



# Great Harvest Bread Co.

## Bread Nutrition

Nutrition information may vary bakery to bakery, please check with your local bakery for the most accurate nutrition, ingredient, and allergen information

Bread, Rolls, Buns, etc.	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Protein (g)	Ingredients
<b>BREADS</b>												
Asiago Pesto Bread (56g)	160	50	6	1.5	0	5	490	23	1	3	4	Unbleached White Flour, Water, Pesto Sauce (Soybean Oil, Water, Pesto Seasoning [Parmesean and Romano Cheese[[ Part Skim Milk, Cheese Cultures, Salt, Enzymes]] Basil, Sugar, Garlic, Ascorbic Acid and Citric Acid, Natural Flavor, Potassium Sorbate and less than 2% Silicon Dioxide Added to prevent caking], Olive Oil, Citric Acid, Sodium Benzoate, and Potassium Sorbate, Lactic Acid), Asiago Cheese (Pasturized Part-Skimmed Cow's Milk, Cheese Cultures, Salt, Enzymes), Honey, Olive Oil, Yeast, Salt, Eggs, Dried Garlic, Dried Onion <b>CONTAINS: WHEAT, MILK, EGG, SOY, PINENUTS</b>
Challah Bread (56g)	140	10	1	0	0	10	260	28	3	5	5	Unbleached White Flour, Water, Honey, Eggs, Yeast, Salt <b>CONTAINS: WHEAT, EGG</b>
Cheddar Garlic Bread (56g)	170	40	4.5	2.5	0	15	400	25	1	4	6	Unbleached White Flour, Inverted Cane Sugar, Cheddar Cheese (Pasturized Milk, Cheese Cultures, Salt, Enzymes, and Annatto Vegetable Color), Water, Salt, Dried Onion, Dried Garlic, Yeast, Parsley, Egg, Sesame Seeds. <b>CONTAINS: WHEAT, MILK, EGG</b>
Cheddar Garlic Jalapeno Bread (56g)	160	40	4	2	0	15	390	24	1	3	6	Unbleached White Flour, Inverted Cane Sugar, Cheddar Cheese (Pasturized Milk, Cheese Cultures, Salt, Enzymes, and Annatto Vegetable Color), Water, Salt, Dried Onion, Dried Garlic, Jalapenos, Yeast, Parsley, Egg, Sesame Seeds. <b>CONTAINS: WHEAT, MILK, EGG</b>
Cinnamon Chip Golden Wheat Bread (56g)	160	25	3	1.5	0	0	290	28	3	10	5	Fresh Ground 100% Whole Wheat Flour, Cinnamon Chips (sugar, palm oil, cinnamon, non-fat dry milk, soy lecithin), Water, Honey, Yeast, Salt <b>CONTAINS: WHEAT, MILK, SOY</b>
Cranberry Orange Pecan Bread (56g)	130	20	2	0	0	0	290	26	2	10	3	Water, Unbleached White Flour, Dried Cranberries, Cranberries, Sugar, Sunflower Oil), Fresh Ground 100% Whole Wheat Flour, Inverted Cane Sugar, Pecans, Oranges, Yeast, Salt. <b>CONTAINS: WHEAT, PECANS</b>
Dakota Bread (56g)	170	45	5	0.5	0	0	280	24	4	5	7	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Sunflower Seeds, Pumpkin Seeds, Millet, Yeast, Sesame Seeds, Salt. <b>CONTAINS: WHEAT</b>
Extreme Cinnamon Swirl Bread	130	15	1.5	0	0	0	240	27	2	12	3	FRESH GROUND 100% WHOLE WHEAT FLOUR, CINNAMON CHIPS (sugar,palm oil, cinnamon, non-fat dry milk, soy lecithin,) CINNAMON, BROWN SUGAR, WATER, HONEY, YEAST, SALT. <b>CONTAINS:MILK, SOY, WHEAT</b>
Gluten X Bread (56g)	130	35	3.5	0.5	0	25	250	22	1	3	3	Water, Brown and White Rice Flour, Eggs, Potato Starch, Oat Flour, Non-Fat Dry Milk, Honey, Psvllium Husk Powder, Flax Seed Meal, Tapioca Flour, Canola Oil, Yeast, Baking Powder (Sodium acid Pyrophosphate, Sodium bicarbonate, corn starch, monocalcium phosphate), Salt, Sesame Seeds, Sunflower Seeds, Flax Seeds <b>CONTAINS: MILK, EGG (MAY CONTAIN WHEAT)</b>
High Five Fiber Bread (56g)	140	30	3	0	0	0	240	24	5	5	6	Fresh Ground 100% Whole Wheat Flour, Oat Bran, Wheat Bran, Sunflower Seeds, Flax Seeds, Millet, Water, Honey, Yeast, Salt <b>CONTAINS: WHEAT</b>
High Protein Lo Carb Country Crunch Bread	150	60	6	0.5	0	20	220	16	4	3	8	Water, Fresh Ground 100% Whole Wheat Flour, Eggs, Honey, Wheat Gluten, Tofu (water, organic whole soybeans, calcium, sulfate, magnesium chloride), Sunflower Seeds, Millet, Wheat Bran, Olive Oil, Flax Meal, Pecans, Oat Bran, Rolled Oats, Flax Seeds, Yeast, Salt <b>CONTAINS: WHEAT, EGG, PECAN, SOY</b>

<b>Honey Whole Wheat Bread (56g)</b>	140	5	0.5	0	0	0	320	27	4	6	6	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt
												CONTAINS: WHEAT
<b>White Bread (56g)</b>	140	5	0	0	0	0	420	31	1	5	4	Unbleached White Flour, Water, Inverted Cane Sugar, Yeast, Salt
												CONTAINS: WHEAT



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<b>BREADS</b>												
Autumn Apple Bread (56g)	150	15	1.5	0	0	5	300	30	3	10	4	Unbleached White Flour, Water, Fresh Ground 100% Whole Wheat Flour, Golden Raisins (with Sulfure Dioxide), Honey, Cultured Buttermilk (Whole Milk, Vinegar), Sunflower Seeds, Dried Apples (Unsulfered), Yeast, 100% Pure Maple Syrup, Rolled Oats, Salt, Ground Nutmeg CONTAINS: WHEAT, MILK
Beer Bacon Cheddar Bread (56g)	160	35	4	2	0	15	270	23	3	6	7	Fresh Ground 100% Whole Wheat Flour, Beer, Honey, Cheddar Cheese (Pasturized Milk, Cheese Cultures, Salt, Enzymes, and Annatto Vegetable Color), Bacon (Cured with: Water, Salt, Sugar, Smoke Flavoring, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrate), Yeast, Onion, Salt, Garlic CONTAINS: WHEAT, MILK
Breakfast Blast Bread (56g)	150	15	1.5	0.5	0	0	230	28	4	9	5	Fresh Ground 100% Whole Wheat Flour, Honey, Salt, Water, Yeast, Cinnamon Chips (sugar, palm oil, cinnamon, nonfat dry milk, soy lecithin), Dates (Dates, Dextrose), Rolled Oats CONTAINS: WHEAT, MILK, SOY
Caraway Rye Bread (56g)	140	5	0.5	0	0	0	330	27	5	5	5	Fresh Ground 100% Whole Wheat Flour, Whole Grain Rye Flour, White Flour, Water, Honey, Caraway Seeds, Yeast, Salt CONTAINS: WHEAT
Cracked Pepper Parmesan Bread (56g)	150	25	3	1.5	0	10	400	23	4	4	8	Fresh Ground 100% Whole Wheat Flour, Water, Parmesan Cheese (Pasturized Part-Skim Cow's Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose, Natamycin), Inverted Cane Sugar, Yeast, Salt, Oregano, Black Pepper, Basil, Cayenne Pepper, Parsley CONTAINS: WHEAT, MILK
Gouda and Stout Bread (56g)	150	25	3	1.5	0	10	410	23	4	5	7	Fresh Ground 100% Whole Wheat Flour, Stout Beer, Honey, Yeast, Gouda Cheese, Salt CONTAINS: WHEAT, MILK
Green Chili Cheese Bread (56g)	150	40	4.5	2	0	15	370	22	2	5	6	Fresh Ground 100% Whole Wheat Flour, White Flour, Water, Honey, Cheddar Cheese (Pasturized Milk, Cheese Cultures, Salt, Enzymes, and Annatto Vegetable Color), Green Chile Peppers, Yeast, Olive Oil, Dried Garlic, Dried Onion, Cumin, Cayenne Pepper, Paprika, Dried Oregano, Salt CONTAINS: WHEAT, MILK
Irish Soda Bread (56g)	130	5	0.5	0	0	5	210	28	2	9	4	White Flour, Cultured Buttermilk (Whole Milk, Vinegar), Raisins, Inverted Cane Sugar, Salt, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Baking Soda CONTAINS: WHEAT, MILK
Popeye Bread (Festive Spinach Bread)(56g)	140	140	1.5	0.5	0	5	430	27	2	4	5	Fresh Ground 100% Whole Wheat Flour, White Flour, Water, Yeast, Inverted Cane Sugar, Spinach, Red Pepper (Bell Peppers, Water, Salt, Citric Acid), Parmesan Cheese (Pasturized Part-Skim Cow's Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose, Natamycin), Onion, Garlic, Salt CONTAINS: WHEAT, MILK
Potato Cheddar Chive Bread	150	50	6	3	0	20	400	23	1	4	6	WHITE FLOUR WATER, CHEDDAR CHEESE (PASTURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATTO COLOR), HONEY, DEHYDRATED POTATOES (POTATO FLAKES, MONO- AND DIGLYCERIDES, SODIUM ACID PYROPHOSPHATE [PRESERVATIVE], SODIUM BISULFITE [PRESERVATIVE], CITRIC ACID [PRESERVATIVE]), BUTTER, YEAST, SALT, EGGS, DRIED GARLIC, BLACK PEPPER, CHIVES CONTAINS: EGG, MILK, SOY, WHEAT
Pumpkin Swirl Bread (56g)	150	15	1.5	0.5	0	5	220	30	2	10	4	Unbleached White Flour, Fresh Ground 100% Whole Wheat Flour, Water, Pumpkin, Brown Sugar, Honey, Yeast, Salt, Pumpkin Pie Spice (ginger, clove, cinnamon, allspice)

