

Cosi® Ingredient Information for USA Restaurants  
(Information is current as of June 2019, unless otherwise stated)

**Nutrition Statement:**

Caloric and nutritional information is valid for the United States and may vary slightly due to food assembly and portioning. Items referenced in this Ingredient Information Guide may be seasonal and/or not available at all Cosi® locations. Cosi, Inc. reserves the right to modify its nutritional statements and/or discontinue any item at any time.

We encourage you to check these ingredient statements regularly for updates. This information is derived from published resources or from information provided by our suppliers. Variation in serving sizes, preparation techniques, sources of supply, ingredient substitutions, order customization, product testing, and new recipe testing, as well as regional and seasonal differences, may affect the nutrition values for each product. We may also change our menu items, recipes, or product formulations, and our suppliers may change ingredients. You should expect some variation in the nutrient content of the products purchased in our restaurants.

**Allergen Statement:**

In ALL Cosi® restaurants, we prepare and serve food that may contain allergens, including eggs, milk and dairy, peanuts, seafood, shellfish, soy, tree nuts, and wheat. We take care to keep allergy-causing food separate from food not known to, or that may rarely cause, allergies but we cannot guarantee any of our food is “allergen-free”. If you KNOW or SUSPECT you have a specific food allergy or sensitivity or special dietary needs, please notify the Cosi® Manager BEFORE ORDERING. You may also ask the Cosi® Manager to show you the product case labels, if available, or you may contact using our TTU feedback system on our website for more information on specific products.

**BEWARE!** There is a risk of cross contamination or error during preparation, cooking, assembly, production and handling of our products, which may cause products to contain allergens that are not contained in the ingredient statements. Ingredients may change from time to time so please check these ingredient statements regularly.

[To learn more about food allergies, we suggest you visit The Food Allergy and Anaphylaxis Network website at www.foodallergy.org. We also recommend you consult your physician BEFORE dining with us if you are concerned any of our food may cause you adverse health effects.](http://www.foodallergy.org)

| <b>Bowls</b>                     |                  |             |                |                  |             |             |            |              |
|----------------------------------|------------------|-------------|----------------|------------------|-------------|-------------|------------|--------------|
| <b>Menu Item</b>                 | <b>Shellfish</b> | <b>Fish</b> | <b>Peanuts</b> | <b>Tree Nuts</b> | <b>Eggs</b> | <b>Milk</b> | <b>Soy</b> | <b>Wheat</b> |
| Bowl, Adobo Chicken with Avocado |                  |             |                |                  |             | X           | X          |              |
| Bowl, Thai Curry Chicken         |                  | X           |                | X                |             |             | X          | X            |
| Bowl, Thai Curry Tofu            |                  | X           |                | X                |             |             | X          | X            |
| Bowl, Gyro                       |                  |             |                |                  |             | X           | X          | X            |
| Bowl, Chicken Teryaki            |                  |             |                |                  |             |             | X          | X            |
| Bowl, Honolulu Chicken           |                  |             |                |                  |             | X           | X          | X            |
| <b>New Grab &amp; Go Items</b>   |                  |             |                |                  |             |             |            |              |
| <b>Menu Item</b>                 | <b>Shellfish</b> | <b>Fish</b> | <b>Peanuts</b> | <b>Tree Nuts</b> | <b>Eggs</b> | <b>Milk</b> | <b>Soy</b> | <b>Wheat</b> |
| Orange Juice, Large              |                  |             |                |                  |             |             |            |              |
| Bagel, Egg & Cheese              |                  |             |                |                  | X           | X           | X          | X            |
| Bagel, Bacon, Egg & Cheese       |                  |             |                |                  | X           | X           | X          | X            |
| Bagel, Sausage, Egg & Cheese     |                  |             |                |                  | X           | X           | X          | X            |
| Wrap, Buffalo Bleu               |                  |             |                |                  | X           | X           | X          | X            |
| Wrap, Chicken Caesar             |                  | X           |                |                  | X           | X           | X          | X            |
| Wrap, Shanghai Chicken           |                  |             |                |                  |             | X           | X          | X            |
| Wrap, Tuna                       |                  | X           |                |                  | X           |             | X          | X            |
| BBQ Stix & Bits                  |                  |             | X              | X                |             |             |            | X            |
| Milk Chocolate Pretzels          |                  |             |                |                  |             | X           | X          | X            |
| Trail Mix, Energy                |                  |             | X              |                  |             | X           | X          |              |
| Gummi Bears                      |                  |             |                |                  |             |             |            |              |
| Milk Chocolate Peanut Clusters   |                  |             | X              |                  |             | X           | X          |              |
| Trail Mix, All The Right Stuff   |                  |             |                | X                |             | X           | X          |              |

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| Bread, Squagels & Pastries             |           |      |         |           |      |      |     |       |
|--|-----------|------|---------|-----------|------|------|-----|-------|
| Menu Item                              | Shellfish | Fish | Peanuts | Tree Nuts | Eggs | Milk | Soy | Wheat |
| Bagel, Asiago (Just Bagels)            |           |      |         |           |      | X    |     | X     |
| Bagel, Jalepeno (Just Bagels)          |           |      |         |           |      |      |     | X     |
| Bagel, Multi-Grain (Just Bagels)       |           |      |         |           |      |      |     | X     |
| Bagel, Plain (Just Bagels)             |           |      |         |           |      |      |     | X     |
| Bagel, Cinnamon Raisin (Just Bagels)   |           |      |         |           |      |      |     | X     |
| Bagel, Sesame (Just Bagels)            |           |      |         |           |      |      |     | X     |
| Bagel, Everything (Just Bagels)        |           |      |         |           |      |      |     | X     |
| Bagel, Poppy (Just Bagels)             |           |      |         |           |      |      |     | X     |
| Bread Slice, Original* (Corporate)     |           |      |         |           |      |      | X   | X     |
| Bread Slice, Multi Grain* (Corporate)  |           |      |         |           |      |      | X   | X     |
| Bread Slice, Original* (Franchisee)    |           |      |         |           |      | X    | X   | X     |
| Bread Slice, Multi Grain* (Franchisee) |           |      |         |           |      | X    | X   | X     |
| Croissant, Butter*                     |           |      |         |           |      | X    | X   | X     |
| Crumb Cake, Butter*                    |           |      |         |           | X    | X    | X   | X     |
| Loaf, Lemon Pound Cake*                |           |      |         |           | X    | X    | X   | X     |
| Loaf, Marble Pound Cake*               |           |      |         |           | X    | X    | X   | X     |
| Muffin, Blueberry                      |           |      |         |           | X    | X    | X   | X     |
| Muffin, Lemon Cranberry                |           |      |         |           | X    | X    | X   | X     |
| Muffin, Double Chocolate Chip          |           |      |         |           | X    | X    | X   | X     |
| Muffin, Apple Cinnamon                 |           |      |         |           | X    | X    | X   | X     |
| Scone, Blueberry*                      |           |      |         |           | X    | X    | X   | X     |
| Scone, Orange Cranberry*               |           |      |         |           | X    | X    | X   | X     |

*\*Disclaimer: Manufacturers of our baked products cannot guarantee items have not come into contact with nuts or nut products.*

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| Breakfast & Snacks & Tofu |           |      |         |           |      |      |     |       |
|---------------------------|-----------|------|---------|-----------|------|------|-----|-------|
| Menu Item                 | Shellfish | Fish | Peanuts | Tree Nuts | Eggs | Milk | Soy | Wheat |
| Cream Cheese, Low-fat     |           |      |         |           |      | X    |     |       |
| Cream Cheese, Plain       |           |      |         |           |      | X    |     |       |
| Cream Cheese, Veggie      |           |      |         |           |      | X    |     |       |
| Croissant, Western        |           |      |         |           | X    | X    | X   | X     |

|   |  |  |  |   |   |   |   |   |
|---|--|--|--|---|---|---|---|---|
| Egg, Hard Boiled                          |  |  |  |   | X |   |   |   |
| Egg White Portion Only                    |  |  |  |   | X |   |   |   |
| Egg White Cup, Florentine                 |  |  |  |   | X | X | X |   |
| Egg White Cup, Pico de Gallo              |  |  |  |   | X |   |   |   |
| Fruit Salad                               |  |  |  |   |   |   |   |   |
| Oatmeal                                   |  |  |  |   |   |   |   |   |
| Parfait, Strawberry                       |  |  |  | X |   | X |   | X |
| Parfait, Blueberry                        |  |  |  | X |   | X |   | X |
| Bagel (Plain) Sandwich, Cosi® Club        |  |  |  |   | X | X | X | X |
| Bagel (Plain) Sandwich, TBM               |  |  |  |   | X | X | X | X |
| Tofu (Plain)                              |  |  |  |   |   |   | X |   |
| Wrap, Sante Fe (or w/Egg White)           |  |  |  |   | X | X | X | X |
| Wrap, Spinach Florentine (or w/Egg White) |  |  |  |   | X | X | X | X |

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| <b>Desserts</b>                 |                  |             |                |                  |             |             |            |              |
|---------------------------------|------------------|-------------|----------------|------------------|-------------|-------------|------------|--------------|
| <b>Menu Item</b>                | <b>Shellfish</b> | <b>Fish</b> | <b>Peanuts</b> | <b>Tree Nuts</b> | <b>Eggs</b> | <b>Milk</b> | <b>Soy</b> | <b>Wheat</b> |
| Brownie Bites, Blondie          |                  |             |                | X                | X           | X           | X          | X            |
| Brownie Bites, Chocolate Chunk* |                  |             |                |                  | X           | X           | X          | X            |
| Brownie, Blondie*               |                  |             |                | X                | X           | X           | X          | X            |
| Brownie, Chocolate Chunk*       |                  |             |                |                  | X           | X           | X          | X            |
| Cookie, Chocolate Chip*         |                  |             |                |                  | X           | X           | X          | X            |





| Smokey BBQ Chicken             |           |      |         |           |      | X    | X   | X     |
|--------------------------------|-----------|------|---------|-----------|------|------|-----|-------|
| Tuscan Buffalo Chicken         |           |      |         |           |      | X    | X   | X     |
| Tuscan BBQ Chicken             |           |      |         |           |      | X    | X   | X     |
| Tuscan Margherita              |           |      |         |           |      | X    | X   | X     |
| Tuscan Pepperoni               |           |      |         |           |      | X    | X   | X     |
| Kids Menu                      |           |      |         |           |      |      |     |       |
| Menu Item                      | Shellfish | Fish | Peanuts | Tree Nuts | Eggs | Milk | Soy | Wheat |
| Kids Flatbread Cheese Pizza    |           |      |         |           |      | X    | X   | X     |
| Kids Flatbread Pepperoni Pizza |           |      |         |           |      | X    | X   | X     |
| Kids Grape Cup                 |           |      |         |           |      |      |     |       |
| Kids Grilled Cheese            |           |      |         |           |      | X    | X   | X     |
| Kids Ham & Cheese              |           |      |         |           |      | X    | X   | X     |
| Kids Mac & Cheese              |           |      |         |           | X    | X    |     | X     |
| Kids Peanut Butter & Jelly     |           |      | X       |           |      | X    | X   | X     |
| Kids Turkey Sandwich           |           |      |         |           |      | X    | X   | X     |

