

# CAFFÈ NERO

Cakes & Pastries	Common Allergen	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Notes
Bread - Banana Bread	Contains wheat, soy, milk and eggs.	390	170	19g	2.5g	0g	70mg	270mg	48g	0g	27g	5g	Manufactured in a facility that processes tree nuts.
Bread - Zucchini Walnut Bread	Contains walnut, wheat, soy, milk and eggs.	390	190	22g	2.5g	0g	70mg	270mg	46g	0g	27g	5g	
Cake - Almond Cream Cake	Contains milk, eggs, wheat and tree nuts.	260	120	13g	6g	0g	120mg	35mg	29g	0g	12g	4g	
Cake - Chocolate Fudge Cake	Contains egg, milk, soy and wheat.	630	260	29g	9g	0g	65mg	280mg	95g	0g	67g	8g	Manufactured on equipment that processes peanuts and tree nuts.
Cake - Flourless Chocolate Cake	Contains egg, milk and soy.	350	260	29g	17g	0g	90mg	70mg	24g	2g	20g	5g	
Cake - Italian Cheesecake	Contains milk, eggs, wheat and soy.	270	110	12g	7g	0g	110mg	240mg	27g	0g	25g	12g	
Cake - Limoncello Mascarpone Cake	Contains milk, soy, eggs and wheat.	380	130	14g	6g	0g	120mg	260mg	59g	1g	41g	6g	
Cake - Tiramisu Cake	Contains milk, eggs, wheat and soy.	240	130	14g	9g	0g	110mg	60mg	26g	0g	17g	2g	
Cookie - Chocolate Chip	Contains wheat, soy, eggs and milk.	380	170	19g	10g	0g	20mg	240mg	51g	2g	31g	4g	
Cookie - Oatmeal Raisin	Contains wheat, eggs, and milk.	350	120	14g	6g	0g	40mg	230mg	53g	2g	32g	5g	
Cookie - Triple Chocolate	Contains wheat, eggs, milk and soy.	360	130	15g	8g	0g	40mg	170mg	51g	1g	33g	4g	
Muffin - Blueberry	Contains wheat, egg, soy and dairy (milk).	380	140	15g	3g	0g	75mg	340mg	53g	0g	29g	5g	Manufactured on equipment exposed to soy, coconut, peanut, pecan, pistachio, and walnut products.
Muffin - Chocolate Espresso	Contains wheat, egg, soy and dairy (milk)	460	220	24g	5g	0g	75mg	500mg	53g	0g	34g	6g	Manufactured on equipment exposed to soy, coconut, peanut, pecan, pistachio, and walnut products.
Muffin - Cinnamon Coffee Cake	Contains wheat, egg, soy and dairy (milk)	430	170	19g	4.5g	0g	70mg	350mg	60g	0g	35g	5g	Manufactured on equipment exposed to soy, coconut, peanut, pecan, pistachio, and walnut products.
Muffin - Pistachio	Contains egg, dairy (milk), soy, walnuts and wheat	510	210	23g	4.5g	0g	70mg	440mg	67g	0g	36g	7g	Manufactured on equipment exposed to soy, coconut, peanut, pecan, pistachio, and walnut products.
Muffin - Vegan Berry	Contains soy, treenuts (almonds and walnuts) and wheat.	330	100	11g	1.5g	0g	0mg	280mg	53g	5g	25g	6g	Manufactured on equipment exposed to egg, coconut, peanut, pecan, and dairy (milk) products.
Pastry - Almond Biscotti	Contains egg, milk, treenuts and wheat.	200	60	7g	3g	0g	20mg	10mg	30g	<1g	10g	4g	
Pastry - Almond Croissant	Contains wheat, milk, egg and nuts. May contains soy.	370	180	20g	10g	0g	60mg	290mg	40g	2g	12g	6g	
Pastry - Apple Coffee Cake	Contains egg, milk, tree nuts and wheat.	680	280	32g	14g	0g	125mg	740mg	91g	2g	58g	10g	
Pastry - Cannoli	Contains egg, milk and wheat.	130	40	5g	2.5g	0g	15mg	50mg	13g	0g	8g	3g	
Pastry - Brownie	Contains egg, soy, wheat and sunflower oil.	550	300	33g	21g	0.5g	110mg	75mg	59g	3g	43g	6g	Made in a nut free facility
Pastry - Butter Croissant	Contains wheat, milk, and egg. May contain nuts and soy.	220	110	12g	8g	0g	30mg	240mg	23g	< 1g	4g	5g	
Pastry - Kouign Amann	Contains wheat and milk.	360	210	24g	15g	0g	65mg	540mg	32g	2g	0g	6g	Manufactured on equipment that produces pastries containing egg, soy, and tree nuts.
