



Allergen & Nutritional Reference Guide

Winter 2015

Bowls								
Menu Item	Shell-fish	Fish	Pea-nuts	Tree Nuts	Eggs	Milk	Soy	Wheat
Bowl, Adobo Chili Chicken						X	X	
Bowl, Brazilian Steak Bowl					X	X	X	X
Bowl, Caribbean Chicken Bowl				X	X		X	X
Bowl, Thai Curry Chicken					X	X	X	X
Bowl, Thai Curry Tofu					X	X	X	X

Bread, Squagel & Pastry								
Menu Item	Shell-fish	Fish	Pea-nuts	Tree Nuts	Eggs	Milk	Soy	Wheat
Biscotti, Amaretto*				X	X	X		X
Biscotti, Chocolate*					X	X		X
Bread Slice, Original						X		X
Bread Slice, Multi Grain						X		X
Bread, Così® Corners						X		X
Croissant, Butter						X	X	X
Croissant, Chocolate						X	X	X
Crumb Cake, Butter*					X	X	X	X
Loaf, Lemon Pound Cake*				X	X	X	X	X
Loaf, Marble Pound Cake*				X	X	X	X	X
Muffin, Banana Nut*				X	X	X	X	X
Muffin, Better Morning*				X	X		X	X
Muffin, Blueberry*					X	X	X	X
Muffin, Double Chocolate Delight*					X	X	X	X
Muffin, Corn*					X	X	X	X
Muffin, Raisin Bran*					X	X	X	X
Scone, Blueberry*					X	X	X	X
Scone, Orange Cranberry*					X	X	X	X
Squagel, Asiago Cheese					X	X		X
Squagel, Basil Parmesan					X	X		X
Squagel, Cinnamon Raisin					X	X		X
Squagel, Cranberry Orange					X	X		X
Squagel, Everything					X	X		X
Squagel, Jalapeno Cheddar					X	X		X
Squagel, Plain					X	X		X
Squagel, Poppyseed					X	X		X
Squagel, Sesame					X	X		X
Squagel, Multi-Grain					X	X		X

*Disclaimer: Manufacturers of our baked products cannot guarantee items have not come into contact with nuts or nut products.

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Breakfast & Snack & Tofu								
Menu Item	Shell-fish	Fish	Pea-nuts	Tree Nuts	Eggs	Milk	Soy	Wheat
Cosi® Break Bar				X		X	X	X
Chia, Espresso				X		X		
Chia, Guava				X		X		
Chia, Nutella				X		X	X	
Cream Cheese, Lite						X		
Cream Cheese, Plain						X		
Cream Cheese, Veg Lite						X		
Croissant Sandwich, Western Omelette					X	X	X	X
Egg, Hard Boiled					X			
Egg White Portion Only					X			
Egg White Cup, Florentine					X	X		
Egg White Cup, Pico de Gallo					X			
Fruit Salad								
Harvest Mix				X				
Oatmeal, Steal Cut								
Oatmeal, Ancient Grains								X
Parfait, Bananas Foster						X	X	
Parfait, Strawberry						X		
Squagel (Plain) Sandwich, Club Omelette					X	X		X
Squagel (Plain) Sandwich, TBM Omelette					X	X		X
Tofu (Plain)							X	
Wrap, Sante Fe (or w/Egg White)					X	X		X
Wrap, Spinach Florentine (or w/Egg White)					X	X		X
Wrap, Steak & Egg (or w/Egg White)					X	X		X
Dessert & Shareables								
Menu Item	Shell-fish	Fish	Pea-nuts	Tree Nuts	Eggs	Milk	Soy	Wheat
Bread Pudding					X	X	X	X
Brownie Bites, Blondie				X	X	X	X	X
Brownie Bites, Cheesecake*					X	X	X	X
Brownie Bites, Chocolate Chunk*					X	X	X	X
Brownie, Blondie*				X	X	X	X	X
Brownie, Cheesecake*					X	X	X	X
Brownie, Chocolate Chunk*					X	X	X	X
Cookie, Chocolate Chip*					X	X	X	
Cookie, Oatmeal Raisin*					X	X		X
Cookie, Black and White*					X	X	X	X
S'mores (graham crackers)						X	X	X
Snacks, Chocolate Covered Pretzels*						X	X	X
Snacks, Espresso Beans*						X	X	
Snacks, Gummy Bears*								

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Cold Beverages								
Menu Item	Shell-fish	Fish	Pea-nuts	Tree Nuts	Eggs	Milk	Soy	Wheat
Iced Tea								
Iced Tea, Raspberry								
Latte						X		
Lemonade								
Mocha						X		
Mojito Lemonade								
Orange Juice								
Spa Water								
Hot Beverages								
Menu Item	Shell-fish	Fish	Pea-nuts	Tree Nuts	Eggs	Milk	Soy	Wheat
Café Americano								
Caffe con Panna						X		
Cappuccino						X		
Caramel Spice Latte						X	X	
Chai Tea Latte						X		
Coffee								
Espresso Macchiato						X		
Hot Chocolate						X		
Latte						X		
Mocha						X		
Shot in the Dark								
Vanilla Latte						X		
White Hot Chocolate						X	X	
Flatbread Pizza								
Menu Item	Shell-fish	Fish	Pea-nuts	Tree Nuts	Eggs	Milk	Soy	Wheat
Cheese						X		X
Chicken & Spinach Flatbread Pizza						X	X	X
Margherita Chicken						X		X
Margherita						X		X
Smokey BBQ Chicken						X		X
Kids Menu								
Menu Item	Shell-fish	Fish	Pea-nuts	Tree Nuts	Eggs	Milk	Soy	Wheat
Kids Flatbread Cheese Pizza						X		X
Kids Flatbread Pepperoni Pizza						X		X
Kids Fruit Salad								
Kids Goey Grilled Cheese						X		X
Kids Goey Grilled Ham & Cheese						X		X
Kids Peanut Butter & Jelly			X			X		X
Kids Tuna Sandwich		X			X	X		X
Kids Turkey Sandwich						X		X

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Protein Add-Ons								
Menu Item	Shell-fish	Fish	Pea-nuts	Tree Nuts	Eggs	Milk	Soy	Wheat
Banh Mi Pork Belly							X	X
Grilled Chicken								
Grilled Turkey								
Steak								
Salmon		X						
Tofu							X	
Salads (include Dressings)								
Menu Item	Shell-fish	Fish	Pea-nuts	Tree Nuts	Eggs	Milk	Soy	Wheat
Asian Salmon Salad		X				X	X	X
Caesar Salad, Chicken		X			X	X	X	X
Chipotle Lime Chicken Salad								
Cosi® Cobb Salad					X	X		
Cosi® Cobb Salad, Lighter					X	X		
Greek Salad						X		
Shanghai Chicken Salad							X	X
Side Salad								
Signature Salad				X		X		
Signature Salad, Lighter				X		X		
Smart Fit Salad								
Steakhouse Salad					X	X	X	
Salad Dressing (Portion Only)								
Dressing - Bleu					X	X	X	
Dressing - Chipotle Lime								
Dressing - Cosi® Caesar		X			X	X		
Dressing - Cosi® Oriental							X	X
Dressing - Cosi® Vinaigrette								
Dressing - Fat Free Balsamic Vinaigrette								
Dressing - Italian						X		
Dressing - Parmesan Peppercorn Ranch					X	X		
Dressing - Reduced Fat Sherry Shallot								
Dressing - Sherry Shallot								
Sandwich & Melt								
Menu Item	Shell-fish	Fish	Pea-nuts	Tree Nuts	Eggs	Milk	Soy	Wheat
Bacon, Turkey, Cheddar Melt						X		X
Banh Mi Pork Belly Sandwich				X		X	X	X
Buffalo Blue Sandwich					X	X	X	X
Cosi® Club Sandwich					X	X		X
Cosi® Market, Ham Sandwich						X		X
Cosi® Market, Steak Sandwich						X		X
Cosi® Market, Turkey Sandwich						X		X
Grilled Chicken Caesar Sandwich		X			X	X		X
Grilled Chicken TBM Melt						X		X
Grilled Chicken TBM Sand						X		X
Grilled Chicken TBM Sandwich, Lighter						X		X
Hummus & Veggie Sandwich						X		X
Peanut Butter & Jelly Sandwich (Adult)						X		
Pesto Chicken Melt						X		X
Steak TBM Melt						X		X
Steak TBM Sandwich						X		X
Steakhouse Gorgonzola Melt					X	X	X	X

