

Nutrition Statement:

Caloric and nutritional information is valid for the United States and may vary slightly due to food assembly and portioning. Items referenced in this Ingredient Information Guide may be seasonal and/or not available at all Cosi® locations. Cosi, Inc. reserves the right to modify its nutritional statements and/or discontinue any item at any time.

We encourage you to check these ingredient statements regularly for updates. This information is derived from published resources or from information provided by our suppliers. Variation in serving sizes, preparation techniques, sources of supply, ingredient substitutions, order customization, product testing, and new recipe testing, as well as regional and seasonal differences, may affect the nutrition values for each product. We may also change our menu items, recipes, or product formulations, and our suppliers may change ingredients. You should expect some variation in the nutrient content of the products purchased in our restaurants.

Allergen Statement:

In ALL Cosi® restaurants, we prepare and serve food that may contain allergens, including eggs, milk and dairy, peanuts, seafood, shellfish, soy, tree nuts, and wheat. We take care to keep allergy-causing food separate from food not known to, or that may rarely cause, allergies but we cannot guarantee any of our food is “allergen-free”. If you KNOW or SUSPECT you have a specific food allergy or sensitivity or special dietary needs, please notify the Cosi® Manager BEFORE ORDERING. You may also ask the Cosi® Manager to show you the product case labels, if available, or you may contact using our TTU feedback system on our website for more information on specific products.

BEWARE! There is a risk of cross contamination or error during preparation, cooking, assembly, production and handling of our products, which may cause products to contain allergens that are not contained in the ingredient statements. Ingredients may change from time to time so please check these ingredient statements regularly.

Original (Rustic) Bread

(Flour [Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Water, (Yeast, Salt, Dried Milk Powder, Soybean Oil), Canola/Olive Oil Blend

Multigrain Bread

(Flour [Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Water, Mixed Grains (Rye Flakes (whole grain), Wheat Flakes (whole grain), Oat Flakes (whole grain), Flax Seeds, Millet (whole grain), Sesame Seeds), Brown Sugar (Sugar, Cane Molasses), (Yeast, Salt, Dried Milk Powder, Soybean Oil), Canola/Olive Oil

[To learn more about food allergies, we suggest you visit The Food Allergy and Anaphylaxis Network website at www.foodallergy.org.](http://www.foodallergy.org)
[We also recommend you consult your physician BEFORE dining with us if you are concerned any of our food may cause you adverse health effects.](#)

Bowls								
Menu Item	Shell-fish	Fish	Pea-nuts	Tree Nuts	Eggs	Milk	Soy	Wheat
Bowl, Adobo Chicken with Avocado						X	X	
Bowl, Brazilian Steak						X	X	X
Bowl, Thai Curry Chicken				X			X	X
Bowl, Thai Curry Tofu				X			X	X
New Grab & Go Items								
Menu Item	Shell-fish	Fish	Pea-nuts	Tree Nuts	Eggs	Milk	Soy	Wheat
Orange Juice, Large								
Squagel, Egg & Cheese					X	X	X	X
Squagel, Bacon, Egg & Cheese					X	X	X	X
Squagel, Sausage, Egg & Cheese					X	X	X	X
Wrap, Buffalo Bleu					X	X	X	X
Wrap, Chicken Caesar		X			X	X	X	X
Wrap, Shanghai Chicken							X	X
Wrap, Tuna		X			X		X	X
BBQ Stix & Bits			X	X				X
Milk Chocolate Pretzels						X	X	X
Trail Mix, Energy			X			X	X	
Gummi Bears								
Milk Chocolate Peanut Clusters			X			X	X	
Trail Mix, All The Right Stuff				X		X	X	
Bread, Squagels & Pastries								
Menu Item	Shell-fish	Fish	Pea-nuts	Tree Nuts	Eggs	Milk	Soy	Wheat
Bread Slice, Original						X	X	X
Bread Slice, Multi Grain						X	X	X
Croissant, Butter						X	X	X
Crumb Cake, Butter*					X	X	X	X
Loaf, Lemon Pound Cake*					X	X	X	X
Loaf, Marble Pound Cake*					X	X	X	X
Muffin, Banana Nut*				X	X	X	X	X
Muffin, Blueberry*					X	X	X	X
Muffin, Double Chocolate Delight*					X	X	X	X
Muffin, Blueberry Lemon					X	X		X
Muffin, Chocolate Hazelnut				X	X	X	X	X
Muffin, Cranberry Orange					X	X		X
Scone, Blueberry*					X	X	X	X
Scone, Orange Cranberry*					X	X	X	X
Squagel, Asiago Cheese					X	X	X	X
Squagel, Cinnamon Raisin					X	X	X	X
Squagel, Cranberry Orange					X	X	X	X
Squagel, Everything					X	X	X	X
Squagel, Jalapeno Cheddar					X	X	X	X
Squagel, Plain					X	X	X	X
Squagel, Sesame					X	X	X	X
Squagel, Multigrain					X	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 & Snacks & Tofu

