



Nutrition & Allergen Information

Nutrition information is based upon standard recipes. Variations may occur due to differences in suppliers, customized ordering, and product preparation at the restaurant. Test products or regional items may not be included and may not be available in all areas. All items are prepared in common areas and may contain trace amounts of ingredients contained in other products. A 2,000 calorie daily diet is used as the basis for general nutrition advice. However, individual caloric needs may vary. Visit www.mypyramid.gov for more information. Recommended limits for a 2,000 calorie diet are 20 grams of saturated fat and 2,300 mg of sodium.



	Size	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Protein (g)	Total Carbohydrates (g)	Sodium (mg)	Sugars (g)	Fiber (g)	Caffeine (mg)
Beverage Item													
Sweet Thai Latte, hot	small	374	340	4.5	2.5	0	20	14	63	200	62	0	180
	medium	503	470	6	4	0	30	19	85	270	84	0	180
	large	625	580	8	4.5	0	35	24	105	330	104	0	270
	XL	747	680	9	5	0	40	28	126	390	124	0	360
Sweet Thai Latte, iced	small	377	300	3	1.5	0	15	11	59	160	58	0	90
	medium	488	380	3	1.5	0	15	13	77	200	76	0	180
	large	559	450	2	1.5	0	15	16	94	230	93	0	270
	XL	747	630	3.5	2	0	20	21	131	320	129	0	360
Nitro Sweet Thai Latte	small	526	540	2.5	1.5	0	15	17	113	260	110	0	195
	medium	273	170	5	3	0	25	5	26	140	24	0	150
	large	422	240	9	5	0	35	6	32	230	29	0	240
	XL	488	310	10	6	0	40	8	46	340	43	0	270
Sweet Thai Crafted Press, hot	small	555	380	11	6	0	45	9	60	440	56	0	300
	medium	363	160	4.5	3	0	20	4	25	135	24	0	130
	large	454	200	6	3.5	0	25	5	30	220	28	0	165
	XL	551	270	7	4	0	30	6	44	320	42	0	195
Sweet Thai Crafted Press, iced	small	747	450	9	5	0	40	10	81	540	77	0	250
	medium	556	640	17	11	0	65	10	106	250	103	0	95
	large	656	760	18	12	0	65	12	132	320	129	0	120
	XL	784	880	19	12	0	65	14	159	380	154	0	140
Sweet Thai Cooler	small	1042	1130	20	14	0	70	19	211	510	205	1	190
	medium	344	0	0	0	0	0	1	0	15	0	0	180
	large	457	0	0	0	0	0	2	0	20	0	0	270
	XL	570	5	0	0	0	0	2	0	20	0	0	360
Americano, hot	small	683	5	0	0	0	0	3	0	25	0	0	450
	medium	287	0	0	0	0	0	2	0	15	0	0	270
	large	363	5	0	0	0	0	2	0	20	0	0	360
	XL	439	5	0	0	0	0	3	0	25	0	0	450
Americano, iced	small	574	5	0	0	0	0	3	0	30	0	0	540
	medium	310	470	27	16	0	75	7	48	95	48	0	185
	large	370	600	32	19	0	80	9	66	125	66	0	185
	XL	468	730	37	23	0	85	12	85	160	84	0	275
Berry White Mocha, hot	small	598	880	43	27	0	90	15	105	210	104	0	370
	medium	369	250	4.5	2.5	0	15	7	47	110	44	0	90
	large	458	330	5	3	0	15	8	64	140	60	0	180