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| Protein Add-Ons    |           |      |         |           |      |      |     |       |
|--------------------|-----------|------|---------|-----------|------|------|-----|-------|
| Menu Item          | Shellfish | Fish | Peanuts | Tree Nuts | Eggs | Milk | Soy | Wheat |
| Rotisserie Chicken |           |      |         |           |      |      |     |       |
| Roast Beef         |           |      |         |           |      | X    |     |       |
| Turkey             |           |      |         |           |      | X    |     |       |
| Tofu               |           |      |         |           |      |      | X   |       |
| Tuna Salad         |           | X    |         |           | X    |      | X   |       |
| Gyro Meat (Lamb)   |           |      |         |           |      |      | X   | X     |

| <b>Salads (include Dressings)</b>    |                  |             |                |                  |             |             |            |              |
|--------------------------------------|------------------|-------------|----------------|------------------|-------------|-------------|------------|--------------|
| <b>Menu Item</b>                     | <b>Shellfish</b> | <b>Fish</b> | <b>Peanuts</b> | <b>Tree Nuts</b> | <b>Eggs</b> | <b>Milk</b> | <b>Soy</b> | <b>Wheat</b> |
| Adobo Lime Chicken                   |                  |             |                |                  |             | X           | X          |              |
| Caesar                               |                  | X           |                |                  | X           | X           | X          | X            |
| Caesar - Chicken                     |                  | X           |                |                  | X           | X           | X          | X            |
| Cosi® Cobb                           |                  |             |                |                  | X           | X           | X          |              |
| Greek                                |                  |             |                |                  |             | X           | X          |              |
| Shanghai Chicken                     |                  |             |                |                  |             | X           | X          | X            |
| Signature                            |                  |             |                | X                |             | X           | X          |              |
| Smart Fit                            |                  |             |                |                  |             | X           | X          |              |
| Spinach Summer Salad                 |                  |             |                |                  | X           |             | X          |              |
| <b>Salad Dressing (Portion Only)</b> |                  |             |                |                  |             |             |            |              |
| Dressing - Chili Lime Vinaigrette    |                  |             |                |                  |             |             | X          |              |
| Dressing - Cosi® Caesar              |                  | X           |                |                  | X           | X           | X          |              |
| Dressing - Cosi® Oriental Dressing   |                  |             |                |                  |             |             | X          | X            |
| Dressing - Cosi® Vinaigrette         |                  |             |                |                  |             |             |            |              |
| Dressing - Italian                   |                  |             |                |                  |             | X           | X          |              |
| Dressing - Sherry Shallot            |                  |             |                |                  |             |             | X          |              |

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| <b>Sandwiches &amp; Melts</b> |                  |             |                |                  |             |             |            |              |
|-------------------------------|------------------|-------------|----------------|------------------|-------------|-------------|------------|--------------|
| <b>Menu Item</b>              | <b>Shellfish</b> | <b>Fish</b> | <b>Peanuts</b> | <b>Tree Nuts</b> | <b>Eggs</b> | <b>Milk</b> | <b>Soy</b> | <b>Wheat</b> |
| Bacon Turkey Cheddar          |                  |             |                |                  |             | X           | X          | X            |
| Buffalo Bleu                  |                  |             |                |                  | X           | X           | X          | X            |
| Chicken Bruchetta Sandwich    |                  |             |                |                  |             | X           | X          | X            |



|                                      |                  |             |                |                  |             |             |            |              |
|--------------------------------------|------------------|-------------|----------------|------------------|-------------|-------------|------------|--------------|
| Chicken Parmesan Melt                |                  |             |                |                  |             | X           | X          | X            |
| Chicken TBM                          |                  |             |                |                  |             | X           | X          | X            |
| Cheese Melt                          |                  |             |                |                  |             | X           | X          | X            |
| Club Supreme                         |                  |             |                |                  | X           | X           | X          | X            |
| Gyro Sandwich                        |                  |             |                |                  |             | X           | X          | X            |
| Hummus & Veggie                      |                  |             |                |                  |             |             | X          | X            |
| Pesto Chicken                        |                  |             |                |                  |             | X           | X          | X            |
| Roast Beef and Cheddar               |                  |             |                |                  | X           | X           | X          | X            |
| Roasted Turkey Club                  |                  |             |                |                  | X           | X           | X          | X            |
| TBM                                  |                  |             |                |                  |             | X           | X          | X            |
| Tuna                                 |                  | X           |                |                  | X           | X           | X          | X            |
| Turkey Avocado                       |                  |             |                |                  | X           | X           | X          | X            |
| Turkey & Brie                        |                  |             |                |                  |             | X           | X          | X            |
| Turkey Stuffing Sandwich             |                  |             |                |                  |             | X           | X          | X            |
| Turkey Light (Catering only)         |                  |             |                |                  |             | X           | X          | X            |
| Turkey Stuffing Sandwich             |                  |             |                |                  |             | X           | X          | X            |
| Tuscan Pesto Chicken (Catering only) |                  |             |                |                  |             | X           | X          | X            |
| <b>Soups/Macaroni &amp; Cheese</b>   |                  |             |                |                  |             |             |            |              |
| <b>Menu Item</b>                     | <b>Shellfish</b> | <b>Fish</b> | <b>Peanuts</b> | <b>Tree Nuts</b> | <b>Eggs</b> | <b>Milk</b> | <b>Soy</b> | <b>Wheat</b> |
| Chicken Noodle                       |                  |             |                |                  | X           |             |            | X            |
| Fire Roasted Vegetable               |                  |             |                |                  |             |             | X          |              |
| French Onion Soup                    |                  |             |                |                  |             | X           | X          | X            |
| Italian Wedding Soup                 |                  |             |                |                  | X           | X           | X          | X            |
| Macaroni & Cheese                    |                  |             |                |                  | X           | X           |            | X            |
| Mediterranean Lentil                 |                  |             |                |                  |             |             |            |              |
| New England Clam Chowder             | X                | X           |                |                  |             | X           |            |              |
| Turkey Chili                         |                  |             |                |                  |             |             | X          | X            |
| Tomato Basil                         |                  |             |                |                  |             | X           |            |              |
| Chicken & Dumpling                   |                  |             |                |                  | X           |             |            | X            |

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**Bowls**



| Menu Item                        | Serving Size | Servings Per Container | Calories | Calories From Fat | Total Fat | Total Fat % | Saturated Fat | Sat Fat % | Trans Fat | Cholesterol | Cholesterol % | Sodium | Sodium % | Total Carbohydrates | Total Carbohydrates % | Dietary Fiber | Dietary Fiber % | Sugars | Protein | Vitamin A % | Vitamin C % | Calcium % | Iron % | Allergens                    |
|----------------------------------|--------------|------------------------|----------|-------------------|-----------|-------------|---------------|-----------|-----------|-------------|---------------|--------|----------|---------------------|-----------------------|---------------|-----------------|--------|---------|-------------|-------------|-----------|--------|------------------------------|
| Bowl, Adobo Chicken with Avocado | 16.8         | 1                      | 549      | 120               | 14g       | 20%         | 1g            | 6%        | 0g        | 0mg         | 0%            | 511mg  | 22%      | 98g                 | 33%                   | 5g            | 20%             | 10g    | 9g      | 10%         | 20%         | 10%       | 20%    | milk, soy                    |
| Bowl, Honolulu Chicken           | 15.5         | 1                      | 1014     | 167               | 41g       | 62%         | 6.5g          | 28%       | 0g        | 75mg        | 22%           | 1612mg | 73%      | 129g                | 43%                   | 5g            | 20%             | 7g     | 34g     | 35%         | 20%         | 10%       | 20%    | milk, wheat, soy             |
| Bowl, Korean Beef                | 15.6         | 1                      | 599      | 169               | 19g       | 29%         | 3g            | 14%       | 0g        | 55mg        | 18%           | 1837mg | 80%      | 106g                | 35%                   | 3.5g          | 14%             | 23g    | 16g     | 17%         | 70%         | 10%       | 25%    | milk, wheat, soy             |
| Bowl, Gyro                       | 15.6         | 1                      | 577      | 129               | 32g       | 33%         | 12g           | 54%       | 0g        | 73mg        | 21%           | 1420mg | 70%      | 48g                 | 16%                   | 2.5g          | 10%             | 6g     | 23g     | 22%         | 70%         | 10%       | 25%    | milk, wheat, soy             |
| Bowl, Chicken Teriyaki           | 15.6         | 1                      | 627      | 177               | 19g       | 29%         | 2g            | 12%       | 0g        | 0mg         | 0%            | 2066mg | 85%      | 114g                | 40%                   | 3.6g          | 16%             | 28g    | 15g     | 15%         | 70%         | 10%       | 25%    | milk, wheat, soy             |
| Bowl, Thai Curry Chicken         | 15.6         | 1                      | 746      | 197               | 22g       | 33%         | 12g           | 54%       | 0g        | 75mg        | 25%           | 714mg  | 31%      | 103g                | 34%                   | 4.2g          | 17%             | 18g    | 33g     | 32%         | 70%         | 10%       | 25%    | tree nuts, soy, wheat, fish  |
| Bowl, Thai Curry Tofu            | 15.1         | 1                      | 654      | 185               | 21g       | 31%         | 12g           | 53%       | 0g        | 0mg         | 0%            | 434mg  | 19%      | 102g                | 34%                   | 4.5g          | 18%             | 17g    | 12g     | 12%         | 70%         | 15%       | 40%    | tree nuts, soy, wheat, fish, |

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**New Grab & Go Items**

| <b>Menu Item</b>               | <b>Serving Size</b> | <b>Servings Per Container</b> | <b>Calories</b> | <b>Calories From Fat</b> | <b>Total Fat</b> | <b>Total Fat %</b> | <b>Saturated Fat</b> | <b>Sat Fat %</b> | <b>Trans Fat</b> | <b>Cholesterol</b> | <b>Cholesterol %</b> | <b>Sodium</b> | <b>Sodium %</b> | <b>Total Carbohydrates</b> | <b>Total Carbohydrates %</b> | <b>Dietary Fiber</b> | <b>Dietary Fiber %</b> | <b>Sugars</b> | <b>Protein</b> | <b>Vitamin A %</b> | <b>Vitamin C %</b> | <b>Calcium %</b> | <b>Iron %</b> | <b>Allergens</b>             |
|--------------------------------|---------------------|-------------------------------|-----------------|--------------------------|------------------|--------------------|----------------------|------------------|------------------|--------------------|----------------------|---------------|-----------------|----------------------------|------------------------------|----------------------|------------------------|---------------|----------------|--------------------|--------------------|------------------|---------------|------------------------------|
| Orange Juice, Large            |                     | 1                             | 260             | 0                        | 0g               | 0                  | 0g                   | 0%               | 0g               | 0mg                | 0%                   | 0mg           | 0%              | 61g                        | 20%                          | 0g                   | 0%                     | 61g           | 5g             | 25%                | 490%               | 6%               | 6%            |                              |
| Bagel, Egg & Cheese            | 1                   | 1                             | 600             | 190                      | 21g              | 32%                | 7g                   | 34%              | 0g               | 310mg              | 103%                 | 1400mg        | 58%             | 72g                        | 24%                          | 3g                   | 12%                    | 5g            | 28g            | 15%                | 0%                 | 25%              | 30%           | eggs, milk, soy, wheat       |
| Bagel, Bacon, Egg & Cheese     | 1                   | 1                             | 670             | 230                      | 26g              | 39%                | 9g                   | 43%              | 0g               | 320mg              | 107%                 | 1600mg        | 67%             | 72g                        | 24%                          | 3g                   | 12%                    | 6g            | 33g            | 15%                | 0%                 | 25%              | 30%           | eggs, milk, soy, wheat       |
| Bagel, Sausage, Egg & Cheese   | 1                   | 1                             | 730             | 290                      | 32g              | 48%                | 10g                  | 46%              | 0g               | 350mg              | 116%                 | 1690mg        | 70%             | 72g                        | 24%                          | 3g                   | 12%                    | 5g            | 37g            | 15%                | 0%                 | 25%              | 35%           | eggs, milk, soy, wheat       |
| Wrap, Buffalo Bleu             | 1                   | 1                             | 622             | 255                      | 28g              | 43%                | 6g                   | 29%              | 0g               | 107mg              | 36%                  | 2236mg        | 97%             | 58g                        | 19%                          | 2.5g                 | 10%                    | 3g            | 37g            | 35%                | 2%                 | 6%               | 70%           | eggs, milk, soy, wheat       |
| Wrap, Chicken Caesar           | 1                   | 1                             | 413             | 189                      | 20g              | 30%                | 7.5g                 | 34%              | 0g               | 119mg              | 40%                  | 1061mg        | 46%             | 19g                        | 6%                           | 1g                   | 4%                     | 3g            | 36g            | 45%                | 2%                 | 30%              | 70%           | eggs, fish, milk, soy, wheat |
| Wrap, Shanghai Chicken         | 1                   | 1                             | 632             | 124g                     | 25g              | 37%                | 5.5g                 | 25%              | 0g               | 62mg               | 21%                  | 1685mg        | 73%             | 77g                        | 26%                          | 4g                   | 16%                    | 12g           | 28g            | 45%                | 6%                 | 2%               | 70%           | milk, soy, wheat             |
| Wrap, Tuna                     | 1                   | 1                             | 557             | 83g                      | 22g              | 33%                | 4g                   | 19%              | 0g               | 56mg               | 19%                  | 1323mg        | 58%             | 57g                        | 19%                          | 3g                   | 12%                    | 4g            | 39g            | 50%                | 20%                | 4%               | 60%           | eggs, fish, soy, wheat       |
| BBQ Stix & Bits                | 2 oz                | 2                             | 260             | 130                      | 14g              | 21%                | 2g                   | 9%               | 0g               | 0g                 | 0%                   | 630mg         | 26%             | 30g                        | 10%                          | 2g                   | 9%                     | 2g            | 6g             | 0%                 | 0%                 | 4%               | 10%           | wheat, peanut, almond        |
| Milk Chocolate Pretzels        | 2 oz                | 2                             | 270             | 100                      | 11g              | 17%                | 7g                   | 32%              | 0g               | 5mg                | 2%                   | 240mg         | 10%             | 40g                        | 13%                          | 1g                   | 6%                     | 24g           | 3g             | 0%                 | 0%                 | 2%               | 45%           | milk, peanut, soy            |
| Trail Mix, Energy              | 2 oz                | 3.5                           | 280             | 120                      | 13g              | 20%                | 6g                   | 26%              | 0g               | 0mg                | 0%                   | 30mg          | 1%              | 32g                        | 11%                          | 4g                   | 16%                    | 25g           | 8g             | 0%                 | 0%                 | 0%               | 20%           | peanuts, milk, soy           |
| Gummi Bears                    | 2 oz                | 4                             | 180             | 0                        | 0g               | 0%                 | 0g                   | 0%               | 0g               | 0mg                | 0%                   | 35mg          | 1%              | 43g                        | 14%                          | 0g                   | 0%                     | 26g           | 3g             | 0%                 | 0%                 | 0%               | 0%            | n/a                          |
| Milk Chocolate Peanut Clusters | 2 oz                | 3.5                           | 300             | 190                      | 21g              | 31%                | 7g                   | 34%              | 0g               | 5mg                | 2%                   | 30mg          | 1%              | 27g                        | 9%                           | 3g                   | 13%                    | 22g           | 6g             | 0%                 | 0%                 | 2%               | 35%           | milk, soy, wheat             |
| Trail Mix, All The Right Stuff | 2 oz                | 3                             | 230             | 50                       | 6g               | 9%                 | 4.5g                 | 21%              | 0g               | 0mg                | 0%                   | 10mg          | 0%              | 0g                         | 0%                           | 2g                   | 8%                     | 30g           | 2g             | 0%                 | 0%                 | 0%               | 20%           | milk, soy, coconut oil       |