Menu Item	Shell-fish	Fish	Pea-nuts	Tree Nuts	Eggs	Milk	Soy	Wheat
Cream Cheese, Low-fat						X		
Cream Cheese, Plain						X		
Cream Cheese, Veggie						X		
Croissant, Western					X	X	X	X
Egg, Hard Boiled					X			
Egg White Portion Only					X			
Egg White Cup, Florentine					X	X	X	
Egg White Cup, Pico de Gallo					X			
Fruit Salad								
Harvest Mix				X				
Oatmeal, Steel Cut								
Parfait, Banana				X		X		X
Parfait, Strawberry				X		X		X
Parfait, Blueberry				X		X		X
Squagel (Plain) Sandwich, Cosi® Club					X	X	X	X
Squagel (Plain) Sandwich, TBM					X	X	X	X
Tofu (Plain)							X	
Wrap, Sante Fe (or w/Egg White)					X	X	X	X
Wrap, Spinach Florentine (or w/Egg White)					X	X	X	X
Wrap, Steak & Egg (or w/Egg White)					X	X	X	X

Desserts

Menu Item	Shell-fish	Fish	Pea-nuts	Tree Nuts	Eggs	Milk	Soy	Wheat
Brownie Bites, Blondie				X	X	X	X	X
Brownie Bites, Chocolate Chunk*					X	X	X	X
Brownie, Blondie*				X	X	X	X	X
Brownie, Chocolate Chunk*					X	X	X	X
Cookie, Chocolate Chip*					X	X	X	X
Cookie, Oatmeal Raisin*					X	X		X
Cookie, Black and White*					X	X	X	X
S'mores (graham crackers)						X	X	X

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Cold Beverages								
Menu Item	Shell-fish	Fish	Pea-nuts	Tree Nuts	Eggs	Milk	Soy	Wheat
Iced Tea								
Iced Tea, Raspberry								
Lemonade								
Mojito Lemonade								
Mojito Lemonade, Raspberry								
Orange Juice								
Hot Beverages								
Menu Item	Shell-fish	Fish	Pea-nuts	Tree Nuts	Eggs	Milk	Soy	Wheat
Café Americano								
Cappuccino						X		
Caramel Latte						X	X	
Chai Tea Latte						X		
Coffee								
Espresso								
Hot Chocolate						X		
Latte						X		
Mocha						X		
Shot in the Dark								
White Hot Chocolate						X	X	
Flatbread Pizza								
Menu Item	Shell-fish	Fish	Pea-nuts	Tree Nuts	Eggs	Milk	Soy	Wheat
Cheese						X	X	X
Margherita Chicken						X	X	X
Margherita						X	X	X
Pepperoni						X	X	X
Smokey BBQ Chicken						X	X	X
Kids Menu								
Menu Item	Shell-fish	Fish	Pea-nuts	Tree Nuts	Eggs	Milk	Soy	Wheat
Kids Flatbread Cheese Pizza						X	X	X
Kids Flatbread Pepperoni Pizza						X	X	X
Kids Grape Cup								
Kids Grilled Cheese						X	X	X
Kids Ham & Cheese						X	X	X
Kids Mac & Cheese					X	X		X
Kids Peanut Butter & Jelly			X			X	X	X
Kids Turkey Sandwich						X	X	X