												CONTAINS: WHEAT
Spinach Feta Bread (56g)	140	30	3.5	2.5	0	15	410	22	2	5	6	Fresh Ground 100% Whole Wheat Flour, White Flour, Inverted Cane Sugar, Feta Cheese (Pasturized Whole Milk, Skim Milk, Cream, Whey, Salt, Cultures, Enzymes, Guar Gum), Spinach, Yeast, Salt, Oregano, Garlic, Black Pepper, Egg.
												CONTAINS: MILK, WHEAT, EGG
Star Spangled Swirl Bread (56g)	160	10	1.5	0.5	0	5	240	32	3	13	4	Fresh Ground 100% Whole Wheat Flour, Water, Dried Cranberries, Dried Cherries (Cherries, Sugar, Sunflower Oil), Dried Blueberries, Dried Apples (Unsulphured), Honey, Brown Sugar, Cinnamon, Yeast, Salt
												CONTAINS: WHEAT
Stuffing Bread (56g)	110	5	0.5	0	0	5	270	21	4	4	5	Fresh Ground 100% Whole Wheat Flour, Water, Onion, Celery, Yeast, Salt, Thyme, Pepper, Inverted Cane Sugar
												CONTAINS: WHEAT
White Chocolate Cherry Swirl	170	25	2.5	1.5	0	5	240	33	1	14	3	White Flour, Dried Cherries, Dried Cranberries, White Chocolate Chips (sugar, cocoa, butter, whole milk powder, nonfat dry milk, milkfat soy lecithin, vanilla), Inverted Cane Sugar, Brown Sugar, Butter, Yeast, Salt
												CONTAINS: WHEAT, SOY, MILK
<b>BISCUITS, BUNS, AND ROLLS</b>												
Bacon Cheddar Beer Burger Buns (113 g)	420	100	11	5	0	35	720	59	9	15	19	Fresh Ground 100% Whole Wheat Flour, Beer, Honey, Cheddar Cheese (Pasturized Milk, Cheese Cultures, Salt, Enzymes, and Annatto Vegetable Color), Bacon (Cured with: Water, Salt, Sugar, Smoke Flavoring, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrate), Yeast, Onion, Salt, Garlic
												CONTAINS: WHEAT, MILK
Cheddar Garlic Burger Buns (113 g)	430	100	12	6	0	40	1020	64	2	10	15	Unbleached White Flour, Inverted Cane Sugar, Cheddar Cheese (Pasturized Milk, Cheese Cultures, Salt, Enzymes, and Annatto Vegetable Color), Water, Salt, Dried Onion, Dried Garlic, Yeast, Parsley, Egg, Sesame Seeds.
												CONTAINS: WHEAT, MILK, EGG
Cheddar Garlic Jalapeno Burger Buns (113 g bun)	400	100	11	6	0	35	1010	61	3	10	14	Unbleached White Flour, Inverted Cane Sugar, Cheddar Cheese (Pasturized Milk, Cheese Cultures, Salt, Enzymes, and Annatto Vegetable Color), Water, Salt, Dried Onion, Dried Garlic, Jalapenos, Yeast, Parsley, Egg, Sesame Seeds.
												CONTAINS: WHEAT, MILK, EGG
Cheddar Ham Biscuit (119 g)	360	160	19	11	0.5	55	690	36	2	3	11	Cultured Buttermilk (Whole Milk, Vinegar), Unbleached White Flour, Butter, Cheddar Cheese (Pasturized Milk, Cheese Cultures, Salt, Enzymes, and Annatto Vegetable Color), Fresh Ground 100% Whole Wheat Flour, Ham (Cured with: Water, Dextrose, Contains less than 2% of Salt, Sodium Phosphates, Potassium Acetate, Potassium Lactate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate)), Salt, Sugar, Baking Soda, Chives
												CONTAINS: MILK, WHEAT
Virginia Rolls (83 g)	250	60	7	4	0	20	420	39	3	7	6	Fresh Ground 100% Whole Wheat Flour, Water, Inverted Cane Sugar, Potato Flakes Dehydrated Potatoes, Mono- and Diglycerides, Sodium Acid Pyrophosphate, Sodium Bisulfite, Citric Acid, Natural Flavor[Milk], White Flour, Butter, Yeast, Salt.
												CONTAINS: WHEAT, MILK
Virginia Rolls Blended Flour Burger Buns (113 g)	420	100	12	7	0	35	730	68	5	12	11	Water, Unbleached White Flour, Fresh Ground 100% Whole Wheat Flour, Honey, Butter, Yeast, Dehydrated Potatoes (Dehydrated Potatoes, Mono- and Diglycerides, Sodium Acid Pyrophosphate, Sodium Bisulfite, Citric Acid, Natural Flavor[Milk]), Salt, Eggs
												CONTAINS: WHEAT, MILK, EGG
<b>COOKIES</b>												
Autumn Spice Cookie (113g)	450	160	19	10	0.5	55	240	69	5	43	6	Brown Sugar, Butter, Rolled Oats, Fresh Ground 100% Whole Wheat Flour, Raisins, Dried Apricot (Apricots, Sulphur Dioxide), Eggs, Water, Salt, Ground Cinnamon, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Baking Soda, Allspice
												CONTAINS: EGG, MILK, WHEAT

<b>Sugar Cookie with Frosting (142g)</b>	590	170	19	12	0.5	80	220	100	1	70	5	Sugar Cookies (Unbleached White Flour, Sugar, Butter, Eggs, Cream of Tartar, Baking Soda, Salt), White Icing (Confectioners Sugar, Water, Honey, Butter, Salt, Pure Vanilla Extract (Water, Alcohol [35%], Vanilla Bean Extractives), Imitation Flavor Vanilla (Water, Propylene Glycol, Caramel Color, Artificial Flavor, Ethyl Vanillin, Potassium Sorbat) <b>CONTAINS: WHEAT, MILK, EGG</b>
<b>Sugar Cookie with Frosting Half Size (71g)</b>	290	90	10	6	0	40	110	50	1	35	3	Sugar Cookies (Unbleached White Flour, Sugar, Butter, Eggs, Cream of Tartar, Baking Soda, Salt), White Icing (Confectioners Sugar, Water, Honey, Butter, Salt, Pure Vanilla Extract (Water, Alcohol [35%], Vanilla Bean Extractives), Imitation Flavor Vanilla (Water, Propylene Glycol, Caramel Color, Artificial Flavor, Ethyl Vanillin, Potassium Sorbat)) <b>CONTAINS: WHEAT, MILK, EGG,</b>
<b>Turtle Cookie Half Size (53g)</b>	260	120	13	7	0	30	125	32	2	19	3	Brown Sugar, Butter, Rolled Oats, Fresh Ground 100% Whole Wheat Flour, Pecans,Chocolate Chips(sugar, unsweetened chocolate, cocoa butter, soy lecithin, natural vanilla extract), Caramel Bits (sugar, corn syrup, liquid sugar, skim milk, palm oil, butter, salt, mono- and diglycerides, soy lecithin), Eggs, Water, Salt,Baking Powder (Sodium Acid Pryophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Baking Soda <b>CONTAINS: EGG, MILK, SOY, WHEAT</b>
<b>Turtle Cookie (113g)</b>	530	240	27	13	0.5	60	260	67	5	42	7	Brown Sugar, Butter, Rolled Oats, Fresh Ground 100% Whole Wheat Flour, Pecans,Chocolate Chips(sugar, unsweetened chocolate, cocoa butter, soy lecithin, natural vanilla extract), Caramel Bits (sugar, corn syrup, liquid sugar, skim milk, palm oil, butter, salt, mono- and diglycerides, soy lecithin), Eggs, Water, Salt,Baking Powder (Sodium Acid Pryophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Baking Soda <b>CONTAINS: EGG, MILK, SOY, WHEAT</b>

#### TEACAKES

<b>Chocolate Brownie Teacake (56g)</b>	190	60	7	2	0	0	150	30	1	19	18	Water, Sugar, Unbleached White Flour,Chocolate Chips(sugar, unsweetened chocolate, cocoa butter, soy lecithin, natural vanilla extract), Canola Oil, Cocoa Powder, Distilled Vinegar, Pure Vanilla Extract (Water, Alcohol [35%], Vanilla Bean Extractives), Imitation Flavor Vanilla (Water, Propylene Glycol, Caramel Color, Artificial Flavor, Ethyl Vanillin, Potassium Sorbat), Baking Soda, Salt <b>CONTAINS: WHEAT, SOY</b>
<b>Gingerbread Teacake (56g)</b>	180	45	5	3	0	25	130	33	1	18	2	Unbleached White Flour, Molasses, Brown Sugar, Water, Butter, Eggs, Salt, Ground Cinnamon, Baking Soda, Ginger Root <b>CONTAINS: EGG, MILK, WHEAT</b>

#### SCONES

<b>Blarney Scone (170g)</b>	670	240	27	11	0.5	80	580	98	6	37	13	Unbleached White Flour, Raisins, Rolled Oats, Orange Juice, Butter, Brown Sugar, Walnuts, Cultured Buttermilk (Whole Milk, Vinegar), Eggs,Baking Powder (Sodium Acid Pryophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Pure Vanilla Extract (Water, Alcohol [35%], Vanilla Bean Extractives), Imitation Flavor Vanilla (Water, Propylene Glycol, Caramel Color, Artificial Flavor, Ethyl Vanillin, Potassium Sorbat), Baking Soda, Orange Peel, Salt <b>CONTAINS: WHEAT, WALNUT, MILK, EGG, SOY</b> <b>CONTAINS: EGG, MILK, WHEAT</b>
<b>Apple Cream Cheese Scone (168g)</b>	570	200	23	14	1	60	610	83	2	35	9	Unbleached White Flour, Brown Sugar, Apples, Cream Cheese (Pasturized Cultured Milk and Cream, Salt, Stabilizers (Xanthan, Locust Bean, and Guar Gums)), Butter, Cultured Buttermilk (Whole Milk, Vinegar), Eggs,Baking Powder (Sodium Acid Pryophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Pure Vanilla Extract (Water, Alcohol [35%], Vanilla Bean Extractives), Imitation Flavor Vanilla (Water, Propylene Glycol, Caramel Color, Artificial Flavor, Ethyl Vanillin, Potassium Sorbat), Baking Soda, Salt <b>CONTAINS: EGG, MILK, WHEAT</b>

