




| SERVING SIZE (OZ) | SERVING SIZE (G) | CALORIES | TOTAL FAT (G) | SATURATED FAT (G) | TRANS FAT (G) | CHOLESTEROL (MG) | SODIUM (MG) | CARBOHYDRATES (G) | DIETARY FIBER (G) | SUGARS (G) | ADDED SUGARS (G) | PROTEIN (G) | CAFFEINE (MG) | EGGS | MILK | SOY | WHEAT | TREE NUTS | PEANUTS | FISH | SHELLFISH | SESAME |
|-------------------|------------------|----------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|------------------|-------------|---------------|------|------|-----|-------|-----------|---------|------|-----------|--------|
|-------------------|------------------|----------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|------------------|-------------|---------------|------|------|-----|-------|-----------|---------|------|-----------|--------|


**Ingredient List**


**BAGELS & BREADS**


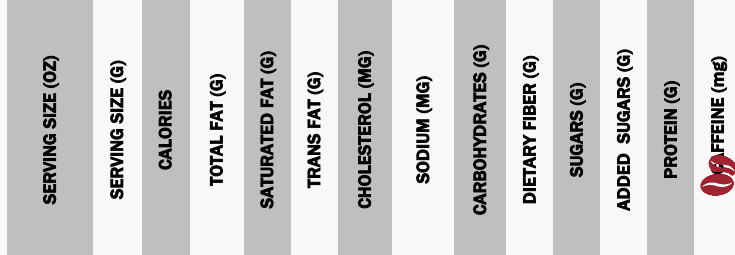
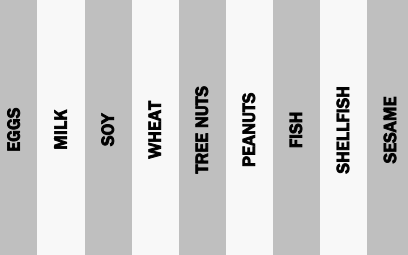

**BAGELS** VALUES LISTED ARE FOR FULL-SIZED BAGELS. SKINNY BAGELS ARE APPROX. 2/3 OF AMOUNT LISTED BELOW.


|  |     |     |     |     |     |   |    |     |    |   |    |    |    |   |   |   |   |  |  |  |  |  |   |  |
|--|-----|-----|-----|-----|-----|---|----|-----|----|---|----|----|----|---|---|---|---|--|--|--|--|--|---|--|
| Asiago Parmesan                          | 4.3 | 122 | 320 | 3   | 1.5 | 0 | 5  | 720 | 59 | 2 | 4  | 2  | 14 | 0 | X |   | X |  |  |  |  |  |   | Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Parmesan/ Asiago Cheese Blend (Parmesan Cheese, (Cultured Pasteurized Milk, Salt, Enzymes), Asiago Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Anticake (Potato Starch, Powdered Cellulose), Natamycin (Natural Mold Inhibitor)).  |
| Blueberry                                | 4.1 | 115 | 310 | 1   | 0   | 0 | 0  | 520 | 65 | 2 | 11 | 9  | 10 | 0 |   |   | X |  |  |  |  |  |   | Blueberry Bagel Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thimin Mononitrate, Riboflavin, Folic Acid), Water, Brown Sugar, Malt Extract, Infused Wild Dried Blueberries (Blueberries, Sugar, Sunflower Oil), Salt, Yeast, Natural Flavor, Wheat Gluten, Blueberries, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid.   |
| Bruegger Bites (3) (Select Markets)      | 2.0 | 58  | 170 | 2.5 | 0.5 | 0 | 0  | 240 | 32 | 1 | 3  | 2  | 6  | 0 |   |   | X |  |  |  |  |  |   | Rosemary Olive Oil Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Olive Oil, Malt Extract, Brown Sugar, Salt, Rosemary, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose).   |
| Cheesy Hash Brown - Gourmet              | 4.5 | 127 | 390 | 11  | 4.5 | 0 | 10 | 650 | 59 | 3 | 5  | 4  | 13 | 0 | X |   | X |  |  |  |  |  |   | Potato Dough Ball Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Soybean Oil, Potato Flour, Yeast, Wheat Gluten, Salt, Wheat Flour, Malted Barley Flour, Dextrose, Enzymes, Ascorbic Acid, Hash Browns (Potatoes, Disodium Dihydrogen Pyrophosphate (To Promote Color Retention), Dextrose), Three Cheese Blend Low-Moisture Part-Skim Mozzarella Cheese (Cultured Pasteurized Reduced Fat Milk, Salt, Enzymes), Provolone Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Anticake (Powdered Cellulose), Parmesan/ Asiago Cheese Blend (Parmesan Cheese, (Cultured Pasteurized Milk, Salt, Enzymes), Asiago Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Anticake (Potato Starch, Powdered Cellulose), Natamycin (Natural Mold Inhibitor)), Butter Blend (Vegetable Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Butter (Cream, Salt), Contains Less Than 2% Of Natural Flavor, Vitamin A Palmitate Added, Beta Carotene (Color), Salt), Black Pepper, Coarse Kosher Salt Kosher Salt. |
| Chocolate Chip (Select Markets)          | 4.1 | 115 | 320 | 3.5 | 1.5 | 0 | 0  | 550 | 62 | 3 | 9  | 8  | 11 | 0 |   | X | X |  |  |  |  |  |   | Chocolate Chip Bagel "Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Semi-Sweet Chocolate Chips (Sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin, Vanilla Extract), Malted Barley Extract, Brown Sugar, Salt, Yeast, Cocoa Powder Processed With Alkali, Wheat Gluten, Malt Powder (Malted Barley Flour, Wheat Flour, Dextrose), Ascorbic Acid."   |
| Cinnamon Raisin                          | 4.1 | 115 | 310 | 1   | 0   | 0 | 0  | 490 | 65 | 3 | 14 | 6  | 11 | 0 |   |   | X |  |  |  |  |  |   | Cinnamon Raisin Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Raisins, Brown Sugar, Malt Extract, Yeast, Wheat Gluten, Salt, Cinnamon, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid).   |
| Cinnamon Sugar                           | 4.9 | 140 | 380 | 1.5 | 0   | 0 | 0  | 610 | 83 | 3 | 27 | 24 | 11 | 0 |   |   | X |  |  |  |  |  |   | Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Cinnamon Sugar Topping, BRU Sugar, Brown Sugar, Cinnamon.   |
| Cranberry (Select Markets)               | 4.1 | 115 | 320 | 1   | 0   | 0 | 0  | 510 | 65 | 2 | 10 | 7  | 10 | 0 |   |   | X |  |  |  |  |  |   | Cranberry Bagel "Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sweetened Dried Cranberries (Cranberries, Sugar, Sunflower Oil), Brown Sugar, Malted Barley Extract, Salt, Yeast, Wheat Gluten, Malt Powder (Malted Barley Flour, Wheat Flour, Dextrose)".   |
| Egg (select markets)                     | 4.1 | 115 | 300 | 1.5 | 0.5 | 0 | 25 | 610 | 61 | 2 | 8  | 6  | 11 | 0 | X |   | X |  |  |  |  |  |   | BRU Egg Bagel Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Honey, Brown Sugar, Salt, Dried Whole Eggs, Yeast, Wheat Gluten, Dough Conditioner Blend (Malted Barley Flour, Wheat Flour, Dextrose), Turmeric (For Color), Ascorbic Acid.   |
| Everything                               | 4.4 | 124 | 330 | 3.0 | 0   | 0 | 0  | 790 | 64 | 3 | 5  | 2  | 12 | 0 |   |   | X |  |  |  |  |  | X | Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Everything Topping Natural Sesame Seed, Onion, Garlic, Poppy and Salt.  |
| Everything Whole Wheat                   | 4.4 | 124 | 330 | 3   | 0   | 0 | 0  | 800 | 64 | 6 | 10 | 7  | 13 | 0 |   |   | X |  |  |  |  |  | X | Wheat Bagel (Flour (Whole Wheat Flour, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid)), Water, Malt Extract, Honey, Wheat Gluten, Salt, Yeast, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Everything Topping Natural Sesame Seed, Onion, Garlic, Poppy and Salt.  |
| Five Cheese - Gourmet                    | 4.4 | 126 | 360 | 10  | 4.5 | 0 | 20 | 660 | 51 | 2 | 5  | 4  | 16 | 0 | X |   | X |  |  |  |  |  |   | Potato Dough Ball Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Soybean Oil, Potato Flour, Yeast, Wheat Gluten, Salt, Wheat Flour, Malted Barley Flour, Dextrose, Enzymes, Ascorbic Acid, Three Cheese Blend Low-Moisture Part-Skim Mozzarella Cheese (Cultured Pasteurized Reduced Fat Milk, Salt, Enzymes), Provolone Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Anticake (Powdered Cellulose), Parmesan/ Asiago Cheese Blend (Parmesan Cheese, (Cultured Pasteurized Milk, Salt, Enzymes), Asiago Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Anticake (Potato Starch, Powdered Cellulose), Natamycin (Natural Mold Inhibitor)).   |
| Garlic (Select Markets)                  | 4.3 | 122 | 310 | 1   | 0   | 0 | 0  | 610 | 64 | 3 | 4  | 2  | 12 | 0 |   |   | X |  |  |  |  |  |   | Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Minced Garlic, Minced Garlic.   |
| Italian Asiago Parmesan (Select Markets) | 4.3 | 122 | 320 | 3   | 1   | 0 | 5  | 710 | 60 | 2 | 4  | 2  | 13 | 0 | X |   | X |  |  |  |  |  |   | Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Parmesan/ Asiago Cheese Blend (Parmesan Cheese, (Cultured Pasteurized Milk, Salt, Enzymes), Asiago Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Anticake (Potato Starch, Powdered Cellulose), Natamycin (Natural Mold Inhibitor)), Italian Seasoning (Marjoram, Thyme, Rosemary, Savory, Sage, Oregano, Basil).   |
| Jalapeno (select markets)                | 4.1 | 115 | 330 | 3   | 0   | 0 | 0  | 480 | 67 | 2 | 7  | 2  | 13 | 0 |   |   | X |  |  |  |  |  |   | Jalapeno Bagel Unbleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt, Salt, Malt, Bakers Yeast), Jalapeno Peppers (Jalapeno Pepper, Water, Vinegar, Salt, Sugar, Spices, And Calcium Chloride), Ascorbic Acid.  |
| Jalapeno Cheddar (select markets)        | 4.9 | 138 | 350 | 6   | 2.5 | 0 | 15 | 790 | 60 | 2 | 4  | 2  | 14 | 0 | X |   | X |  |  |  |  |  |   | Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Sliced Jalapenos (Fresh Peppers, Water, Vinegar, Salt, Calcium Chloride, Sodium Benzoate (Preservative), Natural Flavors, Sodium Metabisulfite (Preservative), Yellow 5).  |


|   | SERVING SIZE (OZ) | SERVING SIZE (G) | CALORIES | TOTAL FAT (G) | SATURATED FAT (G) | TRANS FAT (G) | CHOLESTEROL (MG) | SODIUM (MG) | CARBOHYDRATES (G) | DIETARY FIBER (G) | SUGARS (G) | ADDED SUGARS (G) | PROTEIN (G) | CAFFEINE (MG) | EGGS | MILK | SOY | WHEAT | TREE NUTS | PEANUTS | FISH | SHELLFISH | SESAME | Ingredient List  |  |
|--|-------------------|------------------|----------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|------------------|-------------|---------------|------|------|-----|-------|-----------|---------|------|-----------|--------|--|--|
| Onion  | 4.2               | 120              | 310      | 1             | 0                 | 0             | 0                | 610         | 63                | 2                 | 6          | 2                | 11          | 0             |      |      |     | X     |           |         |      |           |        | Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Minced Onion, Minced Onion.                                   |  |
| Plain  | 4.1               | 115              | 290      | 1             | 0                 | 0             | 0                | 610         | 59                | 2                 | 4          | 2                | 11          | 0             |      |      |     | X     |           |         |      |           |        | Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid).   |  |
| Poppy Seed   | 4.3               | 122              | 330      | 4             | 0                 | 0             | 0                | 610         | 61                | 3                 | 4          | 2                | 12          | 0             |      |      |     | X     |           |         |      |           |        | Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Poppy Seeds Poppy Seed.                                       |  |
| Pumpernickel   | 4.1               | 115              | 300      | 1             | 0                 | 0             | 0                | 580         | 62                | 3                 | 7          | 5                | 11          | 0             |      |      |     | X     |           |         |      |           |        | Pumpernickel Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Brown Sugar, Caramel Color, Salt, Wheat Bran, Caraway Seeds, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid). |  |
| Rosemary Olive Oil   | 4.1               | 115              | 340      | 5             | 1                 | 0             | 0                | 480         | 63                | 2                 | 6          | 4                | 11          | 0             |      |      |     | X     |           |         |      |           |        | Pumpkin Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Pumpkin, Brown Sugar, Malted Barley Extract, Wheat Gluten, Yeast, Salt, Cinnamon, Ginger, Cloves, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid).    |  |
| Salt (select markets)  | 4.2               | 120              | 290      | 1             | 0                 | 0             | 0                | 20020       | 59                | 2                 | 4          | 2                | 11          | 0             |      |      |     | X     |           |         |      |           |        | Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Salt Salt   |  |
| Sesame   | 4.5               | 129              | 380      | 9             | 1                 | 0             | 0                | 620         | 61                | 4                 | 4          | 2                | 14          | 0             |      |      |     | X     |           |         |      | X         |        | Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Sesame Seeds.   |  |
| Sesame Whole Wheat (select markets)  | 4.5               | 129              | 380      | 9.0           | 1.0               | 0             | 0                | 630         | 61                | 7                 | 9          | 7                | 15          | 0             |      |      |     | X     |           |         |      | X         |        | Wheat Bagel (Flour (Whole Wheat Flour, Enriched Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid]), Water, Malt Extract, Honey, Wheat Gluten, Salt, Yeast, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Sesame Seeds.               |  |
| Whole Wheat  | 4.1               | 115              | 290      | 1.0           | 0.0               | 0             | 0                | 620         | 59                | 5                 | 9          | 7                | 12          | 0             |      |      |     | X     |           |         |      |           |        | Wheat Bagel (Flour (Whole Wheat Flour, Enriched Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid]), Water, Malt Extract, Honey, Wheat Gluten, Salt, Yeast, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid).                             |  |
| <b>BREADS &amp; WRAPS</b>  |                   |                  |          |               |                   |               |                  |             |                   |                   |            |                  |             |               |      |      |     |       |           |         |      |           |        |  |  |
| Ciabatta Roll  | 3.2               | 90               | 230      | 2.5           | 0                 | 0             | 0                | 610         | 44                | 2                 | 1          | 0                | 8           | 0             |      |      |     | X     |           |         |      |           |        | Enriched Flour (Wheat Flour, Ascorbic Acid Added As A Dough Conditioner, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Enzyme, Folic Acid), Water, Salt, Soybean And/Or Canola Oil, Yeast, Sugar, Dextrose, Malted Barley Flour, Cultured Rye Flour, Ascorbic Acid, Enzymes                        |  |
| <b>BEVERAGES</b>   |                   |                  |          |               |                   |               |                  |             |                   |                   |            |                  |             |               |      |      |     |       |           |         |      |           |        |  |  |