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**Breakfast, Snacks, & Tofu**



| Menu Item                                     | Serving Size | Servings Per Container | Calories | Calories From Fat | Total Fat | Total Fat % | Saturated Fat | Sat Fat % | Trans Fat | Cholesterol | Cholesterol % | Sodium | Sodium % | Total Carbohydrates | Total Carbohydrates % | Dietary Fiber | Dietary Fiber % | Sugars | Protein | Vitamin A % | Vitamin C % | Calcium % | Iron % | Allergens              |
|---|--------------|------------------------|----------|-------------------|-----------|-------------|---------------|-----------|-----------|-------------|---------------|--------|----------|---------------------|-----------------------|---------------|-----------------|--------|---------|-------------|-------------|-----------|--------|------------------------|
| Cream Cheese, Low-fat                         | 2 oz         | 1                      | 106      | 72                | 8g        | 12%         | 5g            | 24%       | 0g        | 27mg        | 9%            | 266mg  | 11%      | 4g                  | 1%                    | 0g            | 0%              | 4g     | 5g      | 14%         | 0%          | 7%        | 0%     | milk                   |
| Cream Cheese, Plain                           | 2 oz         | 1                      | 189      | 170               | 19g       | 28%         | 12g           | 55%       | 0g        | 67mg        | 22%           | 229mg  | 10%      | 0g                  | 0%                    | 0g            | 0%              | 0g     | 3g      | 11%         | 0%          | 5%        | 0%     | milk                   |
| Cream Cheese, Veggie                          | 2 oz         | 1                      | 113      | 85                | 9g        | 14%         | 6g            | 26%       | 0g        | 28mg        | 9%            | 246mg  | 10%      | 2g                  | 1%                    | 0g            | 0%              | 2g     | 4g      | 19%         | 4%          | 4%        | 0%     | milk                   |
| Croissant, Western                            | 8.5 oz       | 1                      | 556      | 290               | 32g       | 48%         | 16g           | 71%       | 0g        | 320mg       | 107%          | 1150mg | 48%      | 44g                 | 15%                   | 1g            | 5%              | 10g    | 26g     | 26%         | 15%         | 29%       | 19%    | eggs, milk, soy, wheat |
| Egg, Hardboiled                               | 8.9oz        | 1                      | 200      | 45                | 5g        | 8%          | .5g           | 3%        | 0         | 0mg         | 0%            | 210mg  | 9%       | 34g                 | 11%                   | 6g            | 24%             | 7g     | 6g      | 0%          | 0%          | 6%        | 10%    | eggs                   |
| Egg White Cup, Florentine                     | 7.1 oz       | 1                      | 177      | 39                | 4.6g      | 7%          | 2.3g          | 11%       | 0         | 10mg        | 3%            | 778mg  | 34%      | 9.6g                | 3%                    | .6g           | 2%              | 4.5g   | 23g     | 15%         | 2%          | 10%       | 2%     | eggs, milk,            |
| Egg White Cup, Pico de Gallo                  | 7.5 oz       | 1                      | 134      | 1.3               | .1g       | 0%          | 0             | 0%        | 0         | 0           | 0%            | 785mg  | 34%      | 11g                 | 4%                    | 1g            | 4%              | 5g     | 20g     | 8%          | 10%         | 2%        | 2%     | eggs                   |
| Egg White Portion Only                        | 2.5 oz       | 1                      | 36       | 0                 | 0g        | 0%          | 0g            | 0%        | 0g        | 0mg         | 0%            | 259mg  | 11%      | 1g                  | 0%                    | 0g            | 0%              | 1g     | 9g      | 0%          | 0%          | 0%        | 0%     | eggs                   |
| Fruit Salad                                   | 8 oz         | 1                      | 64       | 0                 | 0g        | 0%          | 0g            | 0%        | 0g        | 0mg         | 0%            | 22mg   | 1%       | 15g                 | 5%                    | 2g            | 8%              | 13g    | 1g      | 73%         | 128%        | 2%        | 2%     |                        |
| Oatmeal, Bowl                                 | 13 oz        | 1                      | 187      | 36                | 4g        | 6%          | 0g            | 0%        | 0g        | 0mg         | 0%            | 63mg   | 3%       | 36g                 | 12%                   | 5g            | 23%             | 1g     | 7g      | 0%          | 0%          | 0%        | 13%    |                        |
| Oatmeal Cup                                   | 7 oz         | 1                      | 150      | 27                | 3g        | 4%          | 0g            | 0%        | 0g        | 0mg         | 0%            | 47mg   | 2%       | 27g                 | 9%                    | 4g            | 16%             | 1g     | 5g      | 0%          | 0%          | 0%        | 10%    |                        |
| Parfait, Banana                               | 11oz         | 1                      | 390      | 80                | 9g        | 13%         | 4g            | 17%       | 0g        | 15mg        | 5%            | 170mg  | 7%       | 65g                 | 22%                   | 3g            | 12%             | 47g    | 15g     | 4%          | 10%         | 40%       | 8%     | tree nuts, milk, wheat |
| Parfait, Blueberry                            | 10 oz        | 1                      | 286      | 14                | 2g        | 3%          | .25g          | 1%        | 0g        | 10mg        | 3%            | 157mg  | 7%       | 48g                 | 16%                   | 4g            | 16%             | 26g    | 27g     | 0%          | 6%          | 30%       | 8%     | tree nuts, milk, wheat |
| Parfait, Strawberry                           | 11.5 oz      | 1                      | 293      | 14                | 2g        | 3%          | .25g          | 1%        | 0g        | 10mg        | 3%            | 157mg  | 7%       | 49g                 | 16%                   | 3g            | 12%             | 28g    | 23g     | 2%          | 68%         | 28%       | 5%     | tree nuts, milk, wheat |
| Bagel (Plain) Sandwich, Bacon Egg & Cheese    | 9.24 oz      | 1                      | 522      | 91                | 19g       | 28%         | 6.8g          | 31%       | 0g        | 156mg       | 52%           | 924mg  | 40%      | 64g                 | 22%                   | 3g            | 12%             | 8g     | 24g     | 12%         | 6%          | 9%        | 29%    | eggs, milk, soy, wheat |
| Bagel (Plain) Sandwich, Egg & Cheese          | 9.24 oz      | 1                      | 469      | 61                | 15g       | 22%         | 5.5g          | 25%       | 0g        | 149mg       | 50%           | 758mg  | 33%      | 64g                 | 22%                   | 3g            | 12%             | 8g     | 21g     | 12%         | 6%          | 9%        | 29%    | eggs, milk, soy, wheat |
| Bagel (Plain) Sandwich, Sausage, Egg & Cheese | 9.24 oz      | 1                      | 642      | 28                | 31g       | 46%         | 10.8g         | 49%       | 0g        | 184mg       | 61%           | 1227mg | 53%      | 64g                 | 22%                   | 3g            | 12%             | 8g     | 28g     | 12%         | 6%          | 9%        | 29%    | eggs, milk, soy, wheat |
| Bagel (Plain) Sandwich, TBM                   | 7.1 oz       | 1                      | 492      | 60                | 15g       | 22%         | 5.9g          | 27%       | 0g        | 145mg       | 48%           | 817mg  | 36%      | 70g                 | 23%                   | 4g            | 16%             | 10.5g  | 21g     | 20%         | 10%         | 15%       | 35%    | eggs, milk, soy, wheat |
| Bagel (Plain) Sandwich, Western               | 7.1 oz       | 1                      | 498      | 68                | 16g       | 24%         | 5.5g          | 25%       | 0g        | 162mg       | 54%           | 992mg  | 43%      | 65g                 | 22%                   | 3g            | 12%             | 8.5g   | 26g     | 20%         | 10%         | 15%       | 35%    | eggs, milk, soy, wheat |
| Tofu - Plain                                  | 3 oz         | 1                      | 150      | 110               | 12g       | 18%         | 1.5g          | 6%        | 0         | 0mg         | 0%            | 310mg  | 13%      | 1g                  | 0%                    | 0             | 0%              | 7g     | 10g     | 0%          | 0%          | 15g%      | 8%     | soy                    |
| Wrap, Sante Fe                                | 8.8 oz       | 1                      | 470      | 258               | 29g       | 43%         | 12g           | 55%       | 0g        | 303mg       | 101%          | 1005mg | 42%      | 30g                 | 10%                   | 3g            | 12%             | 3g     | 24g     | 20%         | 19%         | 35%       | 14%    | eggs, milk, soy, wheat |
| Wrap, Sante Fe (Egg White)                    | 8.3 oz       | 1                      | 378      | 174               | 19g       | 29%         | 10g           | 43%       | 0g        | 57mg        | 19%           | 941mg  | 39%      | 29g                 | 10%                   | 3g            | 12%             | 2g     | 25g     | 15%         | 19%         | 30%       | 7%     | eggs, milk, soy, wheat |
| Wrap, Spinach Florentine                      | 7.3 oz       | 1                      | 341      | 103               | 19g       | 34%         | 10.8g         | 49%       | 0g        | 144mg       | 48%           | 491mg  | 21%      | 27.4g               | 9%                    | 3g            | 12%             | 2.7g   | 17g     | 45%         | 8%          | 37%       | 17%    | eggs, milk, soy, wheat |
| Wrap, Spinach Florentine (Egg White)          | 6.8 oz       | 1                      | 289      | 117               | 13g       | 20%         | 6g            | 29%       | 0g        | 29mg        | 10%           | 582mg  | 24%      | 27g                 | 9%                    | 2g            | 11%             | 1g     | 20g     | 40%         | 8%          | 32%       | 10%    | eggs, milk, soy, wheat |