<b>Apple Cinnamon Chip Cream Cheese Scone (162g)</b>	580	210	24	14	1.5	60	720	83	2	36	9	Unbleached White Flour, Brown Sugar, Cream Cheese (Pasturized Cultured Milk and Cream, Salt, Stabilizers (Xanthan, Locust Bean, and Guar Gums)), Butter, Cultured Buttermilk (Whole Milk, Vinegar), Apples, Cinnamon Chips (Sugar, Palm Oil, Cinnamon, Nonfat Dry Milk, and Soy Lecithin), Eggs, Baking Powder (Sodium Acid Phosphosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Pure Vanilla Extract (Water, Alcohol [35%], Vanilla Bean Extractives), Imitation Flavor Vanilla (Water, Propylene Glycol, Caramel Color, Artificial Flavor, Ethyl Vanillin, Potassium Sorbat), Baking Soda, Salt <b>CONTAINS: WHEAT, MILK, EGG, SOY</b>
<b>Chocolate Chip Hazelnut Scone (163g)</b>	650	260	30	15	0.5	85	550	90	3	44	11	Unbleached White Flour, Brown Sugar, Cream Cheese (Pasturized Cultured Milk and Cream, Salt, Stabilizers (Xanthan, Locust Bean, and Guar Gums)), Butter, Cultured Buttermilk (Whole Milk, Vinegar), Chocolate Chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin, natural vanilla extract), Eggs, Hazelnuts, Baking Powder (Sodium Acid Phosphosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate) Pure Vanilla Extract (Water, Alcohol [35%], Vanilla Bean Extractives), Imitation Flavor Vanilla (Water, Propylene Glycol, Caramel Color, Artificial Flavor, Ethyl Vanillin, Potassium Sorbat), Baking Soda, Salt <b>CONTAINS: EGG, MILK, WHEAT, SOY</b>

**BISCOTTI**

<b>Brown Sugar Oat Biscotti (66g)</b>	290	80	9	4.5	0	50	320	46	2	16	6	Unbleached White Flour, Rolled Oats, Brown Sugar, Eggs, Butter, Sugar, Natural Sugar, Pure Vanilla Extract (Water, Alcohol [35%], Vanilla Bean Extractives), Imitation Flavor Vanilla (Water, Propylene Glycol, Caramel Color, Artificial Flavor, Ethyl Vanillin, Potassium Sorbat), Baking Soda, Salt, Ground Cinnamon <b>CONTAINS: WHEAT, EGG, MILK</b>
<b>Chocolate Chocolate Chip Biscotti (55g)</b>	240	90	11	3	0	55	180	34	4	16	7	Unbleached White Flour, Eggs, Almonds, Sugar, Chocolate Chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin, natural vanilla extract), Confectioners Sugar, Cocoa Powder, Brown Sugar, Butter, Baking Powder (Sodium Acid Phosphosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Pure Vanilla Extract (Water, Alcohol [35%], Vanilla Bean Extractives), Imitation Flavor Vanilla (Water, Propylene Glycol, Caramel Color, Artificial Flavor, Ethyl Vanillin, Potassium Sorbat), Salt <b>CONTAINS: WHEAT, ALMOND, MILK, EGG, SOY</b>
<b>Vanilla Almond Biscotti (65g)</b>	270	80	9	2	0	55	160	41	2	19	7	Unbleached White Flour, Eggs, Almonds, Sugar, Honey, Confectioners Sugar, Butter, Pure Vanilla Extract (Water, Alcohol [35%], Vanilla Bean Extractives), Imitation Flavor Vanilla (Water, Propylene Glycol, Caramel Color, Artificial Flavor, Ethyl Vanillin, Potassium Sorbat), Baking Powder (Sodium Acid Phosphosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Salt <b>CONTAINS: WHEAT, EGG, ALMOND, MILK</b>



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<b>BARS &amp; BROWNIES</b>												
Energy Bar	570	250	28	6	1	0	150	78	11	39	16	PEANUT BUTTER(roasted peanuts, salt), OATS, HONEY, CHOCOLATE CHIPS (chocolate liquor, sugar, soy lecithin, vanillin), DRIED CRANBERRIES (cranberries, sugar) OAT BRAN, MILLET, GROUND CINNAMON, FLAX SEEDS, PURE VANILLA EXTRACT , SESAME SEEDS, SUNFLOWER SEEDS. <b>CONTAINS: MILK, PEANUT</b>
Lemon Bar (127g)	430	150	16	9	0.5	115	240	67	1	39	6	Unbleached White Flour, Sugar, Eggs, Butter, Lemon Juice, Confectioners Sugar, Whole Milk (Milk, Vitamin D3), Cornstarch, Lemon Peel, Salt <b>CONTAINS: WHEAT, EGG, MILK</b>
Savannah Bar with Blueberries (168g)	530	170	19	12	0.5	55	210	85	7	54	8	Blueberries, Brown Sugar, Fresh Ground 100% Whole Wheat Flour, Butter, Oats,Coconut (Desiccated Coconut [contains sulfites], Powdered Sugar [contains cornstarch], water, propylene glycol, salt), Eggs, Water, Salt, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Baking Soda <b>CONTAINS: WHEAT, MILK, COCONUT, EGG</b>
Savannah Bar with Raspberries (158g)	520	170	19	12	0.5	55	210	82	7	52	8	Brown Sugar, Raspberries, Fresh Ground 100% Whole Wheat Flour, Butter, Oats,Coconut (Desiccated Coconut [contains sulfites], Powdered Sugar [contains cornstarch], water, propylene glycol, salt), Eggs, Water, Salt, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Baking Soda <b>CONTAINS: WHEAT, MILK, COCONUT, EGG</b>
<b>COOKIES</b>												
Chocolate Bliss Cookie (69g)	280	130	15	8	0	45	75	40	2	33	3	Chocolate Chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin, natural vanilla extract), Sugar, Eggs, Unbleached White Flour, Butter, Unsweetened Chocolate, Coffee, Baking Powder(Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Pure Vanilla Extract (Water, Alcohol [35%], Vanilla Bean Extractives), Imitation Flavor Vanilla (Water, Propylene Glycol, Caramel Color, Artificial Flavor, Ethyl Vanillin, Potassium Sorbat), Salt <b>CONTAINS: MILK, EGG, WHEAT, SOY</b>
Dillon Cookie (Oatmeal Chocolate Chip Walnut Cookie) (109g)	510	240	27	13	0.5	55	240	63	5	39	7	Brown Sugar, Butter, Rolled Oats, Fresh Ground 100% Whole Wheat Flour, Chocolate Chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin, natural vanilla extract), Walnuts, Eggs, Water, Salt, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Baking Soda <b>CONTAINS: WHEAT, WALNUT, MILK, EGG, SOY</b>
Dillon Cookie (Oatmeal Chocolate Chip Walnut Cookie) Half Size (53g)	250	120	13	7	0	30	120	32	2	19	4	Brown Sugar, Butter, Rolled Oats, Fresh Ground 100% Whole Wheat Flour, Chocolate Chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin, natural vanilla extract), Walnuts, Eggs, Water, Salt, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Baking Soda <b>CONTAINS: WHEAT, WALNUT, MILK, EGG, SOY</b>
Dillon Cookie No Walnuts (Oatmeal Chocolate Chip Cookie) (109g)	470	200	22	13	0.5	60	140	64	5	40	6	Brown Sugar, Butter, Rolled Oats, Fresh Ground 100% Whole Wheat Flour, Chocolate Chips(sugar, unsweetened chocolate, cocoa butter, soy lecithin, natural vanilla extract), Eggs, Water, Salt, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Baking Soda <b>CONTAINS: WHEAT, MILK, EGG, SOY</b>
Dillon Cookie No Walnuts (Oatmeal Chocolate Chip Cookie) Half Size (53g)	250	100	12	7	0	30	125	34	2	21	3	Brown Sugar, Butter, Rolled Oats, Fresh Ground 100% Whole Wheat Flour, Chocolate Chips(sugar, unsweetened chocolate, cocoa butter, soy lecithin, natural vanilla extract), Eggs, Water, Salt, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Baking Soda <b>CONTAINS: WHEAT, MILK, EGG, SOY</b>
Flax Cranberry Cookie with Pecans (124g)	360	80	8	1	0	40	370	66	7	40	8	Applesauce(apples, water, erythorbic acid), Brown Sugar, Fresh Ground 100% Whole Wheat Flour, Dried Cranberries(cranberries, sugar, sunflower oil), Oats, Eggs, Pecans, Flax Seed Meal, Baking Soda, Pure Vanilla Extract (Water, Alcohol [35%], Vanilla Bean Extractives), Imitation Flavor Vanilla (Water, Propylene Glycol, Caramel Color, Artificial Flavor, Ethyl Vanillin, Potassium Sorbat), Salt, Ground Cinnamon <b>CONTAINS: EGG, PECAN, WHEAT</b>
Ginger Cookie (96g)	430	170	19	1.5	0	30	450	60	1	29	5	Unbleached White Flour, Brown Sugar, Canola Oil, Molasses, Eggs, Baking Soda, Ground Cinnamon, Ginger Root, Salt, Ground Cloves, Black Pepper <b>CONTAINS: WHEAT, EGG</b>

