

We cannot guarantee that cafe prepared products do not contain any allergens. Please be advised that food prepared here may contain these allergens: Dairy, Peanuts, Tree Nuts, Wheat, Sesame & Soy.

COFFEE												IS IT?		CONTAINS				
	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat Sesame	Soy
Small	0	0	0	0	0	0	5	0	0	0	<1	✓						
Medium	0	0	0	0	0	0	10	0	0	0	<1	✓						
Large	5	0	0	0	0	0	10	0	0	0	<1	✓						
CAFÉ AU LAIT												IS IT?		CONTAINS				
	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat Sesame	Soy
WHOLE MILK																		
Small	70	30	3	2	0	10	70	8	0	4	3		✓	✓				
Medium	100	35	4	2.5	0	10	90	11	0	6	4		✓	✓				
Large	120	45	5	3	0	15	115	13	0	7	5		✓	✓				
SKIM MILK																		
Small	50	0	0	0	0	0	70	8	0	5	3		✓	✓				
Medium	70	0	0.5	0	0	<5	95	11	0	6	5		✓	✓				
Large	60	0	0	0	0	<5	75	9	0	8	5		✓	✓				
ALMOND MILK																		
Small	45	15	1.5	0	0	0	95	4	0	2	<1	✓					Almonds	
Medium	60	20	2	0	0	0	125	6	<1	3	<1	✓					Almonds	
Large	80	25	2.5	0	0	0	160	7	<1	3	1	✓					Almonds	
OAT MILK																		
Small	70	25	3	0.5	0	0	70	9	0	1	<1	✓						
Medium	90	35	4	1	0	0	95	12	0	2	<1	✓						
Large	120	45	5	1	0	0	120	15	0	2	1	✓						
HOT TEA												IS IT?		CONTAINS				
	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat Sesame	Soy
Small	0	0	0	0	0	0	10	1	0	0	0	✓						
Medium	0	0	0	0	0	0	15	1	0	0	0	✓						
Large	5	0	0	0	0	0	15	2	0	0	0	✓						
RED EYE												IS IT?		CONTAINS				
	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat Sesame	Soy
Small	5	0	0	0	0	0	10	<1	0	0	0	✓						
Medium	5	0	0	0	0	0	15	<1	0	0	<1	✓						
Large	10	0	0	0	0	0	15	<1	0	0	<1	✓						
ESPRESSO												IS IT?		CONTAINS				
	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat Sesame	Soy
Small	0	0	0	0	0	0	0	0	0	0	0	✓						
Medium	5	0	0	0	0	0	10	1	0	0	0	✓						
Large	10	0	0	0	0	0	10	1	0	0	0	✓						
AMERICANO												IS IT?		CONTAINS				
	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat Sesame	Soy
Small	5	0	0	0	0	0	20	<1	0	0	0	✓						
Medium	10	0	0	0	0	0	25	1	0	0	0	✓						
Large	10	0	0	0	0	0	35	2	0	0	0	✓						
LATTE												IS IT?		CONTAINS				
	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat Sesame	Soy
WHOLE MILK																		
Small	110	50	6	3.5	0	20	85	9	0	9	6		✓	✓				
Medium	150	70	8	4.5	0	25	115	13	0	12	8		✓	✓				
Large	260	120	14	8	0	45	190	21	0	21	13		✓	✓				
SKIM MILK																		
Small	70	0	0	0	0	<5	85	10	0	10	7		✓	✓				
Medium	100	0	0	0	0	<5	120	14	0	13	9		✓	✓				
Large	170	0	0	0	0	10	210	25	0	24	17		✓	✓				
ALMOND MILK																		
Small	60	20	2.5	0	0	0	125	1	<1	4	<1	✓					Almonds	
Medium	80	30	3	0	0	0	170	2	1	5	1	✓					Almonds	
Large	140	50	6	0	0	0	310	3	2	9	2	✓					Almonds	
OAT MILK																		
Small	100	50	5	1	0	0	85	11	0	2	<1	✓						
Medium	140	60	7	1	0	0	115	15	0	3	1	✓						
Large	250	120	13	2	0	0	210	28	0	6	2	✓						
CAPPUCCINO												IS IT?		CONTAINS				
	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat Sesame	Soy
WHOLE MILK																		
Small	110	50	6	3	0	15	75	9	0	9	5		✓	✓				

Medium	180	80	9	5	0	30	130	15	0	14	9		✓	✓								
Large	250	110	13	7	0	40	180	20	0	20	13		✓	✓								
SKIM MILK																						
Small	70	0	0	0	0	< 5	80	10	0	9	6		✓	✓								
