

PRODUCT	CONTAINS								IS			CAN		NUTRITIONALS (Based on one serving size)											
	Dairy	Egg	Soy	Wheat	Peanut	Tree Nuts	Fish	Shellfish	Gluten Free	Vegetarian	Vegan	Can Be Dairy Free	Can NOT be Dairy Free	Calories	Cals from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugar	Protein	
MILKS																									
Whole Milk	●								●	●			●												
Skim Milk	●								●	●			●												
Almond Milk						●			●	●	●	●													
Oat Milk									●	●	●	●													
Whipped Cream	●								●	●			●												

PRODUCT	CONTAINS								IS			CAN		NUTRITIONALS (Based on Whole Milk)											
	Dairy	Egg	Soy	Wheat	Peanut	Tree Nuts	Fish	Shellfish	Gluten Free	Vegetarian	Vegan	Can Be Dairy Free	Can NOT be Dairy Free	Calories	Cals from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugar	Protein	
COFFEE & ESPRESSO																									
Americano (Small)									●	●		●		0	0	0g	0g	0g	0mg	0mg	< 1g	0g	0g	0g	0g
Americano (Regular)									●	●		●		5	0	0g	0g	0g	0mg	10mg	1g	0g	0g	0g	0g
Americano (Grande)									●	●		●		10	0	0g	0g	0g	0mg	15mg	2g	0g	0g	0g	0g
Brewed Coffee (Small)									●	●		●		0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g	0g
Brewed Coffee (Regular)									●	●		●		0	0	0g	0g	0g	0mg	5mg	0g	0g	0g	0g	0g
Brewed Coffee (Grande)									●	●		●		0	0	0g	0g	0g	0mg	10mg	0g	0g	0g	< 1g	0g
Café au Lait (Small)	○					○			●	●		●		80	35	4g	2.5g	0g	10mg	55mg	6g	0g	6g	4g	4g
Café au Lait (Regular)	○					○			●	●		●		110	50	g	3.5	0g	20mg	80mg	9g	0g	9g	6g	6g
Café au Lait (Grande)	○					○			●	●		●		150	80	8g	4.5g	0g	25mg	110mg	12g	0g	12g	8g	8g
Cappuccino (Small)	○					○			●	●		●		90	40	4.5	2.5	0g	15mg	65mg	7g	0g	7g	4g	4g
Cappuccino (Regular)	○					○			●	●		●		140	60	7g	4g	0g	20mg	105mg	12g	0g	11g	7g	7g
Cappuccino (Grande)	○					○			●	●		●		170	80	9g	5g	0g	25mg	125mg	14g	0g	14g	9g	9g

Cortado	○					○			●	●		●		50	25	3g	1.5g	0g	10mg	40mg	5g	0g	4g	3g
Espresso (Single)									●	●		●		0	0	0g	0g	0g	0mg	0mg	< 1g	0g	0g	0g
Espresso (Double)									●	●		●		5	0	0g	0g	0g	0mg	10mg	1g	0g	0g	0g
Espresso Con Panna (Single)	●								●	●			●	10	10	1g	0.5g	0g	< 5mg	0mg	< 1g	0g	0g	0g
Espresso Con Panna (Double)	●								●	●			●	25	15	2g	1g	0g	5mg	10mg	2g	0g	0g	0g
Espresso Macchiato (Single)	○					○			●	●		●		20	10	1g	0.5g	0g	< 5mg	15mg	2g	0g	2g	< 1g
Espresso Macchiato (Double)	○					○			●	●		●		45	20	2g	1g	0g	5mg	35mg	4g	0g	3g	2g
Flat White	○					○			●	●		●		140	60	7g	4g	0g	20mg	105mg	12g	0g	10g	7g
Latte (Small)	○					○			●	●		●		120	50	6g	3.5	0g	20mg	85mg	9g	0g	9g	6g
Latte (Regular)	○					○			●	●		●		160	80	9g	5g	0g	25mg	120mg	13g	0g	13g	8g
Latte (Grande)	○					○			●	●		●		210	100	11g	6g	0g	35mg	150mg	17g	0g	17g	11g
Mocha (Small)	○					○			●	●		●		130	60	6g	4g	0g	20mg	65mg	14g	0g	13g	5g
Mocha (Regular)	○					○			●	●		●		210	80	9g	5g	0g	30mg	105mg	24g	0g	22g	8g
Mocha (Grande)	○					○			●	●		●		270	100	11g	7g	0g	35mg	125mg	32g	0g	31g	10g
Ristretto									●	●	●	●		5	0	0g	0g	0g	0mg	10mg	1g	0g	0g	0g
Vanilla Latte (Small)	○					○			●	●		●		140	50	6g	3.5g	0g	20mg	85mg	16g	0g	16g	6g
Vanilla Latte (Regular)	○					○			●	●		●		240	80	9g	5g	0g	25mg	129mg	32g	0g	32g	8g
Vanilla Latte (Grande)	○					○			●	●		●		310	100	11g	6g	0g	35mg	150mg	42g	0g	42g	11g
PRODUCT CONTAINS IS CAN NUTRITIONALS																								
ICED	Dairy	Egg	Soy	Wheat	Peanut	Tree Nuts	Fish	Shellfish	Gluten Free	Vegetarian	Vegan	Can Be Dairy Free	Can NOT be Dairy Free	Calories	Cals from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugar	Protein
Cold Brew (16 oz)									●	●		●		0	0	0g	0g	0g	0mg	5mg	< 1g	0g	0g	0g
Cold Brew (20 oz)									●	●		●		0	0	0g	0g	0g	0mg	10mg	< 1g	0g	0g	0g

