | 15               | 140         | 1                 | 0                       | 0                | 0           |
| Dressing - Caesar - Whole  | 3 Tbsp       | 170             | 160                      | 18      | 3                 | 0                    | 30               | 290         | 2                 | 0                       | 1                | 1           |
| Chipotle Sauce   | 1 portion    | 100             | 90                       | 10      | 1.5               | 0                    | 10               | 105         | 2                 | 0                       | 1                | 0           |
| Garlic Aioli - Sandwich Portion  | 1 portion    | 110             | 110                      | 12      | 2                 | 0                    | 15               | 65          | 0                 | 0                       | 0                | 0           |
| Dressing - Greek Dressing - Half   | 1 1/2 Tbsp   | 110             | 110                      | 12      | 1.5               | 0                    | 0                | 150         | 0                 | 0                       | 0                | 0           |
| Dressing - Greek Dressing - Whole  | 3 Tbsp       | 230             | 220                      | 25      | 3.5               | 0                    | 0                | 290         | 1                 | 0                       | 0                | 0           |
| Dressing - Green Goddess - Half  | 1 1/2 tbsp   | 40              | 30                       | 3.5     | 0                 | 0                    | 0                | 80          | 2                 | 0                       | 1                | 1           |
| Dressing - Green Goddess - Whole   | 3 tbsp       | 80              | 60                       | 7       | 1                 | 0                    | 5                | 160         | 4                 | 0                       | 3                | 2           |
| Horseradish Sauce  | 1 portion    | 100             | 100                      | 11      | 2                 | 0                    | 10               | 85          | 1                 | 0                       | 0                | 0           |
| Hummus   | 1 portion    | 60              | 40                       | 4.5     | 0.5               | 0                    | 0                | 150         | 4                 | 1                       | 1                | 2           |
| Lemon Tahini Dressing  | 1 portion    | 70              | 60                       | 7       | 1                 | 0                    | 0                | 210         | 2                 | 1                       | 0                | 1           |
| Mayonnaise   | 1 portion    | 130             | 130                      | 14      | 2                 | 0                    | 10               | 115         | 0                 | 0                       | 0                | 0           |
| Salsa Verde  | 1 portion    | 90              | 90                       | 10      | 1                 | 0                    | 0                | 170         | 1                 | 0                       | 0                | 0           |
| Signature Sauce  | 1 portion    | 90              | 70                       | 8       | 1                 | 0                    | 10               | 90          | 4                 | 0                       | 2                | 0           |

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|---|-------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|
| Spicy Brown Mustard   | 1 portion         | 10              | 5                        | 0       | 0                 | 0                    | 0                | 80          | 1                 | 0                       | 0                | 0           |
| Dressing - Tangerine Soy Ginger - Half                            | 1 ladle           | 80              | 60                       | 7       | 1                 | 0                    | 0                | 250         | 4                 | 0                       | 4                | 0           |
| Dressing - Tangerine Soy Ginger - Whole                           | 2 ladles          | 160             | 130                      | 14      | 2                 | 0                    | 0                | 500         | 9                 | 0                       | 8                | 1           |
| Teriyaki Sauce  | 1 portion         | 120             | 10                       | 1       | 0                 | 0                    | 0                | 680         | 26                | 0                       | 22               | 2           |
| Dressing - White Balsamic Vinaigrette flavored with Apple - Half  | 1 1/2 Tbsp        | 80              | 60                       | 6       | 1                 | 0                    | 0                | 85          | 5                 | 0                       | 5                | 0           |
| Dressing - White Balsamic Vinaigrette flavored with Apple - Whole | 3 Tbsp            | 160             | 120                      | 13      | 2                 | 0                    | 0                | 170         | 11                | 0                       | 10               | 0           |
| <b>DRINKS</b>   |                   |                 |                          |         |                   |                      |                  |             |                   |                         |                  |             |
| Additional Shot of Bittersweet Chocolate Sauce                    | 1 shot            | 50              | 0                        | 0       | 0                 | 0                    | 0                | 25          | 13                | 1                       | 8                | 1           |
| Additional Shot of Caramel Syrup                                  | 1 Shot            | 60              | 10                       | 1.5     | 1                 | 0                    | 5                | 50          | 13                | 0                       | 8                | 0           |
| Additional Shot of Cinnamon Bark Flavored Syrup                   | 1 shot            | 25              | 0                        | 0       | 0                 | 0                    | 0                | 0           | 6                 | 0                       | 6                | 0           |
| Additional Shot of Espresso                                       | 1 fl oz (30 mL)   | 5               | 0                        | 0       | 0                 | 0                    | 0                | 0           | 1                 | 0                       | 0                | 0           |
| Additional Shot of Espresso Decaf                                 | 1 Shot            | 5               | 0                        | 0       | 0                 | 0                    | 0                | 0           | 1                 | 0                       | 0                | 0           |
| Additional Shot of Madagascar Vanilla Syrup                       | 1 Shot            | 20              | 0                        | 0       | 0                 | 0                    | 0                | 0           | 5                 | 0                       | 5                | 0           |
| Agave Lemonade - 20 fl oz   | 20 fl oz (591 mL) | 200             | 0                        | 0       | 0                 | 0                    | 0                | 10          | 48                | 0                       | 45               | 0           |
| Agave Lemonade - 30 fl oz   | 30 fl oz (887 mL) | 300             | 5                        | 0       | 0                 | 0                    | 0                | 15          | 73                | 0                       | 67               | 0           |
| Agave Lemonade - Serves 5 - Group                                 | 1 container       | 630             | 5                        | 1       | 0                 | 0                    | 0                | 35          | 155               | 0                       | 143              | 1           |
| AHA Blueberry Pomegranate Sparkling Water- 12 fl oz can           | 12 fl oz can      | 0               | 0                        | 0       | 0                 | 0                    | 0                | 0           | 0                 | 0                       | 0                | 0           |
| AHA Lime Watermelon Sparkling Water- 12 fl oz can                 | 12 fl oz can      | 0               | 0                        | 0       | 0                 | 0                    | 0                | 0           | 0                 | 0                       | 0                | 0           |
| Americano - 16 fl oz  | 16 fl oz (473 mL) | 10              | 0                        | 0       | 0                 | 0                    | 0                | 5           | 2                 | 0                       | 0                | 1           |
| Unsweetened Iced Tea - Serves 5 - Group                           | 1 Container       | 40              | 0                        | 0       | 0                 | 0                    | 0                | 40          | 0                 | 0                       | 0                | 8           |
| Blackberry Sage Tea   | 8 fl oz (237 mL)  | 0               | 0                        | 0       | 0                 | 0                    | 0                | 0           | 0                 | 0                       | 0                | 0           |
| Bottled Passionfruit Papaya Flavored Iced Green Tea               | 1 Bottle (500 mL) | 130             | 0                        | 0       | 0                 | 0                    | 0                | 0           | 31                |                         | 28               | 0           |

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|---|--------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|
| Bottled Water                             | 16.9 fl oz (500mL) | 0               | 0                        | 0       | 0                 | 0                    | 0                | 10          | 0                 | 0                       | 0                | 0           |
| British Breakfast Tea - 8 fl oz           | 8 fl oz (240 mL)   | 0               | 0                        | 0       | 0                 | 0                    | 0                | 0           | 0                 | 0                       | 0                | 0           |
| Bubly Sparkling Water 12 fl oz Can- Lemon | 12 fl oz (355 mL)  | 0               | 0                        | 0       | 0                 | 0                    | 0                | 0           | 0                 | 0                       | 0                | 0           |
| Bubly Sparkling Water 12 fl oz - Lime     | 12 fl oz (355 mL)  | 0               | 0                        | 0       | 0                 | 0                    | 0                | 0           | 0                 | 0                       | 0                | 0           |
| Cafe Blend Dark Roast Coffee - 16 fl oz   | 16 fl oz (473 mL)  | 15              | 0                        | 0       | 0                 | 0                    | 0                | 10          | 3                 | 0                       | 0                | 1           |
| Cafe Blend Dark Roast Coffee - 20 fl oz   | 20 fl oz (591 mL)  | 15              | 0                        | 0       | 0                 | 0                    | 0                | 15          | 3                 | 0                       | 0                | 1           |
| Cafe blend Dark Roast Coffee - Group      | 1 Container        | 100             | 0                        | 0       | 0                 | 0                    | 0                | 90          | 20                | 0                       | 0                | 7           |
| Cafe Blend Dark Roast Coffee - 12 fl oz   | 12 fl oz (355 mL)  | 10              | 0                        | 0       | 0                 | 0                    | 0                | 10          | 2                 | 0                       | 0                | 1           |
| Cafe Blend Light Roast Coffee - Group     | 1 Container        | 140             | 0                        | 0       | 0                 | 0                    | 0                | 90          | 25                | 0                       | 0                | 7           |
| Cafe Blend Light Roast Coffee - 16 fl oz  | 16 fl oz (473 mL)  | 20              | 0                        | 0       | 0                 | 0                    | 0                | 10          | 3                 | 0                       | 0                | 1           |
| Cafe Blend Light Roast Coffee - 20 fl oz  | 20 fl oz (591 mL)  | 25              | 0                        | 0       | 0                 | 0                    | 0                | 15          | 4                 | 0                       | 0                | 1           |
| Cafe Blend Light Roast Coffee- 12 fl oz   | 12 fl oz (355 mL)  | 15              | 0                        | 0       | 0                 | 0                    | 0                | 10          | 2                 | 0                       | 0                | 1           |
| Caffe Latte - 16 fl oz                    | 16 fl oz (473mL)   | 130             | 45                       | 5       | 3                 | 0                    | 20               | 100         | 13                | 0                       | 11               | 9           |
| Caffe Latte - 20 fl oz                    | 20 fl oz (591mL)   | 160             | 60                       | 6       | 4                 | 0                    | 25               | 125         | 16                | 0                       | 14               | 11          |
| Caffeine Free Diet Pepsi - 20 fl oz       | 20 fl oz (591 mL)  | 0               | 0                        | 0       | 0                 | 0                    | 0                | 95          | 0                 | 0                       | 0                | 0           |
| Caffeine Free Diet Pepsi - 30 fl oz       | 30 fl oz (887 mL)  | 0               | 0                        | 0       | 0                 | 0                    | 0                | 140         | 0                 | 0                       | 0                | 0           |
| Canada Dry Ginger Ale - 20 fl oz          | 20 fl oz (591 mL)  | 230             | 0                        | 0       | 0                 | 0                    | 0                | 85          | 60                | 0                       | 59               | 0           |
| Canada Dry Ginger Ale - 30 fl oz          | 30 fl oz (887 mL)  | 340             | 0                        | 0       | 0                 | 0                    | 0                | 125         | 90                | 0                       | 89               | 0           |
| Cappuccino - 16 fl oz                     | 16 fl oz (473mL)   | 130             | 45                       | 5       | 3                 | 0                    | 20               | 100         | 13                | 0                       | 11               | 9           |
| Cappuccino - 20 fl oz                     | 20 fl oz (591mL)   | 160             | 60                       | 6       | 4                 | 0                    | 25               | 125         | 16                | 0                       | 14               | 11          |
| Caramel Latte - 16 fl oz                  | 16 fl oz (473 mL)  | 410             | 120                      | 13      | 8                 | 0                    | 45               | 290         | 60                | 0                       | 42               | 11          |
| Caramel Latte - 20 fl oz                  | 20 fl oz (591mL)   | 500             | 140                      | 16      | 10                | 0                    | 50               | 360         | 76                | 0                       | 53               | 13          |
| Chai Tea Latte - 20 fl oz                 | 20 fl oz (591 mL)  | 370             | 70                       | 7       | 4.5               | 0                    | 30               | 150         | 63                | 0                       | 62               | 12          |
| Chai Tea Latte - 16 fl oz                 | 16 fl oz (473 mL)  | 290             | 60                       | 6       | 4                 | 0                    | 25               | 130         | 49                | 0                       | 48               | 10          |
| Chocolate Latte - 16 fl oz                | 16 fl oz (473 mL)  | 370             | 90                       | 10      | 6                 | 0                    | 35               | 190         | 60                | 2                       | 43               | 12          |
| Chocolate Latte - 20 fl oz                | 20 fl oz (591mL)   | 420             | 100                      | 11      | 7                 | 0                    | 40               | 230         | 67                | 3                       | 49               | 14          |
| Cinnamon Crunch Latte - 16 fl oz          | 16 fl oz (473 mL)  | 270             | 80                       | 9       | 6                 | 0                    | 35               | 115         | 37                | 0                       | 35               | 10          |