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Protein Add-Ons								
Menu Item	Shell-fish	Fish	Pea-nuts	Tree Nuts	Eggs	Milk	Soy	Wheat
Chicken								
Turkey								
Steak								
Salmon		X						
Tofu							X	
Tuna Salad		X			X		X	
Salads (include Dressings)								
Menu Item	Shell-fish	Fish	Pea-nuts	Tree Nuts	Eggs	Milk	Soy	Wheat
Adobo Lime Chicken							X	
Caesar		X			X	X	X	X
Cosi® Cobb					X	X	X	
Greek						X	X	
Shanghai Chicken							X	X
Signature				X		X	X	
Smart Fit						X	X	
Salad Dressing (Portion Only)								
Dressing - Chipotle Lime						X	X	
Dressing - Cosi® Caesar		X			X	X	X	
Dressing - Cosi® Reduced Fat Ginger Soy							X	X
Dressing - Cosi® Vinaigrette								
Dressing - Italian						X	X	
Dressing - Reduced Fat Sherry Shallot								
Dressing - Sherry Shallot							X	
Sandwich								
Menu Item	Shell-fish	Fish	Pea-nuts	Tree Nuts	Eggs	Milk	Soy	Wheat
Bacon Turkey Cheddar						X	X	X
Buffalo Bleu					X	X	X	X
Chicken Caesar		X			X	X	X	X
Chicken TBM						X	X	X
Hummus & Veggie						X	X	X
Pesto Chicken						X	X	X
Roasted Turkey Club					X	X	X	X
TBM						X	X	X
Tuna		X			X	X	X	X
Turkey Avocado					X	X	X	X
Turkey & Brie						X	X	X
Tuscan Pesto Chicken (Catering only)						X	X	X
Soup/Macaroni & Cheese								
Menu Item	Shell-fish	Fish	Pea-nuts	Tree Nuts	Eggs	Milk	Soy	Wheat
Broccoli Cheddar						X		
Butternut Squash Bisque						X	X	
Smart Fit Chicken Noodle					X			X
Fire Roasted Vegetable							X	
Macaroni & Cheese					X	X		X
Mediterranean Lentil							X	
Turkey Chili							X	X
Tomato Basil						X		
Chicken & Dumpling					X			X

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Bowls



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 Chicken with Avocado	16.8	1	680	190	21g	32%	4g	17%	0g	65mg	21%	1090mg	46%	99g	33%	12g	50%	7g	27g	40%	20%	10%	20%	milk, soy
Bowl, Brazilian Steak	15.5	1	670	200	22g	33%	5g	21%	0g	65mg	22%	1680mg	70%	92g	31%	9g	39%	9g	11g	90%	40%	20%	25%	milk, soy, wheat
Bowl, Thai Curry Chicken	15.6	1	740	200	22g	33%	12g	52%	0g	55mg	18%	1100mg	46%	101g	34%	6g	26%	15g	33g	35%	70%	10%	25%	tree nuts, soy, wheat
Bowl, Thai Curry Tofu	15.1	1	740	230	26g	39%	12g	56%	0g	0mg	0%	820mg	34%	103g	34%	7g	29%	15g	22g	35%	70%	15%	40%	tree nuts, soy, wheat

