

PRODUCT	Category	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	ALLERGENS
Plain Bagel	Bagels	12g	69g	8g	1g	0g	330	Sesame, Wheat
Everything Bagel	Bagels	12g	68g	8g	2g	0g	330	Sesame, Wheat
Onion Bagel	Bagels	11g	70g	9g	0g	0g	330	Wheat
French Toast Bagel	Bagels	11g	70g	10g	1g	0g	330	Sesame, Wheat, Egg
Cinnamon Rasin Bagel	Bagels	11g	70g	11g	1g	0g	330	Sesame, Wheat
Asiago Bagel	Bagels	13g	65g	7g	3g	1.5g	340	Sesame, Wheat, Milk
Jalapeno Bagel	Bagels	12g	64g	7g	3g	1.5g	330	Sesame, Wheat, Milk
Udi's GLUTEN FREE Plain Bagel *GF	Bagels	8g	47g	6g	9g	3g	310	GLUTEN FREE
Cheese Danish *Vegetarian	Bakery	3g	26g	7g	16g	9g	260	Wheat, Milk, Egg
Cinnamon Stick	Bakery	6g	50g	17g	33g	33g	520	Wheat, Soy
Raspberry Sticks	Bakery	6g	50g	17g	13g	33g	520	Wheat, Soy
Chocolate Chip Cookie	Bakery							Eggs, Milk, Soy, Wheat, May contain Peanuts and tree nuts
Blueberry Muffin *Vegetarian	Bakery	6g	75g	41g	30g	6g	600	Eggs, Milk, Soy, Wheat, May contain tree nuts
Cranberry Orange Muffin *Vegetarian	Bakery	7g	73g	40g	31g	6g	610	Egg, Milk, Wheat, Treenuts May contain soy
Pistachio Muffin *Vegetarian	Bakery	8g	79g	43g	37g	6g	690	Eggs, Milk, Wheat, Tree nuts May contain Soy
Chocolate Chip Muffin	Bakery	8g	86g	52g	36g	9g	710	Eggs, Milk, Soy, Wheat, May contain tree nuts
Corn Muffin *Vegetarian	Bakery	8g	88g	41g	31g	6g	670	Wheat, Eggs, Milk May contain tree nuts and soy
Double Chocolate Muffin *Vegetrian	Bakery	8g	80g	52g	36g	9g	680	Wheat, Eggs, Milk, Soy May contain treenuts and peanuts
Honey Bun	Bakery	7g	43g	6g	22g	10g	390	Egg, Soy, Milk, Wheat
Gluten Free Devil's Food Cake Donuts DF, NF, SF	Bakery	5g	44g	26g	0g	4.5g	280	Egg 3 per serving. 2 servings per container
Gluten Free Glazed Old Fash Donuts DF, NF, SF	Bakery	3g	43g	24g	11g	4g	280	Egg 3 per serving. 2 servings per container
Plain Croissant	Bread	4g	26g	4g	10g	4g	210	Milk, Wheat, Soy, Eggs, Tree Nuts
Udi's GLUTEN FREE Bun *GF	Bread	5g	44g	6g	7g	0.5g	240	Egg
Bakers Breakfast Box (6 ounces)	Breakfast	12.75g	15.75g	2.25g	17.25g	7.5g	270	Egg, Milk, Soy/ Gluten free
Old Fashioned Donut	Donuts	4g	39g	14g	23g	11g	380	Egg, Soy, Milk, Wheat
Chocolate Cake Donut	Donuts	4g	42g	21g	16g	7g	320	Wheat, Milk, Egg, Soy
Jelly Donut	Donuts	5g	47g	20g	19g	9g	380	Milk, Wheat , Soy (may containe eggs)
Frosted Donut (Raised Ring)	Donuts	6g	53g	23g	21.5g	1.5g	430	Milk, Wheat , Soy (may containe eggs)
Boston Creme Donut	Donuts	6g	57g	28g	20.55g	9g	440	Egg, Soy, Milk, Wheat
Honey Dipped	Donuts	5g	41g	14g	19g	9g	345	Egg, Soy, Milk, Wheat
Blueberry Cake Donut	Donuts	4g	50g	24g	23g	11g	415	Egg, Soy, Milk, Wheat
Small Hot Chai	Drinks	4g	40g	36g	4.5g	4g	210	milk
Med Hot Chai	Drinks	5.28g	53.28	48g	5.92g	5.28g	280	milk
Large Hot Chai	Drinks	6.6g	66.6g	60g	7.40g	6.60g	350	milk
Frozen Lemonade (Small)	Frozen Drinks	0g	34g	32g	0g	0g	140	None
Coffee Cooler (small)	Frozen Drinks	.80g	200g	240g	12g	12g	297	milk
Coffee Cooler (med)	Frozen Drinks	1.20g	300g	360g	30g	18g	446	milk
Sm Strawberry Smoothie	Frozen Drinks	2.72g	111g	103g	16.48g	10.88g	604	milk,strawberries
Med Strawberry Smoothie	Frozen Drinks	4.08g	167g	153.6g	24.72g	16.32g	907	milk,strawberries