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|----------------------------------|--------------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|
| Cinnamon Crunch Latte - 20 fl oz | 20 fl oz (591mL)         | 330             | 90                       | 10      | 7                 | 0                    | 40               | 140         | 46                | 0                       | 44               | 12          |
| Cinnamon Plum Tea - 8 fl oz      | 8 fl oz (240 mL)         | 0               | 0                        | 0       | 0                 | 0                    | 0                | 0           | 0                 | 0                       | 0                | 0           |
| 1 pump of Cane Sugar Syrup       | 1 pump                   | 20              | 0                        | 0       | 0                 | 0                    | 0                | 0           | 5                 | 0                       | 5                | 0           |
| Coke - 20 fl oz                  | 20 fl oz (591 mL)        | 240             | 0                        | 0       | 0                 | 0                    | 0                | 65          | 67                | 0                       | 67               | 0           |
| Coke - 30 fl oz                  | 30 fl oz (887 mL)        | 370             | 0                        | 0       | 0                 | 0                    | 0                | 95          | 100               | 0                       | 100              | 0           |
| Coca-Cola 20 fl oz               | 20 fl oz bottle (591 mL) | 240             | 0                        | 0       | 0                 | 0                    | 0                | 75          | 65                | 0                       | 65               | 0           |
| Coke Zero - 20 fl oz             | 20 fl oz (591 mL)        | 0               | 0                        | 0       | 0                 | 0                    | 0                | 65          | 0                 | 0                       | 0                | 0           |
| Coke Zero - 20 fl oz bottle      | 20 fl oz bottle (591 mL) | 0               | 0                        | 0       | 0                 | 0                    | 0                | 70          | 0                 | 0                       | 0                | 0           |
| Coke Zero - 30 fl oz             | 30 fl oz (887 mL)        | 0               | 0                        | 0       | 0                 | 0                    | 0                | 100         | 0                 | 0                       | 0                | 0           |
| Cold Brew Coffee - 16 fl oz      | 16 fl oz (473 mL)        | 10              | 0                        | 0       | 0                 | 0                    | 0                | 15          | 2                 | 0                       | 0                | 1           |
| Cold Brew Coffee - 20 fl oz      | 20 fl oz (591 mL)        | 15              | 0                        | 0       | 0                 | 0                    | 0                | 15          | 3                 | 0                       | 0                | 1           |
| Dasani Lemon - 12 fl oz can      | 12 fl oz can (355 mL)    | 0               | 0                        | 0       | 0                 | 0                    | 0                | 35          | 0                 | 0                       | 0                | 0           |
| Dasani Lime - 12 fl oz can       | 12 oz can (355 mL)       | 0               | 0                        | 0       | 0                 | 0                    | 0                | 35          | 0                 | 0                       | 0                | 0           |
| Decaf Coffee - 12 fl oz          | 12 fl oz (355 mL)        | 15              | 0                        | 0       | 0                 | 0                    | 0                | 0           | 3                 | 0                       | 0                | 0           |
| Decaf Coffee - Group             | 1 Container              | 140             | 0                        | 0       | 0                 | 0                    | 0                | 40          | 32                | 0                       | 0                | 4           |
| Decaf Coffee - 16 fl oz          | 16 fl oz (473 mL)        | 20              | 0                        | 0       | 0                 | 0                    | 0                | 5           | 4                 | 0                       | 0                | 0           |
| Decaf Coffee - 20 fl oz          | 20 fl oz (591 mL)        | 25              | 0                        | 0       | 0                 | 0                    | 0                | 5           | 5                 | 0                       | 0                | 1           |
| Diet Coke - 20 fl oz             | 20 fl oz (591 mL)        | 0               | 0                        | 0       | 0                 | 0                    | 0                | 80          | 0                 | 0                       | 0                | 0           |
| Diet Coke - 30 fl oz             | 30 fl oz (887 mL)        | 0               | 0                        | 0       | 0                 | 0                    | 0                | 120         | 0                 | 0                       | 0                | 0           |
| 20 oz Diet Coke Bottle           | 20 fl oz bottle (591 mL) | 0               | 0                        | 0       | 0                 | 0                    | 0                | 70          | 0                 | 0                       | 0                | 0           |
| Diet Dr. Pepper - 20 fl oz       | 20 fl oz (591 mL)        | 0               | 0                        | 0       | 0                 | 0                    | 0                | 120         | 0                 | 0                       | 0                | 0           |
| Diet Dr. Pepper - 30 fl oz       | 30 fl oz (887 mL)        | 0               | 0                        | 0       | 0                 | 0                    | 0                | 180         | 0                 | 0                       | 0                | 0           |
| Diet Mountain Dew - 20 fl oz     | 20 fl oz (591 mL)        | 10              | 0                        | 0       | 0                 | 0                    | 0                | 90          | 1                 | 0                       | 1                | 0           |
| Diet Mountain Dew - 30 fl oz     | 30 fl oz (887 mL)        | 10              | 0                        | 0       | 0                 | 0                    | 0                | 140         | 1                 | 0                       | 1                | 0           |
| Diet Mountain Dew - 12 fl oz can | 12 fl oz Can (355 mL)    | 0               | 0                        | 0       | 0                 | 0                    | 0                | 50          | 0                 | 0                       | 0                | 0           |
| Diet Pepsi - 12 fl oz can        | 12 fl oz can (355 mL)    | 0               | 0                        | 0       | 0                 | 0                    | 0                | 40          | 0                 | 0                       | 0                | 0           |
| Diet Pepsi - 20 fl oz            | 20 fl oz (591 mL)        | 0               | 0                        | 0       | 0                 | 0                    | 0                | 95          | 0                 | 0                       | 0                | 0           |

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|  | Serving Size             | Calories (kcal) | Calories from Fat (kcal) | Fat (g) | Saturated Fat (g) | Trans Fatty Acid (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Total Dietary Fiber (g) | Total Sugars (g) | Protein (g) |
|--|--------------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|
| Diet Pepsi - 20 fl oz bottle                     | 20 fl oz bottle (591 mL) | 0               | 0                        | 0       | 0                 | 0                    | 0                | 60          | 0                 | 0                       | 0                | 0           |
| Diet Pepsi - 30 fl oz                            | 30 fl oz (887 mL)        | 0               | 0                        | 0       | 0                 | 0                    | 0                | 140         | 0                 | 0                       | 0                | 0           |
| Dr Pepper - 20 fl oz bottle                      | 20 fl oz bottle (591 mL) | 250             | 0                        | 0       | 0                 | 0                    | 0                | 100         | 66                | 0                       | 64               | 0           |
| Dr. Pepper - 20 fl oz                            | 20 fl oz (591 mL)        | 240             | 0                        | 0       | 0                 | 0                    | 0                | 75          | 65                | 0                       | 64               | 0           |
| Dr. Pepper - 30 fl oz                            | 30 fl oz (887 mL)        | 360             | 0                        | 0       | 0                 | 0                    | 0                | 110         | 98                | 0                       | 96               | 0           |
| Drive Thru - Agave Lemonade - 20 fl oz           | 20 fl oz (591 mL)        | 120             | 0                        | 0       | 0                 | 0                    | 0                | 10          | 30                | 0                       | 27               | 0           |
| Drive Thru - Agave Lemonade - 30 fl oz           | 30 fl oz (887 mL)        | 180             | 0                        | 0       | 0                 | 0                    | 0                | 15          | 45                | 0                       | 41               | 0           |
| Drive Thru - Caffeine Free Diet Pepsi - 20 fl oz | 20 fl oz (591 mL)        | 0               | 0                        | 0       | 0                 | 0                    | 0                | 60          | 0                 | 0                       | 0                | 0           |
| Drive Thru - Caffeine Free Diet Pepsi - 30 fl oz | 30 fl oz (887 mL)        | 0               | 0                        | 0       | 0                 | 0                    | 0                | 90          | 0                 | 0                       | 0                | 0           |
| Drive Thru - Canada Dry Ginger Ale - 20 fl oz    | 20 fl oz (591 mL)        | 140             | 0                        | 0       | 0                 | 0                    | 0                | 50          | 38                | 0                       | 37               | 0           |
| Drive Thru - Canada Dry Ginger Ale - 30 fl oz    | 30 fl oz (887 mL)        | 210             | 0                        | 0       | 0                 | 0                    | 0                | 80          | 57                | 0                       | 56               | 0           |
| Drive Thru - Coke - 20 fl oz                     | 20 fl oz (591 mL)        | 150             | 0                        | 0       | 0                 | 0                    | 0                | 40          | 42                | 0                       | 42               | 0           |
| Drive Thru - Coke - 30 fl oz                     | 30 fl oz (887 mL)        | 230             | 0                        | 0       | 0                 | 0                    | 0                | 60          | 63                | 0                       | 63               | 0           |
| Drive Thru - Coke Zero - 20 fl oz                | 20 fl oz (591 mL)        | 0               | 0                        | 0       | 0                 | 0                    | 0                | 40          | 0                 | 0                       | 0                | 0           |
| Drive Thru - Coke Zero - 30 fl oz                | 30 fl oz (887 mL)        | 0               | 0                        | 0       | 0                 | 0                    | 0                | 65          | 0                 | 0                       | 0                | 0           |
| Drive Thru - Diet Coke - 20 fl oz                | 20 fl oz (591 mL)        | 0               | 0                        | 0       | 0                 | 0                    | 0                | 50          | 0                 | 0                       | 0                | 0           |
| Drive Thru - Diet Coke - 30 fl oz                | 30 fl oz (887 mL)        | 0               | 0                        | 0       | 0                 | 0                    | 0                | 75          | 0                 | 0                       | 0                | 0           |
| Drive Thru - Diet Dr. Pepper - 20 fl oz          | 20 fl oz (591 mL)        | 0               | 0                        | 0       | 0                 | 0                    | 0                | 75          | 0                 | 0                       | 0                | 0           |
| Drive Thru - Diet Dr. Pepper - 30 fl oz          | 30 fl oz (887 mL)        | 0               | 0                        | 0       | 0                 | 0                    | 0                | 110         | 0                 | 0                       | 0                | 0           |
| Drive Thru - Diet Mountain Dew - 20 fl oz        | 20 fl oz (591 mL)        | 0               | 0                        | 0       | 0                 | 0                    | 0                | 60          | 1                 | 0                       | 0                | 0           |
| Drive Thru - Diet Mountain Dew - 30 fl oz        | 30 fl oz (887 mL)        | 5               | 0                        | 0       | 0                 | 0                    | 0                | 85          | 1                 | 0                       | 0                | 0           |
| Drive Thru - Diet Pepsi - 20 fl oz               | 20 fl oz (591 mL)        | 0               | 0                        | 0       | 0                 | 0                    | 0                | 60          | 0                 | 0                       | 0                | 0           |
| Drive Thru - Diet Pepsi - 30 fl oz               | 30 fl oz (887 mL)        | 0               | 0                        | 0       | 0                 | 0                    | 0                | 90          | 0                 | 0                       | 0                | 0           |
| Drive Thru - Dr. Pepper - 20 fl oz               | 20 fl oz (591 mL)        | 150             | 0                        | 0       | 0                 | 0                    | 0                | 45          | 41                | 0                       | 40               | 0           |
| Drive Thru - Dr. Pepper - 30 fl oz               | 30 fl oz (887 mL)        | 220             | 0                        | 0       | 0                 | 0                    | 0                | 70          | 61                | 0                       | 60               | 0           |
| Drive Thru - Fanta Orange - 20 fl oz             | 20 fl oz (591 mL)        | 160             | 0                        | 0       | 0                 | 0                    | 0                | 40          | 42                | 0                       | 42               | 0           |
| Drive Thru - Fanta Orange - 30 fl oz             | 30 fl oz (887 mL)        | 230             | 0                        | 0       | 0                 | 0                    | 0                | 65          | 63                | 0                       | 63               | 0           |



