

- Key:
z Contains
• May Contain

WE CANNOT GUARANTEE A 100
ALLERGEN FREE ENVIORNMEN
AS WE USE SHARED EQUIPMENT
DISPLAY, PREAPRE AND SERV

Product	Calories	Egg	Fish	Milk	Peanut	Shellfish	Soy	Tree Nuts	Wheat	Gluten Free	Vegetarian	Vegan	Cals From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
All Day Breakfast																											
Bacon Breakfast Roll	480	z	z					z					197	22.2	14.2	0	203	773	34	1	6	0	16	0	150	0	62.7
Roasted Tomato Breakfast Roll	345	z	z					z		z			167	18.7	12.5	0	190	600	35	1.33	6.67	0	12.3	0	150	0.12	0
Vegan Breakfast Roll	430							z			z		192	21.5	8.75	0	0	985	42	2	5	0	17.5	0	120	1.35	0
Ham and Cheese Croissant	360	z	z				{ {	z					157	21.4	12.8	0	81	713	32	2	6	0	15.5	0	95	0.27	0
Turkey, Cheese & Fig on Multigrain Croissant	490	z	z					z					50	21	13	0	70	390	56	2	23	3	17		85		
Vegetarian Frittata Coppa	320	z	z				z	z		z			230	26	14	0	515	680	8	0	3		15				
Four Cheese Frittata Coppa	450	z	z				z	z		z			390	43	34	0	555	580	7	0	3		21				
Hard Boiled Eggs	130	z							z	z			75.5	8.37	2.25	0	327	125	0.63	0	0.33	0	11.1	72.2	49.3	1.54	121
Strawberry Yogurt Parfait	255			z				z		z			15	9.5	2	0	7.5	159	34	2.75	23	5	10.8	0	256	1.71	94
Blueberry Yogurt Parfait	150			z						z			15	1.5	1	0	5	95	29		25		7		225		
Dragonfruit Coconut Chia Overnight Oats	320						z	z	z			z	0	17	14	0	0	15	35	7	13	0	5	0	16	2	246
Pastries and Baked Goods																											
Cinnamon Bun	460	z	{				z {	z		z				26	10	0	20	380	80	1	48	17	7	0	52	1	94
Butter Croissant	270	z	z				{ {	z		z			110	16	10	0	45	340	31	2	6	0	5	0	20	0	0
Pain au Chocolate	260	z	z				z {	z		z			130	14	8	0.5	47	246	27	1	7	0	5	0	10	0.54	0
Pain au Raisin	310	z	z				{ {	z		z			120	13	9	0	50	290	42	2	18	0	5	0	20	0.72	0
Pistachio Muffin	430	z	z				{ z	z		z				20	3.5	0	70	370	55	0	30	29	6	2%	6%	4%	2%
Blueberry Muffin	380	z	z				{ {	z		z				12	2.5	0	45	170	30	0	17	15	3	2%	2%	2%	0%
Cinnamon Coffee Cake Muffin	430	z	z				z {	z		z				19	4.5	0	70	350	60	0	35	34	5	0	6%	4%	2%
Chocolate Chip Muffin	420	z	z				z {	z		z				18	5	0	70	360	60	1	36	35	5	2%	6%	4%	2%
Double Chocolate Chip Muffun	460	z	z				z {	z		z				24	5	0	75	500	53	0	34	31	6	2%	4%	10%	4%
Pumpkin Muffin	370	z	z				{ {	z		z				15	3	0	65	340	53	1	30	28	5	0%	6%	6%	2%
Banana Bread	160	z	z				z {	z		z				8	1	0	30	110	20	0	11		2		2%	2%	
Snickerdoodle Cookie (Christies)	300	z	z {				{ {	z		z				11	7	0	55	250	46	1	24	24	4	0	20	2%	100
Oatmeal Raisin Cookie (Christies)	300	z	z				z z	z		z				13	7	0	45	330	42	2	24	17	4	0			
Chocolate Chip Cookie (Christies)	330	z	z {				z {	z		z				15	9	0	40	280	43	2	27	26	4	0	20	1.6	140
Madeleines	470	z	z				{ {	z		z				27	19				50	1	32		6				
Strawberry Crown	330	{	z				{ {	z		z				19	8				36	1	12		5				
Almond Croissant	350	z	z				z z	z		z				19	10	0	55	300	39	1	11	7	6	6%	2%	10%	2%
Cinnamon Kouign Amman	330	z	z				{ {	z		z				18	11	0	50	340	43	2	18	16	6	0%	4%	8%	2%
Cookie Butter Croissant	500	z	z				z	z		z				33	11			25	55	1	24	19	7				
Banana Nut Tea Bread	635	z	z				z z	z		z				25	8	0	70	450	74	0	40	32	10				
Cranberry Orange Tea Bread	495	z	z				{ z	z		z				20		0	50	320	65	2	32	32	5				
Everything Bagel Swirl	320	z	z					z		z				20	11	0	50	490	28	2	5	3	7				
Butter Crumb Cake	1200	z	z				z	z		z				60	25	0	100	1200	150	0	80	80	10	0%	0%	0%	0%