	XL	547	400	6	3.5	0	20	9	80	160	75	0	270
Berry White Mocha, iced	small	733	570	8	4.5	0	25	11	116	230	108	0	360
	medium	525	620	20	13	0	65	3	101	210	94	0	105
	large	652	740	21	14	0	70	4	127	270	118	0	130
	XL	779	860	23	15	0	70	5	153	320	142	0	155
BOusted Blackberry Lemonade, blended	small	1034	1100	25	17	0	75	7	204	430	190	1	205
	medium	459	170	0	0	0	0	1	39	0	15	33	105
	large	581	210	0	0	0	0	1	48	20	41	0	210
	XL	703	250	0	0	0	0	1	57	20	48	0	310
BOusted Blackberry Lemonade, sparkling	small	947	330	0	0	0	0	1	76	30	64	0	415
	medium	359	45	0	0	0	0	0	10	5	9	0	105
	large	450	70	0	0	0	0	0	15	10	13	0	210
	XL	540	90	0	0	0	0	0	20	10	17	0	310
BOusted Cherry Limeade, blended	small	929	140	0	0	0	0	0	31	15	26	0	415
	medium	456	150	0	0	0	0	0	36	33	33	0	105
	large	577	180	0	0	0	0	0	45	45	40	0	210
	XL	698	220	0	0	0	0	0	53	50	48	0	310
BOusted Cherry Limeade, sparkling	small	941	290	0	0	0	0	1	71	70	64	0	415
	medium	447	40	0	0	0	0	0	9	10	9	0	105
	large	567	60	0	0	0	0	0	14	15	13	0	210
	XL	687	80	0	0	0	0	0	19	20	17	0	310
BOusted Dragon Fruit, blended	small	927	120	0	0	0	0	0	28	30	26	0	415
	medium	447	170	0	0	0	0	1	38	35	30	0	105
	large	566	200	0	0	0	0	1	46	45	36	1	210
	XL	686	240	0	0	0	0	1	55	50	43	1	310
BOusted Dragon Fruit, sparkling	small	924	320	0	0	0	0	1	73	70	57	1	415
	medium	430	45	0	0	0	0	0	10	10	8	0	105
	large	564	60	0	0	0	0	0	15	15	11	0	210
	XL	683	90	0	0	0	0	0	20	20	15	0	310
BOusted Green Tea Lemonade, blended	small	920	130	0	0	0	0	1	29	30	23	0	415
	medium	513	430	0	0	0	0	0	108	10	91	0	105
	large	647	530	0	0	0	0	0	132	15	111	1	210
	XL	781	630	0	0	0	0	0	158	15	132	0	310
BOusted Green Tea Lemonade, sparkling	small	1052	840	0.5	0	0	0	1	209	20	176	1	415
	medium	462	110	0	0	0	0	0	28	0	23	0	105
	large	589	170	0	0	0	0	0	42	5	35	0	210
	XL	717	220	0	0	0	0	0	56	10	47	0	310
BOusted Peach Black Tea, blended	small	971	340	0	0	0	0	0	84	10	70	0	415
	medium	460	90	0	0	0	0	0	24	0	21	0	105
	large	586	140	0	0	0	0	0	36	0	31	0	210
	XL	713	190	0	0	0	0	0	48	5	41	0	310
BOusted Peach Black Tea, sparkling	small	985	280	0	0	0	0	1	73	5	62	1	415
	medium	505	370	0	0	0	0	1	94	5	80	1	205
	large	638	450	0	0	0	0	1	115	5	98	1	310
	XL	770	530	0	0	0	0	1	136	10	116	1	415
BOusted Strawberry Mango, blended	small	1037	710	0	0	0	0	1	181	10	155	2	415
	medium	459	170	0	0	0	0	1	41	20	33	0	105
	large	581	210	0	0	0	0	1	50	25	41	0	210
	XL	703	250	0.5	0	0	0	2	59	30	48	0	310
BOusted Strawberry Mango, sparkling	small	947	340	0.5	0	0	0	2	79	45	64	0	415
	medium	359	45	0	0	0	0	0	11	5	9	0	105
	large	450	70	0	0	0	0	0	16	10	13	0	210
	XL	540	90	0	0	0	0	1	21	15	17	0	310