Sandwich & Melt - continued								
Menu Item	Shell-fish	Fish	Pea-nuts	Tree Nuts	Eggs	Milk	Soy	Wheat
TBM Melt						X		X
TBM Sandwich						X		X
TBM Sandwich, Lighter						X		X
Tuna Melt/Sandwich		X			X	X		X
Turkey & Avocado Sandwich					X	X		X
Turkey & Brie Sandwich						X		X
Turkey Light Sandwich						X		X
Tuscan Pesto Chicken Sandwich						X		X
Soup/Macaroni & Cheese								
Menu Item	Shell-fish	Fish	Pea-nuts	Tree Nuts	Eggs	Milk	Soy	Wheat
Broccoli & Cheddar						X		
Chicken and Kale					X			X
Clam Chowder	X					X		
Clam Chowder (New England)	X					X		
Italian Wedding Soup					X	X		X
Mediterranean Lentil								
Southwest Turkey Chili					X		X	X
Split Pea and Kale Soup								
Tomato Basil						X		

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Bowls																								
C O S Ì®																								
Menu Item	Serving Size	Servings Per Container	Calories	Calories From Fat	Total Fat	Total Fat %	Saturated Fat	Sat Fat %	Trans Fat	Cholesterol	Cholesterol %	Sodium	Sodium %	Total Carbohydrates	Total Carbohydrates %	Dietary Fiber	Dietary Fiber %	Sugars	Protein	Vitamin A %	Vitamin C %	Calcium %	Iron %	Allergens
Bowl, Adobo Chili Chicken	16.6 oz	1	556	189	21g	32%	4g	19%	0g	58mg	19%	1028mg	43%	67g	22%	12g	52%	5g	27g	40%	80%	8%	27%	soy, milk
Bowl, Brazilian Steak Bowl	14 oz	1	540	240	27g	40%	8g	35%	0g	60mg	20%	1210mg	50%	52g	17%	7g	31%	6g	26g	40%	30%	15%	20%	eggs, milk, wheat, soy, gluten
Bowl, Caribbean Chicken Bowl	18 oz	1	390	140	16g	24%	4.5g	20%	0g	55mg	18%	860mg	36%	37g	12%	5g	23%	0g	26g	210%	80%	10%	15%	Tree nuts, eggs, wheat, soy
Bowl, Thai Curry Chicken	16.5 oz	1	540	150	17g	25%	14g	63%	0g	60mg	20%	450mg	19%	65g	22%	5g	20%	0g	33g	4%	90%	8%	40%	eggs, milk, soy, wheat
Bowl, Thai Curry Tofu	16.5 oz	1	510	150	17g	25%	14g	63%	0g	60mg	20%	450mg	19%	64g	21%	5g	20%	0g	18g	4%	90%	20%	40%	eggs, milk, soy, wheat

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Bread, Squagel & Pastry

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Menu Item	Serving Size	Servings Per Container	Calories	Calories From Fat	Total Fat	Total Fat %	Saturated Fat	Sat Fat %	Trans Fat	Cholesterol	Cholesterol %	Sodium	Sodium %	Total Carbohydrates	Total Carbohydrates %	Dietary Fiber	Dietary Fiber %	Sugars	Protein	Vitamin A %	Vitamin C %	Calcium %	Iron %	Allergens
Biscotti, Amaretto	2 oz	1	240	70	8g	11%	3g	17%	0g	30mg	10%	70mg	3%	34g	12%	0g	0%	12g	5g	0%	0%	0%	0%	milk, wheat, eggs, tree nuts (almonds)
Biscotti, Chocolate	2.5 oz	1	280	117	13g	20%	4g	18%	0g	30mg	10%	75mg	3%	38g	13%	2g	11%	18g	5g	0%	0%	0%	0%	milk, wheat, eggs
Bread Slice, Original	3.2 oz	1	214	6	1g	1%	0g	0%	0g	0mg	0%	82mg	3%	43g	14%	2g	8%	1g	8g	0%	0%	0%	15%	milk, wheat
Bread Slice, Multi Grain	3.2 oz	1	235	19	2g	3%	0g	0%	0g	0mg	0%	72mg	3%	46g	15%	3g	12%	1g	9g	0%	0%	1%	16%	milk, wheat
Bread, Cosi Corners	6 oz	2	200	6	1g	1%	0g	0%	0	0mg	0%	76mg	13%	40g	13%	2g	7%	1g	8g	0%	0%	4%	14%	milk, wheat
Croissant, Butter	3 oz	1	330	140	15g	23%	9g	45%	0g	40mg	13%	390mg	16%	41g	14%	1g	4%	6g	7g	10%	0%	2%	10%	milk, wheat,soy
Croissant, Chocolate	3 oz	1	360g	150	16g	25%	10g	50%	0g	30mg	10%	320mg	13%	46g	15%	2g	8%	18g	8g	8%	0%	10%	15%	milk, wheat,soy
Crumb Cake, Classic	2.75 oz	2	320	140	15g	24%	7g	36%	0g	80mg	27%	230mg	9%	42g	14%	1g	3%	21g	4g	10%	0%	2%	6%	milk, eggs, wheat, soy
Loaf, Lemon Pound Cake	4.5 oz	1	470	190	21g	32%	11g	57%	0g	140mg	46%	510	21%	66g	22%	1g	3%	41g	6g	10%	4%	4%	8%	wheat, milk, egg, soy
Loaf, Marble Pound Cake	4 oz	1	450	210	24g	36%	13g	66%	0g	150mg	50%	560mg	23%	54g	18%	1g	4%	30g	7g	15%	0%	4%	10%	wheat, milk, egg, soy
Muffin, Banana Nut	4 oz	1	500	280	31g	48%	4g	20%	0g	50mg	17%	490mg	20%	47g	16%	2g	8%	21g	7g	2%	4%	2%	4%	egg, wheat, milk, soy, tree nuts (walnuts)
Muffin, Better Morning	4 oz	1	460	210	23g	35%	5g	25%	0g	40mg	13%	390mg	16%	57g	19%	2g	8%	32g	7g	20%	4%	4%	4%	tree nuts, eggs, soy,wheat
Muffin, Blueberry	4 oz	1	310	110	12g	18%	2g	10%	0g	30mg	10%	250mg	10%	43g	14%	1	4%	22g	5g	2%	2%	4%	6%	egg, soy, wheat, milk
Muffin, Double Chocolate	4 oz	1	390	170	19g	29%	4.5g	23%	0g	25mg	8%	200mg	8%	51g	17%	3g	12%	34g	5g	2%	0%	4%	6%	egg, soy, wheat, milk
Muffin, Corn	4 oz	1	430	190	22g	34%	4g	20%	0g	85mg	28%	380mg	16%	52g	17%	1g	4%	19g	7g	2%	0%	6%	4%	egg, wheat, milk, soy
Muffin, Raisin Bran	4 oz	1	370	110	12g	18%	2g	10%	0g	40mg	13%	370mg	15%	64g	21%	1	4%	39g	7	2%	0%	10%	15%	egg, soy, wheat, milk
Squagel, Asiago Cheese	6.25 oz	1	453	69	8g	11%	4g	18%	0g	38mg	13%	513mg	21%	75g	25%	3g	12%	2g	20g	4%	0%	16%	26%	milk, eggs, wheat
Squagel, Basil Parmesan	5 oz	1	333	25	3g	4%	1g	5%	0g	15mg	5%	277mg	12%	62g	21%	4g	16%	2g	14g	23%	9%	10%	26%	wheat, milk, egg
Squagel, Cinnamon Raisin	6.83 oz	1	447	14	2g	2%	0g	0%	0g	19mg	6%	239mg	10%	95g	32%	5g	20%	17g	14g	1%	2%	3%	29%	milk, eggs, wheat
Squagel, Cranberry Orange	6 oz	1	418	13	1g	2%	0g	0%	0g	19mg	6%	238mg	10%	87g	29%	3g	15%	19g	13g	1%	0%	1%	24%	milk, eggs, wheat
Squagel, Everything	5.3	1	351	37	4g	6%	1g	3%	0g	19mg	6%	321mg	13%	65	22%	4g	18%	2g	13g	1%	1%	6%	25%	milk, eggs, wheat
Squagel, Jalapeno Cheddar	5 oz	1	397	81	9g	13%	5g	21%	0g	40mg	13%	469mg	20%	61g	20%	3g	11%	2g	19g	8%	1%	17%	22%	wheat, milk, egg
Squagel, Plain	5 oz	1	309	12	1g	2%	0g	0%	0g	19mg	6%	228mg	10%	61g	20%	2g	11%	2g	12g	1%	0%	0%	21%	milk, eggs, wheat
Squagel Poppyseed	5.25 oz	1	361	28	3g	5%	0g	0%	0g	19mg	6%	242g	10%	69g	23%	3g	13%	2g	14g	1%	0%	6%	25%	milk, eggs, wheat
Squagel Sesame	5.50 oz	1	363	29	3g	5%	1g	2%	0g	19mg	6%	241mg	10%	69g	23%	3g	14%	2	14g	1%	0%	4%	26%	milk, eggs, wheat
Squagel, Multi Grain	5 oz	1	339	30	3g	5%	0g	0%	0g	19mg	6%	215mg	9%	65g	22%	4g	18%	2g	13g	1%	0%	2%	22%	milk, eggs, wheat
Scone, Blueberry	2.5 oz	2	320	150	17g	26%	10g	51%	0g	80mg	26%	350mg	14%	37g	12%	1g	5%	10g	6g	10%	2%	6%	10%	milk, soy, wheat, eggs
Scone, Cranberry Orange	2.9 oz	2	310	150	16g	25%	10g	50%	0g	75mg	25%	340mg	14%	36g	12%	2g	6%	9g	5g	10%	4%	6%	10%	milk, wheat, eggs, soy