Product	Calories	Egg	Fish	Milk	Peanut	Shellfish	Soy	Tree Nuts	Wheat	Gluten Free	Vegetarian	Vegan	Cals From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
Sandwiches																											
Chicken Pesto Provolone Ciabatta	580			z			z		z				210	25	10	0	80	1850	46	3	4	0	38	0	427	1	
Roast Beef Ciabatta	740			z			z		z				160	40	13	0	110	2040	57	2	9	0	34	0	406	2	643
Turkey Caprese Ciabatta	690			z			z		z				310	37	11	0	85	1100	48	2	4	0	38	0	323	2	
Italian Ciabatta	510			z			z		z				120		6	0	415	1430	50	3	6	0	26	0	158	1	80
Cubano Ciabatta	600			z			z		z				90	21	7	0	115	2030	60	5	19	7	46	2	227	3	695
Grilled Cheese	600			z					z				352	37	21	0	94	365	36	5	3	0	29	0	571	0	0
Caprese Baguette	590			z			z		z		z		190	25	9	0	35	1050	65	3	5	0	24	0	463	1	6
Ham and Cheese Baguette	580			z			z		z				180	25	13	0	85	1230	63	2	3	0	27	0	348	0	3
Prosciutto and Mascarpone Baguette	580			z			z		z				170	22	10	0	95	1700	62	2	3	0	28	0	236	1	0
Eggplant Baguette	630						z		z			z	30	15	0.5	0	0	2020	104	7	16	0	16	0	220	1	276
Chicken Salad Croissant	410	z		z			{	{	z				0	26	11	0	55	610	31	2	6	0	14	0	29	0	140
Soups and Salads																											
Chicken Noodle Soup	110	z							z				3	1	0	25	720	11	1	2	0	8	0	30	0.8	220	
Creamy Tomato Soup	280			z						z			22	12	0.5	70	650	19	1	13	6	3	0.7	70	0.5	500	
Butternut Squash and Apple Soup	180			z					z				100	11	7	0	35	510	19	2	6		2				
Coconut Lentil Soup																											
Mediterranean Salad	350										z		140	17	2	0	0	440	40	13	6	0	10	0	55	3	493
Caprese Salad	460			z						z			320	36	7	0	25	310	23	6	1	0	12	0	241	2	240
Chicken Salad- Side (6oz)	300	z											0	21	2	0	20	580	1	0	1	0	20	0	20	0	140
Cakes and Desserts																											
Tiramisu	260	z		z			{	{	z		z			11	8	0	35	45	38	1	27	24	3	0	0	0	0
Vegan Elderberry Raspberry Tart	260	{		{			z	{	z			z		10	6	0	0	130	47	2	28	28	3	0	0	0.4	88
Old Fashion Chocolate Fudge Cake	490	z		z			z	{	z		z			29	13	0	15	270	53	2	28	16	6	0	80	7.7	620
Macaron	50	z		z			z	z	z				35	4	1.5	0	5	10	9	0	8		1				
Pistachio Cheesecake	400	z		z	{		z	z	z		z			28	18	0	110	310	32	<1	26	22	5	0%	6%	6%	0
Cannoli (Plain)	130	z		z					z		z			6	3.5	0	5	55	13	0	8	7	5	0	80	0.36	0
Red Velvet Cake	470	z		z	{		z	{	z		z			33	18	0	40	310	41	<1	20	9	4	0	6%	6%	0
Almond Biscotti	200	z		z				z	z		z		60	7	3	0	20	10	30	1	10		4		2%	2%	

Key:
 Contains
 May Contain

WE CANNOT GUARANTEE A 100%
 ALLERGEN FREE ENVIRONMENT
 AS WE USE SHARED EQUIPMENT TO
 DISPLAY, PREPARE AND SERVE.