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|  | Serving Size      | Calories (kcal) | Calories from Fat (kcal) | Fat (g) | Saturated Fat (g) | Trans Fatty Acid (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Total Dietary Fiber (g) | Total Sugars (g) | Protein (g) |
|--|-------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|
| Drive Thru - Fuji Apple Cranberry Flavored Charged Lemonade - 20 fl oz | 20 fl oz (591 mL) | 170             | 0                        | 0       | 0                 | 0                    | 0                | 10          | 43                | 0                       | 40               | 0           |
| Drive Thru - Fuji Apple Cranberry Flavored Charged Lemonade - 30 fl oz | 30 fl oz (887 mL) | 260             | 5                        | 0       | 0                 | 0                    | 0                | 15          | 64                | 0                       | 60               | 0           |
| Drive Thru - Lipton Brisk Raspberry Tea - 20 fl oz                     | 20 fl oz (591 mL) | 70              | 0                        | 0       | 0                 | 0                    | 0                | 50          | 19                | 0                       | 19               | 0           |
| Drive Thru - Lipton Brisk Raspberry Tea - 30 fl oz                     | 30 fl oz (887 mL) | 110             | 0                        | 0       | 0                 | 0                    | 0                | 75          | 28                | 0                       | 28               | 0           |
| Drive Thru - Mango Yuzu Citrus Flavored Charged Lemonade - 30 fl oz    | 30 fl oz (887 mL) | 320             | 5                        | 0       | 0                 | 0                    | 0                | 15          | 78                | 0                       | 74               | 0           |
| Drive Thru - Mango Yuzu Citrus Flavored Charged Lemonade - 20 fl oz    | 20 fl oz (591 mL) | 210             | 0                        | 0       | 0                 | 0                    | 0                | 10          | 52                | 0                       | 50               | 0           |
| Drive Thru - Sierra Mist - 20 fl oz                                    | 20 fl oz (591 mL) | 160             | 0                        | 0       | 0                 | 0                    | 0                | 35          | 42                | 0                       | 42               | 0           |
| Drive Thru - Sierra Mist - 30 fl oz                                    | 30 fl oz (887 mL) | 240             | 0                        | 0       | 0                 | 0                    | 0                | 50          | 63                | 0                       | 63               | 0           |
| Drive Thru - Mountain Dew - 20 fl oz                                   | 20 fl oz (591 mL) | 180             | 0                        | 0       | 0                 | 0                    | 0                | 55          | 46                | 0                       | 46               | 0           |
| Drive Thru - Mountain Dew - 30 fl oz                                   | 30 fl oz (887 mL) | 260             | 0                        | 0       | 0                 | 0                    | 0                | 80          | 69                | 0                       | 69               | 0           |
| Drive Thru - Mug Root Beer - 20 fl oz                                  | 20 fl oz (591 mL) | 150             | 0                        | 0       | 0                 | 0                    | 0                | 60          | 40                | 0                       | 40               | 0           |
| Drive Thru - Mug Root Beer - 30 fl oz                                  | 30 fl oz (887 mL) | 230             | 0                        | 0       | 0                 | 0                    | 0                | 90          | 60                | 0                       | 59               | 0           |
| Drive Thru - Passion Papaya Flavored Iced Green Tea - 20 fl oz         | 20 fl oz (591 mL) | 90              | 0                        | 0       | 0                 | 0                    | 0                | 20          | 23                | 0                       | 22               | 0           |
| Drive Thru - Passion Papaya Flavored Iced Green Tea - 30 fl oz         | 30 fl oz (887 mL) | 130             | 0                        | 0       | 0                 | 0                    | 0                | 25          | 32                | 0                       | 31               | 0           |
| Drive Thru - Pepsi - 20 fl oz  | 20 fl oz (591 mL) | 160             | 0                        | 0       | 0                 | 0                    | 0                | 35          | 43                | 0                       | 43               | 0           |
| Drive Thru - Pepsi - 30 fl oz  | 30 fl oz (887 mL) | 240             | 0                        | 0       | 0                 | 0                    | 0                | 50          | 65                | 0                       | 64               | 0           |
| Drive Thru - Pibb Xtra - 20 fl oz                                      | 20 fl oz (591 mL) | 150             | 0                        | 0       | 0                 | 0                    | 0                | 55          | 39                | 0                       | 39               | 0           |
| Drive Thru - Pibb Xtra - 30 fl oz                                      | 30 fl oz (887 mL) | 230             | 0                        | 0       | 0                 | 0                    | 0                | 85          | 58                | 0                       | 58               | 0           |
| Drive Thru - Powerade Mountain Blast - 20 fl oz                        | 20 fl oz (591 mL) | 90              | 0                        | 0       | 0                 | 0                    | 0                | 120         | 23                | 0                       | 23               | 0           |
| Drive Thru - Powerade Mountain Blast - 30 fl oz                        | 30 fl oz (887 mL) | 130             | 0                        | 0       | 0                 | 0                    | 0                | 180         | 35                | 0                       | 34               | 0           |





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|   | Serving Size      | Calories (kcal) | Calories from Fat (kcal) | Fat (g) | Saturated Fat (g) | Trans Fatty Acid (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Total Dietary Fiber (g) | Total Sugars (g) | Protein (g) |
|---|-------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|
| Drive Thru - SoBe Life Water Yumberry Pomegranate - 20 fl oz            | 20 fl oz (591 mL) | 0               | 0                        | 0       | 0                 | 0                    | 0                | 50          | 0                 | 0                       | 0                | 0           |
| Drive Thru - SoBe Life Water Yumberry Pomegranate - 30 fl oz            | 30 fl oz (887 mL) | 0               | 0                        | 0       | 0                 | 0                    | 0                | 75          | 0                 | 0                       | 0                | 0           |
| Drive Thru - Sprite - 20 fl oz  | 20 fl oz (591 mL) | 140             | 0                        | 0       | 0                 | 0                    | 0                | 70          | 38                | 0                       | 38               | 0           |
| Drive Thru - Sprite - 30 fl oz  | 30 fl oz (887 mL) | 210             | 0                        | 0       | 0                 | 0                    | 0                | 105         | 57                | 0                       | 57               | 0           |
| Drive Thru - Strawberry Lemon Mint Flavored Charged Lemonade - 20 fl oz | 20 fl oz (591 mL) | 170             | 0                        | 0       | 0                 | 0                    | 0                | 10          | 43                | 0                       | 40               | 0           |
| Drive Thru - Strawberry Lemon Mint Flavored Charged Lemonade - 30 fl oz | 30 fl oz (887 mL) | 260             | 5                        | 0       | 0                 | 0                    | 0                | 15          | 64                | 0                       | 60               | 0           |
| Drive Thru - Sweet Iced Tea - 20 fl oz                                  | 20 fl oz (591 mL) | 80              | 0                        | 0       | 0                 | 0                    | 0                | 10          | 18                | 0                       | 18               | 2           |
| Drive Thru - Sweet Iced Tea - 30 fl oz                                  | 30 fl oz (887 mL) | 110             | 0                        | 0       | 0                 | 0                    | 0                | 15          | 25                | 0                       | 25               | 2           |
| Drive Thru - Tropicana Fruit Punch - 20 fl oz                           | 20 fl oz (591 mL) | 180             | 0                        | 0       | 0                 | 0                    | 0                | 35          | 47                | 0                       | 47               | 0           |
| Drive Thru - Tropicana Fruit Punch - 30 fl oz                           | 30 fl oz (887 mL) | 270             | 0                        | 0       | 0                 | 0                    | 0                | 50          | 71                | 0                       | 70               | 0           |
| Drive Thru - Tropicana Lemonade - 20 fl oz                              | 20 fl oz (591 mL) | 160             | 0                        | 0       | 0                 | 0                    | 0                | 160         | 42                | 0                       | 41               | 0           |
| Drive Thru - Tropicana Lemonade - 30 fl oz                              | 30 fl oz (887 mL) | 240             | 0                        | 0       | 0                 | 0                    | 0                | 240         | 62                | 0                       | 62               | 0           |
| Drive Thru - Tropicana Light Lemonade - 20 fl oz                        | 20 fl oz (591 mL) | 5               | 0                        | 0       | 0                 | 0                    | 0                | 150         | 0                 | 0                       | 0                | 0           |
| Drive Thru - Tropicana Light Lemonade - 30 fl oz                        | 30 fl oz (887 mL) | 10              | 0                        | 0       | 0                 | 0                    | 0                | 220         | 0                 | 0                       | 0                | 0           |
| Drive Thru - Unsweetened Iced Tea - 20 fl oz                            | 20 fl oz (591 mL) | 10              | 0                        | 0       | 0                 | 0                    | 0                | 10          | 0                 | 0                       | 0                | 2           |
| Drive Thru - Unsweetened Iced Tea - 30 fl oz                            | 30 fl oz (887 mL) | 10              | 0                        | 0       | 0                 | 0                    | 0                | 15          | 0                 | 0                       | 0                | 2           |
| Drive Thru - Wild Cherry Pepsi 20 fl oz                                 | 20 fl oz (591 mL) | 160             | 0                        | 0       | 0                 | 0                    | 0                | 35          | 44                | 0                       | 44               | 0           |
| Drive Thru - Wild Cherry Pepsi 30 fl oz                                 | 30 fl oz (887 mL) | 240             | 0                        | 0       | 0                 | 0                    | 0                | 50          | 66                | 0                       | 66               | 0           |
| Drive-Thru - Lime Bubly Sparkling Water - 20 fl oz                      | 20 fl oz (591 mL) | 0               | 0                        | 0       | 0                 | 0                    | 0                | 65          | 0                 | 0                       | 0                | 0           |
| Drive-Thru - Lime Bubly Sparkling Water - 30 fl oz                      | 30 fl oz (887 mL) | 5               | 0                        | 0       | 0                 | 0                    | 0                | 95          | 0                 | 0                       | 0                | 0           |
| Earl Greyer Tea - 8 fl oz   | 8 fl oz (240 mL)  | 0               | 0                        | 0       | 0                 | 0                    | 0                | 10          | 0                 | 0                       | 0                | 0           |
| Espresso  | 2 fl oz (59 mL)   | 10              | 0                        | 0       | 0                 | 0                    | 0                | 0           | 2                 | 0                       | 0                | 1           |
| Fanta Orange - 20 fl oz   | 20 fl oz (591 mL) | 250             | 0                        | 0       | 0                 | 0                    | 0                | 65          | 66                | 0                       | 66               | 0           |



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|---|---------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|
| Fanta Orange - 30 fl oz   | 30 fl oz (887 mL)   | 370             | 0                        | 0       | 0                 | 0                    | 0                | 100         | 99                | 0                       | 99               | 0           |
| Frozen Caramel Cold Brew - 16 fl oz                               | 16 fl oz (473 mL)   | 490             | 150                      | 17      | 10                | 0.5                  | 50               | 230         | 80                | 0                       | 58               | 5           |
| Frozen Chocolate Cold Brew - 16 fl oz                             | 16 fl oz (473 mL)   | 450             | 120                      | 13      | 8                 | 0                    | 45               | 130         | 79                | 2                       | 59               | 6           |
| Fuji Apple Cranberry Flavored Charged Lemonade - 20 fl oz         | 20 fl oz (591 mL)   | 290             | 5                        | 0       | 0                 | 0                    | 0                | 10          | 70                | 0                       | 65               | 0           |
| Fuji Apple Cranberry Flavored Charged Lemonade - 30 fl oz         | 30 fl oz (887 mL)   | 430             | 5                        | 0.5     | 0                 | 0                    | 0                | 20          | 106               | 0                       | 98               | 1           |
| Fuji Apple Cranberry Flavored Charged Lemonade - Serves 5 - Group | 1 Container         | 910             | 10                       | 1       | 0                 | 0                    | 0                | 35          | 223               | 0                       | 207              | 1           |
| Ginger Peach Tea - 8 fl oz  | 8 fl oz (240 mL)    | 0               | 0                        | 0       | 0                 | 0                    | 0                | 10          | 0                 | 0                       | 0                | 0           |
| Gold Peak Unsweetened Iced Tea - 18.5 fl oz                       | 18.5 fl oz (547 mL) | 0               | 0                        | 0       | 0                 | 0                    | 0                | 55          | 0                 | 0                       | 0                | 0           |
| Hazelnut Coffee - Group   | 1 Container         | 140             | 0                        | 0       | 0                 | 0                    | 0                | 60          | 24                | 0                       | 0                | 10          |
| Hazelnut Flavored Coffee - 12 fl oz                               | 12 fl oz (355 mL)   | 15              | 0                        | 0       | 0                 | 0                    | 0                | 5           | 2                 | 0                       | 0                | 1           |
| Hazelnut Flavored Coffee - 16 fl oz                               | 16 fl oz (473 mL)   | 20              | 0                        | 0       | 0                 | 0                    | 0                | 10          | 3                 | 0                       | 0                | 1           |
| Hazelnut Flavored Coffee - 20 fl oz                               | 20 fl oz (591 mL)   | 25              | 0                        | 0       | 0                 | 0                    | 0                | 10          | 4                 | 0                       | 0                | 2           |
| Honest Berry Hibiscus Iced Tea - 16.9 fl oz bottle                | 16.9 fl oz bottle   | 100             | 0                        | 0       | 0                 | 0                    | 0                | 5           | 26                | 0                       | 25               | 0           |
| Honey Ginseng Green Tea - 8 fl oz                                 | 8 fl oz (240 mL)    | 0               | 0                        | 0       | 0                 | 0                    | 0                | 0           | 0                 | 0                       | 0                | 0           |
| Iced Cafe Blend Dark Roast Coffee - 20 fl oz                      | 20 fl oz (591 mL)   | 10              | 0                        | 0       | 0                 | 0                    | 0                | 15          | 2                 | 0                       | 0                | 1           |
| Iced Cafe Blend Dark Roast Coffee - 20 fl oz - no ice             | 20 fl oz (591 mL)   | 15              | 0                        | 0       | 0                 | 0                    | 0                | 15          | 3                 | 0                       | 0                | 1           |
| Iced Cafe Blend Dark Roast Coffee - 30 fl oz                      | 30 fl oz (887 mL)   | 15              | 0                        | 0       | 0                 | 0                    | 0                | 20          | 3                 | 0                       | 0                | 1           |
| Iced Cafe Blend Dark Roast Coffee - 30 fl oz - no ice             | 30 fl oz (887 mL)   | 25              | 0                        | 0       | 0                 | 0                    | 0                | 20          | 5                 | 0                       | 0                | 2           |
| Iced Cafe Blend Dark Roast Coffee- 16 fl oz                       | 16 fl oz (473 mL)   | 10              | 0                        | 0       | 0                 | 0                    | 0                | 10          | 2                 | 0                       | 0                | 1           |
| Iced Caffé Latte - 20 fl oz                                       | 20 fl oz (591 mL)   | 160             | 60                       | 6       | 4                 | 0                    | 25               | 130         | 16                | 0                       | 14               | 11          |
| Iced Caramel Latte - 20 fl oz                                     | 20 fl oz (591 mL)   | 440             | 130                      | 15      | 9                 | 0                    | 50               | 320         | 63                | 0                       | 45               | 13          |
| Iced Chai Tea Latte - 20 fl oz                                    | 20 fl oz (591 mL)   | 290             | 60                       | 6       | 4                 | 0                    | 25               | 130         | 49                | 0                       | 48               | 10          |
| Iced Chocolate Latte - 20 fl oz                                   | 20 fl oz (591 mL)   | 400             | 100                      | 11      | 7                 | 0                    | 40               | 220         | 62                | 2                       | 46               | 14          |
| Iced Cinnamon Crunch Latte - 20 fl oz                             | 20 fl oz (591 mL)   | 300             | 90                       | 10      | 7                 | 0                    | 40               | 140         | 40                | 0                       | 38               | 12          |