<b>Ginger Half Size Cookie (48g)</b>	220	90	10	1	0	15	220	30	1	15	3	Unbleached White Flour, Brown Sugar, Canola Oil, Molasses, Eggs, Baking Soda, Ground Cinnamon, Ginger Root, Salt, Ground Cloves, Black Pepper CONTAINS: WHEAT, EGG
<b>Gluten X Chocolate Chip Cookie (85g)</b>	370	180	21	9	0	40	230	47	2	29	4	Chocolate Chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin, natural vanilla extract), Rice Flour, Brown Sugar, Butter, Walnuts, Sugar, Eggs, Potato Starch, Whole Milk (Milk, Vitamin D3), Stone Ground Tapioca Flour, Pure Vanilla Extract (Water, Alcohol [35%], Vanilla Bean Extractives), Imitation Flavor Vanilla (Water, Propylene Glycol, Caramel Color, Artificial Flavor, Ethyl Vanillin, Potassium Sorbat), Baking Soda, Milk, Salt, Xanthan Gum CONTAINS: MILK, WALNUT, EGG, SOY
<b>Oatmeal Raisin Cookie (108g)</b>	460	160	18	11	0.5	55	240	71	5	44	6	Brown Sugar, Butter, Raisins, Rolled Oats, Fresh Ground 100% Whole Wheat Flour, Eggs, Water, Salt, Baking Powder (Sodium Acid Phosphate), Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Baking Soda CONTAINS: MILK, WHEAT, EGG
<b>Oatmeal Raisin Half Size Cookie (53g)</b>	230	80	9	5	0	30	120	35	2	22	3	Brown Sugar, Butter, Raisins, Rolled Oats, Fresh Ground 100% Whole Wheat Flour, Eggs, Water, Salt, Baking Powder (Sodium Acid Phosphate), Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Baking Soda CONTAINS: MILK, WHEAT, EGG
<b>Peanut Butter Chocolate Chip Cookie (100g)</b>	470	250	28	13	0	45	310	53	5	36	9	Brown Sugar, Chocolate Chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin, natural vanilla extract), Peanut Butter (Roasted Peanuts, Salt), Fresh Ground 100% Whole Wheat Flour, Butter, Eggs, Baking Soda, Baking Powder (Sodium Acid Phosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Salt CONTAINS: WHEAT, MILK, PEANUT, EGG, SOY
<b>Peanut Butter Chocolate Chip Half Size Cookie (50g)</b>	240	130	14	6	0	25	150	26	2	18	4	Brown Sugar, Chocolate Chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin, natural vanilla extract), Peanut Butter (Roasted Peanuts, Salt), Fresh Ground 100% Whole Wheat Flour, Butter, Eggs, Baking Soda, Baking Powder (Sodium Acid Phosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Salt CONTAINS: WHEAT, MILK, PEANUT, EGG, SOY
<b>Salted Caramel Cookie (108g)</b>	480	180	20	12	0.5	55	290	70	4	47	6	Brown Sugar, Caramel Bits (sugar, corn syrup, liquid sugar, skim milk, palm oil, butter, salt, mono- and diglycerides, soy lecithin), Butter, Rolled Oats, Fresh Ground 100% Whole Wheat Flour, Eggs, Water, Sea Salt, Salt, Baking Powder (Sodium Acid Phosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Baking Soda CONTAINS: MILK, SOY, WHEAT, EGG
<b>Salted Caramel Half Size Cookie (53g)</b>	240	90	10	6	0	30	150	36	2	24	3	Brown Sugar, Caramel Bits (sugar, corn syrup, liquid sugar, skim milk, palm oil, butter, salt, mono- and diglycerides, soy lecithin), Butter, Rolled Oats, Fresh Ground 100% Whole Wheat Flour, Eggs, Water, Sea Salt, Salt, Baking Powder (Sodium Acid Phosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Baking Soda CONTAINS: MILK, SOY, WHEAT, EGG
<b>Shortbread Cookies with Blended Flour (40g)</b>	210	100	12	7	0	30	55	23	2	8	3	Butter, Unbleached White Flour, Fresh Ground 100% Whole Wheat Flour, Confectioners Sugar, Natural Sugar, Salt CONTAINS: WHEAT, MILK
<b>Shortbread Half Size Cookie with Blended Flour (20g)</b>	100	50	6	3.5	0	15	30	11	1	4	1	Butter, Unbleached White Flour, Fresh Ground 100% Whole Wheat Flour, Confectioners Sugar, Natural Sugar, Salt CONTAINS: WHEAT, MILK
<b>Snickerdoodle Cookie (122g)</b>	520	170	19	12	0.5	75	200	83	2	52	5	Sugar, Unbleached White Flour, Butter, Eggs, Ground Cinnamon, Cream of Tartar, Baking Soda, Salt CONTAINS: WHEAT, MILK, EGG
<b>Snickerdoodle Half Size Cookie (61g)</b>	260	80	10	6	0	40	100	42	1	26	3	Sugar, Unbleached White Flour, Butter, Eggs, Ground Cinnamon, Cream of Tartar, Baking Soda, Salt CONTAINS: WHEAT, MILK, EGG

**MUFFINS**

<b>Chocolate Brownie Muffin (138g)</b>	500	170	19	5	0	0	420	82	4	50	5	Water, Sugar, Unbleached White Flour, Chocolate Chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin, natural vanilla extract), Canola Oil, Cocoa Powder, Distilled Vinegar, Pure Vanilla Extract (Water, Alcohol [35%], Vanilla Bean Extractives), Imitation Flavor Vanilla (Water, Propylene Glycol, Caramel Color, Artificial Flavor, Ethyl Vanillin, Potassium Sorbat), Baking Soda, Salt CONTAINS: WHEAT, SOY
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<b>Gluten X Blueberry Muffin (180g)</b>	540	180	20	11	0.5	135	510	84	2	41	7	Rice Flour, Sugar, Eggs, Butter, Blueberries, Yogurt (Cultured Grade A Nonfat Milk, Raw Sugar, Potato Starch, Cultured Buttermilk (Whole Milk, Vinegar), Tapioca Flour, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Poppy Seeds, Milk (Milk, Vitamin D3), Pure Vanilla Extract (Water, Alcohol [35%], Vanilla Bean Extractives), Imitation Flavor Vanilla (Water, Propylene Glycol, Caramel Color, Artificial Flavor, Ethyl Vanillin, Potassium Sorbat), Salt, Ginger Root, Xanthan Gum CONTAINS: EGG, MILK, SOY ; MAY CONTAIN: WHEAT
<b>Peachy Keen Muffin (176g)</b>	480	170	19	9	0.5	80	400	68	6	39	10	Sour Cream (Cultured Cream, Enzyme), Peaches, Fresh Ground 100% Whole Wheat Flour, Brown Sugar, Sugar, Eggs, Butter, Almonds, Rolled Oats, Honey, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Pure Vanilla Extract (Water, Alcohol [35%], Vanilla Bean Extractives), Imitation Flavor Vanilla (Water, Propylene Glycol, Caramel Color, Artificial Flavor, Ethyl Vanillin, Potassium Sorbat), Salt, Pure Almond Extract (INSERT INGREDIENT COMPONENTS HERE), Ginger Root, Cardamom, Ground Nutmeg, Allspice CONTAINS: MILK, WHEAT, EGG, ALMOND, SOY
<b>Pumpkin Chocolate Chip Muffin (158g)</b>	560	230	26	4.5	0	60	370	78	3	45	7	Pumpkin, Unbleached White Flour, Sugar, Canola Oil, Eggs, Chocolate Chips(sugar, unsweetened chocolate, cocoa butter, soy lecithin, natural vanilla extract), Salt, Ground Cinnamon, Baking Soda, Pure Vanilla Extract (Water, Alcohol [35%], Vanilla Bean Extractives), Imitation Flavor Vanilla (Water, Propylene Glycol, Caramel Color, Artificial Flavor, Ethyl Vanillin, Potassium Sorbat), Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Allspice CONTAINS: WHEAT, EGG, SOY
<b>Cinnamon Roll without Frosting (264g)</b>	790	100	11	6	0	60	870	158	9	80	17	Brown Sugar, Unbleached White Flour, Water, Fresh Ground 100% Whole Wheat Flour, Honey, Eggs, Butter, Yeast, Salt, Ground Cinnamon CONTAINS: WHEAT, EGG, MILK

**TEACAKES & COFFEECAKES**

<b>Mexican Teacake (56g)</b>	190	80	9	2	0	25	80	27	1	16	3	Unbleached White Flour, Sugar, Cultured Buttermilk (Whole Milk, Vinegar), Eggs, Pumpkin, Chocolate Chips(sugar, unsweetened chocolate, cocoa butter, soy lecithin, natural vanilla extract), Canola Oil, Brown Sugar, Pumpkin Seeds, Cocoa Powder, Natural Sugar, Pure Vanilla Extract (Water, Alcohol [35%], Vanilla Bean Extractives), Imitation Flavor Vanilla (Water, Propylene Glycol, Caramel Color, Artificial Flavor, Ethyl Vanillin, Potassium Sorbat), Salt, Chili Powder, Ground Cinnamon, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Baking Soda, Paprika, Cayenne Pepper CONTAINS: WHEAT, MILK, EGG, SOY
<b>Pumpkin Chocolate Chip Teacake (56g)</b>	190	80	9	1.5	0	20	125	27	1	16	2	Pumpkin, Unbleached White Flour, Sugar, Canola Oil, Eggs, Chocolate Chips(sugar, unsweetened chocolate, cocoa butter, soy lecithin, natural vanilla extract), Salt, Ground Cinnamon, Baking Soda, Pure Vanilla Extract (Water, Alcohol [35%], Vanilla Bean Extractives), Imitation Flavor Vanilla (Water, Propylene Glycol, Caramel Color, Artificial Flavor, Ethyl Vanillin, Potassium Sorbat), Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Allspice CONTAINS: WHEAT, EGG, SOY

**SCONES**

<b>Blueberry Cream Cheese Scone (164g)</b>	570	200	23	14	1	60	610	82	2	34	9	Unbleached White Flour, Brown Sugar, Cream Cheese (Pasturized Cultured Milk and Cream, Salt, Stabilizers (Xanthan, Locust Bean, and Guar Gums)), Blueberries, Butter, Cultured Buttermilk (Whole Milk, Vinegar), Eggs, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Pure Vanilla Extract (Water, Alcohol [35%], Vanilla Bean Extractives), Imitation Flavor Vanilla (Water, Propylene Glycol, Caramel Color, Artificial Flavor, Ethyl Vanillin, Potassium Sorbat), Baking Soda, Salt CONTAINS: WHEAT, MILK, EGG, SOY
<b>Cherry Cream Cheese Scone (170g)</b>	570	200	23	14	1	60	610	83	2	35	9	Unbleached White Flour, Brown Sugar, Cream Cheese (Pasturized Cultured Milk and Cream, Salt, Stabilizers (Xanthan, Locust Bean, and Guar Gums)), Cherries, Butter, Cultured Buttermilk (Whole Milk, Vinegar), Eggs, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Pure Vanilla Extract (Water, Alcohol [35%], Vanilla Bean Extractives), Imitation Flavor Vanilla (Water, Propylene Glycol, Caramel Color, Artificial Flavor, Ethyl Vanillin, Potassium Sorbat), Baking Soda, Salt