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New Grab & Go Items																								
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
Orange Juice, Large		1	260	0	0g	0	0g	0%	0g	0mg	0%	0mg	0%	61g	20%	0g	0%	61g	5g	25%	490%	6%	6%	
Squagel, Egg & Cheese	1	1	600	190	21g	32%	7g	34%	0g	310mg	103%	1400mc	58%	72g	24%	3g	12%	5g	28g	15%	0%	25%	30%	eggs, milk, soy, wheat
Squagel, Bacon, Egg & Cheese	1	1	670	230	26g	39%	9g	43%	0g	320mg	107%	1600mc	67%	72g	24%	3g	12%	6g	33g	15%	0%	25%	30%	eggs, milk, soy, wheat
Squagel, Sausage, Egg & Cheese	1	1	730	290	32g	48%	10g	46%	0g	350mg	116%	1690mc	70%	72g	24%	3g	12%	5g	37g	15%	0%	25%	35%	eggs, milk, soy, wheat
Wrap, Buffalo Bleu	1	1	760	323	36g	54%	11g	39%	0g	65mg	22%	1820mc	67%	75g	19%	1g	6%	3g	31g	35%	2%	6%	70%	eggs, milk, soy, wheat
Wrap, Chicken Caesar	1	1	770	363	40g	60%	13g	56%	0g	70mg	24%	2080mc	77%	71g	18%	1g	6%	4g	36g	45%	2%	30%	70%	eggs, fish, milk, soy, wheat
Wrap, Shanghai Chicken	1	1	630	183	20g	29%	6g	22%	0g	30g	9%	1590mc	57%	88g	23%	4g	16%	12g	23g	45%	6%	2%	70%	soy, wheat
Wrap, Tuna	1	1	560	163	18g	27%	5.5g	20%	0g	65g	22%	1200mc	41%	56g	13%	3g	11%	4g	39g	50%	20%	4%	60%	eggs, fish, soy, wheat
BBQ Stix & Bits	2 oz	2	260	130	14g	21%	2g	9%	0g	0g	0%	630mg	26%	30g	10%	2g	9%	2g	6g	0%	0%	4%	10%	wheat, peanut, almond
Milk Chocolate Pretzels	2 oz	2	270	100	11g	17%	7g	32%	0g	5mg	2%	240mg	10%	40g	13%	1g	6%	24g	3g	0%	0%	2%	45%	milk, peanut, soy
Trail Mix, Energy	2 oz	3.5	280	120	13g	20%	6g	26%	0g	0mg	0%	30mg	1%	32g	11%	4g	16%	25g	8g	0%	0%	0%	20%	peanuts, milk, soy
Gummi Bears	2 oz	4	180	0	0g	0%	0g	0%	0g	0mg	0%	35mg	1%	43g	14%	0g	0%	26g	3g	0%	0%	0%	0%	n/a
Milk Chocolate Peanut Clusters	2 oz	3.5	300	190	21g	31%	7g	34%	0g	5mg	2%	30mg	1%	27g	9%	3g	13%	22g	6g	0%	0%	2%	35%	milk, soy, wheat
Trail Mix, All The Right Stuff	2 oz	3	230	50	6g	9%	4.5g	21%	0g	0mg	0%	10mg	0%	0g	0%	2g	8%	30g	2g	0%	0%	0%	20%	milk, soy, coconut oil

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Bread, Squagels & Pastries



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	
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%	15%	milk, soy, 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%	16%	milk, soy, 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%	10%	milk, soy, wheat
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%	6%	eggs, milk, soy, wheat
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%	8%	eggs, milk, soy, wheat
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%	10%	eggs, milk, soy, wheat
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%	4%	tree nuts (walnuts), eggs, milk, 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%	6%	eggs, milk, soy, wheat
Muffin, Double Chocolate	4 oz	1	390	170	19g	29%	5g	23%	0g	25mg	8%	200mg	8%	51g	17%	3g	12%	34g	5g	2%	0%	4%	6%	6%	eggs, milk, soy, wheat
Muffin, Blueberry Lemon	113g	1	460	180	20g	31%	4g	17%	1g	60mg	20%	360mg	15%	38g	13%	1g	4%	29g	7g	4%	0%	4%	10%	10%	eggs, milk, wheat
Muffin, Chocolate Hazelnut	113g	1	550	312	35g	53%	6g	29%	0g	75mg	25%	350mg	14%	33g	11%	3g	11%	27g	9g	2%	0%	4%	15%	15%	tree nuts, egg, milk, soy, wheat
Muffin, Cranberry Orange	113g	1	450	177	20g	30%	4g	18%	0g	55mg	19%	350mg	15%	39g	13%	2g	7%	30g	7g	4%	4%	4%	10%	10%	eggs, milk, wheat
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%	26%	eggs, milk, soy, wheat
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%	29%	eggs, milk, soy, 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%	24%	eggs, milk, soy, 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%	25%	eggs, milk, soy, 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%	22%	eggs, milk, soy, wheat
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%	21%	eggs, milk, soy, wheat
Squagel Sesame	5.50 oz	1	363	29	3g	5%	1g	2%	0g	19mg	6%	241mg	10%	69g	23%	3g	14%	2g	14g	1%	0%	4%	26%	26%	eggs, milk, soy, 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%	22%	eggs, milk, soy, 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%	10%	eggs, milk, soy, wheat
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%	10%	eggs, milk, soy, wheat