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Bread, Squagels & Pastries



| Menu Item                             | Serving Size | Servings Per Container | Calories | Calories From Fat | Total Fat | Total Fat % | Saturated Fat | Sat Fat % | Trans Fat | Cholesterol | Cholesterol % | Sodium | Sodium % | Total Carbohydrates | Total Carbohydrates % | Dietary Fiber | Dietary Fiber % | Sugars | Protein | Vitamin A % | Vitamin C % | Calcium % | Iron % | Allergens | Ingredients   |  |  |
|---------------------------------------|--------------|------------------------|----------|-------------------|-----------|-------------|---------------|-----------|-----------|-------------|---------------|--------|----------|---------------------|-----------------------|---------------|-----------------|--------|---------|-------------|-------------|-----------|--------|-----------|---|--|--|
| Bread Slice, Original (Franchisee)    | 3.2 oz       | 1                      | 214      | 6                 | 1g        | 1%          | 0g            | 0%        | 0g        | 0mg         | 0%            | 82mg   | 3%       | 43g                 | 14%                   | 2g            | 8%              | 1g     | 8g      | 0%          | 0%          | 0%        | 15%    | 15%       | milk, soy, wheat  |  |  |
| Bread Slice, Multi Grain (Franchisee) | 3.2 oz       | 1                      | 235      | 19                | 2g        | 3%          | 0g            | 0%        | 0g        | 0mg         | 0%            | 72mg   | 3%       | 46g                 | 15%                   | 3g            | 12%             | 1g     | 9g      | 0%          | 0%          | 1%        | 16%    | 16%       | milk, soy, wheat  |  |  |
| Bread Slice, Original (Corporate)     | 3.2 oz       | 1                      | 220      | 9                 | 2.5g      | 3%          | 0             | 0%        | 0g        | 0mg         | 0%            | 490mg  | 21%      | 43g                 | 16%                   | 1g            | 4%              | 2g     | 7g      | 0%          | 0%          | 0%        | 10%    | 10%       | wheat, Produced in a facility that has soy, sesame and milk | Water, "00" flour, Enriched Wheat Flour, Contains less than 2% of: Salt, Canola Oil, Olive Oil, Yeast Sugar, Natural Mold Inhibitor (Cultured Wheat Flour, Vinegar), Asorbic Acid  |  |
| Bread Slice Multigrain (Corporate)    |              |                        |          |                   |           |             |               |           |           |             |               |        |          |                     |                       |               |                 |        |         |             |             |           |        |           | wheat, sesame Produced in a facility that has soy and milk  | Enriched wheat flour, Water, Multigrain Mix (Rye Flakes, Rolled Oats, Millet, Flax Seed, Sesame Seed), Raw Sugar, Contains less than 2% of: Olive Oil, Salt, Yeast, Natural mold inhibitor (cultured wheat flour, vinegar), Asorbic Acid |  |
| Croissant, Butter                     | 3 oz         | 1                      | 330      | 140               | 15g       | 23%         | 9g            | 45%       | 0g        | 40mg        | 13%           | 390mg  | 16%      | 41g                 | 14%                   | 1g            | 4%              | 6g     | 7g      | 10%         | 0%          | 2%        | 10%    | 10%       | milk, soy, wheat  |  |  |
| Crumb Cake, Classic                   | 2.75 oz      | 2                      | 320      | 140               | 15g       | 24%         | 7g            | 36%       | 0g        | 80mg        | 27%           | 230mg  | 9%       | 42g                 | 14%                   | 1g            | 3%              | 21g    | 4g      | 10%         | 0%          | 2%        | 6%     | 6%        | 6%  | eggs, milk, soy, wheat   |  |
| Loaf, Lemon Pound Cake                | 4.5 oz       | 1                      | 470      | 190               | 21g       | 32%         | 11g           | 57%       | 0g        | 140mg       | 46%           | 510    | 21%      | 66g                 | 22%                   | 1g            | 3%              | 41g    | 6g      | 10%         | 4%          | 4%        | 8%     | 8%        | 8%  | eggs, milk, soy, wheat   |  |
| Loaf, Marble Pound Cake               | 4 oz         | 1                      | 450      | 210               | 24g       | 36%         | 13g           | 66%       | 0g        | 150mg       | 50%           | 560mg  | 23%      | 54g                 | 18%                   | 1g            | 4%              | 30g    | 7g      | 15%         | 0%          | 4%        | 10%    | 10%       | 10%   | eggs, milk, soy, wheat   |  |
| Muffin, Blueberry                     | 4 oz         | 1                      | 400      |                   | 19g       | 24%         | 3g            | 15%       | 0g        | 65mg        | 22%           | 390mg  | 17%      | 51g                 | 19%                   | 1g            | 4%              | 30g    | 5g      |             |             | 2%        | 10%    | 10%       | 10%   | eggs, milk, soy, wheat   |  |
| Muffin, Lemon Cranberry               | 4 oz         | 1                      | 380      |                   | 17g       | 22%         | 3.5g          | 18%       | 0g        | 65mg        | 22%           | 340 mg | 15%      | 52g                 | 19%                   | 1g            | 4%              | 30g    | 5g      |             |             | 2%        | 10%    | 10%       | 10%   | egg, milk, soy, wheat  |  |
| Muffin, Double Chocolate Chunk        | 4 oz         | 1                      | 400      |                   | 19g       | 24%         | 5g            | 25%       | 0g        | 65mg        | 22%           | 350mg  | 15%      | 56g                 | 20%                   | 3g            | 11%             | 37g    | 6g      |             |             | 6%        | 20%    | 20%       | 20%   | egg, milk, soy, wheat  |  |
| Muffin, Apple Cinnamon                | 4 oz         | 1                      | 410      |                   | 18g       | 23%         | 3g            | 15%       | 0g        | 65mg        | 22%           | 370mg  | 16%      | 55g                 | 20%                   | 1g            | 4%              | 33g    | 5g      |             |             | 2%        | 10%    | 10%       | 10%   | egg, milk, soy, wheat  |  |
| Scone, Blueberry                      | 2.5 oz       | 2                      | 371      | 170               | 19g       | 28%         | 11g           | 50%       | 0g        | 120mg       | 40%           | 491mg  | 21%      | 42g                 | 14%                   | 1g            | 4%              | 8g     | 6g      | 10%         | 2%          | 6%        | 10%    | 10%       | 10%   | eggs, milk, soy, wheat   |  |
| Scone, Cranberry Orange               | 2.9 oz       | 2                      | 310      | 150               | 16g       | 25%         | 10g           | 50%       | 0g        | 75mg        | 25%           | 340mg  | 14%      | 36g                 | 12%                   | 2g            | 6%              | 9g     | 5g      | 10%         | 4%          | 6%        | 10%    | 10%       | 10%   | eggs, milk, soy, wheat   |  |
| Bagel, Asiago (Just Bagel)            | 4 oz.        | 1                      | 300      | 25                | 2.5g      | 5%          | 1g            | 6%        | 0g        | 5mg         | 2%            | 680mg  | 30%      | 59g                 | 22%                   | 2g            | 7%              | 7g     | 11g     | 0%          | 0%          | 6%        | 6%     | 6%        | 6%  | milk, wheat  |  |
| Bagel, Cinnamon Raisin (Just Bagel)   | 4 oz.        | 1                      | 300      | 10                | 1g        | 1%          | 0g            | 0%        | 0g        | 0mg         | 0%            | 590mg  | 26%      | 63g                 | 23%                   | 2g            | 8%              | 11g    | 9g      | 0%          | 0%          | 2%        | 8%     | 8%        | 8%  | wheat  |  |
| Bagel, Everything (Just Bagel)        | 4 oz.        | 1                      | 290      | 10                | 1g        | 1%          | 0g            | 0%        | 0g        | 0mg         | 0%            | 720mg  | 31%      | 62g                 | 62%                   | 2g            | 7%              | 7g     | 10g     | 0%          | 0%          | 2%        | 6%     | 6%        | 6%  | wheat  |  |
| Bagel, Jalepeno (Just Bagel)          | 4 oz.        | 1                      | 290      | 15                | 1.5g      | 2%          | 0g            | 0%        | 0g        | 0mg         | 0%            | 700mg  | 31%      | 62g                 | 23%                   | 2g            | 8%              | 7g     | 10g     | 0%          | 0%          | 2%        | 10%    | 10%       | 10%   | wheat  |  |
| Bagel, Multigrain (Just Bagel)        | 4 oz.        | 1                      | 290      | 30                | 3g        | 4%          | 0g            | 0%        | 0g        | 0mg         | 0%            | 620mg  | 27%      | 58g                 | 21%                   | 4g            | 14%             | 7g     | 12g     | 0%          | 0%          | 2%        | 10%    | 10%       | 10%   | wheat  |  |
| Bagel, Plain (Just Bagel)             | 4 oz.        | 1                      | 290      | 10                | 1g        | 1%          | 0g            | 0%        | 0g        | 0mg         | 0%            | 630mg  | 28%      | 62g                 | 22%                   | 2g            | 7%              | 7g     | 10g     | 0%          | 0%          | 2%        | 6%     | 6%        | 6%  | wheat  |  |
| Bagel, Sesame (Just Bagel)            | 4 oz.        | 1                      | 290      | 10                | 1g        | 1%          | 0g            | 0%        | 0g        | 0mg         | 0%            | 630mg  | 28%      | 62g                 | 22%                   | 2g            | 7%              | 6g     | 10g     | 0%          | 0%          | 2%        | 6%     | 6%        | 6%  | wheat  |  |

| Dessert                       |  |                        |          |                   |           |             |               |           |           |             |               |        |          |                     |                       |               |                 |        |         |             |             |           |        |   |
|-------------------------------|--|------------------------|----------|-------------------|-----------|-------------|---------------|-----------|-----------|-------------|---------------|--------|----------|---------------------|-----------------------|---------------|-----------------|--------|---------|-------------|-------------|-----------|--------|---|
| Menu Item                     |  |                        |          |                   |           |             |               |           |           |             |               |        |          |                     |                       |               |                 |        |         |             |             |           |        |   |
|                               | Serving Size   | Servings Per Container | Calories | Calories From Fat | Total Fat | Total Fat % | Saturated Fat | Sat Fat % | Trans Fat | Cholesterol | Cholesterol % | Sodium | Sodium % | Total Carbohydrates | Total Carbohydrates % | Dietary Fiber | Dietary Fiber % | Sugars | Protein | Vitamin A % | Vitamin C % | Calcium % | Iron % | Allergens                                   |
| Brownie Bite, Blondie         | 1.5oz  | 1                      | 190      | 80                | 9g        | 14%         | 4.5g          | 21%       | 0g        | 25mg        | 9%            | 70mg   | 3%       | 24g                 | 8%                    | 1g            | 3%              | 14g    | 2g      | 0%          | 0%          | 0%        | 15%    | tree nuts (walnuts), eggs, milk, soy, wheat |
| Brownie Bite, Chocolate Chunk | 1.5oz  | 1                      | 200      | 100               | 11g       | 16%         | 7g            | 30%       | 0g        | 35mg        | 12%           | 120mg  | 5%       | 26g                 | 9%                    | 1g            | 6%              | 17g    | 2g      | 4%          | 0%          | 0%        | 4%     | eggs, milk, soy, wheat                      |
| Brownie, Blondie              | 4 oz   | 1                      | 540      | 310               | 34g       | 52%         | 10g           | 50%       | 0g        | 35mg        | 12%           | 360mg  | 15%      | 60g                 | 20%                   | 4g            | 16%             | 35g    | 6g      | 15%         | 0%          | 4%        | 25%    | eggs, milk, nuts, soy, wheat                |
| Brownie, Double Fudge Chunk   | 4 oz   | 1                      | 500      | 250               | 28g       | 43%         | 11g           | 55%       | 0g        | 90mg        | 30%           | 180mg  | 8%       | 62g                 | 21%                   | 3g            | 12%             | 47g    | 5g      | 15%         | 0%          | 2%        | 20%    | eggs, milk, soy, wheat                      |
| Cookie, Chocolate Chip        | 4 oz   | 1                      | 500      | 210               | 24g       | 36%         | 8g            | 42%       | 0g        | 25mg        | 8%            | 230mg  | 9%       | 69g                 | 23%                   | 3g            | 11%             | 39g    | 7g      | 0%          | 0%          | 2%        | 15%    | eggs, milk, soy, wheat                      |
| Cookie, Oatmeal Raisin        | 4 oz   | 1                      | 450      | 160               | 18g       | 28%         | 4g            | 19%       | 0g        | 35mg        | 11%           | 270mg  | 11%      | 68g                 | 23%                   | 3g            | 12%             | 39g    | 7g      | 0%          | 0%          | 4%        | 6%     | eggs, milk, soy, wheat                      |

**Disclaimer:** The Manufacturer of our dessert products cannot guarantee items have not come into contact with nuts or nut products.