												CONTAINS: EGG, MILK, WHEAT, SOY
<b>Chocolate Cherry Cream Cheese Scone (171g)</b>	620	230	26	16	1	60	610	89	3	40	10	Unbleached White Flour, Brown Sugar, Cream Cheese (Pasturized Cultured Milk and Cream, Salt, Stabilizers (Xanthan, Locust Bean, and Guar Gums)), Butter, Cultured Buttermilk (Whole Milk, Vinegar), Chocolate Chips(sugar, unsweetened chocolate, cocoa butter, soy lecithin, natural vanilla extract), Eggs, Dried Cherries (Cherries, Sugar, Sunflower Oil), Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Pure Vanilla Extract (Water, Alcohol [35%], Vanilla Bean Extractives), Imitation Flavor Vanilla (Water, Propylene Glycol, Caramel Color, Artificial Flavor, Ethyl Vanillin, Potassium Sorbat), Baking Soda, Salt
												CONTAINS: WHEAT, MILK, EGG, SOY
<b>Cinnamon Chip Cream Cheese Scone (156g)</b>	590	220	25	14	2	60	720	84	2	36	9	Unbleached White Flour, Brown Sugar, Cream Cheese (Pasturized Cultured Milk and Cream, Salt, Stabilizers (Xanthan, Locust Bean, and Guar Gums)), Cinnamon Chips (Sugar, Palm Oil, Cinnamon, Nonfat Dry Milk, and Soy Lecithin), Butter, Cultured Buttermilk (Whole Milk, Vinegar), Eggs, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Pure Vanilla Extract (Water, Alcohol [35%], Vanilla Bean Extractives), Imitation Flavor Vanilla (Water, Propylene Glycol, Caramel Color, Artificial Flavor, Ethyl Vanillin, Potassium Sorbat), Baking Soda, Salt
												CONTAINS: WHEAT, MILK, EGG, SOY
<b>Maple Oatmeal Scone (182g)</b>	740	280	32	16	1	80	540	104	3	50	11	Maple Oatmeal Scone (Unbleached White Flour, Cultured Buttermilk (Whole Milk, Vinegar), Brown Sugar, Butter, Rolled Oats, Pecans, Eggs, Natural Maple Flavor, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Salt, Baking Soda, Ground Cinnamon, Ground Nutmeg), Maple Oatmeal Scone Frosting: (Confectioners Sugar, Butter, Natural Maple Flavor ), Pure Vanilla Extract (Water, Alcohol [35%], Vanilla Bean Extractives), Imitation Flavor Vanilla (Water, Propylene Glycol, Caramel Color, Artificial Flavor, Ethyl Vanillin, Potassium Sorbat))
												CONTAINS: EGG, MILK, WHEAT
<b>Raspberry Cream Cheese Scone (159g)</b>	560	200	23	14	1	60	610	81	2	33	9	Unbleached White Flour, Brown Sugar, Cream Cheese (Pasturized Cultured Milk and Cream, Salt, Stabilizers (Xanthan, Locust Bean, and Guar Gums)), Butter, Cultured Buttermilk (Whole Milk, Vinegar), Raspberries, Eggs, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Pure Vanilla Extract (Water, Alcohol [35%], Vanilla Bean Extractives), Imitation Flavor Vanilla (Water, Propylene Glycol, Caramel Color, Artificial Flavor, Ethyl Vanillin, Potassium Sorbat), Baking Soda, Salt
												CONTAINS: EGG, MILK, WHEAT, SOY



## Lunch Nutrition

Nutrition information may vary bakery to bakery, please check with your local bakery for the most accurate nutrition, ingredient, and allergen information

Sandwiches, Salads, Grain Bowls	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sod. (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Protein (g)	Ingredients

### COLD SANDWICHES

California Cobb Sandwich on Honey Whole Wheat (337g)	540	120	13	4	0	55	1820	67	11	20	38	Turkey Breast (Turkey Breast, Turkey Broth, Honey, Salt, Brown Sugar, Potassium Lactate, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrate), Fresh Ground 100% Whole Wheat Flour, Tomatoes, Water, Red Onion, Bacon (Cured with: Water, Salt, Sugar, Smoke Flavoring, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrate), Avocado, Romaine Lettuce, Honey, Greek Yogurt (Cultured Grade A Nonfat Milk, Blue Cheese (Blue Cheese [Pasturized Milk, Cheese Cultures, Salt, Enzymes], Powdered Cellulose (to prevent caking), Natamycin), Yeast, Salt, Eggs, Kosher Salt, Extra Virgin Olive Oil, Black Pepper, Garlic, Dried Onion, Parsley  CONTAINS: EGG, MILK, WHEAT
Classic Ham and Swiss Cheese Sandwich on Honey Whole Wheat Bread (329g)	630	220	24	10	0	90	1960	61	9	17	37	Honey Whole Wheat Bread (Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt), Ham (Cured with: Water, Dextrose, Contains less than 2% of Salt, Sodium Phosphates, Potassium Acetate, Potassium Lactate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Tomatoes, Swiss Cheese (Pasturized Part-Skim Milk, Cheese Culture, Salt, Enzymes), Romaine Lettuce, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA, Natural Flavors), Red Onion, Kosher Salt, Black Pepper  CONTAINS: WHEAT, MILK, SOY, EGG
Classic Ham and Swiss Cheese Sandwich on White Bread (329g)	630	220	24	10	0	90	2160	68	3	15	33	White Bread (Unbleached White Flour, Water, Honey, Yeast, Salt), Ham (Cured with: Water, Dextrose, Contains less than 2% of Salt, Sodium Phosphates, Potassium Acetate, Potassium Lactate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Tomatoes, Swiss Cheese (Pasturized Part-Skim Milk, Cheese Culture, Salt, Enzymes), Romaine Lettuce, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA, Natural Flavors), Red Onion, Kosher Salt, Black Pepper  CONTAINS: WHEAT, MILK, EGG, SOY
Classic Ham and Swiss Cheese Sandwich on Dakota Bread (329g)	680	300	33	11	0	90	1870	55	9	16	39	Ham (Cured with: Water, Dextrose, Contains less than 2% of Salt, Sodium Phosphates, Potassium Acetate, Potassium Lactate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Tomatoes, Fresh Ground 100% Whole Wheat Flour, Swiss Cheese (Pasturized Part-Skim Milk, Cheese Culture, Salt, Enzymes), Water, Romaine Lettuce, Honey, Sunflower Seeds, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA, Natural Flavors), Red Onion, Pumpkin Seeds, Millet, Yeast, Sesame Seeds, Salt, Eggs, Kosher Salt, Black Pepper  CONTAINS: EGG, MILK, WHEAT, SOY
Classic Ham and Cheddar Cheese Sandwich on Honey Whole Wheat Bread (329g)	630	230	25	11	0	95	2160	62	9	17	35	Honey Whole Wheat Bread (Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt), Ham (Cured with: Water, Dextrose, Contains less than 2% of Salt, Sodium Phosphates, Potassium Acetate, Potassium Lactate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Tomatoes, Cheddar Cheese (Pasturized Milk, Cheese Cultures, Salt, Enzymes, and Annatto Vegetable Color), Romaine Lettuce, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA, Natural Flavors), Red Onion, Kosher Salt, Black Pepper  CONTAINS: WHEAT, MILK, SOY, EGG

Classic Ham and Cheddar Cheese Sandwich on White Bread (329g)	640	220	25	11	0	95	2360	69	3	15	32	White Bread (Unbleached White Flour, Water, Honey, Yeast, Salt), Ham (Cured with: Water, Dextrose, Contains less than 2% of Salt, Sodium Phosphates, Potassium Acetate, Potassium Lactate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Tomatoes, Cheddar Cheese (Pasturized Milk, Cheese Cultures, Salt, Enzymes, and Annatto Vegetable Color), Romaine Lettuce, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA, Natural Flavors), Red Onion, Kosher Salt, Black Pepper CONTAINS: WHEAT, MILK, SOY, EGG
Classic Ham and Cheddar Cheese Sandwich on Dakota Bread (329g)	690	310	34	12	0	95	2070	56	9	16	38	Ham (Cured with: Water, Dextrose, Contains less than 2% of Salt, Sodium Phosphates, Potassium Acetate, Potassium Lactate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Tomatoes, Fresh Ground 100% Whole Wheat Flour, Cheddar Cheese (Pasturized Milk, Cheese Cultures, Salt, Enzymes, and Annatto Vegetable Color), Water, Romaine Lettuce, Honey, Sunflower Seeds, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA, Natural Flavors), Red Onion, Pumpkin Seeds, Millet, Yeast, Sesame Seeds, Salt, Eggs, Kosher Salt, Black Pepper CONTAINS: EGG, MILK, SOY, WHEAT
Classic Ham and Pepper Jack Cheese Sandwich on Honey Whole Wheat Bread (329g)	620	220	25	10	0	100	2130	62	9	17	36	Honey Whole Wheat Bread (Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt), Ham (Cured with: Water, Dextrose, Contains less than 2% of Salt, Sodium Phosphates, Potassium Acetate, Potassium Lactate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Tomatoes, Pepper Jack Cheese (Pasturized Milk, Jalapeno Peppers, Cheese Cultures, Salt, and Enzymes), Romaine Lettuce, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA, Natural Flavors), Red Onion, Kosher Salt, Black Pepper CONTAINS: WHEAT, MILK, SOY, EGG
Classic Ham and Pepper Jack Cheese Sandwich on White Bread (329g)	630	220	24	10	0	100	2340	69	3	15	33	White Bread (Unbleached White Flour, Water, Honey, Yeast, Salt), Ham (Cured with: Water, Dextrose, Contains less than 2% of Salt, Sodium Phosphates, Potassium Acetate, Potassium Lactate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Tomatoes, Pepper Jack Cheese (Pasturized Milk, Jalapeno Peppers, Cheese Cultures, Salt, and Enzymes), Romaine Lettuce, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA, Natural Flavors), Red Onion, Kosher Salt, Black Pepper CONTAINS: WHEAT, MILK, SOY, EGG
Classic Ham and Pepper Jack Cheese Sandwich on Dakota Bread (329g)	680	300	33	11	0	100	2050	56	9	16	38	Ham (Cured with: Water, Dextrose, Contains less than 2% of Salt, Sodium Phosphates, Potassium Acetate, Potassium Lactate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Tomatoes, Fresh Ground 100% Whole Wheat Flour, Pepper Jack Cheese (Pasturized Milk, Jalapeno Peppers, Cheese Cultures, Salt, and Enzymes), Water, Romaine Lettuce, Honey, Sunflower Seeds, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA, Natural Flavors), Red Onion, Pumpkin Seeds, Millet, Yeast, Sesame Seeds, Salt, Eggs, Kosher Salt, Black Pepper CONTAINS: EGG, MILK, SOY, WHEAT
Classic Ham and Provolone Cheese Sandwich on Honey Whole Wheat Bread (329g)	610	200	23	10	0	80	2250	61	9	17	36	Honey Whole Wheat Bread (Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt), Ham (Cured with: Water, Dextrose, Contains less than 2% of Salt, Sodium Phosphates, Potassium Acetate, Potassium Lactate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Tomatoes, Provolone Cheese (Pasturized Milk, Cultures, Salt, and Enzymes), Romaine Lettuce, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA, Natural Flavors), Red Onion, Kosher Salt, Black Pepper CONTAINS: WHEAT, MILK, SOY, EGG