Nitro Cold Brew (14 oz)									●	●		●			0	0	0g	0g	0g	0mg	10mg	< 1g	0g	0g	0g
Iced Latte (16 oz)	○					○			●	●		●			170	80	9g	5g	0g	25mg	125mg	14g	0g	14g	9g
Iced Latte (20 oz)	○					○			●	●		●			230	110	12g	7g	0g	35mg	170mg	19g	0g	18g	12g
Iced Matcha Latte (16 oz)	○					○			●	●		●			190	80	9g	5g	0g	30mg	120mg	19g	5g	16g	10g
Iced Matcha Latte (20 oz)	○					○			●	●		●			200	90	10g	6g	0g	30mg	130mg	20g	5g	17g	11g
Frappe Latte (16 oz)	○					○			●	●		●			240	70	8g	4.5	0g	25mg	160mg	42g	0g	27g	8g
Frappe Latte (20 oz)	○					○			●	●		●			290	90	11g	6g	0g	30mg	190mg	46g	0g	31g	10g
Mocha Frappe Latte (16 oz)	○					○			●	●		●			320	80	9g	5g	0g	25mg	160mg	58g	0g	42g	9g
Mocha Frappe Latte (20 oz)	○					○			●	●		●			400	100	11g	7g	0g	30mg	190mg	70g	0g	43g	7g
Banana Caramel Crème (16 oz)	●					○			●	●			●		320	80	9g	5g	0g	30mg	190mg	70g	0g	54g	12g
Banana Caramel Crème (20 oz)	●					○			●	●			●		470	100	11g	6g	0g	35mg	230mg	76g	0g	71g	10g
Coffee Caramel Crème (16 oz)	●					○			●	●			●		250	80	9g	5g	0g	25mg	170mg	41g	0g	31g	8g
Coffee Caramel Crème (20 oz)	●					○			●	●			●		350	90	11g	6g	0g	35mg	260mg	58g	0g	46g	10g
Strawberry Vanilla Crème (16 oz)	○					○			●	●		●			290	80	9g	5g	0g	25mg	100mg	37g	0g	36g	7g
Strawberry Vanilla Crème (20 oz)	○					○			●	●		●			400	100	11g	6g	0g	35mg	130mg	59g	0g	58g	9g
Mango Smoothie (16 oz)									●	●		●			310	0	0g	0g	0g	0mg	10mg	84g	2g	79g	0g
Mango Smoothie (20 oz)									●	●		●			400	0	0g	0g	0g	0mg	10mg	108g	2g	101g	0g
Strawberry Banana Smoothie (16 oz)									●	●		●			330	0	0g	0g	0g	0mg	0mg	86g	2g	82g	0g
Strawberry Banana Smoothie (20 oz)									●	●		●			430	0	0g	0g	0g	0mg	0mg	110g	2g	106g	0g
Strawberry Fraise Smoothie (16 oz)									●	●		●			370	0	0g	0g	0g	0mg	10mg	95g	2g	91g	0g
Strawberry Fraise Smoothie (20 oz)									●	●		●			470	0	0g	0g	0g	0mg	10mg	122g	2g	117g	0g