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Breakfast, Snacks, & Tofu



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
Cream Cheese, Low-fat	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, Veggie	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, Western	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%	eggs, milk, soy, wheat
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%	eggs
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, soy
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 Steel 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 Steel 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, Banana	11oz	1	390	80	9g	13%	4g	17%	0g	15mg	5%	170mg	7%	65g	22%	3g	15%	47g	15g	4%	10%	40%	8%	tree nuts, milk, wheat
Parfait, Blueberry	10 oz	1	280	45	5g	8%	1.5g	6%	0g	0mg	0%	110mg	5%	31g	10%	3g	12%	18g	27g	0%	6%	30%	8%	tree nuts, milk, wheat
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%	tree nuts, milk, wheat
Squagel (Plain) Sandwich, Cosi® Club	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%	eggs, milk, soy, wheat
Squagel (Plain) Sandwich, TBM	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%	eggs, milk, soy, wheat
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%	eggs, milk, soy, wheat
Wrap, Sante Fe (Egg White)	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%	eggs, milk, soy, wheat
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%	eggs, milk, soy, wheat
Wrap, Spinach Florentine (Egg White)	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%	eggs, milk, soy, wheat
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%	eggs, milk, soy, wheat

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Dessert																								
																								
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
Brownie Bite, Blondie	1.5oz	1	190	80	9g	14%	4.5g	21%	0g	25mg	9%	70mg	3%	24g	8%	1g	3%	14g	2g	0%	0%	0%	15%	tree nuts (walnuts), eggs, milk, soy, wheat
Brownie Bite, Chocolate Chunk	1.5oz	1	200	100	11g	16%	7g	30%	0g	35mg	12%	120mg	5%	26g	9%	1g	6%	17g	2g	4%	0%	0%	4%	eggs, milk, soy, wheat
Brownie, Blondie	4 oz	1	540	310	34g	52%	10g	50%	0g	35mg	12%	360mg	15%	60g	20%	4g	16%	35g	6g	15%	0%	4%	25%	eggs, milk, nuts, soy, wheat
Brownie, Double Fudge Chunk	4 oz	1	500	250	28g	43%	11g	55%	0g	90mg	30%	180mg	8%	62g	21%	3g	12%	47g	5g	15%	0%	2%	20%	eggs, milk, soy, wheat
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%	eggs, milk, soy, wheat
Cookie, Chocolate Chip	4 oz	1	500	210	24g	36%	8g	42%	0g	25mg	8%	230mg	9%	69g	23%	3g	11%	39g	7g	0%	0%	2%	15%	eggs, milk, soy, wheat
Cookie, Oatmeal Raisin	4 oz	1	450	160	18g	28%	4g	19%	0g	35mg	11%	270mg	11%	68g	23%	3g	12%	39g	7g	0%	0%	4%	6%	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%	milk, soy, wheat
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%	milk, soy, wheat

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

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Cold Drinks



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
Country Club Tea, Large	13oz	1	90	0	0g	0%	0g	0%	0g	0mg	0%	10mg	0%	24g	8%	0g	2%	21g	0g	0%	30%	2%	2%	
Iced Tea, Large	20 oz	1	5	0	0g	0%	0g	0%	0g	0mg	0%	10mg	0%	2	1%	0g	1%	0g	0g	0%	10%	0%	2%	
Iced Tea, Raspberry, Large	14oz	1	150	0	0g	0%	0g	0%	0g	0mg	0%	10mg	0%	39g	13%	0g	1%	36g	0g	0%	0%	10%	2%	
Lemonade, Large	13oz	1	170	0	0g	0%	0g	0%	0g	0mg	0%	10mg	0%	45g	15%	0g	1%	42g	0g	0%	35%	2%	2%	
Mojito Lemonade, Large	13 oz	1	260	0	0g	0%	0g	0%	0g	0mg	0%	10mg	0%	68g	23%	1g	3%	64g	0g	0%	40%	2%	2%	
Orange Juice, Small	12 oz	1	138	0	0g	0%	0g	0%	0g	0mg	0%	0mg	0%	33g	11%	0g	0%	33g	3g	13%	264%	3%	3%	
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 Mojito Lemonade, Large	13.5oz	1	310	0	0g	0%	0g	0%	0g	0mg	0%	10mg	0%	81g	27%	1g	4%	76g	0g	0%	45%	2%	2%	