Breve, hot	small	929	140	0	0	0	0	1	32	20	26	0	415
	medium	318	310	28	17	0	90	8	10	110	0	0	180
	large	438	470	42	26	0	135	12	15	160	1	0	180
	XL	537	550	49	30	0	155	14	18	190	1	0	270
Breve, iced	small	636	630	55	34	0	180	16	21	220	1	0	360
	medium	352	250	22	14	0	70	6	8	85	0	0	90
	large	436	270	24	15	0	80	7	9	95	0	0	180
	XL	519	290	26	16	0	85	8	10	110	0	0	270
Cappuccino	small	693	390	35	22	0	110	11	13	140	0	0	360
	medium	261	90	3.5	2.5	0	15	7	9	85	9	0	180
	large	330	110	4.5	3	0	15	9	10	105	10	0	270
	XL	400	130	5	3	0	20	10	11	120	11	0	360
Campfire Mocha, hot	small	469	140	6	3.5	0	20	12	13	140	13	0	450
	medium	317	500	28	17	0	75	8	52	95	49	1	190
	large	380	630	34	21	0	80	10	71	120	68	1	195
	XL	481	770	40	24	0	90	13	91	150	86	1	290
Campfire Mocha, iced	small	613	930	46	29	0	95	17	111	200	106	2	385
	medium	371	260	4.5	3	0	15	7	48	115	45	0	90
	large	461	330	5	3.5	0	20	8	65	140	61	0	180
	XL	551	410	6	4	0	20	9	82	170	77		

Caramel Cooler	large	772	830	28	19	0	90	5	134	520	116	0	175
	XL	1023	1050	33	22	0	100	6	176	690	153	0	235
Caramel High Rise, hot	small	360	430	23	14	0	90	8	47	240	39	0	180
	medium	438	520	25	15	0	100	11	60	320	51	0	180
	large	556	610	28	17	0	110	14	74	390	62	0	270
Caramel High Rise, iced	XL	703	710	31	19	0	120	18	89	480	75	0	360
	small	366	250	7	4.5	0	25	7	40	210	33	0	90
	medium	453	310	9	5	0	30	8	51	260	42	0	180
Caramel High Rise, cooler	large	541	370	10	6	0	35	9	62	310	50	0	270
	XL	722	500	14	9	0	50	12	85	430	70	0	360
	small	550	610	24	15	0	80	3	91	350	79	0	115
Chocolate Cooler	medium	646	720	26	17	0	85	4	112	440	97	0	145
	large	772	830	28	19	0	90	5	134	520	116	0	175
	XL	1023	1050	33	22	0	100	6	176	690	153	0	235
Classic Chai Tea Latte, hot	small	518	560	21	14	0	70	4	83	240	77	1	125
	medium	644	660	23	15	0	70	5	105	300	97	1	155
	large	770	770	24	16	0	75	6	126	360	117	1	185
Classic Chai Tea Latte, iced	XL	1021	980	28	19	0	80	8	169	490	156	2	245
	small	319	220	5	3	0	20	8	35	105	32	0	75
	medium	466	310	7	4.5	0	30	12	48	160	45	0	95
Coffee Cooler	large	552	370	8	5	0	35	14	59	180	55	0	120
	XL	638	440	10	6	0	40	16	70	210	64	0	145
	small	369	180	3.5	2	0	15	6	32	80	29	0	75
Coffee of the Day	medium	462	240	4	2.5	0	15	7	41	95	38	0	95
	large	554	290	5	3	0	20	9	51	115	46	0	120
	XL	740	390	6	4	0	25	11	70	150	64	0	170
Cold Press Iced Coffee	small	461	280	4.5	4	0	0	2	54	190	51	0	150
	medium	584	340	6	5	0	2	68	240	64	0	190	
	large	706	410	7	6	0	0	3	81	280	77	0	225
Crafted Press, hot	XL	952	550	9	8	0	0	4	108	380	102	1	300
	small	340	5	0	0	0	0	0	0	5	0	0	230
	medium	454	5	0	0	0	0	1	0	10	0	0	305
Crafted Press, iced	large	567	5	0	0	0	0	1	0	10	0	0	385