| <b>COFFEE &amp; BLENDED</b>  |                   |                  |          |               |                   |               |                  |             |                   |                   |            |                  |             |               |      |      |     |       |           |         |      |           |        |  |  |
| Café au Lait   | 12.0              | 340              | 150      | 8             | 4.5               | 0             | 25               | 8           | 11                | 0                 | 11         | 0                | 8           | 84            |      | X    |     |       |           |         |      |           |        | WHOLE MILK, COFFEE. CONTAINS 50-84 MG CAFFEINE PER 4 OZ SERVING OF COFFEE*   |  |
| Café au Lait   | 16.0              | 452              | 200      | 10.6          | 6                 | 0             | 33               | 11          | 15                | 0                 | 15         | 0                | 11          | 112           |      | X    |     |       |           |         |      |           |        | CONTAINS 67-112 MG CAFFEINE PER 5.5 OZ SERVING* OF COFFEE  |  |
| Café au Lait   | 20.0              | 567              | 249      | 13.3          | 7.5               | 0             | 42               | 14          | 18                | 0                 | 18         | 0                | 13          | 140           |      | X    |     |       |           |         |      |           |        | CONTAINS 83-140 MG CAFFEINE PER 7 OZ SERVING* OF COFFEE  |  |
| Café Latte   | 12.0              | 340              | 170      | 9             | 5                 | 0             | 25               | 8           | 13                | 0                 | 13         | 0                | 9           | 100           |      | X    |     |       |           |         |      |           |        | WHOLE MILK, ESPRESSO. CONTAINS 66-100 MG CAFFEINE PER 2 OZ SERVING OF ESPRESSO**   |  |
| Café Latte   | 16.0              | 453              | 226      | 12            | 6.7               | 0             | 33               | 11          | 17                | 0                 | 17         | 0                | 12          | 150           |      | X    |     |       |           |         |      |           |        | CONTAINS 99-150 MG CAFFEINE PER 3 OZ SERVING* OF ESPRESSO  |  |
| Café Latte   | 20.0              | 567              | 283      | 15            | 8.3               | 0             | 42               | 14          | 22                | 0                 | 22         | 0                | 15          | 400           |      | X    |     |       |           |         |      |           |        | CONTAINS 132-400 MG CAFFEINE PER 4 OZ SERVING* OF ESPRESSO   |  |
| Café Mocha   | 12.0              | 340              | 210      | 9             | 5                 | 0             | 25               | 8           | 23                | 0                 | 21         | 5                | 9           | 150           |      | X    |     |       |           |         |      |           |        | WHOLE MILK, ESPRESSO, CHOCOLATE SAUCE (INVERT SUGAR, WATER, SUGAR, MALTODEXTRIN, COCOA PROCESSED WITH ALKALI, GLYCERIN, SALT, CITRIC ACID, POTASSIUM SORBATE (PRESERVATIVE)). CONTAINS 66-100 MG CAFFEINE PER 2 OZ OF ESPRESSO*  |  |
| Café Mocha   | 16.0              | 453              | 279      | 12            | 6.7               | 0             | 33               | 11          | 31                | 0                 | 28         | 7                | 12          | 400           |      | X    |     |       |           |         |      |           |        | CONTAINS 99-150 MG CAFFEINE PER 3 OZ SERVING* OF ESPRESSO  |  |
| Café Mocha   | 20.0              | 567              | 349      | 15            | 8.3               | 0             | 42               | 14          | 38                | 0                 | 35         | 9                | 15          | 400           |      | X    |     |       |           |         |      |           |        | CONTAINS 132-400 MG CAFFEINE PER 4 OZ SERVING* OF ESPRESSO   |  |
| Cappuccino   | 12.0              | 340              | 130      | 7             | 4                 | 0             | 20               | 8           | 11                | 0                 | 11         | 0                | 7           | 100           |      | X    |     |       |           |         |      |           |        | WHOLE MILK, ESPRESSO. CONTAINS 66-100 MG CAFFEINE PER 2 OZ SERVING OF ESPRESSO**   |  |
| Cappuccino   | 16.0              | 453              | 173      | 9.3           | 5.3               | 0             | 27               | 11          | 15                | 0                 | 15         | 0                | 9           | 150           |      | X    |     |       |           |         |      |           |        | CONTAINS 99-150 MG CAFFEINE PER 3 OZ SERVING* OF ESPRESSO  |  |
| Cappuccino   | 20.0              | 567              | 216      | 11.7          | 6.7               | 0             | 33               | 14          | 18                | 0                 | 18         | 0                | 12          | 400           |      | X    |     |       |           |         |      |           |        | CONTAINS 132-400 MG CAFFEINE PER 4 OZ SERVING* OF ESPRESSO   |  |
| Espresso   | 2.0               | 60               | 5        | 0             | 0                 | 0             | 0                | 10          | 1                 | 0                 | 1          | 0                | 0           | 100           |      |      |     |       |           |         |      |           |        | CONTAINS 66-100 MG CAFFEINE PER 2 OZ SERVING*  |  |
| Espresso   | 3.0               | 90               | 8        | 0             | 0                 | 0             | 0                | 15          | 2                 | 0                 | 2          | 0                | 0           | 150           |      |      |     |       |           |         |      |           |        | CONTAINS 99-150 MG CAFFEINE PER 3 OZ SERVING*  |  |
| Espresso   | 4.0               | 120              | 10       | 0             | 0                 | 0             | 0                | 20          | 2                 | 0                 | 2          | 0                | 0           | 400           |      |      |     |       |           |         |      |           |        | CONTAINS 132-400 MG CAFFEINE PER 4 OZ SERVING*   |  |
| Flavored Coffee  | 12.0              | 340              | 4        | 0             | 0                 | 0             | 0                | 8           | 0                 | 0                 | 0          | 0                | 5           | 250           |      |      |     |       |           |         |      |           |        | CONTAINS 150 - 250 MG CAFFEINE* PER 12 OZ SERVING  |  |
| Flavored Coffee  | 16.0              | 453              | 5        | 0             | 0                 | 0             | 0                | 11          | 0                 | 0                 | 0          | 0                | 7           | 313           |      |      |     |       |           |         |      |           |        | CONTAINS 200 - 333 MG CAFFEINE* PER 16 OZ SERVING  |  |
| Flavored Coffee  | 20.0              | 567              | 6        | 0             | 0                 | 0             | 0                | 14          | 0                 | 0                 | 0          | 0                | 9           | 313           |      |      |     |       |           |         |      |           |        | CONTAINS 250 - 313 MG CAFFEINE* PER 20 OZ SERVING  |  |
| House Blend Coffee   | 12.0              | 356              | 4        | 0             | 0                 | 0             | 0                | 8           | 0                 | 0                 | 0          | 0                | 0           | 250           |      |      |     |       |           |         |      |           |        | CONTAINS 150 - 250 MG CAFFEINE* PER 12 OZ SERVING  |  |
| House Blend Coffee   | 16.0              | 453              | 5        | 0             | 0                 | 0             | 0                | 11          | 0                 | 0                 | 0          | 0                | 0           | 333           |      |      |     |       |           |         |      |           |        | CONTAINS 200 - 333 MG CAFFEINE* PER 16 OZ SERVING  |  |
| House Blend Coffee   | 20.0              | 567              | 6        | 0             | 0                 | 0             | 0                | 14          | 0                 | 0                 | 0          | 0                | 0           | 313           |      |      |     |       |           |         |      |           |        | CONTAINS 250 - 313 MG CAFFEINE* PER 20 OZ SERVING  |  |
| House Decaf Coffee   | 12.0              | 340              | 4        | 0             | 0                 | 0             | 0                | 8           | 0                 | 0                 | 0          | 0                | 0           | 6             |      |      |     |       |           |         |      |           |        | CONTAINS ~6 MG OF CAFFEINE PER 12 OZ SERVING*  |  |
| House Decaf Coffee   | 16.0              | 453              | 5        | 0             | 0                 | 0             | 0                | 11          | 0                 | 0                 | 0          | 0                | 0           | 8             |      |      |     |       |           |         |      |           |        | CONTAINS ~8 MG OF CAFFEINE PER 16 OZ SERVING*  |  |
| House Decaf Coffee   | 20.0              | 567              | 6        | 0             | 0                 | 0             | 0                | 14          | 0                 | 0                 | 0          | 0                | 0           | 10            |      |      |     |       |           |         |      |           |        | CONTAINS ~10 MG OF CAFFEINE PER 6 OZ SERVING*  |  |
| Iced Coffee  | 12.0              | 340              | 4        | 0             | 0                 | 0             | 0                | 8           | 0                 | 0                 | 0          | 0                | 0           | 250           |      |      |     |       |           |         |      |           |        | CONTAINS 150 - 250 MG CAFFEINE* PER 12 OZ SERVING  |  |
| Iced Coffee  | 16.0              | 453              | 5        | 0             | 0                 | 0             | 0                | 11          | 0                 | 0                 | 0          | 0                | 0           | 333           |      |      |     |       |           |         |      |           |        | CONTAINS 200 - 333 MG CAFFEINE* PER 16 OZ SERVING  |  |
| Iced Coffee  | 20.0              | 567              | 6        | 0             | 0                 | 0             | 0                | 14          | 0                 | 0                 | 0          | 0                | 0           | 313           |      |      |     |       |           |         |      |           |        | CONTAINS 250 - 313 MG CAFFEINE* PER 20 OZ SERVING  |  |
| Coffee Cooler  | 16.0              | 454              | 120      | 6             | 3.5               | 0             | 15               | 35          | 17                | 0                 | 14         | 13               | 2           | 89            |      |      |     |       |           |         |      |           |        | CONTAINS 89 MG CAFFEINE * PER 16 OZ SERVING  |  |
| Coffee Cooler  | 24.0              | 680              | 150      | 7             | 4.5               | 0             | 20               | 45          | 21                | 0                 | 17         | 16               | 2           | 107           |      |      |     |       |           |         |      |           |        | CONTAINS 107 MG CAFFEINE * PER 24 OZ SERVING   |  |
| <b>OTHER BEVERAGES</b> VALUES LISTED ARE LIMITED TO INFORMATION PROVIDED BY SUPPLIER/MANUFACTURER OF PACKAGED OR DISPENSED PRODUCTS. |                   |                  |          |               |                   |               |                  |             |                   |                   |            |                  |             |               |      |      |     |       |           |         |      |           |        |  |  |
| Bottled Water  | See label         |                  |          |               |                   |               |                  |             |                   |                   |            |                  |             | 0             |      |      |     |       |           |         |      |           |        |  |  |
| Chocolate Milk   | See label         |                  |          |               |                   |               |                  |             |                   |                   |            |                  |             | 0             |      |      |     |       |           |         |      |           |        |  |  |
| Milk   | See label         |                  |          |               |                   |               |                  |             |                   |                   |            |                  |             | 0             |      |      |     |       |           |         |      |           |        |  |  |
| Naked Juice  | See label         |                  |          |               |                   |               |                  |             |                   |                   |            |                  |             | 0             |      |      |     |       |           |         |      |           |        |  |  |
| Tropicana Orange Juice   | See label         |                  |          |               |                   |               |                  |             |                   |                   |            |                  |             | 0             |      |      |     |       |           |         |      |           |        |  |  |


|   | SERVING SIZE (OZ) | SERVING SIZE (G) | CALORIES | TOTAL FAT (G) | SATURATED FAT (G) | TRANS FAT (G) | CHOLESTEROL (MG) | SODIUM (MG) | CARBOHYDRATES (G) | DIETARY FIBER (G) | SUGARS (G) | ADDED SUGARS (G) | PROTEIN (G) | CAFFEINE (MG) | EGGS | MILK | SOY | WHEAT | TREE NUTS | PEANUTS | FISH | SHELLFISH | SESAME | Ingredient List |   |  |
|--|-------------------|------------------|----------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|------------------|-------------|---------------|------|------|-----|-------|-----------|---------|------|-----------|--------|-----------------|---|--|