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Cold Drinks



| Menu Item                        | Serving Size | Servings Per Container | Calories | Calories From Fat | Total Fat | Total Fat % | Saturated Fat | Sat Fat % | Trans Fat | Cholesterol | Cholesterol % | Sodium | Sodium % | Total Carbohydrates | Total Carbohydrates % | Dietary Fiber | Dietary Fiber % | Sugars | Protein | Vitamin A % | Vitamin C % | Calcium % | Iron % | Allergens |
|----------------------------------|--------------|------------------------|----------|-------------------|-----------|-------------|---------------|-----------|-----------|-------------|---------------|--------|----------|---------------------|-----------------------|---------------|-----------------|--------|---------|-------------|-------------|-----------|--------|-----------|
| Country Club Tea, Large          | 13oz         | 1                      | 90       | 0                 | 0g        | 0%          | 0g            | 0%        | 0g        | 0mg         | 0%            | 10mg   | 0%       | 24g                 | 8%                    | 0g            | 2%              | 21g    | 0g      | 0%          | 30%         | 2%        | 2%     |           |
| Blueberry Smash Lemonade         | 13 oz        | 1                      | 358      | 0                 | 0g        | 0%          | 0             | 0%        | 0         | 0mg         | 0%            | 10mg   | 0%       | 68g                 | 23%                   | 1g            | 3%              | 64g    | 0g      | 0%          | 40%         | 2%        | 2%     |           |
| Iced Tea, Large                  | 20 oz        | 1                      | 5        | 0                 | 0g        | 0%          | 0g            | 0%        | 0g        | 0mg         | 0%            | 10mg   | 0%       | 2g                  | 1%                    | 0g            | 1%              | 0g     | 0g      | 0%          | 10%         | 0%        | 2%     |           |
| Iced Tea, Raspberry, Large       | 14oz         | 1                      | 150      | 0                 | 0g        | 0%          | 0g            | 0%        | 0g        | 0mg         | 0%            | 10mg   | 0%       | 39g                 | 13%                   | 0g            | 1%              | 36g    | 0g      | 0%          | 0%          | 10%       | 2%     |           |
| Lemonade, Large                  | 13oz         | 1                      | 170      | 0                 | 0g        | 0%          | 0g            | 0%        | 0g        | 0mg         | 0%            | 10mg   | 0%       | 45g                 | 15%                   | 0g            | 1%              | 42g    | 0g      | 0%          | 35%         | 2%        | 2%     |           |
| Mojito Lemonade, Large           | 13 oz        | 1                      | 260      | 0                 | 0g        | 0%          | 0g            | 0%        | 0g        | 0mg         | 0%            | 10mg   | 0%       | 68g                 | 23%                   | 1g            | 3%              | 64g    | 0g      | 0%          | 40%         | 2%        | 2%     |           |
| Orange Juice, Small              | 12 oz        | 1                      | 138      | 0                 | 0g        | 0%          | 0g            | 0%        | 0g        | 0mg         | 0%            | 0mg    | 0%       | 33g                 | 11%                   | 0g            | 0%              | 33g    | 3g      | 13%         | 264%        | 3%        | 3%     |           |
| Raspberry Lemonade, Large        | 20 oz        | 1                      | 238      | 0                 | 0g        | 0%          | 0g            | 0%        | 0g        | 0mg         | 0%            | 30mg   | 1%       | 58g                 | 19%                   | 0g            | 0%              | 57g    | 0g      | 0%          | 24%         | 0%        | 0%     |           |
| Raspberry Mojito Lemonade, Large | 13.5oz       | 1                      | 310      | 0                 | 0g        | 0%          | 0g            | 0%        | 0g        | 0mg         | 0%            | 10mg   | 0%       | 81g                 | 27%                   | 1g            | 4%              | 76g    | 0g      | 0%          | 45%         | 2%        | 2%     |           |

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## Hot Drinks



| Menu Item                  | Serving Size | Servings Per Container | Calories | Calories From Fat | Total Fat | Total Fat % | Saturated Fat | Sat Fat % | Trans Fat | Cholesterol | Cholesterol % | Sodium | Sodium % | Total Carbohydrates | Total Carbohydrates % | Dietary Fiber | Dietary Fiber % | Sugars | Protein | Vitamin A % | Vitamin C % | Calcium % | Iron % | Allergens |
|----------------------------|--------------|------------------------|----------|-------------------|-----------|-------------|---------------|-----------|-----------|-------------|---------------|--------|----------|---------------------|-----------------------|---------------|-----------------|--------|---------|-------------|-------------|-----------|--------|-----------|
| Caffe Americano, Large     | 19 oz        | 1                      | 10       | 2                 | 0g        | 0%          | 0g            | 0%        | 0g        | 0mg         | 0%            | 29mg   | 1%       | 2g                  | 1%                    | 0g            | 0%              | 0g     | 0g      | 0%          | 0%          | 1%        | 1%     |           |
| Caffe Americano, Medium    | 15 oz        | 1                      | 8        | 1                 | 0g        | 0%          | 0g            | 0%        | 0g        | 0mg         | 0%            | 22mg   | 1%       | 1g                  | 0%                    | 0g            | 0%              | 0g     | 0g      | 0%          | 0%          | 1%        | 1%     |           |
| Caffe Americano, Small     | 11 oz        | 1                      | 5        | 1                 | 0g        | 0%          | 0g            | 0%        | 0g        | 0mg         | 0%            | 16mg   | 1%       | 1g                  | 0%                    | 0g            | 0%              | 0g     | 0g      | 0%          | 0%          | 1%        | 1%     |           |
| Cappuccino, Large          | 12 oz        | 1                      | 179      | 85                | 9g        | 14%         | 6g            | 26%       | 0g        | 41mg        | 14%           | 153mg  | 6%       | 15g                 | 5%                    | 0g            | 0%              | 14g    | 9g      | 7%          | 3%          | 35%       | 0%     | milk      |
| Cappuccino, Medium         | 10 oz        | 1                      | 145      | 68                | 8g        | 11%         | 5g            | 21%       | 0g        | 33mg        | 11%           | 124mg  | 4%       | 12g                 | 4%                    | 0g            | 0%              | 11g    | 7g      | 6%          | 2%          | 28%       | 0%     | milk      |
| Cappuccino, Small          | 7 oz         | 1                      | 107      | 51                | 6g        | 8%          | 3g            | 16%       | 0g        | 24mg        | 8%            | 91mg   | 4%       | 9g                  | 3%                    | 0g            | 0%              | 8g     | 6g      | 4%          | 1%          | 21%       | 0%     | milk      |
| Chai Tea Latte, Large      | 19 oz        | 1                      | 379      | 79                | 9g        | 13%         | 6g            | 25%       | 0g        | 39mg        | 13%           | 209mg  | 9%       | 65g                 | 22%                   | 0g            | 0%              | 58g    | 9g      | 7%          | 2%          | 33%       | 0%     | milk      |
| Chai Tea Latte, Medium     | 15 oz        | 1                      | 299      | 63                | 7g        | 10%         | 4g            | 20%       | 0g        | 30mg        | 10%           | 165mg  | 7%       | 52g                 | 17%                   | 0g            | 0%              | 46g    | 7g      | 5%          | 2%          | 26%       | 0%     | milk      |
| Chai Tea Latte, Small      | 11 oz        | 1                      | 220      | 46                | 5g        | 8%          | 3g            | 14%       | 0g        | 22mg        | 7%            | 121mg  | 5%       | 38g                 | 13%                   | 0g            | 0%              | 38g    | 5g      | 4%          | 1%          | 19%       | 0%     | milk      |
| Coffee, Large              | 19 oz        | 1                      | 11       | 0                 | 0g        | 0%          | 0g            | 0%        | 0g        | 0mg         | 0%            | 11mg   | 0%       | 2g                  | 1%                    | 0g            | 0%              | 0g     | 1g      | 0%          | 0%          | 1%        | 1%     |           |
| Coffee, Medium             | 15 oz        | 1                      | 9        | 0                 | 0g        | 0%          | 0g            | 0%        | 0g        | 0mg         | 0%            | 9mg    | 0%       | 2g                  | 1%                    | 0g            | 0%              | 0g     | 0g      | 0%          | 0%          | 1%        | 1%     |           |
| Coffee, Small              | 11 oz        | 1                      | 6        | 0                 | 0g        | 0%          | 0g            | 0%        | 0g        | 0mg         | 0%            | 6mg    | 0%       | 1g                  | 0%                    | 0g            | 0%              | 0g     | 0g      | 0%          | 0%          | 1%        | 1%     |           |
| Espresso Macchiato, Double | 2.5 oz       | 1                      | 14       | 5                 | 1g        | 1%          | 0g            | 1%        | 0g        | 2mg         | 1%            | 15mg   | 1%       | 2g                  | 1%                    | 0g            | 0%              | 1g     | 0g      | 0%          | 0%          | 2%        | 0%     | milk      |
| Espresso Macchiato, Single | 1.3 oz       | 1                      | 7        | 3                 | 0g        | 0%          | 0g            | 1%        | 0g        | 1mg         | 0%            | 8mg    | 0%       | 1g                  | 0%                    | 0g            | 0%              | 0g     | 0g      | 0%          | 0%          | 1%        | 0%     | milk      |