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|--|-------------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|
| Iced Madagascar Vanilla Latte - 20 fl oz                       | 20 fl oz (591 mL)       | 290             | 90                       | 10      | 7                 | 0                    | 40               | 140         | 36                | 0                       | 34               | 12          |
| Kids Organic Apple juice                                       | 8 fl oz (237 mL)        | 110             | 0                        | 0       | 0                 | 0                    | 0                | 10          | 28                | 0                       | 27               | 0           |
| Kids Organic Chocolate Milk                                    | 8 fluid ounces (237 mL) | 150             | 20                       | 2.5     | 1.5               | 0                    | 15               | 180         | 23                | 0                       | 22               | 8           |
| Kids Organic White Milk  | 8 fluid ounces (237 mL) | 110             | 20                       | 2.5     | 1.5               | 0                    | 10               | 130         | 13                | 0                       | 12               | 8           |
| Lime Bubly Sparkling Water - 20 fl oz                          | 20 fl oz (591 mL)       | 0               | 0                        | 0       | 0                 | 0                    | 0                | 105         | 0                 | 0                       | 0                | 0           |
| Lime Bubly Sparkling Water - 30 fl oz                          | 30 fl oz (887 mL)       | 5               | 0                        | 0       | 0                 | 0                    | 0                | 160         | 0                 | 0                       | 0                | 0           |
| Lipton Brisk Raspberry Tea - 20 fl oz                          | 20 fl oz (591 mL)       | 120             | 0                        | 0       | 0                 | 0                    | 0                | 80          | 30                | 0                       | 30               | 0           |
| Lipton Brisk Raspberry Tea - 30 fl oz                          | 30 fl oz (887 mL)       | 170             | 0                        | 0       | 0                 | 0                    | 0                | 120         | 45                | 0                       | 45               | 0           |
| Madagascar Vanilla Almond Cold Brew Coffee - 16 fl oz          | 16 fl oz (473 mL)       | 90              | 10                       | 1.5     | 0                 | 0                    | 0                | 45          | 18                | 0                       | 17               | 1           |
| Madagascar Vanilla Almond Cold Brew Coffee - 20 fl oz          | 20 fl oz (591 mL)       | 120             | 15                       | 1.5     | 0                 | 0                    | 0                | 60          | 24                | 0                       | 22               | 1           |
| Madagascar Vanilla Cream Cold Brew Coffee - 16 fl oz           | 16 fl oz (473 mL)       | 190             | 100                      | 11      | 7                 | 0                    | 35               | 50          | 22                | 0                       | 17               | 3           |
| Madagascar Vanilla Cream Cold Brew Coffee - 20 fl oz           | 20 fl oz (591 mL)       | 260             | 130                      | 14      | 9                 | 0                    | 45               | 60          | 29                | 0                       | 22               | 4           |
| Madagascar Vanilla Latte - 16 fl oz                            | 16 fl oz (473 mL)       | 260             | 80                       | 9       | 6                 | 0                    | 35               | 115         | 33                | 0                       | 31               | 10          |
| Madagascar Vanilla Latte - 20 fl oz                            | 20 fl oz (591 mL)       | 310             | 90                       | 10      | 7                 | 0                    | 40               | 140         | 41                | 0                       | 40               | 12          |
| Mango Ceylon Tea - 8 fl oz                                     | 8 fl oz (240 mL)        | 0               | 0                        | 0       | 0                 | 0                    | 0                | 0           | 0                 | 0                       | 0                | 0           |
| Mango Yuzu Citrus Flavored Charged Lemonade - 20 fl oz         | 20 fl oz (591 mL)       | 350             | 5                        | 0       | 0                 | 0                    | 0                | 10          | 86                | 0                       | 82               | 0           |
| Mango Yuzu Citrus Flavored Charged Lemonade - 30 fl oz         | 30 fl oz (887 mL)       | 530             | 5                        | 0.5     | 0                 | 0                    | 0                | 15          | 130               | 0                       | 124              | 1           |
| Mango Yuzu Citrus Flavored Charged Lemonade - Serves 5 - Group | 1 Container             | 1100            | 15                       | 1.5     | 0                 | 0                    | 0                | 35          | 270               | 1                       | 258              | 1           |
| Minute Maid Orange Juice - 12 fl oz bottle                     | 12 fl oz (355 mL)       | 220             | 0                        | 0       | 0                 | 0                    | 0                | 30          | 51                | 0                       | 45               | 0           |
| Mountain Dew - 12 fl oz can                                    | 1 can (355 mL)          | 170             | 0                        | 0       | 0                 | 0                    | 0                | 60          | 46                | 0                       | 46               | 0           |



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|   | Serving Size             | Calories (kcal) | Calories from Fat (kcal) | Fat (g) | Saturated Fat (g) | Trans Fatty Acid (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Total Dietary Fiber (g) | Total Sugars (g) | Protein (g) |
|---|--------------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|
| Mountain Dew - 20 fl oz                                   | 20 fl oz (591 mL)        | 280             | 0                        | 0       | 0                 | 0                    | 0                | 85          | 73                | 0                       | 73               | 0           |
| Mountain Dew- 20 fl oz bottle                             | 20 fl oz bottle (591 mL) | 290             | 0                        | 0       | 0                 | 0                    | 0                | 105         | 77                | 0                       | 77               | 0           |
| Mountain Dew - 30 fl oz                                   | 30 fl oz (887 mL)        | 420             | 0                        | 0       | 0                 | 0                    | 0                | 130         | 110               | 0                       | 110              | 0           |
| Mug Root Beer - 20 fl oz                                  | 20 fl oz (591 mL)        | 240             | 0                        | 0       | 0                 | 0                    | 0                | 95          | 64                | 0                       | 63               | 0           |
| Mug Root Beer - 30 fl oz                                  | 30 fl oz (887 mL)        | 360             | 0                        | 0       | 0                 | 0                    | 0                | 140         | 96                | 0                       | 95               | 0           |
| Orange Ginger Mint Tea - 8 fl oz                          | 8 fl oz (240 mL)         | 0               | 0                        | 0       | 0                 | 0                    | 0                | 0           | 0                 | 0                       | 0                | 0           |
| Passion Papaya Flavored Iced Green Tea - 20 fl oz         | 20 fl oz (591 mL)        | 140             | 0                        | 0       | 0                 | 0                    | 0                | 20          | 34                | 0                       | 34               | 0           |
| Passion Papaya Flavored Iced Green Tea - 30 fl oz         | 30 fl oz (887 mL)        | 210             | 0                        | 0       | 0                 | 0                    | 0                | 30          | 52                | 0                       | 51               | 0           |
| Passion Papaya Flavored Iced Green Tea - Serves 5 - Group | 1 Container              | 440             | 0                        | 0       | 0                 | 0                    | 0                | 65          | 110               | 0                       | 109              | 0           |
| Pepsi - 20 fl oz  | 20 fl oz (591 mL)        | 250             | 0                        | 0       | 0                 | 0                    | 0                | 50          | 69                | 0                       | 69               | 0           |
| Pepsi - 20 fl oz bottle                                   | 20 fl oz bottle (591 mL) | 250             | 0                        | 0       | 0                 | 0                    | 0                | 55          | 69                | 0                       | 69               | 0           |
| Pepsi - 30 fl oz  | 30 fl oz (887 mL)        | 380             | 0                        | 0       | 0                 | 0                    | 0                | 80          | 103               | 0                       | 103              | 0           |
| Pepsi 12 fl oz can  | 12 fl oz can (355 mL)    | 150             | 0                        | 0       | 0                 | 0                    | 0                | 30          | 41                | 0                       | 41               | 0           |
| Pibb Xtra - 20 fl oz                                      | 20 fl oz (591 mL)        | 240             | 0                        | 0       | 0                 | 0                    | 0                | 90          | 61                | 0                       | 61               | 0           |
| Pibb Xtra - 30 fl oz                                      | 30 fl oz (887 mL)        | 370             | 0                        | 0       | 0                 | 0                    | 0                | 135         | 92                | 0                       | 92               | 0           |
| Powerade Mountain Blast - 20 fl oz                        | 20 fl oz (591 mL)        | 140             | 0                        | 0       | 0                 | 0                    | 0                | 190         | 37                | 0                       | 36               | 0           |
| Powerade Mountain Blast - 30 Fl oz                        | 30 fl oz (887 mL)        | 210             | 0                        | 0       | 0                 | 0                    | 0                | 280         | 55                | 0                       | 55               | 0           |
| Premium OJ 11.5 fl oz                                     | 1 Bottle                 | 160             | 0                        | 0       | 0                 | 0                    | 0                | 5           | 37                |                         | 32               | 2           |
| Premium Orange Juice - Serves 5 - Group                   | 2 Containers             | 900             | 0                        | 0       | 1.5               | 0                    | 0                | 30          | 204               | 0                       | 180              | 17          |
| Sierra mist 12 fl oz Can                                  | 1 Can (355 mL)           | 150             | 0                        | 0       | 0                 | 0                    | 0                | 30          | 40                | 0                       | 40               | 0           |
| Sierra Mist 20 fl oz bottle                               | 20 fl oz bottle (591mL)  | 240             | 0                        | 0       | 0                 | 0                    | 0                | 60          | 61                | 0                       | 61               | 0           |
| Sierra Mist - 20 fl oz                                    | 20 fl oz (591 mL)        | 260             | 0                        | 0       | 0                 | 0                    | 0                | 55          | 68                | 0                       | 68               | 0           |
| Sierra Mist - 30 fl oz                                    | 30 fl oz (887 mL)        | 380             | 0                        | 0       | 0                 | 0                    | 0                | 80          | 101               | 0                       | 101              | 0           |
| Signature Hot Chocolate - 16 fl oz                        | 16 fl oz (473 mL)        | 430             | 100                      | 11      | 7                 | 0                    | 35               | 230         | 73                | 3                       | 53               | 12          |
| Signature Hot Chocolate - 20 fl oz                        | 20 fl oz (591 mL)        | 550             | 110                      | 12      | 8                 | 0                    | 45               | 300         | 96                | 4                       | 69               | 15          |
| SoBe Life Water Yumberry Pomegranate - 20 fl oz           | 20 fl oz (591 mL)        | 0               | 0                        | 0       | 0                 | 0                    | 0                | 80          | 0                 | 0                       | 0                | 0           |