|  |                   |                  |          |               |                   |               |                  |             |                   |                   |            |                  |             |               |      |      |     |       |           |         |      |           |        |                 |   |  |
| Vitamin Water  | See label         |                  |          |               |                   |               |                  |             |                   |                   |            |                  |             | 0             |      |      |     |       |           |         |      |           |        |                 |   |  |
| Nantucket Nectars  | See label         |                  |          |               |                   |               |                  |             |                   |                   |            |                  |             | 0             |      |      |     |       |           |         |      |           |        |                 |   |  |
| Chai Tea, Bruegger's   | 12.0              | 340              | 240      | 5             | 5                 | 0             | 0                | 85          | 45                | 0                 | 39         | 35               | 2           | 50            | X    |      |     |       |           |         |      |           |        |                 | SUGAR, NON DAIR CREAMER (CONTAINS PARTIALLY HYDROGENATED COCONUT OIL, CORN SYRUP OILS, SODIUM CASEINATE [A MILK DERIVATIVE], DIPOTASSIUM PHOSPHATE, SUGAR, MONO- AND DIGLYCERIDES, SODIUM SILICOALUMINATE, SODIUM STEAROYL LACTYLATE, SOY LECITHIN, ARTIFICIAL FLAVORS, AND ARTIFICIAL COLOR [ANNATTO AND TURMERIC]), DAIRY PRODUCTS SOLIDS, NONFAT DRY MILK, MOLASSES [MOLASSES AND MALTODEXTRIN], BLACK TEA, GROUND CINNAMON, CELLULOSE GUM, NATURAL AND ARTIFICIAL FLAVOR, TRICALCIUM PHOSPHATE. |  |
| Chai Tea, Oregon   | 12.0              | 340              | 117      | 0             | 0                 | 0             | 0                | 12          | 29                | 0                 | 27         | 25               | 0           | 53            | X    |      |     |       |           |         |      |           |        |                 | WATER, ORGANIC* EVAPORATED CANE JUICE, HONEY, ORGANIC* SPICES, ORGANIC* BLACK TEA, DINGER, ORGANIC* VANILLA, ORGANIC* NATURAL FLAVORS AND CITRIC ACID (*ORGANICALLY GROWN AND PROCESSED IN ACCORDANCE WITH THE CALIFORNIA ORGANIC FOOD ACT OF 1990). CONTAINS 45 - 53 MG CAFFEINE PER SERVING. NUTRITIONAL INFORMATION DOES NOT INCLUDE MILK.   |  |
| Hot Tea, Regular   | 8.0               | 227              | 0        | 0             | 0                 | 0             | 0                | 0           | 0                 | 0                 | 0          | 0                | 0           | 47            |      |      |     |       |           |         |      |           |        |                 | CONTAINS ~ 47MG CAFFEINE PER 8 OZ SERVING **  |  |
| Hot Tea, Herbal  | 8.0               | 227              | 0        | 0             | 0                 | 0             | 0                | 0           | 0                 | 0                 | 0          | 0                | 0           | 50            |      |      |     |       |           |         |      |           |        |                 | CONTAINS 30-50 MG CAFFEINE PER 8 OZ SERVING **  |  |
| Hot Tea, Decaf   | 8.0               | 227              | 0        | 0             | 0                 | 0             | 0                | 0           | 0                 | 0                 | 0          | 0                | 0           | 2             |      |      |     |       |           |         |      |           |        |                 | CONTAINS ~ 2MG CAFFEINE PER 8 OZ SERVING **   |  |
| Iced Tea, Brewed   | 12.0              | 340              | 0        | 0             | 0                 | 0             | 0                | 0           | 0                 | 0                 | 0          | 0                | 0           | 71            |      |      |     |       |           |         |      |           |        |                 | CONTAINS ~ 70.5 MG CAFFEINE PER 12 OZ SERVING**   |  |
| Hot Chocolate  | 8.0               | 227              | 140      | 1.5           | 1.5               | 0             | 5                | 190         | 31                | 1                 | 26         | 25               | 2           | 0             | X    |      |     |       |           |         |      |           |        |                 | WATER, SUGAR, WHEY, CORN SYRUP SOLIDS, NONDAIRY CREAMER [PARTIALLY HYDROGENATED COCONUT OIL, CORN SYRUP SOLIDS, SUGAR, SODIUM CASEINATE (A MILK DERIVATIVE), MONO- AND DIGLYCERIDES, DIPOTASSIUM PHOSPHATE, SODIUM SILICOALUMINATE (ANTICAKING AGENT), SALT, SOY LECITHIN, ARTIFICIAL FLAVOR AND COLOR], COCOA (PROCESSED WITH ALKALI), NONFAT DRY MILK, SALT, CARBOXYMETHYL CELLULOSE GUM, SILICON DIOXIDE (AN ANTICAKING AGENT).  |  |
| Poured Orange Juice  | 16.0              | 454              | 220      | 0             | 0                 | 0             | 0                | 0           | 52                | 0                 | 44         | 44               | 4           | 0             |      |      |     |       |           |         |      |           |        |                 | PASTEURIZED ORANGE JUICE.   |  |
| Soft Drinks - Coke   | 16.0              | 454              | 140      | 0             | 0                 | 0             | 0                | 45          | 39                |                   | 39         | 39               | 0           | 50            |      |      |     |       |           |         |      |           |        |                 | CONTAINS 50 MG CAFFEINE PER 16 OZ SERVING   |  |
| Soft Drinks - Coke   | 20.0              | 567              | 240      | 0             | 0                 | 0             | 0                | 75          | 65                |                   | 65         | 65               | 0           | 63            |      |      |     |       |           |         |      |           |        |                 | CONTAINS 62.5 MG CAFFEINE PER 20 OZ SERVING   |  |
| Soft Drinks - Coke   | 32.0              | 907              | 280      | 0             | 0                 | 0             | 0                | 90          | 78                |                   | 78         | 78               | 0           | 100           |      |      |     |       |           |         |      |           |        |                 | CONTAINS 100 MG CAFFEINE PER 32 OZ SERVING  |  |
| Soft Drinks - Diet Coke  | 16.0              | 454              | 0        | 0             | 0                 | 0             | 0                | 60          | 0                 |                   | 0          | 0                | 0           | 62            |      |      |     |       |           |         |      |           |        |                 | CONTAINS 62 MG CAFFEINE PER 16 OZ SERVING; CONTAINS ASPARTAME AND SACCHARIN   |  |
| Soft Drinks - Diet Coke  | 20.0              | 567              | 0        | 0             | 0                 | 0             | 0                | 70          | 0                 |                   | 0          | 0                | 0           | 78            |      |      |     |       |           |         |      |           |        |                 | CONTAINS 77.5 MG CAFFEINE PER 20 OZ SERVING; CONTAINS ASPARTAME AND SACCHARIN   |  |
| Soft Drinks - Diet Coke  | 32.0              | 907              | 0        | 0             | 0                 | 0             | 0                | 120         | 0                 |                   | 0          | 0                | 0           | 124           |      |      |     |       |           |         |      |           |        |                 | CONTAINS 124 MG CAFFEINE PER 32 OZ SERVING; CONTAINS ASPARTAME AND SACCHARIN  |  |
| Soft Drinks - Sprite   | 16.0              | 454              | 200      | 0             | 0                 | 0             | 0                | 90          | 32                |                   | 0          | 0                | 0           | 0             |      |      |     |       |           |         |      |           |        |                 | CONTAINS 0 MG CAFFEINE PER 16 OZ SERVING  |  |
| Soft Drinks - Sprite   | 20.0              | 567              | 250      | 0             | 0                 | 0             | 0                | 113         | 65                |                   | 65         | 65               | 0           | 0             |      |      |     |       |           |         |      |           |        |                 | CONTAINS 0 MG CAFFEINE PER 20 OZ SERVING  |  |
| Soft Drinks - Sprite   | 32.0              | 907              | 400      | 0             | 0                 | 0             | 0                | 180         | 64                |                   | 52         | 52               | 0           | 0             |      |      |     |       |           |         |      |           |        |                 | CONTAINS 0 MG CAFFEINE PER 32 OZ SERVING  |  |
| <b>SYRUP FLAVORS</b> VALUES LISTED ARE LIMITED TO INFORMATION PROVIDED BY SUPPLIER/MANUFACTURER OF PACKAGED OR DISPENSED PRODUCTS. |                   |                  |          |               |                   |               |                  |             |                   |                   |            |                  |             |               |      |      |     |       |           |         |      |           |        |                 |   |  |
| Almond Flavored Syrup  | 1.0               | 28               | 90       | 0             | 0                 | 0             | 0                | 0           | 23                | 0                 | 23         | 23               | 0           | 0             |      |      |     |       | X         |         |      |           |        |                 | PURE CANE SUGAR, WATER, NATURAL ALMOND FLAVOR.  |  |
| Caramel Flavored Syrup   | 1.0               | 28               | 100      | 0             | 0                 | 0             | 0                | 0           | 24                | 0                 | 24         | 24               | 0           | 0             |      |      |     |       |           |         |      |           |        |                 | PURE CANE SUGAR, WATER, NATURAL CARAMEL FLAVOR.   |  |
| Chocolate Syrup  | 1.0               | 28               | 70       | 0             | 0                 | 0             | 0                | 60          | 17                | 1                 | 14         | 14               | 0           | 0             |      |      |     |       |           |         |      |           |        |                 | INVERT SUGAR, WATER, SUGAR, MALTODEXTRIN, COCOA PROCESSED WITH ALKALI, GLYCERIN, SALT, CITRIC ACID, POTASSIUM SORBATE (PRESERVATIVE).   |  |
| Hazelnut Flavored Syrup  | 1.0               | 28               | 90       | 0             | 0                 | 0             | 0                | 7           | 22                | 0                 | 21         | 21               | 0           | 0             |      |      |     |       | X         |         |      |           |        |                 | PURE CANE SUGAR, WATER, HAZELNUT FLAVOR, CONCENTRATED LEMON JUICE, SALT, CARAMEL (COLOR).   |  |
| Vanilla Flavored Syrup   | 1.0               | 28               | 100      | 0             | 0                 | 0             | 0                | 0           | 25                | 0                 | 25         | 25               | 0           | 0             |      |      |     |       |           |         |      |           |        |                 | PURE CANE SUGAR, WATER, NATURAL VANILLA EXTRACT, NATURAL VANILLA FLAVOR.  |  |
| <b>CREAM CHEESE</b>  |                   |                  |          |               |                   |               |                  |             |                   |                   |            |                  |             |               |      |      |     |       |           |         |      |           |        |                 |   |  |
| <b>CREAM CHEESE</b>  |                   |                  |          |               |                   |               |                  |             |                   |                   |            |                  |             |               |      |      |     |       |           |         |      |           |        |                 |   |  |
| Bacon Scallion   | 1.5               | 43               | 140      | 11            | 7                 | 0             | 45               | 150         | 6                 | 0                 | 1          | 0                | 3           | 0             | X    |      |     |       |           |         |      |           |        |                 | Pasteurized Cream, Non Fat Dry Milk, Scallions, Bacon, Natural Acids, Salt, Stabilizers (Guar, Locust Bean and Xanthan Gums), Potassium Sorbate (Maintains Freshness)   |  |
| Garden Veggie  | 1.5               | 43               | 130      | 11            | 6                 | 0             | 35               | 135         | 4                 | 0                 | 3          | 0                | 3           | 0             | X    |      |     |       |           |         |      |           |        |                 | Pasteurized Cream, Non Fat Dry Milk, Carrots, Scallions, Natural Acids, Red Peppers, Salt, Stabilizers (Guar, Locust Bean and Xanthan Gums), Potassium Sorbate (Maintains Freshness).   |  |
| Honey Walnut   | 1.5               | 43               | 160      | 13            | 9                 | 0             | 35               | 150         | 6                 | 0                 | 3          | 0                | 4           | 0             | X    |      |     | X     |           |         |      |           |        |                 | Pasteurized Cream, Non Fat Dry Milk, Honey, Walnuts, Natural Acids, Salt, Stabilizers (Guar, Locust Bean and Xanthan Gums), Potassium Sorbate (Maintains Freshness)   |  |
| Jalapeno   | 1.5               | 43               | 140      | 13            | 7                 | 0             | 45               | 140         | 4                 | 0                 | 3          | 0                | 3           | 0             | X    |      |     |       |           |         |      |           |        |                 | Pasteurized Cream, Non Fat Dry Milk, Jalapeno Peppers, Green Peppers, Natural Acids, Crushed Red Peppers, Salt, Stabilizer (Guar, Locust Bean and Xanthan Gums), Potassium Sorbate (Maintains Freshness).   |  |