Pastry - Macaron	Contains egg, milk, soy, nuts.	70	35	4g	1.5g	0g	5mg	10mg	9g	0g	8g	1g	Produced in a facility also handling: wheat.
Pastry - Multigrain Croissant	Contains wheat, milk, and egg. May contain nuts and soy.	250	130	15g	9g	0g	45mg	240mg	24g	2g	4g	6g	
Pastry - Pain Au Chocolat	Contains dairy, eggs, gluten and soya.	260	130	14g	8g	0.5g	45mg	250mg	27g	1g	7g	5g	May contain traces of: nuts, mustard, sesame. Not suitable for vegans, Suitable for vegetarians.
Pastry - Pain Aux Raisins	Contains dairy, eggs, wheat, traces of soya and nuts.	310	120	13g	9g	0g	50mg	290mg	42g	2g	18g	5g	
Pastry - Palmier	Contains wheat and milk.	400	150	16g	10g	0g	45mg	250mg	58g	1g	27g	5g	Manufactured on equipment that produces pastries containing egg, soy, and tree nuts.
Scone - Chocolate Chip	Contains egg, milk, soy and wheat.	430	260	29g	18g	0g	85mg	260mg	40g	1g	13g	4g	
Scone - Cranberry	Contains wheat, egg and milk.	410	240	26g	16g	0g	85mg	290mg	41g	1g	14g	4g	
Scone - Lemon Poppy	Contains wheat, egg and milk.	420	260	28g	17g	0g	90mg	270mg	38g	1g	9g	5g	
Scone - Maple Oat	Contains wheat, egg and milk.	390	210	24g	13g	0g	80mg	320mg	40g	1g	14g	5g	
Breakfast/Snacks	Common Allergen	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Notes
Blueberry Overnight Oats	Contains milk.	450	90	11g	4g	0g	15mg	90mg	69g	9g	14g	20g	Nut-free. Made in an environment where cross-contamination may occur.
Maple Walnut Overnight Oats	Contains tree nuts.	530	130	16g	2g	0g	0mg	120mg	84g	11g	25g	17g	Contains almonds. Dairy-free.
Coppa - Bacon and Brie Frittata	Contains milk and egg.	490	350	40g	20g	0g	620mg	860mg	4g	4g	3g	26g	
Coppa - Vegetarian Frittata	Contains milk and egg.	510	370	41g	23g	0g	635mg	1080mg	4g	4g	4g	27g	
Granola	Contains wheat and almonds.	180	70	8g	3g	0g	10mg	0mg	26g	2g	8g	4g	
Grapefruit Juice		150	0	0g	0g	0g	0mg	0mg	35g	0g	33g	1g	
Orange Juice		170	0	0g	0g	0g	0mg	0mg	37g	0g	32g	3g	
Hard Boiled Eggs	Contains eggs.	130	80	8g	3g	**	325mg	125mg	< 1g	0g	0g	11g	
Mezze Tray	Contains sunflower oil, sesame, soy and wheat	230	80	9g	0g	0g	0mg	340mg	29g	5g	3g	8g	
Yogurt Parfait	Contains milk and wheat.	250	60	7g	3.5g	0g	15mg	95mg	41g	3g	23g	10g	

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Breakfast Sandwiches	Common Allergen	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Notes
Breakfast Sandwich	Contains milk, eggs and wheat (and tomatoes).	500	170	19g	7g	0g	410mg	870mg	54g	5g	3g	28g	
Breakfast Sandwich with Bacon	Contains milk, eggs and wheat (and tomatoes).	540	200	22g	8g	0g	420mg	1000mg	54g	5g	3g	31g	
Bacon and Cheese Croissant	Contains wheat, milk and egg. May contain nuts and soy.	330	190	21g	12g	0g	55mg	480mg	23g	1g	4g	13g	
Ham and Cheese Croissant	Contains wheat, milk and egg. May contain nuts and soy.	310	160	17g	11g	0g	65mg	610mg	24g	< 1g	4g	16g	
Turkey and Cheese Multigrain Croissant	Contains wheat, milk and egg. May contain nuts and soy.	320	160	19g	11g	0g	70mg	440mg	25g	2g	5g	15g	