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Hot Drinks Continued




| Menu Item                   | Serving Size | Servings Per Container | Calories | Calories From Fat | Total Fat | Total Fat % | Saturated Fat | Sat Fat % | Trans Fat | Cholesterol | Cholesterol % | Sodium | Sodium % | Total Carbohydrates | Total Carbohydrates % | Dietary Fiber | Dietary Fiber % | Sugars | Protein | Vitamin A % | Vitamin C % | Calcium % | Iron % | Allergens |
|-----------------------------|--------------|------------------------|----------|-------------------|-----------|-------------|---------------|-----------|-----------|-------------|---------------|--------|----------|---------------------|-----------------------|---------------|-----------------|--------|---------|-------------|-------------|-----------|--------|-----------|
| Hot Chocolate, Large        | 17.7 oz      | 1                      | 600      | 160               | 18g       | 27%         | 11g           | 47%       | 0g        | 60mg        | 19%           | 210mg  | 9%       | 98g                 | 33%                   | 0g            | 0%              | 92g    | 15g     | 15%         | 0%          | 40%       | 0%     | milk      |
| Hot Chocolate, Medium       | 15.7 oz      | 1                      | 490      | 140               | 15g       | 23%         | 9g            | 40%       | 0g        | 50mg        | 16%           | 160mg  | 7%       | 81g                 | 27%                   | 0g            | 0%              | 76g    | 11g     | 15%         | 0%          | 30%       | 0%     | milk      |
| Hot Chocolate, Small        | 11.7 oz      | 1                      | 410      | 120               | 13g       | 20%         | 8g            | 35%       | 0g        | 45mg        | 14%           | 130mg  | 5%       | 66g                 | 22%                   | 0g            | 0%              | 61g    | 9g      | 10%         | 0%          | 25%       | 0%     | milk      |
| Latte, Large                | 19 oz        | 1                      | 301      | 143               | 16g       | 24%         | 10g           | 44%       | 0g        | 69mg        | 23%           | 255mg  | 11%      | 25g                 | 8%                    | 0g            | 0%              | 24g    | 16g     | 12%         | 4%          | 59%       | 0%     | milk      |
| Latte, Medium               | 15 oz        | 1                      | 232      | 110               | 12g       | 18%         | 8g            | 34%       | 0g        | 53mg        | 18%           | 197mg  | 8%       | 19g                 | 6%                    | 0g            | 0%              | 18g    | 12g     | 9%          | 3%          | 45%       | 0%     | milk      |
| Latte, Small                | 11 oz        | 1                      | 177      | 84                | 9g        | 14%         | 6g            | 26%       | 0g        | 41mg        | 14%           | 149mg  | 6%       | 14g                 | 5%                    | 0g            | 0%              | 14g    | 9g      | 7%          | 2%          | 35%       | 0%     | milk      |
| Mocha, Large                | 19.6 oz      | 1                      | 588      | 164               | 18g       | 27%         | 11g           | 51%       | 0g        | 75mg        | 25%           | 248mg  | 10%      | 91g                 | 30%                   | 3g            | 13%             | 78g    | 15g     | 14%         | 3%          | 46%       | 0%     | milk      |
| Mocha, Medium               | 15.6 oz      | 1                      | 463      | 139               | 15g       | 23%         | 10g           | 43%       | 0g        | 63mg        | 21%           | 0mg    | 8%       | 2g                  | 23%                   | 2g            | 10%             | 59g    | 12g     | 12%         | 3%          | 36%       | 0%     | milk      |
| Mocha, Small                | 11.6 oz      | 1                      | 352      | 122               | 14g       | 20%         | 8g            | 38%       | 0g        | 55mg        | 18%           | 0mg    | 6%       | 49g                 | 16%                   | 2g            | 7%              | 42g    | 9g      | 10%         | 2%          | 29%       | 0%     | milk      |
| Shot in the Dark, Large     | 19 oz        | 1                      | 15       | 1                 | 0g        | 0%          | 0g            | 0%        | 0g        | 0mg         | 0%            | 18mg   | 1%       | 3g                  | 1%                    | 0g            | 0%              | 0g     | 0g      | 0%          | 0%          | 1%        | 2%     |           |
| Shot in the Dark, Medium    | 15 oz        | 1                      | 12       | 1                 | 0g        | 0%          | 0g            | 0%        | 0g        | 0mg         | 0%            | 15mg   | 1%       | 2g                  | 1%                    | 0g            | 0%              | 0g     | 0g      | 0%          | 0%          | 1%        | 1%     |           |
| Shot in the Dark, Small     | 11 oz        | 1                      | 8        | 0                 | 0g        | 0%          | 0g            | 0%        | 0g        | 0mg         | 0%            | 10mg   | 0%       | 2g                  | 1%                    | 0g            | 0%              | 0g     | 0g      | 0%          | 0%          | 1%        | 1%     |           |
| Vanilla Latte, Large        | 20 oz        | 1                      | 377      | 154               | 17g       | 26%         | 11g           | 48%       | 0g        | 74mg        | 25%           | 276mg  | 11%      | 39g                 | 13%                   | 0g            | 0%              | 37g    | 17g     | 13%         | 4%          | 64%       | 0%     | milk      |
| Vanilla Latte, Medium       | 16 oz        | 1                      | 289      | 118               | 13g       | 20%         | 8g            | 37%       | 0g        | 57mg        | 19%           | 213mg  | 9%       | 30g                 | 10%                   | 0g            | 0%              | 28g    | 13g     | 10%         | 3%          | 49%       | 0%     | milk      |
| Vanilla Latte, Small        | 12 oz        | 1                      | 203      | 84                | 9g        | 14%         | 6g            | 26%       | 0g        | 41mg        | 14%           | 150mg  | 6%       | 21g                 | 7%                    | 0g            | 0%              | 20g    | 9g      | 7%          | 2%          | 35%       | 0%     | milk      |
| White Hot Chocolate, Large  | 19.9 oz      | 1                      | 612      | 188               | 21g       | 31%         | 13g           | 59%       | 0g        | 88mg        | 29%           | 414mg  | 17%      | 86g                 | 29%                   | 0g            | 0%              | 78g    | 18g     | 16%         | 4%          | 57%       | 0%     | milk, soy |
| White Hot Chocolate, Medium | 16.2 oz      | 1                      | 504      | 163               | 18g       | 27%         | 11g           | 51%       | 0g        | 75mg        | 25%           | 335mg  | 14%      | 69g                 | 23%                   | 0g            | 0%              | 62g    | 14g     | 14%         | 3%          | 46%       | 0%     | milk, soy |
| White Hot Chocolate, Small  | 12.6 oz      | 1                      | 397      | 138               | 15g       | 23%         | 10g           | 43%       | 0g        | 63mg        | 21%           | 256mg  | 11%      | 52g                 | 17%                   | 0g            | 0%              | 47g    | 11g     | 12%         | 2%          | 36%       | 0%     | milk, soy |

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| Pizza   |              |                        |          |                   |           |             |               |           |           |             |               |        |          |                     |                       |               |                 |        |         |             |             |           |        |                  |
|---|--------------|------------------------|----------|-------------------|-----------|-------------|---------------|-----------|-----------|-------------|---------------|--------|----------|---------------------|-----------------------|---------------|-----------------|--------|---------|-------------|-------------|-----------|--------|------------------|
|  |              |                        |          |                   |           |             |               |           |           |             |               |        |          |                     |                       |               |                 |        |         |             |             |           |        |                  |
| Menu Item   | Serving Size | Servings Per Container | Calories | Calories From Fat | Total Fat | Total Fat % | Saturated Fat | Sat Fat % | Trans Fat | Cholesterol | Cholesterol % | Sodium | Sodium % | Total Carbohydrates | Total Carbohydrates % | Dietary Fiber | Dietary Fiber % | Sugars | Protein | Vitamin A % | Vitamin C % | Calcium % | Iron % | Allergens        |
| Tuscan Margherita Pizza   | 24.2 oz      | 1                      | 1462     | 265               | 50.8g     | 62%         | 14.3g         | 70%       | 0g        | 67mg        | 20%           | 2352mg | 102%     | 120g                | 40%                   | 8g            | 32%             | 22g    | 62g     | 40%         | 20%         | 90%       | 60%    | milk, soy, wheat |
| Tuscan Pepperoni Pizza  | 26.2 oz      | 1                      | 1144     | 443               | 72g       | 110%        | 32g           | 148%      | 0g        | 143mg       | 52%           | 4226mg | 184%     | 162g                | 40%                   | 8g            | 32%             | 22g    | 68g     | 16%         | 0%          | 200%      | 12%    | milk, soy, wheat |
| Tuscan Buffalo Chicken Pizza  | 29 oz        | 1                      | 1693     | 823               | 76g       | 120%        | 16g           | 128%      | 0g        | 189mg       | 60%           | 5115mg | 200%     | 183g                | 50%                   | 5g            | 20%             | 72g    | 72g     | 40%         | 0%          | 200%      | 14%    | milk, soy, wheat |
| Tuscan BBQ Pizza  | 29 oz        | 1                      | 1390     | 364               | 42g       | 62%         | 41.2g         | 96%       | 0g        | 204mg       | 64%           | 5598mg | 244%     | 148g                | 30%                   | 6.6g          | 26%             | 68g    | 80g     | 40%         | 20%         | 80%       | 80%    | milk, soy, wheat |

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| Kids   |              |                        |          |                   |           |             |               |           |           |             |               |        |          |                     |                       |               |                 |        |         |             |             |           |        |                              |
|--|--------------|------------------------|----------|-------------------|-----------|-------------|---------------|-----------|-----------|-------------|---------------|--------|----------|---------------------|-----------------------|---------------|-----------------|--------|---------|-------------|-------------|-----------|--------|------------------------------|
|  |              |                        |          |                   |           |             |               |           |           |             |               |        |          |                     |                       |               |                 |        |         |             |             |           |        |                              |
| Menu Item  | Serving Size | Servings Per Container | Calories | Calories From Fat | Total Fat | Total Fat % | Saturated Fat | Sat Fat % | Trans Fat | Cholesterol | Cholesterol % | Sodium | Sodium % | Total Carbohydrates | Total Carbohydrates % | Dietary Fiber | Dietary Fiber % | Sugars | Protein | Vitamin A % | Vitamin C % | Calcium % | Iron % | Allergens                    |
| Kids Flatbread Cheese Pizza  | 4.6 oz       | 1                      | 250      | 90                | 10g       | 15%         | 5g            | 24%       | 0g        | 30mg        | 10%           | 970mg  | 1%       | 29g                 | 10%                   | 2g            | 9%              | 3g     | 12g     | 15%         | 15%         | 25%       | 10%    | milk, soy, wheat             |
| Kids Flatbread Pepperoni Pizza   | 5 oz         | 1                      | 300      | 140               | 15g       | 22%         | 8g            | 34%       | 0g        | 45mg        | 14%           | 1150mg | 48%      | 29g                 | 10%                   | 2g            | 9%              | 3g     | 14g     | 15%         | 15%         | 25%       | 10%    | milk, soy, wheat             |
| Kids Grape Cup   | 2 oz         | 1                      | 40       | 0                 | 0g        | 0%          | 0g            | 0%        | 0g        | 0mg         | 0%            | 0mg    | 0%       | 10g                 | 3%                    | 1g            | 2%              | 9g     | 0g      | 2%          | 4%          | 2%        | 2%     |                              |
| Kids Grilled Cheese Sandwich   | 3.3 oz       | 1                      | 280      | 130               | 14g       | 22%         | 8g            | 35%       | 0g        | 40mg        | 13%           | 1080mg | 45%      | 26g                 | 9%                    | 1g            | 4%              | 1g     | 12g     | 10%         | 0%          | 25%       | 10%    | milk, soy, wheat             |
| Kids Ham and Cheese  | 4.3oz        | 1                      | 310      | 140               | 15g       | 23%         | 8g            | 37%       | 0g        | 55mg        | 18%           | 1390mg | 58%      | 27g                 | 9%                    | 1g            | 4%              | 1g     | 17g     | 10%         | 0%          | 25%       | 10%    | milk, soy, wheat             |
| Kids Peanut Butter & Jelly   | 3.8 oz       | 1                      | 370      | 140               | 15g       | 22%         | 2.5g          | 10%       | 0g        | 0mg         | 0%            | 430mg  | 18%      | 50g                 | 17%                   | 3g            | 12%             | 20g    | 11g     | 0%          | 0%          | 2%        | 10%    | peanuts, milk, soy, wheat    |
| Kids Turkey Sandwich   | 3.6oz        | 1                      | 170      | 10                | 1g        | 2%          | 0g            | 0%        | 0g        | 20mg        | 7%            | 620mg  | 26%      | 26g                 | 9%                    | 1             | 4%              | 1g     | 14g     | 0%          | 0%          | 2%        | 10%    | milk, soy, wheat             |
| Kids Mac & Cheese  | 6.7oz        | 1                      | 400      | 200               | 22g       | 34%         | 14g           | 63%       | 0g        | 70mg        | 23%           | 770mg  | 32%      | 33g                 | 11%                   | 2g            | 7%              | 2g     | 16g     | 15%         | 0%          | 25%       | 6%     | eggs, milk, wheat            |
| Kids Tuna  | 4.8 oz       | 1                      | 320      | 90                | 10g       | 16%         | 1g            | 5%        | 0g        | 50mg        | 16%           | 720mg  | 30%      | 27g                 | 9%                    | 2g            | 7%              | 1g     | 28g     | 10%         | 4%          | 2%        | 10%    | eggs, fish, milk, soy, wheat |