Breakfast & Snack & Tofu

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Menu Item	Serving Size	Servings Per Container	Calories	Calories From Fat	Total Fat	Total Fat %	Saturated Fat	Sat Fat %	Trans Fat	Cholesterol	Cholesterol %	Sodium	Sodium %	Total Carbohydrates	Total Carbohydrates %	Dietary Fiber	Dietary Fiber %	Sugars	Protein	Vitamin A %	Vitamin C %	Calcium %	Iron %	Allergens
Chia, Espresso	4 oz	1	200	130	14g	20%	8g	34%	0g	0mg	1%	35mg	1%	14g	5%	4g	16%	na	4g	0%	0%	10%	8%	milk, tree nuts (coconut)
Chia, Guava	4 oz	1	190	110	12g	18%	7g	33%	0g	0mg	0%	20mg	1%	15g	5%	3g	14%	na	3g	0%	60%	8%	8%	milk, tree nuts (coconut)
Chia, Nutella	4 oz	1	240	120	13g	20%	5g	24%	0g	5mg	1%	45mg	2%	25g	8%	5g	20%	na	6g	2%	0%	15%	8%	milk, soy, tree nuts (coconut)
Cosi Break Bar	2.5 oz	1	359	166	18g	28%	4g	17%	0g	0mg	0%	18mg	1%	44g	15%	4g	16%	30g	8g	0%	0%	4%	14%	tree nuts (pistachios) soy, milk, wheat
Cream Cheese, Lite	2 oz	1	106	72	8g	12%	5g	24%	0g	27mg	9%	266mg	11%	4g	1%	0g	0%	4g	5g	14%	0%	7%	0%	milk
Cream Cheese, Plain	2 oz	1	189	170	19g	28%	12g	55%	0g	67mg	22%	229mg	10%	0g	0%	0g	0%	0g	3g	11%	0%	5%	0%	milk
Cream Cheese, Veg Lite	2 oz	1	113	85	9g	14%	6g	26%	0g	28mg	9%	246mg	10%	2g	1%	0g	0%	2g	4g	19%	4%	4%	0%	milk
Croissant Sandwich, Western Omelette	8.5 oz	1	556	290	32g	48%	16g	71%	0g	320mg	107%	1150mg	48%	44g	15%	1g	5%	10g	26g	26%	15%	29%	19%	milk, wheat, eggs,soy
Egg, Hardboiled	8.9oz	1	200	45	5g	8%	.5g	3%	0	0mg	0%	210mg	9%	34g	11%	6g	24%	7g	6g	0%	0%	6%	10%	egg
Egg White Cup, Florentine	7.1 oz	1	150	50	6g	9%	4g	18%	0	20mg	7%	400mg	17%	8g	3%	0	0%	0	24g	15%	2%	10%	2%	eggs, milk(dairy)
Egg White Cup, Pico de Gallo	7.5 oz	1	90	0	0	0%	0	0%	0	0	0%	290mg	12%	9g	3%	1g	2%	0	21g	8%	10%	2%	2%	eggs
Egg White Portion Only	2.5 oz	1	36	0	0g	0%	0g	0%	0g	0mg	0%	259mg	11%	1g	0%	0g	0%	1g	9g	0%	0%	0%	0%	eggs
Fruit Salad	8 oz	1	84	5	1g	1%	0g	1%	0g	0mg	0%	18mg	1%	21g	7%	2g	9%	0g	2g	73%	128%	2%	2%	
Harvest Mix	3 oz	1	388	181	20g	30%	2g	10%	0g	0mg	0%	23mg	1%	47g	16%	7g	31%	17g	9g	2%	4%	11%	15%	tree nuts (almonds & pistachios)
Oatmeal Ancient Grains, large (no toppings)	10 oz	1	363	56	6g	10%	.6g	4%	0	0	0%	263mg	11%	43g	14%	7.5g	30%	9g	7.5g	0%	0%	8%	13%	wheat
Oatmeal Ancient Grains, small (no toppings)	8 oz	1	226	45	5g	8%	.5g	3%	0	0mg	0%	210mg	9%	34g	11%	6g	24%	7g	6g	0%	0%	6%	10%	wheat
Oatmeal Seat Cut, large (no toppings)	10 oz	1	198	36	4g	6%	0g	0%	0g	0mg	0%	63mg	3%	36g	12%	5g	23%	1g	7g	0%	0%	0%	13%	
Oatmeal Steal Cut, small (no toppings)	7.5 oz	1	149	27	3g	4%	0g	0%	0g	0mg	0%	47mg	2%	27g	9%	4g	17%	1g	5g	0%	0%	0%	10%	
Parfait, Bananas Foster	12.3	1	419	50	6g	8%	2g	8%	0g	11mg	4%	238mg	10%	84g	28%	4g	16%	59g	11g	3%	14%	28%	5%	soy, milk
Parfait, Strawberry	11.5 oz	1	345	46	5g	8%	2g	7%	0g	11mg	4%	229mg	10%	66g	22%	3g	14%	46g	11g	2%	68%	28%	5%	milk
Squagel Sandwich, Club Omelette on Plain Bagel	9.24 oz	1	561	185	21g	31%	8g	38%	0g	278mg	93%	605mg	25%	64g	21%	3g	12%	3g	28g	12%	6%	9%	29%	milk, wheat, eggs
Squagel Sandwich, TBM Omelette on Plain Bagel	7.1 oz	1	600	140	15g	22%	5g	23%	0g	280mg	94%	680mg	28%	73g	24%	4g	17%	5g	29g	20%	10%	15%	35%	milk, wheat, eggs
Tofu - Plain	3 oz	1	150	110	12g	18%	1.5g	6%	0	0mg	0%	310mg	13%	1g	0%	0	0%	7g	10g	0%	0%	15g%	8%	soy
Wrap, Sante Fe	8.8 oz	1	470	258	29g	43%	12g	55%	0g	303mg	101%	1005mg	42%	30g	10%	3g	12%	3g	24g	20%	19%	35%	14%	milk, wheat, eggs
Wrap, Sante Fe (Egg Wh)	8.3 oz	1	378	174	19g	29%	10g	43%	0g	57mg	19%	941mg	39%	29g	10%	3g	12%	2g	25g	15%	19%	30%	7%	milk, wheat, eggs
Wrap, Spinach Florentine	7.3 oz	1	380	201	22g	34%	9g	40%	0g	276mg	92%	646mg	27%	28g	9%	2g	11%	2g	19g	45%	8%	37%	17%	milk, wheat, eggs
Wrap, Spin Floren (Egg Wh)	6.8 oz	1	289	117	13g	20%	6g	29%	0g	29mg	10%	582mg	24%	27g	9%	2g	11%	1g	20g	40%	8%	32%	10%	milk, wheat, eggs
Wrap, Steak & Egg	7.8 oz	1	508	297	33g	50%	13g	58%	0g	291mg	97%	850mg	35%	27g	9%	2g	8%	2g	25g	12%	2%	35%	18%	wheat, milk, eggs
Wrap, Egg White Veggie	8.43 oz	1	265	104	12g	17%	4g	18%	0g	18mg	6%	683mg	28%	22g	7%	11g	48%	3g	26g	35%	26%	19%	24%	milk, wheat, eggs, soy

