

Bakery

	Calories	Fat (g)	Carb. (g)	Fiber (g)	Protein (g)
Chonga Bagel	300	5	50	3	12
8-Grain Roll	340	5	68	4	9
Almond Croissant	420	22	45	3	10
Banana Nut Bread	420	22	52	2	6
Birthday Cake Pop	170	9	23	0	1
Blueberry Muffin	360	15	52	1	5
Blueberry Oat Cake	390	12	71	7	7
Blueberry Scone	380	17	54	2	6
Butter Croissant	260	15	27	1	5
Cheese Danish	290	14	33	1	7
Chocolate Cake Pop	160	8	23	1	2
Chocolate Chip Cookie	360	18	47	2	6
Chocolate Chip Cookie Dough Cake Pop	180	9	23	0	2
Chocolate Croissant	340	20	38	2	5
Cinnamon Raisin Bagel	270	1	58	3	9
Classic Coffee Cake	330	15	43	1	4
Confetti Sugar Cookie	410	21	54	0	4
Double Chocolate Chunk Brownie	480	28	55	3	6
Everybody's Favorite - Bantam Bagel (2 Pack)	200	8	28	0	6
Everything Bagel	290	4	53	3	11
French Toast - Bantam Bagels (2 Pack)	200	8	30	0	6
Frosted Doughnut Cake Pop	390	23	45	1	4
Gluten-Free Marshmallow Dream Bar	230	5	44	0	1
Iced Lemon Loaf Cake	470	20	68	1	6
Morning Bun	420	22	46	1	9
Old-Fashioned Glazed Doughnut	480	27	56	1	5
Petite Vanilla Bean Scone	120	4.5	18	0	2
Plain Bagel	280	1.5	56	2	9
Pumpkin Bread	410	15	63	2	6
Sprouted Grain Vegan Bagel	330	6	57	7	12
Strawberry Cake Pop	160	8	22	0	4
The Classic - Bantam Bagels (2 Pack)	200	8	28	0	6

Mercato

	Calories	Fat (g)	Carb. (g)	Fiber (g)	Protein (g)
Cage-Free Eggs & Seasoned Grains Side Salad	360	18	33	3	17
Cauliflower Tabbouleh Side Salad	130	12	7	3	2
Chicken & Fig Spread	460	13	61	5	24
Chipotle Chicken Wrap	470	19	55	4	22
Farmers' Market Protein Box	470	29	29	4	21
Garden Greens & Shaved Parmesan Side Salad	170	13	9	2	7
Grilled Chicken & Cauliflower Tabbouleh	390	27	15	4	21
Honey BBQ Sriracha Chicken	370	8	54	2	22
Roasted Carrot & Kale Side Salad	440	26	44	7	10
Roasted Turkey & Dill Havarti	580	31	46	5	32
Seasoned Turkey & Green Pepper Pico	390	18	30	5	28
Smoked Mozzarella & Roasted Peppers	540	28	53	4	19
Smoked Pork Cubano	450	25	66	5	21
Strawberry & Toasted Almonds Overnight Grains	410	24	42	5	7
Turkey Pastrami Reuben	500	21	50	4	26
Za'atar Chicken & Lemon Tahini	430	21	42	4	21

Protein Boxes

	Calories	Fat (g)	Carb. (g)	Fiber (g)	Protein (g)
Cheese & Fruit Protein Box	450	27	34	4	20
Chicken & Quinoa Protein Bowl with Black Beans and Greens	420	17	42	9	27
Chicken BLT Protein Box	580	23	58	7	35
Chicken Wrap Protein Box	690	31	77	6	30
Creminelli Sopressata Monterey Jack Snack Tray	220	17	0	0	15
Eggs & Cheese Protein Box	470	25	40	5	23
Lentils & Vegetable Protein Bowl with Brown Rice	650	29	80	21	23
PB&J Protein Box	520	26	54	4	20

Smoked Turkey Protein Box	570	23	54	7	35	
Hot Breakfast						
	Calories	Fat (g)	Carb. (g)	Fiber (g)	Protein (g)	
Bacon	Gouda & E	370	18	33	1	18
Chicken Sausage & Bacon Biscuit		450	22	35	1	26
Classic Oatmeal		160	2.5	28	4	5
Double-Smoked Bacon	Cheddar &	520	29	42	1	24
Ham & Cheese Croissant		320	17	28	1	14
Hearty Blueberry Oatmeal		220	2.5	43	5	5
Reduced-Fat Turkey Bacon & Cage Free Egg White Breakfast Sandwich		230	5	28	3	18
Roasted Ham	Swiss & Eg	460	23	43	0	21
Sausage	Cheddar &	480	29	34	1	18
Smoked Shoulder Bacon Breakfast Sandwich		550	31	39	2	26
Sous Vide Egg Bites: Bacon & Gruyere		300	20	9	0	19
Sous Vide Egg Bites: Chicken Chorizo Tortilla		230	13	13	0	15
Sous Vide Egg Bites: Egg White & Red Pepper		170	7	13	1	13
Sous Vide Egg Bites: Ham	Cheddar &	250	16	11	0	17
Spicy Chorizo	Monterey	470	24	36	0	24
Spinach	Feta & Caç	280	8	34	4	20
Sandwiches	Paninis & Salads					
	Calories	Fat (g)	Carb. (g)	Fiber (g)	Protein (g)	
Baja Black Bean Veggie Wrap		570	22	73	7	21
Chicken & Double-Smoked Bacon		620	26	65	3	31
Chicken Caprese		500	18	58	3	28
Crispy Grilled Cheese Sandwich		540	29	47	4	21
Ham & Swiss Panini		490	24	42	0	25
Tomato & Mozzarella		350	13	42	3	15
Turkey Pesto Panini		540	21	55	3	33
Ice Cream						
	Calories	Fat (g)	Carb. (g)	Fiber (g)	Protein (g)	
Yogurt	Fruit & Spreads					
	Calories	Fat (g)	Carb. (g)	Fiber (g)	Protein (g)	
Avocado Spread		90	8	5	4	1
Berry Trio Parfait		240	2.5	39	3	14
Fresh Blueberries and Honey Greek Yogurt Parfait		240	2.5	42	2	14
Justin's Chocolate Hazelnut Butter		180	14	12	3	4
Justin's Classic Almond Butter		190	18	6	3	7
Lemon Crunch Yogurt Parfait		330	12	42	1	14
Mango & Coconut Yogurt Bowl		250	6	34	3	16
Vegan Superberry Açaí		340	12	55	8	6