Medium	110	0	0	0	0	5	140	16	0	15	11		✓	✓								
Large	150	0	0	0	0	10	190	22	0	21	15		✓	✓								
ALMOND MILK																						
Small	60	20	2.5	0	0	0	125	1	< 1	4	< 1		✓							Almonds		
Medium	90	35	4	0	0	0	210	2	1	6	1		✓							Almonds		
Large	130	50	5	0	0	0	290	3	2	9	2		✓							Almonds		
OAT MILK																						
Small	100	50	5	1	0	0	85	11	0	2	< 1		✓									
Medium	170	80	9	1.5	0	0	140	19	0	4	1		✓									
Large	240	110	13	2	0	0	190	26	0	5	2		✓									
SPECIALTY LATTE												IS IT?			CONTAINS							
	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat Sesame	Soy				
WHOLE MILK																						
Small	150	35	4	2.5	0	10	60	24	0	23	4		✓	✓								
Medium	330	110	12	7	0	35	170	43	0	41	12		✓	✓								
Large	470	160	18	10	0	55	270	58	0	56	17		✓	✓								
SKIM MILK																						
Small	150	0	0	0	0	< 5	85	28	0	27	7		✓	✓								
Medium	200	0	0	0	0	< 5	120	38	0	36	9		✓	✓								
Large	220	0	0	0	0	< 5	120	44	0	42	9		✓	✓								
ALMOND MILK																						
Small	130	20	2.5	0	0	0	125	19	< 1	21	< 1		✓							Almonds		
Medium	180	30	3	0	0	0	170	26	1	28	1		✓							Almonds		
Large	260	50	6	0	0	0	310	33	2	38	2		✓							Almonds		
OAT MILK																						
Small	180	50	5	1	0	0	85	29	0	20	< 1		✓									
Medium	240	60	7	1	0	0	115	39	0	26	1		✓									
Large	380	120	13	2	0	0	210	58	0	34	2		✓									
MOCHA												IS IT?			CONTAINS							
	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat Sesame	Soy				
WHOLE MILK																						
Small	190	60	6	3.5	0	15	85	26	< 1	25	6		✓	✓								
Medium	140	20	2.5	1.5	0	< 5	35	27	< 1	24	2		✓	✓								
Large	390	130	14	8	0	40	190	50	1	47	14		✓	✓								
SKIM MILK																						
Small	150	10	1	0	0	< 5	90	27	< 1	26	7		✓	✓								
Medium	130	10	1	0.5	0	0	35	27	< 1	24	3		✓	✓								
Large	300	15	1.5	0.5	0	10	200	52	1	49	16		✓	✓								
ALMOND MILK																						
Small	140	30	3	0	0	0	135	19	1	20	2		✓							Almonds		
Medium	190	40	4	0.5	0	0	180	26	2	27	2		✓							Almonds		
Large	270	60	7	0.5	0	0	300	32	3	36	3		✓							Almonds		
OAT MILK																						
Small	90	10	1	0	0	0	15	19	< 1	16	< 1		✓									
Medium	250	70	8	1.5	0	0	125	39	< 1	25	2		✓									
Large	380	120	14	2.5	0	0	210	55	1	32	3		✓									
CARAMEL MACCHIATO												IS IT?			CONTAINS							
OUR CARAMEL SAUCE CONTAINS DAIRY												Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat Sesame	Soy				
	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat Sesame	Soy				
WHOLE MILK																						
Small	190	60	6	3.5	0	20	105	27	0	26	6		✓	✓								
Medium	250	70	8	5	0	25	135	36	0	35	8		✓	✓								
Large	410	130	15	8	0	45	230	56	0	55	14		✓	✓								
SKIM MILK																						
Small	150	10	1	0.5	0	5	110	28	0	27	7		✓	✓								
Medium	200	10	1	0.5	0	5	140	37	0	35	9		✓	✓								
Large	320	15	1.5	1	0	15	250	59	0	56	16		✓	✓								
ALMOND MILK																						
Small	140	30	3	0.5	0	< 5	150	19	< 1	21	1		✓	✓						Almonds		
Medium	180	35	4	0.5	0	< 5	200	26	1	28	2		✓	✓						Almonds		
Large	290	60	7	1	0	5	350	39	2	44	3		✓	✓						Almonds		
OAT MILK																						
Small	180	60	6	1.5	0	< 5	110	29	0	20	1		✓	✓								
Medium	240	70	8	1.5	0	< 5	140	39	0	26	2		✓	✓								