| Light Garden Veggie  | 1.5               | 43               | 90       | 6             | 3.5               | 0             | 20               | 105         | 3                 | 0                 | 1          | 0                | 6           | 0             | X    |      |     |       |           |         |      |           |        |                 | Pasteurized Milk, Cream and Skim Milk, Carrots, Whey Protein Concentrate, Scallions, Natural Acids, Red Peppers, Low Fat Vegetable Spice (Dehydrated Onion, Garlic Spice, Silicon Dioxide), Salt, Stabilizers (Guar, Locust Bean and Xanthan Gums), Potassium Sorbate (Maintains Freshness).  |  |
| Light Herb Garlic  | 1.5               | 43               | 100      | 6             | 3.5               | 0             | 20               | 120         | 4                 | 0                 | 3          | 0                | 6           | 0             | X    |      |     |       |           |         |      |           |        |                 | Pasteurized Cream, Milk and Skim Milk, Whey Protein Concentrate, Garlic, Chives, Natural Acids, Garlic and Herb Spice Blend, Salt, Stabilizers (Guar, Locust Bean and Xanthan Gums), Cheese Culture, Potassium Sorbate (Maintains Freshness).   |  |
| Light Plain  | 1.5               | 43               | 100      | 6             | 4.5               | 0             | 20               | 135         | 7                 | 0                 | 6          | 0                | 4           | 0             | X    |      |     |       |           |         |      |           |        |                 | Pasteurized Milk, Pasteurized Cream, Water, Non Fat Dry Milk, Salt, Whey Protein Concentrate, Stabilizers (Guar, Locust Bean, and Xanthan Gums), Cheese Culture, Potassium Sorbate (Maintains Freshness).   |  |
| Onion and Chive  | 1.5               | 43               | 140      | 13            | 9                 | 0             | 35               | 105         | 3                 | 0                 | 1          | 0                | 3           | 0             | X    |      |     |       |           |         |      |           |        |                 | Pasteurized Cream, Non Fat Dry Milk, Onions, Chives, Natural Acids, Salt, Stabilizers (Guar, Locust Bean and Xanthan Gums), Potassium Sorbate (Maintains Freshness).  |  |
| Plain  | 1.5               | 43               | 140      | 13            | 9                 | 0             | 50               | 160         | 6                 | 0                 | 3          | 0                | 3           | 0             | X    |      |     |       |           |         |      |           |        |                 | Pasteurized Cream, Non Fat Dry Milk, Natural Acids, Salt, Stabilizers (Guar, Locust Bean and Xanthan Gums), Potassium Sorbate (Maintains Freshness).  |  |
| Strawberry   | 1.5               | 43               | 140      | 13            | 7                 | 0             | 30               | 100         | 4                 | 0                 | 4          | 0                | 3           | 0             | X    |      |     |       |           |         |      |           |        |                 | Pasteurized Cream, Strawberry Base (Sugar, Strawberries, Water, Modified Corn Starch, Natural Flavors, Fruit and Vegetable Juice Concentrate for Color, Citric Acid and Potassium Sorbate as Preservative), Non Fat Dry Milk, Natural Acid, Salt, Stabilizers (Guar, Locust Bean, and Xanthan Gums), Potassium Sorbate (Maintains Freshness).   |  |

|  |                   |                  |          |               |                   |               |                  |             |                   |                   |            |                  |             |               |      |      |     |       |           |         |      |           |        | Ingredient List |   |   |
|---|-------------------|------------------|----------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|------------------|-------------|---------------|------|------|-----|-------|-----------|---------|------|-----------|--------|-----------------|---|---|
|   | SERVING SIZE (OZ) | SERVING SIZE (G) | CALORIES | TOTAL FAT (G) | SATURATED FAT (G) | TRANS FAT (G) | CHOLESTEROL (MG) | SODIUM (MG) | CARBOHYDRATES (G) | DIETARY FIBER (G) | SUGARS (G) | ADDED SUGARS (G) | PROTEIN (G) | CAFFEINE (MG) | EGGS | MILK | SOY | WHEAT | TREE NUTS | PEANUTS | FISH | SHELLFISH | SESAME |                 |   |   |
| Whipped Plain (California Only)   | 1.5               | 43               | 120      | 10            | 7                 | 0             | 30               | 90          | 3                 | 0                 | 1          | 0                | 3           | 0             |      | X    |     |       |           |         |      |           |        |                 | Pasteurized Milk and Cream, Salt, Gums (Locust Bean, Guar and Xanthan Gums), Cheese Cultures, Potassium Sorbate (Maintains Freshness).  |   |
| <b>SALADS &amp; DRESSINGS</b>   |                   |                  |          |               |                   |               |                  |             |                   |                   |            |                  |             |               |      |      |     |       |           |         |      |           |        |                 |   |   |
| <b>SALADS &amp; DRESSINGS</b>   |                   |                  |          |               |                   |               |                  |             |                   |                   |            |                  |             |               |      |      |     |       |           |         |      |           |        |                 |   |   |
| Blue Apple  | 9.8               | 279              | 360      | 18            | 7                 | 0             | 55               | 800         | 30                | 8                 | 20         |                  | 23          | 0             |      | X    | X   | X     |           |         |      |           |        |                 |   | ROMAINE, DICED CHICKEN BREAST (CHICKEN BREAST, WATER, VEGETABLE OIL, SEASONING [SALT, ROAST CHICKEN FLAVOR (CONTAINS AUTOLYZED YEAST EXTRACT, DECOLORIZED SOY SAUCE [WATER, SOYBEANS, WHEAT, AND SALT], AND TAPIOCA DEXTRIN, SUGAR, CITRIC ACID)], SALT, RICE STARCH, LEMON PHOSPHATE [SODIUM PHOSPHATE AND LEMON JUICE CONCENTRATE], FLAVORING [VEGETABLE OIL, EXTRACTS OF ROSEMARY, MONO AND DIGLYCERIDES AND LECITHIN], LEMON JUICE POWDER [CORN SYRUP SOLIDS, LEMON JUICE SOLIDS]), APPLE, BLUE CHEESE CRUMBLES (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, MOLD, NATAMYCIN, POWDERED CELLULOSE TO PREVENT CAKING), SALT. |
| Chicken Caesar  | 7.7               | 220              | 200      | 8             | 3                 | 0             | 40               | 630         | 14                | 3                 | 2          |                  | 17          | 0             | X    | X    | X   | X     |           |         |      | X         |        |                 | ROMAINE, CHICKEN BREAST (CHICKEN BREAST, WATER, VEGETABLE OIL, SEASONING [SALT, ROAST CHICKEN FLAVOR (CONTAINS AUTOLYZED YEAST EXTRACT, DECOLORIZED SOY SAUCE [WATER, SOYBEANS, WHEAT, AND SALT], AND TAPIOCA DEXTRIN, SUGAR, CITRIC ACID)], SALT, RICE STARCH, LEMON PHOSPHATE [SODIUM PHOSPHATE AND LEMON JUICE CONCENTRATE], FLAVORING [VEGETABLE OIL, EXTRACTS OF ROSEMARY, MONO AND DIGLYCERIDES AND LECITHIN], LEMON JUICE POWDER [CORN SYRUP SOLIDS, LEMON JUICE SOLIDS]), ASIAGO-PARMESAN BLEND (ASIAGO CHEESE [PASTEURIZED MILK, CHEESE CULTURE, SALT, & ENZYMES], PARMESAN CHEESE [PART-SKIM MILK, CHEESE CULTURE, SALT & ENZYMES], POWDERED CELLULOSE WITH ENZYMES [TO PREVENT CAKING]), CROUTONS (ENRICHED FLOUR [WHEAT FLOUR, BARLEY MALT, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], PARTIALLY HYDROGENATED SOYBEAN AND/OR COTTONSEED OIL, WATER, WHEY, SALT, RYE FLOUR, WHOLE WHEAT FLOUR, CRACKED WHEAT, WHEAT BRAN, PARMESAN CHEESE [PART-SKIM MILK, CHEESE CULTURES, SALT, ENZYMES], HIGH FRUCTOSE CORN SYRUP, MALT, SOY FLOUR, BUTTERFAT, YEAST, WHEAT GLUTEN, GUM ARABIC, ASCORBIC ACID, CARAMEL COLOR TBHQ [PRESERVATIVE]), LEMON. |   |
| <b>SALAD DRESSINGS</b> <b>0.0</b>   |                   |                  |          |               |                   |               |                  |             |                   |                   |            |                  |             |               |      |      |     |       |           |         |      |           |        |                 |   |   |
| Balsamic Vinaigrette  | 1.0               | 28               | 60       | 6             | 1                 | 0             | 0                | 230         | 3                 | 0                 | 2          | 0                | 0           | 0             |      |      | X   |       |           |         |      |           |        |                 | WATER, RED WINE VINEGAR, CORN SYRUP, BALSAMIC VINEGAR, SOYBEAN OIL, OLIVE OIL, SALT, GARLIC, XANTHAN GUM, SPICES, SODIUM ALGINATE, CALCIUM DISODIUM EDTA AS A PRESERVATIVE.   |   |
| Caesar  | 1.0               | 28               | 80       | 7             | 1.5               | 0             | 10               | 310         | 2                 | 0                 | 1          | 0                | 1           | 0             | X    | X    | X   |       |           |         |      | X         |        |                 | WATER, VINEGAR, SOYBEAN OIL, ROMANO CHEESE (PASTEURIZED CULTURED MILK, SALT, ENZYMES), EGG YOLK, SUGAR, MALTODEXTRIN, FOOD STARCH-MODIFIED, SALT, ANCHOVY PASTE, GARLIC, SPICES, POTASSIUM SORBATE AND CALCIUM DISODIUM EDTA AS PRESERVATIVES, POLYSORBATE 60, XANTHAN GUM, DEXTROSE, GLUCANO DELTA LACTONE, LACTIC ACID, CARAMEL, NATURAL FLAVOR, ONION.   |   |
| Champagne Vinaigrette   | 1.0               | 28               | 130      | 14            | 2                 | 0             | 0                | 410         | 1                 | 0                 | 1          | 0                | 0           | 0             |      |      | X   |       |           |         |      |           |        |                 | CHAMPAGNE VINAIGRETTE VEGETABLE OIL (SOYBEAN OIL AND/OR CANOLA OIL), WHITE WINE, WHITE WINE VINEGAR, WATER, SALT, SUGAR, SPICES, MONOSODIUM GLUTAMATE, DEHYDRATED GARLIC, DEHYDRATED ONION, NATURAL FLAVORS (SOY), XANTHAN GUM, DEHYDRATED CHIVE, CALCIUM DISODIUM.   |   |
| Feta Olive Oil  | 1.0               | 28               | 160      | 18            | 2.5               | 0             | 0                | 220         | 1                 | 0                 | 1          | 0                | 0           | 0             |      | X    | X   |       |           |         |      |           |        |                 | SOYBEAN OIL, VINEGAR, WATER, EXTRA VIRGIN OLIVE OIL, SALT, CONTAINS LESS THAN 2% OF: SPICES, GLUCONIC DELTA LACTONE, XANTHAN GUM, GREEN TEA EXTRACT, BETA CAROTENE.   |   |
| Ranch   | 1.0               | 28               | 90       | 10            | 1.5               | 0             | 10               | 250         | 1                 | 0                 | 1          | 0                | 0           | 0             | X    | X    | X   |       |           |         |      |           |        |                 | SOYBEAN OIL, WATER, VINEGAR, BUTTERMILK SOLIDS, EGG YOLK, SALT, GARLIC, SUGAR, ONION, SPICES, NATURAL FLAVOR, XANTHAN GUM, CALCIUM DISODIUM EDTA AS A PRESERVATIVE.   |   |
| <b>SANDWICHES</b>   |                   |                  |          |               |                   |               |                  |             |                   |                   |            |                  |             |               |      |      |     |       |           |         |      |           |        |                 |   |   |
| <b>BREAKFAST SANDWICHES</b>   |                   |                  |          |               |                   |               |                  |             |                   |                   |            |                  |             |               |      |      |     |       |           |         |      |           |        |                 |   |   |
| Egg Sandwich, Cheese  | 6.2               | 175              | 430      | 11            | 4.5               | 0             | 200              | 840         | 60                | 2                 | 4          | 2                | 21          | 0             | X    | X    |     | X     |           |         |      |           |        |                 | Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Shell Egg, Grade A, Large Cage Free Grade A Eggs, Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Butter Blend (Vegetable Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Butter (Cream, Salt), Contains Less Than 2% Of Natural Flavor, Vitamin A Palmitate Added, Beta Carotene (Color), Salt), Coarse Kosher Salt Kosher Salt, Black Pepper.   |   |
| Egg Sandwich, Bacon and Cheese  | 6.9               | 197              | 530      | 19            | 8                 | 0             | 225              | 1200        | 62                | 2                 | 6          | 2                | 28          | 0             | X    | X    |     | X     |           |         |      |           |        |                 | Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Shell Egg, Grade A, Large Cage Free Grade A Eggs, Bacon Cured With: (Water, Salt, Sugar, Sodium Phosphate, sodium Erythorbate, Sodium Nitrite), Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Butter Blend (Vegetable Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Butter (Cream, Salt), Contains Less Than 2% Of Natural Flavor, Vitamin A Palmitate Added, Beta Carotene (Color), Salt), Black Pepper, Coarse Kosher Salt Kosher Salt.   |   |
| Egg Sandwich, Ham and Cheese  | 7.7               | 218              | 470      | 13            | 5                 | 0             | 215              | 1330        | 62                | 2                 | 6          | 2                | 26          | 0             | X    | X    |     | X     |           |         |      |           |        |                 | Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Shell Egg, Grade A, Large Cage Free Grade A Eggs, Ham Ham, Water (Cured with Water, Dextrose, Salt, Modified Cornstarch, Corn Syrup, Potassium Lactate, Sodium Phosphates, Sodium Erythorbate, Sodium Diacetate, Sodium Nitrite), Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Butter Blend (Vegetable Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Butter (Cream, Salt), Contains Less Than 2% Of Natural Flavor, Vitamin A Palmitate Added, Beta Carotene (Color), Salt), Coarse Kosher Salt Kosher Salt, Black Pepper.   |   |