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|  | Serving Size             | Calories (kcal) | Calories from Fat (kcal) | Fat (g) | Saturated Fat (g) | Trans Fatty Acid (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Total Dietary Fiber (g) | Total Sugars (g) | Protein (g) |
|--|--------------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|
| SoBe Life Water Yumberry Pomegranate - 30 fl oz                    | 30 fl oz (887 mL)        | 5               | 0                        | 0       | 0                 | 0                    | 0                | 120         | 1                 | 0                       | 0                | 0           |
| Sprite - 20 fl oz  | 20 fl oz (591 mL)        | 230             | 0                        | 0       | 0                 | 0                    | 0                | 115         | 61                | 0                       | 61               | 0           |
| Sprite - 30 fl oz  | 30 fl oz (887 mL)        | 340             | 0                        | 0       | 0                 | 0                    | 0                | 170         | 91                | 0                       | 91               | 0           |
| Sprite 20 fl oz Bottle   | 20 fl oz bottle (591 mL) | 230             | 0                        | 0       | 0                 | 0                    | 0                | 110         | 64                | 0                       | 64               | 0           |
| Sprite Zero - 20 fl oz bottle                                      | 20 fl oz (591 mL)        | 0               | 0                        | 0       | 0                 | 0                    | 0                | 60          | 1                 | 0                       | 0                | 0           |
| Strawberry Lemon Mint Flavored Charged Lemonade - 20 fl oz         | 20 fl oz (591 mL)        | 280             | 5                        | 0       | 0                 | 0                    | 0                | 10          | 70                | 0                       | 65               | 0           |
| Strawberry Lemon Mint Flavored Charged Lemonade - 30 fl oz         | 30 fl oz (887 mL)        | 430             | 5                        | 0.5     | 0                 | 0                    | 0                | 15          | 105               | 0                       | 98               | 1           |
| Strawberry Lemon Mint Flavored Charged Lemonade - Serves 5 - Group | 1 Container              | 900             | 10                       | 1       | 0                 | 0                    | 0                | 35          | 221               | 0                       | 206              | 1           |
| Substitute Almond Milk - 8 fl oz                                   | 8 fl oz (237 mL)         | 40              | 30                       | 3.5     | 0                 | 0                    | 0                | 100         | 2                 | 1                       | 0                | 1           |
| Substitute Skim Milk - 4 fl oz                                     | 4 fl oz (118 mL)         | 40              | 0                        | 0       | 0                 | 0                    | 0                | 50          | 6                 | 0                       | 6                | 4           |
| Substitute Skim Milk - 8 fl oz                                     | 8 fl oz (237 mL)         | 80              | 0                        | 0       | 0                 | 0                    | 5                | 105         | 12                | 0                       | 12               | 8           |
| Sweet Iced Tea - Serves 5- Group                                   | 1 Container              | 360             | 0                        | 0       | 0                 | 0                    | 0                | 35          | 82                | 0                       | 81               | 7           |
| Sweet Iced Tea 20 fl oz  | 20 fl oz (591 mL)        | 110             | 0                        | 0       | 0                 | 0                    | 0                | 10          | 27                | 0                       | 27               | 1           |
| Sweet Iced Tea 30 fl oz  | 30 fl oz (887 mL)        | 150             | 0                        | 0       | 0                 | 0                    | 0                | 10          | 36                | 0                       | 36               | 2           |
| Tropicana Fruit Punch - 20 fl oz                                   | 20 fl oz (591 mL)        | 280             | 0                        | 0       | 0                 | 0                    | 0                | 55          | 75                | 0                       | 75               | 0           |
| Tropicana Fruit Punch - 30 fl oz                                   | 30 fl oz (887 mL)        | 420             | 0                        | 0       | 0                 | 0                    | 0                | 85          | 113               | 0                       | 112              | 0           |
| Tropicana Lemonade - 20 fl oz                                      | 20 fl oz (591 mL)        | 250             | 0                        | 0       | 0                 | 0                    | 0                | 260         | 67                | 0                       | 66               | 0           |
| Tropicana Lemonade - 30 fl oz                                      | 30 fl oz (887 mL)        | 380             | 0                        | 0       | 0                 | 0                    | 0                | 390         | 100               | 0                       | 99               | 0           |
| Tropicana Light Lemonade - 20 fl oz                                | 20 fl oz (591 mL)        | 10              | 0                        | 0       | 0                 | 0                    | 0                | 230         | 0                 | 0                       | 0                | 0           |
| Tropicana Light Lemonade - 30 fl oz                                | 30 fl oz (887 mL)        | 15              | 0                        | 0       | 0                 | 0                    | 0                | 350         | 0                 | 0                       | 0                | 0           |
| Unsweetened Iced Tea - 20 fl oz                                    | 20 fl oz (591 mL)        | 10              | 0                        | 0       | 0                 | 0                    | 0                | 10          | 0                 | 0                       | 0                | 2           |
| Unsweetened Iced Tea - 30 fl oz                                    | 30 fl oz (887 mL)        | 20              | 0                        | 0       | 0                 | 0                    | 0                | 20          | 0                 | 0                       | 0                | 4           |
| Wild Cherry Pepsi 20 fl oz   | 20 fl oz (591 mL)        | 260             | 0                        | 0       | 0                 | 0                    | 0                | 55          | 70                | 0                       | 70               | 0           |
| Wild Cherry Pepsi 30 fl oz   | 30 fl oz (887 mL)        | 390             | 0                        | 0       | 0                 | 0                    | 0                | 80          | 106               | 0                       | 105              | 0           |

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|  | Serving Size                           | Calories (kcal) | Calories from Fat (kcal) | Fat (g) | Saturated Fat (g) | Trans Fatty Acid (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Total Dietary Fiber (g) | Total Sugars (g) | Protein (g) |
|--|--|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|
| <b>BOWLS / MAC / FLATBREAD PIZZA</b>                         |  |                 |                          |         |                   |                      |                  |             |                   |                         |                  |             |
| Baja Bowl  | 1 Bowl                                 | 600             | 270                      | 31      | 6                 | 0                    | 20               | 1310        | 69                | 13                      | 10               | 17          |
| Baja Bowl with Chicken                                       | 1 Bowl                                 | 660             | 280                      | 31      | 7                 | 0                    | 55               | 1470        | 70                | 13                      | 10               | 28          |
| Broccoli Cheddar Mac & Cheese - Bread Bowl                   | 1 Bread bowl with Broccoli Cheddar Mac | 1040            | 250                      | 28      | 12                | 0.5                  | 40               | 2120        | 157               | 7                       | 7                | 39          |
| Broccoli Cheddar Mac & Cheese - Large                        | 1 Bowl                                 | 740             | 430                      | 48      | 23                | 1                    | 85               | 1930        | 53                | 5                       | 10               | 25          |
| Broccoli Cheddar Mac & Cheese - Small                        | 1 Cup                                  | 370             | 210                      | 24      | 11                | 0.5                  | 40               | 960         | 26                | 3                       | 5                | 12          |
| Broccoli Cheddar Mac & Cheese - Group                        | 1 Container                            | 1480            | 860                      | 95      | 45                | 2                    | 170              | 3850        | 106               | 10                      | 20               | 50          |
| Cheese Flatbread Pizza                                       | 1 flatbread pizza                      | 920             | 370                      | 41      | 19                | 1                    | 100              | 2100        | 95                | 3                       | 8                | 40          |
| Teriyaki Chicken & Broccoli Bowl                             | 1 Bowl                                 | 600             | 140                      | 16      | 3.5               | 0                    | 150              | 1630        | 70                | 5                       | 27               | 46          |
| Chipotle Chicken & Bacon Flatbread Pizza                     | 1 flatbread pizza                      | 1030            | 450                      | 51      | 19                | 1                    | 125              | 2390        | 96                | 3                       | 9                | 43          |
| Mac & Cheese - Bread Bowl                                    | 1 Bread bowl with mac & cheese         | 1150            | 330                      | 36      | 18                | 1                    | 85               | 2310        | 164               | 4                       | 9                | 43          |
| Mac & Cheese - Large   | About 2 Cups                           | 960             | 580                      | 64      | 35                | 2                    | 165              | 2300        | 67                | 0                       | 15               | 32          |
| Mac & Cheese- Small  | About 1 Cup                            | 480             | 290                      | 32      | 17                | 1                    | 85               | 1150        | 34                | 0                       | 7                | 16          |
| Mac & Cheese - Group   | 1 Container                            | 1930            | 1160                     | 128     | 70                | 4                    | 335              | 4590        | 134               | 0                       | 29               | 65          |
| Margherita Flatbread Pizza                                   | 1 flatbread pizza                      | 890             | 340                      | 38      | 19                | 0.5                  | 80               | 1830        | 97                | 3                       | 9                | 35          |
| Mediterranean Bowl   | 1 Bowl                                 | 500             | 240                      | 26      | 6                 | 0                    | 20               | 1100        | 51                | 7                       | 7                | 15          |
| Mediterranean Bowl with Chicken                              | 1 Bowl                                 | 550             | 240                      | 27      | 6                 | 0                    | 55               | 1270        | 52                | 7                       | 7                | 26          |
| Pepperoni Flatbread Pizza                                    | 1 flatbread pizza                      | 1050            | 470                      | 52      | 24                | 1                    | 120              | 2580        | 95                | 3                       | 8                | 45          |
| <b>KIDS</b>  |  |                 |                          |         |                   |                      |                  |             |                   |                         |                  |             |
| Kids Deli Turkey on White Whole Grain                        | 1 Sandwich                             | 290             | 80                       | 9       | 4.5               | 0                    | 45               | 910         | 30                | 3                       | 3                | 21          |
| Kids Grilled Cheese on White Whole Grain                     | 1 Sandwich                             | 230             | 70                       | 8       | 4                 | 0                    | 20               | 620         | 29                | 3                       | 3                | 11          |
| Kids Stonyfield Organic Low Fat Mixed Berry Yogurt Squeezers | 1 Tube                                 | 50              | 10                       | 1       | 0.5               | 0                    | 5                | 40          | 8                 | 0                       | 6                | 2           |
| Kids Stonyfield Organic Low Fat Strawberry Yogurt Squeezers  | 1 Tube                                 | 50              | 10                       | 1       | 0.5               | 0                    | 5                | 35          | 8                 | 0                       | 6                | 2           |
| <b>PASTRIES AND SWEETS</b>                                   |  |                 |                          |         |                   |                      |                  |             |                   |                         |                  |             |
| Pastry - Pastry Ring   | 1/12 pastry                            | 210             | 90                       | 9       | 5                 | 0                    | 35               | 170         | 29                | 1                       | 14               | 3           |

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|---|----------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|
| Muffin - Blueberry                        | 1 Muffin       | 510             | 160                      | 18      | 3.5               | 0                    | 65               | 390         | 79                | 8                       | 35               | 7           |
| Scone - Blueberry                         | 1 Scone        | 460             | 170                      | 19      | 12                | 0.5                  | 25               | 900         | 65                | 2                       | 26               | 8           |
| Brownie                                   | 1 Brownie      | 470             | 160                      | 18      | 6                 | 0                    | 115              | 95          | 69                | 4                       | 50               | 7           |
| Cookie - Candy                            | 1 Cookie       | 480             | 200                      | 22      | 13                | 0.5                  | 80               | 310         | 68                | 1                       | 37               | 4           |
| Muffie - Chocolate Chip                   | 1 Muffie       | 340             | 120                      | 13      | 4.5               | 0                    | 35               | 200         | 51                | 3                       | 22               | 5           |
| Muffin - Chocolate Chip                   | 1 Muffin       | 670             | 230                      | 26      | 9                 | 0                    | 65               | 390         | 101               | 6                       | 44               | 9           |
| Cookie - Chocolate Chipper                | 1 Cookie       | 390             | 170                      | 19      | 11                | 0                    | 50               | 290         | 52                | 2                       | 31               | 4           |
| Pastry - Chocolate Croissant              | 1 Croissant    | 400             | 210                      | 23      | 14                | 0.5                  | 55               | 270         | 42                | 2                       | 15               | 7           |
| Muffin - Cranberry Orange                 | 1 Muffin       | 530             | 180                      | 20      | 3.5               | 0                    | 50               | 340         | 82                | 4                       | 42               | 7           |
| Dozen Chocolate Chipper Cookies           | 1 cookie       | 390             | 170                      | 19      | 11                | 0                    | 50               | 290         | 52                | 2                       | 31               | 4           |
| Dozen Mixed Cookies                       |                | 4850            | 1940                     | 216     | 130               | 6                    | 685              | 3200        | 684               | 20                      | 397              | 46          |
| Pastry - Bear Claw                        | 1 Pastry       | 500             | 210                      | 23      | 10                | 0.5                  | 60               | 350         | 65                | 3                       | 30               | 10          |
| Cookie- Tulip Shaped Shortbread           | 1 Cookie       | 440             | 190                      | 21      | 13                | 1                    | 65               | 210         | 57                | 1                       | 32               | 4           |
| Cookie - Heart Shaped Shortbread          | 1 Cookie       | 440             | 190                      | 21      | 13                | 1                    | 65               | 200         | 57                | 1                       | 32               | 4           |
| Cookie - Kitchen Sink                     | 1 Cookie       | 820             | 400                      | 44      | 29                | 1                    | 95               | 760         | 99                | 2                       | 56               | 8           |
| Cookie - Lemon Drop Flavored              | 1 Cookie       | 440             | 180                      | 20      | 13                | 0.5                  | 75               | 260         | 60                | 1                       | 34               | 5           |
| Mini Bear Claw                            | 1 Pastry       | 160             | 70                       | 8       | 3.5               | 0                    | 20               | 115         | 20                | 1                       | 8                | 3           |
| Mini Scone -Blueberry                     | 1 mini scone   | 150             | 60                       | 6       | 4                 | 0                    | 10               | 300         | 21                | 1                       | 9                | 3           |
| Mini - Brownie                            | 1 Mini Brownie | 120             | 40                       | 4.5     | 1.5               | 0                    | 30               | 25          | 17                | 1                       | 12               | 2           |
| Mini Cookie - Candy                       | 1 Mini Cookie  | 130             | 50                       | 6       | 3.5               | 0                    | 20               | 75          | 18                | 0                       | 10               | 1           |
| Mini Cinnamon Roll                        | 1 mini roll    | 310             | 80                       | 9       | 4                 | 0                    | 35               | 240         | 53                | 1                       | 35               | 4           |
| Mini Muffin - Cranberry Orange            | 1 Mini Muffin  | 80              | 30                       | 3       | 0.5               | 0                    | 10               | 55          | 13                | 1                       | 7                | 1           |
| Mini Cookie - Lemon Drop Flavored         | 1 Mini Cookie  | 110             | 45                       | 5       | 3.5               | 0                    | 20               | 65          | 15                | 0                       | 9                | 1           |
| Mini Cookie - Oatmeal Raisin with Berries | 1 Cookie       | 90              | 30                       | 3       | 2                 | 0                    | 15               | 45          | 14                | 1                       | 8                | 1           |
| Mini Scone - Orange                       | 1 mini scone   | 180             | 60                       | 7       | 4.5               | 0                    | 10               | 270         | 27                | 1                       | 13               | 3           |
| Cookie - Oatmeal Raisin with Berries      | 1 Cookie       | 350             | 110                      | 13      | 7                 | 0                    | 55               | 170         | 55                | 2                       | 33               | 4           |
| Scone - Orange                            | 1 Scone        | 550             | 180                      | 20      | 13                | 0.5                  | 25               | 810         | 80                | 2                       | 38               | 9           |