Sandwiches	Common Allergen	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Notes
Avocado BLT	Contains egg, sesame, and wheat.	700	460	52g	14g	0g	60mg	1160mg	41g	6g	4g	25g	
Caprese	Contains milk and wheat.	460	140	15g	5g	0g	30mg	990mg	61g	1g	2g	19g	Manufactured on equipment that produces products containing nuts
Chicken Caprese	Contains milk and wheat.	660	250	26g	9g	0g	95mg	1450mg	31g	4g	6g	40g	Manufactured on equipment that produces products containing nuts
Fig and Brie	Contains milk and wheat.	670	180	20g	10g	0g	65mg	1420mg	96g	0g	35g	23g	Manufactured on equipment that produces products containing nuts
Ham and Cheese	Contains milk and wheat.	550	190	22g	13g	0g	105mg	1460mg	58g	4g	0g	31g	Manufactured on equipment that produces products containing nuts
Italian	Contains milk and wheat.	720	320	35g	12g	0g	95mg	1810mg	62g	3g	1g	36g	Manufactured on equipment that produces products containing nuts
Prosciutto and Mascarpone	Contains milk and wheat.	470	160	17g	9g	0g	80mg	1500mg	57g	0g	0g	22g	Manufactured on equipment that produces products containing nuts
Roasted Vegetable	Contains milk and wheat.	620	290	33g	6g	0g	15mg	720mg	68g	7g	4g	12g	Manufactured on equipment that produces products containing nuts
Tuna	Contains egg, fish and wheat.	640	260	29g	4g	0g	105mg	1060mg	35g	4g	6g	27g	Only dairy free sandwich. Contains egg. Manufactured on equipment that produces
Turkey Club	Contains egg, soy, milk and wheat.	720	340	38g	10g	0g	90mg	1340mg	30g	4g	6g	35g	Manufactured on equipment that produces products containing nuts
Salads	Common Allergen	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Notes
Chicken Caesar	Contains wheat, milk, soy, egg and fish (anchovy).	610	420	48g	5g	0g	70mg	1230mg	22g	2g	4g	25g	
Greek Salad with Chicken	Contains milk, soy and sunflower oil.	380	200	23g	9g	0g	90mg	1550mg	17g	5g	9g	27g	Also contains coconut and is gluten friendly.
Mediterranean Grain Bowl	Contains soy, wheat, sunflower oil and sesame.	400	210	23g	2g	0g	0mg	710mg	42g	13g	5g	11g	Ingredients are vegan.
Smoked Salmon Nicoise Grain Bowl	Contains fish, egg, soy, sunflower oil and mustard.	480	520	43g	6g	0g	120mg	2450mg	28g	6g	6g	21g	
Soups	Common Allergen	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Notes
Chicken and Rice		90	20	2g	0.5g	0g	20mg	720mg	12g	0g	2g	7g	
Clam Chowder	Contains fish, milk, shellfish and wheat.	300	210	23g	12g	0.5g	75mg	830mg	15g	0g	3g	10g	
Italian Wedding	Contains egg, milk and wheat.	130	70	8g	2.5g	0g	15mg	780mg	8g	1g	2g	6g	Contains beef meatballs.
Lentil Soup	Contains wheat.	300	60	g	1g	0g	0mg	540mg	45g	8g	4g	15g	Contains honey. Vegetarian
Flatbreads	Common Allergen	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Notes
Fig, Prosciutto & Brie Flatbread	Contains wheat and milk.	730	230	26g	10g	0g	75mg	1820mg	93g	3g	41g	27g	
Margherita Flatbread	Contains wheat and milk.	650	290	31g	12g	0g	65mg	1410mg	60g	6g	9g	28g	
Tomato and Cheese Flatbread	Contains wheat and milk.	550	210	22g	10g	0g	60mg	1230mg	57g	5g	7g	25g	