

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	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%	milk, soy, wheat
Buffalo Bleu	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%	eggs, milk, soy, wheat
Cosi® Club	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%	eggs, milk, soy, 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, soy, wheat
Chicken TBM	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, soy, wheat
Hummus & Veggie	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, soy, 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%	peanuts, milk, soy, wheat
Pesto Chicken	10.95 oz	1	610	220	24g	36%	10g	46%	0g	115mg	38%	1240mg	52%	49g	16%	3g	13%	4g	47g	20%	6%	25%	25%	milk, soy, wheat
TBM	9.6 oz	1	697	697	43g	65%	15g	69%	0g	80mg	27%	390mg	16%	47g	16%	3g	11%	1g	33g	35%	25%	40%	15%	milk, soy, wheat
Tuna	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%	fish, eggs, milk, soy, wheat
Turkey Avocado	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%	eggs, milk, soy, wheat
Turkey & Brie	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, soy, wheat
Turkey Light (Catering only)	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, soy, wheat
Tuscan Pesto Chicken (Catering only)	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, soy, wheat

Allergen & Nutritional Reference Guide - Updated January 2017 - COSI, Inc. – Confidential & Proprietary information of COSI, Inc.  
 "Cosi", "(Sun and Moon Design)" and related marks are registered trademarks of Cosi, Inc. in the U.S.A. and certain other countries. ©2017 Cosi, Inc. All rights reserved.