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Salads & Dressings



| Menu Item                               | Serving Size | Servings Per Container | Calories | Calories From Fat | Total Fat | Total Fat % | Saturated Fat | Sat Fat % | Trans Fat | Cholesterol | Cholesterol % | Sodium | Sodium % | Total Carbohydrates | Total Carbohydrates % | Dietary Fiber | Dietary Fiber % | Sugars | Protein | Vitamin A % | Vitamin C % | Calcium % | Iron % | Allergens                        |
|---|--------------|------------------------|----------|-------------------|-----------|-------------|---------------|-----------|-----------|-------------|---------------|--------|----------|---------------------|-----------------------|---------------|-----------------|--------|---------|-------------|-------------|-----------|--------|----------------------------------|
| Adobo Lime Chicken                      | 13.86 oz     | 1                      | 521      | 104               | 24g       | 36%         | 3g            | 13%       | 0g        | 75mg        | 25%           | 1031mg | 45%      | 116g                | 39%                   | 7g            | 28%             | 15g    | 26g     | 290%        | 78%         | 8%        | 23%    | soy, milk                        |
| Caesar                                  | 10.4 oz      | 1                      | 425      | 318               | 30g       | 44%         | 8.3g          | 38%       | 0g        | 78mg        | 26%           | 1034mg | 45%      | 25g                 | 8%                    | 3g            | 12%             | 4g     | 24g     | 279%        | 10%         | 38%       | 22%    | fish, eggs, milk, soy, wheat     |
| Caesar, Chicken                         | 11.6 oz      | 1                      | 535      | 267               | 32g       | 47%         | 9g            | 40%       | 0g        | 116mg       | 39%           | 1314mg | 57%      | 27g                 | 9%                    | 3g            | 12%             | 5g     | 46g     | 280%        | 10%         | 45%       | 20%    | fish, eggs, milk, soy, wheat     |
| Cosi® Cobb                              | 13.6 oz      | 1                      | 744      | 267               | 53g       | 79%         | 16g           | 74%       | 0g        | 339mg       | 113%          | 1817mg | 79%      | 87g                 | 29%                   | 5g            | 20%             | 12g    | 49g     | 175%        | 33%         | 26%       | 16%    | eggs, milk, soy                  |
| Greek                                   | 13.75 oz     | 1                      | 509      | 445               | 47g       | 74%         | 9g            | 43%       | 0g        | 25mg        | 8%            | 1491mg | 65%      | 83g                 | 28%                   | 7g            | 28%             | 6g     | 8g      | 280%        | 29%         | 28%       | 12%    | milk, soy                        |
| Shanghai Chicken                        | 11.5 oz      | 1                      | 490      | 49                | 27g       | 41%         | 4.5g          | 21%       | 0g        | 75mg        | 25%           | 1374mg | 60%      | 104g                | 35%                   | 5             | 20%             | 20g    | 25g     | 171%        | 17%         | 6%        | 15%    | milk, soy, wheat                 |
| Signature                               | 13.5 oz      | 1                      | 714      | 148               | 44g       | 67%         | 11g           | 50%       | 0g        | 25mg        | 8%            | 668mg  | 29%      | 138g                | 46%                   | 8g            | 32%             | 52g    | 13g     | 166%        | 23%         | 27%       | 11%    | tree nuts (pistachio), milk, soy |
| Smart Fit                               | 15.2 oz      | 1                      | 403      | 102               | 25g       | 26%         | 3g            | 14%       | 0g        | 0mg         | 0%            | 595mg  | 27%      | 43g                 | 14%                   | 13g           | 52%             | 16g    | 8g      | 313%        | 214%        | 24%       | 19%    | soy                              |
| Dressing - Bleu Cheese                  | 2 oz         | 1                      | 248      | 221               | 25g       | 37%         | 4g            | 17%       | 0g        | 28mg        | 9%            | 400mg  | 17%      | 2g                  | 1%                    | 0g            | 0%              | 2g     | 4g      | 4%          | 3%          | 9%        | 3%     | eggs, milk, soy                  |
| Dressing - Chili Lime                   | 2 oz         | 1                      | 120      | 120               | 14g       | 22%         | 2g            | 10%       | 0g        | 0mg         | 0%            | 220mg  | 9%       | 5g                  | 2%                    | 0g            | 0%              | 4g     | 0g      | 2%          | 15%         | 0%        | 2%     | soy                              |
| Dressing - Cosi® Caesar                 | 2 oz         | 1                      | 265      | 255               | 28g       | 43%         | 5g            | 21%       | 0g        | 28mg        | 9%            | 794mg  | 33%      | 4g                  | 1%                    | 0g            | 0%              | 2g     | 4g      | 0%          | 0%          | 11%       | 0%     | fish, eggs, milk, soy            |
| Dressing - Cosi® Oriental Dressing      | 2 oz         | 1                      | 76       | 43                | 5g        | 7%          | 0g            | 0%        | 0g        | 0mg         | 0%            | 491mg  | 20%      | 11g                 | 4%                    | 0g            | 0%              | 6g     | 0g      | 0%          | 0%          | 0%        | 0%     | soy, wheat                       |
| Dressing - Cosi® Vinaigrette            | 2 oz         | 1                      | 343      | 339               | 38g       | 57%         | 3g            | 12%       | 0g        | 0mg         | 0g            | 162mg  | 7%       | 2g                  | 1%                    | 0g            | 2%              | 0g     | 0g      | 0%          | 0%          | 1%        | 1%     |                                  |
| Dressing - Italian                      | 2 oz         | 1                      | 246      | 238               | 26g       | 40%         | 5g            | 21%       | 0g        | 0mg         | 0%            | 378mg  | 16%      | 2g                  | 1%                    | 0g            | 0%              | 2g     | 2g      | 0%          | 0%          | 4%        | 0%     | milk, soy                        |
| Dressing - Sherry Shallot               | 2 oz         | 1                      | 283      | 238               | 26g       | 40%         | 4g            | 17%       | 0g        | 0mg         | 0%            | 151mg  | 6%       | 9g                  | 3%                    | 0g            | 0%              | 8g     | 0g      | 0%          | 4%          | 0%        | 0%     | soy                              |
| Dressing - Sherry Shallot (Reduced Fat) | 2 oz         | 1                      | 94       | 51                | 6g        | 9%          | 0g            | 0%        | 0g        | 0mg         | 0%            | 170mg  | 7%       | 11g                 | 4%                    | 0g            | 0%              | 9g     | 0g      | 0%          | 4%          | 0%        | 0%     |                                  |

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## Sandwiches &amp; Melts



| Menu Item                             | Serving Size | Servings Per Container | Calories | Calories From Fat | Total Fat | Total Fat % | Saturated Fat | Sat Fat % | Trans Fat | Cholesterol | Cholesterol % | Sodium | Sodium % | Total Carbohydrates | Total Carbohydrates % | Dietary Fiber | Dietary Fiber % | Sugars | Protein | Vitamin A % | Vitamin C % | Calcium % | Iron % | Allergens                    |
|---------------------------------------|--------------|------------------------|----------|-------------------|-----------|-------------|---------------|-----------|-----------|-------------|---------------|--------|----------|---------------------|-----------------------|---------------|-----------------|--------|---------|-------------|-------------|-----------|--------|------------------------------|
| Bacon Turkey Cheddar                  | 12.2 oz      | 1                      | 597      | 225               | 26g       | 40%         | 11g           | 50%       | 0g        | 122mg       | 41%           | 1407mg | 61%      | 47g                 | 16%                   | 1.5g          | 6%              | 5g     | 41g     | 12%         | 12%         | 6%        | 21%    | milk, soy, wheat             |
| Balsamic Chicken Bruchetta            | 10.95 oz     | 1                      | 462      | 118               | 14g       | 30%         | 5g            | 36%       | 0g        | 93mg        | 30%           | 980mg  | 37%      | 50g                 | 17%                   | 2g            | 8%              | 4g     | 37g     | 35%         | 6%          | 25%       | 15%    | milk, soy, wheat             |
| Buffalo Bleu                          | 10.2 oz      | 1                      | 442      | 152               | 17g       | 26%         | 2.8g          | 13%       | 0g        | 72mg        | 24%           | 1446mg | 63%      | 46g                 | 16%                   | 1.5           | 6%              | 4g     | 27g     | 50%         | 8%          | 6%        | 25%    | eggs, milk, soy, wheat       |
| Cheese Melt                           | 8 oz         | 1                      | 579      | 303               | 36g       | 54%         | 21g           | 96%       | 0g        | 99mg        | 33%           | 925mg  | 40%      | 44g                 | 15%                   | 1g            | 4%              | 2g     | 24g     | 7%          | 4%          | 3%        | 12%    | milk, soy, wheat             |
| Chicken Parmesan                      | 11.5 oz      | 1                      | 661      | 114               | 24g       | 36%         | 14g           | 62%       | 0g        | 137mg       | 46%           | 1755mg | 76%      | 58g                 | 19%                   | 3g            | 14%             | 8g     | 65g     | 35%         | 20%         | 80%       | 25%    | milk, soy, wheat             |
| Chicken TBM                           | 11.2 oz      | 1                      | 652      | 271               | 31g       | 47%         | 8g            | 12%       | 0g        | 102mg       | 34%           | 989mg  | 43%      | 51g                 | 17%                   | 2g            | 8%              | 7g     | 41g     | 15%         | 10%         | 20%       | 25%    | milk, soy, wheat             |
| Chipotle Chicken                      | 9.9 oz       | 1                      | 990      | 180               | 20g       | 30%         | 9g            | 39%       | 0g        | 90mg        | 29%           | 2010mg | 84%      | 155g                | 52%                   | 6g            | 25%             | 31g    | 49g     | 18%         | 60%         | 35%       | 45%    | milk, soy, wheat, egg        |
| Club Supreme                          | 11.5 oz      | 1                      | 728      | 415               | 49g       | 74%         | 13g           | 66%       | 0g        | 111mg       | 37%           | 1454mg | 63%      | 47g                 | 16%                   | 2g            | 8%              | 5g     | 31g     | 7%          | 4%          | 4%        | 13%    | milk, soy, wheat, egg        |
| Gyro Sandwich                         | 11.5 oz      | 1                      | 590      | 114               | 31g       | 47%         | 11g           | 50%       | 1g        | 73mg        | 30%           | 1559mg | 64%      | 52g                 | 18%                   | 2g            | 8%              | 7g     | 28g     | 7%          | 34%         | 1%        | 31%    | milk, soy, wheat             |
| Ham & Swiss                           | 9.5 oz       | 1                      | 487      | 146               | 17g       | 25%         | 8g            | 37%       | 0g        | 78mg        | 32%           | 1301mg | 57%      | 81g                 | 27%                   | 4g            | 16%             | 13g    | 43g     | 50%         | 20%         | 45%       | 30%    | milk, soy, wheat             |
| Hummus & Veggie                       | 10.2 oz      | 1                      | 483      | 146               | 16g       | 25%         | 2             | 9%        | 0g        | 0mg         | 0%            | 1469mg | 63%      | 67g                 | 23%                   | 10g           | 40%             | 8g     | 20g     | 7%          | 34%         | 1%        | 31%    | wheat                        |
| Pesto Chicken                         | 10.95 oz     | 1                      | 493      | 155               | 18g       | 27%         | 7.7g          | 35%       | 0g        | 96mg        | 32%           | 1015mg | 44%      | 50g                 | 17%                   | 2g            | 8%              | 4g     | 47g     | 20%         | 6%          | 25%       | 25%    | milk, soy, wheat             |
| Roasted Turkey Club                   | 10.25 oz     | 1                      | 623      | 76                | 33g       | 49%         | 5.6g          | 26%       | 0g        | 64mg        | 21%           | 1127mg | 49%      | 47g                 | 16%                   | 2g            | 8%              | 4g     | 31g     | 41%         | 13%         | 1%        | 20%    | eggs, milk, soy, wheat       |
| Roast Beef & Cheddar                  | 9.7 oz       | 1                      | 587      | 252               | 29g       | 44%         | 10g           | 49%       | 0g        | 108mg       | 36%           | 1705mg | 74%      | 48g                 | 16%                   | 1g            | 4%              | 5g     | 32g     | 7%          | 4%          | 3%        | 12%    | eggs, milk, soy, wheat       |
| TBM                                   | 9.6 oz       | 1                      | 590      | 280               | 33g       | 50%         | 11g           | 49%       | 0g        | 36mg        | 12%           | 743mg  | 32%      | 49g                 | 17%                   | 2g            | 8%              | 5g     | 22g     | 35%         | 25%         | 40%       | 15%    | milk, soy, wheat             |
| Tuna                                  | 11.2 oz      | 1                      | 727      | 241               | 41g       | 62%         | 8g            | 37%       | 0g        | 89mg        | 30%           | 1279mg | 56%      | 47g                 | 16%                   | 2g            | 8%              | 5g     | 53g     | 261%        | 16%         | 5%        | 28%    | fish, eggs, milk, soy, wheat |
| Turkey Avocado                        | 11.6 oz      | 1                      | 498      | 185               | 21g       | 31%         | 3g            | 15%       | 0g        | 68mg        | 23%           | 949mg  | 41%      | 51g                 | 17%                   | 3g            | 12%             | 4g     | 28g     | 13%         | 31%         | 7%        | 24%    | eggs, milk, soy, wheat       |
| Turkey & Brie                         | 9.7 oz       | 1                      | 480      | 152               | 17g       | 26%         | 8.5g          | 39%       | 0g        | 110mg       | 37%           | 820mg  | 35%      | 45g                 | 15%                   | 1g            | 4%              | 3g     | 34g     | 20%         | 6%          | 20%       | 25%    | milk, soy, wheat             |
| Turkey Stuffing                       | 11.7 oz      | 1                      | 819      | 158               | 43g       | 65%         | 9.5g          | 43%       | 0g        | 110mg       | 37%           | 1887mg | 82%      | 71g                 | 24%                   | 2g            | 8%              | 7g     | 35g     | 0%          | 4%          | 2%        | 40%    | milk, soy, wheat             |
| Turkey Light                          | 8.5 oz       | 1                      | 343      | 46                | 5g        | 8%          | 1g            | 5%        | 0g        | 65mg        | 22%           | 800mg  | 35%      | 45g                 | 15%                   | 1g            | 4%              | 3g     | 26g     | 10%         | 6%          | 4%        | 25%    | milk, soy, wheat             |
| Tuscan Pesto Chicken (Catering only)  | 9.45 oz      | 1                      | 420      | 60                | 7g        | 10%         | 7g            | 30%       | 0g        | 75mg        | 25%           | 640mg  | 27%      | 48g                 | 16%                   | 3g            | 14%             | 3g     | 35g     | 40%         | 6%          | 2%        | 30%    | milk, soy, wheat             |
| Italiano Sandwich (catering only)     | 11.25 oz     | 1                      | 507      | 181               | 21g       | 32%         | 8.8g          | 38%       | 0g        | 63mg        | 21%           | 1708mg | 71%      | 50g                 | 17%                   | 2g            | 8%              | 5g     | 31g     | 7%          | 4%          | 3%        | 53%    | milk, soy, wheat             |
| Shrimp Salad Sandwich (catering only) | 10.2 oz      | 1                      | 428      | 24                | 2g        | 3%          | 2g            | 10%       | 0g        | 118mg       | 40%           | 1024mg | 50%      | 45g                 | 15%                   | 2g            | 8%              | 3g     | 20g     | 0%          | 0%          | 4%        | 14%    | milk, soy, wheat, shellfish  |