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|--|--------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|
| Pastry - Pecan Braid                           | 1 Pastry     | 490             | 270                      | 30      | 12                | 0.5                  | 55               | 270         | 51                | 3                       | 23               | 8           |
| Cookie - Petite Chocolate Chipper              | 1 Cookie     | 100             | 40                       | 4.5     | 3                 | 0                    | 10               | 75          | 13                | 0                       | 8                | 1           |
| Muffin - Pumpkin                               | 1 Muffin     | 570             | 220                      | 24      | 4.5               | 0                    | 30               | 430         | 78                | 5                       | 40               | 8           |
| Cookie - Pumpkin Shaped Shortbread             | 1 Cookie     | 450             | 190                      | 21      | 13                | 1                    | 65               | 210         | 62                | 1                       | 37               | 4           |
| Pastry - Croissant                             | 1 Croissant  | 270             | 130                      | 15      | 11                | 0                    | 50               | 240         | 28                | 1                       | 4                | 5           |
| Pastry - Vanilla Flavored Cinnamon Roll        | 1 Roll       | 620             | 160                      | 18      | 8                 | 0                    | 75               | 490         | 106               | 1                       | 71               | 9           |
| <b>SALADS</b>                                  |              |                 |                          |         |                   |                      |                  |             |                   |                         |                  |             |
| Asian Sesame with Chicken - Half               | 1/2 Salad    | 210             | 100                      | 11      | 1.5               | 0                    | 35               | 350         | 14                | 3                       | 4                | 15          |
| Asian Sesame with Chicken - Whole              | 1 Salad      | 410             | 190                      | 21      | 3                 | 0                    | 70               | 700         | 28                | 6                       | 7                | 30          |
| BBQ Chicken Salad - Half                       | 1/2 Salad    | 250             | 110                      | 12      | 2                 | 0                    | 40               | 690         | 23                | 5                       | 7                | 16          |
| BBQ Chicken Salad - Whole                      | 1 Salad      | 510             | 210                      | 24      | 4                 | 0                    | 80               | 1380        | 45                | 11                      | 14               | 32          |
| BBQ Salad - Half                               | 1/2 Salad    | 200             | 100                      | 11      | 1.5               | 0                    | 5                | 530         | 22                | 5                       | 7                | 5           |
| BBQ Salad - Whole                              | 1 Salad      | 400             | 200                      | 22      | 3.5               | 0                    | 10               | 1060        | 43                | 11                      | 14               | 10          |
| Caesar - Half                                  | 1/2 Salad    | 170             | 110                      | 13      | 3                 | 0                    | 25               | 320         | 9                 | 2                       | 1                | 5           |
| Caesar - Whole                                 | 1 Salad      | 330             | 230                      | 25      | 6                 | 0.5                  | 45               | 640         | 18                | 4                       | 3                | 10          |
| Caesar with Chicken - Whole                    | 1 Salad      | 440             | 240                      | 27      | 7                 | 0.5                  | 115              | 970         | 20                | 4                       | 3                | 32          |
| Caesar with Chicken - Half                     | 1/2 Salad    | 220             | 120                      | 13      | 3.5               | 0                    | 55               | 480         | 10                | 2                       | 2                | 16          |
| Citrus Asian Crunch Salad - Half               | 1/2 salad    | 220             | 110                      | 12      | 1.5               | 0                    | 0                | 430         | 22                | 4                       | 13               | 5           |
| Citrus Asian Crunch Salad - Whole              | 1 salad      | 430             | 220                      | 25      | 3                 | 0                    | 0                | 850         | 44                | 8                       | 25               | 10          |
| Citrus Asian Crunch Salad with Chicken - Half  | 1/2 salad    | 310             | 150                      | 17      | 2.5               | 0                    | 50               | 670         | 23                | 4                       | 13               | 18          |
| Citrus Asian Crunch Salad with Chicken - Whole | 1 salad      | 620             | 300                      | 33      | 5                 | 0                    | 105              | 1330        | 46                | 8                       | 26               | 36          |
| Fuji Apple with Chicken - Half                 | 1/2 Salad    | 280             | 150                      | 17      | 3.5               | 0                    | 40               | 370         | 19                | 3                       | 11               | 15          |
| Fuji Apple with Chicken - Whole                | 1 Salad      | 560             | 300                      | 34      | 7                 | 0                    | 85               | 750         | 37                | 6                       | 22               | 30          |
| Fuji Apple with Chicken without pecans - Half  | 1/2 Salad    | 230             | 100                      | 12      | 3                 | 0                    | 40               | 370         | 18                | 2                       | 11               | 14          |
| Fuji Apple with Chicken without pecans - Whole | 1 Salad      | 460             | 210                      | 23      | 6                 | 0                    | 85               | 750         | 35                | 5                       | 21               | 29          |
| Greek - Half                                   | 1/2 Salad    | 200             | 160                      | 18      | 4.5               | 0                    | 15               | 540         | 8                 | 2                       | 3                | 4           |
| Greek - Whole                                  | 1 Salad      | 400             | 320                      | 35      | 9                 | 0.5                  | 30               | 1080        | 16                | 5                       | 7                | 8           |



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|---|--------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|
| Green Goddess Cobb with Chicken - Half                              | 1/2 Salad    | 250             | 130                      | 14      | 3                 | 0                    | 135              | 470         | 13                | 4                       | 7                | 19          |
| Green Goddess Cobb with Chicken - Whole                             | 1 Salad      | 500             | 250                      | 28      | 6                 | 0                    | 270              | 940         | 26                | 8                       | 13               | 39          |
| <b>SANDWICHES</b>   |              |                 |                          |         |                   |                      |                  |             |                   |                         |                  |             |
| Avocado Sandwich - Half   | 1/2 sandwich | 210             | 45                       | 5       | 0.5               | 0                    | 0                | 330         | 37                | 4                       | 2                | 7           |
| Avocado Sandwich - Whole  | 1 Sandwich   | 210             | 45                       | 5       | 0.5               | 0                    | 0                | 330         | 37                | 4                       | 2                | 7           |
| Bacon Turkey Bravo on Tomato Basil - Half                           | 1/2 Sandwich | 500             | 190                      | 21      | 10                | 0                    | 70               | 1270        | 52                | 2                       | 6                | 27          |
| Bacon Turkey Bravo on Tomato Basil - Whole                          | 1 Sandwich   | 1000            | 370                      | 41      | 19                | 0                    | 135              | 2550        | 104               | 4                       | 11               | 54          |
| Chipotle Chicken Avocado Melt on Black Pepper Focaccia Round - Half | 1/2 Sandwich | 470             | 220                      | 25      | 10                | 0                    | 65               | 1000        | 40                | 4                       | 2                | 23          |
| Chipotle Chicken Avocado Melt on Black Pepper Focaccia - Whole      | 1 Sandwich   | 940             | 440                      | 49      | 19                | 0                    | 130              | 2010        | 80                | 7                       | 5                | 46          |
| Classic Grilled Cheese on Classic White Miche - Half                | 1/2 Sandwich | 440             | 230                      | 26      | 15                | 1                    | 75               | 1190        | 34                | 1                       | 5                | 19          |
| Classic Grilled Cheese on Classic White Miche - Whole               | 1 Sandwich   | 880             | 460                      | 51      | 29                | 1.5                  | 150              | 2370        | 68                | 2                       | 9                | 37          |
| Deli Turkey on Country Rustic Sourdough - Whole                     | 1 Sandwich   | 600             | 170                      | 19      | 3                 | 0                    | 55               | 1510        | 73                | 5                       | 5                | 35          |
| Deli Turkey on Country Rustic Sourdough- Half                       | 1/2 Sandwich | 300             | 90                       | 10      | 1.5               | 0                    | 30               | 750         | 36                | 2                       | 3                | 17          |
| Toasted Frontega Chicken on Black Pepper Focaccia - Half            | 1/2 Panini   | 420             | 170                      | 19      | 6                 | 0                    | 55               | 950         | 39                | 2                       | 3                | 22          |
| Toasted Frontega Chicken on Black Pepper Focaccia - Whole           | 1 Panini     | 830             | 340                      | 38      | 13                | 0                    | 115              | 1890        | 79                | 4                       | 6                | 43          |
| Green Goddess Caprese Melt on Baguette                              | 1 Sandwich   | 1000            | 380                      | 43      | 15                | 0                    | 70               | 1900        | 117               | 5                       | 7                | 36          |
| Mediterranean Veggie on Tomato Basil - Half                         | 1/2 Sandwich | 320             | 60                       | 7       | 2                 | 0                    | 10               | 830         | 53                | 4                       | 6                | 11          |
| Mediterranean Veggie on Tomato Basil - Whole                        | 1 Sandwich   | 640             | 130                      | 14      | 4                 | 0                    | 15               | 1660        | 106               | 7                       | 11               | 23          |
| Napa Almond Chicken Salad on Country Rustic Sourdough - Half        | 1/2 Sandwich | 320             | 110                      | 13      | 2                 | 0                    | 30               | 490         | 39                | 2                       | 6                | 14          |
| Napa Almond Chicken Salad on Country Rustic Sourdough - Whole       | 1 Sandwich   | 640             | 230                      | 25      | 4                 | 0                    | 60               | 970         | 78                | 5                       | 12               | 27          |

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|  | Serving Size                          | Calories (kcal) | Calories from Fat (kcal) | Fat (g) | Saturated Fat (g) | Trans Fatty Acid (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Total Dietary Fiber (g) | Total Sugars (g) | Protein (g) |
|--|---------------------------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|
| Pepperoni Mozzarella Melt on Baguette                            | 1 Sandwich                            | 1000            | 340                      | 38      | 21                | 1                    | 110              | 2600        | 115               | 4                       | 5                | 49          |
| Roasted Turkey & Avocado BLT on Country Rustic Sourdough - Half  | 1/2 Sandwich                          | 470             | 240                      | 27      | 5                 | 0                    | 50               | 880         | 37                | 4                       | 3                | 22          |
| Roasted Turkey & Avocado BLT on Country Rustic Sourdough - Whole | 1 Sandwich                            | 940             | 480                      | 53      | 10                | 0.5                  | 100              | 1770        | 73                | 8                       | 5                | 44          |
| Smokehouse BBQ Chicken on Classic White Miche - Half             | 1/2 Sandwich                          | 380             | 130                      | 14      | 7                 | 0                    | 65               | 820         | 41                | 2                       | 9                | 22          |
| Smokehouse BBQ Chicken on Classic White Miche - Whole            | 1 Sandwich                            | 760             | 260                      | 29      | 14                | 0.5                  | 135              | 1640        | 81                | 3                       | 18               | 45          |
| Smoky Buffalo Chicken Melt on Baguette                           | 1 Sandwich                            | 830             | 170                      | 19      | 9                 | 0                    | 105              | 3010        | 115               | 4                       | 4                | 50          |
| Toasted Steak & White Cheddar on Artisan Ciabatta - Half         | 1/2 Panini                            | 470             | 200                      | 23      | 7                 | 0                    | 65               | 760         | 43                | 2                       | 4                | 23          |
| Toasted Steak & White Cheddar on Artisan Ciabatta - Whole        | 1 Panini                              | 940             | 410                      | 45      | 15                | 1                    | 125              | 1510        | 87                | 4                       | 7                | 47          |
| The Chef's Chicken Sandwich - The Signature Take on Brioche      | 1 sandwich                            | 570             | 260                      | 29      | 10                | 0                    | 180              | 920         | 41                | 2                       | 5                | 36          |
| The Chef's Chicken Sandwich - The Spicy Take on Brioche          | 1 sandwich                            | 580             | 270                      | 30      | 8                 | 0                    | 170              | 1190        | 46                | 2                       | 6                | 33          |
| Tuna Salad on Black Pepper Focaccia - Half                       | 1/2 Sandwich                          | 370             | 150                      | 16      | 2.5               | 0                    | 30               | 860         | 38                | 2                       | 3                | 18          |
| Tuna Salad on Black Pepper Focaccia - Whole                      | 1 Sandwich                            | 740             | 290                      | 32      | 5                 | 0                    | 65               | 1710        | 77                | 5                       | 6                | 35          |
| <b>SIDES</b>   |                                       |                 |                          |         |                   |                      |                  |             |                   |                         |                  |             |
| Side - Apple   | 1 Apple                               | 80              | 0                        | 0       | 0                 | 0                    | 0                | 0           | 22                | 5                       | 16               | 0           |
| Banana   | 1 Banana                              | 90              | 5                        | 0       | 0                 | 0                    | 0                | 0           | 23                | 3                       | 12               | 1           |
| Side Portion - French Baguette                                   | 2.4 oz (69g / about 3 1/3 inch slice) | 180             | 5                        | 0.5     | 0                 | 0                    | 0                | 450         | 36                | 1                       | 1                | 7           |
| Seasonal Fruit Cup   | 1 Container                           | 60              | 0                        | 0       | 0                 | 0                    | 0                | 15          | 17                | 1                       | 12               | 1           |
| Greek Yogurt with Mixed Berries                                  | 1 Parfait                             | 240             | 70                       | 8       | 4.5               | 0                    | 25               | 80          | 27                | 2                       | 17               | 15          |
| Kettle Cooked Chips  | 1 package                             | 140             | 70                       | 7       | 1                 | 0                    | 0                | 135         | 18                | 1                       | 0                | 2           |