Dessert																									
Menu Item	COSÌ®																								
	Serving Size	Servings Per Container	Calories	Calories From Fat	Total Fat	Total Fat %	Saturated Fat	Sat Fat %	Trans Fat	Cholesterol	Cholesterol %	Sodium	Sodium %	Total Carbohydrates	Total Carbohydrates %	Dietary Fiber	Dietary Fiber %	Sugars	Protein	Vitamin A %	Vitamin C %	Calcium %	Iron %	Allergens	
Bread Pudding	7 oz	1	607	319	35g	53%	21g	96%	0g	204mg	68%	249mg	10%	63g	21%	1g	5%	6g	11g	29%	5%	25%	8%	8%	eggs, milk, wheat, soy
Brownie Bite, Blondie	1.67 oz	1	187	87	9.3g	15%	5g	15%	0g	27mg	8%	70mg	3%	24g	8%	1g	3%	14g	2g	0%	0%	0%	17%	17%	milk, eggs, tree nuts (walnuts), soy, wheat
Brownie Bite, Cheesecake	1.3 oz	1	132	60	6.7g	15%	4g	9%	0g	28mg	9%	132mg	6%	19g	6%	0g	0%	11g	2g	2%	0%	2%	8%	8%	milk, wheat, eggs, soy
Brownie Bite, Chocolate Chunk	1.67 oz	1	200	93	11g	16%	7g	32%	0g	37mg	13%	120mg	5%	26g	9%	1g	3%	17g	2g	4%	0%	0%	3%	3%	wheat, milk, egg, soy
Brownie, Blondie	2.25 oz	2	280	130	14g	22%	7g	22%	0g	40mg	13%	105mg	4%	36g	12%	1g	5%	21g	3g	0%	0%	0%	25%	25%	milk, eggs, tree nuts (walnuts), soy, wheat
Brownie, Cheesecake	4 oz	1	397	179	20g	30%	6g	26%	0g	85mg	28%	397mg	17%	57g	19%	0g	0%	34g	6g	6%	0%	6%	23%	23%	milk, wheat, eggs, soy
Brownie, Chocolate Chunk	2.25 oz	2	300	140	16g	24%	10g	48%	0g	55mg	19%	180mg	8%	39g	13%	2g	6%	25g	3g	6%	0%	0%	4%	4%	wheat, milk, egg, soy
Cookie, Black and White	3.6 oz	1	398	140	16g	24%	2.5g	12%	0g	45mg	16%	340mg	14%	61g	20%	3g	11%	44g	5g	0%	0%	0%	10%	10%	wheat, milk, egg, soy
Cookie, Chocolate Chip	4 oz	1	520	210	24g	37%	13g	66%	0g	65mg	22%	180mg	7%	72g	24%	5g	19%	42g	7g	10%	0%	6%	10%	10%	milk, soy, egg
Cookie, Oatmeal Raisin	4.8 oz	1	650	170	19g	29%	10g	52%	0g	125mg	42%	114g	22%	114g	38%	4g	18%	63g	9g	10%	0%	6%	15%	15%	milk, wheat, egg
S'mores for Four (graham crackers)	2.95 oz	4	361	89	10g	15%	5g	22%	0g	5mg	2%	234mg	10%	61g	20%	2g	7%	39g	5g	0%	0%	5%	8%	8%	milk, wheat, soy
S'mores for Two (graham crackers)	2.95 oz	2	361	89	10g	15%	5g	22%	0g	5mg	2%	234mg	10%	61g	20%	2g	7%	39g	5g	0%	0%	5%	8%	8%	milk, wheat, soy
Snacks, Chocolate Pretzels	40g	2	180	80	9g	14%	5g	25%	0	5mg	2%	160mg	7%	28g	9%	1g	4%	17g	2g	2%	0%	2%	15%	15%	milk, soy, wheat
Snacks, Espresso Beans	40g	2	190	110	12g	19%	7g	37%	0	0	0%	15mg	1%	23g	8%	2g	9%	17g	2g	0%	0%	2%	6%	6%	milk, soy
Snacks, Gummy Bears	28.3g	4	80	0	0	0%	0	0%	0	0	0%	15mg	1%	20g	7%	0	0%	13g	1g	0%	0%	0%	6%	6%	none

Disclaimer: The Manufacturer of our dessert products cannot guarantee items have not come into contact with nuts or nut products.

Drinks - Cold & Blended

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Menu Item	Serving Size	Servings Per Container	Calories	Calories From Fat	Total Fat	Total Fat %	Saturated Fat	Sat Fat %	Trans Fat	Cholesterol	Cholesterol %	Sodium	Sodium %	Total Carbohydrates	Total Carbohydrates %	Dietary Fiber	Dietary Fiber %	Sugars	Protein	Vitamin A %	Vitamin C %	Calcium %	Iron %	Allergens	
Iced Tea, Large	20 oz	1	4	0	0g	0%	0g	0%	0g	0mg	0%	12mg	0%	1g	0%	0g	0%	0g	0g	0%	1%	0%	1%		
Iced Tea, Medium	16 oz	1	3	0	0g	0%	0g	0%	0g	0mg	0%	10mg	0%	1g	0%	0g	0%	0g	0g	0%	0%	0%	0%		
Iced Tea, Raspberry - Large	20 oz	1	182	0	0g	0%	0g	0%	0g	0mg	0%	27mg	1%	35g	12%	0g	0%	34g	0g	0%	0%	1%	0%		
Iced Tea, Raspberry - Medium	16 oz	1	151	0	0g	0%	0g	0%	0g	0mg	0%	22mg	0%	25g	10%	0g	0%	28g	0g	0%	0%	1%	0%		
Lemonade, Large	20 oz	1	179	0	0g	0%	0g	0%	0g	0mg	0%	24mg	1%	47g	16%	0g	0%	46g	0g	0%	38%	0%	0%		
Lemonade, Medium	16 oz	1	130	0	0g	0%	0g	0%	0g	0mg	0%	19mg	1%	36g	12%	0g	0%	35g	0g	0%	19%	0%	0%		
Mocha, Large	19 oz	1	540	118	13g	20%	8g	37%	0g	57mg	19%	244mg	11%	90g	30%	3g	13%	78g	16g	10%	3%	49%	0%	milk	
Mocha, Medium	15 oz	1	411	91	10g	15%	6g	28%	0g	44mg	15%	197mg	8%	68g	23%	2g	9%	59g	12g	8%	3%	38%	0%	milk	
Mocha, Small	11 oz	1	298	72	8g	12%	5g	22%	0g	35mg	12%	151mg	6%	47g	16%	1g	6%	41g	9g	6%	2%	30%	0%	milk	
Mojito Lemonade - Large	20 oz	1	272	0	0g	0%	0g	0%	0g	0mg	0%	20mg	1%	71g	24%	0g	2%	69g	0g	0%	21%	1%	1%		
Mojito Lemonade - Medium	16 oz	1	230	0	0g	0%	0g	0%	0g	0mg	0%	17mg	1%	60g	20%	0g	2%	58g	0g	0%	21%	1%	1%		
Orange Juice - Medium	15 oz	1	206	1	0g	0%	0g	0%	0g	0mg	0%	2mg	0%	49g	16%	0g	0%	49g	4g	19%	394%	4%	4%		
Orange Juice - Small	12 oz	1	151	0	0g	0%	0g	0%	0g	0mg	0%	0mg	0%	36g	12%	0g	0%	36g	3g	14%	289%	3%	3%		
Spa Water - Large	20 oz	1	20	0	0g	0%	0g	0%	0g	0mg	0%	15mg	1%	5g	2%	2g	7%	1g	1g	2%	35%	4%	4%		
Optional Beverages																									
Country Club Tea, Large	20 oz	1	98	0	0g	0%	0g	0%	0g	0mg	0%	6mg	0%	26g	9%	0g	0%	24g	0g	0%	13%	0%	0%		
Country Club Tea, Medium	16 oz	1	77	0	0g	0%	0g	0%	0g	0mg	0%	15mg	1%	20	7%	0g	0%	19	0g	0%	10%	0%	0%		
Iced Tea, Green - Large	20 oz	1	80	0	0g	0%	0g	0%	0g	0mg	0%	0mg	0%	2g	0%	0g	0%	0g	0g	0%	1%	0%	1%		
Iced Tea, Green - Medium	16 oz	1	58	0	0g	0%	0g	0%	0g	0mg	0%	0mg	0%	1g	0%	0g	0%	0g	0g	0%	0%	0%	0%		
Raspberry Lemonade, Large	20 oz	1	238	0	0g	0%	0g	0%	0g	0mg	0%	30mg	1%	58g	19%	0g	0%	57g	0g	0%	24%	0%	0%		
Raspberry Lemonade, Medium	16 oz	1	167	0	0g	0%	0g	0%	0g	0mg	0%	21mg	1%	42g	14%	0g	0%	41g	0g	0%	19%	0%	0%		
Raspberry Mojito Lemonade - Large	20 oz	1	331	0	0g	0%	0g	0%	0g	0mg	0%	25mg	1%	83g	28%	1g	2%	80	0g	0%	24%	1%	1%		
Raspberry Mojito Lemonade - Medium	16 oz	1	294	0	0g	0%	0g	0%	0g	0mg	0%	22mg	1%	73g	24%	1g	4%	69g	0g	0%	24%	1%	1%		
Smoothie, Mango - Large	20 oz	1	400	0	0g	0%	0g	0%	0g	0mg	0%	12mg	1%	105g	35%	5g	22%	98g	0g	25%	250%	0%	0%		
Smoothie, Mango - Medium	16 oz	1	280	0	0g	0%	0g	0%	0g	0mg	0%	9mg	0%	74g	24%	4g	15%	68g	0g	18%	175%	0%	0%		
Smoothie, Mango - Small	12 oz	1	200	0	0g	0%	0g	0%	0g	0mg	0%	6mg	0%	52g	18%	2g	11%	49g	0g	12%	125%	0%	0%		
Smoothie, Strawberry - Large	20 oz	1	375	0	0g	0%	0g	0%	0g	0mg	0%	0mg	0%	100g	33%	5g	22%	90g	0g	0%	250%	0%	0%		
Smoothie, Strawberry - Medium	16 oz	1	262	0	0g	0%	0g	0%	0g	0mg	0%	0mg	0%	70g	23%	4g	15%	63g	0g	0%	175%	0%	0%		
Smoothie, Strawberry - Small	12 oz	1	188	0	0g	0%	0g	0%	0g	0mg	0%	0mg	0%	50g	17%	2g	11%	45g	0g	0%	125%	0%	0%		