| Egg Sandwich, Pork Sausage and Cheese   | 7.7               | 218              | 610      | 28            | 11                | 0             | 230              | 1120        | 60                | 2                 | 4          | 2                | 27          | 0             | X    | X    |     | X     |           |         |      |           |        |                 | Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Shell Egg, Grade A, Large Cage Free Grade A Eggs, Pork Sausage, BRU Pork, Water, Salt, Spices, Dextrose, Sugar, Yeast Extract, Lime Flavor (Corn Syrup Solids, Lime Juice Solids, Natural Flavor), Flavoring, TBHQ, BHT, Citric Acid, Lactic Acid, Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Butter Blend (Vegetable Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Butter (Cream, Salt), Contains Less Than 2% Of Natural Flavor, Vitamin A Palmitate Added, Beta Carotene (Color), Salt), Coarse Kosher Salt Kosher Salt, Black Pepper.  |   |

|  |  |                  |          |               |                   |               |                  |             |                   |                   |            |                  |             |               |      |  |     |       |           |         |      |           |        |   |
|---|--|------------------|----------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|------------------|-------------|---------------|------|---|-----|-------|-----------|---------|------|-----------|--------|--|
|   | SERVING SIZE (OZ)  | SERVING SIZE (G) | CALORIES | TOTAL FAT (G) | SATURATED FAT (G) | TRANS FAT (G) | CHOLESTEROL (MG) | SODIUM (MG) | CARBOHYDRATES (G) | DIETARY FIBER (G) | SUGARS (G) | ADDED SUGARS (G) | PROTEIN (G) | CAFFEINE (MG) | EGGS | MILK  | SOY | WHEAT | TREE NUTS | PEANUTS | FISH | SHELLFISH | SESAME |  |
| Egg Sandwich, Turkey Sausage and Cheese   | 7.7  | 218              | 520      | 18            | 7                 | 0             | 240              | 1120        | 60                | 2                 | 4          | 2                | 28          | 0             | X    | X   |     | X     |           |         |      |           |        | Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Shell Egg, Grade A, Large Cage Free Grade A Eggs, Turkey Sausage "Dark Turkey Meat, Mechanically Separated Turkey, Water, Salt, Dextrose, Flavoring, Spices, Sugar, Yeast Extract, Lime Flavor (Corn Syrup Solids, Lime Juice Solids, natural Flavor), TBHQ, BHT, With Citric Acid Added to Help Protect Flavor Ingredients:TBHQ, BHT, Citric Acid, lactic Acid", Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Butter Blend (Vegetable Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Butter (Cream, Salt), Contains Less Than 2% Of Natural Flavor, Vitamin A Palmitate Added, Beta Carotene (Color), Salt), Coarse Kosher Salt Kosher Salt, Black Pepper.  |
| Egg White Sandwich, Cheese  | 6.6  | 187              | 380      | 7             | 3                 | 0             | 15               | 870         | 60                | 2                 | 4          | 2                | 20          | 0             | X    | X   |     | X     |           |         |      |           |        | Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Certified Cage Free Egg Whites Egg Whites, Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Butter Blend (Vegetable Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Butter (Cream, Salt), Contains Less Than 2% Of Natural Flavor, Vitamin A Palmitate Added, Beta Carotene (Color), Salt), Coarse Kosher Salt Kosher Salt, Black Pepper.   |
| Egg White Sandwich, Bacon and Cheese  | 7.4  | 209              | 490      | 14            | 6                 | 0             | 35               | 1230        | 62                | 2                 | 6          | 2                | 28          | 0             | X    | X   |     | X     |           |         |      |           |        | Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Certified Cage Free Egg Whites Egg Whites, Bacon Cured With: (Water, Salt, Sugar, Sodium Phosphate, sodium Erythorbate, Sodium Nitrite), Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Butter Blend (Vegetable Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Butter (Cream, Salt), Contains Less Than 2% Of Natural Flavor, Vitamin A Palmitate Added, Beta Carotene (Color), Salt), Black Pepper, Coarse Kosher Salt Kosher Salt.   |
| Egg White Sandwich, Ham and Cheese  | 8.1  | 230              | 430      | 8             | 3.5               | 0             | 30               | 1350        | 62                | 2                 | 6          | 2                | 26          | 0             | X    | X   |     | X     |           |         |      |           |        | Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Certified Cage Free Egg Whites Egg Whites, Ham Ham, Water (Cured with Water, Dextrose, Salt, Modified Cornstarch, Corn Syrup, Potassium Lactate, Sodium Phosphates, Sodium Erythorbate, Sodium Diacetate, Sodium Nitrite), Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Butter Blend (Vegetable Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Butter (Cream, Salt), Contains Less Than 2% Of Natural Flavor, Vitamin A Palmitate Added, Beta Carotene (Color), Salt), Coarse Kosher Salt Kosher Salt, Black Pepper.   |
| Egg White Sandwich, Pork Sausage and Cheese                                       | 8.1  | 230              | 560      | 24            | 9                 | 0             | 45               | 1150        | 60                | 2                 | 4          | 2                | 26          | 0             | X    | X   |     | X     |           |         |      |           |        | Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Certified Cage Free Egg Whites Egg Whites, Pork Sausage, BRU Pork, Water, Salt, Spices, Dextrose, Sugar, Yeast Extract, Lime Flavor (Corn Syrup Solids, Lime Juice Solids, Natural Flavor), Flavoring, TBHQ, BHT, Citric Acid, Lactic Acid, Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Butter Blend (Vegetable Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Butter (Cream, Salt), Contains Less Than 2% Of Natural Flavor, Vitamin A Palmitate Added, Beta Carotene (Color), Salt), Coarse Kosher Salt Kosher Salt, Black Pepper.  |
| Egg White Sandwich, Turkey Sausage and Cheese                                     | 8.1  | 230              | 470      | 14            | 5                 | 0             | 55               | 1150        | 60                | 2                 | 4          | 2                | 27          | 0             | X    | X   |     | X     |           |         |      |           |        | Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Certified Cage Free Egg Whites Egg Whites, Turkey Sausage "Dark Turkey Meat, Mechanically Separated Turkey, Water, Salt, Dextrose, Flavoring, Spices, Sugar, Yeast Extract, Lime Flavor (Corn Syrup Solids, Lime Juice Solids, natural Flavor), TBHQ, BHT, With Citric Acid Added to Help Protect Flavor Ingredients:TBHQ, BHT, Citric Acid, lactic Acid", Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Butter Blend (Vegetable Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Butter (Cream, Salt), Contains Less Than 2% Of Natural Flavor, Vitamin A Palmitate Added, Beta Carotene (Color), Salt), Coarse Kosher Salt Kosher Salt, Black Pepper.   |
| Egg White Sandwich, Zesty on Thin Plain   | 9.1  | 258              | 610      | 24            | 9                 | 0             | 65               | 1160        | 68                | 2                 | 6          | 2                | 30          | 0             | X    | X   |     | X     |           |         |      |           |        | Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Certified Cage Free Egg Whites Egg Whites, Turkey Sausage "Dark Turkey Meat, Mechanically Separated Turkey, Water, Salt, Dextrose, Flavoring, Spices, Sugar, Yeast Extract, Lime Flavor (Corn Syrup Solids, Lime Juice Solids, natural Flavor), TBHQ, BHT, With Citric Acid Added to Help Protect Flavor Ingredients:TBHQ, BHT, Citric Acid, lactic Acid", Roasted Tomato Spread (Sun Ripened Roma Tomato Solids, Sun Dried Roma Tomatoes, Canola Oil, Extra Virgin Olive Oil, Butter (Cream, Milk, Salt), Onion, Romano Cheese (Milk, Salt, Enzymes), Red Raspberries, Sugar, Spices, Chopped Garlic, Fresh Lime Juice, Water, Salt, Corn Meal, Citric Acid, Pectin), Swiss Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Butter Blend (Vegetable Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Butter (Cream, Salt), Contains Less Than 2% Of Natural Flavor, Vitamin A Palmitate Added, Beta Carotene (Color), Salt), Coarse Kosher Salt Kosher Salt, Black Pepper. |
| Smoked Salmon on Plain  | 6.5  | 183              | 330      | 19            | 10                | 0             | 70               | 1030        | 23                | 1                 | 5          | 0                | 18          | 0             |      | X   |     | X     |           |         | X    |           |        | Norwegian Smoked Salmon (Farm Raised Atlantic Salmon, Salt, Beechwood Smoke), BRU Plain Cream Cheese Pastuerized Cream, Non Fat Dry Milk, Natural Acids, Salt, Stabilizers (Guar, Locust Bean and Xanthan Gums), Potassium Sorbate (Maintains Freshness), Tomato, Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Red Onion (Red Onion), Capers (Non-Pareil Capers, Water, Salt, and Vinegar), Coarse Kosher Salt Kosher Salt, Black Pepper.  |
| Egg Sandwich, Sriracha Honey Sunrise  | 8.1  | 231              | 660      | 28            | 12                | 0             | 245              | 1480        | 70                | 3                 | 9          | 3                | 30          | 0             | X    | X   |     | X     |           |         |      |           | X      | Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Shell Egg, Grade A, Large Cage Free Grade A Eggs, BRU Honey Sriracha Cream Cheese Pasteurized Cream and Skim Milk, Honey, Sriracha Seasoning (Sugar, Maltodextrin, Dehydrated Garlic, Vinegar Powder, Salt, Spices, Red Bell Pepper, Yeast Extract, Oleoresin Paprika, Natural Flavors, Silicon Dioxide), Salt, Stabilizers (Locust Bean, Guar and Xanthan), Potassium Sorbate (Maintains Freshness), Bacon Cured With: (Water, Salt, Sugar, Sodium Phosphate, sodium Erythorbate, Sodium Nitrite), Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Everything Topping Natural Sesame Seed, Onion, Garlic, Poppy and Salt, Butter Blend (Vegetable Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Butter (Cream, Salt), Contains Less Than 2% Of Natural Flavor, Vitamin A Palmitate Added, Beta Carotene (Color), Salt), Black Pepper, Coarse Kosher Salt Kosher Salt.   |

|  |      | SERVING SIZE (OZ) | SERVING SIZE (G) | CALORIES | TOTAL FAT (G) | SATURATED FAT (G) | TRANS FAT (G) | CHOLESTEROL (MG) | SODIUM (MG) | CARBOHYDRATES (G) | DIETARY FIBER (G) | SUGARS (G) | ADDED SUGARS (G) | PROTEIN (G) | CAFFEINE (MG) | EGGS | MILK | SOY | WHEAT | TREE NUTS | PEANUTS | FISH | SHELLFISH | SESAME | Ingredient List  |
|---|------|-------------------|------------------|----------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|------------------|-------------|---------------|------|------|-----|-------|-----------|---------|------|-----------|--------|--|
| Egg Sandwich, Western   | 10.5 | 297               | 770              | 41       | 11            | 0                 | 235           | 1620             | 72          | 4                 | 9                 | 2          | 30               | 0           | X             | X    |      | X   |       |           |         |      |           | X      | Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Shell Egg, Grade A, Large Cage Free Grade A Eggs, Red Bell Pepper Red Bell Pepper, Green bell peppers, Chipotle Mayonnaise Soybean Oil, Vinegar, Chipotle Pepper Sauce (Red Jalapeno Peppers, Vinegar, Sugar, Salt, Onions), Egg Yolk, Water, High Fructose Corn Syrup, Contains less than 2% of: Salt, Lime Juice, Spice, Garlic, Onion, Natural Smoke Flavor, Xanthan Gum, Jalapeno Pepper, Maltodextrin, Red Bell Pepper, Natural Flavor, Sugar, Calcium Disodium EDTA to protect flavor, Bacon Cured With: (Water, Salt, Sugar, Sodium Phosphate, sodium Erythorbate, Sodium Nitrite), Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Everything Topping Natural Sesame Seed, Onion, Garlic, Poppy and Salt, Red Onion (Red Onion), Butter Blend (Vegetable Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Butter (Cream, Salt), Contains Less Than 2% Of Natural Flavor, Vitamin A Palmitate Added, Beta Carotene (Color), Salt), Black Pepper, Coarse Kosher Salt Kosher Salt.   |
| Egg Sandwich, Pastrami and Swiss  | 7.9  | 225               | 500              | 15       | 6             | 0                 | 225           | 1280             | 63          | 3                 | 7                 | 5          | 29               | 0           | X             | X    |      | X   |       |           |         |      |           |        | Pumpnickel Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Brown Sugar, CaramelColor, Salt, Wheat Bran, Caraway Seeds, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Shell Egg, Grade A, Large Cage Free Grade A Eggs, Pastrami Beef, Cured With Water, Salt, Sugar, Sodium Phosphates, Seasoning (Salt, Flavoring), Sodium Erythorbate, Sodium Nitrite, Flavoring. Seasoning Ingredients: Spices, Salt, Caramel Color, Sugar, Smoke Flavor., Swiss Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Butter Blend (Vegetable Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Butter (Cream, Salt), Contains Less Than 2% Of Natural Flavor, Vitamin A Palmitate Added, Beta Carotene (Color), Salt), Coarse Kosher Salt Kosher Salt, Black Pepper.  |