PRODUCT	CONTAINS							CAN BE			CAN		NUTRITIONALS											
SPECIALTY	Dairy	Egg	Soy	Wheat	Peanut	Tree Nuts	Fish	Shellfish	Gluten Free	Vegetarian	Vegan	Can Be Dairy Free	Can NOT be Dairy Free	Calories	Cals from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugar	Protein
Apple Cider (Small)									●	●	●	●		120	0	0g	0g	0g	0mg	60mg	30g	0g	30g	0g
Apple Cider (Regular)									●	●	●	●		180	0	0g	0g	0g	0mg	90mg	45g	0g	45g	0g
Apple Cider (Grande)									●	●	●	●		240	0	0g	0g	0g	0mg	120mg	60g	0g	60g	0g
Caramel Latte (Grande)	●								●	●			●	350	110	13g	7g	0g	40mg	170mg	47g	0g	45g	11g
Chai Latte (Grande)									●	●	●	●		330	140	15g	10g	0g	35mg	140mg	37g	0g	36g	12g
Hot Chocolate (Small)									●	●	●	●		220	60	7g	4g	0g	20mg	80mg	31g	0g	31g	7g
Hot Chocolate (Regular)									●	●	●	●		400	100	11g	7g	0g	30mg	130mg	59g	0g	58g	13g
Hot Chocolate (Grande)									●	●	●	●		510	130	15g	9g	0g	40mg	170mg	74g	0g	74g	17g
Matcha Latte (Small)									●	●	●	●		130	50	6g	3.5g	0g	20mg	80mg	14g	6g	11g	7g
Matcha Latte (Regular)									●	●	●	●		210	90	10g	6g	0g	30mg	130mg	23g	8g	18g	11g
Matcha Latte (Grande)									●	●	●	●		280	110	13g	7g	0g	40mg	170mg	30g	10g	24g	14g
White Chocolate Mocha (Grande)	●								●	●			●	460	120	13g	8g	0g	40mg	250mg	70g	0g	65g	13g
PRODUCT	CONTAINS							IS			IS		NUTRITIONALS											
TEA	Dairy	Egg	Soy	Wheat	Peanut	Tree Nuts	Fish	Shellfish	Gluten Free	Vegetarian	Vegan	Caffeinated	Decaf	Calories	Cals from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugar	Protein
English Breakfast									●	●	●	●		0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
Earl Grey									●	●	●	●		0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
Sencha Green									●	●	●	●		0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
Peppermint									●	●	●		●	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
Chamomile									●	●	●		●	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g

Rooibos Vanilla									●	●	●		●	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
Spiced Chai									●	●	●		●	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
Summer Fruits									●	●	●		●	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g

PRODUCT	CONTAINS							IS			NUTRITIONAL												
	Dairy	Egg	Soy	Wheat	Peanut	Tree Nuts	Fish	Shellfish	Gluten Free	Vegetarian	Vegan	Calories	Cals from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugar	Protein	
CAKES & PASTRIES																							
Bread - Banana Bread	●	●	●	●		○				●		390	170	19g	2.5g	0g	70mg	270mg	48g	0g	27g	5g	
Bread - Zucchini Walnut Bread	●	●	●	●		●				●		390	190	22g	2.5g	0g	70mg	270mg	46g	0g	27g	5g	
Cake - Almond Cream Cake	●	●		●		●				●		260	120	13g	6g	0g	120mg	35mg	29g	0g	12g	4g	
Cake - Chocolate Fudge Cake	●	●	●	●	○	○				●		630	260	29g	9g	0g	65mg	280mg	95g	0g	67g	8g	
Cake - Flourless Chocolate Cake	●	●	●						●	●		350	260	29g	17g	0g	90mg	70mg	24g	2g	20g	5g	
Cake - Italian Cheesecake	●	●	●	●						●		270	110	12g	7g	0g	110mg	240mg	27g	0g	25g	12g	
Cake - Limoncello Mascarpone Cake	●	●	●	●						●		380	130	14g	6g	0g	120mg	260mg	59g	1g	41g	6g	
Cake - Tiramisu Cake	●	●	●	●						●		240	130	14g	9g	0g	110mg	60mg	26g	0g	17g	2g	
Dolce Jar - Raspberry White Chocolate	●		●							●		240	150	11g	0g	0g	45mg	15mg	20g	0g	16g	2g	
Dolce Jar - Toasted Almond Mascarpone	●	●	●	●						●		230	150	9g	0g	0g	125mg	55mg	20g	0g	7g	4g	
Dolce Jar - Tiramisu	●	●	●	●		●				●		250	120	13g	5g	0g	125mg	35mg	29g	1g	12g	0g	
Cookie - Chocolate Chip	●	●	●	●		○				●		380	170	19g	10g	0g	20mg	240mg	51g	2g	31g	4g	
Cookie - Oatmeal Raisin	●	●		●		○				●		350	120	14g	6g	0g	40mg	230mg	53g	2g	32g	5g	
Cookie - Snicker Doodle	●	●	●	●		○				●		360	130	15g	8g	0g	40mg	170mg	51g	1g	33g	4g	
Muffin - Blueberry	●	●	●	●	○	○				●		380	140	15g	3g	0g	75mg	340mg	53g	0g	29g	5g	
Muffin - Chocolate Espresso	●	●	●	●	○	○				●		460	220	24g	5g	0g	75mg	500mg	53g	0g	34g	6g	
Muffin - Cinnamon Coffee Cake	●	●	●	●	○	○				●		430	170	19g	4.5g	0g	70mg	350mg	60g	0g	35g	5g	
Muffin - Pistachio	●	●	●	●	○	●				●		510	210	23g	4.5g	0g	70mg	440mg	67g	0g	36g	7g	
Muffin - Vegan Berry Nut	○	○	●	●	○	●				●	●	330	100	11g	1.5g	0g	0mg	280mg	53g	5g	25g	6g	
Pastry - Almond Biscotti	●	●		●		●				●		200	60	7g	3g	0g	20mg	10mg	30g	<1g	10g	4g	