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Menu Item	Serving Size	Servings Per Container	Calories	Calories From Fat	Total Fat	Total Fat %	Saturated Fat	Sat Fat %	Trans Fat	Cholesterol	Cholesterol %	Sodium	Sodium %	Total Carbohydrates	Total Carbohydrates %	Dietary Fiber	Dietary Fiber %	Sugars	Protein	Vitamin A %	Vitamin C %	Calcium %	Iron %	Allergens
Caffe Americano, Large	19 oz	1	10	2	0g	0%	0g	0%	0g	0mg	0%	29mg	1%	2g	1%	0g	0%	0g	0g	0%	0%	1%	1%	
Caffe Americano, Medium	15 oz	1	8	1	0g	0%	0g	0%	0g	0mg	0%	22mg	1%	1g	0%	0g	0%	0h	0g	0%	0%	1%	1%	
Caffe Americano, Small	11 oz	1	5	1	0g	0%	0g	0%	0g	0mg	0%	16mg	1%	1g	0%	0g	0%	0g	0g	0%	0%	1%	1%	
Caffe con Panna, Large	19.6 oz	1	69	55	6g	9%	4g	17%	0g	22mg	7%	17mg	1%	3g	1%	0g	0%	0g	1g	5%	0%	2%	2%	milk
Caffe con Panna, Medium	15.6 oz	1	66	55	6g	9%	4g	17%	0g	22mg	7%	15mg	1%	2g	1%	0g	0%	0g	1g	5%	0%	2%	1%	milk
Caffe con Panna, Small	11.6 oz	1	64	55	6g	9%	4g	17%	0g	22mg	7%	12mg	1%	2g	1%	0g	0%	0g	1g	5%	0%	2%	1%	milk
Caramel Spice Latte, Large	21.2 oz	1	680	190	21g	31%	6g	31%	0g	35mg	11%	350mg	14%	107g	36%	0g	0%	74g	10g	10%	0%	40%	2%	milk, soy
Caramel Spice Latte, Medium	17.3 oz	1	540	150	17g	25%	5g	23%	0g	25mg	16%	280mg	12%	83g	28%	0g	0%	56g	9g	10%	0%	30%	2%	milk, soy
Caramel Spice Latte, Small	12.3 oz	1	410	120	13g	19%	4g	18%	0g	20mg	12%	210mg	7%	64g	21%	0g	0%	44g	7g	8%	0%	25%	2%	milk, soy
Cappuccino, Large	12 oz	1	179	85	9g	14%	6g	26%	0g	41mg	14%	153mg	6%	15g	5%	0g	0%	14g	9g	7%	3%	35%	0%	milk
Cappuccino, Medium	10 oz	1	145	68	8g	11%	5g	21%	0g	33mg	11%	124mg	4%	12g	4%	0g	0%	11g	7g	6%	2%	28%	0%	milk
Cappuccino, Small	7 oz	1	107	51	6g	8%	3g	16%	0g	24mg	8%	91mg	4%	9g	3%	0g	0%	8g	6g	4%	1%	21%	0%	milk
Chai Tea Latte, Large	19 oz	1	379	79	9g	13%	6g	25%	0g	39mg	13%	209mg	9%	65g	22%	0g	0%	58g	9g	7%	2%	33%	0%	milk
Chai Tea Latte, Medium	15 oz	1	299	63	7g	10%	4g	20%	0g	30mg	10%	165mg	7%	52g	17%	0g	0%	46g	7g	5%	2%	26%	0%	milk
Chai Tea Latte, Small	11 oz	1	220	46	5g	8%	3g	14%	0g	22mg	7%	121mg	5%	38g	13%	0g	0%	38g	5g	4%	1%	19%	0%	milk
Coffee, Large	19 oz	1	11	0	0g	0%	0g	0%	0g	0mg	0%	11mg	0%	2g	1%	0g	0%	0g	1g	0%	0%	1%	1%	
Coffee, Medium	15 oz	1	9	0	0g	0%	0g	0%	0g	0mg	0%	9mg	0%	2g	1%	0g	0%	0g	0g	0%	0%	1%	1%	
Coffee, Small	11 oz	1	6	0	0g	0%	0g	0%	0g	0mg	0%	6mg	0%	1g	0%	0g	0%	0g	0g	0%	0%	1%	1%	
Espresso Macchiato, Double	2.5 oz	1	14	5	1g	1%	0g	1%	0g	2mg	1%	15mg	1%	2g	1%	0g	0%	1g	0g	0%	0%	2%	0%	milk
Espresso Macchiato, Single	1.3 oz	1	7	3	0g	0%	0g	1%	0g	1mg	0%	8mg	0%	1g	0%	0g	0%	0g	0g	0%	0%	1%	0%	milk

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Menu Item	Serving Size	Servings Per Container	Calories	Calories From Fat	Total Fat	Total Fat %	Saturated Fat	Sat Fat %	Trans Fat	Cholesterol	Cholesterol %	Sodium	Sodium %	Total Carbohydrates	Total Carbohydrates %	Dietary Fiber	Dietary Fiber %	Sugars	Protein	Vitamin A %	Vitamin C %	Calcium %	Iron %	Allergens
Hot Chocolate, Large	17.7 oz	1	600	160	18g	27%	11g	47%	0g	60mg	19%	210mg	9%	98g	33%	0g	0%	92g	15g	15%	0%	40%	0%	milk
Hot Chocolate, Medium	15.7 oz	1	490	140	15g	23%	9g	40%	0g	50mg	16%	160mg	7%	81g	27%	0g	0%	76g	11g	15%	0%	30%	0%	milk
Hot Chocolate, Small	11.7 oz	1	410	120	13g	20%	8g	35%	0g	45mg	14%	130mg	5%	66g	22%	0g	0%	61g	9g	10%	0%	25%	0%	milk
Latte, Large	19 oz	1	301	143	16g	24%	10g	44%	0g	69mg	23%	255mg	11%	25g	8%	0g	0%	24g	16g	12%	4%	59%	0%	milk
Latte, Medium	15 oz	1	232	110	12g	18%	8g	34%	0g	53mg	18%	197mg	8%	19g	6%	0g	0%	18g	12g	9%	3%	45%	0%	milk
Latte, Small	11 oz	1	177	84	9g	14%	6g	26%	0g	41mg	14%	149mg	6%	14g	5%	0g	0%	14g	9g	7%	2%	35%	0%	milk
Mocha, Large	19.6 oz	1	588	164	18g	27%	11g	51%	0g	75mg	25%	248mg	10%	91g	30%	3g	13%	78g	15g	14%	3%	46%	0%	milk
Mocha, Medium	15.6 oz	1	463	139	15g	23%	10g	43%	0g	63mg	21%	0mg	8%	2g	23%	2g	10%	59g	12g	12%	3%	36%	0%	milk
Mocha, Small	11.6 oz	1	352	122	14g	20%	8g	38%	0g	55mg	18%	0mg	6%	49g	16%	2g	7%	42g	9g	10%	2%	29%	0%	milk
Shot in the Dark, Large	19 oz	1	15	1	0g	0%	0g	0%	0g	0mg	0%	18mg	1%	3g	1%	0g	0%	0g	0g	0%	0%	1%	2%	
Shot in the Dark, Medium	15 oz	1	12	1	0g	0%	0g	0%	0g	0mg	0%	15mg	1%	2g	1%	0g	0%	0g	0g	0%	0%	1%	1%	
Shot in the Dark, Small	11 oz	1	8	0	0g	0%	0g	0%	0g	0mg	0%	10mg	0%	2g	1%	0g	0%	0g	0g	0%	0%	1%	1%	
Spiced Apple Chai Latte, Large	20 oz	1	320	0	0g	0%	0g	0%	0g	0mg	0%	140mg	6%	80g	27%	5g	23%	69g	0g	0%	90%	0%	0%	
Spiced Apple Chai Latte, Medium	15 oz	1	250	0	0g	0%	0g	0%	0g	0mg	0%	115mg	5%	63g	21%	4g	18%	54g	0g	0%	70%	0%	0%	
Spiced Apple Chai Latte, Small	11 oz	1	190	0	0	0%	0	0%	0	0mg	0%	85mg	3%	46g	15%	3g	13%	40g	0	0%	50%	0%	0%	
Spiced Pumpkin Latte, Large	20 oz	1	600	130	14g	21%	8g	36%	0	40mg	14%	320mg	13%	101g	34%	0g	0g	94g	16g	15%	0%	50%	0%	milk
Spiced Pumpkin Latte, Medium	16 oz	1	470	100	11g	17%	6g	29%	0	35mg	11%	250mg	11%	79g	26%	0	0%	74g	13g	10%	0%	40%	0%	milk
Spiced Pumpkin Latte, Small	12 oz	1	430	80	9g	13%	5g	22%	0	25mg	8%	190mg	8%	57g	19%	0	0%	53g	9g	8%	0%	30%	0%	milk
Vanilla Latte, Large	20 oz	1	377	154	17g	26%	11g	48%	0g	74mg	25%	276mg	11%	39g	13%	0g	0%	37g	17g	13%	4%	64%	0%	milk
Vanilla Latte, Medium	16 oz	1	289	118	13g	20%	8g	37%	0g	57mg	19%	213mg	9%	30g	10%	0g	0%	28g	13g	10%	3%	49%	0%	milk
Vanilla Latte, Small	12 oz	1	203	84	9g	14%	6g	26%	0g	41mg	14%	150mg	6%	21g	7%	0g	0%	20g	9g	7%	2%	35%	0%	milk
White Hot Chocolate, Large	19.9 oz	1	612	188	21g	31%	13g	59%	0g	88mg	29%	414mg	17%	86g	29%	0g	0%	78g	18g	16%	4%	57%	0%	milk, soy
White Hot Chocolate, Medium	16.2 oz	1	504	163	18g	27%	11g	51%	0g	75mg	25%	335mg	14%	69g	23%	0g	0%	62g	14g	14%	3%	46%	0%	milk, soy
White Hot Chocolate, Small	12.6 oz	1	397	138	15g	23%	10g	43%	0g	63mg	21%	256mg	11%	52g	17%	0g	0%	47g	11g	12%	2%	36%	0%	milk, soy