	XL	680	10	0	0	0	0	1	0	15	0	0	520
	small	357	15	0	0	0	0	1	2	10	0	0	195
Depth Charge	medium	447	20	0	0	0	0	2	3	10	0	0	245
	large	536	20	0	0	0	0	2	3	15	0	0	295
	XL	715	30	0	0	0	0	2	4	15	0	0	390
Espresso	small	265	100	6	3.5	0	25	3	8	105	7	0	160
	medium	414	170	9	5	0	35	4	15	200	12	0	250
	large	476	200	10	6	0	40	5	20	290	17	0	290
Espresso Cooler	XL	548	240	12	7	0	50	5	25	370	21	0	325
	small	354	90	5	3	0	20	2	8	105	6	0	145
	medium	446	130	6	4	0	25	3	13	190	11	0	180
Frozen Cookies & Cream	large	538	160	8	4.5	0	30	4	18	280	16	0	215
	XL	722	240	10	6	0	40	5	28	450	25	0	290
	small	337	5	0	0	0	0	1	0	10	0	0	290
Frozen Hot Chocolate	medium	450	5	0	0	0	0	1	0	15	0	0	370
	large	563	5	0	0	0	0	1	0	15	0	0	445
	XL	677	10	0	0	0	0	1	0	20	0	0	580
Hot Tea - Chamomile Mint	small	78	0	0	0	0	0	1	0	10	0	0	180
	medium	117	0	0	0	0	0	2	0	15	0	0	270
	large	156	5	0	0	0	0	2	0	20	0	0	360
Hot Tea - Earl Grey	XL	195	5	0	0	0	0	3	0	25	0	0	450
	small	455	250	4.5	4	0	0	2	50	140	45	0	170
	medium	578	320	6	5	0	0	3	65	180	57	0	205
Hot Tea - Organic Black	large	698	370	7	6	0	0	3	76	210	87	0	255
	XL	943	510	9	6	0	4	8	105	280	93	0	350
	small	490	690	39	24	0	120	7	78	270	48	6	0
Hot Tea - Raspberry Hibiscus Green	medium	606	850	44	27	0	125	9	106	360	65	9	0
	large	663	1010	50	31	0	135	11	134	450	82	11	0
	XL	910	1270	56	34	0	135	13	188	610	115	17	0
Hot Tea - Turmeric Ginger	small	505	730	38	24	0	120	10	89	330	61	7	0
	medium	627	920	43	28	0	130	13	123	450	84	11	0
	large	749	1100	48	31	0	140	16	157	580	107	14	0
Hot Tea - Mango Black	XL	938	1400	51	34	0	140	21	223	810	153	21	0
	small	298	450	29	18	0	85	10	35	120	34	1	10
	medium	441	610	37	23	0	95	15	52	180	50	1	15
Hot Tea - Tropical Green	large	493	720	43	27	0	105	18	65	210	62	1	20
	XL	545	830	49	30	0	110	20	78	240	75	2	25
	small	355	0	0	0	0	0	0	0	0	0	0	0
Iced Tea - Classic Black	medium	474	0	0	0	0	0	0	0	0	0	0	0
	large	592	0	0	0	0	0	0	0	0	0	0	0
	XL	719	0	0	0	0	0	0	0	0	0	0	0
Iced Tea - Mango Black	small	355	0	0	0	0	0	0	0	0	0	0	0
	medium	474	0	0	0	0	0	0	0	0	0	0	0
	large	592	0	0	0	0	0	0	0	0	0	0	0
Iced Tea - Orange Buzz	XL	719	0	0	0	0	0	0	0	0	0	0	0
	small	355	0	0	0	0	0	0	0	0	0	0	0
	medium	474	0	0	0	0	0	0	0	0	0	0	0
Iced Tea - Raspberry Hibiscus Green	large	592	0	0	0	0	0	0	0	0	0	0	0
	XL	719	0	0	0	0	0	0	0	0	0	0	0
	small	355	0	0	0	0	0	0	0	0	0	0	0
Iced Tea - Tropical Green	medium	474	0	0	0	0	0	0	0	0	0	0	0
	large	592	0	0	0	0	0	0	0	0	0	0	0
	XL	719	0	0	0	0	0	0	0	0	0	0	0
Kids Frozen Cookies & Cream	small	345	0	0	0	0	0	0	0	0	0	0	0
	medium	431	0	0	0	0	0	0	0	0	0	0	0
	large	517	0	0	0	0	0	0	0	0	0	0	0