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|---|------------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|
| Side - Pickle Spear                                     | 1 Spear                | 5               | 0                        | 0       | 0                 | 0                    | 0                | 240         | 1                 | 0                       | 0                | 0           |
| Tomato Basil Cucumber Salad                             | 1 Serving              | 90              | 50                       | 6       | 1                 | 0                    | 0                | 480         | 9                 | 1                       | 5                | 1           |
| <b>SMOOTHIES</b>  |                        |                 |                          |         |                   |                      |                  |             |                   |                         |                  |             |
| Green Passion Smoothie - 16 fl oz                       | 16 fl oz (473 mL)      | 250             | 10                       | 1.5     | 0                 | 0                    | 0                | 50          | 59                | 0                       | 50               | 2           |
| Mango Smoothie with Greek Yogurt - 16 fl oz             | 16 fl oz (473 mL)      | 300             | 50                       | 5       | 3                 | 0                    | 20               | 65          | 51                | 0                       | 42               | 13          |
| Peach & Blueberry Smoothie with Almond Milk - 16 fl oz  | 16 fl oz (473 mL)      | 220             | 15                       | 2       | 0                 | 0                    | 0                | 50          | 49                | 1                       | 41               | 2           |
| Strawberry Banana Smoothie with Greek Yogurt - 16 fl oz | 16 fl oz (473 mL)      | 250             | 25                       | 3       | 1.5               | 0                    | 10               | 35          | 52                | 4                       | 38               | 8           |
| Strawberry Smoothie with Greek Yogurt - 16 fl oz        | 16 fl oz ( 473 mL)     | 270             | 45                       | 5       | 2.5               | 0                    | 20               | 65          | 44                | 2                       | 39               | 13          |
| <b>SOUFFLES</b>   |                        |                 |                          |         |                   |                      |                  |             |                   |                         |                  |             |
| Souffle - Four Cheese                                   | 1 Souffle              | 470             | 270                      | 30      | 16                | 1                    | 185              | 830         | 36                | 1                       | 8                | 14          |
| Souffle - Spinach & Artichoke                           | 1 Souffle              | 530             | 320                      | 35      | 19                | 1                    | 180              | 930         | 37                | 3                       | 8                | 18          |
| Souffle - Spinach & Bacon                               | 1 Souffle              | 550             | 330                      | 37      | 19                | 1                    | 195              | 970         | 36                | 1                       | 8                | 19          |
| <b>SOUPS</b>  |                        |                 |                          |         |                   |                      |                  |             |                   |                         |                  |             |
| Bistro French Onion - Bowl                              | 1 1/2 Cups             | 290             | 100                      | 11      | 5                 | 0                    | 20               | 1680        | 35                | 3                       | 16               | 12          |
| Bistro French Onion - Bread Bowl                        | 1 Bread bowl with soup | 850             | 100                      | 11      | 3.5               | 0                    | 10               | 2240        | 151               | 6                       | 12               | 34          |
| Bistro French Onion - Cup                               | 1 Cup                  | 180             | 60                       | 7       | 3                 | 0                    | 10               | 1080        | 21                | 2                       | 10               | 8           |
| Bistro French Onion Soup - Group                        | 1 Container            | 560             | 210                      | 24      | 12                | 0.5                  | 50               | 3640        | 60                | 6                       | 36               | 26          |
| Broccoli Cheddar - Bowl                                 | 1 1/2 Cups             | 370             | 220                      | 24      | 17                | 0                    | 50               | 1470        | 25                | 6                       | 8                | 13          |
| Broccoli Cheddar - Cup                                  | 1 Cup                  | 230             | 140                      | 15      | 11                | 0                    | 35               | 930         | 16                | 4                       | 5                | 8           |
| Broccoli Cheddar - Bread Bowl                           | 1 Bread bowl with soup | 900             | 180                      | 20      | 11                | 0                    | 35               | 2090        | 146               | 8                       | 7                | 35          |
| Broccoli Cheddar Soup - Group                           | 1 Container            | 820             | 480                      | 53      | 37                | 1                    | 115              | 3250        | 56                | 14                      | 17               | 28          |
| Cream of Chicken & Wild Rice - Bowl                     | 1 1/2 Cups             | 260             | 140                      | 16      | 7                 | 0.5                  | 35               | 1390        | 27                | 5                       | 4                | 10          |
| Cream of Chicken & Wild Rice - Bread Bowl               | 1 Bread bowl with soup | 840             | 130                      | 15      | 5                 | 0                    | 25               | 2090        | 148               | 8                       | 5                | 33          |
| Cream of Chicken & Wild Rice - Cup                      | 1 Cup                  | 180             | 90                       | 10      | 4.5               | 0                    | 25               | 920         | 18                | 4                       | 3                | 6           |
| Cream of Chicken and Wild Rice - Group                  | 1 Container            | 620             | 330                      | 36      | 17                | 1.5                  | 85               | 3240        | 62                | 13                      | 9                | 23          |

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|--|------------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|
| Homestyle Chicken Noodle Soup - Bowl       | 1 bowl                 | 100             | 5                        | 1       | 0                 | 0                    | 25               | 1280        | 13                | 0                       | 4                | 9           |
| Homestyle Chicken Noodle Soup - Bread Bowl | 1 bread bowl with soup | 780             | 45                       | 5       | 0.5               | 0                    | 15               | 2100        | 148               | 5                       | 5                | 35          |
| Homestyle Chicken Noodle Soup - Cup        | 1 cup                  | 60              | 5                        | 0.5     | 0                 | 0                    | 15               | 860         | 8                 | 0                       | 3                | 6           |
| Homestyle Chicken Noodle Soup - Group      | 1 container            | 230             | 15                       | 2       | 0.5               | 0                    | 55               | 3000        | 30                | 0                       | 10               | 22          |
| Turkey Chili with Beans - Bowl             | 1 Bowl                 | 300             | 90                       | 10      | 4.5               | 0                    | 35               | 690         | 31                | 14                      | 8                | 21          |
| Turkey Chili with Beans - Bread Bowl       | 1 bread bowl with soup | 870             | 100                      | 11      | 3.5               | 0                    | 25               | 1620        | 151               | 14                      | 8                | 41          |
| Turkey Chili with Beans - Cup              | 1 Cup                  | 200             | 60                       | 7       | 3                 | 0                    | 25               | 460         | 20                | 9                       | 6                | 14          |
| Turkey Chili - Group                       | 1 Container            | 700             | 220                      | 24      | 11                | 1                    | 80               | 1620        | 72                | 32                      | 19               | 49          |
| Ten Vegetable Soup - Bowl                  | 1 1/2 Cups             | 100             | 15                       | 2       | 0                 | 0                    | 0                | 1090        | 15                | 4                       | 6                | 5           |
| Ten Vegetable Soup - Bread Bowl            | 1 Bread bowl with soup | 730             | 50                       | 6       | 0.5               | 0                    | 0                | 1890        | 140               | 7                       | 6                | 30          |
| Ten Vegetable Soup - Cup                   | 1 Cup                  | 60              | 10                       | 1       | 0                 | 0                    | 0                | 730         | 10                | 3                       | 4                | 3           |
| Ten Vegetable Soup - Group                 | 1 Container            | 220             | 40                       | 4.5     | 1                 | 0                    | 0                | 2550        | 36                | 9                       | 13               | 11          |
| Vegetarian Creamy Tomato - Bread Bowl      | 1 Bread bowl with soup | 910             | 170                      | 19      | 8                 | 0                    | 40               | 1910        | 154               | 5                       | 13               | 31          |
| Vegetarian Creamy Tomato - Bowl            | 1 1/2 Cups             | 350             | 190                      | 21      | 11                | 0.5                  | 60               | 1100        | 34                | 1                       | 17               | 5           |
| Vegetarian Creamy Tomato - Cup             | 1 Cup                  | 240             | 130                      | 14      | 8                 | 0                    | 40               | 750         | 24                | 1                       | 11               | 4           |
| Vegetarian Creamy Tomato Soup - Group      | 1 Container            | 850             | 450                      | 50      | 27                | 1.5                  | 135              | 2660        | 86                | 2                       | 39               | 14          |
| Chicken Tikka Masala Soup - Bowl           | 1 1/2 cups             | 360             | 150                      | 17      | 10                | 0                    | 65               | 1000        | 37                | 5                       | 8                | 16          |
| Chicken Tikka Masala Soup - Bread Bowl     | 1 Bread bowl with soup | 900             | 140                      | 16      | 7                 | 0                    | 45               | 1820        | 154               | 8                       | 8                | 37          |
| Chicken Tikka Masala Soup - Cup            | 1 cup                  | 230             | 100                      | 11      | 6                 | 0                    | 45               | 660         | 23                | 3                       | 5                | 10          |
| Chicken Tikka Masala Soup - Group          | 1 container            | 810             | 360                      | 40      | 22                | 1                    | 155              | 2300        | 84                | 11                      | 19               | 37          |
| Thai Chicken Soup - Bowl                   | 1 Bowl                 | 230             | 120                      | 14      | 11                | 0                    | 20               | 1080        | 16                | 4                       | 5                | 11          |
| Thai Chicken Soup - Group                  | 1 Container            | 540             | 290                      | 32      | 26                | 0                    | 50               | 2530        | 37                | 8                       | 11               | 25          |
| Thai Chicken Soup - Bread Bowl             | 1 Bread bowl with soup | 820             | 120                      | 14      | 8                 | 0                    | 15               | 1880        | 141               | 7                       | 5                | 34          |
| Thai Style Chicken Soup - Cup              | 1 Cup                  | 160             | 80                       | 9       | 8                 | 0                    | 15               | 720         | 11                | 2                       | 3                | 7           |
| <b>SPREADS</b>                             |                        |                 |                          |         |                   |                      |                  |             |                   |                         |                  |             |
| Plain Cream Cheese Spread - 1.75 oz        | 1 Container            | 150             | 130                      | 15      | 11                | 0                    | 40               | 160         | 3                 | 0                       | 2                | 3           |
| Plain Cream Cheese Spread - 8 oz           | 2 Tbsp                 | 90              | 80                       | 9       | 7                 | 0                    | 25               | 95          | 2                 | 0                       | 1                | 2           |