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Flatbread Pizza

C O S Ì®

Menu Item	Serving Size	Servings Per Container	Calories	Calories From Fat	Total Fat	Total Fat %	Saturated Fat	Sat Fat %	Trans Fat	Cholesterol	Cholesterol %	Sodium	Sodium %	Total Carbohydrates	Total Carbohydrates %	Dietary Fiber	Dietary Fiber %	Sugars	Protein	Vitamin A %	Vitamin C %	Calcium %	Iron %	Allergens
Original, Cheese, Lunch	12.1 oz	1	460	140	16g	24%	9g	40%	0g	55mg	19%	980mg	41%	93g	31%	6g	26%	8g	36g	8%	0%	70%	30%	wheat, milk
Original, Margherita, Lunch	12.9 oz	1	520	200	22g	34%	12g	54%	0g	70mg	23%	720mg	30%	91g	30%	6g	26%	7g	37g	20%	2%	45%	30%	wheat, milk
Original, Pepperoni	13.1 oz	1	680	360	40g	60%	19g	85%	0g	125mg	42%	3310	138%	29g	10%	5g	24%	20g	47g	8%	0%	100%	6%	wheat, milk
Original, Smokey BBQ Chicken, Lunch	14.5 oz	1	800	160	18g	27%	11g	50%	0g	105mg	34%	1860mg	77%	110g	37%	4g	18%	0	46g	20%	10%	40%	40%	wheat, milk
Topping - Grilled Chicken	2.25 oz	1	70	10	1g	1%	1g	3%	0g	35mg	11%	180mg	8%	1g	0%	0g	0%	0g	14g	0%	0%	0%	6%	

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Kids																									
C O S I [®]																									
	Menu Item	Serving Size	Servings Per Container	Calories	Calories From Fat	Total Fat	Total Fat %	Saturated Fat	Sat Fat %	Trans Fat	Cholesterol	Cholesterol %	Sodium	Sodium %	Total Carbohydrates	Total Carbohydrates %	Dietary Fiber	Dietary Fiber %	Sugars	Protein	Vitamin A %	Vitamin C %	Calcium %	Iron %	Allergens
Kids Flatbread Cheese Pizza	4.5 oz	1	250	90	10g	15%	5g	21%	0g	28mg	9%	395mg	16%	25g	8%	2g	7%	2g	15g	18%	10%	33%	9%		milk, wheat
Kids Flatbread Pepperoni Pizza	5 oz	1	321	145	16g	24%	7g	32%	0g	43mg	14%	663mg	28%	25g	8%	2g	7%	2g	18g	18%	10%	33%	9%		milk, wheat
Kids Fruit Salad	2.5 oz	1	27	2	0g	0%	0g	0%	0g	0mg	0%	6mg	0%	7g	2%	1g	3%	0g	0g	24%	38%	1%	1%		
Kids Goopy Grilled Cheese Sandwich	3 oz	1	269	131	15g	22%	8g	37%	0g	40mg	13%	314mg	13%	22g	7%	1g	4%	0g	16g	10%	0%	30%	7%		milk, wheat
Kids Goopy Grilled Ham and Cheese	4.1 oz	1	320	158	18g	26%	9g	41%	0g	57mg	19%	688mg	29%	22g	7%	1g	4%	0g	21g	10%	0%	31%	9%		milk, wheat
Kids Peanut Butter & Jelly	3.6 oz	1	342	132	15g	22%	3g	14%	0g	0mg	0%	182mg	8%	45g	15%	3g	13%	17g	11g	0%	4%	2%	11%		nuts (peanuts), wheat, milk
Kids Tuna Sandwich	4.6 oz	1	260	80	9g	13%	1g	5%	0g	30mg	9%	300mg	12%	25g	8%	2g	7%	0g	19g	10%	4%	2%	15%		milk, wheat, eggs, fish (tuna)
Kids Turkey Sandwich	3.1 oz	1	151	11	1g	2%	0g	2%	0g	18mg	6%	262mg	11%	22g	7%	1g	4%	0g	13g	0%	0%	0%	11%		wheat, milk