Sm Cotton Candy Smoothie	Frozen Drinks	7g	60.5g	47.5g	9g	5.12g	353.75	milk
Med Cotton Candy Smoothie	Frozen Drinks	7.88g	86.9g	67.5g	11g	6g	483.75	milk
Sm Orange Creamsicle	Frozen Drinks	7g	61.5g	47.5g	5g	5.12g	343.75	milk
Med Orange Creamsicle	Frozen Drinks	7.88g	88.38g	67.5g	5g	6g	468.63	milk
Red Bull Infusion	Iced Drinks	0g	112g	107g	0g	0g	460	None
Fresh Brewed Iced Tea	Iced Drinks	0g	0g	0g	0g	0g	0g	None
Flavored Iced Tea (Rasp, Strawberry) Med GF*	Iced Drinks	0g	66g	69g	0g	0g	270	None
Iced Coffee (Black)	Iced Drinks	0g	0g	0g	0g	0g	0g	None
Iced Cap (small)	Iced Drinks	4.16g	36.48g	29.92g	8g	4.48g	250	milk
Iced Cap (med)	Iced Drinks	4.16g	54g	44.8g	12g	6.72g	375	milk
Iced Cap (large)	Iced Drinks	8.32g	72g	59g	16g	8.96g	500	milk
Small Iced Chai	Iced Drinks	4g	40g	36g	4.5g	4g	210	milk
Med Iced Chai	Iced Drinks	5.28g	53.28g	48g	5.92g	5.28g	280	milk
Large Iced Chai	Iced Drinks	6.6g	66.6g	60g	7.40g	6.60g	350	milk
Cold Foam	Misc	0g	5g	4g	6g	6g	80	Soy, Milk
Chipotle	Misc	0g	1g	0g	10g	1.5g	90	Egg (Serving size 1 tbsp)
Mayonnaise	Misc	0g	0g	0g	11g	1.5g	100	Egg (Serving size 1 tbsp)
Fat Boy Sandwich	Sandwiches	45g	45g	7g	59g	21g	730	Wheat,egg,
Egg and Cheese Bagel Sandwich	Sandwiches	19g	72g	9g	17g	5g	500	Milk, Wheat, Eggs, (Sesame-Everything Bagel)
Bacon, Egg and Cheese Bagel Sandwich	Sandwiches	22.75g	72.75g	9g	21.5	5.15g	560	Milk, Wheat, Eggs, (Sesame-Everything Bagel)
Sausage, Egg and Cheese Bagel Sandwich	Sandwiches	26g	73g	9g	39g	13g	730	Milk, Wheat, Eggs, (Sesame-Everything Bagel)

Ham, Egg and Cheese Bagel Sandwich	Sandwiches	28g	73g	10g	19g	6g	530	Milk, Wheat, Eggs, (Sesame-Everything Bagel)
Skinny Sandwich (on an english muffin)	Sandwiches	19g	40g	1g	12.5	9g	350	Milk, Wheat, Soy, Eggs
English Muffin	Sandwiches	6g	37g	1g	1.5g	0g	190	Milk, Soy, Wheat
Chicken Salad Flatbread w/cheese	Sandwiches	32g	58g	3g	51g	9.05g	810	Milk, Wheat, Soy, Eggs
Chicken Salad Croissant w/ cheese	Sandwiches	27g	32g	4g	54g	13g	710	Milk, Wheat, Soy, Eggs
Tcb	Sandwiches	41.75g	55.75g	0g	18.5g	4.20g	570	Milk, Wheat
Ham and Cheese Flatbread	Sandwiches	39g	57g	3g	18g	6.05g	460	Milk, Wheat
Grilled Cheese	Sandwiches	21g	60g	0g	27g	12.05g	550	Milk, Wheat
Flat Bread	Sandwiches	9g	52g	0g	7g	.05g	310	Wheat
Strawberry Monin per 1fl oz	Drinks	0g	23g	22g	0g	0g	90	No allergens/ Gluten Free
Raspberry Monin per 1fl oz	Drinks	0g	24g	23g	0g	0g	90	No allergens/ Gluten Free
Watermelon Monin per 1fl oz	Drinks	0g	24g	23g	0g	0g	90	No allergens/ Gluten Free
White Chocolate Monin Sauce per 1fl oz	Drinks	1g	23g	21g	0g	0g	110	Milk/ Gluten Free
Caramel DaVinci Sauce per 2 tbsp	Drinks	1g	26g	22g	.05g	0g	110	Milk/ Gluten Free
Chocolate Davinci Sauce 2 tbsp	Drinks	1g	26g	20g	0g	0g	110	No allergens/ Gluten Free
Pistachio Monin per 1fl oz	Drinks	0g	20g	19g	0g	0g	80	No allergens/ Gluten Free
Peanutbutter Monin per 1fl oz	Drinks	0g	25g	23g	0g	0g	100	No allergens/ Gluten Free
Mint Monin per 1fl oz	Drinks	0g	24g	24g	0g	0g	100	No allergens/ Gluten Free
Banana Monin per 1fl oz	Drinks	0g	25g	25g	0g	0g	100	No allergens/ Gluten Free
Chicken Salad (No Bread) 1/2 cup	Sandwiches	20g	4g	3g	39g	6g	440	egg
Hashbrown	Sandwiches	1g	12g	0	6g	1g	110	Gluten Free