

Key:

- Contains
- May Contain

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

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	●		●					●				197	22.2	14.2	0	203	773	34	1	6	0	16	0	150	0	62.7
Roasted Tomato Breakfast Roll	345	●		●					●		●		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								●			●	192	21.5	8.75	0	0	985	42	2	5	0	17.5	0	120	1.35	0
Ham and Cheese Croissant	360	●		●			○	○	●				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	●		●					●				50	21	13	0	70	390	56	2	23	3	17		85		
Vegetarian Frittata Coppa	320			●			●	●	●		●		230	26	14	0	515	680	8	0	3		15				
Four Cheese Frittata Coppa	450	●		●			●	●	●		●		390	43	34	0	555	580	7	0	3		21				
Hard Boiled Eggs	130	●								●	●		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			●					●		●		15	9.5	2	0	7.5	159	34	2.75	23	5	10.8	0	256	1.71	94
Blueberry Yogurt Parfait	150			●							●		15	1.5	1	0	5	95	29		25		7		225		
Dragonfruit Coconut Chia Overnight Oats	320						●	●	●			●	0	17	14	0	0	15	35	7	13	0	5	0	16	2	246
Pastries and Baked Goods																											
Cinnamon Bun	460	●		○			●	○	●		●			26	10	0	20	380	80	1	48	17	7	0	52	1	94
Butter Croissant	270	●		●			○	○	●		●		110	16	10	0	45	340	31	2	6	0	5	0	20	0	0
Pain au Chocolate	260	●		●			○	○	●		●		130	14	8	0.5	47	246	27	1	7	0	5	0	10	0.54	0
Pain au Raisin	310	●		●			○	○	●		●		120	13	9	0	50	290	42	2	18	0	5	0	20	0.72	0
Pistachio Muffin	430	●		●			○	●	●		●			20	3.5	0	70	370	55	0	30	29	6	2%	6%	4%	2%
Blueberry Muffin	380	●		●			○	○	●		●			12	2.5	0	45	170	30	0	17	15	3	2%	2%	2%	0%
Cinnamon Coffee Cake Muffin	430	●		●			○	●	●		●			19	4.5	0	70	350	60	0	35	34	5	0	6%	4%	2%
Chocolate Chip Muffin	420	●		●			○	○	●		●			18	5	0	70	360	60	1	36	35	5	2%	6%	4%	2%
Double Chocolate Chip Muffin	460	●		●			○	○	●		●			24	5	0	75	500	53	0	34	31	6	2%	4%	10%	4%
Pumpkin Muffin	370	●		●			○	○	●		●			15	3	0	65	340	53	1	30	28	5	0%	6%	6%	2%
Banana Bread	160	●		●			○	○	●		●			8	1	0	30	110	20	0	11		2		2%	2%	
Snickerdoodle Cookie (Christies)	300	●		●	○		○	○	●		●			11	7	0	55	250	46	1	24	24	4	0	20	2%	100
Oatmeal Raisin Cookie (Christies)	300	●		●			●	●	●		●			13	7	0	45	330	42	2	24	17	4	0			
Chocolate Chip Cookie (Christies)	330	●		●	○		○	○	●		●			15	9	0	40	280	43	2	27	26	4	0	20	1.6	140
Madeleines	470	●		●			○	○	●		●			27	19				50	1	32		6				
Strawberry Crown	330	○		●			○	○	●		●			19	8				36	1	12		5				
Almond Croissant	350	●		●			●	●	●		●			19	10	0	55	300	39	1	11	7	6	6%	2%	10%	2%
Cinnamon Kouign Amman	330	●		●			○	○	●		●			18	11	0	50	340	43	2	18	16	6	0%	4%	8%	2%
Cookie Butter Croissant	500	●		●			●	●	●		●			33	11			25	55	1	24	19	7				
Banana Nut Tea Bread	635	●		●			●	●	●		●			25	8	0	70	450	74	0	40	32	10				
Cranberry Orange Tea Bread	495	●		●			○	●	●		●			20		0	50	320	65	2	32	32	5				
Everything Bagel Swirl	320	●		●			●	●	●		●			20	11	0	50	490	28	2	5	3	7				
Butter Crumb Cake	1200	●		●			●	●	●		●			60	25	0	100	1200	150	0	80	80	10	0%	0%	0%	0%

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

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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	0	1	0		
Vanilla Latte (Small)	135			○				○		●	●		●		50	6	3.5	0	20	85	16	0	16		6						
Vanilla Latte (Regular)	240			○				○		●	●		●		80	9	5	0	25	129	32	0	32		8						
Vanilla Latte (Grande)	340			○				○		●	●		●		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																															