Product	Calories	Egg	Fish	Milk	Peanut	Shellfish	Soy	Tree Nuts	Wheat	Gluten Free	Vegetarian	Vegan	Can be dairy free	Can NOT be dairy free	Cals From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)	
Extras																														
Whole Milk																														
Skim Milk																														
Almond Milk																														
Oat Milk																														
Half & Half																														
Whipped Cream																														
Product	Calories	Egg	Fish	Milk	Peanut	Shellfish	Soy	Tree Nuts	Wheat	Gluten Free	Vegetarian	Vegan	Can be dairy free	Can NOT be dairy free	Cals From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)	
Classic Espresso																														
Americano (Small)	0														0	0	0	0	0	0	<1	0	0		0					
Americano (Regular)	0														0	0	0	0	0	0	1	0	0		0					
Americano (Grande)	0														0	0	0	0	0	0	2	0	0		0					
Cappuccino (Small)	110														50	6	3.5	0	20	80	9	0	9	0	6	93	207	0	242	
Cappuccino (Regular)	170														60	7	4	0	20	105	12	0	11		7					
Cappuccino (Grande)	240														80	9	5	0	25	125	14	0	14		9					
Cortado	40														25	3	1.5	0	10	40	5	0	4		3					
Espresso (Single)	0														0	0	0	0	0	0	<1	0	0		0					
Espresso (Double)	0														0	0	0	0	0	10	1	0	0		0					
Espresso Con Panna (Single)	10														10	1	0.5	0	<5	0	<1	0	0		0					
Espresso Con Panna (Double)	20														15	2	1	0	5	10	2	0	0		0					
Espresso Macchiato (Single)	20														10	1	0.5	0	<5	15	2	0	2		<1					
Espresso Macchiato (Double)	40														20	2	1	0	5	35	4	0	3		2					
Flat White	110														60	7	4	0	20	105	12	0	10		7					
Latte (Small)	110														50	6	3.5	0	20	85	9	0	9		6					
Latte (Regular)	170														80	9	5	0	25	120	13	0	13		8					
Latte (Grande)	240														100	11	6	0	35	150	17	0	17		11					
Ristretto	0														0	0	0	0	0	10	1	0	0	0	0	0	1	0		
Vanilla Latte (Small)	135			o				o							50	6	3.5	0	20	85	16	0	16		6					
Vanilla Latte (Regular)	240			o				o							80	9	5	0	25	129	32	0	32		8					
Vanilla Latte (Grande)	340			o				o							100	11	6	0	35	150	42	0	42		11					
Mocha (Small)	160														60	6	4	0	20	65	14	0	13		5					
Mocha (Regular)	225														80	9	5	0	30	105	24	0	22		8					
Mocha (Grande)	310														100	11	7	0	35	125	32	0	31		10					
Product	Calories	Egg	Fish	Milk	Peanut	Shellfish	Soy	Tree Nuts	Wheat	Gluten Free	Vegetarian	Vegan	Can be dairy free	Can NOT be dairy free	Cals From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)	
Hot Brewed Coffee																														