Classic Ham and Provolone Cheese Sandwich on White Bread (329g)	610	200	22	10	0	80	2450	69	3	15	33	White Bread (Unbleached White Flour, Water, Honey, Yeast, Salt), Ham (Cured with: Water, Dextrose, Contains less than 2% of Salt, Sodium Phosphates, Potassium Acetate, Potassium Lactate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Tomatoes, Provolone Cheese (Pasturized Milk, Cultures, Salt, and Enzymes), Romaine Lettuce, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA, Natural Flavors), Red Onion, Kosher Salt, Black Pepper CONTAINS: WHEAT, MILK, SOY, EGG
Classic Ham and Provolone Cheese Sandwich on Dakota Bread (329g)	660	280	31	11	0	80	2170	56	9	16	39	Ham (Cured with: Water, Dextrose, Contains less than 2% of Salt, Sodium Phosphates, Potassium Acetate, Potassium Lactate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Tomatoes, Fresh Ground 100% Whole Wheat Flour, Provolone Cheese (Pasturized Milk, Cultures, Salt, and Enzymes), Water, Romaine Lettuce, Honey, Sunflower Seeds, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA, Natural Flavors), Red Onion, Pumpkin Seeds, Millet, Yeast, Sesame Seeds, Salt, Eggs, Kosher Salt, Black Pepper CONTAINS: EGG, MILK, SOY, WHEAT
Classic Roast Beef and Swiss Cheese Sandwich on Honey Whole Wheat Bread (329g)	620	200	22	9	0	60	1610	58	9	14	40	Honey Whole Wheat Bread (Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt), Roast Beef (Coated with: Salt, Sugar, Dextrose, Caramel Color, Garlic Powder, Onion Powder, Spices), Tomatoes, Swiss Cheese (Pasturized Part-Skim Milk, Cheese Culture, Salt, Enzymes), Romaine Lettuce, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA, Natural Flavors), Red Onion, Kosher Salt, Black Pepper CONTAINS: WHEAT, MILK, SOY, EGG
Classic Roast Beef and Swiss Cheese Sandwich on White Bread (329g)	630	200	22	9	0	60	1810	65	3	12	37	White Bread (Unbleached White Flour, Water, Honey, Yeast, Salt), Roast Beef (Coated with: Salt, Sugar, Dextrose, Caramel Color, Garlic Powder, Onion Powder, Spices), Tomatoes, Swiss Cheese (Pasturized Part-Skim Milk, Cheese Culture, Salt, Enzymes), Romaine Lettuce, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA, Natural Flavors), Red Onion, Kosher Salt, Black Pepper CONTAINS: WHEAT, MILK, SOY, EGG
Classic Roast Beef and Swiss Cheese Sandwich on Dakota Bread (329g)	680	280	31	10	0	60	1520	52	9	13	42	Roast Beef (Coated with: Salt, Sugar, Dextrose, Caramel Color, Garlic Powder, Onion Powder, Spices), Tomatoes, Fresh Ground 100% Whole Wheat Flour, Swiss Cheese (Pasturized Part-Skim Milk, Cheese Culture, Salt, Enzymes), Water, Romaine Lettuce, Honey, Sunflower Seeds, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA, Natural Flavors), Red Onion, Pumpkin Seeds, Millet, Yeast, Sesame Seeds, Eggs, Kosher Salt, Black Pepper CONTAINS: EGG, MILK, SOY, WHEAT
Classic Roast Beef and Cheddar Cheese Sandwich on Honey Whole Wheat Bread (329g)	630	210	23	9	0	65	1810	59	10	14	38	Honey Whole Wheat Bread (Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt), Roast Beef (Coated with: Salt, Sugar, Dextrose, Caramel Color, Garlic Powder, Onion Powder, Spices), Tomatoes, Cheddar Cheese (Pasturized Milk, Cheese Cultures, Salt, Enzymes, and Annatto Vegetable Color), Romaine Lettuce, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA, Natural Flavors), Red Onion, Kosher Salt, Black Pepper CONTAINS: WHEAT, MILK, SOY, EGG
Classic Roast Beef and Cheddar Cheese Sandwich on White Bread (329g)	630	200	23	9	0	65	2010	65	3	12	35	White Bread (Unbleached White Flour, Water, Honey, Yeast, Salt), Roast Beef (Coated with: Salt, Sugar, Dextrose, Caramel Color, Garlic Powder, Onion Powder, Spices), Tomatoes, Cheddar Cheese (Pasturized Milk, Cheese Cultures, Salt, Enzymes, and Annatto Vegetable Color), Romaine Lettuce, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA, Natural Flavors), Red Onion, Kosher Salt, Black Pepper CONTAINS: WHEAT, MILK, SOY AND EGG

Classic Roast Beef and Cheddar Cheese Sandwich on Dakota Bread (329g)	680	290	32	10	0	65	1720	53	9	13	41	Roast Beef (Coated with: Salt, Sugar, Dextrose, Caramel Color, Garlic Powder, Onion Powder, Spices), Tomatoes, Fresh Ground 100% Whole Wheat Flour, Cheddar Cheese (Pasturized Milk, Cheese Cultures, Salt, Enzymes, and Annatto Vegetable Color), Water, Romaine Lettuce, Honey, Sunflower Seeds, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA, Natural Flavors), Red Onion, Pumpkin Seeds, Millet, Yeast, Sesame Seeds, Salt, Eggs, Kosher Salt, Black Pepper CONTAINS: EGG, MILK, SOY, WHEAT
Classic Roast Beef and Pepper Jack Cheese Sandwich on Honey Whole Wheat Bread (329g)	620	200	23	9	0	35	1820	57	9	14	39	Honey Whole Wheat Bread (Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs), Roast Beef (Coated with: Salt, Sugar, Dextrose, Caramel Color, Garlic Powder, Onion Powder, Spices), Tomatoes, Pepper Jack Cheese (Pasturized Milk, Jalapeno Peppers, Cheese Cultures, Salt, and Enzymes, Romaine Lettuce, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA, Natural Flavors), Red Onion, Kosher Salt, Black Pepper CONTAINS: WHEAT, MILK, SOY, EGG
Classic Roast Beef and Pepper Jack Cheese Sandwich on White Bread (329g)	630	200	22	9	0	90	2290	67	3	12	36	White Bread (Unbleached White Flour, Water, Honey, Yeast, Salt), Roast Beef (Coated with: Salt, Sugar, Dextrose, Caramel Color, Garlic Powder, Onion Powder, Spices), Tomatoes, Pepper Jack Cheese (Pasturized Milk, Jalapeno Peppers, Cheese Cultures, Salt, and Enzymes, Romaine Lettuce, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA, Natural Flavors), Red Onion, Kosher Salt, Black Pepper CONTAINS: WHEAT, MILK, SOY, EGG
Classic Roast Beef and Pepper Jack Cheese Sandwich on Dakota Bread (329g)	680	280	31	10	0	35	1730	52	9	13	10	Roast Beef (Coated with: Salt, Sugar, Dextrose, Caramel Color, Garlic Powder, Onion Powder, Spices), Tomatoes, Fresh Ground 100% Whole Wheat Flour, Pepper Jack Cheese (Pasturized Milk, Jalapeno Peppers, Cheese Cultures, Salt, and Enzymes, Water, Romaine Lettuce, Honey, Sunflower Seeds, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA, Natural Flavors), Red Onion, Pumpkin Seeds, Millet, Yeast, Sesame Seeds, Salt, Eggs, Kosher Salt, Black Pepper CONTAINS: EGG, MILK, SOY, WHEAT
Classic Roast Beef and Provolone Cheese Sandwich on Honey Whole Wheat Bread (329g)	600	180	20	8	0	50	1900	58	9	14	40	Honey Whole Wheat Bread (Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt), Roast Beef (Coated with: Salt, Sugar, Dextrose, Caramel Color, Garlic Powder, Onion Powder, Spices), Tomatoes, Provolone Cheese (Pasturized Milk, Cultures, Salt, and Enzymes), Romaine Lettuce, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA, Natural Flavors), Red Onion, Kosher Salt, Black Pepper CONTAINS: WHEAT, MILK, SOY, EGG
Classic Roast Beef and Provolone Cheese Sandwich on White Bread (329g)	610	180	20	8	0	50	2110	65	3	12	36	White Bread (Unbleached White Flour, Water, Honey, Yeast, Salt), Roast Beef (Coated with: Salt, Sugar, Dextrose, Caramel Color, Garlic Powder, Onion Powder, Spices), Tomatoes, Provolone Cheese (Pasturized Milk, Cultures, Salt, and Enzymes), Romaine Lettuce, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA, Natural Flavors), Red Onion, Kosher Salt, Black Pepper CONTAINS: WHEAT, MILK, SOY, EGG
Classic Roast Beef and Provolone Cheese Sandwich on Dakota Bread (329g)	660	260	29	9	0	50	1820	53	9	13	42	Roast Beef (Coated with: Salt, Sugar, Dextrose, Caramel Color, Garlic Powder, Onion Powder, Spices), Tomatoes, Fresh Ground 100% Whole Wheat Flour, Provolone Cheese (Pasturized Milk, Cultures, Salt, and Enzymes), Water, Romaine Lettuce, Honey, Sunflower Seeds, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA, Natural Flavors), Red Onion, Pumpkin Seeds, Millet, Yeast, Sesame Seeds, Salt, Eggs, Kosher Salt, Black Pepper CONTAINS: EGG, MILK, SOY, WHEAT