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Hot Drinks



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%	0g	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%	
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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Hot Drinks Continued



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%	
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



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
Individual, Cheese	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%	milk, soy, wheat
Individual, Margherita	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%	milk, soy, wheat
Individual, 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%	milk, soy, wheat
Individual, Smokey BBQ Chicken	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%	milk, soy, wheat
Topping - 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																										
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	4.6 oz	1	250	90	10g	15%	5g	24%	0g	30mg	10%	970mg	1%	29g	10%	2g	9%	3g	12g	15%	15%	25%	10%		milk, soy, wheat	
Kids Flatbread Pepperoni Pizza	5 oz	1	300	140	15g	22%	8g	34%	0g	45mg	14%	1150mg	48%	29g	10%	2g	9%	3g	14g	15%	15%	25%	10%		milk, soy, wheat	
Kids Grape Cup	2 oz	1	40	0	0g	0%	0g	0%	0g	0mg	0%	0mg	0%	10g	3%	1g	2%	9g	0g	2%	4%	2%	2%			
Kids Grilled Cheese Sandwich	3.3 oz	1	280	130	14g	22%	8g	35%	0g	40mg	13%	1080mg	45%	26g	9%	1g	4%	1g	12g	10%	0%	25%	10%		milk, soy, wheat	
Kids Ham and Cheese Sandwich	4.3oz	1	310	140	15g	23%	8g	37%	0g	55mg	18%	1390mg	58%	27g	9%	1g	4%	1g	17g	10%	0%	25%	10%		milk, soy, wheat	
Kids Peanut Butter & Jelly Sandwich	3.8 oz	1	370	140	15g	22%	2.5g	10%	0g	0mg	0%	430mg	18%	50g	17%	3g	12%	20g	11g	0%	0%	2%	10%		peanuts, milk, soy, wheat	
Kids Turkey Sandwich	3.6oz	1	170	10	1g	2%	0g	0%	0g	20mg	7%	620mg	26%	26g	9%	1	4%	1g	14g	0%	0%	2%	10%		milk, soy, wheat	
Kids Mac & Cheese	6.7oz	1	400	200	22g	34%	14g	63%	0g	70mg	23%	770mg	32%	33g	11%	2g	7%	2g	16g	15%	0%	25%	6%		eggs, milk, wheat	
Kids Tuna	4.8 oz	1	320	90	10g	16%	1g	5%	0g	50mg	16%	720mg	30%	27g	9%	2g	7%	1g	28g	10%	4%	2%	10%		eggs, fish, milk, soy, wheat	

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Salads & Dressings

Menu Item	COSI																				Allergens			
	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 %
Adobo Lime Chicken	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%	soy
Caesar	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%	fish, eggs, milk, soy, wheat
Caesar, 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%	fish, eggs, milk, soy, wheat
Cosi® Cobb	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%	eggs, milk, soy
Greek	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, soy
Shanghai Chicken	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
Signature	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%	tree nuts (pistachio), milk, soy
Smart Fit	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%	milk, soy
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%	eggs, milk, 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%	milk, soy
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%	fish, eggs, milk, soy
Dressing - Cosi® Reduced Fat Ginger Soy	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, soy
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%	soy
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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Sandwiches & 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
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 Caesar	13.5oz	1	630	204	23g	35%	6g	32%	0g	68mg	23%	2132mg	89%	70g	35%	3g	12%	2g	37g	26%	8%	28%	26%	egg, milk, soy, wheat, fish
Chicken TBM	11.2 oz	1	650	180	20g	30%	3g	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
Roasted Turkey 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
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