Kids Frozen Hot Chocolate	XL	690	0	0	0	0	0	0	0	0	0	0	0
	small	345	0	0	0	0	0	0	0	0	0	0	0
	medium	431	0	0	0	0	0	0	0	0	0	0	0
Kids Hot Chocolate	large	517	0	0	0	0	0	0	0	0	0	0	0
	XL	690	0	0	0	0	0	0	0	0	0	0	0
	small	345	0	0	0	0	0	0	0	0	0	0	0
Kids Silly Soda	medium	431	0	0	0	0	0	0	0	0	0	0	0
	large	517	0	0	0	0	0	0	0	0	0	0	0
	XL	690	0	0	0	0	0	0	0	0	0	0	0
Kids Strawberry Banana Yogurt Smoothie	small	322	120	5	3	0	20	9	11	110	11	0	180
	medium	444	180	7	4.5	0	30	13	17	160	17	0	180
	large	544	220	9	5	0	35	16	20	190	20	0	270
Latte, hot	XL	644	250	10	6	0	40	18	23	220	23	0	360
	small	322	120	5	3	0	20	9	11	110	11	0	180
	medium	444	180	7	4.5	0	30	13	17	160	17	0	180
Latte, iced	large	544	220	9	5	0	35	16	20	190	20	0	270
	XL	356	100	4	2.5	0	15	7	9	85	9	0	90
	small	439	110	4.5	2.5	0	15	8	10	100	10	0	180
Macchiato	medium	523	120	4.5	3	0	20	9	11	110	11	0	270
	large	698	160	6	4	0	25	12	14	150	14	0	360
	XL	225	20	1	0.5	0	4	1	40	1	0	450	
small	280	500	28	17	0	80	9	51	115	46	1	190	

Malted Mocha, hot	medium	330	650	34	21	0	85	12	74	160	68	1	195
	large	418	810	41	25	0	90	15	97	200	86	2	290
	XL	537	980	47	29	0	100	20	121	260	108	2	385
Malted Mocha, iced	small	374	280	6	3.5	0	20	9	50	150	45	1	90
	medium	466	390	7	4.5	0	25	11	72	200	63	1	180
	large	559	490	8	5	0	30	13	93	250	81	1	270
Malted Mocha, cooler	XL	706	690	11	6	0	35	16	136	330	118	2	360
	small	512	620	21	14	0	75	6	98	250	89	1	105
	medium	635	760	23	15	0	80	8	127	320	114	1	125
Mint Condition Mocha, hot	large	758	900	25	16	0	80	9	156	390	140	2	145
	XL	1004	1180	29	19	0	90	13	213	520	190	2	185
	small	323	530	31	20	0	75	8	54	95	53	1	190
Mint Condition Mocha, iced	medium	364	670	37	24	0	80	10	73	125	75	1	195
	large	485	810	43	28	0	90	13	92	160	90	1	290
	XL	616	960	50	32	0	95	17	113	200	109	2	385
Mint Condition Mocha, cooler	small	369	250	4.5	3	0	15	7	47	115	45	0	90
	medium	459	330	5	3.5	0	20	8	64	140	61	0	180
	large	549	400	6	4	0	20	9	80	170	76	1	270
Mint Condition Mocha, cooler	XL	733	570	9	5	0	30	11	116	240	110	1	360
	small	528	650	24	16	0	70	3	103	210	97	1	105
	medium	656	780	25	17	0	70	4	128	270	122	1	130
Mocha, hot	large	754	900	27	19	0	75	5	148	320	146	1	155
	XL	1039	1140	30	21	0	80	7	206	430	194	1	205
	small	284	410	28	17	0	75	8	31	90	29	1	190
Mocha, iced	medium	336	520	34	21	0	80	10	43	120	41	1	195
	large	427	630	40	24	0	90	13	56	150	54	1	290
	XL	548	760	46	29	0	95	17	71	200	67	2	385
Nitro Cold Press	small	363	190	5	3	0	20	7	30	125	28	0	90
	medium	450	240	6	4	0	20	9	41	150	38	0	180
	large	538	300	7	4.5	0	25	10	51	180	48	1	270
Nitro High Rise	XL	719	430	10	6	0	35	13	75	260	70	1	360