Pastry - Almond Croissant	●	●		●		●			●			370	180	20g	10g	0g	60mg	290mg	40g	2g	12g	6g
Pastry - Butter Croissant	●	●		●					●			220	110	12g	8g	0g	30mg	240mg	23g	< 1g	4g	5g
Pastry - Cannoli	●	●	●	●					●			130	40	5g	2.5g	0g	15mg	50mg	13g	0g	8g	3g
Pastry - Butter Croissant	●	●		●					●			220	110	12g	8g	0g	30mg	240mg	23g	< 1g	4g	5g
Pastry - Kouign Amann	●	○	○	●		○			●			360	210	24g	15g	0g	65mg	540mg	32g	2g	0g	6g
Pastry - Macaron	●	●	●			●		●	●			70	35	4g	1.5g	0g	5mg	10mg	9g	0g	8g	1g
Pastry - Multigrain Croissant	●	●	○	●		○			●			250	130	15g	9g	0g	45mg	240mg	24g	2g	4g	6g
Pastry - Pain Au Chocolat	●	●	●	●		○			●			260	130	14g	8g	0.5g	45mg	250mg	27g	1g	7g	5g
Pastry - Pain Aux Raisins	●	●	○	●		○			●			310	120	13g	9g	0g	50mg	290mg	42g	2g	18g	5g
Pastry - Palmier	●	○	○	●		○			●			400	150	16g	10g	0g	45mg	250mg	58g	1g	27g	5g

PRODUCT	CONTAINS							IS			NUTRITIONAL											
BREAKFAST/GRAB & GO	Dairy	Egg	Soy	Wheat	Peanut	Tree Nuts	Fish	Shellfish	Gluten Free	Vegetarian	Vegan	Calories	Cals from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugar	Protein
Avocado Toast		●		●			●			●		250	150	17g	2.5g	0g	95mg	30mg	6g	6g	2g	0g
Salmon Avocado Toast				●			●					270	140	16g	2g	0g	10mg	850mg	21g	6g	2g	13g
Frittata Coppa - Four Cheese	●	●	●	●						●		450	390	43g	34g	0g	555mg	580mg	7g	0g	3g	21g
Frittata Coppa - Vegetarian	●	●	●	●						●		320	230	26g	14g	0g	515mg	680mg	8g	0g	3g	15g
Granola				●		●				●	●	180	70	8g	3g	0g	10mg	0mg	26g	2g	8g	4g
Hard Boiled Eggs		●							●	●		130	80	8g	3g	**	325mg	125mg	< 1g	0g	0g	11g
Yogurt Parfait	●			●						●		250	60	7g	3.5g	0g	15mg	95mg	41g	3g	23g	10g

PRODUCT	CONTAINS							IS			NUTRITIONAL											
BREAKFAST SANDWICHES	Dairy	Egg	Soy	Wheat	Peanut	Tree Nuts	Fish	Shellfish	Gluten Free	Vegetarian	Vegan	Calories	Cals from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugar	Protein

SOUPS	Dairy	Egg	Soy	Wheat	Peanut	Tree Nuts	Fish	Shellfish	Gluten Free	Vegetarian	Vegan	Calories	Cals from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugar	Protein
Chicken and Rice									●			90	20	2g	0.5g	0g	20mg	720mg	12g	0g	2g	7g
Clam Chowder	●			●			●	●				300	210	23g	12g	0.5g	75mg	830mg	15g	0g	3g	10g
Tomato Bisque	●								●	●		220	120	13g	6g	0g	30mg	810mg	19g	4g	10g	6g
PRODUCT CONTAINS IS NUTRITIONALS																						
FLATBREADS	Dairy	Egg	Soy	Wheat	Peanut	Tree Nuts	Fish	Shellfish	Gluten Free	Vegetarian	Vegan	Calories	Cals from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugar	Protein
Fig, Prosciutto & Brie Flatbread*	●			●								730	230	26g	10g	0g	75mg	1820mg	93g	3g	41g	27g
Margherita Flatbread*	●			●						●		650	290	31g	12g	0g	65mg	1410mg	60g	6g	9g	28g
Tomato and Cheese Flatbread*	●			●						●		550	210	22g	10g	0g	60mg	1230mg	57g	5g	7g	25g