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Salad & Dressing																										
Menu Item	Serving Size	Servings Per Container	Calories		Calories From Fat		Total Fat	Total Fat %	Saturated Fat	Sat Fat %	Trans Fat	Cholesterol	Cholesterol %	Sodium	Sodium %	Total Carbohydrates	Total Carbohydrates %	Dietary Fiber	Dietary Fiber %	Sugars	Protein	Vitamin A %	Vitamin C %	Calcium %	Iron %	Allergens
Adobo Lime Chicken Salad	13.86 oz	1	420	168	18g	28%	3g	15%	0g	40mg	13%	746mg	31%	41g	14%	7g	28%	11g	20g	290%	78%	8%	23%			
Asian Salmon Salad	14.21 oz	1	441	184	20g	31%	2g	10%	0g	65mg	22%	934mg	39%	41g	14%	6g	24%	24g	29g	169%	41%	19%	25%			fish (salmon), milk, soy, wheat, milk, eggs, soy, fish (anchovy)
Caesar Salad	10.4 oz	1	534	318	35g	54%	8g	40%	0g	78mg	26%	1404mg	59%	26g	9%	3g	12%	4g	31g	279%	10%	38%	22%			eggs, wheat, milk, soy, fish (anchovy)
Caesar Salad, Chicken	11.6 oz	1	550	350	39g	58%	10g	44%	0g	80mg	26%	1520mg	63%	26g	9%	3g	14%	0g	33g	280%	10%	45%	20%			eggs, wheat, milk, soy, fish (anchovy)
Cosi Cobb Salad	13.6 oz	1	739	509	56g	86%	16g	82%	0g	282mg	94%	1316mg	55%	20g	7%	3g	13%	9.4g	39g	175%	33%	26%	16%			milk, egg
Cosi Cobb Salad, Lighter	13.6 oz	1	540	290	32g	47%	12g	56%	0g	260mg	87%	1240mg	52%	21g	7%	4g	19%	0g	40g	190%	40%	25%	20%			milk, eggs
Greek Salad	13.75 oz	1	533	434	47g	73%	9g	45%	0g	27mg	9%	1502mg	63%	20g	7%	3g	12%	7g	11g	280%	29%	28%	12%			milk
Shanghai Chicken Salad	11.5 oz	1	265	88	10g	15%	2g	10%	0g	40mg	13%	788mg	9%	28g	9%	4g	14%	8g	18g	171%	17%	6%	15%			soy, wheat
Side Salad	5.5 oz	1	32	4	0g	0%	0g	0%	0g	0mg	0%	29mg	1%	7g	2%	2g	10%	0g	2g	90%	26%	3%	5%			None
Signature Salad	13.5 oz	1	618	419	45g	70%	11g	57%	0g	35mg	12%	565mg	24%	40g	13%	7g	29%	26g	13g	166%	23%	27%	11%			nuts (pistachio), milk
Signature Salad, Lighter	13.5 oz	1	366	169	18g	27%	5g	24%	0g	21mg	7%	428mg	18%	42g	14%	7g	27%	28g	10g	163%	23%	20%	11%			nuts (pistachio), milk
Smart Fit Salad	15.2 oz	1	381	131	15g	23%	2g	10%	0g	0mg	0%	489mg	20%	57g	19%	10g	41%	21g	10g	313%	214%	24%	19%			
Steakhouse Salad	14.25 oz	1	655	487	53g	82%	19g	93%	0g	106mg	35%	886mg	37%	15g	5%	4g	16%	6g	27g	295%	30%	37%	22%			eggs, soy, milk
Dressing - Balsamic Vinaigrette (Fat Free)	2 oz	1	28	0	0g	0%	0g	0%	0g	0mg	0%	302mg	13%	8g	2%	0g	0%	6g	0g	0%	0%	0%	0%			
Dressing - Bleu Cheese	2 oz	1	248	221	25g	37%	4g	17%	0g	28mg	9%	400mg	17%	2g	1%	0g	0%	2g	4g	4%	3%	9%	3%			milk, eggs, soy
Dressing - Chipotle Lime	2 oz	1	139	107	12g	18%	2g	9%	0g	0mg	0%	337mg	14%	8g	3%	0g	0%	6g	0g	4%	40%	0%	0%			
Dressing - Cosi Caesar	2 oz	1	265	255	28g	43%	5g	21%	0g	28mg	9%	794mg	33%	4g	1%	0g	0%	2g	4g	0%	0%	11%	0%			eggs, milk, fish (anchovy)
Dressing - Cosi Oriental	2 oz	1	76	43	5g	7%	0g	0%	0g	0mg	0%	491mg	20%	11g	4%	0g	0%	6g	0g	0%	0%	0%	0%			soy, wheat
Dressing - Cosi Vinaigrette	2 oz	1	343	339	38g	57%	3g	12%	0g	0mg	0g	162mg	7%	2g	1%	0g	2%	0g	0g	0%	0%	1%	1%			
Dressing - Italian	2 oz	1	246	238	26g	40%	5g	21%	0g	0mg	0%	378mg	16%	2g	1%	0g	0%	2g	2g	0%	0%	4%	0%			milk
Dressing - Parmesan Peppercorn Ranch	2 oz	1	321	272	30g	45%	5g	21%	0g	19mg	6%	586mg	24%	4g	1%	0g	0%	2g	2g	0%	0%	4%	0%			milk, eggs
Dressing - Sherry Shallot	2 oz	1	283	238	26g	40%	4g	17%	0g	0mg	0%	151mg	6%	9g	3%	0g	0%	8g	0g	0%	4%	0%	0%			
Dressing - Sherry Shallot (Reduced Fat)	2 oz	1	94	51	6g	9%	0g	0%	0g	0mg	0%	170mg	7%	11g	4%	0g	0%	9g	0g	0%	4%	0%	0%			

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Sandwich & Melts																								
Menu Item	Serving Size	Servings Per Container	Calories	Calories From Fat	Total Fat	Total Fat %	Saturated Fat	Sat Fat %	Trans Fat	Cholesterol	Cholesterol %	Sodium	Sodium %	Total Carbohydrates	Total Carbohydrates %	Dietary Fiber	Dietary Fiber %	Sugars	Protein	Vitamin A %	Vitamin C %	Calcium %	Iron %	Allergens
Bacon, Turkey, Cheddar Melt	12.2 oz	1	642	241	26g	41%	9g	47%	0g	98mg	33%	929mg	39%	58g	19%	2g	8%	12g	39g	12%	12%	6%	21%	wheat, milk
Banh Mi Pork Sandwich	11.34 oz	1	682	385	44g	68%	14g	71%	0g	60mg	20%	1371mg	57%	63g	21%	6g	23%	17g	32g	117%	47%	4%	19%	milk, soy, wheat, tree
Buffalo Blue Sandwich	10.2 oz	1	510	180	20g	31%	4g	19%	0g	70mg	24%	1080mg	45%	47g	16%	2g	8%	0g	33g	50%	8%	6%	25%	egg, soy, wheat, milk
Cosi Club Sandwich	10.25 oz	1	438	118	14g	21%	2g	11%	0g	64mg	21%	791mg	33%	50g	17%	2g	8%	3g	29g	41%	13%	1%	20%	egg, wheat, milk
Cosi Market, Ham Sandwich	9 oz	1	583	218	24g	36%	8g	35%	0g	83mg	28%	1509mg	63%	54g	18%	2g	8%	12g	30g	9%	0%	15%	22%	milk, wheat
Cosi Market, Steak Sandwich	8.7 oz	1	732	368	41g	61%	17g	75%	0g	82mg	28%	570mg	24%	54g	18%	2g	8%	12g	28g	9%	0%	15%	24%	milk, wheat
Cosi Market, Turkey Sandwich	9 oz	1	687	290	32g	48%	13g	58%	0g	95mg	32%	885mg	37%	62g	21%	2g	8%	6g	38g	18%	0%	30%	40%	milk, wheat
Grilled Cheese (Adult)	6.2 oz	1	538	261	29g	44%	16g	73%	0g	81mg	27%	628mg	26%	43g	14%	2g	8%	1g	33g	20%	0%	61%	15%	milk, wheat
Grilled Chicken Caesar	9.3 oz	1	528	171	20g	30%	6g	30%	0g	82mg	28%	991mg	41%	48g	16%	2g	8%	2g	38	44%	1%	28%	24%	eggs, wheat, milk, fish
Grilled Chicken TBM Melt	11.75 oz	1	650	290	32g	48%	10g	43%	0g	95mg	31%	570mg	24%	46g	15%	2g	9%	1g	42g	15%	10%	20%	25%	milk, wheat
Grilled Chicken TBM Sandwich	11.2 oz	1	650	180	20g	30%	2.5g	12%	0g	95mg	31%	570mg	24%	46g	15%	2g	9%	1g	42g	15%	10%	20%	25%	milk, wheat
Grilled Chicken TBM Sandwich, Lighter	11.25 oz	1	520	140	15g	23%	9g	41%	0g	95mg	32%	670mg	28%	50g	17%	2g	9%	4g	43g	20%	10%	20%	25%	milk, wheat
Hummus & Veggie Sandwich	10.2 oz	1	417	63	7g	10%	0g	0%	0g	0mg	0%	553mg	23%	73g	24%	6g	25%	6g	17g	7%	34%	1%	31%	milk, wheat
Peanut Butter & Jelly (Adult)	7.2 oz	1	684	264	29g	44%	6g	27%	0g	0mg	0%	364mg	15%	91g	30%	6g	25%	34g	23g	0%	8%	4%	22%	nuts (peanuts), wheat, milk
Pesto Chicken Melt	10.95 oz	1	580	150	17g	25%	13g	58%	0g	115mg	39%	1030mg	43%	49g	16%	3g	13%	4g	50g	10%	4%	50%	25%	milk, wheat
Steak TBM Melt	11.3 oz	1	834	488	54g	81%	20g	90%	0g	101mg	34%	587mg	24%	46g	15%	2g	11%	1g	40g	7%	12%	34%	24%	wheat, milk
Steak TBM Sandwich	10.8 oz	1	779	454	50g	76%	18g	79%	0g	86mg	29%	417mg	17%	45g	15%	2g	11%	1g	35g	5%	12%	19%	24%	wheat, milk
Steakhouse Gorgonzola Melt	10.9 oz	1	780	395	44g	66%	13g	59%	0g	83mg	28%	937mg	39%	65g	22%	5g	23%	5g	30g	6%	22%	18%	29%	egg, soy, wheat, milk
TBM Melt	10.05 oz	1	600	260	29g	43%	17g	75%	0	95mg	32%	600mg	25%	49g	16%	3g	15%	3g	35g	35%	20%	50%	20%	milk, wheat
TBM Sandwich	9.6 oz	1	390	390	43g	65%	15g	69%	0g	80mg	27%	390mg	16%	47g	16%	3g	11%	1g	33g	35%	25%	40%	15%	milk, wheat
TBM Sandwich, Lighter	9.6 oz	1	510	190	21g	31%	12g	53%	0g	65mg	22%	440mg	18%	49g	16%	2g	10%	4g	29g	30%	20%	35%	15%	milk, wheat
Tuna Melt	13.28 oz	1	790	380	42g	63%	12g	54%	0g	100mg	34%	940mg	39%	54g	18%	4g	18%	0g	51g	80%	25%	10%	30%	wheat, milk, fish (tuna), egg
Tuna Sandwich	11.2 oz	1	526	56	6g	9%	2g	10%	0g	83mg	28%	1099mg	46%	52g	17%	3g	14%	8g	53g	261%	16%	5%	28%	egg, wheat, milk, fish (tuna)
Turkey & Avocado Sandwich	11.6 oz	1	446	121	13g	20%	2g	9%	0g	49mg	16%	820mg	34%	55g	18%	5g	23%	3g	30g	13%	31%	7%	24%	milk, eggs, wheat
Turkey & Brie Sandwich	9.7 oz	1	470	200	22g	33%	7g	31%	0g	75mg	25%	820mg	34%	57g	19%	3g	14%	0g	32g	20%	6%	20%	25%	milk, wheat
Turkey Light Sandwich	8.5 oz	1	420	70	8g	12%	1g	5%	0g	45mg	15%	640mg	27%	57g	19%	2g	9%	0g	26g	10%	6%	4%	25%	milk, wheat
Tuscan Pesto Chicken Sand	9.45 oz	1	420	60	7g	10%	7g	30%	0g	75mg	25%	640mg	27%	48g	16%	3g	14%	3g	35g	40%	6%	2%	30%	milk, wheat