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|---|--------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|
| Reduced Fat Chive & Onion Cream Cheese Spread - 1.75 oz | 1 Container  | 130             | 90                       | 10      | 6                 | 0                    | 35               | 190         | 2                 | 0                       | 2                | 6           |
| Reduced Fat Chive & Onion Cream Cheese Spread - 8 oz    | 2 Tbsp (30g) | 80              | 50                       | 6       | 4                 | 0                    | 20               | 115         | 1                 | 0                       | 1                | 3           |
| Reduced Fat Honey Walnut Cream Cheese Spread - 1.75 oz  | 1 Container  | 130             | 90                       | 10      | 6                 | 0                    | 30               | 170         | 8                 | 0                       | 8                | 3           |
| Reduced Fat Honey Walnut Cream Cheese Spread - 8 oz     | 2 Tbsp (30g) | 80              | 50                       | 6       | 3.5               | 0                    | 20               | 105         | 5                 | 0                       | 5                | 2           |
| Agave Lemonade - Serves 10 - Group                      | 2 containers | 1260            | 15                       | 1.5     | 0                 | 0                    | 0                | 75          | 310               | 0                       | 286              | 2           |
| Unsweetened Iced Tea - Serves 10 - Group                | 2 Containers | 80              | 0                        | 0       | 0                 | 0                    | 0                | 80          | 0                 | 0                       | 0                | 15          |
| Blood Orange Lemonade - serves 10 - Group               | 2 Containers | 1330            | 0                        | 0       | 0                 | 0                    | 0                | 160         | 328               | 5                       | 222              | 4           |
| Catering Butter Pat                                     | 1 pat        | 35              | 35                       | 4       | 2.5               | 0                    | 10               | 35          | 0                 | 0                       | 0                | 0           |
| <b>CATERING</b>   |              |                 |                          |         |                   |                      |                  |             |                   |                         |                  |             |
| Catering Asian Sesame Chicken Salad - serves 10         | 2 Containers | 2180            | 1030                     | 115     | 15                | 2                    | 350              | 3770        | 151               | 34                      | 42               | 153         |
| Catering Asian Sesame Chicken Salad - serves 5          | 1 Container  | 1090            | 520                      | 57      | 8                 | 1                    | 175              | 1890        | 75                | 17                      | 21               | 77          |
| Catering Asian Sesame - Half                            | 1/2 Salad    | 150             | 90                       | 10      | 1                 | 0                    | 0                | 190         | 13                | 3                       | 3                | 4           |
| Catering Asian Sesame Salad - serves 10                 | 2 Containers | 1610            | 960                      | 106     | 12                | 2                    | 0                | 2080        | 141               | 34                      | 40               | 40          |
| Catering Asian Sesame Salad - serves 5                  | 1 Container  | 800             | 480                      | 53      | 6                 | 1                    | 0                | 1040        | 70                | 17                      | 20               | 20          |
| Catering Asian Sesame Salad - Whole                     | 1 Salad      | 300             | 180                      | 20      | 2                 | 0                    | 0                | 370         | 26                | 6                       | 7                | 8           |
| Catering BBQ Chicken Salad - Serves 10                  | 2 Containers | 2700            | 1190                     | 132     | 22                | 3                    | 420              | 7160        | 233               | 57                      | 76               | 165         |
| Catering BBQ Chicken Salad - Serves 5                   | 1 Container  | 1350            | 590                      | 66      | 11                | 1.5                  | 210              | 3580        | 116               | 29                      | 38               | 83          |
| Catering BBQ Salad - Serves 10                          | 2 Containers | 2140            | 1110                     | 124     | 19                | 3                    | 70               | 5470        | 222               | 57                      | 74               | 52          |
| Catering BBQ Salad - Serves 5                           | 1 Container  | 1070            | 560                      | 62      | 10                | 1.5                  | 35               | 2740        | 111               | 29                      | 37               | 26          |
| Catering Caesar Salad - serves 10                       | 2 Containers | 1870            | 1300                     | 145     | 35                | 3.5                  | 260              | 3500        | 98                | 24                      | 17               | 53          |
| Catering Caesar Salad - serves 5                        | 1 Container  | 930             | 650                      | 72      | 18                | 2                    | 130              | 1750        | 49                | 12                      | 8                | 27          |
| Catering Caesar with Chicken Salad - serves 10          | 2 Containers | 2440            | 1380                     | 153     | 38                | 3.5                  | 610              | 5190        | 108               | 24                      | 19               | 166         |
| Catering Caesar with Chicken Salad - serves 5           | 1 Container  | 1220            | 690                      | 77      | 19                | 2                    | 305              | 2590        | 54                | 12                      | 9                | 83          |

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|---|--------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|
| Catering Chipotle Aioli for Breakfast Sandwiches                  | about 0.5 oz | 90              | 90                       | 10      | 1.5               | 0                    | 10               | 125         | 1                 | 0                       | 0                | 0           |
| Catering Citrus Asian Crunch Salad - Serves 10                    | 2 containers | 2190            | 1150                     | 128     | 16                | 1                    | 0                | 4250        | 216               | 43                      | 121              | 48          |
| Catering Citrus Asian Crunch Salad - Serves 5                     | 1 container  | 1090            | 570                      | 64      | 8                 | 0                    | 0                | 2130        | 108               | 21                      | 61               | 24          |
| Catering Citrus Asian Crunch Salad with Chicken - Serves 10       | 2 containers | 3140            | 1540                     | 171     | 26                | 1.5                  | 515              | 6640        | 227               | 43                      | 128              | 178         |
| Catering Citrus Asian Crunch Salad with Chicken - Serves 5        | 1 container  | 1570            | 770                      | 85      | 13                | 0.5                  | 260              | 3320        | 114               | 21                      | 64               | 89          |
| Catering Deli Turkey on Country Rustic Sourdough- Half            | 1/2 Sandwich | 230             | 20                       | 2       | 0                 | 0                    | 25               | 620         | 36                | 2                       | 2                | 17          |
| Catering Deli Turkey on Country Rustic Sourdough- Whole           | 1 Sandwich   | 460             | 40                       | 4.5     | 1                 | 0                    | 45               | 1240        | 71                | 4                       | 5                | 34          |
| Catering French Baguette  | 1 Baguette   | 1060            | 35                       | 3.5     | 1                 | 0                    | 0                | 2700        | 217               | 8                       | 4                | 40          |
| Catering Fruit Salad - serves 10                                  | 1 Container  | 790             | 20                       | 2.5     | 0.5               | 0                    | 0                | 160         | 203               | 14                      | 150              | 11          |
| Catering Fruit Salad - serves 5                                   | 1 Container  | 390             | 10                       | 1       | 0                 | 0                    | 0                | 80          | 101               | 7                       | 75               | 5           |
| Catering Fuji Apple - Half  | 1/2 Salad    | 230             | 140                      | 16      | 3.5               | 0                    | 10               | 210         | 18                | 3                       | 11               | 4           |
| Catering Fuji Apple Salad - serves 10                             | 2 Containers | 2260            | 1500                     | 167     | 35                | 2.5                  | 85               | 2240        | 164               | 28                      | 105              | 40          |
| Catering Fuji Apple Salad - serves 5                              | 1 Container  | 1130            | 750                      | 84      | 18                | 1                    | 45               | 1120        | 82                | 14                      | 53               | 20          |
| Catering Fuji Apple - Whole                                       | 1 Salad      | 450             | 290                      | 32      | 7                 | 0                    | 15               | 420         | 35                | 6                       | 21               | 8           |
| Catering Fuji Apple without pecans - Half                         | 1/2 Salad    | 170             | 100                      | 11      | 3                 | 0                    | 10               | 210         | 17                | 2                       | 10               | 3           |
| Catering Fuji Apple Salad without pecans - serves 10              | 2 Containers | 1750            | 1020                     | 114     | 30                | 2.5                  | 85               | 2240        | 155               | 22                      | 102              | 34          |
| Catering Fuji Apple Salad without pecans - serves 5               | 1 Container  | 880             | 510                      | 57      | 15                | 1                    | 45               | 1120        | 77                | 11                      | 51               | 17          |
| Catering Fuji Apple without pecans - Whole                        | 1 Salad      | 350             | 190                      | 21      | 6                 | 0                    | 15               | 420         | 33                | 5                       | 21               | 7           |
| Catering Fuji Apple with Chicken Salad - serves 10                | 2 Containers | 2820            | 1580                     | 175     | 38                | 2.5                  | 435              | 3940        | 174               | 28                      | 107              | 153         |
| Catering Fuji Apple with Chicken Salad - serves 5                 | 1 Container  | 1410            | 790                      | 88      | 19                | 1                    | 215              | 1970        | 87                | 14                      | 53               | 77          |
| Catering Fuji Apple with Chicken Salad without pecans - serves 10 | 2 Containers | 2320            | 1100                     | 122     | 33                | 2.5                  | 435              | 3940        | 165               | 22                      | 104              | 147         |



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|--|---------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|
| Catering Fuji Apple with Chicken Salad without pecans - serves 5   | 1 Container   | 1160            | 550                      | 61      | 16                | 1                    | 215              | 1970        | 82                | 11                      | 52               | 73          |
| Catering Garlic Aioli for Breakfast Sandwiches                     | about 0.5 oz  | 110             | 110                      | 12      | 2                 | 0                    | 10               | 65          | 0                 | 0                       | 0                | 0           |
| Catering Greek Salad - serves 10                                   | 2 Containers  | 2260            | 1810                     | 201     | 46                | 3                    | 150              | 5910        | 85                | 28                      | 36               | 40          |
| Catering Greek Salad - serve 5                                     | 1 Container   | 1130            | 900                      | 100     | 23                | 1.5                  | 75               | 2960        | 42                | 14                      | 18               | 20          |
| Catering Green Goddess Cobb Salad with Chicken - serves 5          | 1 Container   | 1290            | 660                      | 73      | 16                | 0                    | 685              | 2450        | 67                | 20                      | 34               | 99          |
| Catering Green Goddess Cobb Salad with Chicken - serves 10         | 1 Container   | 2580            | 1320                     | 146     | 32                | 1                    | 1375             | 4910        | 134               | 39                      | 67               | 198         |
| Catering Pastry Ring   | 1 Pastry Ring | 2550            | 1030                     | 114     | 65                | 4                    | 400              | 2020        | 346               | 9                       | 171              | 41          |
| Catering Seasonal Greens Salad - serves 10                         | 2 Containers  | 1650            | 1360                     | 151     | 21                | 1                    | 0                | 1870        | 63                | 18                      | 28               | 17          |
| Catering Seasonal Greens Salad - serves 5                          | 1 Container   | 820             | 680                      | 76      | 11                | 0                    | 0                | 930         | 31                | 9                       | 14               | 9           |
| Catering Seasonal Greens Salad with Chicken - serves 10            | 2 Containers  | 2220            | 1440                     | 160     | 24                | 1                    | 350              | 3560        | 73                | 18                      | 30               | 130         |
| Catering Seasonal Greens Salad with Chicken- serves 5              | 1 Container   | 1110            | 720                      | 80      | 12                | 0                    | 175              | 1780        | 36                | 9                       | 15               | 65          |
| Catering Tomato Basil Cucumber Salad - Large Bowl                  | 1 Large Bowl  | 980             | 540                      | 60      | 9                 | 0                    | 0                | 5170        | 93                | 15                      | 55               | 16          |
| Catering Tomato Basil Cucumber Salad - Small Bowl                  | 1 Small Bowl  | 490             | 270                      | 30      | 4.5               | 0                    | 0                | 2590        | 47                | 7                       | 28               | 8           |
| Fuji Apple Cranberry Flavored Charged Lemonade - Serves 10 - Group | 2 Containers  | 1820            | 20                       | 2.5     | 0                 | 0                    | 0                | 75          | 445               | 1                       | 413              | 3           |
| Signature Hot Chocolate - Group                                    | 1 Container   | 5340            | 2090                     | 232     | 147               | 6                    | 745              | 2060        | 755               | 33                      | 483              | 81          |
| Mango Yuzu Citrus Flavored Charged Lemonade - Serves 10 - Group    | 2 Containers  | 2210            | 25                       | 3       | 0.5               | 0                    | 0                | 70          | 541               | 2                       | 515              | 3           |
| Passion Papaya Flavored Iced Green Tea - Serves 10 - Group         | 2 Containers  | 880             | 0                        | 0       | 0                 | 0                    | 0                | 135         | 220               | 0                       | 219              | 0           |
| Premium Orange Juice - Serves 10 - Group                           | 2 Containers  | 1800            | 0                        | 0       | 3                 | 0                    | 0                | 60          | 408               | 0                       | 360              | 33          |
| Seasonal Greens - Half   | 1/2 Salad     | 140             | 110                      | 13      | 2                 | 0                    | 0                | 160         | 6                 | 2                       | 3                | 2           |

# Panera Bread® Nutrition - US

## Effective: 1/11/2023 Version 1

|   | Serving Size | Calories (kcal) | Calories from Fat (kcal) | Fat (g) | Saturated Fat (g) | Trans Fatty Acid (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Total Dietary Fiber (g) | Total Sugars (g) | Protein (g) |
|---|--------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|
| Seasonal Greens - Whole   | 1 Salad      | 290             | 230                      | 25      | 3.5               | 0                    | 0                | 320         | 13                | 4                       | 6                | 4           |
| Seasonal Greens with Chicken- Half                                  | 1/2 Salad    | 200             | 120                      | 13      | 2                 | 0                    | 35               | 320         | 7                 | 2                       | 3                | 13          |
| Seasonal Greens with Chicken - Whole                                | 1 Salad      | 400             | 240                      | 27      | 4                 | 0                    | 70               | 650         | 15                | 4                       | 6                | 26          |
| Sierra Turkey Sandwich on Asiago Cheese Focaccia - Half             | 1/2 Sandwich | 400             | 150                      | 17      | 4                 | 0                    | 40               | 890         | 43                | 2                       | 2                | 20          |
| Sierra Turkey Sandwich on Asiago Cheese Focaccia - Whole            | 1 Sandwich   | 800             | 300                      | 33      | 8                 | 0                    | 80               | 1790        | 85                | 3                       | 5                | 40          |
| Steak & Arugula on Country Rustic Sourdough - Half                  | 1/2 Sandwich | 360             | 140                      | 16      | 3.5               | 0                    | 45               | 560         | 37                | 2                       | 4                | 17          |
| Steak & Arugula on Country Rustic Sourdough - Whole                 | 1 Sandwich   | 710             | 280                      | 31      | 7                 | 0                    | 85               | 1120        | 73                | 4                       | 8                | 35          |
| Strawberry Lemon Mint Flavored Charged Lemonade - Serves 10 - Group | 2 Containers | 1800            | 20                       | 2.5     | 0                 | 0                    | 0                | 70          | 443               | 1                       | 413              | 3           |
| Sweet Iced Tea - Serves 10 - Group                                  | 2 Containers | 730             | 1                        | 0       | 0                 | 0                    | 0                | 75          | 164               | 0                       | 163              | 14          |
| Tropical Hibiscus Tea - Serves 10 - Group                           | 2 Containers | 0               | 0                        | 0       | 0                 | 0                    | 0                | 0           | 0                 | 0                       | 0                | 0           |