| Egg Sandwich, Farmhouse   | 9.5  | 270               | 730              | 35       | 16            | 0                 | 265           | 1770             | 66          | 3                 | 9                 | 4          | 37               | 0           | X             | X    |      | X   |       |           |         |      |           |        | Potato Dough Ball Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Soybean Oil, Potato Flour, Yeast, Wheat Gluten, Salt, Wheat Flour, Malted Barley Flour, Dextrose, Enzymes, Ascorbic Acid, Shell Egg, Grade A, Large Cage Free Grade A Eggs, Ham Ham, Water (Cured with Water, Dextrose, Salt, Modified Cornstarch, Corn Syrup, Potassium Lactate, Sodium Phosphates, Sodium Erythorbate, Sodium Diacetate, Sodium Nitrite), Bacon Cured With: (Water, Salt, Sugar, Sodium Phosphate, sodium Erythorbate, Sodium Nitrite), Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Hash Browns (Potatoes, Disodium Dihydrogen Pyrophosphate (To Promote Color Retention), Dextrose), Three Cheese Blend Low-Moisture Part-Skim Mozzarella Cheese (Cultured Pasteurized Reduced Fat Milk, Salt, Enzymes), Provolone Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Anticake (Powdered Cellulose), Onion and Chive cream cheese Pasteurized Cream, Non Fat Dry Milk, Onions, Chives, Natural Acids, Salt, Stabilizers (Guar, Locust Bean and Zanthan Gums), Potassium Sorbate (Maintains Freshness), Plain Cream Cheese (Pasteurized Cream, Non Fat Milk, Milk Proteins, Less Than 2% Of Salt, Natural Acids, Xanthan, Locust Bean And Guar Gums; Potassium Sorbate (Maintains Freshness)), Parmesan/ Asiago Cheese Blend (Parmesan Cheese, (Cultured Pasteurized Milk, Salt, Enzymes), Asiago Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Anticake (Potato Starch, Powdered Cellulose), Natamycin (Natural Mold Inhibitor)), Butter Blend (Vegetable Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Butter (Cream, Salt), Contains Less Than 2% Of Natural Flavor, Vitamin A Palmitate Added, Beta Carotene (Color), Salt), Black Pepper, Coarse Kosher Salt Kosher Salt. |
| Egg White Sandwich Thin, Bacon Avocado Tomato                                     | 8.9  | 253               | 540              | 25       | 8             | 0                 | 35            | 1080             | 54          | 4                 | 8                 | 1          | 24               | 0           | X             | X    |      | X   |       |           |         |      |           | X      | Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Certified Cage Free Egg Whites Egg Whites, Tomato, Wholly Avocado Slices and Pieces Hass Avocado, Roasted Tomato Spread (Sun Ripened Roma Tomato Solids, Sun Dried Roma Tomatoes, Canola Oil, Extra Virgin Olive Oil, Butter (Cream, Milk, Salt), Onion, Romano Cheese (Milk, Salt, Enzymes), Red Raspberries, Sugar, Spices, Chopped Garlic, Fresh Lime Juice, Water, Salt, Corn Meal, Citric Acid, Pectin), Bacon Cured With: (Water, Salt, Sugar, Sodium Phosphate, sodium Erythorbate, Sodium Nitrite), Everything Topping Natural Sesame Seed, Onion, Garlic, Poppy and Salt, Butter Blend (Vegetable Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Butter (Cream, Salt), Contains Less Than 2% Of Natural Flavor, Vitamin A Palmitate Added, Beta Carotene (Color), Salt), Black Pepper, Coarse Kosher Salt Kosher Salt.  |
| Egg Sandwich, Smokehouse Brisket  | 8.9  | 253               | 610              | 26       | 12            | 0                 | 250           | 1350             | 64          | 2                 | 6                 | 2          | 30               | 0           | X             | X    |      | X   |       |           |         |      |           |        | Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Brisket "Beef, Water, Contains 2% or Less of: Hydrolyzed Corn Protein, Potassium Lactate, Sodium Lactate, Salt, Sodium Phosphates, Flavorings, Sodium Diacetate. Rubbed With: Salt, Dextrose, Garlic Powder, Onion Powder, Caramel Color, Spice.", Shell Egg, Grade A, Large Cage Free Grade A Eggs, BRU Jalapeno Cream Cheese Pasteurized Cream, Non Fat Dry Milk, Jalapeno Peppers, Green Peppers, Natural Acids, Crushed Red Peppers, Salt, Stabilizer (Guar, Locust Bean and Xanthan Gums), Potassium Sorbate (Maintains Freshness), Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Butter Blend (Vegetable Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Butter (Cream, Salt), Contains Less Than 2% Of Natural Flavor, Vitamin A Palmitate Added, Beta Carotene (Color), Salt), Coarse Kosher Salt Kosher Salt. Black Pepper.   |
| <b>DELI SANDWICHES</b>  |      |                   |                  |          |               |                   |               |                  |             |                   |                   |            |                  |             |               |      |      |     |       |           |         |      |           |        |  |
| Deli Sandwich, BLT  | 7.6  | 215               | 540              | 23       | 6             | 0                 | 40            | 1140             | 64          | 3                 | 7                 | 2          | 22               | 0           | X             |      |      |     | X     |           |         |      |           |        | Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Tomato, Bacon Cured With: (Water, Salt, Sugar, Sodium Phosphate, sodium Erythorbate, Sodium Nitrite), Lettuce, Mayo Soybean Oil, Egg Yolk, Distilled Vinegar, High Fructose Corn Syrup, Contains Less Than 2% of Water, Salt, Mustard Seed, Calcium Disodium EDTA (to Protect Flavor), Oleoresin Paprika (Color), Black Pepper, Coarse Kosher Salt Kosher Salt.   |
| Deli Sandwich, Brisket  | 10.9 | 309               | 490              | 14       | 5             | 0                 | 45            | 1410             | 65          | 3                 | 6                 | 2          | 24               | 0           |               |      |      |     | X     |           |         |      |           |        | Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Brisket "Beef, Water, Contains 2% or Less of: Hydrolyzed Corn Protein, Potassium Lactate, Sodium Lactate, Salt, Sodium Phosphates, Flavorings, Sodium Diacetate. Rubbed With: Salt, Dextrose, Garlic Powder, Onion Powder, Caramel Color, Spice.", Tomato, Cucumber, Lettuce, Spicy Brown Mustard (Organic Vinegar, Water, Mustard Seed, Salt, Less than 2% of: Spices Turmeric), Red Onion (Red Onion), Coarse Kosher Salt Kosher Salt, Black Pepper.  |
| Deli Sandwich, Garden Veggie  | 12.3 | 349               | 360              | 2        | 0             | 0                 | 0             | 550              | 72          | 5                 | 13                |            | 12               | 0           |               | X    |      |     | X     |           |         |      |           |        | PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, MALT SYRUP, SALT, YEAST) , RED ONIONS, TOMATOES, GREEN BELL PEPPERS, CUCUMBERS, LETTUCE.  |
| Deli Sandwich, Ham  | 9.1  | 257               | 400              | 7        | 3             | 0                 | 30            | 1200             | 65          | 3                 | 8                 | 2          | 21               | 0           |               | X    |      |     | X     |           |         |      |           |        | Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Tomato, Ham Ham, Water (Cured with Water, Dextrose, Salt, Modified Cornstarch, Corn Syrup, Potassium Lactate, Sodium Phosphates, Sodium Erythorbate, Sodium Diacetate, Sodium Nitrite), Cucumber, Lettuce, Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Coarse Kosher Salt Kosher Salt, Black Pepper.   |

|  | SERVING SIZE (OZ) | SERVING SIZE (G) | CALORIES | TOTAL FAT (G) | SATURATED FAT (G) | TRANS FAT (G) | CHOLESTEROL (MG) | SODIUM (MG) | CARBOHYDRATES (G) | DIETARY FIBER (G) | SUGARS (G) | ADDED SUGARS (G) | PROTEIN (G) | CAFFEINE (MG) | EGGS | MILK | SOY | WHEAT | TREE NUTS | PEANUTS | FISH | SHELLFISH | SESAME | Ingredient List   |
|---|-------------------|------------------|----------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|------------------|-------------|---------------|------|------|-----|-------|-----------|---------|------|-----------|--------|---|
| Deli Sandwich, Turkey   | 10.1              | 285              | 450      | 8             | 2.5               | 0             | 50               | 1360        | 71                | 3                 | 7          | 4                | 30          | 0             |      | X    |     | X     |           |         |      |           |        | Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Turkey Breast "Turkey Breast, Turkey Broth, Less than 2% of Potassium Lactate, Modified Food Starch, Salt, Sugar, Sodium Phosphate, and Sodium Diacetate. Caramel Color Added.", Tomato, Cucumber, Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Coarse Kosher Salt Kosher Salt, Black Pepper.  |
| Deli Sandwich, Pastrami   | 8.0               | 266              | 380      | 4             | 2                 | 0             | 25               | 1220        | 63                | 3                 | 6          | 2                | 19          | 0             |      |      |     | X     |           |         |      |           |        | Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Tomato, Pastrami Beef, Cured With Water, Salt, Sugar, Sodium Phosphates, Seasoning (Salt, Flavoring), Sodium Erythorbate, Sodium Nitrite, Flavoring. Seasoning Ingredients: Spices, Salt, Caramel Color, Sugar, Smoke Flavor., Cucumber, Lettuce, Spicy Brown Mustard (Organic Vinegar, Water, Mustard Seed, Salt, Less than 2% of: Spices Turmeric), Red Onion (Red Onion), Coarse Kosher Salt Kosher Salt, Black Pepper.   |
| <b>SIGNATURE &amp; BAGEL SANDWICHES</b>   |                   |                  |          |               |                   |               |                  |             |                   |                   |            |                  |             |               |      |      |     |       |           |         |      |           | 0      |   |
| Lunch Sandwich, Herby Turkey on Sesame  | 10.4              | 294              | 680      | 27            | 7.0               | 0             | 65               | 1440        | 82                | 4                 | 10         | 4                | 35          | 0             |      | X    |     | X     |           |         |      |           | X      | Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Turkey Breast "Turkey Breast, Turkey Broth, Less than 2% of Potassium Lactate, Modified Food Starch, Salt, Sugar, Sodium Phosphate, and Sodium Diacetate. Caramel Color Added.", Roasted Tomato Spread (Sun Ripened Roma Tomato Solids, Sun Dried Roma Tomatoes, Canola Oil, Extra Virgin Olive Oil, Butter (Cream, Milk, Salt), Onion, Romano Cheese (Milk, Salt, Enzymes), Red Raspberries, Sugar, Spices, Chopped Garlic, Fresh Lime Juice, Water, Salt, Corn Meal, Citric Acid, Pectin), BRU Light Herb Garlic Cream Cheese Pasteurized Cream, Milk and Skim Milk, Whey Protein Concentrate, Garlic, Chives, Natural Acids, Garlic and Herb Spice Blend, Salt, Stabilizers (Guar, Locust Bean and Xanthan Gums), Cheese Culture, Potassium Sorbate (Maintains Freshness), Lettuce, Sesame Seeds, Red Onion (Red Onion).  |
| Lunch Sandwich, Leonardo da Veggie on Asiago Parmesan                             | 9.6               | 273              | 520      | 16            | 9                 | 0             | 45               | 870         | 67                | 3                 | 9          | 2                | 26          | 0             |      | X    |     | X     |           |         |      |           |        | Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Tomato, BRU Light Herb Garlic Cream Cheese Pasteurized Cream, Milk and Skim Milk, Whey Protein Concentrate, Garlic, Chives, Natural Acids, Garlic and Herb Spice Blend, Salt, Stabilizers (Guar, Locust Bean and Xanthan Gums), Cheese Culture, Potassium Sorbate (Maintains Freshness), Red Bell Pepper Red Bell Pepper, Swiss Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Lettuce, Red Onion (Red Onion), Parmesan/ Asiago Cheese Blend (Parmesan Cheese, (Cultured Pasteurized Milk, Salt, Enzymes), Asiago Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Anticake (Potato Starch, Powdered Cellulose), Natamycin (Natural Mold Inhibitor)), Coarse Kosher Salt Kosher Salt, Black Pepper.  |
| Lunch Sandwich, Western Brisket, on 5 Cheese                                      | 11.1              | 316              | 790      | 48            | 15                | 0             | 90               | 1650        | 59                | 3                 | 8          | 4                | 32          | 0             | X    | X    |     | X     |           |         |      |           |        | Dough Ball Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Soybean Oil, Contains 2% or Less of Each of the Following: Cornmeal, Yeast, Wheat Gluten, Salt, Malted Barley Flour, Dextrose, Enzymes, Ascorbic Acid., Brisket "Beef, Water, Contains 2% or Less of: Hydrolyzed Corn Protein, Potassium Lactate, Sodium Lactate, Salt, Sodium Phosphates, Flavorings, Sodium Diacetate. Rubbed With: Salt, Dextrose, Garlic Powder, Onion Powder, Caramel Color, Spice.", Chipotle Mayonnaise Soybean Oil, Vinegar, Chipotle Pepper Sauce (Red Jalapeno Peppers, Vinegar, Sugar, Salt, Onions), Egg Yolk, Water, High Fructose Corn Syrup, Contains less than 2% of: Salt, Lime Juice, Spice, Garlic, Onion, Natural Smoke Flavor, Xanthan Gum, Jalapeno Pepper, Maltodextrin, Red Bell Pepper, Natural Flavor, Sugar, Calcium Disodium EDTA to protect flavor, Red Bell Pepper Red Bell Pepper, Green bell peppers, Three Cheese Blend Low-Moisture Part-Skim Mozzarella Cheese (Cultured Pasteurized Reduced Fat Milk, Salt, Enzymes), Provolone Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Anticake (Powdered Cellulose), Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Parmesan/ Asiago Cheese Blend (Parmesan Cheese, (Cultured Pasteurized Milk, Salt, Enzymes), Asiago Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Anticake (Potato Starch, Powdered Cellulose), Natamycin (Natural Mold Inhibitor)), Red Onion (Red Onion). |
| Lunch Sandwich, Hot Pastrami on Everything  | 10.4              | 296              | 580      | 18            | 8                 | 0             | 70               | 2230        | 65                | 3                 | 5          | 2                | 34          | 0             |      | X    |     | X     |           |         |      |           | X      | Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Pastrami Beef, Cured With Water, Salt, Sugar, Sodium Phosphates, Seasoning (Salt, Flavoring), Sodium Erythorbate, Sodium Nitrite, Flavoring. Seasoning Ingredients: Spices, Salt, Caramel Color, Sugar, Smoke Flavor., Spicy Brown Mustard (Organic Vinegar, Water, Mustard Seed, Salt, Less than 2% of: Spices Turmeric), Swiss Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Pickle Spear (Fresh Cucumbers, Water, Vinegar, Salt, Calcium Chloride, Sodium Benzoate (Preservative), Spices, Garlic, Turmeric, Polysorbate 80), Red Onion (Red Onion), Everything Topping Natural Sesame Seed, Onion, Garlic, Poppy and Salt.  |