Classic Turkey and Swiss Cheese Sandwich on Honey Whole Wheat Bread (329g)	620	190	21	9	0	85	1700	64	9	19	39	Honey Whole Wheat Bread (Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt), Turkey Breast (Turkey Breast, Turkey Broth, Honey, Salt, Brown Sugar, Potassium Lactate, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrate), Tomatoes, Swiss Cheese (Pasturized Part-Skim Milk, Cheese Culture, Salt, Enzymes), Romaine Lettuce, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA, Natural Flavors), Red Onion, Kosher Salt, Black Pepper CONTAINS: WHEAT, MILK, SOY, EGG
Classic Turkey and Swiss Cheese Sandwich on White Bread (329g)	620	190	21	9	0	85	1900	71	3	17	36	White Bread (Unbleached White Flour, Water, Honey, Yeast, Salt), Turkey Breast (Turkey Breast, Turkey Broth, Honey, Salt, Brown Sugar, Potassium Lactate, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrate), Tomatoes, Swiss Cheese (Pasturized Part-Skim Milk, Cheese Culture, Salt, Enzymes), Romaine Lettuce, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA, Natural Flavors), Red Onion, Kosher Salt, Black Pepper CONTAINS: WHEAT, SOY, MILK, EGG
Classic Turkey and Swiss Cheese Sandwich on Dakota Bread (329g)	670	270	30	10	0	85	1610	58	9	17	42	Turkey Breast (Turkey Breast, Turkey Broth, Honey, Salt, Brown Sugar, Potassium Lactate, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrate), Tomatoes, Fresh Ground 100% Whole Wheat Flour, Swiss Cheese (Pasturized Part-Skim Milk, Cheese Culture, Salt, Enzymes), Water, Romaine Lettuce, Honey, Sunflower Seeds, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA, Natural Flavors), Red Onion, Pumpkin Seeds, Millet, Yeast, Sesame Seeds, Salt, Eggs, Kosher Salt, Black Pepper CONTAINS: EGG, MILK, SOY, WHEAT
Classic Turkey and Cheddar Cheese Sandwich on Honey Whole Wheat Bread (329g)	620	200	22	9	0	85	1900	65	9	19	38	Honey Whole Wheat Bread (Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt), Turkey Breast (Turkey Breast, Turkey Broth, Honey, Salt, Brown Sugar, Potassium Lactate, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrate), Tomatoes, Cheddar Cheese (Pasturized Milk, Cheese Cultures, Salt, Enzymes, and Annatto Vegetable Color), Romaine Lettuce, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA, Natural Flavors), Red Onion, Kosher Salt, Black Pepper CONTAINS: WHEAT, MILK, SOY, EGG
Classic Turkey and Cheddar Cheese Sandwich on White Bread (329g)	630	200	22	9	0	85	2100	72	3	17	34	White Bread (Unbleached White Flour, Water, Honey, Yeast, Salt), Turkey Breast (Turkey Breast, Turkey Broth, Honey, Salt, Brown Sugar, Potassium Lactate, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrate), Tomatoes, Cheddar Cheese (Pasturized Milk, Cheese Cultures, Salt, Enzymes, and Annatto Vegetable Color), Romaine Lettuce, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA, Natural Flavors), Red Onion, Kosher Salt, Black Pepper CONTAINS: WHEAT, MILK, SOY, EGG
Classic Turkey and Cheddar Cheese Sandwich on Dakota Bread (329g)	680	280	31	10	0	85	1810	59	9	17	40	Turkey Breast (Turkey Breast, Turkey Broth, Honey, Salt, Brown Sugar, Potassium Lactate, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrate), Tomatoes, Fresh Ground 100% Whole Wheat Flour, Cheddar Cheese (Pasturized Milk, Cheese Cultures, Salt, Enzymes, and Annatto Vegetable Color), Water, Romaine Lettuce, Honey, Sunflower Seeds, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA, Natural Flavors), Red Onion, Pumpkin Seeds, Millet, Yeast, Sesame Seeds, Salt, Eggs, Kosher Salt, Black Pepper CONTAINS: EGG, MILK, SOY, WHEAT
Classic Turkey and Pepper Jack Cheese Sandwich on Honey Whole Wheat Bread (329g)	620	200	22	9	0	55	1910	64	9	19	39	Honey Whole Wheat Bread (Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt), Turkey Breast (Turkey Breast, Turkey Broth, Honey, Salt, Brown Sugar, Potassium Lactate, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrate), Tomatoes, Pepper Jack Cheese (Pasturized Milk, Jalapeno Peppers, Cheese Cultures, Salt, and Enzymes), Romaine Lettuce, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA, Natural Flavors), Red Onion, Kosher Salt, Black Pepper CONTAINS: WHEAT, MILK, SOY, EGG

Classic Turkey and Pepper Jack Cheese Sandwich on White Bread (329g)	620	190	21	9	0	55	2110	71	3	17	35	White Bread (Unbleached White Flour, Water, Honey, Yeast, Salt), Turkey Breast (Turkey Breast, Turkey Broth, Honey, Salt, Brown Sugar, Potassium Lactate, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrate), Tomatoes, Pepper Jack Cheese (Pasturized Milk, Jalapeno Peppers, Cheese Cultures, Salt, and Enzymes, Romaine Lettuce, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA, Natural Flavors), Red Onion, Kosher Salt, Black Pepper CONTAINS: WHEAT, MILK, SOY, EGG
Classic Turkey and Pepper Jack Cheese Sandwich on Dakota Bread (329g)	670	270	31	10	0	55	1820	58	9	17	41	Turkey Breast (Turkey Breast, Turkey Broth, Honey, Salt, Brown Sugar, Potassium Lactate, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrate), Tomatoes, Fresh Ground 100% Whole Wheat Flour, Pepper Jack Cheese (Pasturized Milk, Jalapeno Peppers, Cheese Cultures, Salt, and Enzymes, Water, Romaine Lettuce, Honey, Sunflower Seeds, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA, Natural Flavors), Red Onion, Pumpkin Seeds, Millet, Yeast, Sesame Seeds, Salt, Eggs, Kosher Salt, Black Pepper CONTAINS: EGG, MILK, SOY, WHEAT
Classic Turkey and Provolone Cheese Sandwich on Honey Whole Wheat Bread (329g)	600	180	20	8	0	75	1990	64	9	19	39	Honey Whole Wheat Bread (Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt), Turkey Breast (Turkey Breast, Turkey Broth, Honey, Salt, Brown Sugar, Potassium Lactate, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrate), Tomatoes, Provolone Cheese (Pasturized Milk, Cultures, Salt, and Enzymes), Romaine Lettuce, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA, Natural Flavors), Red Onion, Kosher Salt, Black Pepper CONTAINS: WHEAT, MILK, SOY, EGG
Classic Turkey and Provolone Cheese Sandwich on White Bread (329g)	610	170	19	8	0	75	2200	72	3	17	35	White Bread (Unbleached White Flour, Water, Honey, Yeast, Salt), Turkey Breast (Turkey Breast, Turkey Broth, Honey, Salt, Brown Sugar, Potassium Lactate, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrate), Tomatoes, Provolone Cheese (Pasturized Milk, Cultures, Salt, and Enzymes), Romaine Lettuce, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA, Natural Flavors), Red Onion, Kosher Salt, Black Pepper CONTAINS: WHEAT, MILK, SOY, EGG
Classic Turkey and Provolone Cheese Sandwich on Dakota Bread (329g)	660	250	28	9	0	75	1910	59	9	18	41	Turkey Breast (Turkey Breast, Turkey Broth, Honey, Salt, Brown Sugar, Potassium Lactate, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrate), Tomatoes, Fresh Ground 100% Whole Wheat Flour, Provolone Cheese (Pasturized Milk, Cultures, Salt, and Enzymes), Water, Romaine Lettuce, Honey, Sunflower Seeds, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA, Natural Flavors), Red Onion, Pumpkin Seeds, Millet, Yeast, Sesame Seeds, Salt, Eggs, Kosher Salt, Black Pepper CONTAINS: EGG, MILK, SOY, WHEAT
Harvest Veggie Sandwich on Honey Whole Wheat (340g)	600	250	28	13	0	60	1160	63	10	16	24	Tomatoes, Honey Whole Wheat Bread (Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt), Sundried Tomato Pesto Spread (Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA, Natural Flavors), Cream Cheese (Pasturized Cultured Milk and Cream, Salt, Stabilizers (Xanthan, Locust Bean, and Guar Gums)), Sundried Tomato Pesto Spread (Re-hydrated Sundried Tomatoes (Water, Sundried Tomatoes, Salt, Sulfur Dioxide), Extra Virgin Olive Oil, Canola Oil, Olives (Ripe Olives, Water Salt, Ferrous Gluconate), Basil, Pignoli Nuts, Chopped Garlic, Salt, Cider Vinegar, Black Pepper), Parmesan Cheese (Pasturized Part-Skim Cow's Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose, Natamycin), Canola Oil, Garlic, Spices, Salt, Cornstarch, Tomato Powder, Romano Cheese, Butter, Kosher Salt, Garlic, Dried Garlic, Dried Onion, Parsley, Black Pepper), Cucumber, Romaine Lettuce, Provolone Cheese (Pasturized Milk, Cultures, Salt, and Enzymes), Red Peppers, Cheddar Cheese (Pasturized Milk, Cheese Cultures, Salt, Enzymes, and Annatto Vegetable Color) CONTAINS: EGG, MILK, SOY, WHEAT