												✓		✓					
HOT CHOCOLATE												IS IT?				CONTAINS			
ASK TO REMOVE WHITE CHOCOLATE FOR THE DRINK TO BE VEGAN												Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat Sesame	Soy	
	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)								
Large	400	130	14	3	0	5	250	62	0	40	3								
WHOLE MILK																			
Small	250	70	8	5	0	25	120	34	<1	34	8		✓						
Medium	320	90	11	6	0	30	150	44	<1	43	10		✓						
Large	380	110	13	7	0	35	170	52	1	50	12		✓						
SKIM MILK																			
Small	200	10	1	0.5	0	5	125	36	<1	34	9		✓						
Medium	250	15	1.5	1	0	5	160	46	<1	44	12		✓						
Large	300	15	1.5	1	0	10	180	54	1	51	14		✓						
ALMOND MILK																			
Small	180	35	4	0.5	0	0	180	25	2	27	2		✓				Almonds		
Medium	240	45	5	1	0	0	230	32	2	35	3		✓				Almonds		
Large	280	60	6	1	0	0	270	37	3	41	3		✓				Almonds		
OAT MILK																			
Small	240	70	8	1.5	0	0	130	38	<1	25	2		✓						
Medium	310	90	10	2	0	0	160	49	<1	33	3		✓						
Large	370	110	12	2.5	0	0	190	57	1	38	3		✓						
STEAMERS*												IS IT?				CONTAINS			
*CARAMEL AND WHITE CHOCOLATE SAUCE CONTAIN DAIRY												Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat Sesame	Soy	
	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)								
WHOLE MILK																			
Small	240	60	7	4	0	25	100	35	0	35	7			✓					
Medium	300	80	9	5	0	30	120	44	0	45	9			✓					
Large	360	100	11	6	0	35	150	53	0	54	11			✓					
SKIM MILK																			
Small	190	0	0	0	0	<5	105	37	0	37	9			✓					
Medium	230	0	0	0	0	5	130	46	0	46	11			✓					
Large	250	0	0	0	0	5	160	49	0	49	13			✓					
ALMOND MILK																			
Small	170	25	3	0	0	0	160	25	1	29	1	✓					Almonds		
Medium	220	35	4	0	0	0	200	32	1	37	1	✓					Almonds		
Large	260	40	4.5	0	0	0	240	38	2	44	2	✓					Almonds		
OAT MILK																			
Small	230	60	7	1	0	0	105	38	0	27	1	✓							
Medium	290	80	9	1.5	0	0	135	48	0	34	1	✓							
Large	320	100	11	1.5	0	0	160	52	0	35	2	✓							
CHAI TEA LATTE												IS IT?				CONTAINS			
OUR CHAI CONTAINS DAIRY												Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat Sesame	Soy	
	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)								
WHOLE MILK																			
Small	320	120	14	11	0	15	100	44	2	37	7			✓					
Medium	470	180	20	16	0	25	140	64	3	55	10			✓					
Large	610	230	26	21	0	30	180	85	3	72	12			✓					
SKIM MILK																			
Small	280	80	8	8	0	<5	105	45	2	38	8			✓					
Medium	420	110	13	11	0	<5	150	66	3	55	11			✓					
Large	550	150	17	15	0	5	190	86	3	73	14			✓					
ALMOND MILK																			
Small	270	100	11	8	0	0	150	36	2	33	2			✓			Almonds		
Medium	400	140	16	11	0	0	200	54	4	48	4			✓			Almonds		
Large	530	190	21	15	0	0	260	72	5	64	5			✓			Almonds		
OAT MILK																			
Small	320	120	14	8	0	0	110	46	2	31	2			✓					
Medium	460	180	20	12	0	0	150	68	3	46	4			✓					
Large	600	230	26	17	0	0	190	89	3	61	5			✓					
LONDON FOG												IS IT?				CONTAINS			
	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)								
WHOLE MILK																			
Small	80	25	3	1.5	0	10	45	11	0	10	3			✓					
Medium	110	30	3.5	2	0	10	60	15	0	14	4			✓					
Large	140	40	4.5	2.5	0	15	75	20	0	19	4			✓					
SKIM MILK																			