| Lunch Sandwich, Turkey Chipotle Club on Everything                                | 11.1              | 316              | 720      | 33            | 6                 | 0             | 70               | 2050        | 78                | 4                 | 9          | 4                | 36          | 0             | X    |      |     | X     |           |         |      |           | X      | Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Turkey Breast "Turkey Breast, Turkey Broth, Less than 2% of Potassium Lactate, Modified Food Starch, Salt, Sugar, Sodium Phosphate, and Sodium Diacetate. Caramel Color Added.", Tomato, Chipotle Mayonnaise Soybean Oil, Vinegar, Chipotle Pepper Sauce (Red Jalapeno Peppers, Vinegar, Sugar, Salt, Onions), Egg Yolk, Water, High Fructose Corn Syrup, Contains less than 2% of: Salt, Lime Juice, Spice, Garlic, Onion, Natural Smoke Flavor, Xanthan Gum, Jalapeno Pepper, Maltodextrin, Red Bell Pepper, Natural Flavor, Sugar, Calcium Disodium EDTA to protect flavor, Bacon Cured With: (Water, Salt, Sugar, Sodium Phosphate, sodium Erythorbate, Sodium Nitrite), Lettuce, Everything Topping Natural Sesame Seed, Onion, Garlic, Poppy and Salt, Black Pepper, Coarse Kosher Salt Kosher Salt.   |
| <b>SIDES &amp; DESSERTS</b>   |                   |                  |          |               |                   |               |                  |             |                   |                   |            |                  |             |               |      |      |     |       |           |         |      |           |        |   |
| <b>COOKIES</b>  |                   |                  |          |               |                   |               |                  |             |                   |                   |            |                  |             |               |      |      |     |       |           |         |      |           |        |   |
| Heavenly Chocolate Chip   | 3.5               | 99               | 470      | 23            | 14                | 0.5           | 45               | 230         | 62                | 2                 | 38         | 37               | 5           | 0             | X    | X    | X   | X     |           |         |      |           |        | Chocolate Chip Cookie (Bleached Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Semi-Sweet Chocolate Chunks (Sugar, Unsweetened Chocolate, Anhydrous Dextrose, Cocoa Butter, Soy Lecithin [Emulsifier], Vanilla Extract), Butter, Sugar, Brown Sugar, Whole Eggs, Soybean Oil, Fructose, Dextrose, Nonfat Dry Milk, Natural Vanilla Flavor, Salt, Baking Soda, Soy Lecithin (Emulsifier)).   |
| <b>MUFFINS</b>  |                   |                  |          |               |                   |               |                  |             |                   |                   |            |                  |             |               |      |      |     |       |           |         |      |           |        |   |

|    |                   |                  |          |               |                   |               |                  |             |                   |                   |            |                  |             |               |      |      |     |       |           |         |      |           |        |  | Ingredient List   |
|---|-------------------|------------------|----------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|------------------|-------------|---------------|------|------|-----|-------|-----------|---------|------|-----------|--------|--|---|
|   | SERVING SIZE (OZ) | SERVING SIZE (G) | CALORIES | TOTAL FAT (G) | SATURATED FAT (G) | TRANS FAT (G) | CHOLESTEROL (MG) | SODIUM (MG) | CARBOHYDRATES (G) | DIETARY FIBER (G) | SUGARS (G) | ADDED SUGARS (G) | PROTEIN (G) | CAFFEINE (MG) | EGGS | MILK | SOY | WHEAT | TREE NUTS | PEANUTS | FISH | SHELLFISH | SESAME |  |   |
| Blueberry (Bake N Joy) BOSTON, VERMONT, NORTHERN CONNECTICUT  | 4.5               | 127              | 430      | 21            | 4                 | 0             | 80               | 270         | 55                | 0                 | 30         |                  | 5           | 0             | X    | X    | X   | X     |           |         |      |           |        |  | SUGAR, BLEACHED WHEAT FLOUR, EGGS, SOYBEAN OIL, BLUEBERRIES WATER, MODIFIED FOOD STARCH, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE), MONO AND DIGLYCERIDES, NATURAL FLAVOR, RICE STARCH, BUTTERMILK SOLIDS, SALT, LACTIC ACID, XANTHAM GUM, ENZYME.   |
| Blueberry Muffin  | 4.2               | 120              | 440      | 25            | 5                 | 0             | 85               | 530         | 48                | 1                 | 27         | 23               | 5           | 0             | X    | X    | X   | X     |           |         |      |           |        |  | Blueberry Muffin (Sugar, Bleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Ascorbic Acid [Dough Conditioner], Thiamine, Mononitrate, Riboflavin, Folic Acid, Enzyme), Soybean Oil, Eggs, Blueberries, Cultured Nonfat Buttermilk (Nonfat Milk, Stabilizer [Modified Corn and Tapioca Starch, Sodium Phosphate, Guar Gum, Carrageenan, Carob Bean Gum, Mono and Diglycerides], Salt, Vitamin A Palmitate, Vitamin D3), Food Starch-Modified, Whey, Emulsifier Blend (Propylene Glycol Mono and Diesters of Fats and Fatty Acids, Mono- and Diglycerides, Soy Lecithin), Leavening (Sodium Aluminum Phosphate, Sodium Bicarbonate), Wheat Gluten, Salt, Natural Flavor, Sodium Propionate (Preservative), Xanthan Gum.).  |
| Blueberry (Main Street Gourmet)   | 5.0               | 142              | 490      | 28            | 5                 | 0             | 130              | 230         | 54                | 3                 | 31         | 30               | 8           | 0             | X    | X    | X   | X     |           |         |      |           |        |  | Bicarbonate), Wheat Gluten, Salt, Natural Flavor, Sodium Propionate (Preservative), Xanthan Gum), Streusel Topping (Untreated Wheat Flour, Sugar, Zero Trans Fat Vegetable Shortening (Palm Oil, Soybean Oil), Zero Trans Fat Margarine (Soybean Oil, Palm Oil, Water, Salt, Mono And Diglycerides, Soybean Lecithin, Natural Flavor, Annatto Color), Vanilla, Salt).   |
| <b>OTHER SIDES</b> VALUES LISTED ARE LIMITED TO INFORMATION PROVIDED BY SUPPLIER/MANUFACTURER OF PACKAGED OR DISPENSED PRODUCTS*. |                   |                  |          |               |                   |               |                  |             |                   |                   |            |                  |             |               |      |      |     |       |           |         |      |           |        |  |   |
| Potato Chips*   | See label         |                  |          |               |                   |               |                  |             |                   |                   |            |                  |             |               |      |      |     |       |           |         |      |           |        |  | See Label   |
| Twice Baked Hash Brown  | 3.0               | 85               | 170      | 11.0          | 6.0               | 0             | 35               | 260         | 11                | 1                 | 1          | 0                | 7           | 0             |      | X    |     |       |           |         |      |           |        |  | Twice Baked Hash Brown (Potatoes (Potatoes, Dextrose, Disodium Pyrophosphate [Added to Maintain Color], Potassium Sorbate[Added to Maintain Freshness]), Cream Cheese(Pasteurized Milk and Cream, Salt, Cheese Cultures, Carob Bean Gum[Stabilizer]), Pizza Blend Cheese(Low Moisture Part-Skim Mozzarella Cheese[Cultured Pasteurized Reduced Fat Milk, Salt, Enzymes]), Provolone Cheese(Cultured Pasteurized Milk, Salt, Enzymes), Cheddar Cheese(Cultured Pasteurized Milk, Salt, Enzymes, [Color Added], Anti Cake[Powdered Cellulose]) Three Cheese Blend (Parmesan, Asiago and Romano Cheese[Pasteurized Cow's Milk, Cheese Culture, Salt, Enzymes, Powdered Cellulose[Anti-Caking Agent] and Calcium Propionate[Preservative]) Cheddar Cheese(Pasteurized Milk, Salt, Culture, Enzymes and Annatto), Contains 2% or Less of: Black Pepper, Green Onion, White Onion). |
| <b>Individual Ingredients</b>   |                   |                  |          |               |                   |               |                  |             |                   |                   |            |                  |             |               |      |      |     |       |           |         |      |           |        |  |   |
| <b>CHEESE</b>   |                   |                  |          |               |                   |               |                  |             |                   |                   |            |                  |             |               |      |      |     |       |           |         |      |           |        |  |   |
| American Cheese   | 0.5               | 14               | 50       | 4.5           | 2.5               | 0             | 15               | 250         | 1                 | 0                 | 1          | 0                | 2           | 0             |      | X    | X   |       |           |         |      |           |        |  | American Cheese (Milk, Cheese Cultures, Salt, Enzymes, Annatto Vegetable Color, Water, Cream, Sodium Citrate, Color Added, Salt, Sorbic Acid (Added as Preservative), Soy Lecithin (Non-Sticking Agent).  |
| Asiago Cheese, Shredded   | 0.5               | 14               | 60       | 4             | 2.5               | 0             | 10               | 220         | 0                 | 0                 | 0          | 0                | 5           | 0             |      | X    |     |       |           |         |      |           |        |  | Parmesan/ Asiago Cheese Blend (Parmesan Cheese, (Cultured Pasteurized Milk, Salt, Enzymes), Asiago Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Anticake (Potato Starch, Powdered Cellulose), Natamycin (Natural Mold Inhibitor)).  |
| Cheddar Cheese  | 0.5               | 14               | 60       | 5             | 2.5               | 0             | 15               | 95          | 0                 | 0                 | 0          | 0                | 3           | 0             |      | X    |     |       |           |         |      |           |        |  | Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added).  |
| Swiss Cheese  | 0.5               | 14               | 60       | 4.5           | 2.5               | 0             | 15               | 25          | 0                 | 0                 | 0          | 0                | 4           | 0             |      | X    |     |       |           |         |      |           |        |  | Swiss Cheese (Cultured Pasteurized Milk, Salt, Enzymes).  |
| <b>CONDIMENTS</b>   |                   |                  |          |               |                   |               |                  |             |                   |                   |            |                  |             |               |      |      |     |       |           |         |      |           |        |  |   |
| Butter Blend  | 0.5               | 14               | 110      | 12.0          | 5.0               | 0             | 0                | 85          | 0                 | 0                 | 0          | 0                | 0           | 0             |      | X    |     |       |           |         |      |           |        |  | Butter Blend (Vegetable Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Butter (Cream, Salt), Contains Less Than 2% Of Natural Flavor, Vitamin A Palmitate Added, Beta Carotene (Color), Salt).   |
| Chipotle Mayo   | 0.5               | 14               | 90       | 10            | 1.5               | 0             | 5                | 115         | 1                 | 0                 | 0          | 0                | 0           | 0             | X    |      |     |       |           |         |      |           |        |  | Chipotle Mayonnaise Soybean Oil, Vinegar, Chipotle Pepper Sauce (Red Jalapeno Peppers, Vinegar, Sugar, Salt, Onions), Egg Yolk, Water, High Fructose Corn Syrup, Contains less than 2% of: Salt, Lime Juice, Spice, Garlic, Onion, Natural Smoke Flavor, Xanthan Gum, Jalapeno Pepper, Maltodextrin, Red Bell Pepper, Natural Flavor, Sugar, Calcium Disodium EDTA to protect flavor.   |
| Mustard   | 0.5               | 14               | 15       | 0             | 0                 | 0             | 0                | 140         | 0                 | 0                 | 0          | 0                | 0           | 0             |      |      |     |       |           |         |      |           |        |  | Spicy Brown Mustard (Organic Vinegar, Water, Mustard Seed, Salt, Less than 2% of: Spices Turmeric   |
| Honey   | 1.0               | 28               | 90       | 0             | 0                 | 0             | 0                | 0           | 23                | 0                 | 22         | 22               | 0           | 0             |      |      |     |       |           |         |      |           |        |  | Honey   |
| Jelly/Jam - Grape   | 1.0               | 28               | 70       | 0             | 0                 | 0             | 0                | 0           | 18                | 0                 | 13         | 13               | 0           | 0             |      |      |     |       |           |         |      |           |        |  | Spread, Concord Grape Jam (Concord Grapes, High Fructose Corn Syrup, Corn Syrup, Fruit Pectin, Citric Acid.)  |
| Jelly/Jam - Strawberry  | 1.0               | 28               | 60       | 0             | 0                 | 0             | 0                | 0           | 16                | 0                 | 14         | 14               | 0           | 0             |      |      |     |       |           |         |      |           |        |  | Strawberry Jam (Strawberries, Sugar, Fruit Pectin, Citric Acid)   |
| Mayo  | 0.5               | 14               | 100      | 12            | 2                 | 0             | 10               | 40          | 0                 | 0                 | 0          | 0                | 0           | 0             | X    |      |     |       |           |         |      |           |        |  | Soybean Oil, Egg Yolk, Distilled Vinegar, High Fructose Corn Syrup, Contains Less Than 2% of Water, Salt, Mustard Seed, Calcium Disodium EDTA (to Protect Flavor), Oleoresin Paprika (Color).   |
| Peanut Butter   | 1.5               | 43               | 240      | 21            | 4.5               | 0             | 0                | 105         | 10                | 4                 | 5          | 3                | 9           | 0             |      |      | X   |       |           | X       |      |           |        |  | Peanut Butter (Peanuts, Sugar, Palm Oil, Contains 2% or less of: Salt, Molasses).   |