Iced Americano (20 oz)	0								•	•		•		0	0	0	0	0	10	1	0	0		0												
Iced Americano (24 oz)	0								•	•		•		0	0	0	0	0	15	1	0	0		0												
Iced Mocha Latte (16 oz)	225			○				○	•	•		•		90	10	6	0	30	140	25	<1	23	8	10	4	346	0	562								
Iced Mocha Latte (20 oz)	300			○				○	•	•		•		120	13	8	0	40	180	31	<1	30	10	13	5	449	0	706								
Iced Mocha Latte (24 oz)	360								•	•		•		140	16	9	0	50	210	37	1	37	12	16	6	551	0	785								
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)							
Frappe Latte																																				
Classic Frappe Latte (16 oz)	280			○				○	•	•		•		70	8	4.5	0	25	170	54	0	33	0	8	3	277	0	387								
Classic Frappe Latte (20 oz)	330			○				○	•	•		•		100	11	6	0	30	210	58	0	37	0	10	4	364	0	521								
Mocha Frappe Latte (16 oz)	320			○				○	•	•		•		70	8	5	0	25	170	63	<1	41	8	8	3	277	0	481								
Mocha Frappe Latte (20 oz)	390			○				○	•	•		•		100	11	6	0	30	210	72	1	49	12	11	4	364	0	662								
Caramel Frappe Latte (16 oz)	370			○				○	•	•		•		70	8	4.5	0	25	170	77	0	56	23	8	3	277	0	387								
Caramel Frappe Latte (20 oz)	440			○				○	•	•		•		100	11	6	0	30	210	87	0	65	28	10	4	364	0	521								
Pistachio Frappe Latte (16 oz)	350			○				•	•	•		•		70	8	4.5	0	25	230	73	0	51	18	8	3	277	0	387								
Pistachio Frappe Latte (20 oz)	420			○				•	•	•		•		100	11	6	0	30	290	82	0	59	22	10	4	364	0	521								
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Smoothie																																				
Strawberry Lemonade Smoothie (16 oz)	180									•	•		•		0	0	0	0	0	55	45	2	41	35	<1	0	14	0	130							
Strawberry Lemonade Smoothie (20 oz)	230									•	•		•		0	0	0	0	0	55	58	2	53	46	<1	0	14	0	130							
Passionfruit Pineapple Smoothie (16 oz)	190									•	•		•		0	0	0	0	0	75	50	1	46	33	0	0	11	0	93							
Passionfruit Pineapple Smoothie (20 oz)	240									•	•		•		0	0	0	0	0	100	63	1	58	44	0	0	11	0	93							
Dragonfruit Smoothie (16 oz)	190									•	•		•		0	0	0	0	0	75	47	2	44	31	<1	0	10	2	0							
Dragonfruit Smoothie (20 oz)	240									•	•		•		0	0	0	0	0	95	59	2	56	42	<1	0	10	2	0							
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)							
Frappe Crème																																				
Chocolate Hazelnut Frappe Crème (16 oz)	390			•				•	•	•			•		110	13	8	0	40	150	58	<1	56	40	10	3	333	0	518							
Chocolate Hazelnut Frappe Crème (20 oz)	410			•				•	•	•			•		120	14	8	0	45	170	60	<1	58	40	11	4	367	0	558							
Strawberry Frappe Crème (16 oz)	360			•					•	•			•		110	12	7	0	40	140	54	0	51	35	10	3	333	0	424							
Strawberry Frappe Crème (20 oz)	430			•					•	•			•		120	13	8	0	45	160	60	0	56	38	11	4	367	0	558							
Passionfruit Frappe Crème (16 oz)	360			•					•	•			•		110	12	7	0	40	190	54	0	52	34	10	3	333	0	424							
Passionfruit Frappe Crème (20 oz)	430			•					•	•			•		120	13	8	0	45	230	69	0	66	45	11	4	367	0	464							
Lemon Coconut Frappe Crème (16 oz)	360			•					•	•			•		110	13	8	0	40	170	52	0	50	33	10	3	333	0	424							
Lemon Coconut Frappe Crème (20 oz)	430			•					•	•			•		120	14	8	0	45	200	66	0	62	44	11	4	367	0	464							
Pumpkin Frappe Crème (16 oz)	340			•					•	•			•		110	12	7	0	40	140	48	0	45	29	10	3	333	0	424							
Pumpkin Frappe Crème (20 oz)	390			•					•	•			•		120	13	8	0	45	160	60	0	55	37	11	4	367	0	464							
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)							
Iced Tea																																				
Plain Sweet Iced Tea (16 oz)	80								•	•	•		•		0	0	0	0	0	10	21	0	20	20	0	0	42	0	0							

Tangerine Spice Refresher (20 oz)	90										•	•	•	•		0	0	0	0	0	0	22	0	22	21	0	0	47	0	849	
Tangerine Spice Refresher (24 oz)	110										•	•	•	•		0	0	0	0	0	0	26	0	26	26	0	0	56	0	1019	
Peach Refresher (16 oz)	70										•	•	•	•		0	0	0	0	0	0	18	0	17	17	0	0	39	0	678	
Peach Refresher (20 oz)	90										•	•	•	•		0	0	0	0	0	0	22	0	22	22	0	0	45	0	865	
Peach Refresher (24 oz)	110										•	•	•	•		0	0	0	0	0	0	27	0	26	26	0	0	55	0	1014	
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)		
Specialty Iced Drinks																															
Iced Chai Latte (16 oz)	230			o				o		•	•		•		100	11	7	0	30	130	22	0	22	0	10	4	345	0	403		
Iced Chai Latte (20 oz)	340			o				o		•	•		•		150	17	10	0	45	200	31	0	31	0	15	6	517	0	604		
Iced Chai Latte (24 oz)	360			o				o		•	•		•		160	18	11	0	50	210	34	0	34	0	16	6	551	0	644		
Iced Matcha Latte (16 oz)	200			o				o		•	•		•		90	10	6	0	30	130	20	5	17	0	11	156	345	0	403		
Iced Matcha Latte (20 oz)	295			o				o		•	•		•		130	15	9	0	45	200	27	5	25	0	15	233	517	0	604		
Iced Matcha Latte (24 oz)	320			o				o		•	•		•		140	16	9	0	50	210	29	5	27	27	16	6	551	0	644		