Soup																								
Menu Item	Serving Size	Servings Per Container	Calories	Calories From Fat	Total Fat	Total Fat %	Saturated Fat	Sat Fat %	Trans Fat	Cholesterol	Cholesterol %	Sodium	Sodium %	Total Carbohydrates	Total Carbohydrates %	Dietary Fiber	Dietary Fiber %	Sugars	Protein	Vitamin A %	Vitamin C %	Calcium %	Iron %	Allergens
Broccoli & Cheddar (8 oz)	8	1	330	230	25	38%	16	80%	0	75	25%	780	33%	15	5%	1	4%	1	11	15%	2%	30%	2%	milk
Large (15 oz)	15	1	619	431	47	71%	30	150%	0	141	47%	1463	62%	28.1	9%	2	8%	2	20.6	28%	4%	56%	4%	
Side (5.5 oz)	5.5	1	227	158	17	26%	11	55%	0	52	17%	537	23%	10.3	3%	1	3%	1	7.6	10%	1%	21%	1%	
Reg (10 oz)	10	1	413	288	31	48%	20	100%	0	94	31%	975	41%	18.8	6%	1	5%	1	13.8	19%	3%	38%	3%	
Chicken and Kale (8 oz)	8	1	100	20	3	4%	1	3%	0	20	7%	640	27%	10	3%	1	4%	2	10	20%	0%	4%	4%	egg, wheat
Large (15 oz)	15	1	188	38	5	8%	1	6%	0	38	13%	1200	51%	18.8	6%	2	8%	4	18.8	38%	0%	8%	8%	
Side (5.5 oz)	5.5	1	69	14	2	3%	0	2%	0	14	5%	441	19%	6.9	2%	1	3%	1	6.9	14%	0%	3%	3%	
Reg (10 oz)	10	1	125	25	3	5%	1	4%	0	25	9%	800	34%	12.5	4%	1	5%	3	12.5	25%	0%	5%	5%	
Clam Chowder (8 oz)	8	1	250	150	16	25%	11	55%	0	60	20%	940	39%	20	7%	1	4%	2	6	15%	6%	6%	20%	milk, shellfish
Large (15 oz)	15	1	469	281	30	47%	21	103%	0	113	38%	1763	73%	37.5	13%	2	8%	4	11.3	28%	11%	11%	38%	
Side (5.5 oz)	5.5	1	172	103	11	17%	8	38%	0	41	14%	647	27%	13.8	5%	1	3%	1	4.1	10%	4%	4%	14%	
Reg (10 oz)	10	1	313	188	20	31%	14	69%	0	75	25%	1175	49%	25.0	9%	1	5%	3	7.5	19%	8%	8%	25%	
Clam Chowder (New England) (8 oz)	8	1	350	210	23	35%	13	65%	0	90	30%	1000	42%	24	8%	1	4%	5	11	15%	10%	15%	40%	milk, shellfish
Large (15 oz)	15	1	656	394	43	66%	24	122%	0	169	56%	1875	79%	45.0	15%	2	8%	9	20.6	28%	19%	28%	75%	
Side (5.5 oz)	5.5	1	241	145	16	24%	9	45%	0	62	21%	689	29%	16.5	6%	1	3%	3	7.6	10%	7%	10%	28%	
Reg (10 oz)	10	1	438	263	29	44%	16	81%	0	113	38%	1250	53%	30.0	10%	1	5%	6	13.8	19%	13%	19%	50%	
Italian Wedding Soup (8 oz)	8	1	170	60	6	9%	3	13%	0	15	5%	660	28%	16	5%	1	4%	2	11	4%	0%	2%	4%	eggs, milk, wheat
Large (15 oz)	15	1	319	113	11	17%	5	24%	0	28	9%	1238	53%	30.0	9%	2	8%	4	20.6	8%	0%	4%	8%	
Side (5.5 oz)	5.5	1	117	41	4	6%	2	9%	0	10	3%	455	19%	11.0	3%	1	3%	1	7.6	3%	0%	1%	3%	
Reg (10 oz)	10	1	213	75	8	11%	3	16%	0	19	6%	825	35%	20.0	6%	1	5%	3	13.8	5%	0%	3%	5%	
Macaroni & Cheese	11.5 oz	1	650	330	37g	56%	24g	108%	0	105mg	35%	1700mg	73%	56g	19%	1g	5%	3g	21g	15%	0%	40%	10%	eggs, milk, wheat
Mediterranean Lentil (8 oz)	8	1	290	100	12	18%	2	8%	0	0	0%	640	27%	35	12%	15	60%	4	12	20%	2%	6%	20%	none
Large (15 oz)	15	1	544	188	23	34%	3	15%	0	0	0%	1200	51%	65.6	23%	28	113%	8	22.5	38%	4%	11%	38%	
Side (5.5 oz)	5.5	1	200	69	8	12%	1	6%	0	0	0%	441	19%	24.1	8%	10	41%	3	8.3	14%	1%	4%	14%	
Reg (10 oz)	10	1	363	125	15	23%	2	10%	0	0	0%	800	34%	43.8	15%	19	75%	5	15.0	25%	3%	8%	25%	
Split Pea and Kale (8 oz)	8	1	150	15	2	3%	0	0%	0	0	0%	460	19%	26	9%	10	40%	4	10	10%	2%	6%	10%	none
Large (15 oz)	15	1	281	28	4	6%	0	0%	0	0	0%	863	36%	48.8	17%	19	75%	8	18.8	19%	4%	11%	19%	
Side (5.5 oz)	5.5	1	103	10	1	2%	0	0%	0	0	0%	317	13%	17.9	6%	7	28%	3	6.9	7%	1%	4%	7%	
Reg (10 oz)	10	1	188	19	3	4%	0	0%	0	0	0%	575	24%	32.5	11%	13	50%	5	12.5	13%	3%	8%	13%	
Southwest Turkey Chili (15 oz)	15 oz	1	443	188	21g	31%	5g	23%	0g	52mg	17%	1321mg	55%	42g	14%	9g	38%	3g	25g	17%	43%	11%	18%	soy, wheat, egg
Southwest Turkey Chili (5.5 oz)	5.5 oz	1	168	69	8g	12%	2g	9%	0g	19mg	6%	497mg	21%	16g	5%	3g	14%	1g	9g	6%	16%	4%	7%	
Southwest Turkey Chili (10 oz)	10 oz	1	298	125	14g	21%	3g	16%	0g	35mg	12%	887mg	37%	28g	9%	6g	26%	2g	17g	12%	29%	8%	12%	
Tomato Basil (8 oz)	8	1	320	230	25	38%	17	85%	0	95	32%	410	17%	16	5%	0	0%	9	2	25%	8%	6%	6%	
Large (15 oz)	15	1	600	431	47	71%	32	159%	0	178	60%	769	32%	30.0	9%	0	0%	17	3.8	47%	15%	11%	11%	milk
Side (5.5 oz)	5.5	1	220	158	17	26%	12	59%	0	65	22%	282	12%	11.0	3%	0	0%	6	1.4	17%	6%	4%	4%	
Reg (10 oz)	10	1	400	288	31	48%	21	106%	0	119	40%	513	21%	20.0	6%	0	0%	11	2.5	31%	10%	8%	8%	