Plain Sweet Iced Tea (20 oz)	110																												0	0	0	0	0	15	27	0	26	26	0	0	55	0	0			
Plain Sweet Iced Tea (24 oz)	130																													0	0	0	0	0	20	34	0	33	33	0	0	56	0	0		
Plain Unsweet Iced Tea (16 oz)	0																													0	0	0	0	0	0	<1	0	0	0	0	0	0	0	0	0	
Plain Unsweet Iced Tea (20 oz)	0																														0	0	0	0	0	0	<1	0	0	0	0	0	0	0	0	0
Plain Unsweet Iced Tea (24 oz)	0																														0	0	0	0	0	0	<1	0	0	0	0	0	0	0	0	0
Pomegranate Iced Tea (16 oz)	140																													0	0	0	0	0	10	34	0	34	33	0	0	87	0	1462		
Pomegranate Iced Tea (20 oz)	180																													0	0	0	0	0	15	45	0	44	44	0	0	115	0	1949		
Pomegranate Iced Tea (24 oz)	220																													0	0	0	0	0	0	56	0	55	54	0	0	131	0	2437		
Strawberry Dragonfruit Iced Tea (16 oz)	140																													0	0	0	0	0	10	34	0	33	32	0	0	77	0	568		
Strawberry Dragonfruit Iced Tea (20 oz)	180																													0	0	0	0	0	15	44	0	43	43	0	0	101	0	757		
Strawberry Dragonfruit Iced Tea (24 oz)	220																													0	0	0	0	0	0	55	0	53	53	0	0	113	0	946		
Tangerine Spice Iced Tea (16 oz)	140																													0	0	0	0	0	10	34	0	33	33	0	0	71	0	510		
Tangerine Spice Iced Tea (20 oz)	180																													0	0	0	0	0	15	45	0	44	44	0	0	93	0	680		
Tangerine Spice Iced Tea (24 oz)	230																													0	0	0	0	0	0	55	0	54	54	0	0	103	0	849		
Peach Iced Tea (16 oz)	140																													0	0	0	0	0	0	35	0	36	36	0	0	80	0	680		
Peach Iced Tea (20 oz)	180																													0	0	0	0	0	0	40	0	45	45	0	0	100	0	760		
Peach Iced Tea (24 oz)	220																													0	0	0	0	0	0	50	0	54	54	0	0	115	0	870		
Product	Calories	Egg	Fish	Milk	Peanut	Shellfish	Soy	Tree Nuts	Wheat	Gluten Free	Vegetarian	Vegan	Can be dairy free	Can NOT be dairy free	Cals From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)																	
Lemonade																																														
Plain Lemonade (16 oz)	85																												0	0	0	0	0	15	21	0	20	20	0	0	68	0	1883			
Plain Lemonade (20 oz)	110																													0	0	0	0	0	20	27	0	26	25	0	0	88	0	2447		
Plain Lemonade (24 oz)	140																													0	0	0	0	0	33	0	31	31	0	0	96	0	3010			
Pomegranate Lemonade (16 oz)	140																													0	0	0	0	0	15	34	0	33	32	0	0	113	0	3345		
Pomegranate Lemonade (20 oz)	180																													0	0	0	0	0	20	45	0	43	43	0	0	148	0	4396		
Pomegranate Lemonade (24 oz)	230																													0	0	0	0	0	55	0	53	53	0	0	172	0	5447			
Strawberry Dragonfruit Lemonade (16 oz)	140																													0	0	0	0	0	15	33	0	32	32	0	0	102	0	2451		
Strawberry Dragonfruit Lemonade (20 oz)	180																													0	0	0	0	0	20	44	0	42	41	0	0	134	0	3203		
Strawberry Dragonfruit Lemonade (24 oz)	220																													0	0	0	0	0	54	0	52	51	0	0	154	0	3956			
Tangerine Spice Lemonade (16 oz)	140																													0	0	0	0	0	15	34	0	33	32	0	0	96	0	2393		
Tangerine Spice Lemonade (20 oz)	180																													0	0	0	0	0	20	44	0	43	42	0	0	126	0	3126		
Tangerine Spice Lemonade (24 oz)	230																													0	0	0	0	0	55	0	53	53	0	0	143	0	3859			
Peach Lemonade (16 oz)	140																													0	0	0	0	0	15	34	0	34	43	0	0	95	0	2457		
Peach Lemonade (20 oz)	180																													0	0	0	0	0	20	44	0	45	45	0	0	115	0	3178		
Peach Lemonade (24 oz)																														0	0	0	0	0	55	0	54	54	0	0	136	0	3879			
Product	Calories	Egg	Fish	Milk	Peanut	Shellfish	Soy	Tree Nuts	Wheat	Gluten Free	Vegetarian	Vegan	Can be dairy free	Can NOT be dairy free	Cals From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)																	
Refreshers																																														
Pomegranate Refresher (16 oz)	70																												0	0	0	0	0	0	18	0	18	17	0	0	60	0	1949			
Pomegranate Refresher (20 oz)	90																													0	0	0	0	0	0	22	0	22	22	0	0	75	0	2437		
Pomegranate Refresher (24 oz)	110																													0	0	0	0	0	0	27	0	26	26	0	0	90	0	2924		
Strawberry Dragonfruit Refresher (16 oz)	70																													0	0	0	0	0	0	17	0	17	16	0	0	46	0	757		
Strawberry Dragonfruit Refresher (20 oz)	90																													0	0	0	0	0	0	21	0	21	20	0	0	57	0	946		
Strawberry Dragonfruit Refresher (24 oz)	100																													0	0	0	0	0	0	26	0	25	24	0	0	69	0	1135		
Tangerine Spice Refresher (16 oz)	70																													0	0	0	0	0	0	17	0	17	17	0	0	38	0	680		