Small	60	0	0	0	0	0	45	11	0	10	3			✓					
Medium	80	0	0	0	0	<5	60	16	0	15	4			✓					
Large	110	0	0	0	0	<5	75	21	0	19	5			✓					
ALMOND MILK																			
Small	50	10	1	0	0	0	70	7	0	8	0	✓					Almonds		

Medium	210	40	4.5	0	0	0	260	27	2	31	2	✓								Almonds
Large	290	60	7	0	0	0	400	34	2	40	2	✓								Almonds
OAT MILK																				
Small	140	30	3.5	0.5	0	0	60	26	0	19	<1	✓								
Medium	300	100	11	1.5	0	0	180	46	0	28	2	✓								
Large	480	140	16	2.5	0	0	270	75	0	47	2	✓								
ICED MOCHA												IS IT?		CONTAINS						
	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat Sesame	Soy		
WHOLE MILK																				
Small	220	70	8	4.5	0	20	105	28	<1	27	7		✓	✓						
Medium	260	80	8	5	0	25	115	35	<1	33	8		✓	✓						
Large	340	100	11	6	0	30	160	46	1	43	11		✓	✓						
SKIM MILK																				
Small	160	10	1	0	0	<5	100	29	<1	27	8		✓	✓						
Medium	200	10	1	0.5	0	<5	120	37	<1	34	10		✓	✓						
Large	270	15	1.5	0.5	0	5	170	48	1	44	13		✓	✓						
ALMOND MILK																				
Small	150	30	3.5	0	0	0	150	19	2	21	2	✓								Almonds
Medium	190	40	4	0.5	0	0	180	26	2	27	2	✓								Almonds
Large	250	50	6	0.5	0	0	250	32	3	34	3	✓								Almonds
OAT MILK																				
Small	200	60	7	1.5	0	0	105	31	<1	19	2	✓								
Medium	250	70	8	1.5	0	0	125	39	<1	25	2	✓								
Large	330	100	11	2	0	0	170	50	1	31	3	✓								
ICED CARAMEL MACCHIATO												IS IT?		CONTAINS						
	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat Sesame	Soy		
WHOLE MILK																				
Small	200	60	7	4	0	20	115	28	0	27	7		✓	✓						
Medium	240	70	8	5.5	0	30	140	39	0	26	9		✓	✓						
Large	330	100	11	7	0	35	190	47	0	45	11		✓	✓						
SKIM MILK																				
Small	180	10	1	0.5	0	5	125	35	0	34	8		✓	✓						
Medium	200	10	1	0.5	0	5	140	37	0	35	9		✓	✓						
Large	260	15	1.5	1	0	10	200	49	0	46	13		✓	✓						
ALMOND MILK																				
Small	150	30	3.5	0.5	0	<5	170	20	<1	22	1		✓	✓						Almonds
Medium	180	35	4	0.5	0	<5	200	26	1	28	2		✓	✓						Almonds
Large	240	50	5	1	0	<5	280	33	1	36	2		✓	✓						Almonds
OAT MILK																				
Small	200	60	7	1.5	0	<5	125	31	0	20	1		✓	✓						
Medium	240	70	8	1.5	0	<5	140	39	0	26	2		✓	✓						
Large	320	100	11	2	0	<5	200	51	0	33	2		✓	✓						
ICED CHAI TEA LATTE												IS IT?		CONTAINS						
	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat Sesame	Soy		
WHOLE MILK																				
Small	250	100	11	8	0	15	80	33	1	29	6		✓	✓						
Medium	360	140	15	12	0	15	95	51	2	43	7		✓	✓						
Large	510	190	21	17	0	20	135	72	3	60	9		✓	✓						
SKIM MILK																				
Small	220	60	6	6	0	<5	85	34	1	29	7		✓	✓						
Medium	330	100	11	10	0	<5	100	52	2	44	7		✓	✓						
Large	460	130	15	13	0	<5	140	73	3	61	10		✓	✓						
ALMOND MILK																				
Small	210	70	8	6	0	0	120	27	2	25	2		✓	✓						Almonds
Medium	320	110	12	10	0	0	135	45	3	39	3		✓	✓						Almonds
Large	450	160	17	13	0	0	190	63	4	55	4		✓	✓						Almonds
OAT MILK																				
Small	250	100	11	6	0	0	85	36	1	23	2		✓	✓						
Medium	360	140	15	10	0	0	100	53	2	38	3		✓	✓						
Large	500	190	21	14	0	0	140	75	3	53	4		✓	✓						
COLD BREW COLLECTION*												IS IT?		CONTAINS						
	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat Sesame	Soy		