	small	453	25	0	0	0	0	2	3	0	0	0	320
	medium	544	570	25	15	0	95	9	74	350	59	0	205
Nitro Latte	small	483	140	5	3	0	20	9	13	110	11	0	195
	medium	497	320	7	4.5	0	25	10	54	180	48	1	195
	large	540	510	24	14	0	90	10	58	180	50	0	205
Nitro Turtle Mocha	small	349	90	0.5	0	0	5	9	20	140	12	0	180
	medium	480	140	1	0	0	5	14	28	200	18	0	180
	large	589	160	1	0.5	0	10	16	34	240	21	0	270
Northern Lite Latte, hot	XL	699	180	1	0.5	0	10	19	40	280	24	0	360
	small	360	70	0	0	0	5	7	16	100	9	0	90
	medium	446	70	0	0	0	5	7	20	110	9	0	180
Northern Lite Latte, iced	large	531	80	0.5	0	0	5	8	23	120	9	0	270
	XL	708	100	0.5	0	0	5	11	31	160	12	0	360
	small	322	270	5	3	0	20	8	47	190	38	0	40
Spiced Chai Tea Latte, hot	medium	470	380	7	4.5	0	30	12	64	270	53	0	50
	large	557	450	9	5	0	35	14	79	330	65	0	65
	XL	644	530	10	6	0	40	17	94	380	76	0	80
Spiced Chai Tea Latte, iced	small	372	230	3.5	2	0	15	6	44	160	35	0	40
	medium	466	300	4.5	2.5	0	15	7	57	210	46	0	50
	large	559	370	5	3	0	20	9	71	250	56	0	65
Strawberry Banana Yogurt Smoothie	XL	747	500	7	4	0	25	11	98	350	78	0	90
	small	469	280	0	0	0	0	1	68	25	61	5	0
	medium	594	360	0	0	0	0	1	85	30	77	6	0
Turtle Mocha, hot	large	718	430	0	0	0	0	2	102	35	92	7	0
	XL	968	570	0	0	0	0	2	136	50	123	0	0
	small	350	640	34	21	0	90	9	72	260	63	1	190
Turtle Mocha, iced	medium	420	800	41	26	0	100	12	96	330	84	1	195
	large	528	970	49	31	0	110	16	120	410	104	2	290
	XL	666	1160	57	36	0	125	20	145	510	127	2	385
Turtle Mocha, cooler	small	373	340	8	5	0	30	7	60	250	52	0	90
	medium	464	440	10	7	0	35	8	81	320	69	0	180
	large	555	550	12	8	0	40	10	102	390	87	1	270
Vanilla Cooler	XL	744	780	17	11	0	55	13	146	550	125	1	360
	small	538	760	28	18	0	85	5	120	400	105	1	90
	medium	667	910	30	20	0	95	6	149	500	130	1	115
Vanilla White Mocha, hot	large	796	1050	33	22	0	100	8	178	600	156	1	135
	XL	1053	1350	39	26	0	115	10	236	790	206	2	175
	small	515	510	19	12	0	60	2	77	180	74	0	130
Vanilla White Mocha, iced	medium	639	590	20	13	0	60	2	95	220	91	0	165
	large	763	680	21	14	0	60	3	113	260	109	0	200
	XL	1011	850	23	16	0	60	3	149	340	143	1	265
Vanilla White Mocha, cooler	small	309	470	27	16	0	75	7	48	95	48	0	185
	medium	369	600	32	19	0	80	9	66	125	66	0	185
	large	469	730	37	23	0	85	12	84	160	84	0	275
Vanilla White Mocha, cooler	XL	597	880	43	27	0	90	15	104	210	104	0	370
	small	368	250	4.5	2.5	0	15	7	47	110	44	0	90
	medium	457	320	5	3	0	15	8	63	140	60	0	180
Vanilla White Mocha, cooler	large	547	400	6	3.5	0	20	9	80	160	75	0	270
	XL	730	570	8	4.5	0	25	11	116	230	108	0	360
	small	524	620	20	13	0	65	3	101	210	94	0	105