| Sriracha Sauce  | 1.0               | 14               | 5        | 0             | 0                 | 0             | 0                | 210         | 3                 | 0                 | 0          | 0                | 0           | 0             |      |      |     |       |           |         |      |           |        |  | Chili, Sugar, Salt, Garlic, Distilled Vinegar, Potassium Sorbate and Sodium Bisulfite as Preservative, Xanthan Gum..  |
| Sundried Tomato Spread  | 1.0               | 28               | 140      | 11            | 3.5               | 0             | 10               | 80          | 9                 | 0                 | 2          | 0                | 2           | 0             |      | X    |     |       |           |         |      |           |        |  | Roasted Tomato Spread (Sun Ripened Roma Tomato Solids, Sun Dried Roma Tomatoes, Canola Oil, Extra Virgin Olive Oil, Butter (Cream, Milk, Salt), Onion, Romano Cheese (Milk, Salt, Enzymes), Red Raspberries, Sugar, Spices, Chopped Garlic, Fresh Lime Juice, Water, Salt, Corn Meal, Citric Acid,  |
| <b>EGGS &amp; EGG PATTIES</b>   |                   |                  |          |               |                   |               |                  |             |                   |                   |            |                  |             |               |      |      |     |       |           |         |      |           |        |  |   |
| 1 Egg White   | 2.0               | 58               | 35       | 1             | 0                 | 0             | 0                | 160         | 0                 | 0                 | 0          | 0                | 6           | 0             | X    | X    |     |       |           |         |      |           |        |  | Certified Cage Free Egg Whites Egg Whites, Butter Blend (Vegetable Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Butter (Cream, Salt), Contains Less Than 2% Of Natural Flavor, Vitamin A Palmitate Added, Beta Carotene (Color), Salt), Coarse Kosher Salt Kosher Salt, Black Pepper.  |
| 2 Egg White   | 4.1               | 116              | 70       | 2             | 0.5               | 0             | 0                | 330         | 1                 | 0                 | 1          | 0                | 12          | 0             | X    | X    |     |       |           |         |      |           |        |  | Certified Cage Free Egg Whites Egg Whites, Butter Blend (Vegetable Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Butter (Cream, Salt), Contains Less Than 2% Of Natural Flavor, Vitamin A Palmitate Added, Beta Carotene (Color), Salt), Coarse Kosher Salt Kosher Salt, Black Pepper.  |
| 1 Whole Egg   | 1.6               | 46               | 80       | 6             | 2                 | 0             | 185              | 140         | 1                 | 0                 | 0          | 0                | 6           | 0             | X    | X    |     |       |           |         |      |           |        |  | Shell Egg, Grade A, Large Cage Free Grade A Eggs, Butter Blend (Vegetable Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Butter (Cream, Salt), Contains Less Than 2% Of Natural Flavor, Vitamin A Palmitate Added, Beta Carotene (Color), Salt), Coarse Kosher Salt Kosher Salt, Black Pepper.   |
| 2 Whole Eggs  | 3.6               | 102              | 160      | 11            | 4.0               | 0             | 370              | 280         | 2                 | 0                 | 1          | 0                | 13          | 0             | X    | X    |     |       |           |         |      |           |        |  | Shell Egg, Grade A, Large Cage Free Grade A Eggs, Butter Blend (Vegetable Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Butter (Cream, Salt), Contains Less Than 2% Of Natural Flavor, Vitamin A Palmitate Added, Beta Carotene (Color), Salt), Coarse Kosher Salt Kosher Salt, Black Pepper.   |
| <b>MEAT</b> 0.0   |                   |                  |          |               |                   |               |                  |             |                   |                   |            |                  |             |               |      |      |     |       |           |         |      |           |        |  |   |
| Peppered Bacon  | 0.8               | 22               | 110      | 8             | 3                 | 0             | 25               | 360         | 2                 | 0                 | 2          | 0                | 8           | 0             |      |      |     |       |           |         |      |           |        |  | Bacon Cured With: (Water, Salt, Sugar, Sodium Phosphate, sodium Erythorbate, Sodium Nitrite), Black Pepper.   |
| Brisket Breakfast   | 2.0               | 57               | 110      | 9             | 3.5               | 0             | 30               | 430         | 1                 | 0                 | 0          | 0                | 8           | 0             |      |      |     |       |           |         |      |           |        |  | Brisket Beef, Water, Contains 2% or Less of: Hydrolyzed Corn Protein, Potassium Lactate, Sodium Lactate, Salt, Sodium Phosphates, Flavorings, Sodium Diacetate. Rubbed With: Salt, Dextrose, Garlic Powder, Onion Powder, Caramel Color, Spice.   |





| Item                          | SERVING SIZE (OZ) | SERVING SIZE (G) | CALORIES | TOTAL FAT (G) | SATURATED FAT (G) | TRANS FAT (G) | CHOLESTEROL (MG) | SODIUM (MG) | CARBOHYDRATES (G) | DIETARY FIBER (G) | SUGARS (G) | ADDED SUGARS (G) | PROTEIN (G) | CAFFEINE (mg) | EGGS | MILK | SOY | WHEAT | TREE NUTS | PEANUTS | FISH | SHELLFISH | SESAME | Ingredient List   |
|-------------------------------|-------------------|------------------|----------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|------------------|-------------|---------------|------|------|-----|-------|-----------|---------|------|-----------|--------|---|
|                               |                   |                  |          |               |                   |               |                  |             |                   |                   |            |                  |             |               |      |      |     |       |           |         |      |           |        |   |
| Brisket Lunch                 | 3.0               | 85               | 170      | 13            | 5                 | 0             | 45               | 650         | 2                 | 0                 | 0          | 0                | 12          | 0             |      |      |     |       |           |         |      |           |        | Brisket Beef, Water, Contains 2% or Less of: Hydrolyzed Corn Protein, Potassium Lactate, Sodium Lactate, Salt, Sodium Phosphates, Flavorings, Sodium Diacetate. Rubbed With: Salt, Dextrose, Garlic Powder, Onion Powder, Caramel Color, Spice.   |
| Ham                           | 1.5               | 43               | 45       | 1             | 0                 | 0             | 15               | 480         | 2                 | 0                 | 2          | 0                | 6           | 0             |      |      |     |       |           |         |      |           |        | Ham, Water (Cured with Water, Dextrose, Salt, Modified Cornstarch, Corn Syrup, Potassium Lactate, Sodium Phosphates, Sodium Erythorbate, Sodium Diacetate, Sodium Nitrite).   |
| Pastrami                      | 1.3               | 43               | 50       | 3             | 1.5               | 0             | 25               | 460         | 0                 | 0                 | 0          | 0                | 7           | 0             |      |      |     |       |           |         |      |           |        | Pastrami Beef, Cured With Water, Salt, Sugar, Sodium Phosphates, Seasoning (Salt, Flavoring), Sodium Erythorbate, Sodium Nitrite, Flavoring. Seasoning Ingredients: Spices, Salt, Caramel Color, Sugar, Smoke Flavor..  |
| Smoked Salmon                 | 2.0               | 57               | 100      | 6             | 1                 | 0             | 20               | 650         | 0                 | 0                 | 0          | 0                | 12          | 0             |      |      |     |       |           |         |      | X         |        | Norwegian Smoked Salmon (Farm Raised Atlantic Salmon, Salt, Beechwood Smoke).   |
| Pork Sausage                  | 1.5               | 43               | 180      | 17            | 6                 | 0             | 30               | 280         | 0                 | 0                 | 0          | 0                | 6           | 0             |      |      |     |       |           |         |      |           |        | Pork Sausage, BRU Pork, Water, Salt, Spices, Dextrose, Sugar, Yeast Extract, Lime Flavor (Corn Syrup Solids, Lime Juice Solids, Natural Flavor), Flavoring, TBHQ, BHT, Citric Acid, Lactic Acid   |
| Turkey Sausage                | 1.5               | 43               | 90       | 7             | 2                 | 0             | 40               | 280         | 0                 | 0                 | 0          | 0                | 7           | 0             |      |      |     |       |           |         |      |           |        | Sausage, Turkey Dark Turkey Meat, Mechanically Separated Turkey, Contains 2% or Less of Salt, Spices, Dextrose, Sugar, Yeast Extract, Lime Flavor (Corn Syrup Solids, Lime Juice Solids, Natural Flavor), Flavoring, TBHQ, BHT, Citric Acid, Lactic Acid.   |
| Sliced Turkey                 | 3.0               | 85               | 90       | 2.5           | 0                 | 0             | 40               | 650         | 9                 | 0                 | 2          | 2                | 15          | 0             |      |      |     |       |           |         |      |           |        | Turkey Breast, Turkey Broth, Less than 2% of Potassium Lactate, Modified Food Starch, Salt, Sugar, Sodium Phosphate, and Sodium Diacetate. Caramel Color Added.   |
| <b>NUTS/OTHER</b>             |                   |                  |          |               |                   |               |                  |             |                   |                   |            |                  |             |               |      |      |     |       |           |         |      |           | 0.0    |   |
| Croutons                      | 0.5               | 14               | 15       | 0             | 0                 | 0             | 0                | 35          | 2                 | 0                 | 0          | 0                | 0           | 0             |      | X    |     | X     |           |         |      |           |        | Whole Grain Cheese Garlic Croutons, BRU White Whole Wheat Flour, Canola and /or Sunflower Oil, Spelt Flour, Whey, Wheat Gluten, Amaranth Flour, Quinoa Flour, Salt, 2% or Less of Sugar, Yeast, Ascorbic Acid, Dehydrated Parsley, Garlic Powder, Vinegar, Natural and Artificial Flavor, Parmesan Cheese and Enzyme Modified Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Cultured Nonfat Milk, Annatto (Color), Extractives of Turmeric and Paprika (Color) TBHQ (To Preserve Freshness). |
| <b>VEGETABLES &amp; FRUIT</b> |                   |                  |          |               |                   |               |                  |             |                   |                   |            |                  |             |               |      |      |     |       |           |         |      |           |        |   |
| Capers                        | 0.1               | 3                | 0        | 0             | 0                 | 0             | 0                | 60          | 0                 | 0                 | 0          | 0                | 0           | 0             |      |      |     |       |           |         |      |           |        | Capers (Non-Pareil Capers, Water, Salt, and Vinegar).   |
| Cucumbers                     | 1                 | 28               | 5        | 0             | 0                 | 0             | 0                | 0           | 1                 | 0                 | 0          | 0                | 0           | 0             |      |      |     |       |           |         |      |           |        | Cucumber  |
| Green Bell Peppers            | 1                 | 28               | 5        | 0             | 0                 | 0             | 0                | 0           | 1                 | 0                 | 1          | 0                | 0           | 0             |      |      |     |       |           |         |      |           |        | Green Bell Peppers  |
| Lettuce                       | 0.5               | 14               | 0        | 0             | 0                 | 0             | 0                | 0           | 0                 | 0                 | 0          | 0                | 0           | 0             |      |      |     |       |           |         |      |           |        | Lettuce, Whole Leaf   |
| Pickle Spear                  | 1                 | 28               | 0        | 0             | 0                 | 0             | 0                | 260         | 0                 | 0                 | 0          | 0                | 0           | 0             |      |      |     |       |           |         |      |           |        | Pickle Spear (Fresh Cucumbers, Water, Vinegar, Salt, Calcium Chloride, Sodium Benzoate (Preservative), Spices, Garlic, Turmeric, Polysorbate 80).   |
| Red Onions                    | 0.3               | 9                | 5        | 0             | 0                 | 0             | 0                | 0           | 1                 | 0                 | 0          | 0                | 0           | 0             |      |      |     |       |           |         |      |           |        | Onion, Red  |
| Red Bell Peppers              | 1                 | 28               | 10       | 0             | 0                 | 0             | 0                | 0           | 2                 | 1                 | 1          | 0                | 0           | 0             |      |      |     |       |           |         |      |           |        | Red Bell Peppers  |
| Tomatoes                      | 1.5               | 43               | 10       | 0             | 0                 | 0             | 0                | 10          | 2                 | 0                 | 1          | 0                | 0           | 0             |      |      |     |       |           |         |      |           |        | Tomato, Coarse Kosher Salt, Black Pepper  |