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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 (Bowl)	15	1	770	590	66g	98%	30g	135%	0g	130mg	44%	1330mg	55%	28g	9%	2g	8%	2g	21g	30%	35%	60%	4%		milk
Broccoli Cheddar (Cup)	10	1	510	400	44g	66%	20g	90%	0g	85mg	29%	890mg	37%	19g	6%	1g	5%	1g	14g	20%	25%	35%	2%		milk, soy
Butternut Squash Bisque (Bowl)	15	1	380	170	18g	23%	10g	50%	0g	50mg	17%	600mg	26%	53g	19%	3g	11%	33g	5g	117%	13%	13%	13%		milk, soy
Butternut Squash Bisque (Cup)	10	1	230	100	11g	14%	6g	30%	0g	30mg	10%	360mg	16%	32g	12%	2g	7%	20g	3g	70%	8%	8%	8%		milk, soy
Smart Fit Chicken Noodle (Bowl)	15	1	190	35	4g	6%	0g	0%	0g	35mg	12%	1160mg	48%	19g	6%	2g	8%	4g	19g	35%	0%	4%	8%		eggs, wheat
Smart Fit Chicken Noodle (Cup)	10	1	120	20	3g	4%	0g	0%	0g	25mg	8%	770mg	32%	12g	4%	1g	5%	2g	12g	25%	0%	2%	6%		eggs, wheat
Fire Roasted Vegetable (Bowl)	15	1	170	70	8g	10%	1g	5%	0g	0mg	0%	1100mg	48%	20g	7%	5g	18%	7g	5g	25%	25%	7%	17%		soy
Fire Roasted Vegetable (Cup)	10	1	100	41	5g	6%	1g	3%	0g	0mg	0%	660mg	29%	12g	4%	3g	11%	4g	3g	15%	15%	4%	10%		soy
Macaroni & Cheese (Bowl)	16.8	1	990	500	56g	85%	35g	157%	1g	175mg	58%	1920mg	80%	82g	27%	4g	17%	6g	39g	40%	0%	70%	15%		eggs, milk, wheat
Macaroni & Cheese (Cup)	11.5	1	680	350	39g	58%	24g	108%	0.5g	120mg	40%	1320mg	55%	56g	19%	3g	12%	4g	27g	25%	0%	45%	10%		eggs, milk, wheat
Mediterranean Lentil (Bowl)	15	1	370	150	17g	25%	3g	13%	0g	0mg	0%	900mg	37%	45g	15%	15g	65%	7g	15.0	30%	8%	8%	30%		soy
Mediterranean Lentil (Cup)	10	1	250	100	11g	17%	2g	8%	0g	0mg	0%	600mg	25%	30g	10%	10g	43%	5g	10g	20%	6%	6%	20%		soy
Turkey Chili (Bowl)	15 oz	1	360	60	7g	11%	2g	8%	0g	20mg	6%	1370mg	57%	67g	22%	22g	98%	9g	24g	10%	4%	15%	35%		soy, wheat
Turkey Chili (Cup)	10 oz	1	240	45	5g	7%	1g	6%	0g	10mg	4%	910mg	38%	45g	15%	15g	65%	6g	16g	8%	2%	10%	25%		soy, wheat
Tomato Basil (Bowl)	15	1	600	420	47g	70%	32g	143%	0g	180mg	59%	750mg	31%	30g	10%	0g	0%	17g	4g	45%	15%	10%	100%		milk
Tomato Basil (Cup)	10	1	400	280	31g	47%	21g	96%	0g	120mg	40%	500mg	21%	20g	7%	0g	0%	11g	2g	30%	10%	8%	8%		milk
Chicken & Dumpling (Cup)	10 oz	1	300	140	15g	23%	5g	23%	0g	75mg	25%	890mg	37%	25g	8%	3g	11%	3g	19g	25%	0%	4%	8%		egg, wheat
Chicken & Dumpling (Bowl)	15 oz	1	450	210	23g	34%	7g	30%	0g	115mg	38%	1330mg	55%	38g	13%	4g	16%	4g	28g	40%	0%	4%	10%		egg, wheat

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