Vanilla White Mocha, cooler	medium	651	740	21	14	0	70	4	127	270	118	0	130
	large	778	860	23	15	0	70	5	152	320	142	0	155
	XL	1033	1100	25	17	0	75	7	204	430	190	1	205



Category	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Protein (g)	Total Carbohydrates (g)	Sodium (mg)	Sugars (g)	Fiber (g)	
Food Item												
Lemon Poppy Seed Bread	Bakery	116	370	16	5	0	90	5	52	350	29	1
Raspberry White Chocolate Scone	Bakery	95	370	20	12	0.5	50	6	43	220	18	1
Cinnamon Coffee Cake	Bakery	133	530	23	4.5	4	80	5	81	310	60	2
Glazed Donut	Bakery	92	330	12	5	0	0	4	52	280	27	0
Chocolate Glazed Donut	Bakery	107	360	13	5	0	0	5	60	360	32	1
Blueberry Muffin	Bakery	113	410	22	4	0	75	5	50	290	29	1
Birthday Cake Pop	Bakery	34	130	6	2.5	0	25	2	14	100	13	0
Chocolate Cake Pop	Bakery	34	130	6	2.5	0	20	2	14	120	12	1
Cookie Dough Cake Pop	Bakery	34	130	6	2.5	0	20	2	17	110	16	0
Classic Oatmeal	Oatmeal	188	260	2.5	0.5	0	0	15	47	170	8	7
Maple Brown Sugar Crunch Oatmeal	Oatmeal	206	320	4	1	0	5	15	57	200	16	7
Chicken Apple Sausage	Breakfast Sandwiches	184	440	21	8	0	210	27	38	860	10	1
Sausage Biscuit	Breakfast Sandwiches	177	590	42	17	0	170	19	33	1310	2	0
Turkey Bacon Mini	Breakfast Sandwiches	106	280	13	4	0	135	13	25	560	1	1
Gluten Free Spinach Artichoke & Provolone	Breakfast Sandwiches	145	420	19	7	0	150	15	40	790	3	1
Bacon Egg & Cheese Bagel	Breakfast Sandwiches	207	610	28	12	0.5	180	32	60	1340	7	4
Gluten Free Spinach & Mushroom Souffle	Breakfast Sandwiches	88	270	21	13	0	225	8	10	430	1	1
Gluten Free Bacon & Gouda Souffle	Breakfast Sandwiches	88	310	24	14	0	245	12	11	530	2	0
Chicken Chorizo Burrito	Breakfast Sandwiches	220	500	21	9	0	245	25	52	1640	3	3
Ham, Egg & Swiss Croissant	Breakfast Sandwiches	198	500	29	14	1	195	25	36	1050	5	1
Honey Sriracha on Everything Bagel	Breakfast Sandwiches	193	560	23	9	0	165	25	61	1090	7	2
Beyond Meat® Sausage, Egg & Mozzarella	Breakfast Sandwiches	156	420	20	7	0	130	23	38	770	3	3
Lumberjack	Breakfast Sandwiches	278	740	36	14	0	310	36	67	1670	8	3
Turkey Bacon, Egg & Muenster	Breakfast Sandwiches	119	270	10	4.5	0	45	16	29	730	2	1
Plain Bagel	Bagels	105	270	1	0	0	0	10	57	540	6	4
Asiago Bagel	Bagels	105	290	3.5	2	0	10	12	52	590	5	3
Everything Bagel	Bagels	105	280	1.5	0	0	0	10	57	530	6	4
Blueberry Bagel	Bagels	105	280	1	0	0	0	10	59	490	10	4
Plain Bagel & Cream Cheese	Bagels	140	390	13	8	0	35	12	59	655	8	4
Asiago Bagel & Cream Cheese	Bagels	140	410	8	10	0	45	14	54	705	7	3
Everything Bagel & Cream Cheese	Bagels	140	400	14	8	0	35	14	59	645	8	4
Blueberry Bagel & Cream Cheese	Bagels	140	400	13	8	0	35	12	61	605	12	4