SALTED CARAMEL																				
Small	130	15	2	1	0	<5	390	27	0	23	1		✓	✓						
Medium	170	20	2.5	1.5	0	5	510	35	0	30	2		✓	✓						
Large	220	25	3	2	0	10	650	45	0	38	2		✓	✓						
SWEET MINT																				

SMOOTHIES												IS IT?		CONTAINS					
	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy
BANANAS FOR STRAWBERRIES	210	35	4	0.5	0	0	55	45	5	21	3	✓							
VACAY ALL DAY	130	5	0.5	0	0	0	120	31	3	26	2	✓							
DAILY GRIND	360	160	19	3.5	0	0	75	44	5	22	8	✓		✓					
GREEN GOALS	170	5	1	0	0	0	15	42	5	26	3	✓							
BREAKFAST												IS IT?		CONTAINS					
	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy
EGG AND CHEESE ON A BAGEL	460	90	9	3	0	175	810	48	2	5	16		✓	✓					
BACON, EGG AND CHEESE ON A BAGEL	600	350	39	13	0	260	1940	49	2	5	45		✓	✓					
TURKEY SAUSAGE, EGG AND CHEESE ON A BAGEL	630	290	32	11	0	225	1540	51	2	6	32		✓	✓					
PLANT POWERED BREAKFAST SANDWICH ON A BAGEL	450	180	21	4	0	185	460	47	2	6	15	✓							
BREAKFAST BURRITO	580	210	24	6	0	330	1310	70	4	13	31		✓						
BREAKFAST BURRITO+ TURKEY SAUSAGE	620	240	27	7	0	375	1430	65	3	13	35		✓						
BREAKFAST BURRITO+ BACON	680	290	32	9	0	360	1730	65	3	13	40		✓						
HABANERO STEAK BREAKFAST BURRITO	700	300	33	10	0	365	1930	68	4	13	39		✓						
GLUTEN FREE BREAKFAST BURRITO	570	200	24	6	0	330	1310	70	4	13	31		✓						
PLANT POWERED BREAKFAST BURRITO	560	200	22	6	0	330	1260	65	4	13	31	✓							
BREAKFAST GRILLED CHEESE	500	255	28	13	0	158	1662	30	3	3	31		✓						
BREAKFAST GRILLED CHEESE + BACON	580	310	35	14	0	174	1973	30	3	3	36		✓						
BREAKFAST GRILLED CHEESE + TURKEY SAUSAGE	530	270	30	13	0	171	1760	30	3	3	34		✓						
PLANT POWERED BREAKFAST GRILLED CHEESE	370	200	23	13	0	120	760	34	3	0	9	✓							
EVERYTHING AVO TOAST	200	170	20	3	0	0	300	20	8	0	4	✓							✓
PLAIN BAGEL	360	20	2	0	0	0	700	70	3	0	10	✓							✓
PLAIN BAGEL W/ BUTTER	650	420	47	29	0	125	770	47	2	5	13		✓						✓
PLAIN BAGEL W/ CREAM CHEESE	410	160	18	10	0	50	650	49	2	7	13		✓						✓
PLAIN BAGEL W/ PEANUT BUTTER	580	260	31	6	0	0	640	60	5	11	22	✓		✓					✓
LUNCH SANDWICHES												IS IT?		CONTAINS					
	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy
GRILLED THREE CHEESE	400	120	13	8	0	45	1890	30	3	3	35		✓						
PLANT POWERED GRILLED CHEESE	325	176	20	13	0	15	730	34	3	0	5	✓							
GREEN GRILLED CHEESE	390	100	12	8	0	45	1890	30	3	3	35		✓						
PICKLE GRILLED CHEESE	330	90	10	5	0	30	2000	28	3	1	32		✓						
BACON GRILLED CHEESE	500	190	22	9	0	65	2000	37	3	7	42		✓						
BUFFALO CHICKEN GRILLED CHEESE	415	185	20	8	0	70	1647	27	3	0.55	39		✓						
STEAK GRILLED CHEESE	525	240	27	9	0	125	1300	39	3	3	48		✓						✓
BAKERY												IS IT?		CONTAINS					
	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy
BLUEBERRY MUFFIN	620	230	31	6	0	125	420	77	1	43	9		✓	✓					✓
BROWNIE	500	250	28	11	0	90	180	63	3	47	5		✓	✓					✓
CHOCOLATE CHIP MUFFIN	690	250	39	12	0	120	390	88	0	38	10		✓	✓					✓
CRUMB CAKE	460	520	30	28	0	100	780	80	2	58	4		✓	✓					✓
FRENCH TOAST MUFFIN	700	300	35	9	0	125	410	89	1	55	8		✓	✓					✓

Updated 7.7.2023 We cannot guarantee that cafe prepared products do not contain any allergens. Please be advised that food prepared here may contain these allergens: Dairy, Peanuts, Tree Nuts, Wheat, Sesame & Soy.