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Soups




| Menu Item                       | Serving Size | Servings Per Container | Calories | Calories From Fat | Total Fat | Total Fat % | Saturated Fat | Sat Fat % | Trans Fat | Cholesterol | Cholesterol % | Sodium | Sodium % | Total Carbohydrates | Total Carbohydrates % | Dietary Fiber | Dietary Fiber % | Sugars | Protein | Vitamin A % | Vitamin C % | Calcium % | Iron % | Allergens                   |
|---------------------------------|--------------|------------------------|----------|-------------------|-----------|-------------|---------------|-----------|-----------|-------------|---------------|--------|----------|---------------------|-----------------------|---------------|-----------------|--------|---------|-------------|-------------|-----------|--------|-----------------------------|
| Chicken Noodle (Bowl)           | 15 oz        | 1                      | 150      | 30                | 3.5g      | 5%          | 1.5g          | 8%        | 0g        | 45mg        | 12%           | 1150mg | 48%      | 18g                 | 6%                    | 2g            | 8%              | 3g     | 12g     | 30%         | 6%          | 4%        | 10%    | eggs, wheat                 |
| Chicken Noodle (Cup)            | 8 oz         | 1                      | 100      | 20                | 2         | 3%          | 1g            | 5%        | 0g        | 30mg        | 10%           | 760mg  | 32%      | 12g                 | 4%                    | 1g            | 4%              | 2g     | 11g     | 20%         | 4%          | 2%        | 8%     | eggs, wheat                 |
| Macaroni & Cheese (Bowl)        | 15 oz        | 1                      | 720      | 368               | 41g       | 62%         | 26g           | 121%      | 0g        | 117g        | 59%           | 1940mg | 84%      | 61g                 | 21%                   | 1g            | 4%              | 2g     | 39g     | 40%         | 0%          | 70%       | 15%    | eggs, milk, wheat           |
| Macaroni & Cheese (Cup)         | 8 oz         | 1                      | 490      | 250               | 28g       | 42%         | 18g           | 82%       | 0g        | 80g         | 40%           | 1320mg | 57%      | 42g                 | 14%                   | 1g            | 4%              | 2g     | 16g     | 25%         | 0%          | 45%       | 10%    | eggs, milk, wheat           |
| Mediterranean Lentil (Bowl)     | 15 oz        | 1                      | 320      | 170               | 19g       | 29%         | 3g            | 15%       | 0g        | 0mg         | 0%            | 1050mg | 44%      | 30g                 | 10%                   | 9g            | 36%             | 6g     | 8g      | 100%        | 8%          | 8%        | 20%    |                             |
| Mediterranean Lentil (Cup)      | 8 oz         | 1                      | 210      | 110               | 13g       | 20%         | 2g            | 10%       | 0g        | 0mg         | 0%            | 700mg  | 29%      | 20g                 | 7%                    | 6g            | 24%             | 4g     | 6g      | 70%         | 6%          | 4%        | 10%    |                             |
| New England Clam Chowder (Bowl) | 15 oz        | 1                      | 630      | 270               | 46 g      | 1           | 23g           | 117%      | 0g        | 162mg       | 54%           | 1368mg | 57%      | 43g                 | 14%                   | 1.8g          | 7%              | 9 g    | 19.8    | 27%         | 18%         | 27%       | 72%    | Shellfish, Fish, Milk       |
| New England Clam Chowder (Cup)  | 8 oz         | 1                      | 350      | 150               | 23g       | 35%         | 13g           | 65%       | 0g        | 90mg        | 30%           | 760mg  | 32%      | 24g                 | 8%                    | 1g            | 4%              | 5g     | 11g     | 15%         | 10%         | 15%       | 40%    | Shellfish, Fish, Milk       |
| Shrimp & Corn Chowder           |              |                        | 413      | 188               | 20g       | 32%         | 9g            | 47%       | 0g        | 84mg        | 28%           | 1462mg | 62%      | 47g                 | 15%                   | 4g            | 16%             | 19g    | 13g     | 19%         | 47%         | 19%       | 8%     | Shellfish, Milk, Soy, Wheat |
| Shrimp & Corn Chowder (cup)     | 8 oz         | 1                      | 220      | 100               | 11g       | 17%         | 5g            | 25%       | 0g        | 45mg        | 15%           | 780mg  | 33%      | 25g                 | 8%                    | 2g            | 8%              | 10g    | 7g      | 10%         | 25%         | 10%       | 4%     | Shellfish, Milk, Soy, Wheat |
| Turkey Chili (Bowl)             | 15 oz        | 1                      | 360      | 60                | 7g        | 11%         | 2g            | 8%        | 0g        | 20mg        | 6%            | 1370mg | 57%      | 67g                 | 22%                   | 22g           | 98%             | 9g     | 24g     | 10%         | 4%          | 15%       | 35%    | soy, wheat                  |
| Turkey Chili (Cup)              | 8 oz         | 1                      | 240      | 45                | 5g        | 7%          | 1g            | 6%        | 0g        | 10mg        | 4%            | 910mg  | 38%      | 45g                 | 15%                   | 15g           | 65%             | 6g     | 16g     | 8%          | 2%          | 10%       | 25%    | soy, wheat                  |
| Tomato Basil (Bowl)             | 15 oz        | 1                      | 600      | 420               | 47g       | 70%         | 32g           | 143%      | 0g        | 180mg       | 59%           | 750mg  | 31%      | 30g                 | 10%                   | 0g            | 0%              | 17g    | 4g      | 45%         | 15%         | 10%       | 1000%  | milk                        |
| Tomato Basil (Cup)              | 8 oz         | 1                      | 400      | 280               | 31g       | 47%         | 21g           | 96%       | 0g        | 120mg       | 40%           | 500mg  | 21%      | 20g                 | 7%                    | 0g            | 0%              | 11g    | 2g      | 30%         | 10%         | 8%        | 8%     | milk                        |

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| Dinners  |              |                        |          |                   |           |             |               |           |           |             |               |        |          |                     |                       |               |                 |        |         |              |
|--|--------------|------------------------|----------|-------------------|-----------|-------------|---------------|-----------|-----------|-------------|---------------|--------|----------|---------------------|-----------------------|---------------|-----------------|--------|---------|--------------|
|  |              |                        |          |                   |           |             |               |           |           |             |               |        |          |                     |                       |               |                 |        |         |              |
| Menu Item  | Serving Size | Servings Per Container | Calories | Calories From Fat | Total Fat | Total Fat % | Saturated Fat | Sat Fat % | Trans Fat | Cholesterol | Cholesterol % | Sodium | Sodium % | Total Carbohydrates | Total Carbohydrates % | Dietary Fiber | Dietary Fiber % | Sugars | Protein | Allergens    |
| Braised Beef Short Ribs in Demi Glace  | 18 oz        | 1                      | 912      | 519               | 59g       | 88%         | 26g           | 112%      | 0g        | 169mg       | 56%           | 1110mg | 44%      | 36g                 | 14%                   | 5g            | 20%             | 5g     | 64g     | dairy        |
| Herb Roasted Chicken Breast  | 18 oz        | 1                      | 503      | 145               | 15g       | 24%         | 3.2g          | 17%       | 0g        | 136mg       | 45%           | 1215mg | 37%      | 35g                 | 13%                   | 5g            | 20%             | 6g     | 62g     | dairy        |
| Oven Roasted Wild Keta Salmon  | 18 oz        | 1                      | 553      | 219               | 25g       | 37%         | 11g           | 47%       | 0g        | 174mg       | 58%           | 641mg  | 26%      | 32g                 | 11%                   | 5g            | 20%             | 4g     | 50g     | fish, dairy  |
| Rigatoni with Meatballs  | 18 oz        | 1                      | 1363     | 806               | 92g       | 119%        | 38g           | 172%      | 0g        | 179mg       | 59%           | 3216mg | 139%     | 75g                 | 30%                   | 7.5g          | 25%             | 15g    | 55g     | dairy, wheat |
|  |              |                        |          |                   |           |             |               |           |           |             |               |        |          |                     |                       |               |                 |        |         |              |

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| Dinners  |              |                        |          |                   |           |             |               |           |           |             |               |        |          |                     |                       |               |                 |        |         |           |  |
|--|--------------|------------------------|----------|-------------------|-----------|-------------|---------------|-----------|-----------|-------------|---------------|--------|----------|---------------------|-----------------------|---------------|-----------------|--------|---------|-----------|--|
|  |              |                        |          |                   |           |             |               |           |           |             |               |        |          |                     |                       |               |                 |        |         |           |  |
| Menu Item  | Serving Size | Servings Per Container | Calories | Calories From Fat | Total Fat | Total Fat % | Saturated Fat | Sat Fat % | Trans Fat | Cholesterol | Cholesterol % | Sodium | Sodium % | Total Carbohydrates | Total Carbohydrates % | Dietary Fiber | Dietary Fiber % | Sugars | Protein | Allergens |  |
| Cheese Platter   | 3 oz         | 10                     | 176      | 118               | 13.5g     | 16%         | 8.4g          | 40%       | 0g        | 39mg        | 11%           | 485mg  | 11%      | 5g                  | 2%                    | 1g            | 4%              | 3g     | 10g     | dairy     |  |
| Veggie Platter, with Hummus  | 3 oz         | 10                     | 49       | 14                | 1.5g      | 2%          | 0g            | 0%        | 0g        | 1mg         | 0%            | 7mg    | 0%       | 7.5g                | 3%                    | 1g            | 4%              | 2g     | 2g      | dairy     |  |
|  |              |                        |          |                   |           |             |               |           |           |             |               |        |          |                     |                       |               |                 |        |         |           |  |
|  |              |                        |          |                   |           |             |               |           |           |             |               |        |          |                     |                       |               |                 |        |         |           |  |

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