Italian Sandwich on White Bread (299g)	650	280	31	9	0	65	2260	70	4	14	24	White Bread (Unbleached White Flour, Water, Honey, Yeast, Salt), Tomatoes, Tapenade(Kalamata Olives (Kalamata Olives, Water, Salt, Sunflower Oil, Extra Virgin Olive Oil, Lactic Acid, Calcium Chloride), Roasted Red Peppers (Bell Peppers, Water, Salt, Citric Acid) Olives (Ripe Olives, Water, Salt, and Ferrous Gluconate), Capers (Capers, Water, Salt, Vinegar), Olive Oil, Red Wine Vinegar, Garlic, Oregano, Basil, Black Pepper, Parsley), Genoa Salami (Pork, Salt, Contains less than 2% of the following: Dextrose, Natural Flavoring, Wine, Garlic, Lactic Acid Starter Culture, Sodium Ascorbate, Potassium Nitrate, Sodium Nitrate, Ham (Cured with: Water, Dextrose, Contains less than 2% of Salt, Sodium Phosphates, Potassium Acetate, Potassium Lactate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Red Onion, Provolone Cheese (Pasturized Milk, Cultures, Salt, and Enzymes), Red Wine Vinaigrette (Olive Oil, Canola Oil, Red Wine Vinegar (Red Wine Vinegar, Water, Potassium Metabisulfite), Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice, Honey, Garlic, Kosher Salt, Oregano, Black Pepper), Lettuce, Kosher Salt, Black Pepper CONTAINS: WHEAT, EGG, MILK, SOY
Louisville Chicken Salad Sandwich on Honey Whole Wheat Bread (286g)	710	330	36	6	0	70	1360	61	10	17	33	Chicken, Fresh Ground 100% Whole Wheat Flour, Tomatoes, Water, Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA, Natural Flavors), Honey, Pecans, Onion, Lettuce, Yeast, Brown Sugar, Butter, Salt, Lemon Juice, Eggs, Kosher Salt, Creole Seasoning (Garlic, Onion, Paprika, Cayenne Pepper, Salt, Black Pepper, Oregano, Thyme), Celery Salt, Black Pepper, Parsley, Chives CONTAINS: EGG, MILK, PECAN, SOY, WHEAT
Louisville Chicken Salad Sandwich on White Bread (286g)	720	320	36	6	0	70	1560	68	4	15	29	Chicken, Unbleached White Flour, Tomatoes, Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA, Natural Flavors), Water, Honey, Pecans, Onion, Lettuce, Yeast, Brown Sugar, Salt, Butter, Lemon Juice, Eggs, Kosher Salt, Creole Seasoning (Garlic, Onion, Paprika, Cayenne Pepper, Salt, Black Pepper, Oregano, Thyme), Celery Salt, Black Pepper, Parsley, Chives CONTAINS: EGG, MILK, PECAN, SOY, WHEAT
Louisville Chicken Salad Sandwich on Dakota Bread (286g)	770	410	45	7	0	70	1270	55	10	15	35	Chicken, Fresh Ground 100% Whole Wheat Flour, Tomatoes, Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA, Natural Flavors), Water, Honey, Pecans, Sunflower Seeds, Onion, Pumpkin Seeds, Lettuce, Millet, Brown Sugar, Yeast, Sesame Seeds, Butter, Salt, Lemon Juice, Eggs, Kosher Salt, Creole Seasoning (Garlic, Onion, Paprika, Cayenne Pepper, Salt, Black Pepper, Oregano, Thyme), Celery Salt, Black Pepper, Parsley, Chives CONTAINS: EGG, MILK, PECAN, SOY, WHEAT
Peanut Butter and Jelly Sandwich on Honey Whole Wheat Bread (197g)	650	210	23	4.5	0	5	840	93	11	37	21	Honey Whole Wheat Bread (Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt), Jam (), Peanut Butter () CONTAINS: WHEAT, EGG, PEANUT
Peanut Butter and Jelly Sandwich on White Bread (197g)	660	200	23	4.5	0	5	1040	100	5	35	17	White Bread (Unbleached White Flour, Water, Honey, Yeast, Salt), Jam (), Peanut Butter () CONTAINS: WHEAT, EGG, PEANUT
Peanut Butter and Jelly Sandwich on Dakota Bread (197g)	710	290	32	6	0	5	750	87	11	36	23	Dakota Bread (Whole Wheat Flour, Water, Honey, Sunflower Seeds, Pumpkin Seeds, Millet, Yeast, Sesame Seeds, Salt, Eggs), Jam , Peanut Butter CONTAINS: WHEAT, EGG, PEANUT

**SALADS**

Greek Salad (277g)	380	250	29	6	0	25	1250	22	2	8	8	Mixed Greens, Spinach, Red Wine Vinaigrette (Olive Oil, Canola Oil, Red Wine Vinegar (Red Wine Vinegar, Water, Potassium Metabisulfite), Kalamata Olives (Kalamata Olives, Water, Salt, Sunflower Oil, Extra Virgin Olive Oil, Lactic Acid, Calcium Chloride), Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice, Honey, Garlic, Kosher Salt, Oregano, Black Pepper), Feta Cheese (Pasturized Whole Milk, Skim Milk, Cream, Whey, Salt, Cultures, Enzymes, Guar Gum), Artichoke Hearts (Artichokes, Water, Salt, Citric Acid, Ascorbic Acid), Roasted Red Peppers (Bell Peppers, Water, Salt, Citric Acid), Tomatoes, Cucumber, Kalamata Olives (Kalamata Olives, Water, Salt, Sunflower Oil, Extra Virgin Olive Oil, Lactic Acid, Calcium Chloride), Croutons (Unbleached White Flour, Water, Honey, Canola Oil, Olive Oil, Yeast, Salt, Dried Garlic, Eggs, Kosher Salt, Black Pepper, Oregano, Thyme), Kosher Salt, Black Pepper
CONTAINS: WHEAT, MILK, EGG												
Yardbird Salad (270g)	660	360	40	7	0	60	1200	47	9	25	33	Mixed Greens, Diced Chicken, Spiced Nuts and Seeds (Walnuts, Sunflower Seeds, Pumpkin Seeds, Honey, Canola Oil, Kosher Salt, Black Pepper, Allspice, Cayenne Pepper), Spinach, Avocado Goddess Dressing (Avocado, Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA, Natural Flavors), Sour Cream (Cultured Cream, Enzyme), Onion, Parsley, Lemon Juice, Garlic, Basil, Anchovy Paste, Kosher Salt, Black Pepper, Tarragon), Roasted Chickpeas (Garbanzo Beans, Canola Oil, Olive Oil, Dried Garlic, Kosher Salt, Paprika, Cumin, Black Pepper, Cayenne Pepper), Dried Cranberries (Cranberries, Sugar, Sunflower Oil), Golden Raisins, Parmesan Cheese (Pasturized Part-Skim Cow's Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose, Natamycin), Kosher Salt, Black Pepper
CONTAINS: SOY, WALNUT, MILK, EGG, FISH												

## GRAIN BOWLS

Fresh Seasons Bowl with Apples and Blue Cheese (200g)	390	200	23	6	0	15	750	37	7	5	12	Water, Wheat Berries, Granny Smith Apple, Kale, Blue Cheese (Blue Cheese [Pasturized Milk, Cheese Cultures, Salt, Enzymes], Powdered Cellulose (to prevent caking), Natamycin), Romaine Lettuce, Quinoa, Canola Oil, Spring Mix, Olive Oil, Balsamic Vinegar, Almonds, Sunflower Seeds, Honey, Salt, Kosher Salt, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Black Pepper
CONTAINS: WHEAT, MILK, ALMOND												
Fresh Seasons Bowl with Apples and Feta Cheese (200g)	370	190	21	5	0	20	700	37	7	6	11	Water, Wheat Berries, Apple, Kale, Feta Cheese (Pasturized Whole Milk, Skim Milk, Cream, Whey, Salt, Cultures, Enzymes, Guar Gum), Romaine Lettuce, Quinoa, Canola Oil, Spring Mix, Olive Oil, Balsamic Vinegar, Almonds, Sunflower Seeds, Honey, Salt, Kosher Salt, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Black Pepper
CONTAINS: WHEAT, MILK, ALMOND												
Fresh Seasons Bowl with Strawberries and Feta Cheese (200g)	370	190	21	5	0	20	700	36	7	5	11	Water, Wheat Berries, Strawberries, Kale, Feta Cheese (Pasturized Whole Milk, Skim Milk, Cream, Whey, Salt, Cultures, Enzymes, Guar Gum), Romaine Lettuce, Quinoa, Canola Oil, Spring Mix, Olive Oil, Balsamic Vinegar, Almonds, Sunflower Seeds, Honey, Salt, Kosher Salt, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Black Pepper
CONTAINS: WHEAT, MILK, ALMOND												
Sesame Chicken Grain Bowl (237g)	420	180	21	3	0	25	1010	40	7	5	21	Wheat Berries (Wheat Berries, Water, Olive Oil, Salt, Black Pepper), Chicken Breast (Chicken Breast with Rib Meat, Water, Contains less than 2% of Salt, Isolated Soy Protein, Modified Food Starch, Sodium Phosphates, Corn Syrup Solids, Maltodextrin, Carageenan, Chicken Broth, Chicken Fat and Natural Flavoring, Grill Flavor[Contains Soybean Oil]), Quinoa (Water, Quinoa, Olive Oil, Kosher Salt, Black Pepper), Carrots, Romaine Lettuce, Honey Miso Dressing (Canola Oil, Soy Sauce (Water, Salt, Sugar, Soybeans, Wheat Flour, Caramel Color, Sodium Benzoate), Distilled Vinegar, Honey, Miso Paste (Filtered Water, Organic Whole Soy Beans, Cultured Rice, Sea Salt), Sesame Oil, Dried Garlic, Ginger Root), Cabbage, Cashews (Cashews, Cottonseed Oil and Peanut Oils, Salt), Spring Mix Salad, Peanuts (Peanuts, Cottonseed Oil, Salt), Cilantro, Sesame Seeds, Kosher Salt, Black Pepper
CONTAINS: WHEAT, SOY, PEANUT, CASHEW												